

The Haskell Free Press

Calendar

Brisket dinner

The Experienced Citizens Center will hold a barbecue brisket dinner Sun., July 17 from 11:30 a.m. to 1 p.m. at 1404 S. First in Haskell. The meal will include barbecue brisket, sausage and barbecue sauce, potato salad, coleslaw, sliced onions, dill pickles, yeast rolls, peach cobbler and tea or coffee. Cost of the meal is \$8 for adults, \$4 for children through high school age, and children under 10 will eat free. All proceeds will benefit the Experienced Citizens Center.

Golf contest

A contest closest to the pin contest, benefitting the drive to find a pancreatic cancer screening marker, will be held Sat., July 16 at the Haskell Country Club in conjunction with the Bob Mobley annual golf tournament.

Concert

Desert Reign will be in concert Fri., July 15 at 7 p.m. at the pavilion east of the Civic Center.

1996 HHS class

Tonya (Burson) Weatherman requests that members of the HHS Class of 1996 send current address information to 824 N. U.S. Hwy. 87, Brady, Texas 76825 or to tonyawweatherman@hotmail.com so that class members can receive information about this year's homecoming.

Food distribution

The Haskell County Ministerial Alliance Food Distribution Center will distribute food Sat., July 16 from 10 a.m. to 11:30 a.m. at 206 S. 2nd (building east of Civic Center) in Haskell. Volunteers are needed.

Teen pregnancy

The Texas Dept. of State Health Services will present an educational session on the topic of teen pregnancy prevention Wed., July 20 from 11:30 a.m. to 1 p.m. at the Extension Homemaker's Building, 801 23rd St., in Anson. Those attending should bring a brown bag lunch. Tea and coffee will be provided. For more information call Denise White, R.N., 325-773-5681.

Storm sirens

The City of Haskell will test the storm sirens at noon on Fridays.

Homecoming 2005

The next Haskell-Mattson-Weinert Homecoming will be held Oct. 7-8.

PC homecoming

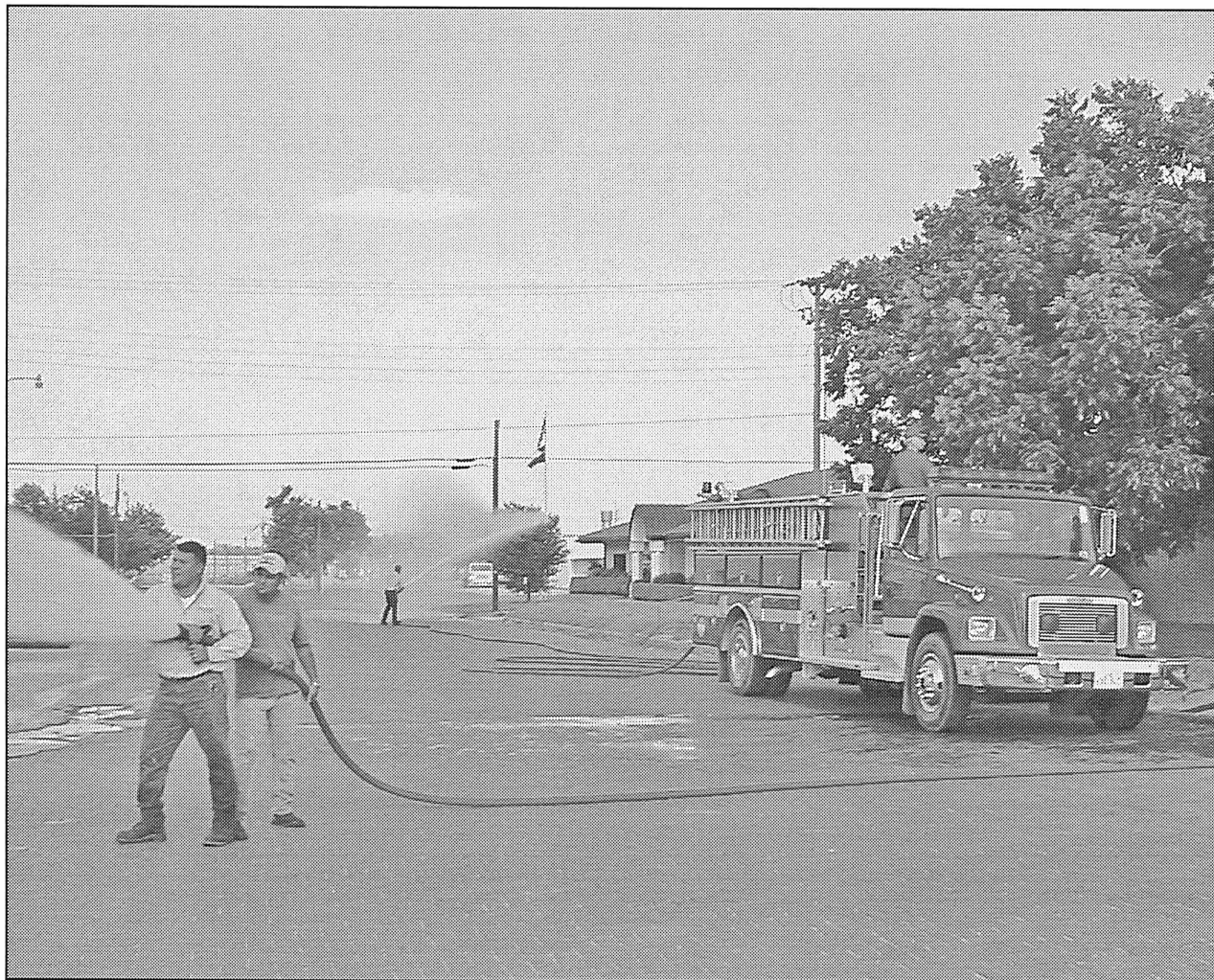
Paint Creek will hold their homecoming this fall. To update your mailing/email address, contact Max Calk, 3200 Golden Oaks Circle, Granbury, Texas 76049 or maxcalk@earthlink.net.

Summer food service

Haskell CISD will sponsor the summer food service program through Fri., July 29. Meals will be served at Haskell Elementary School Cafeteria located at 306 S. Ave. G, from 11:30 a.m. to 1 p.m. Monday through Friday. Those ages 1 to 18 are invited to eat free. Adults may eat for \$2.50 each.

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FIREMAN TRAIN—Haskell volunteer fireman were training on the southeast corner of the square late Monday afternoon. Holding the hose are from l-r, Felix Rodriquez, John Wheat and Randy Shaw. Kenny

Watson is operating the pumper truck at far right. Firemen caution area citizens to be very careful with fire during these hot weather conditions. Grass fires have kept the department busy in recent days.

Sales tax increases reported for July

Texas Comptroller Carole Keeton Strayhorn recently said the state received \$1.29 billion in sales tax revenue in June, up 8.9 percent, compared to June 2004.

Strayhorn delivered \$344.5 million in July sales tax allocations to cities, counties, and other local taxing entities, up 9.2 percent compared to last July.

Comptroller Strayhorn sent July sales tax allocations of \$232.8 million to Texas cities, up 8.7 percent compared to July 2004. Calendar year-to-date, city sales tax allocations are up 7.3 percent compared to the same period last year. Texas counties received sales tax payments of \$20.7 million, up 9.7 percent compared to last July. Calendar year-to-date, county sales tax allocations are 9.7 percent higher than last year.

Haskell County had a 3.32 percent increase for July, 2005 of \$25,438.38 in comparison to \$24,618.98 for July, 2004. 2005 payments to date of \$227,512.74 reflect a 12.81 percent increase over 2004 payments to date of \$201,660.02.

The City of Haskell had a 3.53 percent decrease for July, 2005 of \$23,986.28 in comparison to \$23,167.08 for July, 2004. 2005 payments to date of \$212,652.33 reflect a 13.70 percent increase over 2004 payments to date of \$187,027.87.

The City of O'Brien had a 13.25 percent decrease for July, 2005 of \$22.83 in comparison to \$26.32 for July, 2004. 2005 payments to date of \$347.62 reflect a 47.23 percent decrease over 2004 payments to date of \$658.86.

The City of Rochester had a 20.03 percent decrease for July, 2005 of \$318.45 in comparison to \$398.25 for July, 2004. 2005 payments to date of \$3,992.91 reflect a 8.10 percent decrease over 2004 payments to date

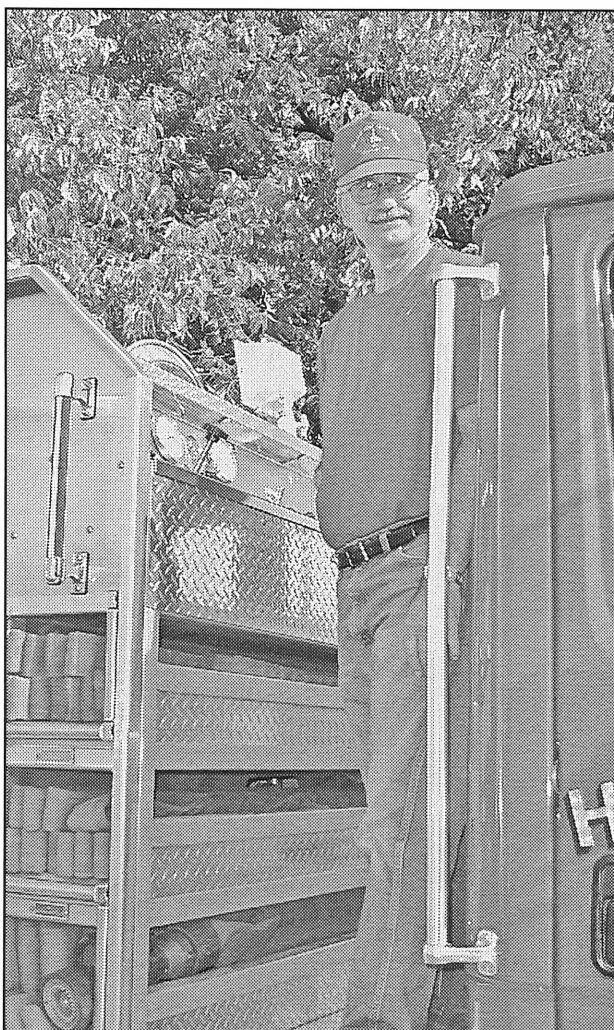
of \$4,344.85.

The City of Rule had a 1.89 percent increase for July, 2005 of \$996.37 in comparison to \$977.88 for July, 2004. 2005 payments to date of

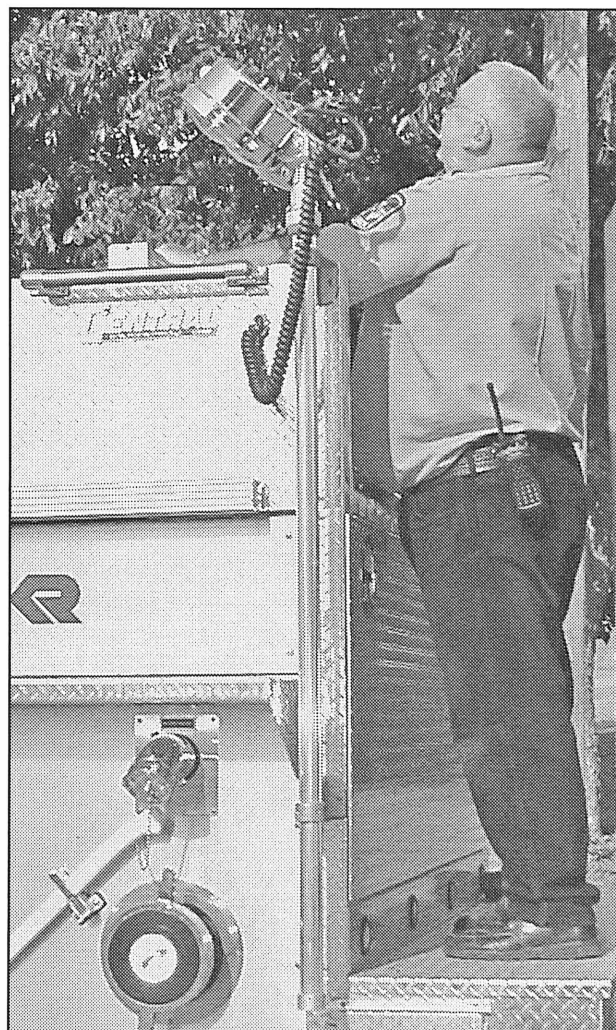
\$9,294.11 reflect a 6.20 percent increase over 2004 payments to date of \$8,750.84.

The City of Weinert had a 131.44 percent increase for July, 2005 of

\$114.45 in comparison to \$49.95 for July, 2004. 2005 payments to date of \$1,225.77 reflect a 39.67 percent increase over 2004 payments to date of \$877.60.



WATCHFUL EYE—Kenny Watson keeps a watchful eye on the pump settings as firemen practice using the nozzles.



ADJUSTING PRESSURES—Tony Haynes adjusts the water pressure on the pumper truck during a training session on Monday night.

Swimmers warned of deadly infection

Each summer a number of young people are exposed to a deadly infection called primary amebic meningoencephalitis or PAM, the swimming disease.

The organism responsible for the PAM infection thrives in all warm untreated (non-Chlorinated) surface water. The PAM infection occurs when untreated water containing the organism (*N.fowleri*) is forced into the nasal passages—usually when diving or jumping into water or water skiing.

The ameba makes its way into the brain and spinal cord. Symptoms occur from one day to two weeks after exposure and can include headache, fever, stiff neck, anorexia, vomiting, altered mental status, seizures and coma. Death typically occurs three to seven days after the onset of symptoms.

Cases are reported from early July through late October. Only three survivors of PAM have been documented. Successful therapy appears to be related to an early diagnosis.

High water temperature can lead to increased risks for infection for swimmers in rivers, lakes and ponds. Swimmers should avoid swimming or jumping into bodies of warm, untreated water and hold the nose shut or use nose clips to avoid contracting the infection.

Donations to the Justin Baty Amebic Foundation may be made at P.O. Box 304, Benjamin, Texas 79505. Baty died at age 13 from contracting the PAM infection. To learn more about the foundation or PAM, log on www.justinbatyamebicfoundation.org.

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The Dust Bowl
Q: You often hear of "the Dust Bowl." Exactly what was it?
A: It was the worst and most severe combination of drought and wind erosion that has ever occurred in the United States, says Brent McRoberts of Texas A&M University.

The Dust Bowl started in the early 1930s and lasted almost the entire decade and hit the Great Plains states the hardest. "The Dust Bowl stretched 400 miles north and about 300 miles to the east and west," says McRoberts, "and covered large parts of Kansas, Oklahoma, Colorado, New Mexico and Texas, about 150,000 square miles in all. Droughts occur frequently in this region, but never before had there been the combination of drought and wind erosion as occurred in the 1930s. The cost of the drought in 1934 alone amount to one-half of the U.S. costs in World War I, and by 1936, farm losses had reached \$25 million per day and more than two million farmers were drawing relief checks."

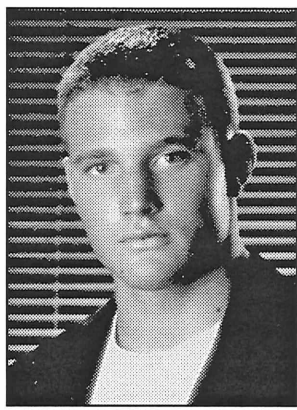
Q: Just how bad did it get?
A: The period of 1934-36 was perhaps the worst time of the Dust Bowl, McRoberts adds. "Many agree that the worst hit on April 17, 1935 when a 200-mile wide storm produced a black dust cloud that reached more than 1,000 feet into the air blowing at 60 miles per hour," he explains. "The dust was so bad that some towns in Kansas were in total darkness for three hours. Newspapers reported that the dust from this storm reached Washington, D.C., and even to ships hundreds of miles at sea.

Such storms were called 'black blizzards' and left many homeless, inspiring John Steinbeck to write his famous book *Grapes of Wrath*. Poor agricultural practices didn't help much as farmers kept plowing and plowing but nothing would grow and there was no ground cover to stop the dust. The federal government, by decade's end, stepped in and began planting trees throughout the area to reduce wind erosion and promoted more scientific farming methods."

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Obituaries

Donald Everett Blair



DONALD EVERETT BLAIR

Graveside services celebrating the life of Donald Everett Blair, 24 of New York City will be held Sat., July 16 at 2 p.m. Willow Cemetery in Haskell.

Mr. Blair died Sat., May 28 following an accident in New York City.

The son of Kenneth and Ellen (Houghton) Blair of Beavercreek, Ohio, he was a 1999 graduate of Beavercreek High School. He received his degree on entrepreneurial business with a minor in fashion merchandising from Texas Christian University in 2003. He had recently been promoted to the Controller of IT Holding USA, an

Italian based company involved in the fashion industry.

Survivors include his parents, Kenneth and Ellen (Houghton) Blair of Beavercreek, Ohio; sister, Kathryn (Katy) Louise Blair; brother, Brandon Wayne Blair of Fort Worth; grandfather, Donald Everett Houghton of Cleveland, Ohio; and Kenneth Rueffer Blair of Haskell.

Memorials may be made to Texas Christian University, Department of Design, Merchandising and Textiles, c/o Janace Bubonia-Clarke Ph.D., TCU Box 298630, Fort Worth, Texas 76129-0001. A scholarship fund will be created in Blair's honor.

PD. NOTICE

Donnie Raymond Green

Memorial services for Donnie Raymond Green, 55, of Haskell will be held Sat., July 16 at 7 p.m. at Green's Camp at Lake Stamford. Arrangements are under the direction of Mid-Cities Funeral Home of Haltom City.

Mr. Green died Sat., July 9.
Born Sept. 27, 1948 in Haskell, he was the son of the late D.R. Green and Jessie McMillan Green. He was a

musician.
Survivors include his mother, Jessie Green of Haskell; daughters, Michelle Green of Saginaw and Stephanie Green of Haskell; mother of his children, Christyne Green of Stamford; brother, David Green and wife, Melanie of Moore, Oklahoma; grandchildren, T.J. Trevino, Dakota Silvis and Angelica Green; and nieces, nephews and extended family and friends.

PD. NOTICE

From the AG

By Greg Abbott

Children and Parents Should Learn Rules of Internet Safety

The safety of our children is a top priority for me as Attorney General, and keeping kids safe on the Internet is an especially important challenge. We want our children to benefit from the vast educational power of the World Wide Web, but the fact is, a new kind of predator has surfaced, ready to take advantage of a child's natural curiosity and trusting nature.

My Cyber Crimes investigators have been working undercover since 2003, patrolling chat rooms frequented by children. As you probably know, these investigators are very adept at presenting themselves as 12, 13, or 14 year-old girls and boys. It is shocking that within a few minutes our investigators are approached by adults who are sexual predators on the prowl.

Although we have arrested dozens of these predators, many, many more remain at large. That is why my office is redoubling its efforts to make children and parents aware of the danger so they can protect

themselves. This May, we launched a new Kids' Page at www.oag.state.tx.us/kids, and a major focus of the games and activities on the Kids' Page is Internet safety.

In addition to online safety information, the Kids' Page Web site contains a video question-and-answer session with The Attorney General, games and coloring pages about Texas history and the Office of the Attorney General, and other helpful links for students. Students can also participate in interactive "investigations" and can even become a Junior AG. "Kyle Coyote" is the animated tour guide for the Web site, which includes information in English and Spanish.

More recently, we have assigned a new Cyber Safety Officer the task of teaching students and parents about Internet safety. Officer Paul Aleman travels throughout the state giving presentations about safe surfing to classes in schools, boys' and girls' clubs, and communities.

Children must be taught that people they chat with on the Internet

may not be who or what they say they are. Parents must be aware that predators are actively targeting their children in chat rooms. We try to teach children to never give out personal information such as their name and address and to never arrange a face-to-face meeting with someone they meet on the Internet. You should also encourage your child to tell you immediately if he or she is approached by a stranger online.

The Internet is a wonderful tool, but it can be a dangerous place, too. Parents and kids alike may be reassured because the child is sitting at home, within easy reach of his or her parents. But a child who logs into a chat room may be as exposed and vulnerable as a child who arrives alone at a big city bus station. A certain kind of criminal prowls these places, looking for unsuspecting victims.

I know you share my concern for the safety of our children on the Internet. Please let us know how we can help you make your community a safer place.

Don't make health decisions based solely on Web findings; check with a physician

For many people, finding health information is as simple as going online. But the Internet does not replace personal consultation with a physician.

"Many Internet sites can collect enough historical information to raise suspicion of one or more diagnoses, but those sites cannot do an

appropriate examination or tests, nor can they apply trained clinical reasoning to the results," says Dr. Shelley Roaten, chairman of family and community medicine at UT Southwestern Medical Center. "Although the autopilot technology of modern jet airliners is quite good, no one wants to be on an airplane

without a human pilot in the cockpit."

A recent survey by the Pew Internet & American Life Project found nearly 80 percent of Internet users, about 95 million adults, use the Web for health research. "With careful searching, answers are available for almost any health topic," Dr. Roaten says. However, he cautions to confirm any findings with a physician before using any medications or undergoing unscheduled or experimental treatments.

"Patients should consider the Internet sites of reputable federal agencies, state health agencies, nonprofit health organizations, professional organizations and university health centers," Dr. Roaten says. "Informed patients can ask their physician better questions."

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Pannell, Densman marry in Oklahoma

Cristy Lynn Pannell and Joshua Charles Densman were united in marriage March 19 in a ceremony at Highway 48 Church of Christ in Coleman, Oklahoma with Rev. James Densman of First Baptist Church, Davis, Oklahoma officiating.

The bride is the daughter of Michael and Penny Pannell of Coleman, Oklahoma. She is the granddaughter of Kemper and Sue Tyson and Don and Mary Rose Pannell, all of Coleman, Oklahoma.

The bridegroom is the son of James and Elaine Densman of Davis. Grandparents are Charles and Helen Burt of China Spring and the late Rosalyn Burt, Avalyn Williams, and Lloyd Densman. His chosen grandparents are Charles and Latrice Swinson of Haskell.

Given in marriage by her father, the bride wore a white, a-line, satin strapless gown decorated with light embroidery. She carried a bouquet of red tulips. For something old, she wore a pearl necklace which belonged to her great grandmother. She wore pearl earrings, a gift from the groom, for something new. Something blue was a lace garter and something borrowed was her veil.

Bridesmaids were Dani Thornburg and Kimberly Mauack, both of Durant, Oklahoma and Amanda Shipman of Norman, Oklahoma. They wore black gowns and carried bouquets of white tulips.

The groom wore a black tuxedo with a red tie and vest. Groomsmen were Scott Dyer of McKinney, Jeremy Mills of Wylie, and Alan

Robinson of Elk City, Oklahoma. They wore black tuxedos with black ties and vests.

Usher was James Pannell of Idabel, Oklahoma, brother of the bride.

Neila Pannell, aunt of the bride, played the keyboard and Lissa McKinnis, cousin of the bride, played flute music.

A rehearsal dinner was hosted by the groom's parents at the Coleman Community Center.

A reception followed the ceremony at the home of the bride's parents. Sarah Adams and Megan Tyson, cousins of the bride, served the bride's cake. The three tiered, strawberry layered cake was adorned with red satin ribbon.

Sarah Densman and Mary Rachel Densman, sisters of the groom, served from the groom's Baylor University themed table. Chocolate cupcakes formed an interlocking BU piped in green and gold icing.

The bride is a 2001 graduate of Southeastern Oklahoma State University in Durant, Oklahoma with a Bachelor of Business Administration degree in accounting. The groom is a 2001 graduate of Baylor University in Waco with a Bachelor of Business Administration degree in finance/real estate. Both are employed in the financial division of ConocoPhillips, Inc. in Cypress.

Following a wedding trip to the Pocono Mountains in Pennsylvania and New York City, the couple make their home in Cypress.

'Plan before you party' to keep summer safer

Summer's here—can there be any doubt? The temperature is soaring, vacationers are packing, schools are closed and summer party season is in full swing.

But don't let these summer activities end in tragedy, said Terri Miller, president of the Brazos Valley Injury Prevention Coalition of Texas Cooperative Extension. Instead, "Plan before you party," she advised.

Among other things, that means designating a sober driver before the first drink is poured.

The coalition, along with officials from the National Highway Traffic Safety Administration and other agencies are stressing the importance of designated drivers this summer.

Alcohol use tends to increase during the summer months, Miller said, especially during the season's long holiday weekends.

The numbers of alcohol-related vehicle crashes and fatalities usually increase during the summer months, she said.

That's especially true in Texas, said Janna L. Ter Molen, project coordinator with the coalition. She quoted figures from the National Highway Traffic Safety Administration.

During 2003 in Texas, she said, "there were 287 alcohol-related fatalities in motor-vehicle crashes from the Fourth of July through Labor Day, the second-highest (number) in the nation, second only to California." More recent figures are not yet available.

That same year, 29 percent of

drivers in fatal crashes had a blood alcohol concentration above the legal limit.

Texas had 1,709 alcohol-related traffic fatalities in 2003, more than any other state in the nation, Ter Molen said. Of the total number of traffic fatalities in Texas that year, an estimated 47 percent were alcohol-related.

To reduce those numbers, Miller and Ter Molen offer these suggestions:

- Before going out, designate a driver to remain sober.

- Never drive while under the influence. Instead, ask someone sober to drive or call a cab or the local sober rides program. If possible, stay where you are until you sober up.

- Don't let anybody else drive when they are impaired. Keep in mind the old saying: "Friends don't let friends drive drunk."

- Don't drink alcoholic beverages on an empty stomach.

- Drink plenty of water to prevent dehydration.

- Always wear a safety belt when driving or riding in a motor vehicle. Experts say this is the single best defense against being injured or killed in a crash.

And don't forget to use these tips all year long—alcohol-related traffic deaths aren't limited to summer months, the experts said.

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Beating a path to the privy? Cut down on the caffeine

You might want to rethink your drink if that extra morning cup of coffee sends you running to the bathroom, UT Southwestern Medical Center physicians say.

Products with caffeine, like chocolate, tea and sodas, can cause bladder irritation for some people, says Dr. Gary Lemack, associate professor of urology.

"It's hard to break people's routines, but if it's affecting your quality of life, it's time to consider

changing your habits," says Dr. Lemack. "In patients prone to problems with urinary urgency and frequency, we do recommend they avoid what causes the problem."

Caffeine is both a diuretic and a bladder irritant and, therefore, may result in enhanced bladder sensitivity and increased urine production, Dr. Lemack says. Other foods that may irritate the bladder include citrus foods, spicy foods and certain cheeses.

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Lunch Menus for July 19-22. Serving 11-2.
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Around Town By Joyce Hawkins

Kenneth and Elaine Campbell, Lona Mae Phelps, Jason Gilley and son, Bay Kirkland, Ricky, Shanna and Shambry Sanders, Rex, Amanda, Abby and Robert Sanders, Jaelyn Sanders and Taylor all had supper and ice cream with Jacky and Sandra Sanders at the Circle S Ranch Sunday afternoon to celebrate Jacky's birthday.

Friends visiting with Hyrum and Jean Richards were Mickey and Merta Rathbone of Eldorado.

Spending the weekend in Haskell were Vern and Charlotte Foreman of Odessa, Coe and Suzy McElmurry of Monett, Missouri, and Chad Lundy, Kitty and Michael of Ripley, Okla. They stayed with Charlotte's and Suzy's sister and brother-in-law, Jean and Hyrum Richards. They visited with their mother and grandmother, Lois Redwine and Charlotte's son,

Flint Nanny and family.

Visiting with Hyrum and Jean Richards were son and family, John and Shannon Richards of Dallas.

Margaret Tatum and Joyce Hawkins visited with Phillip and Floradean Cockerell in Temple from Friday to Tuesday of last week. While there sons, Steven Cockerell and friend Miranda of Brownwood and Jimmy Cockerell and Barbara of San Angelo also visited. On Sunday Johnny and Cathy of Jarrell dropped by. On Tuesday morning Margaret and Joyce went by Lewisville to visit with son Bobby and Darlene Hawkins and stayed with them until Thursday.

The Muehler family had a family reunion at the Haskell National Bank Community Room over the weekend with about 30 in attendance. Vickie Hawkins was a visitor at the reunion.

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Don't be a victim of vehicle theft

Temperatures aren't the only "hot" things in Texas during July. More vehicles are typically stolen in this month than any other throughout the state, so July has been designated "Watch Your Car" Month by the Texas Automobile Theft Prevention Authority (ATPA).

ATPA, a division of the Texas Department of Transportation (TxDOT), warns Texans that even if they drive older vehicles, they need to actively protect themselves against vehicle theft. Texas Department of Public Safety (DPS) Uniform Crime Report figures show that 93,844 vehicles were stolen in Texas during 2004, resulting in a monetary loss over \$750 million. That's one vehicle every five-and-a-half minutes!

The average stolen vehicle is several years old and is often targeted for parts. And of the 8,860 people arrested for motor vehicle theft in 2003, teens between 15 and 19-years-old

accounted for the highest arrest percentage.

Vehicle theft is also far from victimless. Not only can it cause great inconvenience for the vehicle owner, auto insurance rates may also be affected.

Automobile theft rates have fallen 54 percent since ATPA's inception in 1991. According to ATPA Director Susan Sampson, "Auto theft is an economic crime that follows economic trends, but vehicle owners can outsmart thieves by making their cars more difficult to steal." According to Sampson, time is a thief's greatest enemy, and experts recommend common sense techniques that will cost thieves time and, ideally, disable their ability to steal a vehicle.

Vehicle owners are encouraged to keep their vehicles off the "hot" list by practicing prevention. Lock it or lose it, and always remember—"Watch Your Car."

Hydration is key to safe activity in summer's heat

Summer conversation about children and water usually involves a swimming pool. But adults need to be aware that kids' safety in the heat also involves what they should be drinking: plenty of water.

With the weather warming up an kids participation in outdoor activities, doctors at UT Southwestern Medical Center say it's important for children to stay hydrated during sports practices and games. Dr. Louis Palacios, a UT Southwestern family practice doctor who's also an expert on sports medicine, says kids should drink 4 to 8 ounces of water every 15 to 20 minutes during a workout of an hour or less. For longer workouts, kids may need a sports drink to replenish carbohydrates and electrolytes. Dehydration can lead to heat exhaustion or even heat stroke, which can be fatal.

Overall, the best way to keep kids safe is for parents to be

vigilant and aware of what their children are doing. The more

activity, the greater the need to stay hydrated.



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Change gym clothes and shower after workout

As any parent who's washed a child's dirty gym clothes knows, those clothes can be hazardous to your health. But it's not just the smell that can do you in. Doctors at UT Southwestern Medical Center at Dallas say that sweaty gym clothes are a prime breeding ground for bacteria and viruses.

Those warm, moist clothes create a perfect environment for germs to grow, and those germs can make you sick. Dr. Luis Palacios, a family practice doctor at UT Southwestern, says when he sees athletes who get sick repeatedly, his first piece of advice is to shower and change clothes right after a game, practice or workout.

That advice applies to professionals, college athletes, high school athletes, gym students or anyone else who gets hot and sweaty. Change out of your sweaty exercise clothes as soon as possible after a workout. If you have the chance to take a shower, do so—even if that option isn't popular among other students. It's best to wash your workout clothes and wear clean clothes for your next workout, if you can. At any rate, you probably don't want to leave your sweaty gym clothes in your locker until they can practically walk home by themselves.

Dr. Palacios says this shouldn't be an excuse not to exercise. Regular exercise is essential for maintaining good health. Just be sure to clean up after you exercise.

Haskell Volunteer Fire Dept.

is seeking volunteers who are willing to make a commitment to community service by becoming a volunteer fireman.

The department is in need of volunteers willing to be active in meeting the needs of this community in many ways including serving as a fireman, helping with weather watches, working on equipment, helping with various fund-raisers, earning firefighting certification and others.

If you would like to pursue an opportunity to serve your community, call Bill Steele 940-864-2208; Sam Watson 940-864-2355; Randy Shaw 940-864-2023; Jerry Stocks 940-864-3455 or ask any Haskell fireman for an application.

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July 29-30

Knox City, Texas

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Sat.: Booths 10 a.m.; Car Show 8 a.m.-3 p.m.
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For more information, contact the Knox City Chamber of Commerce
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Everybody's Science

by Sandy Miller Hays, Agricultural Research Service

It's Delightful, It's Delicious...It's De Limonoids
Let's take a little test, shall we? "Limonoids" are:

1. the latest bunch of hostile characters on a "Star Trek" spinoff;
2. a new anti-wrinkle cream;
3. small bits of "space trash" whirling through the universe; or
4. natural compounds that appear to do everything from fighting cancer to lowering cholesterol.

If you picked Number 4, give yourself a pat on the back—and have a big glass of orange juice to celebrate! That's because taking advantage of this wonderful gift from Nature is just that easy; limonoids are a natural ingredient of oranges, and you can get them every time you bite into a citrus slice or drink a glass of orange juice.

These compounds are truly amazing. In laboratory tests with human cells and with animals, they've been shown to help fight cancers of the mouth, skin, lung, breast, stomach and colon. Now, thanks to studies by scientists with the Agricultural Research Service in Albany, Calif., we know that we can readily access a particular limonoid,

called limonin, through our citrus consumption. It's the first time research has shown that bioavailability in humans.

This sounds complicated, but it's really not. There's a particular compound called limonin glucoside that's present in citrus and citrus juices in about the same amount as vitamin C. When our body's "machinery" comes into contact with limonin glucoside, the body "shaves off" a sugar (glucose) molecule from the limonin glucoside, and voila! what's left is limonin.

Depending on how your body works, limonin may persist in your bloodstream for as long as 24 hours. The ARS scientists say that persistence may help explain how some limonins are able to fight cancer cells that might proliferate if they're not continuously suppressed.

Limonins are good news on many fronts. They're very easy to get—that's good news for consumers and the health-conscious—and they're good news for citrus-juice processors, who extract an estimated 300,000 pounds of these chemicals from peels, seeds and other processing leftovers every year. They're a classic case of "taking

lemons and making lemonade." Right now, those leftovers, called citrus molasses, are used for nothing more lofty than as an ingredient in cattle feed!

However, the ARS scientists have developed and patented a process to extract these valuable compounds from the citrus molasses, so we—rather than those cows—can get the health benefits through limonin-fortified foods and beverages.

To show how readily our bodies can take advantage of limonin, the ARS researchers conducted experiments in which 16 healthy male and female volunteers drank a dose of pure limonin glucoside dissolved in 4 ounces of water. (Don't worry, it wasn't as awful as it sounds; the limonin glucoside was in the form of a white, tasteless, odorless powder.) The doses ranged from about one-eighth of a teaspoon to a full teaspoon, which would be the equivalent of the limonin glucoside in seven glasses of orange juice.

The participants gave blood samples before downing the limonin glucoside, and gave blood again at three, six, 12 and 24 hours after taking the compound. To make sure they didn't alter the results through their diet, they stayed away from all citrus products for three days before and three days after taking part in the study.

The results? Limonin showed up in the blood of all but one of the volunteers. Most of them had the highest concentrations in their blood six hours after taking the dose, but five of the volunteers—out of a group of 16—still had traces of limonin after 24 hours! That's quite a bit of "staying power," considering that other natural compounds, such as the phenols in green tea, last only about four to six hours.

Next, the ARS researchers plan to take a close look at limonin's effect on cholesterol levels. They suspect that limonin may be among the citrus-juice compounds that lower cholesterol. That's based on tests they've already done with human liver cells, in which the cells exposed to limonin produced less of a substance called apo B, which is associated with higher cholesterol levels.

In the meantime, I'd say it's time to go shopping for oranges!

The Agricultural Research Service is the chief in-house scientific research agency of the U.S. Department of Agriculture.

Sales tax holiday set Aug. 5-7

This year's sales tax holiday for clothing and footwear begins at 12:01 a.m. Fri., Aug. 5, and ends at midnight Sun., Aug. 7. The tax break is expected to save Texas consumers millions in state and local sales taxes. This is one time hard-working Texans can keep their money in their pockets for their families' priorities.

Here are some highlights about the sales tax holiday:

- The tax holiday occurs every year on the first Friday, Saturday, and Sunday of August. Qualifying items are exempt from state and local sales taxes.

- Most clothing and footwear priced at less than \$100 will be exempt from sales tax. Customers will receive the break on individual items, regardless of the total amount they buy. For example, sales tax is not due if a customer buys six shirts each priced at \$99.99. But full tax is due on a shirt sold for \$100; the first \$99.99 cannot be exempted.

- Clothing and footwear used primarily for athletic activities or for protective wear are not eligible for the exemption. Customers buying golf cleats or football pads, for instance, must pay sales tax. Athletic wear that is also used for participation in other non-athletic activities can qualify for tax exemption. For example, tennis shoes, baseball caps, and jogging suits are worn during everyday activities and thus may be purchased tax free during the holiday.

- Also excluded from the sales tax holiday are accessories such as jewelry and watches; items that are carried rather than worn, including handbags, briefcases and wallets; clothing rentals, such as formal wear and costumes; and repairs and alterations.

For more information about the sales tax holiday, visit www.window.state.tx.us or call 1-800-252-5555.

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Summer heat hard on vehicle tires

Standing on the side of the road with the luggage from your trunk on the ground while you get out the spare time is not a fun way to start a vacation.

It may be summer time, but the "living" is not easy for your tires. Motorists should use caution during the summer to make sure their vehicles are in shape.

According to a 2004 study conducted by the Rubber Manufacturers Association, only 16 percent of Texas drivers properly check their tires—leaving 84 percent who are asking for trouble.

Research sponsored by the tire industry group shows that 32 percent of drivers in Texas wrongly believe that the best time to check their tires is when they are warm after being driven for at least a few miles. Actually, tires should be checked before you hit the road.

TxDOT is reminding motorists that underinflated tires combined with hot weather and a fully-loaded vehicle can lead to tire failure. Underinflated tires generate

excessive heat, which can be dangerous.

If a tire goes flat while traveling at a high rate of speed, drivers should remove their foot from the accelerator and coast to a stop. Do not slam on the brakes, which could cause a rollover.

Proper tire care and safety is easy. The most important factors in tire care are: proper inflation pressure, vehicle loading, and tire wear, regular inspection, good driving habits and vehicle condition.

The RMA recommends taking five minutes every month and before every long trip to check your tires, including the spare.

To increase safety motorists should also: obey posted speed limits, wear safety belts properly, avoid fast starts, stops and turns, avoid potholes and debris, avoid contact with curbs, and avoid overloading the vehicle.

Motorists can check a vehicle's tire information or owner's manual for the maximum recommended load for a particular vehicle.

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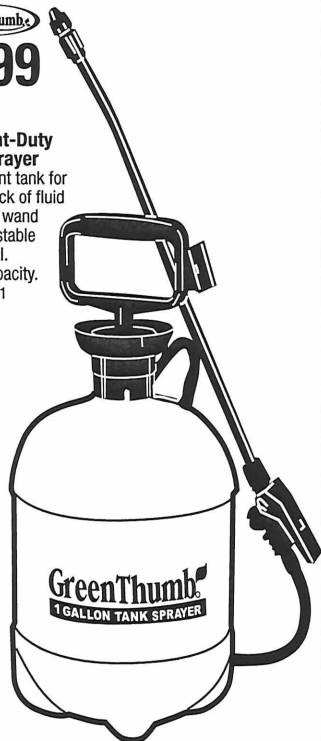


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