



Town Hall Meeting Monday night 7:30 p.m. for Regional Jail

The Haskell Free Press

VOL. 114-NO. 27. ©JULY 6, 2000

"The People's Choice"

8 PAGES-ONE SECTION-50 CENTS



RAIN CAME TUMBLING DOWN—Rain water rushing over the low water crossings and making its way to add to the low level of the

creek in the park was a welcome sight in Haskell Tues., June 27, after a drenching 2+ inch downpour.

TV alternatives can provide big boost to child's brain

Would you allow your child to spend summer vacation watching television every waking moment for two straight months? Of course not! Yet, over the entire course of a year, that is how much time the average child watches TV—one thousand hours, or more than sixty sixteen hour days.

Carol H. Rasco, director of America Reads Challenge, says that the shows kids watch add up, and summer's free time can mean even more time for the tube. However, most parents don't want their kids to have a "dumber summer," she said. That's when a student's school year gains are eroded or erased by months of mental idleness.

National studies by the U.S. Department of Education show a decline in achievement when kids watch TV more than ten to fifteen hours a week. Students earn higher

test scores when they read more and watch TV less. But few children can regulate themselves when it comes to TV. Most spend as much time with TV in one day as they spend in reading for fun in a week.

When parents take charge, however, the benefits are far-reaching. In a recent study by PBS, parents who took charge of their child's TV viewing got remarkable results.

Smart alternatives to TV can provide a big boost to your child's brain. The vocabulary of the average children's book is greater than that found on prime-time TV.

Reading also builds your child's knowledge of new subjects, in addition to advancing the brain's ability to recognize new words automatically; a key step to faster reading.

Here are a few ways Rasco offers to help your child shine this summer while the TV screen stays dark.

1. Nurture an interest in reading. Visit the library. Let your children choose their own books, with guidance from a librarian. If a child has a favorite TV interest, like basketball or science fiction, help find books on the topic. Don't

underestimate the entertainment value of the library. It really can compete with video when given the chance.

2. Hold a camp-in. Before dark, set up a campsite in your home. String up sheets to create a tent, use blankets for bedrolls. Turn off all electrical equipment and rely on flashlights. Have family members tell stories, eat snacks, play games, and sing songs around a pretend camp fire. Allow the children to sleep in their "tent." At breakfast, ask how much they missed TV.

3. Play "Michael Unplugged" (fill in your child's name). At least once this summer take a family pledge to not watch TV for a week. Then have each child record his or her "unplugged" activities such as books read and letters written. At the end of the week, have a celebration, ask children which attraction they liked best, and discuss future cutbacks on viewing.

Rasco said parents should remember that their hand is on the remote control. She advises, "Use it wisely, and you'll change your child's channel to a smarter summer."

City Council authorizes TCDP grant implementation

At the regular meeting of the Haskell City Council, June 26, Mayor Ken Lane and City Manager Sam Watson, were authorized to sign a grant to implement a Texas Community Development Planning grant.

City Attorney, Shane Hadaway,

will be investigating the legal procedure for closing a city alley.

City sales tax for June was reported at \$14,124.00, down 4% for the year.

Water lines on North 16th and Ave. H. were reported partially replaced.

Commissioners discuss grant for courthouse restoration

Tues., June 27, the Courthouse Restoration Committee met with the Haskell County Commissioners to discuss a grant for the restoration.

During the meeting, a motion was passed to notify owners of lots

at the Anchor County Park, that lots must be cleaned within ten days or the county will do it for them at the rate of \$50 per hour, as most of the lots have not been properly maintained.

Students receive books of their own at library

Adding to the excitement of visiting the Haskell County Library, a large group of third graders recently had the added excitement of receiving a book of their own to take home with them.

The gift books were made possible by Brian Burgess, Cadenhead Rural Health Clinic,

Holden-McCauley Funeral Home, Rice Springs Care Home, Smitty's Auto Supply and Bailey Toliver Chevrolet-Olds.

Along with the books, students learned about the summer reading program offered at the library, which Librarian, Joan Strickland encouraged them to attend.

Attend Meeting Mon., 7:30 p.m.

Haskell Co. has new chance for regional jail

By Mary Kaigler

Although disappointed last year by losing the bid for a Regional Jail and Detention Center after considerable effort on the part of many, the Haskell area may yet see a Regional Jail and Detention Center built here. According to city and county officials and leaders, the choice of whether to pursue it is in the voting hands of the citizens who will benefit from it. And that includes everyone.

Mon., July 10, the City of Haskell, Haskell County and the Development Corporation of Haskell will host a Town Hall Meeting at 7:30 p.m. in the high school auditorium. This public meeting is for the discussion of the issuance of Certificates of Obligation to build the Rolling Plains Regional County Jail and Detention Center, a 500-bed facility. On hand to make a presentation that night will be jail consultants, an economist and other invited guests. At the conclusion of the meeting, a ballot vote to determine the fate of this project will be taken by all Haskell County citizens in attendance. All citizens are encouraged to attend to express their opinions for or against this important project to bring jobs and money to the area.

The Certificate of Obligation Tax will only be implemented if there is insufficient project revenues and insufficient general fund monies from the county and city.

For several years the waning of economic conditions and employment opportunities in the county has been apparent. Leaders in Haskell and Haskell County have been greatly concerned and involved in finding feasible ways to bridge the gap left by decline in farming, oil and commercial productivity. Much time and effort have been expended on pursuing a diversity of jobs and payroll-producing remedies based on our locality, access to markets, and available employee skills. According to a survey of the

Haskell County area work force, taken by a Dallas analysis consultant firm in May, there is a pool of about 2,600 underemployed workers in the area in addition to approximately 700 unemployed people who are seeking work.

No one can dispute the hard fact that just leaving the situation up to whatever happens and just going on with "business as usual" is never going to work toward a continued, strong economy. Even now we are not doing "business as usual" in the overall county, and just wishing it won't make it happen. If current population loss continues, due to qualified people moving to areas more suited to their abilities, there is a distinct possibility that Haskell High School could become Class 1A in four years.

Historically, Haskell has been a great place to live in many ways, and if it is not nearing the "end of the line" in its economic history, it may well be at a cross-roads on the trail to that end; a cross-roads of whether to take this bold step toward a new horizon and making a turn-around difference in our economy, or to stay on the course of continuing dependence on doing things "the way we've always done them."

Finding a need that fits what our area has to offer seems to be a reasonable approach.

Is the idea of the jail one for which there is a need? According to figures released Thurs., June 8, by the Criminal Justice Policy System, a state agency, Texas will need 14,662 more prison beds by Aug., 2005. This means a new round of prison building in the state. Three or four weeks ago, key legislative leaders confirmed that talks of a new round of prisons construction is already underway.

The need for such facilities is now—and the unofficial word is that Haskell needs to act now.

With their vote, everyone has the opportunity to help make the decision about which way to go.



STUDENTS AND BOOKS—The large group of third graders who recently visited the Haskell County Library proudly pose with the books given to them by several local merchants and businesses.

Calendar

Town Hall meeting

A town hall meeting concerning the fate of the Rolling Plains Regional County Jail and Detention Center is set Mon., July 10 at 7:30 p.m. at the High School Auditorium. Citizens are encouraged to attend and express their opinions concerning the future and fate of this important project.

Summer food program

Haskell CISD will sponsor the Summer Food Service program. Meals will be served at Haskell Elementary School Cafeteria from 11:30 a.m. to 1 p.m. Monday through Friday through July 21. Anyone age 18 and under is invited to come eat.

Social Security

A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., July 6 at 9:30 a.m.

Index

Obituaries Page 2
Menus Page 3
Out of the Past Page 4
Classifieds Pages 6-7

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Playday results

Results of the Haskell Horse Club Playday held Sat., June 24 are as follows:

Barrels
8 and under Novice: 1. Sam Allen 2. Cresten Sledge
8 and under: 1. Kristina Bitner 2. Ashton Rutkowski 3. Courtney Conklin 4. River McTasney

9-12: 1. Josh Barbee 2. Larissa Hise 3. Weston Rutkowski 4. Samuel Bitner 5. Misty Hise 6. Luke Terry

13-15: 1. Morgan Cox 2. Chris Hise 3. Brittany Rutkowski 4. Kyle Rash

Flags
8 and under Novice: 1. Sam Allen 2. Cresten Sledge

8 and under: 1. Kristina Bitner 2. Ashton Rutkowski 3. Courtney Conklin 4. River McTasney

9-12: 1. Misty Hise 2. Weston Rutkowski 3. Josh Barbee 4. Lindsay Pannell 5. Samuel Bitner 6. Luke Terry

13-15: 1. Chris Hise 2. Brittany Rutkowski 3. Kyle Rash 4. Morgan Cox

Poles
8 and under: 1. Ashton Rutkowski 2. Kristina Bitner 3. Courtney Conklin 4. River McTasney

9-12: 1. Weston Rutkowski 2. Misty Hise 3. Samuel Bitner 4. Josh Barbee 5. Lindsay Pannell 6. Larissa Hise 7. Luke Terry

13-15: 1. Morgan Cox 2. Chris Hise 3. Kyle Rash 4. Brittany Rutkowski

Obituaries

Faye Hise Walton



FAYE WALTON

Funeral services for Faye Hise Walton, 82, of Haskell were held Fri., June 30 at Paint Creek Baptist Church in Paint Creek with Rev. Steve Russell and Rev. Vergil Smith officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Home.

Mrs. Walton died Tues., June 27 at a Stamford care home.

Born in Montague County in 1918, she had been a resident of Haskell since 1928. She married Robert Glen Walton Oct. 10, 1936 in Haskell County. She was a homemaker and helped with the farm and ranch. She was a member of Paint

Creek Baptist Church and taught Sunday School and Sunbeams. She was active in GA's, WMU and Paint Creek Grandma Reading Buddies.

She was preceded in death by her son, Larry Walton.

Survivors include her husband.

Robert Glen Walton of the home; three daughters, Glenda Nelson of Hammond, Louisiana, Nelta Bahnsen of Houston and Terry Roach of The Woodlands; one sister, Vera Smith of Haskell; one brother, Billy Hise of Haskell; nine grandchildren and seven great-grandchildren.

Battling bugs the old-fashioned way

Dr. Bradley Marple may be trained as a physician, but some days he feels more like a teacher.

When a sick patient comes into Marple's clinic at UT Southwestern Medical Center at Dallas, the assistant professor of otolaryngology - head and neck surgery must assess whether the patient needs medication. If the patient doesn't, Marple has to explain that sometimes medicines can hurt rather than help.

"If, from a physical exam, I do not see an indication for an antibiotic, it's really important not to prescribe one because of the rise in antibiotic resistance," Marple

said. "I see a lot of people demanding antibiotics. They think it's the only way to get better."

But a little education can go a long way, Marple said.

"If you sit down and talk to them, they understand," he said. "What they want most of all is not to be ignored. The most important thing I can give them is my time."

Doctors prescribe more than 133 million courses of antibiotics a year to nonhospitalized patients in the United States. More than 190 million doses a day are prescribed in hospitals.

A recent survey in Pediatrics reported 96 percent of doctors saying they had parents asking for antibiotics when their children didn't need them. The answer, physicians say, is making their office a classroom.

They tell patients with colds, flu, mild coughs, sore throats and other viral infections that antibiotics won't help them. They remind patients with strep throat and ear and sinus infections to take a full course of antibiotics before stopping.

When bacteria resistant to the most common antibiotics infect patients, they must take stronger

antibiotics or ones with more side effects.

The Institute of Medicine, a part of the National Academy of Sciences, estimates the annual cost of treating antibiotic-resistant infections may be as high as \$30 billion.

In a strange game of evolution, bacteria quickly become resistant to antibiotics. The problem becomes a crisis when patients demand antibiotics even though they don't need them.

"Patients with flu feel lousy and miserable," said infectious diseases specialist Dr. James Luby, a professor of internal medicine. "They just want to lie in bed."

So that's what Luby tells them to do.

"Cold patients all get the same advice," he said. "Stay home a couple of days."

"A cold's not serious, but it can cause a lot of trouble," Luby said. "You're not sick enough to stay home, but you're sick enough to pass it to other people."

Drug-resistant infections have been on the rise for two decades. With 50 million pounds of antibiotics produced in the United States each year, bacteria just get quicker at mutating to resist their pharmaceutical foes.

The Centers for Disease Control and Prevention reported that in 1992 about 5 percent of U. S. samples of pneumococci were resistant to penicillin. By 1999, 24 percent of the bacteria were resistant to penicillin.

The problem is pneumococci are among the most dangerous bacteria in the United States. They cause about 10 million childhood ear infections each year, 500,000 cases of pneumonia and thousands of bloodstream infections.

"The most common bugs are becoming resistant and that's what we don't want to happen," Luby said.

While doctors have been concerned about antibiotic resistance for some time, patients have only recently started to understand, Luby said.

"The word gets around. People are getting alarmed," he said.

And Luby and Marple hope they stay alarmed.

Or the consequence could be sicker people, crowded hospitals, higher health-care bills and, possibly, more deaths from simple bacterial invasions.

Hospital

Admissions

Robert Dumas, Haskell
Ruric Wilson, Rule
Bob Mickler, Rule
Elizabeth Williams, Haskell
Julia Garcia, O'Brien

Dismissals

Weldon Hardy, Paris Barton,
Wesley Boydston, Miles Powell,
Janie Kennedy, Ted Hines

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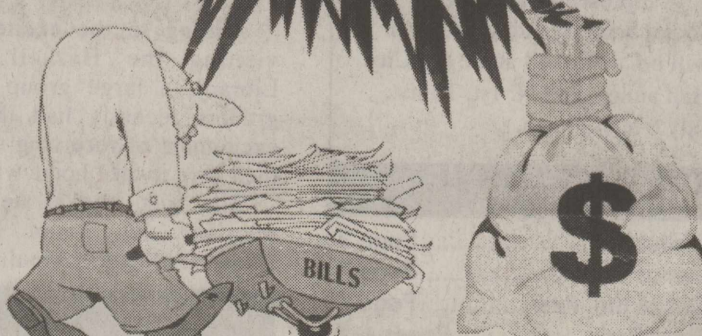
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Sodium may be hidden in diet

by Lou Gilly
Haskell Co. Extension Agent
Most of us immediately think of salt when we hear the word sodium. But table salt and sodium are not the same thing. Table salt is a chemical combination of 40 percent sodium and 60 percent chlorine. It is the sodium in salt which we try to reduce on a low salt or low sodium diet.

People with high blood pressure and certain types of heart disease may be advised to reduce the amount of sodium in their diets. Sodium is a necessary mineral for maintaining good health. However, most Americans consume more sodium than needed. The Nutrition Facts Label list a *Daily Value* of 2,400 mg per day for sodium [2,400 mg. sodium per day is

contained in 6 grams of sodium chloride (salt)]. In household measures, one level teaspoon of salt provides about 2,300 mg. of sodium. Most people consume more than this amount.

There is no way at present to tell who might develop high blood pressure from eating too much sodium. However, consuming less salt or sodium is not harmful and can be recommended for the healthy normal adult.

There are four sources of sodium in our diet. One major source for most of us is the salt shaker at the table. Many of us salt our foods without even realizing it! Sodium also comes into our diet from salt added during cooking. And sodium occurs naturally in some foods, like milk, or celery. Another source is processed food. Sodium is

added for preservation, flavor, or to retain color. Reading labels on canned and bottled foods is the best way to learn about sodium in prepared foods. Sodium may appear as sodium bicarbonate, monosodium glutamate, sodium saccharin or sodium citrate. Salt brine, soy sauce, baking soda and baking powder contain sodium.

Many food manufacturers are becoming aware of the public demand for less sodium in their diets and we are seeing many new low sodium products. These can be found in your supermarket labeled as: sodium free—less than 5 mg. sodium; very low sodium—35 mg. or less sodium; low sodium—140 mg. or less sodium; reduced or less sodium at least 25% less sodium; light sodium—50% less sodium.

Mammogram screenings help in early detection of breast cancer

by Lou Gilly
Haskell Co. Extension Agent
Breast cancer is the most common type of cancer found in American women, striking 1 in 8 women. However, breast cancer is highly treatable when it is detected early. One of the most reliable methods of detecting breast cancer is mammography screening. A mammogram is an x-ray of the breast that uses a very low level of radiation, equivalent to about two hours of sunshine. When a woman has annual mammograms, the doctor is able to compare the changes in a woman's breasts from

year to year. A mammogram is the best way to detect breast cancer early. Breast cancer may be detected by a mammogram up to two years before it can be felt. When breast cancer is found in its earliest stages, the long-term survival rate is almost 100%. Increased use of mammography screening has resulted in breast cancers being found early when they are smaller and have not spread to other parts of the body.

How you can take action for good breast health:

- Have a mammogram every year beginning at age 40.
 - Have a breast examination by your health provider every year.
 - Examine your breast every month.
- To get a mammogram, you may want to arrange an appointment through your doctor or clinic. Check with your insurer as to which facilities are covered by your plan. It is important for you to record where your mammogram is done. Future mammograms will need to be compared to those you have had in the past.

For more information regarding mammograms or breast cancer, contact the Haskell County Extension Agent-FCS, Lou Gilly at (940) 864-2546.

ECC Calendar and Menu

Monday, July 10
Lunch-Steak, gravy, mashed potatoes, green beans, Rosemary Bennie's salad, cookies, bread, milk, tea or coffee

Wednesday, July 12
11:00 a.m. Outreach Health Services blood pressure check
Lunch-Meat loaf, golden potatoes, corn O'Brien, greens, banana pudding, bread, milk, tea or coffee

Friday, July 14
Lunch-Pork, gravy, applesauce, potatoes, English peas, peaches, bread, milk, tea or coffee
Announcements begin at 11:45 a.m. followed by lunch.

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.

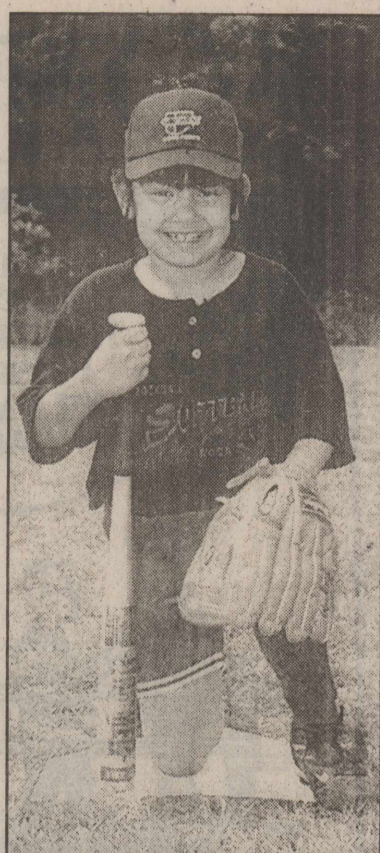
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Haskell



SAMANTHA FUENTES

Fuentes named to All-Star team

Samantha Fuentes, daughter of Jeremy and Trisha Fuentes of Rockdale, has been named to the all-star 2000 Softball team. A member of the Rugrats Team, she will travel to Belton for the district tournament, July 3-6.

Fuentes' grandparents are Rudy and Linda Fuentes and Antonia Trevino of Haskell.

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Haskell Summer Lunch Menu

July 10-14
Milk is served daily.
Monday: Country fried steak, gravy, creamed potatoes, English peas, hot rolls, Sunshine bar

Tuesday: Submarine sandwich, curly fries, pickle spears, brownies

Wednesday: Taco salad, grated cheese, pinto beans, lettuce & tomatoes, apple crisp

Thursday: Beef & spaghetti, cole slaw, seasoned corn, garlic bread, fruit Jello

Friday: Cheeseburger, assorted chips, hamburger trimmings, ice cream w/topping

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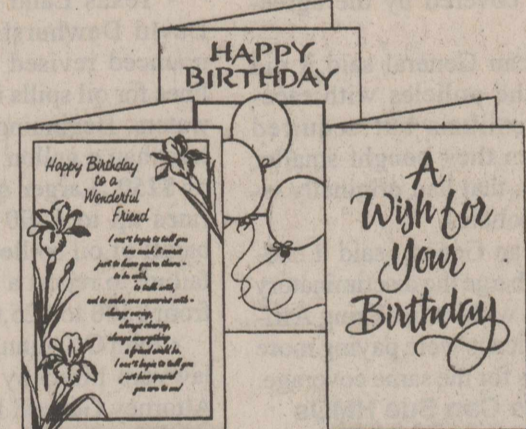
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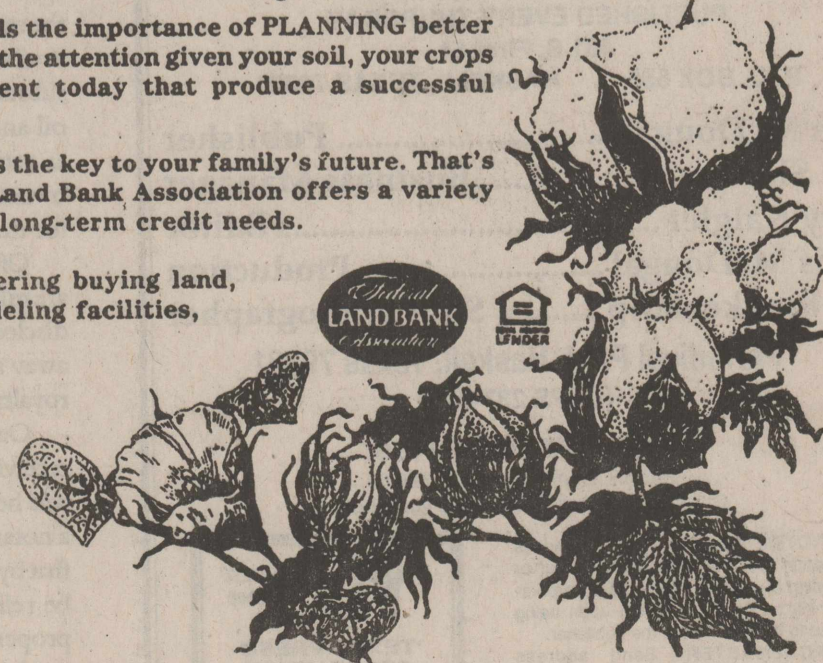
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TO ALL CITIZENS OF HASKELL COUNTY

Haskell County, City of Haskell and The Development Corporation of Haskell, Inc. will host a Town Hall meeting on Monday, July 10, 2000 at 7:30 P.M. at the Haskell High School Auditorium.

THIS IS A PUBLIC HEARING

YOUR VOICE NEEDS TO BE HEARD

This Public Meeting is for the discussion of the issuance of Certificates of Obligation to build the Rolling Plains Regional County Jail and Detention Center, a 500-bed facility.

The jail consultants, economist and other invited experts will make presentations.

At the conclusion of this meeting a ballot vote will be taken by all Haskell county citizens in attendance to determine the fate of this project.

All Haskell County Citizens are encouraged to attend, so that they may express their opinions either for or against this important project concerning the future and fate of Haskell County.

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JOSH HOWARD

Josh Howard is MSU graduate

Josh Howard, son of Glenn and Sue Howard of Paint Creek, graduated from Midwestern State University, May 13, with a Bachelor of Science degree in manufacturing engineering technology with minors in mathematics and statistics. Graduating exercises were held in the D. L. Ligon Coliseum in Wichita Falls.

Howard has been accepted at North Texas State University in Denton to pursue an MBA degree.

Taking the keys

Taking the car keys away from elderly parents who are having trouble driving can be tough for adult children.

"Vision problems, memory and hearing loss and crippling conditions such as arthritis can make driving difficult for some elderly people," said Dr. Robert Luchi with the Huffington Center on Aging at Baylor College of Medicine in Houston. "The best way to confront an older parent is to be honest and direct."

If taking the keys away does not work, most older people can accept limits such as only driving close to home and not driving in rush hour traffic or congested areas. It's important to stress to parents that you are not trying to punish them, but protect them.

Proper use of sunscreens encouraged

Sunscreens can protect the skin from the sun's harmful rays, but they are not a substitute for commonsense.

"People who think a sunscreen allows them to stay out much longer than they normally would, face an increased risk of skin cancer," said Dr. John Wolf, chairman of the dermatology department at Baylor College of Medicine. "The key is using sunscreens correctly."

He offers these suggestions:

*Use a sunscreen every day throughout the year, even on cloudy days.

*Apply sunscreen at least one-half hour before you go outside so it can bind to the skin.

*Apply sunscreen liberally. The Skin Protection Factor (SPF) laboratories which rate sunscreens use large volumes when testing,

Wolf said.

*Use a sunscreen with a SPF of at least 15. If you're going to be out in the sun for several hours or if you're sensitive to sunlight, use a sunscreen of SPF 30 or more.

*Re-apply sunscreen often, particularly when swimming or sweating.

*Use a broad spectrum sunscreen with both ultraviolet A (UVA) and ultraviolet B (UVB) protection. The product label should give this information.

*For children over six months old, use a sunscreen designed for children. Infants under six months

should be kept out of the sun completely or physically covered if in the sun.

"Sunscreens used properly can decrease the damage ultraviolet light

does to your skin. Sunscreens cannot offer total protection from the sun, and should not be used as a reason to stay in the sun longer than necessary," Dr. Wolf said.

TAX PLANNING

Written By
Richard E. Rodgers, CPA



RULES CHANGE FOR INSTALLMENT SALES

Late in 1999, lawmakers created a new pitfall for many taxpayers by changing the rules on installment sales. The change applies to accrual basis taxpayers, which includes most businesses.

In an installment sale, the seller accepts the buyer's note for part or all of the sales price. The seller receives cash over time, as installment payments are made. Under the old tax rules, sellers generally reported installment sale profits in proportion to cash collections. This had the effect of deferring taxes until the seller received cash from the sale. Under new rules, most accrual basis taxpayers must report installment sale profits in the year the sale takes place. This means taxes will be due in the year of the sale, no matter when cash is collected.

This can be a problem when a business changes hands for any reason, such as the owner's retirement. Buyers often wish to structure the deal as a purchase of business assets to minimize legal liability. Under the new rules, this transaction could trigger immediate tax liability for the seller.

With taxes due at the time of sale, sellers may need to ask for a larger cash down payment. At a minimum, most sellers will need to receive enough cash up front to pay the tax bill. Alternatively, sellers could borrow funds to pay taxes.

There are a few narrowly defined exceptions to the new rules. Also, Congress is currently working on legislation that would reinstate the installment method of reporting for sales by accrual basis taxpayers. In the meantime, the rules are complicated and potential tax consequences are significant. A tax professional should be consulted before completing any transaction that could be subject to this law. If we can be of assistance, give us a call.

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Keep Peanuts Free of Diseases

It's the same story for Texas peanuts as last year: Rhizoctonia, white mold and leafspot will be the most destructive diseases and can potentially damage 10-15 percent of the crop. Choosing the right fungicide is one of the most important decisions peanut growers will make this season.

When hot, moist weather in mid-summer is followed by dry conditions, leafspot and soilborne diseases can really flare up. Peanut diseases can be held in check to a large degree by using tolerant varieties, correctly planning and timing irrigation, practicing crop rotation and removing crop residue.

Aside from cultural practices, implementing an effective fungicide program is the key. Growers should scout regularly, take notes for field history and plan out a timely spray schedule. Diseases like Rhizoctonia can be impossible to control once they're started and an early fungicide application may be the only control measure.

ABOUND® and BRAVO ULTREX® fungicides address the need for integrated disease management in the South. The powerful preventative activity of Bravo Ultrex and the combination of preventative and curative activities of Abound provide highly effective control against leafspot, Rhizoctonia limb, peg and pod rot, white mold and stem rot.

Begin with a Bravo Ultrex application 30 days after planting for control of foliar diseases. Subsequent applications should be made at 10- to 14-day intervals. Substitute Abound for Bravo Ultrex for control of soilborne diseases at approximately 60 and 90 days after planting.

The combination of Abound and Bravo Ultrex can deliver higher-yielding, higher-quality peanuts, and that means a more profitable peanut crop. For more information about Abound and Bravo, see your local ag chem dealer.

Bobby Shelton

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