

Calendar

Benefit bake sale

A benefit bake sale will be held Fri., July 28 in the lobby of Haskell Memorial Hospital benefitting Gary and Charlotte Johnson and their medical expenses. The sale will begin at 8:00 a.m. and continue until gone. Come early as we usually sell out fast. Cash donations on their behalf will also be accepted. All checks should be made out to Charlotte Johnson.

Zoo program

The Abilene Zoo will present an Animal Ambassadors program Mon., July 31 at 10:00 a.m. at the Haskell County Library. The program is for the whole family. Please make plans to attend.

Cornerstone VBS

Kids in the Book VBS: A Walk Thru the Old Testament is coming to Cornerstone July 31-Aug. 3, Monday through Thursday evenings from 6:00-8:00. Dr. Jerry Hull, Children's Minister at Faith Bible in DeSoto and a master teacher with Walk Thru the Bible, will be using 40 unique hand signs to help students remember all of the major people and events of the Old Testament in order. Cornerstone's VBS also includes music, crafts, and supper for kids from age 5 to seventh grade. Email cornerstonehaskell@gmail.com or text 940-864-4648 to preregister, for information or a ride.

Indian football camp

The 2017 Indian football camp will be held Tues. through Thurs., Aug. 1-3 at Indian Stadium in Haskell. Camp for incoming third through sixth graders will be held from 8:15 a.m. to 10:15 a.m. Camp for incoming seventh, eighth and ninth graders will be held from 10:15 a.m. to 12:15 p.m. Camp will cover basic football skills, teamwork, character and leadership skills. Each camper will receive a camp T-shirt and a football. Cost is \$25 per camper. For more information, call 940-256-1760 or email BHodnett@haskell.esc14.net for registration form.

Bible study

Cornerstone Fellowship Baptist Church invites everyone to Walk Thru the Bible Old Testament, a unique Bible study experience, Sun., Aug. 6, from 1:00 to 4:00 p.m. Dr. Jerry Hull, a master teacher with Walk Thru the Bible, will be using 40 unique hand signs to teach adults and teenagers how to remember all of the major people and events of the Old Testament in chronological order. Childcare and activities will be provided for the children of attendees. Email cornerstonehaskell@gmail.com or text 940-864-4648 to preregister. Go to www.walkthru.org/list-of-events/old-testament for a preview.

Fourth Sunday

The public is invited to attend a fourth Sunday celebration at Hopewell Baptist Church, 908 N. Ave. A in Haskell, featuring a special speaker each fourth Sunday of the month.



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Shop Haskell first

The Haskell Free Press

VOL. 131-NO. 30, ©JULY 27, 2017

"The People's Choice"

6 PAGES-ONE SECTION-75 CENTS

Randy Hise retires from DCOH board

Bright Horizons

by Jimi Coplen, DCOH

When I first came to the Development Corporation of Haskell (DCOH), I had no idea what an incredible person I was about to serve with. Randy Hise is hanging up his hat at the end of this month. He has served on the board since inception in 1994.

Normally, people recommend against having a board member serve that long, but in this case the DCOH was extremely fortunate. Randy's dedication to this board has been a constant. It is one of the many reasons they can claim so much success over the years.

The use of the sales tax for economic development purposes has been one of the most popular and effective tools used by cities to promote economic development. The authorization for the local option tax took effect in 1989. In 1994 some of Haskell's true visionaries saw this as a great opportunity to help Haskell.

Mayor Ken Lane led the charge, along with his city council members at the time: Ruby Turner, David Davis, Tony Burson, Iva Lee Gibson, Kenny Watson, and City Manager Sam Watson. The board held its first meeting in July 1994. The DCOH board consisted of Bobby Hobgood, Greg Melton, Randy Hise, Bill Stewart and David Jim Strickland.



HISE RETIRES—Randy Hise, left, accepts a plaque from Lonnie Meredith, DCOH board president, in recognition of his service on the DCOH board. Hise has served on the board since its inception in 1994.

Committee members were Fred Hernandez, Robert Baker, Abe Turner and Johnny Wheatley.

Randy has been a constant since 1994. He has overseen projects like the mini-blind manufacturing facility, a small motor home

manufacturer, a motorized scooter business, and the building of the prison. He has helped chase bio diesel projects, an assisted living project, a grain storage project and many others. At one point when the DCOH funds were low and they were in between directors, Randy served as the director of the DCOH at no charge until the funds built up. Randy has continued to be the one we call on for the history of projects, financial questions, day-to-day functions of the organization, and so much more.

Current board president Lonnie Meredith said, "I have a great respect for Randy's insight and wisdom and enjoyed serving with him. His knowledge of the laws and rules that govern our actions has been invaluable.

He has quietly served our community and has done a great deal to improve many aspects of our community that many people are not aware of."

Long serving, past, board member Joey Kimbrough said that Randy was the pulse of the organization. "He was the guy who took the lead on all the projects. He put in countless hours behind the scenes that no one would ever know about," he said.

Randy has always been more than just a board member to the DCOH. Recently, I traveled to Washington D.C. with him and County Judge David Davis on behalf of the prison. These two men had worked on this project since inception. It was an honor to be the new kid on the block, listening to their

stories about the prison as they passionately advocated with federal officials and congressmen on behalf of the prison. They understood what 140 jobs meant to Haskell and Haskell families.

Leaders like Randy Hise don't come along every day. Leaders who truly care about their community, who are in it for the right reasons, who are dedicated to the cause and who are truly one we can all call friend...those people are hard to find. And, if you get to work with one of them like I have for the past year and four months, you are blessed.

Randy is leaving big shoes to fill on the DCOH board. He will be truly missed; however, he has given us permission to call him anytime. We will be taking him up on that.

Local sales tax returns reported

Texas Comptroller Glenn Hegar announced that he sent cities, counties, transit systems and special purpose taxing districts \$679.9 million in local sales tax allocations for July, 9 percent more than in July 2016. These allocations are based on sales made in May by businesses that report tax monthly.

"The cities of Houston, San Antonio, Dallas, Austin, Fort Worth, Midland and Odessa saw noticeable increases in sales tax allocations," Hegar said.

The City of Haskell had a 4.91 percent increase for July 2017 of \$41,501.05 in comparison to \$39,556.72 for July 2016. 2017 payments to date of \$295,466.26 reflect a 2.69

percent decrease over 2016 payments to date of \$303,659.52.

The City of O'Brien had an 8.27 percent increase for July 2017 of \$199.99 in comparison to \$184.71 for July 2016. 2017 payments to date of \$2,743.72 reflect a 53.81 percent increase over 2016 payments to date of \$1,783.79.

The City of Rochester had a 64.93 percent increase for July 2017 of \$674.71 in comparison to \$409.07 for July 2016. 2017 payments to date of \$4,552.18 reflect a 3.55 percent increase over 2016 payments to date of \$4,395.74.

The City of Rule had a 7.94 percent increase for July 2017 of \$1,801.21 in comparison to \$1,668.61 for July 2016. 2017 payments to date of \$16,060.28 reflect a 4.03 percent increase over 2016 payments to date of \$15,437.93.

The City of Weinert had a 34.31 percent increase for July 2017 of \$265.68 in comparison to \$197.80 for July 2016. 2017 payments to date of \$2,856.91 reflect a 48.82 percent increase over 2016 payments to date of \$1,919.65.

Haskell Co. Arrest Report

The following arrests were reported by the Haskell County Sheriff's Office during the week of July 16-23:

Anthony Q. Lerma, forgery Haskell Co., counterfeiting Jones Co.

Fifteen calls were made to 911.



SUMMER READING PROGRAM—On Tues., July 11, Wendy Taylor was the reader, reading *The Very Hungry Caterpillar* by Eric Carle. The craft was creating a butterfly. Taylor discussed how a caterpillar transforms into a butterfly. Attending were, front row, l-r, Izzy Gober, Achilles Martinez, Harper Mays and Wendy Taylor holding Kannyn Taylor; back row, Bella McAdoo, Jax McAdoo, Kash Aiden, Kamryn Delmasso and Kylee Delmasso.

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

Area schools set registration days, back-to-school nights

Haskell

Haskell Elementary School will hold registration for new students to the district Mon., Aug. 7, Tues., Aug. 8 and Wed., Aug. 9 from 9:00 a.m. to 12:00 p.m. and from 1:00 to 3:00 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 2016-2017 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 on the following days and times.

Mon., Aug. 14: Head Start from 5:30 p.m. to 6:30 p.m.; PPCD from 5:30 p.m. to 6:30 p.m.; Prekindergarten-3 year olds from 5:30 p.m. to 6:30

p.m. and Prekindergarten-4 year olds from 5:30 p.m. to 6:30 p.m.

Tues., Aug. 15: Kindergarten at 5:30 p.m.; first grade at 5:30 p.m.; second grade at 6:30 p.m.; third grade at 6:30 p.m.; fourth grade at 7:30 p.m.; and fifth grade at 7:30 p.m.

It is important for parents/guardians 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 Thurs., Aug. 17. Classes will begin at 8:00 a.m. Kindergarten through fifth grade will dismiss at 3:25 p.m.

Paint Creek

Paint Creek ISD will hold registration for all students for the 2017-2018 school year Tues., Aug. 8. Please come by the school office between 7:30 a.m. and 4:30 p.m. to complete needed paperwork. Parents need to bring their driver's license.

To attend Kindergarten, a child must be 5 years old on

or before Sept. 1, 2017. To attend Pre-K, a child must be 4 on or before Sept. 1, 2017.

For all new incoming students, parents need to bring their child's immunization record, birth certificate, and social security card to registration.

The first day of school will be Mon., Aug. 21.

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

Rule

Rule ISD will hold registration for Elementary, Junior High and High School students Tues., Aug. 8. Registration will run from 9 a.m. to 4 p.m. Please enter the building at the east entrance by the superintendent's office for further instructions. All students and parents, including new students to the district and established students, are asked to attend.

Transfer students will be considered from surrounding areas. Parents of possible transfer students should bring the following items with them to registration:

A new student will need to

add these items: Last report card from previous school; test scores; attendance; discipline records.

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

- A copy of the child's Social Security card.
- A copy of the child's birth certificate.
- Current immunization records.
- Any records from the child's previous school

district.

*A copy of the parent or guardian's driver's license.

For more information about registration, call Rule ISD at 940-997-2246.

Rule ISD will host their annual Title I meeting and "Meet the Bobcats" night for all students and their parents Tues., August 15 from 6 to 9 p.m. at the city park. At 6:00 p.m., an assembly will be held at the park to address the required Title I information and to present the Parent

Involvement Policy for the 2017-2018 school year. At the conclusion of the Title I meeting, parents and students will have the opportunity to enjoy a watermelon social and meet the 2017-2018 Bobcats and Lady Cats. Teachers and staff members will be on hand to meet and greet parents and answer questions regarding the upcoming school year. Come enjoy this event in preparation for an exciting 2017-2018 school year!

Knox-Haskell Rural Leadership program opens enrollment

The Knox-Haskell Rural Leadership Program is ramping up for its fourth year. This eight-month prestigious-leadership series will be packed with outstanding speakers, tours, workshops, networking and much more. The Knox County Texas A&M AgriLIFE Extension Service and the Development Corporation of Haskell (DCOH) are sponsoring the Knox-Haskell Rural Leadership Program.

Each class will include curriculum elements such as communication, conflict management, dealing with difficult people/situations, diversity, leadership styles, customer service and team building to name just a few. In addition, there will be local tours of businesses, museums, and other places that make each county unique.

This class will also teach you the inter-workings of city, county and state governments,

school boards, economic development and more. These tours will help participants learn more about their community and the region.

The leadership series will be open to 15 people. Those participating will attend an action-packed, team building orientation session Sept. 15. Monthly sessions will be held on the first Friday of each month from 9 a.m. to 3 p.m., starting in October and going through April 2018 in Knox and Haskell County. The group will take a trip to Austin in February 2018. And, each group will launch a community project upon completion of the training in April.

The program costs \$275 and may be paid by the employer or by individuals. Each

participant will receive 4.8 CEUs from Vernon College. This fee includes all travel, food, a shirt, the overnight trip to Austin and all supplies.

Applications are available to Knox County residents at the Texas A&M AgriLIFE Extension Service office in the Knox County Courthouse or downloaded at <http://knox.agrilife.org/>. For Haskell County residents, applications can be picked up at the Haskell County Courthouse at the DCOH office on the second floor or downloaded at www.haskelltexasusa.com/edc. Application deadline is Sept. 1, 2017, but sooner is better because space is limited.

For more information call the DCOH at 940-864-3424 or Knox County at 940-459-2651.

Commissioners' Court report

The Haskell County Commissioners' Court met in a special called meeting Mon., July 17 with all members present.

A motion to start the process of pursuing the raising of taxes to 7.99% passed.

The matter of the ramp at The Anchor storm shelter was tabled for further study.

ECC Menu

Mon., July 31
Pulled pork sandwiches, sliced tomatoes, Frito chips, fresh squash/zucchini/onions, jello, brownie, tea or coffee
Announcements begin at 11:45 a.m. followed by lunch.

Calendar

Pool hours

The Haskell City Pool will be open Tues.-Sat. from 1 p.m. to 6 p.m. Cost is \$4 for adults, \$2 for ages 4 years to 17 years; and 3 and under free. Pool parties are two hours long and the cost is \$75 paid at City Hall. Two lifeguards are required at each party at a cost of \$20 each. Parties are after pool hours only Tuesday through Saturday. For more information, call City Hall at 940-864-2333.

Outreach services

Double Mountain Outreach Services/ASBDC will be in your area Tues., Aug. 1 in Throckmorton at the Public Library from 9:00 to 10:00 a.m. Then in Haskell at the County Courthouse from 11:00 a.m. to 4:00 p.m. Come by and see us if you need help with utility bills,

eyeglasses, dental (fillings or extractions) or help overcoming poverty. Questions? Call 940-989-3538 or 940-200-0864.

Music Jubilee

The Haskell Country Music Jubilee will be held the second Monday of the month from 6:30 to 9 p.m. at the Experienced Citizens Center in Haskell. Those interested in playing and listening are encouraged to come and enjoy the fun. A practice session will be held the Thursday before the Jubilee.

Operation Recovery

Operation Recovery, a faith-based 12-step meeting, will offer two meetings—an 'early bird' meeting on Tuesdays at 9 a.m. and an evening meeting on Fridays at 7 p.m. at God Loves You Ministries on the west side of the square.

Support group

The Jones County Alzheimer's Association Support Group meets the second Monday of the month at 4 p.m. at Country Elegance, 1700 Columbia St., Stamford. For information, contact Patsy Richards at 325-773-5511.

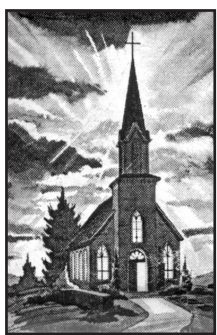
Storm sirens

The City of Haskell will test the storm sirens Fridays between 11 a.m. and 2 p.m., weather permitting.

Homecoming

Haskell-Mattson-Rochester-Weinert 2017 homecoming date has been changed due to UIL changes in the schedule. Homecoming will be held Oct. 20-21. If you have questions, call 806-773-8715. Make your plans to attend.

This Week's Devotional Message:



Brighten your life with the Golden Rule

Do unto others, the Bible has said.
As you'd have others do unto you;
And if you will follow this passage you've read.
You will find it is certainly true
That in business, your home life or simply with friends.
It is easier getting along
If you'll never be forced into making amends,
Just because you have done someone wrong.
So to learn more about this unailing advice
That will frequently serve as a warning.
You should go to your church, where it's only the price
Of an hour on next Sunday morning.

ATTEND CHURCH THIS SUNDAY

—HASKELL—

East Side Baptist Church

Terry Bunch, pastor
Sun. 9:45 a., 11 a., 6 p.; Wed. 7 p.
600 N. 1st East, Haskell

Christian Church

Sun. 10:45 a.m.
107 N. Ave. F, Haskell

Church of God

Bruce Ray, pastor
Sun. 10:30 a.m. Thurs. 7:00 p.m.
714 North First East, Haskell

Trinity Lutheran Church

Rev. David White, pastor
Sunday 9:30 a., Worship 10:30
Hwy 380 East, Haskell

Iglesia Bautista

El Calvario

Sun. 9:45 a., 10:45 a., 5 p.; Wed. 7 p.
607 S. 7th, Haskell

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

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

St. George

Catholic Church

Father Angelo Consemmino
Sat. Mass 7 p.m.; Sun. 9:00 a.m.
901 N. 16th, Haskell

Church of Christ

Philip Sims, minister
Sun. 9:30 a., 10:30 a., 6 p.; Wed. 7 p.
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.; Wed. 6:30 p.
114 S. Ave. D, Haskell

Hopewell Baptist Church

Sun. 9:30 a., 11:00 a.; Wed. 7 p.
908 N. Ave. A, Haskell

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

New Covenant Foursquare

Bill and Renee Glass, pastors
Sun. 10 a., 11 a., 6:30 p. Wed. 7 p.
200 S. Ave. F, Haskell

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

Cornerstone Fellowship

Baptist Church
Sun. 9:30 a., 10:45 a., 5 p., Wed. 6 p.
1600 N. First St., Haskell

God Loves You Ministries

Mark Wallace, pastor
Church Service 10 a.m.
West side of square, Haskell

—WEINERT—

First Baptist Church

Dan Bullock, pastor
Sun. 10 a., 11 a., 6 p., Wed. 7 p.
Weinert

Weinert

Foursquare Church

Rev. Robert Harrison
Sunday 11 a.m
Weinert

—ROCHESTER—

Church of Christ

Mitchell Greer, minister
Sun. 10 a.m., 10:45 a.m.
West on Main Street, Rochester

First Baptist Church

Terry Moffett, Interim 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.; Wed. 7 p.
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

Cory Graham, pastor
Sun. Morn. 9:45 a.m.
Sagerton

Faith Lutheran Church

Anna Robbins, pastor
Sun. 10:30 a.m.
Sagerton

—RULE—

First Baptist Church

Scott Hensley, pastor
Sun. 9:45 a., 11 a., 5 p.; Wed. 7 p.
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

Paul Leonard, minister
Sun. 9:45 a., 10:40 a., 6 p.; Wed. 7 p.
811 Union, Rule

Primera Iglesia Bautista

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

Sweet Home

Baptist Church
Russell Stanley, pastor
Sunday 10 a.m.
Gladstone Ave., Rule
940-997-2296

West Bethal

Baptist Church
Rev. Clovis Dever
Sun. 10 a., 11 a., 8 p.; Wed. 7:30 p.
300 Sunny Ave., Rule

—PAINT CREEK—

Paint Creek

Baptist Church
Sun. 10:00 a.m., 11 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.
O'Brien

Sonic Drive-In

1402 N. Ave. E
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Randy Phelps, Manager

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The Haskell Free Press



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Texas A&M AgriLife Extension Service

by Darlene Hopkins, CEA-FCS, Haskell Co.

Eating healthy on vacation

Summer is the prime time to take a vacation. While vacations are a lot of fun and important for relaxation and stress, they can take a toll on our diets. We eat many of our meals in restaurants so we have less control over how food is prepared and how large the portion sizes are. We also tend to splurge while away which can wreak havoc on our waistlines.

There are some things that we can do to eat healthy and prevent weight gain while on vacation.

- Take an ice chest and pack it with resealable plastic bags full of healthy snacks including carrots, broccoli, cauliflower, grapes, oranges blueberries, 100 percent fruit and vegetable juices, string cheese, low-fat or nonfat yogurt. Plan to visit grocery stores on your trip to replenish you healthy snacks.

- Be sure to pack plastic spoons and forks. Also include hand sanitizers to

use before eating your snacks if you are not able to wash your hands.

- Take along a box of items that do not need to be kept cool, but are just as healthy including canned tuna, fruit, cereal, crackers, dried fruit, popcorn, pretzels and nuts. For beverages, include canned or boxed 100 percent fruit juice and water.

- When you do eat at restaurants, review the menu. Stay away from fried foods and look for grilled, baked or broiled options. Select entrees such as seafood, chicken or lean meats. Select vegetables that are seasoned with herbs and spices rather than butter, cheese or sour cream.

Salads can be good choices, however, watch out for high-fat dressing, cheese, croutons and other toppings that can add fat and calories. Avoid biscuits, potpies, pastries and other breads that can be high in calories and fats. Select instead, hard rolls, bread sticks not brushed with butter, French

bread or whole-wheat buns. For sauces, stick to wine or thinned, stock-based sauces. Avoid thick butter sauces, creamy sauces and gravies.

- *If the restaurant denotes "healthy" menu items, it is a good practice to choose from that list at least half the time.

- *Consider ordering milk as a beverage if you are not getting much calcium, or stick to water, unsweetened tea or coffee.

- *Try to order first so your choice won't be influenced by everyone else at the table.

- *Consider sharing an entrée with someone else that will help keep portions smaller.

- *If you only have the choice of fast food, consider sandwiches with turkey or lean roast beef, salads or wraps. At burger places try a hamburger with apples or a side salad.

- Staying at a hotel that offers breakfast, choose options that are low in sugar and carbohydrates. Choose

eggs if they are available, or choose yogurt, fresh fruit, juice or low-sugar, high fiber cereal.

- Strive to get some physical activity every day. When stopping, include walking or play a game. Take advantage of places that offer physical activity including swimming pools, walking trails and bike rentals.

You don't want to deprive yourself of special treats while on vacation. That's half the fun! The key is to enjoy them in moderation. Take smaller portions of the foods that have more calories and fat and be sure to consume more healthy foods.

For more information on family and consumer science related topics go to www.haskell.agrilife.com or like us on Facebook at Haskell County 4-H and Texas A&M AgriLife Extension Service. Also, contact Darlene Hopkins—the Haskell County Extension Agent for Family and Consumer Sciences at 101 S. Ave. D, Haskell, phone 940-864-2658.



ART PURCHASE—Friends of the Library recently purchased an art piece created by Kacy Latham. This piece is on display in the children's room at the Haskell County Library.

1/2 PRICE SALE

All Spring and Summer

SALE CLOTHES AND SHOES

Newly Reduced 50%
Sale begins Thurs., July 27

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Friendship Day - Aug. 6
Book Lovers Day - Aug. 9

Sizzling Summer SALE

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regular price

Scenterpiece MeltCups \$1 off

Does not include Yankee Candle Scenterpieces Units. Some restrictions apply



Bridal Registries
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Texas A&M AgriLife Extension Service

by Darlene Hopkins, CEA-FCS, Haskell Co.

Texas A&M AgriLife Extension Service to offer Professional Food Manager Certification Training Course

Statistics indicate that foodborne illness continues to be a health issue in the United States. Each year, one in six Americans will become sick, 128,000 will become hospitalized, and 3,000 will die due to a foodborne illness.

Texas Food Establishment

Rules state that each food establishment is required to have one certified food manager on site.

Texas A&M AgriLife Extension Service in Taylor, Jones and Haskell Counties, is offering a professional food manager certification training course. This two day program will be offered for \$125.00 on Aug. 21 and Aug. 22 at the Taylor County Extension Office. Cost includes training,

materials, and the Prometric food manager certification examination. The food manager's certification will be valid for five years. Registration deadline is Aug. 7.

This program is designed to not only prepare foodservice managers to pass the certification examination; it will provide valuable education regarding the safe handling of food. Almost 50 cents of every

dollar Americans spend on food is spent on meals prepared away from home. Therefore, careful attention to food safety will help keep customers safe and satisfied.

Foodborne illnesses are estimated to cost thousands of dollars in lost wages, insurance, and medical bills. With these statistics, knowledge of how to prevent foodborne illness is essential. The benefits of improved food safety include:

- Increased customer satisfaction
- Improved relationships with health officials
- Prevention of bad publicity and law suits due to foodborne illness

By attending the course, foodservice managers will learn about:

- identifying potentially hazardous foods and common errors in food handling
- preventing contamination and cross-contamination of food
- teaching and encouraging personal hygiene for employees
- complying with government regulations
- maintaining clean utensils, equipment and surroundings
- controlling pests

Foodborne illnesses can be prevented by following simple food safety practices. For more information about the Professional Food Manager Certification Training course of Texas A&M AgriLife Extension Service, called "Food Safety: It's Our Business," call the Taylor County Extension Office at 325-672-6048. You may also access a downloadable registration form at <http://taylor.agrilife.org>.

DPS urges Texans to use caution in summer heat

The Texas Department of Public Safety is warning Texas residents to be prepared for summertime temperatures, and to take precautions to stay safe as temperatures and heat indices hit 100 degrees and above in many parts of the state this time of year. Extreme temperatures increase the risk of heat-related injuries or deaths.

"Summertime heat is a fact of life in Texas, but the dangers from high temperatures are real and should not be taken lightly," said DPS Director Steven McCraw. "Heat-related deaths and injuries are often preventable if residents take the necessary steps to educate and protect themselves—and their loved ones."

Warmer weather places children at greater risk of injury or death if left unattended in a vehicle. Every year children die from heat-related injuries after being left in a vehicle or by entering a vehicle unnoticed. A child should never be left unattended in a vehicle.

Temperatures inside a car can rise more than 20 degrees in only 10 minutes; and even with an outside temperature of 60 degrees, the temperature inside a car can reach 110 degrees, according to the National Highway Traffic Safety Administration. Leaving windows partially rolled down does not help. Young children are particularly at risk since

their bodies heat up faster than an adult.

According to the Center for Disease Control and Prevention (CDC), extreme heat events or heat waves are one of the leading causes of extreme weather-related deaths in the United States. Periods of severe heat and high humidity tax the body's ability to cool itself and can lead to heat exhaustion and heat stroke, which can be fatal.

DPS offers the following tips for staying safe and managing the heat:

- Check on the elderly, sick or very young, especially if they don't have air conditioning.

- Drink plenty of water and avoid caffeine and alcohol during prolonged outdoor exposure. Start consuming water before you head outdoors; you may not realize you're dehydrated until it's too late.

- Pay attention to your body. Heat exhaustion and heat stroke can develop quickly. If you start feeling ill, immediately find a shaded or cooler area and slowly drink fluids. Seek medical attention if necessary.

- Monitor weather radios and newscasts for information on current conditions and weather alerts in your area.

Clear Fork Crime Stoppers
1-800-222-TIPS

- Stay indoors as much as possible, and limit exposure to the sun. Consider indoor activities this summer at places like shopping malls, the library or other community facilities.

- Light-colored, loose-fitting clothing and a hat are recommended during outdoor exposure.

- If possible, avoid strenuous outdoor activity during the hottest part of the day.

- Be extra careful when cooking outdoors, building campfires or driving off road to avoid igniting dry vegetation. Also, stay aware of burn bans in your area and always abide by restrictions on outside burning.

- Don't forget pet safety. Animals are also susceptible to heat-related injury or death—don't put your pets in these dangerous conditions.

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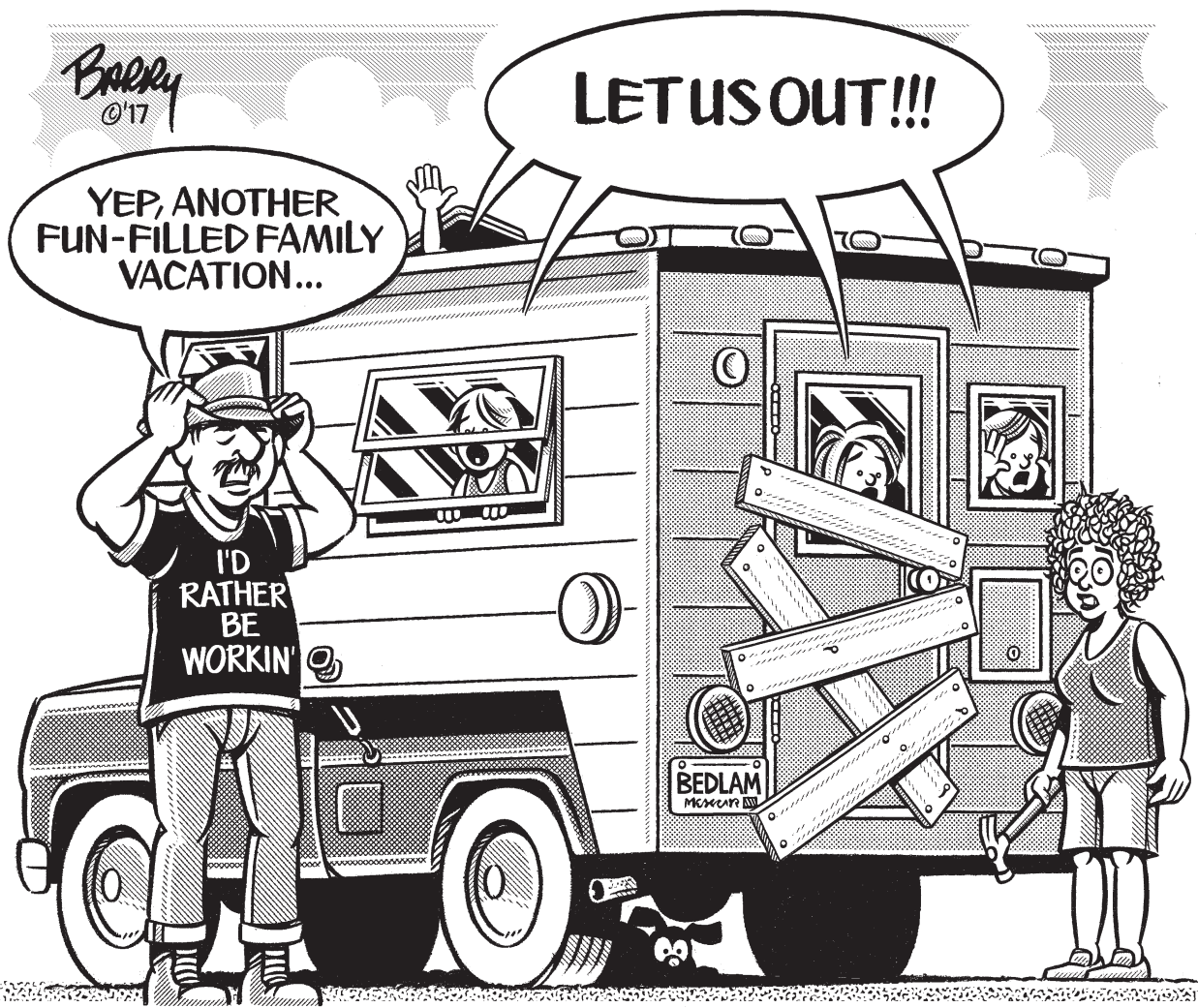
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From Out of the Past

From the files of The Haskell Free Press

10 Years Ago July 26, 2007

Haskell native Keith Chapman, executive director of the Livestock Marketing Association of Texas, was presented the Independent Cattlemen's Council Award during the 33rd ICA Convention. He is the son of Jack and Joy Chapman of Haskell.

H H S g r a d u a t e Stephanie Grand, joined other young Texans and the Houston Livestock Show and Rodeo family in Corpus Christi, where she was presented a four-year college scholarship, during the Texas FFA Convention. She is the daughter of Steven and Pat Grand.

Completing the Haskell County Library's Summer Reading Program were Civana Evans, John Townsend, Austin Curran, Bryan Evans, Toby Castorena, Heavenly Perez, Elise Townsend and John Anderson.

20 Years Ago July 24, 1997

Haskell Lion George Fouts presented Lee Smith, Lion Eye and Tissue Bank

Chairman of District 2E-1, with 150 pairs of used eyeglasses collected by the local organization.

Gena Woodard, daughter of Louis and Gladys Whitaker of Haskell, has been named the Home School Coordinator at Washington/Jackson Math-Science Technology Center, a magnet school in Wichita Falls.

The Haskell Blacksocks, the 14 and 15 year old teenage league baseball team, have advanced to the regional playoffs, with a 20-0 record. They are coached by Rex Pittman and Bob Earles.

30 Years Ago July 23, 1987

Max Stapleton, Haskell County extension agent for the past 21 years, has received the Distinguished Service Award, the highest recognition given by the National Association of County Agricultural Agents.

HHS FFA member Jerry Davis, was awarded the C.J. 'Red' Davidson scholarship at the 59th annual Texas FFA

Convention. Lone Star Farmer degrees were also awarded to Russell Flanary, Kirk High, Steven Klose and Shanna Mueller.

The Haskell Chamber of Commerce held ribbon cutting ceremonies for three new businesses in town. They are Glenn's Bar-B-Que Express, Winn's Store and Nemir's Antiques and Medical Supply.

40 Years Ago July 28, 1977

Larry Gilliam was recently named Haskell Rotary President for the coming year. Other officers include Aubrey Carroll, vice-president and Desmond Dulaney, secretary. Directors are Haskell Stone, Curtis Jennings, Eldon Anderson and Dudley Bragg.

Rod Townsend and Jerry Don Hudgens will play in the Greenbelt Bowl in Childress. Rochester High School spring graduates, they were both named to the 1976 Class B All-State Team.

Twelve members of the Haskell Jr. High Band attended ACU band camp in Abilene. Sharla Drinnon was selected as Outstanding Flute Player and Ronnie Rea was Outstanding Drummer of the entire camp.

50 Years Ago

July 27, 1967

Penny Patton, daughter of Mr. and Mrs. Floyd Patton of Weinert, was crowned Haskell County Cotton Queen. First runner-up was Kay Newton of Weinert, while Mary Murphy, daughter of Mr. and Mrs. Tom Yates of Weinert, was second runner-up.

Don Mullins, son of Mrs. Bessie Mullins of Haskell, has accepted a coaching position with Haskell ISD. Mrs. Mullins is the former Wynette Sherman, daughter of Mr. and Mrs. Alvin Sherman of Haskell. He will be assistant varsity football and junior high coach.

90 Years Ago July 28, 1927

W.G. Pope and son Edwin, are spending the week in College Station in attendance at the Farmer's Short Course being conducted by A&M College.

Quite a large crowd of people heard the fight returns in the Dempsey-Sharkey match last Thursday evening through the courtesy of Jones-Cox & Company, who hooked up their loud speaker in front of their store. Although the static was very bad, the audience was able to keep up with the fight blow-by-blow.

Letter to the Editor

Dear editor,
I wanted to say thank you so much to all the people in Haskell County who came to support me at the fundraiser, as well as those who donated but couldn't be there. You were extremely

generous and have helped make it possible for me to compete in Rotterdam, Netherlands in September at the 19&Under Triathlon World Championship.

Sincerely,
Ryan Earthman

Financial planning for the terminally ill

What to do at the end of a loved one's life can be extremely overwhelming, no matter the circumstance. Not knowing how to handle your loved one's finances—or what type of financial situation you'll be left to sort out—can make a difficult situation even worse. Putting financial affairs in order is key, especially when a loved one is facing a terminal illness. By working with your loved one soon after diagnosis to ensure their wishes are known and that you or another family member have the authority to carry them out, financial peace to the best extent possible can be achieved.

Candid discussions with the family and effective planning will help ensure a messy financial situation doesn't compound an already devastating experience. Financial experts suggest the following tips for those facing a life-threatening illness.

Create or update your will

The most important thing you can do if terminally ill is to have an up-to-date will. Less than half of Americans have a will, and not leaving specific written instructions behind means that your assets may not go where you intended. A will identifies beneficiaries and ensures your other wishes regarding your estate are honored.

Set up a revocable trust

Particularly if you have significant assets, a revocable trust is a good option to avoid having your estate go through probate, which can take months. The process consists of transferring all your assets into a trust in your own name with provisions that can be changed or canceled. You'll then receive income distributions from the trust until your death, at which time all assets are transferred to your beneficiaries. You can also name a co-trustee who will manage your affairs and finances should you become incapacitated.

Get medical directives in order

Draft a living will that stipulates the type of medical care you do or do not want should you become incapable of communicating. It may contain a "do not resuscitate" order. In addition, prepare a medical power of attorney, which gives someone you trust the authority to make medical decisions for you if you are unable to do so.

Durable Power of Attorney

This document appoints someone to act on your behalf in financial and other matters. Properly drafted, it is effective even if you become incompetent. Such arrangements can take effect immediately or only in the event you become incapacitated. This saves the expense of a guardianship.

Consider giving gifts

Depending on the value of your estate, it may be worth it to consider giving gifts soon after diagnosis. This will help reduce the amount that your estate will have to pay in taxes. Gifts of up to \$14,000 per recipient a year are tax free.

Pass along passwords

One of the worst situations possible is when family members are left with no way to access your accounts. This is easily preventable by creating a list of your passwords for online accounts that you give to a trusted loved one. It will help ensure that your family has immediate access to important financial websites in the event of your disability or death, and will also allow them to pay bills in a timely manner.

Keep savings intact

Being diagnosed with a terminal illness doesn't mean you should cash in your retirement plan immediately and spend it all. People often far outlive the life expectancy given by their doctors. Plus, you'll most likely need a good amount of money for daily living expenses and medical treatments not covered by health insurance. End-of-life care is often quite costly, and this isn't an expense you want to burden loved ones with if it's avoidable.

Leave instructions

Last but not least, leave instructions for your loved ones who may have a difficult time making decisions while grieving your loss. A letter of instruction doesn't require an attorney and helps loved ones with details not covered in your will. It could include your wishes regarding funeral arrangements; a draft of your obituary; a list of insurance policies; the location of your safe deposit box and key; contact information for your attorney, accountant and financial advisor; and location of your will and other legal documents. In addition, even though it is not binding, consider making a list that identifies who should receive specific personal items, especially those with significant meaning to you and the recipient.

Cyclospora on the rise in Texas; testing, reporting key to finding source

A spike in illnesses caused by the parasite Cyclospora in June and July is prompting the Texas Department of State Health Services to ask health care providers to be on guard for the illness, pursue testing, and report cases to their local health department. Within the past month, 68 cases have been reported in the state, and DSHS is working with local health departments

to gather information about the illnesses and identify a source.

Cyclosporiasis is an intestinal illness caused by consuming food or water contaminated with the microscopic Cyclospora parasite. The main symptom is watery diarrhea lasting a few days to a few months. Additional symptoms may include loss of appetite, fatigue, weight

loss, abdominal cramps, bloating, increased gas, nausea, vomiting and a low fever. Symptoms may come and go multiple times over a period of weeks or months.

People with symptoms that could be related to Cyclospora should contact their health care provider for treatment. A health advisory issued today asks providers to test patients who have diarrhea lasting more than a few days or diarrhea accompanied by severe loss of appetite or fatigue. Health care providers should promptly report cases so that public health can investigate them and attempt to determine the source in order to head off future

cases.

Past outbreaks in the U.S. have been associated with consumption of imported fresh produce, including fresh pre-packaged salad mix, raspberries, basil, snow peas, and mesclun greens. Texas has had multiple outbreaks linked to cilantro.

DSHS recommends thoroughly washing all fresh produce, but that may not entirely eliminate the risk because Cyclospora can be very difficult to wash off. Cooking will kill the parasite. Infection is generally not transmitted directly from person-to-person. There were 148 cases of cyclosporiasis in Texas reported last year.

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Texas A&M AgriLife Extension Service

by Darlene Hopkins, CEA-FCS, Haskell Co.

The dangers of leaving children alone in or around cars

Now that we are into summer in Texas, children are spending more time outdoors, which increases the danger of children being left alone in, and around, cars. When we think of children being left alone in cars, our first thought is the danger of children dying in hot cars due to heatstroke. But in addition to heat risks, there are other safety concerns with unsupervised children around cars—including back-overs, the risk of children releasing the gear shift or engaging electric windows, and even becoming trapped inside vehicles or trunks. According to the Safe Kids Worldwide, approximately 39 percent of back-over deaths occurred at home. Drivers in back-over and front-over deaths are often family members or family friends of the child.

Children are more at risk for heatstroke because a child's body temperature rises 3 to 5 times faster than an adult's. A heatstroke can occur at body temperatures

above 104 degrees. Even mild outside temperatures can pose a threat, but with Texas summer temperatures climbing into the upper 90s each day, the danger becomes even greater. The problem is that temperatures in parked vehicles rise very quickly. According to figures from San Francisco State University's Department of Geosciences, in just 10 minutes, the temperature inside of a vehicle can increase by almost 20 degrees.

To reduce deaths from heatstroke, Safe Kids USA has launched a campaign titled ACT, which stands for: Avoid heatstroke-related injury, Create reminders, and Take action. The campaign is designed to link together these simple heatstroke prevention steps. It is important that parents and caregivers are on alert to avoid a heatstroke death, and that they share the ACT campaign steps with spouses, grandparents, babysitters, and other caregivers. Any change in schedule for drop-off or pickup of a child can

lead to a deadly mistake. In more than half of the cases of heatstroke, the death was due to the child being "forgotten" by the caregiver. Such deaths are preventable when parents take precautions to make sure that children are not left alone in vehicles and cannot gain access to unlocked vehicles.

So far this year, 18 child vehicular heatstroke deaths have occurred in the U. S., including seven in Texas. Although many parents may think that this will never happen to them, it is a tragedy that can and has happened to many families.

Darlene Hopkins, Texas A&M AgriLife Extension Service agent, Haskell County reminds parents to be extra vigilant to make sure that children are never left alone in or around parked vehicles. Follow these safety tips in this article to be sure that children cannot be harmed in a vehicle.

Children left in hot vehicles

- Never leave infants or children in a parked vehicle, even if the windows are

partially open.

- Make a habit of looking in the vehicle—front and back—before locking the door and walking away.

- Carefully check all seats in the van or bus to make sure there are no children sleeping on the seats or hiding under seats.

- Do not let children play in an unattended vehicle. Teach them that a vehicle is not a play area.

- Check with the family when a child does not show up for day care to be sure a parent has not forgotten a child in their vehicle.

- Always lock vehicle doors and trunks—and keep keys out of children's reach.

- If a child is missing, check the vehicle first, including the trunk or storage area.

- If a child is in distress due to heat, get them out as quickly as possible. Cool the child rapidly, then call 911 or your local emergency number immediately.

Children around parked vehicles

- Walk all the way around your parked vehicle to check for children, pets, or toys before getting in the

car and starting the engine.

- Make sure young children are always accompanied by an adult when getting in and out of a car.

- Identify and use safe play areas for children away from parked or moving vehicles.

- Designate a safe spot for children to go when nearby vehicles are about to move.

- Firmly hold the hand of each child when walking near moving vehicles and when in driveways, parking lots, or sidewalks.

- Teach children not to play in and around vehicles.

Children left in running vehicles

- Lock vehicles at all times, even in the garage or driveway.

- Never leave keys in the car.

- Store keys out of children's reach.

- Engage your emergency brake every time you park.

- Check to see if your vehicle has a Brake Transmission Safety Interlock (BTSI), which is a safety technology to prevent children from accidentally putting a

vehicle into gear. Check your owner's manual to see if your vehicle is equipped with BTSI. After Sept. 1, 2010, all vehicles with an automatic transmission with a PARK position must have BTSI.

- Use drive-thru services when available.

- Use your debit or credit card to pay for gas at the pump.

- Lock the power windows so that children cannot play with and cannot get caught in them. Power windows can strangle a child or cut off a finger.

Following these safety tips can make all the difference in avoiding a needless tragedy.

For more information on family and consumer science related topics go to www.haskell.agrilife.com or like us on Facebook at Haskell County 4-H and Texas A&M AgriLife Extension Service.

Also, contact Darlene Hopkins—the Haskell County Extension Agent for Family and Consumer Sciences at 101 S. Ave. D, Haskell, phone 940-864-2658.



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HASKELL CISD is now accepting applications for a part-time janitorial position at Haskell Elementary School. Job is 18 hours a week, Mondays, Wednesdays and Fridays from 8:30-2:30. Start date is August 17th. Must undergo a criminal background check through the Texas DPS. All applicants must have knowledge of basic principles of janitorial duties. You may pick up an application at the Haskell CISD Administration Office at 605 N. Ave. E or go online at www.haskell.escl14.net or www.escl14.net. Applications will be accepted until position is filled. Haskell CISD is an Equal Opportunity Employer. 30-31c

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PLACED AT NATIONAL OLYMPICS—Felicity Hannsz of Haskell placed in the top 10 in the Open Ladies' Division at the USA National Olympic Championship Finals held in Colorado Springs, Colorado. More than sixty ladies competed. She plans to attend the USA Olympic Fall Selection in Tillar, Arkansas in September.



SUMMER READING—Haskell County Librarian Marilyn Griffith, back, was the reader Thurs., July 20. She read Hi! Fly Guy and the craft was salt painting with food coloring. Attending were, l-r, Julianna Davis, Karsten Hall, Benjamin Davis, A.J. Davis and Lyric Pittman.

Triple Threat Tournament set Sat., Aug. 19 in Haskell

Keep Haskell Beautiful will host a Triple Threat Tournament Saturday, August 19th from 5 to 10 p.m. at the Haskell City Park.

Events scheduled will include a volleyball tournament, with teams of six. Entry fee is \$60 per team and the first place team will receive trophies made and sponsored by Steele Fire & Apparatus.

The second competition will be a horseshoe tournament. With an entry fee of \$20 per team, teams of two will compete for a first

place prize of four tickets to see the Texas Rangers play. Prizes are donated by the City of Haskell.

The triple threat will be a cornhole tournament. Entry fee is also \$20 for teams of two. First place winners will receive four tickets to see the Texas Rangers, donated by First Bank Texas.

Teams are encouraged to enter one or all three competitions, with the team having the most points from all three events winning a cash prize.

All events will take place

at the park in Haskell. It is recommended that teams bring tents and chairs. A concession stand will be available.

Registration opens at 4:30 p.m. or you can pre-register online at www.haskelltx.us. For more information call (940) 207-1729.

This will be a great opportunity for competitors and observers as well, to aid the efforts of Keep Haskell Beautiful, which is working to make Haskell better in many different areas.



Texas A&M AgriLife Extension Service

by Jason Westbrook, CEA-Ag, Haskell Co.

How to interpret herbicide mode of action?

Herbicide-resistant weeds are proliferating across Texas. One of the major causes of weed resistance is the use of the same herbicide over and over again without sufficient management herbicide diversity. It is critical that growers must integrate diverse chemical and non-chemical practices to reduce the selection pressure (represented by how quickly a rare resistant plant dominates a field) imposed by any single weed management tool. When multiple tools are used in combination, as opposed to a single management tool, they help each other in reducing the selection pressure exerted by each tool and thereby ensure their continued effectiveness over time. For herbicides, a recommended best management practice is to use the full labeled rate in combination with other herbicides with different modes of action as a tank-mix or in rotation, thereby any plant resistant to one herbicide is effectively controlled by other herbicides used in the system. With this strategy, all herbicides help each other in protecting their utility. In order for this strategy to be effective, a key consideration is that the herbicides used in combination must belong to different modes of action.

So, what is a mode of action? In general terms, it is the way in which a specific herbicide acts and controls a susceptible plant. Herbicides differ in their specific action within the plant system, but some group of herbicides act in a similar way in controlling a plant. These herbicides can belong to completely different chemical families, but still act similarly within the plant in how they control them. To simplify the task of determining which mode of action a given herbicide belongs to, the Weed Science Society of America (WSSA) has developed a numbering system for classifying herbicide modes of action into groups. You will see this group number on the very first

page of the herbicide labels. The herbicide product label database www.cdms.net is a very useful resource to locate labels (select 'label database' on the top menu and search by product trade name). A list of various herbicides and corresponding mode of action and WSSA group numbers can be accessed here.

Herbicides must be selected such that the management program includes as many effective modes of action as possible and that no single mode of action is used too frequently within the production system. Developing a thorough understanding of herbicide mode of action is therefore imperative. The cotton herbicides pyriithobac (the active ingredient in Staple®) and trifloxysulfuron (the active ingredient in Envoke®) belong to two different chemical families, but both inhibit the production of branched chain amino acids (known as ALS-inhibitors, WSSA herbicide group 2). Combination of these two herbicides should not be considered as a robust resistance management strategy. On the other hand, a tank-mix of Staple® and S-metolachlor (active ingredient in Dual Magnum®) has completely different modes of action. A synopsis of herbicide mode of action and classification can be found in the quick guide developed by Texas A&M AgriLife Extension specialist Josh McGinty (Corpus Christi).

If resistance is already present for a particular herbicide in your field, that herbicide is not effective anymore on that weed species and does not contribute to

mode of action diversity. For example, if you already have glyphosate-resistant Palmer amaranth in your cotton, tank-mix application of dicamba (active ingredient in Xtendimax™ or Engenia™ herbicide, WSSA group 4) and glyphosate (Roundup, WSSA group 9) only provides one effective mode of action, thus exerting high selection pressure for resistance to dicamba. It is therefore important to be aware of what is the current level of weed resistance in your field to various herbicides and put together a strong management program containing multiple effective herbicide modes of action. At Texas A&M University, College Station we conduct herbicide resistance screening free of cost for farmers. Please e-mail muthu@tamu.edu if you would like to send a sample for testing.

The Integrated Weed Management Resource Center developed by the United States Department of Agriculture-Agricultural Research Service (USDA-ARS) provides excellent information on herbicide resistance management. A herbicide mode of action quiz has been put-together by the center recently as an educational tool. This is a very short quiz (a single page with 10 multiple choice questions—should not take more than 5 minutes) and provides a very useful feedback at the end of the quiz. We encourage all of you to take the quiz and test/improve your understanding of herbicide mode of action. The quiz is available in the following link: <https://www.surveymonkey.com/r/76DBK2Q>.



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