

Calendar

Girls athletics

All members of Haskell High School and Rochester Junior High girls athletics are reminded to turn in their completed physicals to the athletic office by Fri., July 31. Additional forms, if needed, are available at the high school athletic office.

Indian football

Haskell Indian football workouts will begin Aug. 3 at 6 p.m. Equipment will be issued beginning at 5 p.m. on that day. For more information, call Coach Kent Colley at 940-256-1766.

Genealogy

The Haskell County Historical and Genealogical Society's August meeting will feature a program on genealogical research. Joy Wiley with the Abilene Public Library Genealogical Department will present the program. The meeting will be Mon., Aug. 3 at 6 p.m. in the Haskell County Library. Anyone interested in genealogy is invited to attend.

Bible festival

Cornerstone Fellowship Baptist Church in Haskell will host their Family Bible Festival Aug. 6-8 from 6 to 8:30 p.m.

Volleyball night

First Baptist Church in Haskell is hosting an open gym for volleyball every Thursday night at 7:30 p.m. Volleyball players of all ages are welcome to come and play. There is no charge. For more information, call the church office at 864-2581.

PC Homecoming

Paint Creek School is seeking updated information on all former students for Homecoming 2009. Send any name changes, address changes or life status changes to rhansoncmc@srcaccess.net, call 940-864-3904, or mail to 807 N. 9th St., Haskell, Texas 79521. Homecoming is planned for early November.

Homecoming

Haskell homecoming will be held Sept. 25-26. Updated information is needed on former students. If you can provide updated information concerning addresses, email addresses or phone numbers, send the information to 1702 N. Ave. H, Haskell, Texas 79521 or email baylessgrant@gmail.com or call 940-864-2176.

Cancer support

The Haskell Area Cancer Support group meets every other Tuesday from 5:30 to 7 p.m. in the meeting room of the First Assembly of God Church. For more information, call 940-864-5964.

Bible study

A Bible study entitled "Deeper Still" will be held Sept. 13-Oct. 18 from 4:30 to 5:45 p.m. on Sunday afternoons at the First Baptist Church Education Building in the regular classroom. A nursery will be provided by calling the church office each week at 864-2581. Registration may be made by calling the church office. Earlene Griffith will be the facilitator.

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"The People's Choice"

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SEWER LINE IMPROVEMENTS—Tony Williams, far right, looks on as Kelly Williams, left, and Tyler Mitchell saw out the concrete along Hwy. 380 to allow them to finish digging to reach the existing sewer line connection seen just below where they are standing. The new sewer line at the bottom of the picture is a 12" line and replaces the old 6" line that runs south of the highway to the sewer plant on Avenue B East. The crew will cross the highway and head north for three blocks in the days to come replacing the line on the north side with a 10" line. The four block venture is a continuation of the bypass project and will bring improved sewer service to the prison complex.

Haskell Elementary to register

Haskell Elementary School will hold registration for new students to the district Mon., Aug. 10, Tues., Aug. 11 and Wed., Aug. 12 from 9 a.m. to 12 noon and from 1 to 3 p.m. in the elementary office. This registration is also for any students that did not pre-register in the spring for Prekindergarten or Kindergarten and for students that have attended Haskell Elementary in the past, but did not finish the 2008-09 school year at Haskell Elementary.

Parents should bring their drivers license and their child's birth certificate, immunization record, social security card and last report card.

Registration and Back to School Night for all Haskell Elementary students will be held Tues., Aug. 18 and Thurs., Aug. 20. Registration on Tues., Aug. 18 will be at 5:30 p.m. for students in the third and fourth grades and at 6:30 p.m. for students in the fifth grade.

Registration on Thurs., Aug. 20, will be at 5:30 p.m. for students in Head Start, PPCD (Early Childhood) and Kindergarten; Prekindergarten students will register from 5:30 to 7:30 p.m. and at 6:30 p.m. students in first and second grades will register. Parents are encouraged to attend registration with their child/children so they can meet the teachers and fill out necessary paperwork.

Homeroom lists will be posted at the time of registration.

School begins Mon., Aug. 24. Classes will begin at 8 a.m. Kindergarten through fifth grades will dismiss at 3:15 p.m.

Rule ISD schedules registration and Meet the Teachers night

Rule ISD will hold registration on Wed., Aug. 19 and Thurs. Aug. 20, in the school library.

Parents or legal guardians of students in grades Pre-K through eighth, as well as parents of all students new to the district for the upcoming school year, are required to attend.

Parents of all high school age students are also encouraged to attend.

Registering on Wed., Aug. 19 will be seniors at 1 p.m.; juniors at 2 p.m.; sophomores at 3 p.m.; and freshman at 4 p.m.

The registration schedule for Thurs., Aug. 20 includes Pre-K

through fifth grade from 9 a.m. until 11 a.m.; eighth grade at 1 p.m.; seventh grade at 2 p.m.; and sixth grade at 3 p.m.

Parents of students who are new to the district should bring the following items with them to registration:

- Proof of residency in the Rule ISD district in the form of a water or electric bill.
- A copy of the child's Social Security Card.
- Current immunization records.
- Any records from the child's previous school district.

For more information

about registration, call Rule ISD at 940-997-2246 or 940-997-2521.

Rule ISD will host "Meet the Teacher Night" for all students and their parents on Thurs., Aug.

27 from 5:30 to 6:30 p.m. This event is for families who will have students in Early Childhood through twelfth grades during the 2009-10 school year.

Teachers and staff members will be on hand

to meet and greet parents and answer questions regarding the upcoming school year.

Rule Elementary School supply lists are available at the Rule ISD Superintendent's office.

Paint Creek School to hold registration Wed., Aug. 12

Paint Creek ISD will hold registration for all students for the 2009-10 school year Wed., Aug. 12. Come by the school office between 9:00 a.m. and 3:30 p.m. to complete needed paperwork. Schedules for high school students will be given at

this time.

To attend Kindergarten, a child must be 5 years old on or before Sept. 1, 2009. To attend Pre-K, a child must be 4 on or before Sept. 1, 2009.

For all new incoming students, parents should bring their driver's license,

their child's immunization record, birth certificate, and social security card to registration.

The first day of school will be on Aug. 24.

If you have any questions, call the school at 940-864-2868.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 940-864-2686

Vitamin D, sunlight and breast cancer

by Jane Rowan
CEA/FCS, Haskell Co.
A new debate is looming in the medical community that using sunscreen increases a woman's chances of breast

cancer. While this may be sensational, it may be misleading.

A new study suggests that breast cancer patients with low levels of vitamin

D are much more likely to die of the disease or have it spread than patients who are getting enough of the nutrient, adding to evidence that the 'sunshine vitamin,' has anti-cancer benefits.

You see, your skin can make vitamin D from ultraviolet (UV) light, but this same light can also cause melanoma and other types of skin cancer.

The Texas AgriLife Extension Service and Texas Cancer Council want to remind you to wear products sold in stores with SPF built into them, such as lip balm, make-up and lotions with a broad-spectrum sunscreen of 15 or more on areas exposed to the sun to prevent skin cancer.

It is also important to continue to reapply the sunscreen throughout the day. It only takes about 15 minutes a day, 3 times a week of being in the sun to make enough vitamin D. Having your body make vitamin D is only one way to get the recommended amount of the vitamin, which is crucial for healthy bones and preventing certain cancers and autoimmune diseases.

The National Academies of Sciences currently recommend 200 international units (IU) of vitamin D for children and adults up to the age of 50, and 400 to 600 IU for adults older than 50 years of age.

Some foods contain vitamin D, including fatty fish such as salmon, fortified milk, cheese, fortified breakfast cereals and yogurt. Sunlight is only one source of vitamin D. Just a small amount of sunlight—not a suntan—is needed to meet the body's daily recommended requirement for vitamin D.

Sunscreens do not contribute to vitamin D deficiency because regular sunscreen use does not eliminate sun exposure. At this time, it is too early to suggest that vitamin D deficiency increases cancer risk.

The Texas AgriLife Extension Service and Texas Cancer Council encourage you to talk to your doctor if you are concerned about your vitamin D levels. He or she may recommend taking a daily supplement of vitamin D.



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Cornerstone Fellowship Baptist Church
1600 North First
Haskell, Texas 940-864-5557

Obituaries

Hazel Estelle Cluck



HAZEL CLUCK
Funeral services for Hazel Estelle Cluck, 77, of Pasadena were held Tues., July 14 at Grand View Cemetery in Pasadena with Dr. John Redmon of First Baptist Church of Pasadena officiating. Interment was at Forest Park East Cemetery in Houston.

Mrs. Cluck died July 10 in Pasadena after suffering a heart attack.

Born Sept. 3, 1931 in Haskell, she was the daughter of Robert Aubrey and Verna Estelle Rainey Swailes of Haskell and the oldest of six children.

She married Lee Otis Cluck of Rogers, Arkansas in 1948. They made their home in the Panhandle of Texas, living in Sunray, Etter and Dumas. In 1974 they moved to Pasadena. She loved nature, poetry and cooking. She and Otis enjoyed fishing and traveling in their RV. She was an active member of the First Baptist Church in Pasadena.

She was active throughout her life in Vacation Bible School, the PTA, her Sunday

school classes and her children's activities.

She was preceded in death by her husband in 2006; and three sisters, Stella Louise, Minnie Pearl and Barbara June.

Survivors include her son and daughter-in-law, Kenneth and Carol Cluck of La Porte; her son, Jimmy Cluck of La Porte; her daughter, Lynet Lee of Baytown; her sister and brother-in-law, Robbie Lee and Bob Russell of Burleson; her brother and sister-in-law, John and Moira Swailes of Pasadena; her aunt, Ruby Wooten of Haskell; six grandchildren, Craig, Josh, Nick, Jacob, Jared and Anna; three great grandchildren, Ty, Madison and Cooper; nephews, nieces, cousins and many friends. PD NOTICE

Bed bugs becoming a global nuisance

Bed bugs are well on their way to becoming a worldwide nuisance, especially for international travelers, according to Texas AgriLife Research and Texas AgriLife Extension Service entomologists.

"The more hotels and motels you stay in, the greater the probability of being bitten by bed bugs," said Dr. Robert Gold, an urban and public health entomologist with AgriLife Research in College Station. "That's especially true if you travel through Europe or developing countries, but they're also in the U.S."

Gold said the pests are a growing problem in metropolitan areas that host large numbers of international travelers, including New York, Los Angeles, Chicago and Houston.

"The first thing anyone traveling should do is inspect their hotel or motel room for bed bugs," he said. "Bed bugs often leave dried blood or rust-colored stains or tracks, especially on mattress folds and tufts. Pull back the bedding to expose the mattress and box springs and check the mattress, especially the areas closest to the head board and foot of the bed."

"Bed bugs have really proliferated over the past several years, and there are more and more reports of bed bug infestations in hotels and motels throughout Texas and the rest of the U.S.," said Dr. Noel Troxclair, an AgriLife Extension entomologist in Uvalde.

Troxclair said complaints of bed bugs by travelers staying in accommodations ranging from low-end motels to five-star hotels have increased significantly.

True to their name, bed

bugs prefer beds and bedding, but can also be found under cushions, behind picture frames, on lamp stands, behind baseboards, in back of electrical switch plates and in a variety of other locations, Troxclair said.

"Adult bed bugs are the same size as a poppy seed, but flatter," he said. "Just think about the places a small seed might fit and you'll get an idea of all the cracks, crevices, nooks and crannies where they can hide."

If you discover bed bugs or evidence of them upon room inspection, the best solution is to request a different room or, if necessary, to change location, he said.

"Unfortunately for those travelers without time or resources to find different accommodations, there's no tried-and-true method of preventing bed bugs from biting," Troxclair said.

However, he added, there might be a few steps travelers can take to protect themselves and reduce the risk of bringing bed bugs home if forced to remain in a bed bug-infested room.

"Having housekeeping vacuum can help remove bed bugs and their eggs from mattresses, box springs, carpets and other areas," he said. "Have them concentrate on mattress and box springs seams, tufts and edges, as well as where the baseboards and carpet meet."

"In an emergency, applying an insect repellent like DEET may help the traveler avoid some bed bug bites," said Dr. Mike Merchant, AgriLife Extension urban entomologist in Dallas. "It's not for everyone, and I don't recommend it on a regular basis, but a repellent may help you get through the

night in a hotel with bed bugs."

Probably more important for most travelers is reducing the risk of taking the little bugs home with them, Merchant said.

"Since most bed bugs crawl into cracks and crevices near the bed, it's a good idea to keep your suitcase and personal articles a few yards away from the bed. After a quick check, I will keep my suitcase on the luggage rack on the opposite side of the room."

Merchant said this is no guarantee but reduces the chances of a stray bedbug hitching a ride home in a traveler's clothing or suitcase.

Unlike some other insects, a bed bug's bite is just about painless, said Merchant, who has allowed captive bed bugs to bite him for research purposes.

"Especially with the smaller ones, you don't feel a thing. They're light and very stealthy. They'll feed and be gone and you won't even know it."

Merchant said the welts and itching from a bed bug bite are caused by their saliva, which they inject to prevent blood from clotting as they feed on their "blood meal." However, unlike other insects, they do transmit disease or inject toxins into their victim.

"The welts may appear a day or two after the bite, so it can be difficult to know exactly when and where a traveler might have been bitten," Gold noted.

Bed bugs locate their human hosts by body heat and the carbon dioxide exhaled during respiration, but they are also attracted to the human body smell, Troxclair said.

"Taking a bath or shower before going to bed, particularly after a day of physical exertion, may help reduce detection," he said.

"If you're exposed to bed bugs, the best you can hope is to slightly reduce the likelihood of being bitten," Troxclair said. "The only sure way to avoid getting bitten is to get away from them completely."

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Picnic food safety is greater concern in hot weather

Ants aren't the only little creatures that can spoil a summer picnic, said a food safety expert with the Texas AgriLife Extension Service.

"Another thing that can spoil a picnic or other outing is food-borne bacteria from improperly handled, prepared or stored foods," said Rebecca Dittmar, AgriLife Extension associate for food protection management.

"Hot temperatures accelerate the production of bacteria that contain toxins which may cause food poisoning," Dittmar said. "Typically you can't see, smell or taste food-borne bacteria."

Symptoms of food-borne illness include a fever or headache, stomach cramps, vomiting and diarrhea.

Picnic foods typically require a lot of handling, and the more foods are handled the greater the risk of contamination, Dittmar said.

"The key guidelines to follow for better picnic food safety are: clean, separate,

cook and chill," she said.

Dittmar said hands should be washed thoroughly, as should the surfaces on which food is being prepared and any containers, serving pieces or utensils being used.

"Since many picnic areas may not have easy access to running water, it's a good idea to bring your own dish washing soap and water, hand sanitizer or anti-bacterial wipes," she said.

She added that it's especially important to keep picnic foods separated when storing, preparing and serving them.

"Use a separate cutting board for fresh produce and raw meats," she said. "Foods to be grilled on-site should be securely wrapped so juices don't drip onto other foods. They should be separated from vegetables and premade foods, preferably in their own cooler."

"Keep them in the cooler until you're ready to cook and only take out the amount you intend to put on the grill."

Dittmar added that separating raw and cooked foods will help avoid cross-contamination, and keeping foods covered will help avoid contamination from insects or foreign objects.

Hot foods should be kept hot and cold foods should be kept cold, she noted, and beverages and perishable foods should be kept in separate coolers.

Dittmar suggests cooking steaks and fish to a minimum internal temperature of 145 degrees. She adds that pork and hamburgers are best cooked to an interior temperature of 160 degrees,

while poultry should have an interior temperature of at least 165 degrees.

"A food thermometer is a small but valuable investment for helping ensure food safety by making certain the interior temperature of foods is adequate," she said.

She also recommends keeping hot foods at 140 degrees or higher until served.

Cold foods prepared for picnicking should be kept at a temperature of 40 degrees or lower, she added. The cooler should be placed in the interior of the vehicle, not the trunk.

"Once you get to the picnic site, put the cooler in the shade, and only open it when necessary, leaving food inside until just before serving time," Dittmar said.

Cooked meat, poultry, fish or seafood should be eaten right away, she added.

"Never let food sit out for more than an hour when it's 90 degrees or hotter," she said. "You should either eat it or store it in a cooler, insulated container or refrigerator within that

time." The clock also is ticking on consuming any foods remaining in the cooler once the ice has melted, Dittmar added.

"Usually there's about a two-hour maximum window for safely consuming food after the ice in a cooler has become water," she said. "But if you're concerned about whether food is safe or not, the best rule of thumb is always: When in doubt, toss it out."

Cooking for cancer patients program set in Abilene

Cancer Services Network will present an educational program entitled, Cooking for Your Health: Optimizing Nutrition for Cancer Patient at 6:30 p.m. Thurs., August 6 at United Way of Abilene located at 240 Cypress.

Janet Basom, RD, LD, dietitian at the Joe Arrington Cancer Research Center in Lubbock and Jimmy Tomlin, owner and chef of Alley Cats will present this program from a dietitian's perspective as well as a chef's perspective. Tomlin will demonstrate recipes from Eating Well Through Cancer written by Holly Clegg and Gerald Miletello, M.D. Anyone who enjoys a healthier approach to cooking will enjoy this program.

"Our goal is to present information about how nutrition can maintain your health and strength to fight cancer and how foods can help in managing the side-effects of chemotherapy and cancer related treatments. This information will be helpful for cancer patients, cancer patient's family

members, caregivers and for everyone wanting to learn how a proper diet may reduce the risk of developing certain cancers," said Suzie Shahan, Chair of Cancer Services Network Board of Directors.

Cancer Prevention and Research Institute of Texas will fund a portion of this event. There is no cost to attend but reservations can be made by calling the Cancer Services Network office at 325-672-0040 or by emailing adodson@cancerservicesnetwork.org. Cancer Services Network provides financial and emotional support to underserved cancer patients and their families in a 19-county service area.

The mission of Cancer Services is to raise the level of hope for cancer patients by providing assistance for: emergency funds, insurance assistance (COBRA), prescriptions, nutritional supplements, cancer-related medical supplies and transportation.

Find bigger tax credits for back-to-school time

More parents and students will qualify for a tax credit over the next two years under the American Recovery and Reinvestment Act (ARRA).

"If you're planning to attend college this fall, take a look at the American Opportunity Credit," advised Clay Sanford, a Dallas-based IRS spokesman. "It's a new credit that replaces and expands on the Hope Credit."

The American Opportunity Credit modifies the existing Hope Credit for tax years 2009 and 2010, making the Hope Credit available to a broader range of taxpayers, including many with higher incomes and those who owe no tax. It also adds required course materials to the list of qualifying expenses and allows the credit to be claimed for four post-secondary education years instead of two. Many of those eligible will qualify for the maximum annual credit

of \$2,500 per student.

Sanford said the full credit is available to individuals whose modified adjusted gross income is \$80,000 or less, or \$160,000 or less for married couples filing a joint return. The credit is phased out for taxpayers with incomes above these levels, but even these income limits are higher than under the existing Hope and Lifetime Learning Credits.

Some students may not make enough money to be required to file a tax return, but Sanford emphasized that even so, they should consider filing a return to request the credit. Generally, 40% of the Hope Credit is now a refundable credit, which means that you can receive up to \$1,000 even if you owe no taxes.

For more great back-to-school information about qualified education expenses, see IRS Publication 970, Tax Benefits for Education.

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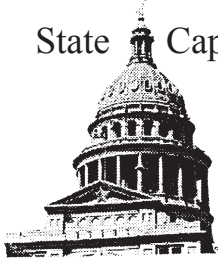
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OPINION

TEXAS PRESS ASSOCIATION

State Capital



HIGHLIGHTS By Ed Sterling

Texas schools to receive additional infusion of federal funding

AUSTIN—The U.S. Department of Education has approved Texas' plan for spending \$3.2 billion in federal stimulus funds.

Of that amount, \$2 billion must be used for elementary, secondary, post-secondary, early childhood education and for other services to improve student achievement.

Those funds, along with more than \$30 billion from other sources, will finance the non-local portion of funding for about 1,200 school districts and charter schools.

School districts must spend the stabilization funds and other funds in accordance with state and federal law, and they also must provide an \$800 across-the-board pay raise to all teachers and professional school district employees.

"The \$2 billion Texas will receive today [July 24] is part of the single largest boost in education funding in recent history," said U.S. Secretary of Education Arne Duncan.

"Texas can now utilize these funds to save jobs and lay the groundwork for a generation of education reform."

The \$2 billion is in addition to \$1.7 billion in federal education stimulus funds already allocated to Texas. In the fall, Texas plans to request another \$1 billion in federal stabilization funds for education, Texas Commissioner of Education Robert Scott said.

Perry opts for 'no-strings' money

Gov. Rick Perry on July 24, in explaining his decision to turn down \$555 million in federal stimulus dollars that would have buttressed the state's dwindling unemployment compensation fund, said there is some "no-strings" funding available in the federal stimulus package that he would accept.

He said the funding would provide an additional \$25 per week in benefits to qualified unemployed Texans, resulting in an additional \$161 million for the program and weeks of extended benefits for Texas workers.

Source sought in tar ball episode

Sludgy balls of tar washed up on a stretch of beach on South Padre Island on July 22, in the height of tourist season.

The General Land Office is using current-tracking buoys, chemical analysis and assistance from the National Oceanic Atmospheric Administration to identify the origin of an oil spill that likely caused the tar balls.

And, the agencies are working together to determine where the pollution might go next.

State oil spill crews worked with the U.S. Coast Guard on the cleanup, filling 50 fifty-five gallon barrels with tar ball material. Land Commissioner Jerry Patterson said the cleanup was completed on July 24.

Law: bloodspot destruction OK

Parents of children born in Texas may direct the Texas Department of State Health Services to destroy dried bloodspot samples collected as part of a routine heel-stick screening of newborns.

The department said it began saving all newborn screening samples in July 2002 for quality control purposes and for their potential value in approved research to find ways to prevent, diagnose, treat or cure leukemia, birth defects, brain cancer or other serious medical conditions in children.

Two samples are collected from each newborn, one at birth and the other one to two weeks later.

No resolution on tuition question

Attorney General Greg Abbott released an opinion addressing a legislator's question as to the legality of offering in-state college tuition rates to undocumented Texas residents.

The opinion, GA-0732, says the fact that the key terms "residence" and "postsecondary education benefit" are not defined in federal law presents a problem, plus, there are no relevant state or federal court rulings for guidance.

So, the question remains.

Senate rejects gun amendment

The U.S. Senate on July 22 voted down legislation that would have allowed state-issued concealed handgun permits to be legal in other states that issue that type of permit.

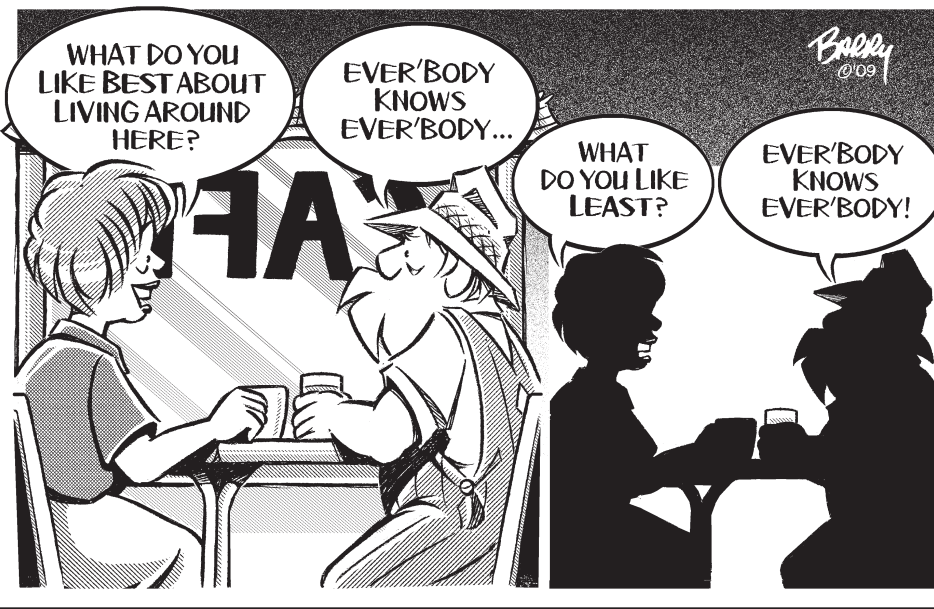
The legislation by Sen. John Thune, R-S.D., was a proposed amendment to S. 1390, the fiscal year 2010 Defense Authorization bill.

The vote was 58-42 in favor, two votes short of the 60 votes needed to prevent a filibuster. Texas' two U.S. senators, Kay Bailey Hutchison and John Cornyn, voted in favor.

TxDOT pre-applies for rail grants

The Texas Department of Transportation on July 10 submitted 17 grant "pre-applications" to the Federal Railroad Administration for rail projects across the state.

Grants would come through the \$787 billion American Recovery and Reinvestment Act of 2009, which includes \$8 billion for high-speed intercity passenger rail projects throughout the nation.



From Out of the Past

From the files of The Haskell Free Press

10 Years Ago August 5, 1999

Haskell residents Hannah Page, Aubrey Bassett, Melissa Buerger, Monica Buerger and Brooke Bullinger participated in Threshold, a camp for gifted and talented children held recently at Hardin-Simmons University.

Geoffrey Phemister of Haskell made an ace while playing at the Aquita Harbour Course in Stafford, Virginia, where he was visiting his father, Randy Phemister.

Hilee Mulligan competed against young women from across the state during the West Texas Junior Miss.

The annual reunion of the George and Harriet Alexander family, longtime resident of Weinert, was held in Seymour at the Donnie Portwood building and pavilion.

20 Years Ago August 3, 1989

Fire Department Secretary, John Watson, and Fire Chief, Tom Watson, presented a check to contractor, David Jim Strickland, for work on the foundation slab and building of a new fire station.

Haskell JV cheerleaders, Deanne Wallace, Marsha Moore, Sunny Coleman and Holly Hobgood, were named the "most outstanding" squad at the Hardin-Simmons All-Star Cheerleading Camp.

Ben and Sue McGee of McGee's Lumber Yard won a trip to Hawaii through a promotion by Cameron

Wholesale Co. Their company sold 6,000 squares of shingles during a 3-month contest period.

Verlene Adkins retired from the Haskell County ASCS after completing thirty-one years of service.

30 Years Ago August 2, 1979

The Haskell Band Booster Club held a reception for the Wendell Gideon family.

Haskell Volunteer Fire Department members, Tommy Watson, Bill Lane and Don Comedy, attended the 50th Annual Firemen's Training School at Texas A&M University.

Mr. and Mrs. Odie L. Bland celebrated their 50th wedding anniversary.

40 Years Ago August 7, 1969

Haskell Stone, retired Vocational Agriculture teacher of Haskell, was honored by the Vocational Agricultural Teacher's Association of Texas in Austin.

J.F. Cadenhead, III, son of Dr. and Mrs. J.F. Cadenhead, spoke to members of the Lions Club of his trip to Hawaii.

Lorenia Caddell and Karen Earp were winners of the senior and junior division at the Haskell County 4-H Dress Revue.

50 Years Ago July 30, 1959

Billy V. Davis, son of Mr. and Mrs. Ace Davis of Haskell, accepted a position as first assistant football coach at Wilmer Hutchins High school in Dallas.

Mr. and Mrs. Don Larned and Debbie of Pasadena visited relatives and friends in Haskell.

J.M. Crawford, chairman of the Haskell County's Saving Bond Committee, reported that Haskell savings bonds in the amount of \$17,812 represented a 49.5 percent of the year's goal for the county.

Mary Scott celebrated her 67th birthday.

Jimmy Rexrode, son of Rev. and Mrs. M.D. Rexrode of Haskell, attended the Southwestern Baseball Clinic held at Baylor University.

J.P. Beckham celebrated his 85th birthday.

100 Years Ago July 31, 1909

G.W. Callahan, agent for the Hartford Life Insurance Company in Haskell, went to Seymour to pay off a \$10,000 claim against the company.

T.J. Head of Rochester passed through Haskell on his way home from a trip to Oklahoma.

T.B. Jamison of Mansfield was in Haskell repairing some damages done to his property by the recent storm.

Mr. and Mrs. Annyton of Alvord visited the family of J.T. Killingsworth, to whom they are related.

Prof. C.E. Thomas accepted the position of Superintendent of Haskell schools.

C.R. Caldwell of Lamar County, an old friend of R.D.C. Stephens, visited in Haskell.

Newborn bloodspots destruction option available to parents

A new law allows parents of children born in Texas to direct the Texas Department of State Health Services to destroy dried bloodspot samples collected as part of a routine "heel stick" screening of newborns for certain inheritable and congenital disorders, after the newborn screening process is complete.

The state's newborn screening program began in 1963. In July 2002 the department began saving all newborn screening samples for quality assurance/quality control purposes and for their potential value in approved research to find new or more effective ways to prevent, diagnose, treat or cure leukemia, birth defects, brain cancer or other serious medical conditions in children.

The stored dried bloodspot cards contain no names or other personally identifying information. Identifying information linking a child to a particular bloodspot card is not allowed outside of DSHS without advance written consent of the parent, managing conservator or legal guardian unless otherwise provided by law.

But people who do not want their children's bloodspot samples stored after the newborn screening process is complete may request destruction of those samples. Information about the use and storage of the samples and a downloadable destruction request form are available online at www.dshs.state.tx.us/lab/nbsbloodspots.shtm.

The form also can be requested by calling DSHS toll-free at 888-963-7111, ext. 7333 or by mailing a request to: Texas Department of State Health Services, Newborn Screening Laboratory, MC 1947, P.O. Box 149347, Austin, TX 78714-9347.

DSHS reports that as of July 20 it has received

requests to destroy samples for 85 children. As of June 30 some 5.4 million samples have been stored. Typically, two samples are collected from each newborn, one at birth and the other one to two weeks later.

Recent legislation specifically authorizes the storage and use of the samples and requires that information about the practice and the destruction option be given to parents of newborns by the physician or other person attending the birth. Beginning Aug. 1, DSHS will be including this information with the newborn screening sample collection kits ordered by hospitals, birthing centers, physicians and midwives.

Crime of the Week

Around 1 a.m. on the morning of Sat., July 18, a sexual assault occurred in Rotan. Clear Fork Crime Stoppers, in cooperation with the Fisher County Sheriff's office, is offering a reward for information about this crime. Anyone with information is urged to call the tipline at 800-222-TIPS or text CFCS at

CRIMES. All tipsters remain anonymous.

Clear Fork Crime Stoppers pays cash rewards of up to \$1,000 for information that leads to the arrest of persons who commit crimes in Fisher, Haskell, Jones, Kent, Shackelford and Stonewall counties.

Remember—We want your information, not your name.

Use the \$1 coin

Did you know that by using the new \$1 Presidential Coin instead of the paper bill, you can help our country save millions of dollars? The lifespan of the new presidential coins is estimated to be 30 years. Even if they are eventually removed from circulation, all of the materials in the coin can be melted down and used again for new coins or other products.

The Presidential Coin Act of 2005 honors our nation's presidents by featuring their images on the coins in the order they served. The program, which began in 2007 with the issuance of the George Washington Presidential Coin, issues four presidential coins each year.

This year, coins depicting Presidents William Henry Harrison, John Tyler, James K. Polk and Zachary Taylor will be released.

Modeled after the fifty states quarters program, the government is hoping that Americans will embrace the new coins and not only collect them, but spend them. The presidential coins can be used anywhere you spend cash at retailers today, and expect more acceptance over the next few years in vending machines, toll booths and parking meters.

Although the size, weight and metal composition of the presidential coins are identical to the Sacagawea Golden Dollar coin issued in 2000, these coins have some unique features. All other circulating coins include the word "Liberty" somewhere on the coin. The new presidential coins do not. However, the Statue of Liberty is depicted on the reverse side of the coin.

Unlike the original Sacagawea Golden Dollar, these new presidential coins are treated to resist tarnishing.

When the minting first began, the motto "In God We Trust" was inscribed on the rim of each coin. That motto has now been moved to the front side of the coin with the presidential likeness.

Not since 1933 had edge lettering been used on circulating coins. The edge of the new coin is inscribed with E Pluribus Unum. Even though Congress passed legislation in 1893 requiring E Pluribus Unum to appear on all coin designs, few people have any idea what the words mean. At one time, these words were our national motto until Congress passed legislation in 1956 making "In God We Trust" our national motto.

E Pluribus Unum is Latin meaning "out of many, one." These words refer to the fact that the United States was formed as a cohesive single nation as a result of the thirteen colonies joining together.

Although the American public never embraced the Sacagawea Golden Dollar, the government is hoping that due to the popularity of the state quarters program that the presidential coins program will be just as popular.

If you haven't yet seen the \$1 presidential coins, ask your local community banker or ask the businesses where you shop to give you your change in the \$1 presidential coins.

For the most up-to-date information, log on to www.usmint.gov. And look at it this way, if you collect all of the presidential coins, you'll never be broke and in this day and age, that can be a comforting feeling.

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This issue mailed Wed., July 29, 2009



Bike basics: Cycling your way to work, fun, fitness

Sales are booming for the bicycle, fueled by the growth of fitness riding, amateur racing and bicycle commuting.

All bikes, from fat-tired boardwalk cruisers to the featherweight \$200,000 racers ridden by Lance Armstrong, descend from the pedal-less "walking horse" invented in 1818 by Baron Karl Drais of Germany. Today, they're the main form of transportation for much of the world. Even in car-loving America they're busting out of their historical user base of children, students and racers.

Turning Drive Time into Riding Time

Biking to work may deprive you of the comedy stylings of your favorite morning talk-radio DJs, but the benefits are substantial. You'll save big on gas, pollute less and arrive on the job site with a clear mind and a pleasant endorphin buzz. Although some potential bike commuters hesitate due to concerns about weather, convenience and safety, all of

these issues are manageable with a little preparation:

Make yourself conspicuous with front and rear bike reflectors (or, better still, battery-powered lights), a reflective mesh safety vest and generous use of peel-and-stick reflective vinyl film.

Play dodge-car whenever possible by using available bike lanes, less busy side roads and shortcuts through parks or greenbelts.

Change with the seasons by wearing a lightweight, brightly colored thermal cycling pants and hooded jackets in cold or rainy weather and snug, perspiration-shedding shorts and tops in the summer.

Pack light by purchasing a backpack, touring panniers (saddlebag-style storage pouches) or covered basket just large enough to carry basic items such as a bag lunch, extra clothes, folders and notebook computer.

Pedaling for Your Life

Few types of aerobic exercise offer more minute-for-minute health benefit than bicycling. Just a 15-minute

bike ride five times a week can burn off 11 pounds of fat a year and cut your risk of heart disease by as much as 22 percent. Bicycling also elevates your mood, builds strength and coordination, and improves your overall cardiovascular health. Get the most out of your time in the saddle by:

Getting the right bike. Most riders who are more interested in getting fit than racing competitively will find a hybrid bicycle well suited to their needs. These bicycles generally have 10 or 12 speeds, comfortable seats, mid-weight frames and tire dimensions that split the difference between mountain bikes and racers. Prices are moderate: good value can be found in the \$250 to \$800 range, compared to \$1,000 or more for high-quality racing bicycles.

Starting smart by wearing a wireless heart rate and/or blood pressure monitor when you first start riding. Talk with your doctor before you begin your fitness riding program. He or she will be able to advise you on target

heart rates and blood pressure levels best suited to your current health conditions.

Diversifying your fitness program by adding weight-bearing exercise such as jogging, stair climbing, step aerobics, weight training or dancing. As healthful as bicycling is, it offers comparatively less bone-strengthening benefit.

Burning the right fuel. As starved as you may feel after a good ride, avoid the temptation to replace all the calories you just burned by immediately polishing off a big soda and bag of chips. Good ways to stave off hunger are eating a low-calorie protein bar or a sweet, potassium-rich fruit such as a banana before and after your ride, and staying well hydrated. And remember: Most sports energy drinks deliver high calorie payloads and few health advantages over plain water.

Racing to Win

Bicycle racing is going mainstream in a big way with the growing popularity of triathlons (bike-run-swim events) and long-distance road racing. If you think this exciting sport may be for you, here are some general pointers:

Watch your wallet. The main obstacle for many potential racers is the cost of racing-type bikes. While higher end bikes can indeed set you back thousands, prices start at about \$600 for serviceable racers. And many triathletes who don't aspire to elite status find hybrid bicycles well suited to their goals.

Get in a training program if your free time permits. Bike racing involves a surprising amount of tactical savvy. Many riders will need to master new skills such

Rising debt puts pressure on graduates to be good money managers

After earning diplomas, many of today's college graduates can look forward to another "rite of passage"—paying back student loans. Graduates of four-year private and public universities in 2004 owed an average of \$19,000 in student loans according to figures from the National Postsecondary Student Aid Study 1993-2004 (NCES)—a 100 percent increase from 10 years before.

For graduate and professional students, loan debt averaged about \$40,000—again, an increase of 100 percent from the previous decade. The debt problem is also compounded by the growing number of college graduates with loans to repay. In 1993, less than half of college graduates had loans to repay, but the number is closer to two-thirds today.

For many graduates, a form of sticker shock sets in once they pick up their degree, says Tanisha Warner, a spokesperson for Consumer Credit Counseling Service, a nonprofit service agency.

"Fresh out of college, it is not uncommon for student loan payments to represent the largest financial obligation many graduates face," said Warner. "These students find it difficult to keep up with their obligations in addition to the new student loan payment."

Given the prospect of having debt and a lengthy repayment period, students need to be savvy money managers early on.

"Many recent graduates have become accustomed to living on the borrowing system," said Warner. "They may not be ready to face expenses such as rent, car payment, utilities, and the big student loan payment."

To prepare students for

repayment, more and more colleges and universities are requiring loan counseling for borrowers of Federal Stafford loans. The training focuses on the financial rights and responsibilities that borrowers assume with a loan and offers tips on managing money, which Warner applauds.

Warner said that most students are novices at handling their own finances and need a foundation in the very basics of budgeting and planning—and distinguishing between "needs" and "wants".

Learning how to manage money is relatively easy, aside from any tutorial a college offers. Students can also find online resources or contact consumer counseling services, which offer free advice. However, the key to any successful money management plan, according to Warner, is developing a budget.

"Creating a solid budget that includes a savings cushion for emergencies, periodic expenses, and possibly the occasional splurge allows consumers to manage all their financial obligations effectively," she said.

Financial success often occurs by adhering to a smart management plan. A variety of sources offer similar principles or recommendations for managing money well. This general plan offers good insight:

- Establish and maintain a spending plan: Budgeting basics are the foundation of strong financial management. Students need to determine expected monthly income and expenses, set categories for expenses, and track those expenses.

- Distinguish between financial needs and wants:

Students have to make judgments about what constitutes a "need" or necessity and a "want" or luxury. Getting a roommate, shopping at thrift stores, and taking a part-time job are all options for reducing expenses and increasing spending ability.

- Minimize debt: A basic for a student is to borrow conservatively, only what is needed. Earning potential plays into this: what can the borrower hope to earn and how does this measure up to expected repayment? Credit cards are especially tempting during college, but there are strategies for mitigating credit card debt, such as limiting use to one credit card or paying off balances each month.

- Keep good financial records: A good way to plan for future expenses is to keep copies of old receipts, and to track expenses.

- Invest in your future: Establishing a savings account promotes good money management, and serves as an investment.

as shifting gears at high speed, riding in a pack, safely negotiating sharp turns and using special pedals that involve clips or pegs. Most trainers also can offer unbiased advice about the most appropriate type of bike for your budget, physical abilities and competitive goals.

Don't push it. Although triathletes may average less

than 20 miles per hour during races, serious injuries are possible for riders who aren't attentive to safety rules and wearing high-quality helmets. Follow your trainer's safety advice to the letter and you'll not only ride more confidently but preserve the health benefits you've gained by participating in one of the most exciting of all amateur sports.


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Good Luck!

to
Brooke Bullinger
participating in the
Miss Texas Farm Bureau pageant
and to
Joseph Turner
participating in the
Talent Find Contest
events to be held at the Holliday High School
in Holliday on August 3



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Heat-related illness continued . . .

Safety in the hot summer months


Because our bodies adapt to the current environment over time, heat illnesses do not usually occur in people who are accustomed to strenuous activity on hot days, or those who live in areas that routinely suffer high heat and humidity. Danger often occurs when, for example, severe heat affects a geographic area suddenly or at the beginning of sports seasons, when unconditioned athletes begin training in warm weather.

Heat illnesses are preventable with proper precautions. Here are a few ways to protect yourself from heat illnesses:

1. Remain in an air-conditioned environment during hot weather or go to an air-conditioned area if feeling overheated. If air conditioning is not available, using fans can help cool the body.
2. Wear lightweight, loose-fitting and light-colored clothing. This allows heat to escape the body and the light color does not absorb heat.
3. Drink plenty of water and other hydrating liquids throughout the day to help maintain the body's fluid balance.
4. Avoid activity during the middle of the day when the sun is at its highest point.
5. A cool bath or shower will help keep body temperature at a normal level in hot weather.

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
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When you study the findings of the various agencies and companies who rate banks for strength and security, it becomes quite obvious that bigger is not necessarily better. Of course there are exceptions, but you will generally find that smaller banks fare better in the quality ratings than the big ones do.


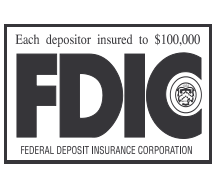
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Recognizing the signs of child abuse

Child abuse is failure to provide for a child's basic needs. There are four major types of child maltreatment: physical abuse, neglect, sexual abuse, and emotional abuse.

Physical abuse is physical injury that results in substantial harm to the child or the genuine threat of substantial harm from physical injury to the child. The physical injury (ranging from minor bruises to severe fractures or death) can result from punching, beating, shaking, kicking, biting, throwing, stabbing, hitting, burning, choking or otherwise harming a child. Such injury is considered abuse regardless of whether the caretaker intended to hurt the child.

Suspect physical abuse when you see:

- Frequent injuries such as bruises, cuts, black eyes or burns without adequate

explanations

- Frequent complaints of pain without obvious injury
- Burns or bruises in unusual patterns that may indicate the use of an instrument or human bite; cigarette burns on any part of the body

- Lack of reaction to pain
- Aggressive, disruptive and destructive behavior
- Passive, withdrawn and emotionless behavior
- Fear of going home or seeing parents

- Injuries that appear after a child has not been seen for several days
- Unreasonable clothing that may hide injuries to arms or legs

Neglect is failure to provide for a child's basic needs necessary to sustain the life or health of the child, excluding failure caused primarily by financial inability unless relief services have been offered

and refused.

Suspect neglect when you see:

- O b v i o u s malnourishment
- Lack of personal cleanliness
- Torn or dirty clothing
- Stealing or begging for food

- Child unattended for long periods of time
- Need for glasses, dental care or other medical attention

- Frequent tardiness or absence from school

Sexual abuse is when an adult engages in sexual contact or sexual activity with a child. Sexual abuse usually involves private parts. It can be especially difficult for boys and girls to tell someone that they are being sexually abused.

Suspect sexual abuse when you see:

- Physical signs of sexually transmitted diseases
- Evidence of injury to the genital area
- Pregnancy in a young girl
- Difficulty in sitting or walking
- Extreme fear of being

alone with adults of a certain sex

- Sexual comments, behaviors or play
- Knowledge of sexual relations beyond what is expected for a child's age
- Sexual victimization of other children

Emotional abuse is mental or emotional injury that results in an observable and material impairment in a child's growth, development, or psychological functioning. It includes extreme forms of punishment such as confining a child in a dark closet, making them the scapegoat, belittling and rejecting treatment for a child.

Suspect emotional abuse when you see:

- Over compliance
- Low self-esteem
- Severe depression, anxiety or aggression
- Difficulty making friends or doing things with other children
- Lagging in physical, emotional and intellectual development
- Caregiver who belittles the child, withholds love, and seems unconcerned about the child's problems

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Public Notices

INVITATION TO BID Notice is hereby given that Haskell Independent School District, using construction manager at risk services for construction, will receive sealed, written proposals at the office of the construction manager at risk, W.B. Kibler Construction, 9722 Abernathy, Dallas, Texas 75220-2698, until August 6, 2009 2 p.m. CST, for construction encompassing (but not limited to) the following construction packages: earthwork, asphalt paving, concrete, masonry, structural and miscellaneous metals, millwork, elfs, built up roof, doors, windows, storefront, drywall, suspended ceilings, interior finishes, lab casework, mechanical, plumbing, and electrical work for the addition of a Science Wing and renovation of the school facility.

Any proposal received after August 6, 2009 2 p.m. CST, will be returned unopened. The construction manager at risk will not be responsible for proposals that are mis-sent, mis-delivered, misplaced, or received after the submission deadline. In accordance with Texas Education Agency bid guidelines, proposal prices from individual contractors cannot be released by the construction manager at risk or Owner until construction manager at risk's guaranteed maximum price for construction is accepted by the District. All proposals must comply with specifications, be submitted on the Proposal Form included in the documents, and include bid security when required. Any proposal received on a form other than that provided in the documents will not be considered and will be recorded

as non-responsive without recourse.

FAXED BIDS WILL BE ACCEPTED WITH ORIGINAL TO FOLLOW WITHIN 24 HOURS.

Contract Documents, including plans and specifications, will be issued by the Architect beginning July 14, 2009, and may be examined during normal business hours at the following:

CADCO Architects-Engineers, Inc., 2401 S. Willis, Suite 200, Abilene, Texas 79605, 325-695-6281, Fax 325-695-6291.

Construction Manager at Risk, W.B. Kibler Construction, 9722 Abernathy, Dallas, Texas 75220, 214-358-4601, Fax 214-956-7473.

Dallas AGC, ISQFT Plan Room, 7168 Envoy Court, Dallas, Texas 75247, 214-819-8002 or 888-601-5761, Fax 214-819-9918.

Dodge Plan Room, 9155 Sterling Drive, Suite 160, Irving, Texas 75063, 972-819-1321 or 800-328-4542.

Concho Valley Plan Room, 818 N. Bell, San Angelo, Texas 76905, 325-655-3539.

Abilene AGC Plan Room, 1326 S. 14th, Abilene, Texas 79602, 325-676-7447.

Lubbock AGC Plan Room, 3004 50th St., Ste. B, Lubbock, Texas 79413, 806-797-8898.

Waco AGC Plan Room, 4500 West Waco Drive, Waco, Texas 76710, 254-772-5400, Fax 254-772-5451.

Austin AGC, 609 S. Lamar, Austin, Texas 78704, 512-442-7887, Fax 512-442-3503.

Construction documents may be procured upon receipt by the architect at the above address for a \$150.00 refundable deposit plus contractor paid postage (CD version of the construction documents is available at no cost). Plan holders not returning construction documents within two weeks of bid date will forfeit their plan deposit. 31c

NOTICE

Storage three months late will be sold Aug. 7, 2009 if arrangements are not made by that time. M. Estrada and D. Rodriguez. Call 940-256-2888. 31-32p

E-mail your news and photos to The Haskell Free Press at hfp@valornet.com

This Week's Devotional Message:



God's world offers an enjoyable economy vacation

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

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

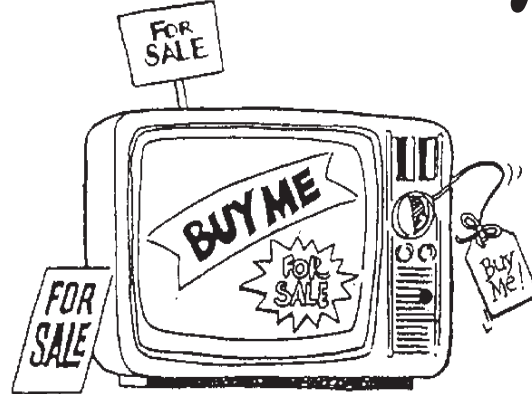
ATTEND CHURCH THIS SUNDAY

- HASKELL—•
- East Side Baptist Church**
Ronnie Gibson, pastor
Sun. 9:45 a.m., 11 a.m., 6 p.m.; Wed. 7 p.m.
600 N. 1st East, Haskell
- Christian Church**
Jim McCurley, interim minister
Sun. 10:45 a.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.m., 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.m., 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**
Philip Sims, 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.
306 N. Ave. E, Haskell
- Trinity Baptist Church**
Larry White, pastor
Sun. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 p.
114 S. Ave. D, Haskell
- Hopewell Baptist Church**
Sun. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
908 N. Ave. A, Haskell

- 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, Haskell
- 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**
Morris R. Johnson, pastor
Sun. 9:30 a.m. 10:45 a.m., 6 p.m.
Wed. 7 p.m.
1600 N. First St., Haskell
- God Loves You Ministries**
Mark Wallace, pastor
Sun. School 10 a.m.; Church 10:45 a.m.
West side of square, Haskell
- WEINERT—•
- First Baptist Church**
Dan Bullock, pastor
Sun. 10 a.m., 11 a.m., 6 p.m., Wed. 7 p.m.
Weinert
- Weinert Foursquare Church**
Rev. Robert Harrison
Sunday 11 a.m
Weinert
- ROCHESTER—•
- Church of Christ**
Steve Willis, minister
Sun. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m.
West on Main Street, Rochester
- First Baptist Church**
Joseph Barrett, pastor
Sun. 9:45 a.m., 11 a.m., 6 p.m.;
Prayer Time/Team Kids 5 p.m.;
Wed. Youth meeting 7 p.m.
500 Main, Rochester

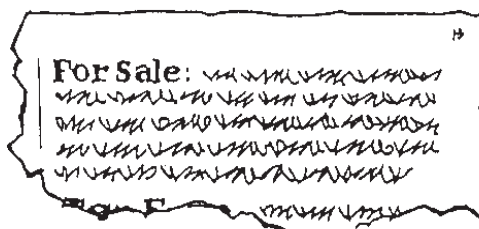
- Union Chapel Baptist Church**
Clovis Dever
Sun. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
Rochester
- Faith Chapel of Rochester**
Randy Hollingsworth, minister
Sun. 10 a.m., 11 a.m., Wed. 6 p.m.
Hwy 6, Rochester
- SAGERTON—•
- Sagerton Methodist Church**
Stephania Gilkey, pastor
Sun. Morn. 9:45 a.m.
Sagerton
- Faith Lutheran Church**
Rev. Dr. Keith Palmquist, pastor
Sun. 10:30 a.m.
Sagerton
- RULE—•
- 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
- Primera Iglesia Bautista**
Alfa y Omegas
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. 10 a.m., 11 a.m., 5 p.m.;
Gladstone Ave., Rule
- West Bethal Baptist Church**
Rev. Clovis Dever
Sun. 10 a., 11 a., 8 p.m.; Wed. 7:30 p.m.
300 Sunny Ave., Rule
- PAINT CREEK—•
- Paint Creek Baptist Church**
Sun. 10:00 a.m., 11:00 a.m., 6 p.m.
Paint Creek
- O'BRIEN—•
- O'Brien Baptist Church**
Jim Reid, pastor
Sun. 9:45 a., 11 a., 5 p., 6 p, Wed. 6 p.m.
O'Brien

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Sure, you can stand in the street in the middle of a major intersection every day for a week with an item you want to sell, put a couple of huge signs on it, and hope someone takes you up on the offer. It might just get the job done. Or you might just end up looking foolish.

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FOR SALE: 16 ft. garage door. Door is sectional with all hardware. \$100. 325-660-8011. 14tc

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RACE CAR DRIVERS: 1973 Nova body, without doors and front end. Perfect for race car body. \$250 OBO. 325-721-0674. 29tc

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\$225 KING pillow top mattress set. Brand new. Still in plastic. 325-428-9172. 31c

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FOR SALE: Glass top dinette table with 4 chairs. Great condition \$150. Call 996-2181 or 200-0069 or see it at 400 Cardiff Ave., Rule. 31c

For Rent

FOR RENT: Furnished rooms for rent. Nightly, weekly. Call Lone Star Lodging 864-2238 or 864-2424. 27tc

S&S STORAGE in Haskell has storage units for rent. Call 864-2208. 23tc

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GARAGE SALE: 309 Bonnie Lane, Fri., 7/31, noon to 7 p.m. Amana refrigerator with freezer and ice maker, bbq pit, 52" big screen TV with tuner and speakers, denim king comforter set, 6 panel door with frame, girls' clothes size 8 and up. 31c

CITY WIDE Garage Sale in Weinert: Sat., Aug. 1. 9 to 3. Maps available in front of First Baptist Church, Weinert. 31c

GARAGE SALE: 405 N. Ave. L. Sat., Aug. 1. 8 til ? 31c

GARAGE SALE: Sat., 8 to 1. 1202 N. Ave. J. School clothes, men's and women's clothes, PlayStation \$25. A little bit of everything. 31c

GARAGE SALE: Sat., Aug. 1. 7:30 to ? 502 S. Ave. P. Furniture, quilts, comforter, wall hangings, baby bedding and accessories, outdoor tools and equipment, children's clothes and much, much more. 31p

YARD SALE: 905 S. Ave. E. Sat. 7 to noon. Bunk beds, dressers. Too much to mention. 31c

Real Estate

FOR SALE: Brick, 2 bedrooms, 2 bath. CHA. Large rooms. Great location. Expandable to 3 bedrooms. Bill Jackson Realtors, 325-773-3358 or 325-669-8691. G.W. Clark, agent. 20tc

FOR SALE: Log house in the country. Large three bedroom, two bath home on the country club road in Haskell. House has a large open floor plan with living/kitchen/dining and fireplace; lots of closets/storage. The property has a storm cellar, three car carport, large shop/barn on 1.8 acres. Great location with city amenities. Call 940-864-3260 for an appointment. 30-31p

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Real Estate

HOME FOR SALE: 705 N. 2nd, Haskell. 1,600 square feet, storage building, cellar. 979-229-9366. 31c

Help Wanted

THE NEW SONIC Drive In in Haskell is now taking applications for all positions. Apply in person. 44tc

GIBSON CARE Center, Aspermont needs CNAs for all shifts. Call Melissa Prew, ADON at 940-989-3526. E.O.E. 9tc

PARENT TRAINER needed. P/T. Human Service or Education degree required. Call 940-989-2022. 29-31c

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CORRECTIONAL OFFICERS: Rolling Plains Jail and Detention Center is currently accepting applications for officers. Please come by the facility between 8 a.m.-5 p.m. to fill out an application. You must have a H.S. diploma or GED, valid driver's license and clear criminal history. Benefits include medical at no cost to the employee, PTO, 401K and optional benefits. Please contact HR at 940-864-5694 for additional information. EOE. 31-33c

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The Noah Project-North would like to thank everyone that supported our "Fun Day With Noah" in order to raise needed funds. Thank you to Lynn Dodson for her generosity! We would also like to thank the "Dunkees" that so graciously volunteered to help us. These volunteers included Mike Alsbrook, Tom Bassett, Sandra Garcia, Shane Hadaway, Lonnie Rolls, Bobby Don Smith and Linda St. John. We sincerely appreciate Debbie Earles of the ABC Greenhouse for the plant sale and donating the entire sales for the day to Noah! Thanks also to Kip Nemir and Tyke Meinzer. We are so blessed to have so many caring people in our communities that are willing to help those that are in need.
Again, thank you very much for helping us! If you would like to make a donation, please send it to the Noah Project-North, P. O. Box 52, Haskell 79521. If you have any questions, please call 940-864-2551. We provide services in five counties including Haskell, Jones, Knox, Stonewall and Throckmorton counties. All donations are tax deductible and appreciated.
Sincerely,
Donna Sue Anders, Service Area Director

Public Notices

INVITATION TO BID

The Haskell Consolidated Independent School District is accepting bids for motor vehicle fuel. Proposals should be addressed or delivered to Karen Ratliff, Business Manager, Haskell CISD, 605 North Avenue E, Box 937, Haskell, Texas 79521. Proposals are due by 12:00 noon on August 18, 2009, at which time the bids will be opened and a recommendation made to the Board of Trustees. The district reserves the right to reject any or all proposals and accept the proposal deemed most advantageous to the district and to waive any informality in the proposals. Specifications or additional information may be obtained by contacting Karen Ratliff at the administration office at 940-864-2602. 31-32c

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

FOR RENT

Bobcat Skid \$125
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Excavator \$175
per day

Call or check at
Steele Machine
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Lost and Found

LOST: Burgundy leather billfold/checkbook, Saturday evening, July 18. Rodriguez Inn take out counter. Whoever found it, please return billfold and personal information-no questions asked. 31p

Miscellaneous

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 325-675-6369. 1-888-486-8588. 6tc

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We want to thank all the churches and everyone who said prayers, sent cards or called concerning Gene's ear surgery last week. He is improving daily.
Thanks from the Flanary Family

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Thank you to the Haskell Hospital staff and doctors-Thank you so much for your help and care during my recent rattlesnake bite. I would also like to thank everyone for the many calls, cards and visits. Most of all-a very special thanks for the special prayers during my recovery. Your kindness and concern are greatly appreciated.
Barbara Roberts and family

Thank you so very much for running the notices of the hamburger/silent auction medical benefit for Diana Simmons. We had a fabulous turnout on Sunday, and thanks to the kind and caring people of this area, the benefit was a tremendous success. All of the efforts put forth by you and your paper, all the volunteers and all of the participants, all of the generous donors of auction items, are responsible for making a difference in a person's life. For all of this, we can only say we truly appreciate each and every one of you!
Friends of Diana Simmons

I and my family were simply overwhelmed with the outpouring of love and support this community and county has shown me. I know with times the way they are, people have a hard enough time taking care of themselves and their own. A person might sometimes forget what a close-knit group in which we live, but only until they find themselves in a situation as I am in. It was wonderful seeing and visiting with all of you at the hamburger and auction benefit Sunday. It's a powerful emotion to realize you have so many friends. I can't find the words to tell all of you what is in my heart. I can only hope you all realize what feelings are sent your way with my simple "Thank You."
Diana Simmons and Family

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NORTHWEST HASKELL CO. 132.2 +/- Ac. of CRP. Annual CRP payment is \$4,262.
WESTERN HASKELL CO. 160 +/- Ac. good sandy land farm surrounded by irrigation.
WEST OF HASKELL. 142.24 +/- Ac. CRP farm. Payments are \$4,401/yr. through 2016.
SOUTHERN KNOX CO. 80 +/- Ac. cultivation on CR 4451 west of Munday. Excellent yields with water in the area.
NORTHWEST HASKELL CO. 93.65 +/- Ac. of cultivation on CR 113. Good cotton yield and great for wheat.
NORTHWEST HASKELL CO. 80 +/- Ac. irrigated farm with new pivot located west of Rochester. Great for cattle operation.
NORTHWEST HASKELL CO. 91 +/- Ac. of cultivation on FM 2279. Irrigation water in the area.
NORTH HASKELL CO. 207 +/- Ac. of cultivation and some pasture and tank. Has electricity and excellent bases. Lake Creek runs through property.
BENJAMIN, TEXAS. 19.73 +/- Ac. with thick mesquites located on the east edge of Benjamin. Property has electricity and city water is available.
NORTH HASKELL CO. 290 +/- Ac. cultivation with small pasture and tank. Cotton base is over 400 lbs. Electric meter is at the pasture. Lake Creek runs through property.
NORTH HASKELL CO. 171 +/- Ac. cultivation and small pasture. Excellent cotton base and availability of electricity.
HISTORIC SPIDER ROCK RANCH. 2128 +/- Ac. located on the Brazos River in Haskell and Stonewall Counties. Property has some cultivation and lots of pasture for deer, turkey, quail, dove, hogs, fish from natural spring tank, mountain lions and bobcats. There is a large home and two barns on the property and a set of working pens.
Come by Rike Real Estate for a complete list.

TWC reminds Texas employers and workers of Federal Minimum Wage increase

The Texas Workforce Commission (TWC) reminds Texas employers and workers of the increase in the federal minimum wage effective Fri., July 24. The minimum wage rate rises to \$7.25, up 70 cents from the 2008 rate of \$6.55.

"Although most Texas workers receive wages greater than the minimum wage from their employers, this increase is an opportunity for those at the lowest wage levels to receive additional income," said TWC Chairman Tom Pauken.

The Fair Minimum Wage Act of 2007 was signed

into law to increase the minimum wage rate by \$2.10 over a three year schedule. According to the U.S. Bureau of Labor Statistics, 262,000 Texans earned the federal minimum wage or less in 2008. The Texas Civilian Labor Force totals more than 12 million workers.

"It is important for Texas workers to be fairly compensated for the work they do," said TWC Commissioner Representing Labor Ronny Congleton. "This increase in wages is a well-deserved step up for many hard-working Texans."

TWC administers the Texas Payday Law, which requires private employers to provide workers with earned compensation in a complete and timely manner. TWC Labor Law investigators annually conduct more than 15,000 wage claim investigations statewide.

"It is important that everyone understand and comply with the new federal minimum wage laws, so that workers receive all the wages they've earned in a timely manner," said TWC Commissioner Representing the Public Andres Alcantar. Workers who feel their

rights have been violated under the Texas Payday Law should fill out a wage claim form and submit it to TWC's Labor Law Section or to the nearest workforce center. Labor Law staff also educates the general public about the Texas Payday Law, the Texas Child Labor Law and the Texas Minimum Wage Act through presentations to employer organizations, educational service centers, workforce boards and more.

TWC recovered more than \$9.9 million in unpaid wages for Texas workers in Calendar Years 2007 and 2008. Wage claim forms are available on TWC's web site at www.twc.state.tx.us/ui/lablaw/lablaw.html Employers seeking required workplace signs may also access this web site. Both employers and the general public may call 800-832-9243 with any questions from within Texas or from outside Texas, call 512-475-2670.

Stressed brain needs vacation time to rejuvenate

Taking a vacation—getting away from work and from your normal everyday schedule—is not just a fun diversion. It's important for mental health and de-stressing, says Dr. Munro Cullum, professor of psychiatry at UT Southwestern Medical Center.

"Our brains need a rest now and then," says Dr. Cullum, a neuropsychologist. "More and more we are flooded with information in ever-increasing quantities, with more 'to-do' lists, more to keep in mind and more things to remember—such as passwords, PIN numbers, computer procedures, day timers, appointments, cell phones, e-mail—not to mention the everyday demands of life in today's busy society. These things add up to stress."

Another word of advice: During vacation, leave work at the office, Dr. Cullum says. "Being 'on-call' via phone and e-mail during vacation is being on edge, which can detract from being in the moment and allowing your mind to have a break. Getting away for a vacation can be an important and effective means of allowing us time to de-stress and simply play and leave the 'baggage' behind."

Dr. Cullum adds that this informational demand may be compounded by worries related to the current economic recession. "We hear so much negative news these days that we can get caught up in negative thought patterns, which may contribute to our own anxieties and concerns about the future."

Some level of stress can help us keep going and hasten projects and accomplishments. If stress becomes too much, however, it can also result in negative physiological reactions that can lead to illness. Exercise, a healthful diet and adequate sleep are important, of course, but "we also need some down time, to allow our brains to work 'offline,'" Dr. Cullum says. "That's one reason vacations can be so beneficial. It's a time to recharge and to do things that are outside the daily routine."

Although even a short break can be a bit rejuvenating, significant de-stressing may take several days "just to get ourselves used to the idea of relaxing," Dr. Cullum says.

E-mail your news and photos to The Haskell Free Press at hfp@valonnet.com

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Grilled Chicken Dinner*	\$6⁹⁹
Pork Chop Dinner*	\$6⁹⁹
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