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# The Haskell Free Press

VOL. 115-NO. 29, ©JULY 19, 2001

"The People's Choice"

8 PAGES-ONE SECTION-50 CENTS

## Calendar

### TASP test

Haskell High School will offer the TASP test Sat., Aug. 4 at 8:15 a.m. in the high school auditorium. Contact Christye Gannaway at 864-8535 for more information or to reserve a space.

### Eastern Star

Haskell Chapter No. 892 Order of the Eastern Star will meet Tues., July 24 at 7:30 p.m. at the Masonic Hall. Members will meet at 6 p.m. at the Dairy Queen for a "Dutch treat" meal.

### Calf roping

A calf roping will be held Sun., July 22 at 1 p.m. at the Longs Indoor Arena in Abilene. For information call J. W. Wallace 864-3509 or Tim Layman 864-8500.

### Booster Club

The Booster Club will meet Thurs., July 26 at 7:30 p.m. at the field house in the back of the school. Coach Brunson invites everyone to attend.

### Two-a-days

Football workouts for Haskell High School will begin Mon., Aug. 6. Those who wish to participate must have physical forms turned in to Coach Brunson by Sat., Aug. 4. Forms may be turned in at the field house. Incoming 7th graders must have a physical by the first day of school. No athletic equipment can be issued until physical forms are turned in. For more information call Coach Brunson at 864-2539.

## Index

Obituaries ..... Page 2  
Out of the Past ..... Page 4  
ECC Menu ..... Page 6  
Classifieds ..... Page 7  
Around Town ..... Page 8

## Hospital kitchen cooking on new stove

By Mary Kaigler

After more years than anyone there can remember, the kitchen staff at Haskell Memorial Hospital has a new, stainless steel, top-of-the-line Garland range on which to cook the 500 meals they serve each month. Featuring a 24 inch top

griddle, 24 inch broiler and two standard 30,000 BTU self-cleaning ovens the \$3,600.00 appliance was a gift to the hospital from the Hospital Auxiliary.

Amy Sorrells, co-director of the Hospital Food Services, expressed genuine appreciation for the new

range. Both Sorrells and co-director Melissa Stanford are dietary food service certified. They are assisted by dietary technician, Linda Mahan. Not only do these ladies prepare food for the patients, they also provide guest trays for patients' family members and hospital staff

when requested. In addition, they prepare all meals served at medical staff meetings and Hospital Board meetings.

The new stove is only one of many such gifts given to the hospital through the years by the

Hospital Auxiliary. The non-profit, volunteer organization which operates the Thrift Store on Hwy. 277, across the street from the Haskell County Courthouse, has regularly used their earnings to purchase medical and technical equipment, furniture, etc., for the local hospital.

Auxiliary volunteer and treasurer, Ruby Martin, who helped to organize the Auxiliary operation in 1994, said Melba Pharr of Knox City, Director of Nursing at the hospital, first suggested the forming of the Auxiliary, and helped to get it set up.

At the present time, Martin, and E. C. Collins of Haskell and Debbie Kreger of Rule are the only Auxiliary volunteers who have been there since the beginning. About fifteen volunteers help out off and on at the store. Only six or eight work regularly. Martin said that they could use more help and would welcome the assistance of anyone who is interested in the project. The newest volunteer is Maxine Roberson, who also works at the Thrift Store in Ruidosa when she is there.

Open on Thursdays, Fridays and Saturdays, the small group of volunteers prepare, process and sell donated items of clothing, household goods and appliances at reduced prices. Bennie Shelton is the president of the Auxiliary, whose only goal from the start has been to provide assistance to the hospital.

First opened in one room on the east side of the square, the Thrift Store quickly outgrew its space. The organization was soon able to buy the present building and has done well there ever since. Through the years funds from the operation of the Thrift Store have provided \$27,287.72 in purchase of items for the hospital.

Memorial Hospital Administrator, Bill Nemir said, "We can't say enough about the Auxiliary and all that they have done for the hospital. Their continued support and help are invaluable. The Auxiliary operation represents the way communities should work. Through the people's generous donations of items to the Thrift Store, and the tireless work of the volunteers, families can find needed items they can afford, and the Hospital is equipped to provide services back to the people. This way everyone is involved."



RUNNING THE STORE—Hospital Auxiliary volunteers, E.C. Collins and Ruby Martin of Haskell, have worked at the non-profit

organization's Thrift Store since it began in 1994. Proceeds from the store go to furnish items for Haskell Memorial Hospital.

## Rule students attend Farm Bureau's citizenship seminar

Rule High School students Kami Baitz, Nori Hatley, Jason Custer and Kyle Custer attended the Texas Farm Bureau's annual citizenship seminar in San Angelo recently. They were among approximately 350 high school junior and senior students from over 150 counties across the state attending the seminar.

The group was sponsored by Haskell County Farm Bureau.

The seminar provides students with a better understanding of their American heritage and the capitalistic free enterprise system.

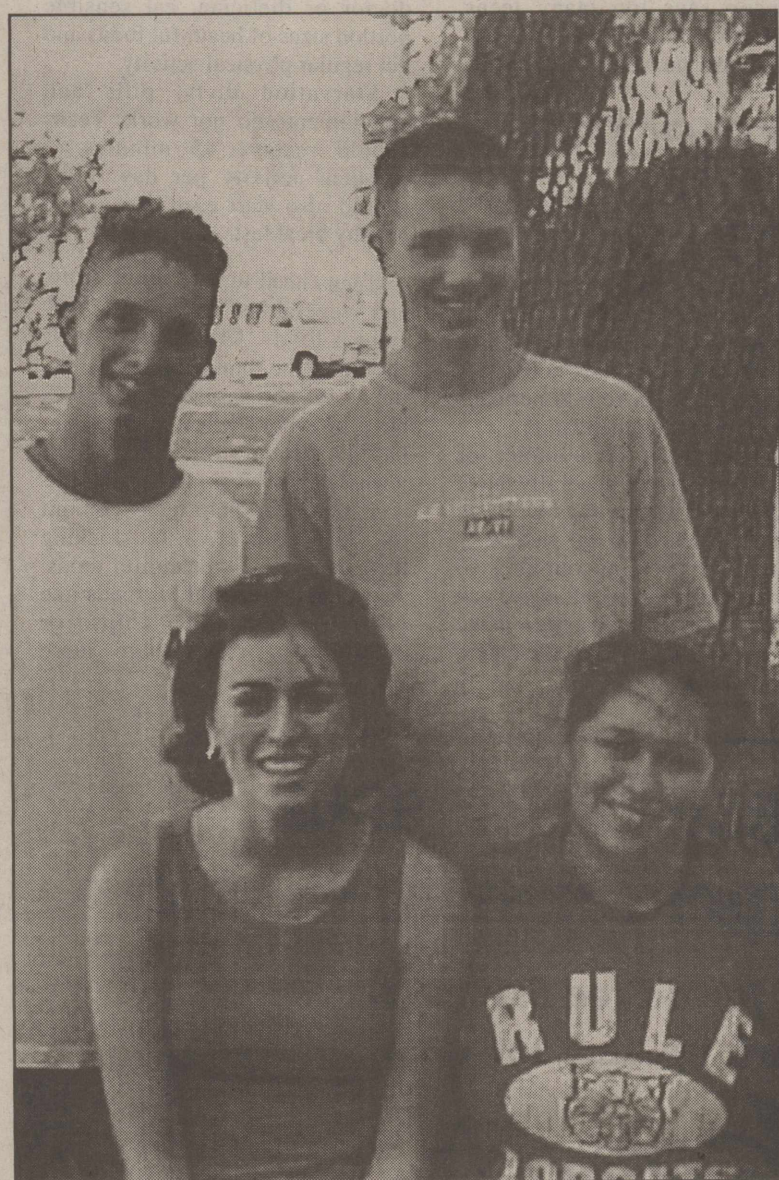
Vernie Glasson, Texas Bureau Executive Director, presented "Farm Bureau—Your Host," to students after they were welcomed to Angelo State University. Dale Bullock (TFB Field Representative), Jade Lusk (2000 Miss TFB), and Kerri Schnieder (2000 Speech contest winner) presented "Farm Bureau Scholarship Opportunities."

Students also participated in a program called "Congressional Insights" which allowed them to simulate a congressional office and election.

Other speakers at the seminar included David Vernon, Lubbock Christian University, "Basics of Free Enterprise," Roland Trowbridge, Hillsdale College, "The Constitution" and Clebe McClary, a motivational speaker, "Press on Regardless."

Students participated in a panel discussion led by Ron Trowbridge and David Vernon followed by a

question and answer session on "Our Rights, Our Freedom, Our Responsibility."



LEARNING CITIZENSHIP—Participating in the Texas Farm Bureau's annual Citizenship Seminar in San Angelo, were Rule High School students, in front, Kami Baitz, Nori Hatley and, back, Jason Custer and Kyle Falkner. They were sponsored at the event by the Haskell County Farm Bureau.



NEW COOK RANGE—Haskell Memorial Hospital Administrator, Bill Nemir and co-director of Hospital Food Services, Amy Sorrells, admire the new stainless steel stove made possible for the facility by funds from the Hospital Auxiliary's Thrift Store located on Hwy. 277 in Haskell.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686



## Obituaries

### Ola Mae McClure

Graveside services for Ola Mae Smart McClure, 86, of McCamey were held Sat., July 7 in the Graford Cemetery. Services were under the direction of Shaffer-Nichols Funeral Home.

Mrs. McClure died Wed., July 4 in the McCamey hospital.

Born Oct. 19, 1914 in Hollywood, Arkansas, she was the daughter of Edgar and Seleta Smart. She married Lee McClure in Waurika, Okla. in 1933. The couple had two children, a son, Jimmy Lee McClure born April 6, 1934 in Singleton and a daughter, Vicki Sue born June 23, 1945 in Bowie. Her husband worked for Amoco Oil Co. and the first twenty years of their married life was spent in moving. They lived in Graford, Singleton, Easterly,

Bowie, Lubbock, Albany, Snyder and Haskell. Mrs. McClure was one of eight children.

Preceding her in death were her husband, Lee, on June 1, 1998; three brothers, Harlan, Pascal, and Edd; one sister, Laura Spencer; her parents; and her daughter, Vicki on June 21, 1988.

Survivors include one son, Jimmy Lee McClure and wife, Betty Sue, of Lago Vista; two sisters, Florence Blalock of Weatherford and Dorothy Natalie of Huntsville; grandsons, James McClure of Lewisville and Duane Josslett of Denton; granddaughter, Melanie Gomez of Odessa; six great grandchildren and one great great grandchild.

PD. NOTICE

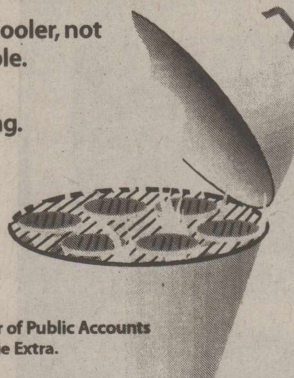
**The Haskell Free Press**  
IS READ BY MORE PEOPLE IN HASKELL COUNTY THAN ANY OTHER NEWSPAPER.

## Keeping an Eye on Texas

### Food Safety Tips

As summer temperatures heat up in Texas, so do grills across the state. By following these simple tips, grilled food can be safe and healthy for everyone:

- Scrub the grill grate with a wire brush to loosen stuck-on food particles, then spray it with oven cleaner and rinse thoroughly.
- Thaw meat in the refrigerator or a cooler, not on the counter top or the picnic table.
- Grill hamburgers at 160 degrees Fahrenheit to ensure proper cooking.
- Prevent food cross-contamination by using clean dishes and utensils every time cooked and uncooked food is carried to and from the grill.



SOURCES: Carole Keeton Rylander, Texas Comptroller of Public Accounts (www.window.state.tx.us) www.recipe.com, and Aggie Extra.

## Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 1,024 head of cattle at its sale on Sat., July 14, according to Gary Tate, reporter.

All classes steady with good demand.

Cows: fat, .39-.44; cutters, .40-.48; canners, .25-.35.

Bulls: bologna, .49-.59; feeder, .70-.78; utility, .38-.45.

Steers: medium and large frame No. 1 200-300 lbs., 1.15-1.30; 300-400 lbs., 1.05-1.20; 400-500 lbs., .95-1.10; 500-600 lbs., .88-1.05; 600-700 lbs., .84-.94; 700-800 lbs., .80-.90; 800-up lbs., .72-.82.

Heifers: medium and large frame No. 1 200-300 lbs., 1.00-1.25; 300-400 lbs., .95-1.10; 400-500 lbs., .88-1.00; 500-600 lbs., .84-.95; 600-up lbs., .65-.87.

Bred Heifers: medium frame, 475-600.

Bred Cows: young to middle aged, 575-700.

Cows with calves: medium frame No. 1 young and middle aged, 750-875; aged or small, 550-675.

### 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 Fri., July 20.

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Delivery will be **Saturday, July 28**, at the times listed for the following towns and locations.

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Haskell - Richardson's (940) 864-8551 10:00-11:00 a.m.

Knox City - Benjamin Fertilizer (940) 658-3642 12:00-1:00 p.m.

Crowell - Borchardt Purina Chow (940) 684-1866 2:00-3:00 p.m.

Quanah - Quanah Farm & Ranch (940) 663-5949 4:00-5:00 p.m.

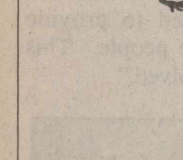
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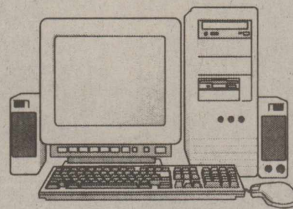
If the only mouse you have seen lately is a rodent, come join us for some 21st century fun!

## FREE

### Open Computer Lab for individual use

Haskell High School Room 112

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4-8 p.m. Tuesday 1-5 p.m. Wednesday

July 17

July 18

July 24

July 25

July 31

Aug. 1

Aug. 7

Aug. 8

Sponsored by: Haskell County Community Network  
Funded by: TIF Community Network Grant

## Ask the AG

By John Cornyn, Attorney General

**Q** I am newly retired and am looking for ways to get involved in community activities. I especially want to help other elderly people in my neighborhood. Any suggestions?

**A:** When I was elected Attorney General, I made it a top priority to protect the health, safety and well-being of our state's most vulnerable citizens, especially children and the elderly. Several divisions within the Office of the Attorney General work on issues that are important to seniors.

My office actively participates in one of the nation's best community policing initiatives for preventing crime against seniors: a program known as Triad. This program unites senior citizens with local police and sheriff's departments. Triads are flexible, low-cost programs that are very effective in their efforts to protect and educate senior citizens. As of April, there were 107 Triads in Texas, and we are working hard to increase that number.

Through Triad, senior citizens become partners with law enforcement to fight crime. Most have steering committees called Seniors and Lawmen Together (S.A.L.T.) councils that plan Triad activities.

S.A.L.T. councils and their accompanying Triads are dedicated to educating senior citizens about personal safety and crime prevention. Membership is open to anyone who is concerned about senior issues. Often, a local Triad

includes representatives from the sheriff's office, several police departments and organizations for seniors. Monthly meetings may feature speakers on topics ranging from reverse mortgages, Crime Solvers, safe shopping tips and financial scams.

Some Triads also have a telephone reassurance program in which seniors are matched with specific law enforcement officials in their community. The seniors have the opportunity to call on law enforcement for help, and in turn, local law enforcement officials can call seniors to check on them from time to time.

Nationally, the Triad concept was developed in 1988 by the AARP, the International Association of Chiefs of Police and the National Sheriffs' Association.

I commend law enforcement and local volunteers for working through Triads to help senior citizens protect themselves against schemes, scams and set-ups. Seniors account for more than 10 percent of the people who now live in Texas, and they represent a growing segment of the population. As their numbers grow, I do not want to see a similar boom in the schemes that victimize them. Triads are an excellent defense against crimes that target the elderly.

One unique crime prevention program that Triads are involved in is National Night Out. This year's campaign will take place on August 7, and involves citizens, law enforcement agencies, civic

groups, businesses, neighborhood organizations and local officials from 9,500 communities in all 50 states, U.S. territories, Canadian cities and military bases worldwide.

Each year, the National Night Out Against Crime and Drug Abuse is observed on the first Tuesday of August. The event fosters neighborhood cohesiveness and builds friendships. National Night Out promotes good communications among community leaders, law enforcement officers, firefighters, emergency service workers and other public servants who serve and protect our citizens every day.

To be involved, a Texan needs only a telephone and a residence in a house, apartment or an assisted living facility. For more information about Texas' National Night Out, contact the event's coordinating committee chairman, Bob Remlinger, at FlightRDR@earthlink.net or call him at (512) 480-9797.

You may also contact Nancy Gresham in my Elder Law and Public Health Division for assistance in starting a Triad at (512) 936-1317 or by email at nsg@oag.state.tx.us

In addition, you may want to contact your local Area Agency on Aging. The Agencies advocate on behalf of seniors and can provide information and referrals on ways you can volunteer in your area. You can reach the Area Agency on Aging at (800) 252-9240.

## Teething babies are a challenge

Teething is a big challenge for both babies and parents.

Babies are cranky and cry when they're cutting new teeth and it's no picnic for parents, either. They must deal with a baby who's hard to comfort. Teething seems to affect more than just the teeth—it makes the baby miserable in general, causing fever, diarrhea and irritability. Or does it?

Ohio doctors recently concluded a study that challenges some of the accepted notions about teething.

Even though parents and doctors believe that diarrhea and fever are linked to teething, this study showed that they are not. The doctors had parents track their babies' symptoms and found that symptoms such as drooling, biting and fever only occurred about 20 percent more often when children were teething than they did at other times. Children did have decreased appetite and a slight fever on the day the teeth actually broke through gums, but doctors found

no link between teething and diarrhea.

Doctors at UT Southwestern Medical Center at Dallas say even if your child is teething, don't automatically write off symptoms as being caused by teething. A fussy child with fever and stomach problems may have something else wrong. Don't hesitate to call your doctor if you're in doubt. Always call a doctor if an infant develops a high fever.

## Nutrition important for teens

by Lou Gilly  
Haskell Co. Extension Agent  
Teens may spend time studying history and working algebra problems, but it seems teens need

to brush up on nutrition, too.

Extension nutritionist Sharon Robinson says too many teens weigh too much and too few receive the nutrients they need.

### Fat free foods rejected

by Lou Gilly  
Haskell Co. Extension Agent  
The fight against fat seems to be waning. That's according to national expert Dr. Richard Mattes, registered dietician and professor at Purdue University.

He says even though a recent survey by the Calorie Control Council revealed 92 percent of American adults eat low-fat or low-

calorie foods, consumers aren't gobbling up as much as they should. It's recommended that you get no more than 30 percent of your daily calories from fat. But, speaking at a nutrition conference at Texas A&M, Mattes noted that only about one in four Americans follows that recommendation.

For many, it is a matter of taste. Fatty foods generally have more flavor. Mattes says we have two choices. Retrain our palates by eliminating fat from our diet so that we will not crave it; or we can rely on the food industry to make reduced-fat foods more convenient and safe.

Overweight teens should work with a health professional such as a doctor or dietician, eat sensible portion sizes of healthful foods and get regular physical activity.

Starvation diets, pills and supplements do not work. Teens should receive 45 minutes of physical activity per day. They should also start each day with a healthy breakfast.

Teens need to load up on fruits and vegetables instead of high calorie foods. Grain-based foods should be the foundation of healthy meals. Grain servings include a slice of whole wheat bread, one-half cup brown rice, or one cup of a whole grain breakfast cereal.

Parents can help teens commit to a healthy lifestyle by stocking their pantries with healthful foods. They can offer healthful foods like pretzels instead of chips, or calcium-fortified orange juice instead of soda.

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**WINNING COOK**—Molly Long of Floydada High School receives an award from Kelly Heathington of the Morrison Milling Company after winning first place in the State 4-H Food Show's Bread and Cereal category. The event was held at Texas A&M.

## Molly Long wins in State 4-H Food Show

Molly Long of Floydada, was one of three Floyd County 4-H'ers placing high in competition at State 4-H Roundup on the Texas A&M Campus, June 11-15.

The fifteen year old sophomore at Floydada High School is the daughter of Nick and Melissa Long of Floydada and the granddaughter of Mr. and Mrs. B. O. Roberson of Haskell.

Winning first place in the State 4-H Food Show's Bread and Cereal category with her Energy Packed Granola Bars, she was presented an award by Kelly Heathington from the Morrison Milling Company. She also participated as a member of the Floyd County Nutrition Quiz Bowl Team.

Two other Floyd 4-H'ers participating in the State Food show took another first and second place. In the State Fashion Show, Floyd County took one second and one third place finish. In the Share the Fun Contest, Floyd County 4-H'ers took a first place in Celebrating 4-H and a third place in the Drama Category. Four were selected to participate in National 4-H Congress in Atlanta, Georgia, and two received an award from the Houston Livestock Show and Rodeo. One of those also received an award from the Texas Extension

Education Association. Melissa Long serves as the Floyd County Extension Agent for Family and Consumer Sciences.

Molly Long represents the fourth generation of family in extension club membership. Mrs. Terry Roberson was a charter member of the O'Brien Home Demonstration Club in Haskell County. Mrs. Clint Stewart was a charter member of the Pleasant Hill Home Demonstration Club, which is still an active club in Taylor County. B. O. Roberson was a member of the Rochester 4-H club. Mrs. Billyjo Roberson was a member of the Butterfield 4-H club in Taylor County.

Melissa Roberson Long, who has served as the County Extension Agent for Family and Consumer Sciences in Floyd County since 1992, was a member of 4-H clubs in Rochester and Haskell, beginning at the age of nine through graduation from Haskell High School. She attended Hardin-Simmons University and Texas Tech University, graduating with a BS Degree in Home Economics Education in 1980. She was formerly employed as the Assistant Agent for Hale County in Plainview, serving in that position for four years.

## Alexander descendants hold family reunion

Thirty-three relatives and three friends registered for the annual reunion of the descendants of the late George and Harriet (Lovell) Alexander family. The Alexanders were longtime residents of Weinert. The reunion held July 14-15 in Seymour commemorates the birthday of George Alexander.

The two day event was filled with a variety of events including washer pitching, watermelon eating, visiting and telling stories about the good old days. Andy Sanders of Cross Plains was auctioneer for spirited bidding of donated crafts and antique items. A pair of suspenders that the late George Alexander wore was purchased by his grandson, Jacky Wayne Sanders. The suspenders were donated by George's only living child, Melba Kim of Phoenix, Ariz. She was not able to attend the reunion. Also auctioned were pictures of the family and many other items. Money raised by the auction helps defray reunion expenses.

Special guests and relatives attending were Eddie Sanders and his son, Kenneth Sanders, of Weinert. Eddie was a cousin of the Alexander children.

George and Harriet were parents of ten children. Descendants of their oldest child, Minerva Jane Touchstone, attending was a grandson, Mr. and Mrs. Troy Wayne Blakely of Micanopy, Florida. Troy is in charge of the programs each year.

Richard Alexander's descendants were not able to attend this year. Frances (Alexander) Babbitt traveled

to Midland to meet her sister, Edith Ross. While there Mrs. Babbitt fell and broke her hip. She and Edith were unable to attend.

Washington Alexander's descendants attending were Audra Schindler of Abilene, Thomas Alexander of San Antonio and Mr. and Mrs. Carl (Evelyn) Ellington of Muleshoe.

Nellie Rinehart's descendants attending were her two daughters, Joy Kimbell and a friend Jerry Brazier of Burkburnett and June Parr of Phoenix, Ariz.

Sallie (Alexander) Sanders' descendants attending were Lona Mae Phelps, her daughter and son-in-law, Kenneth and Elaine Campbell of Haskell; Travis Sanders of Coleman, Andy Sanders of Cross Plains, Martha, Bill and Loretta Maupin of Odessa and Mr. and Mrs. Hank Ray, their children Kimberly, Krystal and Shawn Ray, friends J. D. Tracy and Matt Jones of Odessa; Jacky, Sandra and Jaclyn Sanders of Aledo.

Lola Mae Cowley's descendants attending were Rocky and Lynn Cowley of Lueders and his son, Rocky Cowley, Jr., and Misty, Hunter, Chase and Jacob Cowley of Wichita Falls.

J. T. Alexander's descendants attending were J. W. and Wanda Alexander of Anna.

Descendants of Albert Alexander and Melba Kim were unable to attend.

Winners of the washer pitching contest were Troy Wayne Blakely and Travis Sanders.

## Tips for cleaner air in your home

by Lou Gilly  
Haskell Co. Extension Agent  
Enjoying clean air in your home takes more than light cleaning. Extension environment specialist Janie Harris says cleaning must go beyond everyday routines to reduce allergy causing pollutants.

For best results, start cleaning from the top and work down. Harris says dust-free ceiling fan blades are important for good air quality. She also suggests

changing air filters in central air conditioning and heating systems once a month.

To combat dust mites, vacuum upholstery fabric, pillows and carpets often. Harris says changing bedding once a week will reduce dust mites as well. For added air quality, Harris recommends disposing of dust collecting clutter and using blinds or window shades instead of curtains.

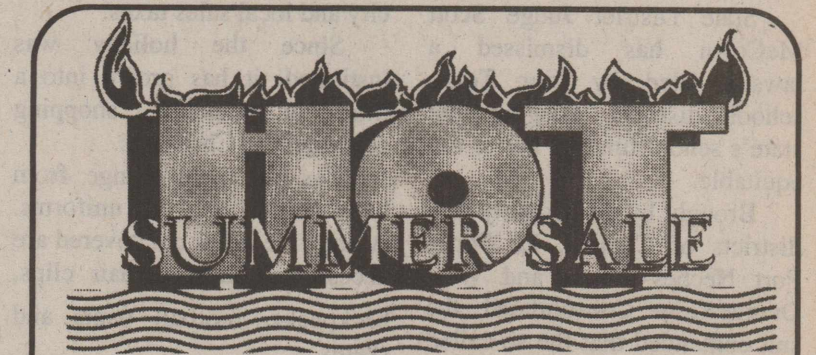
## Muscle soreness

That soreness you feel the morning after a workout could be a sign that the exercise is working. Even the fittest of athletes can have muscle soreness, especially after they do an activity that's unfamiliar. That's because of the way muscles work.

You're more likely to experience this kind of muscle soreness with movements that are known as eccentric exercise. Most movements cause one group of muscles to contract while the other group stretches.

Eccentric movements cause muscles to stretch and contract at the same time. One example is walking downhill. Because eccentric movements are less common, they're more likely to cause muscle soreness.

Exercise experts at UT Southwestern Medical Center say it's important to strive for consistency in your workout. If you give up at the first sign of soreness, you won't benefit. You have to keep up a regular schedule to continue growing stronger. It's best to alternate days of strength-building exercise with days of aerobic exercise to give your muscles time to rebuild.



### Clearance

Selected Fragrances for Men and Women  
Some Gift Sets included

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All Leggs Hosiery  
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\*Same item or same price

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Dry Skin Cleansing Cream Fluid Formula Moisturizer  
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Special introductory offer

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### New Gooseberry Patch

16 Month Calendar Sept. 2001-2002  
Filled with tips, recipes & country charm!  
Great Gift Idea!

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Sale Prices Good July 19, 20 & 21  
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## Students in the News

Jason Isbell from Haskell is among 1,353 students enrolled for the summer semester at Oklahoma State University in Okmulgee.

Students graduating from OSU-Okmulgee can earn an Associate in Applied Science degree and be certified by the university's Graduate Performance Guarantee.

Isbell is enrolled in heating, ventilation and air conditioning technology.

Sharon Jimenez has been named to the dean's list at Lubbock Christian University for academic achievements during the 2001 spring semester.

To be named to the list, students must have achieved at least a 3.5 grade point average or better for the entire semester while carrying at least 12 semester hours of course work.

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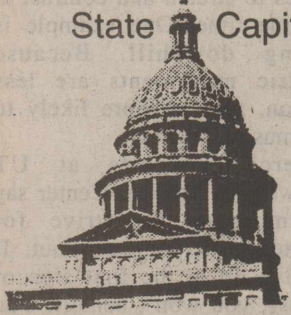
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# OPINION

## State Capital



### HIGHLIGHTS

By Mike Cox  
TEXAS PRESS ASSOCIATION

AUSTIN — In the world of school finance, Robin Hood has survived another encounter with the Sheriff of Nottingham.

State District Judge Scott McCown has dismissed a lawsuit filed by four Texas school districts alleging the state's school funding law is not equitable.

Brought by the property-rich districts of Coppell, La Porte, Port Neches-Groves and West Orange-Cove Consolidated, the suit contended that the so-called Robin Hood school finance plan caused them to cut programs and teacher positions.

The school districts had argued the 1993 school finance law was unconstitutional. Judge McCown's July 11 ruling held that the law is constitutional.

If McCown's decision is not reversed on appeal, the status quo will hold at least until the 2003 legislative session.

#### No bombs near Padre

Bombs won't be falling on the Texas Gulf Coast any time soon.

In the face of numerous storm warnings out of Texas, from Gov. Rick Perry to Sen. Kay Bailey Hutchison, the Navy has decided to weigh anchor and look for someplace else for its target practice.

After announcing that it would end live-fire training off the Puerto Rican island of Vieques, the Navy had for a time set its sights on a 222,000-acre site in Kennedy County just across the Laguna Madre from the Padre Island National Seashore.

#### Mark your calendars

For back to school shoppers, Christmas in August is around the corner.

The annual sales tax holiday starts at 12:01 a.m. Aug. 3 and runs through midnight Aug. 5.

During those three days, Texans will be able to make certain purchases without having to pay the state sales tax. Retailers will not be required to

collect sales taxes on most items of clothing and shoes priced less than \$100.

The tax break also includes city and local sales taxes.

Since the holiday was instituted, it has grown into a time of frenzied shopping equivalent to Christmas.

Tax-free items range from baby clothes to work uniforms. Among the items not covered are accessories such as hair clips, backpacks, football pants and skates.

#### Water damage not only problem in Houston

The Texas Department of Insurance has received more than 150 complaints about insurance companies since the flooding caused by Tropical Storm Allison.

Insurance Commissioner Jose Montemayor said his agency sent some 70 staff members to Houston to assist those needing insurance help.

Many of the complaints received center on reported "low-balling" of claims by adjusters and what the agency termed "non-responsiveness" by some insurance companies.

Another typical complaint was an insurer offering to pay for repairing cars or mobile homes when they were clearly totaled.

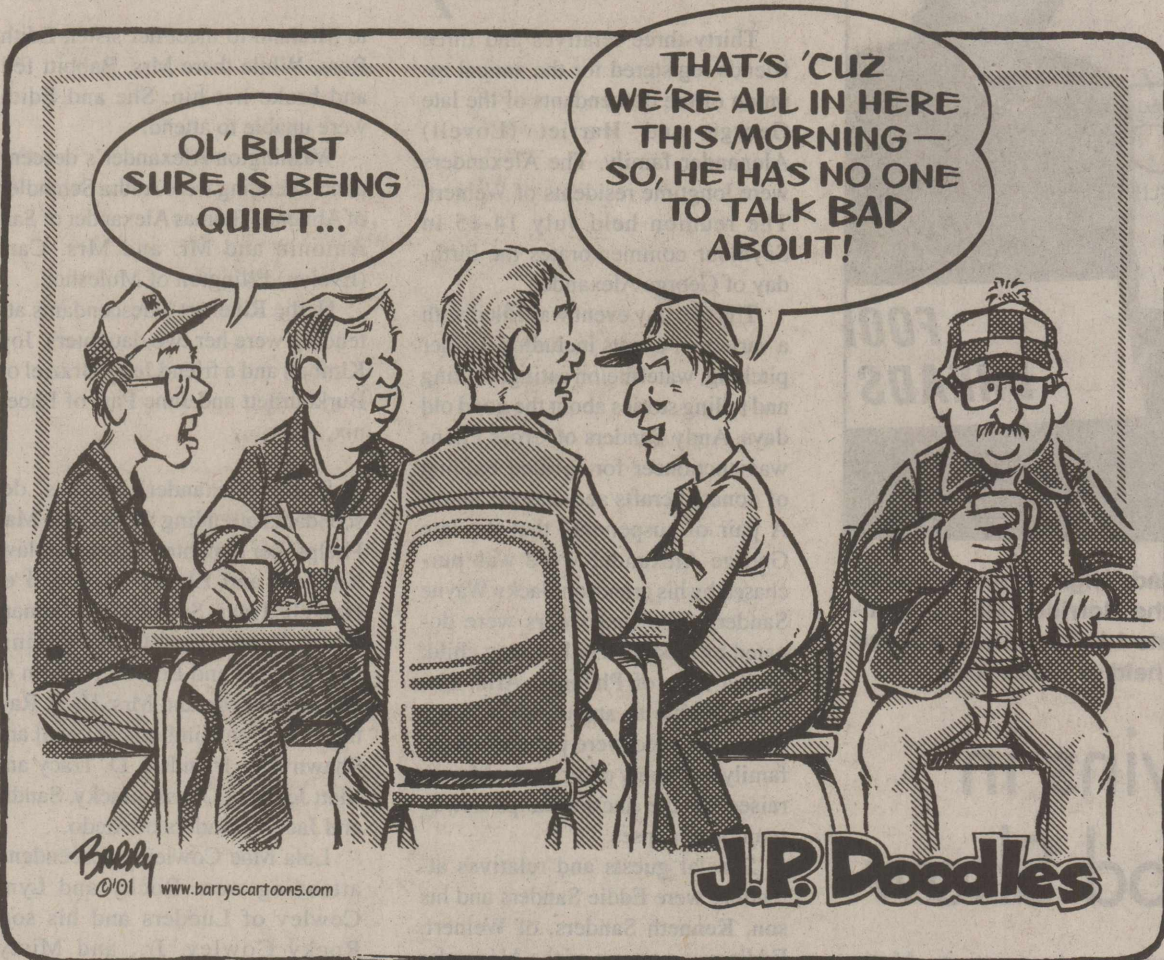
In some cases, flood victims with \$500 offers received \$20,000 settlements after state agency intervention.

Montemayor said some insurance commission personnel likely would remain in Houston through mid August.

#### Sen. Haywood dies

Republican Sen. Tom Haywood, 61, of Wichita Falls died of a heart attack at his home July 12.

His district covers 32 counties in north and west Texas and parts of three others. Gov. Perry has 20 days to call a special election to fill the two-term lawmaker's seat.



## From The Inside Out

By Mary Kaigler

Things you can learn from your children, and thought you'd never change your mind about, can sometimes be surprising to you. And sometimes even good for you.

For instance, the taste and palatability of soy milk. Although never having tried it, the very thought of it has always made me shudder and envision health-food gurus sitting with legs crossed like a pretzel and eating tofu three times a day.

However, not wanting to waste a little quart of soy milk left in the refrigerator by our consistently health conscious daughter, who has developed a bit of lactose intolerance, I decided to sacrifice myself and try it on my morning cereal.

Also having some of the left-over frozen blueberries which that smart cookie eats every day for the anti-oxidants, this thrifty-minded mother cleared out the freezer, sprinkled them in with the soy milk, and promptly went under, hook-line-and-sinker; completely caught up on a new line of thinking.

Now, every morning as I crunch my flakes and frosty berries and savor the earthy flavor of the cold soy milk, I feel the headiness of well-being and even a little smug to have experienced a major breakthrough in my pre-conceived, last-century notions about what is and what is not going to go into my mouth.

Never mind if my tongue and teeth turn blue; I like the total taste and texture of my new breakfast.

But, as always, one new thought leads to another, and I have now learned a lot more about soy products and their usefulness.

For instance, from a health report published by the United Seniors Health Council I learned that seniors concerned about their cholesterol levels, (and any number above 200 is cause for concern, doctors say), may want to take

advantage of the cholesterol-lowering benefits of soy, now available in many products on the market.

It's not just found in tofu anymore, which at one time seemed like the only recommended source of soy protein. It can be found in cookies, bread, muffins, soups, and in the soy burgers offered on so many menus. (I haven't tried that yet, but if more cows keep going "mad", who knows?)

The growing popularity of soy as a health food is undoubtedly due to the multiple studies reported in the New England Journal of Medicine and elsewhere, which have shown that the addition of soy protein to one's diet appears to be a potent cholesterol-lowering factor.

A unique quality of soy is that it reduces only the "bad" cholesterol (low-density lipoprotein, LDL) without reducing the good high-density type (HDL). That doesn't always happen with other approaches, such as simply eating a low-fat diet to solve the problem. High cholesterol levels have long been associated with a risk for heart attack and stroke. Asian cultures, which consume large quantities of soy, have comparatively low rates of both heart disease and cancer.

Apparently, eating soy has no effect on cholesterol for those with normal levels, but it does appear to help people whose levels are 200 or more above. The beneficial effects of eating soy have been confirmed by the Nutrition Committee of the American Heart Association. In encouraging at-risk patients to consume soy protein, doctors say that avoiding a high-fat, high-calorie diet is equally important in helping to stay healthy.

Under the category of what you can learn from reading the back of a soy milk carton while enjoying your flakes and blueberries, comes this interesting bit of information.

Soybeans originally travelled to the United States by ship when

Samuel Bowen smuggled them from China in 1765. But it was Henry Ford who put them in cars.

When the Great Depression hit, it hit farmers especially hard. Huge farm surpluses meant low crop prices and dwindling income. All of a sudden, Henry Ford's best customers—American farmers—could no longer afford his cars, trucks and tractors.

Ford knew that "If we want the farmer to be our customer, we must find a way to be his customer." He put his chemists to work determining what products could be developed from plants. After testing numerous crop plants, they narrowed their focus to soybeans.

Experimentation was soon rewarded with the discovery of soybean oil which made a superior auto body enamel. Soybean meal was converted to plastic used to make over 20 parts, including horn buttons and gearshift.

By 1936, Ford was using a bushel of soybeans in every car that rolled off the line. But Henry Ford didn't stop there. While his chefs developed a variety of tasty and nutritious American-style foods from soy (including ice cream) Henry invented soybean "wool," a fiber half the cost of sheep's wool. Soon a fabric containing 25% soybean wool was being used to upholster many Ford autos. And on special media occasions Mr. Ford would sport a suit made of soybean fibers.

It seems that Henry Ford was a man who used his bean in more ways than one.

Isn't it amazing what you can learn and experience just by clearing out the refrigerator after a visit from your beautiful daughter? Well, at least it's food for thought on a hot July day.

### Correction

A list of names of those also attending the Lytle reunion in last week's Free Press should have read:

Mr. and Mrs. Gerald Lytle of Midland; Mr. and Mrs. Arlie Hennessee of Carlsbad and their two sons, Charles of Las Cruces; Stephen and his son, Bryan, from El Paso; Rev. and Mrs. Ken Andress of Abilene and their daughter and family, Terry and Paula Bowden of Snyder and their son and his wife, Jeremy and Alisha Bowden of Snyder; Vennie Massey of Abilene and her daughter and family; Thomas and Denise Holman and daughter, Christina Holman.

## From Out of the Past

From the files of  
The Haskell Free Press

10 Years Ago  
July 18, 1991

Cole Callaway, Kim Gilly and Blake Henshaw attended the 63rd Annual FFA Convention in El Paso. They were accompanied by ag science teachers James Bevel and Duane Gilly.

Gene Plunkett of Haskell won \$500 in a Payday candy bar "Totally Nuts" game.

20 Years Ago  
July 16, 1981

Employees and officials of the Haskell County Courthouse held a reception for Rhonda Moeller, Frances Macias and Vicki Medford who had resigned their positions in the County Clerk's Office.

Members of the Haskell County Commissioners Court voted unanimously to appoint Woody Frazier to fill the unexpired term as County Clerk.

Stephen Drinnon, Andrew Gannaway, James Markey and Milton Schmidt, all of Haskell, received degrees from Texas Tech University.

Ten area girls attended the 9th annual basketball Camp of Champs held at Howard College in Big Spring. Those attending were Nicole Anderson, Lorry Kay Geilhausen, Dana Hale, Gia Henshaw, Holli High, Cassie McGhee, Tiffany Moeller, Missy Davis, Julie Roewe and Denice Young.

30 Years Ago  
July 22, 1971

Riley Pittman, a former resident of Haskell and graduate of Haskell High School, was named "Lion of the Year" by the Warrensburg, Missouri Lions International Club.

Pat Hale, president of Hale Farm Supply, is in Waterloo, Iowa, at a meeting of the John Deere Company. Hale will see what is new in the John Deere line of farm equipment.

Army Private Clifford Byrd, Rochester, recently completed eight weeks of basic training at the U. S. Army Training Center, Infantry, Ft. Lewis, Washington.

40 Years Ago  
July 20, 1961

Douglas Myers, superintendent of Weinert Schools, Mary Abbott, math and business teacher and Ila Moody, English teacher at Weinert attended a workshop at the University of Texas in Austin.

James N. Norman of Haskell and Daniel R. Griffith of Paint Creek are receiving six weeks of training at the Army Reserve Officer Training Corps (ROTC) summer camp at Fort Hood. Norman is a 1961 graduate of Texas A&M and Griffith is a student at Texas A&M.

Bobby Jack Price, son of Mrs. W. L. Price of Haskell and a Haskell High School graduate, has accepted a coaching position at MacArthur High School in San Antonio.

50 Years Ago  
July 19, 1951

Three Haskell boys, Glenn Kreger, Charles Goodwin and A. B. Pitman, accompanied by Rev. Francis Nickerson, pastor of the First Christian Church, are spending the week at the Christian Service Camp in Cratersville Park, Okla.

Raja and Nabeela Hassen are attending the University of Texas in Austin during the summer session.

Mr. and Mrs. Charles M. Conner spent last week in Dallas, where they attended the annual convention of the Texas State Florists Association.

Joe E. Thomson, owner and proprietor of Service Cleaners in Haskell, returned last week from Washington, D. C., where he attended a three months course in cleaning and dyeing, spotting, finishing and related subjects at the National Institute of Cleaning and Dyeing.

90 Years Ago  
July 22, 1911

Judge Sanders reports that we have had 3.38 inches of rain since July 8. Crops have been greatly benefitted and heavy sowing of fall forage crops will put Haskell County in the prosperous column again.

The work on the Elks Club rooms is progressing rapidly and contractors expect to have the job completed around August 1.

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## The Haskell Free Press

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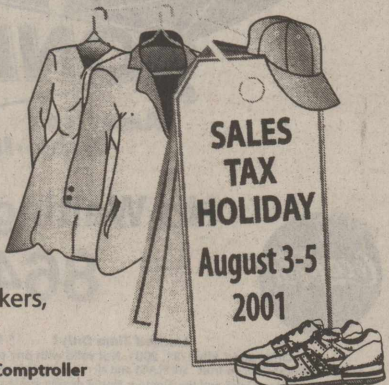
## Keeping an Eye on Texas

### TEXAS' TAX-FREE HOLIDAY

The Sales Tax Holiday is expected to save Texans \$31.2 million in state sales tax and \$8.4 million in local sales taxes this year. Shoppers can take advantage of the savings Aug. 3 - Aug. 5.

No state and local sales taxes will be charged on most clothing and footwear priced under \$100 including the following items:

- Dresses
- Baby clothes
- Underwear, socks
- Suits, slacks, jackets
- Jackets, coats, raincoats
- Jogging apparel-bras, suits, shorts
- Caps/hats-baseball, fishing, golf, knitted
- Shoes-sandals, slippers, sneakers, tennis, walking



SOURCES: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us)

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**In the Service**

Ashley Brianne Bynum, age 18, of Haskell, successfully completed Navy Boot Camp in Great Lakes, Illinois July 6.

She is the daughter of Jimmy and Donna Bynum of Haskell and Brenda Bynum of San Angelo who attended the graduation ceremonies. She is the granddaughter of the late J. A. and Odell Bynum of Haskell.

Bynum is a 2000 graduate of San Angelo Central High School. She will attend Aviation Machinist school in Pensacola, Florida.



ASHLEY BYNUM

**Hospital**

DISMISSALS  
 Albert Kuhler, William J. Kemp,  
 Grace Skipworth.

All deadlines are 5 p.m. Monday.

**ECC Calendar and Menu**

**Mon., July 23**  
 Lunch-Meat loaf, mixed vegetables, greens, peaches, cookie, bread, milk, tea or coffee

**Wed., July 25**  
 11:00 a.m. Outreach Health Services blood pressure check  
 Lunch-Lasagna, carrots, green beans, tossed salad, brownie, bread, milk, tea or coffee

**Fri., July 27**  
 Lunch-Hamburgers, pinto beans, lettuce, tomato, pickles, onions, fruit cobbler, 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.

**Eating an egg a day is okay**

According to the American Heart Association, it's now okay to eat an egg a day. Based on a Harvard study published in 1999 as well as decades' worth of other research, it is now accepted that saturated fat is the major dietary culprit in raising blood cholesterol levels, followed by total fat. Eggs are a medium fat food and almost two-thirds of a Large egg yolk's 5 grams of fat is unsaturated.

In addition to recognizing that eggs are not a significant dietary risk factor for heart disease, health professionals point out that eggs can even be part of a weight-loss diet. According to Keith-Thomas Ayoob, Ed. D., R. D., a spokesperson for the American Dietetic Association, the 75 calories in a Large egg are "packed with essential nutrients and beneficial antioxidants." Because they contain significant amounts of nutrients compared to their calorie count, eggs are a nutrient-dense food.

For healthful eating, Ayoob recommends serving eggs along with whole-wheat toast and orange juice, instead of more fat-laden foods. He also suggests cooking

eggs without fat - poached or hard-cooked eggs, for example - or cooking them with either a vegetable oil spray or olive or canola oil.

Further research has shown that eggs provide health benefits beyond those previously understood. Besides the egg's high-quality protein, other egg nutrients may be helpful in retaining good vision and ensuring good memory. The lutein and zeaxanthin in egg yolks may help protect against age-related macular degeneration, a leading cause of blindness among older Americans. Scientists also believe that the egg yolk's choline may help ensure proper infant brain development and memory capacity throughout life.

From early development to maturity, eggs can be a part of a healthful diet based on the Food Guide Pyramid. Eat eggs along with plenty of grains, vegetables, fruits and low-fat dairy products for well-balanced meals.

For more information on eggs and nutrition, visit [www.aeb.org](http://www.aeb.org) or [www.egg-online.org](http://www.egg-online.org)

*This Week's Devotional Message:*



**YOUR HOUSE OF WORSHIP IS 20 DEGREES COOLER INSIDE**

Has the midsummer heat been getting you down? Not to mention the humidity factor, which can only add to the oppressiveness of the soaring temperatures. Of course, being a sensible person, you dress right, live right and do what you can to offset the discomforts of the season. You spend as much time as your lifestyle will allow in air conditioned places, and maybe at the ol' swimmin' hole.

However, there is one more place you might add to your itinerary in search of a pleasant environment - your House of Worship. More than just a haven of refuge from the heat, it's a place for all seasons. However, in summer the only warmth you will feel there is the comforting assurance that God's love is with you all the year 'round, no matter what it says on the thermometer.

**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.m.  
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 Culppepper, 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**

Artuo Jr. Flores  
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

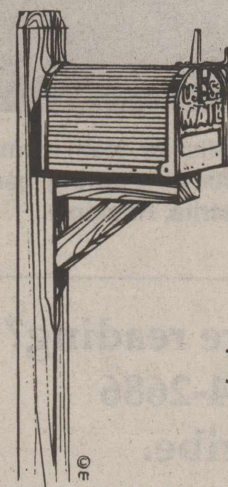
**Over-the-counter medications can impair driving**

You know that drinking and driving is dangerous. But do you know your prescribed medication also could make you an unsafe driver? Over-the-counter medications can alter performance, just as alcohol intoxication increases risk for traffic collisions.

Have you ever read the warning label on your antihistamine or allergy medicine? Somewhere in all that fine print it may say that the medication can cause drowsiness and that you should use caution when operating vehicles or heavy machinery. A lot of people appear to be shrugging off that warning. More than 100,000 car wrecks and more than 1,500 deaths result each year from drowsy drivers. Doctors

believe many of these are related to medication. In the past, these drivers were passed off as merely sleepy, but more law enforcement officers are being trained to spot drivers who may be under the influence of legal medications that make them unsafe drivers.

Doctors at UT Southwestern Medical Center at Dallas say you must read and heed warning labels on all medication you take. Ask your pharmacist if any prescription or over-the-counter medication could impair your driving. If it does, don't drive after taking it. If your medication makes you drowsy, let someone else take the wheel.



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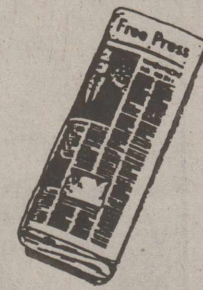




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ALL DEADLINES MONDAY 5 P.M.



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### For Sale

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

BOAT FOR SALE: 14' wide bottom heavy duty aluminum boat. 15 hp electric. Trolling motor, front swivel seat, all on trailer. \$1200. Call Rob Anderson 940-849-2008. 28-29c

FREE PUPPIES: 2 males, 1 female, coddogs. 200 N. 3rd St., Haskell. 864-6127. 29-30p

1/2 ROTTWEILER and 1/2 Pit Bull puppies. 8 weeks old. \$50 for males, \$30 for females. Call Jamey 940-864-8533 between 1 and 5 p.m. 29-30p

FREE PUPPIES: 5 males, 3 females. Border Collie/Blue Heeler. Ready for good homes! Call 940-864-5012. 29p

REDUCED: 1995 80" cu. inch Springer soft tail Harley Davidson. New tires. Lots of chrome. Real beauty. 10,715 miles. 940-422-3161. 29-35p

FOR SALE: Cantaloupes. W. E. Wooten. 864-3696. 29c

### For Rent

FOR RENT: 507 N. Ave. G. 3 bedroom, 2 bath. 864-3762. 29c

FOR RENT: 604 N. 3rd. 1 and 2 bedroom apartments. 864-3762. 29c

SMALL HOUSE for rent. Many trees, corner lot. 1100 N. 8th. 864-3439. 28-29p

COUNTRY HOUSE for rent: 2 or 3 bedroom house. Call 673-8245 Weinert. 28-29p

FOR RENT: Small 2 bedroom, 1 bath house. 306 S. 2nd St. Call 915-694-8041. 28tc

### 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

FOR SALE: 3 bedroom, 2 bath brick home with double garage on corner lot. 864-2238 or 864-3301. 28tc

FOR SALE: 1981 mobile home, 14x80. New central heat, air, roof, plumbing, underpinning, tie downs. Haskell, 200 N. 3rd. 940-864-6127. \$6500. 29p

I'M MAD at banks who don't give real estate loans because of bad credit, problems or new employment. I do, call L. D. Kirk, Homeland Mortgages (254) 947-4475. 29p

### 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

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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.

### Frances Arend Real Estate & Insurance

NORTHSIDE: Two bedroom, bath, carpet, storage and fence.

Lake cabin in Earls camp. Buddy house trailer home. Three bedroom, two baths, 2 car carport furnished.

Building on North First to sell or lease.

Lot on S. 3rd. 74'x150.

Health Insurance  
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### Garage Sales

MOVING SALE: Lots of household goods, something for everyone. Melisa Robison. Big red building (Old depot bldg.) across (south) from Heads or Tails. Wed., Thurs., & Fri., July 18, 19, 20. 29c

MOVING SALE in backyard under the grape arbor. 206 N. Ave. N. Sat., July 21, 7 a.m. till all is gone. 29p

PATIO SALE: Sat. 303 S. Ave. G. Across from school. 8-2. 29p

LOCO BARGAINS. Big sale. July 16-31. 700 S. Ave. F. 29p

### 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

PART-TIME caregiver. 1-800-671-2369. 28-29c

THE CITY OF GOREE has a job opening for office manager. Responsibilities include bookkeeping and field work. Call 4-12 p.m. 940-422-5306 for more information. The City of Goree is an equal opportunity employer. 28-30c

HELP WANTED: Technician. Prefer GM line, but not necessary. Apply in person at Medford Buick Pontiac-GMC, 200 N. Ave. E., Haskell. 28-30c

YOUNG COUNTY HOME Health is now accepting applications for full time/part time RNs and LVNs. Apply at 105 N. Ave. D in Haskell or call 940-864-5074. May fax resume to 940-864-6163. 28-29p

HELP WANTED: Nurses aide to assist elderly couple. Full time position. 915-698-4835 or 915-695-5428. 29tc

WES-T-GO now accepting applications for cashier. Apply in person at store. 400 N. Ave. E. 29c

### Jobs Wanted

HOUSE LEVELING. Floor bracing, slab, pier and beam. Insurance claims, free estimates. References. No payment until work satisfactorily completed. David Lee & Company, www.davidleeandco.com. 915-675-6369. 50tc

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If the grass is greener on the other side of the fence, you can bet the water bill is higher. The best sofa values in the Big Country are at Kinney Furniture in Stamford. We have a large selection of quality sofas in attractive fabrics at \$499 up. You get old fashioned personal service and quick free delivery since 1932. 29c

### 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. 29c

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

### Public Notices

NOTICE OF SHERIFF'S SALE THE STATE OF TEXAS COUNTY OF HASKELL

By virtue of an Order of Sale issued out of the Honorable 39th Judicial District Court of Haskell County, on the 2nd day of July, 2001 by the Clerk thereof, in the case(s) styled as follows:

Cause No. 10,564. Styled: Haskell County Appraisal District v. Ora Lee Clayton. Legal Description: 1. Lot 12, Block 15, Frisco Addition to the City of Haskell, Haskell County, Texas.

Cause No. 10,569. Styled: Haskell County Appraisal District v. Jackie Dale Isbell. Legal Description: 2. Lot 5, Block 3, McConnell #85 to the City of Haskell, Haskell County, Texas.

Cause No. 10,886. Styled: Haskell County Appraisal District v. W. O. Booher. Legal Description: 3. Lot 27, Edgewater Beach Club Abstract 131, Haskell County, Texas.

and to me, as Sheriff, directed and delivered, I will proceed to sell, at 10:00 o'clock a.m. on the 7th day of August, 2001, which is the first Tuesday of said month, at the South door of the Courthouse of Haskell County, in the City of Haskell, Texas.

Levied on the 4th day of July, 2001, as the property of said defendants, to satisfy the judgment rendered in the above styled and numbered cause, together with interest, at 10 percent per annum, and all costs of suit in favor of each jurisdiction.

Given under my hand this 4th day of July, 2001.

David Halliburton  
Sheriff, Haskell County, Texas 28-30c

### Public Notices

NO. 4111  
IN THE ESTATE OF  
LA VERA HOPE JOSSELET,  
DECEASED  
IN THE COUNTY COURT OF  
HASKELL COUNTY, TEXAS  
NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of La Vera Hope Josselet, Deceased, were issued on July 11, 2001, in Cause No. 4111, pending in the County Court of Haskell County, Texas, to: Joe Josselet.

The residence of the Independent Executor is 1630 Sunset Circle, Dimmitt, Texas 79027; the post office address is:

c/o: Joe Josselet, 1630 Sunset Circle, Dimmitt, Texas 79027.

All persons having claims against this Estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

Dated the 11th day of July, 2001.  
By: Joe Josselet  
Independent Executor  
for the Estate. 29p

### NOTICE

The Aspermont Small Business Development Center, Inc. is seeking applicants for the position of full-time Driver for The Double Mountain Coach Rural Public Transportation System.

Applicants must have an excellent driving record. Experience in carrying passengers is preferred. Any Drivers Training such as Defensive Driving, Passenger Assistance Courses, CPR/First Aide, etc. is a plus. The selected applicant must be physically able to assist passengers on and off the vehicles including passengers that are in wheelchairs. The ASBDC, Inc./Double Mountain Coach maintains a Drug Free Workplace and Drug-Alcohol Policy Testing Program, which requires all new employees to submit to and pass a drug test as a condition of employment.

This job requires that passengers be picked up at their homes.

**NOTICE**  
The deadline for Classified Advertising is 5 p.m. on Mondays.  
Haskell Free Press

You may be getting old if you enjoy browsing at a medical supply store. Feel younger by getting a good night's sleep on a Spring Air mattress set from Kinney Furniture in Stamford. We have a large selection in all sizes and nobody beats our prices. Get quick free delivery and free disposal of your old bedding. 29c

carry them to their destinations and return them to their homes. The selected applicant will be responsible for the completion of the Daily Trip Log and other written documentation that is required. The selected applicant will also be responsible for the daily operation and appearance of his/her vehicle. Selected applicant must be able to work with difficult situations and passengers, and maintain a pleasant, cooperative attitude.

The ASBDC, Inc. is an Equal Opportunity Employer; all applicants will be given equal consideration regardless of race, religion, sex, national origin, age, disability, political affiliation or belief.

Closing date for Application: Wednesday, August 1, 2001 at 5:00 p.m. Applications may be picked up at the ASBDC, Inc./Double Mountain Coach, 620 S. Washington Ave., Aspermont, Texas between the hours of 8:00-12:00 and 1:00-5:00 p.m. or the Double Mountain Coach, 307 S. 1st, Haskell, Texas. For more information, you may call (940) 989-2239 or 989-3538. 29-30c

NOTICE OF APPLICATION FOR AMENDMENT TO THE ZONING ORDINANCE

A request has been received from Denton and Dee Bates to change the following described property: Designating 46 acres of Lot 128 Peter Allen Subdivision Block A-B-D-C address 1600 block of South 7th other description Peter Allen subdivision-Westwood Estate from agricultural zoning district to residential purpose zoning district. The applicant proposes to use the property for residential use if zoning is achieved.

The planning and zoning commission of the City of Haskell, Texas, will hold a public hearing pursuant to this request on August 10, 2000 at 1:30 p.m. in City Hall Council Chambers. 29c

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1506 N. AVE. E. Immaculate large 1 1/2 story home, 3-2 with open living, fence, ceramic tile floor, C/B/A on 1 1/2 acre. Has out-buildings and rent house.

105 N. THIRD, 3-2, carpet, C/B/A.

1407 N. AVE. J, 3-2, carpet, new C/B/A.

RULE, 3-2, carpet, fresh paint, wood floors in living, fireplace, well, sprinkler, HIGHWAY 390 EAST, 3-2-1, on 1/3 ac. C/B/A, fenced, well.

1905 N. FIRST ST. Large 4-2-2 on 3 ac. C/B/A, large den with fireplace.

200 N. AVE. E. 4-2 1/2, 2 carports, C/B/A, hardwood floors, 9 ft. ceilings.

HOME WITH 6 ACRES, 3-1, C/B/A, Storage, shed, fenced, city water, well.

210 ACRES, 110 Ac. Cultivated and 94 Ac. pasture. Large spring fed tank.

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FAX (940) 864-3686  
Mary Rike, Broker  
mrike@writelc.net

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1302 North First  
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Phone: 940-864-2652 Contact: Andre Elizando  
Fax: 940-864-8173 or Karen Becknel





**APPRECIATION PLAQUE**—Sandy Forehand, center, Advisory Committee Chairperson of Noah Project-North, was presented a plaque Monday, July 16, for her years of dedication and service to the organization. Making the award was Service Area Director, Donna Sue Anders and Advisory Committee officer, Ben McGee. Forehand has served as both a volunteer and officer for the Noah Project-North. She and her husband Roy Forehand were also on the Noah Project's Tour of Homes. The couple will soon be moving from Haskell to Floydada.

## New teachers named at Rule

Rule ISD will have a few new faces around campus this school year. New staff members include the following:

Larry Bills of Stamford has been named Principal at Rule ISD. Bills was previously employed as principal at Wetherbee School in Stamford. He is a 1992 graduate of Tarleton State University. He and his wife, Casey, have one daughter, Olivia.

Karla Taylor of Paint Rock will be the new math teacher for Rule ISD. Taylor will replace Jerry Cannon who is moving to Garden City. Taylor is the former Karla Hertel of Rule and daughter of Bill and Margie

Hertel of Sagerton. She is a graduate of Hardin-Simmons University. She has taught at Paint Rock, Spur, Crowell, Aspermont and Old Glory schools.

Kent DeVille of Knox City will be the new science teacher. He is a 1994 graduate of Texas Tech University. He previously taught at Knox City ISD. He and his wife, Jennifer, have two daughters.

Sid Wright of Strawn has been named the new coach, replacing Paul Page. Page will be coaching at Olney ISD. Wright is a 1979 graduate of University of North Texas and Texas Tech University. Wright has coached

as Strawn, Carrizozo, Ruidoso, McMullen, Miles, Hale Center and Wilson. He and his wife, Brenda, have two children.

Tamara Lofton of Munday will be the new Elementary-Junior High computer teacher. She replaces Amy Easterling who will be changing jobs within the district to teach fourth grade. Easterling will replace Beth Kitley, who is moving to Lawn ISD. Lofton is a 2000 graduate of Midwestern State University and previously taught at Benjamin ISD. She and her husband, Phil, have two children.

## Clues may help to diagnose early Alzheimer's disease

There may be clues to help diagnose Alzheimer's disease in its earliest stages.

The medical community once believed that the only way to diagnose Alzheimer's disease with any certainty was to conduct an autopsy and brain dissection after the patient died. Now, a panel of experts at the American Academy of Neurology annual meeting says there are ways to detect Alzheimer's disease in its earliest stages. While there is still no cure or prevention for this disease that slowly robs people of their brain functions, there are treatments that

help people hold onto a semblance of normal life for as long as possible.

Some signs include: memory loss had enough to affect job performance; language or communication problems; difficulty with tasks that should be familiar or easy; getting lost or becoming confused about time or location; poor judgment; losing objects; mood changes; personality changes; difficulty with abstract concepts; and loss of initiative.

Patients who show these signs should have a brain scan to rule out

other causes of these symptoms. If Alzheimer's disease is the diagnosis, there are some treatments that may help. There are drugs that appear to slow the symptoms. Anti-psychotic and anti-depressant medication can help with some of the problems associated with Alzheimer's disease.

Doctors at UT Southwestern Medical Center at Dallas say if you notice these symptoms in yourself or a loved one, don't be afraid to talk to your doctor. Your doctor can help rule out Alzheimer's disease or help you find treatment.

## Skin cancer is common

by Lou Gilly  
Haskell Co. Extension Agent  
Skin cancer is currently the most common type of cancer in the United States. One in five Americans will develop skin cancer

### MS is hard to detect

The affect multiple sclerosis has on the body is sometimes hard to detect.

Dr. Kathleen Hawker, UT Southwestern Medical Center at Dallas assistant professor of neurology, said changes like blurred vision, numbness or weakness can occur over hours, days or even weeks. "Symptoms can also get better over days or weeks and can recur," Hawker said.

MS is the most common disabling neurological disorder of young people and affects about 500,000 Americans, most between the ages of 20 and 40.

People with MS can experience double vision, bladder changes and balance problems. If you are experiencing unexplained fatigue associated with symptoms like Hawker describes, she recommends seeing your doctor.

"There are effective treatments available to reduce MS attacks or slow progression of the disease," Hawker says.

### Immunizations

The Texas Dept. of Health in Stamford will hold an immunization clinic Thurs., July 19 at the American Legion Hall in Haskell. Clinic times are 1 to 4 p.m. For more information, call 915-773-5681.

during their lifetime. Living in a Sunbelt state such as Texas, increases the risk to one in three.

Certain risk factors for developing skin cancer such as light, fair skin, blonde or red hair, tendency to freckle in the sun and family history of skin cancer are beyond one's control. However, controlling the amount of sun exposure, especially sun exposure resulting in blistering sunburns, is possible.

Melanoma is the most serious skin cancer and incidence is increasing five percent each year. If not detected quickly, melanoma can spread to other parts of the body. Only lung cancer is more deadly. Blistering sunburns before age 18

increase the risk of melanoma by two to five times. Sun exposure is the only risk factor for melanoma that can be avoided.

Children, teens and their parents must take precautions to lower the risk of skin cancer by reducing sun exposure. Wear protective clothing and sunscreen of at least 15 SPF. Wear a hat that shades the face, tops of ears and back of the neck. Do not use tanning beds. To catch problems early, examine skin regularly for moles, dark patches, or long lasting pearly-looking bumps. Pay particular attention to the face, neck and arms where sun exposure tends to be greatest. Promptly report any suspicious areas to your health professional.

All deadlines are 5 p.m. Monday.



## Around Town

By Joyce Hawkins

Those who came last week to be with Fannie Mae Barton during her time of sorrow were Kip and Kaye Herricks, Kirk and Tiffany Derrick and sons, Alex and Cody from Fort Worth; Kristy and Brian Waltman of Kansas City, Missouri, Violet Helms and daughter, Jenny, and Roy Jenes of Leavinton, Missouri; Virginia Eaton of Foley, Alabama, and Rev. H. Lou Barton and wife, Patsy, of Park Hills Missouri.

Bernice Hilliard attended the monthly square dance of the Country Cousins at the Wagon Wheel Saturday night.

Wendy and John Egelston and their little nine weeks old daughter, Paige Marie, of College Station, spent the July 4th holidays with Mike, Jeanie and Sean Dulaney and Betty and Bob Dulaney and friends of Haskell.

The Greater Independent Baptist Church held their 33rd homecoming program. Homecoming members were Mr. and Mrs. Donald Reece and family of Huntsville; Mrs. Audry Brown and Rev. Danny Brown, both of Breckenridge; Hazel Brayley, Rev.

and Mrs. Willie Marshall and children, Christopher McDeth, and Cutie Marshall, all of Dallas; Earlene Wheeler, Rev. and Mrs. James Webb and family, Vert Calloway and Eugenia Barton, all of Abilene, Janet Casey, Lizzie Philip, Mr. and Mrs. Frank Ranson and family, Nancy and Alvin Hanson, all of Fort Worth; Rev. J. W. Hanson of Odessa; Alters William and Carla Amirey, both of Grand Prairie; Bobby and Amber of San Marcus; Rev. and Mrs. Don Burton of Longview; Lealters Harris of Knox City; Rev. and Mrs. Tony

Hanson and family of Pflugerville; Rev. Dever, West Bethel Church, Elder Brown and the Sims Chapel Church, Hopewell Baptist Church, West Beulah Baptist Church, Rev. Session and the COGIC. Bertie Goudeau and her children worked in the kitchen during the homecoming.

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### TAX PLANNING

Written By  
Gerald Rodgers, CPA



#### TAX-FREE INCOME: HOW SWEET IT IS

There aren't many ways to earn money without the government taking a tax bite. Selling your home can be one of the exceptions. If you meet certain requirements, you may qualify for up to \$250,000 (\$500,000 for married couples) of tax-free income every time you sell a home.

To exclude the full amount allowable from your income, you must own and occupy your home as your principal residence for at least two of the five years prior to its sale. Generally, you are only permitted to use this exclusion every two years. However, if you move sooner for health or job relocation reasons, a partial exclusion may apply.

You can also create tax-free income when you sell a rental or vacation home as long as you've owned and occupied it as your principal residence for the required amount of time before selling. Let's look at a couple of examples:

**Example 1:** You've owned a rental house for ten years. If you move into your rental house and live there for at least two years prior to its sale, you've just created tax-free income. You must pay tax on any depreciation taken after May 6, 1997, but the rest of the gain is tax-free, up to the allowable limits.

**Example 2:** You purchased your first home in 1985. Three children later, you are ready to move to a bigger home. You decide to rent your old house. As long as it's not rented for more than three of the five years prior to its sale, you can still exclude the gain, up to the allowable limits. As in the prior example, you must pay tax on any post-May 6, 1997, depreciation.

A home office may create a tax deduction, but it can also present a tax trap. If you use a home office for more than three of the five years prior to your home's sale, the gain on the home office portion will be fully taxable.

Maximize your opportunities to create tax-free income when you sell your property. Call us for planning ideas.

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