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# The Haskell Free Press

VOL. 116--NO. 28, ©JULY 11, 2002

"The People's Choice"

8 PAGES--ONE SECTION--50 CENTS

## Cowboy church service planned

Cowboy Up With God's Word Church will be conducting Cowboy Church services at the Haskell outdoor pavilion, Sat., July 20, beginning at 6:00 p.m.

Conducting the services will be Robert Winter, pastor of the Abilene, Ranger and Albany Cowboy Churches. A former PRCA and collegiate bronc rider, he has been in ministry since 1989, and can be heard Sundays at 10:25 a.m. on KVRP-FM 97.1.

Assisting Winter will be minister of music, Ike Whitson, of Carbon, and Ford Cole of Haskell.

In addition to the church service will be the first in a series of Christian barrel races at the Haskell rodeo arena. Entry classes will consist of a four division (D) barrel race, age 45 and over, and junior, age 17 and over. A trophy saddle will be awarded to the top rider. The exhibitions will begin at 4:00 p.m. Actual competition will be held following church services.

A watermelon supper will also be held. The public is invited to attend, with no admission charge.

## Calendar

### Gospel night

The Haskell Memorial Civic Center will host a night of gospel singing July 25 at 7 p.m. at the Civic Center. Several local groups will provide the singing. Congregational singing will also be held. Admission is free. Donations will be accepted for continued operation of the Civic Center.

### Haskell FFA to meet

The Haskell FFA would like to invite all 2002 incoming freshmen to a night of food, fun and an open house with the new Ag Science teachers and the 2002 Haskell FFA officers. All incoming freshmen and their parents are invited to attend Sat., July 20 at 6 p.m. at the Haskell Ag building. Come and learn about the fun, success and opportunities of being a member of the Haskell FFA. If you are interested in attending contact Justin Cox 864-5945, Kenny Cockerell 743-3478 or the office at 864-3310.

### Society to meet

The Haskell County Historical & Genealogical Society will meet Mon., Aug. 5 in Haskell City Hall at 7 p.m. Ronny Tanner of Haskell will bring the program on World War II artifacts.

### Social Security

A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., July 11 at 9:30 a.m.

## Index

Obituaries .....Page 2  
Out of the Past .....Page 4  
Menus .....Page 6  
Classifieds .....Page 7  
Around Town .....Page 8



**SUNSHINE GROUP**—Chosen as the Outstanding Volunteers for Region 2 of the Texas Department of Human Services was the Sunshine Group from Haskell. Pictured at a ceremony in their honor are, l-r, Marie Elmore, JoAnn Grant, Maxine Grand, Lena Tidwell, Bennie Shelton, Margaret Bird, Lela Bevel, Opal Tidrow

and Dr. David Page, Pastor of East Side Baptist Church. Members not pictured are Jewel Baggett, Minnie Faye Dean, Nellie Bird, Ruby Green, Callie Moore, Dee Sprayberry, Dorothy Cox, Betty LeFevre, Marsha Whittemore, Ethel Tidwell, Doris Butler, Mary Kammenga, Hazel Hale, Jacklyn Wheatley and Margie Cardwell.

## Ag Dept. to continue voluntary program for Karnal bunt testing

Agriculture Commissioner Susan Combs announced that the Texas Department of Agriculture will continue its voluntary program for producers and storage facility managers to have their 2002 wheat seed tested for Karnal bunt. The program which was first offered last year, applies only to wheat seed produced and stored in non-regulated Texas counties.

"Planting is right around the corner, and wheat farmers and seed owners should start testing now to help prevent the spread of this disease. Producers need to know they have good seed before planting next season's wheat crop," Combs said. "In addition, Texas wheat seed sold in Kansas and Oklahoma requires a phytosanitary certificate declaring the seed to be free of Karnal bunt."

Two options are available for

testing both treated and untreated wheat seed.

Owners of the seed may collect a 4-pound representative "service sample" from a seed lot and send it in a secure container by overnight mail to Dr. Charles Rush, Texas Agricultural Experiment Station, 2301 Experiment Station Road, Bushland, Texas 79012.

The service sample must be double-bagged in clean 1-gallon plastic zipper bags. A tag giving seed lot number and description, physical address of the lot and name and telephone number of the sender must accompany the sample. The cost is \$50 per sample payable to the Texas Agricultural Experiment Station. A phytosanitary certificate cannot be issued for service samples.

Seed owners needing a phytosanitary certificate should

contact Kelly Book, TDA's Seed Quality branch chief. TDA inspectors will collect official samples for analysis. If the sample is negative, TDA will issue the certificate.

A fee of \$25 payable to the Texas Department of Agriculture is required when the certificate is issued. A laboratory analysis fee of \$50 per sample, payable to the Texas Agricultural Experiment Station, must also be sent to the Texas Agricultural Experiment Station in Bushland.

Any seed testing positive for Karnal bunt spores cannot be planted and must be used for grain. The samples will be further examined for bunted kernels. If bunted kernels are found, the U.S. Department of

Agriculture may quarantine the facility and a portion of the county.

There is a mandatory testing by USDA for wheat seed produced in regulated counties - Archer, Baylor, Throckmorton, Young and portions of San Saba and McCulloch. Seed testing free of Karnal bunt spores can be planted within these counties. If spores are present, the seed must be used as a grain, and movement of the grain is restricted if bunted kernels are present.

For more information, seed owners can contact Kelly Book, TDA's branch chief for Seed Quality, at (512) 463-7136. Additional information is also available on TDA's Web site at [www.agr.state.tx.us](http://www.agr.state.tx.us).

## Sunshine group receives award

The Texas Department of Human Services recently named the Haskell Sunshine Group as the Outstanding Volunteers for Region 2.

Longtime members of the local group, Marie Elmore, Betty LeFevre and Lena Tidwell, attended a ceremony in Austin April 28, that honored and recognized all the regional and statewide winners.

The Sunshine Group was honored in Abilene at the Texas Department of Human Services Regional Headquarters, May 13, during the annual Volunteer Recognition Ceremony, and also on May 15, at the local DHS office in Haskell.

Members of the Sunshine Group are Marie Elmore, JoAnn Grant, Maxine Grand, Lena Tidwell, Bennie Shelton, Margaret Bird, Lela Bevel, Opal Tidrow, Dr. David Page, Jewel Baggett, Minnie Faye Dean, Nellie Bird, Ruby Green, Callie Moore, Dee Sprayberry, Dorothy Cox, Betty LeFevre, Marsha Whittemore, Ethel Tidwell, Doris Butler, Mary Kammenga, Hazel Hale, Jacklyn Wheatley and Margie Cardwell.

## Study Club to host workshop

The Haskell Progressive Study Club will host the Texas Federation of Women's Clubs Mesquite District Summer workshop, Fri., July 12, at the Haskell Civic Center. Club leaders from nine district clubs will attend.

An Executive Committee meeting will begin at 8:15 a.m., followed by coffee and registration from 8:30 to 9:00. Workshop registration at the door is \$10.00, which includes lunch, hosted by the local club.

Newly installed TFWC Mesquite District President, Nancy Toliver, will preside. The TFWC traveling team of officers will present information on Special Projects, Standing Committees and Department reports.

## Pair receives Golden Trowel award from Lodge

Roy Letz and Glen Pierce were recently selected to receive the Golden Trowel Award from Rule Masonic Lodge #954.

The two men have shared a number of events in their lives, beginning with attending school together at Old Glory, in the 1st through 12th grades. They went into the United States Army together, serving two years together in Korea. They joined the Masonic Lodge at the same time in 1966, and both are past Masters of Rule Lodge #954. Sharing a hunting lease, they enjoyed hunting together for about 20 years.

Both own motorcycles, and along with their wives, enjoy taking trips to various places during the summer. They are also members of the Rule Lions Club and Sons of Herman Lodge of Old Glory.

Letz and wife, Mary, have two children, three grandchildren and one great-grandchild. Pierce and wife, Helen, have three children and five grandchildren.

Appropriately making another "special moment" for them, their awards were presented together when Rule Masons were honored by Rule Chapter #989.



**LEADERS RECEIVE AWARDS**—Two men recently receiving Golden Trowel Awards from the Rule Masonic Lodge #954, were: on the left, Roy Letz, wife Mary Letz, and on the right, Glen Pierce with wife, Helen Pierce.

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# Summertime outings need attention to food handling

Summertime picnics and barbecues can move the food and the fun to the outdoors, getting the cook out of the kitchen heat.

But there can be more to worry about than just an army of ants when dining in the open air. Unseen and often unnoticed, harmful bacteria can multiply in the warm weather, potentially bringing foodborne illnesses to the table.

"People need to take extra precautions with food when they get ready for a picnic or barbecue," said Deborah Marlow with the retail foods division at the Texas Department of Health (TDH). "These safety checks need to begin at the grocery store and end with leftovers."

Keeping cold foods cold and hot items hot is the basis of food safety. "When shopping, Marlow said, "buy

cold food such as meat and poultry last. Don't let raw meat or poultry juices drip on other foods in your shopping cart; put them in separate plastic bags."

She also suggested taking the groceries home immediately. "In the summer, if you are traveling more than 30 minutes, put perishable food in a cooler with ice."

Next comes safety with cooking. "Completely defrost meat and poultry in the refrigerator before grilling so these foods cook evenly," Marlow said. Marinate meat and poultry in the refrigerator as well, not on the counter. "If you use marinade both with raw food and as a sauce on cooked food, reserve part of it in a separate container before adding the raw meat or poultry."

For backyard picnics or

barbeques, keep meat and poultry refrigerated until ready to use. "But if you are traveling, keep food in an insulated cooler with enough ice to keep the food at 41 degrees F or lower," Marlow said. Keep the cooler out of the direct sun and avoid opening the lid often, she added. "Be sure to pack beverages in one cooler and perishables in another."

Never consume the ice that is used to store the food or beverages. Wipe off the beverage cans or bottles before drinking, especially if they have been buried in the ice.

If you partially cook food in the microwave, oven or stove to reduce grilling time, do it right before the food goes on the grill.

When it is time to cook the food, be sure to cook it thoroughly, Marlow said. Grilled food may brown quickly on the outside. A meat thermometer gives accurate internal temperatures. Beef, veal and lamb steaks and roasts should be cooked to 145 degrees F, pork and ground beef to 155 degrees F. Poultry should reach 165 degrees F.

If you don't have a meat thermometer, Marlow advises looking for signs that the food is done. "Cut into the food to check. Juices should run clear. Hamburgers should be medium well to well done and brown in the middle. Poultry should have no pink in it."

Marlow emphasized that proper food handling practices are extremely important to preventing foodborne illness, whether at home or on a picnic. Among the safety practices she recommends:

Clean all work surfaces and utensils before preparing food.

Don't use the same cutting board, platter or utensils for raw meat as for fresh or cooked foods. Bacteria in raw meat or juices can contaminate other foods.

Wash all fresh fruits and vegetables.

Use different cutting boards or thoroughly wash and sanitize the one used. A simple, inexpensive solution for sanitizing food preparation surfaces is one tablespoon household bleach in a gallon of water.

Always wash your hands. Have a water jug, soap and paper towels available outdoors.

Serve food right away.

Food should not sit out for more than an hour, Marlow said, and probably not more than 30 minutes in hot weather. Refrigerate leftovers promptly in shallow containers. Leftovers that have been off the grill for less than an hour can be taken home safely in a cooler filled with ice. Drain water from the ice chest regularly.

"Contaminated foods do not necessarily look or smell bad, so always play it safe, Marlow said. "Do not taste food to see if it is still good. When in doubt, throw it out."

Symptoms of foodborne illnesses can range from a mild upset stomach to cramps, vomiting, diarrhea, chills or fever. If you have questions about foodborne illnesses or food safety, call the Texas Department of Health retail foods division in Austin at 512-719-0232.

## Obituaries

### Pauline Elizabeth Frierson Coburn

A memorial celebration of the life of Pauline Elizabeth Frierson Coburn will be held Sat., July 13 at 4:00 p.m. at the First Presbyterian Church in Haskell. Mrs. Coburn died peacefully Feb. 16 at the age of 88 years.

Born June 9, 1913 on a farm near Haskell, she was the daughter of Paul and Vivian Frierson. She attended Whitman School and graduated from Haskell High school in 1929. She married Robert Austin Coburn Nov. 29, 1934. He preceded her in death in 1969.

She worked as a LVN at Haskell Hospital until moving to Arlington in 1969. She was on the Cradle Roll and a member of First Presbyterian Church. While in Haskell, she was a member of The Magazine Club and the Haskell

High School Band Boosters.

She was preceded in death by her parents; her sister, Ethel Minton; and her brothers, Gene and Byron Frierson.

Survivors include her daughter and husband, Sandra and Al Russell of Houston; her son and wife, Robert and Joyce Coburn of League City; her grandchildren, Matt Russell of Carrollton, Sunni Russell of Austin, Michael Coburn and wife, Kristina, Gregory Coburn and Philip Coburn, all of League City; her great grandchildren, Brooke and Kyle Coon; and one brother, Roy Frierson.

Memorials may be made to Friends of the Haskell County Library, 412 N. 1st St., Haskell, TX 79521.

PD. NOTICE

### Jack Jarred

brother, Uriel Jarred.

Funeral services for Jack Jarred, 84, of Haskell were held Tues., July 9 at East Side Baptist Church in Haskell with Dr. David Page officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mr. Jarred died Sun., July 7 at his home in Haskell.

Born Sept. 19, 1917 in Stamford, he was the son of Uriel Franklin and Molly Grey Decker Jarred. He married Alta Mae Johnson Aug. 19, 1940 in Haskell. She preceded him in death Feb. 4, 1997. He was a carpenter and member of the East Side Baptist Church.

He was preceded in death by his wife, Alta; and one

### Mitchell Ray Baird

Memorial services for Mitchell Ray Baird, 31, of Haskell were held Wed., July 10 at the Resthaven Mortuary in Wichita, Kansas.

Mr. Baird died Sat., July 6 at the home of his family in Wichita, Kansas.

He was a self-employed maintenance man in Haskell.

Survivors include his best friend, Tim Larned of Haskell; one son, Broc of Denver; his mother, Alberta Riley of Haskell; one brother and sister-in-law, Robert and Jackie Walker of Wichita; and one aunt, Jean Riley of Wichita.

PD. NOTICE

## Elder neglect is just another form of abuse

Neglecting the elderly can be just as detrimental as forms of physical abuse.

"The failure of caregivers to provide adequate meals, hydration or hygiene for elderly individuals, or withholding physical aids such as eyeglasses, hearing aids or false teeth, are all forms of abuse," said Dr. Carmel B. Dyer, associate professor of medicine at Baylor College of Medicine in Houston and

Geriatric Program director at the Harris County Hospital District.

"The problem is widespread, with more cases of elder abuse reported each year than new cases of breast, colon and cervical cancers combined," Dyer said. Less than one in ten cases of elder abuse are ever reported.

Elder abuse can include physical or sexual abuse, financial exploitation, self-neglect or caregiver

neglect. Self-neglect occurs when a patient does not take care of himself or herself to the point that they suffer physical consequences.

Approximately 70 percent of the cases involve self-neglect. Individuals are either unable to take care of themselves due to sickness or loss of function or unwilling to take care of themselves due to depression.

## Aspirin therapy needs to be recommended by a physician

Aspirin therapy has been shown to be beneficial in preventing heart disease, and there is strong evidence of its benefit for patients who already have cardiovascular problems. But one should not merely rely on a self-diagnosis before taking aspirin.

"It's important for people to consult with their doctor to learn about the recommended dosage and the risks," says Dr. Sharon Reimold, assistant professor of internal medicine at UT Southwestern Medical Center at Dallas.

"The recommended dosage for primary prevention is variable with doses ranging from 75 milligrams a day to 325 mg every other day. People who have had a heart attack, unstable angina, ischemic stroke or transient ischemic attacks should consider taking aspirin as secondary prevention. The recommended dosage is 325 mg a day," she says.

People with liver or kidney disease, stomach ulcers, other

gastrointestinal diseases, bleeding problem or who are allergic to aspirin

are at the greatest risk from regular aspirin use.

## Active participation is important to health

**By Lou Gilly  
Haskell Co. Extension Agent**  
Active participation in personal health care is a step toward wellness that too many patients neglect. This means calling for a doctor's appointment only when feeling ill.

To take an active approach, find out what you can do at home before rushing off to the doctor. Make sure you have things at home to take care of common ailments like fevers, colds, coughs, aches, pains, cuts, burns, and insect bites.

If symptoms continue, or worsen, schedule an appointment with a doctor. Be able to tell in one sentence

what is bothering you. Make the most of the appointment. Take a list of questions you have about your condition. Be aware of your symptoms, and be able to clearly describe them. Most doctors say their diagnosis is at least 75 percent based on what you tell them.

Your role in treating a condition should not end when you leave the doctor's office. Do what your doctor recommends. Call your doctor if an allergic reaction arises. And, do not change the dosage or stop usage without discussing it with your doctor.

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Thanks for the question,  
Melissa

What questions regarding home care do you have for the nurse? Send your questions to Haskell Home Health Agency, 105 N. Ave. D, Haskell, TX 79521 or call 940-864-5074, out of town 877-864-5074.

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**VETERANS' HALL DEDICATION**—Members of the Haskell Chamber of Commerce joined in a ribbon cutting ceremony dedicating a hall at the Haskell HealthCare Center that has been decorated to honor veterans of the armed services for their contributions to their country. From the left are, Chamber members Ruby Turner and Sammy Larned, Pat Reyes, Region Community Relations Specialist, Connie Amaro, HHC Activity Director, Wyvonne Pitts, Administrator, and Chamber Board members, Sam Watson and Teri Bland.

## Veteran's hall dedicated

Haskell HealthCare Center at 1504 N. 1st Street, recently took part in a region-wide contest concerning the honoring of American veterans.

A hall in the nursing facility was dedicated to commemorate those people who have served in our armed services.

Displaying the stories, artifacts and pictures brought by veterans' families, the hall was decorated by the activity department. A ribbon cutting ceremony, Wed., July 3, formally opened the Veterans' Hall.

Connie Amaro, Activity Director said, "We at Haskell HealthCare are

extremely proud of the veterans that we care for, and we wish to thank them for the contributions they gave for our country. We also wish to thank the community for their support."

The local center's activity department won 3rd place in the region for their efforts.

## Conner-Crouch reunion

The rainy weather did not dampen the spirits of the Conner-Crouch Family as 61 members enjoyed a reunion at Tres Rios River Resort in Glen Rose, July 4, 5, and 6.

O.L. Crouch of Granbury was the oldest family member present and the only remaining child of Laura Conner Crouch. The youngest was Christian Wray of Irving, son of Bob and Cheryl (Conner) Wray.

Everyone enjoyed fellowship and games including a very competitive horse shoe pitching contest. Russell Gates of Ivan and Cory Tidrow of Temple won top prize.

The washer throw contest was won by Russell and Joetta Gates.

The family has its share of devoted fisherman, but Cory Tidrow proved he could fish as big as he could talk and walked away with the first place prize of a new rod and reel.

While Tiger Woods was not in the midst. The father son team of Gaston and Barry Tidrow showed their golf skills by capturing first place in the tournament. Barry, also took the prize for the closest ball to the hole.

Many entered the domino tournament that turned into very tense competition. After all the sweat and concentration Gaston Tidrow and his grandson Brandon Tidrow turned out to be the champions.

After each fun and competitive day many hopped into their tubes and floated down the Brazos River. Some members enjoyed Fossil Rim Refuse near by.

A Browning knife was won by Joe Griggs and Barry Tidrow won a patriotic afgan that was crocheted by his aunt, Opal Tidrow.

The family had an ice cream supper, fish fry, and hamburger

cookout. Everyone judged the dessert contest and voted. Janet Stephens of Haskell was the winner with her famous blueberry cobbler. In the children's division Conner Crisp of Allen won with his cookies.

An auction fund raiser was held by Joe and Robbie Griggs of Ft. Worth. The Griggs were this year's reunion hosts along with Russell and Joetta Gates.

Family members traveled from Granbury, Ft. Worth, Houston, San Antonio, Allen, Irving, Taylor, Lubbock, Stephenville, Abilene and Haskell. The ones traveling the longest distance were Walter Buker and Rachel Bates from Hoherwald, Tennessee.

Next year's hosts will be Russell and Joetta Gates.

## Rathbuns bring program

The Haskell County Historical and Genealogical Society met Mon., July 1 at the Haskell City Hall.

The program was presented by Smokey and Kathy Rathbun, owners of Webfoot Connection, hunting outfitters of O'Brien, who said that approximately 1,200 people a year come to Haskell County to hunt geese. About 7,000 Canada geese were harvested during the 2000-01 season.

The Rathbuns are originally from Minnesota, where they ran a hunting and guiding outfitters, but wanted to have something to do in December and January, when it is too cold in Minnesota. After hearing

about the large population of Canada geese in Haskell County, they came here in 1997.

Kathy Rathbun trains retrievers in Texas during the spring and fall, and during the summer, she trains in Minnesota where the temperature is more conducive to dog training.

Webfoot Connections recently started marketing their own line of goose and duck calls.

Present at the meeting were: Teresa Scoggins, Johnny Scoggins, Kenneth Jarred, Martha Jarred, Wanda Ham, Eula Peters, Lowell Peters, Maxine Miller, Jack Kittley, Margaret Kittley, Marilyn Griffith and the speakers.

## Hawkins-Vaughn reunion

With seventy-seven members attending, the twentieth annual Hawkins-Vaughn family reunion was held June 28-30, at the American Legion building in Haskell. Theme was Coca-Cola and the '50s.

The occasion began with everyone bringing sandwich makings for supper on Friday night. Games of volleyball and dominoes and visiting were enjoyed.

Saturday morning got started with donuts, coffee and juice for breakfast, followed by horse shoe pitching and a hot wheel race for the kids. A brisket lunch with trimmings was served, with Dan Morgan cooking the brisket.

The annual auction followed the noon meal with Bobby Hawkins and Creora Tatum doing the auctioning. Drawing for the quilt made by Joyce Hawkins was won by Jimmy Cockerell of Early.

Coming in first in the forty-two tournament were Daniel Conn and Lee Magby. Winning second were Jeff Crow and Gary Hufhines. Prizes were folding chairs.

The oldest and youngest were recognized, with Joyce Hawkins being the oldest and Baylee Hearn the youngest. Traveling the farthest were Dan and Queta Vaughn of Huntsville, Alabama.

Recognized as being the best '50s dressed were Amber Conn, children's division, Bobby Hawkins, male adult and Yvonne Hufhines female adult.

A swimming party at the city pool was enjoyed by those who chose to swim.

Attending were: James and Shirley Hawkins, Wichita Falls; Dimmit; Brian and Paula Hufhines and daughter, Amanda, of Amarillo; Russell and Keri Magby and boys, Lubbock; Jeff and Trish Crow and children, Norman, Oklahoma; Darlene Conn, Julie Cochran, Audree and Jason Harshaw of Burnet; Daniel Conn with friends, Janet, Hallie and Lucas of Corpus Christi; Phillip Floradean and Jimmy Cockerell, Early; Barbra Wearthman, Early; Bobby and Darlene Hawkins, 10

Ridge and Mary, Woodall, Dustin and Mechell Grimes, Lewisville.

Sammy and Peggy Hawkins and children, Aspermont; Dolan and Karan Vaughn, Panhandle; Tiny Vaughn, Anson; Nan Preddy, Abilene; Dan and Queta Vaughn, Huntsville, Alabama; Cavin and Deloris Davidson, Garland; Glendon and Donna Hawkins and Chris, Stamford; Jonathan and Candice Tatum and children, Dalhart; Lee and

Nell Magby, Muleshoe.

Hosts and hostesses were: Margaret Tatum, Creora Tatum. Gary and Vickie Hawkins, David and Denise Conn, Christopher and Melissa Tatum and Joyce Hawkins, all of Haskell.

Cook Don Morgan, Darlene and Julie presented the hosts and hostesses with "Hawkins-Vaughn Reunion 2002" T-shirts.

Saying "good-bye," all hoped to meet again next year.

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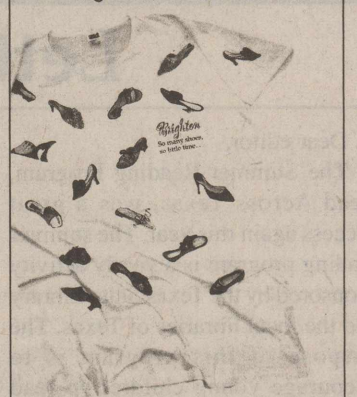
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## Births

Rick and Emmalee Phemister of Haskell are proud to announce the arrival of their daughter, Chambray Jan Phemister, born Fri., June 21 at 1:01 am. in Graham. She weighed 8 lbs. 13 oz. and was 21" long.

Maternal grandparents are Don and Patsy Bivins of Valley View. Maternal great grandparents are Joe and Dorothy Clark of Sagerton.

Paternal grandparents are Max and Doris Jean McMeans of Haskell and Wayne and Linda Phemister of Austin. Paternal great grandmothers are Doris Roberts of Haskell and Myrtle Phemister of Abilene.

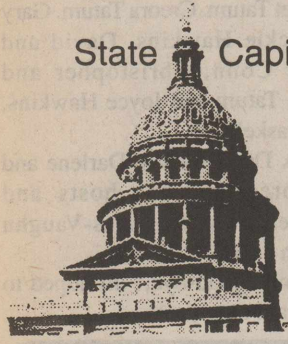
## Hospital

**Admissions**  
A.B. McDonald, Haskell  
**Dismissals**  
Lavid Robertson, Elmer Richards



# OPINION

## State Capital



### HIGHLIGHTS

By Mike Cox  
TEXAS PRESS ASSOCIATION

AUSTIN — With many Texans taking advantage of July Fourth's spot on the calendar this year to enjoy four days out of the office, the chance for political or governmental fireworks is not high.

But still there is not a lack of skyrocket-high numbers to talk about.

In Central and South Texas, one set of big numbers has involved the weather.

Some areas west of Austin and around San Antonio got more than a foot of rain inside a four-day period last week. While that caused property-damaging flash flooding and claimed at least three lives, that is not all the story.

The amount of rain that came down the just before the July Fourth holiday would have caused catastrophic flooding had it not been for action taken by the Legislature in 1934. That was the year Texas lawmakers created the Lower Colorado River Authority.

In a short period of time that government agencies and contractors today can only marvel at, the authority built a series of dams along the Colorado River.

If those dams were not where they are, the Capital City and many points downstream to the Gulf of Mexico would have endured a major flood last week. (The smaller but less encumbered by concrete Blanco, San Marcos and Guadalupe rivers also flooded.)

A report released by the LCRA in April hardly got any attention, but it showed that the chance of a 100-year flood along the lower Colorado is actually higher than anyone thought.

But perspective is important. Based on data collected in the 1970s, the authority thought the

chance of a 100-year flood on Lake Travis was 1 percent. The new data shows that chance is actually about 2 percent.

A 100-year flood on Lake Travis would bring it to 722 feet above sea level, six feet higher than the peak level of 716 feet calculated in the 1970s. For Lake Marble Falls, the peak level would be 755 feet, two feet higher than thought.

But here's the good news: Lake Travis — completed in 1941 — has never been higher than 710 feet, which occurred on Christmas Day 1991. The record level for Lake Marble Falls was 766 feet set on Sept. 11, 1952.

The LCRA report contains a lot of numbers, but the bottom line is simple: The probability of flooding on the Colorado River, which stretches 486 miles from San Saba to Matagorda, is higher than previously thought, though not likely.

**A flood of lobbying money...** Along with rainwater, a lot of money has been flowing into the state's economy from lobbyists.

A study by Texans for Public Justice, a watchdog group, shows that up to \$230 million was spent by interest groups in the hope of influencing members of the Legislature and state agencies.

The spending estimate ranged from \$104 million to more than twice that because state law permits registered lobbyists to report minimum and maximum spending.

Of three components in the lobbying picture, two have stayed relatively the same. Texas has 1,600 registered lobbyists, a number that has remained stable, and about the same number of clients. The third component, spending, is what has done a roman candle act.



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## From Out of the Past

From the files of  
The Haskell Free Press

10 Years Ago  
July 9, 1992

Michelle Annette Arnold of Rule, daughter of Mr. and Mrs. Rickie C. Arnold, has made the president's list at Texas Tech. Making the dean's list is Dalyn Gilly Griffith and Chan Guess. Griffith is the daughter of Mr. and Mrs. Duane Gilly and Guess is the son of Mr. and Mrs. Mike Guess.

Wayne Allan Geilhausen received a bachelor of business administration degree in management from Texas Tech. He is the son of Mr. and Mrs. Robert Baker.

20 Years Ago  
July 15, 1982

Fifteen members of the Haskell Volunteer Fire Department have been attending special drills twice a week for the past several weeks learning the proper use of the Hurst Rescue Tool.

Haskell Little League All-Stars are Bobby Medford, Chan Guess, Joey Martin, Cayce Reed, Bruce Geilhausen, Wayne Geilhausen, Stephen Klose, Julio Segura, Joey Swinney, Angel Comacho, Tommy Hairgrove, Patrick Perez, Jim Lanier and Marty Decker. The team won their first game of the All-Star Tournament defeating the Twin Cities team, 17-0.

30 Years Ago  
July 13, 1972

Cynthia Carroll of Rule and Susan Stegemoeller of O'Brien will attend the tenth annual High School Students Citizenship Seminar at Baylor University. The seminar is sponsored by Texas Farm Bureau.

Sue Hager of Weinert attended the 1972 State 4-H workshop held on the University of Houston campus.

Patrick H. Pace, son of Mr. and Mrs. Lynn Pace, Jr. of Haskell, has assumed duties as Public Relations man for the Friona State Bank.

40 Years Ago  
July 12, 1962

O. M. Matthews, Truett Cobb and John Crawford, all of Haskell, were elected new directors of the Texas Cowboy Reunion Association at the annual business meeting.

Larry Glyndol Quade of Sagerton is in a group of 33 Texas high school students participating in a University of Texas Speech Workshop.

Bob Herren caught a 29 pound, six feet, three inches long sailfish off the coast of Florida. Herren was on vacation with his wife and grandson, Rob Howard.

Bob Mapes is now the owner and operator of Lytle's Texaco Service Station at 200 S. Avenue E. He purchased the station from Gerald Lytle. Mapes attended a Texaco Training School in Dallas.

50 Years Ago  
July 10, 1952

More than 200 children of Haskell County are registered for the third annual Learn-to-Swim program to be held at Rice Springs Park pool July 14-26.

Haskell FFA members Roy D. Rhoads, Kenneth Lane, Bobby Stone, Bill Thomas and teacher Haskell Stone will attend the 24th annual FFA Convention in Dallas.

Brooks Middleton of Haskell won first place in the GI calf roping event at the Texas Cowboy Reunion held in Stamford. Middleton was awarded a saddle. John Wallace won sixth place and a cash award in calf roping.

Mrs. Captola Fraser Henderson, operator of the tourist Cafe in Weinert, has returned from a trip to East Texas, Arkansas, Tennessee, Kentucky and Mississippi.

90 Years Ago  
July 13, 1912

Miss Etta Day left Wednesday for Chicago, where she will spend the summer.

W. A. Earnest of Rule passed through Haskell Wednesday on his way to Monday to look after his interests there.

Mr. and Mrs. A. R. Couch of Weinert spent several days here this week.

Prof. McGee has returned from the summer normal at Knox City.

Capt. J. W. Johnson and Mrs. John A. Couch left Wednesday to visit Mr. and Mrs. Andruss at Rotan.

## Ask the AG

By John Cornyn, Attorney General

**Q:** My husband and I are not as young as we used to be and while we have made a will, we have been told that we should also make a "living will" in case of a medical emergency. Can you give us some helpful information about this?

**A:** First let me say that it is very wise of you to plan for this type of instance. As Attorney General, I am prohibited from providing legal advice to private individuals. However, I can offer some basic information about the options available to you.

Planning for possible scenarios that involve life or death is something that we do not like to think about. However, it is prudent to plan contingencies for potential medical needs, if not for us, then for our loved ones. They may face the daunting task of making tough decisions on our behalf that could have been made much easier with proper planning. This type of planning is commonly referred to as "advance care planning."

The first and most important step in advanced care planning is to have an open discussion with your family and perhaps a close friend. Most experts believe that a close friend should also be included in the process. Sometimes it's easier to consult a non-family member in these types of situations given a family's emotional ties. You may also wish to include a trusted physician as he or she will be able to

advise you as to your various medical options.

After you discuss your plans, you should draw up the appropriate legal documents, commonly referred to as Advance Directives. Advance Directives are legal documents used to convey a person's medical wishes when that person is unable to make decisions. These include the Texas Directive to Physicians, Families or Surrogates (formerly known as a "living will"); the Medical Power of Attorney; and the Out-of-Hospital Do Not Resuscitate.

**Directive to Physicians, Families or Surrogates (DPFS)**

This document allows you to indicate your medical wishes if you are unable to due to a terminal illness or irreversible condition. With this directive, you have the option of refusing life-prolonging treatment in the event that extraordinary medical measures are required to keep you alive. You can also choose to stay on life-preserving medical devices. This document only goes into effect if it is warranted by your medical condition.

**Medical Power of Attorney (MPA)**

An MPA differs from a DPFS in that it appoints a specific person as the decision-maker if you are unable to make your own decisions. This document is important in the event that circumstances arise that were not taken into account in the TDPFS. The MPA is different from

a general power of attorney in that the appointee does not have authority to make financial decisions.

**Out-of-Hospital Do-Not-Resuscitate Order (DNR)**

A DNR is used in instances when a person is living with a terminal illness and does not want 9-1-1 emergency care. This directive applies to any setting, whether it be in a hospital, nursing home or a grocery store. You may choose to wear a bracelet that indicates to EMS workers that they should not attempt resuscitation.

Advanced Directives can be obtained and filled out without the help of a private attorney, but it may be advisable to consult with one. If you need assistance in contacting a private attorney, you can call the State Bar of Texas Lawyer Referral Service at (800) 252-9690. You can also search for an attorney and find additional information on their web site at [www.texasbar.com](http://www.texasbar.com).

The Texas Young Lawyer's Association and the Texas Department of Health each have useful information and forms on Advanced Care Planning. You can visit their Web sites respectively at [www.tyla.org](http://www.tyla.org) and [www.tdh.state.tx.us](http://www.tdh.state.tx.us).

My office has also published a brochure that give more detail on each of these options. It is available in the News and Publications section of our Web site at [www.oag.state.tx.us](http://www.oag.state.tx.us). You can order a copy by calling (800) 252-8011.

## Letters to the Editor

Dear editor,

The Summer Reading Program, Read Across Texas, was a great success again this year. The summer reading program is a yearly activity sponsored by the Texas State Library and the local libraries of Texas. The purpose of this program is to encourage young children to read during the summer so that they do

not fall behind when school starts next fall. We had 52 children sign up for the program and 39 attended all of the programs.

On the last day we presented certificates from the State Library and gave prizes and had refreshments. Everyone that attended received a prize, thanks to the generous donations from: Holden McCauley Funeral Home, Haskell National Bank, Ernestine Herren, First National Bank, Sonic, Modern Way, Wal-Mart, KTXS-channel 12, Rhonda and Jimmy Lisle, Bill's Dollar Store, Post Office, Video Mania and Haskell Young Homemakers.

Jamie Bosnjak, presented the programs about Texas and the children made Alamo Diaries, designed their own boots and painted their faces like Indians. We had a grand time hearing stories of Texas and how the West was won.

Again thank you to the people who made our program a success. We could never have a successful program without their support.

Joan Strickland  
Librarian  
Haskell County Library

Dear editor,

I thoroughly enjoyed your beautiful article about Rev. Shane Brue on the front page of the June 13 issue of the Free Press. I receive the Bulletin from the Haskell Methodist Church regularly, knew of his leaving and wrote him a note. I didn't know however that he was awarded a scholarship among the highly competitive applications.

He graciously took me around the Methodist Church for about an hour during my enjoyable visit to Haskell two years ago. I was impressed at that time with his intelligence, devotion and potential for the future. Glad he is able to pursue his doctoral studies.

Trust you are well. I enjoy seeing the Free Press each week and scan it for items that I may know something about.

I remain busy and active at NYU, retired from clinical surgery but working full time with administrative positions about patient safety and other issues.

All the best,  
Frank C. Spencer, M. D.  
Professor of Surgery  
NYU Medical Center  
New York, N.Y.

## Use mowers safely

Every year, many Americans are seriously injured - and some are killed - in lawn-mower accidents. In 2000, doctors reported 80,000 mower-related injuries, most involving children, to the National Electronic Injury Surveillance System.

Dr. Maureen Finnegan, an associate professor of orthopaedic surgery at UT Southwestern Medical Center at Dallas, says there are a number of ways to stem the summer increase of mower-related injuries that involve partial or complete amputations to the fingers or toes.

"Many of the injuries that I treat could be prevented, if people concentrated on the task at hand and

used common sense when operating machinery," Finnegan says.

This means always wearing sturdy shoes with grip soles; not allowing children younger than 14 to operate the mower; shutting off the mower before working on it or emptying clippings; keeping bystanders out of the mowing area; using a stick to remove debris from the mower, and clearing away objects that could be projected by the blade.

"In case of an accidental toe or finger amputation, it's important to cleanse the amputated part with saline water, wrap it in gauze and put in a watertight bag," Finnegan advises. "Place the bag over ice and take it with you to the emergency room."

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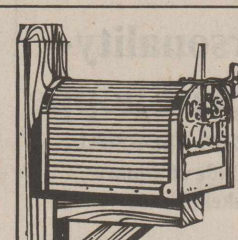
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# Help prevent swimmer's ear

As summer heat drives people into swimming pools and lakes, it's important to remember that those refreshing dips can lead to painful ear infections.

Dr. Barbara Schultz, assistant professor of otolaryngology-head and neck surgery at UT Southwestern Medical Center at Dallas, strongly recommends treating the ears with over-the-counter drops that cost \$2 to \$3 per bottle or with a 50-50 mix of white vinegar and rubbing alcohol after leaving the water for the day.

"When water mixes with ear wax, that's a perfect growth medium for bacteria in a dark, somewhat enclosed space like the ear," she says. "Swimmer's ear is painful and the

antibiotics we use to treat it are a lot more expensive than the preventive measures."

Schultz also warned against using a cotton swab or other absorbent material to dry the ears out.

"As always, you should never stick anything into your ear," she says.

Schultz says people with surgically implanted tubes or damaged eardrums often may swim, but should do so only with a doctor's approval. They also should not apply drying drops or vinegar and alcohol after swimming. It would not damage the ear, but would be very painful.

"If they did it once, they wouldn't do it again," Schultz adds.

# Flood insurance not expensive

By Brandon Anderson  
Haskell Co. Extension Agent

Texas ranks among the nation's top states in annual flood damage. Because of this, Extension Family Economics Specialist Lynn White says Texans should seriously consider flood insurance. Without insurance, owners of flood plain or poor-draining property are taking great financial risks. Location is not always a factor, however. One-third of flood claims occur outside high-risk areas.

When compared to the cost of home repairs, flood insurance is often not expensive. Home location and the amount of coverage determine the cost. In 2002, the average premium payment was \$385 for approximately \$140,000 worth of coverage. When purchasing flood insurance, do so for at least 80% of the replacement value.

Personal property can also be insured for as much as \$100,000. Flood insurance may be purchased from your local home insurance agent.

# Peaches have many health benefits

By Lou Gilly  
Haskell Co. Extension Agent

Peaches may have more health benefits than previously believed. Horticulture specialist David Byrne believes new varieties of the fruit will yield greater amounts of cancer-fighting antioxidants and other phytochemicals. Consumers are becoming more health conscious and want fruit with more health benefits. Currently, peaches have "good" to

"excellent" antioxidant activity, some antimicrobial activity, and potential for use as a natural food colorant. Also, they rank high in certain types of phytochemicals and have good to excellent antioxidant activity.

Work is ongoing to increase the peach's health benefits and flavor. New varieties that may be in grocery stores in coming years include the Tropic Prince, TexKing and TexPrince.

# Teens need RDA start from breakfast

By Lou Gilly  
Haskell Co. Extension Agent

Baylor Pediatrics Professor Theresa Nicklas says teens who eat breakfast are more likely to consume a majority of the Recommended Dietary Allowance of several vitamins and nutrients. Of particular concern are calcium, magnesium, riboflavin, folacin, phosphorus, iron,

and vitamins A, B6, and D. Other vitamins and minerals as well as protein and carbohydrates are also higher in those eating a healthy breakfast. Also, fat consumption is lower. Breakfast consumption has declined in the past quarter century. Nicklas says parents should encourage breakfast consumption to improve the nutritional well-being of adolescents.

# Marriage Licenses

Marriage licenses issued in June by Rhonda Moeller, Haskell County Clerk include:

Michael Alan Hanley of Bangs, and MaryIn Joy Hair of Brookesmith. Christopher Michael Strickland of Rochester, and Amy Lynne Logsdon of Knox City.

Basilio Redusindo Nadrada of Rochester, and Kathy Lamerle Shields of Aspermont.

Christopher Wesley Rogers, and Ashley Brooke Barnett, both of Munday.

James Ray Billington and Dana Rac Pendergraft, both of Haskell.

Michael David Murray of Rule and Elizabeth Michelle Burchard of San Antonio.

Juan Salvador Ontiveros Gonzales of Weinert and Cynthia Ann Hernandez of Abilene.

# Many children experience ringworms

Is your child exhibiting symptoms of ringworm? Don't panic. Doctors say that up to 15 percent of American children under age 10 will have the scalp infection.

"The infections are a common problem in childhood but, luckily, are relatively easy to treat," says Dr. Robin Carder, assistant professor of dermatology at UT Southwestern Medical Center at Dallas.

The infection is caused by a fungus, despite what its name might indicate. The most common fungus strain causing scalp ringworm in the United States is spread from person-to-person contact, Carder says. A much less common scalp-ringworm strain can be contracted from pets, usually cats.

"Symptoms of scalp ringworm

include itchy, scaling, pimple-like bumps and temporary, patchy hair loss," says Carder. "If intense scalp inflammation lingers a long time, scarring and permanent hair loss can occur, but this is uncommon. Some children also develop enlarged lymph nodes in the neck, also temporary. Some people have no symptoms at all."

Treatments consist of oral antifungal medicines prescribed by a doctor. Anti-fungal shampoos such as selenium sulfide and ketoconazole can help prevent spread of the fungus. To help prevent infection, don't share hairbrushes, combs and hats, Carder says.

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**Keeping an Eye on Texas**

**Where We Stand**

Texas ranks 47th among the 50 states in literacy. Four million Texans, about 25 percent of the adult population, are unable to read basic signs and maps. Volunteer to help others learn to read through local library literacy programs.

**ILLITERACY IN TEXAS CITIES**

El Paso	19.43%
San Antonio	15.05%
Houston	13.56%
Dallas	11.89%
Austin	6.80%

SOURCES: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us) and IDRA Research.

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Anson - Farmers Co-op Gin	(915) 823-3122	12:00-1:00 p.m.
Haskell - Richardson's	(940) 864-8551	2:00-3:00 p.m.
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**PUBLIC NOTICE OF APPLICATION TO ESTABLISH RATES**

Pursuant to Section 104.103 of the Texas Utilities Code, TXU Lone Star Pipeline (TXU LSP), a division of TXU Gas Company, hereby gives notice of intent to establish a supplemental rate identified as the "Integrity and Safety Assessment" (ISA) to track and recover costs of implementing its Pipeline Integrity Assessment and Management Plan and costs of system modification required by class location changes. The Pipeline Integrity Assessment and Management Plan is required by the Railroad Commission of Texas (Commission) pursuant to its Pipeline Safety Regulations, Rule § 8.101, while class location changes are necessary to comply with the Federal Minimum Pipeline Safety Regulations, 49 C.F.R. § 192, adopted by the Commission.

The proposed initial rate for the ISA is 2.05 cents per MMBtu, and is proposed to take effect as of July 1, 2002. The rate will be adjusted each year to reflect the change in costs necessitated by the pipeline safety regulations, with an opportunity for those costs to be reviewed by the Commission. The ISA will remain in effect for ten years from its initial effective date. The ISA constitutes a major change as that term is defined in Sec. 104.101, Texas Utilities Code. The proposed rate will increase the total revenues of TXU LSP by 3.7%, representing \$4.1 million of additional revenues.

The ISA will apply to the following classes of customers: 1) TXU LSP's customers with gas consuming equipment at an end-use location physically attached to TXU LSP's pipeline system or to the system of a local distribution company physically attached to TXU LSP's pipeline system; 2) entities selling gas to such customers; and 3) local distribution companies served by TXU LSP's pipeline system. The ISA will indirectly affect all residential and commercial customers served by such local distribution customers, including TXU Gas Distribution. At the proposed initial rate of 2.05 cents per MMBtu, the bill of an average residential customer (6 mcf of gas consumption per month) will increase approximately 12 cents per month.

A Statement of Intent to implement the ISA has been filed with the Commission in GUD Docket No. 9304 and is available for inspection at the Commission's office at 1701 North Congress, Austin, Texas, and at the offices of TXU LSP at 301 South Harwood, Dallas, Texas. Any affected person may file written comments or a protest concerning the proposed changes in the rates with the Docket Services Section of the Office of General Counsel, Railroad Commission of Texas, P.O. Box 12967, Austin, Texas 78711-2967, at any time on or before July 26, 2002. Any person or agency that has a justiciable or administratively cognizable interest in this proceeding who desires to be designated as a party may petition for leave to intervene and request to become a party to this proceeding. The deadline for intervention in this case shall be July 26, 2002.

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## Students in the News

Haskell resident Melanie Alvarez was one of five recently elected new members into Gamma Zeta, the Hardin-Simmons University chapter of Alpha Mu Gamma.

HSU's department of foreign languages sponsors the organization, which is a foreign language honor society. Students in this honor society are encouraged to promote the study of foreign languages.

In addition, Alvarez was recognized for her high achievement in Spanish and was also elected as a new member of Sigma Delta Pi, the National Spanish Honor Society.

\*\*\*

Blayne Davis of Paint Creek and Mindy Howard of Haskell have been named to the Distinguished Student list for the spring 2002 semester at Tarleton State University.

The Distinguished Students list

include freshman and sophomore students who have a minimum GPR of 3.25 with no grade lower than C, and juniors and senior who have a minimum GPR of 3.50 with no grade lower than C and are in good standing.

\*\*\*

McMurry University has named the following students to the spring 2002 Dean's List. To be eligible, students must have maintained at least a 3.5 grade point average while taking 12 or more credit hours.

Earning a spot on the list were: Keith Medford of Paint Creek, a Senior student studying Multidisciplinary Studies I,

Kelli Moeller of Haskell, a Senior student studying Multidisciplinary Studies III, and

Monica Shelton of Haskell, a Sophomore student studying Multidisciplinary Studies I.

## New fitness waters offer athletes energy

The new, flavored fitness waters that recently hit grocery store shelves may be pleasing to your taste buds, but some of these new beverages also provide energy to working muscles and replenish nutrients lost through sweating.

"Many athletes experience alterations in taste preferences during heavy exercise and won't drink adequate fluid if it is water alone," Lona Sandon, assistant professor of clinical nutrition at UT Southwestern Medical Center at Dallas. "The sweet or salty taste of these fitness waters helps them to drink adequate fluids."

The most beneficial nutrients added to most fitness waters include carbohydrate, sodium and potassium.

"The added carbohydrates help maintain the glycogen, or energy

stores in the muscle," she says. "Someone who exercises daily must constantly replace these muscle glycogen stores. The added sodium and potassium work mainly in the body to maintain water balance within the body's cells to prevent dehydration."

But not all fitness waters are created equal, Sandon says.

"You must read the label to determine which will be the best for your active lifestyle. Some brands may only contain potassium and no carbohydrate or calories. If electrolyte and water replacement is all you need after a short workout then it is OK, but if it is endurance and energy you are looking for, this will simply not do."

## ECC Calendar and Menu

Mon., July 15

Lunch—Mesquite broiled chicken breast, scalloped potatoes, bacon seasoned green beans, buttered corn, yeast rolls, cherry cheesecake, milk, tea, or coffee

Wed., July 17

10:00 a.m. Bingo  
11:00 a.m. Outreach Health Services blood pressure check  
Lunch—Swiss steak, macaroni and

cheese, bacon seasoned turnip greens, glazed carrots, cornbread, Coke cake/fudge icing, milk, tea, or coffee

Fri., July 19

Lunch—Hamburgers, pork and beans, tator tots, tomatoes/mayo/mustard, lettuce/onions/pickles, peaches, cookies, milk, tea, or coffee  
Announcements begin at 11:45 a.m. followed by lunch.

## Haskell Summer Lunch Menu

July 15-19

Milk served daily.

**Monday:** Nachos, pinto beans, applesauce, cookies

**Tuesday:** Chicken and spaghetti, green beans, garden salad, hot rolls, ice cream with topping

**Wednesday:** Homemade burritos, chips and hot sauce, corn, fruit salad  
**Thursday:** Popcorn chicken/gravy, mashed potatoes, glazed carrots, hot rolls, peach cobbler  
**Friday:** Hamburger, tater tots, lettuce/tomato slices, watermelon

## This Week's Devotional Message:



### GOD'S WORLD OFFERS AN ENJOYABLE ECONOMY VACATION

Vacation time can mean many things to many people, depending on their interests as well as what the budget will allow. They may travel a great distance in style, go camping in the nearby woods, or just languish in the backyard. All of these places can provide enjoyment and relaxation, being a departure from the normal routine. Moreover, even a low budget vacation

can be a learning experience, because it is not necessary to go far in order to observe the wonders of God's creation. They are on display everywhere, in different forms, just waiting for you to discover them. Take your Bible along as a sort of guide book, and remember that wherever you go on your vacation, God will be there to watch over you and protect you.

### 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.

##### Christian Church

Dusty Garison, minister  
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.

##### Church of God

James Rincker, pastor • 864-5438  
Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.  
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##### Trinity Lutheran Church

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

##### Iglesia Bautista El Calvario

Art Flores, Interim pastor  
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

Steve Beatty, pastor  
Sun. Morn. 9:30 a.m.  
306 N. Ave. E, Haskell

##### Trinity Baptist Church

Tony Grand, pastor  
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 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

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

Jackie Brem, 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

#### —O'BRIEN—

##### O'Brien Baptist Church

Kyle Gullledge, pastor  
Sun. 9:45 a., 11 a., 5 p., 6 p., Wed. 6 p.m.  
O'Brien

#### 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

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

#### —RULE—

##### First Baptist Church

Josh Stowe, 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

##### Primera Iglesia Bautista

Alfa y Omegas  
Manuel Marin, pastor  
Sun. Morn. 10 a., 11:00 a., 5 p.m.; Wed. 6 p.m.  
500 Elm Street, Rule

##### Sweet Home Baptist Church

Bill Trice, pastor  
Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.  
Gladstone Ave., Rule

##### West Bethal Baptist Church

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

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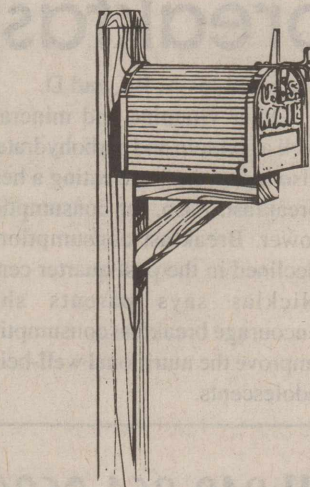
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864-2686

ALL DEADLINES MONDAY 5 P.M.

864-2686

### For Sale

FOR SALE: Hide-a-bed sofa by Simmons. Call 940-864-3567 home or 864-2501 work. 27-28c

FOR SALE: 2 Brangus bulls and 1 Brangus heifer. 940-864-2108. 28-29c

FOR SALE: Brass headboard, trundle with mattress, solid oak table with clawfoot, four pressed-back chairs, waterbed set with triple dresser and night stand. Other furniture items. 864-3301. 28p

### Cars For Sale

FOR SALE: 1990 Taurus HL. 119,000 miles. Very good condition. \$2100.00. 915-773-2807. 28p

FOR SALE: 1995 Mercury Sable. Extra clean. Good shape. \$3500. 940-673-8221. 28-29c

FOR SALE: 1999 Pontiac Grand AM SE, 2 door, 4 cyl. Great condition. 65,000 miles. \$6995. 940-864-5945. 28-29p

### Miscellaneous

CUSTOM MATTING, framing and photography. Call Colleen Martin in Seymour 940-888-3442. 28c

SECURITY FINANCE now offers sales merchandise such as TVs, VCRs, stereos, DVD players, camcorders and even home computers! In house financing available at low monthly payments. So stop by and take a look at what we have to offer and apply today! 28-30c

### Real Estate

COMMERCIAL BUILDING on square. Approximately 5000 sq. ft. building with C/H/A, many office rooms with phone, computer hook-ups, in excellent condition and ready for occupancy. Located on the northwest corner of the square. Good investment property. Rike Real Estate 940-864-2411 or mrlike@westex.net. 26-29c

WANTED: Land listing for qualified buyer for 2000 or more excellent quality country. Loftin Real Estate 940-378-2229. 27-34p

HOUSE FOR SALE: 3/1 brick home. Central H/A, water well, cellar, large lot. Many extras. Call 940-864-2264. 28fc

FOR SALE: 3 bedroom, 1 bath home at 1402 N. Ave. G, Haskell, 864-3944. 28-30p

FOR SALE: 3 bedroom, 1 bath. Large living room, dining room, CH/A. Well, storage building, privacy fence. 864-2321. 28-29p

NORTHSIDE: Three bedroom, 2 car garage. Chain link fence, storage. Ready to move in. Price reduced. Frances Arend Real Estate, 408 N. 1st. 940-864-3880. 28c

Beautiful Double-Wide in country. Call Ron at 915-725-4133. 48fc

### Garage Sales

GARAGE SALE: Sat., July 13. 7:30 to 4. Gas range, vent-o-hood, chest deep freezer, nice ladies and infant girls clothing, 19" TV and misc items. 601 N. Ave. L. Mary Ann McFadden. 28p

BIG GARAGE SALE: Baby, childrens and adults clothes, toys and furniture. Too much to list. Sat., July 13, 9 to 3. 309 Addison Dr., Mollie, Tiffany and Tara. 28p

GARAGE SALE: Waterbed mattress and heater, vacuum, clothing, shoes, housewares, patio set, toys and many misc. 1412 N. Ave. K. Sat., 8-1. Weather permitting. 28p

BIG THREE FAMILY YARD and bake sale: Little bit of everything. Sat., July 13, 6:04 S. 10th. 8 a.m. to 1 p.m. 28c

GARAGE SALE: Sat. only. 905 N. Ave. K, Haskell. 8 to 4. Beauty shop supplies, baby items, crafts and household items. 28p

CARPOR SALE: Josselets, Medfords, Waltons and Everetts. This is it, the big family and friends sale. Sat., July 13, 8 a.m. to 2 p.m. Blue/brick house, Paint Creek Road, Haskell. On First Curve, Ave. K East. We will have a little bit of everything. Great low prices. Come check us out. No early sales. If raining sale is canceled until July 20. 28p

CARPOR SALE: 604 N. 3rd St. Apt. 2A. Children's clothing, other items. Fri. & Sat., July 12-13, 8 to 5. 28p

### Help Wanted

APPLICATIONS now being taken for LVN or RNs for charge nurse position. Sign on bonus for LVNs. Day and evenings shifts available. Also, CNAs needed. Call Andre Elizonds, DON at 864-2652. 16fc

NOW TAKING APPLICATIONS for all positions at Sonic Drive In, Haskell. Apply in person. 25fc

COURT RESEARCHER for Haskell County. Pays \$5.00 per name. Email information to cwolter@quicksi.com. 28p

RNs NEEDED at Seymour Hospital. Full-time 7 a.m.-7 p.m. 7 days on/7 days off. Call Seymour Hospital. Kim Nix, RN, DON. 940-888-5572. 28-29c

FULL TIME LVN or nurse's aide needed. Salary and benefits. Hours-Monday thru Friday. Hospital Clinic, 1400 S. 1st, Haskell, TX 79521. 940-864-8513. Dr. McSmith Jr. DO. 28-29c

NEEDED: RN-DON, nurse aides, weekend RN. Administrator position available. LVNs night shift open-work one or as many nights as you wish. Haskell Healthcare, 1504 N. First St., Haskell, TX 79521. 940-864-8537. 28-29p

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.

### Help Wanted

DRIVER NEEDED. Mature, dependable person needed. Contact the administrator at Brazos Valley Care Home (940) 658-3543. 23fc

CERTIFIED NURSE AIDE position available for dependable person. Apply in person at 605 S. Ave. F, Knox City. 23fc

### For Rent

FOR RENT: Available July 1. 3 bedroom, 2 bath. 806-983-5211. 26fc

FOR RENT: Available July 1. 1 bedroom, 1 bath, furnished. 806-983-5211. 26fc

HOUSE FOR RENT OR SALE: 908 N. Second. Call 940-864-5525. 28-29p

### Public Notices

REQUEST FOR PROPOSALS  
Texas Community Development Program  
Haskell County is requesting separate proposals for management services and for engineering services for the preparation of a Texas Community Development Program Grant Application and, if funded, to provide those services necessary for program implementation. If funded, separate contracts for management services and for engineering services will be awarded. Please submit your Proposal of Services and Statement of Qualifications per the proposal format to Haskell County, County Courthouse, Haskell, TX 79521.

Proposals must be received no later than 4:00 P.M., July 22, 2002, to be considered. The County reserves the right to negotiate with any and all firms that submit proposals, per the Texas Professional Services Procurement Act and OMB Circular A-102.

Haskell County is an Affirmative Action/Equal Opportunity Employer. 28c

### NOTICE

The City of Haskell will be accepting sealed bids for lease of farm and pasture land located at the Haskell Municipal Landfill. Specifications can be attained at Haskell City Hall, Monday through Friday, 8 a.m. to 5 p.m. Bids will be opened at the City Manager's Office at 2:00 p.m. on August 8, 2002. The Haskell City Council will accept bids at the regular City Council meeting to be held August 12, 2002 at 7:00 a.m. The City of Haskell reserves the right to reject any or all bids. 28-29c

### NOTICE

Paint Creek I.S.D. is accepting applications for a computer technology/math teacher. Please contact Max Calk or Brett Starkweather at (940) 864-2471. mcalk@paintcreek.esc14.net or bstarkweather@paintcreek.esc14.net.

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915-725-1449  
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### Public Notices

NOTICE  
Haskell Consolidated Independent School District is seeking bid proposals for 75 Intel certified computer workstations and a 3Com Ethernet based phone system. Bid proposal specifications may be obtained from the Haskell Consolidated Independent School District Central Administration Office at 605 North Avenue E, Haskell, TX. Haskell C.I.S.D., P. O. Box 937, Haskell, TX 79521. 940-864-2602. All bid proposals must be received on or before 3:00 p.m. July 12, 2002. 27-28c

NOTICE OF SHERIFF'S SALE  
THE STATE OF TEXAS §  
COUNTY OF HASKELL §

By virtue of an Order of Sale issued out of the Honorable 39th Judicial District Court of Haskell County, on the 8th day of July, 2002 by the Clerk thereof, in the case(s) styled as follows:

Cause No. 9850. Styled: Rochester Independent School District v. Bill Williams. Legal description: 1. Lots 14-16, Block 9, of the Original Town of Rochester, Haskell County, Texas. Cause No. 10,153. Styled: Haskell County Appraisal District v. Earl Wayne Webb. Legal description: 2. Lots 1-2, Block 81, Carney Addition to the City of O'Brien, Haskell County, Texas. Cause No. 10,564. Styled: Haskell County Appraisal District v. Ora Lee Clayton. 3. S46' of Lot 6, Block 34, B & R Addition to the City of Haskell, Haskell County, Texas.

Cause No. 10,734. Styled: Haskell County Appraisal District v. Gilbert Jimenez Jr. 4. South Half of Lot 12, (140'x140') Tract #20, Brown & Roberts (Outlots) Addition to the City of Haskell, Haskell County, Texas. 5. Tract 4 (130'x140'), Block 9, Brown & Roberts Addition to the City of Haskell, Haskell County, Texas. and to me, as Sheriff, directed and delivered, I will proceed to sell, at 10:00 o'clock a.m. on the 6th day of August, 2002, which is the first Tuesday of said month, at the South door of the Courthouse of Haskell County, in the City of Haskell, Texas.

Levied on the 8th day of July, 2002, as the property of said defendants, to satisfy the judgment rendered in the above styled and numbered cause, together with interest, at 12 percent per annum, and all costs of suit in favor of each jurisdiction.

Given under my hand this 8th day of July, 2002.  
David Halliburton  
Sheriff, Haskell County, Texas.

### NOTICE

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

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### Public Notices

NOTICE OF ACQUISITION OF FIRST NATIONAL BANK HASKELL

BY FIRST NATIONAL BANK IN MUNDAY

Notice is hereby given that application has been made to the Comptroller of the Currency, 1600 Lincoln Plaza, 500 North Akard Street, Dallas, Texas 75201 for consent to purchase the assets and assume the liabilities of the Haskell, Texas branch of First National Bank, Haskell, Texas by First National Bank in Munday, Munday, Texas.

It is contemplated that all current offices of First National Bank in Munday, as well as the newly acquired office, will continue to operate.

This notice is published pursuant to 12 USC 1828(c) (4) and (6) and 12 CFR 5. This notice will appear three times at approximately two-week intervals over the next 30-day period beginning with June 13, 2002, and ending with July 11, 2002.

Any person desiring to comment on this application may do so by submitting written comment within 30 days of the date of the first publication of this notice to: Licensing Manager, Comptroller of the Currency, 1600 Lincoln Plaza, 500 North Akard Street, Dallas, Texas 75201. The public file is available for inspection in that office during regular business hours. Written requests for a copy of the public file on the application should be sent to the licensing manager.

June 13, 2002  
First National Bank Haskell, Haskell, Texas  
First National Bank in Munday, Munday, Texas 28c

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### Public Notices

WILL TAKE SEALED BIDS until Sat., July 13 on building at 400 N. 1st St and two buildings behind it in Haskell. Owner has right to reject all bids. Bids should be received by July 13 at 208 E. Hamilton, Stamford, TX 79553. 28c

Words and time cannot be retrieved-use them wisely. Kinney Furniture in Stamford can help you make your home more comfortable and attractive. We're known for the best values in the Big Country. We've been offering small town personal service, easy terms and quick free delivery for 69 years. 28c

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905 N. AVE. E. 3-1-1, large living, kitchen-den combination, large shaded lot with fenced yard.  
1021 N. 6TH. 2-1, C/H/A, living, large kitchen-dining, garage.  
1006 N. AVE. G. Immaculate 3-1, car port, nice workshop, antique maotic, fenced corner lot, well.  
315 ADDISON. 3-2-2, den-dining, C/H/A, large kitchen, well, sprinkler, storage or second garage, beautiful back yard.  
1293 N. FIRST. 4-2, older two-story on approx. one acre, well, storage.  
703 N. AVE. H. 3-2-carport, large den, large kitchen, C/H/A, well, backyard deck.  
903 N. 3RD EAST. 3-2-2, central heat, living, kitchen-den in great location.  
411 1/2 South First Street  
Box No. 853  
Haskell, TX 79521  
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**The Haskell Free Press**  
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# Beef quality training helps producers market safer beef

Beef producers can get free training to help them become more competitive by attending the Texas Beef Quality Producer Program in Seymour, July 30.

The Texas Beef Quality Producer Program is a multi-level program that teaches the principles of Beef Quality Assurance, a proven system of sensible management practices that help improve the quality and safety of beef, explains John E. Dudley, president of Texas and Southwestern Cattle Raisers Association.

"It's crucial for cattle producers of all sizes to commit to a management strategy that inspires consumer confidence in beef

products," emphasizes Dudley. "All beef producers are invited; you don't have to be a member of TSCRA to participate in these free programs!"

Level I of the Texas Beef Quality Producer program involves an intensive six hours of training related to beef quality, beef safety and the relationships between beef production and the environment.

Beef quality topics include all points in the production chain that can influence the health and performance of cattle or the eating of quality beef. These include breeding and genetic selection, utilization of animal health products, cattle handling, nutrition and culling

management.

Beef safety topics include how to manage injection sites and how to avoid pathogens, foreign materials and antibiotic/chemical residues.

Environmental issues are covered because caring for natural resources ensures that cattle production is ecologically and socially sustainable. Topics include forage management, soil fertility, use of pesticides, and disposal of dead animals.

Level II provides Texas cow-calf producers and stocker operators with the opportunity to become certified in Beef Quality Assurance. Previous Level I training is required.

Level II involves developing a

treatment protocol book, a veterinary drug order (VDO) and a quality management plan. Participants must work with their personal veterinarians to develop the treatment protocol and VDO, and the veterinarians must sign statements verifying that they worked with the trainees to create the records.

TBQP instructors review the documents and issue a certificate stating that the producer has been trained in Beef Quality Assurance.

Participants will take home items that display their commitment to BQA, certificates of completion to verify their training in BQA, a checklist of Best Management Practices to implement, a comprehensive handbook to help them manage cattle for the kind of beef they want their kids to eat, and two general CEU's for a pesticide applicator's license.

"Producers who make a commitment to Beef Quality Assurance are improving the quality and safety of beef for the consumer and improving their own market access," says TSCRA President Dudley.

"Other segments of the industry, from feedyards to foodservice, have already adopted similar management principles. These companies are looking to do business with cow-calf producers and stocker operators who utilize the same management philosophy."

Although the programs are free, persons planning to attend are asked to RSVP by July 23 so planners can prepare for the right number of participants. To RSVP call TSCRA or call Mark Dorsey, Baylor County Extension Agent, at (940) 889-5581.

The program will be held in the Cliff Styles Pavilion on the Seymour Rodeo Grounds, located on Highway 422. Registration begins at 7 a.m. The Level I program begins at 8 a.m. and ends at 3 p.m.; Level II begins at 3:30 p.m. and ends at 5:30 p.m. A complimentary lunch will be provided.

## Seniors face risks in heat

Older citizens are often unaware they face special risks in the summer, says Dr. Myron Weiner, professor of psychiatry with geriatric expertise at UT Southwestern Medical Center at Dallas.

Friends and family members should encourage seniors to drink sufficient fluids to decrease the risk of dehydration and heat-related illnesses. "It's important," he says, "that alcoholic or caffeine-loaded beverages, such as tea, coffee and

many soft drinks, are limited and are not substituted for water. Alcohol and caffeine can dehydrate the body." Besides water, Weiner suggests seniors drink fruit juices, lemonade and other citrus punches, and herbal teas.

Other cool tips: Wear lightweight clothing and curb long walks and other outside activities during the heat of the day. If a senior has no air conditioning, an electric fan is a perfect gift.

## Diabetes screening needed

By the time your children are learning their multiplication tables, they may need to be screened for diabetes.

"Signs that parents can look for include frequent urination, constant thirst, weight loss and/or darkening or 'ring' around the neck known as acanthosis nigricans," said Dr. Siripoom McKay, an assistant professor of pediatrics, endocrinology and metabolism at Baylor College of Medicine in

Houston.

According to McKay, parents can help protect their children from becoming diabetic by increasing exercise and decreasing the amount of time spent in sedentary games.

Diabetes puts a person at higher risk for heart disease, stroke, poor circulation and infections of the feet and legs that can result in amputation. Treatment includes medication, insulin and lifestyle changes.

## Commissioners' Court report

At the Special Meeting of the Haskell County Commissioners' Court, June 25, unanimous approval was given to the hiring of Doris Lehmann as a fill-in employee at the Experienced Citizens' Center at the regular part time salary. Jennabeth Kimbrough was taken off probationary salary and put on regular salary, beginning July 1.

The court voted to authorize County Judge David Davis to sign the Child Protective Service contract and to leave the existing board as is.

The board consists of the following members: Michelle Dunnam, Betsy McManamon, Kristi Stewart, Donita Hudgens, John Foster, Missy Burson, Julian Estrada, Pat Quade, and Jennifer Mathis.

After discussion, the Court approved a motion not to sell the jail door, but to advertise for bids to sell the complete jail unit (cell bars, lavatories, etc.).

A resolution was approved supporting the selection of board members to the West Central Texas Regional Housing Finance

Corporation.

A motion was passed for the signing of the affidavit supporting a flour mill in Seymour.

A motion was approved to allow Lynn Dodson, Justice of the Peace, to purchase two new computers for her office.

Approval was given for closing the Courthouse on July 4 and 5th. The bid of \$4,000.00 from Byrd Tractor Service on the Precinct 1 tractor, was accepted. It was the only bid received for the project.

At a special called meeting of the Court, July 1, the Court passed a resolution appointing Executive Director of the Development Corporation of Haskell, Inc., James Elam, as the contact person for the County of Haskell for all governmental entities in connection with the housing of inmates and all other matters with the Rolling Plains Regional County Jail and Detention Center.

## Stenholm needs applications

Congressman Charlie Stenholm is accepting applications from young men and women who are interested in attending one of the United States Service Academies.

Eligible applicants will be at least 17, but not past their 23rd birthday, by July 1, 2003, and must have graduated from high school by that date. Competitive applicants will be in the top 15 percent of their class and have SAT scores above 550 Verbal and 600 Math, or ACT scores of 26 English and 27 Math. Involvement in extra-curricular activities, including school and community organizations and sports as well as full or part-time

employment, is also in the applicant's favor.

Individuals who wish to attend the Air Force Academy at Colorado Springs, CO, the Military Academy at West Point, NY, the Naval Academy at Annapolis, MD or the Merchant Marine Academy at Kings Point, NY and who wish to serve as a commissioned officer are strongly encouraged to contact Jayne Schoonmaker in Congressman Stenholm's Washington office. Any individuals wishing additional information should call (202) 225-6605 or write to 1211 Longworth House Office Building, Washington, D.C. 20515.

## Warm up before activities

If fun in the sun and in the sand includes a few games of beach volleyball, don't forget to warm up first.

"Stretch your shoulders, thighs and calves," said Dr. Joseph Chorley, an assistant professor of pediatrics, adolescent and sports medicine at Baylor College of Medicine in Houston.

Volleyball players are more likely to suffer shoulder injuries because of the overhead action of spiking the ball. Knee and ankle injuries tend to be less common because the sand provides a more giving surface.

Chorley also recommends drinking at least eight ounces of water one-half hour before hitting the court. Taking water breaks every 15 to 20 minutes and having a sports drink after an hour of play can help keep you hydrated.

## Around Town

By Joyce Hawkins

Truit Reeves and Doris Reeves attended a family reunion held June 22 at Gorman. 40 people attended.

Mr. and Mrs. Chuck Castillo visited with his parents Mr. and Mrs. John Castillo over the weekend.

Mr. and Mrs. Charles Blair visited with Eric Blair in Plainview on Saturday.

Pat Shaw of Nash visited her mom, Bernice Hilliard over the weekend. They attended the rodeo on Friday night. They attended the Methodist Church on Sunday.

Terry and Ruth Chapman and

Haley from Oklahoma visited with Mr. and Mrs. Jack Chapman over the weekend.

Lynn Gray of Grapeland came on Tuesday to take his mother, Faye Gray, to visit Judy Nicks' home in Abilene where Mrs. Gray visited until Friday.

Delma Matthews celebrated her birthday at the care home recently. Helping her to celebrate were Jan Alexander and grandchildren of Wichita Falls, Fincole of Austin and son and wife, Sonny and Martha Matthews of Stanton.

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