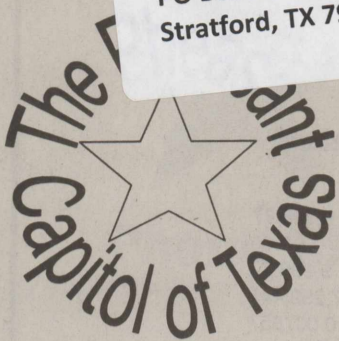


Melvin Mitts 06/16
PO Box 523
Stratford, TX 79084



The Stratford Star

75 cents Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 33 August 13, 2015



Texas Tech Southwest Collection group visits Stratford

Sherman Co Historical Commission hosted Texas Tech Southwest Collection Archivist L/R Andy Wilkinson, Elissa Stroman, Monte Monroe, guest Steve DeAnda and Ann Wells Historical Commission Board member. The program was on saving historical treasurers and telling your story. What will happen to your historical pictures, ledgers, diaries, journals and etc? Don't throw them away or let someone else. Put them in a box labeled for the Texas Tech Southwest Collection and they will be stored, catalogued and be accessible to your family and for research. For more information please contact any member of the Sherman Co. Historical Commission.

Happy State Bank to acquire bank in Shamrock

In a joint statement, Happy State Bank, Chairman and CEO, J. Pat Hickman along with Centennial BANK Chairman, J. David Williams, announced the signing of a definitive agreement wherein Happy State Bank has agreed to purchase the Shamrock banking center from Centennial BANK. The banking center's address is 711 North Main Street in Shamrock, Texas.

"We are very excited to expand the Happy Banking Experience into Wheeler County, and specifically, Shamrock. This is just a great fit for our company. I was born on St. Patrick's Day, hence my name; I've wanted to be associated more directly with Shamrock since I was a wee lad. This is fun," stated Hickman.

"Centennial is confident that HSB will continue to provide our Shamrock customers with the highest level of community banking services. Our strategic growth strategy is in other areas of the Texas market and so this transition of our most distant banking center, to another successful and recognized community bank, is good for all parties," stated Williams.

With this acquisition, Happy State Bank will acquire approximately \$9 million in loans and \$50 million in deposits, and will have 35 offices in 25 communities. The transaction is expected to close in the fourth quarter of 2015, pending regulatory approval.

Centennial BANK, with \$717 Million in assets was established in 1934. The bank is headquartered in Lubbock, Texas and has 14 banking centers across the Panhandle/South Plains and Texas Hill Country.

The parent company of Happy State Bank is Happy Bancshares, Inc. while Commerce BancShares, Inc. is the parent of Centennial BANK.

Happy State Bank currently has offices in Happy, Abilene, Amarillo, Borger, Canadian, Canyon, Dalhart, DFW Metroplex, Dumas, Floydada, Hereford, Higgins, Lockney, Lubbock, Olton, Pampa, Panhandle, Plainview, Silverton, Sunray, Stratford and Texline. With over \$2.6 Billion in total assets. Happy State Bank is the 27th largest bank in Texas. Happy State Bank was chartered in 1908 in Happy, Texas. In 1990, the then \$10 million bank headquartered in Happy, Texas was acquired by a group of Panhandle area investors and is now the second largest bank in the Amarillo region.

A Medical Benefit Account for Cece Yelek has been set up at Happy State Bank

A Medical Benefit Account for David Acosta has been set up at Happy State Bank

Stratford Youth Sports 2015 Soccer Season

We Need Parents to Coach
3 age Groups:
4-5 Years Old, (ages 4-5)
6-8 Years Old,
9-12 Years Old

Check for sign-up forms at the back to school night at the school

Please Call:
Bryan Clift (806)679-9421
Brandy Scott (620)424-7282
Lupe Duran (806-268-0755

Please Check our Facebook for more info.
www.facebook.com/stratfordyouthsports

Stratford High School Students can pick up schedules as following:

Freshman Thursday, August 20- 9-11
Sophomores Thursday, August 20- 1-3
Juniors-Friday, August 21- 9-11
Seniors Friday, August 21- 1-3

SCOT'S LEGACY

Concerned and interested Sherman County older citizens met January 24, 1974 to form a group which would later be named SCOT. SCOT (Sherman County Older Texans) became an official organization at that time. Steering Committee for the SCOT organization consisted of Chairman, Rev J Frank Perry; Co Chairman, Joy Smith; Secretary-Treasurer, Martha Mitts; Refreshment Chairman, Irene Wakefield Entertainment and program Chairman, B A Donelson; Publicity Chairman, Nora Kidwell; Chairman of host and hostesses, LeRayne Donelson. Other Steering Committee members were Jimmie Pronger, Pam Brannan, Shirley Plunk, Rose Wells, Janet Rife, Sue Smith, Millie Hacker, Myrtle Ellison, Jessie Dowda, Juanita Donelson, Mary Peach Smith, Janice Sladek, Father Richard Neyer, Rev Bruce Mitchell, Rev David Harker, Bill Cox, Judge Bill Frizzell Jr. Dave McReynolds, There were 128 Charter Members.

SCOT was formed to provide a place for Sherman County seniors age 55 and older to come together for fellowship, entertainment, spiritual growth, informative programs and other occasions. This Legacy, that this group of seniors organized, has been paid forward for the last 41 years. Over these years, many of the membership have moved or passed on. Their Legacy is now in danger of fading into history. SCOT needs interested Citizens to come forward and help pay this Legacy forward for present and future senior citizens. SCOT meets the fourth Thursday of each month for a covered dish noon luncheon. Other activities include Men's Pool at 1pm; Women's chair exercises MWF at 10 AM ;Women's Mexican Train dominoes, Monday at 1:30 pm. Water exercises classes are scheduled at the Stratford Country Club for the month of August on Tuesdays at 6pm. Yoga chair exercises with Erin Erin Gerond and art classes with Cindy Russell are to be scheduled for the fall after school starts. Other special events have included trips to eat at the Chicken House and at the XIT Steakhouse. Also included have been book reviews, informative programs and musical entertainments at the monthly meetings. Planned for August is an informative program on Medicare and upcoming changes presented by Andy Crocker, state specialist on Aging. Membership dues for SCOT are \$25 per person per year. Current membership is 52.

Monday, August 3, twenty-six concerned citizens met at Scot Hall to offer suggestions for future planning for Scot.

If you are interested in helping pay this Legacy forward, please join us! Once something stops or goes away in Stratford, it doesn't come back. Evidence of this is the 4th of July celebration at the park, GONE; the Sherman County Fair, GONE; Home demonstration clubs, GONE; Red Hats, GONE. Caring and willing citizens are NEEDED to keep Stratford's events and organizations alive! Please HELP!!!

Local man arrested on child pornography

On 07/25/2015 the Stratford Police Department and Sherman County Sheriff's Office assisted the FBI in the arrest of Dustin Huggins on a charge of Child Pornography this was after an investigation started about a year ago by the FBI. Mr. Huggins was transported to Amarillo by FBI agents.

Cimarron Country Music Theater

CCMT Show in Boise City, August 22, 2015 - 8:00 pm - doors open 7:00 pm Bill Handorf (from Shreveport, LA, Sara Whitfield, Boise City, Lonnie Shurtleff, Guymon will be singing & playing for a great show. Bill Handorf has donated 50 of his new CD, "Just Country". We will give a free CD to the first 50 people walking through the

Cont. on page 4

Back to School Hamburger Supper

Stratford ISD Board of Trustees and Administration would like to invite you to our Annual Back to School Hamburger Supper. The supper is free to the public. We will serve hamburgers, chips, and tea. The supper will be held in the High School Cafeteria on Friday, August 21, 2015 from 5:30 pm to 7:30 pm. Come join us!

Stratford Schools Open House

Stratford ISD invites you to come by each campus and meet and greet our employees. Open House is on Friday, August 21, 2015. Be sure to join us in the High School Cafeteria for the Annual Back to School Hamburger Supper during your visit!

The schedule is as follows:
Mary Allen Elementary 5:30 pm-6:30 pm
Junior High 6:00 pm-7:00 pm
High School 6:30 pm-7:30 pm

5th Annual Stratford Community Tailgate Party and Dance Saturday, September 12, 2015 Stratford Country Club

No entry fee - Cash prizes for top three entries
Cook Applications are available at extension office.
You provide all items you need for cooking your item, equipment you need for set up, electricity, etc.

Meal - 7:00 PM
Dance - 8:00 PM - 11:00 PM

Bring your lawn chair and enjoy an evening of food, fun and fellowship!

All proceeds go to Sherman County Livestock Association

Any questions call: Dinah - 806-753-7053, Larry - 806-930-0588, or James - 806-672-4291

** All 2016 Sherman County Livestock Exhibitors are required to sell 3 tickets. Tickets can be picked up at the extension office. Exhibitors will be charged \$45 for not selling tickets.***

NOTICE

REMINDERS:

- you as the property owner, are responsible for mowing your property in the alley. Weeds and grass becomes a hazard when left uncut. Please check your alley and maintain as necessary.
- the alleys must be kept clear of trash and debris at all times and the parking of vehicles and/or the storage of items are not allowed in the alleyways at any time per City Ordinance.
- you must present a current utility bill to the attendant before being allowed to take items to the Recycle Center

Thank you for your immediate attention concerning these matters.

City of Stratford Code Enforcement and Recycle Department

Mitchell Theaters

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



The Stratford Star
(USPS 523-108)
Published for over 100 years
805 Purnell
Stratford, TX 79084

Telephone: 806-366-5885
Fax: 806-366-5884
E-Mail: stardm@xit.net

The Stratford Star is published weekly
Editor & Publisher Martha Robertson
Advertising & Photographer Shari Hudson

Subscription rates
\$33.00 per year in Sherman & Adjoining counties
\$40.00 per year all others

\$27.00 per (9 months) College rate
The Stratford Star-PO Box 8-Stratford, TX 79084

Periodicals postage paid at Stratford, TX
POSTMASTER: Send address changes to Stratford Star,
PO Box 8-Stratford, TX 79084

***** Attention to all subscribers!!

Rate change

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

Thanks-Marty

2015 Property Tax Rates

This notice concerns 2015 property tax rates for the listed entities. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties listed in both years. This year's rollback rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 of property value.

	Hospital/Stratford	Hospital/Texhoma
Last year's tax rate:		
Last year's operating taxes +	1,231,459.99	9,998.77
Last year's debt taxes =	0.00	0.00
Last year's total taxes --	1,231,459.99	9,998.77
Last year's tax base =	464,465,270	127,259,445
Last year's total tax rate	\$/100 0.265135	0.007857

	Hospital/Stratford	Hospital/Texhoma
This year's effective tax rate:		
Last year's adjusted taxes --	1,231,198.62	9,993.05
(after subtracting taxes on lost property)		
This year's adjusted tax base =	447,066,120	118,479,020
(after subtracting value of new property)		
This year's effective tax rate	\$/100 0.275395	0.008434
(Maximum rate unless unit publishes notices and holds hearings)		

	Hospital/Stratford	Hospital/Texhoma
This year's rollback tax rate:		
Last year's adjusted operating taxes	1,231,199.00	9,993.00
(after subtracting taxes on lost property) --		
This year's adjusted tax base =	447,066,120	118,479,020
This year's effective operating rate x	0.275395	0.008434
1.08 = this year's maximum operating rate +	0.297426	0.009108
This year's debt rate =	0.000000	0.000000
This year's total rollback rate	0.297426	0.009108

STATEMENT OF INCREASE/DECREASE

	Hospital/Stratford	Hospital/Texhoma
If the listed unit adopts a 2015 tax rate equal to the effective rate of	0.275395	0.008434
per \$100 of value, taxes would	increase	increase
compared to 2014 taxes by	1,166.14	13.30

SCHEDULE A - UNENCUMBERED

FUND BALANCES	Hospital/Stratford	Hospital/Texhoma
Maintenance and Operation-Tax Accts	80,000.00	575,806.27
Maintenance and Operation-Other Accts	20,000.00	0.00
Interest and Sinking	0.00	0.00

SCHEDULE B - DEBT SERVICE

Description of Debt to be paid from taxes	Hospital/Stratford	Hospital/Texhoma
Total Required for 2015 Debt Service	0.00	0.00

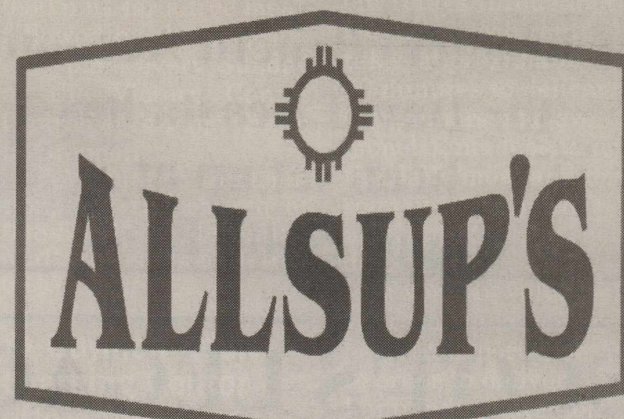
This notice contains a summary of actual effective and rollback tax rate calculations. You can inspect a copy of the full calculations at the Appraisal District Office, 402 N. Third, Stratford, Texas.

Name of Person Preparing this Notice Teresa Edmond
Title Chief Appraiser
Date August 10, 2015

Prices Good Thru 09/05/15

LABOR DAY Celebration

Store #361
101 S Poplar Street
806-396-1180



NEW Allsup's Breakfast Stick with Sausage, Cheese & Hatch Green Chile

\$1.59 each

ALLSUP'S BREAD

New Bread Bag, Same Great Bread

EXTRA SAVINGS

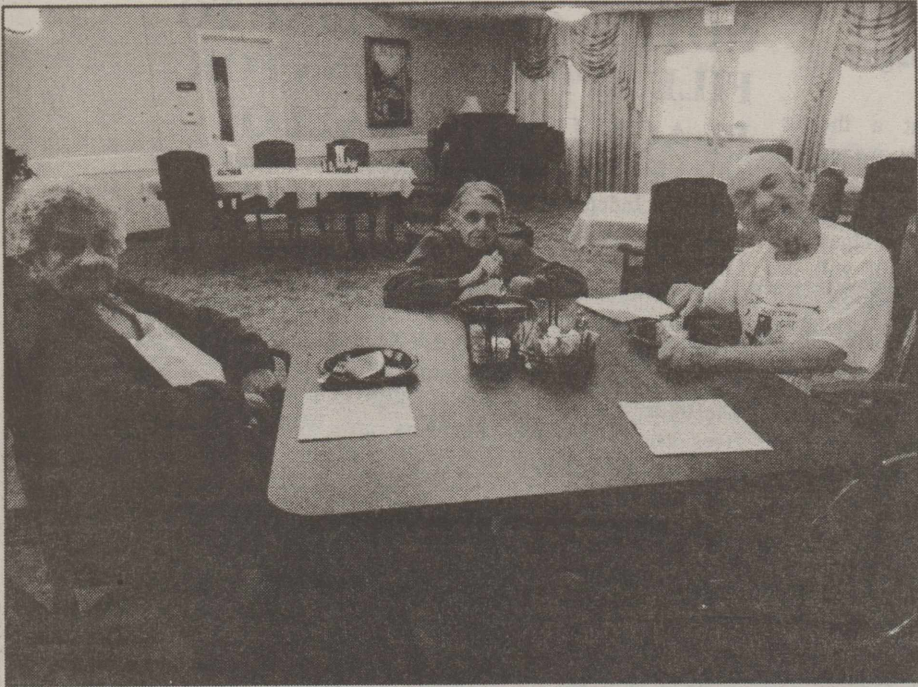
GATORADE THIRST QUENCHER
28 OZ.
2\$3 FOR 3

COCA-COLA PRODUCTS
SELECT VARIETIES
12 PACK
\$3.99 EA

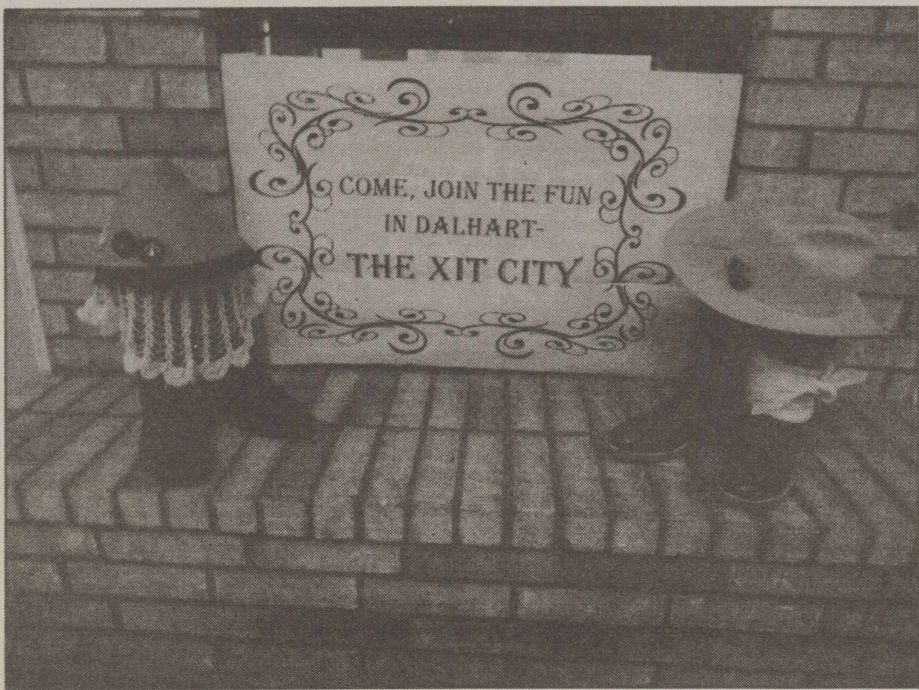
JACK LINK'S SMALL BATCH JERKY
2.5 OZ.
\$5.99

SPECIAL K BARS
EACH
\$1.29

BIG BAG COOKIES
3 OZ.; MINI OREOS, NUTTER BUTTER, TEDDY GRAHAMS, CHIPS AHOY!, OR MINI OREO REESE'S
\$1.39



Residents enjoying watermelon, Louise Stilwell, Sue Pogue, Carl Wiebe



Decorations at Legacy.

XIT Activities at Legacy

By Paula Nusz

Legacy Assisted Living located in Dalhart, Texas, celebrated XIT festivities with gusto in August. Beginning on Monday, August 3, decorating with western and rural décor took place. Tuesday brought a visit with the XIT Directors, Queen and queen contestants. The Little Miss and Mr. were just too cute. In the afternoon this date, a new event – 'Main Street Remembered' was held. Bill McMurry lent his photos and knowledge about historic downtown buildings as well as other locations throughout Dalhart. Residents shared their memories of these early building, businesses and activities. Tuesday evening brought a trip to the XIT melodrama dress rehearsal. As always, the play was very entertaining and everyone enjoyed a hearty laugh.

Wednesday through Friday, each morning, a different cowboy movie was shown. Fresh cinnamon rolls, donuts, and coffee cake were served during the movie. Movie selections were: The Duel at Silver Creek, Bite The Bullet, and The Trail Beyond.

Thursday brought along XIT Bingo using specially designed Bingo cards (with words specifically significant to the XIT celebration) and prizes were awarded. Friday afternoon featured the traditional watermelon feed. Thick slices of chilled seedless melon were devoured by hungry residents!

The highlight event on Saturday was the exciting parade. The parade assembled on Texas Boulevard, right in front of Legacy. The residents get the best view and the most candy being at the beginning of the parade! Genuine XIT BBQ was served for supper along with beans, potato salad, biscuits and cobbler.

Legacy residents had many visitors during this event filled week. Many family members and friends return to Dalhart to celebrate its unique history and heritage.

Prayers Across Texas coming to Stratford

(Stratford) -- The steps of the Sherman County Courthouse in Stratford will be the scene of a prayer rally, Prayers Across Texas, at 6 p.m. Friday, August 14th. Dr. Johnny Teague, senior pastor of Church at the Cross in Houston, will host the event which has been approved by the County Judge and nearby church groups.

The courthouse will be the site of one of the 254 county seats where Dr. Teague is on a mission urging all concerned citizens to pray for America.

Dr. Teague has asked, "What if George Washington and Abraham Lincoln were to suddenly wake up tomorrow, how do you think they would feel? They would see a nation deep in debt, short on morality, a government passing bills they haven't read, an air of lawlessness in our cities, and a generation that refuses to work. Worst of all, they would find a national environment where God is no longer welcome."

Dr. Teague notes that this has all happened "under our watch, and it's time we do something about it – but what?" He cites 2 Chronicles 7:14.

Dr. Teague urges all interested citizens to join him in his challenge to lift up this nation in prayer because it is such a time as this, that we need a Divine miracle in this nation. Our God can do just that. www.prayersacrosstexas.org.

What If

George Washington and Abraham Lincoln were to suddenly wake up tomorrow, how do you think they would feel?

They would see a nation deep in debt, short on morality, a government passing bills they haven't read, an air of lawlessness in our cities, and a generation that refuses to work.

Worst of all, they would find a national environment where God is no longer welcome.

This has all happened under our watch and it's time we do something about it – but what?

2 Chronicles 7:14

Please join me and the concerned citizens of Randall County as we gather to pray:

Prayer Rally for America

This Friday, August 14th at 6 pm

At the County Courthouse in Stratford

PRAYERS ACROSS TEXAS

www.prayersacrosstexas.org

The Churches of Stratford Welcome You

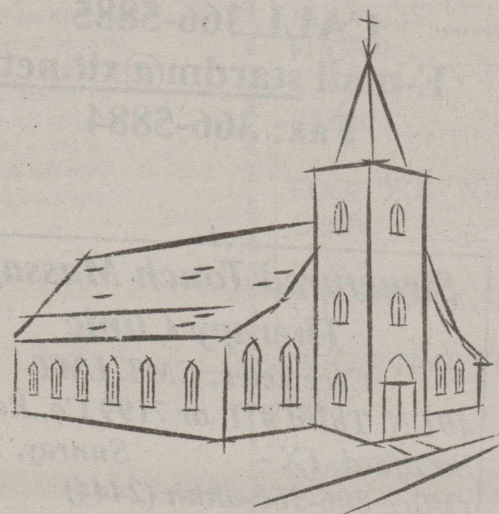
First Assembly of God
 Kevin Anderson, Pastor
 921 Fulton
 Sunday School 9:45 a.m.
 Morning Worship 10:45 a.m.
 Evening Worship 6:00 p.m.
 Wed. Bible Study 6:30 p.m.

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

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

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

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



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 Stratford Grain 396-5541
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 366-5885

Church of Christ
 Iglesia De Cristo
 Raymond Glendinning
 Juan Campos
 N. 3rd & Chestnut
 Sunday School 9:30 a.m.
 Morning Worship 10:30 a.m.
 Evening Worship 5:00 p.m.
 Wednesday Bible Study 7:00 p.m.

Heritage Bible Baptist
 Pastor Mark Looney
 302 S. Main
 For more info-call 396-2212
 Morning worship 11:00 a.m.
 Evening Service 6 p.m.
 Thurs. Service 7:00 p.m.

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

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

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



Wakeboarding in the middle of the road on Sunday, August 2, 2015. Having fun were Bethany Everett, AJ Riffe, Jacie Seward, Russell Spurlock, Jack McBryde, Kade McBryde, Adria, Hein and Sakkie du Plessis. Enjoying the much needed rain we have had this year. Way different than some past years.

Cimarron
Cont. from page 1

door that bought a theater ticket (1 per couple or family). Also this CD has a song written by Doug Graves, a teacher here & a graduate of BCHigh School. Bill will be singing it "Summer Moon" This show will be dedicated to Stephanie Stoner & boys, Gabriel, age 10 & Joel age 8. This family lost their home in the Fritch, TX fire over a year ago. They have been living in a loaned 5thwheel camper. United Way paid for concrete & house shell. Volunteers have poured the concrete and put up the shell. But Stephanie has no funds to finish it. I'm really excited about helping this much deserving lady. For more information or to donate contact Sandy Hawkins, home #580 544 3152 or cell # 806 674 5147

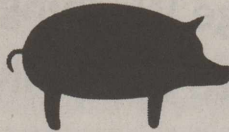
NOTICE OF DEADLINE TO FILE APPLICATIONS FOR PLACE ON THE BALLOT

Notice is hereby given that application for a place on the Stratford Independent School District Regular election ballot may be filed July 27, 2015 thru August 24, 2015. Office Hours: 8:00 AM - 4:00 PM Monday - Friday, August 24th office hours 8:00 AM —5 PM. You may file applications in person at Stratford ISD Administration Office, 503 N Street, Stratford, TX. Board members whose terms will expire are Brad McBryde, Michelle Lutes and Dan Law unexpired term Tres Hess. Holdover members are Walt Berry, Tim Hudson, and Jo Hinds.

NOTICE OF DEADLINE TO FILE APPLICATIONS FOR PLACE ON THE BALLOT

Notice is hereby given that applications for a place on the City of Stratford regular/special election ballot may be filed July 27, 2015 thru August 24, 2015 during the office hours of 8:00 am to 5:00 pm. You may file applications in person at City Hall, 518 N. 3rd Street, Stratford, Texas. Expiring two-year terms are: Greg Wright, Ann Johnson and Diana Fritz. Holdover members are Ricky Reed, Joe Zak and James Lutes.

Amarillo, Tri-State Fair entries are due in the office by Thursday, August 20th by 5:00 p.m. Please call Alexa or come by for more information.



If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf.
—Bob Hope

There is no excellent beauty that hath not some strangeness in the proportion.
—Francis Bacon

FB Frische Bros. Fertilizer

Offering Panhandle farmers quality, dry and liquid fertilizer and chemical, as well as ground and aerial application services.

STRATFORD ^{airport}
806-396-2284
5725 CR L Stratford, TX 79084

DUMAS 806-935-7337 SUNRAY 806-930-4269 CACTUS 806-966-3650

SALES | APPLICATION | CHEMICAL | DRY & LIQUID FERTILIZER

Business Directory

PO Box 510
Stratford, TX 79084
Phone: 806-366-5557

Duncan Chevrolet
www.duncanchevrolet.com
E-mail: duncanch@xit.net
AN AMERICAN REVOLUTION

Stratford Auto Electric

119 S. Wall, Stratford, TX 79084
Phone-366-5941 or 366-5857
Alternators, starters, Altronic Repair
Since 1964
Roy McAlister

Stratford Grain Company

Stratford 396-5541
Lautz 769-4485

4 North Main

THE STRATFORD STAR

Duane & Marty Robertson

PO Box 8 Office: 806-366-5885
Stratford, TX 79084 Fax: 366-5884
e-mail: stardm@xit.net

A & I Parts Center

Automotive and Industrial Parts
201 N. 2nd Street-
Stratford, TX 79084

Tel: (806) 366-5592
*Toll-free 800-624-5494
Fax: (806) 366-2583

Shari Hudson Photography

PO Box 243
Stratford, TX 79084
Cell PH: 806-753-7798
Email: ghud@xit.net
www.sharihudsonphotography.com
Seniors-Children-Families
Wedding-Special events
Engagements

Vincent Insurance Agency

Sabrina Melton

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

THIS SPACE AVAILABLE
CALL 366-5885

E-mail stardm@xit.net
Fax: 366-5884

Structured Touch Massage Therapy Clinic

Cece Yelek, CMT, LMT
401 N. Third #11. or 7199 Co. Rd P
Stratford, TX - Sunray, TX
Office 806-366-ahhh (2444)
Cell 806-290-3655
Open 9-5 by Appointment Only

THIS SPACE AVAILABLE
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E-mail stardm@xit.net
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JIM STEVENSON

BOX 192
DALHART, TEXAS

Cider Can Chicken

Serves 3-4

- 1 roasting chicken, approx. 4-5 pounds
- 2 cans Angry Orchard Crisp Apple cider

- 2 Tablespoons chopped fresh herbs
- 3 cloves garlic, finely chopped
- 2 ounces olive oil
- pepper, to taste

The day before, brine the chicken: Dissolve 1 Tablespoon Kosher salt and 1 Tablespoon sugar in one can of Angry Orchard Crisp Apple cider. Mix in 1 Tablespoon chopped herbs and 1 clove chopped garlic. Submerge chicken in brine overnight, adding water (or cider) if necessary.

Preheat oven to 300 degrees, or light a grill and set to low heat. Remove chicken from brine, rinse thoroughly and pat dry. In a small bowl, whisk together 4 ounces of Angry Orchard Crisp Apple cider, remaining herbs (whatever you can get your hands on—thyme, sage, rosemary, etc.), remaining garlic, and olive oil. Rub dressing all over chicken, and season liberally with remaining salt and pepper.

Stand chicken straight up and nestle firmly on top of can; the chicken should remain vertical. Place chicken in a wide roasting pan or directly on the grill, and cook until the juices run clear and chicken is cooked through, approx. 30-40 minutes. Cooking times will vary based on heat and method.

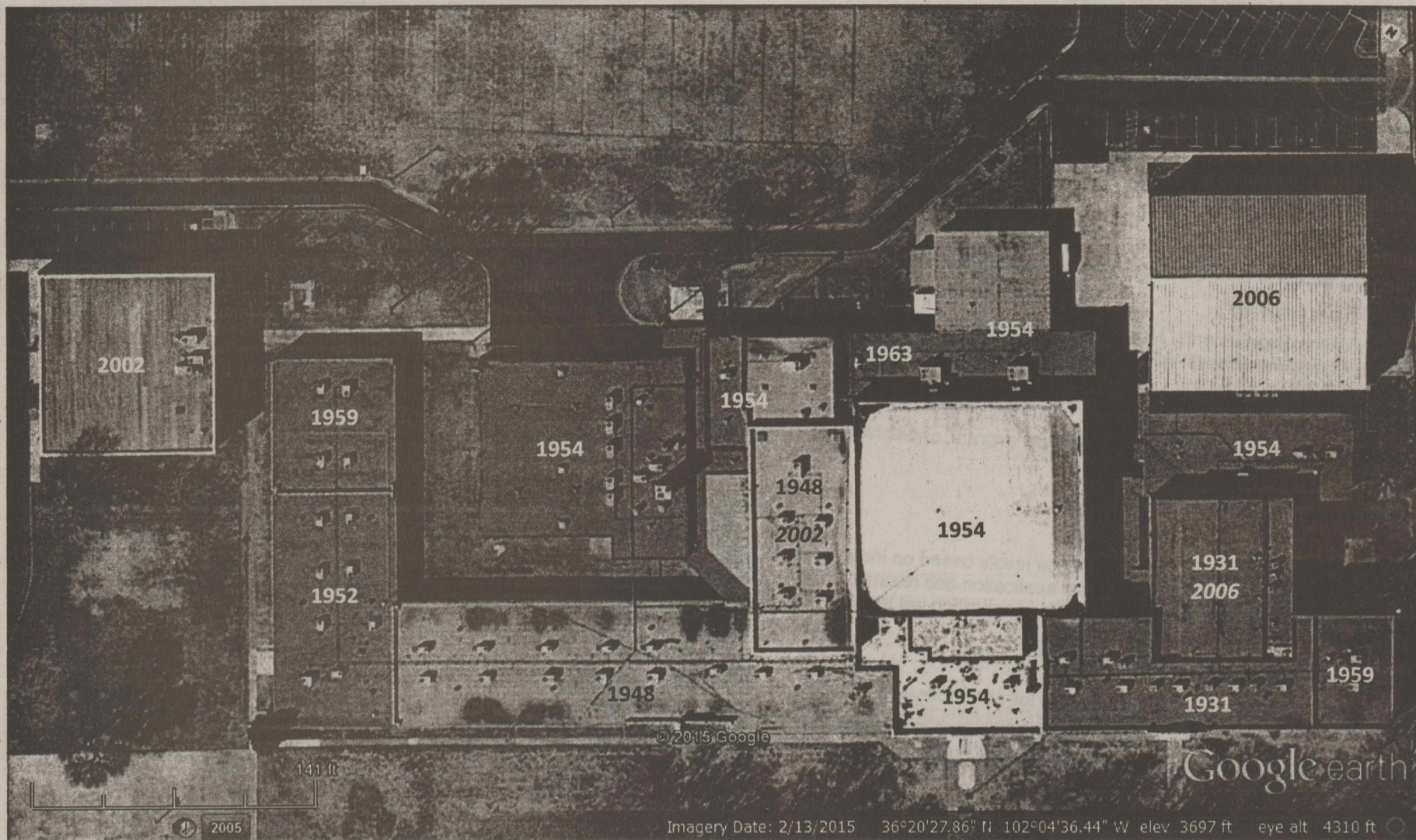
Remove chicken from the oven and let rest for 10 minutes. Carefully remove the can of cider, and serve.

For more recipes, visit www.AngryOrchard.com.

The difference between what the most and the least learned people know is inexpressibly trivial in relation to that which is unknown.

—Albert Einstein

**Stratford HS/JHS Site, Showing Building Dates
 (KEY to Font Style: New – Major Renovation)**



**From the Bird's Nest
 August, 2015-By Jerry Birdsong
 Superintendent Stratford ISD**

It is not too much longer and the Stratford schools will be open for business with hallways full of kids. A new school year brings optimism and energy to a community. There is something special about the first football game, cold front and the excitement of kids returning to classes.

The district accountability ratings were released last Friday. The district and all of the campuses continue to perform well overall, although there are always places we would like to see improvements. This is a tribute to the fine faculty and great students that we have in our community.

We will have a number of new faces in the district for 2015-16. It is an annual passage that valued employees leave the district and we are faced with the challenge to replace them with quality people. We feel that we have again found good teachers and quality people to put in front of our student. The new professional staff includes Jon Murphy (JH SS/Coach), Penny Murphy (JH Math), Tanner Martin (HS SS/Coach), Kendra Martin (HS Ag), Ammon Farnsworth (HS Math), Macy Begley (JH ELA), Katherine Nusz (Band Director), Kaleb Horsford (HS Ag), and Tracy Hicks (2nd grade). We are extremely pleased that these folks have been chosen to work for the district.

We are continuing to work to get our campuses in shape for the new school year. There are a great number of people responsible in getting the district ready for the start of a school year - building principals, office staffs, custodial/maintenance, transportation folks, cafeteria staff, along with the instructional staff. It is comforting to know that we have competent, capable people in these key positions.

The board and administration continue to wrestle with the future of our facilities. Over the years, remodels and additions have been made, but the last campus

built - Mary Allen Elementary - was built in the 1960s. The current high school facility is a 1931 model. Our facilities have served the community well and have been well-maintained over the years, there are some needs in the near future. Our science labs are antiquated and Ag building is beginning to show the wear of 60 years of work. An auditorium remains on the list of a facility that many in our community would like to see.

We are always sensitive to the tax burden and providing quality services to our community. The district continues to be impacted by the state budget cuts from Spring 2011. Stratford ISD has worked with a loss of about \$1.6M combined over the past four years compared to previous years. It leaves our choices to live with the aging facilities or look to bond election to generate revenue for auditorium, science labs and/or Ag shop. This will be an ongoing conversation with the board and the community as we determine the best course for the district.

Elk football and the Big Blue Band began practices last week with a lot of participants in both programs. Cross Country should get started this week. The opening football scrimmage will be this Saturday at Dalhart - first whistle at 9 am.

We have a ballgame nearly every week at Sam Bass Stadium. We would love to have you come out and support these young people. If you have some years behind you, stop by the business office and pick up a gold card for home game admission.

The annual beginning of the year open house and hamburger feed has been scheduled for August 21st. The campuses will run a staggered schedule for parents needing to visit multiple buildings. The hamburgers will be served in the main cafeteria at the junior high/high school. This is always an enjoyable time for the school administration and the school board to share a meal with our community.

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



SNACK PAK 4KIDS
 Giving a Voice to Hungry Kids

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

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

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

Name
 Address
 Phone
 Email
 Organization
 School you are sponsoring

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

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

**Stratford Community Tailgate Party and Dance
 Saturday, September 12, 2015
 Cook Application**

**ALL APPLICATIONS ARE DUE
 TUESDAY, SEPTEMBER 8, 2015**

NAME:
 ADDRESS:
 PHONE:

EMAIL:

FOOD YOU WILL COOK:

AMOUNT:

WHAT TIME YOU WILL NEED TO SET UP:

SIZE OF SPACE NEEDED:

CASH PRIZE TO TOP 3 ENTRIES

RETURN COMPLETED APPLICATION TO:

Larry Sims
 P.O. Box 422
 STRATFORD, TEXAS 79084
 806-930-0588

OR
 EMAIL TO: rooster_sims@yahoo.com

Media Release for Free and Reduced-Price Meals Sample

Texhoma ISD announced its policy today for providing free and reduced-price meals for children served under the attached current income eligibility guidelines. Each school/site or the central office has a copy of the policy, which may be reviewed by anyone on request.

Starting on 8/7/2015 will begin distributing letters to the households of the children in the district about eligibility benefits and any actions households need to take to apply for these benefits. Applications also are available at Texhoma ISD 402 Denver Street, Texhoma, TX 73960.

Criteria for Free and Reduced-Price Meal Benefits

The following criteria will be used to determine a child's eligibility for free or reduced-price meal benefits:

Income

1. Household income that is at or below the income eligibility levels

Categorical or Automatic Eligibility

2. Household receiving Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF); or Food Distribution Program on Indian Reservations (FDPIR)

Program Participant

3. Child's status as a foster child, homeless, runaway, migrant, or displaced by a declared disaster
4. Child's enrollment in Head Start or Even Start

Income Eligibility

For those households that qualify for free or reduced-price meals based on income, an adult in the household must fill out free and reduced-price meal application and return it to Lorena Whatley, Para Professional, 806-827-7400. Those individuals filling out the application will need to provide the following information:

1. Names of all household members
2. Amount, frequency, and source of current income for each household member
3. Last 4 digits of the Social Security number of the adult household member who signs the application or, if the adult does not have a social security number, check the box for "No Social Security number"
4. Signature of an adult household member attesting that the information provided is correct

Categorical or Program Eligibility

Texhoma ISD is working with local agencies to identify all children who are categorically and program eligible. Texhoma ISD will notify the households of these children that they do not need to complete an application. Any household that does not receive a letter and feels it should have should contact Lorena Whatley, Para Professional, 806-827-7400.

Any household that wishes to decline benefits should contact Lorena Whatley, Para Professional, 806-827-7400.

Applications may be submitted anytime during the school year. The information households provide on the application will be used for the purpose of determining eligibility. Applications may also be verified by the school officials at any time during the school year.

Determining Eligibility

Under the provisions of the free and reduced-price meal policy, Lorena Whatley, Para Professional, 806-827-7400 will review applications and determine eligibility. Households or guardians dissatisfied with the Reviewing Official's eligibility determination may wish to discuss the decision with the Reviewing Official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Steve Lenz, Superintendent, PO Box 10080, Texhoma, TX 73960.

Unexpected Circumstances

If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the attached current income eligibility guidelines.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.escc.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

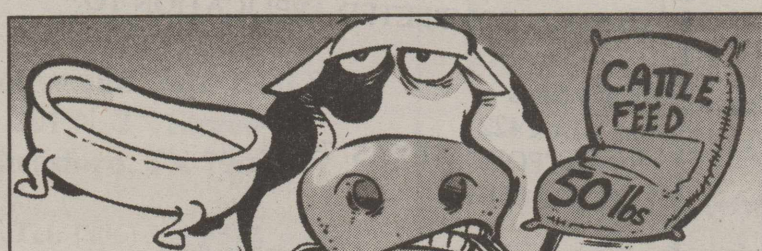
Texas Department of
Agriculture

Chart | Income Eligibility (IEGs)
May 7, 2015

Income Eligibility Guidelines for Determining Free and Reduced Price Benefits

Effective from July 1, 2015 to June 30, 2016

Family Size	Annually		Monthly		Twice per Month		Every Two Weeks		Weekly	
	Free	Reduced	Free	Reduced	Free	Reduced	Free	Reduced	Free	Reduced
1	\$15,301	\$21,775	\$1,276	\$1,813	\$638	\$908	\$589	\$838	\$295	\$419
2	\$20,709	\$29,471	\$1,726	\$2,456	\$863	\$1,228	\$797	\$1,134	\$399	\$567
3	\$26,117	\$37,167	\$2,177	\$3,098	\$1,089	\$1,549	\$1,005	\$1,430	\$503	\$715
4	\$31,525	\$44,863	\$2,628	\$3,739	\$1,314	\$1,870	\$1,213	\$1,726	\$607	\$863
5	\$36,933	\$52,559	\$3,078	\$4,380	\$1,539	\$2,190	\$1,421	\$2,022	\$711	\$1,011
6	\$42,341	\$60,255	\$3,529	\$5,022	\$1,765	\$2,511	\$1,629	\$2,318	\$815	\$1,159
7	\$47,749	\$67,951	\$3,980	\$5,663	\$1,990	\$2,832	\$1,837	\$2,614	\$919	\$1,307
8	\$53,157	\$75,647	\$4,430	\$6,304	\$2,215	\$3,152	\$2,045	\$2,910	\$1,023	\$1,455
9	\$58,565	\$83,343	\$4,881	\$6,946	\$2,441	\$3,473	\$2,253	\$3,206	\$1,127	\$1,603
10	\$63,973	\$91,039	\$5,332	\$7,588	\$2,667	\$3,794	\$2,461	\$3,502	\$1,231	\$1,751
11	\$69,381	\$98,735	\$5,783	\$8,230	\$2,893	\$4,115	\$2,669	\$3,798	\$1,335	\$1,899
12	\$74,789	\$106,431	\$6,234	\$8,872	\$3,119	\$4,436	\$2,877	\$4,094	\$1,439	\$2,047
For each additional family member add:										
	+\$5,408	+\$7,696	+\$451	+\$642	+\$226	+\$321	+\$208	+\$296	+\$104	+\$148

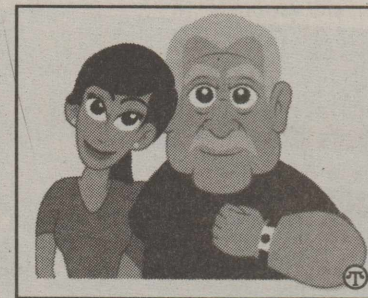


Cows drink anywhere from 25 to 35 gallons of water each day—equal to a bathtub filled with water. They also eat 40 to 50 pounds of feed per day.



Avoiding Telemarketing Scams—Ten Tips For Seniors

(NAPS)—Unscrupulous people masquerading as medical alert system providers have targeted seniors with high-pressure telemarketing scams. But in good news, one company, Bay Alarm Medical, believes it has a responsibility to help seniors safeguard themselves from bullying tactics. The Bay Alarm Medical Code of Ethics establishes high standards for uncompromisingly ethical and transparent business practices. In addition, the company offers these 10 tips for seniors:



Knowing how to spot scammers can help seniors living independently protect themselves.

DO NOT provide personal information over the phone.

Under no circumstance should you divulge bank names, credit card numbers, birth dates or Social Security numbers.

DO NOT tolerate bullying, coercion or intimidation tactics.

A legitimate medical alert system provider will never pressure you, limit time to respond, use threats or coercion to get you to make a purchase.

DO NOT believe that products or services are "free."

Scammers may say you've won a free gift or product in order to solicit personal information or insist you pay a fee, shipping and handling to redeem a prize.

DO NOT press any buttons if you receive an automated or recorded "robocall."

If you hear a recording when you answer the phone, you have received a "robocall" and should hang up. Even if instructed, do not press buttons to speak to a live operator or have your number removed from lists, as that could trigger future robocalls.

DO not entertain unsolicited sales or cold calls.

If you don't want to speak to an unsolicited telemarketer, just hang up the phone. Legitimate medical alert providers will never cold call noncustomers.

DO register your phone number with the National Do Not Call Registry.

The National Do Not Call Registry gives you a choice about

whether to receive telemarketing calls, and once your number has been on the registry for 31 days, you should not receive any. Register your home or mobile phone for free at www.donotcall.gov.

DO request information about the salesperson and company.

If you are being bullied or pressured by a telemarketer, request their name, business name, contact information and business license, and tell them you will call if interested. If they refuse to give you information, it is likely a scam.

DO research and verify the information.

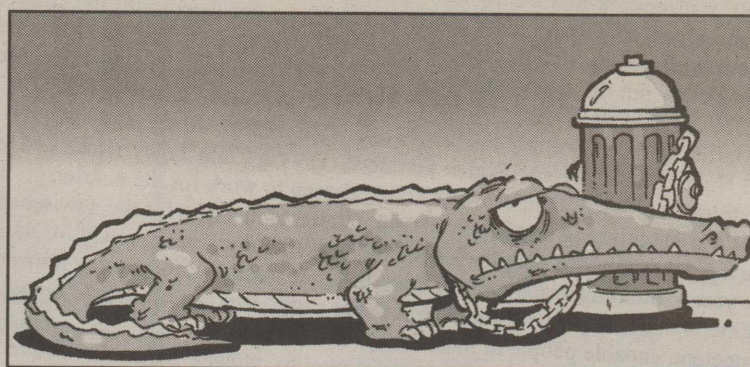
With a simple online search, information about known scams can be found. The Better Business Bureau (www.bbb.org) and the state Attorney General's office can provide further insights.

DO seek counsel from friends and family.

If you are genuinely interested in a telemarketer's product or service and they are legitimate, request they call you at a time and date you prefer. This gives you time to discuss the information with your friends and family to aid your decision.

DO file a complaint or report the call to authorities if you've been scammed.

If you think you are a victim of a telemarketing scam, report the incident through the FTC consumer hot line at (877) FTC-HELP (877-382-4357), the Better Business Bureau at (703) 276-0100 or visit www.bbb.org.

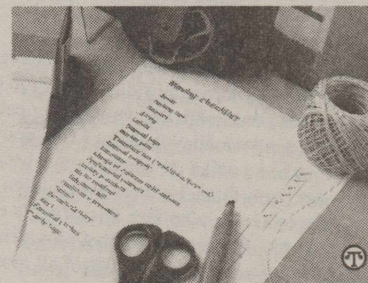


In Michigan, it is illegal to chain an alligator to a fire hydrant.

De-Stress Your Move

(NAPS)—Although moving is one of the most stressful life events—according to the Employee Relocation Council—it doesn't have to be. Here are four steps to make moving easier:

• **Build A To-Do Timeline**—Start by making a list of everything you need to do and when you need to do it. Include tasks such as budgeting, decluttering, hiring movers, purchasing supplies, and updating important medical and financial records.

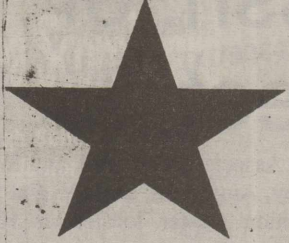


A little planning can help you have a smooth move.

• **Create A Moving At-A-Glance List**—Put all your critical move-related names, phone numbers and addresses on one document to carry with you and store in your smartphone. Be sure you can easily access your moving contract, real estate and mortgage documents, and info on local utilities, banks and schools, too.

• **Pack A First-Night Survival Box**—After you've arrived at your new home, you don't want to have to hunt for the must-have items, such as box cutters, tools, device chargers, bed linens, toiletries—and the coffee pot for the following morning.

• **Look Online For Help**—If you're one of the 40 million people estimated to move this year, you can turn to valuable online resources, such as the Moving Guide, from CableMover. It's a one-stop, customizable solution to help you stay organized and stress-free.



It Pays To Look In The

Star Classifieds

Phone 366-5885

..The Best Salesperson Around

THE STRATFORD STAR
Thursday, August 13, 2015
Page 7

Help Wanted

Cimarron Feeders is accepting applications for the following positions:
*Mechanic
*Mill laborer
*Mill MT
*Tank Washer
17 miles S. Keyes, OK on HWY 171
15 miles N. of Stratford, TX on HWY 287
Then right 5 miles on HWT 171
Apply in person: M-F 8a.m-3p.m. or call (580) 543-6383
Great benefits for full-time positions that include:
Medical, Dental & Vision insurance as well as 401 K and paid time off. Pre-employment drug screen required.
EOE M/F/Vet/Disabled
JBS Five Rivers Cattle Feeding is an equal opportunity Employer
8-13-tfn

Full-time position open. Requires excellent communication skills, good work ethics, attention to detail and a pleasant, positive personality. Computer and ten key calculator skills necessary. Mapping experience a plus. Must attend classes to fulfill requirements of the job. Application may be obtained at the Sherman county Appraisal district Office at 402 N. 3rd Street in Stratford. Applications will be accepted through August 27th.

Warren Cat is seeking Service Technicians that have experience with engine powertrains, hydraulics, electrics, and have a general mechanical background. To apply go to warrencat.com-current job openings. Equal Opportunity Employer, minorities/Women/Veterans/Disabled 8-13-c

Coldwater Manor is taking applications for RN's, LVN, Dietary Assistant and Housekeeping. Apply in person. From 8 a.m. to 5 p.m. Monday thru Friday. EOE 7-16-tfn

CDL driver, CDL-need for 2 years+, Must be at least 25 years old for Insurance purposes, clean driving record. Texas Agri Plex Apply in person at 109 Pine Street in Hereford, TX 79045 8-6-c

Grain Cart operator and truck driver for fall harvest Season. Contact Morgan Crabtree at 806-268-0910 (8-6 & 8-13)

Stratford Grain company is hiring both office and elevator help. Apply in person at 4 N. Main 806-tfn

Services

I will babysit at night, when school starts. Linda Forthman at 366-2586 - 301 S. Fulton St.

For Rent

Close to school, nice 2-BR, 1 bath apartment. Furnished with stove & fridge, CH/A No pets. Tenant pays electric and water. \$550 month on 6 month lease. Call 806-244-3418 or go to westtexasrentals.com to see and send in application 1-8 tfn

Office Space-305 N. Main, across from bank. Call 806-570-0441 (7-30-tfn)

Houses for Sale

House-606 N. Poplar 3 large bedrooms, large living room, large kitchen, 2 bathrooms, laundry room, basement. Two car garage with shop in back. 3 lots 806-753-6166 Call for appointment to view. 7-23 for 4 issues

Country home for sale located just outside city limits sitting on 11 acres. 4 bedrooms, 2 bath, fireplace, sprinkler system, 2 car oversized garage with shop area, 2,731 sq. ft. including garage. Property includes horse barn with tack room, stalls and pens, garden shed, updates throughout, lots of storage, great location! Motivated seller \$239,000. Call 806-753-7556. 8-13-tfn-

Card of Thanks

A big thank you to all the people, that have helped, do things for the kids and me. Harry, Brenda, Robert, Charline, & Barbara.
Love Linda Forthman

Deadline for The Stratford Star

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

Art is made to disturb. Science reassures. There is only one valuable thing in art: the thing you cannot explain.
—Georges Braque

Don't be an art critic, but paint; there lies salvation.
—Paul Cézanne

Legal Notices

NOTICE OF PUBLIC HEARINGS

The City of Stratford, Texas proposes to institute annexation proceedings to enlarge and extend the boundary limits of the City to include the following described territory:

A 160.30 acre tract of land out of the south portion of Section 163, Block IT, T&NO RR Co. Survey, Sherman County, Texas. A full metes and bounds description of the property is available at City Hall.

Two public hearings will be held by and before the City Council of the City of Stratford, Texas on the 25th day of August, 2015 at 12 pm noon and 6:00 pm in the City Council Chambers at City Hall. All persons interested in the above proposed annexation shall have the right to appear and be heard.

Published in The Stratford Star, Thursday, August 13, 2015 and Thursday, August 20, 2015.

More economical
Differences between electric and hydraulic-driven systems.
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 806-336-2300
Reinke

Stratford Hospital District

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

Stratford Family Medical Clinic

Mon. - Thurs 8 a.m. - 5 p.m. Fri, 8 a.m. - 3 p.m.
396-5583 Tommy Brian, ANP & Krista Brown ANP

Elk Pharmacy

Mon.-Fri. 9 a.m. - 5:30 PM
"Check our Competitive pricing"
"Compounding Available"

366-5505 Randall Orcutt, RPH

Coldwater Manor Nursing Facility

396-5568 Mark Moore, LNFA

Stratford EMS

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

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

Fabulous Food

Celebrate Summer With Mango Salsa

by Dana Angelo White, MS, RD, ATC
(NAPS)—Get your summer off to a healthy and delicious start with the ultimate summer snack—Mango Salsa! Mango's bright flavor and natural sweetness make it the perfect foundation for a versatile fruit salsa that can be paired with other summertime favorites or enjoyed solo as a refreshing snack.

Evolution Of Salsa
Originating from the Spanish word for "sauce," salsa first exploded on the American food scene in the 1980s. Available raw or cooked, mild or hot, and in a rainbow of colors, there is something for every palate.

With trends and seasonality in mind, chefs and home cooks began experimenting with creative ingredients. In recent years, exotic chili peppers and smoky flavors like chipotle found their way into the mix as Americans' love for spicy foods continues to heat up.

Today, salsa is one of America's favorite condiments. Salsa frequently tops must-have lists for picnics and game-watching parties.

The best thing about salsa is that the possibilities are endless! Enjoy thousands of flavor combinations using fruits, vegetables, chili peppers, citrus, beans and herbs. They're also supereasy to throw together. Just toss all the ingredients in a bowl to create a sensory explosion.

The Sweet Taste Of Summer
Add sunshine to every day by introducing notes of sweet and tangy mango to your family's favorite meals. Mango Salsa is a great summer staple because it's a nutritious, creative way to bring more flavor to your life and

an added serving of fruits and vegetables.

Mango Nutrition

At 100 calories per cup, mangos pack a nutritional punch, making them a perfect snack anytime of day. This superfruit contains over 20 essential vitamins and nutrients, and each serving of mango is also fat free, sodium free and cholesterol free.



Mangos and tomatoes mingle marvelously in a succulent salsa.

Tomato, Chive And Mango Salsa

Mango and tomato may sound like an unlikely combination, but you will not believe how well these fruits complement each other. This quick and easy recipe combines fresh chives and spicy oregano with the brightness of mango and lemon to create a scrumptious and colorful salsa. Pile it high on burgers, tacos, chicken sausage or grilled fish, too—each ½-cup serving has only 31 calories!

Prep Time: 10 minutes

Ingredients:
1 cup fresh mango, diced
1½ cups ripe tomatoes, diced
2 tablespoons fresh chives, minced
1 tablespoon lemon juice
½ teaspoon lemon zest

¼ teaspoon fresh oregano leaves, minced
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper

Directions:

Combine all ingredients in a large bowl and stir. Serve or cover and refrigerate until needed.

Nutritional analysis per serving (½ cup salsa):

Calories: 31; Protein: 1 g; Carbohydrates: 7 g; Fat: 0 g; Cholesterol: 0 mg; Sodium: 121 mg; Potassium: 191 mg; Fiber: 1 g

Five Fabulous Mango Salsa Ideas

Can't get enough? Try these other quick and easy mango salsa recipes. Serve up your favorite flavor combo with chips, whole grain crackers, burgers, chicken, seafood, grilled vegetables or pulled pork.

1. Combine finely chopped mango and cucumber with freshly squeezed lemon juice and lots of chopped fresh cilantro.

2. Roast diced mango, serrano chili and white onion in a 400-degree oven until tender. Cool, then pulse in a food processor until well combined but still chunky.

3. Toss diced mango with gently mashed avocado, freshly squeezed lime juice and a dash of hot sauce.

4. Cook down chopped mango with cider vinegar, jalapeño pepper, water and a pinch of salt for a tangy and naturally sweetened condiment.

5. Mix thinly cut strips of mango and jicama with chopped scallion, a splash of rice vinegar and a sprinkle of sea salt.

Discover more tips and recipes at www.mango.org.

Those who do not want to imitate anything, produce nothing.
—Salvador Dali

Have no fear of perfection, you'll never reach it.
—Salvador Dali

When I am painting I have a general notion as to what I am about. I can control the flow of paint: There is no accident.
—Jackson Pollock

Public Notification of Nondiscrimination in Career & Technical Education Programs

Stratford ISD offers career and technical education programs in Vocational Agriculture, Homemaking, Principles of Business, Career Preparation, Touch and Information Data, and Accounting. Admission to these programs is based on Vocational Agriculture, Homemaking, Computer Application, Diversified Career Preparation, Technology, and Accounting.

It is the policy of Stratford ISD not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of Stratford ISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Stratford ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.

For information about your rights or grievance procedures, contact the Title IX Coordinator, Jerry Birdsong, at 503 N 8th Street, Stratford, TX, (806) 366-3300, and/or the Section 504 Coordinator, Cindy Franklin, at 503 N 8th Street, Stratford, TX, (806) 366-3324.

Notificacion Publica de No Discriminacion en Programas Vocacionales

Stratford ISD ofrece programas vocacionales en Vocational Agriculture, Homemaking, Principles of Business, Career Preparation, Touch and Information Data, and Accounting. Admission to these programs is based on Vocational Agriculture, Homemaking, Computer Application, Diversified Career Preparation, Technology, and Accounting.

Es norma de Stratford ISD no discriminar por motivos de raza, color, origen nacional, sexo o impedimento, en sus programas, servicios o actividades vocacionales, tal como la requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, y la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda.

Es norma de Stratford ISD no discriminar por motivos de raza, color, origen nacional, sexo, impedimento a edad, en sus procedimientos de empleo, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, la ley de Discriminación por Edad, de 1975, según enmienda, y la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda.

Stratford ISD tomará las medidas necesarias para asegurar que la falta de habilidad en el uso del inglés no sea un obstáculo para la admisión y participación en todos los programas educativos y vocacionales.

Para información sobre sus derechos a procedimientos para quejas, comuníquese con el Coordinador del Título IX, Jerry Birdsong, at 503 N 8th Street, Stratford, TX, (806) 366-3300, and/or the Section 504 Coordinator, y/o el Coordinador de la Sección 504, Cindy Franklin, at

503 N 8th Street, Stratford, TX, (806) 366-3324

Panhandle Assn. of SWCDS to Meet

TEMPLE, TX (August 11, 2015)-- The Panhandle Association of Soil and Water Conservation Districts (PASWCDS) will meet Tuesday, August 18, beginning at 9:00 a.m. in Canadian at the Hemphill County Exhibition Center located at 10865 Exhibition Center Road.

"Program Speaker will be Jason Abraham, of Abraham Equine Inc. located in Canadian. Abraham will address soil and water conservation district (SWCD) directors attending the meeting on 'The Power of Cloning: Future in Beef Industry and Wildlife', said David Bowers, president of PASWCDS.

During the business session directors attending the meeting will hear reports from representation on the Texas State Soil and Water Conservation Board, Association of Texas Soil and Water Conservation Districts, Texas Conservation Association for Water and Soil and the USDA Natural Resource Conservation Service on state and national soil and water conservation programs and issues.

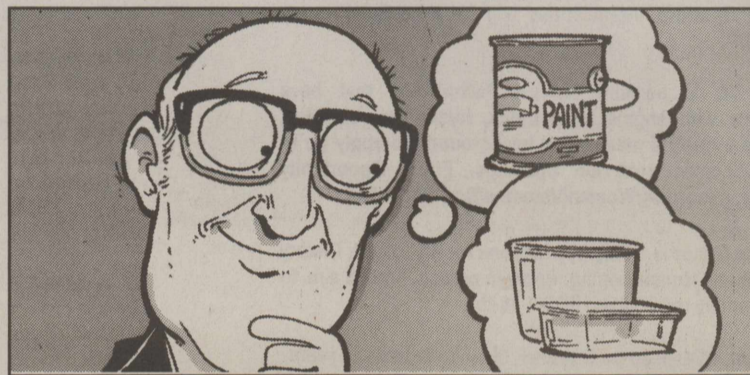
Established as a local unit of government, soil and water conservation districts (SWCDS) coordinate and provide natural resource conservation planning and programs to farmers and ranchers.

SWCDS also participate in planning, implementing, and managing programs for preventing and abating agricultural and silvicultural nonpoint sources of water pollution.

In addition, SWCDS take part in a water supply enhancement program through targeted control of water-depleting brush. SWCDS also perform work to ensure local flood control dams are protecting lives and property by providing operation, maintenance, and structural repairs.

Twenty-five soil and water conservation districts in the Panhandle region of the state are members of the PASWCDS. Counties which the SWCDS serve include Dallam, Sherman, Hansford, Ochiltree, Lipscomb, Hartley, Moore, Hutchinson, Roberts, Hemphill, Oldham, Potter, Carson, Gray, Wheeler, Deaf Smith, Randall, Armstrong, Donley, Collingsworth, Parmer, Castro, Swisher, Briscoe, Hall, and Childress Counties.

Hosting the annual meeting is the Hemphill SWCD headquartered in Canadian.



Earl Tupper, of Tupperware fame, is believed to have gotten the design for Tupperware's liquidproof, airtight lids by duplicating the lid of a paint can.

Fall Crops Tour

Friday - Aug. 21, 2015

Oklahoma Panhandle Research & Extension Center
Goodwell, OK

- ◊ 8:00 ~ 8:30 **Registration** Coffee & Donuts
- ◊ 8:30 ~ 9:00 **Alternative Planting Strategies for Sub-Surface Drip**
(Dr. Jason Warren, OSU-Stillwater)
- ◊ 9:00 ~ 9:30 **Deficit Irrigation Mgmt. For Corn & Grain Sorghum**
(Dr. Saleh Taghvaeian, OSU-Stillwater)
- CORN Hybrid Strip Trial**
- ◊ 9:30 ~ 9:45 **Fontanel Hybrids** Alan Imler & Wilson Henry
- ◊ 9:45 ~ 10:00 **LG Seeds** Mike Konda
- ◊ 10:00 ~ 10:15 **Pioneer** Nick Ramey
- ◊ 10:15 ~ 10:30 **Monsanto** T.K. Baker & Cody Jones
- SORGHUM Hybrid Strip Trial**
- ◊ 10:30 ~ 10:45 **Alta Seeds** Rusty Bevel
- ◊ 10:45 ~ 11:00 **Fontanel Hybrids** Alan Imler & Wilson Henry
- ◊ 11:00 ~ 11:15 **Pioneer** Nick Ramey
- ◊ 11:15 ~ 11:30 **Monsanto** T.K. Baker & Cody Jones

Noon... LUNCH . LG Seeds, Fontanelle, Monsanto,
provided by: Pioneer, & Green Country

Hunny's

For meal reservations, call (580) 349-5441 before August 18th



Oklahoma State University, U.S. Department of Agriculture, State and Local Governments cooperating, Oklahoma Cooperative Extension Services offers its programs to all eligible persons regardless of race, color, national origin, religion, sex age or disability and is an Equal Opportunity Employer.

Healthful Eating

Living With Diabetes

(NAPS)—Chef Chris Smith (aka The Diabetic Chef), a graduate of the Culinary Institute of America and a person living with type 1 diabetes, may have good news for the nearly 30 million other Americans with his condition: Being diagnosed with diabetes doesn't mean your life needs to lack flavor. There are many ways to prepare nutritious and delicious meals without sacrificing taste.

In fact, Chef Smith worked with Equal 0-calorie sweetener to develop a digital recipe guide and tips to take the guesswork out of meal planning.

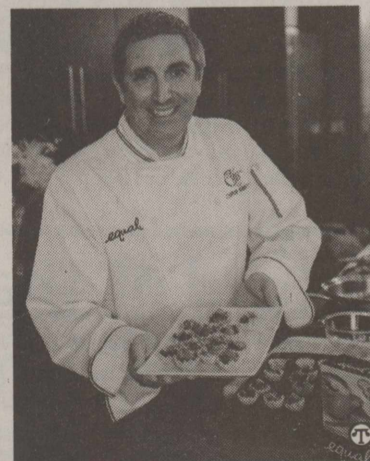


Photo credit: Karen Morgan Photography

You can add just the right amount of sweetness to beverages and recipes, with a great-tasting sugar substitute.

Five other things he suggests:

- Use your resources, including your health care provider, dietitian and Certified Diabetes Educator.
- Understand the relationship between carbohydrates and blood sugar and learn how to manage them.
- Monitor how much sodium, saturated fat and sugar you consume.
- Incorporate more fruits and vegetables into your diet.
- Read nutritional labels—know what you're eating. A variety of sweet and savory dishes that use Equal instead of sugar are suitable for people with diabetes and anyone who wants a healthy lifestyle. It tastes great in hot and cold beverages, on fruit or cereal, and in most recipes that use sugar.

Download the free digital recipe guide at www.equal.com.