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Good luck in the play-offs, Maidens!

# The Haskell Free Press

VOL. 114-NO. 6, ©FEBRUARY 10, 2000

"The People's Choice"

14 PAGES-ONE SECTION-50 CENTS

## Basketball games

Haskell  
JV-B, VB vs. Archer City  
Fri., Feb. 11, 6 p.m.  
at Haskell

## Baseball games

Haskell V-JV vs Stamford  
Fri., Feb. 11, 4 p.m.  
Scrimmage at Haskell

## Softball games

Haskell vs Ballinger  
Mon., Feb. 14, 4:30 p.m.  
at Ballinger

## Calendar

### Kiwanisfest Feb. 13

The Haskell Kiwanis Club has scheduled its annual roast beef dinner Sun., Feb. 13 from 11:30 a.m. to 1 p.m. at the Haskell Civic Center. Tickets are \$6 in advance and \$6.50 at the door. Proceeds of the dinner will benefit the children of Sam Wade.

### Study Club to meet

The Progressive Study Club will meet Thurs., Feb. 10 at 7 p.m. at the Haskell National Bank Community Building. Erma Liles, Federation counselor for the club, will bring the program on Federation. Charter members will be honored at this meeting.

### Immunizations

The Texas Dept. of Health in Stamford will hold an immunization clinic Thurs., Feb. 17 at the American Legion Hall in Haskell. Clinic times are 1 to 4 p.m. For more information, call 915-773-5681.

### Noah Project

The Noah Project-North Advisory Committee will meet in the Haskell County Courthouse jury room Fri., Feb. 11 at noon. Plans for a brisket fund raiser will be discussed.

### Paint Creek Seniors to hold dinner

The Paint Creek Seniors will hold a chicken fried steak dinner Sun., Feb. 27 from 11:30 a.m. to 2 p.m. at the Paint Creek School cafeteria. Tickets are \$5 for adults and \$4 for children. Contact any Paint Creek Senior student for tickets or call Mrs. Shackelford at 864-2782. Tickets are available at the door.

### Mailing date to appear weekly

Readers will note an addition to the box on page four of every issue of The Haskell Free Press. This bit of information will be added to inform readers of the date their Haskell Free Press is placed in the mail.

### Rule Chamber banquet set March 6

The Rule Chamber of Commerce banquet will be held Mon., March 6 at 7 p.m. in the Rule School cafeteria. Prayer-E-Strings will provide the entertainment. The Junior Class will cater the meal. Tickets are \$8.

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NEW MANUFACTURING CO.—Russ Walker is the owner/operator of Bandit Motorcoaches, Inc., Haskell's newest manufacturing plant. Located at 941 West Hwy. 380, the company is a part of a family business which includes Outlaw Trailer Conversions.

## Bandit Motorcoaches sets open house

by Mary Kaigler

Russ Walker is a young man in a hurry to develop his dream and bring his vision for a thriving manufacturing business to fruition in Haskell.

Back in October, when Haskell Economic Development Corporation Director, Monty Montgomery, handed Walker, owner and operator of Bandit Motorcoaches, Inc., the key to the newly renovated building on West Hwy. 380, saying, "We've done everything we can to help you, now it's up to you," the young entrepreneur replied, "Fine, now just get out of my way, I've got things to build."

On Mon., Feb. 14, during an open house and reception from 4:00 to 5:30 p.m., the public will have the opportunity to view the custom-renovated property, the process involved in producing the recreational vehicles and the custom-finished products of Haskell's new manufacturing company.

Bandit Motorcoaches in Haskell is part of a family owned business, including Outlaw Conversions, which outfits horse trailers with living facilities for the horse owners, such as sinks, showers,

sofas, etc. Outlaw Conversions is operated in Stephenville by John Walker, brother of Russ Walker, with 30 employees involved in that aspect of the business. Together with their parents, Charles and Barbara Walker of Paducah, who divide their time between Stephenville and Haskell, the two young men are partners in the business.

Proud of his company, the possibilities provided by his new location here and the products he turns out, Russ Walker says his vision for the motor homes has developed over a period of years.

Raised on a farm and ranch in Paducah, he graduated from high school there in 1994 and from Tarleton University in 1998. While at Tarleton he and his brother started building home-living interiors in horse trailers. John Walker did most of the selling during that time and Russ Walker worked mostly in the evenings after classes. Building the motor homes came as a kind of spin-off from that, he said.

Last year the two brothers experienced a big learning curve, in which they found that the trailer/motor home market is a different kind of market than they

were accustomed to, living in the small town. They had to learn sales and marketing and they seem to have learned it well.

"It just kind of grew from that," Russ said. "We had a product no one else had, the way we did it."

Explaining, he said that for instance, in their cabinetry they use hard woods, whereas most trailer manufacturers use paper-wrapped prefab material for cabinets. "And that attention to details is what established us in the quality market," he said. "Basically, what we are built on is our quality work. Everything in the trailers is customized to suit the owner. In the motor homes, there is more standardization, but no two trailer interiors are alike." He added that they found they built a product no one else had and their goal is to try to stay ahead with that.

Walker said that in five years the name Outlaw Conversions has

grown in the horse-trailer world. "It's well known and that is our goal for the motor homes."

Contracting nothing out and working from raw materials, all the work is done here from the ground up. In addition to Walker the local plant now employs six full-time local people. However, after the first start-up period, Walker expects to have as many as fifty employees working here, perhaps by the end of the year. "We're growing and we'll be taking on more employees," he said, adding that some of the Outlaw Conversions operations and employees will eventually be located here.

Moving to Haskell in October, Walker said coming here has been great. "The facilities are just great. We'd been working outside and this is good for me."

"Without Monty Montgomery and Shane Hadaway, we'd never continued on page 2

## Chamber Banquet set Feb. 17

The Haskell Chamber of Commerce Annual Banquet will be held Thurs., Feb. 17, at the Haskell Memorial Civic Center.

This year's program will be an Old-fashioned Political Rally, with each candidate for office having a short period of time to speak.

Monty Montgomery will be the master of ceremonies for the program. Deanne Morgan is in charge of the decorations.

The dinner will be an "all you can eat" barbecued brisket and all the trimmings meal prepared by Gil Richardson and his "chuck wagon crew." Home-made desserts will be included.

Tickets for the banquet are \$10.00 each and may be obtained from members of the Chamber.

## Police alert

Haskell Police Chief Tom Bassett issued an alert for the women of Haskell last week, about an anonymous individual who is calling women in the area, passing himself off as an employee of Dillard's Department Store. A number of such calls have been referred to the police department.

Claiming to be looking for models for the store, the caller interviews by phone, asking questions about the woman's size, appearance, etc.

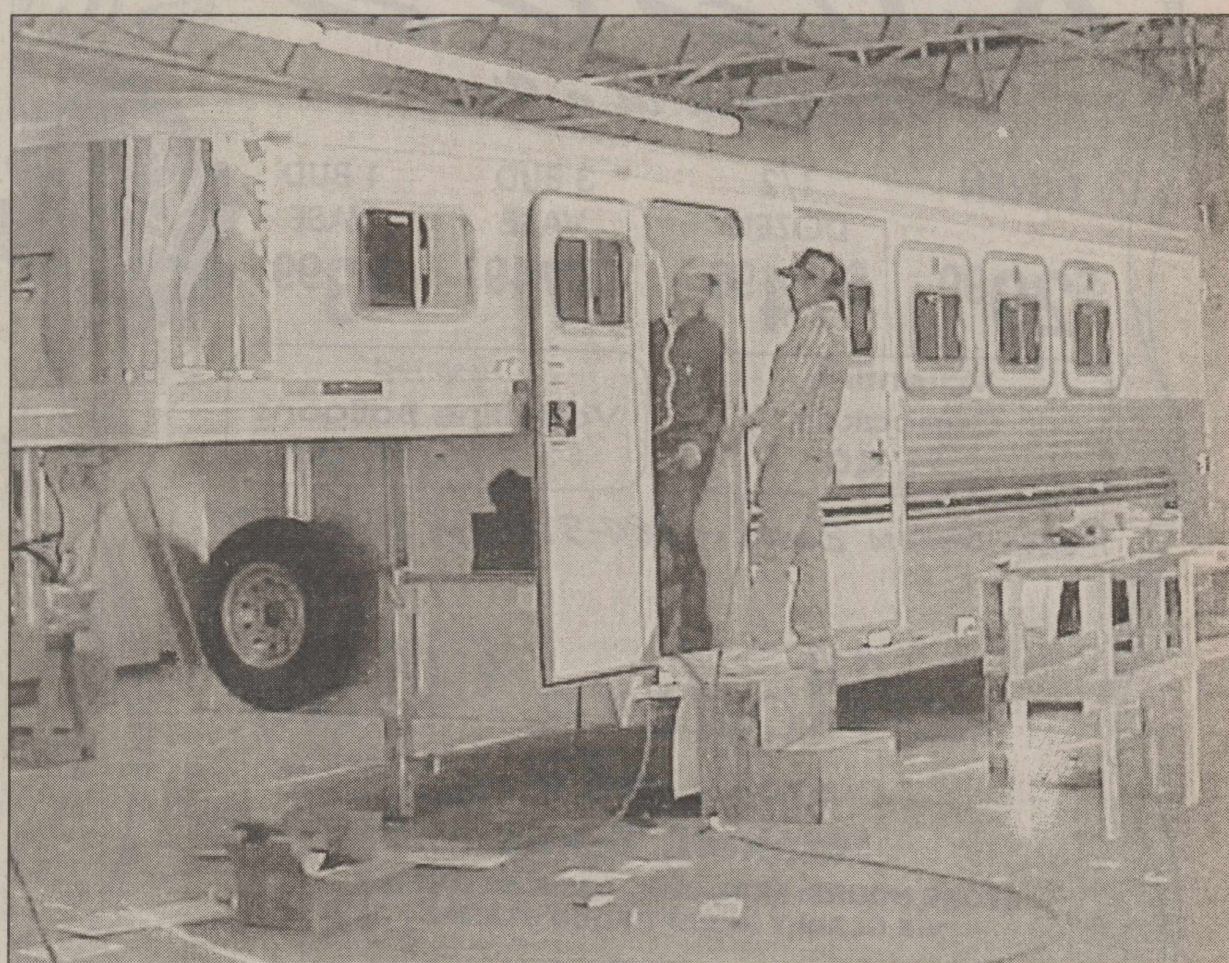
The Abilene Dillard's Store reported having no such individual working for them and no modeling promotions being conducted by the store.

Chief Bassett urged anyone receiving such a call to be aware of the possible scam, and to try to get a call-back number to help trace the caller.

## Maidens earn play-off berth

Although the Haskell Maidens will not have the full picture of what their final position will be in the basketball playoffs until after their last game of the season this week with Seymour, they have already clinched second place in the District.

Seymour, which now stands at third in the District, will also be in the playoffs.



TRAILER CONVERSION—Workman were busy this week in the workshop of Bandit Motorcoaches, Inc., outfitting a horse trailer with custom home-living facilities for Outlaw Trailer Conversions.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686



## Bandit Motorcoaches

continued from page 1  
have heard of this place. They pursued it and worked hard and got everything to work right," he said.

Montgomery said one of the reasons the EDC went after the Walkers is because they are native West Texans, understand the region and have the same belief system and ideals we have in Haskell.

"Starting here with Class C motor homes and with more and more of the horse trailer conversions that have been their bread and butter for the last five years, done here, all of their headquarters operations will eventually be in Haskell," Montgomery said.

Russ Walker and all of his people plan on settling here, he said. "We're not a fly-by-night deal. With the type of product we build, we don't rely on customers to walk in our front door. We strictly build for dealers and they don't care where we are located. They (the dealers) put the motor homes on their sales lots in places and cities where I don't want to live. That's why right here in Haskell is more ideal for us, because we're able to do what we want to do in a place that's more like home. That's always better, because I'm more productive when I'm happy."

Bandit Motorcoaches occupies the building built in 1974 by the Haskell Industrial Foundation. A bronze plaque on display just inside the building lists the names of those eleven citizens of twenty-five years ago who worked to help bring diversified business and industry here. First housing a sewing plant, its last owner was the Mung bean operation of a few years ago.

When the EDC bought it back the building had seen virtually no maintenance done since it was built. In what was almost a matter of starting over from scratch, it has received new electrical wiring, new

lights, plumbing, air conditioning units, gas heating, painting inside and out. The space was reconfigured to include a comfortable front office, break room and work areas specifically to accommodate the Bandit Motorcoaches and large horse trailers. Through the extensive renovations, all done by local contractors and labor, the EDC has transformed the old building into an attractive facility, inside and out, right down to the shrubs and pansies at the front entrance.

Speaking of the tremendous amount of help received from many County Commissioners and City employees, Montgomery said, "This is truly one of those projects where everybody rolled up their sleeves, got a shovel and went to work. The building is now a show case; a secure and safe environment to work in. And it proves what citizens of a small town in desolate West Texas can do once they put their shoulder to the wheel and their minds set right."

A preview look inside the handsome, tastefully decorated and designed motor home that will be open for inspection during the open house next Tuesday, is an eye opener. With every amenity imaginable, including hardwood cabinets, a shower with skylight ceiling, built in TV and microwave oven, it is enough to make the most die-hard stay-at-home start dreaming of open roads and far horizons.

If the talent, vision and hard work of young Russ Walker all come together as he believes they will, the back lot of Bandit Motorcoaches in Haskell will be filled with these motor homes bearing the soon-to-be well known logo of his company and with lots of horse trailers waiting for a custom-built living space.

He and his family's company are indeed a welcome addition to Haskell.



**ESSAYIST**—Sixth grader Cody Kretschmer, displays the certificate he was awarded by the Center for Initiatives in Education of Southwest Texas State University, for his essay about school violence. With him is sixth grade teacher Debbie Earles.

## Kretschmer receives award for school essay participation

Cody Kretschmer, sixth grader at Haskell Elementary, was awarded a certificate of participation for his essay about school violence. This statewide project was funded by the Office of the Governor, Criminal Justice Division and operated through the Center for Initiatives in Education of Southwest Texas State University. The essay was written in Mrs. Earles's homeroom class as part of a writing unit.

Approximately 2,000 essays for the November contest were submitted. Kretschmer's ideas for

preventing violence in schools included reaching out to other youth and making everyone feel accepted. He discussed the school shootings in Colorado and Arkansas and how some students who "felt like outcasts" reacted. Another of his ideas, was to get various law enforcement officials to speak to students about consequences of school violence.

Kretschmer has exchanged letters with Congressman Charles Stenholm concerning school violence and has served as an honorary page for Representative Rick Hardcastle. This articulate young man is the son of Don and Julie Kretschmer of Haskell.

## Children suffer from effects of secondhand smoke

Parents who smoke can take steps to lessen the effects of secondhand smoke on children.

"Parents who smoke should do so outside the home, designate a well-ventilated room in the home where there is fresh, outside air exchange, or wait until children go to bed," said Dr. Marianna Sockrider with Baylor College of Medicine and Texas Children's Hospital in Houston.

Never smoke with children in the car and chose to sit in non-smoking sections at restaurants and other establishments. Studies have shown secondhand smoke can cause respiratory problems and an increased chance of ear infections in children.

## Area basketball scores

<b>GIRLS</b>		Benjamin 81, Paint Creek 66
Haskell 42, Olney 30	Scoring for Haskell: Riley 12, Wallace 9, Lindsey 8, Thompson 8, Plemister 4, Rodela 1.	Scoring for Paint Creek: Medford 28, Hearn 15, S. Isbell 10, Salinas 10, L. Isbell 2, Gonzales 1.
JV Score—Olney 35, Haskell 23.		
***		
Haskell 53, Electra 51	Scoring for Haskell: Plemister 14, Wallace 13, Thompson 11.	
JV Score—Electra 35, Haskell 31.		
***		
Benjamin 59, Rule 53	Scoring for Rule: Lisle 13, McDuff 13, Stephens 10, Trussell 10, Ramirez 4, Stegemoeller 2, Rodriguez 1.	
***		
Rule 52, Rochester 28	Scoring for Rule: McDuff 14, Trussell 14, Lisle 10, Stephens 9, Ramirez 4, Hisey 1.	
Scoring for Rochester: Stoddard 10, Williams 7, Adkins 5, Garcia 4, Penman 2.		
JV Score—Rochester 28, Rule 17.		
***		
Woodson 63, Paint Creek 48	Scoring for Paint Creek: E. Medford 23, S. Isbell 15, Salinas 5, Hearn 2, L. Isbell 2, Gonzales 1.	
***		
Benjamin 78, Paint Creek 53	Scoring for Paint Creek: Hope 15, C. Hobbs 12, Biba 9, E. Hobbs 8, Faberser 6, Rivera 3.	
***		
Rule 78, Rochester 48	Scoring for Rule: Lehrmann 32, Harvey 26, Hisey 8, Sotelo 7, Hertel 3, Smith 2.	
Scoring for Rochester: Aguilera 14, Taylor 12, Hasty 11, Byrd 4, Ruiz 4, Gonzales 3.		
JV Score—Rule 42, Rochester 28.		

## Big Country Electric Cooperative to award scholarships, trip to D.C.

Big Country Electric Cooperative is proud to announce their sponsorship of the Government-in-Action Youth Speech Contest. The contest is open to high school sophomores, juniors and seniors in the Big Country Electric Cooperative service area.

Up to three winners will be awarded a 12-day all-expense paid trip to Washington, D. C. The cooperative is also awarding \$500 scholarships to the winners and the runner-up. "This is our first year to make this scholarship available along with the trip. We hope it will help boost participation," states Krista Spitzer, Member

Services Representative for the cooperative.

The contest will be held Feb. 29, at the Hamlin High School Auditorium at 7:00 p.m. This year's speech topic is "Value of Electric Cooperatives—Yesterday, Today and Tomorrow." The public is invited to attend.

Entry packets are available at the Big Country Electric Cooperative offices in Stamford, Roby and Snyder or at area high schools. The entry deadline is Feb. 21, no later than 5:00 p.m. For additional information, contact Krista Spitzer at (915) 773-4904 or krista@bigcountry.net.

## More physicians making house calls for older patients

Contrary to common beliefs, house calls didn't disappear when the town doctor stopped driving a horse-drawn buggy. Today there is a growing patient population that needs to be seen in their homes.

Dr. Joe Ventimiglia, an assistant professor of family practice and community medicine at UT Southwestern Medical Center at Dallas sees a number of patients in their homes.

"I'm not preaching that all patients should be seen at home instead of in clinic," he says. "But there are specific reasons for caring for some patients at home."

Often older patients who are very ill and frail can be seen at home without as much disruption. Some of these patients may have trouble moving around or may become disoriented when taken away from familiar surroundings. Others may have developed anxieties or fears that worsen in strange places.

Another advantage is that treating the patient in the home gives the physician the chance to get an idea of how the whole family is coping with the illness of one member and determine whether changes could be made to help everyone.

It just takes a little flexibility and willingness on the physician's part to see that certain necessary lab tests are done if the patient is homebound, Ventimiglia says.

## Check out LASIK eye surgeons

There are some things you should be aware of when searching for a doctor to perform LASIK eye surgery.

"When looking for a doctor, make sure you find out how much experience he or she has and what their data is in term of results," said Dr. Douglas Koch with Baylor College of Medicine in Houston. "Obviously, make sure they have a high success rate."

It's important to make sure the doctor performs a careful examination and tells you everything the procedure entails. Also, make sure that he or she looks for abnormal features, like excessively large pupils, that would make you a poor candidate and rule you out for the procedure.

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# Green Thumb

By Gladys O'Neal

A garden is only as good as its soil. The ideal soil for our gardens is easy to work, able to hold water and nutrients well and is loam. A crumbly balance of sand, silt and clay, the particles of loam, cling together in small clumps.

We need to water in the coolest part of the day, in the early morning when there is less wind and heat to cause evaporation.

To get water down to your plants' roots, create soil basins around your plants to contain the water and direct it where it is needed.

I know you already know all of this, but it is good to read it again. Plants are like people. Most folks take their seeds outside, throw them in the ground and then expect them to hold their own in the cold, cruel world.

First, if at all possible, transplant them later in the day or on an overcast day. The plants will have enough time to recover before the temperature rises again the next day.

Your Christmas plants need eleven hours of good sunlight which is very important this season of the year.

I want to give you some rose growing tips. It is necessary in some parts of our country to protect roses over the winter to ensure blooms the following spring. This is especially important where roses are exposed to whipping winter winds.

Feed your roses by working rotten bananas, skins and all into the soil near the base of the rose bushes. The potassium in the skins

gives them a "power-packed boost."

Give your roses a summer "pick-me-up" by placing leftover tea bags on the soil underneath each bush. The tannic acid in the tea bags makes the soil slightly acidic which roses love.

To control black spot, mix 1 tbsp. of baking soda, 1 tbsp. of

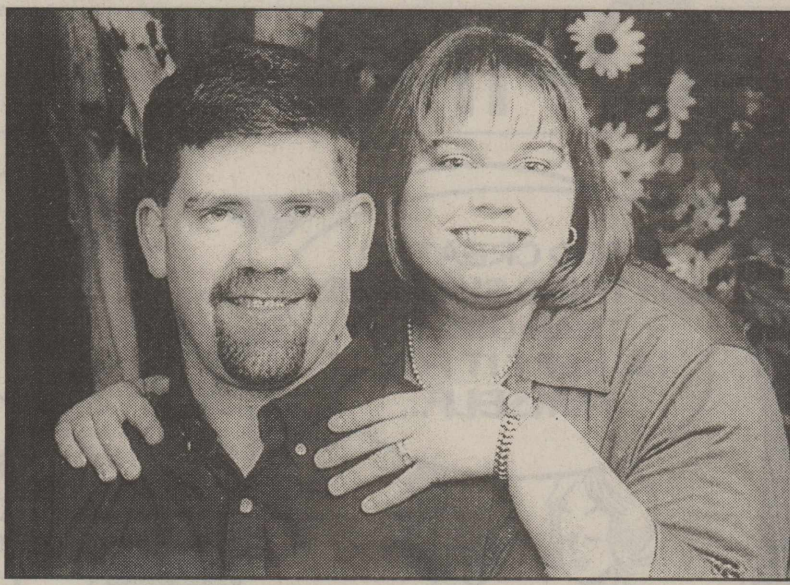
vegetable oil and 1 tbsp. of liquid dish soap in a gallon of warm water. Apply with a pump-type sprayer every 10 days or at the first sign of any disease.

If you shield your roses from drying winter winds and bright sunshine, they will live to see another glorious spring.

There are a number of things we can do to give our plants a helping hand. One thing, pick an overcast day. This helps to reduce our moisture loss. New transplants must be protected from strong sunshine.

If you can shade the plant on only one side, place the shield to the southwest, angled over it. If your garden is always windy, make a permanent windbreak by planting shrubs along the edge.

One other tip for you, to make an effective spray for houseplant pests such as mites, aphids and mealybugs, combine three tablespoons of rubbing alcohol and one tablespoon of mild liquid soap in a quart size sprayer. Fill the sprayer with water and shake well. Spray plants thoroughly on both sides of the leaves and stems. Then rinse the plant with clear water after about 15 minutes.



BRAD WEST - JACY CYPERT

## Cypert, West to be married June 17

Mr. and Mrs. Buddy Cypert of Haskell are pleased to announce the engagement of their daughter, Jacy LaDawn Cypert, to Bradley Eugene West of Garland. West is the son of Gene and Dorothy West of Mesquite.

Cypert is a 1997 graduate of Haskell High School. She is attending LVN school at Cisco

Junior College in Abilene and plans to graduate in May.

West is a 1989 graduate of Lakeview Centennial High School. He is a Journeyman Electrician for Walker Engineering in Dallas.

The wedding is planned for June 17 in the Church of Christ in Haskell. Greg Melton of Graham will officiate.

## Mamie Adams to be honored with 100th birthday party

Mamie Adams, the oldest member of the Paint Creek Baptist Church, will be honored at the church with a 100th birthday celebration, Sun., Feb. 13.

Friends and family are invited to attend Sunday School at 10:00 a.m., and morning worship at 11:00.

Hosted by the Paint Creek Church, a noon meal will be

served. Following the lunch a birthday cake and punch will be served in honor of Mrs. Adams.

Driving out from Stamford every Sunday for Sunday School and worship service as she has done for many years, Mrs. Adams is an inspiration to the church. They invite everyone to come help them celebrate her life of faithful service.

## Haskell Co. FCE Club news

The Family and Community Education Association Council met at the Haskell County Extension Office Jan. 19. Weinert Club was hostess and served refreshments to seven members.

The new FCE cookbooks are in. They can be purchased at the Extension Office or from any club member. The cookbook committee of Joetta Burnett, Jane Smith, Dolores Medford and Lennie Blankenship, did an excellent job getting the recipes and putting the book together.

Jane Smith reminded the members of the District FCE spring meeting March 3 at Weatherford. She needs to know how many plan to attend. Tickets must be purchased by Feb. 15.

Tri-County Rally Day is set for March 21 at Haskell National Bank community room.

Plans were made for the Junior Livestock Show concession stand.

cooperation of the Haskell ag students, county ag teachers, County Judge, County Commissioners and the Haskell County Jr. Livestock Association.

The concession stand is an annual fund raiser for our clubs. Proceeds benefit 4-H scholarships and help with 4-H Food and Clothing Show at the county and district levels.

Proceeds also help with the expense of delegates attending the FCE State Meetings.



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The Haskell County Family and Community Education Clubs had the privilege of sponsoring the concession stand at the Jr. Livestock Show Jan. 27-29.

The new facilities were provided by a grant through the Haskell Consolidated School District with

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## Good Luck in the play-offs, Maidens!

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# OPINION

## Ask the AG

By John Cornyn, Attorney General

February 14 - 20, 2000 has been designated as National Consumer Protection Week. Instead of my usual question and answer column, I am providing the following information for Texas consumers.

The best way to be a careful consumer is to be an informed consumer. The Office of the Attorney General is the consumer protection agency for the state. Our goal is to protect Texans from unscrupulous businesses and educate consumers on how to protect themselves.

My Consumer Protection Division (CPD) produces free educational brochures on a variety of consumer topics from credit cards and ID fraud, to tenant rights and car repair. Consumers can request copies of our brochures by calling (800) 621-0508.

CPD also publishes a quarterly newsletter called *Consumer Watch*. The newsletter provides tips on how to be an informed consumer. It also contains updates on lawsuits that this office may have filed on behalf of Texas consumers. To be added to the *Consumer Watch* mailing list, write to: List Manager, Office of the Attorney General, PO Box 12548 Mail Code 027, Austin, TX 78711. You can also call the above number to request a copy.

**If you have a complaint**  
Even careful buyers can get stuck now and then. When it does happen, consumers do have some options.

Your first step should be to talk to the business directly - the salesperson, manager or customer service representative. Most problems can be resolved at this level.

If the business does not resolve the problem, you can file a complaint with CPD, your local Better Business Bureau and, in some cases, small claims court.

CPD provides a voluntary dispute resolution service for consumers who file written complaints with our office. My office receives an average of 30,000 complaints a year, and the majority of these cases are resolved through this process.

You can obtain a CPD complaint form by calling (800) 252-8011 or by visiting our Website. When you file the complaint, make sure that you include the name and address of the business, a description of the problem and the steps that you have taken to resolve it, an explanation of the resolution you desire and photocopies of all related documents.

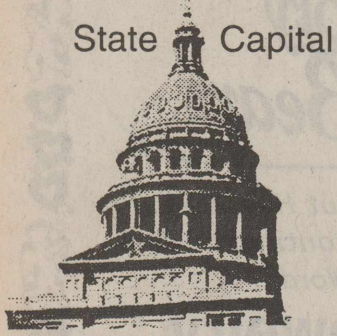
State law prohibits my office from providing legal advice or representation to private citizens or companies. CPD cannot act on behalf of a consumer or a business during the mediation process.

**Protecting Consumers**  
On occasion, CPD files a Deceptive Trade Practices suit against a business. The suits are intended to protect the public interest. While we cannot file a suit on behalf of private individuals, we do monitor consumer complaints for possible enforcement actions.

When filing a suit, we consider several factors including among others, the severity of the case and the possibility of halting fraudulent activity. Even though we aren't always able to recover money for consumers, we file these cases to stop illegal business practices.

**For further information**  
For more information on consumer information and referral sources, visit the Office of the Attorney General Web site at [www.oag.state.tx.us](http://www.oag.state.tx.us). All of our consumer brochures and the *Consumer Watch* newsletter are available on the Web site.

If you would like to have a representative from CPD speak to your group, contact Arthur Troilo at (512) 463-2185.



## HIGHLIGHTS

By Ed Sterling  
TEXAS PRESS ASSOCIATION

**AUSTIN** — Anyone who wants to know how much nicotine is in a certain brand of cigarettes should have an easier time finding the information.

The Texas Department of Health has adopted a revision to state law that will allow Brown & Williamson Tobacco Corp., Lorillard Tobacco Co., Philip Morris Inc., and R.J. Reynolds Tobacco Co. to provide information to the department by using a mathematical model to determine the nicotine yield of their products.

Information on nicotine yield provided to the health department will be subject to the Texas Public Information Act, the law that gives citizens access to most documents held by state agencies and local government.

Armed with information, citizens can make a better-informed decision whether or not to smoke cigarettes.

Methods used to obtain information on nicotine yield also will be found under the revised Texas Health and Safety Code Chapter 161, Subchapter P.

### Bush Security Has a Price

Gov. George W. Bush's presidential campaign is not cheap and taxpayers, of course, are footing the bill.

Department of Public Safety records show Texas spent at least \$2.65 million last year for what is being called "executive security," the Associated Press reported.

The DPS listed the figure as a lump sum for security for Bush and Lt. Gov. Rick Perry.

At the end of 1998, when Bush began considering a run for president, executive security costs were about \$286,000.

Since then, the governor has traveled out of state on campaign trips, with the state paying for his security.

Aides to Bush say the state also paid for former Democratic Gov. Ann Richards' security when she campaigned for President Clinton in 1992.

### AG Rules on Judge's Mail

A Texas Attorney General's opinion issued last week said Denton County officials are required by state law to allow the *Denton Record-Chronicle*, or anyone from the public, to regularly review the county judge's official mail.

The newspaper first asked in June to review County Judge Kirk Wilson's mail daily.

At first, the judge granted the request but later denied daily access and asked the attorney general to rule.

### Education Agency Limits Class-size Exemptions

State officials are making it harder to get a class size exemption, the Texas State Teachers Association reported last week.

Last year, 150 school districts asked the state to waive the 22-pupil limit on kindergarten through fourth grade.

That marks a 50 percent increase in the number of districts asking for a waiver five years ago.

Now, two new restrictions will apply:

- Beginning in the fall, all campuses getting waivers will have to have a state rating of "acceptable" and show annual gains in student performance in future years; and

- Districts requesting waivers for more than two consecutive semesters must hold public meetings at each campus affected by a waiver.

### Bush Names 'Ambassador'

Gov. Bush has designated Secretary of State Elton Bomer as the Census 2000 ambassador for Texas.

State agencies are to cooperate with and assist the Bomer in census outreach activities.

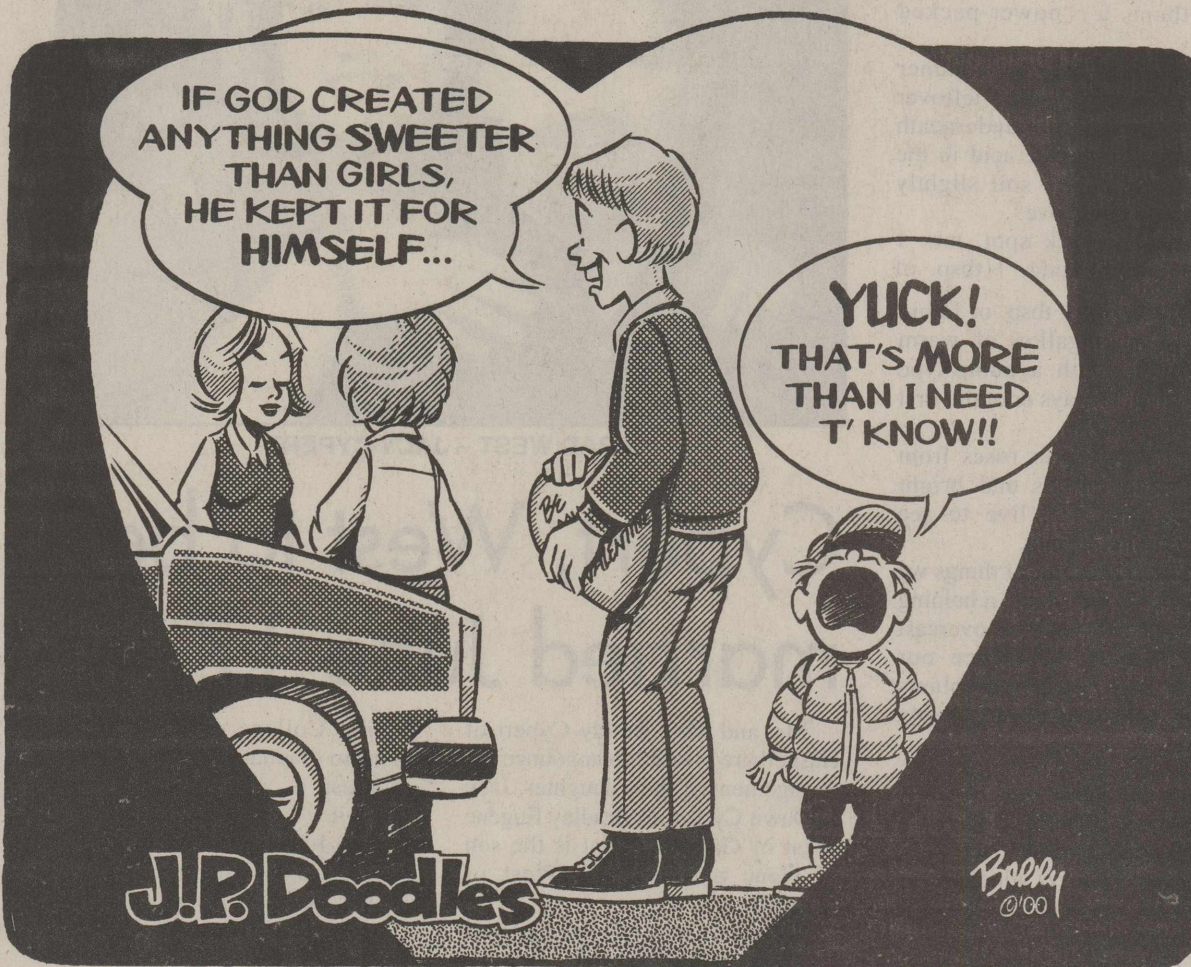
More than 500 Local Complete Count Committees have been formed in Texas to spearhead grassroots campaigns to educate local residents about the importance of the census.

And, more than 26,000 federal census workers will be needed to conduct the Texas census throughout the year.

### Studio Proposal Made

Hoping to attract Hollywood, the Austin Film Society has proposed to use vacant buildings at the capital city's now-defunct Robert Mueller Airport for sound stages and production offices for making commercials, films and videos over the next 10 years.

Filmmakers including Mike Judge, creator of "King of the Hill," documentary filmmaker Paul Stekler and Elizabeth Avellan, who produces films with director Robert Rodriguez, said the Mueller studios would bring jobs, money and publicity to the Austin area.



## From The Inside Out

By Mary Kaigler

"I believe we are destined to meet the people who will support, guide and nurture us on our life's journey, each of them appearing at the appropriate time, accompanying us at least part of the way. I think specific human beings, sometimes only in spirit, will present themselves in such a way that their presence will shape and reshape our hearts until we are more fully who we are," wrote novelist Alice Walker.

I, too, think everyone, at least sometime in their life, finds people, situations and circumstances coming together at just the right time for them in an unpredictable or unexpected way. Depending on one's sensitivity to such so-called coincidences, or their perception of the connected-ness of all of life, such comings together can either go by unnoticed or can seem meant to be for a reason.

Perhaps it is often only in retrospect that we become aware of the import that someone we have met in a seemingly random way, or an unexplainable circumstance we have experienced along the way has had on our life and how we are living it.

Growing older gives one time for retrospection and one fascinating bonus of that is being able to tie together some of the random happenings into a cohesive understanding of ourselves and our

world. One of the lessons of life one learns through such an awareness is that we need each other and are a part of one another. None of us comes into or goes out of this life alone. We touch each other along the way.

An article written a few years ago by Roy Buckley of Antioch, Tennessee, a director of Native American Communications, speaks to the idea that each part of God's creation is here for a reason. It's the story of a Native American woman as she ties interconnected knots in the fine sinew stretched around the hoop of a traditional, decorative "dream catcher," for a young child.

### A Lesson in Life

"But ask the animals, and they will teach you; the birds of the air, and they will tell you; ask the plants of the earth, and they will teach you; and the fish of the sea will declare to you." Job 12:7-8

I sat beside her on the floor, my head resting on her knees. She had made dream catchers many times before, but this one was different. It was a lesson in life.

"All life is a circle," she began. "Everything—all people, animals, insects and plants are part of the circle."

"Each knot is some aspect of God's creation," she said. Her fingers grasped the sinew and pulled it tight. The tiny loops

stretched into a beautiful tight web and she secured the pattern with a double knot.

She held the hoop in her hands. "God is the hoop of life. The web is beautiful and strong because of the strength of the hoop."

She pointed to various knots. "This knot could be the person you may see for only a minute or someone with whom you go to school. This knot could be an animal or a tree. Each is part of creation, from which you will learn and grow. God's creation is strong because each portion pulls on the strength of all of its parts."

She held the dream catcher, turned it over and reached for a pair of scissors. With a brief hesitation, she cut one knot. Quickly the dream catcher began to unravel. "All of life is important," she said. "Which knot can we do without?"

Buckley's prayer at the end of his story seems to put into perspective what our view of our part in this world should be, especially when we get so full of ourselves and think we have no responsibility for other people or for protecting our natural resources.

"Creator, help me to view my days, not in achievement or wealth, but in relationship to you and the world around me. Help me to see myself as part of your creation, so that I may not be too small or too large. Amen."

## From Out of the Past

From the files of The Haskell Free Press

### 10 Years Ago February 8, 1990

The Chisholm Trail Council Northern District Cub Scout Pinewood Derby was held in the Haskell Civic Center. A trophy for Grand Prize went to Cory Wood of Weinert. Jason Trammell of Haskell won second overall.

The Haskell Indians defeated the Albany Lions 74-54. James Rike scored 40 points, while Rusty Stocks added 12 and Harper Stewart 10.

Weinert 4-H Club has recently completed a photography project in which they learned many tips for taking better pictures. Blue ribbon winners for the project were Heather Guess, Jace Yates, T Nichols, Heath Guess, Dusty Yates, Charisse Felty, Dustin Harbers and Lane Murphy.

### 20 Years Ago February 7, 1980

Gena Fischer of Paint Creek is on the Dean's List at Hardin-Simmons University. She received a 4.0 average for 15 semester hours.

The Champion Hereford at the Southwestern Rodeo & Livestock Show, Ft. Worth was exhibited by Stanley Hager of Weinert.

Mrs. D. L. (Jack) Speer has accepted the Chairmanship of the Spring Bike-A-Thon on behalf of the Cystic Fibrosis Foundation.

### 30 Years Ago February 5, 1970

Abe Turner, president of the Haskell National Bank, will serve as finance chairman of the 1970 Heart Fund Campaign in Haskell County.

Senior Terry Kay Diggs, daughter of Mr. and Mrs. Terry M. Diggs, is Haskell High School's 1970 Betty Crocker Homemaker of Tomorrow.

Qualifying for the Dean's List at Hardin-Simmons University, Abilene is Gerre Larned of Haskell. Listed on the Honor Roll is Martha Jarred, a freshman from Haskell.

### 40 Years Ago February 11, 1960

The Fidelis Class of the First Baptist Church met in the home of Mrs. Trav Everett for their social and business meeting.

The Haskell County Singing Convention will meet at the Roberts Baptist Church for an afternoon program of singing. Truett Cobb is president of the convention.

The Haskell Bowling Lanes has scheduled a grand opening Feb. 12. Located in the Atkeison Building one block northwest of the square, the establishment features eight bowling lanes.

Alton Hester of O'Brien has purchased the White Auto Store from Jay Weaver.

### 50 Years Ago February 9, 1950

Sponsored by the Haskell

Quarterback Club, motion pictures of the 1949 SMU-Notre Dame football game will be shown at the High School auditorium. Showing of the film will require about 40 minutes.

Ark Allred, formerly of Fort Worth, has opened an automobile radiator repair shop. The shop is located in the building with the Haskell Nash Company.

Roy Elwood Frierson, son of Mr. and Mrs. Paul Frierson, received his Bachelor of Science degree in Agricultural Administration from Texas A&M.

### 90 Years Ago February 5, 1910

R. W. Herren was in from his ranch to receive two yearling Hereford bulls. They are as fine as any we have seen in this country. Mr. Herren paid \$100 a piece for them.

G. E. Courtney reports that his broom factory is running full time now and that sales are good.

Paul Zahn, one of the county's leading farmers, sold a hog here that weighed 625 pounds and brought \$40.60. The animal was raised principally on kaffir and maize. J. V. Hudson was the buyer.

There is a move on foot to organize a company and build a railroad from Haskell west to Rule and east to Throckmorton. The proposition is meeting with enthusiastic approval among local business men.

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This issue mailed Wed., Feb. 9, 2000



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**RABBITS AND RIBBON**—Amy Hamilton poses with her Grand Champion Fryer Rabbits at the Jr. Livestock show. Photo by Kis

## Sagerton News

By Dorothy M. Clark

Basketball fever is at a high pitch this week as Jill Brown's Rule Lady Cats take on Benjamin for a District playoff game at Seymour. Michelle Stegemoeller and Yolanda Rodriguez are the local girls on the team and of course, our own Jill Brown is their coach.

Lyndell Quade of Abilene attended church at Faith Lutheran last Sun. and then had lunch and visited in the home of Mary Neinast. Other guests included Hilda Kiecke and the Roy McEwen family.

Local students participating in the Ft. Worth Stock Show last weekend included Kortney Kupatt, Josh Freeman and Michelle Stegemoeller. They all had pigs to show and did real well. Kortney placed 8th with her medium weight Cross; Josh placed 9th with his

Spot and Michelle placed 10th with her Spot. A real surprise to them was when Josh and Michelle found themselves "neighbors" in the holding area. At a show that large it is hard to find your friends sometimes and when they found that they were "next door" to each other, it was more fun for them.

Joe and Dorothy Clark, Nancy Clark of Stamford and Emmalee Bivins of Haskell spent the weekend in Valley View with Don and Patsy Bivins. On Sat. the "girls" drove to Montgomery to attend a baby shower for Anna Marie Willis, granddaughter of the Clarks. The shower was held at the ranch home of Lisa Havens near Montgomery. Decorations throughout the party area were done in bandana prints since the Willis are expecting a little cowboy.

## Texas Youth Hotline campaign launched

The Texas Department of Protective and Regulatory Services (TDPRS) has launched a statewide public awareness campaign for the Texas Youth Hotline aimed at troubled youth and families, according to Hotline Director, Jay Smith.

"The Texas Hotline is answered 24 hours a day and provides prevention and crisis intervention services to callers who are in need of a caring voice and a listening ear," Smith said. "Hotline counselors talk with callers who face a variety of issues including family conflicts, delinquency, truancy and abuse and neglect."

Smith said television, radio and billboard public service announcements and more than 250,000 pieces of public awareness materials for schools, social service agencies, law enforcement and youth-related organizations are aimed at bringing the troubled

youth problem to wider public attention and to make youths and parents more aware of the services available.

"Many of today's youth who are lonely or angry do not have constructive ways of venting their frustrations," states Smith. "We offer a safe, non threatening environment where callers can discuss their problems with someone who will listen and not judge them. Hotline callers are urged to seek ongoing guidance and support from trusted adults, school faculty, or local social service agencies."

"Our goal is to help minimize problems at home or school and prevent youth from becoming involved in delinquent, self-destructive behavior," explains Smith.

For additional information about the Texas Youth Hotline contact 1-800-210-2278 or visit [www.texasyouth.org](http://www.texasyouth.org).

## Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 810 head of cattle at its sale on Sat., Feb. 5, according to Gary Tate, reporter.

Stocker cattle 2-5 higher; feeder cattle 1-2 higher; packer cows steady to 1 higher.

Holstein, longhorns, Jerseys, goons \$5-\$25/100# less than figures quoted.

Cows: fat, .34-.38; cutters, .36-.43; canners, .25-.32.

Bulls: bologna, .45-.52; feeder, .68-.75; utility, .40-.43.

Steers: medium and large frame No. 1 200-300 lbs., 1.15-1.35; 300-400 lbs., 1.05-1.28; 400-500

lbs., .95-1.12; 500-600 lbs., .88-1.00; 600-700 lbs., .82-.92; 700-800 lbs., .77-.86; 800-up lbs., .68-.82.

Heifers: medium and large frame No. 1 200-300 lbs., 1.00-1.15; 300-400 lbs., .90-1.08; 400-500 lbs., .85-.98; 500-600 lbs., .82-.92; 600-up lbs., .55-.85.

Bred Heifers: medium frame, 400-525.

Bred Cows: young to middle aged, 550-650; aged or small, 475-575.

Cows with calves: medium frame No. 1 young and middle aged, 650-775; aged or small, 600-675.

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Feb. 14

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 <b>Valentine Gift Basket</b> with Plush & Gourmet Food Asst. Styles 14.99 Value <span style="font-size: 24px; font-weight: bold;">\$9.99</span>	 <b>Dove Long Stem Chocolate Rose</b> .75 oz. 3.49 Value <span style="font-size: 24px; font-weight: bold;">\$2.49</span>
 <b>Pewter Expression Picture Frames</b> Asst. Styles 9.95 Value <span style="font-size: 24px; font-weight: bold;">\$4.99</span>	 <b>Matchbox Cars</b> Asst. Types 1.19 Value <span style="font-size: 24px; font-weight: bold;">88¢</span>
 <b>Jumbo Valentine's Day Greeting Card</b> With Mailing Envelope 24"x16" Asst. Designs 5.00 Value <span style="font-size: 24px; font-weight: bold;">\$2.99</span>	 <b>Valentine Gift Bag</b> Choose from Mickey Mouse or Taz 1.69 Value <span style="font-size: 24px; font-weight: bold;">99¢</span>

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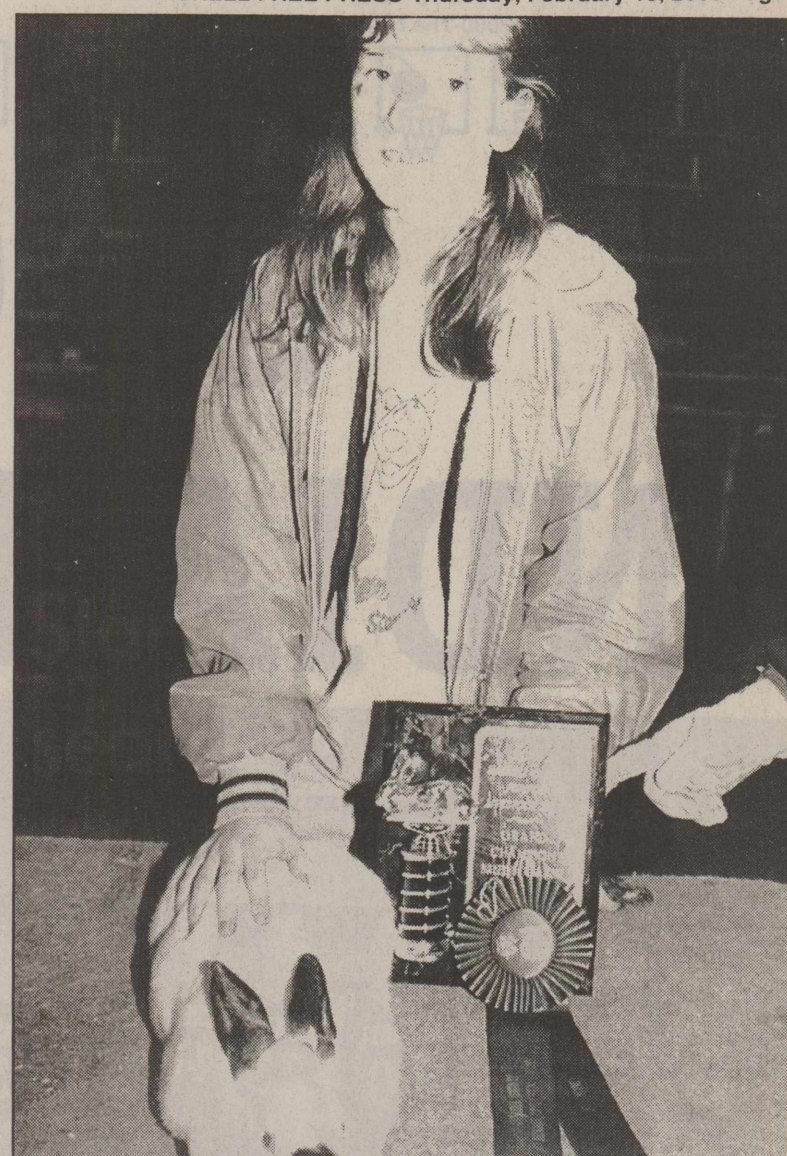
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CHAMPIONS—MacKenzie Miller and her Grand Champion Breeding rabbit show off their winning ribbon. Photo by Kis

## Chocolate appeal comes from a variety of factors

One of the most popular Valentine's Day gifts is a heart-shaped box of chocolates. There may be a scientific reason for that.

Why do people love chocolate so much? Is it the taste? Not entirely. The appeal of chocolate seems to come from a variety of factors, according to Arizona researchers. Some of the appeal lies in the fat and sugar content of chocolate. We tend to like things that are sweet and melt in the mouth. But chemical composition may play a role in the chocolate cravings. More women than men report cravings for chocolate and often women crave chocolate the most before menstruation, when hormones levels are highest.

Another study, conducted in

Italy, tested the theory that cocoa contains some of the same chemicals found in marijuana, which could have something to do with why chocolate seems to bring such a feeling of pleasure to some people. The researchers found that while chocolate does contain some of these chemicals, it's probably not in high enough quantities to really have an effect. More study needs to be done, though.

If you crave chocolate, you can rest assured that it's not entirely bad for you. In fact, doctors at UT Southwestern Medical Center at Dallas say chocolate can fit into a healthy diet. A little bit of chocolate every day—such as a small candy bar—shouldn't have a major impact on your health.

## Starting a job search after college

One of the biggest adjustments young people have after finishing high school or college is starting a career. Pounding the pavement in search of a job can seem overwhelming. Here are a few tips suggested by *Interpreter* magazine for getting started.

\*Decide what you want to do. Numerous books and Web sites can help you narrow down your options. Also look to others for suggestions: guidance counselors, parents, pastor or campus minister. They've all been where you are.

\*Compose your resume. It's

the gateway to securing an interview. Again, a wealth of information is available on composing resumes: see

[www.careerexperience.com](http://www.careerexperience.com) or [www.provenresumecom.com](http://www.provenresumecom.com).

\*Register with your college placement office. They will distribute your resume for you and list available jobs in almost every field.

\*Get on the Internet. You can post your resume online or surf Web sites that list job openings: see [www.monster.com](http://www.monster.com),

[www.hotjobs.com](http://www.hotjobs.com) or [www.careerpath.com](http://www.careerpath.com).

\*Call an employment agency. It's said that 85 percent of job openings are never advertised because employers prefer to go through agencies. Setting up an interview to see if an agency can help you is a good idea. Avoid agencies that charge you a fee.

Once you are called for an interview, remember:

\*Dress appropriately. Even if the company has no dress code, assume it does. (Wait until you're hired to put your nose ring back in.)

\*Be prepared. Know as much about the company beforehand as possible. Ask questions about the company, the job or even the interviewer.

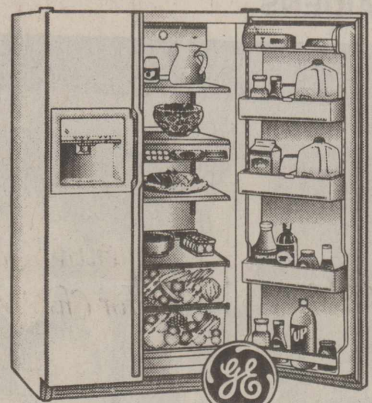
\*Follow up. Check weekly until you know whether the position has been filled. The company might keep your name in mind if it is having trouble choosing a candidate.

\*Don't get discouraged. You may experience considerable rejection or no response at all, and it can be disheartening. But rest assured, the job you love is out there if you're patient and diligent enough to find it.

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## Valentine's Day Sale!

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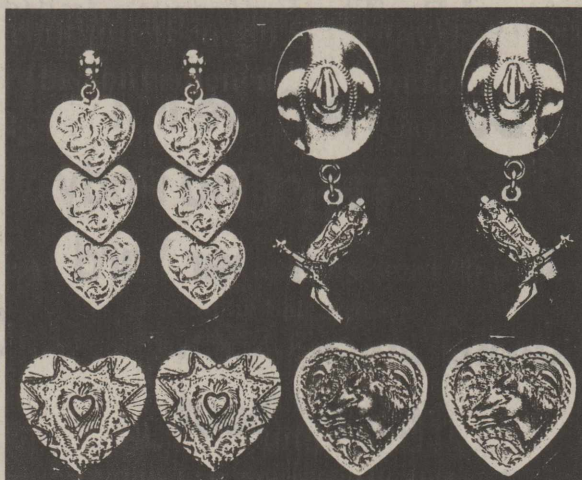
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HASKELL VARSITY INDIANS



HASKELL VARSITY MAIDENS



HASKELL JV INDIANS

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HASKELL JV MAIDENS

## INDIANS

JV & Varsity vs. Archer City  
Fri., Feb. 11, 6 p.m. at Haskell

## MAIDENS

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**Haskell National Bank**  
**Haskell Save-A-\$**





## Mickler signs with Naval Academy

Josh Mickler, son of Jim and Pat Mickler of Austin, formerly of Haskell, has signed a Letter of Intent to play Division I football for the United States Naval Academy.

Mickler is a senior student at Hyde Park Baptist School in

Austin. His father is a high school administrator and coach at the school.

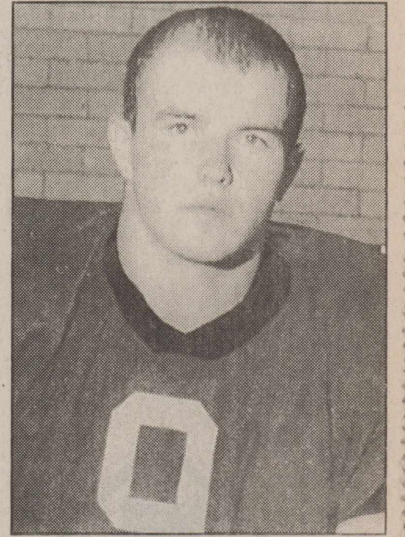
During two and a half years at the school, Josh Mickler has been named the football captain and defensive signal caller, All-District linebacker, All-District running back, All-State linebacker and best defensive lineman.

Leading his team to the State quarter-finals for two years, he finished with the best football record in the history of Hyde Park Baptist School. In December, he was chosen to be captain of the TAPPS All-Star Team playing in Dallas.

Also excelling in track, he was part of the 4 x 100 Meter Relay team which holds the state record.

Among those who have traveled to support him during his school football events are relatives, Henry and Pansy Harris, Peggy, Michael, Paige and Kelsie Adams, Chad, Kristie and Chase Gibson of

Haskell: Pam, Charles and Paul Gibson of Abertown; Nancy Mickler of Georgetown; Marsie, Dave, Gretchen and Andrew Stauch of Austin; J. Mickler and Kristen Capps of College Station.



JOSH MICKLER

## Children need enough sleep

How can you tell if your child gets enough sleep?

Morning crabbiness and difficulty waking are obvious signs of sleep deprivation, but here are some other clues, taken from Peace Pipe Line, July, 1999.

**\*Hyperactivity.** Many kids are overactive when they're just plain exhausted.

**\*Afternoon naps.** School-age children don't normally nap. Dozing off after school or during short car rides could be cause for concern.

**\*Staring into space.** These "micro-naps" can be a way of catching up on missed sleep.

**\*School problems.** If your child's teacher suspects hyperactivity or a learning disorder, see your pediatrician.

Here is a rough guide to how much sleep children typically require:

6-months to 3 years--12 hours a night plus daytime naps.

3 to 6 years--12 hours a night.

7 to 12 years--10 hours a night.

If you're not sure your child is getting adequate sleep, record his or her moods for one week, then move bedtime up 30 minutes and check for any change in mood. If they improve, your child needed more sleep.



**SOCCER TEAM**—John Michael Rea and Matt Trammell, who both have grandparents living in Haskell, were members of the Abilene 3 on 3 soccer team qualifying for national competition in Orlando, Florida. Standing with their banner are team members, I-r, Grant Spruell, Rea, Daxton Deal and Trammell.

## Soccer team competes at finals

John Michael Rea and Matt Trammell, members of the Abilene 3 on 3 Cowboys soccer team, which competed in the National Finals competitions Jan. 15 through 16 in Orlando, Florida, have grandparents living in Haskell.

Rea is the son of Kathy Rea of Abilene, formerly of Haskell. He is the grandson of Gwen Campbell and Sue and Cecil Bingham, all of Haskell.

Trammell is the great-grandson of Mrs. E. J. Stewart of Haskell.

In August the 3 on 3 Cowboys competed in the open finals in Dallas in the under 10-year-old division. The team then placed second in regional competition in November in Dallas, to qualify for the January nationals in Orlando.

## Monitoring your blood pressure

Patients appear to be pretty good at least one medical task.

One problem doctors have in diagnosing and treating high blood pressure is accurate measurement of a patient's blood pressure. The doctor's office is never the best environment to measure "normal" blood pressure. People often become nervous or stressed when they visit the doctor's office - and they may even be testy if they've had to wait a long time. This is so common that they've even coined a

phrase for the syndrome: white coat hypertension. That means blood pressure that's only too high when the patient is visiting the doctor.

One possible solution to this problem is to have patients measure their own blood pressure away from the doctor's office, in a more normal setting. But how accurate would those readings be when they aren't taken by trained medical personnel? Swiss researchers found that they're actually quite accurate. They fit

patients with automatic blood pressure monitors, then instructed patients to take their own blood pressure readings at certain times. In most cases, the patients' readings and the reports from the monitor agreed.

Doctors at U-T Southwestern Medical Center at Dallas says you can help your doctor by learning to measure your own blood pressure, then honestly report the results. By working as a team with your doctor, you can help your doctor provide better health care.

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Rhonda Lisle & Bonnie Fouts

**Back  
the  
Indians!**

## Announcement of Candidacy for District Attorney

My name is Andrew Ottaway. I am announcing my candidacy for the office of District Attorney of the 39th Judicial District, which covers Kent, Stonewall, Haskell and Throckmorton Counties. The District Attorney holds a position of high honor and of leadership. It requires a combination of experience, wisdom, judgment and hard work to uphold the office and fulfill the duties of District Attorney. I have been a prosecutor, a defense lawyer, a public defender, and a special prosecutor, and I have learned from many years of practice and many jury trials what the public expects and needs from a prosecutor. I attended the National College of District Attorneys in 1986 and I have been preparing for this job ever since. I have tried more than two hundred felony jury trials in my career.

I am 44 years old and have practiced law for 15 years, and I now have a general law practice combined with an abstract and title office. I have learned over the years that practicing law cannot be separated from your basic beliefs. My priorities are in this order: God, family, and then my profession. I am a member of First Baptist Church of Haskell. I help teach the young boys class, which consists of boys from all over Haskell County. I have been married for 20 years to

Deborah Dickerson of Aspermont, and she is a great source of stability and support for me. We have two boys, one in 5th grade and one in kindergarten. We moved to the 39th Judicial District to move away from urban growth and to live in a small town environment. I grew up 30 miles north of Dallas in Allen, Texas and Dallas grew to swallow up that small town. I went to school at Texas A&M in College Station, and then to law school in Houston. We moved to Granbury in 1985, when it was still a small town, and it has since become an urban area. My wife and I are both small town people, and we came here for the quality of life that still exists in small towns. We want our children to grow up knowing who their neighbors are, and to know how the individual is responsible to the community.

I know what is involved in operating a multiple county office. I was Assistant District Attorney for the 32nd Judicial District, which consisted of Nolan, Mitchell and Fisher Counties. I have also worked in a single county district. You must be willing to be available at all times by telephone, but must be willing to travel to the trouble spots. You must be a self-starter, and you must aggressively work toward prosecution of all cases.

**ANDREW OTTAWAY**  
FOR  
**DISTRICT ATTORNEY**

PD. POL. ADV. BY ANDREW OTTAWAY

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and  
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# NATIONAL BOY SCOUT

# WEEK FEBRUARY 6-12



**Haskell Cub Scouts  
Pack 136**

**Commissioner**  
Bill Perry

**Pack Comm. Chairman**  
Kenneth Patton

**Committee Members**  
Larry Cunningham  
Andrew Ottaway  
Darrell Smith  
Leland Terry

**Chartering Representative**  
Kiwanis Club  
Mike Fouts, Pres.  
Chan Guess, Charter Rep.

**Cubmaster**  
Don Kretschmer

**Asst. Cubmaster**  
Ronnie Webb

**Pack Secretary**  
Bonita Tatum

**Den 5 Webelos II  
Den Leader:**  
Bonita Tatum

Joshua Burke  
Vicente Castillo  
Cody Perry  
Rylie Tatum  
Jared Webb

**Den 1 Bear & Wolf  
Den Leader**  
Julie Kretschmer  
**Den Chief**  
Cody Kretschmer  
Quinten Berry  
Case Brasewell  
Ethan Frierson  
Chad Kretschmer  
Austin Marshall  
Brennan Medford  
Callen Pittman  
Jacob Rodriguez  
Scott Rodriguez  
James Williams

**Den 3 Tigers  
Tiger Cub Coordinators**  
Jerri Buerger  
Fritz Buerger  
Michael Buerger  
Tucker McCormick  
Nathan Meredith  
Simon Rodriguez  
Blake Thomasson  
Daren Wilson

**Den 4 Webelos I  
Den Leader:**  
Bill Markunas  
Justin Amaro  
Eric Markunas  
D. J. Rodriguez



**SCOUTING/USA**

**Boy Scouts Troop 136  
Chartering Organization**  
First United Methodist Church

**Chartering Organization Rep.**  
Tom Hairgrove

**Scoutmaster**  
Kenneth Patton

**Asst. Scoutmasters**  
Dale Bullinger  
Don Kretschmer  
Clifford Short  
Leland Terry

**Troop Comm. Chairperson**  
Kay Smith  
**Advancement Chairman**  
Judy Patton  
**Committee Members**  
Valiene Bullinger  
Larry Cunningham  
**Youth Members**  
Ross Bullinger  
Craig Cunningham  
Drew Garison  
Leon Goudeau  
Ross Hairgrove  
Justin Hannsz  
Caleb Hudgens  
Cody Kretschmer  
Kevin Patton  
Cameron Short  
Charlie Smith  
Jeremy Sorrells  
Levi Terry



Being self-reliant is important in life and one of the things a Scout learns. We proudly support Scouts in all their endeavors.

**ANDREW OTTAWAY  
FOR DISTRICT ATTORNEY**  
PD. POL. ADV. BY ANDREW OTTAWAY



Making good things grow—in nature and in life—is what Scouting is all about. Keep up the good work, Scouts!

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Scouting builds confidence and self-reliance. That's why Scouts go on to become leaders in all walks of life.

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Scouts learn skills they'll enjoy for a lifetime. We're proud of the contribution Scouting makes to America's youth.

**Haskell Tire & Appliance Co.**  
864-2900 • Haskell



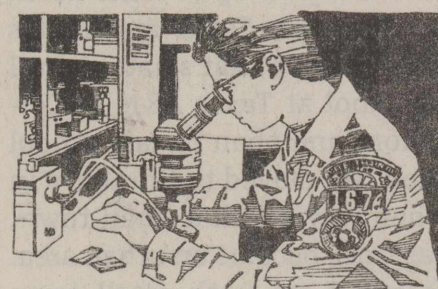
"To help others at all times" is an important part of the Scout Oath. Thanks, Scouts, for setting a fine example.

**Haskell National Bank**  
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Scouts from around the world share the satisfaction of meeting new challenges. We support these leaders of tomorrow!

**Bill Wilson Motor Co.**  
864-2611 • Haskell



Learning is always at hand in Scouting, as boys get the chance to take an active part in new and different fields of interest.

**Kay's Cleaners**  
516 N. 1st • Haskell



Scouts of all ages are the pride of our community. We congratulate them on all they do to make our lives better.

**Hanson's Paint & Body**  
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Scouting opens new worlds of learning and exploration. You're our hope for the future, Scouts, and we salute you!

**The Haskell Free Press**  
read by more people in Haskell County than any other print media.



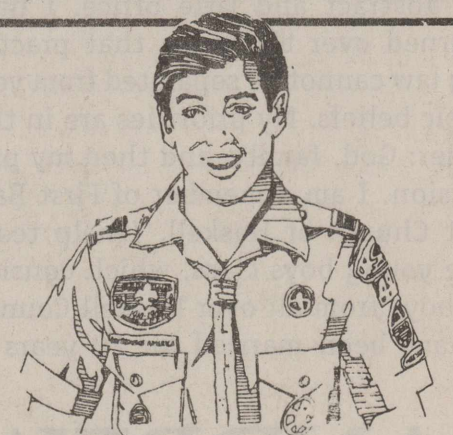
Outdoor adventure teaches Scouts the value of teamwork and instills admiration and respect for the environment.

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Scouting at any age is an opportunity to experience many things and have a great time, too. We heartily support them.

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Thanks, Boy Scouting, for putting our young men on the road to becoming compassionate and self-assured adults.

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# Remember food safety when eating out

by Lou Gilly  
Haskell Co. Extension Agent  
In 1999, the National Restaurant Association reported that almost 50 billion meals are eaten in restaurants, schools and work cafeterias each year. Eating out can be a real treat. The problem with eating in someone else's kitchen is that you never know how clean it is or how the food is prepared.

Extension food safety expert Michelle Ledoux offers tips for eating out. She says not to be afraid to send something back. It's your health you need to think about.

If you order something that should be served hot, make sure it's steaming. If you order a dish that is suppose to be cold, make sure it is. Otherwise, there may be something wrong with it. She says

if the main dish is chicken, make sure the meat is white and that juices run clear. The same is true for pork. If ground beef is ordered, make sure none of the meat is pink. Ledoux says vegetable side dishes aren't foods that typically contain organisms that cause food-borne illnesses. She also says to look the salad bar over carefully before digging in. Also, the Food and Drug Administration has advised that people not eat raw sprouts. Raw sprouts have been connected to outbreaks of Salmonella and E coli 0157.

Ledoux says to use common sense when eating out. If an eating establishment has dirty bathrooms, floors, tables, then chances are the kitchen is dirty also. Don't be embarrassed to leave. That is not a place you want to eat.



**TOP JUMPERS**—Paige Wheatley, left, collected \$186.00 and Shelby Morrow, right, collected \$432.02 in the Jump Rope for Heart event held to help in the fight against heart disease and stroke. Both girls are fourth grade students at Haskell Elementary.

## Morrow, Wheatley are top collectors for Jump Rope for Heart

Haskell Elementary School second, third, fourth and fifth graders raised \$4,474.66 from friends and family who sponsored them in the school's Jump Rope for Heart event held Jan. 21. This year marks the 20th anniversary of Jump Rope for Heart and children jumping to fight heart disease and stroke.

The top money collector this year was Shelby Morrow with \$432.02 followed by Paige Wheatley with \$186.00. The girls are both in the fourth grade.

"Our students benefitted so much from their Jump Rope for Heart participation," said Tiffany Thomas, Jump Rope for Heart coordinator at Haskell Elementary. "They joined the ranks of 25 million students who have raised more than \$262 million since 1979 to support American Heart Association research, community

service and education projects. They also learned about community involvement and the fun of physical activity."

This popular event has been conducted in schools across the country for two decades. Students jump and collect donations from sponsors and prizes are awarded according to the amount of money raised. Participating schools also receive American Heart Association educational materials.

The American Heart Association spent more than \$312 million during fiscal year 1997-1998 for research support, public and professional education and community programs. With more than 4 million volunteers, the American Heart Association is the largest voluntary health organization fighting heart disease and stroke, which annually kills more than 959,000 Americans.

## Around Town

By Joyce Hawkins

On Friday of last week Kay Derrick of Ft. Worth visited her parents, Paris and Fannie Mae Barton, at Haskell Healthcare.

Frankie Don White of Jacksboro visited his parents, Mr. and Mrs. Frank White, over the weekend and attended church with mom at Trinity Baptist on Sunday.

Marty Decker of Lubbock was a visitor at his parents, Mr. and Mrs. Sammy Decker, over the weekend.

Daren and Deniece Wright and new little daughter Katelyn Nacole of Nugent visited last week with the new baby's grandparents, Mr. and Mrs. Vernon Wright and Mr. and Mrs. Floyd Rodgers. Katelyn

Nacole was born at Hendrick Medical Center Jan. 25 and weighed 9 lbs., 3 oz. and was 21 inches long.

Jan Alexander of Wichita Falls spent last Wed. with her mother, Delma Matthews.

Sarah Jackson of Mesquite visited her mother, Hortense Lees, over the weekend.

Visiting with Gladys O'Neal were her sons and families, Dr. Barry O'Neal of Irving and Randy O'Neal of Amarillo.

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## PUBLIC HEARING

The Haskell Consolidated Independent School District will hold a PUBLIC HEARING to discuss the district's desire to change its method of trustee election from single-member districts to at-large with cumulative voting. An open meeting will be held Thursday, February 10, 2000 from 6:30 to 7:30 p.m. This meeting will explain the process, answer questions and allow for citizen input. The public hearing will be held at the Haskell High School Auditorium, 600 North Avenue E Street, Haskell, Texas.

El distrito independiente consolidado Haskell de la escuela llevara a cabo una "audiencia publica" para discutir el deseo del distrito de cambiar su metodo de eleccion del administrador de distritos del solo-miembro a en-grande con la votacion acumulativa. Una reunion abierta sera celebrada jueves, febrero 10, 2000 a partir la 6:30 a 7:30. Esta reunion explicara el proceso, contestara a preguntas y permitira ciudadano para entrar. La audiencia publica sera llevada a cabo en el auditorio de la High School secundaria de Haskell, 600 calle del norte de la avenida E, Haskell, Tejas.

## Social Security Adm. mailing out workers' earnings statements

by Lou Gilly  
Haskell Co. Extension Agent  
The Social Security Administration is mailing out individualized statements to workers age 25 or older.

Extension family economist Nancy Granovsky says that workers learn from their Social Security statements can help them to plan their financial futures. She warns not to disregard the statement when it arrives. Check it over, because future retirement income will depend on its accuracy. The four-page statement will help workers with financial planning by providing estimates of their retirement, disability and survivors'

benefits.

The Social Security Administration wants workers to help correct mistakes right away. Workers should check for errors in the following information: name, address, date of birth and earnings record. The amount of Social Security benefits at the time of retirement is based on an individual's career wage record. So it is important for earnings to be correctly posted.

If there is a discrepancy, contact your local Social Security Office. Granovsky says "after carefully checking the statements, consumers should keep them in their permanent files."

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- 1997 Chevy Suburban LS

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- 1992 Ford Tempo 4DR
- 1995 Mercury Gr. Marquis GS
- 1998 Ford Cr. Victoria LX Leather, Low Miles
- 1999 Ford Ford Taurus SE
- 2 to Choose From - Program Cars
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# Churches aid local Jingle Bell Kitchen

On Super Bowl Sunday, several churches in Haskell placed a basket for their members to fill with dollar donations to the Jingle Bell Kitchen project which was started in Haskell this past December to serve hearty lunches to students and seniors during the school holiday vacation.

Last year nearly 300 such meals were served, made possible by donations of time, labor and money by many individuals.

Taking the idea of a "Souper Bowl Sunday" from a newspaper account of a similar project, the organizers recently approached the

Haskell Ministerial Alliance with the idea of raising the funds for Jingle Bells Kitchen on Super Bowl Sunday. This would keep it from conflicting with the Goodfellows and other Christmas-time expenses.

Haskell CISD Superintendent, Billie McKeever, who spearheaded

the Jingle Bell Kitchen project here, said that so far over \$400.00 has come in from the Souper Bowl of Caring Sunday donations. This will help make sure that during this coming December school holidays, hot lunches will be available for students.

# Diabetes Workshops to be held

by Lou Gilly  
Haskell Co. Extension Agent  
If you are a person with diabetes or a family member or friend of a person with diabetes, you have discovered there is much to learn to successfully manage the disease.  
A series of six workshops will begin next Tues. night, Feb. 15 to help persons with diabetes and those close to them to learn to live well with diabetes. Some of the topics to be explored during the workshops will be controlling the

different types of the disease, combating and preventing long term side effects, planning and preparing meals for the diabetic and new approaches to controlling and living with diabetes that have come about recently.

The meetings will all begin at 6:00 p.m. and will be held in the Haskell County Extension Office located at 101 South Ave. D. The other five workshops will be held Feb. 17 and 24 and March 2, 7 and 9.

The Haskell County Office of the Texas Agricultural Extension Service will be sponsoring the series. The workshops are free of charge.  
Lou Gilly, County Extension Agent - FCS with the help of Tina Bitner will be the instructor for the series.

To help the instructors plan for the workshops, contact the County Extension Office by calling either (940) 864-2546 or 2658 to register.

# Steve Russell is new pastor at Paint Creek Baptist Church

The Paint Creek Baptist Church recently called Rev. Steve Russell as pastor.

Russell resides in Abilene with and his wife Rebecca, and sons Nathan and Joseph.

Growing up in east Texas, both Russell and his wife graduated from Stephen F. Austin University in Nacogdoches. He also graduated from Southwestern Baptist Theological Seminary in Fort Worth, with a Master of Divinity degree.

In his work in the ministry, Russell has served as pastor, interim pastor, youth activities director and has served in other church-related capacities.

An insurance salesperson, Russell is also an approved provider of continuing education for insurance agents in Texas and New Mexico.

Active in the Boy Scout Program, he has worked with scouts for several years.

Rebecca Russell has been a partner with her husband in the ministry, having directed children's choir, played piano, worked in VBS workshops, Sunday School and in Women's Bible Studies. For the last four years, since coming to Abilene, she has taught fourth grade at Allie Ward Elementary.

The couple's oldest son, Nathan, is a 1999 graduate of Cooper High School, and is attending West Texas A&M University in Canyon. Joseph Russell will be a junior at Cooper High School this year.

In making the announcement of their new pastor, the Paint Creek Baptist Church said they feel very fortunate to have Rev. Russell and his family as a part of their church family.

## Hospital

### Admissions

Charles Smith, Haskell  
Exa Penman, Knox City  
Henry Baxter, Haskell  
Myrtle Kinney, Haskell  
Clara Gary, Haskell  
Mildred Graves, Munday

### Dismissals

Mary Isbell, Lydia Klose, Felix Klose, Wiley Rimmer, Les Jameson, Jewell Hayran, James Crawford, Millett Vuicich, Marie Johnson

## This Week's Devotional Message:



We're observing a special occasion today,  
With our love the emotion we try to portray,  
On a beautiful card, where the verses combine  
With some cupids and hearts in a lacy design.  
Yet true love isn't simply delivered by mail;  
It's the service to others we do without fail,  
When we lend our assistance to someone in need,  
And we worship our Father, whose lessons we heed,  
To encourage the sick and give aid to the poor.  
So obey the instructions of faith, and be sure  
That your love is a thing you can never convey  
Just by sending a greeting on Valentine's Day.

### 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**  
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. 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**  
Brett Anderson, 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.  
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

Bobby Ray Wade, pastor  
Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.  
301 N. 3rd St., Haskell

#### New Covenant Foursquare

Kevin and Sharon Fletcher, pastors  
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

Kevin Hall, 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. Robert Harrison  
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

Tommy Wilson, 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 Greason, minister  
Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m.  
811 Union, Rule

#### First United Methodist Church

Shane Brue, pastor  
Sun. Morn. Worship 9 a.m.  
Sunday School 10 a.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

## Births

Albert and Kelli Sherman of Midland are happy to announce the birth of their son, Canton Reese, born Jan. 26 at 3:42 a.m. at Memorial Medical Center in Midland. Canton weighed 8 lbs., 10 oz. and was 21 1/4 inches long. He was welcomed home by his big sister, Ashton, and his big brother, Brody.

Mackenzie and Payton Thomas of Haskell are happy to announce the arrival of their new brother, Joseph Tanner. Tanner weighed 7 lbs., 12 oz. and was 20 inches long. He was born Jan. 31 at Hendrick Medical Center.

Tanner's proud parents are Joey and Tiffany Thomas.

Maternal grandparents are Roger and Mollie Moeller of Haskell. Paternal grandparents are Bill and Grace Thomas of Haskell. Great grandmothers are Alma Terrell and Mary Kammenga, both of Haskell.

Grandparents are Suzie and Bill Porter of Bury, England; Larry and Debbie Gilliam of Stamford and Norma Sanders of Midland.

## Haskell School Menu

### Feb. 14-18

#### Breakfast

Juice or fruit and milk are served daily on the breakfast menu. Cereal offered daily.

**Monday:** Buttered toast/jelly

**Tuesday:** Egg, sausage and buttered toast

**Wednesday:** Blueberry muffins

**Thursday:** Biscuits/gravy, sausage

**Friday:** Cheese toast

#### Lunch

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

Ala-carte line offered daily

Secondary only. Snack bar price

list posted in each class. Milk and assorted drinks are served daily at the High School. Milk and juice are served daily at the Elementary School.

**Monday:** Corn dog, macaroni & cheese, pork n beans, pickle spears, Valentine's Day cake

**Tuesday:** Pizza, corn, vegetable sticks/dip, apple wedges

**Wednesday:** Beef & vegetable stew, grilled cheese sandwich, sliced pears, peanut butter/crackers

**Thursday:** Chicken spaghetti, green beans, hot rolls, applesauce

**Friday:** Hamburger, French fries, hamburger trimmings, orange halves

## ECC Calendar and Menu

### Monday, February 14

Lunch-Chili and beans, cabbage slaw, cornbread, Valentine cake, milk, tea or coffee

February 14-15 AARP Defensive Driving, Haskell National Bank Building, 1:00-5:00 p.m.

### Wednesday, February 16

11:00 a.m. Outreach Health Services blood pressure check

Lunch-Roast beef, gravy, green beans, potatoes, fruit, bread, milk,

tea or coffee

### Friday, February 18

Lunch-Chicken Tetrazzini, greens, pea salad, apple crisp, 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.

## Preventing spread of illness in classrooms

Kids in a classroom share books, pencils and too often, illnesses during the winter months.

"Washing hands frequently is the best defense," said Dr. Jan Drutz with Baylor College of Medicine in Houston. "Parents need to teach their children to wash their hands periodically during the day, particularly before eating or

handling food."

Make sure children are up-to-date on all immunizations and encourage children to limit contact with children who are ill. Some common classroom illnesses include upper respiratory tract infections, chicken pox, conjunctivitis or pinkeye, head lice and scabies.

## Back the Indians!

### Robbie's

Full Service Beauty Salon

Specializing in Hair, Manicures, Pedicures, Artificial Nails, Waxing, Eyebrow Dyes and Facial Care

Now offering AM 300 & Deborah's Collection

Toni Cline  
Owner & Operator  
1406 N. Ave. F  
Haskell, Texas

Becky Franklin  
Operator  
940-864-2566  
Hours: Tues.-Sat.

### Sonic Drive-In

1402 N. Ave. E  
864-8533  
Managers: Leon & Carolyn Herring

### Steele Machine

Hwy. 280 • 864-2208

### Modern Way Food Store

1202 N. Ave. E • 864-3763

### Jay's Tire Center

506 N. 1st East • 864-2908  
"See You In Church"

### Smitty's Auto Parts

204 N. 1st St. • 864-2607

### HANSON PAINT & BODY SHOP

207 S. 1st • 864-3631  
Professional Auto Body Repair  
Glass Installation • 24 Hour Wrecker Service

### Rule Co-op Gin & Elevator

301 Adams • Rule • 997-2421

### The Carpet Express

15 S. Ave. E • 864-8128

### Rice Springs Care Home, Inc.

1302 N. 1st • 864-2652

Medicare • Medicaid • Therapy

Committed To Excellence  
In Service

### Haskell Tire & Appliance Center, Inc.

206 South Avenue E  
864-2900

### Personality Slipper Shoppe

413 S. 1st (South Side of Square)  
864-2501 and 864-3051  
"One Stop Shopping"

### McGee's Lumber Yard

105 N. 1st

### The Haskell Free Press

"The People's Choice"  
401 S. First • Haskell • 940-864-2686  
Serving Haskell County Since 1886

### Sport About of Haskell

864-3891 • "Where Winners Shop"





# Shop The Haskell Free Press CLASSIFIEDS



864-2686

ALL DEADLINES MONDAY 5 P.M.

864-2686

**NOTICE**  
The Haskell Free Press reserves the right to edit and/or delete all news stories and locals for length and liability and to refuse to print anything deemed not newsworthy.

**NOTICE**  
The deadline for Classified Advertising is 5 p.m. on Mondays.  
Haskell Free Press

**For Sale**  
FOR SALE: Aluminum pickup camper, LWB. Call 864-2023 after 5 p.m. 41s

FOR SALE: Washer and dryer. Call Bonnie Fouts 940-864-3941. 6c

**Cars For Sale**  
1997 CHEVY VENTURE van. 7 passenger. Auto third door. Remote entry, CD player, Rear seat audio. Rear air. Loaded with extras. 51K. \$15,000. Selling due to illness. 940-658-5019. 6-7c

**Garage Sales**  
GARAGE SALE: 1107 N. Ave. I. Sat. 8 to 1. Recliner, clothing, light fixture, Barbies, toys, bedding, window frames. 6c

GARAGE SALE: Sat. 9-2. Decorator items, champagne-colored drapes, linens, maternity clothes, baby clothes, toys, Debbie Hobgood and Heather Breckel. 1606 N. Ave. F. 6c

**Wanted**  
CASH PAID for old lever action Winchester rifles. Colt pistols and most other guns and western memorabilia. A. C. Richardson at store Hwy. 277 N. 12tc

**Jobs Wanted**  
HOUSE LEVELING. Floor bracing, slab, pier and beam. Insurance claims, free estimates. References. No payment until work satisfactorily completed. David Lee & Company, 915-675-6369 50tc

RILEY CONSTRUCTION. Roofing, fencing, sheet rocking, blowing texture. Painting exterior and interior. Daniel Riley, 940-864-5079, leave message. Many references available. 5-6p

HOUSEKEEPING, trustworthy. Trained by Molly Maid. Monday through Friday. 940-864-5296.6p

Never tell someone that their diet isn't working. You'll never get away with so much merchandise for so little money as you will right now at Kinney Furniture in Stamford. Best prices in the Big Country and no high pressure city salesmen for 67 years. 6c

**Dodson Concrete Construction**  
Commercial - Residential  
David Dodson  
704 N. Ave. F • Haskell  
940-864-2038  
Over 20 Years in the Business  
FREE ESTIMATES 18tc

**Frances Arend Real Estate & Insurance**  
SOUTHSIDE: 3 bedroom, 1 bath, new carpet.  
SOUTHSIDE: 2 bedroom, 1 bath.  
ROCHESTER: 4 bedroom, 2 bath. Carport, H/A/C. On 3 lots.  
O'BRIEN: 2 lots on highway.  
Medicare Supplements  
Long Term Care  
Annuities  
Life Insurance  
408 N. 1st  
940-864-3880 6c

**Help Wanted**  
THE ASPERMONT SMALL Business Development Center, Inc. is seeking applicants for the position of full-time Driver for the Double Mountain Coach Rural Public Transportation System.  
Applicants must have an excellent driving record. Experience in carrying passengers is preferred. Any Drivers Training such as Defensive Driving, Passenger Assistance Courses, CPR/First Aid, etc. is a plus. The selected applicant must be physically able to assist passengers on and off of the vehicles including passengers that are in wheelchairs. The selected applicant will be stationed at the Aspermont office. The ASBDC, Inc./Double Mountain Coach maintains a Drug Free Workplace and Drug-Alcohol Policy Testing Program, which requires all new employees to submit to and pass a drug test as a condition of employment.  
This job requires that passengers be picked up at their homes, carry them to their destinations, and return them to their homes. The selected applicant will be responsible for the completion of the Daily Trip Log and other written documentation that is required. The selected applicant will also be responsible for the daily operation and appearance of his/her vehicle. Selected applicant must be able to work with difficult situations and passengers, and maintain a pleasant, cooperative attitude.  
The ASBDC, Inc. is an Equal Opportunity Employer; all applicants will be given equal consideration regardless of race, religion, sex, national origin, age, disability, political affiliation or belief.  
Closing Date for Application: Monday, February 21, 2000 at 5:00 p.m.  
Applications may be picked up at the ASBDC, Inc./Double Mountain Coach, 612 S. Washington Ave., Aspermont, Texas between the hours of 8:00-12:00 and 1:00-5:00 p.m. For more information you may call (940) 989-3538 or 989-2239. 6-7c

**Help Wanted**  
RN/LVN NEEDED. Contact LaJoyce Bailey, Business Office Manager, 10 a.m. to 3 p.m. 940-864-2652. 48tc  
RN either one weekend day per week or 2 weekend days every other week. Long term care experience preferred. References required. Contact Vickie Wilhelm in person at Teakwood Manor, 1003 Columbia, Stamford. 49tc  
OFFICE MANAGER: Looking for a dependable person with outstanding computer and office experience to be a part of our team. Excellent salary and benefits provided. Please apply in person at Brazos Valley Care Home, 605 S. Avenue F, Knox City, Texas. 6c  
CARE ATTENDANT needed in Haskell area. Part-time. 1-800-671-2369. 6-7p

**Real Estate**  
FOR SALE BY OWNER: 3 bedroom, 2 bath, spacious living room, finished basement, 2 car garage, water well on two large lots. 301 Addison Drive, Call 940-864-2424 or 940-864-2718. 27tc  
FOR SALE BY OWNER: 20 acres. 3 bedroom, 2 bath home with central heat & air. 2 miles NW of Rochester on paved road. 940-743-3262. 11tc  
FOR SALE: 3 bedroom, 2 bath house and 2 acres 1 mile south on Hwy. 277. \$40,000. 864-3727. 3-6p  
LAKE CABIN for sale. Reduced. Veda's Camp. Furnished or unfurnished. 864-2087. 3-6c

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Life not only begins at forty, it also begins to show. Don't you deserve a really comfortable chair while your life is speeding by? Get 2 great La-Z-Boy recliners for one low price right now at Kinney Furniture in Stamford. Quick free delivery, small town personal service, and low prices since 1932. 6c

He's happy with  
**COMPUTER SOLUTIONS!**  
940-864-2964  
Haskell, Texas 24tc

**JOHNSON REAL ESTATE**  
5 AVE. E HASKELL 864-2951  
LORAIN JOHNSON, BROKER  
TIM JOHNSON, AGENT 11tc

SELLING HASKELL FOR OVER 25 YEARS  
**Hartsfield Realty**  
South Side of Square  
864-2665  
FOR RENT: Large 2 bedroom, one bath. Excellent condition. \$300.  
3 BEDROOM, 2 BATH, ONE AND ONE HALF STORY, 2159 sq. ft. of living area. Large front porch, 4 car carport, CA on 114'x140' corner lot.  
See us first for your real estate needs.  
Hess Hartsfield, Broker 864-2004  
Chan Guess, Agent 864-6142  
Esther Conn, Agent 658-3904  
HAA WARRANTY

**FOR SALE**  
**RIKE Real Estate**  
864-2411  
864-2332  
Mary Rike, Broker 411 1/2 South First St.  
Serving Haskell, Knox, Jones, Stonewall, and Rolling Plains Counties  
411 1/2 South First Street  
Box No. 853  
Haskell, TX 79521  
(940) 864-2411 (940) 864-2332  
FAX (940) 864-3686  
Mary Rike, Broker  
mrike@westnet.net

**Miscellaneous**  
MEDICARE FOLKS! Tired of buying expensive inhalers for breathing problems? Medicare has alternatives. Call toll free 1-800-854-9223. No HMO's please. 45-8p

**For Rent**  
FOR RENT: 3 bedroom rock house. 502 N. Ave. E. CH/A. Very clean. 2 car garage/storage. Call 817-477-5763. 4tc  
FOR RENT: 1107 N. 10th. Nice 2 bedroom apartment. Fireplace, dishwasher. 864-3762. 6c  
FOR RENT: 604 N. 3rd. Nice 1 and 2 bedroom apartments. CH/A. 864-3762. 6c  
RULE: Brick 3 bedroom, 1 1/2 bath. Den. \$350 monthly. \$200 deposit. References. 997-9505 or 864-2080. 6p  
FOR RENT: 3 bedroom house. Washer-dryer hookups. 864-2761. 6p  
3 BEDROOM. 207 S. 2nd. Remodeled, new wiring, plumbing, gas line. 864-2893 6 a.m. to 9 p.m. 6-9p  
FOR RENT: 2 bedroom rock house. Garage and storeroom. 504 N. Ave. E. 864-2665. 6p

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**EXPERT AUTO WORK**  
REASONABLE RATES  
See us for all your auto mechanic needs. 20 years experience. We do it right the first time.  
117 North Ave. E • Haskell

**Simmons BEAUTY REST BEDDING**  
"The Do Not Disturb Mattress"  
**BOGGS & JOHNSON**  
864-2346  
East Side Sq. • Haskell

**TRIBBEY Real Estate & Custom Homes**  
FOR SALE OR TRADE  
1606 ROBBYN LANE, 3 bedroom, 2 bath. REDUCED.  
CABIN at Veda's Camp. Owner carry with small down or discount for cash.  
310 BONNIE LANE. 3 bedroom, 2 1/2 bath. Large game room. 2 story.  
BUILDING LOTS in Addison addition. \$6500-\$7500. Owner carry.  
1407 N. AVE. J. 3 bedroom, 2 bath. Owner carry. REDUCED.  
864-2238 • 864-3301 • 4 Ave. D  
Trades Welcome! Easy financing with approved credit.

**POL CALENDAR**  
The Haskell Free Press is authorized to make the following announcement for the political office in Haskell County, subject to the action of the 2000 Primaries.  
Unless otherwise specified the candidates listed paid for the announcement, and have designated themselves as campaign treasurer.  
All political advertising and announcements are cash in advance.  
Dist. Attorney, 39th Jud. Dist.  
Mike Fouts  
(Pd. by Kristen L. "Kris" Fouts, campgn. treas.)  
L. W. (Bill) Jones  
County Attorney  
Shane Hadaway  
County Sheriff  
Dan R. Griffith  
(Pd. by Mrs. Earlene J. Griffith, campgn. treas.)  
Martin Dale Coleman  
County Tax Assessor Collector  
Bobbie Guffey Collins  
Commissioner Precinct 1  
Billy W. "Bill" Hester  
Johnny Scoggins  
Commissioner Precinct 3  
Danny M. Medford  
Kenny Thompson

**Real Estate**  
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3 BEDROOM. 207 S. 2nd. Remodeled, new wiring, plumbing, gas line. 864-2893 6 a.m. to 9 p.m. 6-9p  
FOR RENT: 2 bedroom rock house. Garage and storeroom. 504 N. Ave. E. 864-2665. 6p

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**BlueCross BlueShield of Texas**  
Individual Health Products  
Keeping Texans in a Healthy State  
**Hess Hartsfield**  
864-2665 4tc  
Insurance Agent in Stamford interested in hiring Office Staff person with initiative that wants to grow with local business.  
Applicant must be a self-starter, punctual, neat, aggressive, have good people skills, be willing to learn, and of good character. Ability to work with computers a must. Working knowledge of Windows 95 beneficial.  
Responsibilities will include working with clientele, marketing to existing clientele, answering phones, updating files.  
If interested send resume to: Agency Applications, P. O. Box 1232, Stamford, Texas 79553. 5-6p

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We would like to express our gratitude for the many expressions of love and concern shown to us during our loss. We appreciate all your prayers, cards, food, phone calls and visits. May God bless each of you for your ministry to our family during this time.  
The Family of Sally White

Thank you is such a small thing to say after the prayers, love, flowers, cards and calls we have received since the death of our Tamarie Love Bishop. We, her family, Mason, Grace, Tony and family, Bob and family, pray God will bless each of you in a special way.  
Thanks,  
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8TH GRADE MAIDENS—Winning 1st place in the Haskell Booster Club Tournament, Jan. 20 and 22, were team members: front row, l-r, Melody Kennedy, Brittany Rutkowski, Consuelo Gonzales and Samantha Steele. Back row, Lynzie Harlan, Meagan Wallace, Brittany Bird, Corina Trevino, and Coach Julie Brunson.

## Medications can bring comfort to patients in pain

Pain. It can be as simple as a headache. It can be a discomfort following surgery. Or it can be the lingering reminder of cancer.

In all of these conditions there can be comfort and relief through the use of pain medications.

The physicians of Texas Medical Association recognize the importance of pain management and urge patients to always discuss their health concerns with their doctor.

"Patients should not feel like they are complaining to their doctor about pain," says Dr. Greg Guzley, a San Antonio oncologist. "There are effective medications which can relieve pain."

The uncomfortable feeling of pain is the body's way of alerting you that something is wrong. It's the body's way of sending a message to your brain. There are both drug and non-drug treatments

available that can be successful in preventing and controlling pain.

Many times patients believe they will get "hooked" on the medications prescribed to them for pain. Dr. Guzley reminds patients that the risk of addiction when these medicines are used to control pain is so low that no patient should have to suffer pain because they are afraid to take the medicine. "These are strong medications and when used correctly can provide the necessary relief," he adds.

Patients should talk to their doctors about the pain they will experience following surgery or from illness or disease. Pain control can provide comfort while healing, speed recovery and improve results of surgery.

If you are scheduled for surgery, talk to your doctor about the following:

- How much pain will there be

and where will it occur?

- How long will the pain last?
- What are the options for pain control?

- When will medications be administered?
- Notify your doctor about your pain.

"Patients should be advocates," says Dr. Guzley. "Some patients assume they are going to experience pain, because they have cancer or some other chronic condition. The reality is that a vast majority of patients with chronic pain (better than 90 percent) can have their pain controlled well enough for them to lead a comfortable life." Dr. Guzley adds there are physicians who specialize in pain management and are knowledgeable in prescribing the medications.

## Bottled water not for contact lens care

A new study shows bottled water is not a safe alternative for rinsing and storing contact lenses.

Researchers at Baylor College of Medicine in Houston found low levels of bacteria and other germs in several samples of bottled water purchases at Houston-area grocery stores. Results of the study were published in a recent issue of "Ophthalmology," the Journal of the American Academy of Ophthalmology.

Under criteria proposed by the Food and Drug Administration (FDA) and the Environmental Protection Agency, the Baylor study found that 20 percent of bottled-water samples exceeded acceptable sanitation limits. Another 17 percent of the samples consisted of lower levels of microbes. Using contaminated

bottled water to rinse contact lenses passes the bacteria to the surface of the lens.

"This study shows that bottled water is not always sterile," said Dr. Kirk Wilhelmus, a professor of ophthalmology at Baylor's Cullen Eye Institute and director of the study. "Bottled water should not be used as a substitute for sterile solutions used in contact-lens care. Contact-lens wearers must follow a strict disinfection regimen to avoid serious eye infections."

According to the International Bottled Water Association, sales of

bottled water exceed \$3 billion a year. Since it is perceived to be of better quality than tap water, bottled water is sometimes used as a substitute for rinsing and storing contact lenses.

"Incidents of infections due to bottle water have not been widely reported, although some groups are calling for stricter criteria for regulating the product," Wilhelmus said. "Some of the water tested in our study contained coliforms, mold, amoebas and algae. Many of these have the potential to infect the eye."

## Thin may be sending the wrong message

Trends in advertising, television serials and sitcoms that portray extremely thin girls as role models may account for an increase in the number of younger people being treated for eating disorders. Psychiatrists report seeing patients with eating disorders such as anorexia and bulimia nervosa at younger ages than in the past.

Sexualizing thin, teen-age girls wearing adult makeup and posing suggestively in advertisements glamorizes unhealthy bodies and unhealthy attitudes, especially for girls in the pre- and early teen years, says Dr. David Waller, who specializes in eating disorders at UT Southwestern Medical Center at Dallas.

Waller suggests that parents be alert to any sign that their child may be developing an eating disorder. The signs include an obsession with food and/or exercise; wearing clothing that disguises the body; spending less time with friends and formerly pleasant pastimes; frequent trips to the bathroom - especially after meals; dieting and changes in sleep patterns.

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