

Calendar

Haskell Athletic Booster Club kickoff July 23

The 2016 Haskell Athletic Booster Club Kickoff will be held Sat., July 23 beginning at 1:00 p.m. with a 3 man/woman scramble at Haskell Country Club. Cost is \$40 a person. Prizes will be awarded for first-third places. A fish fry will be held at 6:30 p.m. followed with Meet the Indians and Maidens! Fish fry tickets available at Sport-About.

Mud Mania

The first annual Big Country Mud Mania, sponsored by Big Country Chevrolet Dealers' Association, will be held Sat. July 23 on Hwy. 277 South next to Bailey Toliver Chevrolet in Haskell. Gates open at 7:30 a.m. and races will begin at 11 a.m. Cost for adults is \$10, children ages 6-12 \$5.00 and children under 6 are free. Entry fee is \$65. Classes are Street Legal, Super Stock, Modified and Open. Contact Tim Judd at 940-256-2133 for more information.

Men's breakfast

A men's breakfast will be held Sun., July 24 at 8 a.m. at the Haskell High School Cafeteria. All men are invited.

Summer reading

The Haskell County Library will sponsor a Summer Reading Program to run through July 28. Tuesdays, from 10 to 10:30 a.m., programs for readers ages infant to 4 years old will be held. On Thursdays, from 10 to 11 a.m., a program will be held for readers ages Kindergarten through fifth grade.

Garage sales set in Rochester

A community-wide garage sale will be held Sat., July 30, in Rochester. Maps will be available at 7 a.m. the morning of the sale in downtown Rochester. A bake sale, benefiting the Rochester Museum, will be held downtown on garage sale day. For more information, or if you are a Rochester resident and would like to participate, call Linda Short at 325-669-0338; Karen Hayley, 940-207-0915; or Tamara Smart, 940-256-1737.

Vet office open

The Veterans Service office in Haskell is now open. The office, located on the first floor of the west wing of the courthouse, will be open on the first and third Thursdays of each month from 10 a.m. to noon. For information, call 940-256-1125 any time or email Haskell_vaso@yahoo.com.

Music Jubilee

The Haskell Country Music Jubilee will be held the second Monday of the month at 7 p.m. at HTS in Haskell. Those interested in playing and listening are encouraged to come and enjoy the fun.

Deadlines

All deadlines for issues of the Haskell Free Press are at noon on Mondays.



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Mud Mania set Saturday

The Haskell Free Press

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"The People's Choice"

6 PAGES-ONE SECTION-75 CENTS



VENTRILQUIST PROGRAM—A special program was held Mon., July 11 at the story time session at the Haskell County Library. Nancy and Her Friends, ventriloquist, returned to Haskell for the third year. She performed a program on bees and how important they are to our world. She also included the lesson of the importance to "bee" kind, "bee" courteous, "bee" healthy and "bee" responsible. Readers want to thank the Friends of the Library for sponsoring this special program. Forty were in attendance.

Casen's Crew to host golf tournament

by Caron Yates

While it began as a tribute and celebration of what would have been Casen Riley's first birthday, the annual event has evolved into a major fund-raiser for Pediatric Cardiomyopathy.

In memory of Casen Riley and in support of all families affected by Cardiomyopathy, the 7th Annual Casen's Crew for Children's Cardiomyopathy is scheduled for Sat., August 27, at the Maxwell Golf Course in Abilene.

The six month old son of Casey and Heather (Steele) Riley, both graduates of Haskell High School, passed away in March 2010, after being diagnosed with hypertrophic cardiomyopathy.

Cardiomyopathy, is a chronic disease of the heart muscle that can present in four forms. In children, the disease can be either acquired or inherited. It is estimated that 30,000 children have

this disease. This "silent disease" is the leading cause of sudden deaths and heart transplants in children under the age of 18. Because the disease may present itself without obvious symptoms, it often goes undiagnosed. Unlike other congenital heart conditions, there is no surgical treatment or cure that can repair the damaged heart or stop the progression of the disease. More research is essential.

All proceeds go to the Children's Cardiomyopathy Foundation and families affected by the disease. Since its beginning in 2002, the CCF, a non-profit organization, has grown into a global community of families, physicians and scientists focused on improving diagnosis, treatment and quality of life for children with cardiomyopathy. CCF is involved in all aspects of the disease from research and

education to patient support, awareness and advocacy. Every dollar counts and every dollar makes a difference. This disease remains severely underfunded by federal sources and pharmaceutical companies, given its severity. However, with CCF-funded research, progress is being made in understanding and improving survival rates for children with Cardiomyopathy.

Searching for a way to honor and remember their precious son, the Rileys in 2010 organized a fund-raiser to help raise awareness of this disease.

This year Casen's Crew is holding a 4 Man Scramble Golf Tournament. It will be held at the Maxwell Golf Course, located at 1002 S. 32nd in Abilene. The desk opens and cart pick up begins at 7 a.m. The Shotgun Start is at 8 a.m. The entry fee of \$75 per individual or \$300 per foursome will include green fee, cart, range balls and a hamburger meal. Cash awards for first, second, third, closest to #9 and longest drive on #10, will be presented after the meal.

Register by August 13th, to ensure you get a T-shirt.

They are also selling t-shirts for \$15, metal crosses for \$10 and wristbands for \$4.

Events such as this are only successful with the help of individual and corporate sponsors, the many participants and, of course, the wonderful volunteers. Last year two hundred people attended the fund-raiser, and \$15,000 was raised for the cause. A portion of the funds went to the CCF, while the remainder went to help two families whose lives are affected by Cardiomyopathy every day.

The Rileys are very appreciative of the past support they have received and look forward to another successful fund-raiser for a very important cause. For registration forms, more information on the event, information on the Children's Cardiomyopathy Foundation, Casen's Story or how you can help support this cause, visit www.casenscrew.com or call Heather Riley at (325) 370-6379.

Registration set Aug. 9 for Paint Creek ISD

Paint Creek ISD will hold registration for all students for the 2016-2017 school year Tues., Aug. 9. Please 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, 2016. To attend Pre-K, a child

must be 4 on or before Sept. 1, 2016.

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 Mon., Aug. 22.

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



Theresa Keel

Keel is lone finalist for Paint Creek superintendent

The Paint Creek Independent School District Board of Trustees named Theresa Keel, former superintendent from Pettus ISD in Pettus and Cordova City School District in Cordova, Alaska as the finalist for the superintendent position during a special meeting of the Paint Creek board Wed., July 13.

"I am honored by the opportunity to serve Paint Creek," Keel said in a press release. "I look forward to working in this great district that has such a long history of excellence."

Keel is married to George Wintle. They have two daughters and three grandchildren. Keel has been in her current position for two years. She has experience as a classroom math teacher, cheerleader coach, principal and director of curriculum before becoming superintendent of schools.

The Texas Women's University and Eastern New Mexico University graduate has a degree in Math and has her master's degree in education.

By state law, the district must wait 21 days before offering her a contract.

"I would like to commend the Paint Creek ISD Board of Trustees for their hard work and dedication to this process, and the time away from their families that was required to successfully complete this superintendent search," Paint Creek board president Kendall Medford said.

She will begin after the board meets Aug. 4 to officially hire her.

Weather

by Kim Hutto
National Weather Service
Volunteer Co-op Observer
Temperature

Mon., July 1178°/104°
Tues., July 12.....79°/104°
Wed., July 13.....79°/104°
Thurs., July 1479°/103°
Fri., July 15.....78°/102°
Sat., July 1677°/101°
Sun., July 17.....77°/103°

Precipitation

Fri., July 15..... .10" rain
Sat., July 1626" rain

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

Sales tax holiday is Aug. 5-7

Texas Comptroller Glenn Hegar reminds shoppers they can save money on certain items priced for less than \$100 during the state's annual sales tax holiday. This year, the sales tax holiday is scheduled for Friday,

Saturday and Sunday, Aug. 5-7.

The law exempts most clothing, footwear, school supplies and backpacks priced below \$100 from sales tax, saving shoppers about \$8 on every \$100 they spend during the weekend.

"As families all over our state prepare to send their children back to school, we hope folks take advantage of this opportunity to get the supplies they need and save some money in the process," Hegar said. "As the father of three young children, I know how these expenses can add up. This event provides Texas families with some relief from state and local sales taxes."

Lists of apparel and school supplies that may be purchased tax-free can be found on the Comptroller's website at TexasTaxHoliday.org.

This year, shoppers will save an estimated \$92 million in state and local sales taxes during the sales tax holiday.

The tax holiday weekend has been an annual event since 1999.



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SUMMER READERS—On Thurs., July 14, Marilyn Griffith, Haskell County Librarian, read The Dangerous Snake and Reptile Club. Those attending story time made a snake during the craft session. Fourteen attended, which was the largest crowd for story time this summer. Readers were, front row, l-r, Ariel Corzine, Julianna Davis, Paige Scheets, Keith Andrews, Quinley Lytle, Jenna Scheets, Jenny Scheets and Landon Stephens; back row, Kennedy Buchanan, Adelaide Davis, Jacy Corzine, Benjamin Davis, Marilyn Griffith, Sterling Lytle and Corbin Roberts.

Obituaries

Ray Torres



RAY TORRES

A celebration of life service for Ray Torres, 62, of Haysville, Kansas, Bosley sales representative, will be held Sat., July 23 at 10 a.m. at Westside Freewill Baptist Church, 3310 W. MacArthur in Haysville, Kansas.

Mr. Torres died peacefully Tues., July 12.

He was preceded in death by his parents, Alejandro and Elena Torres; and grandchildren, Jaden and Bryson Torres.

Survivors include his children, Dr. Russell Torres (Kris) of Plano, Brook Way

(Joe) of Wichita, Kansas, Jeremy Torres (Rebecca), Anthony Torres (Jessica), Bradley Torres, all of Haysville, Kansas; brothers, Pete of Knox City, and Ralph (Dora) of Rule; nine grandchildren; and his children's mother, Charlotte Torres of Haysville, Kansas.

In lieu of flowers, memorials may be made to Westside Freewill Baptist Children's Church.

Arrangements are with Culbertson-Smith Mortuary. www.smithfamilymortuaries.com. PD. NOTICE

Anita Louise Mullino Murray

In remembrance of the life of Anita Louise p.m. at the home of Cole and Susan Turner, Mullino Murray, who passed away Jan. 19, 2841 Highway 6 in Rochester. Friends and 2016, a time of visitation is planned for Sat., family of Anita are invited to attend. July 30 from two o'clock until four o'clock PD. NOTICE

HNB receives 5-Star rating

BauerFinancial Inc., Coral Gables, Florida, the nation's premier bank rating firm, proudly announces that Haskell National Bank, Haskell, has once again earned its highest, 5-Star rating. This marks the 97th consecutive quarter that Haskell National Bank has earned this top rating which puts it into an even more elite group of "Sustained Superiority Banks." This designation is only available to the top 10 percent of the industry.

BauerFinancial has been

analyzing and reporting on the nation's banks since 1983...providing ratings you can trust. Earning a 5-Star rating from Bauer indicates that Haskell National Bank is one of the strongest banks in the nation. Some of the areas in which it excels are:

Capital—more than twice the capital than is required by regulators;

Loan quality—delinquent loan levels are manageable.

Profitability—Haskell National Bank earned \$0.119 million in the first quarter 2016 and \$0.598

million in 2015.

"We've been doing this for a long time," notes Karen L. Dorway, president of BauerFinancial, "We've seen the ups...and downs of this industry and the one constant, is that community banks, like Haskell National Bank, continue to shine, even in the toughest times. Knowing their customers is the key to making solid investments into the future of the communities they serve."

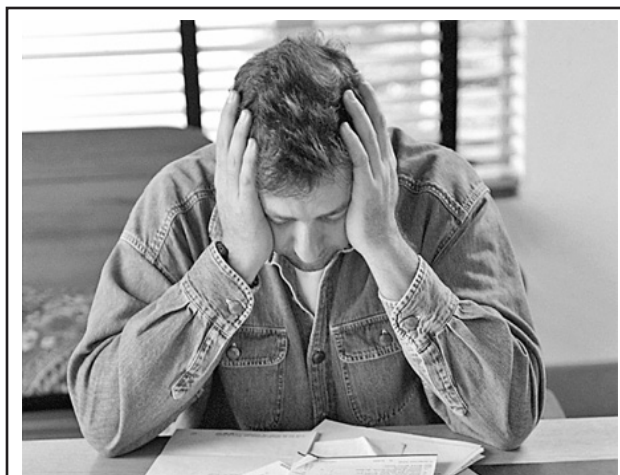
Haskell National Bank was established in 1890 and has been providing top quality banking services to its neighbors ever since. Today in addition to its website (haskellnationalbank.com), Haskell National Bank operates through two branch offices in Abilene and Haskell.

Storm sirens

The Haskell Fire Department will conduct storm siren tests on Monday nights from 6-6:30 p.m. Siren tests will not be conducted on days that have a chance of severe weather.

Al-Anon

Al-Anon meets Thursday evenings at 8 p.m. at the AA building across from the RV park in Haskell.



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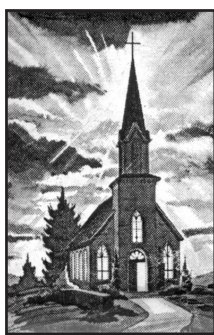


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This Week's Devotional Message:



Whether you travel or stay home, God is there

Like many of us, you may have a vacation looming on the horizon, and of course your budget will dictate where you will spend it. You may visit another part of the world, or just lounge around the house. In any case your vacation can be a very enjoyable and rewarding escape from the realities of everyday living. Moreover, wherever you are the Lord will be there to

watch over you. Thank Him for His protection at any house of worship, and even if your travels take you beyond the orbit of civilization, there is always the Bible. Put it on your list of things to pack in your suitcase. In fact, that's a good idea no matter where you're going. To borrow the advice of a well-known TV commercial, "Don't leave home without it."

ATTEND CHURCH THIS SUNDAY

- | | | |
|---|--|---|
| <p>—HASKELL—</p> <p>East Side Baptist Church
Terry Bunch, pastor
Sun. 9:45 a., 11 a.; 6 p.; Wed. 7 p.
600 N. 1st East, Haskell</p> <p>Christian Church
Sun. 10:45 a.m.
107 N. Ave. F, Haskell</p> <p>Church of God
Bruce Ray, pastor
Sun. 10:30 a.m. Thurs. 7:00 p.m.
714 North First East, Haskell</p> <p>Trinity Lutheran Church
Rev. David White, pastor
Sunday 9:30 a.; Worship 10:30
Hwy 380 East, Haskell</p> <p>Iglesia Bautista El Calvario
Sun. 9:45 a., 10:45 a., 5 p.; Wed. 7 p.
607 S. 7th, Haskell</p> <p>First United Methodist Church
Rev. David Johnson, pastor
Sun. 9:45 a., 10:50 a., 6 p. Wed. 6 p.
201 N. Ave. F, Haskell</p> <p>First Assembly of God
Rev. J.C. Amburn
Sun. 9:45 a., 10:45 a., 6 p.; Wed. 7 p.
1500 N. Ave. E, Haskell</p> <p>St. George Catholic Church
Father Angelo Consentino
Sat. Mass 7 p.m.; Sun. 9:00 a.m.
901 N. 16th, Haskell</p> <p>Church of Christ
Philip Sims, minister
Sun. 9:30 a., 10:30 a., 6 p.; Wed. 7 p.
510 N. Ave. E, Haskell</p> <p>First Presbyterian Church
Kelly Pigott, interim pastor
Sun. Morn. 9:30 a.m.
306 N. Ave. E, Haskell</p> <p>Trinity Baptist Church
Larry White, pastor
Sun. 10 a., 11 a., 6:30 p.; Wed. 6:30 p.
114 S. Ave. D, Haskell</p> <p>Hopewell Baptist Church
Sun. 9:30 a., 11:00 a.; Wed. 7 p.
908 N. Ave. A, Haskell</p> | <p>Greater Independent Baptist Church
Ollie Johnson, pastor
Sun. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.
301 N. 3rd St., Haskell
940-863-4405</p> <p>New Covenant Foursquare
Bill and Renee Glass, pastors
Sun. 10 a., 11 a., 6:30 p. Wed. 7 p.
200 S. Ave. F, Haskell</p> <p>First Baptist Church
Ollie Pierson, pastor
Juddson Smith, Family Life Pastor
Sun. 9:45 a.m., 10:55 a.m., 6 p.m.;
Wed. 6:30 p.m.
301 N. Ave. E, Haskell</p> <p>Cornerstone Fellowship Baptist Church
Morris R. Johnson, pastor
Sun. 9:30 a., 10:45 a., 6 p., Wed. 7 p.
1600 N. First St., Haskell</p> <p>God Loves You Ministries
Mark Wallace, pastor
Church Service 10 a.m.
West side of square, Haskell</p> <p>—WEINERT—</p> <p>First Baptist Church
Dan Bullock, pastor
Sun. 10 a., 11 a., 6 p., Wed. 7 p.
Weinert</p> <p>Weinert Foursquare Church
Rev. Robert Harrison
Sunday 11 a.m
Weinert</p> | <p>Faith Chapel of Rochester
Randy Hollingsworth, minister
Sun. 10 a.m., 11 a.m., Wed. 6 p.m.
Hwy. 6, Rochester</p> <p>—SAGERTON—</p> <p>Sagerton Methodist Church
Cory Graham, pastor
Sun. Morn. 9:45 a.m.
Sagerton</p> <p>Faith Lutheran Church
Anna Robbins, pastor
Sun. 10:30 a.m.
Sagerton</p> <p>—RULE—</p> <p>First Baptist Church
Scott Hensley, pastor
Sun. 9:45 a., 11 a., 5 p.; Wed. 7 p.
1001 Union Ave., Rule</p> <p>Primitive Baptist Church
Dale Turner Jr., pastor
First & Third Sundays 10 a.m.
Corner of 8th & Robins, Rule</p> <p>Church of Christ
Paul Leonard, minister
Sun. 9:45 a., 10:40 a., 6 p.; Wed. 7 p.
811 Union, Rule</p> <p>Primera Iglesia Bautista Alfa y Omegas
Manuel Marin, pastor
Sun. 10 a., 11:00 a., 5 p.; Wed. 6 p.
500 Elm Street, Rule</p> <p>Sweet Home Baptist Church
Russell Stanley, pastor
Sunday 10 a.m.
Gladstone Ave., Rule
940-997-2296</p> <p>West Bethal Baptist Church
Rev. Clovis Dever
Sun. 10 a., 11 a., 8 p.; Wed. 7:30 p.
300 Sunny Ave., Rule</p> <p>—PAINT CREEK—</p> <p>Paint Creek Baptist Church
Sun. 10:00 a.m., 11 a.m., 6 p.m.
Paint Creek</p> <p>—O'BRIEN—</p> <p>O'Brien Baptist Church
Jim Reid, pastor
Sun. 9:45 a., 11 a., 5 p., 6 p., Wed. 6 p.
O'Brien</p> |
|---|--|---|

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The Haskell Free Press

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THE CAT IN THE HAT—On Tues., July 12 Brittany Coker was the story time reader at the Haskell County Library. She read *The Cat in the Hat*. The craft was to make a hat. Attending the session were, l-r, Zander Coker, Annelise Coker, Adeline Coker, Brittany Coker and Parker Stephens.

Keeping summer's bounty safe to eat

by Darlene Hopkins
CEA/FCS, Haskell Co.

Fresh melons and berries fill the aisles of grocery stores and markets. Roadside produce stands full of home grown fruits and vegetables are seen along the highway. All of these are signs that summer is here and so is a bounty of fresh produce. "Summer's harvest of fresh fruits and vegetables is an important part of a healthy diet," said Darlene Hopkins County Extension Agent. "Just remember to handle fresh produce safely to prevent foodborne illness," she said.

The Centers for Disease Control and Prevention estimate that there are 48 million cases of foodborne illnesses each year resulting in 128,000 hospitalizations and 3,000 deaths.

Although not traditionally associated with foodborne illness, fresh fruits and vegetables have recently been linked to several outbreaks. That's because fresh produce is often eaten raw. In fact, in recent years a number of outbreaks have been traced to fresh fruits and vegetables that were processed under less than sanitary conditions.

To help consumers keep fruits and vegetables safe to eat, the Partnership for Food Safety Education (www.fightbac.org) gives six recommendations for safe handling of fresh produce:

Check: "Food safety for fresh fruits and vegetables begins at the store," Hopkins said. Before purchasing, make sure the produce is not bruised, cut, or damaged. If purchasing items that are pre-cut, such as melons, or packaged, such as salads, buy only the items that have been kept refrigerated.

Clean: Hands should be washed in warm, soapy water for at least 20 seconds before and after handling fresh produce. Make sure cutting boards, counter tops, peelers and knives are also clean before using them.

Fresh produce should

be rinsed under running tap water before you eat it. That's also true for fruits and vegetables that have rinds or skins that will not be eaten. "People don't realize they need to scrub the outside of melons with a vegetable brush or rub them with their hands under running water," Hopkins said. "If bacteria contaminate the outside of a melon for example, when you slice into it you have the potential of bringing that contamination into the fruit."

Clean firm-skinned produce with a clean vegetable brush or rub it with your hands under running tap water. Do not use detergent or bleach to wash fresh produce. After washing, dry fruits and vegetables with a clean cloth or paper towel.

Vegetable brushes can be purchased at your local variety store for two to four dollars. They are an inexpensive tool that can help you keep your fresh produce safe to eat.

Separate: In the grocery cart, keep fresh fruits and vegetables away from such items as cleaners, detergents, and raw meat, poultry and fish. At home, that advice also holds true during storage in the refrigerator and during preparation: Keep fresh produce away from raw meat, poultry and fish. Do not use the same cutting board for produce and meats unless it is cleaned with hot, soapy water before and after food preparation.

Cook: If fresh produce has been in contact with raw meat, poultry, fish, or their juices, throw it away or cook it thoroughly.

Chill: To prevent bacterial growth, store all cut, peeled, or cooked produce in the refrigerator within two hours.

Throw away: Fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling, or cooking should be thrown away. Remove and throw away bruised or damaged

portions of fresh produce before cooking or eating them raw. Any fruit or vegetable that will not be cooked and that has been contaminated by raw meat, poultry, fish, or their juices should also be thrown away. "If in doubt about the safety of a fruit or vegetable, throw it out!" Hopkins said.

For more information on safe handling of fresh produce, contact your local County Extension Agent Darlene Hopkins, in Haskell County at 940-864-2658 or Email: darlene.hopkins@ag.tamu.edu.

Food management training course set Aug. 15-16 in Abilene

by Jane Rowan
CEA/FCS, Taylor Co.

A two-day Food Protection Management training for food service managers in the Big Country area will be held Aug. 15 and Aug. 16 at the Taylor County Extension Office located on the Taylor County Expo grounds in Abilene from 8:15 a.m. to 5:00 p.m. both days.

The training will allow food establishments to meet their certification requirements if they pass the exam. The exam being used is the National Restaurant Association's ServSafe exam. The class covers twelve food

Relay for Life seeks teams for Sept. 17 event in Munday

Living in an area where the word "cancer" is heard much too often, it is good to know there are people doing something about it—namely participating in the American Cancer Society's Relay for Life.

The Knox/Haskell Counties Relay for Life is scheduled for Saturday, September 17th at the Munday Track Field. The "Carnival for a Cure" event will begin at 4 p.m. and conclude at 10 p.m. Relay for Life is designed to promote cancer awareness, while raising funds to fight the disease.

Leann Harlan is the event chairman, but has a committee of volunteers behind her, that are dedicated to fighting cancer through the American Cancer Society's mission of life-saving research. They are asking others to join them by volunteering, donating, joining or forming a team, holding and supporting upcoming fund-raisers and then taking part on Sept. 17th.

A very important part of Relay for Life is the

Survivor's Meal, which will be held earlier in the day on Sept. 17th. All cancer survivors in Knox and Haskell Counties are encouraged to come be a part of the dinner. Invitations will be mailed shortly to known survivors, however if you are a cancer survivor or know someone who is, and don't receive an invitation, please contact Becky Offutt at (940) 864-3050.

The American Cancer Society's Relay for Life represents the hope that those lost to cancer will never be forgotten, that

those who face cancer will be supported, and that one day cancer will be eliminated. Each person who shares the Relay experience can take pride in knowing that they are working to create a world where this disease no longer threatens the lives of our loved ones or claims another year of anyone's life.

For more information contact Leann Harlan at (940) 203-0142 or visit www.relayforlife.org/knoxhaskelltx to connect with other relayers in this area and find ways you can get involved.

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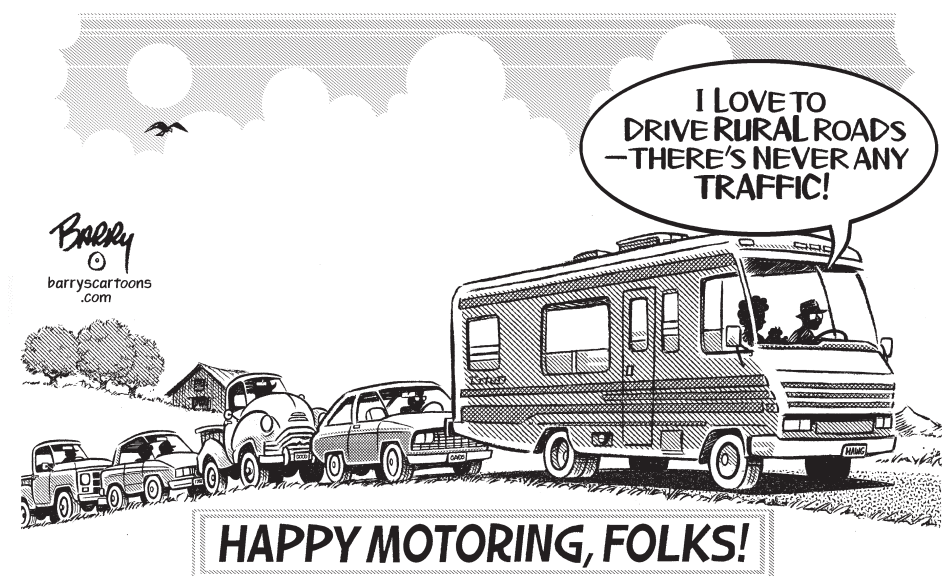
This July, SRTC is having a firecracker of a deal! We are waiving all standard installation fees on all new or additional services!

Sign up today and your name will be entered into a drawing for one of three summer party packs, including a cookbook, grill and cooler!

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ask@srcaccess.net

Some restrictions may apply. Services where available. Up to three (3) connections waived. Additional connections \$20 each. One party pack will be picked from each office.



From Out of the Past

From the files of The Haskell Free Press

10 Years Ago July 20, 2006

Mike Benevides of Haskell came in second in a playoff round with Jimmy Minor of Abilene during the Bob Mobley Invitational Golf Tournament, held at the Haskell Country Club. In the championship flight, both men had a score of 72-71-143.

Weinert High School graduate Dr. Arch Mayfield, professor of English at Wayland Baptist University, received the Davis Award for faculty appreciation at a special appreciation luncheon. He has worked at the university since 1973.

Haskell native and physical therapist, Craig Hanson, hosted thirteen Haskell County 4-H'ers for a program and tour of Hendrick Rehabilitation Center.

20 Years Ago July 18, 1996

State Representative Charles Finnell cut the ribbon at the GTE ribbon cutting ceremony, as Chamber of Commerce members and City of Haskell officials looked on.

Elected to serve as officers of Haskell High School FFA are Wendy Dulaney, president; Shelly Palacios, vice-president; Mathew Cunningham, secretary; Conrad Palacios, 1st alternate; Leland Reid, 2nd alternate; Paul McGuire, sentinel; and Mindy Howard, reporter.

Rule Chamber members and city officials held a

ribbon cutting at Sharon's Cut-N-Curl Beauty Salon, owned by Sharon Stevens.

30 Years Ago July 17, 1986

Sammie and Emma Dell Griffith of Paint Creek, celebrated their 50th wedding anniversary with a reception at the Paint Creek School. The event was hosted by their children Emilee Goff, Dan Riley Griffith, Jo Ann Poyer, Wanda Thompson and Marilyn Griffith.

Haskell eighth grader Wendi Watson, won second place in the State Fire Prevention Poster Contest. The daughter of Kenny and Doris Mae Watson, she won first in local and district contests to advance to state.

Paint Creek Coach Randy Stone has been elected to serve on the board of directors of the Texas Girls Coaches Association. He will represent all school classifications in Region II.

40 Years Ago July 15, 1976

Longtime resident and respected businessman Oscar Oates died at the age of 82. He came to Haskell in 1901, graduated from the University of Texas School of Pharmacy in 1913, and then bought a drugstore which he named Oates Drug.

Hal Spain, son of Mr. and Mrs. Harold Spain of Haskell, will assume duties as County Extension Agent for Dickens County. He earned a Bachelor of Science in Agricultural Education from Texas Tech University.

Tennis winners at the Haskell Country Club's July 4th celebration were Robin and Chris Colbert, men's champs; and Mary Kennedy and Mrs. Dan Griffith, ladies' champs.

50 Years Ago July 21, 1966

Revival services will be held at the Mattson Baptist Church next week with Rev. Walter Copeland delivering the gospel messages. Rev. Jess Root, pastor of the church, extends an invitation to all to attend.

Mrs. Elizabeth Acree of Rochester was elected county school nurse, according to Miss Jessie Vick, Haskell County superintendent, at a meeting of the Haskell County school board. Mrs. Acree replaces Mrs. Stella Trice, who retired after holding that position in the county schools for 17 years.

100 Years Ago July 15, 1916

J.L. Bell and Miss Stella Kendall were contracting parties in a pretty wedding at the Baptist parsonage Saturday afternoon. Quite a bevy of friends witnessed the ceremony. They will live in the Jud community.

Rev. Ed Wallace and wife, Pat Murphy and wife, and F.M. Morton and wife left Thursday for San Angelo and other points in that section of the state, on an outing trip.

Health in the McConnell community is fine at present. Crops are looking fine. They say Henry Hartsfield is good for seventy bales of cotton if the boll worms stay away.

Do smart phones make us smarter? Yes and no says a Texas A&M tech expert

Is your smart phone making you smarter? Does your car direction finder make you eligible for NASA training school, and your camera phone enables you to be a Walter Cronkite reporter-wannabe so savvy you can skip four years of journalism classes? Modern techie devices can be helpful and make life easier, but there are serious drawbacks, says a Texas A&M University professor who studies technology.

Jonathan Coopersmith, professor of history at Texas A&M says modern technological devices used to demand learning specific skills and acquiring the necessary resources to do them. For example, if you wanted to make a film, you got a movie camera and the supporting technologies (film, lights, editing equipment), and then learned how to use them and hire a crew to handle all of the equipment. Next, you would shoot the movie, then develop and edit the film, and the final step would be to make copies and distribute them.

"But many of those steps are eliminated today," Coopersmith explains.

"Now all of those tasks are solved by technology. We need no longer learn the intricate details when the smartphone programmers do it for us. Technology has made us individually dumber and individually smarter. Technology has made us able to do more while understanding less about what we are doing, and has increased our dependence on others."

He says these are not recent trends, but rather part of the history of technology.

In recent decades, three major changes have accelerated the process:

first, the increasing pace of humans specializing in particular skills; second, the outsourcing of more skills to technological tools, like a movie-making app on a smartphone, that relieve us of the challenge of learning large amounts of technical knowledge. And three, many more people have access to technology than in the past, allowing them to use these tools much more readily.

"Specialization enables us to become very good at some activities, but that investment in learning—for example, how to be an ER nurse or computer coder—comes at the expense of other skills like how to grow your own food or build your own shelter," Coopersmith adds.

"As Adam Smith noted in his 1776 book *Wealth of Nations*, specialization enables people to become more efficient and productive at one set of tasks, but with a trade-off of increased dependence on others for additional needs. So in theory, everyone benefits.

"Specialization has moral and pragmatic consequences. Skilled workers are more likely to be employed and earn more than their unskilled counterparts. One reason the U.S. won World War II was that draft boards kept some trained workers, engineers and scientists working on the home front instead of sending them to fight. A skilled machine tool operator or oil-rig roustabout contributed more to winning the war by staying at home and sticking to a specialized role instead of heading to the front with a rifle. It also meant other men (and some women) donned uniforms and had a much greater chance of dying."

A major downside of increased dependence on technologies is what happens

when they break or even disappear, Coopersmith notes.

"Just one example of many is that the U.S. Naval Academy just resumed training officers to navigate at sea by sextants. Historically the only way to determine a ship's location at sea, this technique is being taught again both as a backup in case cyberattackers interfere with GPS signals and to give navigators a better feel of what their computers are doing."

Coopersmith says a big question is how do people survive and prosper in this world of increasing dependence and change?

"It's impossible to be truly self-reliant," he adds, "but it is possible to learn more about the technologies we use, to learn basic skills of repairing and fixing them (hint: always check the connections and read the manual) and to find people who know more about particular topics. Thinking about what happens if something goes wrong can be a useful exercise in planning or a descent into obsessive worrying."

"As a country, we also should be more proactive about encouraging more socially beneficial consequences. What do we want new technologies to do? How can they be developed, diffused, and adapted to strengthen an inclusive democracy? As Mel Kranzberg, a founder of the history of technology, said, 'Technology is neither good nor bad. Nor is it neutral.'"

"Individually, we depend more on our technologies than ever before—but we can do more than ever before. Collectively, technology has made us smarter, more capable and more productive. What technology has not done is make us wiser."

DSHS offers PAM precautions

The Texas Department of State Health Services is reminding swimmers and water skiers to take precautions to avoid infection from *Naegleria fowleri*, an amoeba present in nearly all rivers, lakes, ponds and streams. The amoeba can cause primary amoebic meningoencephalitis, or PAM, an infection of the brain. Although infection is extremely rare, it is almost always fatal.

Nine cases of PAM have

been reported in Texas since 2005 resulting in eight deaths, including a recent case of a teen from Harris County.

DSHS offers these precautions to reduce the already low risk of infection:

- Do not swim, ski, dive or jump into stagnant water.
- Hold your nose or use nose clips when jumping, skiing, diving or wakeboarding in any fresh water.
- Avoid putting your head underwater in hot springs and

other warm fresh water bodies.

• If you use a Neti-Pot or syringe for nasal irrigation or participate in ritual nasal rinsing be sure to use only sterile, distilled, or lukewarm previously boiled water.

• Avoid digging in, or stirring up mud and scum while taking part in water-related activities in shallow, warm freshwater areas.

The amoeba thrives in warm, stagnant water but may be present in any body of fresh water. A combination of lower water levels, high temperatures and stagnant or slow-moving water may produce higher concentrations of the amoeba.

Infection can occur when water containing the amoeba is forced up the nose when participating in water-related activities. The organism has also been found in tap water and can be introduced to the brain when tap water is used for nasal irrigation or sinus flushes. Symptoms may include severe headache, high fever, stiff neck, nausea and vomiting.

The amoeba does not live in salt water or in swimming pools and hot tubs that are properly cleaned, maintained and treated with chlorine.

Closing lakes or other bodies of water is not a standard public health protection measure against PAM given that the amoebas are ubiquitous, naturally occurring microorganisms and infections are extremely rare.

Hit a home run with Social Security

By Ray Vigil
Social Security Public
Affairs Specialist
in El Paso

A home run is a highlight of any baseball game. The fans cheer with excitement to see a player rocket the ball into the stands. So, what are you doing to prepare for your retirement home run? Your goal should be to get past first, second and third base and make it home with a hefty plate of savings. Social Security has many tools to help you achieve financial security.

Take the first step and

visit www.socialsecurity.gov/myaccount. The benefit of having a my Social Security account is that it gives you access to your personal Social Security Statement, verification of correct earnings, and an estimate of your early retirement benefits at age 62, full retirement age of 66, and delayed age at 70.

We protect your information by using security features and strict identity verification to detect fraud. In several states including the newly added Idaho, Mississippi, and North Dakota, you can request a

replacement Social Security card online. Find out if your state offers the service at www.socialsecurity.gov/ssnumber.

In addition to using your personal my Social Security account to prepare for a comfortable retirement, you can visit www.myra.gov. At myRA, you can access new retirement savings options from the Department of the Treasury. This service is designed for the millions of Americans who struggle with saving for retirement—it's an easy and safe way to help you take control of your future.

myRA is designed for people who don't have a retirement savings plan through their employer, or are limited from other savings options. If your employer provides a retirement savings plan, such as a 401(k), learn more about that plan's potential for matching contributions or other benefits.

Since myRA isn't connected to any employer, it allows workers to hold on to it when they move to different jobs. myRA makes your money grow faster than a traditional savings account.

Having both my Social Security and myRA accounts in place, you're guaranteed to hit a home run in successfully planning for your future.

Learn more about all of your choices at www.socialsecurity.gov.

Weather Whys

Cumulus clouds
Q: Do cumulus clouds mean good weather or bad weather is coming?

A: Cumulus clouds are the puffy white clouds that look like big patches of cotton in the sky, explains Brent McRoberts of Texas A&M University.

"The word cumulus comes from a Latin word meaning 'heap or pile,' which is fitting because of their puffy appearance," McRoberts adds. "They are formed when warm, moist air is thrust upward. Cumulus clouds are often low in the sky and when you see them, it's usually a sign of fair weather ahead."

Q: How do cumulus

clouds differ from cirrus clouds?

A: Cirrus clouds have a light, feathery appearance, McRoberts says. "They look like a long feather with a curl or two at the tip," he notes.

"They almost have a transparent appearance. They, too, come from a Latin word. Cirrus means 'curl of hair.' Like cumulus clouds, cirrus clouds usually indicate fair weather or a stable weather pattern of sunshine and little chance of rain. Cirrus are the most common type of clouds and are found at about 15,000 feet or so and are usually composed of ice crystals."

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Texas A&M University AgriLife Extension Service

by Jason Westbrook, CEA-Ag, Haskell Co.

by Suhas Vyavhare and Blayne Reed, Texas A&M AgriLife Extension Service

The high temperatures, high humidity, and the passing of light cotton showers over the last couple of weeks have been very conducive for rapid crop growth and development. Most cotton fields on the Southern High Plains are Vyavhare pic 1 past the fifth true leaf stage and are sporting pinhead through ¼ grown squares. This should mean they are no longer vulnerable to economic damage by thrips. There are some late fields and replanted fields which can still be injured by thrips, however, and we should continue to scout these fields for thrips. With the high temperatures potential for rapid plant growth, and a lessening thrips pressure in general, these fields might be able to escape from any serious thrips damage.

As the crop is approaching reproductive

phase, we should be looking for fleahoppers—many of us scouting regularly in the field are already seeing a few on squaring cotton. There are already a small handful of regional fields reaching an economic level for this pest. If you see the smaller and freshly adorned squares turning brown and dropping to the ground, and/or missing from the plant, the problem could be physiological or weather related but most likely the damage was caused by fleahoppers. Fleahoppers can be found in abundance on their preferred weedy hosts like silver leaf nightshade, woolly croton and horsemint. Although cotton is not the primary preferred host, it is a choice secondary host that fleahoppers will move to once weeds are killed by herbicide application, mechanical cultivation, or physical hoeing.

The adult fleahopper is about 1/8 inch long,

pale green, and have piercing and sucking mouthparts which they use to suck proteins and other nutrients from the developing squares. Their bodies are flat with an elongated, oval outline and prominent antennae. As their name suggests, they do slightly resemble a whitish or yellowish-green flea, mostly due to the appearance of their hind legs looking much like the hind legs of a common cat flea. Nymphs resemble adults but lack wings and are initially almost white in color or sometimes pinkish until they feed. After feeding, the immature stage is pale green with prominent, often reddish eyes.

Both adults and nymphs suck sap from the tender portion of the plant, often targeting the smaller squares (immature flower buds). Matchhead, pinhead, and even smaller size squares are the preferred cotton feeding sites even after

the plant develops larger squares. Unfortunately the all-important first squares put on the plant are at the most risk. While cotton has the ability to replace some level of early fruit loss, losing too much early fruit set will affect cotton's growth patterns causing rankness and could impact fiber quality by the end of the season via fruit maturity. When fleahoppers are abundant, heavy early fruit loss may occur. Cotton is particularly susceptible to cotton fleahopper damage during the first three weeks of squaring but remains at risk until the second week of blooming when blooms become widely abundant throughout the field. At that time, fleahoppers will feed upon readily and easier accessible pollen and be of no economic importance. Later in the season, fleahoppers are known to even feed upon a few bollworm eggs and small larva as a predator, but early season economic

populations should not be 'saved' for any beneficial potential.

The first week of squaring, the economic threshold for fleahoppers in match head stage cotton is 35% infested plants with 90% square set or worse. This percent fleahopper infested plant calculation can be made via whole plant inspection or beat bucket methods. As plants get older, many entomologists prefer to scout for fleahoppers with drop cloths or sweep nets. This allows the field scout to check dozens and hundreds more plants over the same period of time scouting in the field. The 35% infested economic threshold and treatment level translates into roughly 1 fleahopper/1.5-2.5 row feet for the drop cloth or sweep net method with the same percent square set calculation.

As cotton plants develop, higher levels of fruit loss to fleahoppers

becomes acceptable. Given sufficient time and if early losses were not heavy enough to impact plant development, cotton is often able to compensate for lost squares during the pre-bloom period with little impact on yield, up to a point. Thankfully, quite a bit of research has gone into finding those levels.

Haskell County Arrest Report

The following arrests were reported by the Haskell County Sheriff's Office during the week of July 11-17:

William Shawn Breeding, Ector County warrant.

Ezekiel Mooney, criminal trespass-habitation.

Mary Allen Wilson, criminal trespass-habitation.

Thirty-two calls were made to 911.

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others. Hours are 6 a.m. to 2 p.m. three days a week. Extra hours available during fund-raisers. Call Jennabeth Kimbrough at 940-864-3875 or 940-256-2163. 24tfc

Help Wanted

operations. A current Texas license is required with one year hospital experience preferred. Applicants must also have computer skills, with previous EMR system experience a plus. Haskell Memorial Hospital has an excellent salary and benefits package for full time employees including health insurance, retirement, and paid time off available after 90 day probation period. Qualified candidates please

Help Wanted

send resumes to Human Resources via email at emoore@hmmhealth.org, via fax at 940-864-5014, or call 940-864-2621 x301 if you would like an application mailed to you. EOE. 29-30c

Public Notices

reframe windows inside, replace blinds, and doors as needed on four units. Bids must be received in the Housing Authority Office on or before August 12, 2016 12:00 p.m., and bids will be opened at that time. Aspermont Housing Authority has the right to reject any and all bids. Janice Craig, Executive Director. Call 940-989-2721 or come by 236 W. 7th St., Aspermont, Texas 79502. 29-31c

For Rent

S&S STORAGE in Haskell has storage units for rent. Boat and RV storage available. Call 864-2208.

Help Wanted

BRAZOS VALLEY Care Home is accepting applications for LVN Charge Nurse. New pay scale. Contact Sandra Logsdon, DON for more information. 658-3543. 27-29c

Public Notices

NOTICE
Aspermont Housing Authority will be accepting sealed bids to replace old asbestos tile and baseboard,

Help Wanted

HELP WANTED: Hanson Paint and Body Shop in Haskell needs a full time employee. Experienced preferred, but would train right person. Apply in person. 50tfc

COOK:

The Experienced Citizens Center in Haskell is looking for a cook. Would consider training if applicant is really interested in learning. Applications are also being accepted for a kitchen helper to wash dishes, sweep, etc. Applicants must be clean and able to work with

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National Farmers Market Week is Aug. 7-13

Agriculture Secretary Tom Vilsack signed a proclamation declaring Aug. 7-13, 2016, as "National Farmers Market Week." This year marks the 17th annual National Farmers Market Week to honor and celebrate the important role that farmers markets play in local economies.

"Farmers markets are an important part of strong local and regional food systems that connect farmers with new customers and grow rural economies. In many areas, they are also expanding access to fresh, healthy food for people of all income levels," said Secretary Vilsack. "National Farmers Market Week recognizes the growth of these markets and their role in supporting both urban and rural communities."

Throughout the week, USDA officials will celebrate at farmers market locations across the country. On

Saturday, Aug. 6, Elanor Starmer, the Administrator of USDA's Agricultural Marketing Service (AMS)—which conducts research, provides technical assistance, and awards grants to support local and regional food systems—will kick off the week visiting a farmers market and wrap up the week at USDA's own farmers market in Washington, D.C., Fri., Aug. 12.

"Farmers markets are a gathering place where you can buy locally produced food, and at the same time, get to know the farmer and story behind the food you purchase," said Administrator Starmer. "These types of markets improve earning potential for farmers and ranchers, building stronger community ties and access to local foods."

To help farmers market managers across the country promote and celebrate

National Farmers Market Week, USDA is sharing online free farmers market related graphics that market managers and others can use to customize posters, emails, websites and other promotional materials. The graphics, along with a short demonstration video, can be found at: www.ams.usda.gov/resources/NFMW.

Over the course of the Obama Administration, USDA has invested close to \$1 billion in 40,000 local food businesses and infrastructure projects. Farmers markets provide consumers with fresh, affordable, convenient, and healthy products from local producers. With support from USDA, more farmers markets offer customers the opportunity to make purchases with the Supplemental Nutrition Assistance Program; the Women, Infants and Children Nutrition Program; and the Senior Farmers'

Market Nutrition Programs.

Supporting farmers markets is a part of the USDA's Know Your Farmer, Know Your Food (KYF2) Initiative, which coordinates the Department's work to develop strong local and regional food systems. USDA is committed to helping farmers, ranchers, and businesses access the growing market for local and regional foods, which was valued at \$12 billion in 2014 according to industry estimates. You can also find local and regional supply chain resources on the newly-revamped KYF2 website and use the KYF2 Compass to locate USDA investments in your community.

More information on how USDA investments are connecting producers with consumers and expanding rural economic opportunities is available in Chapter IV of USDA Results on Medium.



MR. AND MRS. SAMUEL BITNER IV

Harris, Bitner wed near Houston

Kasey Harris and Samuel Bitner IV were married July 9 in an outdoor ceremony at the House Plantation near Houston. The Reverend Law officiated the double ring ceremony.

The bride is the daughter of Bobby and Beverly Harris of Tomball. The bridegroom is the son of Sammy and Kim Bitner of Haskell and Teena Youngblood of Odessa. He is the grandson of Sam and Gayle Bitner of Haskell.

The bride was escorted by her father. She wore an ivory gown trimmed with beading and lace and her mother's pearl necklace. She carried a hand-tied bouquet of old-fashioned pink and white roses accented with lace. She wore two royal blue roses in her hairpiece which is a tradition from her

parents giving royal blue roses to their children to symbolize love. Her parents are retired Houston police officers.

Katy Harris, sister of the bride, served as maid of honor. Bridesmaids were Lacey Trubenbach, Kelsey Coffern, Ashleigh Smith, Kendall Hogan and Stephanie Fikaris. Flower girl was Dani Fikaris.

Moses Munoz Jr. was the best man. Groomsmen were Jon Thalken and Cameron Smith, brothers-in-law of the groom, James Timmons, Berto Chacon and Doug Newton. Ring bearer was James Thompson.

Following a reception inside the ballroom at the House Plantation in Hockley, the couple left for Whitehouse, Jamaica. They are residing in Sugarland.

Texas Farm Service Agency reminds wheat producers of marketing loans

USDA Texas Farm Service Agency (FSA) Executive Director Judith A. Canales reminds wheat producers that FSA Marketing Assistance Loans can help meet cash flow needs without selling commodities when market prices are at harvest-time lows.

"In the current marketing environment for wheat, producers are encouraged to contact our office to learn more about marketing loans so that they can make the best choice for their farming operations," said Canales.

Wheat producers who are eligible for marketing

loans are also eligible for loan deficiency payments (LDPs) should the loan rate fall below the posted county price. Producers also can purchase a commodity certificate that may be exchanged for the outstanding loan collateral. Unlike LDPs, use of commodity certificates does not affect payment limitations. Producers can check their daily LDP rates online at www.fsa.usda.gov.

For a commodity to be eligible for a loan, loan deficiency payment, or certificate, the producer must have beneficial interest in the commodity, defined as having title, possession and control of the commodity, and responsible for loss of or damage to the commodity. All related application forms must be completed at the local

FSA office prior to loss of beneficial interest. Other eligibility requirements may apply; consult your local FSA office for more information.

Marketing assistance loans are also available for other commodities, such as corn, grain sorghum, barley, oats, upland cotton, extra-long staple cotton, long grain rice, medium grain rice, soybeans and other oilseeds (including sunflower seed, rapeseed, canola, safflower, flaxseed, mustard seed, crambe and sesame seed), dry peas, lentils, small chickpeas, large chickpeas, grade and non-graded wool, mohair, unshorn pelts, honey and peanuts.

For more information, visit www.fsa.usda.gov/pricesupport. To find your local USDA Service Center, go to <http://offices.usda.gov>.

Maidens to host basketball camps

The 2016 Rising Stars-Maiden Basketball Camp will be held Tues., Aug. 2 through Thurs., Aug. 4.

Incoming third-sixth grade will be from 9:00 a.m. to 12:00 noon. Incoming seventh-ninth graders will be from 1:30 to 4:30 p.m. at the Haskell High School gym. Incoming first-second grade will be from 5:30 to 6:30 p.m. at the Haskell Elementary gym. Cost is \$25.00.

Whitney Swinford will be hosting a camp on the same dates for Incoming ninth-twelfth grade from 6:30 to 9:00 p.m. at the Haskell High School gym. Cost is \$40.00.

For more information, call Blake Eddleman at 940-249-3111 or check the Haskell Athletic Website or the Haskell Athletic Boosters Facebook page. In addition, camp forms may be picked up at Sport-About.

E-mail your news, photos and ads to The Haskell Free Press at hfpnews@lycos.com or hfp@valornet.com

HASKELL MEMORIAL HOSPITAL

Dr. Ruth Ebangit

AUTOIMMUNE DISEASES: BE IN THE KNOW

An autoimmune diagnosis can have life long consequences on an individual. As the healthcare field continues to discover more about this category of diseases and their treatments, we are having better outcomes at helping those who find themselves at the autoimmune crossroads.

When you have an autoimmune disorder, your immune system does not distinguish between healthy tissue and antigens. As a result, the body sets off a reaction that destroys normal tissues. Autoimmune disorders usually affect one or more organs or tissue types. Affected systems include: blood vessels, connective tissues, endocrine glands (such as the thyroid or pancreas), joints, muscles, red blood cells or skin. One area can be affected, or multiple areas can be affected. You've probably heard of the common disorders such as: Addison's Celiac, Dermatomyositis, Graves, Hashimoto Thyroiditis, Multiple Sclerosis, Rheumatoid Arthritis, Sjögren Syndrome, Lupus and Type I diabetes.

If you suspect that you or your loved one may have symptoms of an autoimmune disease, the first thing to do is to see your primary care physician (PCP). Unusual joint or stomach pain, tiredness, general ill feeling or rashes should not be ignored. Your PCP will

more than likely run blood tests and a urinalysis. If tests are positive, your PCP will then refer you to a specialist who exclusively treats these diseases.

Treatments for an autoimmune disease are usually lifelong, as autoimmune cases rarely resolve on their own. Your course of treatment may include prescription medicine, physical therapy, supplements and counseling. Because most autoimmune diseases are not curable, it is important to continue your course of treatment even if you feel better, as the disease can change rapidly having highs and lows throughout your lifetime.

While there is no know prevention for autoimmune diseases, there are a few things that one should consider about what doctors suspect activate the autoimmune response. Theories about triggers include microorganisms (such as bacteria or viruses) or drugs that may set off changes that confuse the immune system. This may happen more often in people who have genes that make them more prone to autoimmune disorders.

Dr. Ruth is board certified in Family Medicine and has a special interest in women's health and general family care. She completed her residency at the University of Texas Health Science Center in San Antonio, TX.

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