

WEATHER

November 10 77 33
November 11 46 39
November 12 45 37 23
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Muleshoe Journal

The Community Of Opportunity-Where Water Makes The Difference



Vol. 69, No. 40

Published Every Thursday At Muleshoe, Bailey County, Texas 79347

MEMBER TEXAS PRESS ASSOCIATION 20¢ THURSDAY, NOVEMBER 14, 1991

around Muleshoe

A total of 19 students majoring in technical and vocational programs at South Plains College have been named outstanding students for the month of October.

Judy Rogers of Muleshoe, vocational nursing major, was among the recipients of the honor.

A GED high school equivalence exam for persons without a high school diploma will be given Nov. 6-7 and Dec. 4-5 at South Plains College.

The two-part test will be given from 9 a.m. to 1:30 p.m. each day in the Student Assistance Center on the third floor of the library building. Fee is \$30.

For more information, contact the SPC guidance and counseling office at 894-9611, ext 368.

Life Skills and Career Preparation Workshop for adults in transition is being offered the second week of each month for displaced homemakers, single parents and single pregnant women, who need to find employment or to find better paying jobs.

The workshops are open to all eligible community individuals in a fifteen county area surrounding Lubbock, free of charge.

Army National Guard Pvt. William L. McCoy Jr. has completed a tracked-vehicle mechanic course at Aberdeen Proving Ground, Md.

Students were taught to repair engines, transmissions, and fuel electrical, and hydraulic systems on tracked vehicles. They also were taught to perform recovery operations for abandoned, damaged, or disabled vehicles.

The soldier is the son of Barbara A. and William L. McCoy of Friona.

He is a 1991 graduate of Friona High School.

Bi-District Playoff between Lazbuddie and Meadow will be at 7:30 p.m. Friday at Meadow.

Tickets are \$3. for adults and \$2. for students. Lazbuddie ended the seasons regular play 9-1. Friday night's game will be carried over KMUL.

Today, Thursday, November 14 the Three Way School Board of Trustees will hold their regular school board meeting at 7:30 p.m. in the Administration Office of the Three Way School.

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MISD SUPPORT STAFF OF THE MONTH AWARD---Margaret Stevens was the first recipient of the Muleshoe ISD Support Staff of the Month Award. Cindy Purdy, president of the school board, left, presented the award to Mrs. Stevens at the school board meeting Monday night. (Journal Photo)

Bennett, Guillen Homecoming Royalty

Cynthia Bennett was crowned Homecoming Queen of Three Way High School during half time ceremonies at Friday night's game between Three Way and Cotton Center. Named Homecoming King was Efrain Guillen. Other candidates and their escorts included: Denise Duarte and Larry Robertson, Melissa Guillen and Michael Smith, Roxanne Rodriguez and Wade Wilson.

Putting the finishing touches on their special night, the Three Way Eagles defeated Cotton Center 68 to 45.

Efrain Guillen, playing for the Eagles made the first touchdown of the game. He ran 16 yards into the endzone. The point after failed.

Mark Tucker then added to the Eagles score with a safety.

Not wanting to be left out of the game, Tony Ureste of Cotton Center ran four yards for a touchdown. The touchdown was made on a pass from Matt McCarty.

The Eagles came back with another touchdown by Efrain Guillen with a 47 yard run. Guillen passed the ball to Keith Massingale for their point after.

Guillen passed to Wade Wilson for a 25 yard touchdown giving the Eagles a stronger lead.

Cotton Center's McCarty ran 7 yards for another touchdown and there was no extra point.

Ureste scored again on a 65 yard run for Cotton Center. McCarty kicked the two extra points.

At the end of the quarter, it was still anyone's game, the score was tied 21-21.

Frank Guillen added to Three Way's score with a four yard touchdown run. Guillen passed to Octavio Perez for the extra point.

Three Way scored again when Guillen threw an 18 yard pass to Carlos Pena. Gillian then passed the ball to Keith Massingale for the extra point.

The next two touchdowns went to Cotton Center. McCarty threw a 53 yard touchdown pass to Stacey Brown. McCarty kicked the extra point. McCarty ran 12 yards for another touchdown for Cotton Center.

McCarty kicked the extra point. Efrain Guillen ran 50 yards

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1991 EMS Christmas Toy, Food Project Underway

The E.M.S. Toy Project has been a great success in the years past. This year we will continue the project with great expectations. The children that we are trying to reach with our project are those that are in need for help to assure that Christmas comes to their home.

Children from one day to 16

Thanksgiving Dinner Set November 16

The First United Methodist Church Community Thanksgiving Dinner has been set for Saturday, November 16 in the fellowship hall of the church.

Turkey and all the trimmings will be served between the hours of 5:30 and 7 p.m. and advance tickets are available at the church office. You may also purchase your ticket at the door Saturday evening.

Carryout meals are limited to 175 and must be ordered by Thursday, November 14 at 3:30 p.m. You may place your order by calling the church office at 272-5517. All tickets are \$6.

Proceeds from the dinner go to benefit the local prescription fund through the Muleshoe Area Medical Center and children's charities through the Methodist Church.

Stevens MISD Support Staff Award Recipient

The board of trustees of MISD met Monday night in regular session in the School Administration office. Cindy Purdy, president, called the meeting to order.

Margaret Stevens, manager of the cafeteria at Muleshoe High School is the first recipient

Silverton Defeats Lazbuddie 42-12 Friday Night

The Lazbuddie Longhorns lost their first game of the season Friday night as they played Silverton at Silverton. The final score of the game was Silverton 42 and Lazbuddie 12.

Silverton put the first scores of the night on the scoreboard with a one yard run by Lyndell Ivory. The kick was no good. Brian West added to the score with a two yard run touchdown. West also kicked the extra point.

And if the scores Silverton had already added up against Lazbuddie weren't enough, Brian West came back with another four yard touchdown run. The kick was no good. Brian Martin also scored for Silverton on a one yard run. The kick was no good.

At the end of the first quarter the score was Silverton 26 and Lazbuddie 0.

West scored again for Silverton on a one yard run. West kicked the extra point. Silverton also scored when Josh Brooks caught a pass from Frank Ramariz.

Getting back into the game, Kirk Jesko made an 80 yard kick off return for the Longhorns. The kick was no good.

The final score of the game came when Mat Cosbey caught a pass from Paul Williams. The kick was no good.

Friday night the Longhorns will play Meadow in Bi-district play at 7:30 p.m. at Meadow.

of the Muleshoe ISD Support Staff of the Month Award. This award was created to award public recognition for the "unsung heroes"---the non-certified support staff---for their vital contributions to the success of the Muleshoe Independent School District.

Mrs. Stevens is married to John Stevens. Both she and John are Muleshoe natives. The former Margaret Gilliland and Stevens were married in 1958--the same year she graduated from Muleshoe High School. She is the daughter of Mrs. Edith Gilliland of Muleshoe. Her children are: David Stevens of Amarillo; Randall Stevens of San Antonio; Debra Gazaway of Crosbyton; and Brenda Clark of Muleshoe.

Mrs. Stevens started to work Muleshoe ISD food service program in 1975. She became manager of the Muleshoe High School Cafeteria in 1977. In nominating Margaret for this award, such comments as "She does her job quietly and with dedication;" "She is always there to help if you need her;" "She is the best boss you could ask for;" were common place.

Upon learning that she was to receive the award, Margaret commented, "I enjoy my job and the people I work with".

"It is with great pride that we recognize this dedicated lady for her service to Muleshoe youth," said Buck Johnson, assistant superintendent for operations of MISD.

Manuel Daniel met with the

J.E. McVicker Wins Weekly

Football Contest

There must have been a number of upsets in this weekends college football. The majority of the entries in the weekly contest missed seven or more games.

This week's first place winner, J.E. McVicker missed five games. He received 10 points toward the grand prize. This was the first time McVicker has won this year.

The Journal judges had to go to the tiebreakers to determine the second and third place winners, three persons missed six games, all others missed seven or more.

Margretha Taylor missed six games and was 10 points off in the tiebreakers, for a second place win.

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board and asked the board to reconsider their plans for re-districting. "In due respect to the board and everyone here, I feel it is unfair to the minority," Daniel said. "With 41 percent of Muleshoe being minority and seven seats on the school board, only one out of seven or 14 percent is unfair to the minority." He recommended a seven single member district and asked the board to have another plan drawn up. He had maps to show how the board could be divided and asked the board to seek legal advice.

The voting district issue on the agenda was tabled until the next meeting.

Jay Messinger and members of the Industrial Foundation also met with the board. Bill Moore, superintendent of schools, stated that although the board could not contribute financial help to the Industrial Foundation, on the advice of their attorney, the school was very much in support. Mrs. Purdy stated that the board appreciated all the Industrial Foundations efforts to make Muleshoe a

Cont. Page 6, Col. 1

Cross Country Teams Advance To State

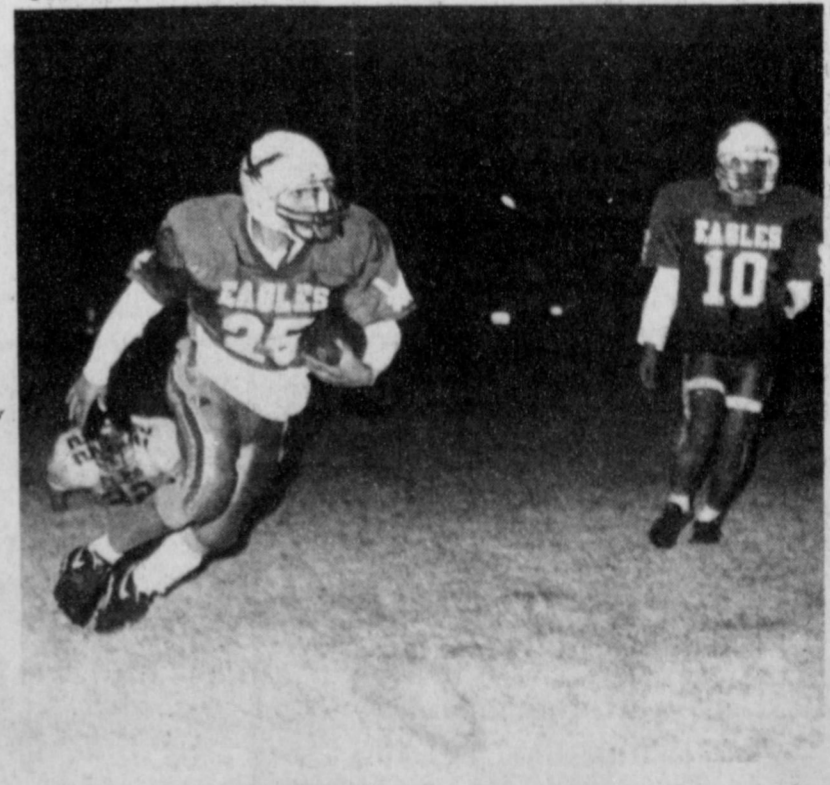
The Muleshoe Cross-Country teams survived regional competition and will compete at state on Saturday, November 16, at Georgetown. The girls placed third at regionals with 124 points, behind Canyon (20) and Perryton (51). The boys, edged out by Clint (57), placed third with 65 points. Canyon won the meet with 36 points.

The boys had very fast times as a team, with four runners under 17 minutes. They were lead by the Adrian Pineda's sixth place finish. Pineda covered the course in a blazing 16:12. Also competing were Andy Crawford, 11th, 16:25; Corley Hutton, 13th, 16:30; Eric Cisneros, 15th, 16:38; Shawn Wheeler, 24th, 17:09; Ricky Diaz, 43rd, 17:56; and Mason Conklin, 59th, 18:46.

The Muleshoe girls ran very well, beating out several teams for third place and a state berth. They also surprised many people with their performance. Muleshoe had Shane Schuster, who placed 11th with a time of 12:42; Rebecca Green, 17th, 13:06; Julie Gilleland, 22nd, 13:30; Keetha Glover, 40th, 14:01; and Gloria Mendoza, 42nd, 14:05.



HOMEcomings ROYALTY---During halftime ceremonies Friday night Cynthia Bennett was named 1991 Three Way Homecoming Queen and Efrain Guillen was named Homecoming King. (Journal Photo)



THREE WAY HOMEcomings---Three Way's Homecoming activities was made a lot sweeter with the Eagles win over Cotton Center. Eagle No. 25 breaks a tackle and heads for the endzone and a touchdown. (Journal Photo)

Higginbotham -Bartlett Co.
 215 Main 272-3351

Dearborn Heaters at Special Prices
Bi-District
 Littlefield vs. Dalhart
 7:30-Whitface Stadium-Hereford

MISSION CABLE
 208 W. 2nd (806)272-3310
 Muleshoe, Texas 79347
Donate to Mission Cable's "Empty Stocking Fund"
 Nov. 1 - Dec. 22
 Call for more information
 Temple vs. Rutgers

Church's CHICKEN
 1411 W. Amer. Blvd. 272-5581
We Support The Muleshoe Mules
100%
 Ohio State vs. Indiana

Ask Us About Family Insurance Review!
 Call Ricky Barrett or David Tipps
FARM BUREAU TEXAS
Bailey County Farm Bureau
 • LIFE • CROP
 • AUTO • HOME
 1612 W. Amer. Blvd. 772-4567
 Brigham Young vs. San Diego State

The Spudnut Shop
The Upper Crust of the Donut World
 THE ORIGINAL POTATO FLOUR DONUT
 Check Our Weekly Luncheon Specials
 Mon. - Sat. 5 a.m. - 2 p.m.
 328 South Main Street Muleshoe, Tx. 272-3542
 Florida State vs. Miami, FL

FOOTBALL CONTEST
Grand Prize: \$150⁰⁰
Weekly Prizes
 1st **\$10** 3rd **\$5⁰⁰**
 2nd **\$7⁵⁰**
Weekly Winners
 1. J.E. McVicker
 2. Margretha Taylor
 3. Jerry Hicks

Leal's
 1606 W. Amer. Blvd. 272-3294
Backing The Mules 100%!
 Closed On Mondays
Bi-District
 Meadow vs. Lazbuddie
 7:30-Friday-Meadow

Bailey Gin Co.
 946-3397
 -owners-
 Don Heathington
 Peanut Hawkins
 Doyce Turner
 Peanut Hawkins, mgr.
 Houston vs. Rice

Contest Rules:
 1. IN EACH ADVERTISEMENT YOU WILL FIND A GAME LISTED. CIRCLE THE TEAM YOU THINK WILL WIN. The person's score that most closely matches the TIE BREAKER SCORE will be declared the winner. If several persons are still tied the prize money will be split.
 2. The contestant must be 12 years of age or older.
 3. Only one entry per person may be made for any one contest.
 4. Bring your entry by the *The Journal* office by 5:00 p.m. Friday, or if mailed, the entry must be postmarked no later than 5:00 p.m. Friday. Write "FOOTBALL CONTEST" on the mailed entry, and mail to P.O. Box 449, Muleshoe, Texas 79347.
 5. Circle the Winners and WRITE IN THE SCORE of the tiebreaker games. This score will be used to break weekly as well as determine the grand prize winner. Decision of *The Journal's* scoring judges will be final.
 6. Check the team you think will win; 10 points for first place, 6 points for second place and 4 points for third place.
 7. To count for the grand prize, entries must be on official blank printed in the paper.

Western Drug Co.
 114 Main 272-3106
"For All Your Prescription Needs Visit The Friendly People At Western Drug"
Bi-District
 Childress vs. Floydada
 7:30-Bulldog Stadium-Plainview

Henry Insurance Agency, Inc.
 KENNETH R. HENRY
 CERTIFIED INSURANCE COUNSELOR
 REAL ESTATE BROKER
 111 W. Ave. B 272-4581
 Virginia Tech vs. East Carolina

Official Entry Blank
 Name _____
 Address _____
 Phone _____
TIEBREAKERS
 Penn State vs. Notre Dame
 Texas Tech vs. Baylor

Stacey, JoAnn and Staff
Backing The Mules 100%
Pizza Hut
 1412 W. Amer. Blvd. 272-4213
 Wisconsin vs. Minnesota

Viola's Restaurant
For The Best Mexican Food Come To Viola's
 Open 11:00 a.m. - 9:30 p.m.
 Closed On Tuesdays
 2002 W. Amer. Blvd. 272-3838
Bi-District
 Springlake-Earth vs. Crosbyton
 7:30-Wolfforth-Frenship Hi School

MULESHOE MULES Varsity Schedule	JUNIOR VARSITY Schedule	FRESHMEN Schedule
Sept. 6 BROWNFIELD H 8:00	Sept. 5 BROWNFIELD T 7:00	Sept. 5 BROWNFIELD T 5:00
Sept. 13 IDALOU T 8:00	Sept. 12 IDALOU H 6:00	Sept. 12 FRIONA T 5:30
Sept. 20 DENVER CITY** H 8:00	Sept. 19 DENVER CITY T 6:30	Sept. 19 DENVER CITY T 5:00
Sept. 27 COOPER T 8:00	Sept. 26 COOPER H 6:30	Sept. 26 COOPER H 5:00
Oct. 4 RIVER ROAD H 8:00	Oct. 3 RIVER ROAD T 6:30	Oct. 3 RIVER ROAD T 5:00
Oct. 11 DIMMITT** H 7:30	Oct. 10 DIMMITT* T 7:00	Oct. 10 DIMMITT* T 5:30
Oct. 18 TULIA* T 7:30	Oct. 17 TULIA* H 7:00	Oct. 17 TULIA* H 5:30
Oct. 25 FLOYDADA* T 7:30	Oct. 24 FLOYDADA* H 7:00	Oct. 24 FLOYDADA* H 5:30
Nov. 1 LITTLEFIELD* H 7:30	Oct. 31 LITTLEFIELD* T 7:00	Oct. 31 LITTLEFIELD* T 5:30
Nov. 8 FRIONA* T 7:30	Nov. 7 FRIONA* H 7:00	Nov. 7 FRIONA* H 5:30

* Homecoming
 ** District Games ** Parents Night

Wilson Drilling & Southwestern Geothermal
 Box 405 272-5521
 Stanley Wilson Dee Puckett
 Tx. Lic. 02628W
 NM. Lic. WD1152
 Georgia vs. Auburn

Bob Stovall Printing
 221 E. Ave. B. 272-3373
No Job Too Large Or Too Small!
Come By And Visit With Us For All Your Commercial Printing!
 New Mexico State vs. Nevada-Las Vegas

Scoggin Ag Center, Inc.
 1532 W. Amer. Blvd. 272-4613
 Kearney Scoggin
Anti Freeze \$350 gal.
 North Carolina vs. South Carolina

W.T. SERVICES INC.
 319 E. American Blvd. MULESHOE, TEXAS 79347
Mobile Communications Two-Way Radio Repair
 GARY PARKER Technician
 Muleshoe - 806-272-4888
 Hereford - 806-364-7311
 Kansas State vs. Missouri

Combination Motors And Salvage
 Gerry Pierce
 Day: 806-272-4458
 Night: 806-272-5057
 Rt. Box 240 Muleshoe, Tx. 79347
 Army vs. Akron

Muleshoe Floor Covering
 122 Main St. 272-3555
Congoleum Fabulous Floors Sale
Save 20%
 Sale Ends November 9th
 Texas vs. T.C.U.

Connie's Place
 121 Main 272-3126
 Hrs: 5 a.m. - 4 p.m. Mon. - Fri.
 Sat. 5 a.m. - 2 p.m.
Daily Buffet
 Includes Salad Bar & Cobbler
 Serving Breakfast Daily
 Connie Dominguez, Owner
 Colorado vs. New Mexico



Firearms surpassed motor vehicle accidents as the state's leading cause of injury-related deaths in 1990...

"We recognize that the prevalence of firearm-related fatalities is a very emotional and controversial issue..."

The recent incident at a Killen cafeteria in which a lone gunman shot and killed 23 people has intensified debate on gun control issues...

According to the Texas Medicine article, there were 3,443 deaths related to firearms in Texas in 1990, compared to 3,309 motor vehicle-related deaths...

All four authors are employed with the Texas Department of Health. Zane and Preece work in the Injury Control Program of the TDH Epidemiology Division...

A recent health department study that examined all firearm deaths in Texas between 1985 and 1990 found that 19,184 Texans died from gunshot wounds during the six-year period...

The TDH study also found that males were five times more likely to be killed by a firearm than female and blacks were 1.9 times as likely to be killed by a firearm than whites or Hispanics...

Football Highlights

Florida football fans might be forgiven this week for thinking there are no other games being played Saturday, just Florida State-Miami. It's certainly the game of the year...

highest firearm death rate. The authors note that the National Committee for Injury Prevention and Control has recommended that states consider firearm licensing alternatives...

Three Way News by: Mrs. H.W. Garvin

George Tyson spent Monday night in Lubbock visiting his daughter, the Tommy Durgams.

Mrs. Bob Foley and Mrs. Robert Kindle where in Lubbock Monday on business.

Mr. and Mrs. Bill Dolle and Darla visited his parents, the Herbert Dolleys in Littlefield Tuesday.

Mr. and Mrs. Adolph Wittner visited their daughter, the Baxter Vaughans in Plainview Monday.

Mr. and Mrs. Obie Standard and son who has been in California several months moved back to Three Way Friday to work on the Buffalo farms.

Mr. and Mrs. Rodger Hatcher and girls from Clovis visited the Jack Lanes and the Obie Standards Saturday.

The Three Way football teams played Whittarral Friday night with the Three Way Junior High winning and the Senior High losing.

A missionary Rev. and Mrs. Gail Sadler from Sunnyside held services at Threeway Sunday night. A fellowship dinner was after evening services.

The past week the community has had rain, sleet and two snows. We need sunshine.

Arts Wing Opens at Museum

The newly renovated Arts Wing of the Panhandle-Plains Historical Museum in Canyon will open on Sunday, November 17. The public is invited to the formal dedication and ribbon cutting ceremony at 2:30 p.m. on the second floor of the museum.

Following the dedication, a film on the Russian American Artist Nicolai Fechin will be shown in the new lecture hall at 3:30 p.m. and 4:30 p.m. "We are very anxious to show off our new 'state of the art' audio-visual equipment and felt this would be the perfect opportunity," stated Linda Hutton, marketing director for the PPHM.

With the opening of the new Arts Wing, the Museum's extensive costume collection will be featured in an exhibit entitled *those elegant Edwardians: an evolution of style, 1900-1914*, focusing on women's fashion during the Edwardian Period. The exhibit will include tailored suits, a lingerie dress, an evening gown, and a Paris designer original.

The first installation in the new furniture gallery will focus on decorative furniture from the Museum's large collection of furniture and decorative arts objects. Visitors can trace the development of furniture styles from the fourteenth through the twentieth centuries in England and the United States.

In the decorative arts cases, silver, ceramics, glass, carved ivory and wood will be featured. A major portion of the exhibit will consist of English silver, and pieces of Chinese and Japanese ceramic and porcelain from the fifteenth through

Patients In Mulshoe Area Medical Center

NOVEMBER 8
Julio Reyes, Jr., Mary Castillo, Lloyd Davenport, Blanche Lenderson, Donna Wicker, Eva Roberts, Sylvia Castillo, David Lucio, Eddie Garay, Mike Doyle, Lydia Cavazos, Juanita Castillo, Eula Ratliff, Melgie Reinholt

NOVEMBER 9
Mary Castillo, Blanche Lenderson, Eva Roberts, Sylvia Castillo, Maria Romo, Melgie Garay, Mike Doyle, Melgie Reinholt, Juanita Castillo, Eula Ratliff

NOVEMBER 10
Mary Castillo, Blanche Lenderson, Eva Roberts, Sylvia Castillo, Maria Romo, Melgie Reinholt, Eula Ratliff

NOVEMBER 11
Mary Castillo, Blanche Lenderson, Eva Roberts, Sylvia Castillo, Maria Romo, Melgie Reinholt, Eula Ratliff

Mulshoe Journal advertisement including contact information for the Texas Press Association and advertising rates.

the nineteenth century. Irish cut glass, American crystal, and French art glass by Lalique and Galle, are also included.

In an effort to present the Museum's collection of Texas art and promote its historical significance, the PPHM recently began a project focusing on works prior to 1950. The aim of the project was to assemble a comprehensive, state-wide collection and to exhibit it in a gallery permanently dedicated to Texas art.

With the opening of the renovated area, visitors will see many changes. The entire area was dismantled and reconstructed to provide the Museum staff with the means to present interpretive, educational and exciting exhibits.

Cash Rewards Up To \$1,000 For Information! Call Bailey County Crime Line 272-HELP

Report From Larry Combest

Our victory in the Cold War against Communism is now winning battles here at home for the American people. We no longer have to lure a country away from Soviet influence with massive foreign aid...

I will continue to oppose foreign aid bills that are excessive in cost and questionable in content. A little less than one-fourth of this proposed aid package was for military aid to four Middle East countries at a time when we are trying to cut down on armed conflict around the world.

This misguided spending spree would have also siphoned \$132 million for guaranteed small business loans in foreign countries. A total of \$800

million in loan guarantees would go to other countries, co-signed by the American taxpayers responsible for any default. Meanwhile, American farm families who lose their homes and only means of support are not so easily forgiven as the foreign nations that fail to repay their U.S. loans.

Twenty million American dollars would have been spent overseas for training police in foreign countries when here at home, the local police need that help. And if Americans get wind of all this, the foreign aid bill proposed \$2 and a half million in grants to convince the taxpayers of the benefits of foreign aid.

Through two world wars, countless conflicts and peace-keeping efforts America has landed soldiers on foreign soil in defense of liberty and peace. In war, our nation has sacrificed its best. Americans are rightfully proud of our contribution to a better safer world.

IN FASHION

Fashion no longer dictates how all people should dress. Now, with the economy not too bright and prices continuing to rise, the consumer has informed the fashion industry what she wants and how much money she will spend.

Today, being value-minded, the consumer prefers "seasonless" fabrics in worsteds, wool blends and silks that are washable. Also, essential in getting the mileage they want, neutral colors like beige, peach and celery are preferred.

THE BOB HARMON FORECAST. Major Colleges - Div. 1-A. Sat., Nov. 16 - Major Colleges - Div. 1-A. Includes lists of colleges and teams for various divisions.



EIGHTH GRADE--candidates for Spirit Prince and Princess at Watson Jr. High School were (left to right): Barak Harlan, Suzy Hodges, Alfredo Gonzales, Michelle Williams, John Rodriguez, and Holly Hutton. (Journal Photo)

Dietitian Offers Holiday Nibbling Tips

Those holiday buffets burgeoning with the year's best party nibbles can be perilous to your diet. In fact, the months between Halloween and Super Bowl are a mine field of calories, fat and salt waiting to demolish any cautious eater's best intentions. After a couple of parties, there you are with abundant padding on the hips and pants zippers fluttering at half staff.

"During these months between late October and late January, if you're not careful, you could add six or seven pounds," Kay Schooler, registered dietitian and Director of the Clinical Dietitians at Scott & White in Temple. "The trap we get into during the holidays is that we feel we must partake completely. Then we blame ourselves when we overindulge."

You could refuse to attend holiday gatherings and become a hermit for three months out of the year. You could just give up, stuff yourself with sugar-plums and suffer the consequences in February. "It's so easy to sit back and say, 'Well, I've messed up my diet by eating this; so, why should I try to keep up with my diet the rest of the year?'" Ms. Schooler said.

So much sour cream dip out there and so little time. What's a nibbler to do?

Planning is the key, Ms. Schooler said. "You know you're going to Grandma's for a big holiday dinner. Admit to yourself you might go overboard for just this one meal. Begin earlier in the week by watching your calorie intake. Increase your activity level a week or two beforehand," she added.

Burn a few calories with extra exercise and skimp on calories at other meals. After you've prepared yourself, go ahead on

the family feast day and partake of your favorites. "Keep your portions reasonable, and decline second helpings," Ms. Schooler advised. "For a few days afterward, watch what you eat, and keep your activity level up. You'll be surprised what the scales will say."

Another pitfall is party buffet tables--those vast landscapes of foods overburdened with unnamed dishes filled with fats and calories. Party nibbling can quickly compound the pounds. If you're careless, a weekend party could undo some of the good dieting you've accomplished the week before. Keep up that pace, and soon you'll resemble a real party animal with an underslung belt and a capacious midsection.

To add to the problem, some hosts badger partygoers to eat more or to sample dishes. So, how can you graze gracefully without making the buffet table look like scorched earth?

"Most of the time, when the food is laid out on a buffet table, we tend to stand around the table to talk," Ms. Schooler said. So, it's easy to reach down and pick up more food as we visit. "To prevent this nibbling and adding extra calories, look over the table, put your selections on a little plate and go to the other side of the room. This is a survival tactic, so you're not right on top of the food. When you make your selections, choose more vegetables and fruits and go light on the dips and cheeses."

Generous hosts eager to please can be accidental culprits by encouraging guests to eat more. "Often you give into the pressure to eat just to keep your host happy," Ms. Schooler added. "Reassure the host that the party is a success. Keep up the appearance of having food on your plate, so your host

won't push you to eat more. Carry the plate all evening, and you probably won't be pressured."

The rule also works with drinks. Alcoholic drinks add many calories quickly. An ounce of liquor--which is less than a jigger--has about 80 to 100 calories. Cocktail mixers, fruit juices, soft drinks could add another 100 calories or more to the drink. Ms. Schooler recommends carrying a glass of diet or club soda with a twist of lemon or lime. "No one will know it's not an alcoholic drink. You also won't run the risk of having too much alcohol to drink," she said.

Besides being high in calories, the effects of alcohol promotes nibbling--especially for salty snacks such as chips, pretzels, nuts and dips. "Salty snacks make us thirsty, and we drink more. We're not attuned to how much we're consuming and that can add more calories and fat."

Beware of those non-alcoholic flavored waters and carbonated fruit drinks. Read the labels carefully because some are loaded with sugars. "Even though it says 'water' on the label, the drink can have as many as 120 calories per serving, about as much as a regular soft drink," Ms. Schooler said.

She also advises party givers to be responsible hosts by offering guests plenty of raw vegetable and fruits, diet drinks and non-alcoholic options. "As a substitute for sour cream, blend cottage cheese with a little lemon juice. A packet of plain gelatin added to the blended cottage cheese dip will set it firmly. Then you can add your own spices and flavorings," Ms. Schooler said. "Using plain yogurt instead of sour cream for dips can save about 300 calories per cup. Non-fat salad dressings are also good substitutes for sour cream in dips. Instead of cream cheese," suggests Ms. Schooler, "use farmer's cheese or neufchatel cheese."

Devise low-calorie versions of the usual party fare. "Cut the fat and sugar in a recipe by about 25 percent," she added. "For instance, if a recipe calls for one cup of butter or sugar, try using three-fourths of a cup. Your reduced-fat version will be similar in flavor but saves on calories."

A little common sense goes a long way for holiday nibblers. "Watch the frequency and size of your portions," Ms. Schooler said. "Ask yourself, 'Do I really need this just because someone put it on my plate?' Maybe you can take a bite just to taste and no more--just so you won't hurt anyone's feelings."

Above all, if you've exercised and behaved yourself at other meals, don't feel guilty about that one sumptuous holiday meal. Bon appetit!



SEVENTH GRADE--candidates for Spirit Prince and Princess at Watson Jr. High School were (left to right) Megan Harlan, Kyle Embry, Heather Hooten, Colby Latham, Carolyn Schuster and Kermit Price. (Journal Photo)

Benefits Of Holiday Season Exercise Great

With Thanksgiving and Christmas just around the corner, now is a good time to being an exercise program to avoid putting on extra pounds. Exercise is important because the pounds come off faster and stay off longer with increased physical activity.

Fortunately, it is not necessary to spend long hours exercising. Even 30 minutes of aerobic exercise every other day can be effective. Aerobic exercise means the body uses oxygen and fat to produce energy. Examples include walking, jogging, swimming and climbing stairs.

According to Susan Hartsfield, exercise specialist at The Center for Cardiac Rehabilitation and Fitness at Methodist Hospital, an hour of brisk walking burns up an average of 348 calories. This translates into 36 pounds of weight (fat) lost in one year. Besides helping you maintain a desirable weight, a regular exercise program can help you:

- Strengthen your heart and lungs
- Increase the level of HDL ("good") cholesterol in your blood
- Lower an elevated blood pressure
- Strengthen your bones and muscles

- Improve your productivity and level of energy
- Improve your sleep
- Reduce stress
- Improve your overall sense of well-being

Some guidelines to follow for an effective exercise program include exercising at least every other day, every day if you need to lose weight. Exercise at a pace that causes you to perspire but doesn't make you puff. Your breathing should allow you to talk while exercising. Also, exercise at least 30 minutes non-stop per workout, 60 minutes if you need to lose excess weight. Studies have shown that moderate exercise makes people less hungry and helps curb the appetite. Therefore, a good time to exercise is right before

dinner so you will be less tempted to overeat.

The goal of any dieter should be gradual weight loss and changes in eating habits that will help you maintain a normal weight. Dieting should be done under the guidance of a physician or other qualified health professional. Be sure to consult a physician before starting any exercise program. For more information, contact the centre at (806) 793-4386.

Fuel Economy

Fuel efficiency in 1992 cars is down from last year's models, the sixth consecutive year with little or no reduction in new automobiles' appetite for gasoline, the government reported.

Dorothy's

Ladies Apparel

Dorothy's November Sale
Starts Friday, November 15th
Save up to 50% off
Ladies don't miss this great buy!!!

New Shipment
Sportswear, Jumpsuits, Sweaters, Dresses,
Jewelry, Handbags & Belts

Gabriel Shopping Center
1511 W. 5th St. 1-806-296-2135 Plainview, Tx.

Joe's Boot Shop & Country Junction 2nd Moonlight
Madness Sale

Save Into The Wee Hours During
MOONLIGHT MADNESS

Friday, Nov. 15 - 6:00 p.m. to 12:00 a.m.

Sterling Silver Jewelry 50% off	Drawing at Country Junction at 9 p.m. for a Yankee Candle Christmas Basket & 11 p.m. at the Boot Shop for a Sterling Silver Ranger Buckle Must Be Present To Win
Justin Black Mule Crepe	
Sole Work Boots \$75 ⁰⁰	
Justin Lacer Ropers \$95 ⁰⁰	
All Jackets & Dusters 10% Off	
I Rack Ladies & Girls Panhandle Slim - Rocky Mountain & Silverlake Jeans 50% Off	
Men's & Ladies Lacer Ropers \$49	

Specials throughout the store - Some items reduced every hour starting at 6:00 p.m.

Hear Jackie Wayne Burris perform on his electric piano for your shopping enjoyment during our sale!

Enter Our Midnite Madness Scavenger Hunt for a \$500⁰⁰ Gift Certificate To Be Given Away Dec. 21st.

JOE'S BOOT SHOP AND COUNTRY JUNCTION
BIGGEST LITTLE BOOT SHOP IN TEXAS
Muleshoe, Tx.
106 E. Amer. Blvd. 272-7504

DQ BASKET VALUES!

ON SALE AT DAIRY QUEEN NOV. 11 - 24, 1991

COUNTRY BASKET*
\$1⁹⁹

Four beef steak fingers, country gravy, fries, Texas toast

CHICKEN FILLET BASKET
\$2⁹⁹

Four chicken fillet strips, country gravy, fries, Texas toast

DQ IS VALUE COUNTRY

At participating Dairy Queen stores
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Avon +
Christmas Equals
An Earning Opportunity
Call Today
Holly Millsap
272-5607



MULE ROCK CAFE--award winners at DeShazo Elementary are (not in order) Jimmy Gonzales, Louie Pacheco, Jeffery Shelburne, Elizabeth Tafolla, Landon Nichols and Tommie Hernandez. They pose here with Principal Barbara Finney. The winners are chosen for their good behavior and are allowed to eat with Principal Finney. (Journal Photo)



STUDENTS OF THE MONTH--at DeShazo Elementary are (left to right): Crystal Scott and Daniel Garcia, 3rd; Stacy Locker and Jose Luis Garcia, 4th; Lindsay Underwood and Steven Garcia, 5th. (Journal Photo)

Marketwatch Report Details Thanksgiving Foods

Ground beef, a welcome change from leftover turkey, will see best prices on 3- to 5-pound packages. It will be available from 99 cents to \$1.09 per pound, he said.

Pork items and prices will follow a similar pattern. Boneless pork roasts will be sold as a substitute for turkey. Loins could be priced from \$3 to \$3.50 per pound.

Hams, another popular item during this season, should not be difficult to find at \$1 per pound. Bacon and sausage, for large breakfasts served during family gatherings, also will be on sale, he said.

Other Thanksgiving Day foods priced lower include fresh items such as apples, avocados, broccoli, Brussels sprouts, cauliflower, grapes and squash. The biggest splash in the newspaper advertisements will be for cranberries at 79 cents a pound and sweet potatoes from 29 cents and 39 cents per pound.

Fresh citrus also will be coming to market during the season, but prices will be marked down little and size and sweetness may not be up to expectations.

"There is a great demand for 'gift fruit' packages, and Texas production is still practically nonexistent due to the freeze a couple of years ago," he said.

Thanksgiving also kicks off the baking season. Flour, sugar, dough products, eggs, puddings, chocolate chips, butter, margarine and yeast are a sample of baking ingredients that will be priced below normal, he said. For those with less time for baking, cake

DeShazo Sets Education Week Open House

During the week of November 18-22 Mary DeShazo Elementary will be observing American Education Week.

The theme for this year is "School and Community--Partners for a strong America." On Tuesday, November 19, DeShazo Elementary will have an Open House from 6:30 to 8 p.m.

mixes, prepared icings and frozen desserts will be priced lower.

"Of course, bakeries will have specials on pies, especially pecan and pumpkin," he said.

Canned and frozen foods that are in demand for the Thanksgiving meal also will be reduced. Heading the list will be canned pumpkin and cranberry sauce. Canned sweet potatoes, pickles for relish trays and salad dressings will be discounted. Frozen vegetables, pie shells, whipped dessert toppings and fruit lead the sale items from the freezer section, Edwards said.

Nonfood items that play important roles in the Thanksgiving feast such as festive napkins and tablecloths, centerpieces, greeting cards, aluminum foil, baking bags and disposable roasters--will not be overlooked as prices go down.

Other items not specifically related to Thanksgiving will be featured in November. Soups and orange juices, cough and cold remedies, vitamins, and hot breakfast cereals and frozen waffles will be advertised early in the month and for a while after Thanksgiving Day.

MICROWAVE TIPS

Franks can be cut into small pieces and microwaved in a sauce for cocktail snacks--in minutes.

In a casserole mix 1 1/2 cups barbecue sauce, 2 tablespoons of brown sugar, a little dry mustard and half teaspoon of ground ginger.

Microwave this sauce on High for about 2 minutes. Stir in pieces of franks and microwave on High for 4 to 7 minutes. Stir once. Serve with wood picks.

Top Air Force officer: Soviets could detect stealth bomber.

Journal Files

60 Years Ago

1931

Under supervision of the County Health work now being carried on, it is planned to have another series of tonsilectomy operations in Muleshoe Sunday. These operations will be performed by Dr. D. L. Buchanan, well-known ear, eye, nose and throat specialist, of Clovis, N.M. These operations will be held in the courthouse at Muleshoe beginning at 8:30 a.m. A special low charge of only \$10.50 will be made for each operation. Those desiring such service should see Mrs. Fred Reynolds before the date of operation and make arrangements. All patients will be under the care of competent and trained nurses following their operations.

50 Years Ago

1941

A Swisher county farmer said the other day that the feed crop was so thick in one certain field that a rabbit couldn't run across the rows, but had to run half a mile down the field to get to the end of the row to cross to another. Having as much rain as we have had, we are inclined to believe this story.

40 Years Ago

1951

Bailey County officers the past weekend removed some of the profit that might attach to bootlegging in this county. Sheriff Hugh Freeman and Garland Freeman, deputy, raided the colored section of town Saturday afternoon and seized twenty half pints, 45 pints and 5 fifths of whisky. They arrested two colored men, Raymond Lewis and Jimmy Steptco and the two were charged in county court with possession of liquor for sale in a dry area, and with having liquor without Texas tax stamp. Judge Cecil Tate lowered the boom Monday morning when the two were brought into his court. He assessed each man a \$500 fine.

30 Years Ago

1961

A meeting to get Bailey County's Civil Defense organization "out of the planning stage, and into action," has been called for Tuesday at 7:30 p.m. in the District Courthouse at Muleshoe. All civil defense unit chairmen are expected to be present. Judge Glen Williams, county civil defense coordinator, said the purpose of the meeting will be to establish definite workable plans of action to be taken by the people of this county in case of a natural or man-made disaster. The group will set up definite steps to be taken in case of emergency conditions, and then the populace will be informed of these directions so they may know what to do. Fallout preparations will be made on two alternate plans, based on time limits. Also, preparations will be detailed for execution in case of tornadoes or other natural disaster. A serious world situation has prompted a stepped up interest in civil defense throughout the country.

Enochs News

by: Mrs. J.D. Bayless

Rev. Frank Parker of Muleshoe preached at the Enoch's Baptist Church Sunday morning. Church services were dismissed Sunday night.

Ellen Bayless was in Muleshoe on business Tuesday and visited her sister-in-law, Mrs. Clara Coffman.

Guests in the home of Bonnie and Harvey Blackstone Friday

night and Saturday were her sister Nell Coats of Snyder and her grandchildren Kristal and Josh Coats of Lubbock.

Ann Johnson of Arlington came Thursday and spent the night with her parents, Harvey and Bonnie Blackstone.

Mr. and Mrs. Phil Belleviu of Lubbock visited her parents, Mr. and Mrs. Goldman Stroud Sunday afternoon.

Mr. and Mrs. Marion Walker of Mt. Vernon spent Friday night with friends Mr. and Mrs. Bill Key.

High Plains Antique Dealers

Association

Antiques, Collectibles & Handicrafts

Show And Sale

Depression And Carnival Glass
Primitives, Furniture And Glassware
Biggest Show Ever

Nov. 16 - 10:00 a.m.-6:00 p.m.
Nov. 17 - 12:00-5:00 p.m.

ROY S. WALKER COMMUNITY CENTER
316 W. Grand (Where First Street & Hwy 60 merge into West Grand Ave.), Clovis, N.M.

Admission-\$1.50 Donation

For information contact Jerry Radcliff, (505) 762-2562

MOONLIGHT MADNESS

Friday, November 15

7 - 11 p.m. ONLY

20% Off
Everything In The Store
(Except Red Tag Items
and Lumber)



Register For
Nintendo
Games

To Be Given
Away At
8:30 p.m. &
10:30 p.m.

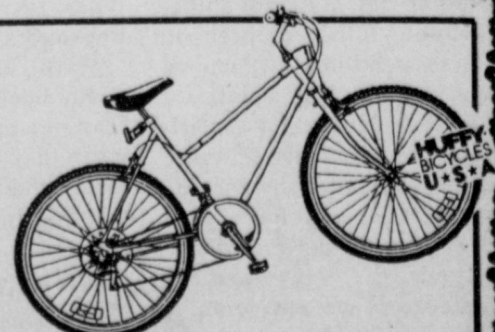
(Must Be
Present To Win)

Register For

Stone Mountain 22" Mans 18 Speed
Bicycle To Be Drawn For
December 21st!

(Must Be Present To Win)

Register Anytime Between Now & Dec. 21st!



Come See Our Newly Remodeled Store

Fry & Cox True Value

Hardware, Lumber, & Building Materials

401 S. 1st

Muleshoe

272-4511

Now Available At B & B Medical Supply Body Lounger Aztec

Lift & Recliner



Prices Range From

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QUANAH, TX 79252

MARK BENEDICT, C.R.T.T.

Where the Patient is No. 1

MISD

Cont. from Page 1

better community. "What we need is a Statement of Support from the schools," Messinger said. "The Texas Department of Criminal Justice was concerned about the quality of education in small town schools," Messinger noted. Supt. Moore stated that they would put together a packet showing what the school had to offer.

In other business, the board designated signature authority for the districts depository bank. Mrs. Purdy told the other members of the board that she had been asked to serve on the Steering Committee for workshops to be held in Lubbock.

Supt. Moore stated that the cross country, both boys and girls, were going to state competition. "We are very proud of them," Moore said. "They will be facing good competition, but they have already faced some of them." "Starting January 1, 1992, there is a change in Social Security laws," Moore said. "All school employees will have to be covered with some type of retirement benefits. We are looking into the Devert Compensation Plan. The only ones to be effected by the law, in the Muleshoe District is the substitute teachers." All other employees, including teachers are covered by Social Security.

The Community Committee was to begin their meetings on Tuesday, according to Supt. Moore. It was announced that 1543 students are enrolled in the Muleshoe schools, down some 37 students from this same date last year. Elizabeth Watson, assistant superintendent for instruction, reported on the early release days for the MISD. She also reported on the CPR training scheduled for November 23 and the GTE meeting set for December 3.

With no further items on the agenda, the board members went into executive session.

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Contest...

Cont. from Page 1

Jerry Hicks came in third. He also missed six games and was off 13 points on the tiebreakers.

C.O. LaRue also missed six games, but was 15 points off on the tiebreakers.

Keep those entries coming in, it is still anyone's game.

Muleshoe...

Cont. from Page 1

The subjects to be discussed are listed on the following agenda:

1. Minutes
2. Bills Payable
3. Open Forum
4. Audit Report
5. Personnel
6. Campus Security
7. Principal's Report
8. Localized TASB Update 40 Policy
9. Fund Balances
10. Superintendent's Health Report
11. DEIC Report
12. Compliance Report
13. January Board Meeting set date
14. Other Business Pertaining to District
15. Superintendent's Report

Dillman Elementary School needs clothes donated in sizes ranging from 4-10. If you have any useable clothes to donate contact, Liz Tipps, school nurse.

Reading: Gateway To Learning

By Bill Moore Superintendent of MISD

It's hard to believe that the second six weeks ends on November 8. As you look at your child's report card you may or may not, depending on grade level, see a grade for reading. But rest assured that reading will play a part in every grade on that report card. It's no coincidence that the first of the three R's is reading. Without the ability to read, children are blocked from learning anything else. Reading is a gateway to information, literature, humor, adventure, mystery, and ideas. Without solid reading skills, higher education and good jobs remain out of reach.

The world has entered an information age and an ability to read and fully comprehend what was read has become a "survivor skill". It is a national tragedy that 23 million Americans are functionally illiterate and some estimates say that 65 percent of the work force read between the fifth and ninth grade levels.

As educators we are committed to instilling a love of reading. We want to graduate students with outstanding reading skills they can count on throughout their lives.

We are in the business of teaching reading to youngsters and improving comprehension and imparting an appreciation of literature. This can be greatly enhanced at home. If a child sees a parent reading, or

visiting the library, or turning to books or periodicals for information, he or she is more likely to do the same. There are many ways parents can encourage the child to love to read.

The first and foremost way you can help in this effort is to let your child see you read. Whether it's newspapers, magazines, or books, your child should get the idea that reading is a natural, pleasurable part of your life. Have reading materials around the house. At gift time, give books or a magazine subscription. There are many fine child oriented magazines and your school librarian would be glad to give suggestions.

Read aloud to your child. Let reading be something pleasant that you share. Set aside special times to read, then talk about the stories with each other.

With older children, talk about books or articles you are reading and ask them about what they are reading. Studies show that when parents get involved in an activity with their child, the child will be more interested in it and will do better.

We also need parents to reinforce what we are doing in the classroom. Ask your child what he or she is reading in school and emphasize the importance of reading.

Help your child's teacher build a strong, basic foundation for your child's education. Take the time to nurture a love for reading-his or her future depends on it.



TREATED TO PIZZA---Michael Tosh, Buddy Copeland, Levi Valdez, Chance Williams, Bo Gloria, Michael Gloria, and Che Chavez, Tiger Scouts; and their leader, Lori Tosh were treated to pizza at the Pizza Hut Thursday afternoon.

Messenger Meets With City Council

Muleshoe City Council met Monday morning with only one item on the agenda.

Jay Messenger met with the council to discuss the prison the Industrial Foundation is seeking for Muleshoe. Messenger stated that Muleshoe was the third highest in this area in support of the Prison Amendment to the Constitution during the recent election.

"Since we are tied with Methodist Hospital in Lubbock, it gives a good big brother," Messenger said. "Even if we don't get the prison here all of this effort will help the community, we have the community geared up for economic development."

Dave Marr, showed the prospective sights on maps and they were discussed. "We have got to offer them some incentives." "We hope to have the packet pulled together by December 15 and it has to be in by January 15.

The following is a resolution of the city council:

A Resolution of the City

Eagles...

Cont. from Page 1

for a touchdown for Three Way and the kick was no good.

Three Way led 41 to 29 at halftime.

Frank Guillen threw a 10 yard pass to Larry Robertson and the kick was no good.

Octavis Perez threw a 38 yard pass to Efrain Guillen and the kick was no good.

Frank Guillen scored again for Three Way with a pass to Larry Robertson. Perez threw to Messingale for the points after.

Frank Guillen had a 65 yard touchdown run giving the Eagles a little more edge on Cotton Center. Perez kicked the two extra points.

Urste came back with a 10 yard touchdown run for Cotton Center. McCarty kicked the extra point.

For the night Efrain Guillen's passing game was 23-29 for 283 yards; he made four touchdowns had no interceptions, 22 rushes for 324 yards, five touchdowns, one reception 38 yard touchdown.

Larry Robertson had eight receptions for 101 and two touchdowns.

Efrain Guillen had 665 yards offensive.

GO WESTERN TO WORK...

in all-day comfort.



B	C
8 1/2-10	8 1/2-11
D	E
5 1/2-14	7 1/2-13
	5-12

Fair Store 120 Main 272-3500



Made in U.S.A.

Council of the City of Muleshoe, Texas, supporting the construction of a prison facility in Bailey County, Texas, by the Texas Department of Criminal Justice.

Whereas, the Muleshoe Area Industrial Foundation has been exploring economic development for the Muleshoe area, and

Whereas, the Texas Department of Criminal Justice is seeking sites to construct prison facilities and is considering the South Plains area, and

Whereas, a prison facility would be a boost to the declining economy in the Muleshoe area;

shoe area;

NOW THEREFORE BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF MULESHOE, TEXAS:

THAT the City Council endorses the efforts of the Muleshoe Area Industrial Foundation in their efforts to make application to the Texas Department of Criminal Justice for the construction of a prison site in Bailey County.

Darrell Turner, Mayor

Who Knows?

1. What is pyromania?
2. Name the author of "You Can't Go Home Again."
3. Who laid the cornerstone of the U.S. Capitol?
4. Name the 21st U.S. president.

- Answers:
1. A persistent compulsion to start destructive fires.
 2. Thomas Wolfe.
 3. George Washington, in 1793.
 4. Chester A. Arthur.



LISA MARIE RAMIREZ

Santa Visits Muleshoe Friday Night

Santa Claus will be in Muleshoe this Friday night at Muleshoe Motors Moonlight Madness Sale from 7 to 11 p.m.

Parents are encouraged to take their children to Muleshoe Motors so they can tell the jolly old fellow all that they want this year for Christmas.

In addition to making his visit and his Christmas list, Santa will also be posing for pictures with the children. These pictures will be given to the parents at no charge, compliments of Robert Hooten and his staff at Muleshoe Motors. Free candy and cokes will also be available to the public.

Don't miss this opportunity to bring the children to visit with Santa. After all, its only once a year that someone of this notoriety makes a stop in Muleshoe.

Lisa Marie Ramirez, Alma Morales

Queen Contestants Lisa Marie Ramirez, daughter of Albert and Mary Ann Ramirez, and Alma Morales, daughter of Victor and Anna Morales are candidates for queen of the Feast of Our Lady of Guadalupe Guadalupe Society.

Target Gas has donated \$50.00 of free gas to be given away. With every one dollar donation, you receive a chance for the gas. The drawing will be on Dec. 7 and you need not be present to win.

BEST OF PRESS

Naturally

It's a statistical fact that a wild turkey can outrun a horse. We suppose that in November they can show an even faster burst of speed.

-Christian Sci. Monitor

Self-Reliance

The surest place to find a helping hand is at the end of your own arm.

-Globe, Mason City, Ia.

...Muleshoe Merchant's Moonlight Madness Sales

Friday, November 15 — 7:00-11:00 p.m.
Friday, November 29 — 7:00-11:00 p.m.

Participating Stores

HARVEY BASS APPLIANCE

ANTHONYS

A & M FARM and RANCH SUPPLY INC

City of True Value

Lookin' Good

MULESHOE MOTOR CO., INC. Main Street BEAUTY SHOP

Wilson Appliance, Inc.

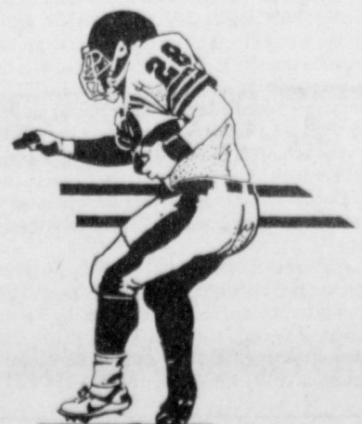
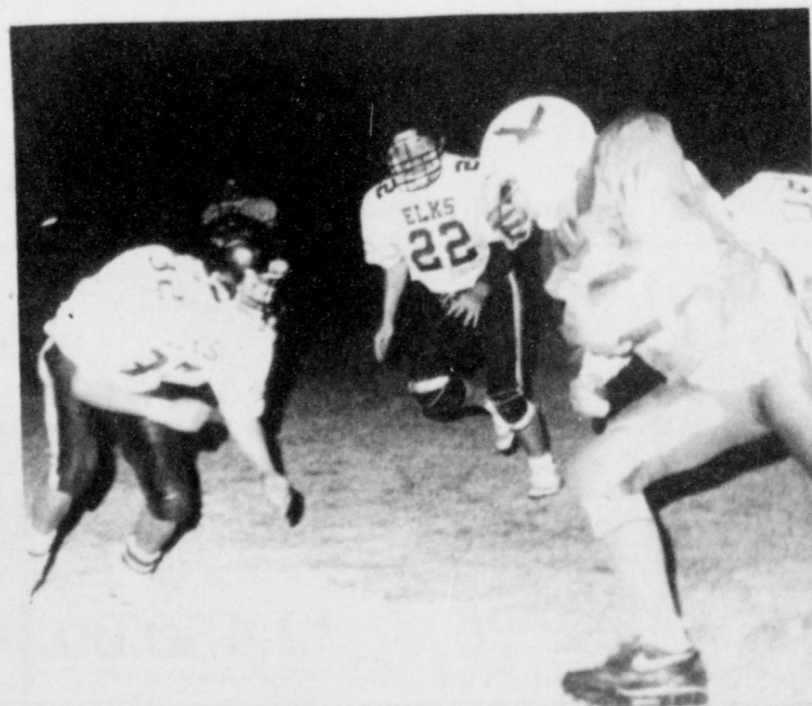
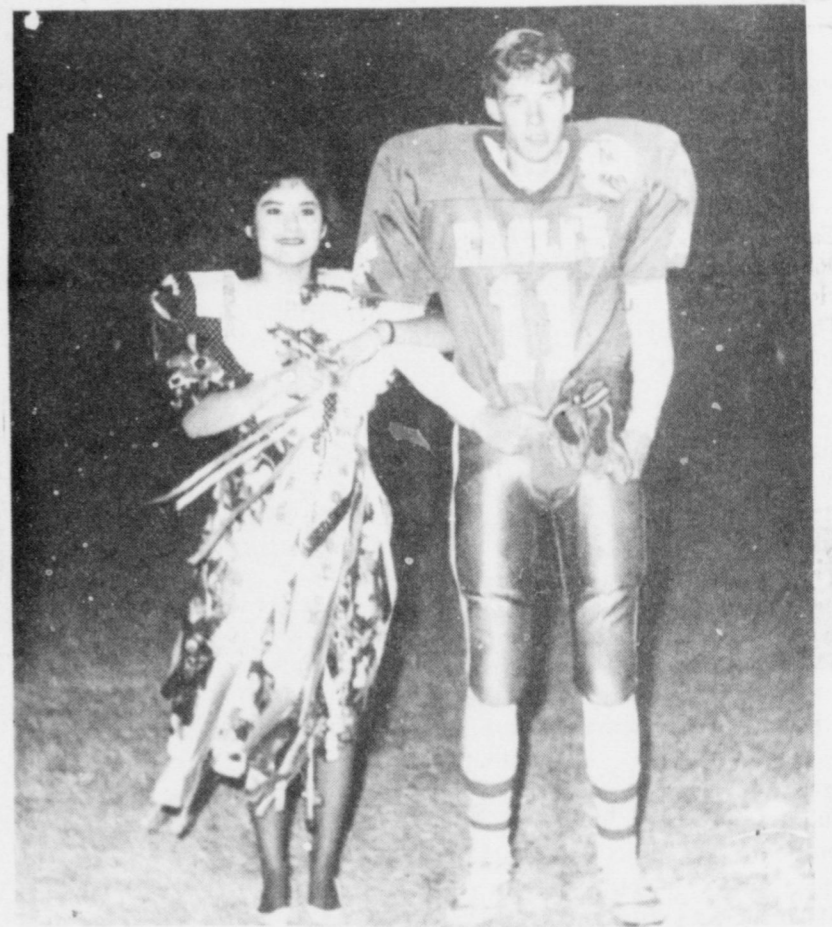
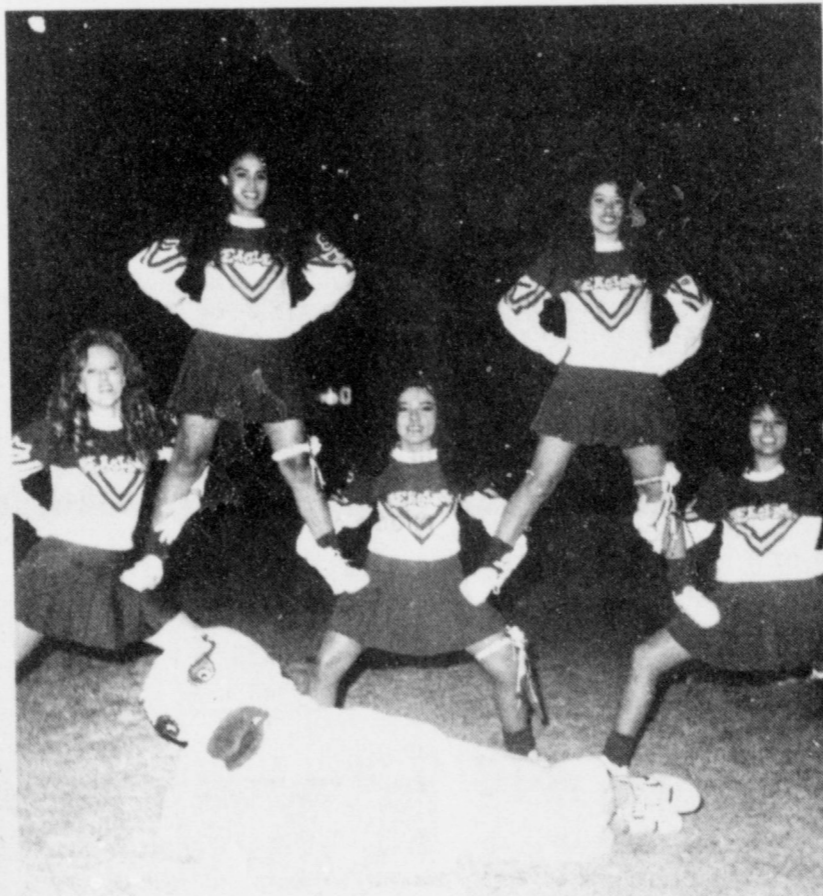
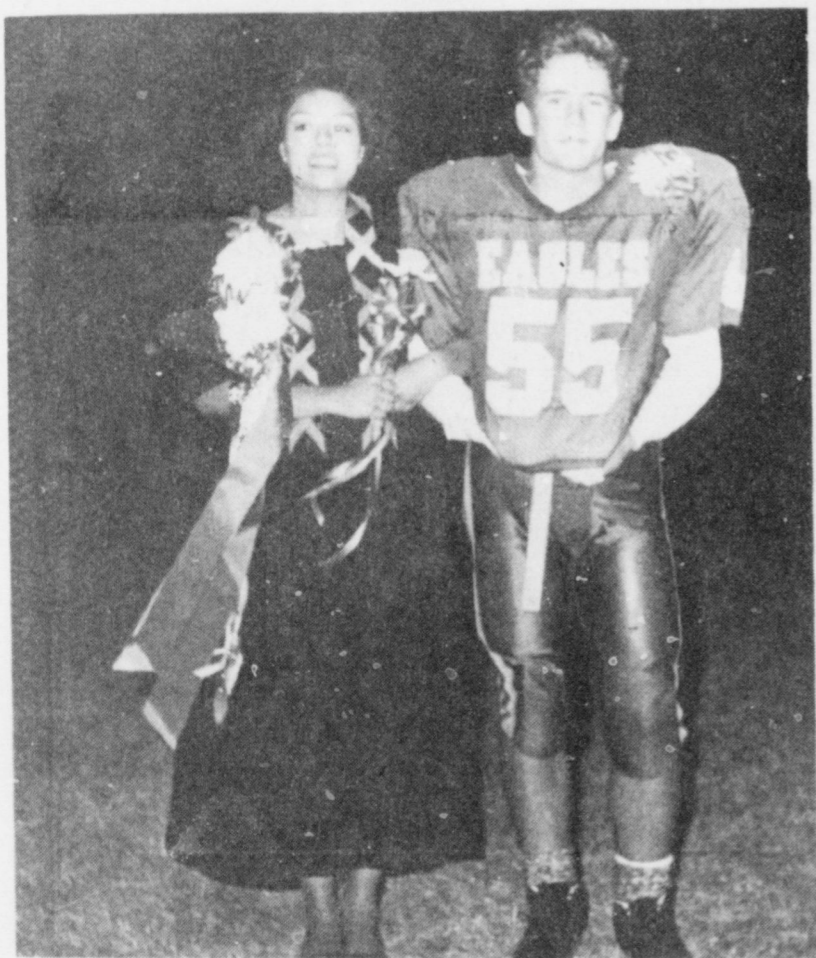
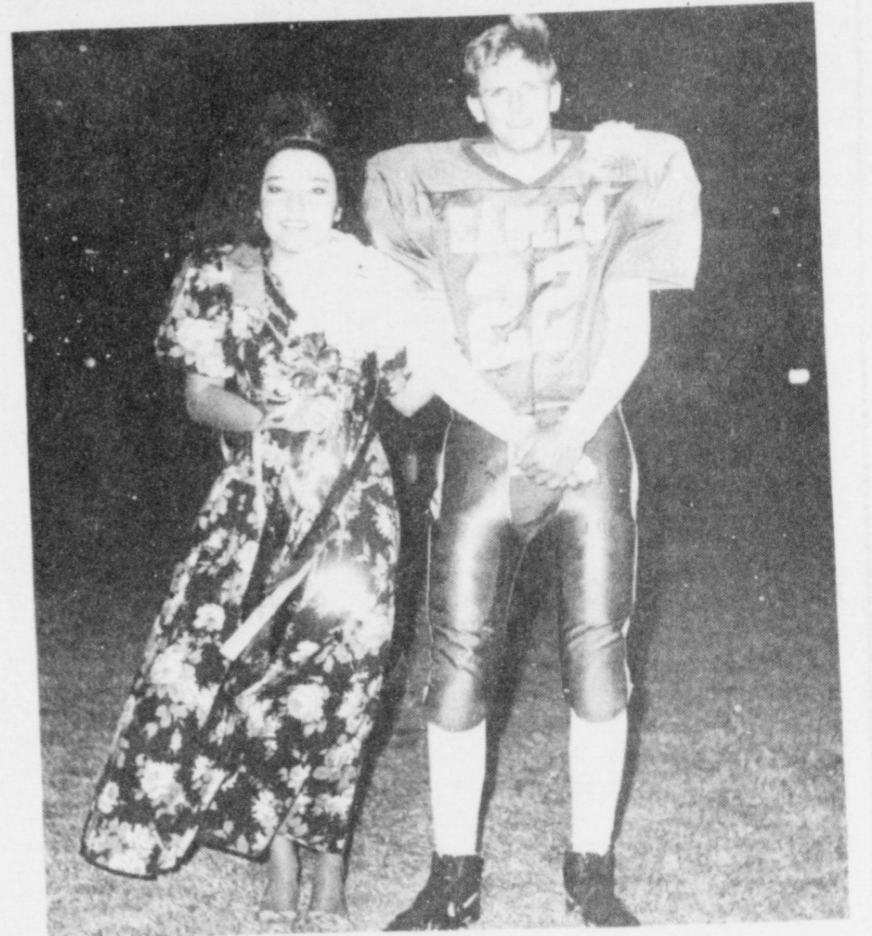
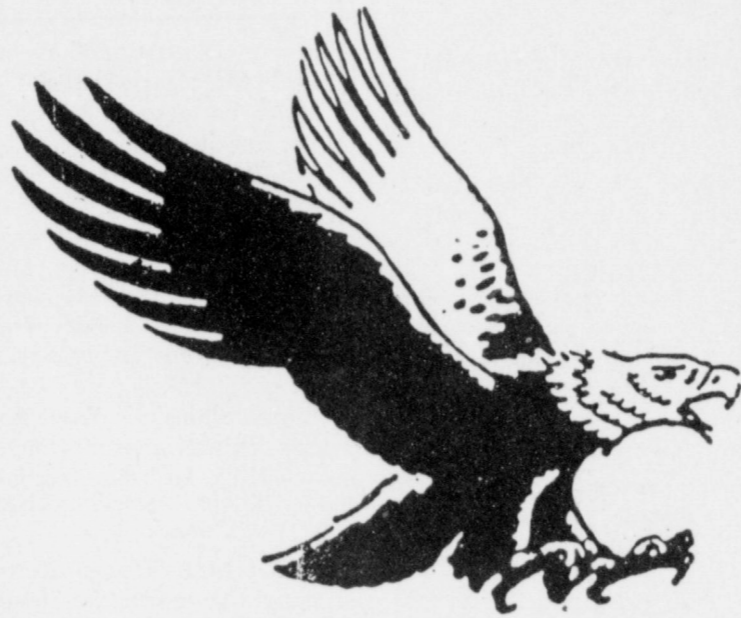
Ben Franklin

Homecoming Activities At Three Way

Friday, November 8

Three Way 68

Cotton Center 45



CLASSIFIEDS 272-4536

CLASSIFIED RATES

15 Words & Under Minimum Charge \$2.30 Thereafter \$2.00

16 Words & Over 1st Insertion 15 cents per word 2nd Insertion 13 cents per word

CLASSIFIED DISPLAY RATES \$1.75

Per Column Inch

DEADLINES

12 noon Tues. For Thursday Paper 12 noon Friday For Sunday Paper

To receive the reduce rate after the first insertion ad must run continuously.

We reserve the right to classify, revise, or reject any ad. We are not responsible for any error after ad has run once.

1. Personals

CONCERNED About Someone's Drinking? HELP IS AVAILABLE through Al-Anon

Call 272-2350 or 965-2870 or come to visit Tuesday and Thursday nights, 8:00 p.m. & through AA call 965-2870 or come visit Tuesday nights, 8:00 at 620 W. 2nd, Muleshoe.

3. Help Wanted

TRUCK DRIVER NEEDED

Driver for 18 wheeler hauling cottonseed from Sudan to Lubbock. Commercial License and Good Record required. Call 946-3461 or 946-3402. Ask for Tona. S3-46t-2tc

Full time RN opening for Special Care Unit.

Experience in critical care preferred. ACLS certification required within one year of employment. Excellent benefits and working environment. SCU differential. Salary commensurate with experience. Contact Brenda Williams, Director of Nursing, Roosevelt General Hospital, 1700 S Ave O, Portales, NM 88130, 356-4411, Ext. 203 EOE. R3-44s-4tc

KUWAIT, SAUDI WORKERS NEEDED

\$35.00 & up per hour. Tax Free. Both skilled & unskilled. For info. Call 615-779-5505 Ext. K-1104. 3-44t-4tp(T)

Many tales start with "Well, they tell me..."

Faith in one's self is the foundation of success.

This is the time of year to check your fire insurance.

5. Apts. For Rent

Apartments For Rent Good location, 1 or 2 bedroom, furnished or unfurnished, water paid. 272-7575 P5-43s-tfc

NICE 1 Bedroom Unfurnished Apartment. Call 272-3107. M8-45t-tfc

11. For Sale Or Trade

FIREWOOD For Sale

Pinon, Cedar, Juniper, Oak Amherst Grain & Fertilizer 246-3612 A11-43t-tfc

FOR SALE

Fan-tailed guppies. Call 272-3607 D11-45s-8tc

TRADE:

Perfect retirement place near Ruidoso, New Mexico, near Bonito and Altq Lakes, three bedroom house, guest house, barn with mill. About 25 acres, 8 acres cultivated. Cherry and apple trees, on hiway. Trade for irrigated farm, CRP, or grass. Write to HC 67, Box 75-Nogal, N.M. 88341 or 505-354-2413. F-44t-6tc

One Complete Set Craftsman 3/4 Drive Socket and Box

One 9 ft. Big Ox Blade

One John Deere Black Remote Cylinder 806-227-2251 11-46t-2tp

One 1970 Ford pickup. Clean and running. Phone 806-227-2251 11-46t-2tp

Blue '79 Chevy Shortbed For Sale--Great Condition! New paint job and new tires and rims! For more information call 925-6723 after 5:00 p.m.

8. Real Estate

HOUSE FOR SALE:

Nice 3-1-1 with fenced yard, central heat. 1424 W. Ave. C. 272-5234. S8-45s-tfc

FOR SALE: Approx. 6 Acres on the highway, just outside of city limits. 272-4975 W8-45t-tfc

FOR SALE: Approx. 17 Acres on Clovis Highway with well and high pressure line 272-4975 W8-45t-tfc

FOR SALE BY OWNER

Beautiful country home with or without 145 acres irrigated land. Call, see, and make offer! 946-3440. E8-44t-tfc

15. Misc.

FOR RENT: Large Self Storage rooms with 24 hour a day access. Call J & J Self Storage at 272-4307. S15-44s-tfc

Controlling Hypertension Essential To Health

People Read The Classifieds--Call Us Today! 272-4536

Hypertension is referred to as the "silent disease" because it has no symptoms until it reaches an advanced stage. If not controlled, hypertension, or high blood pressure, can lead to heart attacks, strokes and kidney failure.

Usually, hypertension can be detected during a routine physical exam or during a high blood pressure screening program. There are two measurements of blood pressure--systolic and diastolic. Systolic pressure refers to the pressure at the moment the heart muscle contracts to pump blood out. Diastolic pressure is the pressure at the moment the heart muscle relaxes to let blood flow in. Systolic pressure is always higher than diastolic pressure.

According to Wanda Young, R.N., B.S.N., education coordinator at Methodist Hospital, there are some general guidelines to follow to find out if your blood pressure is high:

SYSTOLIC (TOP number)

160 AND ABOVE: Consult your doctor.

140-159: Borderline; recheck in two months.

Less than 140: Normal; recheck in two years.

DIASTOLIC (Bottom number)

90-104: Mild hypertension; Check within two months.

85-90: On high side of normal, recheck annually.

Less than 85: Normal; recheck in two years.

1. Personals 1. Personals

"Quick Loans"

Bad Credit? No Credit? "NO PROBLEM"

Personal/Debt Consolidation

Up to \$50,000
With Proof of Employment

Call 1-800-621-7438

8. Real Estate 8. Real Estate 8. Real Estate 8. Real Estate

Bingham & Nieman Realty

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RICHLAND HILLS PRICE REDUCED-IMMACULATE

3-2-2 Brick, Cent. A&H, built-ins, newly remodeled kitchen, FP, sunken lv. area w/cathedral ceiling, ceiling fans, earthtone carpets, storage !!!!!!!!!!!!!!!

3-3-2 Brick, Cent. A&H, built-ins, FP, Spkrl. sys., storage-wkshp., fenced yd. much more!!!!!!

PRICED REDUCED-ASSUMABLE LOAN

9 1/2 A.P.R.-3-2-2 Brick, Cent. A&H, built-ins, FP, fans, workshop-storage, fenced yd. Make Offer

3-3-2 Brick, heat pump, built-ins, FP, gameroom, ba.

3-3-1CP HOME, Cent. A&H, built-ins, FP, spacious lv. area, loads of closets & storage, cov. patio, fenced yd., 2 st. bldgs.!!!!!!

3-2-2 Brick, Heat pump, FP built-ins, fenced yd. Much More. \$30's!!!!

NICE RESIDENTIAL LOTS/ \$5,000 UP...

Nice-3-2-1 Home, built-ins, heat pump, fans, storm windows, & doors, workshop-storage, fenced yd., & more. \$30's!!!!!!

PARKRIDGE-IMMACULATE

3-2-2 Brick, Heat Pump, built-ins, FP, nice finished basement, cov. patio, insul. & wired st.-workshop, fenced yd. GREAT VIEW!!!! HIGH SCHOOL

Possible Owner Financing-3-1-2 Home, wall & floor furnace heat, evap. air. \$18,000!!!!!!

JUST LISTED-IMMACULATE 3-2-2 Brick, Heat Pump, built-ins, whirlpool, 2200' + lv. area, loads of storage, large shop-storage, fenced yd., \$70's!!!!

NICE 3-2 Home, nicely remodeled, heat pump, built-ins, carpet, fenced yd., storage bldg. & more!!! \$20's!!!!

NICE 3-2-1 Brick, Cent. A&H, built-ins, fans, st. bldg., fenced yd.-\$30's!!!!

3-3 Bdrm. Brick Homes-FmHA financing to qualified Buyers, Priced to Sell!!!!

2-1 Home, nicely remodeled kitchen & den, Cent., heat, fenced yd., large garage-shop. \$20's!!!!!!

HIGHLAND AREA

2-2-1 Brick, Cent. A&H, built-ins, sun-room, heated ps.

3-2-1 Brick, Cent. A&H, built-in, FP, Fenced yd. 2100+ lv. area, fenced yd., & st. bldg. MAKE OFFER!!!!!!

3-2-1 Home, wall furnace, window evap. fenced yd. \$20's!!!!

Nice 3-1-1, heat pump, nice carpets, fenced yd. Much More. \$30's Price Reduced LENAUA ADD.

3-2-1 + 2CP HOME, storm windows & doors, built-ins, fans, MUCH MORE!!!!

Nice 4-2-2 Carport Home, Cent. A&H, built-ins, FP, Cent. Vac., Office, Sewing area, fenced yd. \$30's

3-2-1 CP, heat pump, heated pool, fenced yd. storage bldg., \$30's!!!!!!

NICELY REMODELED

3-2-1 Brick, Cent. heat, built-ins, MUCH MORE. \$30's!!!!

JUST LISTED-3-1-1/2 Home, Cent. heat, evap. air, nice carpets, cov. patio, fenced yd. st. bldg!!!!!!

2-2-2 Brick, Cent., A&H, built-ins, FP, spkrl. sys., fenced yd. Price Reduced!!!!

VERY NICE 3-2-2 Brick, 3,000+ sq. ft. of lv. area incl. nice finished basement, built-ins, geothermal A&H energy-eff., loads of closets & storage, on 7.86 acres, fence, stock tank, sideroll, & many more amenities, close to town

3-2-3 Carport Home on 11 ac. edge of town, Cent. A&H, built-ins, cellar, barns & corral. MAKE OFFER

3-2-2 carport Brick on 2 acres at edge of town, possible owner financing, \$40,000!!!!

NICE 3-2-1 Home on 1 acre close to town, Cent. Heat, Evap. Air, Nice Carpets, Remodeled, \$30's!!!!

NICE 3-2-2 Brick on 1 ac. tract on hwy. close to town, Cent. A&H, built-ins, fenced yd. & more!!! Make Offer.

RESTAURANT BLDG., LAND., & Equipment-A GOOD BUY!!!!!!

GYMNASTICS STUDIO-BLDG., & Equipment-PRICED TO SELL!!!!!!

COMMERCIAL TRACT 175'x100' (HWY 70 & 84, RR spur acces, approx. 1200 sq. ft. bldg. PRICED TO SELL!!!!

320 acres good dryland, good allotments, Three-way area. \$250 per acre!!!!!!

Top Ten Songs For The Week

- #### RADIO REPORT
1. Anybody by Garth Brooks
 2. Someday by Alan Jackson
 3. New Way To Light Up An Old Flame by Joe Diffie
 4. Keep It Between The Lines by Ricky Van Shelton
 5. Tempted by Marty Stuart
 6. Shameless by Garth Brooks
 7. Brotherly Love by Keith Whitley & Earl Thomas Conley
 8. Like We Never Had A Broken Heart by Trish Yearwood
 9. A Picture Of Me Without You by Lorrie Morgan
 10. Hurt Me Badd by Patty Loveless

NEWS & NOTES

If you would like to write to your favorite Texas Country music stars we have a list of the following:

Asleep At The Wheel P.O. Box 463 Austin, Tx. 78767
Clint Balck P.O. Box 299386 Houston, Tex. 77299
Mark Chesnutt 1514 South St. Nashville, TN. 37212
Holly Dunn P.O. Box 120897 Nashville, TN. 37212
George Jones 48 Music Sq. East, Nashville, TN. 37203
McBride & The Ride 1514 South St. Nashville, TN. 37212
Willie Nelson P.O. Box 2689 Danbury Ct. 06813
George Strait P.O. Box 2119, Hendersonville, TN. 37077
The Country Music Assn. of Texas will debut its weekly radio program called "The Texas Country Music Show" in

December. Listen for the show on your favorite station at presstime we have the following KPLE/Temple, KRXT/Rockdale, KYKR/Beaumont, KHYM/Gilmer, KEYE/Perryton, KTTX/Brenham scheduled. The show will air at 6 p.m. every Sunday. For more information and free membership write to us at P.O. Box 505, Salado, Tx. 76571. The Country Music Assn. of Texas is interested in promoting country music throughout the state.

MICROWAVE TIPS

How does one defrost frozen shrimp?

First, separate them if you can and arrange in a single layer in a baking dish. Microwave for one half the defrosting time. Break up any stuck-together shrimp, rearrange, and defrost for the other half of defrosting time. If some ice remains, that's all right, but shrimp should be pliable. Rinse in cool water and let stand for 5 minutes. Ice should disappear.

Avon wants individuals interested in earning \$6 - \$10/hour. No door-to-door necessary. Call 272-5607



8. Real Estate

BAILEY COUNTY IRRIGATED LAND FOR SALE

With irrigation equipment. Fall wheat planted. Owner will finance. 385-4487 day 385-5613 night

8. Real Estate

FARM FOR SALE

1281 acres, eight irrigation wells, good water, underground lines, 900 acre grain base, home, steel barn, pipe corrals, price reduced, owner finance part. 10 miles north of Hereford. (409)543-5636. H8-43s-8tc

Henry Realty

111 W. Ave. B. 272-4581 Muleshoe, Tx.

Just listed-2 bedroom, 1 bath, carport, large utility room and large storage attached. Carpet. Highland Addition. \$20,000.00.

2 bedroom, 1 bath, 1 car garage, fireplace, fenced yard, carpet, Lenau Addition \$15,000.00.

Spacious 2 bedroom, 2 bath with one car garage. Fireplace. Ready to move in.

New listing-2 bedroom, 1 bath, redone for qualified buyer.

3 bedroom, 2 bath, carport, spacious home outside city limits near city on highway. Lot is 85' X 402'. Metal building is 29' by 40'. Great setup for workshop.

FOR LEASE - 3 bedroom, 2 bath, carpet, spacious living area, fenced yard. Near high school.

COMMERCIAL PROPERTY

Ideal location on West American Blvd. 150' highway frontage. A great business opportunity.

Brick veneer restaurant 150 seating. Over 5000 sq. ft. with modern equipment. Ready for operation. Located on U.S. Highway 84 in Muleshoe. 7,000 sq. ft. paved parking. Excellent financing available for qualified buyer.

West American Boulevard 150' frontage. Priced to sell.

Commercial building 30'x52' located on 12th Street. Lot is 97' x 140' and paved. Come by for appointment to see. LAND

150 acre irrigated farm with sprinkler on highway NW of Muleshoe. Allotted acres with good yields. Two wells. Corners are in CRP. Owner financed.

240 acres irrigated farm South of Lazbuddie with excellent water. 98 acres in CRP. Three wells. Owner financed. SOLD

Get The Best For Less...

SHOP US

PRE-THANKSGIVING SPECIALS

<p>FAMILY PACK BEEF Ribeye Steaks \$3.97</p> 	<p>JUMBO PACK Thighs or Drumsticks LB. 77¢</p> 	<p>FAMILY PAK FRESH FRYER BREASTS FAMILY PACK \$1.27</p> 
<p>GROUND BEEF LB. \$2.37</p> <p>FRESH PORK BUTT PORK ROAST LB. \$1.27</p> <p>COUNTRY SKILLET CATFISH FILLETS LB. \$2.97</p> <p>WILSON MEAT FRANKS 12 OZ. PKG. 89¢</p> <p>FRESH EXPRESS DELUXE ASSTD. COMBO/ PIZZA PEPPERONI/ SAUSAGE 12x16 SIZE 2 FOR \$5.99</p>	<p>ECKRICH SMOKED SAUSAGE LB. \$1.59</p> 	<p>PILGRIM'S PRIDE BONELESS SKINLESS OR BONELESS Fryer Breast LB. \$2.97</p> 

Hunt's All Natural tomato sauce
REG./NO SALT HUNTS



TOMATO SAUCE

8 OZ. CAN

5 FOR **\$1**

RANCH STYLE BEANS
REG. OR WITH JALAPENOS
RANCH STYLE PINTO BEANS
REG. OR WITH JALAPENOS
RANCH STYLE BLACK EYE PEAS
REG. OR WITH JALAPENOS



RANCH STYLE BEANS

15 OZ. CAN

2 FOR **99¢**

SHURFINE BISCUITS
BUTTERMILK/HOMESTYLE



SHURFINE BISCUITS

10 CT. CAN

6 FOR **\$1**

Charmin
ASSTD. CHARMIN



BATH TISSUE

4 ROLL PKG.

89¢

Pampers
BABY FRESH
84 CT. BOX
\$2.79



PAMPERS DIAPERS

CONV. PAK

\$8.99

SUN LIGHT
50 OZ. BOX
SUNLIGHT AUTOMATIC
DISH DETERGENT



MJB COFFEE
13 OZ. CAN
FOR ALL COFFEE MAKERS
\$1.69
WITH COUPON AT RIGHT



IN-AD COUPON
EXPIRES NOV. 20, 1991
RETAILER: You will be reimbursed for the face value of this coupon plus \$0.08 if submitted in compliance with Nestle Beverage Co. Redemption Policy incorporated herein by reference. Good only in U.S.A. Consumer must pay sales tax. Void where prohibited, taxed, or restricted. Cash value 1/10th mil.
For redemption mail to:
Nestle USA In-Ads
24224 Humphries Road, Building 2
Tulare, CA 91350
GOOD THROUGH: NOV. 20, 1991
ONLY AT: THRIFTWAY-LA TIENDA
H0829048

FREE COFFEE
BUY ONE, GET ONE FREE AT CHECKOUT
MJB, 13 oz. Premium Ground



MAXIMUM COUPON VALUE \$1.69



CASSEROLE
PINTO BEANS
4 LB. BAG
\$1.19

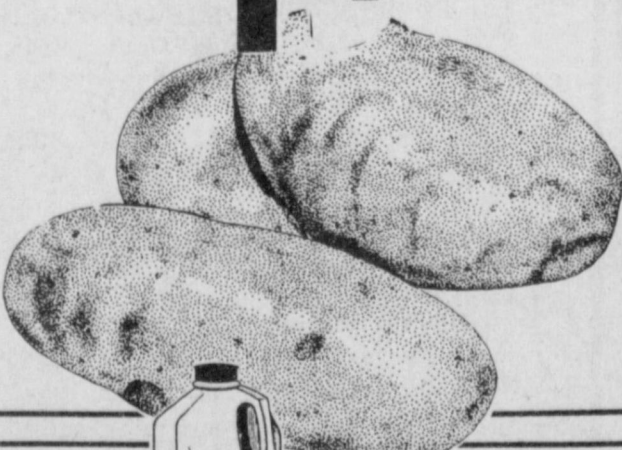


ASSTD. SPAGHETTI
PREGO SAUCE
30 OZ. JAR
\$1.39

ROME APPLES
LB. **47¢**



U.S. NO. 1 RUSSET
POTATOES
10 LB. BAG
\$1.27



Green Giant

GREEN GIANT ASSTD. FROZEN IN SAUCE	10 OZ. BOX	99¢
VEGETABLES		
GREEN GIANT FAMILY PACK	12 EARS PKG.	\$2.29
NIBBLERS		
GREEN GIANT NIBL CRN/ MIX VEG/		
SWEET PEAS	16 OZ. BAG	99¢
GREEN GIANT CUTS		
BROCCOLI	16 OZ. BAG	\$1.29
GREEN GIANT SANTA FE		
MIX VEGETABLES	16 OZ. BAG	\$1.49
GREEN GIANT		
SWEET PEAS	2 15 OZ. CAN	89¢
GREEN GIANT NIBLETS GOLDEN		
CORN	2 11 OZ. CAN	89¢
GREEN GIANT WK GOLDEN		
CORN	2 15 OZ. CAN	89¢
GREEN GIANT CUT/ KITCHEN SLIC.		
GREEN BEANS	2 14.5 OZ. CAN	89¢

VAN DE KAMP
BTRD/ BRD'D FISH FILLETS
8 OZ. BOX
\$1.89



MRS. SMITH'S
APPLE/ MINCE OR
PUMPKIN PIES
26 OZ. BOX
\$2.59



LA CREME
WHIPPED TOPPING
8 OZ. TUB
99¢




VELVEETA
EX THCK/ REG.
SLICES
12 OZ. PKG.
\$2.39



KRAFT
ASSORTED
SPREADERY
10 OZ. CUP
\$1.79



SHURFINE
BUTTERMILK
1/2 GAL. BTL.
\$1.19




LIQUID
IMODIUM A-D
2 OZ. SIZE
\$3.49



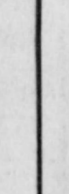
TYLENOL
COLD & FLU
6 CT. SIZE
\$2.99



ASSTD. SHAMPOO & CONDITIONER
IVORY
15 OZ. BTL.
\$1.79



CAPSULES/ CAPLETS
SEVERE COLD CAPLETS
CONTACT
10 CT. BOX
\$3.39




thriftway

401 W. Amer. Blvd. Muleshoe 272-4585

AT AFFILIATED FOODS INC.
MEMBER STORE
WE ACCEPT FOOD STAMPS...
WE RESERVE THE RIGHT TO LIMIT
PRICES EFFECTIVE
NOVEMBER 10-16, 1991

ALL TYPES
COCA-COLA
2 LITER BTL.
\$1.09

