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The Haskell Free Press

VOL. 115-NO. 27, ©JULY 5, 2001

"The People's Choice"

8 PAGES-ONE SECTION-50 CENTS

Calendar

Girls All-stars to hold fund raisers Sat., July 7

Haskell Girls Softball All-Stars will hold two fundraisers Sat., July 7. A car wash will be held at the Car Wash Zone beginning at 10 a.m. A hamburger lunch will be held on the Modern Way parking lot. Proceeds will help the team purchase uniforms and help with expenses to attend the tournament. This is the first year for the girls to have an all-stars team.

Parham benefit to be held Sunday at Christian Church

A hamburger dinner will be served Sun., July 8 from noon to 1:30 at the Christian Church. The dinner will include potato salad, beans, dessert and drink for \$5.00. Proceeds will benefit Tammy Parham who is undergoing treatment at M. D. Anderson Hospital in Houston. Carry-outs are available. Tickets can be purchased at the door or from any member of the Christian Church.

Video available to view new library

The Haskell County Library renovation and addition can be viewed on a video produced by the Texas Tech University Architecture Dept. Those interested in the presentation should call Brett Anderson at 864-6108 or 864-3101 for an appointment.

Free Press office to be closed July 4-8

The Haskell Free Press office will be closed July 4-8.

Storm sirens

The City of Haskell will test the storm sirens at noon on Fridays weather permitting.

Summer food program continues through July 20

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 Fri., July 20. Those 18 and under may eat free. Adults will be charged \$2.50.

Social Security to be here July 5

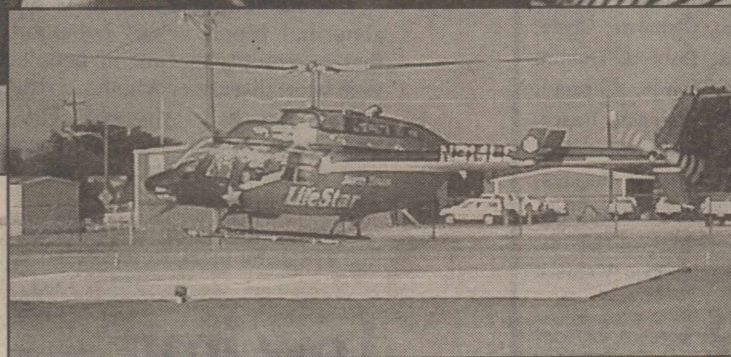
A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., July 5 at 9:30 a.m.

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EMERGENCY TRAINING—Helicopter pilot, Gerald Stayton, left, and Emergency Medical Technician Paramedic, Dee Lanford, of North Texas LifeStar Abilene base, talk to members of Haskell Fire Dept., law enforcement and emergency medical services agencies, during a Landing Zone Training session in Haskell, Mon., June 25. In the insert, right, the LifeStar aircraft hovers for the landing at the helistop in Haskell.



'Copter landing zone training held by North Texas LifeStar service

By Mary Kaigler

Shortly after transporting to an area hospital the victim of the fatal highway accident that occurred on Hwy. 20 near Clyde, Monday night, June 25, the North Texas LifeStar helicopter set down on the helistop at Haskell Memorial Hospital for a more pleasant reason. On hand to greet the flight crew of the Long Ranger 206 aircraft were members of the Haskell Volunteer Fire Department, and representatives of local emergency medical services and local county and city law enforcement agencies, who were there to participate in a Landing Zone Training Program offered by the LifeStar Abilene

Base.

Conducting the training course were crew members, Emergency Medical Technician Paramedic (EMTP), Dee Lanford, RNC; Licensed Paramedic, Richard Bird, and pilot, Gerald Stayton.

Beginning with a history of the program, they explained the type of aircraft used, the crew involved and the roles and responsibilities of each. Ways were given for requesting and activating the service of North Texas LifeStar helicopter, which responds to on-the-scene and interfacility requests. Details were given for the necessary information to be given to the dispatcher for both scene requests and interfacility

requests.

Following a video presentation, the crew gave an extensive on-hands aircraft orientation and safety briefing. Included were explanations of the main rotor and tail rotor systems; operation of doors in the cockpit and cabin and the left side door; patient loading and unloading; seat belt and seat operation; location and use of fire extinguishers; emergency landing procedures; emergency exits, fuel shut-off procedures; and battery

control switches.

At the end of the presentation, a multiple choice Landing Zone exam was handed out to the participants.

An asset to the community and county, the helistop, which was constructed just east of Haskell Memorial Hospital in 1996, makes possible a dramatic cut in transport time from the scene of emergencies to the local hospital and also in the transporting of patients from Haskell Memorial Hospital to other medical facilities.

Groundwater Dist. elects officers

During a meeting of the board of directors of Rolling Plains Groundwater Conservation District, held Jun. 21, in Munday, all board members whose terms begin July 1 were sworn into office by Kim Brockett, Notary Public.

The new board is made up of four members from each county. Serving for Baylor County will be Gary M. Coltharp, Rudy Hons, Glenn Ray Howell and Kenny Shipman. For Haskell County, are Ed Murphy, Larry Short, Bill Thomas and Robert A. Turner. For Knox County are David Albus, Sam Boone, Dolan Moore and Joe Tidwell.

Board term limits were set, with each county having two members with two year terms and two with four years. Lots were drawn to determine the following term

limits: In Baylor County, Hons and Howell will serve two years; Coltharp and Shipman, four years. In Haskell County, Murphy and Short will serve two years; Thomas and Turner, four years. In Knox County, Albus and Moore will serve two years; Boone and Tidwell, four years.

New officers of the Rolling Plains Groundwater Conservation District elected at the meeting were: President, Ed Murphy; Vice President, Joe Tidwell; Secretary/Treasurer, Dolan Moore.

Two bids, presented for properties held in trust by the Haskell County Appraisal District, were accepted by the board.

The next meeting of the board will be held at 7:00 p.m., July 19, at 135 N. Munday Ave., in Munday.



LANDING ZONE SAFETY—Representatives of local medical emergency, fire and law agencies listen to LifeStar helicopter pilot, Gerald Stayton, right, explain safety measures involved in the landing, loading and unloading of hospital patients and victims of accidents.

Burn ban in effect

At a special meeting of the Court, Jun. 26, Haskell County Commissioners voted to reinstate the county burn ban.

Judge David Davis reported that BFI brought four dumpsters to be used at the Anchor. The charge will be \$90.00 per month for two and \$20.00 each for the other two when they are used on holidays. The dumpsters will not be locked.

Upon recommendation by County Sheriff David Halliburton, the salary of Sharon Stephens and Bill Glass were moved from probationary status to regular salary status. Also acting on the recommendation of Sheriff Halliburton, the Court approved the promoting of Bill Glass to Chief Deputy, with an additional raise of fifty dollars per month.

The hiring of Heath McCullough and Kyle Hunt was approved for summer employment in Precinct 2.

The price for computer copies in the county offices was set at 25 cents per copy for black and white and 50 cents for color copies.

The matter of economic development money for loan to the Ben Richey Boys Ranch was tabled for further discussion.

City Council holds meeting

At their regular meeting, June 25, the Haskell City Council voted to provide an extra \$1,000 in funding for the year to the Haskell Training Center, located at 305 N. 1st. St.

After discussion, the Council agreed to remain a part of the Cities Aggregation Power Project (CAPP), a coalition of cities looking at ways to be able to buy electricity at a cheaper price.

Approval was given by the Council to the city's liability insurance coverage through the Interlocal Agreement.

City Administrator, Sam Watson reported on the recent landfill inspection.

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Seniors should retire on a new mattress

When many Americans retire, they begin to draw on the plans and investments they've made through their working years. But research is showing that one of the most important investments for retirement may be the retiree's sleep surface.

"Retirees are usually very cost-conscious," said Arthur Grehan, executive director of the American Innerspring Manufacturers, a nonprofit trade group that provides free information on restful sleep and sleep surfaces. "That leads many of them to try and squeeze a few more years out of a 10-, 15- or even a 20-year old mattress. It's a recipe for sleepless nights and a not-so-restful retirement."

Grehan isn't alone in his concern about retirees' sleep pattern. Dr. James B. Maas, a psychology professor at Cornell University, recently told *BEDtimes Magazine* that seniors need as much sleep as young people, but have more trouble getting sound rest.

"They struggle with their sleep," Maas said. "Their sleeping patterns are different and they cannot sustain sleep for as long as a younger person."

Maas said that seniors spend

less time in REM sleep, the deep sleep that facilitates memory storage and retention, new learning and performance.

That's why AIM recommends retirees start retiring on a new mattress. "I think retirees who replace a 10-year-old mattress with a new one will be quite shocked at the difference it makes," Grehan said. Here are tips for picking a mattress that will give retirees the support they need:

1. Avoid the fads. Waterbeds, air mattresses, solid foam mattresses and other trendy sleep surfaces don't always offer the maximum support, longevity and motion control seniors need. These highly advertised products don't have the years of supporting research and track-record of sturdy, well-made innerspring mattresses.

2. Buy enough width. Single adults should aim for a sleep space at least 40 inches wide. That most likely means a double bed. Two people sharing a bed should try to get at least 30 inches each. The queen-sized innerspring mattress has replaced the double bed as the standard for two people.

3. Replace your boxspring whenever you replace your mattress. Mattresses and their

matching boxsprings are made to work together. The boxspring can ensure you get maximum support and can extend the life of your mattress.

"Retirement is a wonderful milestone," Grehan said. "It's when a lifetime of hard work pays off. I always encourage seniors not to ruin their ability to enjoy it. Getting a new mattress is easy and it'll only cost pennies a day over the course of your retirement. But what a difference it can make in your ability to enjoy the break you've earned."

Eating oatmeal improves blood flow

Here's some good news to warm up your heart. In addition to oatmeal's cholesterol-lowering benefits, Yale researchers recently found that eating a bowl of oatmeal regularly can prevent the harmful narrowing of the arteries and decrease in blood flow (endothelial function) that often occurs after eating a high-fat meal.

The new research shows eating oatmeal regularly may help improve blood flow through the arteries, thereby helping to maintain a healthy heart. The study also reveals that eating oatmeal can prevent the dangerous narrowing of blood vessels often seen after eating a high-fat meal.

The link between endothelial function and heart attack and stroke is strong. The narrowing of blood vessels and decreased blood flow can impair the delivery of blood and oxygen to the heart.

Endothelial dysfunction is an abnormal blood vessel behavior that commonly occurs in people with heart disease or who have risk factors for heart disease. This abnormal response has also been seen in healthy people after eating a high-fat meal.

"Our results confirm not only that a high-fat meal decreases blood

Low iron formulas a no-no

Switching to a low-iron formula as a cure for colic or constipation could set babies up for iron-deficiency anemia and developmental difficulties.

"There is no evidence that the iron in fortified formula causes colic, spitting up, constipation, or irritability. But, there is strong evidence that iron-fortified formulas can prevent iron-deficiency anemia in formula-fed infants," said Dr. Kathleen J. Motil, a pediatrician with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

According to Motil, iron-deficiency anemia compromises the amount of oxygen available to an infant's rapidly growing brain and body tissues, which can create long-term problems. Iron is a key component of hemoglobin, the compound produced by red blood cells to carry oxygen in the bloodstream.

Studies have shown that young children who suffered from iron-deficiency anemia in infancy scored lower on standard developmental tests than their peers.

More blood donors needed

This year more than 4 million Americans will need a blood transfusion to survive illness or injury. Blood bank organizations are constantly seeking new donors.

Young people especially are in demand as blood donors. But anyone between the ages of 17 and 76 who weighs at least 110 pounds fits the bill.

By donating blood, you can make a difference in your community by helping others and assuring that adequate supplies of blood are available for you, your family and others.

There are four major blood types—A, B, AB and O. Type O donors are referred to as "universal"

because their red blood cells can be transfused to people who have any other blood type.

Before donating, you first must go through a simple screening to ensure the safety of the blood supply. It requires you to provide your name, address, age and proof of identification. Your pulse, temperature and blood pressure will be recorded and a drop of blood will be taken from your earlobe or finger to be analyzed for sufficient iron level. You'll also be questioned about your health and lifestyle to see if you are eligible to give blood.

It takes about 15 minutes for a unit, which measures 500 milliliters or a little less than one pint, to be collected from you. When you're done, you'll relax with some refreshments.

A unit of blood can be broken down into components that can be given to people who have different needs. Red blood cells, which help transport oxygen and remove carbon dioxide in the blood stream, are used to treat anemia and blood loss from trauma and surgery. Platelets, which help control bleeding, are commonly used in treating cancers. Plasma—which is

92 percent water, 7 percent protein and 1 percent minerals—is used for treating hemophilia, surgical shock, severe burns and immunodeficiency.

Before people who need blood receive it, donated blood goes through lengthy tests to make sure there's no evidence of infection with diseases such as hepatitis, HIV or syphilis. Blood also has to be used before it perishes—whole blood can't be used after 42 days.

Donating blood isn't the only way you can help people with medical needs. The Uniform Anatomical Gift Act allows you to donate all organs, specific organs or your entire body for medical research. You can become an organ donor by indicating it on your driver's license or signing a donor card.

Your age or medical history doesn't determine whether your organs can be used. Rather, the determining factor is the condition of your organs and tissues at the time of your death. Efforts to save your life won't be lessened if you wish to be an organ or tissue donor when you die, nor will being a donor affect your funeral arrangements.

Quality lawn spreaders needed for best results

Even the best lawn products can't deliver the results they should unless they are applied evenly and accurately by a quality lawn spreader that is in good working order. That's because inferior spreaders often leave gaps in the coverage, places where the product granules provide only thin coverage or no coverage at all.

It's not just inferior quality spreaders that cause these problems. It can even be a top quality spreader that's simply too old or not properly maintained, so it no longer provides accurate distribution.

This may be caused by discharge ports that have been clogged by corrosion, often from products that were not cleaned out after use. It might also be a rusty hopper, a broken agitator fin or foreign material that became lodged in the bottom of the spreader which result in untreated areas of the lawn.

Make sure that the spreader you use is a quality spreader in good working order. If there is a doubt in your mind, simply spread a short swath of fertilizer on the drive and then observe the pattern of granules. (Don't forget to sweep it up later.) If it is uneven, consider getting a new spreader.

So how do you choose a new spreader? With dry fertilizer, you have two options—a broadcast (or rotary) spreader or a drop spreader.

What's the difference? A broadcast spreader is the easiest to operate. It throws the fertilizer granules or pellets over a wide area using a whirling wheel. These work best if you have a large lawn and want to get the job done quickly. However, this type isn't recommended if you have many flowerbeds or narrow strips of grass.

A drop spreader, as the name implies, drops fertilizer from a bin. Its application is a bit more uniform than a broadcast spreader, but because it's narrower, you'll have to make more passes. It deposits the granules directly on the lawn in a swath as wide as the spreader's hopper. This type is best if you want the job done as precisely as possible and if you have a lot of flowerbeds, edging or narrow strips of grass in your lawn.

Spreader also can be used in the winter to drop rock salt on sidewalks, driveways, paths and more.

Getting your estate in order

While the end of your life is not something you want to dwell on, it's important to think about what will happen to your loved ones and your assets once you're gone.

The simplest way to ensure that everything is distributed according to your wishes after you die is to prepare a will—a legal document designating the transfer of your property and assets. Did you know that about half of all Americans die without a will?

Some may think wills are just for "the rich," but the amount of property you own is irrelevant. A will ensures that what assets you do have will be given to family members or other beneficiaries you designate. And if you die without apparent heirs or a will, the state could claim your estate.

Usually, people can write a will if they are over age 18 and mentally capable, commonly stated as "being of sound mind and memory." But requirements vary from state to state.

You also may be able to minimize your estate taxes by establishing a trust in your will. A trust is a separate legal entity that holds property or assets of some kind for benefit of a specific person, group of people or organization known as the beneficiary.

An example of an after-death trust is a mother leaving land to a trust benefiting a young son in her will. The will establishes the trust to which the land is transferred, to be administered by a trustee until the boy reaches a stated age, at which point the land is transferred to the

son outright.

A trust may be the answer to your estate planning needs. But you should take the time to evaluate carefully what you are trying to accomplish, then consult an attorney experienced in estate planning.

Before you can make out your will and establish a trust, you need to inventory your assets. If your assets are worth \$675,000 to \$1 million or more, estate planning may benefit your heirs. That's because, generally, taxable estates worth in excess of \$675,000 may be subject to federal estate taxes, with rates as high as 55 percent of the taxable estate.

Adding up the value of your assets can be an eye-opening experience. By the time you account for your home, investments, retirement savings and life insurance policies, you may find your estate in the taxable category.

More ways to help the environment

Most people in this country would say that they are concerned about the care and protection of the environment, yet most may feel inadequate to actually doing something about it on their own.

The Environmental Defense organization suggests some things that can be done by individuals and groups that will make a positive impact now as well as into the future.

*Recycle, as much as possible, items including paper (newspaper, office paper, corrugated boxes), glass, plastic, aluminum, and steel.
*Conserve energy, use energy efficient lighting, and ask your utility company to use renewable energy.

*Find an alternative to chemical pesticides for your lawns and buy organic produce when possible to reduce pesticide use in farming.
*Purchase only those brands of

tuna marked "dolphin safe."

*Organize a community group to clean up a local stream, highway, park or beach.

*Buy the most fuel-efficient car that meets your needs, and drive it less by walking, biking, carpooling, and using public transit when you can.

*Visit and support our parks. Help teach young people to appreciate the beauties of the natural world.

*Educate yourself on important environmental concerns and know how your elected officials stand on these issues.

*Spend time teaching a child about the importance of a healthy environment.

For more information about things you can do, write Environmental Defense at 257 Park Avenue South, New York, NY 10010

PUBLIC NOTICE

TXU Gas Distribution, in accordance with the Gas Utility Regulatory Act, hereby gives notice of the Company's intent to implement a new schedule of rates for natural gas service to be charged to the residential, commercial and industrial customers in the West Region Distribution System effective August 2, 2001, and, in the cities in which they are in effect, to eliminate the Rate Schedule for Public Schools-N and Commercial Contract Public Schools Rate. The West Region Distribution System includes Abilene, Albany, Alvarado, Anson, Baird, Ballinger, Bangs, Benjamin, Blackwell, Blanket, Blum, Bronte, Brownwood, Buffalo Gap, Carbon, Cisco, Cleburne, Clyde, Coleman, Colorado City, Comanche, Covington, DeLeon, Dublin, Early, Eastland, Glen Rose, Godley, Gordon, Goree, Gorman, Granbury, Hamlin, Haskell, Hawley, Hillsboro, Impact, Itasca, Joshua, Keene, Knox City, Lawn, Lipan, Loraine, Lueders, Meridian, Merkel, Miles, Moran, Morgan, Munday, Novice, O'Brien, Putnam, Ranger, Rio Vista, Robert Lee, Roby, Rochester, Roscoe, Rotan, Rule, San Angelo, Santa Anna, Seymour, Snyder, Stamford, Stephenville, Strawn, Sweetwater, Throckmorton, Trent, Tuscola, Tye, Weinert, Whitney, and Winters.

The rate schedule is expected to furnish an 8.76 percent increase in the Company's revenues from residential, commercial and industrial customers in the West Region Distribution System. A Statement of Intent has been filed with each city. If you desire to comment concerning this change of rates, you may contact the City Secretary of one of the above named cities.

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Proton therapy available for breast cancer

For the past 10 years, Loma Linda University Medical Center has built a solid reputation for treating men with prostate cancer with noninvasive proton therapy. So far, more than 3,000 men have completed the treatment with studies showing the overall disease-free survival rate at 89 percent.

Since Loma Linda's Proton Treatment Center celebrated its 10th anniversary, engineers, physicists and physicians are turning their attention to the needs of women with breast cancer.

One out of every nine American women will develop breast cancer if they live to be 85. This year, some 180,000 women in the United States are expected to be diagnosed with invasive breast cancer with an estimated 43,500 women dying of the disease. It is the most common form of cancer in women and the second leading cause of death for women after lung cancer.

A woman may be at increased risk if she has family history of the disease, had her first child after age 30 or has no children. However, more than 70 percent of women who develop breast cancer have no known risk factors.

The best chance for successful treatment occurs when cancer is found early. Mammograms can detect more than 90 percent of all cancers and should be part of every woman's breast health program, along with the breast self-exam and physical exam by a physician. If a cancer is found early, it is more than 90 percent likely to be completely curable.

Until now, treatment options

have included surgery, standard X-ray radiation therapy and sometimes chemotherapy. In late 2001, those options will increase as Loma Linda University personnel begin enhancing and modifying the proton beam therapy system.

The enhancement: Adding the capability of a new technique known as "scanning." This new, noninvasive option will provide an extra dimension in the treatment of breast cancer minus the traditional side effects. To accomplish this technique, many modifications must be made to the proton beam system. Enhancements must be made to the proton accelerator, the beam transport system and the beam delivery system.

These enhancements already have started with funding provided by grants from the U. S. Department of Energy and Defense.

Upon completion, the entire accelerator, beam transport line and beam delivery system in the calibration/research room at the proton center will be capable of "scanning." That will enable this new technology to be applied to mainstream cancer therapy, including improved proton beam-focusing control for the treatment of breast cancer.

During the past 10 years, more than 5,500 patients with cancer and other diseases, from nearly every state in the United States and from 25 countries, have been treated with proton beam therapy.

To learn more about proton therapy, call 1-800-PROTONS (776-8667) or log on to www.proton.llu.edu/.

Plan now for the holidays

by Lou Gilly
Haskell Co. Extension Agent

Even though the temperatures and time of the year don't show it, the holidays are just around the corner. And now is the time to start saving for those holiday expenses, according to Sue Lynn Sasser, Family Economics Specialist with the Texas Agricultural Extension Service.

"As odd as it seems, it isn't too early to start planning for the additional expenditures that come with the holidays," Sasser said. "Putting money now into a savings account will allow it to draw interest for the next few months, adding to the amount we have to spend on gifts, food and other purchases. The additional amount may be small, but it's still more than we had."

The money saved between now and the holidays can save us money in more ways than one, Sasser said.

"If we have the money to make cash purchases, we won't be adding debt to our credit cards," she said.

Repeated heartburn should signal alarm

Repeated heartburn should sound an alarm, say the medical experts at the University of Texas Southwestern Medical Center, Dallas.

Medications usually relieve the heartburn or reflux caused by stress and excess food or alcohol, but adults who suffer repeated episodes of the nagging feeling in the upper abdomen and lower chest may want to rule out a more serious cause: cancer.

"If you take antacid medications regularly and fall into this chronic-reflux category, you may have up to a 40-fold increased risk of developing esophagogastric cancers," says Dr. Samuel Bieligg, assistant professor of surgery at the Center.

Statistics show an increasing incidence of cancer that develops at

"Saving now to make future cash purchases draws interest we well as saves us the interest we would pay on the credit purchases, so we win both ways."

In order to start saving for those holiday purchases, Sasser makes the following recommendations:

- Make a list of persons that will be receiving gifts.
- Estimate the cost you can spend on each person.
- Add the total cost.
- Divide that amount by the number of pay checks between now and the holidays.

"While your list and amounts may change in the coming months, at least you have some idea of the amount of money that you are planning to spend to purchase gifts," Sasser said. "If you start saving early, it will also allow you to buy early when the gifts you plan to buy go on sale. Having a plan in place will keep the holidays more fun and less stressful for the entire family. It may not cover all holiday costs, but at least you have a good start."

the junction of the stomach and esophagus that is related to reflux, a condition in which food flows back into the esophagus from the stomach.

A simple outpatient procedure called an upper endoscopy enables physicians to directly see into this area and perform a biopsy. Bieligg says the test will pick up pre-malignant as well as early cancerous changes, both of which respond very well to treatment.

Protecting your family at the pool

In the summer, swimming pools are filled with millions of people having fun and staying cool. But did you know that germs can contaminate swimming water even if it is treated with chlorine?

This summer, learning about recreational water illnesses (RWIs) which are spread by swimming in contaminated water, such as swimming pools, waterparks, lakes and the ocean, can protect you from illness.

RWIs are caused by germs like "Crypto" (KRIP-toe, short for Cryptosporidium), Giardia (ge-ARE-dee-uh), E. coli 0157:H7 and Shigella (Shi-GE-luh) and are spread by accidentally swallowing water that has been contaminated with fecal matter. Remember, you share the water with everyone in the pool.

Germs causing RWIs are killed by chlorine, but chlorine doesn't work right away. It takes time to kill germs. Plus, some germs like Crypto are resistant to chlorine and can live in pools for days. That is why even the best maintained pools can spread illness.

Healthy swimming behaviors are needed to protect you and your family from RWIs and will help stop germs from getting in the pool in the first place. Here are six "P-L-E-A-S" that promote healthy swimming provided by the Centers for Disease Control and Prevention's Healthy Swimming Project:

1. Please don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs into the water and make other people sick.
2. Please don't swallow pool water. In fact, try your best to avoid even having water get in

your mouth.

3. Please wash your hands with soap and water after using the toilet or changing diapers. You can protect others by remembering that germs on your body end up in the water.
4. Please take your kids on bathroom breaks often. Waiting to hear "I have to go" may mean that it's too late.
5. Please change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool.
6. Please wash your child thoroughly (especially his or her rear end) with soap and water before swimming. We all have invisible amounts of fecal matter on our bottoms that end up in the pool.

Visit www.cdc.gov/healthy-swimming and take a quick look at what swimmers are asking this year.



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Cold or mold?

That leaky roof or damp spot in your basement could be triggering flu-like symptoms that you thought came from the guy who was sniffing next to you in the elevator.

The real culprit could turn out to be a toxic mold known to scientists as the Stachybotrys chartarum fungus. You know, that greenish-black patch on your windowsill or on the floor in the corner of your basement. It's one of more than 300 types of mold that researchers believe can cause symptoms as well as weaken your immune system.

Molds such as the Stachybotrys produce toxic spores called mycotoxins that take to the air and can easily find their way into the passageways of the respiratory system. Not everyone is affected the same way so it is frequently difficult to diagnose whether mold spores are the troublemakers. But people who experience repeated colds may want to look around their home or office in places where there may be insufficient ventilation, condensation or where there has been drenching water activity for some length of time.

Mold spores are one of the allergens that can be particularly troublesome for people with asthma or perennial rhinitis, a year-round allergy condition caused by allergens found in the home or workplace. The symptoms, much like a cold, are nasal congestion and runny nose, but are distinguished by itching of the nose and frequent sneezing. Unlike a cold, allergic rhinitis is not contagious and it can last for days, weeks or all year depending on exposure.

So how do you get rid of the mold problem? Treating hard surfaces with a weak bleach solution will kill the mold at the site but other sources must be eliminated as well to ensure success. That means removing moldy carpets, insulation or wallboard, repairing leaky roofs and perhaps calling a building inspector to investigate musty, moldy odors for which a source cannot be readily spotted. Additionally, an air cleaner may offer year-round help in removing spores as well as other allergens such as animal dander, dust, dust mite and cockroach antigens, pollen and smoke from indoor air.

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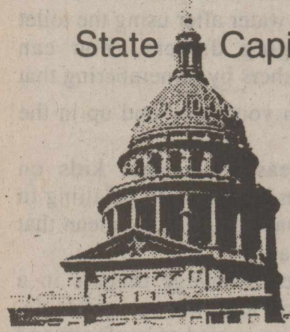
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OPINION

State Capital



HIGHLIGHTS

By Mike Cox
TEXAS PRESS ASSOCIATION

AUSTIN — It's summer, but in Austin it's only crazy and hazy, not lazy.

In fact, it has literally been hazy as a mass of dusty air that blew across the Atlantic all the way from Africa hovers over the Capital City. Actually, the dust from the Sahara Desert, carried to North America by the westward trade winds, was expected to spread over most of the state. Only the Trans-Pecos was going to escape the dusting. And more is expected.

But below the particle filled air, a possible health threat to those who suffer from allergies and asthma, those concerned with political issues aren't having time to live up to all aspects of the old song of summer with its familiar refrain.

Thanks to redistricting, it's summertime and the living isn't easy, at least in Austin.

When the Legislature during its 140-day regular session failed to come up with a state legislative redistricting plan based on 2000 U.S. Census data, the matter was taken up by the statutorily created state Redistricting Board.

The board is doing what the Legislature did before it: Poring over maps and census numbers in an effort to redraw the political boundaries of the state.

But work has continued in legislative committees on a congressional redistricting plan for the state, which in gaining population picked up two new congressional seats that other states lost because of population decreases.

When Senate Redistricting Committee chairman Sen. Jeff Wentworth of San Antonio released his committee's plan on June 26, it raised its own Texas dust storm.

The reaction in Travis County is reflective of the concerns being felt by politicians statewide, depending on their party affilia-

tion. Here's the bumper sticker: Republicans like the plan, Democrats don't.

Austin, of course, is in the 10th Congressional District. It is a district made famous by President Lyndon B. Johnson, who began his political career in 1937 as its newly elected Democratic U.S. House of Representatives member.

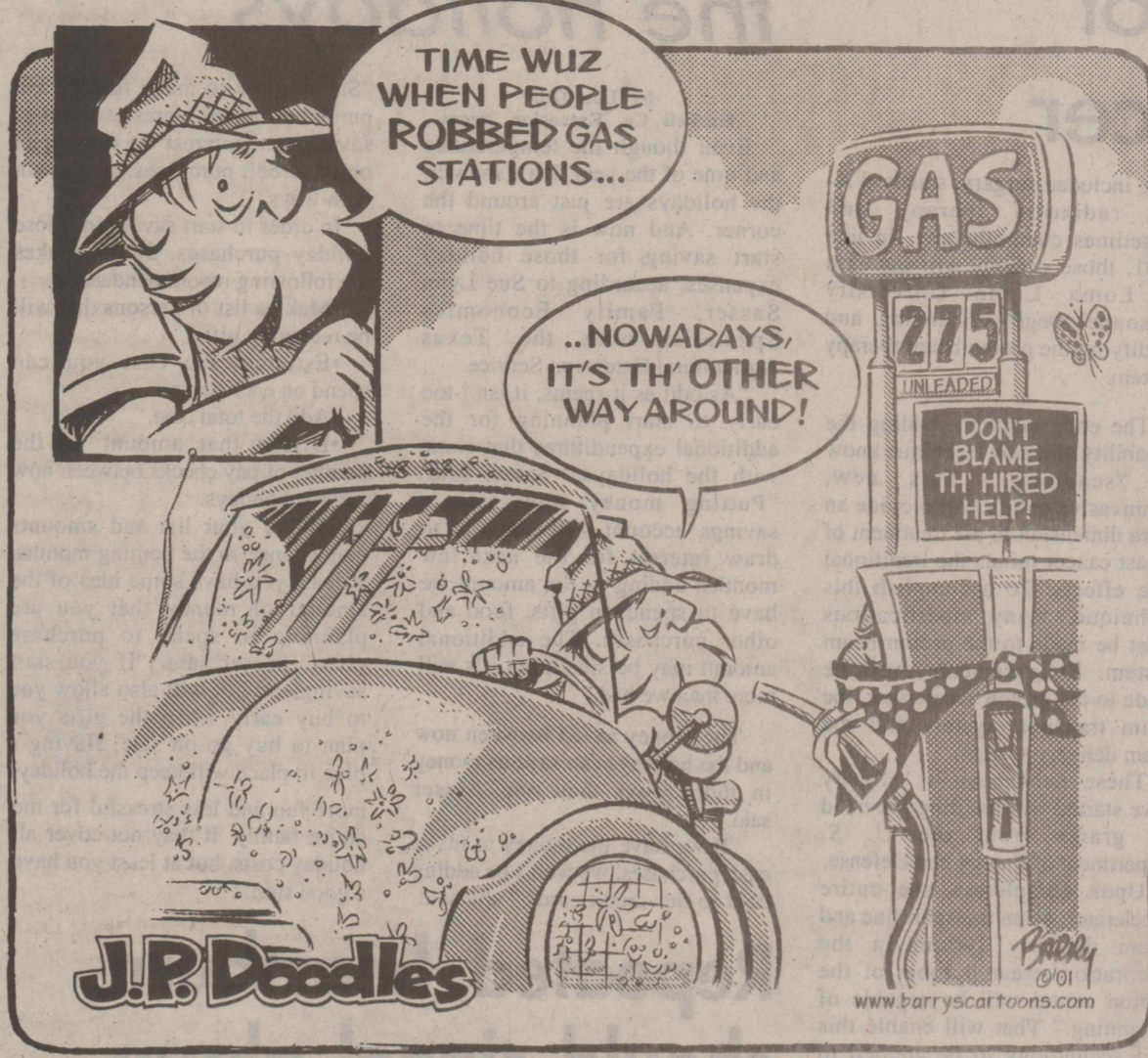
Back then, and for years after, the 10th District was as Democratic as a yellow dog is not black and white. These days, however, Texas is a Republican majority state. The district has continued to be held by Democrats all these years.

According to the plan revealed last Tuesday, all of Williamson County — a heavy Republican county — would be added to the 10th District. That, say Democrats, would imperil the incumbency of Democratic Congressman Lloyd Doggett of Austin.

The alignment trotted out by the Senate Redistricting Committee remains only a proposal, and it's still a long way from reality. If the Legislature's Senate and House Redistricting Committees can agree on a map, Gov. Rick Perry has indicated he would call a special session.

If not, and given that the House remains in Democratic hands it is a very big if, a congressional redistricting plan probably will be determined in the courts. That's also the expected fate of legislative and State Board of Education boundaries.

As it stands now, Texas has 30 congressional districts: 17 are occupied by Democrats and 13 are controlled by Republicans. Under Wentworth's plan, Republicans would have a population majority in 17 districts while Democrats could be expected to have 15 House seats.



Ask the AG

By John Cornyn, Attorney General

Q: What is redistricting, and why are we doing it now?

A: Redistricting is the process of determining the geographic regions of Texas that are served by members of Congress, state representatives and senators, state judges and members of the State Board of Education. These district boundaries are redrawn following each federal census. Redistricting is necessary to assure fair and balanced representation, in keeping with the principle of one person, one vote.

Our state has changed greatly during the past 10 years. According to the recent census, Texas has grown in population from about 17 million in 1990 to nearly 21 million in 2000. Many Texans have also moved from one part of the state to another, with our state becoming increasingly suburban. In addition, there has been significant growth in the number of minority Texans. As a result, many legislative districts have become unbalanced. For example, after the 1990 Census, it was determined that State Senate districts should have an ideal size of about 540,000 residents. Today, some Senate districts have as many as 844,000 people. In the Texas House of Representatives, districts created following the 1990 Census had an ideal size of about 115,000 residents. Some now have more than 200,000 residents.

Q: What is the Legislative Redistricting Board?

A: Responsibility for redistricting lies first with the Texas Legislature. Because new district maps were not approved during the re-

cently concluded Legislative Session, the Legislative Redistricting Board (LRB) is required to redraw the boundaries for Texas House and Senate Districts. Under the Texas Constitution, the LRB comprises the Attorney General, the Lieutenant Governor, the Speaker of the House of Representatives, the Comptroller of Public Accounts and the Land Commissioner. The members of the LRB selected me to serve as chairman.

The ideal Senate district today should have 672,000 residents and the ideal House district 139,000 residents. The job of the Legislative Redistricting Board is to get as close to those numbers as possible, without infringing on any voter's right to equal representation.

The Board is guided by requirements set in the Texas Constitution, state and federal law, and several general principles of redistricting. Districts must have contiguous borders, meaning that they may not be split into two or more separate parts, should be as compact as reasonably possible, and should be roughly equal in population.

The plan we create must also comply with the Federal Voting Rights Act and all other applicable laws and court decisions. In particular, we must make sure the redistricting plan does not dilute minority voting interests. The Board will also be mindful of county and voting precinct lines, and of existing communities of interest such as neighborhoods.

After hearing testimony from the general public on June 18 and

members of the Legislature on June 26, board members will present proposed district plans at a public meeting in Austin on July 10. We will reconvene in Austin on July 16 to take public testimony on those plans. The Board hopes to approve a redistricting plan on July 24. The plan then goes to the U.S. Department of Justice for review. State and federal courts will probably review the Board's work as well.

Q: As Attorney General, what are your goals for redistricting?

A: I view the redistricting process as first and foremost a legal matter. As chairman of the LRB, my goal is to create a State plan that is fair, proper, and entirely legal. As Attorney General, it will be my task to defend the State's redistricting plan in court against any legal challenges that are mounted against it.

Q: Can I have a say in the redistricting process?

The work of the Legislative Redistricting Board will be done in the full light of public scrutiny. We welcome all comments from the general public, and will give full consideration to your concerns.

You may view and comment on proposed district plans by visiting the Board's Web site, at www.lrb.state.tx.us. You may also share your concerns in person at the public hearing on July 16. Lastly, you may submit your views by mail by writing to: The Honorable John Cornyn, Chairman, Legislative Redistricting Board, P.O. Box 12548, Austin, Texas 78711-2548.

From Out of the Past

From the files of
The Haskell Free Press

10 Years Ago
July 4, 1991

Melody Speck of Rochester was named to the Dean's List for the spring semester at South Plains College in Levelland.

Dane Morgan of Paint Creek has been selected to play in the annual 6-Man Coaches' Association all-star basketball game in Stephenville. He is the son of Jerry and Monique Morgan of Paint Creek.

Brad Bevel of Rochester will compete in the annual 6-Man Coaches' All-Star football game in Stephenville in July.

Cheerleaders from Rochester High School participated in the Big Country Cheerleader Camp at Hardin-Simmons University. Attending were Tracie Bevel, Mindy Ballard, Jennifer Smart, Dara Conner, Joni Penman and Angela Adkins.

20 Years Ago
July 2, 1981

Seth Pace, age 12, was one of 25 winners in the Abilene Reporter-News, "Clash of the Titans" contest. More than 70 entries were received.

Don Kretschmer won first place in boys singles in the Hamlin Area Tennis Tournament.

Nine Haskell residents made the Dean's Honor Roll at Texas Tech University. They are Kelly D. Croft, Jimmy D. Browning, Bobby D. Druessedow, Sherrie A. Everett, Howard J. Hopkins, Giles B. Kemp, Carol S. Lehde, James K. Markey and Sonja R. Tidrow.

30 Years Ago
July 8, 1971

Cristi Guess, daughter of Mr. and Mrs. H. L. Guess of Weinert, was crowned 1971 Little Miss Hey Day. Ember Miller was first runner-up and Camille Klose second runner-up.

Tamara Sorrells, Renae McBroom, Debra Morris, Connie Jameson, Carol Dean and Sarah Cox, of Haskell, attended Session I Girl Scout Camp Boothe Oaks, near Sweetwater.

The Haskell County Sheriff's Posse won second place in the Texas Cowboy Reunion parade held at Stamford.

40 Years Ago
July 6, 1961

Sara Sue Roberson of Haskell was among 57 students named on the honor roll at Hardin-Simmons University during the spring semester.

James D. Freshour of Haskell was among the 88 honor students listed on the spring semester honor roll at the University of Texas College of Pharmacy in Austin.

Jennabeth Weaver, daughter of Mr. and Mrs. Arlos Weaver and a representative from Haskell at Bluebonnet Girls State, was elected an official during the one-week session at Austin. Three other representatives from Haskell attending Girls State were Molly Terrell, Joan Watson and Sue Christian.

50 Years Ago
July 5, 1951

Dr. Joe Thigpen has joined the staff of the Haskell Clinic. He is married to the former Beunis Fay Radliff and they have two children, Joseph and Mary Jane.

Mr. and Mrs. John L. McCollum and daughter of Dallas have been visiting in the home of his parents, Mr. and Mrs. N. I. McCollum.

Pvt. J. D. Kupatt, son of Mr. and Mrs. Bruno Kupatt, who is stationed at Fort Sill, Okla. was home last weekend with his parents in Sagerton.

O. M. (Otis) Matthews has purchased the Starr Welding Shop. The name of the shop has been changed to Matthews Welding Shop and the new owner will continue operation of both the welding and blacksmith shop.

90 Years Ago
July 8, 1911

The county is having four concrete walks put across the streets leading to the courthouse.

Lois and John Morrison of Graham are visiting Mrs. J. S. Rike this week.

Lee Pierson reports that his Jersey cow gave birth to twin heifer Jersey calves last week and that both calves are strong and healthy.

Miss Effie Nola Long has returned from a visit in Mineral Wells.

Letters to the Editor

Dear Haskell Residents,

Even after all of these years, each one of you still mean a great deal to me. I remember the fun times we had together. I still remember how you helped me through many a difficult day. I still remember the support you all gave

me and love you all gave me.

You all used to tell me to hang in there, Jan. You sure have helped me. Well, that helped me to hang in there. You kept me going along with help of God.

After I moved to Abilene, I missed that extra touch you all gave me. It was very hard on me. I still love each and every one of you. Come to see me when you can.

Jan Eastland
Abilene

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This issue mailed Tues., July 3, 2001

Minimize indoor air pollution

Indoor air pollution is irritating to everyone. Listed here are some tips from the American Association for Respiratory Care that will help you decrease or eliminate irritants from your home.

1. Kitchens, bathrooms and any work area like a garage are good places to install exhaust fans. These areas tend to accumulate fumes which can aggravate allergies or other respiratory conditions.

2. Appliances have many parts that collect dust and other indoor irritants, so give them a thorough cleaning as often as necessary. Be sure to include these on your list: heat exchangers, dryer filters, refrigerator coils, water pans under the refrigerator, furnaces, air conditioner filters and air ducts.

3. Aerosol products can be irritating for some people. If you

notice sensitivity to them, try using pump or solid alternatives for air fresheners, hair sprays, or deodorants.

4. Poor air circulation can contribute to respiratory discomfort. Avoid this by keeping the doors of all rooms open. Open a window for a few minutes each day during the winter months and leave one slightly open all day during the summer. Ceiling fans also help increase air circulation, but don't forget to clean the blades regularly.

5. Don't use your fireplace as the main source of heat in your home. When you do use the fireplace, make sure the damper is completely open and that the chimney has been cleaned periodically. Only use wood in your fireplace — not paper or charcoal.

6. If you find you are sensitive to molds, avoid keeping plants in

your house. The plant soil is usually damp and can be a major source of mold. If you want to have plants indoors, consider an enclosed terrarium.

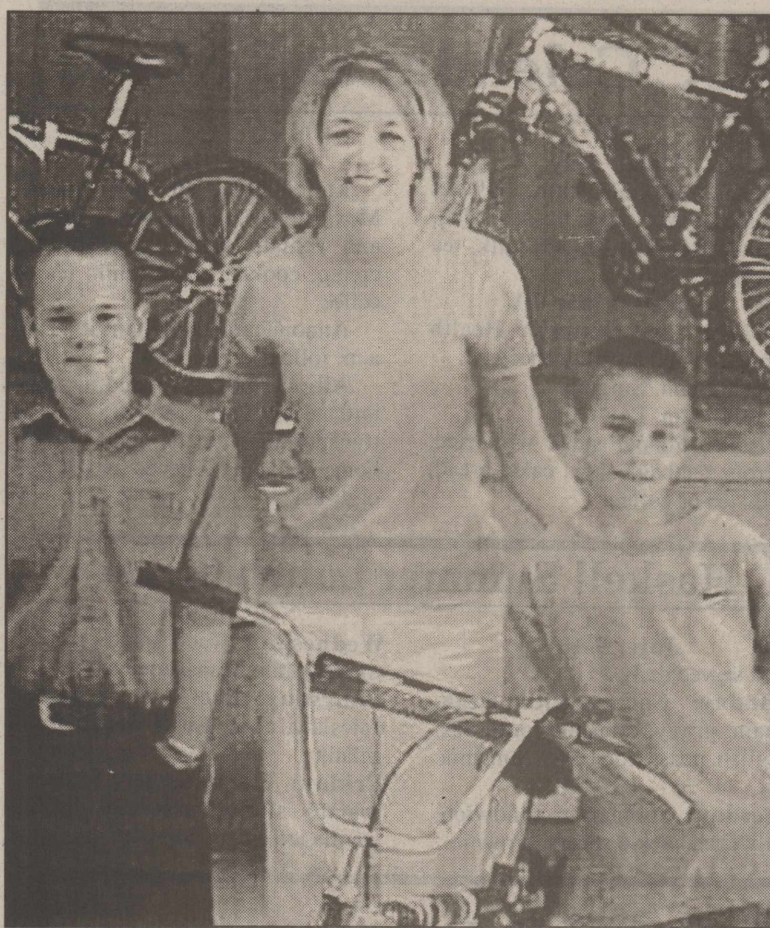
7. To prevent mold and mildew, wash the grout between bathroom and kitchen tiles frequently (replace when necessary). Check other areas of your home where moisture might accumulate like cellars, basements and garages. You can waterproof the cement floors in those areas and use sheet vinyl flooring in the kitchen and bathrooms instead of vinyl squares.

8. Don't allow smoking in your home. Politely ask guests who would like to smoke to step outside onto the front porch or patio.

9. If you have a home built prior to 1971 and are concerned about the possibility of asbestos contamination, contact your local health department for assistance.



1ST GRADE BIKE WINNERS—Kelli Ozuna, left, and Zachary Shields were selected as bike winners. To be eligible to win the bikes, Haskell Elementary 1st grade readers who had good grades on 80% of their Accelerated Reading tests entered a drawing held at the annual awards program. Sherry Adams, center, is the AR supervisor.



2ND GRADE BIKE WINNERS—Winning bikes at the annual Haskell Elementary awards program were Nathan Meredith, left, and Tony Trevino. To win the bikes, 2nd grade readers who had good grades on 80% of their Accelerated Reading tests entered the drawing. Michelle Dunnam, center, is a second grade teacher.



3RD GRADE BIKE WINNERS—Sherrie Williams, left, and Miranda Johnson were selected as bike winners. 3rd grade readers who had good grades on 80% of their Accelerated Reading tests entered a drawing held at the annual Haskell Elementary awards program.

Eating well for better health

While it's true that research has revealed the importance of genes in determining our health prospects, it's well-known that other factors, such as diet and behavior, play an important role as well, says a health report from the United Seniors Health Council (USHC). For example, several large studies in Europe and in the United States have shown that eating lots of fruits and vegetables can substantially reduce the risk of heart disease, stroke and cancers. Because of the varying health benefits in the different kinds of produce available, the best diet for good health lies in variety.

For cancer prevention, the report cites the fact the American Institute for Cancer Research recommends any foods in the cabbage family (which includes broccoli, cauliflower, and kale), deep yellow-orange vegetables and fruits (like sweet potatoes and cantaloupe), dried beans and peas and dried fruits (like prunes and raisins), and citrus fruits. They all contain cancer-fighting chemicals, like antioxidants, that block the action of carcinogens. Anti-oxidants occur naturally in our bodies as a protection against cancer, and adding to their number helps protect us that much more.

A produce-rich diet can also help in preventing heart disease and stroke by inhibiting the formation of blood clots and artery-clogging cholesterol. Fruits rich in potassium, like oranges and cantaloupe, can help control high blood pressure, reducing the risk of both heart attacks and stroke. One European study found a 25 percent reduction in stroke from a high-produce diet, particularly raw and leafy green vegetables. A study at Harvard topped that impressive number, reporting that the risk could be reduced by as much as 30 percent.

Supporting these findings on

ways to prevent cancer, stroke and heart disease, the American Dietetic Association adds that a diet rich in fruits and vegetables can help ward off a number of other physical ailments as well, particularly those affecting older people, such as macular degeneration and cataracts, osteoporosis and intestinal disorders.

While any single research study can be suspect, there now appears to be abundant proof that what you eat does matter when it comes to staying healthy. According to health writer Jane Brody, for optimal benefits, the recommended amount of fruits and vegetables is from five to nine servings a day. That is not as hard as it sounds, she says, noting that a serving can be just six ounces of a fruit or vegetable juice, one medium apple, banana or orange, a cup of raw greens, or a half-cup of cooked vegetables or cut-up raw vegetables or cut-up or cooked fruit.

Fresh, canned or frozen foods can be used. Sprinkle fruit on breakfast cereal and include a salad with lunch or dinner as often as possible, she says. And, for a snack while watching T. V., reading, or out for a drive, keep fresh or dried fruits handy.

Around Town

Birdie Benford celebrated her 85th birthday at Rice Springs Care Home with family and friends. She is the daughter of the late Mr. and Mrs. Major Lewis, Sr. Attending were Mr. and Mrs. Glen Sammons, Alma Merchant, Bub Whitaker, Elsie Schaake, Mr. and Mrs. Hess Hartsfield, Alene Wheatley, Iola Henshaw, Minnie Monse, Mae Lou Yeldell, Birdie Goudeau, Brittany Jordan and Ebone Williams of Arlington.

Stenholm seeks service academy applicants

Congressman Charles W. Stenholm is currently accepting applications from young men and women who are interested in attending one of the United States Service Academies.

Eligible applicants will be at least 17, but not past their 23rd birthday, by July 1, 2002, and must have graduated from high school by that date. Competitive applicants will be in the top 15 percent of their class and have SAT scores above 550 verbal and 600 math, or ACT scores of 26 English and 27 math. Involvement in extra-curricular activities, including school and community organizations and sports as well as full or part-time employment, is also in the applicant's favor.

Individuals who wish to attend the Air Force Academy at Colorado Springs, Colo., the Military Academy at West Point, N. Y., the Naval Academy at Annapolis, Maryland or the Merchants Marine

Academy at Kings Point, N. Y. and who wish to serve as a commissioned officer are strongly encouraged to contact Jayne Schoonmaker in Congressman Stenholm's Washington office. Any individuals wishing additional information should call (202) 225-6605 or write to 1211 Longworth House Office Building, Washington, D. C. 20515.

Culpepper elected

James Culpepper of Abilene, son of Troy Culpepper of Haskell, has been elected president of a group of Southwestern Bell Telephone employees in the Big Country called "The Pioneers." They do volunteer and charitable work especially for children with cancer. Part of their volunteer work is conducting camps for these children and they are also involved in the "Make a Wish" Foundation.

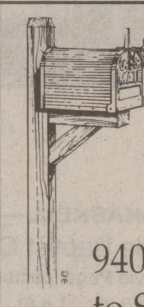
Students in the News

The Distinguished Student list for the Spring 2001 semester has been released at Tarleton State University.

Distinguished Students include freshmen and sophomore students who have a minimum GPR of 3.25 with no grade lower than C and juniors and seniors who have a minimum GPR of 3.50 with no grade lower than C and are in good standing.

Blayne Davis of Paint Creek and Nicole L. McCulloch of Haskell

are on the Distinguished Student list.



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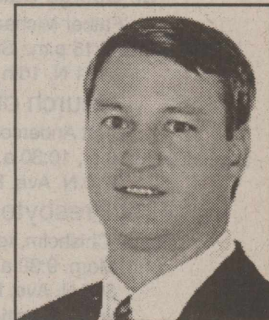
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TAX PLANNING

Written By
Richard E. Rodgers, CPA



REBATE CHECKS COMING SOON TO A MAILBOX NEAR YOU

Millions of taxpayers will soon receive an early 2001 tax refund as a result of recent tax legislation. The 2001 Tax Relief Act created a new 10% tax bracket, retroactive to January 1, 2001, that applies to a slice of income previously taxed at the 15% rate.

The rebate is based on your 2000 tax return, but it is actually an advance refund for 2001. Taxpayers who paid federal income taxes for 2000 will receive a 5% rebate up to a maximum of \$300 for singles, \$500 for heads of household, and \$600 for joint filers. Your rebate can't exceed your 2000 tax liability.

In mid-July, the IRS will mail taxpayers a letter stating the amount of their check and the week it will be sent. The IRS expects to begin mailing checks the week of July 23 and to finish the process by the end of September. The checks will be issued in the order of the last two digits of taxpayers' social security numbers, from lowest (00) to highest (99). For joint 2000 returns, the Service will use the social security number that appears first on the return. Taxpayers who have not yet filed their 2000 tax returns will not get a rebate check until the IRS processes their return.

Some taxpayers will receive less than the full rebate, and others won't receive a rebate at all. If another taxpayer claimed you as a dependent in 2000, you aren't eligible for a rebate.

Finally, be sure to keep the July IRS letter with your 2001 tax records. If you don't receive the full 5% rebate, you may be able to claim the difference as a credit on your 2001 tax return. If you have questions about the new tax law, give our office a call.

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ECC Calendar and Menu

Mon., July 9
 Lunch-Baked ham, sweet potatoes, savory peas, tossed salad, chocolate dessert, bread, milk, tea or coffee

Wed., July 11
 11:00 a.m. Outreach Health Services blood pressure check
 11:00 a.m. Singing
 11:45 a.m. Lou Gilly
 Lunch-Pepper steak with rice, carrots, cabbage slaw, cake, bread, milk, tea or coffee

Fri., July 13
 Lunch-Mexican beef-a-roni, Mexicale corn, green beans, lettuce and tomato salad, peaches 'n' cream, cookie, 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.

Haskell Summer Lunch Menu

July 9-13
 Milk served daily.
Monday: County fried steak, cream gravy, mashed potatoes, English peas, hot rolls, Sunshine bar
Tuesday: Submarine sandwich, curly fries, pickle spears, brownie

Wednesday: Taco salad, grated cheese, pinto beans, apple crisp
Thursday: Beef and spaghetti, coleslaw, corn, garlic bread, fruit gelatin
Friday: Cheeseburger, lettuce, tomato slices, assorted chips, vanilla ice cream cup with topping

VBS set July 15-20 by local churches

The Christian, First United Methodist, Trinity Lutheran and the Presbyterian Churches invite all children to join us at Son-Creek Junction.

This year's Vacation Bible School promises to be an adventure children will never forget. Son-Creek is a western town set in the 1800's. Children will have a rip-roaring time singing lively songs, watching humorous skits, creating western crafts and playing active games. Most importantly, they'll discover five golden nuggets of truth for growing as God's children. They will learn to Start Up, Listen Up, Open Up, Look Up and Speak up in the family of God.

The Son-Creek Vacation Bible School begins Sunday, July 15 and continues through Friday, July 20. Classes will be held at the First United Methodist Church from 6:30 p.m. to 8:30 p.m.

For information call 864-3202.

Overuse of antibiotics can create 'Superbugs'

The discovery and use of antibiotics can be credited with saving millions of lives over the years, and we can be truly grateful for their availability when we need them. Unfortunately, we now know that they've become too available, and are prescribed in numerous instances where they shouldn't be.

A United Seniors Health Council (USHC) special report states that the overuse of antibiotics in people and animals has resulted in a rise in the number of bacterial infections that resist treatment, according to several studies.

For over a decade, scientists have been urging restraint by doctors in prescribing antibiotics to their patients. Failure to do so, they warn, has helped produce a new class of hard-to-kill "superbugs," bacteria that have adapted to excessive use of these drugs. It's an example of "survival of the fittest." The bugs are surviving at the expense (and with the help) of humans.

According to the USHC report, researchers estimate that half of all antibiotics prescribed by doctors are unnecessary, given to patients with viral infections or other ailments for which they might not work when they should in life-threatening bacterial infections, especially those afflicting children and the elderly, or those with a weakened immune system. Studies have documented several instances of drug-resistant cases of pneumonia, meningitis and ear infections, as well as salmonella food poisoning and bloodstream infections.

Researchers hold out hope that the trend can be reversed by more careful use of antibiotics. This means that patients not demand antibiotics and doctors not prescribe them for viral illnesses like colds or the flu, "just to be on the safe side."

The report also says that it's important for babies and people over 65, the groups most vulnerable to pneumococcal infection, to be vaccinated for the flu.

This Week's Devotional Message:



FAITH TELLS US TO PRESERVE OUR HERITAGE OF FREEDOM

We're living in a land that's free,
 Because throughout our history
 Our founding fathers' legacy
 Established the machinery
 By which our nation came to be
 A system of democracy,
 Where we're allowed to disagree
 With governmental policy,

And thus our ingenuity
 And enterprise provide the key
 To progress and prosperity;
 A model for the world to see.
 Our House of Worship makes this plea:
 To pray for all humanity,
 While we preserve eternally
 Our precious land of liberty.

ATTEND CHURCH THIS SUNDAY

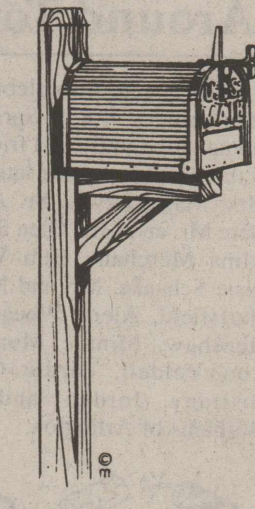
- HASKELL**
- East Side Baptist Church**
 David Page, pastor
 Sun. 8:30 a.m., 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m.
 600 N. 1st East, Haskell
 - Christian Church**
 Dusty Garrison, minister
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
 107 N. Ave. F, Haskell
 - Church of God**
 Eric Clark, pastor • 864-2021
 Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.
 East Hwy 380, Haskell
 - Trinity Lutheran Church**
 Gary Bruns, pastor
 Sunday School 9:30 a.m., Worship 10:30
 Hwy 380 East, Haskell
 - Iglesia Bautista El Calvario**
 Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.
 607 S. 7th, Haskell
 - First United Methodist Church**
 Shane Brue, pastor
 Sun. Morn. 9:45 a.m., 10:50 a.m. 6 p.m.; Wed. 6 p.m.
 201 N. Ave. F, Haskell
 - First Assembly of God**
 Rev. J.C. Amburn
 Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.
 1500 N. Ave. E, Haskell
 - 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**
 Brett Anderson, minister
 Sun. Morn. 9:30 a., 10:30 a., 6 p.m.; Wed. 7:30 p.m.
 510 N. Ave. E, Haskell
 - First Presbyterian Church**
 Henry Chisholm, temporary supply
 Sun. Morn. 9:30 a.m., 11:00 a.m.
 306 N. Ave. E, Haskell
 - Trinity Baptist Church**
 Rev. Kenneth Blair
 Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 7:30 p.
 401 S. Ave. D, Haskell
 - Hopewell Baptist Church**
 John Lewis, pastor
 Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
 908 N. Ave. A, Haskell
- Greater Independent Baptist Church**
 Samuel Blackwell, pastor
 Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.
 301 N. 3rd St., Haskell
- New Covenant Foursquare**
 Bill and Renee Glass, pastors
 Sun. Morn. 10:00 a.m., 11:00 a.m.
 200 S. Ave. F, Haskell
- Mission Revival Center**
 Rev. William Hodge
 Sun. Morn. 10 a.m., 11 a.m., 6 p.m.; Tues. 6 p.m.
 1600 N. Ave. B, Haskell
- First Baptist Church**
 Kevin Hall, pastor
 Sun. Morn. 9:45 a., 10:55 a., 6 p.m.; Wed. 7 p.m.
 301 N. Ave. E, Haskell
- Church in the Park**
 Rev. Tim and Suzann Townsend
 Sun. Morn. 10:30 a.m. Wed. 7 p.m.
 Gazebo or Pavillion
- PAINT CREEK**
- Paint Creek Baptist Church**
 Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m.
 Paint Creek
- WEINERT**
- First Baptist Church**
 Chris Powell, pastor
 Sun. Morn. 10 a.m., 11 a.m., Wed. 7 p.m.
 Weinert
 - Weinert Foursquare Church**
 Rev. Robert Harrison
 Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m.
 Weinert
- ROCHESTER**
- Church of Christ**
 Steve Willis, minister
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m.
 West on Main Street, Rochester
 - First Baptist Church**
 Troy Culpepper, pastor
 Sun. 11:00 a.m., 6 p.m.; Wed. 7:00 p.m.
 500 Main, Rochester
 - Union Chapel Baptist Church**
 Rev. Clarence Walker
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
 Rochester
- 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
- SAGERTON**
- Sagerton Methodist Church**
 Tommy Wilson, pastor
 Sun. Morn. 9:30 a.m.
 Sagerton
 - Faith Lutheran Church**
 Stan Leaf, pastor
 Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.
 Sagerton
- RULE**
- First Baptist Church**
 Scott Hensley, pastor
 Sun. Morn. 9:45 a., 11:00 a., 6 p.m.; Wed. 7 p.m.
 1001 Union Ave., Rule
 - Primitive Baptist Church**
 Dale Turner Jr., pastor
 First & Third Sundays 10 a.m.
 Corner of 8th & Robins, Rule
 - Church of Christ**
 John Greeson, minister
 Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m.
 811 Union, Rule
 - First United Methodist Church**
 Shane Brue, pastor
 Sun. Morn. Worship 9 a.m.
 Sunday School 10 a.m.
 1000 Union Ave., Rule
 - Primera Iglesia Bautista**
 Arturo Jr. Floves
 Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
 Elm Street/Hwy 380 E, Rule
 - Sweet Home Baptist Church**
 Bill Trice, pastor
 Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.
 Gladstone Ave., Rule
 - West Bethal Baptist Church**
 Rev. Robert Sweet
 Sun. Morn. 10 a., 11 a., 8 p.m.; Wed. 7:30 p.m.
 300 Sunny Ave., Rule

Add fiber to diet

Fruits and vegetables are all over the news these days. Eat five each day and your chances of cancer dip, your cholesterol may be lowered and your colon stays healthy. A recent study at UT Southwestern Medical Center at Dallas found that most diabetics could control their insulin levels by eating 50 grams of soluble fiber a day.

"Eating these will benefit not only diabetics but the general population as well," says Dr. Abhimanyu Garg, professor of internal medicine.

But which fruits and vegetables have the highest soluble fiber content? Several yellow/orange-colored fruits are highest in soluble fiber: cantaloupes, papaya, mangoes and oranges. Among the vegetables, winter squash, okra, artichokes, broccoli, sweet potatoes and kohlrabi contain high amounts of soluble fiber. Legumes and grains also contain soluble fiber. Those highest include oats, lima beans, navy beans and chickpeas, also known as garbanzo beans.



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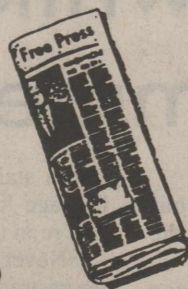
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FOR SALE: Rockwood 200 watt, 4 channel amp. \$100 OBO. 864-2023. 23tc

FOR SALE: 15x30 above ground pool with deck. Call 864-2208 days or 864-3217 nights. 26tc

FREE PUPPIES: 6 weeks old. 200 N. 3rd St. 864-6127. 26-27p

Garage Sales

GARAGE SALE: Fri., July 6, 8 to 12; Sat., July 7, 8 til 7 508 N. Ave. D. Boys size 4-6 and toddler girls, misc. items. 27c

GARAGE SALE: Sat., July 7, 8 a.m. to 2 p.m. Lawn mower, table, toys, kitchen items. 606 N. 19th. 27c

FRONT YARD SALE: Fri., July 6, 8 to 4. 1004 N. Ave. K. Riding lawn mower, \$450; picnic table, \$60; table and 8 chairs, \$40; tools, dolls and lots more. 27p

GARAGE SALE: Sat., 8 to 2. 1107 N. Ave. I. Baby misc. and clothing, toys, girls to ladies clothing, storm windows and many misc. 27p

GARAGE SALE: 804 N. 7th in rear. Sat., July 7, til 7 1980 model Honda Goldwing, golf carts-clubs, refrigerator, Duncan Phyfe couch, church pew, Solar flex, air compressor, sewing machine, teen clothes, much, much more. 27p

Wanted

CASH PAID for old lever action Winchester rifles, Colt pistols and most other guns and western memorabilia. A. C. Richardson at store Hwy. 277 N. 12tc

WANT TO BUY fresh garden vegetables for resale. W. E. Wooten 864-3696. 27c

For Rent

FOR RENT: 507 N. Ave. G. 3 bedroom, 2 bath. 864-3762. 27c

FOR RENT: 604 N. 3rd. 1 and 2 bedroom apartments. 864-3762. 27c

FOR RENT: 1 bedroom furnished garage apartment. New carpet. \$100 deposit, \$300 month. Utilities paid. No pets. Call 864-2986. 27c

Public Notices

PUBLIC NOTICE
GASOLINE BIDS 2001/2002
The Haskell Consolidated Independent School District is accepting bid proposals for gasoline and diesel for the 2001/02 school year. Bid may be on a per gallon cost-plus basis. The bid must allow the district access to gasoline and diesel 24 hours/day. Address bids to Haskell CISD, P. O. Box 937, Haskell, Texas 79521 by 4:00 p.m., Tuesday, July 17, 2001. If you have any questions, please call Mr. Bland at 940-864-2602. The Haskell CISD reserves the right to reject any or all bids. 27-28c

PUBLIC NOTICE
Notice is hereby given that a public hearing will be held at 7:00 p.m. on the 19th day of July, 2001 before the Board of Directors of Rolling Plains Groundwater Conservation District at 135 N. Munday Ave., Munday, Texas, in regard to the Amendments to the Rules and Regulations and to the Districts Management Plan. The Board of Directors encourage all citizens of Baylor, Haskell and Knox Counties to participate and to make their views known at this public hearing. 27c

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Public Notices

NOTICE
Haskell CISD is seeking bid proposals for the purchase of full size S.U.V. Bid proposal packages can be requested by calling the Haskell CISD administration office at 940-864-2602. Bid proposal are to be submitted to Eddie Bland, Haskell CISD, 605 North Avenue E, P. O. Box 937, Haskell, TX 79521 prior to 5:00 P.M. July 10, 2001. 26-27c

NOTICE
Haskell CISD is seeking bid proposals for the purchase of a school bus. Bid proposal packages can be requested by calling the Haskell CISD administration office at 940-864-2602. Bid proposals are to be submitted to Eddie Bland, Haskell CISD, 605 North Avenue E, P. O. Box 937, Haskell, TX 79521 prior to 5:00 p.m. July 10, 2001. 26-27c

MILK BID SCHOOL YEAR 2001/2002
INVITATION TO BID
The Haskell Consolidated Independent School District is now accepting bids for milk for its food service programs. Bid specifications are available at the district's office located at 605 North Avenue E, P. O. Box 937, Haskell, Texas 79521 or by phoning 940-864-2602.

To be considered, bids must be returned no later than 3:30 p.m., Tuesday, July 17, 2001. 27-28c

ICE CREAM BID SCHOOL YEAR 2001-2002
INVITATION TO BID
The Haskell Consolidated Independent School District is now accepting bids for ice cream for its food service programs. Bid specifications are available at the district's office located at 605 North Avenue E, P. O. Box 937, Haskell, Texas 79521 or by phoning 940-864-2602.

To be considered, bids must be returned no later than 3:30 p.m., Tuesday, July 17, 2001. 27-28c

NOTICE
The Haskell Free Press reserves the right to edit and/or delete all news stories and locals for length and liability and to refuse to print anything deemed not newsworthy.

If ignorance is bliss, why aren't more people happy? You will be happy when you see the large selection and the low prices on La-Z-Boy recliners at Kinney Furniture in Stamford. Life is too short to not be comfortable. We're open 9 to 5 Mon. thru Fri. and 9 to 4 on Sat. Closed Sun. 27c

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NOTICE TO CONTRACTORS OF PROPOSED TEXAS HIGHWAY IMPROVEMENT CONTRACTS
Sealed proposals for highway improvement contracts will be received by the Texas Department of Transportation (TxDOT) until the date(s) shown below, and then publicly read.
CONSTRUCTION/MAINTENANCE CONTRACT(S)
District: Abilene
Contract 6068-25-001 for ROUTINE STREET SWEEPING in HASKELL County, etc. will be opened on July 31, 2001 at 2:00 p.m. at the District Office for an estimate of \$47,240.00.
Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or District Offices listed below. Bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies in Austin, Texas at the expense of the contractor.
NPO: 3877
State Office: Construction Division, 200 E. Riverside Dr., Austin, Texas 78704. Phone 512-416-2540.
District Office(s): Abilene District, District Engineer, 4250 N. Clack, Abilene, Texas 79601. Phone 915-676-6800.
Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin. 26-27c

Miscellaneous

SECURITY FINANCE now looking for 1000 new customers. No credit, no problem. Loans from \$100 to \$467. Phone applications welcome. Call 915-773-3081. 19tc

CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 915-773-2661. Complete framing needs. Closed Mondays. 27c

CHARTERED BUS Abilene to Horseshoe Casino and Hotel, Bossier City, Louisiana. July 29-30. \$109. 915-235-2068. 27c

Real Estate

HOUSE FOR SALE: 4 bedroom, 2 living rooms, 2000 sq. ft. Water well, CH/A. 302 S. Ave. C. 940-997-0061. 19tc

RAILROAD LAND for sale: If you are interested in buying any of the F & H Santa Fe Rail, Inc. land please contact 940-549-0969 or 940-549-4869. No reasonable offer will be refused. 25-28c

HOUSE FOR SALE: 3 bedroom, 2 bath, brick. Water well. 1102 8th St., Rule. 940-997-9103. 26-27p

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The idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone. Feel younger by getting a good night's sleep on a Spring Air mattress set from Kinney Furniture in Stamford. All sizes in stock for quick free delivery and free disposal of your old bedding. 27c

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HANDYMAN: Small remodel jobs, yard work, shoe and boot repair, carports, welding. Call 864-6155 or 864-4061. Bart Parham. 27p

Help Wanted

APPLICATIONS now being taken for LVN or RNs for charge nurse position. Sign on bonus for LVNs. Day and evenings shifts available. Also, CNAs needed. Call Audre Elizonds, DON at 864-2652. 16tc

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The family of Chat Adams would like to thank friends for prayers, food, flowers, cards, memorials and visits. Your acts of kindness helped us during Chat's long illness and death. She was a special lady who touched so many people with her gentleness, patience and love.
We are thankful for the care of Rice Springs nurses and staff and Dr. McSmith. May God bless each of you as you daily care for those who can no longer care for themselves.
Special thanks to Rev. Shane Brue, Rev. James Patterson, Delight Jones, Brian Burgess and Nelda Lane for leading a sweet memorial service of music and message. It was so like Chat—a tribute to her and a comfort to us.
Thank you friends. May God bless each of you.
Ronnie and Sherry Adams
David and Tina Adams
Gary and Connie Decker
Jerri Ann and James Freeman

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OUTSTANDING VOLUNTEER—Renee Dudensing of Rule, holds the Texas 4-H Salute to Excellence Award given to recognize outstanding 4-H volunteers for their service to the 4-H Program and for the impact they have had on the lives of young people. Presenting the award were, left, Dr. Edward Hiler, Vice Chancellor and Dean of Agriculture and Life Sciences and Director of the Texas Experiment Station and Texas Agricultural Extension Service, and Dr. Chester Fehlis, Associate Vice Chancellor and Deputy Director for the Texas Agricultural Extension Service.

Women usually do not consume key nutrients for well-being

After fitting carpools, meals and homework help into your busy days, it's hard to find time to catch your breath, let alone catch a few free minutes for yourself. You're the family *superhero*, depended on to care for all.

Women are *Everyday Heroes*: They're the first to take care of others, often at the expense of their own well-being. In fact, many women are not getting enough key nutrients that provide energy they need to get through the day.

Eighty-three percent of women over 20 are not meeting the recommended dietary allowance (RDA) for zinc, 63 percent are not meeting the RDA for iron and 64 percent are not getting the RDA for Vitamin B-6.

"Foods that contain a power pack of nutrients, like beef, have fallen off women's plates, leaving them deficient in many key nutrients that are necessary to support their daily energy needs," said Michelle Warren, M. D. and Council for Women's Nutrition Solutions (CWNS) member.

CWNS, an all-women advisory board of female health experts, has joined together to help busy

women cut through the clutter of nutrition information and create a more balanced lifestyle by providing everyday solutions for them.

Some of the CWNS everyday solutions include:

- Relish food. Food is a pleasure, not a foe. Avoid strict diets and restrictive eating; practice moderation. Eating well – and eating enough – energizes every day. For example, a three-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000 calorie diet, yet it supplies more than 10 percent of the Daily Value for key nutrients such as protein, iron, zinc, Vitamin B-12, Vitamin B-6 and niacin.
- Enjoy movement. Take advantage of opportunities to move – climb stairs instead of taking an elevator or simply take a walk around the soccer field while the kids practice.
- Appreciate your beauty. Cast off negative attitudes about your body. Admire it and pamper it. Do it now and do it often.
- Trust yourself. Tune in to your inner signals. You'll discover when you have eaten enough, need a walk or require rest.

- Savor some down time. It's all about you – a nap, a massage, a good book or a bubble bath leaves you relaxed, refreshed and ready for your responsibilities.
- Decompress stress. When you feel overwhelmed, pause for perspective. Close your eyes and take a few deep breaths. Even a small break helps restore calm and clarity.
- Give up guilt. An unread report, a dusty house or a fast food meal doesn't make you a bad person. Take time out when you need it so you can be strong when it counts the most.

- Focus on the priorities. Say no to requests that overburden you. Protect and cherish time for your loved ones – and for yourself.
- Ask for help. Don't try to be a *superhero*. You don't have to do everything yourself. Family, friends and neighbors usually are glad to lend a hand, just as you do for them.
- Remember you're No. 1. As Lucille Ball sagely said, "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

should ask to guard themselves against unscrupulous practices:

- Will a medical doctor follow your care through the entire process? Sometimes a non-physician provides follow-up care. What if complications arise?
- Is the laser equipment approved by the Food and Drug Administration for your particular prescription?
- If the clinic is a mobile system, is it up to the operating standards of fixed-site systems?
- Does the clinic reuse the blade from person to person? This can

increase rate of infection and other problems.

- Do the clinic personnel pressure you to have the procedure the same day? A patient should have enough eye exams to determine whether their prescription is changing or stable, particularly if they have been using contact lenses.
- Does the surgeon have a financial interest in the technology used?

Cavanagh says consumers should be well-informed before undergoing laser-eye surgery.

Don't skimp on laser-eye surgery

Bargain-savvy consumers are always on the lookout for a good deal.

"But laser-eye surgery is one thing you shouldn't skimp on," says Dr. Dwight Cavanagh, vice chairman of ophthalmology at UT Southwestern Medical Center at Dallas. "It is important to choose eye surgeons and a laser based on their qualifications, not the discounts they offer."

Laser-eye surgery is a booming business, with new clinics opening almost every day. Cavanagh says there are six questions a person

increase rate of infection and other problems.

should be well-informed before undergoing laser-eye surgery.

increase rate of infection and other problems.

increase rate of infection and other problems.

increase rate of infection and other problems.

Protect yourself while traveling this summer

by Lou Gilly
Haskell Co. Extension Agent
Many people will be in and out of airports with friends and family over the summer months. Even when on vacation, however, we need to keep up our guard to protect ourselves from scams or theft.

"We tend to relax when we are traveling on vacations or pleasure trips because that's part of the reason we're going. We want to kick back and enjoy ourselves," said Sue Lynn Sasser, family economics specialist with the Texas Agricultural Extension Service. "However, we need to remember that our carefree, relaxed attitude may make us an easier target for airport scams or thefts. Just because we're on vacation

doesn't mean that everyone is." In order to help make your travel safer, Sasser offers the following tips:

- Never leave your baggage unattended or ask a stranger to watch it for you. Some people make regular visits to airports, train terminals or bus stations just looking for potential victims. Leaving baggage unattended – or perhaps in their custody – makes their job effortless.
- Unattended bags can present special problems in public restrooms because you are an easy target for persons looking for opportunities to steal luggage or handbags. They are just waiting for you to turn your back so they can take your possessions and run. It is always best to take your luggage

into a stall with you or to rent a luggage locker and store it while you're in the terminal.

- Never remove your jewelry in the restroom while you're washing your hands. Professional thieves can quickly grab it and disappear almost unnoticed.
- Watch your luggage carefully on the carousel and at the metal detectors. Make it a point to arrive at the carousels as soon as possible so you can be present when your luggage arrives. Also, metal detectors are good locations for baggage bandits to hang out because you are physically separated from your baggage. One of the most common scams involves teams working together to steal personal possessions from metal detector locations. Be cautious about putting your luggage or other items on the conveyor belt until you are ready to pass through the detector and keep your eyes on them at all times.

- Always push baggage or luggage carts instead of pulling them behind you. Keeping your baggage in front makes it easier to watch and makes you less vulnerable to robbery attempts.

Summer travel can and should be a fun time for everyone. Taking a few precautions to protect your luggage and other valuable belongings will save you the time, effort and money to replace them if stolen. That's like having extra money in the bank.

Simple steps for a great smile

Some people possess beautiful, white teeth while others try but can't seem to achieve the same result. Believe it or not, the secrets to a great smile are simple steps that each and every one of us can take every day.

Here are some tips from the dental experts at Milestone Scientific on how to attain a confident, healthy smile:

- Take extra time to give your teeth the care they deserve. It takes two to three minutes to adequately brush your teeth. Most people spend less than 30 seconds brushing their teeth. Brushing your teeth effectively removes millions of bacteria that live in our mouths.
- Don't forget to floss. Flossing removes the bacteria that live in between the teeth that can not be reached with your toothbrush. These bacteria continue to feed on food left behind. Bacteria invade and destroy gum tissue as well as the bones and ligaments that support teeth.
- Cut back on the sweets. It's not just the candy that is dangerous to your smile. Bacteria feed on

sugar, which creates decay causing acid. Bacteria, however, not only use candy to create acid but can use any food which contains sugars and other carbohydrates. Saliva acts as a natural plaque fighting substance, so chew sugarless gum to help stimulate saliva flow.

- Stop brushing so hard. It takes very little pressure to remove bacteria, food and plaque. Unfortunately, most people apply three to four times the necessary pressure causing damage to teeth and gums.
- Make consistent trips to the dentist. Nearly half of the U. S. population experience some form of anxiety when visiting the dentist. But technological advances have created less painful, more efficient dental care.
- Reduce coffee intake. Coffee and tea stain your teeth and destroy your natural smile. Plus, drinking hot coffee causes small fractures in teeth called crazes. Crazes occur when teeth are forced to expand and contract as a result of being exposed to hot foods or liquids.

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