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Free Press

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"The People's Choice"

24 PAGES—TWO SECTIONS—50 CENTS

Inside

The fifth edition of the Senior Quarterly inside today's paper.

Calendar

Haskell pre-kindergarten

Haskell Elementary School registration for 1/2 day pre-kindergarten classes is Thursday, May 2, from 8:30 to 10:30 a.m. in the elementary cafeteria.

Pre-kindergarten is for those children 4-years-old before Sept. 1. Screening will take place in August. Bring the child's birth certificate, immunization record and Social Security card.

Paint Creek kindergarten

Kindergarten pre-registration for Paint Creek School is scheduled for Thursday, May 2, from 2:30 to 3:30 p.m. in the Paint Creek cafeteria. A child must be five Sept. 1, 1996. Bring the child's birth certificate, Social Security card and immunization record.

Farm Program meeting

Attention all farmers and interested persons. A discussion, led by Glenn Brzozowski of the Haskell FSA, on the Farm Program and sponsored by the Haskell Co. Farm Bureau, will be held Monday, May 6, at 7:30 p.m. at the Haskell National Bank Community Room.

Lit. League opening night

Thursday, May 2, is opening night for the Haskell Little League. Introductions will begin at 5:15 and team pictures will be made after the opening ceremony. A game between the Tigers and the Hawks will follow.

Haskell Lodge meeting

Haskell Lodge 241 will hold its monthly meeting, Sunday, May 3 at the Irby Hall. The hall will open at 2 p.m. for visitation and the meeting will begin at 3 p.m. All past presidents will be honored and 50-year membership pins will be awarded to Marvin Stiewert and Pat O'Keefe. The meal is pot luck.

Young Homemakers meet

The Haskell Young Homemakers will hold their final meeting of the year, Monday, May 6, at 7 p.m. at the City Park pavilion. All members, their spouses, and children are invited to attend. New officers will be installed.

Pony League sign-up

Urgent!—Pony League of 13-14-15 year-olds need to sign up immediately at Sport About. For further information, contact Conrad Roewe.

Rule C of C meeting

The Rule Chamber of Commerce will meet Thursday, May 2, at 6:30 p.m. in the Philadelphian Club. Anyone interested in joining the Rule Chamber of Commerce is encouraged to attend.

Peace Officers meeting

The Caprock Peace Officers Association will hold its 48th annual meeting on May 9, at the 4-H Barn at Clairmont, located on Texas Hwy. 380 in Kent County. Registration fee is \$7, which covers the membership and Steak BBQ.

All-Sports Banquet

The All-Sports Banquet will be Saturday, May 4, at 7 p.m. at the Civic Center. All junior high and high school athletes are invited to attend as well as parents, faculty and all interested persons.

Tickets may be purchased in advance for \$7 from the high school, the elementary office, Sport About, First Nat. Bank, Haskell Nat. Bank and several Booster Club members.

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Saturday, May 4 is Election Day for city & school board races

Saturday, May 4, is election day for city offices and school board members in Haskell County. The city election for Haskell was cancelled because the three candidates, Ruby Turner, David Davis and Mayor Ken Lane, were all unopposed.

Those campaigning for seats on the Rule City Council are: Tammi Sorrells, Bobby Robinson, Mike Rhoads and Greg Hamms and incumbent mayor, Malcolm Hertenberger running unopposed. Balloting will be held from 7 a.m. to 7 p.m., Saturday, at the Rule City Hall.

The Weinert City Election was canceled because the candidates are running unopposed.

Four candidates are on the ballot for the Haskell CISD board election, which will be held from 7 a.m. to 7 p.m., Saturday, at the Haskell National Bank Community

Room. Those running are Joey Kimbrough, unopposed in Single Member Dist. 2; Danny Josselet, unopposed in Single Member Dist. 3; and Steve McGuire and Mike Jordan in Single Member Dist. 5.

In the Rule School trustee election, three candidates are on the ballot: incumbent Jana Manske, Robert Ace Turner and Danny Langford. Voting will be held in the foyer of the Rule High School building from 7 a.m. to 7 p.m., Saturday.

Paint Creek Independent School District has five candidates campaigning for a seat on the school board: Mark Combs, Charlie Wells, Dan Byerly, Gina Buerger and Ronnie Reel. Voting will be held from 7 a.m. to 7 p.m., Saturday, at the Paint Creek School library.

Rochester has no city or school election.



Park beautification

This tree, a birthday gift to Margaret Ratliff from her friends, was planted in the City Park on Thursday. Margaret and Ruby Turner look on as City Administrator, Sam Watson and city employees, Kenny Bullard and John Narvis, plant the tree as part of a city-wide beautification plan.

Communities should focus on child abuse prevention all year

By Lou Gilly
County Ext. Agent—FCS

Advocates concerned over the treatment of children have campaigned vigorously over the years to get the message out about child abuse. Unfortunately, the number of cases are increasing instead of declining.

Reports of child victimization, abuse and neglect in the United States are growing. In 1994, almost 3 million children were reported to public welfare agencies as alleged victims of abuse or neglect. More than one million of those children were substantiated as victims.

While these statistics tell of the cases reported to and investigated by child protective service agencies, other studies suggest that the problem of child maltreatment is even greater.

Preliminary results from the third National Incidence Study of Child Abuse and Neglect estimate that the incidence of child abuse and neglect has more than doubled over the seven-year period of 1986-1993. According to that study, the estimated number of abused and neglected children rose sharply from 1.4 million in 1986 to 2.9 million in 1993, an increase of 105 percent. The estimated number of children who were seriously injured nearly quadrupled over the period from 143,000 to more than 572,000.

In 1994, more than 1,100 children are known to have died as a result of child abuse and neglect. One study, however, estimates that as many as 2,000 children—most

less than 4 years old—died each year at the hands of parents or caretakers. Moreover, four out of five children under age 12 murdered by a parent or caretaker had been previously abused by the person who killed them (Bureau of Justice Statistics, 1988, National Center on Child Abuse and Neglect, 1995).

People become outraged when they hear the tragic news of a child's death. To deal successfully with child maltreatment, outrage must be translated into action. National Child Abuse Month ends on April 30, but the problem is one that should be addressed year round.

Every small effort by those in the community to prevent child abuse can help make a difference in

the quality of life in the community. Here are some ways to get involved:

- Support activities that raise public awareness about child abuse.

- Volunteer at a local child abuse program. Parent support groups, crisis centers and hotlines are typical programs that often welcome volunteers.

- Report suspected abuse or neglect. Keeping children safe means that each person has an obligation to inform authorities if there is a reasonable suspicion that children are being harmed.

- Advocate for services to help families. Communities need comprehensive services that address issues that affect families.

Parenting programs, health care and housing needs are all important to maintain healthy children and families.

- Make a contribution to a child abuse prevention organization. Donations are put to good use in much-needed community programs.

- Help a friend, neighbor or relative. Someone you know may be struggling with his or her parenting responsibilities. Offer to babysit or cook a meal to relieve someone under stress.

- Help yourself. Recognize the signs that indicate outside help is needed. If you feel overwhelmed, constantly sad, angry and out of control, get some help.

Continued on page 2

City to take over care of planter barrels on square

At their Tuesday night, April 22, meeting, the Haskell City Council approved a motion for the City of Haskell to take over the care and planting of flowers in the planter barrels around the square. It was decided they would keep the same barrels for the time being, but replant with new flowers and keep them replanted on a seasonal basis.

A motion was approved to put a \$1 option choice box on everyone's utility bill for a city-wide beautification program, which would include the cost of the upkeep on the planter barrels. The \$1 option choice would give members of the community a chance to participate in the beautification program.

City Administrator, Sam Watson, reported on the progress of the sewer line project, stating that the laying of the line is completed and the workers are now ready to go back and make the connections to be able to put it in operation.

Members of Cub Scouts Webelos, Den 2, and Boy Scout Troop 136 attended the Council meeting. Members of the Cub Scout troop had earned Citizen Activity Pins. Members of the Boy Scout troop attending were working on their Citizen in the Community Merit Badge.

Cub Scouts attending were: Ryan Barnes, Joseph Felty, Matt Heinemann and A.J. Shaw. Adult leaders attending were Den Leaders,

Randy Shaw, Lisa Shaw and Todd Barnes.

Boy Scouts attending were: Levi Terry, Ross Bullinger, Leon

Goudeau, Josh Webb, Jay Walling and Wes Steele. Adults leaders attending were Dale Bullinger and Scoutmaster, Kenneth Patton.

Highs attend conference in D.C.

Local pharmacists, Doyle and Roberta High of The Drug Store in Haskell, recently joined more than 200 independent pharmacy leaders from across the country for an important national conference, in the nation's capital, designed to bring key issues facing the nation's community pharmacists to the attention of lawmakers and federal regulators. The event was the 28th Annual Conference on National Legislation and Public Affairs, held by NARD, the national association

representing independent retail pharmacy.

The conference targeted some of the most pressing issues facing independent community pharmacists: the Federal Trade Commission's investigation of drug manufacturers' pricing practices, health insurance reform, consumer freedom of pharmacy choice legislation, pending drug manufacturer pricing litigation, reform of the Food and Drug Administration and other issues.



WENDY GRAY

Gray to play at state golf meet

Haskell High School sophomore, Wendy Gray is headed for the state golf tournament on Monday and Tuesday, May 6 and 7. Gray qualified for state with a 3-over par 73 at the I-2A regional tournament at Abilene on Tuesday, April 23. Her two-day total was 161 and earned her a second place in the medalist race. Her round included six bogeys, birdies on the par 5 No. 10 and par 4s 12 and 15.

Gray, who is the daughter of Haskell Head Coach, Dwayne Gray and Frances Gray, will play in the state tournament to be held Monday and Tuesday at the Lions Municipal Courts in Austin.

Notice

The City of Haskell will be testing the storm warning siren on Friday at noon. It is just a test, there is no cause for anyone to be alarmed.

YH Scholarship available

The Haskell Young Homemakers are offering a \$500 scholarship to an eligible graduating senior in Haskell County. To be eligible for the scholarship, the senior's mother must have been an active member of the Young Homemaker chapter.

Scholarship forms can be picked

up in the counselor's office at Haskell High School. The scholarship will be awarded at graduation and the recipient will receive \$250 during the first semester and \$250 during the second semester of college.

Deadline for application is Friday, May 17.

Seventh & eighth grade bands bring home festival trophies

By Michael Copeland

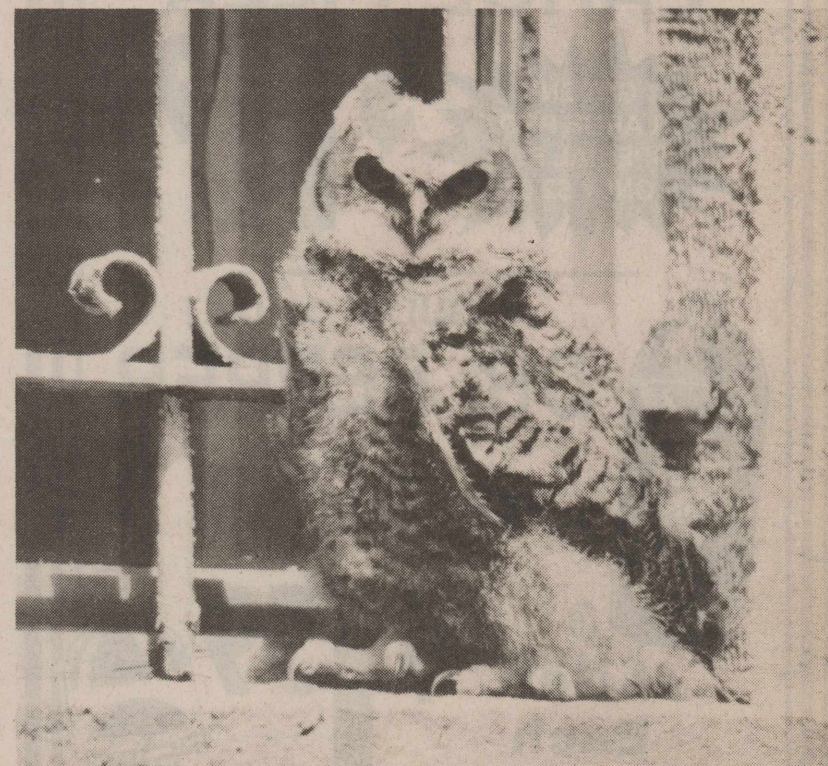
On Saturday, April 27, the seventh and eighth grade bands competed in the Quanah Band Festival. The seventh grade band received a Sweepstakes trophy for a Division I rating in concert and sightreading. The eighth grade band received a trophy for a Division I in concert.

Meg McManamon received a medal for a piano solo. Kevin McSmith received a medal for a saxophone solo. Kevin McSmith and Josh Stocks received medals for

a saxophone duet.

"This was the first competition for the seventh and eighth bands under me," Band Director Copeland said. "The performance of the eighth grade is a good sign how they will blend in with the High School band next year."

A reminder that the Band Concert will be held Sunday, May 5, at 7 p.m. at the First Baptist Church in Haskell. The sixth grade through high school bands will all be performing. Everyone is invited to attend.



KEEPING A WATCHFUL EYE over the County Treasurer's office at the Court House is this young owl. It's nest was in the window of the County Judge's secretary's office, but now it posts its daily sentinel in the window of the County Treasurer. Free Press photo by Bill Blankenship.

Service Academy cycle begins

Congressman Charles W. Stenholm is pleased to announce the beginning of the 1997 United States Service Academy cycle. At this time, information is being forwarded to all area high schools and those individuals who have expressed interest in applying for a nomination to the U.S. Air Force Academy at Colorado Springs, the U.S. Military Academy at West Point, the Naval Academy at Annapolis, or the Merchant Marine Academy at Kings Point.

Congressman Stenholm, along with Congressman Lamar Smith, will again sponsor an Academy Day orientation for high school students, their parents and friends on Sunday, April 21, from 2-4 p.m. at the Youth Center Gym at Goodfellow Air Force Base in San Angelo. The Academy Day program will include an introduction of Congressional staffers and academy

representatives who will be working with the students during the nomination process, an explanation of nomination procedures, and videotapes of life at each academy. There will also be opportunities for students and parents to visit with academy and ROTC representatives.

Individuals who are at least high school juniors and who will be between 17 and 22 years of age on July 1, 1997, may be eligible for nomination. Selections are made in mid-December, using a formula or ACT scores. Involvement in athletics and school and community extra-curricular activities are important factors in determining the individual's ability to effectively function under pressure. Evaluations by school officials and other individuals who are familiar with the candidate are also used in the decision-making process.

Motivated, self-starting individuals who like to be challenged are strongly encouraged to contact Congressman Charles W. Stenholm, 33 E. Twohig, Suite 318, San Angelo, TX 76903, for further information.

WIC services available

Outreach Health Services provides WIC services for residents of Haskell Co. each Tuesday from 9:30 a.m. to 3:30 p.m. at the clinic at 901 No. 16th St. in Haskell.

To make appointments or for information, call 817-864-2671 on clinic days or call the headquarters in Seymour at 817-888-2017.

WIC provides services to working families who have a pregnant or breast-feeding member, an infant or a child under five years of age.

WIC is an equal opportunity program that does not discriminate on the basis of race, color, national origin, age, sex or handicap. Questions may be directed to the state WIC office at 1-800-942-3678.



LA POSADA RIBBON CUTTING—Members of the Haskell Chamber of Commerce recently held a ribbon cutting at La Posada Mexican Food Restaurant, located at 608 S. Ave. E. in Haskell. The restaurant is open from 11 a.m. to 2 p.m. Monday through Friday for lunch and is closed on weekends. Employee Teresa Torres cuts the ribbon as owners Celeste Gonzales and James Gonzales and members of the Chamber look on.

Obituaries

James Arthur Smith

CARBON—Services were held for James Arthur Smith, 64, on Friday, April 26, at the Edwards Funeral home Chapel in Eastland with Rev. Elvis Whaley officiating. Burial was in the Murray Cemetery in Carbon under the direction of Edwards Funeral Home Directors of Eastland.

Mr. Smith died Tuesday at the Eastland Memorial Hospital. He was born May 18, 1931 in Knox County. He grew up in Weinert, where he graduated from high school. He worked for American Manufacturing and General Dynamics. In 1967 he married Zella Faye Foley in Weinert and they moved to Carbon. He worked for 15 years for the Burgess Manning Co. in

Cisco as a shipping and receiving clerk, retiring in 1993. He was a member of the Mangum Baptist Church and enjoyed playing the guitar, song writing and playing dominos.

He is survived by his wife, Faye Smith, of Carbon; two daughters, Janice Savage of Weatherford and Sherry Elsik of Hubbard; two sons, Art Smith of Eastland and Tim Smith of Weatherford; two step-daughters, Janet Girtz and Jo Ann Foley, both of Carbon; three sisters, Faye Gray of Haskell, and Pauline Grubin and Billie Hubbard of Weatherford; ten grandchildren; five great-grandchildren; and several nieces and nephews.

Allie Mae Anderson

RULE—Services were held for longtime Rule resident, Allie Mae Anderson, 89, on Wednesday, May 1, at the Church of Christ with John Greeson officiating. Burial was in Rule Cemetery under the direction of McCauley-Robison Funeral Directors of Rule.

Mrs. Anderson died Sunday, April 28, at her residence. She was born Dec. 4, 1906, in Comanche Co. and has been an area resident for over 60 years. She married Lem F. Anderson on Dec. 1, 1923, in Haskell Co. and he preceded her in death on Jan. 8, 1951. She was a homemaker and caregiver for children and elderly people. She worked for Decker's Bakery where she baked pies. She was a member of the Church of Christ in Rule. She was a loving and special person and will

be missed by all who knew her.

She is survived by three daughters and sons-in-law, Ruby and James R. Barbee of Rule, Opal and Orman Yarbrough of Rule and Doris and Kenneth Tooley of Austin; one sister, Lucy Fulbright of Rule; two brothers, Charley Singleton of Sundown and Allen D. Singleton of Seagoville; 11 grandchildren; and 23 great-grandchildren.

Pallbearers were grandsons, Jerry Barbee, Donny Barbee, Larry Barbee, Dan Yarbrough, Kent Tooley, Kevin Tooley, Kirk Tooley and great-grandson, Eric Barbee.

The family requests memorials be made to: Hospice of the Big Country, 3113 Oldham Lane, Abilene, TX 79602, or donors favorite charity.

Cynthia Ann Parker Days begin Friday

State Rep. Charles Finnell and wife, Kay, will serve as the Honorary Grand Marshal for the Cynthia Ann Parker Days parade on Saturday, May 4, at 9:45 a.m., in Crowell.

The first weekend in May has been pegged as the date for the fourth annual Cynthia Ann Parker Days celebration in Foard County. The event begins at 11 a.m. on Friday and continue through Sunday afternoon. The majority of the celebration has been relocated to a new area south of the Whitley baseball field, east of Highway 6 in Crowell.

The celebration, to honor the memory of Cynthia Ann Parker and note the historical significance of

her recapture from the Comanche Indians at the Pease River battle site in northeastern Foard County, is hosted by the Three Waters Running Corp.

The three days of events include: Lords of the Plains inter-tribal contest pow-wow; arts and crafts; chuckwagon cook-off; cowboy poetry reading; Indian artifact and

art display; bit and spur show, trade and trapping show, historical symposium, wild hog cook-off; wild hog patty bingo; TCRA open rodeo; co-ed softball tournament; mini tractor pull; mountain man exhibition; parade; Miss Cynthia Ann Parker Days pageant; car show; carnival; two dances; and a Sunday gospel concert.

Saturday admission to the celebrations grounds will be \$3 for adults and \$1 for children 12 and under.

Community

Continued from page 1

•Support and suggest programs on child abuse prevention sponsored by local organizations. Kiwanis Clubs, exchange clubs, PTA, church groups, etc. offer excellent opportunities for raising public awareness in the community.

•Promote programs in schools. Teaching children prevention strategies can help keep them safe from those who would perpetrate

abuse on them.

Remember, all children are at risk of abuse and neglect. The risk is especially high for kids whose families experience poverty, lack of jobs and education, substance abuse, domestic violence, disability and other stressors. Getting involved in community activities to better the welfare of children can help reduce the incidence of maltreatment of kids.

Calendar

Continued from page 1

A parenting meeting will be held at 6 p.m., Tuesday, May 7, at the Stamford High School auditorium. Mrs. McClendon's fifth grade music program will follow approximately 45 minutes later. For further information, contact Mary Lou Lively at 915-773-2651.

Glenn Brzozowski of the Farm Service Agency will present a program on the new Federal Agriculture Improvement and Reform Act of 1996 (FAIR) at 7:30 a.m. on Friday, May 3, at the Haskell National Bank Community Room. All area farmers and ranchers are invited to attend. Coffee and donuts will be provided by HNB.

Parenting sessions are planned for Thursday, May 2, the topic is "Responsibility;" and Tuesday, May 7, topic, "The Blended Family." If you are combining two families such as mine, yours or ours, you are needed to help with "The Blended Family" session. These combinations have the normal parenting problems, plus the pressure and stress of raising children to be well adjusted adults. Call 864-2654 to register for a babysitter.

Rolling Plains Prod. Credit Assn. will sponsor a meeting for all area farmers on Tuesday, May 7, at 7 a.m. at the Cliff House Restaurant in Stamford. Breakfast will be served, courtesy of Rolling Plains PCA. Information on the 1996 Farm Bill will be presented by Johnny Healy and Glenn Brzozowski, Jones and Haskell Co. FSA Executive Directors.

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LIFESTYLES

Moore, Ratliff exchange vows

Carole Pool Moore of Hamlin and William Grant Ratliff of Haskell were united in marriage recently at the First United Methodist Church of Haskell. Rev. Lonnie Jones of Anson performed the ceremony.

The bride is the daughter of the late Mr. and Mrs. Dub Pool of Abilene. She attended Cooper High School in Abilene and Texas Christian University in Fort Worth.

The groom is the son of Mrs. William Paul Ratliff and the late Mr. Ratliff, long time Haskell attorney. He attended Haskell Schools and is a graduate of the University of Texas at Austin. He received his M.A. and his Ph.D at

Texas Tech University. He is currently a professor of history at Georgia Southern University in Statesboro, Ga.

Dr. John Campbell, Abilene's First Baptist Church organist, opened the ceremony with Purcell's "Trumpet Voluntary." Cheryl Lewis of Hamlin performed "Ave Maria" on the alto saxophone and later concluded the ceremony by singing "All I Ask of You," from Phantoms of the Opera.

The bride was given in marriage by her two sons-in-law, Trey Richey of Gail and Cliff Caldwell of Sterling City.

The couple were attended by Dr. and Mrs. Derrel Davis of Hamlin.

Special guests at the family ceremony were the bride's daughters, Hayley Moore Richey and Trey Richey of Gail, Lauren Moore Caldwell and Cliff Caldwell of Sterling City, Miranda Moore and Meredith Moore of Hamlin; and her grandchildren, Taylor and Tanner Richey of Gail. Also attending were the bride's sister, Janet Pool of Dallas; her aunt, Choc Brooks and her cousin, Mrs. Richard Griffith, both of Fort Worth; the groom's mother, Mrs. Margaret Ratliff; his sister, Leah Franc and Mr. Franc of Picayune, Miss.; and his uncle and aunt, Mr. and Mrs. Clyde Grant of Abilene.

The couple will make their home in Hamlin.

FLOWER PRESENTATION—Members of the Haskell Hospital Auxillary presented a flower arrangement to the Hospital for the lobby. The plant was bought with funds raised in a bake sale.



Stanley Hager

Experienced Citizens Calendar and Menu

Friday, May 3
Lunch: Roast beef, potatoes, gravy, golden carrots, lettuce salad and banana pudding

Monday, May 6
Lunch: Swiss steak, squash, buttered potatoes, Jello salad and peach cobbler

1 p.m.: China Painting
Wednesday, May 8
10:30 a.m.: Exercise

Lunch: BBQ on bun, potato salad, baked beans, pickles, onions, Jello with fruit

Thursday, May 9
9 a.m. to 4 p.m.: West Tx. Rehabilitation Audiologist (back of hospital). 1-800-460-5485

Friday, May 10
Turkey and dressing, sweet potatoes, green beans, cranberry sauce and fruit

All over 60 are invited to come and eat. Call 864-3875 for transportation to the center or for home delivered lunches for the sick or disabled.

Class reunion

The Haskell High School class of 1946 will have their 50th reunion on Sept. 20-22, at the Embassy Suites in Abilene.

Names are needed for the following members of the class:

Jack Thomas, Patsy Johnson, O.C. Yancy, Mary Jo Keeling, Odell Dotson and Ruben Jones. Anyone who has information on these former students, please call Felton Everrett at 864-2316 or Margaret (Morris) Jones at 864-3610, so they can be contacted about the reunion.

Happenings

By Lois Redwine

Recently, Gene and Viva Turnbow of Stamford and Mr. Turnbow's sister, Delma Matthews, visited in Phoenix, Az. with a sister, Alma Stephens and family.

On Sunday, B.O. and Billyjo Roberson visited with Homer and Dee Turner in Dallas. Sunday evening, the couples attended a concert of Big Band Music of the 40s by the U.S. Air Force band in the Morton H. Meyerson Symphony Center. On Monday, they visited with son, Edwin Roberson, before returning home.

Lee, Barbara and Melissa Gray of Ft. Stockton, Woody and Georgia Turnbow of Weinert and Faye Gray attended the funeral services of Mrs. Gray's brother, James Smith in Eastland on Friday.

Mr. and Mrs. Joe Holder have recently been in Bonham visiting son and daughter-in-law, Bernie and Terry Holder and new granddaughter, Darcy Gayle.

May 28 (for senior citizens) is the day to elect Francine Johnson as Dist. 3 representative to the Silver-haired Leg. She's the one.

Jerrene Couch has returned from a two-week tour of Austria, Germany and Switzerland, sponsored by the Gaston Oaks Baptist Church in Dallas. Cities

visited included Vienna, Budapest, Salzburg, Garmisch and Interlaken. A guide, who stayed with them around the clock, made the castles, cathedrals and historical sites come alive. The snow covered Swiss Alps were spectacular. Some of the men in the group braved the slopes to ski. The group returned home via London.

Bassett Owens, Dallas and his mother, Helen Owens, attended the Bassett family reunion in Henderson on April 13. Bassett returned to Dallas and Mrs. Owens stayed and visited with her father, Curtis Bassett and sisters, Ozelle Garrison, Betty Little and Billie Margaret Reeves.

Virginia Flournoy, former Haskell resident, and her niece, Carrie Lynn Jagger, of Wichita Falls visited in Stamford with friend, Mrs. Marie Webb and in Haskell with Frances Bird and Claudia Mae Bland. Visiting in the Bird home while Mrs. Flournoy was there were Lorene Fouts, Abilene, Marie Webb, Stamford, Ruby Alvis, Emma Bland and Claudia Mae Bland, Haskell.

On April 19, Bernice Hilliard went to Odessa to visit son and daughter-in-law, Ron and Edith Hilliard. On Saturday, they and Polly Harrison went to Del Rio for the weekend. They were celebrating

birthdays, Polly's on the 19th and Bernice's on the 20th.

Pat Shaw of Roscoe spent last weekend with her mother, Bernice Hilliard. They attended the Haskell Country Squares monthly dance.

Louisa Archibald of Fullerton, Ca. has been visiting her mother, Ernestine Herren.

Pat and Angela Jordan of Stamford visited with Bob and Mae Lou Yeldell, Frank Jordan, Birdie Goudeau and children. Frank Jordan is home from the hospital.

Rev. Tim Townsend has been released from the hospital and is recovering well.

The children of the Greater Independent Baptist Church will present a Mother's Day program Sunday evening, May 12.

Bro. C. Wade visited Helen Davis in Hendrick Med. Center in Abilene.

Carrie Martin has returned from Ft. Worth where she was at the bedside of her aunt who underwent successful surgery.

If you would like the dubious honor of having your news in the last column that I shall write, call me at 864-2295 before noon on Monday, May 6.

Collins reunion held

On April 20, the Collins' surviving families met at the Weinert ISD building for their fourth reunion. The family had a real good time looking at old pictures, visiting and remembering the good old days.

After a wonderful meal, reunion members elected Pete Brockett as President, Imo Brockett as Vice President and Juanel Ray for Secretary/Treasurer for 1997.

Those attending were: E.L. and Frances Blackstock and Peggy Blackstock of Nevada; Ronald and Macon Bell of Garland; Meshea Dunavin and Jessie Lee Bell of Celeste; Rob and Brenda Collins, Paige Collins and Russell Collins of Dallas; Ruby Fletcher, Gail Benavidez and Jeffery Benavidez of Temple; Dewayne Collins and Cory of Lubbock; Carissa Teague, Keaton and Collin and Wayne and Mary Co Collins of Brownfield;

James and Lois Miller of Coppell; Debbie N. Brantley of Irving; Steve Money of Euleess; Jim and Bonnie Howelle of Troy; Ron Flash and David Flash of Hawley;

Kevin Sullivan of Killeen; James Flash of Tennessee; Barbara Sells, Cene' Dean, Kevin and Karen Nichols, Karlee and Alyvia of Iowa Park; Eddie Hargrove and Linda Merritt of Cisco; Jennifer and Joanne Josselet of Abilene; Pud Brockett, Pete and Imo Brockett and Colleen Nance of Munday, Bill and Winnie Pittman of Rochester; Jr. and Juanita Grimes of Weinert; Glenn and Gearl Darden, Glenda Drinnon, Alta Field, Bobby and Lena Tidwell, E.C. and Jenny Collins, Nellie Collins and B.J. and Juanel Ray, all of Haskell.

The reunion was closed with a great auction. The funds will be used for the 1997 reunion.

Submitted by Jenny Collins.

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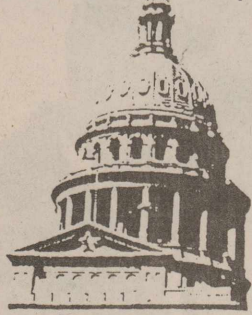
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OPINION

State Capital



HIGHLIGHTS

By Lyndell Williams & Ed Sterling
TEXAS PRESS ASSOCIATION

AUSTIN — Attorney General Dan Morales struck down a new law requiring marriage license applicants to fill out a sworn statement that they are not delinquent in child support payments.

The provision, part of the overhauled state welfare law that went into effect Sept. 1, is probably unconstitutional, Morales said in an opinion released last week.

Morales cited a 1978 U.S. Supreme Court ruling that struck down a similar Wisconsin law, declaring it an inappropriate restriction on marriage.

Although Morales' opinion in effect annuls the requirement in all of Texas' 254 counties, Travis County Clerk Dana DeBeauvoir said she would — until a judge tells her otherwise — continue to require marriage license applicants in her county to submit the sworn statements as long as the law remains on the books.

"A Xeroxed piece of paper from the attorney general's office does not relieve me of the liability to carry our the laws of the state of Texas," she said.

Hot Line Upgrade Announced

Texas' crime victims hot line will soon be capable of warning callers if convicted felons' jail status changes.

In about six months, the Texas Department of Criminal Justice will have a new system in place that alerts crime victims automatically when the status of a convict's date of release or parole is moved up, the *Austin American-Statesman* reported.

A toll-free hot line, in place since 1989, allows anyone to call an 800 number on a touch-tone phone, punch in a convict's name or prison identification number and hear a recording that lists a convict's scheduled release date, parole date and site of incarceration.

Gov. George W. Bush, in announcing plans for upgrading the hot line, said, "This system will allow frightened victims of rape, domestic violence and other violent crimes to know instantly that the criminal who victimized them is behind bars and know exactly where he or she is located."

"Many crime victims have told me that knowing the whereabouts of the criminals who attacked them is very important to their peace of mind and ability to live normal lives."

Meanwhile, last week, the Texas Court of Criminal Appeals overturned a Houston appellate court ruling that repeat offenders could be prosecuted as habitual criminals and draw longer jail terms.

In overturning the ruling, the state's highest criminal appeals court said state law precludes "state jail felonies" from being enhanced to more serious levels warranting 25 years to life in prison, unless the defendant used a deadly weapon, the *Houston Chronicle* reported.

Harris County District Attorney John B. Holmes Jr. said the high court decision sends the wrong message to criminals. "I really think if someone violates the rules, there ought to be some serious consequences."

SWTS to Explain Aquarena Deal

A new state audit questions expenditures made by Southwest Texas State University in 1994 and state lawmakers want to get to the bottom of it.

Primarily at issue is the \$7 million the San Marcos university paid for Aquarena Springs, a San Marcos tourist attraction that once featured Ralph the Diving Pig and glass-bottom boat rides. The 90-acre property, reportedly valued at \$5 million, included a golf course, restaurant, hotel and conference building.

Also in question is the fact that state bonds designated for building classrooms were used to purchase Aquarena Springs.

"I question the concept of borrowing money against future tuition to buy an amusement park, restaurant, hotel and water rights," state Rep. Steve Ogden, R-Bryan, told SWSTU president Jerome Supple.

Supple defended the purchase and said a private appraisal valued the property at \$8.9 million.

Ogden, chairman of the House Higher Education Committee, said the university will meet with the committee in three months to explain the purchase.

Local Phone Service Rejected

AT&T and MCI will have to build their own networks if the firms want to offer local telephone service to their state customers, the Texas Public Utility Commission ruled last week.

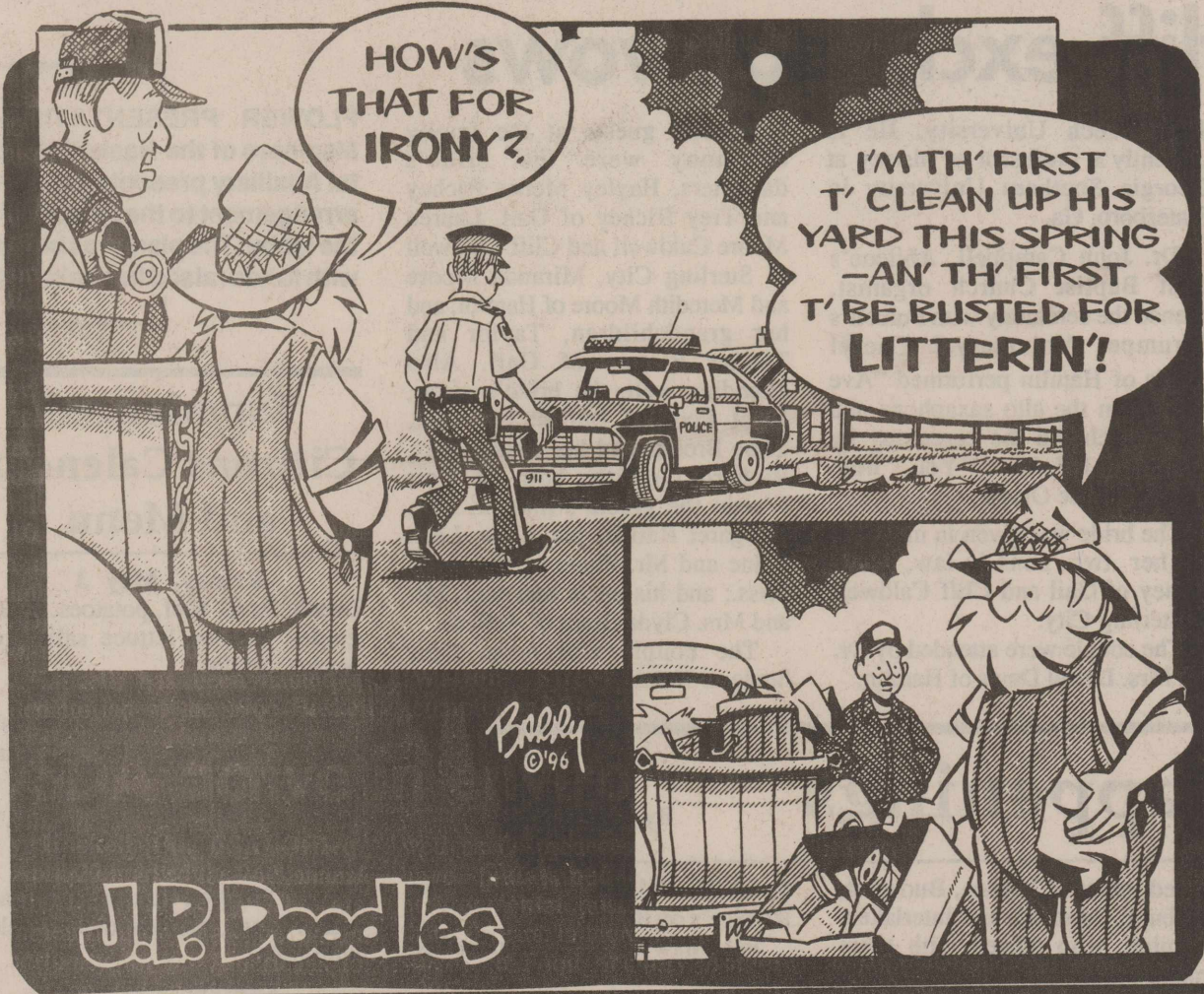
The commission also voted to ask the Federal Communications Commission if a new federal law pre-empting requirements in state law for companies that build their own networks.

A spokesman for MCI said the company probably will ask the FCC to override the state restriction.

Other Capital Highlights

■ Attorney Jorge Ramirez of McAllen is the new executive director of the Texas Democratic Party. Ramirez, 35, was a member of the 1992 Clinton-Gore campaign team. He organized voter turnout efforts in the Rio Grande Valley and in Houston.

■ U.S. District Judge David Folsom has given tobacco companies until May 22 to respond to a \$4 billion lawsuit filed by Texas Attorney General Dan Morales. Last month, Morales filed the 252-page lawsuit charging, among other things, the tobacco industry has violated federal mail and wire fraud statutes, and federal racketeering and conspiracy laws.



From Out of the Past

From the files of The Haskell Free Press

20 Years Ago May 6, 1976

JRB Super Market will hold its Grand Opening May 6 through May 15. The new store was started here early this year, and was completed and open for business last week. The store has 15,000 square feet of floor space and the parking lot will hold some 100 cars.

The Personality Shoppe, on the south side of the square, recently has undergone sweeping changes that have occasioned a collective "oh" and "ah" from the citizenship and many patrons from afar who have come to view its "splendid" interior. Product of a "work of art" in dazzling new decor, the new completely renovated establishment literally has added the plus(h) to its name, Personality.

30 Years Ago May 5, 1966

The month of April brought more than showers. It was the "wettest" April on record here, according to Sam Herren, the official U.S. Government recorder. The heavy rains, 9.56 inches, during April pushed the precipitation total for the first four months of the year to 12.16 inches, while the normal rainfall to date is 5.10. Highest reading for April was on the 6th, as the thermometer climbed to a sultry 94.

Dianne Summers, daughter of Mr. and Mrs. Robert S. Summers of Haskell, has been named as valedictorian of the 1966 Haskell

High School graduating class. She has a four-year scholastic average of 93.67. Steve Harper, son of Mr. and Mrs. Joe S. Harper of Haskell, has been named salutatorian of the 1966 Haskell High School graduating class. He has a four-year scholastic average of 91.87.

60 Years Ago April 30, 1936

The O'Brien school, one of the most progressive high schools in this county, which recently suffered a serious loss when their high school building was destroyed by fire, is making excellent progress with the work of the current term despite the handicap, according to Supt. E. C. Westerman.

O.E. Patterson, T.C. Cahill, Chas. M. Conner and Ralph Duncan, secretary of the local Chamber of Commerce, were in Wichita Falls, Tuesday, to confer with Chas. L. Martin, district WPA head, regarding cooperation of that agency in connection with the completion of Highway 120 east and west through Haskell.

Louise Turner, daughter of W.F. Turner of this city, has been selected as Haskell's sponsor at the West Texas Chamber of Commerce convention to be held in Amarillo May 11-13.

70 Years Ago April 29, 1926

The new home of the Haskell Telephone Company on West Walton Street is nearing completion. The outside wall is

almost finished and the ornamental stones set, which gives the building a beautiful unique appearance.

Dr. O.M. Guest is attending the State Dental Association at Wichita Falls this week. He expects to return the last of the week.

News reached here from Austin College, Sherman, that Henry Wilson, son of Mr. and Mrs. H.S. Wilson of this city has won first place in the declamation contest in the college and another good fortune has befallen him in which he has been appointed to go to Missouri after school is out with the YMCA tournament.

90 Years Ago May 5, 1906

Mr. C.D. Long will pay for live brown badgers delivered at Haskell, females \$2 and males \$2.50.

The First State Bank of Carney opened its doors for business Monday morning.

Shelby, the 2-1/2-year-old son of Mrs. Marcy Jones, a widow residing in the southeast part of town, was bitten by a rattlesnake Wednesday evening. Dr. Gilbert was called and reached the child quickly and he is recovering under the doctor's treatment.

Haskell is bound to be up with the times...she has a skating rink.

Mr. W.T. McDaniel was in this week and started the carpenters to work erecting the buildings for his gin two blocks west of the square and near the jail.

USDA active in environmental protection

By Haskell Co. FSA Office

April 22 marked the 26th annual Earth Day. Since 1970, this commemoration has been an opportunity for all Americans to reflect on the condition of our environment and consider what environmental quality means to all of us. Earth Day is a good time to take stock of our interaction with the world in which we live, and, by looking at our actions and the consequences, provide us all with a good reason to question and reaffirm our stewardship of the earth.

The U.S. Dept. of Agriculture and the Farm Service Agency, as

well as its predecessor agencies, have maintained a proactive environmental posture for more than 60 years. In more recent times, since the Food Security Act of 1985, farmers and the Dept. of Agriculture have become willing partners in land use management. The Conservation Reserve Program, by using 10-15 year contracts limiting land use, protects the more environmentally sensitive lands in America's rural farming communities.

Environmental protection activities at the Dept. of Agriculture are not diminishing. This year an additional 2.2 billion will be spent for conservation programs. The Conservation Reserve program and Wetland Reserve program have been extended, and new initiatives to preserve America's resources have been developed. Up to 36.4 million acres of environmentally sensitive land can be protected through USDA conservation programs at any one time.

Farm Service Agency state and county offices administer these programs. Farmer-elected county committees identify local conservation problems and work with landowners to develop appropriate solutions that will mitigate environmental damage and protect lands that could otherwise be threatened. Millions of farmers and ranchers across the nation receive free technical assistance and federal funds to solve soil and water problems.

More than just limiting land use, USDA actively helps protect

lands from the impact of their activities. Grass sod waterways and contour strips, living snow fences, permanent wildlife habitats, windbreaks and shelterbreaks are some of the environmentally helpful measures supported by programs shared mutually by USDA and landowners. These activities aren't mandates; the federal government and landowners share responsibilities for these the measures—in the Conservation

Reserve program the federal government shares 50 percent of the cost of establishing these measures and shares 50 percent of the maintenance of these measures for a 2-4 year period.

The Dept. of Agriculture and the Farm Service Agency makes these investments in the long-term health of this nation's soil, air, wildlife habitat and water. USDA is, as President Lincoln described it, the people's department—and common sense conservation policies are what the people of this great nation want.

Americans want help and cooperation from those charged with the future of the environment. USDA meets these needs through partnerships with local producers, helping bring common-sense solutions to the environmental problems faced in America's agricultural communities.

It is in this spirit of cooperation and partnership that on Earth Day 1996, those of us who work for the Farm Service Agency can look with satisfaction at our professional role in protecting America's environment.

Legal Matters

by Atty. Gen. Dan Morales

TRUE NAME FRAUD

WE HAVE ALL heard of thieves who steal credit cards, use them, and then run away with the goods. As a consumer, you are protected from excessive charges on each stolen card.

But have you heard of the newest scam, true name fraud? It starts out the same way, with a purse or wallet stolen, but then a new twist emerges.

Some thieves "become" you, using your social security number, driver's license and credit card to take on your financial identity. With a new checking account or a line of credit in your name, a thief can get you in a world of trouble. Unless you take the right steps right away, you can find yourself in a financial nightmare, unable to get credit or pay by check.

According to the Texas Constitution and state law, the Office of the Attorney General is prohibited from giving advice or written opinions to anyone who is not a qualified requester. But "true name" fraud is a growing problem, and we can give you some general tips on what to do if you ever become a victim of this tactic.

How a thief can take your identity

Rather than risk using a checkbook or credit card that may already be reported stolen, consumers will use your credit cards and ID to open up new accounts. Unfortunately, it is not that hard for a skilled thief to go to a department store, open up an instant credit account, and charge hundreds of dollars to your name.

With information from your driver's license and your social security card, a swindler can open a new checking account, and then write bad checks in your name. Unless you act quickly and properly, your credit, name and reputation can be ruined. Months or even years later, credit officers or bank officials may grill you over debts incurred in your name.

Thieves can sell your phone card number to swindlers all over the planet — we have heard of monthly phone charges jumping from the double digits to thousands of dollars in one month through this technique.

How to protect yourself

If your wallet or purse is stolen, immediately call and cancel all your credit cards. If you have a lot of cards, you might consider enrolling with a credit card registry service, which in return for a periodic fee will notify all your creditors after one phone call from you.

As soon as possible, file a theft report with the police. Many banks and credit agencies require a police report before they will believe that a theft has occurred.

Be sure to call your bank, and cancel your automatic teller card. Put a "stop payment" on your lost checks. Be aware, however, that many banks require your signature and a signed affidavit to initiate a stop payment order.

If you are a victim of theft, you might get a call from someone posing as a bank representative or law enforcement official. The thief will say he needs information to expedite getting a replacement card. He may ask for your social security number, your mother's maiden name (a common security measure), or ask you for the personal identification number (PIN) of your automatic teller card. Don't tell — you have no way of knowing who is really on the phone.

Many times, when a thief tries to open a line of credit under your name, a department store will call your number to verify your identity. You should record a message on your answering machine saying: "This is Pat Doe. My wallet was recently stolen and someone claiming to be me is trying to establish credit using this telephone number."

The Haskell Free Press

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MEMBER
1996
TEXAS PRESS
ASSOCIATION

Letters to the Editor Policy

The Haskell Free Press welcomes letters to the editor on subjects of interest to our readers. We cannot, however, publish unsigned or anonymous letters, and we require the writer's name, address, telephone number, and handwritten signatures (address and phone numbers will not be printed, unless requested). Use of letters are at the discretion of the editor, who reserves the right to edit for clarity, to meet space requirements and to avoid obscenity, libel or invasion of privacy. Letters do not necessarily reflect the opinion of the Haskell Free Press. Mail letters to the Haskell Free Press, P.O. Drawer 1058, Haskell, TX 79521.



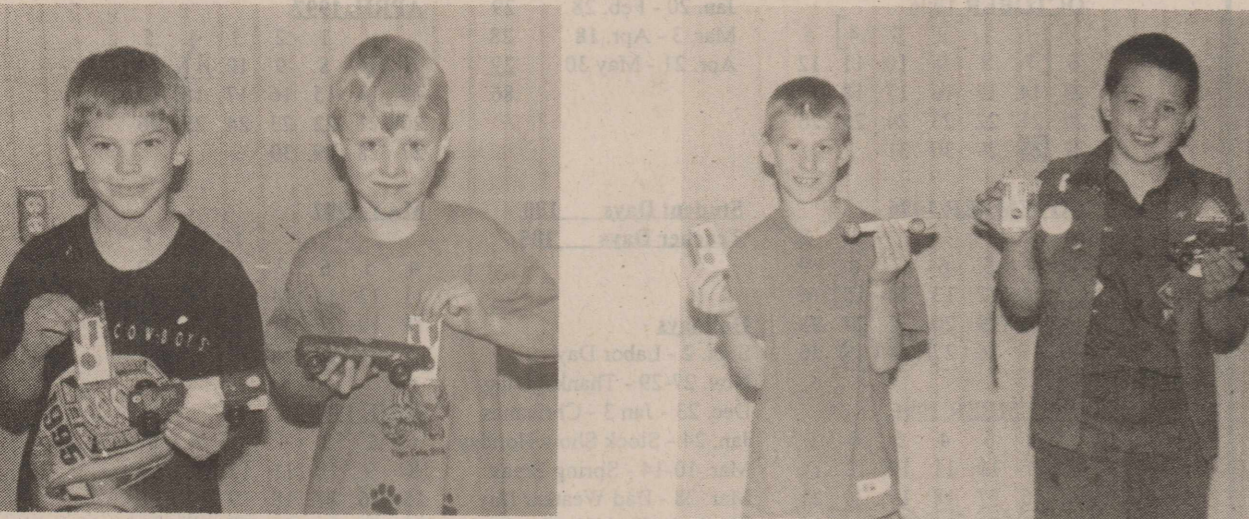
WINNERS AT PINEWOOD DERBY—Sweepstakes winner was Scott Kennedy. Cameron Short won the Cubby Award. Winner of the Best Design trophy was Eric Lewis.



WOLF DIVISION WINNERS AT PINEWOOD DERBY—1st—Cameron Short; 2nd—Caleb Hudgens; 3rd—Richard Bebyue, all members of Haskell Cub Scout Pack 136.



WEBELOS DIVISION WINNERS AT PINEWOOD DERBY—1st—Scott Kennedy; 2nd—Joseph Felty; 3rd—A.J. Shaw, all members of Haskell Cub Scout Pack 136.



TIGER DIVISION WINNERS AT PINEWOOD DERBY—1st—Matthew Brown; 2nd—Jared Webb, members of Haskell Cub Scout Pack 136. (Picture at left).
BEAR DIVISION WINNERS AT PINEWOOD DERBY—1st—Kendell Mitchell; 2nd—Eric Lewis; 3rd—Zach Haley (not pictured), members of Haskell Cub Scout Pack 136. (Picture at right).

Sagerton News

By Dorothy M. Clark

Wind...Wind...Wind...As I write the news for this week, the wind is blowing fiercely again from the North with no rain in sight this Sunday afternoon. We enjoyed two days of nice calm weather this week. Neighbors could be seen outside working in their yards and fields. Most farmers have their land ready for the upcoming planting season and are anxiously awaiting the rain.

Everyone is reminded of the monthly community supper at 6 p.m. on May 7, at the community center. Danny and Helen Lammert will be the hosts and ladies are asked to bring desserts.

Members of the Methodist Church held their monthly fellowship at the community center last week with hamburgers and all the trimmings being the menu. Those in attendance included Jacky and Peggy Tabor, Johnny and Sue

Guinn, Alvin and Ev Ulmer, Delbert and Joyce LeFevre, Hazel Letz, Wilma Teichelman, Andrea Kittley, Mrs. M.Y. Benton, Charles and Dorothy Clark, Warren and Aline Ables from Austin, and their Pastor, Carol Crumpton.

Members of the Hobby Club meeting last week to put in their quilt and begin some of the remodeling projects included Joyce LeFevre, Marie Zell, Leona Letz, Ev Ulmer, Peggy Tabor and Yvonne Swofford.

Don and Patsy Bivins of Valley View and Peggy Adler of the Woodlands stopped by for a short visit in the home of the Joe Clarks. They visited with Tom and Emmalee Bivins in Rule during the weekend.

Bill and Margie Hertel were in Levelland for a track meet to see their granddaughter, Misty Smith of Crowell, participate in the 3200 race. They reported that she will not be going to the State meet, but performed well in her division.

On Saturday, Margie Hertel visited in the home of her mother, Gladys Martin of Stamford. Special

guests were her cousin Pamela Norton of Socorro, New Mex. and her aunt, Pauline Couch of Haskell. After lunch at the Cliff House, the group enjoyed visiting and catching up on family events.

Martha Macon of Abilene visited in the Reece and Frances Clark home Sunday. Others stopping by included Eunice Guinn, Jill and Cade Brown, Warren and Louise Ables and Delbert and Joyce LeFevre.

Johnny and Sue Guinn spent the weekend at Lockhart for the Rector family reunion.

Overton at Tonkawa

Waller Overton returned Sunday from Timber Tag 72, which was held at Camp Tonkawa near Buffalo Gap. Overton served as Asst. Senior Patrol Leader of this year's Troop and was installed as Senior Patrol Leader for next year's course in ceremonies Sunday.

Timber Tag is the Chisholm Trail Council's Basic Training Course for area Scoutmasters and consists of three weekend meetings at the camp with two nights under canvas.

This year marks Overton's eleventh year as a staff member for the course.

In the Service

Army Pvt. Richard W. Collins has graduated from the combat engineer course at Fort Leonard Wood, Mo. Collins, the son of Darlene Collins of Haskell, is a 1994 graduate of Haskell High School.

In addition to basic combat training, students were trained in techniques of road and bridge building, camouflage and demolition, river crossing operations and vehicle operations.

Brenda Turner

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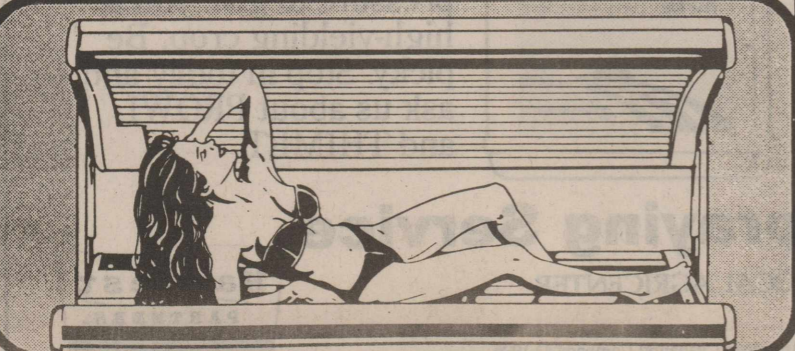
Caribbean Gold, Australian Gold, California Tan, Swedish Beauty, Island Heat, Trevor Island, Body Drench, Tanitique, Supre

NEW HOURS:

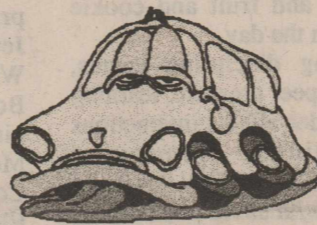
M-F 6:00 a.m. to 9:30 p.m. Sat. 9 a.m. to 10 p.m. CLOSED SUNDAY

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Haskell County Quarterly Report January, February, March 1996

	BEGINNING BALANCE	RECEIPTS	AVAILABLE AMOUNT	LESS DISBURSEMENT	END OF QUARTER BALANCE
GENERAL	\$39,562.87	\$117,000.36	\$356,000.33	\$251,235.14	\$105,368.09
GENERAL MONEY MARKET	\$8,905.52	\$310,221.22	\$35,126.74	\$250,000.00	\$69,223.74
JURY	\$1,975.18	\$10,240.00	\$12,215.18	\$6,258.08	\$5,957.10
OFFICERS SALARY	\$6,753.59	\$107,125.74	\$113,879.33	\$110,047.12	\$3,832.21
LAW LIBRARY	\$3,004.97	\$200.00	\$3,204.97	\$1,725.38	\$1,479.59
LATERAL ROAD 1	\$2,036.50	\$0.00	\$2,036.50	\$2,023.47	\$13.03
LATERAL ROAD 2	\$2,313.69	\$0.00	\$2,313.69	\$2,248.08	\$65.61
LATERAL ROAD 3	\$3,253.19	\$0.00	\$3,253.19	\$3,226.14	\$27.05
LATERAL ROAD 4	\$1,785.24	\$0.00	\$1,785.24	\$1,777.86	\$7.38
ROAD AND BRIDGE 1	(83,733.99)	\$76,529.73	\$72,795.74	\$27,968.34	\$44,827.40
ROAD AND BRIDGE 2	\$63,206.48	\$56,215.26	\$119,501.74	\$43,631.23	\$75,870.51
ROAD AND BRIDGE 3	\$25,785.14	\$56,215.24	\$82,000.38	\$12,939.57	\$69,060.81
ROAD AND BRIDGE 4	\$90,017.36	\$52,152.42	\$142,169.78	\$70,380.65	\$71,789.13
PAN LATERAL ROAD 1	\$8,781.26	\$70,382.14	\$79,163.40	\$43,589.40	\$35,574.00
PAN LATERAL ROAD 2	\$19,492.74	\$48,245.67	\$67,738.41	\$46,495.85	\$21,242.56
PAN LATERAL ROAD 3	\$31,311.88	\$47,153.86	\$78,465.74	\$7,286.09	\$71,179.65
PAN LATERAL ROAD 4	\$15,074.09	\$40,218.37	\$55,292.46	\$16,844.04	\$38,448.42
CRIMINAL JUSTICE	\$3,087.15	\$3,612.03	\$6,699.18	\$2,819.92	\$3,879.26
LAW ENFORCEMENT OFFICER	\$929.17	\$2,083.01	\$3,012.18	\$1,457.53	\$1,554.65
COMP. TO VICTIMS OF CRIME	\$5,471.96	\$9,624.08	\$15,096.04	\$8,192.59	\$6,903.45
ARREST FEE	\$8,504.70	\$9,067.33	\$17,572.03	\$2,018.92	\$15,553.11
JUV/PRESCHOOL TRAINING	\$659.78	\$644.63	\$1,304.41	\$549.29	\$755.12
CRIME STOPPERS	\$117.14	\$42.94	\$160.08	\$45.58	\$114.50
STATE GEN. REVENUE	\$999.20	\$1,585.60	\$2,584.80	\$1,347.75	\$1,237.05
COMP. REHABILITATION	\$1,362.25	\$2,405.00	\$3,767.25	\$2,007.00	\$1,760.25
BREATH ALCOHOL	\$184.41	\$210.00	\$394.41	\$214.41	\$180.00
SECURITY FUND	\$5,996.89	\$688.78	\$6,685.67	\$0.00	\$6,685.67
SEIZURE FUND	\$7,913.92	\$773.71	\$8,687.63	\$0.00	\$8,687.63
COUNTY ATTORNEY	\$4,407.87	\$1,092.07	\$5,499.94	\$558.13	\$4,941.81
DISTRICT ATTORNEY	\$135.00	\$0.00	\$135.00	\$0.00	\$135.00
MANAGEMENT PRESERVATION	\$2,183.13	\$324.95	\$2,508.08	\$0.00	\$2,508.08
PERMANENT SCHOOL	\$1,450.78	\$1,553.06	\$3,003.84	\$0.00	\$3,003.84
COUNTY LIBRARY	\$5,071.10	\$2,124.67	\$7,195.77	\$331.26	\$6,864.51
RCC NUTRITION	\$3,098.51	\$22,163.24	\$25,261.75	\$20,931.11	\$4,330.64
RCC BUILDING	\$9,733.67	\$622.17	\$10,355.84	\$570.31	\$9,785.53
ECONOMIC DEVELOPMENT	\$18,516.33	\$183.44	\$18,699.77	\$0.00	\$18,699.77
RECORDS MANAGEMENT	\$6,952.20	\$2,412.84	\$9,365.04	\$1,293.31	\$8,071.73
	\$46,980.87	\$1,253,163.56	\$1,660,141.43	\$99,714.35	\$750,430.08

INVESTMENTS:			
SOCIAL SECURITY CERTIFICATES OF DEPOSIT:	NO. 33153	\$7,006.80	
GENERAL FUND C.D. - 4.55% @ 60 DAYS:	NO. 33749	\$100,000.00	
GENERAL FUND C.D. - 5.00% @ 90 DAYS:	NO. 33750	\$100,000.00	
GENERAL FUND C.D. - 5.00% @ 180 DAYS:	NO. 33751	\$100,000.00	
RD & BRIDGE #4 C.D. - 5.25% @ 180 DAYS:	NO. 33772	\$50,000.00	
TOTAL INVESTMENTS FOR HASKELL CO.		\$357,006.80	
TOTAL CASH ASSETS FOR HASKELL CO.		\$1,107,436.88	

On April 23, 1996 the Commissioners Court of Haskell County met in regular session, examined and compared the Quarterly Report of Willie Faye Tidrow, County Treasurer, for the quarter ending March 31, 1996 and found the same correct and respective amounts to have been paid out during the quarter.

Billie Wayne Hester
B. O. ROBERTSON / BILLY WAYNE HESTER
COUNTY JUDGE / PRO TEM

Billy Wayne Hester
BILLY WAYNE HESTER
COMMISSIONER, PRIC. 11

John Perry
JOHN PERRY
COMMISSIONER, PRIC. 13

Donna Moller
DONNA MORRIS
COUNTY CLERK

Donna Moller
DONNA MORRIS
COMMISSIONER, PRIC. 12

C. A. Turnison
C. A. TURNISON
COMMISSIONER, PRIC. 14

Monthly Calendar of Events

MAY 1996

Haskell Independent School District

SUN	MON	TUE	WED	THU	FRI	SAT
*Denotes District Games	Be Kind to Animals Week	National Physical Fitness and Sports Month	May Day	1st Baptist Church Senior Supper 6:30 Pre-K Registration 8:30-10:30 Elem. Cafeteria Jr. High Cheerleader Tryouts 3 p.m. PPE Mtg.—Church of Christ Annex	2 Sandy Lake Fun-Fest Band Festival Carrollton-HS Band Indian Baseball *Rotan Here 5:00 State Literary Contest May 3-4	4 All Sports Banquet Civic Center 7:30 p.m.
5 National Honor Society Induct. 7:30 Auditorium	6 JV Baseball Hawley There 5:00 Methodist Sr. Supper 7 p.m.	7 Teacher Day Indian Baseball *Hawley Here 5:00 East Side Baptist Church Sr. Supper 7 p.m. PPE Meeting 7 p.m. Elem. Cafeteria	8 Christian Church Senior Supper 7 p.m.	9 6th grade Balloon Lift-Off 2 p.m. Spring Band Concert 7 p.m. 1st Baptist Church	10 Senior Trip to Six Flags Elementary Field Day State Track Mt. Austin, May 10-11	11
12 Mother's Day	13 High School Scholastic Achievement Awards Ceremony 7 p.m. HHS Auditorium	14 WTC Pre-Reg. Auditorium 9-11 a.m. Junior High Scholastic Achievement Awards Ceremony 7 p.m. HHS Auditorium	15 Bike Day & Lutheran Church Senior Dinner at Noon	16 Church of Christ Senior Party PPE Mtg.—First United Methodist	17 Senior Roast 6:30	18 Armed Forces Day
19	20	21 WTC Registration PPE Mtg.—Elem. Cafeteria 7 p.m.	22 Graduation Practice	23 Graduation Practice	24 Last Day of School	25 Teacher Work Day
26 Memorial Day Observed	27 Texas State Solo & Ensemble Contest	28	29	30 Memorial Day	31	

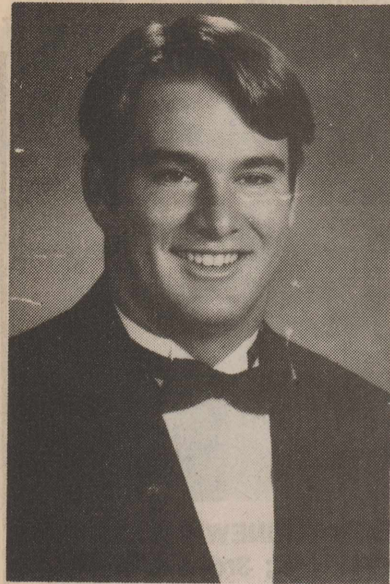
The Friendly



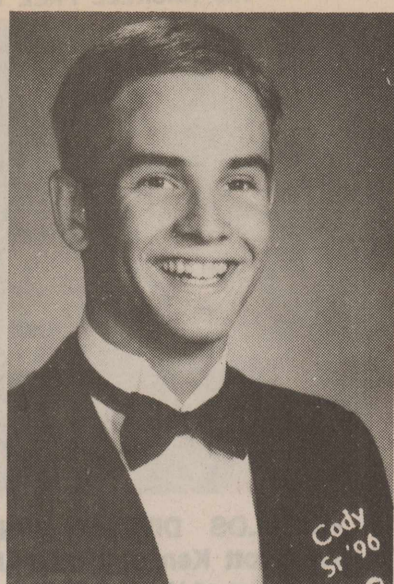
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JUSTIN LISLE



CODY COOLEY

Students at Rotary

Justin Lisle, a senior at Haskell High School, is the son of Jimmy and Rhonda Lisle of Haskell. In school activities, he is involved in: football, basketball and is president of the Student Council. His hobbies and pastimes are lifting weights, hanging out with friends, skiing and fishing.

His special awards and recognition include: four-year letterman in football; 2nd Team All-District in freshman and sophomore years; 1st Team All-District in junior and sophomore years; and 2nd Team kicker in senior year.

Justin plans on attending college at Texas Tech University at Lubbock, after graduation from Haskell High School.

Cody Cooley, a senior at Haskell High School, is the son of Richard and Judy Cooley of Haskell. He is a member of the Church of Christ.

In school activities, he is involved in: the Student Council, basketball, golf and is a member of the National Honor Society. His hobbies and pastimes include: playing basketball, water skiing, golf, hunting and fishing.

His special awards and recognition include: basketball 94-96-7AA MVP; ARN AA Player of the Year; ARN Superteam; 96 1st Team All-State.

Cody plans on attending Tarleton State University at Stephenville, after graduation from Haskell High School and becoming a veterinarian.

West Texas Neurological Institute Rexford K. Anderson, Jr. M.D.

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DRAFT HASKELL CONSOLIDATED INDEPENDENT SCHOOL DISTRICT SCHOOL CALENDAR 1996-1997														
S	M	T	W	T	F	S	Teacher Preparation/ Staff Development	S	M	T	W	T	F	S
AUGUST 1996								FEBRUARY 1997						
4	5	6	7	8	9	10	Aug. 15, 16	2	3	4	5	6	7	8
11	12	13	14	15	16	17	Oct. 28	9	10	11	12	13	14	15
18	19	20	21	22	23	24	Jan. 17	16	17	18	19	20	21	22
25	26	27	28	29	30	31	May 31	23	24	25	26	27	28	29
SEPTEMBER 1996								MARCH 1997						
1	2	3	4	5	6	7	Instructional Days 1st Semester	2	3	4	5	6	7	8
8	9	10	11	12	13	14		Aug. 19 - Oct. 4	9	10	11	12	13	14
15	16	17	18	19	20	21	Oct. 7 - Nov. 15	16	17	18	19	20	21	22
22	23	24	25	26	27	28	Nov. 18 - Jan. 16	23	24	25	26	27	28	29
29	30						94	30	31					
OCTOBER 1996								APRIL 1997						
6	7	8	9	10	11	12	2nd Semester	1	2	3	4	5		
13	14	15	16	17	18	19		Jan. 20 - Feb. 28	6	7	8	9	10	11
20	21	22	23	24	25	26	Mar. 3 - Apr. 18	13	14	15	16	17	18	19
27	28	29	30	31			Apr. 21 - May 30	20	21	22	23	24	25	26
							86	27	28	29	30			
NOVEMBER 1996								MAY 1997						
3	4	5	6	7	8	9	Student Days 180	4	5	6	7	8	9	10
10	11	12	13	14	15	16	Teacher Days 185	11	12	13	14	15	16	17
17	18	19	20	21	22	23		18	19	20	21	22	23	24
24	25	26	27	28	29	30		25	26	27	28	29	30	31
DECEMBER 1996								JUNE 1997						
1	2	3	4	5	6	7	Holidays	1	2	3	4	5	6	7
8	9	10	11	12	13	14	Sept. 2 - Labor Day	8	9	10	11	12	13	14
15	16	17	18	19	20	21	Nov. 27-29 - Thanksgiving	15	16	17	18	19	20	21
22	23	24	25	26	27	28	Dec. 23 - Jan 3 - Christmas	22	23	24	25	26	27	28
29	30	31					Jan. 24 - Stock Show Holiday	29	30					
JANUARY 1997								JULY 1997						
5	6	7	8	9	10	11	Mar. 10-14 - Spring Break	6	7	8	9	10	11	12
12	13	14	15	16	17	18	Mar. 28 - Bad Weather Day	13	14	15	16	17	18	19
19	20	21	22	23	24	25	April 11 - Bad Weather Day	20	21	22	23	24	25	26
26	27	28	29	30	31		May 9 - Holiday	27	28	29	30	31		

TENTATIVE CALENDAR for the 1996-1997 Haskell School Year.

Twenty earn certificates at Parenting workshop

Twenty parents earned certificates at the first All-Day Parenting Workshop sponsored by Partners for Children, Sat., April 27, at the Haskell Elem. School. 37 children and their parents were treated to a pizza lunch and fruit and cookie treats through the day.

Discussing discipline issues, dealing with peer pressure, learning how birth order affects interactions with siblings, improving communication skills, learning how to deal with stress and helping children make healthy choices were all topics dwelt with in the sessions offered to parents to choose the areas that interested them most. Two sessions in Spanish were well received and there is need for more sessions in Spanish.

All parents and children enjoyed the activities best and the door prizes given throughout the day were a hit. Businesses allowed signs and posters to be displayed to show their support for children and families, the program and the concept of working together to support parents in their difficult job of raising healthy, independent, responsible children.

One parent said, "I'm taking home some new ideas to try out

right away." A father said, "I'm sorry to see only two dads here. More need to get involved in raising their children."

Thanks goes to the following businesses for contributing door prizes: 1st Amer. Bank, Bassing Jewelry, Beth's Beauty Shop, Bill Wilson Motors, Bill's Dollar Store, Boggs & Johnson, Brasscot Tanning & Fitness, Carousel, Cecil's Meat & Gro., Conner Nursery, Country Daize, Drug Store, F&D Electronics, 1st Nat. Bank, G&G

Carpets;

Harvey's Feed & Seed, Haskell Nat. Bank, Hassen's, Heads or Tails, Heidenheimer's, KIS Photo, Kay's Cleaners, M System, McGee's Lumber, Medford Buick, Pontiac & Olds, Modern Way, Peddler's Village, Personality Slipper Shoppe, Pogue's Meat Processing, Smitty's Sport About, Sue's Flowers, Sweet Shop, Sweet Treats & Gifts, Richardson True Value, Toliver Chevrolet, Video Mania, WalMart, Western Auto and WTU.

We encourage parents to support these merchants.

The following restaurants gave a certificate for a 20 percent discount off of a family meal to parents participating all day: Burkett's Family Restaurant, Branding Iron, Dairy Queen, Double A Drive In, Hatahoe, La Posada, Pizza Pro, Rodriguez Inn, Roma's Pizza & Rest. and Sonic. Because of their generosity, all participants went home a winner.

Submitted by Janice Browning

Haskell Horse Club presents awards

Members and friends of the Haskell Horse Club met Sunday, April 21, for an afternoon of fun and recognition. Awards were presented to winning cowboys and cowgirls from the '95 season. The all-around winners from last year are:

8 and Under Novice: 1st-Luke Sprayberry; 2nd-Weston Rutkowski; 3rd-Ashton Rutkowski
8 and Under: 1st-Brittany Rutkowski; 2nd-Josh Barbee; 3rd-Chambray Bartley
9-12 years: 1st-Morgan Cox; 2nd-Jennifer Fowler; 3rd-Julie Fowler
13-15 years: 1st-Jessica Fowler; 2nd-Shayne McKenzie
16-19 years: 1st-Laura Shaw; 2nd-Jodi Pope

Congratulations to these winners!

Following the awards presentation, a jackpot barrel race was held as riders started getting their horses ready for the upcoming season. Winners from the barrel race are:

8 and Under Novice: 1st-Amy Brown; 2nd-R.A. Brown II; 3rd-Cade Williamson
8 and Under: 1st-Ashton Rutkowski; 2nd-Weston Rutkowski; 3rd-Luke Sprayberry; 4th-Jay Hollabaugh
9-12 years: 1st-Morgan Cox; 2nd-Brittany Rutkowski; 3rd-Julie Fowler
16-19 years: 1st-Jessica Fowler; 2nd-Jodi Pope
Open Jackpot: 1st-Jennifer Fowler; 2nd-Lessa Baize. Other participants include Chad Baize, Griffin Brown and Lacey Hollabaugh.

The Horse Club will host its next playday on Sunday, May 26. Everyone interested is invited to attend.

Roping results

Haskell Roping club hosted a "B" roping and an open roping Sunday, April 28, at the Haskell Co. Arena. Ropers from the area and as far away as Colorado fought the windy conditions during an afternoon of friendly competition.

B roping results
1st go-round: 1st-Jim Pope; 2nd-Bill McIlwain
2nd go-round: 1st-Kenny Spitzer; 2nd-Jim Pope
Average: 1st-Kenny Spitzer; 2nd-Jim Pope

Open roping results
1st go-round: 1st-Kyle Rowland; 2nd-Will Kirkpatrick
2nd go-round: 1st-Fred Hernandez; 2nd-Charlie Kingsberry
Average: 1st-Kyle Rowland; 2nd-Will Kirkpatrick

Members of the Haskell Horse Club would like to express their appreciation to the Roping club for their support. They appreciated the help very much. The next roping will be Sunday, May 12. Everyone is welcome to attend.

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Outstanding educator

Tammy Turan has been recognized by the Weatherford Chamber of Commerce as an outstanding teacher for contributions to Weatherford students. Tammy is the wife of Bulent Turan and the daughter of Phil and Grenetta Bledsoe of Weatherford. She is the granddaughter of Mr. and Mrs. Thurman Stout of Weinert and the late Mr. and Mrs. Slover Bledsoe of Haskell.

Turan was selected by the staff of her campus based on her demonstration of the following qualities: Personal Qualities—positive attitude, sense of humor, self discipline, respect for learning, desire to provide an example, and enthusiasm; Professional Qualities—knowledge of subject matter, innovation and creativity, ability to recognize student differences and motivate students, discipline (fair, consistent, controlled, adaptable), acceptance of responsibilities, high professional standard, genuine interest in students, knowledge of and understanding of students.

Turan has been a third grade teacher for the past three years. She began her teaching career in Weatherford ISD as an eighth grade teacher at the PASS Learning Center. She attended Weatherford



TAMMY TURAN

College and received her Bachelor of Science degree from Tarleton State University. She is currently enrolled in graduate level courses at Tarleton.

She is a member of the Texas Counseling Association and the Texas Classroom Teachers Association. She is a member of the First Baptist Church of Peaster.

Turan has a deep love and concern for children and uses her special skills to help each child learn to the best of their ability. She draws from a wide range of personal experiences in working with youth who have a variety of special needs. Her belief in her students encourage them to believe in themselves and their own abilities.

Students and Tandy

"Even as students are judged by their citizenship as well as their academic achievements, American businesses may be judged by their corporate citizenship as well as their financial successes," said Tandy Corporation Chairman and CEO John V. Roach. "That is why we are proud to announce the 1996 prize recipients for the Tandy Technology Scholars program."

This is the seventh year that the Tandy Technology Scholars program has made awards to teachers and graduating seniors at American high schools. Currently 16,094 public and private secondary schools have been certified to participate in the awards program. That is almost 77 percent of all secondary schools in the United States. The states with the highest percentage of certified schools are Arizona, Delaware, Hawaii, Idaho, Indiana, Iowa, Nebraska, Texas and Wyoming.

The academic top two percent of graduating seniors are eligible to receive certificates recognizing their academic achievements. There are no cash awards in this category. Each school may nominate a senior who is outstanding in mathematics, science or computer science. These

students receive a certificate recognizing them as a Tandy Technology Scholar. In addition, they are eligible to compete for the one hundred \$1,000 scholarships awarded annually. This year one-half of all schools in the country participated in this area of the program.

Area students nominated:
Outstanding Math/Science/Computer Science Student School Nominee—Certificate only:
Haskell High School—Aaron Earles
Rule High School—Cory Wade Robinson
Top two percent Academic Nominees—certificate only:
Haskell High School—John Lyle Fouts
Paint Creek High School—Leigh Ann Reel
Rule High School—Cory Wade Robinson

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

—Helen Keller

Students named to TSWA team

Cody Cooley, a senior at Haskell High School, was named to the First Team All-State by the Texas Sports Writers Association. Cooley was named to the boys First Team in Class 2A.

Casey Burgess, a junior at

Haskell High School, was named to the Second Team in Class 2A by the TSWA.

Book Fair

The Scholastic Book Fair, hosted by Haskell Elementary School this week, had a special guest on Monday. Clifford, the "Big Red Dog," from the book of the same name by Norman Bridwell, was on hand to shake paws with elementary students, and visitors, and direct them to the displays of books in the library.

Clifford is well known to most elementary students, especially the younger set, because of this popular series of picture books. Equally well known to students, is Haskell High School senior and Indian Mascot, Charissa Huff, who graciously agreed to be Clifford for the day. Charissa's experience at walking around in disguise was most helpful at this event, as she created excitement and interest among the many visitors to the book fair.

A special thanks to everyone, all of the volunteers, that helped with the book fair. It couldn't have been done without your help.

Submitted by Betsy McManaman.

Little League schedule

Minors

Friday, May 3—Owls vs Dragons
Saturday, May 4—Bears vs Cats
Monday, May 6—Sports vs Bears
Tuesday, May 7—Cats vs Dragons
Friday, May 10—Bears vs. Owls
Saturday, May 11—Cats vs Sports
Games start at 5:15 p.m., no inning will start after 6:45 p.m.
T-Ball at 6:30 p.m., Sat., May 11
Coach Pitch at 8 p.m., May 11

Majors

Thursday, May 2—Hawks vs Tigers
Friday, May 3—Eagles vs Hawks
Monday, May 6—Tigers vs Eagles
Tuesday, May 7—Tigers vs Hawks
Friday, May 10—Hawks vs Eagles

Golf scores

Girl's Golf Team

1. Wendy Gray—88, 73=161
2. Anita Rapp—96, 89=185
3. Misty Henson—110, 101=211
4. Tonya Burson—115, 103=218
5. Amanda Rapp—119, 129=248
Haskell placed fifth with 409 and 366 for a 775.

Wendy Gray advanced to the state tournament on May 6 and 7.

Boy's Golf Team

1. Jeremy Harlan—99, 87=186
2. Stephen Middleton—85, 83=168
3. Walker Nichols—90, 83=173
4. Will Trammel—102, 92=194
5. Cody Cooley—120-106=206
Haskell placed eighth win 376 and 345 for a 721.

Haskell School Menu

May 6-10

Breakfast

Juice or fruit and milk are served with all breakfast menus.

Monday: Cereal, buttered toast and jelly

Tuesday: Scrambled eggs, buttered toast and jelly

Wednesday: Cinnamon roll and raisins

Thursday: Biscuits, gravy and sausage

Friday: Breakfast pizza

Lunch

A choice of baked potato with ham and cheese, salad bar or hamburger and fries plus milk and tea are offered daily at the high school.

Milk and juice are served daily at the elementary school.

Monday: Chicken and spaghetti, seasoned green beans, fried okra, buttered hot rolls and fruit salad

Tuesday: Beef nachos, pinto beans, seasoned spinach and oranges

Wednesday: Salisbury steak, gravy, creamed potatoes, seasoned green peas, buttered hot rolls and apple cobbler

Thursday: Pizza, buttered corn, cole slaw, fruit Jello and cookies

Friday: Steak on bun, tater tots, lettuce and tomatoes and ice cream

Menus are subject to change.

Jeremy Futch

Pain may be eliminated for millions

(SPECIAL)—A new drug has been approved that is exciting researchers in the treatment of pain. This material has been formulated into a new product known as "Arthur Itism" and is being called a "Medical Miracle" by some, in the treatment of debilitating conditions such as arthritis, bursitis, rheumatism, painful muscle aches, joint aches, simple backache, bruises, and more. Although the mechanism of action is unclear, experiments indicate that Arthur Itism relieves pain by first selectively attracting, and then destroying the messenger chemical which carries pain sensations to the brain, thus eliminating pain in the affected area. Arthur Itism is an odorless, greaseless, non-staining cream and is available immediately without a prescription and is guaranteed to work. Use only as directed.

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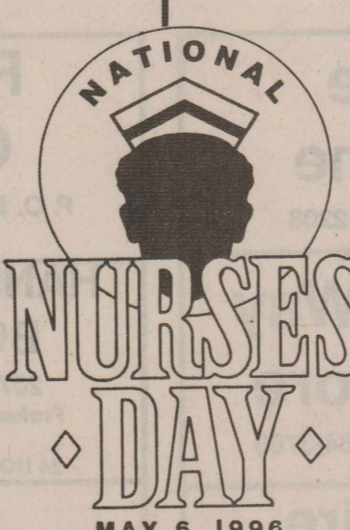


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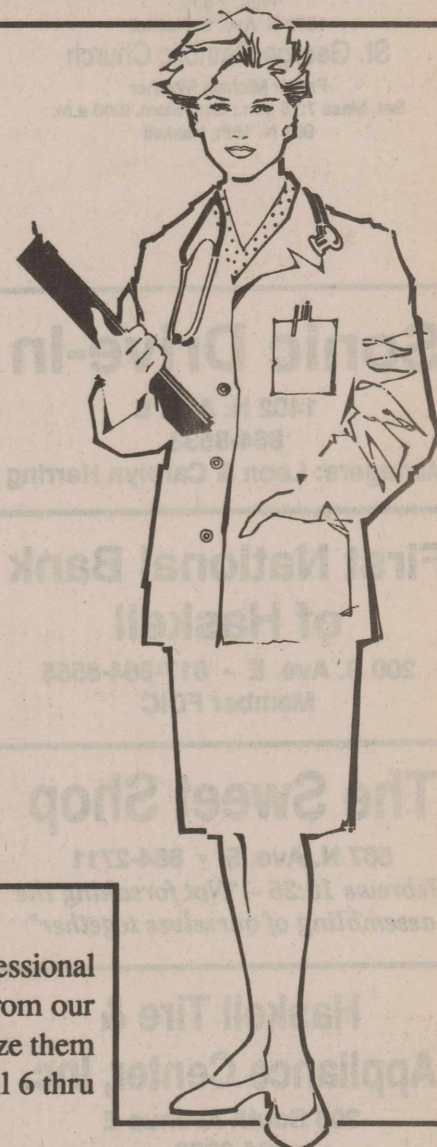
Robert W. Cameron, M.D., F.A.C.S.
Paul B. Thames, M.D., F.A.C.S.
Mark J. Phelan, M.D.
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NATIONAL NURSES' DAY
MAY 6, 1996

COMMITTED and DEDICATED



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It is our nurses' deep commitment to the professional care that each individual patient receives from our staff of nurses. We take this time to recognize them on this Special Nurses Week Monday, April 6 thru Friday, April 10.

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Melba Pharr, R.N.
Nancy Crawford, R.N.
Nancy Brueggeman, R.N.
Linda Latham, R.N.
Verla Price, R.N.
Jan Neal, R.N.
Pat Penrod, R.N.
Philip Martin, R.N.
Peggy Presnall, R.N.

Jewel Ryan, R.N.
Robby Brewer, R.N.
Debbie Curd, L.V.N.
Rosa Rodriguez, L.V.N.
Jessie Couch, L.V.N.
Ila Grass, L.V.N.
June Esquivel, L.V.N.
Josie Lewis, L.V.N.
Lana Mendoza, L.V.N.
Pat Hokanson, L.V.N.
Sandra Bass, L.V.N.

Lex Dunham, L.V.N.
Pat Gray, L.V.N.
Ruby Martin, L.V.N.
Myra Myers, C.N.A.
Gloria Munoz, C.N.A.
Pattie Payne, C.N.A.
Delia Mendorz, C.S.A.
Rosa Gonzales, C.N.A.
Jeffie Stapp, C.N.A.
Minnie Camacho, C.N.A.

Haskell Memorial Hospital

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Food for thought

"Husbands, love your wives, even as Christ also loved the church."—Ephesians 5:25.

What a golden example Christ gives to His disciples! Few masters could venture to say, "If you would practice my teaching, imitate my life;" but as the life of Jesus is the exact transcript of perfect virtue, He can point to Himself as the paragon of holiness, as well as the teacher of it.

The Christian should take nothing short of Christ for his model. Under no circumstances ought we to be content unless we reflect the grace which was in Him.

As a husband, the Christian is to look upon the portrait of Christ Jesus, and he is to paint according to that copy. The true Christian is to be such a husband as Christ was to his church. The love of a husband is special.

The Lord Jesus cherishes for the church a peculiar affection, which is set upon her above the rest of mankind: "I pray for them, I pray not for the world." The elect church is the favorite of heaven, the treasure of Christ, the crown of His head, the bracelet of His arm, the breastplate of His heart, the very center and core of His love.

A husband should love his wife with a constant love, for thus Jesus loves his church. He does not vary in his affection. He may change in his display of affection, but the affection itself is still the same.

A husband should love his wife with an enduring love, for nothing "shall be able to separate us from the love of God, which is in Christ Jesus our Lord." A true husband loves his wife with a hearty love, fervent and intense. It is not mere lip-service.

Ah! beloved, what more could Christ have done in proof of his love than he has done? Jesus has a delighted love towards his spouse: He prizes her affection, and delights in her with sweet complacency.

Believer, you wonder at Jesus' love; you admire it—are you imitating it? In your domestic relationships is the rule and measure of your love—"even as Christ loved the church?"

Low rate mortgage program

The nonprofit West Central Texas Regional Housing Finance Corp. recently announced its 1996 mortgage bond program for low and moderate income first-time home buyers in the 18-county area of the HFC—the counties of Brown, Callahan, Coleman, Eastland, Fisher, Haskell, Jones, Kent, Knox, Mitchell, Nolan, Runnels, Scurry, Shackelford, Stephens, Stonewall, Taylor and Throckmorton.

Nearly 200 families in communities throughout West Central Texas will have access to below market interest rates through a bond purchase agreement between the West Central Texas Regional HFC and Fannie Mae, the nation's largest source of home mortgage funds. Under the program, eligible home buyers will receive 30-year-fixed rate mortgage loans (FHA, VA, RECD, or Conventional) at the below market rate of 6.94 percent.

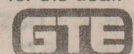
Home buyer annual family income cannot exceed \$38,700 for families of one or two persons and \$44,505 for families of three or more. Maximum home cost under the program is \$59,877 for an existing home and \$94,716 for a newly constructed home. Higher income and purchase price limits are available in certain targeted areas. Eligible home buyers cannot have owned a home in the last three years, except for homes in the targeted areas.

For further information, contact Cassle and Cassle Inc. of Abilene at 915-676-1666 or First National Bank of Abilene at 915-691-8121 (Michelle Bailey or Janet O'Dell).

Customer Notice

On February 15, 1996, GTE Southwest Incorporated (GTSW) filed a tariff with the Public Utility Commission of Texas for Advanced Credit Management (ACM). If approved by the Commission, ACM will provide a toll limit for all new and existing medium and high risk single line residence and business customers based upon their credit and payment history. If a toll limit is reached, the customer's telephone number will be subject to having its outgoing long distance, collect, third number billed, and GTE calling card calls blocked until payment has been made. ACM has no monthly charge or nonrecurring charge associated with it. This filing has been assigned Docket No. 15372.

Persons who wish to intervene or comment on this filing should notify the Commission by June 21, 1996. Requests for further information should be mailed to the Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas, 78757, or you may call the Public Utility Information Office at (512)458-0223 or (512)458-0227, or (512)458-0221 teletypewriter for the deaf.



Outreach ministries workshop

The Town and Country Church Conference, in conjunction with the Texas A&M Extension Service and the Small Church Center will present a workshop in Olney, Friday, May 10, from 10 a.m. until 2 p.m. at the First United Methodist Church in Olney.

The workshop is open to all denominations, clergy and lay members, and will include the topics: "New Outreach Ministries for the Church," "Alternative

Worship Services," and "The Church and Economic Development in the Community."

These workshops will be targeted at helping rural and small membership churches to remain viable in their communities as well as looking at ways to help churches grow. Cost for the workshop is \$15, which includes a meal and handouts. To register, call Rev. Jim Reeves at 817-520-6278, 817-829-1744 or 1-800-330-5990.

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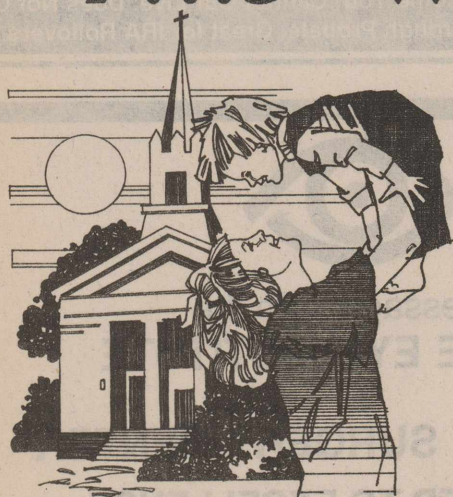
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This Week's Devotional Message:

HONOR YOUR MOTHER FOR THE MANY ROLES SHE HAD TO PLAY



A mother must be many things,
To handle woes that childhood brings.
With more than just her apron strings
She must be on the ball:
A teacher, nurse and counselor
For anything that might occur,
And so you could depend on her
To answer when you'd call.

She had to play a different role
With every sorrow she'd console;
While helping you to reach your goal,
Whatever would befall.
Your House of Worship teaches you
To honor her your whole life through;
Whatever job she had to do,
Your mother did it all.

ATTEND CHURCH THIS SUNDAY

HASKELL

East Side Baptist Church

David Page, pastor
Sun. Morn. 9:45 a.m., 10:55 a.m. 6 p.m.;
Wed. 7 p.m.

Christian Church

Frank Summers, preacher
Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.;
Wed. 7 p.m.

Church of God

Eric Clark, pastor • 864-2021
Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.

Trinity Lutheran Church

Jeff Zell, pastor
Sun. Morn. 8:00 a.m., Sunday School to follow
Hwy 380 East, Haskell

Iglesia Bautista El Calvario

Raul Tirado, pastor
Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.;
Wed. 7 p.m.

First United Methodist Church

Sidney Parsley, pastor
Sun. Morn. 9:45 a.m., 10:50 a.m. 6 p.m.;
Wed. 6 p.m.

First Assembly of God

Rev. J.C. Amburn
Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.;
Wed. 7 p.m.

St. George Catholic Church

Father Michael Melcher
Sat. Mass 7:15 p.m.; Sun. Morn. 9:00 a.m.
901 N. 16th, Haskell

Church of Christ

Dale Huff, minister
Sun. Morn. 9:30 a.m., 10:30 a.m., 6 p.m.;
Wed. 7:30 p.m.

First Presbyterian Church

Jasper McClellan, pastor
Sun. Morn. 9:45 a.m., 11:00 a.m.
306 N. Ave. E, Haskell

Trinity Baptist Church

Rev. Kenneth Blair
Sun. Morn. 10 a.m., 11 a.m., 6:30 p.m.;
Wed. 7:30 p.m.

Hopewell Baptist Church

John Lewis, pastor
Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.

Greater Independent Baptist Church

Rev. Camellia Wade, pastor
Sunday Morn. 9:30 a.m., 11:00 a.m., 6:30 p.m.;
Wednesday 7 p.m.

New Covenant Foursquare

Freddy Perez, pastor
Sun. Morn. 10 a.m., 11:00 a.m., 6:30 p.m.;
Wed. 7 p.m.

Mission Revival Center

Rev. William Hodge
Sun. Morn. 10 a.m., 11 a.m., 6 p.m.;
Tues. 6 p.m.

First Baptist Church

Jim Turner, pastor
Sun. Morn. 9:45 a.m., 10:55 a.m., 6 p.m.;
Wed. 7 p.m.

Paint Creek Baptist Church

Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m.
Paint Creek

WEINERT

First Baptist Church

Werth Mayes, pastor
Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m.;
Wed. 7 p.m.

Weinert Methodist Church

Rev. James Patterson
Sun. Morn. 9:45 a.m.

Weinert Foursquare Church

Rev. Joyce Goossen and Rev. Diane Crowner
Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m.

ROCHESTER

Church of Christ

Jim Pratt, minister
Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.;
Wed. 6 p.m.

First Baptist Church

Rev. Truett Kuenstler
Sun. 9:45 a.m., 11:00 a.m., 6 p.m.;
Wed. 6:30 p.m.

Union Chapel Baptist Church

Rev. Andrew
Sun. Morn. 9:45 a.m., 10:45 a.m., 6 p.m.;
Wed. 7 p.m.

Faith Chapel of Rochester

Katherine Byrd, minister
Sun. Morn. 10 a.m., 11 a.m., 7 p.m.
Hwy 6, Rochester

First United Methodist Church

Dolan Brinson, pastor
Sun. Morn. 10:00 a.m., 11:00 a.m.
Rochester

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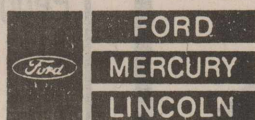
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HARVEY'S FEED AND SEED RIBBON CUTTING—Members of the Haskell Chamber of Commerce recently held a ribbon cutting at Harvey's Feed, Chemical and Seed Co. located at 307 S. Ave. E. next to Wooten's Muffler Shop. The store offers all types of feed, fertilizers, chemicals and other agricultural related products. Harvey Croft, owner, cuts the ribbon while employee Ruben Martinez at left and Chamber members look on.

Letts wins drawing at American Legion

On April 16, Homer Lett of Stamford won the "Paid-up For Life" drawing. He has been a member of Rogers-Cox Post 221 American Legion of Haskell for forty years.

Every third Tuesday of the month, when this post holds their monthly meeting, a drawing is made from the list of members. If that member is present, then the Legion will pay up his or her dues

for the rest of their life. If not present, the members name is put back into the drawing for the next time. So, it pays to be present, henceforth, Mr. Lett's membership is paid for life by Post 221. He is the first to be present when his name was drawn to receive this benefit, since it started several months ago.

Only 13 members were present, of which five were not in the

drawing, due to already being life members.

Hopefully, this will encourage more members to attend the legion meetings, which are held on the third Tuesday of each month. Next month's meeting is May 21 to determine new or reinstate officers of Post 221.

We urge all members to attend. Submitted by Jim King, historian.

Native doctor named "one of the best"

Dr. Frank C. Spencer, a native of Haskell, was recently named as one of the country's best heart doctors in an article in the March, 1996, edition of *Good Housekeeping* magazine.

Dr. Spencer, a heart surgeon at the New York University School of Medicine in New York City, specializes in aneurysms, coronary by-passes and valve disorders.

According to the article, the Country's Best Heart Doctors were named by 260 department chairs and section chiefs in related fields at major medical centers across the United States. They were asked who

they thought were the leading clinicians in heart disease and strokes and which ones provided the most expert treatment. They were also asked not to recommend anyone at their own institution.

From more than 1,000 doctors

named, *Good Housekeeping* culled the 357 who were named most often, with Dr. Spencer's name being one of the most mentioned.

Dr. Spencer is the son of the late Mr. and Mrs. Frank Spencer who came to Haskell County in 1926.

Start watering now

Most of Texas hasn't gotten enough good soaking rain to relieve the damage done by drought. The advice to gardeners is "start watering now, or your garden won't grow."

It is a problem we haven't experienced in several years. It's been dry through summer, fall and winter, and for the average home gardener that means it's going to be difficult to prepare a good seed bed.

Extension horticulturist Dr. Frank Dainello says it's like building an expensive house on top of a poor foundation. It's throwing money away. He says you need intense irrigation so the moisture reaches two or three feet into the ground. Once the soil starts to dry out, add more water.

But there's also a drawback to heavy watering if you have salts in your water supply. The salts can build up unless you get a good soaking rain to flush them out.

Dainellos says he's afraid what will happen is spring will last only a few weeks, then we'll go right into the summer and more dry weather.

Submitted by Max Stapleton, Haskell Co. Ext. Agent-Ag.

Weekly scramble

The Haskell Country Club superintendent, Michael Underwood, announces weekly scrambles at the club every Thursday night at 6 p.m. The entry fee is \$5.

At last week's scramble, three teams ties with a score of 31. The teams were made up of: Jerry Harris, Johnny Rodriguez, Johnny Fuentes, David Jim Strickland, Santos Baiza and Judy Patterson; Michael Underwood, Pat Speer, Sudie Doerr, Brian Brzozowski, Donald Griffis and Lee Decker; Bill Perry, Doug Petris, Sam Rodriguez, Randy May, Dennis Patterson and Junior Martinez.

LULAC fundraiser

Haskell Co. LULAC will be sponsoring an Enchilada Supper on May 11, at the Haskell Secondary cafeteria. The supper will be held from 4 until 8 p.m. Tickets are \$5 for adults and \$2.50 for children under 12 and will be sold in advance or at the door. The meal consists of enchiladas, rice, beans, salad and a drink.

Funds raised from the supper will go toward scholarships to be awarded at graduation.

Practice playnight

Members of the Stamford Junior Sheriff Posse held a practice playnight Sunday, April 28. Young cowboys and cowgirls endured the dirt and wind as they began their season by practicing the events of barrel race, flag race and pole bending.

Members and their parents enjoyed visiting with each other and cheering their friends on as they rode. This was a great way to get the year started.

The Posse's next playday will be this Saturday, May 4, at 7 p.m. at the Sheriff Posse arena. This will be the first point playnight in which members may earn points toward end-of-year prizes. All members are urged to compete if possible. New members are welcome and everyone is invited to attend.

Summer League

James McDaniel of Quanah is trying to start a Summer League for high school baseball players, to give them a chance to play baseball during the summer. It will allow players who work weekdays during the summer, a chance to play baseball.

All games will be played on Sundays starting at 2 or 3 p.m. Teams will play home games and away games. A team can come from one town or towns may combine to make one team.

This league will not conflict with the starting of two-a-days. This league will need coaches. All coaches will be members of the League board to help establish rules and to help regulate the league. This league must have the help of the high school coaches, or any interested member of the community to get started.

Anyone who is interested in the Summer League program, contact James McDaniel at 817-663-5885 (home) or 817-663-2226 (work) by May 23.

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Amy	Dalton
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APRIL 30
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 SCHOOL CAFETERIUM CANADIAN

THURSDAY EVENING MAY 2 Stockholders in the Matador and Childress Areas CITY AUDITORIUM CHILDRESS	FRIDAY EVENING MAY 3 Stockholders in the Munday, Spur, Stamford and Abilene Areas HIGH SCHOOL CAFETERIA STAMFORD
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- ★ 6:00 P.M. REGISTRATION AND MEAL
- ★ 7:00 P.M. BUSINESS SESSION
- ★ DIRECTOR ELECTION FOR THE CANADIAN, SPUR AND STAMFORD AREAS
- ★ ENTERTAINMENT BY GREENBELT BOYS

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Stephens County Frontier Days this weekend

A fun-filled weekend of activities for the entire family, including two rodeos, a 10K run, Bit and Spur and Gun and Knife Shows, stick horse races, crafts, a fiddlers contest, cowboy poetry, a longhorn steer exhibit, a historical play and more is planned for the third annual Stephens County Frontier Days in Breckenridge May 3, 4 and 5.

Breckenridge merchants will be having special promotions all day Friday until 8 p.m. in conjunction

with Frontier Days. Saturday is loaded with events all over town beginning at 9 a.m. Beginning at 11 a.m., the Stephens Co. Ranch Rodeo will be held, with special entertainment by Hollywood stunt man and former Olympic Gold Medalist, Dean Smith, and his trick horse.

Craft and concession booths will be set up on the Court House

square downtown and merchants will be having sidewalk and store sales. Breckenridge Park on West Walker St. will also be busy from 9 a.m. to 6 p.m. with craft, food and game booths, a 10K/1.5 mile walk/run, a volleyball tournament, a longhorn steer display, Cowboy poets, a fiddlers contest, singers and other entertainment. A street dance will take place in the park from 8 p.m. to midnight.

Sunday's activities include a Cowboy Church service at 11 a.m. at the rodeo arena. A Young Cowboys Rodeo will be held at the rodeo ground from 1 to 5 p.m.

For further information, contact the Breckenridge Chamber of Commerce, 2410 W. Walker St. Breckenridge, TX 76424 or call 817-559-2301.

They are able who think they are able. —Virgil

Births

Joey and Dr. Elicia Hogan of Haskell are proud to announce the birth of their son, Jeb Allen, born April 18, in Abilene. He weighed 6 lbs., 11-1/2 ozs. and measured 18-1/4 inches.

Proud grandparents are Charlie and Pattie Key of Graham and Mike and Pat Hogan of Graham. Great-grandparents are Lewis and Marjorie Baker of Graham and Col. R.J. Mays of Fort Worth.

Bernie and Terri Holder of Bonham announce the birth of their daughter, Darcy Gayle Holder, born April 11, at 2 p.m. in Sherman. She weighed 10 lbs., 6-3/4 ozs. and measured 20 inches long.

Grandparents are Joe and Flo Holder of Haskell and Claude and Polly Hartsfield of Magnolia, Ark. Gayle Holder of Abilene is her aunt.

Montgomery completes EDC course

Monty Montgomery, Director of the Development Corp. of Haskell, Inc. recently completed the 30th Annual Economic Development Course held March 24-29 in College Station.

Twice a year, the Texas Eng. Extension Service, a member of the Texas A&M University System, and the Texas Industrial Dev. Council, Inc., offer this one-week long course. Economic development organization staff attend this intensive training program to exchange ideas on the principles, practices and ethics in the field of economic development.

The Economic Dev. Course is fully accredited by the Amer. Economic Dev. Council and fulfills the experience for admission to the Economic Dev. Institute.

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FOR SALE: 14' Starcraft bass boat. 35 hp Chrysler motor, dilly trailer, depth finder, troll motor. Extremely good shape. \$1295.00. Phone Woodie Woodard 817-864-3221. 17-18p

For Sale

FOR SALE OR LEASE: 580C Case backhoe/loader. 864-2238. 14fc

FOR SALE: Patio furniture by Spenco. See at 414 N. 1st from 10 a.m. til noon; 3 p.m. to 5 p.m. weekdays or call 864-2087. 18p

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Cars For Sale

FOR SALE: 1957 Chevrolet pickup in running condition. Call 864-4150. 17-18p

FOR SALE: 1983 Chevrolet 3/4 ton diesel pickup. Runs great. Call 817-997-2644. 17-19p

FOR SALE: Older Ford pickup. Nearly new motor. Can be seen at Anchor Lodge, Maple Street, 2nd trailer on right. Sue Miller. 18p

FOR SALE: 1994 Ford Probe GT, V-6, leather, CD player, moon roof, keyless entry, 23K miles. \$10,000.00. 864-3631, 800-474-3631. 18-19c

FOR SALE: 1994 Ford F-150 XL, SWB, regular cab, automatic. 6 cylinder, 24K miles, \$10,000.00. 864-3631, 800-474-3631. 18-19c

FOR SALE: Ford 351 V-8 Windsor (small block). Partial overhaul and auto. transmission. 817-673-8261 after 5 p.m. 18p

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Jonathan Short

TAX PLANNING

Written By
James E. Rodgers, CPA



WHAT'S THE LATEST ON TAX LEGISLATION?

With politicians starting to focus their attention on the upcoming fall elections, there seems little likelihood that any major tax legislation will be passed this year. While optimists still hope for legislation that incorporates the provisions Democrats and Republicans already agree on, most analysts feel that the larger issues of balancing the budget and cutting taxes will be postponed until after the elections.

Congress did, however, wrap four provisions into The Contract With America Advancement Act, and that legislation was recently signed by President Clinton.

One provision in the new law raises the federal debt limit to \$5.5 trillion from the prior limit of \$4.9 trillion. It is expected that the new debt ceiling will carry the Treasury through the next 18 months to the end of the next fiscal year.

The second provision, the most significant in the Act, gives Presidents line-item veto authority for the first time in history. Effective January 1997, the executive branch of the government will have the power to strike individual provisions from spending bills. The measure also allows a President to veto tax breaks targeted to fewer than 100 taxpayers or 10 businesses. Congress retained the power to define what tax provisions qualify for the line-item veto.

A third provision increases the amount of income certain social security recipients can earn before they begin losing benefits. No change is made in the earnings ceiling for those age 62 to 64. They will continue to lose \$1 of benefits for every \$2 they earn above the \$8,280 ceiling for 1996. Individuals age 65 to 69 were scheduled to lose \$1 of benefit for every \$3 they earned above the \$11,520 ceiling for 1996. The new law raises the ceiling for 1996 to \$12,500. The earnings ceiling will gradually be increased every year up to a maximum of \$30,000 by the year 2002. Those 70 and older have no earnings limit.

A final provision gives small businesses more power in challenging federal agencies in court over the cost of federal regulations

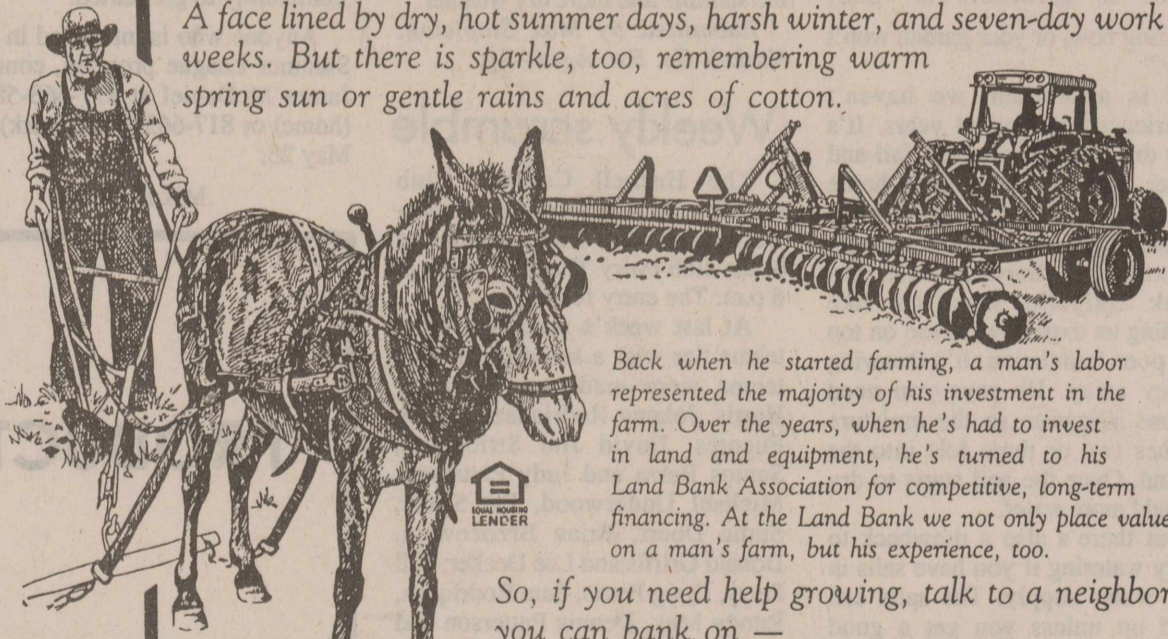
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AGRICULTURE

Ag. Sec. Glickman announces efforts to feed the hungry

Agriculture Secretary Dan Glickman recently announced 17 states where AmeriCorps members will participate in gleaning and food rescue activities this summer, part of the United States Dept. of

Agriculture's (USDA) ongoing commitment to gleaning and food rescue. Texas is one of the chosen states to participate in this program.

Gleaning means to gather little

by little. The gleaning program will help to feed hungry Texans with food that would otherwise be discarded. "Every day, a significant amount of wholesome, nutritious food in this country goes to

waste—sometimes in the field because it does not meet market specifications, sometimes in cafeterias and restaurants because too much is prepared," Glickman said. "There are many innovative local programs that are rescuing both prepared, perishable foods and surplus field crops from area farmers and providing meals to those who might otherwise go without."

USDA has established a toll free hotline (1-800-GLEAN IT) to provide up-to-date information

about local and national gleaning and food rescue efforts. The hotline will help put potential food donors in contact with local food distribution programs and provide guidance to individuals interested in initiating programs in their communities.

Five new AmeriCorps members will serve in Texas' Rio Grande Valley for twelve weeks during the summer to glean food primarily for persons in colonia areas. AmeriCorps is President Clinton's national service program that

allows Americans of all backgrounds to serve their communities in exchange for education awards that can be used to pay for college, graduate school, job training, or to pay back existing student loans.

Any U.S. citizen or permanent resident of the United States, age 17 or older, can apply for the summer gleaning program. Anyone interested should call Lorraine Clements, Rural Development Coordinator of the Rural Dev. State Office, at 817-774-1304 or 1-800-880-4183.

New PCA directors to be elected

Rolling Plains Production Credit Association's 62nd Annual Stockholders meeting will be held in three sections on Tuesday evening, April 30, in Canadian, Thursday evening, May 2, in Childress and Friday evening, May 3, in Stamford. Registration and the meal will begin at 6 p.m. and be followed by a brief business session. In Canadian stockholders and guests will meet at the school cafeteria. The city auditorium will be the site of the Childress session with the Stamford meeting held in the High School cafeteria.

Drawings will be held from

members' registration cards until a total of \$400 is awarded in each session. Entertainment for the three sections will be the "Greenbelt Boys" from Vernon.

Three directors representing the Canadian, Matador and Stamford areas will be elected during the short business session. Nominees are Garner Schoenhals and Laramie McEntire of Canadian for the Canadian position. Matador area nominees are Dean Turner and Don R. Warren of Matador. Running for the Stamford position are Keith Corzine of Sagerton and Steve

Livengood of Stamford. As part of the nationwide Farm Credit System, Rolling Plains PCA serves some 987 borrowing members in 25 counties of the

Rolling Plains of West Texas and the Eastern portion of the Texas Panhandle. As of March 31, 1996, the Association's outstanding loans to farmers, ranchers and ag-related businesses were over \$80 million. The Association has been rated as a Tier I PCA for eight consecutive years. This rating is based on safety, soundness and financial strength.

Texas wheat fungus alert

The USDA wants wheat in every grain elevator in Texas tested for Karnal bunt. Agriculture Secretary Dan Glickman calls it an extraordinary emergency. The fungus is being spread from wheat seed grown in Arizona. It was found in a grain elevator in Corpus Christi and in durum wheat crops in West Texas.

Extension plant pathologist Dr. Joe Krausz says fortunately the infected area is very limited, but that it's a crisis situation because it jeopardizes the US wheat export business.

Karnal bunt infects the wheat kernels and causes lower crop yield. It also reduces the quality of food products prepared with infected wheat. The U.S. relies on quarantines to prevent Karnal bunt from spreading. Because of the life of the spores, it's also recommended infested fields not be replanted in wheat for at least five years. The USDA is setting up laboratories in Texas to test wheat samples.

Submitted by Max Stapleton, Haskell Co. Ext. Agent-Ag.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 805 head of cattle at its sale on Saturday, April 27, according to Gary Tate, reporter.

All classes of cattle were \$2 to \$3 lower.

Cows: fat, .22-.26; cutters, .22-.28; canners, .12-.23

Bulls: bologna, .33-.365; feeder, .33-.43; utility, .23-.27.

Steers: medium and large frame No. 1 200-300 lbs., .53-.63; 300-400 lbs., .48-.605; 400-500 lbs., .46-.55; 500-600 lbs., .43-.53; 600-700 lbs., .45-.52; 700-800

lbs., .40-.48; 800-up lbs., .33-.47.

Heifers: medium and large frame No. 1 200-300 lbs., .43-.53; 300-400 lbs., .40-.45; 400-500 lbs., .33-.43; 500-600 lbs., .38-.46; 600-up lbs., .33-.46.

Bred Heifers: medium frame, \$200-\$300.

Bred Cows: young to middle aged, \$300-\$375; aged or small, \$200-\$300.

Cows with calves: medium frame No. 1 young and middle aged, \$350-\$475; small or aged, \$250-\$350.

Cattle/wheat clinic, May 6

The Knox Co. Extension office has scheduled a Beef Cattle and Wheat Clinic on Monday, May 6, at the KC Hall in Rhineland. Topics on the agenda include: New Wheat Varieties, Insect Pest Management, Beef Cattle Health, Grazing Small Grain Pastures and Irrigation Water Management.

This event will begin with registration at 9 a.m. The first speaker will start promptly at 9:15

a.m. A catered steak lunch will be served. This lunch is sponsored by Red River MoorMans, Inc.

This program is worth 3.5 CEU's toward a private applicator's license. The CEU's will not be approved for commercial and non-commercial licenses.

For more information, please call Paul Weiser in the Knox Co. Extension office in Benjamin at 817-454-2651.

Carrots are coming up orange and maroon

Carrots are coming up orange and maroon this harvest season. The latest crop is yielding some impressive results in the effort to grow a better tasting, more healthful carrot. What started out as

a novelty for Aggies is growing into an international enterprise.

Vegetable breeder Dr. Leonard Pike is harvesting this year's crop of maroon carrots in South Texas. Pike plans to test market the carrot

early next year and hopes to have it as a regular part of the produce market in 1998.

They will come as whole carrots, prepackaged carrot slices and possible even as carrot chips.

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New farm bill may result in fewer farmers

Farmers are going to have to change their ways. That's the word from the Agricultural and Food Policy Center at Texas A&M which had a hand in molding the new Farm Bill.

Farm policy professor Dr. James Richardson predicts their incomes will drop as much as a third if farmers don't plan properly. He says farmers will have to take a more active role in marketing their commodities to stay competitive.

The new farm bill eliminates subsidies and target prices. It offers transitional payments to farmers as a means of weaning them off federal support over the next seven years.

The Agricultural and Food Policy Center expects Texas rice

farmers to be hit hardest followed by cotton and wheat. Feed grain producers should fare a little better. And for dairy, it is a four-year phase out instead of seven.

Richardson says what we'll see is fewer farmers, but not necessarily

a reduction in production. He says moderate size farms will most likely be swallowed up by larger, more efficient operations.

Submitted by Max Stapleton, Haskell Co. Ext. Agent-Ag.

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The Senior Quarterly

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Volunteering together



E.C. and Jenny Collins are both faithful volunteers at the Haskell Hospital Auxiliary Pink Ladies Thrift Shop in downtown Haskell. Even bouts of ill health have not kept these two away from their countless hours of volunteer work for very long. E.C. goes to the shop every Thursday, Friday and Saturday morning, before it opens at 9 a.m. and makes coffee and vacuums the floors.

"A Quarterly Publication for People 50 and Over"

Jenny and E.C. Collins, both volunteers at Thrift Shop

By Joyce Jones

If there's one thing that Jenny and E.C. Collins both believe in, it is their countless hours of volunteer work with the Haskell Hospital Auxiliary and the Pink Ladies Thrift Shop. Even though the two of them have both had bouts of ill health, they still keep going like storm troopers at the Thrift Shop.

Jenny said that the first thing E.C. wanted to do when he got back on his feet after a recent stroke and heart attack was to go to the Thrift Shop. "He goes down to the shop early and makes coffee and vacuums the floors before the doors open at 9 a.m. each Thursday, Friday and Saturday mornings. He's the hero of the Auxiliary. He loves

to work at the Pink Ladies Shop, he is able to do a lot of things that the ladies can't."

Jenny also likes to give credit to all of the other volunteers who put in countless hours of work with the Auxiliary, both at the hospital and the Thrift Shop. All of the proceeds from the shop go to purchase equipment for the hospital. Some of their purchases have included a blood pressure machine, a defibrillator machine and a weight chair for bed patients.

Jenny, who is 61, was born in Corpus Christi. She came to Haskell in 1958 and in 1961 moved to Paint Creek Independent School District housing and stayed there 30 years. She drove the bus and

worked in the lunch room at the school. All of her children graduated from Paint Creek School.

Jenny said that she and the children liked to take a vacation to Red River, N.M. every summer; so they would work extra jobs at the Haskell Livestock Auction and in the cotton fields to make the extra money needed for the vacation.

Jenny also worked with Scouts and was on the Scout Committee at Paint Creek and helped three boys get their Eagle Scout rating. Because she didn't graduate from high school, she later received her GED and took some additional schooling, so that she could help put her children through school.

Jenny has three children, Mike Brazell of Fort Worth, Rick Brazell of Arkansas and Sue Abbott of San Antonio; and seven grandchildren.

After her first husband died, Jenny married E.C. Collins, who is a native of Haskell.

E.C., who is 66, worked for WTU at the Power Plant at the lake until his retirement. He went to school at the Rose School and then transferred to Paint Creek after it opened.

He has four step-children, Kathy Poe of El Paso, Steve Money of Eules, Mike Money of McKinney and Pamela Money of Florida; and four grandchildren.

When the two of them aren't volunteering, they each have hobbies. E.C. does woodwork

and crafts. Jenny does oil paintings, craft work, sewing, woodwork (western figures—coyotes, cowboys, Indians, etc.). She also likes to go rattlesnake hunting. She boils the spine of the snake from which she makes jewelry—necklaces, earrings, bracelets, inset with turquoise.

Both of them like to go fishing, and they also travel some. They go to Ruidoso when they can and have been to Washington state.

Jenny and E.C. both give their best thanks to the community for bringing in clothes, furniture and other items to the Pink Ladies Shop. Jenny said also they were lucky to be able to rent the building at a very nominal rate from Mr. and Mrs. Ben Charlie Chapman.

New type of lung surgery available

An improved type of lung surgery can give some people with emphysema "room to breathe"—literally. Physicians at Baylor College of Medicine in Houston are trying to determine which patients are best candidates for this surgery and

measure its long-term results. More than two million people in the United States have emphysema, a chronic lung disease that damages some of the millions of air sacs needed for oxygen to enter the body. During a procedure known as

"volume reduction surgery," surgeons remove damaged portions of the lung, allowing the "good lung" to expand and breathe better.

"Volume reduction surgery has been around since the 1950s, but it wasn't performed very often because the use of needles and sutures caused air leaks in the lungs," said Dr. Rafael Espada, Baylor associate professor of surgery. That problem has been avoided by the development of surgical staples and other improved instruments.

With a \$200,000 grant from the U.S. Surgical Corporation, Espada is analyzing information

on 200 patients who have undergone volume reduction surgery at Baylor during the past two years.

"Volume reduction surgery does not cure emphysema, but it can delay the severe shortness of breath that is so debilitating in these patients," Espada said. "By removing dead space in the lung, we can reshape the organ and help the muscles involved in breathing regain their function."

Espada said the majority of his patients feel "much better" after surgery. "They can walk, eat and sleep without becoming short-winded, but this procedure hasn't been studied long enough for us to know how long these

benefits last."

Espada also wants to establish criteria for selecting patients for the surgery. The ideal candidates have tissue damage limited to the surface tip of the lungs and are free of heart problems, cancer and other major illnesses, he said.

Most of the emphysema patients treated by Espada have been between the ages of 55 and 75. He also has seen people in their 40s who had to quit working because of the disease.

The cause of emphysema is unknown, but the condition is aggravated by cigarette smoking, pollution, asthma and natural aging of lung tissue.

To designate is not to exempt

IF YOU COULD PAY \$25 to save perhaps hundreds of dollars on property taxes, would you do it? More than likely. What if you could get the same tax-saving benefit for free? Most Texans would jump at that opportunity.

Unfortunately, many Texans have not only paid \$25 to receive what they think is a discount on their property taxes, but what they are getting in return will not save them a dime in taxes.

Since at least 1993, State Recording Service, a corporation which lists an Austin mailbox service as its office, has been mailing out solicitation letters to Texans across the state, offering to file a designation of homestead on their behalf for a \$25 fee.

Many consumers complained to our Consumer Protection Division that they thought they were receiving a homestead exemption, which results in a discount on a homeowner's property taxes and can be filed free of charge with the local tax appraisal district. Other consumers said the solicitation letters appeared to be from a governmental agency and, therefore, paid the fee because they thought it was required.

Case settled

After filing suit against State Recording Service, we recently obtained a settlement with the defendant that requires the company to provide refunds to consumers who request them. It also requires the defendant to state plainly in its solicitation letters that the company is not affiliated with the State of Texas or any government

entity. The settlement requires the company to place the following language next to any reference to "State Recording Service" in its solicitations: "not affiliated with the State of Texas or any other governmental entity."

The facts of the matter

In point of fact, a designation of homestead is not something most Texas homeowners need. In most cases, consumers are paying money for a service that is unnecessary. A homestead designation is only required when a person's assets are subject to recovery in a lawsuit. However, a consumer would not need to designate his or her homestead until after a judgment is rendered because Texas law generally exempts a person's homestead from any recovery.

In other words, even if you are involved in a case and stand to lose money, property, or other assets, you still have time to obtain a designation of homestead to protect your home.

For more information

If you think you paid a fee unnecessarily to State Recording Service, you may receive a refund. The judgment we negotiated requires, among other things, that the company issue refunds to consumers who request them, regardless of when they purchased the service.

You may either contact the company directly or call our Consumer Protection Division at (800) 621-0508 to request a refund. The terms of the settlement require that State Recording Service must issue the refund within 10 days after it receives the request.

Every year thousands of people with heart attack or stroke symptoms do nothing because

they're afraid they might be a "false alarm."

Don't be dead wrong. If you have symptoms, act quickly. Call your local emergency number or have someone drive you to the nearest hospital.

Heart Attack Warning Signs

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Stroke Warning Signs

- Sudden weakness or numbness on one side of the body, often causing a fall.
- Loss of speech or trouble understanding others.
- Sudden loss of vision in one eye.

©1995 American Heart Association. Not all these warning signs occur in every heart attack or stroke. But if some start to occur, don't wait. Get medical help immediately.

Dairy products are essential for the elderly's diet

Nutrition certainly plays a role in increasing the well-being of the elderly.

The decline in critical bodily functioning begins in middle age. For every 10 years after age 45, a loss of 6.6 pounds of lean body mass can be seen.

This decline in lean body mass replaced by body fat which accompanies the decline in bone mass both have received considerable attention. For example, osteoporosis is responsible yearly for 1.3 million bone

fractures in people over 45 and affects 24 million Americans. Osteoporosis prevention may be enhanced by increased calcium intake throughout life, plus understanding of the relationship of phosphorus, vitamin D, exercise and hormones has been indicated.

The challenge for the increasing older population is to keep healthy, vigorous and independent in hopes of delaying or preventing the development of chronic conditions. Since

elder Americans are at a greater nutritional risk, it is of utmost importance for them to maintain adequate diets with special attention being focused on the consumption of recommended two or more servings of dairy products. Also, they should increase daily exercise and thus lean body mass. A clearer understanding of the nutritional needs of the elderly should be a significant problem in the Nutrition Screening Initiative.

Older adults just can't drink

milk or milk products, which are some of the best calcium sources in the diet. Good calcium sources besides milk or dairy products are dark leafy green vegetables such as kale and broccoli. Also, calcium may be added to fruit juices. If a person cannot drink milk to obtain calcium needed for strong bones and teeth, other methods of obtaining calcium are calcium supplements and various products for lactose intolerant individuals.

Important calcium sources also can be excellent sources of

fat and sodium in the diet. Lower fat/sodium choices within dairy products would be skim, 1 percent or 2 percent milk, evaporated and dried skim milk or buttermilk, lowfat or nonfat yogurt or sour cream, whipped cottage cheese for dips or dressings, partly skim ricotta or mozzarella, lowfat process cheeses or lower sodium cheeses. Also, you could use more non-fat dry milk in cooked puddings, soups, hot cereals and other foods.

Submitted by Lou Gilly, Haskell Co. Ext. Agent—FCS.

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Planning ahead: Living wills and health care Powers of Attorney

IF YOU ARE EVER incapacitated — whether through disease, accident, or the natural progress of time — someone else may have to make health care decisions for you. Before such an unfortunate situation occurs, there are steps you can take now to safeguard your interests in the event of a medical emergency.

Although the Office of the Attorney General is prohibited by law and the Texas Constitution from giving legal advice to individual Texans, we can offer you a few guidelines to follow in your planning. Two of the major ways you can make your wishes known to medical staff and family are living wills and powers of attorney.

Living wills

A living will is a written statement of your wishes regarding the use of any medical treatments you specify. The instructions in the statement are to be followed if you are personally unable to provide instructions at the time the medical decision needs to be made. You may be to contact an attorney who is familiar with healthcare powers of attorney.

When looking for a lawyer you should ask friends and family for references. Your county and local bar associations can also serve as starting points. When you hire a lawyer, you should be very clear on what services you expect, and find out how much it will cost you.

Just as only you know your health care needs best, you will know best which attorney you trust and feel comfortable with. Rely on your common sense and instincts. You can also contact your local bar association or the State Bar of Texas to verify that an attorney is a member in good standing.

For more information

You may obtain a free copy of a living will and healthcare power of attorney by sending a letter of request and a self-addressed stamped envelope to:

The Texas Medical Association
401 W. 15th Street
Austin, TX 78701

If you are over the age of 60, you may also obtain a free copy by calling the Legal Hotline for Older Texans at (800) 622-2520, or in Austin, at 477-3950.

Living wills have been recognized by law in most states, but are commonly limited to decisions about "life-sustaining procedures" in the event of terminal illness.

Healthcare power of attorney

The healthcare power of attorney is different from and more flexible than the living will in three important ways:

- A healthcare power of attorney establishes a specific person to act as your agent if you cannot act. A living will does not. The advantage of appointing an agent is that, at the time a decision needs to be made, your agent can participate in discussions and weigh the pros and cons of treatment decisions in accordance with your wishes.

• The healthcare power of attorney applies to all medical decisions, unless you decide to include limitations. The living will normally applies only to particular decisions near the end of your life.

Consult an attorney

Every individual case is different, and may call for different solutions. Your best course of ac-

Social Security as social insurance

Why Social Security?

It's one of the basic questions about the Social Security program, but it seldom gets asked—or answered.

In order to understand the nation's Social Security program, people must first understand what Social Security was intended to do—and why it is different from private insurance or investment plans.

Most people know that Social Security partially replaces lost earnings if a worker retires, dies or becomes disabled. The program includes payments to the family members of retired and disabled workers and the survivors of deceased workers.

But how many people know the philosophy behind the way actual Social Security payments are determined? Is it simply a matter of making sure that everybody who pays in gets at least enough to help them get by?

Since its beginning, Social Security has been expected to meet both "social adequacy" and "individual equity" goals for American workers. Individual equity means that the contributor gets benefits directly related to the

amount of his other contributions. Social adequacy means that program benefits provide a certain standard of living for all contributors.

Our Social Security system is a little of both. On the one hand, there is a clear link between a worker's contributions to the system and to what he or she will receive in benefit payments. Lower wage earners receive less, higher wage earners receive more.

For example, a low-wage earner may receive a monthly Social Security retirement benefit of about \$520 per month; a high wage earner may receive a monthly benefit of about \$1,200 a month.

On the other hand, Social Security is designed to help provide a minimum "floor of protection" for all workers. Partly because of its "social adequacy" goal, the Social Security benefit formula is weighted in favor of workers with low average earnings who have less opportunity to save during their working years. Their benefits represent a greater percentage of their average earnings than benefits of higher-salaried workers.

For example, Social Security retirement benefits replace about 60

percent of a low wage earners pre-retirement income, about 42 percent for an average wage earner, and 26 percent for a high wage earner. Of course, all wage earners are supposed to plan for their retirement and to supplement their Social Security benefits with pension, savings and investment income.

That is what Social Security has called a "three-legged stool" approach to assuring a comfortable retirement. It is a philosophy Social Security has advocated for 60 years to assure a stable and diversified source of income in retirement sufficient to meet your personal needs and lifestyle.

Quick lowfat tips

Preparing lowfat foods sound like a good idea, but some recipes can take up a lot of time. Try these quick lowfat tips:

• Forget about cream sauce and try this lowfat, high fiber substitute. Puree cooked white beans and red bell pepper with chicken stock to the desired consistency and season with your favorite herbs. Then pour over pasta for a meal that's heavy on flavor, not fat.

• You may not be getting your sandwich worth with "diet" or "light" breads. Although lower in calories, they're typically just sliced a little more thinly or whipped with extra air. Keep in mind that most breads are low in fat and high in carbohydrates. So go ahead and serve yourself a hearty slice of whole-grain bread and cut down on high-fat spreads like butter and mayonnaise and high-fat fillers like bologna and cheese.

• Is skim milk a bit watery for your taste? Try adding a couple tablespoons of nonfat dry milk. The result is a thicker, richer liquid with a higher level of calcium to boot.

• For guilt-free potato chips, preheat the oven to 400 degrees. Wash one large potato and cut into thin slices. Lightly coat a baking sheet using an oil spray. Lay chips on sheet and lightly spray with oil. Sprinkle with seasonings such as paprika and garlic. Bake for about 30 minutes, turning once. The chips are done when they appear brown and crisp.

Submitted by Lou Gilly, Haskell Co. Ext. Agent-FCS.



SUSIE JACKSON

Susie Jackson attributes long life to ancestry

By Joyce Jones

Susie Jackson, who is 84 years young, attributes her long life to her ancestry. She said that her mother lived to be 96 and her father, the late Major Lewis lived to be 105 years old. Her grandparents also lived to be in their 100's.

But being over 80 doesn't mean that Susie is ready for the rocking chair yet. She keeps busy piecing quilt tops, which she gives to members of her family or sells. She said that she doesn't quilt many of the tops anymore, but she does enjoy piecing them. She also enjoys crocheting anything from hats to afghans.

Susie is active in her church, the Greater Independent Church, where she plays the piano. She sang in the church choir before she became the pianist.

She also belongs to the Rochester Hobby Club and goes

there on club day and helps with the quilting. She also likes to work in the yard and grows a variety of flowers.

She was born January 31, 1912 in Calvert, to the late Mr. and Mrs. Major Lewis, one of 12 children and later moved to Haskell in 1940. Two of her sisters, Mae Lou Yeldell and Birdie Benford, also live in Haskell.

Susie worked for the Roy Wiseman family for 36 years. "I raised their son, Randy, from a baby, I worked for his family until after he was married and had two children. I was his nanny. He still comes back to visit and I still call him my boy."

She didn't have any children of her own, but helped raise four step-children. She also has two grandchildren and one great-grandchild.

S.S 800 numbers available 24 hours a day

"I used the 24-hour touch-tone service, gave my name and address and the form came in the mail a few days later. It was really fast."

"It was a Saturday and I was surprised to hear the phone answered. I ordered a Personal Earnings and Benefit Estimate Statement right then and there."

"The phone was answered immediately and I was able to make an appointment to come into the office."

These are responses from people who called Social Security recently, according to Ken Hargis, manager

of the Abilene Social security office. "The responses become remarkable only when you realize that the service was delivered after usual business hours—7 a.m. to 7 p.m. Monday Friday," he said.

"When you are looking for an answer to a question, such as how to replace your Social Security card of the closest Social Security office—you want an answer. Social Security's 800 number service can take care of some of your needs with its 24-hour services," Hargis stated. He said pre-recorded messages tell you how to:

• get an application for a Social Security number or a replacement Social Security card.

• get a Personal Earnings and Benefit Estimate Statement (PEBES).

• verify your Social Security benefit amount, or

• locate the closest Social Security office. "If you want to speak to a real person, not to a machine, telephone representatives are available between 7 a.m. and 7 p.m. on business days to handle your business," he said.

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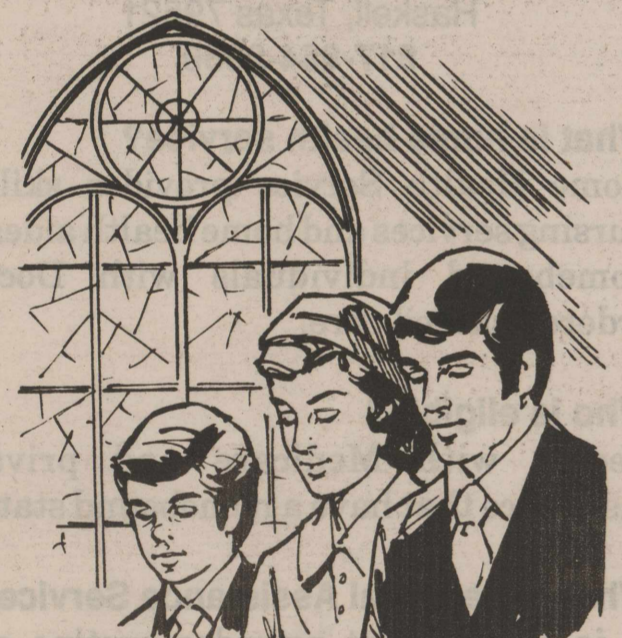
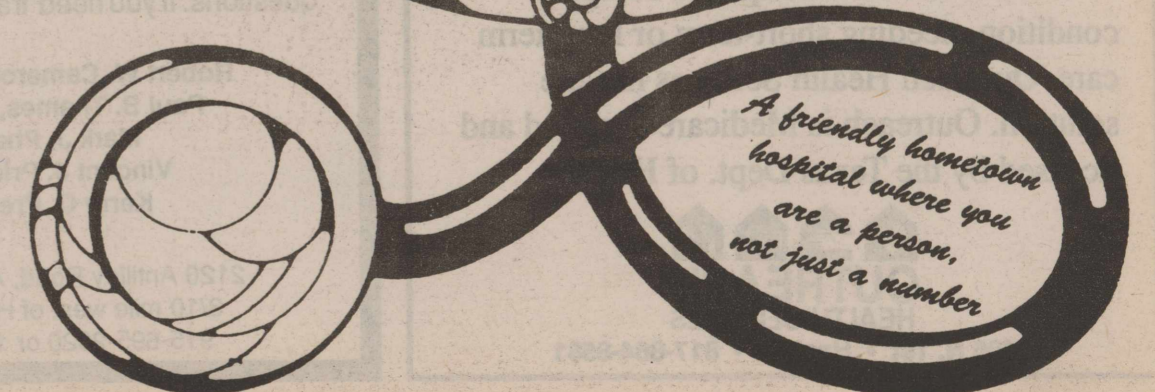
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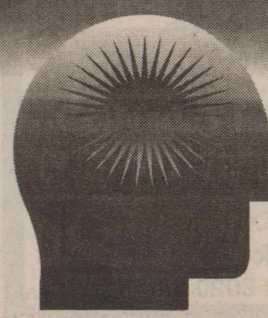
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Brain Attack Facts

- On average, someone suffers a stroke (brain attack) in the U.S. every minute
- Brain attacks killed about 149,780 Americans in 1993
- There are about 3.8 million stroke survivors
- From 1983 to 1993 brain attack death rates declined 23.5%

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Who will care for Senior Texans?

WHEN THE TIME comes to arrange for senior care, what can you do to insure the best possible situation for your folks or yourself? What are your choices, and how can you pick a good nursing home, extended care facility, or home care provider?

We at the Office of the Attorney General have drawn up the

following guidelines to help you with this crucial decision.

Any long-term care facility should be safe, clean and affordable. It should also offer a compassionate and competent staff, as well as easy access to emergency medical care. You want the type of care that will best fit your needs and budget. Options include an in-home care provider, adult day care

and full-time residency in a nursing home or rest home.

What to Look for in an In-home Caretaker

We have all heard horror stories of home care providers taking advantage of the elderly, stealing their valuables or even abusing people entrusted to their care.

What can you do to minimize your chances of hiring an unscrupulous person? The following tips are a start:

- Don't advertise in the classified section of the newspaper. Instead, look for a bonded and insured professional organization that specializes in home care and has extensive experience in the field.

- Get at least three personal and three business references from each applicant, and check every one out.

- Make the initial contact in a public place and not in the employer's home. A restaurant or your place of work are possible meeting places.

- Ask to see the applicant's drivers license. Make a copy and keep it in your files.

- Request that your applicant

submit to a background check by the police. Call your local police or sheriff's department for details.

What to Look for in a Nursing Home or Adult Daycare Center

There are several steps you can take when you shop around for a nursing home or adult day care. The best starting point is to ask your doctor, friends and family about local rest homes. Draw up a list, call to find out which have available space, and then visit them.

Trust your senses and ask questions. How does the facility smell? Do you have a good general perception? Are things clean and neat? Do the residents appear to be bathed and well cared for? What are the visiting hours? Is the facility convenient to your work or home? Ask about the results of the facility's last state survey and request copies of the survey reports. The facility is required by law to provide them to you.

Talk to the residents and visiting family members. Are they satisfied and are their complaints resolved? Ask them if there is enough staff to meet resident

needs. Drop by during a meal and see if you like the service and quality. You should also stop by weekends, evenings, or in the middle of the night when the supervisors are not on duty. Is the staff attentive and caring when the boss is not around? Talk to the care providers. Are they cooperative and helpful?

When you have narrowed your choices down to three or four, call the Texas Department of Human Services at (800) 252-8016. Ask about the places you have chosen - the department keeps tabs on all licensed nursing homes, adult day care centers, and personal care centers.

Ask TDHS if the places you have picked have had a large number of complaints, and inquire about the "termination history" of the facility. That history will highlight any current or past disciplinary problems. Once again, nearly every nursing facility will receive some complaints, but a home with a large number of repeated complaints may not be a good choice.

While state agencies can help weed out the bad places, your own instincts will tell you what you like best. And if you do not like what you see, speak up.

Finally, please report any substandard nursing home you find to the Texas Department of Human Services.

Texas seniors pen provocative new anthology

A teacher recalls the student who never listened, a fancy pool shooter confesses a few past sins and a housewife of 30 years remembers her husband's words: "I've lost my job, I've been having an affair with Margaret for 10 years and the baby's mine," while a former Sky King serial fan remembers an early and not-too-successful-attempt at flying and, a hapless grocery shopper dodges the "minefield" at her local market.

These are only a few of the scenarios to be found in The Medalist Anthology of Senior Writing, published by the Texas Senior Sports Organization and highlighting the winners of the 1995 Nations Bank Texas Senior Game Writing Competition.

The 124-page collection is

unique because all of the writers are Texas "seniors" or, as one entrant noted, "chronologically advantaged." Ninety-four-year-old Harriet B. Johnson of San Antonio is the matriarch of this year's anthology, and contributes several "tongue-in-cheek" essays, including an account of her days as an unmarried houseguest assigned to sleep on the living room couch in "Sofa, So Good." The youngest writer is Austin poet, Tonapah Solar, who celebrated her 50th birthday before the contest.

"The NaztionsBank Texas Senior Games are generally thought of as a venue of sporting events, (such as track and field, cycling, tennis, golf, etc.), and the next step in

qualifying to compete in the national senior games," says TSSO President Peter Laverty. "But we're promoting 'mental olympics' as well, and our judges have been delighted with the response to our senior writing competition and the resulting anthology."

Included in the book are illustrations as well as sections of poetry, essays, short stories and songs, all coming from the vast experiences and vivid imaginations of senior citizens from every corner of the State.

A series of public readings will spotlight the various writers and several writing clinics for seniors are planned in conjunction with senior center programming across the state. According to project

coordinators Alice and Ron Adams, the purpose of the reading is to provide Texas senior writers with an opportunity to share their writing with others, and to provide the public with a chance to celebrate the rich literary heritage offered by Texans from the 50-plus generation.

"We were so pleased with the quality of writing that came through our competition in September, we wanted to share it with everyone," said TSSO

president Peter Laverty of Lubbock. "And, we also wanted to let other seniors know about the writing competition so that they could be a part of this exciting project."

Senior writers interested in entering the 1996 NationsBank Texas Senior Games may request an entry form by writing Ron Davis at 1909 Curtis B. Elliott Dr., Temple, TX 76501.

The anthology is priced at \$10 and may be ordered by calling 817-770-5690.

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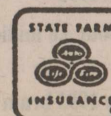
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Medicare fraud control

Headed by Beth Taylor, the Medicaid Fraud Control Unit is composed of a Legal Services Section, an Investigative Services Section and a Support Services Section. The Unit's home base is Austin and it has no field offices.

Medicaid Fraud staff members travel the length and breadth of Texas. The Unit is charged with: conducting a statewide program for investigating and prosecuting (or referring for prosecution) fraud in the administration of the Medicaid program, the provision of medical assistance, or the activities of providers of medical assistance under the state Medicaid plan, and reviewing or referring to an appropriate authority, complaints alleging abuse or neglect of patients in healthcare facilities receiving payments under the State Medicaid plan. The Unit is funded 75 percent by federal funds and 25 percent by state funds.

The Medicaid Fraud Control Unit employs experienced attorneys, investigators and auditors who investigate and, when appropriate, refer for prosecution allegations of fraudulent activity by Medicaid providers and/or their employees and physical abuse of patients in institutions receiving Medicaid funds.

Common investigations conducted by the Unit include: assaults and criminal neglect of patients, fraudulent billings, drug diversion and filing of false information by Medicaid providers and their employees.

A sampling of 1993 cases shows in painful detail the reasons for having the Medicaid Fraud Control Unit at the OAG.

Cases varied from a doctor who billed Medicaid while she was a patient in a detoxification unit to a former nursing home employee who sexually assaulted a resident who is in a vegetative state.

Other documented examples are a dentist who billed Medicaid for extractions which never occurred; a doctor who billed Medicaid for testing and confirmation that 43 babies born in a 90-day period had cystic fibrosis when, in fact, they did not (2,000 babies a year have the disease in North America); a home health caregiver who falsified pay sheets and was paid by Medicaid to care for her own mother (who was living in a nursing home);

a doctor who believed he was protected by Greek gods from suffering consequences for

billing and receiving payments for medically unnecessary lab work; two licensed vocational nurses who inserted a nasogastric tube into a resident's lung instead of her stomach (the doctor's orders were to give the patient an I.V.); a nurse aide who squirted a cleaning solution for incontinence into the eyes of a resident; and a nurse who pushed a 104-year-old resident seated in a shower chair into a wall, breaking the resident's neck.

The Unit was the only unit in the United States to receive the Department of Health and Human Services Inspector General's State Fraud Award in fiscal year 1993. The Attorney General's Office is proud of these OAG staff members and the important work they do to protect all Texans.

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What is Personal Assistance Service?

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If you know anyone who would benefit from these services, please give Cindy a call.

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CINDY GUESS, RN ~ Director of Professional Services

~LVNS~

Laela Martin
Nean Newton

~Home Health Aides~

Terrie McGhee
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Art, if it is to be reckoned as one of the great values of life, must teach men...tolerance.

—Somerset Maugham

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Seniors may need meal assistance

The series of lessons—Check It Out—is being presented by the Texas Agricultural Extension Service in conjunction with the local feeding site. If you have any questions concerning resources for helping seniors become better nourished, please contact the office of your local County Extension Agent.

The aging process may affect vision, mobility, and cause other health problems. As a result, some elder Texans may be unable physically to drive to the grocery store, shop for food, cook or feed themselves. With these physical barriers, it is no surprise that these elders or their family members may become undernourished and unable to

maintain their normal weight.

Many family members assisting parents who may become undernourished should be aware that help is available to assist older adults in remaining healthy and independent as long as possible. Start taking advantage of the local community services such as congregate meals at the senior citizens feeding sites, local services providing meals on wheels or other state or locally available services for the elderly.

A number of older adults are eligible for these programs, which are designed to give them the boost they need to stay independent and living on their own as long as possible.

Here are some helpful eating

hints for seniors that should be followed or encouraged by family members who may be assisting their loved ones:

1) Eat a healthful, varied diet following the USDA Food Guide Pyramid.

2) Know and maintain a normal weight.

3) Eat plenty of complex carbohydrates found in fruits, vegetables and whole grain products.

4) Eat less fried foods, gravy and foods higher in fat, saturated fatty acids and cholesterol.

5) Limit salt, salty foods and other highly processed foods containing sodium.

6) Eat fiber—rich foods (20 to 30 grams of fiber daily)—whole grains, bran, pectin, etc.

7) Drink at least a quart of water daily—whether or not you are thirsty.

8) If you drink alcohol, do so in moderation.

Come join us for an enlightening lesson series and check out your nutritional knowledge.

Submitted by Lou Gilly, Haskell Co. Ext. Agent—FCS.

Happy Mother's Day to all of our Senior readers everywhere!



HENRIETTA RUEFFER

Henrietta Rueffer honored by FCE for 50 years of contributions and work

By Joyce Jones
Henrietta Rueffer, who is 85 years young, was honored in April of 1995 for 50 years in recognition of her many contributions to the Texas Association of Family, Community and Education (FCE) Clubs.

When Henrietta first started in the FCE, 50 years ago, it was called Home Demonstration Clubs. "It used to just be for the home, with canning, food processing, cooking, sewing, anything that involved the home. Now I think it is an educational thing, something new always going on. The changes involved more things branching out into different things going on in the world," Henrietta said.

Henrietta was born May 28, 1910 in Stonewall County and lived there until 1941 when she married her husband, Gustave Rueffer, and moved to Haskell County. The young couple moved to Matson, where they lived in the same house on the farm for 51 years, before moving to Haskell in 1992.

She was a member of the Matson Club until the school closed and then she became a member of the Weinert Club. She said that she still goes to meetings, but has to depend upon someone else to take her as she doesn't drive anymore. She said, "I enjoy going to the meetings, but I can't take part and giving up driving was one of

the hardest things for me. It is hard to have to depend upon others so much."

Henrietta said that she and her husband didn't have anything when they married and moved out on the farm. "We would make a crop and have to put everything right back into the crop." She also said that she has seen a lot of changes in everything since 1941, "the world is so different now, people and all."

She and her husband had one daughter, Kathryn Schonerstedt, but that doesn't mean that she has a small family by any means. "Somebody once told me, you will never have a big family because you only have one child, but things changed," she said. She has three grandchildren and 11 great-grandchildren.

Henrietta is a member of the Lutheran Church and belongs to a Bible Study group and the church.

Henrietta was also honored in 1985 by the Soil and Conservation Service, being named Haskell's S.W.C.D. Outstanding Conservation Homemaker of 1985.

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Are the elderly eating enough vegetables?

For years nutritionists have been telling us to eat more fruits and vegetables, but despite all their efforts, fruits and vegetable consumption has stayed about the same over the past decade.

Estimates from USDA's Nationwide Food Consumption Survey show that Americans are only eating about half the recommended number of servings of fruits and vegetables each day.

Selecting a diet with plenty of vegetables is recommended also in the "Nutrition and Your Health: Dietary Guidelines for Americans," just revised by the Dept. of

Agriculture and the Dept. of Health and Human Services. The USDA Food Guide Pyramid recommends that we eat at least three to five servings of vegetables daily.

Some people fail to eat vegetables because they have problems with teeth and gums, difficulty chewing or swallowing, fresh produce is too expensive, they can't get to the grocery store, etc.

If a person has trouble eating raw vegetables, they can try cooked, mashed, or pureed vegetables and fruits to supply fiber. Other ways to prepare vegetables other than eating them

raw are boiling, steaming, baking and microwaving. Potatoes can be eaten with their skins to get more fiber.

As with whole grains, vegetables are natural sources of complex carbohydrates, dietary fiber and other food components linked to good health. These foods are generally low in fats and by choosing the suggested amounts, people are likely to increase complex carbohydrates and decrease the fats in their diets. Other attributes of vegetables in meals are that they add flavor, bright colors, texture, vitamin A, B and C, minerals, calcium, iron and fiber.



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Elderly can have difficulty in eating enough fruits

Six in ten Americans who participated in a recent U.S. Dept. of Agriculture (USDA) survey think that the foods they eat and drink are healthy and there is no need to make changes in their diets.

The recent USDA Food Consumption survey said that the 'average diet' was too high in fat and sodium, too low in fiber and not adequately varied to supply the needed nutrients, and that people were eating only half of the recommended two to four servings of fruit.

Actual barriers which account for the gaps between how people think they're doing and how they are actually doing are lack of awareness about calcium, iron

and saturated fatty acids and their impact on certain diseases; lack of motivation; confusion (good versus bad advice); and lack of knowledge.

Fruits—a natural sweet that's low in fat and sodium and high in certain vitamins such as C and A and minerals—fit right into the meals' dietary guidelines style. Naturally sweet, they make especially satisfying desserts and snacks. While fruits are good fiber sources they provide few calories. Another great advantage is their variety in flavor, bright color and texture to perk up vegetables and salads and to flavor or garnish simply prepared meats and poultry.

Some of the ways you can add fruits in your meals is to include them as part of breakfast, snacks, lunch and dinner.

•Add dried apricots, bananas, blueberries or apples to add extra fiber, variety and flavor to muffins, pancakes or quick breads

•Choose whole fruit in place of juice for extra fiber.

•Have fresh fruits or dried fruit available for snacking.

•Use a lightly sweetened fruit sauce in place of frosting on cakes.

•Pack an apple, banana or orange in your lunch bag.

•When eating out, select a fruit salad or fruit dessert.

•For an unusual appetizer, try a fruit soup—hot or cold—at dinner.

•Bake or broil fruits for dessert, garnish or appetizer. Try baked pears, bananas, apples, or a broiled peach or grapefruit half with a sprinkle of cinnamon or nutmeg.

•Add crushed pineapple to cole slaw.

•Squeeze a lime or lemon wedge over a fruit salad in place of salad dressing.

•For a dessert, alternate layers of fresh fruit with plain lowfat yogurt in a parfait glass.

The old adage "an apple a day keeps the doctor away" may hold some truth, but many other foods contribute the same

nutrients. An apple is a source of both types of fiber necessary in the diet—insoluble fiber (peeling) and soluble fiber (pectin of the apple). Insoluble fiber helps prevent constipation. Soluble fiber helps to tie up some nutrients such as cholesterol and glucose in foods.

Also, most people have heard that eating a banana a day replaces any potassium losses—especially for those who take diuretics. The real truth is that many foods provide some potassium. Fruit along with vegetables, milk and yogurt are some of the best sources. Also meat, fish and poultry are good sources.

Submitted by Lou Gilly, Haskell Co. Ext. Agent—FCS.

Helen Cox, at age 90, believes in staying active and going

By Joyce Jones

Helen Cox, who is 90 years young, attributes her longevity in life to staying active—working and going—she says she has never stopped, she just keeps going. She also likes to cook and sew. She and her daughter, Jo, travel some, "I enjoy going. I think it contributes a lot to a person's health. If we decide to go, we just get up and go, we don't make any plans."

She is a charter member and past president of the Rochester Hobby Club and still goes to their monthly meetings and helps with the quilting. She is also a member of the Haskell Garden Club and has been a member of Eastern Star at Rule for about 70 years. "My mother was an Eastern Star and I thought I had to be one. I enjoy going to the meetings," Helen

said. She was also a member of the Home Demonstration Clubs for many, many years.

Helen was born in Rochester and has lived in Haskell County all of her life. She and her husband, the late Odell R. Cox, farmed some, but worked for the City of Rochester many years.

She was the oldest child in a family of nine, two girls and seven boys. They lived four miles southwest of Rochester and went to Four Corners school and then they transferred into town at Rochester and rode back and forth to school in a horse and buggy. She said, "When a sand storm would come up, we wrapped up in a quilt and wrapped the lines around the dashboard of the buggy and the horse would take us home."

"We worked hard, but I think it was good for us. Kids now days want you to entertain them.

We always went to Sunday School and Church. Our mother went to town in the fall and spring and to Eastern Star and our father was a Mason. Our daddy taught us kids to count playing dominoes."

Helen thinks the biggest change she has seen in her life, of almost a century, is from the rub board to the automatic washing machine, at least the biggest change for the housewife.

She is an active member at First United Methodist Church in Haskell and plays the piano for her Sunday School class.

Helen has three children, Jo Ellison of Haskell, Sue Miller, a teacher at Rochester, and Glen Cox of Garland; and eleven grandchildren, ten great-grandchildren and one great-great-grandchild.



HELEN COX

Don't talk about yourself; it will be done when you leave.

—Wilson Mizner

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TDOA serves older Texans

The Texas Department on Aging (TDOA) is the only state agency whose sole responsibility is to serve older Texans. About 85 percent of TDOA's funding comes from the federal government through the Older Americans Act. The rest comes from state appropriations and local matching funds.

The department provides a wide array of services (which vary according to local needs and resources) to any Texan 60 or older. These services (not all of which are available everywhere in the state) include:

nutrition, transportation, health-screening, information and referral, adult day care, legal assistance, benefits counseling, case management, homemaker services, senior centers, nursing home ombudsmen, the Retired Senior Volunteer Program, and the Senior Texans Employment Program (STEP).

Some local area agencies on aging (AAAs) also include, home repair and modification, emergency response systems, respite and counseling for caregivers, escort services and more.

When resources are limited, priority is given to those in greatest economic need, but no income test is required to participate in TDOA programs. Those who wish to make voluntary contributions to help defray program costs are permitted to do so.

The Texas Dept. on Aging offers services chiefly through its 28 Area Agencies on Aging (AAAs). Every three years, these area agencies hold public hearings through the state to give the public a chance to describe the needs of seniors in their areas.

The Texas Dept. of Aging maintains an information and

referral office with a statewide toll-free number 1-800-252-9240 to provide information about senior services throughout Texas. Please call this number to find out which AAA serves your area and what specific services it can provide to you.

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