

Happy Thanksgiving

The Haskell Free Press

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"The People's Choice"

12 PAGES-ONE SECTION-50 CENTS

Letters to Santa due Dec. 8

Hey Kids! Santa is getting ready to make his trip to Haskell on Christmas Eve. It's time to get your Christmas letters written and sent to him.

Letters to Santa may be dropped off at the *Free Press* office at 420 North First Street or mailed to Santa Claus at P. O. Box 555, Haskell, Texas 79521.

The deadline for having the letter printed in the newspaper is 5:00 p.m. Mon., Dec. 8. All letters received by that time will be printed in the Dec. 25 edition.

Basketball games

Haskell
Boys 7th-8th vs Hamlin
Mon., Dec. 1, 5 p.m.
at Hamlin

Girls 7th-8th vs Hamlin
Mon., Dec. 1, 5 p.m.
at Haskell

Girls 9th vs Seymour
Mon., Dec. 1, 6 p.m.
at Seymour

JVG-B, VG-B vs Munday
Tues., Dec. 2, 4 p.m.
at Munday

Paint Creek JH vs Guthrie
Mon., Dec. 1, 5:30 p.m.
at Paint Creek

Paint Creek vs Newcastle
Tues., Dec. 2, 6:30 p.m.
at Newcastle

Calendar

Christmas program

The Haskell Chamber of Commerce will hold Christmas on the square Sat., Dec. 6. Pictures with Santa, story time with Mrs. Claus, sleigh rides with Santa and Christmas tattoos will be among the day's events. Watch for more information in coming weeks.

Society to meet

The Haskell County Historical & Genealogical Society will meet Mon., Dec. 1 in Haskell City Hall at 7 p.m. Members are asked to bring a snack to share at the annual Christmas party.

Christmas in Rule

The Rule Chamber of Commerce will sponsor a living nativity scene at the Slim Sorrells Park Sun., Dec. 7 at 7 p.m. The Rule home and yard lighting contest will be judged Sat., Dec. 13. Watch upcoming issues for information.

Santa letters

Deadline for Santa letters is Mon., Dec. 8 at 5 p.m. Santa letters will be published in the Christmas edition of the Haskell Free Press, Thurs., Dec. 25.

Benefit concert

The Weinert Volunteer Fire Department is sponsoring a family style country music concert Sun., Dec. 7 at 2 p.m. at the Weinert School. Funds will help support the Weinert Volunteer Fire Department. For tickets call 940-886-7870.

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A COMMUNITY HONORS VETERANS—Kindergartners led in the Pledge of Allegiance as school children, teachers, Boy Scouts, Veterans and members of the community all gathered for morning flag raising ceremonies on Veteran's Day, Nov. 11 at Haskell Elementary School. Following the ceremonies, all veterans were honored with a breakfast at the school.



HALEY MYERS

Myers to compete in Austin

Haley Myers, daughter of Bobby and Shannon Myers of Haskell, has been selected to participate in the "Distinguished Youth of Texas Scholarship and Recognition Program" to be held at the Renaissance Hotel in Austin, Nov. 28-30.

The Program is designed to recognize girls who rank high academically and who are leaders in their schools and communities. The judging criteria includes scholastic record, service to school and community, personality projection, and interview. Sixty percent of the judging involves written resumes, with another significant portion being the judges interview.

During the weekend event, two Texas students will be selected to receive a \$1,000 U. S. Savings Bond and the right to serve as a State Program Titleholder for one year. In addition, both winners will receive \$250.00 to present to their respective schools from the Distinguished Youth of America Program.

Finals will be held Sun., Nov 30 and will culminate in the naming of the new Young Miss of Texas and Little Miss of Texas. Special guests featured will be the current Young Miss of Texas, and Little Miss of Texas. Mistresses of Ceremony will be the former Miss Teen of Texas and Miss Teen of America.

Slight increase noted in sales tax receipts

Texas Comptroller Carole Keeton Strayhorn said recently that state sales tax collections rose in October by 3.6 percent compared to October 2002—the biggest year-over-year growth since August 2001, just prior to the 9/11 terrorist attacks. The state's October sales tax revenue was \$1.19 billion.

Local sales tax collections are up also. Strayhorn has sent \$393.5 million in November sales tax rebates to cities, counties, transit systems and special purpose taxing districts, up 6.7 percent compared to November

2002. The last time local taxing units saw their monthly sales tax allocations increase in the six percent range was June 2001, when allocations were up 5.8 percent compared to June 2000.

"This growth in sales tax collections is consistent with other recent positive signs in the Texas and national economies," Strayhorn said. "These sales tax numbers are very encouraging as our Texas businesses enter the crucial fourth quarter and the holiday shopping season."

Sales tax rebates of \$271.3 million

were sent to Texas cities, up 7.5 percent compared to November 2002. Texas counties received November sales tax rebates of \$21.9 million, up 8.6 percent compared to one year ago.

Haskell County had a 8.51 percent increase for November, 2003 of \$36,699.61 in comparison to \$33,819.49 for November 2002. 2003 payments to date of \$298,596.88 reflect a 11.72 percent decrease over 2002 payments to date of \$338,243.21.

The City of Haskell had a 7.64 percent increase for November, 2003 of \$33,482.12 in comparison to \$31,105.62 for November, 2002. 2003 payments to date of \$274,412.69 reflect a 13.22 percent decrease over 2002 payments to date of \$316,227.48.

The City of O'Brien had a 19.61 percent decrease for November, 2003 of \$73.80 in comparison to \$91.81 for November, 2002. 2003 payments to date of \$1,149.41 reflect a 49.16 percent increase over 2002 payments to date of \$770.55.

The City of Rochester had a 49.64 percent increase for November, 2003 of \$964.52 in comparison to \$644.55 for November, 2002. 2003 payments to date of \$6,577.27 reflect a 7.45 percent increase over 2002 payments to date of \$6,120.89.

The City of Rule had a 11.16 percent increase for November, 2003 of \$2,002.96 in comparison to \$1,801.87 for November, 2002. 2003 payments to date of \$15,116.48 reflect a 11.08 percent increase over 2002 payments to date of \$13,607.63.

The City of Weinert had a .32 percent increase for November, 2003 of \$176.21 in comparison to \$175.64 for November, 2002. 2003 payments to date of \$1,341.03 reflect a 11.58 percent decrease over 2002 payments to date of \$1,516.66.

Click it campaign underway for holidays

Joining the thousands of motorists who will be hitting Texas streets and highways this month as the winter holiday and shopping season gets underway will be thousands of law enforcement officers. These officers will be part of the Thanksgiving Click It or Ticket safety belt enforcement and public education effort.

Texas is part of a national effort to reduce deaths and injuries from traffic crashes. From Nov. 18 to Dec. 1, state troopers, police officers and sheriff's deputies throughout Texas will be cracking down on drivers and passengers who aren't using safety belts.

In addition to messages on television, radio and billboards, motorists on Texas streets and highways will see reminders to buckle up on some trucks. A San Antonio-based grocery company will display Click It or Ticket decals on their entire fleet of more than 2,000 vehicles which travel more than 50 million miles each year.

"As combining stepped up law enforcement with public education works to get people to buckle up," Brenda Mitchell, the Texas Department of Transportation's Abilene District's traffic safety coordinator, said, "focusing on seat belt law enforcement around Thanksgiving will save lives. The Click It or Ticket campaign should help give Texas motorists the extra incentive they need to always use their safety belts and make sure their children are properly secured."

Texas law requires drivers and front seat passengers to always use safety belts. Children and teens up to the age of 17 have to be buckled up in the front or back seat. Child safety seats are required for children under four years old or less than three feet tall. Fines for violations range from \$25 to \$200.

The Click It or Ticket effort, first launched in Texas eighteen months ago, has boosted statewide safety belt usage from 76 percent to almost 85 percent.

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Holidays can be stressful

The holidays traditionally are a time of togetherness, but many families find preparing for the events to be a time of great stress. A Texas Woman's University professor says communication is the key to easing the tension the holidays can bring.

Dr. Joyce Armstrong, associate professor of family sciences at TWU,

said research on family strengths indicates that healthy families communicate in times of stress.

"Families need to carve out time in their schedules to talk about the holidays," Armstrong said. "Take time to establish holiday goals and family goals. I encourage regular family meetings—they are a powerful

way of communicating."

Deciding in advance how much to spend on holiday purchases—and sticking to that amount—can help prevent a common source of conflict. "Many families overextend (financially) during this time," Armstrong said. "Experts say most people don't pay off their credit card purchases until six months after the holiday."

Current economic conditions may leave families with less money to spend on gifts. Armstrong said parents should be open with their children about why there won't be as many presents under the tree as there were last year.

"I believe many children will understand," she said. "It's often more difficult for parents to acknowledge (financial difficulties) than it is for children, because as parents, you want to give to your children."

Armstrong said it's important to teach children that the holidays are about more than receiving.

"Things are temporal; toys wear out," she said. "What most people remember about the holidays is the time spent with family and friends. That's what they value."

Deciding with whom to share the holidays can be a source of conflict, however, and can be especially complicated in extended or blended families. Armstrong said a compromise may need to be made.

"Some families rotate, spending the holidays with one family one year and another the following year," she said. "Some choose to spend Thanksgiving with one family and Christmas with another. Some—especially families with young children—decide to stay home and have family come to them."

Regardless of the decisions made, it's important for each family member to have a voice, Armstrong said.

"It doesn't take money to build strong and healthy families," she said. "It requires an investment of time."



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Obituaries

Norman 'Rusty' Duryea

Funeral services for Norman E. 'Rusty' Duryea, 79, of Abilene were held Sat., Nov. 22 at North's Memorial Chapel in Abilene with Rev. Fred Levrets officiating. Burial was in Cedar Hill Cemetery under the direction of North's Funeral Home.

Mr. Duryea died Wed., Nov. 19.

Born June 12, 1924 in Farmingdale, New York, he met Grace Hardin in Delray Beach, Florida where they married in 1947. He owned and trained polo ponies in Florida and New York before moving to Abilene in 1948. He owned Rusty's Auto in Abilene for over 30 years. He was a little league and pony league coach for many years and was president of the Big Country United Ostomy Support Group. He was a Navy veteran.

Survivors include his wife of 56 years, Grace of

Darel Anderson

Graveside services for Darel Anderson, 57, of Haskell were held Fri., Nov. 21 at Willow Cemetery with Rev. Kevin Hall officiating. Services were under the direction of Holden-McCauley Funeral Home.

Mr. Anderson died Wed., Nov. 19 in Haskell.

Born July 22, 1946 in Kermit, he was the son of Carl and Bonnie Grove Anderson. He was a lifetime resident of Haskell. He worked in oilfield construction and was a member of First Baptist Church.

Abilene; a daughter and son-in-law, Pam and Bob Aycock of Haskell; two sons and daughters-in-law, Ed and Cindy Duryea of Beaufort, S. C. and Keith and Mary Duryea of San Angelo; grandchildren, Jason Aycock and wife Sandy, Amy and Angela Aycock of Abilene, Katy Duryea of Alexandria, Virginia, Huntley Duryea of Beaufort, S. C., Taylor and Amanda Duryea of San Angelo; great grandchild, Wiley Singleton-Aycock of Abilene; one brother and three sisters.

Memorials may be made to City Lights, c/o First Baptist Church, 1333 N. 3rd, Abilene, Texas 79601; Hendrick Hospice Care, 1682 Hickory, Abilene, Texas 79601; or Big Country United Ostomy Support Group, 4701 Carrie Ann Lane, Abilene, Texas 79606.

PD. NOTICE

He was preceded in death by his parents, two brothers, one sister and a nephew.

Survivors include Diann Anderson of Beaumont; their two daughters, Nicole Brewer of Haskell and Natonia Anderson of Dallas; one brother, David Anderson of Dallas; three granddaughters, Heather Brewer, Tiffany Brewer and Elizabeth Anderson, all of Haskell.

PD. NOTICE

Don't wait until the new year to begin your resolutions

You don't need to wait for Jan. 1 to begin making changes that will improve your life in the coming year. You can take action today that will substantially reduce your risk of developing or dying from heart disease, colon cancer and high blood pressure. All it takes is devoting 30 minutes of your time each day.

Dr. Nancy DiMarco, a research professor in the Department of Nutrition and Food Sciences and coordinator of the master's program in Exercise and Sports Nutrition at Texas Woman's University, tells her classes that she truly believes that exercise is of the greatest importance when it comes to changing the risk for lifestyle-related diseases. Nutrition is next in importance, she says, and cannot be neglected. "But, without activity, simply changing one's diet will not achieve all the possible health benefits."

The Centers for Disease Control and the American College of Sports (ACSM), recommend that everyone participate in at least 30 minutes of moderate activity most days of the week. The guidelines are designed to promote the health benefits of regular physical activity.

The fitness benefits of exercise include significant changes in body composition, such as decreased body weight, decreased percent of body fat, increased muscle mass, increased lung capacity and maximal oxygen

consumption. While these benefits are of great importance if you are an athlete or even someone who wants to challenge him or herself in an athletic event, in truth, there is more health benefit for a sedentary individual embarking on a moderate exercise program, said Dr. DiMarco.

"Study after study has shown that physical activity improves health by reducing the risk of dying prematurely, reducing the risk of dying of cardiovascular disease, reducing the risk of developing diabetes, reducing the risk of developing high blood pressure, reducing the risk of developing colon cancer, reducing feeling of depression and anxiety, helping control weight, helping build and maintain healthy bones, muscles and joints, helping older adults become stronger and move without falling and promoting psychological well-being."

Still, she says, 60 percent of adults do not exercise regularly and 25 percent don't exercise at all. "Women exercise less than men do. And the older a person is, the less likely he or she is to exercise."

Davis Satcher, former director of the Center for Disease Control, said, "Improving health through physical activity is a key health challenge that we must hasten to meet. The stakes are high and the potential rewards are great—preventing premature death,

unnecessary illness and disability, controlling health care costs and maintaining high quality of life into old age."

Dr. DiMarco offers these tips to start your New Year's Resolutions, early:

*Check with your physician to get his clearance if you have any medical condition that would prevent activity.

*Exercise either in a group or with a friend for accountability. People who exercise together tend to keep exercising.

*Start slowly and gradually work into a regular schedule of activity.

*Vary your activity the way you vary your food—moderation, variety and balance are all keys to enjoying physical activity.

*Choose activities you enjoy but be open to trying new ones—new muscles get challenged with different activities.

*Never neglect proper fluid intake, even in cooler weather.

*Join a local fitness club or facility near you.

*Use the expertise of a qualified personal trainer (has ACSM or NSCS certifications) to help jump start your program.

*Have a physical fitness assessment performed.

*Record your activity for the first few months to determine how well you are adhering to your new resolution.

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As the holiday season approaches, it is a time to reflect back on things that we are most thankful for and the blessings we have received.



The past two to three years have been the most trying and difficult time of my life. I appreciate everyone in the community for their prayers and support - I will never forget it! I feel so blessed to have two beautiful children and a wonderful staff that I enjoy working with. During these difficult years, it was my decision to keep this funeral home in Haskell where I have grown to love the community rather than keep the funeral home in Louisiana.

Now that I am the sole owner of Holden-McCauley Funeral Home, I would like to take this time to give something back to the families that we have had the privilege to serve. Beginning November 15, 2003, I will substantially reduce the price of funerals to our families. This is my way of giving something back to the community. You can still expect the same high quality of service and dedication from the funeral home, but at what I believe as a more reasonable price. We invite you to compare our prices with any other funeral home in West Texas.

The renovation at the funeral home is almost complete and we are very proud of our new look. Most of the work that was completed is not readily noticed; such as leveling the floor, repairing the walls and replacing the plumbing. However, the new carpet and paint is very evident and has a very comforting effect. The building is almost 100 years old, and with the new construction, she should be good for another 100 years.

The fleet of automobiles has recently been upgraded because it is my belief that the people of Haskell County and the surrounding areas we serve deserve the very best.

Sincerely,
Marc Robison

Ex-star honored by Howard Payne



CHRISTY WILLIAMS-McKEE

Christy Williams-McKee, a former Blackwell High School athlete, was among three people recently inducted into Howard Payne University's Sports Hall of Fame.

A graduate of the HPU class of 1998, Williams-McKee received the honor during the school's homecoming festivities along with two other HPU graduates.

Ranking in the top five in nine different categories in HPU women's basketball history, she is the school's second all-time leading scorer with 1,887 points, and also ranks second in the most field goals in a career and has the second most free throws and steals in one season.

Williams-McKee holds the school record for most points scored in a game, with 47 against McMurry University. In that game, she scored the game-winning basket on a last-

second shot, despite receiving a concussion earlier in the game.

Her basketball honors at HPU include being named Texas Intercollegiate Athlete Association (TIAA) Freshman of the Year and TIAA co-most valuable player of the year, receiving all-conference honors for four years and being named All-American for two seasons.

Williams-McKee is currently the only women's basketball player to have her number retired at HPU. She was also a track stand out at the school, who was named to the all conference team for three seasons, earning the freshman outstanding athlete award along with two other outstanding athlete awards. As a freshman she placed in enough events to win the women's track team title all by herself.

Her athletic achievements at Blackwell High School still stand. She was a two-time qualifier in the state meet. As a senior, she won a first-place gold medal in the high jump and a second-place silver medal in the 100 yard hurdles, where she was also a silver medalist as a junior.

Williams-McKee is the granddaughter of Nell Williams of Rule.

When she was born her mother had a borderline RH factor which was undetected. At only a few days old she turned blue and had to be rushed to have her blood transfused. The doctor at the time thought she might have some brain damage.

Her family knows that God answers prayers and blesses.

Turkey-it just says Thanksgiving

Thanksgiving just isn't a holiday without the traditional bird. An estimated 45 million turkeys are consumed on Thanksgiving Day...22 million on Christmas and the majority of those big birds are roasted slowly in an oven. But you do not have to roast the turkey as usual.

Extension poultry science specialist Dr. Sarah Birkhold suggests some slight alterations in that tradition this year. The first option is to use a compound butter. Mix seasonings such as thyme, sage and rosemary into butter. Lift the skin on the bird and place the compound butter mixture between the skin and the meat before roasting.

Another way you can cook turkey

is on the grill. Birkhold says buy boneless whole breasts or breast fillets and tenderloins. Put them directly on the grill or into a smoker.

A third option is to deep fry the turkey. You season, then submerge the whole bird in hot oil to dramatically reduce cooking time and provide a unique taste. And Birkhold says you do not have to serve turkey every year. She also recommends chicken, quail, ducks and Cornish game hens.

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Cold or flu?

It's the middle of cold and flu season. But which illness do you have?

On the surface, the symptoms of colds and flu sound similar. Sore throat, runny nose, coughing, fever and that overall miserable feeling. How do you tell the difference between a cold and the flu? Dr. Shelley Roaten, chairman of family practice at UT Southwestern Medical Center at Dallas, says that flu symptoms are normally more severe than cold symptoms. People with the flu usually run a higher fever, have headaches and muscle aches, chills and a loss of appetite. The flu comes on more suddenly. You can go to bed at night feeling fine, then wake up sick the next morning.

Colds tend to come on more gradually. The flu also lasts longer than a cold. One symptom you usually won't see with influenza is nausea or vomiting. There's no such thing as a "stomach flu." That's a different illness called gastroenteritis. You may not have much of an appetite when you have the flu, but an upset stomach isn't part of the illness.

Colds are generally around all the time, but influenza comes in epidemics. If you know someone who's had the flu recently, your symptoms are probably related to the flu rather than to a cold.

Treatment is similar for both illnesses. There isn't an antibiotic that will cure either, but there are antiviral medications that can shorten the duration of the flu if given early in the illness. Otherwise, with either a cold or the flu you'll just need to rest, get plenty of liquids and treat symptoms like sore throat or fever with over-the-counter medications.

Local TEEA club members attend training in Henrietta

A Texas Extension Education training meeting was held Nov. 20 at the First Baptist Church in Henrietta, with teaching sessions taught by TEEA from Parker, Haskell and Palo Pinto Counties.

The motivational speaker was Colleen Chadwick, Regional Program Director, Family and

Consumer Science.

Sixty-one TEEA members were in attendance at the meeting. Those from Haskell were Geraldine Baker, Flossie Bates, Sue McGee, Dolores Medford, Lena Tidwell, Alice Yates and Jane Rowan, County Extension Agent.

Around Town

By Joyce Hawkins

Wed., Nov. 19, the Walter Kretschmers had a surprise from a group of young people from San Angelo who were on their way to Midwestern University in Wichita

Falls for a state convention. The group of twenty-two, which included their grandson Cody Kretschmer, dropped by to sing Happy Anniversary to the couple.

Just around the corner gift sale

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Monthly Calendar of Events

DECEMBER 2003

Haskell Independent School District

SUN	MON	TUE	WED	THU	FRI	SAT
	1 BB Haskell vs Hamlin 7,8 Boys There Girls Here 5 p.m.	2 BB JVB-G VB-G Haskell vs Munday There 4 p.m.	3	4	5 BB VB-G Haskell Invitational BB JVB-G Hawley Invitational	6 State LDE Huntsville
7 Dist. FFA Banquet at Haskell 6 p.m. BB Haskell vs Anson 7,8, 9 Boys Here Girls There 5 p.m.	8	9 BB JVB-G VB-G Haskell vs Roby There 4 p.m.	10	11 TSTC Jrs. 9 a.m. Srs. 10 a.m.	12 BB VB-G Vernon Invitational	13 Haskell UIL Speech Tourney
14	15 BB Haskell vs Stamford 7,8 Boys There Girls Here 5 p.m.	16 BB JVB VB Haskell vs Olney There 5 p.m. BB JVG VG Haskell vs Eastland Here 6 p.m.	17	18 Haskell-Rochester Christmas Party	19 BB VB-G Haskell vs Hawley There 6 p.m.	20 District Band Concert at McMurry
21	22	23	24 Holidays	25	26	27
28	29 Holidays BB VB-G Hawley Invitational	30	31			

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OPINION

TEXAS PRESS ASSOCIATION

State Capital



HIGHLIGHTS

By Mike Cox

State senator, former lieutenant governor to retire

AUSTIN—The man who served as lieutenant governor after Rick Perry moved up to replace George W. Bush in the Governor's Mansion is retiring.

Sen. Bill Ratliff (R-Mount Pleasant) announced last week that he would be leaving the upper chamber of the Legislature effective Jan. 10. That date will mark the passage of 15 years since he was sworn in for his first term.

Ratliff's term is not complete so Gov. Rick Perry will set a special election to determine the senator's successor.

Ratliff was polite in announcing his leave, stressing that he would not be leaving "on a negative note." He did say his parting wish for the Senate was a return of civility, which said a lot.

The senator said he felt his greatest accomplishment had been his role in rewriting Texas' education code and in shepherding other education-related legislation.

His retirement, however, will keep him out of an expected special session sometime next year to deal with the huge school finance issue.

New Supreme Court judge named...

Scott A. Brister, who had been serving as chief justice on the 14th Court of Appeals, has been appointed by Perry to the state Supreme Court.

He fills the unexpired term of Craig Enoch, who had resigned earlier this year.

Brister's term runs through 2004. After that, he will have to campaign for election to the seat.

The new judge grew up in Waco and attended Harvard Law School. Trooper's movie watching gets bad reviews from Perry...

The day after an Austin television crew caught a Department of Public Safety trooper watching a movie on a portable DVD player in her patrol car at the west entrance to the Capitol grounds, Gov. Perry said he didn't like it and didn't expect it to happen again.

Though the trooper's sergeant told the TV reporters that he didn't see anything wrong with the trooper

watching movies as long as she paid attention to her duties, that did not seem to impress the governor.

The DPS is conducting an internal investigation of the incident.

Unemployment rate drops...

The state's unemployment rate dropped to 6.5 percent in October, the Texas Workforce Commission reported. Those figures mean that from September to October, 15,000 Texans found jobs or otherwise fell off the unemployment radar.

And so far this year, 32,600 new jobs have been created in Texas, the commission reported.

"Our state is on the right track and Texas employers are proving resilient following the recent economic slowdown," said Diane Rath, commission chair.

Thanksgiving debate continues...

Massachusetts claims the honor, as does El Paso, of having hosted North America's first Thanksgiving feast. Now, according to the Texas Department of Transportation's Travel Division, Palo Duro Canyon also figures in the debate.

On May 23, 1541, historians say, Spanish explorer Francisco Vasquez de Coronado attended a feast put on by a group of friendly Teya Indians in the big canyon south of the future location of Amarillo. That, they assert, was a celebration of Thanksgiving.

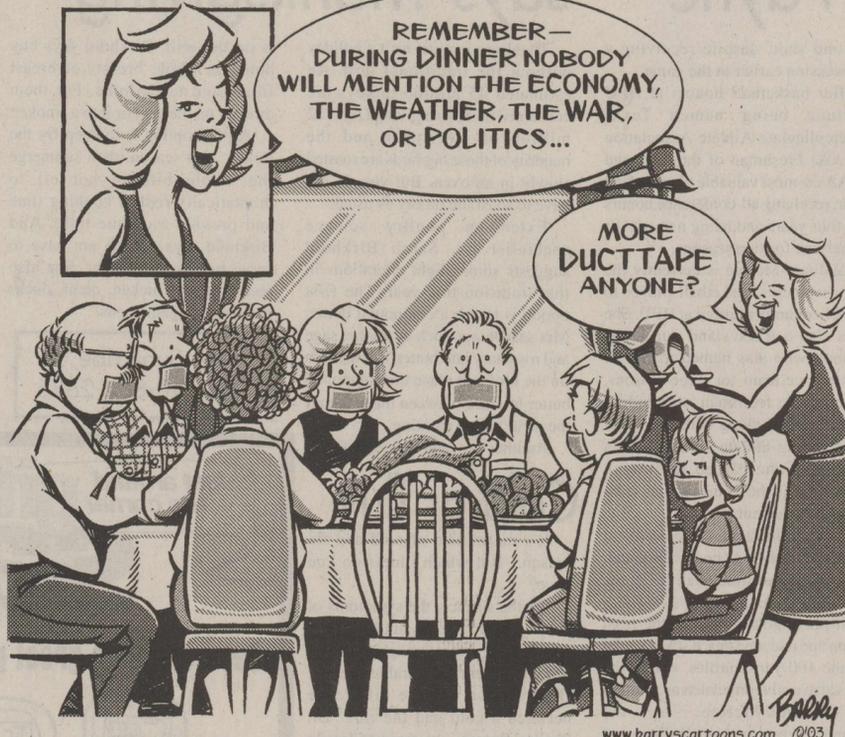
No matter where the first Thanksgiving was celebrated, it is irrefutable that Texas was the first state in the south to call for a formal day of Thanksgiving.

Influenza 'widespread'

The Texas Department of Health classified last week's flu activity in Texas as "widespread," the fifth consecutive week for the highest classification.

The agency still is urging people to get a flu shot and to take other precautions against the highly contagious respiratory illness.

TDH reports that most of the influenza in Texas has been caused by type A of the influenza virus. This season's vaccine is formulated to protect against the A/Panama, A/New Caledonia and B/Hong Kong strains of the influenza virus and against other similar strains.



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From The Inside Out

By Mary Kaigler

"Every man desires to live long life, but no man desires to be old," wrote Jonathan Swift. How true it is!

In spite of the fact that we know we are aging with every day of life we are blessed to have, do we usually view the natural consequences of aging as a blessing, or send up a balloon to celebrate each diminished capacity, grey hair or wrinkle? Not on your life!

We are oriented by our culture to revere the beauty and even the illusion of youthfulness, and we want to hang onto it. In fact, in our country, all aspects of "staying young" are sought after, sometimes almost to the point of our being obsessed with it. We search for the fountain of youth in anything that promises to delay, erase, plump up or cover up those tell-tale signs of being "over the hill."

William Wordsworth once wrote that, "The Wiser mind mourns less for what age takes away than for what it leaves behind."

He's right, of course. There is no doubt that aging leaves a mark on us. And depending on our philosophical outlook and value system, what is left behind by the normal aging process as it makes its way through our physical body and mind, can become

a distressing situation or it can be a time for celebrating a beautiful acceptance of coming full circle in the great cycle of life.

But, how do we manage that? The Roman writer, Marcus Aurelius said, "Spend your brief moment according to nature's laws and serenely greet the journey's end as an olive falls when it is ripe, blessing the branch that bare it, and giving thanks to the tree that gave it life."

On one of the golden days we had in Haskell last week, I was struck by the beauty of autumn leaves floating down in the sunshine, teased around by a gentle breeze, spiraling in a graceful, almost joyful dance on their way to the ground. Without any hurry or pattern, each one left the tree as if it knew when its time had come to complete the cycle of life to which it had been appointed. I was mesmerized by the sight and the thought.

The colorful scene playing out like a muted symphonic ballet right in my own back yard was awe-inspiring, and I spent the morning contemplating the beauty of the earth, the seasons of time, and how we should approach our own time to

go. As I was caught up in this moment of thinking of the 'fullness of time' that comes to all of creation, and of how it should be lived out, a seemingly well-timed article on Healthy Aging (considering my frame of thought) came in the mail in the Mayo Clinic Newsletter.

"The way you manage your attitudes and actions today—body, mind and spirit—has a lot to do with how you'll feel in the years to come," it said. Giving a list of Tips for Healthy Aging, the article pointed out that, "Lifestyle choices make a significant difference in your quality of life. Healthy aging requires careful planning and a commitment to a lifestyle focused on proper nutrition, regular exercise, periodic health exams, nurturing of spirit and stimulating intellectual and social activities." It summed up by saying, "People who age best focus on what they can do, not on what they can't do."

As I sit there mulling over what positives I should begin to focus on, just outside my patio glass doors, the panorama of the 'seasons of time' continues. With each stirring of the tall, old pecan tree limbs, another group of yellow leaves let go as if in response to some heavenly choreographer, and begin their final descent.

Against the backdrop of brilliant blue sky they float through the sunshine, resting like yellow blossoms on the green grass below; a living masterpiece performed in tribute to the Master Artist.

My heart gives them a standing ovation. I catch my breath, and I know there is a lesson here for me as I grow older.

The Creator who planned and made us all, the leaves and I, appointed us to be who we are, and gave our whole life span to be a beautiful time as it unfolds for us. How can we deplore or disdain any portion of it, or feel less confident of our worth in any part of it? As a receiver of the gracious gift of life, when our own allotted 'brief moment' plays out, we too should serenely greet the journey's end, giving thanks to the 'branch' that bore us and to the Tree of Life.

Realizing this, I wonder how any of us can not be full of thanksgiving this week and every day that we live; grateful for the opportunity we have had to live in and share this mysterious and wondrous universe that the Maker spoke into being and pronounced as "good."

Someone has said that old age is just a "state of mind," based on the premise that if we don't acknowledge it, it isn't so. Perhaps, positive healthy aging could better be defined as also a state of heart and soul that honors, with thanksgiving, every phase of the "seasons of time and the fullness thereof."

From Out of the Past

From the files of The Haskell Free Press

10 Years Ago
November 25, 1993

Dream T', 1992 Appaloosa stallion owned by Sam and Gayle Bitner, was named reserve world champion junior halter stallion in the non-pro division at the World Appaloosa Horse Show in Fort Worth.

John Wilson and Joy McKeever of Haskell were among six students from the School of Pharmacy at Southwestern Oklahoma State University who joined more than 5,000 attendees at the 95th annual convention and trade exposition of the National Association of Retail Druggist in Indiana.

Brent Toliver, formerly of Haskell, was one of 120 students who qualified out of the 250 who auditioned for the Big Country Honor Choir in Abilene.

20 Years Ago
November 24, 1983

County Judge John Wayne McDermott at the Haskell County Extension Homemakers annual Information Day recognized Anna Mae Roberts as the Club Woman of the Year. She received a TEHA pin and a corsage. Richard Shaver was recognized as Haskell County's Gold Star recipient and received a gold engraved key chain.

Six students from Haskell enrolled at Western Texas College including Toby Villa, Gena Whitaker, Tina Morris, Jonnie Hise, Mark Bailey and Jamie Davis.

Jill Harris, Rosemary Brown, Betsy Belah and Teri Turner of Haskell attended the Twenty-Second Annual State Young Homemakers of Texas meeting in Dallas.

Kenny and Wanda Thompson of Paint Creek announced the birth of their daughter, Katherine Ann, weighing 7 lbs. 3 oz.

30 Years Ago
November 22, 1973

Ricky Phemister of Haskell earned the honor of being listed in Who's Who in American High School Students in both his junior and senior years.

Jim Brock of Haskell was appointed as executive director of Kids, Incorporated of Amarillo. Youth Industries is also under the management of Brock.

40 Years Ago
November 28, 1963

Mrs. H. H. Hines, member of the Lucky Bluebonnet Home Demonstration Club of Rule, and a twenty-five year veteran of home demonstration organization activities, was named "Woman of the Year."

Lanny Ivy, eleven year old of Haskell, was runnerup in the State of Texas in completed punt, pass, and kick competitions for youngsters.

Joe Warren and James Franklin, two enterprising Jaycees, shared the title of "Jaycee Man of the Month."

Marsha Shaver of Rochester and David Smith of Mattson were chosen the 4-H Gold Star Girl and Boy for Haskell County.

50 Years Ago
November 26, 1953

Ada Rike, a teacher in the Haskell public schools for over thirty years, was honored at the Progressive Study Club. Mrs. Viars Felker presented a speech on the program "The Story of a Great Teacher" as a tribute to Rike.

Chosen as Teacher of the Week was Arnolia Foote, who teaches health, science and girls physical education in Junior High School. Foote has taught seven years in Haskell schools. Also chosen was Mrs. Omer C. Ray a first grade teacher new to Haskell school. Ray taught five years at Paint Creek.

The Rule Masonic Lodge No. 954 presented P. H. Campbell of Rule with a pin representing fifty years of continuous service as a member of the Masonic Lodge in Texas.

100 Years Ago
November 28, 1903

C. R. Peters has moved his barber shop into the back of Carney's Store on the west side of the square.

Public Weigher W. T. Jones reports having weighed 2,950 bales of cotton. This represents the cotton sold in Haskell. Quite a bit has gone directly to the railroad without being handled through the yard.

Thank George Washington for Thanksgiving

Americans don't know it and children aren't taught it, but George Washington is responsible for our Thanksgiving holiday, says Margaret Kuhn of George Washington's Mount Vernon Estate and Gardens in Mount Vernon, Virginia.

In a recent article about the history

of our national holiday, Kuhn writes that, "It was our first president who led the charge to make this day of thanks a truly national event—not the Pilgrims and not Abraham Lincoln."

On October 3, 1789, George Washington issued his Thanksgiving Proclamation, designating for "the People of the United States a day of

public thanks-giving" to be held on "Thursday the 26th day of November," 1789, marking the first national celebration of a holiday that has become commonplace in today's households. The proclamation was printed in newspapers, including the Oct. 9, 1789 issue of the Pennsylvania Packet and Daily Advertiser.

While subsequent presidents failed to maintain this tradition, it was Washington's original Proclamation that guided Abraham Lincoln's 1863 Thanksgiving Proclamation, Kuhn said.

George Washington first mentioned the possibility of a national Thanksgiving Day in a confidential letter to James Madison in Aug. 1789 (just months after taking office), asking for his advice on approaching the Senate for their opinion on "a day of thanksgiving." By the end of Sept., 1789, a resolution had been introduced to the House of Representatives, requesting that "a joint committee of both

Houses be directed to wait upon the President of the United States, to request that he would recommend to the people of the United States a day of public thanksgiving." The committee put the resolution before the president and George Washington issued the first national Thanksgiving Proclamation within days.

Kuhn says that "Washington knew the value of a thanksgiving day long before becoming our first president. During the Revolutionary War, he would order special thanksgiving services for his troops after successful battles, as well as publicly endorse efforts by the Continental Congress to proclaim days of thanks, usually in recognition of military victories and alliances."

The concept of thanksgiving was not new to the citizens of the new United States. Colonists even before the Pilgrims often established Thank Days to mark certain occasions. These onetime events could occur at any time of the year and were usually more solemn than the Thanksgiving we observe today, emphasizing prayer and spiritual reflection.

Thanksgiving was not made a legal holiday until 1941 when Congress named the fourth Thursday in November as our national day of thanks in answer to public outcry over President Roosevelt's attempt to prolong the Christmas shopping season by moving Thanksgiving to the traditional last Thursday to the third Thursday of November.

Have a safe and Happy Thanksgiving!

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This issue mailed Tues., Nov. 25, 2003

Want to see the future? Take care of your eyes today

The eyes have it! And in order for the eyes to keep it, they need proper care, just like any other part of the body, said Dr. Carol Rice, Texas Cooperative Extension health specialist.

According to Prevent Blindness America, vision is the most relied-upon sense when it comes to enjoying life to the fullest.

But like all good things in life, vision changes occur with age, said Janet Pollard, Extension health associate. That's why getting regular eye examinations is so important for maintaining healthy vision throughout life.

"One of the most important things you can do to prevent eye problems and maintain your vision is to have regular comprehensive eye exams," Pollard said. That means regular visits to a qualified eye-care professional. Pollard advised adults with no symptoms or special risks to plan on having their eyes examined professionally at age 35 and 40; every two to four years after age 40; and every one to two years after age 60.

"People with special risks will need to be seen more frequently—usually every one to two years," she said. "If you are at increased risk for eye disease, consult your doctor or eye care provider about how often you should have an eye exam."

Like any other part of the body, the eyes can develop unique problems and conditions, Rice said. The most common of these conditions are:

- Myopia, or nearsightedness, a condition in which objects close by can be seen clearly, but focusing on objects that are far away can be difficult. "Nearsightedness is very common, affecting nearly 30 percent of the U.S. population," Rice said. Symptoms of nearsightedness include difficulty focusing clearly on items that are at a distance, including television or movie screens, chalkboards or traffic signs.

- Hyperopia, or farsightedness, is the opposite of nearsightedness: Objects far away can be seen clearly while close-up vision is difficult. Rice listed some signs of farsightedness: difficulty focusing on objects that are close, eye strain, headache after doing close work, aching or burning eyes, and irritability after concentrating on close work.

- Presbyopia is the slow loss of near vision, making focusing on small print difficult. "Presbyopia is a natural part of the aging process of the eye," Rice said. "It is not a disease and it cannot be treated. Presbyopia often seems to occur suddenly, typically in the mid-40s. The eye actually begins this process in childhood, when the eyeball stops growing." People who find themselves holding reading materials further away—up to arm's length—and who find their vision blurring at normal reading distance may be experiencing presbyopia. Medically-prescribed reading glasses or contact lenses can help.

- Floaters are small spots or specks or even threads that occasionally float across the field of vision. "Most floaters are not harmful and rarely limit vision," Pollard said. "Should you notice sudden changes, such as increased numbers of floaters, obstructions in vision or flashes of light, it is important to see your eye care provider immediately."

- Dry eyes are the result of not enough tears or poor quality tears produced naturally. Eye care providers might recommend the use of a humidifier or eye drops to help relieve this problem. In some serious cases, surgery might be the answer.

- Tearing, or too many tears, might be normal reaction to bright light, weather or wind. However, Rice warned, too much tearing may also be a symptom of a more serious problem. Consult an eye care provider.

When choosing an eye care professional, keep in mind some differences—and similarities—in these specialists:

- Ophthalmologist is a medical doctor who specializes in diagnosing and treating conditions of the eye. He or she can conduct eye exams, prescribe medications and perform surgery, in addition to prescribing eyeglasses and contact lenses.

- Optometrist is not a medical doctor, but does have a doctor of optometry degree. As such, he or she can exam eyes and write eyewear prescriptions. In Texas, optometrists may write prescriptions for certain topical drugs for eyes. If the optometrist is a certified optometric glaucoma specialist, he or she may also prescribe certain oral medications. Also in Texas,

optometrists cannot perform eye surgery. They can, however, refer patients to ophthalmologists who can.

•Opticians fill prescriptions for eyewear that were written by ophthalmologists or optometrists. When consulting with eye care professionals, Prevent Blindness America suggests keeping this checklist in mind:

- When you make your appointment, be prepared to describe any vision problems you might be having. Find out if the exam will affect your ability to drive yourself home. Find out what the cost of the exam will be and if your insurance will cover it.

- Before going to your appointment, write down any symptoms you have, such as poor night vision, flashes of light, temporary double vision or loss of vision. List any injuries to your eyes or eye surgeries you have had, and any medications you are taking, both prescription and over-the-counter. Write down questions you want to ask the eye care professional. Know your general health and your family's history of eye problems.

- When you go to the exam, take along any glasses and/or contact lenses you may have, medications you are taking—prescription and over-the-counter—and the appropriate insurance card or membership certificate.

- During the exam, ask questions about anything you don't understand about the exam, and find out if your vision shows any changes since your last exam. Ask when the doctor will be available for questions by phone, if necessary, and when your next appointment should be.

Prevent Blindness America advised making sure your eye care provider knows if you have any of these symptoms:

- Change in appearance of the eyes;
- Extreme difficulty adjusting to darkness;

- Unusual sensitivity to light;
- Change in color of the iris;
- Red-rimmed, swollen or encrusted eyelids;
- Recurrent pain in or near the eyes;
- Double vision;
- Dark spot in the center of vision;

- Distorted or wavy-looking lines and edges;
- Excessive tearing;
- Unusual spots in the range of vision.

And, the agency warned, if you experience any of the following symptoms, contact your eye care

provider immediately for a possible medical emergency:

- Sudden loss of vision in one eye;
- Sudden blurred vision;
- Flashes of light or black spots;
- Halos or rainbows around lights;
- Curtain-like blotting of vision;
- Loss of side (peripheral) vision.

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Turf and Ornamental Workshop set Dec. 10

by Brandon Anderson
Haskell Co. Extension Agent
Taylor County Extension and the city of Abilene are sponsoring a Turf and Ornamental C.E.U. Workshop at the Abilene Civic Center Dec. 10 from 8:30 a.m. to 4:15 p.m.

(5) Texas Department of Agriculture C.E.U.'s will be available. Pre-registration is required by Dec. 5.

For more information, come by the Haskell County Extension office, 101 South Ave. D., or call (940) 864-2658. Or contact the Taylor County Extension Office at (325) 672-6048.

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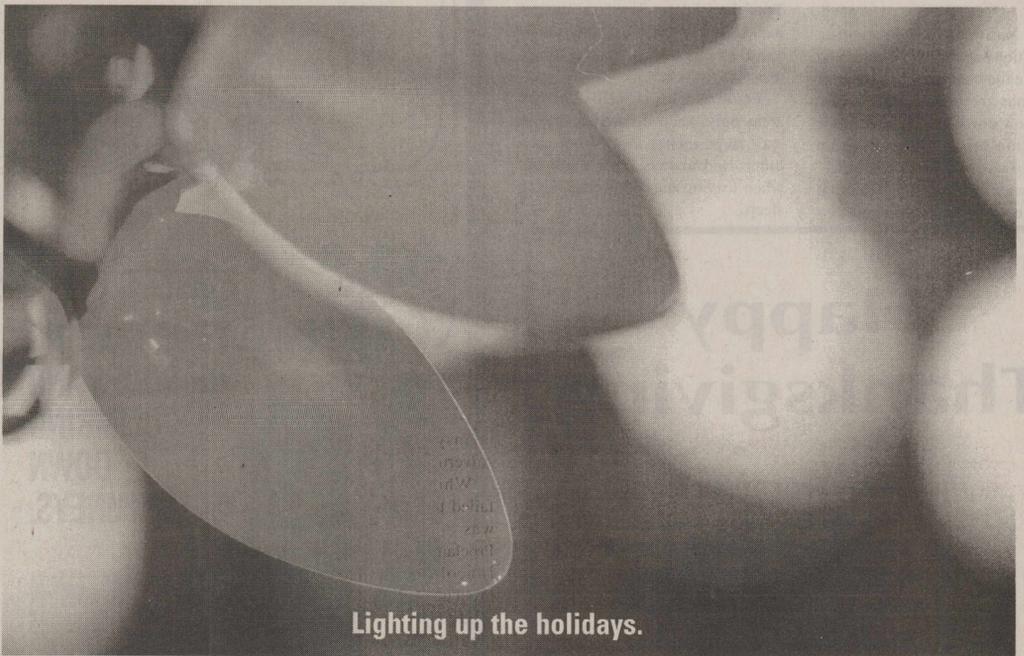
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Put safety first with holiday decorating

Fun, festivities, family and friends—as the year winds down, the holiday season revs up.

Unfortunately, along with all the celebrating and good cheer comes an increased risk of safety hazards, said Dr. Carol Rice, Texas Cooperative Extension health specialist.

In order to make this year's holiday season a little safer, Rice offers the following decorating tips:

TREES

For the look and feel and fragrance of the holidays, nothing beats a Christmas tree—a real pine Christmas tree from the forest to the living room—decorated with ornaments and glitter and popcorn and lights.

But these festive symbols can also be a fire hazard. According to the National Safety Council, more than 400 residential fires each year can be traced to Christmas trees, and these fires on average result in about 100 injuries and 40 deaths.

This risk of fire can be reduced by following some simple steps when choosing a living Christmas tree, Rice said.

First, make sure the tree is fresh. Fresh trees are green with needles that don't bend, break or fall off easily, and trunks that feel sticky. Bounce the cut end of the trunk on the ground; if many needles fall off, the tree is too dry and is a fire hazard.

After selecting just the right tree and taking it home, Rice advised, "cut off at least one inch of the trunk and mount the tree in a stable stand that holds water. Keep the water level above the cut to keep the tree fresh and green."

When it comes time to get rid of the tree, under no circumstances should you burn any part of the tree in a fireplace or wood-burning stove, she said. And if a tree becomes too dry before the season ends, dispose of it anyway. Dry Christmas trees are a major fire hazard and should be removed from the home, even before Dec. 25.

One of the best and safest ways to dispose of post-season Christmas trees, Rice said, is "to take it to a recycling center."

Even artificial trees have a potential for causing fires, she said. When choosing artificial Christmas trees, buy only those that have been labeled fire-resistant. And metallic trees should never be decorated with lights—according to information from Wake Forest University Baptist Medical Center, that combination is a fire hazard.

LIGHTS

The National Fire Protection Association has stated that cords and plugs are the most common cause of Christmas tree fires. Lights and extension cords used in outdoor decoration are also linked to an increased risk of fire, Rice added.

To lessen that risk, buy lights that have the Underwriters Laboratory

(UL) label, check the lights carefully for damage before buying them, and make sure indoor lights are used only indoors, and outdoor lights are used only outdoors.

Each year before putting the lights up, check the strings for broken or cracked sockets, frayed wires or loose connections, Rice said. If the lights are damaged, don't use them—replace them instead. Don't plug in more than three strings into any one extension cord, don't run extension cords under rugs, and turn off all lights before going to bed or leaving the house.

The Consumer Product Safety Commission advised plugging outdoor electric decorations into circuits that are ground fault circuit interrupters. Contact a qualified electrician, or purchase portable GFCIs where electric supplies are sold.

DECORATIONS

When it comes to decorating the tree, Rice said, remember that flame-resistant items are just as festive—and a whole lot safer—than more combustible ones. And if small children are around, don't use decorations that are sharp, might break or have small pieces. Make sure tinsel is non-leaded and read labels before using decorative items in jars or spray cans.

And always use a step stool or ladder to place the star on top of the tree.

CANDLES

Words to the wise from the Consumer Product Safety Commission and the National Safety Council: Never place a lighted candle on or near a Christmas tree.

"Decorating with candles can also be a fire hazard," said information from the National Fire Protection Association. "Between 1994 and 1998, there were 9,930 home fires per year caused by candles, with an annual average of 119 deaths, 1,043 injuries and \$144.5 million in property damage associated."

And that's not all. "December is the peak month for candle fires," the information goes on, "with nearly twice the average number of incidents."

To keep the beauty of holiday candles but eliminate some of the hazard, Rice said, make sure lighted candles are never left unattended. Don't burn candles near anything that could catch fire and keep them away from children and pets. Read and follow manufacturers' instructions. Trim the wick to about one-quarter inch before lighting; use only sturdy candles placed on stable, heat-resistant surfaces.

Enjoy candles in well-ventilated areas only; keep lighted candles at least three inches away from each other; and always blow them out when leaving the room or going to sleep.

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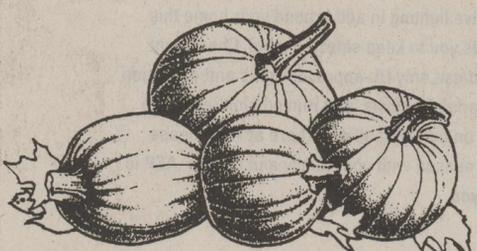
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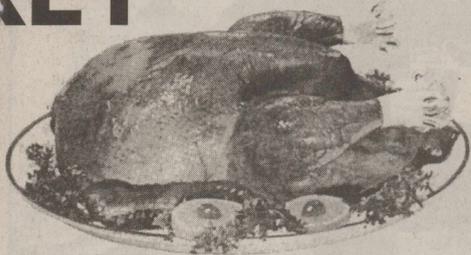
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Saturday hours
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through Dec. 20

Holidays can overwhelm kids

The holidays can be an exciting time for children as they anticipate gifts and visits to grandma's, but young children may be overwhelmed by all the activity, turning excitement into anxiety.

Dr. Shelley Jackson, assistant professor of family sciences at Texas Woman's University, says children benefit when they can stick to a schedule. Even though a schedule is difficult to keep during the holidays, she said, consistency will give children some sense of security.

"Get information from their teacher or daycare provider about the activities of the day—what time they have their snack, nap time and play time—and stay as close to that schedule as possible," Dr. Jackson said.

Parents also should prepare for visits in advance. Dr. Jackson recommends talking with those whom they'll be visiting, discussing such issues as safety (Is the home childproof?) and concerns about valuable and breakable objects in the home. The hosts may have their own holiday traditions, so children should be told what to expect, she added.

As families gather for the holidays, young children may be overwhelmed by seeing so many relatives, some of whom they might meet for the first time. Dr. Jackson

recommends taking the child into another room, giving him or her the opportunity to get away for a while. However, she added, "At the first sign a child is misbehaving, it's time to leave."

Traveling with children during the holidays can be stressful for parents, and children can pick up on that stress. When flying, Dr. Jackson recommends booking direct flights, if possible, and bringing along toys that will hold the child's interest. While waiting for their flight, parents may take advantage of family rooms found in many airports. These rooms feature cribs and toys for children, she said.

Traveling by car can be made less stressful by playing games, whether electronic handheld games or guessing games played by the entire family. Stopping for breaks also may help.

Dr. Jackson said parents can avoid much of the stress the holiday season brings by doing only those activities that are meaningful to them.

"Before the holidays start, discuss what's important for you to do," she said. "Establish a tradition for your immediate family. Your extended family may have trouble accepting your decisions, but these are boundaries you need to set."

Shopping? Choose toys wisely

Money is tight, but you need to buy a toy for your nephew who is in his "terrible twos." You find a great deal on a stuffed animal at a small discount store. Is it terrific or trouble?

Well, that depends. "Often product-recall information from manufacturers does not get to discount and bargain stores because they buy their merchandise through auctions rather than from the manufacturer," said Annabelle Dillard, product safety expert with the Texas Department of Health (TDH).

For that reason, TDH inspectors will focus on secondary markets such as discount and bargain stores during "Toy Sweep," an annual campaign to educate Texas retailers about the latest recall information and to remind consumers that certain items have been recalled and are not safe for children.

"Choking hazards are the most common reasons products are recalled," said Dillard, adding that toys or games with small parts cannot legally be sold for use by children under 3. Such toys must have a warning label, and toys that generate heat must have a warning to alert parents and children to the risk of burns or electrical shock.

Dillard said a new product that inspectors will be discussing with retailers this year is a yo-yo water ball. TDH has received complaints that the stretchy cord of the toy can

wrap around a child's neck when the child swings the toy overhead like a lasso.

Tips offered for buyers by the TDH are:

*Buy toys that are age-appropriate for the child. Toy and game manufacturers test their products for safety according to how they should be used by children, and include age-range recommendations on their packages.

*Look for quality construction and design. Can the product withstand an assault by your 2-year-old nephew?

*Don't buy anything that has sharp glass or metal edges for children under 8.

*When shopping for children under 3, avoid small toys or toys with small parts that could come off. A good rule of thumb: If the item is small enough to fit through the cardboard spool from a toilet-tissue roll, it's not appropriate for children under 3.

*Assemble toys properly. Many manufacturers offer assistance by phone if you need help.

People who have concerns about specific products can call TDH's product safety division at (888) 778-9440 toll free in Texas. Inspectors will follow up on complaints and investigate hazards associated with products. After testing, products are evaluated and notices of violation will be issued to manufacturers if necessary.

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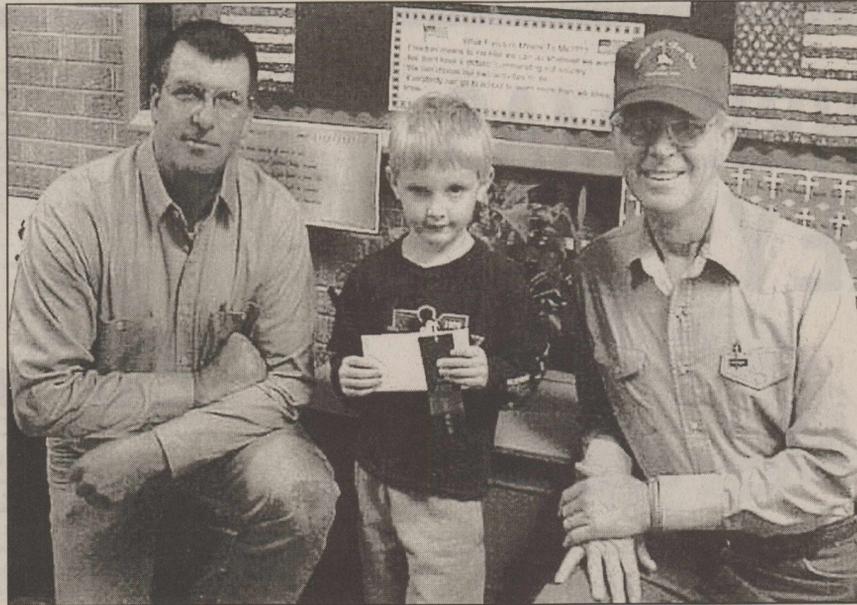
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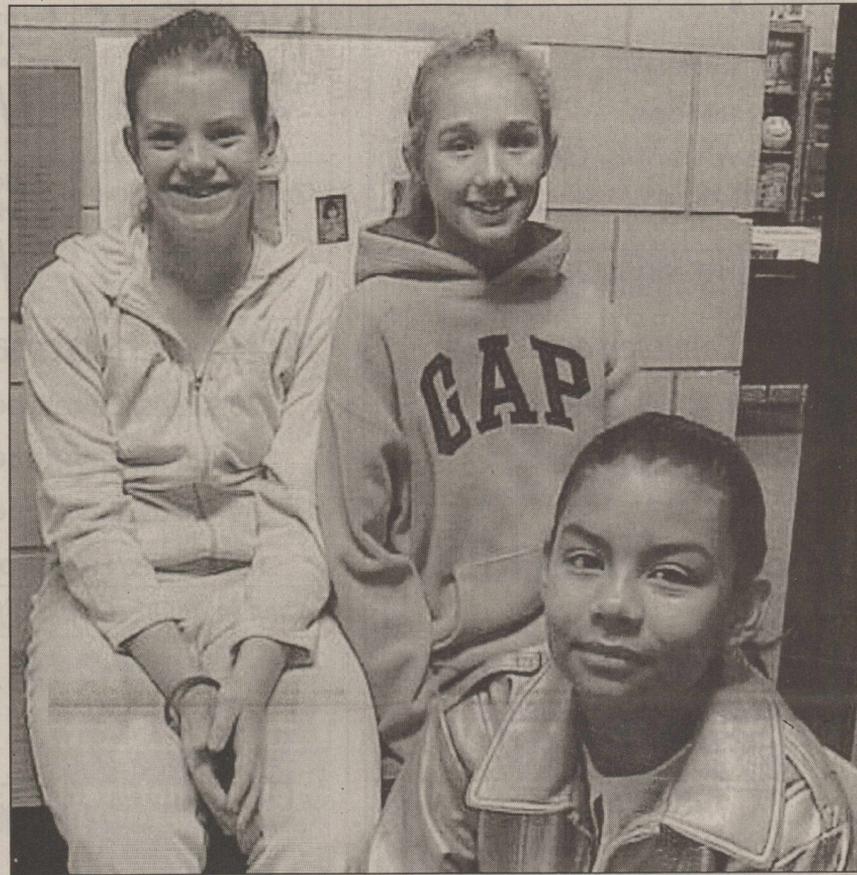
POSTER WINNERS—Proudly displaying the ribbons they won for their fire prevention posters are Haskell students: l-r, Aaron Silvas, third place; Dakota Silvas, second place and Rhett Lampe, first place. With them are Haskell firemen Eddie Klose, left, and Jerry Stocks.



POSTER WINNERS—Young students holding their ribbons won in the Fire Prevention Poster Contest are: l-r, Ashley Adams, second place; Cole Hutchinson, third place, and Tillie McGuire, first place. With them are Haskell volunteer firemen, Eddie Klose, on the left, and Jerry Stocks.



POSTER WINNER—Winner in the Haskell Volunteer Fire Department's Fire Prevention Poster Contest, young Dylan Hanson proudly holds his ribbon for a photo with firemen Eddie Klose and Jerry Stocks.



POSTER WINNERS—Students placing with their posters in the Haskell Fire Department's contest were: l-r, Jordan Burson, third place; Aubrey Bassett, first place; Angelica Gonzales, second place.

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Haskell INDIANS L



Front, l-r: Nate Webb, Philip Collins, L. J. McCullouch, Austin Coker, Osiel Garcia, Kendall Mitchell, Jared Webb. Back: Brandon McClatchey, Drew Garison, Miguel Chavez, Kory Foster, Ross Hairgrove and Jakaan Hodge. Photo by KIS



Front, l-r: Callie Thomasson, Meagan Wallace, Kerri Newton, Consuelo Gonzalez, Mollie McKnight, Morgan Acosta. Back: Brittany Rutkowski, Lindsay Pannell, Brittany Bird, Melody Kennedy, Monica Buerger, Lynzie Harlan and Calina Kendall. Photo by KIS

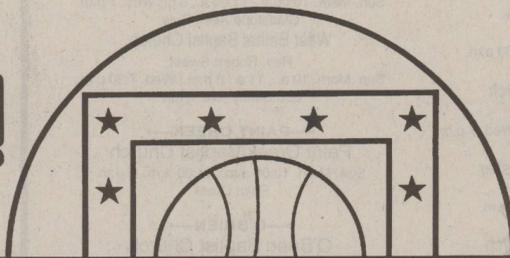
Haskell MAIDENS L

Tues., Dec. 2 • 4 p.m.
JV & Varsity Boys vs Munday
at Munday

Tues., Dec. 2 • 4 p.m.
JV & Varsity Girls vs Munday
at Munday

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Richardson TrueValue & NAPA Auto Parts
Haskell Tire & Appliance

From the AG

By Greg Abbott

Earn thousands of dollars a month, work in your own home, processing medical bills! Chances are you have encountered a work-at-home advertisement with a claim similar to this one. These types of advertisements abound the on Internet, television, and newspapers. Unfortunately these offers rarely deliver on their promises. Consumers lose thousands of dollars on work-at-home scams every year.

Most ads fail to mention that you must work many hours without pay. In addition, you usually have to spend your own money for supplies such as newspaper ads, envelopes, paper, and stamps. You may also be asked to pay for instructions and tutorial software.

One of the classic work-at-home advertisements is for medical billing. These ads usually offer prepackaged

businesses, known as billing centers. The sales pitch may state that there is a crisis in the health care industry due to the costly process of filing paper claims. The solution is electronic claim processing.

You may also be told that many doctors are turning to electronic billing in order to save money and will (contract out) such billing. Promoters may say that you can make a substantial amount of money processing these claims for doctors. The promoter may even supply you with a list of clients "eager" to make the jump from paper to electronic processing. No experience is needed.

What you might NOT be told is that you have to market these services to the medical community. The promise of "eager" clients is usually a hollow one. The seller rarely has reliable contacts within the medical community.

Another infamous work-at-home scam is envelope stuffing. This type of deceptive advertisement promises you information on how to make money stuffing envelopes at home. After you pay the promoter a "small

fee," you will receive a letter telling you to place the same envelope stuffing ad in newspapers and magazines and on the Internet. You'll only make money if people respond to your ad. Some promoters are so brazen as to suggest soliciting family members.

Assembly work is also a very popular work-at-home scheme. In this case, you may be told that you can make thousands of dollars assembling items for a company that has promised to buy them from you. You must first buy certain types of equipment to produce the goods for

the company. The equipment typically costs hundreds of dollars. However, after you perform the work, the business in question will usually refuse to pay you, citing lack of quality.

These solicitations can cost consumers anywhere from \$2,000 to \$8,000. The ads may vary in how they get your attention, but they are consistent in their quest to relieve you of your money. I urge you to be very cautious when considering a work-at-home opportunity. As always, if it sounds too good to be true, it probably is.

ECC Calendar and Menu

Mon., Dec. 1

Lunch—Meat loaf, Texas potatoes, club spinach, green beans, garlic bread, peach cobbler, milk, tea, or coffee

Wed., Dec. 3

Gospel singing with Betty Berry 11:00 a.m. Blood pressure check Lunch—Oven fried chicken/gravy, whipped potatoes, English peas,

sliced onions, yeast rolls, lemon refrigerated dessert, milk, tea, or coffee

Fri., Dec. 5

Lunch—Beef Continental/rice, stewed okra and tomatoes, corn casserole, green beans, cornbread, carrot cake, milk, tea, or coffee

Announcements begin at 11:45 a.m. followed by lunch.

Area basketball scores

Girls

Haskell 47, Throckmorton 46
Scoring for Haskell: Bird 14, Buerger 9, McKnight 6, Kendall 5, Pannell 4, Thomasson 3, Gonzalez 1.

JV score: Haskell 40, Throckmorton 18.

Haskell 63, Colorado City 35

Scoring for Haskell: Buerger 13, McKnight 12, Bird 9, Pannell 7, Rutkowski 5, Kendall 4, Newton 4, Thomasson 4, Gonzalez 3, Harlan 2.

JV score: Haskell 33, Colorado City 32.

Rule 55, Trent 38

Scoring for Rule: M. Lehrmann 18, Smith 11, Brown 10, Marquis 10, J. Lehrmann 4, Lisle 2.

JV score: Rule 40, Trent 36.

Rochester 60, Newcastle 32
Scoring for Rochester: Nicholson 18, Martin 18, Turner 12, Brown 10.

Lueders-Avoca Tourney
Rochester 79, Moran 21
Scoring for Rochester: Martin 19, Brown 16, Nicholson 15, Turner 13, Sanchez 10.

Girls Championship

Rochester 74, Loraine 62
Scoring for Rochester: Nicholson 31, Turner 12, Martin 12, Brown 10.

Boys

Haskell 67, Colorado City 58
Scoring for Haskell: Hairgrove 22, Garcia 13, Chavez 8, Hodge 8, Mitchell 7, Foster 5, Collins 4.

JV score: Colorado City 26, Haskell 24.

Newcastle 56, Rochester 46
Scoring for Rochester: McGhee 22, Saucedo 13.

Haskell School Menu

Dec. 1-5 Breakfast

Juice and milk are served daily on the breakfast menu.

Monday: Breakfast pizza

Tuesday: Pigs in a blanket

Wednesday: Cereal, toast

Thursday: Sausage/biscuit

Friday: Breakfast on a stick

Lunch

Milk and iced tea are served daily at the Secondary campus. Milk is served daily at the Elementary School. Secondary campus: Choice of entree or baked potato with ham

and cheese.

Monday: Chicken nuggets/gravy, mashed potatoes, green beans, hot rolls, peaches

Tuesday: Elementary: Chicken noodle soup, Secondary: Taco soup, grilled cheese sandwich, orange wedges

Wednesday: Corndogs, tater tots, baby carrots, applesauce

Thursday: Cheesy beef nachos/salsa, pinto beans, garden salad, Sunshine bar

Friday: Hamburger, lettuce/tomato/pickle, French fries, pineapple tidbits

Paint Creek School Menu

December 1-5 Breakfast

Juice and milk are served daily.

Monday: Pancakes

Tuesday: Biscuits, gravy

Wednesday: French toast sticks

Thursday: Toast, cereal

Friday: Breakfast burrito

Lunch

Milk is served daily.

Monday: Steak fingers, mashed potatoes, gravy, green beans, salad, bread, brownies

Tuesday: Chicken spaghetti, peas, salad, garlic bread, fruit

Wednesday: Stew, cornbread, peach cobbler

Thursday: Enchilada casserole, salad, pinto beans, chips, jello

Friday: Hamburgers, fries, lettuce/tomato/pickles, pudding/cookie

To Subscribe,
Call
940-864-2686

This Week's Devotional Message:



WE CAN ALL FIND GOOD REASONS TO GIVE OUR THANKS

Though fortune seems to pass you by,
There's something that you can't deny:
At times we all have things go wrong,
But manage still to get along,
If you can somehow pay each bill,
And no one at your house is ill,
And if your children get good grades
And don't indulge in escapades,

And if you have just one good friend,
In case misfortune should descend,
Then you have blessings by the score,
Of things you should be thankful for.
Your house of worship will convey
This message for Thanksgiving Day,
So let us all, with one accord,
Extend our thanks unto the Lord.

—Gloria Nowak

ATTEND CHURCH THIS SUNDAY

HASKELL

East Side Baptist Church

Dr. Jim Helfin, interim pastor
Sun. 8:30 a.m., 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m.

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

New Vision Family Worship Center

James Rincker, pastor • 864-5438
Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.
East Hwy 380, Haskell

Trinity Lutheran Church

Sunday School 9:30 a.m., Worship 10:30
Hwy 380 East, Haskell

Iglesia Bautista El Calvario

Art Flores, Interim pastor
Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.
607 S. 7th, Haskell

First United Methodist Church

Allen Brooks, 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 George Roney
Sat. Mass 7 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

Steve Beatty, pastor
Sun. Morn. 9:30 a.m.
306 N. Ave. E, Haskell

Trinity Baptist Church

Tony Grand, pastor
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 p.
401 S. Ave. D, Haskell

Hopewell Baptist Church

Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
908 N. Ave. A, Haskell

Greater Independent Baptist Church

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 a.m., 11 a.m., 6:30 p.m.; Wed. 7 p.
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.

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 Pavilion

Cornerstone Baptist Fellowship

Dr. Gibbie McMillan, Interim pastor
Sun. Morn. 9:30 a.m. 10:45 a.m. Wed. 7 p.m.
1303 N. Ave. I, Haskell

WEINERT

First Baptist Church

J. C. Baker, 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

Jackie Brem, 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

Melissa Bemis, pastor
Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.
Sagerton

Faith Lutheran Church

Deborah Nissen, pastor
Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.
Sagerton

RULE

First Baptist Church

Josh Stowe, pastor
Sun. Morn. 9:45 a., 11:00 a., 5 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

Wendall Fergerson, pastor
Sun. Morn. Worship 10 a.m.
1000 Union Ave., Rule

Primera Iglesia Bautista

Alfa y Omegas
Manuel Marin, pastor
Sun. Morn. 10 a., 11:00 a., 5 p.m.; Wed. 6 p.m.
500 Elm Street, 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

PAINT CREEK

Paint Creek Baptist Church

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

O'BRIEN

O'Brien Baptist Church

Kyle Gullede, pastor
Sun. 9:45 a., 11 a., 5 p., 6 p. Wed. 6 p.m.
O'Brien

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Managers: Leon & Carolyn Herring

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ALL DEADLINES MONDAY 5 P.M.

864-2686

For Sale

SEE YOU on the square, Sat., Dec. 6. 48c

FOR SALE: Big round bales of Sudan hay, \$35 bale. This year's hay. 940-256-8866. 47-48c

SANTA will be looking for you on the square, Sat., Dec. 6. 48c

FOR SALE: Electric scooter with headlight, turn signals. Reg. \$399. One only. \$299. Boggs & Johnson. 48-50c

SPECIAL SAVINGS, and Santa-All in Haskell Dec. 6. 48c

FREE: Immediately. Golden Retriever. Needs good home and hunting partner. 940-864-6127. Haskell. 48p

SHOP AND SAVE in Haskell on Dec. 6. 48c

For Rent

FOR RENT: Furnished rooms for rent. Nightly, weekly, monthly. Call 864-2238. 45tfc

FOR RENT: 1107 N. 10th. 2 bedroom apartment. 864-3762 47-48c

SEE SANTA. shop and save in Haskell. Dec. 6. 48c

Help Wanted

NOW TAKING APPLICATIONS for all positions at Sonic Drive In. Haskell. Apply in person. 25tfc

RICE SPRINGS Care Home is making a difference. We are looking for: Weekend RN; one day shift CNA; one 2-10 CNA. Call Shandra at 864-2652 for information. 48c

FULL TIME, part time, manager and delivery position open. Are you people oriented, out-going, responsible, dependable? Come join our winning team at TNT Video, 9 Ave. E, Haskell. 42tfc

DQ OF MUNDAY now accepting applications for day and night help. Flexible full and part time positions available. Smoke and drug free work environment. Drug test required. Apply in person today with Manager, Stacie Weller. 47-50c

HOME CARE ATTENDANT needed in Rochester. No criminal record. Ask for Brenda 1-800-658-9569. 47-48c

Miscellaneous

SHOP while the kids read stories with Mrs. Santa, Sat., Dec. 6. 48c

CUSTOM PECAN CRACKING and blowing. James Dunlap, 1506 S. 7th. 864-6130. 46-48c

GET YOUR FACE decorated with a Christmas tattoo, Sat., Dec. 6. 48c

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 325-675-6369. 6tfc

ENJOY the new Christmas decorations around the square, Sat., Dec. 6. 48c

Wanted

WANTED: Used portable baby bed in good condition. Call 997-2108. 47-49p

WANTED: Responsible uncle and nephew want to hunt hogs. Call 325-695-5776. leave message. 47-50c

HAVE YOUR picture taken with Santa, Sat., Dec. 6. 48c

Real Estate

FOR SALE OR LEASE: 3 bedroom, 2 bath. Possible owner financing. 864-2238. 41tfc

FOR SALE OR LEASE: Lake cabin at Veda's Camp. 864-2238. 45tfc

FARMS FOR SALE: Allen Strickland Estate. Call David Strickland. 864-2502. 47-50p

HOUSE FOR SALE: 500 N. Ave. D. 3 bedroom, 2 bath, den, living room, dining room, large kitchen area. Double garage. Approx. 2,000 sq. ft., \$20,000. Call 864-2502. 47-50p

Some of us used to worry about things we wouldn't be able to do when we got older. Now we find that we don't want to do them anyway. Feel younger by relaxing in a La-Z-Boy recliner. Right now get 2 La-Z-Boy recliners for only \$499 a pair, during our 2 for 1 sale. Leather La-Z-Boys start at 2 for \$949. Kinney Furniture in Stamford. 48c

FOR SALE

640+- Acres on Brazos River in Knox County. Excellent hunting. Some cultivation, some pasture.

241+ Acres in Haskell County. Adjoining Russell lake. Good crop base. Good hunting. Priced right.

80 Acres +/- Irrigated. Includes 3 bedroom farm house. North of Rochester.

Large Brick Home with 2 living areas. Knox City. \$57,000.

Spacious 3 Bedroom, 2 bath brick home in O'Brien. \$57,000.

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David Counts

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940-657-5012 or 658-3390

Public Notices

ROBERT MATTHEWS; AND NELLIE M. MOORE & HUSBAND. JOHN C. MOORE. Defendants, and to all whom it may concern:

You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 a.m. on the Monday next following the expiration of 42 days after you were served this citation and petition, a default judgment may be taken against you. The petition of DELTA OIL & GAS, LTD, Plaintiff, was filed against LLOYD HAROLD JONES & WIFE, ELLEN JONES; JAKIE TED JONES MATTHEWS & HUSBAND. ROBERT MATTHEWS; AND NELLIE M. MOORE & HUSBAND, JOHN C. MOORE. Defendants, on November 14, 2003, in the 39th Judicial District Court of Haskell County, Texas, and is numbered 11,159, and entitled DELTA OIL & GAS, LTD VS. LLOYD HAROLD JONES & WIFE, ELLEN JONES; JAKIE TED JONES MATTHEWS & HUSBAND. ROBERT MATTHEWS; AND NELLIE M. MOORE & HUSBAND, JOHN C. MOORE. This lawsuit is a suit for the appointment of a receiver under the provisions of the Texas Civil Practice and Remedies Code Section 64.091 to execute an oil, gas, and mineral lease on the interest of the Defendants in the following described land situated in Haskell County, Texas:

125 acres of land, more or less, out of Section 9, Block 1, H. & T. C. RR. Co. Survey, A-190, Haskell County, Texas, and being the same land described in Warranty Deed dated January 13, 1941, from E. C. Watson, to Mrs. Minnie W. Berry, recorded in Volume 149, Page 293, Deed Records, Haskell County, Texas.

The Court has authority in this suit to enter any judgment or decree in the Plaintiff's interest which will be binding upon you.

Issued and given under my hand and seal of said Court at Haskell, Texas, this 18th day of November, 2003.

PENNY YOUNG ANDERSON
Clerk of the 39th Judicial District Court
Haskell, Texas
By: Penny Anderson 48-51c

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Public Notices

NO. 11,160
DELTA OIL & GAS LTD, Plaintiff, V.
C. W. HARDY; LLOYD HAROLD JONES & WIFE, ELLEN JONES; JAKIE TED JONES MATTHEWS & HUSBAND, ROBERT MATTHEWS; NELLIE M. MOORE & HUSBAND, JOHN C. MOORE; H. O. CREMER; AND THOMAS F. KIEFER; Defendants.

IN THE DISTRICT COURT 39TH JUDICIAL DISTRICT HASKELL COUNTY, TEXAS
NOTICE BY PUBLICATION
STATE OF TEXAS

To: C. W. HARDY; LLOYD HAROLD JONES & WIFE, ELLEN JONES; JAKIE TED JONES MATTHEWS & HUSBAND. ROBERT MATTHEWS; NELLIE M. MOORE & HUSBAND, JOHN C. MOORE; H. O. CREMER; AND THOMAS F. KIEFER. Defendants, and to all whom it may concern:

You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 a.m. on the Monday next following the expiration of 42 days after you were served this citation and petition, a default judgment may be taken against you. The petition of DELTA OIL & GAS, LTD, Plaintiff, was filed against C. W. HARDY; LLOYD HAROLD JONES & WIFE, ELLEN JONES; JAKIE TED JONES MATTHEWS & HUSBAND. ROBERT MATTHEWS; NELLIE M. MOORE & HUSBAND, JOHN C. MOORE; H. O. CREMER; AND THOMAS F. KIEFER. This lawsuit is a suit for the appointment of a receiver under the provisions of the Texas Civil Practice and Remedies Code Section 64.091 to execute an oil,

gas and mineral lease on the interest of the Defendants in the following described land situated in Haskell County, Texas:

156 acres of land, more or less, out of Section 14, Block 1, H. & T. C. RR. Co. Survey, A-505, Haskell County, Texas, and being the same land described in Mineral Deed dated February 26, 1930, from J. T. Mullis & wife, Easter Mullis, to H. O. Cremer, recorded in Volume 118, Page 421, Deed Records, Haskell County, Texas.

The Court has authority in this suit to enter any judgment or decree in the Plaintiff's interest which will be binding upon you.

Issued and given under my hand and seal of said Court at Haskell, Texas, this 18th day of November, 2003.

PENNY YOUNG ANDERSON
Clerk of the 39th Judicial District Court
Haskell, Texas
By: Penny Anderson 48-51c

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gas and mineral lease on the interest of the Defendants in the following described land situated in Haskell County, Texas:

156 acres of land, more or less, out of Section 14, Block 1, H. & T. C. RR. Co. Survey, A-505, Haskell County, Texas, and being the same land described in Mineral Deed dated February 26, 1930, from J. T. Mullis & wife, Easter Mullis, to H. O. Cremer, recorded in Volume 118, Page 421, Deed Records, Haskell County, Texas.

The Court has authority in this suit to enter any judgment or decree in the Plaintiff's interest which will be binding upon you.

Issued and given under my hand and seal of said Court at Haskell, Texas, this 18th day of November, 2003.

PENNY YOUNG ANDERSON
Clerk of the 39th Judicial District Court
Haskell, Texas
By: Penny Anderson 48-51c

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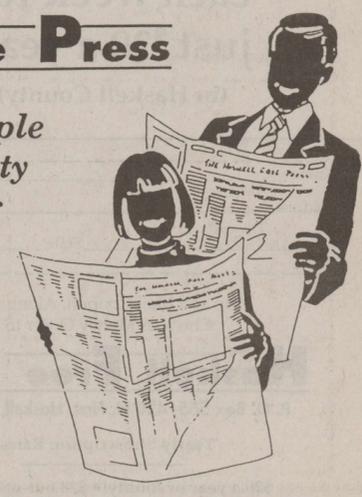
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Food safety urged to prevent unwanted illness

Taking proper precautions while preparing holiday feasts forces bacteria to go 'cold turkey.'

An ounce of prevention can keep food-borne bacteria from becoming an uninvited guest at your holiday table.

"Think sink, stove, and refrigerator," says Becky Gorham, a registered dietitian and research nutritionist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. "These kitchen staples are effective tools in preventing the growth of illness-causing bacteria."

At the sink:
*Wash hands before and after handling any food. Keep utensils, dishes, counters, cutting boards, sinks, sponges, and towels clean. Use two cutting boards, one for meat and one for other foods, to prevent cross-contamination.

In the stove:
*Roast the turkey at 325 degrees or higher to minimize the

time bacteria have to grow. If you are using a meat thermometer, insert it into the thickest part of the thigh next to the body. Cook a whole turkey to an internal temperature of 180 degrees. As a rule of thumb, an unstuffed turkey weighing more than 10 pounds needs to cook 15 minutes per pound. Allow 20 to 22 minutes per pound for smaller unstuffed birds.

*Use only pasteurized egg products and cooked ingredients such as sauteed vegetables, cooked meats, and poached or sauteed oysters in stuffing.

*Bake stuffing separately, or stuff the turkey just before roasting. Use one-half to three-fourths cup loosely packed stuffing per pound of bird. Use a meat thermometer to make sure the stuffing is heated to at least 105 degrees before removing from oven. Immediately remove cooked stuffing from the bird.

*Keep birds cold while

thawing. Gorham recommends thawing the turkey in its original wrapper on a tray in the refrigerator. "Allow 24 hours for every 5 pounds of frozen bird," she says. As an alternative, thaw the bird in a sink of cold water, allowing 30 to 45 minutes per pound. First place the bird in a sealed, heavy plastic bag and change the water every 30 minutes. Avoid thawing any frozen meat at room temperature.

*Remove turkey meat from the bone to speed cooling of leftovers and store in a shallow container.

In the refrigerator:
*Refrigerate turkey, stuffing, gravy, and egg-based pies within two hours of cooking. Use leftover turkey within 4 days, stuffing and gravy within 2 days.

*Avoid overloading the refrigerator. The main compartment should be a maximum of 40 degrees to inhibit bacterial growth.

Tips to help you stick with your diet during the holidays

People who are watching their weight are surrounded by temptations throughout the year, but the holidays can bring increased pressure to eat. Dr. Sally Stabb, associate professor psychology and philosophy at Texas Woman's University in Denton recommends that people who are trying to stick with a diet or exercise routine be appropriately assertive about maintaining their routines during the holidays.

"I think it is wise to talk to family members before the holidays ever get started and make some plans that will be mutually agreeable and supportive of your eating goals," she said. Support

from family and friends is helpful, and being able to say "no" without feeling guilty is important.

Stabb says some of the most common mistakes people make when dieting are:

*Picking a plan so severe that they feel hungry and are resentful all the time.

*Using fad diets that limit their food intake to only one or two kinds of foods. Such diets are not healthy and become boring.

*Deciding that if they slip up, they might as well give up.

*Failing to structure their environment for success. This means failing to take unhealthy foods out of their homes; failing to inform friends

and family they are eating differently; and setting up social situations that are food-based rather than based in some other activity.

*Believing that weight is entirely controlled by diet. Research shows there is a large genetic component to weight and body size, so the range of what is realistically obtainable often is smaller than most people are led to believe. The exercise component is critical. Exercise plus diet is most effective.

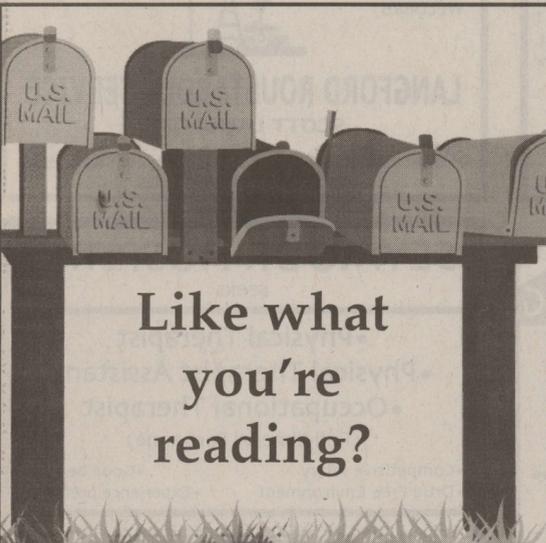
*Calling a change in their eating habits a "diet." The word is so loaded in our culture that it should be avoided. Stabb recommends just saying, "I have a new eating plan."

All deadlines are 5 p.m. Monday

C.E.U. Training workshop set Dec. 17 in Abilene

by Brandon Anderson
Haskell Co. Extension Agent
Taylor County Extension will sponsor a C.E.U. Training Dec. 17 from 8:00 a.m. to 3:30 p.m. at the Taylor County Extension Office in Abilene. Participants will receive five

(5) C.E.U.'s. Pre-registration is required by Dec. 11.
For more information, come by the Haskell County Extension office, 101 South Ave. D. or call (940) 864-2658, or contact the Taylor County Extension Office at (325) 672-6048.



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Weathers Whys

Weather and Aches and Pains

Q: Can the weather affect how you feel?

A: For certain people, the answer is definitely yes, says Andrew Odins of Texas A&M University. "Many people have said they can tell a change in the weather is about to happen because their joints or muscles start to ache," says Odins. "This is likely due to a change in the barometric pressure, which often happens before a thunderstorm or in advance of a cold front. Damp weather is often associated with a low pressure system. A decrease in the air pressure decreases the tension in some large blood vessels, meaning they tend to expand. When this happens, it tends to lead to increased discomfort in joints and muscles.

Also, we know that very rapid changes in temperature and humidity can make some people say they feel 'stiff and achy.' Many people who have arthritis say their joints are definitely affected by weather changes."

Q: So can any weather change be a health problem?

A: Probably so, Odins adds. Some people like rainy days, which can bring muscle misery to others and even breathing trouble, and some people may enjoy cool, dry days, which can also bring aches and pains for some people, including increased sniffing. "The affects of weather on human health have not been the subject of much research," says Odins. "But since it appears almost certain weather can and does affect

how we feel, a relatively new field has emerged, called biometeorology—the study of how weather affects our bodies. One German study shows that as much as 25 percent of the human population is 'weather sensitive,' meaning weather changes tend to worsen some pre-existing health conditions. Even headaches are being investigated—some researchers say migraine headaches are linked to sudden weather changes."

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