

The Haskell Free Press

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"The People's Choice"

12 PAGES-ONE SECTION-75 CENTS

Calendar

Water testing

Four Winds RC&D, Haskell SWCD and NRCS is sponsoring a water testing program to check for nitrates, bacteria and total salts. To participate, pick up a water test bag at the USDA Service Center, 607 N. First St. East in Haskell Mon., Aug. 14. Return the water sample before noon to the Service Center Tues., Aug. 15. A short water quality educational meeting will be held Wed., Aug. 16 at 1 p.m. with the sample results made available. Cost is \$5 per sample. For information, call the NRCS office at 940-864-8516 ext. 4.

Family night

Paint Creek ISD will host their annual family night picnic Mon., Aug. 14 at 6 p.m. Hamburgers will be served. A discussion of the 2006-07 school year will cover Title I items and other school programs. All parents/guardians are encouraged to attend.

Noah Project

The Noah Project-North Advisory Committee will meet at the jury room of the Haskell County Courthouse Fri., Aug. 11 at noon. New officers will be elected for the coming year.

Food distribution

The Haskell County Ministerial Alliance Food Distribution Center will distribute food Sat., Aug. 19 from 10 a.m. til 11:30 a.m. at 206 S. 2nd (building east of Civic Center) in Haskell. Volunteers and boxes are needed.

ECC lunch

The Haskell Experienced Citizens Center, 1404 S. 1st, will host a dinner Sun., Aug. 20 from 11:30 a.m. to 2 p.m. at the center. The meal will consist of roast beef and natural gravy, creamy mashed potatoes, green beans, green salad, hot rolls and apricot cobbler. Cost is \$8 for adults, \$4 for teens, and children 12 and under will eat for free.

Storm sirens

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

Rochester anniversary

Rochester exes are asked to email both physical and email addresses to Sandra Fry at sfryrochester@yahoo.com. Pictures for a presentation for the Rochester 100th anniversary and homecoming weekend to be held Oct. 13-14 are also needed.

Burn ban issued

A burn ban is in effect for Haskell County. The use of combustible materials in an outdoor environment by any person is prohibited. Combustible materials specifically include, but are not limited to, fireworks, camp fires, welding and any other pyrotechnic material, which in the manner or means of its use could result in a wildfire. The ban will continue until conditions warrant otherwise, stated Haskell County Judge David C. Davis. A person who knowingly or intentionally violates this order commits a Class C misdemeanor, punishable by a fine of up to \$500.

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Longtime Haskell civic leader, Abe Turner, dies

Abe Turner, former banker and outstanding citizen, was laid to rest Friday, following a service held at First Baptist Church in Haskell, where he was a member.

The memorial service was attended by many friends and admirers of the soft-spoken,

dignified, capable man who spent much of his adult life in dedicated service to the betterment of the community and region.

Born in Jayton in 1932, Abe was the son of A.M. and Maxine Turner, who later moved to Haskell when Abe was a few months old. His father

became a local banker.

He graduated from Haskell High School in 1949, and was a 1954 graduate of Texas Tech University, earning a degree in agricultural education.

In 1957 he married Ruby Turner in Canyon. The couple moved to

Haskell the next year, where they raised their family; son Mike, and daughters Sharon and April. They were blessed with five grandchildren, Jessica Provoost, Lori Turner, Amanda and Matthew Rinn and Taylor James

During the Korean War he served

twenty-one months with the U.S. Army.

The longtime banker began working for the Haskell National Bank in 1958 in various positions, including 22 1/2 years as president.

In 1994, he joined the First National Bank as first vice president in charge of business development and advertising.

He became the bank's ambassador and kept a high profile in the community for the bank. During his banking career, Turner distinguished himself in business through service on many district and state boards.

At his retirement reception in 1998, Bobby Hobgood, CEO and president of the bank said, "Abe was a highly respected banker known statewide, and we wanted his experience and leadership." Following his retirement he became an advisor to the bank.

On his retirement the affable Turner said he would now help his wife more with the day-to-day operation of the couple's bed and breakfast, the Bevers House. "I'll be able to devote more time to being an innkeeper," he said.

The former banker was involved in numerous civic activities. He was a two-term city mayor, former president and secretary of the Haskell school board, past president of the Rotary and Kiwanis clubs, the Jaycees, the American Heart Association, and commander of Roger-Cox Post 221 of the American Legion.

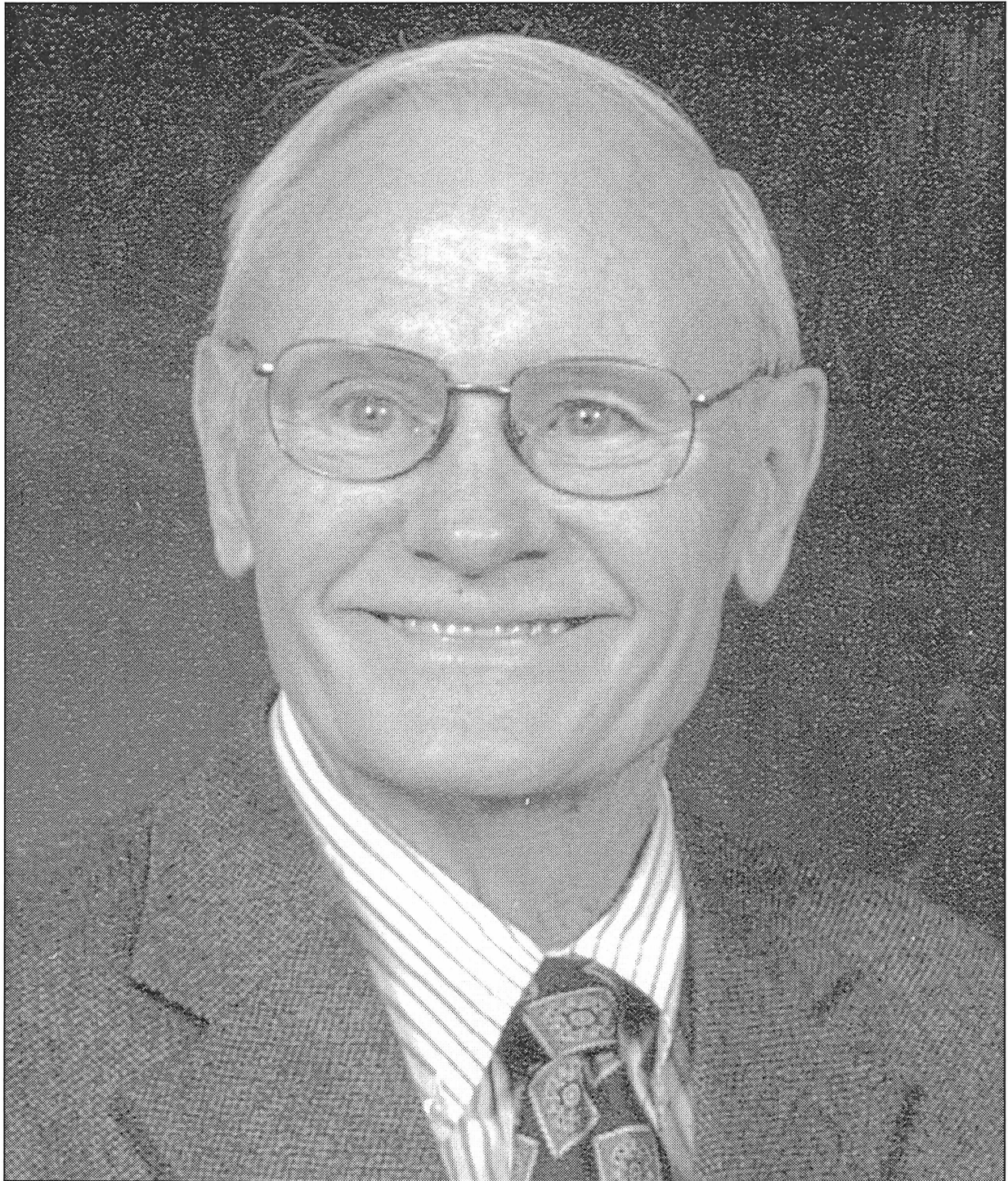
He received the Chamber of Commerce Outstanding Citizen award for 1983. In 1993 he was named a Paul Harris Fellow by Rotary International.

He was a former assistant scoutmaster, and served several years on the Chisholm Trail Council and the staff of the National Jamboree. An Eagle scout, he spent his adult life as a scout volunteer. He was honored by the Boy Scouts of America in 1973 with the Silver Beaver Award, the highest volunteer award in scouting. His work in scouting led to an interest in conservation, and he served more than a decade as director and vice president of Sportsman Conservationists of Texas.

Abe Turner worked tirelessly for a strong economic future for Haskell on many projects, such as the Miller Creek Reservoir.

At the time of his death he was manager of the Chamber of Commerce.

The man and the presence that was Abe Turner will be sorely missed and long remembered in Haskell.



ABE TURNER

Haskell Co. schools receive ratings

The 2006 Accountability Ratings for each Texas county have been released by the Texas Education Agency. Ratings categories are Academically Acceptable, Recognized and Exemplary, which is the highest rating.

Requirements of each rating are: Academically Acceptable, meets 60 percent of the standard for Reading/ELA, Writing, and Social Studies; 40 percent of standards for Mathematics; 35 percent of standards for Science, or meets Required Improvement.

Recognized rating meets 70 percent standard for each subject or meets 65 percent floor and Required Improvement.

The Exemplary rating meets 90 percent standard for each subject.

The overall Haskell CISD accountability rating was Academically Acceptable. With three campuses in the school district, the individual rating by campus was Haskell High School, Academically Acceptable; Rochester Junior High School, Recognized; and Haskell Elementary, Recognized.

The Rule campus received a rating of Recognized.

The Paint Creek School received a rating of Recognized.

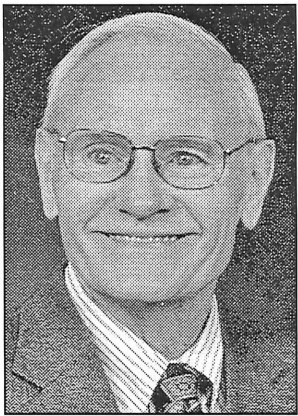
There are five schools in Haskell County.



RIBBON CUTTING—Excused from their afternoon nap for the ribbon cutting ceremonies at Kountry Kids Preschool & Daycare located at 3 S. Ave. P in Haskell were front l-r, Myra Casey and Patti Raynes, caregivers, Emmalee Phemister, owner, and Pat Bivins, bookkeeper. Chamber members on hand for the ceremonies were Shane Hadaway, Robert Tribbey, Ruby Turner, Randy Bowers, Brandon Anderson, Sammy Larned and Lorie Rodriguez. Not pictured is Rick Phemister, owner, Erin Lowack and Laura Macias, caregivers.

OBITUARIES

Abe Mulkey Turner Jr.



ABE TURNER

Funeral services for Haskell civic leader Abe Mulkey Turner Jr., 74, were held Fri., Aug. 4 at First Baptist Church in Haskell with Rev. Greg Gasaway and Rev. Daniel Echols officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Home of Haskell.

Mr. Turner died Tues., Aug. 1 at Haskell Memorial Hospital.

Born April 21, 1932 in Jayton he was the youngest son of A.M. and Maxine Tate Turner. He graduated in 1949 from Haskell High School and was a 1954 graduate of Texas Tech University with a degree in agriculture education. He served 21 months in the U.S. Army during the Korean War, working with Nike Ajax surface to air missiles (SAMs). He married Ruby Mann June 11, 1957 in Canyon and they moved to Haskell in 1958.

Turner was a 40-year veteran of the banking industry who was highly respected and well-known throughout the state. Although the son of a banker, he did not enter the banking profession until after college and the military service. He was working in Canyon when the cashier at Haskell National Bank, Charles Swinson, offered him a job. The rest is banking history.

Abe and his wife moved back to Haskell and he started his banking career as a teller. When Swinson left HNB to pursue other business interests, Turner succeeded him. He

attended Southwestern Graduate School of Banking at Southern Methodist University. He then served six years as cashier before taking a job as vice president of Texas Bank and Trust in Sweetwater. He returned to Haskell in 1967 and served HNB as vice president under Roy Johnson. Turner later succeeded Johnson and served the bank as president for more than 22 years. In 1994 he joined First National Bank of Haskell as vice president of public relations and business development where he served more than a decade. He knew his customers and their needs well.

In his banking career, Turner distinguished himself through service on district and state boards. He served one term as president of the NABAC (now the BAI, Bank Administration Institute), seven years as the Texas director of District I for the Independent Bankers Association of American (IBAA) and four years as a member of the Agriculture and Rural American Committee of the IBAA.

He served the city, the region and the state in a variety of volunteer and elected positions. A two-term mayor, he also served as president of the local school board, Chamber of Commerce, Rotary Club International, Jaycees, Haskell County Chapter of the American Heart Association, Kiwanis Club and commander of the Rogers-Cox Post 221 of the American Legion.

He was honored as Citizen of the Year in 1983 and named a Paul Harris Fellow by Rotary International. He and his wife were proud innkeepers of the Bevers House Bed and Breakfast.

Turner was an Eagle Scout and spent his adult life as a scout volunteer. In 1973 the Boy Scouts of America honored him with the Silver Beaver award, the highest volunteer award in scouting. He served as scoutmaster of the local BSA troop, on the board of the Chisholm Trail Council and the staff of the National Scout Jamboree. His early scout work led to an interest in conservation, and he served more than a decade as director and vice

president of Sportsmen Conservationists of Texas (SCOT).

He loved working for Haskell and did so with energy, enthusiasm and dedication. His visionary leadership, his generous voluntary spirit, along with his efforts to unify area counties through the work of the Texas Midwest Community Network, and his work on behalf of the Miller Creek Reservoir are highlights of his legacy. He worked tirelessly for a strong, economic future for Haskell.

He was preceded in death by his parents; brother, Jimmy; and sister, Mary Dell Turner.

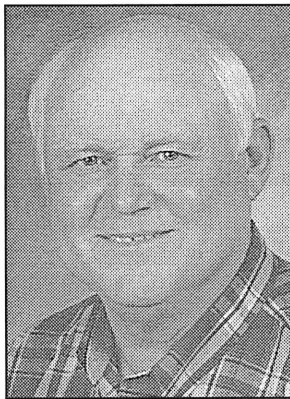
Survivors include his wife of nearly 50 years, Ruby Turner; three children, son, Mike and wife Teri of Arlington; two daughters, Sharon and husband Kevin Rinn of Belton and April and husband Ty James of Montgomery; five grandchildren, Jessica Provoost and husband Tyson of West Palm Beach, Florida, Lori Turner of Arlington, Amanda and Matthew Rinn of Belton and Taylor James of Montgomery; one sister, Janet Turner Owen of Tahoka and a host of nieces, nephews, cousins and friends.

Pallbearers were Steven Foster, Shane Hadaway, Thomas Rodriguez, Jeff Teague, Sam Watson; Darryl Goetz of Boerne; Shawn Lane of Nacogdoches, Gary Cram of San Antonio and Brian Toliver of Sulphur Springs.

Honorary pallbearers were Tim Everett, Lonnie Hodgkin, Elbert Johnson, Ken Lane, Don Nanny, John Sam Rike, Bob Smith and Bailey Toliver; Sterlin Holmsley of San Antonio; Lee Lane of New Braunfels and Charles Spicer of Abilene; and members of the Business Men's Bible Class of First Baptist Church, Rotary Club and the American Legion Rogers-Cox Post 221.

Memorials may be made to the Food Fund at First Baptist Church, 301 N. Ave. E, Haskell, Texas 79521; Boy Scouts of America Troop 136, P.O. Box 525, Haskell, Texas 79521 or American Heart Association, 149 Willis St., Suite 10N, Abilene, Texas 79603. PD. NOTICE

Ronnie Adams



RONNIE ADAMS

Funeral services for Ronnie Adams, 58, of Haskell were held Mon., July 31 at First United

Methodist Church in Haskell with Rev. Daniel Echols officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Home of Haskell.

Mr. Adams died Sat., July 29 at Haskell Memorial Hospital.

Born Jan. 28, 1948 in Knox County, he was the son of R.L. (Bub) and Delma Bruce (Chat) Sargent Adams. He graduated from Weinert High School in 1966 and went one semester of college at McMurry University. He returned home to do what he loved, farming. He married Sherry Newton Oct. 27, 1966 in Mexico. He had farmed around the Haskell area for 35 years. He always greeted everyone with a smile and was known to many to have a kind and gentle spirit and soul. He

attended First United Methodist Church. He will be missed by all who know him.

He was preceded in death by his parents; a daughter, Rhonda Adams in 1984; and sister, Anna Decker.

Those left to remember him are his wife, Sherry Adams of Haskell; son, David Adams and wife, Tina, of Haskell; his granddaughters that he adored, Ashley and Kylie Adams, both of Haskell; sisters-in-law, Kay Graham, Nean Newton and Teresa McNea; nieces, Cozi Wilson and Jerri Freeman; nephews, Gary Decker, Roy Graham, Keith Graham, Cody Ivy, Cory Ivy, Josh Tidwell, Brad Tidwell, Scott McNea and Shane McNea; and a host of friends.

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

Esterrea Eloise Gibson Crownover

A memorial service in celebration of the life of Esterrea Eloise Gibson Crownover, 85, of Marble Falls were held Sun., July 23 at the Clements-Wilcox Funeral Home in Marble Falls with Holton George officiating. Services were under the direction of Clements-Wilcox Funeral Home of Marble Falls.

Mrs. Crownover died Fri., July 21 at LBJ Medical Center in Johnson City. To honor a wish and request that she made many years ago, her body was sent to the Texas A&M University College of Medicine for the purpose of teaching and training future physicians.

Born March 26, 1921 in Llano County, she was the daughter of Ira and Bessie Willman Gibson. She was a member of the Church of Christ and had lived in the Marble Falls area most of her life. She was a homemaker who enjoyed growing flowers, visiting people and sent many cards and letters of encouragement to family and friends. After developing health problems, her doctor said she could be helped by walking. She faithfully walked every day as long as she was able to do so. She also

enjoyed listening to country music, especially George Strait.

She was preceded in death by her parents; husband, Daniel Crownover; brothers, B.M. 'Hoot' Gibson, I.V. 'Son' Gibson Jr., Roy Gibson; and sisters, Anna Lou Moore, Marie Crownover, Bernice Bruns and Modena Gibson.

Survivors include her daughter, Danielle Meredith of Marble Falls; her son, Carroll 'Butch' Crownover of Kerrville; grandsons, Lonnie Meredith and wife Kim of Haskell, Leonard Meredith and wife Angela and Laine Crownover and wife Karrie, all of Marble Falls; great grandchildren, Nathan Meredith of Haskell and Emily and Courtney Meredith, both of Marble Falls; brother, Bill Gibson and wife Marie of Round Mountain; many other family members and friends.

Memorials may be made to Pecan Creek Cemetery Association, c/o Robert Crownover, 549 Ranch Road 3347, Round Mountain, Texas 78663 or to the donor's favorite charity. PD. NOTICE

FCCLA teachers attend annual state convention

Wanda Thompson and Darlene Hopkins, members of the Family and Consumer Sciences Teachers Association of Texas (FCSTAT) and family and consumer sciences teachers at Haskell ISD and Paint Creek ISD, both of Haskell, joined a

registration in excess of 1,500 teachers at the 2006 State Professional Development Conference for Family and Consumer Sciences Teachers, July 24-28, at the Fort Worth Convention Center, Fort Worth. The annual conference is planned and coordinated by Texas Tech University's Curriculum Center for Family and Consumer Sciences and the Family and Consumer Sciences Division, Texas Education Agency.

The Theme, "Family and Consumer Sciences: Pathways for Student Success," provided the framework for the five day conference where attendees were offered training to enhance their teaching methodology skills, update their content knowledge and refine their program priorities. In addition to training for utilizing updated curriculum resources for implementing family and consumer sciences courses adapted by the State Board of Education as part of the Texas Essential Knowledge and Skills (TEKS), conference participants also received training and resources on range of topics which provided up-to-date information for effectively preparing students to meet ever-changing family, societal and business/industry needs. The conference programming provided sessions relevant to all family and consumer sciences teachers grades 7-12.

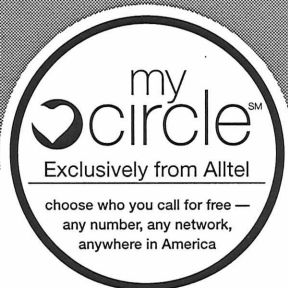
Concurrent sessions addressed the use of technology in home and industry settings, effective teaching strategies for diverse student populations, maximizing career preparation opportunities and promoting learning and leadership through the co-curricular student organization, Family, Career and Community Leaders of America. Other sessions addressed trends and practices in businesses and industries related to family and consumer sciences, strategies that help students

develop problem solving and critical thinking skills, consumer investment strategies and using technology in instruction. Best Practices Sessions were conducted by teachers who have developed innovative approaches to planning, teaching and management which have proven to be especially successful in their family and consumer sciences programs.

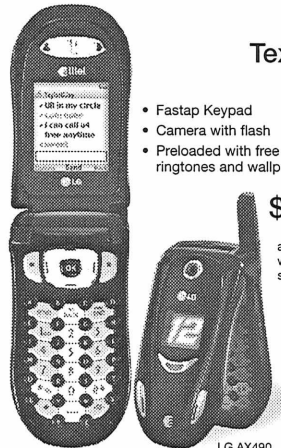
Sharon Pierce, Conference Coordinator for Family and Consumer Sciences Education said, "Students deserve the opportunity to learn the knowledge and skills that will be essential for their success and satisfaction in adult roles. Through current well-chosen content that is taught by teachers up-to-date in their professional expertise, Family and Consumer Sciences Education has a definite contribution to make to the education process. Further, each Family and Consumer Sciences Education teacher deserves to be recognized as part of a profession that is totally preceptive and responsive to providing programs which are relevant to current and future student needs; this occurs as teachers fulfill their responsibility to maintain professional fitness...competence, confidence and commitment for promoting education excellence."

Michelle McCoy, 2006-07 FCSTAT President said, "Abraham Lincoln said, 'Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing.' As educators, we are fortunate to have conference that provides us with the information and resources necessary to remain up-to-date in our profession. As family and consumer science teachers we make a habit of excellence. As we strive toward new heights let us remember the words of Donald Foster, 'No one who cannot rejoice in the discovery of his own mistakes deserves to be called a scholar.'"

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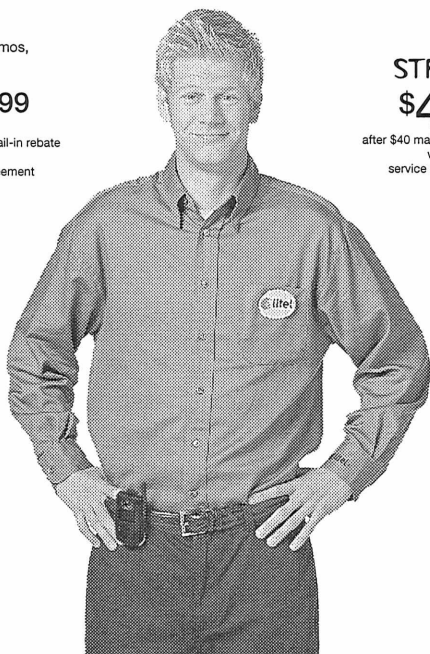
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Breckenridge
3732 W. Walker St.
(254) 559-3664

Haskell
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(940) 864-8585

Sweetwater
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(325) 235-0300

Authorized Agents

Equipment & promotional offers at these locations may vary.

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4565 S. 1st St.
(325) 692-5776

Aspermont
Trinity Cellular
612 E. Broadway
(940) 989-2543

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Student in the News

Melody Kennedy of Haskell, an art major, at Tarleton University in Stephenville was inducted into Phi Eta Sigma, a national honor society chartered at the university.

Students inducted into the society must have been enrolled full time at the university and have earned at least a 3.5 grade point ratio as a freshman. Only eight percent of

college freshmen in the nation achieve this distinction.

Phi Eta Sigma was founded in 1923 at the University of Illinois with the purpose of encouraging and rewarding superior academic achievements among freshmen. The Tarleton chapter was chartered in 1981.

Sorting out osteoporosis

by Jane Rowan
CEA/FCS, Haskell County
Osteoporosis is a disease that weakens bones to the point where they break easily. Because there are no real outward symptoms of osteoporosis, you may not notice any changes until a bone breaks; but, your bones have been losing strength for many years. Millions of Americans have osteoporosis. They are mostly women, Caucasian and Asian women more so than others, but more than 2 million men also have this disease. The risk of osteoporosis grows as you get older for both men and women.

Bone is living tissue. To keep bones strong, your body is always breaking down old bone and replacing it with new bone tissue. As people enter their forties and fifties, more bone is broken down than is replaced. A close look at the inside of bone shows something like a honeycomb. When you have osteoporosis, the spaces in this honeycomb grow larger. And the bone that forms the honeycomb gets smaller. The outer shell of your bones also gets thinner. All this loss makes your bones weaker.

A couple of other terms you may hear when discussing osteoporosis are osteopenia and osteomalacia. Osteopenia is a decrease in bone tissue, regardless of the cause. Osteomalacia is softening of the bones so that they become flexible and brittle.

Regarding diagnosis, the first sign of osteoporosis may be to realize you are getting shorter or to break a bone easily. Following a comprehensive medical assessment, your health provider may recommend that you have your bone mass measured. A bone mineral density (BMD) test is the best way to determine your bone health. BMD tests can identify osteoporosis, determine your risk for fractures and measure your response to osteoporosis treatment. The most widely recognized bone mineral density test is called a dual-energy x-ray absorptiometry scan or DEXA-scan. It is a painless procedure that is a bit like having an x-ray.

For persons with coverage under Medicare Part "B"—the optional outpatient health coverage—bone mass measurement tests are covered once every 24 months. If your health provider determines that you are at high risk or that it is medically necessary, Medicare may pay for screenings more often.

There are things you should do at any age to prevent weakened bones:

- Calcium. Getting enough calcium all through your life helps to build and keep strong bones. Foods that are high in calcium are the best source: low-fat dairy foods, dark green leafy vegetables and calcium-fortified foods like orange juice, breads and

cereals. If you think you are not getting enough calcium in your diet, check with your health provider. He or she may tell you to try a calcium supplement. You have to be careful though—too much calcium can cause problems for some people.

- Vitamin D. Your body uses vitamin D to absorb calcium. Most people's bodies are able to make enough vitamin D if they are out in the sun for a total of 20 minutes every day. You can also get vitamin D from eggs, fatty fish and cereal and milk fortified with vitamin D. If you think you are not getting enough vitamin D, check with your health provider. As with calcium, be careful, too much Vitamin D may cause harmful side-effects.

- Exercise. Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises, done three to four times a week, are best for preventing osteoporosis. Walking, jogging, playing tennis and dancing are examples of weight-bearing exercises. Try some strengthening and balance exercises, too. They may help you avoid falls which could cause a broken bone.

- Medicines. Some common medicines can make bones weaker. These include some types of steroid drugs, some anti-seizure drugs, certain sleeping pills and some cancer drugs, among others. An overactive thyroid gland or using too much thyroid hormone for an underactive thyroid can also be a problem. If you are taking any of these medicines, talk to your health provider about what you can do to help protect your bones.

- Lifestyle. Smoking increases loss of bone mass. For this and many other health reasons, stop smoking. Also, limit how much

alcohol you drink—too much alcohol can put you at risk for falling and breaking a bone.

Treating osteoporosis means stopping the bone loss and rebuilding bone to prevent breaks. Diet and exercise can help make your bones stronger but they may not be enough if you have lost a lot of bone density. There are several medications which you may take to help lessen your risk of developing osteoporosis or lessen its effects. Some will slow your bone loss, and others can help rebuild bone. Talk with your health provider to see if one of these types of medicine might work for you.

Preventing falls is a special concern for men and women with osteoporosis. Falls can increase the likelihood of fracturing a bone in the hip, wrist, spine or other part of the skeleton. In addition to environmental factors, falls can also be caused by impaired vision and/or balance, chronic diseases that affect mental or physical functioning and certain medications, such as sedatives and antidepressants. It is important that individuals with osteoporosis be aware of any physical changes that affect their balance or gait and that they discuss these changes with their health provider. For more information on preventing falls, visit the Texas Cooperative Extension Fall Prevention website: http://fcs.tamu.edu/families/aging/fall_prevention/.

For more information on osteoporosis, contact your County Extension Agent, Jane Rowan at 864-2546. You may also find more information from the National Institutes of Health Osteoporosis and Related Bone Diseases website: <http://www.niams.nih.gov/bone/>.

Ozone dangers rise along with summer temperatures

As summer temperatures heat up, ozone dangers also rise, say doctors at UT Southwestern Medical Center. Most ozone alerts are color coded, ranging from green (good) to purple (worst) throughout the summer when conditions are ripe for creating potentially harmful ozone levels.

"Predictors of high ozone pollution are how hot it's going to be, how sunny and how much traffic there is going to be," said Dr. Carlos Girod, a lung disease specialist. "People think of ozone as the layer that protects us from UV light, so they hear an ozone alert and think it means there's a lot of sunlight and that you should wear sunscreen. Actually, on days of high alert, we should be concerned about the polluted air we're breathing."

First to feel the effects will be those with pre-existing breathing troubles: asthma, allergies and chronic obstructive pulmonary disease. The orange level alert signals days when ozone levels may affect these groups. When levels hit red or purple, it's generally considered unhealthy for everyone.

What can be done about it? As the saying goes, there's not much you can do about the weather, but you can take various precautions:

- Stay indoors as much as possible, and avoid leaving windows open. Ozone is highly unstable and rapidly inactivated, so indoor air has very low ozone levels.

- Limit outdoor exercise or playtimes for small children to before 11 a.m. or after 8 p.m., when ozone concentrations are lower.

- If outside, try to limit physical exertion that may cause you to breathe deeply and inhale more ozone.

- Those with asthma should monitor breathing and keep medications handy. There are also things you can do to help reduce emissions.

- Drive less. Take public transportation or try carpooling. Also, avoid using gas-powered lawn

equipment during the morning and afternoon hours.

- Consolidate errands or put them off to another day when ozone levels aren't as high.

- Fill gas tanks after dark. Some fumes escape and react with sunlight, producing ozone.

End of Summer Sale

Look for **Red Tags** begins Wed., Aug. 9

Baby Shower Selections for Josh and Monica Gordy

Bridal Selections for Shawna Mitchell and Hegan Lamb Christi Sorrells and David Thompson Amy Jackson and Lane Murphy

The Carousel Gift Shop

Erlinda Mayfield
Open M-F 10 to 5:30. Sat. 10 to 4
Southside of the square in Haskell 864-2069

Out-of-control blood sugar can hurt a pregnant woman, baby

Most pregnant women know they shouldn't drink alcohol or smoke during pregnancy, but it's just as important for diabetic moms-to-be to control their blood sugar, says Dr. Philip Raskin, a diabetes specialist at UT Southwestern Medical Center.

Babies exposed to high levels of blood sugar in the womb run higher risks of birth defects, growing too large for safe delivery through the birth canal or being born prematurely.

Their mothers are at higher risk for health problems, too, Dr. Raskin says.

"Without proper blood-sugar control, she might acquire some common diabetes problems, or her existing diabetes problems could worsen," he says. "Out-of-control blood sugar also could cause her

blood pressure to spike. That could lead to premature birth of the baby, or it could cause seizures or a stroke in the woman during labor and delivery."

Dr. Raskin recommends that pregnant, diabetic women closely control their blood sugar levels, treat low blood sugar quickly, take

medications on time, exercise regularly and eat a healthy diet.

The U.S. Centers for Disease Control and Prevention also recommends that pregnant women monitor their blood sugar often, perhaps six to eight times a day, and visit their doctor regularly.

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OPINION

TEXAS PRESS ASSOCIATION



State Capital

HIGHLIGHTS

By Ed Sterling

Panel of judges redraws 5 congressional districts

AUSTIN—A panel of three federal judges returned voting power to Hispanic Democrats in Laredo by redrawing U.S. congressional districts Aug. 4.

In June, the U.S. Supreme Court ruled the new boundaries of Congressional District 23, which includes Laredo, were racially gerrymandered by the 2003 Texas Legislature, and ordered the panel to fix it.

The Legislature's flawed redistricting plan moved a chunk of Laredo into CD-23, the district of Republican U.S. Rep. Henry Bonilla of San Antonio. The move diluted the voting power of Hispanic Democrats, a traditional constituency.

The panel agreed to protect incumbencies while respecting the Voting Rights Act of 1965 in resetting boundaries, so now Laredo is back in a more compact and contiguous CD-28 represented by Henry Cuellar, D-Laredo. The realignment gives Bonilla more of the south side of San Antonio.

Of course, you can't squeeze here without something poking out there. So changing the shape of CD-23 put the boundaries of nearby districts in flux.

To accommodate the CD-23 fix, the panel adjusted CD-25, represented by Lloyd Doggett, D-Austin, to include more of Austin and less of the Rio Grande Valley.

What Doggett lost in the Valley moved to CD-15, represented by Democrat Ruben Hinojosa. And, Lamar Smith, R-San Antonio, picked up more Hill Country counties in his CD-21.

Changes to districts 15, 21, 23, 25, 28 invalidate the March party primaries for congressional candidates in those districts.

So Aug. 25 has been set as the filing deadline for new candidates. Ballot certification is set for Sept. 6. Primaries will be held in tandem with the general election on Nov. 7.

Candidates who receive less than 50 percent of the vote will be in runoff to be scheduled by the secretary of state.

Of course, the new district

boundaries undo some of the work of former U.S. Rep. Tom DeLay, who was the prime mover behind the unusual mid-decade redistricting plan that bolstered the Republicans' congressional majority.

DeLay's name must stay on ballot

The Fifth Circuit Court of Appeals in New Orleans on Aug. 3 upheld Austin U.S. District Judge Sam Sparks' ruling that Tom DeLay's name may not be removed from the Nov. 7 ballot.

Tina Benkiser, chair of the Republican Party of Texas, said the Fifth Circuit's decision will be appealed. Next stop would be the U.S. Supreme Court.

The party had sought to remove DeLay's name from the ballot in order to name a replacement nominee.

In July, Sparks said no to that, because DeLay ran in the March party primary for Congressional District 22, giving voters the impression he intended to go the distance.

But under multiple ethics indictments related to campaign fund-raising activities, DeLay resigned from office on June 9 and moved to Virginia.

Texas law says a candidate must reside in the district in order to be elected, but with DeLay a legal resident of Virginia, victory would be assured for the Democratic opponent.

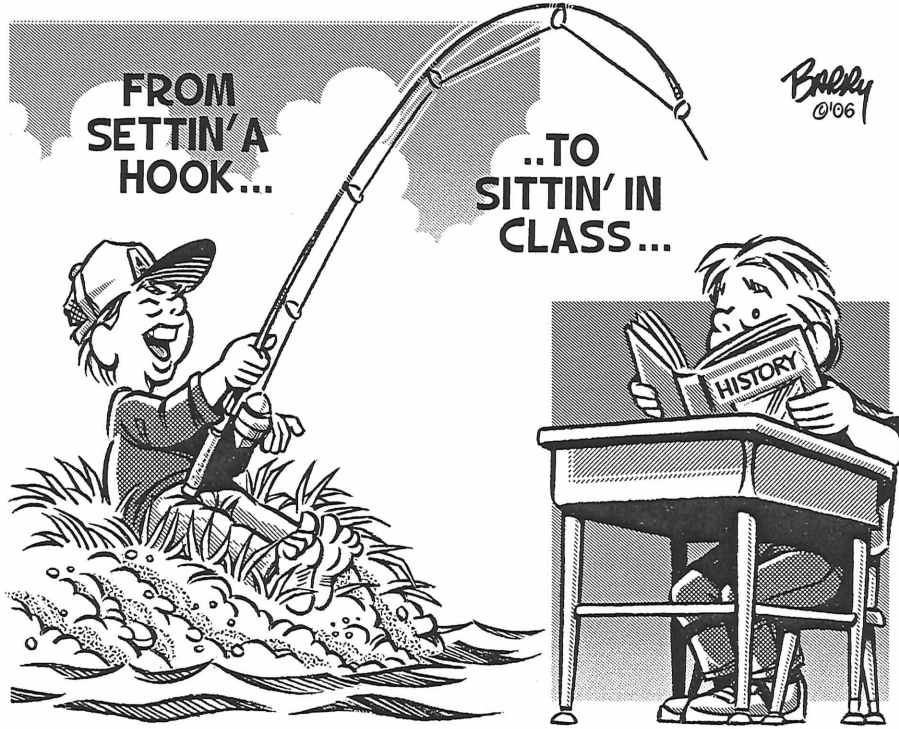
This prompts questions. Will DeLay switch his residence back to Texas, and if so, could he beat Democratic challenger Nick Lampson?

How much are we talking about?

Comptroller Carole Keeton Strayhorn estimated Texas families would save \$49 million during Texas' eighth annual sales tax holiday. The savings come from not having to pay \$38.5 million in state sales taxes and \$10.5 million in local sales taxes.

Financial report less than rosy

Recent hikes in tuition aren't exactly vaulting colleges and universities into a financial comfort zone. The Southern Regional Education Board reports the funding for higher education in Texas isn't enough to match growing enrollment and higher inflation.



FROM SETTIN' A HOOK...

..TO SITTING IN CLASS...

..ANOTHER SUMMER IS OVER—ALAS!!!

From Out of the Past

From the files of The Haskell Free Press

10 Years Ago August 8, 1996

The Cake Garden held its grand reopening at a new location at on the east side of the square.

The Carriage Flower Shop held its grand opening. The shop, owned and operated by Betty Sorrells of Rule and Connie Cothron of Haskell, offers a selection of fresh and silk flower arrangements as well as wedding flowers and decorations.

20 Years Ago August 7, 1986

Dr. Cliff Ray has assumed the dental practice of Dr. J. Edward Harris. Dr. Ray is no stranger of Haskell. Two different times, while attending college, he worked as a lab and x-ray technician at Haskell Memorial Hospital.

Erica Hollingsworth has been crowned "America's Charisma Girl" for 1986.

Haskell High School graduates of 1960 recently got together for a reunion in San Antonio.

Weinert basketball coach Mark Coffman recently served on the staff of the Earvin "Magic" Johnson basketball camp in Los Angeles.

30 Years Ago August 12, 1976

Tom Thornton has returned to his home in Richardson after spending the past ten days with his grandparents, Mr. and Mrs. Kenneth Thornton.

Mr. and Mrs. Dean Stocks, Chris and Amy of Burleson have been visiting in Haskell this week.

Mr. and Mrs. Oris Darrell Gibson, Darla and Rhonda of Victoria, visited with Mr. and Mrs. Oris Gibson.

40 Years Ago August 11, 1966

Marsha Shaver, 17 year old daughter of Mr. and Mrs. R.A. Shaver, Jr. of Rochester, was crowned Miss Hey-Day before a packed house at the Texas Theatre. Runner up was Penny Helton. Other finalists were Peggy Thigpen, Mrs. Sammy Larned, Robin Wheatley and Nelda Burson.

Jennabeth Pitman was one of the forty young people who left for a tour of France, Scotland and England. Pitman is a 1966 graduate of Haskell High School.

Holly Williams, daughter of Dr. and Mrs. Temple Williams, visited in the home of her grandparents, Mr. and Mrs. Jetty Clare.

Mr. and Mrs. Jack Sanders, Rocky and Scarlett visited with their children and grandchildren in Eagar, Arizona.

50 Years Ago August 9, 1956

Lee Faires, pilot and only occupant, said he was attempting to make an emergency landing on the highway after his motor had stalled at low altitude. The plane bounced several times and the left wing struck a sign at the Whittington Service Station, then careened about 200 feet further down the highway and crashed into the front porch of the Mr. and Mrs. H.N. West home, 707 S. Ave. E. Mrs. West was home at the time, but she was not injured.

Mr. and Mrs. Jess Miller, Mr. and Mrs. Jesse R. Miller and Rodney and David Miller spent last week in Big Lake and Austin visiting their daughters and families, Mr. and Mrs.

Fred Kendrick and Skippy and Mr. and Mrs. Joe W. Young and Patricia.

100 Years Ago August 4, 1906

The Odd Fellows moved their furnishings and equipment into their new quarters in the McConnell building this week and now have a well arranged lodge hall on the second floor.

When the construction train made its first appearance in Haskell, Messers, Jones and Bomar, in charge of the work, called for some of the young ladies to blow the whistle. Lucile Hughes and Eula and Alice Poole responded and climbing into the cab pulled the cord that gave voice to the first locomotive whistle ever sounded in Haskell.

The Haskell Telephone Company received two carload of poles over the Wichita Valley railroad yesterday. This was the first railroad shipment ever delivered from a train in Haskell.

At high noon, the last rails were spiked down near the depot site in Haskell and the construction train moved slowly down the end of the line making an event long hoped and worked for by Haskell citizens the completion of a railroad into Haskell.

Mrs. Booth English and Eugenia English are attending the Epworth League encampment at Corpus Christi.

D.M. Winn has returned home from Mexico where he has been associated with his brother, Frank Winn, in the lumber business. They have sold their interests in that country and Winn has come home to stay.

You can quit smoking

If you are serious about quitting smoking, consult with your physician about a smoking cessation program that will work for you, advises UT Southwestern Medical Center oncologist Dr. Yvonne Coyle.

Tobacco use is the largest cause of preventable disease and deaths in the United States, with 440,000 people dying every year from lung and other cancers and cardiovascular disease caused by smoking or chewing tobacco products, according to the Centers for Disease Control and Prevention.

About 50 percent of lung-cancer patients in the United States are former smokers, and another 35 percent are current smokers.

"Although most tobacco smokers would like to quit, they may not be able to quit on their own," says Dr. Coyle, a specialist in early detection and prevention of cancer. "The No. 1 factor for success is a strong motivation, but some physician support is important for anybody, and the practical advice from the physician can be enhanced by group support from fellow quitters in community-based programs at worksites, churches or health care settings."

The benefits of smoking cessation are immense, Dr. Coyle says: People who quit smoking before the age of 50 have a 50 percent reduction for all health-related causes of death in the subsequent 16 years. When they reach 64 years of age, their risk of death is similar to that of people the same age who have never smoked.

30-second habit stops infections

A 30-second habit could mean the difference between getting sick and staying healthy, say doctors at UT Southwestern Medical Center.

"We have known for over a hundred years that infections can be drastically reduced by proper hand washing," said Dr. Raymond Fowler, an emergency medicine specialist.

Because germs are very often carried or transmitted on the hands, keeping the hands clean can prevent many simple infections.

Dr. Fowler suggests using warm water and soap, and rubbing hands together for 30 seconds, especially after using the restroom or working in the kitchen.

If soap and clean water are not available, use a hand sanitizer with at least 60 percent alcohol to clean hands. Alcohol-based hand rubs significantly reduce germs on skin and are fast acting.

School begins — slow down in school zones

From the AG

By Greg Abbott

Texas AG Warns of Bogus Job Offers

Consumers should be alert to several bogus employment offers that have been circulating online and in classified newspaper advertisements over the past several weeks. Individuals posing as recruiters or employers are pitching attractive employment opportunities that all contain the same catch: the job seeker must pay money in advance for travel or other out-of-pocket expenses or provide confidential information such as bank account numbers and Social Security numbers. Requirements like these should send up a red flag to the job seeker that this may be an employment scam.

For example, we have fielded complaints from unemployed flight attendants who answered newspaper ads for employment and were told that they would have to travel to an exotic location for an interview. Applicants were instructed to send half the cost of their airfare, supposedly to cover their travel expenses and ensure that they were serious applicants. They were told that the money would be reimbursed.

However, the interview was cancelled, the trip never took place and the money was never refunded.

In a similar scheme, classified ads looking for mystery shoppers have cost unsuspecting consumers thousands of dollars. After responding to the ad, job seekers received a cashier's check in the mail and a letter of congratulations with instructions to cash the check and send it to an address out of the country. The checks turned out to be bogus, and victims had difficulty recouping their losses.

In another case, a woman responded to an advertisement for an office assistant position she found in a Houston newspaper. After sending the "company" an email in response to their ad, the woman was directed to a website, where she was asked to provide personal information, including her address, Social Security number, and bank account number.

In July, my office was warned about a fraudulent solicitation for bookkeepers that appeared on a popular online community website. The advertisement instructed job

seekers to open a bank account for company executives to deposit money for air fares and other work-related fees. In other words, job seekers were asked to help these con artists establish a gateway for identity theft and possible money laundering!

I urge you to exercise caution when answering ads for employment anytime you are asked to pay money up front. Most reputable companies

will absorb these costs themselves if they are the ones seeking the employee. Legitimate employers seldom ask for large sums of money from applicants. At a minimum, find out about the company from an independent source of information before you make arrangements to spend money to travel to an interview or provide sensitive personal information online.

AG Consumer Alert

By Greg Abbott

Beware of Letters from Nigeria

I have recently become aware of a Nigerian scam letter in which the writer claims to know me and to have been a classmate of mine in college. This is, of course, completely false. It is a somewhat bizarre twist to a scam that is all too common. Don't fall for it.

For whatever reason, the country of Nigeria has for some years had the dubious distinction of being a world leader in Internet scams. I think it is safe to say that any letter, email, or call from a stranger in Nigeria is a

dangerous fraud. You should hang up the phone, delete the email, and throw away the letter.

In some cases, the solicitation is a sad tale of political intrigue, assassination, and a national treasure needing to be deposited in your bank account. In other cases, you will be told that you are about to receive a huge inheritance from a relative you never heard of before. In still other cases, like the one that used my name, the writer will simply want to establish contact with you. Don't do it. I strongly recommend no contact whatsoever.

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This issue mailed Wed., Aug. 9, 2006

City Council report

The Haskell City Council met in a called meeting/public hearing July 27 at 5:15 p.m.

Attending were Mayor Ken Lane, Mayor pro tem, Sue Medford, councilmen W.L. Wolf, Jimmy Roberts, Bob Smith and Lonnie Meredith. Also attending were City Administrator, Brandon Anderson, and City Secretary, Louetta Wallace.

Mayor Lane called the meeting to order and the invocation was given by Wolf.

In the public hearing, on a motion by Wolf, the council approved the citizen participation plan to apply to the office of Rural Community Affairs for Community Development for a grant that will be in the \$250,000 range.

On a motion by Roberts, the council approved the bid from Keith McGrew Conservation Dirt Work, Inc. for \$1.16 per cubic yard for the digging of the pit at the City of Haskell Landfill.

On a motion by Roberts, the council approved the low bid from Bailey Toliver Chevrolet for the new police vehicle for the of Haskell Police Department.

On a motion by Smith, the council approved the adoption of the Hazard Mitigation Plan, Resolution #72806.

A motion by Smith was approved for the resolution allowing the City of Haskell to submit a grant application to the office of the Governor, Criminal Justice Division

for a mobile K-9 unit, Resolution #72706.

On a motion by Smith, the council approved the resolution to receive TxDOT funds for the implementation of the improvements to the Haskell Municipal Airport, Resolution #72605.

The Kent Oil Company offer was discussed. No action was taken.

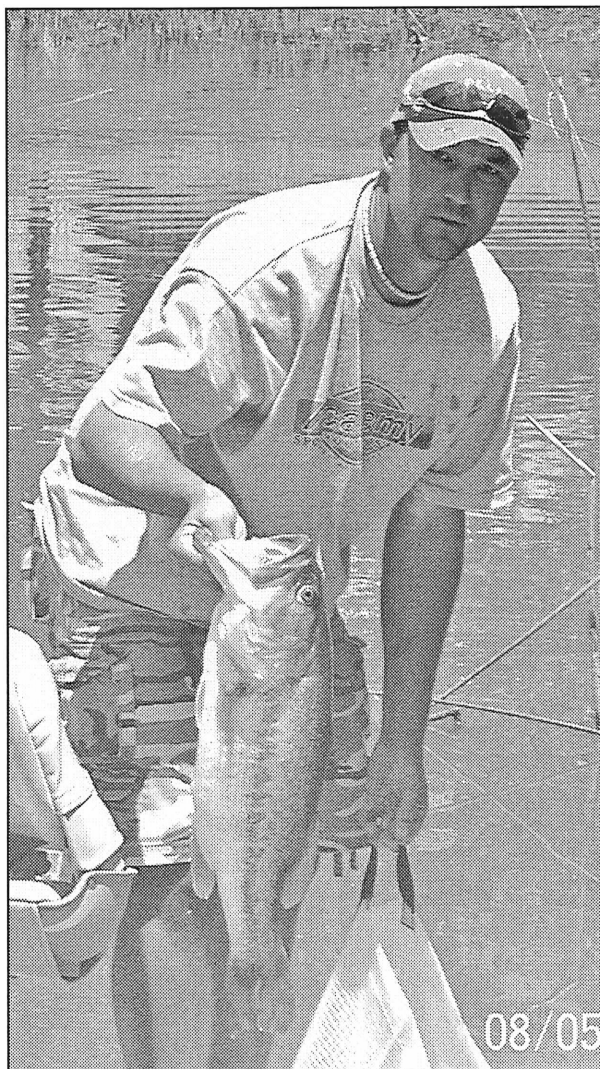
On a motion by Smith, the council denied the offer of the Conner Floral property at 12 Ave. D.

In his report, City Administrator, Brandon Anderson gave an update on the Texas Capital Fund Grant and the Assisted Living Center, stating that all was progressing well and that there would be a program at the Haskell ECC on Aug. 14 for anyone wanting more information.

He said the State Infrastructure Bank would be letting the city know something very soon on whether it will be offered the low interest, long term loan for the waterline replacement and realignment around the square.

Randy Hise, Chairman of the Haskell Economic Development Corporation, gave an update on his discussions with Emerald Corrections, and the points of the contract that the prison board would like to have Emerald explain to the committee in more detail.

The meeting was adjourned at 6:35 p.m.



POSSIBLE LAKE RECORD CAUGHT—Tommie Dale Isbell of Haskell, caught this 9.35 pound, 25.5 inches long large mouth black bass during Haskell Bass Club's final tournament of year, held at Lake Stamford, Sat., Aug. 5. He is waiting for the big catch to be certified by Texas Parks and Wildlife Department, to know if it is a record. For information regarding the Haskell Bass Club, contact Jay Miller, Allen Morrow or any member.

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NOTICE

The Rolling Plains Groundwater Conservation District will hold a meeting at the 135 N. Munday Ave., Munday, Texas on August 17, 2006 at 7:00 p.m. to consider adopting a proposed tax rate for tax year 2006. The proposed tax rate is 0.0266 per \$100 of value.

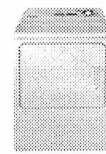
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Sunburns and children

Sunburn is caused mainly by ultraviolet (UV) B radiation from the sun or artificial sources. No one, regardless of complexion or age, is immune to sunburn and its consequences. But children in particular need to be protected from the sun's burning rays—most people receive more than 50 percent of their lifetime UV B dose by age 20.

The sun can be dangerous when not shining brightly. UV B rays are harmful even when they go unnoticed. In fact, children are exposed to UV B more frequently on foggy or hazy days, because it feels cooler and they stay outside longer.

The use of sunscreen provides protection by blocking UV B rays. Sunscreens are designated by sun protection factor (SPF). SPF is defined as the amount of time required to develop a mild sunburn with the sunscreen compared with the time without sunscreen. All children should use a sunscreen of at least SPF 15, and those with very fair skin need the highest SPF, above 30. However, sunscreens do not give complete protection. Avoiding exposure during the time when sunlight is more intense (10 a.m. to 4 p.m.), is also important.

Acute sunburn should be treated

with cool tap-water compresses, acetaminophen given for pain relief, and topical corticosteroids to reduce inflammation and pain. Severe sunburn requires prompt medical attention.

Cleaning hardware, ironwork

Metals naturally tarnish. Rain, sunlight and things like paint and sharp objects may cause hardware and ironwork to rust. This affect is not limited to outdoor objects.

With normal wear, your indoor items such as doorknobs, locks, etc, may also tarnish. If you notice tarnish, you may want to find an appropriate cleaning product. Visit your local home care center for assistance.

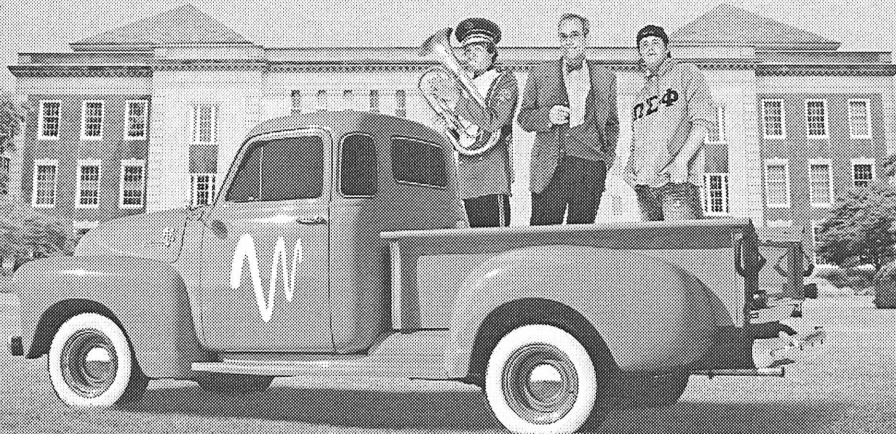
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Adjustments make MS manageable

Simple accommodations, such as organizing a workspace or rescheduling tasks that require exertion, can help people with multiple sclerosis (MS) perform more efficiently, or even continue working at all.

can bring substantial relief, including a more ergonomically designed workplace, or adjusting the work schedule according to the patient's capabilities. Employers may relocate an employee's workspace to reduce the need to walk, for instance.

"It is important that patients understand disease-associated limitations, and that a certain workload may become increasingly difficult to manage as the disease progresses," says Dr. Olaf Stuve, assistant professor of neurology at UT Southwestern Medical Center. Similarly, educating co-workers about MS can help avoid frustration on the side of the patient and his or her colleagues.

Symptoms of MS vary, but one of the most common is fatigue, which can worsen during certain hours of the day. Employers should try to schedule tasks that require physical exertion accordingly, while the patient can adjust the schedule of his or her medications.

MS is a chronic, often disabling disease that affects the central nervous system. An estimated 400,000 Americans have it, with most being diagnosed between the ages of 20 and 40. Approximately two-thirds of the cases are women. Symptoms may be mild, such as tingling, numbness or fatigue, or severe, such as paralysis or vision loss.



HOSE HANDLING—Haskell firemen from left, Jeff Caparoon, Louis Enriquez and Casey Moeller share hose handling techniques with Hallee, Abbi and Austin Alsabrook during National Night Out held at the fire station Tues., Aug. 1.

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NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Rule Independent School District will hold a public meeting at 7:00 p.m. on August 29, 2006, in the Rule School Library in Rule, Texas. The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$1.37000/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	\$0.00000/\$100 (proposed rate to pay bonded indebtedness)

Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

Maintenance and operations	1.00000% increase or _____% (decrease)
Debt service	0.00000% increase or _____% (decrease)
Total expenditures	1.00000% increase or _____% (decrease)

Total Appraised Value and Total Taxable Value

(as calculated under Section 26.04, Tax Code)

	Preceding Year	Current Tax Year
Total appraised value* of all property	\$52,857,547.00	\$53,743,322.00
Total appraised value* of new property**	\$ 142,970.00	\$ 48,570.00
Total taxable value*** of all property	\$25,972,140.00	\$26,911,800.00
Total taxable value*** of new property**	\$ 138,880.00	\$ 41,690.00

* "Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.
** "New property" is defined by Section 26.012(17), Tax Code.
*** "Taxable value" is defined by Section 1.04(10), Tax Code.

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness*	\$0.00
---	--------

* Outstanding principal.

Comparison of Proposed Rates with Last Year's Rates

	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$1.50000	\$ *	\$1.50000	\$2,402.00	\$5,455.00
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$1.33000	\$ *	\$1.33000	\$2,143.00	\$5,709.00
Proposed Rate	\$1.37000	\$ *	\$1.37000	\$2,207.00	\$5,670.00

*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$24,105.00	\$24,504.00
Average Taxable Value of Residences	\$ 8,264.00	\$ 8,514.00
Last Year's Rate Versus Proposed Rate per \$100 Value	\$ 1.50	\$ 1.37
Taxes Due on Average Residence	\$ 123.96	\$ 116.64
Increase (Decrease) in Taxes		\$ (7.32)

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in tax rate or proposed value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is \$1.37. This election will be automatically held if the district adopts a rate in excess of the rollback rate of \$1.37.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment.

Maintenance and Operations Fund Balance(s)	\$1,501,502.00
Interest & Sinking Fund Balance(s)	\$ 0.00

Everybody's Science

by Sandy Miller Hays, Agricultural Research Service

Soybeans to the Rescue

Maybe you think the only time you're getting "up close and personal" with a soybean is when you reach for the soy sauce at your favorite Chinese restaurant—but chances are that's far from true.

Soybean components are already in everything from salad dressing to your favorite chocolate bar (flip over the wrapper and read that fine print; I'll bet you're going to find "soy lecithin" listed there), and in the future, soy could be as close as your skin.

That's because scientists with USDA's Agricultural Research Service have cooked up a new soy concoction they call SoyScreen. It's an all-natural, skin- and hair-care product with a soybean oil base.

This could be good news for the U.S. economy, since right now the U.S. soy industry generates about 800 million pounds of surplus oil every year (so we might as well turn it into something we can sell!). The ARS scientists—chemists Joe Laszlo and Dave Compton at the agency's National Center for Agricultural Utilization Research in Peoria, Ill.—are hoping soybean oil can find a niche as a natural alternative to the chemical sunscreens sold now.

You may be thinking at this point, "Why do I even need a sunscreen?" Here's why: There are three types of ultraviolet light to consider. First, there's UVC light, which fortunately

is absorbed by the earth's ozone, because it's lethal. Then there's UVB radiation, which is from 290 to 320 nanometers and causes sunburns as well as cancers. UVA radiation, in the 320-400 nanometer range, doesn't produce as much burning, but long-term exposure to UVA causes wrinkling, premature aging and skin cancer.

Now, to understand how SoyScreen works, you first need to make the acquaintance of a natural substance called ferulic acid (interestingly enough, a "relative" of cinnamon), found in abundance in rice and oat bran. The exciting news about ferulic acid is that it is able to absorb harmful ultraviolet light, which is what our doctors are always telling us to avoid.

But how do you make ferulic acid act more like a fat, so it won't dissolve in water when you go swimming, a key factor in developing a sunscreen? Laszlo and Compton's solution was, in simple terms, to cook up a mixture of ferulic acid components and soybean oil to get them to bind together—an idea that bloomed into a patented product in late 2002.

So far, so good, but the scientists still had to show that the end result—dubbed SoyScreen—was effective at absorbing (filtering out) that bad UV radiation. So they ran sun-protection-factor tests comparing SoyScreen to

four commercial UV absorbents (if you really want to know: oxybenzone, dioxybenzone, octyl methoxycinnamate, and padimate-O).

The results? If you're talking about absorbency of UVB radiation, the octyl methoxycinnamate and the padimate-O scored slightly higher than the SoyScreen. But with UVA radiation, SoyScreen scored highest on absorbency. Also, SoyScreen offered the best overall protection, doing a good job of screening out both the UVA and UVB light.

The bottom line is that soybean oil could be the basis not only for sunscreen lotions, but also lip balms, lipsticks, hair care products, skin care products, and other soy-based lotions. Some of these products now contain chemical UV radiation absorbers that could be replaced by SoyScreen.

One more bit of good news about SoyScreen: It's extremely friendly to the environment. It's biodegradable, for starters, and the process for making it uses enzymes that are recyclable, as opposed to harsh solvents that won't create a disposal problem.

So you can think of this as a new twist on the old saying "turn about is fair play"—some of us have been cooking with soy oil for years, and now soy oil can help us ensure that we don't cook ourselves!

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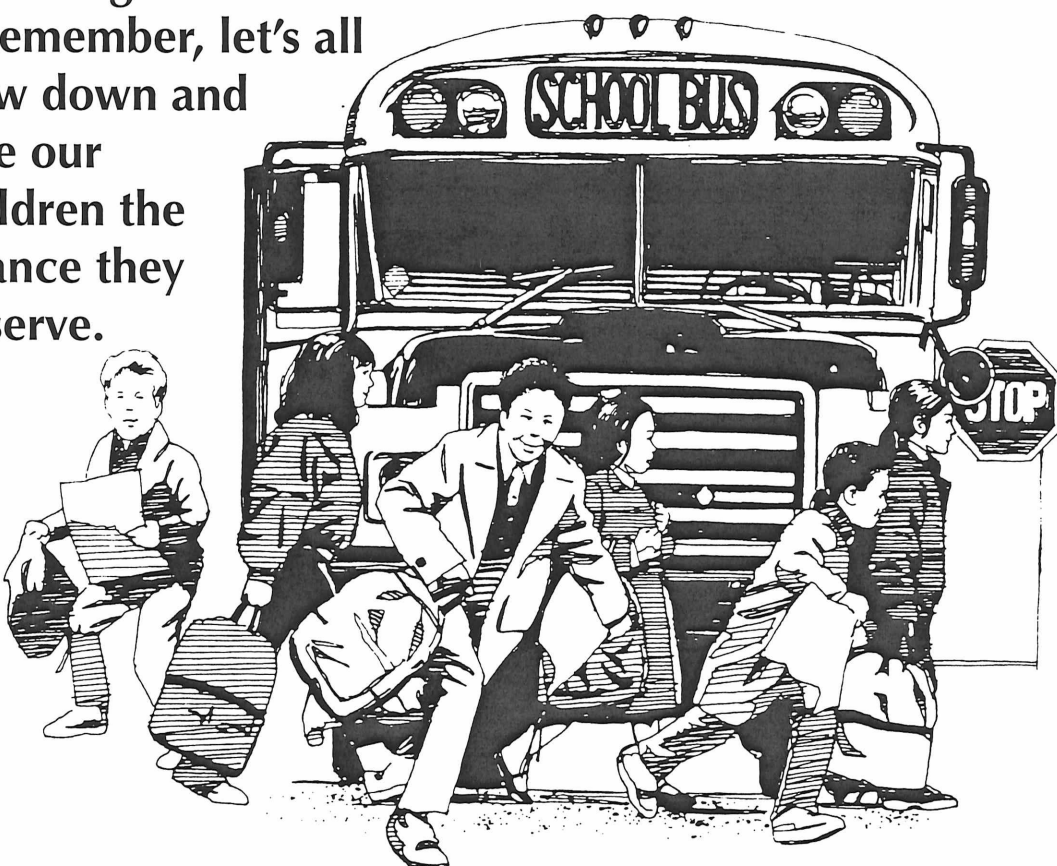


School kids are everywhere, so drive with care!

School's back in session and in the excitement of the new school year, many school-age children, especially the young ones, may forget to look both ways when crossing the street or exiting the school bus.

That leaves it up to you as a driver, to be extra careful around school yards, neighborhood play areas and departing school buses.

Remember, let's all slow down and give our children the chance they deserve.



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In-state elk movement rules to be repealed; federal CWD regulations to be reviewed

Commissioners for the Texas Animal Health Commission (TAHC), the state's domestic and exotic livestock and poultry health regulatory agency, recently proposed a repeal of in-state movement requirements for elk, which had included mandatory premises and animal identification, and movement reporting requirements. Written public comment on the rule repeal will be accepted by the TAHC until 5 p.m. Fri., Oct. 6. Statements may be emailed to comments@tahc.state.tx.us or mailed to Comments, TAHC, Box 12966, Austin, Texas 78711-2966.

"The in-state movement regulations for elk were adopted and enacted in Texas in January 2006, prior to the U.S. Department of Agriculture's (USDA) commitment that the premises and animal

identification was to remain voluntary," said Dr. Bob Hillman, TAHC executive director and Texas' state veterinarian. He explained that the TAHC commissioners in early April tabled proposed premises registration requirements for all premises with livestock or poultry (except those with elk), but they encourage voluntary participation.

"Due to timing, the elk industry, which had helped to develop the rules, was ahead of other species for animal identification. Elk producers requested that the rule be rescinded to allow for voluntary participation, as is the case for other species. If the proposal is adopted as a final rule by the TAHC commissioners at their Dec. 5, 2006, commission meeting, the elk identification rule for in-state movement could be officially repealed by January 2007," he said.

"Texas has strict health requirements for elk entering the state, including prior approval of entry permits, individual animal identification, and testing for brucellosis and TB. Elk also must come from herds that have been monitored for chronic wasting disease for a period of three to five years, depending on the CWD situation in the state of origin. Right now, there are no proposed changes to the entry requirements," said Dr. Hillman.

Elk are under the TAHC's regulatory authority as exotic livestock and are susceptible to a number of livestock diseases, including brucellosis and tuberculosis. Elk producers and animal health officials also are concerned about chronic wasting disease (CWD), a brain-wasting disease of elk and deer that has not been found in Texas, but has been detected in captive deer and/or elk herds in South Dakota, Wisconsin, Illinois, Minnesota, Montana, Kansas, Oklahoma, and New York. CWD also has been confirmed in wild deer and/or elk in Colorado, Wyoming, Nebraska, South Dakota, Utah, New Mexico, Wisconsin, Illinois and New York.

"The USDA has just published new CWD regulations for state-to-state movement of deer and elk, and stipulate requirements for a CWD herd status program. These new federal regulations may require additional rulemaking by the TAHC to assure that Texas has a CWD program consistent with national requirements," commented Dr. Hillman. "In the coming weeks, we will review the new federal rules in depth to determine how they will impact producers, and what regulatory changes may be needed to bring Texas into compliance," said Dr. Hillman. The findings will be reported at the Dec. 5 TAHC commission meeting in Austin.

Dr. Hillman also reported to the TAHC commissioners that free, voluntary registration of livestock

and/or poultry premises continues to increase. As of Aug. 1, 18,000 Texas premises had been registered. Nationally, 282,394 were registered as of July 14, with premises identification compulsory in Wisconsin and, in September, in Indiana. Livestock and poultry owners who register their premises provide to the state veterinarian's office their name, farm or ranch physical address, phone number and a list of the species raised on the property. Acreage or number of animals is not requested. Information gathered is protected from disclosure, but provides animal health officials a way to quickly contact animal owners, if a disease outbreak occurs.

"Having access to contact information for livestock or poultry owners in an area is much more efficient and effective than canvassing an area by truck, or going door-to-door when a disease outbreak occurs," said Dr. Hillman. "In a disease outbreak, there is no time to spare, and it's not just the infected herd or flock that must be tested. To ensure that a disease outbreak has been eliminated, animals in a widespread area around the outbreak site must come under disease surveillance. In 2004, when avian influenza was detected in Gonzales County, more than 350 owners of noncommercial (backyard) poultry in the area around the infected flock location were contacted, so birds could be tested."

"The TAHC is charged with detecting, controlling and eradicating regulatory diseases in livestock, exotic livestock and poultry," said Dr. Hillman. "With fewer than 200 employees, we cannot do it alone, and producers have a responsibility to report disease issues to their veterinarian or the TAHC. We must have support and cooperation from producers and owners to ensure that Texas' livestock and poultry and associated products are welcomed by Texas consumers, other states and other nations."



NBHA CHAMPIONSHIP AWARD WINNER—Helen Mary Clements, center, daughter of Dr. Frank and Billie Cadenhead of Haskell won the NBHA Championship award in Waco on July 9. She received a new saddle, spurs and belt buckle from Sandy Maxwell, Texas State NBHA director. Clements was very proud of her horse, Prissy, who helped her win the victory.

Knox City BVRA rodeo results

Results of the Knox City BVRA rodeo held July 28-29 were:

Peewee: All around boy, Bonner Voss of Guthrie, 89.752; All around girl, Kathryn Cude of Goree, 59.287.

Poles: 1. Bonner Voss, 35.58; 2. Kathryn Cude, 37.33.

Barrels: 1. Kathryn Cude, 21.957; 2. Bryanne Cude of Goree, 54.172.

Goat ribbon race: 1. Kathryn Cude, 28.15; 2. Rankin Kiker of Anson, 32.80; 3. Levi Jones of Benjamin, 37.36; 4. Kolby Jones of Benjamin, 40.03; 5. Bonner Voss, 1:18.29.

Mutton busting: Bonner Voss, 1.75; 2. Kolby Jones, 72; 3. Trace Irons of Paducah, 68; 4. Spencer Edmonds of Kerns, 67; 4. Tyler Harvey of Knox City, 67; 5. Levi Jones, 66.

Youth: All around boy, Ryder Cude of Goree, 69.948; All around girl, Kate Rowan of O'Brien, 86.532.

Poles: 1. Ryder Cude, 27.24; 2. Kate Rowan, 27.224; 3. Kamri Criswell of Guthrie, 27.824; 4. Charlie Thomison of Sagerton, 32.853.

Barrels: 1. Kate Rowan, 17.258; 2. Ryder Cude, 17.865; 3. Jordan Urlick of Anson, 17.880; 4. Kamri Criswell, 20.275; 5. Marti Wieding of Paducah, 20.996.

Goat tying: 1. Ryder Cude, 27.24; 2. Kate Rowan, 42.05; 3. Charlie Thomison 1:26.89; 4. Kaitlin Voss of Guthrie, 2:12.90.

Steer riding: 1. Jacob O'Kelly of Aspermont.

Break away roping 8-14: 1. Coley Shipp of Benjamin 4.1.

Adults (winners from each night): Open barrels: Fri., Danielle Eaton of Knox City 17.552; Sat., Nancy Cude of Goree, 16.572.

Double mugging: Fri., Keith Cypert and Cody Thompson of Munday, 36.60; Sat., Brazos Wilfong and Tate Wilfong of Lueders, 28.88.

Ranch saddle bronc: Fri., Colt Ellis of Benjamin, 74; Sat., Cody Heck of Perryton, 76.

Team roping: Fri., Wes Burns and Hank Wilkmsma, 16.20; Sat., Todd Thompson and Tyler Thompson of Munday, 7.6.

Wild mare race: Fri., Tyler Braden, Hank Wilkmsma and Randy Spalding of Stamford; Sat., Payden Stewart, Cody Wainscott and Zack Peters of Guthrie.

Tie down roping: Fri., Matt Kiker of Anson, 14.76; Sat., Carl Hopkins of Haskell, 11.51.

Break away (40 and over): Fri., no winner; Sat., Carl Hopkins, 3.44.

Wild cow milking: Fri., Justin Yates, Cody Heck and Tyler Thompsom of Munday, 56.70; Sat., Tyler Thompson, Cody Heck and Keith Cypert of Munday, 29.36.

Bull riding: Fri., no winner; Sat., Donny Gee of Rochester, 77.

Driving with Alzheimer's is an accident waiting to happen

Early symptoms of Alzheimer's disease can creep up on patients as their driving skills deteriorate. Families must remain aware of any ongoing issues when loved ones are behind the wheel of a vehicle.

"Taking away the keys is the most difficult decision for family members, but it's a vital part of caring for someone with dementia," says Dr. Ramon Diaz-Arrastia, a neurologist at UT Southwestern Medical Center.

He advises family members to

watch for these cues:

- Driving too fast or too slow
- Irritability while driving
- Confusion in previously familiar areas
- Confusing the gas and brake pedals
- Getting into accidents or getting tickets
- Having trouble signaling or turning

Weather Whys

Lightning Intensity

Q: Some lightning bolts seem faint, while others light up the entire sky. How powerful is lightning?

A: It's a lot more powerful than most people believe, says Brent McRoberts of Texas A&M University.

"We know for a fact that not all lightning bolts are the same strength—some are relatively weak while others are incredibly strong," he explains.

"At any given moment, there are about 1,800 to 2,000 thunderstorms on Earth and it's estimated that lightning occurs about 100 times every second. A typical lightning bolt contains about 15 million volts of electricity and can heat up the air around it to well over 50,000 degrees,

with some reaching more than 100,000 degrees. That's why the total energy of one thunderstorm can easily surpass the energy released during an atomic explosion."

Q: If lightning is that strong, how do people survive when struck by it?

A: The answer is that many don't, McRoberts adds.

"Since 1959, about 90 people a year die in the United States from lightning strikes," he says.

"Many people do survive after being hit by lightning and there are some strange stories about individuals being literally knocked out of their shoes, or of horseshoes being blown off of horses as the bolt passes through their bodies and of houses being completely destroyed by one bolt. Florida and Arizona are two states known for lightning fatalities, and in the summer months, Arizona has thunderstorms that occur almost every day and these usually contain lightning. Arizona averages about four lightning deaths a year and most lightning fatalities occur during the summer months."

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Santa Rosa Telephone Cooperative, Inc., was chartered August 15, 1951. We are celebrating 55 years of service this year! We want Haskell to share in the celebration. Also, watch the Haskell Free Press for our **Grand Opening.**



SRTC is now connecting local access lines, IPTV and DSL on the north side of Haskell. Construction has been completed on most of Haskell's north side and residents can now connect telephone, high speed DSL, and/or IPTV, to become members of Santa Rosa Telephone Cooperative, Inc.



Kory Tidrow, right, and Wes Moore install phone, IPTV and DSL service for one of Haskell's first customer/members of Santa Rosa Telephone Cooperative, Inc. Moore, Install and Repair Technician, his wife, Aimee and 4 year old daughter, Madyson, have moved to Haskell from Munday. Wes enjoys family, fishing Miller Creek, 3 on 3 basketball, and is a member of the Bass Club. Tidrow, Install and Repair Technician, and his wife, Christina, have two children, Kelsea 5 and Kolby 3. Kory is a lifelong resident of Haskell and is a member of the Bass Club. Kory enjoys whatever Christina and the kids enjoy and fishing.



Cherie Dutton, left, and Pam Waldron are Customer Service Representatives for Santa Rosa's Haskell office located at 113 N. Ave. D. Cherie and her husband, Darrel, live in Weinert and have two children, Cody 6 and Garret 2. Cherie has been active in Wild Horse Prairie Days for three years and enjoys riding four wheelers with her family. Pam recently moved to Haskell from Seymour. She has been an employee of SRTC for eight years. She has two daughters and two grandchildren and has recently joined the Lions Club in Haskell



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BURN BAN IN EFFECT

Queen entries needed for annual West Texas Fair and Rodeo pageant

The Miss West Texas Fair & Rodeo Queen Pageant will be held in Abilene Fri., Sept. 8-10, for young ladies age 15 to 24, who live within one hundred miles of Abilene.

The competition will be in Horsemanship, Speeches, Modeling, Questions and Interviews.

Prizes include a crown, banner, roses, handmade spurs, hand tooled spur straps, buckle and more. The winner will also be eligible to receive a \$2,000.00 scholarship. The winner of Horsemanship will receive a saddle blanket with hand tooled corners.

Contestants should wear Wranglers for all areas of competition except for Modeling, when a dress or skirt and jacket or vest should be worn. Leather will

not be judged above non-leather. Fit, color coordination and presentation will be the criteria for modeling.

Entry forms are available at the offices of the West Texas Fair & Rodeo, and must be received in the West Texas Fair Office by 5:00 p.m., Aug. 18. Orientation will be held on Aug. 25.

The winner will reign over the 2006 West Texas Fair & PRCA Rodeo, Sept. 12-16. The winner will also represent the West Texas Fair & Rodeo at various other rodeos, parades and activities in the West Texas area during the year, and will also be eligible to compete in the Miss Rodeo Texas Pageant held in San Antonio, in June of 2007.

For entry forms call the West Texas Fair & Rodeo Office at 325-677-4376, or they may be picked up at 1700 Hwy. 36, Abilene.

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Haskell School Menu

Aug. 14-18 Breakfast
Juice and milk are served daily on the breakfast menu.
Monday: Blueberry muffin
No breakfast for high school students
Tuesday: Bacon, egg burrito
Wednesday: Cereal, animal crackers
Thursday: Biscuit, sausage
Friday: Breakfast pizza
Lunch
Milk and iced tea are served daily at the Secondary campus. Milk is served daily at the Elementary School. Secondary campus: choice of

entree or baked potato with cheese and ham.
Monday: Chicken fajitas, cheese, bell peppers, onions, pinto beans, sliced peaches
Tuesday: Pepperoni pizza, garden salad, corn, orange wedges
Wednesday: Corn dogs, baby carrots, ranch dressing, macaroni and cheese, watermelon
Thursday: Chicken spaghetti, green beans, garden salad, breadstick, sunshine bar
Friday: Hamburger, lettuce, tomato, pickle, french fries, cherry shape-up

Paint Creek School Menu

Aug. 16-18 Breakfast
Juice and milk served daily.
Wednesday: Cereal or toast
Thursday: Pancakes
Friday: Cereal or toast
Lunch

Wednesday: Tacos, salad, refried beans, corn, chocolate cake
Thursday: Hamburgers, lettuce, tomatoes, pickles, cheese, fries, fruit
Friday: Ham or turkey sandwiches, lettuce, tomatoes, cheese, pickles, chips, jello

ECC Calendar and Menu

Mon., Aug. 14
Lunch—King ranch, buttered corn, green beans, onion slice, bread slice, Devils food cake, milk, tea, or coffee
Wed., Aug. 16
Lunch—Salmon patty, scalloped potatoes, blackeyed peas, sliced onions, garlic toast, lemon cake,

milk, tea, or coffee
Fri., Aug. 18
Lunch—BBQ sausage, pinto beans, potato salad, sliced onions, bread slice, apricot cobbler, milk, tea, or coffee
Announcements begin at 11:45 a.m. followed by lunch.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 1,188 head of cattle at its sale on Sat., Aug. 5, according to B.D. Rainey, reporter.
Stockers \$2-4 higher. Feeders steady. Packers \$1-2 higher. Bred Cows and Pairs steady to weak.
Cows: fat, .42-.48; cutters, .45-.4950; canners, .28-.37.
Bulls: bologna, .55-.6375; feeders, .68-.80.
Steers: medium and large frame No. 1 200-300 lbs., 1.55-1.80; 300-

400 lbs., 1.30-1.52; 400-500 lbs., 1.15-1.30; 500-600 lbs., 1.08-1.24; 600-700 lbs., 1.00-1.14; 700-800 lbs., .95-1.07; 800-up lbs., .90-1.00.
Heifers: medium and large frame No. 1 200-300 lbs., 1.40-1.70; 300-400 lbs., 1.15-1.30; 400-500 lbs., 1.05-1.17; 500-600 lbs., 1.03-1.12; 600-up lbs., .95-1.04.
Bred cows young to middle aged 600-850; aged or small, 450-600.
Cows with calves: medium frame No. 1 young and middle aged, 800-1010; aged or small, weighed.

This Week's Devotional Message:



WHEN YOU VISIT GOD'S WILDERNESS, KEEP IT CLEAN

Whenever you pay a visit to the home of friends or relatives, you naturally remember your manners and do your best to keep the place as neat and clean as possible. By the same token, if your plants take you to a wilderness or camping area, this is also a good place to remember your manners. It's really a form of "love thy neighbor," because you do this out of considerations for others

who may share the place with you. Another reason is that you are God's guest there. In any wilderness area you can see all that beauty which He has provided for your enjoyment. Think of it as an outdoor extension of your house of worship, and respect it as you would any place where you are an invited guest. In this case, the 'guest room' is all God's creation.

ATTEND CHURCH THIS SUNDAY

HASKELL

- 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
- Christian Church**
Dusty Garison, minister
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
107 N. Ave. F, Haskell
- Church of God**
Bruce Ray, pastor
Sun. 10 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.
714 North First East, Haskell
- Trinity Lutheran Church**
Ron Rennegarbe, pastor
Sunday School 9:30 a.m., Worship 10:30
Hwy 380 East, Haskell
- Iglesia Bautista El Calvario**
Art Flores, Interim pastor
Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.
607 S. 7th, Haskell
- First United Methodist Church**
Rev. Daniel Echols, pastor
Sun. Morn. 9:45 a.m., 10:50 a.m. 6 p.m.; Wed. 6 p.m.
201 N. Ave. F, Haskell
- First Assembly of God**
Rev. J.C. Amburn
Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.
1500 N. Ave. E, Haskell
- St. George Catholic Church**
Father George Roney
Sat. Mass 7 p.m.; Sun. Morn. 9:00 a.m.
901 N. 16th, Haskell
- Church of Christ**
Jim Yates, minister
Sun. Morn. 9:30 a.m., 10:30 a.m., 6 p.m.; Wed. 7 p.m.
510 N. Ave. E, Haskell
- First Presbyterian Church**
Kelly Pigott, interim pastor
Sun. Morn. 9:30 a.m.
306 N. Ave. E, Haskell
- Trinity Baptist Church**
Tony Grand, pastor
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 p.
114 S. Ave. D, Haskell
- Hopewell Baptist Church**
Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
908 N. Ave. A, Haskell
- Greater Independent Baptist Church**
Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.
301 N. 3rd St., Haskell

New Covenant Foursquare

Bill and Renee Glass, pastors
Sun. Morn. 10 a.m., 11 a.m., 6:30 p.m.; Wed. 7 p.
200 S. Ave. F, Haskell

Mission Revival Center

Rev. William Hodge
Sun. Morn. 10 a.m., 11 a.m., 6 p.m.; Tues. 6 p.m.
1600 N. Ave. B, Haskell

First Baptist Church

Greg Gasaway, pastor
Sun. Morn. 9:45 a., 10:55 a., 6 p.m.; Wed. 6:30 p.m.
301 N. Ave. E, Haskell

Church in the Wind

C.C. Curran, pastor
Sun. fellowship 5 p.m. Church 5:30 p.m.
Tues. Bible Class 7:30 p.m.
203 S. 1st East, Haskell

Cornerstone Fellowship Baptist Church

Dr. Larry Nail, pastor
Sun. 9:30 a.m. 10:45 a.m., 6 p.m., Wed. 7 p.m.
1600 N. First St., Haskell

WEINERT

First Baptist Church

J. C. Baker, pastor
Sun. Morn. 10 a.m., 11 a.m., Wed. 7 p.m.
Weinert

Weinert Foursquare Church

Rev. Robert Harrison
Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m.
Weinert

ROCHESTER

Church of Christ

Steve Willis, minister
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m.
West on Main Street, Rochester

First Baptist Church

Fred Garvin, pastor
Sun. 11:00 a.m., 6 p.m.; Wed. 6:00 p.m.
500 Main, Rochester

Union Chapel Baptist Church

Clovis Dever
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
Rochester

Faith Chapel of Rochester

Katherine Byrd, minister
Sun. Morn. 10 a.m., 11 a.m., 7 p.m.
Hwy 6, Rochester

First United Methodist Church

Rev. Daniel Echols, pastor
Sun. Morn. 9:00 a.m., 11:00 a.m.
Rochester

SAGERTON

Sagerton Methodist Church

Terry O'Rear, pastor
Sun. Morn. 9:45 a.m.
Sagerton

Faith Lutheran Church

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

RULE

First Baptist Church

Josh Stowe, pastor
Sun. Morn. 9:45 a., 11:00 a., 5 p.m.; Wed. 7 p.m.
1001 Union Ave., Rule

Primitive Baptist Church

Dale Turner Jr., pastor
First & Third Sundays 10 a.m.
Corner of 8th & Robins, Rule

Church of Christ

John Greeson, minister
Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m.
811 Union, Rule

First United Methodist Church

Terry O'Rear, pastor
Sun. Morn. Worship 8:30 a.m.
1000 Union Ave., Rule

Primera Iglesia Bautista

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

Sweet Home Baptist Church

Larry Neal, pastor
Sun. Morn. 11 a.m., 5 p.m.; Wed. 5 p.m.
Gladstone Ave., Rule

West Bethal Baptist Church

Rev. Robert Sweet
Sun. Morn. 10 a., 11 a., 8 p.m.; Wed. 7:30 p.m.
300 Sunny Ave., Rule

PAINT CREEK

Paint Creek Baptist Church

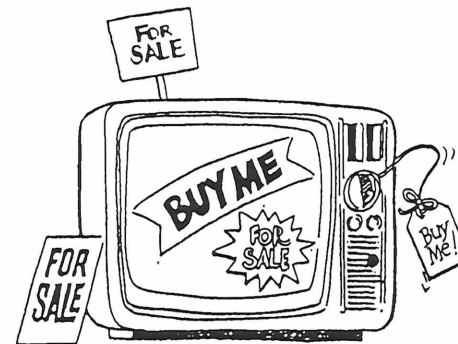
Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m.
Paint Creek

O'BRIEN

O'Brien Baptist Church

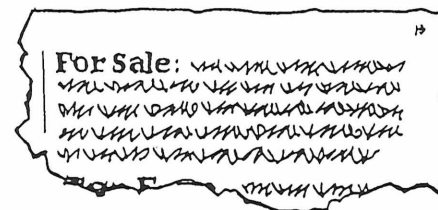
Jim Reid, pastor
Sun. 9:45 a., 11 a., 5 p., 6 p, Wed. 6 p.m.
O'Brien

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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.

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For Sale

FOR SALE: Clean, square coastal Bermuda hay. Highly fertilized and irrigated. 940-997-2693 or 940-200-0588. 32-33

Cars For Sale

FOR SALE: 1997 Pontiac Sunfire. \$2,000. 864-5412. 32p

Garage Sale

GARAGE SALE: 706 N. 19th, Sat., Aug. 12. Everything half price.

GARAGE SALE: Sat., Aug. 12. 102 N. 3rd. 8 til ? Bunk beds, Blue Willow china, boys', girls', ladies' and mens' clothing, backpacks, bedding, computer keyboard and monitor and sport cards. Lots and lots of other misc. items, too many to list. 32p

GARAGE SALE: 1108 S. First, Sat., Aug. 12. 8-2. Infant clothes, girl sizes 10-12, knick knacks. 32c

YARD SALE: Fri., Sat. and Sun. Aug. 11-13. 400 Sunny Ave., Rule. 8 a.m. til ? 32p

GARAGE SALE: 309 Bonnie Lane. Sat., Aug. 12. 7 to noon. Clothing, furniture. 32c

YARD SALE: 602 N. Ave. H. Fri. & Sat. Tools. Lots of stuff. 32p

Miscellaneous

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 325-675-6369. 1-888-486-8588. 6tfc

Real Estate

FOR SALE: 100 acres cultivation. 6 miles south of Haskell. \$575 per acre. Shown by appointment. 325-773-2457. 31-32c

RENT TO OWN: No credit check! 3 bedroom. No down payment. \$265 month, taxes included. 303 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

RENT TO OWN: No credit check! 3 bedroom. \$500 down, \$300 month. 607 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

FOR SALE: 105 acres irrigated farm land. 3 miles west of O'Brien on FM Road. 940-689-2006.

FOR SALE BY OWNER: 5 bedrooms, 1 3/4 bath, living room, large den and brick fireplace, built-in shelves, built-in dishwasher, utility room, carpeted, central H/A, 2 car garage, water well. See by appt. Call 325-773-5500, 325-665-3446 or 325-668-3528.

LAND FOR SALE: 227 acres, 200 cultivation, 27 pasture. 2 1/2 miles north of Rule on FM 617. 940-997-2693 or 940-200-0588.

Wanted

WANTED: 300-1,000 acres for year around hunting. Desire to be on Double Mt. Fork of Brazos. Call Leo 972-342-6461. 29-32p

OWNER FINANCE IN HASKELL
1305 N. Ave. F:
2 bedroom.
605 N. 5th:
1 bedroom.
1007 N. Ave. D:
2 bedroom.
LOW DOWN LOW MONTHLY
Call Tyler at
325-829-3276
or Jim at
325-518-8128

Help Wanted

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

GIBSON CARE Center, Aspermont needs CNAs for all shifts. Call Melissa Prew, ADON at 940-989-3526. E.O.E. 9tfc

HELP WANTED: Cooking and maintenance. Housing available. Couple preferred. Would consider right single. Call 325-773-2457 for appointment. 31-32c

HASKELL MEMORIAL HOSPITAL: Lab Tech Supervisor needed immediately. Salary negotiable. Please call 940-864-2621. Contact Bill Nemir, Administrator or Betty Martin, Asst. Administrator. 32tfc

ATTENTION HASKELL COMMUNITY: Share your talents with local kids. We are looking for community members to serve as activity leaders to provide fun, exciting experiences for local students in the Youth Headquarters afterschool program. You can share a personal interest or skill with students in a wide variety of topics. Work with small groups of children. Choose to lead activities in your interest area. Team up with a friend. Work as little as 2 hours a week or as many as 15 hours per week. Call the West Central Texas Council of Governments Youth Department at 325-672-8544 or Crystal at 325-864-8994 for more information. 32c

DRIVERS NEEDED: Must have CDL. Apply in person. Strickland Bridge, Haskell. 32-34c

HOW HIRING experienced wait staff and cooks. Apply in person. Red Rooster. 32-34c

PAINT CREEK ISD is accepting applications for a custodian and bus driver through August 25, 2006. Applicants must have good work ethics, CDL driver's license and be able to pass Texas School Bus Driving Certification. Send application and resume to: Kendell Medford, Maintenance and Custodial Supervisor, 4485 FM 600, Haskell, Texas 79521. Paint Creek ISD is an equal opportunity employer and is prohibited from discriminating on the basis of race, color, national origin, sex, age or disabilities. 32-33c

Need A New ROOF?
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For Rent

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

RENT TO OWN: No credit check! 3 bedroom. No down payment. \$265 month, taxes included. 303 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

RENT TO OWN: No credit check! 3 bedroom. \$500 down, \$300 month. 607 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

Public Notices

PUBLIC NOTICE STATEMENT OF INTENT TO CONSIDER AND DETERMINE WHETHER TO IMPLEMENT NEW FEDERAL STANDARDS

On June 29, 2006, the Board of Directors of Tri-County Electric Cooperative, Inc. ("Tri-County Electric") adopted a resolution initiating a proceeding to consider and determine whether to implement the new federal standards in the Public Utility Regulatory Policies Act of 1978 (PURPA), 16 U.S.C. §2621(d), as amended by the Electricity Modernization Act of 2005, enacted by Congress in the Federal Energy Policy Act of 2005.

The Board will convene a public evidentiary hearing at a time and place to be determined to consider the evidence and positions presented by the admitted parties participation in the proceeding regarding whether the Board should adopt the federal Smart Metering, Interconnection, Net Metering, Fuel Sources, or Fossil Fuel Generation Efficiency Standards, briefly described below.

Smart Metering: Time based rate schedule to allow the customer to manage energy use and cost through advanced metering and communications technology.

Interconnection: Standards to physically connect qualified on-site generation facilities to the electric grid.

Net Metering: Standard for customers to sell electricity from a qualified on-site generation facility to the electric grid. Qualified on-site facilities can include wind and solar powered devices. Tri-County

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

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Haskell County REALTY
1603 DERRICK DR. Brand new home. 3 bedroom, 2 bath. Priced to sell. \$85,000. 3 BEDROOM, 2 bath. One acre. CH/A. Water well. \$24,900.
1706 N. AVE. G. 3 bedroom, 2 bath on corner lot. Over 1500 sq. ft. living area. Fireplace insert. 2 car carport. Storm cellar. Water well. Great shade and pecan trees.
1409 N. AVE. J. 2 bedroom, 1 bath. Water well. 1 car garage. Fenced backyard. Cute home.
206 N. AVE. M. 3 bedroom, 2 bath. Fenced yard with dog run. \$39,900.
610 MAIN STREET, ROCHESTER. Great deal. 2 bedroom, 1 bath. Brick home. Nice storage. Carport. Fenced yard. Corner lot. Priced to sell. REDUCED.
103 N. Ave. E
940-864-2665
1-800-658-6342 or call
Bridget or Chan Guess 864-6142
Hess Hartsfield, Broker 864-2004

Electric has a Distributed Generation Tariff and Manual for providing Net Metering.

Fuel Sources: Develop a plan to minimize dependence on one fuel source for the generation of power. (Tri-County Electric does not generate power. Its power supplier is Brazos Electric.)

Fossil Fuel Generation Efficiency: Develop a 10-year plan to increase efficiency of fossil fuel generation. (Tri-County Electric does not generate power. Its power supplier is Brazos Electric.)

Intervention Deadline: Persons who wish to present evidence and participate in the evidentiary hearing should notify Tri-County Electric by sending a written request to be admitted as a party to the proceeding. Requests to participate should be sent to the Board of Directors, c/o John Westhoff, 600 N.W. Parkway, Azle, Texas 76020 and must be received no later than October 15, 2006.

Public Comments: Persons who wish to comment on this proceeding, but not present evidence and participate in the hearing, may send their comments in writing to the Board of Directors, c/o John Westhoff, 600 N.W. Parkway, Azle, Texas 76020.

Requests for further information about the proceeding should be sent to the Board of Directors, c/o John Westhoff, 600 N.W. Parkway, Azle, Texas 76020. 32-35c

NOTICE TO CREDITORS
Notice is hereby given that original Letters of Administration of the Estate of Peggy Brown were issued on August 2, 2006 in Cause No. 4,314, pending in the County Court of Haskell County, Texas, to: Sheila Watts, Administratrix of the Estate of Peggy Brown.

Don't wait for six strong men to take you to church. Queen size mattress sets for \$249.95. Kinney Furniture in Stamford. 325-773-2232. 32c

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Seller: USDA, Rural Development, Rural Housing Service
Three bedroom, two bath ranch style home located on 2 acres. Central heat and air, attached two car garage, 1535 +/- sq. ft. of living area. Located on FM 2365 in Munday, Texas. \$20,000.
Contact: Counts Real Estate 940-658-3041 Knox City, Texas

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You're in good hands.
Discount and insurance offered only with select companies and subject to availability and qualifications. Discount amount may be lower. Allstate County Mutual Insurance Company and Allstate Texas Lloyd's Irving, TX © 2003 Allstate Insurance Company.

The mailing address of the Administratrix is in Taylor County, Texas, as follows: Covenant Outreach, LLC, c/o S. Clinton Nix, P.O. Box 59, Abilene, Texas 79604.

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

Dated August 2, 2006.
Bradbury, Nix & Fowlkes, LLP
P.O. Box 59
Abilene, Texas 79604
325-673-7317 phone
325-673-3833 fax
By: S. Clinton Nix
State Bar No. 15043300 32c

INVITATION TO BID

The Haskell Consolidated Independent School District is accepting bids for motor vehicle fuel. Proposals should be addressed or delivered to Karen Ratliff, Business Manager, Haskell CISD, 605 North Avenue E, Box 937, Haskell, Texas 79521. Proposals are due by 12:00 noon on August 18, 2006. All proposals will be presented to the Board of Trustees at the first board meeting after the deadline.

The district reserves the right to reject any or all proposals and accept the proposal deemed most advantageous to the district and to waive any informality in the proposals. Specifications or additional information may be obtained by contacting Karen Ratliff at the administration office at 940-864-2602 ext. 101. 32-33c

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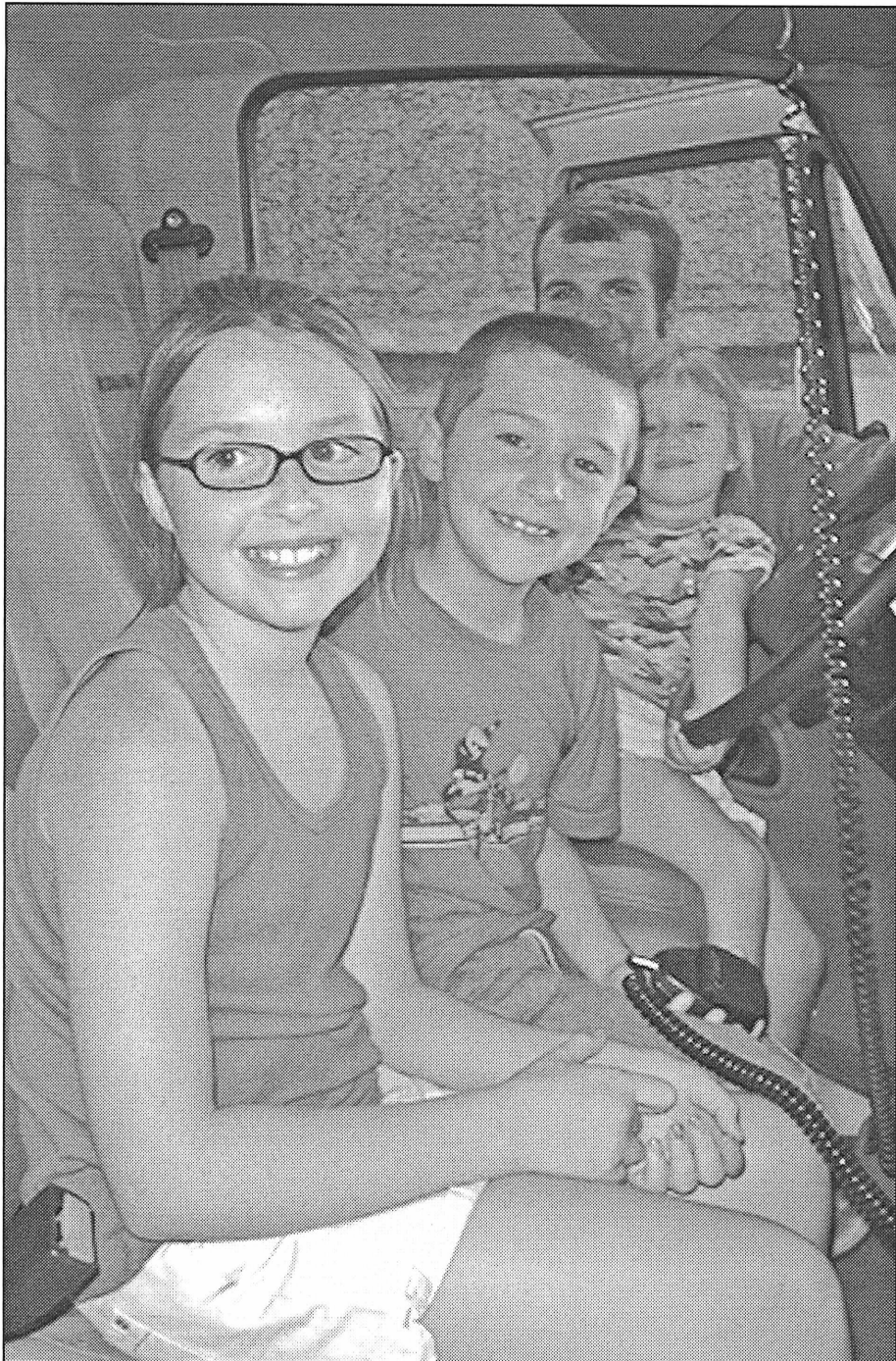
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DANCE
Music by Stone Creek of Wichita Falls
Sat., Aug. 19 • 9 to 1 • \$7
THE BARN
2062 Hwy. 380 • Robin and Patti's Barn

The family of Wanda Ruth Stocks would like to express our thanks for all the many expressions of sympathy and support shown to us. We appreciate all the prayers, food, cards, memorials, flowers and most of all your time to attend her services and your time to stop and say a word of sympathy or express support to us. Thanks to the staff of Haskell Healthcare Center for their loving and tender care while Wanda was a resident; and to the staff of Haskell Memorial Hospital, Haskell Ambulance Service and Dr. Wayne Cadenhead and staff for all the loving care given to her throughout the many years of her illness.
Audie M. Stocks
Lisa Shaw and family
Danny Stocks and family
Phillip Stocks and family

Dear Friends,
The family of Abe Turner would like to express our deepest appreciation for the many prayers and words of encouragement when Abe was sick.
After his death, we were overwhelmed by the outpouring of love and support you gave our family in our time of need. Thanks to all who brought food, came by to visit, or called with words of condolences.
Abe enjoyed living in Haskell and was very proud of his town and his many friends. He loved being involved in the many aspects of his life.
Most of all he loved his Lord and to read His Word, the Holy Bible. He loved our church, The First Baptist Church.
Abe loved his country and was very patriotic, and so began his involvement with the American Legion and Boy Scouts of America.
Most of all he loved his family and me. He was very proud of his children and grandchildren. He was always very supportive of all that we did, and would offer words of encouragement.
The family and I appreciate your love and support in our time of need.
Thanks to all of you, especially Dr. Victor Hudman, Dr. Wayne Cadenhead, Charlotte Welch, Director of Nursing, and all the many nurses and employees of Hendrick Medical System and Haskell Memorial Hospital.
We will miss him, but we know that this was our Lord's plan for him.

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
ROCHESTER. 805 Carothers. Three bedroom, two bath home with living and dining rooms, large country kitchen with dining area that accesses the covered screened-in porch overlooking back yard, C/HA, fenced yard with nice landscaping, water well for yard and outside storage.
NEW CRP FARM. 141.7 ac. with new CRP contract for 10 years. Property divided by Highway 380 West of Haskell approximately 3 miles. South side acreage has a tank. Owner will divide. (\$750/ac.).
804 S. First St. Large three or four bedroom brick (possible office in fourth bedroom), two bath, large kitchen-dining, den with fireplace, large utility room, lots of large closets, C/HA, covered patio and all on five lots (250 ft. by 150 ft.) \$72,500.
Come by Rike Real Estate for a complete list.



FUTURE FIREMEN?—Haskell volunteer fireman, Casey Moeller, back, gives l-r, Abbi, Austin and Hallee Alsbrook a taste of being in the front seat of a fire truck during the department's National Night Out held Tues., Aug. 1 at the fire station.

Lehrmann receives award

M'Lynn Lehrmann of Sagerton has received an academic award from the National Association for the Self-Employed.

Open to legal dependents of association members ages 16-24, the NASE award recognizes high school students and college undergraduates who demonstrate exemplary leadership abilities and academic performance.

"My major is landscape architecture with horticulture minor," Lehrmann says. "I have always liked plants, and landscape architecture combines use of plants and design of the land. I like designing things as well. After college, I plan on working for a landscape architecture firm for a few years before becoming financially stable to start my own business in landscape architecture. I hope to find success with my business, a prosperous business that is well known."

Commissioners discuss 2006-2007 budget

The Haskell County Commissioners' Court met in a special called meeting, July 28, with all members present.

The 2006-07 budget was discussed.

On a motion by Tiffen Mayfield, the court approved allowing Jeff Gregg to audit the jail bond account for \$3,000.00 plus expenses.

A motion by Kenny Thompson was approved, to provide \$700.00 to the YWCA Breast Cancer Awareness program.

No further business was discussed.

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Chicken Strip Baskets**
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and 24 oz fountain drink

\$1.00 off

Rolling Plains Health Care System Assisted Living Community

We are now accepting reservation deposits for our new 20 unit Assisted Living Community in Haskell. The deposit amount is \$250 now and the balance of \$250 due at time of move-in. If for any reason, health status change or just change of mind, the deposit is 100% fully refundable. Construction should begin in the next few months. Completion is anticipated in the fall of 2007. The reservations are taken on a first come, first serve basis, so hurry and get your's in today.

We will be having a program on Monday, August 14 at noon at the Experienced Citizens Center, 1401 South 1st St., Haskell, Texas to discuss the Assisted Living Project. Our consultant and architect will be happy to answer any questions you may have about the project at this time. Please RSVP to Margaret Evans at 1-888-883-6663 or Wallace Emerson, Brandon Anderson or Nelda Lane locally. You can also make your reservation deposits with one of these folks. We look forward to seeing you on the 14th.

Haskell, Texas Basic Residential Line Rates

Rates as of 7-01-06

	Single Line	Per Line Multi-Line
Residential Service	\$6.39	\$1.30
Tone Dial	1.21	0.50
Extended Local Calling	3.15	3.15
Expanded Area Service	1.00	1.00
Municipal Franchise Tax	1.69	1.69
911 service fee	0.50	0.50
FCC subscriber line charge	6.50	7.00
	<u>20.44</u>	<u>15.14</u>
FED USF support (10.5% of FCC SLC)	0.68	0.74
TX USF support (5.65%)	1.13	0.83
TIFF Reimbursement (1.25%)	0.26	0.19
Federal Tax (3.00%)	0.61	0.45
State Tax (6.25%)	1.28	0.95
Local Tax (2.00%)	0.41	0.30
Total (Monthly)	\$24.81	\$18.60
Total 2-line Service (Monthly)		\$43.41

Enhanced & Custom Feature Discounts

3 feature discount	(\$1.00)
5 feature discount	(\$3.00)
7 feature discount	(\$4.00)

Local Calling: Abilene, Aspermont, Benjamin, Hamlin, Knox City, Munday/Goree, Rochester, Rule, Seymour, Stamford, Throckmorton, Weinert

Haskell, Texas Basic Business Line Rates

Rates as of 7-01-06

	Single Line	Per Line Multi-Line
Business Line	\$16.52	\$11.45
Tone Dial	1.68	1.00
Extended Local Calling (ELC)	6.30	6.30
Expanded Area Service (EAS)	2.65	2.65
Municipal Franchise Tax	3.35	3.35
911 service fee	0.50	0.50
FCC subscriber line charge	6.50	9.20
	<u>37.50</u>	<u>34.45</u>
FED USF support (10.5% of FCC SLC)	0.68	0.97
TX USF support (5.65%)	2.09	1.92
TIFF Reimbursement (1.25%)	0.47	0.43
Federal Tax (3.00%)	1.13	1.03
State Tax (6.25%)	2.34	2.15
Local Tax (2.00%)	0.75	0.69
Total (Monthly)	\$44.96	\$41.64
Total 2-line Service (Monthly)		\$86.60

Enhanced & Custom Feature Discounts

3 feature discount	(\$1.00)
5 feature discount	(\$3.00)
7 feature discount	(\$4.00)

Local Calling: Abilene, Aspermont, Benjamin, Hamlin, Knox City, Munday/Goree, Rochester, Rule, Seymour, Stamford, Throckmorton, Weinert



113 N. Ave. D
Haskell, Texas
863-1125