



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

# The Stratford Star

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Stratford Mayor shown above left with Debra McCartt, Amarillo's Mayor.

## Meeting with Mayor McCartt

On Thursday March 11, I had the opportunity to meet with Mayor Debra McCartt of Amarillo.

Debra McCartt was elected Mayor of Amarillo in 2005. She served as City Commissioner from 2001-2005. Since that time, Debra has taken an active role in her position as Mayor. She will begin working for Pantex the middle of April in public relations. She is the 2008-2009 President-Elect of the Texas Municipal League; a member of the Texas Municipal League Board of Directors; Texas Department of Information Resources Board; Laura W. Bush Women's Advisory Board; Center City of Amarillo board member; Eveline Rivers board member, Amarillo Chamber of Commerce member; Amarillo College Community Links Board, Panhandle Regional Planning Commission board, and the Panhandle Workforce Development Consortium's Governing Body.

After meeting Mayor McCartt at Panhandle Days I contacted her office to see if she would take some time to visit with me regarding questions I had on successfully filling the mayor position.

Mayor McCartt was very gracious and spent over an hour sharing her experiences in Amarillo and local government and provided a wealth of advice that I plan to begin capitalizing on immediately. I am extremely grateful for her insight and plan to work with the council to "maximize momentum" and work towards the continued success of our community.

**Reminder**  
**Stratford Star**  
**Fax number is**  
**366-5884**  
**Office phone**  
**366-5885**

### NOTICE

Notice is hereby given that Sub-Division Regulations were adopted by Sherman County Commissioners' Court in a regularly scheduled meeting, March 8, 2011.

**Spring is on the way!**  
**Come and eat at the**  
**S.C.O.T. Hall Luncheon**  
**Thursday March 24, 2011**  
**HIGH NOON!!!**

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

Stratford Angel Tree is looking for responsible persons to take over the angel tree project. Interested parties should contact Isabell at First State Bank (396-5521).

### "Run Across America"

Dean Karnazes and his crew will be coming through Stratford on his "Run Across America". He will be here sometime Friday, March 25th at 9 a.m. until March 27th at 6 p.m. on HWY 54. We will know exactly when as he gets closer! Let's welcome him with signs, runners, and lots of Stratford pride! If we put on a good show, we have a chance of making it on the Regis & Kelly show! Story and photos on page 6.

## STRATFORD TO HOST DISTRICT CONVENTION

According to Harold Lehnick, Claude, 18<sup>th</sup> District Commander of The American Legion, Department of Texas, The annual District Spring Convention will be held in Stratford, TX on Saturday, April 9<sup>th</sup>; hosted by Stratford Post 262. "This will be Post 262's first Convention and they have done a splendid job in promoting it," stated Lehnick in a recent interview. He went on to state that Dr. Paul Matney, President of Amarillo College would be the featured speaker.

Post 262 Commander, Wayne Smith is coordinating the local effort and recently announced the convention would be a one-day event; beginning with registration at 9:00am and running through the noon hour. Meetings will commence at 11:00 am and continue after lunch. Smith also announced that Post 262 would be serving morning refreshments, a light lunch and a rib eye steak dinner that evening.

Advanced registration fees for the event must be received by April 1<sup>st</sup> and have been set at \$25.00 per person. Registrations received after that date are set at \$30.00. Smith asked that advanced registration fees be mailed to:

The American Legion  
 Post 262  
 PO Box 433  
 Stratford, TX 79084

District Conventions are scheduled annually for the purpose of training and information sharing. Commander Lehnick also announced that The American Legion Auxiliary would meet during this convention, with their business session coordinated by District President, Susan Wheatley of Darrouzett.

The American Legion, chartered by congress in 1919, is the nation's largest and most influential organization of war time veterans. The 18<sup>th</sup> District is one of 23 in the State of Texas; representing the top 28 counties of the Texas Panhandle area. It is also one of five Districts in the 4<sup>th</sup> Division, which includes the whole of West Texas; from Darrouzett to the Del Rio area and El Paso east to the Mineral Wells area.

## BUSINESSES

**Don't get hit with a penalty! Render your property now!**

If you have not rendered your business personal property, such as inventory, equipment, and fixtures you must do it now to avoid a penalty of 10-50 percent. If you need additional information, contact the Sherman County Appraisal District at 402 N 3<sup>rd</sup> in Stratford or call 806-366-5566.

## Yearbook Deadline

The Yearbook Deadline has been extended until Friday, March 25 - 3:00 p.m.  
 Order Online from Stratford ISD Website or Order Form in Paper!

**Yearbooks Cost \$160.00 per book to print!**  
**Your cost is \$55.00**

*If we do not sell enough- could possibly be last year for yearbook!!!*

\*\*\*  
 A person without a sense of humor is like a wagon without springs—jolted by every pebble in the road.  
 —Henry Ward Beecher  
 \*\*\*

## State of Texas-County of Sherman

### ORDER PROHIBITING OUTDOOR BURNING

WHEREAS, the Sherman County Commissioners' Court finds that circumstances present in all or part of the unincorporated area of the county create a public safety hazard that would be exacerbated by outdoor burning;

IT IS HEREBY ORDERED by the Commissioners' Court of Sherman County that all outdoor burning, including fireworks, is prohibited in the unincorporated area of the county for 90 days from the effective date of this Order, unless the restrictions are terminated earlier based on a determination made by the Texas Forest Service or this Court. This Order is adopted pursuant to Local Government Code §352.081, and other applicable statutes. This Order does not prohibit outdoor burning activities related to public health and safety that are authorized by the Texas Commission on Environmental Quality for:

1. firefighter training;
2. public utility, natural gas pipeline or mining operations;
3. planting or harvesting of agricultural crops; or
4. burns that are conducted by a prescribed burn manager certified under Natural Resources Code §153.048, and meet the standards of Natural Resources Code §153.047.

This order does not prohibit outdoor burning of household trash in unincorporated areas of the county if the following fire safety guidelines are observed:

1. Use of metal screen over trash receptacle;
2. Wind speed below 10 miles per hour; and
3. Have adequate water source available for rapid fire suppression.

In accordance with Local Government Code §352.081(h), a violation of this Order is a Class C misdemeanor, punishable by a fine not to exceed \$500.00.

EXECUTED this 8<sup>th</sup> day of March, 2011 by a vote of 5 ayes and 0 nays, with an effective date of March 8, 2011.

## Pre-Kindergarten and Kindergarten Registration

Mary Allen Elementary will begin registering children for Kindergarten and Pre-Kindergarten for the 2011-2012 school year beginning on Monday, April 4, 2011. Please come to the Mary Allen Elementary Office from 9:00 - 2:00 to register. Please bring your child's social security card, birth certificate, and current shot record. To enroll in Kindergarten, your child must turn 5 by September 1, 2011. A child is eligible for enrollment in Pre-Kindergarten if the child is at least 4 years of age by September 1, 2011 and is:

- \*unable to speak or understand the English language
- \*educationally disadvantaged
- \*homeless
- \*active duty of Military
- \*child of a parent of the armed forces or reserved unit who was killed or injured while serving in active duty
- \*in foster care who have been adopted

Children who are currently enrolled in and attending Pre-Kindergarten at Mary Allen DO NOT need to attend this pre-registration to attend Kindergarten next year. If you are unable to attend on the 4<sup>th</sup>, registration will continue through the end of the school year during school hours.

**Remember**  
**"Run Across America"**  
**This coming weekend**

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

**Clip this coupon for**  
**Chicken Fried Steak dinner**  
**\$5.99**

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

## PUBLIC NOTICE

The City of Stratford has contracted with Panhandle Sweeping and Maintenance to sweep and clean the streets of Stratford on April 1, 2011. In order to assist in this effort, the City of Stratford is asking that all citizens, to the best of their ability and within reasonableness, try and keep the street clear of any obstructions so that Panhandle Sweeping and Maintenance can do the best job possible.

In addition, the City of Stratford would like to invite all citizens to participate in a city-wide cleanup effort that will occur on Friday, April 1, 2011 to Sunday, April 3, 2011. The purpose of this cleanup effort is to clear your yards or alley-ways of any unused or junked items. The purpose of this is to enhance the beauty of the City of Stratford. The City will be placing extra dumpsters, yard waste, and roll-off containers around town to provide extra places to dump. The locations of these containers will be revealed in the next couple of publications of the Stratford Star so stay tuned. If you have questions or would like additional information regarding the City-wide cleanup effort, please contact City Hall.

Thank you all for your commitment to the City of Stratford and for your efforts in keeping Stratford beautiful.

## Storm Spotter Class

A storm spotter class will be held on Thursday April 7th at 7:00 P.M. at the Stratford Fire Department. This is an opportunity to be trained to recognize tornado clouds as well as other types of clouds. Sherman County has a few volunteers who perform the task of storm spotter but we could use more. If you are currently a storm spotter or are interested in learning about it, please plan to attend the training. For more information contact Margaret Ewers Sherman County Emergency Management Coordinator at 366-2021

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

## Scot Hall Scuttle

By Cindy Jackson  
High Noon means the middle of the day. When the sun is at its highest. Why did they have gunfights at high noon? If you know the answer let me know.

They say laughter is the best medicine. It's better to laugh than cry. Well, I think I'll tell you a few jokes to see if I can make you laugh.

What do you call a pig that does karate? A pork chop.

What do you get when you cross a chicken with a cement mixer? A brick layer.

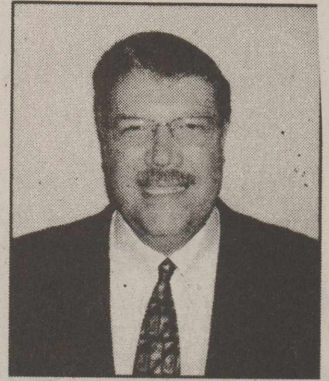
How does a pig go to hospital? In a hambulance.

SCOT Hall will have their luncheon this Thursday so, come and eat with us. We are working on getting the kitchen fixed. We have signed the contract, to get the roof started. A lot of work to be done. I think we need an outing so, look for a sign up sheet for an April dinner outing.

Dues are due! The dues are \$24.00 for a year. Give a SCOT membership as a gift. It's truly the gift that keeps on giving, all year long.

All luncheons will be Potluck. Charlene Oquin will be redoing the luncheon hostess list, so if you prefer a month please let her know. The hostess's will still be responsible for putting the luncheon together.

March 22, 2011-SCOT Board Meeting 5:15 p.m.  
March 24<sup>th</sup>-Luncheon NOON Potluck  
*Thank you for being a part of the SCOT Hall family.*



## Brent Spurlock elected as Director of First State Bank

First State Bank is very excited to announce Brent Spurlock has been elected to serve as a Director for the bank: First State Bank is extremely fortunate to find someone with Brent's vast experience and knowledge in agriculture to serve on our Board.

Brent is the son of James and Linda Spurlock. He was born and raised in Stratford, TX. After graduating from Stratford High School, Brent attended West Texas State University and earned a Bachelor of Science degree in Engineering Technology in 1989. He married Laurie Spurlock of Amarillo, TX and they have two children, Mary Ann and Russell Spurlock. After graduating from college he went to work for General Dynamics in San Diego, CA. Brent then moved back to Amarillo, TX where he owned and operated his own business before moving back to Stratford to join the family farming and ranching business in 1996. Brent has shown commitment to his community and church by serving on a variety of Boards in the last fifteen years since returning back to his home town. Brent is currently serving on the Rita Blanca Electric Co-op Board and the Stratford Education Foundation Board. He is also a past trustee of the Stratford ISD Board, past Stratford Country Club Board member, and has served as Chairman on the Trustees Committee at First United Methodist Church. Brent volunteers his time coaching a 6th grade boy's basketball team and helps his wife Laurie with her extensive volunteer work at The Imagination Station.

Please help us congratulate Brent and Laurie Spurlock for their willingness to serve our community and bank.

## Second Annual Power of the Purse Friday March 25, Amarillo Civic Center

The Laura W. Bush Institute for Women's Health (LWBIWH) invites you to attend the second annual power of the purse luncheon and Designer Purse Auction at 11 a.m. Friday, March 25 at the Amarillo Civic Center Heritage Ballroom.

This year's purse selection is simply amazing! More than 100 beautiful designer handbags will be available for attendees to bid on, including a purse that was personally needle pointed by Mrs. Barbara Bush and carried by the former first lady for several years. American idol contestant Lacey Brown is also among the impressive list of purse donors.

The exciting event will also feature two nationally recognized speakers. Keynote speaker, Ms. Nicolle Wallace who served as the White House communications chief for George W. Bush and became senior advisor for John McCain and Sarah Palin in the 2008 presidential election. Ms Wallace is currently a political commentator and bestselling author.

Renowned makeup artist, Carmindy, will be the celebrity speaker. Carmindy has worked with top magazines such as InStyle, Elle, Self, Lucky, Seventeen and Cosmopolitan. She is currently the makeup host on TLC's show *What not to Wear*.

All proceeds from this event will go to GIRL (Growing Relationships in Life) Power, a LWBIWH program that aims to empower pre-teen girls and their mothers to help improve self-esteem, activity level, nutrition, internet safety and communication with each other.

## Health

(NU) - In addition to basic precautions, like getting enough rest, taking a daily multivitamin, drinking fluids and washing hands, Zicam Cold Remedy offers additional tips to help you stay healthy all year:

1. Avoid touching your eyes, nose or mouth, and clean frequently touched surfaces.
2. Eat a balanced diet, and avoid sugar. Treat yourself to dark chocolate, as it contains antioxidants and mood-boosters.
3. Exercise at least 20 to 30 minutes a day. Regular exercise strengthens the immune system.

For more information, visit [www.zicam.com](http://www.zicam.com).

## Food & Health

(NU) - At UNO, diners can enjoy a roasted eggplant, spinach and feta flatbread pizza on multigrain crust without guilt or worry, since it has only 280 calories and six grams of fiber per serving. Diners can choose the multigrain crust option for any flatbread pizza. Another great option for a delicious entree is the lemon basil salmon, which has just 240 calories per serving. UNO also teamed with Barilla to offer whole grain penne as an option to any pasta - helping to add more fiber and whole grains to your diet without sacrificing taste.

## STEVENSON & SONS

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Yard & Tree Spraying

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"Professionals in Pest Control Technology"

**249-4202** Jim Stevenson  
Owner

**Dalhart • Stratford • Hartley**  
Licensed & Insured

**Stratford Hospital District is seeking bids for lawn care at Stratford Family Medical Clinic, 1220 Purnell. The contract will run from April 1, 2011 through October 31, 2011. Requirements available at SHD offices 1111 Beaver Rd. Please submit bids to David Boggs, 1111 Beaver Rd., Stratford.**

**Stratford Hospital District**

**Elk Pharmacy**  
Mon. - Fri. 9:00 AM - 5:30 PM  
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."

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**President's Club**  
Walt Berry FIC  
401 N. 3rd St.  
Suite 2  
Stratford, TX 79084  
806-366-7684

\*A registered representative. Securities offered through MWA Financial Services Inc., a wholly owned subsidiary of Modern Woodmen of America, 1701 1st Avenue, Rock Island, IL 61201, 309-558-3100. Member: FINRA, SIPC.

## Online Education Puts Nurses on the Right Track

(NU) - The United States doesn't have enough nurses, and the nursing shortage will only get worse. Due to new health care legislation, an estimated 32 million Americans will enter the health care system by 2014 - according to the U.S. Department of Health and Human Services, the national nursing shortage will increase 29 percent by 2020.

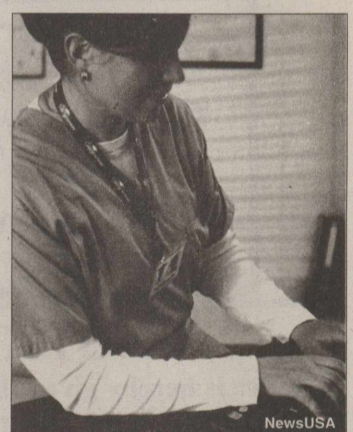
Many Americans want to earn their bachelor's degree in nursing (BSN) but are turned away. According to the American Association of Colleges of Nursing, schools turned down more than 54,000 qualified applications to professional nursing programs in 2009. The reason? Program capacity is too low due to a lack of nurse educators.

But some nurses are advancing their training through self-paced, online education programs like those offered through The College Network and its partner institutions.

Online programs provide nurses with the ability to earn a valuable BSN while continuing to work full time in their current nursing job, gaining valuable hands-on experience while also providing for their families.

Advantages of online BSN programs include:

1. **Self-paced education.** Those with significant work experience might be out of practice when it comes to studying in a traditional school environment. Companies like The College Network ease the transition by allowing adult learners to take their time or move more rapidly through their courses than would be possible in a classroom setting.



Nurses are finding that the advantages of online courses are helping them advance their careers.

2. **Ability to work and study simultaneously.** Students can take courses and study on their own timeline. Without needing to take off work, drive to campus and sit in a classroom each week, students can earn their degree while working full time and keeping family commitments.
3. **No waiting lists.** A nurse who wants to earn a degree at a traditional college is often placed on a waiting list until a spot becomes available. In the two to three years it can take to get to the top of a waiting list to start a program, that student could have completed the entire program from an online education provider.

To learn more about The College Network's programs for nurses, visit [www.collegenetwork.com/nursingPR](http://www.collegenetwork.com/nursingPR).

## Health

(NU) - After weight-loss surgery, patients can only drink clear liquids like water, tea and non-acidic fruit juice. But these liquids do not supply enough protein for the body to recover from surgery. The Isopure Company, LLC developed Isopure Plus Zero Carb Protein Drink to help bariatric surgery patients get the protein they need. Isopure Plus is clear, so bariatric patients can drink it during any phase of recovery, and it provides 15 grams protein per eight-ounce serving.

For more information, visit the Isopure Plus Web site at [www.isopureplus.com](http://www.isopureplus.com).

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**More economical**

Differences between electric and hydraulic-driven systems

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

Fact is, Reinke® Electrogator™ II and Alumigator™ electric-driven irrigation systems are, and have always been among the safest, most reliable and cost-effective methods available to deliver water to your thirsty crops.

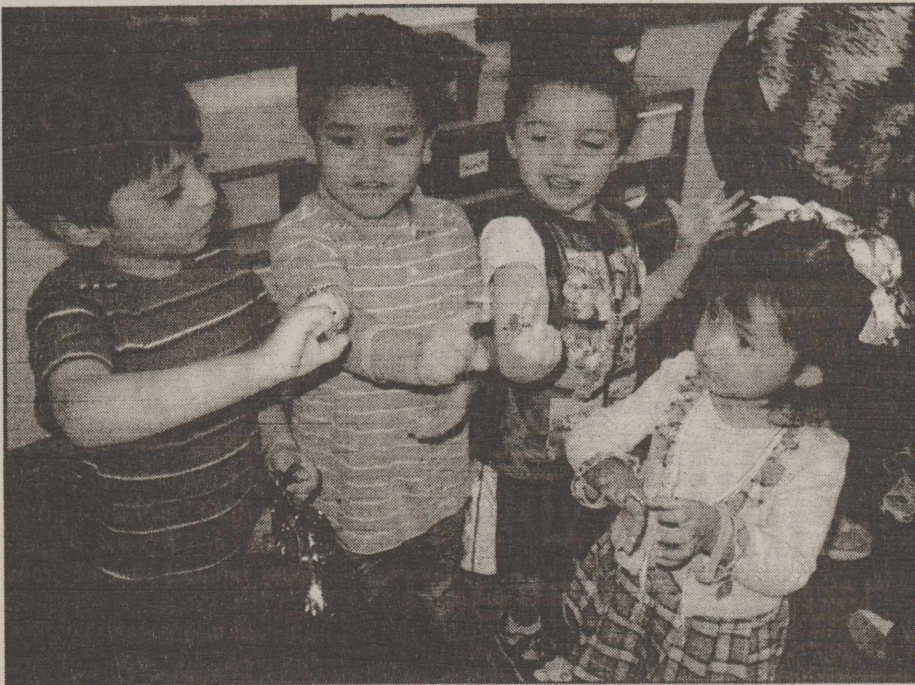
Reinke encourages you to "compare" the electrical energy requirements of electric and hydraulic driven systems. You will be amazed by the dollars you can save by going electric.

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

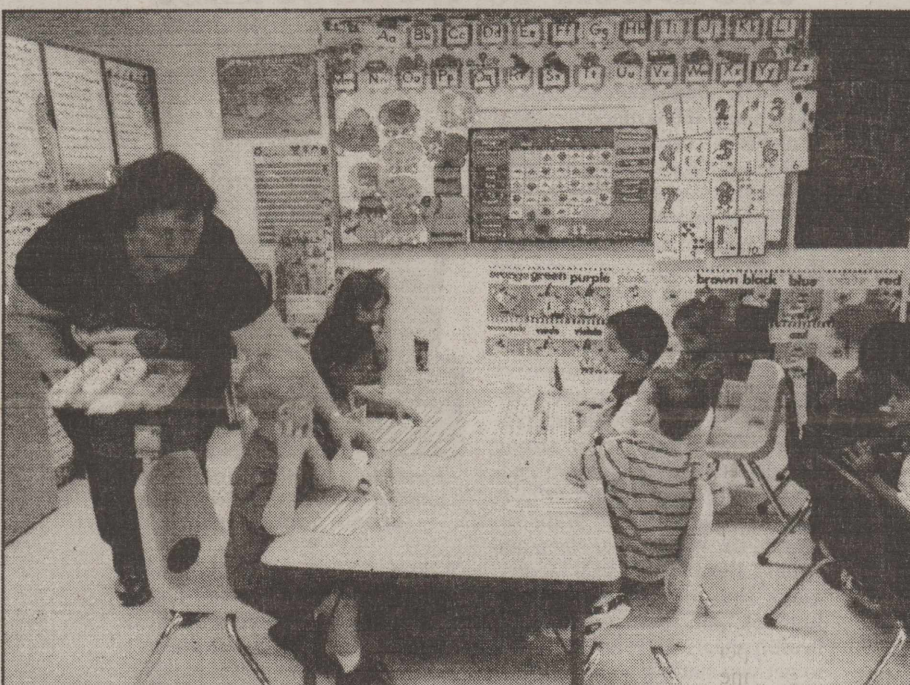
Talk with a Reinke Dealer today.

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

**Reinke**  
www.reinke.com



These children are showing the "treasures" they found during the St. Patrick's Day party held at Lollipop Junction March 17, 2011.



— Staff member, Margaret Brooks serves children cookies and juice for afternoon snack following Lollipop Junction's St. Patrick's Day party.

## Choo, Choo, Lollipop News

Lollipop Junction celebrated St. Patrick's Day with a party at the child day care center on March 17th. Eleven children attended the party and learned about St. Patrick and why the day is celebrated and made shamrocks. Children enjoyed a treasure hunt before afternoon refreshments of cookies were served. Lollipop Junction staff members conducted the party for the children.

Lollipop Junction director, Brio Beckett invites the parents and grandparents to come and enjoy holiday parties with the Lollipop kids.

**Water Wise Gardening Class Offered by North Plains Groundwater Conservation District**  
Contact: Kirk Welch - Office (806) 935-6401 Cellular (806) 922-7947

Are you interested in learning how to have the beautiful landscape that you've always dreamed of, while being a responsible steward of the area's precious water resources? This topic will be covered at the Water Wise Gardening Class to be held on April 9th at North Plains Groundwater Conservation District.

Former Texas Master Gardener Bob Hatton will provide a framework of information that will allow you to customize your gardening experience to create the type of garden that fits your lifestyle. You will learn about the two most important aspects of gardening: soil preparation and watering practices, as well as the principles of xeriscaping. Hatton will explain how xeric, water-friendly practices can and should be applied as a natural part of responsible gardening in the Panhandle of Texas. The information will be equally relevant for the person who wants the lowest maintenance and lowest water-use landscape, and the person who wants to spend more time working on their garden or prefers a combination of low water-use and traditional plants. Water conservation achieved through these practical techniques can result in savings of time and money for homeowners and businesses.

The class is free to the public, and class attendees will receive free resources on water wise gardening and xeriscaping. The class will be held at the

North Plains Groundwater Conservation District office at 603 East 1st Street in Dumas from 9:00 AM-12:00 Noon on April 9th. Persons interested in attending, can contact Kirk Welch at [welchk@npwd.org](mailto:welchk@npwd.org) 806-935-6401 to register for the class.

## This week's Weekly Devotion

### "The living water"

As I ministered on this subject a few weeks ago, I cannot let go of the words that Jesus said to the woman of Samaria. "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." (NKJV)

We find those scriptures in the fourth chapter of John verses 7-10.

7 A woman of Samaria came to draw water. Jesus said to her, "Give Me a drink." 8 For His disciples had gone away into the city to buy food. 9 Then the woman of Samaria said to Him, "How is it that You, being a Jew, ask a drink from me, a Samaritan woman?" For Jews have no dealings with Samaritans.

10 Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." (NKJV)

I remember working in the fields as a teenager in the heat of the summer. You would begin down a half-mile row of milo taking out the plants that did not belong. By the time you made it down to the end of the row you were very thirsty. Your body would be wanting for water.

This scripture text first of all lets us know that Jesus will do, go, and send anyone to our side to help minister to us.

Sometimes our physical bodies desire water, we become thirsty and we need a drink. We can drink other things but nothing satisfies like good old water, it quenches our thirst.

I believe the same thing happens to our spiritual man. We can become dry and thirsty and we need a drink from the master. Jesus Christ can and will meet you and I where we are today. He comes to us and loves us very much. One thing I know for sure is that when our physical bodies become thirsty we find a glass of water and we quench our thirst. We become revived. The same thing needs to happen when we are thirsty spiritually. We need to go to the source. On down in that same chapter this is what is says: John 4: 13-15. 13 Jesus answered and said to her, "Whoever drinks of this water will thirst again, 14 but whoever drinks of the water that I shall give

him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life." 15 The woman said to Him, "Sir, give me this water, that I may not thirst, nor come here to draw." (NKJV)

We need to drink of the water that he gives. His water will become in you and I a fountain of living water.

God bless you as you drink from the fountain.  
Pastor Anderson.

## 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 18<sup>th</sup> and March 25<sup>th</sup>-  
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.

## Kerrick News

By Marylou McDaniel

About 200 people came to Kerrick Saturday night for the German Supper at the community building. The money raised will go toward roof and window repair.

The entire event was due to the work of Goy & Ciccy Harris and Bill and Donna Gillenwaters.

Bill Boren's Sister Mary Janice Kerchoffner of Lawton, OK. Has been here visiting. Bill had another Doctor's appointment Tuesday. He has a shunt.

Peggy Hawkins was in Houston, MS. For two weeks to see her mother, Maylene Rish, who is in the hospital.

Terry and Barbara Schoonover are busy working on their Folsom, NM home. Kerrick will be losing them before too long.

## 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  
5<sup>th</sup> & 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 9:30 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**  
6<sup>th</sup> & Pearl  
Rectory 366-5687  
Sunday morning: 9:00 a.m. (English), 9:30 (Spanish)  
Sacrament of Reconciliation: Before Mass or by app.  
Christian Formation Classes: K-6<sup>th</sup> Grade Wed. Afternoon  
Jr. & Sr. High, Wed. 6:30-8:30 p.m.

**Church of Christ**  
N. 3<sup>rd</sup> & Chestnut  
Sunday School 9:30 a.m.  
Morning Worship 10:30 a.m.  
Evening Worship 8:00 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. 3<sup>rd</sup>  
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.  
Miércoles (Wednesday)  
Servicio De Adoracion 11 a.m. Estadio  
Biblica & Servicio De Oracion 6 p.m.  
Servicio De Adoracion 6 p.m. se Cuidamos  
Sambales Durante El Servicio

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

Sponsored by  
Stratford  
Grain  
396-5541  
Lautz  
769-5541  
Walter Lasley &  
Sons, Inc.  
754-4411  
Stratford Star  
366-5885

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



### Senior Band members display the plaque won at UIL Region 1 Concert Band Competition

Front row (L-R): Miguel Ortega, Carlos Armendariz, Eduardo Niave, and Heidi Brooks. Back row: Jorge Gonzalez, Matthew Chaffee, Obad Lopez, America Terrazas, and Courtney Hartman. Not pictured: Stephanie Molina.

### Stratford "Big Blue" Band Rates Superior At UIL Region 1 Concert Band Contest/ Only One Rating from Sweepstakes

On Tuesday, March 8, the Stratford High School Band traveled to Panhandle High School to participate in the UIL Regional Concert and Sight-reading Contest. The band played three prepared pieces in the Concert portion of the contest receiving an overall Division I (Superior) Rating from the three judges. This is the highest rating a band can receive in concert competition. Some comments from the judges were "Nice full balanced ensemble sounds"; "Notes, Rhythms, Technique all Great"; "What a well-prepared group. You guys are awesome!"; "Good work today, Bravo! Congratulations!" and "Imposing group on stage!! Very impressive!"

The band then sight-read a piece of music they had never seen before and the three judges gave them an overall Division II rating. Comments from the Sight-reading judges were "Wow what a great ensemble sound! Blend is great!"; "Overall a very good performance! Thanks for playing for us today."; "Every student is working during explanation!"; and "Stratford has a tremendous heritage in music education. Keeps it going."

In Sight-reading one of the judges awarded the band a Division I rating. Had a second judge given the band a I rating Stratford would have achieved the highest UIL award given to bands in Texas — "Sweepstakes". The "Sweepstakes" award requires bands to earn a Division I rating in Marching (Stratford received this rating last fall), Concert, and Sight-reading.

Please congratulate all students for their hard work and great effort in representing Stratford so well at the contest. Also, thanks go to our school administrators (Mr. Birdsong and Dr. Uttley), the bus driver (Travis Melton); and the parents for supporting the band with their attendance at the contest.

Please support the band students in the upcoming Community Birthday Calendar Fundraiser and also attend their High School Band Spring Concert to be held Thursday, May 12, at 6:00 p.m. in the High School Gym.



Only one mountain peak on the North American continent is over 20,000 feet. The southern peak of Alaska's Mount McKinley reaches 20,320 feet.



All bodies of water are subject to the tide-producing forces of the sun and moon, but only where oceans and continents meet are tides great enough to be noticed.

### 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

### 15 Years, 4500 Babies in Dumas Women's Health Center

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

**Dr. Turhan I. Baykan, M.D.**

Specializing In  
**OBSTETRICS-GYNECOLOGY**

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

## "MARK THE DATE!!!"

### NEW HOURS FOR ELK JUNCTION

Starting April 4 M-F  
6 a.m. - 10:30 p.m.  
Saturday 8 a.m - 3 p.m.

#### EDUCATION

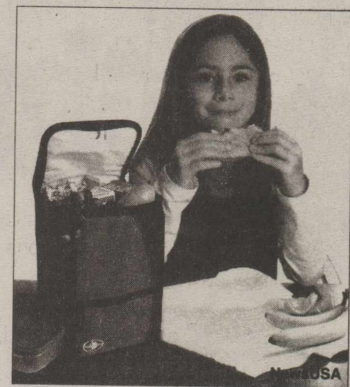
### Put "Brain Power" on the Back-to-School List

NewsUSA

(NU) - That groan you hear is most likely the collective sound of children's disappointment that summer is almost over and a new school year is about to begin. And while you've probably thought of all the back-to-school essentials, there's something you might not have considered - brain health.

Based on considerable research indicating that diet, exercise and rest can help improve cognitive performance, the California Innovations BrainFuel program helps parents lay a strong foundation for their children's education. It features short articles that highlight recent brain research, the impact that sleep and fitness have on mental acuity, quick tips for packing smarter lunches, and recipes for brain-healthy meals. Here are a few tips to get you started:

- **Skip the snooze and make breakfast.** Research has found that breakfast-eaters have higher school attendance, reduced tardiness, better behavior, and stronger test performance than breakfast-skippers.
- **Drop the pop.** Is soda pop really that bad? "Yup. Affirmative. Absolutely," says board-certified nutritionist and author Jonny Bowden, PhD, CNS. Loaded with high-fructose corn syrup, soda pop offers a lot of calories and no nutritional value. Stick with the basics - 100 percent juice, milk, or plain old water.
- **Go nuts!** For snacks, skip the potato chips and pack nuts instead (allergies aside, of course). Walnuts are high in Omega-3 and antioxidants like vitamin E and vitamin B6.
- **Focus on fitness.** Experts aren't exactly sure how exercise fuels learning, but they know that



Packing a healthy lunch and snacks may boost children's school performance.

it does. According to Dr. John J. Ratey, clinical associate professor of psychiatry at Harvard Medical School, "Exercise itself doesn't make you smarter, but it puts the brain of the learners in the optimal position for them to learn." Studies show that exercise enables cells to sprout synapses, which are crucial to forming connections the brain needs in order to learn.

• **Encourage plenty of sleep.** "Even minor changes in sleep... can impair a school kid's learning, memory, attention [and] concentration," says researcher Avi Sadeh, DSc, director of the Laboratory for Children's Sleep and Arousal Disorders at Tel Aviv University.

The California Innovations BrainFuel program is made possible with support from LeapFrog, Horizon, Every Day with Rachael Ray, Bumble Bee, Dole Fruit Bowls, Parents Magazine and other sponsors. Get additional tips, learn more, and register for the \$30,000 Sweepstakes at [www.brainfuel4kids.com](http://www.brainfuel4kids.com).

<p><b>Business Directory</b></p> <p><b>WALTER LASLEY &amp; SONS INC.</b> <i>THE Feedyard</i> Since 1953 753-4411</p>	<p><b>Stratford Hospital District</b> Coldwater Manor Stratford Family Medical Clinic Stratford EMS Elk Pharmacy Proudly serving the medical needs of Stratford and Sherman County</p>
<p><b>Stratford Grain Co.</b> Stratford 396-5541 Lautz 769-4485 4 North Main</p>	<p><b>Vincent Insurance Agency</b> Sabrina Melton P.O. Box 739 Office: 806-396-2456 Stratford, TX 7908 Home: 806-396-2512 email: vinceins@xit.net</p>
<p><b>Stratford Auto Electric</b> 119 S. Wall, Stratford, Texas 79084 Phone: 366-5941 366-5857 Alternator, Starter, -Magneto Rep- Since 1964</p>	<p><b>Joe Taylor Photography</b> PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.</p>
<p><b>This space available</b> Call 366-5885 for more information</p>	<p><b>Structured Touch Massage Therapy</b> Cecce Yelek, CMT LMT 401 N. 3rd #3 (XIT Bldg) Stratford, TX 806-366-2444 (AMHM) 9-5 M-F Saturday by Appointment</p>
<p><b>A&amp;I PARTS CENTER</b> AUTOMOTIVE AND INDUSTRIAL PARTS 201 N. 2nd Street - Stratford, TX 79084 Tele (806)366-5592 * Toll-free 800-624-5494 Fax(806)366-2583</p>	<p><b>Duncan Chevrolet</b> P.O. Box 610 Stratford, TX 79084 Phone 806-366-5857 <a href="http://www.duncanchevrolet.com">www.duncanchevrolet.com</a> E-mail <a href="mailto:duncanch@cit.net">duncanch@cit.net</a></p>
<p><b>C&amp;M Furniture</b> 1702 E 1st 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 &amp; Debit Cards FINANCING AVAILABLE "HARD TO FIND, TOUGH TO BEAT"</p>	<p><b>Joe Flores</b> National Quality Award—35 Year Member P.O. Box 25 Hwy 287S Stratford, TX 79084 Office Phone/806-396-5338 Bus. Phone/806-396-2422 Residence/806-396-5389 Fax/806-396-2113</p>



It Pays To Look In The

# Star Classifieds

Phone 366-5885

THE STRATFORD STAR  
Thursday, March 24, 2011  
Page 5

..The Best Salesperson Around

## Help Wanted

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 MF1-13-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 MF-2-10-tfn

Coldwater Manor is seeking full time RN and LVN. Please apply in person at 1111 Beaver Road, Stratford, TX Phone # (806) 396-55682-17-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

JBS Five Rivers Cattle Feeding-Cimarron Feeders is accepting applications for a full time Mechanic to join the Yard Department Team. Duties include but are not limited to, completing preventative maintenance on all types of equipment, troubleshoot mechanical problems, manage parts/tools inventory, and operate heavy equipment. Computer skills are a plus. Excellent facilities, team atmosphere and respect for refined skills and quality performance. Great benefits that include: Medical & Dental insurance as well as 401K and paid time off. Apply in person or call Clay @ (970) 475-6550. Pre-employment drug screen required. EOE M/F 3-24 & 3-31-2x's

## 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

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

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

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 1/2 Bath, new kitchen, new roof, new windows & flooring. Near schools-1306 Putnam call 806-769-4464 3-24-tfn.

## For Sale

Used Parts for 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)

## Card of Thanks

I would like to thank all of you for your visits, calls, and well wishes. I continue to appreciate and enjoy the "Love Quilt" and each prayer that was offered on my behalf. Each day, I continue to improve.

Beverly Pemberton

## Card of Thanks

Thanks for the donations of Dr. and Mrs. John Smith of Goodwell, Dr. and Mrs. Bruce Schubert of Dalhart, Ferguson Plumbing and Lois James Garner of Boise City. We also want to thank all the many others that attended our German Supper benefit. Also attending Dr. and Mrs. Bonner of Dumas, (We promise to be better prepared at our next German Supper). Thanks to the many 200 that attended.

## ATTN: FARMERS & LANDOWNERS

If you have land that came out of CRP in 2009 or 2010, you need to contact the Appraisal District now.

The land classification may need to be corrected and could reduce your taxes. You will need to complete a new Ag form prior to June 29, 2011 for any land reclassifications to take effect for the 2011 tax roll. Sherman County Appraisal District, 402 N 3rd Stratford TX or call 806-366-5566.

## 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 instructions and 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.

Great art picks up where nature ends.

—Marc Chagall

A sense of humor is a major defense against minor troubles.

—Mignon McLaughlin

### NOTICE OF PUBLIC HEARING REGIONAL WATER PLANNING

Notice is hereby given that the Panhandle Water Planning Group (Region A) is seeking input from the public on the scope of planning activities to be considered during the Fourth Cycle of Regional Water Planning.

The Public Hearing will be held at 5:30 PM on May 9, 2011 in conjunction with the upcoming regular Region A Planning Group Meeting, to be held at the Panhandle Regional Planning Commission at 415 W. 8th. Written and oral comments (not to exceed five (5) minutes per speaker) regarding the scope of activities to be considered during the Fourth Cycle of Regional Water Planning will be accepted at this meeting. Written comments will be accepted for 15 days preceding the Public Meeting. Comments should be submitted to: Panhandle Water Planning Group C.O. Kyle Ingham, 415 W. 8th, Amarillo, TX 79105

Or Kingham@theprpc.org The Panhandle Water Planning Group (Region A) includes the following counties: Armstrong, Carson, Childress, Collingsworth, Dallam, Donley, Gray, Hall, Hansford, Hartley, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Potter, Randall, Roberts, Sherman, and Wheeler Counties.

For additional information, please contact Kyle G. Ingham, Panhandle Regional Planning Commission, 415 W. 8th, Amarillo, TX 79105: Kingham@theprpc.org

Published in The Stratford Star, Thursday, March 24, 2011.

### NOTICE TO PUBLIC REGIONAL WATER PLANNING

Notice is hereby given that the Panhandle Regional Planning Commission will submit by April 8, 2011, a grant application for financial assistance to the Texas Water Development Board (TWDB) on behalf of Region A, to carry out planning activities to develop the 2016 Region A Regional Water Plan as part of the state's Fourth Cycle (2012 - 2016) of Regional Water Planning. It is anticipated that the application will be considered by the Texas Water Development Board at a June 22, 2011 board meeting.

The Panhandle Water Planning Group (Region A) includes the following counties: Armstrong, Carson, Childress, Collingsworth, Dallam, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Potter, Randall, Roberts, Sherman, and Wheeler Counties.

By April 8, 2011 copies of the grant application may be obtained from the Panhandle Regional Planning Commission when it becomes available or online at

www.panhandlewater.org. Written comments from the public regarding the grant application must be submitted to the Panhandle Regional Planning Commission and the TWDB prior to TWDB Board action on this application (date stated above). Comments can be submitted to the Panhandle Regional Planning Commission and the TWDB as follows:

Kyle G. Ingham Administrative Agent for Region A Panhandle Regional Planning Commission 415 W. 8th Amarillo, TX 79105 Executive Administrator

Texas Water Development Board P.O. Box 13231 Austin, Texas 78711-3231

For additional information, please contact Kyle a Ingham, Panhandle Regional Planning Commission, 415 W. 8th Amarillo, TX 79105: Kingham@theprpc.org Published in The Stratford Star, Thursday, March 24, 2011.



The Massachusetts Bay School Law was passed in 1642. It required that parents assure their children know the principles of religion and the capital laws of the commonwealth.

Humor is reason gone mad. —Groucho Marx



In 1939, Frank W. Cyr, a professor at Columbia University's Teachers College, organized a national conference on student transportation. It resulted in the adoption of standards for the nation's school buses, including the shade of yellow.

**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

## Stratford High School 2010-2011

### Yearbook Order Form

ALL COLOR BOOK - \$55.00

DEADLINE TO ORDER MARCH 23, 2011

AFTER DEADLINE ALL BOOKS ARE \$70.00

After deadline - personalization not available

YOU MAY ORDER ONLINE AND PAY WITH CREDIT CARD BY

CLICKING ON YEARBOOK ORDER FORM LINK AT

www.stratfordisd.net

Name of Student \_\_\_\_\_  
Grade \_\_\_\_\_ Phone \_\_\_\_\_  
Date \_\_\_\_\_ Ordered by \_\_\_\_\_

	Quantity	Total
2010-2011 Yearbook @ \$55.00		
Personalization One Line @ \$5.00		
Icons @5.00 each (Limit 4)		

Total \$ \_\_\_\_\_

Personalization (One line, 25 spaces maximum)

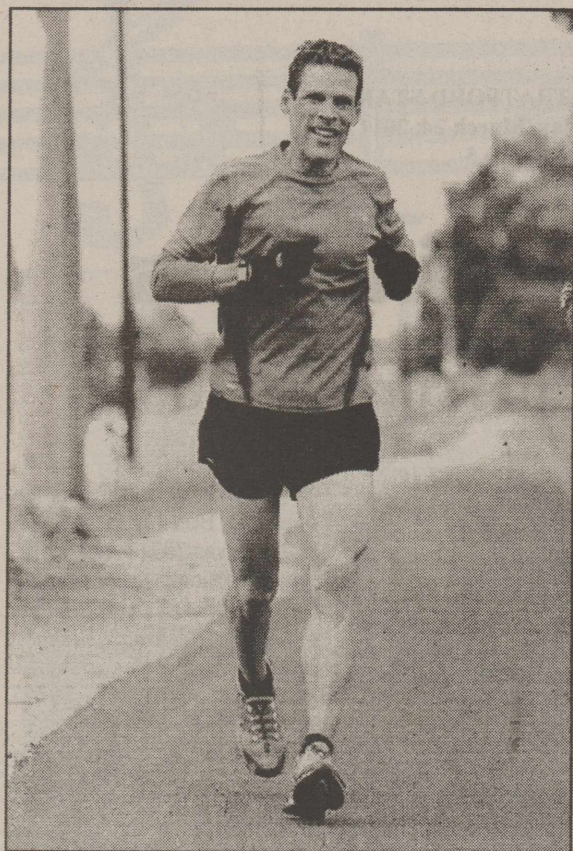
\_\_\_\_\_

Must order one line of personalization to order Icons

Icons: 1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ #4 \_\_\_\_\_

Paid by Check# \_\_\_\_\_ Amount \$ \_\_\_\_\_

Please return to campus secretary or give to Mrs. Shari Hudson @ SHS Library. Any questions, please contact Mrs. Hudson @ 366-3347



Dean Karnazes



### "Run Across America"

Dean Karnazes and his crew will be coming through Stratford on his "Run Across America". He will be here sometime Friday, March 25th at 9 a.m. until March 27th at 6 p.m. on HWY 54. We will know exactly when he gets closer! Let's welcome him with signs, runners, and lots of Stratford pride! If we put on a good show, we have a chance of making it on the Regis & Kelly show!

**"LIVE! WITH REGIS AND KELLY"  
ANNOUNCES  
"REGIS & KELLY'S RUN ACROSS  
AMERICA WITH DEAN KARNAZES"**

**LIVE's Most Ambitious Endeavor Yet Features Ultra-Athlete Dean Karnazes Running Coast-to-Coast to Inspire America**

**12-Week Event Will Benefit Action for Healthy Kids®**

**Walgreens, Eucerin and OnStar Join LIVE as 'Run Across America' Partners**

NEW YORK, NY – February 3, 2011 -- On today's "LIVE! with Regis and Kelly," hosts Regis Philbin and Kelly Ripa announced the popular morning talk show's most ambitious undertaking yet. LIVE is teaming up with ultramarathon runner, author and motivator Dean Karnazes for "Regis & Kelly's Run Across America with Dean Karnazes," a coast-to-coast challenge designed to inspire Americans to get up, get active and get healthy.

Beginning in Southern California on February 25 with a spectacular kick-off event at The Disneyland Resort that will be broadcast that morning on LIVE, Karnazes will undertake the unthinkable: he'll run nearly 3,000 miles, averaging an unbelievable 40-50 miles daily, nearly the equivalent of two marathons every day. From California, he'll make his way cross-country through the Southwest, passing through Arizona and New Mexico on his way to America's Heartland. After running through Kansas, Missouri, Indianapolis and Ohio, he'll head down to the nation's capital, then travel north through Maryland and Pennsylvania, before completing his journey in mid-May when he runs into LIVE's New York City studio, live on the air.

In addition to sending an important message about health and fitness, the run also will benefit Action for Healthy Kids®, the nation's leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment. Action for Healthy Kids helps schools become healthier places and teaches kids to eat right, be active every day and ready to learn.

As he runs, LIVE's viewers will follow Karnazes' challenges and triumphs as he takes on an amazing feat few athletes would attempt. LIVE will cover Karnazes every step of the way, with regular live and taped video updates from the run. Karnazes also will maintain an on-going blog on the LIVE website, and tweet messages and photos from the road so viewers can keep track of his incredible odyssey. In many cities, there will be organized "Run with Dean" 5k events in which local runners can join the ultramarathoner and be a part of his extraordinary

Three key partners have joined LIVE and Karnazes to make "Regis & Kelly's Run Across America with Dean Karnazes" possible. In conjunction with its Way to Well Commitment, Walgreens will provide health checks for Karnazes as he makes his way from California to New York and provide wellness supplies for the three-month run. Eucerin is partnering with LIVE to build awareness of their "Skin First" mission, by encouraging people across the country to make skincare an essential part of their daily healthcare routines, as well as providing skincare tips and advice to viewers throughout the duration of the run. And as Karnazes journeys mile-by-mile across the country, OnStar will provide GM vehicles equipped with its full range of services, keeping Karnazes and his team connected and safe at all times.

"We first got to know Dean when he tried to break a world record on our show, running more than 211 miles on a treadmill over a 48-hour period. The entire staff was amazed and inspired by him," said Michael Gelman, Executive Producer, "LIVE! with Regis and Kelly." "This is an incredible opportunity for us, to be working with a role model like Dean Karnazes on such a positive effort: encouraging fitness, fighting against childhood obesity, and hopefully inspiring our viewers to live healthier lives."

"America needs to reclaim its health," noted Karnazes. "LIVE is bringing light to this critical situation and I am glad to be part of it. Let's run!"

"With more than 30% of children in this country overweight or obese we're fighting a serious childhood obesity epidemic. We have to get our children eating well and moving more," said Rob Bisceglie, Executive Director of Action for Healthy Kids. "That's why we're thrilled to be working with 'LIVE! with Regis and Kelly' on Dean Karnazes' cross-country adventure. It's a fantastic way to highlight the importance and benefits of physical activity."

#### About Dean Karnazes

An internationally recognized endurance athlete and New York Times bestselling author, Dean Karnazes ([www.UltramarathonMan.com](http://www.UltramarathonMan.com)) has pushed his body and mind to inconceivable limits. TIME magazine named him as one of the "Top 100 Most Influential People in the World," Men's Fitness hailed him as the fittest man on the planet and he was the winner of the 2008 ESPY Award for "Best Outdoor Athlete."

Among his many accomplishments, he has run 350 continuous miles, foregoing sleep for three nights. He's run across Death Valley in 120-degree temperatures, and run a marathon to the South Pole in negative 40 degrees. On ten different occasions, he's run a 200-mile relay race solo, racing alongside teams of twelve. His long list of competitive achievements include winning the world's toughest footrace, the

Badwater Ultramarathon, running 135 miles nonstop across Death Valley during the middle of summer. His most recent endeavor was running 50 marathons, in all 50 US states, in 50 consecutive days, finishing with the NYC Marathon, which he ran in three hours flat.

As an author, his first book was *Ultramarathon Man: Confessions of an All-Night Runner*. His 50-marathon feat was the basis for *50/50: Secrets I Learned Running 50 Marathons in 50 Days -- and How You Too Can Achieve Super Endurance!* And on March 1, Rodale Books will publish *Run! 26.2 Stories of Blisters and Bliss*, Karnazes's new inspirational memoir, told in 26.2 chapters that take readers inside the heart and mind of someone who pushes himself to the limits of physical achievement.

#### About Action for Healthy Kids

Action for Healthy Kids® is the nation's leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment by helping schools become healthier places and our kids learn to eat right, be active every day and be ready to learn. A collaboration of more than 70 organizations, corporations and government agencies supports grassroots efforts by 20,000+ volunteers nationwide. In the 2009-10 school year, Action for Healthy Kids reached 4.5 million students in 9,200 schools.

#### About Walgreens

Walgreens ([www.walgreens.com](http://www.walgreens.com)) is the nation's largest drugstore chain with fiscal 2010 sales of \$67 billion. The company operates 7,655 drugstores in all 50 states, the District of Columbia and Puerto Rico. Each day, Walgreens provides nearly 6 million customers the most convenient, multichannel access to consumer goods and services and trusted, cost-effective pharmacy, health and wellness services and advice in communities across America. Walgreens scope of pharmacy services includes retail, specialty, infusion, medical facility and mail service, along with pharmacy benefit solutions and respiratory services. These services improve health outcomes and lower costs for payers including employers, managed care organizations, health systems, pharmacy benefit managers and the public sector. Take Care Health Systems is a Walgreens subsidiary that is the largest and most comprehensive manager of worksite health centers and in-store convenient care clinics, with more than 700 locations throughout the country.

#### About Eucerin

Since 1900, Eucerin has made healthy skin its mission. High quality, clinically proven formulations developed for sensitive skin are what's made Eucerin an essential part of everyday skin health for over 100 years and the brand dermatologists trust most. Eucerin is committed to helping consumers put the health of their skin first everyday by providing skincare education and a line of proven products for cleansing, moisturizing, healing and protecting skin. For more information, visit [www.EucerinUS.com](http://www.EucerinUS.com).

#### About OnStar

OnStar, a wholly-owned subsidiary of General Motors, is the leading provider of in-vehicle safety, security and connectivity services, and is proud to provide GM cars and trucks as the official vehicles of "Regis & Kelly's Run Across America With Dean Karnazes." OnStar provides services to more than 6 million customers and is at the forefront of vehicle technologies that save lives and keep people safely connected while driving. OnStar is available on Chevrolet, Buick, GMC and Cadillac models.

#### About "LIVE! with Regis and Kelly"

"LIVE! with Regis and Kelly" is executive produced by Michael Gelman, and is distributed by Disney-ABC Domestic Television. Produced by WABC-TV in New York, "LIVE! with Regis and Kelly" airs in more than 200 markets across the country.

#### Technology

(NU) - YouTube may help charities reach millions of potential donors.

For example, one charity, Bread and Water for Africa ([www.africanrelief.org](http://www.africanrelief.org)), recently created YouTube videos focusing on Eldoret, Kenya's Lewa Children's Home. The Home provides a loving environment, nutritious food, clean water, education and support for abandoned, orphaned or abused children.

Links to the YouTube videos can be found on the Bread and Water for Africa home page ([www.africanrelief.org](http://www.africanrelief.org)).