

Have a safe Labor Day holiday!

The Haskell Free Press

VOL. 111--NO. 35, AUGUST 28, 1997

"The People's Choice"

22 PAGES--TWO SECTIONS--50 CENTS

Football games

Haskell Indians vs
Jim Ned (Scrimmage)
Fri., 6:00 p.m. at Jim Ned

PC Pirates vs. Jayton
(Scrimmage)
Fri., 6:00 p.m. at PC

Calendar

Early deadlines

The Haskell Free Press will be closed Monday in observance of Labor Day. All deadlines for the Sept. 4 edition will be Thurs., Aug. 28 at 5 p.m.

Booster Club

The Haskell Indian Booster Club will meet Tues., Sept. 2 at 7 p.m. at the Field House due to the Labor Day holiday.

Social Security

A representative from the Social Security Administration will be in Haskell at the City Hall annex Thurs., Sept. 4 at 9:30 a.m.

Mexican food

St. George Catholic Church mobile kitchen will be serving Mexican food Aug. 29 from 11 a.m. to 7 p.m. on the Courthouse lawn. Proceeds will benefit Jamaica candidate Cristina Hernandez.

Blood drive

Meek Blood Center will hold a blood drive Tues., Sept. 2 from 2 to 6 p.m. at the Haskell Memorial Hospital. All donors must bring photo ID. All donors will receive a pint of Gandy's ice cream. Haskell Memorial Hospital Auxiliary is sponsoring the drive. Blood may be donated in honor or in memory of a friend or loved one.

Need cars

The Aspermont VFD and State Fireman's and Fire Marshal's Association of Texas will sponsor an area rescue school Oct. 4. The fire department is in need of old used cars to use in extrication classes. If you have an old vehicle to donate for the school, call 940-989-3333.

Society to meet

The Haskell County Historical and Genealogical Society will meet Mon., Sept. 4 at 7 p.m. at the First National Bank meeting room. Mrs. Darlene Bellinghausen, an accomplished researcher in both history and genealogy, will be the guest speaker.

Art Association

The Brazos West Art Association will meet Sept. 8 at 7 p.m. in the Haskell National Bank Community Room. Bring any art work that you would like to share at the meeting. The group plans to have interesting meetings with talented artists.

Class of '54

The Class of 1954 will meet in the First Baptist Church Family Activity Center on Sat. night, Sept. 27 at 7 p.m. for a catered meal and reminiscing. Cost per person is \$7.50. Reservation must be made by Sept. 20 by writing Dwanna Matthews Klose 107 N. Ave. M, Haskell or Melva Andrews Everett, 405 N. Ave. B, Haskell. All friends and family from other classes are also invited to attend.

Season tickets

Haskell Indian football tickets are on sale. Reserve seat tickets for last year's holders are on sale through Aug. 28. Tickets will be on sale to the public Aug. 29 through Sept. 5. Tickets are available at the High School Office from 8 a.m. to 4 p.m. Mon.-Fri. Tickets are \$5 per game or \$20 for the season. Fans may purchase one reserve ticket Monday mornings at 8 a.m. until Friday noon on the week on the game they wish to attend.

Index

Obituaries Page 2
School menus Page 3
Out of the Past Page 4
Around Town Page 5
Sagerton News Page 6
Classifieds Page 8-9



RUNNING THE PLAYS—The Haskell Indians continued to get ready for the new season this week. The second scrimmage

game of pre-season play will be with Jim Ned, there, Friday. Kick off time will be 6:00 p.m.

Kicking off a new football season

by Mary Kaigler

The motto posted on the wall in Coach Dwayne Gray's office at the Haskell High School Field House gets right to the point of his message to this year's football team.

**No Goals,
No Glory.
Our Goal,
District Champions.**

With ten boys returning as starters on offense and ten on defense, he is looking at a strengthened, more mature group.

From among the unusually large number of 57 boys who have come out for football, 19 are experienced seniors. Coach Gray sees this as a great asset to the program. Most of them participate in two or three sports, which helps them be conditioned and competitive, he said.

Coach Gray says that he is expecting a good season with this enthusiastic turn out, combined with the experience of the returning

starters. "The tough non-district schedule prepares our team for district competition," he said. "I'm pleased with the team's overall showing in the scrimmage with Roscoe, Friday," he added. "This was Haskell's first win in a scrimmage in my four years here. Roscoe does a good job, and we put up a pretty good fight over there."

Coach Gray says his team is working to be ready for the traditional season opener with Munday on Sept. 5.

Michael Rodriguez, who has played four years, is the most tenured team member. "He's big and does a good job," Gray said. "There will be others coming along, as we get into the season," he added confidently.

The offense returning are Will Trammell, John Abila, Turner Frierson, IV Burson, Jason Hobgood, Billy Bible, Tony Fuentes, Michael Rodriguez, Shane Steele and Jason Briles.

Returning on defense are Will Trammell, John Abila, Phillip Huff, Jim Crawford, Turner Frierson, IV Burson, Jason

Hobgood, Timmy Masias, Michael Rodriguez, Shane Steele and Jason Briles.

Coach Gray is beginning his fourth year in Haskell. Saying that both he and his family enjoys being in Haskell, and appreciate the

support of the people, he added, "It's really a super place to be."

Other coaches this year are Bob Rapp, Mark Coffman, Randy Waggoner, Scott Broussard, and newcomers, Nathan Blackwood and Robb McClellan.

Back-to-School nights scheduled for Elementary

Haskell Elementary will have a "Back to School Night" Tues., Sept. 2 and Tues., Sept. 9, for parents of students and the community. Teachers will explain what they expect from their students this school year and what parents can do at home to help students. Parents will also be given the opportunity to ask questions.

"Back to School Night" Schedule

Tues., Sept. 2: First grade, 5:30-6:00, homeroom; Second grade, 6:00-6:30, Cafeteria; and Third grade, 6:30-7:00, Cafeteria.

Tues., Sept. 9: Fourth grade, 5:30-6:00, Cafeteria; Fifth grade 6:00-6:30, Cafeteria, and Sixth grade, 6:30-7:00, Mrs. Earles' room.

Students are reminded that there will be no school on Sept. 1, Labor Day.

Hospital Auxiliary purchases Geri chair

Through proceeds from sales at their Thrift Shop, the Haskell Memorial Hospital Auxiliary has recently purchased a Geri Chair for Haskell Memorial Hospital.

Mounted on casters, the mobile chair allows patients to be less confined to their rooms, and makes moving to other areas of the Hospital less difficult for them.

The chair reclines to four positions, and can be used as a food tray, or for reading, writing, crafts or playing games. Nurses and patients alike express appreciation

for the ease and mobility it brings them.

Located on the square in Haskell, the Thrift Shop receives donations of clothing and household goods, which are sold at reasonable prices to finance such additions as the Geri Chair for the Hospital.

In presenting the chair, the Auxiliary expressed its thanks to the people of Haskell County whose donations to the Shop made it possible.

Sidewalks discussed by Rule Council

During the regular meeting of the Rule City Council Aug. 5, Gerry Townsend spoke about the needed repairs to hazardous sidewalk on 5th Street. City Secretary, Marsha Vasquez will obtain additional information on this.

The Cemetery Ordinance making it unlawful to place any hazardous material in the cemetery was approved by the council.

Departmental Heads selected were: Mayor Pro-Tem, James

Marquis; Water and Sewer Department, Mayor Malcolm Herttenberger; Fire Department Derrell Sorrells; Police Department, James Marquis; City Hall, Tammy Sorrells; Parks, Bobby Robinson; Streets, Bill Bowles.

Decision was made to forgive taxes on the Hugh Williams estate, Blk 8 and S 150' of Blks 9 and 10, and May Addition, Blk. 7, W1/2 of Lot 2.



COOL, CLEAR WATER—Haskell children stand in line under the shade to quench their thirst during the city's Sunday in the Park.

Car show winners announced

Winners have been announced for the Classic Car Show hosted in downtown Haskell Sat. by the Haskell Volunteer Fire Department. Trophies were awarded for first, second and third places in 10 classes.

Late Great-64: First, Jerry Stocks, '55 Ford; Second, Bobby Woods, Galaxie 500; Third, Heather Steele, '64 Red Mustang.

Street Machines: First, James Dunlap, '48 Ford; Second, Roy Scoggins, '77 Camaro; Third, Coy Scoggins, '67 Nova.

Hot Rod: First, John 'Sparky' Sparks, '38 Chevy; Second, Linda Briscoe; Third, Danny Josselet, Silver Fox.

Older Pickups (70 and older): First, Joyce Sparks, '39 Chevy; Second, Ben Ensinger, El Camino; Third, Harvey Harris.

Pickups (71 and up): First, Joe Delacruz, '82 Chevy Dually; Second, Daniel Hernandez, '72 Chevy; Third, Tim Huggins, '95 Chevy Low Rider.

Antique Tractor: First, Joe Kimbrough, Red Farmal; Second, Joey Kimbrough, Green Farmal; Third, Brennan Medford, John Deere.

Antique Cars/Trucks 50 and older: First, Joyce Pugh, '34 Studebaker; Second, Terry Goza, '35 Ford; Third, Roy Hernandez, '46 Chevy Pickup.

Cars '65 and up: First, Roy Scoggins; Second, Bobby Myer Comet.

Best of Show: First Jerry Stocks, '55 Ford; Second, Joyce Sparks, Pickup; Third, Bobby Wood, Galaxie 500.

People's Choice: Heather Steele, Red Mustang.

Hot Wheels: First, Ryley Tatum; Second, Ryder Harris, Third, Bryson Trussell.

School Board hears various reports

With all members present, the Haskell Board of Trustees met Aug. 19, for regular session.

Jim Lisle gave campus reports on the status of the elementary building and its readiness to begin school. Special recognition was given to all the elementary staff members for extra effort given.

Jim Ramage reported that the high school enrollment may be up from the 96-97 year. Special recognition was given to the secondary staff for their effort in having school ready.

The resignation of Ruth Enriquez was accepted.

Billie McKeever gave the district and campus reports for the Academic Excellence Indicator System, placing special emphasis on Haskell having both campuses at the Recognized level.

In a summary report of fiscal year 97-98, Superintendent, Bob Pheil stated that at this time revenues are projected to be \$5,026,428.00, and appropriations are calculated at \$5,244,605.00.

In a closed session, the Board discussed personnel.

New Jury Duty exemption

District Judge, Charles Chapman this week reported a change in the jury service exemption age. An amendment to Chapter 62 of the Government Code in Senate Bill 551, effective Sept. 1, 1997, makes only those persons 70 years of age and older exempt from jury service solely because of their age.

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Obituaries

Odell Bynum

Funeral services for Odell Bynum, 80, of Haskell were held Sun., Aug. 24 at the First United Methodist Church with Rev. Shane Brue officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mrs. Bynum died Fri., Aug. 22 at a local hospital. Born Dec. 25, 1916 in Alvord, she graduated from Haskell High School in 1935. On Feb. 14, 1942 she married J. A. Bynum in Throckmorton and they owned and operated Bynum Hardware and Furniture Store for over 40 years. He preceded her in death on April 1, 1979.

Mrs. Bynum, known as Mrs. B., worked at Heidenheimer's for fourteen years. She was a member of Wesleyan Service Guild, a charter member of Business & Professional Women's Club, past member of the PTA, the Chamber of Commerce where she served on the board of directors. She was a charter member of the Eastern Star Chapter #892 Haskell. She had been a member of the First United Methodist Church for sixty years, making her the longest standing member of the congregation in Haskell.

Survivors include one daughter, Martha Jane Gibson of Humble; one son, James Adam Bynum of San Angelo; three brothers, J. J. Williamson of Plainview, A. Lynn Williamson of Oklahoma City, and W. Q. Williamson of Kerrville; four grandchildren and 2 great grandchildren.

Pallbearers were Kenny Watson, Wallace Cox., Jr., Joe Cortez, Abe Turner, John Sam Rike, Pat Henry, Gentry Middleton and Dr. Tom Haigrove.

John R. Dunn, Jr.

Graveside services for John R. Dunn, Jr., 66, of Haskell were held Fri., Aug. 22 at the Rule Cemetery with John Greeson officiating. Services were directed by Holden-McCauley Funeral Home.

Mr. Dunn died Sun., Aug. 17 at his home. Born April 19, 1931 in Rule, he had been a lifelong resident of Haskell County. He served in the U. S. Army during the Korean War. He was a member of the Church of Christ.

Survivors include three sons, Rodney Debs Dunn of Kempner, Glenn Ray Dunn of Peevley, Missouri, and Joe Bruce Dunn of Detroit, Michigan; one daughter, Mary Ann Ryser of Taconite, Minnesota; one brother, Ralph Dunn of Tye; one sister, Dorothy Burk of Bonham; one step-sister, Faye Webb of Rule and seven grandchildren.

Mary W. (Mancill) Holden

Funeral services for Mary Wells (Mancill) Holden, 88, of Haskell were held Mon., Aug. 25 at the First United Methodist Church in Haskell with Rev. Shane Brue officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mrs. Holden died Sat., Aug. 23 at Abilene Regional Hospital. Born Aug. 21, 1909, in O'Brien, she was the youngest of eight children of Beulah Wells and James Monroe Mancill. She attended Mary Hardin Baylor University and Sul Ross University and taught elementary school in Sagerton, Midway and Rule from 1936-1942.

She married W. O. (Bill) Holden in 1942 and they made their home in Haskell. The couple owned Holden Funeral Home until 1971.

She was a member of the First United Methodist Church, Chapter 892 of Eastern Star, a life member of Progressive Study Club, a charter member of the Beta Chi chapter of Delta Kappa Gamma and served as a Boy Scout den mother.

She was a tireless worker in her community. She had a love of building and restoration. Her skill with a variety of carpentry tools endeared her to her children and their friends, to the schools and to volunteer organizations. She made time to help with art and drama projects as well as civic projects. She was legendary for restoring old trunks.

An especially noteworthy project was her restoration work on the Labriere home, a bicentennial project of the Study Club. After three years of searching, a contractor could not be found for the project, and Mary, almost 70 at the time, in true pioneer spirit undertook the project herself. With guidance and part-time help from a local carpenter and two club members, Mary restored the outside of the house. Within two months, the restoration was complete. She even poured the concrete steps herself.

One of her greatest joys was sharing her love of carpentry with her two grandsons, Evan and Nathan. They often watched as she fashioned toys and play equipment for them in her workshop.

She was preceded in death by four brothers, Albert Mancill, Hosea Mancill, Merrill Mancill and Tom Mancill; three sisters, Clytee James, Mildred Mancill and Myrtle Shaw.

Survivors include one son and daughter-in-law, Thomas W. and Lela Holden of Masawa, Japan; one daughter, Mildred A. Ehsani of Bryan; two grandchildren, Evan Ehsani and Nathan Ehsani of Bryan; and several nieces and nephews.

Pallbearers were grandsons Evan Ehsani and Nathan Ehsani, Wallace Cox, Andy Gannaway, Raja Hassen, Elbert Johnson, Gerald McCoy, Cliff Morris, Art Williams and Joseph Williams.

Honorary pallbearers were nephew Billy Shaw of Abilene, Charles Chapman, Buford Cox, John Kimbrough, Jess Leonard, Marvin Letz and Dr. Joe Thigpen.

Memorials may be made to the First United Methodist Church in Haskell.

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MRS. RYAN SHANE CAMPBELL

Afternoon ceremony unites Nanny, Campbell

Kelly Lynn Nanny and Ryan Shane Campbell were united in marriage in an afternoon ceremony on Sat., Aug. 16, at East Side Baptist Church in Haskell. Rev. Darrell Feemster of Lampasas officiated at the double ring ceremony.

The bride is the daughter of Mr. and Mrs. W.O. Nanny of Haskell. Her grandmother is Jenelle Nanny of Haskell.

The groom is the son of Edwin Campbell of Lubbock and Debbie and Andy Hernandez of Lubbock.

Teresa New of Haskell provided ceremonial music and sang "In This Very Room." Jon Davis of Lubbock sang "I Do".

The bride, given in marriage by her father, wore a gown designed by Victorio's. The sleeveless bodice was completely covered in Venice lace with a daisy pattern and was further complimented by a jewel neckline. The basque waistline allowed the white organza ball gown skirt to fall gracefully to the floor and sweep into a semi-cathedral train of white organza. The back of the gown was accented with a deep vee and was completely covered in Venice lace with a daisy pattern. The back was also complimented by a small rosette-centered bow. Her long sheer veil of imported English illusion was held by a wreath of pearls and silk roses.

For something old, the bride carried a Bible from the Holy Land; her dress was something new; for something borrowed she wore a diamond and ruby ring; and her garter was blue.

The matron of honor was the bride's sister, Julie Gaynor of Wichita Falls. Bridesmaids were Claudia Payne of Lubbock and Rhanda Emery of Crane. They were attired in red and white polka dot sun dresses and each carried a bouquet of white daisies. Carson Hadaway of Haskell was flower girl. She wore a white and red polka dot sundress and carried a white lace basket full of red rose petals.

Brother of the groom, Chad Campbell of Lubbock served as best man. Groomsmen were Jayson Helm of Odessa and David Boyles of Dallas. Ushers were Cody Josselet of Munday, Ryan Nanny of Haskell, Milan Matic of Lubbock and Cory Phariss of Lubbock.

Following the ceremony, the parents of the bride hosted a

Boone, Tsoodle wed in double ring ceremony

Leah Jo Boone and Rodney Lynn Tsoodle, Jr. were married Aug. 15 in the gazebo at the Haskell County Courthouse in Haskell.

The bride wore a cream street-length dress of crepe fashioned with a fitted princess line and flared skirt. The short jacket featured a satin shawl collar embellished with soutache braid and long fitted chiffon sleeves with satin French cuffs.

She carried a bouquet of mixed spring flowers with satin streamers.

The groom wore a houndstooth jacket with grey slacks. His boutonniere was a white carnation.

Justice of the Peace Gina Brown of Haskell presided over the double ring ceremony, attended by family members.

The bride is a graduate of Knox

City High School and Texas Tech University in Lubbock. She is a CPA.

The groom graduated from Paint Creek High School and attended Texas Tech University. He is employed by Overton Farms of Haskell.

Parents of the bride are Mary Ann Boone of Knox City and Joe Boone of Seymour. The groom's parents are Mr. and Mrs. Vern Howard of Paint Creek and Rodney L. Tsoodle, Sr. of Guthrie, Oklahoma.

Family members attended a luncheon honoring the couple Sat., Aug. 16 at the home of Mr. and Mrs. Vern Howard in Paint Creek.

The couple are making their home in Paint Creek.

Garden Club to meet at Bever House Sept. 11

The opening meeting of the Haskell Garden Club this year will be a luncheon at the Bever House on Thurs., Sept. 11, at 11:30 a.m. Cost of the luncheon is \$10.00 per person.

Jim Ray from the Texas Parks and Wild Life in Canyon will speak about Purple Martins—The Gardener's Friend. His lecture

begins at 1:00 p.m. also at Bever House and is free to the public.

Anyone interested in attending the luncheon should call Mrs. Wilma Pruet 864-3434, Mrs. Juanita Rhea 864-2013, Mrs. Gladys O'Neal 864-2414 or Mrs. Marion Carlisle 864-3952 for reservations.

FCE Club attends play

The Weinert FCE Club members traveled to Abilene Friday, Aug. 22 and attended the dinner theatre and saw the play "The Fantasticks". The play was a whimsical romantic musical presented by the drama department at ACU. The play will be given again on Aug. 29-30 in the Sewell

Auditorium. The members attending were Erma Liles, Estalynn Liles, Betty Sanders, Kathryn Schonerstedt, and Alice Yates.

The next club meeting will be on Sept. 2 with a salad luncheon at the Extension Office Kitchen and Kathryn Schonerstedt as hostess.

Munoz to have birthday party

Mon. Sept. 1, Stanley, Juanita and Susan Munoz are hosting a birthday party for Eric Munoz, age nine, at the Eight Ball Arcade. The

party will begin at 3:00 p.m. All kids ages 11 and under are welcome. Pizza, drinks and cake will be served.

Births

Frank and Brenda Masias, of Haskell, are proud to announce the arrival of their daughter, Abigail Lee Ann Masias.

She was born at 1:35 a.m. Tues., July 29, at Abilene Regional Medical Center in Abilene. She

weighed 4 lbs. 6 oz. and was 17 inches long.

Abigail was welcomed home by her big brothers Frankie, Timmy and Derek and big sister Michelle Masias. Grandmothers are Juanita Fernandez of Haskell and Eva Masias of Munday.

Haskell School Menu

Sept. 1-5
Breakfast
Juice or fruit and milk are served daily on the breakfast menu.
Monday: No school
Tuesday: Breakfast burritos
Wednesday: Pancakes/syrup, cereal
Thursday: Biscuits/gravy, sausage
Friday: Breakfast pizza

Lunch
A choice of baked potato with choice of topping or a salad bar are offered daily at the High School.

Milk and juice are served daily at the Elementary School
Monday: No school
Tuesday: Beef and spaghetti, seasoned corn, tossed salad, garlic bread, congo bars
Wednesday: Frito pie, pinto beans, seasoned spinach, combread, apple
Thursday: Chicken nuggets/gravy, creamed potatoes, seasoned green beans, hot rolls, cookies
Friday: Hamburger, French fries, hamburger trimmings, ice cream

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1997 PROPERTY TAX RATES

This notice concerns 1997 property tax rates for Haskell C.I.S.D. and Paint Creek I.S.D. It presents information about three tax rates. Last year's tax rate is the actual rate the school district 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 taxed in both years. This year's rollback tax rate is the highest tax rate the school district can set before it must hold a rollback election. In each case these rates are found by dividing the total amount of taxes and state funds by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 property value.

	Haskell CISD	Paint Creek ISD
LAST YEAR'S TAX RATE:		
Last year's operating taxes	\$ 1,075,076.07	\$ 488,693.13
Last year's debt taxes	\$ 0.00	\$ 0.00
Last year's total taxes	\$ 1,075,076.07	\$ 488,693.13
Last year's tax base	\$ 80,307,865.00	\$ 36,180,375.00
Last year's total tax rate	\$ 1.2657/\$100	\$ 1.3441/\$100
THIS YEAR'S EFFECTIVE TAX RATE:		
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 926,178.28	\$ 482,469.07
+ This year's adjusted tax base (after subtracting value of new property)	\$ 74,684,940.00	\$ 39,241,164.00
= This year's effective tax rate	\$ 1.2401/\$100	\$ 1.2294/\$100
x 1.03 = maximum rate unless the school district publishes notices and holds hearings	\$ 1.2773/\$100	\$ 1.2662/\$100
THIS YEAR'S ROLLBACK RATE:		
Amount of local taxes needed based on state funding formulas and 1997-98 student enrollment	\$ 989,981.98	\$ 500,896.00
+ This year's adjusted tax base	\$ 75,092,770.00	\$ 39,626,974.00
= This year's local maintenance and operating rate OR 1996 maintenance and operation rate	\$ 1.3183/\$100	\$ 1.2640/\$100
= This year's maintenance and operation rate (use greater of 2 rates above)	\$ 1.3183/\$100	\$ 1.3441/\$100
+ \$0.08 cents	\$ 1.3983/\$100	\$ 1.4241/\$100
+ This year's debt rate	\$ 0.0000/\$100	\$ 0.0000/\$100
+ Rate to recoup loss certified by commissioner of education	\$ 0.0000/\$100	\$ 0.0000/\$100
= This year's rollback rate	\$ 1.3983/\$100	\$ 1.4241/\$100

SCHEDULE A - UNECUMBERED FUND BALANCES
The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance	Balance
Haskell CISD: General	\$ 2,388,971.00	
Paint Creek ISD: General		\$ 385,000.00

SCHEDULE B - 1997 DEBT SERVICE: NONE

SCHEDULE C - EXPECTED REVENUE FROM ADDITIONAL SALES TAX: NONE

SCHEDULE D - STATE CRIMINAL JUSTICE MANDATE (FOR COUNTIES ONLY)

SCHEDULE E - TRANSFER OF DEPARTMENT, FUNCTION OR ACTIVITY: NONE

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at HASKELL COUNTY APPRAISAL DISTRICT, 604 North First Street, Haskell, Texas.

Name of person preparing this notice: Jamie Weaver Title: Chief Appraiser Date prepared: 08/11/97

Local Land Bank to merge Sept. 1

The merger of the Federal Land Bank Association (FLBA) of Haskell with the Federal Land Bank Associations of Brownwood, Coleman and San Angelo to form the Federal Land Bank Association of Texas will become effective Sept. 1. The main office will be located in Coleman with the other three locations being full service branch offices. The merger was approved by stockholders of all four associations in July and recently approved by the Farm Credit Administration, the regulatory agency of the Farm Credit System.

The merged association will serve sixteen counties including Baylor, Brown, Callahan, Coke, Coleman, Comanche, Haskell, Irion, Jones, Knox, Mills, Reagan, Runnels, Sterling and Tom Green. Outstanding loan volume will be approximately \$136,000,000 on 2200 loans to area farmers, ranchers, rural home owners and agribusinesses.

As part of the merger, \$2,967,000 will be returned to borrowers as reduction in required stock. FLBA of Haskell borrowers will receive approximately \$1,214,700 as part of the stock reduction. All existing loans, as well as new loans made in the future, will have stock equal to 2% of the original loan balance rather than 5% as has been required in the past which will lower the effective rate of loans to all borrowers.

The FLBA of Haskell office will continue with the same staff of Dale Bullinger, who will serve as President of the Haskell branch, Craig McCormick, Vice-President and Laquita Liles, Office Manager. James Isenhower, former President of FLBA of Coleman will be Chief Executive Officer of the new association and will remain in the Coleman office along with Scott Ogden, Vice-President, Frankie Gregg, Clerical Assistant and

Arletta O'Shields, part time Clerical Assistant. Herbert Loeffler, former President of the FLBA of Brownwood will serve as President of the Brownwood branch along with Cathy Forsman, Office Manager. Brian Meeks, former President of the FLBA of San Angelo will serve as President of the San Angelo branch with Linda Westbrook as Office Manager and Lisa Esquivel as Office Assistant.

The Association will be directed by a nine member board of directors which includes two members from each of the four merging associations. Board members representing the former FLBA of Haskell will be Lavon Beakley of Rule and Macky Spurgin of Anson. Other board members will be Chris West and Bruce Williams, both of Baird, from the FLBA of Coleman, Andrew Lange of Rowena and Paul Jansa of Ballinger from the FLBA of San Angelo and Donald Johnson and Jerry Wayne Richardson both of Brownwood, from the FLBA of Brownwood. The ninth member will be an outside director elected by the eight stockholder elected board members, as required by regulation.

According to Dale Bullinger, Haskell Branch President, benefits of the merger include: a larger geographical territory with more diversity in the loan portfolio allowing better management of credit risks and adversity in a particular area; larger and stronger capital base allowing more benefits to be passed on to the borrowers; centralization of some operations freeing up time for other employees to work with customers as well as reducing operating costs. Borrowers in each of the four offices will continue to deal with the same employees they have in the past and will notice very little difference in the day to day operation of the office.

Around Town

By Joyce Hawkins

Jim and Argie McFadden, along with Jim and Mattie Upham, all of Haskell, visited their son Marvin McFadden and his family Tuesday, Aug. 19 until Thurs., Aug. 21. Marvin and his wife, Beckey, are living at Sid Richardson Scout Ranch on Lake Bridgeport. Marvin is the head ranger on the 3050 acre Boy Scout ranch, and Beckey is the manager of Lakeview Conference Center on the same ranch.

Their oldest son, Matt, is a full time student at Tarleton State University in Stephenville, and is an Agricultural Sciences and Developments (A.S.&D.) major.

Their youngest son, Mike, is a full time student at the University of North Texas in Denton, and is an Elementary Education major. Mike is also employed by the Longhorn Council, Boy Scouts of America, as a director in the Urban Outreach Scouting Program in Fort Worth.

During their visit, they enjoyed a day of crappie fishing and sight seeing. Marvin and Jim McFadden went to Weatherford Tuesday night and watched Matt and Mike play softball. The stay was capped off with a fish fry.

Marvin, Beckey, Matt and Mike would like to say hi to all of their friends here in Haskell.

Floyd and Hellen Stout have recently returned from a four week vacation trip to Bedford, Colleyville, Arlington and Sanger visiting family and friends. They made this trip in their motor home, staying in campgrounds at Grapevine's Silver Lake Park and Lewisville City Park.

Mr. and Mrs. Sterling Hise spent a few days visiting their daughter, Sharon, and husband in Graham.

Paula Garcia spent the weekend in Olney visiting her brother Florentino Salas.

Joyce Hawkins received word this week of the arrival of a new great granddaughter, Andrea Nacole.

Proud parents are Alonzo and Christy (Hawkins) Jimenez of San Sabba. Andrea arrived Aug. 20, weighing 7 lbs. 5 oz. She is their first child.

Visiting for a week with Herbert and Henrietta Fischer was their daughter and son, Marilyn and Jonathan Johnston from Michigan.

Sylvia Force of Abilene visited her sister, Ruby McDonald in the Haskell Hospital and had lunch with brother Leon Newton at the E.C.C. Monday.

Jewel Bagget celebrated her 87th birthday on Sunday. She had all of her children present. They were: Sarah Jane Long and Leroy Hamilton of Wichita Falls; S.C. and Wilma Hamilton of Montague, and Jerry and Millie Hamilton of Haskell. They took her to the Cliff House for dinner and afterwards had a birthday cake and picture taking at her home. She received many nice and useful gifts.

Neat Bevel celebrated her 85th birthday on Sat., Aug. 16, at the Haskell Bank Building. Children present were: James and Lela Bevel of Haskell, Pat and Dick Kiddney of El Paso, Jan and Jackie Harvey of Odessa and Darlene Cummings of Abilene. Mr. and Mrs. Jack Bevel were unable to attend.

Neat spent the day having fun and enjoying her family.

She had several grand children, great grand children, nieces and nephews and friends in attendance. They came from El Paso, Odessa, Abilene, Lewisville, Houston, Castroville, Knox City, Perrin, Stephenville, Ranger, Kenedy, Rochester, Rule, Haskell and Colorado. Guests enjoyed gospel singing and playing '42.

A beautifully decorated cake with a musical candle and punch was served.

She received many pretty and useful gifts.



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Crop insurance closing dates near

Ron Berryhill, Director of the Oklahoma City Regional Service Office, Risk Management Agency, announced that the sales closing date for crop insurance is Sept. 30 for wheat. Last year in Texas, \$171.5 million in protection (liability) was provided to producers through more than 20,000 policies.

"The freeze of last April is a vivid reminder that eventually everybody will have to cope with crop losses or low prices," said Berryhill. "Appropriate crop or revenue insurance protection will help you survive these hardships."

Sales closing dates are significant because signing up for insurance, changing the crop insured or level of protection, and changing insurance providers, must be done prior to the announced date. Sales closing dates vary by crop and location.

Beginning with the 1998 crop year, crop insurance is available exclusively through crop insurance agents. USDA will continue to subsidize all policies, establish policy terms and conditions, set rates, and guarantee funds for the payment of approved claims.

Although a producer's policy will be randomly transferred from USDA to an insurance company, producers have the right to choose their own agent prior to the sales closing date for the insured crop.

To ensure that all producers are served, insurance companies are required to insure all eligible crops, and provide all levels of coverage

in the states in which they operate.

A waiver of administrative fees for producers who qualify as limited resource farmers is available from all crop insurance companies. Private agents are willing and prepared to assist those qualifying producers with determining eligibility. A listing of agents may be found in all local Farm Service Agency Offices.

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<p>Hi-Dri Paper Towels Regular 69¢ 39¢ Limit 3 Rolls</p>	<p>Concentrated JOY Dishwashing Detergent 59¢ 14.7 Fl. Oz. Regular \$1.19</p>
<p>Bowl Fresh Toilet Bowl Deodorizer 3 for \$1.00 Regular 59¢</p>	<p>Framed Wood Flags 20% off</p>
<p>All Sunglasses 25% off</p>	<p>Dr. Pepper 6 pk 12 oz \$1.59 Limit 2 Cases</p>
<p>All Suntan Lotions 25% off</p>	<p>Ornamental Lawn Sprinklers & Stepping Stones Turtles & Frogs 1/2 price</p>
<p>Selected Framed Prints 1/2 price</p>	<p>Soft Side Lunch Kits Regular \$11.99 \$5.99</p>
<p>Old Timer & Uncle Henry Knives 25% off</p>	<p>Wireless Notebook 80 Sheet 2 for \$1.29 Regular \$1.29 each</p>

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Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 663 head of cattle at its sale on Saturday, August 23, according to Gary Tate, reporter.

The market was fully steady on all classes.

Cows: fat, .32-.385; cutters, .32-.39; canners, .25-.35.
Bulls: bologna, .46-.50, feeder, .55-.65; utility, .35-.46.

Steers: medium and large frame No. 1 200-300 lbs., .95-1.20; 300-400 lbs., .85-1.15; 400-500 lbs., .80-1.05; 500-600 lbs., .75-.90; 600-700 lbs., .74-.85; 700-800 lbs., .70-.78; 800-up lbs., .65-.75.

Heifers: medium and large frame No. 1 200-300 lbs., .85-1.00; 300-400 lbs., .80-.95; 400-500 lbs., .75-.85; 500-600 lbs., .72-.80; 600-up lbs., .65-.72.

Bred cows: young to middle aged \$450-\$600; aged or small, \$300-\$450.

Cows with calves: medium frame No. 1 young and middle aged, \$600-\$750; small or aged, \$500-\$650.

Hospital

Admissions
Ruby McDonald, Haskell
Lillian Wohnus, Haskell
Joe Teague, Haskell
Jerry Smith, Knox City
Tex Little, Rule

Dismissals
Susie Strickland, Amanda Wolf, Garland Edwards, Johnny Davis, Maxine Hamilton

Support the Indians!

Sagerton News

By Dorothy M. Clark

Everyone is enjoying the cooler weather...some mornings actually made us think of Fall. By the time we receive this paper, it will be warming up again and we'll be wishing for rain.

James Gellner was surprised on his birthday last week as friends gathered at his home for a dinner. His cousin, Angela Shockley of Levelland joined Mary Neinst and Alvin and Alice Bredthauer for the party.

Rob Bailey, grandson of Delbert and Joyce LeFevre was recently married in a mountain setting near Monte Zuma, New Mexico. Family members attending were Jill, Kinsey, Tully and Cade Brown, Delbert and Joyce LeFevre, Larry and Susan LeFevre and Laressa Earthman. Congratulations to Rob and Becky.

Kent and Kit LeFevre visited in the Delbert and Joyce LeFevre home last weekend. They live at Tuscola.

The Friendship Club met at Faith Lutheran Church last Thursday for its regular monthly dinner. The Birthday song was sung for Frances Clark and Ed Fouts and the anniversary song was dedicated to J.B. and Dorothy Toney. Helping them to celebrate their special days were Isabell Mrazek, Minnie Monse, Doris Lehmann, Mary Neinst, Herbert Lammert, Pastor Jeff Zell, Delbert and Joyce LeFevre and Larry LeFevre.

Tom Bivins and Rick Medlin of Denton stopped by for a short visit with the Joe Clarks Saturday. They were on their way to a fishing trip.

Charles and Dorothy Clark, Frances Clark and Joe and Dorothy Clark visited with Harold and Juanita Smith of Wichita Falls last Friday. Mrs. Smith was a patient in Wichita General Hospital. She is in critical condition. Harold is the last surviving member of the Walter Smith family and is uncle of Charles and Joe. The couple visited often with the Clark family over the years.

Calvin Stegemoeller, son of Leon and Mae is in Panevezyp, Lithuania on a business trip for Akzo Novel. He was sent to demonstrate a piece of machinery that the company manufactures and is used in asphalt application. He has been working for the company for three years in Waco after moving there from Duncan, Oklahoma. He worked for Haliburton in Duncan for seventeen years as a Design Engineer. He and his wife, the former Cheri Lynn Townsend of Rochester have three children, Eric, Ross and Christi.

Sunday dinner guests in the home of Joe and Dorothy Clark were Emma Raphael, Ray and Nancy Clark of Stamford.

Joe Clark is recuperating nicely following cataract surgery on his right eye last Thursday at Hendricks Medical Center in Abilene.

The Alvin Ulmers returned from a cool vacation to Red River, New Mexico. They were joined by Macon and Ev Ulmer of Lockney and Ray and Mabel Ulmer of Hamlin and met Ewell and Doris Ulmer of Hobbs, N.M. This past weekend the Ulmer home was filled with children, grandchildren and great-grandchildren as the following family members gathered to enjoy Grandma's cooking and family hospitality: Winston and Mary Ulmer of Seguin, Mark, Dawn, Sean and Josh Ulmer of Houston, Mark, Paige and Kirby Stockard of Katy.

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Monthly Calendar of Events		SEPTEMBER 1997					Haskell Independent School District
SUN	MON	TUE	WED	THU	FRI	SAT	
	1 NO SCHOOL Labor Day	2 Elementary Back-to-School Night First grade 5:30-6 Homeroom Second grade 6-6:30 Cafeteria Third grade 6:30-7 Cafeteria	3	4 Football JV Only Munday There 5:00	5 Football 8:00 Munday Here	6 CC Meet at ACU	
7	8 Elementary Back-to-School Night Fourth grade 5:30-6 Cafeteria Fifth grade 6-6:30 Cafeteria Sixth grade 6:30-7 Mrs. Earles' room	9	10	11 7th, 8th, JV Quanah Here 4:30	12 Football 8:00 Quanah There	13 CC Meet at Graford HS only	
14	15	16	17	18 7th, 8th, JV Stamford There 4:30	19 Football 8:00 Stamford Here	20 CC Meet TBA	
21	22	23	24	25 7th, 8th, JV Albany There 4:30	26 Football 8:00 Albany Homecoming	27 UIL Twirling HHS 8:00 a.m. All Day Greenhand Day FFA 9:00 Anson	
28	29	30					

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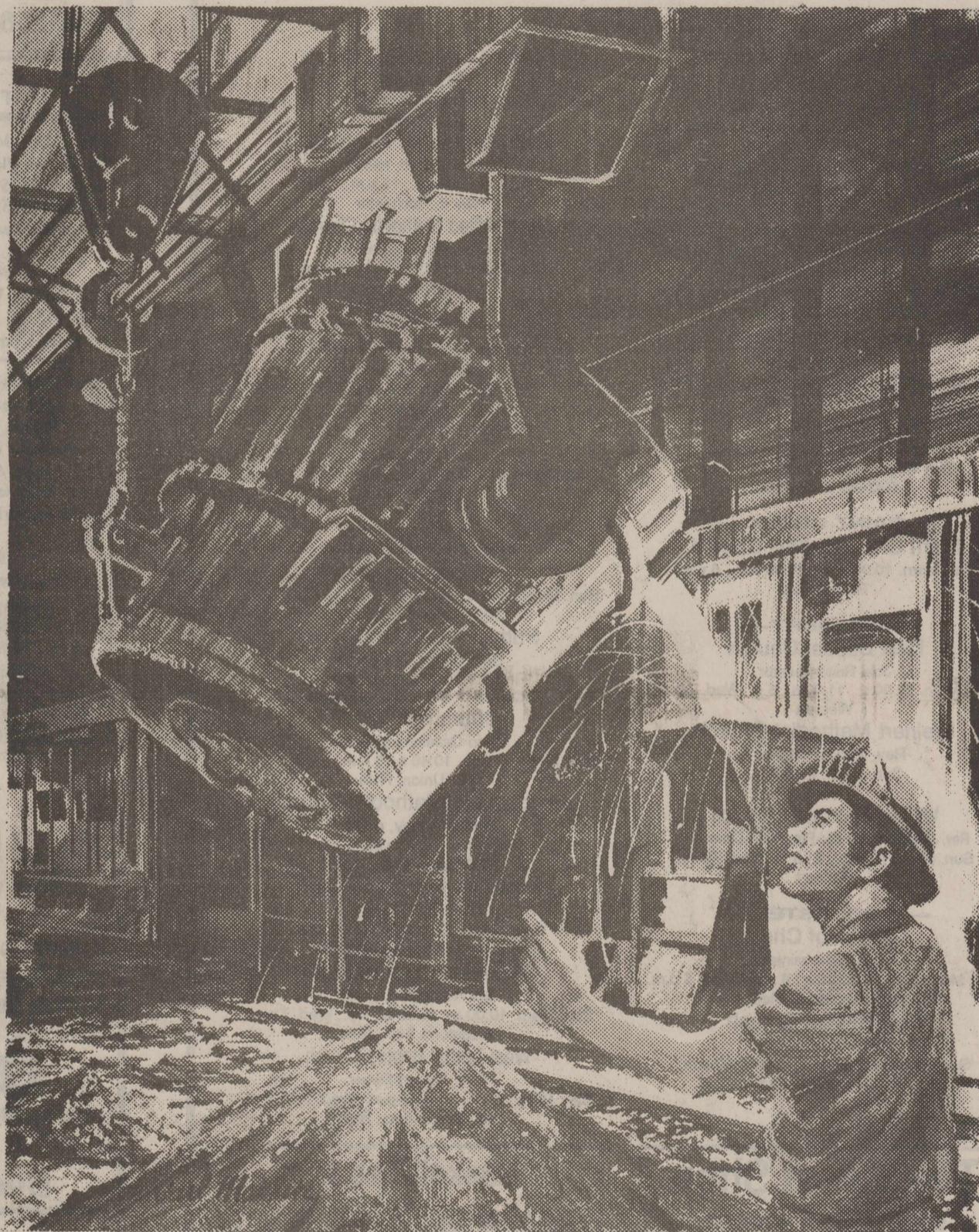
Haskell Livestock Auction
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Garage Sales

5 FAMILY YARD SALE: 302 Sunny, Rule, TX. Sat. Aug. 30, 8 to 2. 35p

GARAGE SALE: Lots of odds and ends. Outside city limits, east side Haskell. Sat. 8 to 3. Everything marked down. 35c

GARAGE SALE: 1008 N. Ave. L. Sat., Aug. 30, 8 til 1? Lots of baby clothes 0 to 4T, mens and womens clothes, twin bed, dresser, lots misc. 35p

Estate Sales

AUCTION: N. 2nd & Ave. C, Knox City, TX. Aug. 30, 10 a.m. Household items, tools, lawn equipment, and collectables. Pack Auctioneers, Charles Pack #8528. 940-658-5152. 35p

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Dear Joyce,
Thanks for asking about the kids. We are all just fine. Are your girls happy with the teachers they have this year?

I went to The Wear House like you said and you're right, it is a great store! They have everything from clothes to Dreamer candles to make-up and lipstick. I found the best pant suit to wear on black and gold day. There is a beautiful black vest and skirt with a gold shirt that I had to call Gloria and tell her about. I love this store and the prices are very reasonable! See you on Friday.

Love,
Jane 35c

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CASE MANAGER I. Rolling Plains State Operated Community Services. Provide frequent and intensive in-home and community based service to assist Mental Health consumers in accessing medical, social, educational, and other services. Based in Haskell. Bachelor's degree in social, behavioral, or human services. Must meet criteria for Qualified Mental Health Professional (QMHP). Prefer Bachelor's degree in social work and one year experience in Mental Health Field. Monthly salary \$1821.00. Applications at Wichita Falls State Hospital, 6515 Lake Rd, Wichita Falls or local Texas Workforce Commission. No resumes accepted without application. Must have proof of education. Contact M. Whittle, Case Management Coord. for additional information 940-627-3348. An equal opportunity/affirmative action employer. 35-36c

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CERTIFIED NURSE-AIDE: Certified Nurse-Aide position available for enthusiastic, dedicated individual at Brazos Valley Care Home. Please apply in person at 605 South Avenue F, Knox City, TX 8:30 a.m. to 5 p.m., Monday through Friday. 29tc

CORNERSTONE Home Health Agency is now accepting applications for PRN LVNs. Areas include Munday, Haskell, Stamford, Seymour and Throckmorton and surrounding communities. For application or information, contact Cornerstone Home Health at 940-422-4512 or 1-800-321-7757. 33-35c

EMT-1 or EMT-P: Seymour/Baylor County EMS. Hospital based service looking for qualified person with at least 1 to 2 years experience. Rural area serves 4200 pop. 862 sq. miles. Salary based on experience. Send resume to: SBC EMS Att: Lou A. Schafer, 200 Stadium Dr., Seymour, TX 76380. For info: (940) 888-5351 or fax: (940) 888-3337. 34-37c

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FOR RENT: 1 1/2 story 3 bedroom, built-ins, privacy fence, security deposit \$200.00. References required. \$350.00 per month. Call 940-864-2934. 34-35p

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FOR RENT: 101 N. 3rd. Nice 2 bedroom mobile home. CH/A. 864-3762. 35c

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FOR SALE OR RENT: 3 bedroom, 1 bath, new central heat/air. 1100 N. Ave. E. 864-3104. 31tc

HOUSE FOR RENT: 3 bedroom. Come to 107 N. Ave. C. Rock house behind M-System. from 8 a.m. to 7 p.m. only. 33-36p

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FOR SALE: 360 acres of land, consisting of mostly pasture, some wheat land, SE of Haskell near Paint Creek community. \$200 per acre or best offer. Phone 940-864-2434 for further information. 35-36c

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The Texas Department of Health is recruiting to fill a vacancy for a Nurse III in the Stamford field office. Individual will perform public health nursing and will be responsible for analyzing, planning, developing and coordinating public health services in Jones, Fisher, Kent, Stonewall and Haskell counties. Working hours will include some evening hours and Saturdays. For an application and job description contact: Human Resource Office, Texas Department of Health, 1351 E. Bardin Road, P. O. Box 181869, Arlington, TX 76096-1869. (817) 264-4445.
When applying refer to Posting Requisition Number 97-R03-0102. Applications must be submitted to Arlington before 5:00 p.m. September 4, 1997. RESUMES WILL NOT BE ACCEPTED. Equal Opportunity Employer. 35c

Real Estate

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Public Notices

NOTICE

The Haskell County Country Club 19th Hole has applied to the Texas Alcoholic Beverage Commission to renew their Private Club permit at Country Club Road North Side 1.5 miles East int. Hwy 277, Haskell, Haskell County, Texas. James Markey-President, Eddie Medford-Sec-Treas., David Jim Strickland-Vice Pres. 34-35c

PUBLIC NOTICE

A public hearing will be held for the proposed budget for Haskell County fiscal year 1997-98. The hearing will be held in the Haskell County Commissioners Court Room at the Haskell County Courthouse at 1:30 p.m. Sept. 8, 1997.

The tax rate will be set following the hearing. The budget will be available for public inspection beginning Sept. 3 at 8 a.m. in the office of the Haskell County Clerk during regular business hours. The following elected officials will get raises of \$75.00 per month

to make their annual salaries as follows:	
Tax Assessor	\$21,001.00
County Clerk	\$21,001.00
Treasurer	\$22,891.00
Justice of the Peace	\$21,001.00
District Clerk	\$21,001.00
Sheriff	\$25,424.00
Constable	\$12,319.00

Salaries of the elected officials listed below will remain unchanged. County Judge, County Attorney, Precinct 1 Commissioner, Precinct 2 Commissioner, Precinct 3 Commissioner, and Precinct 4 Commissioner. Haskell County Commissioners Court By David Davis Haskell Co. Judge 35-36c

NOTICE OF CHANGE IN CONTROL

Robert Charles Hobgood, Walter Charlie Cleveland, Bailey Lee Toliver, Kim Holder Morris, Johnny Bob Carruth, Samuel Ray Toliver and Joseph Emmitt Thippen intend to apply to the Federal Reserve Board for permission to acquire direct control of First Haskell Bancorp, Inc., 200 South Avenue E, Haskell, Texas 79521, and indirect control of its subsidiary bank,

First National Bank, 200 South Avenue E, Haskell, Texas 79521, pursuant to the Change in Bank Control Act of 1978 [12 USC 1817(j)].

You are invited to submit comments in writing on this application to the Federal Reserve Bank of Dallas, Banking Supervision Department, P. O. Box 655906, Dallas, Texas 75265-5906. The comment period will not end before September 17, 1997, and may be somewhat longer. The Board's procedures for processing applications may be found at 12 C.F.R. Part 262 [as revised, 49 Federal Register 5603 (February 14, 1984)]. Procedures for processing protested applications may be found at 12 C.F.R. 262.25 (1984). To obtain a copy of the Board's procedures or if you need more information about how to submit your comments on the notice, contact Mr. J. Robert Jolley, Director of Applications, at the Federal Reserve Bank of Dallas, at (214) 922-6071. The Federal Reserve will consider your comments and any request for a public meeting or formal hearing on the application if they are received by the Reserve Bank on or before the last date of the comment period. 35c

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	<p>1994 GMC SLE Extended Cab Running boards, Power Windows, Locks, T/C Cassette and much, much more</p>		<p>\$16,995⁹⁵</p>
	<p>1995 Ford 1 Ton Dually Power Stroke Diesel A real work horse only</p>		<p>\$16,995⁰⁰</p>
	<p>1995 Ford 1 Ton Crew Cab 50K miles only</p>		<p>\$15,995⁰⁰</p>
	<p>1994 Buick Park Avenue All Power, True Buick Luxury Only</p>		<p>\$11,995⁰⁰</p>
	<p>1993 Chevrolet S-10 R/C, Aluminum Wheels Tilt, Cruise, Cassette 53K miles</p>		<p>\$149⁹⁵ MONTH</p>
<p>1994 Ford Escort LX Nicely Equipped, Only 24,000 miles, Only \$169.95 month based on \$1000 down + TTL and one final payment of 3,000.00 @9.5%.</p>	<p>\$169⁹⁵ MONTH</p>		

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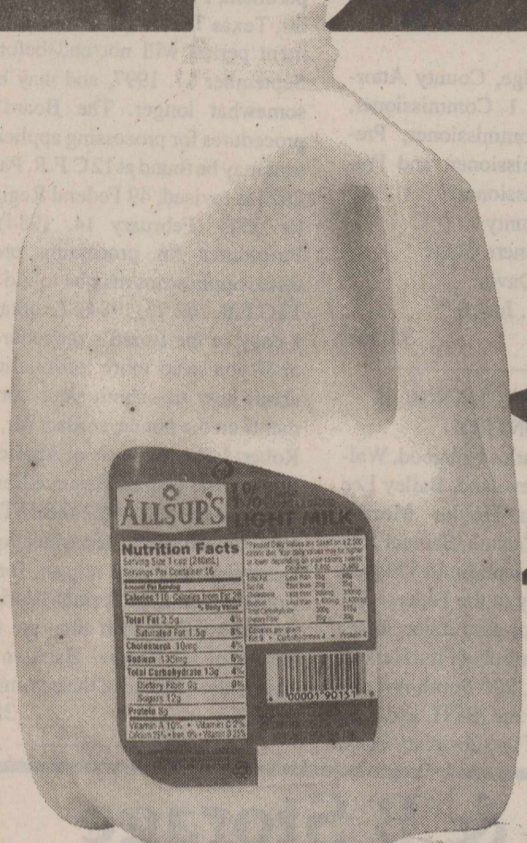
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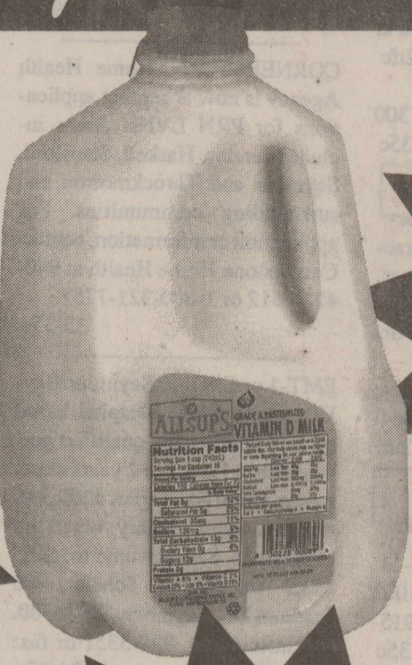
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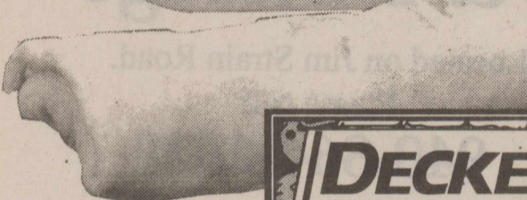
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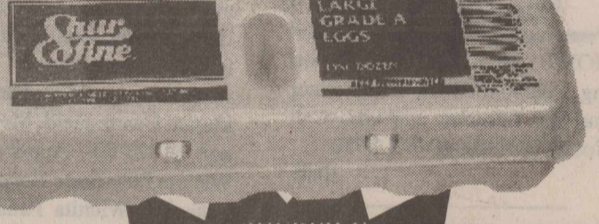
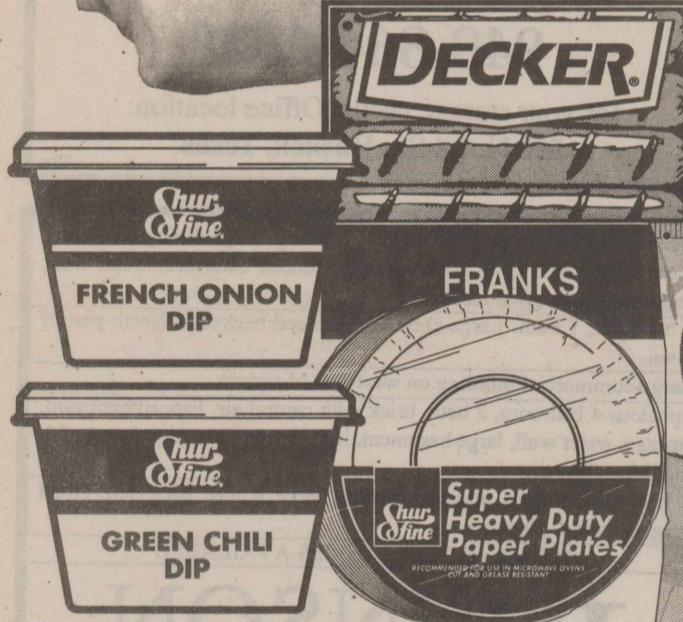
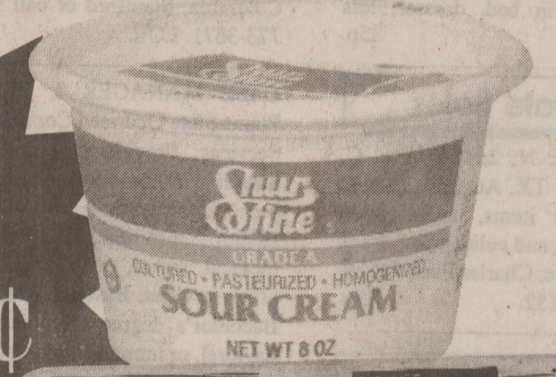
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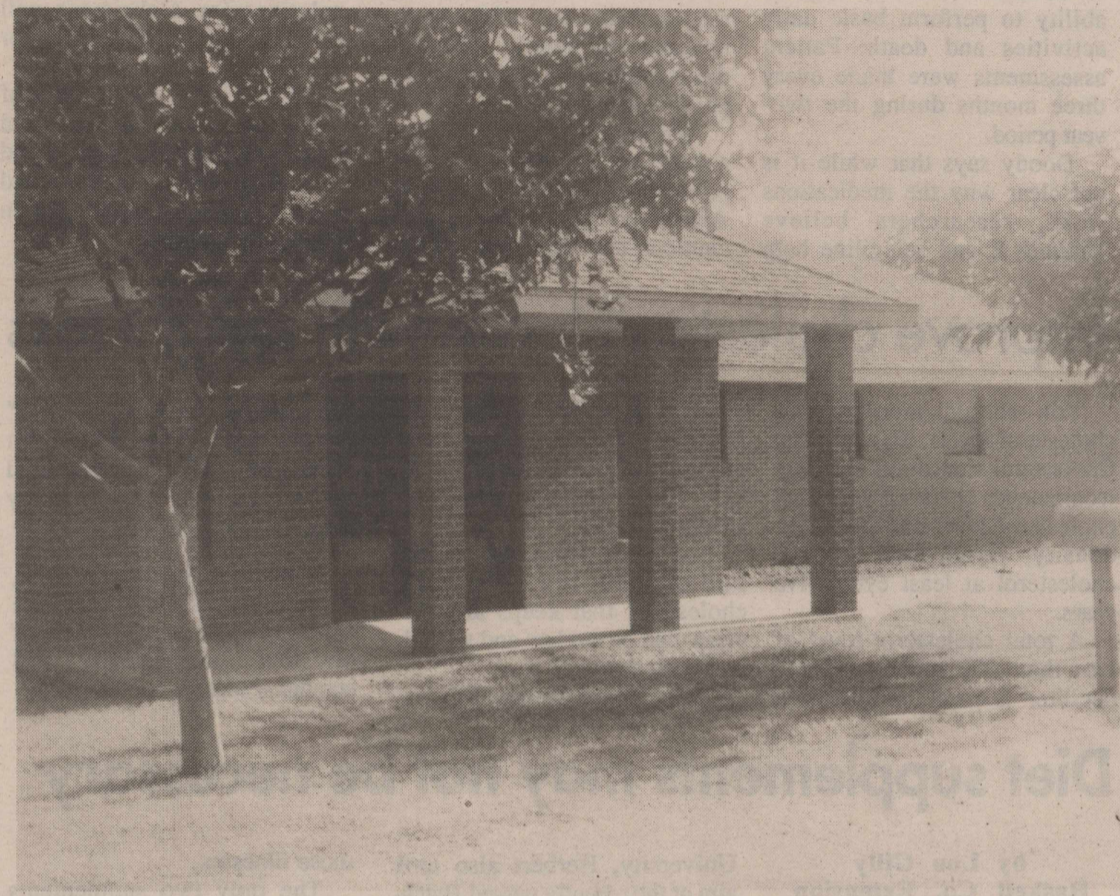
Ann Decker, Administrator

The Senior Quarterly

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VOL. 3—NO. 3, AUGUST, 1997

12 PAGES



Hospital Clinic established in 1987

Hospital Clinic celebrates 10th anniversary of service

In July this year the Hospital Clinic, located at 1400 South First in Haskell, marked its tenth anniversary.

Erected by building contractor Tommy Richardson, the clinic was built by the Haskell Memorial Hospital in an effort to bring in additional revenue to the hospital, and additional doctors to the area. It opened in July, 1987, with Dr. Joseph Thigpen. Within a few weeks, in August 1987, he was joined by Dr. William McSmith, Jr., who came to Haskell from New Mexico. They worked together for seven years.

When Dr. Thigpen left in July 1994, Dr. McSmith bought the clinic from the hospital. With Bud Turnbow as contractor, he expanded the clinic building with an extensive east wing. Now totaling 3099 square

feet, the clinic features close proximity to Haskell Memorial hospital for all needed lab, blood-work and X-rays. It is open from 8:00 a.m. to 5:00 p.m. five days a week.

Dr. McSmith has recently added Nurse Practitioner, Jamie Caldwell of Abilene to his staff. With her assistance and nurse Sheri Sanders, Dr. McSmith offers fully complete family practice through the clinic, accepting both Medicare and Medicaid.

Carol McSmith assists her husband as clinic bookkeeper. Tending the clinic offices are long-time employees Leisa Hutchinson, ten years, Mary Kennedy, nine years and Sheila McMeans, seven years; also Katie Daniels, who joined them recently, and Wendy Dulaney, soon to leave for college.

Cadenhead Rural Clinic, Haskell Clinic serves 60-mile radius

Fifty-eight years ago the Haskell Clinic was opened at its present location at 1417 North First by Dr. Ernest Kimbrough and Dr. Gordon Phillips. During intervening years, other physicians, including Dr. Ben Nail, Dr. Joe Thigpen, Dr. Robert Colbert and Dr. Temple Williams were associated with the clinic.

Dr. Frank Cadenhead came in 1947, and continues to operate the clinic along with his son, Dr. Wayne Cadenhead, who joined him in 1978.

In 1947-48 the clinic was expanded with a new back wing, which houses a complete high complexity lab, X-ray, and allergy testing facility. Donny Skiles, who has been there 19 years, and Brenda Farber, a three year employee, operate the Haskell Clinic lab system.

In 1994, under a new government program that allows

the employment of nurse practitioners to assist physicians, the Cadenheads instituted a new service which reaches rural communities in a 60 mile radius of Haskell. At that time they changed the name of their facility to Cadenhead Rural Health Clinic.

Combined, the Haskell Clinic and the Cadenhead Rural Health Clinic continue to provide a full service family practice, accepting Medicare and Medicaid.

Nurse Practitioner, Joe Yates, joined the Cadenheads in 1995. Medical assistant, Frances Land has been with them 30 years; business manager, Pam Aycock, 20 years; bookkeeper, Phillis Urbanczyk, 19 years; receptionist, Linda Burson, eight years, and Gale Tidrow, nine months.

The clinic is open from 8:00 a.m. to 5:00 p.m. five days a week.



Haskell Clinic, Cadenhead Rural Health Clinic serving Haskell area since 1939

Vitamin E or Selegiline may help slow Alzheimer's disease

Taking Vitamin E or a Parkinson's drug called selegiline helped slow the progression of Alzheimer's disease in patients studied nationwide.

"These medications slowed deterioration by, at best, about seven months," said Dr. Rachelle Doody, clinical director of the Alzheimer's Disease Research Center at Baylor College of Medicine in

Houston.

Baylor was one of 23 centers that participated in the two-year study funded by the National Institutes of Health. Study participants were divided into four groups that received either Vitamin E tablets, selegiline, a combination of both drugs, or a sugar-pill placebo.

"The drugs taken separately worked better than the combination," said Doody, who

is on the neurology staff at The Methodist Hospital. "The combination only slowed progression by about five months."

To measure disease progression, researchers looked at four markers of deterioration—institutionalization, progression to severe dementia, loss of ability to perform basic daily activities and death. Patient assessments were made every three months during the two-year period.

Doody says that while it is not clear why the medications work, researchers believe Vitamin E and selegiline help

minimize oxidative damage of brain cells. "Oxidation stresses the brain cells and helps move the disease process along," Doody said.

Neither medication causes severe side effects. However, the Vitamin E dose was much higher than the level found in standard vitamins. Doody recommends that Alzheimer's patients and family members discuss the two options with a physician.

While Vitamin E and selegiline appear to be promising strategies for slowing Alzheimer's progression, Doody cautions that the public should

not assume these drugs can prevent Alzheimer's.

"Further studies need to be done involving people at risk for developing Alzheimer's," she said. "Right now it is too early to generalize about how beneficial these drugs would be to the general public."

Doody feels that future solutions for Alzheimer's will not involve just one drug or therapy.

"After a few more years of studying risk factors and therapies, I believe we will end up individualizing treatment and even individualizing prevention strategies," she said.

Chronic depression may escape notice

Society may have made progress in recognizing depression, but many people suffering from depression do not get the long-term help they need.

Dr. Madhukar Trivedi, assistant professor of psychiatry at UT Southwestern Medical Center at Dallas, says many patients who have been treated for one or more major depressive episodes may need treatment for chronic depression.

"Too often the primary care physician or psychiatrist stops

the medication when the patient improves," Trivedi says. "The patient may feel a lot better than when in the grips of the depressive episode but not realize that a lower level of depression still is present."

The patient may sink into another major depression, recover somewhat, stop medication and continue to be chronically depressed. The cycle can continue without the patient or physician or therapist realizing that the patient is chronically depressed.

Improve cholesterol levels with weight loss

You should monitor two cholesterol levels. The National Cholesterol Education Program recommends checking your total cholesterol level and the high-density lipoprotein (HDL) cholesterol at least every five years.

A total cholesterol level of less than 200 milligrams per deciliter is ideal because you

want a low total, says Dr. Margo Denke, associate professor of internal medicine at UT Southwestern Medical Center at Dallas.

But the level of HDL cholesterol—the "good" cholesterol that keeps arteries clean—can be too low and should be higher than 35.

"For men the average HDL is

42 and for women, it's 58." Denke says. "Low HDL from excess weight is a common lipid problem and can be improved by shedding a few pounds."

In addition to excess weight, other causes of low HDL are smoking cigarettes, a lack of physical and activity and hereditary factors.

Diet supplements may not be necessary

by Lou Gilly
Haskell Co. Extension
Agent

Dr. Victor Herbert is adamant when it comes to diet supplements. He is a doctor at Mount Sinai Medical Center in Bronx. He is also an attorney who believes the people who sell vitamins and other supplements are defrauding us of our hard-earned money. He calls it organized crime and refers to them as the "vitamin pushers."

In a speech at Texas A&M

University, Herbert also took aim at the recently passed Hatch-Richardson Dietary Supplement and Health Education Act. It prevents the Food and Drug Administration from regulating supplements such as vitamin C. Dr. Herbert says vitamin C supplements can bring on heart attacks because they increase bad cholesterol. He says vitamin E can bring out auto-immune diseases such as diabetes in people who are predisposed to

those illnesses.

The only two supplements Herbert recommends are folic acid and B-12 and only in combination with each other. He says folic acid alone can mask a B-12 deficiency and lead to symptoms associated with and often misdiagnosed as Alzheimer's.

Alcohol abuse can accelerate health problems

Health problems among the elderly can be accelerated by alcohol abuse.

Because their bodies do not have the strength to bounce back from alcohol abuse, the elderly are more prone to kidney and liver failure, along with memory problems and personality changes, said Dr. Mark Kunik, a geriatric psychiatrist at Baylor College of Medicine in Houston.

In older people, it is important to acknowledge alcohol abuse quickly, Kunik said, because problems associated with excessive drinking are more difficult to overcome and often lead to hospitalization.

Recovery can be encouraged with intervention by family members, friends and health-care professionals.

Hearing loss affects the whole family

Spouses and children of people with profound hearing loss are often "the forgotten family."

"Hearing loss affects the whole family," said Robert L. Beck, an associate professor of psychiatry at Baylor College of Medicine in Houston. "As with any family issue, good communication is the key."

Often, someone who is losing their hearing is so focused on their own fears and anxieties, that they are unaware of how their hearing loss is affecting their loved ones.

"Family members may feel helpless and sometimes even hopeless in not being able to communicate satisfactorily with the hard-of-hearing person," said Beck. "Frustrations are seldom expressed for fear they might hurt the hard-of-hearing person."

Beck adds that, if not expressed, these frustrations may be turned inward and place additional stresses on the relationship.

For hearing members of the family, Beck suggests you:

- Express your feelings. Tell the hard-of-hearing family member how you feel about their hearing loss. Are you frightened, concerned about the family's future, or even angry at the hearing loss? Share it, don't keep it to yourself.

- Don't tiptoe around the hearing loss. Avoiding talking about the hearing loss can lead to more discomfort. It could also lead the hard-of-hearing family member to think that you don't care.

- If you are the hearing parent, do not serve as a "gatekeeper" between you hard-of-hearing spouse and your children. This promotes an artificial relationship that is damaging to

the children and to the hard-of-hearing parent.

For the family member who has hearing loss, Beck says it's important not to use the hearing loss as an excuse to "tune out" but rather stay involved with your family, career, and friends.

"There is a vast difference between existing and living. Living demands participation. As difficult as the hearing loss may be to cope with, it must not result in a diminished life. Life does go on."

Coping with summer's heat

The heat of summer affects the young and old who are most susceptible.

"Extreme heat forces the heart to work harder, leading to heat-related ailments in the elderly, whose hearts are often not able to cope with the increased stress," said Dr. Janice Zimmerman, an emergency medicine expert at Baylor College of Medicine in Houston.

If it is necessary to go outside during the intense heat of the day, follow these helpful tips:

- Check with your pharmacist or doctor to ensure that your medications won't make you more prone to heat-related problems.
- Drink plenty of water throughout the day, even if you are not thirsty. Eight cups of water a day is a good starting guideline.
- Wear loose-fitting, light-colored clothing.
- When shopping or walking, take frequent breaks.
- Plan activities in the cooler early morning or evening hours.



Robert J. Luchi, M.D.
Huffington Center on Aging
Baylor College of Medicine
Houston, Texas

Walk two laps around the block and call me in the morning.

That has become an important prescription from doctors who recognize the importance of staying active as we age. Research indicates that older people who stay active both physically and mentally can improve their quality of life and help fight diseases, such as osteoporosis, heart disease and depression.

Many seniors are taking this advice to new heights by participating in the Senior Olympics. For several years, communities across the country have hosted Olympic-style competitions designed for the over-50 athlete. Events run the gamut from archery and badminton to table tennis and track and field.

But geriatric-medicine experts

Leading an active old age

at Baylor College of Medicine in Houston say the goal for most older people does not have to be competition on the athletic field, but simply getting up off the couch.

Regular exercise is one of the most important components we can add to our daily regime to help improve health. But throw out the word 'exercise' and concentrate instead on activity. Many people are intimidated by exercise. Concentrating on being active is the key.

Staying active maintains muscle strength and bone density, which helps prevent falls, the number-one cause of

injury-related death for people 65 and older.

Walking around the neighborhood, gardening or playing a game of horseshoes can improve fitness. Doing some activity that you enjoy for 20 to 30 minutes three times a week can make a healthy difference.

With a doctor's approval, choose an enjoyable activity, begin slowly, set modest goals and gradually increase the time and intensity of the workout. Your quest for better health may just start with that trip around the block.

Lifestyle, diet can improve heartburn, indigestion

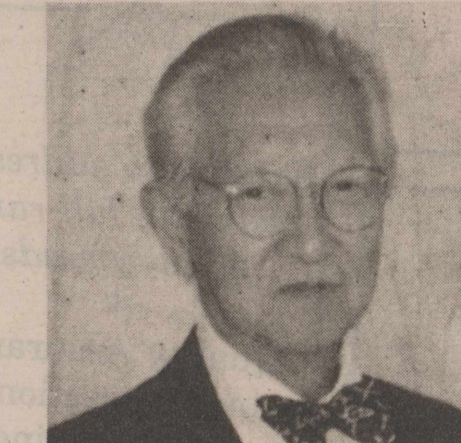
For people who suffer from indigestion and heartburn, a few simple changes in lifestyle and diet can often solve the problems.

Dr. Atilla Ertan, a gastroenterologist at Baylor College of Medicine in Houston, recommends minimizing consumption of tobacco, alcohol, coffee and cola, including decaffeinated brands, and avoiding foods that

have upset your stomach in the past.

If heartburn is a recurring problem, try elevating the head of your bed to minimize the reflux of stomach acid into the esophagus. Also, avoid tight-fitting clothes, lose weight and do not eat during the three hours before bedtime. If the reflux of stomach acid persists, treatment may require medication or surgery.

General Surgeon Dr. Lawrence K. Kim, M.D.



Dr. Lawrence K. Kim, M.D.

Board Certified Surgeon

- Spent the majority of his career on active medical staff at Pacific Presbyterian Medical Center and Children's Hospital in San Francisco.

- Was one of the pioneers in transplantation immunology for transplant patients. His research helped in the development of the anti-lymphocyte antibody, which is used to suppress rejection of the transplanted organ by the host.


- Has done extensive research with the prevention of oxygen poisoning which can destroy cells. He explained that one example is the retinal blindness that can occur when babies are placed in incubators with high oxygen content.

- "I feel that with over 30 years of surgical experience, that it really blends in well for a practice in a rural community."

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Bush holds ceremonial signing for nursing home reform

At a ceremonial signing in July, Texas Governor, George W. Bush, signed SB 190 into law, bringing true comprehensive nursing home reform to the state. The law goes into effect September 1 giving state government the authority and tools to make the state's 1,100 nursing homes more accountable for fairness in the treatment of the elderly and disabled.

Co-author of the legislation, State Senator Judith Zaffrini said, "SB 190 is landmark

reform legislation. It raises the standard for owning a nursing home in Texas and increases the penalty for violating the law. It provides nursing home residents with explicit, statutory rights for the first time and requires nursing homes to care for residents so as to enhance their quality of life and dignity. It sends a strong message to nursing homes to provide residents with the care they need and tells the state agencies responsible for enforcing the law to do so firmly. Above all, SB

190 takes concrete steps to ensure that our most vulnerable citizens receive the care they need and deserve."

According to Elliot Naishtat, State Representative and Vice-Chair of the House Human Services Committee, "When it comes to nursing home regulatory reform, this legislation puts Texas at the forefront, nationally. The new enforcement penalties for non-compliance guarantee that residents of nursing homes in Texas will receive the highest possible quality of care, and the facilities which abuse, neglect or otherwise harm residents will not go unpunished."

"The signing of the bill is the culmination of AARP's dream to improve the lives of Texas nursing home residents," said Wilhelmina Gladden, State Legislative Committee Chair for AARP. "AARP thanks Senators Judith Zaffrini and Mike Moncrief and Representatives Elliott Naishtat and Harvey Hilderbrann, authors of the bill as well as all members of the House and Senate for their unanimous vote for the bill. Our appreciation and thanks go to Governor Bush for signing the bill into law. The real winners are those nursing home residents who must depend on others for their health and safety. AARP members across the state appreciate having been part of the process."

Here are some specifics of the new law:

The law makes nursing homes accountable to the public:

- Establishes new licensing requirements to weed out operations who don't deliver quality care.
- Requires a 5 year compliance history of all facilities that apply for a license or renew an existing license, including background compliance information on its owners, officers and managers. All such background will be made available to the public.
- Provides creative enforcement tools including new protections of residents' rights.
- Requires employees of facilities to report bad conditions before they become life threatening; protects employees of facilities against retaliation by homes for reporting bad conditions.
- Requires facilities to post notice of serious violations on all doors in and out of home.
- The law makes government more accountable to the public:
 - Requires rules and standards necessary to implement the new law be in full effect by January 1, 1998.
 - Requires the government to strictly monitor all factors relating to the health, safety, welfare and dignity of each resident.
 - Requires the government to impose prompt and effective penalties for noncompliance with licensing standards.
 - Requires that the public be provided with summary reports describing the results of recent investigations, and other aspects of the operation of each nursing home in Texas.
- Provides the state government greater authority to revoke the license of facilities that don't deliver quality care.
- Provides the Department of Human Services with new authority to adopt standards and rules to assure quality of care.
- Provides mandatory timelines for the investigation of complaints.
- Establishes a felony for any employee notifying a nursing home of an upcoming inspection.
- Establishes a legislative oversight committee to guarantee oversight of enforcement.

This law establishes a system of residents' rights coupled with statutory protection of those rights.

"The rights protect the health, safety and dignity of each resident and are cumulative of all other legal rights of the resident.

"Violations of residents' rights are punishable by fines.

"Residents are protected against retaliation for making complaints about conditions in the facility.

With more than 32 million members, nationwide, including nearly 2 million in Texas, AARP is the leading organization for people 50 and older. It serves their needs and interests through legislative advocacy, research, informative programs and community services provided by a network of local chapters and volunteers throughout the country.

AARP offers help for those who eligible for benefits

Right now, less than half—nearly 5 million—of the nation's neediest, most vulnerable older persons who are eligible for public benefits such as Supplemental Security Income, Food Stamps and Medicaid actually receive them. Part of the problem is that many eligible persons don't know about these benefits or how and where to apply for them.

The American Association of Retired Persons may be able to help.

AARP, the leading organization for people age 50 and older for nearly four decades, seeks to educate and enroll older persons in these misunderstood and underutilized programs through its Public Benefits Outreach effort. This is part of the organization's new mission of becoming a dynamic presence in every community, shaping and enriching the experience of aging for each member and for society.

Initially, AARP's efforts will focus on Medicaid, a federal program that provides health care to low-income persons of all ages, including the elderly," according to Martha Duerksen, AARP's Economic Security-Income Maintenance Specialist

in the Southwest Region. "For millions of older Americans with limited income, health care seems like a luxury they can't afford."

Medicaid, a separate program from Medicare, is called "medical assistance" in some states. One popular feature is helping to pay for prescription drugs and some health services not covered by Medicare. Other services might include nursing home care, physician exams, in-home services and transportation costs related to medical care.

To be eligible for Medicaid, persons must be able to meet income and resource guidelines. In most states, elderly citizens who receive monthly benefits through SSI are automatically eligible. Most elderly persons with incomes below the poverty level are also eligible for assistance in paying their Medicare expenses under the Qualified Medicare Beneficiary (QMB) program.

Under QMB, state Medicaid programs will pay for Medicare premiums for physician and outpatient visits, hospital deductibles and cost-sharing expenses. These out-of-pocket costs are too expensive for many

people, but must be paid for Medicare benefits to remain active.

A related program, the Specified Low-Income Medicare Beneficiary (SLMB), covers only monthly premiums for physician and outpatient visits for elderly individuals with slightly higher incomes.

"Through Medicaid, costly health services are made more affordable," Duerksen said.

"AARP is excited about the opportunity to help recruit millions of elderly persons eligible for this public benefit. Many don't know Medicaid will pay for certain services not covered by Medicare. Still others have difficulty with the application process and can't get to the appropriate office. In many communities, homebound persons are visited by a caseworker, or they can have

representative apply on their behalf."

For more information about the Medicaid program in your state, contact your local Department of Social Services, usually listed under "government agencies." Or call the Health Care Financing Administration at 800-638-6833.

To learn more about AARP's Public Benefits Outreach efforts, call Duerksen at 214-265-4060.

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Your eyes may feel your age more than you do

You may not feel old when you reach 40, but chances are your eyes will.

Nearly 90 percent of people over 45 are wearing glasses all or most of the time.

"It's a normal biological phenomenon," said Dr. Richard Lewis, professor of ophthalmology at Baylor College of Medicine in Houston. "Our tissues are not infinitely elastic. We develop wrinkles in our skin, we develop gray hair and we begin to lose the ability of the lens to focus up close."

While some people experience blurred vision as they age, others will witness more subtle changes in vision. Eye strain and fatigue are common complaints from people who have their eyes too close to their work.

To help focus on the fine print and relieve stress on their eyes, many people in their 40s

turn to over-the-counter reading glasses.

"These are acceptable for the average person who isn't unusually nearsighted or farsighted and who doesn't have a significant problem with astigmatism," said Lewis.

But the glasses do have limitations.

"They are made for the average face, which means the center of the lens may not line up properly with the eyes," said Lewis. "An eye-care professional should make the necessary adjustments."

While reading glasses can be effective for people in their 40s and 50s, Lewis says the glasses should not take the place of a complete, regular eye examination. Middle age is when the most common form of glaucoma begins to appear and other common diseases, such as diabetes, have potential complications inside the eye.

Thirsty? Watch out, your body may be becoming dehydrated

Thirsty? Then your body is on its way to becoming dehydrated.

The average adult has between 10 and 12 gallons of water in his or her body—accounting for 50 percent of body weight. That water plays a critical role in nearly every bodily process. And being a quart or two low can impact how you feel.

"Water is needed by virtually every muscle or tissue cell," said David Brennan, an exercise physiologist at Baylor College of Medicine in Houston. "Regulating body temperature is one of the most important roles water plays in the body. Without a plentiful supply of water, the body can have a difficult time maintaining a normal temperature."

Nearly everything you do during the day—including typing, talking, walking, and even eating—requires energy. That energy, in turn, generates heat, which escapes the body through perspiration. Perspiration is the mechanism that keeps the body

cool.

"We lose about two and a half quarts of water a day through normal activity," said Brennan. "People who exercise lose even more and should drink water throughout the day to meet the demands of exercise. But don't wait until you are thirsty. Thirst is the body's way of saying your water level is low."

Dehydration is the most serious consequence of not drinking enough water. The loss of just two to three percent of body-water weight can impact some of the functions in the body.

To guard against dehydration, drink up.

"Drinking eight to twelve cups of water a day should keep you well hydrated," said Brennan. "Water is best for fluid replacement, but sports drinks and juices are also good options."

Brennan suggests limiting consumption of beverages containing alcohol and caffeine—they cause water loss.

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Adult children caregivers need to watch for stress

They brought you into this world, made sure your needs were met and cared for you—now it is your turn.

With more than 3.7 million Americans expected to be over age 85 by the year 2000, many adult children will find themselves taking care of their children and parents at the same time.

"Regardless of whether the disability is due to progression of a chronic illness or the combined effects of multiple medical and social factors, the caregiver role is a profound change for both parents and children," says Lynda Collins, manager of Social Services of the Methodist Hospital in Houston.

"Although most accept this role out of love and find it rewarding, it can exhaust a person physically and emotionally, leading to illness and inability to further provide care," she continues.

The care of an impaired older person can create stress in a variety of ways. The stress experienced may be physical, financial, environmental and/or emotional in nature.

Recognizing and accepting these stressors is the first step toward adjustment.

To assess the feelings, pressures and stress that caregivers may be experiencing they might ask themselves: Which of the following are seldom true, sometimes true, often true, or usually true?

I find I can't get enough rest.
I don't have enough time for myself.

I don't have time to be with other family members beside the person I care for.

I feel guilty about my situation.

I don't get out much anymore.

I have conflict with the person I care for.

I have conflict with other family members.

I cry everyday.

I worry about having enough money to make ends meet.

I don't feel I have enough knowledge or experience to give care as well as I'd like.

My own health is not good.

If the response to one or more of these areas is usually true or often true it may be time to look for help with caring for the care-

receiver and help in taking care of the caregiver.

"Help is not only okay to seek and accept, it is essential," explains Collins. "People need to realize that they are not alone and that reaching out for assistance does not mean that they consider their loved-one a burden."

To guard against becoming physically and emotionally

drained, there must be care for the caregiver. Relief can be found in obtaining information through libraries, hospitals, on the Internet's World Wide Web or directly from non-profit agencies.

Collins suggest that caregivers create time for themselves. Find friends and family who can offer help or contact your local Area Agency

on Aging. They will have suggestions and resources that can help with temporary respite care.

"Contact your hospital's social work department," says Collins. "They are a valuable resource whether the caregiver is just assuming this new role or has depleted their energy caring for someone with a chronic illness."

A newly discovered gene may cause inherited atrial fibrillation

A gene responsible for inherited atrial fibrillation, the most common cause of irregular heart beats, has been discovered on chromosome 10 by researchers at The DeBakey Heart Center at Baylor College of Medicine in Houston. The findings were published recently in the New England Journal of Medicine.

"Identifying the gene is a major breakthrough in developing new ways to diagnose and treat people with atrial fibrillation," said Dr. Robert Roberts, a professor of medicine and cell biology and chief of the cardiology section at Baylor and The Methodist Hospital. The project was supported by the National Heart, Lung, and Blood Institute (NHLBI).

Baylor researchers discovered the chromosomal abnormality after "mapping" the DNA of 26 living family members spanning three generations of an afflicted family living in Spain, of whom 10 have atrial fibrillation.

Two have died.

Atrial fibrillation causes the heart to beat too fast as a result of an erratic electrical system. It usually leads to stroke, for which the disease is responsible in one-third of all stroke patients older than 65.

Signs of atrial fibrillation include palpitations, severe shortness of breath, chest pain, and fainting. However, the disease can appear without symptoms. In severe cases, blood clots can form in the heart, resulting in stroke.

"Stroke remains the third leading cause of death in Americans and atrial fibrillation is an important cause," said Dr. Claude Lenfant, director of the NHLBI. "This study takes the first step in identifying the gene for familial atrial fibrillation. Once a gene is found, researchers will be able to explore new approaches to treatment and prevention of both the familial and acquired forms of the disease."

Roberts said the next step is

to isolate the gene and clone it.

"We were able to localize the gene to a small region on the chromosome. Now we need to determine specifically the molecular basis for atrial fibrillation," Roberts said. "Finding other families with atrial fibrillation will significantly accelerated our chances to identify and clone the gene."

Collaborating with Roberts are Baylor researchers Dr. Ramon Brugada, Terry Tapscott, Grazyna Z. Czernuszewicz, Dr. A. J. Marian, Anna Iglesias, Dr. Lluís Mont, Dr. Josep Brugada, Dr. Josep Girona, Dr. Anna Domingo, and Dr. Linda L. Bachinski.

The study was funded in part by the NHLBI and the American Heart Association Texas Affiliate.

The DeBakey Heart Center is a joint program of Baylor and Methodist supporting cardiovascular research, treatment and education.

John McDermott is new administrator at Teakwood Manor in Stamford

Moving from a similar position in an Abilene nursing home, John McDermott formerly of Haskell, has been named new administrator of Teakwood Manor in Stamford.

McDermott came to Haskell in 1973, where he was a licensed

funeral director with Holden-McCauley Funeral Home.

He served as Haskell County treasurer from 1975-79. In 1979 he was elected Haskell County Judge, one of the youngest judges in Texas at age 26. Continuing as judge until 1984,

he then became a licensed nursing home administrator.

McDermott says that his favorite part of his job is walking down the hall having someone tell him, "I love you."

That expression of love is enough to make his job special.

New hips, old sports may not mix

Hip replacement can relieve pain and restore mobility for rheumatoid arthritis sufferers, but it will not get them back on the tennis court.

"Total joint replacement is appropriate for people whose hip pain is no longer controlled with medication and whose hip function is limited by their arthritis," says Dr. Frank Gottschalk, an associate professor of orthopaedic surgery

at UT Southwestern Medical Center at Dallas.

Hip replacement is a highly successful method of pain relief, but artificial joints are not meant for high-impact stress. Gottschalk says those undergoing the surgery will have somewhat restricted activities; walking, bicycling, golf and aquatic sports are fine, but basketball, football and singles tennis must be nixed.

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When Dr. Hirsch affiliated with Texas Oncology, P.A., he fulfilled his long-standing goal to bring state-of-the-art cancer care to the people of the Big Country. Since that time, Dr. Hirsch's practice has grown to include Ralph Heaven, M.D., board certified in hematology and oncology and Anton Melnyk, M.D., board certified in hematology and oncology, also the only M.D. Anderson-trained oncologist in Abilene. Board-certified radiation oncologist Stephen Sorgen, M.D. joined the practice in May, rounding out the full array of care to include both medical and radiation oncology.

The new Texas Cancer Center-Abilene South opened May 27. The new center is located at 1957 Antilley and will provide high quality cancer treatment, including radiation therapy.

As part of our on-going commitment to provide cancer care close to home, a new office has opened in Haskell, offering the following services:

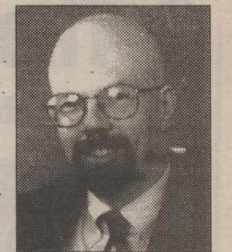
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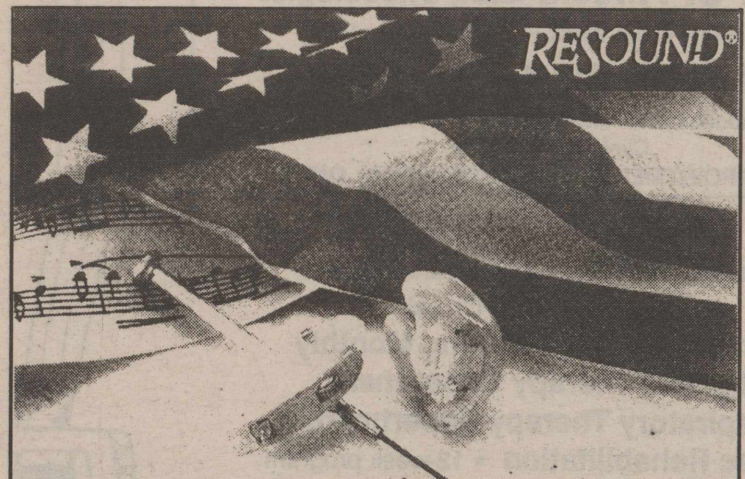
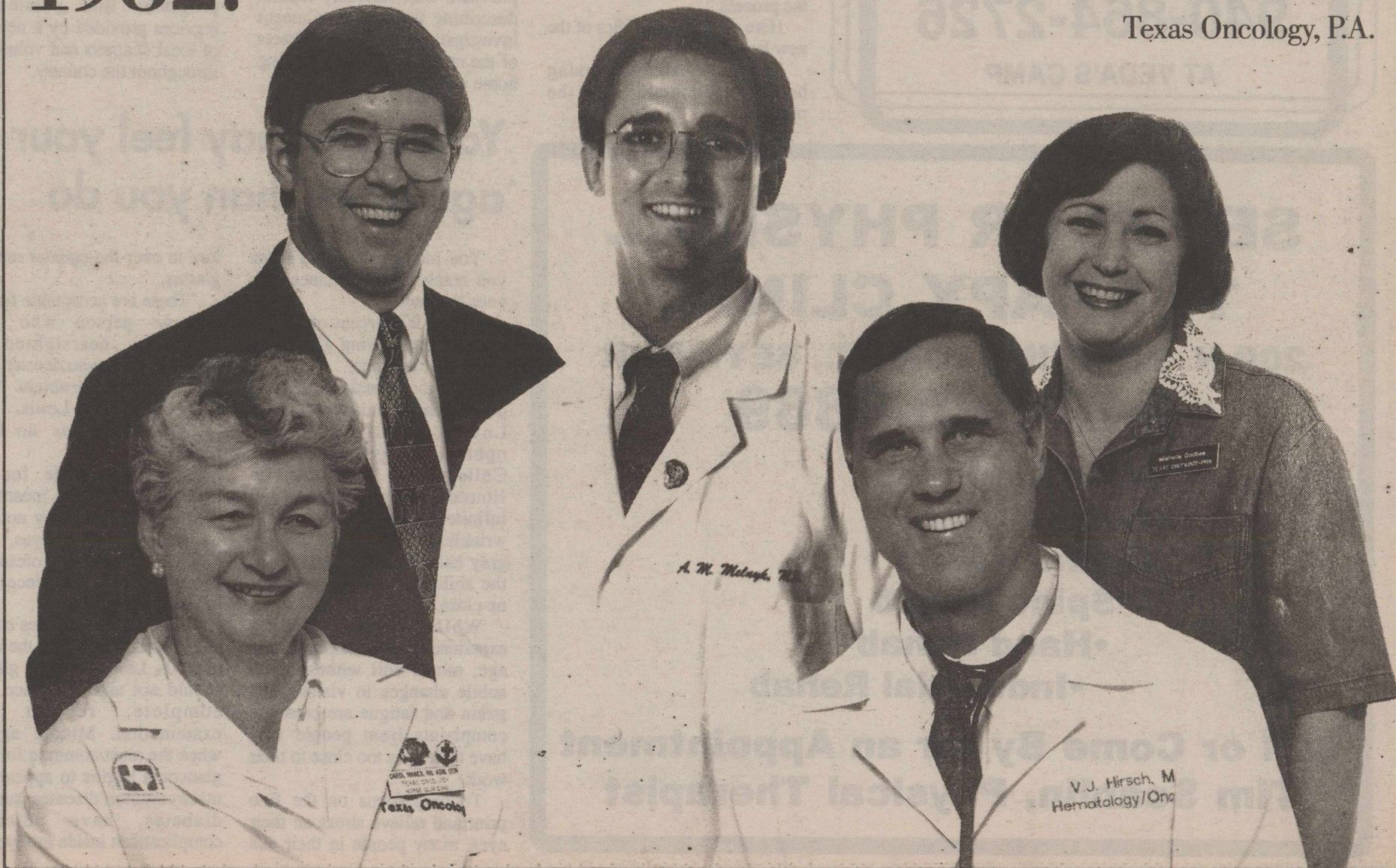
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Microwave ovens won't zap pacemakers

No need to worry that the kitchen is a dangerous place for people with pacemakers. Microwave ovens do not interfere with the electronic heart devices.

"The only way a microwave can hurt you is if you climb inside it," says Dr. Richard Page, an associate professor of internal medicine at UT Southwestern Medical Center at Dallas who specializes in treating heart rhythm disturbances. "Despite the fact that you may see an occasional warning sign, it's an archaic misconception. Even older pacemakers are safe around older microwave ovens."

If you have a pacemaker, Page says family members and physicians need to know because pacemaker function can be affected by some things, such as magnetic resonance imaging or MRI.

Lactase deficiency occurs mostly in older adults

Some people are not able to drink more than one cup of milk in a day. They may have a problem with digesting or breaking down the natural sugar in milk.

The name of the sugar is "lactose." Lactase is a substance that is naturally present in the intestines that helps digest lactose. This is referred to as having a "lactase deficiency."

Without enough lactase, you may have a problem with bloating, diarrhea, or intestinal cramps after drinking more than about a cup or so of milk.

This condition does not usually occur until a person is older because some people have less lactase as they grow older. Sometimes it also even develops (although usually temporarily) in babies in relation to a viral

infection treated with antibiotics. The condition is most common among all races other than those whose ancestors were from northern Europe.

Most people can drink milk in small amounts with meals through the day and have no problem. They can generally drink whole milk or chocolate flavored milk better than skim or lowfat milk. They can usually eat yogurt with active or live cultures and all hard cheese, like cheddar and have no problem. Most people can also enjoy cottage cheese and processed cheese slices. You may want to check with your doctor about a calcium supplement.

Buying and taking lactase additives in either liquid or tablet form helps some people. You may also want to learn more about the commercial lactase that you can take or add to milk. Milk is not only a good source of calcium but also has other nutrients like protein and some B vitamins.

Having enough milk and calcium before the age of 30 to 35 helps to build a good frame

to prevent osteoporosis. After that time your body stops adding calcium to build bones. After that time, it is important to have enough calcium and 20 to 30 minutes of exercise each day. That will help keep your bones strong.

Your body must have the "sunshine" vitamin D to use the calcium well. Vitamin D is in fluid milk and added to most nonfat dry milks. Check the label to see. It is not in cheese or yogurt. If your face and hands are in the Texas sunshine for ten minutes each day, you'll have enough vitamin D.

If you are having a problem with drinking enough milk, you may want to know of some other foods with calcium. The foods in the following chart can add extra calcium. They can help add calcium equal to the amount in the two to three servings of milk you need each day.

Other foods with calcium

Foods equal in calcium to one cup of milk:

- Seven medium or three ounces of sardines, including bones

- Two cups of mustard greens
- Seven corn tortillas, if made with lime or calcium salts—6 to 7" across
- Seven wheat flour tortillas, if the flour is enriched—7 to 8" across

- Three ounces canned salmon, including bones
- 1/2 cup or four ounces tofu (if made with calcium sulfate)
- One cup collard greens, frozen

- Four ounces or 1-1/2 waffles, 7" across enriched mix with milk and eggs

- 3/4 cup or 4-1/2 ounces Mackerel with bones (includes 2-2/3 t. fat)

Foods equal in calcium to 1/3 cup of milk are:

- One cup cooked dried beans
- 1/2 cup turnip greens or fresh bok choy
- One cup broccoli

- One medium square cornbread (2-1/2x2-1/2x1-1/2 inches)
- Two pancakes, 4 inches across
- Three ounces of shrimp

- Five slices bread made with enriched flour

You can make these foods higher in calcium:

- Cook soups with bones and tomato or vinegar
- Combine macaroni or other pasta with cheese and other combinations that have calcium

Build a better memory

It is often thought that with age comes memory loss. But that is not exactly what happens.

It is not so much the memory that is impacted as it is the ability to process information. "It often takes us a little longer to record the information that's in our environment—for lots of different reasons," said Dr. Anita Woods with the Huffington Center on Aging at Baylor College of Medicine in Houston. "Our visual system may not be as acute. Our hearing may not be as acute. So it's going to take us a little longer to get that information out of the environment."

However, there are steps for coping with the "slowing-down" process.

"There is a lot of research that shows that people who stay both physically and mentally active tend to show less slowing over time," Woods said.

If

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Focuses on treatment of the whole person, with emphasis on:

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Dr. Imran Rao joins staff at Knox County Hospital

Knox County Hospital District is pleased to announce its newest doctor, Imran Rao M. D. Dr. Rao has moved to Knox City and began working at the hospital on Aug. 25.

Dr. Rao (pronounced as though it rhymes with "how") is a specialist in Internal Medicine and treats all age groups as he practices in both the Knox City and Munday clinics. Dr. Rao is a native of Pakistan and comes to Knox County by way of Rush-Westlake Hospital in Melrose Park, Illinois, just outside of Chicago. He completed his three

year residency requirement in June 1997 and passed his licensure examination to practice in Texas last month.

While assessing his future practice options last spring, Dr. Rao saw an advertisement in the Journal of the American Medical Association for a physician at Knox County Hospital. "I was very excited to learn of the practice opportunity in Knox City," stated Dr. Rao. "The climate in West Texas is very similar to Pakistan. I was anxious to leave the cold weather and snow of Chicago. My

experience as a licensed physician and surgeon while in both Pakistan and Illinois should provide a complement to Dr. Barretto's skills."

"We are pleased to add Dr. Rao to our fine staff of physicians," said Kevin Ansley, Knox County Hospital administrator. "He provides us with an internist to assess complex health problems and his personality should be well received by our communities."

A reception for the public to meet Dr. Rao will be held in Sept. at Knox City and Munday.

Assisted living gives elderly independence

Assisted-living communities are helping to bridge the gap between independent living at home and around-the-clock care provided at nursing homes.

"These communities represent a new living option for elderly people who require some level of daily assistance, but do not need the medical attention of a nursing home," said Nancy Wilson, an assistant professor with the Huffington Center on Aging at Baylor College of Medicine in Houston. "Assisted-living centers allow many people to enjoy a level of independence while providing them with services to make their lives easier."

Some communities rely on home-health agencies to furnish skilled nursing or other health-care assistance, since they only have staff for supervision and personal care. Regulation of assisted-living communities and their personnel varies from state to state, so it is important for people considering a move to a community to visit and ask questions about the staff, services and cost.

"Relocating at any age is challenging, but assisted-living communities provide a wide variety of living options that may make the transition easier later in life," said Wilson.

Heart disease prevention is important

It's never too late to prevent heart disease. "Even if you are 70 years old, exercising and eating right can decrease your heart-disease risk," said Dr. Robert Luchi, director of the Huffington Center on Aging at Houston's Baylor College of Medicine.

The key is making healthy lifestyle choices, such as eating low-salt, low-fat and low-cholesterol foods, not smoking and watching one's weight.

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New health insurance protections in effect

by Elton Bomer
 Texas Commissioner
 of Insurance

Texans have better access to health insurance because of new laws that took effect on July 1. Further improvements, including a Health Insurance Risk Pool, are coming by the end of the year.

The Federal Health Insurance Portability and Accountability Act of 1996—usually called the Kassebaum-Kennedy Act—was the catalyst for most of the changes.

Kassebaum-Kennedy and new Texas laws implementing it apply immediately to new health plans that started on or after July 1. If a health plan already was operating before, July 1, it comes under the new laws on its next annual renewal date. For example, if a plan comes up for renewal on November 1, that's when the new laws will take effect for people on that plan.

The new law include provisions that:

- Give workers with pre-existing medical conditions credit for their time in a previous health plan. This is known as health insurance "portability," which I will discuss in more detail later.

- Make virtually all individual hospital, medical and surgical policies—including major medical plans—guaranteed renewable. This means an insurance company of HMO cannot refuse to renew coverage except for such things as fraud and nonpayment of premiums.

- Enable businesses with as few as two eligible employees, including the owner or owners, to buy coverage under Texas' Small Employer Health Insurance Availability Act. Advantages of buying insurance as a small employer include guaranteed issue (participating insurers and HMOs can't turn you down because of your health history), certain rate limitations and the availability of standard benefit plans designed to hold down costs.

- Prohibit employer group health plans from treating pregnancy or genetic information as pre-existing conditions. In most cases, prenatal care and childbirth are covered even if a woman is pregnant when she joins a plan that pays for these services.

Portability

A major purpose of the new laws is to keep people from temporarily losing coverage for their pre-existing conditions if they change jobs or lose their group health coverage. (A pre-existing condition is one for which medical advice, diagnosis, care or treatment was recommended or received during the six months before you joined a group health care plan.)

Group health insurance policies (but not HMOs) can require waiting periods of up to 12 months before they cover pre-existing conditions. The new laws reduce your waiting period in a new health plan by one month for every month you were

covered by your old plan.

A person moving from an employer, government or church health plan to an individual policy won't have to undergo a new waiting period if he or she was covered by the plan for at least 18 consecutive months without a break longer than 63 days. People with less than 18 months coverage or a break of more than 63 days must get partial credit for any time they were covered during the preceding 18 months.

Health Insurance Risk Pool

The Legislature activated Texas' Health Insurance Risk Pool and mandated that it open for business by January 1, 1998.

The pool will provide individual major medical coverage for people deemed "uninsurable" because of their medical conditions or histories. These include people whom an insurance company won't cover except at rates higher than those charged by the pool. Dependents

of adults covered by the pool and family members of children covered by the pool also are eligible for coverage.

Also eligible for the pool are certain people (regardless of their health) who had health insurance for at least 18 months—most recently through an employer—but lost it.

Pool coverage won't be cheap. Premiums the first year of operation may be up to 150 percent of a "standard risk rate" based on what other insurers charge for individual health policies in the marketplace. Rates after the first year may be up to twice the standard risk rate.

The pool may impose a 12-month waiting period for coverage of pre-existing conditions in some cases but, as with other health plans, the waiting period may be reduced with credit for previous coverage.

Extended airplane rides may prove uncomfortable for those prone to blood clots

Long airplane rides can be uncomfortable for anyone, but, for people prone to blood clots, they can be dangerous.

"On long flights, particularly transoceanic flights, it is important that people prone to blood clots keep their blood moving by taking a few simple steps," said Dr. Wayne J. Riley, director of the Travel Medicine Service at Baylor College of Medicine in Houston.

The same need exists for long rides in cars, buses or trains.

For long flights or rides and to

avoid discomfort during shorter flights or rides, Riley recommends walking the length of the plane, bus or train at least once an hour. If you're in a car, stop hourly, get out and walk around for a while.

Some other tips:

- Flex your ankles up and down when sitting. Blood tends to collect in the lower extremities, and this simple exercise will encourage its movement.

- Avoid really tight clothing. It can restrict the free movement of blood throughout the body.

- Avoid sleeping for long

periods.

- Drink lots of water. Good hydration is important for blood volume and circulation.

- Take one adult-size aspirin before departure. This helps prevent the formation of blood clots.

- Wear thigh-high support stockings or panty hose. Riley cautions against any hose that cuts off at the knee.

- Even if you have no history of blood clots, these tips will make for a more comfortable ride," Riley said.

QUESTION:

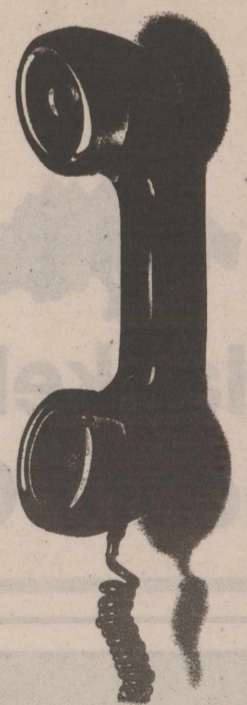
How Do I Receive Care From Knox County Hospital HomeCare?

ANSWER: CALL our office at 940-658-3013 for information.

Referrals to Knox County Hospital HomeCare may come from you, your family, the hospital or your physician. You must meet certain requirements for Medicare, Medicaid, or your third party insurance company to pay. We accept private pay from anyone who wants our service.

CALL (940) 658-3013 FOR MORE INFORMATION.

Knox County Hospital HomeCare
 a service of Knox County Hospital District



Angels of Tender Mercy

The Health Center

Home Health Services

One Avenue E
 Haskell TX 79521

(940) 864-2656

Owners:
 Doyle High
 Cindy Guess, RN

Registered Nurses:
 Gwen Unger, RN
 Philip Martin, RN

LVNs:
 Laela Martin, LVN
 Oleta DelValle, LVN
 Rosa Rodriguez, LVN
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 Tammy Adkins, LVN

Home Health Aides:
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