

Calendar

Water testing

Four Winds RC&D, Haskell SWCD and NRCS is sponsoring a water testing program to check for nitrates, bacteria and total salts. To participate, pick up a water test bag at the USDA Service Center, 607 N. First St. East in Haskell Mon., Aug. 14. Return the water sample before noon to the Service Center Tues., Aug. 15. A short water quality educational meeting will be held Wed., Aug. 16 at 1 p.m. with the sample results made available. Cost is \$5 per sample. For information, call the NRCS office at 940-864-8516 ext. 4.

Paint Creek ISD pre-enrollment

Paint Creek ISD will pre-enroll students Wed., Aug. 9 from 9 a.m. to 3 p.m. Students unable to attend during these hours should contact the school. For more information, call 940-864-2471.

Family night

Paint Creek ISD will host their annual family night picnic Mon., Aug. 14 at 6 p.m. Hamburgers will be served. A discussion of the 2006-07 school year will cover Title I items and other school programs. All parents/guardians are encouraged to attend.

Rochester anniversary

Rochester exes are asked to email both physical and email addresses to Sandra Fry at sfryrochester@yahoo.com. Pictures for a presentation for the Rochester 100th anniversary and homecoming weekend to be held Oct. 13-14 are also needed.

Burn ban issued

A burn ban is in effect for Haskell County. The use of combustible materials in an outdoor environment by any person is prohibited. Combustible materials specifically include, but are not limited to, fireworks, camp fires, welding and any other pyrotechnic material, which in the manner or means of its use could result in a wildfire. The ban will continue until conditions warrant otherwise, stated Haskell County Judge David C. Davis. A person who knowingly or intentionally violates this order commits a Class C misdemeanor, punishable by a fine of up to \$500.

Society to meet

The Haskell County Historical & Genealogical Society will meet Mon., Aug 7 in Haskell City Hall at 7 p.m.

Team Impact

Team Impact, an international ministry whose members are body builders, weigh lifters, former pro-football players or pro-wrestlers who do mind-boggling feats of strength and share their stories of faith in Jesus Christ, will be in Aspermont Aug. 2-6 at the Aspermont High School Auditorium. Doors open at 6:30 p.m. and the action starts at 7 p.m. Admission is free. The event is sponsored by the Stonewall County Ministerial Alliance. Call Brian Burgess at 864-3250 for more information.

Benefit dinner

A benefit dinner is set Sat., Aug. 5 from 6 to 9 p.m. at Paint Creek Baptist Church. Plates of barbecue sandwiches, chips, drink and dessert are \$5 for adults and \$2.50 for children under 12. Proceeds will benefit Brinda Walker and her family, who recently lost all their belongings in a house fire at Jeffcoat's at Lake Stamford. Donations will be accepted. Carry outs will be available. For more information call Bonney at 864-2091 or Beverley at 864-3318.

Index

ObituariesPage 2
Out of the PastPage 4
ECCMenuPage 10
ClassifiedsPage 11

Shop your hometown merchants

The Haskell Free Press

VOL. 120—NO. 31, ©AUGUST 3, 2006

"The People's Choice"

12 PAGES—ONE SECTION—75 CENTS



HASKELL'S NEW SKYLINE—Early Tues., July 25, Haskell's eastern skyline took on a new look. Construction crews placed 90' concrete beams across the roadway supports to join the two

sides of the bypass. The large beams were lifted from trucks and placed on the bridge supports, taking about 7 minutes for each placement. Officials cite the project as 'on schedule.'

Elementary school to register today

Haskell Elementary School will hold registration for new students to the district Thurs., Aug. 3 from 10:00 a.m. to 1:00 p.m. in the elementary library. 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 2005-06 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.

School starts August 14

Registration and Back to School Night for all Haskell Elementary students will be held Tues., Aug. 8 and Thurs., Aug. 10. On Tues., Aug. 8 students in 3rd and 4th grades will register at 5:30 and students in 5th and 6th grades will register at 6:30. On Thurs., Aug. 10, students in Head Start, Early Childhood and Kindergarten will register at 5:30, Prekindergarten students will register from 5:30-7:30 and students in 1st and 2nd grades will register at 6:30. 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 Mon., Aug. 14. Classes will begin at 8:00. Kindergarten through 6th grades will dismiss at 3:15. Kindergarten will dismiss at 1:00 the first three weeks of school (Aug. 14-Sept. 1).

Cities show increases in sales tax receipts

Texas Comptroller Carole Keeton Strayhorn has said the state received \$1.49 billion in sales tax revenue in June, up 15.6 percent compared to June 2005.

Strayhorn delivered \$412.4 million in July sales tax allocations to cities, counties and other local taxing entities, up 19.7 percent compared to last July.

Comptroller Strayhorn sent July sales tax allocations of \$277.6 million to Texas cities, up 19.3 percent compared to July 2005. Calendar year-to-date, city sales tax allocations are up 15.1 percent compared to the same period last year. Texas counties received sales tax payments of \$25.5 million, up 23.3 percent compared to last July. Calendar year-to-date, county sales tax allocations are 17.2 percent higher than last year.

June state sales tax collections and July sales tax allocations to local governments mostly represent sales that occurred in May.

Haskell County had a 15.21 percent increase for July 2006 of \$29,309.452 in comparison to \$25,438.38 for July 2005. 2006 payments to date of \$217,602.75 reflect a 4.35 percent decrease over 2005 payments to date of \$227,512.74.

The City of Haskell had a 14.09 percent increase for July 2006 of \$27,366.19 in comparison to \$23,986.28 for July 2005. 2006

payments to date of \$200,140.69 reflect a 5.88 percent decrease over 2005 payments to date of \$212,652.33.

The City of O'Brien had a 13.00 percent decrease for July 2006 of \$19.86 in comparison to \$22.83 for July 2005. 2006 payments to date of

\$492.48 reflect a 41.67 percent increase over 2005 payments to date of \$347.62.

The City of Rochester had a 31.64 percent increase for July 2006 of \$419.21 in comparison to \$318.45 for July 2005. 2006 payments to date of \$3,908.08 reflect a 2.12 percent

decrease over 2005 payments to date of \$3,992.91.

The City of Rule had a 28.93 percent increase for July 2006 of \$1,284.66 in comparison to \$996.37 for July 2005. 2006 payments to date of \$10,960.96 reflect a 17.93 percent increase over 2005 payments to date

of \$9,294.11.

The City of Weinert had a 91.81 percent increase for July 2006 of \$219.53 in comparison to \$114.45 for July 2005. 2006 payments to date of \$2,100.54 reflect a 71.36 percent increase over 2005 payments to date of \$1,225.77.

Shop smart during tax free weekend

The state's eighth annual sales tax holiday is scheduled for Aug. 4-6.

Each year this event—which is the first weekend of August, shortly before the start of the school year—allows shoppers to purchase some clothing and shoes, and save money by not paying sales tax.

State officials predict Texas consumers are expected to save millions of dollars in state and local sales taxes by shopping on this weekend.

But consumers shouldn't assume every purchase that weekend will be tax-free, said Dr. Joyce Cavanagh, Texas Cooperative Extension family economics specialist.

In fact, school supplies and other back-to-school necessities such as backpacks are not on the tax-free list, she said, so don't expect to stock up on tax-free notebooks, pens, folders and lunch boxes.

Included on the tax-free list are most items of clothing and footwear

priced below \$100. That includes baby clothes, dresses, hosiery, jackets, jeans, pajamas, shirts and many different kinds of shoes. Not included on the tax-free list are such items as purses, jewelry and accessories.

And neither are items used mostly for athletics, such as football pads and helmets, baseball shoes and pants, inline or regular roller skates,

ice skates, and clefted shoes for biking, bowling, golf or baseball.

For more information on the tax-free list, visit the Web at <http://www.window.state.tx.us/> and click on the link to "Sales Tax Holiday."

Although shoppers can save money during this weekend, they shouldn't expect every tax-free item to be a bargain, Cavanagh said.

"Sometimes consumers are better

off if they wait for some items to go on sale, rather than purchasing them at full price during the tax-free weekend," she said.

With that in mind, consumers can still save money by shopping during tax-free weekend, she said.

"Just keep a little common sense in mind when you're at the mall," Cavanagh said.

Commissioners hold meetings

The Commissioner's Court of Haskell County met for a called meeting, Mon., July 24, to have a budget workshop with several supervisors to discuss their budgets.

Also meeting with the commissioners was Ann Giddens of YMCA Breast Cancer Awareness, who requested assistance from the County in funding this program.

In their regular meeting, July 25,

they heard a report from Randy Hise, President of the Board and Acting Director of the Development Corporation, on the Regional County Jail and Detention Center.

Approval was given for the Personnel Policy in a vote of 4-0.

In a vote of 4-0, approval was given for a motion to adopt Plan Change No. 40 concerning Haskell County Title IV-E Non-Financial Child Welfare Board Contract CID:

23357304.

Discussion of the Texas County and District Retirement System optional group term life program was tabled.

A motion to leave the County Road and Bridge Fees the same was approved in a vote of 5-0.

In a special called meeting, July 27, the Court met for a workshop and discussion of the 2006-07 budget.

FOR NEWS ITEMS OR TO SUBSCRIBE, CALL 864-2686

VERNON COLLEGE
VERNON - WICHITA FALLS
www.vernoncollege.edu

2006 Fall
Registration

Campus Connect Registration
August 3 - 18

Wichita Falls Registration August 23
Vernon Registration August 24

Register for Community Development (Continuing Education) classes anytime.
Classes begin August 28

teaching | learning | leading

Weather Whys

Dog Days of Summer
Q: What are the "dog days of summer"?

A: It's a slang term for the hottest time of the year, explains Brent McRoberts of Texas A&M University. "In general terms, it's the time between early July and early September when the highest temperatures occur in the Northern Hemisphere," he says.

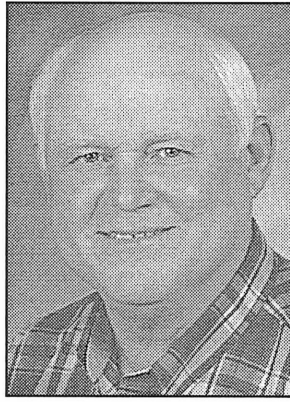
"The ancient Egyptians named the brightest star in the sky Sirius, which they labeled the 'dog star' after one of their mythic gods. Sirius could be seen in the sky at the same time as the sun and they believed it was responsible for the intense summer heat."

Q: Are the 'dog days' really the hottest time of the year?

A: Almost always, adds McRoberts.

"Today, we usually mark the dog days as occurring from July 3 to the middle of August, but other countries mark them differently," he adds.

"It is usually the hottest and most uncomfortable time of the year. That's why 'dog days' also refer to period of any inactivity or a slow time of the year. For decades, the term has been used on Wall Street to refer to very slow times of economic activity in the stock market, and brokers call non-moving stocks 'dogs' in reference to the dog days of summer."



RONNIE ADAMS
Funeral services for Ronnie Adams, 58, of Haskell were held

Obituaries

Ronnie Adams

Mon., July 31 at First United Methodist Church in Haskell with Rev. Daniel Echols officiating. Burial was in Willow Cemetery under the direction of Holden-McCauley Funeral Home of Haskell.

Mr. Adams died Sat., July 29 at Haskell Memorial Hospital.

Born Jan. 28, 1948 in Knox County, he was the son of R.L. (Bub) and Delma Bruce (Chat) Sargent Adams. He graduated from Weinert High School in 1966 and went one semester of college at McMurry University. He returned home to do what he loved, farming. He married Sherry Newton Oct. 27, 1966 in Mexico. He had farmed around the Haskell area for 35 years. He always greeted everyone with a smile and

was known to many to have a kind and gentle spirit and soul. He attended First United Methodist Church. He will be missed by all who know him.

He was preceded in death by his parents; a daughter, Rhonda Adams in 1984; and sister, Anna Decker.

Those left to remember him are his wife, Sherry Adams of Haskell; son, David Adams and wife, Tina, of Haskell; Kay Graham, Nean Newton and Teresa McNea; nieces, Cozi Wilson and Jerri Freeman; nephews, Gary Decker, Roy Graham, Keith Graham, Cody Ivy, Josh Tidwell, Brad Tidwell, Scott McNea and Shane McNea; and a host of friends.

Memorials may be made to the donor's favorite charity. PD. NOTICE

Wanda Ruth Cook Stocks

Graveside services for Wanda Ruth Cook Stocks, 72, lifelong resident of Haskell were held Tues., Aug. 1 at Willow Cemetery with Gene Long officiating. Services were under the direction of Holden-McCauley Funeral Home of Haskell.

Mrs. Stocks died Sat., July 29 in Haskell.

Born March 14, 1934 in Carlton, she was the daughter of R.C. 'Charlie' Cook and Ruby Howerton. She graduated as valedictorian of Haskell High School in 1951. She married Audie M. Stocks in Stamford on June 23, 1956. She was a housewife and member of East Side Baptist Church.

Survivors include her husband of 50 years, Audie M. Stocks of Haskell; one daughter, Lisa Shaw and husband, Randy of Haskell; two sons, Danny Stocks and wife, Tamara of Haskell and Phillip Stocks and wife, Joyce of

Robinson; two brothers, Ray Cook and wife, Aiko of Abilene and Harrell Cook and wife, Mary Jane of Hale, Michigan; two sisters, Juanita Anderson and husband, Danny, and Amy Sorrells and husband, Derrell, all of Rule; eight grandchildren, Stephanie Boatman and husband, David of Vernon, Joshua Stocks and wife, Ashley, serving in Iraq, Jason Shaw of Abilene, A. J. Shaw of Haskell, Justin Stocks and Brandon Butts, both of Robinson, Aaron Loftin, Fort Sill, Oklahoma and Lane Loftin of Munday; and three great grandchildren, Natyleigh Boatman and Brooklynn Boatman, both of Vernon and Kyle Stocks of El Paso.

Memorials may be made to the donor's favorite charity or Haskell Fire Dept., 301 N. First St., Haskell, Texas 79521. PD. NOTICE

L.B. 'Tubby' Jones

Graveside services for L.B. 'Tubby' Jones, 90, of Haskell were held Wed., July 26 at Howard Cemetery with rev. Greg Gasaway officiating. Arrangements were by Holden-McCauley Funeral Home of Haskell.

Mr. Jones died Tues., July 25 at Rice Springs Care Home in Haskell.

Born March 18, 1916 in Duncanville, he was the son of Otis Jones and Early Cobb Jones. He farmed in the

Paint Creek area most of his life. He married Omah Fay Watson. She preceded him in death in 1976.

Survivors include four daughters, Roberta Gayle Hawkins of Fort Worth, Belva Jean Fleming of Bronte, Frances Annalene Heathcoat of Kansas and Nancy Kay Jones of San Angelo; one son, Jerry Don Jones of Amarillo; one brother, W.H. Jones of Dallas; eight grandchildren and four great grandchildren. PD. NOTICE

C&S Flooring and Lumber Yard
105 N. 1st • Haskell • 940-864-3753
742-4021 Home • 325-338-3048 Cell
Conrad and Sylvia Saucedo, Owners

See us for all your flooring needs!

Safety Glasses

We have all your roofing supplies!

Kelly Moore Paints, Roofing, Lumber, Insulation
Hardware, Plumbing, Screen Repairs, Glass

We can help with all your installation needs!

BACK TO SCHOOL SALE
NO SALES TAX!
Fri., Sat. and Sun.
ALL SHOES ON SALE

Adult-Kids 10-50% OFF	Men-Women 10-50% OFF	One Group Shoes \$6 ⁵⁰ pair
Football Girls Basketball Shoes	Hi-Tops Lo-Tops Sandals	Tee Shirts Bags • Shorts Backpacks Cheerleader Suits

Where Winners Shop

Sport-About of Haskell

940-864-3891
402 N. 1st

BURN BAN IN EFFECT

Don't Miss Out ~ Subscribe Today!
Call 940-864-2686
The Haskell Free Press

NOTICE OF 2006 PROPERTY TAX RATES

This notice concerns 2006 property tax rates for the following taxing units: City of O'Brien, City of Rochester, and City of Rule and Haskell Memorial Hospital District. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 of property value.

	City of O'Brien	City of Rochester	City of Rule	Haskell Memorial Hospital Dist.
LAST YEAR'S TAX RATE:				
Last year's operating taxes	\$ 11,298.37	\$ 28,119.80	\$ 47,889.19	\$ 762,806.13
Last year's debt taxes	\$ 0.00	\$ 0.00	\$ 0.00	\$ 0.00
Last year's total taxes	\$ 11,298.37	\$ 28,119.80	\$ 47,889.19	\$ 762,806.13
Last year's tax base	\$ 2,257,886	\$ 3,434,818	\$ 9,522,377	\$ 205,504,899
Last year's total tax rate	\$ 0.5004/\$100	\$ 0.8166/\$100	\$ 0.5025/\$100	\$ 0.3709/\$100
THIS YEAR'S EFFECTIVE TAX RATE:				
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 11,283.45	\$ 28,048.72	\$ 47,842.21	\$ 761,581.21
+ This year's adjusted tax base (after subtracting value of new property)	\$ 2,130,025	\$ 3,326,150	\$ 10,085,253	\$ 212,817,199
= This year's effective tax rate	\$ 0.5297/\$100	\$ 0.8432/\$100	\$ 0.4743/\$100	\$ 0.3578/\$100
THIS YEAR'S ROLLBACK TAX RATE:				
Last year's adjusted operating taxes (after subtracting taxes on lost property and adjusting for transferred function, tax increment financing, and/or enhanced indigent health care expenditures)	\$ 11,283.45	\$ 28,048.72	\$ 47,842.21	\$ 761,581.21
+ This year's adjusted tax base	\$ 2,130,025	\$ 3,326,150	\$ 10,085,253	\$ 212,817,199
= This year's effective operating rate	\$ 0.5297/\$100	\$ 0.8432/\$100	\$ 0.4743/\$100	\$ 0.3578/\$100
x 1.08 = This year's maximum operating rate	\$ 0.5720/\$100	\$ 0.9106/\$100	\$ 0.5122/\$100	\$ 0.3864/\$100
+ This year's debt rate	\$ 0.0000/\$100	\$ 0.0000/\$100	\$ 0.0000/\$100	\$ 0.0000/\$100
= This year's rollback rate	\$ 0.5720/\$100	\$ 0.9106/\$100	\$ 0.5122/\$100	\$ 0.3864/\$100

STATEMENT OF INCREASE/DECREASE

If the City of O'Brien adopts a 2006 tax rate equal to the effective tax rate of \$0.5297 per \$100 of value, taxes would DECREASE compared to 2005 taxes by \$14.92.

If the City of Rochester adopts a 2006 tax rate equal to the effective tax rate of \$0.8432 per \$100 of value, taxes would DECREASE compared to 2005 taxes by \$70.08.

If the City of Rule adopts a 2006 tax rate equal to the effective rate of \$0.4743 per \$100 of value, taxes would DECREASE compared to 2005 taxes by \$46.98.

If the Haskell Memorial Hospital District adopts a 2006 tax rate equal to the effective tax rate of \$0.3578 per \$100 of value, taxes would DECREASE compared to 2005 taxes by \$1,224.92.

SCHEDULE A - UNENCUMBERED FUND BALANCES

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balances as Listed
City of O'Brien - General	\$0.00
City of Rochester - General	\$0.00
City of Rule - General	\$0.00
Haskell Memorial Hosp. Dist.	\$0.00

SCHEDULE B - DEBT SERVICE: NONE

SCHEDULE C - EXPECTED REVENUE FROM ADDITIONAL SALES TAX: NONE

SCHEDULE E - TRANSFER OF DEPARTMENT, FUNCTION OR ACTIVITY: NOT APPLICABLE

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at HASKELL CO. APPRAISAL DISTRICT, 604 North First St., Haskell, Texas.

Name of person preparing this notice: Kenny Watson Title: Chief Appraiser Date prepared: 07/28/06

2006 PROPERTY TAX RATES IN HASKELL COUNTY

This notice concerns 2006 property tax rates for Haskell County. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 property value.

	General Fund	Farm to Market/ Flood Control Fund	Special Road/Bridge Fund
LAST YEAR'S TAX RATE:			
Last year's operating taxes	\$ 1,063,329.31	\$ 300,456.76	\$ 247,190.27
Last year's debt taxes	\$ 0.00	\$ 0.00	\$ 0.00
Last year's total taxes	\$ 1,063,329.31	\$ 300,456.76	\$ 247,190.27
Last year's tax base	\$ 205,466,544	\$ 202,981,484	\$ 214,221,575
Last year's total tax rate	\$ 0.5171/\$100	\$ 0.1479/\$100	\$ 0.1153/\$100
THIS YEAR'S EFFECTIVE TAX RATE:			
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 1,059,493.90	\$ 299,266.05	\$ 246,799.08
+ This year's adjusted tax base (after subtracting value of new property)	\$ 213,380,033	\$ 210,998,113	\$ 221,993,854
= This year's effective tax rate for each fund	\$ 0.4965/\$100	\$ 0.1418/\$100	\$ 0.1111/\$100
Total Effective Tax Rate	\$ 0.7494/\$100		
THIS YEAR'S ROLLBACK TAX RATE:			
Last year's adjusted operating taxes (after subtracting taxes on lost property and adjusting for any transferred function, tax increment financing, state criminal justice mandate, and/or enhanced indigent health care)	\$ 1,059,493.90	\$ 299,266.05	\$ 246,799.08
+ This year's adjusted tax base	\$ 213,380,033	\$ 210,998,113	\$ 221,993,854
= This year's effective operating rate	\$ 0.4965/\$100	\$ 0.1418/\$100	\$ 0.1111/\$100
x 1.08 = This year's maximum operating rate	\$ 0.5362/\$100	\$ 0.1531/\$100	\$ 0.1199/\$100
+ This year's debt rate	\$ 0.0000/\$100	\$ 0.0000/\$100	\$ 0.0000/\$100
= This year's rollback rate for each fund	\$ 0.5362/\$100	\$ 0.1531/\$100	\$ 0.1111/\$100
This year's total rollback rate	\$ 0.8092/\$100		

STATEMENT OF INCREASE/DECREASE

If Haskell County adopts a 2006 tax rate equal to the effective tax rate of \$0.7494 for \$100 of value, taxes would DECREASE compared to 2005 taxes by \$5,417.31.

SCHEDULE A - UNENCUMBERED FUND BALANCES

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance
General	\$ 145,000.00
Road & Bridge	\$ 380,153.00
Farm & Market Lateral Road	\$ 197,217.00

SCHEDULE B - DEBT SERVICE: NONE

SCHEDULE C - EXPECTED REVENUE FROM ADDITIONAL SALES TAX: NONE

SCHEDULE E - TRANSFER OF DEPARTMENT, FUNCTION OR ACTIVITY: NONE

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at HASKELL COUNTY APPRAISAL DISTRICT, 604 North First Street, Haskell, Texas.

Name of person preparing this notice: Kenny Watson Title: Chief Appraiser Date prepared: 07/28/06

Information about congestive heart failure

by Jane Rowan
CEA/FCS, Haskell County
Congestive heart failure (CHF) means your heart cannot pump enough blood to meet your body's needs. Though the name of the condition sounds as though the heart is no longer working, it simply means the heart is not working as effectively as it should.

Each side of the heart is made up of two chambers: the atrium and the ventricle. The atrium takes blood into the heart and the ventricle pumps it where it needs to go. CHF occurs when any of these chambers lose their ability to keep up with the amount of blood flow.

Left-sided heart failure involves the heart's left ventricle. If the left ventricle loses its ability to pump normally, the heart cannot pump with enough force to push enough blood into circulation. If the ventricle loses its ability to relax normally because the muscle has become stiff, the heart cannot properly fill with blood during the resting period between each beat. In either case, blood coming into the left chamber from the lungs may "back up," causing fluid to leak into the lungs, a condition called pulmonary edema.

The right atrium receives the "used" blood that returns to the heart through the veins. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling in the legs and ankles.

Heart failure typically does not occur suddenly—it develops slowly, over time. The term "congestive" comes from the fact that as either or both of the heart's chambers fail, blood backs up into the liver, abdomen, lower limbs and lungs.

Common signs and symptoms of congestive heart failure may include:

- Fatigue and weakness
- Shortness of breath when you exert yourself or when you lie down
- Persistent cough or wheezing
- Swelling in your legs, ankles and feet
- Swelling of your abdomen
- Sudden weight gain from fluid retention
- Lack of appetite and nausea
- Irregular or rapid heartbeat

A single risk factor may be enough to cause heart failure, but a combination of factors dramatically increases the risk. Risk factors may include high blood pressure, coronary artery disease, diabetes, alcohol abuse and kidney failure, to name a few.

Using a stethoscope, your health provider can listen to your lungs for sounds of congestion. The stethoscope also picks up abnormal heart sounds that may suggest heart failure. Your health provider may recommend one or more tests to diagnose heart failure, including a chest x-ray, electrocardiogram (EKG), echocardiogram and cardiac

catheterization, among others. Your health provider may also refer you to a cardiologist, a doctor who specializes in the heart and its function.

Congestive heart failure is treatable in most cases. Your health provider will initially try to treat the underlying diseases or conditions, such as high blood pressure or diabetes, which are causing your heart failure. The treatment for heart failure may include:

- Lifestyle changes: Follow a diet low in salt. Limit the amount of fluids that you drink. Weigh yourself every day and let your doctor know right away if you have a sudden weight gain. Exercise as directed to help build up your fitness level and ability

- to be more active.
- Medications: Your health provider may prescribe medicines to help improve your heart function and symptoms. The main medicines are:
 - *Diuretics to help reduce fluid buildup in your lungs and swelling in your feet and ankles.
 - *ACE inhibitors to lower blood pressure and reduce the strain on your heart.
 - *Beta blockers to slow your heart rate and lower your blood pressure to decrease the workload on your heart.
 - *Digoxin to make the heart beat stronger and pump more blood.
 - *Surgery: If you have very severe heart failure, you may be considered for a mechanical heart pump or heart

transplant. Although many cases of heart failure cannot be reversed, treatment can usually improve symptoms and help you live longer. You and your health provider can work together to help make your life more comfortable. Pay attention to your body and how you feel and tell your health provider when you are feeling better or feeling worse. For more information, contact Jane Rowan, County Extension Agent/FCS in Haskell County at 940-864-2546. You may also visit the CHF information page offered by the National Heart, Lung and Blood Institute: http://www.nhlbi.nih.gov/health/dci/Diseases/HF/HF_WhatIs.html.

Rodeo queens sought for West Texas Fair

The Miss West Texas Fair & Rodeo Queen Pageant will be held in Abilene Fri., Sept. 8-10, for young ladies age 15 to 24, who live within one hundred miles of Abilene.

The competition will be in Horsemanship, Speeches, Modeling, Questions and Interviews.

Prizes include a crown, banner, roses, handmade spurs, hand tooled spur straps, buckle and more. The winner will also be eligible to receive a \$2,000.00 scholarship. The winner of Horsemanship will receive a saddle blanket with hand tooled

corners. Contestants should wear Wranglers for all areas of competition except for Modeling, when a dress or skirt and jacket or vest should be worn. 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, and must be received in the West Texas Fair Office by 5:00 p.m., Aug. 18. Orientation will be held on Aug. 25.

The winner will reign over the 2006 West Texas Fair & PRCA Rodeo, Sept. 12-16. The winner 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 also be eligible to compete in the Miss Rodeo Texas Pageant held in San Antonio, in June of 2007.

For entry forms call the West Texas Fair & Rodeo Office at 325-677-4376, or they may be picked up at 1700 Hwy. 36, Abilene.

Remind college students about dangers of carbon monoxide poisoning

As college students and their parents prepare for the upcoming school year, it's important that they consider the safety of the dormitories or apartments that will serve as the students' homes away from home. One often overlooked aspect of home safety is protection from accidental carbon monoxide (CO) poisoning.

CO is the leading cause of accidental poisoning deaths in America, according to the Journal of the American Medical Association. In mid-July, one person tragically died and more than 100 others were sent to the hospital following a CO incident stemming from a water heater malfunction in a residence hall at Roanoke College in Virginia. The dormitory had no CO alarms installed, but the college has since taken steps to install alarms.

The American College of Emergency Physicians and FirstAlert would like to remind students and their parents to be aware of CO safety practices and recognize the

symptoms of CO poisoning. Here are some helpful tips to keep in mind:

- Ask dorm officials or landlords in advance if residences are equipped with working CO alarms. If they aren't, supply your own alarm, as having a CO alarm is virtually the only way to detect this invisible, odorless and tasteless gas.
- Install at least one CO alarm, preferably near the sleeping area. Make sure the alarm is battery operated or has battery backup to ensure it functions during power outages. Test the alarm weekly and change the batteries with each daylight saving time change.
- Never burn charcoal or other outdoor cooking appliances indoors or in partially enclosed porches or garages. CO comes from common, fossil fuel burning appliances, such as grills, hot water heaters, gas ranges/ovens, fireplaces and gas-powered generators.
- Don't ignore the alarm if it sounds, even if you feel fine. CO


alarms are designed to go off before you feel the effects of CO. Immediately move everyone outside to a source of fresh air and dial 911. Do not re-enter until emergency responders find the source of CO and provide further instruction.

"Carbon monoxide poisoning can mimic common symptoms associated with the flu, so it is important that people know its signs and symptoms," said Dr. Frederick Blum, president of ACEP. "At mild to moderate exposure levels, these symptoms can include headache, nausea, vomiting, confusion and fatigue. And at extreme levels, a person can suffer convulsions, unconsciousness and even death in as little as 15 minutes."

To subscribe, Call 940-864-2686

Shop Haskell first!

See Madison for the **Perfect Pets!**
Puppies and kittens. They sleep and breathe.
Bridal Selections for Shawna Mitchell and Hegan Lamb Christi Sorrells and David Thompson Amy Jackson and Lane Murphy
Baby Shower Selections for Josh and Monica Gordy



The Carousel Gift Shop
Erlinda Mayfield
Open M-F 10 to 5:30. Sat. 10 to 4
Southside of the square in Haskell 864-2069

TAX FREE WEEKEND
AUGUST 4-5
Sidewalk Sale
SATURDAY ONLY!
\$10 \$20 \$50
Rack of Clothes
1/2 price
Shoes and Handbags
New Fall Clothes and Shoes arriving daily!
Personality-Slipper Shoppe
940/864-2501 • 864-3051
South Side of Square Haskell, Texas

BACK TO SCHOOL SUPPLIES
Bring in your Haskell School Supply Vouchers!

Jewelry 25% off REGULAR PRICE	Clearance Sale Selected Fragrances & Gifts 50% to 75% off REGULAR PRICE
Selected Purses 50% off REGULAR PRICE	Reading Glasses Reg. \$11.99 \$9.99
Head On Homeopathic Headache Relief Apply directly to forehead Migraine or Extra Strength \$5.99	21st Century Vitamins & Supplements 10% off REGULAR PRICE

Baby Shower Registry
Monica and Josh Gordy


Bridal Registry
Amy Jackson
Bride-elect of Lane Murphy
Brittany Criswell
Bride-elect of B.J. Opsahl
Shawna Mitchell
Bride-elect of Hegan Lamb

We're As Close As Your Phone!
Use our *Automated Phone System* to leave your prescription refills night or day. Just call **864-2673** anytime and follow the prompts.

All Sales Cash & Final.
Prices good August 3, 4 & 5
www.haskelldrugstore.com

THE DRUG STORE
Haskell • 864-2673

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




Misty Gibson
RN, BSN

Dear Misty,
Can I do anything to prevent skin cancer?
To a certain extent. Although there is no sure prevention, you can significantly reduce your susceptibility by taking three simple steps: (1) ensure that you protect your skin from overexposure to the sun, both by limiting exposure and by using sunscreens; (2) get in the habit of examining your skin regularly, look for changes in existing moles and for new moles; and (3) report any changes in your skin to your doctor.

Do I need a doctor's examination if everything looks fine to me?
The Skin Cancer Foundation recommends a total body skin examination by a qualified skin specialist, particularly for those at risk. The doctor will suggest the correct interval for follow-up visits, depending on your specific risk factors, such as skin type and history of sun exposure.

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

NEW! SPICY SOUTHWEST SUPERSONIC
Two Beef Patties, Two Slices of Pepper Jack Cheese, Lettuce, Tomato, Jalapeno Strips and our Creamy Chipotle Sauce!
1.59
3.99
No Waiting Call In Orders 864-8533



SONIC
America's Drive-In.
Limited Time Only!
Only at participating SONIC Drive-Ins. ©2006 American's Drive-In Corp.

OPINION

TEXAS PRESS ASSOCIATION

State Capital



HIGHLIGHTS

By Ed Sterling

Strayhorn stops trying to be Grandma; polls reveals order in gov's race

AUSTIN—Carole Keeton Strayhorn ended legal efforts to have "Grandma" included as part of her name on the Nov. 7 election ballot. Strayhorn, who is running for governor as an independent candidate, appealed Secretary of State Roger Williams' decision not to allow the nickname.

A state district court rejected the appeal, and soon after, Strayhorn told her lawyers she would not continue to pursue the matter.

Candidates to debate in October

Three of the five candidates running for governor plan to participate in a broadcast debate Oct. 5.

So far, Democratic candidate Chris Bell of Houston and independent candidates Richard "Kinky" Friedman of Medina and Carole Keeton Strayhorn of Austin have agreed to take part in the event at the KERA television studios in Dallas.

Incumbent Republican Gov. Rick Perry has not committed to join in. Debate sponsors have not decided whether to invite Libertarian candidate James Werner of Austin.

Poll shows where candidates are

The Zogby/Wall Street Journal tracking poll for July showed Perry in first place with 38.3 percent; Bell with 20.8 percent; Friedman in a statistical dead heat with Bell at 20.7; and Strayhorn trailing at 11 percent.

Perry's polling data is up 0.6 percent since June; while Bell's is up 1.1 percent; Friedman's is up 3.2 percent; and Strayhorn's is down 3.1 percent.

List of coal plant sites narrows

The U.S. Department of Energy narrowed its search to include four possible sites for FutureGen, the world's first "near-zero emissions" coal-fired power plant.

Gov. Perry said a site near the East Texas town of Jewett and a West Texas site near Odessa are being considered. So are two sites in Illinois.

Final selection will be in the fall of 2007 with groundbreaking in 2008. The billion-dollar facility may be up and running as early as 2012.

According to Environmental Protection Agency records, coal-burning power plants in Texas are among the nation's worst in toxic mercury emissions.

Smoking ordinances put on line

Now that the U.S. Surgeon General has confirmed the health dangers of secondhand smoke, more towns and cities may adopt anti-smoking ordinances.

How are such ordinances worded? It's easy to find out, using the online database <http://txshsord.coe.uh.edu>.

The database, developed by the University of Houston and funded by the Texas Department of State Health Services, contains "all known Texas municipal ordinances designed to restrict exposure to secondhand smoke."

Sales tax holiday coming up

Texas' annual sales tax holiday will be observed by merchants Aug. 4-6.

State tax law exempts most clothing and footwear priced under \$100 from sales and use taxes over the three days, which could save shoppers about \$8 on every \$100 they spend.

Merchants who sell items that do not qualify for the exemption may not advertise or promise they will pay customers' sales tax. However, merchants may advertise that tax is included in the sales price of the taxable items sold.

Judge hears open meetings case

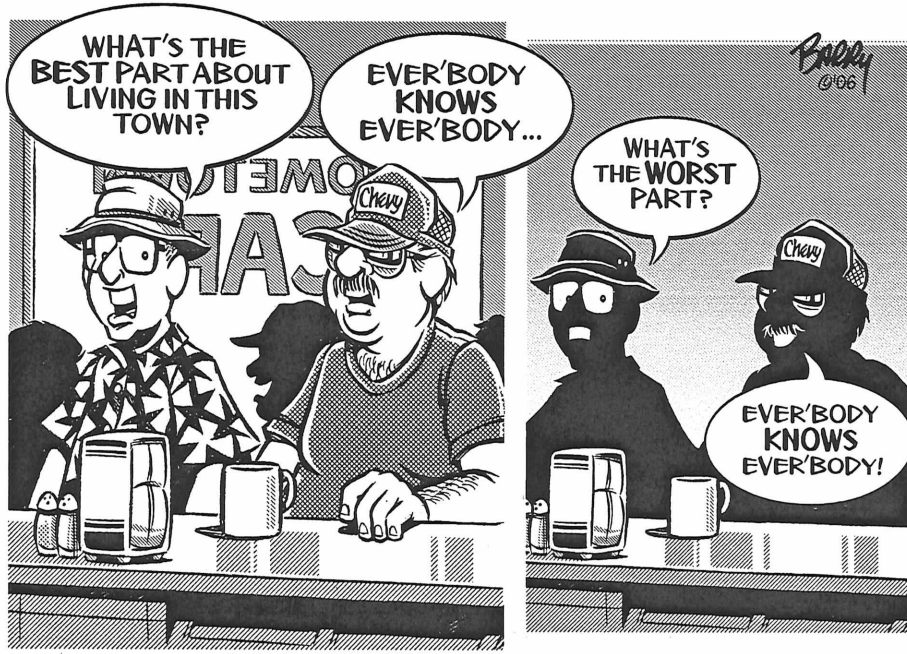
In Pecos on July 26, U.S. District Judge Robert Junell heard arguments in a lawsuit with statewide implications.

Brought by Alpine city council member Avinash Rangra and former council member Anna Monclova, the suit questions the constitutionality of the Texas Open Meetings Act.

Rangra and Monclova said the act compromised their freedom of speech by making it illegal for them to discuss, including via e-mail, city business anywhere but in an open meeting.

Defendants are the State of Texas, Attorney General Greg Abbott and Brewster County District Attorney Frank Brown.

Junell gave the parties two months to file papers relevant to the case before he rules.



From Out of the Past

From the files of The Haskell Free Press

10 Years Ago August 1, 1996

Haskell County native, Sam Adams, was inducted into the Six Man Football Hall of Fame during halftime activities at the first ever All American Bowl Six Man All Star Game at Ranger College in Ranger.

Dr. William Kemp has just returned from Alto, New Mexico, where he and his grandson, Trey Kemp of Amarillo, won first place in the "Snowcapper" golf tournament at the Alto Lake Golf and Country Club.

Ebone Williams of Arlington is visiting with grandparents, Mr. and Mrs. Robert Yeldell, uncle and aunt, Birdie Goudeau and children and Frank Jordan.

Rebecca Unger, a 1996 graduate of Haskell High School, has verbally agreed to play basketball at Howard Payne University next year.

20 Years Ago July 31, 1986

Klavs Nielsen leaves Haskell for his home in Sorring, Denmark. He's been visiting the past month with Mr. and Mrs. Duward Campbell, in whose home he lived as a foreign exchange student during the 1983-84 school term.

Larry McMillin was elected to the Board of Directors of Haskell National Bank at a board meeting.

Paint Creek's Jamie Braly played in the 1986 High School Six Man All Star basketball game in Stephenville. He is the son of Mr. and Mrs. S.E. Braly. His high school coach was Randy Stone.

30 Years Ago August 5, 1976

Building Strong Families to Build a Stronger Texas

Strong families are the bedrock of Texas. When Texas families are strong, Texas is strong. I am committed to making sure Texas children have the support and resources they need to lead happy and healthy lives. To do this, my staff and I are always searching for ways to better support Texas families.

My office is responsible for the child support program in Texas and I am proud of our record-breaking collections that ensure Texas children and families get the financial support they need and deserve. Building on this strong foundation, I created the Office of Family Initiatives (OFI) and the Office of Medical Support Initiatives (OMSI) to work alongside the Child Support Division (CSD) to better serve Texas children, families and communities.

Child Support Division
In 2005, the CSD collected a record \$1.86 billion in child support and obtained court orders obligating more than 56,000 parents to pay.

We strive to provide families with the best services possible, but we can always do more. My office has implemented several programs to enhance child support enforcement, including:

The Integrated Child Support System (ICSS) is a way my office works with local counties to monitor child support cases as soon as the

The Haskell Indians played five games during the District Four tournament, of the Texas Teen Age Basketball League, in a double elimination playoff. Haskell came home with the second place trophy in the District Four Championship. Manager James Davis praised the boys for their outstanding effort.

Grace McKelvain spent the week in Minden, Louisiana visiting her daughter, Ruby Speer.

40 Years Ago August 4, 1966

The Haskell Little League All Stars advanced to the district finals by downing Knox City at Olney. They lost to Iowa Park in the finals.

Three high school students from Haskell County will attend the fourth annual Texas Farm Bureau Citizenship Seminar on the Baylor University campus in Waco. Attending the four day Farm Bureau sponsored school will be Penny Patton of Weinert High School; Cheryl Counts of Rule High School and David Ellis of Carney High School, O'Brien.

Tommy Hester, son of Mr. and Mrs. Ira Hester, entered a drug store minutes before the sniper's bullet struck down a boy riding his bicycle in front of the store. Hester took cover in the store for an hour and a half before police officers shot and killed the sniper in the University Tower on the campus of Texas University.

50 Years Ago August 2, 1956

Martin Rueffer, whose farm adjoins the east city limits of Haskell, brought in the county's first bale of cotton from the 1956 crop. Last

year's first bale was brought in from the farm of Mrs. Lura Mayfield near Weinert.

Mr. and Mrs. C.G. Burson Sr., Nancy Brite and Shirley Norman have returned home from a vacation trip to several western states and Canada.

Mr. and Mrs. Geroge Wyatt and children of Wichita Falls were recent visitors in the home of her mother, Mrs. Ione Menefee.

Fred E. Ownes, who taught the Midway school the past term has been named agent for Haskell County by the Southland Life Insurance Co. of Dallas.

100 Years Ago July 28, 1906

W.P. Caudle of Sagerton was in town and reported A.F. Smith and Emmett Caudle was sick with a low fever.

Martin Arend was in town on business. He purchased the Whitaker Ranch northeast of town a few months ago and is well pleased with this country.

Alex, Henry and Theodore Jones of the northeast part of the country were in town. Theodore Jones said some of the oats in his section would thresh out 50 bushels per acre and that all crops are fine.

Judge L.M. Buie of Stamford came up on his way to Wichita Falls, taking the train on the W.V. Road at the end of the track, three and a half miles north of Haskell. He said that Haskell should have a "blowout" when the railroad gets in and that if we would let him know, he would come and help us celebrate.

Prepare your pet for safe trips

America's vacation season is in full swing and many dogs and cats are joining their owners for family vacations and weekend getaways. Although summer heat and driving can be a dangerous combination for household pets, they don't have to be if drivers take some simple precautions.

These few pieces of advice are offered to help prepare your pet for a safe driving experience.

•If the pet is not used to car trips, try a few test runs to help acclimate them for the ride. Spending time in the car while parked and short drives to nearby destinations are an easy start.

•Cats should be kept in a carrier and dogs should be held in a restraining harness. This will help stabilize your pet if there is a sudden movement or accident.

•Feed your pet a little less than you would normally. Since too much water can upset their stomachs on the road, limit water by providing ice to chew on. And, don't forget to pack some toys and any other favorite items or bedding.

•When traveling to places your pet is not familiar with it's particularly important to have a collar with ID tag that includes both your permanent and vacation addresses and phone numbers. Bring a photo of your pet in the event you need to put up 'lost pet' posters. Many veterinarians and animal welfare organizations also offer micro-chip identification implants.

•Dogs like to stick their heads out of the car window, but this is very unsafe. Small stones and debris become dangerous projectiles at highway speeds.

•Never leave your pet in a car in warm or hot weather. Even with windows open, or parked in the shade, interior temperatures can quickly rise to lethal levels.

•Pack a first aid kit with tweezers and alcohol for tick removal, cloth bandages and topical antiseptic.

From the AG

By Greg Abbott

Building Strong Families to Build a Stronger Texas

Strong families are the bedrock of Texas. When Texas families are strong, Texas is strong. I am committed to making sure Texas children have the support and resources they need to lead happy and healthy lives. To do this, my staff and I are always searching for ways to better support Texas families.

My office is responsible for the child support program in Texas and I am proud of our record-breaking collections that ensure Texas children and families get the financial support they need and deserve. Building on this strong foundation, I created the Office of Family Initiatives (OFI) and the Office of Medical Support Initiatives (OMSI) to work alongside the Child Support Division (CSD) to better serve Texas children, families and communities.

Child Support Division
In 2005, the CSD collected a record \$1.86 billion in child support and obtained court orders obligating more than 56,000 parents to pay.

We strive to provide families with the best services possible, but we can always do more. My office has implemented several programs to enhance child support enforcement, including:

The Integrated Child Support System (ICSS) is a way my office works with local counties to monitor child support cases as soon as the

court order is established. Under current law, most parents must apply for child support services in order to receive them. By the time they apply, large arrears often have accrued. However, counties with ICSS programs pass local rules to allow my office's involvement as soon as a payment is missed. This, in turn, enables us to prevent arrears from accumulating in the first place.

The Evader Program targets parents who have gone underground to avoid paying court-ordered child support. At least once a year, I announce a Top Ten List of Child Support Evaders and meet with parents who are owed the money. My public appeals generate tips that have led to arresting or locating 68 evaders.

The Child Support Review Process (CSRP) is a non-adversarial way parents can resolve legal issues on their child support without going to court, thereby supporting positive family relationships. Last fiscal year, more than 50,000 legal actions were resolved through CSRP.

The Paternity Opportunity Program (POP) is an extremely successful undertaking by my office that gives unmarried fathers the opportunity to acknowledge their children's paternity at the time of birth. We train hospital staff and midwives to educate parents on signing an Acknowledgement of Paternity so that the child will have a legal father. Last year, POP gave more than 108,000 Texas children a good

start in life by helping their fathers establish legal paternity.

Office of Family Initiatives
There is no better child support than healthy, married families. By building partnerships with federal, state and community-based organizations, OFI helps strengthen families and reduce the need for child support. OFI encourages healthy marriage, family formation and responsible parenthood through initiatives including:

Access and Visitation programs help parents without custody develop and maintain meaningful relationships with their children. This year, my office awarded federally funded grants to 12 organizations that will help unmarried parents work together to parent their children.

The toll-free Access and Visitation Hotline is staffed by attorneys who provide legal information and assistance about child custody and visitation matters. Call 1-866-292-4636 or visit www.txaccess.org to obtain downloadable legal forms, samples of parent letters to request compliance with orders, visitation logs, and other tools for resolving custody issues. The statewide, toll free number is answered in English and Spanish, Monday-Friday from 1 to 5 p.m.

The Parenting and Paternity Awareness (p.a.p.a.) program is a collaborative effort between my office and Texas schools to teach middle and high school students about the

realities of parenting and the importance of both parents in raising healthy children. Students are encouraged to postpone having children until they are older and in a stable relationship such as marriage.

Office of Medical Support Initiatives

My office works hard to ensure that Texas children receive the financial support they deserve. A key component of that support is health care coverage. That is why I created the new OMSI. Health care coverage is important not only because it encourages parental responsibility, but also because it protects the health of Texas children.

The OMSI focuses attention on issues and policies that improve medical and dental support for children. Initiatives emphasize working with partners including the court system to ensure appropriate court orders for access to medical care; the United States Department of Health and Human Services and the Texas Health and Human Services Commission as the federal and state providers of medical insurance for children; and state and federal legislators to obtain necessary tools to further these objectives.

Thanks to the efforts of devoted employees, my office has made enormous strides, but there is more work to do. As your Attorney General, I will not be satisfied until all Texas families are solid and strong.

BURN BAN IN EFFECT

The Haskell Free Press

Established January 1, 1886
PUBLISHED EVERY THURSDAY
420 North First Street • P. O. Box 555
HASKELL, TEXAS 79521
Phone 940-864-2686 • Fax 940-864-2687
[hfp@valornet.com](http://valornet.com)

John McDougal Publisher
Lisa Shaw Business Manager
Mary Kaigler Editor
Doris McDougal Production
Bill Blankenship Staff Photographer

Periodical Paid Haskell, Texas 79521
(USPS 237-040)

SUBSCRIPTION RATES:

Haskell County, one year, \$25.00.
Outside of Haskell County, one year, \$34.00.

NOTICE TO PUBLIC—Any erroneous reflection upon the character, reputation or standing of any firm, individual or corporation will be gladly corrected upon being called to the attention of the publisher.

POSTMASTER: Send address changes to The Haskell Free Press, P.O. Box 555, Haskell, TX. 79521-0555.



This issue mailed Wed., Aug. 2, 2006

Women have new choice for knees

Orthopaedic surgeons at UT Southwestern Medical Center are the first in North Texas to use knee implants specifically designed to fit a woman's anatomy.

The implant addresses three distinct and scientifically documented shape differences in women's and men's knees. Designed using three-dimensional computed tomography imaging, the Gender Solutions High-Flex Knee more closely mimics the joints and inner workings of women's knees.

"This is one in a series of technical improvements in the design of knee implants that is long overdue," said Dr. Robert Bucholz, chairman of orthopaedic surgery at UT Southwestern.

During total knee replacement surgery, or arthroplasty, surfaces of the thighbone (femur), the shinbone (tibia) and the kneecap (patella) are replaced with a metal-and-plastic implant.

Traditionally, the implants have been designed based on men's knees. For women, smaller implants were used, but size did not resolve the

anatomical differences, which sometimes accounted for pain and discomfort and an "awkward" feeling.

Researchers have found numerous shape differences between the average male and female knee. The new replacement, created by Zimmer, Inc., of Warsaw, Ind., and approved in May by the Food and Drug Administration, addresses three gender-specific issues:

Narrower shape: Knee implants are typically sized by measuring the end of the femur from front to back and from side to side. Most women's knees are shaped like a trapezoid and narrower from side to side; men's knees are more rectangular. Implant size is typically based on the front-to-back measurement to allow the knee to move and flex properly. In women, however, an implant that fits from front to back can be too wide from side to side, sometimes causing it to overhang the bone.

Thinner density: Typically, the bone in the front of a woman's knee is less prominent than in a man's. After traditional implantations, some

women describe a "bulky" feeling in the joint despite better function. The front of the new implant is thinner so the replacement more closely matches the female anatomy.

Tracking: A woman's femur attaches to the tibia at a slightly different angle than a man's because most women have wider hips. The angle difference between the pelvis and the knee joint—taken into account with the new implant—affects how the kneecap tracks over the end of the femur as the knee moves through a range of motion.

Dr. Bucholz said about 80 percent of knees are replaced because patients suffer from osteoarthritis. The condition causes the cartilage that cushions the bones of the knee to soften and wear away. The bones then rub against one another, causing knee pain.

The number of joint and knee replacement procedures performed by orthopaedic surgeons is increasing due, in part, to aging baby boomers and an increasingly overweight population. In the 1950s, the first artificial knees were little more than crude hinges; now there are a variety

of knee-replacement designs that take into account age, weight, activity level and overall health.

According to the National Institutes of Health's consensus statement on total knee replacement released in February 2004, the surgery is highly successful and is supported by more than two decades of follow-up data.

"It is one of the most successful elective procedures that we perform," said Dr. Bucholz.

Each year, more than 400,000 patients undergo total knee replacement surgery in the United States and nearly two-thirds are women, according to the latest National Hospital Discharge Survey, which is compiled by the U.S. Department of Health and Human Services.

At UT Southwestern University Hospitals, orthopaedic surgeons annually perform about 450 knee replacements. Surgeons use time-tested protocols for surgical technique, pain management and rehabilitation. They also provide an array of other reconstructive procedures for the hip and knee.

McDaniel to speak at Society meeting Mon., Aug. 7

Pat McDaniel, director of the Haley Memorial Library and History Center of Midland, will be the featured speaker for the Haskell County Historical and Genealogical Society meeting to be held at 7:00 p.m. Aug. 7 in the Haskell City Hall.

Founded to preserve our western heritage, the Nita Stewart Haley Memorial Library and J. Evetts Haley History Center celebrates its thirtieth anniversary this year. More than 25,000 books and manuscripts are housed in the facility, which focuses on preserving the common threads between the cowboy, the range cattle industry, railroads, western exploration, frontier military history, early railroads, development of ranching and farming, mining, politics, frontier social history, and

regional and local Texas histories.

Fine western art and western artifacts have always held a prominent role. Permanent collections of Tom Ryan, Wayne Baize, Charlie Dye and other artists, as well as Erwin Smith photos and Harold Bugbee drawings, are housed in the center.

The center's mission is to provide a first-class, actively used research facility for aspiring and professional historians and writers. Material found exclusively in the Haley collection has found its way into books, screen plays and articles produced by eminent historians and writers.

The Haskell County Historical and Genealogical Society meets at 7:00 p.m. the first Monday of each month, and welcomes all visitors.

Spider bite or look-alike infection?

A drug-resistant bug may be emerging among pregnant women, but with vigilance on the part of the care providers it can be treated easily, researchers at UT Southwestern Medical Center have found.

The bacterium is Staphylococcus aureus—a strain of it is resistant to the antibiotic methicillin, so is called MRSA for methicillin-resistant S. aureus. MRSA has been seen before in hospitalized patients, but is now appearing in the general population, the researchers say.

The researchers studied 57 pregnant women with MRSA. The symptoms were inflammations and abscesses of the skin and soft tissues; some women reported "spider bites." Sixty-three percent of them had to be hospitalized. The infections were cleared up using antibiotics to which MRSA is not resistant.

The researchers recommended that pregnant women showing red, hot areas of skin or abscesses should have tissue cultures performed to test for MRSA.

Come Eat with us at

Bud's Cafe

709 E. Main Street
Knox City

Serving 7 days a week
6 a.m. to 9 p.m.

Featuring:

Grilled Steaks Thurs., Fri. & Sat.
24 oz. Sirloin for 2: **\$15.95**
10 oz. Ribeye: **\$13.95**
10 oz. New York Strip: **\$11.95**
12 oz. Sirloin: **\$11.50**

Catfish Friday night
All you can eat! **\$7.95**

Call in orders welcome!
658-5100

Bud Conner welcomes you!



Need to make your Cash Register sing?

Let us help you ring up the big sales with our display or classified ads. Call us today, for results that are music to your ears!

The Haskell Free Press

940-864-2686

Tower Drive-In Theatre


Hwy. 6 North, Rule - (940) 997-0137

NOW PLAYING
Pirates of the Carribean - Dead Man's Chest-PG-13

Show starts at 9:15!
Open Friday, Saturday & Sunday
Adults \$4; Ages 6-12, \$2; 5 and Under Free

TAX PLANNING

Written By
Richard E. Rodgers, CPA



SAVE ENERGY AND GET A TAX BREAK, TOO

New IRS rules have created a way for homeowners to trim their energy bill and save taxes to boot. Energy tax credits, which offset your federal taxes dollar-for-dollar, can be claimed for making improvements to your home's energy efficiency. While the rules are a bit tricky, a little planning now may fatten your wallet come tax time.

The energy tax credit is a two-part, two-year program (2006 and 2007) with a \$500 lifetime cap. The first credit is equal to 10% of the cost to improve the insulating qualities of your home, through such things as new exterior windows, doors, insulation, and certain metal roofs. But before you buy those designer windows you've been dreaming of, be aware that the credit for windows is limited to \$200.

The second energy credit is equal to 100% of the cost of newly purchased cooling or heating equipment. This would include qualifying heat pumps, air conditioners, furnaces, water heaters, and fan components. But like the limit on windows, there are credit limitations on this equipment, too. Purchases of water heaters are limited to \$150 of tax credit. Furnaces and air conditioners receive a maximum credit of \$300.

There are a few more rules to consider. The materials and equipment mentioned above must be placed in service in 2006 or 2007, meet rigid technical requirements, and be expected to last at least five years. The good news is that you can safely rely on the manufacturer's assertion of tax credit eligibility.

If you're really into saving energy, you might try solar technology. Solar and fuel cell investments can net up to \$2,000 in tax credits. Again, special rules apply.

If a home energy makeover is in your future, give us a call. We'll help you make tax-smart decisions on your home energy plan.

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

Switch to Alltel and choose the people you call for free — no matter what network they're on.



STROBE
\$4999

after \$40 mail-in rebate with 2-year service agreement

IM for your chance to win \$10,000
Visit alltel.com/im2win for sweepstakes rules & prize details.

"With the new instant message-ready Strobe, you can send text & instant messages in a flash!"
Ty Pennington



Exclusively from Alltel
alltelcircle.com



- IM-ready
- Full keyboard
- Camera with flash

come and get your love™



For exclusive online deals shopalltel.com 1-800-alltel-1

Alltel Retail Stores		Authorized Agents	
Abilene 4149 Southwest Dr. (325) 437-0800	Graham 1221 Hwy. 16 S. (940) 949-1885	Snyder 4109 College Ave. (325) 573-7907	Vernon 807 Hillcrest Dr. (940) 553-1885
Breckenridge 3732 W. Walker St. (254) 559-3684	Haskell 10 Ave. D.N. (940) 864-8585	Sweetwater 1418 Halley St., Ste. C (325) 235-0300	Abilene Cellular Connection 1150 S. Trueway Blvd. (325) 672-3841
		Abilene Trio Wireless 4310 Buffalo Gap, #K1110 (325) 692-6195	Colorado City Lone Wolf Cellular 1040 Hickory (325) 728-8000
		Aspermont Trinity Cellular 612 E. Broadway (940) 989-2543	Trio Wireless 4565 S. 1st St. (325) 692-5776
			Sweetwater Sierra Satellite Systems Inc. 1102 A Lamar (325) 235-5445

For Business & Government Accounts call 1-877-BIZ-CNTR or visit alltelbusiness.com
 Federal, state & local taxes apply. In addition, Alltel charges a monthly connectivity, regulatory & administrative surcharge up to \$1.70; federal & state Universal Service Fund fees (both vary by customer usage); & a 911 fee of up to \$1.94 (where 911 service is available). These additional fees may not be taxes or government-required charges & are subject to change. My Circle: Available to new and existing customers on current select rate plans \$59.99/mo & higher. My Circle applies to ten numbers per account, which must be shared among all lines on account. Not available on prepaid plans. Customer may not designate own wireless or voice mail number. Directory Assistance or 500 numbers as any of the ten available numbers. Calls must begin & end in your plan's calling area. Designated numbers must be within the U.S. Program may be discontinued at the discretion of Alltel. Phone Promotion: Phone available at sale price to new customers & eligible existing customers. Qualifying Alltel rate plan required. Contact Alltel to determine if you are eligible. Phone Details: Phone & applicable rebate available for a limited time, while supplies last, with activation of a qualifying rate plan. Limit 1 rebate per qualifying purchase. Phone cannot be returned once mail-in rebate certificate has been submitted. Customer pays applicable taxes. See rebate certificate for details. Access Instant Messaging: Text Messaging service required. The charges for Text Messaging service will vary depending on your plan. Every instant message sent and received will count against your Text Messaging plan. IM2win Sweepstakes: NO PURCHASE NECESSARY TO ENTER OR PLAY. To enter: (1) download the Access IM application to your wireless phone and login with your AIM or Yahoo! user name and password to be automatically entered or (2) print your name, full address, daytime and evening telephone numbers, age, daytime phone and wireless phone number on a 3" x 5" piece of paper and send it in a properly stamped envelope to: Alltel "IM2win" Sweepstakes, P.O. 511356, New Berlin, WI 53151. Sweepstakes ends at 11:59 p.m. CT on August 31, 2006; weekly entries must be postmarked by the Sunday at the end of the entry period (or by Thursday, August 31, 2006 for Week 8) and received by the drawing date specified. Non-winning weekly entries will not be carried over into the subsequent week's drawing. Open to legal U.S. residents 13 or older residing in Alltel wireless service/coverage area in states listed in Official Rules. Void where prohibited. Full rules and details at www.alltel.com/im2win. Sponsored 2006 by Alltel Communications, Inc., Little Rock, AR. Additional Information: Limited-time offer at participating locations. While supplies last. Qualifying Alltel rate plan, credit approval & approved handset required. \$20 non-refundable activation fee applies per line. \$200 early termination fee may apply per line. Offers are subject to the Alltel Terms & Conditions for Communications Services available at any Alltel store or alltel.com. All product & service marks referenced are the names, trade names, trademarks & logos of their respective owners. Screen images are simulated. ©2006 Alltel Communications, Inc. All rights reserved.

City Storm Warning Siren Testing Fridays at noon

Steak your claim to delicious!

\$3.49 4 pc. Steak Finger Country Basket®

OREO BLIZZARD® TREAT

DQ

dqtxas.com

That's What I Like About Texas.®

Available for a limited time at participating DQ® restaurants. Blizzard®, DQ and the alligator shaped logo are trademarks of Am. D.Q. Corp., Mpls, MN © 2006. © Reg. U.S. Pat. & TM Off. Tx. D.Q. Co. Inc.

Children need to be aware of skin protection

Skin cancer rates in the United States are increasing at epidemic levels. In fact, one blistering sunburn in childhood more than doubles a person's chances of developing melanoma later in life. The majority of skin cancers are almost always preventable with good sun protection habits. Children should be taught from an early age to be aware of the problems associated with sun exposure and the need to use sun protection.

"By 2010, melanoma rates are projected to rise to 1 in 50 Americans," said Perry Robins, M.D., President of The Skin Cancer Foundation. "The most important

factors contributing to the rise in melanoma rates are exposure to ultraviolet rays (UVR) in early childhood, sunburns, and intermittent increased exposure to the sun."

Parents can teach their children early sun protection techniques that will help prevent skin cancer later in life. The Foundation recommends the following methods of protection for different age groups.

Babies' skin is extremely sensitive and can burn easily. In fact, babies under 6 months of age should be kept out of the sun. Follow these tips for babies older than 6 months:

- Take walks early in the morning or late afternoon and use a stroller

with a sun-protective cover.

- Dress babies in loose-fitting outfits that cover arms and legs. Clothing made with a UPF of 30 or higher offers the best protection.

- Choose a hat that protects the baby's face, neck, and ears. A baby that wears a hat during the first few months will get used to having it on.

- Sunglasses are not very practical for a young baby. To protect your baby's eyes, seek the shade between 10 a.m. and 4 p.m.

- Apply a broad-spectrum, SPF 15+ sunscreen to areas left uncovered such as baby's hands.

- While in the car, shield the baby from direct sunlight coming in

through the side window with UV-blocking window film.

Protecting toddlers from the sun requires a little more thought and effort. It is important to not only educate your child, but the caregiver as well.

- Make sure your child seeks the shade between 10 a.m. and 4 p.m. Check the outdoor area where your child plays to make sure there is adequate shade protection.

- A broad-spectrum, SPF 15+ sunscreen should be applied every morning, 20 minutes before leaving the house. Keep sunscreen in the bathroom where children brush their teeth, and eventually it will become routine.

- Two tablespoons of sunscreen must be applied every 2 hours and more often if your child is swimming or sweating.

- Children should wear sun protective clothing—including shirts, hats and sunglasses—as their primary line of defense against UVR. Make sure your child wears a wide-brimmed hat, long-sleeved shirt and pants during prolonged periods in the sun.

Most of the sun protection methods used for toddlers and young children should be applied to elementary school children:

- Wear sun protective clothing every day, especially if you live in a warm climate.

- Apply broad-spectrum, SPF 15+ sunscreen to exposed skin.

- Reapply sunscreen after 2 hours of UVR exposure and continue to reapply.

- Be sure your child wears a hat during recess.

- Teach your child to look for shaded areas in which to play.

- Teach your child to wear sunglasses while outside.

Children should enjoy the outdoors safely. Learn how to protect your children, teach them how to protect themselves and tell others about the importance of sun protection.

For more information, visit www.skincancer.org or call 1-800-SKIN-490.

Simple steps to help control asthma attacks

Air pollution. Pollen. Cold weather. Stress. For those with asthma, any of these factors could be the trigger for the next attack.

Some of the strongest asthma triggers are in the home, such as dust mites, cockroaches, mold and tobacco smoke. Fortunately, taking some simple steps can reduce exposure and the chances of another attack.

"Allergens in the home can trigger allergy and asthma symptoms throughout the year and be the cause of chronic asthma symptoms," said Sandra McMahan, M.D., assistant professor of internal medicine with the Texas A&M Health Science Center College of Medicine. "Some

asthmatics have seasonal flares of asthma due to pollen or outdoor molds, which may be intensified by a priming effect from year-round indoor allergy."

Dr. McMahan suggests removing trigger sources as best as possible. For dust mites, keep humidity low; remove wall-to-wall carpeting; encase mattresses, box springs and pillows in airtight, zippered plastic or allergen-proof fabric covers; wash all bedding weekly in hot (at least 130-degree Fahrenheit) water and dry in a hot dryer; and vacuum weekly with a HEPA-filter vacuum.

To avoid animal dander, remove pets from inside or at least out of bedrooms; wash pets weekly; remove

carpet and use a HEPA-filter vacuum; and use a HEPA air cleaner. Steps against cockroaches, responsible for the greatest increase in asthma morbidity, include blocking areas where they can enter the home; repair leaky faucets; use a professional exterminator; put away pet food bowls; and wash dishes immediately and keep the kitchen clean.

For mold, decrease moisture and humidity; improve ventilation through vent fans; and clean with a solution containing 5 percent bleach and detergent.

Your doctor also can help you figure out what specific asthma triggers may affect your family and proper remedies.

"Avoidance of allergens that are known to trigger asthma in an individual may result in decreased frequency and severity of asthma, decreased dependency on rescue medicines, decreased work and school absence, and decreased long-term complication of chronic asthma," said Dr. McMahan, a physician at Scott & White Hospital in Temple.

Like what you're reading?
Call 940-864-2686 to subscribe.

Haskell, Texas Basic Residential Line Rates

Rates as of 7-01-06

	Single Line	Per Line Multi-Line
Residential Service	\$6.39	\$1.30
Tone Dial	1.21	0.50
Extended Local Calling	3.15	3.15
Expanded Area Service	1.00	1.00
Municipal Franchise Tax	1.69	1.69
911 service fee	0.50	0.50
FCC subscriber line charge	6.50	7.00
	<u>20.44</u>	<u>15.14</u>
FED USF support (10.5% of FCC SLC)	0.68	0.74
TX USF support (5.65%)	1.13	0.83
TIFF Reimbursement (1.25%)	0.26	0.19
Federal Tax (3.00%)	0.61	0.45
State Tax (6.25%)	1.28	0.95
Local Tax (2.00%)	0.41	0.30

Total (Monthly) **\$24.81** **\$18.60**

Total 2-line Service (Monthly) **\$43.41**

Enhanced & Custom Feature Discounts	
3 feature discount	(\$1.00)
5 feature discount	(\$3.00)
7 feature discount	(\$4.00)

Local Calling: Abilene, Aspermont, Benjamin, Hamlin, Knox City, Munday/Goree, Rochester, Rule, Seymour, Stamford, Throckmorton, Weinert

Haskell, Texas Basic Business Line Rates

Rates as of 7-01-06

	Single Line	Per Line Multi-Line
Business Line	\$16.52	\$11.45
Tone Dial	1.68	1.00
Extended Local Calling (ELC)	6.30	6.30
Expanded Area Service (EAS)	2.65	2.65
Municipal Franchise Tax	3.35	3.35
911 service fee	0.50	0.50
FCC subscriber line charge	6.50	9.20
	<u>37.50</u>	<u>34.45</u>
FED USF support (10.5% of FCC SLC)	0.68	0.97
TX USF support (5.65%)	2.09	1.92
TIFF Reimbursement (1.25%)	0.47	0.43
Federal Tax (3.00%)	1.13	1.03
State Tax (6.25%)	2.34	2.15
Local Tax (2.00%)	0.75	0.69

Total (Monthly) **\$44.96** **\$41.64**

Total 2-line Service (Monthly) **\$86.60**

Enhanced & Custom Feature Discounts	
3 feature discount	(\$1.00)
5 feature discount	(\$3.00)
7 feature discount	(\$4.00)

Local Calling: Abilene, Aspermont, Benjamin, Hamlin, Knox City, Munday/Goree, Rochester, Rule, Seymour, Stamford, Throckmorton, Weinert



113 N. Ave. D
Haskell, Texas
863-1125

Small pest is destructive to coffee industry

Keeping the Java Flowing

There's a conspiracy to keep you from enjoying that oh-so-necessary first cup of coffee in the morning—and it's being carried out by a pest so tiny, you'd probably never notice it.

This nasty little culprit is called the coffee berry borer—*Hypothenemus hampei*—and while it's not the only pest of the coffee plant, it's the most destructive, to the tune of \$500 million in damages annually.

The coffee berry borer is the classic introvert; it spends its entire larval life inside the coffee berry, which is wrapped around the seed (what we'd call the "coffee bean"). The male coffee berry borers mate with the females inside that berry, but the males never emerge. The females only come out after they've mated, and then only to fly to a new berry, where they dig in and lay eggs to start the cycle all over again. The only chance we really have to stop this merry-go-round is when the female

borers are outside the berry, looking for a new home.

As if all that boring into the berry wasn't bad enough, the real damage occurs when the larvae hatch inside the berry and begin feasting on the coffee bean, destroying it in the process.

Missing out on your morning cup of joe may seem like a major disaster to you, but the damage caused by these little bugs is even more serious for the more than 20 million coffee-farming families who grow the bean in more than 50 countries. This particular pest can cause coffee farmers to lose as much as one-fifth of their total crop, and can reduce the coffee bean price by as much as 40 percent.

Overall, the price of coffee beans is only about 60 cents per pound, which is sometimes not even enough to cover the farmer's production costs. This low price is caused by overproduction—so in one sense, the damage wreaked by the coffee berry

borer could be a good thing, right?

No way, says an Agricultural Research Service scientist who's trying to find a way to stop the elusive coffee berry borer. That's because this borer is harming the economic viability of growing the crop, and millions of people throughout the world depend on coffee production for their subsistence.

Also, all coffee is not created equal. In the United States, coffee prices can range from about \$2 per pound to more than \$30 per pound for the more "exclusive" beans, such as Hawaiian Kona coffee. That's definitely worth trying to protect!

Fortunately, the ARS scientist, based at Beltsville, Md., is well on his way to throwing a few roadblocks in the path of the coffee berry borer. For starters, there's a particular fungus, *Beauveria bassiana*, that attacks the coffee berry borer (and a lot of other pests, for that matter). The trick is getting the fungus into contact with the borer.

The ARS scientist has discovered that if you introduce the fungus into the plant, it becomes "endophytic"—it literally integrates with the plant tissues themselves. He and a colleague have found as many as four ways to get the fungus into the plant: injecting it into the plant stem, spraying it on the leaves, soaking the seeds with it, and drenching the soil with it.

Another possible control method is a tiny worm called a nematode, from the genus *Metaparasytlenchus* (don't worry, we're only going to say that once). In a collaborative study in 2002 with Mexican scientists, the ARS scientist and his colleagues found that these tiny female worms invade the bodies of living female coffee berry borers. This doesn't necessarily kill the borers, but it does make a dent in their reproductive capabilities. Worm-free borers lay an average of 10 eggs, but that number drops to just two eggs from females harboring the worms.

One other question: Since caffeine is toxic to many insects and these borers are constantly munching away on coffee beans, why don't they keel over from a major caffeine buzz? Scientists aim to find out why, as that may open up another path to controlling them.

So... help yourself to another cup of your favorite java, and stay tuned!

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



BERNARD E. GODLEY, INC.
TAX SERVICE AND BOOKKEEPING
 Specializing in Farm, Ranch & Agri-business
 Over 35 Years Experience
940-889-8809
 98 Hill Drive • Seymour, Texas
 Fax 940-889-4908

Youth at highest risk for watercraft injuries

Summertime for many means family vacations and leisure activities. This includes the use of watercrafts, which can be quite enjoyable provided they are used appropriately. Risky behavior on these crafts, such as jet skis and waverunners, can be quite dangerous with potentially serious results. United Spinal Association offers safety measures and ways to avoid injuries when using personal watercrafts.

According to the U.S. Coast Guard, 25% of all boating accidents involve such devices and the majority of accidents occur in youths and teens. "In 2002, 17 and 18 year olds accounted for most injuries," said Victor Calise, United Spinal Association's Director of Sports Marketing.

The University of Florida reported that injuries unique to personal watercraft include: closed head trauma, spinal cord injuries and trauma to chest and abdomen (internal).

"Injuries are usually caused by roll-overs, side-swipe collisions, or head-on collisions," said Calise. "With approximately quarter of a million people in the United States with a spinal cord injury, our goal is to help educate the public so that some of these types of injuries can be avoided."

United Spinal Association, an agency dedicated to enhancing the lives of people with spinal cord disabilities, offers tips on personal watercraft safety:

- Wear safety equipment,

including a life jacket, eye protection, a wet suit, gloves, proper shoes, and a helmet. Make sure everything fits properly and always operate your personal watercraft with the safety lanyard attached to you.

"Be alert of other watercrafts and be cautious of the terrain around you," said Calise. "And, never operate your personal watercraft while intoxicated or taking medication."

•Don't operate your personal watercraft at night.

•Never stand up on your personal watercraft or maneuver it through another watercraft's wake. Also, avoid sudden sharp turns and excessively high rates of speed.

•If you are a passenger, always hold on tight and alert the driver if you are in danger.

•Never operate your personal watercraft in water that is less than 2 feet deep.

•Be sure to read your personal watercraft owner's manual, and know your state laws regarding personal watercraft usage.

Space maintainers keep teeth in place

One of the most important roles of baby teeth is to serve as natural space maintainers for the permanent teeth.

Children who lose their baby teeth too early can develop problems with spaces between their teeth. When a primary tooth is lost early, other teeth may drift out of position and begin to fill the vacant space. Then, when the child's permanent teeth come in, there is not enough room for them.

As a result, the child may develop crowded and crooked teeth that are out of alignment. This frequently occurs if the prematurely lost tooth is a molar.

Fortunately, a trip to the dentist can easily correct the problem.

If a child has lost his or her teeth too soon, dentists at Baylor College of Dentistry-Texas A&M Health Science Center recommend a space maintainer. Space maintainers are temporary metal or plastic devices that hold the space vacated by the baby teeth until the permanent teeth emerge.

To subscribe,
 Call 940-864-2686

ESTATE AUCTION • Mary Moeller

Sat., Aug. 5 • 9 a.m. • 1105 N. Ave. J, Haskell

HOUSE: 2 bedroom, 1 bath, metal roof, car port, storage room, pecan trees, fenced backyard, handicap accessible. Excellent rental property. Many nice features. To be auctioned at 1 p.m. or at the end of the sale, whichever comes first. 10% down will be required sale day for the house. House viewing 8 a.m. sale day or earlier by calling Allen Moeller at 940-256-1525. **ANTIQU/COLLECTABLES:** 2 old cedar dynamite boxes (quilt boxes), USA crock bowl, 2-compote candy dishes, lead crystal dish, compote w/red trim, Busy Bee #16 wooden rub board, red handled sifter-Bromwell's, old biscuit cutter, 2 crochet bedspreads, 2 crochet table cloths, linens, towels, sheet sets and singles, pillow cases (many), handmade doilies, table runners, quilts, aprons and other crochet pieces, old crock pieces, crank ice cream freezer, cobbler shoe stand, red handled miter saw, old jelly glasses, press glass candle holder, 4 bubble depression small bowls, 4 pink depression custard glasses, 1 depression plate, 1 depression sugar, 1 depression sugar/creamer, 1 ruby vase, antique dust pan, large mixing bowl-yellow, Carnival pitcher 8 glasses, old dishes-set of 6, milk glass bowl, white mix bowl with red sailboat. **FURNITURE:** Round pedestal table w/2 leaves, 4 chairs w/rollers, 2 oak chairs, 2 red metal chrome chairs, 2 end tables, floral sofa, brown recliner, large sofa table, lamps, full size bed (head and foot board), 5 drawer chest, vanity dresser w/round mirror, magazine table, bedroom chair, small chest-4 drawer, Singer sew cabinet (electric), cabinet unit w/5 drawer & 3 shelves, small chest-4 drawer, medium chest-4 drawer, full size bookcase headboard, dresser w/mirror and matching chest w/4 drawer, telephone table, lamp table, vanity stool, console TV, 2 drawer file, 3 storage cabinets, old door, yellow & red folding chairs, old wooden chairs, rope seat chairs, round card table, folding table, folding chairs, 4 metal storage shelves, 2 utility carts, 3 shelf bookshelf, small wall shelf, mirror wall clock. **APPLIANCES:** GE refrigerator 18.2 no frost-good condition, Whirlpool microwave w/stand, Whirlpool washer-HD, Whirlpool dryer, Frigidaire upright freezer (sm.), old Whirlpool chest freezer, 3 Whirlpool AC window units-110 volts, Dearborn heater, new 16" Bahamas ceiling fan (in box), Brother sew machine head, toaster oven, Kirby vac w/attachments, shop vac, Tappan elec. cookstove, small appliances, electric heater, step table, step stool, kero. lamp. **MISC.:** glass coffee pot, brass top cake pan, 6 wine glasses, portable file boxes, cordless phone, framed art, household decorative items, games, sew supplies, calculator, Club Aluminum pots & pans, cookie sheets, muffin tins, 2 cast iron skillet, Tupperware, cooking utensils, knives, kitchen supplies & cleaners, 53 piece dishes-Meadow, hand tools, old Christmas deco, yard tools, sprinkler, flatware, serving platters, and more!

Announcements made sale day takes precedence. **Royce W. Miller, Auctioneer TX 11840**
 616 W. McLain, Seymour TX, 940- 889-5695

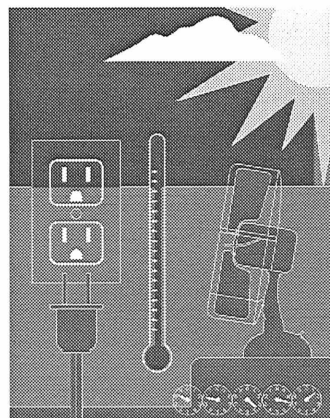
Concessions available.

Connect to Energy Savings

AS THE ELECTRIC DELIVERY COMPANY that has been serving south and west Texas for over 90 years, AEP Texas knows a thing or two about energy conservation. While we no longer sell electricity or send out monthly electric bills, we recognize this is going to be a long, hot summer.

Since AEP Texas and its 1,700 employees are directly connected to the many communities we live in and serve, we'd like to share some low or no cost tips with you on how to keep cooler this summer by saving energy and money.

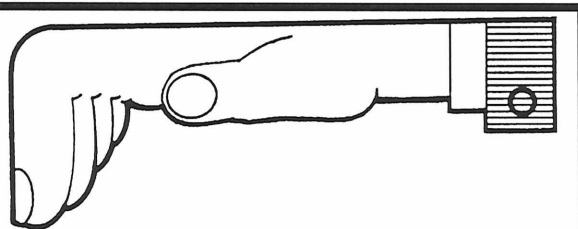
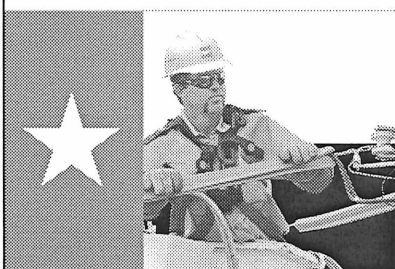
- Set air-conditioning thermostats to the highest possible comfortable setting and dress accordingly.
- Turn off every appliance you are not using including lights, televisions and radios. Use the "sleep" feature on your computer equipment.
- Only cool rooms that you use. Close vents and doors in unused rooms. Be sure to close closet doors.
- Check your air-conditioning filter every month and replace as needed.
- Keep windows that let the sun in covered when the sun is shining on them.
- Weather strip and caulk around windows and doors to prevent drafts.
- Close your fireplace damper when the fireplace is not being used.
- Use fans to help circulate the air in your house.
- Air-dry dishes in the dishwasher.
- Lower the temperature on your hot water heater to warm during the summer, take short showers and wash only full loads of clothes in the laundry.



It's important to remember that if you're having trouble paying your electric bill, call your retail energy provider (REP) at the number listed on your current electric bill to avoid disconnection.

www.aeptexas.com

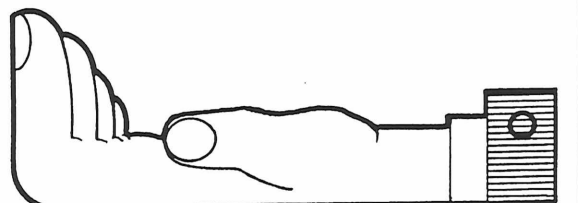
Connected to you.
 Connected to Texas.



Helping Hands The Neighborly Way!

We offer financial assistance whenever we can, to provide opportunities for local families and businesses to improve, innovate and grow.

As members of this community, we realize the importance of working together to bring out the best in all of us for the benefit of all. It's the neighborly way!



First National Bank Haskell

200 South Avenue E Haskell, Texas 79521

FDIC 940-864-8555

Other Convenient Locations to Serve You:

First National Bank Munday - Stamford - Rochester

Fisher & Paykel
innovative living

Special Sale!

Washer
Model GWL11
Reg. \$639.95

Dryer
Model DE08
Reg. \$469.95

\$579⁹⁵

\$439⁹⁵

Haskell Tire & Appliance

206 S. Ave. E • 864-2900

Fred Rike is new ASU basketball coach

When basketball season begins next year for the Angelo State University men's team there will be a familiar face leading the program. Haskell native Fred Rike has been named as the new head basketball coach.

Rike becomes only the fourth men's head basketball coach in Angelo State history. He replaces Joe Esposito who resigned near the end of last season.

After receiving more than 90 applications for the position, Angelo State interviewed seven head coach

candidates. According to ASU Athletic Director Kathleen Brasfield, "We feel like Fred is really going to take our program to the level we would like it to be at. We feel he can build a program that ASU and the San Angelo community will be proud of."

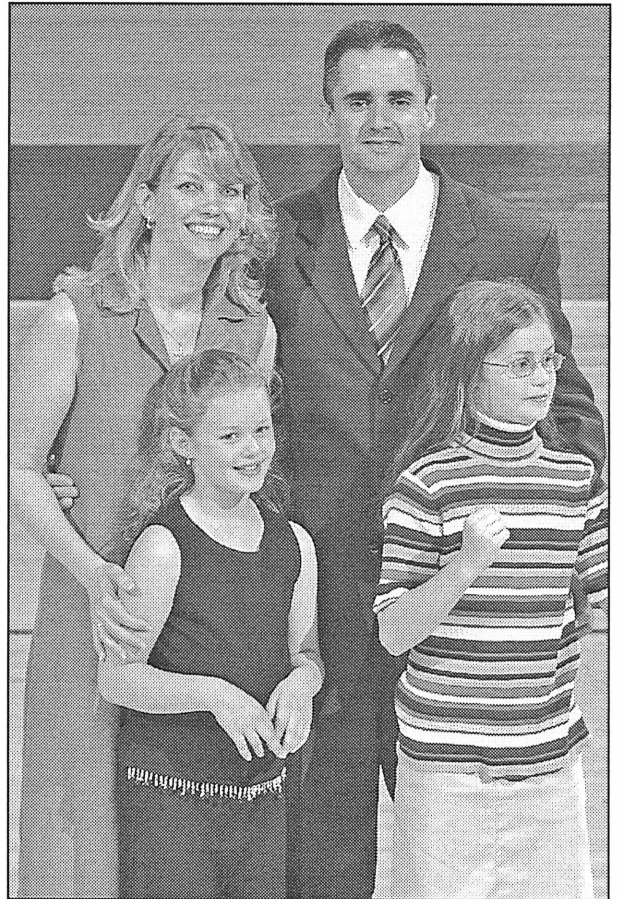
"One of the things that caught my eye when this job came open, just from talking to coaches in the league and around the state of Texas, is that you can win here" Rike said.

ASU is coming off of an 8-19 season, 0-12 in the Lone Star Conference. However, the team is losing only one senior, and their leading scorer from last year will be a returning junior.

Coach Rike has extensive experience at the college level. He began his coaching career at Tyler Junior College as an assistant in 1990 and stayed through 1993. He left for one year to serve as an assistant at Louisiana Tech before returning as the head coach for Tyler JC.

After three successful seasons in Tyler, Coach Rike served three years as an assistant at the University of Memphis, one year at Georgia State, and five years at the University of North Texas. He was the Associate Head Coach for the University of North Texas.

Fred is the son of John Sam and Mary Rike of Haskell. His brother James coaches basketball at Abilene Cooper High School. Fred along with his wife, Kimberly, and daughters, Allie Katherine and Jessie Kaye, have completed their move from Denton to San Angelo.



NEW ASU COACH—Haskell native Fred Rike has been named the new head basketball coach for the Angelo State University men's basketball team. His wife, top left, and daughters l-r, Jessie and Allie have joined him in San Angelo.

Find your perfect color and paint that lasts.

True Value's Premium-Quality E-Z Kare Interior and WeatherAll Exterior Paint come with a 25-year warranty. So you'll want to get just the right color. And with our paint department featuring Color Made Simple, we'll make it easy. With exclusive color selection tools and helpful Certified Color ExpertsSM, you'll find just what you need to select your perfect shade and complete your painting project. Finding your color is simple.

COLOR
made simple.



Richardson's
FARM • RANCH • HOME • AUTO
CASE # True Value

True Value.
START RIGHT. START HERE.

Hwy. 277 N. • Haskell, Texas • 940-864-8551
Store Hours:
Mon.-Fri. 7:30 to 5:30; Sat. 7:30 to 5

New device helps back patients

A device, made of plastic and metal, is changing the way surgeons treat disc degeneration. Instead of removing the damaged disc and fusing the bones, orthopedic surgeons at UT Southwestern Medical Center are using innovative technology that helps the spine retain its natural form of movement.

"Fusion limits motion of the spine, takes a long time to heal and causes strain on the other parts of the spine. Non-fusion helps retain the natural movement of the spine and takes less time to heal," says Dr. Kevin Gill, professor of orthopaedic surgery.

The artificial disc consists of one disc of medical grade plastic sandwiched between two medical grade cobalt chromium alloy plates. The plates each contain teeth that settle into the spinal bone. The plastic disc acts as a cushion as the metal

plates move with the spine. The artificial disc may last 30 or 40 years, Dr. Gill says.

Similar devices have been widely used in Europe for almost 20 years.

"This has been slow to catch on in the United States because

insurance companies weren't quite sure how to handle it. They had never had to pay for non-fusion technology," Dr. Gill says. "But, now we're doing one or two surgeries a month. We expect that to increase soon to one or two a week."

Calvary Baptist Church sets VBS

The Calvary Baptist Church, 600 S. 7th in Haskell, will hold Vacation Bible School. A kickoff party will be

held Sun., Aug. at 6 p.m. Classes will be held Monday through Wednesday from 6 to 8 p.m. each evening.

Carpet care tips

New carpet may shed fibers. Furniture and traffic may cause carpet to fuzz, pile, snag or crush. To remove loose fibers—be careful not to pull out attached fibers—and to minimize crushing, vacuum frequently and place guides under furniture.

Don't drag heavy items across your carpet. Doing so can wrinkle it,

detach it from the tack strip, or untuck it at the baseboard or adjoining flooring.

If you have any of these problems, you should contact a professional. Visible seams in some types of new carpet are common. If you notice seams, please discuss with your contractor or remodeler.

Like what you're reading?

We'll send it to you
each week for
just \$25 a year.
(in Haskell County)

Yearly
Subscription Rates

\$25 a year in county
\$34 out-of-county

Name _____
Address _____
City _____ State _____ Zip _____

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

The Haskell Free Press

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

BURN BAN IN EFFECT

STAMFORD MAIN STREET PRESENTS

OFF THE HOOK

FISHING TOURNAMENT

Friday & Saturday, August 11-12

at Lake Stamford Marina

\$6,000 in Cash Prizes*

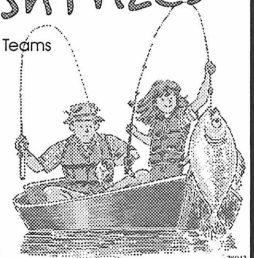
*Based on 100 Teams

Registration Fee: \$125 per team (limit 3 per team).

Registration forms may be obtained by calling

(325) 773-5520 or email:

offthhooktournament@hotmail.com



'Clamshells' may be made of wheat

What's New with Wheat

Goopy cinnamon rolls, colorful birthday cakes, freshly baked bread, pizza—it's definitely fun to daydream a little about all the nice things you can make with wheat. Here's something new to add to the list: "clamshells."

We're not talking here about the "portable housing" used by actual clams, but those lightweight, hinged containers that some restaurants use to pack up your take-home goodies. They're commonly called "clamshells" because that's what they look like—the natural architecture of clams—and they're typically made of polystyrene.

That could change in the future, though, thanks to an Agricultural Research Service scientist who's figured out how to make these food containers out of an important component of food itself: wheat.

Why worry about these clamshells? Think about how many billions of burgers and other food items get packed into these containers, which ultimately wind up in landfills that are already overloaded. And we've all observed that polystyrene doesn't break down quickly, so making the containers out of biodegradable ingredients would certainly be good news for the environment.

The ARS scientist, based in Albany, Calif., has been working with a California company to make these types of containers out of the world's most widely planted grain: wheat. His wheat-starch-based prototypes are sturdy, look nice, work well and are just as leakproof as the polystyrene versions.

So how do you turn wheat starch into a burger box? It's simple, says the scientist. First, you pour the wheat-starch batter into big presses or molds that work like a giant waffle iron. The mold is closed and locked, and the moisture from the batter creates steam that causes the batter to foam, expand and fill the mold. The steam is vented and the molded wheat-starch mixture is

Proper fluid intake important

The proper number of bathroom breaks seems to be one of the great mysteries of life. Not a day passes without a patient asking Dr. Philippe Zimmern, professor of urology at UT Southwestern Medical Center, "How much should I drink per day?"

Patients worry about excessive breaks or fear they might damage their kidneys by not drinking enough water. Dr. Zimmern tries to help his patients distinguish myth from reality in regard to the connection between fluid consumption and urination.

"Your kidneys filter your blood and produce urine," Dr. Zimmern says. "The more you drink, the more urine your kidneys eliminate because there is no room in your body to store all this fluid. Fluid retention can occur with kidney or heart failure, but generally not otherwise."

Urine produced is stored temporarily in the bladder. The bladder of the average healthy adult holds around 10 to 15 ounces of fluid. So, how often should a person go to the bathroom?

"The answer is on average six times, depending on fluid intake and bladder capacity," Dr. Zimmern says. A person with a smaller bladder volume may have to go up to eight times per day.

To stay within these limits, the average adult should drink no more than six to eight glasses—approximately 64 ounces—of fluids a day, Dr. Zimmern says. To avoid having to get up at night to head to the bathroom, simply don't drink after dinner or before bedtime. If you take medications such as a diuretic, do it in the morning or after lunch, Dr. Zimmern advises.

"baked"—all in less than a minute from start to finish.

The waterproofing comes from a coating that's added later, to help the container keep its strength and form if it's holding something moist. But when that container hits the landfill, it breaks down in just a few weeks.

This particular ARS scientist is an old pro at coming up with innovative uses for wheat starch. One of his past successes has been turning the starch into a lightweight concrete that could be used for decorative garden items, roofing tiles, insulation, flooring, benches, fountains, or even exterior panels for high-rise office buildings.

The wheat starch forms what the scientist calls an "aquagel" that acts as a durable aggregate for mixing with cement. He says the wheat-based aquagel would probably require less energy and labor to produce than other aggregates.

His recipe is simple: Heat a mixture of wheat starch and water, then pour it into a mold and let it cool to form a gel. Air-dry the gel until it's hard, transparent and brittle. Then it's milled or ground into white particles similar to coarse sand.

Next, the particles are soaked in water for several hours, then rinsed and drained, leaving a tough, rubbery aquagel aggregate that's 25 percent starch, 75 percent water. Add it to cement, and voila! you wind up with wheat-based concrete.

The scientists at that ARS lab at Albany are real wizards at turning agriculture's leftovers into useful,

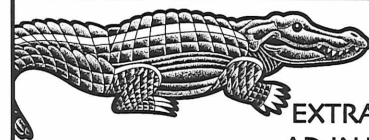
environmentally friendly products. For example, another scientist there has worked on turning wheat straw and rice straw into packing materials, such as the molds that hold delicate computers and electronic equipment snug in their shipping boxes—again replacing the current polystyrene with a biodegradable alternative. The idea is to turn a slurry of straw, water and additives, such as clays and starches, into dried and molded rigid forms.

This technology could give farmers a whole new market for straw that is now plowed under the soil or sold for animal feed or bedding. And it could be a big market, too; in California alone, the

rice crop each year generates more than 300,000 tons of straw, and California's wheat crop produces an estimated 400,000 tons of straw.

Sounds like Rumpelstiltskin isn't the only one who knows how to turn straw into gold!

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



SNAP UP
EXTRA CASH WITH AN
AD IN THE CLASSIFIEDS

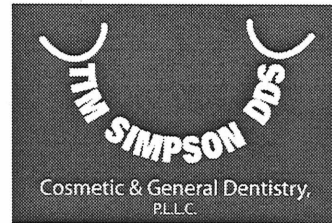
Your ad in the Classifieds puts the bite on the right buyer for most anything you have to sell. Call today and we'll help you put some real teeth into your message.

The Haskell Free Press
940-864-2686

Welcome Home, Jason Alexander, D.D.S.

HE'S BACK! A Roscoe native, Dr. Jason Alexander has moved back to West Texas to help more people smile. After playing football for Hardin-Simmons for two years, he graduated from Texas A&M and completed his dental education at the University of Texas at Houston. He is now joining the practice of Dr. Tim Simpson, D.D.S. **He is now accepting new patients.**

Please help us welcome one of our own.



We Make Great Smiles

701 S. Willis Abilene
325/677-6553
1-888-253-6553

www.simpsonmakesmiles.com

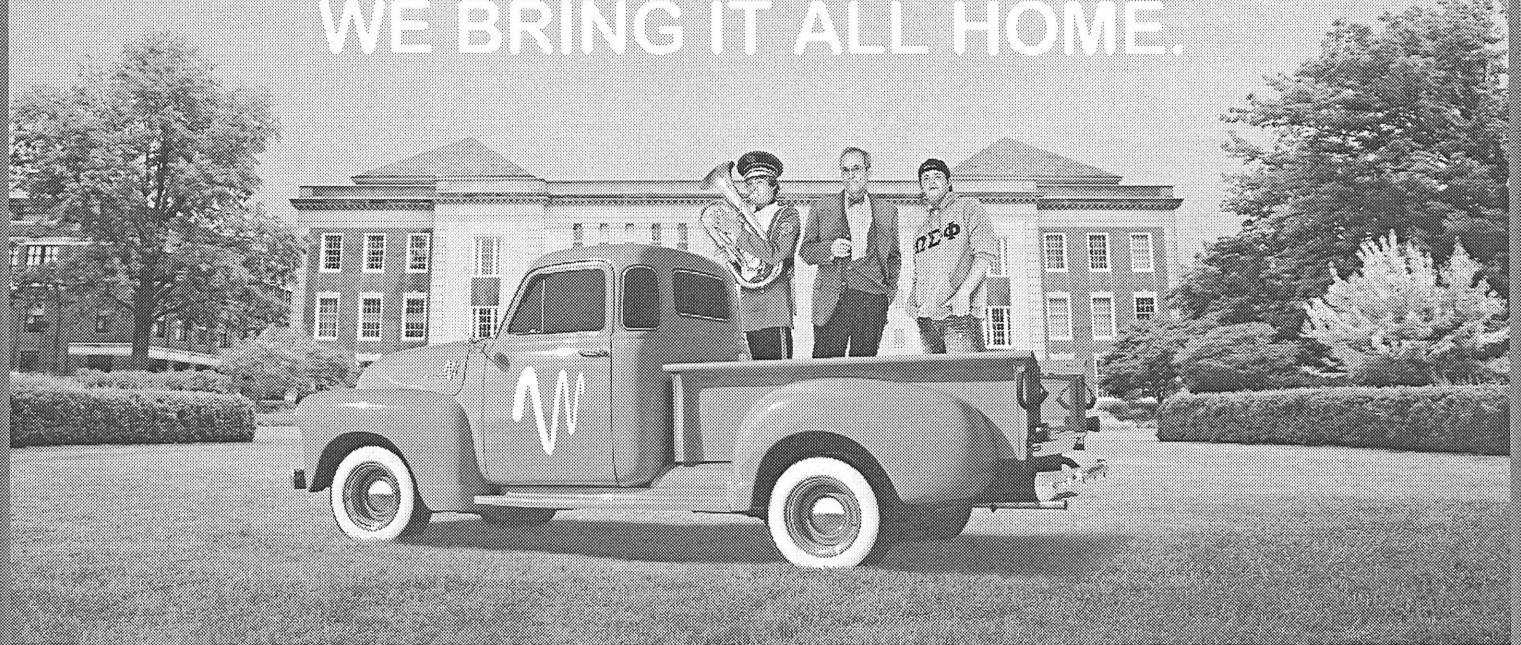
Jason Alexander, D.D.S.



Like what
you're
reading?

Call
940-864-2686
to Subscribe.

BIG SPEED ON CAMPUS. WE BRING IT ALL HOME.



BROADBAND
\$14.99 FIRST 3 MONTHS
PER MONTH
GREAT VALUE!

OFFER INCLUDES:
FREE MODEM (AFTER REBATE)
FREE ACTIVATION
FREE SELF-INSTALL KIT
FREE E-MAIL VIRUS & SPAM PROTECTION

1.800.978.2567 | WINDSTREAM.COM

HIGH-SPEED INTERNET:
DOWNLOAD FIGHT SONGS
RESEARCH PAPERS ONLINE

30-DAY MONEY BACK
GUARANTEE

LIMITED-TIME OFFER.
HOP ON TODAY.

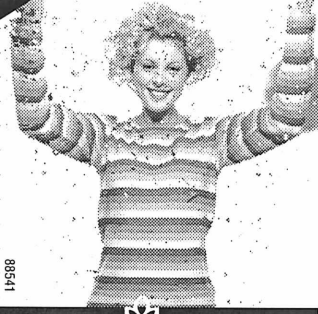
PHONE
BROADBAND
DIGITAL TV

windstream[™]
communications
grow places

Limited-time offer. Subject to availability in certain locations. Broadband price shown requires a qualified service and does not include taxes, fees and other surcharges. In areas where a Windstream Value Line is available, the referenced Broadband price reflects Broadband packaged with a Value Line. After first 3 months, Broadband price will revert to standard monthly pricing. Offer does not guarantee service availability on your individual phone line. Broadband price shown reflects up to 384 Kbps download speed and up to 128 Kbps upload speed; Broadband speeds may vary based on throughput conditions. Free Broadband modem after instant credit of \$49.95 and \$50 mail-in rebate. To qualify for free modem, you must (1) activate new Windstream Broadband service with a 12-month service agreement (2) maintain your Broadband service for at least 30 days from service agreement start date and (3) submit a fully completed rebate certificate by postmark date of 45 days from Broadband service activation date to the address shown on the rebate certificate. Applicable Broadband modem charges, sales tax, shipping and handling fees added to bill statement. Other restrictions and conditions may apply. 30-day Satisfaction Guarantee applies to monthly Broadband service charges, exclusive of taxes, fees and surcharges. Customer must return modem in order to receive money-back credit. A \$500 fee will be assessed to Windstream accounts if Broadband service is terminated after the first 30 days of service and before the 12-month term. Broadband service and Broadband modem provided by Windstream Broadband Services. Additional Information: Credit approval required, & pre-payment may be required. Taxes, fees & other charges, including Universal Service Fund, apply. Windstream reserves the right to cancel or discontinue this plan at any time. If any required bundle component is disconnected, all remaining components convert to the regular tariffed monthly rate. Other restrictions may apply. Offers are subject to the Windstream Terms & Conditions for Communications Services available at any Windstream store or at windstream.com. Contact a Windstream representative for details.

BURN BAN IN EFFECT

In Haskell every Thursday 1:30 to 5:30 p.m. at the ECC!



Metabolic
RESEARCH CENTER
WEIGHT LOSS SPECIALISTS

LOSE UP TO 25 LBS. IN 5 WEEKS

- Lose up to 3-5 lbs. per week
- Dramatically Increases Metabolism
- Increase Energy Level
- No Calorie - Counting
- No Drugs

325-692-6992

Call Today Start Losing Tonight!

individual results may vary

Births

Russell and Lauren Stanley of Haskell announce the birth of their daughter, Katie Caroline Stanley, born July 19 at 2:16 a.m. weighing 7 lbs. 9.9 oz. She was 20" long.

She was welcomed home by her aunt, Julie Hutchinson of Haskell.

Maternal grandparents are Dieter and Leisa Hutchinson of Haskell. Maternal great grandparents are Sonny and Carolyn Reynolds of Haskell. Maternal great grandfather is Lester Hutchinson of Weinert. Maternal step great grandmother is Valeta Hutchinson of Weinert.

Paternal grandparents are Richard and Linda Stanley of Abilene. Paternal great grandparents are J.L. and Joy Smith of San Augustine and Frances Stanley of Abilene.

ECC Calendar and Menu

Mon., Aug. 7
Lunch—Ham slice, cheese potatoes, English peas, cranberry slice, bread slice, apricot cobbler, milk, tea, or coffee

Fri., Aug. 11
Lunch—Hamburger steak, onion brown gravy, green beans, cream potatoes, bread slice, orange cake, milk, tea, or coffee

Wed., Aug. 9
Lunch—Chicken spaghetti, blackeyed peas, turnip greens, buttered corn, garlic toast, banana pudding, milk, tea, or coffee

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

Students in the News

Melody Kennedy of Haskell and Tara Lisle of Rule were named to the Distinguished Student List for the Spring 2006 semester at Tarleton University in Stephenville. The Haskell County students were among 1,216 students receiving the designation.

To be named to the list, students must have a minimum GPR of 3.25, with no grade lower than C.

Cattle Market Report

The market at the Haskell Livestock Auction was on a run of 1309 head of cattle at its sale on Sat., July 29, according to B.D. Rainey, reporter.

Cows \$3-6 lower. Stockers steady to \$2 lower. Feeders steady. Bred Cows and Pairs \$25-50 lower.

Cows: fat, .42-.47; cutters, .41-.46; canners, .28-.36.

Bulls: bologna, .52-.60; feeders, .65-.78.

Steers: medium and large frame No. 1 200-300 lbs., 1.65-1.90; 300-400 lbs., 1.37-1.55; 400-500 lbs., 1.18-1.32; 500-600 lbs., 1.08-1.22; 600-700 lbs., 1.03-1.12; 700-800 lbs., .98-1.07; 800-up lbs., .90-.98.

Heifers: medium and large frame No. 1 200-300 lbs., 1.40-1.75; 300-400 lbs., 1.18-1.45; 400-500 lbs., 1.08-1.24; 500-600 lbs., 1.00-1.11; 600-up lbs., .92-1.04.

Bred heifers medium frame, 650-785.

Bred cows young to middle aged 700-925; aged or small, 500-725.

Cows with calves: medium frame No. 1 young and middle aged, 800-1200; aged or small, 550-750.

Shop Haskell First

This Week's Devotional Message:



GOD'S WORLD OFFERS AN ENJOYABLE ECONOMY VACATION

Vacation time can mean many things to many people, depending on their interests as well as what the budget will allow. They may travel a great distance in style, go camping in the nearby woods, or just languish in the back yard. All of these places can provide enjoyment and relaxation, being a departure from the normal routine. Moreover, even a low

budget vacation can be a learning experience, because it is not necessary to go far in order to observe the wonders of God's creation. They are on display everywhere, in different forms, just waiting for you to discover them. Take your Bible along as a sort of guide book, and remember that wherever you go on your vacation, God will be there to watch over you and protect you.

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
Church of God
Bruce Ray, pastor
Sun. 10 a.m., 11 a.m., 6 p.m., Wed. 7:00 p.m.
714 North First East, Haskell
Trinity Lutheran Church
Ron Renegarbe, pastor
Sunday School 9:30 a.m., Worship 10:30
Hwy 380 East, Haskell
Iglesia Bautista El Calvario
Art Flores, Interim pastor
Sun. Morn. 9:45 a., 10:45 a.m., 5 p.m.; Wed. 7 p.m.
607 S. 7th, Haskell
First United Methodist Church
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
Kelly Pigott, interim 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

—SAGERTON—
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. 6:30 p.m.
301 N. Ave. E, Haskell
Church in the Wind
C.C. Curran, pastor
Sun. fellowship 5 p.m. Church 5:30 p.m.
Tues. Bible Class 7:30 p.m.
203 S. 1st East, Haskell
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, pastor
Sun. 11:00 a.m., 6 p.m.; Wed. 6:00 p.m.
500 Main, Rochester

Union Chapel Baptist Church
Clovis Dever
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

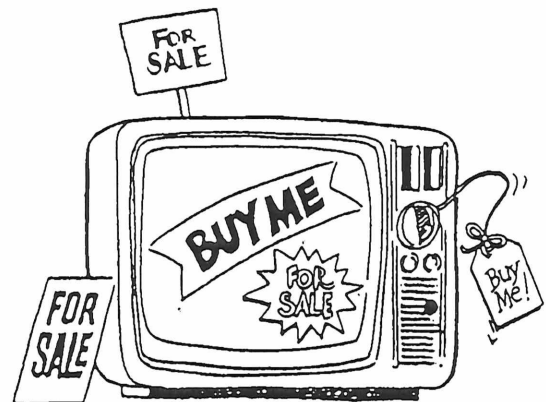
Church of Christ
John Greeson, minister
Sun. Morn. 9:45 a., 10:40 a., 6 p.m.; Wed. 7 p.m.
811 Union, Rule
First United Methodist Church
Terry O'Rear, pastor
Sun. Morn. Worship 8:30 a.m.
1000 Union Ave., Rule

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. 11 a.m., 5 p.m.; Wed. 5 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

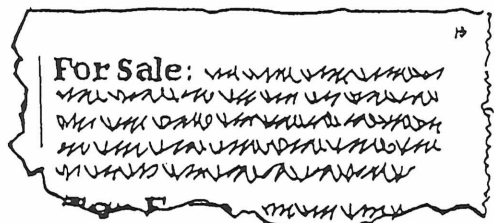
—O'BRIEN—
O'Brien Baptist Church
Jim Reid, pastor
Sun. 9:45 a., 11 a., 5 p., 6 p, Wed. 6 p.m.
O'Brien

The Hard Way.



Sure, you can stand in the street in the middle of a major intersection every day for a week with an item you want to sell, put a couple of huge signs on it, and hope someone takes you up on the offer. It might just get the job done. Or you might just end up looking foolish.

The Easy Way.



Or, you can place a Classified Ad with us and have people from all over the area clamoring to take your unwanted items off your hands for a handsome profit. Quickly and easily. And for a very small investment. So what are you waiting for? Call now!

The Haskell Free Press

P. O. Box 555
420 N. First Street
Haskell, Texas 79521
Serving Haskell County for over 100 years

Sonic Drive-In

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

Steele Machine

Hwy. 280 • 864-2208

Modern Way Food Store

1202 N. Ave. E • 864-3763

Smitty's Auto Parts

107 N. 1st East • 864-2607

HANSON PAINT & BODY SHOP

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

Rule Co-op Gin & Elevator

301 Adams • Rule • 996-2421

Rice Springs Care Home, Inc.

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

Committed To Excellence
In Service

Attend Church This Sunday

The Haskell Free Press

"The People's Choice"

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

Serving Haskell County Since 1886



Shop The Haskell Free Press CLASSIFIEDS

864-2686

ALL DEADLINES MONDAY 5 P.M.

864-2686

For Sale

FOR SALE OR TRADE: 12x16' ft. short order restaurant to be moved. Health code approved. New wiring. Has stove, refrigerator, water heater and sinks. \$1000. 997-2412 or 996-6887. 31p

FOR SALE: Used Amana washer and dryer. Good condition. \$400. 864-3623. 31c

Cars For Sale

FOR SALE: 1994 Isuzu Rodeo. V6. Good condition. Good gas mileage. Good school car. 422-4840. Munday. 31p

FOR SALE: 1997 Pontiac Sunfire. \$2,000. 864-5412. 31p

Garage Sale

INSIDE SALE: 104 N. Ave. G. Sat. only. 28-31p

GARAGE SALE: Sat., Aug. 5. 602 S. 5th. Lots of good stuff. 31p

4 FAMILY GARAGE SALE: 706 N. 19th. Sat., Aug. 5. 31c

YARD SALE: Sat., 8-4, 715 S. 9th. School clothes for boys' sizes 8, 10, 12. Jr. clothes, baby stuff. Some furniture, knickknacks. Lots more. 31p

2 FAMILY GARAGE SALE: Sat., Aug. 5. 1015 N. Ave. D. Lots of goodies left from RV sale. 31p

GARAGE SALE: Fri., 6-8 p.m. Sat., 8 to ? 107 N. 1st. Name brand clothes, furniture, mattresses, household items, tools, misc. 31c

GARAGE SALE: Fri., Sat., Aug. 4-5. 8-5. 604 N. 3rd St., Apt. 3A. Disney collection, Beanie Babies, kids' clothes. 31p

GARAGE SALE: We've moved not enough room! Lots of misc. 701 N. 13th St. Sat. 8 to noon. 31p

Estate Sale

ESTATE SALE: (H. Fisher) Aug. 4. Fri. CR 410. VP Girls. 940-996-2428 or 940-256-2888. Early sales. 30-31c

For Rent

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

FOR RENT: 1107 N. 10th. 2 bedroom apartment. Central air. 864-3762. 31c

FOR LEASE: 906 N. Ave. E. 2 bedroom house. Central air. 864-3762. 31c

RENT TO OWN: No credit check! 3 bedroom. No down payment. \$265 month, taxes included. 303 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

RENT TO OWN: No credit check! 3 bedroom. \$500 down, \$300 month. 607 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

Help Wanted

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

GIBSON CARE Center, Aspermont needs CNAs for all shifts. Call Melissa Prew, ADON at 940-989-3526. E.O.E. 9fc

INDEPENDENT CONTRACT CARRIER: Paper carrier needed for the Abilene Reporter-News for Rule area. Must have reliable transportation, current driver's license and car insurance. Early morning hours. 7 days a week. Profit analysis \$650 a month. Must live in Rule area. Please call Connie 325-670-5266. 25fc

CLERKS, COOKS and waitresses wanted. 50 Stars Stop in Old Glory. Please apply in person. 30-31p

LOOKING FOR A challenging, rewarding career? Gibson Care Center in Aspermont, Texas is currently seeking friendly, caring certified nurse's aides or those individuals who are interested in starting a career as a nurse's aide. We will start a CNA training class in September. We are looking for the right individual to fill these openings. If interested, call Monte Hill, 940-989-3133. E.O.E. 30-31c

GIBSON CARE CENTER, Aspermont, Texas needs help in the dietary dept. Please call Melva at 940-989-3526. 30-31c

HELP WANTED: Cooking and maintenance. Housing available. Couple preferred. Would consider right single. Call 325-773-2457 for appointment. 31-32c

Public Notices

NOTICE
Precinct 2, Haskell County is taking bids on a 10 ft. spray boom, 100 gal. tank on skids, and hydraulic pump. Also, 150 gal. butane tank, as is. Call 940-864-8602 days or 940-673-8364 evenings for information.

Submit bids to Haskell County, 1 Ave. D, Haskell, Texas 79521. Bids will be opened Aug. 10, 2006. 30-31c

PUBLIC NOTICE
Paint Creek ISD offers career and technology education programs in Computers, Home Economics, and Agriculture. Admission to these programs is based on interest, aptitude, age appropriateness, and class space available.
It is the policy of Paint Creek ISD not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

There is no more expensive thing than a free gift. Queen size mattress sets for \$249.95. Kinney Furniture in Stamford. 325-773-2232. 31c

Paint Creek ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.

For information about your rights or grievance procedures, contact Donald Ballard at Paint Creek ISD, 4485 FM 600, Haskell Texas 79521, phone 940-864-2471. 30-31c

FORMA DE MUESTRA
Paint Creek ISD ofrece programas vocacionales en Computers, Home Economics, y Agricultura. La admision a estos programas se basa en interes, aptitud, edad apropiada, y espacio de clase disponible.

Es norma de Paint Creek ISD no discriminar por motivos de raza, color, origen nacional, sexo o impedimento, en sus programas, servicios o actividades vocacionales, tal como lo requieren el Titulo VI de la Ley de Derechos Civiles de 1964, segun enmienda; el Titulo IX de las Enmiendas en la Educacion, de 1972, y la Seccion 504 de la Ley de Rehabilitacion de 1973, segun enmienda.

Paint Creek ISD tomara las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua ingles no sea un obstaculo para la admision y participacion en todos los programas educativos y vocacionales.

Para informacion sobre sus derechos o procedimientos para quejas, comuniquese con Donald Ballard at Paint Creek ISD, 4485 FM 600, Haskell Tx 79521, telefonno 940-864-2471. 30-31c

NOTICE TO PARENTS OR GUARDIANS OF PAINT CREEK ISD STUDENTS

Paint Creek ISD will serve meals at no charge to students through the academic year of 2007, unless otherwise notified. Children will receive a free lunch and free breakfast regardless of family income or size. All children are treated the same regardless of ability to pay. In accordance with Federal law and U.S. Department of Agriculture policy, Paint Creek ISD is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC. 20250-9410, or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity employer. For more information or assistance, contact Don Ballard, Superintendent, Paint Creek ISD, 940-864-2471. 30-31c

I BUY HOUSES

Quick cash and closing on homes \$25,000 or less.

Call Jim at 325-518-8128

OWNER FINANCE IN HASKELL

1305 N. Ave. F: 2 bedroom.

605 N. 5th: 1 bedroom.

1007 N. Ave. D: 2 bedroom.

LOW DOWN

LOW MONTHLY

Call Tyler

at

325-829-3276

or Jim at

325-518-8128

Real Estate

FOR SALE: 2 bedroom, 1 bath comfortable old house. Small shop. Storage, well, fenced, carport, deck. 864-3185. 28-31c

FOR SALE: 100 acres cultivation. 6 miles south of Haskell. \$575 per acre. Shown by appointment. 325-773-2457. 31-32c

OWNER FINANCE: 1007 N. Ave. D, Haskell, Texas. \$16,500 Easy terms. Call 325-893-1973. 31-32c

RENT TO OWN: No credit check! 3 bedroom. No down payment. \$265 month, taxes included. 303 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

RENT TO OWN: No credit check! 3 bedroom. \$500 down, \$300 month. 607 N. 11th. 325-480-0678 or 940-642-6599. 31-32c

Wanted

WANTED: 300-1,000 acres for year around hunting. Desire to be on Double Mt. Fork of Brazos. Call Leo 972-342-6461. 29-32p

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

Dodson Concrete Construction

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

EXPERT AUTO WORK

REASONABLE RATES
See us for all your auto mechanic needs. 20 years experience. We do it right the first time.
117 North Ave. E • Haskell

Miscellaneous

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

VERNON COLLEGE is having certified nurse aide class at the Munday Nursing Center. This course is open to anyone interested in being a certified nurse's aide. Enrollment packets are available at the City of Munday Administration office and the Munday Nursing Center. Classes will be held on Mondays and Wednesdays from 6 p.m. to 10 p.m. For questions, please contact Vernon College at 940-696-8752 ext. 3211. 30-31c

Nanny Plumbing, Inc.

301 S. Ave. E • Haskell
940-864-3043
Sales and Service for Residential Plumbing and Heating/Cooling, Pump Installer and Sprinkler Systems.
License numbers available upon request.

Need
A New ROOF?
Call Ben McGee
864-3431 Home
864-4555 Cell
WARRANTY

WILD HORSE
TRADING POST
Haskell's General Store
and
RadioShack
Sprint
phones and plans are ready to go!
Don't forget - We also have guns and ammo, gifts, musical instruments and ladies clothing!
419 S. 1st, Haskell • 864-2200
Hours: M-F 9-6; Sat. 9-3

PROPERTY FOR SALE

Seller: USDA, Rural Development, Rural Housing Service
Three bedroom, two bath ranch style home located on 2 acres. Central heat and air, attached two car garage, 1535 +/- sq. ft. of living area. Located on FM 2365 in Munday, Texas. \$20,000.
Contact: Counts Real Estate
940-658-3041
Knox City, Texas

"I HAVE A HOUSE AND TWO CARS. IS THERE SUCH A THING AS ONE-STOP INSURANCE SHOPPING?"

YES. CALL ME ABOUT OUR HOME AND AUTO DISCOUNTS.
CHAN GUESS
P O BOX 617
HASKELL
(940) 864 2665
P.S. Call or stop by for a free quote



Discount and insurance offered only with select companies and subject to availability and qualifications. Discount amount may be lower. Allstate County Mutual Insurance Company and Allstate Texas Lloyd's, Irving, TX. © 2003 Allstate Insurance Company.

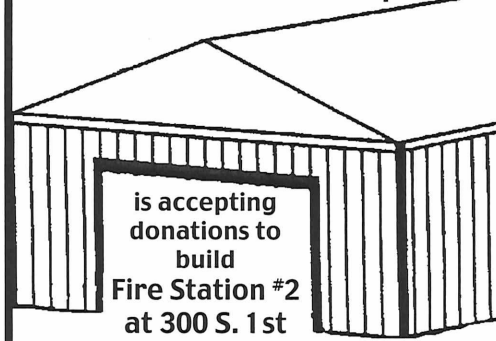
BURN BAN IN EFFECT

LANGFORD ROUSTABOUT SERVICE

SCOTT LANGFORD
Roustabouts
Backhoes
Winch Trucks
Dump Trucks
Welders
Specializing In:
Oilfield Repair,
Maintenance & Construction
Mobile: 940-256-0535
Office: 940-864-3490
Home: 940-864-2565
8348 N. Hwy. 277
Haskell, Texas 79521

Haskell County REALTY
1603 DERRICK DR. Brand new home. 3 bedroom, 2 bath. Priced to sell. \$85,000. 3 BEDROOM, 2 bath. One acre. CH/A. Water well. \$24,900.
1706 N. AVE. G. 3 bedroom, 2 bath on corner lot. Over 1500 sq. ft. living area. Fireplace insert. 2 car carport. Storm cellar. Water well. Great shade and pecan trees.
1409 N. AVE. J. 2 bedroom, 1 bath. Water well. 1 car garage. Fenced backyard. Cute home.
206 N. AVE. M. 3 bedroom, 2 bath. Fenced yard with dog run. \$39,900.
610 MAIN STREET, ROCHESTER. Great deal. 2 bedroom, 1 bath. Brick home. Nice storage. Carport. Fenced yard. Corner lot. Priced to sell. REDUCED.
103 N. Ave. E
940-864-2665
1-800-658-6342
or call
Bridget or Chan Guess 864-6142
Hess Hartsfield, Broker 864-2004

Haskell Volunteer Fire Dept.



is accepting donations to build Fire Station #2 at 300 S. 1st
to house donated Texas Forest Service firefighting equipment and provide a larger training facility. If you would like information on making a donation or how you can help contact Fire Chief Bill Steele 940-864-2208; Randy Shaw 940-864-2023; or ask any Haskell fireman for details.

Donations may be mailed to:
Haskell Volunteer Fire Dept.
301 N. First St., Haskell, TX 79521

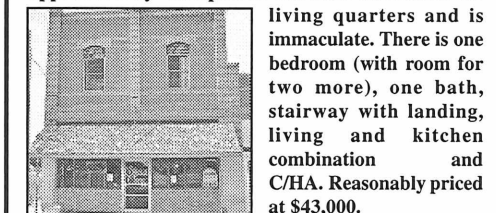
RIKE REAL ESTATE

Mary Rike, Broker John Rike, Agent
411 1/2 S. First Street
Haskell, Texas 79521
940 864 2411 940 864 2332
mrrike@dtinspeed.net
www.rikerealestate.com

7 AVE. K EAST. 3-2-2. Large den plus living room, large kitchen with built-in appliances, utility room, fireplace, C/HA, covered patio with great east view, cellar, well and sprinkler system. REDUCED.

1002 S. AVE. J. 3-2-2. Large den plus living room, large kitchen with built-in appliances, utility room, fireplace, C/HA, covered patio with great east view, cellar, well and sprinkler system. REDUCED.

601 5th ST., RULE. The Corner Café Rule, Texas. The building has been remodeled with ceramic tile floors, C/HA, suspended ceiling (old tin ceiling above), and fully equipped restaurant. Seating capacity is approximately 48. Upstairs has been remodeled for living quarters and is immaculate. There is one bedroom (with room for two more), one bath, stairway with landing, living and kitchen combination and C/HA. Reasonably priced at \$43,000.



Come by Rike Real Estate for a complete list.

Take Aim with your Advertising Dollars



Let us help you score big with on-target display or classified ads. We reach more of your potential customers than any other advertising medium, so there's no better way to get your point across.

Call us today, let us help you hit your target!

The Haskell Free Press

940-864-2686

Fitzharris serving Fort Worth as patrol officer



CHRISTOPHER FITZHARRIS

Christopher Fitzharris, son of Kevin and Cindy (Ivey) Fitzharris of Fort Worth, and grandson of L. B. and Marie Ivey of Haskell, recently graduated from the Fort Worth Police Academy.

After completing a rigorous 7-month training curriculum, he gained entry into the Academy's highly competitive program. He is now serving the community as a patrol officer in one of the city's Neighborhood Policing Districts.

Fitzharris graduated in 2004 from Texas Tech University, earning a Bachelor of Arts degree in political science from the College of Arts and Sciences.

Clearing up health care confusion for women

It seems that everywhere women turn, there's news about ways to prevent breast cancer or a new miracle drug for osteoporosis. Sometimes, the latest health craze even goes against common sense.

After being constantly barraged with information, it's no wonder women get confused about how to ensure optimum health.

According to gynecologist William Rayburn, M.D., associate professor at the Texas A&M Health Science Center College of Medicine, women need to trust their instincts.

"The older I've gotten, the more I've realized how little I know, and how much women truly know about themselves," Dr. Rayburn said. "Women have too much information coming at them from

too many directions. Diet and exercise are still two of the most important factors in women's health. Calcium and vitamin D are important in preventing osteoporosis, and a balanced diet is the best source."

And, although there is no current cure for breast cancer, Dr. Rayburn tells his patients they can take heart in knowing the new treatments are better than ever.

"There are no clear-cut risk factors or methods to prevent breast cancer," Dr. Rayburn said. "However, the diagnosis of breast cancer is not a death sentence any more. The survival rate after five years is up to 87 percent, and breast cancer survivors are able to live longer, more fulfilling lives."

Student in the News

Kelly Fitzharris, daughter of Kevin and Cindy (Ivey) Fitzharris of Fort Worth, and granddaughter of L. B. and Marie Ivey of Haskell, graduated in May from the University of Texas, Austin after successfully completing her studies in the College of Communication and earning a Bachelor of Science degree in public relations.



KELLY FITZHARRIS

Fitzharris is employed in an administration position with a real estate firm in Austin, and will make her home there.

Eating fish is healthy, but there's a catch

When it comes to eating healthy, fish is a top choice. It's packed with vitamins and minerals, and several studies have shown its benefits in lowering the chance of a heart attack, fighting off dementia and stroke in the elderly, and more.

But, there's a catch—mercury, polychlorinated biphenyls (PCBs) and other potentially harmful environmental chemicals. Women who are pregnant or about to become pregnant are especially at risk.

"PCBs and methyl mercury may cause low birth weight and developmental problems in babies of women who eat polluted fish while pregnant," said Anne Sweeney, Ph.D., associate professor in the Texas A&M Health Science Center School of Rural Public Health. "These chemicals don't make you feel sick but will build up in the body over time. They may also affect the child's neurological development and learning ability."

Choose fish that do not consume

other fish. Instead, eat smaller, younger fish, Dr. Sweeney said. Remove skin and fat to eliminate PCBs, and broil, grill or bake. Do not use any dripping fat for sauces or gravy.

Dr. Sweeney also is one of the principal investigators for the Longitudinal Investigation of Fertility and the Environment (LIFE). This federally-sponsored study among licensed anglers along the southeast Texas coast and in Michigan is looking at the effect of environmental chemicals on infertility and time required for conception, along with preterm delivery, birth weight and other outcomes.

"This is a very important and exciting study, as it is one of the few that follow couples before pregnancy occurs and will be able to determine the impact of these chemicals on many critical aspects of reproduction," Dr. Sweeney said.

BURN BAN IN EFFECT

New
Items at Star Stop!

Pepsi
20 oz.
Black Cherry

Pepsi 20 oz.
Strawberry

12 oz. **Coffee**
Coke

Chili
Cheese Dog

Grilled
Chicken
Sandwich

STAR STOP

706 N. 1st • Haskell
864-2062

Rolling Plains Health Care System Assisted Living Community

We are now accepting reservation deposits for our new 20 unit Assisted Living Community in Haskell. The deposit amount is \$250 now and the balance of \$250 due at time of move-in. If for any reason, health status change or just change of mind, the deposit is 100% fully refundable. Construction should begin in the next few months. Completion is anticipated in the fall of 2007. The reservations are taken on a first come, first serve basis, so hurry and get your's in today.

We will be having a program on Monday, August 14 at noon at the Experienced Citizens Center, 1401 South 1st St., Haskell, Texas to discuss the Assisted Living Project. Our consultant and architect will be happy to answer any questions you may have about the project at this time. Please RSVP to Margaret Evans at 1-888-883-6663 or Wallace Emerson, Brandon Anderson or Nelda Lane locally. You can also make your reservation deposits with one of these folks. We look forward to seeing you on the 14th.



Prices Good : 7/30/06-8/12/06

NACHO TORTILLA, NACHO RINGS, HOT FRIES, BACON CHEDDAR FRIES, CORN CHIPS OR PUFFED CHEEZERS

TOM'S CHIPS
2 FOR \$3



REG. \$1.99

ASSORTED REG. SIZE
HERSHEY'S
CANDY BARS

2 FOR 99¢



KISSABLES, PLAIN, ALMOND, TAKE 5 OR KIT KAT

32 OZ.
TALLSUP
59¢



2 LITER BTL.

DIET PEPSI, SIERRA MIST, MT DEW OR
PEPSI COLA

\$1.19



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

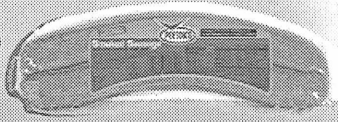
MORE SPECIALS

- MARS ASSORTED KING SIZE CANDY BARS 99¢
REG. \$1.29
- ALLSUP'S SANDWICH BREAD 2 FOR \$1.29
24 OZ. / 79¢ EACH OR
- ALLSUP'S WHEAT BREAD 2 FOR \$1.39
24 OZ. / 89¢ EACH OR
- SOBE ASSORTED FLAVORS 2 FOR \$2.22
20 OZ. BTL.
- BLUE BUNNY COOL TUBES 3 FOR 99¢
4.25 OZ. / REG. 99¢
- BLUE BUNNY ICE CREAM \$2.99
64 OZ. SQUARES / REG. \$4.19
- BAR-S COOKED HAM \$2.29
12 OZ. PKG. / REG. \$2.85
- DOLE ICEBERG SALAD MIX \$1.29
1 LB. PKG.
- RED RIPE TOMATOES 2 FOR \$1
EACH
- YELLOW ONIONS 25¢
EACH
- SOFT N' GENTLE BATH TISSUE 99¢
4 ROLL PKG. / REG. \$1.19
- SO DRI PAPER TOWELS 59¢
1 ROLL PKG. / REG. 75¢

LANA'S EGG ROLLS 2 FOR \$1.29

PEYTON'S SMOKED
SAUSAGE

14 OZ. PKG.
\$1.99



COMBO MEALS

- COMBO NO. 1 BACON/EGG BISCUIT & 16 OZ. COFFEE \$1.99
- COMBO NO. 2 SAUSAGE/EGG BISCUIT & 16 OZ. COFFEE \$1.99
- COMBO NO. 3 BBQ SANDWICH & 32 OZ. TALLSUP \$1.99
- COMBO NO. 4 HOMESTYLE POPCORN CHICKEN & 32 OZ. TALLSUP \$2.69
- COMBO NO. 5 SPICY POPCORN CHICKEN & 32 OZ. TALLSUP \$2.69

- COMBO NO. 6 3 TAMALES, HOWLERS & 32 OZ. TALLSUP \$2.59
- COMBO NO. 7 2 HOT LINKS WITH BREAD & 32 OZ. TALLSUP \$2.49
- COMBO NO. 8 2 CORN DOGS & 32 OZ. TALLSUP \$2.59
- COMBO NO. 9 CHIMICHANGA & 32 OZ. TALLSUP \$2.39
- COMBO NO. 10 2 BEEF & BEAN BURRITOS & 32 OZ. TALLSUP \$2.59

ALLSUP'S "MOO"

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

Collectible Ball Drink "Moo" Straws Today & You Could Win FREE Milk For A Year!