

Basketball games

- Haskell
JVG-B, VG-B vs Colorado City
Fri., Nov. 21, 4 p.m.
at Haskell
- JVG-B, VB vs Abernathy
Mon., Nov. 24
at Guthrie
- Boys 7th-8th vs Cisco
Mon., Nov. 24, 5 p.m.
at Cisco
- JVG-B, VG-B vs Seymour
Tues., Nov. 25, 4 p.m.
at Haskell
- Point Creek at
Lueders-Avoca Tournament
Nov. 20-22
at Lueders-Avoca
- Point Creek JH vs Rule
Mon., Nov. 24, 5:30 p.m.
at Rule
- Point Creek vs Bryson
Tues., Nov. 25, 6:30 p.m.
at Bryson

Calendar

Early deadline

Deadline for news and advertising for the Thanksgiving edition, Thurs., Nov. 27 will be Thurs., Nov. 20 at 11 a.m. The Free Press office will close Thurs., Nov. 20 at 11 a.m.

Immunizations

The Texas Dept. of Health in Stamford will hold a flu clinic and children's immunization Thurs., Nov. 20 from 2 to 4 p.m. at the Haskell National Bank Community Building in Haskell. For more information call 325-773-5681.

ECA course

Haskell Co. EMS will conduct an Emergency Care Attendant (ECA) course Nov. 25 through Jan. 15. Classes will be held Tues. and Thurs. evenings from 6 to 10 p.m. at the Haskell Fire Dept. For information call Tony Haynes at 864-2330 or 864-3945.

GED Classes

Adult education classes are being offered in Haskell. The self-paced classes meet on Mondays and Wednesday at Haskell Elementary. Scholarships are available to help pay for testing. Call 864-2654 ext. 306 for an appointment.

Medical account

A fund to help defray the medical costs of Joe Rodriguez has been established at First National Bank in Haskell. The account number is 4100514. Joe's wife, Janie, is the cafeteria manager at Haskell Elementary School.

Christmas program

The Haskell Chamber of Commerce will hold Christmas on the square Sat., Dec. 6. Pictures with Santa, story time with Mrs. Claus, sleigh rides with Santa and Christmas tattoos will be among the day's events. Watch for more information in coming weeks.

Office to close

The Haskell Co. Appraisal District will be closed the week of Nov. 24-28 for computer updates and Thanksgiving holidays.

Thanksgiving service

The Greater Independent Baptist Church, 301 N. Third St., in Haskell will hold a Thanksgiving and fellowship service Sun., Nov. 23 at 3:15 p.m. A reception will follow the services in the church cafeteria.

Society to meet

The Haskell County Historical & Genealogical Society will meet Mon., Dec. 1 in Haskell City Hall at 7 p.m. Members are asked to bring a snack to share at the annual Christmas party.

Index

- ObituariesPage 2
- Around TownPage 3
- Out of the PastPage 4
- MenusPage 8
- ClassifiedsPage 9

Community Thanksgiving service set Sunday

The Haskell Free Press

VOL. 117-NO. 46, ©NOVEMBER 20, 2003

"The People's Choice"

10 PAGES-ONE SECTION-50 CENTS



BAND BEAU AND BAND SWEETHEART—Named as Haskell High School Band favorites during half-time activities at the game with Hawley, Fri., Nov. 7, were senior band students, Drew Garison and Debbi Long. Photo by Kis

Gonzales named to Top Ten

Former Haskell resident, Robert Gonzales, owner of Gonzales Welding and Construction in Medford, Oklahoma, has recently been named as one of the Top Ten Small Businesses in North West Oklahoma.

The son of Rocky Gonzales and the former Mary Gonzales of Haskell, was also awarded the Gold Sponsor for the Northwest Oklahoma Small Business Celebration that took place at Northern Oklahoma College in Enid, Oklahoma, Sept. 25.

Gonzales started Gonzales Muffler Shop in Medford in 2002, later expanding his business to Gonzales Welding and Construction. He now contracts out to companies such as Koch Hydrocarbon and Koch Nitrogen, and has also expanded into Hutchinson, Kansas.

Recently, Gonzales purchased a new building in Medford, and will expand the business into offering tire alignments and tire repairs in Medford.

Community Thanksgiving service set

The Haskell Ministerial Alliance will host its annual Community Thanksgiving Service Sun., Nov. 23, at 6:00 p.m. at the Assembly of God Church at 1500 North Ave. E.

The speaker will be Rev. Josh Stowe, pastor of Rule First Baptist Church.

Special music will be led by the Friends of Faith singers.

An offering will be received to benefit the local charitable work of the ministerial alliance. Everyone attending is asked to bring nonperishable food items for the community food pantry.

Schools plan vote for consolidation

At their called board meeting, Tues., Nov. 11, the Rochester County Line Independent School District voted 5-2 to pursue a consolidation agreement with the Haskell Consolidated Independent School District.

Following the decision, the Haskell CISD Board of Trustees and the Rochester CLISD Board of Trustees will now work together to finalize a consolidation agreement.

The current plan is for the school boards of Haskell and Rochester to call a consolidation election for their respective communities on Feb. 7, 2004. Both communities will hold public meetings during the month of January to present the consolidation agreement.

Haskell CISD Superintendent, Eddie Bland, said that during the last 18 months, the two school districts have been discussing a possible consolidation. "Throughout this process both schools have worked diligently to keep their focus on the most critical issue of all, doing what's best for students," he said.

Rule ISD and Knox City-O'Brien CISD have also been involved in

consolidation talks with Rochester CLISD. Rochester Superintendent, Steve Self, said that he thinks the board was attracted to Haskell because of their academic programs. "They are very strong academically. Also, they are the county seat school, and we are in Haskell County. I think that had a lot to do with it," he said of the decision.

Superintendent Bland said, "Declining enrollment and funding is the reason our schools are interested in pursuing a consolidation agreement."

He cited the fact that Haskell CISD's enrollment has declined by more than 150 students since the 1997-98 school year. This decline enrollment has resulted in revenue loss of more than \$1 million dollars for Haskell CISD over the same time period.

"Consolidation is one of the more effective ways to contend with declining enrollment," Bland said. "As these trends continue, it will be necessary for rural school districts across the state to make difficult decisions."



CHRISTMAS AROUND THE COURTHOUSE—Haskell County workers were busy Monday morning, helping Bob Smith unload and assemble the colorful, artistic array of Christmas decorations he has given to the community from the extensive annual holiday collection of the late Allie Belle Smith.

GONZALES CARPET CLEANING
 Carpet Cleaning • Upholstery Cleaning
 Emergency Water Extraction • Expert Floor Care
 Waxing Polishing & Cleaning

Residential & Commercial
 (325) 773-2667 • (325) 773-2258

Robert Gonzales
 P.O. Box 929
 Stamford, Tx
 79553

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 772 head of cattle at its sale on Mon., Nov. 17, according to Gary Tate, reporter. 78 sellers and 34 buyers were present.

Packers steady, stockers \$1 to \$3 higher, feeders steady.

Cows: fat, .35-.4850; cutters, .37-.53; canners, .24-.34.

Bulls: bologna, .55-.62; feeders, .79-.85; utility, .50-.56.

Steers: medium and large frame No. 1 200-300 lbs., 1.20-1.50; 300-400 lbs., 1.10-1.25; 400-500 lbs., 1.00-1.20; 500-600 lbs., .90-1.12; 600-700 lbs., .86-1.05; 700-800 lbs., .82-.98; 800-up lbs., .78-.86.

Heifers: medium and large frame No. 1 200-300 lbs., 1.10-1.35; 300-400 lbs., .95-1.15; 400-500 lbs., .87-1.09; 500-600 lbs., .83-.96; 600-up lbs., .65-.95.

Bred heifers medium frame, 525-650.

Bred Cows: young to middle aged, 700-850; aged or small, 470-625.

Cows with calves: medium frame No. 1 young and middle aged, 775-975; aged or small, 650-825.

Commissioner's Court report

At the Haskell County Commissioners' Court regular meeting, Mon., Nov. 10, a program was presented by Russ Duncan from the Office of Court Administration on collecting court fines and fees.

A bid received from Top Flight Roofing on removing and replacing shingles on the gazebo was rejected by the Court. It was the only bid received.

The setting of rates for reimbursement for each meal at overnight meetings was tabled.

Plans were made for moving the Christmas decorations to the Courthouse grounds on Nov. 17.

Obituaries

Jerrene Ragan

Graveside services for Jerrene Ragan, 107, of Haskell were held Thurs., Nov. 27 at Rule Cemetery with Doug Rappe officiating. Arrangements were under the direction of Holden-McCauley Funeral Home.

Mrs. Ragan died Sept. 8.

Born in East Texas, she was one of the five children of Dr. James Byron Ragan and Beatrice Dial Ragan. As a child, she traveled with her parents in a covered wagon to West Texas. Her father was the first doctor and, in partnership, a first merchant in Rule. Teaching was Jerrene's vocation after she attended what is today Southwest Texas State University in San Marcos. She married Harry Server Leon Aug. 20, 1919. He was a successful movie theater chain owner and a World War II veteran. Her husband preceded her in death in 1945.

Larry R. McKinney

Larry R. McKinney, 62, of Grand Island, Nebraska, formerly of Haskell, died Mon., Nov. 3 at the Nebraska Veterans Home in Grand Island.

A private family memorial service was held in Superior, Nebraska.

Born June 11, 1941 in Ardmore, Okla., he was the son of John and Bertha (Trimmer) McKinney. He married Emma Platt Nov. 23, 1979 in Haskell, Texas. He lived in Haskell most of his life and was a farmhand. He entered

the Army March 24, 1964. He moved to Superior in 1991 and was a resident of the Nebraska Veterans Home since Jan. 2003.

He was preceded in death by his parents.

Survivors include his wife, Emma, of Superior, Nebraska; two sons, Larry Jr. and Scott, both of Superior, Nebraska; one brother and sister-in-law, Bobby and Lori Rogers of Haskell; two sisters, Joyce Rogers of Baird and Nadine Rogers of Haskell.

Survivors include one daughter, Madge Leon Moore; grandsons, Harry L. 'Hal' Moore and David Lawrence Moore; three great grandsons; one great granddaughter, and two great great granddaughters. PD. NOTICE

Weathers Whys

Frost

Q: What causes frost to form?

A: Frost forms when the temperature at the ground reaches freezing, says Andrew Odins of Texas A&M University. "Very often on calm, clear nights, the temperature near the ground can be three or four degrees cooler than temperatures several feet above the ground," Odins explains. "The thermometer might read 36 degrees on top of a fence or near a roof, but at the ground, it might read 32 degrees. This is because the ground loses heat quickly. So water vapor in the air, because it is so cool, condenses as supercooled dew and then turns to frost and maybe ice. Frost tends to form on glass, such as car windshields or windows, metal or rock surfaces first because these tend to lose more heat quicker. So usually, a car windshield will frost over before vegetation does."

Q: Does frost form quicker in some areas than others?

A: Yes, Odins says. "Cold air is

dense and it tends to sink," he explains. "On a calm night, cold air will tend to sink into low spots. That's why valleys can be much cooler than the surrounding area because the cold air from the hills sinks into the lower areas. So when the cold air starts sinking, frost will form quicker in the low spots than the high ones. It's not uncommon for some valleys to be cooler by 10 degrees or more, thus more frost tends to form in these low areas. Also, some soil types, such as sand, retain less heat than others, and frost tends to form quicker on these."

Sundogs

Q: I've heard the term 'sundog' several times. What is a sundog?

A: A sundog usually is seen as two bright spots of light in the same horizontal plane as the sun, says Andrew Odins of Texas A&M University. "The bending or refracting of the sun's rays as they pass through air filled with ice

crystals forms a pair of small, bright rainbow-like spots. The ice crystals refract the light to form a bright spot that for centuries has been called a 'sundog.' They are sometimes called 'mock suns' or even by the scientific name, parheli, which means "with the sun," Odins says.

Q: So where is the best place to see a sundog?

A: You can see sundogs during cool or cold days, from winter to early spring, and often the eastern United States is one of the best locations, adds Odins. "Typically, any conditions in which clouds contain plate-like ice crystals that are in the same plane as the sun can produce sundogs. These colored spots can be several different colors that range from red to yellow to blue because the light is refracted similarly as light through a prism. Because of the extremely cold conditions, sundogs are a frequent occurrence in the North and South poles."

ChrisMints
 now featured at
Henderson Book Store
 Come see our selection of
Ornaments, Mini-Snowglobes and Figurines of various sizes.
 Register to win
20" Snowman Figurine
 West side of Square • Haskell
 Saturday 12 to 5

Good Times UNLIMITED
 512 N. 1st • 864-6133
Open Sat., Nov. 22 11 to 4
 Groovy Girls and accessories
30% off Selected Merchandise
30% off New Lucky Jeans and Shirts
75% off Plum Cute Cafe
Open Sat., Nov. 22

Chicken Salad Sandwich Plate \$4.75
 includes Sandwich, Chips, Fruit, Dessert, Tea

Soup Special \$1.75 Cup \$2.50 Bowl

Holiday Turkey Dinner To Go!
 Heat and Eat
 Holiday Turkey Dinner Serves 8 - 10
 Includes:
 10 - 12 Lb. Fully Cooked Turkey
 4 lbs. Cornbread Dressing
 1 Pint Turkey Giblet Gravy
 12 Dinner Rolls
 1 - Pecan Pie

\$24.95 EACH

FEATURING
 Honey Suckle White

IN THE DELI

BAKERY FRESH BUTTER FLAKE ROLLS DOZ. \$2.39	GERMAN CHOCOLATE CAKE 8 INCH 4 LAYER \$8.99
FRESH BAKED PUMPKIN OR APPLE PIES \$2.99	Golden Ripe BANANAS 3 LBS. FOR \$1

Modern Way
OPEN Thanksgiving Day 7:30 a.m. to 1 p.m.
1202 N. AVE. E • Haskell
STORE HOURS: SUN.-SAT. 7:30 A.M. TO 9 P.M.
WE GLADLY ACCEPT FOOD STAMPS
 We Accept VISA, MASTERCARD AND DISCOVER

SANTA CLAUS
 and
 Christmas is Coming to Haskell
 Spend
Saturday on the Square
 with Santa
December 6
 *Sales
 *Shopping
 *Special events

- Santa sleigh rides
- Christmas tattoos
- Pictures with Santa
- Storytime with Mrs. Claus

Sponsored by Haskell Chamber of Commerce and Participating Haskell Merchants

Nov. is Alzheimer's Awareness Month

One of the central social, moral and economic questions of our time is how we will address the needs of the unprecedented number of elderly people living in the U. S. and the world. The number of older people has multiplied so much in recent years that half of all the people who have ever lived to the age of 65 are alive today. But increased longevity has come with an unexpected price.

In the United States, four million people, the vast majority of whom are over 65, suffer from Alzheimer's disease. In the coming decades, as the baby boomers age, experts predict that the number of Alzheimer's victims in the U.S. will rise to 14 million.

The cost of day-to-day, round-the-clock caregiving falls overwhelmingly to families. Over 70% of Alzheimer's patients are cared for in the home by family members, many of whom are elderly and in bad health themselves.

But, the burden of caring for a loved one with Alzheimer's far transcends the mere economic cost. Dealing with the devastating symptoms of memory and personality loss takes an enormous toll on both the physical and emotional health of the caregiver.

While researchers haven't uncovered a dramatic cure or even a foolproof way to prevent Alzheimer's, they have come a long way in understanding the disease. Today many of the discoveries in the lab are finally making their way into human clinical trials, and other treatment possibilities will soon be within reach. Science is making major strides against what some have called the most feared disease of our time. But more research is needed before we can declare what everyone is hoping for—the total eradication of this devastating brain disease.

As we get older, we all suffer from the occasional memory lapse, often jokingly referred to as a "senior moment." Many of us worry that an occasional slip—forgetting someone's name, for instance—is the harbinger of something far worse than simple aging. Most of the time, these slips are only the normal memory glitches that go along with aging, but sometimes they mean it's time for a medical checkup.

Alzheimer's Disease Research (ADR), a program promoting research into the disease, outlines the following possible warning signs of Alzheimer's:

*Memory loss that is severe enough to interfere with daily functioning, and that gets progressively worse. Forgetting where you parked the car is normal; forgetting how to drive is not.

*Getting lost in familiar places. Alzheimer's patients can suddenly forget how to get home from a familiar place.

*Difficulties with language, such as a consistent inability to remember words, or using words inappropriately in a conversation.

*Feeling overwhelmed and making multiple errors when attempting to perform intellectual tasks like reading or balancing a checkbook.

*Personality changes such as mood swings and unexplained agitation. This can be a sign of depression or another health problem, but combined with some or all of the above, it could also be an early sign of Alzheimer's.

To complicate matters, these symptoms are not always apparent to the early-stage Alzheimer's patient. It often takes a friend or loved one's noticing the pattern and then suggesting a visit to the family doctor. But, because today's treatments for Alzheimer's disease work best the earlier they are taken in the course of the disease, early intervention is important.

Jarmel Wilson, an experienced social worker with the Alzheimer's Family Relief Program, makes some recommendations to adult children and others who care about an elderly person.

"Be observant when visiting an older loved one," she says. "Pay attention to the state of their home and to how well they are taking care of themselves. If the home appears to be overloaded with clutter or the person seems to be neglecting their dress or grooming, it could be a warning sign for dementia." She adds that piles of mail representing unpaid bills might also indicate that the person is struggling with their day-to-day activities and may need a medical evaluation.



FIVE GENERATIONS—Jackson Lisle, held by his great-great grandmother, Earmal Bevel of Haskell, is pictured with paternal great grandmother, Joann Carroll of Haskell, and standing, his father, Justin Lisle of Lubbock and grandmother, Rhonda Lisle of Haskell.

Births

Maggie Brzozowski and Teddy Silvas, both of Haskell announce the birth of their son, Brayden Lee Brzozowski Silvas, born Oct. 28 at 12:57 p.m. He weighed 8 lbs. 2 oz. and was 19 inches long.

Grandparents are Glenn and Janis Brzozowski and Lee and Mary Silvas, all of Haskell.

Jackson Alec Lisle, son of Justin and Jaelyn Lisle of Lubbock, was born at 1:34 a.m., June 26, weighing 6 pounds, 8 ounces and measuring 19 inches long.

His paternal grandparents are Jimmy and Rhonda Lisle of Haskell

and his maternal grandparents are Rebecca and Tommy Rodden of Kaufman and Sam and Tena Tankersley of Stamford.

Paternal great grandparents are Joann Carroll of Haskell and Jo Ruth Lisle of Rule. Maternal great grandparents are Albert and Mary Pearson of Stamford.

Earmal Bevel of Haskell is his paternal great great grandmother.

The Haskell Free Press

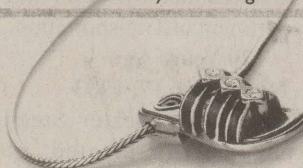


READ BY MORE PEOPLE
INHASKELL COUNTY
THAN ANY OTHER
NEWSPAPER.

November 1st - November 30th, 2003

I got
Shoe
habe!

Show off your love for shoes! Since all women have a great love for shoes and jewelry, Brighton has the perfect gift: purchase any pair of Brighton shoes during the month of November and receive this exclusive Love Sandie Necklace as your FREE gift!



*Available while supplies last. One Necklace per customer.

Brighton

Personality
Slipper Shoppe

940/864-2501 • 864-3051
South Side of Square, Haskell

Around Town

By Joyce Hawkins

Eunice Maurine Phillips of Fort Worth came last week to visit cousins, Peggy Middlebrook and Jean Richards and her aunt, Lois Redwine. On Wednesday, Eunice Maurine, Jean, Bill and Peggy Middlebrook went to Eldorado to visit Peggy's mother and Jean and Eunice Maurine's aunt, Eunice Sonnamaker. She is living in SMCN Nursing Home there. While in

Eldorado, they also visited Jean's friends, Mickey and Merta Rathbone.

Tammy Flannary and daughter, Ashley, of Arkansas have been here visiting with her parents, Charles and Gean Blair. They also visited with Cody Blair of Woodson.

John and Katy Roysdon spent the weekend visiting Charlene Hawkins and other relatives.

CONEY & TOTS

\$2.99 plus tax

SONIC
America's Drive-In.

No Waiting
Call In Orders
864-8533

Limited Time Only!
*Extra Long Cheese Coney & Large Tots
Offer good November 1-30, 2003. Not valid with any other offer. Only at participating SONIC Drive-Ins. ©2003 America's Drive-In Corp.

33
Shopping Days
'til Christmas

Stuff your
Stockings with

- *Wall Crosses
- *Inspirational gifts
- *Fashion Jewelry featuring
- *Watches with interchangeable bands
- *Necklaces
- *Bracelets including
- Christmas •Teachers •Sports
- *Children's sizes available

Inside
Henderson Book Store

3 Ave. E • Haskell
or Call 864-5888

Art Club studies collages

Members of the Brazos West Art Club met Mon., Nov 10 for a program brought by guest artist, Catherine Sandell of Abilene.

In her presentation, Sandell demonstrated and explained her technique for creating structural collages, using up to 15 layers of chipboard to create the dimensional effect. These are then coated with acrylic paint, applied with sponge balls. She also brought several framed collages.

Members attending were Frances Olson, Dorothy Brown, Martha Spitzer, Denia Cunningham, Betty Hook, Fern Livengood, Flo Olson, Jennie Lyckman, Jerry Bowers, Dean Johnston, Gary Conn, Bobbie Harrison, Ruth Ann Klose and Peggy Middlebrook.

To Subscribe,
Call
940-864-2686

FLATLANDS

"essential elements for the way we live"

25% off
Holiday Lights
ONE DAY ONLY
Sat., Nov. 22

Open Monday - Friday 9 a.m. - 6 p.m.
Saturday 10 a.m. - 4 p.m.
Located on the west side of the square in Haskell
940.864.5777
www.flatlandsonline.com

The season to give thanks is upon us, and we are thankful for you, our customer. Celebrate with us at our

Customer Appreciation Day
Thurs., Nov. 20
11 a.m. to 2 p.m.

- *Free Blood Pressure Checks and Blood Sugar Screenings
Provided by Haskell Home Health
- *Free Gift to the first 20 people after 11 a.m.
- *Register to win a FREE 19" TV and other prizes
No purchase necessary.
- *Free Key Rings, Pens, Calendars and Balloons
- *Enjoy a bowl of Chili and a drink.
- *Jewelry and Purse Trunk Show

Bob Gonzales of Roswell, N.M. will be in the store with his selection of fun Jewelry and Purses, perfect for Christmas gifts. He will be giving away a purse and a necklace/earring set.

For all your Holiday Cooking, we carry quality

Watkins Products

- *Black Pepper *Vanilla
- *Spices and Seasonings

Large Selection of

- *Small Kitchen Appliances
- *Bakeware including Electric Knives
- *Kitchen Utensils
- *Pyrex Cookware including Candy and Meat Thermometers

Texan York Nut Sheller or **NUTI-BUDI Nutcracker** **25% off** Your Choice **REGULAR PRICE**

Baby Shower Selections for Brayden Lee Brzozowski Silvas son of Maggie Brzozowski and Teddy Silvas

Picture Christmas Cards!

- 20 Cards/Envelopes **\$11⁹⁹**
- 40 Cards/Envelopes **\$22⁹⁹**
- 60 Cards/Envelopes **\$32⁹⁹**
- 100 Cards/Envelopes **\$49⁹⁹**

Guaranteed 14 day delivery if ordered by Dec. 4th!

Have a Western Christmas!
Come see our new selection of Western décor.

Prices good Nov. 20, 21 & 22
www.haskelldrugstore.com

THE DRUG STORE
100 S. Ave. E • Haskell • 864-2673

Smoking claims lives of women, too

Here's what we know about women and smoking.

We know that smoking is the leading preventable cause of death in the nation and a major threat to women's health. We know that smoking is a woman's single biggest risk factor for a heart attack. We know that heart disease is the number one killer of women, claiming the lives of more women under 45 than any other single disease, including cancer.

What we don't know is why close to 20 percent of women and 25 percent of high school girls in Texas continue to smoke, despite the serious health risks.

Women who smoke actually double their risk for heart disease, and have six times the risk for a heart attack as non-smokers. Smoking is also one of the leading risk factors for stroke, a major cause of permanent disability in women. Furthermore, women who smoke and use oral contraceptives greatly increase their risk of heart disease and stroke.

According to a recent report, Texas is failing in its efforts to prevent and reduce smoking among women and girls. The study, *Women and Smoking: A National and State-by-State Report Card*, was conducted by the National Women's Law Center and the Center for Women's Health at Oregon Health & Science University. Texas ranked 27th out of the 50 states in its efforts to reduce smoking among women.

How can Texas respond to this

women's health crisis? The Centers for Disease Control and Prevention recommends the following:

- Prevent our youth from smoking. The report recognized Texas for its efforts to restrict cigarette sales to minors. Restricting cigarette access to underage girls is critical since the majority of women smokers start smoking before age 19.

- Research has shown that one of the most effective ways to reduce teenage smoking is to increase the cigarette tax. The American Heart Association is part of a statewide coalition calling on Texas legislators to increase the cigarette tax by \$1.00 per pack and dedicate a portion of new revenue to tobacco education and prevention programs. Texas' current tobacco tax is only 41 cents per pack and has not been increased in over a decade.

- Promote cessation among current smokers. Around 70 percent of women who smoke say they want to quit, according to the report. Private insurers, however, are not required to cover smoking cessation treatments and most state Medicaid programs fail to provide comprehensive coverage.

- Texas does provide a telephone "quitline" (1-877-YES-QUIT) for smokers, which offers specific counseling for pregnant women who smoke.

- Eliminate exposure to secondhand smoke. Secondhand smoke can be just as devastating to a woman's health as actual smoking. Exposure to secondhand smoke can

double a non-smoker's risk of heart disease. Still, only five states have passed strong ordinances prohibiting smoking in public places—and Texas is not one of them.

Tips to help you quit:

- Keep busy doing things that make it hard to smoke, like working in the yard and being more active.

- Fight the urge by going places where smoking isn't allowed and staying around people who don't smoke.

- Avoid situations that tempt you to smoke, like drinking coffee or alcohol.

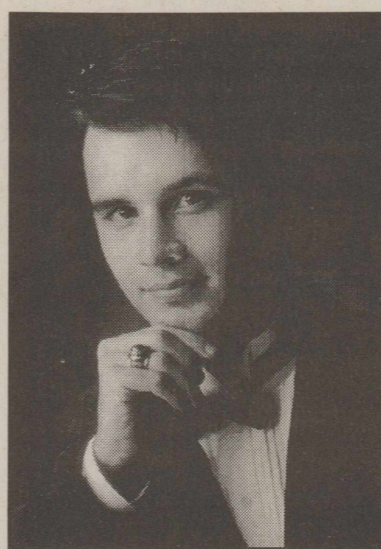
- Find a substitute to reach for instead of a cigarette. Try a hard candy.

- Don't throw in the towel if you smoke a cigarette. Just resolve not to let it happen again.

- Remind yourself that you're likely to feel better if you stop smoking.

- Tell family members and friends that you need to quit smoking and could really use their support. If your husband, wife, son or daughter, or close friend smokes, why not ask them to quit with you?

The American Heart Association has long recognized the serious health hazards associated with smoking, and its devastating but entirely preventable connection to heart disease and stroke. Almost 180,000 women die each year from smoking—more than 9,000 women in Texas alone. Enough is enough.



CHRIS ADLER

Adler to present recital

Christopher C. Adler, son of David and Peggy Adler of Milan, Michigan and grandson of Joe and Dorothy Clark of Sagerton, will present his senior recital, Sun., Nov. 23 at Sam Houston State University Recital Hall in Huntsville.

The senior Music Education student will be playing pieces on C trumpet, piccolo trumpet, piano, E-flat trumpet and B-flat cornet. He will be accompanied by Jay. K. Whately, Assistant Professor of Music, Keyboard Area Coordinator and Piano and Organ applied faculty member at Sam Houston State.

A member of the trumpet studio of Randal Adams, Adler has spent six summers traveling with The Glassmen Drum and Bugle Corps from Toledo, Ohio, who consistently placed in the top drum corps in the world in final competitions.

Adler will be graduating in the Fall of 2004 with a Bachelor of Music degree, specializing in All-Level Instrumental Education. His future plans are to attend graduate school to study Trumpet and Piano Performance and possibly Conducting, at either The University of Michigan in Ann Arbor or Northwestern University in Chicago.

Pork? Make it well done

If a server asks if you want your pork chops prepared rare, medium-rare or well done, it's safer to choose the latter. Attention: Backyard barbequers—that goes for babybacks, too.

"Undercooked pork, which has an internal temperature less than 155 degrees Fahrenheit, may still carry a parasitic agent that causes food-borne illnesses," says Dr. Vickie Vaclavik, clinical assistant professor in clinical nutrition at UT Southwestern Medical Center at Dallas.

According to the Centers for Disease Control and Prevention, an estimated 76 million people suffer food-borne illnesses each year in the United States, accounting for 325,000 hospitalizations and more than 5,000 deaths.

Undercooked pork may result in

a food-borne illness called trichinosis, which may cause abdominal pain, diarrhea, fever, muscle soreness and pain and swelling around the eyes. "Eating pork or any other type of meat red near the bone is not a good idea," Vaclavik adds.

The Haskell Free Press

READ BY MORE PEOPLE IN HASKELL COUNTY THAN ANY OTHER NEWSPAPER.

Holiday visits can be dangerous for children

If a trip to Grandmother's house is in your holiday plans, check ahead to make certain her house is safe for children.

"Some of the relatives and friends you visit during the holidays might not be used to having young children around," said Dr. Teresa Durycia Rice, assistant professor of pediatrics at Baylor College of Medicine. "Their homes could present some dangers."

Parents of young children are familiar with the need to keep medications and hazardous materials out of reach, but these substances often are easily accessible in homes without youngsters. "The No. 1 safety hazard is swallowing potentially toxic materials, such as medications, cleaning supplies and chemicals kept in the garage," she said.

Other seemingly harmless things like treadmills and trampolines can also be a danger if children are left unsupervised.

Outdoor hazards like swimming pools, rivers and ponds are another concern.

The activity level of the holidays poses some additional problems.

"With all the bustle of many guests arriving, a young child could go outdoors unnoticed," Rice said. "And there are children who accidentally or purposely consume alcoholic beverages left lying around."

Holiday staples like candles and tempting dishes of nuts and candies, which could cause a child to choke, can also be a danger.

Rice offered these suggestions to

make your holiday stay as safe as possible:

- Call ahead to remind hosts of your child's ability to climb, roam and put objects in his or her mouth.

- Lock rooms that might be unsafe for children or that might contain valuables that can be easily broken.

- Be sure all medications, prescription and over the counter, are placed in a secure location.

- Firearms should be unloaded and

stored in a locked environment. Ammunition should be stored and locked separately.

- Make a family plan to provide adult supervision of children and set limits clearly with the children.

"Don't forget that someone needs to be the designated supervisor of the young children or they must be in a safe zone," Rice said. "Sometimes hiring a babysitter is the best way to ensure the children's safety and allow the parents to enjoy the holiday."

Winter allergies

Think this is just a spring/fall phenomenon? Think again. A Texas winter may not be cold for some, but many will run the heater to keep comfortable during the holiday season. The house dust mite, a year-round allergen, may increase in the winter months with dry air from heating ducts and use of stored blankets and sweaters that are dusty.

Sandra McMahan, M. D., assistant professor at The Texas A&M University System Health Science Center College of Medicine and physician at Scott & White Memorial Hospital's department of Allergy Immunology, has some tips on avoiding dust mites this winter. "Changing filters frequently, covering mattresses and pillows with impermeable barrier covers (viny), vacuuming regularly and washing all bed linens in hot water weekly will all help greatly in avoiding the house dust mite," says Dr. McMahan.

Mountain cedar pollen, pollen from juniper trees that pollinate from

late December through February in central Texas, can be difficult to avoid. Dr. McMahan recommends allergy sufferers visit their doctor if over-the-counter antihistamines are not working.

Forecasters are predicting this to be a wet winter for Texas. Mold can accumulate in a house too tightly insulated so that windows or walls 'sweat.' "Areas that are chronically damp should be cleaned with a mild bleach solution," adds Dr. McMahan. And moderate thermostat settings are some help in avoidance.

MAKE A BUNDLE

CALL 864-2686

SELL THOSE UNWANTED ITEMS

The Haskell Free Press

Federal LAND BANK Association

4.25%

- VARIABLE RATE
- LONG TERM FARM & RANCH LOANS
- IMPROVEMENT LOANS
- FIXED RATES AVAILABLE
- RATES PRICED WEEKLY
- NO PRE-PAYMENT PENALTY

Federal Land Bank Association of Texas, FLCA
 550 S. 2nd • Haskell, Texas • (940) 864-8565
 www.flbatexas.com

Annual percentage rates from 4.5260% APR to 4.3415% APR depending on length of contract. APR based on rates for specified 6 month variable rate during week of November 18, 2003 - November 24, 2003. Rates subject to change without notice.

EQUAL HOUSING LENDER

HASKELL CONSOLIDATED INDEPENDENT SCHOOL DISTRICT
 STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCE
 GOVERNMENTAL FUNDS
 FOR THE YEAR ENDED AUGUST 31, 2003

	General Fund	Other Funds	Total Governmental Funds
REVENUES:			
Total Local and Intermediate Sources	\$ 1,411,672	\$ 169,285	\$ 1,580,957
State Program Revenues	3,459,548	148,489	3,608,037
Federal Program Revenues	8,700	788,309	797,009
Total Revenues	4,879,920	1,106,083	5,986,003
EXPENDITURES:			
Current:			
Instruction	2,658,421	509,988	3,168,409
Instructional Resources & Media Services	81,733	2,029	83,762
Curriculum & Instructional Staff Development	81,127	29,283	110,410
Instructional Leadership	1,940	-	1,940
School Leadership	259,616	7,058	266,674
Guidance, Counseling & Evaluation Services	90,939	38,159	129,098
Health Services	45,852	1,015	46,867
Student (Pupil) Transportation	62,116	1,015	63,131
Food Services	-	361,727	361,727
Cocurricular/Extracurricular Activities	239,937	-	239,937
General Administration	310,586	4,758	315,344
Plant Maintenance and Operations	620,557	23,424	643,981
Security and Monitoring Services	6,565	-	6,565
Data Processing Services	99,461	1,015	100,476
Community Services	52,921	164,541	217,462
Debt Service:			
Debt Service - Principal on long-term debt	10,279	-	10,279
Debt Service - Interest on long-term debt	42	-	42
Intergovernmental:			
Payments to Fiscal Agent/Member Districts of SSA	165,687	-	165,687
Total Expenditures	4,787,779	1,144,012	5,931,791
Excess (Deficiency) of Revenues Over (Under) Expenditures	92,141	(37,929)	54,212
OTHER FINANCING SOURCES (USES):			
Sale of Real and Personal Property	20,000	-	20,000
Transfers In	-	33,262	33,262
Transfers Out (Use)	(33,262)	-	(33,262)
Total Other Financing Sources (Uses)	(13,262)	33,262	20,000
Net Change in Fund Balances	78,879	(4,667)	74,212
Fund Balance - September 1 (Beginning)	3,252,118	4,667	3,256,785
Fund Balance - August 31 (Ending)	\$ 3,330,997	\$ -	\$ 3,330,997

The accompanying notes are an integral part of this statement.



FOOD FOR FAMILIES DRIVE—The Haskell Headstart and Early Childhood class members who have been learning about nutrition, sharing and things for which they are thankful, are extending their lesson into the community with a drive, asking for nonperishable items to be donated. After the food boxes located at the Headstart classroom, the front entrance of the Elementary School, the 6th grade building, the Administration office, Amanda Hadaway's computer classroom and at Modern Way are filled, the food will be taken to the local food bank to be distributed to needy families. Pictured with the boxes are students, front, l-r, Whitney Masias, Wyatt Hertel, Magon Sanders, Ashley Roque, Middle, Hagen Isbell, Matt Swinney, Emma Sanders, Lane Burson, Lupe Olvera, Austin Alsbrook, Terry Tatum, Amber Conn. Back, Elizabeth Anderson, Juan Rodriguez, Devon Barrios, Lincoln Strickland, Buddy Trotter, Krysta Winegeart, Frankie Masias.

Plan ahead to maximize your home's energy efficiency

While winter has not yet arrived to West Texas, planning ahead will help maximize your home's energy efficiency during the cold weather months. The following tips can help you manage your home energy expenses this winter.

Turning the thermostat back between 10 and 15 percent for eight hours each day can reduce your energy bill up to 10 percent annually. A programmable thermostat will auto-adjust the temperature according to your schedule. These are available at most home improvement stores and cost as little as \$25. Also, reduce your heating costs as much as \$15 a month by keeping the fan on your central heating unit set to the "auto" position.

Check your furnace now to ensure it is in good working order. This can help avoid hassles when you need to heat your home in a hurry. If you require repairs by a licensed contractor, you may also enjoy faster and lower-priced services by beating the peak demand for house calls.

Electric space heaters are only cost-efficient if the thermostat controlling the furnace is set back to a lower temperature—from 70 degrees to 60 degrees for example. The amount of money saved by using space heaters depends on: how much you adjust your thermostat settings; how many hours per day you set back your thermostat; and the size of the area where you are using the space heater. The smaller the area you are trying to warm, the more effective the heater will be.

Fireplaces are popular, but one of the most inefficient heat sources. To reduce the loss of warm air up a chimney:

- Always keep the damper closed when a fire is not burning.
- Ensure the seal on the flue damper is tight and that the fireplace hearth is well caulked.
- Consider using a flue sealer to plug and insulate the chimney when the fireplace is not in use. Inflatable versions are available for around \$30 to \$50, or you can make your own

by stuffing foam or a pillow into a heavy plastic bag and inserting it up the chimney from inside your home. Remember to attach a long and colorful string to remind you it is there before starting your first winter fire.

To direct more heat from the fire into the room:

- Lower the thermostat to approximately 55 degrees, open the dampers at the bottom of the firebox or open the nearest window slightly, and close doors leading into that room.
- Place a heavy, cast-iron plate called a fireback at the back of your fireplace. When a fire is burning this radiates more heat into the room before it is lost up the chimney.

A few simple and affordable steps could potentially reduce your energy bill by as much as 10 percent.

- Test your home for air tightness. On a windy day, hold a lit incense stick near any locations where there is a possible leak, such as closed windows, doors, electrical outlets, ceiling fixtures and attic hatches. If the smoke stream travels horizontally, you have located an air leak.
- Caulk and weather-strip any air leaks with a few supplies available from your local home center.
- Dirty spots in your insulation may indicate air leaks. Seal the holes by stapling sheets of plastic over them and caulking the edges of the plastic.

other grazing topics will be covered at the forage tour.

For more information, contact Brandon Anderson, Haskell County Extension Agent-Ag at (940) 864-2658.

CLASSIFIED SELLS CALL 864-2686

Multi-county forage tour to begin Dec. 4

by Brandon Anderson
Haskell Co. Extension Agent
A multi-county forage tour will be held Thurs., Dec. 4 at the Agri-Pro Wheat Research Office in Lockett. The Forage Tour is being sponsored by Texas Cooperative Extension and Agri-Pro Wheat.

The tour will begin with registration at 1:00 p.m. Three CEU's will be given for the meeting. Dual Purpose Wheats, Grazing Blends and

Hints for restful sleep

Sleep isn't just kid stuff. It's not a luxury or a guilty pleasure or something to be outgrown.

"Sleep is vital for giving your body rest," said Dr. Carol Rice, Texas Cooperative Extension health specialist. "but sleep is not just a 'time out' from our busy schedules."

Sleep—good restful sleep—is "essential to our health—physical, mental and emotional functioning—as well as to our safety," she said.

Sleep rests the body while the mind remains active, according to the National Sleep Foundation. It also helps stimulate the release of growth hormone in children and healthy muscle growth in adults, provides proteins necessary for cell growth and repair, and helps improve memory, said Janet Pollard, Extension health associate. Sleep also "appears to be necessary to the proper functioning of our nervous systems as well," she said.

Information from the National Sleep Foundation puts it like this: "Adequate sleep is as essential to health and peak performance as exercise and good nutrition."

But even though sleep is a vital—and natural—part of life, getting a good night's sleep isn't always as easy as it sounds. According to information from the Mayo Clinic, about 100 million people in the United States don't sleep well on a regular basis, and 33 million don't sleep well occasionally.

That's a lot of sleepless nights. To help alleviate this problem and perhaps prevent it from becoming a serious health hazard, Rice and Pollard offer the following "do's and don'ts":

DO:
• drink beverages containing caffeine—such as coffee, colas, tea and chocolate—or beverages containing alcohol within four to six hours of bedtime.

Caffeine is a stimulant and can prevent some people from falling asleep. "How you respond to caffeine is individual and related to how much you consume," said Rice. "To determine if caffeine is affecting your sleep, try eliminating its use after lunch for a week and see if you are sleeping better."

Alcohol can cause frequent episodes of interrupted sleep and cause some people to snore or develop sleep apnea. "If you are having trouble sleeping or your sleep is restless, eliminate the 'night cap' before bedtime and see if your sleep improves," Rice said.

• smoke nicotine products right before going to bed or any time during the night. Nicotine is also an addictive stimulant, and nicotine withdrawal during sleep might wake smokers. The health hazards of smoking are well-documented, Pollard said, and losing sleep is just one of them. "Though giving up smoking may cause more sleep problems initially, the long-term

effects of sleep and overall health are worth it."

• eat or drink heavily right before bedtime. A full stomach can make sleep uncomfortable or even cause heartburn.

• lie in bed, tossing and turning, if unable to fall asleep or stay asleep. Instead, go into another room and read or watch TV or some other relaxing activity. Go back to bed when you start to feel sleepy.

• watch the clock.
• nap during the day unless necessary. Long naps can mean wakefulness at bedtime.

• take sleeping pills, even over-the-counter ones, unless prescribed by a physician.

• let pets sleep in the bedroom with you, since pets can cause interruptions in a good night's sleep.

• worry if a noise awakens you and not your partner. Different people have different reactions to outside stimuli, Rice said.

• worry too much about occasional loss of sleep. It happens to just about everybody once in a while, sooner or later.

DO:
• exercise regularly. Not only is it good for health, but "exercise can help increase good sleep, especially done regularly in the afternoon," said Pollard. However, she warned, don't exercise within two or three hours of bedtime, since this can cause wakefulness. And as always, consult with a doctor before beginning any exercise program.

• keep the bedroom dimly lit. Strong light also can cause wakefulness, and bright lights can interrupt restful sleep.

• keep the bedroom as quiet as possible, since noise is a big sleep-

interrupter.
• keep the temperature in the bedroom as consistent as possible, preferably on the cool side.

• get up at the same time every day, even on days off. "If you need to vary your sleep time for any reason, adjust your bedtime, not your wake up time," Rice advised.

• sleep when you are drowsy, if possible, and don't go to bed until you are sleepy.

• take a few minutes each evening before bed to write down worries of the day and how they might be solved. Solving problems before bed means they don't have to stay on your mind after bedtime.

• develop a relaxing routine at bedtime. "Taking a hot shower or bath before bed can help bring on sleep by easing tense muscles," Pollard said. "A glass of warm milk or soothing music might also be a part of your routine."

• limit bedroom activities. Reading, watching television, balancing checkbooks and other chores should be done somewhere else.

• make sure the bed is comfortable. An uncomfortable mattress makes for uncomfortable sleeping habits.

"Keep in mind, you don't have to use every tip," Rice said. "What works well for one person might not always work for another."

For serious problems relating to sleep, such as sleep apnea or chronic insomnia, seek qualified medical care, the experts said. But for ordinary and temporary sleep problems, these tips might help you feel—and sleep—better.

According to the Mayo Clinic, "Sleeping well is not a luxury. It is a necessity."

Keep the feast healthy

There is always a lot of good-tasting food around the table at Thanksgiving, but it does not mean it has to be full of fat, cholesterol and added calories.

"There are a number of ways to keep the Thanksgiving feast a healthy one," said Dr. Rebecca Reeves with The DeBakey Heart Center at Baylor College of Medicine in Houston. "Using gravy from meat drippings, margarine instead of butter, low or no-fat mayonnaise and pie made out of low-fat ice milk instead of whipped cream will help keep you

from adding unwanted pounds around the holidays."

A meal consisting of turkey, stuffing, candied yams, broccoli with cheese sauce, rolls and other goodies can total thousands of calories and hundreds of grams of fat. Whereas, a feast consisting of turkey, corn, pumpkin pie and mashed potatoes without butter can result in a meal with as few as a 1,100 calories and 33 grams of fat.

To Subscribe, Call 940-864-2686

BERNARD E. GODLEY, INC.
TAX SERVICE & BOOKKEEPING
Computerized • Tax Returns & Bookkeeping
98 Hill Drive • Seymour, Texas
940-889-8809
Office Hours: 9 to 12 and 2 to 5 Monday - Friday



Misty McMeans
RN, BSN

Dear Misty,

My 72 year old father has just been diagnosed with diabetes. The doctor said he will need two insulin shots per day. I'm staying with him now, but will have to go back to Dallas soon. When I go home he will be alone. I am very concerned about his ability to give his own shots because of his forgetfulness and shaky hands. Can you help?

Sincerely,
Francine Shelton

Francine, yes, provided your father is homebound and his physician approves, we can help. The first step will be to establish that he is unable to give his own injections and that there is no other person that can help him with this. Haskell Home Health Agency has many patients like your father who receive two insulin injections a day. The good news is that an in-home evaluation is free and if your father qualifies Medicare will pay for a nurse to give his injections in the comfort of his home.

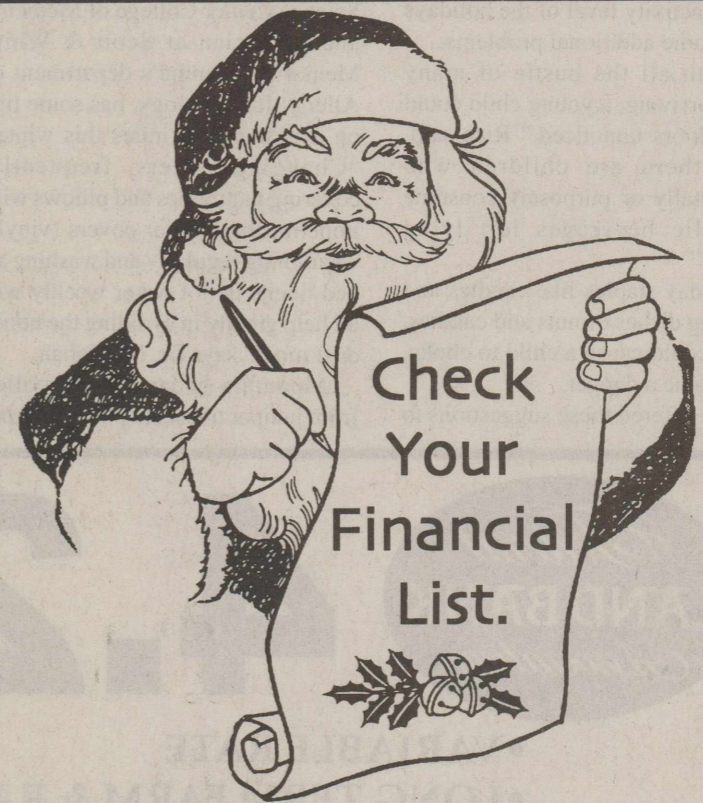
Thanks for the question.
Misty

What questions regarding home care do you have for the nurse? Send your questions to Haskell Home Health Agency, 417 S. First, Haskell, TX 79521 or call 940-864-5074 or 1-877-864-5074.

HERE'S TO YOUR HEALTH—AT HOME is brought to you by Haskell Home Health Agency providing home care services in Haskell, Knox, Stonewall, Throckmorton and Jones Counties



Home Care: Keeping Texans Proud & Independent



Prepare for the future today with help from one of our personal bankers. Come in and discuss the advantages of certificates of deposit, IRAs, and checking and money market accounts. We'll help you keep your financial matters in check.

First National Bank Haskell

200 South Avenue E

Haskell, Texas 79521



940-864-8555



Other Convenient Locations to Serve You:
First National Bank Munday - Stamford - Rochester

Get Connected...

- Local Internet Access
- Local Tech Support
- Free Software
- Multiple Free E-mail Accounts
- Free Home page
- No set-up fee
- Unlimited Access

\$19.95 per month or \$16.95 per month if paid annually

West Texas Internet

Locally Owned and Operated

864.8124 • www.westex.net • administrator@westex.net

Haskell

Aging and driving not always safe

Although getting older doesn't have to mean that your driving days are over, it's important to understand how limitations with aging can impair driving, says an article in the November issue of the Mayo Clinic Women's Healthsource. It may also help to know what you can do about

this and, ultimately, how to recognize if it's time to turn over your keys.

According to a study published in the August 2002 issue of the *American Journal of Public Health*, Americans outlive their ability to drive—women by 10 years and men by six years—an average based on a

comparison of women's and men's driving life expectancies with total life expectancies.

The process of aging makes certain elements of driving more difficult. For example, turning the steering wheel, accelerating or braking, and looking over your

shoulder. In addition, your hearing and vision, particularly night vision, tend to decline. Impaired hearing makes you less likely to hear an emergency vehicle's siren or a train at an unmarked crossing.

Also, you may have a harder time concentrating and reacting quickly. This can affect split-second decisions that are needed in many driving situations, such as high-speed or congested traffic, and can even cause momentary confusion or inappropriate decisions.

Driving is an important part of most people's lives, and may be equated with independence. Unfortunately, despite efforts to adjust for aging, you may reach a point when retiring your car keys is in your own and other's interest. But, knowing when can be a tough decision.

To help determine if you're a safe driver, the American Medical Association, in cooperation with the National Highway Traffic Safety Administration developed this checklist. If any of them apply to you, your safety may be at risk when you drive.

- *I get lost while driving.
- *My friends and family members say they're worried about my driving.
- *Other cars seem to appear out of nowhere.
- *I have trouble seeing signs in time to respond to them.
- *Other drivers often honk at me.
- *Driving stresses me out.
- *After driving, I feel tired.
- *I have had more "near misses" lately.
- *Busy intersections bother me.
- *Left-hand turns make me nervous.
- *The glare from oncoming headlights bothers me.
- *My medication makes me dizzy or drowsy.
- *I have trouble turning the steering wheel.
- *I have trouble pushing down on the gas pedal or brakes.
- *I have trouble looking over my shoulder when I back up.
- *I have been stopped by the police for my driving recently.
- *People will no longer accept rides from me.
- *I don't like to drive at night.
- *I have more trouble parking lately.
- Experiencing any of these things may be a sign that it is time to stop driving.

Be thankful for your health

Thanksgiving is a special time to celebrate with family and friends, and reflect with gratitude on our many blessings. Unfortunately, packing on the pounds during the holidays has become almost as traditional as the turkey dinner.

Our health is something most of us take for granted—until it's too late. So before you help yourselves to seconds (or thirds), keep in mind that prevention is key to fighting off the number one killer of women and men, cardiovascular disease.

Poor nutrition and lack of exercise account for around 300,000 deaths nationwide each year. Two out of every three Texans are considered overweight or obese. Obesity is a major risk factor for such chronic and debilitating illnesses as cardiovascular disease and stroke but it's also something that can be controlled through behavior modifications.

And, after all, isn't your heart worth it?

In fact, in a majority of cases, heart disease is highly preventable. The majority of heart attacks are caused by unhealthy lifestyles. According to two recent studies

published in *The Journal of the American Medical Association*, most people who suffer from heart disease or cardiac arrest have at least one of the four major controllable risk factors:

- *High cholesterol
- *High blood pressure
- *Cigarette smoking
- *Diabetes

The studies also found that the link between these major risk factors and heart disease was even stronger in younger patients—women under 65 years of age and men under 55 years of age.

Researchers have concluded that major risk factors for heart disease can be modified. Now more than ever, your heart health is in your hands. By eating healthier and exercising more, you can increase your chances of living a longer and healthier life.

Take a look at some simple things you can do right now to improve your heart health.

Control Your Cholesterol

Visit your doctor for a cholesterol screening to find out your levels. If your total blood cholesterol level is higher than 240 mg/dL, you are at

high risk for heart disease or stroke. If your levels are between 200 and 239 mg/dL, you are considered borderline risk. Desirable cholesterol levels fall below 200 mg/dL. People with high cholesterol have two times the risk for a heart attack as people with low cholesterol.

Make sure to eat foods low in saturated fat and cholesterol. Keep your weight down. Get out and exercise.

Control Your Blood Pressure

One in four adults has high blood pressure, or hypertension, and many people don't even know it. Make sure to have your blood pressure checked. Normal blood pressure range is 120/88 mm Hg. High blood pressure is present if it is 140/90 mm Hg or higher. A new "pre-hypertension" classification falls somewhere in between the two. Modifying behaviors (proper nutrition, weight maintenance, exercise and minimizing salt intake) can help ensure that "pre-hypertension" does not become hypertension.

High blood pressure can be extremely dangerous—it's called the "silent killer" since there are no visible symptoms. High blood pressure is the number one modifiable risk factor for stroke.

The only way to know if you have high blood pressure is to get it checked.

Stop Smoking

Smoking is the leading preventable cause of death and a major health threat. A smoker's risk for heart attack is twice that of nonsmokers. It's also a leading risk factor for stroke.

The good news is that no matter how long you've smoked, your risk for heart disease and stroke will drop once you quit.

Prevent and Control Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes and is often linked to obesity and physical inactivity. If you have Type 2 diabetes, you have an increased risk for developing cardiovascular disease and stroke—an estimated 65 percent of people with diabetes die from some form of cardiovascular disease. It's especially important to keep other risk factors in check by lowering cholesterol and blood pressure, maintaining a healthy weight, not smoking and getting regular exercise.

Tips for taking better photographs

Whether film or digital, shutterbugs will be shooting thousands of photographs this holiday season. Some will be using cameras they've had for years and others will be using new cameras received as a gift.

Regardless of his or her experience behind the camera, every photographer wants to take the best photograph possible. Instructors with the Texas Woman's University Department of Visual Arts, which offers degrees in fine art photography, offered some tips on taking better photos.

*First, slow down. Take time to arrange your photo and examine every aspect of what's in the viewfinder. Look for telephone poles, tree branches and other objects poking out of people's heads and rearrange the shot to eliminate those objects.

*Second, fill the frame with your subject. You're taking a photo of that person or object for a reason. Don't let her or it get lost in the photo by taking the shot from too far away. Placing the person or object larger in the photo also gives the viewer something to focus on.

*Third, if people you're going to photograph look uncomfortable, make small talk with them to get them to relax and feel more comfortable. Also, if you're uncomfortable and tense it will show in your subject. If you're at ease, your subject will relax and photograph better.

*Fourth, keep the light to your back. If the light is behind your subject, you're going to get a silhouette effect. The best time to shoot photos of people outdoors is during the morning or evening light to avoid deep shadows under the eyes. However, you also can use your flash outdoors to fill in shadows.

*Fifth, shoot more than one frame of your subject. Taking more than one frame allows you to get slightly different expressions on a person's face and helps ensure that his or her eyes aren't closed in every photo. It also gives you several shots to choose from for your photo album.

*Sixth, have fun and enjoy using your camera. When you feel comfortable with the camera, experiment with different lighting, backgrounds and settings.

**Classifieds Sell
Call 864-2686**

**Jones-Haskell
Eye Clinic**
Dr. Trussell Thane, O.D.
Therapeutic Optometrist
Appointments Available • Monday through Friday

Dr. Thane provides comprehensive eye care including the diagnosis and treatment of eye disease. Dr. Thane offers complete evaluation for eyeglasses and contact lenses.

Various contact lens packages available.

MEDICARE, MEDICAID, BLUE CROSS AND BLUE SHIELD AND FIRSTCARE ACCEPTED.

1501 Columbia
Stamford, Texas
325-773-2083

**TEXAS HERMANN SONS
FRATERNAL LIFE INSURANCE**

SENIOR SURVIVOR PROTECTION

- Protect the lifestyle of your spouse
- Protect remaining mortgage, bills
- Protect senior retirement

GOALS & GIFTING

- Education gifting for grandchildren
- Church or missionary gifting
- Charitable gifting

When gifting, seek competent legal/tax advice

Call An Agent Today!

Haskell #241:
Eunice Koehler - 940-864-2134
Elna Weise - 940-864-3564
Old Glory #228:
Beunice Vahlenkamp - 940-989-3609

Serving Texas Families Since 1890
Order of the Sons of Hermann in Texas,
San Antonio
www.texashermannsons.org

HERMANN SONS
HSFI
FRATERNAL INSURANCE

ESTATE AUCTION
Sat., Nov. 22 ~ 10 a.m.
AL LATHAM ESTATE
341 South 7th Street - Munday, Texas

TO BE AUCTIONED AT 12 NOON: Home with 2 bedrooms, 1 bath, dining room, living room and kitchen and detached garage with apartment upstairs. House completely renovated inside and outside.

Rent house across street with 2 bedrooms, 1 bath, as is.
Sale subject to the final approval of the heirs.

Table w/4 chairs	Whirlpool microwave
GE Refrigerator over/under	Whirlpool washer and dryer
GE Spectrum gas cook stove	Formal dining table w/6 chairs
Microwave cart	Custom built china hutch
Whirlpool portable dishwasher	Boxes of dishes, glassware
Collection of corn dishes	A few pieces of McCoy ware
Couch, Occasional chairs.	Occasional tables
Secretarial desk	Lamps
King size bed	Quilt box
Chests of Drawers, Dressers	Full size oak bedroom suite
Recliner	Leather lift recliner
Portable television	Console stereo
Old buffet	Hand tools of all kinds
Antique chest & dresser	Yard tools of all kinds
Riding mower (bad motor)	Ladder
Misc. Sockets, Wrenches	Concrete mixer
Al. fishing boat w/trailer	Mercury outboard motor
Wringer washing machine	Galv. wash tubs on stand
Radio or TV antenna tower	Barbeque grill
Set (almost new) 15" TIRES	Sm. grain grist mill, belt dr.
Exterior door w/6 beveled glasses	Bed and Bath linens
Singer sewing machine in cab.	Gas heaters
Cookware & kitchen utensils	Wash pot
Fishing equipment	10 Squares of shingles
Chain saw	Misc. shop equipment

All kinds of misc. furniture in upstairs garage apt.

ROCKY ASH AUCTION COMPANY
TxS 6684 • Clyde, Texas
325-893-5663 or 325-677-0011

STARBUCK COMPANY

201 Edwards - Merkel, Texas • (325) 928-4711 • 1-800-460-4711
Mon.-Fri. 8 a.m.-5 p.m. • Sat. 8 a.m.-Noon
HTTP://www.starbuckco.com

All Recliners on Sale!
Cloth, Leather, Wallhuggers, Rockers and Gliders

BENCHCRAFT
Only Home Feels This Good.

BERKLINE
If anyone deserves it, you do.

Free Gift with any Purchase over \$25!
Layaways Welcome • Financing Available (wac)

**Great Values
Outstanding low prices
on great items!**

<p>3M 5.99 Your choice Scotchgard Rug & Carpet Protector or Fabric Protector W 639 054, 191 353</p>	<p>OXI CLEAN 4.99 2.5-Lb. Oxi Clean Stain Remover W 201 145 12 6-Lb. Oxi Clean 9.99 W 815 407 4</p>	<p>True Value 9.99 8-Outlet Power Strip and Timer with Switch & Circuit Breaker Four outlets are timer controllable. E 308 885 86</p>
<p>99.99 Foreman Super-Size Grill W/Cookbook & FREE Baby George Rotisserie M Relay Only 1</p>	<p>BLACK & DECKER 9.99 50-Pc. Drill & Screwdriver Set Featuring the most popular bit sizes and accessories. R 788 596 83</p>	<p>CONAIR 9.99 Midsize Euro 1600W Hair Dryer Two speeds, two heat settings. Long cord. 1-yr. warranty. M 368 644 84</p>

Richardson's
FARM • RANCH • HOME • AUTO
CASE # True Value. AUTO PARTS
Sale ends November 30, 2003

True Value
Help Is Just Around The Corner.
Hwy. 277 North • Haskell, Texas
Phone 940-864-8551
Store Hours:
Mon.-Fri. 7:30 to 5:30; Sat. 7:30 to 5



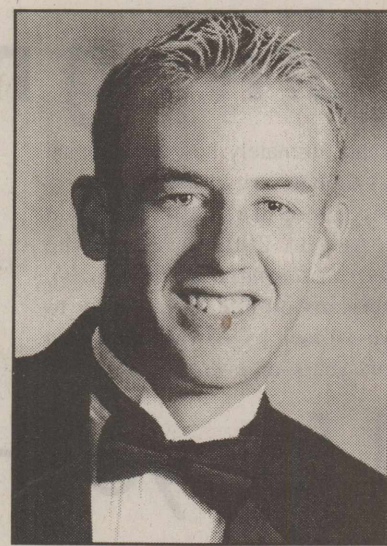
DERBY WINNERS—Competing at the Pushmobile Derby in Hamlin, Nov. 9, the Haskell Tiger and Wolf Dens won first and second place in the Wolf Division and second place overall. Pictured with their ribbons are: front, l-r. Ryan Pace, Micah Thomas, Zachary Tatum, Hunter Hall, Kyle Kimbrough and Shelton Toliver. Back, Aaron Waggoner, Andrew Hearn, Braeden Alves, Seth Rock, Riley Meinzer, Max Weise and Rhett Lampe. Standing back is proud Den Leader, Kay Smith.

Paint Creek School Menu

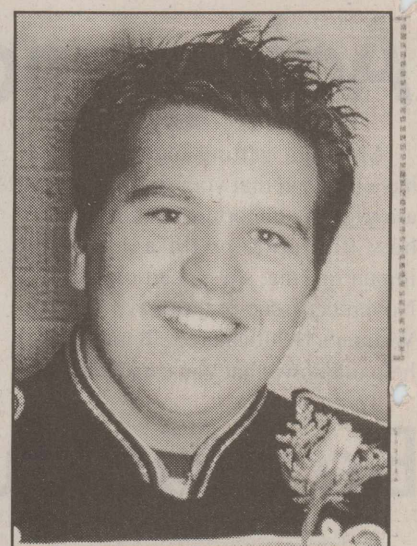
November 24-25
Breakfast
 Juice and milk are served daily.
Monday: French toast
Tuesday: Cereal, toast
Lunch
 Milk is served daily.
Monday: Hamburgers, fries, corn, lettuce/tomatoes/pickles/onions, cheese, fruit
Tuesday: Turkey, dressing, mashed potatoes, green beans, salad, cranberry sauce, pumpkin muffins

ECC Menu and Calendar

Mon., Nov. 24
 Lunch—Swiss steak/gravy, creamy potatoes, peas and carrots, sliced onions, garlic toast, dessert, milk, tea, or coffee
Tues., Nov. 25
 Lunch—Turkey, giblet gravy, cornbread dressing, sliced cranberries, green beans, candied yams, yeast rolls, walnut pie squares/topping, milk, tea, or coffee
 Announcements begin at 11:45 a.m. followed by lunch.



SCOTT KENNEDY



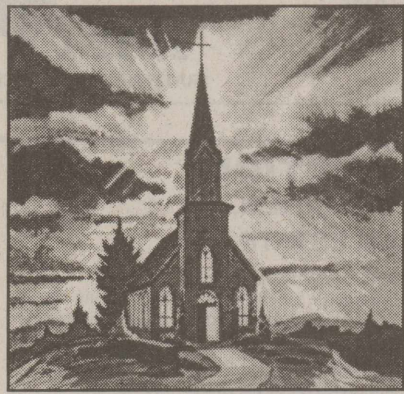
DREW GARRISON

Students visit Rotary Club

Scott Kennedy is the son of Rick and Debbie Kennedy of Haskell. His church affiliation is Primitive Baptist Church, Rule. In school he is active in golf, Fellowship of Christians Students and band. Awards he has received include membership in the National Honor Society, National Society of High School Scholars and Who's Who. He is undecided as to his future plans after finishing High School.

Drew Garrison is the son of Dusty and Kathy Garrison of Haskell. He attends First Christian Church, Haskell. In school he is active in band, serving as band president, in journalism, as co-editor of the War Whoop, on the debate team, and the Fellowship of Christian Students, serving as chaplain. Special awards he has received are: All-State Journalist; 4-time member of All-District Band; Area One-Act Play All-Star Cast; National Honor Society member. Among his leisure-time activities are roller coasters/theme parks, music, drawing and cycling.

This Week's Devotional Message:



THE BIBLE IS THE WORLD'S GREATEST BOOK OF INSTRUCTION

There are many kinds of instruction books available, designed to teach us how to do practically everything; from cooking and gardening to how to build your own airplane. However, the most valuable book of all is the Bible, because it teaches us how to live a good life. Also, it's timeless, with its basic common sense advice that never has to be revised or updated, because it doesn't change with each passing fad of human behavior. If you prefer a more modern form of language, there are several reliable translations, but find out first which one your house of worship recommends. This is another good reason for being there, along with hearing interpretations of the Scriptures, the most helpful and fascinating collection of writings, of the word of God, with which our world has ever been blessed.

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.m.; Wed. 7 p.m.
 600 N. 1st East, Haskell
- Christian Church**
 Dusty Garrison, minister
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
 107 N. Ave. F, Haskell
- 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 George Roney
 Sat. Mass 7 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., 11:00 a.m.; Wed. 7:30 p.m.
 306 N. Ave. E, Haskell
- Trinity Baptist Church**
 Tony Grand, pastor
 Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 p.m.
 401 S. Ave. D, Haskell
- Hopewell Baptist Church**
 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
- Cornerstone Baptist Fellowship**
 Dr. Gibbie McMillan, Interim pastor
 Sun. Morn. 9:30 a.m. 10:45 a.m. Wed. 7 p.m.
 1303 N. Ave. I, Haskell
- WEINERT—
First Baptist Church
 J. C. Baker, 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
- 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 & Robins, Rule
- Church of Christ**
 John Greeson, minister
 Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m.
 811 Union, Rule
- First United Methodist Church**
 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
- PAINT CREEK—
Paint Creek Baptist Church
 Sun. Morn. 10:00 a.m., 11:00 a.m., 6 p.m.
 Paint Creek
- O'BRIEN—
O'Brien Baptist Church
 Kyle Gullledge, pastor
 Sun. 9:45 a., 11 a., 5 p., 6 p., Wed. 6 p.m.
 O'Brien

Groundwater District to hold meeting Nov. 20

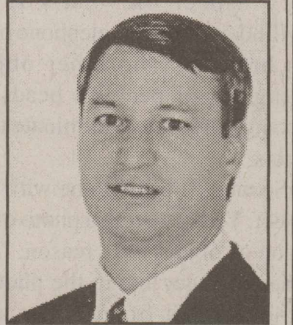
The regular quarterly meeting of the Directors of the Rolling Plains Groundwater Conservation District will meet Thurs., Nov. 20 at 7:00 p.m., at the North Central Texas Municipal Water Authority, located at 135 Munday Ave in Munday. Prior to the regular meeting, a permit hearing will be held to receive a permit hearing report from the general manager and to consider granting, denying or amending application for drilling permits from the following: Carol Hardin, Mike Newberry, Lyndell Reeves, Steve Alsabrook and Larry Short.

Rule falls to Ira in playoff

In Region playoffs, the District 7 runners-up, Rule Bobcats, who ended their season with an 8-3 record, were defeated by District 8 runner-up, Ira, 26 to 16.

TAX PLANNING

Written By
Richard E. Rodgers, CPA



IRS UPDATE - JUNE 2003

Here's a quick review of recent IRS activity.

•**New IRS form required.** Businesses that handle certain money transactions must now use a new form to report these transactions. The change recently announced by the IRS will affect more than 200,000 "money service businesses." If your business issues or redeems money orders or traveler's checks or transmits money, you are required to use the new form to report suspicious transactions that involve \$2,000 or more. The new form, TDF 90-22.56, is to be used to report these suspicious transactions to the IRS. Liquor stores, convenience stores, grocery stores, service stations, and drug stores are typical of the businesses that handle such money transactions. The new forms are available by calling 800-829-3676, or they can be downloaded from the IRS Web site at www.irs.gov.

•**Daycare meal deductions standardized.** If you provide daycare services in your home, your recordkeeping burden has just been reduced by the IRS. New IRS rules will let you use a standard rate for deducting the cost of meals served to the children in your care. You must, however, still keep a record of the names of the children cared for, dates and hours of attendance, and the meals and snacks served. The standard rates are 98¢ for breakfast, \$1.80 for lunch or dinner, and 53¢ for snacks if you're located in the continental United States. In Alaska, the rates are \$1.55, \$2.93, and 87¢ respectively. In Hawaii, the rates are \$1.13, \$2.11, and 63¢.

•**K-1 matching program underway again.** In 2002, the Internal Revenue Service started a program to match Schedule K-1 information to amounts reported on individual tax returns. Schedule K-1 is an IRS form that is used to report a taxpayer's share of income, deductions, and credits from partnerships, S corporations, and trusts. The 2002 program suffered major problems, with thousands of erroneous notices being sent to taxpayers. Recently the IRS announced that the program has been fixed and the matching activity will resume. The Service will be issuing notices related to tax returns for 2001.

RODGERS & COMPANY
 Certified Public Accountant
 20 Southwest Third Street
 Hamlin, Texas • 325-576-2356

Sonic Drive-In

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

Steele Machine

Hwy. 280 • 864-2208

Modern Way Food Store

1202 N. Ave. E • 864-3763

Smitty's Auto Parts

107 N. 1st East • 864-2607

HANSON PAINT & BODY SHOP

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

Rule Co-op Gin & Elevator

301 Adams • Rule • 997-2421

Rice Springs Care Home, Inc.

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

*Committed to Excellence
 In Service*

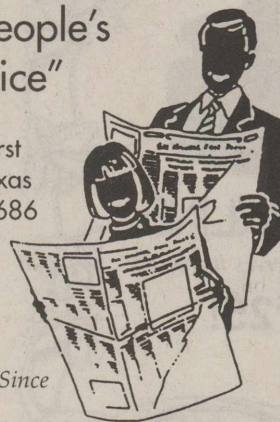
Personality Slipper Shoppe

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

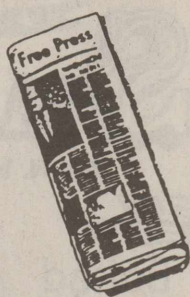
The Haskell Free Press

"The People's Choice"

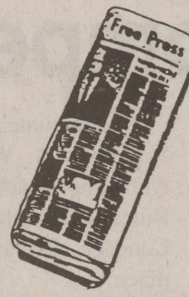
420 N. First
 Haskell, Texas
 940-864-2686



Serving Haskell County Since 1886



Shop The Haskell Free Press CLASSIFIEDS



864-2686

ALL DEADLINES MONDAY 5 P.M.

864-2686

For Sale

SHELLED PECANS FOR SALE: 400 N. 3rd. Call 864-2761. 47p

FOR SALE: Lane recliner, teal blue, \$100; small gold rocker, \$25; antique student desk, \$75; antique real Haskell P. O. Box, use as bank, \$50. Doylene Strickland. 864-2502. 47p

FOR SALE: Resale rack; inside Classic Cuts, east side of the square. Nike and Adidas basketball shoes, Sketcher boots, Rocky jeans, men's suits, sweaters and more. Open Wed., Thurs. and Fri. 864-2956. 47c

FOR SALE: Big round bales of Sudan hay, \$35 bale. This year's hay. 940-256-8866. 47-48c

FEEDER PIG FOR SALE: 864-2658. 47p

Miscellaneous

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 325-675-6369. 67c

CUSTOM PECAN CRACKING and blowing. James Dunlap, 1506 S. 7th. 864-6130. 46-48c

CUSTOM FRAMING. Country Friends and Frames, 101 N. Swenson, Stamford. 325-773-2661. Complete framing needs. Closed Mondays. 47c

Wanted

WANTED: Used portable baby bed in good condition. Call 997-2108. 47-49p

WANTED: Responsible uncle and nephew want to hunt hogs. Call 325-695-5776; leave message. 47-50c

Help Wanted

NOW TAKING APPLICATIONS for all positions at Sonic Drive In, Haskell. Apply in person. 257c

RICE SPRINGS CARE HOME is making a difference. We are looking for: Weekend RN; one day shift CNA; one 2-10 CNA. Call Shandra at 864-2652 for information. 47c

FULL TIME, part time, manager and delivery position open. Are you people oriented, out-going, responsible, dependable? Come join our winning team at TNT Video, 9 Ave. E, Haskell. 427c

DQ OF MUNDAY now accepting applications for day and night help. Flexible full and part time positions available. Smoke and drug free work environment. Drug test required. Apply in person today with Manager, Stacie Weller. 47-50c

NAIL TECH WANTED at busy Throckmorton salon. Call Sharon at Cowboy Cuttin' 940-849-0283. 46-47c

HOME CARE ATTENDANT needed in Rochester. No criminal record. Ask for Brenda 1-800-658-9569. 47-48c

RULE

OWNER FINANCE
Cozy 2 bedroom at 511 Central. Corner lot, carport, big trees. Low down, low monthly.
Call Jim at 325-518-8128 or Teri at 325-660-2122. 217c

Dodson Concrete Construction
Commercial - Residential
David Dodson
704 N. Ave. F • Haskell
940-864-2038
Over 20 Years in the Business
FREE ESTIMATES 184c

Real Estate

FOR SALE OR LEASE: 3 bedroom, 2 bath. Possible owner financing. 864-2238. 417c

FOR SALE OR LEASE: Lake cabin at Veda's Camp. 864-2238. 457c

I'M MAD...at banks who don't give house loans because of bad credit, problems or new employment. I do, call L. D. Kirk, Homeland Mortgages, 254-947-4475. 47p

FARMS FOR SALE: Allen Strickland Estate. Call David Strickland. 864-2502. 47-50p

HOUSE FOR SALE: 500 N. Ave. D. 3 bedroom, 2 bath, den, living room, dining room, large kitchen area. Double garage. Approx. 2,000 sq. ft., \$20,000. Call 864-2502. 47-50p

ZERO DOWN
Land-Home with low interest rate.
NO CREDIT NECESSARY
325-673-8488 351c

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

The older we get—the fewer things seem worth waiting in line for. We have over 100 La-Z-boy recliners in stock at the lowest prices in the Big Country. Kinney Furniture in Stamford. 47c

Rolling Plains Regional Jail and Detention Center
is currently accepting applications for Correctional Officer. Medical benefits and life insurance provided at no cost to employee.
Please contact:
Lorie Rodriguez at 940-864-5694 for more information.

For Rent

FOR RENT: Furnished rooms for rent. Nightly, weekly, monthly. Call 864-2238. 457c

FOR RENT: 1107 N. 10th. 2 bedroom apartment. 864-3762 47-48c

Public Notices

PUBLIC NOTICE
We are going to take sealed bids on the four buildings on Northeast corner of square, Haskell, TX. Sat., Nov. 22, 2003, 8:30 till 12 noon. We need to sell these buildings to settle-estate. Heirs reserve the right to reject all bids. If your bid is accepted you will be notified within 48 hours. 47p

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

Shop the Haskell Free CLASSIFIEDS 864-2686

‘Tis the season—One table of Christmas decorations for half price or less. Kinney Furniture in Stamford. 47c

The best sermons are lived—not preached. Close out prices on Spring Air “Never Turn” mattress sets. All sizes in stock ready for quick free delivery. Kinney Furniture in Stamford. 47c

CHAIN SAW REPAIR
CHAIN SHARPENING
Keith Hannsz
864-2268

Guadalcazar Roofing

Daniel or Lupe
325-665-7060
940-864-5009
Free Estimates.
All Types including Metal roof installation.

EXPERT AUTO WORK
REASONABLE RATES



See us for all your auto mechanic needs. 20 years experience. We do it right the first time. 305 South Ave. E • Haskell

The Farmers Insurance Group

is currently meeting with candidates who want to learn more about developing a profitable small business. At FIG we offer this through our agency ownership program. Our program assists you in building a business for yourself, not by yourself. You may fax your resume to 940-322-0002 or email to shodges@farmersagent.com.

ROOFING
We do Metal Roofs
Your choice of a variety of colors.
Spalding Construction
Hamlin, Texas
Owner: James Spalding
325-576-2109

FOR SALE

640+/- Acres on Brazos River in Knox County. Excellent hunting. Some cultivation, some pasture.
241+ Acres in Haskell County. Adjoining Russell lake. Good crop base. Good hunting. Priced right.
80 Acres +/- Irrigated. Includes 3 bedroom farm house. North of Rochester.
Large Brick Home with 2 living areas. Knox City. \$57,000.
Spacious 3 Bedroom, 2 bath brick home in O'Brien. \$57,000.
4 Bedroom, 3 bath home SOLD \$35,000.

Counts Real Estate
David Counts
102 North Avenue A • Knox City, Texas
940-657-5012 or 658-3390

FOR SALE

RIKE Real Estate
864-2411
864-2332
Mary Rike, Broker 411 1/2 South First St.

NEW LISTINGS
701 N. AVE. L. Large 4-3 1/2 - 2 on 1.25 ac. Amenities include two living areas, formal dining, den with fireplace, isolated master suite, bars for horses or show animals.
COUNTRY HOME, 3-1-2 with game room Located 11 mi. SE of Haskell on FM 618, 1.24 ac., C/H/A, cellar and shop.
1804 N. AVE. G. 3-2-1 plus carport, living, built-in kitchen-dining, many closets, well and sprinkler. All in excellent condition.
507 S. SIXTH. 3-2-2. Large brick, formal living, dining, kitchen with dining office of game room, floored attic, C/H/A, fenced yard
925 N. 6TH. 3-2-2. Large home on two lots, with well and sprinkler system, large rooms, C/H/A, large closets, and built-in shelves.
503 N. AVE. E. 2-1. Great for couple or single. Has original woodwork, hardwood floors, mantle with built-in stove and well.
1406 N. AVE. G. 3-2-carport, living, den, kitchen, C/H/A, well with sprinkler, shop.
700 N. AVE. K. 3-2-2, brick, C/H/A, living-dining, kitchen-den, well, nice corner lot. New owner gets new roof. Price reduced.

411 1/2 South First Street
Box No. 853
Haskell, TX 79521
(940) 864-2411 (940) 864-2332
FAX (940) 864-3686
Mary Rike, Broker John Rike, Agent
mrike@wesnet

NOTICE TO CONTRACTORS OF PROPOSED TEXAS HIGHWAY IMPROVEMENT CONTRACTS

Sealed proposals for highway improvement contracts will be received by the Texas Department of Transportation (TxDOT) until the date(s) shown below, and then publicly read.

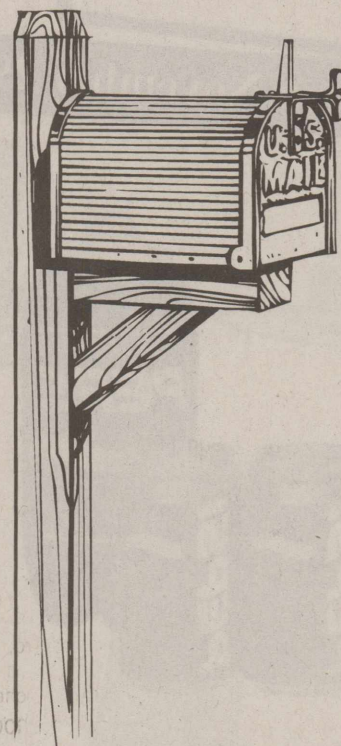
CONSTRUCTION/MAINTENANCE CONTRACT(S)
Dist/Div: Abilene
Contract 6109-06-001 for “ON DEMAND” STREET SWEEPING in SHACKELFORD County, etc. will be opened on December 10, 2003 at 2:00 p.m. at the District Office for an estimate of \$41,763.00.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. Bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor.

NPO: 11385
State Office: Constr./Maint. Division, 200 E. Riverside Dr., Austin, Texas 78704. Phone 512-416-2540.
Abilene District, District Engineer, 4250 N. Clack, Abilene, Texas 79604-0150. Phone 325-676-6800.

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin. 46-27c

Like what you're reading?



We'll send it to you each week for just \$20 a year. (in Haskell County)

Yearly Subscription Rates
\$20 a year in county
\$28 out-of-county

Name _____
Address _____
City _____ State _____ Zip _____

Clip and Mail Coupon, Along with Check or Money Order to:

The Haskell Free Press
P. O. Box 555, 420 N. First, Haskell, TX 79521

4-H'ers compete at District Food Show

by Jane Rowan
Haskell Co. Extension Agent

Approximately 200 4-H youth representing the twenty-four counties of the Rolling Plains Extension District exhibited their nutritional knowledge and cooking skills at the District 4-H Food Show in Vernon Sat., Nov. 8. The four first place senior winners will advance to the State competition in June 2004. Intermediate and Junior Division winners do not compete beyond the District level.

Ten Haskell County 4-H'ers performed well in the competition bringing home three first place awards, two second place awards, three third place awards and one fourth place award.

Participating in the event were:
Juniors: Main Dish, Andrea Anderson, Haskell, third place; Bread & Cereal, Aubrey Bassett, Haskell, first place; Nutritious Snacks, Paige Glover, Rochester, third place; and Desserts, Brooke Bullinger, Haskell, second place.

Intermediates: Main Dish, Tabitha Schonherstedt, Weinert, first place; Nutritious Snacks, Brittany Barnett, Rule, third place; and Desserts, Candace Brister, Haskell, fourth place.

Seniors: Main Dish, Kiel Rowan, O'Brien, second place; and Nutritious Snacks, Caleb Hudgens, Haskell, first place.

Also participating was Laycee Tullos of Haskell in the Junior Fruit and Vegetable division.

Special cash awards were presented to first, second and third place winners in the Main Dish and Nutritious Snacks categories in which beef was an ingredient.

Haskell County 4-H'ers receiving Beef Awards included Junior 4-H'er Andrea Anderson, second place and Intermediate Tabitha Schonherstedt, first place.

Each contestant had earned championships in their county to advance to the day-long competition at the District Show. Dishes were judged by panels of professional

home economists and 4-H leaders. Serving as a judge from Haskell County was Linda Lacey of Rule. Contestants were quizzed on nutritional values, preparation methods and costs of preparation.

Two invitational features were special foods and nutrition exhibits prepared by some of the 4-H members from the Rolling Plains as well as news releases specially prepared by various 4-H members in the District.

Haskell County 4-H'er, Kate Rowan of O'Brien was recognized with a certificate for her Foods & Nutrition exhibit on "Food Safety."

The District 4-H Food show is one aspect of the year-round foods and nutrition project in 4-H, explained Pam Foster, Regional 4-H Program Director with the Texas Cooperative Extension, a part of the Texas A&M University System. Foster said the project helps youth learn the relationship between science, food and nutrition, and food preparation, as well as food buying, managing

time, use of energy, and food storage and safety.

If you would like more information about how to join 4-H and/or how to become involved in a 4-H food and nutrition project contact the Texas Cooperative Extension, Haskell County Office located at 101 South Avenue D in Haskell. The County Extension Agents serving Haskell County and their phone numbers are Brandon Anderson (940) 864-2658 and Jane Rowan (940) 864-2546.

Calendar

Parents invited to eat

Paint Creek ISD invites parents and the community to eat turkey and dressing at lunch with students on Fri., Nov. 21. Kindergarten through fifth grades will eat lunch at 11:20 a.m. Sixth grade through Seniors will be served at 11:50. Price for parents and visitors is \$1.50 each.

I Can game

The basketball game on Friday night against Colorado City will be an 'I Can' game night, sponsored by the Headstart and PPCD classes. Those attending and bringing a canned good item to the game will be admitted free. Food items will be donated to the 'Food for Families' project now underway by the classes.

Old Glory musical

The Old Glory Musical will be held Sat., Nov. 22 at the Community Center in Old Glory. The concession stand will open at 5 p.m. and the music will start at 5:30 p.m. For more information call 940-989-2925 or 989-2833.

To Subscribe,
Call
940-864-2686

STAR STOP

706 N. 1st • Haskell • 864-2062

New

Freshly Baked
Cookies

Chocolate Chip, M & M
Peanut Butter, Sugar

39¢

All Varieties
Coke

1 liter
Reg. \$1.49

\$1.09

Rowena's
**Steak Fingers or
Chicken Strips**

with French Fries or Tots, Gravy, Texas
Toast and 24 oz. fountain drink

\$5.50



AT DISTRICT FOOD SHOW—Haskell County 4-H members participating in the District 4-H Food Show in Vernon, Nov. 8, were: l-r, front, Paige Glover, Aubrey Bassett, Brooke Bullinger, Andrea Anderson, Laycee Tullos and Brittany Barnett. Back, Caleb Hudgens, Tabitha Schonherstedt, Kiel Rowan and Candace Brister.

Lordy,
Lordy
Look
Who's
40!
Love, Your
Family

November 16, 2003 thru November 29, 2003

HASKELL #153
1000 N. AVE. E
RULE #91
501 UNION AVE.

10-12 LB. AVG.
**SHURFINE
TURKEYS**
\$5.99

DIET PEPSI, MOUNTAIN DEW OR
PEPSI
3 LITER BTL.
\$1.49

6 PACK
\$1.69

**SHURFINE
PIE
CRUSTS**
2 PACK / 10 OZ.
99¢

ALLSUP'S
**SANDWICH
BREAD**
24 OZ. / 59¢ EACH OR
**2 \$1.09
FOR**

**RUSSET
POTATOES**
10 LB. BAG
\$1.59

**CHIMICHANGA &
32 OZ. TALLSUP**
\$1.99

ALLSUP'S
**WHEAT
BREAD**
24 OZ. / 69¢ EACH OR
**2 \$1.29
FOR**

**BUY 12
GALLONS
OF FRESH
ALLSUP'S
MILK...
GET
ONE
FREE!**

Collect Sell Stick "Moo" Stamps
Today & You Could Win FREE
Milk For A Year!

HORTENSIA OR MARDI GRAS
**PAPER
NAPKINS**
FAMILY PACK
99¢

ALLSUP'S
**FUJI QUICK SNAP
400 CAMERA**
REG. \$7.79
**\$4.99
EA.**

27 EXP.

ALLSUP'S COMBO MEALS		
COMBO NO. 1	2 CORN DOGS & 32 OZ. TALLSUP	\$1.99
COMBO NO. 2	2 HOT LINKS WITH BREAD & 32 OZ. TALLSUP	\$1.99
COMBO NO. 3	3 TAMALES, HOWLERS & 32 OZ. TALLSUP	\$1.99
COMBO NO. 4	SAUSAGE/EGG BISCUIT & 16 OZ. COFFEE OR 22 OZ. FOUNTAIN DRINK	\$1.29

SANTA FE CORN TORTILLAS 20 CT.		99¢
BAR-S HOT LINKS 12 OZ. PKG.		\$1.89
BAR-S BACON 12 OZ. PKG.		\$2.19
ARMOUR LUNCHMAKERS HAM OR TURKEY 2.6 OZ. PKG. / \$1.19 REG.		99¢
BREYERS ICE CREAM 1/2 GALLON		\$3.99
SHELLZONE ANTIFREEZE GALLON		\$6.39
T.G.I. FRIDAY'S CHIPS \$1.29 REG.		99¢
NESQUIK PINT / \$1.49 REG.		99¢
TOM'S ASSORTED CHIPS \$1.89 REG.		2 FOR \$2