

Basketball games

Haskell
JV-VBG vs Electra
Fri., 4 p.m. at Haskell
JV-VGB vs Olney
Tues., 4 p.m. at Olney

Haskell 7th, 8th & 9th
Haskell Tourney
Thursday and Saturday
Mon., 4:30 p.m.
Girls There, Boys Here

Paint Creek
Paint Creek vs Rule
Fri., 6:00 at Paint Creek
Paint Creek vs Rochester
Tues., 6:00 at Rochester

Paint Creek Junior High
Paint Creek vs. Rule
Fri., 4:00 at Paint Creek

Calendar

Youth basketball

Haskell Youth Basketball will have a meeting Wed., Jan. 28 at 8 p.m. at the Haskell National Bank Community Room. All interested parents, coaches and referees are urged to attend.

Special services

Bryan Webb, missionary to the Fiji Islands, will hold special services at First Assembly of God Church Jan. 22-24 at 7 p.m.

Gospel music

The Kenney Dawson family singers from Thackerville, Okla. will be in concert at First Assembly of God Church on Sun., Jan. 25 at 11 a.m.

Miracle revival

A miracle revival is set Jan. 26-29 with Kevin and Sharon Fletcher at the New Covenant Foursquare Church, 200 S. Ave. F, Haskell. Services will be held at 7 p.m. For information call Freddy Perez 864-2269.

Round Robin Revival

The Haskell Ministerial Alliance has set Feb. 15-19 for the Round Robin Revival. Sunday services will begin at 6 p.m. Services on Monday through Thursday will begin at 7 p.m. The Ministerial Alliance would also like to extend appreciation to Dickie Greenwood who has served as the treasurer. His professional excellence and dedication has been a true blessing.

Rule Chamber

The Rule Chamber of Commerce meets the first Tuesday of each month at noon in the Rule School Library. Bring a sack lunch.

Rule City Council

The Rule City Council will meet in regular session Tues., Feb. 3 at 7 p.m. in the Rule City Hall.

Partners for Children

Partners for Children will hold a meeting Jan. 27 at 7 p.m. at the Haskell Elementary School to discuss better ways of communicating effectively. Ring!? Is Anybody Home? will be the topic. Free babysitting is available by calling the Elementary School. Transportation is being provided for those needing a ride by calling Cindy McCulloch's office at 864-2007. Calls must be made by 1 p.m. on the day of the meeting.

Old Glory musical

The Old Glory Musical will be held Sat., Jan. 24 at the Community Center in Old Glory. The best little concession stand in Texas will open at 5:30 and the music will start at 6 p.m.

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Support your Haskell merchants

The Haskell Free Press

VOL. 112-NO. 4, ©JANUARY 22, 1998

"The People's Choice"

16 PAGES-TWO SECTIONS-50 CENTS



RETIREMENT PARTY—Friends of long time local banker, Abe Turner joined in honoring him Sat. for 40 years with the banking

industry. The retirement reception held at the First National Bank was hosted by the directors, officers and employees of the bank.

City sales tax receipts show 13 percent gain

State Comptroller John Sharp recently delivered a total of \$155.7 million in monthly sales tax payments to 1,090 Texas cities and 118 counties.

"We're beginning another promising year. Sales tax rebates to cities and counties are 12 percent higher in January than those for the first month of last year. Consumers

continue to show increased confidence in the Texas economy," Sharp said.

Sharp delivered monthly sales tax rebates to Texas cities totaling \$142.4 million, 12.5 percent higher than last January's payments of \$126.6 million. Rebates of \$13.3 million to Texas counties were 7.4 percent higher than allocations of

\$12.3 million in January 1997. Another \$4.2 million went to 29 special purpose districts around the state.

This month's payments include local sales taxes collected by monthly filers in November, at the start of the traditional holiday shopping season, and reported to

the comptroller in December.

Haskell County had a 12.70 percent increase for January, 1998 of \$22,737.05 in comparison to \$20,174.29 for January, 1997.

The City of Haskell had a 13.03 percent increase for January, 1998 of \$21,763.28 in comparison to \$19,253.58 for January, 1997.

O'Brien had a 5.46 percent increase for January, 1998 of \$33.78 in comparison to \$32.03 for January, 1997.

Rochester had a 15.37 percent increase for January, 1998 of \$299.93 in comparison to \$259.95 for January, 1997.

Rule had a 2.87 percent increase for January, 1998 of \$623.44 in comparison to \$606.04.

Weinert had a 26.75 percent decrease for January, 1998 of \$16.62 in comparison to \$22.69.

Girl Scout cookies are on sale

As regular as the flowers of spring, the Girl Scouts are again taking orders for their annual Cookie Sale. If you haven't already been put on Cookie Alert by your favorite Girl Scout, you might contact her yourself. At \$3.00 per box, beginning on Friday, Jan. 9, and for the next two weeks, orders for all the favorites, thin mints, caramel deLites, peanut butter patties, and more, are going in for Feb. delivery.

Good taste is just the beginning

of what the \$3.00 buys. Working with the cookie sale helps young girls learn all kinds of important skills related to handling money, goal setting, teamwork and meeting the public.

Actually, less than one-third of the money goes to pay for the cookies. The remainder of the purchase price stays here in Haskell. The Girls Scout Cookie Sale differs to other youth fundraisers in that a portion of the revenue goes to troops so that girls

can make a decision about how it is spent. The volunteer Board of Directors of the West Texas Council budgets the remaining revenue to support operations and Girl Scout program for its girls and adult volunteers.

Buying Girl Scout cookies is an investment in our young girls. For example, the younger girls can earn credit for resident camp or to spend in the Council Shop. The Girl Scout Cookies do a lot of good for girls.

Haskell CISD sets Saturday school

Jim Rumage, Secondary Principal of Haskell CISD, has announced a Saturday class program designed to provide a formal setting for students to complete additional time requirements for excessive absences as determined by the campus attendance review committee, in conformance with state law and local policy.

Seven Sat. classes will be available. The scheduled dates for the spring semester of 1998 are Feb. 7, Feb. 14, Mar. 7, Mar. 21, April 4, April 18 and May 2. No other dates will be available.

Students assigned to these sessions must attend them in order to pass the courses in which they are enrolled. Excessive absences, due to failure to attend, may cause failure for the semester and/or year. This would result in the student having to repeat the class or attend summer school.

Explaining the rules of the program, Rumage said that for each full day absent over the required number of days, the student will have to serve one day of Sat. class. For every class period absent over the required number of days, the student will have to serve one day

of Detention Hall up to five days and then will serve one day of Sat. class for every five class periods missed over the number of days required.

The cost of each four-hour Sat.

class will be \$10.00. Tickets for these may be purchased in the secretary's office. Students unable to pay the fee must see the Assistant Principal to make other arrangements.

Haskell CISD receives telecommunications, infrastructure grant

With all members present at the regular session Jan. 15, the Haskell CISD Board of Trustees extended special recognition to the Telecommunications and Infrastructure Fund grant writers for their successful completion of a \$100,000.00 grant. The grant will be awarded in Austin on Jan. 23. Billie McKeever will be in Austin to accept the grant on behalf of Haskell CISD. Those on the grant-writing team were Pam Thigpen, Dusty Garison, Bob Baker, Debi Burson, Sherry Adams, Wayne Hester, Jimmy Huff, Jessica

Rieger, Amanda Hadaway, Lou Gilly, Billie McKeever, Betsy McManamon and Joan Strickland.

In other business, administrators gave information concerning their respective campuses; Missy Lewis was formally employed as an educational aide with the CEI program at Haskell High School, and recent visits by the Health Department at the high school cafeteria were discussed. Also, the needs for a new dishwasher at the high school and fire suppression systems for both cafeterias were mentioned.

Jr. High Tourney set Jan. 22, 24

The annual Jr. High School Basketball Tournament sponsored by the Haskell Indian Booster Club will be held Jan. 22-24.

Girl's and boy's teams from grades 7 and 8 will compete, with the first game beginning at 4:30 on Thurs. Haskell's four teams will play against Munday's teams that day.

Tip-off time on Sat., Jan. 24 is 8:00 a.m., with games running all day. Trophy presentations will follow the championship games which begin at 5:20 p.m.

Admission to the tournament is \$3.00 for adults and \$2.00 for students.

The concession stand will have a variety of food items available during the tournament. Baked potatoes, hot dogs, frito pie, drinks and candy are among the items that can be purchased.

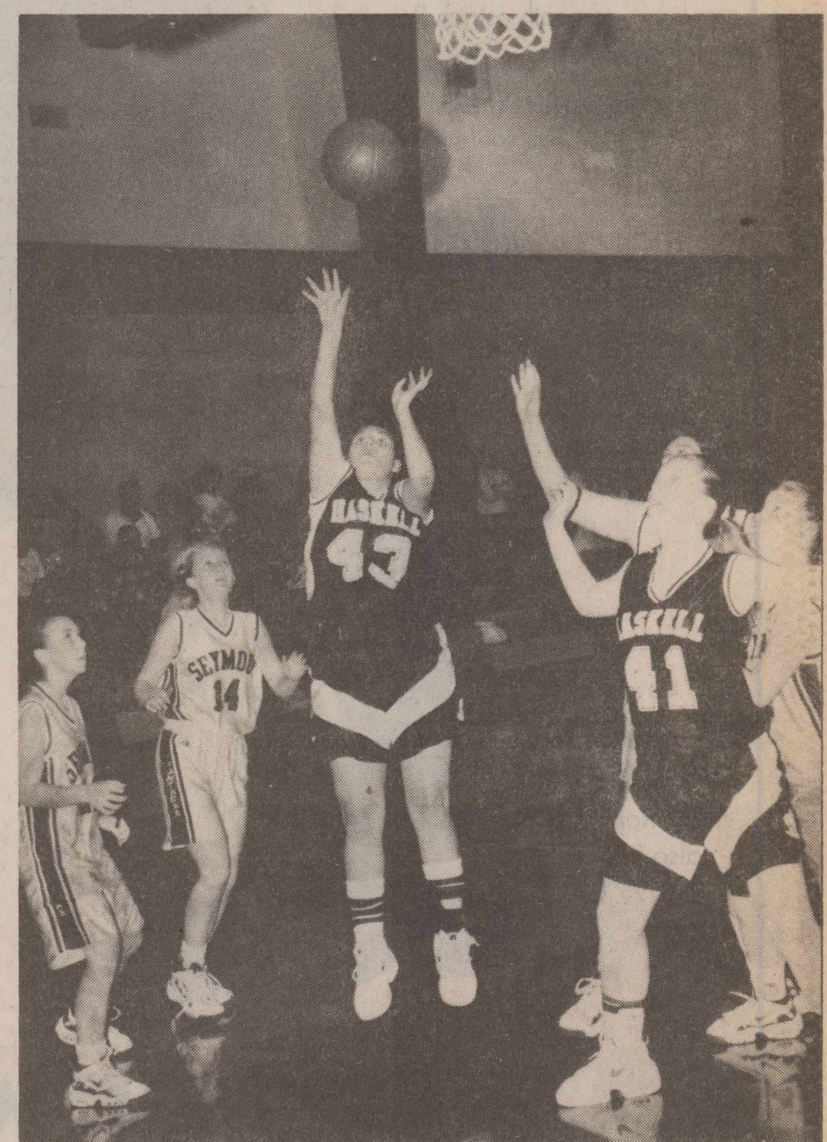
Rule Chamber sets banquet

The Rule Chamber of Commerce will host their annual banquet Tues., March 3. Rule's Man and Woman of the Year will be announced at the banquet. Place your nominations for Man and Woman of the year by going by Rule City Hall, or by calling Marsha at 997-2214. Deadline for nominations is 5:00 p.m., Fri., Feb. 13.

The banquet program will feature an Old West theme and Rusty Hudelson and his South Plains students will again delight everyone with their musical and vocal talents.

Advance tickets may be purchased at City Hall or from any Chamber member at a cost of \$7.50, with tickets at the door are \$8.00.

Festivities will begin at 7:00 p.m. at the Rule School Cafeteria. Bring your family and friends, and plan to enjoy the fine food, door prizes, fellowship and entertainment.



ADDING POINTS—Indian Maiden, #43, Misty Rodela shoots for two points, as Bree Burgess #41, stands ready to assist during the Maidens 57-38 win over Seymour. Photo by Bill Blankenship

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Basketball scores

GIRLS

Holliday 46, Haskell 44

Scoring by quarter: 9, 15, 12, 8.

Individual scoring: Comedy 2, Gray 12, Alvarez 8, McKenzie 15, Bartley 7.

JV score: Haskell 31, Holliday 14.

DISTRICT STANDINGS

Haskell 2—0, Overall 11—9

Electra 2—0, Overall NA

Holliday 1—1, Overall 15—5

Seymour 0—2, Overall 3—15

Olney 0—2, Overall NA

Archer City 1—1, Overall NA

BOYS

Haskell 55, Holliday 47

Scoring by quarter: 9, 12, 8, 16.

Individual scoring: Spells 11, Nichols 6, Briles 14, Ortiz 7, Cheyne 17.

JV score: Haskell 59, Holliday 56.

DISTRICT STANDINGS

Holliday 1—0, Overall 12—4

Haskell 1—0, Overall 10—9

Electra 1—0, Overall 9—12

Seymour 0—1, Overall 8—8

Olney 0—1, Overall 7—12

Archer City 0—1, Overall NA

PAINT CREEK GIRLS

Trent 53, Paint Creek 25.

Scoring by quarters: 8, 4, 4, 9.

Individual scoring: Medford 9, Isbell 14, Gardner 2.

Paint Creek 63, Lueders-Avoca 33.

Scoring by quarters: 15, 9, 17, 22.

Individual scoring: Medford 24, Isbell 13, Walton 4, Davis 4, Salinas 10, Waters 8.

BOYS

Paint Creek 58, Lueders-Avoca 55.

Scoring by quarters: 13, 6, 17, 22.

Individual scoring: Lamb 13, Martinez 18, Goss 6, Davis 2, Hearn 4, Reel 15.

Trent 71, Paint Creek 46.

Scoring by quarters: 7, 11, 11, 17.

Individual scoring: Lamb 12, Martinez 22, Goss 4, Hearn 6, Reel 2.

Obituaries

David Alton Middleton

Funeral services for David Alton Middleton, 84, of #682, and volunteered as a Scout Master for Troop #1 for over 10 years. He was a member of First United Methodist Church. He was a member of First United Methodist Church.

Survivors include his wife of 63 years, Nadine Middleton of Haskell; two sons, David M. Middleton of Haskell and Fred C. Middleton of Irving; one daughter, Elaine Middleton Davis of Haskell; three sisters, Francis Key of Lubbock, Pet Smith and Marie Whetsel, both of Abilene; five brothers, Udell Middleton of Colorado Springs, Colo., Leroy Middleton of Abilene, Jimmy Middleton of Baird, Bob Middleton of Washington and Johnny Middleton of Lubbock; nine grandchildren and 13 thirteen great grandchildren.

Memorials may be made to First United Methodist Church, 201 N. Ave. F, Haskell, TX 79521 or the donor's favorite charity.

William Chester Via

Funeral services for William Chester Via, 77, of Oklahoma City, Okla. were held Thurs., Jan. 15 at Demuth Funeral Home Chapel in Oklahoma City. Burial was in Memorial Park Cemetery under the direction of Demuth Funeral Home.

Mr. Via died Sun., Jan. 11 in Oklahoma City.

Born March 19, 1920 in Byars, Okla., he graduated from high school in Haskell in 1940. He was a resident of the Britton/Oklahoma City are for the last 50 years. His working career was primarily as a welder, with 20

Time to order windbreak seedlings

A tree standing alone adds a certain aesthetic quality to rural living. But the systematic planting of trees and shrubs in a windbreak becomes a management tool that effects every aspect of a farm or ranch, says a Texas Forest Service official.

Now is the time for Haskell County landowners to order windbreak seedlings produced by the Texas Forest Service West Texas Nursery in Lubbock, before preferred stock is sold out, says Robert Fewin, Texas Forest Service forester. The seedlings can be purchased through the Haskell Soil and Water Conservation District (SWCD).

Windbreaks protect the soil, increase land value and crop yields, and reduce livestock weight loss and mortality.

But producing a high performance windbreak requires more than just planting a line of trees, Fewin says.

Prior to planting a windbreak, Fewin states that it is essential to determine: the area or structure in need of protection; tree species adaptable to the planting region; and the planting dimensions of the break, be it a homestead, livestock, field or wildlife windbreak or a living snow fence.

A planting dimension, such as proper spacing, prevents crowding and reduces tree stress, which also decreases insect and disease susceptibility thus extending the life of the windbreak. Generally, each tree row should be planted 20 feet apart with 10- to 25-foot spacings between each tree within a row, Fewin says.

When designing a windbreak Fewin also recommends planting multiple rows of evergreens and deciduous trees and shrubs. The purpose of the windbreak dictates the number of rows required.

Each row within a multiple row windbreak serves as a backup in case one row is lost to pest damage or other conditions. Generally, insects and diseases are confined to a species. Also, within the multiple row structure a deciduous tree row will provide early protection. Deciduous trees are faster growing than evergreens, which are the backbone of multiple row windbreaks, Fewin states.

Species diversity in a multiple row windbreak also enhances aesthetics with foliage that changes with the seasons (depending on the species).

A single row of trees may suffice for a period, but a multiple row windbreak established with the recommended dimensions can serve a lifetime.

To order windbreak seedlings this winter contact the Haskell SWCD at 1203A South Avenue E, phone: 940-864-8516.

Haskell Co. Gin Report

January 17, 1998

Gin	Bales
Haskell Farmers Co-op Gin	7076
Haskell Co-op Gin	15,033
O'Brien	
O'Brien Gin	14,222
Rochester	
Rochester Co-op Gin	2600
Rule	
Rule Co-op Gin	6113
Sagerton	
Sagerton Gin	3500
Weinert	
Paymaster Gin	4738
Weinert Gin	5431
Total Bales	58,711

Student in the News

Sul Ross State University, Alpine, has named its Dean's List for the 1997 fall semester.

Undergraduate students enrolled for 12 or more semester hours who maintain a grade point average of 3.3 or better are eligible for the Dean's List.

Students on the list from Haskell include Angela Aracely Palacios, Accounting, 3.36.

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Carole Ratliff entertains Study Club

Jewels Are Ageless was the theme for the Haskell Progressive Study Club meeting on Thurs., Jan. 9 in the Haskell National Bank Community Room. President Kim Meredith welcomed guests and led the pledge to the American and Texas flag.

Nelda Lane introduced guest speaker Carole Ratliff, who spoke on, "Growing Old With Grace." Dressed accordingly to her topic, she read, "Little Old Lady Who Isn't There." Growing older as she was talking, she told how she was going to wear purple now, and begin to do whatever she wanted to, whenever she wanted to. Describing several incidents of older people, she asked that people remember older persons and do what they could to help the older generation. She closed with reading of a poem, "What Do You See?"

Chairman Nancy Toliver and other members of the nominating committee (Eva Dunnam, Mary Kaigler, Debbie Earles and Dorothy Hartsfield) presented a slate of officers for the new year. Officers for the 1998-2000 year will be: president, Frances Lane; 1st vice president, Franciene Johnson; 2nd vice president, Dorothy Hartsfield; recording secretary, Bettie Wainscott; corresponding secretary, Eva Dunnam; treasurer, Doris Jordan; historian, Erma Liles and board member, Kim Meredith.

Convention in the year 2000. Nancy Toliver suggested scholarships be discontinued, an award of some kind replace it, with presentation to be made during Awards Day in the spring of the school year.

Marjorie Huss made motion Recognition Award committee (Donna Cole, chairman, Mary Kaigler, Evelyn Cobb and Marjorie Huss) meet and bring suggestions back to the club at next meeting. Nominating committee for the new year includes: chairman, Sandy Forehand; Kay Croft, Marjorie Huss, Sammie Turner and Mona Gibson. Sandy Forehand spoke on

Haskell County library and made a motion to donate \$1000.00.

Kim Meredith reported fencing project for the civic center now had a balance of \$1022.70. The name of Joyce Howard for membership to the club was submitted by Mattie English. Hostesses were Debbie Earles, Thula Perry, Mary Kaigler, Mattie English and Judy Patterson.

Members and guests were served banana pudding and cookies from a table covered with white lace. Guests present were Carole Ratliff, Bill Ratliff, Margaret Ratliff, Barbara Kimbrough and Joyce Howard.



CAREER STOP OPENS—Ribbon was cut on the new Haskell Career Stop which opened Thurs., Jan. 8 in the Department of Human Services building. It will offer a wide array of services for job and career search for all citizens. Interactive software will be available as well as help with resumes.

Art Club hears Paul Friske

The Brazos West Art Club met Jan. 12 at the Haskell National Bank Community Room. The club members brought food and the hostesses set a beautiful table with vegetables, salads, breads and desserts as beautiful confections and hors'd'oeuvres. Our study of art is applied to the setting of the table and food decorations.

Paul Friske, a well-known Abilene artist, was the guest artist for the program. His expertise was interesting in the way, he used his brush in applying the oils to the canvas to paint a beautiful picture.

Betty Berry and Martha Spitzer reported on the committees knowledge of the repainting of the mural.

Those present were Martha Spitzer, Peggy Middlebrook, Dorothy Brown, Edna Wahlen, Jeanie Lyckman, Dena Cunningham, Florence Larned, Fern Livengood, Betty Berry, Clara Gholson, Ruth Ann Klose and

Gladys O'Neal.

Quote: Artist Pie

In one ordinary individual, sift together 4 cups incentive and 8 cups hard work. Beat in 1/2 cup determination and 6 oz. creativity. Gradually add 2 tablespoons of color, 3 teaspoons of design, 2 1/2

teaspoons of value, 1/4 cup composition. Mix thoroughly. Fold in 1/2 cup imagination and season with a pinch of humor. Stir until boiling, simmer ten years, then let cool.

Serve with a gallery. Yield: 1 artist.

Rick Montez speaks to Philadelphian Club

The Rule Philadelphian Club met Thurs., Jan. 15, in observance of Federation Day.

Rick Montez of Aspermont Small Business Development Center, Inc. of Aspermont, spoke briefly to the group on the many services which included transportation, emergency assistance, outreach/information referrals, counseling services and SBA "loan package" assistance. Brochures were handed to members with available information.

Program director for the day was Orheana Greeson who led members in the pledge to the United States flag. Federation news was given by Nell Estes who read an article from the TFWC Womens magazine of, "Take Time to Think, Read, be Friendly, Laugh, Give, Work,

Charity, Love and Beloved, and Pray.

Greeson reminded members of Americanism Day observance during the Feb. 19 meeting, with members meeting at 2 p.m. in the Fellowship Hall of Rule First Baptist Church for a video program and talk to be presented by Mary A. VanDeventer of Lueders, a former member of the Womens Air Service Patrol (WASP), telling of women serving during World War II.

A fellowship time followed with refreshments being served by hostesses, Orheana Greeson and Oleta Cornelius. The serving table was covered with a beige cloth and held an arrange of chrysanthemums in a straw basket.

Births

Big brothers, Taylor and Cody, welcomed to the world a sister, Hailey Michelle Letterman, Jan. 5, 1998 at 8:56 a.m. Hailey's proud parents are Danny and Lori Letterman of Andrews.

Grandparents are Jerry and Sheila Benson of Munday, and Opal Letterman of Haskell. Paternal great-grandmothers are Mildred Letterman of Muskogee, Oklahoma and Lillie Windham of Granbury. Hailey weighed 6 pounds 14 ounces and measured 19 1/4" long.

Brenley Camille Waters, daughter of Shannon and Heather Waters of Stephenville, was born Nov. 14, at 8:50 p.m. in Hendricks Medical Center, Abilene. She weighed 8 pounds, 1 ounce and was 21 inches long.

Her gandparents are Hal and Cindy Guess of Weinert, Bud and Carol Moorefield, of Stamford and Don Waters of Albany.

Great-grandparents are Lindo and Sarah Guess of Weinert, Gene and Dorothy Brown, Munday, Jack and Joyce Hill, Stamford, C. E. and Martha Nixon of Albany and Jim and Bonnie Moorefield, Stamford.

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Nancy Toliver reminded members that district reports were to be completed and returned to her by Jan. 25. Haskell Progressive Study Club has been asked to host Texas Federated Womens Club, Mesquite District Spring

Hospital

Admissions
Drucilla Morton, Munday
James Crawford, Haskell
Linnie Hickman, Haskell
Nina Dunnam, Haskell
Claude Edwards, Jr., Rule
Silvestre Ozuna, Haskell

Dismissals
Alma Smith, Luther Rousseau,
Marsha Vasquez, Orbynce
Littlefield, Marcus Vilka, John
Rousseau, Tommy Watson.

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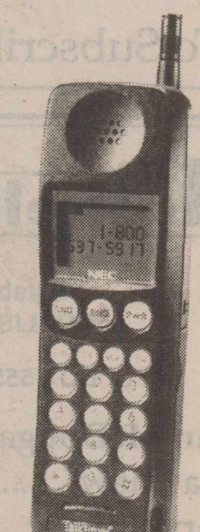
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Sagerton News

By Dorothy M. Clark

The New Year is well underway and this finds most everyone of the community gearing up for the activities scheduled each week. Basketball continues to be the predominate activity for school students, parents and grandparents with stock shows following.

Two of our local students did real well at the Tri-Area show in Stamford last weekend. Josh Freeman, son of Tony and Billie Jo, received first place and Champion with his heavyweight hester white barrow, second and Reserve Champion with her Heavyweight Poland/Spot. Mozelle Manske's grandchildren were outstanding in the same show. Congratulations to all these students. You work hard with your animals and the work pays off.

The January Birthday Club met at the Cliff House last Monday night for its regular dutch treat dinner with Carl and Berniece Lunn as hosts. Enjoying the night together were Clancy and Helen Lehrmann, Fred and Billy Kupatt, Marvin and Verlene Stegemoeller, Louis and Joyce Rinn, Herbert and Christine Stremmel, Melvin and Annella Baitz, Jack and Gay Peters, David and Leona Letz, Alvin and Ev Ulmer, Clarence and Rachel Teichelman, Esther Kinman and Joe Clark.

The Men's breakfast was held at Faith Lutheran Church with Lewis Corzine, Marvin Stegemoeller, Marchel Nauert, Jack Jones, Clancy Lehrmann, Clarence, Ronnie and Ross Teichelman, Carl

Lunn, Leon Stegemoeller, David Letz, Dean Quade, Fred Kupatt and Clayton Stegemoeller in attendance.

Our sympathy is extended to Marie Zell upon the death of her father, Cecil Kohl. Pastor and Marie were in Toronto, Canada this past week for the memorial service.

The Friendship Club met at Faith Lutheran Church Thursday noon. The birthday song was sung for Minnie Monse and Alvin Ulmer. Present for the day were: Delbert and Joyce LeFevre, Doris Lehrmann, Minnie Monse, Isabell Mrazek, Alvin and Ev Ulmer, Frances Clark, Larry LeFevre, Herbert Lammert, Jack Tabor, Bubba Mrazek and Ed Fouts.

The monthly community meeting was held at the center Thursday night with Corene Lowack, Mary Neinast, James Gellner, Wilma Teichelman and Frances Clark serving as hosts and furnishing fried chicken for the meal. Annual reports were given during the business meeting that followed and all present officers were re-elected. Bids will be taken again for mowing the park, community center grounds and cemetery. Bids shall be turned in by March 5 to Joyce LeFevre, Dorothy Toney or Leon Stegemoeller. It was decided to skip the February meeting and hostesses for the March meeting will be Dorothy Toney, Helen Lehrmann, and Dorothy Clark. Special guest for the evening was Penny Young. Larry LeFevre

reported that the Hee Haw script was being written for the upcoming production the last of March. Those in attendance included Alvin and Alice Bredthauer, Larry LeFevre, Charles and Dorothy Clark, J. B. and Dorothy Toney, Joe and Dorothy Clark, Alvin and Ev Ulmer, Jack Tabor, G.W. and Ophelia LeFevre, John and Sue Guinn, Leona Letz, Frances Silba, Bill and Margie Hertel, Clancy and Helen Lehrmann, Margaret Wendeborn, Delbert and Joyce LeFevre and Ken Brown.

Harvey and Marion Stegemoeller of Evanston, Illinois visited overnight with Delbert and Joyce LeFevre Friday on their way to Arizona.

Thirty-eight farmers met at the local gin Wednesday morning for breakfast and a visit with Congressman, Charlie Stenholm. On February 4 there will be a meeting with Lindy Patton, head of the Boll Weevil Eradication Program. Farmers are urged to attend this meeting at 6:00 a.m.

Josh Freeman made the "A" honor roll for the first semester at the Stamford Schools.

Students in the news

Robert Huff, son of Mr. and Mrs. Dale Huff, and Sarah Cothron, daughter of Mr. and Mrs. Steve Cothron, all of Haskell, are among the 1,038 Harding University students included on the school's Dean's List for grades achieved during the spring semester at the university.

Huff, a senior majoring in mathematics, and Cothron, a freshman majoring in international studies, attended Haskell High School before entering Harding.

Casey Burgess of Haskell, a student at Bryan College, in Dayton, Tenn. was named to the Dean's List for the fall 1997 semester.

To be eligible for the Dean's List, a student must earn at least 3.5 grade average on Bryan's 4.0 scale.

Burgess, son of Brian and Jennifer Burgess of Haskell, was recognized for his academic achievement.

The Dean's List is published each semester by Dr. Neale Pryor, vice president of academic affairs, honoring those who have achieved high scholarship. To be eligible, a student must be carrying 12 or more hours and have an average scholarship level of 3.50 minimum.

Rice Springs Care Home News

By Judy Wolsch

The residents and staff of Rice Spring Care Home would like to welcome you to our little corner of the world. We hope to be able to bring you each week, a little bit of what's happening!

As we begin a New Year, we should realize what a blessing it is to enjoy another year of life. So with this thought in mind we give thanks for Harvey Medford, Nell Rogers, Beluah Ross, Ouida Shubert, and Nina Dunnam.

Harvey Medford turned 90 on Jan. 17. He was honored with a 90th birthday party. Nell Rogers followed right at his heels, also turning 90 on Jan. 18. Beluah Ross celebrated 85 years on Jan. 3. Ouida Shubert will be checking in at 84 on Jan. 24. Nina Dunnam enjoyed 82 years on Jan. 15.

We would also like to give a warm welcome to our new residents and their families. Sarah Hodge, Elsie Schaake, Clyde Flecter, Lonelle McCandless, and Homer Josselet will be joining us on Jan. 19.

The welcomes continue to include the new staff Arturo Anchondo, our new janitor. Roxanne Wagnor, CNA will be joining our nursing staff.

A few changes has come about with our staff. Danny Stocks has left our facility and we wish him the best on his new job. Alvina Alvarez will be taking over in maintenance department. Reba Cheyne will be housekeeping and laundry coordinator.

We wish to express our deepest sympathy to the families of Lucy Fulbright, Lena Dreger, Alton Middleton and Bobby Anders. We will miss our residents and it is our sincere hope that the families will continue to visit with us.

Friends come to us in different

forms. A surprise volunteer stopped by to do some sewing for our residents, as part of community service.

Visiting with Ora Childress was her daughter and husband from Oregon, Mr. and Mrs. Billington.

We are trying to make our community aware of the most important change in our home, the Eden Alternative. This concept brings together nature in different forms plants, animals and humans to co-exist together and create a peaceful and rewarding environment.

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presented by
The Munday Chamber of Commerce
Munday Elementary School
(Highway 222 W. - Knox City Highway)
Munday, Texas

Saturday, January 17, 1998
10 a.m. - 4 p.m.

Viewers Choice Awards
Demonstrations • Merchant Mall
Donation Quilt • Door Prizes
Quilts For Sale

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Haskell School Menu

JAN. 26-30
Breakfast
 Juice or fruit and milk are served daily on the breakfast menu.
Monday: Cereal, toast, jelly
Tuesday: Breakfast burrito
Wednesday: Blueberry muffins
Thursday: Biscuits/gravy, sausage
Friday: No School
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: Beef and vegetable stew, grilled cheese sandwich, applesauce, peanut butter/crackers
Tuesday: Chalupas, grated cheese, lettuce/tomatoes, seasoned corn, cinnamon roll
Wednesday: Chicken fried steak, cream potatoes, seasoned English peas, hot rolls, fruit jello
Thursday: Hamburger, french fries, hamburger trimmings, orange
Friday: No School

Head Start Menu

Jan 26-30
 Milk served daily with breakfast. Menus subject to change without notice.
Breakfast
Monday: Cream of wheat, pineapple chunks
Tuesday: Waffle w/syrup, orange juice
Wednesday: Corn flakes, strawberries
Thursday: Toast, pears
Friday: No School
Lunch
 Milk served daily with lunch.
Monday: Baked chicken leg or thigh, green beans, mixed fruit, bread

Tuesday: Deli ham/turkey sandwich, carrots, apple wedges
Wednesday: Meat loaf, mashed potatoes, apricots, roll
Thursday: Macaroni and cheese w/ham, mixed vegetables, orange wedges
Friday: No School
Snacks
Monday: Orange wedge, slice cheese
Tuesday: Pudding, vanilla wafers
Wednesday: Cheese/crackers, apple juice
Thursday: Cinnamon graham cracker
Friday: No School

Paint Creek School Menu

January 26-30
Breakfast
 Milk and juice are served daily.
Monday: Toast, jelly
Tuesday: Biscuits, gravy
Wednesday: Pancakes and sausage
Thursday: Cereal
Friday: Donuts
Lunch
 Milk is served daily.
Monday: Steakfingers, gravy, fries, toast, salad, applesauce

Tuesday: Hot dogs, chili, cheese, baked beans, chocolate cake
Wednesday: Hamburgers, tomatoes, cheese, pickles, onions, lettuce, jello, tator tots
Thursday: Roast beef, scalloped potatoes, fried okra, rolls, pears
Friday: Tuna, ham, cheese, lettuce, pork and beans, pickles, chips, ice cream

ECC Calendar and Menu

Monday, January 26
 Lunch—Chili/beans, tossed salad, onions, cornbread, applesauce cake, milk, tea or coffee.
Wednesday, January 28
 Exercise—10:30
 Lunch—Peppered steak, potatoes, corn, lime jello salad, chocolate pudding, milk, tea or coffee.

Friday, January 30
 Lunch—German sausage, B.B.Q. sauce, green beans, potatoes, suga cookies, milk, tea or coffee.
 All over 60 are invited to come and eat. Call 864-3875 for transportation to the center or for home delivered lunches for the sick or disabled.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 1432 head of cattle at its sale on Saturday, January 17, according to Gary Tate, reporter.

The market is \$2 to \$3 higher on all classes of cattle.
 Cows: fat, .34-.39; cutters, .35-.40; canners, .18-.28.
 Bulls: bologna, .45-.48; feeder, .64-.71; utility, .44-.47.
 Steers: medium and large frame No. 1 200-300 lbs., 1.00-1.20; 300-400 lbs., .90-1.15; 400-500 lbs., .87-1.00; 500-600 lbs., .80-.94; 600-700 lbs., .74-.84; 700-800 lbs., .72-.76; 800-up lbs., .68-.73.
 Heifers: medium and large frame No. 1 200-300 lbs., .78-.93; 300-400 lbs., .74-.85; 400-500 lbs., .72-.84; 500-600 lbs., .70-.82; 600-up lbs., .64-.75.
 Bred Heifers: medium frame 425-575.
 Bred Cows: young to middle aged, 500-700; aged or small, 425-525.
 Cows with calves: medium frame No. 1 young and middle aged, 630-780; small or aged; 475-525.

This Week's Devotional Message:

IF YOU HAVE PUT IT OFF TOO LONG, START DOING IT NOW



You may have noticed that some of those New Year's resolutions you made were the result of procrastination on your part. For example, that medical check-up you have put off for so long that now you're afraid to go; or that book you borrowed months ago that you haven't even read yet, let alone returned; or that committee mailing list you should have updated long before now, etc. If all of this sounds familiar, there is one thing

you should do without any further delay; and that's to pay a visit to your House of Worship, where the lessons will give you the courage and stamina you need to tackle all that unfinished business. Those neglected duties will not go away by themselves, but will just hang there like an ever-darkening cloud until you do something about them. So let God help you start the year with a clean slate, and don't wait any longer to ask Him.

ATTEND CHURCH THIS SUNDAY

HASKELL
East Side Baptist Church
 David Page, pastor
 Sun. 8:30 a.m., 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m.
 600 N. 1st East, Haskell

Christian Church
 Dusty Garrison, minister
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
 107 N. Ave. F, Haskell

Church of God
 Eric Clark, pastor • 864-2021
 Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.
 East Hwy 380, Haskell

Trinity Lutheran Church
 Gary Bruns, pastor
 Sunday School 9:30 a.m., Worship 10:30
 Hwy 380 East, Haskell

Iglesia Bautista El Calvario
 Vergil Smith, interim pastor
 Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.
 607 S. 7th, Haskell

First United Methodist Church
 Shane Brue, pastor
 Sun. Morn. 9:45 a.m., 10:50 a.m. 6 p.m.; Wed. 6 p.m.
 201 N. Ave. F, Haskell

First Assembly of God
 Rev. J.C. Amburn
 Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.
 1500 N. Ave. E, Haskell

St. George Catholic Church
 Father Michael Melcher
 Sat. Mass 7:15 p.m.; Sun. Morn. 9:00 a.m.
 901 N. 16th, Haskell

Church of Christ
 Dale Huff, minister
 Sun. Morn. 9:30 a., 10:30 a., 6 p.m.; Wed. 7:30 p.m.
 510 N. Ave. E, Haskell

First Presbyterian Church
 Jasper McClellan, pastor
 Sun. Morn. 9:45 a.m., 11:00 a.m.
 306 N. Ave. E, Haskell

Trinity Baptist Church
 Rev. Kenneth Blair
 Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 7:30 p.
 401 S. Ave. D, Haskell

Hopewell Baptist Church
 John Lewis, pastor
 Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
 908 N. Ave. A, Haskell

Greater Independent Baptist Church
 Rev. Camellia Wade, pastor
 Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.
 301 N. 3rd St., Haskell

New Covenant Foursquare
 Freddy Perez, pastor
 Sun. Morn. 10 a., 11:00 a., 6:30 p.; Wed. 7 p.m.
 200 S. Ave. F, Haskell

Mission Revival Center
 Rev. William Hodge
 Sun. Morn. 10 a.m., 11 a.m., 6 p.m.; Tues. 6 p.m.
 1600 N. Ave. B, Haskell

First Baptist Church
 Jim Turner, pastor
 Sun. Morn. 9:45 a., 10:55 a., 6 p.m.; Wed. 7 p.m.
 301 N. Ave. E, Haskell

Church in the Park
 Rev. Tim and Suzann Townsend
 Sun. Morn. 10:30 a.m. Wed. 7 p.m.
 Gazebo or Pavillion

PAINT CREEK
Paint Creek Baptist Church
 Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m.
 Paint Creek

WEINERT
First Baptist Church
 Joel Rister, pastor
 Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.
 Weinert

Weinert Methodist Church
 Rev. James Patterson
 Sun. Morn. 9:45 a.m.
 Weinert

Weinert Foursquare Church
 Rev. Joyce Goossen and Rev. Diane Crownover
 Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m.
 Weinert

ROCHESTER
Church of Christ
 Steve Willis, minister
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m.
 West on Main Street, Rochester

First Baptist Church
 Ed Buerkle, pastor
 Sun. 11:00 a.m., 6 p.m.; Wed. 7:00 p.m.
 500 Main, Rochester

Union Chapel Baptist Church
 Rev. Andrew
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
 Rochester

Faith Chapel of Rochester
 Katherine Byrd, minister
 Sun. Morn. 10 a.m., 11 a.m., 7 p.m.
 Hwy 6, Rochester

First United Methodist Church
 Dolan Brinson, pastor
 Sun. Morn. 10:00 a.m., 11:00 a.m.
 Rochester

SAGERTON
Sagerton Methodist Church
 Daniel Ramey, pastor
 Sun. Morn. 9:30 a.m.
 Sagerton

Faith Lutheran Church
 Jeff Zell, pastor
 Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.
 Sagerton

RULE
First Baptist Church
 Scott Hensley, pastor
 Sun. Morn. 9:45 a., 11:00 a., 6 p.m.; Wed. 7 p.m.
 1001 Union Ave., Rule

Primitive Baptist Church
 Dale Turner Jr., pastor
 First & Third Sundays 10 a.m.
 Corner of 8th & Robins, Rule

Church of Christ
 John Greeson, minister
 Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m.
 811 Union, Rule

First United Methodist Church
 Daniel Ramey, pastor
 Sun. Morn. 10:50 a.m., 6 p.m.
 1000 Union Ave., Rule

New Life Baptist Mission
 Jesus Herrera
 Sun. Morn. 10:00 a.m., 11:00 a.m.
 Elm Street-Hwy 380 E, Rule

Sweet Home Baptist Church
 Matt Herrington, pastor
 Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.
 Gladstone Ave., Rule

West Bethal Baptist Church
 Rev. Robert Sweet
 Sun. Morn. 10 a., 11 a., 8 p.m.; Wed. 7:30 p.m.
 300 Sunny Ave., Rule

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NEW FUEL STOP—Sam Bitner cut the ribbon on the new one stop fuel service operation on the Modern Food Stores lot, which he says will offer Haskell the lowest gasoline prices in 15 years. The new IGA fuel concept will accept all credit cards, have manned attendants from 7:30 a.m. to 9:00 p.m. and will offer fuel with value added in the form of coupons. Employees of the station will be Bob Gray, Joe Cortez, Wayne Bradford and Tim Townsend.

Family celebration is theme of school meeting

On Jan. 13 many families at Haskell Elementary School were present during a family celebration evening sponsored by Partners for Children. The evening's program, designed around a Super Bowl theme, centered on individual strengths of all family members. After sharing a wonderful meal, 'coaches' led the audience through twelve major plays that healthy families use.

These 'plays' are: develops trust, teaches respect, values differences, believes in commitment, maintains boundaries, shares responsibilities, communicates effectively, develops problem-solving skills, establishes

roots, accepts change, share beliefs, and seeks help.

Parents and children made a collage of positive words describing each family member. Parents are so determined to help their children improve that often the things their children are doing wrong gets most of the attention and not the areas in which they are excelling. The evening was spent on looking for the positives. It is not the number of strong traits families possess that is important; it is their willingness to recognize these strengths and continue building on them. Parents were encouraged to watch throughout the

week for signs of family strengths and to think of ways to build upon them.

The goal is to help children develop friendships and develop responsibility. Taking the initiative to do what needs to be done and being flexible and organized will not only be assets in school but in helping get and maintain good jobs. Practicing common sense and patience and perseverance are other healthy qualities of successful individuals.

Displaying a sense of humor to laugh and be playful without hurting others is a most important skill for daily living.

Students visit Rotary Club

Jeremy Harlan, son of Karen Ratliff is a member of the high school Golf Team and the National Honor Society. His activities include the Academic Challenge Team and UIL Computer Programming.

Special awards and recognitions include District Medalist Golf, 1996, District Champion Team Golf, 1996, and Regional Qualifiers Golf, 1996-97.

Jeremy is a member of the Baptist church. His hobbies are golf, basketball, hunting and music.

His future plans include seeking a degree in Pharmacy, perhaps starting out at the University of Texas at Arlington, and then transferring to some other major college after completing the basics.

Philip Huff, who plans to become a mathematician, attending Harding College after high school, is the son of Dale and Diane Huff.

School activities for Philip include athletics, band, National Honor Society and Fellowship of Christian Athletes. Special awards include having the highest average both sophomore and junior years, District Champion Tennis, sophomore and junior years, Division I, State Piano Solo, sophomore and junior years, and

honorable mention defensive player of the week, *Abilene Reporter News*.

Philip's hobbies include exercising, music, fishing and reading. He is a member of the Church of Christ.

Marci Elmore is the daughter of W. O. and Mendi Elmore. A member of East Side Baptist Church, she plans to major in communications at Howard Payne University, with a specialization in public relations. Eventually, she

plans to work in a large Christian organization.

Her school activities include band, Clean Slate Organization, National Honor Society, and Literary Editor of the *Chieftan*. She was voted most likely to succeed, participated in One Act Play contest, toured the United States with the Young Continental Singers, Summer 1995, and was Band Captain.

Marci's hobbies are reading, singing, roller blading and spending time with family and friends.

Haskell County Appraisal District REMINDER TO TAXPAYERS January 31, 1998

is normally the last day to pay your 1997 taxes and void penalty and interest charges. Since January 31, 1998 is on a Saturday, Section 1.06 of the Texas Property Tax Code provides for payment to be made up to and including February 2, 1998.

Haskell Soil and Water Conservation District Windbreak Order

Available Trees

Bareroot Seedlings:

	Size	Price
Russian Olive	18"	1.00
Desert Willow	18"	1.00
Red Oak	18"	1.00
Green Ash	18"	1.00
Catalpa	18"	1.00
Bur Oak	18"	1.00
Evergreens (Tube Pack)		
Afghanistan Pine	12"	2.00
Red Cedar	12"	2.00
Afghanistan Pine	24"	5.60

Due to variables in weather conditions and care required by planter, no guarantee of livability is made.

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Haskell Soil and Water Conservation District

WITH YOUR ORDER AND AVAILABILITY INFORMATION.

Phone 940-864-8516 or 864-2010

ORDER DUE DATE: FEBRUARY 19

Around Town

By Joyce Hawkins

Vistors in the home of Christine Poteet and Mike Poteet were Tommy and Anita Goode of Throckmorton; Sherri, Dee and Danielle Jackson of Throckmorton; Jimmy, Becky, Heather, Jamie and Nathaniel Goode of Moore, Ok; Corey, Dawn and Amber Goode of Silver Springs, Md.; Gene and Wanda Poteet, New Mexico; Kevin and Julie Madine of Cloves, New Mexico; Brad and Jill Poteet of Springtown; Steve, Gaylyn, Tory and Levi Poteet of Fort Worth; Travis and Kira Poteet of Haskell; Cleo Collins of Knox City; Roland and Joyce Offutt of Fort Worth; Dan, Lisa, Tarra and Taryn Torres, Seymour; Richie Poteet of Seymour; Lorie Offutt of Fort Worth; Gary Offutt of Fort Worth; Tommie, Betty, Aaron and Megan Collins of Forth Worth; Bud and Sequoyah Reynolds of Knox City; Billy Bob, Cindy, Kursten and Keeyan Reynold of Hamlin; Harvey and Virginia Reynolds of Abilene; Danny, Vickie, Jacob and Jarred Reynolds of Abilene; Linda Poteet Dewberry of AK; Audrey and Loretta Poteet of OK; Reba Poteet Landthrip of AR; Lyndell and Sherrie Poteet and children of Austin; Denia and Ray Sissom, Lee and Eddie Joe McDonald of Silver City, New Mexico.

The 1998 Ms. Texas Senior Midwest pageant, The Age of Elegance was held Saturday evening at the Civic Center. Bernice Hilliard and her daughter, Pat Shaw, attended the pageant. Bernice spent the weekend with Ellen Hilliard and Jean Ballard.

Elsie and Kimberly Mayers of Bryan, spent several days with parents Mr. and Mrs. Joe Ruiz. While Mrs. Ruiz was hospitalized at Hendrick.

Dora Hollie had her son, Walter (Bo) Haley of Vernon visit her on Thursday.

On Saturday, Mrs. Frankie Don White of Jacksboro, spent the day visiting with her dad, Joe Davis in Hendrick Hospital. Frankie Don spent the day with his parents, Mr. and Mrs. Frank White, and they all went to Seymour to visit daughter and sister, Mr. and Mrs. James Reding.

West Bethel wants to thank every one that helped make the Dr. Martin Luther King, Jr. Memorial a wonderful success. A special thanks to Dulaney Abstract Co.,

Tom Turner and the Haskell National Bank. Rev. Dever, House of Deliverance, Munday, brought the morning message from Daniel 1:14. Rev. Robinson, West Buclah, Munday, brought the evening message from I King 3:5. Sister Gussie Billington directed

the music. Other guests were Rev. Smith, Weeping Mary, Anson; Elder Ward, Liberty COGIC, Knox City; Elder Hodge, Revival Center; Rev. Lewis, Hopewell, Haskell; Rev. Jackson, Whirlwin, Aspermont.

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ALL MEN are encouraged to attend this practical study led by Pastor David Page.

FOR MEN ONLY

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7 p.m. to 8 p.m.

East Side Baptist Church

Juniors and Senior in High School are invited.

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Ann Decker, Administrator

The Senior Quarterly

A Quarterly Production of The Haskell Free Press

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8 PAGES

Dr. Cadenhead still working at a job he likes

by Mary Kaigler
It doesn't take one long, when talking to quiet spoken Dr. James Frank Cadenhead, Jr., of Haskell, to realize that he is a man of deep convictions and strong commitments to the callings of his profession and his God.

Through events of a lifetime already spanning seven decades, he is convinced that nothing in life is a coincidence; believing instead that there is a plan, a reason and a purpose for all that happens.

From the age of six or seven, when he began to go on house calls with his father, Dr. J. F. Cadenhead of Weinert, there was never a doubt in his mind that he would become a doctor. From that time one, he says, his eyes and everything he did were focused on having a family practice in general medicine.

Finishing Weinert High School at age 15, he enrolled in Hardin-Simmons, graduating in three years with a degree in chemistry and biology, and receiving the Friley Medal for High Honors in science.

From there he went to Vanderbilt University Medical School in Nashville, Tenn., while a member of the Air Force Reserve. (Interestingly, while living there in the home town of the Grand Ole Opry, he ate at the same boarding house with entertainer Minnie Pearl, and had Roy Acuff as a patient.)

When he finished Vanderbilt Medical School at age 21, he expected and wanted to do his internship at John Peter Smith Hospital (Harris Hospital) in Fort Worth, where his father had interned. However, missing that opportunity by only two days, he was sent by the Reserve to San Antonio instead.

On his third day there, he went on a blind date that affected his life considerably; he met Billie Buntyn, a nurse from Mississippi. Not only did he go on to teach her in obstetrics class, he also married her in a San Antonio Methodist Church in 1946, the year he had to go into the service.

From Shepherd Air Force Base in Wichita Falls, he went to Goodfellow Field in San

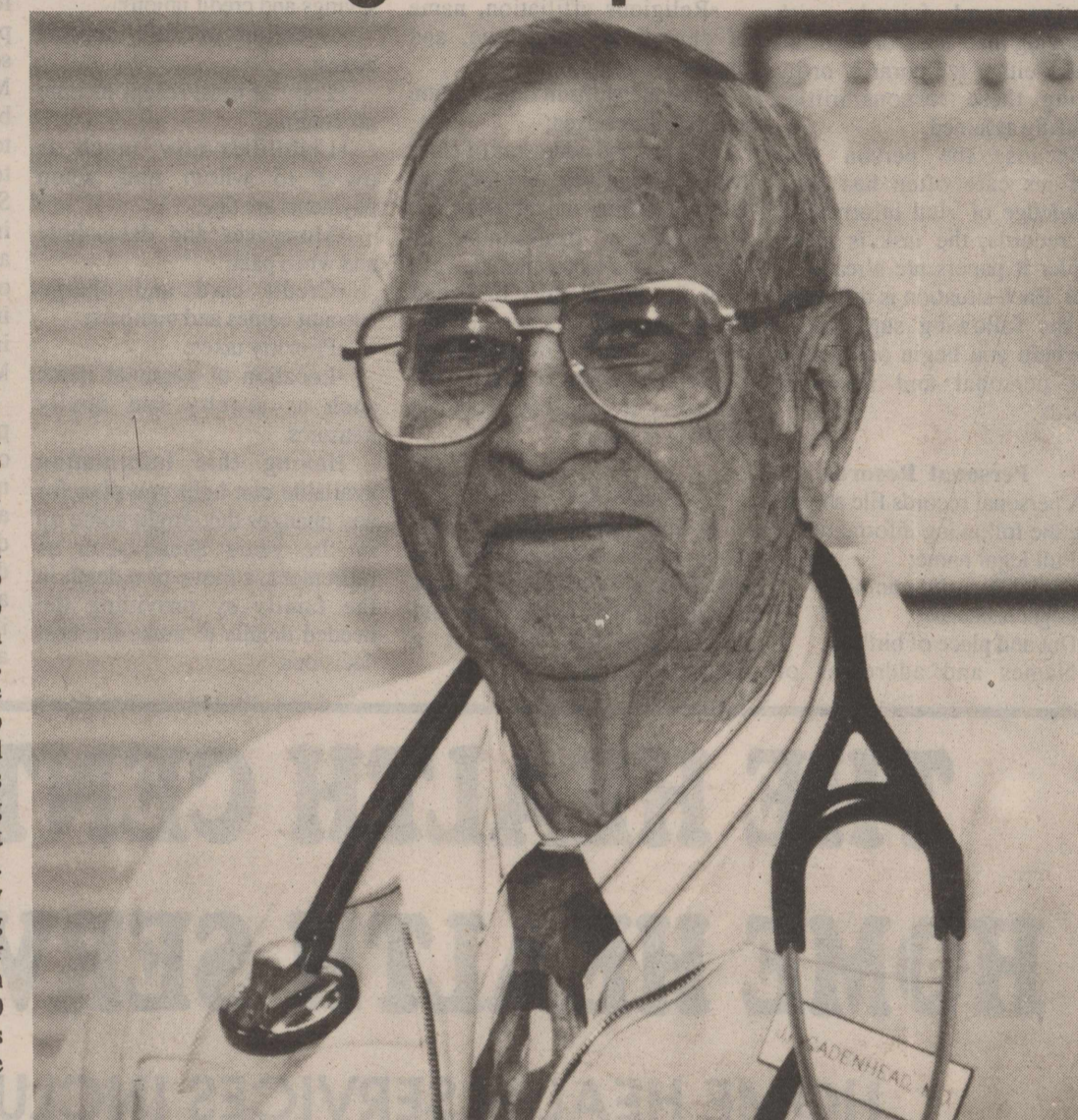
Angelo, where he made the rank of captain and was Chief of Medical Staff. There he taught Chinese, Brazilian, Argentinean and American pilots.

Knowing that his father was ill, Frank came home to assist him in his practice for a few months. Plans to set up his own practice in Alpine were changed when Dr. Ernest Kimbrough invited him to come to work with him in Haskell. On July 1, 1947, Dr. Frank, (as he has affectionately been called by his patients for the last 50 years), opened his practice in Haskell.

During the Korean War, in 1953, he was called back into the service for a year to go to Reese Air Base in Lubbock as a flight surgeon. On March 13, the day before he was to leave Haskell for Lubbock, he had to put the Air Force order on hold for a time, to tend the victims in the aftermath of the big tornado in Knox City, which left many wounded and several dead. For a week he was assisted by doctors from several surrounding towns and counties. Except for the epidemic of a virus which mysteriously struck 200 to 300 Haskell people at one time, this was the worst community-wide disaster he has encountered.

In the years of his practice, Dr. Cadenhead says he has treated almost everything imaginable, yet the ways things are treated have made phenomenal changes since he started. "About the only thing we could do for a heart then was to sew it up if someone got it cut with a knife. Now, with all the breakthroughs in medications and technology, it is wonderful what can be done." He added that the only thing he can think of that was used fifty years ago and is still being used today is aspirin.

Although he still sees patients in his office, he gave up hospital work ten years ago. For forty years he worked in surgery, obstetrics, office and hospital. Loving every aspect of it, he says the most pleasurable part was delivering babies. He estimates that they number about 2500 to 3000, even extending into second and third



DR. FRANK CADENHEAD

generations in some families. "I miss that (obstetrics) the most," he said, "along with the surgery."

In April, 1978, he was joined at the Haskell Clinic by his son, Dr. Wayne Cadenhead. Dr. Frank says that this association has been one of his greatest joys and honors as a father.

Speaking of honors given him as a physician, Dr. Cadenhead considers his greatest was in receiving in 1994, the prestigious Keeter Award for outstanding service, which is given to alumni of Hardin-Simmons University. He still serves on the board of development of the University.

Also treasured is an engraved plaque hanging in his home presented him on Jan., 8, 1991 by the Taylor, Jones, Haskell County Medical Society. It reads, "In recognition of a

lifetime of exemplary commitment and service to your family, patients, church and community."

Proud of his four children and twelve grandchildren, Dr. Cadenhead says his family and his church have been his most rewarding things in life.

Since Jan., 1955, he has been a deacon of the First Baptist Church of Haskell, and active in church missions. In 1979 he and his wife, Billie, went on their first mission, a trip to North Yemen, where he worked for a month as a surgeon. Since then they have been on six mission trips to Venezuela, and one to Zaire in 1994, treating refugee children.

Presently they are planning to return to Venezuela in March next year on another medical mission trip. Both look forward

to again seeing a place they have discovered in Venezuela that is "absolutely the most beautiful spot on earth."

Staying in shape by following a continued regimen of exercise and proper dietary habits, they find they are able to withstand the rigors of mission trips better than most of those half their ages.

After fifty years, at a time when one might ordinarily begin to think of retiring, Dr. Frank Cadenhead says that he has indeed thought about it. He also has a great philosophy about it.

"People retire to finally have the time to do what they like to do," he said. "I'm already doing what I like to do. As long as I feel like doing it, why should I retire?"

The answer to that is obvious; he is committed to it.

Getting your personal and financial affairs in order

Reprinted by permission from *Secure Retirement*

One thing each of us, young and old, can do to plan for the future is to get our financial and personal records in order. These records can be useful for budgeting income, for making investments, or for retirement and estate planning. Older people may sometimes need help from relatives and friends with managing their legal or financial affairs—either temporarily or by having these responsibilities gradually assumed.

Because the person who provides care often has little knowledge of vital information and records, the task is much simpler if papers are already in order. Each situation is different, but the following suggestions may help you begin organizing your personal and financial records.

Personal Records

A personal records file should have the following information:

- Full legal name;
- Social Security number;
- Legal residence;
- Date and place of birth;
- Names and addresses of

spouse and children (or location of death certificate if any are deceased);

- Location of will or trust;
- Location of birth certificate and certificates of marriage, divorce or citizenship;
- List of employers and dates of employment;
- Education and military records;
- Religious affiliation, name of church or synagogue, and names of clergy;
- Memberships in organization and awards received;
- Names and addresses of close friends, relatives, doctors and lawyers or financial advisors;
- Requests, preferences or prearrangements for burial.

A family member or friend should know the location of this personal records file and of all important documents. It is not necessary to reveal the contents of wills or trusts.

Financial Records

A financial records file is a place to list information about insurance policies, bank accounts, deeds, investments and other valuables. Here is a suggested outline:

- Sources of income and assets (pension funds, interest income, etc.);
- Social Security and Medicare information;
- Investment income (stocks, bonds and property);
- Insurance information (life, health and property) with policy numbers;
- Bank accounts (checking, savings and credit union);
- Location of safe deposit boxes;
- Copy of most recent income tax return;
- Liabilities—how much is owed to whom and when payments are due;
- Mortgages and debts—how and when paid;
- Credit card and charge account names and numbers;
- Property taxes;
- Location of personal items such as jewelry and family treasures.

Having this information available can help you plan for any changes that might come up in the years ahead—such as retirement, a move or a death in the family—by providing the needed details to make the best decisions.

An important consideration in financial planning is the cost of medical services and long-term care, although there is often no easy way to determine how to meet these future needs. It is important to learn what is and what is not covered by Medicare. For example, Medicare does not cover most nursing home or home care. Medicaid, a program for people with limited income, pays for some community services. New laws may change Medicare or Medicaid coverage, but meanwhile, you may wish to explore the developing long-term care insurance options. State laws vary, so it is important to check with your area agency on aging, a lawyer or financial planner for information related to estates, inheritances, taxes, insurance, Medicaid or Medicare.

Caring for an older person or preparing for your own old age can be more successfully managed by making decisions and arrangements before a crisis develops. Three legal documents—power of attorney and a living will—can be helpful in assuming responsibility for another person's affairs.

A standard power of attorney or durable power of attorney can be set up to give one person power to handle personal or financial matters of another. Because the standard power of attorney loses its effectiveness if the principal becomes legally incompetent, a durable power of attorney continues even if the person becomes incapacitated.

A living will provides written instructions concerning health care in the event of a terminal illness. Living wills are recognized in most, but not all, states. The living will makes it easier for a person to know how to make difficult health care decisions on a relative's behalf, and can help avoid family conflict.

Resources

Consult a lawyer before setting up a power of attorney, durable power of attorney, joint account, trust or guardianship. Be sure to ask for the cost of a legal consultation before visiting a lawyer. For help in locating a lawyer, most libraries have legal directories, or write to the American Bar Association's Lawyer Referral and Information Service, 750 North Lake Shore Drive, Chicago, Ill. 60611.

Free legal and financial services are often available to help older people and their families. For assistance, contact your local area agency on aging, or one of the following organizations: National Association of Area Agencies on Aging, 1112 16th Street, N.W., Suite 100, Washington, D.C. 20036; the National Association of State Units on Aging, 2033 K Street, N.W., Suite 304, Washington, D.C. 20006.

Drugs can attack ulcer bacteria

The older you are, the more likely you are to become infected with *Helicobacter pylori* bacteria, the cause of peptic ulcers.

"If a patient is found to have this infection, it is important to eradicate it," says Dr. Walter Peterson, professor of internal medicine at UT Southwestern Medical Center at Dallas. "Not only can it cause peptic ulcers, but in rare instances it also can be a precursor of stomach cancer."

Peterson, a gastroenterologist, says a 10 to 14 day regimen of a combination of antimicrobial drugs is most effective for people who test positively for *H. pylori* infection.

Calories do count; adults need less to maintain weight

by Lou Gilly
Haskell Co. Extension
Agent

A calorie as a measure of the energy of fuel value in foods. The number of calories we need depends on activity and body size. Our bodies need less calories with age, especially if we are less active. Just to maintain and not gain weight, we may need to eat less.

Many Americans gain weight in adulthood, increasing their risk for high blood pressure, heart disease, stroke, diabetes, certain types of cancer, arthritis, breathing problems and other illness. Being overweight can be a hazard to good health—

therefore, most adults should not gain weight. If you are overweight you should try to lose weight, or at least not gain weight. If you are uncertain about your risk of developing a problem associated with overweight, you should consult a health professional.

If you have decided to lose some weight, you will need to take in less calories than you use. This will allow your body to use up the extra fat which it has stored. You can meet this goal by either eating foods with fewer calories or by increasing your activity—or both.

Some weight loss tips:

• Cut back on sweets, fried and other fatty foods. Eat a variety of foods including vegetables, fruits and whole grain products.

• Set a safe goal for yourself. Plan to lose no more than 1 to 2 pounds a week.

• Don't cut back on your calories too far. It is usually not safe to go below 800 calories a day. It's a good idea to consult your doctor before going on a diet, particularly if you have any health problems.

• Try moderately increasing your physical activity—such as regularly taking walks. A mile walk can burn as many as 100 calories. Start slowly, increasing gradually, and consult with your physician before undertaking strenuous exercise.

• Eat slowly and chew each bite thoroughly.

• Remember that you are building good dietary habits that can help you maintain desirable weight and keep healthy for many years to come.

Be careful with insulin when traveling

Insulin-dependent diabetics should be careful with their insulin when traveling.

Do not put it in the glove compartment or trunk of a vehicle, said Dr. Wayne J. Riley, director of the Travel Medicine Service at Baylor College of Medicine in Houston. Doing so can result in insulin deterioration if the vehicle is

exposed to extremely low or extremely high temperatures.

Specially designed insulator packs are the best means for transporting insulin on a trip, Riley said. If your destination is a hot climate, a cooler pack is also advisable.

Once you arrive at your destination, transfer the insulin to a refrigerator.



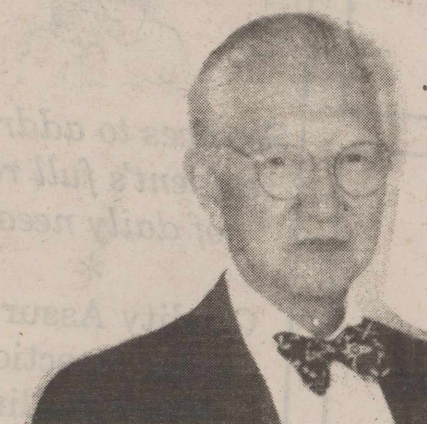
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Keeping Seniors Safe

Legal Matters - By Attorney General Dan Morales

John Smith, 77, gets a telephone call informing him that he has won a cash prize of \$40,000. The catch? Mr. Smith has to pay a fee with his credit card over the telephone to cover the so-called delivery costs.

Mr. Smith has the right answer for the caller: "I'll see you in court. Good-bye!" Unfortunately, telephone scams catch some seniors unaware. The fact is that seniors are about three times as likely as any other group to be victimized. Last year, the Office of the Attorney General investigated 827 consumer complaints about such scams.

TRIADs protect 72 Texas communities

Some senior are so trusting and so alone that people take advantage of them. We all have to work together to protect our elders. That is why I have been to TRIAD signing ceremonies in 72 Texas communities.

In each case, the sheriff, police chiefs and senior leaders have signed a three-way TRIAD agreement, establishing a cooperative effort to inform, protect and communicate with senior citizens. I hope to attend many more of these meetings. By the end of 1998, I hope to see 100 communities in Texas with TRIAD agreements.

Nearly all Texas TRIADs have advisory councils called Seniors and Lawmen Together (SALT). These advisory councils give the seniors the opportunity to let law enforcement know what they need. Areas where there is violence may focus on crime prevention and victim assistance. Where crime is less prevalent, a SALT council may concentrate on other kinds of service to meet the needs of elders.

Local programs make a difference

Several successful programs have grown out of the TRIAD

and their SALT advisory councils. Last April Fool's Day, for instance, the Amarillo Police Department and its SALT Council sponsored a "Don't Be Fooled Day" open house. The 218 people who attended, many of them seniors, were treated to tours of the Amarillo Police Department and give information on avoiding scams.

The SALT council in Burnet County helped implement an "Are you OK?" program. A computerized telephone system calls 100 seniors daily. If a senior does not answer after two calls, the automatic system alerts Sheriff Joe Pollock. Shortly afterward, a uniformed deputy sheriff knocks on the door of the house to check on the well-being of the senior. Sheriff Pollock's five-year-old program is credited with saving at least three lives.

The Bandera County SALT council and Sheriff James MacMillan have a similar telephone reassurance program, as well as a "Gatekeepers" program. Postal workers, electric cooperative meter readers, exterminators, and others who regularly stop at an elder person's house have been trained as "gatekeepers." They are alert for signs like mail from yesterday, old newspapers piled up at the door or a broken window. If the visitor thinks something feels "not right," he or she calls Sheriff MacMillan to check on that elder person.

Protection from the State

I am pleased with the progress we have made at the state level on behalf of seniors. Our efforts to combat elder abuse have been aided by legislative changes in 1997. Higher standards and increased penalties now protect seniors living in nursing homes.

The Office of the Attorney General filed cases against more than 40 nursing homes in Texas last year, and there will be more. We will continue to investigate and prosecute whenever we have reason to believe that older Texans are at risk.

For more information

For more information on TRIADs and other senior issues, please visit our Web sit at <http://www.oag.state.tx.us> or call the Consumer Education and Elder Outreach Division at 800-806-2092.

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Earning your trust since 1937

Older drivers may need new steering style

by Lou Gilly
Haskell Co. Extension Agent

In *Car & Travel* magazine, Stephanie Faul reports that the steering style you learned in driver's education may be outdated. Most of today's drivers were taught to drive with hands at the "10 and 2" positions. Today, however, experts recommend putting your hands lower on the steering wheel, with your left hand between 7 and 9 o'clock and your right hand between 3 and 5 o'clock. This lower position is easier on the shoulders, according to Dr. Francis Kenel, traffic safety consultant. By keeping your hands on the outside of the wheel, your forearms are also out of the deployment area in an air bag-equipped car. If your

hands are over the center of the steering wheel (housing the air bag), they'll be forced back if the air bag deploys, risking abrasion to the forearms and facial injury or cuts from rings, watches and other jewelry.

Other traffic experts recommend putting your hands on the outside of the steering wheel in a balanced position. Grip the steering wheel lightly and concentrate on finger pressure to get feedback from the wheel. Putting your hands on the outside of the wheel also encourages the "push-pull-slide" turning technique. Kenel states that, "for best control, let the wheel slide through your finger, or reverse the push-pull process to get it back to center steer."

Kenel claims that a lower hand position and push-pull-slide

steering eliminates the hand-over-hand movements that may contribute to run-off-the road crashes in an emergency steer to the shoulder.

Terry Kline, senior research assistant in the Safety Education Department at Texas A&M University, says that to steer a car, you need to look where you want it to go. He believes that good vision is critical to steering skill, because you naturally steer

the vehicle in the direction you're looking. He recommends looking 20 to 30 seconds down your intended path of travel. This "look ahead" allows you enough time to adjust to new situations without panic. When driving on curves, this "look ahead" also gives you better control in steering. One is able to adjust the steering for a smoother continuous turn rather than several shorter jerky turns.

Additional hints for steering include:

- Keep your shoulders level with the top of the wheel to improve your line of sight.
- Tilt steering wheel and seats to find the right driving position for you.
- Stay 12 or more inches away from the wheel to allow room for steering maneuvers.
- Keep arms slightly bent to reduce fatigue.

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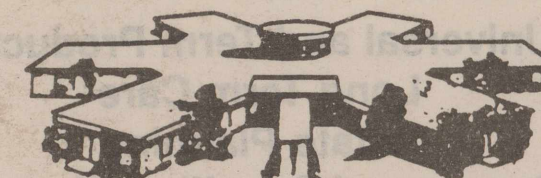
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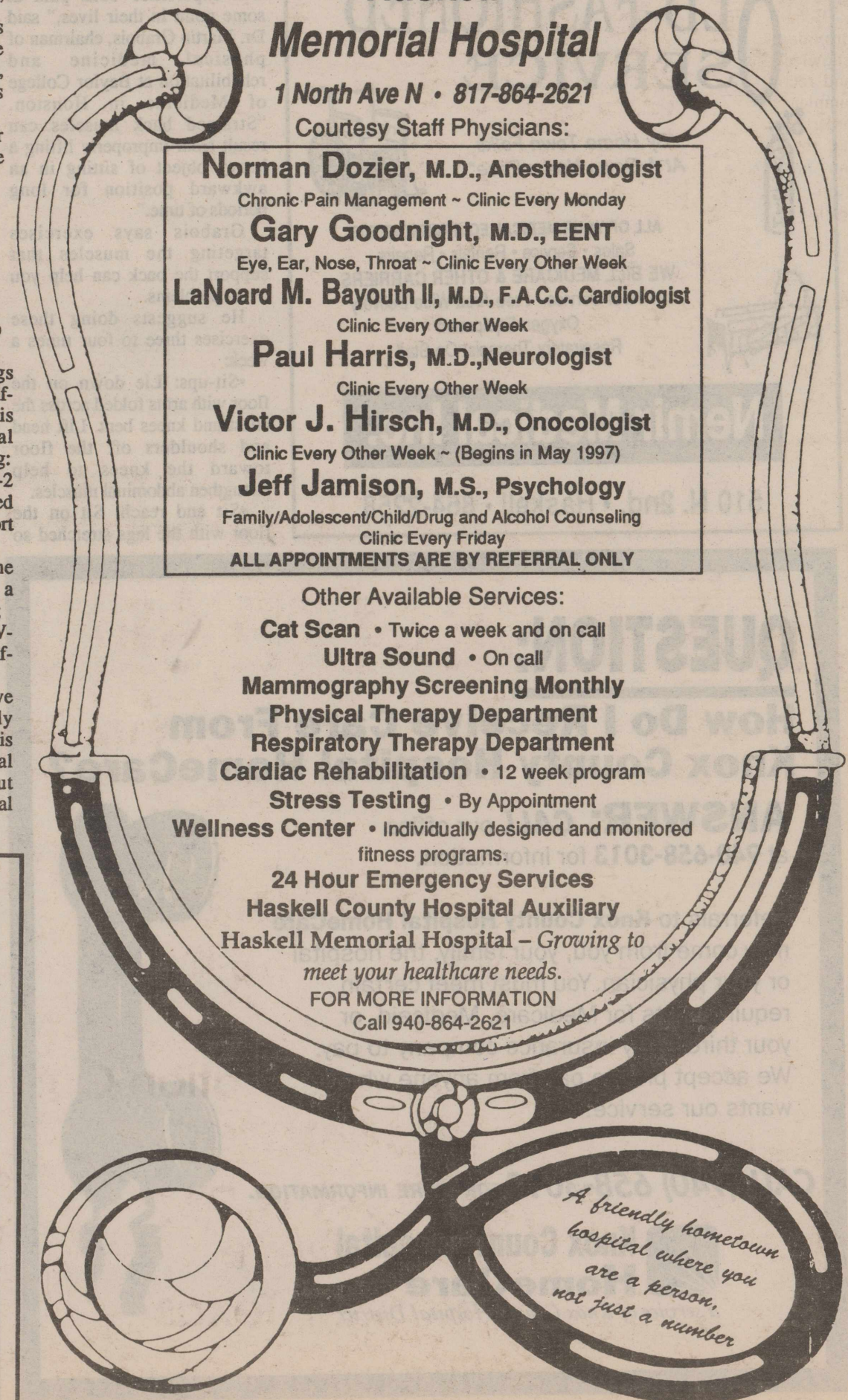
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Exercise, body positioning are keys to preventing back pain

Exercise and body positioning are the keys to preventing back pain.

"Nearly nine in ten people will experience back pain at some point in their lives," said Dr. Martin Grabois, chairman of physical medicine and rehabilitation at Baylor College of Medicine in Houston. "Strained back muscles can result from improperly lifting a heavy object of sitting in an awkward position for long periods of time."

Grabois says exercises targeting the muscles that support the back can help you avoid problems.

He suggests doing these exercises three to four times a week:

•Sit-ups: Lie down on the floor with arms folded across the chest and knees bent. Lift head and shoulders off the floor toward the knees to help strengthen abdominal muscles.

•Sit and reach: Sit on the floor with the legs stretched so

the feet are spread far apart. Reach forward with hands toward feet as far as possible and slowly return. Be sure not to bounce.

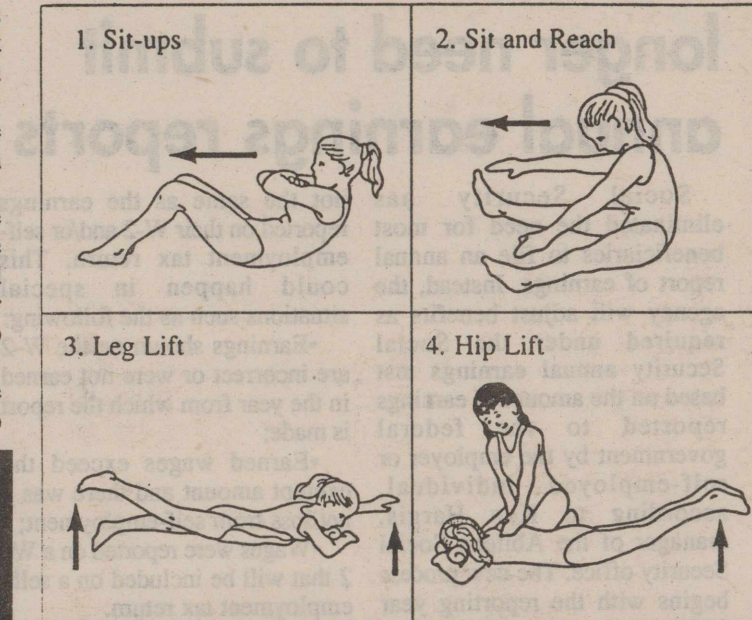
•Leg lift: Lie on the stomach with a pillow under the abdomen. Simultaneously raise locked leg and opposite arm, holding both about eight inches from the floor. Repeat with other leg.

•Hip lift: While lying on the stomach with arms crossed under the chin, have a partner hold

down the upper body. Lift both legs as far as possible and hold a few seconds.

Back strain can also be avoided by using the proper technique when lifting heavy objects.

"Lifting should be done with the legs, not the back," said Grabois. "Bend at the knees, use the legs to lift to a straight position and keep the object close to the body to reduce pressure on the back."



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