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# The Haskell Free Press

VOL. 115--NO. 1. ©JANUARY 4, 2001

"The People's Choice"

8 PAGES--ONE SECTION--50 CENTS

## Basketball games

- Haskell**  
Haskell 7th, 8th & 9th  
Haskell vs. Hamlin  
Thurs., Jan. 4, 4:30 p.m.  
Girls There, Boys Here  
\*\*\*\*\*
- Haskell VG-JVG vs. Stamford  
Fri., Jan. 5, 6 p.m.  
at Haskell  
\*\*\*\*\*
- Haskell VB-JVB vs. Abilene Wylie  
Sat., Jan. 6, TBA  
at Abilene Wylie  
\*\*\*\*\*
- Haskell 7th, 8th & 9th  
Haskell vs. Stamford  
Mon., Jan. 8, 4:30 p.m.  
Girls Here, Boys There  
\*\*\*\*\*
- Haskell JVG-B, VG-B vs. Anson  
Tues., Jan. 9, 4 p.m.  
at Haskell  
\*\*\*\*\*
- Paint Creek vs. Chillicothe  
Fri., Jan. 5, 4 p.m.  
at Paint Creek  
\*\*\*\*\*
- Paint Creek vs. ACHS  
Tues., Jan. 9, 4 p.m.  
at Abilene  
\*\*\*\*\*
- Rule JV-B, VG-B vs. Northside  
Fri., Jan. 5, 5 p.m.  
at Vernon  
\*\*\*\*\*
- Rule JVG-B, VG-B vs. Aspermont  
Tues., Jan. 9, 4 p.m.  
at Aspermont  
\*\*\*\*\*
- Rule Jr. High G-B vs.  
Aspermont  
Thurs., Jan. 4, 6 p.m.  
at Aspermont

## Calendar

### Social Security

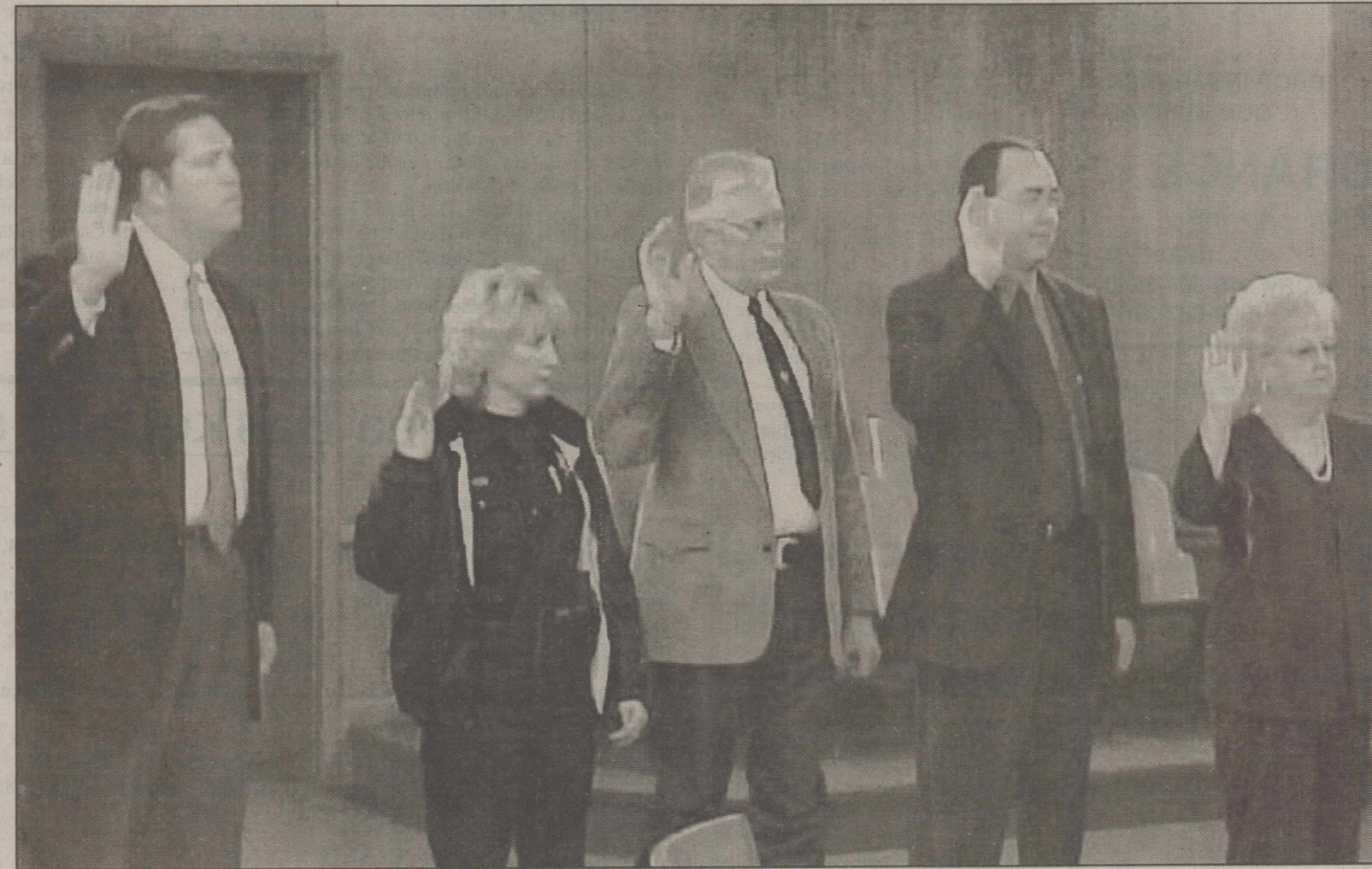
A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., Jan. 4 at 9:30 a.m.

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## College information hotline to be available Jan. 13-14

The Texas Association for College Admission Counseling (TACAC), the Texas Association of Student Financial Aid Administrators (TASFAA) recently announced its 16th annual toll-free College Information Hotline (877-782-7322). Hotline 2001 will be available January 13 and 14, from 10:00 a.m. to 6:00 p.m. (Central Standard Time). The College Information Hotline, which is the largest project of its type in the nation, provides



**SWEARING IN**—Taking the oath of office in the District Courtroom, early Tuesday morning, Jan. 2, were District and County officials, l-r, District Attorney, Mike Fouts, County Constable, Kim Bassett,

County Sheriff, David Halliburton, County Attorney, Shane Hada-way, and County Tax Collector, Bobby Collins. The oath of office was administered by District Judge, Charles Chapman.

## TXU Electric to help Haskell County customers with weatherization

TXU Electric is more than doubling the amount of money the company has been spending on weatherization for its low-income customers here in Haskell County and in other counties they serve. Effective Jan. 1, TXU will make \$5 million available for energy efficiency programs that give low income families the opportunity to receive valuable weatherization services at no cost.

The TXU boost came about because of a legal challenge before the Public Utility

Commission of Texas by Texas Legal Services Center and Texas Rose (Ratepayers' Organization to Save Energy). "Up until now the biggest drawback was that there wasn't enough money in the TXU program," said Randy Chapman, Executive Director of Texas Legal Services Center. "The additional funding makes this a good program."

The TXU money will be combined with government funds for a piggyback weatherization program under which local agencies under

contract to the Texas Department of Housing and Community Affairs do the work. This can include insulation and caulking as well as replacement of inefficient air conditioners, heating units and refrigerators at no cost. In some cases, the program can also cover repairs needed to complete the work; it would replace a window frame, for instance, if the existing frame had rotted and couldn't therefore hold weather-stripping.

People whose homes are weatherized can expect a substantial drop in their utility bills, too. "Because of increased

energy efficiency, people can expect a 30-50 percent decrease in their utility bills," said Carol Biedrzycki, Executive Director of Texas Rose. "The piggyback weatherization program is the most effective way to keep utility bills affordable for low income Texans."

Low income TXU customers can contact their local weatherization agency, Community Action Program, directly at 915-673-5785 or call the TDHCA hotline at 877-399-8939 for information on the nearest agency that can offer help.

## Sheriff warns of phone scam

The Sheriff's Association of Texas never solicits membership by telephone. In a statement released recently they state that all of their contacts with the public will be by mail.

If anyone receives a telephone call asking them to join the Association, make a donation or buy advertisement, it will not be from the Association.

They request that if such a call is received, attempt to get a phone number or address from the person calling and promptly call the Texas Attorney General's Office at (800) 252-8011, or contact your local Sheriff or District/County Attorney.

"It concerns us deeply when other organizations or persons represent themselves or use the name of the Sheriff's Association of Texas for their own purposes," the Association said.

Haskell County Sheriff, David Halliburton, said the only time the local Sheriff's department will solicit funds, they will do so by mail, and the name and signature of Sheriff Halliburton will appear on the mailed items. Also, a notice will appear in the paper before the mailing is done, so that citizens will know the effort is legitimate.

## Haskell Co. Gin Report

December 28, 2000	
Haskell	
Haskell Co-op Gin	391
Haskell County Gin	745
O'Brien	
O'Brien Gin	15,000
Rochester	
Rochester Co-op Gin	848
Rule	
Rule Co-op Gin	950
Weinert	
Griff's Gin	480
Weinert Gin	1,499
<b>Total Bales</b>	<b>19,913</b>



**COMMISSIONERS TAKE OATH**—In a separate swearing-in ceremony, Tues., Jan. 2, Haskell County Commissioners, l-r, Kenny Thompson, Prec. 3, and Johnny Scoggins, Prec. 1, were administered the oath of office by District Judge Charles Chapman, in the District Courtroom at the Haskell County Courthouse.


## Goodfellows Donations

Anonymous .....	\$50.00
Anonymous .....	\$500.00
Anonymous .....	\$5.00
Debbie and Bob Earles .....	\$50.00
Charter Communications .....	Box of toys
Total this week .....	\$605.00
Previous total .....	\$745.00
Total to date .....	\$1350.00

Leslie Kupatt, Rule School counselor, encourages all students and parents to take advantage of this hotline.

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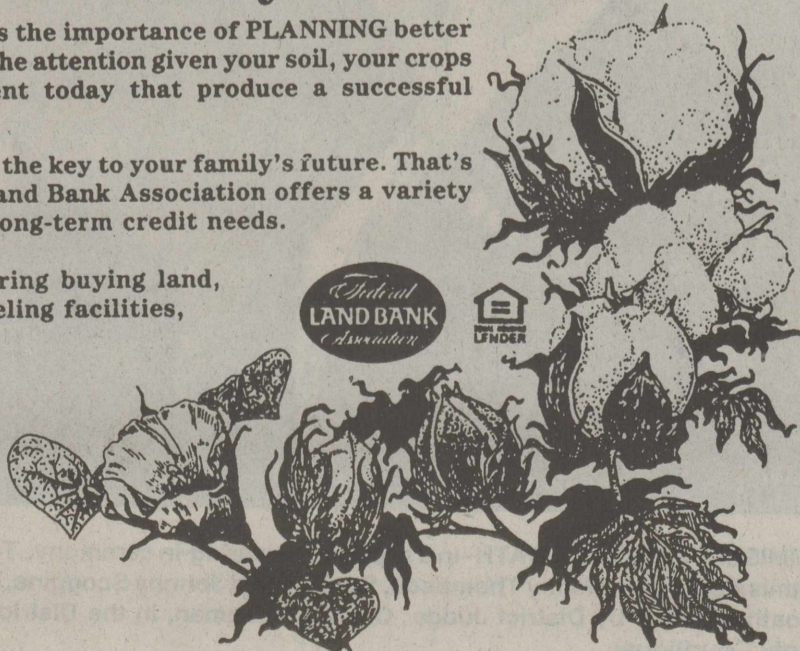
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## Save on auto insurance

by Lou Gilly  
 Haskell Co. Extension Agent  
 Auto insurance rates can vary from person to person. What you pay depends on your insurance company, the kind of car you drive and the coverage you carry.  
 Comparison shop for coverage. Texas encourages competition to keep car insurance rates in line. That means costs will vary. Also, be aware of where you live and what you drive. Urban counties have more accidents and thefts, so premiums tend to be higher. Insurance rates are highest for luxury, high performance vehicles and sports cars.

Investigate optional discount options. When comparing the costs of auto insurance, check to see if the following discounts are available: having a full-time student with a "B" grade point average, anti-locking brakes, being a parent whose young driver is away at school without a car, or having a car with automatic daytime running lights. By checking out the details, you may be able to save important premium dollars without sacrificing the coverage you need.

## Gum chewing can help with weigh loss

Want to lose ten pounds this year? Buy a pack of chewing gum.

This may be the oddest diet to come along in a while. Actually, it's more of an exercise program than a diet. Would you believe that chewing gum could help you lose weight? Minnesota researchers reported recently that chewing gum burns off enough energy that if you did it every day during every waking hour when you weren't eating, you would lose about 11 pounds, even if you changed nothing else about your diet and exercise patterns. They calculated this with laboratory experiments in which they determined the amount of energy spent by subjects as they chewed gum at a steady rate paced by a metronome.

Of course, you have to use sugar-free gum so you aren't adding calories while you chew—or hurting your teeth. That's because weight loss and gain are determined by a very simple formula: If you take in more energy than your body uses, you gain weight. If you use more energy than you take in, you lose weight.

While you're chewing gum, you can get extra benefits by exercising more than your jaw. Add a little extra motion, into your daily routine. It doesn't take a lot to add up.

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## Obituaries

### Lorene Hunt Fouts



LORENE FOUTS

Funeral services for Lorene Hunt Fouts, 89, of Rule were held Sat., Dec. 30 at First Baptist Church in Rule with Rev. J. R. Williams officiating. Burial was in Rule Cemetery under the direction of McCauley-Robison Funeral Directors.

Mrs. Fouts died Thurs., Dec. 28 in Atlanta, Texas.

Born Nov. 22, 1911 in Patillo, she was the daughter of F. S. and Grada Hunt. She married Willie Franklin "Bill" Fouts Dec. 23, 1931 in Haskell. He preceded her in death Sept. 23, 1983. She worked as a dental assistant for fifteen years. She was a homemaker and a member of Pioneer Drive Baptist Church in Abilene.

She was preceded in death by three brothers, Lorus (B. L.) Hunt, Hubert Hunt and Festus Hunt.

Survivors include two daughters, Dorothy Presswood and her husband, Clarence, of Abilene and Maurice Peiser and her husband, Alfon, of Bivins; six grandchildren and sixteen great grandchildren.

Pallbearers were Jeff Peiser, Gregg Peiser, David Peiser, Monte Peiser, Jim Bob Presswood and Don Ashmore.

Memorials may be made to West Texas Rehabilitation Center in Abilene.  
 PD. NOTICE

### John E. Fouts, Jr.

Funeral services for John E. Fouts, Jr., 84, of Haskell were held Fri., Dec. 29 at Holden-McCauley Funeral Home with Rev. Steve Russell officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mr. Fouts died Mon., Dec. 25 in Knox City.

Born Jan. 31, 1916 in Haskell, he married Polly Price March 16, 1941 in Childress. She preceded him in death in 1997. He attended Texas Tech and was a graduate of The Army Air Corp Cadet School. He was a fighter pilot in World War II from 1941-44 in China, Burma and India. He was shot down three times. He was highly deco-

rated including two silver crosses. He retired as a Lt. Colonel in 1957. He worked for Eureka Life Insurance Co. and retired in Haskell at Stamford Lake in 1977. He recently resided at Brazos Care Home in Knox City.

Survivors include one daughter and son-in-law, Pat and Kenneth Wees of San Jose, Calif.; two grandchildren, John and Carrie Wees; one brother, George Fouts of Haskell; one niece and two nephews.

Memorials may be made to the Alzheimer's Association of West Central Texas, P. O. Box 3344, Abilene, Texas 79604.  
 PD. NOTICE

## Area Basketball scores

**Girls**  
**Haskell 49, Wylie JV 23**  
 Scoring by quarters: Haskell 11, 17, 11, 10. Wylie JV 2, 10, 0, 11.  
 Scoring for Haskell: Wallace 16, Thompson 7, Buerger 6, Price 6, Villerreal 5, Lindsey 4, Plemister 3, Cox 2.  
**Merkel 39, Haskell 34**  
 Scoring by quarters: Merkel 7, 13, 13, 6. Haskell 6, 12, 6, 10.  
 Scoring for Haskell: Wallace 10, Plemister 10, Price 5, Thompson 3, Lindsey 2, Buerger 2, Bird 2.  
**Haskell 45, Seymour 25**  
 Scoring by quarters: Haskell 4, 16, 17, 8. Seymour 6, 3, 13, 3.  
 Scoring for Haskell: Plemister 15, Thompson 9, Wallace 8, T. Lindsey 6, B. Lindsey 2, Bird 2, Price 2, Buerger 1.  
 All-tournament team: Wallace of Haskell.  
**Munday 32, Rule 31**  
 Scoring by quarters: Munday 8, 4, 8, 12. Rule 4, 11, 11, 5.  
**Scoring for Rule: McDuff 12, Lehrmann 11, Lisle 6, Marquis 2.**  
**Rule 58, Aspermont 39**  
 Scoring by quarters: Rule 21, 7, 22, 8. Aspermont 3, 11, 7, 18.  
 Scoring for Rule: Lehrmann 14, Marquis 10, McDuff 7, Brown 5, Dudensing 4, Caddell 3, Hertel 3.  
**Rule 56, Rotan 45**  
**Consolation final**  
 Scoring by quarters: Rule 12, 18, 17, 9. Rotan 10, 10, 8, 17.  
 Scoring for Rule: McDuff 18, Lehrmann 14, Marquis 9, Lisle 7, Caddell 4, Davis 2, Hertel 2.  
**Boys**  
**Haskell 57, Wylie JV 38**  
 Scoring by quarters: Haskell 16, 16, 8, 17. Wylie JV 10, 11, 4, 13.  
 Scoring for Haskell: McGuire 13, Huff 11, Lindsey 9, Loyd 7, Goudeau 6, Garcia 5, Webb 4, Threet 2.  
**Merkel 66, Haskell 36**  
 Scoring by quarters: Merkel 15, 24, 12, 15. Haskell 6, 8, 10, 12.  
 Scoring for Haskell: Hunt 11, Huff 10, C. McGuire 6, Lindsey 4, Z. McGuire 2, Threet 2, Goudeau 1.  
**Hawley 46, Haskell 37**  
 Scoring by quarters: Hawley 11, 5, 14, 16. Haskell 13, 12, 9, 3.  
 Scoring for Haskell: Hunt 12, Loyd 6, Lindsey 6, McGuire 6, Goudeau 5, Huff 2.  
**Munday 52, Rule 13**  
 Scoring by quarters: Munday 10, 16, 15, 11. Rule 1, 4, 6, 2.  
 Scoring for Rule: Faulkner 11, Hensley 2.  
**Aspermont 63, Rule 26**  
 Scoring by quarters: Aspermont 16, 14, 14, 19. Rule 5, 10, 9, 2.  
 Scoring for Rule: Coker 16, Faulkner 5, Murray 4, Hensley 1.  
**Throckmorton 52**  
**Rule 23**  
 Scoring by quarters: Throckmorton 14, 17, 15, 6. Rule 6, 2, 10, 5.  
 Scoring for Rule: Truelsen 10, Coker 7, Faulkner 4, Flores 2.  
**Lueders-Avoca 78**  
**Rochester 53**  
 Scoring by quarters: Lueders-Avoca 20, 18, 16, 24. Rochester 16, 8, 15, 14.  
 Scoring for Rochester: McGhee 13, Taylor 13, E. Sanchez 11, Hearn 8, Strickland 4, Baker 2, B. Sanchez 2.

## Younger kids don't have to shy away from strength training

Depending on their levels of maturity and development, some young boys might be ready to tackle a strength training program, says Dr. Joe Chorley, an adolescent sports medicine specialist at Baylor College of Medicine in Houston.

"There is not a magic age for boys to start strength training," Chorley said. "Some may be very mature at age 9 or 10, so it has more to do with how the child looks at the activity."

Boys who "goof off" in the weight room are more prone to injuries, some of which can be severe. If, for example, growth plates in the wrists, shoulder and knee responsible for the length and width of bones are damaged, the

child might not reach his full height.

To keep weight-lifting injuries at a minimum, Chorley suggests that parents provide adequate supervision and find a gym that offers smaller machines that can better accommodate a child's body. Proper technique is also key.

Chorley stresses, however, that strength training can involve more than working with weights. Exercises that use one's body weight as resistance, like sit-ups, push-ups and pull-ups, are all good strength builders.

Strength training can help adolescent boys physically and mentally. Boys who feel stronger, tend to be less anxious and have more self confidence.

## Pain management available for children

A new website addresses the issues of pain management in children.

"Pain is very undermanaged. Even today, there is a hesitancy to treat young people for pain. A lot of misconceptions exist," said Dr. Marilyn Hockenberry-Eaton, an associate professor of pediatric hematology and oncology at Baylor College of Medicine.

The Texas Children's Cancer Center website, located at

www.childcancerpain.org, addresses those myths, as well as provides educational information to caregivers on effective pain management in children.

"Cancer Pain Management in Children" is a project funded by the Texas Cancer Council.

Though the website is designed for cancer patient caregivers, it provides information useful for all health professionals and parents.

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## Around Town

By Joyce Hawkins

Due to all the hustle and bustle of the holidays, I didn't get any news in last week but will try to make up this week.

Tuesday Bro. H. B. Graves of Munday and friend Jo Ann Maddox of Knox city visited with Bro. Paris and Fannie Mae Barton and brought Christmas gifts. Thursday Waldon and Dela Pearl Woods of Stamford visited and brought gifts. Then on Saturday their children and grandchildren came. They are daughter and husband Kay and Kip Derrick and grandchildren Kirk, Tiffany, Derrick and boys Cody and Alex, all of Ft. Worth and granddaughter and husband Kristy and Brian Waltman of Kansas City, Missouri. Also Erma Liles of Weinert spent the day and had a wonderful time.

For Christmas day Mr. and Mrs. Billy Tatum had dinner for her mom Joyce and brother Clayton and children Christopher and Melissa Tatum and boys Zachery, Garett and Taylor, Creora Tatum, Sammy and Peggy Hawkins and children Michael and Brittney of Aspermont, Bobby Scheets and Daniel Conn. Michael is spending a few days with grandma and other family.

Mr. and Mrs. Charles Blair had children for Christmas. Mr. and Mrs. David Muhle and children of

Rochester, Mr. and Mrs. Clayton Pannell and children of Throckmorton, Mr. and Mrs. Cody Blair and children of Wichita Falls, Mr. and Mrs. Gary Hawkins, Joseph and Christy and girls and Eric Blair of Haskell.

Mr. and Mrs. Kerry Therwanger had her family over for Christmas. They were Mr. and Mrs. David Conn and children, Mr. and Mrs. Casey Reed and children of Haskell and her parents Mr. and Mrs. Dale Carroll and son Doug of Weinert.

Mr. and Mrs. Cody Cochran and Audree spent Christmas day with his parents Mr. and Mrs. Tom Cochran of Aspermont.

Visiting with Vivian Roberson on Christmas day were grandchildren Mr. and Mrs. Steven Drinnon of Dallas, Mr. and Mrs. David Drinnon of Sweetwater and Mr. and Mrs. Damon Drinnon of A&M.

Visiting Arvil and Mary Ann McFadden over the Christmas holidays were their children and families. They are Starla, Tom, Bethany and Nathan Saali of Tyler, Shelah McFadden and Rachelle and Hailey of Merkel. They had planned to go to Lubbock to see Brandon and Stephanie, but due to the bad weather didn't get to travel.



MR. AND MRS. GENTRY MIDDLETON

## Middletons celebrate 50th anniversary

Mavis and Gentry Middleton of Haskell were honored on their fiftieth wedding anniversary at a dinner at Joe Allen's Restaurant in Abilene, Dec. 30, 1950 at First Baptist Church, Rule. Pastor Houston Walker performed the ceremony. Their parents were Addie and Chang Middleton and Elvin and Pauline Sorrells.

Gentry Middleton served in the military in the Philippines and Japan during World War II. After returning home he has engaged in farming and ranching for the past

55 years. Mavis Middleton worked for Heidenheimer's Department Store for 20 years before retiring as a housewife. They are members of the First Baptist Church where he has served as deacon for 25 years.

The couple's children are daughter Beth and husband Mike Guess of Haskell and Paula and husband Joe Fincher of Spur.

Grandchildren are Chan Guess and wife Bridget of Haskell, Mart Guess of Lubbock, and Les and Carrie Fincher. Great-granddaughter is Jacee Guess.

The Middletons said their greatest memory is that of watching their grandchildren participate in sports.

## Children need fluids to avoid dehydration

Viruses, bacteria, parasites and foods that are difficult to digest are common culprits in childhood vomiting and diarrhea. These illnesses can be dangerous for a child because dehydration can occur very quickly.

"Dehydration occurs when too much fluid is lost from the body," said Dr. Donna Persaud, assistant professor of pediatrics at UT Southwestern Medical Center at Dallas. "If a child has had several bouts of vomiting and diarrhea, he or she will need to drink fluids to replace those lost."

Indications of dehydration

include: dark urine, thirst, irritability, not urinating as often as usual, decreased tears, decreased activity, weight loss, dry mouth, sunken eyes, skin that is not as springy as usual and a sunken soft spot in babies younger than 18 months.

To replace lost fluids, Persaud says, offer a sip or two or oral rehydration solutions made for children every five to ten minutes. These drinks or popsicles contain electrolytes and sugars to help replace lost body fluids. Always consult your pediatrician when vomiting or diarrhea is prolonged.

## Signs of domestic violence often hidden

As many as four million Americans are abused by their partners each year, statistics show. Despite the frequency of domestic violence, recognizing its victims can sometimes be difficult.

"Many victims will tell you an injury they have come from an event that doesn't seem reasonable-like receiving a black eye falling down the stairs," says Dr. Ellen

## Warts are caused by virus

The expression "Don't be a worry wart," may lead some people to believe excessive worrying causes warts. The fact is, it is unclear why warts develop in some people and not in others.

"In children, warts are generally found on the fingers around the nail, on the back of the hands and on knees and elbows," said Dr. Moise Levy, chief of dermatology at Texas Children's Hospital in Houston. "They also can be found at the bottom of feet, but these are called plantar warts and they tend to be more painful."

Warts are caused by a virus and can be contagious. Common warts generally look like small bumps of raised skin and have a dry, rough surface.

Most warts eventually will go away, if left alone. Discuss concerns and treatment options with your child's doctor.

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Taliaferro, an associate professor of emergency medicine at UT Southwestern Medical Center at Dallas who specializes in working with victims of domestic violence.

Domestic violence victims may complain about general aches and pains or may seem depressed or anxious, she says. These victims often are isolated from friends and family by the abusive partner. The best way to find out if someone you know is being abused is simply to ask.

"Ask about possible abuse at a time when the victim feels safe and the abuser is not present," she says. "The most important thing is to be supportive and positive and assist your friend in seeking help if needed."

For more information, call the National Domestic Violence Hotline at 800-799-7233.

## Resist temptation to super size meals

With obesity on the rise among both children and adults, it's time to take a look at cultural influences on what we eat. Consider that more Americans are eating more meals away from home. But you may not realize most restaurant portions are just too big. Doctors at UT Southwestern say instead of clearing your plate, order one meal and share it with a friend. Or draw a mental line between what you will and won't eat, then get a to-go container and save the rest for a later meal. Avoid fried or fatty food and make other choices. At fast-food restaurants, order a side salad

instead of fries and resist the temptation to "super size" your meal.

At home, make it easier to eat nutritious foods. Often we reach for snack foods because they're handy. Cut fruits and vegetables into bite-sized pieces for quick snacks. Keep junk food out of the house so it won't be a temptation. Limit kids' television watching. Not only does it keep kids from exercising, but commercials extol the virtues of sugary, fatty foods. Start the whole family on an exercise program by finding a fun activity to enjoy together.

## Coping with seizures

It's important to know exactly what to do when someone is having a seizure.

"First put something soft under the person's head to avoid injury, loosen clothing around the neck, then turn the person on their side," said Dr. Eli Mizrahi, a neurologist at Baylor College of Medicine in Houston. "Sometimes a person with a seizure might not be able to breathe for a short period of time, so you do not want any mouth secretions or saliva to be retained

in the mouth and possibly sucked into the lungs."

In addition, look for an identification band that might alert you to a seizure disorder. This could give you a sense of confidence about what is happening and enable you make that person comfortable during an episode.

Seizures can last anywhere from a few seconds to a few minutes. If an episode goes beyond five minutes, call 9-1-1.

Back the Indians!

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## Cold, dry air can equal winter dry skin

Cold outdoor air and warm indoor air equal dry winter skin.

You may notice that at this time of year, your skin feels drier than normal. That's because cold air has less moisture than warm air. In addition, heating air for warmth robs it of moisture. Add brisk winter winds and the result is dry, itchy and even chapped skin.

Dermatologists at UT Southwestern have a few suggestions for keeping your skin supple in winter. To begin with, take shorter or fewer showers or baths and use cooler water. Hot water may feel good on your body this time of year, but it strips the skin of natural oils. After your shower, don't dry completely with a towel. Instead, while your body is still damp, rub on skin lotion—the greasier the better. Lotion will help seal the dampness from the shower into your skin.

You can also help add moisture to indoor air by using a humidifier or vaporizer, or by leaving a big

pan of water simmering on the stove. But be sure to check often to make sure your pan doesn't boil dry.

UT Southwestern doctors remind you that you cannot forget about sunscreen in winter. You can still burn, even when it's cold and a sunburn will only aggravate dry skin. You'll especially want to use a lip balm with sun block to keep your lips from chapping in the cold, wind and sun.

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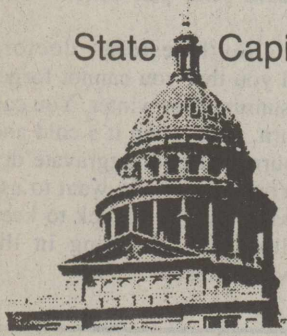
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# OPINION

State Capital



## HIGHLIGHTS

By Mike Cox  
TEXAS PRESS ASSOCIATION

AUSTIN—From the Texas Constitution:

Article 2 - THE POWERS OF GOVERNMENT

Section 1 - DIVISION OF POWERS; THREE SEPARATE DEPARTMENTS; EXERCISE OF POWER PROPERLY ATTACHED TO OTHER DEPARTMENT

*The powers of the Government of the State of Texas shall be divided into three distinct departments, each of which shall be confided to a separate body of magistracy, to wit: Those which are Legislative to one; those which are Executive to another, and those which are Judicial to another; and no person, or collection of persons, being of one of these departments, shall exercise any power properly attached to either of the others, except in the instances herein expressly permitted.*

You think putting together something your child got for Christmas is hard, try reading the Texas Constitution.

It is so big no one really knows how many words it contains. Last count on the number of amendments was 370. But like the sometimes poorly written directions that come with items requiring set up or assembly, the 1876 Texas Constitution is our official rulebook.

Last week's court fight over whether the Senate could vote in secret for its new presiding officer centered on the fundamental concept of the separation of powers, outlined in italic above.

If you're interested in the legislative process, there's no better place to start than taking a look at Texas' organic law. The easiest way to do it is to go to the state's web page at [www.capitol.state.tx.us/txconst.toc.html](http://www.capitol.state.tx.us/txconst.toc.html).

This online version of the Constitution is searchable. Bookmark the site for future reference.

Oh peas, say it ain't so

If you're a longtime Texan, chances are you had a small bowl of black-eyed peas on New Year's Day for good luck in 2001.

For generations, we Texans have believed that was an old Southern tradition dating back to what some still refer to as The War of Northern Aggression.

Now, the Texas Parks and Wildlife Department seems to have declared open season on this venerable tradition. In the January issue of *Texas Parks & Wildlife Magazine*, writer C.F. Eckhardt of Sequin flatly declares the black-eyed pea tradition is a hoax.

According to Eckhardt, the black-eyed-peas-for-good-luck-concept was cooked up in 1947 by one Elmore Torn, head of the Henderson County-Athens Chamber of Commerce.

Torn, father of actor Rip Torn concocted the tradition to help a food company in Henderson County sell canned black-eyed peas, Eckhardt said. If the tradition is indeed no older than 1947, Torn's scheme succeeded beyond expectations.

Eckhardt, while admitting he likes black-eyed peas, says early Southerners thought them much more suitable for horse feed than human consumption. The notion that good luck can be assured by eating black-eyed peas, he believes, is merely the result of one man's clever public relations gimmick.

With the 77<sup>th</sup> Legislature about to convene, many more weighty issues lie ahead, but the prediction here is that we have not heard the last of this. Texans don't turn loose of tradition lightly.



## From The Inside Out

By Mary Kaigler

"The days will grow to weeks, the weeks to months. The months will add themselves and make the years. The years will roll into the centuries..." wrote Alfred, Lord Tennyson.

Isn't it exciting to have now been a witness to the rolling in of another century in the long history of this earth we inhabit, and of the great mystery called life?

I suppose that it didn't take earth's first inhabitants long to recognize the constancy of coming and going of seasons and to become aware of the cyclical characteristic of time.

The wise man Soloman wrote quite philosophically and beautifully of everything having a time and a season. Before the Roman poet Virgil died in 14 BC, he wrote, "The great cycle of the ages is renewed." He added, "Let us raise a somewhat loftier strain."

We love the thought of life and time's renewal. The beginning of the calendar year which our culture uses to reckon time always seems to be a good time for our own renewal. Hence the making of resolutions which give us (if only perhaps for a short time) a feeling of recommitment to things we know we should and could improve on.

A New Year's Eve re-covenanting service scheduled at our church gave opportunity for a solemn re-commitment to personal spiritual ties and beliefs at the

beginning of this new year. Although all real change must come from within ourselves, no doubt the outward ritual of remaking such commitments is meaningful and helpful for reaffirming it in our inner hearts.

Contemplating the positive effects of this, brought to mind the idea of how positive it could be for the community, at the beginning of a new year, to have a community-wide recommitment service to reaffirm our personal relationships to one another; family, friends, co-workers, customers, leaders and institutions, teachers, neighbors, children, everyone.

Think about it. Would a county-wide service of re-commitment to a positive spirit of community and mutual cooperation, selfless caring, courage, understanding and kindness be of benefit to this great little place we love to call our home town? It's a great place. Could it be made greater?

It's a fanciful thought, and one that is unlikely to be brought about. (Can you even imagine who would sponsor such an undertaking? Talk about courage!)

But, before we start speculating about who we think would benefit from such an "unloading" of their attitudes, we would do well to review our own community attitudes, such as quick-draw criticism, doubt of others' motives, long-held and long-rehearsed peevish, harsh statements of mind and

mouth, and hasty spreading of negative wet blankets. There may well be a place for every one of us' at that hypothetical meeting to strengthen the development of better community togetherness.

One of the writers in the thought-provoking book, *What Does It Mean To Be Human?*, Judith Thompson says that compassion, community, commitment and courage are the things that are necessary for social transformation on a broad scale. She adds that listening well and providing "safe space" for everyone is the most human thing in the world, (yet it is so rarely done.)

Learning how to be present to each other is the key to community. Such a creative bonding offers opportunities for opening the doorway to connectedness. Would a feeling of connectedness benefit us in the best development of a strong community spirit?

"Strength in Unity" is not a trite, empty saying. And for a dreamer, the New Year's vision of the goal of having a great little community, unified and committed to positive purpose and individual respect and caring, does not have to be an empty dream to be forgotten in the light of the every-day living in this new year.

Goals are only dreams with deadlines. So, dare to dream big, Haskell, and have a great new year.

## From Out of the Past

From the files of The Haskell Free Press

10 Years Ago  
January 3, 1991

D'Anne Melton was the winner of the \$2,000 prize in the Christmas drawing. Roy Medford won \$1,000; Donna Saffel of Rule won \$500; and Jack Daniels won \$500.

Darold and Maxine Roberson were presented with a plaque in recognition of 25 years as a Western Auto dealer in Haskell.

Home and yard lighting contest winners at Rule were Ronnie Andrews, first place; James Marquis, second place; and David Guadalucazar, third place.

20 Years Ago  
January 1, 1981

The Haskell Maidens won first in the Knox City Basketball Tournament. The victory brought the Maidens' season record to 15-0. All Tournament players selected were Lori Johnson, Kim Lane and Jana Hunt.

Duke Pendergraft scored 59 points for the Paint Creek Pirates in three games in the McCaulley Basketball Tournament to put him on the boys All Tournament Team.

Nancy Kimbrough has been named to the Dean's List at

Temple Junior College with a 3.13 average. She is a 1980 graduate of Haskell High School.

30 Years Ago  
January 7, 1971

Jimmy Lisle, Rule's unstoppable halfback, was picked on the Abilene Reporter News All-Area Class "B" Team. Kent LeFevre and Alan Matysiak of Rule and Mike Adkins of Rochester were listed as Honorable Mention.

The Haskell County 4-H Council officers are: chairman, Sue Hager, Weinert 4-H; vice chairman, Tommy Miller, Weinert 4-H; secretary-treasurer, Susan Mullino, Rochester 4-H; reporter, Joan Caddell, Weinert 4-H; alternate delegates, Lorenia Caddell, Weinert 4-H and Rob Kitley, Rule 4-H.

40 Years Ago  
January 5, 1961

Grand champion of the Haskell County 4-H Steer Show was the 990-pound Hereford, fed and exhibited by Jack Hammer of Weinert.

Seven Haskell High School band students will try out for the All-Region Band. The students are J. D. Stocks, Dollie Norton, Jean King, Martin Rueffer, James Underwood, Robert Coburn and Pat Carter.

Pat Henry of Haskell spent several days last week in Calgary, Canada, visiting Mr. and Mrs. Russell Hayes and daughter, Charley.

50 Years Ago  
January 4, 1951

Mather Larned of Jal, N. M. visited his parents Mr. and Mrs. Grover Larned during the holidays.

Recruit Elton Klose, who spent the Christmas holidays with his parents, Mr. and Mrs. George Klose, left to return to Fort Benning, Georgia where he is stationed.

Myron Biard purchased Norris Cleaners located at 115 North Ave. E. The establishment will be operated in the future as Biard's Cleaners.

90 Years Ago  
January 7, 1911

Miss Fannie Baldwin left for Fort Worth where she is attending college.

G. R. Couch left on a business trip to Orange county.

County Court convened Monday with Judge A. J. Smith on the bench. He has disposed of a number of criminal cases this week. There were about 30 pleas of guilty, most of them in gaming cases and for giving liquor to minors.

## Ask the AG

By John Cornyn, Attorney General

**Q:** I recently received a fax from a foreign "National Petroleum Corporation." It says they need my help to release \$14.5 million stuck in a bank account in their country. Is this a legitimate offer?

**A:** NO. The fax you received is an example of a scam commonly known as an advance fee fraud. Thousands of people in the U.S. and other countries have received letters, faxes, and e-mails like it.

**DO NOT RESPOND. DO NOT PROVIDE ANY ACCOUNT INFORMATION.**

Most of these solicitations are misrepresented as affiliated with the Nigerian government or bank officials. Some messages purport to be from Liberian officials as well. My office frequently receives complaints regarding this scam and similar frauds.

Called 4-1-9 frauds, after the section of the Nigerian penal code that addresses fraud schemes. The U.S. Secret Service reports getting about 100 calls and several hundred pieces of correspondence each day about these scams.

There are a wide variety of advance fee schemes. In each scam, the goal is to obtain the victim's account information or other information which can be used to defraud the victim by implying that the victim has an opportunity to take part in a very profitable business arrangement. Some examples include:

- **Money transfer:** The solicitations claim to have a large sum of money that was overpaid on a government procurement contract that must be transferred overseas. The victim is promised a sizeable percentage of the money in exchange for the use of your bank account.
- **Charitable donation:** The solicitation offers to contribute to your organization and asks for your bank account information.

This IS NOT a legitimate donation offer and no bank account information should be given out.

- **Contracts:** A variation of the scam may seek your "expertise" to complete a contract with a foreign government and requests thousands of dollars in "fees" before accepting your help.

**THINGS TO BE WARY OF:**

- Requests for personal bank account information in exchange for your "discretion and confidentiality";
- Requests for your business letterhead, blank invoices or banking information;
- Promises of advance payment for services to be provided to a foreign government;
- Requests for payment or transfer of money for taxes or incorporation fees;
- Solicitations that appear to be on official government stationery or from a banking official;
- A request that you travel to the country to finalize the deal.

**Q:** What should I do with the message I received?

**A:** DO NOT respond to it. You may forward the solicitation to the U.S. Secret Service, which is charged with investigating complaints about foreign advance fee scams. If you have been victimized by one of these schemes, send copies of all written documentation to:

U.S. Secret Service, Financial Crimes Division, 950 H Street NW, Washington, DC 20001. You can also contact that division at (202)406-4840 or by e-mail through their Web site at [www.treas.gov/ussf](http://www.treas.gov/ussf). If you have received this type of correspondence, but have not lost any money, fax a copy to the U.S. Secret Service at (202) 406-5031.

Go Indians!  
Go Maidens!

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This issue mailed Wed., Jan. 3, 2001

## More teens are drinking sodas and a lot less milk

If kids are drinking more sodas, does that mean their bones are getting weaker?

American teens are drinking a lot more soda and a lot less milk, according to researchers in N. C. The researchers looked at about 30 years worth of data on diet and found that sugary sodas have replaced milk in teens' diets.

It's not that sodas themselves are bad. But they may be replacing more nutritious foods, like milk. Both boys and girls need calcium during their teen years to build strong bones. Sweet soft drinks also may add unnecessary calories to the diet and American young people are increasingly overweight.

With teenage girls, it may not be sugary drinks that replace milk. Instead, it's diet drinks because girls are often concerned about their weight. Nutrition experts at UT Southwestern Medical Center at Dallas say high-calcium dairy products don't have to be fattening. A glass of skim milk has a lot more nutrition and fewer calories than a can of soda. Fat-free cottage cheese or yogurt makes a great snack that won't pack on pounds.

Boys could benefit by replacing at least one soda a day with a glass of milk. Not only does the calcium build strong bones, but milk's protein helps build strong muscles. That's something a soft drink can't do for you.

## Keep pre-workout breakfast light

Skipping breakfast before an early-morning workout might help burn fat, but the amount is probably minimal.

"When in a fasting state, a person burns more fat calories during any activity, such as exercise or sleep," said Maurice Puyau, an exercise specialist at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. "But during higher intensity exercise, the body begins to burn more carbohydrates and less fat. So the results are debatable."

According to Puyau, what you eat for dinner the night before could actually have more of an impact on what type of fuel—carbohydrates, fat or protein—your body will burn.

"Food takes a while to be processed in the gut, so anything you eat or drink in the morning may be of little benefit if you begin to exercise too soon after ingesting it," Puyau said.

When a person starts exercising, blood flow to the stomach is reduced to meet the working muscles' demand for oxygen. As a result, whatever you ate immediately before the workout takes much longer to digest. Runners, for example, benefit more from eating a carbohydrate-loaded meal the night before an event.

If you can't handle an empty stomach, Puyau suggests drinking some juice prior to hitting the gym.

## Everyone should be current on tetanus shots

Although tetanus is extremely uncommon in the United States, that doesn't mean you should go without a tetanus shot, say doctors at UT Southwestern Medical Center at Dallas.

A toxin emitted when a wound is infected with a certain kind of bacteria causes tetanus, a serious disease that attacks the nerve cells in the spinal cord. The bacteria that cause the infection are found in soil

### Listeria

A bacteria called listeria can have a devastating effect on a pregnant woman and her unborn child.

"Listeria has been known to cause an infection in the lining of the uterus before birth that can be life-threatening for both mother and child," said Dr. Flor Munoz, an infectious-disease expert with Baylor College of Medicine in Houston. "The infection can trigger a spontaneous abortion or miscarriage and cause a stillbirth."

Listeria can be found in foods such as unpasteurized milk products, undercooked meat, hot dogs, deli meats and soft cheeses like brie.

and the environment in general and they enter the body through cuts or punctures.

"Those at highest risk for tetanus include those with contaminated wounds, wounds with foreign bodies, wounds with pus or wounds with crushed tissue," says Dr. Paul Pepe, UT Southwestern's chairman of emergency medicine. "Still, tetanus is a serious disease that is often fatal and we always take precautions to prevent the disease, even if you are not at highest risk."

If fully immunized as a child, you should get a tetanus booster every 10 years. If you were not immunized as a child, you will first have to receive the three-shot series of immunizations.

## Sons of Hermann to install officers

Leadership teams of the Order of the Sons of Hermann in Texas will install officers from Old Glory Lodge No. 228 and Haskell Lodge No. 241 at 3 p.m. Sat., Jan. 20, at Briarstone Manor in Abilene.

Two German immigrants from New York organized the first Hermann Sons Lodge (Harmonia) in San Antonio in 1861. The Grand Lodge was formed in 1890. The statewide fraternal benefit society has a current membership of almost 78,000, participating in 154 local lodges across Texas.

The not-for-profit fraternal life insurance company operates 34 tuition-free dance schools for its junior members age 3 through 17, two youth camps for its junior members age 9 through 13 and a retirement home. The youth camps and the retirement home are situated on a 330-acre tract near Comfort. Expanded camping programs for older teens, families and senior citizens are offered in the spring and fall at the order's Hilltop Camp, dedicated in July 1991.

## Older adults taking aim for health and nutrition

by Lou Gilly  
Haskell Co. Extension Agent  
For older adults it is sometimes easy to let inactivity take over. But Extension Nutrition Specialist Sharon Robinson says the key is to keep moving and to schedule physical activity into everyday routines.

The activities don't need to be strenuous. She says walking, housekeeping and gardening are all good activities for older adults. Robinson suggests using the buddy system to stay motivated and safe. Other tips include standing at least

once during each commercial break while watching television. She says this is an easy way to strengthen leg muscles.

Robinson also suggests using water-filled milk jugs to do arm reaches. A half gallon container weighs about four pounds. She also says to walk whenever you can. For example, don't choose the closest parking spot. Instead, get some exercise on the way into a store. Robinson says adults over the age of 65 should consult a doctor to determine which physical activity is best for them.

## Strep throat

When is a sore throat cause for concern? When it is caused by bacteria called strep.

Look for symptoms such as fever, headache, swollen tonsils and lymph glands and pain when swallowing. The back of the throat is usually red with white patches.

"Strep is contagious," said Dr. Carol Baker, an infectious disease specialist at Texas Children's Hospital in Houston. "Be sure to take your child to the doctor as soon as you suspect there may be a problem so a throat culture can be done."

If strep is confirmed, your child will be given an antibiotic. It is important that your child takes all the medication as directed by the doctor. If your child's temperature is normal, he or she can return to daycare or school 24 hours after starting the medication.

To keep germs from spreading, instruct family members to wash their hands often. Teach your child not to share food and eating utensils or other items placed in or on the mouth.

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## Preventing heartburn

Changes in your diet can help prevent heartburn.

caffeine will help decrease the incidence of heartburn."

"Stomach acid refluxing back into the esophagus causes heartburn," said Dr. Gilchy Ergun, an assistant professor of medicine at Baylor College of Medicine in Houston. "Cutting down or cutting out things like alcohol, spicy and fatty foods, tomato products and

Prolonged heartburn can cause irritation of the esophagus which could lead to development of scar tissue, internal bleeding and even cancer. If you have problems swallowing, develop chest pain, or begin to lose or vomit blood, Ergun recommends that you seek medical attention immediately.

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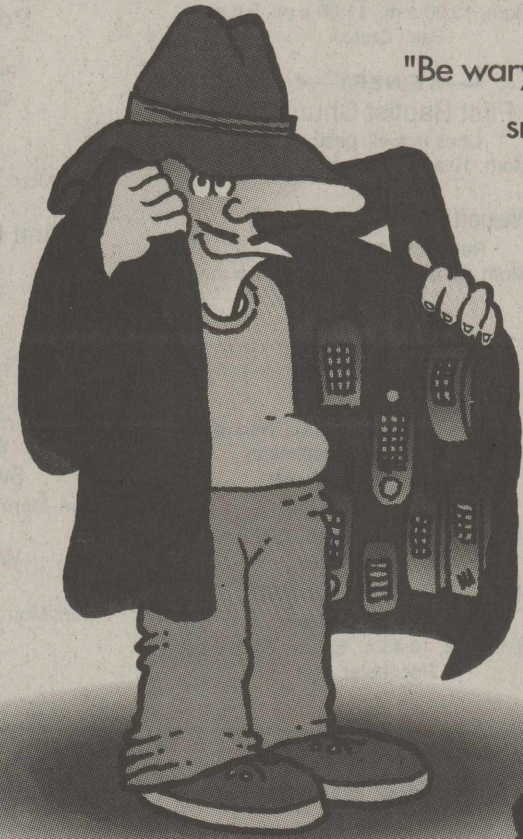
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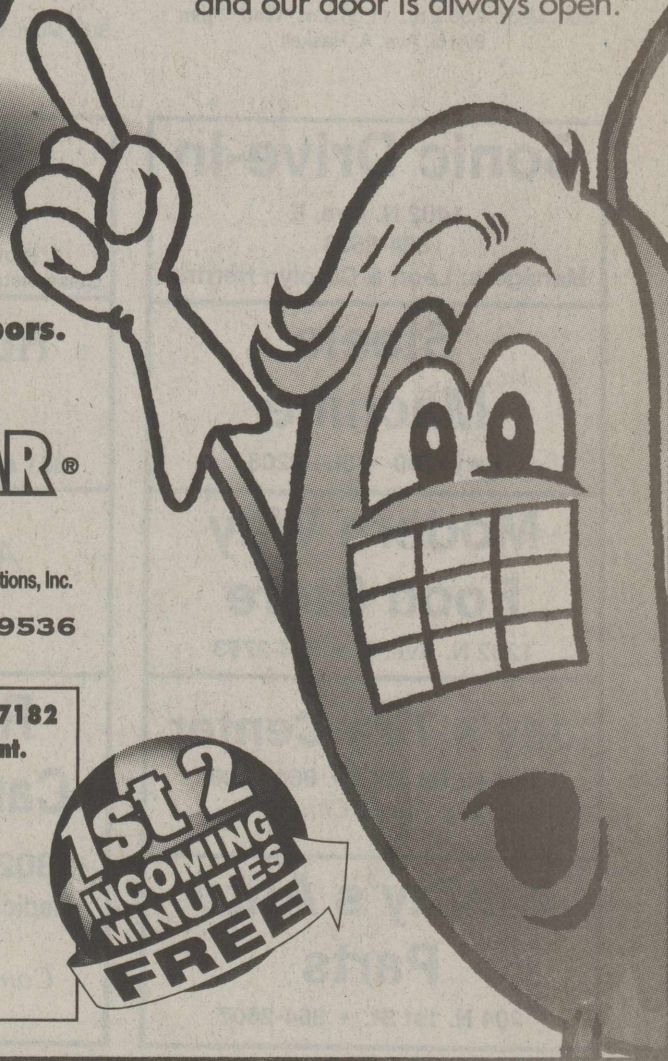
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## Keeping an Eye on Texas

### We're into eating out

According to the National Restaurant Association's 2001 Restaurant Industry Forecast, nationwide, Americans are expected to spend more than \$1 billion per day dining out. The strength of the economy as well as more disposable income are contributing to the rise in restaurant sales across the country.



State	2001 Sales Forecast	Increase from 2000
Texas	\$22.6 billion	6.7%
Louisiana	4.1 billion	6.3
Oklahoma	3.3 billion	5.3
Arkansas	2.1 billion	5.2

SOURCES: Carole Keeton Rylander, Texas Comptroller of Public Accounts (www.window.state.tx.us), the National Restaurant Association.

## Managing stress can lead to healthier living

by Lou Gilly  
Haskell Co. Extension Agent

The phone is ringing, the kids are whining, the dog is barking - stress is a fact of life. But, Extension specialist Rosemarie Hoffman says stress doesn't have to be so...well, stressful.

She says there are many ways to reduce it, including taking time for hobbies, quiet music, or even a soothing bubble bath. Even something as simple as changing tone of voice can help.

Hoffman says if you start speaking slower, everyone in the family will start to slow down. She says physical movement is

also a great way to lessen tension. Exercise has an extremely important role in reducing stress, because it helps the body to wear off built-up energy.

At work, Hoffman says to take breaks and avoid running errands on your lunch hour. Cutting down on caffeine intake and eating slowly will also help.

For more information on stress and how to fight it, visit the Texas A&M University's Family Development and Resource Management Web site at <http://fcs.tamu.edu> or contact Lou Gilly, Haskell County Extension Agent-FCS at (940) 864-2546.

## Herbal remedies require caution

Herbal remedies are steadily gaining popularity with people searching for safe, natural cures, but consumers should be aware that natural does not necessarily mean pure or without side effects.

"Natural doesn't mean safe. Herbs can be toxic," says Dr. Margo Denke, associate professor of internal medicine and senior investigator in the Center for Human Nutrition at UT Southwestern Medical Center at Dallas.

"Unlike prescription drugs, dietary supplement manufacturers are not required to monitor or disclose side effects. Consumers should not interpret the absence of a list as the absence of side effects."

Risk factors outweigh the benefits of ginseng, a common herbal remedy used to treat fatigue and stress, she says.

"Ginseng is not effective. Only 25 percent of commercially available products labeled as ginseng actually contain ginseng. The product is not safe for everyone," Denke says. "Side effects may include an increase in blood pressure, asthma, restlessness, nervousness, nose bleed and high fever."

Before taking dietary supplements, see your doctor.

"If you still want to purchase a dietary supplement, consider how many inexpensive fruits, grains or vegetables you can buy," Denke says. "These are more likely to be beneficial."

## This Week's Devotional Message:



### YOUR RESOLUTIONS CAN'T HELP YOU UNLESS YOU KEEP THEM

A brand new year is underway,  
And just one week ago today  
You made a comprehensive list  
Of what temptations to resist;  
Along with projects to be done,  
Including those not yet begun:  
Like writing letters you've postponed,  
To people whom you should have phoned.

You'll clean that closet out for sure,  
And give those things to help the poor.  
But most of all, you've vowed to heed  
The lessons of your chosen creed,  
And each and every Sabbath day  
Attend the services and pray;  
Then thank the Lord with all your heart  
You gave this year a flying start.

### 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 Garrison, 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.  
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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.  
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 Christian Church**  
Bill and Renee Glass, pastors  
Sun. Morn. 10:00 a.m., 11:00 a.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**  
Kevin Hall, pastor  
Sun. Morn. 9:45 a., 10:55 a., 6 p.m.; Wed. 7 p.m.  
301 N. Ave. E, Haskell
- Church in the Park**  
Rev. Tim and Suzann Townsend  
Sun. Morn. 10:30 a.m. Wed. 7 p.m.  
Gazebo or 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**  
Chris Powell, pastor  
Sun. Morn. 10 a.m., 11 a.m., Wed. 7 p.m.  
Weinert
- Weinert Foursquare Church**  
Rev. Robert Harrison  
Sun. Morn. 10 a.m., 11 a.m. Wed. 7 p.m.  
Weinert
- ROCHESTER—
- Church of Christ**  
Steve Willis, minister  
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 6 p.m.  
West on Main Street, Rochester
- First Baptist Church**  
Troy Culpepper, 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**  
Stan Leaf, 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
- Primera Iglesia Bautista**  
Arturo Jr. Flores  
Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.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

## Children's money choices can be habit forming

by Lou Gilly  
Haskell Co. Extension Agent

Kids spend more money on snacks than any thing else - about five dollars a week on drinks, candy, chips and other foods. Parents should encourage children to manage their money so their spending habits affect their lifetime financial well being.

When young people are given money upon request or as an allowance, they will likely think it is meant for spending, unless they

get some coaching. Parents should talk about choices in spending, saving and sharing money.

It's never too early to start saving and parents should consider matching their children's savings as a reward incentive. Children could save even more if parents teach kids how to choose a savings account where their money can earn interest. They should also be given opportunities to learn about consumer decision making and money management.

## ECC Calendar and Menu

- Mon., Jan. 8**  
Lunch-Chicken, gravy, potatoes, green beans/tomatoes, cake, bread, milk, tea or coffee
- Fri., Jan. 12**  
Lunch-Baked ham, glazed sweet potatoes, savory peas, fruit salad, bread, milk, tea or coffee
- Wed., Jan. 10**  
11:00 a.m. Outreach Health Services blood pressure check  
Lunch-Beef casserole, corn O'Brien, carrot salad, brownies, 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.

### Back the Indians!

## TAX PLANNING

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



### DON'T OVERLOOK VALUABLE TAX CREDITS

Tax credits are one of the most powerful ways to lower your income taxes. A tax credit reduces your tax bill dollar for dollar. A tax deduction, on the other hand, only reduces your taxable income, so your benefit is determined by your tax bracket. For example, a tax deduction of \$1,000 will lower your tax bill by \$280 if you are in the 28% tax bracket. A \$1,000 tax credit will lower your tax bill by \$1,000. Here are some of the most common tax credits; most are subject to income limits.

**Child credit.** Taxpayers who have dependent children under age 17 may be eligible for a child tax credit of \$500 per child.

**Dependent care credit.** Expenses paid for the care of dependent children under 13 and certain other dependents may qualify for a tax credit.

**Education credits.** Qualified college and vocational school expenses for eligible students may qualify for a credit. Under the Hope credit, up to \$1,500 per student can be claimed for tuition and fees paid during the first two years of post-secondary education. Under the lifetime learning credit, up to \$1,000 per family is available for post-secondary education expenses and for education expenses to acquire or improve job skills.

**Earned income credits.** This credit is intended for low-income taxpayers. The size of the credit depends on the amount of your earned income (wages and self-employment income), investment income, and your filing status. Qualifying children can increase the credit.

**Adoption credit.** A credit of up to \$5,000 per child (\$6,000 per special needs child) is available for qualified adoption expenses.

**Business credits.** There are a number of credits available to businesses. They include the welfare-to-work credit, the work opportunity credit, the disabled access credit, and the low-income housing credit.

Don't overlook valuable credits that could reduce your taxes. For details on the credits for which you might qualify, call us.

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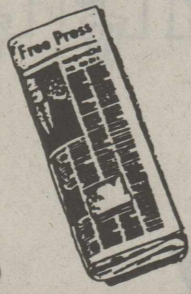
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BIG SCREEN TV for sale. Take on small payments. Good credit required. 1-800-398-3970. 1-2p

### 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. 50tc

### Miscellaneous

CHARTERED BUS TRIP from Abilene to Horseshoe Casino, Bossier City, La. Jan. 13 & 14. Call 915-235-2068. 51-2c

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

COMPLETE YOUR bachelor's degree at Abilene Christian University without driving the distance. Videoc Conferencing technology allows you to work towards your bachelor's degree in criminal justice (sociology emphasis) from your hometown. For more information contact Beth Ridge at 915-674-2505. 1c

### For Rent

FOR RENT: 604 N. 3rd. 2 bedroom apartment. 864-3762. 52-1c

FOR RENT: 2 bedroom, 1 bath house. 300 N. 4th. 864-3762. 52-1c

FOR RENT IN WEINERT: 2 bedroom, 1 bath, CH/A, built-in stove, carport, wash room. 864-2629 days or 673-8296 nights (Weinert). 45tc

FOR LEASE: 3 bedroom, bath and 1/2, carport, storage room. Lots of closet space. Well and sprinkler system. Good location. References required. \$475. 915-548-2568. 49tc

FOR RENT: 2 bedroom house. 307 S. Ave. C. \$200 month. 864-3763, ask for Sam. 864-8991 nights. 1-3c

**Beautiful Double-Wide in country.**  
Call Laura at  
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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.

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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. 12tc

WANTED: 3.0 version of Shanghai for IBM compatible. 864-2960. 1p

### Real Estate

FOR SALE BY OWNER: 3-4 bedrooms, 2 baths, oversized 2 car carport, CH/A, fireplace, abundant storage. Large detached studio apartment with CH/A, full bath. Privacy fence. Nice horse barn with hay storage, tack and feed rooms. On 3.5 acres, 2 water wells. Convenient to Haskell Elementary. 304 S. Ave. H. 940-864-3651; 940-864-8702. 48tc

FOR SALE: Rock house and 2 acres. 1 mi. south on Hwy. 277. Phone 940-864-3727 or 254-968-3493. 50-1p

HOUSE FOR SALE by owner: 2 bedroom, 1 bath, large fenced back yard, water well, 2 car garage. 710 S. 12th St. Call 940-864-3700. 50-1p

HOUSE FOR SALE: 4 bedroom, 1 bath, 2 living areas, CH/A, basement, water well. \$38,500. 864-5119. 50-1p

HOUSE FOR SALE in Haskell: 4 bedroom, 3 bath, 2 story. 940-864-3755. 1-2c

FOR SALE: 1997 16'x76' singlewide 3 bedroom, 2 bath, with fireplace in excellent condition. Also 16'x20' deck and 10'x12' 1998 Hawk storage shed on lease property at Veda's Camp Lake Stamford. For more information call 915-365-5624. 1p

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### Public Notices

**NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT**  
Walsh and Watts, Inc., 1111 Seventh Street, Wichita Falls, Texas 76301 is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil or gas.

The applicant proposes to inject fluid into the Caddo Tibbets, Well Number 2. The proposed injection well is located 4 miles South West of Rochester in the Rule North (Caddo) Field, in Haskell County. Fluid will be injected into strata in the subsurface depth interval from 5620 to 5700 feet.

**LEGAL AUTHORITY:** Chapter 27 of the Texas Water Code, as amended. Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P. O. Box 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/463-6792). 1c

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Wilma, Bryan and Misti Jones

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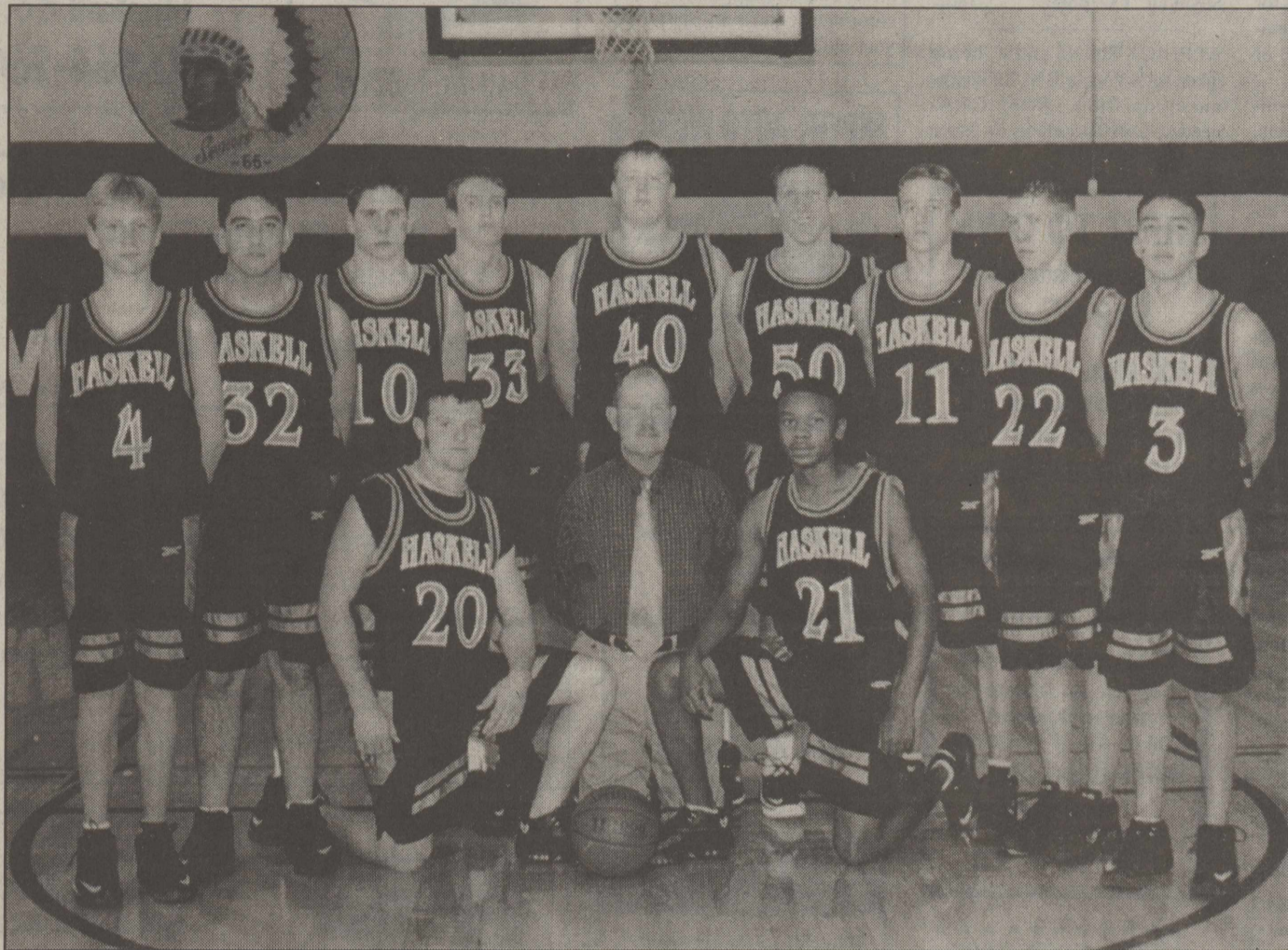
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# GOOD LUCK, INDIANS and MAIDENS



Photos by KIS Photo



## INDIANS

Sat., Jan. 6 • TBA  
JV & Varsity vs Abilene Wylie  
at Wylie

\*\*\*

Tues., Jan. 9 • 4 p.m.  
JV & Varsity vs Anson  
at Haskell

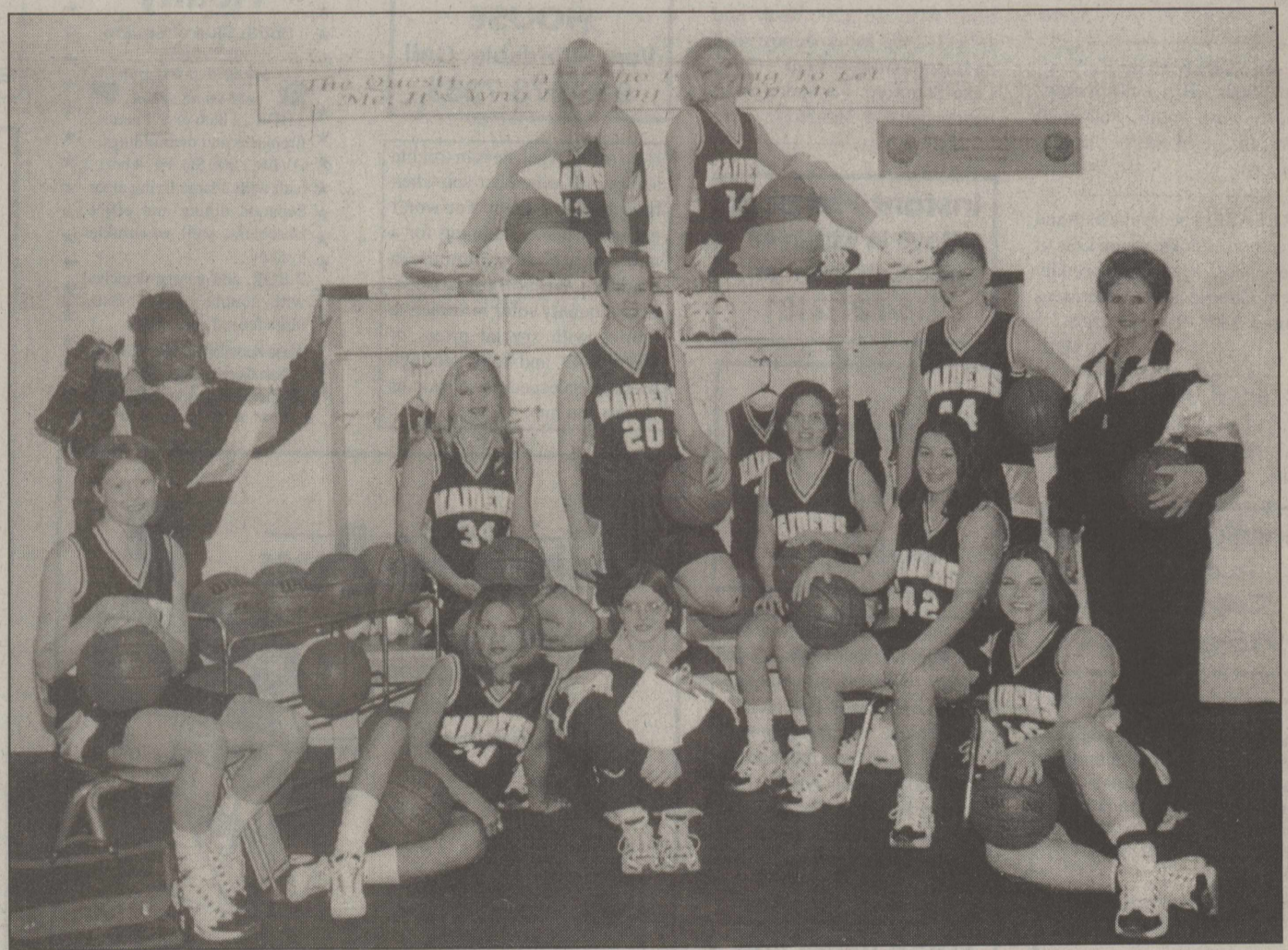


## MAIDENS

Fri., Jan. 5 • 6 p.m.  
JV & Varsity vs Stamford  
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Tues., Jan. 9 • 4 p.m.  
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