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Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 1,451 head of cattle at its sale on Sat., Nov. 18, according to Gary Tate, reporter.

Packer cattle 2-3 higher; stockers steady to 3 higher. Feeders steady to 2 higher. Next sale is Sat., Nov. 25.

Jersey, Longhorns, Holsteins, cripples, and goons \$5-\$30/100# less than figures quoted!

Cows: fat, .34-.45; cutters, .38-.47; canners, .25-.33.

Bulls: bologna, .44-.52; feeder, .68-.78; utility .42-.45.

Steers: medium and large frame No. 1 200-300 lbs., 1.25-1.58; 300-400 lbs., 1.10-1.40; 400-500 lbs., .95-1.20; 500-600 lbs., .90-1.14; 600-700 lbs., .85-.97; 700-800 lbs., .80-.89; 800-up lbs., .75-.84.

Heifers: medium and large frame No. 1 200-300 lbs., 1.10-1.30; 300-400 lbs., 1.00-1.20; 400-500 lbs., .90-1.05; 500-600 lbs., .85-.95; 600-up lbs., .65-.85.

Bred Heifers: medium frame, 525-575.

Bred Cows: young to middle aged, 575-700; aged or small, 500-625.

Cows with calves: medium frame No. 1 young and middle aged, 725-850; aged or small, 650-725.

Roping Results

Results of Haskell Roping Club roping held Sun., Nov. 19 are:

B-Roping: Round 1: 1. Jim Pope, 13.6; 2. Jay Hurt, 15.6

Round 2: 1. Roman Morgan, 9.5; 2. Frank Wright, 12.4

Round 3: 1. Billy Lamb, 10.9; 2. Frank Wright, 13.9

Average winners were: 1. Frank Wright, 43.2; 2. Jay Hurt, 44.8

Open Roping: Round 1: Raymond Hollabaugh, 10.0; 2. Tommy Guy, 11.6

Round 2: 1. Tim Layman, 9.0; 2. Carl Hopkins, 10.7

Round 3: 1. Fred Hernandez, 9.0; 2. Raymond Hollabaugh, 9.8

Average winners were: 1. Tommy Guy, 32.2; 2. Raymond Hollabaugh, 32.7



BUGS, BUGS, BUGS—To conclude a week-long study of bugs and other creepy things through stories, pictures and books, Haskell's first grade classes enjoyed a slide presentation Thurs., Nov. 9, on insects and spiders brought by Brandon Anderson, Haskell County Extension Agent. Anderson not only showed slides of bugs common to Haskell County, but also explained how local farm agencies are working to get rid of the cotton boll weevil.

Obituaries

Betty Ann Watson

Funeral services for Betty Ann Watson, 65, of Haskell were held Fri., Nov. 17 at First Baptist Church in Haskell with Rev. Kevin Hall officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mrs. Watson died Tues., Nov. 14 at an Abilene hospital.

Born Dec. 11, 1934 in Baltimore, Maryland, she married Tommy Burnell Watson May 30, 1952 in Breckenridge. She worked in food service at Haskell Healthcare for 35 years. She was a member of First Baptist Church in Haskell.

Survivors include her husband, Tommy of Haskell; one

son, Tommy Burnell Watson Jr. of Portland; two daughters, Elizabeth Ann Johnston of Clyde and Sandra Sue Reynolds of Haskell; seven grandchildren, Jimmy Johnston, Jamie Womack, Debra Marin, Ashley Watson, John Ross Watson, Casandra and Amanda Reynolds; five great grandchildren, Bradley and Michael Marin, Gunner and Gavin Johnston and Duke Womack.

Pallbearers were Terry Strickland, Cris Love, Donald Love, Tony Grand, Freddie Ozuna and Melvin Sharp.

Honorary pallbearers were Henry Flores, Ricky Drinnon, Buddy Drinnon, Wiggle Greenwood, Herman Hearn, and the employees of Bill Wilson Motor Co.

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November named Alzheimer's disease awareness month

Alzheimer's disease has become the most dreaded disease of our time, and with good reason. It already ravages at least 4 million minds in America, and experts predict that by the year 2030, 14 million Baby Boomers could have it. That's more than the current populations of Massachusetts and New Jersey combined. And for each Alzheimer's patient, at least one full-time caregiver will have his or her entire life consumed with the heartbreaking job of caring for a loved one whose mind and personality have been stolen.

Congress has declared November National Alzheimer's Disease Awareness Month in order to make the public more aware of the terrible toll Alzheimer's disease takes on our society.

This year, the National Institutes of Health increased its funding of Alzheimer's research to \$466 million. That sounds like a lot of money, but the fact is, the level of funding doesn't reflect the true input that Alzheimer's disease has on our society compared to other diseases which are not expected to explode in the coming years like Alzheimer's disease. All in all, our nation already pays an

estimated \$100 billion per year for the care of Alzheimer's patients.

Alzheimer's is not simply a medical problem. It's a social problem, because for each Alzheimer's patient, an entire family is devastated. It's a financial problem, because full-time caregivers have to cut back on work or give up jobs altogether to care for their loved ones around the clock, for up to 20 years. It's a family problem, in which children are neglected because a parent is preoccupied with caring for her own parent. It is an emotional problem, which burdens 70% of patients and their caregivers with clinical depression, and a spiritual problem that churches and other religious organizations struggle to address for their members.

For exhausted caregivers, having someone to watch over their loved one, whether at home or in an adult day care setting for just a few hours a week can make the difference between coping and burnout.

For more information and advice about caring for an Alzheimer's patient, contact the Alzheimer's Family Relief Program by calling 1-800-437-2423.

Savings motives

What motivates us to save? Some folks are motivated to save now so they can buy later. Others save as a vote of confidence in the future. They forego buying now because they anticipate the pleasure of something they vision doing in the future, such as owning a home, sending their children to college, or having a special family vacation.

Current economic psychology suggests that saving is affected by deeper motives than postponing consumption. Other possible motives are our desires to assure a permanent income, our view of utility or return of value for the use of our money, or where we are in the life cycle.

The life cycle factor is a major focus of savings research. It's not uncommon for consumers to "dissave" early in their lives when they anticipate their earnings will be higher later and they'll have money to save. Families typically save most during the empty nest stage of the life cycle when costs are down and earnings are at a peak. In the senior years of life, we usually "dissave" again when earnings are lower. Current research shows that psychological concepts of self-control, mental accounting

and framing (having guiding visions or goals) influence how individuals save during stages of the life cycle.

One economic psychologist examining the history of savings noted that saving has not always been valued in our society. When famine has been expected, saving has been valued, while in times of high unemployment, saving (not spending) has been viewed as less acceptable.

The bottom line is that saving and saving behavior are linked to both our available cash for saving and our perceptions of existing needs and our desire to provide for the future. Stopping to examine what is motivating your saving or "dissaving" behavior can help you take control of guiding your saving practices.

Ask yourself how your views about saving are influencing what you do with cash you could put into savings. Savings is a way to build personal economic stability...to reach goals, meet crises with greater resilience and to achieve the financial future you want for your family.



MR. AND MRS. KEVIN GRAND

Simcik, Grand wed November 11

Tricia Anne Simcik of Hawley and Kevin Matthew Grand of Haskell were married Sat., Nov. 11, at the East Side Baptist Church of Haskell.

The bride is the daughter of Doris and Glenn Baumbach of Hawley and Joyce and Randy Simcik of Davilla. She was given in marriage by Glenn Baumbach.

Parents of the groom Howard and Maxine Grand of Haskell.

The Matron of Honor was the bride's sister, Jennifer Carter. Bridesmaids were Gina Buerger, sister of the groom, and Kristen Grand, the groom's sister-in-law.

Flower girls were Jennifer Pritchard and Brittany Pritchard. Ring Bearer was Matthew Pritchard.

Adam Coleman served as Best

Man. Groomsmen were Randy and Chris Grand, brothers of the groom. Ushers were the bride's brother Jon Simcik, and Kenny Buerger, the groom's brother-in-law.

Following the ceremony, a reception was held in the East Side Baptist Church Fellowship Hall.

A rehearsal dinner before the wedding was also held in the church Fellowship Hall.

The bride is a graduate of Stamford High School and attended Hardin-Simmons University. She is employed with the Knox County Sheriff's Department.

The groom is a graduate of Haskell High School. He is employed in farming.

The couple will reside in Haskell.

Aim for a healthy weight

by Lou Gilly
Haskell Co. Extension Agent
During the last decade, the prevalence of obesity has increased almost 50 percent in the United States. One in five Texans is obese.

Older adults are more likely to be obese than the general adult population, according to Dr. Sharon Robinson, assistant professor and nutrition specialist with the Texas Agricultural Extension Service. In fact, the rate of obesity in adults 60 - 69 years of age has increased by nearly 45 percent from 1991 to 1998.

"Maintaining a healthful weight requires a healthy diet and physical activity," Robinson said.

A healthy diet consists of sensible portions of a variety of foods.

Enjoy favorite ethnic and family dishes with friends and select fruits, vegetable and grain foods such as cornbread, tortillas, biscuits with jam, whole wheat muffins and pancakes. Legumes, peas and beans can be tasty, low-cost main dishes.

Older adults need more calcium, vitamin D and vitamin B12 than other age groups. Milk and other dairy foods - with little or no fat - are excellent sources of vitamin D and calcium. Also, vitamin B12 can be found in fortified breakfast cereals and animal products such as beef, poultry and eggs.

"People of all ages can benefit from a healthful diet," she said. "However, weight loss is not recommended for adults over the age of 65 years without the supervision of a doctor."

For more information contact Lou Gilly, Haskell County Extension Agent-FCS at (940) 864-2546 or come by the Haskell County Extension Office located at 101 South Ave. D in Haskell.

Historical Society tours Fields Museum

The Haskell County Historical & Genealogical Society held a meeting Nov. 6 at the Fields Museum. Anne Foster gave a tour with information about Mr. and Mrs. Fields and artifacts in the museum. After the tour, a business meeting was held and officers were elected for next year. By acclamation, members voted to retain the same officers for another year. A publication committee,

which included Hortense Lees, Anne Foster and Wanda Ham was selected.

Attending were Eula and Lowell Peters, Wanda Ham, Jack and Margaret Kitley, Johnny Scoggins, Anne Foster, June White, Carolyn Reynolds, Jeri Buerger, Mattie Felker English, Frances Lane, Hortense Lees, Martha Jarred and Maxine Miller.

FCCLA elects officers

New officers were recently elected for the 2000-2001 Haskell FCCLA (Family Career and Community Leaders of America) Chapter.

They include: president, Wendy

Proctor; vice president, Sydney Brueggeman; secretary, Gina Rodriguez; and treasurer, Amanda Johnson.

Many activities are planned for the Chapter in the upcoming year.

George and Dorothy Billington

1914-1995

1923-1998

It seems like only yesterday that you were here in the circle of our family, tending to all our needs with your loving, caring ways. Now we're only comforted by the cherished memories you have left with us in our hearts, and the love that shines in every corner of our home.

The Lord called you home much too soon, and we weren't prepared to lose you. We follow in your footsteps in our daily lives, remembering the loving example you set for us: "Be true to yourself and love your neighbor always."

Your love shines down on us and blesses your family, who miss you so very much.

Your daughter Juanita, son-in-law Jesse and grandchildren Dasha and Bryce

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Indoor pollution

Home, sweet home, may not be so sweet. In fact, many homes are infested with indoor pollutants that make breathing dangerous.

Carbon monoxide is the most dangerous form of indoor pollution because it can kill quickly. It causes dizziness, nausea, headaches and flu-like symptoms. Unlike the gas used to cook food or heat homes, carbon monoxide has no odor. The two main sources of carbon monoxide inside the home are the gas furnace heat exchanger and gas hot water heater. It is

important to have a home heating system checked by a professional once a year.

Other forms of indoor pollution can cause serious or chronic illnesses. Secondhand tobacco smoke can cause allergies, asthma and ear infections in young children. Mold, which can cause allergies or asthma, is also a concern in Texas. It is important to keep the humidity level in houses below 60 percent to prevent mold from growing.

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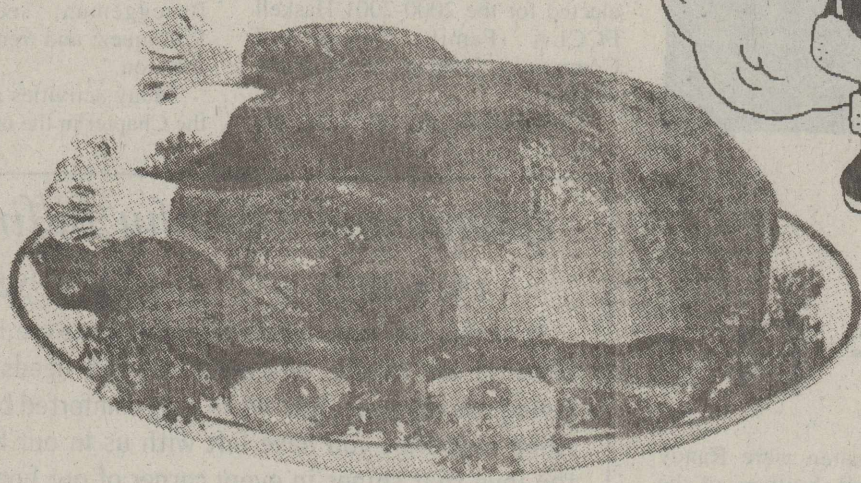
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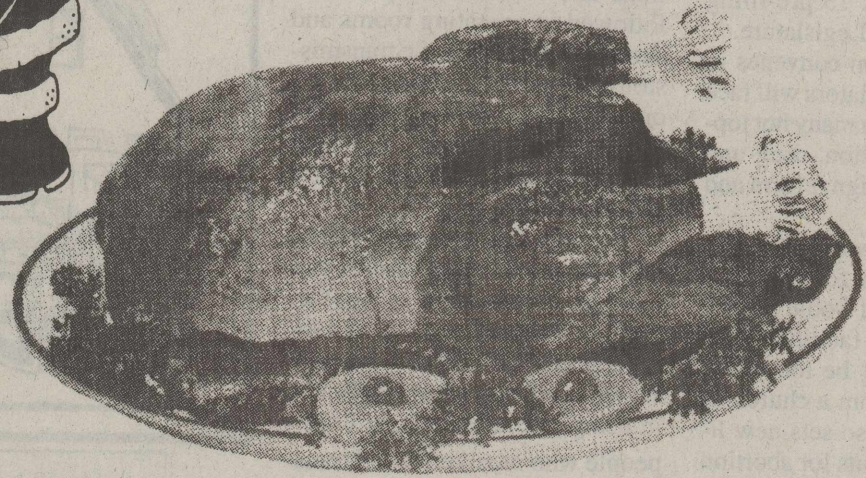
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OPINION

State Capital



HIGHLIGHTS

By Ed Sterling
TEXAS PRESS ASSOCIATION

AUSTIN — State legislators filed 282 bills in the first three days after the Nov. 13 pre-filing began for the 77th Legislature.

When the session convenes in January 2001, legislators will face months of debate on many hot topics including abortion, drug and alcohol use, campaign reform and school finance.

House Bill 17 would specify new requirements for abortion procedures. The bill would require that new abortion facilities built after Sept. 1, 2001 be located at least 1,500 feet from a church or school. The bill also sets new licensing requirements for abortion clinics and would require physicians to provide a woman seeking an abortion with detailed information and brochures at least 24 hours before the procedure can be performed.

Drivers who are convicted of a second or subsequent offense within five years of the first conviction for driving while intoxicated would face automatic suspension of all their vehicle registrations under House Bill 90.

City officials, both current and appointed, and certain municipal candidates would face new disclosure requirements under House Bill 64. The bill would require those people to file financial statements of their financial activity and the financial activity of their spouse and dependent children.

All public school students would be required to recite the Pledge of Allegiance under HB 88. School districts could exempt a student only if his parent or guardian submits a written request.

SB 28 would raise the wealth per student cap for school districts to \$320,000 from \$295,000 under the state's public school finance system.

The session convenes Jan. 9, 2001 and is scheduled to end May 28, 2001. Legislators have until March 9 to file bills and joint resolutions that are not local and have not been declared an emergency by the governor.

Hepatitis ads are misleading
Texas Department of Health officials say a series of TV and radio ads being distributed statewide are misleading and could cause non-risk people to seek unnecessary hepatitis C blood tests.

The agency said the ads imply that anyone who has ever had surgery or dental work and people with body piercings and tattoos

are at risk of hepatitis C infection. "The universal safety precautions and sterilization practices followed in operating rooms and dental offices makes the transmission of hepatitis C during surgery or dental work virtually nil," said Sharilyn Stanley, M.D., associate commissioner for disease control and prevention.

Hepatitis C is transmitted when blood from an infected person gets into the bloodstream of another person. Stanley said high-risk groups include people who have shared needles or other equipment in using injectable, illegal drugs, people who received blood transfusions or solid organ transplants before July 1992 and people who received anti-coagulant blood products before 1987.

Other Highlights

• **Correction:** Due to some figures being double reported to the Secretary of State, last week's column contained an error in the counties with the highest and lowest turnout in the Nov. 7 election. Unofficial results show that Loving County had the highest turnout with 74 percent. The lowest turnout was in Starr County, which recorded 33 percent of registered voters casting ballots.

• **Attorney General John Cornyn** presented the Peace Officer of the Year Award to Forth Worth police officer Lt. Mark Krey and Pleasanton police officer Louis Edward Tudyk. Krey took a lead role in the shooting at Wedgewood Baptist Church in September 1999 and Tudyk was one of the first officers to arrive at the scene of a deadly ambush in Atascosa County in October 1999.

• **Bat Conservation International** and the Texas Parks and Wildlife Department need help from landowners, researchers and members of the public to track the greater long-nosed bat, a rare species of the Trans-Pecos region that feeds on nectar and is the primary pollinator for agave plants used to make tequila. Sightings of the bat can be reported to 512-327-9721 or sent via e-mail to TransPecosBats@batcon.org.

• **The Texas Railroad Commission** urged homeowners to have their propane tanks and heating appliances inspected by a professional before the cooler winter temperatures set in. The commission offers the Home Safe Home brochure free to consumers by calling 1-800-642-5327.



From The Inside Out

By Mary Kaigler

As much as we Americans revere the traditional heart-warming picture of the holidays, and try to preserve them in our mind, sometimes there are those for whom thoughts of the annual holidays conjure up a different picture.

Taking a practical look at how it often is in reality, in an article titled "Picture Imperfect," written for *Interpreter Magazine*, Editor M. Garlinda Burton, says "Forget the Currier-and-Ives hype. Family togetherness often spells major holiday stress."

In excerpts from her article, here are some survival tips which Ms. Burton has given me permission to pass along in this space.

"You're 45 years old, successful, a professional on the job and a great mother of three super children.

"So why does Aunt Hattie's one snide comment about your new hair color make you want to pack up and go home before the cranberry sauce makes it around the family table?"

"Even the most loving Christian families can get on one another's nerves once in a while. Much of the stress of family holiday gatherings is really about personal insecurities and unfinished conflicts from years past.

"Factor in old jealousies, new rivalries and unfinished 'issues,' family secrets and unrealistic expectations of solving them in just one holiday; sprinkle on some guilt because you don't like your in-laws as much as you think you should, and you've got a recipe for a nerve-racking holiday gathering. "But the good news is that we can survive and enjoy meaningful holidays with our families if we exchange the Norman Rockwell fantasies for a more realistic view and:

*Lower our expectations of ourselves and of our families.

*Set firm limits on spending, gift-buying, preparations, social events and time.

*Plan and delegate some of the work and worry.

*Increase our prayer and devotion time.

"If your father asks you every year when you're going to get married, chances are he's going to ask this year.

Don't expect a huge change of heart on his part and don't set yourself up for an emotional battle. Instead, laugh it off. Change the subject, or cut him off gently."

Family therapist Kay Wilson of Nashville, Tenn., advises using those techniques and others to "Assert your adult, competent self," and keep peace at the same time.

Editor Burton also advises, "Don't forget to give your children a break. Don't expect kids to be "on" at every gathering and don't get too annoyed if they want to escape having their cheeks pinched for the fifth time. Include the children in family meals and outings, but also allow them time to be alone, or go to the movies or mall."

Setting limits on the number and cost of presents you buy for one another, being a good steward of your time and energy, and delegating tasks and asking for help are ways Burton says can lessen holiday stress due to overload.

"If you're determined to spend three hours making great-grandma's homemade oyster dressing, then ask your brother-in-law to bring the rolls or sweet potato pie. Ask for help—you don't have anything to prove, not even to the sister-in-law who makes every family meal a contest to determine the best cook in the family," she writes.

"We know in advance which relatives are going to bug us, and what they're going to say. It may sound trite, but start praying for those relatives right now. Pray for their well-being, their happiness and that they have a wonderful holiday. I guarantee, yours will be more joyous too," Ms. Burton adds.

Aim to keep food safe

by Lou Gilly
Haskell Co. Extension Agent

Older adults are at a high risk for food borne illness and need to take precautions to keep themselves safe.

According to information from the Center of Disease Control, about 76 million cases of illness, 325,000 hospitalizations and 5,000

deaths are reported annually from food borne pathogens in the United States alone.

Dr. Sharon Robinson, assistant professor and nutrition specialist with the Texas Agricultural Extension Service, said many of these are older adults, who are at greater risk because:

• a natural decline in the

efficiency of the immune system

• decrease in stomach acid production

• surgery that lowers the body's ability to fight off infection

• decreasing acuteness of taste and smell that prevents detecting spoiled food

• longer recovery time from an illness for older adults

Symptoms of food borne illness are diarrhea, abdominal cramping, fever, headache and vomiting.

"If you suspect someone is suffering from a food borne illness, seek help immediately," Robinson warned.

For those older adults who are homebound and have food delivered, hot food should be eaten immediately.

Cold foods should be eaten or refrigerated immediately. Any food left at room temperature longer than two hours should be discarded.

Harmful bacteria can multiply between 40 degrees and 140 degrees Fahrenheit. If it cannot be eaten immediately, food should be placed in shallow containers or divided into single servings, covered and refrigerated immediately and reheated thoroughly when ready to eat.

For more information contact Lou Gilly, Haskell County Extension Agent-FCS at (940) 864-2546 or come by the Haskell County Extension Office located at 101 South Ave. D in Haskell.

From Out of the Past

From the files of
The Haskell Free Press

10 Years Ago November 22, 1990

The Haskell County Extension Homemakers' Club Woman of the Year is Reatha Mullins.

The Josselot Extension Homemakers Club met in the home of Joyce Davis with the president, Margaret Jones, presiding.

Kim Gilly, daughter of Duane and Lou Gilly, was honored at the District 3 4-H Gold Star banquet as the top 4-H'er in the district.

Tonya Burson won first place in the Intermediate breads and cereals at the Rolling Plains District 4-H Food Show in Vernon.

20 Years Ago November 20, 1980

Randy Darden of Haskell was one of 22 students recently inducted into the Texas Rho chapter of Alpha Chi national honor society at Hardin-Simmons University in Abilene. He is the son of Mr. and Mrs. Glenn Darden.

Haskell received ten inches of snow over the weekend. There was major damage to trees and other reports of damage to small structures.

First place winners in the junior division of the Haskell County 4-H Food Show are Holli High of Haskell, main dish; Stephanie Browning of Haskell, side dish; Traci Fry of Rochester, breads and desserts; and Dalyn Gilly of Haskell, snacks and beverages.

30 Years Ago November 19, 1970

Allen Bell, one of the organizers of the Home State Bank of Rochester and one of its original directors, has resigned from the board after serving for almost 38 years.

Outstanding gardens selected by the Haskell Garden Club for the month of November include the following: Mrs. Ira Davis, Mrs. Grace Montgomery, Mr. and Mrs. Don Perry, Mr. and Mrs. John Kimbrough and Mr. and Mrs. Kenneth Thornton.

Two Haskell students, Mark McCoy and Rhonda Woodard, earned advanced college credit by examination. Both are 1970 graduates of Haskell High School and freshmen at Abilene Christian College.

40 Years Ago November 24, 1960

Cynthia Peiser was selected football sweetheart and Winford Seelig was selected football hero at Matson High School.

Martha Jane Bynum, Haskell High School senior, was elected Sweetheart of the HHS Chapter of FFA. She is the daughter of Mr. and Mrs. J. A. Bynum.

A party of ten Haskell men returned from a successful deer hunting trip to Edwards County. The men were Frank Reynolds, Nat Foster, Bill Lees, Ed Fouts, W. D. Rogers, "Skeet" Miller, Lynn Pace, Jr., Fred Brown, C. G. Burson and Clay Smith.

Dugan Starr and Floyd Lusk attended the Baylor-SMU football game in Dallas on Saturday. Robert Starr, son of Dugan Starr, is a member of the Baylor team.

50 Years Ago November 23, 1950

Shirley Norman, Peggy Waldrip, Jolene Burton, Mary Frances Gipson and Sharon Green are winners in the Haskell Elementary Contest for Art Week sponsored by the Haskell Progressive Study Club.

Ervin Eugene Frierson has been promoted to cadet first lieutenant, executive officer of E battery, field artillery, Texas A&M College cadet corps.

90 Years Ago November 19, 1910

W. H. Day reports that 1,245 pounds of Mebane cotton raised by him turned out a bale of ginned cotton weighing 515 pounds. He said he paid \$1 per bushel for the seed.

Judge Irby has established an office on the north side and will engage in the active practice of law.

The Farmers Union warehouse has been completed and is now in use. The corrugated iron building is 50x100 feet in size. There is now about \$5,000 worth of broom corn stored in the warehouse and 400 bales of cotton on the adjoining yard.

Back the Indians!

The Haskell Free Press

Established January 1, 1886
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This issue mailed Tues., Nov. 21, 2000

Keeping an Eye on Texas

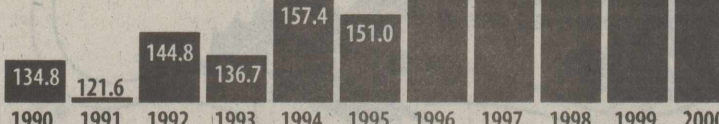
Stuffed

When it comes to turkey, Texans do the gobbling. Turkey producers saw their sales grow nearly 30 percent in the 1990s, from close to \$135 million in 1990 to nearly \$175 million in 1999. The Texas Agricultural Extension Service projects \$189 million worth of turkeys will be sold from Texas farms this year.

The wild birds are popular too. The Texas Parks and Wildlife Department issued 69,073 turkey hunting permits in 1999, and 25,188 turkeys were bagged.

Texas turkeys to the table

Cash receipts in millions of dollars



SOURCES: Carole Keeton Rylander, Texas Comptroller of Public Accounts (www.window.state.tx.us); Texas Agricultural Extension Service.





GOOD LUCK, INDIANS and MAIDENS



INDIANS

Tues., Nov. 28 • 4 p.m.
JV & Varsity vs Munday
at Haskell

Photos by KIS Photo



MAIDENS

Tues., Nov. 28 • 4 p.m.
JV & Varsity vs Munday
at Haskell



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 1-800-687-3761

Haskell School Menu

Nov. 27-Dec. 1 Breakfast
 Juice and milk are served daily on the breakfast menu.
Monday: Breakfast on a stick
Tuesday: Pigs in a blanket
Wednesday: Toaster pastries
Thursday: Sausage biscuit
Friday: Cinnamon toast

Lunch
 A choice of baked potato with

Births

Joe Michael Jimenez was born Nov. 10 in Seymour to Michael and Rosie Jimenez of Haskell. He weighed 6 lbs., 9 oz. and was 19 inches long.
 Grandparents are Gracie and the late Manuel Fuentes of Haskell and Hilda and Wally Aguilar of Goree.
 Great grandparents are Rosa and Abelardo Castillo, Sr. of Goree.

choice of topping or a salad bar is offered daily at the Secondary campus. Ala-carte line offered daily Secondary only. Snack bar Wednesday only—Secondary. Milk and assorted drinks are served daily at the Secondary campus. Milk and juice are served daily at the Elementary School.

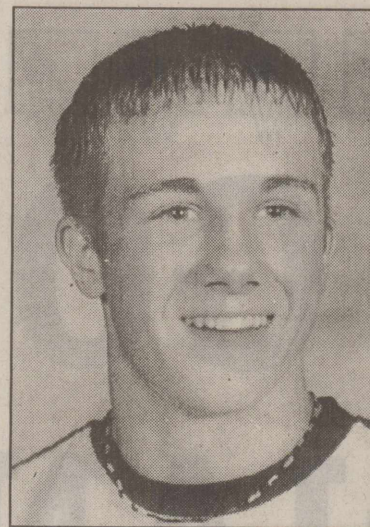
Monday: Chili dogs, pickle spears, assorted chips, ice cream cups

Tuesday: Steak fingers w/gravy, quick baked potatoes, mixed vegetables, hot biscuit, peach cobbler

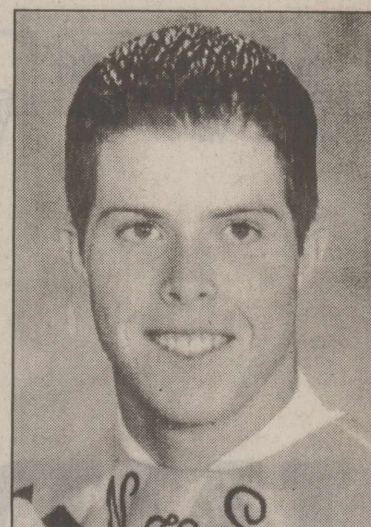
Wednesday: Beef nachos and salsa, pinto beans, corn, garden salad, big Indian bars (Congo bars)

Thursday: Sluggers (barbequed drumsticks), mashed potatoes, English peas, hot rolls, fruit cocktail

Friday: Cheeseburgers, lettuce, tomato slices, pickle spears, French fries, fresh apple



DAN FOUTS



JEFF BLANKS

Students visit Rotary Club

Dan Fouts is the son of John and Bonnie Fouts.

Fouts is a member of the First Baptist Church.

His school activities include playing football, being on the National Honor Society, a member of the Fellowship of Christian Athletes and on the Student Council.

Favorite leisure-time activities for him are hunting and camping.

Special recognitions have been attending the American Legion Boy's State, National Honor Society President, Student Council Vice-president, and being the Highest Ranking Student, in his freshman, sophomore and junior years.

After finishing high school he plans to attend Texas Tech University.

Jeff Blanks is the son of Terry and Susan Blanks

He is a member of the Church of Christ.

His school activities include playing football and baseball, being on the Student Council and the National Honor Society, and a member of the Fellowship of Christian Athletes.

Hunting and camping are his favorite leisure-time activities.

Special recognitions he has received include attending American Legion Boy's State, National Honor Society Vice-president, National Football Society Vice-president, football co-captain, and senior class treasurer.

After high school he plans to attend Abilene Christian University.

This Week's Devotional Message:



WE CAN ALL FIND GOOD REASONS TO GIVE OUR THANKS

Though fortune seems to pass you by,
 There's something that you can't deny:
 At times we all have things go wrong,
 But manage still to get along.
 If you can somehow pay each bill,
 And no one at your house is ill,
 And if your children get good grades
 And don't indulge in escapades,
 And if you have just one good friend,

In case misfortune should descend,
 Then you have blessings by the score,
 Of things you should be thankful for.
 Your House of Worship will convey
 This message for Thanksgiving Day,
 So let us all, with one accord,
 Extend our thanks unto the Lord.
 — Gloria Nowak

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

Bill and Renee Glass, pastors
 Sun. Morn. 10:00 a.m., 11:00 a.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

Chris Powell, pastor
 Sun. Morn. 10 a.m., 11 a.m., Wed. 7 p.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

Troy Culppepper, 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

Stan Leaf, pastor
 Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.
 Sagerton

RULE

First Baptist Church

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

Primitive Baptist Church

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

Church of Christ

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

First United Methodist Church

Shane Brue, pastor
 Sun. Morn. Worship 9 a.m.
 Sunday School 10 a.m.
 1000 Union Ave., Rule

New Life Baptist Mission

Arturo Jr. Flores
 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

ECC Calendar and Menu

Mon., Nov. 27

Lunch-Meat balls/mushroom gravy, noodles, greens, tossed salad, brownies, bread, milk, tea or coffee

Wed., Nov. 29

11:00 a.m. Outreach Health Service blood pressure check
 Lunch-Peppered steak, rice, green beans, tossed salad, peach mystery, bread, milk, tea or coffee

Fri., Dec. 1

Lunch-Roast/gravy, potatoes, green beans, salad, fruit cobbler, 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.

Ask the AG

By John Cornyn, Attorney General

Q: My son and his wife divorced, and she was given custody of our grandchildren. Do I have a legal right to see them?

A: Grandparents can play a vital role in the lives of their grandchildren. Spending time with grandparents may be especially important to a child who has lost a parent or whose parents divorced. Grandparents can provide love and a sense of family. They also can provide much needed support to a single parent trying to raise children on his or her own.

At the same time, grandparents do not have an automatic legal right to see their grandchildren. In fact, a grandparent has no right to intervene into an intact family over the objection of the biological father and mother. But when the family unit is broken by divorce, death, incarceration, or termination of one parents' rights, the courts have the authority to grant visitation rights to a grandparent. However, if both parents die or have their parental rights terminated and the child is adopted by someone other than a family member, a grandparent may lose all visitation rights.

Q: My former daughter-in-law refuses to let me visit my grandchildren. What can I do?

A: It used to be that grandparents had no rights at all under the law when it came to seeing their grandchildren after a divorce or the

death of a parent. The law spoke of the rights and obligations of parents, children, and other interested parties, but grandparents were not considered.

This has changed. State law now provides a way for grandparents to establish their right to visit their grandchildren under certain limited circumstances. After a divorce, for example, a biological or adoptive grandparent may file suit to request reasonable visitation rights. If the court finds that it is in the best interest of the child to see you (the grandparent), the court can order the child's parent to give you reasonable access to your grandchildren.

Q: I know the Attorney General's Office collects child support. Can you represent me in a visitation case?

A: My office does not represent individuals, but represents the state in establishing and enforcing child support obligations. My office does not have the authority to enforce child custody or visitation. In fact, state and federal funding is not available to the Office of the Attorney General's Child Support Division for custody and visitation matters. The Office of the Attorney General is also prohibited by law from giving legal advice to individuals.

Since every case is different, you may want to discuss your situation with a private attorney familiar with family law. An attorney can review the legal merits of your situation and represent you in court. Remember, when discussing the matter with a lawyer, do not be reluctant to talk business. Be very clear about what services you expect to receive, and understand what the attorney's fee is before making any commitment.

If you need help finding an attorney, contact the Legal Referral Service of the State Bar of Texas at (800) 252-9690. You also may want to contact the Legal Hotline for Older Texans for assistance, at (800) 622-2520.



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CAMPER FOR SALE: Perfect for deer lease. 16'. \$750. Call 940-864-3549. 46tc

FOR SALE: Queen sleeper sofa and loveseat; GE washer and dryer; cabinet stereo/radio; wing chair and stool. 1101 N. Ave. H. Pauline Couch. 47p

WHEAT SEED FOR SALE: N.S.V. Beardless. Cleaned and treated in bulk bags. \$6.65 per bushel. Stored at Bronco Seed Co. R. A. Turner 940-997-2221. 47-49c

Garage Sales

ESTATE SALE: Furniture, including king size electric bed; appliances, lots of glassware and misc. 105 N. Ave. G. Fri., 8 to 5; Sat. 8 to 12 noon. No early sales. 47c

YARD SALE: 24th and 25th of Nov. Fri. & Sat. 9 to 5. Don't miss this one! 505 N. Ave. H. Weather permitting. The old Conner Nursery. 47p

CARPOT SALE: 403 Cardiff Ave., Rule. Sat., Nov. 25, 8 to 4. Furniture, household items, crafts, clothes of all sizes, misc. 47p

Help Wanted

SUPER 7 CONVENIENCE Store in Stamford, Texas is accepting applications for store manager. Call 940-888-5153 for application or mail resume to West Texas SuperQuick, Inc., 107 E. Nevada, Seymour, TX 76380. 38tc

APPLICATIONS now being taken for LVNs or RNs for charge nurse position. Also, CNAs needed. Call Tori Hicks or Karen Becknell 864-2652. 43tc

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

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 Chan Guess, Agent 864-6142
 Esther Conn, Agent 658-3904

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For Rent

FOR RENT: 507 N. Ave. G. 3 bedroom, 2 bath. 864-3762. 47c

FOR RENT: 604 N. 3rd. 2 bedroom apartment. 864-3762. 47c

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FOR RENT: 503 S. Ninth. Three bedroom, CHA, storage. \$310 rent. \$200 deposit. 864-2080. 46-47p

FOR LEASE: 100 acres 3 miles southeast of Rochester. \$25 an acre. 1-940-567-5931. 46-49c

Real Estate

CHOICE 100 AC. irrigated farm located on FM 2163 3 1/2 mi. NW of Haskell. Three good irrigation wells give abundance of water. Minerals available. Rike Real Estate, 940-864-2411 or 940-864-2332, mrike@westex.net. 44tc

FOR SALE: Rock house and 2 acres. 1 mi. south on Hwy. 277. Phone 940-864-3727 or 254-968-3493. 44-47p

FOR SALE: 2 bedroom, 1 bath. 1006 N. Ave. F. Corner lot. \$11,000. 864-2258. 44tc

FARM FOR SALE: 83 1/3 acre farm. 3 miles southeast of Rochester. 940-864-3549. 44tc

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Public Notices

NOTICE
 Haskell County Commissioners' Court will take bids on a 2001 full size car with Police Package.

1. V-8 engine. 2. Auto O/D transmission. 3. Cloth seats. 4. Cruise Control. 5. AC/PS. 6. Full size Spare Tire. 7. AM/FM radio. 8. Carpet front and rear.

Submit bids for straight sale and also submit bids for trade in of a 1994 Chevy Caprice. It may be seen at the Haskell County Sheriff's Office.

Bids will be opened at Commissioners' Court meeting at 10:00 a.m. on Nov. 28, 2000. Commissioners' Court reserves the right to accept or reject any or all bids. 46-47c

NOTICE

Haskell County Commissioners' Court will accept sealed bids until 10:00 a.m. on November 28, 2000 at the office of County Judge in the Courthouse of Haskell, Texas for the purchase of one new Motor Grader for Precinct #2. Specifications may be obtained from the office of County Judge.

Haskell County reserves the right to accept or reject any or all bids.

Haskell County Commissioners' Court
 By: David C. Davis
 County Judge 46-47c

PUBLIC NOTICE

Notice is hereby given of intent to introduce a bill relating to the boundaries and the governing body structure of the Haskell-Knox County Underground Water Conservation District; and including a proposed name change to "Rolling Plains Groundwater Conservation District." 47c

NOTICE

The deadline for Classified Advertising is 5 p.m. on Mondays.

Haskell Free Press

A man who thinks he is smarter than his wife has a very smart wife. You'll know you have a smart wife when you see the new sofa and love seat she purchased at Kinney Furniture in Stamford. You will even like the price because it's lower than anywhere else, and there is no charge for delivery even on Saturday. Questions? Call 915-773-2232. 47c

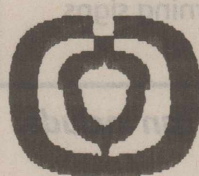
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Mary Rike, Broker 411 1/2 South First St.



411 1/2 South First Street
 Box No. 853
 Haskell, TX 79521
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 FAX (940) 864-3686
 Mary Rike, Broker
 mrike@westex.net

RIKE REAL ESTATE

1103 N. AVE. K. 3-1/2 garage, new paint, PAINT CREEK HIGHWAY. Three or four bedrooms, two bath, great condition, good water well, on 93 ac. in CRP. Close to town.
 1801 N. AVE. H. 3-1, fireplace, sprinkler.
 1828 N. AVE. G. 3-2, carport, well, CR/A, wood stove, great condition.
 217 ADDISON. 3-2, brick, sprinker, well.
 315 AVE. J. EAST. 3-2-2, brick, large utility.
 1407 N. AVE. G. 3-1, corner lot.
 1102 N. AVE. L. 3-1, well, nice size for couple.
 199 N. AVE. K. EAST. 3-2-2. Great location for growing family.
 1405 N. AVE. H. 3-2, new C/HG, rewired.
 310 N. AVE. L. 3-1, Carport, brick, den, cellar.
 502 N. AVE. E. Large 3-1, garage, new roof.
 LARGE 3 YR. OLD. Wood floors, 9 ft. ceilings. Sun room, sprinkler, fenced, oversized garage.
 900 S. FIRST. 3-1, Brick, large shop, C/HG.
 OUTSIDE CITY LIMIT. 4-2, C/HG, carport.
 PAINT CREEK HWY. 3-1, lg. kitchen and living.
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We want to express our deep appreciation to all our friends who called, sent flowers, brought food and supported us during the tragic loss of Earl. He was definitely "one of a kind" and will be sorely missed not only by his family and loved ones but the entire community of Haskell. Wanda, Wendy and Brett Proctor

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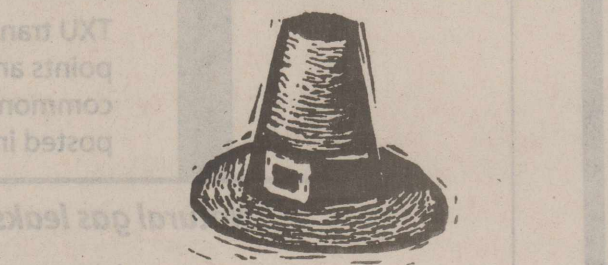
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The pilgrims didn't plan financially. They also didn't live past 50.

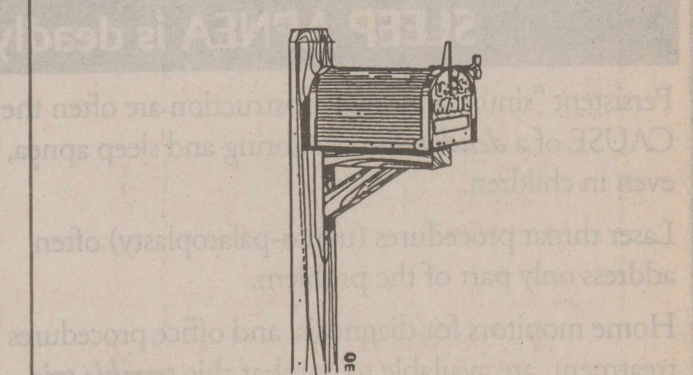
Think ahead. To assess whether your investments are likely to meet your financial needs, contact:

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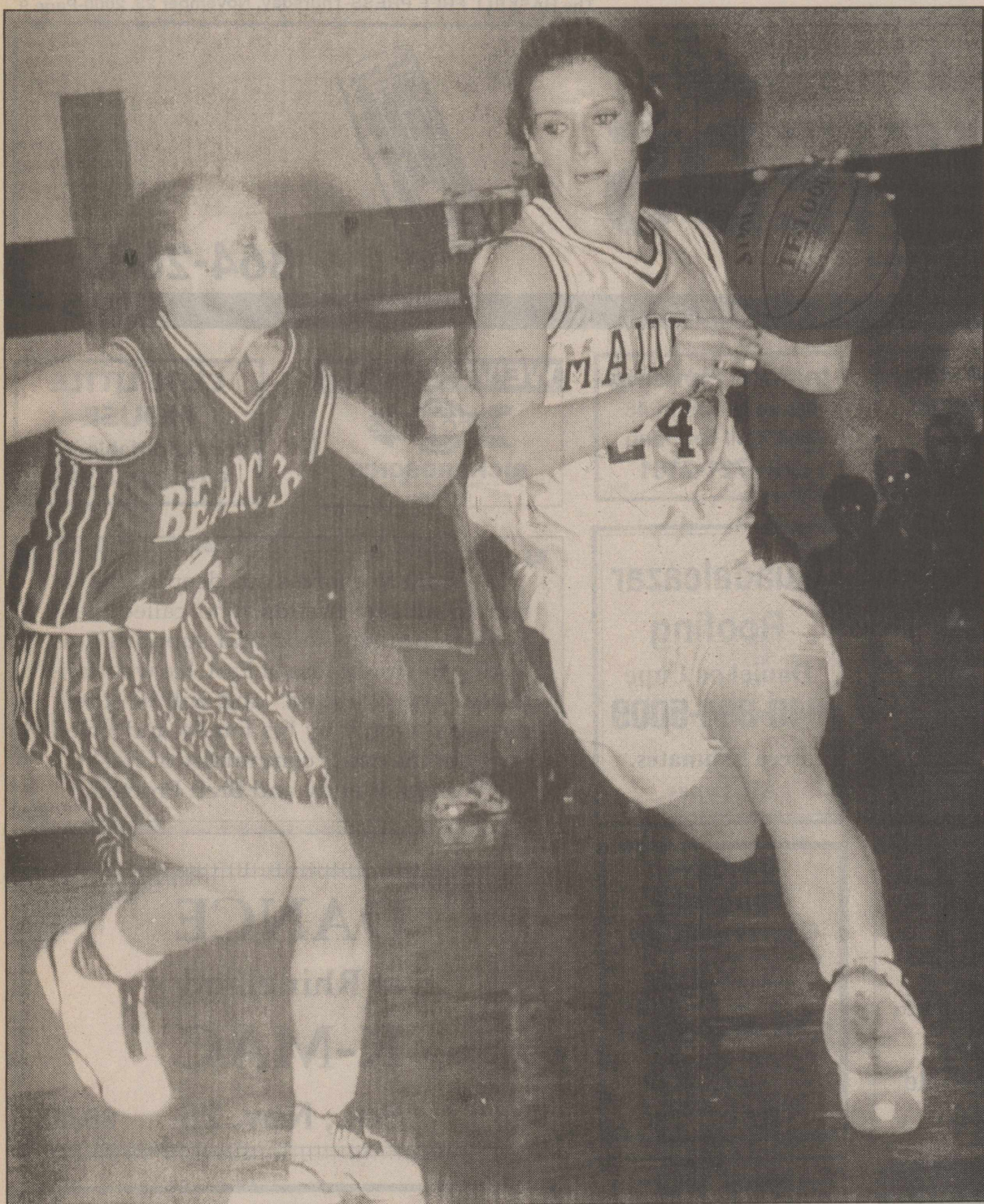


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A DRIVE TO THE BASKET—Haskell's Tiffany Lindsey, #24, goes down court to score in the Varsity Girls winning opener game with Hawley, Nov. 14. Photo by Bill Blankenship

Area Basketball scores

Girls
Haskell 55, Hawley 46 (OT)
 Scoring by quarters: Haskell 6, 14, 7, 16, 12, Hawley 11, 9, 9, 14, 3.
 Scoring for Haskell: Wallace 25, Thompson 13, T. Lindsey 5, Burger 4, Bird 3, Phemister 3, B. Lindsey 1, Price 1.
 JV Score - Haskell 28, Hawley 26.

Haskell 49, Iowa Park 44
 Scoring by quarters: Haskell 13, 12, 8, 16, Iowa Park 10, 8, 10, 16.
 Scoring for Haskell: Wallace 21, Price 10, Thompson 10, Bird 6, B. Lindsey 2.

Trent 53, Rule 40
 Scoring by quarters: Trent 7, 20, 13, 13, Rule 7, 13, 12, 8.
 Scoring for Rule: McDuff 10, Lisle 7, Lehmann 7, Marquis 7, Hertel 6, Brown 3.

Rule 69, Woodson 51
 Scoring by quarters: Rule 17, 17, 21, 14, Woodson 18, 14, 8, 11.
 Scoring for Rule: Lisle 23, Lehmann 14, McDuff 9, Hertel 8, Marcus 8, Davis 4, Dudensing 2, Brown 1.

Jayton 66, Rochester 19
 Scoring by quarters: Jayton 26, 14, 18, 8, Rochester 4, 4, 7, 4.
 Scoring for Rochester: Garcia 6, Penman 6, Martinez 2, Flores 2, Stoddard 2, Byrd 1.
 JV Score - Jayton 35, Rochester 14.

Lueders-Avoca 52, Paint Creek 35
 Scoring by quarters: Lueders-Avoca 14, 13, 7, 18, Paint Creek 8, 7, 9, 11.
 Scoring for Paint Creek: Hearn 9, Brzozowski 8, Isbell 5, Wade 4, Lopez 4, Gonzalez 3, Walton 2.
 JV Score - Lueders-Avoca 40, Paint Creek 17.

Lueders-Avoca 43, Paint Creek 40
 Scoring by quarters: Lueders-Avoca 8, 8, 15, 12, Paint Creek 8, 4, 11, 17.
 Scoring for Paint Creek: Lopez 8, Brzozowski 8, Hearn 8, Gonzales 8, Wade 4, Hope 2, Isbell 2.

Blackwell 62, Paint Creek 34
 Scoring by quarters: Blackwell 16, 16, 18, 12, Paint Creek 7, 15, 3, 9.
 Scoring for Paint Creek: Brzozowski 11, Isbell 8, Walton 6, Wade 4, Hope 3, Dunivan 2.

Boys
Hawley 55, Haskell 45
 Scoring by quarters: Hawley 16, 11, 8, 20, Haskell 11, 11, 19, 4.
 Scoring for Haskell: Goudeau 13, Garcia 9, Webb 6, C. McGuire 6, Z. McGuire 4, Palacios 3, Lindsey 2, Threet 1, Hunt 1.
 JV Score - Haskell 39, Hawley 35.

Rochester 60, Moran 58
 Scoring by quarters: Rochester 8, 13, 14, 25, Moran 13, 11, 15, 19.
 Scoring for Rochester: McGhee 21, Taylor 20, Hasty 8, Baker 7, Hearn 2, Strickland 2.

Calcium vital for teens

by Lou Gilly
Haskell Co. Extension Agent
 The teen years are the most important years for adequate calcium intake, because most bone development takes place during these years. Unfortunately, many of the food options available to teenagers are fast food items which tend to be low in calcium.

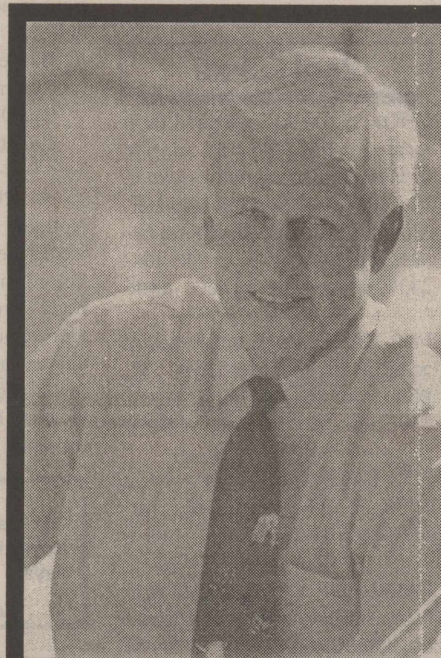
Teenagers who do not get enough calcium are at risk for diseases such as osteoporosis, which is being found in younger and younger patients.

There are more ways to get enough calcium than drinking milk every day. Calcium can be found in fortified orange juice, cereals and dark green vegetables.

Getting enough calcium can be a challenge for teenagers, who often substitute soft drinks and candy for milk and balanced meals. Bone development takes place over a short span of time and adequate calcium is vital during that time. Children and teenagers 9 to 18 years get about half the recommended daily amount of calcium.

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I want to thank the voters of this 17th District for their support during this year's election. It is an honor to serve this district and I look forward to representing you in the 107th Congress.

Charlie

Pd. for by the Stenholm for Congress Committee P.O. Box 1032, Stamford, Tx 79553

Charlie
Stenholm
 Our Values...Our Congressman

Local bank receives high rating

Haskell National Bank has been awarded Bauer Financial's 5-Star Superior rating, the highest rating awarded, in each of the most recent thirty-four consecutive reporting periods. Bauer Financial Reports,

Inc., the nation's leading bank research firm, recognizes Haskell National Bank's long term Superior strength and performance through this prestigious rating.

"It's a pleasure to award Haskell National Bank another 5-star Superior rating," said Paul A. Bauer, president of the research firm. "Haskell National Bank exemplifies the best in community banking - strength, safety, longevity and commitment to its community and customers - with a track record to prove it," he added.

"Big banks come and go," continued Bauer. "while community banks, like Haskell National Bank, stand the test of time and commitment. With its success hinged to that of its community, it's only logical that Haskell National Bank put its community's needs in the forefront of its business plan. That loyalty and dedication is what distinguishes Haskell National Bank from 'just another bank.'"

Happy smiles need healthy start

Behind every bright and warm smile in adulthood there most likely were good dental habits that began years before.

For example, prolonged sucking on a baby bottle of formula, milk or juices can cause tooth decay as carbohydrate-rich fluids bathe the upper gums and nourish bacteria, damaging enamel surfaces. The subsequent tooth decay, called baby-bottle syndrome, is seen most frequently in young children who sleep with a bottle, says Dr. Janet Squires, associate professor of pediatrics at UT Southwestern Medical Center at Dallas.

"Baby bottles should never be given to children as a pacifier during sleep time. This is a common practice that parents should never start. Children who learn to sleep with a bottle will often have difficulty sleeping

without that bottle, and it is a very hard habit to break," Squires says. Water bottles at night can be used to reduce the tooth decay for those toddlers who come to depend on bottles for sleep.

"Pediatricians need to advise parents to prevent this problem, rather than trying to correct an unhealthy habit in their young children after it is established," Squires says.

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SLEEP APNEA is deadly!

Persistent "sinus" and nasal obstruction are often the CAUSE of a *deadly duo* of snoring and sleep apnea, even in children.

Laser throat procedures (uvulo-palatoplasty) often address only part of the problem.

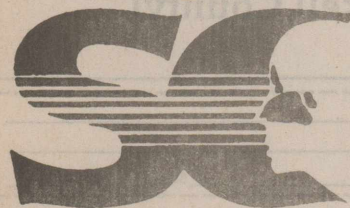
Home monitors for diagnosis, and office procedures for treatment, are available to combat this *terrible trio*.

For information and consultation:

W. O. AKIN, M.D., F.A.C.S.

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