Calendar

Early deadline

Deadline for news and advertising for the June 1 edition of the Haskell Free Press will be Thurs., May 25 at 5 p.m. The newspaper office will be closed Mon., May 29 in observance of Memorial Day.

Sagerton homecoming

The fifteenth Sagerton Homecoming will be held Sat., May 27 and Sun., May 28 in the Sagerton Community Center. Registration begins Sat. at 1 p.m. and Sun., at 9 a.m. A bus tour begins at 1:30 p.m. on Saturday followed by a sandwich supper at 6 p.m. Sunday afternoon activities include a catered lunch at noon followed by a short program. For information call Joyce LeFevre 940-997-2103 or Dorothy Toney 940-997-2688. Summer lunches

Haskell CISD will serve summer food service meals at the Haskell Elementary School cafeteria, 306 S. Ave. G, Monday through Friday beginning June 5 and ending July 28 from 11:30 a.m. to 1 p.m. Those ages 1-18 years of age will eat free. Adults may eat for \$2.50 per plate. No meals will be served on July 4. CMN fund-raiser

Children's Miracle Network (CMN) will hold a fund-raiser at Wal-Mart in Stamford Sat., June 3 from 10 a.m. to 3 p.m. Games and activities will available for ages with prizes awarded. The goal of the Stamford Wal-Mart this year is \$10,000. Proceeds benefit Hendrick Children's Hospital in Abilene.

Old Glory musical

The Old Glory Musical will be held Sat., May 27 at the Community Center in Old Glory. The concession stand will open at 5:30 p.m. and the music will start at 6 p.m. For more information call 940-989-2816 or 989-2739.

VBS

Haskell Church of Christ will host Vacation Bible School June 11-14. For more information contact the church office at 864-3101.

VBS

East Side Baptist Church will host Vacation Bible School June 5-9 from 6 to 8:30 p.m. daily for children ages 5 years to sixth grade. The theme of the school is 'Arctic Edge, Where adventure meets courage.' Call 864-2738 for more information.

Storm sirens

The City of Haskell will test



graduates receive diplomas in Haskell County

A total of sixty-three high school seniors will receive diplomas in graduation ceremonies this month from the three Haskell County schools; an increase of three from last year.

Haskell

Thirty-seven seniors will graduate during the school's commencement exercises, Fri., May 26 at 8 p.m. at Indian Stadium. In case of inclement weather, the ceremony will be moved inside to the Indian Gym.

Those graduating are: Julie Aguilar, Sarah Alvarez, Gregory Andrada, Victoria Armenta, Joshua Barbee, Krystal Baugh, Shannon Bird, Brittany Campbell, Doug Carroll, Miquel Chavez, Adam Conner, Joshua Cuellar, Ryan Davis.

Kory Foster, Julie Hankins, Elizabeth Herpeche, Caleb Hudgens, Kelvin Kilgore, Augustene Lara, Benny Lopez, Jackie Lopez, Thomas Lopez, L.J. McCulloch, Mollie McKnight, Nicolas Mendoza.

Kerri Newton, Jessica Ortiz, Jesse Ortiz Jr., Lindsay Pannell, Michael Payne, Tamara Ouinonez, Cameron Short, Jeffry Silba, Vicente Solano-Guerra, Jeremy Sorrells, Lindsay Spooner and Robbyn Tribbey.

Valedictorian is Robbyn Tribbey, daughter of Robert and Lynette Tribbey. Salutatorian is Caleb Hudgens, son of Jerry Don and Donita Hudgens.

Paint Creek

Eight seniors received diplomas during exercises at the Paint Creek

High School Auditorium last Friday night at 8 p.m. Speakers were Launa Medford and Valiene Bullinger. Baccalaureate services were held Sun., May 14 at Paint Creek Baptist Church with Rev. James Horton speaking.

Graduates are: Michael Bailiff. Cyle Brown, Brandon Bryant, Todd Emert, Penny Harris, Rebecca Hope, Jessica Messenger and Josh Messenger.

Valedictorian is Michael Bailiff, son of Ruthie and Larry Bailiff of Stamford. Salutatorian is Cyle Brown, son of Di Whitfield and T.J. Brueggeman of Haskell and Robert Brown of Spokane, Washington.

Rule

Eighteen seniors will receive diplomas at commencement exercises at Rule High School Fri., May 26 at 8 p.m. Baccalaureate services were held Sun., May 21 at the auditorium.

Students graduating are: Carlos Aguinaga, Maria Amaya, Jordan Baitz, Tully Brown, Emery Dudensing, Cheyene Favor, Samantha Griffin, Casey Judd and Joanna Lehrmann

Ashley Lisle, Cory Logan, Jacob Manske, MacKenzie Miller, Jennifer Murray, Cameron Price, Samantha Saucedo, Keli Smith and Candice Sorley

Valedictorian is Emery Dudensing, son of Lynn Dale and Renee Dudensing of Sagerton. Salutatorian is Maria Amaya, daughter of Antonio and Nimia Amaya of Rule.



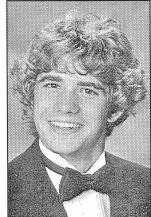
VALEDICTORIAN HASKELL



CALEB HUDGENS SALUTATORIAN HASKELL



MICHAEL BAILIFF VALEDICTORIAN PAINT CREEK

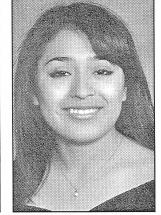


CYLE BROWN SALUTATORIAN PAINT CREEK

istrict



EMERY DUDENSING VALEDICTORIAN RULE



MARIA AMAYA SALUTATORIAN RULE

Indians, Maidens end season; All-D

MAIDENS

The Maiden softball team ended their season this past Friday night by with a loss to the Eula Lady Pirates by a 17-0 score.

Outmatched in the game, this was not the way the Maidens would have liked to end their very successful season.

Coach John Foster said, "It was a fun season and the girls did a great job representing Haskell. I am very proud of these girls!"

Foster released the Maiden alldistrict softball team members

Alexa Roberts, Most Valuable Offensive Player; Kellye Tidrow, first team pitcher; Chambray Bartley and Jerrica Escobedo, first team infielders; Natalie Lopez and Ashton Rutkowski, first team outfielders; Kayla Tidrow and Julie Hankins, second team infielders.

Honorable mention honors went to Paige Wheatley, pitcher and Shannon Bird, outfielder. ***

INDIANS

The Haskell Indian baseball season came to an end last weekend with a best of three series loss to Follet. The Indians reached the Regional Quarterfinals after grabbing a share of the District Championship and defeating the Swifts from Nazareth in Bi-District competition. The Panthers from Follet proved to be too much for the Indians as they defeated them 10-7 in game one and 16-6 in game two.

The Indians seemed to be up to their old tricks in game one as they came from behind to tie the game in the sixth inning at 6-6. The Panthers, however, spoiled the come back scoring 4 in the top of the seventh inning. A rally by the Indians was short lived with only one score in the bottom of the inning.

Game two was a tough one for the Indians as they started out allowing 8 runs in the first inning. Haskell could never recover and suffered a 16-6 loss. Haskell finished the season with a 10-7 record.

Coach Kent Colley said, "Many thanks, to all the Indians, for a great 2006 baseball season. Seniors this year that will be missed include Cameron Short, Jeff Silba, Vicente Solano and Josh Barbee."

Colley announced the Indian team members that were named to the District 4-1A team including:

Gary Frierson, junior, Defensive

MVP

teams named

First team infield: Cameron Short, senior and Travis Adams, sophomore;

First team outfield: Josh Barbee and Vicente Solano, both seniors. Second team catcher: Jeffry Silba,

senior; Second team infield: Weston Rutkowski and Clyde Frierson, both sophomores: and

Second team outfield: Josh Kimmel, junior.

Graduation edition appears this week

Appearing in this edition of the Haskell Free Press is our annual graduation section.

Our thanks to all who helped provide senior's pictures for use in

this traditional edition featuring photos of Haskell County graduates.

A special thanks to all our advertisers who make this section complete and this edition possible.

the storm sirens at noon on Fridays.

Story time

Story time will be held at the Haskell Co. Library each Thursday morning at 10:30 a.m. Stories, songs, activities, crafts and story telling by Paula Rennegarbe will be featured for children.

Rochester anniversary

Rochester exes are asked to email both physical and email addresses to Sandra Fry at sfryrochester@yahoo.com. Pictures for a presentation for the Rochester 100th anniversary and homecoming weekend to be held Oct. 13-14 are also needed.

Index

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| ECC Menu | |
| Out of the Past | |
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being constructed

education building

Construction has begun on a multi-purpose education building at Haskell Memorial Hospital.

The building will have a variety of uses for the hospital including a place for medical staff meetings and

Multi-purpose

board meetings. "Our current board room allows seating for eight people with only standing room for citizens who might want to attend our meetings," said Bill Nemir, administrator. "This will certainly allow us much needed space to conduct our meetings."

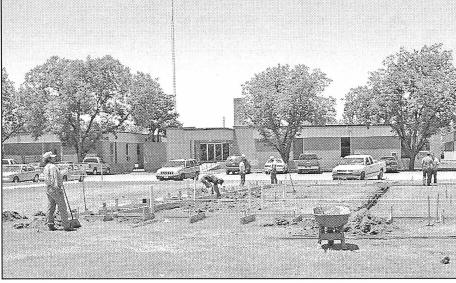
Future use of the building could also include a convenient location for continuing education classes for nurses, EMT training, CNA classes or health fairs.

Non-profit organizations would be allowed to use the building for

fund-raisers or it could be used as a location for disaster relief, a need that was presented during the lake flooding last year.

The capital project has been recommended by the hospital's auditors to use money presently in the hospital's surplus cash reserves. Medicare reimbursement levels needs to maintained at the present level. That reimbursement level is determined by the financial status of the hospital and could be in danger if the surplus money is not used by the hospital in a capital improvement project.

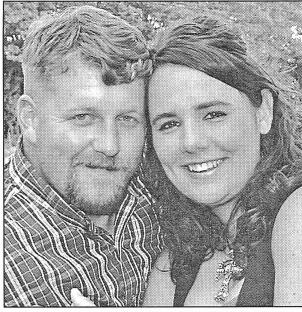
The hospital will have a six month's operating budget in their surplus funds when the project is completed and no tax increase will be needed to fund the project.



EDUCATIONAL BUILDING–Construction is underway on a new multi-purpose education building at Haskell Memorial Hospital.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

Page 2-Thursday, May 25, 2006-The HASKELL FREE PRESS



CHRISTOPHER PAUL HALSELL – WHITNEY DAWN HISE Hise, Halsell to wed School and Vernon College. She is a

Vonnie and Jerrie Sue Hise of Vernon announce the engagement and upcoming marriage of their daughter, Whitney Dawn Hise, to Christopher Paul Halsell, son of Mr. and Mrs. Paul Halsell of Lubbock and the late Ann Halsell. Hise is a graduate of Haskell High

student at Texas Tech University. Halsell is a graduate of Crowell High School and works for Youree Well Service in Electra

The couple plans a July 1 wedding at the Goodrum's Pavilion in Vernon.

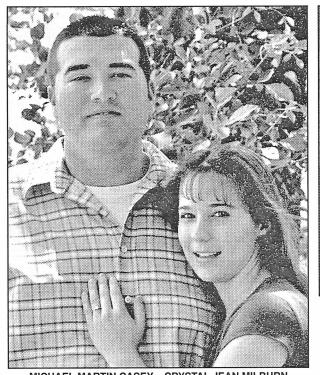




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MICHAEL MARTIN CASEY - CRYSTAL JEAN MILBURN

Milburn, Casey to marry in Rule

Together with their parents, He is the grandson of Margie Casey Crystal Jean Milburn and Michael Martin Casey announce their engagement and upcoming wedding.

The bride-elect is the daughter of Jina Flanary of Rule and Carl and Lisa Milburn of Haskell. She is the granddaughter of Gene and Cinda Flanary of Sagerton, Cliff and Donna Milburn of Alamogoro, New Mexico and Mary Margaret Milburn of Cloudcroft, New Mexico. She is the great granddaughter of Herbert and Ruth Williams of Rule.

The prospective bridegroom is the son of Rudy and Julie Casey of Rule. in Rule.

of Rule and the late Lamar Casey and Maysville, Oklahoma.

A 2003 graduate of Rule High School, Milburn is a Bachelor of Business Administration student at Midwestern State University.

High School and is employed by Rolling Plains Regional Detention Center.

The couple plans a July 15 wedding at the First Baptist Church

Abilene, Bill and Peggy Middlebrook

Ervalene Beason of Knox City,

Lenneth Bland of Luling, Louisiana,

Bob and Rose Bland of Yoakum.

Unable to come were grandson Brady

Henshaw of Albuquerque and

granddaughter Jennifer Williams of

Other visitors included many

friends from out of town and from

Phoenix.

Haskell

Birthday reception honors Lois Redwine

Lois Redwine was honored with a 90th birthday party Sat., May 13 in the home of her daughter and sonin-law, Hyrum and Jean Richards. The party was co-hosted by daughters and sons-in-law, Vern and Charlotte Foreman of Odessa and Coe and Suzy McElmurry of Monett, Missouri.

Granddaughters Kitty Beaman and Monica Childs served pink cake and pink punch from a table covered with a red lace tablecloth. Pink and red are Lois' favorite colors.

Eva Dunnam registered guests as Lois greeted them.

Relatives attending were grandsons, Scott and Diane Henshaw, Ben, Sam, Connor and Lauren of Casper, Wyoming; Chad Lundy, Kitty, Canyon and Michael of Ripley, Oklahoma; Flint and Lisa Nanny and Austin and Christian Myers of Haskell; granddaughter, John and Monica Childs, Alan, Richard, Joshua and Matthew of



Ira Lee and Betty Carruth of

Casey is a 2000 graduate of Rule

by Jane Rowan

Texas Cooperative Extension Staff in Kent and Haskell counties are offering a food manager certification training course for area food service managers. The program will be offered Tues., June 27, in Aspermont.

The training will begin at 8:30 a.m. and conclude with the opportunity for the participants to Midland; nieces, Imogene Skiles of take the exam late that afternoon. Those planning to participate must of Haskell; nephews, Leo and pre-register by Fri., June 9.

> The program is designed to not only prepare food service managers to pass the certification examination, but will provide valuable education regarding the safe handling of food. Special attention to food safety will help keep the many customers safe and satisfied.

By attending the course, food

Obituaries

Helen Turnbow

Funeral services for Helen Turnbow, 88, of Big Spring were held Tues., May 23 at Weinert Baptist Church in Weinert with Dr. Troy Culpepper officiating. Burial was in Willow Cemetery in Haskell under the direction of Holden-McCauley Funeral Home of Haskell.

Mrs. Turnbow died Sun., May 21.

Born Feb. 7, 1918 in Lingleville, she was the daughter of Jess and Eulala Chandler. She married Walter (Buck) Turnbow Feb. 7, 1936. She spent most of her life in Haskell County in the small town of Weinert. She worked at the Weinert Gin along with her late husband, Buck. She loved the Lord, her church and her family. She was a member of the Weinert Baptist Church. Her later years were spent at Park Place Retirement Center in Big Spring near her daughter.

She was preceded in death by her husband, Buck; one daughter, Peggy Byrd; one grandson, Dirk Perry; two sisters, Jo Luker and Jackie Sims; and her parents.



ETIENNE ANDRE ILLY – DANA LOUISE GREEN

Green, Illy plan August wedding

Mr. and Mrs. Bill Green of Lake Antonio.

Dallas announce the engagement and approaching marriage of their daughter, Dana Louise Green. to Etienne Andre Illy of Denton, son of Mr. and Mrs. Francois Illy of San

The bride-elect is the granddaughter of Mr. and Mrs. L.O. Green of Paint Creek

The couple plan an August wedding

Food protection management course scheduled

CEA/FCS, Haskell County

·Identifying potentially hazardous foods and common errors in food handling •Preventing contamination and cross-contamination of food •Teaching and encouraging

personal hygiene for employees ·Complying with government regulations

service managers will learn about:

•Maintaining clean utensils, equipment and surroundings, and ·Controlling pests.

Foodborne illnesses can be prevented by following simple food safety practices.

For a registration form and more information about the Food Manager Certification Training course of Texas Cooperative Extension, called "Food Safety: It's Our Business," contact Jane Rowan, Haskell County Extension Agent at 940-864-2546 or l-rowan@tamu.edu.

Survivors include one daughter and son-in-law, Jeneane and Gene Perry of Big Spring; grandchildren, Carla and Roger Brooks of Big Spring and Mike and Lori Byrd of Abilene; great grandchildren, Jody and Ross Roberts of Big Spring and Brooke and Brandi Byrd of Abilene; and one great great grandson, Jordan Roberts of Big Spring; one brother, Wayland Chandler and wife, Margie; sister, Elaine Keiser and their families of San

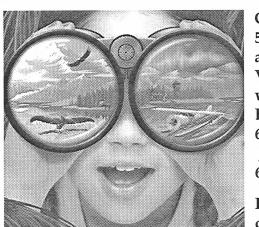
Angelo. Pallbearers were Jeff Chandler, Jerry Walker, Tiffen Mayfield, Jerry Hester, Jerry Don Hudgens and Wayne

Stout. Honorary pallbearers were Ray and Maxine Boling, Toby and Alice Yates, W.R. and Joyce Hager, Andy and Laquita Wilfong, Erma Liles and Dr. Troy and Jean



Culpepper.

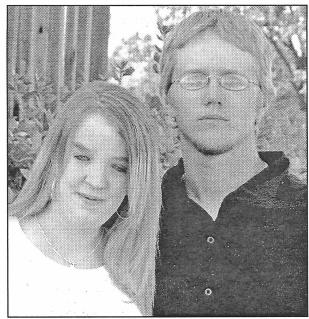
Memorials may be made to Weinert Baptist Church, P.O. Box 98, Weinert, Texas 76388. PD. NOTICE



Children ages 5 years – 6th grade are invited to explore Vacation Bible School with us at East Side Baptist Church 600 N. 1st E. June 5 – 9 6:00 to 8:30 p.m.

For more information call 864-2738

Arctic Edge "Where adventure meets courage"



OLIVIA MESSENGER – CHRISTOPHER BROWN

Messenger, Brown plan June 17 wedding

Mr. and Mrs. Randy Messenger of Haskell would like to announce the Haskell High School. The engagement and approaching marriage of their daughter, Olivia Myree Messenger, to Christopher Dale Brown, son of Di Whitefield, Robert Brown and stepson of Terry Joe Brueggeman.

The bride-elect is a graduate of prospective bridegroom is a graduate of Paint Creek High School.

The couple plans a June 17 wedding at Paint Creek Baptist Church.

CASEY RILEY - HEATHER STEELE Steele, Riley to marry July 29

Bill and Pam Steele of Haskell are pleased to announce the engagement of their daughter, Heather Steele, to Casey Riley, son of Daniel Riley of Haskell and Johnnie Franklin of Stamford.

A 2001 graduate of Haskell High School, the bride-elect is pursuing a B.S. degree in Education at McMurry University. She is employed as a

Pharmacy Technician at James McCoy's Drug Store in Abilene. The prospective bridegroom is a 2000 graduate of Haskell High School and is employed at Harris

Acoustics in Abilene. The couple plans a July 29 wedding at Hardin-Simmons Logsdon Chapel.

use autoclave nops and salons must

barber shops that provide manicure an autoclave, according to an opinion and pedicure services are required to issued recently by Texas Attorney

All Texas cosmetology salons and sterilize all reusable instruments with

Understanding cardiovascular disease risk factors

Despite significant reductions in and mortality, morbidity cardiovascular disease remains the leading cause of death in the United States today. It represents a wide array of illnesses, including heart attack, angina, congestive heart failure, sudden cardiac death, hypertension, stroke and diabetes mellitus.

As we age and gain weight, the

Around **lown** By Joyce Hawkins

Margaret Tatum, Creora Tatum and Joyce Hawkins attended the wedding of Jimmy Cockerell and Barbara Neathermon Saturday evening at Lake Brownwood in the chapel of the state park.

Mr. and Mrs. David Pharm of Wichita Falls visited her mother, Evelyn Wright and attended church with her at Trinity Baptist Church on Sunday.

Last Friday, Julie Scoggins was in Jacksboro to meet daughter, Micah, and pick up her girls to visit with her for a few days.

prevalence of cardiovascular disease only increases. There are multiple risk factors, most importantly hypertension, smoking, obesity, high cholesterol and diabetes. A family history of early or premature heart

disease also raises the risk. According to Donald J. DiPette, M.D., chairman and professor of internal medicine at the Texas A&M Health Science Center College of Medicine, the good news is there are many new ways to prevent, diagnose and treat cardiovascular disease.

"Aggressively lowering the blood pressure or cholesterol levels decreases cardiovascular events in those affected," Dr. DiPette said. "In addition to lifestyle changes such as weight reduction, decreasing the salt in our diets, increasing physical activity and moderating our alcohol consumption, we have many safe and well-tolerated medications to treat hypertension."

Individuals must understand the risk factors directly involved in cardiovascular disease and take responsibility for modifying these factors to live longer, healthier lives, Dr. DiPette added.

This information is provided as a service. For specific questions, contact your physician or other health provider.

General Greg Abbott.

Attorney General's Opinion GA-0432 found that an irreconcilable conflict existed between two laws enacted by the 79th Texas Legislature-Senate Bill 411 and House Bill 1304.

Senate Bill 411, which abolished the Texas Cosmetology Commission and the Texas Board of Barber Examiners and moved regulation of those professions to the Texas Department of Licensing and Regulation (TDLR), also required all cosmetologists and barbers that provide manicure and pedicure services to sterilize reusable instruments in an autoclave.

House Bill 1304, however, while requiring all reusable instruments to be sterilized, also allowed for methods other than an autoclave,

such as dry heat or ultraviolet light. In the opinion, Abbott concluded that because Senate Bill 411 was enacted subsequent to House Bill 1304, "Senate Bill 411 prevails with the result that a barber or cosmetologist who treats nails, hands or feet must sterilize nondisposable instruments with an autoclave," according to the opinion.

'This provides clarity, not only for TDLR but also for manicurists and pedicurists," said William Kuntz, TDLR's executive director. "We've known since the end of the legislative session that sterilization would be required, but until now we haven't been able to tell the licensees that they definitely needed an autoclave. It's important to have this matter









OPINION

SO

TH'CONSTITUTION

ISN'T JUST A PIECE

OF PAPER?

23 Ø

THESE SOLDIERS SWORE THEY'D DEFEND

OUR CONSTITUTION -

AND THEY ALL DIED

BELLEAU

wood

WWI

10 Years Ago

May 23, 1996

Academy had announced that

Rebecca Williamson has been named

a National Award Winner in

Journalism. Williamson is the

daughter of Thomas Wayne and

Kathy Williamson of Wichita Falls

and the granddaughter of Hazel

administered to Mayor Ken Lane and

Councilmen, Ruby Turner and David

Davis at the Haskell City Council

Fifty one Haskell seniors will

graduate on Friday night, at 8 p.m. at

the First Baptist Church in Haskell.

20 Years Ago

May 22, 1986

public speaking at the area FFA

convention in San Angelo was Scott

Receiving the first place trophy in

Scharlyn Richey Hudson of

Haskell and Tauniya Rhae White of

Rule were among those who

graduated from McMurry College.

of 27 new members recently

appointed to the Hardin Simmons

University Board of Development.

Winford S. Cole of Haskell is one

The oath of office was

Thomas of Haskell.

meeting.

Burris.

The United States Achievement

DOING IT ...

TEXAS PRESS ASSOCIATION



Governor signs business component of tax reform plan

AUSTIN-Gov. Rick Perry on May 18 signed into law House Bill 3, subjecting most Texas businesses to a 1 percent tax on profit, minus deductions for either cost of goods sold or personnel costs.

The tax will take effect on Jan. 1, 2008. It is a component of a wideranging plan hailed by the governor's office and many others as "the largest property tax cut in Texas history," amounting to \$15.7 billion.

Combined, these cuts are expected to reduce the school district property tax rate by one third. Of course, if appraisals increase at a normal rate, the sensation of a lower tax burden might not last for long.

Perry's office said HB 3 will: •Reward employers for creating jobs and investing in employee benefits. "Every time a business puts a Texan to work, pays for health insurance or invests in a pension plan... their tax liability will go down."

•Protect small employers so that they can continue to drive Texas' economic growth.

•Exempt sole proprietors and general partnerships from the tax, as well as businesses whose gross receipts total \$300,000 or less, and those whose tax bill is less than \$1,000; and

•Reward employers who create jobs and contribute to the economy, but will penalize businesses that hire illegal immigrants with higher taxes.

HB 2, another part of the tax reform plan, devotes future excess revenue to property tax reduction until the rate reaches 75 cents per \$100 valuation. The governor had not signed HB 2 into law as of May 21.

Members of the 80th Texas Legislature will file bills making clarifications to HB 3 and perhaps carving out exceptions to it in the next regular session, which convenes in January.

Damper on tax-cut euphoria Already, critics of the tax reform plan are saying it will create a \$25 billion revenue deficit between now and 2010.

Chief among those critics is state Comptroller Carole Keeton Strayhorn, whose assertions may be colored by the fact that as an independent candidate, she is campaigning to get her name on the

The

governor in November. will work to repeal the Perry tax reform plan and come up with

HIGHLIGHTS

By Ed Sterling

Meanwhile, Perry is waiting for Strayhorn-the state's chief accountant-to certify HB 1 before he

HB 1 is a major component of the tax reform plan passed by the Legislature during the special session that ended May 16. It is supposed to hack down the maintenance and operations portion of all school district property tax rates by 17 cents per \$100 valuation in 2007 and by 33 cents per \$100 valuation in 2008. Power struggle in ballot process Strayhorn turned in more than 230,000 signatures to get on the ballot, but the signatures must be verified by Secretary of State Roger Williams.

A Perry appointee, Williams signatures submitted by either Strayhorn or entertainer-novelist against Perry as an independent.

Williams' office by the May 11 deadline, but no verification had been done in the week following the deadline.

obtained a temporary restraining order and asset freeze against BioPerformance Inc.

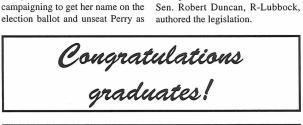
Abbott said the firm, organized as an illegal pyramid scheme, markets a fuel pill it falsely claims will boost gas mileage and save consumers money.

Autoclaves required, AG says the Office of the Texas Attorney General says a barber or cosmetologist who treats nails, hands or feet under state law must sterilize nondisposable instruments with an autoclave.

or cosmetology shop or school must do likewise

Law bans protests at funerals Gov. Perry signed legislation outlawing public protests at funerals and burials of military men and women.

Sen. Robert Duncan, R-Lubbock,



Strayhorn said that if elected, she something better.

can sign it into law.

seemed to be in no rush to verify Kinky Friedman, who also is running

Signatures were delivered to

Gas pill business forced to stop Attorney General Greg Abbott

An opinion released May 18 by

The owner or manager of a barber

30 Years Ago May 27, 1976 First organized in 1952 as the Haskell Saddle Tramps Riding Club,

Haskell County Sheriff's Posse decided they will disband. In 1968

Rep. Brian McCall, R-Plano, and

Attorney General Warns of Top Five Scams Against Senior Texans Senior Texans are a top priority of my administration all year long. Fraud against seniors is more widespread than most people realize, and timely information about the latest scams that target senior Texans can be a powerful protective weapon.

members were Gene Hunter, Butch Cahoot, C.O. Holt, Jo Ann Davis, Clyde Grice, C.A. Thomas, Raymon Liles, Jetty Clare, Dr. T.W. Williams, L.B. White, Weldon Norman, Adell Thomas, J.C. Coleman, W.O. Elmore, Otis Elmore and Otta Baumbach.

From Out of the Past

From the files of The Haskell Free Press

PUSA

PERIN

KORE

Mr. and Mrs. Bill Reeves were in Austin last week where he attended the Annual County Auditors Seminar Institute at the University of Texas.

Mrs. Bill Comedy, Verla Townsend and Jerry Weatherly were in Dallas last week attending the Texas Hospital Convention. 40 Years Ago

May 26, 1966 Roy Oliphant, Water Superintendent of Haskell, was chosen "Man of the Month" at a

meeting of the Lone Star Water and Sewage Works Association. A group of the Haskell Telephone

Company's "Hello Girls" of the 1930's gathered at the home of Mrs. Manley Branch.

Joe Jenkins found himself with a whole cart full of kids at the Jaycee sponsored rodeo. Riding with him in the parade in a horse drawn carriage was Sabrina, Debbie, Lucecta, Sherri and Sarah, all daughters of Mr. and Mrs. J.B. Doty.

50 Years Ago May 24, 1956 Jimmy Vaughter, 9th grade

student at Haskell Junior High School, was first place winner in the

From the AG

verify your bank account information so that the money can be wired to you. Shred the announcement or JUST HANG UP! This is known as advance fee fraud and its promoters are very persistent and persuasive. Do not be intimidated or bullied by a fast-talking phone operator making these kinds of claims.

safety contest sponsored by the 18th District, West Texas Congress of Parents and Teachers. Second place winner was Valeria Jane Darnell. 8th grade student at Mattson Rural High School.

MEMORIAL DAY

OMAHA

BEACH

WWII

AND CHAIN MARKE

BARRY

Betty Waldrip, daughter of Mr. and Mrs. Lynn Waldrip, Haskell, has received a University Theatre award presented at Midwestern University, Wichita Falls.

American Legion Awards were presented by Bill Lawson of the Haskell post to Martha Decker, daughter of Mr. and Mrs. J. E. Decker and Bobby Gibson, son of Mr. and Mrs. E.O. Gibson.

100 Years Ago May 19, 1906

Ballew Street is now coming to the front. Four new houses are going up on this street and two more are to be started soon.

The sermon of the graduating class of Haskell High School was delivered by the Rev. R.B. Evans of Stamford.

Supt. F.L. Morrow has been reelected as head of the Haskell school system for the 1906-07 term.

A heavy rain, accompanied by a hail and windstorm struck the Sagerton section Monday. A few homes were destroyed and many were injured.

W.L. Perry, one of the old settlers on Paint Creek, was doing business in town.

references from other customers and don't be rushed into signing a contract just because someone came to your door with a "one-time-only" special deal. Most likely, they are looking for one senior Texan to fall

town without performing the work.

for their scam and then they skip

Identity theft. Stealing personal information from seniors is one of the lowest forms of crime, but one of the most prevalent. These kinds of crooks are not above rifling through your mail or trash to get what they need to steal your identity. Remember: SHRED IT! Shred all documents that contain personal information, including financial statements, pre-approved credit offers and insurance forms. Check catalogues and magazine subscriptions to be sure your credit card number is not on the cover or mail order form. Never give anyone who calls you your Social Security number, bank account number or credit card number for any reason. Remember, you are entitled to one free credit report from each of the three credit reporting bureaus each

Weather Whys

Tornadoes and Highway

Underpasses Q: Is it really safer in a highway

overpass during a tornado? A: The answer is definitely not, says John Nielsen-Gammon of Texas A&M University.

"This is one of the great urban myths that has developed over the past few years," Nielsen-Gammon explains.

"It may have arisen because there are several filmed incidents of people crouching by the girders of a highway overpass while a tornado passes overhead. But several studies show that being in an overpass may be one of the very worst places to be in a tornado. One of the main concerns is that there is no protection from the flying debris associated with a tornado, and debris whirled around at up 300 miles per hour is the main cause of injuries caused by a tornado."

Q: What are the other problems about being near an overpass?

A: There are several more. Orville points out.

"Usually, there is nothing to hang on to during the fierce winds as they approach, and your chances of being sucked out are very real. Also, there is growing evidence that overpasses create a sort of wind tunnel affect that actually make the winds of a tornado even worse than they might be-the winds are pushed through such areas with a greater force. The other problem is that cars parked near an overpass created a hazard for other vehicles or even emergency trucks trying to get to other areas. In short, the belief that a highway overpass offers protection from a tornado is just not true. Overpasses are great for protection, but not for tornadoes."

Student in the News

Gloria M. Aguiñaga of Haskell received a Bachelor of Arts/Bachelor of Science degree during the spring commencement exercises held May 13 at Angelo State University in San Angelo

ECC Menu and Calendar

Mon., May 29 Lunch-Closed Wed., May 31

Lunch-Chicken and dumplings, blackeyed peas, spinach casserole, sliced onions, yeast rolls, chocolate cake, milk, tea, or coffee

By Greg Abbott

huge future returns on bogus investments. One senior lost over \$200,000 in a phony currency market and another elderly Texan lost over \$300,000 in a fraudulent property development scheme. Talk to an experienced attorney when considering retirement-oriented investments, financial planning

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This issue mailed Wed., May 24, 2006

NOTICE TO PUBLIC-Any erroneous re-flection upon the character, reputation or standing of any firm, individual or corporation will be gladly corrected upon being called to ntion of the publisher.

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MEMBER 2006 TEXAS PRESS ASSOCIATION

Just knowing about some of the most common tactics used by con artists may be enough to keep seniors from losing their life savings.

Five schemes in particular continue to be reported to my Consumer Protection Office: phony sweepstakes and foreign lotteries; home repair scams; identity theft; investment scams; and bogus charities.

Phony sweepstakes and foreign lotteries. As tempting as it sounds, be assured that you did not win the Spanish lottery, or the Canadian lottery, or any other foreign lottery. Perpetrators of these frauds and similar sweepstakes schemes send official-looking announcements or place phone calls posing as government officials, with promises that you have won a large sum of money, usually in the form of a major prize, winnings from a lottery or an "inheritance." To collect the money, they say, they must first collect "fees" and "taxes" from you in advance or

Seniors wise to these types of scams are now being confronted by another twist: the phony cashier's check. The scammers attempt to trick the victim into thinking the prize has already been sent by sending the victim a phony cashier's check. The counterfeits are so good sometimes that even banks have been fooled. The victim then lets down his or her guard, believing that they've actually received the money, and sends money for the fees or taxes. The cashier's check turns out to be worthless and the victim's money is gone. My office has seen several cases in which seniors have been scammed out of

their life savings by this trick. Home repair scams. Be extremely cautious of unsolicited door-to-door home repair sales. Shady contractors may offer to pour a new driveway or repair your roof if you pay them cash in advance for the project. Don't pay for work that has not been done. Use bonded or licensed contractors or builders and get the terms of any warranties in writing. Ask for

Investment scams. My office has had several reports of senior Texans being taken in by "once-in-alifetime" investment opportunities and other strategies guaranteeing

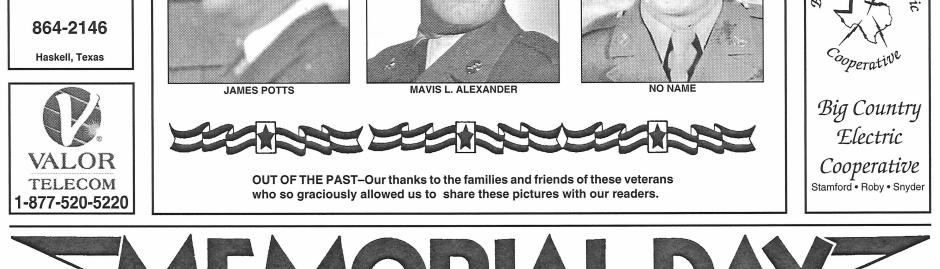
year.

services, estate planning and legal services that target senior Texans.

Bogus charities. I commend charitable giving, but urge you to ask questions before you donate. Does the solicitor have identification? How will your money be used? Don't fall for tearful stories and heartbreaking pictures. Check the facts and make sure your gift counts. If you aren't sure if an organization is legitimate, contact www.give.org. This website is maintained by the Council of Better Business Bureaus to promote wise charitable giving. Remember to confirm the tax-exempt status of any organization to which you choose to make a donation.

Con artists tend to spend money just as fast as they steal it, so money lost in these or similar scams against senior Texans is hard to recover. Prevention is an important key to stopping thieves in their tracks. We remain committed to serving and protecting senior citizens across Texas.





Save-A-\$



Page 6-Thursday, May 25, 2006-The HASKELL FREE PRESS



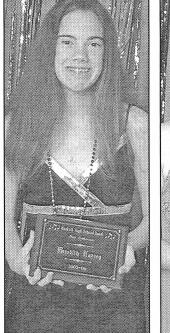
BAND AWARDS-Those receiving awards at a recent band banquet were, I-r, Ethan Frierson, Lonnie Alvarez, Meredith Harvey, A.J. Alvarez, Natalie Lopez, Chelsea Bullard, Kerri Newton and Victoria Armenta

Banquet honors band students

Recipients of band awards at a recent band banquet were:

Chelsea Bullard, Most Dependable; Meredith Harvey, Most Enthusiastic; Ethan Frierson and Lonnie Alvarez, Director's Award; Victoria Armenta and Caleb Hudgens, Senior Recognition; Caleb Hudgens, Most

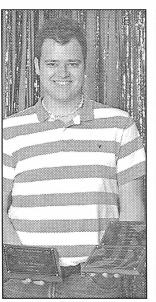
Outstanding, Most Outstanding Brass, Band Beau; Kerri Newton, Most Outstanding Brass, Band Sweetheart; Natalie Lopez, Most Outstanding Wood Wind; and A.J. Alvarez, Most Outstanding Percussion.

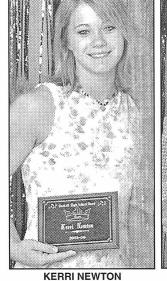


MEREDITH HARVEY MOST ENTHUSIASTIC



CHELSEA BULLARD MOST DEPENDABLE





CALEB HUDGENS MOST OUTSTANDING MOST OUTSTANDING BRASS BAND BEAU

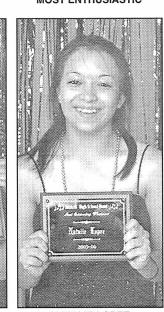
> Ms Mr



ETHAN FRIERSON **DIRECTOR'S AWARD**



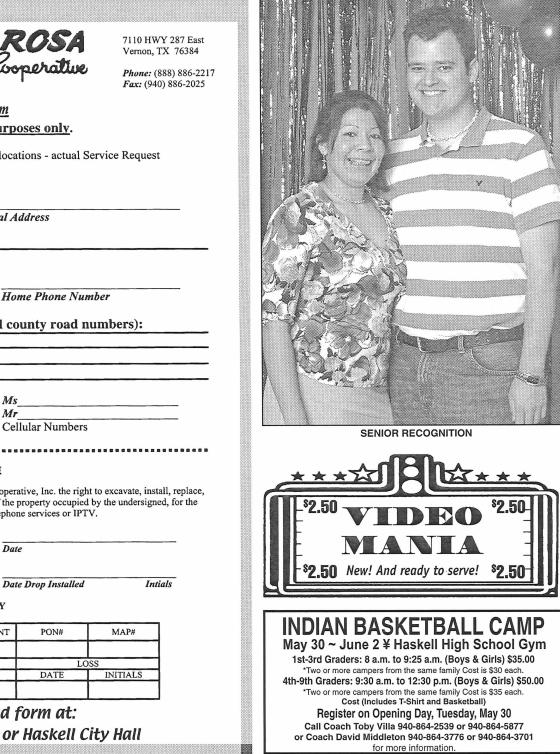
DIRECTOR'S AWARD



NATALIE LOPEZ MOST OUTSTANDING WOOD WIND



A.J. ALVAREZ MOST OUTSTANDING PERCUSSION





This form is for construction purposes only.

This form allows the construction crew to put a drop to the locations - actual Service Request will be completed at a later date at your request for service.

| | | Physical Address | | |
|---------------|---------------|------------------|-------------------------------|--|
| Mailing Addre | 55 | | | |
| City | State | Zip | Home Phone Number | |
| Directions to | Decation (inc | clude street na | mes and county road numbers): | |

Work or Contact Number 8:00am to 5:00pm

Property Access

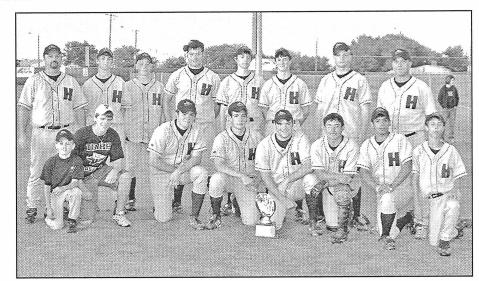
The undersigned hereby agrees to grant unto Santa Rosa Telephone Cooperative, Inc. the right to excavate, install, replace, maintain and use a strip of land not to exceed three feet (3') in width of the property occupied by the undersigned, for the purpose of laying, maintaining and operating any wires or cable for telephone services or IPTV.

| Signature | | | Date | е | |
|----------------------|----------------------|-----|--------------------|---------------------|----------|
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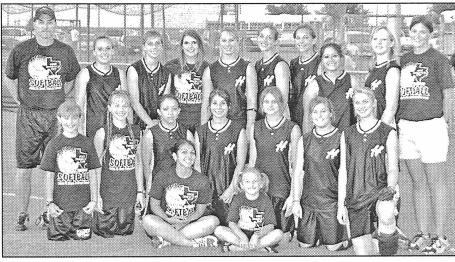
Please leave completed form at: Haskell Chamber of Commerce or Haskell City Hall

<u>MUMANNAL</u>

2006 Haskelll Indians Bi-District Champs

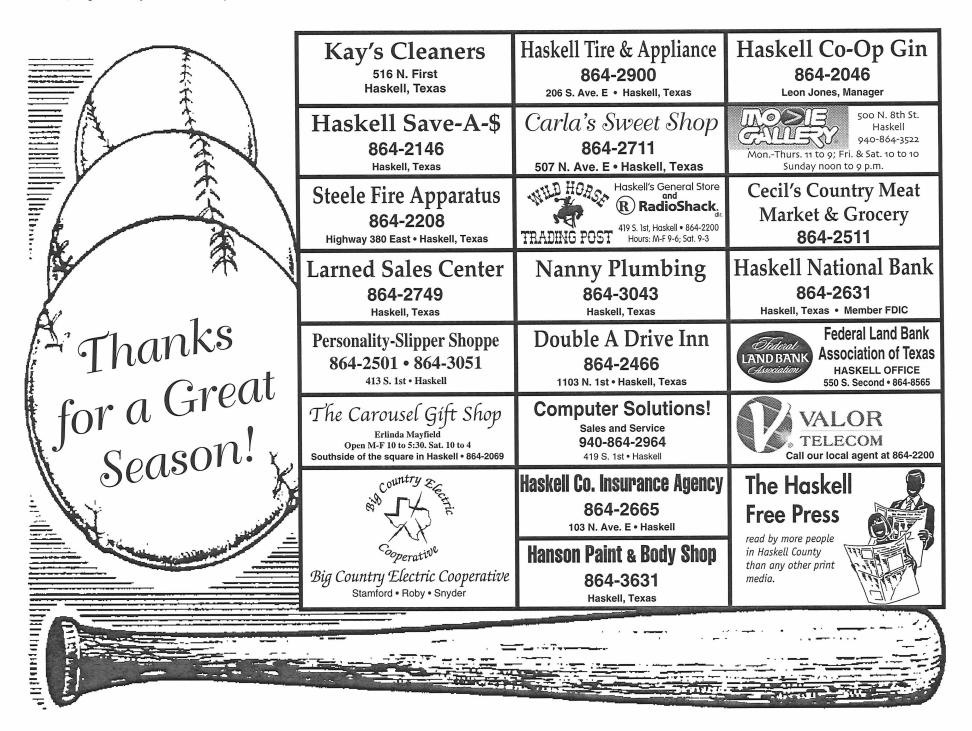


BI-DISTRICT CHAMPS-The Haskell Indians team members are front row, I-r, Cade Colley, A.J. Benton, Clyde Frierson, Josh Kimmel, Gary Frierson, Jeffry Silba, Vicente Solano and John English. Back row, Coach Kent Colley, Steven Fillmon, Travis Adams, Cameron Short, Colton Young, Weston Rutkowski, Josh Barbee and Coach Harvey Davis. Photo by Bill Blankenship



REGIONAL QUARTERFINAL CHAMPS-The Haskell Maidens team members are front row, I-r, Laura Gonzales, Hannah Foster; middle row, Cailey Foster, Codi Foster, Natalie Lopez, Amber Bingham, Kayla Tidrow, Kellye Tidrow and Ashton Rutkowski. Back row, Coach John Foster, Julie Hankins, Shannon Bird, Kimie Hutchinson, Alexa Roberts, Stephanie Grand, Chambray Bartley, Jerrica Escobedo, Paige Wheatley and Coach Betsy Coleman. Photo by Bill Blankenship

2006 Haskell Maidens Regional Quarter-final Champs



🖑 Wild Horse Prairie Days set June 2-4 🖑 Art club to **Pokey the Clown** WHPD Calendar sponsor art Memorial roping Chuckwagon meal

competition

The Brazos West Art Association and B-K Electric will sponsor an art competition during the Wild Horse Prairie Days ranch rodeo at the Haskell Civic Center.

Entries of original work will be open to all artists and will be accepted Fri., June 2 from 9 a.m. to 11 a.m.

Divisions include miniatures (unframed maximum 5"x7"), landscapes, still life, sculptures, wood working and carving, handcrafted leather items (no saddles), youth (18 years and under), portraits, photography, class work, hitched hair and braided items, handcrafted spurs, bits buckles and metal art.

best of show, first place in each division, second place in each division, third place in each division and ribbons given for first, second,

All paintings and photographs must be wired for hanging with no size is limited to 48" either way. Each entry must have information on the back including the artist's name and address. Divisions may be combined depending on the number of entries.

June 2 at 1 p.m. with artwork on display through Sat., June 3 at 6 p.m.

Monetary awards will be given for 886-3122 or 422-3152.

along with Rob Brown of the R.A.

Brown Ranch, who will serve as

County has organized a trail ride to

begin at Wild Horse Knob on Friday

beginning at 10 a.m. The ride will end

\$**2.50**

The Committee to Help Haskell

grand marshal.

Parade set June 2

The Wild Horse Prairie Days White Horses will ride in the parade Ranch Rodeo parade will be held Fri., June 2 at 5 p.m. according to parade chairman Lorie Rodriguez.

To enter, call the Haskell Chamber of Commerce at 864-2477 or drop by the Chamber office to fill out an entry blank.

Hardin-Simmons University's Six in Haskell to join the parade at 5 p.m.

third and honorable mention places.

saw tooth hangers allowed. Picture

The show opens for viewing Fri.,

For more information call 940-

The Wild Horse Prairie Days parade will be held Fri., June 2 at 5 p.m. according to parade

chairman, Lorie Rodriquez. To enter, call the Haskell Chamber of Commerce at 864-2477 for information on entering.

Wild Horse Prairie Davs Ranch Rodeo

The John Wallace Memorial

calf roping will be held Sun., May

28 at 4 p.m. at the Haskell Arena.

The Sam 'Snaky' Graves

set for 8 a.m. June 2 at the

WHPD trail ride

Fri., June 2 and travel to the

WHPD parade

A trail ride will begin at 10

a.m. at Wild Horse Prairie Knob

Memorial Ranch Horse Cutting is

Ranch horse

cutting

Haskell Arena.

parade in Haskell.

The Wild Horse Prairie Days Ranch Rodeo will be held June 2-3 beginning at 7 p.m. Tickets are \$5 each. Vendors will be indoors and outdoors at the Civic Center June 2-3. A dance will be held June 3 from 9 p.m. to 1 a.m. with Jake Hooker providing the music. Admission is \$10.

A chuckwagon meal will be served from 5 to 7 p.m. at the

pavilion area June 2 and 3. Tickets are \$3 for children and \$7 for adults

Ranch horse competition

The Wild Horse Prairie Days ranch horse competition will be held Sat., June 3 at 7:30 a.m. with divisions in cowboy, ranch hand, junior and senior.

Children's rodeo

The Wild Horse Prairie Days children's rodeo will be held at 1:30 p.m. Sat., June 3.

Cookoff

The Wild Horse Prairie Days brisket, rib and chicken cookoff will be held all day Sat., June 3 at the pavilion.

Cowboy breakfast A cowboy breakfast will be

held Sun., June 4 at 7 a.m. at the pavilion courtesy of the Methodist men of Haskell. The breakfast will be followed at 8 a.m. by a cowboy church service with Jeff Gore serving as speaker. Everyone is invited to bring their families to both the breakfast and church service. The church

service will dismiss in time for those attending to attend their own Sunday services.

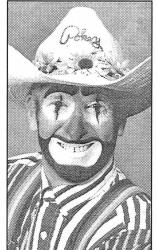
to host junior ranch rodeo

Pokey the Clown will be on hand to host the Wild Horse Prairie Days Junior Ranch Rodeo June 2-3 in Haskell

The Junior Ranch Rodeo is the creation of Doug 'Pokey the Clown' Smith of Panhandle. This event is mirrored after the adult ranch rodeo, but geared to involve young people ages four through sixteen.

Under the National WRCA circuit, with which the Haskell Wild Horse Prairie Days Rodeo is affiliated, the Junior Ranch Rodeo is designed for the entertainment of children and to enable them to experience some of the skills used by real working ranch cowboys. The activities encourage the youngsters to work together in teams to accomplish competitive goals.

Team events for the Junior Rodeo will include a Pony Express Race, Cow Doctoring, Wild Cow Milking and Calf Branding. All events will involve the use of custom made, wooden 'livestock.' The three age divisions will be Pee Wee (4-7), Junior (8-11) and Senior (12-16). The young cowboys will compete on beautiful, handmade stick horses. Entry fee is \$20 per team, with four people on each team. Medals will be awarded to the winning team in each age division, along with an invitation



POKEY THE CLOWN

to advance to compete in the National WRCA Junior Rodeo in Amarillo in November.

A practice session will be held for teams at 1 p.m. Fri., June 2 on the grassy area by the Haskell Rodeo Arena. The event will be held in the same area at 1:30 p.m. Sat., June 3.

For more information, entry blank and a copy of the rules for each event, call Gerre Larned at 940-864-2454.

Pickups rock! and roll, so buckle up tor satety

Cowboys don't always ride horses anymore, but many of them drive

And so do a lot of other people. In fact, 2002 data from the U.S. Census Bureau shows that almost one-quarter of the vehicles in Texas are pickups, said Bev Kellner of Texas Cooperative Extension's Passenger Safety program.

Unfortunately many of these pickups' drivers and passengers may be riding with a false sense of security, Kellner said. Although pickups are larger and heavier than passenger cars, she said, they don't provide an extra measure of safety, especially when it comes to rollover crashes.

"Pickup drivers think they are safer in trucks than in cars, but they are not," Kellner said. "According to research from the National Highway

Traffic Safety Administration, in fatal crashes pickup trucks roll over twice as often as passenger cars do. And being thrown out of the vehicle is the most common cause of injury and

death in rollover crashes. That's the reason behind the "Buckle Up In Your Truck" campaign, she said.

But according to information on the "Buckle Up In Your Truck" Web site (http://www.buckleupinyour truck.com/), many people aren't listening. Information on the Web site says the five-state region of Texas, New Mexico, Oklahoma, Arkansas and Louisiana is home to more than a million pickup drivers and passengers who do not wear safety belts. And more than 1,300 of them

die from crashes every year. "Pickup drivers often say they feel

safer because their trucks are bigger,

stronger and sit up higher than most cars on the road," the Web site stated. "But half of the fatalities in pickup crashes were killed in vehicle rollovers. Safety belts reduce the risk of dying in a rollover crash by up to 80 percent."

According to statistics provided on the Web site, about 60 percent of the region's pickup drivers involved in fatal crashes are between the ages of 15 and 39; about 86 percent are men; and about 42 percent were not using a safety belt at the time of the crash

No doubt about it, Kellner said, safety belt use saves lives.

And "The Click It or Ticket" and "Buckle Up In Your Truck" campaigns appear to be working. During 2005, a total of 85.5 percent of pickup drivers and passengers used safety belts, as did 89.9 percent of drivers and passengers in passengers, Kellner said. Because of this, the National Highway Traffic Safety Administration estimates that a possible 185 lives, 3,000 serious injuries and \$600 million will be saved.

To emphasize this point even further, local law enforcement officials in the five states will be enforcing the "Click It or Ticket" campaign through June 4 this year.

According to the Click It Or Ticket Web site (http://www.buckle upamerica.org/CIOTplannermay05/ nmay05/what.htm), "The goal of the Click It or Ticket mobilization is not to give out tickets, but rather to influence people to buckle up and prevent injuries and fatalities. Research proves that the certainty of a ticket and costly fines convinces people to Click It."

"This year, with a network of agents around the state covering even the most rural areas, Extension is focused on getting the message out about the Click It or Ticket mobilization," Kellner said. "Buckling up in a vehicle-especially in a pickup-is a real lifesaver."

Congratulations, Graduate (00000)00000 (0,0,0,0,0)0 (\odot)

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 630 head of cattle at its sale on Sat., May 20, according to Bill Cox, reporter. 53 sellers and 32 buyers were present.

Cows: fat, .41-.49; cutters, .40-.52; canners, .25-.38.

Bulls: bologna, .60-.65; feeders, .69-.88; utility .55-.62.

600-700 lbs., 1.05-1.25; 700-800 lbs., .92-1.10; 800-up lbs., .75-.96. Heifers: medium and large frame No. 1 200-300 lbs., 1.30-1.80; 300-400 lbs., 1.25-1.37; 400-500 lbs., 1.05-1.30; 500-600 lbs., .90-1.20 600-up lbs., .70-1.04.

Bred heifers medium frame, 700-875.

Bred cows young to middle aged



Caring at a Time of Need:

Top 10 Reasons for Choosing Home Care What is home care?:

Home care encompasses a broad spectrum of health and social services that can be delivered to recovering, disabled, or chronically ill persons in the home environment. These services include the traditional care of professional nursing and home care aide services, as well as physical therapy, occupational therapy, speech therapy and nutritional services. Why choose home care?:

- 1. It is delivered at home. When we are not feeling well, most of us ask to go home. When we are feeling well, we enjoy the sanctity of our residences and the joy of being with our loved ones.
- 2. Home care keeps families together. There is no more important social value. It is particularly important in times of illness.
- 3. Home care prevents or postpones institutionalization. None of us wants to be in a hospital or nursing home unless this is the only place we can obtain the care we need.
- 4. Home care promotes healing. There is scientific evidence that many patients heal faster at home.
- 5. Home care is safe.
- 6. Home care allows a minimum amount of freedom for the individual. A hospital, of necessity, is a regimented regulated environment. The same is true of a nursing home. Upon admission to either, an individual surrenders a significant portion of his or her rights in the

pickups. \$2.50 New! And ready to serve! \$2.50 HERE'S TO YOUR

> HEALTH ... AT HOME! Brought to You By:

Misty McMeans RN, BSN

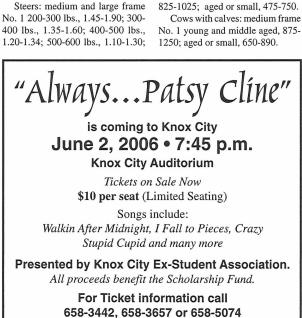
- name of the common good. Such sacrifices are not required at home.
- 7. Home care is the most efficient form of health care. By bringing health services home, the patient does not generate board and room expenses. The patient and/or his or her family supply the food and tend to the individual's other needs. Technology has now developed to the point where almost any service that is available in a hospital can be offered at home.
- 8. Home care is personalized care. Home care is tailored to the needs of each individual. It is delivered on a one-to-one basis.
- 9. Home care is less expensive than other forms of care.
- 10. Home care is the preferred form of care. According to a recent study conducted by Louis Harris and Associates, Inc. the American public preferred long-term care based on home care over nursing home care by an overwhelming 79% to 14% margin.

What questions regarding home care do you have for the nurse? Send your questions to Haskell Home Health Agency, 417 S. First, Haskell, TX 79521 or call 940-864-5074 or 1-877-864-5074.

HERE'S TO YOUR HEALTH-AT HOME is brought to you by Haskell Home Health Agency providing home care services in Haskell, Knox, Stonewall, Throckmorton and Jones Counties



0 play on **Free Rental Days** Free Gallery Rentals All Weekend Fri., May 26 ~ Mon., May 29 Memorial Day Weekend One free gallery tental per account per day Valid on initial restal period only. Valid o any Gallery movie rental Membership er quared for rental. Lanated time offer. Movi Gallery reserves the right to change or can cell program at any time. Replay fees apply Restrictions may apply. Ask for details All rentals 5 days! 500 N. 8th St. • Haskell • 940-864-3522 Hours: Mon.-Thurs. 11 a.m. to 9 p.m. 0 ۲ Fri. & Sat. 10 a.m. to 10 p.m. 6 Sunday noon to 9 p.m.



Written and Directed by Ted Swindley. Based on a true story. "Music Clearances secured and used by permission." "Any taping, filming, recording, or broadcast of this play (musical or other wise) is strictly prohibited

The HASKELL FREE PRESS-Thursday, May 25, 2006-Page 9 Online bill-paying is easy, quick, convenient – if done right

You've seen the commercials: A woman pays all her bills at once, online, in the time it takes for her bathtub to fill; another woman pays a pile of bills online while her microwave popcorn pops and doesn't burn a kernel

Online bill paying looks like a time saver, and it is, said Nancy Granovsky, Texas Cooperative Extension family economics specialist.

"I pay all my bills but two online," she said

From her own experience, Granovsky has learned that online bill-paying is convenient, timely, easy to keep records of, and available at all hours and on all days.

"It's easier than writing checks, in my view," Granovsky said. "And there's less worrying about the checks being received on time."

Paying bills online also saves on postage and gasoline consumption, she added.

However, as with anything else, online bill-paying comes with a flip side, Granovsky said. Some of the disadvantages are:

•Failure to record transactions, which leads to forgetting who, when and how much was paid and could result in extra fees if checking accounts become overdrawn; and ·Carelessness with passwords,

such as exposing them to others or forgetting them altogether.

These disadvantages can be overcome with a little planning and common sense, she said.

"All of this requires a good record-keeping system to keep track of bills," Granovsky said. "Everyone should know what bills they receive on a non-recurring basis and when they are due.

Online bill-paying can be accomplished in several ways, she said.

One way is to make arrangements with your bank or financial institution to have your payments deducted from your checking account. According to Bankrate.com,

"Most bank Web sites use bill-paying technology from a company called CheckFree, Customers continue to receive most or all of their bills in the mail, but they can pay them online through the bank's Web site. The money is debited from the checking account, just as if the customer wrote a check." (http:// www.bankrate.com/)

Another method is to pay directly on the creditors' Web sites, Granvosky said. Utility companies often have this capability on their sites

Some online bill-paying services, such as Yahoo! Bill Pay, will do the for you, according to job Kiplinger.com. But the service isn't free and varies from service to

service. Setting up your online bill-paying account can take some time. Granovsky said. Contact your financial institution to find out what it offers and determine the best choice for you.

No matter which method you choose to use, always keep your personal financial information safe. she said.

·Don't share your passwords with anyone who isn't authorized and don't write passwords down where others can see them. Use passwords with random numbers, letters and symbols.

•Make sure to use only secure

Sagerton sets

homecoming

May 27-28

Web sites. Look for the lock icon and make sure the lock is closed.

·If using a public computer, such as those available at many libraries. use browsers carefully in order to prevent accidental exposure of passwords. When finished, clear off your history, close the browser and log off completely before you leave. "When in doubt about the privacy

of a particular machine, don't use it,' Granovsky said.

For more information on this and other financial issues, visit Extension's Family and Consumer Sciences Web site at http:// fcs.tamu.edu/ and click on the link to "Money."

Producers should sign-up for 2006-crop DCP by June 1

Service Agency Administrator Teresa Lasseter remindes agricultural producers that they have until June 1 to sign up for the 2006-crop Direct and Countercyclical Payment Program (DCP). "I encourage farmers and growers

visiting a USDA Farm Service Agency office or by using the convenient online DCP service," said Lasseter. "This program plays an important role in providing producers income support."

USDA will accept late-filed DCP

Hazardous incidental sun

if accompanied by a \$100 late fee. Producers will be unable to apply for 2006 DCP payments after Sept. 30, 2006. Sign-up for the 2006 DCP began Oct. 1, 2005

The 2002 Farm Bill requires that producers sign annual contracts to sign up for DCP by June 1 by applications through Sept. 30, 2006, through 2007 to participate in DCP.

Producers may choose not to participate in DCP in any year. USDA has issued more than \$28 billion in DCP payments to producers since the program began in October 2002.

Producers may sign up online for DCP at http://www.fsa.usda.gov/ egov/edcp_default.htm Producers must have an active USDA eAuthentication Level 2 account to use the service. This requires filling out an online registration form at http://www.eauth.egov.usda.gov and visiting the local Farm Service Agency (FSA) office for identity verification

The online service allows producers to choose 2006 DCP

payment options, assign crop shares, as well as sign and submit their contracts over the Internet. The service is easy to use. It reduces paperwork and speeds up contract processing at FSA offices saving time for producers and FSA employees.

More information on DCP is available at local FSA offices and in the DCP fact sheet posted online at: http://www.fsa.usda.gov/pas/ publications/facts/html/dcp06. htm. FSA's Web site is www.fsa.usda.gov.

The fifteenth Sagerton Homecoming will be held Sat., May 27 and Sun., May 28 in the Sagerton Community Center, formerly the Sagerton School.

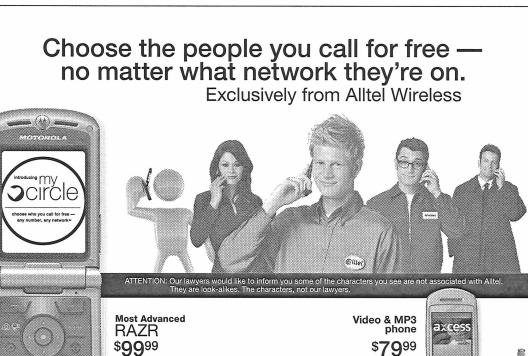
Activities have been planned by the Homecoming Committee with J.D. Kupatt serving as chairman. Registration will begin at 1 p.m. Saturday. For those who would like to see the "old" and "new" places in the Sagerton Community, bus tours will be available Saturday beginning at 1:30 p.m. Pictures and other memorabilia will be on display. At

6 p.m. a sandwich supper will be served followed by visitation at the Sagerton Community Center.

Sunday, registration will begin at 9 a.m., but church services will also welcome former members at their churches. A catered lunch will be served at noon without charge. Donations will be accepted. After lunch a short program will be held in the auditorium.

If you plan to attend and have not pre-registered, contact Jovce LeFevre, 940-997-2103 or Dorothy Toney 940-997-2688.





You may not realize it, but even during everyday activities, both outdoors and indoors, you are receiving incidental sun exposure which harms the skin as it accumulates and can result in premature aging, wrinkles and even skin cancer. Whether driving in your car, working in your office or even running quick errands, it's important to remember to practice sun safety. "Dermatologists and

manufacturers of glass products and sunglasses are continually working to find better ways to decrease the amount of UV radiation being filtered through these items to the skin and eyes," says dermatologist Henry W. Lim, M.D., chairman of the department of dermatology, Henry Ford Hospital in Detroit, Mich., and co-author of the Journal of the American Academy of Dermatology article entitled, Photoprotection by Window Glass, Automobile Glass and Sunglasses.

UV radiation from the sun comes in two forms: ultraviolet A (UVA) and ultraviolet B (UVB). UVB has long been associated with sunburn while UVA has been recognized as a deeper penetrating radiation that contributes to premature aging and wrinkle formation. Both of these types of rays have been linked to the development of skin cancer. More than 1 million new cases of skin cancer are diagnosed each year.

Window glass filters our UVB rays, but UVA rays are still transmitted to the skin through the panes. The type of glass and the type of coating on the glass can affect the percentage of UV radiation that is transmitted to the body.

"Most Americans spend 80 percent of their day indoors at work or school," states Dr. Lim, "With the more and larger windows in buildings, protection from UV exposure when indoors has become an important issue for not only the cost-effectiveness of cooling a building, but also for the health and safety of the employees who work within it."

To protect the skin from the damaging rays of the sun when working indoors, it is important to arrange a workspace so that the body is not in direct sunlight and use blinds or shades on the windows during peak sun hours

In studies of UV exposure in cars. it was shown that the parts of the driver's and passenger's bodies closest to the window received the greatest UV exposure.

"Obviously exposure in a car is influenced by non-glass-related factors such as position of the individual in the vehicle, direction of travel with respect to the sun, and time of day," states Dr. Lim. "However, the more time a person spends in a car, especially at the same time of day such as during a regular commute, can greatly affect the amount of UV exposure their skin receives.'

To reduce sun exposure while driving, wear protective clothing, such as a long-sleeved shirt and pants, especially when the body is in the sun; apply sunscreen generously to any exposed skin before driving, especially the hands, forearms and face; and wear protective sunglasses to reduce glare and protect the eyes from UV exposure.

UV radiation is potentially hazardous to the structure of the eyes. "The ideal sunglasses should substantially reduce UV exposure of the cornea and the lens, and should wrap around the eyes, thereby maximizing eye and eyelid protection," says Dr. Lim.

In addition, Dr. Lim recommends the following tips when purchasing sunglasses:

Shop

Haskell

First

brown lenses that give true color rendition.

and lenses that cover the entire eye and wrap around the side of the eve. • Look for the "100% UV Protection" sticker to ensure that the sunglasses meet standards for safe levels of UV protection.

For more information about skin cancer, visit www.skincare physicians.com and click on

exposure occurs daily · Look for neutral grav and amber

• Seek glasses with a large frame

'SkinCancerNet.'





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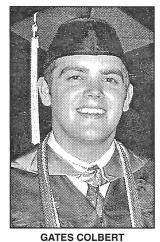


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Colbert graduates from the University of Oklahoma



Gates Burton Colbert of Dallas

graduated from the University of

Oklahoma Sat., May 13 receiving

Bachelors in Business Administration, majoring in Management. He is the son of Rob and Lee Ann Colbert of Dallas. His grandparents are Golda Colbert and Bailey and Nancy Toliver, all of Haskell.

While at OU, Colbert was involved in Brothers Under Christ fraternity, Mortar Board and the J.C. Penny Leadership program. One summer he spent studying abroad at Oxford University with a group from the Honor College. During his senior year, he was awarded to the Letzeiser Honor List, given to the top 25 graduating seniors.

He has been accepted to the University of Texas at Houston Medical School where he will attend this fall.

The Cow Whisperer

My Uncle Boone was a real-life, honest-to-goodness cowboy. All of his adult life, he "worked

cows," as he called it. And in the hills of northwestern Arkansas, that meant a lot of time tracking down cows and calves, up and down ravines, along streams, wherever a large and sometimes not-too-bright animal could find a place to get itself into trouble.

Sometimes, if Uncle Boone was lucky, the trouble spots were accessible by pickup; more often, he'd have to saddle up his horse and do his searching the old-fashioned way, regardless of the hour or the weather.

Uncle Boone's been gone for about a quarter of a century now, so he missed out on the "Information Age." You can bet he'd be absolutely amazed to find out that his modernday counterparts in the "cow business" might someday be able to get help from satellites in telling them where that old "Brahman mama" has wandered.

The technology is called a Global Positioning System, to be precise, and some of you have probably seen it on the newer cars; it's that system that allows you to push a button and be connected to someone, somewhere, who can tell you exactly where you are and how to get out of there.

Everybody's Science

At USDA's Agricultural Research Service, a rangeland scientist named Dave Ganskopp out in Burns, Ore., has been testing a new type of "jewelry" on cows-collars with special radio receivers. These receivers are in contact with as many as 30 satellites that are circling over our heads at any given time. Using the coordinates of these satellites. Ganskopp can figure out, within a few yards, where a "collared" cow was and at what time it was there. These GPS units can even monitor head movements that indicate if the cow is eating, sleeping, walking or just enjoying the scenery.

For animals that seem to be focused primarily on what's right in front of their noses, cattle actually are

fairly picky eaters; as a result, they only use about one-third to one-half of their available pasture, which is bad news for the cattle producer (imagine spreading out a big Thanksgiving feast and then watching your guests eat only the appetizers). Ganskopp's goal: getting animals to disperse and use the entire available area for grazing.

Even more to Uncle Boone's liking would be the work of Dean Anderson, another ARS scientist at Las Cruces, N.M. Anderson, too, outfits cows with collars, but these do more than just track the animal: they give it instructions. These collars whisper electronic versions of the cowboy's traditional "gee" (go right) and "haw" (go left) in the cow's ears. The result: a "virtual fence." (And ves. Anderson is known among his buddies as "The Cow Whisperer.")

For now, Anderson gives the cows their marching orders with a manually operated signal transmitter, which looks a lot like a remote control for toy airplanes and cars. But the idea is that eventually cows will get their signals from satellites, and ranchers can check their computers to see where the herd has headed.

Out on the range, the idea is that as a foraging animal approaches a "virtual fence line," sound cues are collars could be the wave of the activated on the cow's right or left future.

side. Software in the device on the collar mathematically determines to which side the cues should be applied, based on how the animal approaches the "virtual fence line." Since an animal tends to move away from a startling sound, to get the animal to go left, the "cues" would come from the right, for example. According to Anderson, the cows learn quickly to respond to the sound cues

by Sandy Miller Hays, Agricultural Research Service

So why move a cow at all? One reason is to ensure that cows aren't overgrazing a particular area-which can be bad news for the environment. This device could also keep cows away from areas with poisonous plants or sensitive landscapes.

The "virtual fence" idea is still in its early days, and cost is a major factor. But Anderson believes that technological advances will make his idea more affordable in the future, and it should be remembered that conventional fences aren't exactly cheap; they can run \$1,200 to \$1,400 per mile for materials and installation.

Nor will conventional fencing ever totally vanish; fences are needed to mark property boundaries or. in some cases, protect the health and safety of people and livestock. But on the open range, cows sporting



Antiseptic or antibiotic ear drops restraint unless other conditions are should be the front-line treatment for people suffering from swimmer's ear, while restraint should be exercised in using oral antibiotics, according to new treatment guidelines issued as the nation's public pools prepare to open around Memorial Dav.

The guidelines, crafted by a panel of experts that includes the chairman otolaryngology at UT of Southwestern Medical Center, are the first official recommendations for dealing with the common, often painful, infection.

"The most important feature of these new guidelines is that they are entirely evidence-based," said Dr. Peter S. Roland, chairman of otolaryngology-head and neck surgery. "They do not depend on clinicians' opinions, but instead are based on what has been scientifically demonstrated in the medical literature.'

Dr. Roland is one of a dozen physicians on a national panel representing multiple disciplines that treat swimmer's ear, including otolaryngology, pediatrics, emergency medicine, family practice, internal medicine and infectious diseases. The specialists poured over thousands of articles and studies spanning back to the 1960s to compare various treatments and come up with the first guidelines for diagnosing and treating swimmer's ear

The guidelines are published in the April 2006 edition of Otolaryngology-Head and Neck Surgery

The panel's findings and recommendations include:

•Initially treat the condition with antiseptic or antibiotic ear drops, which inhibit bacterial growth. The drops usually relieve the pain within a day and clear up the condition within a week. Patients should also be shown how to put in the ear drops

present, such as diabetes or some immune diseases, because studies indicate those medications are less effective and have more side effects.

·Ear candles have not been shown to be effective and can have adverse side effects, including burning or perforating the ear drum. Ear candling, often found in new age shops, involves putting a coneshaped device-usually a fabric soaked in wax to harden - into the ear to remove impurities with smoke. • To avoid swimmer's ear, keep

moisture out by using ear plugs or by drying the ears with a hairdryer, and avoiding water that may be polluted.

•Otolaryngologists caution against putting fingers or other objects in the ear, including cotton swabs, which can damage the ear or push material deeper into the canal.

Swimmer's ear, a condition formally called acute otitis externa, is an infection of the outer ear and ear canal, often resulting from water becoming trapped in the ear. Water can remove the protective earwax, allowing infections to develop. It is most often found in swimmers but can also result from showering or bathing. Other causes can include cleaning or scratching the ear, as well as skin conditions such as psoriasis or acne.

Symptoms usually involve redness and swelling, itching, mild to moderate ear pain, particularly when moving the head, or a feeling that the ears are blocked. There may also be pus drainage, fever, decreased hearing, radiating pain and swollen lymph nodes.

"Swimmer's ear is a verv common and often very painful condition. It's important that the most effective treatments be identified and widely disseminated," said Dr. Roland, who is also a professor of neurological surgery. "These

This Week's Devotional Message: THEY GAVE THEIR LIVES TO PRESERVE YOUR FREEDOM

We are inclined to take for granted the many forms of freedom which we enjoy in this country, perhaps because we have never been forced to live without them; and yet we must remind ourselves of the sacrifices that have been made in order to preserve them for us, by those who were called upon to give their lives in battle.

Not only on Memorial Day but throughout the year we should honor those brave heroes, and give our thanks to God for this wonderful free nation we have because of them. And since the list of our freedoms includes the right to worship God as we choose, the church of your choice is the best place to express your gratitude.

ATTEND CHURCH THIS SUNDAY

East Side Baptist Church Danny Manross, pastor Sun. 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m. 600 N. 1st East, Haskell Christian Church Dusty Garison, minister Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m. 107 N. Ave. F, Haskell Church of God Bruce Ray, pastor Sun. 10 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m. 714 North First East, Haskell Trinity Lutheran Church Ron Rennegarbe, 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 Rev. Daniel Echols, 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 George Roney Sat. Mass 7 p.m.; Sun. Morn. 9:00 a.m. 901 N. 16th, Haskell Church of Christ Jim Yates, minister Sun. Morn. 9:30 a.m., 10:30 a.m., 6 p.m.; Wed. 7 p.m. 510 N. Ave. E, Haskel First Presbyterian Church Kelly Pigott, interim 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. 114 S. Ave. D, Haskell Hopewell Baptist Church Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m. 908 N. Ave. A, Haskell Independent Baptis hurch

-HASKELL-

New Covenant Foursquare Bill and Renee Glass, pastors Sun. Morn. 10 a.m., 11 a.m., 6:30 p.m.; Wed. 7 p. 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 Greg Gasaway, 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 Cornerstone Fellowship Baptist Church Dr. Larry Nail, pastor Sun. 9:30 a.m. 10:45 a.m., 6 p.m., Wed. 7 p.m. 1600 N. First St., Haskell Cross of Christ Fellowship Joe and Loretta Stulir, pastors 864-5404 Sun. 10:30 a.m. 455 CR 410, Haskell -WEINERT-First Baptist Church J. C. Baker, 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. Church of Christ Steve Wilis, minister Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m. West on Main Street, Rochester First Baptist Church Jim Davis, pastor Sun. 11:00 a.m., 6 p.m.; Wed. 6:00 p.m. 500 Main, Rochester Union Chapel Baptist Church **Clovis Dever** Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m. Rochester Faith Chapel of Rochester

First United Methodist Church Rev. Daniel Echols, pastor Sun. Morn. 9:00 a.m., 11:00 a.m. Rochester -SAGERTON-Sagerton Methodist Church Terry O'Rear, pastor Sun. Morn. 9:45 a.m. Sagerton Faith Lutheran Church Deborah Nissen, pastor Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m. Sagerton First Baptist Church Josh Stowe, pastor Sun. Morn. 9:45 a., 11:00 a., 5 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 Terry O'Rear, pastor Sun. Morn. Worship 8:30 a.m. 1000 Union Ave., Rule Primera Iglesia Bautista Alfa y Omegs 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.11 a.m., 5 p.m.; Wed. 5 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 -PAINT CREEK Paint Creek Baptist Church Sun, Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek ---O'BRIEN-O'Brien Baptist Church







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7 AVE. K EAST. 3-2-2. Large den plus living room, large kitchen with built-in appliances, utility room,

The HASKELL FREE PRESS-Thursday, May 25, 2006-Page 11



fireplace, C/HA, covered patio with great east view, cellar, well and sprinkler system.

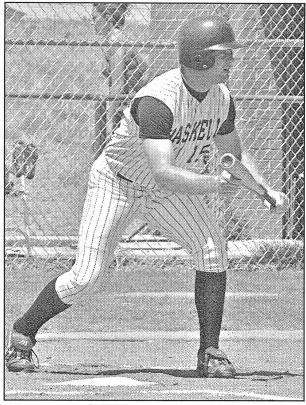
200 N. Ave. E (Hwy. 277 North). Very large building with showroom, shop with 16 ft. door, office, C/HA, and evaporative cooling. Several offices with phone lines and a beautiful old tin ceiling. Inner walls can be



removed or moved to different locations without losing support. Property has extra lots w/ covered parking south of the main building.

Come by Rike Real Estate for a complete list.

Page 12-Thursday, May 25, 2006-The HASKELL FREE PRESS



Federal Land Bank Association holds area stockholders meeting

Association of Texas, FLCA recently held its area stockholders meetings in Brownwood, Coleman, Haskell, San Angelo and Brady. Voting stockholders of the association elected two directors to serve three-year terms. Those elected were Richard L. Johnson and Brent Milton Heinze, Current Board members include Milton "Macky" Spurgin, Chris West, Clayton Lavon Beakley, Mickey Dillard, Ricky McKinnerney, Randall Lloyd, Larry G. Damron and Cody Richmond.

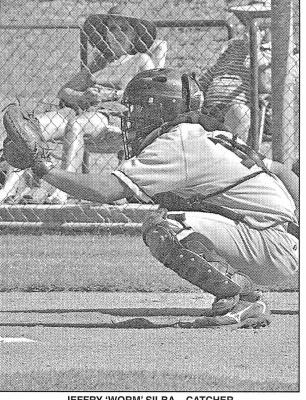
The stockholders also elected the nominating committee to serve in 2007. Those elected were R.M. Edington, Gerald Burns, Leon M. Blankenship, Riley Glenn Waldrop and Lynn D. Brenek. The alternate members are Danny L. Allen, Lewis Lehman, John Bill Oman, Kenneth W. Gully and Johnny R. Prosise. The second alternate members are Monte McMahon, Thomas L. Petross, Kenneth Carman, John Thomas Beach and Michael Short.

The association expressed its appreciation to retiring Board member Andrew Lange of Rowena for his service on the Board for the past eighteen years. He was presented a plaque and watch from the association for his many years of service to the stockholders of the

James Isenhower, CEO, presented the association's financial report, noting that the association remains in excellent financial condition. The association continues its very strong capital position, has good net earnings, excellent credit quality in its loan portfolio and continues to grow at a healthy pace. This financial strength has allowed the association to keep the interest rates as low as possible for borrowers, even in the present environment of rising interest rates. It has also allowed the association

The stockholders were also association to become an

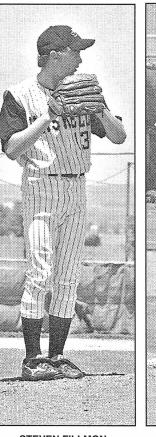
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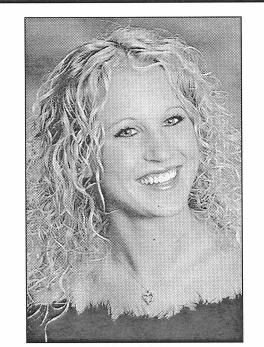


PITCHER

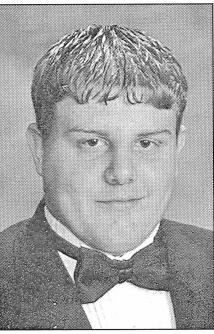








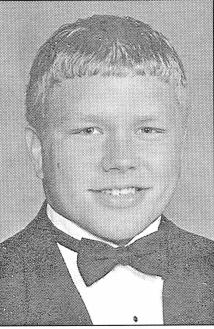
Robbyn Tribbey Valedictorian, Haskell



CONGRATUL ATIONS

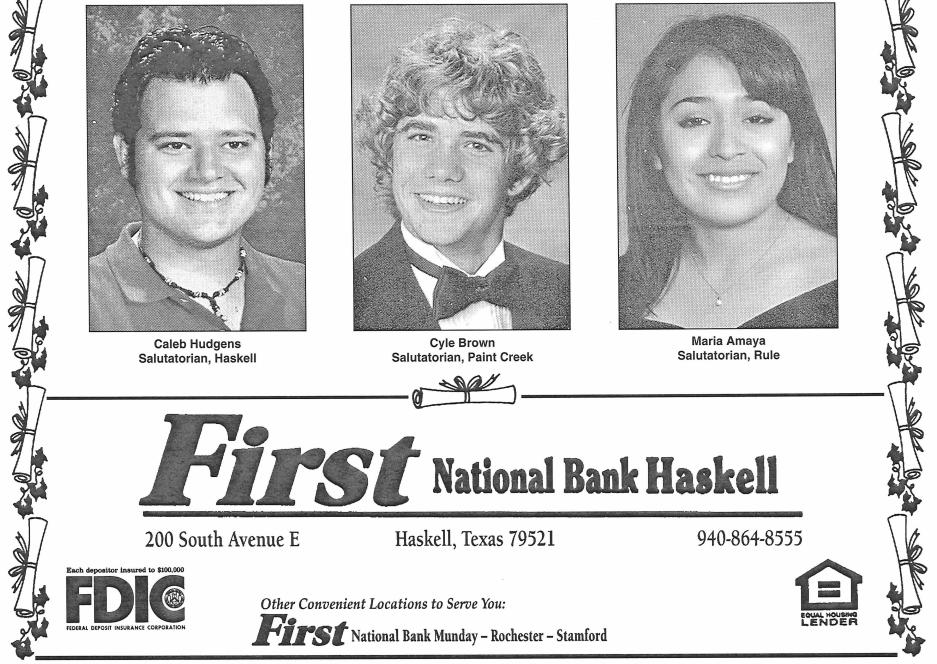
GRADUATES

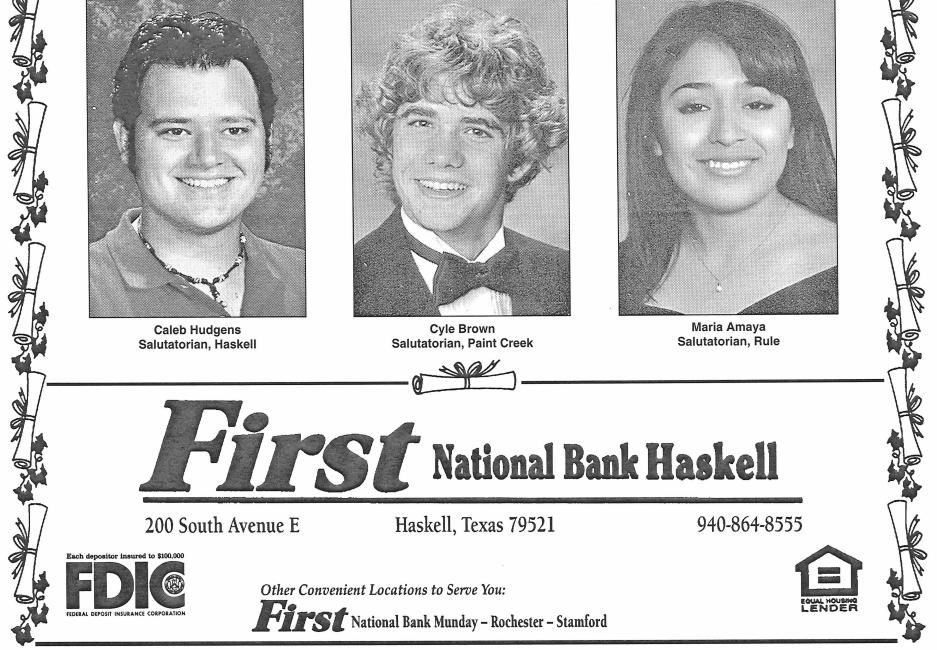
Michael Bailiff Valedictorian, Paint Creek

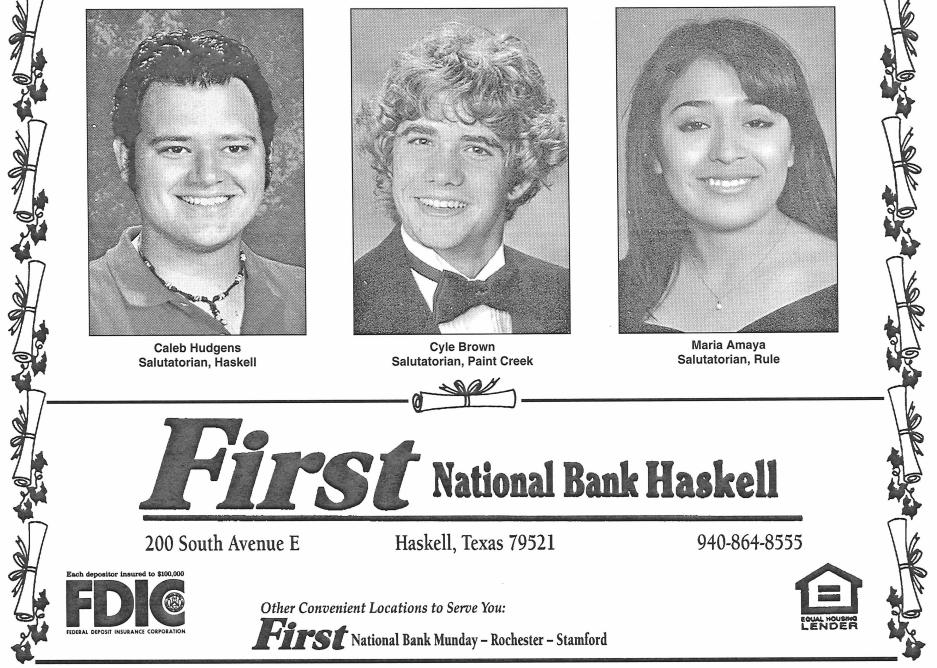


Emery Dudensing Valedictorian, Rule

We Proudly Salute the 2006 Haskell County Honor Students







Fresh-water recreation, contact lenses don't mix

back to fresh-water recreation, people who wear contact lenses should remember to remove them before they swim in ponds, lakes or rivers, doctors at UT Southwestern Medical Center say.

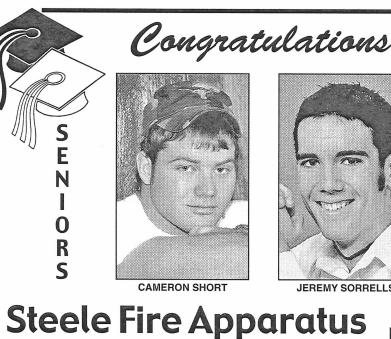
There's an amoeba-Acanthamoeba-that may live in decreased vision. those waters that can bind to contact lenses, causing serious cornea

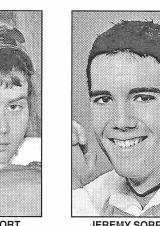
As warm weather brings people damage, says Dr. Dwight Cavanagh, vice chairman of ophthalmology at UT Southwestern. These infections are quite rare, but if they're not treated, they can lead to blindness or require a cornea transplant. See a physician if the wearer's eyes become red and sore and there is

"People who wear their contact lenses while taking a shower, who

use tap water to remove debris from their lenses or who go swimming in ponds or lakes have an increased chance of becoming infected with this organism," Dr. Cavanagh says. "The amoeba can bind to the contact lens and cause irreparable damage to the cornea.'

Contact lense wearers shouldn't even relax in a hot tub without first removing their lenses.

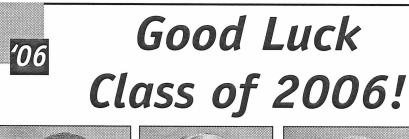




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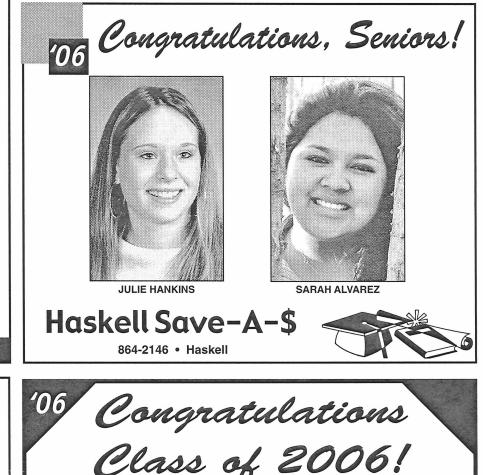
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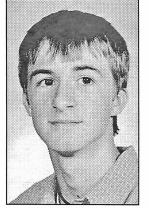
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FOOD TO STAMP OUT HUNGER-The National Association of Letter Carriers in conjunction with the U.S. Postal Service collected non-perishable food items Sat., May 13. Carriers, I-r, Brian Gomez, Deward Gordy, Conrad Roewe and Jeff Claterbaugh, along with (not pictured) Cindy Kendall and Teresa Briles collected food from postal customers on their respective routes. A total of 1,019 lbs. of food was donated to the Haskell Food Bank. Postal employees express their thanks to those who helped make the food drive a success.







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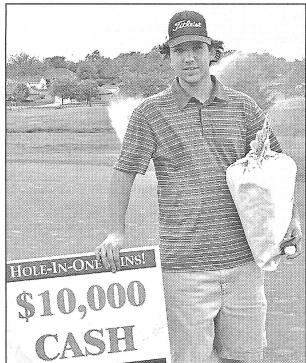


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HOLE IN ONE-Klint Johnson of Frisco shot a hole-in-one at the Creekside Golf Course in Crandall, making the 185 yard swing for a \$10,000 prize offered during a charity golf tournament.

Johnson swings for \$10,000 hole-in-one

Klint Johnson of Frisco braved a windy and cloudy day for a charity golf event April 15 at Creekside Golf Course in Crandall and came away a winner.

Making his first shot of the day, the 16-year-old shot a hole-in-one on the 185 yard #9 hole with a 7 iron for a \$10,000 prize.

He will always remember and appreciate the day when his effort, skill and luck made history.

Johnson is the son of Lisa Harrill Johnson. Grandparents are Randy and Anita Kay Mercer-Harrill. He is the great grandson of the late Raymond 'Pete' and Viola 'Bo' Mercer of Haskell.

Student in the News

Melody Kennedy of Haskell was among the authors, poets and artists whose work was selected to appear in the 2006 "Anthology" student literary journal at Tarleton State University.

with students invited to submit items for consideration through the calendar year. Those selected for inclusion in the

be included in the journal is extensive

The publication features short journal are revealed each spring essays, poetry, photographs and art. during Creative Arts Day held on the The process of evaluating pieces to campus.

Local bank earns another 5-Star superior rating

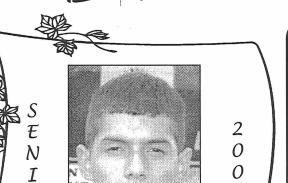
leading independent bank rating and research firm, proudly announces that Haskell National Bank, has achieved its highest 5-star superior rating for financial strength and stability. By achieving this rating, Haskell National Bank has proved once again that it is one of the safest banks in the country. In fact, having



BauerFinancial, the nation's attained this highest rating consistently for 56 quarters, Haskell National Bank has secured a position among the ranks of exceptional performance banks.

"By earning and retaining the highest 5-Star rating, Haskell National Bank continues to prove to its customers and the entire community that it is committed to their needs and security," observed Karen Dorway, president of the research firm. "A community bank with community values and commitments is something the big banks imitate, but can never seem to replicate," she continued.

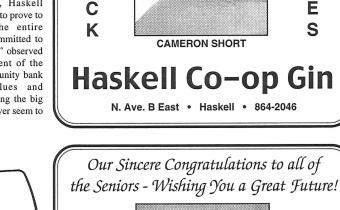
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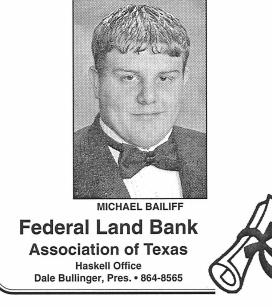
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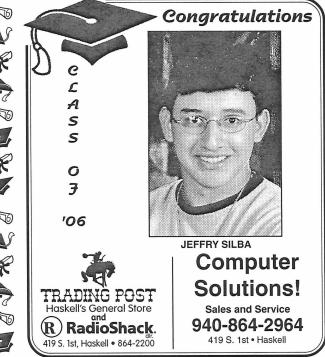
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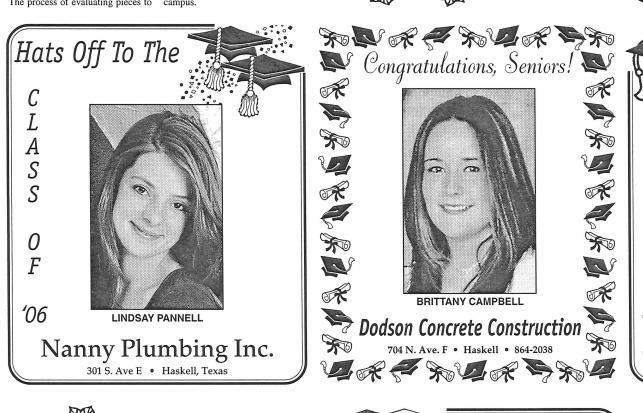
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Congratulations, Seniors В Е The second second S Best of Т Luck, Class W I S Η of 2006! Ε S RYAN DAVIS ADAM CONNER JACKIE LOPEZ **Smitty's Auto Supply** The Carousel Gíft Shop **Big Country Electric** Erlinda Mayfield 107 N. 1st East Haskell 864-2607 Shop with us through lunch! Cooperative Open M-F 10 to 5:30. Sat. 10 to 4 Southside of the square in Haskell • 864-2069 Stamford • Roby • Snyder

Landscaping chores require special attention to safety

Every year people are seriously injured or killed in lawn mower accidents. According to the U.S. Consumer Product Safety Commission, about 230,000 people are treated each year in hospital emergency rooms for injuries related to various lawn and garden tools. The



American Academy of Orthopaedic Surgeons reports that mower injuries most often involve the hand, fingers, wrist, foot, ankle or toes.

Dr. Maureen Finnegan, associate professor of orthopaedic surgery at UT Southwestern Medical Center, says during the spring and summer she sees an increase in lawn mowerrelated injuries that involve accidental partial or complete amputations to the fingers or toes. "Lawn mower injuries are more common among children than

adults," Dr. Finnegan says. "Many of the injuries treated could be prevented, if people concentrated on the task at hand and used common

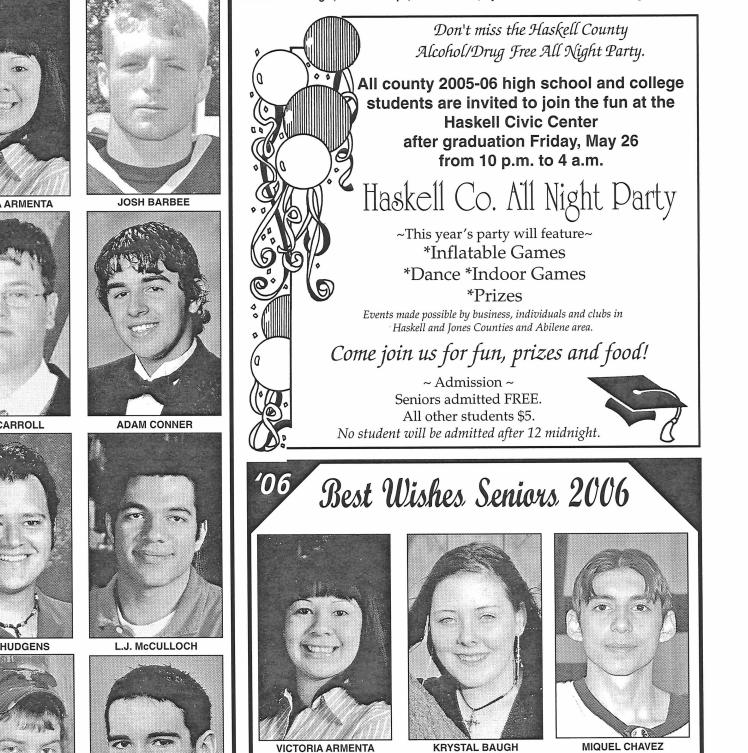
Good Luck, Class of '06!

sense when operating machinery." This means always wearing sturdy shoes with grip soles, not allowing children younger than 14 to operate the mower, keeping bystanders out of the mowing area, using a stick to remove debris from the mower (after first shutting off the engine) and clearing objects from the lawn that could be projected by the blade

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



SENIOR TRIP-The Paint Creek Senior Class took their senior trip to DisneyWorld in Florida. Those making the trip were, I-r, Colby Christie, Roy Gardner, and Carmen Gardner, sponsors; Todd Emert, Jessica Messenger, Rebecca Hope, Michael Bailff, Cyle Brown and Joshua Messenger.

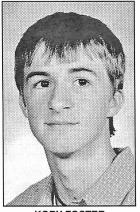


MIQUEL CHAVEZ

GREGORY ANDRADA



SHANNON BIRD



KORY FOSTER

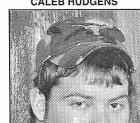


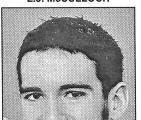


DOUG CARROLL



CALEB HUDGENS





KERRI NEWTON



Pensacola, Florida



CAMERON SHORT

JEREMY SORRELLS

H & R Block

409 S. 1st 864-3087 Haskell

Hanson Paint & Body Shop

201 S. 1st. 864-3631 Haskell







AUGUSTENE LARA

THOMAS LOPEZ

Tamara Quinonez

BENNY LOPEZ

odern Wau

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Get enough sleep before heading out on the highway

Drinking and driving can be a Highway lethal combination. But so can Administration found 80 percent of driving while drowsy, said a Texas Cooperative Extension expert.

Drowsiness is one of the most dangerous distractions drivers can experience, said Bev Kellner, with Extension's Passenger Safety program.

"A recent study by Virginia Tech Transportation Institute and National

are not tired. Kellner said. museum orders due

and jewelry.

available

insulation.

The deadline for the first order curtains, linens, holiday decorations of the Knox County Museum memorial stone and brick applications is June 30. Orders placed by June 30 will be the first installed at the museum. 115 brick and 19 stone orders have been made.

It is unknown when a second order will be made, so those wishing their memorials are placed at the site should meet this deadline.

At the May meeting, it was reported that the \$60,000 locally raised funds needed to match the grant of \$30,000 will be met by the deadline. A successful garage sale will ensure the funds.

Garage sale items are needed for the sale including furniture, working appliances, dishes, silverware,

Traffic crashes to be caused by distracted or drowsy driving," she said. "Drowsy driving accounted for over 20 percent of the crashes and near-crashes."

The new study also found that tired drivers are "four to six times more likely to be involved in a crash or near-crash" than are drivers who

The garage sale is set June 3 at

the Perry Patton Community Center

in Munday. Hamburgers, curly Q's,

drinks and desserts will also be

included the selection of building

A discussion at the meeting also

The Wichita-Brazos Museum

will be open the morning of June 10.

Interior work is not finished, but the

public is invited to see the progress

of the project. Breakfast burritos,

sweets, coffee, water, cookbooks,

calendars will be available for

purchase. Information about the

purchase of brick and stone

memorials will also be available.

Time of day matters too. Afternoon hours (1-5 p.m.) and early morning (midnight-6 a.m.) seem to be the most dangerous time for drowsy driving, she said.

While drowsing and driving don't mix for drivers of any age, young men seem to be the most likely to be afflicted, Kellner said.

"Males ages 16 to 24 have a higher crash rate from all types of crashes," she said. "This age group is also more likely to be sleepdeprived due to combining busy schedules as students and workers along with active social lives. It's also true that teenagers and young adults actually need more sleep than older people.'

But for drivers of any age, "research shows that getting less than six hours of sleep can be risky," she said.

The National Safety Council listed symptoms of drowsy driving: eyes closing or going out of focus; excessive yawning; irritability or impatience; wandering thoughts; inability to remember driving the last few miles, and drifting between lanes or onto the road's shoulder.

If any of these symptoms occur, the safety council advised getting off the road into a safe, well-lit area and taking a nap.

To prevent drowsy driving in the

first place, the safety council said: •Begin the trip early in the day and don't drive between midnight and 6 a.m. if possible.

•Stop every 100 miles or soabout every two hours-to get out of the car and walk around.

•Share driving responsibilities, especially on long trips.

And don't drink and drive, added Terri Miller, director for Extension's Safe Communities Project. "It is dangerous to mix even small amounts of alcohol with driving, as

low alcohol doses magnify the driver's drowsiness," she said. Kellner said educating the public in general-and young men in specific -about the dangers of drowsy driving

could go a long way toward preventing crashes. Adding more rumble strips on

highways could help too, she added. Drowsiness is a serious distraction for drivers, Miller said, but not the only one. The trend of "multitasking while driving and a general lack of attention to the road" add to the danger, she said.

Cell phone use, distractions outside the vehicle, food and the act of adjusting the radio or CD player are other dangerous driving distractions, Miller said.

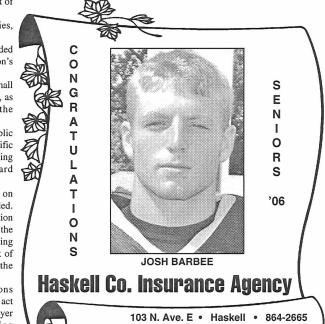
"One of the best preventive measures you can take is to always

And pay attention to your driving, Miller said. "For your safety and the

wear your safety belt," she said.

safety of others who share the roa always make driving our No. 1 priority when you are behind the wheel."

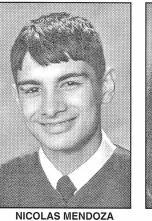
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Best Wishes to the GRADS, All the best to you. Class of 2006! There's no limit to what you can achieve, now that you have your hard-earned diploma in hand. Good luck and best wishes! 'ALOR TELECOM PENNY HARRIS Come by and visit with our VALOR Authorized Agent in Haskell at the Holden-McCauley Funeral Home WILD HORSE 🕷 TRADING POST or call local 864-2200 Congratulations Seniors!



LINDSAY SPOONER



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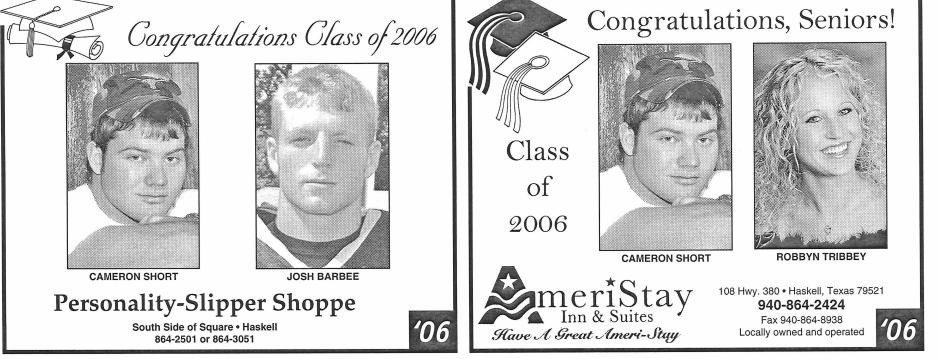
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306 N. 1st Haskell **ABSTRACT & TITLE** 940-864-2604

NATALIE LOPEZ – LEFT FIELD

KAYLA TIDROW FIRST BASE



High blood pressure is not a part of aging

by Jane Rowan CEA/FCS, Haskell County

More than half of Americans over age 60 have high blood pressure; but, that does not mean it is part of normal aging. High blood pressure, or hypertension, is sometimes called the "silent killer" because you cannot necessarily see or feel any of its symptoms.

You can have hypertension and still feel just fine. However, hypertension is a major health problem. If not treated, it can lead to stroke, heart disease, eye problems or kidney failure, among other things. The good news is that there are ways you can prevent and/or control high blood pressure.

Whether going in for a check-up or major surgery, having your blood pressure checked is a standard procedure for health providers. But, what exactly do those numbers mean and why are there two of them?

The first, or top, number is your systolic pressure. This tells you how much your blood pushes against the blood vessel walls as your heart beats.

The second, or bottom, number measures the pressure while the heart relaxes between beats. This is the diastolic pressure.

If your blood pressure is normal, according to current recommendations, your systolic pressure is less than 120 and your diastolic pressure is less than 80.

For older people, the first number (systolic) often is high (greater than 140), but the second number (diastolic) is normal (less than 80). This problem is called isolated systolic hypertension.

Isolated systolic hypertension is the most common form of high blood pressure in older people. Isolated systolic hypertension can lead to serious health problems.

If you are diagnosed with hypertension, your health care provider will probably want you to make changes in your daily habits to try and lower those numbers. He or she may also ask you to check your blood pressure at home at different times of the day. If the numbers are still high after several checks, your health provider will probably suggest medication, changes in your diet and exercise.

Try these healthy habits recommended by the National Heart, Lung and Blood Institute to help you control or prevent high blood pressure:

•Keep a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your health provider if you need to lose weight. •Exercise every day. Moderate

exercise may lower your risk of hypertension and heart disease. Try to exercise at least 30 minutes a day, 5 days a week or more. Check with your health provider before starting a new exercise program.

•Eat more fruits, vegetables, whole grains and low-fat dairy foods. Also, make sure you are getting enough potassium. Fresh fruits and vegetables are high in potassium. If using packaged foods, read the nutrition labels to choose those that have more potassium.

•Cut down on salt and sodium. Most Americans eat more salt and sodium than they need. A low-salt diet might help lower your blood pressure. Talk with your health provider about your salt intake.

•Drink less alcohol. Drinking alcohol can affect your blood pressure as it decreases the amount of water in your body. As a general rule, men shouldn't have more than two drinks a day; women not more than one drink a day.

If lifestyle changes alone do not control your high blood pressure, your health provider may tell you to take blood pressure pills. You may need to take medicine for the rest of your life.

It is important to note any significant changes in your health or level of functioning once you start taking blood pressure medication. The dose may need to be adjusted to suit your needs and this may take several attempts.

If you have high blood pressure

remember that:

•High blood pressure may not make you feel sick, but it is serious. •You can lower your blood pressure by changing your daily habits and, if needed, by taking medicine. If you need to take high blood pressure medicine, lifestyle changes may help lower the dose you need and reduce side effects.

• If you have hypertension but are controlling it through diet, exercise and/or medication, that's great! But if another health provider asks if you have high blood pressure, the answer is "yes, but it is being treated."

•Tell your health provider about all the drugs you take. Don't forget to mention over-the-counter drugs, vitamins and dietary supplements. They may affect your blood pressure and may change how well your blood pressure medicine works.

•Blood pressure pills should be taken at the same time each day. If you miss a dose, do not double the dose the next day. Contact your health provider if you have any questions.

•If you have high blood pressure, test it at home between check-ups. Ask your health provider to show you how. Make sure you are seated with your feet on the floor and your back

ONGRATULATIONS

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has something to lean against. Relax quietly for 5 minutes before checking your blood pressure. Your arm should be resting on a support at the level of your heart. Keep a list of the results to share with your health provider. With a little effort and attention.

vou can make great strides in preventing hypertension from affecting you and your family. You may also be able to effectively control your or your loved one's hypertension.

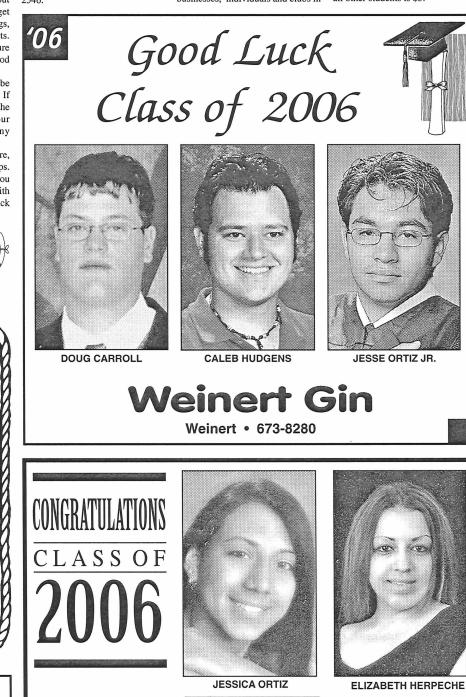
For more information, contact Jane Rowan-Haskell County Extension Agent/FCS at 940-864-2546.

All Night Party set for students Fri., May 26

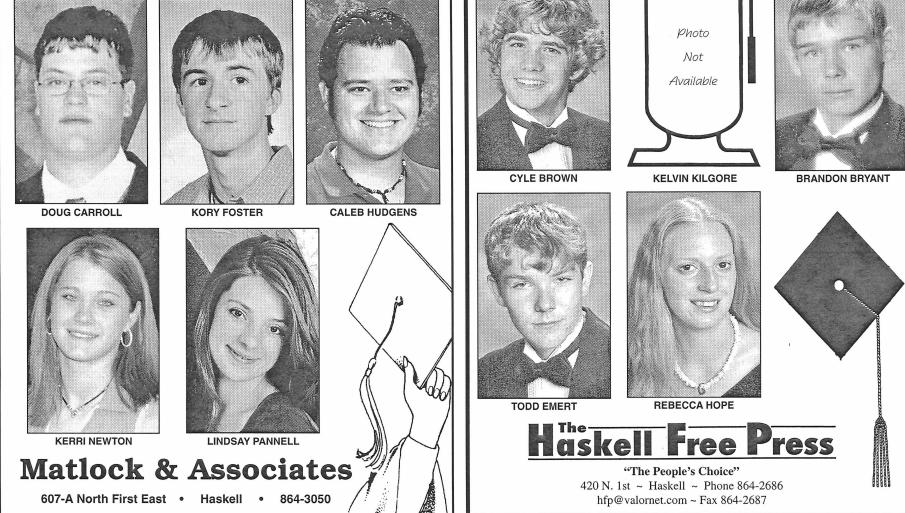
the All Night Party Fri., May 26 from 10 p.m. to 4 a.m. at the Civic Center in Haskell. The alcohol free and drug free activity will provide a safe activity for kids on graduation night. A dance, inflatable games and table games are planned. Generous businesses, individuals and clubs in

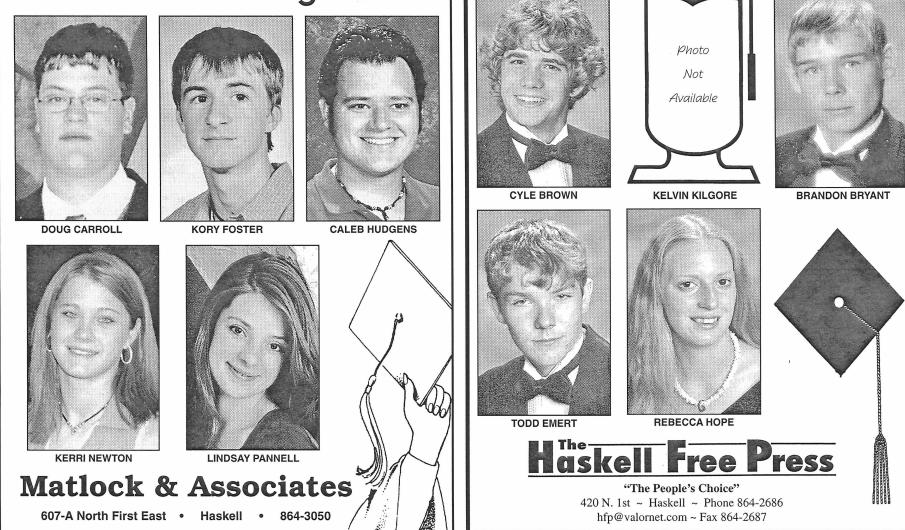
Haskell County parents will host Haskell and Jones Counties and around the Abilene area make the event possible.

> All students who attended high school during 2005-06 and college students are invited. Admission for senior students is free. Admission for all other students is \$5.







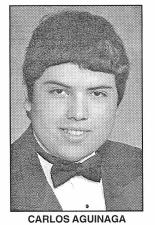


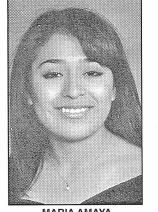




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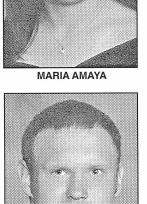
Best Wishes Rule High School Class of 2006

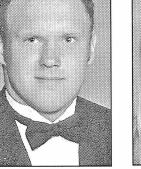






SAMANTHA GRIFFIN

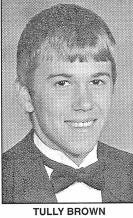




CASEY JUDD



JORDAN BAITZ







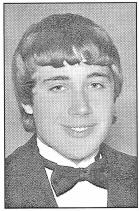




CORY LOGAN



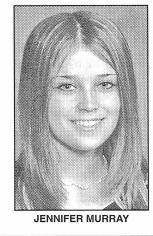
CHEYENE FAVOR

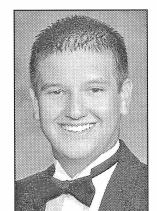


JACOB MANSKE



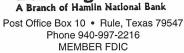
MACKENZIE MILLER







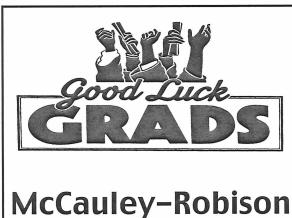






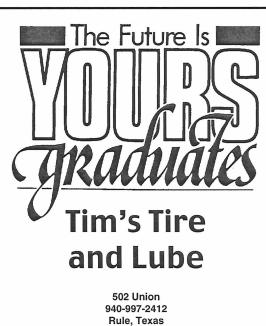


CANDICE SORLEY

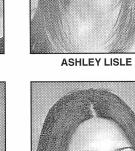


Funeral Chapel

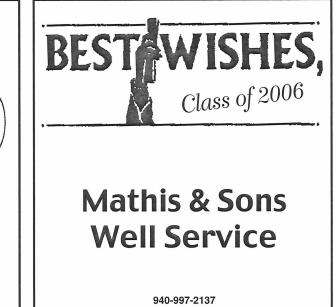
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