## Chamber Banquet March 27



The annual
Chamber of
Stratford
Commerce Chamber of Commerce banquet will be held Friday, p.m. In the Sherman County barn. Tickets for the banquet are $\$ 10, \$ 8$ for those over 60 and under 60 and under 12
"SHINE" is the 1987
theme and guest speaker will theme and guest speaker will
be Mr. Aaron Alejandro. Aaron is the twenty year old son of Ms. Camille Alejandro of Dallas, Texas. He is a
sophomore Agricultural Edsophomore Agricultural Ed-
ucation/Communication major at Texas Tech University and a 1984 graduate of Cal Farley's Boys Ranch High School. He recently completed his term as the 1985-86
State President of the Texas Future Farmers of America. As a leader of the nation's largest state FFA Associa ton, Alejandro traveled
more than 60,000 mile throughout the state representing their interest.
For his accomplishments in agricultural leadership, Rural Youth Award and the Texas Farm Bureau Leader-
ship Scholarship. His suc cessful swine and beef cattle enterprises earned him the Degree. He currently works as a consultant in the figh for the future of vocationa education in. Texas educa-
tion. He serves as a co-hos tion. He serves as a co-hos
of "Food, Fiber and You" an agricultural talk-show broadcast of public television. At Texas Tech, he is a member of the Ag Communi-
cators of Tomorrow, Collegcators of Tomorrow, Colleg
late FFA, and is an officer of Alpha Gamma Rho, the agricultural fraternity. He also serves as a member o
Agri-Techsans, the studen Agr-cruiting groups for the
College of Agricultural College of Agricultural Sciences, and is a speaker with the college, Ambassa dors for Agriculture.

## Commissioners Court Minutes



## Sherman County Health Fair

Prospectus Study Club will be sponsoring the Sherman County Health Fair, Tuesday 5 p.m. 24 5 p.m.
Booths that will be on hand 1.Ronald McDonald House of Amarillo-Home away from the hospital.
2. Dr. McCormick \& Riddles-purger-Vision and Vision 3. Region XVI Education Service Center-Screening Developmentally delayed children 0-3.
4. Elk Pharmacy-Health tips and information.
5. Alzheimer's

March 24, 1987
10:00 a.m.- 5:00 p.m.
Sherman County Barn related Disorders association distribution of literature. response system. response system. Club-Eye donations and checking for
glaucoma:
8. Dumas Memorial Hospital Free blood screening for small fee will do a 20 channel blood teibt.
9.Texans war on Drugs-information in prevention. 10. Texas Dept. of Health
blood pressure and diabetic screening for those at risk. 11. Scot 12. TX. Commission for the Blind-Aids for the blind and or visually impaired.
13. Stratford Police and Texas Highway Patrol-

Drug and Alcohol Abuse display and information.
14. Service-Hearing tests and hearing loss informaation. 15. Coffee Memorial Blood 16. High Plains Epilepsy Associaiton-Brochures and sities about epiepsy Associ-
ation-Brochures and slides about epilepsy. 17. Sherman County Child Welfare Board 18.Sherman County Exten-
sion Office-Computerized dietary analysis.
There will be concessions at noon where you may purchase Barbecue sand-
wiches and chips. Doughnuts all day and coffee and tea.

Phillips
requested cross a Cor permission to
print wheel at $\$ 30.00$ and
that his 1986 office budget Section 37 and 54, Block 3B, $\quad \begin{aligned} & \text { be amended to permit } \\ & \text { purchase of same. All ayes }\end{aligned}$ G.H. \&.H. survey with a pipeline. Motion by Commis-
sioner Boyd sion by Commissioner Dar-
ded rell Cotney that the request
be approved as submitted be approved as submitted
All ayes. Motion carried All ayes. Motion carried.
Motion by Commissioner Dale Hamilton seconded by Commissioner Darrell Cotney that the First State Bank of Stratford be selected as
the County Depository for the County Depository for
Sherman County funds for the next two years. All ayes. Motion carried. Millie Hacker, Chairman Historical committee, met with the court submitting Bylaws for approval by the
Court. Motion by CommisCourt. Motion by Commis-
sioner Wayne Cummings sioner Wayne Cummings
seconded by Commissioner Boyd Spurlock that the By-Laws be approved as submitted by the Sherman County Historical Commit-
tee. All ayes. Motion carried.
Laura Spurlock, secretary of the Sherman County Child Welfare Board, made annual
report to the Commissioners report to the Commissioners
court this date. A. good report was given.
Judge John W. Woods met with the court requesting approval of a new Mypewriter by Commissioner Darrell Cotney seconded by Commissioner Boyd Spurlock that Judge Woods be permitted to purchase Demonstrator Olivetti ET 225 at a
cost of $\$ 945.00$ and an extra


Area Foundation Has Funds
Do you know of a good purchase land to be
project that would benefit this community? Stratford Association. 2. $\$ 300$ to Area Foundation has funds Texhoma Youth and Comfund a substantial project. ments, with funds coming Request forms may be from the Riffe Endowment.
obtained at The First State 3 . $\$ 800$ to Texhoma obtained at The First State $\begin{aligned} & \text { 3. } \$ 800 \text { to Texhoma } \\ & \text { Bank. }\end{aligned}$ Ambulance Service for a Bank. board of directors of roll-in cot. 4. $\$ 1200$ to Stratford Area Foundation Texhoma Clinic for a Pelton met March 13. The following and Crane Sterilizer.
requests were discussed and Tuesday, April requests were discussed and
approved approved. 1. $\$ 9100$ to p.m. Was set for the annual , Shere information later. Lasley Announces Candidacy

## V.O. Lasley

I have enjoyed the 16
months I have served your Hospital District Board I came on the board as a fill had resigned because conflicting interests. I have lived in Sherman Co. all of my life. I am interested in our County and
Stratford in all of its Stratford in all of its
enities-working together Coldwater Manor is a real asset to our town and I'd be happy to serve you another term on your Hospita
keep taxes down and efficiency at its very best.
Your vote April 4th will be Your vote Ap
appreciated.
Shown above is Roy Kirby, bus driver for the country group "Alabama". Roy is from Ft. Payne, Alabama. to and another crew member had stopped in Stratland, to eat Saturday night. Alabama had to be in Portland,
Oregon so they had took a plane and went on ahead.

## Texas Extension Homemakers Association District 1

## Spring Convention

Bernia of Booker Sewing
Machines, Lorene's DrapeMachines, Lorene's Drape-
ries of Dumas, "Taste of
Texas" Texas Dept. of Agriculture, Associated Milk Producers and Hospice of Amarillo. "Outstanding door prizes and favors are planned by the fun and information"" stressed Patricia Hudson Briscoe, Texas, Director
District I. Mrs. Hudson, who will conduct the session, has been in Extension for seven years and has served her county as TEHA Chairman as well as her local club. March 23. Caterers a Country Boys of Amarillo. If one wants to attend the morning session only, it is ance, registration fee totals $\$ 10$. Make check payable to

Sherman County Extension
Homemakers Council Send to Mrs. Mary Louncil. Send ${ }^{\circ} \mathrm{Mrs}$. Mary Lou Walden Texas $79084 . \quad 11$ Registration April 2 be-
gins $9: 30$ a.m. Further gins $9: 30$ a.m. Further
details may be from local details may be from loc
County Extension Offices.

## Coffee Memorial Blood Drive

 Coffee Memorial Blood Tuesday, March 24, from 12:00 to 4:00 p.m. This blood drive will be in the Count barn and will be held as a drive will be sponsored by the Stratford Lions Club Please come out and donata pint of blood.

## Dear Readers

- Dear Readers, As I have said before,
hope you have not put away
your w winter clothes, its
snowing like crazy as I write
this column.
We can never say nothing
ever happens in Stratford, as
many of you already know.
Alabama's bus was sitting in
front of Headquarters Satur-
day night. The group's bus
driver, Roy Kirby from Ft.
Payne, Alabama and another
did not get his name stopped in to eat. Mr. Kirby said the
group had to be in Portland, Oregon, so they had flew on ahead and of course they were on the People's Choice
Awards Sunday night. We Awards a nice visit with him and he was very nice and cooperative to put up with Duane and me.
I repeat get your nominations in for Farmer,
Businessperson and Citizen of The Year Friday, March of The Year Friday,
20 is the deadline.


## Legal Notice



Date: March 18, 1987
To: Election Officials, School uperintendents, Clity Mana gers, Clity Secretaries, MaJudges, and School Secretaries.
From: M.L. Albert, County and District Clerk, Sherman County.
subject: Election School
M.L. Albert, County and District Clerk is sponsoring an election school for the
upcoming 1987 elections. upcoming 1987 elections. by the Secretary of State, ifice and will be held on March 26, 1987, at 9:30 a.m n the Court Room in Siratiord. The school is for nvolved in conducting elections.

I can be of furthe assistance, piease do no

## Yours truly, M.L. Albert

County and District Clerk herman County.

ORDER FOR
CITY ELECTION
The State of Texas
City of Texhoma
I Mark H. Freeman in my capacity as Mayor of the City of Texhoma, Texas, do here
by order that an election be held in said city on the 4th day of April, for the purpose officials for said city, one alderman, 3 yr. term. Said election will be held at the Texhoma Middle Sch Signed: Mark H. Freem Signed: Markh. Freeman Published in The Stratford Star, Thursday, March
and March 26, notice of city notice of city
officers election
THE STATE OF TEXAS TO THE SESATFORD FIED VOTERS OF THE CITY OF Stratford, TEXAS TAKE NOTICE than an election will be held on the
4th day of April, 1987 in the 4th day of April, 1987 in the
City of Stratford, Texas, at the place, in the manner, and for the officials set forth in the attached copy of an order for City Officers
Election, duly adopted by the Mayor of said City on the 5th day of February, 1987. Said attached order for City Officers Election being made
a part of this notice for all a part of this notice for a

Wayland Brown
AFFIDAVIT OF POSTING NOTICE OF CITY

THE STATE OF TEXAS

$$
20.0 .0 .
$$

BEFORE ME* the unde signed authority, on this day personally appeared Way land Brown City Secretary of the City of Stratford, Texas who after being by me duly
sworn deposes and says: sworn deposes and says:
That the foregoing is true and correct copy of the Notice of City Officers Election giving notice of the and that I posted a true and


NEW bus service! NEW cities! NEW times! NEW convenience!
TNM\&O offers new, convenient passenger and pacirage express service to Denver and Amarillo with easy connections to Lubbock, El and points between. Our affordable fares make TNM\&O your \#1 choice for safe, comfortable, dependable travel.

## NEW \$59

Anywhere Fare!
Go anywhere in the continental United States served by TNM\&O or its affiliates for $\$ 118$ round trip.
-Tickets must b
of departure.
-One-way trip must be taken by June 29,1997 -Rourd trip must be completed by July 29, 1987. -Tickets valid to any single destination served by TNM\&O or its affiliates.
-No ticket exchanges. \$15 service charge if tickets are cancelled.

\section*{Two convenient daily departures to:} | Denver 5:20 PM | Amarillo/Houston 6:45 AM |
| ---: | ---: |
| 11:30 PM | 4:47 PM |

For ticket, package express or charter
information, contact:
Bus Station 505 N. Poplar
Stratford, Texas $396-22.20$


TNMRO COACHES, INC.

## Star Dates

Thursday, March 19
SPRING BREAK!


DECLARACION JURADO ANUNCIADO EL MISMO DE ELECCION DE
OFICIALES MUNICIPALES

EL ESTADO DE TEXA EL ESTADO DE TEXA
CIUDAD DE Stratford

ANTI MI, la autoridad que suscribe, en este dia personalmente ha compare-
cido ante mi Wayland cido ante mi Wayland Municipal de la Ciudad de Stratford, Texas, el cual habiendo sido juramentad por mi , depone y dice antecede es verdadero correcto en lo que se refiere a que es una copia del Aviso de Eleccion de Oficiales a eleccion en el mencionado, y que yo he impuesto una copia correcta y verdadera de dicho Aviso de Eleccion cada uno de los siguientes, a saber:
En el Distrito Electoral No. Ciudad, en El edificio de la ciudad de stratford. to dos
dentro de los limites de dicha ciudad, en el 4 dia de abril, 1987 cuyos anuncios y avisos fueron hechos o efectuados no menos de 30 dias
completos previs a la fecha fijada para dicha eleccion. Yo tambien certifico que he entregado copia de la orden para Eleccion de una de las personas designadas coma Juez Presidendo o Juez que Preside en dicha orden para dicha eleccion.
EN TESTIMONIO DE LO
CUAL implanto mi firma CUAL. implanto mi firma

ANNOUNCING THE SALE OF THE FIRST STATE INSURANCE AGENCY

It has been a pleasure and privilege to have handled your insurance in the past and we encourage all our customers to continue with the new owner

Smith Agency, Stratford, Texas.

## J.A. Whittenburg, III

First State Insurance Agency


## Star $A$ SOCIETY

## Engagements Announced



Mr. and Mrs. Henry Lewls of Canyon and Mr. and Mrs.
Robert Ragsdale of Stratford announce the engagement and approaching marriage of their childran, Tracy Dawn and Rhett Russell. The wedding will take place
June 12, 1987 at the First Baptist Church of Canyon. June 12, 1987 at the First Baptist Church of Canyon.
The bride elect is a 1983 graduate of Canyon High School and wIII graduate in May from WTSU with a General Studios Degree. She is a member of Zeta Tau Alpha Sorority, Student Foundation, Studen Government, Young Repubilcans ciub, Recreaton Club presently employed with WTSU Placement Office. The Groom elect is a May 1983 graduate of Stratford High School. He will graduate in may from WTSU with a Engineering Technology Degree from WTSU. Member recreation club, President of Alpha Tau Omega Fraternity. He is presently employed with Canyon I.S.D.

## Ladies Golf

The Stratford Country by $4: 30$. Ladies bring Club ladies golf association covered dish. A Jack and Jill met Tuesday, March 10th at Horse race April 11th at 5 p.m. for the first meeting supper.
the meeting was called to order by Shorty Albert, Vice read by. Minutes were Secretary and Treasurer, Tournaments were planned by Charlene Dyess and Nelda Stacey. There will be a couples scramble set for Mothers Day May 10th. The
Invitational set for June 4th Sat. night scramble will be held each Sat. eve. at 5:30. Call Club house and sign up interested in golf.

## Fancy Time Jewelry

Nowat The Gallery HOURS: Starting March 17,-Tuesday thru Friday Afternoons, Saturdays 10:00 to 4:00
Tuesday Tuesday and Thursday 6:00-8:00 p.m.
Private Appointments Special Showings
27. Home Parties Mary W.Spurlock $W^{2}$ Prices to fit any Mar 1 purlock budget or call Stratford, Texas 948-5212



Joe Flores and Terry Kennedy announce the engagement of their daughter, Lesilie, to Robert Lad III
of Benbrook, Tex. The groom-elect is the son of Mr. of Benbrook, Tex. The groom-elect is the son of Mr.
and Mrs. Robert Ladd Jr. of Benbrook. The ceromony is and Mrs. Robert Ladd Jr. of Benbrook. The ceremony is
scheduled for July 18 in the First Christian Church, scheduled for Jus.
Stratford, Texas
NOTICE
The Retall Merchants
Committee of the Stratford
Chamber of Commerce will
meet Thursday, March 19 at
7:00 a.m. at M's Meet and
Eat. This meeting Is open to
anyone Interested in attend-
ing.

You can install a zipper with greater ease if you tape it in place, instead of pinning it. The tape can be pulled off after the zipper is sewn.
To hem a plactic raincoat just turn up the bottom and tape it in place.
Strengthen the thread holding your buttens in place by coating them with clear
Try adding two or three
tablespoons real hot water to tablespoons real hot water to
a small can of cat food and watch them eat their food
Make collar stays for tailered shirts by cutting them from plastic lids or bottles.
Cut designs from adhes-ive-backed shelf paper and
use to patch plastic raincoats shower curtains and even
table cloths. table cloths.
Use an e
Use an empty adhesive measure in. It will always be ready for use.

## Invitation

 ExtendedMasons and their wives,
and Eastern Stars are invited and Eastern Stars are invited to a Masonic-Friendship
Night on Saturday, March Night on Saturday, March
28,7 p.m. There will be a supper, then a "Super Special Extravaganza'"! "We hope that many will come to enjoy the evening,
said Marylou McDaniel, Worthy Matron and Dick Woolsey, Worthy Patron.

## Menu <br> March 23-27, 1987

Monday-Fish Krispies, tarter sauce, macaroni and
cheese, green beans, rolls and chocolate pudding. Tuesday-hamburger and
cheese pizza, green salad corn, fruit.
Wednesday-Chicken noodle, english peas, carrots, pineapple upside down cake,
Thursday-Burritoes IChili, Slaw, spinach, peach cob-
Friday-Hamburger/Cheese, lettuce and tomatoes, tatior

To accelerate the baking of a pota-
to, first boilit for about ten minutes.
We Quit! Main Video Plus say's mov'em out! Check our window daily for FALI

P
$\mathrm{R}_{1}$

Buckle \& Bow
Shoe Store


The engagement and approaching marriage of Vickie Diane Behne, Guymon, Ok. and Christopher Edley couple and their parents, Mr. and Mrs. Robert R. Behne, Guymon and Mr. and Mrs. Elliott Crabtree of Stratford. The bride-elect is a 1984 graduate of Guymon High School. The prospective groom is a 1985 graduate of Stratford High School. The couple attend West Texas Texas. Friends and relatives are Invited to attend the wedding at 3 p.m. May 31 at St. Peter's Catholic
Church in Guymon.

## Garden Club

Stratford Garden Club met
Stratford Garden Club met
March 5 in the home Betty Mou O'Brien. Refreshments were served to 12 members. After a business meeting a delightful program was given by Opal Bryant was "Birds of the Panhandle". Those present were Mrs.

Timmie Brown, Opal Bryant, Jewel Dovel, Xenia Green, King, Corda Pleyer, Mary Peach Smith, Frances Watson, Elizabeth Zimmer,
Glenn Reed and Glenn Reed and hostess -


## Cards of Thanks

We the familly of Charles Diller wish to express our
appreclation to the parametics and ambulance service appreclation to the parametics and ambulance service of Texhoma, all Doctors and nurses who cared for him
during his Illness and for all the prayers, food, flowers \& Holy Mass after his passing. Mostly we thank you for
belng close by and helping us when we needed you the being close by and helping us when we needed you the
most. Thanks to Father Kevin Hand and to the ladies of most. Thanks to Father Kevin Hand and to the ladies
the Church and the care of our funeral directors.

The Charles Diller Family Mr. and Mrs. Richard Diller C.J. Unruh Family
Kenneth Slough Family

I never reallzed how much cards, flowers, phone calls and visits meant to one in the hospital since l'd never been there before for any length of time! Thank you, great!

## Pat Boren

We would like to take this opportunity to thank the people who have been the customers of Ronnie Pickens Livestock hauling for the past 13 years. The truck is
retiring but Ronnie Isn't, look for him at THE General Store. For your local bull hauling needs call Jeff Flores at 396-5694.

Ronnie \& Zelda Plckens

Thank you for the food, money and kind acts shown to myself and Hob for the past year. We Thank God for
such fine friends and good people.
Mrs. J.H. Hall


PLANNING FOR 300 PLUS at Texas Extension Homemakers District Meet In Stratford, Aprll 2, are Susie Spurlock, Agent, left, Jean Everett and Mary of decorations and luncheon arrangements. Area women are Invited to attend. See story, front page.


In old England it was believed smelling a daisy could clear a stuffed
nose. Of course, if you had a stuffed nose, you couldn't really smell the
daisy.
The Welsh o
rich that year.

| CHAMBER BANQUET: The annual Chamber of Commerce |
| :--- |
| banquet will be held Friday, March 27 at $7: 00$ p. m. |
| in the Sherman County Barn. Banquet tickets will |
| be available March 9 . Advance tickets are $\$ 10.00$, |
| $\$ 8.00$ for those under 12 or over 60 and will be |
| \$12.00 at the door. |
| SPECIAL AWARDS: You recognize them by their |
| Concern, Attitude, Responsibility and Enthusiasm. |
| These individuals should be nominated in their |
| respective areas of endeavor for Citizen, Farmer |
| or Businessperson of the Year. Please take a few |
| minutes. d make your nomination for the 1986 |
| awards. Circle one of the following: |
| CITIZEN |
| BuSINESSPERSON |
| Reasons why I feel this individual should receive |
| (he award: |

## What's Happening ! !

Mixed Volleyball Tournament



Stratfords Mixed Volleyball tournament was held
March 5,6 and 7 th at the Stratford High School Gym. A total of 12 teams entered the double elimination tournament. First place went to
Ronnie Pulliams team which was never beaten in the tournament and second place went tc the Acer's. The tournament sponsors would
like to express
their like to express their
appreciation to each participant and team. The good sportsmanship helped make the tournament enjoyable
and successfull.

## PANHANDLETRACK <br> MEET

Varsity boys came in 5 th
place in the meet with 31 points.
Mike Powers-Pole Vault-3rd Malcolm Waters-800 m
run-1st and 200 m run 6th. Gared McBryde-110 m
Gared McBryde-110 M
Hurdles-4th Hurdies-4th
Chuck Williams-3200 M run-3rd and 1600 m run- 6 th
Junior Varsity came in 2nd with 81 points.
Lance Brooks, Tim Hudson LOYD Willard, Dink Davis400 M relay-3rd Oscar Cano-800 M run-5 Michael Lunt-800 m run-6th 3rd ${ }^{\text {Lance }}$ Brooks- 110 m hurdles-
Loyd Willard-100 m dashDirk Davis-400 m run-1st and Wade McKinney 5th.
Tim Hudson- 200 m dash-2 Matt Powers-3200 m run-6th Oscar Cano-1600 M run-6th R.Tim Hudson, Wade McKinnery Lance Brooks, Dirk
Davis- 1600 m relay-3rd Davis-1600 m relay-3rd Lance Brooks-Long Jump-1 Jade Palmer-shot put-1st Rex Artho-shot put-6th Jade Palmer-discus-6th
Scott Brooks-Pole vault-4 Also participating in the meet was Judd Butler and
ry. Over 125 students from 19 chools came to WTSU to the tests in chemistry physics and mathematics. Treasurer Brasher of WTSU's mathematics and physical science departmen
directed the contest, and Dr aughn Nelson, departmen head, presented awards to first-, second and third place winners in each class dled all details of the competition.
Stratford
Stratford High School's Doug Pittman placed firs 2A division math in Saturday's competition. JETS is a national organization founded to
foster interest in careers in foster interest in careers in
enr ineering, science and mathematics. WTSU was the first contest site sanctioned in Texas. Since that time other regional contests have Hoen sanctioned in Dallas,
Houston and the Rio Grande Valley.

## Wheat <br> Turnrow Meeting

A turnrow meeting will be :30 p.m. on the L.B. Blak Farm. Dr. On the L.B. Blake entomologist will discuss wheat insects and their control.

## Horsemanship Clinic


#### Abstract

A horsemanship Clinic will be held Tuesday, March 24 County Horse Club members and any other youth that would like to attend. Dr. Doug Householder, State 4-H Horse Specialist will be here to conduct the clinic. The clinic will be held at the Sherman County Youth Arena. If we have bad weather, the clinic will be held at the R.J. Cluck Arena, 18 miles east of Stratford. ers and other Horse enthusiasts. Dr. Householder will conduct a Horse- manship Clinic for adults at manship Clinic for adults at $3: 00$ p.m. in the Youth Arena. Anyone interested is encouraged to come.


## Three Named To President's Honor Roll

Loren Ted Bouldin, Tammi Sadler and Shanda York
were recently named to the were recently named to the
President's Honor Roll the Winter Quarter at Texas State Technical Institute. Honorees must achieve a 4.0 grade point average on a 4.0 scale. Bouldin, son of O.H.
Bouldin of Stratford

High School. He is a saddle add tack making student. Sadler, daughter of Robert and Anita Smith of Stratford, is a 1980 graduate of SHS
She is a cosmetology (COS student.
York, daughter of Joe and Cinda Shuping of Stratford is a 1986 graduate of
She is a COS student.

A birthday Party was given at Coldwater Manor by the were Jewel Peterson and Claude Hutchinson. Pictured with the birthday couple is Bill Kelp.

1967 graduate of Stratford

North Plains Savings \& Loan 396-5534
Consumers Company 396-2261 396 2300 396-2300
TECO Olson Automotive 396-5572

## Thriftway <br> 396-5586

 396-5885Stratford Printing 396-5371

The Girls Next Door
\& C's Male Box 396-5971

Coldwater Manor 396-5568

Center K 396-5505

Stratford Grain Co.
Cimarron Feeders, Inc. Walter Lasley \& Sons, Inc.
Stratford 396-5541 Lautz 769-4485 1-405-543-6383 Grigg


## 4-H Consumer Decision Tíos \& Topics Making Project To

A 4-H project designed to
teach youth the skills to to
make sound consumer deci-
sions begins Monday, March
23, at 4:30 p.m. at the
County Extension Office.
The Consumer Decision
Making is a fun project that
focuses on youth gaining
skills in making decisions
based on facts, gain
knowlegge in consumer
education by analyzing
consumer situations of
personal interest and experi-
ence making choices among
selected marketplace op-
tions.
This worthwhile and
important project will study

5-State Better Living Show
 nounced today for the 1987 garden. Many hobby and
5-States Better Living Show leisure time aids will be on which is to be held April 3-4-5 at the fairgrounds in Guymon. The 1987 show is being
co-sponsored by the Co-sponsored by the Guymon
Chamber of Commerce and Texas County Activity Center Manager, Kathy Bryant, accoring to Chamber Executive Vice President Stuart
Over 150 exhibitors are
expected to join this years expected to join this years
show displaying a wide

Amarillo Dragway


## Begin Monday

pizza, snack foods, fats in
the diet, blue the diet, blue jeans,
toothpaste, suncreen, blow dryers, and checking ac-
ding counts at the weekly project meetings to be held March
23,30 and 23, 30, and April 6. After
completing project work, 4-H'ers will participate in the county Consumer Decision Making Contest, April 9, prior to the District
Contest to be held April 11, in an Amarillo shopping mall. interested 4 -H'ers are encouraged to participate and attend the first meeting
March 23 . leisure
display. This promises to be an outstanding show. Wise said that exhibit space is now on
sale at the Texas County sale at the Texas County
Activity Center and outside Activity Center and outside
on the fairgrounds. To reserve space, or for more information, contact Kathy Bryant at the Texas County
Activity Center 5446 , or the Guymon Chamber of Commerce, 338-3376. 1987 Season
spectator events.
August $14-14-16 \ldots$ Amaril10 Dragway will again host the NHRA Firestone/Centerline Western Conference
Championship. Drag Race teams from 14 area dragstrips compete for a $\$ 2,000.00$ K-Mart Team Championship plus a
$\$ 10,000.00$ cash purse and $\$ 10,000.00$ cash purse and
$\$ 40,000.00$ manufacturers contingency posting. October $3-4$...The second
annual annual 'California Chal-
lenge' will close out the lenge' will close out the
season as both Funny Cars and Fuel Dragsters join ranks to provide some season ending thrills to the
87 season. 87 season.
Amarillo
an every Sunday March 15th through May 31 (with the exception of Easter and Mother's day) at which
time the facility will switch to Saturday night operations. How much iron has your
child pumped today? How
much have you? No, not the much have you? No, not the
kind with barbells and kind with barbells and
muscle shirts. This iron is strictly dietary and the lack of this mineral in the
American diet is affecting American diet is affecting
the well-being of millions. the well-being of millions.
Adult women and young children in the United States consume only about twothirds of their recommended dietary iron allowance, according to the Department
of Agriculture's 1985 Nationwide Food Consumption Survey. In fact, iron is one of the nutrients most often acking in the American diet. Americans are forgetting to pump either. The statistics for zinc are equally sad. Women from $19-50$ years
consume only an average of consume only an average of
61 percent of the Recommended Daily Allowance of zinc. Children, $1-3$, fall short of their zinc RDA by an average 23 percent.
ent can cause serious health problems. Diets lacking in iron can lead to anemia, irritability, apathy, and
reduced work capacity Digestion is hindered and resistance to infection lowered. Fingernails can become thin, spoon-shaped
and pale in color Zinc shortages will lead to loss of appetite, poor growth, retarded sexual maturity and skin changes, such as scaly dermatitis. proper healing of wounds and resistance to infection. How do you ensure an
adequate supply of iron and adequate supply of iron and
zinc in the diet? One of the best ways is to include red meat. Red meat is an excellent source of iron and
There are two types of dietary iron: heme iron and nonheme iron. The body absorbs heme iron five to ten times better than the sources supply nonheme iron while animal sources supply both. About 40-60 percent of the iron in beef and other red meats is heme iron.
highest in foods with a hig protein content. It is also ound in vegetable protein sources such as nuts and
whole grain breads and cereals. However, just because you include foods high in zinc, doesn't mean that you body will get enough
zinc. The availability of zinc differs from one food to another. Cereals and le-
gumes contain significant signicant

## FAT ALBERTS

Fish Fry \$4.89
(5) mimowow sp....9..... All You Can Eat All Winter
amounts of zinc availability.
amounts of zinc availability
Red meat, on the other hand has a high zinc content as well as high availability.
If you've been drag around lately, perhaps you should add up the iron and zinc in your diet. If they're not up to par, chances are you're not either. To keep up with today' active pace, quick and
convenient dinner entrees are a must! Too often, however, cooks find tha and have to sacrifice quality
and flavor in exchange for speed.
But th
But this is not always the case, as illustrated by will find this a nutritious main dish, brimming with wholesome, nutrientpacked ingredients, including ground beef, cheese, and
vegetables. With the help of your microwave oven, it can be quickly prepared.
Ground beef and the microwave oven are appro-
priately teamed for this time-saving entree as many consumers have come to rely on both to assist them on
busy days. To eliminate the busy days. To eliminate the
step of pouring off drippings, the ground beef is cooked in a microwave-sieve or colander placed in a bowl that collects the drippings as he beef cooks.
The tasty filling ground beef combined with shredded zucchini, mozzarella and Parmesan cheeses and seasoned with garlic
salt and oregano. Once the salt and oregano. Once the
fresh tomato shells are filled, only five minutes in the micro-wave are needed to produce a hot, fla hutritious entree.
When selecting for this and all ground beef recipes, be sure to check the ean to fat ratio. In general, the lower the percentage of
lean, the more economical the price. Fortunately for the cook with an eye on the budget, most entrees, including this one, can be

Nutrient Data Per serving (based upon adult female's
2000-calorie diet): 344 calo ries; $58 \%$ protein RDA; 81
mg cholesterol; $16 \%$ iron mg cholesterol; $16 \%$ iron
RDA; RDA; $221 / 2$ calcium RDA $37 \%$ vitamin A RDA; 23\%
riboflavin RDA; $15 \%$ thia
min RDA; $37 \%$ niacin RDA $\min R D A ; ~ 37 \%$, niacin RD
39 Vitamin C RDA.


## pound ground beef small onion, chopped small onion, chop

 1 med. zucchini, shredded and drained$1 / 2$ cup shredded Mozzarella
$1 / 4$ cup grated Parmesan $1 / 4$ cup soft bread crumbs 1 tsp. garlic salt
$1 / 2$ tsp. oregano leaves $1 / 2$ tsp. oregano leav
$1 / 8$ tsp pepper.

Combine ground beef and onion; arrange in a ring in an all-plastic sieve or smal bowl; microwave at HIGH for 2 minutes. Stir to break p beef. Continue cooking a HIGH 2 minutes; stir after while, cut $1 / 2$-inch slice of op of each tomato; scoop out omato pulp, leaving a $1 / 4$ inch shell. Combine beef zucchini, Mozzarella cheese,
Parmesan cheese, bread crumbs, garlic salt, oregano and pepper. Divide beef mixture into 4 portions: place one portion in each op. Place tomatoes in circle on a microwave safe plate. Microwave at HIGH 5 $\begin{array}{ll}\text { minutes, rotating } \\ \text { every } & 2^{1 / 4} \text { turn } \\ \text { Minutes. }\end{array}$ every ${ }^{2 \times 1 / 2}$ Minutes.
servings.

| Ren |
| :--- | :--- |
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| RELIEF OF CONSTIPATION |

## We are pleased to

 announce the purchase of Van B Boston's Effective March 10,1987 Ronnie \& Zelda PickensCome in and see us for all your hardware, plumbing, electrical \& clothing needs.

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8 The stratford star-thunsday,march 19,1987

## Mary Allen Mary Allen <br> Honor Roll <br> Perfect

 4TH SIX WEEKS third gradeQuince Burton, Jennifer
Chamberlain, Roy Davis, Chamberlain, Roy Davis,
Gery Ornelas, Carissa Rein Gery Ornelas, Carissa Rein-
art, Shannon Roberts, Karina Saenz, Jared Sims, Jamie
Slater, Marshall Strifler, Arthur Ellsworth, Kelly Naugle, Jennifer Zacharias, John Long, T.D. Baskin Clint McAdams, Autum Woolsey, Felisha' York, Clay Wheeler, Rachelle Mungia Brandon Starnes, Trac
Gutierrez, Ryan Swain

FOURTH GRADE

Oscar Baeza, Jeffrey Mercer, Clint Vincent, Katie
Norris, Lea Shuping, Michael Harris, Marcus Lavake Mandy Mires, Jennifer

Middle School Honor Roll

| Kimberly Bouldin, Dean Hauser, Kelly Canada, Hollie Husmann, Adrian Aguilera, Sarah Graham, Elly Rhoades, Heath Starnes and Kaci Wight. |
| :---: |
| 6TH GRADE |
| Clint Parsons, Toby Dia mond, Enedit Baeza, Anna Cano, Lisa Ford, Jolina Garoutte, Alicia Miller, Mandy Taylor, Skyler Reed, Sunny Jo Lasley, Rene Melissa Beattie, Angela Flowers, John Marshall, Teresa Presley, Matt Brotherton, Shelby Harris, Chandra Jackson and Jennifer Artho. |
| 7TH GRADE |
| Jeb Brotherton, Jenny Carter, Jay Cloyd, Alan Gore, Angie Porras, Carie Switser Jason Varner, Greg Vandiver, LaQuita Vaughn, Scott Asher, Lily Cano, Buffy Ellison, Emily Graham, Heather Husmann, Brandie Lavake, Shannon Norris and Amber Woolsey. |
| 8TH GRADE |
| Marsha Diamond, Laly <br> Fierros, Mistie Morgan, Kim Thompson, Trenton Borth, Melinda Rendon, Wayne Stacy, LaRita Jeffries, Brian Mungia, Sammy Ellison, Gary Laramore, Micha Lunt and Phillip Zinck. |

Attendance KINDERGARTEN Hillary Baskin, Ross Davis Stephen Husmann, Scot
McAlister, Carrie Newcomb Jeremy Pool, Fred Ornelas Bradley Ross, Nathanie Walden, Tammy Zacharias Jorge Ruiz, Rocia Aguilera, Mandi Bell, Paul Brown, Ta
Ann Brownlee, Cristina Chavoya, Sandra Ceniceros, Crystal Herring, Julie Kimball, Cynthis Landeros,
Shawna McGee, Casey Shawna McGee, Casey
Ramos, Martha Ramos, Darla Reese, Erica Rendon, Misty Roberts, Trevor Slater.

FIRST GRADE
Christopher Bell, Shawn Brooks, Garrett, Macias,
Shelly Baker, Kyla Shelly Baker, Kyla Helmuth
Christopher Huereca, Anth ony Lucero, Mark Meil, Greg Parker, Jorge Ruiz, Jessica Bryson, Annie Ortega, Oscar
Aguilera, Dan Jakson Aguilera, Dan Jackson, Lynn
Reynolds, Casey Switser Reynolds, Casey Switser
Maggie Asebedo, Audrey Rodgers, Kamber Sherrod,
Jessica Sikora, Ashley Stoy Jessica Sikora, Ashley Stoy
and Michelle Trevino SECOND GRADE Davy Brown, Rudy Gonza lez, Chris Haynes, Billy Jo Newcomb, Justin $\begin{gathered}\text { Sims, } \\ \text { Gwen Baker, } \\ \text { Quintana }\end{gathered}$ Dearing, Kristina Harris, Michelle McKaughan, Tiana Madrid, Brandon Aduddell, Ricardo Chavoya, Nigal
Kirkpatrick, Bo Lindenfeld, Kirkpatrick, Bo Lindenfeld,
Michael Meil, J.B. Presley, Shane Roberts, Ty Young, Gloria Aquilera, Bobbie Jean Baker, Lori Brooks, Misty
Bruns and Jennifer Sladek. Bruns and Jennifer Sladek.

## Roy Davis, Gery Ornelas,

 Vronika Childress, ChanceyRhoades, Jamie Slater Rhoades, Jamie Slater,
Roberto
Asebedo, Kyle Ellison, W.G. Lasley, John Long, Clint McAdams, Brandon Starnes, Clay Wheeler, Hope Cargill,
Liliana Cruz, Lisa Jurado, Rachelle Mungia, Keely Naugle, Sandra Valenzuela, Kelli Wight and Felisha

FOURTH GRADE
Oscar Baeza, Aaron Griffith, Brian Husmann, Leeland Lindenfeld, Tracy Weiland, Fedric, Peggy Ford, Sherry Newcomb, Katie Norris, Pati Porras, Lisa Ramos, Lea Shuping, Lawrence AguileJulian Licon, Rudy Sanchez, Joshua Slater, Yesenia Arredondo, Mandy Mires, Jennifer Newcomb, Sarah Ortega, Ashely Parsons and
Amy Tillery.

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8-8+0
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Computerized Diet

## Compulsive Behavior <br> Seminar Set

Eating and dieting have candy bar half eaten before become a serious medial concern of many in our society. The Care Unit
Hospital in Ft. Worth lists four eating disorders: anorexia, bulimia, anorexia, the combination of the two: bulimarexia, and the most eating. They list criteria for diagnosing compulsive overeating in increasing order of gravity: 1. many different kinds of diets undertaken (and more) shortly, 2. Eating the person thinks about it rationally), 3. Eats alone, sometimes secretively (when there are others in the
family, 4 . Feeling of self-worth dependent on losing weight, 5. Preoccupation with eating and food,
thinking of food over and thinking of food over and
over. 6. Depression, 7. Mood swings, 8 . Plans secret binges ahead of time, 9 . Social isolation, 10 . Letting weight affect the way she or he lives et. Not everyone has
all these symptoms, of Proposed Budget cuts

## Would Hurt Extension Offices, 4-H Programs

| ack in Autin | would be eliminated," said Shaw, vice chairman of the |
| :---: | :---: |
| is under attack in Austin | Shaw, vice chairman of the |
| ecause planned budget cuts | Livestock Committee and a |
| ould hit county extension | Livestock Committee and a member of the House |
| 4-H programs | Appropriations C |
|  |  |
|  |  |
| western areas of the state | about 30 percent, Shaw sald. |
|  | those type of |
| Rural areas came | grams would be |
| ch worse than urban | said Perry, whose district |
| eas when Gov. Bill | includes no town with a |
| ements made his budg | population greater |
| posals public last | 14,5 |
| "Thwmakers say. | und |
| There is definitely | ments') desire to have |
| discrimination against rural | efficient government," he |
| Texas," State Rep. Rick | said. "But I will not stand by |
| a member | and let the governor balance |
| of the House Appropriations | the state budget on the backs |
| Committee, told the Abilene | of rural Texas.' |
| eporter-News. | Perry said many other aids |
| State Rep. Larry Don | rural areas, such as the |
| haw, D-Big Spring, said | m -to-market program and |
| ements' budget plan | general school funding, |
| uld cut more than \$10 | would also see dramatic |
| ion out of the county | cuts. The vocational educa- |
| ogram. That | tion faces a \$125 million cut, |
| mean a loss of more | lawmakers |
| obs to a program | The Agriculture |
| lobs to a prom | Livestock Committee will |
| since 1985, Shaw | discuss the effects of cuts |
|  | with the Appropriations |
| ans | Committee this week |
| ents in some counties | Jay Rosser, Clemen |

The Anonymous program have been enormously suc compulsive behavior for the ones who have tried their
twelve step program. The Greater Panhandle Group of OVEREATERS ANONYMOUS is sponsoring a April 11-12 at the Epend o April 11-12 at the Episcopa
Conference Center five miles north of Amarillo. Newcomers are welcome. The conference will start at 9:45 Saturday morning and end at
noon on Sunday. The registration of $\$ 30$ includes fees, linens, accommodation and three meals: lunch, and
dinner on Saturday and dinner on Saturday and
breakfast on Sunday morn

## The featured speaker

 from Dallas, has maintained a 200 pound weight loss foseveral years. She says: " believe that we abandon ourselves in food as we become compulsive overeaters. We lose touch with what we feel and thoughts we have. Registration is limited to the first 125 who apply. To register send $\$ 30$ check made out to GREATER to O.A., 116 S . Van Buren Hugoton, Ks. 67951 by
March 30 th. Information is March 30th. Information is available by phone in
Amarillo at $806-359-5636$ or in Dumas at $806-935-5586$.
deputy press secretary, said deputy press secretary, said
the governor's budget was meant to be a "springboard for comment "That's
"That's exactly what
we're getting," Rosser said. we're getting," Rosser said
"There are no plans to eliminate specific agencies." The governor has heard comments that his budget proposals are unfair Texas, Rosser said. better delivery of programs especially in the rural areas," Rosser said. But he stressed that the long as spending does not increase.
Clements' plan would balance the state's budget,
estimated to be $\$ 5.8$ billion

## Dumas Overeaters The Dumas fellowship of Overeater's Anonymous will have an open speake meeting Thursday evening, March 26th, at $7: 30$ the First Presbyterian Church. The speaker, Linda G., from Phoenix, maintain ing a weight loss of over 100 pounds for three years, will pounds for three years, wil share her story and open the meeting to questons at the end. All interested persons are invited.

## Hooker

 DecoratedAir Force major Gary L. Hooker, son of Gilbert L. and Mockingbird Lane, WeaMerford, Texas, has been decorated with the third award of the Meritorious Service Medal at Bergst

Air Force Base, Texas The meritorious Service Medal is awarded specifically for outstanding non-combat meritorious achievement or serv
States.
Hooker is an air operations officer and pilot with the 10th Air Force. His wife, Becky, is the daughter of William and
June Frizzell of Stratford, Texas.
He is
He is a 1972 graduate of
the U.S. Air the U.S. Air Force Academy,
Colorado Springs, Colo.

tore herbs and spices tightly cov
ered in a cool, dark place. When they no longer have a pungent aroma, it is time to rep
Buy in small quantities.
$\qquad$ shor between now and the
end of fiscal 1989, by extending increases in the state sales and gasoline
taxes and cutting spending.

## Benefit Dance <br> Krisann Reese, Pageant Fund for Miss Texas <br> Thursday, March 19th 9:00-12:00 P.M. <br> Music by Eddie Williams Jr. All Ages Invited

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Super Guard Light protects you all night for pennies a day.
The high pressure sodium light bathes your yard and from theft and vandalism. Its protect your property discourages trespassers. The Super Guard Light comes
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your SPS office or ask any SPS employee.

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|  | 35 years experienc No Milleage charge 405-423-7238 | Doughnuls Dally Noon hamburgers and die | plex Apartment for | each additional ord on subseque | ions |
| Going Out To Eat, try our Friday and Saturday night specials. M's Meet and Eat. | 405-423-7238 $\qquad$ |  | Call 396-2102. | bseque | ons |
| specials. M's Meet and Eat. 3-19-c | PIZZA SMORGASBOARD M's Meet \& Eat Friday 5 p.m. - 8:30 p.m. | We need furniture, appliances, miscellaneous garage sale Items. The Thrifty Boutique. We will pick up Shop at The Thrifty Boutique. | Two bedroom house for rent. 401 N. 5th St. call Bill Riffe to look. 396-5692. <br> 11-20tfn | Deadline Noon Mondays <br> * |  |
| A small fire with a Halon fire extinquisher would probably be an Inconvenlence. A small fire without a fire extinquisher could be a major disaster. Sometimes luck is directiy proportional to proplanning. I have those fire extinquishers to sell. Bill Rifte 396-5541. Come by for a demonstration anytime. <br> 1-29-fin |  |  |  |  | $\star$ HELP WANTED $\star$ |
|  | We wash, starch, and press shirts. Bring them in with your cleaning. Stratford Poly Clean, 396-2151. |  | Apartments for Rent: "Fulton Hilton" (We call It that) Now carpet, new palin,clean and neat. One clean and neat. or unfurnished. 6th and Fulton. Call Bill Riffe to look it over, 396-5541 or 396-5692 nights. | For Sale: Two story, three Excellent Income for part <br> time home assembly work. <br> bedroom, office or fourth  <br> For Info. call  <br> bedroom, bath  <br> Eath  |  |
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|  | For Termilte Control Call Leo Russell at 1-383-7075 Amarillo. Have been working Stratford for 28 years. Have Clty and State Liscense for the City of Stratiord. | For all your Watkins needs Contact Peggy Plerce evenIngs 806-827-7435 or 806-827 7407. |  | HOUSE FOR SALE <br> Brick, 3 bedrooms, 2 baths breakiast room, fireplace, car garage, hobby room, storage shed, fenced call 396-2508 after 5:30 p.m. | PISTS-\$500.00 weekly at me! Write: P.O. Box 975, zabeth, NJ 07207. |
|  |  | 3-28-8 |  |  |  |
| Transmission Problems. Rebuilt automatic transmisslons you can depend on and afford. 6 month, 6,000 mile warranty. BJ Transmissions,800 S.Bliss, Dumas 9353700. | Stratford. | discount shoe store LADIES CHILDRENS MENS. Over 200 nationally known desig- | rages-V.O. Lasley- 39611. <br> 3 -5-tin |  | ature Ladies Needed. ratford and Kerrick area. an earn $\$ 50.00$ Tuesday Thursday. No PartyHome oducts. Call Melba-38410 after 5 p.m. |
|  | If you don't want to do the laundry, let us do it. Drop off before 9 a.m. we wash, dry,and fold it for you to pick up by $5 \mathrm{p} . \mathrm{m}$. Dirty work is our business. Stratford Poly Clean 396-2151. |  |  | railer house for sale, 1500.00. Contact Raymond lbert. <br> 3-11-c |  |
|  |  | ner labels Over 1500styles- 40 to $50 \%$ below wholesale prices. \$16,900.00 to $\$ 39,900.00$ includes beginning Inventory-training-fixtures and grand opening promotions. Call today. Prestige Fashions 501-3292362. |  |  |  |
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| 2-5-tin |  |  |  |  |  |
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| For Sale: Wurlitzer Portable Electronic Plano-excellent Lisa Crabtree 396-2491. | We Cater To Youl |  |  |  |  |
|  | Let us have that special dinner or luncheon for you Birthday, Anniversary, Wedding rehearsals, Buslness, Bridge, or Just Friends getting together. Jeanie-3962224; Linda-727-4636 or Pat-396-2243. |  | 2 bedroom home for rent. $\$ 75.00$ a month plus deposit. 514 N. 8th. Call 396-5321. 3-26-c | aturday night at M's Meet Eat. Steaks and Mexican ood 5 p.m. until 8:30 p.m. 3-19-c | School District is taking applicationsElementary Education/Physical Education teacher. |
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|  | serving steaks and Mexican food, 5p.m. untll 8:30 p.m. 3-19-c | We need assistance in evaluating and responding todaily work reports submitted by our agents throughout the state. no experience necessary; Paid to complete raining. Work at home. For informationdressed, stamped envelope, $91 / 2$ inches long to : AWGA, Dept. E., Box 49204, Atlanta, GA 30359. |  | IF YOU HAVE BROUGHT FORD STAR PLEASE COME BY THE OFFICE AND PICK THEM UP. IF WE HAVE PRINTED A PICTURE YOU WANT YOU ARE WELCOME TO LOOK WE ARE RUNNING OUT OF ROOM FOR THEM AND WILL HAVE TO DHEM SOON. THANKS |  |
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| anyme worons. 4-2-p | Ladies Only: If you want your man to look good, try our starched jeans. Our creases are as sharp as you can gratiord Poly Clean 396-2151. <br> 9-4tin |  | Bad \& No Credit welcome. 806-381-1352, call collect. $\qquad$ |  |  |
| For Sale: Gray steel office furniture, 2 desks, 1 executive chair, 1 client chalr, 2 drawers, filling cale condition. 396-5321, Nell Wall. |  |  |  |  | ennell: |
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|  | Cookles, ples, cakes, cinnamon rolls, doughnuts, breads baked to order, at M's Meet and Eat. |  |  |  |  |
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|  | and Ear. 3-19-6 |  |  |  |  |
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|  | are avallable for veterans. For assistance in applying for compension, pensions, land purchase, housing and ther VA benefits, call Max Stephenson CSO at 396-5348 | CENERAL PRACTICE OF |  | comos Dryors, |  |
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| Buick Regal for salo. V clean 396-2145. |  | 1 |  | WAYNE MERRILL 396-2129 |  |
|  | 30-p |  |  |  |  |
| You'll love yardwork if you have a John Deere mowernothing runs like a Deere. Come see the new features at Sherman Implement. Low monthly payments available. <br> 3-26-6 | Do you like Cajun food? Try ours! Thursday nights $6=9$ p.m. anytime. Speclal on Priza nights. Dine in or carry out. Queen $O^{\prime}$ Creme 396-2311. <br> 3-5-tín | ATTENTION FARMERS <br> April 15, 1987 is the last day to insu 1987 Grain Sorghum and Corm under FCIC or MPIC <br> For more information contact Roy J. Hew Box 621 Strefford, Toxas 79084 806-396-2087 |  | Catherine D. Taylor Certified Public Accountant North Plains Building <br> 401 N. 3 rd |  |
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| FOR SALE: DP300 Rowing machine and one Sears Exercise Bike. Call 396-5354 after 5 p.m. |  |  |  |  |  |  |  |
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| atter 5 p.m. 3 -26-p | Jobs in Construction, commercial or residential, can be yours with careertraining from TSTI's Construction Technology program. Accepting new students March 407 $806-335-236$, extern to learniRemember, | Williams Repair Service <br> Phone 396-2429 <br> For Plumbing and Heating trouble <br> Roof Repair and Home Remodeling Residential and Commercial |  |  |  |
| go-cart, like new. $\$ 235.00$ Call 5806 after 5 p.m. |  |  |  |  |  |  |  |
|  |  |  |  | dr. David Riddl | urs |
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|  |  |  |  |  | Iford Office: |
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| ${ }_{4-9 \mathrm{c}}$ | Let me rote-till your garden spot. I also do mowing. Call 396-2333 after 4:00 ask for Paül.$3-26-c$ | Smith Water Heaters <br> Cozy Wall Heaters Heat Tape Kohler Fixtures <br> Plumbing Supplies <br> Cozy Floor Furnaces Eddie Williams <br> Delta Faucets Res. 396-5330 |  | DAN H. LOVING. D.D.S., M.A.G.D GENERAL DENTISTRY Wednesday in Strafford |  |
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| If a baked cake sticks to the pan, try placing the pan on a cloth wrung out in hot water. It may help remove the cake from the pan. | -2-p |  |  | DUMAS, TEXAS 79029 (806) 935-9212 |  |

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