The Pheasant Capitol of Texas

Melvin Mitts 06/17
PO Box 523
Stratford, TX 79084

The Stratford Star

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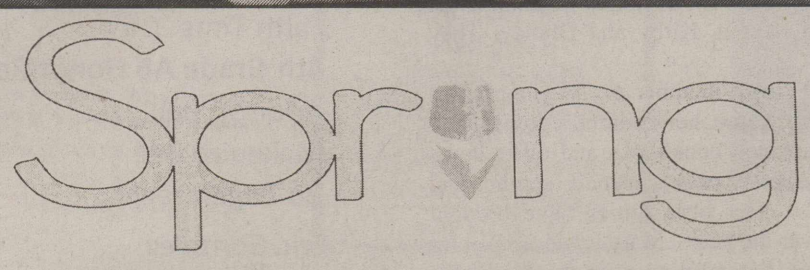
4-H Raffle

The Sherman County 4-H are once again having a raffle this year with the County Stockshow. Prizes this year include a 50" Vizio HDTV, a Glock G43 9mm pistol and a Yeti Cooler. There will also be mystery prizes with the cooler. The cooler was donated by Bain Tire Country. The drawing will be January 28th during the sale for Stockshow. Tickets can be be purchased from any 4-H member or at the county extension office. You don't have to be present to win. There will be a table set at the school gym during the basketball game January 24th. Shown with the prizes are Levi Springer, Bo and Max Engelbrecht and Holly Sladek.

Narcotics Anonymous meetings every Tuesday evening at 7:00 pm at the Church of Christ. These are non-religious and confidential meetings.



Spring begins March 20th, 2017

Stratford Jamboree will meet on Friday, January 20th at noon at the First Christian Church Fellowship Hall. Lunch will be provided. We will be discussing a Ranch Rodeo and honoring a Pioneer Family.

Where will I watch the big game??
Biddy's on Main will be open Super Bowl Sunday - Feb. 5th starting at 4:30 p.m.
Come watch the game on our new 60" tv, we'll have good food and lots of fun!
See you @ Biddy's for the Super Bowl!!

2017 Sherman County Stock Show

Thursday, January, 26, 2017
4:30 Weigh In
Lambs, Goats, Swine

5:30 Exhibitor Meeting –Show Barn
Every Exhibitor Must Attend

7:00 PM
Lamb Show
Goat Show

Friday, January 27, 2017
8:00 AM
Swine Show

Cattle Show
Steer Show
Heifer Show

Saturday, January 28, 2017

5:00 PM – Exhibitors report to County Barn for Sale Meal

6:00 PM Sale Meal for Buyers

6:30 PM – Awards Presentation

7:00 PM – Sale Begins

Nominations open for Golden Nail Awards

The Golden Nail Awards is to honor those who made financial, in-kind and volunteer contributions to the fine arts in Amarillo and Panhandle Area. The Amarillo Chamber of Commerce Arts Alliance is seeking area nominations for the Golden Nail Award to include categories; Individual; Business; Foundation; distinguished Volunteer and Up and Coming distinguished Young Volunteer. Nominations should be received by February 13, 2017.

Nomination forms are available from Amarillo Chamber of Commerce or from Gaynelle Riffe in Stratford. For more information contact Kishion Smith at 806-342-2023

The Golden Nail Gala will be held in the Grand Plaza Ballroom of the Amarillo Civic Center on Thursday, April 6, 2017

LaRita Performing Arts Theatre Annual Meeting

The LaRita Performing Arts Theatre, Inc. in Dalhart held their annual meeting Saturday evening January 14. Members attending had the opportunity to enter a drawing for two 2017 season tickets.

Upcoming events: Saturday, February 11, 'The Quebe Sisters" award winning ensemble of fiddlers and singers; Thursday, May 4, "Asleep at the Wheel" 9 time Grammy Award winning Texas Swing Band.

From the Bird's Nest January, 2017

By Jerry Birdsong-Superintendent

January is School Board Recognition Month and Stratford ISD is joining other districts across the state to thank these local leaders for the dedication and willingness to serve as advocates for our children and public schools. We want to take this opportunity to build awareness and understanding of the vital function an elected board of trustees plays in our communities.

Texans and Stratford benefit every day from the dedicated energies and countless hours devoted by a group of more than 7,000 men and women across the state. Their actions and decisions affect the present and future lives of all our children. Even though we are making a special effort during January to show appreciation to our school board members, we recognize their work reflects a year-round commitment. Every day trustees demonstrate strength and dedication as they focus on excellence for their district programs, their teachers, and most importantly their students. They unselfishly contribute their time and talents toward the advancement of public schools, and represent a continuing commitment to local citizen control and decision making in education.

Serving as a crucial link between the community and the classroom, this board is responsible for an annual budget of $6.4M, 600 students, 110 employees and three campuses. Stratford ISD is served by trustees Brad McBryde, Tres Hess, Jo Hinds, Tim Hudson, Dan Law, Bryan Clift and Walt Berry. If you get the chance, I would encourage thanking them for their service to our community, school and kids and giving them a nice pat on the back for their efforts.

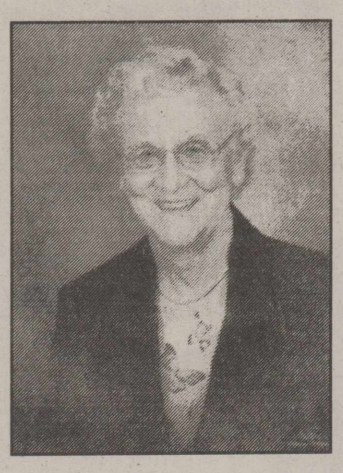
I want to take this opportunity to inform you of my intent to retire this summer after 33 wonderful years in education. It has been such a blessing to be a part of the Stratford community over the past nine years. We are not looking leave any time soon. We plan to remain in the community and Stephanie will continue her teaching position at Mary Allen Elementary.

I want to thank all of the members of the Board of Trustees over the past 9 years. It has been a great honor and privilege to lead an outstanding organization in a great community. I am proud of the staff and student accomplishments during my tenure. I am confident and always hopeful that the school district and community will continue its tradition of excellence.

The successes that Stratford ISD has had are a direct reflection of the support and high expectations that the community has given the district over the years. 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. Again, I want to thank the Stratford community for its support for its school district.

Friday, January 20th is the last day to sign up for the Sherman County Stock Show!!

Obituaries



Mary Francis Hill
January 16, 1926-January 11, 2017

Mary Francis Hill, 90, of Stratford, Texas, passed away January 11, 2017. The family held a private graveside service at Stratford Cemetery.

A memorial service was held at 11 o'clock in the morning on Saturday, January 14, 2017 at First United Methodist Church in Stratford, TX, with Steve Ulrey, pastor of the church, officiating. Arrangements were entrusted to Morrison Funeral Directors.

Mary was born in Stratford, TX on January 16, 1926 to Joe Taylor and Judy Smith Taylor, the youngest of eight children. Mary was raised in Kerrick and Stratford. She graduated from Stratford High School and attended college at Panhandle A&M College and the University of Oklahoma. She taught school for a while at the schools in Kerrick, Texhoma and Kansas.

On August 28, 1948, Mary married R.J. Hill of Felt, OK in Clayton, NM. Together they built a life and family; first in Goodwell, OK, then Texhoma, and finally in Stratford. They raised three sons, Kevin, Kirby and Dudley. They enjoyed two grandchildren, Dan and Ashley.

Mary was an extremely talented artist and was a member of Tri County Art Association. Her work graces the walls of her home, her children's homes, and countless others around the area. Mary illustrated cookbooks and other items over the years. She has pieces in oil, water color, pastels, pencil, acrylic, and charcoal. Mary was a poet and story teller. Her little ditties have brought countless smiles to her family and friends over the years. Mary cared deeply for others, helping with and organizing countless funeral dinners at the Methodist Church. She helped with services at the nursing home as well. Mary was active in the First United Methodist Church, singing in the choir and playing in the hand bell choir for many years. She passionately loved her church, her friends, her family, and especially her children and grandchildren. Active in the community, Mary was named Stratford Chamber of Commerce Citizen of the Year in 2001. Mary will be dearly missed by all who knew her.

She was preceded in death by her husband of 57 years, R.J. (Roy Jesse), her parents Joe and Judy Taylor, sisters Virgie, Winnie, and Geneva, and brothers Walker, Hap, Jim, and Pete, and one son, Kirby.

She is survived by two sons, Kevin Hill and his wife Vicki of Austin, TX, their children Dan Hill and his wife Paige of Dallas, and Ashley West and her husband Matt of Portland OR, and Dudley Hill of Stratford. In March of this year, her first great-grandchild will be born.

The family requests memorials be made to First United Methodist Church, P.O. Box 1289, Stratford, TX 79084.

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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

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Honor Rolls

3rd Grade A Honor Roll
Itsel Barajas

3rd Grade AB Honor Roll
Paul Aguilera
Isabel Alcala
Jesus Canez Duarte
Maritza Castro Lopez
Lexy Cortez
Josue Duarte
Miranda Esquer Molina
Bruce Glendinning
Valerie Gonzalez
Marize Howell
Mason Lavake
Daisy Marquez
Matthew Rodriguez
Cash Wheeler

4th Grade A Honor Roll
Dane'ja Agu-White
Lynley Albert
Bryce Braden
Santiago Ibarra
McKinize Moore
Aryanna Dawn Pellano
Faith Tims

4th Grade AB Honor Roll
Addison Bell
Makenize Bell
Bo Engelbrecht
Eric Gonzalez
Jocelyn Gonzalez
Iram Guerrero
Deidre Hininger
Tripp Hudson
Michelle Lopez
Jonathan Mendoza
Luis Ortega
Marlet Quintero Hernandez
Allison Roberts
Treyton Smith

Stratford Junior High School
3rd Six Weeks Honor Roll
2016-2017

5th grade
Abigail Botello
Morgan Clift
Gracey Garcia
Cole Hinds
Paola Howell
Omar Jacquez
Karston Long
Meghan McNeely
Kimberly Mendoza
Abraham Ortega
Caitlyn Skiles
Briana Tello
Mila Thompson

6th grade
Emiliano Alvarez
Cody-Paige Audrain
Luke Braden
Zane Burr
Julio Castillo
Shay Clements
Alfredo Duarte
Max Engelbrecht
Emmanuel Gonzalez
Thomas Mariscal
Ethan Moczygemba
Benjamin Paez
Adam Sanchez
Brenda Sanchez
Lillie Skiles
Dezerray Tims
Violet Vazquez
Klaire Walden
Addie Wells

7th grade
Ivan Bravo
Brendi Brown
Jocelyn Cardenas
Kaytly Clift
James DeAnda
Andre Duran
Rebeca Favela
Emma Hartman
Anastacio Ibarra
Andrea Jacquez
Saralyn Mace
Sonia Mayorga
Mason McNeely
Viktoria Moczygemba
Jasmyn Ortega
Destiny Paez
Alejandra Portillo
Caroline Prine
Diego Quintero
Issai Reta
Mia Torres
Jose Vega

8th grade
Carlos Almendarez
Slate Anderton
Reaghan Audrain
Trever Bell
Payton Berry
Tyson Brooks
Alondra Camberos
Dempsey Collums
Christian DeCasas
Ivan Guel
Alexia Guerra
Alberto Guerrero
Benjamin James
Madlyn Kemp
Ashton Lavake
Abby Law
Morgan Maldonado
Dalia Martinez
Brit McQuitty
Eryck Mendoza
Angel Morales
Jennifer Morillon
Francisco Ortega
Miranda Pinon
Stephanie Ruiz
Rese Schoonover
Hannah Sims
Stewart Skiles
Arturo Vallejo
Lara Wells

We are passionate about your health.

Early detection can SAVE YOUR LIFE.

Yearly Peace of Mind – If you're over 35 and have been putting off your annual mammogram...call today for an appointment that could save your life.

Digital Mammography Close to Home.

APPOINTMENTS AVAILABLE FOR THIS MOBILE LOCATION

First Methodist Church
611 N. Main, Stratford
Thursday, February 2
9:15 a.m. - 5:30 p.m.

CALL NOW 800-377-4673

Call 1-800-377-4673 to schedule your mammogram the next time our mammography coach comes to your city or for an appointment at the Harrington Breast Center in Amarillo.

Businesses, clinics and hospitals throughout the region are encouraged to invite the Mobile Mammography Coach to come to their location to offer breast screening services.

HARRINGTON
Breast Center
A Department of BSA Hospital

1310 Wallace Blvd. • Amarillo • harringtonbreastcenter.org
806-356-1905 • 800-377-4673

Like us on Facebook! facebook.com/HarringtonBreastCenter

Attention Stratford Residents,

Please be advised the brown city dumpsters are for normal household trash. The green dumpsters are for grass clippings only. We have seen an increase of unauthorized items being put in the dumpsters. Please review the following sections from the City of Stratford Code of Ordinances;

Sec. 13.04.038(b) Duties of owner or occupant

Materials prohibited in brown containers-The following shall not be disposed of in city's brown containers: hazardous waste, liquid waste, used motor oil, used oil filters, lead acid batteries, yard waste (grass clippings, leaves, yard/garden debris, brush), construction/demolition/remodeling debris, lumber, shingles/roofing material, chairs/furniture, mattresses/box springs, waste tires (automotive/implement/truck/tractor), major appliances/fixtures, and dead animals.

Sec. 13.04.041 Dirt, concrete and rocks prohibited in containers

The disposal of dirt, concrete, and rocks in city trash containers is hereby prohibited. (Ordinance 970519, sec. 9, adopted 5/19/97)

Construction materials and shingles must be disposed by the company doing the work. Please inform any contractor that they are not to use the city dumpsters to dispose of any construction material/waste. The city does not accept shingles, batteries, tires or concrete in our dumpsters or at the landfill at any time.

Jessica Thompson— Animal Control/Code Enforcement Officer 806-268-4158

World War 1 Centennial

We are approaching the Centennial of our entrance into W W 1. On April 6, 1917 The United States officially entered this war. For families with ties to Sherman County: Historical Commission would like to honor anyone who had a family member that served in this memorable war. If you have the name of a family member, neighbor or friend who served please get names, stories and/or pictures to:

Ann Pronger Wells
C/O Sherman County
Historical Commission
PO Box 809
Stratford, TX 79084
annpwells@yahoo.com
806-396-2527
Questions and comments welcome

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Women in Ag Mini Conference Night
"Fried, Burn Out, but Living Life"

January 19, 2017
6-9 p.m.
Oklahoma Panhandle Extension & Research Center
Goodwell, OK

***There will be a mini mall with many different booths set up**
***There will be a dinner provided by Virgil Gibson**
***Guest Speaker for the night is Paula Alexander, Manager of Animal Welfare for Tyson**
***Door prizes handed out through the night!! Tickets for this event are $20.00 for women and $10.00 for students!**
Tickets are available at the OSU Extension Service, OPREC, and OPSU Animal Science Department
For more information contact the OSU Extension Service 580-338-7300

***

Forget conventionalisms; forget what the world thinks of you stepping out of your place; think your best thoughts, speak your best words, work your best works, looking to your own conscience for approval.

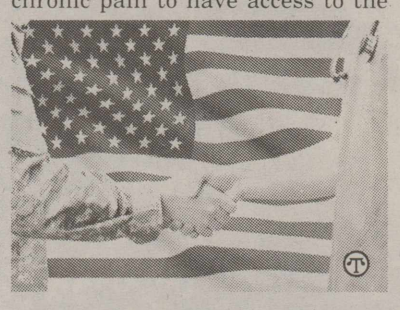
—Susan B. Anthony

***

HEALTH NOTES

Lawmakers Agree: Naturopathic Doctors Are A Solid Choice To Combat Chronic Pain For Veterans

(NAPS)—It's a fact: Many patients now prefer to use integrative health care approaches, especially to treat chronic pain. This trend has given licensed naturopathic doctors (NDs) even greater leverage to push for veterans and others who suffer from chronic pain to have access to the



Veterans may soon be able to see more health care personnel than ever.

full range of treatments—and physicians.

Members of Congress have made clear their interest in licensed NDs becoming employed by the Veterans Health Administration (VHA). It won't be long. The American Association of Naturopathic Physicians is working to clarify the role NDs would play within the VHA. The Agency's Office of Patient Centered Care and Cultural Transformation is taking the lead, as the bridge between conventional doctors and more holistic practitioners.

Check the stats: According to a 2015 national survey, 64 percent of veterans would prefer their doctor prescribe natural therapies before drugs or surgery—and 73 percent would consider seeing an ND if staffed at the VHA.* Moreover, the focus on disease prevention provided by naturopathic care —especially in chronic and stress-related illnesses—has been found to reduce the cost of seeing a specialist by 30 percent.

If the VHA were to employ licensed NDs tomorrow, here are the majority benefits:

- Increased access to primary care physicians
- Reduced costs for the VHA through a greater focus on illness prevention
- Reduced primary care out-of-pocket expenses for veterans
- Lessened use of prescription drugs by relying on natural modalities
- Improved patient outcomes and quality of life.

Chronic pain can often result in opioid addiction and depression —both of which are major problems in the U.S., especially for veterans. Naturopathic doctors are poised to help.

There are over 5,000 licensed NDs in the U.S. who are well trained in natural, noninvasive, nontoxic approaches to health. Their orientation is on finding the underlying cause of a condition and not medicating the symptoms.

** Pournadeali, K.; et al. (May 2016). Serving Veterans within the VHA: A Role for Naturopathic Physician. Retrieved from http://www.naturopathic.org/nds%20in%20the%20va.*

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

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

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.

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

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

Church of Christ
Raymond Glendinning
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.

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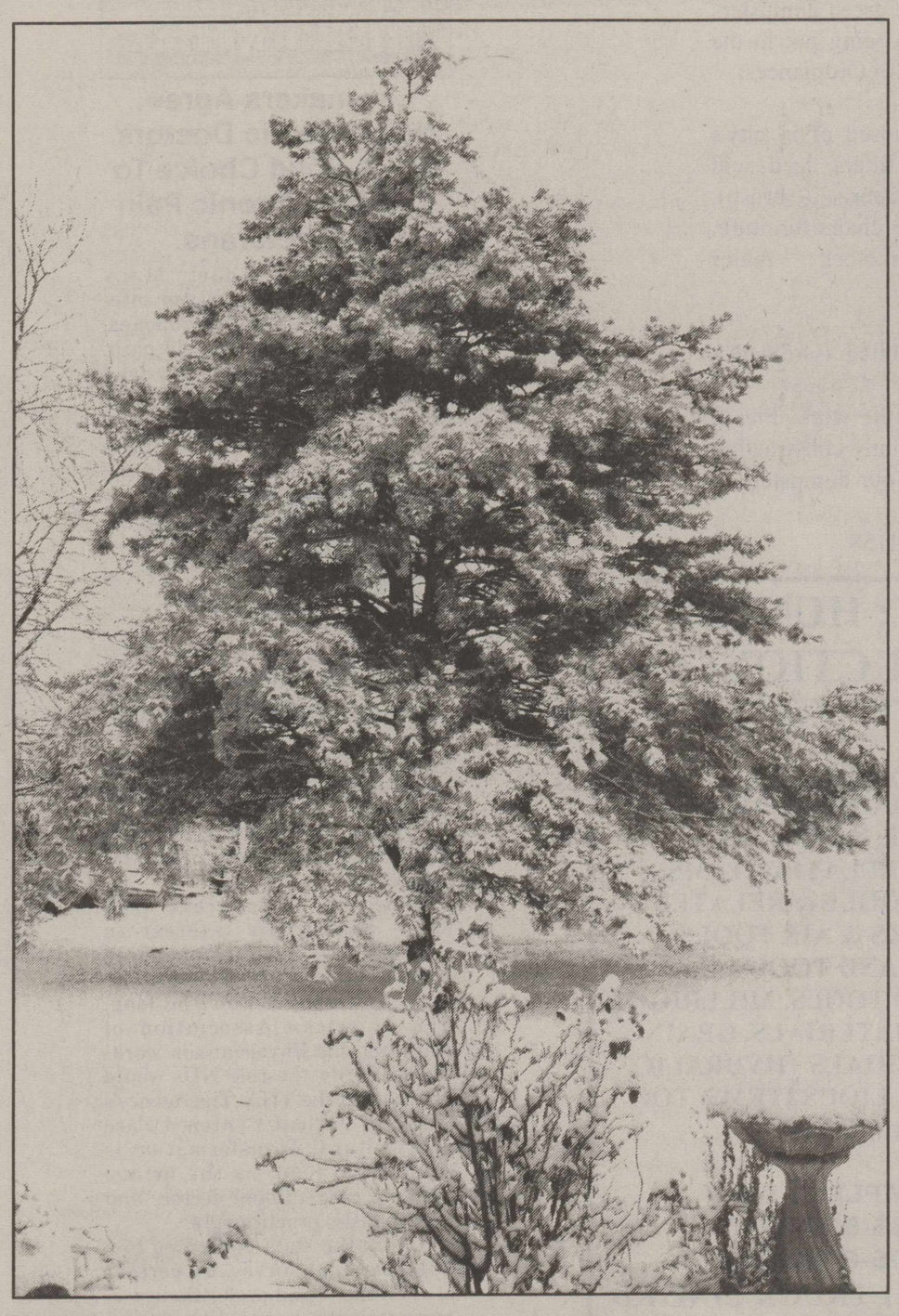

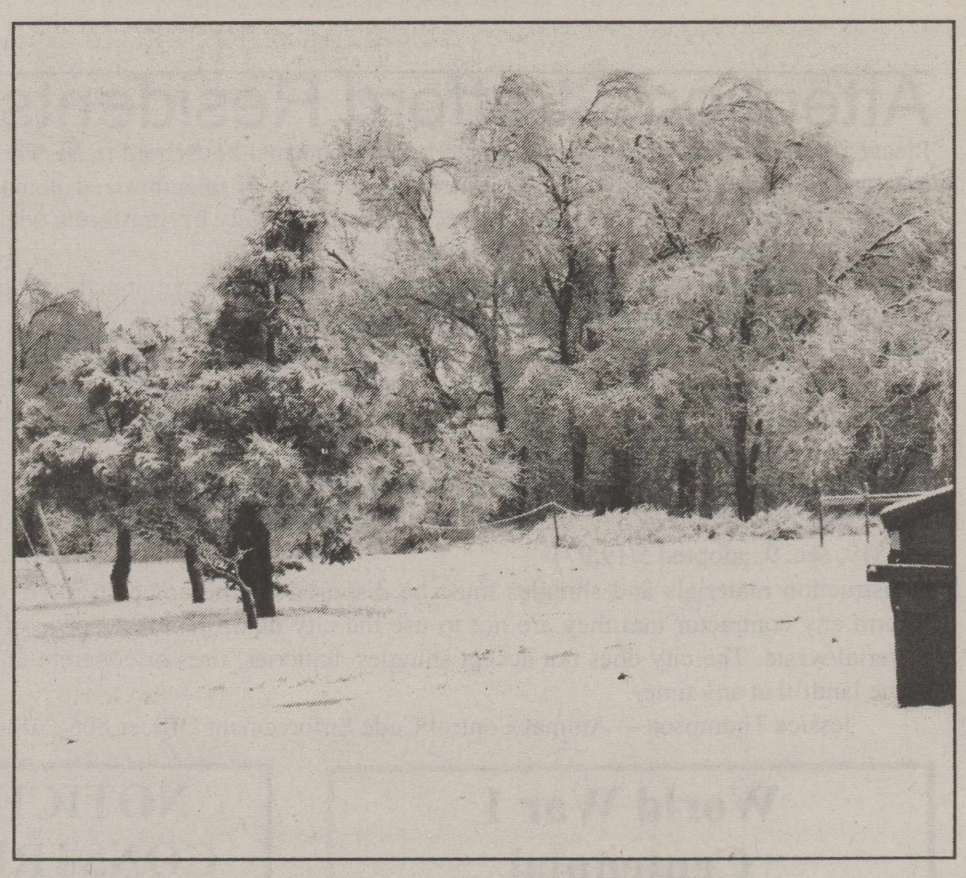

Winter Wonderland over the weekend. Moisture was so welcomed. Over an inch in some places. We got snow, rain, just a little bit of everything, even thunder and lightning. Only in the Texas Panhandle.

Happy Holidays!!

By Gaynelle Riffe

Who gets upset about Happy Holidays? (Holiday means day set apart) How many days from November to March are the banks and public buildings, schools closed for Holiday? Are they happy? I should think so. November: All Saints day, Veterans day, Thanksgiving: December.: Pearl Harbor Remembrance, Hanukkah, Merry Christmas, Kwanzaa, January: New Year, Martin Luther King, Chinese New Year; February; Groundhog Day, Valentine and President's Day.

What's Happening-In Stratford

Jazz Band-Feb. 11th
Imagination Station

Mother/Daughter Brunch
Under the Sea (Ariel)
Imagination Station
March 4th

Narcotics Anonymous-Every Tuesday
7 p.m. Church of Christ
Non-religious & confidential meetings

Storm Siren testing on
Wednesdays at 12 noon

Scot Hall Activities-
(listed elsewhere in paper)

Business Directory

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Lautz 769-4485
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Stratford, TX - Sunray, TX
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Cell 806-290-3655
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gclements@farmersagent.com

Car Care

Quick Tips To Keep Your Car In Top Shape

(NAPS)—Routine maintenance is essential for extending your car's life, ensuring it stays out of the shop and improving gas mileage. Here are three simple tasks that are easy to do and will benefit any vehicle. Be sure to check your owner's manual because timing and instructions vary by vehicle.

Changing the Air Filter

About every 10,000+ miles you put on your car, change the air filter. It can be easily removed and replaced as it's generally secured with only a few metal clips.

Lubricate Moving Parts

Regularly lubricating your vehicle's moving parts such as door, hood and trunk hinges will not only prevent squeaking when you open or close them, but will keep them from wear or damage due to the constant movement and corrosion from wet weather.

Prevent squeaks and corrosion from building up in the future by using a water-displacement lubricant such as WD-40® Multi-Use Product. The new WD-40 EZ-REACH™ can make this process easier with its attached 8-inch flexible straw that bends and keeps its shape.

A flexible straw that keeps its shape can help you keep your car in shape.

Monitoring Tire Pressure

If your car's tire pressure is too low, you will wear out your tires more quickly and will get poor fuel efficiency.

Tire pressure gauges are inexpensive and an easy way to determine the pressure in your tires. Find your vehicle's recommended PSI and how to test it in the owner's manual. Compare the number on the gauge with your vehicle's recommended PSI and add or release air to match it. Do this regularly on all four tires.

Arm yourself with the right tools and you can save money by tackling easy car maintenance projects. For more information about how to make automotive repairs simpler, visit www.wd40.com/EZ.

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2 living areas, 3 bedroom, 1.75 bath, fireplace, nice yard, approx. 2,000 sq.ft 1313 N. Chestnut St. Call Steve or Linda Haynes 806-366-2478 or 789-7956
5-2 tfn

701 Purnell in Stratford 3 bdrms, 1.75 bath 2690 sq. ft. brick. Features 3 lg. bedrooms with large closets. Walking distance to both schools.FMI call 620-424-7282 or 806-930-6875

Spacious 2100 sq ft. 3bedrom, 2.5 baths, 2 living areas, attached 2 car garage with covered driveway. Large backyard with metal fence on large corner lot. New heating- an AC unit, updated bathrooms, gas/wood burning fireplace. $146,900 320 N. Wall . For more information please call: 806-930-6575 or 806-930-6725

Help Wanted

Pianist at First United Methodist Church Sunday Morning Worship Time and Travel compensated. Contact Steve @ 325-518-7014.
12-15-22-5-12-4x's

Coldwater Manor in Stratford, Texas is looking for experienced RN's, LVN's and CNA's. If interested please come by 1111 Beaver Road for an application or send your resume to dgross@shdistrict.comEOE

Coldwater Manor in Stratford, Texas is now accepting applications for a person to work in the Dietary Department and Housekeeping. If interested come by 1111

Beaver Road Stratford, TX for an application. EOE

***

Don't worry that children never listen to you; worry that they are always watching you.

—Robert Fulghum

***

Remember The Stratford Star Classifieds Call 366-5885 Or Email to stardm@xit.net Or mail to PO Box 8 Stratford, TX 79084

Mitchell Theaters
Northridge 8
Guymon, OK
www.northridge8.com
580-338-3281
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Liberal, Kansas
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Garden City, Kansas
www.sequoyah8.com
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TRIANGLE REALTY

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The leased well is producing 500-600 gpm.

Call for pricing.

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PUBLIC NOTICE CITY OF STRATFORD TEXAS COMMUNITY DEVELOPMENT PROGRAM

City of Stratford is giving notice of the City's intent to submit a Texas Community Development Block Grant (CDBG) application for a grant from the Texas Community Development Program through the Texas Department of Agriculture for Water System Improvements in the City of Stratford. **The grant application request is for $275,000 of CDBG funds for water system improvements in the** City of Stratford. The application is available prior to January 30, 2017 for review at City Hall during regular business hours. Para obtener una copia en espanol, comuniquese con Tommy Bogart al (806) 366-5581.

Published in The Stratford Star, Thursday, January 19, 2017

Remember The Stratford Star Classifieds Call 366-5885 or Email to stardm@xit.net or mail to PO Box 8 Stratford, TX 79084-Thank you

SCOT HALL ACTIVITIES

Men's Pool-daily 1 p.m. M-F

Ladies Mexican Train Dominoes-Mondays 1:30 p.m.

Ladies Chair Exercises-M-W-F 10:00 -10:30 a.m.

Ladies Yoga-Tuesdays 8:15-10:00 a.m.

Monthly Luncheon-4th Thursday-12 noon (covered dish luncheon)

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 Shelly Worley, PharmD,RPH

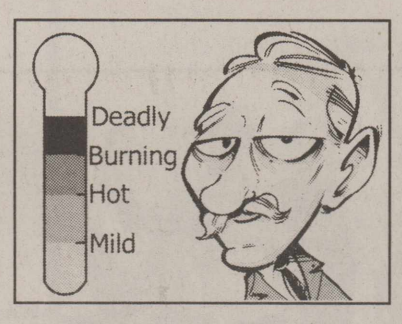
Coldwater Manor Nursing Facility

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.



The heat produced by spices or other foods is measured in Scoville Heat Units (SHU), which were created by Wilbur Scoville.

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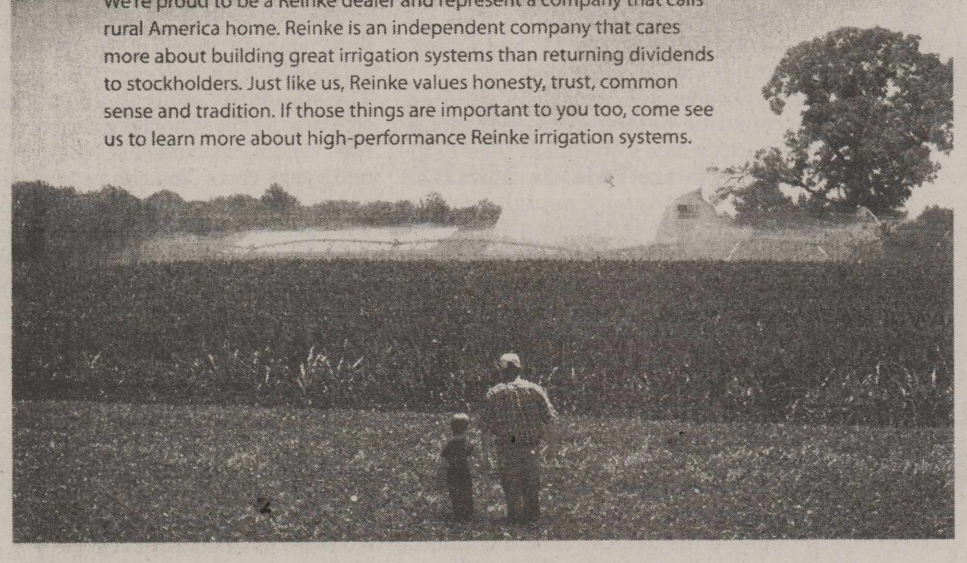
We're proud to be a Reinke dealer and represent a company that calls rural America home. Reinke is an independent company that cares more about building great irrigation systems than returning dividends to stockholders. Just like us, Reinke values honesty, trust, common sense and tradition. If those things are important to you too, come see us to learn more about high-performance Reinke irrigation systems.



Texas Electric Co.

301 North Poplar
PO Box 1123
Stratford,Texas 79084

806-396-2300 Office
806-679-9007 Chuck's Cell

www.reinke.com

Four Ways To Prepare Your House For The Cold

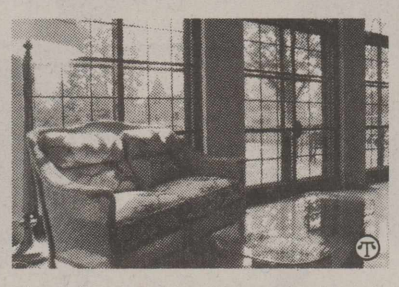
(NAPS)—You can be better able to keep your home cozy and comfortable when it's cold outside when you consider these four tips:

• **Drain outdoor water sources:** Before the next big freeze, make sure to drain all hoses, outdoor faucets and irrigation systems of any remaining water and cover exposed areas with some form of insulation. Leftover water can expand when it freezes, causing pipes to burst.

• **Clean your gutters:** Branches, leaves and debris have likely been falling onto your roof and making a permanent home in your gutters. It's important to keep gutters free of debris so water drains properly. Blocked gutters can create ice dams, letting water leak back into the house and cause roof damage.

• **Inspect the furnace:** The last thing anyone wants to deal with when colder weather arrives is the furnace not working. Get your furnace inspected every autumn to check functionality and efficiency. A proactive inspection also keeps you safe from allergens and excess levels of carbon monoxide.

• **Keep the heat inside:** While one of the best ways to control the temperature inside your house is through insulation, more than 30 percent of the energy used to heat and cool a room depends on the windows. That's why installing a window film, such as 3M Thinsulate Window Film Climate Control Series, can increase a window's insulation value, so a single-pane window performs close to a double-pane and a double-pane close to a triple-pane.



Keep the heat inside and winter's colder temperatures outside by installing insulating window film.

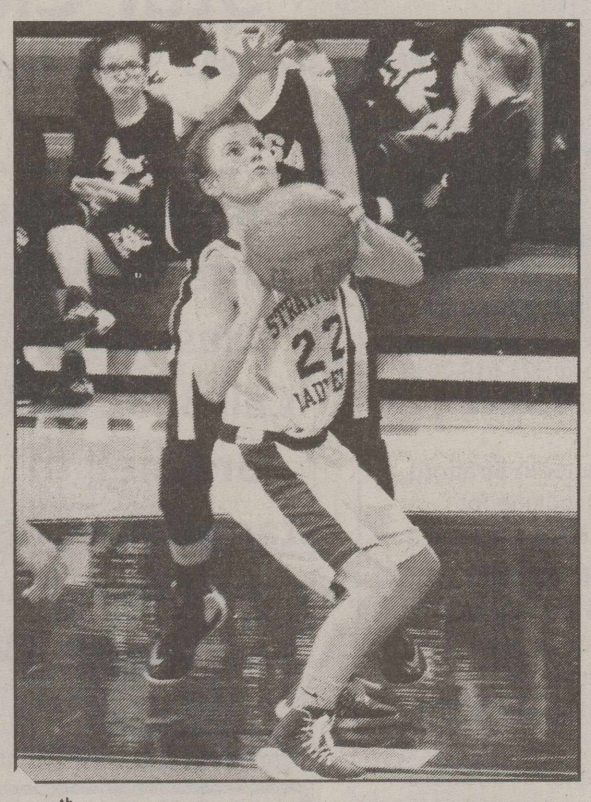
Another way to maximize energy efficiency can be to install 3M Sun Control Window Film Prestige Series. It rejects 97 percent of infrared light and 99 percent or more of damaging UV rays.

Learn More

For further facts about window film or to find a 3M Authorized Window Film Dealer nearby, visit www.3M.com/windowfilm.

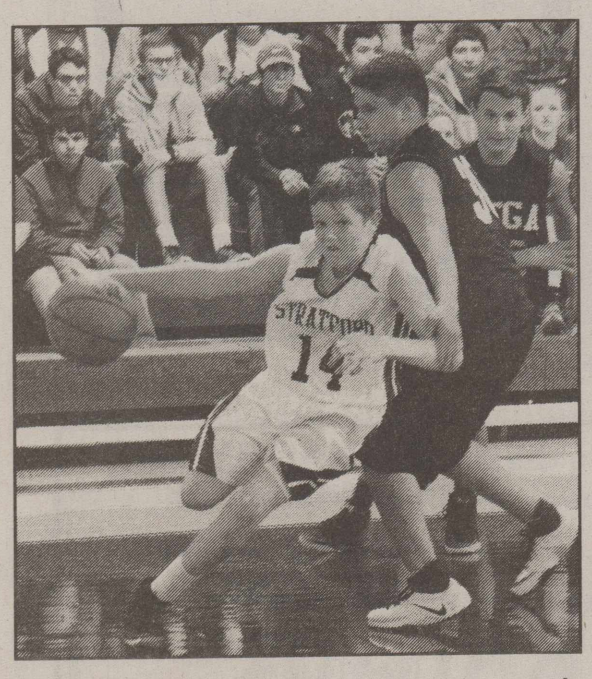
Basketball

8th grade Lady Elk #35 Payton Berry scores under the basket in the Lady Elks win over Vega on Monday, January 9, 2017.

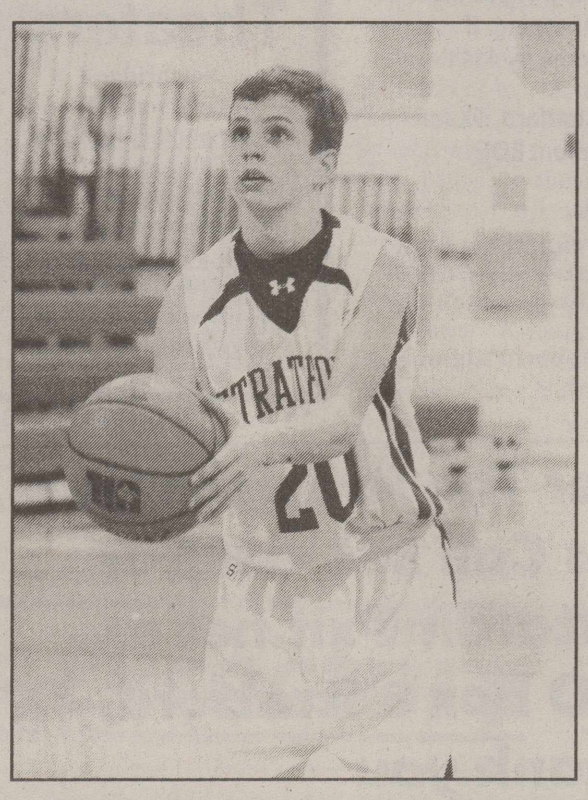


8th grade Lady Elk #22 Ashton Lavake shoots the two point shot in the Lady Elks win over Vega.

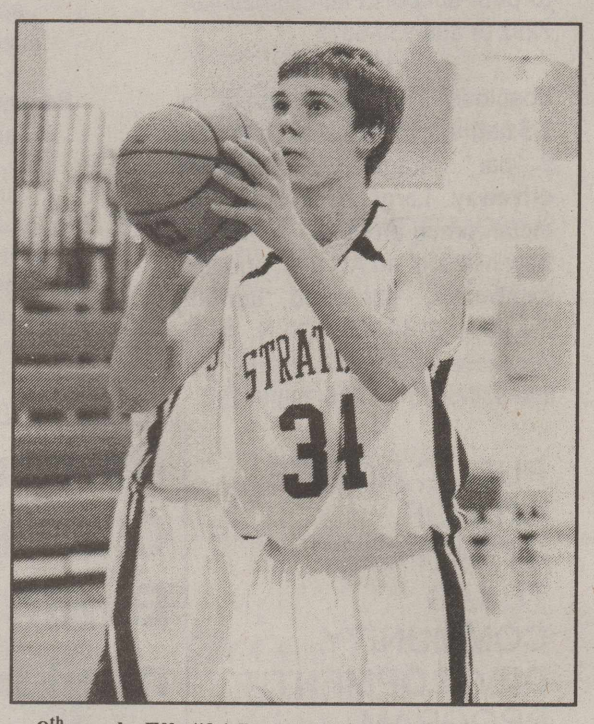
8th grade Lady Elk Rese Schoonover sets up for the three point shot against Vega on January 9, 2017.



8th grade Elk #14 Trever Bell drives to the basket in the Elks against Vega.

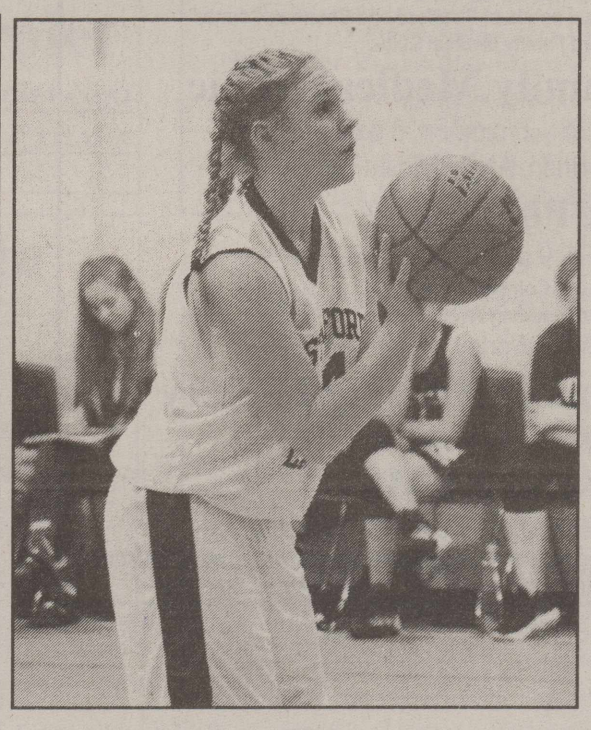


8th grade Elk #20 Benjamin James shoots free throws for the Elks.



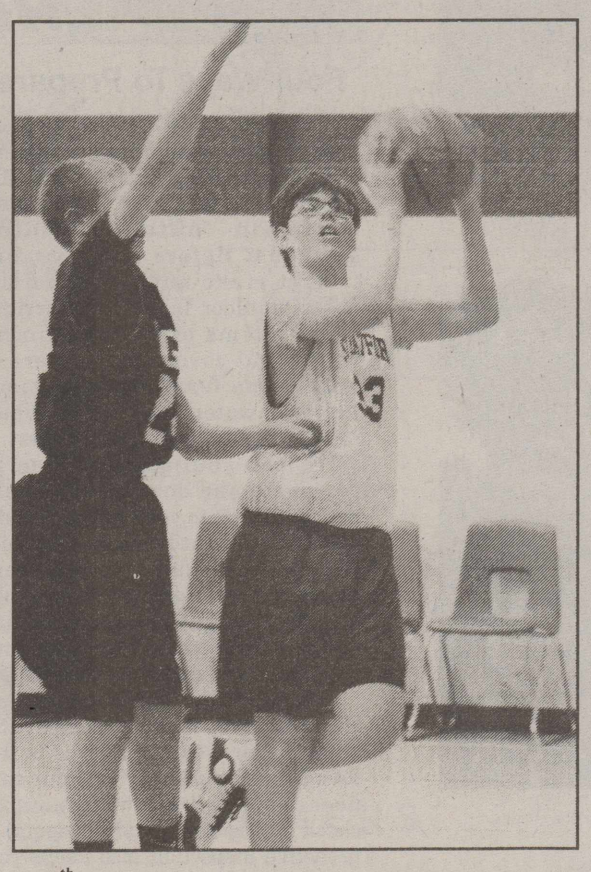
8th grade Elk #34 Dempsey Collums gets set for free throws in the Elks win over Vega.

7th grade Lady Elk #2 JoJo Valenzuela drives to the basket in their win over Vega.



7th grade Lady Elk Hollie Sladek sets up for the free throw shot in the Lady Elks win over Vega.

7th grade Elk #21 James DeAnda drives down the court and sets up the offense for the Elks in their loss to Vega.



7th grade Elk Tyler Smith scores under the basket for the Elks against Vega.

Smart Snacking

Peanuts, Peanut Butter May Hold Key To Preventing Obesity

(NAPS)—Here's good news about tasty treats: Adolescents at high risk for obesity significantly reduced their Body Mass Index (BMI) by substituting peanuts and peanut butter for unhealthy snacks according to a new USDA-funded study.

"Obesity is the most pressing public health issue facing us today," said Dr. Craig Johnston, principal investigator at the University of Houston. "We'd like to think it's preventable but until now there haven't been many studies showing large scale effective measures."

Instructors guided over 250 adolescents through a program of physical activity and nutrition education. About half the students received an after school snack of peanuts or peanut butter about four times a week, while the rest had peanuts less than once a week.

"We have a lot of kids skipping meals for a lot of reasons," Dr. Johnston said. "What we found is that kids get home from school around 4 p.m. There's less supervision by parents and less structure. Kids are sitting down at the TV and eating, eating, eating," he added.

On average, American children consume between two and three snacks a day, a quarter of their daily energy intake. Data has shown that some children are actually eating snacks up to ten times a day.

Peanuts and peanut butter were chosen as snacks because they are very high in protein—more than any other nut, in fact. The protein promotes the feeling of fullness and cuts the number of snacks needed. Peanuts also have a very concentrated number of important nutrients.

Following the 12-week study, students spent another 12 weeks maintaining the healthy snacking habit.

Peanuts and peanut butter can go a long way toward helping young people grow up healthy

At the end, those students who ate the snack more regularly experienced a decrease in their overall BMI compared to those who did not.

The new nutrition standards for USDA's Smart Snacks in School highlight peanuts as one of the healthiest snacks with zero empty calories. The standards apply to all snacks sold during the school day in cafeterias, vending machines, school stores and snack carts. You can read more about Smart Snacks in School at www.fns.usda.gov/healthierschoolday.

Researchers at University of Houston, Baylor College of Medicine and Texas Woman's University conducted the study. Their findings are published in the *Journal of Applied Research on Children*.

Learn More

For recipes and further facts about the nutritional benefits of peanuts and healthy snacking, visit www.peanutpower.org or www.peanut-institute.org.