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The Haskell Free Press

VOL. 113-NO. 25. ©JUNE 24, 1999

"The People's Choice"

10 PAGES-ONE SECTION-50 CENTS

Calendar

Old Glory musical set Sat. night

The Old Glory Musical will be held Sat., June 26 at the Community Center in Old Glory. The best little concession stand in Texas will open at 5:00 and the music will start at 5:30 p.m. No admission is charged. For more information call 940-989-2925 or 989-2833.

ECC to hold garage and bake sale

The Experienced Citizens Center, 1404 S. 1st, will hold a garage sale and bake sale Sat., July 31. Donated items (no clothing) for the sale would be appreciated.

Jr. High twirlers to hold car wash

The Haskell Junior High twirlers will hold a car wash Sat., June 26 from 8:30 a.m. to 5 p.m. at the car wash on the west side of town. Proceeds will help with twirling camp expenses.

Quilt raffle to benefit library

A quilt raffle to benefit the Haskell Co. Library is underway. A quilt called 'Sticks and Stones,' pieced by Wanda Ham and quilted by the Haskell ECC will be displayed at area banks and at the library prior to the July 30 drawing. Tickets are \$1 each or 6 for \$5. Call Joan Strickland 864-2747 for more information.

Steer validation set June 28

Haskell County Steer Validation for major livestock shows will be held Mon., June 28 at the home of Michael and Debra Bartley from 6 to 8 p.m. Plan to have a parent or guardian present along with the exhibitor to assist in validation and to sign required forms. For more information call Brandon Anderson, CEA-Ag at the Haskell County Extension Office 940-864-2658.

Social Security to be here July 1

A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., July 1 at 9:30 a.m.

Drive safe
in work zones -
Remember
fines double!

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THE WALLS CAME TUMBLIN' DOWN-Work continues this week on the demolition of old buildings located on the west side of the 100 block of North Ave. E. in downtown Haskell. The City owned lots are being cleared to make room for future development.

Work begins on street resurfacing

By Mary Kaigler

Haskell drivers on the way to work Monday morning were met with the colorful sight of orange traffic cones lining Hwy. 277 through town; a sure sign of things to come.

Earl Proctor, of the Texas Department of Transportation, said that although the work was delayed a bit by the recent rains, the work of seal coating the highway from South Haskell to the Knox County line is now going forward, and barring additional rain, is expected to be finished in Haskell by the end of the week.

Missouri Petroleum Company of St. Louis has been contracted to seal coat the road. This involves sealing cracks and putting down a layer of asphalt with rocks rolled into the surface to help prevent skidding.

One new feature being added during the highway re-surfacing project will be a center turn lane running from South 7th St. to the Courthouse Square.

Proctor said he hates the inconvenience that will be experienced by everyone during the work process. "But, it's a necessary evil that will be beneficial to the city." He urges everyone to be cautious and drive slow to prevent windshield damage from loose flying rocks.

Approximately two weeks after completion of the work in Haskell, the contracting company will be moving to Hwy. 6 to begin work on seal coating the road between Rule and Stamford, Proctor said.

Later on in July, his maintenance crew and special job crews from Abilene are scheduled to begin seal coating some Farm/Market roads in Haskell County.

Proctor said the work on South Hwy. 277 is going as planned. Again, he urged drivers to watch their speed and watch other persons while driving on that stretch of the Highway between Haskell and Stamford. "Remember that all traffic fines are doubled in a work zone," he said.

Pre-vacation planning proves important for landscape, gardens and property

by Brandon Anderson
Haskell Co. Extension Agent
Landscape preparation for a summer vacation may sound like a lot of extra work, but it is really not much more than the normal weekend routine of maintaining a healthy, well-groomed landscape. Just a little extra effort on your part before leaving can make a big difference in the health and well-being of your plants.

Here are some practical tips that should help ensure that your home landscape will not suffer the post-vacation blues.

Water. Water the home grounds well prior to leaving. Soak your lawn, gardens and all landscape plants deeply. Our shallow soils can dry out rapidly even after heavy watering, so if you will be gone over a week, plan to have a neighbor hook up your hose and do a little supplemental watering.

Cut. Mow your lawn a day or two before you leave. Use the same cutting height that you normally do. Don't lower the mower blade for a "closer shave." Doing so could easily cause sun scald and damage. If you plan to be gone more than a week, it would be a good idea to arrange to have a friend or neighbor mow the lawn

for you.
Prune hedges and other plants likely to get gangly by the time you return. Be sure that walks and flower beds are neatly edged before your departure. A buildup of growth while you are away will be difficult to manage on your return.

Mulch. Mulching helps conserve valuable moisture needed for plant growth while you are at home or away. Choose a clean mulch, free of weed seed and one which will remain loose and well aerated. Consider grass clippings, pine bark, compost, or a variety of other organic materials. Mulching will also reduce or eliminate the

weeding problem.
Check for Insects and Diseases. Spray, if necessary, for insects and diseases, to prevent a buildup of pests during your absence. Summer insects and diseases do not take a vacation and will work overtime on your healthy plants. This goes particularly for chinch bugs. Make sure you have applied chinch bug control to your St. Augustine lawn, or you might find it severely damaged by this little critter when you return.

Harvest. Pick all ripe or nearly ripe fruit and vegetables. If you will be gone over a week,

arrange for a friend to pull and use produce. Vegetables left unpicked will frequently cease to bear.

Maintain Equipment. Take lawn and garden equipment by the repair shop if needed. They will have it ready by the time you return.

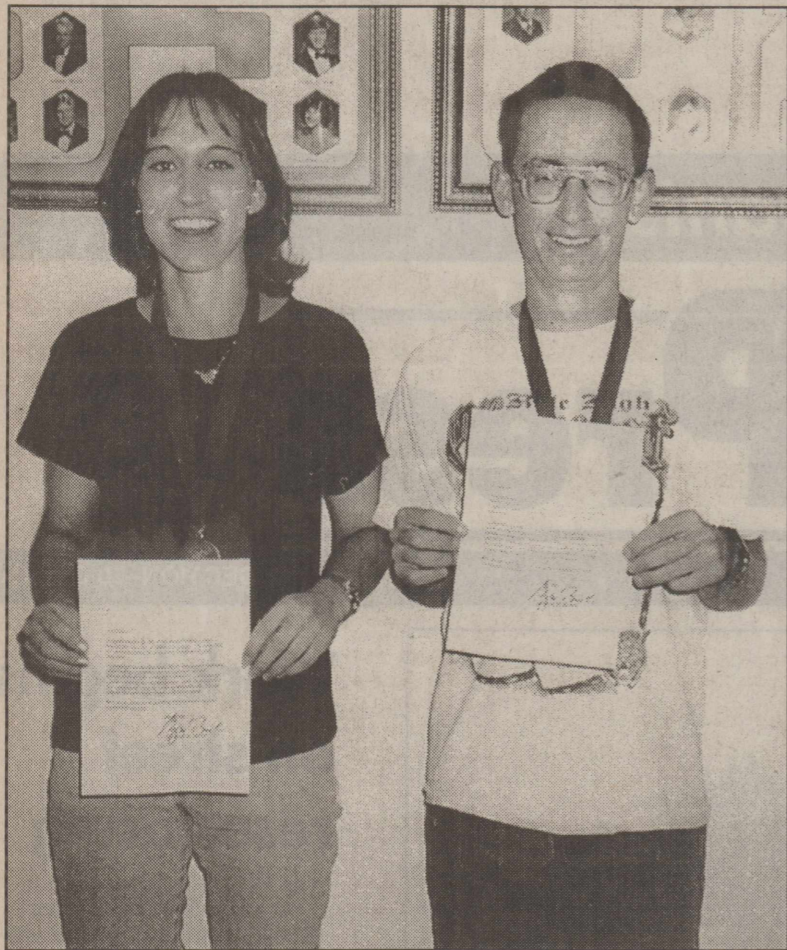
Protect Property. Arrange for a neighbor to pick up newspaper, or ask the paper delivery service to hold them until you return. Newspapers scattered over the front lawn are a dead giveaway that on one is home. Lights on a timer are a good idea and can provide an impression that someone is home.



MAKING WAY FOR PROGRESS-Demolition crews began work on the first phase of work planned for clearing away old buildings

owned by the City in the 100 Block of Ave. E., which will leave the property ready for new things to come in downtown Haskell.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686



STUDENTS AWARDED—Lindsay Pike, left, and Justin Custer were among students of Rule ISD who were recently awarded medals and certificates for excellence in education during ceremonies at Midwestern University at Wichita Falls.



EXCELLENCE AWARDS—Students from Rule ISD, along with school counselor Leslie Kupatt, attended an Awards Ceremony at Midwestern University at Wichita Falls, where the students received medals and certificates. From the left are Lorie Martinez, Cinda Martinez, Michael Hertel, Eric Robinson, and Deborah Wilson.

Vigilant adult supervision can help prevent drownings

It can take months to plan a successful company picnic or family reunion. But if the event is lakeside or at the local pool, don't forget to plan for safety. Most drownings occur because of a lack of supervision and the children most at risk are toddlers between the ages of 1 and 4.

"Vigilant adult supervision is absolutely irreplaceable," says Dr. Donna Persaud, an assistant professor of pediatrics at UT Southwestern Medical Center at Dallas. "Accidents often occur at group picnics near a body of water. And just like planning a menu, adults must plan for the safety of children at these events."

A few common-sense rules can prevent drownings and ensure that kids stay safe. Never allow children to swim unsupervised, enroll a child in swimming lessons at age 3, maintain designated diving areas, enclose pools with a lockable fence and call it quits when the thunder clouds roll in.

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Fat-free does not mean calorie free

When trying to lose weight we often resort strictly to counting grams of fat. We relish the moment we find a box of "fat-free" chocolate cookies, or "reduced-fat" butter sauce. But remember...when counting fat grams, it is also

important to look at calorie content. Just because something says it is "fat-free" or "reduced-fat" does not mean it contains no calories. If you eat a whole box of fat-free cookies, you still get a whole box of fat-free cookie calories.

Excess calories that are unused by the body ultimately turn into fat. But, don't deprive yourself of the foods you love. A better alternative would be to reduce your portion sizes. If you want cookies, then have one or two and save the rest of the box for another day.

To Subscribe,
Call 940-864-2686

Notice of Public Hearing on Haskell County Appraisal District's Budget

The Haskell County Appraisal District will hold a public hearing on a proposed budget for the 2000 fiscal year.

The public hearing will be held on July 8, 1999 at 7:30 a.m. at the Haskell County Appraisal District office, 604 North First Street, Haskell, Texas.

A summary of the appraisal district budget follows:

The total amount of the proposed budget.	\$243,510
The total amount of increase over the current year's budget.	\$ 9,070
The number of employees compensated under the proposed budget	5 <i>(full-time equivalent)</i>
The number of employees compensated under the current budget.	5 <i>(full-time equivalent)</i>

The appraisal district is supported solely by payments from the local taxing units served by the appraisal district.

If approved by the appraisal district board of directors at the public hearing, this proposed budget will take effect automatically unless disapproved by the governing bodies of the county, school districts, cities and towns served by the appraisal district.

A copy of the proposed budget is available for public inspection in the office of each of those governing bodies. A copy is also available for public inspection at the appraisal district office.

Haskell County Appraisal District
604 North First Street
P. O. Box 467-0467
Haskell, Texas 79521
(940) 864-3805

Obituaries

Mary Hazel Hamilton Rainey

Funeral services for Mary Hazel Rainey, 85, of Weinert were held Wed., June 16 at First Baptist Church in Weinert with Rev. Ross Anderson and Rev. Joel Rister officiating. Burial was in Weinert Cemetery under the direction of Holden-McCauley Funeral Directors.

Mrs. Rainey died Sat., June 12 at her home in Weinert. Born Oct. 16, 1913 in Haskell County, she married Russel Jonathan Rainey July 11, 1931 in Haskell. She had been a resident of the Weinert community for 68 years and was a homemaker. She was a member of Weinert First Baptist Church.

Survivors include her husband, Russel of Weinert; three daughters, Lora Lois Timberlake of Houston, Rubye Joyce Anderson of Weinert and Janice Margaret Isbell of Potosi; two sons, Luther Lewis 'Bud' Rainey of Friona and William Russel 'Bill' Rainey of Abilene; one brother,

John Morton Hamilton of Lyford; nine grandchildren, Tammy Dawn Timberlake King, Jeffrey Lewis Rainey, Kristi Diann Rainey Neill, Russel Craig Rainey, Donna Gayle Rainey Birchum, David Lee Rainey, Powers T.R.M. Anderson, Jonathan Allen Isbell and Daniel Mark Isbell; and nine great grandchildren, Brazos Redmond, Emma Rosamunde King, Jayton Lewis Rainey, Michael Keegan, Kendall Lewis Neill, Kaleb Alexander, Jaelin Everett Rainey, Brent Coleman and Bryan Casey Birchum.

Pallbearers were Jeff Rainey, Rusty Rainey, David Rainey, Mark Isbell, Brad King, Mike Neill, Ed Murphy and Elmer Adams.

Honorary pallbearers were Jonathan Isbell and Powers Anderson.

Memorials may be made to West Texas Rehab Center in Abilene. PD. ADV.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 922 head of cattle at its sale on Sat., June 19, according to Gary Tate, reporter.

Packers \$2 to \$3 higher; pairs fully steady on all feeder cattle and calves.

Cows: fat, .36-.39; cutters, .34-.42; canners, .28-.38.

Bulls: bologna, .45-.525; feeder, .65-.75; utility, .40-.50.

Steers: medium and large frame No. 1 200-300 lbs., .95-1.15; 300-400 lbs., .85-1.10; 400-500 lbs., .75-.95; 500-600 lbs., .75-.88; 600-700 lbs., .69-.825; 700-800 lbs., .66-.77; 800-up lbs., .60-.74.

Heifers: medium and large frame No. 1 200-300 lbs., .85-1.00; 300-400 lbs., .75-.95; 400-500 lbs., .68-.88; 500-600 lbs., .64-.78; 600-up lbs., .55-.74.

Bred Heifers: medium frame 550-650.

Bred Cows: young to middle aged, 550-645; aged or small, 350-580.

Cows with calves: medium frame No. 1 young and middle aged, 650-850; aged or small, 500-650.

Hospital

ADMISSIONS

Lois E. Howard, Munday
Charles Swinson, Haskell
Lee Barnett, Dallas

DISMISSALS

Levi Greer, John Long, Lennie Williams, Clyde Campbell, Carmelia Wade, Myrtle Kinney, Ola Lisle, Linda Underwood

Vacation Bible School

Monday, June 28 - Wed., June 30

7:00 - 9:00 P.M. Each Evening

Haskell Church of Christ

Everyone Invited!

Children 4 and up, Parents are Welcome also!

This Year's Theme: **JESUS**

MONDAY

JESUS, Man of Joy

TUESDAY

JESUS, Man of Sorrow

WEDNESDAY

JESUS, Man (Lamb) of God

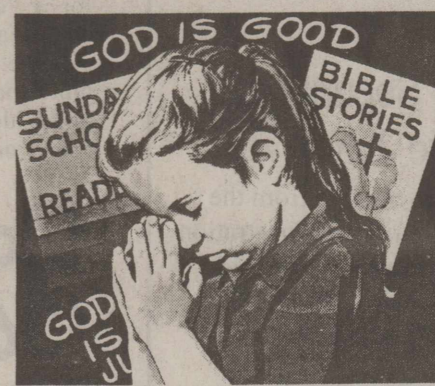
Puppets, Skits, Videos and More!

FREE T-SHIRT: for those attending at least two of the three evenings.

DON'T MISS OUT: Learn about **JESUS** and have lots of fun!

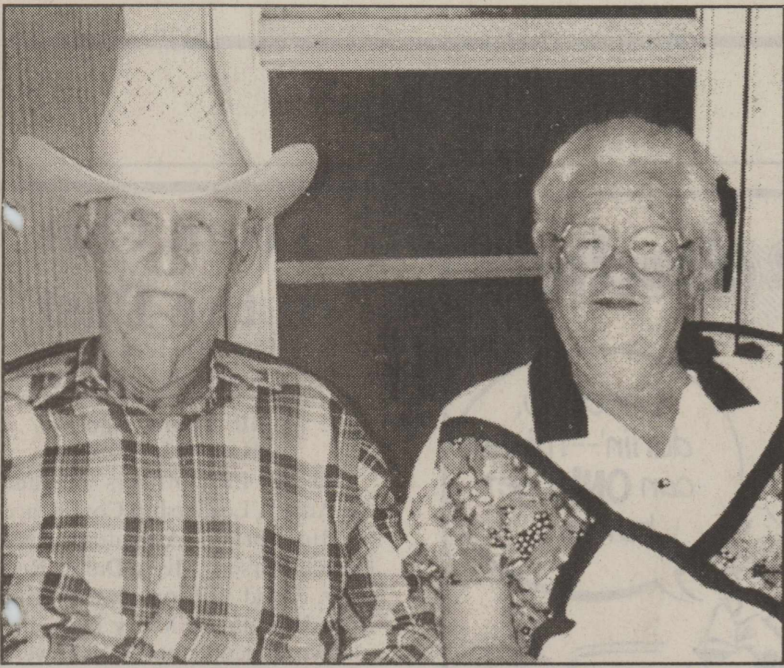
Haskell Church of Christ

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Around Town

By Joyce Hawkins



MR. AND MRS. LARNCE GREEN

Larnce and Bessie Green celebrate 50th anniversary

Larnce and Bessie Green of Paint Creek celebrated their fiftieth wedding anniversary Fri., June 11. The couple met in Haskell and were married in Stamford, June 11, 1949. Larnce Green has been engaged in farming in the area for over fifty

years. Bessie Green retired from the Paint Creek Independent School District in 1985. The Greens have four sons, Tex, Larry, Rick and Bill. They also have eight grandchildren and five great-grandchildren, with another one on the way.



MR. AND MRS. CODY COCHRAN

Conn, Cochran wed in evening ceremony

Julie Ann Conn, daughter of Darlene Conn of Haskell and John Conn of Austin, and Cody Russell Cochran, son of Tom and Teresa Cochran of Aspermont, were married June 12 in a western theme evening ceremony at the Haskell National Bank Community Building in Haskell.

Rev. Kim Hatfield of Burnet performed the ceremony. Music was provided by Johnnie and Cooter Spalding of Stamford. Given in marriage by her father, the bride wore a two piece white Western cut dress styled with a three tiered full-cut broomstick skirt overlaid by a long sleeved, lace inset top. The top was diamond cut at the neck and double vee cut at the waist. She wore high-top, lace-up, lace inset boots, and a shoulder

length veil. She carried a bouquet of white roses, bluebonnets and baby's breath.

Bridesmaids were attired in blue denim skirts and white cotton blouses enhanced by flowers in shades of blue.

The groom wore black jeans, black boots and a tuxedo-style black and white western shirt.

Groomsmen wore black jeans and white western shirts.

Following the ceremony a reception was held at the Bank Building.

A dance honoring the couple was given at Irby Hall. Music was provided by Dan Green and The Willow Creek Band. The couple will reside in Haskell.

Going to Weinert Sunday afternoon were Mr. and Mrs. Cayce Reed and children and Mr. and Mrs. David Conn and girls to be with the Dale Carrolls for Father's Day supper. Darlene Therwhanger and children were there, too.

Mr. and Mrs. Cody Cochran and David Conn went to Aspermont on Sunday evening to have Father's Day with his parents.

Dude and Francis Hutchinson of Pomona, Calif. spent the week in Haskell visiting with relatives. They attended the Carruth reunion.

Mr. and Mrs. Frankie Don White of Jacksboro visited their parents over the weekend, the Frank Whites and the Joe Davises.

James Reding of Seymour spent some time with his Dad, Howard Reding, on Father's Day.

Chuck and Judy Hicks and their son, Michael and his wife Jennifer and baby Kyle, all of Abilene visited Mr. and Mrs. George Gray on Sunday. Georgia Turnbow of Weinert visited on Saturday.

Dr. Barry O'Neal and wife, Norma, and daughter, Ashley and friend, James Catasky of Irving spent the weekend with mom Gladys O'Neal. They all attended the Fandangle in Albany Saturday and had a wonderful time.

Vivian Roberson's granddaughter, Lisa, came for her on Saturday to go spend a while with her and daughter, Sarah, in Lubbock.

Student in the News

Recognized for their academic excellence, Joseph Martin of Haskell, and Bradley Simpson and Francisca Martinez, both of Rule, have been named to the President's Honor Roll for the Spring 1999

Quarter at Texas State Technical College at Sweetwater.

Students must earn a 4.0 grade point average on a 4.0 scale to be recognized on the TSTC President's Roll.

Summer time can be challenging for working parents

Summertime can be challenging for working parents, especially those with young teens.

Dr. Lou Ann Todd Mock, a psychologist at Baylor College of Medicine in Houston, suggests looking for organized programs, like science, art or sports camps, that address a child's area of interest. Other activities that provide supervision include:

- *Helping a relative or neighbor care for younger children.
- *Working or volunteering as an assistant at church or day-care programs.
- *Visiting grandparents, aunts or uncles.

"It may not be possible to get the whole summer covered," Mock said. "But you can strive for activities that take up blocks of time during your child's vacation."

With more time spent outdoors during summer, children are at risk for sunburn. Cool compresses can ease the pain of summer's sunburn, but prevention is the first step to a painless summer.

"It's hard to avoid the sun during the summer, but you and your children can be sensible about exposure," said Dr. Jim Nigro, a dermatologist at Baylor College.

Nigro recommends the following sunburn prevention techniques.

- *Avoid prolonged exposure between 10 a.m. and 3 p.m.

- *Do not encourage sunbathing.
- *Use an SPF 15 sunscreen that blocks both UVA and UVB light.
- *Reapply sunscreen, even waterproof types, every 45 to 60 minutes.
- *Wear protective clothing--hats, sunglasses, shirts and pants.

Children and water can be a deadly combination.

Thousands of children drown annually, and 80 to 90 percent of these deaths occur between Memorial Day and Labor Day.

The most important preventive measure is designating an adult to watch the children in the water. A child's ability to swim is often not enough if he or she gets into trouble in the water.

For good water safety, Dr. Joan Shook, a pediatric emergency-room physician, makes the following suggestions:

- *Remove a tired or chilled child from the water immediately.
- *Never rely on blowup toys or other inflatable devices to prevent drowning.
- *Keep non-water toys away from the pool; they can be distracting or cause a child to fall in the water.
- *Be sure pools have fences at least five feet high and have self-closing latching gates.
- *Learn CPR. Survival rates rise significantly if CPR is started immediately.

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Senior citizens at risk for dehydration

No matter what the temperature is outside, dehydration is always a risk for senior citizens.

"The ability to feel thirst declines with age while the need for fluid remains the same," says registered dietitian Bernadette Latson, an instructor at Southwestern Allied Health Sciences School. "Drinking 6 to 8

glasses of water or other noncaffeinated beverages each day should be a priority for seniors."

Dehydration can become dire quickly, resulting in weakness, exhaustion and delirium. Hot weather or having a fever can speed the development of dehydration. At any age, by the time your body is thirsty, you're already behind.

Mayfields staying in Cedar Hills

Laverne Mayfield has been in Baylor Hospital for two weeks with a broken shoulder.

She and John Mayfield are staying with their daughter Evelyn Mayfield. They may be contacted

by mail at her address: 415 Williams Cedar Hills, TX 75104. The Mayfield's may be called at phone number 972-291-9715.

All deadlines are 5 p.m. Monday.

Births

Kiersta and Ronnie Garcia proudly announce the birth of their daughter, Hannah Michelle Garcia, born Tues., June 15 at 9:48 a.m. at Walls Regional Hospital in Cleburne. She weighed 7 lbs., 3 oz. and was 19

1/2 inches long. Grandparents are Ken and Nelda Lane of Haskell, Pearl Alvarez of Abilene and Lupe Garcia of Anson. Great grandmother is Lupe Martinez of Stamford.

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Wishbone toys in Kids meals June 7-27
Nolan Ryan Cups with drink 44 oz \$1.59

Friday Night from 5 p.m. til 9 p.m. All You Can Eat Catfish!

only \$6.99 per person

Served with Hushpuppies, Coleslaw, French Fries, and Tartar Sauce
Can't eat that much - Try our Catfish Plate . . . \$5.99 or our Catfish Basket for only . . . \$4.99

Senior Citizens get half price for all regular priced items all day every Tuesday. Everyone gets half price for all regular price items after 7 p.m. on Wednesday.

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OPINION

Ask the AG

By John Cornyn, Attorney General

Q: I am getting older and want to make sure that I am taken care of legally. I need information on living wills and power of attorney. Who can I ask?

A: Should you ever become incapacitated - whether through disease, accident or the effects of old age - you may need someone to make health care decisions for you. Two of the best ways to make sure that your wishes are followed are living wills and health care powers of attorney.

A living will is a statement of your wishes regarding medical treatment. The instructions in a living will are to be followed should you become unable to make a decision at the necessary time. Living wills are recognized by law in most states. However, they are commonly limited to decisions about "life-sustaining" procedures in the event of a terminal illness.

A health care power of attorney is more flexible than a living will in three important ways. First, a health care power of attorney establishes a specific person to act as your representative should you not be able to make necessary decisions. Second, the health care power of attorney applies to all medical decisions unless you set out certain limitations. Finally, the health care power of attorney can include specific instructions regarding any treatment that you may or may not want performed such as life support and resuscitation attempts.

When making a decision about a living will or health care power of attorney, you should talk with an attorney who is familiar with such documents. If you are over the age of 60, contact the Legal Hotline for Older Texans for free copies of these documents and

assistance in filling them out. The Hotline can be reached at (800) 622-2520.

Q: Prisoners have rights, victims have rights; what about the elderly? You hear so many stories of abuse of elderly people. Do they have rights to protect themselves?

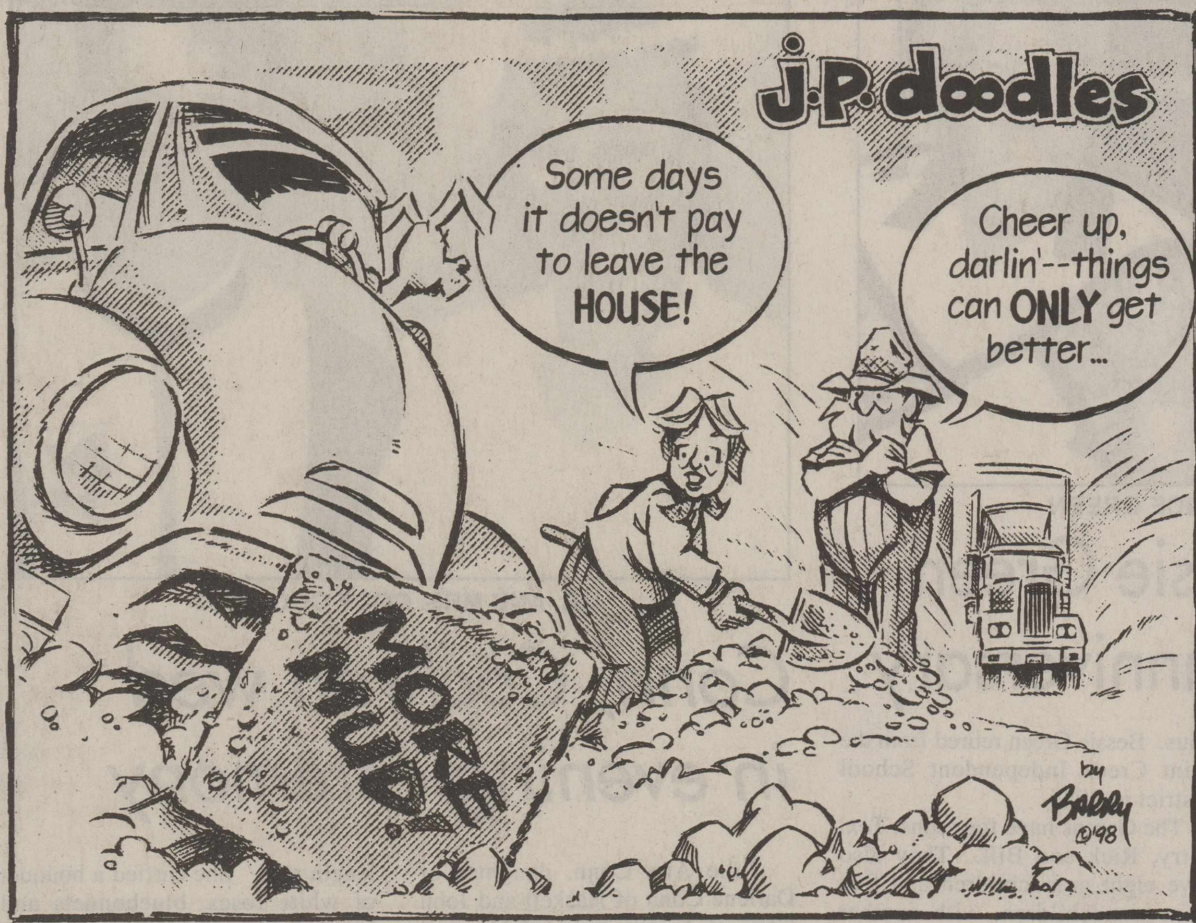
A: In addition to the rights that every Texas citizen has, the State Constitution provides special rights for those over the age of 55. These rights apply regardless of whether the senior citizen lives at home or in a nursing home.

The Texas Human Services Code sets out a number of rights that are guaranteed for the elderly. Chief among them is the protection from being physically or mentally abused or exploited. Abuse can include anything that endangers the health and well being of the victim. Exploitation occurs when someone takes advantage of an elderly person for financial gain.

Persons who suspect the abuse or exploitation of an elderly person are required by law to report their suspicions. If the victim is in a nursing home, suspected abuse should be reported to the Texas Department of Human Services at (800) 458-9858. If the victim is not in a nursing home, suspicions of abuse should be referred to Adult Protective Services at (800) 252-5400.

The Human Services Code also states that elderly citizens should be treated with respect, consideration and recognition of their dignity and individuality.

For further information, contact the Office of the Attorney General for a copy of our brochure, "Rights of the Elderly." Call (512) 475-4413 to request a free copy. Other information on issues affecting the elderly is available on the agency's Web site at www.oag.state.tx.us.



From The Inside Out

By Mary Kaigler

Even with all the high-tech advancements being made in science, communications and transportation, this world we are living in today may not be getting any better in many ways. But it certainly is getting smaller.

When Tom's Father's Day phone call from our daughter came from the city of Nanjing, located in the Jiangsu Province of The People's Republic of China, it was as clear as if coming from her home in Los Angeles.

Now into her second week in China, she is there as a part of a Women's Studies Delegation, under the People to People Ambassador Programs. While there, she and sixteen other professional American women representing medicine, education, business, counseling, child-care, law practice, homemaking, accounting, historical preservation, social work, physical therapy and others, will be meeting with their counterparts among Chinese women in professional and cultural exchanges.

Beginning in Beijing, the Chinese capital which governs more than 3.5 million square miles of territory and no less than twenty percent of the world's population, they met with representatives from the All-China Women's Federation. It is the country's largest National Grassroots Organization representing and safeguarding the rights and interests of women. A discussion with these women helped the delegation gain a perspective on women's issues in China, and insight into the Chinese women's perception of research and academic trends focusing on women's studies.

In Beijing they had a meeting with representatives from the

Women's Law and Legal Services Center at Beijing University's School of Law, the only national legal aid facility for women. There was a professional exchange and meeting at the Hospital for Women and Children's Health Care, in Beijing. The hospital is responsible for regular check-ups and vaccinations of women and children. Issues addressed were rural health programs, and ways in which women's health issues are being met by national health policy and women's grassroots organizations.

Also in Beijing, the delegation met with representatives from the Women's Entrepreneur Federation to discuss the rights and responsibilities of employees and employers, business opportunities for women in the private sector, and concerns facing businesswomen in a developing country.

In the city of Xifan, the delegation met with members of the Shaanxi Women's Federation, which included women from various sectors such as political, business, education, the arts and sciences. They spoke of the status of women in China and their goals for the future, employment opportunities in the public and private sectors, and availability of educational and training programs for women in both urban and rural areas.

Offering a unique perspective on life in another country, the visit to a rural village family provided the delegates a feel for the daily activities and surroundings of the local Chinese people.

In Nanjing, a city of 4.5 million people, situated on the banks of the Yangtze River, the delegation met with members of Niangsu (Nanjing) Women's Federation, to

discuss the ever-changing role of women in Chinese society. During a visit to the Luyi Kindergarten, delegates had the opportunity to donate materials, books, and other items they felt would be of use to the children and their teachers.

In Shanghai, one of China's most important centers for business, technology, medicine and education, the group met with members of the Shanghai Women's Federation to learn of their role in the creation of a new national culture; recent issues of concern to women; and women in non-traditional occupations in community governments.

Cultural activities in these cities included, among others, a tour of the Summer Palace grounds, a view of Jade Belt and Stone Pagoda Bridges, a visit to The Great Wall of China, the Shaanxi Provincial Museum, the 6,000 life-size Qin Terra Cotta Warriors, the Sun Yatsen Mausoleum, and the Nanjing Museum, which houses 5,000 years of Chinese history.

After two weeks of cultural and professional exchange, the Women's Studies Delegation will fly on Cathay Pacific Airlines from Beijing, People's Republic of China, back to Los Angeles.

When Karen calls us from her home late Friday night, it won't be a moment too soon for me, considering some of the diplomatic frictions and misunderstandings going on right now.

The world community is indeed getting smaller. I'm glad the younger generation is aware of it, and is hopeful of being able to make a difference in it through better understanding of one another.

Beef can be part of healthy diet

Maintaining a heart-healthy diet does not necessarily mean eliminating beef from the menu.

The key is knowing how to select and prepare it, says dietitian Lynne Scott, director of the Diet Modification Clinic at Baylor College of Medicine in Houston.

"We have found that it is okay to incorporate beef into your diet as long as it is lean," Scott said.

To be considered lean, three ounces of cooked meat should have less than nine grams of fat. As a rule of thumb, three ounces is

about the size of a deck of playing cards.

Scott suggests choosing cuts that have most of the fat trimmed and very little marbling. Cuts with the word "loin" in their names, like tenderloin, top loin and sirloin, are usually leaner choices.

The grade of meat is also important. "Select" is the leanest grade, followed by "choice" and "prime," which is the highest in fat.

"The myth about beef not being healthy started about 10 to 15 years

ago when most of the beef available in supermarkets was very fatty," Scott said. "Now, we don't see as much prime beef in the supermarkets and an effort is being made to give us a wider selection."

While all beef contains saturated fat, the amount is often unnecessarily increased during preparation.

Scott offers some simple advice for making beef part of a heart-healthy diet:

- Trim any visible fat before cooking.
- Grill, broil or roast the meat.
- Do not use fat, like butter or shortening, when cooking.
- Saute in a coated skillet instead of using fat.
- Serve low-fat side dishes with the meal.

Although it is easy to control preparations at home, do not use eating out as an excuse to settle for beef dishes that are high in fat. Scott recommends asking the chef to trim the extra fat and grill it with very little or no fat.

While beef can be part of a healthy diet, Scott reminds diners to limit portions. The American Heart Association recommends eating no more than 6 ounces of cooked meat per day.

From Out of the Past

From the files of The Haskell Free Press

10 Years Ago
June 22, 1989

Haskell FFA officers attended the Area II Leadership Conference in Big Spring. Attending were Patrick Burson, Missy Davis, Rod Jeter, Chad Gibson, Jason Hill, Chris Howeth and Marty Trussell.

Two students from Haskell were among 2,257 Texas A&M University graduates who were awarded diplomas recently. Graduates included Clifton Dean Brister, BS degree in biochemistry; and Paul Chambers Cox, BS in health education.

Haskell Gifted and Talented students began their summer program with a visit to Benjamin and the Knox County courthouse and the old Knox County jail, now restored and the home of the Wyman Meinzer family.

20 Years Ago
June 24, 1979

The fund for the new fire station has reached \$44,562. This is about half of the amount of money needed.

Three acres of unharvested wheat belonging to Odell Helweg was lost in a fire. A pickup belonging to Wayne Dorner was also damaged in the fire.

David Charles Davis and Ruth Ann Klose were named to the Dean's List at Western Texas College.

30 Years Ago
June 19, 1969

The Candy Strippers of Haskell will sponsor a bake sale to be held on the city square to earn money to help with expenses of their trip to the Candy Strippers' convention in San Antonio.

Mrs. Clinton Kimbrough spoke to members of the Rotary Club at their noon day luncheon meeting at Felker's Restaurant dining room.

The Haskell County Sheriff's Posse received second place parade honors in Rotan.

The Junior Garden Club met in the home of Mrs. E. L. Wyche with 16 new members.

40 Years Ago
June 18, 1959

The Haskell Indians, new baseball club composed of high school and college students, defeated Knox City 7-3, in the club's opening game. The team is managed by Rev. M. D. Rexrode and Buford Cox.

Postmaster Harold Spain of Haskell was elected vice president of the Texas Chapter, National Association of Postmasters, at the 23rd annual convention held in Mineral Wells.

James M. Raughton, Paint Creek High School faculty member, is among science teachers from high schools throughout the state and nation who are participating in Chemistry Teachers Institute at Texas Tech.

50 Years Ago
June 23, 1949

Rada Thornton, daughter of Mr. and Mrs. Curtis Thornton, of the east Haskell County SMS ranch is Haskell's sponsor to the Texas Cowboy Reunion in Stamford. Rada, a 1947 graduate of Mattson High School, is a junior physical education major.

Olen Dotson, automobile dealer and prominent civic leader, is the new president-elect of the Haskell Lions Club and will be installed in that office at the first club meeting in July.

Miss Eddie Fouts, daughter of Mr. and Mrs. Ed Fouts, has been named summer president of the Hardin-Simmons University Players club. Miss Fouts is a junior speech major.

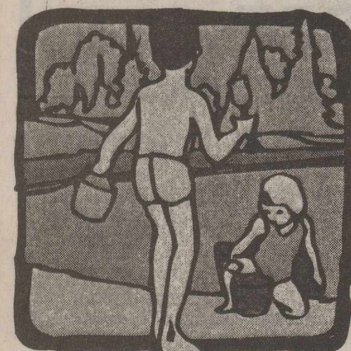
90 Years Ago
June 19, 1909

P. G. Yoe has returned from the Confederate Reunion held in Memphis, Tenn. He reported meeting up with several old friends. Attending the reunion from Rochester were Mr. Glenn, S. E. Carothers and Mr. Barbee.

City officials said this week the following ordinance governing hitching of teams would be enforced: Any person who shall leave within city limits of the City of Haskell, any team hitched to a wagon, buggy or other vehicle or conveyance, without first securing such team to some hitching post or other safe hitching place, shall be deemed guilty of a misdemeanor and upon conviction shall be fined in any sum not less than five or more than fifteen dollars.

Keeping an eye on Texas

Texas children are especially vulnerable to skin cancer



Because of the possible link between severe sunburns in childhood and greatly increased risk of melanoma in later life, children, in particular, should be protected from the strong Texas sun. The American Cancer Society predicts 2,900 new cases of melanoma in Texas for 1999, third behind Florida and California.

What you can do to protect your children and yourself:

- Use a sunscreen with an SPF (solar protection factor) of 15 or higher.
- Limit or avoid exposure to the sun's strongest ultraviolet rays during 10:00 a.m. and 4:00 p.m.
- When outdoors, cover as much skin as possible with a hat that shades the face, neck, and ears, and a long-sleeved shirt and long pants.

SOURCES: Texas Comptroller of Public Accounts (www.window.state.tx.us), and American Cancer Society (toll free 1-800-ACS-2345).

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Animal bites can cause serious injuries to children

The reports come in to the Texas Department of Health (TDH) on an average of two every week. They recount stories of young children bitten and mauled by animals, usually dogs. Some of these children escape with only a few injuries. Others will require months or years of medical and emotional treatment. Some die.

"Children under age eleven are about five times more likely than adolescents and adults to be bitten, usually because of the their small size and quick movements," said Jane Mahlow, a veterinarian and director of TDH's Zoonosis Control Division. Youngsters also more often get severe head and face injuries.

Children's natural curiosity, mobility, lack of inhibition and inexperience with animals make them vulnerable to animal attacks, especially by dogs. And those

attacks can happen at or near home, often from a dog the child knows and trusts.

"Dogs are territorial animals," Mahlow said. "Home is their turf, and they defend that home vigorously. Children do not always realize that their playful actions may cause an angry or defensive reaction from an otherwise friendly pet." A dog may slowly wag its tail to show wariness or hostility, for instance, but a child may think the animal is just being friendly.

A new baby in the family also can create problems, even jealousy with the family pet. "Babies cannot threaten or provoke a dog attack," Mahlow said. "The victims most often are injured while sleeping alone in a room. Infants should never be left by themselves with any dog, no matter how friendly or trustworthy the dog is."

TDL's Mahlow offers the

following advice:

*Be sure the family pet receives plenty of extra attention when a new baby arrives so the pet does not feel jealous or threatened.

*Never leave young children unsupervised around any dog, even the family pet.

*Spay or neuter a dog. The procedure will reduce aggression but not protectiveness. Dogs not neutered or spayed are three times more likely to bite.

*Avoid breeds with a reputation for aggression or unpredictable behavior.

*Train and socialize a puppy early in its life. Do not tolerate any aggression; even a single nip is too much.

*Teach children these basic safety precautions:

Don't go near strange dogs.

Don't surprise or tease a dog that is sleeping, eating or caring for puppies.

When you first come near a dog, let the animal sniff the back of your hand, palm down. Walk up to the dog from the side, not from the back or directly from the front.

Keep your face away from the dog's face. The dog may think you are a danger.

If a dog acts like it might bite, stand still. Don't scream or run.

If a dog attacks, protect yourself with anything you have--a backpack, purse, jacket, or bicycle. If you are knocked down, try to lie face down or curl up in a ball with your hands over your ears. Be still and quiet until the dog goes away.

Tell an adult right away if you are bitten.

Mahlow stressed the need for people who own a dog to act responsibly. "People need to be sure their animals are up to date on their required shots. Pets also should be spayed or neutered and should be kept from wandering--for the safety of the pet as well as children and adults."

Simple watering tips can protect Texas water supply

by Lou Gilly
Haskell Co. Extension Agent
Small steps can make a difference. By following a few

Hepatitis symptoms can go unnoticed

You could have viral hepatitis and not know it.

"The majority of patients with viral hepatitis infection show no symptoms, so it goes undiagnosed," says Dr. William Lee, a professor of internal medicine and liver specialist at UT Southwestern Medical Center at Dallas. "This may cause major problems in the long run."

Hepatitis works silently and often isn't noticed until it causes major liver damage. If symptoms of hepatitis infection occur, they may include flu-like symptoms: fatigue, mild fever, muscle or joint aches, nausea, vomiting, loss of appetite, vague abdominal pain and, sometimes, diarrhea.

Hepatitis, an inflammation of the liver, has five known types: A,B,C,D and E. Almost all of them can be transmitted through food, water, exchange of body fluids or sexual contact. About 70,000 hepatitis cases are reported annually.

simple lawn watering tips, people can do their part to protect the Texas water supply. How much water can be saved? Well, consider this. Watering lawns accounts for up to 60 percent of water use during the summer, yet as much as half that amount is wasted because of poor watering practices. Learning to use water wisely results in lower water bills and helps conserve the state's precious water resources.

Here are three tips from Extension turfgrass expert Gene Taylor. First, water early in the morning because if you water during the heat of the day, too much water is lost to evaporation. Second, be sure not to water too much. Yards do not need but 1 inch of water per week throughout the entire growing season. Finally, Taylor says inspect your sprinkler system to be sure there are no problems or leaks. Taylor says that the average irrigation system has 10 percent of its heads malfunctioning.

These simple tips can save you money and help save Texas limited water supply. For more information about proper irrigation, contact your local county Extension agent, Haskell County Extension office at (940) 864-2658 or see the publications at <http://soil-testing.tamu.edu>.

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Vegetarian diets should be balanced

Experimenting with a vegetarian diet is almost a rite of passage for many teens, although it can create a bit of meal-time tension in meat-loving families. But don't go bananas over meat-free dieting.

"Parents need to respect their teen's right to consider this dietary alternative. If they don't, it can

quickly escalate into a control issue," said Becky Gorham, a registered dietitian with the USDA's Children's Nutrition Research Center at Baylor College of Medicine in Houston. "A teen's interest in vegetarianism can be triggered by a need for independence and identity, health or

environmental concerns and even peer pressure," she said.

Not every teen who tries a meat-free diet will remain a vegetarian. But, to make sure this dietary journey is a healthy one, Gorham offers the following tips:

*Ask your teen what vegetarianism means to him or her

and how the new diet will be implemented. Some teens might only wish to eliminate red meat, while others might have more limiting plans in mind. "Assure your teen that vegetarian diets can be healthy, but they take planning," Gorham said. The best vegetarian diets are not overly low in fat, include a variety of foods, provide all necessary nutrients and enough calories for growth. Those diets poorly conceived can jeopardize growth and health.

*Avoid becoming a short-order cook. "Although supporting your teen's decision is important, it's fair to expect them to help plan their meals, shop, and prepare special foods," she said.

*To help teens plan a nutritionally complete diet, include a minimum of six servings of grain-based foods, four of milk or other high-calcium food, two of fruit, three of vegetables, and two or more servings of protein-rich foods each day.

Healthy protein-rich alternatives for meat-free teens include fish, eggs, dairy foods, soy-based meat substitutes, legumes, peanut butter and nuts. If dairy products are also excluded, insist that teens consume calcium-fortified juices, cereals and soy milks, and high-calcium vegetables, such as kale and broccoli. Vegetarian girls can also have difficulty getting enough iron on a meat-free diet, and any teen who completely eliminates dairy and animal products can also run low on protein, calcium, zinc, and vitamins B-12 and D. Soy-based foods, a daily vitamin and mineral supplement and calcium-fortified foods can generally safeguard against these problems.

"Growing bodies need a variety of foods for proper nutrition. So, reserve your rights to monitor your teen's diet and veto unhealthy eating habits," Gorham said.

Summertime means time for bicycles

by Lou Gilly

Haskell Co. Extension Agent

As we enter these lazy, hazy days of summer, days are longer, the thermometer is climbing, school is out, and children are playing outside. One of the most popular summer activities for children is riding a bicycle. Whether it is a tricycle, bicycle, racer, or a mountain bike, motor vehicle drivers must remember to be on the lookout for these young drivers. Drivers must remember to share the road with bicyclists. Sharing the road is critical but drivers must also be alert to the fact that many bicyclists do not know the rules of the road or follow safety practices. Young children, less than 10 years of age, do not have the skill and judgement to cope with traffic.

As a parent, it is critical to teach children safe cycling habits from their first day on a tricycle. Bicycles and tricycles are not toys, they are vehicles that rely on human power to move. Knowing and practicing safe habits will reduce their risks of injury. Wearing a safety helmet is one critical habit that a cyclist needs to adopt.

When children first ride a tricycle, they need to wear a bicycle helmet. If they learn this habit from the very beginning, they more likely will always practice the habit. The risk of head injuries while riding tricycles is real. A recent review of pediatric trauma cases nationwide showed that, although the tricycle population (children under 5 years old) accounted for a small proportion of children with bike-related injuries, their injuries were just as severe as those of older children (5-14 years

old). As children move from tricycle to a two-wheeler, continue to insist on their wearing a bicycle helmet. According to Marlene Albers, Extension Associate with Passenger Safety Education, letting your child choose a helmet is one way to encourage helmet use. Just make sure the helmet fits snugly, covers the forehead and is certified to meet either Snell, ASTM or ANSI standards.

Head injuries are the most serious type of injury and the most common cause of death for bicyclists. Numerous studies have proven that bicycle helmets work to reduce head injury. According to the Texas Department of Public Safety, a total of 50 bicyclists were killed in the state, nine of those fatalities were children ages five to nine. That number may not seem very significant, but if the seriously injured or killed individual is a member of your family or community, your life is affected.

Detective Trey Massey of the Cass County Sheriff Department reminds all of us that wearing a bicycle helmet is just plain common sense and head injuries are preventable by the proper use of helmets. Parents and children are both responsible for wearing helmets when they ride.

Once a helmet has been involved in a crash, do not use it again. The damage may be obvious but sometimes it is not. The helmet may have small invisible cracks which weaken the shell. After a crash, buy a new helmet and use the old one as a reminder that helmets do save lives!

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Sagerton News

By Dorothy M. Clark

Again the weather makes the big news this week... at this writing on Sunday afternoon, we have received about 1/2 inch of rain north of town, with more recorded elsewhere, especially between Sagerton and Stamford, where the fields were solid sheets of water. The cotton that is up should really take off now and stock tanks are filling up.

The Friendship Club met last Thursday noon for its regular monthly dinner at Faith Lutheran Church with the following in attendance: Doris Lehrmann, Minnie Monse, Isabell Mrazek, Rene and Lauren McAdan, J. B. and Dorothy Toney, Alvin and Ev Ulmer, Michelle, Clay, Megan Toney, Dennis Alexander, Tommy and Evagene Wilson, Pastor Jeff, Marie and Thomas Zell, Joyce LeFevre, Frances Clark, Jill, Tully, Cade and Kinsey Brown and Ethel Grensley.

The mens breakfast was held Friday morning at Faith Lutheran Church with Pastor Zell leading the morning devotion based on John 15: "Jesus Loves Me." Those present were Marchel Nauert, Ronnie, Gene and Clarence Teichelman.

Pastor Tommy Wilson is back in the pulpit at the Sagerton Methodist Church, having served the local con-

gregation previously. The Wilson's live at Sylvester and travel to Sagerton each Sunday for the 9:30 morning services.

Vacation Bible School begins at Faith Lutheran Church next Mon., June 28 at 6 p.m., continuing through Thursday night. A swim party will kick off the school at the Haskell pool Sunday evening at 6 p.m. with a sandwich supper to follow. All youngsters of the community are invited to attend VBS. Brenda Turner, Sunday School Superintendent may be contacted for further details. A light supper will be served each night to all students attending.

Boyd and Elizabeth Young of Abilene visited in the home of G. W. and Ophelia LeFevre Sunday and attended church with them.

Plans are underway to have a handbell choir at Faith Lutheran Church and members of the temporary choir presented two numbers at the Sunday morning worship service. The congregation expressed interest in the project and were surprised to hear the group play so well after only three rehearsals. Plans are underway to purchase a two octave set of Schulmerich Bells like those used for the Sunday morning performance. Memorials may be given toward this

project and fund-raisers are planned to defray the cost of the set. Ten members are presently interested in ringing and after the morning service Sunday, others expressed an interest in becoming a member of this unique music ensemble.

The home of Joe and Dorothy Clark was busy during the weekend as children and grandchildren visited. Peggy Adler of Houston, Anna Marie Willis of Montgomery, Emmalee Bivins of Haskell and Ray and Nancy Clark of Stamford were there Friday night for supper. On Sat., Patsy and Don Bivins of Valley View joined the family, returning home Sunday. They all visited with their grandmother, Emma Raphael of Stamford, while they were here. Patsy and Don attended the Aspermont rodeo Sat. where Don's cousin, Decie Worthington, was a contestant in the bull riding event.

Peggy Adler will be leaving Tues. to be tour-volunteer with The Glassmen, of Toledo, Ohio of which her son, Christopher, is assistant Drum Major this year. Christopher has been a member of the Toledo based drum corp for the past three years. His parents will take turns touring with the group this summer and helping with the cooking and housekeeping chores for a 200 member touring group.

While Anna Willis, the Clark's granddaughter was visiting here this weekend, her husband Jeremy was in a rodeo at Minnesota on Fri. night and Mesquite on Sat. It was reported that he did well Fri. night but on Sat. he came in third and sustained a broken ankle during the dismount. He is a bareback rider.

Protection is key to preventing osteoporosis

It only takes one osteoporosis-induced fracture to shatter a woman's independence. Fifty percent of elderly women who have hip fractures lose their ability to walk independently—for life. Up to 33 percent become completely dependent on a caregiver. And that's just among the women who survive.

The death and disability caused by osteoporosis can be prevented, but many women think that once they reach a certain age, it's too late to protect themselves. However, it's never too late to prevent or slow down the effects of osteoporosis. The physicians of Texas Medical Association urge taking care of bones by following some important osteoporosis prevention guidelines which can help preserve independence and health for years to come.

Osteoporosis is the condition resulting from an excessive loss of bone mass, causing brittle bones that fracture easily. All women are at some risk for the condition as they become older, but some women are more at risk than others. If you have a low-calcium diet, have gone through menopause and aren't taking estrogen, aren't having menstrual periods, if you drink or smoke excessively, are bedridden, don't exercise, are Caucasian or Asian, are thin and petite, or have a relative with osteoporosis, you are at a greater risk. Also, certain medications, such as steroid medicines, can cause osteoporosis. Ask your physician if your medications could increase osteoporosis risk.

Young women acquire 98 percent of their skeletal mass by age 20. So it is critical that they follow these guidelines:

*Women ages 11 to 24 need to consume 1,200 to 1,500 milligrams of calcium a day, and women in their later 20s and 30s need a minimum of 100 milligrams daily, according to the National Institute of Health. (For reference, a glass of skim milk has 302 milligrams, a cup of plain yogurt, 415 milligrams, and an ounce of cheddar cheese, 204 milligrams.)

*Women's bodies also need vitamin D to adsorb calcium—400 international units (IU) daily. You can get this amount from being in the sun (but not too long—that's not good for your skin!) Also, you can get vitamin D from fortified foods, milk or a multivitamin.

*Women of all ages need to participate regularly in weight-bearing exercise such as walking, jogging or weight lifting. These activities strengthen bones as well as muscles.

*It's important to limit alcohol intake, which can slow bone building. And don't smoke—it weakens bones.

Consuming adequate calcium is vital to helping slow the bone loss

that occurs with aging. From the age of mid twenties until age 64 women need at least 1,000 milligrams of calcium a day, and 1,200-1,500 milligrams a day if they are pregnant, breast-feeding or have gone through menopause.

The best sources are milk products such as cheese, low-fat yogurt, skim milk and ice cream. But beans, tofu, collard greens, kale, turnip greens, bokchoy, broccoli, certain kinds of fish and almonds are also good sources.

Getting adequate vitamin D is especially important for elderly women, who may not spend as much time outdoors. They need to eat vitamin D enriched foods or take a supplement.

For post-menopausal women who are not on estrogen replacement therapy, the risk of osteoporosis increases greatly.

By doing what they can to prevent osteoporosis, women can look the future straight in the eye without worrying about fractures and loss of independence.

Be on the lookout for signs of huffing

Parents who suspect their child is "huffing" should intervene as soon as possible.

Huffing is a potentially deadly form of inhalant abuse in which intoxicating vapors or fumes are inhaled to get a quick "high." Everyday products like spray paint, cooking spray, air freshener and butane can be sprayed into cans and small plastic bags or onto clothing so the concentrated vapors can be huffed or inhaled. Chemicals found in spray cans of whipped cream can also be huffed.

"This is a dangerous practice, because the chemicals can trigger

irregular heart rhythms," said Dr. Nancy Neff, assistant professor of family and community medication at Houston's Baylor College of Medicine.

Clues that your child might be huffing include an unusual breath odor or chemical odor on clothes; a drunken or dizzy appearance; slurred or disoriented speech; chronic runny nose and red eyes; mood changes (anxiety, excitability, irritability, or

lethargy); and frequent sniffing of clothing.

If your child has these symptoms, he or she is at risk of a heart attack, so consult your primary-care doctor as soon as possible. If your child faints or loses consciousness, call 911. Perform CPR if the child has no pulse. Long-term treatment usually requires enrollment in a 12 step drug-abuse program.

All deadlines are 5 p.m. Monday.

NBC Report Indicates Many Hearing Aid Patients are Wearing Outdated Technology

A recent report on the NBC Evening News* stated that within the last three years there have been dramatic advancements in hearing instrument technology. If you are currently wearing hearing aids that are more than three years old, they may contain outdated circuitry. The national television report went on to say that replacing the older technology with newer, advanced technology may result in an increased level of customer satisfaction.

*February 9, 1999



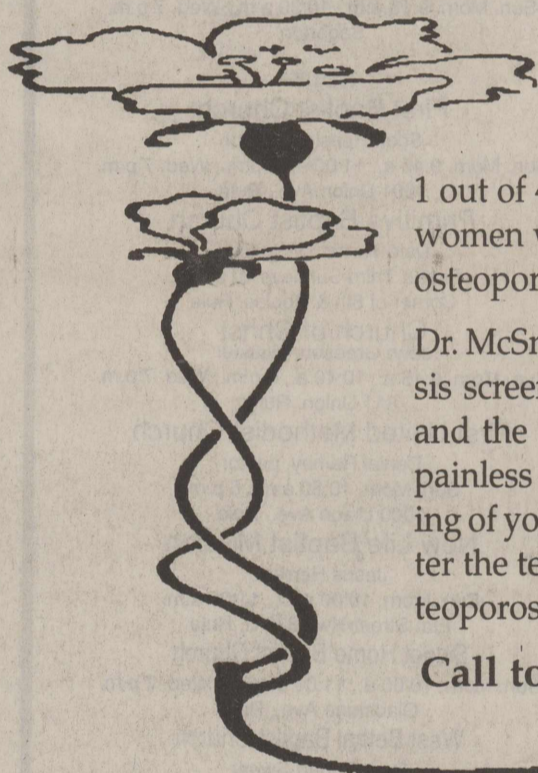
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ECC Calendar and Menu

Monday, June 28
 Lunch-Hamburgers, pork'n beans, hamburger salad, carrot, celery and apple salad, fruit cobbler, milk, tea or coffee
 1:00 p.m. China painting

Wednesday, June 30
 11:00 a.m. Blood pressure check
 Outreach Health Services
 Lunch-Chicken, Texas potatoes, beets, tossed salad, lemon pudding, cookie, bread, milk, tea or coffee

Friday, July 2
 Lunch-Crabby Cakes, coleslaw, peas and carrots, tartar sauce, cake, bread, milk, tea or coffee
 Announcements begin at 11:45 a.m. followed by lunch.

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.

Food for thought

"There is laid up for me a crown of righteousness." 2 Timothy 4:8

Doubting one! thou hast often said. "I fear I shall never enter heaven." Fear not! all the people of God shall enter there. I love the quaint saying of a dying man, who exclaimed, "I have no fear of going home: I have sent all before me; God's finger is on the latch of my door and I am ready for him to enter."

"But," said one, "are you not afraid lest you should miss your inheritance?" "Nay," said he, "nay: there is one crown in heaven which the angel Gabriel could not wear. It will fit no head but mine. There is one throne in heaven which Paul the apostle could not fill: it was made for me and I shall have it." O Christian, what a joyous thought! thy portion is secure; "there remaineth a rest."

"But cannot I forfeit it?" No, it is entailed. If I be a child of God I shall not lose it. It is mine as securely as if I were there.

Come with me, believer, and let us sit upon the top of Nebo and view the goodly land, even Canaan. Seest thou that little river of death glistening in the sunlight and across it dost thou see the pinnacles of the eternal city? Dost thou mark the pleasant country and all its joyous inhabitants? Know, then, that if thou couldst fly across the thou wouldst see written upon one of its many mansions. "This remaineth for such a one: preserved for him only. He shall be caught up to dwell for ever with God."

Poor doubting one, see the fair inheritance: it is thine. If thou believest in the Lord Jesus, if thou hast repented of sin, if thou hast been renewed in heart, thou art one of the Lord's people and there is a place reserved for thee, a crown laid up for thee, a harp specially provided for thee. No one else shall have thy portion. It is reserved in heaven for thee and thou shalt have it ere long, for there shall be no vacant thrones in glory when all the chosen are gathered in.

This Week's Devotional Message:

FAITH CALLS ETIQUETTE AN IMPORTANT PART OF MARRIAGE



Etiquette is a rather old-fashioned word about which many books and newspaper columns have been written by the experts on it. In keeping with the times, they describe the rules for nearly every social situation. However, very little has been said about the manners of a married couple toward each other. Sadly, it is this lack of basic domestic courtesy that

so often leads to divorce, because the marriage partners fail to show enough respect for each other's opinions and make no effort to reach a compromise. Perhaps a talk with the clergyman at the House of Worship can provide the answer which is so seldom found in the etiquette books. A marriage is usually performed at the altar of God, and this may well be the best place to save it.

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 Garison, 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**
Sun. Morn. 9:45 a., 10:45 a.m., 5 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. Arburn
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**
Luther S. Hollowell, II, 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.m.
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
Bilingual Services
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 Hister, 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. Clarence Walker
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 Greenon, 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**
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

Summer offers parents valuable communication time with children

Kids can learn more from the recent shootings in schools than just "be wary of classmates with suspicious behavior."

"Parents should talk to their children about troublesome classmates, but also about their fears and the complex social situations that can lead to violence," said Dr. Ernest Fruge, a psychologist at Baylor College of Medicine and Texas Children's Cancer Center in Houston.

Summer vacation offers parents a chance to have thoughtful discussions with their kids and to get to know them better. Research has shown that the kids who are least likely to engage in dangerous behavior, such as carrying guns, are those who feel loved and appreciated at home and school.

"Parents who listen to their children's thoughts, feelings and con-

cerns show that their kids are important to them," said Fruge. "These discussions can help parents understand the way their children see the world and respond to social situations that might lead to frustration, anger and violence."

For example, the high school students in Colorado who went on a shooting spree apparently had been ridiculed for being different. Fruge recommends that parents ask their children not just whether any students have been making threats, but also how people treat one another at school. Ask whether any students are often made fun of, and how other students and teachers respond.

"If children admit they participated in the teasing, the natural reaction of many parents might be to immediately say, 'You shouldn't do that,'" Fruge said. "But this immediate reaction might send the message that you are not really interested in their world—you only want to correct them."

Asking the child to discuss the social pressures that led them to join in on the verbal harassment can lead to a more meaningful conversation, Fruge said. "Your child might go on

to tell you, 'Gee, if I didn't go along with the crowd, they might have started making fun of me too.' You now have a better understanding of their world, and that's a major accomplishment for any parent."

Such deep discussions can serve as a springboard for kids to think through social situations, reflect on their values and figure out other ways to respond, with parental guidance, Fruge suggests questions such as:

Why do people make fun of others? Is it fair?

How would you feel if you were the one being ridiculed?

How do you think the ridiculed person's life might change if no one made fun of him or her?

"Through ongoing frank conversations, parents can help their kids develop moral reasoning in line with the family's values. For example, they can lead kids to realize that ridiculing others is like picking a fight with someone smaller," Fruge said. "To encourage independent thinking, a parent might ask, 'How far would you go to be part of a group?' Would you beat someone up to join?"

With thought-provoking questions, parents can guide their kids to think and act more maturely. In the process, parents are likely to get to know their children better and feel more secure about their kids' ability to make good decisions and reduce their safety risks, Fruge said.

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With its built-in resistance to worms, Bt cotton has become one of the most exciting industry innovations since pyrethroids. But with growers being charged a \$32 technology fee for every acre of Bt cotton planted, additional pest management tools have become a critically important way to protect the Bt investment.

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Attend Church This Sunday

Families can help youth learn about work

by Lou Gilly
Haskell Co. Extension Agent
The family is an incubator that provides protection and resources as children grow. Children stay in the home for approximately 18 years. There they learn family values and ways to communicate and resolve problems. They also observe the work of parents and their attitudes, including those shared about their work. Families can also provide the best environment for learning about work and entrepreneurship.

Approximately 34 percent of high school students work at jobs. The remaining 66 percent are unemployed. Of those working, almost 30 percent work more than 10 hours per week. If youth are not working or doing volunteer work, where do they gain experience that prepares them for the workforce or owning their own business? A 1994 Gallup survey compared the attitudes of high school students and small business owners concerning entrepreneurship in the United States. Not surprisingly, there was strong interest among students in becoming entrepreneurs. Youth, like small business owners, seek independence

through ownership. Wanting to be "one's own boss" and not monetary gain is the main reason for starting a business. Yet small business owners also want to use skills they have developed and build resources for their families.

However, students had little knowledge of how to go about starting business knowledge, students answered only 44 percent of the questions correctly. Schools are teaching little or nothing about business and the economy. Twenty-seven percent of students take a business course and only 35 percent take economics. Students are keenly interested in learning more about starting a business.

Adult family members can help model entrepreneurial skills. Providing youth with on-the-job experiences at the place of employment where the adult works is a good introduction to responsibility. Many schools now allow a work exchange program where the student spends one day at the parent's place of employment. Parents can also encourage volunteerism, even for kids under the legal work age. Teens may be hesitant to apply for jobs. Parents

and other adults can assist by introducing teens to friends who are in business, thereby opening the opportunity to work part or full time. If a teen has a business idea, explore the idea further, posing questions that help the young person think through options. Encourage the young person to speak to people in business who may have some expertise. Encourage reading and trying the idea on a small scale.

Remember that youth are watching and listening to adults and often mirror what they hear. This holds true attitudes about work and business. Consider these tips for fostering a positive attitude in your young person concerning work, responsibility and entrepreneurship:

- Avoid complaining about work—be positive.
- Discuss your job with your child. Many young people do not

understand what their parents do for a living.

• If possible, allow the young person to go to work with you occasionally (always clearing this with your supervisor).

• If you have a business and particularly one in the home, assign responsibilities to the young person. Be sure to treat him or her equitably as you would any other employee.

• Encourage creative entrepreneurship in your young person; allow him or her to take an idea and explore the possibilities and limitations.

• Teach responsibility by being responsible yourself. Equip your child with a sound work ethic. Expose your child to the work environment. You will be assisting in the development of social and critical thinking skills necessary for a job or self-employment.

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Communication and support is critical for caregivers

"In sickness and in health, 'til death do us part," is a harsh reality for a spouse who must attach the role of caregiver to that of lifetime partner.

Communication and support from family and friends can make the transition more manageable, said Dr. Nancy Wilson, an assistant professor of medicine at the Huffington Center on Aging at Baylor.

"When one partner becomes chronically ill or disabled, the relationship between the couple changes. Knowing what to expect can help ease that change," Wilson said.

The couple is fortunate if they have a long history of problem solving. If possible, they can renegotiate their roles in the marriage. Feelings of sadness and frustration can make changing roles more difficult, but new skills can provide a feeling of accomplishment for both.

Instead of criticism, Wilson encourages the ill or disabled partner to offer praise and encouragement if the care-giving spouse makes mistakes while learning to drive, balancing the checkbook, cooking, or doing laundry. She said it is equally important that the caregiver expresses appreciation for contributions the ill partner is able to make.

Many caregivers find that they harbor strong feelings of resentment or guilt. "Unresolved issues and hostilities tend to surface in care-giving roles," Wilson said. Sometimes these feelings lead to excessive caregiving, which might promote dependency and even prevent the ill person from making progress in recovery.

"Feelings of anger, guilt and frustration are normal," Wilson said. "Caregiving doesn't make you a saint."

Wilson also warns of overexposure. "A lot of people

forget that they ever had their own space and activities. Try not to let both worlds become too narrow."

If possible, the caregiver should encourage the ill or disabled spouse to continue lifelong interests, invite family members to share simple activities or talk about the day's events. Being around other people will help lessen feelings of isolation.

Caregivers should "refuel" by pursuing their own activities, spending time with friends and family or participating in a support group. "Caregivers should let other people into their lives to share physical tasks and emotional burdens. They don't have to do everything themselves."

Remember, there are two victims, Wilson said. Both partners can have feelings of helplessness, loss of dignity, loss of control and loss of identity. Both might grieve the loss of the relationship as it once was.

"As healthy spouses, we should look ahead for ourselves, in the eventuality that something will happen. We need to face the possibilities head on and discuss how we would like to handle these challenges."

Student in the news

Amanda P. Cothron, a sophomore reading student at West Texas A&M University, was named to the Dean's List. Students on the list achieved GPAs of at least 3.25 and less than 3.85 with a minimum of 12 undergraduate hours.

815 West Texas A&M University students were mentioned on the Dean's List for the 1999 spring semester.

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