

#### Salute from the Indians

The game was over, but the 1994 Haskell Indians still hadn't lost their spirit after coming up short in the area playoff game against Winters Friday night in Brownwood. The Indians, the first Haskell team to win nine games since 1983, were raising their heimets in salute to their fans as the Haskell High School song was played by the band following the dame.



# **Blood drive successful**

The final Haskell County Bloodmobile of the year was an outstanding success. The longer drive hours and extra professional help provided by the American Red Cross allowed the tremendous turnout of 54 "Holiday Heros" to get in and get out in record time.

The large number of first time Haskell County Red Cross blood donors was most encouraging. Five first time high school donors were

Randall Martin, Katy Martin,

Nacole Lefevre, Brandi Briles and

Tara Moeller. Other first time

# **ACS committee** election delayed

This year's election for positions on the Haskell County Agricultural Stabilization and Conservation (ASC) Committee, which was to be held in December, is being rescheduled to accommodate changes brought on with last month's enactment of the law to

### **Child Welfare** in need of gifts

The Haskell County Child Welfare Board is now accepting Christmas donations for families and children in need. Donations of money, clothing, and toys are welcome.

Donations may be brought to the Department of Human Services or mailed to the Haskell County Child Welfare Board, P. O. Box 817, Haskell, TX 79521.

Calloway 19, Yuvi Cadenhead 17, Wanda Thompson 17, Jerry Don Klose 16. One gallon club members are Ervin Unger 13, Max McMeans 13, Dale Fischer 12, Mary Dewey 11, Martha Toliver 11, Christyne Green 10, Billie McKeever 8, Jo Iva Long 8. Other multiple donors include Ruben Diaz 7, Betty Rudd 6, Darlene Swinney 4, Delbert Davis 2, Faye Davis 2, John Foster 2, Jerri Buerger 2,

reorganize the U.S. Department of Agriculture (USDA).

According to Glenn Brzozowski, Haskell County ASCS executive director, the change in the election schedule is nationwide and is authorized under regulations issued by USDA. Current members of ASC committees will continue in their posts until the new election is held next fall.

The law, which reorganized USDA, created a new agency, the Farm Service Agency, which encompasses all of the commodity support and basic conservation programs of the former Agricultural Stabilization and Conservation Service (ASCS), all of the risk management programs of the Federal Crop Insurance Corporation (FCIC), and the farm lending activities of the Farmers Home Administration (FmHA).

Brzozowski said the new committee system, when fully implemented, will exercise increased responsibilities in its enlarged role.

"Rescheduling the elections on a nationwide basis avoids confusion which could occur from hastily drawn rules and regulations," Brzozowski said, "and will create efficiencies by using funds which would have been spent on this year's election process to be used in training committees in performing their added duties."

Ham give-away

#### Leading carrier

Casey Larned (10) fought for 64 yards for the Indians in competition. Larned was the leading carrier in the to go to the air to move the ball against Haskell.

game, getting 17 more yards than the Blizzards could Friday night's loss to Winters in area Class AA playoff muster in the game on the ground. Winters was forced

# Mistakes costly as Indians end season

The Haskell Indians fought the powerful Winters Blizzards to a virtual standoff for most of the first half Friday night in the area playoff game played in Brownwood, but Winters' second touchtown with just 34 seconds left in the half set the scene for a 32-0 victory for the Blizzards.

The loss ended the season for Coach Dwayne Gray's Indians. Haskell's 9-3 record for 1994 is the best for the locals since they went 9-4 in 1983.

Friday night's game, played in Brownwood's Gordon Wood Stadium, was a lot closer than the final score indicates.

The Indians held the Blizzards, who came into the game with a record of 10-1, scoreless in the first quarter, and the score was still knotted at zero until Winters scored on fourth down from the four with just six minutes left in the half.

John Biddix made a diving catch of Quarterback John Belew's pass in the endzone to put the Blizzards ahead to stay. The extra point try was good.

Belew, a senior three-year starter, hit on two long third down passes in the drive.

With just 3:04 left in the half the Indians threw a fourth and six pass from the Winters 40. The incompletion set Winters up for their second touchdown.

Again Belew did most of the damage in the air, then scored himself on a fourth down run up the middle with only 34 seconds left in the half.

That touchdown put the Indians in a deep hole against the strong Winters defensive unit.

Winters broke the game wide open in the third quarter with two quick defensive plays.

Biddix picked up a fumble and raced 64 yards for the third Winters touchdown. That mistake was followed quickly by a blocked punt

The fourth, fifth and sixth grade

Students worked with their

The 31 displays included

hunting, sports, dinosaurs, music,

doll collections, George Strait,

dolphins, Laura Ingalls Wilder, a

live insect collection and much

gifted/talented classes at Haskell

Elemetary held a "My Interest Fair"

parents to prepare a display of

something in which they had a

Thursday, Nov. 17.

special interest.

'My Interest Fair'

staged by students

more.

stopped by.

young people.

which was returned 25 yards for a score by 270-pound tackle Cody Whittenburg.

The final Winters touchdown came in the fourth quarter with a nine yard pass to Biddix.

GAM	E STATS	
	Haskell	Winters
First Downs	5	13
Rushing	33-122	32-47
Passing Yards	42	211
Passes	4-12-1	12-21-0
Punts	5-32	5-30
Fumbles lost	2-2	0-0
Penalties	2-20	5-50

Students stood beside their

displays and answered questions

concerning their displays from the

many relatives and friends who

would like to say a big thank you

to the students and their parents for

their hard work in making the fair a

success. Special thanks also to all

who came by to support these

Gifted/talented teachers said, "We

donors were Dan Cowperthwaite, Geovanny Mayen, Teresa Ryan, Tom Bassett, Linda Thurman, Janis Briggs, Meribel Fernandez, Guadalupe Rivera, Jane Harvey, Missy Harris, Delight Jones, and Leon Jones. These first time donors help to replace long-time donors who have moved away or who are no longer able to give. One donor joined the eight

gallon club, Lester Hutchinson donated his 69th pint. Glenn Brzozowski and Bill Swinney were six gallon club members each with his 54th pint. Five gallon club members are Alice Yates, 43 pints and Brian Burgess, 40 pints. Four gallon club members are Cathy Bartley 35 pints and Mike New 32 pints. Three gallon club members and Donna Cole 28, Jean Kemp 28, Lois Howard 26, Gene Long 24. Two gallon club members are Kim Crawford 23, Linda King 22, Albert Thane 21, Gwen Unger 20, Verda

Robert Tribbey 2, Mary Starnes 2 and William Markunas 2.

Those unable to give blood but would like to help Red Cross, funds are being raised to help offset the cost of the T-shirts given to donors. Cost of the T-shirts to the Red Cross is \$150 for the Haskell bloodmobile. If you would like to help defray the expense of the shirts your may make your contribution to Brian Burgess Insurance, 705 N. Ave. E, Haskell or mail your check to Brian Burgess, Haskell County Red Cross Bloodmobile Chairman, P. O. Box 277, Haskell, Texas 79521. Your donation is tax deductible.

The bloodmobile would like to express thanks to the ladies of the Haskell Progressive Study Club for making calls, Nancy Plunkett and Helen Fouts. Thanks to Kim Crawford, Myrtle Phemister, Alice Yates, Dolores Medford, and Ashley Medford for taking care of the signin and serving refreshments.

Also thanks to the First Baptist Church for the use of their facilities.

#### promotion begins

Twenty lucky families will be getting free hams for their Christmas dinner tables.

Twenty Haskell businesses are announcing a 5-week promotion in today's Free Press. It's simple. Just turn to the two-page ad in today's newspaper and follow the simple rules.

Each of the participating businesses will have drawings at noon Dec. 23, and each store will give away a free ham. Registration forms and complete rules may be found in today's Free-Press.

Participating in the program are: Barbara's, The Drug Store, Heads or Tails Western Wear, F&D Electronics, The Carousel, Sue's Flowers-Gifts-Photography, Pedler's Village, Lane-Felker, Sport About, Double A Drive In.

G&G Carpets, Merle Norman, Haskell Tire and Appliance, Boggs and Johnson, Country Daizie, The Sweet Shop, Modern Way, Hassen's, Carpet Express and The Personality/Slipper Shoppe.



### **Talent on parade**

Fourth, fifth and sixth grade glfted/talented students heid a "My Interest Fair" Thursday at Haskell Elementary. Students stood beside their display to answer questions from the many relatives and friends who stopped by. Each student prepared a display of something in which they had a special interest.

Page 2--Thursday, November 24, 1994--HASKELL FREE PRESS

# **Bill Hager honored** on ninetieth birthday

Walter Richard (Bill) Hager Sr. was honored with a surprise 90th birthday party Sunday by his family.

Born Nov. 15, 1904 Mr. Hager married Bertha C. Mickler Oct. 2, 1921 in Jones County, where they have lived all of their married life. The party was given at their home 12 miles east of Stamford.

A large family dinner prepared by his family included a beautiful birthday cake. Those attending enjoyed visiting and watching how excited "Pappy Bill" and "Mama Hager" were to have most of their family together with them. The couple has five sons and two daughters.

Those attending were W. R. and Joyce Hager Jr. of Weinert and their children, Sue Stewart, Heather and Justin; Kim and Bobby Howard, Mindy and Rusty, all of Haskell; Stanley and Brenda Hager, Eric, Angela and Jeremy of Weinert.

Kathy Hager of Houston was unable to attend but called "Pappy Bill" during his party.

Kay Hager and Krystal of Lueders and David and Leslie were unable to attend; Jay and Joan Hager, Shayla, Ross and Marissa of

Stamford; Merrick and Tiffany Hager and Bailey of Lubbock were unable to attend. These are Jack Hager (deceased) and Pauline Hager Watts' three sons and their families.

Also attending were June (Hager) Neff of Abilene, her daughters, Melanie and Brock Carter, Chad and

### Most folks get Thursday holiday

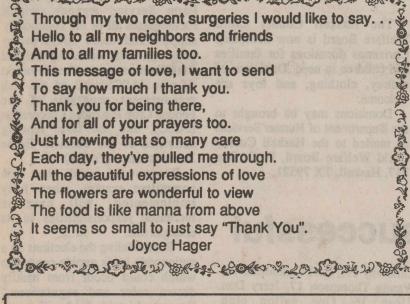
Most people will be enjoying a holiday Thursday, but as always some people will have to work, even though it is Thanksgiving.

Haskell schools dismissed classes Tuesday afternoon and students and faculty members will not return to the classrooms until Monday.

The courthouse will be closed Thursday and Friday and city hall offices will be closed Thursday only.

Banks and most businesses will also be closed for the holiday, with most reopening Friday. Federal offices, including the post office, will be closed Thursday.

#### 



The Law Firm of Whitten & Young, P.C. is pleased to announce: the opening of its Stamford office 113 N. Swenson Stamford, Texas 79553 915-773-5777 and the association of Kristen L. Fouts with the Stamford office Adams and Tricia Garrett, all of Abilene.

Chris and Joyce Hager of Stephenville, his sons were unable to attend, Mark and Janie Hager and Christina; Stacy and Christa Hager and Nicole.

Don and Tanis Hager of Paris, their daughter Letitia of Abilene and her friend, J. T.

Dolly and Sharon Hager of Brownwood were unable to attend, and their children, Doug Hager, Tim and Carol Hager, Cassie, Zachary and Benjamin, all of Brownwood, were also unable to attend. Cindy and Gary Rinehart, Ashley, Angela and Allison, all of Stephenville, were also unable to attend.

Margaret Ruth (Hager) Kiker and family of Denver, Colo., were also not able to attend.

Also attending was "Pappy Bill's" neice, Margie (Mercer) and Zaven Masoomian of Plano.

Including "Pappy Bill" and "Mama Hager" there were 38 who attended the party.

A family spokesman said, "Bill Hager is very loved by all of his family. Everyone would have loved to be able to attend, but we are sure he was in everyone's thoughts. We wish him many happy birthdays with lots of love."

### Wild horses may be adopted

Approximately 100 wild mustangs will be arriving at the El Paso County Coliseum for a Bureau of Land Management (BLM) adoption. They will be available for adoption to pre-approved individuals on Nov. 19.

To qualify to adopt up to two horses per year, applicants must have a sturdy corral at least six feet high, transportation, shelter and be able to care for the animals.

Applications packets are available from the Bureau of Land Management, 221 N. Service, Rd., Moore, OK 73160, phone (405) 794-9624, or from a local Soil Conservation Service Office.



Saturday

# **Moderation urged** in holiday eating

For people who suffer from indigestion during the holidays, relief is spelled m-o-d-e-r-a-t-i-o-n.

"The holidays are a common time for people to get indigestion," said Dr. Alan Buchman, assistant professor of medicine at Baylor College of Medicine in Houston. "You can avoid ruining the festivities by being careful bout how, when and what you eat."

Acid indigestion, or heartburn, is often caused by a backflow of stomach acid into the esophagus, a long tube connecting the throat and stomach. Buchman says indigestion can usually be avoided by not eating late night meals, eating at a casual pace, and cutting back on certain foods.

If you eat holiday leftovers late at night, the esophagus cannot clear out the acid before you go to sleep," Buchman said. "When you lie down flat, there is no gravity to help the esophagus force out the acid."

Holiday revelers should keep fatty foods to a minimum, says Buchman, because they may increase the risk of heartburn.

"The fat in creamy sauces and other foods can cause acid buildup," said Buchman, who is also director of nutrition support services at Baylor.

Heartburn signs to watch for may include a burning sensation in the chest or throat, nausea, coughing while eating, and difficult or painful swallowing.

Antacids usually relieve heartburn symptoms, but if they are taken regularly, they can cause constipation or diarrhea.

"Don't put off seeing a doctor if the pain becomes severe," Buchman said. "If the pain is continuous, more pressure than burning or the pain radiates to jaw or arm, seek medical help immediately. You could have ulcers, gallstones or a heart attack.

For a heartburn-free holiday, Buchman recommends the following:

--Eat small meals.

--Avoid or cut back on caffeine containing products like cola, coffee, tea, chocolate, mints, aspirin, cigarettes and alcoholic beverages.

--Refrain from wearing tight; belts or other restrictive clothing. --Do not bend over immediately. after eating.

--Wait at least one hour before lying down after eating.

"It's unrealistic to stay away, from rich foods during the holidays," Buchman said, "but use common sense and don't overdo it."

### Stenholm seeks house whip post

Congressman Charles Stenholm; one of the most conservative members of the U.S. House of Representatives, has announced his candidacy for Democratic whip in the 104th Congress.

"On November 8th the nation's voters unequivocally told Congress? they wanted change, and I believes the Democratic Party must redefine! itself if it is going to win back! middle America's voters," said Stenholm. "We have dangerously reduced the Big Tent of the Democratic Party to a Pup Tent and a great number of Americans fell left out in the rain."

As the founder and coordinator of the Conservative Democratic Forum (CDF), Stenholm has worked tirelessly to bring a conservative perspective to the Democratic Party.

Stenholm observed that the election results were not only a referendum on the Clinton Administration, but also a message from the electorate that it is time for the Congress to change both the way it does business and the direction in which it is taking the country.

--Market Report--Haskell Livestock Auction

Livestock Auction was 1,338 head lbs, 70-78.50; 700-800 lbs, 68-75;

The market at the Haskell 90; 500-600 lbs, 75-85; 600-700

#### Nov. 26, 1994 8:00-12:00 Whitten&Young Music by **Texas Rhythm Boys** Members and Invited Guests Welcome

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permanent asset of 5,700 new jail spaces in 17 counties.

to cope with a long hot summer in

overcrowded jails has become a

What started as a temporary plan

BILL HAGER SR.

Mr. and Mrs. Bryan Middlebrook

of McKinney have announced the

birth of their daughter, Haley

Nicole, on Saturday, Nov. 19,

1994. She weighed six and one-

half pounds and was also welcomed

Hickman of Blue Ridge and Mr. and

Bryce Christian Eudy was born

Oct. 27, 1994, at 5:46 p.m. at

Denton Regional Medical Center in

pounds, five ounces and was 20 1/2

Eudy of Aubrey. Maternal

grandparents are Melba and Jerry

Lowrance of Haskell and Les and

Sharon Watland of Denton. Paternal

grandparents are Shirley Eudy of

Amarillo and John Eudy of

Amarillo. Maternal great

grandparents are Lucille Petty of

Winnsboro and Alice Lowrance of

Haskell. Paternal great grandparents

are John and Charlene Eudy of

**Temporary jails** 

now permanent

The youngster weighed eight

Parents are Shawn and Melissa

Mrs. Bill Middlebrook of Haskell.

Grandparents are Mrs. Clarice

by big brother, Josh.

inches long at birth.

Denton.

Amarillo.

Lt. Gov. Bob Bullock said the permanent gain from the temporary plan répresents the best of cooperation between counties and the state.

Bullock said the \$30 million put into the plan by the state "was a refreshing change---funding without mandate or strings."

County officials say the plan saved lives and property.

of cattle at its sale Saturday.

The market was steady on stocker and feeder cattle. Packer cows and bulls were \$2 to \$3 higher.

Cows: fat, 37-42; cutters, 38-46; canners, 32-40.

Bulls: feeder, 65-75; utility, 50-58.

Steers: medium and large frame No. 1, 200-300 lbs, 95-110; 300-400 lbs., 85-100; 400-500 lbs., 80800-up lbs., 62-72. Heifers: medium and large frame No. 1 200-300 lbs, 85-100; 300-400, 80-90; 400-500, 75-85; 500-600, 72-80; 600 lbs up, 67-75.

Bred heifers: medium frame, 400-500.

Bred cows: young to middle aged, 550-700; aged or small, 400-500.

Cows with calves: medium frame No. 1 young and middle aged, 650-800; small or aged, 400-550.

# FCE clubs have big impact

Learning takes place through

trained club leaders who re-teach

lessons they've learned by attending

workshops, on field trips and at

district, state and national meetings.

of 12,000 members in Texas and

300,000 members nationally Their

goal is strengthening families

through continuing education,

Haskell County members are pat

other life skills.

Learners, teachers, shakers, movers are all descriptive of Family and Community Education clubs in Haskell County and throughout Texas and the nation.

Club members make new friends as they learn about literacy, television and its impact on children, new nutrition research, family economics, community leadership, international issues and



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leadership development and community service.

This year has been declared the International Year of the Family by the United Nations and clubs have emphasized ways for families to celebrate this year: Recommendations include starting a family journal, celebrating family heritage, visiting a historical landmark, inviting another family for dinner, making a family tree, looking at old family pictures, interviewing older adults to find out about their lives, designing a family flag and sharing special heirloom articles.

Special projects in Haskell County include a scholarship for a 4-H'er, contributing money to three 4-H'ers who participate in state level contests or other deserving trips, and sponsoring a concession stand at the Haskell County Junior Livestock Show.

This week (Oct. 9-15) has been declared Family and Community Education Week. If you want to learn more about local clubs, contact the county FCE chairman, Estalynn Liles, at 864-2029.



# Saving wealth takes planning

**By Dennis Patterson Haskell County Farm** Bureau

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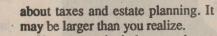
in

If you anticipate having more than \$600,000 in assets, there are other steps you can take to reduce your taxable estate in order to pass more of your wealth on your heirs. <sup>3</sup> 1. Establish a by-pass trust. This type of trust provides a mechanism for you to pass assets directly to your heirs without the ssets being included in the taxable estate of your spouse.

2. Make Gifts. You can give any number of people a gift up to \$10,000 a year (\$20,000 a year if you make a joint gift with your spouse) without paying tax on your gifts.

3. Consider an irrevocable life insurance trust. You can give your life insurance policy and all control over it to a trust and pay the premiums with "gifts" to the trust. On your death the proceeds of the policy are paid to the trust and are not included in your estate. Your family can draw on the trust's income for life and your beneficiaries can eventually obtain the remainder.

**KNOW YOUR WORTH** Don't assume that your estate is too small for you to be concerned



Your estate includes your home and other real estate, stocks, bonds, other investments, interest in a closely held business, your car, jewelry, antiques and other valuables.

It also includes benefits from profit-sharing plans and the face value of your life insurance policy.

Even if your estate is currently worth under \$600,000 it may increase substantially simply because the value of your assets is rising.

**POWER OF ATTORNEY** Power of attorney can be a potent tool for assistance or for mischief.

When drafting a power of attorney, the person can prevent abuse by limiting the powers granted or hope a family member sees the power of attorney is being abused and will intervene. Anyone can abuse anything even with the power of attorney. The best protection is to be confident in the party in whom you are vesting the power.



(NAPS)-No longer content to exercise in the confines of modern buildings, Americans are spending more of their free time in the great outdoors. Due to this renewed interest in nature-oriented activities, a greater need for advanced equipment that provides comfort and performance has arisen. Responding to this trend, the footwear industry has scrambled to meet the new needs of a rapidly expanding outdoor-consumer base.

Historically expensive and difficult to break in, the traditional outdoor shoe no longer meets all the varied needs of an increasingly demanding consumer. A few athletic shoe companies have foreseen this trend, and modified sport-specific footwear into outdoor shoes that can handle the rigors of nature.

When looking for an outdoororiented shoe, it is important to shop for a shoe that will meet the specific needs of an individual's outdoor activities. Depending upon whether one is a hardcore hiker or simply a nature lover looking for a peaceful walk, a specific shoe type should be selected to fit the wearer's needs. Here are a few features to take into account when purchasing outdoor shoes:

Weight: Weight becomes a factor after a long day of hiking, when one is trying to push it to the top of the peak. The heavier a shoe is, the greater the amount of energy needed to move the shoe



through the gait cycle. The buyer must determine how much shoe they need.

Traction: When venturing outdoors, there is a good chance that pavement ends and mother nature's own trails begin. Due to this fact, it is important to have a shoe that is designed with an aggressive outsole for enhanced traction. This allows the hiker to have greater confidence in traversing whatever terrain may be ahead.

Cushioning: Shock absorption and cushioning provides added comfort on the trail. Athletic footwear manufacturers have addressed this need by incorporating their technological advancements into trail shoes. Crossover technologies, such as the ASICS GEL Cushioning System found in the new GEL-HAVOC, make a smooth transi-

tion from the track to the trail.

HASKELL FREE PRESS--Thursday, November 24, 1994-Page 3

# Six Flags sets holiday in park

The Tasmanian Devil and Santa Claus share the spotlight at the tenth anniversary edition of Holiday In The Park begins at Six Flags over Texas the day after Thanksgiving.

Taz and Santa are featured in two new musicals specially produced for the anniversary event.

Six Flags Over Texas is "Santa Country", one of the largest holiday celebrations in the state and the place to find Santa Claus and all the trimmings.

A 30-foot tall replica of jolly old St. Nick greets guests as they enter the front entrance mall.

The Six Flags family wishes everyone "Happy Holidays" in the colorful, snow-covered musical finale, "White Christmas Memories," every evening at 10:30 p.m. at the park's entrance mall. This stunning performance also includes an elaborate "snowfall."

Most of Six Flags' rides will be open during the holiday festival and a real snow hill is added for sledding.

Lavish decorations which have become the trademark of the

Holiday In The Park include hundreds of thousands of tiny lights, miles of garland and thousands of colorful bows.

An ornate Christmas star glimmers atop the park's Oil Derrick observation tower, and the Texas Chute Out parachute drop is transformed into a 200-foot tall Christmas tree made up of 7,500 lights.

More than 200 choirs will perform throughout the park during the festivities.

Holiday In The Park begins Nov. 25 and will be open Fridays, Saturdays and Sundays until Dec. 16, when daily operation starts. The celebration continues through New Year's Day, with the exception of Christmas Eve and Christmas Day, when the park will be closed.

Operating hours are 4 p.m. until 11 p.m. until Christmas when the park will open at 2 p.m.

There are even special, low holiday admission prices. Regular admission will be \$16.95 and \$8.95 for children under 48 inches tall and senior citizens age 55 and over. Children age two and under are admitted free.



look forward to the benefits that an eventual merger should yield for our member-borrowers."

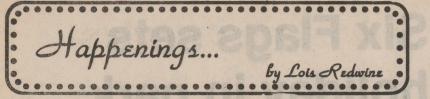
A majority of the stockholders of each PCA must give their approval for a merger to occur. "By forming one association, we will be able to spread our operating costs over a larger loan volume, keep interest rates low and improve service to borrowers," said Rike.

As of Sept. 30, 1994, the two associations have combined loan volume of \$76 million, total assets of \$88 million and total capital of \$22 million. The capital structure of the combined entity would make it the strongest capitalized PCA in th Tenth Farm Credit District, which includes 18 PCAs in Louisiana, New Mexico and Texas. Rolling Plains PCA, headquartered in Stamford, has 730 member-borrowers in 19 counties. Canadian PCA serves 225 memberborrowers in six counties.

The farmer-owned Production Credit Associations provide shortand intermediate-term credit to farmers, ranchers and agriculturerelated businesses.







Visitors with Frieda Nehring in Rice Springs Care Home were Louis and Adeline Spitzer of Old Glory and Mrs. Jess Leonard and Mrs. Bruton, Haskell.

Janice Hill of Abilene spent Sunday with her parents, Leon and Ella Belle Burson.

Spending Saturday night and Sunday with Doyle and Roberta High was friend, Martha Anderson of Cisco.

Did you see William Wayne "Tripp" Reeves' III picture in the Grandparents Brag section of the Sunday ARN? He was pictured with Silver, a gift from R. M. Cousins of Seymour. Tripp is the grandson of Curt and Doris Reeves Jordan.

Daughter, Suzy McElmurry, is spending Thanksgiving in Chicago with daughter and son-in-law, Dan and Jennifer Williams.

Angela Jordan, granddaughter of Robert and Mae Lou Yeldell competed in the District 7 4-H Food Show Saturday, Nov. 19 at the Houston Harte Center on the campus of San Angelo State University. She was representing Jones County in the Main Dish Division. While there, she was presented the Best Beef Dish award by a senior contestant by the Cen-Tex Cattlewomen.

Visiting Rev. L. C. Johnson, Sr. were son, O. T. Johnson and family from Artington and from Stamford, Pat and Angela Jordan.

The Greater Independent Baptist Church hosted a musical Saturday night featuring the Meekins Family Singers from Austin. Guests included members from the Macedonia Baptist Church, Aspermont, West Beulah Baptist Church, Munday, Union Chapel Baptist Church, Knox City, Hopewell Baptist Church, Haskell and Rev. Walker's sister from Ennis.

Bill and Peggy Middlebrook were in McKinney Saturday to welcome their new granddaughter, Haley Nicole. They also visited with son and daughter-in-law, Bryan and Nancy Middlebrook and grandson, Josh.

Sandy Aguilera, Birdie Goudeau and Paula Garcia hosted a baby shower honoring Cassidy Anne Rios and parents, Danny and Delia Rios. Decorations were pink and blue teddy bears and a balloon boutique with bears. Cake, punch, nuts and mints were served to family and friends.

Please call your news to 864-2295 or mail to 1100 N. 8th, Haskell. Thanks to all who have called me news and a special thanks to Mae Lou who helps me each week. Happy Thanksgiving!



WHAT IF I SAY

"PLEASE" FOR HIM

TH' TURKEY?

-THEN, WILL YA PASS

**20 Years Ago** Nov. 28, 1974 Rule Bobcats were defeated by the Valley Mills Eagles in a 15-12 heart-breaking loss in the Bi-

District playoff. Ed Walling and his roommate, Paul Addison of TSTI in Waco spent the weekend with Ed's parents, Mr. and Mrs. J. E. Walling.

Royce Adkins will serve as the Goodfellows chairman, according to Lions Club president, Doyle High.

with a 50 year pin recognizing 50 years of membership in Sons of Hermann Lodge.

will kickoff their annual Christmas holiday program on Thanksgiving night when the colorful decorations

# Seniors targets of investment scams

J.B. Doodles

Older Americans are increasingly the favorite targets of scammers using the U.S. mail and interstate telephone lines to pitch crooked investment schemes. One convicted con man referred to his senior victims as "WOOPIES" (well-off older people).

Postal inspectors cite numerous cases worked from coast to coast that repeat a familiar pattern. Investors/victims bankroll the scammers' high rolling lifestyle rather than earning the promised higher returns on their investments. A northeast "financial planner' filched over \$5 million from 40 victims, including elderly members of his own family. He was arrested for mail fraud after causing his clients to obtain second mortgages or refinance existing mortgages to invest their cash in "muni-unit trusts," an investment vehicle unknown to legitimate brokers. Victims who cannot meet mortgage payments are receiving foreclosure notices. Inspectors tracked the crook down in Venezuela and had him

A San Diego-based telemarketer was charged with mail fraud after bilking 600 investors of \$7 million through the sale of an "equity plus metals purchase program." The scheme offered unwary investors fraudulent contracts in silver, gold, platinum and palladium. Unfortunately, the only precious metals found in this case were in the pockets of the crooks.

In the biggest investment scheme of the year, 34 Torontobased gemstone telemarketers and 10 Canadian firms were charged with mail fraud and wire fraud in

in the business district will be turned on and beautiful Christmas carols will be played over the speaking system newly installed on the top of the courthouse.

> **30 Years Ago** Nov. 26, 1964

David Middleton's Squaws upped their record 2-1 with a win over the Rulettes, 47-32. Carolyn Fischer with 18 and Jennabeth Pitman, 13 led the visitors' scoring. Middleton's monumental guards held Rule to three field goals the entire first half.

The Personality Shoppe announces the formal opening of their newly remodeled and redecorated shoppe. Co-owners Veta Furth and Opal Adkins extend a cordial invitation to all friends and customers to attending the opening.

Clifford A. Thomas, Jr., of Haskell repeated a feat of two years ago when he made the first kill of the deer season on opening day in the Menard area, and earned a \$50 award for the "first."

Santa Claus in the "World's Largest Sleigh" will pace a 31element parade to usher in the yuletide.

> 60 Years Ago Nov. 29, 1934

Haskell School Menu

> Nov. 28-Dec. 2 BREAKAST Monday: Cereal, cheese toast,

juice or fruit, milk. Tuesday: Breakfast burrito,

juice or fruit, milk. Wednesday: Sausage and pancake on stick/syrup, juice or

fruit, milk. Thursday: Biscuits, sausage/gravy, juice or fruit, milk. Friday: Breakfast bites, juice or

fruit, milk. LUNCH

Monday: BBQ on bun, french fries, veggies with dip, cherry cobbler, milk and juice.

Tuesday: Enchilada casserole, pinto beans, tossed salad, fried tortillas/sauce, fresh fruit, milk and juice.

Wednesday: Baked potatoes w/ham and cheese, tossed salad, saltine crackers, applesauce, sunshine bars, milk and juice.

Thursday: Pizza, buttered corn, cole slaw, fruit jello, milk and juice.

Friday: Hamburger, tater tots, trimmings, sliced peaches, milk and juice.

LUNCH **High School** 

Monday: Baked potato/ham and cheese, hamburger, salad bar or BBO on bun (choice), french fries, veggies with dip, cherry dessert, milk and tea.

Tuesday: Baked potato/ham and cheese, hamburger, salad bar or enchiladas (choice), french fries, pinto beans, fried tortillas/sauce, fresh fruit, milk and tea.

Wednesday: Baked potato/ham and cheese, hamburger, salad bar or baked potato w/ham and cheese (choice), crackers, applesauce, sunshine bars, milk and tea.

Thursday: Baked potato/ham and cheese, hamburger, salad bar or pizza (choice), french fries, buttered corn, cole slaw, fruit jello, milk and tea.

Friday: Baked potato/ham and cheese, hamburger, salad bar or steak fingers/gravy (choice), french fries, creamed potatoes, sliced peaches, milk and tea.



Nov. 28-Dec. 2 BREAKFAST Monday: Pancake and sausage, juice, milk.

# Get on the move

Do you want to learn about the relationship between good nutrition and getting or staying fit?

It is easy if you find out about this year's National Nutrition Month Eat Right America campaign sponsored by the American Dietetic Association.

The theme for the campaign is "Nutrition Fuels Fitness," says Lou Gilly, Haskell County extension agent.

The first step in promoting fitness is having a balanced diet which includes many different foods. Being physically fit is more

### **VA** announces hike for veterans

The Department of Veterans Affairs (VA) has announced that

than just engaging in regular aerobic exercise three times a week. It is working activity into daily life, such as taking the stairs instead of the elevator.

Exercise should be a part of a healthy lifestyle at any age, but most Americans, young and old, aren't getting enough. If exercise has not been a part of your daily routine, now is the time to start. If you do exercise regularly, keep it

Regular physical activity can make your heart and lungs stronger, increase your muscle strength and flexibility, and help you feel good. You can improve your shape and decrease your body fat. If you are a physically inactive adult, before you start a vigorous exercise or sports program check with your doctor to help decide what activities best for you general physical condition.

Gustave A. Rueffer is presented The Retail Merchants of Haskell

service-disabled veterans will receive a 2.8 percent increase in their compensation payments, effective Dec. 1. The cost-of-living allowance was

included in legislation signed by President Clinton on Oct. 25. Veterans will begin receiving the higher payment in their January 1995 checks.

More than 2.2 million veterans are affected by the increase. Their monthly compensation payments will now range from \$89 for a single veteran with 10-percent disability rating to \$1,823 for a single veteran with a 100-percent disability rating.

Also affected are almost 340,000 survivors of veterans or service members who died form serviceconnected causes.

Veterans whose serviceconnected disabilities are rated 30 percent or higher may receive additional allowances for dependents, based on the number of dependents and extent of disability.

The number of calories you need depends on how much energy your body uses. People have different basal metabolic rates (level of energy required to support involuntary body processes such as breathing and heartbeat, levels of physical activity, body sizes and body compositions). Your genes are unchangeable, but you can change eating habits and activity patterns. In the battle of the bulge, two weapons are needed---diet and exercise. Whatever body structure you have, you can be fit and not fat.

No plan for losing weight is best for everyone. If you are not physically active, regular exercise may help you lose fat and keep it off. If you eat too much, decreasing your calorie intake may help. Longterm success usually depends upon new and better lifelong habits of both physical activity and eating.

For a good start, try a brisk halfhour walk three times a week. Make it a habit!

returned to the U.S. to face charges. A midwestern savings club operator was indicted in Chicago for defrauding over 623 individuals of more than \$13 million. The savings club plan offered unique incentives to its members---the more cash they invested, the higher rate of return they were promised. Over half the investors were seniors, and many lost their life savings.

## Life after stroke

connection with a scheme to sell vastly overpriced gemstones to thousands of stateside victims, many of them seniors. They lost over \$35 million.

Postal inspectors have this advice for potential investors:

--Be wary of high pressure sales tactics, promises of high investment returns and minimal risks.

-- Take the time to check out the reputation of the offeror by contacting state and federal regulatory agencies.

--Seek advice before investing from trusted friend or family member and seek professional counsel.

--Remember, when it comes to making sound investment decisions, nothing returns more on your investment than doing your homework before you part with your cash.

Mrs. Virgil Reynolds and little son, Robert Bruce, were returned to their home here Wednesday from the Knox City Hospital. The census bureau repots that

10,033 bales of cotton from the 1934 crop had been ginned in Haskell Couhty prior to Nov. 15.

Congressman-elect George Mahon will be a visitor in Haskell Monday, according to word received by the Free Press. Mr. Mahon was recently elected Congressman of the 19th District receiving the largest number of popular votes ever accorded a new man for office.

Mrs. Willie Chapman, and children, of Arp, Texas are here visiting relatives and friends.

70 Years Ago

Nov. 28, 1924 F. T. Baldwin, of Houston, was here this week visiting relatives and friends. He will return by way of Wichita Falls, where he will look after business interests in that section.

The Sheriff's Department captured a complete whiskey still last week near Rochester. It had been installed in an automobile and could be transported from place to place, even while in operations. Two men were arrested in connection with the seizure and will be held for the Grand Jury.

A broken electric power line, which fell across a wire fence, caused the death of a farm worker near Benjamin on Saturday morning. The man had started to cross the fence, not knowing it was charged, and was killed instantly.

90 Years Ago

Nov. 27, 1904 Reports from the San Angelo country are to the effect that the pecan crop will be extremely short this year. To date, only five cars have been shipped, compared with 45 at this time last year.

Miss May Fields left a few days ago for Fort Worth, where she will remain several days before going on to Sherman.

P. G. Yoe now holds the position of nightwatchman succeeding R. E. DeBard, who resigned.

Caleb Terrell is sporting a new rubber-tired buggy.

Tuesday: Toast with jelly, juice, milk.

Wednesday: Cereal, juice, milk.

Thursday: Blueberry muffins, juice, milk.

Friday: Donuts, juice, milk. LUNCH

Monday: Beef ravioli, macaroni with cheese, tossed salad, crackers, jello w/fruit, milk or tea.

Tuesday: Tacos and beans, lettuce, cheese, onions, tomatoes, cornbread, brownies, milk or tea.

Wednesday: Meat loaf, gravy, macaroni with tomatoes, green beans, hot rolls, fruit, milk or tea.

Thursday: Burritos with cheese, fried okra, chili beans, applesauce, milk or tea.

Friday: Tuna, bologna, peanut butter sandwiches, cheese slices, lettuce, pickles, chips, pork and beans, ice cream, milk or tea.

### **HIV cases** drop in Houston

The percent of persons testing positive for human immunodeficiency virus in Houston declined from 6.1 percent to 2.9 percent in 1992, according to a report in the July issue of Texas Medicine.

The results were based on data collected from 29 free counseling and testing sites in the Houston area between January 1990 and December 1992. More than 74,000 people were tested voluntarily for the virus and completed information

regarding ethnicity, gender and riskexposure characteristics for HIV.

### HSU announces band director

Don Hanna, director of band and orchestra at Amarillo High School, has been named director of bands at Hardin-Simmons University and associate professor of music for the coming year.

Hanna, a 30-year veteran in the public schools as a band director, has been at Amarillo for two years.

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His speech is slurred, his steps slow, his right arm limp.

Yet, two years after a debilitating stroke, Kenneth Carter is playing his saxophone.

"There's no mistake that when you see me, you know I'm disabled," says Carter, 59, of Bloomfield, Conn. "It's amazing not only to see me play, but to see me even assemble my sax. When I play in hospitals and rehabilitation centers and at recovery group meetings, I show stroke patients that you just don't stop."

Carter, who has learned to play with only his left arm, is proving his point: There is life after a stroke.

The battle to overcome the nation's leading debilitating disease and No. 3 killer behind heart attack and cancer is in part "up to you," Carter says. "You've got to want to do it."

To further enhance your recovery from stroke, the American Heart Association says rehabilitation should:

·Begin as soon a possible,

•Include strong family support, and

•Be a team effort in which doctors, nurses and other health specialists work closely with the patient and the family.

Like the one Carter suffered on a July morning while his wife drove him to work, a stroke is often severe and sudden. It occurs when a blood vessel that brings oxygen to the brain either bursts or is clogged by a blood clot or another particle. This prevents blood from flowing to a part of the brain, which can lead to damaged or dead brain cells.

Strokes can alter your behavior and thought patterns, memory, senses, ability to move parts of your body, speech and your ability to understand speech.

But, like Carter, you can still enjoy life.

'I could have gone back to work if I wanted to," says Carter, who left the hospital after a month of rehabilitation. "It has all worked out. But if I hadn't been able to play the sax again, at least I had the satisfaction of knowing I tried."

# **DNA big weapon** in war on crime

DALLAS-It may start with a drop of blood, a paint chip, a bullet, a piece of clothing or a single hair. What follows is a hightech scientific manhunt to track down a criminal.

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Using genetic testing, for example, forensic analysts at the Southwestern Institute of Forensic Sciences at the University of Texas Southwestern Medical Center at Dallas were able to tell Dallas police that the chances were 5.5 billion to one that they had arrested the right man for a string of recent rapes in the city.

With less than 5.5 billion people in the world, it was strong evidence that the police had the right man," said Dr. Irving Stone, associate professor of pathology at UT Southwestern and head of the physical evidence unit at the forensic sciences institute. "The man was prosecuted successfully in five cases, with no eyewitness testimony, based exclusively on our DNA results."

DNA analysts from the institute, experts at DNA profiling, did a genetic test of semen collected as evidence from the victims and compared the DNA extracted from it to the suspect's DNA profile. They found an unmistakable match in the DNA, or deoxyribonucleic acid, which contains the blueprint for a person's genetic makeup.

That case is an example of how crime investigators are meshing science, like DNA profiling, with the art of crime solving. Although

### **Teen scholars** can win big

America's National Teen-Ager Scholarship Program, which is celebrating its 24th year as a national scholarship competition, is seeking teenage girls between 13 and 18 years old, to enter the West Texas Scholarship Program and compete for college scholarships and cash prizes worth thousands of dollars.

The West Texas Scholarship Program Finals will be held Sat., May 24 at Wayland Baptist University, Plainview, Texas. Over \$70,000 in scholarships will be awarded on stage during the final program. The Senior and Junior DNA profiling, or genetic testing, recently has come to the forefront as a criminal-investigation and legal tool, it has been used extensively by the institute for several years and has helped solve numerous crimes.

Now the institute is using a new technique of genetic profiling called polymerase chain-reaction testing or PCR, Stone said. The relatively new procedure will help crime investigators by shortening the length of time it takes to perform a DNA test.

Traditionally, DNA testing is done with a technique called restriction fragment-length polymorphism, or RFLP. This older technique, developed in 1985, is more precise but takes an average of four to six weeks to complete. **RFLP** also requires larger samples of blood, other body fluids or tissue

PCR allows investigators to get results in a matter of days and can be used to conduct DNA tests on degraded fluid or tissue samples taken from the crime scene, Stone said.

"We frenquently get degraded samples from decomposed bodies, and PCR is a good technique to aid in the identification of a body," Stone said.

"Also if a person who is a suspect in a case can be processed by the PCR technique and eliminated as a suspect, then police can redirect their investigation," he said.

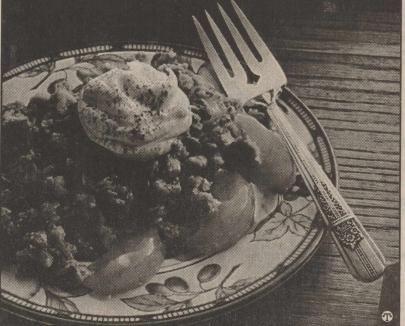
In both RFLP and PCR techniques, DNA is extracted from blood, other body fluids and epithelial cells, all of which contain nucleated cells with nucleic aicd.

"We have to have nucleated cells in order to perform the tests," Stone said. "Through a series of steps, the end result illustrates a person's genetic makeup as light and dark bands on a piece of film."

Stone added, "If a DNA sample taken from a crime scene matches that of a suspect, then in all probability you've got the person who was at least at the scene of the crime."

The crime lab at the institute is one of about four in the nation in which all of the scientific teams investigating a crime, including the death and crime investigators, are housed in the same building and can interact frequently," Stone said.

# Timely Treats— Microwave Apple Crisp



(NAPS)—A major improvement in saving time, money and trouble in the kitchen came in with the microwave oven. There's an increasing number of recipes made just for these high-power ovens. Some can be great accompaniments to your meal.

This recipe for Microwave Apple Crisp offers all the delicious taste of the conventional recipe, yet it's ready in less than half the time. It calls for new Comstock<sup>®</sup>, Thank You<sup>®</sup> or Wilderness<sup>®</sup> More Fruit Apple Pie Filling which has 25 percent more fruit that lets you taste the sweet, fruit flavor every time you bake.

> **MICROWAVE APPLE CRISP** Total Time: 15 min.

- 1/4 cup (1/2 stick) margarine or butter
- 1/2 cup quick or old-fashioned oats
- 1/4 cup firmly packed brown sugar
- 1/4 cup all-purpose flour
- 1/4 cup chopped walnuts
- 1 can (21 oz.) COMSTOCK<sup>®</sup>, THANK YOU<sup>®</sup> or WILDERNESS<sup>®</sup> **More Fruit Apple Pie Filling**
- Ice Cream or whipped cream, if desired

Microwave margarine in medium-size bowl or 4-cup measure until melted. Stir in oats, brown sugar, flour and nuts. Microwave on HIGH (100%) 3 to 4 minutes, stirring frequently during last 2 minutes, until crisp and toasted. Pour filling into 9-inch microwave safe pie pan. Microwave on HIGH 3 to 4 minutes, until hot. Sprinkle oat mixture over filling. Serve immediately. Top with ice cream. Makes 6 servings.

# **Skeet Davis presents** program on child help

Skeet Dennis presented the program when the Haskell-Jones County Childcare Association met Nov. 14 in Stamford at the home of Cindy Kendrick.

"Appropriate Programs for school age Children" was the theme for the talk.

Childcare providers from Haskell, Rule and Stamford who attended were Laura Andress, Emilia Alvarado, Jeanie Bennett, Shelley Bogle, Denise Dennis, Skeet

HASKELL FREE PRESS--Thursday, November 24, 1994--Page 5

# **Club told sweetest** fruits come from labor

The Brazos West Art Club met Nov. 14 at 7 p.m. in the Haskell National Bank Community Room. The theme for every meeting is "The fruits derived from labor are the sweetest of pleasures".

Kay Franklin, a well known artist, of Graham gave a pastel demonstration. She chose a French scene taken while she was in France. The composition with many flowers was beautiful.

Twelve members were present. Hostesses were Peggy Middlebrook, Laverne Barnett and Gladys O'Neal.

Objectives of the art club are to show the advancement of art and to encourage public interest through group participation and to share

**Thank You** for reading **The Free Press** 

talents. Artists in this area are extended an invitation to come to club meetings on the second Monday of each month. Meetings are held at 7 p.m. in the Community Room.





A pot luck meal was served. All area child care providers are invited to the Dec. 5 meeting to be held in Haskell. For more details those interested should contact Sharon Simpson, association

president, at 997-2232.



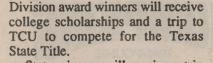
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State winners will receive a trip to the famous Opryland theme park in Nashville, Tenn. in August where they will compete for national prizes, which include a \$10,000 and \$5,000 cash scholarship, trips to Hawaii and tour the United States. Each state award winner will also be eligible to audition for Opryland, USA.

Entrants will be judged on scholastic achievement, leadership abilities, poise, personality and appearance. There is no swimsuit category.

Teenagers wishing to enter the competition should write to Mrs. Terri Marcus-Lager State Director, America's National Teen-Ager, 2557 Meadowlake, Abilene, TX 79602 or call 915-692-4840.

"The institute has two functions. In the medical examiner's office, one is the scientific investigation of death, and in the crime lab, the other is the scientific investigation of a crime," he explained.

Christmas Ope

Santa Knows

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The Homestead

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Connie's Corner

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Dennis, Lois Howard. Cindy Kendrick, Lola Lowe, Nina McClintock, Lesa Meier, Sue Carol Mullen, Sandra Rhea, Sharon Simpson, Melyn Wittenborn and Lynetta Gaines.

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**Fashion Watches** 

\$14<sup>99</sup> and up

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#### Page 8--Thursday, November 24, 1994--HASKELL FREE PRESS

# --Rice Springs Care Home--

New faces have helped lighten up RSCH. New faces are Beulah Ross, Pauline Herd, Ada Foster, Alma Merchant and Maggie Dunn. We welcome all of these, plus their families and friends.

Family and friends visiting RSCH since last report include Frances and Wayne Blacklock of Austin, Mr. and Mrs. John Fred Phillips of Abilene, Glenn Merchant and Gene Perry of Big Spring, all with Thelma Atkinson; with Velma Gann and Leola McCollum have been Cleo Gann and Bertha Wilson; with Betty Bruce have been Opal Dunnam, Randolph and Nan Wilson, Betty Berry, Carl Opitz, Milbert and Ladelle Opitz, Emmie and Irvin Overton, who also visited Mabel Witt along with Mabel's nephew and wife, Charles and Cindy Harvey, who are daily plus visitors.

Lillie Lehrmann has enjoyed visits from Doris Lehrmann, Clarey and Helen Lehrmann, Sylvia Tieman, Edgar and Clara Schmidt of Austin, Pearl Schwartz, Adrienne Fouts, Carl and Verneda Opitz, Danny and Lynda Opitz, Jeff and Carol Ann Opitz, Milbert and Ladelle Opitz and Ethel Quade.

Frieda Nehring has daily visits from Dimpel, plus visits from

Hazel Letz, Elva Mae Thigpen, Louis and Adeline Spitzer, Pauline Dick, Marie Kretschmer, Willie Suter, Beunice Vahlenkamp, Barbara Druesedow and Lydia Klose frequently.

Lena Rueffer always enjoys seeing Barbara C. May, Ron Clower, Gay Nell Helweg, Lois Grandy, Lena and Rice Alvis, Ed and Ellen Carien, Ray and Nelda Dippel, Bobby and Barbara Druesedow, Clyde and Ann Williams and Dennis Rueffer, especially when one or all will take her out for a least a few minutes.

Maggie Dunn has enjoyed Gayle O'Berry, Al and Marjory Matak, John and Jean Dunn, all visiting her since she has been admitted.

Mildred Townsend has had visits from Margaret Tanner, Lea May, Betty Berry, Nan and Randolph Wilson. Visiting Erma Marsh have been Peggy Burnett, Rita Hoover, Greg Brenner and her favorite, Dr. McSmith.

Nan and Randolph Wilson and Betty also visited Mary Garner during their weekly Bible studyvisitation trip. Mattie Lou Cole always enjoys James and Charlotte Patterson, Mae Woodard and Faye Jetton's visits.

Nannie Lou Miller is another

Words cannot express our feelings of gratitude to all of our wonderful friends and family who kept us in their thoughts and prayers during this time of our terrible loss. We extend a heartfelt thank you to everyone who brought food or sent flowers. The hard days ahead seem easier to face with the love of our many good friends.

The Oren Howard Family

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Dr. Thane is Board certified in the diagnosis and treatment of eye disease. Dr. Thane offers complete evaluation for eventasses and contact lenses

resident who was blessed by visits from Randolph and Nan Wilson, Betty Berry, plus Stephanie Menchae and Pat. Lucy Hunt just sits and waits for visitors. She has been visited by A. D. May, Jim and Lee Cowan, Audrey and Ryan Hunt and Eunice Hunt lately.

Velma Turner, nicknamed "Sunshine" by RSCH staff, has a beautiful smile when seeing visitors Jim and Sammie Turner, A. D. May, Betty Berry, Nan and Randolph Wilson, Palmer and Leola Kelley from Dodge City,

Mary Glass Carroll visited with Catherine Clifton; Christene Bruton, Wayne Wells, Layne and Doris Wells, Betty Bruton and Cuddles all visited Oleta Bailey.

Christine Bruton also visited Velma Johnson. Cecil Booe, who moved to Munday Nursing Home last week, will be missed and was visited by Willie Floyd, Sondra Davis of Stamford, Bea Mitchell of Munday, Mary Ann Lee also of Munday, Jane Stewart, Marvin and Dean Stiewert, Jeannie R. Wren of Munday, Lillian Hodgin, Cloyce Mitchell, Munday, Paula, James and Josh James.

Harvey Dudensing had visits from Thelma and Charlie Hansen, Helen Dudensing, Odente Dudensing, Lynn Dale Dudensing, Bobby and Barbara Druesedow. His roommate, Harvie Medford, was visited by Edna Nanny of Arlington, Rebecca Rose Nanny, Zora Medford, Pansy Koenig, Thelma and Charles Hansen, Nevada Hammer, Jerry and Welda Decker, Charles Parkhurst, J. B. Kirby, Jamie Weaver, Johnny Medford, Chorlesee Bates and Sybil Henry.

Several visits by Paula, Christina and Andrew Sammons along with Sue Wright have really lit up Gladys Carruth's days.

Nell Rogers has been uplifted by visits from Mr. and Mrs. Al Alford, Diana Juarez Escalante of Old Mexico, Marvin and Dean Stiewart, Lorene Nichols, Dell Anderson and IoleenVincent of Lovington, N.M., and of course, her sons nearly daily.

Alma Manger and roommate, Gladys Dyches, have had visits from Marie Townsend and Lorene Boyd. Ocie Garrett has been brighter since Susie Kreger, Sue Frier of Fulberton, Calif., Janoma Rueffer of Bestram, Leta B. Sellers, Jack Sellers, Shirley and James Hudgins have all stopped in to see her

Vennie Lytle has had visits from Nellie Wilson, Edd and Vennie Massey, John and Denise Halery, Gerald and Johnnie Lytle, Leta Sellers and Sherry Nell.

Jo Marie Barnes has been happy to have Gerald Bird, Frances Bird, Judy Patton and Glenda Gentry visit her during the last few weeks. Taking time out of their days to visit Lena Kreger were Susie Kreger, Connie, Sara, Staci Darden, Minnie Scheets and Frances Scheets, daily visitors, and Deanna Scheets, a granddaughter, who took time to say a quick hi and bye before her wedding. Lois Rogers has had visits from Francis Crump, Nadine Crump and Jamie Weaver, as well as her

-up

roommate's family who visited her and Tillie Wendeborn. Those included J. C. Wendeborn, Margaret Wendeborn, Wendy Carlton and Ruby Carpenter.

Bea Miller's visitors included James and Mary Carroll, Alice Herndon of Fort Worth, Nellie Wilson, Susie Kreger, Cleo Gann and Bertha Wilson. Longina Barrios has had Loretta Hewitt of O'Brien, Ismael, Janie, Mikey Barrios of Fort Worth, Laura Barrios and Aurara Rocha.

Mary Cobos has had visitors Carlos and Delia Mendoza and Tom Cobos. Ada Foster has had Betsy Nanny, Joel Nanny, Ryan, Ella Albertson, Dub Albertson. Slover Bledsoe has had James and Charlotte Patterson, Phil and Grenetta Bledsoe, Tammy and Bulen Luran and E. C. Collins.

Visiting Stanley McMillian, who is in the hospital at this time, were Faye Jetton, Rickey and Gayla McMillian, Nora McMillian and Ben McMillian.

Ruby McCafferty is glad to have Johnnie Lackey back visiting after recent heart surgery. We welcome all visitors and

hope you all continue to come.

**Thank You** for reading **The Free Press** 

(NAPS)—Everyone loves their

yet low in calories-only 23 each.

They also are a good source of fiber

and potassium, yet they are fat,

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ing them a nutritious snack as well

derfully with a wide assortment of

dishes such as turkey, pork or

duck. It can be mixed and

matched with main courses and

with other foods to create a vari-.

ety of party menus. By using this

simple recipe, you can spend less

enjoying your meals and your

time in the kitchen and more time

This delicious sauce goes won-

as a tasty ingredient.

guests.

# **Prescribed burning** may benefit CRP

In the next two or three years, many of the CRP contracts will be

expiring. Now is the time for a producer to determine if a prescribed burn would be beneficial to improve the quality of grass on his CRP.

Due to excessive plant residues, the grass on many of the CRP fields has lost its vigor and quality. The fields tend to have one big plant in an area surrounded by bare ground. A prescribed burn would help restore plant vigor by removing excessive vegetation and giving the grass a chance to start growing again. It will also give room for seedling grass to establish.

Mesquite and willow baccharis trees have invaded most of the CRP fields in Haskell County. A prescribed burn would help control these invasive trees. A prescribed burn would topkill most of the trees and rootkill some of the smaller sprouts.

Anyone interested in a prescribed burn on his CRP will need to contact the Soil Conservation Service for assistance in writing a

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prescribed burn plan. The SCS also provides assistance on controlled burns if needed.

If a producer has any questions concerning prescribed burning on his CRP, the Soil Conservation Service would be glad to help.

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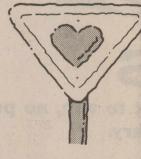
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All programs administered by the Soil Conservation Service are provided without regard to race, color, sex, national origin, or disability.

## **OBSERVE THE** WARNING SIGNS.



A New Sauce For An Old Turkey

A superb sauce for turkey, turkey leftovers, and other dishes can be devised with sweet California dates, cranberries, pearl onions, white wine and orange juice.

1-1/2 cups whole cranberries 2 teaspoons cornstarch

minutes, or until onions are soft. Stir in dates and cranberries over medium-high

holiday traditions, especially their holiday meals. Add a new flair to your favorites with this simple, yet tasty sauce. For example, it may be time to talk turkey to the holiday bird. This scrumptious sauce will add pizzazz to your turkey. California dates give this sauce its uniqueness. Dates add a special, rich, caramel-like flavor and just the right touch to your favorite meal. Dates are naturally sweet,

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Holiday Special \$2500 (Good through Dec. 31)	Includes exam, care kit follow (Torics for astigmatism and g permeable slightly higher)
Medicare and	1501 Columbia
Medicaid	Stamford, Texas
Accepted.	915-773-2083

#### HOLIDAY DATE SAUCE

- 1/2 lb. pearl or small (1-inch diameter) onions
- **3 Tablespoons butter** 1/4 cup sugar
- **3 Tablespoons balsamic** vinegar
- 1 cup dry white wine 2 whole cloves
- 1/2 teaspoon grated lemon peel
- 1-1/2 cups pitted California dates, coarsely chopped

1/4 cup orange juice

Trim ends from onions with a sharp knife. Blanch onions in boiling water for one minute. Rinse with cold water and remove skins. Melt butter in a heavy saucepan over medium-high heat. Stir in onions to coat with butter. Stir in sugar, vinegar, wine, cloves and lemon peel. Bring to a boil, reduce heat to low and cook, covered, for 30-45

heat. Bring to a boil and cook 1 to 2 minutes, or until cranberries are just beginning to burst. Mix together cornstarch and orange juice and stir into sauce. Bring to a boil, stirring constantly, and remove from heat. Remove cloves. Serve warm over roast turkey or ham. Or, cool to room temperature and serve as a condiment.

Makes approximately 6 servings (3-1/4 cups).

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We will close at 1 p.m. Friday, November 25.



### DANCE at Rhineland SAGE of Wichita Falls Saturday, Nov. 26 **\$5.00 ⊞** 9 to 1 HARTSFIELD **INSURANCE AGENCY** 417 SOUTH 1st · HASKELL, TX Yes No Homeowners Automobile **Mobile Home** Boat **Business** Farm & Ranch **Farm Liability** Life Health

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## Pig jackpot at Rochester

Saturday, Dec. 10 has been set as the date for the Rochester Pig Jackpot in Rochester.

Deadline for entries will be Dec. 2. Entrics will be limited to 250. Entry forms are available at Allison's Farm Supply and AA Drive In and the entry fee is \$10.

Classes for barrows and gilts only include Duroc, Hampshires, Crosses, Chesters/Yorks, OPB. Weight limits will be 200 pounds with a five pound tolerance. Weigh-ins will be Dec. 9 from 6 to 10 p.m. and Dec. 10 from 7 to

8:30 a.m. The show begins between 10:30 and 11 a.m..

Show judge will be B. T. Ferguson.



**Dear Friends of Jo** and The Wilfong Family,

We wish to express our heartfelt gratitude to all of you for the prayers, cards, visits, food, phone calls, flowers, memorials and the many verbal expressions of support.

A very special thanks to Marc and Melisa Robinson for all their kindness and concern shown to us.

Dale Huff and the Church of Christ singers - the mes-

sage and music was such a blessing to us. And to the Church of Christ for the love and meal after the service.

Andy & LaQuita Blaine & Paula Cal & Laurie



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Page 10--Thursday. November 24, 1994--HASKELI. FREE PRESS



## Retirees need to keep moving around

Ready to retire? Two experts on aging at Baylor College of Medicine in Houston offer some advice: Keep Moving, and find something you like to do.

"It is almost as if retirement catches some people by surprise," said Susan Shekelle, senior social worker in Baylor's geriatric clinic. "You cannot just walk up to the door on retirement day and say 'so what now?"

As a first step, Shekelle suggests finding some enjoyable physical activity.

"A real contributor to aging well is to literally keep moving, physically as well as mentally." she

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While inventory

said. "Find an activity that keeps the muscles in good working order--like walking at a mall or in your neighborhood."

Careful thought as to what will replace work is another essential, says Dr. Naomi Nelson, a psychologist in Baylor's Department of Neurology.

She advises people to look for activities that fill their needs for achievement and accomplishment, not just for something that fills time. "What works for your friends may not be right for you," Nelson said. "Be creative, and look within yourself to find what is best for you."

Activities and hobbies pursued at earlier times in life, Nelson says, may have good ones to pick up again in retirement.

"Be flexible, give yourself permission to try different things and to fail at some things," Nelson said. "You will find out quickly what you like and dislike." Acceptance of change also plays

a role in positive aging. "Perhaps you cannot move as fast, but accept that and then work to do the maximum of what you

to do the maximum of what you can," Shekelle said. "Admitting that you need a little help is far different than giving up." Both Nelson and Shekelle

Both Nelson and Shekelle advocate short-term counseling around retirement age. "Talking about the changes in life is helpful," Shekelle said. "And for couples there may be additional relationship changes brought about by having more time together."

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Therapy also opens healthy discussions of issues families frequently avoid.

"Most people will at some time have to modify their living situation. Early discussions about housing and medical care issues will alleviate misunderstandings in later years," Shekelle said.

# Travel indicators point to big gains

The number of domestic visitors to Texas during 1993 set a new record of 157 million people, a 9 percent increase over the previous year and well ahead of the national average, according to the justreleased Full Year 1993 Report of Texas Travel Trends.

The report was commissioned by



Cherubs and Bunnies, bears and lambs and many other adorable collectible creatures from the studios of the Texas Department of Commerce Tourism Division.

The 9-percent increase is significant because the number of domestic travelers in the United States rose only 1 percent over the previous year.

Texas solidified its ranking as the second most visited state. California remained first with 258 million visitors and Florida was third with 133 million.

Another important travel indicator, the number of days spent by travelers in Texas, showed an increase of 7 percent, compared to a 4-percent increase for the U.S. as a whole. During 1993, approximately 318 million person-days were spent in Texas.

Leisure travel accounted for 67 percent of all travel to Texas and business travel accounted for 33 percent of travel in Texas. The No. 1 reason for traveling in Texas was to visit friends and relatives, according to the report.

Well over half the travelers in Texas (62.2 percent) were residents of the state.



artist Kristin Haynes, replicated and hand painted by the artisans at Cast Art Industries. Come see our delightful Christmas selection.

Bassing Jewelry 404 N. 1st • Haskell 864-2548 Influenza is a potentially lifethreatening, contagious disease that is caused by a virus. When the flu attacks the lungs, the lining of the respiratory tract is damaged. The tissues temporarily become swollen and inflamed, but usually heal within two weeks.

Influenza and pneumonia (the most common complication of the flu) combined are the fourth leading cause of death among all American



We're Ready to DEAL!

#### HASKELL FREE PRESS--Thursday, November 24, 1994--Page 11

# SHOP THE HASKELL FREE PRESS



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**Brighter Baking With Chocolate Bits** 

(NAPS)-Your holiday celebrations are sure to be in good taste if some sweet treats made with **Delicious** Chocolate Baking Bits are on the menu. These holiday recipes, for instance, are made with M&M's<sup>®</sup> Mini Chocolate Baking Bits, a colorful ingredient now available in two varieties-new milk chocolate and original semisweet chocolate-both guaranteed to brighten your home-baked goodies throughout the New Year.

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#### **DOUBLE CHOCOLATE FANTASY BARS**

- 1/3 cup butter or margarine (not spread), melted 2 cups chocolate cookie
- crumbs 1 14 oz. can sweetened condensed milk
- 1 12 oz. package (1-3/4 cups) M&M's<sup>®</sup> Semi-Sweet **Chocolate Baking Bits** 1 cup shredded coconut 1 cup chopped walnuts or pecans

Preheat oven to 350 degrees F (325 degrees F for glass pan).

In a bowl, combine butter and cookie crumbs; press mixture into the bottom of a 9" x 13" baking pan. Pour sweetened condensed milk evenly over the crumbs. Combine the M&M's<sup>®</sup> Semi-Sweet Chocolate Baking Bits, coconut and nuts. Sprinkle mixture evenly over condensed milk; press in lightly. Bake 25 to 30 minutes or until set. Cool completely before cutting. Store in tightly covered container. Makes 32 bars.

#### **SUGAR COOKIE JEWELS**

1 cup butter or margarine (not spread) 1 cup granulated sugar 1 large egg

1 teaspoon vanilla extract 2 cups all-purpose flour



Sweet ideas for holiday desserts: Sugar Cookie Jewels (left) and **Double Chocolate Fantasy Bars (right).** 

1 teaspoon baking soda 1 12 oz. package (1-3/4 cups) M&M's<sup>®</sup> Semi-Sweet **Chocolate Baking Bits** OR

1 12 oz. package (1-3/4 cups) M&M's<sup>®</sup> Milk Chocolate **Baking Bits** 

granulated sugar as needed Preheat oven to 350 degrees F.

**Cream together butter and** sugar until light and fluffy; add egg and vanilla. Combine flour and baking soda; add to creamed mixture just until blended. Stir in M&M's<sup>®</sup> **Chocolate Baking Bits.** 

Shape dough into 1-inch balls. Place on greased cookie sheets about two inches apart. With bottom of glass dipped in sugar, flatten dough very slightly so as not to crush baking bits. Bake 10 to 12 minutes or until edges are light golden; let cool one minute before transferring to wire rack to cool completely. Store in tightly covered container. Makes about four dozen cookies.

More tempting desserts can be found in the new recipe booklet, Contest ends Jan. 15, 1995.

Brighter Baking with M&M's Brand Chocolate Baking Bits. For a free copy, write to: M&M/MARS, Consumer Affairs, 800 High Street, Hackettstown, NJ 07840. You Supply the Video, We'll Supply the Dough

If you love to bake, and own or can borrow a video camera, here's a golden opportunity to showcase your talents in the kitchen. Enter the "M&M's<sup>®</sup>" Mini Chocolate Baking Bits Create Your Own Brighter Baking Video Contest and you could win \$10,000 cash.

It doesn't take much. Send us your most creative three-minute baking home video (VHS or 8mm) showing how "M&M's" Mini Baking Bits make your baking brighter. There are four categories to enter: Kids, Individuals, Group Bakers, and Best Original Recipe (with or without a video).

For entry information and official rules, send a self-addressed stamped #10 envelope to: "M&M's"" Mini Baking Bits Brighter Baking, FDR Station, P.O. Box 5111, New York, NY 10150. Must be five years of age or older to enter.

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#### NOTICE The deadline for Classified Advertising is 12 noon on Tuesday.

Haskell Free Press

#### **For Sale**

FIREWOOD 864-3208. 39-52c OATS FOR SALE: Charlie Myers

Grain, 817-673-8212. 41-52p

FOR SALE: 1988 Lincoln Town Car, very clean, 96,000 miles, \$5950.00. Call 817-658-3543 (days) 658-3755 (evenings).45tfc

FOR SALE: Plenty of cotton stalk wheat seed. Call Tiffen Mayfield, 673-8364. 46tfc

FOR SALE: Round bales of headed milo hay, used module tarps. Call Danny Owens, 817-422-4489 after 9 p.m. 47-48c

SCHOOLMARM ANTIQUES SALE: 20-30% off on many items thru Nov. 26. 210 W. Main, Mun-47p day.

#### **Garage Sales**

END OF ESTATE SALE: Village Primitives, Fri. Nov. 27.9 to 4:30. 108 Sunny, Rule. Turn west over railroad tracks to the north (right), end of street in warehouse. Lots of Christmas items. 47p

GARAGE SALE: Sat. Nov. 26, 8 to 5. J. B. Toneys, Sagerton. First red brick house at crossroads on N. FM 1661. Clothing, baby things, odds and ends. 47p

GARAGE SALE: Sat., 8 to 5.904

#### **Jobs Wanted**

HOUSE LEVELING. Floor bracing. Free estimates. References. Call 915-675-6369 anytime. David Lee. 19tfc

**TIBBETS FOSTER CARE:** A real family home with dedicated service. Prospective clients should apply now. Available Jan. 9, 1995. 817-743-3524. Clara N. Tibbets, 807 Railroad St., Rochester, TX 47-48p 79544.

HOME AWAY FROM HOME childcare in my home. Michelle Brown, certified in Heimlick and certified nurse aid. Love kids. Adore babies. 307 N. Ave. B. 864-2517. 47c

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TEXAS REFINERY CORP. needs mature person now in Haskell area. Regardless of training, write W. G. Hopkins, Box 711, Ft. Worth, TX 76101. 44-47p

STAMFORD HIGH SCHOOL is seeking applications for the position of certified interpreter for the deaf. Application may be requested by writing Stamford High School, 507 S. Orient, Stamford, Texas 79553, or calling 915-773-2701. 45-48c

RN & LVNs NEEDED immediately for full time and part time positions. If interested contact Gayle Hudson at Knox County Hospital 817-658-3535. 46-47c

BRAZOS VALLEY CARE HOME is now taking applications for the position of LVN. This is a privately owned long term care facility with above average pay and benefits. Please apply in person at 605 Ave. F. Knox City. 46-47c

# **For Rent**

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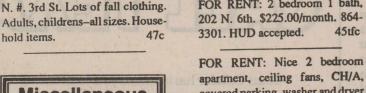
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#### **Miscellaneous**

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# Fage 12--Thursday, November 24, 1994...HASKELL FREE PRESS Eight TxDOT workers receive safety awards

Eight Haskell County Maintenance Section employees were among 172 Texas Department of Transportation workers in the Abilene district who recently earned safe driving awards. The Haskell County employees had achieved a combined total of 36 years of safe driving.

Haskell County employees earning awards were Bobby Medford 23 years; Ben Barrera 22 years;

Abe Turner TMCN delegate

Abe Turner has been named voting delegate for Haskell on the Texas Midwest Community Network (TMCN).

Voting delegates met recently to elect officers and learn about the programs and projects for 1995.

A year ago the network was a vision. Community leaders form a number of towns in the Big Country recognized the need for getting towns to work together via a regional organization.

Through partnerships and working together, towns in the region will have a stronger voice in Austin, develop stronger marketing efforts to attract traditional industry and tourism to create jobs, offer information and workshops to community leaders to enhance local efforts, provide opportunities for community representatives to meet and interact about the concerns of their respective towns, and create buying co-ops.

Today, the Texas Midwest Community Network has 26 town memberships (including Haskell) as well as a growing list of support members through business, individuals and associations. The region includes a 20-county area.

Each town membership has one vote on the Network Council. This delegate serves as the information liason between the organization and the community.

### Tour of homes Dec. 4 in Anson

Ricky Martin 19 years; Don Thompson and Bennie Harvey 16 years; Mike Poteet and James McFadden 15 years; and Danny Kierepka 10 years.

The highest award in the Abilene district was presented to Tom Jones, a mechanic in the Jones County Maintenance Section. He had completed 31 years of driving without an accident.

To be eligible for an award, employees must have completed a minimum of four years of accident free driving.

An awards banquet to recognize

the district achievers was held at the Stonewall County Activity Center in Aspermont. There, honorees received a Certificate of Appreciation, or a plaque if their safe driving record was 25 years or more.

The combined total of safe driving years for all district employees was 2446 years.

Presenting the awards were Maribel P. Jaso, Abilene District engineer; Daffney Henry, assistant executive director, Human Resource Management, TxDOT; and Jerral Wyer, occupational safety, TxDOT.

# Christmas project plans take shape

Anyone wanting to place decorations on this year's community Christmas tree. is invited to do so.

The Haskell Chamber of Commerce invites the public to participate in the "Haskell County Christmas Celebration" and to help personalize the tree with their own decorations. The event will take place on the suare in Haskell Saturday, Dec. 3. The tree will be decorated between 3 and 6 p.m. and there will be entertainment during those hours.

Santa will be on hand and pictures of children with Santa will be available.

Highlight of the celebration will be the lighting of the tree lights and courthouse lights at 6 p.m.

# Cub Scouts bake sale set Tuesday

The annual Cub Scout bake auction will be held Tuesday night beginning at 7 at Haskell National Bank community room.

"We really need the support of everyone for this fund-raiser," said Doyle Mitchell, cubmaster.

All proceeds will go to fund the local scouting program for approximately 55 boys in the pack. Before the auction, cakes are judged and awards are presented in the following categories:

Biggest, smallest, best tasting, worst tasting, ugliest, most unique, tallest, judge's choice, Scout spirit, and biggest flop.

Each cake is made by a Cub Scout and his dad or other adult partner.

"They don't always turn out as intended," Mitchell said in explaining the different judging categories.



### Safety award winners

-HOSPITAL-

Thelma Boone, Weinert

Louise Finley, O'Brien

Otis Sims, Stamford

Admissions

Dismissals

Bledsoe, Gus Rueffer, Michael

Wilburn, Thalassa Torres, Daisy

Leola McCollum, Slover

Haskell County employees attending the safety awards banquet and their years of safe driving are, standing left to right, Ben Barrera, 22 years; James McFadden, 15 years; Earl Proctor, maintenance supervisor; Don

£3

Thompson, 16 years; Bennie Harvey, 16 years; Erlinda Mayfield, section secretary; and Ricky Martin, 19 years. Kneeling are, from left to right, Mike Poteet, 15 years, and Vernon Session.

### CAR BON BOLL BO

Mary, Bennie, and family want to thank all of you for all of the visits, cards, concerns, and prayers during Mary's recent surgery. The surgery has gone well and the recovery is doing fine but slow. Hope to see you all soon.

Sincerely, Mary Bassing

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On Sunday Dec. 4, Christmas in Anson Tour of Homes five homes will be beautifully decorated. You will have the opportunity to tour each home at your leisure from 1:30 to 4 p.m. Tickets are \$5 and may be obtained at Anson Chamber of Commerce.

Saturday, Dec. 10 the Lights of Christmas Parade will begin at 6:30 p.m. on Commercial Street. Entry forms are available at the Anson Chamber of Commerce.

Town and country residents and businesses will be participating in the home, yard and storefront decorating contest during the week of Dec. 12.

The Cowboy's Christmas Ball will be held Dec. 15-17. Michael Martin Murphy will be featured entertainment on Friday night, Dec. 18.

In conjunction with the ball, the Larry Chittenden Memorial Cowboy Symposium will be held at the Anson Opera House on Dec. 16 and 17 along with a bit, spur, trappings and western art show.

More information about tickets and events may be obtained by contacting Anson Chamber of Commerce 915-823-3259.

