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Travel tips given

With the arrival of summer, people across the nation will start making their vacation travel plans. In light of the September 11 tragedy, it is important to remember "safety first" when traveling, whether you're traveling in the United States or abroad. The Independent Bankers Association of Texas suggests the following tips to help keep you and your property safe.

Before you leave on your trip: Stop mail and newspapers or ask a neighbor to pick them up.

Use timers with household lights to give the appearance that someone is at home.

Arrange to have the lawn mowed while you're away.

Make sure all windows and doors are locked.

Leave a radio on. Ask a neighbor to park in your driveway at night.

Carry travelers' checks and one or two major credit cards instead of cash. When using credit cards abroad, make a note of the credit limit on each card you bring. Make certain you do not charge over that amount. In some countries, Americans have been arrested for innocently exceeding their credit limit.

Pack an extra set of passport photos and a photocopy of your passport information page to make replacement easier in the event it is lost or stolen. While making copies, make an extra copy of your passport, airline ticket, driver's license and credit cards you're taking with you and leave with a family member or friend. Additionally, it is a good idea to make a copy of the serial numbers of your traveler's checks.

Find out if your personal property insurance covers you for loss or theft while abroad. It's also a good idea to make sure your health insurance covers you while you are out of the country. You might consider purchasing a short-term health insurance plan for travelers. If you go this route, make sure the plan you purchase covers medical evacuation in the event of serious injury or illness.

Beware of pickpockets. They often have an accomplice who will: Jostle you.

Ask you for directions or the time. Point to something spilled on your clothing.

Distract you by creating disturbance.

If confronted, give up your valuables. They can be replaced. You can't.

When traveling out of the country, the most convenient source of information about travel and consular services is the web site of the State Dept. The web site address is <http://travel.state.gov>. You can also access Consular Service Information and travel warnings by dialing 202-647-5225 any time of day from touchtone phone.

There's no reason to avoid traveling or changing your plans. Just use common sense and you'll enjoy your vacation—at least until the credit card bills come in.

Obituaries

Julia Marion Gibson



JULIA GIBSON

Funeral services for Julia Marion Gibson, 84, of Haskell were held Fri., June 28 at First Baptist Church in Haskell with Dr. Troy Culpepper of-

ficiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Directors.

Mrs. Gibson died Wed., June 26 at the local hospital.

Born April 17, 1918 in Haskell County, she was the daughter of Charlie W. Marion and Dessie Coffey Marion. She married Oris Gibson Oct. 5, 1935 in Haskell. She was a homemaker during the time her children were growing up and later enjoyed working for Lyles Jewelry in Haskell. She was a member of the Center Point Home Demonstration Club, the Eastern Star and First Baptist Church.

She was preceded in death by three brothers, one sister, one grandson and one great grandson.

Survivors include her husband of Haskell; three sons and daughters-in-

law, Oris Darrell and Shirley Rasco Gibson of Victoria, Bobby and Jane Bynum Gibson of Humble and Charles and Pam Harris Gibson of Abernathy; one daughter and son-in-law, Janette and David Frierson of Haskell; one sister, Susie Kreger of Haskell; one brother, Carl Marion of San Diego, California; nine grandchildren and 18 great grandchildren.

Pallbearers were grandsons, Nathan Frierson, Jeff Frierson, Randall Frierson, Turner Frierson, Chad Gibson, Paul Gibson and great grandson, Wade Stafford.

Honorary pallbearers were grandsons-in-law, Bill Stafford, Mike Tordt, Bradley Norris and Brad Lilly.

Memorials may be made to Haskell Memorial Hospital, P. O. Box 1117, Haskell, Texas 79521 or donor's favorite charity. PD. NOTICE

Emil Dukatnik

Graveside services for Emil Dukatnik, 91, of Haskell were held Tues., July 2 at Willow Cemetery in Haskell under the direction of Holden-McCauley Funeral Directors.

Mr. Dukatnik died Fri., June 28 at a Haskell care home.

Born Oct. 15, 1910 in Temple, he was the son of Vince and Mary Luga Dukatnik. He served in the U. S. Army during World War II. He married Agnes Peters Sept. 14, 1940 in Weinert. He was a farmer and a Lutheran.

He was preceded in death by one son, Alfred; three brothers; and one sister.

Survivors include his wife, Agnes, of Haskell; and one son and daughter-in-law, Clarence and Madeline Dukatnik of Haskell.

Memorials may be made to Hospice of the Big Country, 4601 Hartford St., Abilene, Texas 79605.

PD. NOTICE

Sports-related injuries on rise for older age groups

It won't make you any younger, but staying active as you age can go a long way toward maintaining and improving your health.

The benefits of regular activity, though, are sometimes blunted by unexpected injury. As a growing number of Americans older than 65 have become more active, their rates of sports-related injuries have risen significantly.

The latest data available from the Consumer Product Safety Commission found that between 1990 and '96, sports injuries among Americans 65 and older increased 54 percent. And the injuries weren't just occurring in those close to age 65. Among people 75 and older, sport-related injuries increased 29 percent.

Most of the injuries were associated with more active sports, including biking, skiing, tennis and skating. In less active sports, such as fishing, bowling, and golf, the number of injuries increased only slightly or not at all. The report indicated that the most common

injuries were bike related, and most of those were from falls and head injuries, especially among people not wearing helmets. More injuries were also seen among older skiers and adults using weights and exercise equipment.

With aging the muscles of youth tend to decrease in size as body fat increases. Without exercise, muscle mass typically decreases about 1 percent each year after age 30.

As such, the muscles become more susceptible to injury and need more recovery time if they do become injured. With age, there's also a decline in the number of nerve cells stimulating muscle fibers and an increase in the time it takes for reflexes to respond.

Bone density also can decrease. By age 70, most people have lost as much as 10 to 15 percent of their peak bone density. Hormones that help maintain the body's soft tissues may decline, which may cause tendons and ligaments to lose elasticity. The result may be stiffer

joints, reduced range of motion and more vulnerability to injury.

Among people 65 and older, injuries are often related to inflammation and simple wear and tear aggravated by overuse.

Shoulder pain, is generally associated with overuse and excessive overhead motions from such sports as tennis and swimming. Bursitis refers to inflammation or irritation of the fluid-filled sacs (bursae) that normally act as cushions between the bones and tendons of the shoulder. Bursitis in the hip can also be related to exercise.

Knees are a common spot for trouble. Many times the culprit is degenerative arthritis in the knee. To avoid knee difficulties, low-impact activities, such as bicycling, swimming, or walking instead of running, may be better choices.

Back problems can be another sore point. Especially common are lower back problems due to degenerative arthritis, disk degeneration or inadequate conditioning of the muscle supporting the back and abdomen.

Other overuse and inflammatory conditions that may be aggravated with activity include tendon problems in the elbows and foot injuries due to inflammation of tissue on the bottom of the foot that connects the heel bone and toes.

Despite some risks, daily physical activity is still important to overall health. Also, sports injuries can be avoided. Approaching exercise with the right preparation and correct equipment can help make an exercise program fun and safe.

Pace yourself. The optimal daily goal is 30 minutes or more of moderate physical activity. A moderate activity level allows you to carry on a conversation while you exercise.

Whether you enjoy brisk walking, swimming, bicycling, gardening, tennis, lifting weights or golfing, it's a good idea to alternate activities from one day to the next. Doing so may help you avoid overuse injuries.

Caregivers need care too

"In sickness and in health, 'til death do us part," is a harsh reality for a spouse who must attach the role of caregiver to that of a lifetime partner. Communication and support from family and friends can make the transition more manageable, said Dr. Nancy Wilson, an assistant professor of medicine at the Huffington Center on Aging at Baylor College of Medicine.

"When one partner becomes chronically ill or disabled, the relationship between the couple changes. Knowing what to expect can help ease that change," Wilson said.

Wilson encourages the ill or disabled partner to offer praise and encouragement if the care-giving

spouse makes mistakes while learning to drive, balancing a checkbook, cooking, or doing laundry. She said it's equally important that the caregiver expresses appreciation for contributions the ill partner is able to make.

If possible, the caregiver should encourage the ill or disabled spouse to continue lifelong interests, invite family members to share simple activities or talk about the day's events. Being around other people will help lessen feelings of isolation. Caregivers should "refuel" by pursuing their own activities, spending time with friends and family or participating in a support group.

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EQUAL HOUSING LENDER

Allergy sufferers

Allergy sufferers could help control allergy triggers by doing a "household inventory."

"Your home should be a safe place, but for sufferers of allergies and asthma, it can be a source for triggers that set off a reaction," Dr. Robert Moore, a pediatric pulmonologist at Baylor College of Medicine in Houston.

Common asthma and allergy triggers include dusty surfaces, pet dander, tobacco smoke, poor household ventilation, household cleaners, live plants and mold growth.



ATTEND TRAINING—Haskell FFA officers attended the Area II officers training school held at Howard College in Big Spring. Over 200 FFA officers from 45 schools representing Area II were present. Shown are l-r: Angel Pena, Ross Bullinger, Sydney Brueggeman, Charlie Smith, Wendy Proctor, Alexis Reed, M'Lynn Lehrmann of Rule FFA, and Chase Cockerell. Alexis Reed was named Outstanding FFA Camper during the training session.



NEW FFA OFFICERS—FFA officers who will serve during the new school year are back row from l-r: Chase Cockerell, B. J. Opsahl and Ross Bullinger. Front row: Angel Pena, Charlie Smith, Sydney Brueggeman, Wendy Proctor and Alexis Reed. Opsahl is the outgoing president and the academic award winner. Proctor is the new club president.



FFA STAR CHAPTER FARMER—Chase Cockerell of Haskell FFA was named the Star Chapter Farmer from Area II during the officers' training session held recently at Howard College in Big Spring. Cockerell has competed at the state level and results will be announced during the State FFA Convention July 9-12 in Fort Worth.

Drought destroys wheat crop

By Brandon Anderson
Haskell Co. Extension Agent

The current drought has destroyed substantial South Texas crop production acreage and devastated the Texas wheat crop. Losses are estimated at \$316 million.

Wheat has been hit the hardest having lost \$110 million this year. An additional \$16 million has been estimated in wheat grazing losses.

South Texas cotton and feed-grain farmers have had substantial losses with no rainfall during the critical parts of the growing season. Lack of water in reservoirs on the Rio Grande River has caused limited irrigation water in the Rio Grande Valley.

Drought has also affected Central Texas' corn acreage. In the Panhandle, 2.2 million acres of wheat were planted last fall, but only 700 thousand acres will be harvested this year. Yet, scattered rain showers through parts of Central and East Texas have given hope to the region's hay producers looking for a second cutting.

Births

Kim Rodriguez of Lubbock and Angel Silvas of Haskell announce the birth of their son, Zachariah Lee Silvas born June 25 at 12:36 a.m. at U.M.C. in Lubbock. He weighed 5 lbs. 9 oz. and was 19 inches long.

Grandparents are Gloria Rodriguez of Lubbock, Marcello Rodriguez of Abilene and Lee and Mary Silvas of Haskell.

Great grandparents are Mrs. Munoz and Alex Silvas of Haskell. Other relatives include several aunts and uncles.

Meat color is important

Generally, consumers will not buy meat that appears discolored, even if it tastes, smells, and feels fresh. Because of this, the meat industry is always examining the conditions that can adversely affect color.

Myoglobin is the main muscle protein responsible for color. The protein increases with an animal's age, which accounts for an older animal's lean meat appearing darker than younger lean meat.

When meat does turn a different

color, it is usually because of prolonged exposure to ultraviolet light, temperature change in retail cases, or bacterial growth. Stress conditions and the muscle's water-holding properties are also major contributing factors to discoloration.

Although slightly discolored meat may not look as healthful in your supermarket's meat case, some discoloration is normal and shouldn't affect the meat's taste or nutritional value.

IN CELEBRATION OF FREEDOM.

In 1776, the Second Continental Congress approved one of the world's most important documents — the Declaration of Independence. It set an unmatched standard of freedom and equality that inspires the oppressed today, as it did then. Cindy and I join with you in celebrating America's lasting contribution to independence and freedom.

—Congressman Charlie & Cindy Stenholm

Paid for by Stenholm for Congress Committee

Tips on visiting the ER

It's late at night and you start feeling ill or you hurt yourself. Is it severe enough for a visit to the emergency room?

In a medical emergency, seconds count. At the same time, American emergency rooms are overcrowded so they may not be the best place for treatment of problems that aren't a life-or-death matter. How do you know what to do?

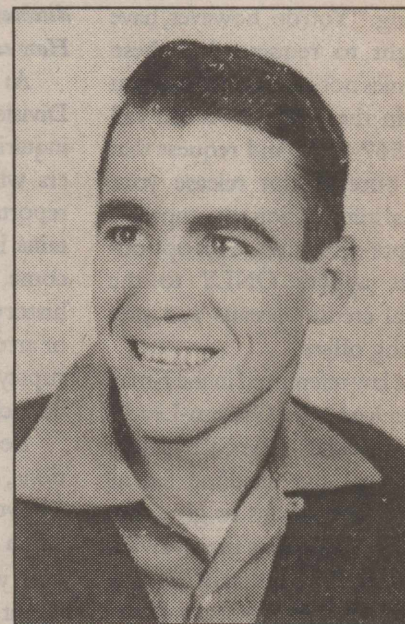
Emergency medicine specialists at UT Southwestern Medical Center at Dallas have a few pointers. Chest pains and breathing difficulties are key symptoms. If you have these, seek help immediately. Don't wait to call your doctor.

A sudden change in vision, weakness or dizziness are other danger signs, particularly if they occur in only one side of your body. A gaping wound or a wound that won't stop bleeding even after you've applied pressure to it for 10 minutes needs emergency treatment. Other reasons to visit the emergency room include a sudden severe pain anywhere in the body, spinal injuries, persistent vomiting, confusion with fever that doesn't respond to medication, and major burns where the skin is blistered and charred. Drug overdoses need attention, and homicidal or suicidal thoughts should lead you to get help.

Talk to your doctor about how you should handle certain emergencies. There may be a number you can call to talk to a medical professional about your problem and determine if you need to visit an emergency room.

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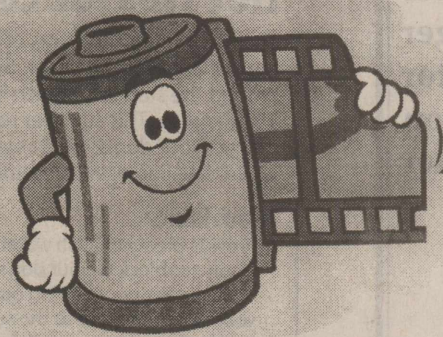
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OPINION

Ask the AG

By John Cornyn, Attorney General

Q: I recently received an e-mail telling me that as of July 1, a new law will allow credit bureaus to release my personal information to anyone who asks for it. This isn't right! What can I do to protect my personal information?

A: My office has received many inquiries about the e-mail you received. This message has been circulating on the Internet since last summer, and it isn't exactly accurate.

Under the Fair Credit Reporting Act, credit bureaus are allowed to release your personal information - name, address, telephone number - to requestors with a legitimate business need. For example, if you apply for credit, the company is allowed to request your credit report.

In addition, certain companies may use your information to send you unsolicited offers for credit or insurance. This is known as "pre-screening." You do, however, have the right to request that these companies not call you or send you offers in the mail. You can call (888) 567-8688 and request that credit bureaus not release your personal information to companies doing pre-screening. This opt-out number applies ONLY to the national credit bureaus and pre-screening offers.

The law referenced in the e-mail you received is the Gramm-Leach-Bliley Act (GLB). The GLB set July 1, 2001 as the deadline for all financial institutions to give consumers notice about their privacy policies and their options for opting out of information sharing practices. Consumers did not need to do anything by July 1, 2001; that deadline was strictly for the financial institutions. Consumers can ask their financial institutions not give out their personal information at any time. You should contact the financial institutions you do business with and request a copy of their privacy policy and their opt-out procedures.

Remember, you should never give out your personal information such as your address, date of birth, driver's license number, or Social Security number over the phone, through the mail, or on the Internet unless you know who you are dealing with. Identity thieves may pose as representatives from banks, Internet Service Providers, or government agencies to get you to reveal your personal information. Legitimate organizations with whom you do business already have the information they need and will not ask you to provide it.

For more information about your privacy rights under the Fair Credit Reporting Act, visit the Federal Trade Commission Web site at www.ftc.gov. You can also call the FTC at (877) FTC-HELP.

Q: I recently was denied a credit card because of my credit history. I ordered my credit report and discovered several inaccurate entries. How can I get them removed?

A: The Consumer Protection Division of my office receives many inquiries each month from consumers who need to fix their credit reports. Your credit record contains information about your income, debts, and credit payment history. If you have ever been sued or arrested, or have filed for bankruptcy, that information will also be included in your credit report.

Because banks, lending institutions, and credit card companies take your credit report into account when considering doing business with you, it is important that your credit report is accurate. If you discover an inaccurate entry on your credit report, you should file a written dispute with the credit bureau and with the company that gave the information to the credit bureau. Both parties are required by law to investigate your dispute. In addition, you have the right to add an explanation to your credit report if the disputed item is not resolved to your satisfaction.

Remember, kids -
Animals don't like fireworks!



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From Out of the Past

From the files of The Haskell Free Press

20 Years Ago
July 2, 1992

Four Haskell County athletes will compete in the Six-Man all-star games in Wichita Falls. Shane LeFevre will be a member of the East boys' basketball team and Mindy Ballard will play for the East girls. Ross Shaver of Rochester and Rodney Tsoodle of Paint Creek will play for the East team in the football game.

Bill Comedy received a plaque from the Texas Press Association in recognition of 55 years in the newspaper business in Texas.

Missy Davis of Haskell has been named to the dean's list for the spring semester at Sul Ross State University.

20 Years Ago
July 8, 1982

Eleven Haskell students raised \$682.28 for the American Cancer Society by swimming a total of 1,203 laps around the city swimming pool. Teresa Unger was the top money winner.

Connie Scheets of Rochester has received a Presidential Scholarship from McMurry College. She is a 1982 graduate of Rochester High School and the daughter of Mr. and Mrs. Howard Scheets of Rochester.

Clayton Neal, Abe Turner, Virginia Jones and Archie Jones of the Haskell County Heart Association attended the Region 4 Annual "Get Together" in Wichita Falls.

30 Years Ago
July 6, 1972

New officer in charge of the Rule Post Office is F. E. Frierson from Haskell. He has been in the postal service for 30 years.

Rochester High School cheerleaders, Riva Hitt, Karan Sharp, Sherry Sloan and Cheri Lynn Townsend, attended cheerleading camp at Texas Tech University.

Seven Haskell students have been named to the Dean's List for the spring semester at Texas Tech. They are: Pamela Reeves, Terry Diggs, William J. Kemp, David Sherry, Brenda Nanny, Andrew Gannaway

and Garland McKelvain.
40 Years Ago
July 5, 1962

Diane Reid of Rochester is a member of the publicity and props crews for the play, "On the Side of Angels," which will be presented by the University Players at North Texas State University July 10 and 11.

Airman Third Class Johnny L. Mills of Haskell, is being reassigned to Dyess AFB following his graduation from the United States Air Force technical training course for jet aircraft mechanics at Sheppard AFB.

Mr. and Mrs. R. C. Couch, Sr. are on a month's tour of Europe with the Murray Cox Farm-Tour group.

50 Years Ago
July 3, 1952

Representing Weinert as sponsor at the Texas Cowboy Reunion July 1-4 is Joan Winchester. She is the daughter of Mr. and Mrs. W. C. Winchester of Weinert and a sophomore in the Weinert High School.

The Jewelry Industry Council at New York, N. Y. has announced that W. A. Lyles, jeweler of Haskell, has been elected to membership.

90 Years Ago
July 6, 1912

The Haskell Bakery furnished 1,000 loaves of bread for the Goree picnic and barbecue and the local ice plant furnished the ice and soda pop.

The Ferris Ranch in the northeast part of the county is putting up three silos. They will cut green forage to fill the silos.

Misses May Fields and Susie Baker left Monday for Yellowstone Park. Miss Fields will visit Taft, Calif. before returning.

Last week Mr. and Mrs. S. W. Scott of this city entertained a party of their friends at their ranch east of town. In the party were Mr. and Mrs. R. C. Montgomery, Mr. and Mrs. O. E. Patterson and Mr. and Mrs. H. S. Wilson. The fishing was said to have been fine.

'Click It or Ticket' message seems to be working

Texans seem to be getting the "Click It or Ticket" message.

For the first time since Texas' safety belt law went on the books in 1985, seat belt use in the state's urban areas has topped 85 percent, according to the Texas Department of Transportation.

The traffic survey results showing that more Texans are buckling up came less than a month after TxDOT, the Texas Department of Public Safety, and the National Highway Traffic Safety Administration launched the state's largest ever public education campaign and seat belt enforcement crackdown.

For a two-week period from May

20 to June 2, an unprecedented barrage of commercials, billboards and movie theater slides warned Texans to buckle up or face hefty fines. Thousands of extra law enforcement officers patrolled Texas streets and highways to locate and ticket seat belt violators.

"Our efforts paid, off and we're delighted that so many more Texans got the message to buckle up," said Sue Bryant, TxDOT traffic safety director. "In cities with heavy 'Click It or Ticket' advertising and stepped up law enforcement, we saw significant increases in the number of drivers and passengers using their safety belts."

In ten Texas cities, observational studies conducted by the Texas Transportation Institute indicated a safety belt compliance rate of more than 86 percent, up from 80 percent before the campaign was launched. The compliance rate among drivers was 87 percent, and passengers buckled up at a rate of 83 percent.

"If we can maintain at least an 85 percent safety belt use rate statewide throughout the year, we save an additional 241 lives and prevent thousands of injuries every year in Texas," Bryant said.

Not all motorists heeded the "Click It or Ticket" message. State troopers, police officers and sheriff's deputies issued more than 61,000 citations for seat belt violations during the special enforcement period. Officers also recovered 45 stolen vehicles, arrested 988 drunk drivers and apprehended 1,110 fugitives.

Don't swim in stagnant water

The report of three deaths last summer from a rare form of meningitis has prompted the Brazos River Authority to alert those who plan to swim in Texas lakes and rivers to avoid stagnant water. The infection, primary amebic meningoencephalitis or PAM, is caused by a common microorganism or ameba found in almost all untreated (non-chlorinated) surface water and in soil.

The ameba that causes the infection thrives in fresh water when temperatures are high, usually above 80 degrees. According to officials with the Texas Department of Health (TDH), the combination of lower water levels, high water temperature and stagnant or slow moving water produces higher concentrations of the ameba in the water.

Last summer, PAM infections in Texas involved children from Texas who had been swimming in lakes. The PAM infection occurs when water containing the organisms is forced into the nasal passages -- usually from diving or jumping into water or water skiing. The ameba then make their way into the brain and spinal cord. PAM is not spread person to person.

Symptoms of the infection include severe headache, high fever, stiff neck, nausea, vomiting, seizures and hallucinations as the condition worsens. Though the disease is rare -- affecting only about one to three people a year in Texas -- for those infected, death usually occurs within a week.

Swimming pools that are properly cleaned, maintained and treated with chlorine generally are safe, as is salt water. The TDH recommends that people never swim in stagnant or polluted water and take "No Swimming" signs seriously. Also, people should hold their noses or use a plug when jumping into lakes, rivers, ponds or other bodies of fresh water and avoid swallowing water when swimming.

For information contact the TDH Public Information Office at 512-458-7400.

Healthy diet may prevent cancer

By Lou Gilly
Haskell Co. Extension Agent

In the past, links between healthy lifestyle, and dietary habits have been linked to preventing heart disease. Texas A&M graduate Laura Bancroft's research has shown similar links may prevent cancer.

Two major contributing factors connected to various types of cancer are cigarette smoke and nutrition. The type or source of dietary fat is important as well.

Bancroft used rat models to perform tests. One group was fed corn oil as its fat source for two weeks, while the other was given fish oil. Both were given drinking water containing a chemical which increases oxidant generation in the intestines.

The fish oil was found to reduce oxidative DNA damage in the intestine and promoted the deletion of cells with DNA damage in the colon. In short, deep, cold-water fish such as salmon and mackerel should be increased in the diet.

Vegetable oils such as corn oil, sunflower seeds, cottonseed, and soybeans should be decreased. Both of those help in preventing colon cancer.

Letters to the Editor

Dear editor:
Thanks for the continued service. I read some interesting articles about my home town.
May God bless America.
Sincerely,
Mrs. Taylor Childress
Guymon, Oklahoma

Dear editor:

Please find our check for renewal to our subscription to the Haskell Free Press.
We really enjoy having the Haskell paper. All the news and good stories from home to our home here in Louisiana is really neat.
Thanks for a great job, well done.
Lee and Polly Gray
Chalmette, Louisiana

Have a happy and safe fourth of July!

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Keeping an Eye on Texas

Hot Tips for Cool Canines

The sizzling temperatures of Texas' summer days are just around the corner. Some hot spots around the state may reach higher than 100 degrees. This summer remember to protect your dog as well as yourself from the sun while traveling or vacationing with your pet.

Beach Basics:

- Provide plenty of fresh water and shade for your dog.
- Apply sunblock to your dog's ears and nose 30 minutes prior to going outside, and limit your dog's exposure to the sun, especially during the hottest part of the day.
- Check with a lifeguard for daily water conditions. Dogs are easy targets for jellyfish and sea lice.
- Rinse your dog's coat before leaving the beach. Salt and other minerals found in the ocean can damage it.
- Prevent your dog from drinking too much salt water. Salt in the water will make the dog sick.
- Limit your dog's exercise. Running on a beach is strenuous exercise and a dog that is out of shape can easily pull a tendon or ligament.

Sources: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us) and the American Kennel Club.



Pool safety is a full time responsibility

Summer in Texas means hot—very hot.

Summer also means vacation and time to relax and cool off. For many, this means a day at the pool.

"No one expects something bad to happen in fun situations," said Kathleen Moore of the recreational sanitation pool program at the Texas Department of Health (TDH). "Yet every year many Texans are faced with the unintended tragedy of a friend or family member who is injured or killed in a drowning accident."

In 1999, TDH recorded 298 submersions (drownings and near-drownings) in swimming pools. Of these, 75 died. Of the 298 submersions, 170 occurred to children under 5.

According to Moore, there are many reasons someone drowns or nearly drowns in a swimming pool. "But there are some things that each one of us can do to prevent such occurrences," she said.

First on Moore's list is to never swim alone. "No matter what your age or skill level you should always take a buddy with you when you swim, even if there is a lifeguard," she said.

Parents or other adult supervisors should not take their eyes off their children. "Don't let a book or friend's conversation or a walk to the snack bar distract you from watching children in and around the water. Anyone can drown in a minute or less."

Don't count on floaties or an inflatable ring as a lifesaving device. Use a life jacket. Small air-filled swimming aids slip off children's arms and are not intended to be used to prevent drowning.

Take CPR (Cardiopulmonary resuscitation) and first-aid training.

If you do not know how to swim, do yourself and your children a favor—take swimming lessons. And have your children take lessons as well.

Don't use your neighborhood pool, your neighbor's pool or your own pool as a babysitter. Be sure your children understand that they are not allowed in or near the pool without a responsible adult present.

Obey the lifeguard. They are there to prevent a drowning.

"The safety equipment that is now required at public pools is not a toy... Moore said. "The ring buoy and the shepherd's crook are to be used only as rescue devices. If someone is playing with the ring buoy in the pool or has removed it from the pool area, helping someone in trouble quickly would be almost impossible."

The most frequent location for drownings or near-drownings in Texas is the swimming pool, followed by lakes and ponds, then bathtubs. Nearly half of all drownings and near-drownings in a swimming pool are in those at private residences.

If you have a swimming pool at your home, install a four-sided, isolation fence with self-closing and self-latching gates around the pool. The fence should be at least 4 feet tall and should completely separate the pool from the house and yard or play area.

Prevent children from having direct access to a home swimming pool. And equip the pool with lifesaving devices including a shepherd's crook or lightweight pole and a float with an attached line.

"Consistently taking simple precautions will greatly increase the chances that you or your children will enjoy a fun, safe time at the pool," Moore said.



PEDAL POWER—Pedaling along the parade route Sunday evenings were these two ladies. Patriotic music helped them "stay in step."

Patient input critical is very important

At a time when patient apprehension and uncertainty surround doctors' diagnoses around the United States, effective patient communication is more critical than ever, says a health communication authority at Texas A&M University.

How much a patient interacts with his or her doctor can have profound effects on diagnosis, treatment and even health improvement, says Richard L. Street, who has spent more than 15 years studying health communication.

He says a number of studies have shown the way in which physicians and patients talk with one another influences a variety of post-consultation outcomes. These include patient satisfaction with care, adherence to medical recommendations, understanding of health issues and health improvement.

Participating in the health care process is more than just seeking medical services; it deals with action, involvement and influence, he says.

"Patient participation consists of various activities including seeking health-related information, being involved in medical decision making and interacting with providers in a way that narrows the knowledge and power gap between provider and patient," Street says.

He says patients who actively participate in consultations with their physicians receive a greater amount of information, understand the issues better and are more satisfied with their care - all of which make for an overall improved quality care.

Not only can patient participation affect the quality of a visit to the doctor, but a growing body of research indicates it can contribute to improved health and healthier behavior, Street comments.

Social Security

A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., July 11 at 9:30 a.m.

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No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.

- Source Unknown -

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Have a happy and safe fourth of July!

PUBLIC NOTICE OF APPLICATION TO ESTABLISH RATES

Pursuant to Section 104.103 of the Texas Utilities Code, TXU Lone Star Pipeline (TXU LSP), a division of TXU Gas Company, hereby gives notice of intent to establish a supplemental rate identified as the "Integrity and Safety Assessment" (ISA) to track and recover costs of implementing its Pipeline Integrity Assessment and Management Plan and costs of system modification required by class location changes. The Pipeline Integrity Assessment and Management Plan is required by the Railroad Commission of Texas (Commission) pursuant to its Pipeline Safety Regulations, Rule § 8.101, while class location changes are necessary to comply with the Federal Minimum Pipeline Safety Regulations, 49 C.F.R. § 192, adopted by the Commission.

The proposed initial rate for the ISA is 2.05 cents per MMBtu, and is proposed to take effect as of July 1, 2002. The rate will be adjusted each year to reflect the change in costs necessitated by the pipeline safety regulations, with an opportunity for those costs to be reviewed by the Commission. The ISA will remain in effect for ten years from its initial effective date. The ISA constitutes a major change as that term is defined in Sec. 104.101, Texas Utilities Code. The proposed rate will increase the total revenues of TXU LSP by 3.7%, representing \$4.1 million of additional revenues.

The ISA will apply to the following classes of customers: 1) TXU LSP's customers with gas consuming equipment at an end-use location physically attached to TXU LSP's pipeline system or to the system of a local distribution company physically attached to TXU LSP's pipeline system; 2) entities selling gas to such customers; and 3) local distribution companies served by TXU LSP's pipeline system. The ISA will indirectly affect all residential and commercial customers served by such local distribution customers, including TXU Gas Distribution. At the proposed initial rate of 2.05 cents per MMBtu, the bill of an average residential customer (6 mcf of gas consumption per month) will increase approximately 12 cents per month.

A Statement of Intent to implement the ISA has been filed with the Commission in GUD Docket No. 9304 and is available for inspection at the Commission's office at 1701 North Congress, Austin, Texas, and at the offices of TXU LSP at 301 South Harwood, Dallas, Texas. Any affected person may file written comments or a protest concerning the proposed changes in the rates with the Docket Services Section of the Office of General Counsel, Railroad Commission of Texas, P.O. Box 12967, Austin, Texas 78711-2967, at any time on or before July 26, 2002. Any person or agency that has a justifiable or administratively cognizable interest in this proceeding who desires to be designated as a party may petition for leave to intervene and request to become a party to this proceeding. The deadline for intervention in this case shall be July 26, 2002.

Seek early treatment for shingles cases

Chickenpox is generally a one-time experience, usually occurring in childhood. But there can be a backlash if some of the herpes zoster virus that causes it settles into your nerve cells and re-emerges years later. This return results in shingles, an eruption of the virus that produces painful rash and blisters.

According to the Mayo Clinic Health Letter, years after the initial chickenpox infection, the virus may be reactivated in a single nerve by various factors, including age, stress, illness or medications. Once activated, the virus journeys along the fibers of that single nerve ending to the skin, and back into the spinal cord, often causing pain as it does so. Once it hits the skin, shingles produces a rash and blisters erupt.

Shingles is usually seen in adults. In most cases, people affected are older than 50. Although it's uncommon, shingles can recur.

The rash and blisters associated with shingles typically show up on your chest or back, although they can

erupt on the face, around an eye, inside the mouth or down an arm or leg. Signs of shingles are:

*Pain, burning, tingling or itching in a localized area, often before the rash appears.

*A painful red rash with blisters in the same area that lasts 2 or 3 weeks before scabbing over.

*Fever

*Headache

Until the crustiness and the scabbing disappear, you pose a risk of exposing others who've never had chickenpox to the virus.

If you notice the telltale signs of shingles, see your doctor immediately. Prompt treatment with an oral antiviral drug within three days of developing the rash can curtail infections and possibly reduce your chances for complications. If the blisters involve an eye, aggressive treatment is needed due to the risk of eye damage and possible vision loss. Treatment may include antiviral and corticosteroid medications.

Use of tanning beds can lead to skin cancer

By Lou Gilly
Haskell Co. Extension Agent

Tanning beds have been marketed as a "safe" alternative to sunbathing outdoors. However, tanning is actually an unhealthy habit. This is because the radiation that causes tanning also causes deep skin changes that can lead to skin cancer.

Tanning, whether outdoors or indoors, is caused by UV-A (Ultraviolet-A) radiation. This radiation causes damage at an even deeper level than a sunburn, and changes underlying skin structure in a way that can lead to skin cancer at a later time. UV-A also causes wrinkles and premature skin aging.

If you would like a little more color in your skin, a safer alternative is to use one of the many self-tanning lotions on the market. According to the American Academy of Dermatology, (www.aad.org) self-tanning lotions containing DHA are safe and produce color change that lasts approximately five to seven days.

Skin cancer is the most frequent diagnosed cancer in the United States. And, although many people think a tan makes you look healthy, your skin will stay healthier and younger looking if you avoid getting a tan. Texas Cooperative Extension and Texas Cancer Council remind you to take charge of your health-it makes good sense.



RED, WHITE & BLUE-The flag was a popular sight during the neighborhood parade held in Haskell on Sunday evening.

Use over the counter products with care

Soon several popular prescription antihistamines will be available over the counter. The move may provide more choice for consumers, but they should know the proper use for the new medications.

Dr. Bradley Marple, associate professor of otolaryngology at UT Southwestern Medical Center at Dallas, says some of these drugs were developed as non-drowsy alternatives to anti-allergy medications that can cause grogginess. But none of them, whether prescription or over-the-counter, are an appropriate weapon against cold symptoms.

"Antihistamines won't give you any relief if you have a stuffy nose or a cold," Marple says. "They're only effective for relieving allergies."

Common allergy symptoms include a runny nose with clear discharge, sneezing, and itchy, watery eyes. Marple says antihistamines should start to relieve symptoms within an hour.

Marple says that patients, especially chronic allergy and asthma sufferers, should consult regularly with their doctors to ensure they're taking the most effective medications for their symptoms.

Contact wearers subject to amoeba

People who wear contact lenses are more likely to develop an eye infection from an amoeba that is commonly found in tap water, ponds and lakes.

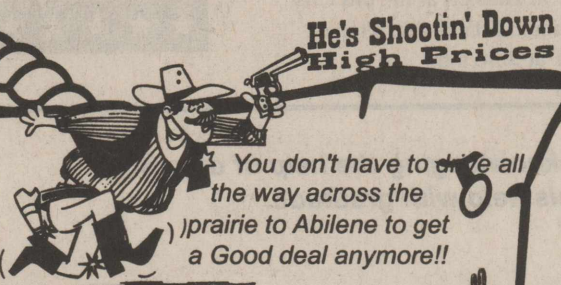
Dr. Dwight Cavanagh, vice chairman of ophthalmology at UT Southwestern Medical Center at Dallas, says the organism, Acanthamoeba, is resistant to chlorine used to sterilize tap water.

"People who wear their contact lenses while taking a shower, use tap water to remove debris from their lenses or go swimming in ponds or lakes have an increased chance of

becoming infected with this organism," Cavanagh says. "The amoeba can bind to the contact lens and cause irreparable damage to the cornea."

With fewer than 150 cases reported every year, Acanthamoeba keratitis is rare, but the eye infection can worsen without proper treatment and can result in blindness or necessitate a corneal transplant. Warning signs of infection are redness, vision loss and exquisite eye pain. If you experience these symptoms, consult an ophthalmologist immediately.

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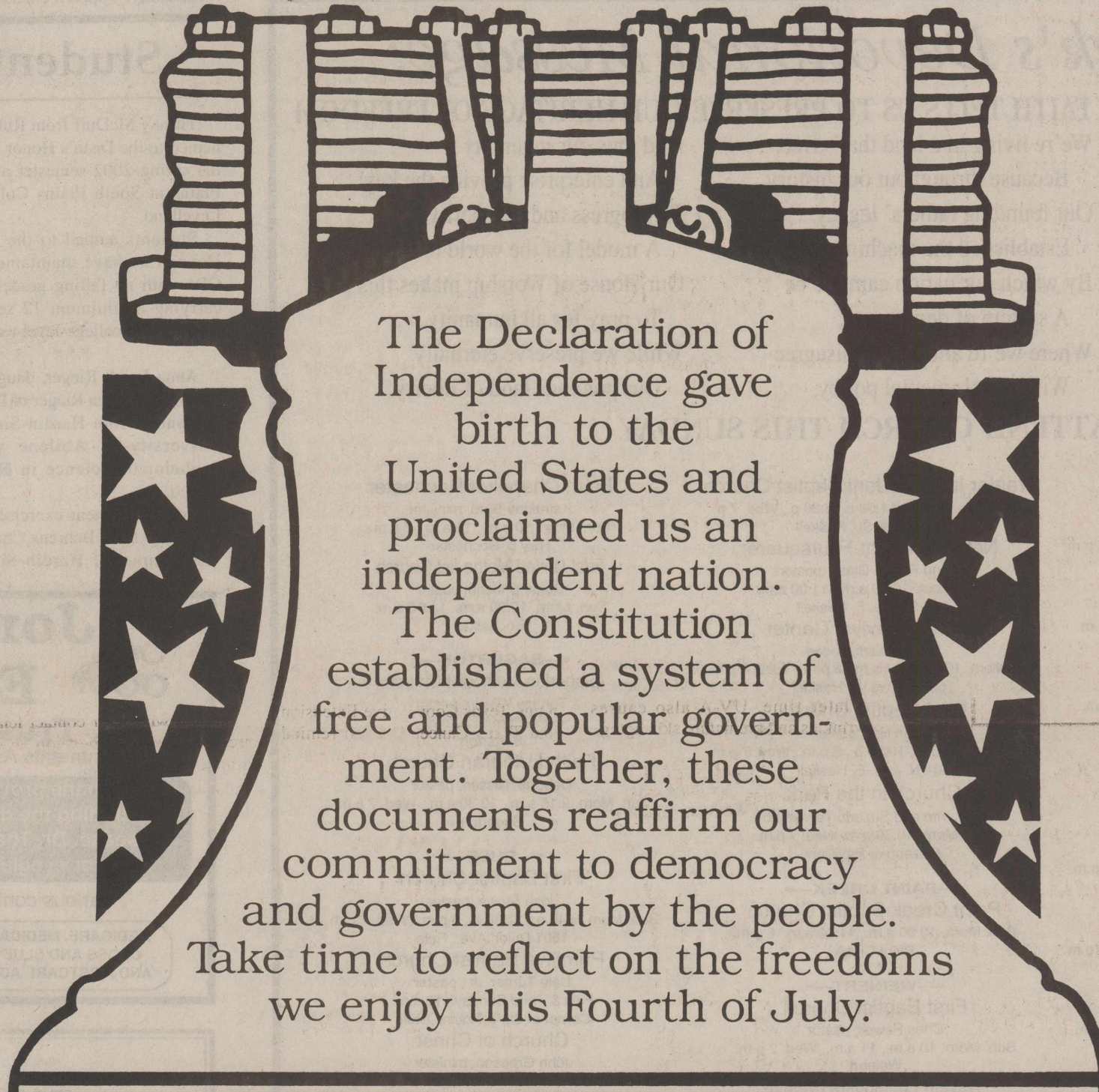


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INDEPENDENCE DAY


JULY 4th



The Declaration of Independence gave birth to the United States and proclaimed us an independent nation. The Constitution established a system of free and popular government. Together, these documents reaffirm our commitment to democracy and government by the people. Take time to reflect on the freedoms we enjoy this Fourth of July.



This July 4th holiday, please be extra careful with fireworks . . . and **Please Don't Drink and Drive.** We want you to have a safe holiday this year.



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PATRIOTIC PARADE—This group hooked up to join the annual neighborhood parade that made its way through the northern part of Haskell Sunday evening.

ECC Calendar and Menu

- Mon., July 8**
Lunch—Meatballs with mushroom gravy, green beans with bacon seasoning, creamy whipped potatoes, buttered whole kernel corn, cornbread, banana pudding, milk, tea, or coffee
- Fri., July 12**
Lunch—Hamburgers, pinto beans with ham, potato salad, tomatoes, mayo, mustard, lettuce, pickles, onions, cherry jello, cookies, milk, tea or coffee
Announcements begin at 11:45 a.m. followed by lunch.
- Wed., July 10**
11:00 a.m. Outreach Health Services blood pressure check
Lou Gilly, County Extension Agent, FCS

Haskell Summer Lunch Menu

- July 8-12**
Milk served daily.
- Monday:** Chicken spaghetti, green beans, mashed potatoes, hot rolls, brownies
- Tuesday:** Enchiladas, chips/salsa, pinto beans, rice, garden salad, sliced peaches
- Wednesday:** Popcorn chicken with cream gravy, fried okra, mashed potatoes, hot rolls, cherry gelatin
- Thursday:** Meat and bean burritos, garden salad, rice, chips/salsa, ice cream
- Friday:** Cheeseburger, french fries, lettuce/tomato slices/pickle slices, pineapple tidbits

Students in the News

Tiffany McDuff from Rule been named to the Dean's Honor List for the spring 2002 semester at South Plains at South Plains College in Levelland.

Students named to the Dean's Honor List have maintained 3.25 GPA with no failing grades while carrying a minimum 12 semester hour load of college-level work.

Anna Leigh Rieger, daughter of Donnie and Ellen Rieger of Haskell, graduated from Hardin-Simmons University in Abilene with a Bachelor of Science in Nursing degree.

Commencement exercises were held May 11 in Behrens Chapel on the campus of Hardin-Simmons University.

Melissa Tatum of Haskell was among approximately 230 students who received degrees during spring commencement exercises Sat., May 11 at Hardin-Simmons University.

Jason Isbell from Haskell is among students enrolled for the summer semester at Oklahoma State University in Okmulgee.

Students graduating from OSU-Okmulgee can earn an Associate in Applied Science degree and be certified by the university's Graduate Performance Guarantee.

Isbell is enrolled in heating, ventilation and air conditioning technology.

This Week's Devotional Message:



FAITH TELLS US TO PRESERVE OUR HERITAGE OF FREEDOM

We're living in a land that's free,
Because throughout our history
Our founding fathers' legacy
Established the machinery
By which our nation came to be
A system of democracy,
Where we're allowed to disagree
With governmental policy,

And thus our ingenuity
And enterprise provide the key
To progress and prosperity;
A model for the world to see.
Our House of Worship makes this plea:
To pray for all humanity,
While we preserve eternally
Our precious land of liberty.

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**
James Rincker, pastor • 864-5438
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**
Art Flores, Interim pastor
Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.
607 S. 7th, Haskell
- First United Methodist Church**
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**
Steve Beatty, pastor
Sun. Morn. 9:30 a.m.
306 N. Ave. E, Haskell
- Trinity Baptist Church**
Tony Grand, pastor
Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 p.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**
Sun. Morn. 9:30 a., 11:00 a., 6:30 p.; Wed. 7 p.
301 N. 3rd St., Haskell
- New Covenant Foursquare**
Bill and Renee Glass, pastors
Sun. Morn. 10:00 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**
Jackie Brem, 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

- O'BRIEN—
- O'Brien Baptist Church**
Kyle Gullede, pastor
Sun. 9:45 a., 11 a., 5 p., 6 p., Wed. 6 p.m.
O'Brien

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

- RULE—
- First Baptist Church**
Josh Stowe, pastor
Sun. Morn. 9:45 a., 11:00 a., 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**
Alfa y Omegas
Manuel Marin, pastor
Sun. Morn. 10 a., 11:00 a., 5 p.m.; Wed. 6 p.m.
500 Elm Street, Rule
- Sweet Home Baptist Church**
Bill Trice, pastor
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

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TAX PLANNING
Written By
Richard E. Rodgers, CPA

TAKE ANOTHER LOOK AT YOUR DEDUCTIONS
Did you itemize your deductions on last year's tax return? Most taxpayers didn't. In recent years about 70% of filers have chosen the standard deduction instead of itemizing their state and local taxes, mortgage interest, charitable contributions and other eligible deductions. But that could be a costly mistake. A recent study of 1998 returns suggests that between 948,000 and 2.2 million taxpayers overpaid their taxes because they didn't itemize their deductions.
The study, requested by Congress, looked at amounts taxpayers could have deducted for mortgage points and interest and for state and local income taxes. Based just on these two categories, the study estimated that 948,000 taxpayers paid too much tax by taking the standard deduction. With other eligible deductions such as charitable contributions and property taxes added in, the study estimated that 2.2 million taxpayers may have overpaid their taxes by an average of \$440 each.
Nobody knows why so many taxpayers chose not to itemize. Perhaps it was a genuine mistake. Perhaps it was too much trouble to find the necessary records. Whatever the reason, if you claimed the standard deduction in any of the last three years, it might be worth taking another look at your deductions.
Start by looking at the big items for each year—mortgage points and interest, state and local income taxes, and property taxes. You should be able to easily find these numbers on your year-end reports and tax returns. Add in an estimate of your charitable contributions. Compare the total to each year's standard deduction, which ranged from \$3,600 to \$7,600 or more depending on the year and your filing status. If it looks as if you might have enough deductions to itemize, do a more detailed analysis. Remember, you can file an amended return for any of the last three years to report the extra deductions and request a refund.
For help with calculating your itemized deductions or with filing an amended return, please contact our office.

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FOR SALE: Chrome grill guard, fits 80-86 Ford F-series; rear bumper, fits 80-96 Ford F-series. Make offer. 864-2023. 201stc

FOR SALE: Hide-a-bed sofa by Simmons. Call 940-864-3567 home or 864-2501 work. 27-28c

Garage Sales

GARAGE SALE: 202 N. Ave. M. Sat., Sun. & Mon. 9 to 5. 27c

GARAGE SALE: Sat., July 6. 8 to 1. 606 N. 19th. 27p

GARAGE SALE: 707 S. 1st. July 5 & 6. 8 til 7. Tools, stuff, antiques, stuff, some furniture and stuff. 27p

GARAGE SALE: Patio set, toys, housewares, baby boys-4T, girls and ladies clothing; many misc. 1412 N. Ave. K. Sat. 9 to 1. Weather permitting. 27p

ESTATE SALE: Wed. 7-7, Thurs. 9-5. 400 S. 7th Apt. B. Dryer, furniture, drums, carpet, Frankoma, much more. 27p

GARAGE SALE: Dolls, toys, crafts, jewelry, tools. Some glassware. Lots of misc. Sat., July 6. 8 a.m. 806 S. 1st. 27p

LIVING ESTATE SALE: Sat., July 6. 8 a.m. to 2 p.m. 1316 Landon, Stamford. Sleeper sofa, assorted furniture, microwave, electric oven, baby bed, playpen, bed linens, too much to list! Some free items! 27c

Real Estate

COMMERCIAL BUILDING on square. Approximately 5000 sq. ft. building with C/H/A, many office rooms with phone, computer hook-ups, in excellent condition and ready for occupancy. Located on the northwest corner of the square. Good investment property. Rike Real Estate 940-864-2411 or mrrike@westex.net. 26-29c

FOR SALE: 3 bedroom, 1 bath home at 1402 N. Ave. G, Haskell. 864-3944. 26-27p

WANTED: Land listing for qualified buyer for 2000 or more excellent quail country. Loflin Real Estate 940-378-2229. 27-34p

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GEORGE W. MULLINS estate farms are for sale. Farms are located approximately 6-8 miles northwest of Haskell. For more information call 940-564-5440 after 6 p.m. 25-27c

FOR SALE: House and 3 lots and shop building in Benjamin. 940-459-2227. 26-27c

Help Wanted

APPLICATIONS now being taken for LVN or RNs for charge nurse position. Sign on bonus for LVNs. Day and evenings shifts available. Also, CNAs needed. Call Andre Elizondo, DON at 864-2652. 16stc

CERTIFIED NURSE AIDE position available for dependable person. Apply in person at 605 S. Ave. F, Knox City. 23stc

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OUTREACH HEALTH SERVICES is needed part time attendants in the Haskell area to help the elderly and disabled in their home. Call 1-800-342-3153. EOE. 26-27c

PERSONAL CARE ATTENDANTS to do fill-ins in the Haskell area. 915-677-2047. 27c

GIRLING HEALTH Care, Inc. Home Care Attendants needed in Haskell and surrounding areas to help with housekeeping and personal care. For more information, call 800-665-4471 or 915-643-5604. 27c

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Miscellaneous

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CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 915-773-2661. Complete framing needs. Closed Mondays. 27c

For Rent

FOR RENT: Available July 1. 3 bedroom, 2 bath. 806-983-5211. 26stc

FOR RENT: Available July 1. 1 bedroom, 1 bath, furnished. 806-983-5211. 26stc

Public Notices

NOTICE TO CREDITORS
Notice is hereby given that original Letters Testamentary for the Estate of PATSY PATE COBB, Deceased, were issued on June 24, 2002, in Cause No. 4153 pending in the County Court of Haskell County, Texas, to ROBERT D. STARR.

The residence of the Independent Executor is in Taylor County, Texas, and the address of said Executor is 21 Kings Cross, Abilene, Texas 79602.

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

DATED the 24th day of June, 2002.
McMAHON, SUROVIK, SUTTLE, BUHRMANN, HICKS & GILL, P.C.
By: Bob J. Surovik
Attorneys for Estate of Patsy Pate Cobb, Deceased 27p

Public Notices

NOTICE
Haskell Consolidated Independent School District is seeking bid proposals for 75 Intel certified computer workstations and a 3Com Ethernet based phone system. Bid proposal specifications may be obtained from the Haskell Consolidated Independent School District Central Administration Office at 605 North Avenue E, Haskell, TX, Haskell C.I.S.D., P. O. Box 937, Haskell, TX 79521. 940-864-2602. All bid proposals must be received on or before 3:00 p.m. July 12, 2002. 27-28c

NOTICE TO CREDITORS
Notice is hereby given that original Letters Testamentary for the Estate of Lillian A. Reeves, Deceased, were issued on May 28, 2002, in Cause No. 4145, pending in the County Court of Haskell County, Texas, to: CHARLES A. REEVES.

The residence of the Independent Executor is 6123 Kermit Avenue, Odessa, Ector County, Texas; the post office address is:
c/o L. W. (Bill) Jones, III, Attorney at Law, P. O. Box 1085, Haskell, Texas 79521.

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

Dated the 27th day of June, 2002.
L. W. (Bill) Jones, III
Attorney at Law
P. O. Box 1085
Haskell, Texas 79521
(940) 864-8531
(940) 864-3184 FAX
By: L. W. (Bill) Jones, III
Attorney for the Estate
State Bar No.: 10924650 27p

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The deadline for Classified Advertising is 5 p.m. on Mondays.
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We wish to express our heartfelt gratitude to the communities of Stamford, Lake Stamford and Haskell for the expressions of love and concern during the loss of our loved one. The expressions of cards, food and prayers and words of comfort will never be forgotten. We wish to express a special thank you to the people who were involved in the search and rescue operations on Lake Stamford. Words cannot express our gratitude for your efforts. God bless you all.
The Bill Beeson family
Wanda Beeson Mayhaw
Bill Mayhaw
Johnny and Regdie Knight and family

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FOUR-WHEELS—These parade entries move along the neighborhood during Sunday's neighborhood patriotic parade.

Organ donation—tell your family about your wishes

The Texas Department of Health (TDH) is encouraging families to talk about the facts of death so more people will live longer.

The specific topic of communication - organ donation.

According to Susan Ristine with TDH's Anatomical Gift Educational Program, the most important part of deciding to become an organ donor is to share that decision with a family member. Even if you have signed a donor card or indicated your wishes to be an organ donor on your driver license, your family will be consulted before the donation process can take place.

"During such a traumatic time, it makes it much easier on the family if they know your wishes in advance," Ristine said.

More than 80,000 people in the United States - roughly equal to the population of Denton - currently are waiting for a life-saving organ transplant. And that figure is triple

the number of patients on the national waiting list 10 years ago. In Texas, 5,100 are awaiting transplant.

"One donor can help save or improve the lives of more than 50 people," Ristine said, "with gifts of organs, tissues and corneas."

Studies show that while most people support organ donation, less than half actually choose to donate.

To ensure that your donation wishes will be followed:

Tell your family about your decision to be an organ and tissue donor.

Sign a uniform donor card and have two family members sign the card as witnesses.

Carry the card in your wallet at all times.

"Remember, signing a donor card is not enough," Ristine said. "If you haven't told your family you wish to be an organ and tissue donor, you will not be one." Ristine said knowing the facts can reduce the concerns some

have about organ donation.

"For instance, choosing organ donation will not compromise a potential donor's own health care or life," she said. No treatment is withheld because the patient is a potential donor.

"Another fact is that a patient's death must be determined by doctors who are not involved in transplanting the organs," Ristine said. "Transplants are performed at no cost to the donor or the donor's family. The donor's body is not disfigured during the organ transplant process, and the procedure will not delay funeral arrangements."

For more information about organ donation or to receive a brochure and an organ donor card, call TDH toll free at 1-800-222-3986. Information also is available on the TDH Web site at www.tdh.state.tx.us/agep/default.htm. A donor card form can be downloaded from the site.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 521 head of cattle at its sale on Sat., June 29, according to Gary Tate, reporter.

Feeders steady; stockers steady. Jersey, longhorns, holsteins, cripples, bad eyes, knots, \$5-\$30 less than figures quoted!

Cows: fat, .31-.37; cutters, .30-.40; canners, .20-.27.

Steers: medium and large frame No. 1 200-300 lbs., .98-1.40; 300-400 lbs., .88-1.10; 400-500 lbs., .80-.95; 500-600 lbs., .74-.86; 600-700 lbs., .70-.79; 700-800 lbs., .66-.79; 800-up lbs., .57-.68.

Heifers: medium and large frame No. 1 200-300 lbs., .89-1.20; 300-400 lbs., .85-.95; 400-500 lbs., .77-.82; 500-600 lbs., .72-.80; 600-up lbs., .54-.75.

Bred heifers medium frame, 450-650.

Bred Cows: young to middle aged, 550-700; aged or small 450-625.

Cows with calves: medium frame No. 1 young and middle aged, 650-850; aged or small, 500-750.

Good nutrition

Adopting proper eating habits is the best way to recharge your battery.

"The problem is usually poor nutrition," said Dr. Ken Goodrick, an associate professor of family and community medicine at Baylor College of Medicine in Houston. "Not eating enough, eating too much fat or not drinking enough water can cause a person to feel fatigued, Goodrick said. Caffeine abuse may also cause tiredness.

Goodrick recommends following a well-balanced diet that provides no more than 30 percent of total calories from fat. A healthy eating plan also includes five or more servings of fruits and vegetables and at least eight glasses of water per day.

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NOTICE

NEW SALE DAY

Beginning July 8th

Sale will be held on Mondays at 12 Noon.

No sale Sat., July 6th!

Haskell Livestock Auction

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COMBO NO. 2	CHICKEN BITES & 32 OZ. TALLSUP	\$2.59
COMBO NO. 3	BBQ SANDWICH, HOWLERS & 32 OZ. TALLSUP	\$2.49
COMBO NO. 4	BREAKFAST BURRITO, HASHBROWN & 16 OZ. COFFEE	\$1.99