

Calendar

Band schedule

Haskell Indian Band summer rehearsals will continue Thurs., Aug. 4, Mon., Aug. 8, Tues., Aug. 9 and Thurs., Aug. 11 from 6 to 8 p.m.; Wed., Aug. 3, Fri., Aug. 5 and Wed., Aug. 10 from 3 to 5 p.m.; and Fri., Aug. 12 from 5 to 8 p.m. including a pizza party.

Paint Creek ISD registration

Paint Creek ISD will hold pre-enrollment Thurs., Aug. 4 from 9 a.m. to 3 p.m. If you cannot attend during these hours or need more information, call 940-864-2471.

Family night

The annual family night picnic for Paint Creek ISD will be held Mon., Aug. 8 at 6 p.m. Hamburgers will be served and school programs including Title I items for the 2005-06 school year will be discussed. All parents/guardians are encouraged to attend.

Haskell High School to register

New students to Haskell High School in grades 9-12 will register Thurs., Aug. 4 from 9 to 11 a.m. in the counselor's office. Students currently enrolled will be able to receive a copy of their fall schedule Thurs., Aug. 4 as follows: Seniors 11 a.m.; Juniors 1 p.m.; Sophomores 2 p.m. and Freshmen 3 p.m.

Benefit luncheon

A benefit luncheon for Deborah (Carlton) Huggins will be held Sun., Aug. 14 from 11 a.m. to 2 p.m. at the Stamford High School cafeteria. Price of brisket meal will be by donation only. A bake sale and silent auction will be held in conjunction with the luncheon.

Mens' breakfast

A Christian mens' fellowship breakfast will be held Sat., Aug. 13 at 7:30 a.m. at the Red Rooster.

HHS classes to begin

Haskell High School will begin classes Wed., Aug. 17 at 8:15 a.m. Classes will end at 3:28 p.m. Students are to report to the auditorium on the first day of school. Students are reminded to follow the dress code which will be the same as the last school year. Enforcement of the dress code will be upheld by all teachers and will include a dress code check daily. The dress code was published in last year's student handbook or in this year's student handbook available at the High School office.

Girls' athletic

Members of the Haskell High School girls' athletic program are reminded to bring their physicals to athletics Aug. 17.

Homecoming 2005

The next Haskell-Mattson-Weinert Homecoming will be held Oct. 7-8. Contact Dorothy Hartsfield, 405 N. Ave. H, Haskell or by email hshhart@cs.com.

PC homecoming

Paint Creek will hold their homecoming Sat., Nov. 12. To update your mailing/email address, contact Max Calk, 3200 Golden Oaks Circle, Granbury, Texas 76049 or maxcalk@earthlink.net

Storm sirens

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

Burn ban

Haskell County residents are reminded that the county remains under a burn ban.

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Shop Haskell during Tax Free Days Aug. 5-7

The Haskell Free Press

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"The People's Choice"

8 PAGES-ONE SECTION-50 CENTS

Spencers establish scholarship foundation

By Mary Kaigler

Dr. Frank C. Spencer of New York, who grew up in Haskell County, graduated from Haskell High School, entered North Texas University in Denton in 1941 at the age of 15, and graduated from there in 1944, recently established a \$250,000 scholarship foundation to North Texas University's School of Arts and Sciences.

On April 1, he was honored for his gift to the College of Arts and Sciences at a reception and dinner hosted by North Texas' President Norval Phol.

"The scholarship is an expression of gratitude for the education and opportunities that North Texas gave me, a scared 15 year old boy from the farm when he entered there in 1941," Spencer recently told the Free Press. "They had the ideal combination of quality education and a sincere interest in their students."

The scholarship was established by Spencer and his wife, Connie, specifically for "students from sparsely settled counties in Texas," he said. "During previous discussions with the Dean, I learned that the official Texas definition of a 'sparsely settled county' is less than one person per 10 square miles. There are 83 of these 'sparse' counties in Texas, one of which is Haskell County." No restrictions were placed on the scholarship except that it would be used for needy students from these areas in Texas. He said he suspects this scholarship may be one of the largest single gifts the school has received from a former student.

The farm boy with roots in Haskell County, and his parents, were overjoyed when he was accepted to UNT at the age of fifteen. Majoring in chemistry, he was inspired by several North Texas professors who encouraged him to work harder than ever before. With a workaholic attitude, which he credits to his farm background and his mother's early



ALUMNUS AWARDS ALMA MATER- Haskell County native, Dr. Frank C. Spencer of New York, renowned pioneer in coronary bypass surgery, recently established a \$250,000.00 scholarship

recognition of her son's special abilities, Spencer was able to finish college in two and a half years.

Applying at age 17 to Vanderbilt University Medical School in Nashville, Tennessee, he was accepted without an interview, and graduated at the top of his class.

On finishing medical school, Spencer trained at Johns Hopkins Medical Center for two years, and at the University of California in Los Angeles for two years. Having received an officer's commission

from the Navy to pay his Vanderbilt expenses, he was called into the military during the Korean War.

While serving on the battlefield, he risked a court-martial in using a new, not yet sanctioned procedure to repair arteries, which he knew would save many limbs from amputation, due to the length of time spent in transporting casualties to hospitals.

Never bothered by the idea of court-martial, he persevered in using the new procedure, and to his

foundation at North Texas University to aid capable students from sparsely settled counties in Texas, including Haskell County. He is pictured during a visit back to Haskell a few years ago.

surprise, he instead received the Legion of Merit in 1953.

Following his time in the military, Spencer continued to have a prestigious career in medicine. In 1961 he launched the University of Kentucky Medical School in Lexington. He became a pioneer in coronary bypass surgery and started the cardiac surgery program as the chair of surgery at New York University Medical Center in 1966. He is now Professor of Surgery and Physician Director of Patient Safety

there. With the motto of "Do what's best for your patient, not what's best for you," he has been there 30 years.

Of his professional career, Frank Spencer says, "I refused to take a position that didn't involve teaching, because much of my good fortune comes from teachers who cared about me and wanted me to succeed."

"I hope that my good fortune, which evolved from very modest circumstances, has shown students what is possible to achieve."

City Council approves FD building, administrator's resignation

The Haskell City Council met for a regular meeting, Mon., July 25, with Mayor Ken Lane, Mayor Pro Tem, Sue Medford and councilmen W.L. Wolf, Jimmy Roberts, Jerry Stocks and Dan Hoover attending. Also attending were City Secretary, Louetta Wallace, City Attorney Shane Hadaway, and twenty-two Haskell citizens.

Acting on a request from the

Haskell Volunteer Fire Dept., a motion was approved for the building of a 60 x 120 foot building on the old Perry Motor property, (owned by the City), according to the Forest Service Guidelines, to house the 1.5 million equipment donated by the Forest Service. The HVFD will apply for a grant and do fund-raisers to pay for the cost of the building.

Approval was given for the hiring

of James Parkey of Corplan Corrections, as consultant for the expansion of the prison.

Approval was given for conveying a portion of the City/County property to the Development Corporation of Haskell for economic development purposes.

A motion was approved 3/2 by the council to accept the resignation of Sam Watson as City Administrator.

Rochester Jr. High sets open house

Tues., Aug. 9, an open house on the Haskell CISD Rochester Junior High campus will be held from 5:30 to 7:30 p.m. All 7th and 8th grade students attending Haskell CISD, and their parents, are invited to come and tour the recently renovated Junior High Campus. Homemade ice cream and cookies will be served. Registration for the 2005-2006 school year will take place during the open house.

Beginning this school year, all 7th and 8th grade students attending Haskell CISD will have classes on the Rochester Jr. High campus. Transportation will be available for 7th and 8th grade students to the Rochester Jr. High campus.

Boys will leave Haskell at 7:30 a.m. from the Haskell High School Cafeteria. Girls will leave from the cafeteria at 7:45 a.m.

Classes will begin at 8:10 a.m.

Rule to "Meet the Teachers"

Rule ISD will host "Meet the Teachers Night" for all students and their parents Mon., Aug. 15 from 5:30 p.m. to 6:30 p.m. This event is for families who will have students in Early Childhood through twelfth grades during the 2005-06 school year.

Teachers and staff members will

be on hand to meet and greet parents, register students new to the district, and answer questions regarding the upcoming school year. Elementary school students are encouraged to bring their school supplies with them.

Rule Elementary School supply lists are available at the Rule ISD Superintendent's office.

The 8th grade students will return to Haskell for last period and be dismissed at 3:30 p.m. The 7th grade students will be dismissed from last period at 3:10 p.m., and will return to Haskell at 3:30 p.m.

Over the summer many improvements have been made to the Rochester Jr. High Campus during the restoration project. The newly restored campus will feature new energy efficient heating and air conditioning and windows.

New computers have been installed in the computer lab as well as a new portable lab with new laptop computers.

The faculty and staff of Rochester Jr. High report that they looking forward to an "awesome year on the new campus."

For more information contact Rochester Junior High Principal, Reida Penman, at 743-3260.

Approval was given for the telephone and TV resolution agreement from Santa Rosa.

Approval was given for the memorandum of understanding with the office of Court Administration Municipal Court software and the request from Linda St. John on a compatible computer.

A resolution from Atmos Energy, for a rate increase was denied by the council.

Input was heard from interested parties on the new city animal ordinance. The council approved eliminating Sec. 3-23 on barking dogs. More study may be forthcoming.

The council agreed for Mayor Ken Lane to pursue cost and maintenance money for repairs on the pilots' lounge at the airport.

Acting City Administrator, Mayor Ken Lane, reported that in compliance with the TCEQ and Railroad Commission, progress is being made at the site of the old capped-off oil well at the city dump, but shale rock was hit in the pit and cannot be dug with the scraper. The city is having to use rippers and a front end loader, and the slow down is backing up the Clean Up Week and general appearance of city. He urged everyone to "please bear with us."

Lane reported that a person has been found to bid on and fix the weirs in the creek.

The city's meeting with TxDOT

went well, Lane reported. The sewer crossing at S. 2nd Street had to be abandoned because it could not be bored. The crossing will be at S. 4th and will allow the city to pick up some people who are not serviced in the south part of the city. The crossing will be air bore in the drainage ditch. He said TxDOT agreed to buy three hot valves to keep the city from being shut off while the main pipes to the lake are changed over. This was a major sticking point for the city, he said.

Lane reported that the jail/prison is reasonably full with 502, only 20 of them from counties. It has 142 employees, and 89 received salary increases.

Reporting on the city's software situation, Lane said, "We bought software several years ago, and as of now, it has never been installed. To do this I would like at the same time to install new computers at City Hall. It is foolish to waste time with junk."

Lane said a search committee consisting of Bob Smith, Jill Druessedow, Wallace Emerson and Randy Hise met July 21 to begin looking for a city manager.

Lane reported that TML said the City will have a 19% increase in cost of workers compensation and an 11% increase in hospitalization for the next year.

Following the approval of outstanding bills, the meeting was adjourned.

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HASKELL COUNTY APPRAISAL DISTRICT
 will be
CLOSED
Mon., Aug. 8 and Tues., Aug. 9
 for computer repair. If you have any questions, please call us before or after these dates at 940-864-3805.

BACK TO SCHOOL SALE
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Campus Connect Registration
August 9-15

Three Wichita Falls centers Register August 23 4105 Maplewood Ave. see schedule for times 940.696.8752 Register for Fall II semester while registering for Fall or Fall I. For more information on classes, see schedule on VC Web site.	Vernon campus Register August 25 Osborne Admin. Bldg. see schedule for times 940.552.6291
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Classes begin **August 29**

Register for Continuing Education classes at anytime.

See the schedule at www.vernoncollege.edu

HERE'S TO YOUR HEALTH... AT HOME!
 Brought to You By:
Haskell Home Health Agency

Misty McMeans
 RN, BSN

Most people are surprised to learn they have **hypertension** (high blood pressure). "But I feel just fine!" they say, and often think that it can't be very serious as long as they don't have symptoms. Unfortunately—you can have it for years without knowing it, but all the time it is making your heart work hard and raising your chances of heart attack and stroke. For this reason, high blood pressure has earned the title of "The Silent Killer."

What is blood pressure?
 Every time your heart beats, it pumps out about 5 ounces of blood, less than a cup. But because the blood must travel through about 12,400 miles of blood vessels, the heart pumps with a great deal of force. This produces a high-pressure wave of blood through your arteries. Normally, the arteries are elastic and expand with each heart beat. When the heart relaxes between beats, the arteries also relax, and the pressure is lower.

What do the numbers mean?
 Blood pressure readings are always given as two numbers, for example, 120 over 82 (written as 120/82). The first number (systolic blood pressure) is always higher and measures the pressure during the heart beat. The lower second number (diastolic blood pressure) is the pressure in the arteries while the heart is relaxed. These two numbers tell much about how hard your heart is working and the condition of your blood vessels. The harder it is for blood to flow through your arteries, the higher both the systolic and the diastolic readings will be.

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

USDA pushes to increase home credit

Bryan Daniel, USDA Rural Development State Director has announced a new pilot effort by USDA Rural Development and Chase Home Finance to increase the availability of new home credit financing to provide more rural families the opportunity to achieve the dream of homeownership in Texas.

Secretary of Agriculture Mike Johanns said, "USDA and its partners in home construction and finance have responded to President Bush's recent challenge to add seven million new affordable homes to the market in the next 10 years. Through innovative partnerships, like the one announced today, more rural families will be better able to meet their housing needs and achieve the American Dream of homeownership."

"USDA Rural Development is pleased to team up with Chase Home Finance to pave the way of homeownership for rural Texans," said Daniel. "It is our goal to ensure that every rural Texan is offered all possible opportunities to obtain affordable housing."

The partnership effort will spur construction of more affordable homes for low to moderate income families living outside major urban centers and is a result of President Bush's challenge to public and private sectors to increase homeownership opportunities for more Americans.

Loan guarantees from USDA Rural Development will make it possible for Chase to offer 30-year fixed rate construction loans that finance 100 percent of the cost of building a new home—including the lot, construction costs, closing costs and interest payments while the house is being built. Homes may be built on individual tracts or subdivisions. Loans may be originated by licensed mortgage lenders and submitted to Chase Home Finance for underwriting.

The program allows eligible applicants to purchase a home without a down payment, with a limited cash outlay at closing. Loans are based on the applicant's repayment ability and offer significant savings on monthly mortgage payments because no mortgage insurance is required.

USDA Rural Development works to ensure that rural citizens can participate fully in the global economy by providing technical assistance, funding, and other programs that help rural Americans build strong economies to improve their quality of life. Homebuilders interested in seeking acceptance to participate in the program may contact 254-774-9770. For more information regarding USDA Rural Development programs, visit our web site at <http://www.rurdev.usda.gov>.



ISABELL FLANARY

Animal ID trials underway in Texas; order premises number

Through the rest of the year, livestock identification in Texas is moving from the drawing board to field conditions to test identification devices, equipment durability and reliability. Using USDA cooperative agreement funding, the Texas Animal Health Commission (TAHC) has awarded contracts to four manufacturers of radio frequency ear tags (RFID), five makers of tag "reader" devices, four computer software providers and a data trustee to maintain the computer records.

Tag readers and computers are set up in several livestock markets, and customers of these facilities will be issued RFID ear tags for cattle that will be marketed through the livestock markets. Two cattle firms that purchase from the three markets also will be equipped to record and report movement information as cattle are sorted and shipped to feedlots in the Texas Panhandle.

"We solicited proposals through the state's purchasing process in March, and had an industry committee review submissions and help select the participating companies," said Kenny Edgar, animal identification coordinator for the TAHC, the state's livestock and poultry health regulatory agency. "Now, like a number of other states that are conducting field trials, we have awarded contracts for equipment, so we can see how well ear tags stay on, the readability of ear tags, how well equipment holds up in livestock markets under everyday use, and how accurately and efficiently data can be captured, stored and used."

About 80,000 of the radio frequency ear tags, known as RFID tags, are being provided by Allflex USA; Farnam, Temple Tag Company

Farmers warned about new whitefly

by Wesley Utley
 CEA-Ag/NR, Haskell Co.

Texas farmers are urged to watch out for a new and highly destructive whitefly called Biotype Q. It feeds on more than 500 plants from 74 families of vegetables and ornamentals.

The whitefly was recently found in California and Arizona, and may have spread to southern states

Obituaries

Isabell 'Bell' (Patton) Flanary

Graveside services for Isabell 'Bell' (Patton) Flanary, 93, of Haskell were held Thurs., July 28 at Willow Cemetery with Rev. J.C. Amburn officiating. Services were under the direction of Holden-McCauley Funeral Home of Haskell.

Mrs. Flanary died Tues., July 26 at Rice Springs Care Home in Haskell.

Born Sept. 11, 1911 in Decatur in Wise County, she was the daughter of Bradford Charlie Patton and Tennie Rosaline Caddell Patton. She married Creed S. Flanary Oct. 4, 1931 in a Model T at Curry Chapel Baptist Church near Gilliam. She was a retired cook, waitress and homemaker. She was a loving

mother, grandmother and friend. She was a member of the Foursquare Church.

She was preceded in death by her husband; a son, Creed Lavon Flanary; brother, Arthur Patton; sister, Magnolia 'Dot' Patton Jones; and two great grandchildren.

Survivors include three sons, John and Betty Flanary of Amarillo, Charles and Sue Flanary of Alvin and Gene and Cinda Flanary of Sagerton; one brother, J.B. Patton and wife, Ollie of Arlington; twelve grandchildren; nineteen great grandchildren; two great great grandchildren; numerous nieces, nephews and friends. PD. NOTICE

and Y-Tex. The tags, to be placed on cattle, sheep and domestic deer, emit a low-frequency signal that is picked up and "read" by a device as small as a handheld wand, or as large as a gate, panel or chute. Tag readers, supplied by AgInfoLink, Allflex USA, Farnam, Temple Tag Company and Y-Tex, will be tested for speed and durability in "real-life" conditions.

"Computer software is needed for managing the ear tag information and movement records, services being provided by eMerge Interactive, Micro Beef Technologies, Texas Dairy Herd Improvement Association 032, and the Beef Information Exchange (BIE)/AgInfoLink. The data "trustee," or company that will hold all the records is the Beef Information Exchange (BIE), and this service will be evaluated with an exercise to trace animal movement. The results of the field tests will be reported back to the committees working on the National Animal Identification System, so the glitches with computers, ear tags or readers can be fixed before they are put in use across the county."

"Regulatory agencies do not need or want production data; but we must be able to locate animals that have moved from a premises within 48 hours or less," said Edgar. He and Dr. Bob Hillman, TAHC's executive director and Texas' state veterinarian, have made dozens of presentations on animal identification to livestock organizations and groups around the state.

"The age and class of an animal, as well as movement information is critical for locating potentially infected or exposed animals during a disease situation. In our field experiment, we are working only

with cattle, sheep, goats and horses. Other states are testing identification devices or group lot numbers with poultry and commercially produced swine," commented Edgar.

"Every state now is getting on board for premises and animal identification, to speed up livestock movement tracing," commented Edgar. "In Texas, HB 1361 will be effect Sept. 1, providing the TAHC authority to implement the animal identification program in Texas that is consistent with the National Animal Identification System (NAIS).

"In a disease situation, time is a key factor and makes the difference between cleaning up a small problem, or dealing with a widespread disease outbreak. The sooner we have information about where animals are located and where they have been, the faster we will be able to find potentially diseased livestock and stamp out a disease problem."

Edgar reported that, nationally, about 90,000 premises have been identified, with about 2,200 of those in Texas.

"According to the national strategic plan, premises identification will be required by Jan. 2008, and so far, about 1 percent of Texas' estimated 200,000 premises have been identified."

"This premises identification number is a unique seven-character alphanumeric identifier assigned to ranches and other sites where livestock or poultry are maintained or moved. One number will suffice, even if the owner raises several species of livestock and poultry on a place," said Edgar. "Getting a premises identification now will save time later, when it is mandatory, and folks have to wait, due to demand. Participating in the program now may enhance the value of livestock to prospective buyers."

Registering for a premises identification number is easy, and the application is simple to complete, he said. Producers can call for an application, or they can go on the internet to register. To obtain a paper copy or schedule a presentation, call the TAHC at 1-800-550-8242. The TAHC's home page at <http://www.tahc.state.tx.us> has a link to the premises identification application.

GOOD TIMES
 Workout Express

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The **New Good Times Workout Express** welcomes the first 100 **Grand Opening Charter Members** to Haskell's newest, fitness and weight management studio at **512 N. First St.** in Haskell.

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Mullins family descendents meet for reunion

Approximately 55 descendents of Will and Bettie Mullins, early Haskell settlers, attended the eighth annual family reunion in Haskell July 17 at the Haskell National Bank Community Room.

The oldest person attending was Maple Thomas of Haskell, who is 88 years of age. Traveling the longest distance was Michael Glenn Smith of New York. The descendents of Nettie Mullins Smith comprised the largest group attending.

Kay Smith, Haskell, served as chairperson of the reunion. Gaylon

Amonett, Lubbock, was auctioneer for the gift and craft auction assisted by Frank Clarkson. Norma Dale Linton, Midland, registered guests.

Kay Smith, Kristen Grand, Kathy Rea, Gwen Williams and their families were primary hosts for the reunion and the preparation of the noon meal.

Honored in memorials were the late cousins George W. Mullins, Jr., of San Antonio and John W. Mullins, Jr. of Lubbock.

Descendents of Alta Mullins Amonett present were Dorothy Lane

Strickland, Rochester; Rodney and Pam Amonett, Clyde; Eldon and Brenda Amonett, Denver City; and Roy Amonett, Haskell.

Descendents of Cevilla Mullins Smith attending were Wilmer Smith, Milano, with his granddaughter and great-granddaughters of Rochester.

Descendents of George Mullins, Sr. present was Willard Mullins, Haskell.

Descendents of Jessie Mullins Amonett attending were Gaylon Amonett, Marjorie Reynolds and Robert Gray, all of Lubbock; Arvil Lee and Faye Campbell, Cone; and Anna and C.D. Reynolds, Conroe.

Descendents of Alma Mullins Pack attending was Wallace Pack, San Angelo.

Descendents of Johnnie Mullins, Sr. present were John and Jennifer Linton, Dalton and Dale Linton, all of Midland; and Frank and Barbara

Clarkson, Lubbock.

Descendents of Margaret Mullins Davis Hood attending were Rodney and Peggy Hamon, Burleson; J. B. and Carolyn Griffin, Abilene.

Descendents of Nettie Mullins Smith attending were Gwen and Jim Williams, Albany; Kay Smith, Kristen Grand, Katie and Levi, Maple and John Thomas, all of Haskell; Kathie Rea, John and Braxton, Matt and Kyera Smith, Stephanie, Dallas and Daniel Smith, Donnie and Sharon Smith, all of Abilene; Clifton and Donna Morrison, Samantha Morrison, and Ricky Stevens, all of Anson; and Michael Glenn Smith, New York.

Guests were Charles Gray and Emerson Gray.

Those attending included twelve first-cousins.

A ninth annual reunion is planned for July, 2006 in Haskell.

Make the most of your medical appointments

by Jane Rowan

CEA/FCS, Haskell County

For some people, a visit to the hospital or physician's office can be a very stressful experience—a long drive may have been involved, almost certainly a long wait. By the time you actually see your health professional, you may forget to tell him or her something important. To ensure the best quality care for you or your loved one, take an active role in preparing for your health visits so that you may take full advantage of your time with the health professional.

Most people don't leave their house for the supermarket without a list of things to buy, right? A visit to your health professional should be no different. A suggestion for keeping this list might include purchasing a spiral bound notebook so that all your information is kept in the same place. Make a list of questions, comments and concerns before going to your health provider's office, leaving space to write down any instructions you might be given. Your list should address

- Your main reason for visiting your health provider
- Your list of health concerns and/or complaints, in order of importance
- *When did it start? What makes it better? What makes it worse?
- Your list of medications
- *Include dosages, why you take that medication and any side-effects you may be experiencing

During your visit you will be able to work your way down this list, making sure that each item is

addressed. By having this information ready, you will be able to maximize your time with your health provider. Your part of the visit with your health provider includes listening to his or her responses to your questions and concerns. Since you left space under each one of your questions, comments or concerns, you should be able to write down the response from your health provider.

When you get home, you will be able to go over the instructions that your health provider gave you during the office visit. The time in between your office visits is also the time to begin making out your new list of questions, comments and concerns for your health provider. Your spiral bound notebook has now become your own health record!

Remember not to keep personal information in your notebook, such as your Social Security number. This is for your protection in case your notebook is lost or stolen.

A spiral bound notebook will serve as an excellent personal health record. However, if you want something a little more "official," the Administration on Aging has a publication entitled "Personal Health Care Journal" which may help you "get organized" for your next visit with your health provider. You may download this journal or order a free copy from <http://www.aoa.gov/press/publications/publications.asp>.

For more information on preparing for a visit with your health provider, contact the Haskell County Extension Office at 940-864-2546.

Around Town

By Joyce Hawkins

The descendents of I.T. Briscoe met Saturday with 38 in attendance for a family reunion. Abilene, Midland, Rochester, Arkansas, Rule, Nugent and Haskell were represented.

Joyce Hawkins spent last weekend in Aspermont visiting with her daughter, Darlene Conn and family.

Christopher and Melissa Tatum, Zachery, Garret, Taylor and Kristilyn spent four days in San Antonio

vacationing. Melissa attended drama school while there.

Kristilyn Tatum celebrated her third birthday Sunday night. Attending were her parents, Christopher and Melissa Tatum; brothers, Zachery, Garret and Taylor; grandparents, Margaret Tatum and Linda Chapman, aunt, Creora Tatum; great grandma, Joyce Hawkins; and friends, Bobby Scheets, Heather and Shelby.

Births

Lee and Meg McManamon Petty of Ransom Canyon announce the birth of their daughter, Tanah Rae Petty born July 18 in Lubbock weighing 6 lbs. 1 oz.

Grandparents are Betsy

McManamon of Haskell and Mr. and Mrs. Keith Petty of Midland. Great grandparents are Mr. and Mrs. George Fouts of Haskell, Mr. and Mrs. Gerald Petty and Mr. and Mrs. Marvin Sanders, all of Midland.

Carla's Sweet Shop

Lunch Menus for Aug. 9-12. Serving 11-2.
All meals include dessert and drink.

<p>~Tuesday~ Hamburger, French Fries</p>	<p>~Wednesday~ Beef Enchiladas, Beans, Rice, Salad</p>
<p>~Thursday~ Smothered Steak, Mashed Potatoes, Blackeyed Peas</p>	<p>~Friday~ Chicken or Tuna Salad Sandwich, Chips or Chef Salad</p>

507 N. Ave. E • Haskell • 864-2711

Back to School Savings!

<p>Bic Ball Point Pens Black or Blue. 10 pack.</p> <p style="font-size: 2em; font-weight: bold;">99¢</p>	<p>Crayola Crayons 24 pack.</p> <p style="font-size: 2em; font-weight: bold;">99¢</p>
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<p>Elmer's Glue 4 oz.</p> <p>Papermate. 10 pk #2 Pencils Sanford Pink Eraser</p> <p style="font-size: 2em; font-weight: bold;">2 for 99¢</p>	<p>School Spirit Barbie</p> <p style="font-size: 2em; font-weight: bold;">\$9.99</p>
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ECC Calendar and Menu

<p>Mon., August 8 11:00 a.m. Blood pressure check Lunch—King ranch chicken, squash, green beans, sliced onions, yeast rolls, Coke cake, milk, tea, or coffee</p>	<p>strawberry shortcake, milk, tea, or coffee</p>
<p>Wed., August 10 Lunch—Meatloaf, Texas potatoes, spinach, sliced onions, cornbread,</p>	<p>Fri., August 12 Lunch—Beef stew, cheese or tuna sandwiches, sliced onions, pickles, lemon cake, milk, tea, or coffee</p>

Announcements begin at 11:45 a.m. followed by lunch.

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OPINION

TEXAS PRESS ASSOCIATION

State Capital



HIGHLIGHTS

By Ed Sterling

No surprise: House kills school finance, property tax legislation
AUSTIN—When Gov. Rick Perry called special sessions to solve school finance in late June and again in late July, armchair quarterbacks across Texas predicted failure, and they've guessed correctly, so far.

After all, to Texans with only a mild interest in the affairs of the state Legislature, it had become plain in the spring that House members, senators, the governor and the comptroller could not or would not agree on the numbers or a plan.

Last year, more than 300 school districts sued the state contending that the system violated the state Constitution by not providing equal educational opportunities. State District Judge John Dietz agreed, but Attorney General Greg Abbott appealed on behalf of the state.

The Texas Supreme Court has been deliberating on the state's appeal since July 6, arguably making further consideration of the issue by the Legislature a waste of time until the court rules.

Why legislation keeps failing

House members, struggling to satisfy the disparate needs of their constituent school districts, have been unable to build a consensus on "recapture" levels—better known as "Robin Hood."

This inability to settle on a graduated formula seems to show that it takes more than sliding scales to balance wealthy and poor school districts so all children have a fair shot at getting a competitive K-through-12 education.

Plus, there has been no general agreement among lawmakers on:

- How much to decrease property taxes.
- How much money is enough to bring Texas schools up to the national average on dollars per student and teacher pay, or even if Texas should base its goals on national averages.
- How (or whether) to shift the tax burden by tinkering with sales tax rates.
- How (or whether) to apply business franchise taxes.

Enough Republicans crossed over and voted with Democrats to kill the school finance and property tax reform bills on July 26, with some members voting apparently in

resentment over Speaker Tom Craddick's refusal to allow any debate on a long list of amendments.

House must originate money bills

Article 3 Section 33 of the Texas Constitution says all revenue-raising bills shall originate in the House. With the killing of House Bill 3, the House must decide whether to resurrect another version of the property tax reform bill.

But such a bill would have to be substantially different from the dead bill so as not to violate Article 3 Section 34, which says "After a bill has been considered and defeated by either house of the Legislature, no bill containing the same substance, shall be passed into a law during the same session. ..."

So, all the governor has to do to reinstate the whole process is adjourn the present session and then call a third special session—if he thinks calling lawmakers back to Austin will put them in a better mood to compromise.

Pay hike vote made in the open

House members broke with tradition by voting on the record instead of by voice vote to raise their own pay, by virtue of the link between judicial pay and legislator pay.

Twenty-six of the House's 150 members voted against the pay raise. Here are their names, party labels and home cities:

Doc Anderson, R-Waco; Todd Baxter, R-Austin; Dan Branch, R-Dallas; Lon Burnam, D-Fort Worth; Norma Chavez, D-El Paso; Robby Cook, D-Eagle Lake; Frank Corte, R-San Antonio; Joe Crabb, R-Kingwood; Dawna Dukes, D-Austin; Gary Elkins, R-Houston; Pete Gallego, D-Alpine; Harvey Hilderbran, R-Kerrville; Scott Hochberg, D-Houston; Mark Homer, D-Paris; Chuck Hopson, D-Jacksonville; Lois Kolkhorst, R-Brenham; Tommy Merritt, R-Longview; Aaron Peña, D-Edinburg; Debbie Riddle, R-Houston; Allan Ritter, D-Nederland; Patrick Rose, D-Dripping Springs; Burt Solomons, R-Carrollton; Senfronia Thompson, D-Houston; Vicki Truitt, R-Southlake; Marc Veasey, D-Fort Worth; Mike Villarreal, D-San Antonio.

The governor has yet to sign it.

Cattle ID tags implemented

by Wesley Utley

CEA-Ag/NR, Haskell Co.

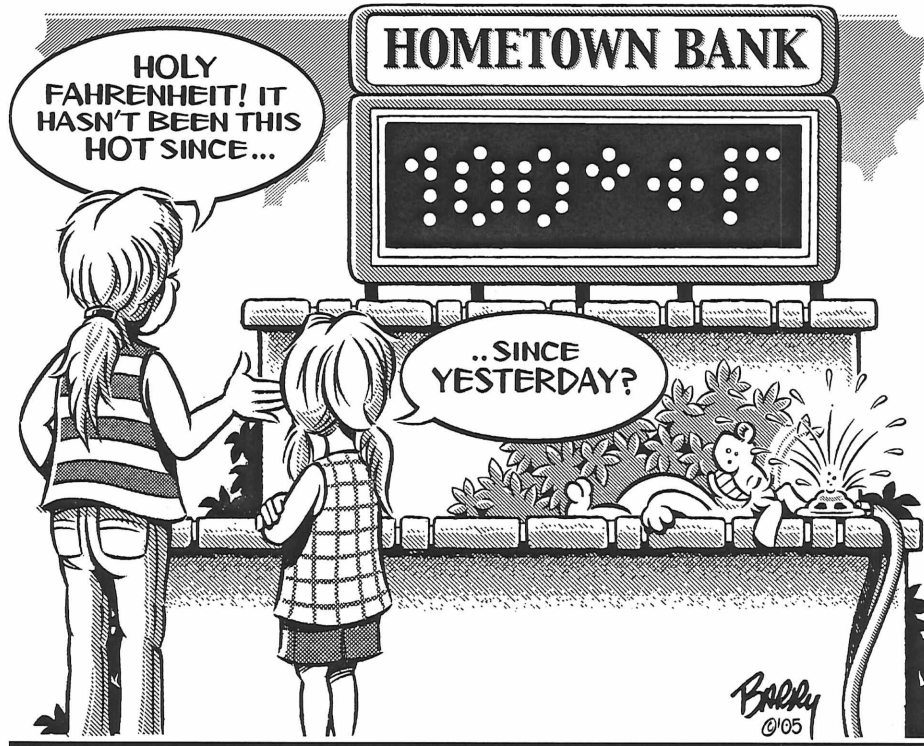
In the wakes of another confirmed case of BSE in the United States, cattle producers are asking more questions about the proposed electronic ear tag for the National Animal Identification System.

Extension experts say the tags will trace an animal's path through the supply chain. In the event of a foreign animal disease, the animal's

movement could be tracked in 48 hours.

The tag is small with copper wire and computer chip bound inside. A visual set of numbers is printed on the outside, so producers will not have to purchase additional equipment to read the tags.

Tags are expected to cost \$1.50 to \$2.00, and full implementation of the ID system is anticipated for 2008.



From The Inside Out

By Mary Kaigler

Who is this Mystery Reader?

I was born in Comanche County. I have been married 51 years and have 2 daughters.

I am a graduate of Haskell High School.

No one knows that I was once invited to audition for the Kilgore Rangerettes.

My favorite TV show/program is "Keeping Up Impressions."

My favorite type of music is big band music.

My favorite song is "How Great Thou Art."

I like to shop, cook, read, antiques (furniture), watch old movies, watch basketball and barrel racing, and renew old friendships.

My favorite reading material or subject is articles and books by Dominick Dunne.

My favorite food/meal is Texas brisket, okra and black eyed peas.

My favorite place in Texas is wherever I happen to be visiting our granddaughters.

My favorite vacation spot in the world is DisneyWorld in Orlando, Florida.

My best qualities are enjoying people and a sense of humor, and having appreciation and admiration for the older generation's wisdom, the way they survived the Great Depression and served and sacrificed for our country.

My worst quality is keeping and storing too much stuff!

I hate it when people consider themselves chiefs, but never an Indian.

The persons from history I'd most like to talk with are Harry and Bess Truman.

For me, the best things about Haskell include having the privilege of meeting and knowing just about

everyone in the county; it has been a joy knowing five generations of many lovely families. During trying times, much love and support is extended here. Never having a traffic problem is a blessing, and being able to arrive at your destination in a short time is a big plus. Last, but not least, is Sonic Dr. Pepper.

Watch next week for my identity.

UPDATE

Last week's Mystery Reader was Georgia Turnbow of Haskell, who once walked into a private home in Butzbath, north of Frankfort, Germany, thinking it was the restaurant someone had recommended to her. The lady of the house was quite irate at the intrusion, but luckily, Georgia knew how to say "excuse me" in German.

Born in Weinert to George and Faye Gray, she started school at Weatherford, and later attended school in Springtown, Weinert, Mattson and one year in Haskell.

Married to Woody Turnbow of Haskell, before her graduation, she "sent him to college instead," and later got her GED.

In the military, Woody was stationed at Fort Knox, Kentucky, Fort Benning, Georgia and in Germany. While with the military for three years, they traveled in Europe. She said she enjoyed the camaraderie with other military wives. Once, during the Vietnam War, she met Woody for five days in Hawaii while he was on R & R.

The couple has three children and fourteen grandchildren. Son Eric has three children, daughter Twyla Sorrells of Garland has seven children, and son Gregg of Midland, has four children.

From 1978 until it consolidated

with Haskell, Georgia served as a teacher's aide for the Weinert Schools, helping with all grades. During the last years there, she worked in the school library, trained by Maxine Hamilton and later Betsy McManamon. The school children became like family to her, and still remain that way today, she said.

She likes to remodel and redo her house, and always seems to have some project in progress. Since moving into her father-in-law, Woodrow Turnbow's house in Haskell, the couple has done extensive work on it.

In 1992 she began to drive the tractor to help out on the farm after their son moved away, and says that if the shredder weren't broken, she'd be on it now. Speaking of the demanding intensity of farming, she said, "When it's harvest season, it seems like that is the only thing that's going on."

Since 1975, the Turnbows have attended the First Christian Church of Haskell where Woody serves as an elder. "It has a special close-knit, family atmosphere we appreciate and enjoy," she said of the congregation.

Telling of their experience of attending an inter-faith chapel at Fort Knox, Kentucky, while in the service, Georgia said, "We learned that we all have more in common than we know, and I wish that we had more interaction with one another in our churches here in Haskell."

The person from history she'd most like to talk with is Jesus.

"It would be exciting to know all the things we don't know yet, and all the things we can't understand," she said, adding that she and Woody take turns reading different versions of the Bible, always seeking new insights.

Haskell CISD Comments

by Eddie Bland, Supt. SCHOOL SET TO BEGIN Classes Begin Aug. 17

Is it already time for a new school year? Has it been that long since elementary field day, high school graduation and the baseball playoffs?

As always the summer has flown past and the start of a new school year is here. Football and band practice began on Monday, and in less than two weeks the students of Haskell CISD will be heading back to the classrooms.

The 2005-06 school year will mark the beginning of an exciting new future for our district. The consolidation of Haskell CISD and Rochester CLISD became official on June 1 this summer. This year's 7th and 8th grade students and staff will get to break in the newly restored junior high campus in Rochester.

The Haskell CISD "Tradition of Excellence" will be carried to a new level this year on all three campuses. The Haskell CISD Board of Trustees, faculty and staff are committed to providing our students with a quality education.

While our Texas legislators continue struggling to overhaul public school finance, we will be hard at work meeting the needs of all of our students.

We are dependent on the support of parents and community to ensure the success of all students. Our staff is always ready to address any questions or concerns you might have regarding our district, so please do not hesitate to contact us.

Let's have a great year!

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 459 head of cattle at its sale on Sat., July 30, according to Gary Tate, reporter. 52 sellers and 32 buyers were present.

Cows: fat, .45-.52; cutters, .50-.59; canners, .35-.47.

Bulls: bologna, .68-.73; feeders, .82-.95; utility, .64-.69.

Steers: medium and large frame No. 1 200-300 lbs., 1.30-1.75; 300-400 lbs., 1.25-1.59; 400-500 lbs., 1.15-1.40; 500-600 lbs., 1.08-1.25; 600-700 lbs., 1.00-1.17; 700-800 lbs., .98-1.15; 800-up lbs., .75-1.05.

One load 747 pounds at 109.95.

Heifers: medium and large frame No. 1 200-300 lbs., 1.20-1.60; 300-400 lbs., 1.15-1.40; 400-500 lbs., 1.00-1.25; 500-600 lbs., .95-1.15; 600-up lbs., .79-1.03.

Bred heifers medium frame, 800-950.

Bred Cows: young to middle aged, 900-1100; aged or small, 650-850.

Cows with calves: medium frame No. 1 young and middle aged, 1000-1400; aged or small, 775-925.

From Out of the Past

From the files of The Haskell Free Press

10 Years Ago August 3, 1995

Buddy and Madge Thomas moved back home to Haskell and opened a branch operation of their mini and vertical blind company here.

Earl and Tempie Lee Alvis were honored with a family dinner at their home in observance of their 60th wedding anniversary. Hosts were their children and grandson, Jim Alvis of Abilene, Earlene Austin and Todd Austin of Rochester.

Eldon "Andy" and Edna Anderson were honored with a 1945 U.S.O. party at the Haskell American Legion Hall in observance of their 50th wedding anniversary. Hosts for the celebration were their daughters, Judith Ann Anderson of Dallas and JoNell Trammell of Haskell.

20 Years Ago August 1, 1985

Dr. William J. Kemp was appointed to a six year term on the Texas State Board of Dental Examiners by Gov. Mark White.

First place winners in the Texas Agricultural Extension Service Rolling Plains-3-4-H Record Judging were Michelle Scoggins, Jill Jennings and Janet Quade.

Kevin Meier participated in the annual Six Man Coaches Association All-Star Basketball game in Stephenville.

30 Years Ago August 7, 1975

The Haskell Warriors defeated defending state champion Port Lavaca 10-1 in the first round of the State Tournament. Nathan Frierson pitched the first four innings giving up only one hit and striking out eight.

Mrs. Zenor Summers of Sagerton spent part of her summer beautifying their back yard. She painted very attractive murals on the side of their shed and butane tanks.

Gerald Wayne Walter and Pamela Dawn Holder of Haskell earned Distinguished Student ranking at Texas A&M University.

40 Years Ago August 5, 1965

The Haskell County Farm Bureau sponsored Marsha Shaver of Rochester, Riley Couch and Stephen Cothron of Haskell to the Citizenship Seminar at Sam Houston State Teachers College.

At the Haskell County 4-H Dress Revue Janice Moeller won first place in the senior division, Diane Davis was junior winner and Kathy Hager was junior alternate winner.

Mrs. Joe Ed Parsons, sister of Ira Hester of Haskell, earned her pilot's license in 1962 and then later became an active member of the Ninety-Nines, a by invitation only womens licensed pilots club.

50 Years Ago August 4, 1955

Reservists from the Haskell 375th Replacement Battalion attended the annual Unit Training at Camp Chaffee, Arkansas, leading the way in marksmanship on the carbine range with eight men qualifying as experts. Highest scores were recorded by Sergeant Gary Reid and Private Winford Biddle.

First place winners at the annual Haskell County 4-H Dress Revue were Ives June Casey and Janet Hannsz.

Polly Tipton, Haskell County 4-H club girl, was selected to represent the county in the district judging for a trip to the Danforth Leadership Camp.

Mr. and Mrs. Clarence Raughton of Paint Creek were in Temple to see their son, Rudy, pitch a game for the Zachery Construction Co. baseball team. His team won the game and he came home with his parents for the weekend.

100 Years Ago August 5, 1905

J. W. Reeves, late of Gaines County, purchased a farm 13 miles west of town.

One of the largest peaches we have seen came out of A. C. Foster's orchard, it was a Chinese Cling and measured nearly 10 inches in circumference.

T. J. Lee of the Marcy country was in town with a load of fine melons.

The Haskell Free Press

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Prevention, timely care important for relief from those itching bug bites

Itchy, red swollen bumps on the skin are an all-too-familiar summer sign that bugs—and bug bites—are flourishing.

That annoying itch may be a good sign, however.

"Itchy is normal. Tender is not," when it comes to bug bites, said Dr. Robin Carder, assistant professor of dermatology and pediatrics at UT Southwestern Medical Center. Tenderness, she cautioned, may be a sign the bug bite is becoming infected and deserves more medical attention. "The main thing to watch for would be whether the bite is secondarily infected. It is normal for a bug bite to be a little red or swollen, and it may even blister," Dr. Carder said. "But the lesion should be more itchy than sore. If it becomes tender, that may be a sign of infection."

Other signs of possible infection are redness extending beyond the immediate bug bite, drainage of pus, or worsening, rather than improvement, of the site over time.

The Southwest's bug-bite season generally runs from March to October, although summer is definitely the worst span.

Mosquitoes and chiggers are the most common causes of insect bites in the region, and the bites are relatively easy to treat with over-the-counter remedies.

"Antihistamines like Benadryl (either the oral or the topical form) can be very effective in relieving the itch and decreasing the swelling, or hive-like response," Dr. Carder said. Topical steroids, such as hydrocortisone, also work well. Both can be found in touch sticks that can make it easier to target the affected area.

Days spent outdoors also can mean ant, tick, wasp and bee stings that can be more serious. Here are some of the most common bites and Dr. Carder's advice on what to watch for and some ways to treat them:

Ant bites: Most are generally harmless, but fire ant bites can be similar to bee stings for some people and cause allergic reactions that can quickly become serious. Hives, swelling of the lips, breathing difficulty (wheezing), or fainting are signs that emergency care is needed.

Bee/wasp stings: Taking an antihistamine or ibuprofen

immediately after being stung may help reduce the pain or swelling. People with known allergies to bee or wasp stings should seek immediate medical care and should carry an epinephrine (epi) pen (and should know how to use it).

Tick bites: It's important to remove the embedded head of the tick from the bite. Try using a pair of tweezers and pulling back slowly or warming the tweezers to get the bug to release its head from the skin. Another method is to apply petroleum jelly, which suffocates the tick by blocking its air passages. If you see an expanding circle of redness that radiates out from the bug bite, it could be a sign of Lyme disease, and the bite needs to be evaluated by a doctor.

Insect bite prevention: Prevention includes wearing long sleeves or pants if you're venturing into wooded areas or fields where bugs are likely. An insect repellent with DEET (less than 10 percent is generally considered safe for children) is the most effective and can also be sprayed on clothes. Avoid applying it to areas (hands or face) where children might ingest it. For infants,

it is best to protect them with clothing or mosquito netting. Repellents containing citronella or soybean oil are generally considered safe, but may not be as effective, Dr. Carder said.

Spider bites: Most routine spider bites can be handled the same as other insect bites. The bite from a brown recluse spider, however, means a trip to the doctor. You'll know because the bite will develop a central purple color within two to three days, often with a central crater or ulcer.

Head lice: Lice live on humans, so you don't get them from a trip through the woods. But daycare centers, schools or camps where kids are in close contact with one another can often result in transmission of lice. Over-the-counter remedies work for the majority of cases, although Dr. Carder recommends applying the treatment two times (immediately, then repeating one week later) and carefully using the nit comb to remove all of the eggs from the hair. If that doesn't work, several prescription remedies are available, including a relatively new one called malathion that has proven effective.

Know the vocabulary when buying a home

Home-buying is a complicated business. Not only does it require a lot of time, money and form-signing, but also learning a new vocabulary, said an expert from Texas Cooperative Extension.

Knowing these terms could be worth thousands of dollars, said Nancy Granovsky, Extension family economics specialist.

Granovsky quoted an article in the Wall Street Journal, which stated some of this vocabulary is connected to "snare borrowers seeking lower monthly payments."

Seeking lower monthly payments isn't necessarily a bad thing, Granovsky said, but borrowers need to know the long-term consequences of these new mortgages before they sign on the dotted line.

Take, for example, interest-only loans.

With these loans, the borrower literally pays only the interest, Granovsky said.

"You aren't really paying the principal you owe," she said. "People who do that (take out interest-only loans) are banking on the value of the property to go up so they can cover what they owe by the growing value of the house. That may or may not happen."

Interest-only loans are usually written on 30-year fixed rate mortgages, she said. For the first 10 to 15 years of the loan, the borrower pays only the interest on the loan.

"You have low payments because you're not paying off the principal," she said.

However, once that time is up, the borrower not only has to keep on paying the interest, he or she also has

to start paying off the principal too. That means an enormous jump in monthly mortgage payments, Granovsky said.

"People believe they can make money if they are in an escalating market," Granovsky said. "That's not always the case. Real estate is not always as 'liquid' as other investments."

For example, she said, if a buyer uses an interest-only loan to purchase a house worth \$200,000, that person could make a profit only if he or she sells the house for more than \$200,000 while still paying only the interest.

However, Granovsky said, "If that \$200,000 house declines in value and they sell the house, they're still going to owe \$200,000."

To explain it another way, she said, "In 'heated' real estate markets there is great interest in interest-only mortgages, but also concern that if the bottom falls out, (buyers) are still left with debt obligations and—(houses) may be difficult to resell."

These kinds of loan are "a gamble," she said. And so are adjustable rate mortgages, often called ARMs. These mortgages carry a rate of interest that varies. Variations of adjustable rate mortgages include:

- Short-term ARMs, which carry interest rates that can vary from month to month;

- Hybrid ARMs, which carry a fixed interest rate for a specified length of time before the interest starts adjusting annually; and

- Option ARMs, which have introductory interest rates as low as 1 percent and multiple payment options.

Both interest-only loans and adjustable rate mortgages are popular, though, especially in light of increasing prices for homes, Granovsky said.

Information from the Mortgage Bankers Association said nearly two-thirds of the new mortgages issued in the second half of last year were adjustable rate mortgages and interest-only mortgages.

And the low monthly payments might look fantastic at first, Granovsky said. But, she warned, "they could lead to a lot of foreclosures if a lot of people don't have the money to repay their debt."

One way lending institutions are trying out to help keep those monthly payments lower is the new 40-year mortgage, Granovsky said. But even with lower monthly payments, these mortgages can be more expensive over the long term because of the longer payoff time.

New 20-20 mortgages are a type of 40-year mortgage that has a lower

rate of interest for the first 20 years of the loan and a higher one for the second, she said.

"A house is a big-ticket item," Granovsky said. "Is a house a shelter or is a house an investment—or is it both?"

Answering that question is a process each buyer must face.

"Risk is involved (in buying a home and choosing a mortgage), but risk is involved in all financial transactions," she said. "If you get involved (in home buying) you need to know what the risks are and know the pros and cons; compare the costs and the benefits; what it looks like now and what it's going to look like then, especially under the 'worse case scenarios' of rising interest rates and/or eroding real estate values."

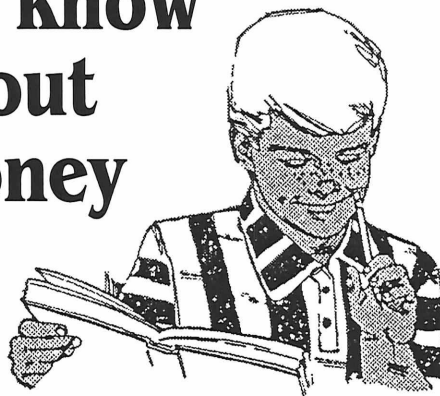
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Everybody's Science

by Sandy Miller Hays, Agricultural Research Service

Vitamin E = Extra Benefits for the Elderly

If you're looking for a nice gift for an elderly parent or relative and you know the last thing they need is another bottle of aftershave or another set of embroidered handkerchiefs, here's a novel idea: vitamin E!

New findings from research funded by the Agricultural Research Service indicate that vitamin E can make a big difference to the elderly in fending off the common cold.

In the ARS-funded study, nursing facility residents who took 200 international units (IU) of vitamin E every day for a year were less likely to catch cold than those who took a placebo. All the participants in the study were residents of long-term-care nursing facilities in the Boston area.

The study involved 617 people screened from a pool of 2,814 potential candidates. The participants had to be older than 65, not room-bound, not tube-fed, and not on kidney dialysis or ventilating

equipment. They also had to be free of antibiotic treatment for at least two weeks before the start of the study.

Once the study got under way, about half of the participants were given a daily supplement of 200 IU of vitamin E. The other participants received a daily placebo capsule that contained only 4 IU of vitamin E. To help control other dietary factors that might affect the participants' immune response, all of them received a daily capsule containing 50 percent of the recommended dietary allowance of essential micronutrients. Every week, nurses examined every volunteer and recorded their health status, focusing on signs and symptoms of respiratory infection.

The bottom line: The scientists found that participants who took the vitamin E supplement were 20 percent less likely to suffer from upper respiratory infections such as colds. When you take into account the 34 million seniors living in the United States, that 20 percent would translate to about 7 million fewer getting respiratory infections.

The good news didn't stop there. Among those who took the vitamin E, there was not only a lower incidence of colds, but also fewer colds per person among those who did catch cold, compared with participants who took the placebo.

Why 200 IU of vitamin E? The researchers had previously done studies that indicated 200 IU was the optimal amount for improving immune response in the elderly, which is very important because seniors have a lower immune response to begin with. But this isn't a case of "if one apple is good, 10 apples are even better." The researchers say they don't believe a dose larger than 200 IU would be more effective in reducing respiratory infections in the elderly.

In that earlier study, men and women over age 65 took either 200 milligrams (the equivalent of 200 IU), 800 milligrams or just 60 milligrams of vitamin E daily. Then they were given a skin test in which seven harmless protein- or carbohydrate-based substances, called antigens, were injected into the skin. Antigens cause the body's immune response to swing into action and produce antibodies to combat the "invaders." It may surprise you—as it did the

researchers—to learn that the best immune response was seen in the people who took 200 milligrams of vitamin E, not the ones who took 800 milligrams.

The researchers also ran tests to see if the extra vitamin E caused the volunteers' immune systems to produce antibodies against their own proteins, which can set the stage for autoimmune diseases such as rheumatoid arthritis. The results: The researchers saw no unwanted side effects from taking the extra vitamin E.

Need a bit more convincing? In another study, this one with mice, the older mice that received high doses of vitamin E were able to fight off flu virus far better than mice that took lower levels of the vitamin.

If you're not into taking yet another pill every day, Mother Nature can lend a hand. Good dietary sources of vitamin E include nuts, seeds, whole grains, fortified cereals, vegetable oils, margarine, seafood, liver and leafy green vegetables.

Bon appétit, everyone!

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

This Week's Devotional Message:

FAITH DECLARES THE BEST 'HOMEWORK' DONE BY THE PARENTS



As every parent and child knows by this time, the new school year is just around the corner. The preparations are underway: the new clothes, the health check-ups, etc., and a refresher course in discipline and respect for authority; plus the appropriate safety reminders. It is also time to enroll in Sunday school, where the lessons combine with the daily 3 R's to provide a truly well-rounded education. However, religious training is of

little avail if the parents fail to do their own 'homework.' This means maintaining a home atmosphere and a lifestyle that will reflect the teachings in the Sunday school. If the children are to develop good, honest attitudes and living habits, the parents must set the example and uphold it at all times. The schools can do only so much; in the final analysis the best training for life must begin and end in the home.

ATTEND CHURCH THIS SUNDAY

—HASKELL—

East Side Baptist Church

Danny Manross, pastor
 Sun. 9:45 a.m., 11 a.m., 6 p.; Wed. 7 p.m.
 600 N. 1st East, Haskell

Christian Church

Dusty Garison, minister
 Sun. Morn. 9:45 a., 10:45 a., 6 p.m.; Wed. 7 p.m.
 107 N. Ave. F, Haskell

New Vision Family Worship Center

Joe and Loretta Stulir, pastors
 864-3465
 Sun. 9:45 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.
 East Hwy 380, Haskell

Trinity Lutheran Church

Ron Renegarbe, pastor
 Sunday School 9:30 a.m., Worship 10:30 a.m.
 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

Rev. Daniel Echols, 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

Jim Yates, minister
 Sun. Morn. 9:30 a.m., 10:30 a.m., 6 p.m.; Wed. 7 p.m.
 510 N. Ave. E, Haskell

First Presbyterian Church

Steve Beatty, pastor
 Sun. Morn. 9:30 a.m.
 306 N. Ave. E, Haskell

Trinity Baptist Church

Tony Grand, pastor
 Sun. Morn. 10 a., 11 a., 6:30 p.m.; Wed. 6:30 p.
 114 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

Greg Gasaway, 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 Fellowship Baptist Church

Dr. Larry Nail, pastor
 Sun. 9:30 a.m. 10:45 a.m., 6 p.m., Wed. 7 p.m.
 1600 N. First St., 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

Fred Garvin, interim pastor
 Sun. 11:00 a.m., 6 p.m.; Wed. 6:00 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

Rev. Daniel Echols, pastor
 Sun. Morn. 9:00 a.m., 11:00 a.m.
 Rochester

—SAGERTON—

Sagerton Methodist Church

Terry O'Rear, pastor
 Sun. Morn. 9:45 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

Terry O'Rear, pastor
 Sun. Morn. 9:30 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

Jim Reid, pastor
 Sun. 9:45 a., 11 a., 5 p., 6 p, Wed. 6 p.m.
 O'Brien

Fair queen entry forms available

The Miss West Texas Fair and Rodeo Queen Scholarship Pageant will be held Friday Sept. 9-11. The Queen competition will be in the categories of horsemanship, speeches, modeling, questions and interviews.

Prizes will include a crown, banner, roses, handmade spurs, hand toolled spur straps, buckle and more. The winner of horsemanship will receive a saddle blanket with hand toolled corners.

Contestants should wear Wranglers for all areas of competition except for modeling, which requires a dress, or skirt and jacket or vest. Leather will not be judged above non-leather. Fit, color coordination and presentation will be the criteria for modeling.

Entry forms are available at the offices of the West Texas Fair & Rodeo for young ladies between the ages of 15-24, who live within a one hundred mile radius of Abilene. Entries must be received in the West Texas Fair & Rodeo office by 5:00 p.m., Aug. 19. Orientation will be Aug. 26.

The winner will reign over the 2005 West Texas Fair & Rodeo Sept., 13-17. She will also represent the West Texas Fair & Rodeo at various other rodeos, parades and activities in the West Texas area during the year, and will be eligible to compete in the Miss Rodeo Texas Pageant held in San Antonio in June.

Entry forms may be obtained by calling the West Texas Fair & Rodeo office at 325-677-4376, or they may be picked up at 1700 Hwy. 36, Abilene.

FSA nominations

The deadline for nominations for positions on the Farm Service Agency County Committees has been extended to Aug. 15, said Glenn Brzozowski, County Executive Director for Haskell County.

Learn how you can take a seat and have your voice heard on your local FSA County Committee by contacting your local FSA office, 607 North First East in Haskell or by calling 940-864-2617 for more information.

TAX PLANNING

Written By
James E. Rodgers, CPA



CASH OR ACCRUAL? WHAT'S THE DIFFERENCE?

When you start a business, you have many decisions to make. One of those is the method of accounting your business will use for reporting income and expenses on your tax return. It is an extremely important decision. With few exceptions, the method you choose can only be changed in the future with the IRS's permission.

The two methods generally used are the cash method and the accrual method. The cash method is probably the easiest for most people to understand and the easiest for small business owners to use. This method recognizes income when you receive a payment from a customer, and a deduction is taken when you pay cash or write out a check for a bill you have to pay.

The accrual method recognizes income when the services are rendered or the product is sold, despite the fact that you may not get paid for several months. You have "accounts receivable" in the form of money customers owe you. Expenses are handled the same way. If you buy something today, but don't pay for it until later, maybe even next year, you would deduct the cost now. What you owe for purchases you've made constitutes your "accounts payable."

The cash method is easier to understand and more closely reflects how money is coming in and out of the business. However, it doesn't tell you how much people owe you or how much debt the business owes. The accrual method better reflects how the business is actually doing, but it is more complex and, for most business owners, more difficult to understand.

All new business owners should sit down with their accountants to discuss the pros and cons of each method and to decide what works best for their business. Many businesses are required by tax law to use the accrual method for tax reporting.

For any assistance you need in making this and other decisions for your new business, give us a call.

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FOR SALE: 30' fifth wheel. Country Star. Slide out, Onan generator, Bedroom remote start and stop. All fiberglass, \$14,500. Club Car golf cart, \$1,200. 325-773-5365. 30-31p

FOR SALE: Like new, hunter green Ashley sectional. Reclining seats and hide-a-bed; new sectional table and coffee table, light oak. 940-864-3301. 31c

WORKING COWBOYS: Two saddles, Ryan Cutter and Cook Roper. All tack sells plus double saddle tree. 940-864-3757. 31p

Cars For Sale

FOR SALE: 1988 Cadillac DeVille parts car. Motor in good condition. Call Bob at 864-8555. 30-31p

Garage Sale

GARAGE SALE: Sat., Aug. 6, 8 to 2. 606 N. 19th. Boys' clothes 10-12, furniture, bunkbed with sheets, comforters, home decor, etc. 31p

CARPOR SALE: 1204 N. 1st. Aug. 5 & 6. 8:30 til ? 31p

YARD SALE: 1106 N. Ave. G. Fri. and Sat. 31p

MOVING SALE: King bed, oak entertainment center, oak 2 leaf dining table, kitchen stuff, much more. Mesquite St., A3, The Anchor. Sat., Sun., 8 til ? 31p

GARAGE SALE: Fri. & Sat. Computers, chair, Misc. 5th house on right on Paint Creek Hwy. 31p

BACKYARD SALE: Lots of stuff. 302 Sunny, Rule. Sat., Aug. 6. 8 til ? 31p

GARAGE SALE: 400 Sunny, Rule, Fri. and Sat., 8 til ?; 506 Central Ave., Rule, Fri. and Sat., 8 to noon. 31c

DOWN SIZING SALE: Fri., Aug. 5. 7 a.m. to 4 p.m. Antiques, clothes, boots, furniture, dolls, misc. 1507 N. Ave. F. 31p

GARAGE SALE: Teen clothes and shoes, household items, lamps, jewelry and more. Southside of square, Haskell. Sat. 8 to 2. 31c

GARAGE SALE: 1003 N. 3rd East. Little girls' clothes, birth to 3 toddler; Jr. girls' clothes, furniture, golf clubs, home deco, misc. 31c

Miscellaneous

HOUSE LEVELLING and foundation repair. No payments until work is satisfactorily completed. David Lee & Co. 325-675-6369. 1-888-486-8588. 6f1c

PRIVATE MUSIC LESSONS: Piano, voice, certain band instrument lessons. Over 20 years musical experience. Lessons given Mon.-Thurs. Call Paul Gibson 940-864-2761. 30-34p

MARY KAY Bonus Time. Go to www.marykay.com. front flash LLETZ to find more. 30-33c

CLASSIC CUTS, east side of the square, Haskell. Student haircuts \$10, through August. Standing appointments available. 940-864-2956. 31c

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NOW TAKING applications for all positions at Sonic Drive In, Haskell. Apply in person. 25f1c

EXCELLENT JOB opportunity. Knox City/Rochester paper route. Estimated profit, \$1400 per month. Early morning hour job, 7 days a week. Must be at least 18 years old, dependable and have reliable transportation and insurance. Call Connie at 325-670-5266 for more information. 31f1c

RICE SPRINGS Care Home is making a difference. We are taking applications for CNAs. Contact Shandra at 864-2652. 31c

GIBSON CARE CENTER under new ownership effective 7-1-05. New owner is Stonewall Memorial Hospital, Aspermont, Texas. Positions needed: Administrator, RN's, LVN's, Certified Nurse's Aides or Non-Certified Nurse's Aides. Please call 940-989-3526 E.O.E. 31-32c

CITY OF HASKELL seeks full time city manager to administer affairs of the city and assist the Economic Development Corporation. Good computer and PR skills, grant writing ability, and supervisory experience. Bachelor's degree preferred. Salary negotiable DOE/Q. Position open until Oct. 30 or filled. EOE. Send resume to Search Committee, City of Haskell, P.O. Box 1003, Haskell, Texas 79521. Additional information, call city secretary 940-864-2333 or email lwallace@wtconnect.com. 31-34c

For Rent

FOR RENT: Furnished rooms for rent. Nightly, weekly. Call Lone Star Lodging 864-2238. 21f1c

HOUSE FOR RENT: 2 bedroom, 1 bath, CHA. Water well. 806-983-5211, after 5:30 p.m. HUD approved. 26f1c

Real Estate

HOUSE FOR SALE by owner: 1206 N. Ave. M. 3 bedroom, 1 1/2 bath. New carpet. Fresh paint. Fenced-in backyard. Well. Sprinkler system. Lower price. Call Kimberly, 325-725-3806. 9f1c

HOUSE FOR SALE in Rochester. 4 bedroom, 2 bath, brick home. Central heating/air. Corner location with two added lots. Landscaped and fenced yard. Carport, storage buildings, water well. 2,400 sq. feet. 806-657-4664. 28f1c

MUST SELL house in Weinert. Two bedroom, newly remodeled. \$28,000. 940-673-1031 or 325-725-0198. Ask for Travis. 31-32c

FOR SALE: Weinert. Large brick 4/4/2 built 1977. \$75,000. Owner/broker. 214-803-8500. 31-34p

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FOR SALE: Weinert. Large brick 4/4/2 built 1977. \$75,000. Owner/broker. 214-803-8500. 31-34p

HOUSE FOR SALE in Rochester. 4 bedroom, 2 bath, brick home. Central heating/air. Corner location with two added lots. Landscaped and fenced yard. Carport, storage buildings, water well. 2,400 sq. feet. 806-657-4664. 28f1c

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Public Notices

PUBLIC NOTICE
Haskell Consolidated Independent School District is seeking bid proposals for technical services contract. Bid proposal specifications may be obtained from the Haskell Consolidated Independent School District Central Administration Office. All bid proposals must be received on or before August 11, 2005. Please contact Eddie Bland Superintendent, Haskell C.I.S.D., P.O. Box 937, Haskell, Texas 79521. 940-864-2602. 30-31c

NOTICE OF APPLICATION FOR AMENDMENT TO THE ZONING ORDINANCE
A request has been received from Ken Lane to change the following described property: Block 3, Lot 6-8, Addition Pitman OL 116, address 1405 N. 2nd, Haskell, Texas, from single family residential zoning district to commercial zoning district. If zoning is achieved, the applicant proposes to use the property for selling of the property.

The planning and zoning commission of the City of Haskell, Texas, will hold a public hearing pursuant to this request on Fri., Aug. 19, 2005 at 12 noon in the City Hall Council Chambers. 31c

CHILD FIND
The Haskell-Knox Shared Service Arrangement engages in ongoing activities to locate, identify and evaluate all children who reside in the Member Districts who may have a disability covered by the Individuals with Disabilities Education Improvement Act of 2004 (IDEA) and, because of the disability, need special education and related services. These activities are called Child Find. Child Find activities apply to not only students in public school, but to students in private school, including religious and parochial schools and to students who are home schooled. The Haskell-Knox SSA currently takes the following actions to locate, identify and evaluate all children residing within the Member Districts who may need special education and related services:

- Local Newspaper Notification
- Distribution of Child Find Brochures
- Participation with Child Find Activities in Wichita Falls, ESC Region IX and Abilene, ESC Region XIV
- Radio and Television Media

For additional information you may call the Director of Special Education at 940-658-3587 or write to Haskell-Knox SSA, P.O. Box 159, Knox City, Texas 79529. Haskell-Knox SSA serves the Member Districts in Benjamin, Knox City-O'Brien, Munday, Rule and Paint Creek. 31c

HALLAZGO de NIÑO (CHILD FIND)

El Haskell-Knox Compartió el Arreglo del Servicio entra en actividades progresivas localizar, identificar y evaluar a todos niños que residen en los Distritos de Miembro que puede tener una cubierta de la incapacidad por los Individuos con el Acto de la Mejora de la Educación de Incapacidades de 2004 (IDEA) y, a causa de la incapacidad, la necesidad la educación especial y los servicios relacionados. Esta actividades Le se llaman a Niño el Hallazgo (Child Find). Las actividades del Hallazgo del niño aplican a no sólo estudiantes en la escuela pública, pero a estudiantes en el colegio privado, inclusive escuelas religiosas y parroquiales y a estudiantes que son educados en las casa (home-schooled). El Haskell-Knox SSA toma actualmente las acciones siguientes localizar, identificar y evaluar a todos niños que residen dentro de los Distritos de Miembro que puede necesitar la educación especial y los servicios relacionados:

- La Notificación por Periodística Local
- La Distribución de Folletos de Hallazgo de Niño
- La Participación con las Actividades de Hallazgo de Niño en la Wichita Falls, la Región de ESC IX y Abilene, la Región de ESC XIV
- Medios de Radio y Televisión

Para información adicional usted puede llamar al Director de la Educación Especial en 940-658-3587 o escribir al Haskell-Knox SSA, P.O. Box 159, Knox City, Texas 79529. Haskell-Knox SSA sirve los Distritos de Miembro en Benjamin, Knox-O'Brien, Munday, Rule y Paint Creek. 31c

NOTICE
Notice to all persons having claims against the estate of Eddie B. Jolly, Cause #4566, Haskell County, Texas.

Notice to all persons is hereby given that the original letters of Testamentary upon the estate of EDDIE B. JOLLY, deceased, were issued to the undersigned of the 28th day of July, 2005, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, the county below named, are hereby required to present the same to us, at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed, and within the time required by law to her attorney Preston L. Poole, Jr., at P.O. Box 296, Post, Texas 79356. Dated: 28 July, 2005 Joan Jolly 31p

PUBLIC NOTICE

Notice is hereby given that a public hearing will be held at 7:00 p.m. on the 18th day of August, 2005 before the Board of Directors of Rolling Plains Groundwater Conservation District at 135 N. Munday Ave., Munday, Texas, in regard to Amendments to the District's Management Plan. The Board of Directors encourages all citizens of Baylor, Haskell and Knox Counties to participate and to make their views known at this public hearing. 31c

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We would like to thank those who sent their prayers, cards, phone calls, flowers, brought food and attended Bell's service. Special thanks to Rice Springs Care Home nurses, aides and staff for taking care of Bell in their special way. The other residents also took the time to make Bell their friend. Thanks to Dr. McSmith, his staff and Dr. Cadenhead for their care of Bell. We also want to remember all those who visited Bell to make her days more enjoyable.
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1307 N. Ave. L. Clean three or four bedroom, large living with fireplace, new appliances and countertop, C/HA, corner lot with covered patio, storage or shop building, well and fenced.

102 AC. Sixty acres irrigated with 40 acres hunting. Has three wells and pivot and located approx. 10 mi. northwest of Rule.

1609 DERRICK. Like new, large beautiful den, fireplace, vaulted ceilings, master bath has shower and tub, C/HA. Reduced.

Come by Rike Real Estate for a complete list.

EDUCACION ESPECIAL CHILD FIND

El programa de Educación Especial para niños con incapacidades ofrece servicios para niños recién nacidos hasta la edad de 21 años. Si usted sabe de un niño que quizás tendrá una incapacidad, favor de ponerse en contacto con Haskell-Knox Coop (940) 658-3587 o Region IX Education Service Center (940) 322-6928, (940) 322-8297 or (800) 375-8297 para obtener información sobre estos servicios. Estos servicios son grátis.

CHILD FIND/SERVE
Make the call/make the difference for a child with a disability.

1-800-375-8297
or 817-322-4297

Special Education Child Find

The Special Education Program for Children with Disabilities provides services for children ages birth through 21. If you are aware of a child who is suspected of having a disability, please contact Haskell-Knox Coop (940) 658-3587 or Region IX Education Service Center (940) 322-6928, (940) 322-8297 or (800) 375-8297 for information about screening and evaluation at no cost.

CHILD FIND/SERVE
Make the call/make the difference for a child with a disability.

1-800-375-8297
or 817-322-4297

FSA sets LAP application deadline for 2005

According to Glenn R. Brzowski, Executive Director for the Haskell County Farm Service

Agency (FSA), Sept. 9, 2005 will be final date to sign-up for 2005 Livestock Assistance Program (LAP)

benefits. LAP provides relief to livestock producers who suffered grazing losses in 2003 or 2004 due

to drought, severe weather and related causes. Producers of dairy and beef cattle; bison and beefalo; goats; swine; sheep; and certain equine, elk and reindeer are now eligible to participate in LAP.

consecutive months due to natural disasters.

"When applying for LAP benefits, producers should be prepared to provide detailed information about livestock numbers, weight range, share and forage type as well as an estimated percent of loss," said Brzowski.

To qualify for LAP, grazing land must be located in a county designated as a primary disaster county under a presidential or secretarial disaster declaration. The declaration must have been approved on or after Jan. 1, 2003, for a disaster occurring through Dec. 31, 2004. LAP benefits are not available for contiguous counties.

Eligible applicants must have control of adequate grazing land to support the eligible livestock and possess beneficial interest in eligible livestock that have been owned or leased for at least three months. During 2003 or 2004, livestock producers must have suffered a 40 percent or greater loss of grazing production for three or more

Emergency loans accepted

"Applications for emergency farm loans caused by excessive rain, flash flooding, hail, high winds, and lightning that occurred May 31, 2005, are being accepted at the Farm Service Agency (FSA) office located in Haskell," Larry P. McDaniel said recently.

"Haskell County is 1 of 7 in Texas recently named by the Secretary of Agriculture eligible for loans to cover part of actual production losses resulting from excessive rain, flash flooding, hail, high winds, and lightning that occurred May 31, 2005."

McDaniel said, "Farmers may be eligible for loans of up to 100% of

their actual losses or the operating loan needed to continue the agricultural business, whichever is less. For farmers unable to obtain credit from private commercial lenders, the interest is 3.75 percent."

"As a general rule, a farmer must have suffered at least a 30 percent loss of production to be eligible for a FSA emergency loan," McDaniel said. Farmers participating in the Federal Crop Insurance program will have to figure in proceeds from those programs in determining their loss.

"Applications for loans under the emergency designation will be accepted until March 20, 2006 but farmers should apply as soon as

possible. Delays in applying could create backlogs in processing and possibly over into the new farming season," McDaniel said.

FSA is a credit agency of the United States Department of Agriculture. It is authorized to provide disaster emergency loans to recognized farmers who work at and rely on farming for a substantial part of their living. Eligibility is extended to individual farmers who meet U.S. citizen requirements and to farming partnerships, corporations or cooperatives in which U.S. citizenship requirements are met by holding a majority interest.

Haskell Elementary to register

Haskell Elementary School will hold registration for new students to the district Tues., Aug. 9 from 10:00 a.m. to 1:00 p.m. in the elementary office. This registration is also for any students that did not pre-register in the spring for Prekindergarten or Kindergarten and for students that have attended Haskell Elementary in the past, but did not finish the 2004-05 school year at Haskell Elementary.

Parents should bring their drivers license and their child's birth certificate, immunization record,

social security card and last report card.

Registration and Back to School Night for all Haskell Elementary students will be held Mon., Aug. 15 and Tues., Aug. 16. On Mon., Aug. 15 students in Head Start, Early Childhood, Prekindergarten and Kindergarten will register at 5:30 p.m. and students in 1st and 2nd grades will register at 6:30. On Tues., Aug. 16, students in the 3rd and 4th grades will register at 5:30 and students in 5th and 6th grades will

register at 6:30 p.m. Parents are encouraged to attend registration with their child/children so they can meet the teachers and fill out necessary paperwork.

Homeroom lists will be posted at the time of registration.

School begins Wed., Aug. 17. Classes will begin at 8:00. Kindergarten through 6th grades will dismiss at 3:15 p.m. Kindergarten will dismiss at 1:00 p.m. the first three weeks of school (Aug. 17- Sept. 9).

Rule ISD sets pre-registration

Rule ISD will hold pre-registration Aug. 9, 10, and 11 in the Rule ISD library. Parents/legal guardians of students in grades Pre-K through 8, and parents of all students who are new to the district for the upcoming school year are required to attend. Parents of all high school age students are also encouraged to attend.

The pre-registration schedule is as follows:

Tues., Aug. 9: Seniors, 1:00 to 2:30 p.m.; Juniors, 2:30 to 4 p.m.

Wed., Aug. 10: Sophomores, 1:00 to 2:30 p.m.; Freshman, 2:30 p.m. to 4 p.m.

Thurs., Aug. 11: Pre-K through 5th grade, 8:30 to 10:30 a.m.; 8th grade: 1:00 to 2 p.m.; 7th grade, 2:00 to 3 p.m.; 6th grade, 3:00 to 4 p.m.

Parents of students who are new to the district should bring the

following items with them to pre-registration: proof of residency in the Rule ISD district in the form of a water or electric bill; a copy of the child's Social Security card; current immunization records; and any records from the child's previous school district.

If you have questions about pre-registration, call Rule ISD at 997-2246 or 997-2521.

Keep Secondary Worm Pests Under Control in Cotton

Secondary worm pests such as loopers, armyworms and saltmarsh caterpillars can cause extensive damage to cotton plants at a key stage of production. Although infestations of these pests may be sporadic from year to year, damage from their feeding can be a late-season headache for growers.

Data from studies conducted by Dow AgroSciences and Mississippi State University during an outbreak of saltmarsh caterpillar in seedling cotton indicated that Intrepid® insecticide is highly effective in controlling this pest, as well as beet armyworms, soybean loopers and cabbage loopers.

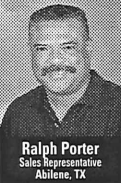
In all studies on loopers and saltmarsh caterpillars, low rates of Intrepid were compared with other commercial standard treatments and untreated checks. Results showed that Intrepid significantly reduced looper and saltmarsh caterpillar populations and percent of defoliation within 2 to 3 days of application.

Feeding among the pests stopped almost immediately, with death following in 2 to 5 days. And, the residual effectiveness of Intrepid on treated foliage was apparent for at least 14 days.

The active ingredient in Intrepid mimics the natural insect molting hormone in targeted pests, causing a premature, lethal molt of the larvae within hours of ingestion. Intrepid, however, is selective, so it allows growers to maintain populations of key beneficial insects such as ladybeetles, parasitic wasps and honeybees, which makes it ideal for use in Integrated Pest Management and resistance management programs.

The extended residual performance and broad spectrum of Intrepid for control of the secondary pest complex in cotton makes it an excellent fit for pest control programs across the Cotton Belt.

To learn more about Intrepid® insecticide and other Dow AgroSciences cotton protection products, see your local ag retailer or visit www.protectmycotton.com.



Ralph Porter
Sales Representative
Abilene, TX

Dow AgroSciences

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COMBO NO. 5	SPICY POPCORN CHICKEN & 32 OZ. TALLSUP	\$2.59
COMBO NO. 6	3 TAMALES, HOWLERS & 32 OZ. TALLSUP	\$2.49
COMBO NO. 7	2 HOT LINKS WITH BREAD & 32 OZ. TALLSUP	\$2.49
COMBO NO. 8	2 CORN DOGS & 32 OZ. TALLSUP	\$2.29
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