Calendar

Society to meet

The Haskell County Historical & Genealogical Society will meet Mon., July 9 in Haskell City Hall at 6 p.m.

3-on-3 tourney

A boys and girls 3-on-3 tournament will be held Sat., July 7 at Rule High School with competition in four divisions. Deadline to register is July 2. For information, contact Iill Brown at 940-200-1040 or Ryan Bleiker at 940-996-6161.

HHS Ex-students

The Haskell Homecoming Association is seeking email addresses of ex-students. To register your email address, email Dorothy Hartsfield, secretary, at hhesshharts @cs.com. Homecoming information will be distributed by email, due to the rising expense of postage.

Sign language

American Sign Language classes will be taught for eight weeks beginning Sun. July 8 from 3 to 4:30 p.m. at the Munday Church of Christ, south entrance, in Munday. The classes are free and are open to all ages. Call Exa Lee Martinez at 422-5562 for details.

Storm sirens The City of Haskell will

test the storm sirens at noon on Fridays.

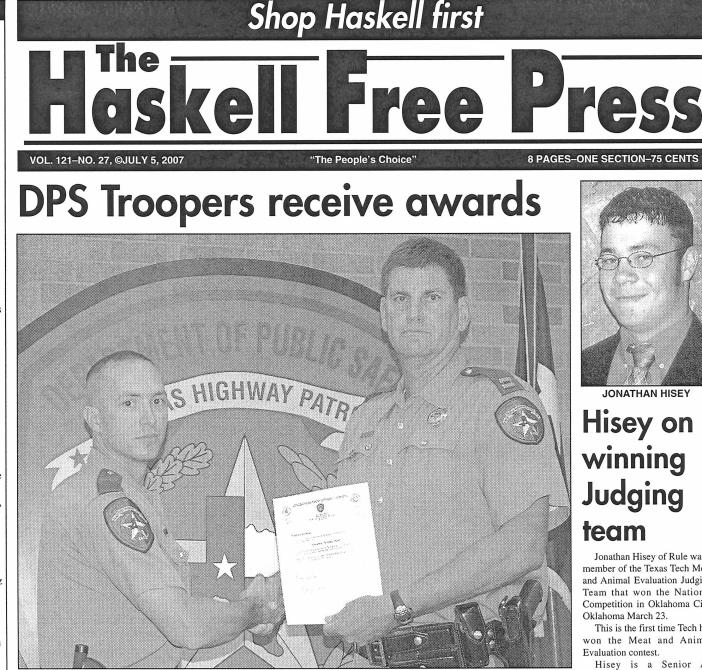
Homecomina The Haskell-Mattson-

Weinert-Rochester Schools homecoming will be held Sept. 21-22. 50th reunion

The 1958 class of Haskell High School will celebrate their fifty year reunion at Haskell's homecoming Sept. 21-22. The planning committee is seeking names and addresses of persons who attended at anytime during this class's school career. If you would like to be included, contact Janice Browning at 940-864-2755. Additional information will be mailed to those on the mailing list.

Summer meals Haskell CISD will

sponsor the Summer Food Service program with meals served at Haskell Elementary School



AWARDS RECIPIENTS-Haskell DPS Trooper Brody Moore, top left, received an award for Criminal Interdictions. Littlefield DPS Trooper Will Pace, bottom left, received an award for Fugitive Felony Arrests. The awards were given during a 5ATexas Highway Patrol District awards ceremony

held June 14 in Lubbock. Pace is the son of Haskell residents Sam and Twyla Pace. Texas Highway Patrol Captain Bill Schneider of Lubbock, right in both pictures, made the awards presentations. Awards were presented to 32 recipients during the ceremony



JONATHAN HISEY

Hisey on winning Judging

Jonathan Hisey of Rule was a member of the Texas Tech Meat and Animal Evaluation Judging Team that won the National Competition in Oklahoma City, Oklahoma March 23.

This is the first time Tech has won the Meat and Animal

Hisey is a Senior Ag Education major at Tech and a member of the Livestock Judging Team. He is the son of Danny and Melinda Hisey and the grandson of John and Lou Hisey and Faye Webb, all of Rule.

Life after loss seminar series set

The American Cancer Society and Hospice of the Big Country sponsors a 'Life after Loss' support group program that will meet once a week for five weeks. Each session is free, will last approximately 1-1/2 hours, and will be led by Hospice of the Big Country staff member Erica Brewer, LMSW.

The program is open to anyone who is dealing with the death of a loved one. Those attending do not have to be associated with Hospice of the Big Country of the American Cancer Society to attend.

cafeteria, 306 S. Ave. G, Monday through Friday, through July 20 from 11:30 a.m. to 1 p.m. Those ages 1 through 18 years of age are invited to eat free. Adults are invited to eat for a price of \$2.50 per plate.

Class '96 reunion

The Haskell High School Class of 1996 will hold a class reunion Aug. 18. Contact Tonya Weatherman, 824 N. U.S. Hwy. 87, Brady, Texas 76825 or tonyaweatherman@

hotmail.com with current contact information.

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Classifieds	Page 7

The group will begin Thurs. July 12 from 5:30 to 7 p.m. The meeting will be held in the downstairs conference room of the West Texas Rehab Center, 4601 Hartford, Abilene. The sessions will end Aug. 9.

For more information or to make a reservation, call 325-793-5450

City approves use of brick by library group

The Haskell City Council met in a special called meeting Tues., June 26 with Mayor Ken Lane, Mayor Pro Tem Sue Medford, Councilmen Chan Guess, Randy Bowers, Bob Smith and Lonnie Meredith in attendance.

The council approved renting the old city hall building to Clark Richardson, assistant youth program manager for Just People, Inc.

Approval was given for the Country Club Board to allow all billing and account management to be conducted by Doy Jeter.

Approval for Jomel Consulting of Waco to assist the City with grant searches, grant applications and grant

administration, as needed, was given. The overage of the capital

fund program grant from the

Texas Department of Agriculture Texas, was discussed.

Approval was given for the donation to the Friends of the Haskell County Library of enough brick from the square project to brick the parking lot of the new library.

Action concerning the proposed 2008 budget for the Haskell County Appraisal District was tabled.

Approval was given to and a picnic table. increase the inmate cost at the prison by \$2.00 to \$40.58.

City administrator Brandon Anderson has these points in his report.

Grantworks will fund the demolition and reconstruction of five houses in Haskell and one in

Rule

The city pool has received upgrades including the purchase of new benches, trash receptacles

Anderson recently returned from a meeting of the Texas City Managers Association held in San Antonio where much needed training and invaluable advice and mentoring from other city managers was received.

Anderson stated, "It was the best professional organization conference that I have ever attended.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

SPF and UV terms explained

SPF (Sun Protection Factor) measures redden without protection. If it takes 20 the length of time a product protects minutes without protection to begin against skin reddening from UVB, reddening, using an SPF 15 sunscreen compared to how long the skin takes to theoretically prevents reddening 15 times

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Please join us for A Ladies' Retreat & Beth Moore Bible Study "Loving Well"

> Saturday, July 7, 2007 9:00 a.m. - 3:00 p.m. Salad Luncheon

> There will be no charge

Cornerstone Fellowship Baptist Church 1600 North First - Haskell, Texas

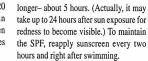
> For details, call church office 940-864-5557



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The Skin Cancer Foundation recommends SPFs of at least 15, which block 93 percent of UVB. While SPFs higher than 30 block only 4 percent more UVB, they may be advisable for sunsensitive individuals, skin cancer patients, and people at high risk of developing skin cancer. They also allow some margin for error if too little sunscreen is applied. While SPF is the universal

measurement of UVB protection, no comparable standard exists for UVA. Scientists worldwide are working to develop a standardized testing and certification method to measure UVA protection.

Broad-spectrum protection: The phrase indicates that a product shields against UVA as well as UVB. It does not guarantee protection against all UVA wavelengths, however. Most broadspectrum sunscreens and sunblocks with an SPF of 15 or higher do a good job against UVB and short UVA rays; if they also contain avobenzone, zinc oxide, or titanium dioxide, they should be effective against the entire UVA spectrum.

Even with the ideal sunscreen, some UV rays can get through to your skin and cause damage. The Skin Cancer Foundation considers sunscreen one part of a comprehensive sun protection program, along with sun-protective clothing, sunglasses, shade, and sun avoidance from 10 a.m. to 4 p.m.

UVB (Ultraviolet-B): Short-wave solar rays of 290-320 nanometers. More potent than UVA in producing sunburn, these rays are considered the main cause of basal and squamous cell carcinomas as well as a significant cause of melanoma.

UVA (Ultraviolet -A): Long-wave solar rays of 320-400 nanometers (Billionths of a meter). Although less likely than UVB to cause sunburn, UVA penetrates the skin mare deeply, and is considered the chief culprit behind wrinkling, leathering, and other aspects of "photoaging." The latest studies show that UVA not only exacerbates UVB's carcinogenic effects, but may directly induce some skin cancers, including melanomas



Beulah McFadin-Ross

Graveside services for Beulah McFadin-Ross, of Sweet Home Baptist Church in Rule. 94, of Haskell were held Fri., June 29 at Roberts She was preceded in death by her parents,

husbands; brothers, Alfred Force, Leonard Force and Perry Force; and sister, Eula Arend.

Survivors include her daughter, Joetta Burnett and husband, Charles of Haskell; four grandchildren, Randell Lacev and wife Amy, Tim Lacey and wife Kim, Ray Burnett and wife Teri and Tamra Lewis and husband Andre: six great grandchildren; seven step great grandchildren; two great great grandchildren and four step great great grandchildren. PD. NOTICE

Boating satety tips listed

The busiest boating time of the year is nearly here. Lakes will soon be brimming with vacationing boaters, vessels will flock to waterfront fireworks shows, and busy marinas and launch ramps will all contribute to recreational boating's own

Cemetery under the direction of Holden-McCauley

Mrs. McFadin-Ross died Wed., June 27 at

Born Jan. 3, 1913 in Haskell, she was the

daughter of Albert Force and Addie Wheatley Force.

She married J.P. McFadin in 1932. He preceded her

in death. She later married Randal Ross. He also

preceded her in death. She loved music, playing

the piano and was the church pianist for a while,

and was a Sunday school teacher. She was a member

Funeral Home of Haskell.

Haskell Memorial Hospital.

form of waterway rush hour. Ten tips to avoid mishaps this summer include:

•It's a long day: A full day in the in sun will increase alcohol's effects on the body, so it's better to wait until you're safely back at the dock or home before breaking out the libations. Also bring lots of water, a VHF radio, and check the weather reports to avoid storms.

• It's a long day, for the boat, too: As the day ends, boaters will be needing jump starts. Running electronics all day such as sound systems, fans, or other appliances and failing to monitor battery usage could leave your boat dead in the water when it's time to go home.

•Running the engine to charge the batteries: Raft-ups, or groups of boats tied together in a protected anchorage, is a great way to spend time with fellow boating friends. But you should never run an engine with swimmers in the water or near exhaust ports. Even though the boat's transmission may not be in gear, propellers can still rotate, and odorless, colorless Carbon Monoxide can quickly overcome

swimmers. •Trailer problems: Flat tires and burnt bearings are the two biggest causes for boat trailer breakdowns. What shape are your's in?

•Don't overload your boat: Capsizing and falls overboard account for over half of all boating fatalities. Resist the urge to invite more friends or family to the fireworks show than what your boat was designed to carry. Heavily loaded small boats, and those with little freeboard such as bass boats, are more susceptible to swamping from weather or wake action associated with heavy boating traffic.

•Wear life jackets: 70% of all fatal boating accident victims drowned, and of those, 87% were not wearing a life jacket. Accidents can happen very quickly, sometimes leaving no time to don a life jacket.

•Follow the rules of the road: If a boat is approaching your vessel from your starboard (right) side, do you know what to do? What happens when a light on another vessel "changes" from red to green? These answers can

be found in the rules of the road section at BoatU.S. Foundation's free online "Boater's Toolbox," at http://www.BoatUS.com/ foundation/toolbox Brush up now before you head out.

•Patience: The lines at boat launch ramps-in the parking lot or the water-can resemble a Southern California freeway at rush hour. Be patient, ready to go when it's your turn, and follow good boating etiquette.

• Take your time to get home: Many fair-weather boaters-who may rarely navigate in the darkventure out after the sun goes down. The most reported type of boating accident is a collision with another vessel so it's a good idea to keep your speed down, post an extra lookout, and ensure all your navigation lights work. A spotlight is a must, and ensure all safety gear is readily available. Be extra vigilant about not running over anchor lines, and don't take shortcuts in the dark.

•Celebrate: Hey, its summertime and you're on the water! Be safe, be prepared and have fun!

olon cancer exams.

colon examined by the time they're 50 years old, says Dr. Don Rockey, chief of digestive and liver diseases at UT Southwestern Medical Center. And depending on family history, it may be especially important for some men to have the cancer check-up starting at age 40.

Colon cancer is the secondmost common cause of cancer death in the U.S., resulting in about 56,000 deaths each year. More than 145,000 new cases are diagnosed annually.

"The good news is that colon cancer is highly curable when

Misty Gibson

RN, BSN

Dear Misty,

Everyone should have their detected early, so it's important not to forgo a checkup," Dr. Rockey says.

> The colon is the large intestine, which processes and eliminates waste after nutrients are absorbed. Doctors can check for cancerous growth by a procedure called a colonoscopy, in which a flexible tube with a camera is snaked through the intestine. UT Southwestern and other health-care facilities also offer less-invasive methods to determine whether a full colonoscopy is needed. Those include a "virtual colonoscopy," which uses a CT scanner and virtual reality software to look for growths.

HERE'S TO YOUR

HEALTH ... AT HOME!

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Haskell Home

Health Agency



Can I do anything to prevent skin cancer? To a certain extent. Although there is no sure prevention, you can significantly reduce your susceptibility by taking three simple steps: (1) ensure that you protect your skin from overexposure to the sun, both by limiting exposure and by using sunscreens; (2) get in the habit of examining your skin regularly, look for changes in existing moles and for new moles; and (3) report any changes in your skin to your doctor.

Do I need a doctor's examination if everything looks fine to me?

The Skin Cancer Foundation recommends a total body skin examination by a qualified skin specialist, particularly for those at risk. The doctor will suggest the correct interval for followup visits, depending on your specific risk factors, such as skin type and history of sun exposure.

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



Home Care: Keeping Texans Proud & In

Reunion held

The children of John Breckenridge and Florence Pearl Campbell, former Haskell residents, held a reunion June 23 at Slater Park in Odessa. Seventyseven attended.

A birthday party was held for Eddie Rackow of Odessa and Elzire Campbell wrote a poem about their brother and her husband, Carl Campbell, who passed away in Sept. 2006. Jimmy Campbell read the poem.

Attending were Johnny and Gladys Campbell and their family, Kelly and Roy, all of Odessa; Billy Ruth 'Toss' Alston and her family Carolyn and Michael of Tyler and Eddie, Leigha, Brian, Debbie, A.J., and Tori, all of Odessa; Chuck and Linda of Wichita Falls and their family, Jeannie, Shannon, Austin, Alorah and Shawn of Fort Worth; Mildred Rawls of Odessa and her family, Jimmy and Melodee Campbell of Amarillo and Glenda, Monica and some friends, Nell, Mickey and Kathy, all of Odessa; Elzire Campbell and her family, Sandra Kay, Roger, C.W. and a friend of Odessa; Faye Cruger of Odessa and her family, Bobby, Mona, Kaulyn, Kaylie, Cade, Hunter and Madison, all of Amarillo; Billy Joe and Dorothy of Stamford and their family Randy, Tammy and and Elaine Campbell and their family, Karen, Allison, Keegan and Lona Mae Phelps, all of Haskell and Kendall and Leslie of Abilene; Jerry and Carolyn and their family, Beverly, Tara, Jourdan and friends, James and Elroy, all of Odessa; Betty Sue Lacey and her family, Rodney, Michael Dale, Ashley, Thomas, Alexis, Johnny, Debbie, T.J., Melissa, Vincent, Keaton, Kollin, Lewis Don and Lucas, all of Odessa and Tina Lacey of Clarendon

Home warranty

Some of the components in your home, like the water heater and the air conditioner, come with a manufacturer's warranty. These products need to be installed and used as directed by the manufacturer.

If a product fails to work properly, then the manufacturer is responsible for repairing or replacing the product. Your builder or remodeler will help facilitate communication with the manufacturer.

If you need additional help, contact the Texas Residential Construction Commission at 887-651-TRCC.

hydrated when working or exercising outdoors: Drink plenty of water. Six to eight 8-ounce servings of water is a good goal, but more is required if you're exercising or orking in hot weather. When working outdoors, keep

its need for fluids, says Lona

Sandon, a registered dietitian at

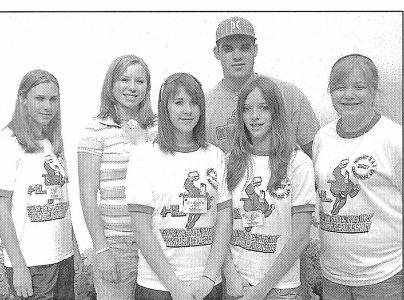
Sandon urges these tips to stay

Center

a bottle of water with you and keep drinking as you work. By the time you feel thirsty, you may already be dehydrated.

If you are exercising or working outdoors for more than 90 minutes, you should have a sports drink to replace fluid and sodium lost through sweat.

Avoid drinks that don't replenish bodily fluids, such as tea, carbonated sodas, beverages



Billie Jean Campbell and friend, ATTEND LEADER LAB-Haskell County 4-H member attending Leader Lab in Brownwood recently were, I-r, Kate Rowan, Molly Dudensing, Stephanie Threet, Kiel Rowan, Allison Petty and Jenny Dudensing.

4-H members participate Leader Lab session

by Jane Rowan

CEA/FCS, Haskell County "4-H...Here To Save The Day...Through Leadership" was the theme of the annual regional 4-H Leadership lab held June 18-20 at the Texas 4-H Center in Cody Joe of Haskell; Kenneth Brownwood. Six Haskell County 4-H youth participated in the

three day event to develop and enhance their leadership skills. A variety of leadership development workshops and team building activities were conducted each day with the evenings devoted to recreational activities.

District 3 4-H council officers

Stay hydrated with the right types of liquids

that contain alcohol, etc. The excessive heat of summer triggers your body to cool itself "Dehydration can become dire by evaporating sweat, increasing

Chi

quickly, resulting in weakness, exhaustion, delirium or worse problems," Sandon says. "So it's UT Southwestern Medical very important to stay hydrated in the hot weather.

submit an application, interview with a panel of judges and present a speech. Selection was based on the application, interview and popular vote. Molly Dudensing, Haskell County 4-H member, was elected as first vice president. She will serve a one year term and be responsible for helping to plan and conduct 4-H activities and events across the twenty-four counties comprising the district. As first vice president, she will also serve on the State 4-H

were also elected during the lab.

4-H members desiring to serve on

the district 4-H Council had to

Council. Others participating in the leadership lab were Kiel Rowan, Kate Rowan, Stephanie Threet, Allison Petty, Jenny Dudensing and County Extension Agents Jane Rowan and Wes Utley,



CONEY

The HASKELL FREE PRESS-Thursday, July 5, 2007-Page 3 Decker to celebrate birthday

James Cleave Decker of Haskell will be honored with a 90th birthday reception Sun., July 8 from noon to 4 p.m. at the Sagerton Community Center in Sagerton. Lunch will be served at 1 p.m. Friends and family are invited

to attend.



CLEAVE DECKER





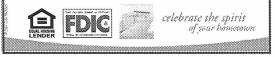


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ELECTION COVERAGE

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Texas

DeLay.

ratify the decision.

Appeals decided 5-4 to uphold a

Travis County state district court

ruling stripping off a charge of

conspiracy stemming from the

2002 state election against former

U.S. House majority leader Tom

The charge is one of several

brought in 2005 by Travis County

District Attorney Ronnie Earle,

who serves as the state's chief

ethics prosecutor. Earle said he

plans to appeal the Texas Court

of Criminal Appeals' decision.

facing charges of money

laundering and conspiracy to

launder money. He said he is

Health agency's survey begins

the Texas Department of State

Health Services is conducting a

survey on customer satisfaction

with its Austin-based programs

Feedback from parents, legal

guardians, vaccine providers and

other professionals will be used

The survey period ends July

17. Call 800-252-9152 for a paper

copy of the survey or visit

www.immunizetexas.com to do

Census says we grew last year

Interstate 35 could not have

frightened off many people from

moving to the capital city last

The U.S. Census Bureau

announced in its June 28 report

of most populous cities that

Austin increased by 18,600

residents in the last year, bringing

the population to 709,000. Austin

is among the top 10 in numerical

gain nationwide, the Census

Bush picks Texan for Census

Steve Murdock, Texas' state

demographer, to be the next

director of the U.S. Census.

Current Census Bureau Director

Louis Kincannon is leaving the

agency. Murdock's nomination

must be approved by the Senate

Judiciary Committee.

President Bush nominated Dr.

Perpetual traffic clogs on

and services.

to improve services.

the survey online.

year.

noted.

The immunization branch of

appealing those charges, too.

DeLay, is still in hot water,



Rain, flooding create disaster in 37 counties

AUSTIN-Phenomenal rainfall and flooding left much of the state hurting, troubled or vulnerable in the second half of the month of June.

At least 11 deaths have been attributed to the foul weather. Military units activated by order of Gov. Rick Perry, the Texas Department of Public Safety, game wardens and other state resources responded.

Perry sent a disaster declaration that includes 37 counties to President George W. Bush, seeking federal assistance. The White House announced it was making federal funding available to help with the disaster areas.

Attorney General Greg Abbott warned residents in stricken areas to beware of scammers and price gougers, who seem to come out of the woodwork when disasters strike.

More rain is in the forecast. Some longtime weather watchers have called the unusually wet spring and early summer a signal that a 50-year drought cycle has ended. Others say it's a symptom of global warming. Others say it's El Niño. Still others say it's just a wet spell that was bound to come.

NT toll project moves forward The Trans Texas Corridor project is on hold for the next two years.

Lawmakers wanted to use that block of time to study the possible effects of building the proposed massive network of toll roads stretching from the Mexico border to the Oklahoma border.

But legislation signed in June by Gov. Rick Perry allows certain regional toll projects to move forward.

Perry put his signature on the agreement, even though he appeared to have the whole Trans Texas Corridor project ready to go with Cintra of Madrid, Spain, and project partner Zachry Construction Corporation of San Antonio.

Now, one of those regional toll project proposals moved forward on June 28.

The Texas Transportation Commission voted 4-1 to tentatively approve a plan for the North Texas Tollroad Authority to accelerate the building of Texas 121 through Denton and Collin counties and do 30 other North Texas traffic congestion-relieving projects

For things to really get going, the Texas Department of



attending.

From Out of the Past

From the files of The Haskell Free Press

30 Years Ago

June 30, 1977

School attended the recent

cheerleader camp held on the

campus of Tarleton State

University. The cheerleaders are

Mary Macias, Lisa Sherman, Jill

LeFevre, Marla Lehrmann, Linda

DeBusk are attending Church of

Christ Camp at Quartz Mountain

and Mrs. Morris Neal were their

children. Mr. and Mrs. Tom

Richardson of Beaumont, Charles

B. of Florida and the grandson,

40 Years Ago

June 29, 1967

children, Bob and Marijohn, of

Cotton Center, are spending a few

davs in Haskell. They are visiting

in the home of Mrs. Mills'

mother, Mrs. C.A. Thomas, Sr.

Bob and Beth Edwards leased

Buster Gholson, of Gholson's

Beth's Double "A" Catering

Service and Drive-In to Opal

Grocery was elected to the board

of directors of the Independent

50 Years Ago

July 4, 1957

Mr. and Mrs. Roy Mills and

Charles New and Phillip

Visiting in the home of Mr.

Rhoads and Joanne Cloud.

in Oklahoma.

Larry, of Houston.

and other relatives.

Wholesale Grocers.

Alsabrook.

Cheerleaders from Rule High

10 Years Ago Manes families was held at the July 3, 1997 Haskell Civic Center with 175

A celebration in honor of Cleave Decker's 80th birthday was given at the Haskell National Bank Community Room.

Community leaders completing the Rolling Plains Rural Leadership Program and receiving a framed certificate were: Dan Byerly, David Davis, Dickie Greenwood, John Kicks, Kimbrough, Dave Joey Middleton, Carol Posey and Sam Watson. Also participating were Hadaway, Fred Shane Hernandez, Ken Lane, Monty Montgomery and Bob Phiel.

The Grover Larned family held a reunion in Haskell. Attending were Tommy A. Larned, of Mulberry, Florida and daughter, Judy Taylor of Tallahassee, Florida; Jack O. Larned and his son, John, both of San Antonio; Willis Franklin Larned of Breckenridge and Venita Kreger of Haskell.

20 Years Ago July 2, 1987

Wendi Watson and Teresa Rodriguez were winners in the State Fire Prevention poster contest. Watson took first place in the junior high division and Rodriquez won third in the high school class.

Mr. and Mrs. Alvis Bird were in Wichita Falls visiting Mrs. Bird's cousin, Mrs. T. C. Griffin of Seymour. Accompanying Mr. and Mrs. Bird were Emma Bland, Alvis Pennington and Ruby Alvis.

A reunion for the Atchison and

Slidell, Louisiana, arrived with other relatives and friends for a visit in the home of Mrs. Frank family members and friends C. Scott and Dr. Scott.

BARRY

THAT'S

Dr. and Mrs. Harry Duffey of Franklin, Tennessee, spent several days in the home of Mr. and Mrs. A.Y. Corley.

Visiting in the home of Mr. and Mrs. W.C. Collins were Joyce Collins of Breckenridge and Paula Wooten

Mr. and Mrs. Goerge Neely and Mrs. H.B. Atkeison had visitors in their home, Mr. and Mrs. M.D. Hudson of Fort Worth and Mr. and Mrs. Jim Cameron. Mr. and Mrs. T.L. Donohoo of

Abilene visited in the home of Mrs. Donohoo's mother, Mrs. J.L. Odell.

100 Years Ago July 6, 1907

R.C. Montgomery, of the Farmers National Bank, spent Friday in Munday on business for his bank.

L.M. Garrett returned from New Mexico where he spent several weeks in the high altitude of that country for his health.

Bessie Bray left town to go home to Keota, Iowa. She was accompanied by Docia Winn.

Mr. I.N. Furrh of Weinert, was in town and said his crops were fine.

According to the new city ordinance, you may be arrested and fined for leaving your horse or team unhitched on the street. Mrs. W.E. Sherrill is attending

the carnival at Abilene. J.R. Newsom was in town and

Mr. and Mrs. W.M. McDonald said that the cotton and corn were and children, Gene and Scott, of doing fine in his section.

Weather Whys

Killer floods O: What is the deadliest type

of weather disaster? A: The weather-related incident that kills the most people in the United States is flooding,

says Brent McRoberts of Texas A&M University. "You hear a lot about blizzards or tornadoes but more people are killed by floods than any other type of weatherrelated incident," he explains.

"This goes back to 1889 and the famous Johnstown Flood in Pennsylvania in which 2,200 people were killed. During the 20th century, floods were the number one natural disaster in the U.S. in terms of property damage and fatalities. In 1993, the Great Midwest Flood killed 48 people and did \$12 billion in damage in numerous states. But that's nothing compared to other parts of the world. In 1931, perhaps the worst weather incident in history occurred when the Yangtze River flooded, killing 3.7 million in China with flooding and subsequent disease and starvation. In 1971 in Vietnam, more than 100,000 died in flooding in that country.'

Q: Why are floods so dangerous?

A: The best answer is that too much water flows at one place in very short time, adds McRoberts. "Flashfloods are the most dangerous because they can happen quickly and have tremendous power, moving anything in their path," he says.

"Flashfloods can occur anytime, anywhere. The National Weather Service notes that flashfloods can occur because of excessive rainfall, a dam or levee failure or a sudden release of water held by ice jams. A flashflood caused by 15 inches of rain in 5 hours killed 237 people in Rapid City, S.D., in 1972. According to the U.S. Geological Survey, most flood deaths are caused by flashfloods, and 50 percent of all flash flood fatalities are vehiclerelated. Also, 90 percent of people who die during a hurricane are due to drowning caused by flooding. To compound the problem, in the U.S. most homeowners insurance policies do not cover damage caused by flooding.'

Correction

Gladys Conner Riggs appeared in the Class of 1956 picture in the June 14 issue of the Haskell Free Press on the back row, third from right. Omitted from the list of those attending was, Jeanette Robertson Curry.

By Greg Abbott

From the AG

of dollars each to purchase "rare" All That Glitters: Investing

Always compare grade and one, consumers should consult a trusted individual, such as a financial adviser or other professional who can provide a realistic outlook on various investment options and their expected rate of return. There are also several nonprofit coin dealer associations, such as the Numismatic American Association, that offer tips on selecting a reputable seller who adheres to the association's ethics and arbitration guidelines.

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This issue mailed Tues., July 3, 2007

in Gold and Rare Coins For centuries, gold has been one of the world's most popular investments. Long considered an investor's "safe haven," gold offers consumers diverse investment opportunities, including: traditional purchases of bullion gold bars or coins; electronic trades in gold futures; and investments in gold mining companies.

The glitter of gold, however, often attracts scam artists who simply want to separate investors from their money. As with all consumers investments. considering gold and gold coins should study the market carefully to avoid falling victim to highpressure sales tactics.

Many consumers, particularly senior citizens, have been deceived into using their life's savings and other assets to buy coins priced at least three times their fair market value. The Office of the Attorney General has received complaints from consumers who spent thousands

gold coins that sellers claimed would double or triple in value in a very short time.

According to the Federal Trade Commission, the value of bullion coins is determined primarily by their gold or silver content, rather than by rarity or condition. Bullion coins are bought and sold worldwide at prices that change daily, depending on world markets.

Fraudulent sellers often overprice their bullion coins or mislead consumers into purchasing imitation metals created by fraudulent "mints."

Aspiring gold and rare coin investors should carefully evaluate any investment claims. Knowledgeable coin collectors, known as numismatists, often research coins and dealers for some time before buying even a single coin. Investment gains in the gold and rare coin market are often the result of careful scrutiny of a coin's quality, rarity, market availability and price.

value with other dealers before making a selection. Investors should also review the seller's refund policy and be sure to get all other terms of sale in writing. Consumers may contact the Attorney General or the Better Business Bureau before making a purchase to find out if there are complaints against a particular seller.

Investors should also check the grade of the purchased coins with an independent certification service. Fraudulent sellers often inflate the grade of the coins they sell, thereby inflating the price. A third-party grading service can help investors determine the quality and value of coins.

Be wary of high-pressure sales pitches where sellers insist on an immediate decision or promise high rates of return. These tactics are commonly used by con artists to coerce investors into making uninformed purchases.

Before making any investment, especially a sizable

Finally, all consumers should be cautious when providing financial information, including credit card numbers, to salespersons, particularly over the telephone.

Investing in gold and rare coins is much like any other consumer purchase: if it sounds too good to be true, it usually is. When investors take time to study the market and acquire coins with selected quality and proven rarity from reputable dealers, all that glitters may indeed turn out to be gold.



Simple steps prevent contact lens problems

More than 30 million Americans wear contact lenses, reports the Contact Lens Institute, and they continue to grow in popularity. But, their ease of use doesn't mean people should be negligent in their care nor stay alert for potentially harmful products.

Continual contact lens wear sometimes can cause corneal ulcers or infections. In addition, a company had a limited recall earlier this year of one of its contact lens solutions, less than a year after its global recall of another popular contact lens solution linked to a serious eye infection.

According to Samuel Fulcher, M.D., assistant professor of surgery at the Texas A&M Health Science Center College of Medicine, clean and safe handling of contact lenses is critical to protecting your sight.

"Safe handling of the contact lens is important because this is the best way to minimize and reduce the risk of serious sightthreatening infections of the cornea, which is the No. 1 risk of contact lens wear," said Dr. Fulcher, director of the Division of Corneal and External Disease at Scott & White in Temple, Texas. "Overnight wear of a contact lens markedly increases the risk of infection, even for lenses 'approved' for extended wear. The safest use of any contact lens is daily wear only."

safe contact lenses by the American Optometric Association. Always wash your hands before handling lenses (do not use cream soaps), and carefully and regularly clean the lenses as directed by your optometrist. Store lenses in the proper storage case, and replace

recommendations for clean and

the case every three months. Also, use only products recommended by your optometrist to clean and disinfect lenses, with only fresh solution used to clean and store them (never tap water or homemade saline solutions). Always replace old contacts when you get a new contact prescription, and do not use disposable soft contact lenses longer than recommended by the manufacturer.

"Never sleep in your contact lenses, regardless of make or manufacturer," Dr. Fulcher said. "The only solution that should come in contact with the lens is the appropriate commercial solution. Contacts should not be worn during water sports, and it is best not to shower in them, either."

Health officials stress that contact lens users be aware of any potential vision problems and alert their optometrist as they occur. Symptoms include sudden blurred or fuzzy vision, red and irritated eyes lasting an unusually long time, pain in and around the eyes, increased light sensitivity, Dr. Fulcher emphasizes the and excessive eye tearing.

Treat sunburn immediately

Summer is here, and chances for sunburn are on the way. We've heard all the warnings to take care of our skin. But, if somehow you still come home at the end of a day at the pool, baseball game or working in the yard and feel that stinging, hot pain of sunburn, make sure to take care of your skin immediately to speed its recovery.

Take a cool bath or shower and apply cold compresses of cool, damp towels, said Rachel Moore, M.D., dermatologist at the Scott & White Clinic in College Station and graduate of the Texas A&M Health Science Center College of Medicine. Also, use only mild soap to cleanse the burned area, and drink lots of water to keep skin hydrated.

Soothe skin by applying aloe vera gel or a rich emollient moisturizer, but nothing greasy, as it can seal pores and slow healing. To lessen pain, take an over-the-counter pain reliever in moderation.

"To avoid sunburns, I recommend liberally applying sunscreen with at least SPF 30 about 30 minutes before sun exposure," Dr. Moore said. "Make sure it is a broad spectrum sunscreen that covers UVA and UVB, and make sure to re-apply sunscreen every two to three hours when outside. People should really wear sunscreen and hats, along with avoiding the sun during peak sunlight hours every day.

If your skin becomes tan, it is because of an increase in melanin. This occurs in response to injury

when ultraviolet rays penetrate the skin's inner layer.

There is no safe way to tan, either outdoors or in a tanning bed, Dr. Moore said. If you must

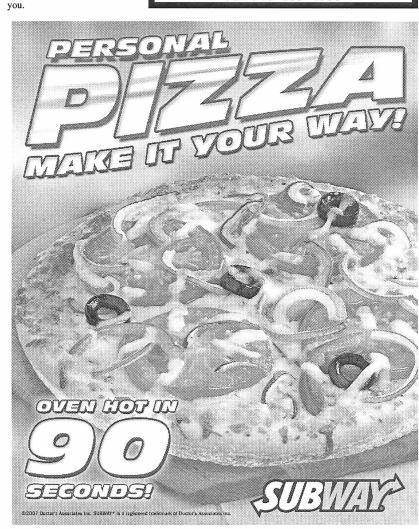
sunless tanning cream. Enjoy the warm weather and sunshine but make sure to protect yourself. Your skin will thank

have that bronze glow, try a

City Storm Warning Siren Testing Fridays at noon

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Many women with asthma become overwhelmed by it and let it control the way they live their lives. Dr. Monica Kraft, Director of Duke University's Allergy, Asthma and Airway Center talks about effective ways in which women with asthma can accomplish goals and live the life they want.

"One of my patients decided that she wanted to start running at the age of 48, but after a quarter mile she was wheezing and coughing," says Dr. Kraft. "Together we worked on ways to enable her to run. She now has a goal of completing a 10k running race."

Dr. Kraft advises that if you have asthma, it's important to put yourself first and not let asthma control your life. You have to find the right doctor with whom you can build a long-term relationship because on-going follow up is the key to managing your asthma. Then you have to describe your symptoms and how often you are using your fast-acting inhaler. Tell your doctor how these symptoms keep you from doing what you want or need to do.

Your doctor can help you set goals- whether it's running or gardening without getting out of asthma. breath- and let you know that such goals do not have to be out of reach. You must learn to recognize your symptoms and their triggers. There are many ways that you can help control your asthma. The most important step is talking to your doctor about ways to manage asthma. If you believe your asthma is starting to control your life, Dr. Kraft offers the following tips on how to help your doctor best serve you:

•Find out what you can about asthma so you can identify the symptoms and how it might be affecting your life. There are many great informational tools out there including websites like www.asthmawarenessedu.com that can help women identify goals and find ways to talk to their asthma doctors about management.

•Think about your rescue inhaler use- do you use it more than twice a week? Do you use it at particular times?

•Try to identify the specific environments or situations that trigger symptoms such as shortness of breath, chesttightening, lung burning, wheezing and coughing.

·Identify what you feel if and/ or when you wake up at night

•Identify what you feel when you first wake up in the morning. •What medications have you

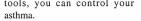
taken in the past that are or aren't related to asthma? •What medications are you

currently taking? With the right tools and

medications and the knowledge of how and when to use those

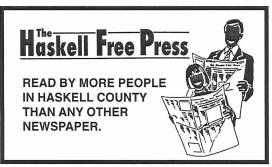
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Student in the News

Darlene Walton Brandon of Paint Creek graduated with an Associate's degree in Culinary Arts from The Art Institute of Dallas. Degrees were awarded by Dean Leslie Baughman June 18 at the Fellowship Church in Dallas.



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ECC Menu

Mon., July 9 Lunch-Ham slice, English peas, corn, cranberries, yeast roll, banana pudding, milk, tea, or coffee

Wed., July 11 Lunch-King Ranch chicken, black-eyed peas, glazed carrots, sliced onions, garlic toast, strawberry cake, milk, tea, or coffee

Fri., July 13

Lunch-Beef and mac, mashed potatoes, club spinach, onions, pickles, garlic toast, Coke cake, milk, tea, or coffee Announcements begin at much combined acetaminophen

11:45 a.m. followed by lunch.



Doctors at UT Southwestern Medical Center say it's important particularly for different ailments, to keep track of how much such as arthritis and perhaps a acetaminophen you're taking in at any one time.

Acetaminophen is the main ingredient in pain relievers such as Tylenol or Excedrin, many popular sleep aids, as well as many over-the-counter cold-andflu remedies, such as Nyquil, Sudafed or Theraflu. It is also found in some prescription painkillers. "It is easy to lose track of how

you're consuming when taking

cold," says Dr. William Lee, director of the Clinical Center for Liver Diseases at UT Southwestern. Too much acetaminophen in

transportation.

the system at one time or over an extended period can cause serious liver damage or lead to liver failure and even death. About 100 people die annually of accidental acetaminophen poisoning and protect against liver damage

Watch acetaminophen intake

combinations of medicines, another 15,000 end up in the emergency rooms from unknowingly taking too much.

> Avoid more than 4,000 milligrams combined per day, and no more than 2,000 mg to 3,000 mg for those with liver problems like hepatitis or those who drink regularly. Also remember that alcohol makes acetaminophen more toxic while depleting other substances that

Ward off viruses when flying

There are few things worse make it very easy for germs to than feeling sick while spread," Dr. Hardy says. vacationing. But it's not always Air travelers can guard against unfamiliar food or new climates sickness by taking a few that get you down-you may precautions.

actually be ill from your mode of Washing hands is the most important defense against germs Airplanes are apt breeding picked up when you touch dirty grounds for cold- and flu-causing surfaces and later touch your eyes germs, thanks to often-used or nose, he says. Wearing a surfaces such as armrests and tray facemask can protect against tables, a cabin full of dry air and airborne germs, also.

Drinking plenty of fluids. especially water, can hydrate travelers and combat the dry environment of an airplane cabin that otherwise might lend itself to dehydration.

Help is available when you have a new housing complaint

number of circumstances can make us feel this way! But what if those feelings are the result of a bad experience with a builder or remodeler? What then?

The Texas Residential Construction Commission, a Texas state agency, may be the resource for you. The Residential Construction Commission registers builders and remodelers and has a complaint process that can sometimes help. The complaint process is designed to reopen broken lines of communication between a consumer and their builder or remodeler.

The commission forwards copies of all written complaints to the involved builder or remodeler and requires a response to the commission's request for more information. This information exchange helps to P.O. Box 13144, Austin, Texas ensure that the commission has 78711.

Frustration! Fatigue! Any all the details it needs to evaluate the complaint accurately and to assist in resolution.

If you are still in the process of building or remodeling your home, your local building official may be able to help too.

The bottom line is that you should never feel alone or abandoned when a problem arises with a builder or remodeler. Most builders and remodelers will work with you to address the concerns you have. But if they don't, the commission will assist you in any way it can.

You can send a written complaint to the Texas Residential Construction Commission in a variety of ways. You may either submit it on the Web at www.texasrcc.com, through email to info@trcc.state.tx.us, or by mail

This Week's Devotional Message:



FAITH WILL REVEAL THE JOY OF FORGIVENESS

the nearness of passengers

sharing that air, says Dr. R. Doug

Hardy, assistant professor of

internal medicine at UT

"Cramped conditions can

Southwestern Medical Center.

If you are burdened with a feeling of teachings you follow, was able to resentment against someone who forgive those who had subjected Him has wronged you in the past, you to the most heinous crime in all are bringing far more unhappiness history, you can forgive someone a to yourself than to the person whose far lesser offense. Go to your Church action you resent. The Bible tells us and learn how love brings peace and to love one another; and to love is to happiness, while resentment can forgive, no matter how serious the cause only misery to yourself and offense. If the Son of God, whose those around you.

Rev. Daniel Echols, pastor Sun. Morn. 9:00 a.m., 11:00 a.m.

Rochester

----SAGERTON----

Sagerton Methodist Church

Stephania Gilkey, pastor Sun. Morn. 9:45 a.m.

Sagerton

Faith Lutheran Church

Curtis Baker, pastor Sun. 9:30 a.m., 10:30 a.m.

First Baptist Church

ATTEND CHURCH THIS SUNDAY First United Methodist Church

-HASKELL-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 Richard Barr, minister Sun. 9:45 a.m., 10:45 a.m.; Thurs. 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. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m. 607 S. 7th, Haskell First United Methodist Church Rev. Tom Long, pastor Sun. 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. 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. 9:30 a.m., 10:30 a.m., 6 p.m.; Wed. 7 p.m. 510 N. Ave. E. Haskell First Presbyterian Church Kelly Pigott, interim pastor

Sun. Morn. 9:30 a.m.

Greater Independent Baptist Church Sun. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p. 301 N. 3rd St., Haskell New Covenant Foursquare Bill and Renee Glass, pastors Sun. 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. 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. 9:45 a., 10:55 a., 6 p.m.; Wed. 6:30 p.m. 301 N. Ave. E, Haskel Church in the Wind C.C. Curran, pastor Sun. fellowship 5 p.m. Church 5:30 p.m. Tues. Bible Class 7:30 p.m. 203 S. 1st East, Haskell Cornerstone Fellowship Baptist Church Dr. T.C. Melton, interim pastor Sun. 9:30 a.m. 10:45 a.m., 6 p.m., Wed. 7 p.m. 1600 N. First St., Haskell -WEINERT-First Baptist Church Dan Bullock, pastor Sun. 10 a.m., 11 a.m., Wed. 7 p.m. Weinert Weinert Foursquare Church Rev. Robert Harrison Sun. 10 a.m., 11 a.m. Wed. 7 p.m Weinert

•—ROCHESTER—

Church of Christ

Steve Wilis, minister

Sun. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m. West on Main Street, Rochester

First Baptist Church

Russell Stanley, pastor Sun. 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. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m. 811 Union, Rule First United Methodist Church Tom Long, pastor Sun. Morn. Worship 8:30 a.m. 1000 Union Ave., Rule Primera Iglesia Bautista Alfa y Omegs Manuel Marin, pastor Sun. 10 a., 11:00 a., 5 p.m.; Wed. 6 p.m. 500 Elm Street, Rule Sweet Home Baptist Church Larry Neal, pastor Sun. Morn.11 a.m., 5 p.m.; Wed. 5 p.m. Gladstone Ave., Rule West Bethal Baptist Church Rev. Clovis Dever

Mouthguards are important for sports

Each year, more than two million teeth are knocked out in sports-related injuries, according the American Dental Association. Accidents can happen during any physical activity, even non-contact sports such as skateboarding and cycling.

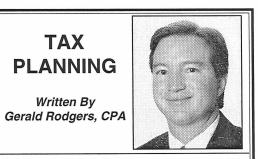
Using a mouthguard can help prevent broken teeth and injuries to the lip, tongue, face or jaw.

Dentists at the Texas A&M Health Science Center Baylor College of Dentistry say properly fitted mouth protectors can cushion a blow to the face, limiting the risk of trauma. They add mouthguards should fit comfortably in the mouth without

restricting normal functions like talking and breathing.

People with orthodontic braces or fixed bridge work are especially vulnerable to soft tissue injuries during physical activity. Mouth protectors can serve as a barrier between the mouth and dental work, helping to minimize damage to the soft tissue of the mouth and fixed bridges

"Although mouthguards are mandated for adolescents in sports such as football and wrestling, there are no such mandates for other sports in which contact and/or collisions can take place, such as basketball and soccer," said Dr. Reginald Taylor, director and associate professor of the predoctoral orthodontics program at HSC-BCD. "It is important to note that a mouthguard requirement in these sports could significantly reduce the severity of contact injuries to the mouth.'



SMALL BUSINESS GETS TAX BREAKS IN NEW LAW The Small Business and Work Opportunity Tax Act of 2007, signed into law on May 25, offers tax breaks for you and your business-and also contains less beneficial provisions that may require changes to your tax plan. Here's an overview:

•Additional Section 179 deduction. For 2007, you can expense up to \$125,000 of business assets, including furniture, equipment, and computer software. Under prior law, the maximum Section 179 expense for this year was \$112,000. In

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Donations may be mailed to: Haskell Volunteer Fire Dept.

301 N. First St., Haskell, TX 79521

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museum receives grant Knox

A \$15,500.00 grant from The Meadows Foundation of Dallas, has been awarded to the Friends of the Knox County Historical Commission to be used to complete the interior of the Wichita-Brazos Museum and Cultural Center at Benjamin.

The Meadow's mission is to "assist the people and institutes of Texas to improve the quality

programs and services that employ imaginative and innovative ways to solve community problems. The Meadows Foundation is among the most recognized of private philanthropies in the nation.

Members of Friends of KCHC

PERFORMERS-Haskell Elementary third graders, I-r, Mykal Abila, Ruben Torres, and

Davis Benavides recently performed "The Garden Show" along with other third grade

themselves and future grant chairman of Rhineland, generations," by supporting with information and aid in writing the application to generations. Meadows included Mary Jane Young, chairman; Kenneth Roberts, treasurer; Toby Whisenhunt and Jan Kilgore, office staff. For Knox County, a problem

has been a lack of a central

and circumstances of life for who supplied Mary Birkenfeld, institution to research, collect, store, and pass on cultural and historic connections to new

> When Birkenfeld was asked why this area has historic significance, she told how the past connects to the present as the American urge to move West, unfolded in a unique way in Knox County's own setting of geological change, geography and location. The choices humans made through the centuries were made to adapt to those conditions. She traced the geological story from the time this area was the northwestern shore of the Permian Sea to today's scientists searching here for fossils. Then traced the human story from ancient Indian trails back and forth over the Rolling Plains from the Spanish explorers like Jose Mares to the 1841 Texas Santa Fe Expedition across the Narrows east of Benjamin, to Anglo buffalo hunters to cattleman pushing the Texas frontier west after the Civil War, to today's use the land for modern of agriculture and oil production.

If determination to tell these stories and a vision of a place to tell them expressed by Friends of KCHC in their erecting a shell of a building in 2005, was important to Meadows impression on Knox County people, then the foundation was seeing a reflection not just of Friends of KCHC, but of hundreds of Knox County residents and former residents who have helped the Friends of KCHC slowly move forward with fund-raisers, both large and small.

All deadlines are 5 p.m. Monday.



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