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THE HASKELL FREE PRESS

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HASKELL, TEXAS 79521, December 29, 1994

12 PAGES-ONE SECTION



Immunization clinics scheduled

The Texas Department of Health will hold immunization clinics in Haskell on Jan. 4, Jan. 17 and Jan.

The Jan. 4 clinic will be from 1 to 3 p.m. in the courthouse.

The Jan. 17 clinic will be from 10 a.m. to 3 p.m. in the American Legion building.

The Jan. 24 clinic will be from 10 a.m. to 3 p.m. in the courthouse.

Adult TD's (tetanus-diphtheria) will be available at all clinics. A parent of legal guardian must accompany minor children.

For more information, call 864-

ASCS undergoes name change

The U.S. Department of Agriculture's Soil Conservation Service has had a name change to the Natural Resources Conservation Service. The new agency was authorized as a part of USDA's reorganization in October by Agriculture Secretary Mike

"Our new name more accurately reflects what we do." said Paul W. Johnson, chief of the Natural Resources Conservation Service. "Our responsibilities go further than soil conservation. They have for some time."

The agency will continue to offer technical help on private land for improvement in soil and water conservation, wildlife habitat, forest lands, grasslands, and other resources connected to the land.

The Natural Resources Conservation Service will continue to have responsibility for all the programs of the former soil conservation service. In addition, several other programs have been transferred to it: The Wetlands Reserve Program, The Water Bank Program, The Forestry Incentives Program, The Colorado River Salinity Control Program, and The Farms for the Future Program.

The Natural Resources Conservation Service will increasingly look at all resources on private lands as its resource conservationists help private land owners on a voluntary basis.

Five win in final drawing

Amado Rodriquez, Bertie Alexander and Suzie Ray all won \$250 each at the Haskell merchants' drawing held on Christmas Eve. All three won on tickets from Modern

Winning \$125 each were Merebel Fernandez on a ticket from Boggs and Johnson and Phyllis Coleman on a ticket from M-



It's here

Showing off copies of their new book "The Redneck and the High Maintenance Woman" are co-authors Doyle and Roberta High. The book highlights the joys and frustrations of their life together.

1994 highlights: The year in review

Haywood to visit Haskell

Senator Tom Haywood will be in Haskell January 4 to visit with county, city, school and business

He will also have an opportunity to speak and visit at the Experienced Citizens Center during

The day long visit and meetings will allow local leaders an opportunity to make known the needs of our community.

Goodfellows delivered 54 boxes

The Goodfellows delivered a total of 54 boxes to families Saturday morning. Final donations include: Mr. and Mrs. Roye Adkins 50.00 Anonymous300.00 Haskell Young

Homemakers 100.00 Mrs. Bairds Breadbread Anonymous bicycles Previous total\$1271.73 Total to date\$1721.73

It won't go down as one of Haskell's most eventful years, but here are some of the highlights as reported in the pages of the Haskell

January

Four incumbent Haskell County officials up for re-election faced opposition in the March 8 Democratic primary election.

The League of United Latin American Citizens (LULAC) filed suit in U. S. District Court charging the Haskell Consolidated School District with unlawfully diluting the voting strength of minority voters in its method of electing members of the Board of

Trustees. Mart Guess carved his name in the Haskell Indian record book when he connected on eight 3pointers to bring his seasonal total to an even 100.

The Haskell Indians defeated Anson to clinch a tie for first place in the first round of district 7-2A

February

Grand champions at the Haskell County Junior Livestock Show included Matt Pace, steer; Jennifer Comedy, lamb; Amy Hisey, barrow; Mary Belle Turner, heifer; Caitlin Frierson, rabbit; and Maggie Brzozowski, chicken.

Mary Kaigler wins the Chamber's slogan contest with her entry of Haskell Alive! Yesterday-Today-Tomorrow.

The Haskell Indians were crowned champions of district 7-2A after defeating Anson, 63-40.

Emily Cox began her pursuit of personal growth with a study trip to

March

The Haskell Indians won their way into the Region 1-2A basketball tournament with a 68-56 victory over the Wall Hawks in an area playoff game in Abilene.

Haskell's great basketball season came to an end when the Indians bowed to the Shallowater Mustangs, 95-81 in the first round regional game.

Named to the Indians all-district basketball team were Brian Brzozowski, Mart Guess and receiving the Fighting Heart honor was Robert Huff. Maidens named to the girls all-district team were Teresa Diaz, Veronica Gonzales and receiving the Fighting Heart honor was Cynthia Rodriquez.

Haskell High School's math and science teams competed at the state meet placing fifth place in sweepstakes.

Judge Ben Charlie Chapman was named Haskell's Outstanding Citizen at the Chamber of

Commerce banquet.

April

Haskell's one-act play "The Patchwork Quilt" advanced to area competition.

County Judge B. O. Roberson and Precinct 2 Commissioner Ronnie Chapman were re-elected in the Democratic Primary runoff election.

Heather Hobgood qualified for four events at the regional track meet. Her events included the long jump, 200-meter dash, mile relay with teammates Syreeta Billington, Veronica Gonzales and Monique Farris, and the 800-meter relay with team members Farris, Gonzales and Nacole Lefevre.

HHS journalism students win seven newspaper awards. Named were Mart Guess, Wayne Hodgin, Casey McDaniel, Jonathan Tatum, Sarah Cothron, Cynthia Halliburton, Jennifer Comedy and Manuel Villarreal.

Fred Hernandez was named Haskell area manager for West Texas Utilities Company.

Tom Hairgrove and Tiffen Mayfield were re-elected to the Haskell School Board, Ruby Turner was re-elected to the City council and David Davis won a seat on the City Council in the school and city

elections. The Haskell Indian baseball team made the bi-district playoff with a win over Hamlin.

Robert Huff was named valedictorian and Teresa Diaz salutatorian of the 1994 HHS graduating class.

June

Haskell High School's yearbook, The Chieftain, was dedicated to Gerald McCoy, former principal and science teacher. Six Haskell Indians were named

to the 5-2A all-district baseball team including Shannon Meeks, Chuckie Castillo, Cody Cypert, Jason Torres, Chris Silvas and Jonathan Tatum. Modern Way announced a major

remodeling and expansion program involving its entire facility. Jana Loomis was named

administrator of Haskell Healthcare Center.

The City Council approved a zoning change for the 900 block of South 6th Street East which will pave the way for the construction of an apartment complex.

July

Melissa Phemister, a McMurry student, received the Ginny Carlson Memorial award, during the senior

recognition dinner.

Haskell native Fred Rike was named head basketball coach at Tyler Junior College. Heather Hobgood was named to

the NCA All-American Cheerleading squad during Tarleton State University's cheerleading

Mary Martin and Sue Miller were honored with a reception in recognition of 10 years of service to the Haskell County Child Welfare Board.

August

John Kimbrough was inducted into the Southwest Conference Hall of Honor.

Haskell school officials estimated an enrollment of 793 students when the new school term begins.

City administrator Sam Watson reports that prospects are good that the city landfill will be re-opened.

The American Cancer Society netted \$2100 at its annual Texas Hawaiian Luau.

September John Allen Medford was inducted into the International Society of Poetry as a lifetime member.

The Federal Land Bank Association opened for business at a new location.

The City Council adopted a \$1,342,929 budget and set a tax rate of 25.98 cents.

Following a public hearing, the Commissioners' Court approved the county's 1995 budget, set the tax rate, abolished one appointive office, reduced the hours of another, put two employees on half-time status and eliminated some part time help.

Work began on the renovation of the auditorium at Haskell secondary

October

Long-time banker Abe Turner was named vice president of the First National Bank of Haskell.

The 1994-95 Haskell High School twirlers received a Division I rating at the UIL District Twirling contest in Brownwood. The ensemble included Jessica Bridwell, Brandi Briles, Vanessa Miller, Tenille Mathis, Kimberly Skiles, Shannon Jordan and Shelly

Palacious. Haskell seniors lit a huge bonfire as a spirit builder for the

Indian football team. Winners in the Fire Department's fire prevention poster contest were Guadalupe Alvarez, Larry Trevino, Tony Hernandez, Shayla Felty, Gary Frierson, Lindsey Villa, Wes Steele, Kristen Cypert, Cliff McGuire, Heather Steele, Jimmy Huff and Tom

November

John McDougal of Mountain Home, Ark., assumed duties as new owner and publisher of The Haskell Free Press.

The Haskell Indians are champions of district 7-2A and participated in the bi-district

The Haskell Indians advanced to the area playoff game by defeating

The fourth, fifth and sixth grade gifted/talented classes at Haskell Elementary held a "My Interest

December

The City of Haskell received approval for an arid exemption

Paint Creek Class of '95 scheduled Christmas by Candlelight. Haskell Chamber of Commerce

announced its holiday decorations and lighting contest.

Local farmers joined together to help Sharon Lefevre with her cotton

Summer program offered by McMurry

High school juniors moving into their senior year may take college courses this summer through McMurry University's Senior Summer Program.

The student must have a letter of recommendation from the school principal or counselor and be in the top one-half of his or her class. All students entering the program will receive a \$100 per hour tuition scholarship for up to six hours of college work.

In addition, there are limited full-tuition scholarships available to top academic students who apply by May 1.

To register, a student must provide a high school transcript, fill out the application for admission and pay a \$20 admission

For more information on the Senior Summer Program or to receive a summer class schedule, please contact the McMurry University Office of Admissions at (915) 691-6402 or 1-800-460-

Holiday hunter

Rusty Howard, age 10, of Haskell killed this wild boar with a 243 rifle Dec. 20 east of Haskell. Rusty, the son of Mr. and Mrs. Bobby Howard, Jr., likes to hunt and has spent some of his Chirstmas holidays enjoying his hobby. On Sunday afternoon, Dec. 18, he killed an 8 point buck.

--Obituaries--

Alvis Bird

Alvis Ray Bird died Thursday, Dec. 22 at Abilene Regional Medical Center. He was 85.

Funeral services were held Dec. 24 in Holden-McCauley Funeral Home Chapel with Rev. Jim Turner officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Home.

Born Aug. 30, 1909 in Haskell County, he married Francis Chapman Oct. 12, 1928 in Breckenridge. He was a member of First Baptist Church. He was a lifelong resident of Haskell County. He was retired from the Texas Highway Department and was a

Survivors include his wife of Haskell; two sons Gerald Bird of El Paso and Robert Bird Sr. of Stamford; four grandchildren Ricky Don Faust of Waco, Vicky Ann

Moreno of Stamford, Marvin Haile of Abilene and Robert Bird Jr. of

Pallbearers were Wayland Shurley, Larry Moreno Jr., Buddy Oliver, Kenneth Campbell, Robert Starr, and Ed Walling.

Van Laughlin

Van R. Laughlin of Rule died Sunday in Abilene Regional Medical Center in Abilene. He was

Rule Cemetery under the direction of McCauley-Robison Funeral

Born Aug. 22, 1900 in Bell County, he was a retired farmer. He came to Haskell County in 1915 from Bell County. He was a member of the First United Methodist Church. He married Marie Davis September 1921 in

Rule. She preceded him in death in

Survivors include one son James R. Laughlin of Lake Charles, La., and one sister Ladain Anderson of Houston. He was preceded in death by a son Van Davis Laughlin.

Pallbearers were J. Tobin Laughlin, Michael Laughlin, Russell Laughlin, Gary Laughlin, Delbert LeFevre and Warren Ables.

Pasquel De Los Santos

Pasquel De Los Santos of Rule died Thursday, Dec. 22 at Haskell Hospital Clinic.

Services were held in Mission Baptist Church. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral.

He was born August 28, 1993 in

Survivors include his parents Richard and Debbie De Los Santos of Rule; two brothers Richard De Los Santos Jr. and Angel Cruz of Rule; maternal grandparents Joe and Ruth Ramirez of Aspermont and Louise Torres of Waco; paternal grandparents Pasqual and Susie De Los Santos of Haskell; maternal great grandmother Consuelo Hernandez of Aspermont and several aunts, uncles and cousins.

Bert Cox

Lewis (Bert) Cox Jr. of Rule died December 24 at Haskell Memorial Hospital. He was 100.

Funeral services were Tuesday in First Baptist Church in Rule with Rev. Stewart Farrell officiating. Burial was in Willow Cemetery under the direction of McCauley-Robison Funeral Home.

Born Oct. 31, 1894 in Colgate, Okla., he bad been a resident of Rule for over 57 years. He married Ruth Naomi Coker December 15, 1914 in Stag Creek. She preceded him in death Dec. 30, 1977. He was a Baptist.

Survivors include two daughters Pearl Rinehart of Rule and Lovell Hines of Haskell; three sons, Willard Cox of Rule, L. B. Cox Jr. of Rule and Hershel Cox of Snyder.

Pallbearers were Derrell Sorrells. Richard E. Mathis, Jack Wilson, Donald Lee, Kenny Tanner, and Wallace Allison.

We are often unable to tell people what they need to know, because they want to know

> the wheel," he said. Under the new law, if a driver is arrested for DWI and either fails or refuses to take a chemical

Now open

A new law goes into effect

January 1, 1995, that will save an

estimated 100 lives every year in

Texas by deterring drunk drivers.

Known as ALF-Administrative

License Revocation-it will

automatically suspend the driver's

license of anyone caught driving

The Texas Legislature voted

ALR into law during its last

session after looking at its practice

in other states. Similar ALR laws

are in effect in 37 other states and

the District of Columbia. "It

seemed very clear that ALR would

save lives," explained State Senator

Judith Zaffirini, who sponsored

this legislation. "It has been an

enormous success everywhere it's

on the books. In Oklahoma,

alcohol-involved traffic fatalities

declined 30 percent the year after

ALR was enacted in 1983.

Minnesota reduced its traffic

fatality rate by 50 percent ten years

after implementing ALR (in 1978).

Those results really hit home with

roadways safer," said Col. James

R. Wilson, Director of the Texas

Department of Public Safety.

"License suspension as a

consequence of drinking and driving

should make potential offenders

think twice before getting behind

blood/breath alcohol test, his

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The Needs Of The Community

We pride ourselves in being your total financial resource. Our growth has enabled us to continu-

ously expand our services for your personal and

business accounts and provide council for assis-

tance in effective money management. But don't

let our professionalism frighten you. We're the

same friendly, courteous folks who've been serv-

Post Office Box 10

Phone (817) 997-2216

Rule, Texas 79547

ing this community for a long time.

FDIG

"ALR will help make Texas'

while intoxicated.

automotive parts business opens today at 200 1/2 N. Ave. E.

license is automatically suspended. First offenders lose their license for 60 days for failing the test and 90 days for refusing the test. Repeat offenders lose their license for 120 days for failing the test and 180 days for refusing the test. Drivers previously suspended for a DWI or intoxication manslaughter conviction lose their license for 180 days for failing the test and one year for refusing the test. The convicted driver must pay a \$100 fee to reinstate his license after the

period of suspension. "ALR is the strongest law a state can enact to save lives by deterring drunk driving. Studies show that the public fears guaranteed loss of a license more than the threat of a tough jail sentence or stiff fine," said John C. Lawn, former chief of the federal Drug Enforcement Administration (DEA) and new chairman of The Century Council, an anti-alcohol abuse organization supported by concerned beer, wine and spirits companies. "The Council is honored to be a member of Texans for ALR, which helped get this law passed, and to help fund the statewide public information campaign now underway to boost motorists' awareness that is essential for the law to work to its fullest extent."

ALR has the added benefit of fighting crime without costing the taxpayers money, overcrowding prisons, overloading court dockets or adding to the state budget. It is a

\$85 million a year in direct and societal costs (medical, insurance and lost productivity).



fees of the convicted drivers. And according to the National Highway Traffic Safety Administration, ALR will save Texas as much as

January 2-6 BREAKFAST

Haskell

-School Menu-

Monday: No school. Tuesday: Breakfast burrito, juice or fruit, milk.

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

Thursday: Biscuits, sausage, gravy, juice or fruit, milk. Friday: Ham and eggs, toast,

ice or fruit, milk.

LUNCH

Monday: No school. Tuesday: Pizza, buttered corn, cole slaw, blueberry dessert, milk

Wednesday: Chicken and spaghetti, English peas, tossed salad, buttered hot rolls, sliced peaches, milk and juice.

Thursday: Nachos with beef, pinto beans, buttered cornbread, applesauce, peanut butter, crackers,

milk and juice. Friday: Cheeseburger, tater tots, hamburger trimmings, banana pudding, milk and juice.

LUNCH High School Monday: No school.

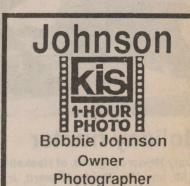
Tuesday: Baked potato, ham and cheese, hamburger, salad bar or pizza (choice), french fries, buttered corn, cole slaw, pineapple jello, milk and tea.

Wednesday: Baked potato, ham and cheese, hamburger, salad bar or steak fingers, gravy (choice). french fries, creamed potatoes. seasoned green peas, buttered hot rolls, sliced peaches, milk and tea.

Thursday: Baked potato, ham and cheese, hamburger, salad bar or nachos with beef (choice), pinto beans, buttered cornbread, applesauce, peanut butter, crackers, milk and tea.

Friday: Baked potato, ham and cheese, hamburger, salad bar or taco salad (choice), french fries, buttered Mexi corn, banana pudding, milk

Thank You for reading The Free Press



Funeral services were held Wednesday in Rule First United Methodist Church with Rev. Carol Crumpton officiating. Burial was in

volunteer fireman for 37 years.

NEW YEAR'S EVE DANCE

at Rhineland **Southern Heart**

of Stamford

Saturday, Dec. 31

Jones-Haskell Eye Clinic

Appointments Available • Monday through Friday

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

9 to 1

Scratch resistant coating, Ultra-violet protection

Your choice of tint \$3000 Holiday Special \$2500 (Good through Dec. 31)

> Medicare and Medicaid Accepted.

Contact lenses

Includes exam, care kit follow-up (Torics for astigmatism and gas

> 1501 Columbia Stamford, Texas 915-773-2083



2 pair daily wear \$15900 **Holiday Special** \$14900 (Good through Dec. 31) permeable slightly higher)

something else. -George Macdonald



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Haskell Free Press



Jovita Gonzalez-Joel Torres III

Gonzalez, Torres engagement told

Tomas Gonzalez of El Refugio, San Luis Potosi is announcing the engagement of his daughter Jovita Gonzalez of Haskell to Joel Torres III of Haskell. The prospective bridegroom is the son of Mr. and

Mrs. Joel Torres Jr. of Haskell. The couple plans a January 28 wedding in St. George Catholic

Church in Haskell.

The bride-elect is a graduate of Haskell High school and is employed by Haskell Healthcare

The prospective bridegroom is a graduate of Haskell High School and is employed by Rolling Plains Well Service in Knox City.

SAD occurs during winter

For people with seasonal affective disorder, 'tis not the season to be jolly.

Seasonal affective disorder (SAD), most often a form of depression, occurs with the seasons, especially winter. A psychologist at Baylor College of Medicine in Houston says SAD differs from the typical holiday "blues".

The blues are common during the holidays and mostly comes and goes. But people with SAD are often depressed all winter long," said Dr. Ernest Fruge, an assistant professor of family medicine at

Fruge says although stress may be a contributing factor to SAD, the disorder appears to be related to a low-light environment. It is also more common in higher latitudes.

'As the longer days of spring and summer are replaced with short, dark days of winter, mood changes can occur," Fruge said.

SAD symptoms include fatigue, sluggishness, oversleeping, overeating, and weight gain. Symptoms usually begin during adulthood and appear four times more commonly in women as in men. It can run in families with a history of alcoholism or depression.

The first line of treatment for SAD is light therapy, which exposes the patient to white fluorescent indoor light for several

Studies show that results with light therapy are detected within the

first week of treatment.

Although light therapy can produce side effects such as headache, eye strain, irritability and insomnia, the effects are mild and can be lessened by decreasing light intensity.

If light therapy is ineffective, a physician may add antidepressants to the treatment regimen.

Diet, exercise and stress management can also help increase energy level, Fruge says, but it is important to seek medical attention.

"Before you assume you're depressed or have SAD, get a physical examination to make sure that other possibly more serious

and the last the last

They are complicated by the fact that adults' risk of infectious diseases varies with age as well as Almost everyone will agree that lifestyle and other factors. But the

by David R. Smith, M.D.

Commissioner of Health

children need to be immunized

against disease. But do you realize

that up to 60 times more adults

can be prevented by vaccines?

than children die from illnesses that

children has drastically reduced the

incidence of diseases such as

diphtheria, tetanus, whooping

cough, rubella, mumps--even

measles. Polio has all but

disappeared. Deaths from these

childhood diseases are few--less than

that more typically strike adults--

such as influenza, pneumococcal

liver disease--kill up to 80,000 in

influenza claimed the lives of 3,668

Texans. This combined category is

a perennial among the state's top

National Center for Health

Statistics showed life expectancy in

the U.S. declining last year, partly

as result of pneumonia and

influenza. According to provisional

data for 1993, life expectancy

dipped 0.2 years from 1992 to 75.7

years. Flu epidemics also were

responsible for the last life

adults actually receive the

recommended vaccines. And

thousands--make that millions--

literally bet their lives that they

will not become one of the next

understanding about disease risks to

the scarcity of government

programs and insurance policies to

cover costs of adult immunizations.

-BIRTHS-

Taylor Letterman announces the

birth of his baby brother, Cody

Dylan Letterman. Cody was born

December 22 at St. Mary's Hospital

in Enid, Okla. at 6:21 p.m. He

weighed 8 lbs. 8 oz. and measured

Letterman of Medford, Okla.

Grandparents are Shiela and Jerry

Benson of Munday and Opal

Letterman of Haskell. Great

grandparents are Mildred Letterman

of Muskogee, Okla. and Lillie Mae

Windham of Midland.

His parents are Danny and Lori

23" long.

The reasons vary--from lack of

Despite these disease threats, few

expectancy decline in 1980.

year's disease statistics.

In fact, a recent report from the

infections and hepatitis b-related

Last year, pneumonia and

But vaccine-preventable diseases

500 a year in the U.S.

this country annually.

ten causes of death.

Our commitment to immunizing

Adults need immunizations, too!

If you're 65 or older or if you have a chronic condition such as diabetes or heart, lung or kidney disease, you should see your doctor about a flu shot-every year before the start of flu season. You should also have had pneumococcal vaccine--but one dose should do for

Adults born after 1956 should have one dose of measles-mumprubella vaccine. College students, health care workers, some travellers and a few others--almost everybody in the case of a major measles outbreak--should get a second dose. And all adults should have the three-dose series of tetanusdiphtheria immunizations, plus a booster every ten years--make that five years if you suffer a substantial or deep puncture wound.

New law makes

If you hire someone to work in your home, a new law makes it easier for you to pay Social Security taxes on their earnings. You'll have fewer forms to complete and, depending on how much you employ outside help,

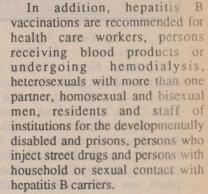
occupation.

Instead of filing a report each calendar quarter and paying tax on the earnings of workers who are paid \$50 or more during the quarter, no tax will be due unless the earnings are at least \$1,000 for the full year. The tax rate is unchanged, with you and your employee each paying 7.65 percent of the gross earnings.

The new tax threshold is effective with 1994 earnings. In those cases where a household worker was paid less that \$1,000, the employer and employee will receive refunds for their share of the taxes. However, the employee won't lose his or her Social Security credits.

For 1994, you should file the quarterly form 942 to report Social Security and Federal unemployment tax obligations. Beginning in 1995, you will be required to report those taxes on your own Federal tax return (Form 1040). During 1995-1997, you can pay the employment taxes in a lump sum when you file your tax return, without incurring a late penalty. Beginning in 1998, you will need to satisfy the tax obligation by increasing your quarterly tax payments or increasing the tax withholding on your own

If you have questions about the changes in reporting household employment and paying the Social Security taxes on household employment, contact your local Social Security office, or call our toll-free number, 1-800-772-1213. Our busiest times are early in the week and early in the month. So, if your questions can wait, it's best to call at other times.



As a newly appointed member of the National Vaccine Advisory Committee, I will advocate keeping adult immunizations a national health priority. The committee recently made several far-reaching recommendations--from educating health care providers to supporting research for new vaccines--that should encourage more adults to take advantage of the diseaseprotecting powers of immunizations.

But, for today, you are ultimately responsible for doing the responsible, adult thing. If you're old enough to remember Groucho's quiz show-the one with the duck who knew the secret word--you're old enough to be smart enough to get your shots. And even if you can't recall "You Bet Your Life," if you're old enough to gamble, you're old enough to know better than to risk something as precious as your

THE END

Yes the end is near for Kinney Furniture in Stamford. It's almost over for this big country furniture store. Yes, the end of this great year is fast approaching and Kinney Furniture is celebrating like they have never celebrated before - with a spectacular year end sale!

Kinney's has it all on sale: sofas, rockers, love seats, pictures, mirrors, lamps, and more. Right now, you can buy all sizes of nationally advertised mattress sets for half price at Kinney's. Choose from twin, full, queen, and king sizes. Right now, you can save one-half on a group of handsome, rugged recliffing chairs in a choice of styles and colors at Kinney's.

> This ad is small because our prices are so low.

Not only do you save one-half on many items, you get free delivery and easy terms at

Kinney

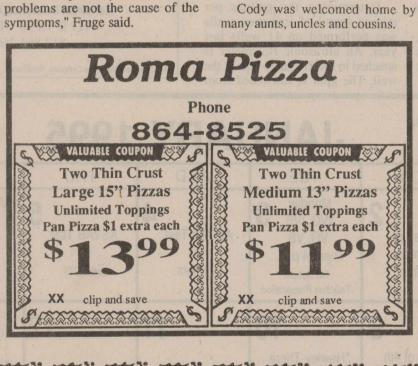
in Stamford

For more information give us a call at 915-773-2232 or 800-256-2232.

tax paying easier

you may pay less tax. Workers covered by this change in the law are maids, child care providers, gardeners, and others who provide household services. If they are under age 18, they're exempt from coverage unless household employment is their main







From the Files of The Haskell Free Press

30 Years Ago December 31, 1964

Doylene New, 17-year-old daughter of Mr. and Mrs. Austin New, of Haskell, and a junior in Paint Creek High School, recently was chosen the school's Football Sweetheart by members of the football squad. Football Hero, chosen by the Pep Squad, is Danny Isbell, son of Mr. and Mrs. Allen Isbell. Danny also is a junior at Paint Creek

Supersonic training flights by Strategic Air Command B-58 Hustler bombers will be flown starting tomorrow, January 1, until March 31, 1965, along a route from a point 20 miles southeast of Paducah, over Haskell, Albany, Rising Star, and ending near Shiner. Flights along the corridor may occur daily, but normally will not be scheduled between 10:30 p.m. and 7 a.m., SAC headquarters has announced.

An increase in second-class mail rates, which affects newspapers "where it hurts most," is at hand for the third time in three years.

Fire of undetermined origin at a nest of bracero barracks immediately north of the Haskell Co-Op Gin gave some 25 members of the Haskell Volunteer Fire Department an hour's workout shortly before noon Monday before stubborn flames between walls of one unit were subdued.

60 Years Ago December 31, 1934

The new Ford V8 for 1935 will go on display in the showrooms of the Haskell Motor Company today, according to J. D. Montgomery, manager of the local automobile concern. The 1935 model incorporates many new features, he

Texas Centennial 50-cent pieces will go on sale after the first of the year, with first distribution of the new coins to be handled by the American Legion. The special coins were made possible by an Act of

Congress in recognition of the coming Texas Centennial.

The Civilian Conservation Corps will enroll 3,500 young men during the first 2 weeks of January, to bring the quota to full strength for the final months of the present 2-year authorization, which ends on March 31, 1935. Congress is expected to extend the CCC program another two years.

Dear editor:

The Haskell Goodfellows would like to express sincere thanks to those who helped with our 1994 project. The donations of money, food, toys, time and clothes are appreciated.

This year's Goodfellows project was a community effort, which was spearheaded by the Haskell Lions Club and the Haskell County Child Welfare Board. Also assisting in this endeavor were the Haskell Fire Department and the Haskell Free Press.

Sincerely, Donnie Rieger Haskell Lions Club Linda Haynes Haskell County Child Welfare Board

Christmas buying started late in practically all Haskell stores, but trading became more brisk at the beginning of the week preceding Christmas Week. Despite a severe drouth, a number of Haskell merchants report a larger volume of business in 1934 than last year.

70 Years Ago December 30, 1924

The English Motor Company, Brazelton Lumber Company, and Haskell Mill and Grain Co., offices were burglarized Monday night. English Motor Co., was the heaviest loser, thieves taking \$133 in cash and about \$700 in checks after knocking the knob from the office safe. At Brazelton Lumber Co., the knob was knocked from the safe, but thieves were unable to get the vault open. Only thing missing there was a revolver taken from a desk drawer. Office of Haskell Mill and Grain Co. was rifled, but only a small amount of money was taken.

Mr. and Mrs. Austin Smith, of the Howard Community, have returned from a visit in Oklahoma.

Levi Cogburn, of Rochester, has earned a reputation as the best jack knife carver in this section. At the Haskell Fair, 2 years ago, he exhibited a number of carvings, some of them exceedingly intricate, which showed great skill. He has now completed a belt for himself which is made from the end of an old buggy shaft and a wooden pitman from a mowing machine, cut into bares, links, and rings. The buckle is made from another piece of wood attached to the belt with wooden fasteners. This is a wonderful piece of work, and worthy of mention.

T. D. Strickland, who lives west of town, recently returned from an

-HOSPITAL-

Admissions

Eloise Horne, Truscott Sue Smith. Rule Thelma Atkinson, Haskell Dudley Ellis, Truscott Myrtle Greenhaw, Rule Venita Kreger, Grandbury Jerri A. Cornett, Throckmorton Allen Meier, Rule Rhonda Holmes, Rochester Lea Roy Denton, Rule

Dismissals

Lena Kubena, Elsie Jacobs, Wanda Morrison, Edna Burnett, Donna Martin, Effie Hatfield, Joe Arnold, Nick Jimenez.

Paint Creek -School Menu-

January 4-6 BREAKFAST

Wednesday: Biscuits, gravy,

juice, milk. Thursday: Sausage, eggs,

toast, milk, juice. Friday: Donuts, juice, milk.

LUNCH Wednesday: Burritos with hot

sauce, tater tots, salad, fruit cobbler, milk.

Thursday: Pizza, whole kernel corn, salad, chocolate cake, milk. Friday: Sandwiches: tuna,

bologna, peanut butter; lettuce, cheese, chips, pickles, pork and beans, ice cream, milk.

THE HASKELL FREE PRESS

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extended trip to the South Plains. He says he is not too much impressed with that country, because of the elevation, climate, and short growing season. He thinks this part of the state, being more centrally located, and with a longer growing season, affords the farmers a better opportunity.

90 Years Ago December 31, 1904

Mrs. Curtis will lecture in Haskell on the nights of January 14 and 15. Dr. J. G. Simmons has recently bought, through S. W. Scott, 60 acres of the James Scott league near town at \$12.50 per acre. Robert Hollis also has bought the east half of Block 16 of the same survey at \$10 per acres.

Miss Sudie Deyo, who has been visiting her cousins, Mrs. S. W. Scott and Miss Flora Tandy, returned to her home in Fort Worth last Tuesday.

Perry Clayton has returned from a visit to relatives in Fannin

S. R. Peters is having a new barber shop erected on the lot south of Robertson's Store, where he will be ready in a few days to serve his customers.

On Saturday, Dec. 26, from 3 to 6 p.m., the Magazine Club held its annual reception and quotation contest. Each member invited one guest, and when, promptly at 3 o'clock, the president, Mrs. McCollum, called the club to order, the room was filled with ladies whose bright faces and sparkling conversation reflected the brightness of the day outside.

Farm and **Ranch Show** Set Feb. 15-16

KTAB TV, KEAN Radio, the Abilene Reporter News and Champion Farm Shows are pleased to announce the Third Annual Big Country Farm & Ranch Show will be held on Feb. 15 & 16 at the Taylor County Fairgrounds in Abilene.

Agri-business companies from throughout the United States will be displaying their products and services to farmers and ranchers from the entire Big Country region. Tractors, combines, tillage equipment, livestock equipment, seed and computers are among the many products and services that will be on display in over 400 booths at the show.

For the third consecutive year, the Rolling Plains Cotton Growers will hold their annual meeting at the show.



Seymour Aquifer Water Quality Project offers many services

The Seymour Aquifer Water Quality Project began in 1991. It was one of thirty-seven water quality projects started nationwide

HERE WE SIT

The project area covers 274,500 acres in northwest Haskell and southern Knox Counties. The goal of the project is to reduce the potential for nitrate and pesticide leaching into the groundwater. The local project office offers several services free of charge to people in

Water testing for nitrates and salts was started in 1992. This service has increased from 150 samples the first year to 326 samples tested in 1994.

Free soil testing during two time periods each year has increased the number of soil samples submitted from the area to 392 last

Thirteen center pivot irrigation system evaluations were conducted in 1994. There has been a steady increase in the efficiency of the systems checked since 1992.

Irrigation scheduling demonstrations using gypsum blocks and tensiometers were conducted at 78 locations last year. Soil moisture readings were taken at 6, 12, 24, and 36 inch depths each week.

Determining the gallons per minute (gpm) of irrigation wells was performed on 41 wells last year. An ultrasonic flowmeter is attached to the discharge pipe at the well. The gpm is calculated from

the speed of the water by soundwaves.

A program to evaluate the possible water contamination risks around the homestead was made available to the project in 1994. The Tex*A*Syst evaluations are a

series of fact sheets and worksheets with information on wellhead protection, fertilizer and pesticide storage, and water testing.

For more information on these services call the Seymour Aquifer Project office at (817) 864-3334.

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Monthly Calendar of Events

JANUARY 1995

Haskell Independent **School District**

Allstate

SUN	MON	TUE	WED	THU	FRI	SAT
New Year's Day	Last Day of Christmas Holidays	Munday JVG,JVB VG, VB There-4 p.m. No School Teacher Preparation	ASVAB Test for Juniors	ASVAB Test for Seniors	Jayton-There JVG, JVB VG, VB 4 p.m. End of 3rd Six Weeks	Area Band Tryouts
8	Bginning of 4th Six Weeks	*Hawley-There JVG, VG 5 p.m.	11	12	*Anson JVG, JVB, 13 VG, VB There-4 p.m. 13-17 Science Olympiad-Austin	14
15	16	*Hamlin-Here JVG, JVB, VG, VB 4 p.m.	18	*Stamford 19 JVG, JVB, VG, VB There-4 p.m.	20	South Zone District Tryouts Wylie
22	23	*Rotan 24 JVG, JVB, VG, VB Here-4 p.m.	25	26-28 26 County Stock Show	*Hawley JVG, JVB VG, VB Here-4 p.m. Holiday County Stock Show	South 28 Zone District Concert (TBA) County Stock Show
29	No School Staff Development	*Anson 31 JVG, JVB, VG, VB Here-4 p.m.	econ Alba	* Denotes District Games	5-865-T18-1-1 66-3-2-1-64-1 1664 es	Colored Conditions of the Colored Colo

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Texas ends year with cash surplus

"When the Texas Legislature convenes January 10, lawmakers will have a luxury they haven't seen in a long time—a \$2.2 billion cash balance," State Comptroller John Sharp said.

"But Texas isn't the only state that is reaping the benefits of economic growth. Almost every state ended its 1994 fiscal year with a balanced budget. Only California and Hawaii are expected to have serious financial problems next year," Sharp said.

"Still, Texas \$2.2 billion surplus at the end of the 1994 fiscal year was by far the largest of any state. North Carolina closed its budget cycle with a surplus of \$1 billion, Massachusetts with \$113 million and Maryland with \$105 million.

"Because of a growing economy, rising sales tax collections and implementation of many of the cost-cutting recommendations of the Texas Performance Review, the state has collected more money than it has spent during the first year of the

current biennium," Sharp explained.

"The success of the Texas Lottery also has contributed to the state cash surplus. Nearly \$800 million in lottery proceeds went into the state's general revenue fund during the 1994 fiscal year," Sharp said.

"I will issue the official Biennial Revenue Estimate when the Legislature convenes. I think it's going to be higher than anybody expects. If the current economic trends continue, the state will have more money coming in during the next biennium.

"Lawmakers should have little trouble providing all of the necessary services and avoiding a tax increase, but they can't do it without adopting some of the \$2.1 billion in money-saving suggestions contained in Gaining Ground, the latest Texas Performance Review report," Sharp said.

The December issue of Fiscal Notes, a publication of the Comptroller's Research Division, compares Texas' economic recovery and state revenue growth with other states which have experienced similar ups and downs in the last few years.

During hard economic times in the early 1990's, many states were forced to expand their tax bases or raise taxes to keep state finances in the black. Now almost half of the states are considering tax cuts as economic recovery has caused state tax revenues to increase by an average of 6.7 percent in the first quarter of 1994, compared to the same period one year ago.

Job growth is spurring the economic recovery in Texas and other states. More than half of the states exceeded the national 2 percent job growth rate between June of 1993 and June of 1994. The fact that Texas has no corporate or personal income tax is a powerful incentive for businesses to locate here. Other factors contributing to business growth in Texas include an influx of new residents, the relatively low cost of doing business and increased trade

with Mexico.

A large increase in sales tax revenues also has contributed to healthier state budgets. In the second quarter of 1994, nationwide sales tax revenues increased by 9 percent compared to the same

period a year earlier. Consumer confidence is high in most regions, and that means strong retail sales, particularly of durable goods.

Proceeds from lotteries and casino gambling have also helped produce budget surpluses for some states. Fiscal year 1994 sales for the 34 lotteries in the U.S. increased by 13 percent, to \$28.5 billion, including \$2.7 billion in sales by the Texas Lottery.

However, budget experts warn state officials that it is dangerous to rely on gaming revenue. As more states legalize gambling, the market could become saturated with lotteries, casinos and other games of chance, reducing each state's share of the revenue available from gambling.

State spending across the nation is expected to increase by 4.4 percent next year. When the Texas Legislature convenes, lawmakers will face pressure to spend more on programs such as education, corrections and Medicaid. They are depending heavily on continuing economic growth to bring in the needed revenue, because state leaders have pledged not to increase taxes.



Bike winner

Meribel Fernandez, of Haskell, was the winner of the GT Tequesta Mountain Bike, valued at \$600, given by WD40, IAPA, Star Automotive Warehouse and Smitty's Auto Supply.

Grand Opening

Saturday, December 31 • 10:00 a.m. - 2:00 p.m.

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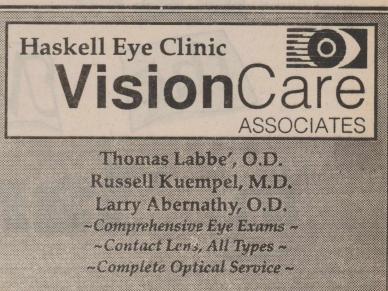
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Perry applauds eradication program

Cotton farmers in the Central Rolling Plains approved the Boll Weevil Eradication Program, becoming the third zone in the state to vote for eradication, Agriculture Commissioner Rick Perry said. The Southern Rolling Plains and Lower Rio Grande Valley zones have already approved the measure.

Cotton producers approved establishing the zone by 84.6 percent. The assessment rate, the Boll Weevil Eradication Board. Perry certified election results Dec.

facing cotton farmers in the Central Rolling Plains, and I'm pleased they approved eradication," said Perry, a fifth-generation farmer from Haskell. "Other states are producing cottom without the fear or expense of boll weevils. Texas farmers must eradicate the boll weevil to remain competitive in cotton production.

"We're off to a great start, batting three-for-three. I applaud the Texas Boll Weevil Foundation

eradication zones. Dates and plans for other areas of the state will be announced as they are finalized.

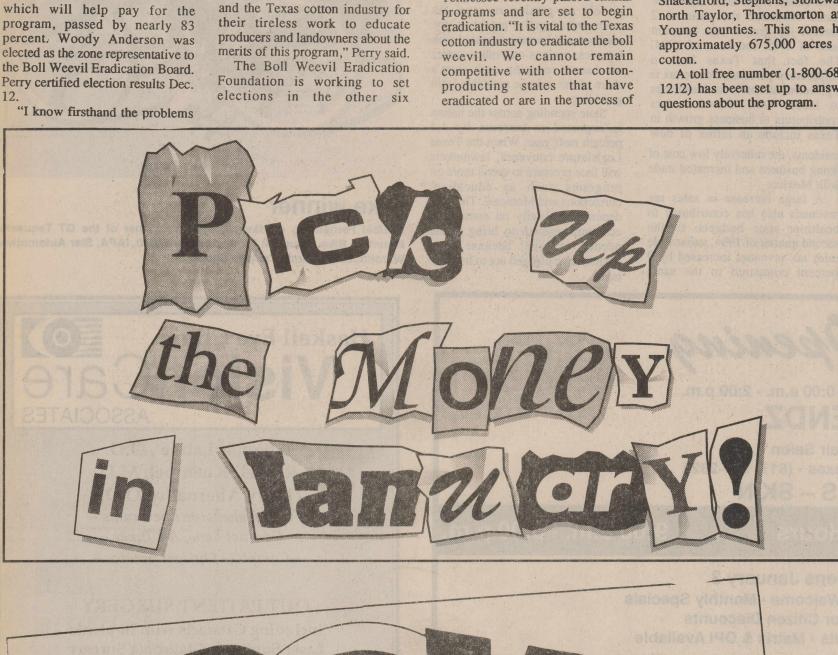
"Only a united, vigorous eradication program will allow our farmers to get rid of this tremendously vicious pest," Perry said. "Our farmers must eradicate the boll weevil so they can sell more cotton, use less pesticides and enjoy a safer environment."

He noted that Mississippi and Tennessee recently passed similar

eradicating the weevil. The farmers in these three zones have shown determination to keep cotton king in Texas, and I urge farmers across the state to approve the program when the vote comes up in their area."

The Central Rolling Plains zone includes Archer, Baylor, part of Borden, Callahan, Eastland, Fisher, Haskell, Jones, Knox, Mitchell, Nolan, Palo Pinto, Scurry, Shackelford, Stephens, Stonewall, north Taylor, Throckmorton and Young counties. This zone has approximately 675,000 acres of

A toll free number (1-800-687-1212) has been set up to answer







Welcome

Anita Medford and Sudie Lewis invite everyone to come see their new business at 200 1/2 N. Ave. E. Medford Auto Parts opened today for

Childcare givers learn discipline strategies

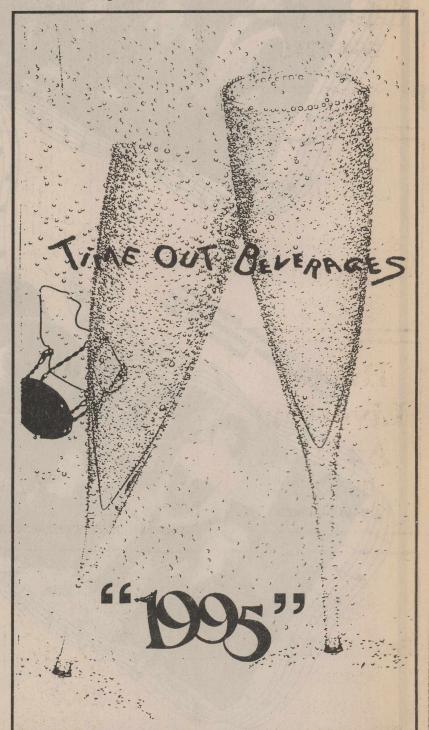
The Haskell-Jones County Childcare Association met December 5 at Discovery World.

Gifts of Christmas ornaments were opened. A pot luck meal was enjoyed.

The video and program, "Positive Discipline Strategies", was presented by Vickie Josselet.

The next meeting will be in Those attending included Laura Stamford on Jan. 9.

Andress, Judy Andrews, Jeanie Bennett, Lois Howard, Vickie Josselet, Lesa Meier, Mary Messenger, Sue Carol Mullen, Sharon Simpson, Melyn Wittenborn, Julie Kretschmer, Joann Williams, and Donna Kimblea.





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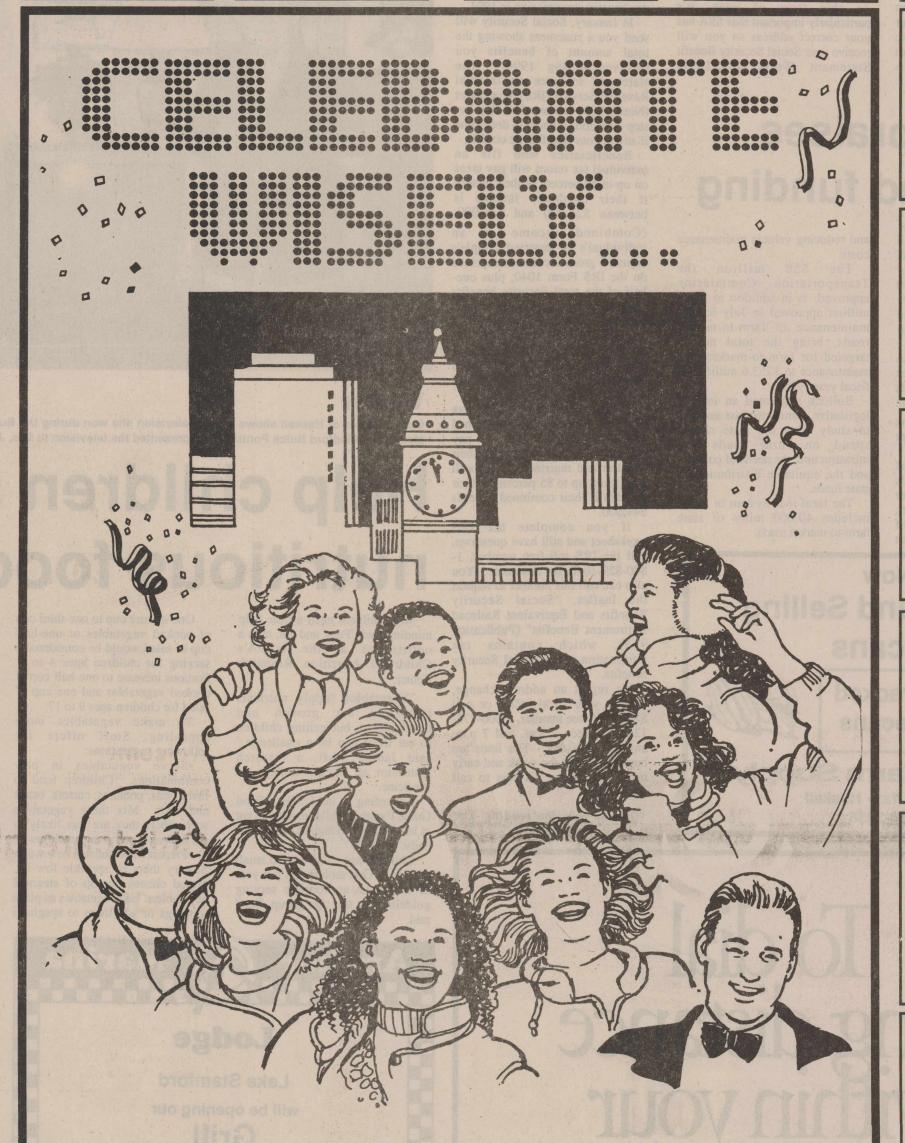
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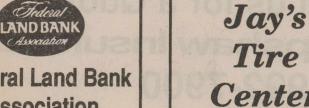
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864-2511 Haskell, Texas

Beneficiaries should report change of address now

Did you change your address in 1994? If you're a Social Security beneficiary, be sure to notify the Social Security Administration (SSA) as soon as possible. If your benefits are directly deposited into your bank account, you may not have remembered to notify SSA when you moved.

Social Security needs your current address so you can receive agency notices about your benefits. At this time of year, it's particularly important that SSA has your correct address so you will receive your Social Security Benefit Statement (Form SSA-1099)

Bullock praises extra road funding

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Lt. Governor Bob Bullock recently commended the Texas Transportation Commission for approving an additional \$50 million saved in cost-efficiency measures for critically-needed maintenance on Texas' farm-tomarket roads.

"This money will continue to help improve the safety of millions of Texans who rely on rural roads to get to school, to work and home again," Bullock said. "I can't think of a way it could be put to better

The Department of Transportation made the funds available by adopting further efficiency measures in its budget, including delaying the purchase of high-cost construction equipment

and reducing vehicle maintenance

The \$50 million the Transportation Commission approved is in addition to \$57.6 million approved in July for the maintenance of farm-to-market roads, bring the total money targeted for farm-to-market road maintenance to \$253.6 million for fiscal year 1995.

Bullock appointed an interim legislative committee last summer to study what the state should spend on rural roads and infrastructure, the needs of counties and the equitable distribution of state funds.

The rural road system in Texas includes 40,000 miles of state farm-to-market roads.

promptly. You need this form to determine whether or not your will have to pay federal income tax on any benefits your receive in 1994.

In January, Social Security will send you a statement showing the total amount of benefits you received during 1994. The statement includes an Internal Revenue Service (IRS) Worksheet (Notice 703) that provides step-bystep directions on how to determine if any of your benefits are taxable.

Beneficiaries who file an individual tax return will pay taxes on up to 50 percent of their benefit if their combined income is between \$25,000 and \$34,000.

(Combined income is an individual's or married couple's adjusted gross income as reported on the IRS Form 1040, plus onehalf of the total Security benefits received for the year plus nontaxable interest.) Married couples file joint tax returns will pay taxes on up to 50 percent of their benefits if their combined income is between \$32,000 and

Beginning with the 1994 tax year, individuals whose combined income exceeds \$34,000 will pay tax on up to 85 percent of their benefits and married couples will pay tax on up to 85 percent of their benefits if their combined exceeds

If you complete the IRS worksheet and still have questions, call the IRS toll-free number, 1-800-829-1040, for assistance. You also can call this number to request the leaflet, "Social Security Benefits and Equivalent Railroad Retirement Benefits" (Publication 915), which contains tax information about Social Security

To report an address change, contact your local office or call SSA's toll-free number, 1-800-772-1213, between 7 a.m. and 7 p.m. any business day. The lines are busiest early in the week and early in the month, so it's best to call other times.

Thank you for reading The

Haskell Free Press.



Winner

Clariss Jones of Haskell shows off the television she won during the Buick Value Days promotion. Eddie Medford of Medford Buick Pontiac GMC presented the television to Mrs. Jones.

Help children select nutritious foods

Most children need a little help minding their 'Peas' and Qs, says a nutritionist at the USDA's Children's Nutrition Research

"Vegetables supply nutrients important for growth and development, but getting children to eat them can be a challenge," said Janice Stuff, a research instructor at Baylor College of

According to the USDA's Food Guide Pyramid, children need to eat at least three servings of vegetables

Children ages 1 to 3 need small portions. One tablespoon per year of life is an appropriate serving guideline for this age group, Stuff

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hamburgers and french fries!

One-quarter cup to one-third cup of cooked vegetables or one-half cup of salad would be considered a serving for children ages 4 to 8. Portions increase to one-half cup of cooked vegetables and one cup of salad for children ages 9 to 17.

To make vegetables more appealing, Stuff offers the following suggestions:

·Serve vegetables in new combinations. Children tend to favor peas, potatoes, carrots, beans and corn. Mix these vegetables with others they are less likely to eat such as broccoli and cauliflower.

•Prepare vegetables in new ways. Stir-fry them or sprinkle low-fat, grated cheese on top of steamed vegetables. Use vegetables as pizza toppings or add them to spaghetti

·Offer carrot sticks, cherry tomatoes, cucumber slices and other finger-food vegetables as snacks. Serve raw vegetables with yogurt, salsa and bean dips.

•Give children stalks of celery and let them scoop up their stew with an edible spoon.

•Add extra crunch to tacos with a few slices of red or green bell

•Let children help decide which vegetables go on the weekly grocery list. Encourage them to try new flavors and textures.

·Involve children in meal preparation. Let them help wash and peel vegetables.

·Visit a farm stand or produce market. Children may be more likely to try vegetables if they have an opportunity to pick their own green beans, peas or corn.

"Children mimic their parents' eating habits so it is important that parents set a good example and eat their vegetables," Stuff said.

If, despite your efforts, your children still turn up their noses at anything yellow, green or leafy, do not give up.

"Continue to offer vegetables at each meal and encourage children to try one bite," she said.

"Remember, children's tastes change as they get older. It may take some time before they try a vegetable, and it may take a lot of tries before they begin to like it."

New Year's Eve IRBY DANCE

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8:00-12:00

Music by: Wes King

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LET US TRY TO BEGIN A NEW LIFE IN THE NEW DECADE

We are about to say goodbye to the 1980s, and we can imagine all the New Year's Eve parties that will take place with a "Gay '90s" theme, in the original meaning of that adjective. Let us review this past decade, which has just preceded the one that will close out the 20th century. Omitting the world and national events of the '80s, let us examine our own lives. Are you better off than you were ten years ago? Not in the financial sense but in the personal one. You are, if you are at least trying to become a better, kinder, more responsible person, and are attending your House of Worship, the best place to achieve these goals. Otherwise, instead of New Year's resolutions, let's make some "new decade" resolutions, and ask the Lord to help us with them. If we're really sincere, He will.

East Side Baptist Church David Page, pastor 600 N. 1st East, Haskell

Christian Church Frank Summers, preacher 107 N. Ave. F, Haskell Church of God Delbert Davis, pastor East Hwy 380, Haskell

Trinity Lutheran Church Bruce Adamson, pastor Hwy 380 East, Haskell

Iglesia Bautista El Calvario Raul Tirado, pastor 607 S. 7th, Haskell

First United Methodist Church Sidney Parsley, pastor 201 N. Ave. F, Haskell

First Assembly of God Rev. J.C. Amburn 1500 N. Ave. E, Haskell St. George Catholic Church

Father George Thekkadem 901 N. 16th, Haskell **Church of Christ**

Dale Huff, minister

510 N. Ave. E, Haskell First Presbyterian Church Steve C. Kerr, pastor 306 N. Ave. E, Haskell

Trinity Baptist Church Rev. Kenneth Blair

401 S. Ave. D, Haskell **Hopewell Baptist Church** John Lewis, pastor 908 N. Ave. A, Haskell

Greater Independent Baptist Church Clarence Walker, pastor 300 N. 3rd St., Haskell

New Covenant Foursquare Freddy Perez, pastor 200 S. Ave. F, Haskell **Mission Revival Center**

Rev. William Hodge 1600 N. Ave. B, Haskell **First Baptist Church** Jim Turner, pastor 301 N. Ave. E, Haskell

First Baptist Church Werth Mayes, pastor Weinert

Weinert Methodist Church Rev. James Patterson Weinert

Weinert Foursquare Church Rev. Paul Chambers Weinert **Church of Christ** Jim Pratt, minister West on Main Street, Rochester **First Baptist Church** Rev. Truett Kuenstler 500 Main, Rochester

Union Chapel Baptist Church Rev. Andrew Rochester **Faith Chapel of Rochester**

Katherine Byrd, minister Hwy 6, Rochester **First United Methodist Church** James P. Patterson, pastor Rochester

Sagerton Methodist Church Carol Krumpton, pastor Sagerton

Faith Lutheran Church Jeff Zell, pastor Sagerton **Paint Creek**

United Methodist Church Sidney Parsley, pastor **Paint Creek**

Paint Creek Baptist Church Paint Creek First Baptist Church

Stewart Farrell, pastor 1001 Union Ave., Rule **Primitive Baptist Church** Dale Turner Jr., pastor

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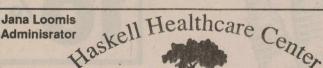
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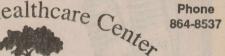
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Plan to exercise in '95

exercise should include three things: stretching, strengthening and cross training.

"Before exercise begins, decide what level of fitness you want to reach," said Dr. John Cianca, an assistant professor of physical medicine and rehabilitation at Baylor College of Medicine in Houston. "Then work the three key elements of exercise into a basic fitness regimen."

Stretching should be done every day for 10 or 15 minutes, concentrating on all of the major muscle groups.

Cianca, director of sports medicine at the Medifit Human Performance and Rehabilitation

A New Year's resolution to Center, suggests stretching the buttocks, thighs and calves. Also the back, chest and abdominal muscles in the trunk area and the shoulders and arms should be stretched daily, even if no other workout is planned.

Strengthening exercises should be done two or three times weekly says Cianca, depending on the type of activities you enjoy.

"Resistance, or weight training, should focus on making you stronger for the activities you enjoy." Cianca said, "For example, a runners performance may be impaired by a power lifting program, but enhanced with a total body strengthening program."

The final aspect of a basic

improves overall muscular coordination. Find two or three activities you enjoy that combine strength and coordination and rotate them through your workout schedule. The result will be better health and more skill doing things you enjoy.

"Cross training is a popular phrase that also happens to be a valuable tool in a workout regimen," said Cianca. "Choose several activities that challenge you physically and will keep your interest in working out for a longer period of time."

For example, a runner may bicycle on "off days." An aerobics buff could swim occasionally.

A physician, personal trainer or fitness instructor may be helpful in deciding which exercises and stretches will be most effective for

Cianca says any fitness regimen should begin with a visit to a physician. The American College of Spoerts Medicine suppgest any man more than 40 years old or woman more than 50 years old should undergo a cardiovascular stress test prior to starting a new exercise routine.

Deadline nearing for poetry contest

A \$1,000 grand prize is being offered in a free poetry contest sponsored by the International Library of Famous Poets, open to everyone in the Haskell area. There are 25 prizes in all, worth over

Says Poetry Editor Dr. Richard Huntington: "Texas has produced great poets over the years, and I expect this contest to yield exciting

discoveries."

The deadline for entering is January 15, 1995. Winners will be announced on March 28, at which time all prizes will be awarded and a winner's list sent to all entrants.

To enter, send one poem 21 lines of less, to: Free Poetry Contest, 421 N. Rodeo Dr., Suite 544, Beverly Hills, Calif. 90210.

Stenholm names academy selections

Congressman Charles W. Stenholm (D-TX) is please to announce that 26 young men and women from the 17th District of Texas have been selected as nominees to the United States Service Academies. Their names have been submitted for consideration as member of the academy classes entering in July

"I am always so impressed by the high caliber of candidates that apply to my office each year," said Stenholm. "But it certainly makes a selection decision all the more difficult."

Ten individuals per academy were nominated to compete for one appointment each at the Military Academy at West Point, New York, and the Merchant Marine Academy in Kings Point, New York. Twenty individuals were nominated to compete for two appointment slots at the Air Force Academy in Colorado Springs, Colorado. Twenty-two individuals were nominated to compete for three appointment slots at the Naval

Academy in Annapolis, Maryland. The individuals, and the

academies to which they have been nominated, are: Ty Christopher Anderson of Alvord, Air Force. Merchant Marine, and Naval; Charles Ray Beasley of Snyder, Naval and Military; Russell Alan Best of Jacksboro, Air Force, Naval, and Merchant Marine; Birk Billingsley of Dublin, Naval and Air Force; Christopher Paul Chaney of Clyde, Military and Naval; Gary Michael Conway of Sweetwater, Military, Air Force, and Naval.

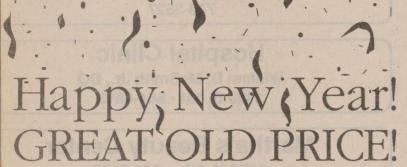
Harry W. Elliott, IV, of Abilene, Merchant Marine, Naval, and Air Force; Cody Allen Gill of Stephenville, Air Force; Keith Thomas Grissom of Granbury, Air Force and Naval; Ronnie D. Hawkins III of San Angelo, Military and Merchant Marine; Daniel Loren Henneke of Stephenville, Air Force and Naval.

James Robert Hodges of Mineral Wells, Air Force and Naval; Christopher Lee Idom of Snyder, Military and Air Force; Timothy Michael Lanphere of Hawley, Air Force and Military; Christopher Mark Laughlin of Granbury, Air Force and Naval; Michael B. Leeber of Abilene, Military, Air Force and Naval; Jonathan Boyd McKelvain of Moran, Naval and Military.

Rawley Mack Mims of Stanton, Air Force and Naval; James David Norman of San Angelo, Air Force and Naval; Steven A. Pacheco of Abilene, Air Force and Naval; Joshua J. Puda of Winters, Naval and Air Force; Brandon David Reynolds of Decatur, Naval and Air

Jennifer Joy Schiessler of Big Spring, Air Force and Naval; John Edgar Story III of Olney, Military and Naval; Thomas Christopher Ward of Granbury, Naval and Military; and Jeffrey Scott Williams of Comanche, Air Force, Naval and Merchant Marine.

The nominees will be contacted by the academies with additional information and instructions, and will be scheduled for medical and physical examinations. The academies will make appointment announcements by late spring.



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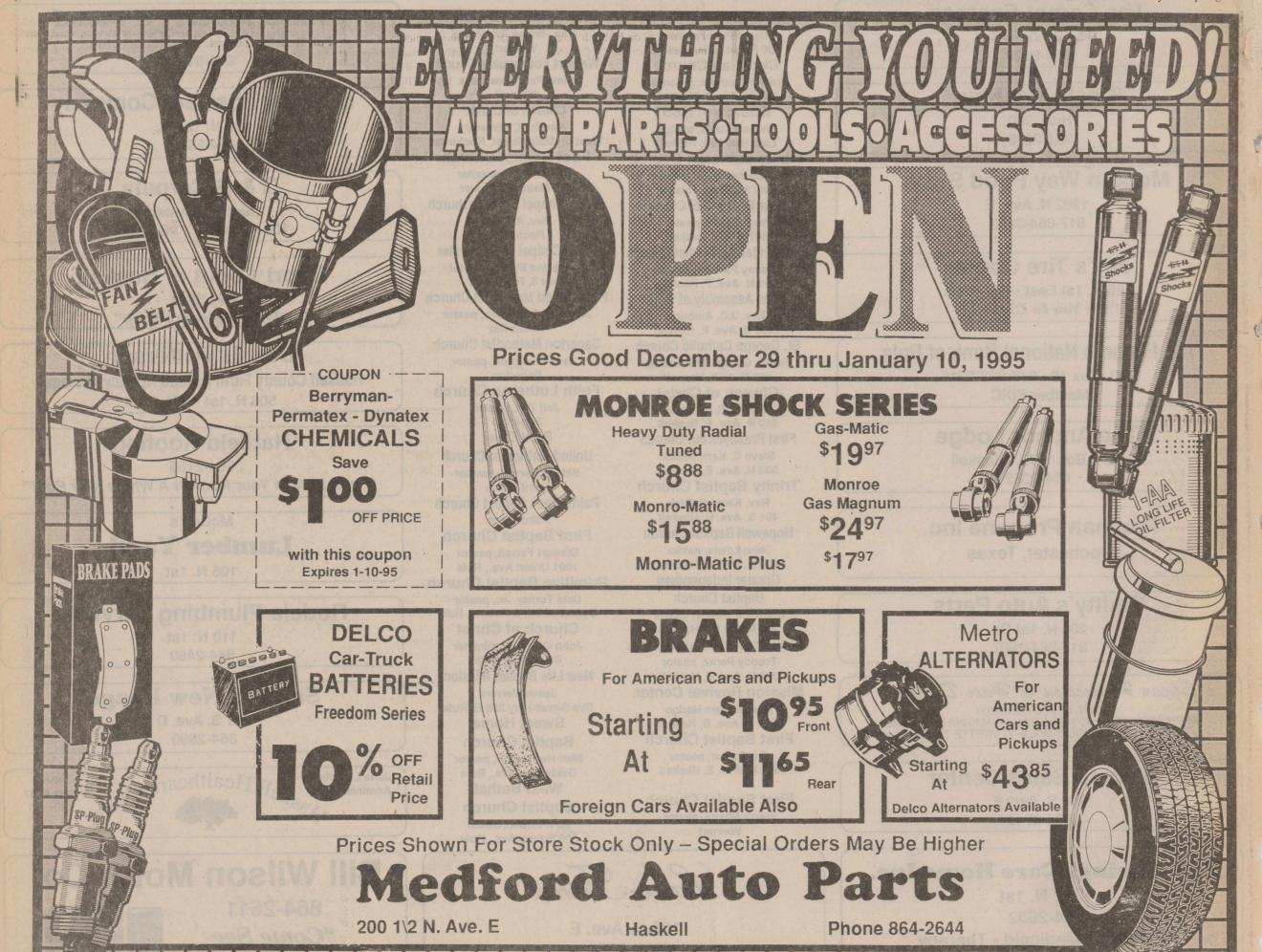
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neer certified. 30x40x10, \$4,671; 30x60x14, \$7,024; 40x60x14, \$8,423; 50x60x14, \$9,773; 60x80x16, \$14,126; 60x100x16, \$16,733; factory direct, free brochures, 1-800-

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FOR SALE: Peanut hay, 817-658-49tfc

FARM TOYS: Miniatures, full sizes, collectors and special editions. All Case IH farm toys are 15% off of our every day prices thru Christmas. Richardson's Case IH & True Value, 817-864-8551. Open all day Saturday. 49-52c

PIANO FOR SALE: Wanted, responsible party to take on small monthly payments on console piano. See locally. Call 800-635-50-52p

FOR SALE: Wood stove, 864-

CONSOLE/SPINET PIANO for sale. Take on small payments. See locally. 1-800-343-6494. 52p

FOR SALE: 1982 Buick LeSabre, 55K, new tires, excellent condition. \$2,995 firm. See at Kinney Furniture in Stamford.

FOR SALE: Well maintained, exceptionally clean 1980 Chevrolet Caprice. Good running, highway miles, nearly new tires. Power equip., V8 auto, cruise. Phone 817-997-2455 M-Sat., 5-9 p.m. 52-2p

FOR SALE: 1978 Oldsmobile, needs work. Make offer. 864-

Lost & Found

LOST SOMEONE'S CHRIST-MAS! Small package lost around Farm Bureau on N. 1st. It would mean a lot to have it back. Call 864-2647 or bring by Farm Bureau during daytime hours. Sharon Lefevre.

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HOME DECORATORS. Painting, Insulation, Remodeling, water and air filtration systems. Call Bobby O'Neal 817-743-3550.

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Haskell Free Press

Public Notices

NOTICE

Haskell County Precinct #1 is taking bids for the sale of a 1987 Ford 1/2 ton 4x4 pickup and an Army Surplus Jeep 3/4 ton. Vehicles can be seen at the Precinct#1 barn on Hwy. 2407, 9 miles NW of Haskell. Contact Bill Hester for information.

Haskell County reserves the right to reject any or all bids. Bids will be taken until Jan. 24, 1995 at 10:00 a.m. at the Haskell County Judge's office, Haskell County Couthouse.

NOTICE

Haskell County Precinct #2 is taking bids for the purchase of 2 new motorgraders. Specification sheet can be obtained from the Haskell County Judge or from Commissioner Ronnie Chapman.

Bids will be taken until Jan. 24, 1995 at 10:00 a.m. at the Haskell County Judge's office. Haskell County reserves the right to reject any or all bids.

NOTICE

Haskell County Precinct #1 is taking bids for the purchase of 2 new motorgraders. Specification sheet can be obtained from the Haskell County Judge or from Commissioner Bill Hester.

Bids will be taken until Jan. 24, 1995 at 10:00 a.m. at the Haskell County Judge's office. Haskell County reserves the right to reject any or all bids.

NOTICE

Haskell County Precinct 1 and 2 are advertising for bids to sell 4 Cat model 140 G motorgraders with low hours. Bids will be taken until Jan. 24, 1995 at 10:00 a.m. Send bids to the Haskell County Judge, %Haskell County Court-

Graders can be seen at Precinct #1 barn and Precinct #2 barn. For information call Bill Hester Commissioner Precinct #1 at 743-3201 or Ronnie Chapman Precinct #2 Commissioner at 864-2480. Haskell County reserves the right to reject any or all bids. 51-3c

Help Wanted

LVN part-time position open. Contact D.O.N. at Stonewall Memorial Hospital, Aspermont, 817-989-3551.

EXPERIENCED TAX PREPARER needed. Conatct Leona at 864-3087 or 864-3602.

MEDICIARE MANAGER/ **ASSISTANT** DIRECTOR OF NURSING

We are looking for a licensed nurse to assume this key management position in our long-term care facility. As ADON your responsibilities will include QA, staffing, and training. Medicare manager will include: resident admissions, documentation and assessments.

Qualified persons must be a self-starter, team player, and have excellent communication skills. Experienced as a Medicare Manager and knowledge of Medicare regulations, MDS+, and care planning are a plus. We offer an excellent starting salary and benefits.



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or send resume to: Haskell **Healthcare Center** Box 1086 Haskell, Texas 79521

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Business Opportunies

BAILEY TOLIVER CHEV-ROLET is taking applicatons for an office position. Must have accounting experience or college business courses. Salary is negotiable. Contact Rosemary for further information 864-2626.

For Rent

FOR RENT: 2 bedroom house \$150 per month. Also 3 bedroom house available. 864-3708 or 864-

FOR RENT: 2 bedroom apartment close to town. Some bills paid. 864-3708 or 864-3762.

Real Estate

HOUSE FOR SALE: 1104 N. Ave. K, Haskell. Reduced \$1500, now \$31,500. Will consider nice house trailer trade.

Help Wanted

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Our health care facility in Haskell has opportunities available for caring, qualified individuals in the following positions:

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We have an excellent

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Healthcare Center 1504 N. 1st St. Haskell, Texas 79521 EOE

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112 ACRES NORTHEAST Haskell on Hwy. 1080. 2 tanks, barn, pens, some coastal, fields, cross fences, \$418 per acre. Owner will lease back and pay 6%. Allen Real Estate, 915-672-7990 or 915-675-0522 home.

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HOUSE FOR SALE: 504 S. Ave. F. 4 bedroom, 2 bath. Basketball court 24x20 slab. Call collect 405-395-2647 after 5 p.m. Robert Gonzales.

HOUSE FOR SALE: \$6,000.00, 806 Sunny Avenue, Rule, Texas. Call after 5 p.m. 806-637-4309.

Abilene Big Country, Inc. 2702 Industrial Boulevard Fax (915) 692-2151 Business (915) 692-8311

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FOR SALE 4 bedroom, 3 bath brick with large game room, 2 car garage, fenced yard, water well. Many extras. 2400 sq. ft. 500 N. Ave. F. Will consider trade-in and owner financing, if necessary.

81.6 acres good farm land, all in wheat. Only 1 1/2 miles from Haskell. \$400 an

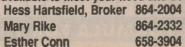
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See us first for your real estate needs. 206 N. 3rd, LARGE FOUR BEDROOM, two bath, \$13,000. 1507 N. Ave. E, 4 bedroom, 4 bath, central heating and cooling, rewired, replumbed, new roof, needs finish work inside. \$39,000. Call us about our many other listings. We have homes and businesses available to meet your need and budget.



864-2332 658-3904

Make fire safety habits New Year's resolution

Start 1995 with a resolution to prevent fires. That's the recommendation from the Texas Commission on Fire Protection, a state agency involved in various aspects of fire prevention and fire suppression.

"The beginning of the new year is a good time to start new fire-safety habits that could save your life and your home," said Michael E. Hines, executive director of the commission. "By taking a few simple steps, you can develop new habits that can significantly reduce the risk of losing your home or family to fire."

Hines explained that the threat of fire is so frightening that many people refuse to think about how they can prevent fires or to become better prepared to deal with fire. "But compared to some of the popular new year resolutions, such as losing weight or learning a new language," he said, "fulfilling a resolution to practice fire safety in the home is actually very easy."

The Commission on Fire Protection suggests the following

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steps to get your family started on a fire-safe year:

(1) Get rid of your dead Christmas tree.

The largest number of Christmas tree fires occur during January when the trees have been put out for trash collection. Take used trees and branches to recycling centers or landfills. This will keep children from being tempted to experiment with matches or lighters and the dried greenery.

(2) Pick a day to check your smoke alarms each month.

Pick one day each month, such as the day your mortgage payment or rent is due, and mark that day on your calendar as "Test the smoke alarm" day. That's a good use for the calendar you got for Christmas.

(3) Buy new smoke alarms. Fire incident reports gathered by the Commission on Fire Protection show that, in homes where fires occur, only one in every three has a smoke alarm and about half of those do not operate properly. If your smoke alarm is more than 10 years old or sounds

Knox City, TX

"false alarms" frequently, replace it with a new one. Buy more so that each bedroom has its own smoke alarm. Read and follow the directions to be sure that the alarms are installed correctly.

(4) Resolve to stay in the kitchen whenever you are cooking.

Unattended cooking is the leading cause of fires in Texas each year. "We could save millions of dollars in property loss and prevent tremendous personal suffering that if everyone in Texas simply watched the stove while they were cooking," Hines said. Start cooking only when you are sure that you will not have to leave the room. If you need to leave the room, turn off the stove, fryer or other cooking appliance.

(5) Replace your cigarette lighter with a new child-resistant disposable lighter.

Fires caused by children playing with lighters and matches are the leading cause of fire injuries to children, according to Commission statistics. Look for labels that say "child-resistant" when you buy

lighters. (The lighters meet new Consumer Product Safety Commission standards that went into effect during 1994.) Then keep the lighter, as well as matches, in a place that cannot be reached by children. If you have old-style lighters or if your child has shown an interest in playing with matches or lighters, consider keeping matches and lighters in a locked container or cabinet.



Mr. and Mrs. Todd. P. Schmidt

Schmidts to work as missionaries

Mr. and Mrs. Todd P. Schmidt have been names representatives of Cooperative Services International,

a Southern Baptist aid organization. The Schmidts will work in southern Asia, where they will use their skills in development of CSI-related projects in developing nations. Recently he was a refugee ministry worker with World Relief in Fort Worth. They are members of Cityview Baptist

Church in Fort Worth.

Born in Fort Worth, Schmidt is the son of Dr. and Mrs. Sidney P. Schmidt P. Schmidt of Euless. His parents are retired Southern Baptist workers in Singapore. While growing up he also live in Penang, Malaysia, and Singapore. He considers Fort Worth his hometown and Cityview Baptist his home church.

He received the bachelor of arts degree and teaching certificate from Hardin-Simmons University in Abilene and the master of arts degree from the University of Texas at Arlington. He also attended Southwestern Baptist Theological Seminary in Fort Worth.

He was a Southern Baptist worker in Thailand.

Born in Blantyre, Malawi, Mrs. Schmidt, the former Gwen Davidson, is the daughter of the Rev. and Mrs. Roy G. Davidson Jr. of Atlanta, Ga. Her parents are Southern Baptist workers to Swaziland and have also worked in Malawi and Botswana. While growing up she also lived in Malawi, Botswana, South Africa and Swaziland. She considers Fort Worth her hometown and Cityview

Baptist her home church.

She received the bachelor of behavioral science degree from

Hardin-Simmons University. She also attended Ouachita Baptist University in Arkadelphia, Ark., and Southwestern seminary.

Recently she was volunteer coordinator for World Relief in Fort Worth. She also was a media technician and supervisor in media services at Southwestern seminary and a rapporteur and scriptwriter for the United States Agency for International Development in Mbabane, Swaziland.

The Schmidts will go to Rockville, Va., in January for seven-week orientation before leaving for the field.

Arbor Day Foundation offers free trees

Ten free trees will be given to each person who joins The National Arbor Day Foundation during January 1995.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

The ten trees are the Sugar Maple, White Flowering Dogwood, Pin Oak, White Pine, Red Maple, Birch, American Redbud, Silver Maple, Red Oak, and Colorado Blue Spruce.

"These trees were selected to provide benefits every season of the year: lovely spring flowers, cool summer shade, spectacular autumn colors, and winter berries and nesting sites for songbirds," John Rosenow, the Foundation's president said.

The trees will be shipped postpaid at the right time for planting between February 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to the Foundation's bimonthly publication, "Arbor Day," and The Tree Book with information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE TREES, Nationa Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, N1 68410, by January 31, 1995.



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