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# The Haskell Free Press

VOL. 114-NO. 1. ©JANUARY 6, 2000

"The People's Choice"

10 PAGES-ONE SECTION-50 CENTS

## Basketball games

**Haskell**  
 JV-G, VG vs. Archer City  
 Fri., Jan. 7, 5:30 p.m.  
 at Haskell  
 9th, JV-B, VB vs. Plains  
 Sat., Jan. 8, 1 p.m.  
 at Post  
 JV-BG, VBG vs. Holliday  
 Tues., Jan. 11, 4 p.m.  
 at Holliday  
 \*\*\*\*\*  
 Haskell 7th, 8th & 9th  
 Haskell vs. Archer City  
 Mon., Jan. 10, 4 p.m.  
 Girls There, Boys Here  
 \*\*\*\*\*  
 Paint Creek vs. Vernon Northside  
 Fri., Jan. 7, 6:30 p.m.  
 at Paint Creek  
 Paint Creek vs. Rule  
 Tues., Jan. 11, 6:30 p.m.  
 at Rule  
 Paint Creek JH vs. Goree  
 Thurs., Jan. 6, 6 p.m.  
 at Paint Creek

## Calendar

### Social Security

A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., Jan. 6 at 9:30 a.m.

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## James Densman home destroyed by lightning

James and Elaine Densman, former pastor at First Baptist Church, Haskell, lost all their possessions in a house fire that totally destroyed their home when it was struck by lightning about 2:00 a.m. Monday.

All members of the family are safe.

Anyone wishing to contribute to fund for helping the family, can do so at Haskell National Bank, First National Bank or the First Baptist Church office.

The mailing address of the Densman family is:  
 James L. Densman  
 P.O. Box 748  
 Davis, Okla. 73030



**DOCTOR HONORED**—Dr. Frank Cadenhead greets friends and patients at the reception held in his honor at the Cadenhead Rural Health Clinic, Dec. 31. His retirement marks the end of over fifty-

two years spent in service to the community as a beloved family physician.

## New Baptist pastor begins first week in Haskell

By Mary Kaigler

Although he preached his first sermon there last Sunday, his first official day as pastor of First Baptist Church, Haskell, was Monday, Jan. 2.

During an interview that first day, in the office last used by Bro. Jim Turner, who has retired, Rev. Kevin Hall talked about his enthusiasm at being called by the Haskell church, and at the opportunities here for presenting the gospel.

"They have given us a wonderful house to live in," he said of the local church. "We look forward to being involved in the community." He and his wife, Tessa, have a two and a half-year-old daughter, Alli Grace, who he says is the apple of his eye.

Born in Tyler, the son of a pastor who moved around quite a lot, he calls both Midland and Longview his home. Moving from Midland after his freshman year at Robert E. Lee High School, to Longview, Hall graduated from Pine Tree High School. It was there he met his future wife, Tessa Tate.

As high school sweethearts, their budding romance began when they were a part of a select singing group in school. However, it was several years later before they married.

From high school he went off to Baylor University for four years, majoring in Religion and earning a B. A. degree in 1995. As an undergraduate at Baylor, Hall served as president of the Ministerial Alliance in 1994-95.

Finishing Baylor, he entered George W. Truett Theological Seminary at Baylor University in Waco. Last August he received a Master of Divinity degree with an emphasis in counselling.

For the last four and a half years, he has been working with the Jonesboro Baptist Church. He has also made several mission trips to Africa, and has spent one summer studying in Mexico.

"I believe the gospel is already relevant to our world," the young pastor said. "I'm just called to make the gospel known," he added about his role as a minister.

"I believe the gospel speaks to the 'least of these', and we just need to be about the business of presenting it to 'the least of these'.

The gospel speaks for itself; it just needs to be proclaimed and lived out in our lives. So therefore, I'm a community-based person. I believe in social ministries to the people," he said.

In his first sermon last Sunday, Rev. Kevin Hall told his new congregation, "Before they (others) can have ears to hear, we must act out the gospel in our lives. Their ears will open once we meet their most basic needs."

Ecumenically minded, Hall said he is looking forward to meeting and working with the other Haskell ministers and organizations.

No doubt, Haskell also can be looking forward to having this earnest young pastor become involved in the community.

## Hay Hotline available

by Brandon Anderson  
 Haskell Co. Extension Agent  
 With dry conditions intensifying across the state, Agriculture Commissioner Susan Combs reminds Texas livestock producers that the Hay Hotline, which links buyers with hay sellers, is still in operation.

Farmers and ranchers can access the Hay Hotline on the Texas Department of Agriculture's website at [www.agr.state.tx.us](http://www.agr.state.tx.us) or request a list of hay suppliers by calling toll-free 1-877-429-1998.

"With the abnormally dry conditions Texas has been experiencing since mid-summer and the diminishing forage and hay supplies, the Hay Hotline makes locating hay easier for producers," Combs said. "Based on long-range climate predictions and La Nina remaining strong, the forecast may not improve anytime soon. I want to ensure that Texas producers are able to locate hay for winter feeding."

The Hay Hotline connects Texas producers needing forage and hay suppliers from Texas and out-of-state. It was started during the 1996 drought and revived during the 1998 drought when hay supply levels were low. In March, Commissioner Combs reinstated the Hay Hotline as a pro-active approach because of the potential for another drought.

"In some areas of the state, forage for grazing is non-existent and hay supplies are depleted or are dwindling fast since producers had to start feeding earlier than normal," Combs said. "In November, pasture and range conditions were at 36 percent of normal compared with 56 percent normal at the same time last year."

As an added service, the Hotline takes information about pasture availability for Texas producers looking for pasture for their livestock.

## Ag Credit receives FSA award

Wayland Shurley, Farm Service Agency State Executive Director, presented Ag Credit of Texas, PCA the Preferred Lender Status, its highest level agricultural lender designation, Mon., Dec. 6.

"We are extremely pleased to make this award to Ag Credit of Texas, PCA. Under this program, FSA guaranteed loans receive expedited decisions by FSA and reduces the paperwork required by the lender and the borrower," said Shurley. "Ag Credit of Texas, PCA is among the elite agricultural lenders that have experience with USDA guaranteed loans," he continued.

"We have had an excellent working relationship with FSA in obtaining loan guarantees for the last several years. Wayland and his staff have worked hard to make the process as painless as possible and now with the Preferred Lender Status it will be even better," said Terry Dane, President of Ag Credit of Texas, PCA.

With low commodity prices and the continued drought throughout the state, FSA guarantees are a vital part of helping agricultural producers through these tough times. FSA provides direct and guaranteed loans to agricultural producers to assist them during these periods of stress that many are suffering.



REV. KEVIN AND TESSA HALL



**FIRE THREATENS ABSTRACT CO.**—Two Haskell Volunteer Fire Department trucks responded to a call from Dulaney Abstract Company about 10:30 a.m. Tues., when an electrical short occurred in metal bars in a suspended ceiling, setting fire to insulation paper. Caught early, little damage other than smoke, was sustained by the business.

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## Obituaries

### Emmett Joseph Couch

Funeral services for Emmett Joseph Couch, 84, of Orosi, Calif. were held Tues., Jan. 4 at Dopkins Funeral Chapel in Dinuba, Calif.

Mr. Couch died Fri., Dec. 31 in Dinuba. Born Aug. 8, 1915 in Haskell, he was a heavy equipment mechanic and had worked for Tulare County for 35 years. He was a member of Dinuba Church of Christ.

Survivors include his wife, Mrs. Jennie Couch of Orosi, Calif.; two sons, Lynn Couch of Modesto, Calif. and Glenn Couch of Visalia, Calif.; one daughter, Gail Tjon of Indiana; one brother, Billy Couch of San Angelo; two sisters, Elva Crain of Irving and Vera Sue Worley of Brownwood; 4 grandchildren and 3 great grandchildren.

## Sagerton News

By Dorothy M. Clark

The ringing of the church bells at Faith Lutheran brought in the new year and a new millennium early Sat. morning and now we make plans for the upcoming year and leave all our worries of the Y2K behind.

Local school students will be going back to classes this week while college students are still enjoying the time off. As school begins again local basketball fans will be gearing up to attend the upcoming district games that begin Jan. 11 at Paint Creek. We wish the Rule Bobcats and Lady Cats a successful year.

A change in the date of the annual community meeting has been made. The meeting will be held next Tues., Jan. 11 at 6:30 p.m. at the community center with Alvin and Ev Ulmer, G. W. and Ophelia LeFevre and Joe and Dorothy Clark hosting a hamburger supper. Ladies of the community are asked to bring desserts. Annual reports will be given and officers will be elected for the coming year.

On Christmas Eve Mrs. Minnie Monse was at the home of her daughter, Doris Lehmann of Rule. Other family members that were there included Ricky, Carla, Brian and Meagan Lehmann of Katy; Randy, Carla and Vanessa Lehmann of Sweetwater; Bobby, Norva, Josh, Keli and Hollie Smith of Rule; Hollie's friend, Scott Dixon of Lubbock; Dillon Cooper, Tommy, Debbie, Jason and Jennifer of Plano.

On Christmas Day, Mrs. Monse accompanied her daughters, Isabell Mrazek of Aspermont and Doris Lehmann of Rule to Clyde for dinner in the home of her granddaughter, Frances Howle. Other children visiting with her were Joy, Jill and Madison of Cibolo; Jeff and Lacy of Merkel; Bubba Mrazek of New Braunfels and Virgil and Geneva Vahlenkamp of Denton. All of the family members stopped by Mrs. Monse's house during the holidays for special visits with her.

Clancy and Helen Lehmann's home was busy during the holiday as their family gathered there on the 25th and included Steven, Karen, Brian, M'Lynn and Joanna; Paul and Jennifer Page of Rule; and Gail Lehmann of Denver. On the 26th Helen's brother and his family joined the group for dinner and more visiting. Coming for the day were Buddy and Bobby Letz of Abilene; Teri Letz of Perrin; and

Celeste, Justin and Jordan Brewster of Eula.

Alvin and Ev Ulmer hosted a Christmas celebration in their home for Winston and Mary Ulmer of Seguin; Jana and Keith Whitaker of Meeker, Colo.; Mark, Dawn, Sean and Josh Ulmer of Clearlake; and Paige, Mark, Kirby and Matthew Stockard of Katy.

All the children and grandchildren of Mary Neinast met in her home for Christmas, celebrating including Kenneth, Betsy and Martha Kate Neinast of Emory; and Roy, Judy, Doug, Darrel and Dustin McEwen of Anson.

Gene and Adela Teichelman hosted two family gatherings. On the 24th the following were at the Teichelman home: Mr. and Mrs. Dickie Greenwood, Adam and Shannon of Haskell; Mr. and Mrs. Nicky Nierdick of Plano and Sheila Nierdick of College Station. On Dec. 26 more family members were there including Mr. and Mrs. Larry Teichelman at Amanda of Abilene; Mr. and Mrs. Tommy Cook of Kingport, Tenn.; Thomas and Sheila Nierdick of College Station; Mr. and Mrs. Dickie Greenwood, Adam and Shannon of Haskell; Mr. and Mrs. Billy Teichelman, Toby and Renelle of Stamford and Mr. and Mrs. Eddie McKissick and sons of Houston.

Jonathan Lammert of College Station and Paige Lammert of San Angelo have been visiting their family, Danny, Helen and Brittany Lammert during their break from college. Paige is a student at Angelo State University and Jonathan is working on his Masters Degree at Texas A&M. He will be graduating in May with a degree in Civil Engineering. He will be going to Washington, D. C. Jan. 6 to attend a transportation conference.

The Lammerts visited in New Braunfels on Dec. 25 and Helen's brother, Elgin Frovoese and twin sons, Kevin and John returned home to visit in the Lammert home for a few days.

Delbert and Joyce LeFevre hosted a family Christmas celebration on Sun., Dec. 26 for 14 of their 23 children, grandchildren and 6 great grandchildren. They came from various places in Tex. and N. M. The LeFevre home is rather quiet now since everyone has gone home.

Another busy household in the community was that of Jacky and Peggy Tabor as most of their children and grandchildren came home to visit during the New Year weekend.

Kacy, Jessica and Grace Baitz of Waco spent the weekend in Sagerton visiting in the home of his parents, Fred and Tami Baitz. Kacy was the guest organizer at Faith Lutheran Sun. morning.

Carl and Jonathan Stegemoeller have been visiting this past week in the home of their parents, Leon and Mae.

The holidays are over for a while now and as we all get older, it takes a little bit longer to recuperate from all the extra activities. We will "hang in there," get all the decorations put away, rest up a bit and be ready for the next celebration.

## Around Town

By Joyce Hawkins

Tom and Starla Saali, Bethany and Nathan from Tyler visited with her parents Arvil and Mary Ann McFadden. Also, granddaughter Rachelle Ely from Merkel was there to visit. On Thurs., Dec. 23, they all drove to Lubbock to see Brandon graduate from the Lubbock Police Academy. They all went to Brandon and Stephanie's home, had dinner and opened gifts.

Greater Independent BC was in Wichita Falls last Sun. at the Pilgrim Rest Baptist Church for their pastor's ordination service.

Recognition of the Examining Council, Rev. B. J. Robinson presented the candidate, Rev. F. E. Chenault gave the charge to the candidate. Then Rev. Bobby Ray Wade gave his sermon and the laying on of hands was done by the Board of Ministers which included Rev. W. O. Everett, Rev. Ricky McGee, Rev. Vincent Turner, Rev. B. B. Robinson, Rev. L. W. Washington.

Church community brotherhood was at the Greater Independent BC last Tues. Next brotherhood

meeting will be at the Weeping Mary BC, Anson.

Visiting in the home of Mae Lou Yeldell for Christmas were all her children and grandchildren except son Frank who is in the V.A. Hospital in Dallas. Visiting were Mr. and Mrs. Ronny Williamson and daughter Ebone of Arlington; Birdie and her children Brittany, Virginia and Leon of Haskell; Angela and Pat of Stamford, sisters Birdie Benford and Susie Jackson; her brother's children Alice Collin of Calif., Bennie Mae Odom of Midland, Susie Kenart of Haskell; her sister Alice and children Johnnie Johnson and his family and children L. C. Johnson, Jr.

Charles and Jean Blair had all their children home for Christmas.

### Heart disease is leading killer of women

Heart disease, not breast cancer, is the leading killer of women in the U. S.

"Most women do not experience heart disease until after menopause because the hormone estrogen protects them up until that point," said Dr. Rebecca Reeves at The DeBakey Heart Center at Baylor College of Medicine in Houston. "Following menopause, estrogen levels change. This is why many doctors encourage women to go on hormone replacement therapy."

Some of the risk factors for heart disease is women include obesity, high blood pressure, high cholesterol, smoking, a lack of exercise and a poor diet. Eating a balanced diet where less than 30 percent of the calories come from fat is very important.

They were Charles and Tammy Flannery and children Ashley and Ryan from Rudy, Ark.; Clayton and Michelle Pannell and children Loran and Brittney from Throckmorton; David and Cindy Muhle and children from Rochester and Gary and Vickie Hawkins and son Joseph and his friend; Christy and daughters Cheyanne and Shawnee; Nathan and Ann Blair and daughters Ariel and Alice; Eric Blair of Haskell and Cody Blair of Wichita Falls.

Kirk McCord, son of Mr. and Mrs. Andy Gannaway, is leaving for Hawaii.

Those who helped Garrett Tatum celebrate his second birthday at the park on Sun. afternoon were his parents Mr. and Mrs. Christopher Tatum and brother Zachery; grandparents Mr. and Mrs. Ronnie Chapman and Mr. and Mrs. Billy Tatum; great grandmothers Billie Jean Walters and Joyce Hawkins; aunt Creora Tatum, uncle Ronald Chapman; great aunts and uncles John and Glenda Gayle Rutkowski and children Britney, Weston and Ashton; Terry and Ruth Chapman and children Holly and Caroline; and uncle Jonathan Tatum and children Aubree and Caden.

Vivian Roberson came home from Lubbock after a few days stay with granddaughter Lisa and a visit to a doctor there. She will be going to Hendricks each day for treatments.

Faye and George Gray had visitors on Wed.; they were her niece Bill and Mary Jacoby and Lore and Mac Monroe and two sons from Denver, Colo. On Mon. her sister and son Pauline and Gary Greben of Weatherford visited and on Sat. their daughter Georgia and Woody Turnbow of Weinert with their son Eric of Mesquite and his three daughters Linsey, Erika and Terra of Wichita Falls.

Gladys O'Neal visited with her son and family Randy O'Neal in Amarillo. She then went to Irving to visit another son and family Dr. Barry O'Neal; then visited a sister Mr. and Mrs. Wilton Davis in Dallas and then another sister Frankie Lee in Austin.

### Haskell Co. Gin Report

January 2, 2000	
Haskell	
Haskell Co-op Gin	5,485
O'Brien	
O'Brien Gin	18,343
Rochester	
Rochester Co-op Gin	1,642
Rule	
Rule Co-op Gin	3,403
Sagerton	
Sagerton Gin	1,100
Weinert	
Griff's Gin	3,066
Weinert Gin	5,251
Total Bales	38,290

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### TAX PLANNING

Written By  
**Richard E. Rodgers, CPA**



#### NOTE YOUR 2000 TAX DEADLINES

Mark these as red letter days on your 2000 calendar if any of the following upcoming tax deadlines apply to you or your business.

• January 18: Due date for the fourth and final installment of 1999 estimated tax (unless you file your 1999 return and pay any balance due by January 31).

• January 31: Employers must furnish W-2 statements to employees. 1099 information statements must be furnished to payees by banks, brokers and other payors.

• January 31: Employers must file 1999 federal unemployment tax returns and pay any tax due.

• February 28: Payors must file information returns (such as 1099s) with the IRS. This deadline is extended to March 31 if filing electronically (not by magnetic media).

• February 29: Employers must send W-2 copies to the Social Security Administration. Deadline is extended to March 31 if filing electronically.

• March 1: Farmers and fishermen who did not make 1999 estimated tax payments must file 1999 tax returns and pay taxes in full.

• March 15: 1999 calendar-year corporation income tax returns are due.

• April 17: Individual income tax returns for 1999 are due unless you file for an automatic extension. Taxes owed are due regardless of extension.

• April 17: 1999 partnership information returns are due.

• April 17: 1999 annual gift tax returns are due.

• April 17: Deadline for making your 1999 IRA contribution.

• April 17: First installment of 2000 individual estimated tax is due.

• June 15: Second installment of 2000 individual estimated tax is due.

• August 15: Deadline for filing your 1999 tax return if you requested an extension of the April 17 filing deadline.

• September 15: Third installment of 2000 individual estimated tax is due.

Call our office for more information or for assistance with these and other required tax filings.

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**HONORING A DEDICATED MAN**—Joined by his wife, Billie, Dr. Frank Cadenhead greeted his many friends and patients who wish him well in his retirement after fifty-two years practicing in the area.



**ENDING AN ERA**—At the reception in his honor, Dec. 31, Haskell residents gathered to express their thanks and best wishes to long-time Haskell physician, 'Dr. Frank', on the occasion of his retirement.



**GOODBYE TO A MAN OF PURPOSE**—After a long career of delivering babies, curing ills, and comforting the infirm, Dr. Frank Cadenhead of Haskell receives good wishes and words of thanks from Haskell citizens for whom he has been a help in time of need throughout the last fifty-two and a half years.

## Weight loss strategies

by Lou Gilly  
Haskell Co. Extension Agent  
Can anyone be successful at losing weight? Researchers at the University of Colorado and University of Pittsburgh believe there is such a thing as a successful loser. These researchers looked at a group of 629 women who were successful at losing 30 pounds or more and keeping it off for an average of 5.5 years. Their results make up a database known as the National Weight Control Registry.

So what are the keys to successful weight loss and maintenance according to these women? These women credit their success to the following strategies:

- Cutting calories and/or fat grams;
- Decreasing portion sizes;
- Eliminating certain "pig out" foods; and
- Increasing physical activity.

Although none of these

strategies may come as a surprise, some of their approaches may surprise you. Women in the National Weight Control Registry:

- Did not skip meals;
- Ate an average of 5 times a day (including snacks);
- Consumed about 1,300 calories a day on average;

- Limited eating out to no more than 3 times a week;
- Limited eating fast food to only 1 of the 3 times per week;
- Used up about 2,700 calories exercising per week (usually doing 2 different exercises);
- Monitored their weight closely (usually weighing weekly).

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## Help your child grow at a healthy pace

A recent report shows that children are gaining about one-half pound more per year than children twenty years ago. To maintain or achieve healthy weight for your family, you may need to Just Say No to ways that cause extra pounds and to Just Say Yes to ways that will help your children build healthy eating and exercise habits.

Just Say No to those second helpings and extra bites. An extra 100 calories a day than a child needs to grow normally or an adult needs to maintain weight results in an extra 10 pounds a year. One hundred calories is not much food. For example, 100 extra calories are 10 potato chips, an eight ounce glass of Coke, a large cookie, a slice of bread and butter, a handful of peanuts.

When you're tempted to fry foods, Just Say No!! Grill, bake or use small amount of water. For baked goods, use applesauce in place of oil or fat. Grill, bake, or cook in small amount of water.

Just Say No to butter and cheese sauces for casseroles and vegetables. Instead of butter, season with herbs and spices.

Just Say No to preparing sweet desserts. Serve canned or fresh fruit for desserts. Learn to serve sweet desserts only occasionally.

If weight is a problem for your family, Just Say No to snacks such

as chips, dips, cookies and crackers. Your family will "wear" the food you purchase and serve. So choose and serve wisely the food you wish them to "wear" later.

Just Say Yes to using the Food Guide Pyramid when preparing meals. By serving the recommended servings in the Food Guide Pyramid, you can meet the recommended goal of less than 30% of calories from fat. Build your family's diets on whole grain breads and cereal, fruits and vegetables. These are low in fat, saturated fat and cholesterol. Then add the recommended amounts of milk and dairy foods and meat, chicken or fish.

Just Say Yes to family exercise. According to C. Everett Koop, past Surgeon General and promoter of the new Shape Up America program, exercise is a family value. He believes that family exercise is as important as families eating meals together. Families who exercise together at least 30 minutes a day can keep their families healthy in more ways than one. Parents are responsible to potty train their children, teach them to brush their teeth and take a bath regularly, do homework, or get enough sleep. The same is true for exercise. Like brushing teeth, eating a healthy diet and getting

enough exercise are habits and parents are responsible for developing these habits in their children. Research shows that parents and school faculty and staff are important role models for children to learn good exercise habits.

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# OPINION

## State Capital



### HIGHLIGHTS

By Ed Sterling  
TEXAS PRESS ASSOCIATION

AUSTIN — Congress Avenue and portions of bisecting streets were blocked off last week as crews set up the capital city New Year's Eve party for an anticipated 200,000 revelers.

Meanwhile, Readiness 2000, a coalition of 31 state agencies, prepared to watch and wait in the Department of Public Safety's emergency management center in Austin.

Over the last two years, state officials found nearly all computers "Y2K ready" at 199 state agencies, including 30 agencies identified as critical to health, safety or the economy.

Don Rogers, a spokesman for Readiness 2000, told *The Dallas Morning News* his group encourages Texas residents to have enough water and other supplies on hand to last three days.

#### Notification Law Starts Jan. 1

The new parental-notification abortion law, sponsored in the 1999 state legislative session by Sen. Florence Shapiro, R-Plano, goes into effect Jan. 1.

The law requires an unmarried woman 17 or younger to notify a parent that she intends to have an abortion. Also, she will be asked to produce proof of her age.

If a parent has not signed an affidavit, a physician must send a registered letter to a parent's address, then wait 48 hours before performing the abortion.

Under the law, parents need not approve. They only must be told an abortion is to occur.

The Texas Department of Health reported in 1997 that 5,523 minors had abortions.

Lawmakers estimate that 200 young women a year, even in light of the law, will refuse to tell a parent, *The Dallas Morning News* reported last week.

#### SW Bell Settles Lawsuit

Southwestern Bell Telephone Co. said it would pay \$10 million to settle a class-action lawsuit filed on behalf of all its customers in 400 Texas cities, the *Austin American-Statesman* reported Dec. 30.

In the preliminary settlement, the plaintiffs, who sued over the way the telephone company collects franchise fees, will receive no payment, and the Dallas lawyers representing them could collect \$2 million.

Instead, \$3 million in cash and \$7 million in service credits would go to the state's Telecommunications and Infrastructure Fund, the *American-Statesman* reported.

Customers wishing to exercise their right to sue individually have until April 1 to "opt out" of the settlement, in writing.

The Telecommunications Infrastructure Fund was established to help communities, libraries and school districts get high-speed Internet access.

#### AG Targets 'Bidi' Sellers

Texas will take enforcement action against Internet merchants accused of selling a tobacco product known as "bidis" to minors.

Attorney General John Cornyn said the sale of the small, brown, hand-rolled cigarettes is an illegal and predatory business practice that "must come to an end."

Offices of 16 other state attorneys general are doing the same.

As part of its enforcement action, Texas is sending warning letters to online companies found selling bidis to children.

Citing Federal Food and Drug Administration's regulations and the Texas Deceptive Trade Practices Act, the letter requires violators to sign a cease-and-desist agreement to avoid legal action.

#### Other Highlights

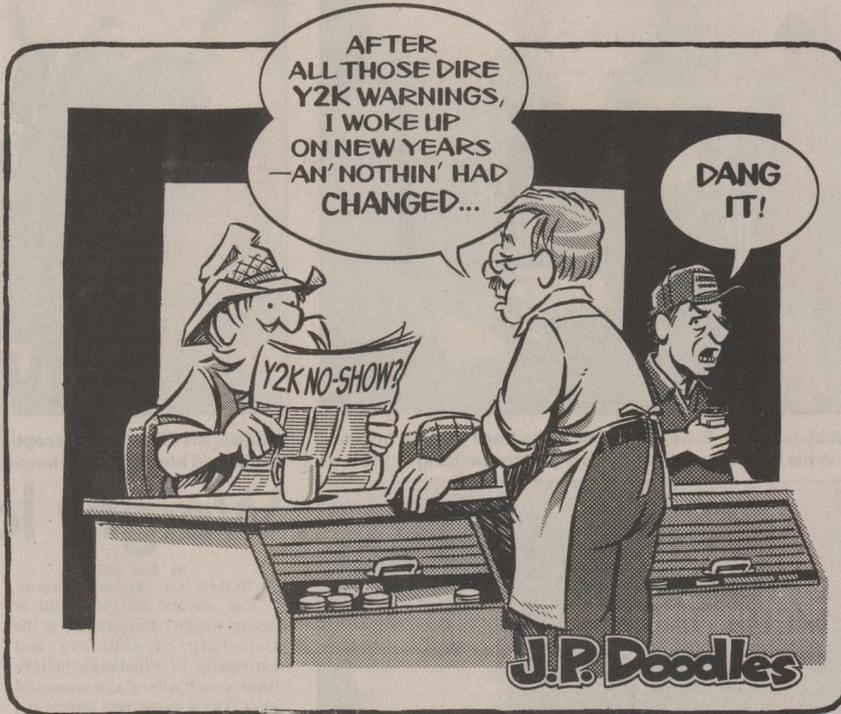
■ The Texas Department of Public Safety reported 23 people died on Texas roads over the 54-hour holiday weekend reporting period. The DPS predicted 32 highway deaths would occur over the reporting period covering New Year's weekend.

■ Texas' share of a \$900 million federal funding package to aid the homeless will be \$46 million. The money will provide medical treatment, job training and shelter.

■ Texas Land Commissioner David Dewhurst announced he is returning almost \$600,000 in unspent 1999 funding to the state of Texas, making the Texas General Land Office one of the few state agencies to spend less than it was budgeted by the Legislature in 1999, he said.

■ "Marauding feral hogs" are tearing up yards and parks in Austin, but neither the city of Austin nor Travis County has organized opposition to the marauders, city and county officials told the *Austin American-Statesman* last week. Tusked and aggressive, the wild pigs weigh up to 400 pounds and stand up to 3 feet at the shoulder.

■ A car chase ended on the evening of Dec. 28 at the iron gates at the rear driveway of the Governor's Mansion. Police pulled a 54-year-old male suspect and a woman from their late-model BMW and arrested them. Gov. George W. Bush was out of state at the time.



## From The Inside Out

By Mary Kaigler

After fifty-two and a half years of easing pains, curing ills, delivering babies, and comforting the infirm in his kind, reassuring manner, Haskell's "Dr. Frank" is retiring.

When I interviewed him back in January, 1998, for a feature story we were doing for the Senior Quarterly, it was apparent that Dr. Frank Cadenhead is a man of deep convictions and strong commitment to the callings of his profession and his God.

Now that he feels it is the right time for him to step aside, he says it is with a deep sense of gratefulness, respect and humility for the trust placed in him as the family physician to countless patients in this area. Although he has loved every aspect of his work, he says he is tired of the endless, tedious government regulations which he sees are hard on patients. "I just enjoy treating my patients the way I know to treat them, but not their (the government's) way. This seems like a good time to leave all that to the younger generation," he said.

Throughout the varying events of his lifetime, which now spans over seventy years, Dr. Frank Cadenhead has been convinced that nothing in life is a coincidence; believing instead that there is a plan, a reason and a purpose for everything that happens. Some of the things he recounted certainly seem to bear that out.

Deciding at age six or seven to be a doctor like his father, Dr. James Frank Cadenhead, Sr., of Weinert, he never doubted that he would have a family practice in

general medicine. Finishing Weinert High School at age 15, he then finished Vanderbilt University Medical School, in Nashville, Tennessee, at age 21.

Disappointed at missing by two days getting to intern at John Peter Smith Hospital in Fort Worth, where his father interned, he was sent instead by the Air Force Reserves to San Antonio, where he met the love of his life, Billie, his wife of 53 years.

Recently, when free-lance writer, David Stevens of Amarillo called me to ask about someone he could talk to about Dr. Cadenhead for an article he was writing for the *Wichita Falls Times Record News*, I referred him to George Fouts.

The story George told him, which appeared in the *Wichita paper* recently, again points up in a dramatic way, Dr. Frank's theory of everything being for a purpose.

Back in 1948, George and Dr. Frank, their wives and new baby daughters were fishing on a little lake near Woodson. While there they heard a man screaming, "Come help me find my boy."

The two went to help, and found the 8-year-old boy had been caught and held under water by a trot line for several minutes. Unconscious, the boy was not breathing and was beginning to turn black.

Determined to get him breathing again, Dr. Frank gave the boy artificial respiration for about 30 minutes, until the boy began to breathe, although he had not regained consciousness. But reassuring the father that everything was going to be all right, Dr. Frank told him to drive the boy to the

nearest hospital, which was just a few miles away.

Last week, after reading the newspaper story of that day 51 years ago, the mother of the boy wrote Dr. Cadenhead, wishing him well on his retirement, and telling him about the boy whose life he saved.

In part, she wrote, "The story related by your friend George Fouts, really brought back memories to me, since that was my son that you saved from drowning that day at the Woodson lake."

She went on to say that her son, William Scott Whitaker, has never sustained any bad effects from the accident, and doesn't remember it at all. He was valedictorian at Olney High School, received his Electrical Engineering degree from Rice University, and Master degree in another engineering field from the University of Houston. Married with two children, he has a successful career in the field of engineering in the Houston area.

"I believe the Lord brought you and your friend to the Woodson lake that day for the purpose of saving my son, and I'm so thankful," the mother wrote. "God can perform miracles in so many ways."

What a joyful testimonial to a life dedicated and spent in healing and saving lives.

The mother, Margaret (Mrs. Scott T.) Whitaker, said she hoped to attend the reception Dec. 31, held at the Haskell Clinic for Dr. Frank's retirement.

What a joyful reunion that had to be.

## Letters to the Editor

Dear Editor:

Thanks to the generosity of our community, the Jingle Bell Kitchen served nearly 300 hearty meals to students, senior citizens and those in-between. Donations of time, labor, food and money helped make

this event possible.

Thanks to Modern Way Food Store, Trinity Baptist Church, Haskell County Child Welfare Board, Kay's Cleaners, Haskell National Bank, First National Bank, Haskell Lions Club, Haskell

High School Student Council, Haskell Young Homemakers and the Haskell CISD Board of Trustees for their support of the kitchen. Thanks to County Commissioners Billy Wayne Hester, Tiffen Mayfield, Kenny Thompson and Bud Turnbow; County Judge David Davis, City Attorney Shane Hadaway and the employees of Haskell CISD who volunteered their time to cook, serve and clean up the kitchen. Thanks to Haskell Cable for the publicity. Other individuals too numerous to mention also made donations.

It is wonderful to live in a community where so many people are willing to work together. The Jingle Bell Kitchen was a true example of the spirit of the season. Sincerely, Billie McKeever

## From Out of the Past

From the files of  
The Haskell Free Press

### 10 Years Ago January 4, 1990

Bobby Hobgood, president of First National Bank, has announced that Janet Thane has been promoted to assistant cashier and compliance officer and Joey Kimbrough has been promoted to assistant cashier and loan officer.

The City of Haskell has received a certificate from the Environment Protection Agency (EPA) for the manner in which it has operated the waste water treatment plant.

### 20 Years Ago January 3, 1980

Total donations to the Goodfellow fund in Haskell amounted to \$955.00. The funds donated and profits received from the Lions Club Pancake Supper were used to provide boxes of food and toys for approximately 40 families in Haskell.

Visitors in the C. E. Tidwell home over the weekend were Da Burson of Arlington, Travis and Peggy Burson of Lubbock, Vad and Jerry Harrell of Rule and Leonard and Minnie Davis Haskell.

Dr. Jeff Cadenhead, a Haskell native, has accepted a position with the new Area Range Special with the Texas Agriculture Extension Service in Vernon.

### 30 Years Ago January 1, 1970

Due to electrical power failure caused by the heavy ice storm members of the Lions Club dined by candlelight at the noon meeting held at Felker's Restaurant.

The Haskell Memorial Hospital Auxiliary and Candy Strip visited the Clear View and R. Springs Rest Homes and presented a Christmas program of carols and songs.

The members of the Ruby Junior Class had its Christmas party at the home of Mrs. A. C. Sego. The group enjoyed a turkey dinner with all the trimmings. Juniors present were: Peggy Clark, Debbie Plunk, Marsha Moore, Bonnie Sego, Alan Matysiak, Jimmy Lisle, Eddie Elmore, Johnny Ross, Eugene Lee Bobby Bishop and Pam Wilson.

### 40 Years Ago January 7, 1960

John Miller donated and planted eight Chinese elm trees at Scot Memorial Park. Randy Ballar, Park Superintendent, helped Miller with the planting.

Mr. and Mrs. Alton Middle became sole owners of Fasil Fabrics this week, after purchasing the interest of Mr. and Mr. J. B. Gipson.

The Fidelis Class of the First Baptist Church met in the home of Mrs. Otis Matthews for their business and social meeting. Ruby Matthews was elected vice president to fill the vacancy created by Mrs. Morgan moving away.

### 50 Years Ago January 5, 1950

The first baby of 1950 is Donna Jo Grimsley. She is the daughter of Mr. and Mrs. William Henry Grimsley of Weinert.

Due to the continued rising costs of newspaper production and increased postal rates, it has been necessary to increase the subscription rate of the Haskell Free Press from \$2.50 to \$3.00 per year outside Haskell and adjoining counties.

Royce Adkins, young practicing attorney and native of Haskell county, has announced his candidacy for the office of County Attorney.

### 90 Years Ago January 1, 1910

A new Brass Band was organized on Christmas Day and gave a concert that afternoon on the courthouse square.

The post office has moved from the building on the east side to the Alexander block on the south side.

The Palace Meat Market has put in a bone grinder and is now making a special brand of chicken feed.

## The Haskell Free Press

Established January 1, 1886  
PUBLISHED EVERY THURSDAY  
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John McDougal ..... Publisher  
Lisa Shaw ..... Business Manager  
Mary Kaigler ..... Editor  
Doris McDougal ..... Production  
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## Keeping an eye on Texas

### If Texas were a nation...

The total value of goods and services produced in Texas in 1997 was \$601 billion, which ranks the state 9th when compared with the Gross National Product of countries throughout the world.

	Gross National Product 1997, in billions
United States*	\$6,102
Japan	\$4,812
Germany	\$2,320
France	\$1,541
United Kingdom	\$1,231
Italy	\$1,160
China	\$1,055
Brazil	\$784
Texas**	\$601
Canada	\$594
Spain	\$569
Korea	\$485
Netherlands	\$403
Russia	\$394
Australia	\$382
India	\$357
Mexico	\$348
Argentina	\$319
Switzerland	\$305

SOURCES:  
Carole Keeton Rylander, Texas Comptroller of Public Accounts; (www.window.state.tx.us); The World Bank Atlas and U.S. Bureau of Economic Analysis.



\* Includes Texas  
\*\* If Texas were a nation

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## Ask the AG

By John Cornyn, Attorney General

**Q: I am a senior citizen on a fixed income and am having trouble paying my property taxes. Are there any programs that can help me?**

**A:** You are not alone in your concerns. For many senior citizens who own their own homes but live on fixed incomes, rising property taxes and appraisals may be more than their budgets can handle. As Attorney General, I support efforts to ensure that senior homeowners can remain independent and secure in their own homes.

Fortunately, there are several tax laws that reduce taxes and allow special payment options for senior homeowners. These senior-friendly laws are available to older homeowners of all income levels.

All Texas homeowners qualify for a set exemption from school taxes on their homestead's value. Any taxing unit, including a school district, may offer an additional exemption of \$3,000 or more for homesteads belonging to homeowners who are age 65 and older. Senior homeowners, regardless of income level, should check with their local property appraisal district for information on extra benefits available

## Carbs fuel workouts

Low-carbohydrate diets may be all the rage but many dietitians warn that skimping on this nutrient could rob your body of energy, especially during exercise.

"Carbohydrates are one of the basic nutrients that supply energy to the body," said Dr. Rebecca Reeves, a registered dietitian with Baylor College of Medicine's Behavioral Medicine Research Center in Houston. "This is the energy source the body looks for and it is what it burns when a person starts exercising."

The body transforms carbohydrates into glucose and transports it to the cells for energy. Carbohydrates also replenish spent muscle-glycogen stores. If your body is not well stocked, your workout could suffer.

To get the most out of this energy source, choose complex carbohydrates like dried beans and peas, whole grain foods and cereals like oatmeal.

The duration and intensity of a workout will dictate carbohydrate needs. Most recreational athletes need 50 to 55 percent of calories from carbohydrates, which is the same as the recommended daily intake for non-athletes. Elite athletes, however, will require more.

The bottom line, says Reeves, is to remember that cutting carbohydrates means cutting an energy source.

in their area.

Once senior homeowners file for an over-65 homestead exemption, the amount of their school property tax is frozen until they leave that home. School district taxes can decrease, but not increase, for as long as the senior or surviving spouse lives in that house. Of course, if the elderly homeowner makes significant improvements to the home, the tax assessment may increase.

Another benefit of this law, is that senior homeowners can take their frozen tax rate with them should they move to a new home. For example, if a senior's tax rate is frozen at 25 percent of the home's value, the tax rate on the new home would also be 25 percent of the new home's value.

Homeowners who qualify for the over-65 exemption may also opt to pay taxes in four installments each year. To select this option, senior homeowners must pay at least a fourth of their annual taxes before February 1. With this payment, the homeowner indicates that the taxes will be paid in installments. The remaining payments are due before April 1, June 1 and August 1.

If the homeowner meets the payment deadlines, there is no interest added to the amount. However, if the homeowner misses a payment deadline, a 12 percent penalty is added and 1 percent interest is charged for each month the payment is delinquent.

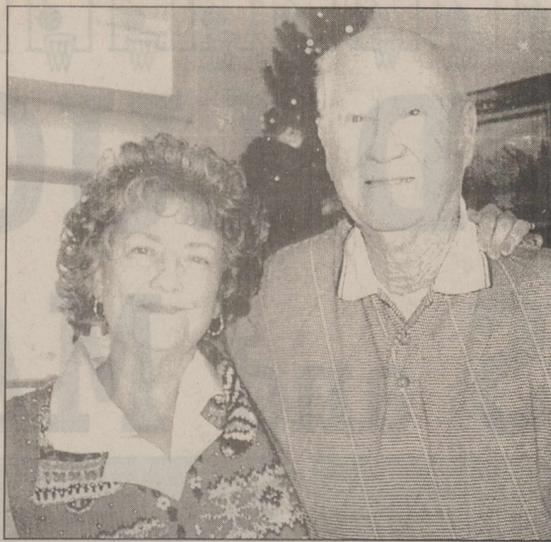
One additional senior-friendly tax law is the ability to defer paying property taxes until the homeowner's estate is settled after his or her death. This deferral option is available for both current and delinquent taxes owed on a property. To take advantage of this program, the senior homeowner must file a tax deferral affidavit with the appraisal district.

A senior citizen may also suspend any lawsuit resulting from delinquent taxes by filing a deferral affidavit with the court. The deferral is for all delinquent property taxes levied on the home by any taxing unit.

It is important to note that a tax deferral postpones, but does not erase, a senior homeowner's tax obligations. And interest is added to the tax amount deferred each year.

If a senior homeowner applies for and receives the tax deferral but then sells or moves out of the home, all past taxes, penalties and interest become payable immediately.

For further information on senior-friendly tax programs, contact the Comptroller of Public Accounts, Property Tax Division at (512) 305-9811.



CHESTER AND DORIS ROBERTSON

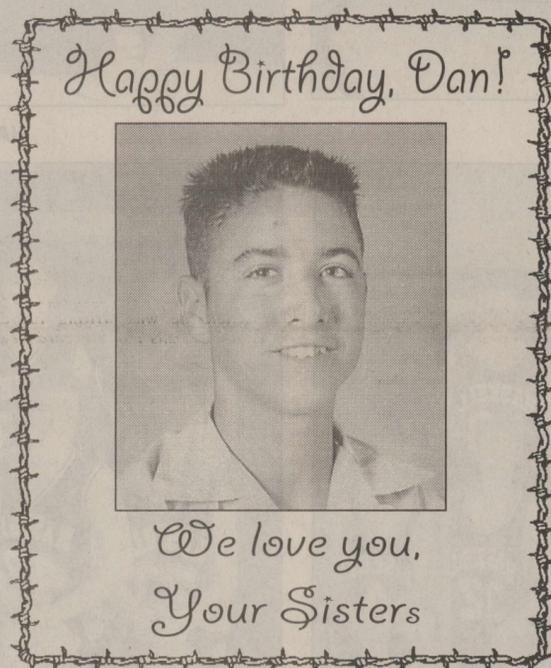
## Couple to celebrate 50th anniversary

Chester and Doris Anderson Robertson of Joshua will celebrate their fiftieth wedding anniversary Jan. 8, at a dinner party, hosted by their children at the new home of Philip and Brenda Robertson in Grandview.

The couple was married in Stamford, Jan. 7, 1950. Their five children and spouses are: Philip and Brenda Robertson, Art and Judy Robertson, Terry and Sheila

Mitchell, Larry and Sue Combs, and Danny and Sarah Van Zandt. They have 19 grandchildren and 16 great grandchildren.

Chester Robertson served four years in the Marines during WWII. He is retired as a salesman with Montgomery Wards. Doris Robertson is a bookkeeper for Westland Construction Co. They have lived in Joshua for the last 35 years.



### PUBLIC NOTICE

Valor Telecommunications of Texas, LP, ("Valor"), formerly known as dba Texas Operating Co., LP, has entered into a contract with GTE Southwest Incorporated to purchase the following exchanges in Haskell County: Haskell, Rochester, Rule, Weinert. On December 13, 1999, Valor filed an application with the Public Utility Commission of Texas ("Commission") requesting approval of the acquisition and issuance of a certificate from the Commission to provide telephone service to the listed exchange(s). If approved, GTE will cease to be the local telephone service provider in this area and Valor will assume the responsibility of providing local exchange service in this area. The Valor application has been assigned Docket No. 21834. GTE's application to remove the exchange(s) from its certificate has been assigned Docket No. 21830. The Commission intends to investigate the acquisition and its impact on the public interest pursuant to Sections 14.101 and 54.051-54.054 of the Public Utility Regulatory Act.

Valor does not propose any increase in charges to customers in this application. If, in the future, the Company proposes a rate change, customers will be given notice at that time.

In addition, Valor seeks designation by the Commission as both an eligible telecommunications provider ("ETP") and as an eligible telecommunications carrier ("ETC") within the service area acquired from GTE, to permit it to receive state and federal universal service support. The Valor applications have been assigned Docket Nos. 21832 and 21833. GTE also seeks to remove the service area sold to Valor from the area in which it has been designated as an ETP and ETC. The GTE application has been assigned Docket No. 21831.

All of the applications and the proposed tariffs are available for inspection and copying at the Central Records Office of the Public Utility Commission of Texas in Austin, Texas. The Valor applications and tariffs are also available at the office of counsel, Brook Bennett Brown, McGinnis, Lochridge & Kilgore, L.L.P., 919 Congress Avenue, 1300 Capitol Center, Austin, Texas 78701. The GTE applications are available for inspection at GTE's offices at 816 Congress Avenue, Suite 1500, Austin, Texas 78701.

Persons with questions regarding the Valor proceeding should contact Mike Page with Valor at (202) 466-0940. Persons with questions regarding the GTE proceeding should call Carl Erhart with GTE at (512) 477-8986. Persons who wish to intervene in either proceeding or comment on the action sought should identify the relevant docket number and contact the Public Utility Commission at Public Utility Commission of Texas, P.O. Box 13326, Austin, Texas, 78711-3326, or you may call the Public Utility Commission office of Consumer Protection at (512) 936-7120 or, toll free, at (888) 782-8477. Hearing-impaired individuals with text telephones ("TTY") may contact the Commission at (512) 936-7136 or use Relay Texas at (800) 735-2989 to reach the Commission's toll free number (888) 782-8477. The deadline for intervention in these proceedings is February 22, 2000, and you must send a letter requesting intervention to the Commission which is received by that date.

## Stains can ruin garments

by Lou Gilly  
Haskell Co. Extension Agent

Few consumers, according to a report issued by the International Fabricare Institute, understand that stains from even colorless ingredients, such as beverages and sugar, can cause damage to garments.

More than 2,500 garments were analyzed last year containing consumer-caused stains. Stains ranged from ink, food, hair preparations, beverages, oil, perspiration to sugar. Invisible stains can occur even when they seem to disappear when dried. However, when exposed to heat during dry cleaning and finishing these stains reappear. Once the stain reappear, they are difficult or impossible to remove. Delaying cleaning increases the risk of permanent stain. The sooner a stain is treated, the greater the chance that it can be removed successfully. The color and fabric type influence whether stains can be removed.

Consumers can help the dry cleaner do a better job of cleaning by telling the dry cleaner of any potential stains, including those

invisible "spills." It also is helpful to know what kind of food or ingredient was spilled on the garment, how long the stain has been present and any techniques the consumer may have used to remove the stain. It is important for consumers to understand that some spills from even mildly acidic/alkaline foods and beverages can cause colors to fade in fabrics. The reaction is slow.

Color loss depends on the sensitivity of the dye, the fiber content, acidity/alkalinity and time of exposure on the fabric. Hair spray and perfumes often cause surprise stains, especially on silk and wool fibers. Though appearing to be invisible, hair spray and other hair preparations may oxidize and become visible with age, exposure to light and heat. Stains usually appear as tan, gray or black raindrop-like splatters. In some cases staining causes the fabric to feel stiff.

Pointing out potential stains to the dry cleaner can alert them to taking precautions that might prevent staining and costly losses to the consumer.

<h1>January Savings</h1>	
<p>Extra Strength <b>Tylenol</b> 100 + 50 FREE Caplets or Gels <b>\$8.99</b></p>	<p>NEW! <b>Migraine Ice</b> Cooling Headache Pads for Migraine Sufferers. Instant Soothing Cooling Relief that lasts for hours! Temple, Neck or Forehead <b>\$4.99</b></p>
<p><b>Kleenex</b> 175 Count <b>99¢</b></p>	<p>All Ladies <b>Billfolds</b> <b>30% off</b> reg. price</p>
<p>All Year 2000 <b>Calendars</b> <b>30% off</b> reg. price</p>	<p>Clearance on Uncle Henry or Old Timer <b>Pocket Knives</b> <b>30% off</b> reg. price</p>
<p>American Greetings 10 pk. <b>Notes or Thank You Notes</b> 2 packs for the price of 1</p>	<p><b>Centrum</b> 100 + 30 Tablets High potency multivitamin <b>\$8.99</b></p>
<p><b>Lubriderm</b> 16 oz Skin Therapy Lotion with FREE Silk Effects Razor <b>\$6.99</b></p>	<p>New! <b>Phisoderm</b> Acne 14 fl. oz. 4 way Daily Acne Cleanser <b>\$6.49</b></p>
<p>Bridal Selections now on display for <b>Holli High</b> bride-elect of Mike Hiddessen</p>	
<p>Prices good Jan. 6, 7 &amp; 8 <b>THE DRUG STORE</b> Hours: 8-6 M-F; 8-5 Sat. 940-864-2673</p>	

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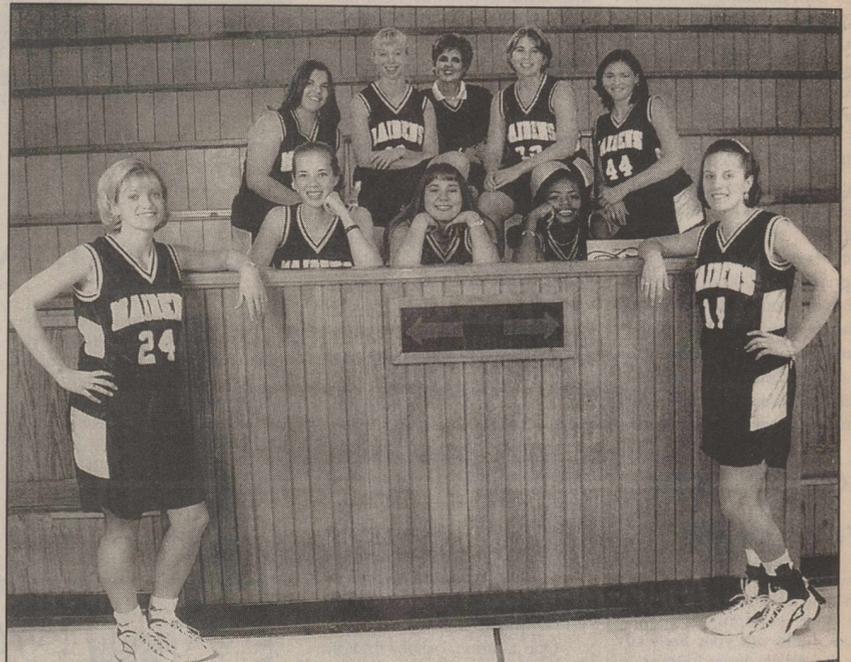
**\$25**



# GOOD LUCK, INDIANS and MAIDENS



HASKELL VARSITY INDIANS



HASKELL VARSITY MAIDENS



HASKELL JV INDIANS

## INDIANS

9th, JV & Varsity vs. Plains  
Sat., Jan. 8, 1 p.m. at Post  
JV & Varsity vs. Holliday  
Tues., Jan. 11, 4 p.m. at Holliday



HASKELL JV MAIDENS

## MAIDENS

JV & Varsity vs. Archer City  
Fri., Jan. 7, 5:30 p.m. at Haskell  
JV & Varsity vs. Holliday  
Tues., Jan. 11, 4 p.m. at Holliday

Photos by KIS Photo

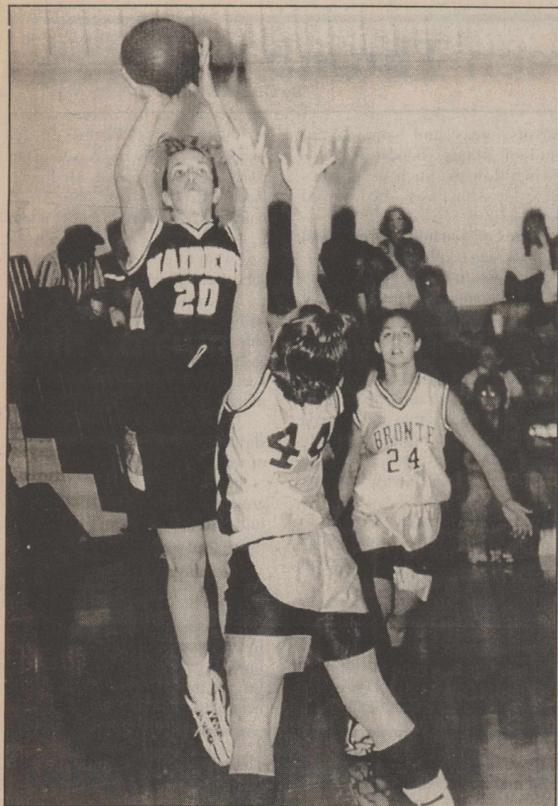
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Haskell Tire & Appliance  
Davis and Wardlaw Oil Co., Inc.  
G & G Carpets  
Haskell National Bank  
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**UP AND IN-** #20 Deshea Phemister, shoots for two points in the Maidens' game with Bronte, during the Hawley Tournament in which Haskell won Consolation. Photo by Bill Blankenship



**UP OVER BRONTE-**Haskell Indian #33 Michael Lindsey, soars to score over a Bronte defender in the Hawley Tournament in which the Indians won 2nd place. Photo by Bill Blankenship

*Good luck, Indians!  
Good luck, Maidens!*

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**Area basketball scores**

**GIRLS**

Bronte 44, Haskell 41 (OT)  
Scoring for Haskell: Rodela 10, Lindsey 9, Phemister 8, Riley 5, Wallace 5, Bird 2, Thompson 2.

Haskell 40, Roscoe 37  
Scoring for Haskell: Lindsey 13, Phemister 9, Wallace 8, Riley 7, Bird 3.

Haskell 33, Anson 27  
Scoring for Haskell: Wallace 10, Riley 6, Lindsey 6, Rodela 4, Buerger 4, Bird 3.

Haskell 58, Roby 39  
Scoring for Haskell: Wallace 20, Lindsey 12, Riley 9, Rodela 7, Phemister 4, Bird 2, Buerger 2, Rieger 2.

All-tournament team - Nikki Wallace, Haskell.

Throckmorton 82, Rochester 21  
Scoring for Rochester: Penman 8, Williams 4, Adkins 4, Reyes 3, Stoddard 2.

JV Score - Throckmorton 26, Rochester 25.

Throckmorton 63, Rule 27  
Scoring for Rule: Lisle 10, Stegemoeller 7, McDuff 6, Trussell 2, Ramirez 2.  
JV Score - Throckmorton 46, Rule 28.

**BOYS**

Haskell 43, Bronte 31  
Scoring for Haskell: Riley 15, Huff 10, Cunningham 8, Lindsey 4, Threet 3, Earles 2, Hunt 1.

Haskell 71, Hawley 47  
Scoring for Haskell: Huff 15, Lindsey 14, Hunt 12, Earles 10, Riley 6, Druessedow 5, Guzman 4, Cunningham 4, Threet 1.

Merkel 50, Haskell 49  
Scoring for Haskell: Earles 14, Huff 12, Riley 11, Lindsey 9, Hunt 3.

All-tournament team - Casey Riley, Haskell.

Throckmorton 69, Rochester 43  
Scoring for Rochester: Byrd 17, Hasty 8, Ruiz 8, Hearn 5.

Rule 75, Throckmorton 69  
Scoring for Rule: Harvey 31, Lehmann 23, Smith 7, Coker 7, Hertel 4, Hisey 3.

*Back  
the  
Indians!*

**AUCTION**

408 S. Ferguson, Stamford, Texas  
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**Bone up  
with calcium**

Is your child getting enough calcium? According to Dr. Robert Shulman, a pediatric gastroenterology and nutrition specialist at Texas Children's Hospital in Houston, children 1 through 10 need about 800 mg. of calcium each day. That amount increases to 1,200 mg. a day for ages 11 through 24. A cup of whole milk contains about 300 mg. of calcium.

Here are some tips for increasing dietary calcium:

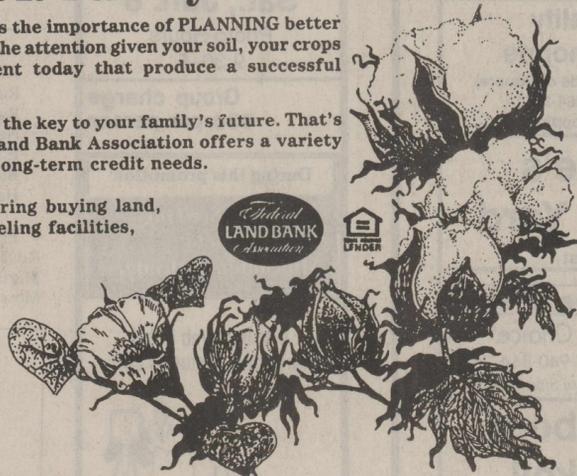
- Add a tablespoon or two of nonfat dry milk when preparing casseroles, sauces and baked goods.
- Use calcium-fortified orange juice and cereals.
- Substitute milk for water and add cheese to foods during preparation.
- Offer yogurt, greens and navy beans.
- If your child is not getting enough calcium, talk with your child's doctor about calcium supplements.

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YOUR Family's FUTURE**

No one understands the importance of PLANNING better than a farmer. It's the attention given your soil, your crops and your equipment today that produce a successful tomorrow.

Careful planning is the key to your family's future. That's why the Federal Land Bank Association offers a variety of loans for your long-term credit needs.

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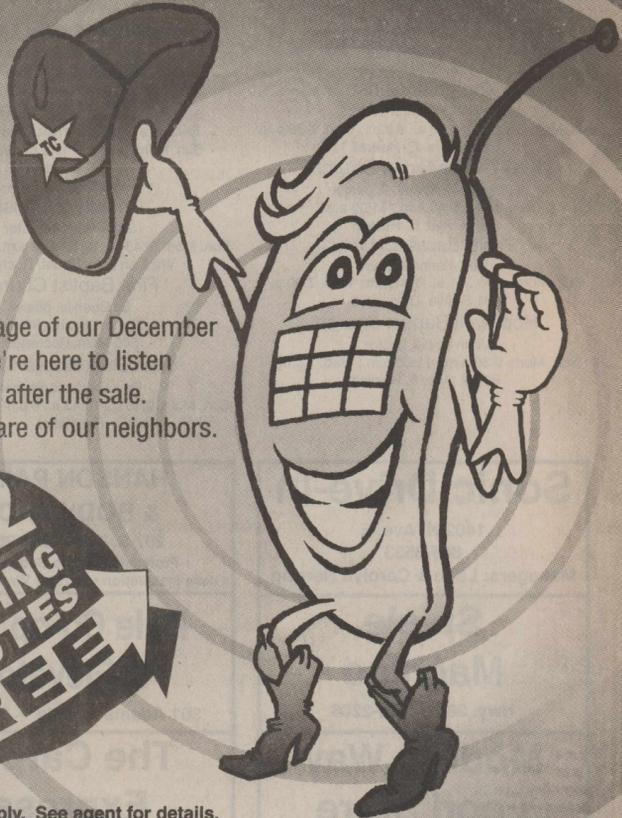


Federal Land Bank Association of Texas  
HASKELL OFFICE

Dale Bullinger - Pres.  
Telephone 864-8565

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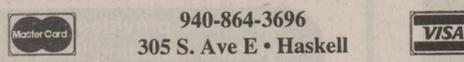
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## Green Thumb

By Gladys O'Neal

A new way of thinking and acting will be enacted among us now, that a new year has come with new ways of thinking and acting which will issue our way of life in a different manner.

It is hard to realize that we are in the year 2000. Winter is now upon us with very cold air coming from different directions. Seeds will be planted and growing in a good fashion in parts of our nation.

Let's start with seeds of cool-loving flowers such as pansies, snapdragons and dianthus. These can be planted indoors.

We can start seeds of cool-loving veggies such as cabbage, broccoli, onions, leeks and lettuce indoors. It is a good time to set out transplants of cool-season plants as cabbage and broccoli also.

Transplants of cool-loving plants such as pansies, snapdragons and dianthus and beet seeds and

carrots, peas and spinach are outdoor plants. Seeds of cool-loving flowers, such as poppies and alysium can be sowed outdoors.

Seeds of tomatoes, peppers and eggplant can be planted indoors.

Now is the time to dig and divide perennials and plant seeds of marigolds, sunflowers and other warm-loving flowers into the garden.

We can befriend some good bugs and a cat and also grow flowers and herbs that attract good insects such as butterflies, lady beetles and bees. A cat can be trained to scare away rats by planting catnip.

Coffee grounds can be used to deter slugs and the grounds also seem to work very well to prevent large anthills in gardens.

I have a gardening hint for your health which is very good. If you spend more than one hour per week performing garden activities, you may be reducing your risk of a heart attack by 66 percent. This

statement was published by the American Medical Association (Archives of Internal Medicine, April 12, 1999 pp. 686-90). I wanted my readers to know about it.

I want to give you three tips for successful growing.

1. Aerate heavy southern clay soils with such conditioners as shredded pine bark mulch.

2. Mulch 2 to 3 inches thick to keep the weeds down and conserve moisture.

3. Water newly planted trees and shrubs weekly with at least 1 inch of water for the first 2 years.

Plants that thrive naturally around your house are your best indicators of what plants will thrive in your garden.

The overall effect is a calm, quiet year of bloom and long-lasting color. My main interest is to encourage people to garden, not just to give them something pretty in their garden. I try to hand out a lot of information that will be helpful to your yard and garden.

## This Week's Devotional Message:

THROUGH THE EYES OF FAITH WE SEE LIFE MORE CLEARLY



Your eyes are your windows of the world you live in, through which you are able to observe your surroundings, recognize your fellow beings, perform your everyday tasks and follow the pathway of your life. They enable you to concentrate on a single object or person, or scan every detail of the panorama within your field of vision. You can develop your powers of observation so as to enjoy the natural beauty of God's creation whenever you step out of doors, and you can also quickly identify a situation that should be remedied or a person in need of your help. At the Church of your choice you will learn to see all the good things of this world through the eyes of faith.

### ATTEND CHURCH THIS SUNDAY

**HASKELL**

**East Side Baptist Church**  
David Page, pastor  
Sun. 8:30 a.m., 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m.  
600 N. 1st East, Haskell

**Christian Church**  
Dusty Carlson, minister  
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.  
107 N. Ave. F, Haskell

**Church of God**  
Eric Clark, pastor • 864-2021  
Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.  
East Hwy 380, Haskell

**Trinity Lutheran Church**  
Gary Bruns, pastor  
Sunday School 9:30 a.m., Worship 10:30  
Hwy 380 East, Haskell

**Iglesia Bautista El Calvario**  
Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.  
607 S. 7th, Haskell

**First United Methodist Church**  
Shane Brue, pastor  
Sun. Morn. 9:45 a.m., 10:50 a.m. 6 p.m.; Wed. 6 p.m.  
201 N. Ave. F, Haskell

**First Assembly of God**  
Rev. J.C. Amburn  
Sun. Morn. 9:45 a., 10:45 a.m., 6 p.m.; Wed. 7 p.m.  
1500 N. Ave. E, Haskell

**St. George Catholic Church**  
Father Michael Melcher  
Sat. Mass 7:15 p.m.; Sun. Morn. 9:00 a.m.  
901 N. 16th, Haskell

**Church of Christ**  
Brett Anderson, minister  
Sun. Morn. 9:30 a., 10:30 a., 6 p.m.; Wed. 7:30 p.m.  
510 N. Ave. E, Haskell

**First Presbyterian Church**  
Luther S. Hollowell, II, pastor  
Sun. Morn. 9:45 a.m., 11:00 a.m.  
306 N. Ave. E, Haskell

**Trinity Baptist Church**  
Rev. Kenneth Blair  
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 7:30 p.m.  
401 S. Ave. D, Haskell

**Hopewell Baptist Church**  
John Lewis, pastor  
Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.  
908 N. Ave. A, Haskell

**Greater Independent Baptist Church**  
Bobby Ray Wade, pastor  
Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.  
301 N. 3rd St., Haskell

**New Covenant Foursquare**  
Kevin and Sharon Fletcher, pastors  
Sun. Morn. 10 a., 11:00 a., 6:30 p.; Wed. 7 p.m.  
200 S. Ave. F, Haskell

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

**First Baptist Church**  
Troy Culpepper, pastor  
Sun. Morn. 9:45 a., 10:55 a., 6 p.m.; Wed. 7 p.m.  
301 N. Ave. E, Haskell

**Church in the Park**  
Rev. Tim and Suzann Townsend  
Sun. Morn. 10:30 a.m. Wed. 7 p.m.  
Gazebo or Pavillion

**PAINT CREEK**

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

**WEINERT**

**First Baptist Church**  
Joel Rister, pastor  
Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.  
Weinert

**Weinert Methodist Church**  
Rev. James Patterson  
Sun. Morn. 9:45 a.m.  
Weinert

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

**ROCHESTER**

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

**First Baptist Church**  
Ed Buerkle, pastor  
Sun. 11:00 a.m., 6 p.m.; Wed. 7:00 p.m.  
500 Main, Rochester

**Union Chapel Baptist Church**  
Rev. Clarence Walker  
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.  
Rochester

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

**First United Methodist Church**  
Dolan Brinson, pastor  
Sun. Morn. 10:00 a.m., 11:00 a.m.  
Rochester

**SAGERTON**

**Sagerton Methodist Church**  
Tommy Wilson, pastor  
Sun. Morn. 9:30 a.m.  
Sagerton

**Faith Lutheran Church**  
Jeff Zell, pastor  
Sun. Morn. 9:15 a.m., 10:30 a.m.; Wed. 7 p.m.  
Sagerton

**RULE**

**First Baptist Church**  
Scott Hensley, pastor  
Sun. Morn. 9:45 a., 11:00 a., 6 p.m.; Wed. 7 p.m.  
1001 Union Ave., Rule

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

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

**First United Methodist Church**  
Shane Brue, pastor  
Sun. Morn. Worship 9 a.m.  
Sunday School 10 a.m.  
1000 Union Ave., Rule

**New Life Baptist Mission**  
Jesus Herrera  
Sun. Morn. 10:00 a.m., 11:00 a.m.  
Elm Street/Hwy 380 E, Rule

**Sweet Home Baptist Church**  
Sun. Morn. 10:00 a., 11:00 a., 6 p.; Wed. 7 p.m.  
Gladstone Ave., Rule

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

## ECC Calendar and Menu

**Monday, January 10**  
Lunch-Baked ham, parslid potatoes, broccoli, tossed salad, pineapple up-side down cake, bread, milk, tea of coffee

January 10 & 11 AARP Defensive Driving Class, Haskell National Bank Community Building, 1:00 - 5:00 p.m.

**Wednesday, January 12**  
11:00 a.m. Outreach Health Services blood pressure check  
Lunch-Beef stew, cole slaw, cornbread, pudding, cookies, milk,

tea or coffee

**Friday, January 14**  
Lunch-Luncheon steak, gravy, mashed potatoes, mixed vegetables, tossed salad, fruit, bread, milk, tea or coffee

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

All over 60 are invited to come and eat. Call 864-3875 for transportation to the center or for home delivered lunches for the sick or disabled.

## Haskell School Menu

**Jan. 10-14 Breakfast**  
Juice or fruit and milk are served daily on the breakfast menu. Cereal offered daily.

**Monday:** Toast/jelly  
**Tuesday:** Breakfast burrito  
**Wednesday:** Waffles/syrup  
**Thursday:** Sausage & biscuit  
**Friday:** Breakfast pizza

**Lunch**  
A choice of baked potato with

choice of topping or a salad bar are offered daily at the High School. Ala-carte line offered daily Secondary only. Snack bar price list posted in each class. Milk and assorted drinks are served daily at the High School. Milk and juice are served daily at the Elementary School.

**Monday:** Chalupas, grated cheese, lettuce and tomatoes, seasoned corn, Sunshine bars  
**Tuesday:** Stromboli, tater tots, vegetable sticks/dip, orange wedges  
**Wednesday:** Enchilidas, chips and hot sauce, pinto beans, Spanish rice, fruit cocktail  
**Thursday:** Hamburger, French fries, hamburger trimmings, peach cobbler  
**Friday:** Steak fingers, gravy, creamed potatoes, broccoli/cheese, hot rolls, sliced pears

**30**  
Color  
Photos

**\$12<sup>99</sup>**

1- 10x13 (Wall Photo)     **99¢ Deposit**  
1- 8x10     **\$12.00 Due at Pick up**  
2- 5x7     (plus tax)  
2- 3x5  
16- King Size Wallets  
8- Regular Size Wallets

AT

## Sport-About

402 North 1st  
Haskell, Texas  
**Sat., Jan. 8**  
Photo Hours  
9:30-5

**Group charge  
99¢ per person**

During this promotion

Come See Our  
Photo  
Millennium Calendars

Vist Our Web Page  
[www.shugartstudios.com](http://www.shugartstudios.com)



## Jr. 4-H Club holds hay ride

The Haskell Junior 4-H Club had a Christmas hay ride Tues., Dec. 14. While on the hay ride the group stopped and went caroling at Rice Springs and Haskell Healthcare. At each stop reindeer candy canes were handed out to everyone who was there.

The candy canes were made by the club members at last month's meeting. After going caroling, the group went back to the County Extension Office and had a gift exchange. Snacks were served and members brought a canned good to give to a needy family.

## Hospital

**Admissions**  
Jerry Smith, Knox City  
Ruby Alvis, Haskell  
Ruby Baker, Haskell  
Nellie Bird, Haskell  
E.W. Pruett, Haskell  
Bonnie Mason, Haskell  
Henry Grimes, Weinert

**Dismissals**  
Frances Chafin, J. B. Jones,  
Rosalinda Gonzales, Claude  
Martin, Margaret Duffy, Kathy  
Moss, Amber Rogers

Back  
the  
Indians!

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Managers: Leon & Carolyn Herring

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**Steele Machine**  
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**Modern Way Food Store**  
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**Jay's Tire Center**  
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"See You In Church"

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**Smitty's Auto Parts**  
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**HANSON PAINT & BODY SHOP**  
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**Rule Co-op Gin & Elevator**  
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**Group charge  
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ALL DEADLINES MONDAY 5 P.M.

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**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.

**Cars For Sale**  
FOR SALE: 1992 Beretta, 2 door, burgundy. 864-2194 after 5. 1p

**For Sale**  
FOR SALE: Sears treadmill. Call after 5 p.m., 864-8926. 46fc

FOR SALE: Kenmore electric cook stove and oven with microwave. \$125. 864-3440. 1p

FOR SALE: Dearborn heater with oxygen control, like new; Cushman golf cart with 1 1/2 year old battery. 743-3293. 1p

FOR SALE: GE washer. \$150 or best offer. 864-3301. 1p

TWO STEEL BUILDINGS, engineered certified. 40x100 was \$16,880 now \$7,990. 40x40 was \$8,316 now \$3,990. Must sell, can deliver 1-800-292-0111. 1p

**Help Wanted**  
RN/LVN NEEDED. Contact LaJoyce Bailey, Business Office Manager, 10 a.m. to 3 p.m. 940-864-2652. 48fc

RN either one weekend day per week or 2 weekend days every other week. Long term care experience preferred. References required. Contact Vickie Wilhelm in person at Teakwood Manor, 1003 Columbia, Stamford. 49fc

ADMINISTRATOR'S ASSISTANT/Full Charge bookkeeper need to hire immediately. Nursing home experience preferred. Must be able to work under pressure. Medicare and Medicaid billing experience a real plus!! Duties include payroll, payables, accounts receivables, medical records and general office. References required. Apply in person or fax resume to: Administrator, Teakwood Manor, 1003 Columbia, Stamford, Texas 79553. 915-773-3671 phone 915-773-5751. 52fc

FIRST AMERICAN BANK Texas, SSB is looking for outgoing individuals to fill the following positions: Teller (518 S. Second, Haskell, TX 79521); Part Time Teller (1101 East Court Plaza, Anson, TX 79501). Previous teller and/or new accounts experience preferred. Willing to train candidates with previous cash handling and customer service experience. Qualified candidates please apply in person at either of the above locations: EOE, M/F/D/V. 1c

PERSON TO CLEAN office facilities in Haskell, one day per week. Call 915-938-5233. 1c

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**Miscellaneous**  
MEDICARE FOLKS! Tired of buying expensive inhalers for breathing problems? Medicare has alternatives. Call toll free 1-800-854-9223. No HMO's please. 45-8p

JO'S MACHINE QUILTING. Reg. \$40, queen \$50, king \$60. Bating, thread furnished. Pick up, delivery. 940-422-5532. 49fc

STOCK TANK CLEANING. We have a mud bucket. Snyder Dozer Corp. 915-762-2389. Albany, Texas. 51-1c

CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 915-773-2661. Complete framing needs. Closed Mondays. 1c

**Business Opportunities**  
BUSINESS OPPORTUNITY: National feed company is looking for a dealer in Haskell. Good income potential. 1-800-688-8125 PIN 7347. 50-1p

**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. 12fc

**For Rent**  
FOR RENT: 3 bedroom house. Remodeled. 207 S. 2nd. 940-864-2893. 7 a.m. to 9 p.m. 52-3p

FOR RENT: 1107 N. 10th. Nice 2 bedroom apartment. Fireplace, dishwasher. 864-3762. 1c

FOR RENT: 103 N. 3rd. 3 bedroom, 1 bath, CH/A. 864-3762. 1c

FOR RENT: 3 bedroom house. Washer/dryer hookups. HUD approved. 864-2761. 1-2p

**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. 27fc

FOR SALE BY OWNER: 20 acres. 3 bedroom, 2 bath home with central heat & air. 2 miles NW of Rochester on paved road. 940-743-3262. 11fc

FOR SALE: 50 acres 3 miles northeast of Rule. Boyd Baird 997-2108. 1-4c

**FIRST TIME HOME BUYERS**  
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You may be getting old if "getting lucky" means you found your car in the parking lot. Feel younger by sleeping better on a new Spring Air mattress set from Kinney Furniture in Stamford. All sizes on sale right now. Close out prices on some of our best sellers. Quick free delivery and free disposal of your old bedding. 1c

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I DO SEWING. alterations, zippers, buttons, buttonholes and other mending at a reasonable rate. 864-5259. 1-2c

**Public Notices**  
PUBLIC NOTICE  
The Aspermont Small Business Development Center, Inc. is offering for sale by sealed bids, the following equipment:

1-1988 Chevrolet Mini Van, VIN# 1GNDMQ529JB125577; 1-1988 Chevrolet Mini Van, VIN# 1GNDM15Z9JB125644; 1-1988 Chevrolet 12 Passenger Van, VIN# 1GAG35KXJ7160264.

These vehicles are high mileage and will be sold as is. Vehicles have been well maintained and maintenance records are available upon request. Vehicles may be seen at our Aspermont facility between the hours of 9:00 A.M.-12:00 P.M. and 1:00 P.M.-4:00 P.M. Monday through Friday. Bids will be accepted until 3:00 P.M. on January 17, 2000. The Aspermont Small Business Development Center, Inc. reserves the right to reject any/all bids.

For information please contact: Mylissa Gholson, Transportation Director, ASBDC, Inc., P. O. Box 188, Aspermont, Texas 79502. Telephone 940-989-2239. 1-2c

Always drink upstream from the herd. And always check the prices at Kinney Furniture in Stamford before you buy a sofa, sleeper, tables, bedroom or dining room furniture. Customers keep telling us we have the best prices in the Big Country. Small town personal service for 67 years. 1c

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Call Mike  
915-669-1375 49fc

Life is like an onion; you peel off one layer at a time and sometimes you weep. Life can be so much more pleasant if you have a comfortable chair to relax in. Right now is a good time to save money on La-Z-Boy recliners at Kinney Furniture in Stamford. Large selection, courteous sales people, and low prices since 1932. 1c

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LORRAINE JOHNSON, BROKER  
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**POL CALENDAR**  
The Haskell Free Press is authorized to make the following announcement for the political office in Haskell County, subject to the action of the 2000 Primaries. Unless otherwise specified the candidates listed paid for the announcement, and have designated themselves as campaign treasurer. All political advertising and announcements are cash in advance.

Dist. Attorney, 39th Jud. Dist. Mike Fouts  
(Pat. by Kristen L. 'Kris' Fouts, campgn. teax.)  
County Attorney Shane Hadaway  
County Sheriff David Halliburton  
Dan R. Griffith  
(Pat. by Mrs. Earlene J. Griffith, campgn. teax.)  
Martin Dale Coleman  
County Tax Assessor Collector Bobby Guffey Collins  
Commissioner Precinct 1 Billy W. 'Bill' Hester  
Commissioner Precinct 3 Danny M. Medford  
Kenny Thompson

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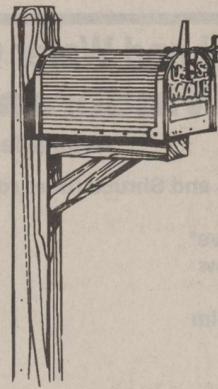
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Home on 5 acres.  
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Water Storage Tanks  
All Kinds of Metal Duct Work  
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9 to 1 Sat., Jan. 8 \$5.00

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# Steps for understanding and managing anger

# Don't swallow the toothpaste

by Lou Gilly  
Haskell Co. Extension Agent  
Are you aware of who or what situations cause you to become angry? There are many factors that may trigger anger and cause conflict but can be managed if we are aware of the indicators. Situations for anger and conflict can be created by:

- people who are closest to us;
  - someone who violates our values;
  - someone who doesn't consider our feelings or needs;
  - people who break the rules or violate the social contract;
  - feeling that you are being controlled;
  - someone who has unrealistic expectations of you;
  - inconvenient things happening (washing machine breaks; it rains on the 4th of July);
  - feeling you are helpless; or
  - your use of anger to cover other feelings that you are really feeling.
- In order to understand more about your anger, it is helpful to think about your family history and how anger was expressed in your family. For example, what were the "rules" about expressing anger and how did each of your parents and other significant adults express anger? Some questions to

help you think about your anger history include:

- In your family of origin, how did your mother express her anger? Your father? Your siblings? Other significant anger models?
  - Were there different rules for expressing anger for children and adults?
  - What were the rules about children getting angry at other children?
  - What were the rules about children getting angry at adults?
  - How did you feel when your parents were angry with you?
  - Did you ever observe or hear your parents fighting? How did you feel?
  - How do you feel now when someone gets angry with you?
- There are two primary ways of expressing anger in a dysfunctional manner. One is through aggression or attacks and the second is through avoidance. The behavior we engage in varies based on situations and the person with whom you are angry. We may choose aggressive actions more often with people who have little personal or formal power and we may choose avoidance more often when we feel unsafe.
- The first step we need to take

when coping with anger is to realize that getting angry is a choice we make. Getting angry is easy to do because the primary function of anger is to reduce stress. By getting angry, we protect ourselves from potentially painful emotions we are not ready to face. In order to stop getting angry, we need to analyze why we use anger as a defense against potentially hurtful, stressful emotions.

Steps for helping yourself to become less angry include:

- Develop more effective strategies for reinforcing others.
- Take care of the need yourself.
- Develop new sources of support, nourishment and appreciation.
- Set limits and boundaries.
- Negotiate assertively—ask for what you want and negotiate.
- Let go—accept that the situation is not going to change and you will have to live with it.
- Recognize those situations and relationships that are unrewarding or toxic to you. If a situation is costing you more than benefitting you, you need to let go. Anger often prevents us from letting go. The angry person is often unwilling to pay the price of letting go.

•Do something physically challenging. Don't hold on to angry thoughts. Use relaxation techniques: e.g., picture a river flowing down to the sea and let angry thoughts/words float down the river.

•When you can't get your way, visualize yourself as a rooted tree which cannot be swept away by anger.

Proper amounts of fluoride are necessary to prevent tooth decay, but can too much fluoride cause concerns?

"We are seeing fluorosis in a large percentage of children in areas with and without fluoride in the water," said Dr. Bruce Carter, a dentist at Texas Children's Hospital in Houston. "Many feel this is related to excessive fluoride ingestion from toothpaste."

Dental fluorosis can alter the color and enamel of developing teeth. It occurs when too much fluoride is ingested in childhood when tooth enamel is forming.

Brushing twice a day is important, but children under six should be observed to ensure they use a pea-size amount of toothpaste and do not swallow fluorinated dental products.

# Increasing mileage slowly is best plan for beginning runners

Experts agree that when it comes to running, slowly increasing mileage is the best plan for beginners. Although it may seem like slow going, your body—and your mind—will thank you.

"Everybody can take up running to keep in shape. But in order to run a marathon, it may take months to years, depending on your baseline fitness, to get your body ready for the stress," said Dr.

Joe Chorley, a sports medicine specialist at Baylor College of Medicine in Houston. "The important thing is to listen to your body."

Most over-training injuries surface four to six weeks after a running program starts. At this point, beginning runners start feeling good and push themselves too hard. According to Chorley, that is when the body can start breaking down. The most common injuries occur in the knee and shin.

However, not all of the side effects of increasing mileage too quickly are physical. Fatigue, anxiety and loss of enthusiasm are also signs that your run is wearing you down.

Chorley suggests that runners, especially those just starting out, follow the 10 percent rule—don't increase your mileage more than 10 percent a week. And if increasing intensity and pace are also a goal, runners should not work on both at the same time.

"It is more of a process of getting to know what your body can tolerate and seeing if you can meet the goals you have set for yourself," Chorley said.

# Dogs and pickups can be deadly combination

It seems as if everyone and his dog has a pickup truck in Texas—and dogs may be the worse off for it.

Texans love their pickups and dogs seem to love riding in the back, a sight so familiar it has become commonplace. But it can be downright deadly for dogs, says a Texas A&M University veterinary professor.

"We see numerous cases of injured dogs who have been hurt because they were riding in pickup trucks," says Dr. Deb Zoran, a professor in the College of Veterinary Medicine's Small Animal Clinic who is familiar with such injuries.

"These dogs' owners just don't think a serious injury will happen, but it often does. And very often,

the dog is killed or has to be put to sleep."

There are no Texas laws governing dogs riding in pickups.

Zoran says many dog owners don't want the dog in the front cab because it's either dirty or wet, or they believe the dog enjoys riding in the pickup bed.

"They place them in the back of the pickup and go barreling down the highway at 70 miles per hour and that's when disaster can strike," she adds.

"Dogs have padded feet, which means they can't grip or hold on well at all," Zoran explains. "If the driver has to make a sudden stop or sharp turn at high speed, the dog has one way to go—flying out of the truck. The injuries that result are very serious."

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## Danny Medford makes Statement to Voters

Hello friends and neighbors! I am a 52 year old native of Haskell County. I am the son of the late Thurman and Oleta Medford.

I love Haskell. This is "home" to me and it has been a good place to raise my family.

If elected for the office of Haskell County Commissioner, Precinct #3, I will promise to dedicate my full attention and effort toward doing the best job possible . . . being your commissioner would be my only "job."

I feel that I could do a good job as commissioner because I worked for the county for 6 years in the past. I gained much knowledge of the equipment used and how to operate it effectively to maintain the roads. I am very familiar with the area as I have traveled its entirety many times. I have probably been to each farm within this county and surrounding area at some point in time due to being employed with farm and oil related businesses in the past.

In regard to Commissioner's Court, I would deal with each issue as fairly as possible for everyone concerned, according to my own opinion and in the best interest of the citizens of Haskell County.

If elected I believe that a small parcel of property should be acquired for the purpose of placing county owned equipment. Most desirably it could be centrally located within the precinct for easy access to all areas.

I served as area supervisor for the Permian Oil Corporation for 11 years. I collected and purchased crude oil in Haskell and eight surrounding counties. I was responsible for supervising other employees, dispatching them to work sites and determining the quality of the oil that was purchased for the company. I received numerous awards for my ability and safety on the job.

I am currently employed by Quality Implement Company at Stamford, Texas. I have a total of 15 years experience with John Deere.

My wife, Vicki, is employed by the mental health center as their monitoring and compliance specialist. She was worked there for the past ten years. We have 3 sons and daughters-in-law: Kendall and Emily, Chris and Debra and Garland and Onjel. We have 2 lovely grandchildren, Brennan, 8, and Caitlin, 3. Our children are all residents of Haskell and share in our desire to make it home.

I would like to see Haskell County continue to be a desirable, happy and safe place for future generations to raise their families.

I pride myself as being an honest and hard working individual. It is my opinion that anything worth having is worth working for. I will give 100% to anything I do and do it to the very best of my ability. I will work very hard to visit with each of you personally in the very near future. Your consideration and vote will be greatly appreciated.

Thank you,

## Danny Medford

**Democratic Candidate for Haskell County Commissioner, Precinct #3**

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