

1/1/05
Baze Book Binding
514 W 7th St
Amarillo TX 79101-2212

Amarillo--33333 ZZXXXXXXXXXXXX
AMARILLO TX 791

8

Calendar

Office closed July 15

The Haskell Free Press office will be closed Thurs., July 15.

Berryhill reunion

The Berryhill reunion will be held Sat., July 24 at the VIP Center in Stamford.

Harrell reunion

The Harrell family reunion will be held Sat., July 24 at noon at the Haskell National Bank building. Family and friends attending are asked to bring a covered dish. Brisket will be prepared by Gene Harrell. An auction of handmade items will be held to offset expenses. Children are invited to join in their own auction and talent search.

Flea market

The Cornerstone Baptist Fellowship will hold a free flea market Sat., July 17 from 8 to 11 a.m. at 1303 N. Ave. I in Haskell.

Bible school, revival

Cornerstone Baptist Fellowship will host Vacation Bible School July 26-28 from 9 to 11:30 a.m. at 1303 N. Ave. I in Haskell. Revival services will be held each night at 7 p.m. For a call call 864-3775 or 864-3004.

Homecoming service

The Greater Independent Baptist Church, 301 N. 3rd St. in Haskell, will hold their 36th homecoming and memorial service Sat. and Sun., July 17-18. Saturday's services will begin at 12:30 p.m. with fellowship. A musical will begin at 7:30 p.m. directed by Rev. Don Burton. On Sunday, Sunday School will begin at 10 a.m. followed by morning worship at 11 a.m. with a sermon led by Rev. Don Burton. An evening service will begin at 3 p.m. with Rev. B. J. Robinson bringing the sermon.

Enchilada dinner

St. George Catholic Church will hold an enchilada dinner Sun., July 18 from 11 a.m. to 2 p.m. at the home of Julian Estrada in Weinert. Carry outs only will be available. Plates are \$5 each. To place an advance order, call 940-673-8294.

Basketball touney

Common Ground Youth Ministry in Stamford will host a three on three basketball tournament Sat., July 17 at the Stamford High School gym. Registration begins at 9 a.m. Cost is \$10 per person. For more information contact Shawna Faircloth at 864-5498 or 325-773-2781.

Summer food program

Haskell CISD will sponsor the Summer Food Service program. Meals will be served at Haskell Elementary School Cafeteria located at 306 S. Ave. G from 11:30 a.m. to 1 p.m. Mon. through Fri. until July 30. Those ages 1 through 18 years of age will eat for free. Adults may eat for \$2.50. All are welcome.

Summer reading

The summer reading program schedule at the Haskell Co. Library will be as follows: 5-8 year olds, Tuesdays July 20 and 27 from 11 a.m. to 11:30 a.m.; 9-12 year olds, Wednesdays July 21 and 28 from 11 a.m. to 11:30 a.m.; 2-4 year olds, Thursdays July 15, 22 and 29 from 11 a.m. to 11:30 a.m.

Food distribution

The Haskell County Ministerial Alliance Food Distribution Center will distribute food Sat., July 17 from 10 a.m. til 11:30 a.m. at 206 S. 2nd (building east of Civic Center) in Haskell. Volunteers are needed.

Index

Obituaries Page 2
Around Town Page 3
Out of the Past Page 4
Menus Page 6
Classifieds Page 7

Shop Haskell first

The Haskell Free Press

VOL. 118-NO. 29, ©JULY 15, 2004

"The People's Choice"

8 PAGES-ONE SECTION-50 CENTS



ATTEND SEMINAR—Samuel Turner, left, and Joanna Lehrmann, both of Rule attended the Texas Farm Bureau's Citizenship Seminar held June 14-18 in San Angelo. Students attending were provided

an opportunity to learn more about their American heritage and the free enterprise system. They also participated in a program allowing them to simulate a congressional office and election.

USDA to assist emergency responders

Agriculture Secretary Ann M. Veneman announced that \$100 million is committed for a new USDA First Responder Initiative to support rural emergency responder efforts by prioritizing the financing for needed equipment and services.

"The Bush Administration is committed to assisting rural communities prepare for emergencies and the delivery of lifesaving services," Veneman said during a visit with Homeland Security Secretary Tom Ridge to the University of Minnesota to recognize the new Department of Homeland Security Center of Excellence for Agro Security. "The funds announced are a major investment in the lives and security of our citizens and are part of USDA's ongoing investment in the future of rural communities and their ability to better prepare for emergency situations."

Bryan Daniel, Texas State Director for USDA Rural Development said, "We are pleased with projects funded in Texas for this important first responder initiative. We are proud of the job all first responders do in helping Texans with local emergencies."

Veneman said that as part of USDA's First Responder Initiative, a minimum of one dollar of every five dollars of fiscal year 2004 community facility funding available, will be dedicated to first responder type requests. USDA Rural Development provides financing of a variety of community facilities, such as: libraries, courthouses, fire and rescue facilities and equipment, police and emergency vehicles and services and other community focused facilities and services. The

initiative will prioritize the funding of at least \$100 million to specifically strengthen the ability of rural communities to respond to local emergencies.

The following types of projects are emphasized through this initiative: fire protection equipment, police station, fire station, police car, fire trucks, civil defense building, rescue and ambulance service equipment building, emergency response training, hospital, physicians clinic, outpatient care, early storm warning system, office building (health care), county health department office, migrant health centers, food preparation distribution center, communications center, animal shelter-veterinarians, mobile communications center and education facilities for emergency.

Veneman said that so far \$81 million has been obligated to fund 20 fire stations, 24 fire trucks, 8 police cars and other fire and rescue equipment, including \$36,500 for a fire truck and ambulance for Minnesota.

In addition, funding will support over 20 health care related efforts such as hospitals and medical centers, as well as nine ambulances. In total, over 100 first responder applications have been approved for funding.

Funding of selected applicants will be contingent upon meeting the conditions of the loan and/or grant agreement.

During the Bush Administration over \$1.5 billion has been invested by USDA Rural Development to address essential community needs that assist with public safety, education, health care, cultural, transportation, and other public needs, including: the purchase of 508

fire trucks, 103 police cars, and 156 ambulances and construction or renovation of 79 hospitals, 71 public or charter schools, and 155 child care centers.

In addition, \$29 million in grant funds have been invested in 93 telemedicine grant projects to develop technologies needed to enhance medical care involving 846 health care institutions.

Secretary Veneman and Secretary Ridge were in Minneapolis recently to highlight a new Department of Homeland Security Centers of Excellence for Agro Security. In January of this year, President Bush signed a Homeland Security Presidential Directive, known as HSPD-9, which is a national strategy for food and agriculture. It formalizes security strategies and approaches, including the establishment of these university-based Centers of Excellence.

In April, the U.S. Department of Homeland Security announced that Texas A&M University and the University of Minnesota were chosen to lead two new centers. DHS anticipates providing Texas A&M University, the University of Minnesota and their partners with a total of \$33 million over the course of the next three years to address security in two key agricultural sectors—foreign animal diseases and food security. The work that will be done at these two outstanding institutions is a vital component of our efforts to engage partners at all levels, including governments, academia and the private sector, to help protect food and agriculture.

"The stakes are very high, not only in terms of human health and our agriculture system, but also in terms

of our economy," said Veneman. "The food and fiber produced in our nation account for \$1.24 trillion or more than 12 percent of our gross domestic product. The food and agriculture sectors also employ nearly 24 million Americans or about 17 percent of our workforce. Research conducted at these institutions will greatly enhance our ability to protect against animal and plant pests and diseases and food pathogens."

Diabetes series to be offered

by Jane Rowan

Haskell Co. Extension Agent
Texas Cooperative Extension—Haskell County will be offering a series of classes designed for people with type 2 diabetes beginning Tues., Aug. 10 and continuing each Tuesday evening through Sept. 14. Each session will be held from 5:30 p.m. until 8:30 p.m. at the Haskell National Bank Community Room in Haskell.

Knowledge is the key to managing diabetes and this six week series is designed to help those with diabetes to take care of themselves and eat delicious foods that are good for them. Participants will learn what you can do to take control of diabetes and to live the kind of life you want to live!

In the "Do Well, Be Well with Diabetes" classes you will: get the facts from diabetes experts and professional educators; ask the questions you want answered; make

Turner, Lehrmann attend FB seminar

Samuel Turner and Joanna Lehrmann of Rule attended the Texas Farm Bureau's 41st annual Citizenship Seminar in Angelo June 14-18.

Sponsored by the Haskell County Farm Bureau, approximately 300 high school junior and senior students from over 150 counties across the state participated.

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

"Farm Bureau—Your Host" was presented by Kenneth Dierschke, President of the Texas Farm Bureau, after the students were welcomed to Angelo State University. Coleburn Davis, TFB Associate Director of Field Operations, and Marissa Patton (2003 Miss TFB and TFB Speech contest winner), presented "Farm Bureau Scholarship Opportunities."

The students participated in a program called "Congressional Insight," which allowed them to simulate a Congressional office and election.

David Vernon, Lubbock Christian University, presented a session on "Basics of Free Enterprise" and Ronald Trowbridge, formerly Assistant Dean at Hillsdale College in Michigan, presented "The Constitution."

In addition, the students participated in a panel discussion on "Our Rights, Our Freedom, Our Responsibility."

The students were entertained on Tuesday evening by Neal Jeffrey of Dallas, a humorist and motivational speaker. Damon Whaley, former TFB Talent Find Contest winner, provided special entertainment. Whaley is an accomplished musician, comedian and impressionist.

Clebe McClary, a motivational speaker, challenged the students to "Press on Regardless" at Thursday evening's banquet.

new friends who have the same concerns you do; learn in a supportive, caring environment; take home recipes and references you can share with friends and family; get the encouragement you need to make positive changes; and learn how you can do well and be well with diabetes.

Topics discussed during the series are: What is Diabetes?; Nutrition: First Step to Diabetes Management; Managing Your Blood Sugar; Dietary Treatment of Diabetes; Diabetes and Exercise; One Diabetes Diet—No Longer the Sole Option; Foot Care; Nutrition Labels; Health Checkups; For Good Measure; Diabetes Medicines and Eating Out.

To find out more about the "Do Well, Be Well with Diabetes" series or to register for the free series contact the Haskell County Extension Office located at 101 S. Ave. D in Haskell or call (940) 864-2546. Deadline to register is Mon., Aug. 2.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

Farmers need to heed new seed regulations

Doing what daddy always did can get you in serious legal trouble these days.

For generations, Texas wheat farmers have routinely "caught seed" from the current crop to save and plant next year. This practice remains completely legal, however, the saved seed from a protected variety cannot be sold as planting seed without the permission of the owner, said Dr. Gaylon Morgan, Texas Cooperative Extension small grains specialist at College Station.

The Plant Variety Protection Act in small grains has been in place since 1970, Morgan said, but it has gained much attention the past several years. Not only have recent advances in DNA testing made it easier to catch offenders, but the higher percentage of protected varieties planted and stricter regulations added in 1994 have changed things for farmers.

"Numerous individuals in Texas, Oklahoma and other states have been prosecuted for not abiding by the PVPA, including sellers, seed conditioners and buyers," Morgan said.

"A clear understanding of the PVPA, Title V, and utility patents and their implications are essential for

everyone involved in buying, conditioning or selling seed.

"There's a lot of confusion about the PVPA and its implications on Texas small grain producers. Consequently, we're hearing of more and more people being slapped with civil actions relating to the PVPA than ever before," he said. "They either don't realize they are in violation of the act, choose to ignore it, or don't know there is such a law."

Nearly all wheat varieties released by private companies and universities since 1970 are protected by the protection act, Morgan said.

"From a practical standpoint, most varieties planted today are protected under the 1994 PVPA, meaning the variety owner's permission is required prior to any seed sales," he said.

"To determine if a variety is protected by the PVPA, farmers can go to the Web site <http://www.ars-grin.gov/cgi-bin/npgs/html/pvplist.pl>, or call their local Extension agent who can look up the variety.

"The primary purpose of the PVPA was to encourage further development of new non-hybrid varieties of such crops as wheat, oats

and other self-pollinating crops. Allowing plant breeders to decide who can sell their seed gives them the chance to recoup development costs and reinvest in future variety development."

All varieties protected under the protection act must be clearly marked on the seed tag or bulk label indicating the type of protection the product falls under, Morgan said. The seller is responsible for informing the buyer if a variety is protected.

The owner of the variety may bring civil action against those infringing on his or her right as stated in the 1970, and 1994 Plant Variety Protection Act, Title V, and utility patent, he added.

"The damages awarded by a court must at least compensate the variety developer, but can be triple that amount," Morgan said. "Violation of any Federal Seed Act provisions is a misdemeanor and is punishable by a fine not to exceed \$2,000."

Quick facts concerning the protection act can be found on the Web at <http://www.ams.usda.gov/science/pvpo/PVPIndex.htm>.

Remember...
•The protection act provides developers of new varieties of plants patent-like rights that protect the reproduction and distribution of their varieties.

•Varieties that are protected under the act can be sold as seed stocks only with the permission of the certificate holder and in some cases, only as a class of Certified seed.

•Protected varieties must have labels on the seed containers indicating the type of protection.

•Farmers may save seed for replanting, but cannot sell the seed to anyone without permission of the owner.

For more information contact Morgan at (979) 845-2425, gmorgan@ag.tamu.edu or an Extension agent.



GONZALES CARPET CLEANING
 Carpet Cleaning • Upholstery Cleaning
 Emergency Water Extraction • Expert Floor Care
 Waxing Polishing & Cleaning
 Residential & Commercial
 (325) 773-2667 • (325) 773-2258
 Robert Gonzales
 P. O. Box 929
 Stamford, TX 79553

Tower Drive-In Theatre
 Hwy 6 North, Rule - (940) 997-0137
 NOW PLAYING:
Spiderman II - PG-13
 Show starts at 9:15! Open Fri., Sat., & Sun.
 Adults \$5; Ages 6-12, \$2; 5 and Under Free

Pass it on...
 ... in Jesus Name
FREE Flea Market
 Saturday, July 17
 8 - 11 a.m.
 1303 N. Ave. 1
 Passed on to you... in Jesus Name
 by **Cornerstone Baptist Fellowship**

Get Connected...
 Local Internet Access
 Local Tech Support
 Free Software
 Multiple Free E-mail Accounts
 Free Home page
 No set-up fee
 Unlimited Access
 \$19.95 per month or \$16.95 per month if paid annually
West Texas Internet
 Locally Owned and Operated
 864.8124 • www.westex.net • administrator@westex.net
 Haskell

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 684 head of cattle at its sale on Mon., July 12, according to Gary Tate, reporter. 66 sellers and 40 buyers were present.

Stockers \$2 to \$8 higher. Feeders \$1 to \$5 higher. Stocker cows and pairs \$25 to \$50 higher. Packers steady.

Cows: fat, .54-.62; cutters, .52-.65; canners, .35-.48.
 Bulls: bologna, .65-.74; feeders, .87-1.08; utility, .62-.68.

Steers: medium and large frame No. 1 200-300 lbs., 1.35-1.78; 300-400 lbs., 1.25-1.55; 400-500 lbs., 1.15-1.30; 500-600 lbs., 1.12-1.26; 600-700 lbs., 1.08-1.20; 700-800 lbs., 1.04-1.12; 800-up lbs., .85-1.08.

Heifers: medium and large frame No. 1 200-300 lbs., 1.25-1.65; 300-400 lbs., 1.15-1.32; 400-500 lbs., 1.12-1.28; 500-600 lbs., .92-1.15; 600-up lbs., .84-1.10.

Bred heifers medium frame, 725-900.

Bred Cows: young to middle aged, 800-925; aged or small, 625-775.

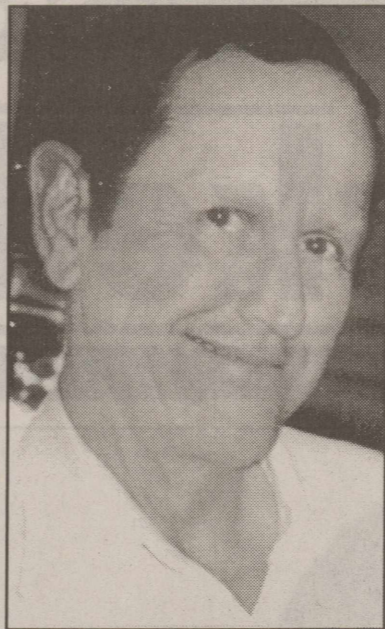
Cows with calves: medium frame No. 1 young and middle aged, 975-1400; aged or small, 750-900.

CLASSIFIED ADVERTISING PAYS
940-864-2686

Diaz Restaurant
 We serve the finest Mexican & American Food
 Check our Daily Specials!
 Menudo served Saturdays & Sundays!
 Hours: Sun. 11-2; Closed Wed.
 Mon., Tues., & Thurs. 11-9; Fri. & Sat., 11-9:30
 Call for Reservations!
864-2817
 1302 N. Ave. E, Haskell

Obituaries

Larry Sanders



LARRY SANDERS

Funeral services for Larry Sanders, 54, of Alexandria, Virginia, formerly of Weinert, were held Thurs., July 8 at First Baptist Church in Weinert with Jimmy Griffith, Terry Sanders and J. C. Baker officiating. Burial was in Weinert Cemetery under the direction of Holden-McCauley Funeral Home.

Mr. Sanders died Fri., July 2 in

Hot Springs, Arkansas in an airplane accident.

Born Jan. 1, 1950 in Abilene, he was the son of R. S. and Betty Jo Sanders of Weinert. He graduated from Weinert High School in 1968 and from Texas Tech University in 1972. He received his Master's degree in 1974 in electrical engineering. He married Linda Griffith May 21, 1971. He was employed by Los Alamos National Laboratory since 1974. They lived in Los Alamos from 1974 to 2001 when they relocated to Alexandria, Virginia where he was currently finishing his three-year Inter-government Personnel Agreement (IPA) appointment as Scientific Advisor to the Defense Threat Reduction Agency Advanced Systems and Concepts Organization. Throughout his scientific career, he was known for being a highly productive, dedicated and focused employee. He knew how to 'make things happen.' They were in the process of moving back to Los Alamos. Larry enjoyed building and flying remote control airplanes as well as flying his own plane, a Cherokee 6. Since living in

Alexandria, he had started sailing. He was a member of the Pentagon Sailing Club where he was recently honored as the Volunteer of the Year. He was a longtime member of the White Rock Baptist Church where he had been in charge of the sound system for a number of years.

Survivors include his wife, Linda Sanders of Alexandria, Virginia; son and daughter-in-law, Robert and Claire of White Rock, New Mexico; daughter and son-in-law, Lynette and Brandon Kennard of Pojoaque, New Mexico; grandson, Chase Kennard of Pojoaque, New Mexico; his parents, R. S. and Betty Sanders of Weinert; sister and brother-in-law, Jan and Randal Boatright of Brady; father-in-law, Bill Griffith of Paint Creek; a number of aunts, uncles, cousins, sisters-in-law, brothers-in-law, nieces, nephews and a large host of friends.

Memorials may be made to First Baptist Church, Weinert, Texas 76388; Weinert Cemetery Association, Weinert, Texas; or White Rock Baptist Church, 80 State Road 4, Los Alamos, New Mexico 87544. PD. NOTICE

Clariss Lillian Moon Jones



CLARISS JONES

Graveside services for Clariss Lillian Moon Jones, 86, of Haskell were held Sat., July 10 in Willow Cemetery with Dr. Troy Culpepper officiating. Services were under the direction of Holden-McCauley Funeral Home.

Mrs. Jones died Fri., July 9 at East Texas Medical Center in Athens, Texas.

Born March 2, 1918 in New Hope, Texas, she was the only child of James M. and Ruby M. Moon. Raised on a farm in New Hope, she helped with the farm chores and liked to chase the little chicks as a small child. She had a wonderful sense of humor, a very quick wit and was a great teaser. She was a homemaker and enjoyed gardening, needlework, cooking and games. A loving caregiver and wonderful role model, she loved and enjoyed her family and grandchildren very much. Her favorite pets were cats and they kept her company after her husband's death. She moved from Haskell to Kerens in 1994 to be near her family after developing Alzheimer's. She married Woodrow (Woody) W. Jones Sept. 15, 1934 in

New Hope. He preceded her in death April 26, 1990. She was a member of First Baptist Church in Haskell.

She was preceded in death by her parents; her husband; and a daughter, Patsy Leonard Nov. 7, 1983.

Survivors include two son, Wendel Jones of Murchison and Lewis Jones of Floresville; three daughters, Wanda Jackson of Fort Worth, Janice Lauderdale of Pittsburg, Kansas and LaVern Sturdy of Montalba; 15 grandchildren; 32 great grandchildren; and 3 great great grandchildren.

Pallbearers were grandsons, Bruce Jackson, Bill Jackson, Raymond Jackson, Jim Jones, Russell Jones, Sean Lauderdale, Jay Jones, Jeff Jones, Kevin Sturdy and Jason Sturdy.

Memorials may be made to the Alzheimer's Society or the donor's favorite charity. PD. NOTICE

Alice Dorae Mullins



DORAE MULLINS

Funeral services for Alice Dorae Mullins, 71, of Lubbock will be held Thurs., July 15 at 10 a.m. at Resthaven's Abbey Chapel in Lubbock. Burial will be in Resthaven Memorial Park under the direction of Resthaven Funeral Home.

Mrs. Mullins died Mon., July 12 in Lubbock.

Born Dec. 10, 1932 in Roby, she married John W. Mullins July 21, 1948 in Lueders. She graduated from Texas Tech University with a Masters Degree of Education in 1961. She taught school for two years and worked with her husband at Mullins T.V.

She had several hobbies over the years, which included crocheting, oil painting, playing bridge, fishing, entertaining and genealogy. She researched, wrote and published nine books about her and John's families. They celebrated their 50th wedding anniversary in 1998.

Survivors include her husband, four children, Janice Curry, John Kerry, Debi Hall and Penny Reid; one sister, Inell Vogel of Cape Girardeau, Missouri; one uncle, Charles Hutto of Abilene; twelve grandchildren and four great grandchildren. PD. NOTICE

Alvie Osman Chapman

Funeral services for Alvie Osman Chapman, 91, of La Habra, California were held Mon., June 7 at Rose Hills Memorial Park in Whittier, California.

Mr. Chapman died Mon., May 31 in a La Habra, California convalescent care home.

Born July 3, 1912 in the Vontress community of Haskell County, he was the fourth child of Mr. and Mrs. E. O. Chapman of Haskell County. He lived in Haskell County until the 1930's, when he moved to Los Angeles. He was later joined in Los Angeles by his wife, Theo Johnson, who was also from Haskell. He joined the Marine Corps during World War II, serving in the Pacific Theater. He returned from the war to work in and

eventually start several trailer and recreational vehicle companies. His most successful company was Four Star Coach Company, manufacturing campers and motorhomes until he sold the company in 1972.

He was preceded in death by his first wife, Theo Chapman in 1976; his second wife, Cleo in 2002; and three brothers and two sisters.

Survivors include his son Kenneth Chapman of Hacienda Heights, California; six grandsons, thirteen great grandchildren and two great great grandchildren; and his brother, Jack Chapman of Haskell County.

Pallbearers were his six grandsons. He was laid to rest next to his wife, Theo. PD. NOTICE

Shirley Cooper

Funeral services for Shirley Cooper, 63, of Granbury will be held Thurs., July 15 at Shannon Rose Hill Funeral Chapel in Fort Worth. Burial will be in Shannon Rose Hill Memorial Park.

Mrs. Cooper died Sun., July 11 at her residence. Survivors include her son, D. L. Cooper and wife,

Shelly of Haskell; daughters, Ellen VanSlyke and husband, Michael of Granbury, Becky Burns and husband, Don of Fort Worth, and Vicky Cooper of Granbury; brothers and sisters, William Robert, Evelyn, Betty, Jackie, Elizabeth and Lillie Mae; eight grandchildren and two great grandchildren. PD. NOTICE

Jones-Haskell Eye Clinic
Dr. Trussell Thane, O.D.
 Therapeutic Optometrist
 Appointments Available • Monday through Friday
 Dr. Thane provides comprehensive eye care including the diagnosis and treatment of eye disease. Dr. Thane offers complete evaluation for eyeglasses and contact lenses.
 Various contact lens packages available.
 1501 Columbia • Stamford
325-773-2083
 Hours: M.-Th. 8:30 to 5; Fri. 8:30 to 1
 MEDICARE, MEDICAID, BLUE CROSS AND BLUE SHIELD AND FIRSTCARE ACCEPTED.

Everybody's Science

by Sandy Miller Hays, Agricultural Research Service

Sweet News

about Insulin Sensitivity

A while back, I read an amazing "factoid": It seems that the scent that the majority of males find most appealing isn't Chanel No. 5 or some other exotic fragrance, but (prepare yourself) the aroma of pumpkin pie baking!

If you've ever baked a pumpkin pie, you know that one of the most aromatic ingredients is cinnamon. In fact, cinnamon can be pretty alluring in any setting; just think of how many times you've been tempted to bust your diet as you walk past one of those cinnamon-bun shops at the local mall.

In case you're looking for a nice, juicy rationalization about why you should indulge in one of those gigantic cinnamon buns, here's a great one: Cinnamon appears to be really good for you! In test-tube studies, scientists with the Agricultural Research Service have shown that compounds extracted from cinnamon can make cells more sensitive to insulin.

Okay, maybe insulin sensitivity isn't really high on the list of things you care about, but perhaps it should be. Here's why: Nearly 6 percent of the U.S. population (that's more than 15 million people) have diabetes. The large majority of those diabetes cases are what's called Type 2 diabetes, the kind that you typically don't get until middle age. And one of the classic characteristics of Type 2 diabetes is that your body's cells don't recognize—and respond to—insulin as well as they once did.

Insulin has a very specific job in your body; it regulates the metabolism of sugar and prompts your body's cells to take in the glucose and use it for energy. But if

your cells don't recognize or respond to the insulin's "signals," those cells don't properly take in the glucose, and you wind up with unhealthy levels of sugar circulating in your body.

More than a decade ago, Agricultural Research Service chemist Richard A. Anderson and his colleagues at the agency's Beltsville (Md.) Human Nutrition Research Center started studying plants and spices used in folk medicine. One exciting finding: A few spices, especially cinnamon, actually make fat cells much more responsive to insulin. The ARS scientists pinpointed the compounds in cinnamon that make this possible, and in particular one compound—methylhydroxy chalcone polymer, or MHCP—that increased glucose metabolism by about 20 times in a test tube assay of fat cells.

MHCP had some other benefits as well. For one thing, in a test with blood platelets, MHCP prevented the formation of oxygen free radicals, which are substances that the body naturally produces, but which then set to work attacking blood vessels and other body parts and generally getting up to no good. And in tests with hypertensive rats, a water extract of MHCP reduced the rats' blood pressure even before it increased their cells' insulin sensitivity.

Taking the cinnamon studies a step further, Anderson more recently worked with some colleagues on a study in which volunteers in Pakistan with Type 2 diabetes who consumed less than half a teaspoon a day of cinnamon lowered their blood sugar levels.

In the study, the scientists divided the group of 60 volunteers—who were not taking insulin—into six groups.

The first group ate a gram of cinnamon every day; the second group ate three grams per day, and the third group ate six grams per day. The other three groups were given a placebo.

The results: The researchers saw an improvement of about 30 percent in blood sugar, cholesterol and triglyceride levels in the volunteers who ate as little as one gram—that's less than half a teaspoon, as noted above—of cinnamon per day for 40 days. There was no observable advantage to consuming more than that, based on the results for the groups that ate higher amounts of cinnamon. Also, it's interesting to note that the volunteers' blood sugar levels started to rise when they stopped eating the cinnamon.

Bear in mind, of course, that this was a very small group of volunteers—just 60 people—plus there needs to be further analysis of the effects of consuming cinnamon over an extended period of time. For one thing, the type of cinnamon that you and I buy at the grocery store contains fat-soluble compounds, and these fat-soluble compounds could accumulate in the body—with who knows what effect—if you ate cinnamon in quantities larger than normal spice use over long periods of time. So absolutely no one is advocating at this point that you start shoveling down the cinnamon every day.

But these findings are certainly intriguing—maybe we should nickname cinnamon "the spice of life!"

The Agricultural Research Service is the chief in-house scientific research agency of the U.S. Department of Agriculture.

AEDs needed in public locations to save lives

Only five percent of all heart attack victims survive.

This year, over 17,000 Texans will suffer from sudden cardiac arrest. The most common cause of cardiac arrest is an abnormal heart rhythm known as ventricular fibrillation, which prevents the heart from pumping blood. Although CPR, or cardiopulmonary resuscitation, can keep oxygenated blood flowing to the brain and heart, the victim's heart will ultimately need to be defibrillated to survive.

An Automated External Defibrillator, or AED, is an emergency device that works by delivering an electric shock to a heart that's not working properly to help reestablish normal contraction rhythms. Every minute that passes before returning the victim's heart to a normal rhythm causes the chance of survival to drop by 10 percent. The good news? Hospitals and emergency rooms are equipped with AEDs. The bad news is that the vast majority of heart attacks occur outside of the hospital setting—close to 80 percent.

That's why the American Heart Association considers the widespread deployment of AEDs in public places one of its most critical life-saving initiatives. The American Heart Association advocates for AED placements in emergency first responder vehicles, public buildings and workplaces, airports and airplanes, shopping malls, health clubs and stadiums, and even schools. By placing AEDs in settings where there are large numbers of people, survival rates for cardiac arrest victims can increase significantly.

AEDs are safe to operate by trained volunteers. A defibrillator is roughly the size of a laptop computer and usually weighs around four pounds. It also provides voice instructions to the user and will not deliver an electric shock unless it is needed. Studies have demonstrated that even elementary school kids can effectively use an AED.

But an AED can't save anyone's life if it's not in the right place at the

right time.

Last September, a 10-year-old boy collapsed at Pflugerville Middle School from sudden cardiac arrest due to a heart condition called cardiomyopathy. Emergency medical personnel arrived on the scene with an AED from their vehicle, which saved the boy's life.

Two years ago, a 30-year-old man in Beaumont collapsed one morning from cardiac arrest. He had never had any serious health problems. His co-workers performed CPR and emergency personnel administered a shock to his heart with an on-site AED. Today, he's alive and healthy.

In October 1998, at the Killen

Heart Walk, a 50-year-old heart attack survivor was saved from another heart attack by an AED placed with the local fire department.

The average response time for paramedics or emergency medical technicians to arrive on the scene is 6 to 10 minutes, and even longer in rural parts of Texas. Unfortunately, most victims of cardiac arrest can't afford to wait that long.

According to a national study on out-of-hospital cardiac arrests, the availability of an AED in public locations can double a victim's chance of survival. The American Heart Association estimates that increased access to AEDs could save 50,000 lives each year.

Poor diet and inactivity hurts children's future

by Jane Rowan
Haskell Co. Extension Agent

The Texas Comptroller of Public Accounts sees the problems of childhood overweight in economic terms: future health hazards for children and fiscal hardships for the state. This article paints a dire picture of how poor health drains state resources.

In 2001, overweight or obese adults cost Texas \$10.5 billion. This figure includes the direct costs of health care and the value of lost productivity, illness, disability and premature death.

More Texas children (35%) are overweight than the national average (15%). Therefore, the cost of overweight/obesity will rise dramatically.

Public and private spending for obesity-related illnesses was \$5.3 billion in Texas in 2003, not counting lost work time, decreased productivity or other indirect costs.

The Texas Medicaid program (sponsored by federal and state government to provide health care for the poor) spent an estimated \$1.2 billion on obesity-related illnesses in 2003.

Inexpensive ear drops can help prevent swimmer's ear

An inexpensive bottle of eardrops could prevent the need for an expensive prescription.

Swimming is one of the most popular summer activities. It's a way to have fun, stay cool and get some exercise, all at the same time. But swimming can have an unfortunate side effect: swimmer's ear.

It's an ear infection that occurs when water gets into the ear and mixes with earwax. Doctors at UT Southwestern Medical Center at Dallas say that creates the perfect growth medium for bacteria: the dark, enclosed space of the ear. Swimmer's ear can be painful, and it requires treatment with prescription antibiotic drugs.

It's much easier—and less expensive—to prevent swimmer's ear.

Dr. Barbara Schultz, a UT Southwestern ear, nose and throat specialist, says you can prevent swimmer's ear with inexpensive over-the-counter eardrops. You can make a solution at home, with half rubbing alcohol and half white vinegar. Put a few drops in each ear when you leave the water for the day, and the solution will dry up the water in the ear. Don't use a cotton swab to clean out your ear—or stick anything else in your ear. That just pushes earwax and other material deeper into the ear.

People with damaged eardrums or surgically implanted tubes in their

ears may be able to swim, but they should get their doctor's approval and advice first. They may need to take extra precautions. These people shouldn't use the drying drops after swimming because it could be very painful.

Snack bar too tempting for kids

by Jane Rowan
Haskell Co. Extension Agent
Studies show as kids grow up, their food choices aren't getting any healthier. In fact, they may be getting worse.

Many students find daily access to snack bar offerings hard to resist. A study, which followed 594 fourth and fifth graders over a two-year period, found during the transition from grade school to middle school, students' consumption of fruits and vegetables dropped by one-third or more.

Consumption of higher calorie foods, such as fries and chips, rose 68 percent. Students were also drinking 62 percent more soda.

Births

Delaney Grace Hanson, daughter of Lance and Rhonda Hanson of Haskell, was born Mon., June 28 at 2:28 p.m. She weighed 7 pounds, 7.5 ounces and was 20 1/2 inches long. She was welcomed home by big brother, Dylan and big sister, Landry.

Chad and Amy Teichelman of Anson are announcing the birth of their daughter, Brooklynn Hope Teichelman, born Sat., June 12 at 1:31 p.m. at Covenant Hospital in Lubbock. She weighed 7 lbs. 2 oz. and was 18 inches long.

Maternal grandparents are Danny and Melinda Hisey of Rule. Paternal grandparents are Jimmy and Kathy Teichelman of Sagerton.

Maternal great grandparents are John and Lou Hisey and Faye Webb, all of Rule. Paternal great grandparents are Herbert and Doris Teichelman of Old Glory and Billie and Bernice Wendeborn of Stamford.

Around Town

By Joyce Hawkins

Jimmy Boyd of Abilene visited with Joyce Hawkins on Tuesday.

Johnny Andrada and family of North Carolina visited last week with his parents, Mr. and Mrs. Raymond Andrada.

Mr. and Mrs. Don Ballard attended a motorcycle convention near Dallas last weekend.

Mr. and Mrs. Jay Ross of Irving visited with her sister-in-law, Joyce Hawkins on Thursday.

Visiting with Joyce Hawkins,

Margaret and Creora Tatum on Saturday were Joyce's brother, Mr. and Mrs. Dolan Vaughn of Panhandle.

The Tatums celebrated a birthday lunch for Margaret Tatum at the home of Christopher Tatum on Sunday. Attending were the family of Christopher Tatum, Margaret Tatum, Creora Tatum, Joyce Hawkins, Gary and Vickie Hawkins and Bobby Scheets.

PAIN MANAGEMENT CLINIC

Available to meet your needs at

STAMFORD MEMORIAL HOSPITAL

• Non-surgical Treatment of Sports-Related Injuries

• Back and Neck Problems

• Work-Related Injuries

• Arthritis and Osteoporosis

Roberta M. Kalafut, DO

Board Certified in Pain Management

For appointments at Stamford call 325-795-1888

WE'RE BACK!

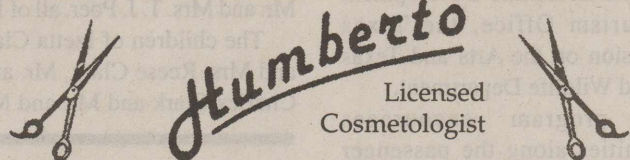
Rule Western Winds Motel

& Eatery

Eatery Hours: Mon. thru Fri.

11 a.m. to 2 p.m. and 5 to 8 p.m.

996-0205



Local, professional chemical processing colors and highlights. Time for your Summer Highlights.

MARTHA'S BEAUTY CENTER

1006 N. 6th Street • Haskell, TX 79521

(940) 864-2192

Clearance Sale

continues

Ladies Summer and Spring Clothes **40%-60% OFF**

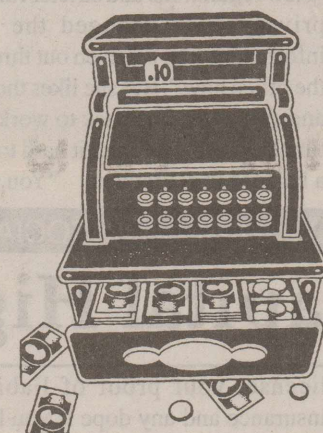
Buy 1 pair of Shoes and get 2nd pair **1/2 OFF**

Personality-Slipper Shoppe

940/864-2501 • 864-3051

South Side of Square

Haskell, Texas



Need to make your Cash Register sing?

Let us help you ring up the big sales with our display or classified ads. Call us today, for results that are music to your ears!

The Haskell Free Press
940-864-2686

New! Fresh Tastes SALADS™



Sante Fe Grilled Chicken Salad

Grilled Chicken Salad

Jumbo Popcorn Chicken™ Salad

SONIC America's Drive-In

No Waiting Call In Orders **864-8533**

OPINION



From The Inside Out

By Mary Kaigler

Who is this Mystery Reader?

I was born in Sulphur, Oklahoma at my grandmother's home. Shortly after, my father returned to Haskell, and my mother and I came when I was a month old.

I am married seven years, and have six step children.

I attended school at Jud and Rule and college at Tarleton State and the University of Houston.

No one knows that I once took a newspaper reporter for her first private plane ride in Hamilton, Ontario, Canada.

My favorite TV show is "The Today Show."

My favorite type of music is Big Band and Christian. My favorite song is "Somewhere My Love."

I like to travel and do volunteer work.

My favorite reading material is current events, history and the Bible.

My favorite meal is Mexican food.

My favorite place in Texas is Fredericksburg. My favorite vacation spot in the world is Banff, Alberta, Canada.

My best quality is a desire to help people. My worst quality is a lack of patience.

I hate it when people are dishonest or lie.

The person from history I'd most like to talk with is my father.

For me, the best thing about Haskell is the friendly people.

Watch next week for the identity of this Mystery Reader.

*** Update

Last week's Mystery Reader was Betty Berry of Haskell, whose first job was in a Christmas card factory in Colorado Springs, Colorado. After the cards were designed and printed, she worked with the machine putting personalized greetings on them.

Betty's parents, O. E. and Mary

Nuckels came to West Texas from the Sherman, Denison area in 1933, and she was born on a farm near Stamford two years later. She attended school in Stamford and Haskell.

Married to a service man stationed in Colorado Springs, at age 18 she was working in the card factory. After five years of moving around the country, she moved back to Haskell and raised her daughter here.

In 1966 she and H. B. Berry of Rochester married in Haskell, creating together a new family with his sixteen-year-old son and her eight-year-old daughter. After a 36 year marriage, H. B. Berry died in 2002. His son, James, is now an assistant police chief in Abilene, and her daughter, Terry Hurt, lives in Odessa. Betty's step granddaughters Gena and Maegan Berry are in college.

While her daughter was attending school in Haskell, Betty took college courses at the Haskell High School campus, offered by Western Texas College. Earning an associate degree, she attended the graduation exercises at the WTC campus in Snyder.

Betty worked at the Haskell County Clerk's office from 1959 to 1967. Following that she worked 34 years in the law office for attorneys Royce Adkins and John Fouts. She retired from that in 2002, and for the last year and a half she has been working part time back at the county clerk's office.

"It's a very different place there now," she said of the clerk's office. "New regulations and stricter rules of privacy have changed the way information can be given out through the office now." But she likes the job, and says she came back to work part time because she found it hard to find a balance in retirement. "You need

to find something you like to do, to help pick up the slack after retirement," she said.

Liking to play the piano, early on she took a few lessons, and started out by playing hymns, finally developing a style of playing by ear. Even now, she enjoys spending a meditative time of playing hymns each day, which she says restores for her a sense of calm and peace.

Other arts she enjoys pursuing include reading, painting landscapes and portraits using pastels, and sewing crafts. She is a member of the Brazos West Art Club and the Progressive Study Club.

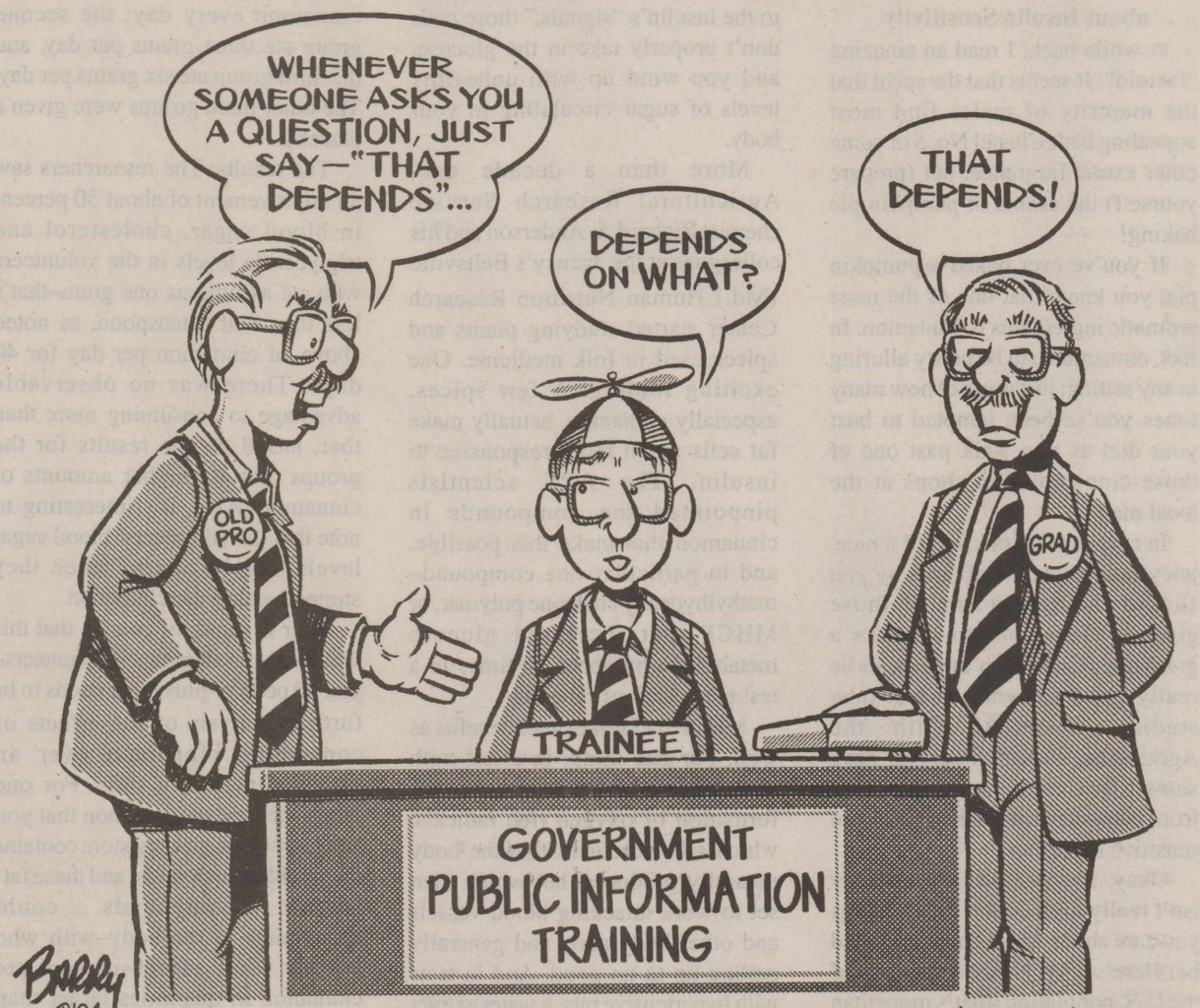
A member of the First Baptist Church, she attends the Dorcas Class, and helps with church dinners and events.

The person from history Betty says she would especially like to talk with is Eleanor Roosevelt, whom she greatly admired. Learning that Mrs. Roosevelt was a very shy person by nature, who nevertheless, through great personal strength and courage, spoke out and rallied support for the causes she believed in, even when others did not and would not, gave Betty courage to overcome her own painful shyness, she says.

Although she has enjoyed visiting the Hill Country, Fredericksburg and Texas beaches, where she picks up sea shells, Betty says she loves West Texas best. Quite convincingly, she states, "I was born in West Texas, I love West Texas! Its horizons, open country, mesquite trees and sunsets are beautiful to me"

*** It's a Thought

"It's a beautiful world to see, or it's dismal in every zone. The thing it will be in its gloom or its gleam, depends on yourself alone." Anonymous



From Out of the Past

From the files of The Haskell Free Press

10 Years Ago July 21, 1994

Gia Henshaw performed in the Southwest Regional premiere of "Daughters of the Lone Star State," hosted by the Abilene Repertory Theatre.

The yearbook of the Progressive Study Club of Haskell was awarded one of the three prestigious Grand Honors Certificates at the Texas Federation of Women's Clubs, Mesquite District. The Club was named second in the state in number of new members added for the year.

Heather Hobgood, senior head cheerleader at Haskell High School, made the NCA All-American Cheerleading squad.

Ruby Medford and Opal Dunnam won the championship flight at the Aspermont golf tournament.

Jennifer Comedy of the Haskell FFA chapter was awarded the Lone Star FFA degree at the 66th annual Texas FFA Convention held in Fort Worth.

20 Years Ago July 19, 1984

Grandchildren of Mr. and Mrs. Cecil Jetton of Rochester and members of Gray County's Extra Terrific 4-H Club took top honors at the 4-H Clothing Celebration and earned the right to compete in the district competition. Jeffrey Lane won in the active sportswear category and in the junior division Tamara Lane was named best model in the evening and specialty wear category.

Bill Wilson Motor Co. of Haskell was selected as one of the nation's outstanding Ford dealerships and received Ford Motor Company's Distinguished Achievement Award.

Mr. and Mrs. Cecil Mandrell of Pampa announced the birth of their son, Christopher Shane. He weighed 7 lbs. and 4 ozs. Great grandparents are Mr. and Mrs. Jack Daniel Sr. and Mr. and Mrs. T. J. Poer, all of Haskell.

The children of Izetta Clark, Mr. and Mrs. Reese Clark, Mr. and Mrs. Charles Clark and Mr. and Mrs. Joe

Clark of Sagerton hosted a birthday party for Mrs. Clark's 91st birthday at Rice Springs Care Home.

30 Years Ago July 18, 1974

Duane and Lou Gilly and John Dearing attended the State FFA Convention in San Antonio.

Haskell's Firemen Chief Tom Watson, Jim Alvis and Floyd (Satch) Lusk attended the 45th annual Firemen's and Fire Marshal's School.

Haskell County farmers were the number one guar producers in the state for 1973.

Gena Fischer of the Paint Creek 4-H Club and Carol Dudensing of the Sagerton 4-H Club qualified for the state 4-H Dress Revue.

Lugene Lane and Bonnie Adkins of Haskell taught twirling at the Texas Tech Band and Twirling Camp in Lubbock.

40 Years Ago July 16, 1964

Paulette Allen of Haskell earned the winner's saddle in the barrels and Donna Renfro of Haskell won a handsome trophy for first place in the brisk pole bending competition at the annual Texas Cowboy Reunion in Stamford.

Louisa Herren of Haskell was selected as a counselor for the Presbyterian Church Camp at Lake Whitney.

Millie Holden, daughter of Mr. and Mrs. W. O. (Bill) Holden of Haskell, played the part of Sarah in "The Last of The Papier Mache Cupids," and was actively involved in the production of "The Long Christmas Dinner" at the University of Texas department of Drama.

Haskell's Rotary Club remained among the top 10 in attendance standings in the 41-club Rotary District 579 in Northwest-North Central Texas.

Mr. and Mrs. T. C. Patterson of Haskell attended the Square Eight Club in the Town Hall in Waco to the lively calling of Ralph Chambers.

50 Years Ago July 15, 1954

Ives June Casey, Rule 4-H club girl, was first place winner in the Haskell County 4-H Dress Revue. Christene Hutchinson of Weinert placed second and Joan Griffith of Paint Creek placed third in the senior group. Myrtle Murray, of Rule, was the first place winner in the junior division.

Mrs. M. E. Betts of Rule, pioneer resident of Haskell County and more familiarly known to her many friends as "Grandmother Betts," celebrated her 91st birthday.

Army Private Ira W. Breeden, son of Mrs. Evie Breeden of Haskell, helped celebrate the 13th anniversary of the 7th Infantry Division's 57th Field Artillery Battalion in Korea.

Fred Wendeborn, Joe Ray Baitz, Johnny Keike, Melvin Vahlenkamp, Dorothy Bredthauer, Lanette Smith and Katherine Lewis, all of Sagerton, attended the Texas District Junior Bible Camp at Kerrville.

Mrs. T. C. Cobb of Haskell returned from California where she was visiting her new granddaughter, Vicki Nell, daughter of Mr. and Mrs. J. T. Ford Jr.

100 Years Ago July 20, 1904

Will Lanier was here and purchased several head of cattle recently.

The families of W. L. Hills, J. W. Meadors, J. N. Ellis, C. D. Long and W. B. Anthony spent Wed. picnicing on Lake Creek.

Solon Smith and Major Smith were up from San Angelo a few days looking after some business interests.

Ira Ellis, a graduate of Hill's Business College in Waco, was bookkeeper for Alexander Mercantile Company in the absence of Henry Alexander, who was away for several weeks.

E. A. Williams, Earnest Hubbard and Lon Lindsey went to Clear Fork on a fishing trip.

TEXAS PRESS ASSOCIATION

State Capital Highlights

By Mike Cox

State economy continues upswing

AUSTIN - Anyone who's been looking for a job for months probably will have a hard time believing this, but judging from sales tax revenue, the state's economy continues to improve.

Latest figures from the comptroller's office show that sales tax collections in June were up 4.1 percent compared with the same month last year. The money coming into the state's needy coffers amounted to \$1.18 billion for the month.

Indicative that this is something Texans can hang their proverbial cowboy hats on is that June was the 10th straight month sales tax collections have been up.

DPS stops "speeders" ... Judging by recently-released statistics from the Department of Public Safety, Highway Patrol troopers stopping motorists must be saying, "I need to see your driver

license, your proof of liability insurance and any dope if you have it."

Last year, troopers on routine patrol seized \$156.6 million in illegal drugs. And that's not even a DPS record, which was \$196 million in drugs in 1994.

Troopers did set a record in methamphetamine (speed) seizures in 2003, confiscating 145 pounds of the drug. They also arrested a record number of drug suspects: 2,118.

In addition, troopers took 37 tons of marijuana and 2,356 pounds of cocaine off the road.

Lonesome Gov...

In the absence of a special session to occupy the attention of political wags, speculation about the 2006 governor's race continues apace. The latest potential Democratic candidate whose name has been dropped is actor-and Texas native-Tommy Lee Jones.

Anyone who chuckles at the notion of a Hollywood type running

for public office might want to think about what happened in California last year.

And Kerrville singer-writer-one-liner Kinky Friedman continues to say he's seriously thinking about running as an independent.

No matter who runs, the primary season in the spring of '06 promises to be as action-filled as "Lonesome Dove."

History honcho retiring...

Ron Tyler, director of the 107-year-old Texas State Historical Association since 1986, has announced his retirement effective Dec. 31.

The association offices at the University of Texas in Austin gets some of its funding support from the university.

All aboard!

The Texas Historical Commission has hitched on to Amtrak's Trails and Rails program to promote cultural and heritage tourism along Amtrak's Texas routes.

Also involved in the effort are the Governor's Economic Development and Tourism Office, the Texas Commission on the Arts and Texas Parks and Wildlife Department.

The program encourages communities along the passenger train routes to promote themselves as tourist destinations, something that's good for them as well as Amtrak.

Tartar or cocktail sauce?

If you're looking for some good shrimp recipes, the Texas Department of Agriculture has dinner ideas already iced down.

Check the department's shrimp industry promotion Web site at www.txshrimp.org, for everything from recipes to shrimp festivals.

The site is a result of House Bill 1858, passed during the last regular session. The bill tasked TDA with marketing and promoting Texas shrimp through the creation of the Texas Shrimp Marketing Assistance Program.

Anyone interested in having a shrimp-related question answered the old-fashioned way can call this toll-free number: 877-TX-CATCH.

The Haskell Free Press

Established January 1, 1886
PUBLISHED EVERY THURSDAY
420 North First Street
P. O. BOX 555 HASKELL, TEXAS 79521

John McDougal Publisher
Lisa Shaw Business Manager
Mary Kaigler Editor
Doris McDougal Production
Bill Blankenship Staff Photographer

Periodical Paid Haskell, Texas 79521
(USPS 237-040)

SUBSCRIPTION RATES:

Haskell County, one year, \$20.00.
Outside of Haskell County, one year, \$28.00.

NOTICE TO PUBLIC-Any erroneous reflection upon the character, reputation or standing of any firm, individual or corporation will be gladly corrected upon being called to the attention of the publisher.
POSTMASTER: Send address changes to The Haskell Free Press, P.O. Box 555, Haskell, TX, 79521-0555.



This issue mailed Wed., July 14, 2004

Weathers Whys

The Jet Stream

Q. Sometimes we hear the weatherman refer to the "jet stream." What exactly is it?

A. The jet stream is one of the most influential forces of weather known, says Dr. John Nielsen-Gammon of Texas A&M's Department of Atmospheric Sciences. "The jet stream is a river of air that flows high above the earth, usually between 20,000 to 40,000 feet, and its true extent was not discovered until World War II when pilots made frequent trips across the vast Pacific Ocean. The core of the jet stream is a fast-moving wind current that blows west to east around the Earth and it can range from

speeds of 90 to more than 250 miles per hour," says Nielsen-Gammon. Winds in the jet stream are stronger during the winter months because that's when the temperature contrast between the Equator and the North Pole are greater—the greater the surface temperature, the bigger the contrast.

Q: How does the jet stream affect the weather where I live?

A: The strength of the jet stream enables it to push weather systems from one area to another, thereby greatly affecting the weather where you live, making some places stormy and giving others extended periods

of fair weather, John Nielsen-Gammon adds. Because the jet stream winds are greatly affected by mountains and oceans, their movement is not always a uniform west to east direction. "They often contain arcs or dips, creating what meteorologists call troughs and ridges. Since the jet stream usually separates warmer air to its south, extended spells of warm or cold weather can be caused by jet stream patterns, too. There is still a lot of research being done on the jet stream, but we do know that it may stretch for thousands of miles around the world, but it is only a few hundred miles wide and usually no more than three miles thick."

Put kids safety first when car pooling

Sometimes it feels like we live in our cars. Everybody's got to be somewhere—work, school, day care, soccer practice, band camp, scout meetings, football practice, dance class... the list goes on and on. When the going gets too tough, the answer may be a car pool.

Sharing the transportation duties with other parents can be a time- and gas-saver. But the Rural Passenger Safety team of Texas Cooperative Extension reminds drivers: When taking children to activities, the rule is One Child, One Restraint.

A recent car pooling study determined that the average age of car pool parent drivers is 40; the average number of children car pooled is three; and more than half of car pool trips are made to school, followed by sports, music lessons and scouting, in that order. That means an average of seven hours a week traveling about 15 miles to pick up and deliver children at their various activities.

That's a lot of time, said Marlene Albers, Extension passenger safety education associate, and brings a lot of issues to consider. In fact, she said, car pooling involves a lot more than getting in the car and going.

"Passenger safety is the first step to successful car pooling, but consider... discipline, being on time, snack policy in the vehicle, food allergies and emergency phone numbers," Albers said. "Never start

your car without telephone numbers of the other parents at home and work and the names of back-up family or friends who can be called in an emergency."

First, passenger safety. Because cars' safety features are designed for adult bodies, these devices themselves may be a danger for small passengers.

"Child safety seats and safety belts, when correctly used and correctly installed, can prevent injury and save lives," Albers said.

The children's age and size is the major consideration when it comes to safety restraints in a vehicle. The National Highway Traffic Safety Administration says children age 4 to 8 years or 40 to 70 pounds should ride in booster seats with the lap/shoulder belt placed correctly across the hips and chest. (Don't let the shoulder belt cross the face or neck.)

"Even some children up to age 12 may be small in stature, and the safest position for them will be in a booster seat," Albers said. "A booster seat is a necessary intermediate step between, and child safety seat and a safety belt."

Children who are older than 8 years and heavier than 70 pounds should fit into the lap/shoulder belt system installed in vehicles, she said. When a child's knees bend at the edge of the seat, he or she is big enough for the built-in safety belt.

But remember, Albers advised,

make sure the safety belts fit snugly and don't let children put shoulder straps behind their backs or under their arms.

And all children age 12 or younger should ride in the back seat for greater safety.

Once the children are all restrained safely and correctly, the possibility of boredom arises. Bryan Independent School District's Parent Education Partnership Program offered some suggestions for activities while riding in a car:

- Load a "curiosity bag" with child-safe objects such as small toys, large buttons, bath scrubbers, small containers, plastic lids, spoons and spools. Let the kids explore in the bag and discuss the contents and how they are used. Change contents of the bag often.

- Tell stories using props found at

home.

- Sing, either a cappella or with a tape.

- Provide lap desks and washable crayons or markers. (However, remember crayons can melt in a car during the hot summer months.)

- Make sock puppets and let the kids put on puppet shows in the car.

- Make music with homemade instruments; play along with the radio or tape, or let the kids make up their own songs. (Hint: Musical instruments can be used as rewards or during "down time.")

And, above all, keep your cool.

"The most important 'activity' for car pools is the adult attitude," Albers said. "Car pooling takes a lot of time. Planning ahead and having reasonable expectations will make the excursions less stressful for all vehicle occupants."

Manage your asthma for a normal life

Asthma can be managed so that you can live a normal life. You should be able to play, exercise, sleep and go to work or school without being held back by asthma symptoms.

Asthma is a disease that inflames and swells the airways in your lungs. This swelling and inflammation, and the symptoms of asthma that they cause, such as cough, wheeze, shortness of breath or chest discomfort, can be controlled by medicine and by staying away from things that bother your airways.

Pollen or allergies, pollution or tobacco smoke, and respiratory infections like colds and sinus can trigger an asthma attack or episode

that makes the airways narrow and makes breathing difficult. It is important to try to avoid things that trigger an asthma episode. Be sure to receive a yearly flu shot, and if you smoke, get help from your health professional to quit smoking for good.

Asthma needs to be watched and cared for over a very long time. Asthma cannot be cured, but it can be treated so that you can be free of symptoms all or most of the time. Asthma is not gone when symptoms are absent.

You play a big role in taking care of your asthma and working with your doctor.

Marbling of meat marks standard of eating quality

by Brandon Anderson
Haskell Co. Extension Agent

Texas Tech researchers selected finished cattle from four Texas Panhandle feed yards estimated visually by experienced evaluators to be: 3/4 British and 1/4 Bos indicus; 1/2 British and 1/2 Continental; 1/2 British, 1/4 Continental and 1/4 Bos indicus; 3/4 Continental and 1/4 Bos indicus; or 1/2 Continental, 1/4 British and 1/4 Bos indicus. About fifty head of each type were selected. Cattle estimated to be British or 3/4 Continental and 1/4 Bos indicus tended to be at the extremes on carcass merit. British were fattest (0.67 in) and had poorest Yield Grade (3.48), while 3/4 Continental and

1/4 Bos indicus were leanest (0.45 in) and had the best yield (2.49).

British had highest marbling (Small 23) and 3/4 Continental and 1/4 Bos indicus lowest (Slight 71). (The other four types were intermediate in these carcass factors.)

However, there were no significant differences at all among the six types in shear force or taste panel evaluation of tenderness, juiciness, or flavor. As this and much other research shows, marbling is a poor predictor of palatability. But at this point, since actual palatability can not be quickly and economically evaluated, marbling is what the market defines as eating quality.

Center examines lifetime production records of cows

by Brandon Anderson
Haskell Co. Extension Agent

The U.S. Meat Animal Research Center, Clay Center, Nebraska, examined lifetime production records of over 3,000 Hereford cows. Data were from a study of closed genetic lines where replacements were selected on either weaning weight, an index combining yearling weight and muscle score, and a fourth unselected control line.

Records were included from cows that produced from 2 through 7 years of age. Traits evaluated were total number of calves born, total number weaned and cumulative total weaning

weight produced. Depending on the statistical method employed, heritabilities for all three traits were low, ranging from 0.05 to 0.16.

Genetic correlations among the three traits were all high, some being greater than 0.9. Also, first production as two-year-olds was highly genetically correlated with lifetime production.

However, even though selection for number born, number weaned, and total weaning weight could be effective, in view of the low heritabilities progress would be rather slow.

Explanation of tests given for CHF patients

Congestive heart failure (CHF) is a serious disease that afflicts five million people in the United States. CHF is also the leading cause of hospitalization in patients over 65. If you have CHF, you may have wondered about some of the more routine tests and procedures that may be ordered as part of your CHF care. Here are the main measures, and reasons why they are evaluated:

Blood pressure. High blood pressure may be one indicator of CHF. The heart has to work harder if there is a fluid build-up in the system.

Blood tests. Your doctor may order CBC, blood chemistry, thyroid and blood oximetry (oxygen) tests if it is not clear what may be causing

your CHF.

EKG. Electrocardiogram is a test of the electrical activity of your heart and abnormalities may indicate past heart damage, impending heart attack or edema.

Chest x-ray. Shows an enlarged heart.

Daily weights. Important in evaluating whether you are retaining fluid before fluid volume gets out of control and further damages the heart.

Treatment may include a diuretic to reduce volume (fluid) overload, and drugs which help block activation of hormonal and nervous system responses to heart failure.

BERNARD E. GODLEY, INC.

TAX SERVICE & BOOKKEEPING

Computerized • Tax Returns & Bookkeeping

98 Hill Drive • Seymour, Texas

940-889-8809

Office Hours: 9 to 12 and 2 to 5 Monday - Friday

GOD'S ALL-STAR CHAMPIONS

July 26, 27, 28

9:00 - 11:30 a.m.

1303 N. Ave. I

VBS at **Cornerstone Baptist Fellowship**

Revival Services each night at 7:00

Call for a Ride 864-3775 864-3004

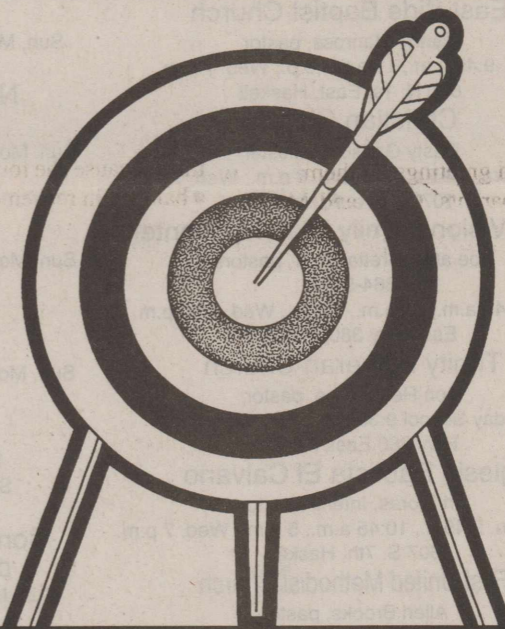
Everyone is Welcome!

Take Aim with your Advertising Dollars

Let us help you score big with on-target display or classified ads. We reach more of your potential customers than any other advertising medium, so there's no better way to get your point across. Call us today, let us help you hit your target!

The Haskell Free Press

940-864-2686



HERE'S TO YOUR HEALTH... AT HOME!

Brought to You By:

Haskell Home Health Agency

Misty McMeans
RN, BSN

What is Alzheimer's Disease?

- It is a type of dementia causing impairment of intellectual functioning.
- It is caused by degeneration in nerve endings and brain cells.

SIGNS AND SYMPTOMS OF THE THREE STAGES OF ALZHEIMER'S DISEASE

- | | |
|---|----------------------------|
| Stage 1 | |
| • Forgetfulness | • Short attention span |
| • Unpredictable moods | • Impaired judgement |
| • Depression | • Restlessness |
| Stage 2 | |
| • Extreme irritability | |
| • Loss of concentration | |
| • Inability to care for own personal needs | |
| • Increased restlessness, especially at night | |
| • Difficulty with verbal communication | |
| • Repetitive actions | |
| Stage 3 | |
| • Incontinence of stool and urine | • Inability to communicate |
| • Total inability to care for self | • Twitching and seizures |

What questions regarding home care do you have for the nurse? Send your questions to Haskell Home Health Agency, 417 S. First, Haskell, TX 79521 or call 940-864-5074 or 1-877-864-5074.

HERE'S TO YOUR HEALTH-AT HOME is brought to you by Haskell Home Health Agency providing home care services in Haskell, Knox, Stonewall, Throckmorton and Jones Counties



Home Care: Keeping Texans Proud & Independent

Did You Know?

Rice Springs Care Home offers
Respite Care Services

to all ages. This service allows both people the opportunity to take time off from each other, while knowing that your loved-one is safe, comfortable, and being taken care of.

Rice Springs Care Home also offers
Skilled Health-Care for Children
that have high medical or nutritional needs.

Contact Stephen King, Administrator
for more information!

RICE SPRINGS CARE HOME

Your locally owned Care Home, Rice Springs.
"Caring for Those who Cared for Us."

1302 North First • Haskell • 940-864-2652

We've helped protect your car, home and life, now let us protect your health for the long term

Southern Farm Bureau Life Insurance Company's Long Term Care Insurance Policy

When there's a need for extended care in your family, the costs can be a burden. Your Southern Farm Bureau Life Insurance Company's agent can offer a Long Term Care Insurance policy. This policy can help you face the future.

Features Available include:

- Coverage in adult day care, home care, nursing home settings.
- Inflation Protection.*
- Guaranteed renewable.**
- No prior hospitalization required.
- No obligation 30-day free look.



Auto • Home • Life

Helping You
is what we do best.

Haskell Co.
Farm Bureau

508 N. 1st • 940-864-2647

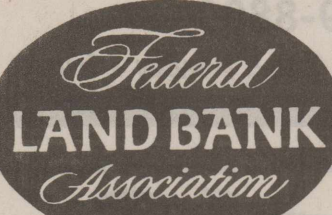
*This feature is at an additional cost to the insured.
**The insurer may change premium rates or benefits by class. This policy has certain limitations and exclusions which may affect your coverage. For complete and complete details of the coverage, call today.

Texas Farm Bureau Mutual Insurance Co.
Texas Farm Bureau Underwriters
Southern Farm Bureau Casualty Insurance Co.
Southern Farm Bureau Life Insurance Co., Jackson, MS
Farm Bureau County Mutual Insurance Company of Texas

TX24LT0238 Rev 8/03 LTC policy form #HL2004-TX

The Haskell Free Press

READ BY MORE PEOPLE IN HASKELL COUNTY THAN ANY OTHER NEWSPAPER.



4.50%

- VARIABLE RATE
- LONG TERM FARM & RANCH LOANS
- IMPROVEMENT LOANS
- FIXED RATES AVAILABLE
- RATES PRICED WEEKLY
- NO PRE-PAYMENT PENALTY

Federal Land Bank Association of Texas, FLCA

550 S. 2nd • Haskell, Texas • (940) 864-8565

www.flbatexas.com



Annual percentage rates from 4.7780% APR to 4.5825% APR depending on length of contract. APR based on rates for specified prime indexed variable rate during week of July 13, 2004 - July 19, 2004. Rates subject to change without notice.

Carbohydrates explained

by Jane Rowan
Haskell Co. Extension Agent
Carbohydrates are one of three macronutrients: carbohydrate, protein, and fat.

Carbohydrates provide most of the energy needed in our daily lives, both for normal body functions such as heart-beat, breathing and digestion and for physical activity and exercise.

Foods that contain carbohydrates are: grains and grain products, fruits, vegetables, beans and legumes, dairy products and sugars.

High-carbohydrate foods are the best and sometimes only food sources on many essential nutrients, including: fiber, vitamins C and E, the majority of B Vitamins, carotenoids and other beneficial phytochemicals, potassium and the majority of trace minerals.

A diet that is low in or deficient in any of these nutrients leads to many health problems, including increased risk for osteoporosis, high blood pressure and heart disease.

Are high-carbohydrate diets fattening? Not necessarily. Obesity is uncommon in Asia where most people eat a very high-carbohydrate

diet. But not all high-carbohydrate foods are created equal. Some, such as whole grains, potatoes, fruits and vegetables, actually help you eat fewer calories without hunger.

If you are wanting to lose weight you should eat more fruits and vegetables, especially non-starchy vegetables like lettuce, broccoli,

tomatoes and spinach. You should also try to eat grains that are in a more whole, unprocessed state. Get two to three servings of non-fat milk or yogurt for calcium. Choose high-protein foods that are good for your heart, like beans, nuts, fish and white poultry without the skin. If you eat meat, choose lean cuts and limit portions to three ounces or less.

Student in the News

Mary Jane Short received a Master of Science degree in Agricultural Education from Texas Tech University in graduation ceremonies held at the United Spirit Arena May 15. She is a 1999 graduate of Rochester High School and a May 2003 graduate of Texas Tech University.

At Tech, she was involved in numerous activities and maintained a 4.0 GPA in her graduate studies.

Short recently resigned from her position at the Lubbock Avalanche-

Journal, where she had worked for four years serving as a reporter for two years. She is now employed by the Lubbock Chamber of Commerce as Vice President of Business Development where she will be working with several committees including those in business development and agriculture.

She is the daughter of Larry and Linda Short of Rochester. Grandparents are Warren and Jane Short of Rochester and Bernice Hilliard of Haskell.

ECC Calendar and Menu

| | |
|--|---|
| Mon., July 19 11:00 a.m. Blood pressure check Lunch—King Ranch chicken, okra and tomatoes, blackeyed peas, sliced onions, garlic toast, apricot cobbler, milk, tea, or coffee | Fri., July 23 Lunch—Ham slice, cheese potatoes, sliced cranberries, green beans, buttermilk biscuits, lemon dessert, milk, tea, or coffee |
| Wed., July 21 10:30 a.m. Bingo Lunch—Meatloaf, Texas potatoes, pinto beans, golden hominy, yeast | Announcements begin at 11:45 a.m. followed by lunch. |

Haskell Summer Lunch Menu

| | |
|--|---|
| July 19-23 Milk is served daily. Monday: German sausage wrap, curly fries, pickle spears, brownies Tuesday: Stew, grilled cheese sandwiches, applesauce, cookies Wednesday: Beef enchiladas, pinto | beans, garden salad, tortilla chips and salsa, pineapple tidbits Thursday: Pizza, salad, fried okra, pears Friday: Chili dogs, French fries, pickles, ice cream with toppings |
|--|---|

This Week's Devotional Message:



GOD IS AN INEXHAUSTIBLE SOURCE OF POWER

We have been constantly hearing about the 'energy crisis,' which has resulted in the desperate search for new sources of power, both natural and artificial. Whatever the source, the goal is the continuation of our good life and the further achievements of progress in every

aspect of it. Human beings also need a continuing supply of power in order to accomplish their own personal goals, whatever they may be. God is a never-ending source of the power you need, so go to your church and learn about this unlimited resource that is always available to you.

ATTEND CHURCH THIS SUNDAY

- | | | |
|---|---|--|
| <p>HASKELL</p> <p>East Side Baptist Church Danny Manross, pastor Sun. 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m. 600 N. 1st East, Haskell</p> <p>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</p> <p>New Vision Family Worship Center Joe and Loretta Stulir, pastors 864-5438 Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m. East Hwy 380, Haskell</p> <p>Trinity Lutheran Church Ron Rennegebe, pastor Sunday School 9:30 a.m., Worship 10:30 Hwy 380 East, Haskell</p> <p>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</p> <p>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</p> <p>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</p> <p>St. George Catholic Church Father George Roney Sat. Mass 7 p.m.; Sun. Morn. 9:00 a.m. 901 N. 16th, Haskell</p> <p>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</p> <p>First Presbyterian Church Steve Beatty, pastor Sun. Morn. 9:30 a.m. 306 N. Ave. E, Haskell</p> <p>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</p> <p>Hopewell Baptist Church Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m. 908 N. Ave. A, Haskell</p> | <p>Greater Independent Baptist Church Rev. Tom Collins, pastor Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p. 301 N. 3rd St., Haskell</p> <p>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</p> <p>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</p> <p>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</p> <p>Church in the Park Rev. Tim and Suzann Townsend Sun. Morn. 10:30 a.m. Wed. 7 p.m. Gazebo or Pavillion</p> <p>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</p> <p>WEINERT</p> <p>First Baptist Church J. C. Baker, pastor Sun. Morn. 10 a.m., 11 a.m., Wed. 7 p.m. Weinert</p> <p>Weinert Foursquare Church Rev. Robert Harrison Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m. Weinert</p> <p>ROCHESTER</p> <p>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</p> <p>First Baptist Church Jackie Brem, pastor Sun. 11:00 a.m., 6 p.m.; Wed. 7:00 p.m. 500 Main, Rochester</p> <p>Union Chapel Baptist Church Rev. Clarence Walker Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m. Rochester</p> <p>Faith Chapel of Rochester Katherine Byrd, minister Sun. Morn. 10 a.m., 11 a.m., 7 p.m. Hwy 6, Rochester</p> | <p>First United Methodist Church Dolan Brinson, pastor Sun. Morn. 10:00 a.m., 11:00 a.m. Rochester</p> <p>SAGERTON</p> <p>Sagerton Methodist Church Melissa Bemis, pastor Sun. Morn. 9:30 a.m. Sagerton</p> <p>Faith Lutheran Church Deborah Nissen, pastor Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m. Sagerton</p> <p>RULE</p> <p>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</p> <p>Primitive Baptist Church Dale Turner Jr., pastor First & Third Sundays 10 a.m. Corner of 8th & Robins, Rule</p> <p>Church of Christ John Greeson, minister Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m. 811 Union, Rule</p> <p>First United Methodist Church Wendall Ferguson, pastor Sun. Morn. Worship 10 a.m. 1000 Union Ave., Rule</p> <p>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</p> <p>Sweet Home Baptist Church Bill Trice, pastor Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m. Gladstone Ave., Rule</p> <p>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</p> <p>PAINT CREEK</p> <p>Paint Creek Baptist Church Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m. Paint Creek</p> <p>O'BRIEN</p> <p>O'Brien Baptist Church Milton McManus, pastor Sun. 9:45 a.m., 11 a., 5 p., 6 p, Wed. 6 p.m. O'Brien</p> |
|---|---|--|

Now Open

MAXIMINO'S

Homemade Burritos

Fri. through Tues. ~ 6 a.m. til 1 p.m.
Closed Wed. & Thurs.

800 S. Ave. G • 940-864-2071 • 940-864-4517

The Hard Way.

Sure, you can stand in the street in the middle of a major intersection every day for a week with an item you want to sell, put a couple of huge signs on it, and hope someone takes you up on the offer. It might just get the job done. Or you might just end up looking foolish.

The Easy Way.

For Sale:

Or, you can place a Classified Ad with us and have people from all over the area clamoring to take your unwanted items off your hands for a handsome profit. Quickly and easily. And for a very small investment. So what are you waiting for? Call now!

The Haskell Free Press

P. O. Box 555
420 N. First Street
Haskell, Texas 79521
Serving Haskell County for over 100 years

Sonic Drive-In
1402 N. Ave. E
864-8533
Managers: Leon & Carolyn Herring

Steele Machine
Hwy. 280 • 864-2208

Modern Way Food Store
1202 N. Ave. E • 864-3763

Smitty's Auto Parts
107 N. 1st East • 864-2607

HANSON PAINT & BODY SHOP
207 S. 1st • 864-3631
Professional Auto Body Repair
Glass Installation • 24 Hour Wrecker Service

Rule Co-op Gin & Elevator
301 Adams • Rule • 997-2421

Rice Springs Care Home, Inc.
1302 N. 1st • 864-2652
Medicare • Medicaid • Therapy
Committed To Excellence
In Service

Personality Slipper Shoppe
413 S. 1st (South Side of Square)
864-2501 and 864-3051
"One Stop Shopping"

The Haskell Free Press

"The People's Choice"

420 N. First
Haskell, Texas
940-864-2686

Serving Haskell County Since 1886

Shop The Haskell Free Press CLASSIFIEDS

864-2686

ALL DEADLINES MONDAY 5 P.M.

864-2686

For Sale

FOR SALE: Sectional couch with recliner and queen size sleeper, \$100. 864-8089. 29p

Garage Sales

YARDSALE: Recliner, TV, video cabinet, daybed and trundle frames, student desk, telescope, electric race track, etc. Sat., July 17. 10 to 3. 900 N. 8th St. 29p

GARAGE SALE: 402 N. Ave. D. Lots of children name brand clothes, electric stove, refrigerator, computer desk. Lots more. Sat., July 17. 7 to noon. 29c

2 FAMILY GARAGE SALE: Sat., July 17. 8 to 5. 1605 Derrick Dr. Lawn mower, bikes, baby items, desk, upright freezer. 29p

Miscellaneous

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 325-575-6369. 6fc

COMPUTER WORK. Onsite. Hardware/software. Repair or installation. Call Steve Livingood 325-773-2616. If no answer, leave message. 26-29p

CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 325-773-2661. Complete framing needs. Closed Mondays. 29c

Jobs Wanted

WILL DO MOWING. Call 864-5889. 29c

WILL DO BABYSITTING. Call Molly at 864-3048. 29c

For Rent

FOR RENT: Furnished rooms for rent. Nightly, weekly. Call Lone Star Lodging 864-2238. 21fc

FOR RENT: 3 bedroom, 1 bath. 505 N. Ave. B. Welcome HUD voucher. 806-983-3777 day; 806-983-5211 night. 28fc

FOR RENT: 4 bedroom house. Water well. Pay your own bills. Located 10 miles Northeast on FM 266. \$200 month. Leon Newton 864-2058. 29-31c

\$500 MOVE IN
Owner finance.
Call Alex
325-725-1449
Sè habla español. 35fc

Being young is beautiful, but being old is comfortable. You can really be comfortable resting on a new Spring Air "Never Turn" mattress set from Kinney Furniture in Stamford. 29c

EXPERT AUTO WORK
REASONABLE RATES



See us for all your auto mechanic needs. 20 years experience. We do it right the first time. 305 South Ave. E • Haskell

ROOFING
Metal & Composition
Roofs
Free Estimates.
Spalding
Construction
Hamlin, Texas
Owner: James Spalding
325-576-2109

Help Wanted

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

RICE SPRINGS Care Home is making a difference. We are looking for CNAs and LVNs. Call Shandra at 864-2652 for information. 29c

LICENSED VOCATIONAL nurse: LVN position available for motivated individual interested in working in geriatrics. Competitive pay with benefits. Please apply in person at Brazos Valley Care Home, 605 S. Ave. F, Knox City. 25fc

MANAGER AND PART-TIME sales positions open. Come join our winning team at TNT Video. 9 Ave. E. Haskell. 26fc

MANAGER TRAINEE positions available at local and surrounding Richeson DQs. Unlimited bonus potential with above average base pay. Looking for friendly, customer service leaders. Holiday and vacation pay. Smoke and drug free working environment. Drug test and background check required. Call District Manager Jacala Ashley, 940-585-8586. 28-31c

CHARTER Communications, Stamford Texas area, seeking install/repair technician. Experience not required. Will train. Must be hard worker, customer oriented. Excellent benefits. Apply on-line at www.charter.com. 28-29c

SINGERS WANTED. Win a recording contract Gospel music talent competition. August 14. Abilene, Texas. Entry form: 1-866-773-4254. 29p

Help Wanted

HOME HEALTH Attendant needed in Haskell. Must have no criminal record. Call 325-672-2264. 29-30c

HELP WANTED: The City of Haskell is accepting applications for Street Superintendent. Applications may be picked up at Haskell City Hall during regular business hours. 29-30c

Real Estate

FOR SALE OR TRADE: 3 bedroom, 2 bath fixer-upper in country. Small down. Owner financing. 864-2238. 14fc

FOR SALE: 3 bedroom, 1 bath. Brick. Water well, cellar. C/HA. Price reduced. 940-864-2264.

HOUSE FOR SALE: 3 bedrooms, 2 bath. Storage building. Water well, sprinkler system. Large lot. Completely remodeled 10 years ago. Call for appointment to view. 200 S. Ave. L. 864-8075 nights or 864-3552 days. 25fc

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

ZERO DOWN
Land-Home with low interest rate.
NO CREDIT NECESSARY
325-673-8488 35fc

COLE CUSTOM HAY BALING
940-864-5475
997-1209 or 256-2078 27-29c

A mother's heart is a special place where children always have a home. Our small town low overhead allows us to sell La-Z-Boy recliners for less. Nobody beats our prices. Kinney Furniture in Stamford. 29c

I BUY HOUSES
Quick cash and closing on homes \$25,000 or less.
Call Jim at 325-518-8128 16fc

CUTE LITTLE HOUSE
Very affordable. Call 325-673-7353 35fc

Secretary wanted for health care office. Typing and computer skills necessary. Home health experience a plus. Apply in person at 417 S. 1st, Haskell or call Misty McMeans at 864-5074. 27-30c

RIKE REAL ESTATE
Mary Rike, Broker John Rike, Agent
411 1/2 S. First Street
Haskell, Texas 79521
940 864 2411 940 864 2332
mrike@dtnspeed.net
www.rikerealestate.com

COUNTRY HOME. 3-1-2, large living, dining and kitchen. Fourth bedroom or game room over garage. All on 1.25 ac.
SAGERTON. 3-2-2 brick on 5 ac. Living, dining, o storage, C/HA.
1006 N. AVE. G. 3-2-carport on large corner lot with nice shop building. Has new C/HA, large living-dining kitchen.
160 AC. Southeast of Rule. Has hunting, CRP, and gravel income. Water available.
109 AC. PASTURE CONTRACT. hunting, co-op water, electric tanks, close to town.
313 S. AVE. E EAST. 2-1-carport, older home on two lots. Additional lots available.
509 N. AVE. E. Very large older home near church and school. Four bedrooms and three baths, large utility, C/HA.
905 N. FIRST ST. 4-2-2, large den with fireplace, cathedral ceiling, basement and cellar, C/HA, all on three acres.

Dodson Concrete Construction
Commercial - Residential
David Dodson
704 N. Ave. F • Haskell
940-864-2038
Over 20 Years in the Business
FREE ESTIMATES 18fc

Guadalcazar Roofing
30 years experience.
All types roofing. Steel roofing.
Free Estimates.
Daniel Cell 325-660-7533
Lupe Cell 325-665-7060
Haskell
940-864-5009

To Haskell and all of our surrounding friends,
Thanks so much for the many acts of kindness that were expressed in so many ways to our family during the loss of our beloved Frank Jordan Jr. Your sharing our sorrow with us was so comforting. Your thoughtful deeds will always be remembered. A special thanks to Hospice of the Big Country, your tender care will long be cherished.
The family of Frank Jordan Jr.

How much money do you really need to retire?
Call me today for a free Financial Needs Analysis
CHAN GUESS
940-864-2665
Allstate
You're in good hands.
Allstate Life Insurance Company, Home Office, Northbrook, IL. Securities offered through Allstate Financial Services, LLC (LSA Securities in LA and PA). Registered Broker-Dealer. Member NASD, SIPC. Office of Supervisory Jurisdiction: 2720 South 84th Street, Lincoln, NE 68504. (877)535-5722. ©Allstate Insurance Company 8/15/04

LANGFORD ROUSTABOUT SERVICE
SCOTT LANGFORD
Roustabouts
Backhoes
Winch Trucks
Dump Trucks
Welders
Mobile: 940-256-0535
Office: 940-864-3490
Home: 940-864-2565
8348 N. Hwy. 277
Haskell, Texas 79521
Specializing In:
Oilfield Repair,
Maintenance & Construction

Haskell County REALTY
1021 N. 6TH. 2 bedroom, 1 bath. Large living. Large garage.
307 N. AVE. H. Large house. 4 bedroom, 2 bath. Priced to sell.
907 N. AVE. L. 4 bedroom, 2 bath. Extra large storage. Water well.
420 N. 1ST: Large office bldg., nice central location. Newly remodeled.
1307 N. AVE. L. 3 bedroom, 2 bath. Storm cellar, water well, garden plot.
906 N. AVE. Great location. 4 bedroom, 2 bath. Large grassed in porch, water well. Good price.
103 S. AVE. N. 4 bedroom, 2 bath. \$17,900.
1401 N. AVE. I. 3 bedroom, 2 bath. Corner lot.
103 N. Ave. E
940-864-2665
1-800-658-6342
or call
Robert Tribbey 256-1400
Bridget or Chan Guess 864-6142
Hess Hartsfield, Broker 864-2004

Need It Sold Yesterday? WE CAN HELP!

| | |
|------------------------------|------------|
| •1110 Wells, Stamford | 5 Days |
| •331 Acres, N/E of Haskell | 16 Days |
| •100 Acres, South of Rule | 10 Days |
| •240 Acres, East of Sagerton | 1 Days |
| •3 bedroom, 2 bath | \$37,000 |
| 1210 Hudson Road, Stamford | |
| •2 bedroom, 1 3/4 bath | \$17,500 |
| 1212 Hudson Road, Stamford | |
| •231 Acre Farm in C.R.P. | \$425 Acre |
| North of Rule, Texas | |

We are almost out of listings! Have buyers for Farm Land, Pasture Land and Houses. Serving the Big Country.
Bill Jackson Owner/Broker
Gerald W. Clark Associate
325-773-3358
Bill Jackson REALTORS
1501 W. Illinois Avenue • Midland, TX 79701
Office: 432-683-9548 • Fax: 432-683-9572
Mobile: 432-557-3366
billyjackson828@yahoo.com

Like what you're reading?

We'll send it to you each week for just \$20 a year. (in Haskell County)

Yearly Subscription Rates
\$20 a year in county
\$28 out-of-county

Name _____
Address _____
City _____ State _____ Zip _____

Clip and Mail Coupon, Along with Check or Money Order to:
The Haskell Free Press
P. O. Box 555, 420 N. First, Haskell, TX 79521

VS cases now in three states

Three states—Texas, New Mexico and Colorado—now have confirmed cases of vesicular stomatitis (VS), a sporadic, naturally occurring disease that causes blister-like lesions, that can affect horses, cattle, swine, goats, deer or other animals. The infection is thought to be transmitted by sand flies or black flies and, while usually not fatal, it can cause animals to go off feed, become lame or lose milk production while lesions heal in the animal's mouth, on the muzzle, teats or above the hooves. Infected animals, and their susceptible herd mates, are restricted to their premises, under a short-term quarantine, to prevent potential animal-to-animal

disease transmission.

Colorado State Veterinarian Wayne Cunningham has reported that tests have confirmed infection in two head of cattle and two horses in Las Animas County, in southeastern Colorado, and a horse on a premise in the central part of the state, in Douglas County.

In New Mexico, livestock are quarantined on 11 premises, due to VS infection. These include six premises in the Carlsbad area; three in Valencia County, near Albuquerque; and one in Grant County, in southwestern New Mexico; and one in Cibola County, in the northwestern part of the state.

With the exception of infected cattle on two of the five quarantined premises in Starr County, all cases in Texas involve only horses. Other cases in Texas have been confirmed on one premise each in Reeves, Uvalde, Dimmit, Yoakum and Val Verde counties.

To report potential signs of VS, owners and practitioners should contact their state veterinarian's office, so a disease investigation and appropriate testing can be conducted, at no cost to the livestock owner.

The Texas Animal Health Commission can be contacted by calling 1-800-550-8242.

Troopers continue to set drug seizure records

Drug seizures by DPS troopers increased in 2003—making it the third highest dollar total in DPS history.

According to 2003 statistics released recently by the Texas Highway Patrol, DPS troopers confiscated illegal drugs valued at \$156.6 million while on routine patrol duty. That ranks third all-time behind 1994 (\$196 million) and 2001 (\$169 million).

Texas troopers have led the nation in highway drug seizures for the last several years.

The 2003 totals represent a 15

percent increase from the year before when more than \$136 million in controlled substances were taken off the streets. Cocaine, marijuana and methamphetamine seizures were all up compared to 2002.

Some of the highlights in 2003:

- Methamphetamine seizures of 145 pounds were a record for DPS troopers.

- The 2,118 drug arrests are the highest in DPS history.

- Troopers also confiscated more than 37 tons (74,299 pounds) of marijuana—the second highest in

DPS history.

- Cocaine seizures topped one ton (2,356 pounds) worth an estimated \$105 million—fourth best in DPS history.

"Intercepting drugs intended for Texas neighborhoods is just one positive byproduct of our normal patrol activities," said DPS Director Col. Thomas A. Davis Jr. "Texas is a major drug corridor, and DPS enforcement efforts put drug smugglers behind bars and take large amounts of narcotics out of circulation."

Appraiser earns ARA accreditation

Rural property appraiser, James Cowser of Munday, has been awarded the Accredited Rural Appraiser (ARA) designation from the American Society of Farm Managers and Rural Appraisers (ASFMR).

ARA designation is earned by meeting stringent requirements in experience and education, in addition to passing rigorous oral and written examinations and abiding by the American Society's Code of Ethics.

Cowser is among 27 percent of the ASFMR membership who have received, and currently maintain, the Accredited status.

"We are pleased with Cowser's commitment to professional excellence, and his dedication to providing superior rural appraisal services," said Gary Thien of Iowa, president of the American Society.

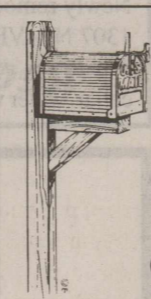
Weed from hell found in Texas

by Brandon Anderson
Haskell Co. Extension Agent

Tropical soda apple has been found and verified on a private ranch in Texas. This thorny plant is on the noxious weed list and is sometimes called the "plant from hell."

It can quickly take over pastures, displacing both grass and livestock. The weed has the potential to cover many acres in a short time. Since it is a perennial, eradication will not be easy.

A rapid response team comprised of Extension range management, weed, and forage specialists has been enacted to help contain tropical soda apple.



Like what you're reading? Call 940-864-2686 to Subscribe.

STAR STOP

706 N. 1st • Haskell • 864-2062

Dr. Pepper, Pepsi 7-Up, Mountain Dew

20 oz. All Flavors Reg. \$1.19 **79¢**

6 packs • All Flavors Reg. \$1.99 each **2/\$3**

-TEXAS LOTTERY Play The Game Of Texas™
DRINK PRODUCTS OF AMERICA, LTD.®

PERSONAL CHECKING

If you're not enjoying the safety and convenience of checking, now's the time to visit us and open a personal checking account. It's a great way to handle your money, whether you're making purchases, paying bills, or sending money through the mail. Keeping accurate records of your cash-flow is easy, too, because each month we send you a statement of all the checks you wrote during that period. Simply compare it with the record of checks in your checkbook—and balance the two. Opening your personal checking account takes only a few minutes—so come in and see how safe and convenient it is to handle your money.

First National Bank Haskell

200 South Avenue E Haskell, Texas 79521

940-864-8555

Other Convenient Locations to Serve You:
First National Bank Munday - Stamford - Rochester

From the AG

By Greg Abbott

Protect Yourself from Credit Card Fraud

Millions of credit card transactions take place every day. They are done in person, over the phone and on the Internet. While many credit card companies have instituted safe-guards to protect against credit card fraud, the following are steps a consumer can take to protect themselves:

Only carry the credit cards you need. This will minimize the opportunity for fraud in case of theft. In addition, do not keep your PIN numbers in your wallet or purse. It is also a good idea to carry your credit cards separately from your wallet.

When using a credit card in person, never let it out of your possession. It is possible for a dishonest clerk to swipe your credit card with a hand recorder and download your financial information at a later date. Reputable businesses will have their credit card machines near the cash register, in full view of the customer. You should also shield your credit card and PIN numbers from others so that they aren't copied or captured on a cellular telephone camera.

You should also look carefully at the credit card receipt. Is the amount correct? Are there any blanks that can be filled in after you are gone? Destroy any incorrect receipts and carefully draw a line through any blanks. Do not give out your credit card number over the telephone

unless you initiated the call and know the company is reputable. Legitimate companies and financial institutions never call you to ask for or verify a credit card number.

Many consumers have been scammed by telephone in this manner. Do not e-mail your personal financial information. Thieves may send you an e-mail that appears to be from a well known merchant, with the request that you e-mail your financial information for "verification." No legitimate online sales company will ask you to do this. This is known as "phishing," and is a recent trend in Internet scams.

When shopping online, be sure that you are using a secure server. Check the location at the top of your browser window. The Web page on the merchant's site where you actually enter your personal information should begin with https:// rather than http://. The "s" indicates a secure server.

Keep a secure list of your account numbers and their expiration dates, as well as the telephone numbers and

addresses of the banks that issued your credit cards. This will give you quick access to pertinent information needed to report credit card theft.

Sign your credit cards as soon as you receive them. If you receive a credit card application and do not plan to use it, shred it. It is also wise to shred all receipts and carbon copies before throwing them away. Many criminals literally dig through trash looking for personal financial information.

Be diligent about checking your credit card bill—treat it like a bank statement. Save your sales receipts and compare them to your monthly statement. Report any unauthorized or suspicious charges to the credit card issuer immediately.

The Fair Credit Reporting Billing Act enables you to dispute charges to your credit card in some circumstances and to withhold payment pending the creditor's investigation. If the charges are found to be erroneous or fraudulent, you generally are only held liable for the first \$50 charged to your account.

The Haskell Free Press

IS READ BY MORE PEOPLE
IN HASKELL COUNTY
THAN ANY OTHER NEWSPAPER.

High-Speed 101.

Internet So Fast, She Just Might Graduate Early!

FIRST 3 MONTHS
Only \$19.95 per month

SpeedNet Max
Up to 20x faster than dial-up
(reg. \$49.95/month)

SpeedNet Plus
Up to 5x faster than dial-up
(reg. \$39.95/month)

Service Initiation Fee only \$109

Visit www.speednet.com or call 1-800-847-5231, option 8, ext. 8428 to sign up for your FREE Site Survey!!

Standard wireless residential service only. One year contract required. Regular monthly service price for Max and Plus begins on the fourth month. New customers only. Restrictions apply. Equipment must be secured with a credit card. Equipment returned to SpeedNet upon cancellation. Offer expires 7-31-04.

Texas Tabs, Inc. 940-864-3983
Haskell Tire & Appliance 940-864-2900
Computer Solutions 940-864-2200

1.800.847.5231
www.speednet.com



Richardson's

FARM • RANCH • HOME • AUTO

Sale ends July 31, 2004

True Value

Help Is Just Around The Corner.
Hwy. 277 North • Haskell, Texas
Phone 940-864-8551
Store Hours:
Mon.-Fri. 7:30 to 5:30; Sat. 7:30 to 5

BARGAINS OF THE MONTH

Great Low Prices!

By combining the buying strength of thousands of True Value stores, you get great low prices on quality top-name brands.

You Pay 4.49
\$1
After \$3.49 Mail-In Rebate, Limit 3
2-Pk. 65W Indoor Floodlight Bulbs
Each lasts about 2,000 hours.
(While supplies last. Consumer responsible for taxes.) E 489 831 B3

You Pay 4.99
1.99
After \$3 Mail-In Rebate, Limit 1
20-Lb. Premium Charcoal
Clean burning briquets made from select hardwood. (While supplies last. Consumer responsible for taxes.) S 145 562 B48

Holmes
11.66
16" Oscillating Stand Fan
Quiet 3-speed motor provides consistent oscillation. (While supplies last.) M 250 969 1

Find many more items on sale and fast, helpful service