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3

Boys basketball

Boys Summer League
-Junior High-
Mon., June 9 at Aspermont
Haskell vs Aspermont 6 p.m.
Haskell vs Rule 7 p.m.
-Varsity and JV-
Thurs., June 5 at Haskell
Aspermont vs Haskell (JV) 6 p.m.
Aspermont vs Haskell 7 p.m.
Tues., June 10 at Haskell
Haskell vs Rule (JV) 5 p.m.
Haskell vs Rule 6 p.m.

Calendar

Parade

The Wild Horse Prairie Days parade will be held Fri., June 6 at 5 p.m. Those interested in entering should call Loutina White at 864-3507. Prizes will be awarded.

Homecoming

The Haskell-Mattson-Weinert Homecoming will be held Oct. 10-11. Address changes may be mailed to Dorothy Hartsfield, 415 S. 1st or 405 N. Ave. H, Haskell, Texas 79521 or by email to hhessharts@cs.com.

Cowboy swap meet

A swap meet of a variety of western items will be held Sat., June 7 at the Rodeo Grounds in Haskell. For more information, call Darrel Dutton 940-673-1017 after 6 p.m. or leave a message.

Social Security

A representative from the Social Security Administration will be in Haskell at the old City Hall annex, 305 N. 1st, Thurs., June 5 at 9:30 a.m.

Benefit meeting

First Baptist Church of Haskell will hold a planning meeting for a fundraiser to benefit Susan Skinner Wed., June 11 at 8:15 p.m. in the Family Activity Center.

Immunizations

The Texas Dept. of Health in Stamford will hold an immunization clinic Mon., June 16 at the Haskell National Bank Community Building in Haskell. Clinic times are from 2 to 4 p.m. For more information call 325-773-5681.

Summer reading

The Haskell Co. Library will begin their summer reading program Thurs., June 5 at 10 a.m. Story time will be held June 5, June 12, June 19 and June 26 from 10 a.m. until 11 a.m. Children ages Pre-K through 4th grade are welcome. This year's theme is 'Mission Possible: Spy A Book!' For more information visit the library at 412 N. First or call 864-2747.

Rule cleanup

The Rule Chamber of Commerce will sponsor a citywide cleanup Sat., June 21. Volunteers are needed and welcome. Check in at City Hall Saturday morning. Lee Roy and Frances Wilson had the May Yard of the Month.

Car wash

The Haskell Indian Band Colorguard will hold a car wash Sat., June 7 from 9 a.m. to 3 p.m. at Flippin Car Wash in Haskell.

HCCN Lab

Haskell Elementary School will open the HCCN Lab Mondays and Thursdays from 3:34 to 4:45 beginning Mon., June 16. Internet, Email and basic computer skills will be available.

Enchilada luncheon

The Haskell Calvary Baptist Church, 600 S. 7th, will host an enchilada luncheon Sun., June 8 from 11:30 to 2 p.m. Cost is \$6 for adults and \$3 for children. Funds will benefit the group's Mexican mission trip.

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Wild Horse Prairie Days June 6-7-8

The Haskell Free Press

VOL. 117-NO. 23, ©JUNE 5, 2003

"The People's Choice"

12 PAGES-ONE SECTION-50 CENTS

Wild Horse Prairie Days set this weekend



CHAMPION ROPER—Trevor Brazile of Anson, on the right, who was named 2003 World Champion Cowboy at the National Finals Rodeo in Las Vegas, won the handsome Todd Sloan trophy

saddle at the annual John Wallace Memorial Calf Roping event held Sunday, June 1, at the Haskell County Arena. Standing with him, l-r, are Mark Wallace and Sammy Larned of Haskell.

EQIP program applications due June 13

Farmers and ranchers in Haskell County have until June 13 to make application for participation in the Environmental Quality Incentives Program (EQIP) funded through the USDA Natural Resources Conservation Service (NRCS). These funds are part of the conservation provisions contained in

the 2002 Farm Bill.

Program participants may apply for cost-share assistance for eligible conservation practices that address the natural resource concerns identified by the Local Work Group. In Haskell County, the resource concern is Plant Health.

Conservation practices applicable for cost share to address this resource concern include Grass Planting, Cross Fencing and Water Development (Ponds or Wells). Cost-share rates for financial assistance have been set at the local

level at 50%.

Additionally, funding is available to address statewide natural resource concerns that include wildlife habitat for the "Rolling Plains Quail Emphasis Area." This will be an

incentive payment for grazing management.

For additional information or to make an application please contact the NRCS office at (940) 864-8516 extension 4.

Model plane fly in event set

The Texas Chiefs Model Airplane Club will hold their annual Open House Fly In Sat., June 7, beginning at 9:00 a.m. at the Haskell Model Airport located three miles east of town on Hwy. 380.

The public is invited to come see the field and watch the radio controlled model planes perform. Plaques will be awarded for Best Military Plane and Best Civilian Model.



CASEY LUSK

Lusk in Iraq

2nd Lt. Casey Lusk is currently serving with the 4th ID in Iraq.

Lusk attended O.C.S., Airborne and Ranger school at Fort Benning, Georgia. After being transferred to Fort Hood, he was deployed to Iraq.

He is the son of Jim and Terri Lusk of Duncan, Arizona, and grandson of Vernay and Dona Lusk, formerly of this area.

He is married to the former Natalea Gale of Morceri, Arizona.

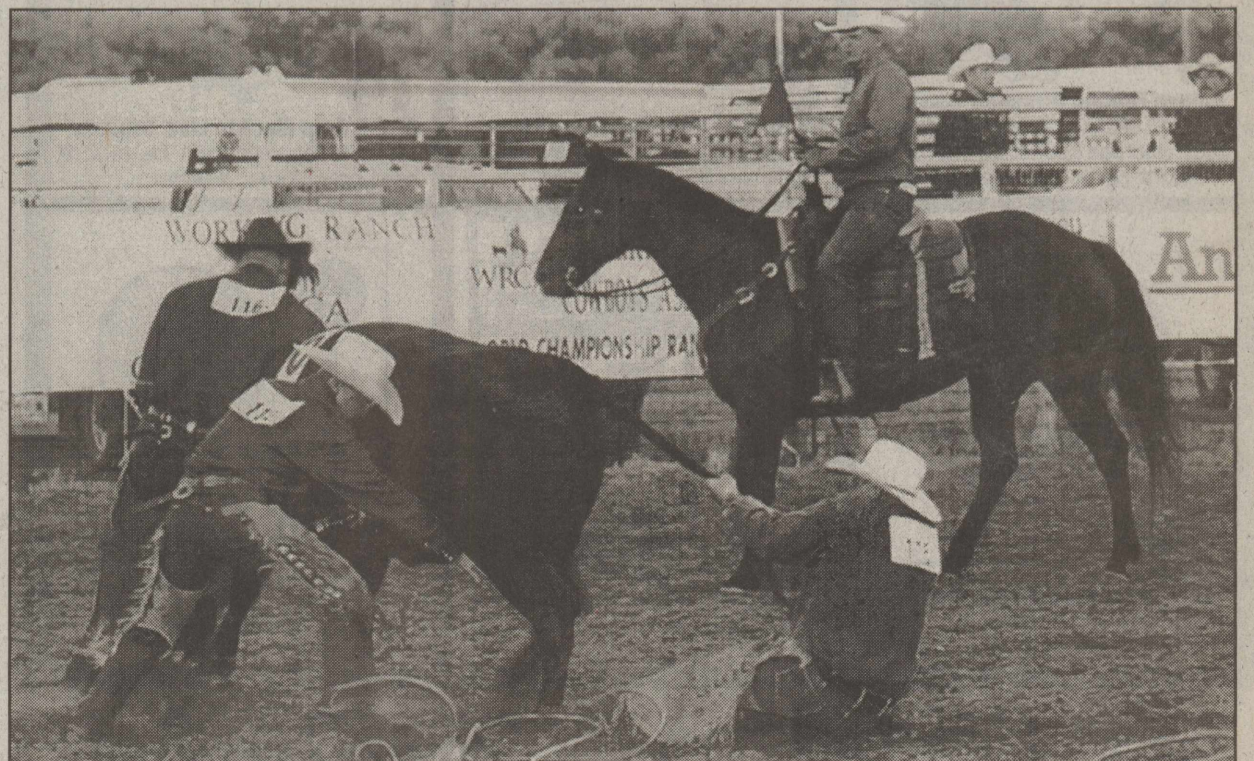
Band students place at state

Haskell band students competed May 26, Memorial Day, at the Texas State Solo and Ensemble Contest held at Southwest Texas State University in San Marcos.

Receiving a Division II rating in twirling ensemble were Indian twirlers, Katie McKnight, Robbyn Tribbey and Tracy Richardson. The twirlers qualified for the state competitions by receiving a Division I rating at the regional contest last fall.

Receiving a Division II and silver medals for solo competitions were Katie McKnight for twirling solo and Tracy Richardson for piano solo.

The Texas State Solo and Ensemble contest is held each year to reward students who qualified by receiving a Division I rating in their respective event at the regional level contest.



MILKING TIME—Working ranch cowboys team up to milk a reluctant wild (and perhaps a little mad) cow in record time during last year's Wild Cow Milking event at the Seventh Annual Wild Horse Prairie Days Ranch Rodeo. Teams from about twenty working ranches will be on hand this year to compete at the Eighth Annual WHPD Ranch Rodeo set for this weekend in Haskell.

The Haskell Chamber of Commerce 8th annual Wild Horse Prairie Days Ranch Rodeo and related events and activities will get started Friday at 5:00 p.m., with a parade featuring Wild Horse Prairie Days Queen, Leslie Grand and parade marshal, Keith Chapman of Haskell, three-time national senior Saddle Bronc Riding Champion. Prizes will be awarded to the winning floats and entries. The parade route will begin at Ave. B and go west on North 1st (Hwy. 380), turn right at the red light, (Ave. E, Hwy. 277), turn left at North 2nd, turn left at North Ave. G., turn left on North 1st (Hwy. 380), turn right at the red light (Ave. E, Hwy. 277) then turn left on South 1st back to beginning point.

The WRCA sanctioned Ranch Rodeo events will begin at 8:00 p.m. on Friday and Saturday at the rodeo arena. Cowboy teams from twenty working ranches will be on hand to try for points and prizes, including cash prizes and trophy saddles.

Team roping events will be held Saturday at 8:00 a.m. at the rodeo arena.

A horse clinic with Buster McLaury will be held from 3:00 to 5:00 p.m. on Friday.

The barbecue cook-off, sanctioned by the Lone Star Barbecue Society, will be held all day Friday and Saturday at the RV park. Teams from a wide area will be competing.

Chuck wagon meals will be available at the rodeo grounds pavilion at 5:00 p.m. on Friday and Saturday.

Western dances will be held at the pavilion, starting at 9:00 p.m., both Friday and Saturday.

Vendor booths will be set up inside the Civic Center and on the rodeo grounds on Friday and Saturday. Added attractions this year will include some food booths and a mechanical bull. Also, inside the Civic Center all day Friday and Saturday will be a Ranch Cowboy Art Exhibit, set up under the direction of Rick Phemister.

Always popular, the Junior Ranch Rodeo will be held at 1:30 p.m., Saturday at the rodeo arena. This year, Pokey the Clown will be on hand with stick horses and several categories of events for teams of kids from age 4 to 16.

On Sunday, a Cowboy Church Service, with Jeff Gore speaking, will begin at 10:00 a.m. at the rodeo grounds pavilion.

The WTBRA Barrel Racing Exhibitions will begin at 12:30 p.m. Sunday at the rodeo arena. The Open 4-D begins at 4:00 p.m.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

Tips for family car trips

The family car trip has almost become a rite of passage, a journey almost every family takes on at some point. If you are planning a vacation

on four wheels, here are a few additional things to consider:

- Bring stories and songs on tape. For older children you may want to consider a CD player with headphones or another device that allows them privacy and space.
- Look for activity books that are designed specifically for road trips.
- Make frequent stops every two hours in places where children can run and play. Stop whenever your child needs to use the restroom, since urinary tract infections can be caused by not going to the bathroom when you need to.
- If your child is prone to motion sickness, check with your child's doctor regarding drugs designed to deal with such ailments.
- Make sure to get adequate sleep the night before a trip, and avoid driving between midnight and 6 a.m., since this is when the body is used to resting. If you get sleepy, get off the road and find a place to rest for a few hours.

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Well water may not be best for infants

Well water in some areas may contain unsafe levels of nitrate. Higher levels of nitrate can cause "blue baby syndrome" in infants younger than six months. "Blue babies" may appear to be healthy, but show occasional signs of blueness around the mouth, hands and feet, or they may be a lavender color. They can have breathing trouble, diarrhea and vomiting. Their blood is brown and does not turn pink when exposed to air. Nitrate in drinking water can cause convulsions, coma and death.

If you suspect that your infant may have blue baby syndrome, see your physician. The excess nitrate must be eliminated from your water as soon as possible by installation and regular maintenance of reverse osmosis or ion-exchange water purifiers.

If this kind of water treatment is not feasible, bottled water should be used for the infant's formula and food. Simply boiling the water will not remove nitrates.

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Obituaries

Charlotte Elberta (Bert) White

Graveside services for Charlotte Elberta (Bert) White, 71, of Haskell were held Wed., May 28 at Willow Cemetery with Robert Slayton officiating. Services were under the direction of Holden-McCauley Funeral Home.

Mrs. White died Mon., May 26 in Haskell.

Born July 21, 1931 in Weinert, she was the daughter of Collie Dozier and Learo May Capers Caddell. She married Willie (Bill) White July 28, 1947 in Haskell. He preceded her in death April 20, 1997. She was a member of East Side Baptist Church.

She was preceded in death by her husband, Willie (Bill)

White; parents, C. D. and Learo Caddell; and a brother and sister.

Survivors include two sons, Billy Michael (Mike) White and wife Gwen of Celina and Richard D. (Rickey) White and wife Carrie of Stamford; brother, Lindon J. Caddell of Haskell; grandchildren, Kevin White and wife Shanna, Misty Kimbrough and husband Cale, Sean White and wife Nikki and Kyle White; great grandchildren, Bracken and Toby White, Christopher White, Kaitelyn and Kailey Kimbrough. PD. NOTICE

Johnny Matthews

Funeral services for Johnny Matthews, 57, of Granbury were held Thurs., May 29 at Wiley Funeral Home in Granbury under the direction of Wiley Funeral Home.

Mr. Matthews died Mon., May 26 in Granbury.

Born Dec. 4, 1945 in Haskell, he was the son of Otis and Ruby Matthews. He married Betty Ann Dickie Feb. 26, 1981. He graduated from Haskell High School in 1963 and served in the army from 1965 to 1968. He was employed as a truck driver for Koch Oil Co. and by Rope Manufacturers in Granbury. He was a member of the VFW in Breckenridge and a cancer survivor.

Survivors include his wife, Betty Matthews of Granbury; children, Chad Lundy of Tulsa, Oklahoma, Doug Dixon and Denise Dixon, both of Granbury and Michelle Taylor and husband, Joshua of Abilene; brothers, Jerry and Myra Matthews of Cisco and Curtis and Joyce Matthews of Granbury; sisters, Bill and Vernie Holman and Durwood and Joyce Miller, all of Granbury; and four grandchildren.

Memorials may be made to the American Cancer Society or any cancer foundation. PD. NOTICE

Curtis Dwain Weise

Funeral services for Curtis Dwain Weise, 43, of Arlington were held Mon., June 2 at Trinity Lutheran Church in Haskell with Rev. Rudy C. Herbrich officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Home of Haskell. Memorial services were held Wed., June 4 at Grace Lutheran Church in Arlington.

Born Jan. 9, 1960 in Haskell, he was the son of Curtis and Betty Vahlenkamp Weise. He was a member of Grace

Lutheran Church in Arlington where he served faithfully. He graduated from Haskell High School and Angelo State University. He was employed by Peerless Marketing for many years.

Survivors include his parents, Curtis and Betty Weise; sister, Peggy Weise; sister and brother-in-law, Pam and Johnny Massey; nephew and niece, Cody Baker and Kyla Massey; and many loving friends. PD. NOTICE

From the AG

By Greg Abbott

Making arrangements for long-term care, whether for ourselves or for loved ones, can be difficult. Choose carefully: making the right selection now can help ensure comfort and security for years to come.

The Texas Department of Human Services (DHS) licenses long-term care facilities and categorizes them into five groups. These are nursing facilities, intermediate care facilities for persons with mental retardation and related conditions, assisted living facilities, adult daycare facilities, and Home and Community Support Services Agencies (HCSSAs).

A nursing facility, commonly referred to as a nursing home, is a healthcare facility that provides organized, structured care 24 hours a day. Nursing homes are generally for those who need constant medical attention. All basic medical and personal necessities are provided by the staff.

Assisted living facilities provide individualized health and personal care assistance in a home-like setting. These facilities emphasize autonomy and privacy while still maintaining general oversight.

Adult daycare facilities provide health, social and related support services for adults in a structured environment. Health care services

may include nursing, personal care and therapy services. Participants do not stay overnight.

HCSSAs include home health agencies, hospices and personal assistance services. They provide medical services and routine, ongoing care such as feeding, preparing meals, bathing, dressing, grooming, transferring, and walking.

Once you determine the type of long-term care most beneficial to your situation, research the facilities or services in your area. If you are looking for a residential facility, it may be helpful to use a facility that is near your family or friends. However, you should select several facilities to compare. Some are much better than others. Ask a trusted physician for recommendations, or talk to family and friends about their experiences.

Once you narrow your choices, visit the facilities in person to evaluate the environment. Simple observations such as smell and appearance should be taken into account. Take some time to talk to staff and residents.

The State of Texas inspects nursing facilities once a year. Ask for the most recent survey report, which the facility is required to post. Most facilities have some violations, but this does not necessarily mean they

provide poor care.

Strict standards exist for items such as nursing care, quality of life, dietary services, and safety concerns. You should review the report closely for infractions in these areas.

Ask questions such as: What is the ratio of nurses and nurse's aides to patients? How many complaints have been made against your facility? What kind of turnover do you have for nurses and nurse's aids? Ask to see the facility's policy for emergency care and any other areas that apply specifically to your or your loved one's medical condition.

DHS also inspects HCSSAs on a periodic basis, and the inspection results are required to be made available when requested under the Public Information Act. You can ask service providers questions such as: Does the agency provide services in your part of town? Does the agency have substitute staff when the regular staff is out? What are the normal hours of operation and what services are available after hours and on holidays? What are the policies regarding emergencies? You should also inquire into billing practices and whether they accept Medicare and Medicaid.

The majority of long-term care providers are caring individuals who provide excellent service to their clients. By knowing what to look for, families can make sure that their loved ones receive the best care possible.

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SISTER-TO-SISTER—Sharing a day for girls and about girls at the recent Girlfriend-to-Girlfriend Summit in Haskell were: l-r, Tara Johnson, Story Trussell, Stephanie Boone, Camela Balcomb of Shades of Hope Treatment Center in Buffalo Gap, Stephanie Stowell, Brittany Jordan and Cindy Rodgers of Abilene Regional Council on Alcohol Abuse.

Sister to Sister Summit held for area teen girls

The 4th annual Sister to Sister, Girlfriend-to-Girlfriend Summit was held at the Haskell High School Auditorium, Sat., May 3, offering area middle and high school girls a "Day for girls and about girls."

Presented by the Abilene Branch of the American Association of University Women, and underwritten by Abilene Regional Medical Center

Women's Vera West Women's Center, the day began with a presentation on Body Image by Camela Balcomb of Shades of Hope Treatment Center of Buffalo Gap.

Chat sessions were available on Teen Dating, Bullying and Skirts vs. Shirts.

Following lunch, Susan Miller of the Noah Project, spoke on Relationships. Career information was shared

by facilitators about their careers and how they chose them.

An afternoon summary of the chat sessions wrapped up the various discussions involved under the categories of "Speak up and speak out!" and "Listen and be listened to!"

Each attendee at the Summit was given a T-shirt, and door prizes were awarded during the day.

Garden Club installs new officers

The Haskell Garden Club met May 8 at the Haskell National Bank Community Room for their last meeting of the year and installation of officers for next year.

Nine members and two guests, were seated at luncheon tables decorated with fresh flowers by Melyn Wittenborn and Florence Peden Alexander.

During a business session, Frances Bowen reported that the Desert Willow trees donated to that point had been planted at Willow Cemetery. A motion was approved for future sales tax on the trees to be paid by the club.

Melyn Wittenborn gave a report on the Tyler State Convention, and test gardens were viewed by Dr. Pemberton from Texas A&M University. Clubs were encouraged by State President, Linda Whetsell, to create a kid's nature garden to teach them about conservation and nature.

Officers were installed by Lois Rogers of Stamford.

The next meeting of the club will be in September. The club invites anyone who wishes to be a member.

A Garden Club Reminder for the Month: Plant a tree, grow some flowers, make our town look beautiful!

Births

Angel Silvas and Kimberly Rodriguez of Haskell announce the birth of their son Jeremiah Angel Silvas, born at Abilene Regional Hospital May 27 at 11:32 a.m. He weighed 5 pounds, 14 ounces and was 18 inches long.

He is welcomed home by big brother, Zachariah Lee and grandparents, Lee and Mary Silvas of Haskell, Gloria Rodriguez of Lubbock and Marcello Rodriguez of Abilene, great grandparents Alex Silvas and Selina Lopez of Haskell, and lots of uncles and aunts.

CLASSIFIED SELLS CALL 864-2686

Former Weinert pastor pens 'true to life' book

"Honey in the Bee Gum" is the title of a new fictionalized account of growing up in the South in the 1940s, written by Rev. Carter Tucker, pastor of Weinert Baptist Church from 1956 to 1962.

Initiated by requests from the many who heard his stories in sermons he has preached over the years, the book is a serious/funny story about discovering life and leaving home. It deals with two-room schools, summer revivals, the sadness of war, sharecropping, growing up and going away.

Those who grew up in the country in the first half of the 20th century will identify with the "true to life" episodes Tucker writes about, yet it speaks to a theme later generations will understand and benefit from.

Some in Weinert will remember his ability to tell stories during "Children's Time" in worship services at First Baptist. Weinert was his first pastorate, which he began while a student and Korean War

veteran at Hardin-Simmons University. He and his wife, Pauline, have three children, two of whom were born in Haskell County.

Rev. Tucker is a native of Southeast Arkansas. His book ends when he left the farm there to join the Navy.

When he left Texas in 1962, he moved to a church in Arkansas and subsequently to the U. S. Army as a chaplain with combat units, and spent several years in Germany. After retiring from the Army as a Lieutenant Colonel in 1981, he pastored two more churches before becoming director of the Arkansas Baptist Convention chaplaincy program. He retired from that position in 1995 and moved to Hartwell, Georgia (closer to

grandchildren) where and his wife currently reside.

Since retiring, the Tuckers have hosted numerous Holy Land pilgrimages and served as short-term missionaries to Brazil, Germany, Guatemala, Honduras, Kosovo, Mexico, South Africa and the Ukraine.

Further information about the Tuckers may be obtained from Jerry and Wanda Hester of Weinert.

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OPINION

TEXAS PRESS ASSOCIATION

State Capital



HIGHLIGHTS

By Mike Cox

Clock stops ticking on tort reform

AUSTIN—If your cable provider carries live broadcasts from the Legislature, or if you drop by the Capitol, the proceedings likely will seem pretty boring.

The presiding officers of the House and Senate (Speaker Tom Craddick and Lt. Gov. David Dewhurst) sometimes aren't even presiding.

A representative or senator holds the gavel by temporary appointment, his or her principal duty being to call out the number of a particular piece of legislation, intone, "The clerk will read the bill," recognize members wishing to speak and hitting the gavel when a bill passes.

To the uninitiated, it looks like an assembly line. But, as the old saying goes, appearances can be deceiving.

Take the clock hanging in the Senate. Early last Thursday morning, well past the midnight deadline for any action to be taken on a bill, the clock still said there was time. The official clock had been reset to indicate the time was still 11:59 p.m.

The issue so powerful that it could stop the ticking of the clock was House Bill 4, the controversial tort reform measure.

The final sticking point delaying passage of the bill was the size of the cap the new law would impose on the size of "pain and suffering" judgments in medical malpractice suits.

Gov. Rick Perry, Dewhurst and Craddick support a \$250,000 cap.

So does the Texas Medical Association, which represents some 30,000 Texas doctors.

But Sen. Bill Ratliff (R-Mount Pleasant) wants a higher cap, \$750,000.

That difference of opinion was

pushing the Legislature closer to a special session with Perry saying he would keep lawmakers in Austin this summer until they get the tort bill passed.

Big bills still pending...

With the clock ticking toward adjournment, the biggies were still hanging fire: HB 2, which would do some drastic reorganization of state government and the biggest of the bills this session, the budget bill.

Thinking about retirement?

The Legislature has passed a measure providing for a lump sum payment of 25 percent of a state employee's annual salary if that employee retires between Aug. 31 and Aug. 31, 2005.

About 12,000 state workers are or will become eligible to retire during that time frame.

Since hiring replacements won't cost quite as much, the Legislative Budget Board estimated the bill would save the state a little more than \$21 million.

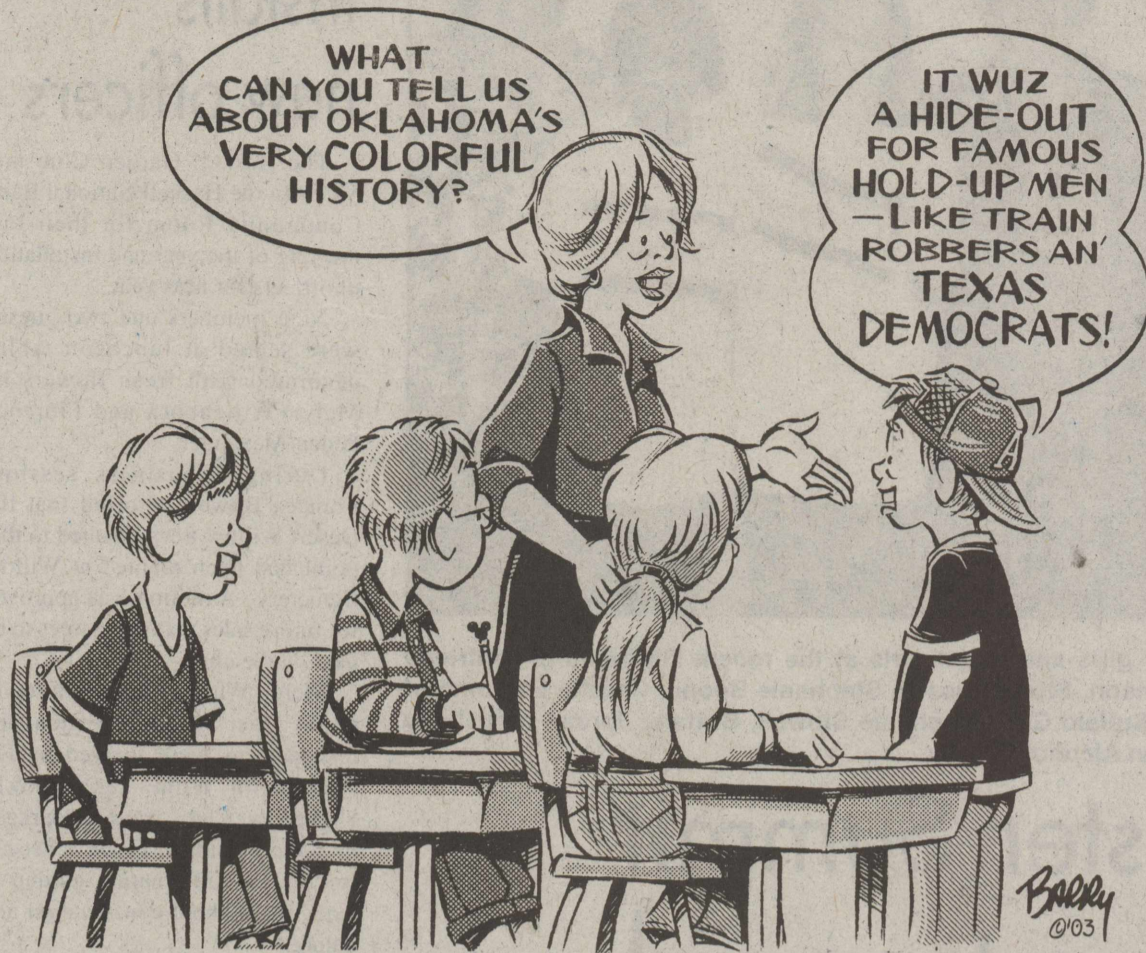
The average state employee's salary is \$32,000 a year and that means the average state worker who chooses to retire could be able to afford a nice pop-up camper trailer with the extra \$8,000.

Texas History Month update...

Lawmakers were still shooting it out in the figurative sense as the regular session rode off toward the sunset, but one piece of legislation no one had any trouble with was HB 294.

Passed by the Senate on May 22, the bill designates March as Texas History Month. All it needs now is the governor's signature.

The measure does not make any new holidays (March 2 recognizes Texas Independence Day) but it formalizes the importance of the month to Texas.



From The Inside Out

By Mary Kaigler

Who is this Mystery Reader?

I was born in Young County. I have been a widow for nine years. I have four children.

I attended school at Haskell and Paducah and Corpus Christi Beauty School.

No one knows that I once did volunteer work at the Haskell Library and recently helped volunteer workers to make Braille Bibles for the blind to be sent to different countries.

My favorite TV show is "7th Heaven" and "Joel Olston."

My favorite type of music is gospel. My favorite songs are by the Happy Goodmans and the Gaithers.

I like to visit with my children and grandchildren.

The last book I read was *Janette Oke*. I am now reading the *Upper Room* daily Bible reading and the Bible lesson.

My favorite place in Texas is Corpus Christi, where I fly to see a granddaughter.

My favorite vacation spot in the world is Colorado, because it is so cool.

My best quality is care giving. My worst quality is watching TV too much.

I hate it when people gossip.

My greatest personal accomplishment is raising my four children.

For me, the best thing about Haskell is that it is home to me and the people are so friendly and understanding.

Watch next week for the identity of this Mystery Reader of the *Free Press*.

Update

Last week's Mystery Reader was Elbert Johnson of Haskell, retired pharmacist, who was once the subject of one of Paul Harvey's radio program anecdotes, leading to a lot of dubious notoriety for him.

When the local radio station held a spelling bee at the Experienced Citizens' Center, in which seniors competed against one another in a 'one mistake and you're out' contest, Elbert stayed up all night studying.

He did fine in the contest, right up to the final four, but stumbled on the word, "Medicare."

Seeing the irony in the situation, Ken Lane contacted Paul Harvey, changing the misspelled word to "medicine," to make a better story.

When Harvey told the nationwide radio audience the hilarious story of the longtime pharmacist in Haskell, Texas, who lost a spelling bee when he misspelled "medicine," it brought Elbert a flood of letters and calls from friends and family. During the next several weeks he heard from people from 37 states with whom he'd worked or played football.

After finishing high school in Temple, Elbert served in the Marine Corps. Following that he worked several before attending Texas Tech University, playing football four years and earning a BS degree in physical education. From there he played two years for the Chicago Cardinals and one year with the Saskatchewan, Canada, Rough Riders.

Coming back to Texas, he coached high school football seven years; one at Muleshoe, two at Belton and four at Bryan. While at Belton in 1954, he married his wife, Franciene.

During the summers while coaching, he started working on his Master's degree at Texas A&M. At Southwest Texas State in San Marcos, he took two 6-week chemistry courses. In 1966 he finished Pharmacy School at Texas University, just two months before his 39th birthday.

Hearing about the old Payne Drug Store in Haskell being for sale, the Johnsons moved here in Aug. 1966 and opened Johnson Pharmacy, which they operated for 37 years.

After coming here, Elbert took correspondence courses from Phoenix National University, earning a Master's degree in health education. Then, through a program offered him by the National Association of Retail Druggists

(NARD), he earned through experience and test, a Phd in health education.

Saying that he'd rather study than to watch TV, Elbert finished all the extra courses in three years, while operating his drug business.

Active in his profession, he served two years as president of the Big Country Pharmacy Association.

Also active in the community through the years, Elbert served on the Haskell school board and has been secretary of the Kiwanis Club since 1988. He was named Layman of the Year in 1992 by the Kiwanis Texas Oklahoma Division, for his church and civic work at that time.

He has served as the First Baptist Church treasurer over 15 years - is an associate Sunday school superintendent and member of the Ready Sunday School Class.

Through the years, Elbert joined Dr. Frank Cadenhead on ten medical mission trips to Venezuela, setting up clinics and giving out medicines. Time spent helping the people and meeting the many Southern Baptist missionaries there were rewarding times, he said.

He and Franciene also made a trip to Russia visiting hospitals and pharmacies.

The Johnsons raised two sons in Haskell. Gary is a retired State Trooper in Aspermont, and has two sons, Toby and Blade. Gerald is a pharmacy technician at Midland Memorial Hospital.

From the time they first came here, Elbert has followed all of the Haskell Indian and Maiden athletic events with great interest, never missing an event if possible.

With some physical problems hopefully now under control for him, just ahead on their agenda to "sit and back and-enjoy life," is a vacation trip to Mexico.

Elbert says they have enjoyed living here. "We love the place. Haskell has been good to me and I try to pay it back."

Rheumatoid arthritis

For millions of Americans with rheumatoid arthritis, even small tasks—like getting dressed in the morning, preparing a meal or penning a personal note—can require a major effort.

But early, aggressive treatment of rheumatoid arthritis can make a difference, says Dr. David Karp, chief of rheumatic diseases at UT Southwestern Medical Center at Dallas.

"An individual has to take the first step by making the decision to come in and be evaluated," Karp says. "People should see a physician if discomfort in bones, joints or muscles lasts more than a few weeks

or interferes with their daily routine. In many cases, a visit to a rheumatologist is needed to confirm the diagnosis and design customized treatment."

Rheumatoid arthritis is similar to other autoimmune or inflammatory conditions, such as insulin-dependent diabetes and multiple sclerosis, says Karp, adding, "People quickly can become disabled, stop working and be unable to care for themselves or their families."

According to the Arthritis Foundation, rheumatoid arthritis affects 2.1 million Americans, mostly women. Musculoskeletal conditions like rheumatoid arthritis annually cost the U. S. economy nearly \$65 billion in medical care and indirect expenses, such as lost wages and lost production.

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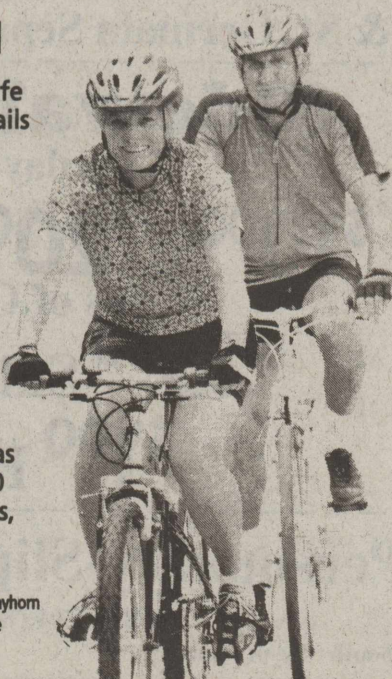
Keeping an Eye on Texas

Texans on the Road

Bicyclists from all walks of life are out on the roads and trails of Texas.

The state's Bicycle Advisory Committee (BAC), a non-profit group that serves as the voice of Texas cyclists to the Texas Legislature, the Texas Department of Transportation, the Texas Department of Public Safety, schools and local communities, estimates Texas retailers see more than \$200 million annually in bike sales, and the industry is growing.

SOURCES: Texas Comptroller Carole Keeton Strayhorn (www.window.state.tx.us) and the Texas Bicycle Advisory Committee.



New fire ant bait

by Brandon Anderson
Haskell Co. Extension Agent

An organic alternative in combating fire ants is now available. New organic fire ant baits are available this spring and they are reportedly as effective as conventional baits.

Spinosad (Spin-O-sad) is the only active ingredient in the new baits, and it is considered organic because it's produced from a bacterial fermentation process. The organic baits are said to be fast acting and effects the nervous system of an ant.

They cost about the same as conventional baits and can be purchased at local lawn and garden outlets.

From Out of the Past

From the files of
The Haskell Free Press

10 Years Ago
June 3, 1993

Laurie and Tim Gross earned their college degrees after 11 years of working toward completion of their studies.

Wendell Mints, of Vernon found Mindy Howard's balloons in his field. The Haskell Elementary sixth graders released them the day before as part of their Eighth Annual Balloon Lift-Off reading project.

Crystal Watson was inducted into the Junior National Honor Society at Granbury Middle School.

Jodie Israel Daniels was included on the Dean's List at Harding University in Searcy, Ark.

20 Years Ago
June 2, 1983

Kerry Therwhanger, sophomore student at Angelo State University, finished in third place in the long jump in the NCAA Division II Track Championship in Cape Girardeau, Missouri and qualified for All-American status.

Traci Michelle Burson, age 7, performed in both tap and ballet numbers at West Texas Rehabilitation Benefit Dance Recital.

Philip Bledsoe's students at Arlington Heights High School in Fort Worth entered the city, regional, and state industrial arts fairs and brought back a total of 166 awards including 38 first places and 20 best in division awards.

Mark Stewart and Danny McGuire of Weichert won second place in Conference A Debate at the State UIL Literary Meet in Austin.

30 Years Ago
June 7, 1973

Mrs. Luther Burkett, a long and outstanding worker in education, was presented the Outstanding Volunteer Award, from the Mental Health and Retardation Center.

Thomas Wm. Holden of Haskell completed advance studies in languages and linguistics at the University of Texas at Austin, and was awarded a Master of Arts degree in French literature.

The American Legion award was awarded to Karen Sefcik and Gary McAdams.

Gail Denise Lehmann of Old Glory was listed among the 161 honor graduates who received bachelor's degrees from North Texas State University.

40 Years Ago
June 6, 1963

Haskell and immediate areas received in five days a total of 9.16 inches of rain.

James G. Vaughter of Haskell, who majored in political science, graduated from Harvard University.

Linda Kay Speer of Haskell, was elected chaplain of Alpha Sigma Chapter of Mu Phi Epsilon, international music sorority at Abilene Christian College.

Thomas R. Camper of Haskell was promoted to staff sergeant in the United States Air Force.

50 Years Ago
June 4, 1953

R. L. Burton of Haskell and Harold Bonner of Hamlin received Silver Beaver awards for their outstanding work with Boy Scouts of the Chisholm Trail Council.

Two students from Haskell received degrees at Texas A&M College. They are Forest Bradley Buford and Philip W. Cadenhead.

Two of San Angelo High School students were honored. Patsy Ann West was valedictorian and Kent Cummings was awarded a merit certificate as an outstanding student.

Willard Howard Free and A. C. Brewer of Haskell received degrees from Hardin-Simmons University.

100 Years Ago
June 6, 1903

Jud Robertson, one of the Sand Hillers, was in town to help run the court.

Docia Winn came in from Sherman, where she has been attending college.

Ethel Alexander returned from Nashville, Tenn., where she has been attending Belmont College.

Tom Brooks is now driving a hack on A. D. English's daily passenger and hack line between this place and Stamford, meeting all passenger trains.

NOTICE TO CITY OF HASKELL WATER CONSUMERS

Mayor
Ken Lane
Mayor Pro Tem
Ruby Turner
Cassell
Dale Ballinger
Dan Hoover
Sue Medford
W.L. Wolf



CITY OF HASKELL
P.O. Box 1003 • Haskell, Texas 79821 • 940 864-2333

City Administrator
Sam Watson
City Secretary
Loretta Davis
Administrative Assistant
Kim Kinney

Our goal at the City of Haskell is to provide you with high-quality, safe drinking water that exceeds every federal and state standard. As mandated by the Safe Drinking Water Act (SDWA), this "Consumer Confidence Report" (CCR) details our water sources, the results of our water tests, and other information. For quality tap water, you can count on the City of Haskell to provide its citizens with only the best. Our records and tests results show that there were no violations of water quality regulations.

We are glad to report that the water provided by the North Central Texas Municipal Water Authority (NCTMWA) water treatment plant meets or exceeds water quality standards.

Overview
The City of Haskell receives its water supply from the Miller Creek Reservoir located in Baylor and Throckmorton Counties on FM 1608 approximately 10 miles southeast of Goree. This CCR report is based upon tests conducted in the year 2002 by the City of Haskell. The City of Haskell collects four samples a month, 48 per year. Four extra samples were taken after maintenance was performed on the water towers, which made a total of 52 samples this past year. This is to ensure the safety and quality of our water. These samples are to ensure that the City of Haskell is providing a safe drinking water to our customers. We are checking for microbiological contamination. Lead and copper tests are conducted every three years. These tests will be performed in the year 2004.

Additional Health Information
To ensure that tap water is safe to drink, the EPA prescribes limits on the amount of certain contaminants in bottled water. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that hot water poses a health risk. More information about contamination and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (1-800-426-4791).

The City of Haskell along with North Central Texas Municipal Water Authority is proud to announce that we do have "A Safe Water for Drinking". This CCR was developed in accordance with 40 CFR parts 141 and 142, National Primary Drinking Water Regulations: Consumer Confidence Reports. This CCR document was prepared as requested by the City of Haskell.

Terms used in Water Quality Table and in other parts of this CCR are defined as follows:
Maximum Containment Level or MCL: The highest level of a contaminant that is allowed in drinking water. MCL are set as close to the MCLG as feasible using the best-available treatment technology.
Maximum Containment Level Goal or MCLG: The level of contamination in drinking water below which there is no known or expected risk to health. MCLG allow for a margin of safety.
Action Level or AL: The concentration of copper and/or lead which, when exceeded, triggers treatment or other requirements which a water system must follow.

Sam Watson
City Administrator Sam Watson

Thomas Rodriguez
Director Public Works

135 N. Munday Ave
Munday, Texas 76771

North Central Texas
Municipal Water Authority

P.O. Box 36
Phone (940) 422-4051

March 28, 2003

Re: 2002 Consumer Confidence Report (CCR)

Dear Official:

Relative to water purchased from North Central Texas Municipal Water Authority during the 2002 calendar year we are enclosing herewith information you will need in producing your Drinking Water Quality Report (Consumer Confidence Report - CCR).

If you have any questions please call.

Sincerely,

Dolan Moore
Dolan Moore
General Manager
North Central Texas
Municipal Water Authority

Consumer Confidence Report 2002

(Drinking Water Quality Report)
City of Haskell
Phone No. 940-864-2333

Public Participation Opportunities

Date: July 1st - 31st, 2003
Time: Office Hours: 8:00 a.m. to 5:00 P.M.
Location: City Hall, 301 South 1st, Haskell, Texas
Phone No.: 940-864-2333 or 940-864-2355

Special Notice for the ELDERLY, INFANTS, CANCER PATIENTS, people with HIV/AIDS or other immune problems:

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control and Prevention (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Our Drinking Water Meets or Exceeds All Federal (EPA) Drinking Water Requirements

This report is a summary of the quality of the water we provide our customers. The analysis was made by using the data from the most recent U.S. Environmental Protection Agency (EPA) required tests and is presented in the attached pages. We hope this information helps you become more knowledgeable about what's in your drinking water.

En Espanol

Este reporte incluye informacion importante sobre el agua para tomar. Si tiene preguntas o discusiones sobre este reporte en espanol, favor de llamar al tel. () - - - - par hablar con una persona bilingue en espanol.

Where do we get our drinking water?
Our drinking water is obtained from Surface water sources. It comes from the following Lake/River/Reservoir/Aquifer: MILLER CRK RES. TCEQ will be reviewing all of Texas' drinking water sources. The source water assessment has been completed and the report will be available this year. It allows us to focus on our source water protection activities.

ALL drinking water may contain contaminants.

When drinking water meets federal standards there may not be any health based benefits to purchasing bottled water or point of use devices. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

About The Following Pages

The pages that follow list all of the federally regulated or monitored constituents which have been found in your drinking water. U.S. EPA requires water systems to test up to 97 constituents

Secondary Constituents

Many constituents (such as calcium, sodium, or iron) which are often found in drinking water, can cause taste, color, and odor problems. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not EPA. These constituents are not causes for health concerns. Therefore, secondaries are not required to be reported in this document but they may greatly affect the appearance and taste of your water.

DEFINITIONS

Maximum Contaminant Level (MCL)
The highest permissible level of a contaminant in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
Maximum Contaminant Level Goal (MCLG)
The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

Treatment Technique (TT)

A required process intended to reduce the level of a contaminant in drinking water.

Action Level (AL)

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

NTU - Nephelometric Turbidity Units

MFL - million fibers per liter (a measure of asbestos)

pCi/l picocuries per liter (a measure of radioactivity)

ppm - parts per million, or milligrams per liter (mg/l)

ppb - parts per billion, or micrograms per liter (µg/l)

ppt - parts per trillion, or nanograms per liter

ppq - parts per quadrillion, or picograms per liter

Water Quality Table

| Contaminant | Year | Unit | MCL | MCLG | Range of Detected Levels | Highest Detected Level | Major Sources |
|-------------------------------|------|-------|-----|------|--------------------------|------------------------|--|
| Inorganic Contaminants | | | | | | | |
| Arsenic | 2002 | ppb | 50 | 0 | 3.1000-3.1000 | 3.1000 | Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes. |
| Barium | 2002 | ppm | 2 | 2 | 0.2020-0.2020 | 0.2020 | Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits. |
| Fluoride | 2002 | ppm | 4 | 4 | 0.5000-0.5000 | 0.5000 | Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories. |
| Nitrate | 2002 | ppm | 10 | 10 | 0.0100-0.0100 | 0.0100 | Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits. |
| Selenium | 2002 | ppb | 50 | 0 | 7.1000-7.1000 | 7.1000 | Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines. |
| Gross beta emitters | 1999 | pCi/l | 50 | 0 | 14.5000-14.5000 | 14.5000 | Decay of natural and manmade deposits |
| Organics | | | | | | | Not tested for or not detected. |
| THM | | | | | | | Not tested for or not detected. |

| Year | Constituent | Highest Single Measurement | Lowest Monthly % of Samples Meeting Limits | Turbidity Limits | Unit of Measure | Source of Constituent |
|-----------|----------------------|----------------------------|--|------------------|-----------------|--|
| 2002-2002 | Dibromochloromethane | 47.5 | 47.5000-47.5000 | ppb | | Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants |

Turbidity

Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea and associated headaches.

| Year | Constituent | Highest Single Measurement | Lowest Monthly % of Samples Meeting Limits | Turbidity Limits | Unit of Measure | Source of Constituent |
|------|-------------|----------------------------|--|------------------|-----------------|-----------------------|
| 2002 | Turbidity | 0.24 | 100.00 | 0.3 | NTU | Soil runoff. |

Lead and Copper

| Year | Constituent | The 90th Percentile | Number of Sites Exceeding Action Level | Action Level | Unit of Measure | Source of Constituent |
|------|-------------|---------------------|--|--------------|-----------------|---|
| 2001 | Copper | 1.0300 | 0 | 1.3 | ppm | Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives. |
| 2001 | Lead | 12.6000 | 1 | 15 | ppb | Corrosion of household plumbing systems; Erosion of natural deposits. |

Total Coliform NOT DETECTED

Fecal Coliform NOT DETECTED

Turbidity

Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea and associated headaches.

| Year | Constituent | Highest Single Measurement | Lowest Monthly % of Samples Meeting Limits | Turbidity Limits | Unit of Measure | Source of Constituent |
|------|-------------|----------------------------|--|------------------|-----------------|-----------------------|
| 2002 | Turbidity | 0.24 | 100.0 | 0.3 | NTU | Soil runoff. |

Lead and Copper Not tested for or not detected.

What are Coliforms?

Coliform bacteria are used as indicators of microbial contamination of drinking water because they are easily detected and found in the digestive tract of warm blooded animals. While not themselves disease producers, they are often found in association with other microbes that are capable of causing disease. Coliform bacteria are more hardy than many disease-causing organisms; therefore their absence from water is a good indication that the water is bacteriologically safe for human consumption.

Fecal coliform (mostly E-coli), is a portion of the coliform bacteria group originating in the intestinal tract of warm-blooded animals that passes into the environment as feces. Fecal coliform is often used as an indicator of the fecal contamination of domestic water supply.

| Year | Constituent | Highest Monthly Number of Positive Samples | MCL | Unit of Measure | Source of Constituent |
|------|-------------------------|--|-----|-----------------|---------------------------------------|
| 2002 | Total Coliform Bacteria | 0 | | Presence | Naturally present in the environment. |

* Two or more coliform found samples in any single month.

Fecal Coliform Not detected

Unregulated Contaminants

| Year | Constituent | Average of All Sampling Points | Range of Detected Levels | Reason for Monitoring |
|------|----------------------|--------------------------------|--------------------------|---|
| 2002 | Chloroform | 68 | 36.0000-100.0000 | Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants. |
| 2002 | Bromoform | 69 | 51.0000-87.0000 | Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants. |
| 2002 | Bromodichloromethane | 43 | 43.0000-43.0000 | Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants. |
| 2002 | Chlorodibromomethane | 4.55 | 5.3000-3.8000 | Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether it needs to regulate those contaminants. |

Public Participation Opportunities

We will be happy to answer any questions about North Central Texas Municipal Water Authority and our water quality. Contact person: Dolan Moore, G.M.
Water Quality Data for community water systems throughout the United States is available at www.waterdata.com.

School's out— Watch for children playing

Surfactant Loaded 41% Glyphosate

30 gal. — \$19.25/gal.; 250 gal. — \$18.75/gal.
1000 gal. — \$17.75/gal.; 2500 gal. — \$17.00/gal.
4000 gal. — \$16.50/gal.

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1-800-715-2562

SWIM LESSONS

JIMMY LISLE, Instructor

June 16-21 AT CITY POOL

Cost \$35

CLASS SCHEDULE:

Early Beginner 11 a.m.; Beginner 12 noon
Novice 5 p.m.; Intermediate 6 p.m.

To register call 864-3820 & leave message. Pool Phone Number 864-8185

Hours: Tues. ~ Sat. 2 to 6 p.m. Closed Monday

GED CLASSES

at Haskell Elementary School
306 South Avenue G

Mondays and Thursdays

5:00 to 5:00 p.m.

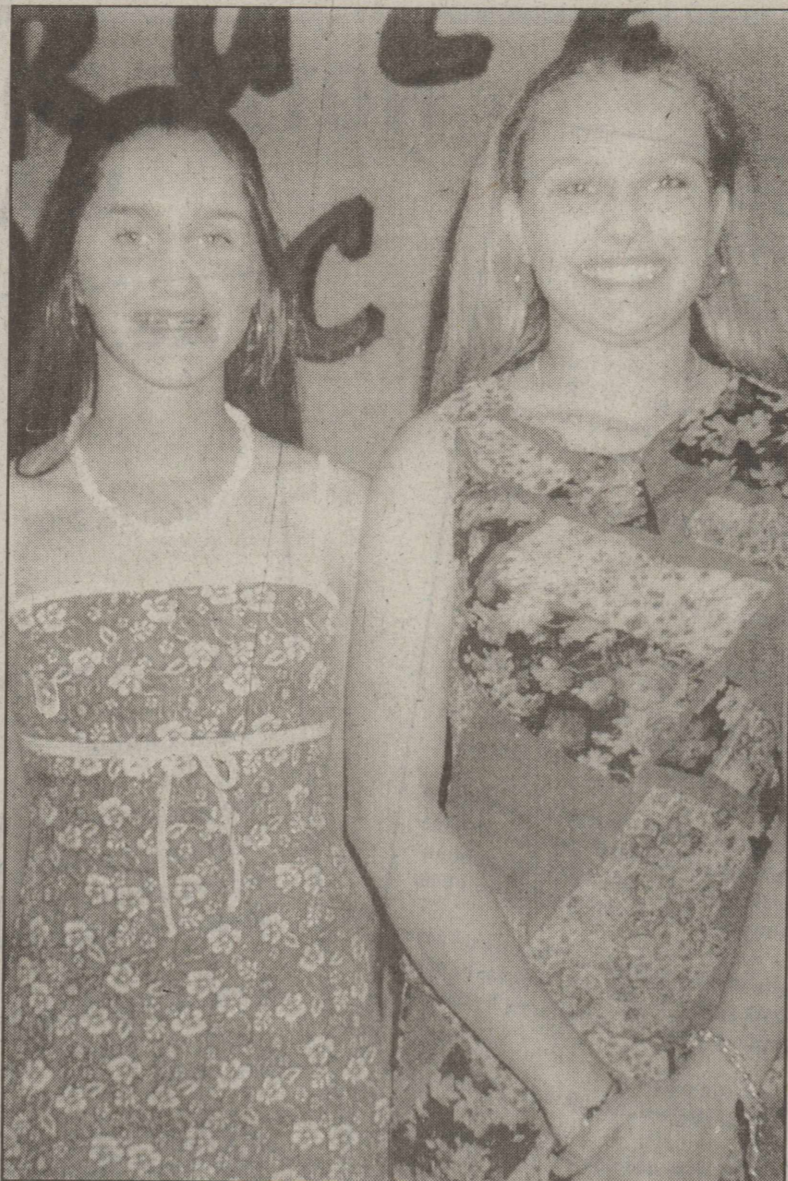
Beginning June 16, 2003

For more information, call
Debbie Miller 864-3010 or
Sherry Adams 864-2371

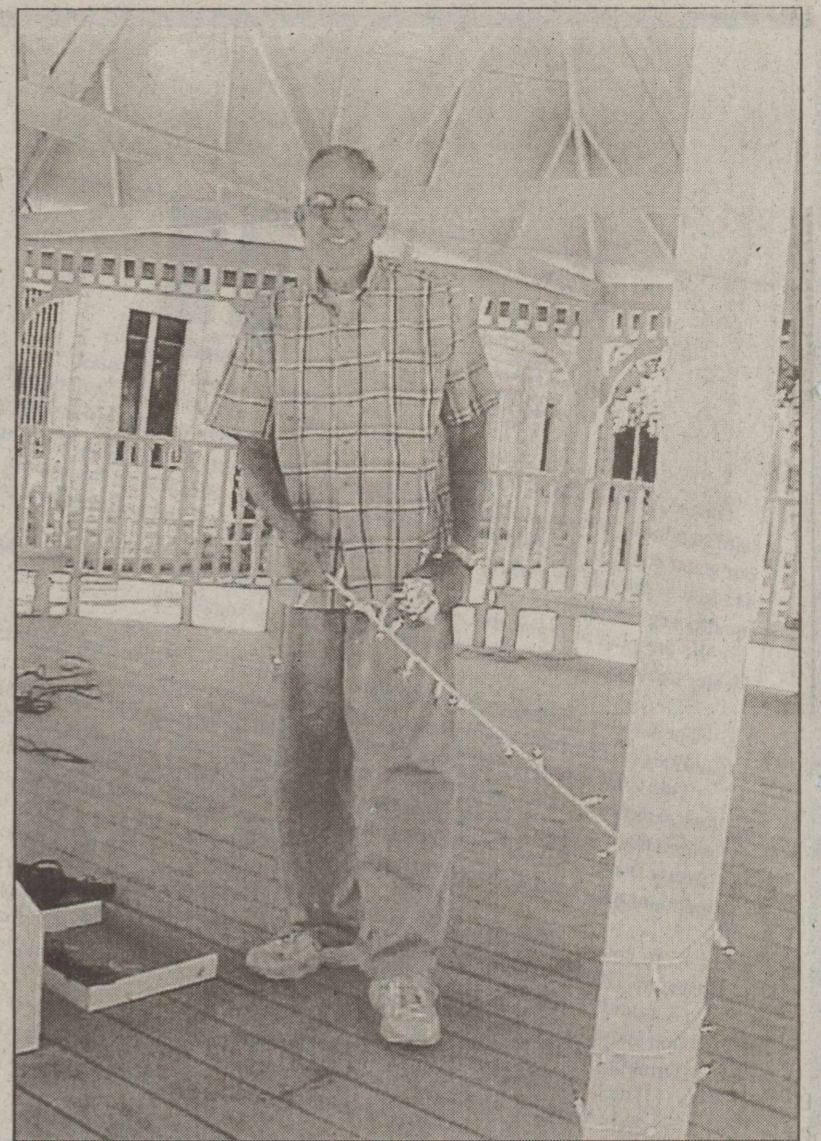
NOTICE OF GAS RATE INCREASE REQUEST

TXU Gas Company (the "Company"), in accordance with the Gas Utility Regulatory Act as set forth in the Texas Utilities Code, hereby gives notice of its intent to implement a new schedule of rates for natural gas service to be charged to all of the customers served by the Company in the incorporated municipalities and unincorporated areas in the Company's statewide gas utility system (the "System"). The proposed revisions to the respective rate schedules will impact all classes of service and all fees and charges presently being assessed by the Company on its transmission and distribution systems. As of the filing date of the Company's Statement of Intent to change rates, the proposed rates are expected to approximately produce a \$69,524,311 or a 7.24 percent increase in the Company's annual revenues from customers in the System. The proposed change will affect approximately 1,344,030 residential, 125,603 commercial, and 1,441 industrial sales and transportation customers in the System. The proposed change constitutes a "major" change as that term is defined by Section 104.101 of the Texas Utilities Code. The proposed changes will have differing impacts on individual customers, depending on consumption and current applicable rate schedules. The proposed changes in rates will not become effective for environs customers until similar changes have become effective within the nearest incorporated city or town. A residential customer receiving a bill for 6 Mcf will see a bill of approximately \$41.69, which would constitute an average increase of approximately \$3.59 per month or a 9.4% increase. A commercial customer receiving a bill for 30 Mcf will see a bill of approximately \$173.04, which would constitute an average increase of approximately \$13.91 per month or a 8.7% increase. The effect of the proposed changes to rates and services for industrial sales and transportation customers, which may be significant for individual customers, will vary depending on type of service and consumption. The proposed change would constitute an increase of \$0.00 or a 0% increase in annual revenues to the Company for industrial sales and transportation customers. A complete copy of the Statement of Intent, filed with the Railroad Commission of Texas and all of the System cities and towns on May 23, 2003, is available for inspection in the Company business office located at 1601 Bryan St., Dallas, Texas 75201. Persons with specific area questions or who want information about this filing may contact TXU Gas Company at 1-800-460-3030. Any affected persons located inside of the city limits of a municipality served by the Company may file written comments or protest concerning the proposed change in rates with their respective municipality. Any affected persons located outside of the city limits of a municipality served by the Company may file written comments or protest concerning the proposed change in the environs rates with the Docket Services Section of the Railroad Commission of Texas, at any time within 30 days following the date on which the change would or has become effective. The Company is proposing to have these proposed rates become effective on June 27, 2003.

Este es un aviso para informar a los clientes de TXU Gas Company (la "Compañía") que la Compañía está solicitando un aumento en la tarifa de gas. Este aumento afectará a todos los consumidores de gas de la Compañía en el estado de Texas. Si usted tiene alguna pregunta con respecto a este aumento, por favor llame a TXU Gas Company al 1-800-460-3030.



RULE HONOR STUDENTS—Kortney Kupatt, right, daughter of Kraig and Leslie Kupatt, was named Valedictorian of Rule Jr. High School. Gay Lynn Gary, daughter of Mark and Lori Combs, was named Rule Jr. High Salutatorian.



THE LIGHT OF PATRIOTISM—Volunteer Bob Smith spent several hours Monday festooning the gazebo at the County Court House with 2800 tiny red, white and blue lights for the Haskell Chamber of Commerce, to be turned on during the Wild Horse Prairie Days Celebration and to shine each night until after the fourth of July.

Little changes can add up to healthier diet

Eating healthier doesn't mean starting a dietary program so rigorous that it's impossible to follow. As with so many other life changes for better health, little things mean a lot, advised Dr. Mickey Bielamowicz, Texas Cooperative Extension nutrition specialist. But these little things will soon add up to a healthier diet and a healthier life.

First, she said, start with easy dietary changes, such as:

- Cutting back on consumption of high-fat, high-sugar and high-salt foods. Eat fewer pastries, cookies, candies and the like.

- Include more whole-grain breads and cereals and cut back on the more

processed ones.

- Eat smaller servings.
- Eat more fruits and vegetables.

And for those favorite recipes that you just can't live without...well, Bielamowicz said, many of them can be modified to be lower in fat, sugar and salt, and higher in fiber.

But before you go experimenting with recipes, she warned, there are some things you should know.

"Recipes specify the ingredients, proportions and methods necessary to produce a quality product," she said. "Companies and publishers spend time and money testing recipes for consumer use. Any change made in the recipe will produce a slightly

different product from the one that was tested and published. Some changes you may like and others you may not."

For example, Bielamowicz said, "Recipes for combined foods, such as casseroles and soups, are more flexible than others. A cookie recipe is more adaptable than a cake recipe. Recipes for most baked products can be altered, but recipes for any preserved product, such as pickles, salsa, jellies or candies, should not be changed at all."

With that in mind, she suggested some moderate changes in recipes which many people might not even notice:

- Reduce sugar by one-third. For example, if a recipe calls for a cup of sugar, use two-thirds of a cup instead. "This works best in canned and frozen fruits and in making puddings and custards," Bielamowicz said. "When making cookies or cakes, experiment with using one-half cup of sugar for each cup of flour the recipe calls for; when making quick breads and muffins, try using a ratio of one tablespoon of sugar for each cup of flour. To enhance the flavor when sugar is reduced, add vanilla, cinnamon or nutmeg," she said.

- Reduce fat by one-third. "This works best in gravies, sauces, puddings and some cookies," Bielamowicz said. "For cakes and quick breads, use two tablespoons fat per cup of flour."

- Reduce salt by one-half or leave it out all together. Instead, she said, try using herbs, spices or salt-free seasoning mixes. "Do not eliminate salt from yeast bread or rolls; it is essential for flavor and helps texture."

- Use whole-grain flour or bran

flour instead of all-purpose flour. Substitute whole wheat flour for one-fourth to one-half of the all-purpose flour called for in the recipe. Oat bran—or even oatmeal or bran cereal—ground to the consistency of flour in a food processor or blender—can be used in place of one-fourth of the flour called for in the recipe.

Bielamowicz suggested other recipe substitutions designed to cut cholesterol and/or fat from the diet, such as using:

- A margarine-butter blend, regular margarine or reduced calorie margarine instead of butter;

- Lite or mock sour cream instead of regular sour cream;

- One whole egg and two egg whites or four egg whites instead of two whole eggs;

- Two percent milk or skim milk instead of whole milk;

- Evaporated milk or evaporated skim milk instead of cream;

- Light cream cheese, Neufchatel or yogurt cheese instead of cream cheese; and

- Three tablespoons powdered cocoa plus one tablespoon cooking oil instead of one ounce of baking chocolate.

Plus, she added, you might want to switch to light mayonnaise or a combination of half cholesterol-free mayonnaise and half nonfat yogurt; fat-free or reduced-fat salad dressing; skinless chicken (especially if the skin is removed before the chicken is cooked); and extra-lean ground beef or lean ground turkey.

Changing your diet for the better doesn't have to be difficult, Bielamowicz said. Keeping these simple substitutions in mind can make having your cake and eating it too a whole lot healthier.

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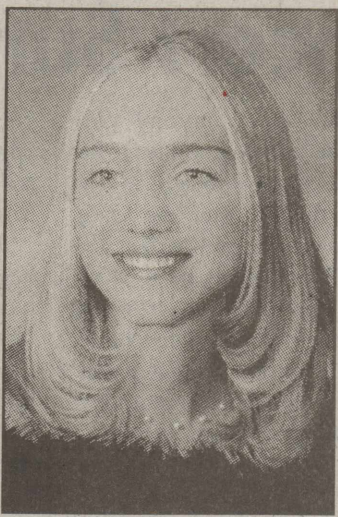
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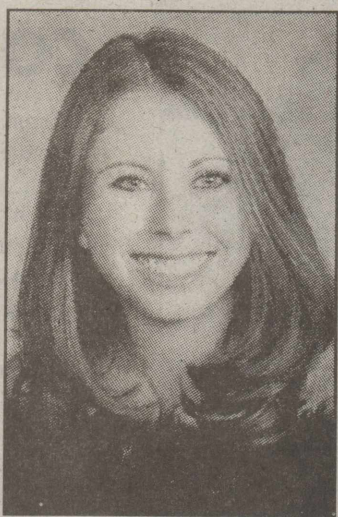
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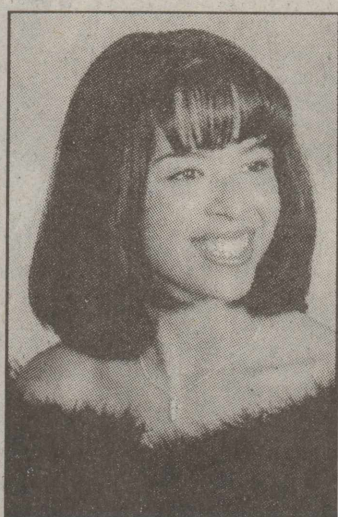
BRITTANY LINDSEY
Class of 2003 Anonymous Donor, \$100; Franklin & Katie Butler Memorial, \$100; Bernard & Augusta Dorland Memorial, \$100; Lon Pate Memorial/Quill & Scroll, \$250; Hazel & Robert Reynolds Memorial, First Baptist Church, \$475; Haskell CISD Educational Foundation, \$500; Wayland Baptist University, Academic, \$3,000 per year renewable for 4 years up to \$12,000; Wayland Baptist University, Athletic, \$6,300 per year renewable for 4 years up to \$25,200.



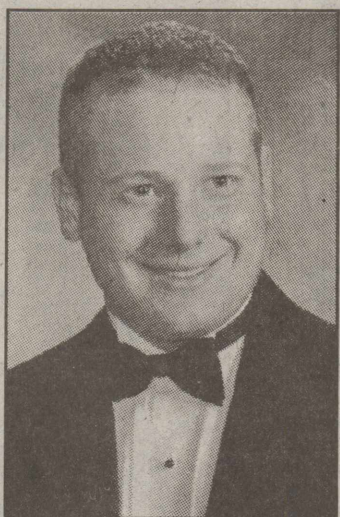
LESLIE GRAND
Haskell Chamber of Commerce Wild Horse Prairie Days Queen, \$250; Rolling Plains Texas Tech Exes, \$300; Hazel & Robert Reynolds Memorial, First Baptist Church, \$475; Lyle Flaughton Memorial, \$500; Young Homemakers, \$500; Texas Tech University Superior Scholastic Achievement, \$1,000 per year renewable for 4 years up to \$4,000.



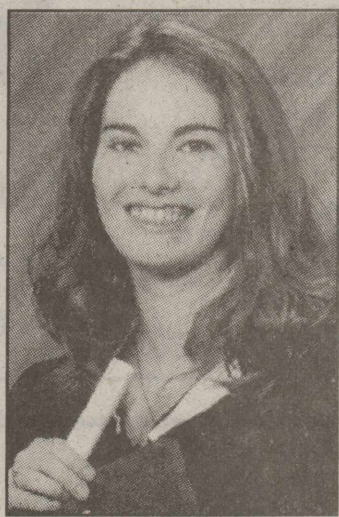
SYDNEY BRUEGEMAN
Charles McCauley Memorial, \$250; Hazel & Robert Reynolds Memorial, First Baptist Church, \$475; Baylor University President's, \$7,000 per year renewable for 4 years up to \$28,000; Baylor University, \$4,250 per year renewable for 4 years up to \$17,000; Texas FFA Association, Amount to be determined.



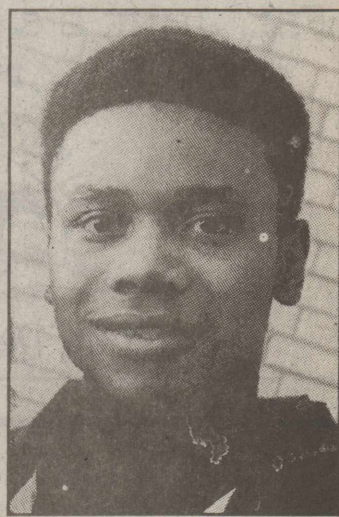
JACKLYN ESCOBEDO
Historical Society Essay Contest, \$300; Herbert Bellinghausen Memorial Catholic, \$500; Wal-Mart Foundation, \$1,000; Citizens Bank NA, \$1,000; Angelo State University Carr Academic, \$6,000 per year renewable for 4 years up to \$24,000; Angelo State University-Valedictorian, Tuition for 1 year at a state school.



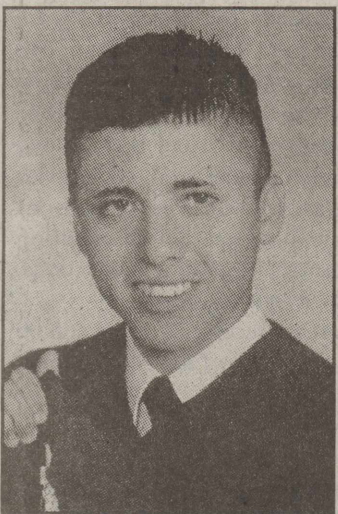
ROSS BULLINGER
First United Methodist Church Members, \$200; Texas Extension Education Assn., \$600; Hall & Winnie Wright, Tarleton State University, \$300; L.C. Link, Tarleton State University, \$500; Tarleton State University, Tarleton Alumni Assn., \$500; NRA Foundation Inc., National FFA Organization, \$1,000.



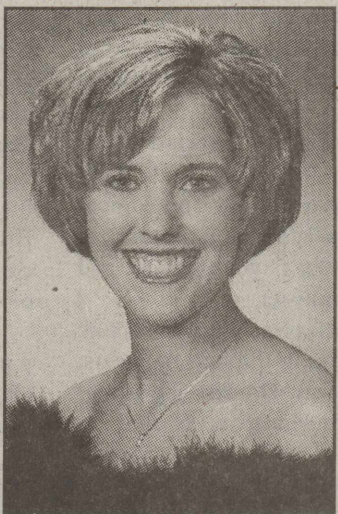
CHRISTI SORRELLS
Panhandle-Plains Higher Education Authority, \$100; Midwestern State University College of Business, \$500 per semester renewable for 2 semesters up to \$1,000; Texas Department of Transportation, \$6,000 per year renewable for 4 years up to \$24,000.



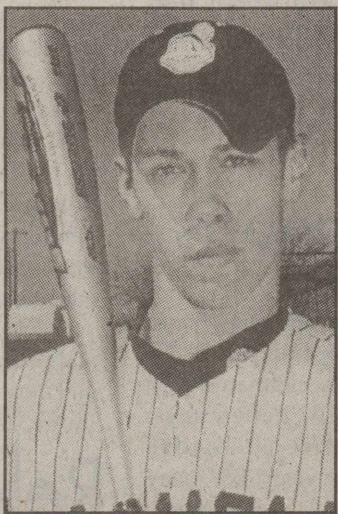
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Joseph Phemister Memorial, \$250; Matthew Williamson Beecher McCord Memorial, \$500; Dr. Cliff Ray, \$400; Dr. Joe Thigpen Honorary, \$500; Modern Way Food Store/Sam & Gayle Bitner, \$1,000.



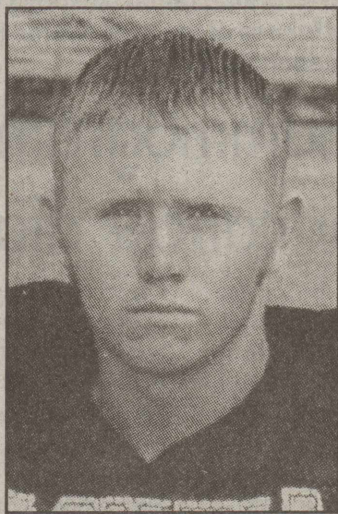
ANGEL PENA
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ANGELA BROWN
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EDDIE LOYD
Sandra Larned Wallace Memorial, Class of 1962, \$125; Hazel & Robert Reynolds Memorial, First Baptist Church, \$475; Rotary Club, \$500; First National Bank, \$500.



WADE COTHRON
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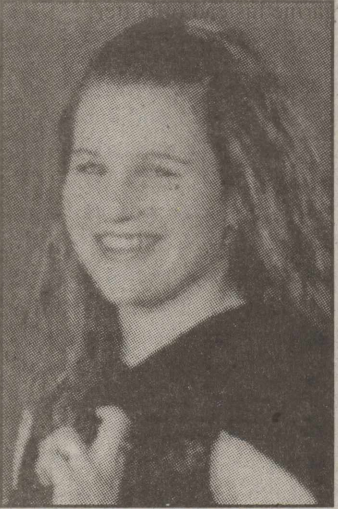
KATIE MCKNIGHT
First United Methodist Church Members, \$200; Hooper T. & Rozelle Jones Wilkinson Memorial, \$250; Dr. Cliff Ray, \$400.



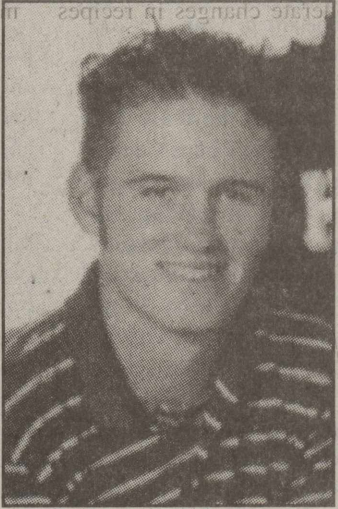
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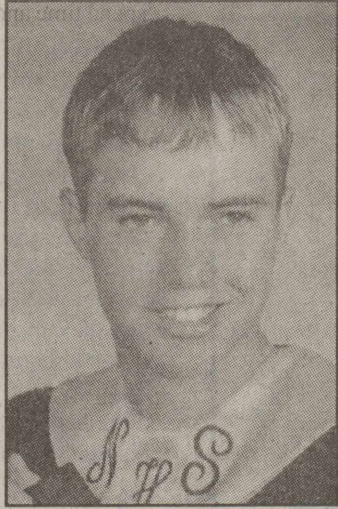
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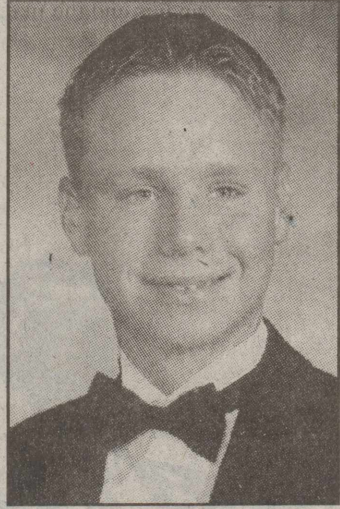
JAMES JEANES
Hazel & Robert Reynolds Memorial, First Baptist Church, \$475; Lyle Flaughton Memorial, \$500.



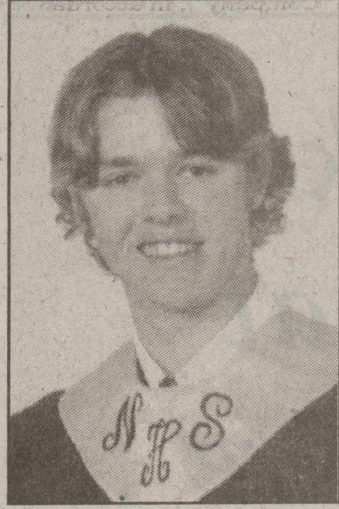
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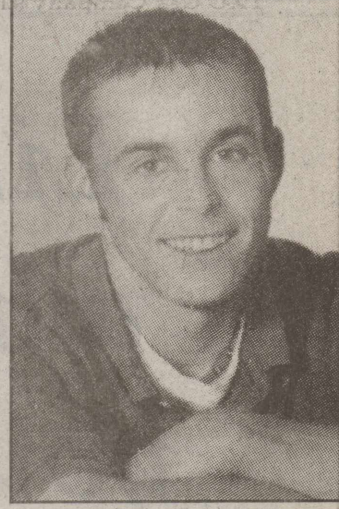
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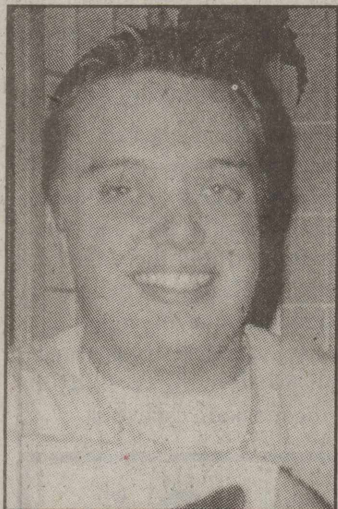
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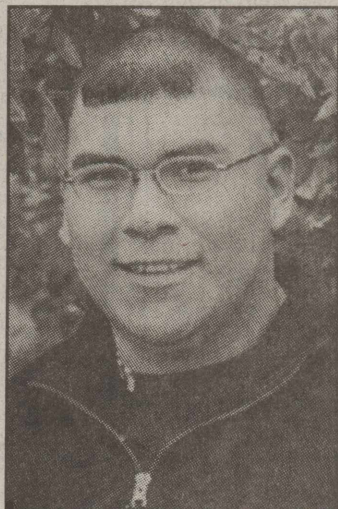
ZACK COKER
Sandra Larned Wallace Memorial, Class of 1962, \$125; Crawford Scholarship, \$1,000.



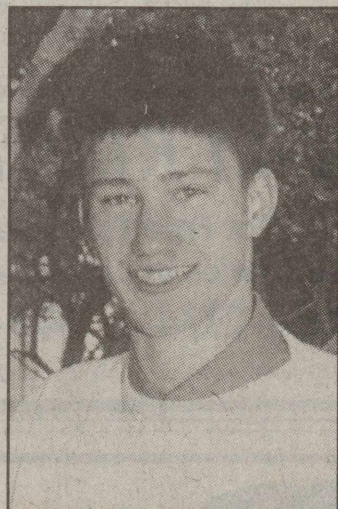
HEATH MCCULLOCH
First United Methodist Church Members, \$200; Rotary Club, \$500.



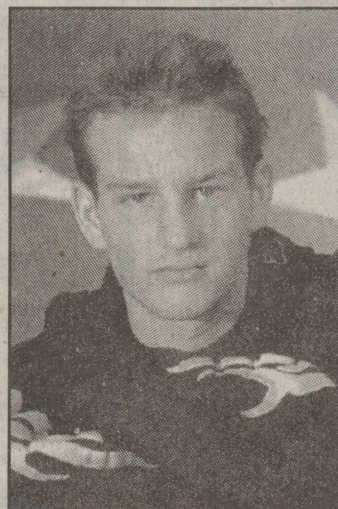
TRENT RICHARDSON
First United Methodist Church Members, \$200; Wendell Gideon Band, \$250.



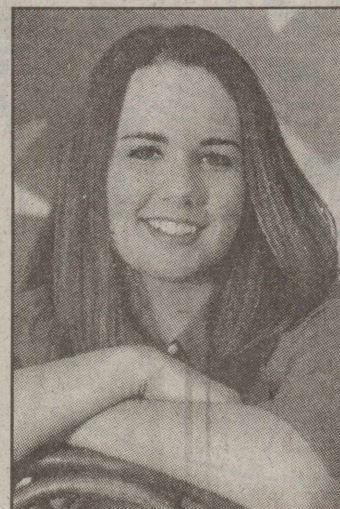
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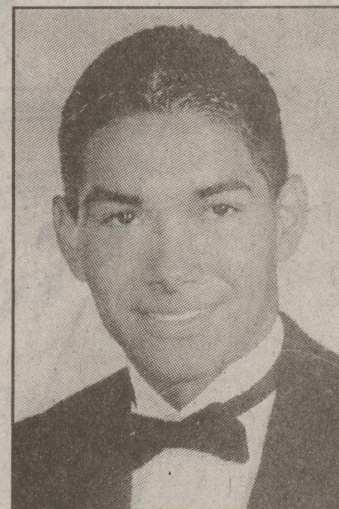
RYAN BURGESS
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WILLIAM COOPER
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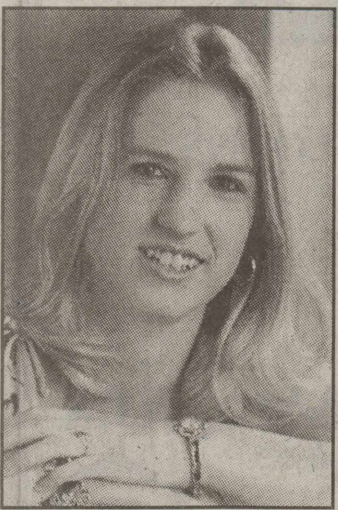
WHITNEY HISE
Vernon College, Bob & Anna Wright, \$500.



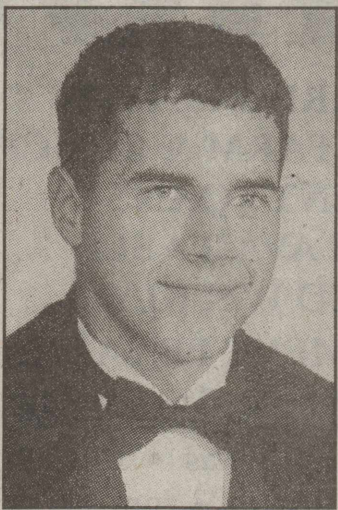
ANDY MARTINEZ
Herbert Bellinghausen Memorial Catholic, \$500.



KELI JO MCCARTY
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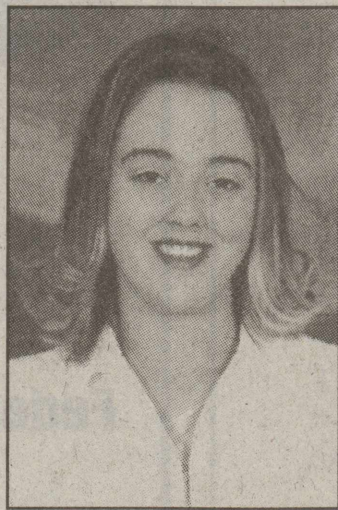
JILL WATSON
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T. J. YATES
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KRISTEN RODELA
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COWBOYS RIDE 'EM—Working ranch cowboys ride in to cut out and rope their animal for one of the team events in last year's Wild Horse Prairie Days Ranch Rodeo.

Annual mammogram is crucial for cancer diagnosis

Breast cancer is both the second-leading cancer and the second-leading cause of cancer death in women. Unfortunately, research shows those most at risk are least likely to get a mammogram.

Incidence of the disease increases markedly with age, and studies indicate nearly 60 percent of all deaths from breast cancer occur in women 65 and over. An annual mammogram is crucial, especially as you get older, says Dr. Marilyn Leitch, professor of surgery at UT Southwestern Medical Center at Dallas and medical director of its

Center for Breast Care.

A women's risk of getting breast cancer during the next 10 years is 1.5 percent at age 40, compared to 4 percent at age 70, Leitch says. Medicare has covered routine mammography for years, but many older women still fail to get screened.

"It may be inconvenient because of where the mammography facility is," she says.

"Or older women may be less likely to have mammograms because they think they are too old to get breast cancer because news reports seem to focus on breast cancer in young women. But older women are more likely to have a mammogram if the physician recommends it, while a younger woman may actively request a mammogram."

Mammography is highly accurate in diagnosing breast cancer in older women because their breasts are less dense. An annual mammogram can detect the disease in its earliest stages, when the cancer is too small to feel during a regular physical breast exam.

The earlier a tumor is found, the easier it is to treat, and early diagnosis leads to excellent chances for survival. At five years, 97 percent of women with early-stage breast cancer are still alive, Leitch says. "If cancers are diagnosed earlier, the woman is more likely to be able to save her breast and avoid chemotherapy."

Jeff Gore to present gospel concert Sunday

From the time anyone can remember, all Jeff Gore wanted to be was a cowboy. Though many children say this for a time, the desire never left him as he grew older.

Born in Brownwood, he grew up in a pastor's home and has traveled a long journey to get where he is today, the cowboy, minister and gospel singer who will be presenting a concert in Haskell Sun., June 8.

At age three, Jeff began singing with his family for churches, civic and community groups. He was seven when he prayed to receive Christ as his personal Lord and Savior, and was baptized.

The desire to be a cowboy continued in his heart and at the age of ten, he began working on a ranch owned by friends of the family who had a son about his age. All through Jr. high and high school, he worked with horses and cattle in the area. However, at age twelve, he felt the call to go into full time Christian ministry. Not understanding at the time how this would fit into his plans to be a cowboy and work on ranches, he struggled through the years of education and preparation for the ministry.

Graduating from Howard Payne University in 1984 and from Southwestern Baptist Theological Seminary in 1986, he ministered in local churches as youth, music and education minister.

Because he had continued singing and entertaining through the years, and mostly sang cowboy and gospel music, he began to be invited to

cowboy poetry/music gatherings, chuck wagon competitions, ranch rodeos and community celebrations across the country.

Eventually, these cowboy events began using his abilities as a minister to do church services around the chuck wagons and in the rodeo arenas. For him, there was no longer a struggle between his cowboying and ministry; they went hand in hand. For more than ten years he has been traveling in that ministry.

Living in Coleman with his wife Donna and children Mark 18, Addie 16, and Molly 13, he cowboys on ranches and ministers in ranching and rural areas as well as many of those same cowboy events.

Gore has recorded six albums of cowboy and gospel music, was named the Male Vocalist of the Year by the Academy of Western Artists in 1997 and has been nominated six more times. He has appeared in movies with Tommy Lee Jones, Sissy Spacek and Farah Fawcett and others, and has appeared in commercial for Maxwell House Coffee and Chevy trucks. He produces and hosts a television show about horses for the Outdoor Channel, called "Hoof Beat," along with several other productions, with his partner Marion Bishop of Brownwood for their production company, Silver Valley Productions, of which he is president.

Gore's concert will begin at 6:00 p.m. Sunday at East Side Baptist Church. A love offering will be taken.

Relation of religion and health focus of studies

Life in a rural community usually revolves around its schools and churches. While churches are obviously important to the health and viability of the community, they may also be important to your personal health, says Dr. Patti J. Patterson, vice president of rural and community health at the Texas Tech University Health Sciences Center.

"In some areas of the United States, 90 percent of patients rely upon prayer, inspirational reading, participation in worship services and support from clergy and congregation members for comfort or strength during times of serious illness."

Patterson reports that the topic of spirituality or religion and health is gaining credibility in the medical world. Seventy-two medical schools now offer courses on spirituality in their training of physicians. Researchers at Harvard, Duke, Johns Hopkins, Penn State and other universities are finding that people who are involved in regular religious

practice may be healthier than those who are not.

"Religious support has been studied in end-of-life issues, and in speeding recovery, once illness occurs. Some studies have shown lower death rates from heart disease and strokes, less high blood pressure and less depression and substance abuse in people who regularly attend religious services."

While the research does show health benefits from religious practices, the mechanisms of those benefits have not been clearly defined. It may be that people who regularly go to church receive health benefits from the social interactions. Research is underway to try to understand exactly how religion affects health. Careful analysis of some studies has shown that health behaviors alone do not account for all of the health benefits experienced by people who attend church frequently.

"We know mental health and physical health are related. In the same way, looking at the 'whole person' requires taking spiritual issues into account when addressing physical and mental health. Research in the area of religion and health is growing rapidly, and is now being funded by the National Institutes of Health. However, we must remember the research is in its very early stages and that this area is extremely difficult to study by scientific methods," she said.

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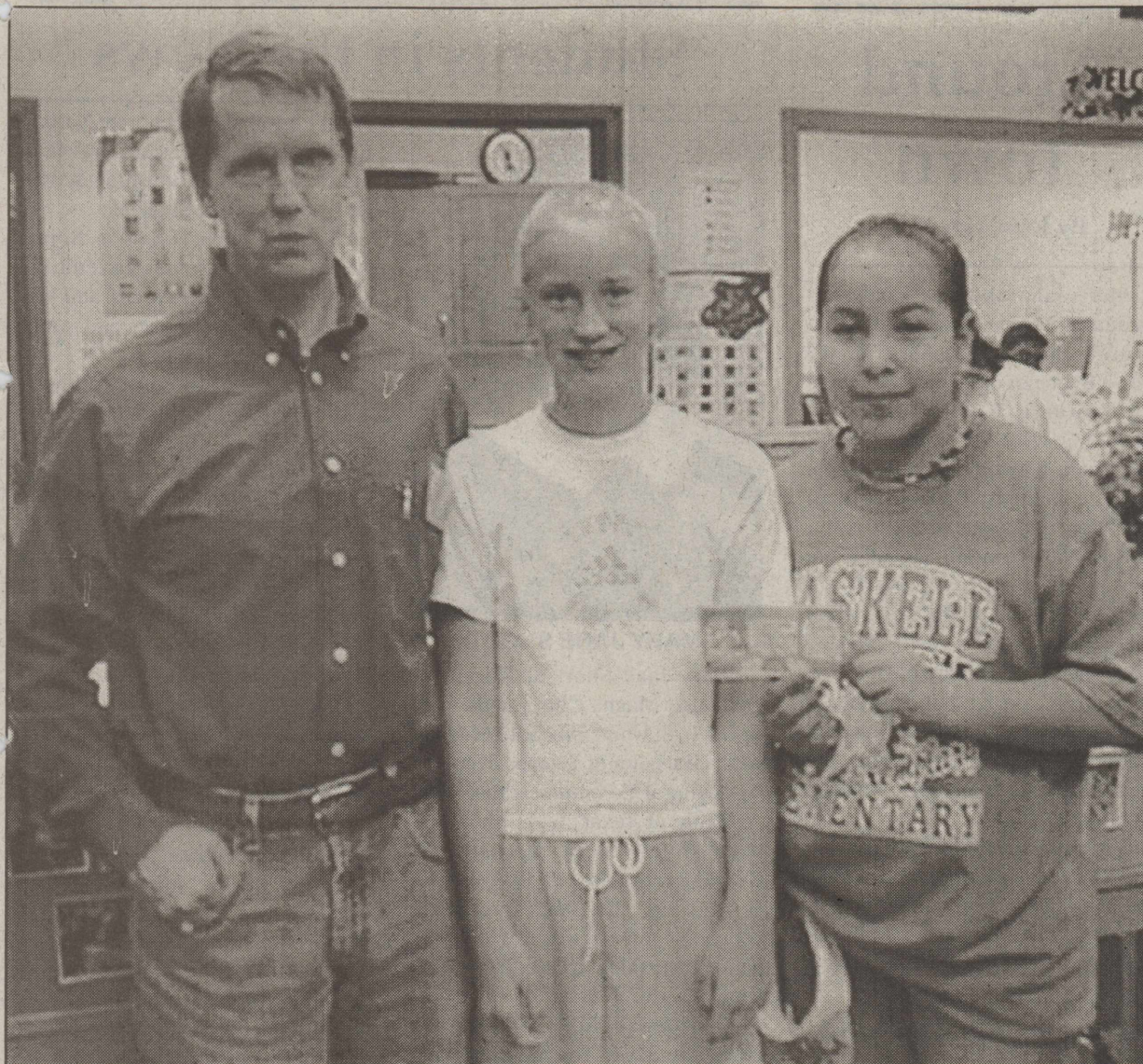
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YEMEN STUDY—Haskell sixth grade students recently visited the country of Yemen by way of Mike Graham of Haskell, who works in Yemen for Hunt Oil Company, spending every other month there. Telling about the government and the currency system in Yemen, he showed the students a paper money rial, which is printed in English on one side and Arabic on the other. He explained that a good day's pay there is about 840 rials, approximately \$4.60 in American money. Pictured with Graham, l-r, are students Ashton Rutkowski and Selina Rodriguez.

Library Notes

By Joan Strickland

It is time for the Texas Reading Club 2003 Summer Reading Program at the Haskell County Library. This year's theme is MISSION POSSIBLE: Spy a Book!

Beginning Thurs., June 5 and continuing each Thursday in June from 10:00 until 11:00 a.m., a story time and craft project will be held at the County Library. Children ages pre-K through 4th grade are welcome.

The Haskell Young Homemakers will present the programs again this year. We are indeed grateful to them for our reading program which is one of their annual projects.

The Summer Reading Program is designed to encourage children to come to the library for a story time and to check out books so that they

can keep up their readings skills during the summer. Reading is a right, not a privilege!

In order to get a library card to check out books from the library, a child must bring their parent or legal guardian along and present a valid driver's license, name, address and phone number.

Anyone wishing to donate prizes or money toward the summer reading program can call 864-2747 or come by the library at 412 North First St.

Memorial donations have made to the Friends of the Library for: George Mullino, Raja Hassen, H. B. Berry, Nellie Kathryn Frazier, Emma Bland, Levi Hodge, Jimmy Hannsz, Geraldine Spain, Allie Belle Smith, Dan E. Wood, Sam Herren, Mary Adkins, Ima Stewart, R. F. Coston,

Janelle Nanny, Rozelle Wilkinson, Mattie Felker English, Royce Adkins, Ozelle Frierson and Giles M. Kemp.

Donations made to the Friends of the Library by: Rattlesnake Racing, Texas Extension Education Association and the Progressive Study Club.

Memorial donations have been made to the Haskell County Library for: Pauline Frierson Coburn, Bill Liles, Patsy Cobb, Julia Gibson, Nellie Kate Frazier, Emma Bland, Rozelle Wilkinson, Allie Belle Smith, Dr. Bob Colbert, Jess Templeton, Borden Clifton, Jimmy Hannsz, Ida Farrell, Mildred Green and Royce Adkins.

See you at the Library.

Lone star ticks carry new Master's disease

When people hear the word "tick," they often think of Lyme disease. Lyme disease is not very common in Texas, though it is widespread in the Northeast and across the northern states of the U.S.

In addition to Lyme disease, however, there is a new tickborne illness called Master's disease, which is mostly found in the south.

The disease is named after the Missouri doctor who first noticed it in 1991. Dr. Master treated several dozen people for what appeared at first to be Lyme disease. When they were tested, however, none of the patients had antibodies in their blood

that would have been present if they had Lyme disease.

Researchers later found that almost all of these patients had been bitten by the lone star tick (as opposed to the deer tick, which carries Lyme disease). Lone star ticks are found across the south, from Virginia and Florida to Texas.

Fortunately, Master's disease does not seem to make people as sick as Lyme disease. Its symptoms are similar, though—rash, fatigue,

headache, muscle aches and fever. These symptoms can go away by themselves, unlike Lyme disease symptoms, which can linger for years, cause neurological problems and even affect the heart.

Those who are bitten by ticks and get a red "bull's-eye" rash around the site of the bite should see a family physician. Though Lyme disease is unlikely in Texas, Master's disease, like Lyme, can be treated effectively by early use of antibiotics.

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BRINGING IN A HARVEST—Dozens of harvesters were busy in area fields last week, raising clouds of chaff and dust across the horizon as they worked to bring in this year's crop of ripe, golden wheat.

Weathers Whys: Dew Point

Q: What does dew point tell us about current weather conditions?

A: Marion Alcorn, head of Texas A&M University's Weather Office explains, "The dew point is the temperature to which the air would have to cool in order to reach saturation. The dew point tells us the amount of water vapor in the air. The higher the dew point, the higher the water vapor content. In other words,

dry air has a low dew point, whereas moist air has a higher dew point."

Q: Does the dew point help in predicting the weather? If so, how?

A: "Yes, condensation occurs when the temperature of the air is lowered to its dew point," explains Alcorn. "Because of this, we can tell when the air temperature is dropping and when the air is approaching saturation."

If we predict the air temperature to reach its dew point, that means we think the air is going to be saturated. In turn, if we expect the air to be saturated, then we would expect water vapor to condense to liquid water droplets, clouds to form and possibly precipitation.

So in short, the dew point is a key element in predicting clouds and precipitation."

Summer meals

Haskell CISD will sponsor a summer food program at Haskell Elementary, 306 S. Ave. G, Mon.-Fri., June 2-July 25 from 11:30 a.m. to 1 p.m. All ages from age 1 through 18 years of age will be served.

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WILD HORSE PRAIRIE DAYS

HASKELL, TEXAS

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FRIDAY AND SATURDAY - CIVIC CENTER**

**CHUCK WAGON MEAL - PAVILION AREA - JUNE 6 & 7
5:00 - 7:00 TICKETS - \$3 CHILD \$5 ADULT**

| JUNE 6, 2003 | JUNE 7, 2003 | JUNE 8, 2003 |
|---|---|--|
| RANCH HORSE COMPETITION 9 A.M. BUSTER McLAURY HORSE CLINIC 3 P.M. TO 5 P.M. PARADE DOWN TOWN 5:00 P.M. RANCH RODEO 8:00 P.M. TICKETS \$5.00 | TEAM ROPING 8:00 A.M. CHILDREN'S RODEO WITH POKEY THE CLOWN 1:30 TO 3:30 P.M. ALL DAY BRISKET, RIB, & CHICKEN COOKOFF ALL DAY SWAP MEET RANCH RODEO 8:00 P.M. TICKETS \$5.00 | COWBOY CHURCH SERVICE PAVILION AREA 10:00 A.M. - NOON JEFF GORE PASTOR WTBRA BARREL RACE EXHIBITIONS 12:30 P.M. OPEN 4-D 3:00 P.M. - \$200.00 ADDED |

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All Day Friday & Saturday



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RETIREMENT RECEPTION—A large crowd of friends and family members attended a “Happy Trails to You” retirement party May 20 for two Haskell CISD employees and a school board member. From the left are: teaching assistant, Roberta Jenkins; school board president, Dr. Tom Hairgrove and teacher, Christie Stapleton. Jenkins worked in the district for 23 years, Stapleton taught Spanish 32 years and Dr. Hairgrove served on the school board for 12 years, two as president.

Around Town

By Joyce Hawkins

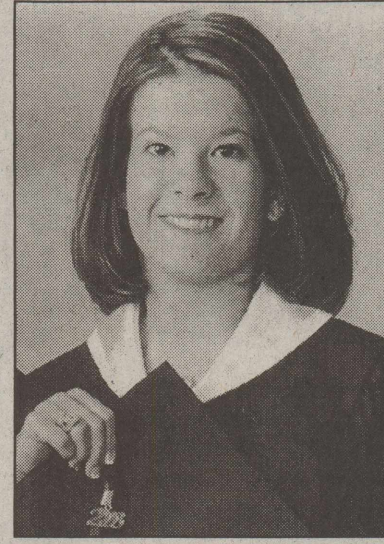
Mary Jane Short of Rochester graduated Magna Cum Laude from Texas Tech University Sat., May 17 with a Bachelor of Science degree in Agricultural Communications. Attending were her parents, Larry and Linda Short, her brother Ross, and grandparents, Bernice Hilliard and Warren and Jane Short.

Ron and Edith Hilliard of Irmo, S.C. spent a week visiting Ron's mother, Bernice Hilliard. Also visiting were Jason, Heidi, Ainsley Anne and Jarred Hilliard of Houston.

Aubree and Caden Tatum are visiting with their grandma, Margaret Tatum and other relatives. They are the children of Mr. and Mrs. Jonathan Tatum of Dalhart.

Visiting Fannie Mae Barton were her grandson, Kirk Derrick and Cody. They met Kaye Derrick and Eric of Fort Worth to take Rachel Walkman of Kansas City, Missouri home for a visit.

Students in the News



MARY JANE SHORT

Mary Jane Short of Rochester graduated Magna Cum Laude from Texas Tech University Sat., May 17, with a Bachelor of Science degree in Agricultural Communications.

While at Texas Tech, Short has been involved in Agricultural Communications of Tomorrow, a magazine published twice a year by students in the Department of Agricultural Education and Communications.

She has been an ambassador for Dr. David Smith, Chancellor of the Texas Tech University System, for the past two years.

As an Agri-Techsan, she was a student recruiter for the College of

Agricultural Sciences and Natural Resources for two years, traveling many miles recruiting high school and junior college students.

She has been active in Sigma Alpha, a professional agricultural sorority, for three years and has served as pledge trainer and social committee member.

Short has worked at Lubbock Avalanche-Journal since September 2000, and is employed as the agriculture reporter.

Her future plans include continuing to work at the newspaper while completing graduate school at Texas Tech. She looks forward to graduating in 2004 with a Master's degree in Agricultural Education.

She is the daughter of Larry and Linda Short of Rochester, and the granddaughter of Bernice Hilliard of Haskell and Warren and Jane Short of Rochester.

Daisy R. Cothron, daughter of Mr. and Mrs. Steve Cothron of Haskell, is among the 1,000 Harding University students included on the school's Dean's List for grades achieved during the spring semester at the university.

The Dean's List is published each semester by Dr. Dean Priest, vice president for academic affairs, honoring those who have achieved high scholarship. To be eligible, a student must be carrying 12 or more hours and have an average scholarship level of 3.65 minimum.

Cothron, a senior majoring in advertising, attended Haskell High School before entering Harding.

This Week's Devotional Message:



THE LESSONS WE LEARN IN FAITH MUST BE PUT INTO PRACTICE

You are to be commended if you go to your house of worship every Sabbath day and listen carefully to the sermons. However, it is equally important for you to take those messages home with you and act on them the other six days of the week. There are many ways of doing this; for example, from those lessons you should have developed a kind and loving attitude which you manage to display even to strangers and which should help you overcome all

the minor irritations of everyday life. In addition, to the best of your ability you should do something to help those less fortunate than you. In fact, it is quite likely that your house of worship offers opportunities for service to others. The best way to show your appreciation of god's love is by passing it along; so do not leave the lessons of your faith behind, but carry them with you and make use of them every day of your life.

ATTEND CHURCH THIS SUNDAY

HASKELL

- East Side Baptist Church**
Dr. Jim Helfin, interim 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 Garison, minister
Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
107 N. Ave. F, Haskell
- New Vision Family Worship Center**
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**
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**
Allen Brooks, 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.
401 S. Ave. D, Haskell
- Hopewell Baptist Church**
Sun. Morn. 9:30 a.m., 11:00 a.m.; Wed. 7 p.m.
908 N. Ave. A, Haskell

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

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

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

First Baptist Church
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 Gulleddge, 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
Melissa Bemis, 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., 5 p.m.; Wed. 7 p.m.
1001 Union Ave., Rule

Primitive Baptist Church
Dale Turner Jr., pastor
First & Third Sundays 10 a.m.
Corner of 8th & Hobins, 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
Tommy Wilson, pastor
Sun. Morn. Worship 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

ECC Calendar and Menu

- Mon., June 9**
Lunch—Meat loaf, creamy mashed potatoes, buttered corn, green beans, onion/tomato slices, yeast rolls, banana pudding, milk, tea, or coffee
- Wed., June 11**
11:00 a.m. Outreach Health Services blood pressure check
Lunch—Mesquite broiled chicken, Texas potatoes, pork and beans, carrot raisin salad, yeast rolls, onion

- slices, peach cobbler, milk, tea, or coffee
- Fri., June 13**
Lunch—German sausage/sauerkraut, parsleyed potatoes/sour cream, pinto beans, sliced onions, cornbread, Italian cream cake, milk, tea, or coffee
- Announcements begin at 11:45 a.m. followed by lunch.

Haskell Summer Lunch Menu

- June 9-13**
Lunch
Milk is served daily.
Monday: Country fried steak/gravy, mashed potatoes, English peas, hot rolls, sunshine bar
Tuesday: Baked potatoes with cheese, garden salad, butter/sour cream, fried okra, watermelon
Wednesday: Popcorn shrimp/shrimp

- cocktail sauce, coleslaw, hushpuppies, French fries, fresh strawberries
- Thursday:** Chicken spaghetti, green beans, salad, breadstick, chocolate pudding
Friday: Cheeseburger, lettuce/tomatoes/pickle, French fries, ice cream with topping

TAX PLANNING

Written By
Gerald Rodgers, CPA



IS YOUR WORKER AN EMPLOYEE OR AN INDEPENDENT CONTRACTOR?

There's an ongoing debate that's almost as old as the tax code itself. If you have people working for your business, should you classify them as employees or as independent contractors?

Classifying your workers as independent contractors generally saves you money. That's because you avoid paying employment taxes and benefits on their behalf.

In most instances, however, very few of your workers actually qualify as independent contractors. If the IRS determines that you misclassified your employees as contractors, you could end up paying back all of the employment taxes and benefits that should have been paid over the years. Depending on the size of your workforce, the cost to you could be substantial, potentially bankrupting your business.

How can you ensure that you properly classify your workers? Start with the factors listed by the IRS to determine a worker's classification. If you maintain control over your workers through hiring, training and supervision, scheduling the work to be done, and by providing them with tools and materials, your workers are most likely your employees. The same holds true if you pay your workers a set salary or an hourly wage and have the right to let them go at any time.

As a general rule, if you only have the right to control or direct the result of the work and not the means and methods of accomplishing the result, the individual may qualify as an independent contractor.

If your business employs independent contractors, take steps to protect yourself and your business. Be consistent with how you classify your workers, and follow how other businesses in your industry classify their workers. And don't forget to send a Form 1099-MISC to any contractor who earns more than \$600 from you during the year.

To find out more about properly classifying your workers, please give us a call.

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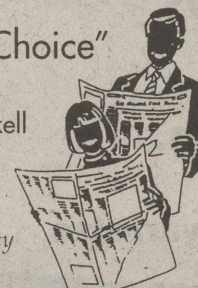
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FOR SALE: Four Chevy 15x7 aluminum stock mag wheels for a pickup. \$150. Call after 5 p.m. 864-2023. 101stfc

FOR SALE: 16' tandem trailer, heavy duty frame, 4 new tires. Gross weight tonnage 4001. Perfect condition \$900. No checks. 864-2344. 23p

FIVE HAMSTERS. Call 864-2308. 23p

Cars For Sale

FOR SALE: 1999 2 door green Mercury Cougar. Clean, warranty. 864-3840, leave message. 23p

Garage Sales

GARAGE SALE DAY in Munday, Texas (Hwy. 2-7), Sat., June 7. Over 40 sales throughout the town. Also, a giant "Book Sale" to benefit the City/County Library. Map at Chamber office Sat., June 7, 8 a.m. For more information, call 940-422-4540. Our office hours are M-F, 9 a.m. to 3 p.m. 22-23c

GARAGE SALE: 1505 Union, Rule, Sat., June 7, 8 until 2. 23p

GARAGE SALE: Sat., June 7 until noon, 1000 S. 2nd. 23c

GARAGE SALE: 1005 N. 3rd St. East (west of Lutheran Church), Peiser house. Sat., June 7, 8 a.m. Clothes, light fixtures, misc. 23p

GARAGE SALE: First Assembly of God Church, 1500 N. Ave. E. Fri. & Sat., June 6 & 7, 8 til 2. Lots of good stuff. 23p

GARAGE SALE: McSmith residence, 8851 FM 2163, Knox City Highway, Thurs., 8 til 2. Lots of misc. 23p

GARAGE SALE: Sat., 8 to 3, 1008 N. Ave. L. Lots of goodies. Kid's clothes, appliances. 23p

Miscellaneous

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 915-55-6369. 6tfc

CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 915-773-2661. Complete framing needs. Closed Mondays. 23c

Real Estate

FOR SALE: Brick home. Smoke-free. 3 bedroom, 1 bath. Attached garage. CH/A. Corner lot 150x132. Storm cellar, water well. Price reduced. Call 940-864-2264. 40tfc

HOUSE and 12 lots for sale. 807 Railroad St., Rochester. Call J. C. Gholson at 940-989-2233. 21tfc

80 ACRES irrigated farm in Rochester area with 3 bedroom, two bath, two car carport. Frances Arend Real Estate, 408 N. 1st, Haskell, Texas. 940-864-3880. 23c

FOR SALE: Nice large 2 bedroom brick home on corner lot. Walk-in closets, large bath, new C/HA, water well, garage with opener and basement. Located at 706 N. Ave. H. Call 940-864-3790. 23-26p

Public Notices

NOTICE
Haskell County Commissioners' Court will accept sealed bids until 10:00 a.m. on June 24, 2003, at the office of County Judge in the Haskell County Courthouse, Haskell, Texas on City Lot and building at 1301 N. First Street in Haskell. It is located at the Northeast corner of Block A of the S. H. Johnson Addition measuring 75' x 100' south, in the City of Haskell.
Haskell County reserves the right to accept or reject any or all bids.
David C. Davis
County Judge. 23-24c

Hard work pays off in the future—laziness pays off now. Our La-Z-Boy recliners are a real bargain right now during our 2 for 1 sale. Get a pair starting at \$499 for 2. Kinney Furniture in Stamford still offers easy terms, free out of town delivery and small town personal service. Sale ends soon. 23c

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Help Wanted

RICE SPRINGS Care Home is accepting applications for full time RNs and LVNs; and a relief RN. Call Karen at 864-2652 for information. 16tfc

TEAKWOOD MANOR has an opening for 3-11 LVN. \$15 per hour. Please come by 1003 Columbia, Stamford. 325-773-3671. 18tfc

MANAGER position available at Munday DQ. Looking for friendly, customer service leader. Above average base pay for above average person with bonus incentive. Holiday and vacation pay. Smoke and drug free work environment. Drug test and background check required. Call District Manager, Angie Jordan 940-585-8586. 20-25c

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DQ OF MUNDAY now accepting applications for day and night help. Flexible full and part time help needed. Drug and smoke free work environment. Drug test required. Apply in person today to Manager, Marilyn Maberry. 21-24c

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WES-T-GO now accepting applications for cashier. Apply in person at store. 400 N. Ave. E.

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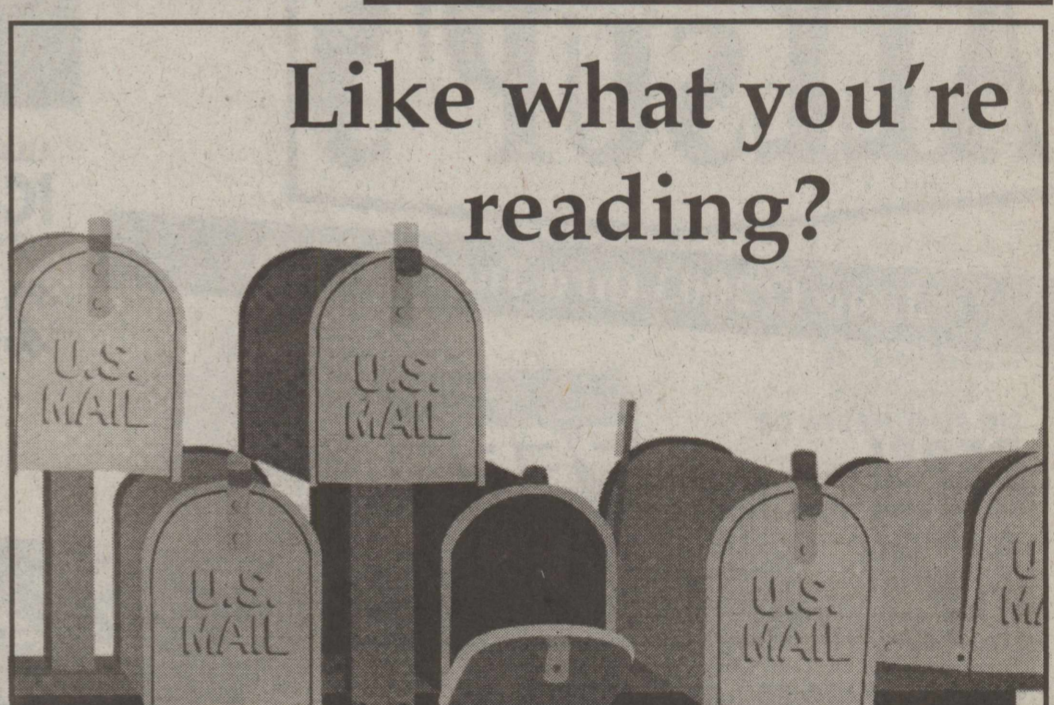
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900 N. 8th, 3-1-2. Well kept older home, C/HA, large lot, cellar and lots of storage.
COUNTRY LIVING, 3-1-carport, C/HA, on 1 ac, storm cellar, 12 mi. SE of Haskell.
700 N. AVE. K, 3-2-2, brick, C/HA, living-dining, kitchen-den, well, nice corner lot.
HWY 277 S, 3-3-2, rock story and half on one acre, C/HA, large rock fireplace, spiral staircase, second story bedroom has balcony.
805 N. 1st EAST, 3-2-1, brick, C/HA, one and one-half lots, vaulted ceiling with built-in entertainment, sun room. All in excellent condition.
504 S. 8th, One-bedroom, one bath cottage perfect for single or couple. Apartment or storage building in rear.
804 SE 1st, Large 3 or 4 bedroom brick, two baths, den with fireplace, large built-in kitchen, C/HA, well, outside storage and room for Club animals.
307 N. AVE. H, 4-2-2. Large older home in excellent condition, C/HA, butlers pantry, well and sprinkler system.

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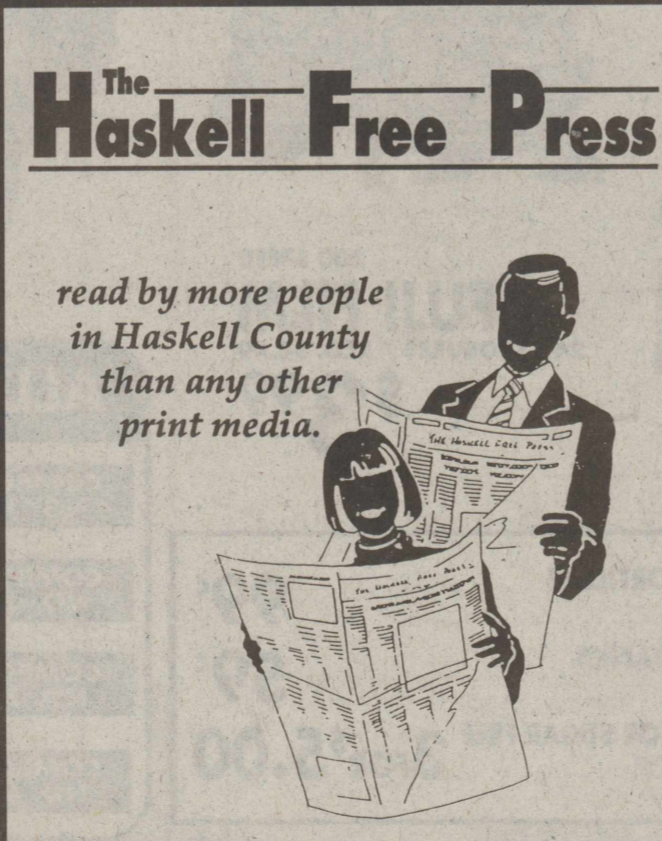
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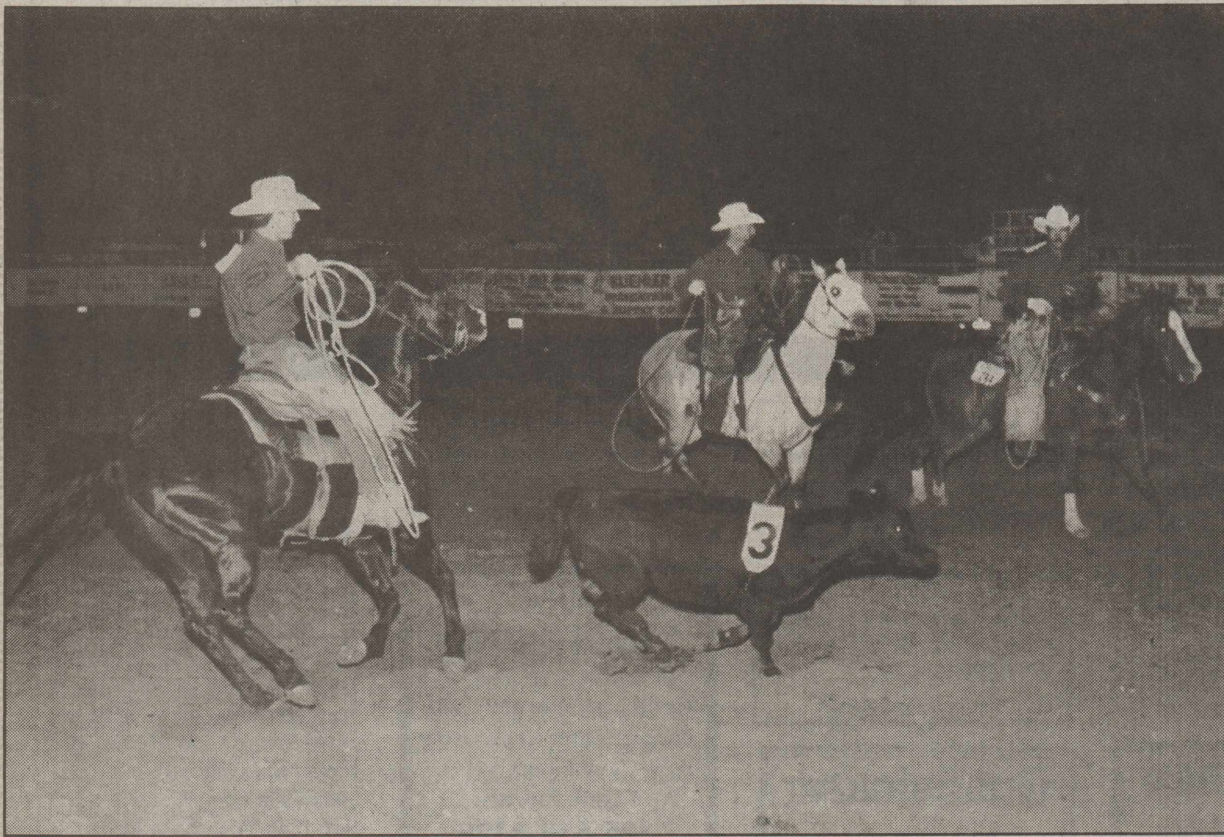
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TEAM WORK—Ranch cowboys work together to cut out and rope their cattle in the sorting event during last year's Wild Horse Prairie Days Rodeo. Twenty working ranch teams will be in Haskell this weekend to compete in this year's Eighth Annual Ranch Rodeo events.

Commissioner's Court report

The Haskell County Commissioners' Court met in a special meeting May 27, to hear several reports and consider items under discussion.

Under reports, the Court reviewed the bank reconciliation of County Attorney, Shane Hadaway.

Commissioner Johnny Scoggins reported that the acquisition of land on proposed FM 3337 is complete and had gone over the amount set aside for this project by a small amount.

Commissioner Kenny Thompson reported on property improvements by Kermit and Judy Williams at Lake Stamford.

Jack Harper, Stamford City Manager, Mark Raughton, Public Works Director for the City of Stamford and Oscar Armstrong, Mayor of the City of Stamford, reported on the diversion project at Scott's Crossing and on future plans for water retention. Max Stapleton and Jerry Hannsz voiced opposition

to the road being closed and landowners being unable to get to their property during the time the gates are open and water is being pumped from California Creek into the lake. Commissioner Thompson presented a list of requests that he would like to see met by the project. A copy of the list is on file at the County Clerk's Office.

Commissioner Thompson read a letter of thanks from the Commissioner's Court to James Elam, Director of the Development Corporation of Haskell, for his work in securing the contract with the INS for the Rolling Plains Detention Center.

After discussion, a motion to accept the contract with Rule Banking Center was accepted by the Court. Haskell National Bank also bid on the contract. A copy of both bids is on file.

After a short recess for a reception honoring James Elam, the Court reconvened to consider taking action

on several items on the printed agenda.

Upon the recommendation of Rhonda Moeller, County Clerk, a motion was passed to hire Jaclyn Drinnon as a part time employee for the summer in the County Clerk's Office at \$5.75 per hour, effective May 27.

A motion was approved for a resolution in support of the Chamber of Commerce beautification effort.

The following agenda items were tabled:

*Discussion of action on allowing F. A. Ulmer to buy four acres of land from Haskell County (Tanner School Land).

*Obtaining a trailer for the Volunteer Fire Department.

*Discussion and action on donating the Mental Health and Mental Retardation building to the hospital or putting it up for sale.

*Marker for the Stephen F. Austin trees planted at Haskell Elementary School, at a cost of \$325.00.

Marketing defeats nutrition in kids' meals

For parents trying to get their children to eat right, it's an uphill struggle against marketing campaigns that use vibrant colors and seductive packaging to lure children into an unhealthy world of sugar-saturated foods, says a faculty member at Texas A&M University.

Mary Ciani Saslow, who specializes in teaching color and creativity in the Visualization Program at Texas A&M's College of Architecture, initially began studying children's foods for their aesthetic qualities, but soon found that when it comes to nutrition all that glitters is clearly not gold.

"It's hard to separate the seductive beauty of these packages from the manufactured products they contain," explains Saslow. "Once children and parents figure out the difference between outside and inside they will be armed to know what is real and what isn't, what is nutritious and what causes obesity and diabetes."

Saslow found that the problem is not desserts and candy, which are commonly known to be full of sugar and should be limited to celebrations and holidays. The problem is that "food" itself is not what it used to be. She observes that the high sugar content of many foods leads to life-long addictions to fast fuel and an epidemic of obesity and diabetes.

Saslow says "cereal," "drink," "lunch," "snack," and "fruit" no longer mean what they once did. "It happened slowly over a long time, so we didn't notice. Recently it's gone into high gear with companies designing and marketing new products that fill the middle of the supermarkets. People who have not shopped for children for a while might be surprised."

All deadlines are 5 p.m. Monday

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