

1/1/00
Base Book Binding
514 W 7th St
Amarillo TX 79101-2212

Amarillo--33333 zzxxxxxxxxxxxxxx
AMARILLO TX 791



Shop your hometown merchants

The Haskell Free Press

VOL. 113-NO. 33, ©AUGUST 19, 1999

"The People's Choice"

10 PAGES-ONE SECTION-50 CENTS

Football games

Haskell Indians vs Bangs-Lubbock Roosevelt (Varsity)
Sat., Aug. 21, 2:00 p.m.
at Haskell

Paint Creek vs. Hermleigh
Fri., Aug. 20, 6:00 p.m.
at Paint Creek

Calendar

Salute the Stars

The Haskell Indian Booster Club will salute all Haskell athletes Fri., Aug. 20 at 7:30 p.m. on the east side of the square. Businesses who made donations will also be recognized. Hot dogs and Pepsi will be served. Fans are asked to bring their lawn chairs and meet the athletes.

Community-wide garage sale

A community-wide garage sale, sponsored by the Haskell Chamber of Commerce, will be held Sat., Sept. 25. Booths are available on the square for food vendors and spaces will be available inside a building for out-of-town vendors. Entry forms are available at the Chamber of Commerce office or by calling Janet Earle 940-864-2631.

Indian Booster Club memberships available

The Haskell Indian Booster Club memberships are available for the 1999-2000 school year. Cost is \$10. Persons or families who join will have their names printed in the football program if dues are received by Wed., Aug. 25. Memberships may be sent to Billie Lindsey or turned in Aug. 20 at the Salute the Stars celebration. Forms are available at Modern Way, WTU, Sport-About, Cecil's, Haskell National Bank and First National Bank.

State Fair of Texas entry deadline

Show animal entry deadline for the State Fair of Texas is Fri., Aug. 20. All entries and monies must be turned in to the Haskell Co. Extension Office, 101 S. Ave. D, Haskell or call Brandon Anderson, CEA-Ag 940-864-2658 for more information.

Immunization clinic

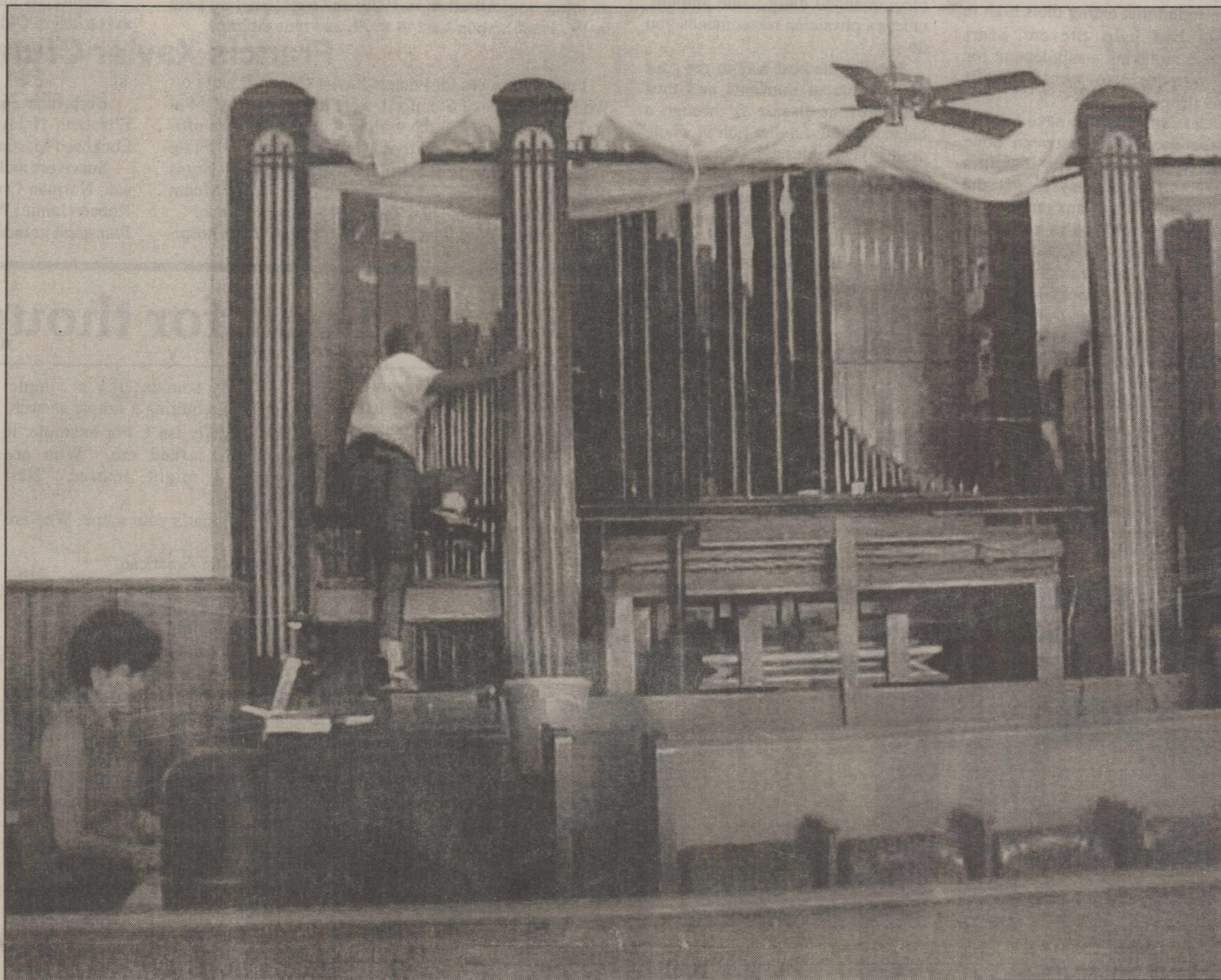
The Texas Dept. of Health in Stamford will hold an immunization clinic Thurs., Aug. 19 at the American Legion Hall in Haskell. Clinic times are 1 to 4 p.m. For more information, call 915-773-5681.

Quilt raffle

A quilt raffle to benefit the Haskell Co. Library has been extended. A quilt called 'Sticks and Stones,' pieced by Wanda Ham and quilted by the Haskell ECC is displayed at the library. The drawing is set Aug. 30. Tickets are \$1 each or 6 for \$5. Call Joan Strickland 864-2747 for more information.

Index

Obituaries Page 2
Around Town Page 3
Out of the Past Page 4
Sagerton News Page 5
Menus Page 8
Classifieds Page 9



RENOVATING HISTORIC ORGAN—Experts Gary and Cheryl Toler of Duncanville, worked three days last week to remove, clean, reassemble and tune each of the 401 pipes of the seventy-year-old pipe organ at the Haskell First United Methodist Church.

Historic organ receives renovation

by Mary Kaigler

After more than 70 years of lifting its voice in making a joyful sound to the Lord, the beautiful old pipe organ at First United Methodist Church, Haskell, had its "bones" laid bare last week in its first complete renovation since it was installed.

Bought for the sum of \$4,000.00, the instrument was manufactured in 1929 by the Estey Organ Company of Brattleboro, Vermont, which long ago went out of business. On today's market, a pipe organ costs about \$12,000.00 per "rank" of pipes. The local organ has six such ranks. By way of comparison as to its size, the pipe organ at the Highland Park Methodist Church in Dallas, (one of the largest pipe organs in the United States), has 100 ranks.

Last week, painstakingly removing each of the 401 "speaking" pipes, (all of which are embodied in the six pipe ranks) and 24 "non-speaking" decorative front facade pipes, 15 speaking stops and 12 couplers, Gary and Cheryl Toler of Duncanville, spent three days meticulously cleaning each separate pipe, reassembling and fine tuning the instrument. Also removing the original set of 50 chimes, they will put them on what they described as "new action," with electronic power rather than the original wind power.

The Tolers are one of the few remaining organ artisans in the country who do both maintenance

and tuning of organs. "It's sort of a dying art; not many are coming up through the ranks," Cheryl Toler said, adding that she and her husband are also factory authorized by several major organ companies to do their warranty work for them.

Gary Toler, who has been doing this work for 30 years, said it's not something you can learn by reading about or going to classes. Although he is a graduate electrical engineer, he became interested in organ work when he took a job with an organ company as a very young man. Now in demand, the couple stays busy working on their own time.

Parking their comfortable mobile home in front of the church for three days, the Tolers attracted considerable attention when they brought the 24 large facade pipes (some of which are eight feet tall and look like missiles of some kind), outside the church building to wash and dry them.

Much to the amazement of several who saw the maze of tiny to big size pipes, some made of wood, some of various kinds of metal, spread out all over the sanctuary, fellowship hall and kitchen during the process, all was in place and in fine tune before the Sunday service.

An article from the *Abilene Reporter News*, dated Dec. 16, 1933, gave this account about the organ.

"A goal set thirty years ago has been achieved by members of the

First United Methodist Church at Haskell; the securing and paying for a pipe organ. In commemoration to the vision and tireless efforts of workers who have completed the job, a series of dedicatory services will be held Thursday through next Sunday.

"On suggestion of S. W. Scott, now of San Antonio, space was left for an organ when the church was built. The Woman's Missionary Society, in 1928, named a committee, consisting of Mrs. C. M. Kaigler, chairman, Mrs. Ada Rike and Mrs. O. E. Patterson, to start a pipe organ fund.

"Within a year, through plays and special sales, this group raised several hundred dollars. The pastor, Rev. Gaston Foote, called on the men of the church to equal the amount and appointed Leo Southern, chairman of the general fund. The organ, only one in Haskell County, was bought three months later, in 1929. Sunday, a

week ago, Mr. Southern announced the instrument has been paid for."

So it was, after years of planning and raising the money during a time of economic depression, and prudently waiting until it was paid off to formally celebrate, the Methodists in Haskell dedicated their pipe organ with a three day program of classical music concerts, classical choir arrangements and worship.

Since that time, the organ has been a harmonious part of multitudes of worship services, funerals, weddings and programs at the historic church building. It is a part of the tradition of the Haskell community and dear to the hearts of many whose family histories are interwoven with the organ's history.

Sunday, after being cleansed of the accumulated dust of all those years, and once more in the capable hands of longtime organist Nelda Lane, it will again lift its "voices," leading worshipers to do the same.

Sales tax receipts drop 12%

Texas Comptroller Carole Keeton Rylander delivered a total of \$272.3 million in monthly sales tax payments to 1,098 Texas cities and 117 counties, a 6.4 percent increase over the \$255.8 million allocated in August 1998. Year-to-date, payments to cities and counties are running 6.5 percent ahead of last year.

August sales tax rebates include local sales taxes collected by monthly filers on June sales and by quarterly filers during April, May and June and reported to the Comptroller in July.

The sales tax rebates included \$251.9 million to Texas cities. Thus far in 1999, rebates to cities are 7.0 percent higher than for the same period in 1998.

Texas counties received August sales tax rebates of \$20.3 million. Year-to-date rebates to counties are up 0.4 percent compared to 1998.

Haskell County had a 12.78 percent decrease for August, 1999 of \$37,738.12 in comparison to \$43,269.86 for August, 1998. 1999 payments to date of \$223,842.18 reflect a 7.95 percent decrease over 1998 payments to date of \$243,189.98.

The City of Haskell had a 12.25 percent decrease for August, 1999 of \$33,543.95 in comparison to \$38,230.22 for August, 1998. 1999 payments to date of \$207,045.77 reflect a 7.32 percent decrease over 1998 payments to date of \$223,404.83.

O'Brien had a 29.36 percent decrease for August, 1999 of \$200.47 in comparison to \$283.80 for August, 1998. 1999 payments to date of \$736.34 reflect a 40.99 percent decrease over 1998 payments to date of \$1,247.97.

Rochester had a 50.80 percent decrease for August, 1999 of \$977.29 in comparison to \$1,986.56 for August, 1998. 1999 payments to date of \$4,582.79 reflect a 24.54 percent decrease over 1998 payments to date of \$6,073.78.

Rule had a 13.06 percent increase for August, 1999 of \$2,635.85 in comparison to \$2,331.36 for August, 1998. 1999 payments to date of \$9,985.52 reflect a 10.11 percent decrease over 1998 payments to date of \$11,108.92.

Weinert had a 13.09 percent decrease for August, 1999 of \$380.56 in comparison to \$437.95 for August, 1998. 1999 payments to date of \$1,491.76 reflect a 10.13 percent increase over 1998 payments to date of \$1,354.48.



FOOTBALL BEGINS—Football '99 has been heating up for the Haskell Indians since they started the two-a-day workout sessions Aug. 4. The varsity team will scrimmage with the Bangs and Lubbock Roosevelt teams, at Indian Field, Sat., at 2:00 p.m. J. V. scrimmage will begin at 1:00 p.m.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

Adopt a healthy diet to protect against disease

Every day, many of us are bombarded with articles and advertisements touting vitamin and mineral supplements as miracle pills that could help prevent diseases such as cancer. It's an attractive notion, but is it true? Can dietary supplements offer disease prevention like some nutrients in foods possibly do?

The physicians of Texas Medical Association urge you to arm yourself against disease by adopting healthy dietary habits, and view with caution claims that vitamins also can offer disease protection. Though vitamins may help, a balanced diet is still the best insurance against illness.

Austin internist, Dr. Cecilia Cervantes said, "Vitamin supplements, after all, won't make up for a poor diet."

Taking vitamins won't reduce the fat, sugar or salt in your diet that could contribute to disease, and supplements won't provide the disease-fighting phytochemicals found in fruits, vegetables and other foods.

Though supplement magazines and manufacturers may claim that supplements fight disease, the evidence for many of these claims isn't sufficient.

Through studies, a few vitamin and mineral supplements have

shown promise in making significant disease-prevention impact for certain groups of people. They include:

***Folic acid:** Research has shown that folic acid can prevent neural tube birth defects in newborns. Many foods such as breakfast cereals and pasta are fortified with folic acid, but you'd have to eat a large amount of some of these foods to consume the recommended value amount. Also, researchers have found that eating diets high in folate can help prevent heart disease, so taking a supplement for that purpose also would benefit many people.

***Calcium:** Studies have backed up the connection between bone fracture incidence and calcium intake. It's not easy to get the recommended value amount through food alone, so if you're not eating three servings of low-fat milk products a day, you might want to consider taking a supplement.

***Vitamin D:** Many adults over 50 have varying degrees of vitamin D deficiency, and this deficiency can accelerate bone loss. The National Academy of Sciences has recommended that people ages 51 to 70 consume 400 international units (IU) of vitamin D a day, and those over 70 need 600 IU per day. Some physicians recommend

that certain people, particularly older people, take a daily multivitamin. Some also recommend taking vitamin C and E supplements. Choosing to take these supplements should be up to you and your doctor.

Taking too much of a supplement can be dangerous. Too much vitamin E, for example, could increase the chance of stroke if you have high blood pressure. Don't take more than the recommended daily value amount, unless a physician recommends you do so.

Ideally, the best way to get your daily value of nutrients and thus help prevent disease is through a balanced, low-fat diet rich in whole grains, vegetables and fruits. Leafy vegetables such as kale, spinach, or broccoli are nutrient-dense foods.

Be sure to cook food properly to keep intact disease-fighting nutrients. Buy fruits and vegetables fresh. Cooking food in a healthful fashion, such as broiling, boiling or lightly steaming, rather than frying, will keep your meals low in fat and cholesterol.

Nothing beats a healthy diet in keeping you healthy. Supplements may help, but before reaching for supplements, reach for healthy foods. Your body will be stronger for it.

Obituaries

Alfred 'Doc' Letz

Funeral services for Alfred 'Doc' Letz, 94, of Old Glory were held Wed., Aug. 18 at Trinity Lutheran Church in Haskell with Rev. Gary Bruns officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mr. Letz died Mon., Aug. 16 in an Aspermont care home.

Born Sept. 3, 1904 in Comal County, he was the son of the late August and Ida Letz. He spent his childhood on the family farm in Old Glory and attended the rural school of Hooker, located near Tonk Creek. He married Emma Nehring April 4, 1924 in Oklahoma. He farmed all his life in the Old Glory and Sagerton communities except for a short time he worked on the railroad. He had been a resident of an Aspermont care home since 1992.

He was preceded in death by his wife, Emma, in 1977; an infant son, Alfred Jr. in 1929; and sons, Bueford Letz in 1998 and Lisbon Letz in 1999; and nine siblings.

Francis Xavier Crump

Funeral services for Francis Xavier Crump, 75, of Fort Worth, formerly of Stamford, were held Sat., Aug. 14 at St. Paul Lutheran Church with Rev. John Messman officiating. Graveside services were held Sat. at Bethel Lutheran Church in Ericksdahl with Rev. Gary Bruns officiating. Services were under the direction of Mount Olivet Funeral Home and Tankersley Funeral Home.

Mr. Crump died Wed., Aug. 11 in a Fort Worth hospital.

Survivors include one daughter and son-in-law, Marie and Walter Kretschmer of Haskell; two daughters-in-law, Jean Letz of Stamford and Farris Letz of Old Glory; two grandsons, Rick Letz and wife, Eugenia, and Don Kretschmer and wife, Julie; one granddaughter, Martha Reukema and husband, Don; two great grandsons, Cody and Chad Kretschmer; two brothers, Tony Letz of Jayton and Adolph Letz of Stamford; two sisters, Ella Vanderworth of Houston and Lena Weaver of Jacksonville; one step granddaughter, two step great grandsons, and one step great granddaughter.

Pallbearers were Tommy Letz, Jeff Flowers, Jay Flowers, Dale Letz, Leroy Mindemann and Perry Suter.

Honorary pallbearers were his fellow farmers of the Old Glory and Sagerton communities.

Memorials may be made to Trinity Lutheran Church in Haskell or Old Glory or Sagerton Community Centers.

Food for thought

by Neil Anderson

"For all who are being led by the Spirit of God, these are sons of God." Romans 8:14

I enjoy asking people, "Who are you?"

It sounds like a simple question requiring a simple answer, but it really isn't. For example, if someone asked me, "Who are you?" I might answer, "Neil Anderson."

"No, that's your name. Who are you?"

"I'm an American."

"No, that's where you live."

I could also say that I'm five feet nine inches tall and a little over 150 pounds—actually quite a little over 150 pounds! But my physical dimensions and appearance aren't me either. If you chopped off my arms and legs, would I still be me? If you transplanted my heart, kidneys or liver, would I still be me? Of course! Now if you keep chopping, you'll get to me eventually because I'm in here somewhere. But who I am is far more than what you see on the outside.

We may say with the apostle Paul that we "recognize no man according to the flesh." But we tend to identify ourselves and each other primarily by physical appearance

(tall, short, stocky, slender) or by what we do (plumber, carpenter, nurse, engineer, clerk). Furthermore, when asked to identify ourselves in relation to our faith, we usually talk about our doctrinal position (Protestant, evangelical, Calvinist, charismatic), our denominational preference (Baptist, Presbyterian, Methodist, Independent), or our role in the church (Sunday school teacher, choir member, deacon, usher).

But is who you are determined by what you do, or is what you do determined by who you are? That's an important question, especially as it relates to Christian maturity. I subscribe to the latter. I believe wholeheartedly that your hope for growth, meaning and fulfillment as a Christian is based on understanding who you are—specifically your identity in Christ as a child of God. Your understanding of who you are in Christ will greatly determine how you live your life.

BACK2SCHOOL SALE

GREAT BUYS FOR GUYS, GALS & KIDS!
REGISTER TO WIN OVER \$10,000 IN PRIZES*

JUNIORS'/MISSES'/PETITES'

25% OFF

ALL JRS.' STRETCH SEPARATES
Jackets, tops, skirts, pants: At Last®, Wrapper®, more. Reg. 20.00-28.00, **SALE 15.00-21.00.**

SALE! 29.99

ALL LEVI'S® 512™ & 555™ RED TAB™
Juniors' jeans, reg. 35.00. 512™ & 550™ Red Tab jeans slim or relaxed fit stonewash jeans for misses and petites, reg \$35, **SALE 29.99.**

25% OFF

ALL JRS.' RELATED SEPARATES
Great looks from My Michelle® and Heart & Soul®. Reg. 28.00-36.00, **SALE 21.00-27.00.**

SALE! 39.99

ALL VEST/PANTS SETS
Pinstripes, checks, solids by Brioche®, My Michelle® and All That Jazz®. Dresses. Reg. 54.00.

SHOES

50% OFF*

BUY 1, GET 1 HALF OFF

All regular-priced shoes for the family. Mia®, Nike, Skechers®, Candie's® and more. *2nd pair must be equal or lesser value. Excludes Dr. Martens®, Easy Spirit®, Daniel Green® and all clearance.

CHILDREN'S

SALE! 18.99

ALL LEVI'S® 550™ RED TAB™ JEANS
Girls' 4-6X and Boys' 4-7 relaxed fit stonewash jeans. Reg. 22.00. Other styles at similar savings.

YOUNG MEN'S

SALE! 24.99

ALL TWILL & CANVAS PANTS
From 920 East® and On The Brink®. Also, all Urban Jeanswear® jeans. Reg. 30.00.

SALE! 29.99

ALL LEVI'S® 505™ & 550™ RED TAB™
Young men's stonewash jeans. Choose from great-fitting styles. Reg. 35.00.

14.99 & 19.99

ALL MEN'S NIKE LOGO TEES
Active looks and colors in comfortable cotton. Reg. 18.00-25.00 each.

SALE 17.99

ALL WOVEN SHIRTS
Styles from U.S. Expedition®, plus Hawaiian prints from Pineapple Connection®. Reg. 24.00.

PLUS ... TAKE AN
EXTRA 33% OFF

ALL PREVIOUSLY-REDUCED
RED & YELLOW-TICKETED MERCHANDISE

for a total savings of 50%-65%

Petites at most stores. Interim markdowns may have been taken. Total savings off of original prices. Selection varies by store. *Prize details in store. Register now through August 29, 1999.

CHARGE IT!
GET 10% OFF
ALL DAY
WHEN YOU OPEN A NEW STORE ACCOUNT.
Exclusions may apply. Subject to credit approval.

BEALLS

For the store nearest you, call 1-800-324-1313 or log on at www.beallsstores.com

Jones-Haskell Eye Clinic

Dr. Trussell Thane

Appointments Available • Monday through Friday

Dr. Thane is Board certified in the diagnosis and treatment of eye disease. Dr. Thane offers complete evaluation for eyeglasses and contact lenses.

2 pair of clear daily wear **\$159⁰⁰**
contact lenses

Disposable lens packages and contacts to change your eye color available.

MEDICARE, MEDICAID AND FIRSTCARE ACCEPTED.

1501 Columbia
Stamford, Texas
915-773-2083

Salute the Stars

Please join us on the east side of the square
Friday, Aug. 20 at 7:30 p.m.

We plan to Salute:

- ★ All Haskell High School athletes (Boys and Girls)
- ★ The businesses who made donations to the Booster Club (1999-2000 school year)

Hot dogs and Pepsi will be served!

Bring your lawn chair

Sponsored by:

**Haskell Indian
Booster Club**

Thomas family holds annual reunion

The annual reunion of the descendants of Clifford Adell Thomas and Annie Mae Josselet Thomas was held at the Civic Center Sat., Aug. 7. Fifty family members attended plus two guests.

The noon meal consisted of BBQ beef, chicken, sausage and ham, beans, potato salad and cole slaw. Each family brought a dessert. Mary Ann Wheatley gave the blessing.

After the meal a meeting was held and the family voted to continue having the noon meal catered, making sandwiches for the evening meal and using the auction plus donations to fund Reunion 2000! The family gratefully acknowledged the contribution made by Jean Bass Taylor (unable to attend because of illness) who year after year arranges for family members to be notified of the reunions and arranges for the caterer and the evening meal. Guests Mary Kammenga and Allene Wheatley both of Haskell were introduced and welcomed.

This year's auction was a great success. A quilted picnic cloth, made out of pieces of jeans worn by various family members, plus scraps out of Ethel Thomas' scrap box brought the largest bid. It was made by Christine DuBois, who was also the family member who traveled the farthest, coming from Penn. Lewis Thomas was the auctioneer ably assisted by Mary Ann Wheatley who demonstrated and modeled the various items.

Suzanne Wollard displayed several quilts she had made and gave a short devotional related to the "Mended Hearts" quilt which

was inspired by her Bible study on the heart.

The rest of the day was spent visiting, looking at old photos and catching up on family news.

Attending were John and Maple Thomas, Donna and Clois Thomas, Teresa, Amy and Andy Hudspeth, all of Haskell; Roy David and Diane Pittman of Lubbock; Christine DuBois of Irwin, Penn. and Mike, DeLin, Austin and Taylor Konicki of Spring. John Thomas, age 88, was the oldest family member present.

Bill and Grace Thomas, Joey, Tiffany, Mackenzie and Payton Thomas, all of Haskell; Joshua, Aaron and Keaton Thomas of Morton; Jerry and Mary Ann Wheatley of Cleburne and Lynn Wheatley of Arlington represented the late Adell Thomas. Payton Thomas, age 1, was the youngest family member in attendance.

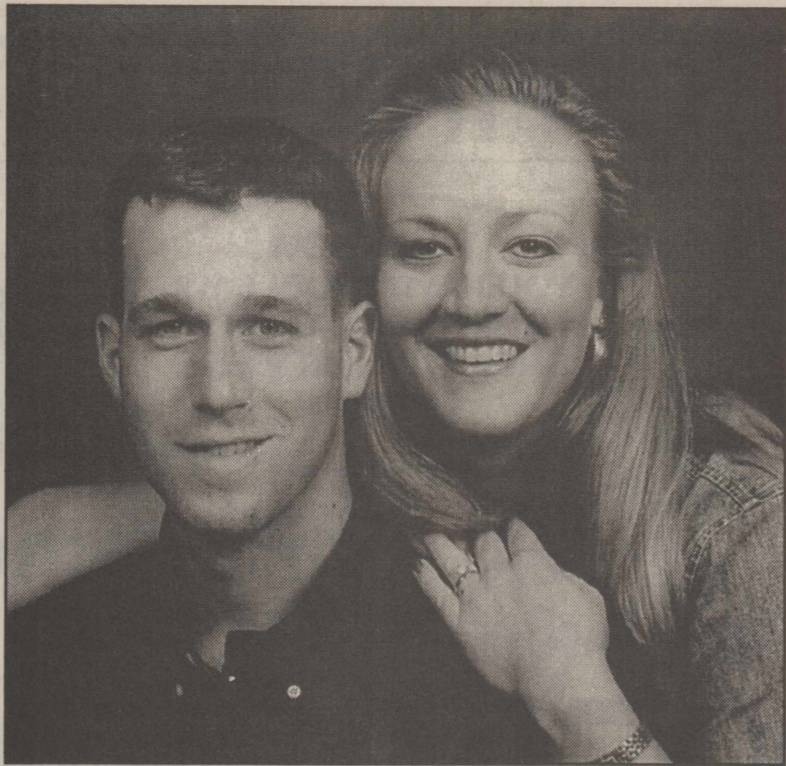
Roberta Mae Carroll came with Sandra Blair of Forney and Wayne, Jeb and Jacob Watts of Fair Oaks Ranch.

Helen Mills of Levelland attended with Marijohn Motheral of Sundown and Randy, Rene, Erin and Ryan Mills of Cedar Creek.

Marie Cole of Plano came with Gaylen Chanslor of Dallas and Jim and Sheila Gail Hunt and Ashley Kinney also of Plano.

Lewis and Joyce Thomas of Haskell were present with Mike and Suzanne Wollard of Grapevine and Debbie, Todd and Kaylee Scheffel of Lubbock.

The next Thomas family reunion is scheduled for Aug., 2000.



JESSE QUINN STANFORD - ERIKA DAWN LARNED

Larned, Stanford plan Sept. wedding

Erika Dawn Larned and Jesse Quinn Stanford, both of Marshall, have announced their engagement.

The couple plans to be married Sat., Sept. 18, at The Ranch of Lonesome Dove, in Southlake.

A reception dinner and dance will immediately follow the ceremony.

Parents of the bride-elect are Mr. and Mrs. Jim Larned of Haslet. Her grandparents are Dora Bergstrom, Alice Larned, and Mr. and Mrs. W. D. Larned.

The prospective bridegroom is the son of Mr. and Mrs. Virgil G.

Stanford of Pittsburg, Texas. His grandparents are Dorothy Stanford, the late Grady Stanford, and the late Mrs. and Mrs. Charles Towles.

Larned is a graduate of the University of Texas at Arlington, where she received a B. A. degree in criminal justice.

She is employed by Harrison County.

Stanford graduated from Stephen F. Austin University with a B.S. degree in animal husbandry. He is employed as ranch manager of Tiller Cattle Company.

Family moves can be hard on kids

The varying circumstances of today's living and lifestyles often mean changes and relocations for families. This can often be a hard time in the lives of children. Changing schools and making new friends can make children very anxious.

But, a family move doesn't have to signal a rough road ahead. Parents can make the transition much smoother by involving young family members in the moving process.

Dr. Lou Ann Mock, assistant professor of psychiatry and behavioral sciences at Baylor College of Medicine in Houston, says, "Moving can be extremely stressful for some kids. Parents need to consider the development level of each child."

One way to avoid any miscommunication is to hold regular family meetings prior to the move. This is a good opportunity to introduce younger children to the new town or area through pictures or maps, which can give them an idea of where they will live. If possible, parents should plan a visit to the new location. Written schedules of how and when things will be done throughout the move can also be helpful.

Parents need to think about some of the issues that are important to their children, such as new schools, places to play and the

welfare of the family pets.

For example, if a pet is not making the trip, parents need to address the child's feelings and concerns. Mock suggests involving them in the plans for someone to adopt the animal.

A move can also be difficult for teenagers, who often have established friendships and ties in the community. Uprooting a child during junior or senior year in high school can be especially devastating.

Some parents who are faced with this scenario choose to leave the child in the care of a trusted family friend to finish out the school term. Mock says it is an option that can work well.

"Depending on the child and the situation, it can be the perfect solution," Mock said. But she adds, "Parents have to make sure the child is mature enough to handle the situation."

To help with transition, Mock recommends moving during the summer when possible. Kids seem to have an easier time adapting when they start the new school at the beginning of the school year.

Frequent moves are very hard on kids and can even effect their ability to learn while in school, Mock said. "Ideally, families would remain in one location during the child-raising years. Obviously, this is not always possible."

Homespun Club hears program on Hospice

Homespun FCE Club met at the Extension Office Aug. 12. Gwen Campbell gave a program on Hospice and how they ministered to her family.

Hospice is a non-profit organization dedicated to improving the quality of education, counseling and care-giving pertaining to dying, death, grief and loss of a terminally ill patient.

Gwen attended five meetings "Life After Loss" programs and a time of sharing. Area meetings offer a support group for the surviving spouse or family. Gwen is a volunteer for Hospice.

New club officers were elected for the new year. Officers are: president, Lena Tidwell; vice president, Coleta Whitfield; secretary treasurer, Ophelia Newsom; reporter, Ruth Ann Klose. Council delegates are: Jeri Burke, Dolores Medford and alternative Frances Fischer.

Ophelia Newsom was hostess. Members present were: Ruth Ann Klose, Frances Fischer, Mildred Robertson, Dolores Medford, Jeri Burke, Joetta Burnett, Sharon Lefevre, Ophelia Newsom and Lena Tidwell.

Guests were Gwen Campbell and John Ray.

Teague joins Angus Association

Maggie Teague, Haskell, is a new junior member of the American Angus Association, reports Dick Spader, executive vice president of the national organization with headquarters in St. Joseph, Missouri.

Junior members of the association are eligible to register

cattle in the American Angus Association and take part in Association sponsored shows and other national and regional events.

The American Angus Association is the largest beef registry association in the world, with over 31,000 active adult and junior members.

Around Town

By Joyce Hawkins

Two of Dora Holley's sisters came and spent time with her last week. They are Helen White from Breckenridge and Mattie and husband from Fort Worth.

Visiting with Gladys O'Neal over the weekend were her sons, Barry O'Neal of Irving and Randy O'Neal of Amarillo.

Bernice Hilliard spent the weekend in Abilene with Elaine Ballard and attended the square dance at the Wagon Wheel on Sat. night. Leon Ivey did the square calling and Maxine Ivey did the line. On Sun. morning they went to the pig show where her grandson, Ross Short, was showing his pig.

Judy and Chuck Hicks with Michael and Jennifer and baby Kyle of Abilene and Woody and Georgia

Turnbow of Weinert visited their parents George and Faye Gray on Sun.

On Fri. afternoon Bill and Margaret Beakham of Wink came by Bro. Paris and Fannie Mae Barton's for a visit on their way to Lewisville to visit their son Tom and Gena Beakham. The Beakhams were Paris' and Fannie Mae's good church members when they pastored in Wink.

Cody and Judy Cochran visited his parents Tom and Teresa Cochran in Aspermont on Mon.

Joe and Pam Josselet of Dimmitt visited his mom Hope Josselet and her mom Inez Mobley over the weekend.

Rocky Gonzales, Jr. from the valley has been visiting his parents Mr. and Mrs. Rocky Gonzales, Sr.

Insurance



- ✓ PROTECTION FOR YOU!
- ✓ PROTECTION FOR YOUR FAMILY!
- ✓ PROTECTION FOR YOUR PROPERTY!
- ✓ PROTECTION FOR YOUR AUTOMOBILE!
- ✓ PROTECTION FOR YOUR INCOME!

DON WELCH dba
LANCO INSURANCE COMPANY

510 N. 1st Haskell, Texas 864-2629

This Is It!

Our Final Reductions
on Spring and Summer
Sale Shoes

(Values to \$86.00)

\$9⁹⁰ \$14⁹⁰ \$19⁹⁰
\$24⁹⁰ \$29⁹⁰

Spring & Summer
Sale Clothes

60% TO 75% OFF
Personality-Slipper Shoppe

940/864-2501 • 864-3051

South Side of Square Haskell, Texas

TAX PLANNING

Written By
Richard E. Rodgers, CPA



GIVE SOME THOUGHT TO THE IRA BENEFICIARY YOU NAME

One of the most important decisions for owners of individual retirement accounts (IRAs) is the designation of a beneficiary. If an IRA owner dies without naming a beneficiary, the remaining balance in the IRA must be distributed within five years of the account holder's death. However, if a beneficiary has been designated, that beneficiary will have certain options regarding how and when distributions may be taken.

Typically, IRA owners designate either their spouse or child (children) as beneficiaries. If the beneficiary is an IRA owner's child and the account owner was already receiving minimum required distributions, the beneficiary generally must continue to receive the payments according to the same distribution schedule. However, if the account owner dies before selecting a distribution method, the beneficiary may have other options, including distributions over the beneficiary's life, or over a five-year period following the account owner's death.

There are many advantages to naming one's spouse as beneficiary. For example, the value of the IRA, which would otherwise be fully included in the taxable estate of the IRA owner, is sheltered from estate tax by the marital deduction. Additionally, a spouse beneficiary can treat the IRA as his or her own, name a new beneficiary, and postpone required distributions until the spouse-beneficiary attains age 70 1/2.

IRA owners should give careful consideration to their choice of beneficiary. For more details regarding the important tax implications of designating the beneficiary of your IRA, give us a call. We can explain the options available to you and help you make the best choice in your circumstances.

RODGERS & COMPANY

Certified Public Accountant
20 Southwest Third Street
Hamlin, Texas • 915-576-2356

Back the Indians!

Internet Classes

Now Being Offered
3 1/2 hours of Internet Instruction

On Computers Connected Directly to the
'Internet Backbone
Windows 95
Internet Explorer
Internet Mail
Searches - Downloading - Utilities

\$25.00 per person - Limited Enrollment
Call Today

West Texas Internet

Locally Owned and Operated
864.8124 • www.westex.net • administrator@westex.net
Haskell

All-American
Shake or Malt
- with -
Sonic® Burger

Regular Shake or Malt and
No. 1 or 2 Sonic® Burger



SONIC
America's Drive-In.

No Waiting
Call In Orders

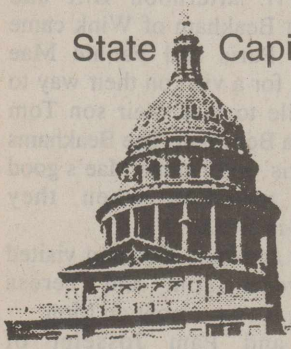
864-8533

DRIVE-IN TO SUMMER

Offer good August 1-31, 1999. Not valid with any other offer. Only at participating Drive-Ins. ©1999 America's Drive-In Trust. Sonic, America's Drive-In, Delta and the Double Delta design are trademarks of America's Drive-In Trust.

OPINION

State Capital



HIGHLIGHTS

By Ed Sterling
TEXAS PRESS ASSOCIATION

AUSTIN — Gov. George W. Bush and Texas Attorney General John Cornyn last week filed a friend of the court brief in the U.S. Supreme Court supporting Santa Fe Independent School District's policy of allowing students to have voluntary prayers at graduation ceremonies and sports events.

Alabama, Colorado, Kansas, Louisiana, Mississippi, Nebraska, South Carolina and Tennessee also joined the *amici curie* brief filed by Bush and Cornyn for the state of Texas. The nine states want the U.S. Supreme Court to hear the school district's case, in hopes of resolving a split over the issue in two U.S. circuit courts of appeals.

Currently, a decision by the Fifth Circuit in New Orleans requires school officials to censor student-initiated and student-given prayer at graduation ceremonies and prohibits voluntary prayer at school-sponsored sporting events.

The Fifth Circuit's decision conflicts with a recent 11th Circuit ruling holding that student-initiated religious speech is fully protected by the free-exercise and free-speech clauses of the U.S. Constitution.

Funds Target Illegal Gambling

Bush and Cornyn also pulled at the same yoke last week on another hot-button issue: gambling. Bush announced a \$1.5 million grant to Cornyn to prosecute illegal gambling in Texas over the next three years.

With this grant, Cornyn will form a task force to prosecute all forms of illegal gambling, including Internet gambling, "eight-liner" slot machines and casinos. "If it looks like a slot machine and pays like a slot machine, then it is illegal in Texas," Bush said.

Most eight-liner slot machine businesses operate as casinos with at least 10 slot machines and are organized solely for the purpose of facilitating illegal gambling, the attorney general's office said.

Illegal gambling via the Internet is gaining in popularity, Cornyn's office also reported. States including Missouri, Minnesota and New York have obtained injunctions against the operation of gambling web sites within their state lines.

Online Database Aids Employers

HIRE TEXAS, a free, online database maintained by the Texas Workforce Commission, allows employers to post jobs, run matches, review resumes and contact job seekers.

More than 600 Texas busi-

nesses, including some of the state's top employers, are using the Internet-based job-matching system to find skilled employees.

There are 400,000 employers and more than 8 million people in Texas' workforce, the work-force commission estimated.

Employers who have a Texas tax identification number can use the system, on which more than 30,000 jobs and 1.4 million applications already are posted.

To use HIRE TEXAS, go to <http://www.twc.state.tx.us>.

Agency Faces Budget Shortfall

The Texas Department of Mental Health and Mental Retardation is facing a \$60 million budget shortfall in 2000-2001, twice the projected deficit.

Cuts in funding to community mental health centers and medication programs could result.

Coupled with a \$28 million decrease in federal funding, including Medicare payments, to the agency, MHMR revealed to its board of directors that it had made an error in coding its budget request that added \$15 million to its revenue projections.

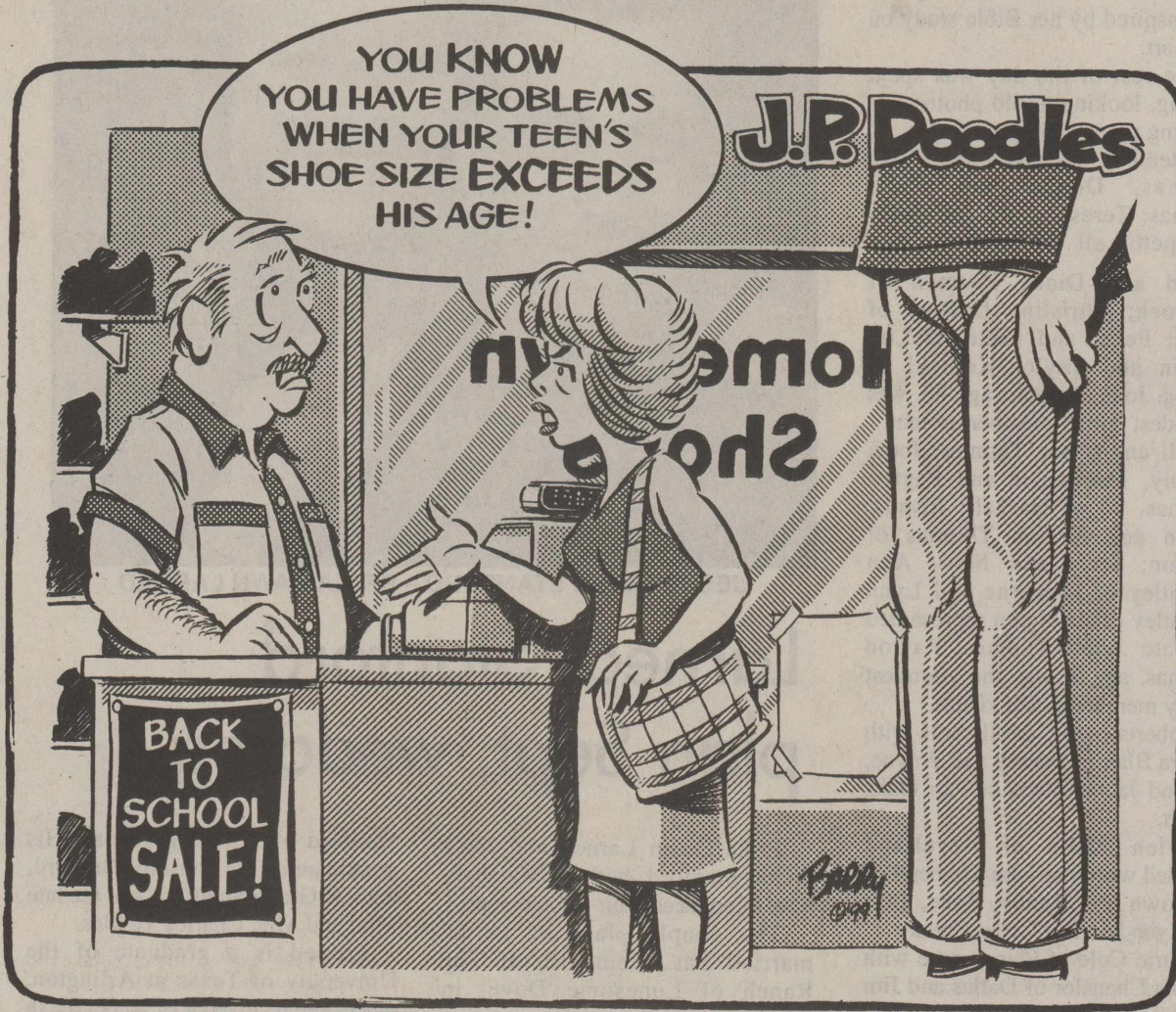
MHMR director Karen Hale said the agency would cooperate with state lawmakers, who will look at ways to solve the shortfall after reviewing reports from the state auditor.

Other Highlights

■ Anyone who has a computer and Internet service can look up information on registered sex offenders by typing in this address: http://openrecords.org/records/sexual_offenders/texas/. The web site allows searchers to type in their ZIP Code and obtain an offender's name, street, description and data about offenses.

■ A new study by the Texas Turnpike Authority says toll roads would do much to relieve traffic congestion in the northern part of Austin. The study proposes two toll roads, "Mopac turnpike" hooking up with Interstate 35 and "Texas 45 turnpike" forking west from Mopac to U.S. 79. Required public hearings are expected to be scheduled and conducted later this year and in 2000.

■ Pascal "Pat" Forgione Jr., 54, former chief of the National Center for Education Statistics in Washington, D.C., has been named superintendent of troubled Austin Independent School District. AISD is under investigation for falsification of test results.



From The Inside Out

By Mary Kaigler

The tenacity and determination of the early generations of West Texas people to set and accomplish goals, and work to get things done for themselves, even in times of economic hardships, was again brought home to me this week.

Researching through an old scrapbook, saved by my mother-in-law, Mrs. C. M. (Lela) Kaigler, a longtime local resident, speech teacher and drama coach until she moved to Lubbock in 1940, I found a clipping from the Dec. 16, 1933, *Abilene Reporter News*, about the dedication of the Methodist Church organ, which is being renovated after eighty years of service.

She often related stories about the fund raisers and dramatic programs she helped plan and "put on" with Rev. Gaston Foote, the dynamic young pastor who later moved on to larger churches in Fort Worth. (Some of the stories are hilarious; but as they say, that's another story.)

After I wrote the article about the organ, Nelda Lane, who has been the organist at the Methodist Church for years, shared a letter sent to her three years ago, that gives a great view of those times and events.

It was written to her in 1996 by Ann Cox Southern of Amarillo. Her husband, the late Leo Southern, worked with the railroad in Haskell for many years, until they moved to Amarillo where they later

established a large, well-known furniture store. Mrs. Southern is the sister of the late Wallace Cox, Sr.

Now 94 years old, Mrs. Southern still enjoys dressing up and wearing her high heels. In her handwritten letter, she vividly recalls an interesting account of how the organ came to be. With permission, I share her words, as follows.

"In the late twenties and early thirties Gaston Foote was pastor of the Haskell church, and Leo Southern was church treasurer. They were trying to pay off the indebtedness of the educational building (the church annex built for Sunday School classes). Leo went to see Bud Rike for a donation, and Bud said, 'Leo, when we built that church, a place behind the choir was fixed for pipes for a pipe organ, and nothing's been done about purchasing a pipe organ yet. I wouldn't give you a d---- cent on that building, but I WILL give you a thousand dollars on a pipe organ.'

"Leo went back and told Gaston what Bud had said, and Gaston said, 'We WILL have a pipe organ, and Leo, you will be chairman to raise the money.'

"Leo and Gaston drove to many large cities looking at pipe organs, and decided on the Estey organ. Leo had a little black book he carried in his coat pocket, and

would ask for donations every time he saw a prospect.

"He went to see R. C. Couch, Sr. a pillar of the Baptist Church, and said, 'R. C., think how wonderful it would be for one of our churches here in Haskell to have a real pipe organ.' When he left, R. C. had given him a check for one hundred dollars. Leo also collected from other Baptists and churches.

"One day he met F. L. Dougherty, who had already given a nice donation. F. L. gave him a penny, and that penny is recorded in the little black book. Before the organ was dedicated, every penny of the purchase price and installation had been paid, and this was during the Depression."

Mrs. Southern went on to write that the famous preacher and organist, Caradine Hootin and his wife, both graduates of SMU, came to the dedication service, as did Gaston Foote, who by that time had been moved by the Methodist conference. She added, "I was looking at the names of the choir at that time, and I think I am the only living member of the sopranos--- and still singing."

After 94 years, Ann Cox Southern, a living part of a hardy generation of West Texas people, has seen a lot of history worth remembering and keeping on singing about.

From Out of the Past

From the files of The Haskell Free Press

10 Years Ago August 17, 1989

The First Baptist Church of Weinert has welcomed its new pastor and family, Rev. Donny Harbers, his wife Sheila and their children, Lanona and Dustin.

Junior High cheerleaders are Sherry Mueller, Heather Stewart, Micca Jordan, Natonia Anderson, Heather Hobgood and Nicole Lefevre.

The fourth Kretschmer reunion was held at the Haskell Lodge in the Irby community. Total attendance was 75.

20 Years Ago August 16, 1979

Five Haskell Scouts have returned from a ten day backpacking trek to the Philmont Scout Ranch and Explorer Base in Cimarron, N. M. The scouts are Don Horton, Elliott Cox, Joseph Browning, Emily Cox and Will Pace.

Shawn Chambers, son of Mr.

and Mrs. Eddie Chambers, is the 1979 A. J. R.A. World Champion All Around Cowboy for boys 12 and under.

The descendants of Chris and Kate Miller met in the community room of Haskell National Bank. Chris and Kate came to Haskell County in 1902. They lived in the Plainview Community. Approximately 80 relatives attended.

30 Years Ago August 14, 1969

Terri Gideon was chosen as "Little Miss Hey-Day" in a pageant at the Texas Theater. She is the daughter of Mr. and Mrs. Wendell Gideon.

Sue Wilkinson and Jim Kemp, Haskell High School students, spoke to the Lions Club at their noon day meeting at the City Cafe.

The Happy Birthday Club met in the home of Mrs. Essie Bland, honoring Mrs. W. E. Johnson on her 90th birthday.

40 Years Ago August 13, 1959

Mr. and Mrs. Glenn Merchant and sons, Gene and Paul, returned from a 10-day visit to Yellowstone National Park and other points of interest.

David M. Middleton of Haskell and Emma Jo Cogburn of Rule receive degrees from North Texas State College.

Mr. and Mrs. E. L. Hilliard and children have returned from Littleton, Colorado, where they visited relatives.

A yield of 3,005 pounds of maize per acre on the Elmer Wheatley farm northeast of Haskell is believed to be a record turnout on dryland maize. Mr. Wheatley reported harvesting 87,160 pounds of maize from 29 acres, for the average of more than one and half ton per acre.

50 Years Ago August 18, 1949

The office of Courtney Hunt, local grain buyer and seed dealer, was moved one door east to the quarters formerly occupied by the Railway Express office.

Blohm Studio will be closed for the next ten days to permit Mr. and Mrs. M. L. Blohm to take their annual summer vacation.

Dan Mack Oates received his Bachelor of Arts degree from the University of Texas. Oates is the son of Mr. and Mrs. Hill Oates.

90 Years Ago August 14, 1909

Mr. and Mrs. Ross Hemphill and Mrs. Steadman visited relatives in the Vontress community.

W. A. Marsh has sold his interest in the firm of Marsh & Williams and has purchased an interest in the North Side Meat Market.

Ask the AG

By John Cornyn, Attorney General

Q: I have been receiving mailing about joining a business venture where participants earn money by signing up new members. I was thinking of joining, but I am worried it may be illegal. How can I tell?

A: At first glance, multi-level marketing programs and pyramid schemes may appear to be similar in nature. However, there are some important differences that make pyramid schemes illegal.

When you join a pyramid scheme you are told that all you have to do to benefit from your investment is invite your family members and friends to make similar investments. In a pyramid scheme, the money from new "independent distributors" is used to pay off the first group of "independent distributors." This gives the appearance of a low-risk, high-return venture.

But as more people join, the amount of money owed to investors grows and the money from new investors has to be divided among an ever-increasing number of members. In the end, hundreds of investors are left with little to show for their money.

In Texas, a person who operates a pyramid scheme violates the Texas Deceptive Trade Practices Act and may also be convicted of a felony and face jail time.

In legitimate multi-level marketing programs, investors earn money from the sale of actual goods or services. When members recruit new investors, they receive a portion of the proceeds from their recruit's sale of goods or services.

When considering joining any type of investment program, remember that if it sounds too good to be true, it probably is. Before joining any money-making organization, have an accountant or financial advisor review all of the information.

You should also make sure that your contract includes a provision for the seller to repurchase all unused, resalable products for at least 90 percent of the original price paid by the investor. The request for repurchase must be in writing and within one year of the date of the contract.

If you feel you have been cheated by an investment program of this type, contact our Consumer Protection Division to file a complaint. You can reach us at (800) 621-0508, or you can download a complaint form from our Web site at www.oag.state.tx.us.

Q: I get lots of sweepstakes entries in the mail. Some say I am already a winner, but I doubt it. Should I send back my entry?

A: Basically, your odds of winning a sweepstakes are about the same regardless of whether you send in your entry. Unfortunately, too many people fall prey to pitches of big prizes and easy money.

It is illegal for sweepstakes companies to give entrants who buy magazines or products an advantage in the contest. If an entry implies that you will have a better chance of winning if you buy something, it is a sure sign that you should throw the entry away.

Some sweepstakes entries are merely a ploy to get you to switch long distance phone service. By sending in an entry, consumers end up having their phone service changed without realizing it.

Other companies send out letters telling people that they have won the grand prize - usually a large amount of money. But to claim the prize, the recipient has to send in a processing or filing fee. Usually, when consumers send in their money they don't get a prize.

And remember, if it sounds too good to be true, it probably is. Your best bet is to throw the entry in the trash.

To Subscribe, Call 940-864-2686

The Haskell Free Press

Established January 1, 1886
PUBLISHED EVERY THURSDAY

401 S. First St
P. O. BOX 555 HASKELL, TEXAS 79521

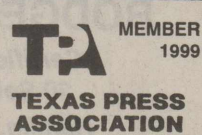
John McDougal Publisher
Lisa Shaw Business Manager
Mary Kaigler Staff Writer
Doris McDougal Production
Bill Blankenship Staff Photographer

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

SUBSCRIPTION RATES:

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

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



Back
the
Indians!

Sagerton News

By Dorothy M. Clark

First order of business is a correction from last week's news. In the article about Gib Gibson, the name should have been Gibb Rogers. Mr. Rogers is the son of the late Opal Gibson Rogers. Former residents were probably wondering just who Gib Gibson was!

Clancy and Helen and their granddaughters, M'Lynn and Joanna, have returned from a vacation to cool Colorado where they visited with their daughter, Gail, near Denver. Besides enjoying near 60 degree temperature and rain almost every day while there, they made a visit to a learning center in Denver to take an ocean voyage. There they learned all about different fish, sea mammals, animals and got to see first hand how these species lived and were taken care of. It was a most enjoyable experience for them all. They also visited a botanical garden and Columbine High School. We're

glad they are back home, safe and sound, but wish they could have brought back some of the rain and cool weather.

Faith Circle met at the church Tues. afternoon for Bible study led by Pastor Zell. Dorothy Toney and LaVerne Stanhope served refreshments to the ladies present. They were: Betty, Marie and little Thomas Zell, Loretta Connally, Odene Dudensing, Mary Neinast and Barbara Nauert.

Little Thomas Zell, the PK who lives in the Lutheran parsonage became a big one year old this past week! Everyone looks forward each Sun. morning to see his smiling face and now that he's a big number one, we'll see more action from him as he grows up. Happy Birthday to Thomas!

The Hobby Club treated their husbands to dinner out at the Branding Iron near Rochester last week as one of their annual

projects. Members attended included Dale and Jo Brown, Peggy and

Jacky Tabor, Ev and Alvin Ulmer, Mary Neinast, Dorothy and J. B. Toney, Joyce and Delbert LeFevre, Margie and Bill Hertel and Wilma Teichelman.

The ladies' monthly breakfast was held at the community center Wed. morning with Leona Letz, Mary Neinast and Odene Dudensing cooking the robust meal. Ladies enjoying the morning together included Anita Dozier from Old Glory, Joyce LeFevre, Renee Dudensing, Peggy Tabor, Frances Clark, Dorothy Clark and Clara Gholson from Rochester.

The Hobby Club met Thurs. for their regular monthly meeting. Wilma Teichelman hosted the meeting at the community center. Jo Brown, activity director, read famous quotes to the members and Frances Clark, who joined the club that day, won the door prize. A donation of cooking utensils from the Knipling Estate was received for the center's kitchen. Next month Peggy Tabor will host the meeting in the redecorated home of the late John L. Brooks. Visitors are welcome to attend the meeting and see the renovations and changes that Peggy has made to the home. Members present included Leona Letz, Mary Neinast, Peggy Tabor, Joyce LeFevre, Dorothy Toney, Ev Ulmer, Margaret Wendeborn and Margie Hertel.

Frances Clark received word last week that her daughter, Glenda Bryan, had been awarded a yard of the month citation. Glenda and her husband Pete live in San Antonio.

Joe and Dorothy Clark spent the weekend in San Angelo visiting with her sister, Ruby and George Olson. They attended church with the Olsons Sun. morning at Trinity Lutheran.

Guidelines for returning child to school after illness

For most parents, sending a child back to school after an illness can be a tough call.

According to Dr. Jan Drutz, of Baylor College of Medicine, the decision should depend on whether the child is still contagious and how he or she feels.

"If you have a child who is still coughing or sneezing, for the sake of other children, keep them out of contact as much as possible," he said.

He offered these guidelines:
*Fever: It is best to keep the child who has had fever out of school for 24 hours after the fever is gone.

*Upper respiratory infections: The child should be free of symptoms, like coughing or sneezing, before returning to school.

*Eye infections: A child who has an inflamed or draining eye should be kept out of school until examined by a physician.

*Ear infections: Common ear infections are not contagious. The

only reason to keep a child with an ear infection out of school is for his or her own comfort.

*Chicken pox: Studies indicate the child is not contagious five days after the lesions appear.

"Even after the child with chicken pox is no longer contagious, most schools still will say they don't want you back until the lesions are all scabbed over," Drutz said.

Parents want to return a child to school as soon as possible, but waiting the appropriate amount of time protects both the child and classmates.

BERNARD E. GODLEY, INC.

TAX SERVICE & BOOKKEEPING

Computerized • Tax Returns & Bookkeeping

98 Hill Drive • Seymour, Texas

940-888-3986

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

Early detection of hearing loss important

More than 42 million American children have some form of speech, language or hearing impairment. Early detection, diagnosis, and proper treatment can reduce the impact of these problems on children as they grow.

The best time to conduct a hearing test is soon after birth. Studies show that infants who are diagnosed with a hearing loss and are fitted with hearing aids by 6 months fare better than those diagnosed later. They will have a broader vocabulary and are more likely to be 'mainstreamed' into public and private schools, according to Betsy Sanford, a senior audiologist at Texas Children's Hospital in Houston.

Once a child's hearing loss is discovered, the audiologist conducts a diagnostic follow-up test to determine the extent of the loss and if a hearing aid is necessary.

When hearing-impaired children turn 3 years old, they are eligible to attend special-education classes within their school district.

Speech and language disorders may be diagnosed later than hearing impairments. Parents should have their child evaluated immediately by a speech-language pathologist if

they recognize any of the following warning signs:

*By 6 months, the infant does not babble or respond to the sound of others talking.

*By 18 months, the child does not say a meaningful word or follow simple directions.

*By age 2, the child cannot understand simple questions, uses no more than one word at a time and cannot name objects in a picture.

Regardless of these guidelines, an evaluation can be undertaken any

time there is a concern about a child's development, said James Carter, manager of the Texas Children's Hospital Department of Speech, Language and Learning Disorders.

Disorders evaluated and treated by a speech-language pathologist include swallowing problems, delayed language, stuttering, voice, articulation and learning problems.

With early detection and proper treatment, hearing and speech impaired children can maximize their potential in life.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 943 head of cattle at its sale on Sat., Aug. 14, according to Gary Tate, reporter.

Packers 1-3 lower; stocker cattle 1-2 lower; feeder cattle steady.

Cows: fat, .32-.38; cutters, .31-.37; canners, .24-.33.

Bulls: bologna, .45-.51; feeder, .62-.68; utility, .40-.47.

Steers: medium and large frame No. 1 200-300 lbs., .98-1.24; 300-400 lbs., .85-.98; 400-500 lbs., .82-.90; 500-600 lbs., .75-.85;

600-700 lbs., .72-.82; 700-800 lbs., .68-.74; 800-up lbs., .62-.70.

Heifers: medium and large frame No. 1 200-300 lbs., .85-.98; 300-400 lbs., .84-.95; 400-500 lbs., .82-.88; 500-600 lbs., .72-.77; 600-up lbs., .52-.74.

Bred Heifers: medium frame 475-580.

Bred Cows: young to middle aged, 550-675; aged or small, 500-675.

Cows with calves: medium frame No. 1 young and middle aged, 650-800; aged or small, 575-700.

Open Letter

If your favorite supermarket has closed, the management and staff invite you to shop Modern Way. As a member of IGA, the largest group of independent supermarkets in the country, we are committed to service, fair pricing and quality products.

Modern Way IGA is supplied by Fleming Foods the largest wholesaler in the nation. Watch our ads each week for great prices plus hundreds of hot buys throughout the store. As a token of appreciation to all our customers please take advantage of these weekend specials.

With our Deli, Pizza Pro, Bakery, Produce, Meat Department and Fuel Island, "We're What Your Food Store Really Ought to Be."

Thursday-Friday-Saturday, Aug. 19-20-21

Party On With New Low Rates!

Is high-cost cellular putting you in financial limbo?

We've lowered the bar at Texas Cellular with new low rates.

LOWER per minute airtime rates

First 2 incoming minutes free.

Limber-up your pocketbook and party with the money you'll save at Texas Cellular!



TEXAS CELLULAR

A service of Taylor Telecommunications, Inc.

796 N. 20th MERKEL, TX 79536
915-928-3200

FOR MORE INFORMATION, CALL US AT 800-424-7182 OR CONTACT YOUR LOCAL TEXAS CELLULAR AGENT.

IN HASKELL:
HASKELL TIRE & APPLIANCE
206 S. AVENUE E.
940-864-3269

IN ALBANY:
ALBANY COMMUNICATIONS
500 S. MAIN STREET
915-762-2333



IGA Homo or Low Fat

MILK \$1.79
Gal.



Russet Potatoes

15 lb. bag **99¢**



IGA Grade A Medium

EGGS

3 \$1.00
DOZ.



ROUND STEAK

\$1.09
LB.

Modern Way
1202 N. AVE. E

Haskell, Texas

STORE HOURS:

MON.-SAT. 7:30 A.M. TO 10 P.M.; SUN. 7:30 A.M. TO 9 P.M.

WE GLADLY ACCEPT FOOD STAMPS

WE ACCEPT VISA, MASTERCARD AND DISCOVER

Now is the time to check on college costs

by Lou Gilly
Haskell Co. Extension Agent
Parents of high school seniors, now is the time to get a clear picture of college costs you and your child will face next year and to finalize plans for meeting those costs.

Get solid figures from the educational institutions and the community where it is located, if the student will be leaving home to go to school. Involve the student in making a current estimate of the tuition, fees and living costs for a semester of school. Compare these costs with the amount of money you have saved and the amount of money the student might earn to meet these expenses. If the balance is negative, explore potential financial aid and student work opportunities.

Ask a financial aid officer at the college to provide forms for you to

complete to determine your Expected Family contribution (EFC). All students seeking aid must file the Free Application for Federal Student Aid after Jan. 1. Your EFC will depend on your family size, marital status of the parents, adjusted gross income, untaxed income and value of assets such as savings, investments and business assets. The EFC is affected most by the parent's income and assets in the child's name.

If you know that you don't qualify for aid, check whose assets are to be used for college expenses. Shift as many as you can to the child's name. This will help tax wise. While time is short and opportunities may have been missed, check www.fastweb.com to get information on college scholarships, grants and application instructions. Opportunities missed

this year might be open for the next year and may require action now.

When you know the bottom line - expected costs for tuition, fees and living expenses less available sources of income from parents, savings, aid, scholarship and work - face the facts. Consider the choices you may have. Can the gap be closed by both parents and the student working more hours? Can a less expensive college be considered for the first year or two until more savings can be earned through summer jobs or more scholarships can be located? Can living costs be cut by the choice of housing? Can expensive lab courses be delayed?

If money must be borrowed, what student loans are available and what interest rates do they charge? If parents must borrow money, consider a home equity loan rather

than borrowing against a retirement account or using credit cards that have high interest rates. Why is a home equity loan preferred? Home equity is more likely to increase some to keep family net assets in a more positive balance. Borrowing against a retirement account lowers interest or dividend earnings needed to build a retirement income as the principal balance on which they are based is reduced until the loan is repaid. You pay interest while losing earnings. Plan to use the education tax credit during the first two years to help pay back money borrowed during the first two years.

Before making final commitments, be sure your child has basic financial management skills needed to live within the living costs on which you have based your plans. Have them do the food shopping, pay the utility bill and buy the gasoline for their vehicle during the summer to meet their living costs within a budgeted amount. Practice meeting nutrition needs with foods that are high in nutritional value but low in cost.

Practice car pooling and walking to stretch the transportation budget. Make low cost entertainment searches a contest. Most important, have them track all of their spending and discuss successes and challenges. Avoid giving instructions or answers to problems. Instead, ask questions that build their thinking and management skills. Prepare them to think automatically, "What are my choices?"

Use the experience as a way for the family to learn ways human and material resources can be managed for four years to keep college costs within the student's living allowance and your family's budget. If you do, you are preparing them not only with the education to make a living but also with the education to live on what they make.

Mosquitos thrive in hot weather

Summertime in Texas usually means scratch and slap, especially in places where there are spring and summer rain showers. According to the Texas Department of Health, mosquitos are thriving in the state this year.

Even in the dry conditions of Haskell, the pests are making themselves heard and felt.

Along with an annoying presence and irritating bite, mosquitos can carry organisms that cause viral infections in people and heartworm in dogs and cats, as well as equine encephalitis in horses and emus.

If you think that mosquitos are an ever-present nuisance, consider that there are some 82 varieties of this insect in Texas. However, only about a dozen varieties that transmit serious diseases.

The common house mosquito, and Asian tiger mosquito are the typical pests around the state. These backyard biters are drawn to areas with a ready water supply in which to reproduce.

However, it only takes a thimble of water for these insects to breed. It takes about one week for a mosquito to go from egg to adult. Longevity of an adult female is about 30 days.

Although the spraying for mosquito done by the city is helpful, the primary way people can cut down on the multiplying

families of mosquitos is to eliminate breeding sites.

To do this on an individual level, home owners should:

*Empty or get rid of cans, buckets, bottles, old tires, empty pots, plant saucers and other containers that hold water.

*Keep gutters clear of debris and standing water. Remove standing water around structures and flat roofs.

*Change water in pet dishes, wading pools and bird baths several times a week.

*Fill in low areas in the yard and holes in trees that catch water.

*Maintain your backyard pool or hot tub and be sure someone takes care of it if you are on vacation.

*Stock ornamental ponds with fish that eat mosquitos.

*Cover trash containers so they will not collect water.

*Water lawns and gardens carefully so water does not stand for days.

*Repair any leaking plumbing and outside faucets.

*Screen rain barrels and openings to water tanks or cisterns.

*Keep drains and ditches clear of weeds and trash so water will not collect.

To keep mosquitos out of the house, be sure door, porch and window screens are in good condition.

Managing credit cards takes extra attention

The credit card has become a way of life in our modern society, even more so than money in some circles.

However, it is always important to remember that the "plastic" is really money and that steps should be taken to ensure that the delayed costs of those cards don't get out of hand.

The Independent Bankers Association of Texas offers some tips about using your credit cards.

*Be conscious of fees. Familiarize yourself with the terms and conditions stated by your credit card company, including the small print which will explain your card's fees and interest rates.

*Do not forget to mail your payment so that it arrives on time. Payments that arrive only one day late suffer interest charges on the outstanding balance, as well as late fees.

*If you are paying the minimum balance on your accounts and can afford to pay more, do so. The longer it takes you to pay off your

balance the more money you spend on accrued interest.

*Convenience checks can bail you out of a sticky situation, but that service comes with a price. Most cash advances require up-front fees, often two percent of the amount advanced, and higher interest rates.

*Those who have a good credit track record may qualify for lower interest rates, while those habitually paying late can count on increased rates.

*To reduce debt, pay off the balance on your credit card with the highest interest rate.

*Use your debit card instead of your credit card for purchases. By deducting money straight from your bank account you won't create unmanageable balances on your credit card.

*Reliable credit counselors can assist you at little to no cost. Be aware of scams that charge big fees for services you can do on your own.

*Check statements for charges. Carefully reading your statement will keep you more informed on the status of your accounts as well as alert you to any mistakes on your bill.

*The Fair Credit Billing Act is a safeguard for card users that allows you to withhold payment on a disputed amount until the situation is resolved. To be fully protected you must report the problem to your card company, in writing, within 60 days of the postmark of the bill.

*Payment of all disputed charges are expected on time.

*Keep all correspondence and records in a file as a reference.

Credit cards are a valuable financial tool and a convenience to which most of us have become accustomed. They are to be used wisely.

To Subscribe,
Call 940-864-2686

M-System Shoppers

We invite you to continue to shop M-System Supermarkets in Munday, Knox City, Seymour or Anson. We will have our sale circular in The Haskell Free Press each week featuring our weekly specials. We encourage you to come shop with us and take advantage of our low prices.

Come visit with our friendly staff in Munday, Knox City, Seymour or Anson.

Thank you for shopping M-System Supermarkets!



MUNDAY • KNOX CITY
ANSON • SEYMOUR



* QUANTITY DISCOUNTS RESERVED
* No Sales to Dealers * W.C. Qualified * WE ACCEPT FOOD STAMPS

readin'.

No reading between the lines. Simple, rate plans.

'riting.

Who needs to write letters? Use your wireless phone!

'rithmetic.

The days of counting minutes are over.

right on!

Get 400 ANYTIME MINUTES for \$39.99!



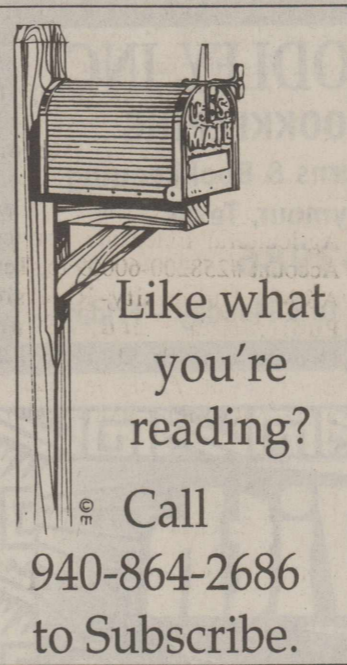
Say goodbye to expensive and confusing wireless service and hello to Cellular One! Sign up with Cellular One, and you'll get 400 anytime minutes for only \$39.99 a month. It's as simple as that. Just 10¢ a minute, only from Cellular One. Now through August 31st, get a \$30 Eddie Bauer gift certificate and be entered in a sweepstakes for an Arizona spa vacation when you purchase any Nokia phone.

Nokia 252 NOKIA CONNECTING PEOPLE

CELLULARONE

Cellular One | Haskell • 10 Avenue D.N. • 864-8585

One gift certificate per purchase/person. Does not apply to prior purchases. Void where prohibited, restricted or taxed. Rates based on 400 minutes of usage from within home calling area only and do not include taxes, assessments or tolls. Different usage will result in higher per minute rate. Incoming and outgoing calls are rounded up and billed in full minute increments from the time the network begins to process the call (before the call rings or is answered) through its termination of the call. Featured hardware available at Cellular One stores and participating dealers while supplies last. Minimum term commitment required. Other restrictions apply. Please see store for details.



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



Beat those Dog Days of Summer
Tone and Tan in the Shade at
TONE•O•MATICS
BODY TONING
112 1/2 N. Ave. E, Haskell
Call 864-5704 for appointment
Tone and Tan \$40 per month
Tan only \$25 month - unlimited use
Dealer for Dreamer Candles

Back-to-School SECURITY FINANCE
112 N. Swenson • Stamford, Texas
915-773-3081
LOANS
\$100 to \$460
Personal Loans • Phone Applications • Courteous and Friendly Service • No Credit, No Problem
Remember, We Love To Say Yes

School bus safety important for parents, kids and drivers

The army of yellow buses snakes through urban neighborhoods and bumps along country roads. Passengers small and large stream on and off in waves. It's school time in Texas and safety is one of the first lessons youngsters need to learn.

"Parents need to make learning safety rules as important for children as knowing their ABCs," said Dr. William R. Archer, Texas Commissioner of Health. "Knowing safety basics can save lives and prevent needless injuries. In addition, drivers need to slow down and pay close attention around schools and bus stops."

Even though school buses are one of the safest forms of transportation in the nation—nearly 2,000 times safer than a passenger car—injuries and deaths do occur, according to health and safety officials at the Texas Department of Health (TDH). In 1997 in Texas, 26 children ages 5 to 14, who were pedestrians, died as the result of motor vehicle traffic accidents.

"Most children injured while riding school buses are actually hurt outside of the bus," said Gene Weatherall, chief of the TDH Bureau of Emergency Management. "A bus is surrounded by danger zones—areas directly in front of and at the rear of the bus where the driver may not be able to see people, especially small children."

Weatherall suggests teaching children to stay on the sidewalk when the bus stops to pick them up and to take five giant steps away from the bus when they exit. Children should never touch the outside of a bus when it is moving. And parents need to shorten or remove all loose or dangling drawstrings, ties, scarves and straps on clothes, backpacks and other items so children will not be caught by bus doors or hand railings.

Teaching children to walk safely also will help them get on and off the bus safely, Weatherall said. "In general, children under age 9 cannot cross streets safely by themselves. They can't judge traffic conditions

accurately, nor do they have the field of vision adults have."

TDH advises adults help children learn these safety lessons:

- Waiting for the bus:
 - Arrive at the bus stop at least five minutes early. Walk on the sidewalk, not the road. Walk facing traffic if there is no sidewalk.
 - Stay away from the street while waiting for the bus and avoid horseplay.
 - Stay out of the danger zones directly in front or in back of the bus where the driver may not see you. Take five giant steps away from the bus until you see the driver and the driver sees you.
 - Stay away from the bus until it stops completely.
- Riding the bus:
 - Always use the handrail.
 - Sit down right away and stay seated. Keep hands, arms and head inside the bus.
 - Always follow the driver's instructions.
 - Don't throw things and don't yell or distract the driver.
 - Keep the bus clean. Keep

belongings out of aisles and away from emergency exits.

•Wait until the bus comes to a complete stop before getting up to leave.

Boarding and leaving the bus:

- Never crawl under or around a bus. If you drop something, tell the driver.
- If you must cross the street, wait for the driver to signal you to go.

•Cross the street in front of the bus—not the back—and look both ways for traffic.

- Don't walk out from between parked cars.

Adults, too, need to be especially cautious when driving near schools, since children may forget their safety lessons.

•When backing out of a driveway, watch for children walking or riding a bicycle, especially if there are no sidewalks in the neighborhood.

- Slow down in school neighborhoods.
- Be especially alert around the start and end of a school day. Children may be running across streets without looking. Pay close attention around school bus stops.
- Obey school bus signals. Yellow flashing lights mean a bus is preparing to stop. Red flashing lights and/or extended STOP arms mean the bus has stopped to let

children on or off. Drivers in all directions must stop until the lights quit flashing, the STOP arm is withdrawn and the bus begins moving or until the bus driver signals other drivers to go.

"Stop, look and listen are still the best rules for children to remember," Archer said. "Safety lessons are among the first and most important students will ever learn."

Publication helps consumers organize financial information

by Lou Gilly
Haskell Co. Extension Agent
"The last half of 1999 may be the best time in the century to organize your financial life," according to professor and Extension family economics specialist, Nancy Granovsky, CPF, of the Texas Agricultural Extension Service. "Although the Y2K or Year 2000 bug is not likely to impact our financial lives in significant ways, it's still a good idea to know where your money is and how much you have," she adds.

So, where should you begin? Granovsky suggest that you inventory your personal and family financial records. Start by accumulating records associated with all financial accounts, investments, insurance, credit cards, loans and mortgages. Write down the names of the accounts,

account numbers, account balances and or values and other pertinent information.

Pay particular attention to all financial transactions occurring during the last few months of 1999 and the first few months of 2000 to make sure that they are properly credited. While computers in financial institutions are already Y2K compliant, consumers can help themselves by paying attention to the financial details in their lives. In the rare chance of an error, consumers will be able to bring any discrepancies to the attention of the financial institution. Keeping a paper trail during this period is being suggested by many financial experts.

To help consumers organize their financial lives, the Texas Agricultural Extension Service has prepared a publication to help

inventory important financial documents. "Personal and Family Financial Records Inventory" (B-1330) is a workbook for logging important financial information. The 21-page booklet provides space for entering information about credit and debit cards, loans and mortgages, checking and money market accounts, savings accounts and certificates of deposit, investments (stocks, bond, government/municipal bonds, pension and retirement accounts and mutual funds), insurance (life, health, accident, disability, hospitalization, long term care), real estate and personal property.

To order a copy of the Publication B-1330 - Personal and Family Financial Records Inventory, send a check or money order for \$2.50 payable to Texas Agricultural Extension Service - Account #258200-60009 to: Texas A&M University-Riverside, Publication and Supply Distribution, P. O. Box 1209, Bryan, Texas 77806. Include your name and mailing address with the order.

Don't forget the sunglasses

When thinking about sun protection, do not forget your child's eyes.

"The sun's ultraviolet rays can harm the eyes, as well as the skin," says Dr. Evelyn Paysse, an ophthalmologist at Texas Children's Hospital in Houston. "Overexposure in childhood can lead to eye problems, such as cataracts, in adulthood."

Since children typically spend a lot of time outdoors, it is a good

idea for them to wear sunglasses, in addition to wide brimmed hats or visors.

When buying sunglasses for them, choose glasses with impact-resistant lenses that provide good protection against ultraviolet A and B radiation.

While it may be difficult to get children to wear glasses, telling them how "cool" they look may make it a little easier.

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

CONOCO CONOCO CONOCO CONOCO CONOCO

NORTHSIDE CONOCO

201 North Avenue E • Haskell
Phone 864-8014

OIL CHANGE

Includes: Filter and up to 5 quarts oil

\$19.95


+ tax

CIGARETTES

Leading Brands \$2.79 TAX

Basic \$2.59 TAX First Class \$1.99 TAX

Copenhagen \$3.40 TAX Skoal \$3.40 TAX Red Seal \$1.85 TAX



8 Lb. Bagged Ice \$1.00

Super Grab Chips Frito Lay 99¢

Dr. Pepper, Pepsi, 7-Up, Orange, R.B. ICE COLD LONG NECKS 69¢

Dr. Pepper or Pepsi 2 liter 79¢ ea

Dr. Pepper or Pepsi 2 1/2 pks \$5.00

Tire Repair \$6.50

PICK UP AND DELIVERY SERVICE
DIAL 864-8014

CONOCO CONOCO CONOCO CONOCO CONOCO

Tropical Sno

NEW HOURS

Sunday
2 p.m. to 5 p.m.

Monday
5 p.m. to 7 p.m.

Tuesday
5 p.m. to 7 p.m.

Wednesday
5 p.m. to 7 p.m.

Thursday
5 p.m. to 7 p.m.

Friday
CLOSED

Saturday
2 p.m. to 7 p.m.

Weather Permitting

COLLEGE STUDENTS!

We have the College Essentials.

- *Health & Beauty Supplies
- *School Supplies
- *Prepaid Phone Cards
- *Cameras and Film

DON'T FORGET YOUR PRESCRIPTION MEDICATIONS!!



Call our Pharmacy for refills. We'll mail your prescription the day you call. We have a Texas Toll-Free Number

1-800-962-0743

College is your home away from home. So you want to be as comfortable as possible. We want to help.

THE DRUG STORE

Hours: 8-6 M-F; 8-5 Sat.; Sundays & Holidays 8:30-9:30
940-864-2673 1-800-962-0743

Paint Creek ISD Lunch Guidelines

The Paint Creek Independent School District today announced its policy for providing free and reduced price meals for children served under the National School Lunch Program. Each school and/or the central office has a copy of the policy, which may be reviewed by any interested party.

The household size and income criteria identified below will be used to determine eligibility for free and reduced price benefits. Children from household whose income is at or below the levels shown are eligible for free or reduced price meals. Foster children that are the legal responsibility of a welfare agency or court may also be eligible for benefits regardless of the income of the household with whom they reside. Eligibility for the foster child is based on the child's income.

Family Size	Annually:		Monthly:		Weekly:	
	Free	Reduced Price	Free	Reduced Price	Free	Reduced Price
1	\$10,712	\$15,244	\$893	\$1,271	\$206	\$294
2	14,378	20,461	1,199	1,706	277	394
3	18,044	25,678	1,504	2,140	347	494
4	21,710	30,895	1,810	2,575	418	595
5	25,376	36,112	2,115	3,010	488	695
6	29,042	41,329	2,421	3,445	559	795
7	32,708	46,546	2,726	3,879	629	896
8	36,374	51,763	3,032	4,314	700	996
9	40,040	56,980	3,338	4,749	771	1,097
10	43,706	62,197	3,644	5,184	842	1,198
11	47,372	67,414	3,950	5,619	913	1,299
12	51,038	72,631	4,256	6,054	984	1,400

For Each Additional Family Member Add:

+3,666	+\$5,217	+\$306	+\$435	+\$71	+\$101
--------	----------	--------	--------	-------	--------

Application forms are being distributed to all households with a letter informing households of the availability of free and reduced price meals for their children. Applications also are available at the principal's office in each school. To apply for free and reduced price meals, households must fill out the application and return it to the school. Applications may be submitted at any time during the year. The information households provide on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified by the school officials at any time during the school year.

For school officials to determine eligibility for free and reduced price benefits, households receiving food stamps or AFDC only have to list their child's name, food stamp or AFDC case number and an adult household member must sign the application. Households who do not list a food stamp or AFDC case number must list the names of all household members, the amount and source of the income received by each household member, how often the person received it and the social security number of either the primary wage earner responsible for the care of the child or the social security number of the adult household member who signs the application. If neither household member has a Social Security number, the word none should be written in the blank provided.

Hope 2000

Dates: Sunday, August 29th - Tuesday, August 31st
Time: 7:00 - 8:15 pm

Place:

- *Adults and Youth* will meet at the Haskell High School Football Field
- *Children grades 1-6* will meet at the High School Auditorium
- *Preschool (3yrs. - Kind.)* will meet at the Little Gym
- *Nursery* will be kept at the Home Ec. Building across from the Band Hall

Special Guests:

Sunday evening - **George Flickinger**, Chief Meteorologist at KTXS - TV
Monday evening - **Steve Keenum** - Coach of the McMurry Indians
Tuesday evening - **Tom & Missy Lewis** - A family changed by the love of God

Professional Counseling offered by *Big Country Family Therapy Associates*

THERE IS HOPE.

Haskell School Menu

August 23-27
Breakfast

Juice or fruit and milk are served daily on the breakfast menu. Cereal offered daily.

Monday: Cereal, cinnamon roll

Tuesday: Breakfast burrito

Wednesday: Blueberry muffins

Thursday: Biscuit/gravy, sausage

Friday: Breakfast pizza

Lunch

A choice of baked potato with choice of topping or a salad bar are offered daily at the High School. Milk and tea are served daily at the High School. Milk is served daily at the Elementary School.

Monday: Chicken nuggets/gravy, creamed potatoes, seasoned green beans, hot rolls, fruit salad

Tuesday: Chalupas, grated cheese, lettuce and tomatoes, seasoned corn, cinnamon roll

Wednesday: Stromboli, tater tots, vegetable sticks w/dip, orange wedges

Thursday: Hamburger, chips, hamburger trimmings, fruit balls

Friday: Chicken fried steak/gravy, creamed potatoes, seasoned green peas, hot rolls, cookies

Hospital

Admissions

Thelma Williamson, Haskell
Roy Simmons, Rule
Robert Cousins, Seymour

Dismissals

W. W. Turnbow, Myra Pace,
Oval Todd, Jackie Sonnamaker,
Juell Hudson, Sarah Hodgins,
Bonnie Mason, Betty Martin

Parents and teachers are key to success for ADHD students

Finding ways to help a child with Attention Deficit Hyperactivity Disorder succeed in school can be challenging for parents.

Experts say one of the best strategies involves combining the efforts of the parents, the teacher and of course, the student.

"Kids with this disorder, also called ADHD, are often talkative, unorganized, impulsive and easily distracted," said Dr. Diane Treadwell-Deering, an assistant professor of psychiatry and behavioral sciences at Baylor College of Medicine in Houston. "As a result, school time can be extremely difficult for them."

Many parents choose not to inform teachers of their child's disorder for fear of negatively labeling the student, a decision that could actually hinder the treatment process.

Divide work into smaller chunks and do not keep the child performing one task for long periods of time.

As a child grows older, the demand for organization in school increases. Multiple teachers and classrooms, as well as extra curricular activities, can make it more challenging for him or her to stay on track. While it is important for parents to continue to help their ADHD child prioritize and organize, they should resist the urge to "baby" the teenager.

"While ADHD children will likely need extra assistance from teachers and parents, they will have to learn to compensate for the disorder as they grow older," said Treadwell-Deering.

Although the transition into the new school year might be rough for the first few weeks, parents should remember that this is often the case with all kids.

"Families need to expect that every year they will spend time figuring out new schedules, developing a routine that works and going through a period of adjustment," said Treadwell-Deering. "Parents should use the new school year as a chance to reassess and reevaluate organizational strategies used at home and school, as well as treatment options."

Instead, parents should ask teachers to make a few classroom modifications:

• Sit the child at the front of the classroom, where distractions are less likely to occur.

• Implement a system to help the student copy homework assignment accurately and gather the appropriate materials.

• Schedule frequent breaks for the child throughout the day.

This Week's Devotional Message:



IF GOD WANTS YOU TO FIND IT, IT WON'T BE LOST

A woman accidentally threw away a rather large check. It had gotten mixed up with some mail order forms which she discarded in a plastic trash bag that she and her husband deposited at the county dump later that day. After discovering that the check was missing and spending a sleepless night, they returned to the dump early the next morning. They got permission to look

around from the caretaker, who helped them by bulldozing the mountain of debris one layer at a time. They finally located their trash bag among the dozens exactly like it and then found the check—not even wrinkled. As we learn at our House of Worship, our destiny is in the hands of the Lord, and we can never lose anything as long as He wants us to find it.

ATTEND CHURCH THIS SUNDAY

HASKELL

East Side Baptist Church

David Page, pastor
Sun. 8:30 a.m., 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m.

Christian Church

Dusty Garrison, minister
Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.

Church of God

Eric Clark, pastor • 864-2021
Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.

Trinity Lutheran Church

Gary Bruns, pastor
Sunday School 9:30 a.m., Worship 10:30

Iglesia Bautista El Calvario

Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.

First United Methodist Church

Shane Brue, pastor
Sun. Morn. 9:45 a.m., 10:50 a.m. 6 p.m.; Wed. 6 p.m.

First Assembly of God

Rev. J.C. Arburn
Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.

St. George Catholic Church

Father Michael Melcher
Sat. Mass 7:15 p.m.; Sun. Morn. 9:00 a.m.

Church of Christ

Dale Huff, minister
Sun. Morn. 9:30 a., 10:30 a., 6 p.m.; Wed. 7:30 p.m.

First Presbyterian Church

Luther S. Hollowell, II, pastor
Sun. Morn. 9:45 a.m., 11:00 a.m.

Trinity Baptist Church

Rev. Kenneth Blair
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 7:30 p.

Hopewell Baptist Church

John Lewis, pastor
Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.

Greater Independent Baptist Church

Rev. Camellia Wade, pastor
Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.

New Covenant Foursquare

Kevin and Sharon Fletcher, pastors
Sun. Morn. 10 a., 11:00 a., 6:30 p.; Wed. 7 p.m.

Mission Revival Center

Rev. William Hodge
Sun. Morn. 10 a.m., 11 a.m., 6 p.m.; Tues. 6 p.m.

First Baptist Church

Jim Turner, pastor
Sun. Morn. 9:45 a., 10:55 a., 6 p.m.; Wed. 7 p.m.

Church in the Park

Rev. Tim and Suzann Townsend
Sun. Morn. 10:30 a.m. Wed. 7 p.m.

PAINT CREEK

Paint Creek Baptist Church

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

WEINERT

First Baptist Church

Joel Rister, pastor
Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.

Weinert Methodist Church

Rev. James Patterson
Sun. Morn. 9:45 a.m.

Weinert Foursquare Church

Rev. Joyce Goossen and Rev. Diane Crownover
Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m.

ROCHESTER

Church of Christ

Steve Willis, minister
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m.

First Baptist Church

West on Main Street, Rochester
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 7:30 p.

Sweet Home Baptist Church

Ed Buerkle, pastor
Sun. 11:00 a.m., 6 p.m.; Wed. 7:00 p.m.

West Bethal Baptist Church

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

Union Chapel Baptist Church

Rev. Clarence Walker

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

ROCHESTER

Faith Chapel of Rochester

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

First United Methodist Church

Dolan Brinson, pastor
Sun. Morn. 10:00 a.m., 11:00 a.m.

SAGERTON

Sagerton Methodist Church

Daniel Ramey, pastor
Sun. Morn. 9:30 a.m.

Faith Lutheran Church

Jeff Zell, pastor
Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.

RULE

First Baptist Church

Scott Hensley, pastor
Sun. Morn. 9:45 a., 11:00 a., 6 p.m.; Wed. 7 p.m.

Primitive Baptist Church

Dale Turner Jr., pastor
First & Third Sundays 10 a.m.

Church of Christ

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

First United Methodist Church

Shane Brue, pastor
Sun. Morn. Worship 9 a.m.

New Life Baptist Mission

Jesus Herrera
Sun. Morn. 10:00 a.m., 11:00 a.m.

Sweet Home Baptist Church

Gladstone Ave., Rule
Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.

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

Sonic Drive-In

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

Steele Machine

Hwy. 280 • 864-2208

Modern Way Food Store

1202 N. Ave. E • 864-3763

Jay's Tire Center

506 N. 1st East • 864-2908
"See You In Church"

Smitty's Auto Parts

204 N. 1st St. • 864-2607

HANSON PAINT & BODY SHOP

207 S. 1st • 864-3631
Professional Auto Body Repair
Glass Installation • 24 Hour Wrecker Service

Rule Co-op Gin & Elevator

301 Adams • Rule • 997-2421

The Carpet Express

15 S. Ave. E • 864-8128

Rice Springs Care Home, Inc.

1302 N. 1st • 864-2652
Medicare • Medicaid • Therapy

Committed To Excellence
In Service

Haskell Tire & Appliance Center, Inc.

206 South Avenue E
864-2900

Personality Slipper Shoppe

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

McGee's Lumber Yard

105 N. 1st



COMPLETE CARE SERVICES

Sandra Givens, Adm.
940-864-8537

Sport About of Haskell

864-3891 • "Where Winners Shop"

CHARLES LONG REAL ESTATE

1156 W. Court Plaza • Anson, Texas
Office 915-823-3557 Mobile 915-668-6353
Ranch-Recreational-Residential-Farm-Commercial
No listing too large or too small
Associated with Stephens Real Estate
Brady-Brownwood-Goldthwaite-San Angelo
1-888-646-1229



UNLIMITED INTERNET ACCESS

Unlimited access to the Internet, unlimited E-Mail, and your own personal website!



\$19.95
per month

http://www.wt.quik.com

1-888-250-5506

940.723.1385

ASK ABOUT OUR \$19.95 BUSINESS PACKAGE!

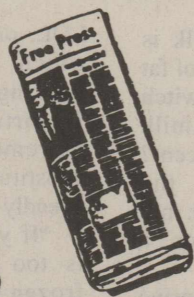
She's still flying high!



Neat Bevel is looking forward to sharing her 87th birthday celebration with you Sat., Aug. 21 at Haskell National Bank Party Room. As usual, "hot" dominos, family storytelling and music start "noonish" until "dark-thirty."

Birthday cake served at 3 p.m.

Come join the fun!



Shop The Haskell Free Press CLASSIFIEDS

864-2686

ALL DEADLINES MONDAY 5 P.M.



864-2686

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

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

For Sale
FOR SALE: 1986 Coleman pop-up camper. Sleeps 6. Excellent condition. \$1650 OBO. 940-743-3643. 30-33c

FLUTE FOR SALE, \$250, good as new. Loveseat and small coffee table. 864-3010. 32-34c

FOR SALE: 150 yards good carpet with pad on floor. 1300 N. Ave. F, Haskell. 940-864-3949 days. 32-33p

FOR SALE: Nordic Track Pro Skier. Call 864-3982 after 6 p.m. 32-33c

FOR SALE: Two Artly clarinets. 658-3336, Knox City. 33p

FOR SALE: Irrigation equipment: 1/4 mile 5" side-roll wheel move, 3/4 mile 5" flowline, 1-25 hp 4 bowl pump, electric panel, pipe trailer. 658-3196. 33-34c

FOR SALE: 1977 20' Rochell Craft jet boat with open bow. Good condition. Clifford Byrd 940-743-3335 or 940-743-3236. 33c

COMPUTER FOR SALE: Good condition. IBM 486 DX, 75 MHz, 16 MB ram, 540 hard drive, 3.5" drive, compact disk, tape drive, monitor, stereo speakers, printer. Windows 3.11, Office 95. Scott Williamson 940-864-2288. 33p

FOR SALE: 1984 HiLo camper. Fully loaded. 864-2688 Butch. After 6 p.m., 864-2444. 33p

Cars For Sale
CHEVROLET ITEMS FOR SALE: Heavy duty radiator, 4 chrome wheels, pickup 2 wheel trailer. 864-8926. 30frc

FOR SALE: 1995 Ford F-150 gas pickup, single cab, 63,000 miles. Excellent shape. 1993 Dodge 3/4 ton diesel extended cab pickup, 113,000 miles. Good shape. 806-254-2037. 33-34p

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

Lost & Found
LOST: Pelz wedge at golf course several months ago. Would sure like to have it back. Pete Frierson.

HOPE 2000
14-34c

'Never needlessly disturb a thing at rest.' Especially a person relaxing in a La-Z-Boy recliner. Get two La-Z-Boy recliners for one low price right now at Kinney Furniture in Stamford. Prices start at \$499 for two genuine La-Z-Boy recliners. Easy terms plus MasterCard, Visa and Discover. Quick free delivery and no high pressure salesmen since 1932. 33c

EXPERT AUTO WORK
REASONABLE RATES
See us for all your auto mechanic needs. 20 years experience. We do it right the first time. 117 North Ave. E • Haskell

Garage Sales
2 FAMILY GARAGE SALE: Aug. 21, 7:30 a.m. til 7 p.m. Women's and men's clothes, baby items, boy's and girl's baby clothes, etc. 33p

GARAGE SALE: 7 a.m. to 1 p.m. Sat. 1206 N. Ave. K. Nintendo games, plants, tools, toys. Lots of misc., collectibles. 33p

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

Miscellaneous
CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 915-773-2661. Complete framing needs. Closed Mondays. 33c

IF YOU HAVE a deer blind on the Early Ranch, please pick it up on Sept. 4 or Sept. 5. Thank you, Jacky Sanders, owner. 33-35p

Real Estate
FOR SALE BY OWNER: 3 bedroom, 2 bath, spacious living room, finished basement, 2 car garage, water well on two large lots. 301 Addison Drive. Call 940-864-2424 or 940-864-2718. 27frc

FOR SALE: Stamford lake cabin, Earles' Camp. Appliances and furniture. Remodeled—cute. \$7500. 940-743-3643. 30-33c

FOR RENT: 3 bedroom rock house. 502 N. Ave. E. CH/A. Very clean. 2 car garage/storage. Call 817-477-5763. 31frc

FOR RENT: 3 bedroom house, 2 carports. Fenced backyard. 864-3434. 32-33c

FOR RENT: 1107 N. 10th. 2 bedroom apt. CH/A. 864-3762. 33c

FOR RENT: 604 N. 3rd. Nice 1 bedroom apt. New carpet. CH/A. 864-3762. 33c

FOR RENT: 3 bedroom house. 864-2893. 32-35p

HOUSE FOR RENT: Clean, one bedroom, furnished. \$300 month. Bills paid. \$100 deposit. 864-2986. 33-34c

FOR RENT: 2 bedroom house, fenced. 864-6127. 33c

The easiest way to find a use for something is to throw it out. Best values in the Big Country on sofas, sleepers and love seats are at Kinney Furniture in Stamford. (On the north side of the square). We just received lots of new merchandise. Call free: 800-256-2232. 33c

TERRY SNELLING
TACLB014880E
TERRY'S AIR Co.
Heating and Air Conditioning Specialists
Service and Installation
707 N. Ave. F
Home: 940-864-3487
30-33p

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

***** SELLING HASKELL FOR OVER 25 YEARS *****
Hartfield Realty
South Side of Square
864-2665
See us first for your real estate needs.
Hess Hartfield, Broker 864-2004
Chan Guess, Agent 864-6142
Esther Conn, Agent 658-3904

Help Wanted
SECRETARIAL/OFFICE. Program Secretary and Data Entry Specialist. Provide clerical and secretarial support for Head Start Program. Must be proficient in creating and maintaining accurate and up-to-date data files, word processing skills and managing phone. Salary commensurate with Region 14's pay scale. Call Region 14 Education Service Center for application information, 915-675-8652. Deadline: August 31, 1999. 33c

HELP WANTED: Pharmacy Tech. Need motivated, energetic, dependable person with computer skills to work 40 hours per week. Contact Lonnie at The Drug Store in Haskell. 33c

NOTICE
The Aspermont Small Business Development Center, Inc. is seeking applicants for the position of Direct Services Director.

Duties include: Responsibility of the routine management of all Emergency Assistance Programs. These programs include the Comprehensive Emergency Assistance Program (CEAP), Emergency Nutrition/Temporary Emergency Relief Program (EN/TERP), and Direct Client Assistance Program (DCA). This includes the intake, application process, reporting procedures and voucher reimbursement of each program.

Qualifications: Applicant must be willing to travel in and out of service area as needed. Must have effective written and oral communication skills. Must have computer skills. Must have good clerical and bookkeeping skills and must be able to work well with the general public.

For more information and a copy of the application please contact: ASBDC, Inc., P. O. Box 188, Aspermont, Texas 79502. Telephone 940-989-3538.

Applications will be accepted until August 27, 1999.

The ASBDC, Inc. is an equal opportunity employer and does not discriminate on the basis of race, color, national origin, sex, religion, age or disability. 33c

PROFESSIONAL. Program Director: Head Start. Provide leadership and technical assistance in developing and implementing Head Start Program in four counties: Haskell, Jones, Shackelford, and Stephens. Masters Degree preferred, 3 years experience in administration at school/project, experience in Head Start project implementation/development/management and serving students with disabilities. Salary commensurate with Region 14's pay scale. Home office in Abilene. Call Region 14 Education Service Center for application information, 915-675-8652. Deadline: August 31, 1999. 33c

PERSONAL CARE ATTENDANTS needed in Haskell. Workers to assist aged and disabled individuals in their homes. Tasks may include assistance with personal care, light housekeeping, and other tasks assigned. Hours vary according to clients served. Applicants must be 18 years of age or older and have their own transportation and free of any criminal history charge. Contact Deanna Woods, Hamlin Hospital Home Health, PHC/FCCBA, P. O. Box 331, Hamlin, TX 79520-0331. 915-576-3399. 32-33c

Help Wanted
PARENT INVOLVEMENT Coordinator: Head Start. Provide training and technical assistance in developing and implementing parental involvement in Head Start Program in four counties: Haskell, Jones, Shackelford, and Stephens. Focus is to be upon students and their families including students with disabilities. Masters Degree preferred, 3 years experience in coordinating parental involvement in education programs, experience with Head Start preferred. Salary commensurate with Region 14's pay scale. Home office in Abilene. Call Region 14 Education Service Center for application information, 915-675-8652. Deadline: August 31, 1999. 33c

HASKELL HEALTHCARE CENTER needs certified nurses aides. Talk to Director of Nurses or Assistant Director of Nurses. 864-8539. 32-34c

NEEDED: 18 to lose 30 lbs. by 9/20/99. All natural, doctor recommended. Call Karen 888-216-2679. 33p

Public Notices
NOTICE OF SHERIFF'S SALE THE STATE OF TEXAS COUNTY OF HASKELL
By virtue of an Order of Sale issued out of the Honorable 39th Judicial District Court of Haskell County, on the 2nd day of August, by the Clerk, thereof, in the case(s) styled as follows:

Cause No. 9752. Styled: Haskell County Appraisal District v. John Manuel Menchaca. Legal Description: 1. West 180' of Lot 5, Block 7, May Addition to the City of Rule, Haskell County, Texas.

Cause No. 9913. Styled: Haskell County Appraisal District v. W. M. Stemyer. Legal Description: 2. Lots 6, 7, Block 20, Original Town of Weinert, Haskell County, Texas.

Cause No. 9978. Styled: Haskell County Appraisal District v. Victor Villa. Legal Description: 3. South Half of Lot 11, Lot 12, Block N, Johnson Addition to the City of Haskell, Haskell County, Texas.

Cause No. 10,145. Styled: Haskell County Appraisal District v. Felix Lerma. Legal Description: 4. Lot 11, Block 76, Carney Addition to the town of O'Brien, Haskell County, Texas.

WE'VE GOT IT!
ACCO FEEDS
RICHARDSON'S
Hwy. 277 N. • Haskell • Open All Day Saturdays
940-864-8551

Don't put off for tomorrow what you can do today, because if you enjoy it today you can do it again tomorrow. Haven't you put off getting a new mattress set long enough? All sizes of Spring Air mattress sets in stock for quick free delivery at Kinney Furniture in Stamford. Special Labor Day prices on every set. Open 9-5, M-F & 9:30-4 Sat. 33c

JOHNSON REAL ESTATE
5 AVE. E HASKELL
864-2951
LORRAINE JOHNSON, BROKER
TIM JOHNSON, AGENT
11frc

FOR SALE
RIKE Real Estate
864-2411
864-2332
Mary Rike, Broker 411 1/2 South First St.
NEW LISTING
320 ACRES. Cultivation pasture combination. NE of Haskell (Mattoon). Serving Haskell, Knox, Jones, Stonewall, and Rolling Plains Counties.
411 1/2 South First Street
Box No. 853
Haskell, TX 79521
(940) 864-2411 (940) 864-2332
FAX (940) 864-3686
Mary Rike, Broker
mrike@westnet.net

County, Texas.
Cause No. 10,293. Styled: Haskell County Appraisal District v. Darwin Dean Harris. Legal Description: 5. Lots 139, 140, 142, 143, Edgewater Beach Club, Lake Stamford, Abstract 131, Haskell County, Texas.

Cause No. 10,352. Styled: Haskell County Appraisal District v. Jimmy Crane. Legal Description: 6. Lots 1, 2, Block 4, A.B. Carothers. Addition to the Town of Rochester, Haskell County, Texas. 7. 5.00 acres out of Subdivision #45, Wise County School Lands, Abstract 405, Haskell County, Texas. 8. 4.00 acres out of Section 4, Block 1, J. F. Albin, Abstract 894, Tract 3B, Haskell County, Texas.

Cause No. 10,353. Styled: Haskell County Appraisal District v. Willie Shaw. Legal Description: 9. Lot 15, Block 13, Original Town of Rule, Haskell County, Texas.

Cause No. 10,498. Styled: Haskell County Appraisal District v. Winnie Hodgin. Legal Description: 10. Outlot 83, Tract 1, E70'x135' Block B, of A.C. Foster Addition to The Town of Haskell, Haskell County, Texas. 11. Outlot 83, Tract 2, 70'x135' Block B, of the A.C. Foster Addition to Town of Haskell, Haskell County, Texas.

Cause No. 10,511. Styled: Haskell County Appraisal District v. Matias Tonche. Legal Description: 12. Lot 1, Block 26, Brown & Roberts Addition to the City of Haskell, Haskell County, Texas.

Cause No. 10,513. Styled: Haskell County Appraisal District v. Lula Webb. Legal Description: 13. South Half of Lot 2, Lot 3 Block 13, of the South Side Addition to the City of Rule, Haskell County, Texas.

and to me, as Sheriff, directed and delivered, I will proceed to sell, at 10:00 o'clock a.m. on the 7th day of September, 1999, which is the first Tuesday of said month, at the South door of the Courthouse of Haskell County, in the City of Haskell, Texas.

Levied on the 2nd day of August, 1999, as the property of said defendants, to satisfy the judgment rendered in the above styled and

He's happy with
COMPUTER SOLUTIONS!
940-864-2964
Haskell, Texas 24frc

Guadalcazar Roofing
Daniel or Lupe
940-864-5009
Free Estimates.
All Types. 30-37p

Simmons BEAUTY REST BEDDING
'The Do Not Disturb Mattress'
Boggs & JOHNSON
864-2346
East Side Sq. • Haskell

RIKE REAL ESTATE
Residential
Commercial
Farm & Ranch
Lots - Vacant
Email

numbered cause, together with interest, at 10 percent per annum, and all costs of suit in favor of each jurisdiction.

Given under my hand this 2nd day of August, 1999.
Johnny L. Mills
Sheriff
Haskell County, Texas 32-34c

NOTICE
Haskell CISD Board of Trustees will conduct a budget hearing at 7:30 A.M. Thursday, August 26, 1999. The meeting will be conducted in the boardroom at the Haskell CISD Administration office. Following the budget hearing the board of trustees will adopt the 1999-2000 operating budget. 32-33c

NOTICE
The City of Haskell will hold a meeting at 7:00 a.m. on September 13, 1999 at Haskell City Hall to consider adopting a proposed tax rate for tax year 1999.

The proposed tax rate is .3478 per \$100 of value. The proposed tax rate would increase total taxes in the City of Haskell by 10.6%. 33c

Public Notices

NOTICE
Notice is hereby given that Request for Proposals will be received by Aspermont Small Business Development Center, Inc. for Auto Fleet Insurance. Interested parties should contact this office by 3:00 P.M., September 2, 1999 to request RFP.


ASBDC, Inc., P. O. Box 188, Aspermont, TX 79502. 940-989-3538. 33-34c

NOTICE
The Paint Creek School Board of Trustees will meet for the purpose of adopting the school budget for 1999-2000, Thursday, August 26, 1999 at 8:00 p.m. at Paint Creek School. 33c

NOTICE
The Haskell-Knox Underground Water Conservation District will hold a meeting at 8:00 p.m. on Thursday, August 19, 1999 at Haskell City Hall to consider adopting a proposed tax rate for tax year 1999. The proposed tax rate is \$.03 per \$100 of value. 33c

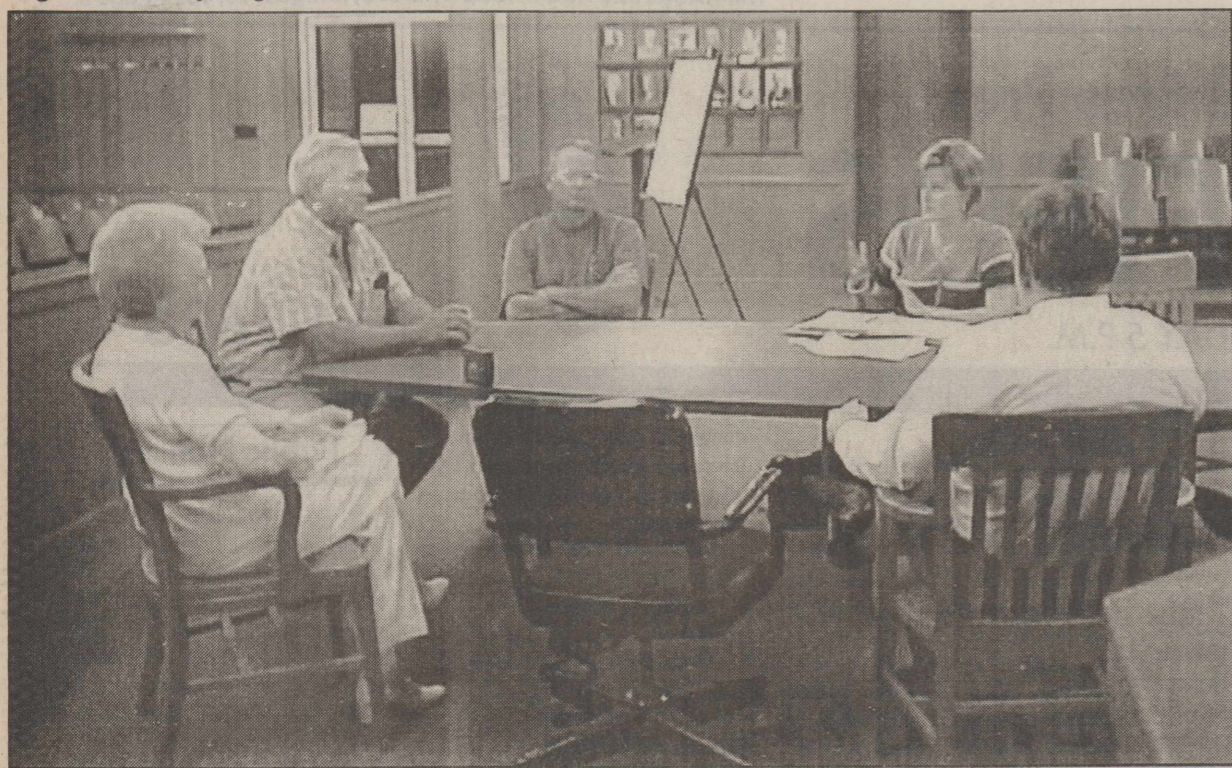
For Your Sheet Metal Work
Water Storage Tanks
All Kinds of Metal Duct Work
See or call:
Guinn Sheet Metal & Plumbing
940-658-3341 L.C. Guinn Knox City, TX

DAN GREEN'S Willow Creek Dance Ranch
SATURDAY, AUGUST 21ST
9:00 p.m. to 1:00 a.m.
BYOB

The Haskell Free Press
read by more people in Haskell County than any other print media.


Allstate
You're in good hands.
Where the wheels of business get insured.

Chan Guess
Haskell County Insurance Agency
417 S. 1st St.
Haskell, TX 79521
940-864-2665
For commercial auto coverage—
Being in good hands is the only place to be.
© 1996 Allstate Insurance Company, Northbrook, Illinois.
Subject to availability and qualifications. Other terms, conditions and exclusions may apply.



MEETING WITH SENATOR'S REP—United States Senator Phil Gramm's West Texas Regional Director and liaison, Sondra Ziegler, top right, talks with some of the Haskell leaders attending a meeting with her in the courtroom at the Haskell County Courthouse, Thursday afternoon, Aug. 12.

Local leaders meet with representative of Sen. Gramm

by Mary Kaigler

Meeting with the West Texas Regional Director representing U. S. Senator Phil Gramm, Thurs., Aug. 12, twelve local city and county officials and business and professional men unloaded a considerable amount of problems they see facing this area and for which they see no apparent solutions, without some major helps in several areas.

The informal meeting in the courtroom of the Haskell County Courthouse was arranged out of the Senator's Lubbock office by his liaison, Sondra Ziegler. She explained that her primary purpose for being here "is to get an update on what you are working on, to listen, take notes and take back with me what ever comments you may have."

During an hour and half of tell-it-like-it-is comments, the group laid out what is no doubt the problems and plight of many rural area communities trying to stay alive for the people who value the way of life such communities offer.

Voicing the urgent, serious concern of many for the future of the area's traditional economic mainstay, farming, County Judge David Davis said, "Our biggest problem right now is our crops. We are stuck with prices (wheat) that are down to the early 1940's level, and with production costs at today's level, we are experiencing ongoing problems made worse by the severe drought."

After the comment was made that in today's world market the law of supply and demand won't take care of the farmers' problems, Mayor Ken Lane said, "Something needs to change. Our farming has 'gone south.' Oil won't be coming back. We need some help."

Lane said one of the things hurting the local economy is out-of-town shopping; the taking of our sales tax revenue to other areas by people who like what they can find to buy there. "Every penny of sales tax taken somewhere else means less for development and city services here," he said.

Speaking of the obvious need to diversify the economic base in the county, and the frustration of trying to accomplish that, Lane said Haskell needs help in locating industry here and the jobs they bring, especially in face of suffering population loss in the last decade. "We have tried real hard, but you can see where we're at, trying to compete," he said. "During the last three years we have spent over \$10,000.00 trying to bring in new industry, to no avail." He cited the effort made to obtain permission from the state to build the large regional jail here. "Even though we found financing for the jail, we cannot get their commitment to send their prisoners

Look for It!

here," he said.

Commenting at length on that situation, Monty Montgomery, Director of Economic Development said, "It is seriously rough. The state doesn't know we are out here. We have no clout in the state; and it's going to get worse, until they get educated that we are here and that we pay taxes." He added that, from his viewpoint, "There is no cure for it; and it's looking blue for us."

One of the only prospects noted as being on the horizon, is the Highway Department program which will perhaps be an asset in increasing more traffic, bringing through town more people who may stop to eat or shop.

Striking one of the few positive notes coming from the obviously concerned group, County Judge

David Davis told the Senator's representative from Lubbock, "In larger cities, we may not be appreciated, but I wouldn't trade what we have here for everything Lubbock's got to offer. They've got more money, more businesses—they have everything. But, they don't have the lifestyle we have here. There is not anywhere else you can go that will beat the lifestyle we enjoy here. No mall, no movies; but we live in a healthy environment, with good schools, less crime to worry about and lots of water, both underground and in lakes. What we don't have to offer is the industry to promote or maintain economic growth."

Continuing, he added, "I have no ax to grind. We are capable; all we need are the tools to help us help ourselves."

Healthy hints to beat heart disease

The heart is an amazing muscle. For our entire lifetime, it works to pump blood to all parts of the body, carrying nutrients and taking away waste products. In 70 years it will beat about 2 1/2 billion times.

But for almost 40 years, diseases of this powerful muscle have claimed more lives in Texas and in the nation than any cause, including cancer. Health professionals say you can beat some of the odds, and the key is to take care of your heart by adopting a healthier lifestyle that will not only add years but improve the quality of your life.

Among the risk factors that can be changed are smoking, physical inactivity, high blood cholesterol, high blood pressure and overweight. The more risk factors a person has, the greater the chance that he or she will develop heart disease. Dr. William R. Archer, Texas Commissioner of Health said, "improving the diet can make a big difference in changing more than one risk factor for an individual. Buying heart healthy foods need not be difficult or expensive."

The Texas Department of Health (TDH) offers the following list of heart healthy hints for grocery shopping on a budget:

*When shopping for fresh fruits and vegetables, know which ones are in season—they will be much cheaper than those out of season.

*Frozen fruits and vegetables are usually much cheaper than fresh, and they hold just as much nutritional value. They are especially economical because they don't go bad as quickly—if you're not going to use the food all at once, just freeze it for later.

*While leaner cuts of meat are usually more expensive than regular full-fat meats, don't let the price deter you from cutting saturated fat from your diet. Buy the leaner meats, but decrease your portion size to stretch your meat purchase. Make smaller hamburger patties, use less ground beef in favorite recipes such as tacos, and try just one piece of steak instead of two. Make up for it by increasing the portion sizes of your favorite fruits or vegetables.

*In the United States, milk is the second-leading contributor of fat to the adult diet. Why not switch to one percent or nonfat milk instead of whole or two percent? The cost is the same, the nutritional value is the same, but the decrease in fat makes a difference.

Canned soups are an inexpensive and timesaving way to eat heart-healthy—if you choose the right ones. Avoid cheese and cream based soups unless they are marked as low-fat. Stay away from those that are extremely high in sodium, too. Look for those labeled "low salt" or "low sodium." Soups packed with vegetables and fiber include lentil, navy bean, minestrone, split pea and gumbo.

*Low-fat snacks such as cookies and crackers do not necessarily cost more. Search your supermarket's bottom shelves for the store brands—they almost always offer low-fat alternatives at a lower price.

*Olive oil is known to reduce

LDL, or "bad" cholesterol levels, which makes it the smartest cooking oil choice for the heart. Unfortunately, olive oil is extremely expensive. Good substitutes that are more wallet-friendly are canola and soybean oils.

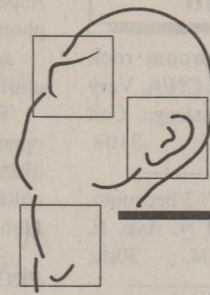
*If you think that buying juice is too expensive, why not try frozen juice? The taste is comparable, the nutritional value is identical, and the price is economical. 100 percent fruit juices such as orange, grapefruit, and cranberry can count towards one of your five servings of fruits and vegetables a day.

The Texas Department of Health suggests that using this list to reduce controllable risk factors—those you can change—may prevent a heart attack in the future. Eating more fruits, vegetables and grains, cutting down on the higher fat foods, and taking up some form of aerobic exercise you enjoy, will not only help you live longer, but also improve your quality of life.

ENT Specialists of Abilene and Allergy Associates

Now accepting new patients. Ask your primary care physician for a referral.

1850 Hickory Suite 101 Abilene, Texas 79601 800.235.9899



Ear, Nose & Throat Specialists of Abilene

Otolaryngology • Head & Neck Surgery • Allergy • Audiology

NEW LOWER RATES!

THE INSTANT CALLING CARD \$10

8¢ PER MINUTE

New Easy Way To Call

- Call anywhere, anytime
- No phone bills - No sign up
- Save up to 75% off collect calls

ACCESS TO OVER 250 COUNTRIES

H.6.5" x W.4.5"

8¢ a Minute pre-paid phone cards

Minutes	Retail
57	\$5.00
120	\$10.00
245	\$20.00
495	\$40.00

THE DRUG STORE
Haskell
940-864-2673

ALLSUP'S

HASKELL RULE #153 #91

Always

LOW PRICES!

ALL OFFERS WHILE SUPPLIES LAST
PRICES EFFECTIVE: August 18-24, 1999



ALL FLAVORS TROPICANA TWISTERS

20 OZ. BLT. **99¢**



PURCHASE A NEW ALLSUP'S HOMEMADE SOFT BREAKFAST BURRITO...



GET A 12 OZ. COFFEE FOR ONLY **10¢**