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Vol. 71, No. 28

Published Every Thursday At Muleshoe, Bailey County, Texas 79347

TEXAS PRESS ASSOCIATION 25¢

Thursday, July 15, 1993

Sen. Bivins Holds Town Hall Meeting

"I try to spend some time in the District visiting with individuals following each session of the Legislature," said Senator Teel Bivins at a Town Hall Meeting Tuesday morning, at the Muleshoe State Bank. "I am spending three days traveling through the district, which reaches all the way from Perryton, Dalhart to the New Mexico line.

Senator Bivins, along with his assistant, Curt Besselman, and Tammy Shaklee, District Director, were in Muleshoe reporting on the 73 rd. Legislative Session.

Committees Bivins serves on include: Finance, Education, Natural Resources, Chair Subcommittee on Agriculture, Intergovernmental Relations and Trade and Technology.

"According to my observation of the Legislature, West Texas and the Panhandle are better off than most. We have Pete Laney, Rod Jenell, David Swinford, Warren Chisom and John Smith, and in the Senate we have Bob Bollock, John Montford, Bill Simms and myself.

"When you look at the Delegation in Austin, "We've got almost a rarity in Austin, we get along well and that helps a great deal.

"The people from District 31 are as ready and able to be helpful as anywhere I know.

"We did something really unique this session, we had Panhandle Day

in Austin. The people in this section of the state come to Austin to target issues. The economy in this section is looking up.

"In 1994 we plan to have a Beef-

Rib Cook Off and the winner will get to go to Austin to cook dinner for the Legislators.

"The Budget Bill was one of the most important issues and I am

proud to report that for the first time in 10 years we adopted a budget without tax issues. The people are fed up with the government and don't want any

more taxes.

"Without any new taxes, West Texas fared as well as we ever have.

"We have the framework for the creation of a new pharmacy school, so far we only have three in the state. A lot of the pharmaceutical students from the Panhandle go to Oklahoma to school. The new school will be a state and local partnership and we are well on our way to getting it done.

"Public school finance is the Black Cloud over the Legislature. When we arrived in Austin in January we were on Round Four. The Legislature tried no less than three times to come up with a solution to school finance. It was time to amend the Constitution and allow the people to bring this to an end. It takes two thirds of the votes to get it on the ballot.

"We adopted the measures of Proposition I. There were some things I didn't like. We gave the people a chance to have their say on May 1, and they said no.

"The passage of Senate Bill 7 did two things, it kept the schools open and avoided a massive consolidation. In the state of Texas we have 1,050 School Districts and the people don't want consolidation.

"The school districts don't think we have done enough. I think we have embarked on a situation that

has no end to it.

"I still think we need to amend the Constitution, come up with something the people will accept and still be fair, objective and obtainable.

"As far as Economic Development, this was the most positive session I have ever been involved in.

We passed a bill making Texas an open market place for those wanting to get into business. Three politicians serving on the Railroad Commission, decide what goods is hauled in the state. They tell the trucking businesses what goods they can carry and the price to charge.

"And the Penal Code...Our first duty is to protect the citizens. We can't hold the bad guys long enough. With the creation of 15 jails scattered across the state for non-violent criminals, we can see to it that the violent criminals serve three fourths of the time they were sentenced in maximum security.

"We made major strikes in Medical Insurance, about one third of the residents of Texas have no medical insurance. We hope to expand the availability and affordability of insurance to residents of Texas.

"The right to carry concealed



TOWN HALL-- Senator Teel Bivins, right, held a Town Hall Meeting Tuesday morning at the Muleshoe State Bank Community Room. Jay Messenger introduced Bivins.

Pennsylvania 4-H Exchange Trip

The following is Part Two of the 4-H Club Exchange Group's trip to Pennsylvania.

SUNDAY, JUNE 20

12:45 a.m. ---We finally get all of the kids in their chairs for the night. We hope they stay there.

8:45 a.m. ---Most of the kids are getting up. They basically had a good nights sleep. They were a little slow getting around this morning. The train was running two hours and 50 minutes behind schedule when we got to Pittsburgh.

10:45 a.m. ---Tricia starts giving Ronnie a hair cut. Several of the train employees have said that he is really brave to get a haircut on the train.

11:50 a.m. ---Off to the dining car for our pizza. The food on the train has been good, even if the kids don't think so.

12:45 p.m. ---Back to our car. Tricia finishes Ronnie's hair cut and it looks really good. Then she shaves Curtis. He insisted that she do it for him. Christy cut some on Brooks' hair. I sure hope that she didn't mess it up. We are still

running late by about two hours. As we got closer to Harrisburg, we went by Three Mile Island nuclear plant.

4:00 p.m. ---We finally arrive at the Harrisburg train station--two and a half hours late. The York County 4-H'ers screamed as we neared the terminal to welcome us. The Texas group was ready to be off the train.

4:30 p.m. ---After about 30 minutes waiting for our luggage at the train station, we loaded on the York County bus, van and several cars to head to the York County 4-H Center for punch, cake and ice cream. We started home with our host families at about 7 p.m.

MONDAY, JUNE 21

FAMILY DAY

6:00 a.m. ---Kandy, Kourtnee, Shane, Carolyn, Brittany, Erin and Curtis, along with their host families, went in the county van to Cape Hanelopen, Delaware, to the SHORE (beach). The water temperature was 64 degrees and the kids had a hard time getting in the water. Everyone took a walk on the beach, looked for sea shells, and

played in the sand until lunch time. The girls built a sand castle. We ate our picnic lunches at the picnic area and then went back to the beach. The kids buried Curtis in the sand as his birthday present. Kourtnee buried Curtis' shoes in the sand during the morning because he had put a hand full of sand down the back of her swimming suit. Curtis partly buried Shane in the sand and rewarded her with a huge hand full of sand down her swimsuit. We were in three states today--Pennsylvania, Maryland and Delaware.

Marianne went with the Debnam

family to Baltimore, Maryland. They toured the National Aquarium at the Baltimore Inner Harbor. They had lunch at Subway Sandwiches in the food pavilion. After lunch, they went to see a dolphin show and then walked down the middle of an aquarium to see many different fish and sharks. It was also Marianne's first time to ride on the subway.

Jayne and Christy slept late this morning. Gina went to work and Shanna had to work around the house. Christy, Shanna and Jaime all ate a late breakfast then went walking in the woods. Gina came home from work and they all went

swimming at the York Pool. They had barbecued chicken for supper and then went to see Jurassic Park. (Brittany and Jessica went to the movie with them.)

Justin and Jim rode go-carts this morning. They left the go-cart rides and went to the Family Fun Center in Gettysburg. They went to a batting cage and played putt-putt golf while in Gettysburg. They went home and had lasagna for supper.

Jim Ed, Keith and Kimberly---Bart, Kirsten and Joy met at Hardy's. They went to the Carlisle Sports Complex and played miniature golf, rode go-carts and played games at the arcade. They went back to Hardy's to eat lunch. Everyone except Bart went to Kirsten's house to swim. Justin and Jim came to swim also. They ate supper there and then went home.

Tricia spent the day with Jaime Albright at the Outdoor Country Club. Tricia describes her experience as a rendition of a episode of 20210. They spent the day at the pool among the "elite". They went to the local hangout (Taco Bell) for a break where Tricia learned about what's "in" and "out" among teens of the urban area of York. The day ended at the York Galleria Mall where they found

something females of all ages can enjoy--SHOPPING!

Melinda and Kristi Ryder's family went to the SHORE Cont. Page 6, Col. 1

Muleshoe All-Stars Area Champs

For the first time in a number of years, the 11-13 year old Muleshoe Little League All-Stars won the Area Championship. Sunday night the Mule-shoe team took on the Tahoka All-Stars at Littlefield, defeating Tahoka 14-8.

On Monday night the four Area Champions (in this district) met in Lubbock for the District Championship.

The Muleshoe team played Brown-field and were defeated 7 to 3. "The team did extremely well and I'm real proud of them," said Susan Copeland, newly elected Little League president.

Members of the Muleshoe All-Star team were: Chris Weaver of Sudan; Rocky McAdams, Sudan; Bratt Curtis, Farwell; Jeffery Seaton, Lazbuddie; Kyle Owen, Muleshoe; Joshua Pyle, Muleshoe; Rickey Toscano, Cont. Page 6, Col. 3

Rotary Hears Program On Clovis Music Festival

Thirty six were present as David Tipps, president of the Muleshoe Rotary Club, opened the regular noon meeting Tuesday.

Giving the prayer was Sam Harlan, and Kenneth Henry led the Pledge of Allegiance.

In the absence of song leader Terry Hutto, Curtis Shelburne was in charge of music.

Two visiting Rotarians, Johnny Achison and Ronnie Byrd of Farwell, and one visitor, Douglas Field, were welcomed.

Business was discussed, and a magic show was confirmed to be sponsored by the club.

Lonnie Adrian introduced the speaker, Janna Bowman, Tourism Director with the Clovis/Curry County Chamber of Commerce. She gave a program on the schedule of events for the upcoming Clovis Music Festival, to be held in Clovis, NM this weekend at the Norman Petty Studios on 7th St.

The 7th Annual Music Festival will kick-off with a soc-hop, featuring the "Fireballs", along with 25¢ hot dogs and cokes.

On Wednesday, July 14 the Acappella Vocal Band will perform at 8:30 p.m. Thursday, July 15 at 7:30 p.m. will feature "The Crickets", who will present a tribute to Norman and Vi Petty, music showcase winner and

trilogy. The well-known 50's band is now charted #1 in England, and will return to Clovis in memory of the old days.

Friday, July 16 will feature "The Association", with special guest, The Roadhouse Rockers at 7:00 and 9:00 p.m.

A street dance will be held on Friday, July 17, featuring "Dirty Dan McBride and the Roadhouse Rockers at 9:30 p.m. Tina Thompson will open the show at 10:30 p.m. for Martin Delray. The dance will continue until 12:00 a.m.

Tours of the original Norman Petty Studios, which has recently been refurbished, will continue from 10:00 a.m.-4 p.m. throughout the festival.

There will also be an arts and crafts show and a downtown sidewalk bazaar on Main Street, along with food and drinks.

Also on July 17 and 18 an "Indoor Classic Car Show" will be held at the old Gibson building on 21st street. Live entertainment will feature "The Moon Man", and 50's music, games, a hula hoop contest, and many more festivities.

A drawing will be held on Sunday, July 18, at 3:00 p.m. for a '71 Mach I Mustang.

Cont. Page 6, Col. 1

Annual Jamaica Slated Sunday

Activities will get underway at 12, noon, Sunday, July 18 for the annual Jamaica sponsored by the Immaculate Conception Catholic Church. These activities will continue until 7 p.m.

Many games for both the young and young at heart are on the schedule, including: Wheel of Fortune; Dime Toss; Dunking Board; Fishing Pond; Jail House; Cake Walk, Dart Toss; and Lucky Colors.

If you just want to relax in the shade and have a day of rest, there will be music by Rosa Blanca of Clovis, N.M.; Hermanas Fuente from Earth; Los Impossible, Grupo Oro of Lubbock; and Grupo Animacun of Hereford.

In case you get hungry, there will be lots of taste tempting food including: Tripas, Fajitas, Hamburgers, Hot Dogs, Frito Pies,

Blood Drive Slated Here Today, Thursday

The Muleshoe Church of Christ, along with the Muleshoe Advisory Board and United Blood Services out of Lubbock, will hold a Blood Drive today, Thursday July 15 from 10 a.m. to 7 p.m. at the church at 2201 W. American Blvd.

For appointments or information you are asked to contact Glenda Powell at 272-5676.

Usage of blood in the area hospitals is up during the summer and donations are usually down, so you are encouraged to either contact Mrs. Powell or go by the Church of Christ today and donate blood.

Cont. Page 6, Col. 1



AREA CHAMPIONS-- Muleshoe Little League All-Stars won the Area Championship with a win over Tahoka Sunday night in Littlefield. Players are: (Not in Order) Chris Weaver, Rocky McAdams, Bratt Curtis, Jeffery Seaton, Kyle Owen, Joshua Pyle, Rickey Toscano, Russ King, Matt McClanahan, Jeremy Tosh, Dustin Provence, Shane Roberts and Aaron Faver. (Journal Photo)

DOUBLE COUPONS EVERYDAY!

Lowe's
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MARKETPLACE





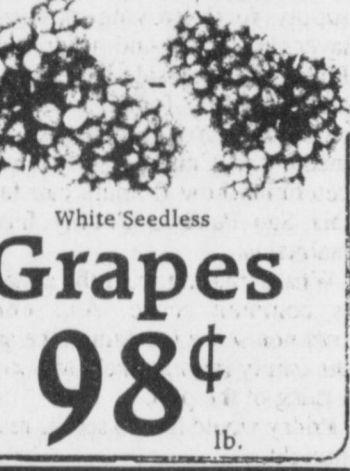


8 Pack
Coca Cola \$2.99
20 oz. Asst.

QUALITY MEAT

 <p>Single Pack \$1.89 lb. Boneless Chuck Steak \$1.69 lb.</p>	 <p>Single Slice \$1.99 lb. Boneless Charcoal Steak \$1.79 lb.</p>	 <p>Ground Chuck \$1.69 lb.</p>
 <p>HyGrade Ball Park Meat Franks \$1.59 Pkg.</p>	 <p>Rameriz Tres Monedas Flour Tortillas 89¢ 12 ct. Ea.</p>	 <p>Wilson Bologna or Franks 79¢ 12 oz.</p>
 <p>Single Roast \$1.69 lb. Boneless Chuck Roast \$1.49 lb.</p>	 <p>Wilson Bologna or Franks 79¢ 12 oz.</p>	 <p>Fresh Ground Turkey 79¢ lb.</p>
 <p>Jimmy Dean Pork Sausage \$2.29 1 lb.</p>	 <p>Jimmy Dean Sausage & Biscuits \$2.29 9 oz.</p>	 <p>Jimmy Dean Pork Sausage All Varieties \$4.49 2 lb.</p>
 <p>Corn King Sliced Ham \$4.99 2 lb.</p>	 <p>Singletree Hot Links \$1.19 lb.</p>	 <p>Alamo Tamales 2 \$5 For</p>

Guaranteed Freshness!

 <p>Red Ripe Tomatoes 68¢ lb.</p>	 <p>New Crop Sweet Corn 7 \$1 Ears For</p>
 <p>Sweet & Juicy Cantaloupes 38¢ lb.</p>	 <p>New Crop Peaches 48¢ lb.</p>
 <p>White Seedless Grapes 98¢ lb.</p>	




Kellogg's GR-R-REAT Half Price Cereal Sale

 <p>Half Price with this coupon on ONE 15 oz. ONLY. Expires 7-21-93</p>	 <p>Half Price with this coupon on ONE 12.3 oz. ONLY. Expires 7-21-93</p>
 <p>Half Price with this coupon on ONE 15.3 oz. ONLY. Expires 7-21-93</p>	 <p>Half Price with this coupon on ONE 15 oz. ONLY. Expires 7-21-93</p>
 <p>Half Price with this coupon on ONE 15.3 oz. ONLY. Expires 7-21-93</p>	 <p>Half Price with this coupon on ONE 15 oz. ONLY. Expires 7-21-93</p>
 <p>Half Price with this coupon on ONE 20 oz. ONLY. Expires 7-21-93</p>	 <p>Half Price with this coupon on ONE 20.4 oz. ONLY. Expires 7-21-93</p>

 <p>Wilson Bacon Regular or Low-Salt \$1.39 1 lb.</p>	 <p>Wilson Sliced Ham Extra Lean \$2.79 12 oz. Pkg.</p>	 <p>Wilson Smoked Sausage \$4.49 1 lb. Pkg.</p>	 <p>Wilson Meat Variety Pack \$1.39 12 oz. Pkg.</p>	 <p>Boneless Arm Roast \$1.79 lb.</p>
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 <p>Country Time Lemonade Mix Regular or Sugar Sweet \$1.99 8 qt. w/ Coupon</p>	 <p>Cuddles Disposable Diapers \$3.99 Asst. w/ Coupon</p>	 <p>Doritos \$1.99 Asst. \$2.99 size</p>	 <p>Sunshine Sugar Wafers Plain or Assorted \$1.99 12 oz. Asst.</p>
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 <p>Gladlock Zipper Freezer Bags 2 \$3 Asst. For</p>	 <p>Cuddles Disposable Diapers \$3.99 With Coupon</p>	 <p>Country Time Lemonade Mix Nutra Sweet \$2.29 8 qt. w/ Coupon</p>	 <p>Ragu Traditional Spaghetti Sauce \$1.09 Asst. 14 oz.</p>	 <p>Purina Hi-Pro Dog Food \$7.99 20 lb.</p>
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 <p>Country Time Drink Mix 8 QT. SIZE CAN ONLY SAVE 70¢ WITH COUPON</p>	 <p>Hormel Chunk Ham or Turkey \$1.19 5 oz.</p>	 <p>Hormel Chunk Breast of Chicken \$1.39 5 oz.</p>
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HEALTH & BEAUTY

 <p>Bactine Liquid First Aid \$1.69 2 oz.</p>	 <p>Rolaids \$1.99 75 ct. asst.</p>	 <p>Suave Anti-Persperant or Deodorant Solid, Roll On, or Aerosol \$1.29 Super Stick 2.5 oz.</p>	 <p>Suave Anti-Persperant or Deodorant Solid, Roll On, or Aerosol \$1.29 Asst.</p>	 <p>Suave Lotion \$1.29 10 oz. Asst.</p>
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DAIRY

 <p>Philadelphia Free Soft Cream Cheese \$1.39 8 oz.</p>	 <p>Grated Parmesan Cheese \$2.99 5 oz.</p>
 <p>Minute Maid Premium Orange Juice \$1.99 64 oz.</p>	 <p>Minute Maid Chilled Punch or Lemonade 99¢ 64 oz.</p>

FROZEN FOOD

 <p>Jeno's Pizza Rolls Pepperoni, Combination, or Hamburger 3 \$4 Asst. POT</p>	 <p>Green Giant Nibblers \$1.99 12 ct.</p>
 <p>Drumstick Brand Vanilla Sundae Cone Or Nestle Crunch Cone \$2.19 Vanilla 4 Pack</p>	 <p>Green Giant Broccoli Cuts \$1.29 16 oz.</p>
 <p>Marie Callender's Pot Pie Chicken, Turkey, Tater Pot, or Chicken Broccoli 2 \$5 For</p>	 <p>Marie Callender's Cobbler Peach, Cherry, or Berry \$1.99 Asst. 17 oz.</p>

 <p>Blue Bell Ice Cream Blue Bunny Ice Cream Round 1/2 Gallon Where Blue Bell Not Available \$2.79 1/2 Gallon</p>	 <p>Parkay Margarine 3 \$1 1 lb. For</p>	 <p>Suave Shampoo, Conditioner, or Styling Aids 88¢ Asst.</p>
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Lowe's Pay-N-Save

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MARKETPLACE

Prices effective July 15 - July 21, 1993

WE RESERVE THE RIGHT TO LIMIT QUANTITIES IN TEXAS.

Our Best is Yours

Don't Cuss A Farmer With Your Mouth Full

by Mike Barnett

It's not nice to cuss a farmer with your mouth full.

The sooner American consumers learn that lesson, the better off they, and the farmers that put food on their table, will be, according to one who makes his living from the land.

After all, this opinionated South Texas farmer says, the general public gives very little thought to where their food comes from. "Everybody takes their food for granted," he relates. "The people that are killing us are in the cities...the people who's children think milk comes from a carton."

Q.M. Friday would like to see a change in the public's attitude toward a beleaguered agricultural industry. This fourth generation cotton and grain farmer seeks not sympathy, but understanding and support for his profession. Public mistrust of agriculture has been bred, he maintains, by a national media that would rather deal in controversy than in fairness. Misinformation, he says, is being presented to young children through public schools. And mismanagement of government resources, he feels, has resulted in a bureaucracy out of control.

He says his beloved profession is suffering unfair attacks from all sides. The farmer gets blamed for everything from poisoning the food supply to destroying the ozone layer, he says. And according to Friday, these outside influences are putting the family farm in jeopardy. Environmentalists, the media and Congress increasingly determine how farmers can farm, this San Patricio County farmer maintains.

What's missing from the equation is common sense. And unless common sense is restored, he says, the family farm is likely to become a thing of the past.

Friday would like to set the record straight.

For example, one thing the consuming public doesn't understand is that farmers are not out to poison the food supply or the environment, he says. And consumers are justifiably concerned, he adds, because of sensationalism and misrepresentation by the national media.

Farmers will not pursue profit by misusing pesticides to control crop diseases and insects, he stresses. Their families, after all, are involved in the operations.

"My contention has always been, that my wife goes out there and runs cotton module builders in the summer. My boy's running tractors, my oldest son runs the spray rig. Do people think we're so stupid that we're out there using methyl parathion for deodorant?" he asks.

Then again, there's a basic misunderstanding about pesticide use.

"It's funny," Friday says. "The same people that don't want you to use a pesticide on a crop will run around the house after one fly with a can of Raid, and spray it all over."

But the misunderstandings don't stop with food safety. Another perception is that farmers are feeding at the public trough, siphoning billions of taxpayer dollars to support a lavish lifestyle.

"Everybody thinks that the \$58, \$60 billion expense or allocation for the USDA comes to me and my colleagues to buy a new Cadillac, when in fact the biggest percentage goes to food stamps, commodity programs for schools, and for university and various experiment station research," Friday says. "In reality though, as I told somebody not long ago, it's heck when your ambition is to have a good enough

year to break even."

Friday reminds consumers that farming is not like a store. First, if a farmer loses a crop due to excessive wet weather or from drought, he can't just turn around and reorder. "Twelve months go by before we can recycle," he says.

"We can't go back and reload and go back next month or next week like a store, who can call a warehouse and get a truckload of merchandise."

Second, farmers are price takers--they can't raise their price when expenses increase. "So we absorb the cost," he says.

Many of those costs, he charges, are being unnecessarily added by an out-of-control federal bureaucracy. Friday hints that government bureaucrats have two purposes. "They have no real interest in anything but perpetuating their bureaucracy and advancing their own career," he says.

This results in excessive government regulation, he says.

Burnett Appointed Executive Director of Texas Department Of Transportation

Bill Burnett, district engineer in El Paso, was unanimously selected by the Texas Transportation Commission to succeed Arnold Oliver as executive director of the Texas Department of Transportation effective Oct. 1.

"After conducting a nationwide

search, we are confident that Bill Burnett is the right person to lead our efforts in providing the people of this state with a cost-effective, safe and environmentally sound transportation system," said David Bernsen, commissioner of transportation. "This selection underscores the fact the best qualified transportation people are in Texas."

He doesn't think it will take a food crisis to reshape the public's attitude toward their food supply. He hopes consumer's stomachs will eventually lead them back to the land.

"People care about farming. They just don't understand about farming," he admits. "We simply want people to understand we're a fairly critical cog in the national well being."

Burnett started with the department in 1971. He is a graduate of Texas Tech University. He served as resident engineer in Pecos, Midland, and Odessa. In 1986, he became one of the youngest district engineers ever when he was appointed to lead the Abilene District. Burnett was transferred to the El Paso District in October 1991.

He was the chief inspector on one of the first contract fabric projects in the nation and developed the present department end-result hot mix pavement specification. In 1992, he was selected to the Texas Tech Civil Engineering Academy.

Burnett said, "I am honored and excited about the challenge of working together with our employees to build the TxDOT of the 21st century. I am grateful to the commission for their expression of confidence."

Executive Director Arnold Oliver said, "Bill will further the department's multimodal expansion as a department of transportation. His experience working with diverse groups will speed this. His leadership will further the department's and commission's partnership with our 15,000 employees."

"Bill worked on the department's front lines to provide quality customer service. In his more than 20 years of service to the department, he has met each challenge with energy and enthusiasm," Oliver said.

The Texas Department of Transportation system includes highways, public transportation, general aviation, motor vehicle registration and regulation, local sponsorship of the Gulf Intracoastal Waterway, and toll-road development.

Negatives Of Negative Resistance

Fitness enthusiasts are confused. They've been told aerobic exercise is important to a workout program. They've been warned about performing activities that stress joints and ligaments. They've been advised that to get a balanced workout they need to add strength training to their routine.

Unfortunately, the confusion does not stop there. Now some fitness equipment manufacturers want people to believe that to be effective, a strength training program must have negative resistance. However, research has shown that negative resistance is not always a positive.

"There are a lot of people who think that negative resistance is essential to an effective strength training program. This simply is not true," said Jeff Zwiemel, director of The National Exercise For Life Institute. "Recent research conducted at the University of Massachusetts concluded that positive only (concentric) strength training produced the same results as combined positive and negative (eccentric) strength training. But the reason so many people still look for negative resistance is because they are not as familiar with other kinds of strength training resistance systems available today."

Most people today know about strength training programs that offer positive and negative resistance, for example free weights. These methods utilize isotonic, or variable resistance. This means that the resistance is

constant throughout any range of motion.

"What most people don't know is the negative effects of isotonic. One disadvantage of this form of strength training is that muscles are not equally strong in all positions," said Zwiemel. "For example, in performing a bicep curl with isotonic resistance (free weights, etc.), the muscle is much stronger in some positions than in others."

But the resistance remains constant, so that it is efficient only in one position and too light in all other positions throughout a full range movement.

This means that a muscle working efficiently at a 90 degree angle does not benefit from that same load at a 45 degree angle. The amount of weight used during a workout has to accommodate the amount of resistance a muscle can handle in its weakest position. If more resistance or weight is tried, it will be impossible to move through the weakest area of movement. Thus reducing the workout efficiency and setting up the potential for injury."

There are other drawbacks to performing a strength training program using negative resistance. Heavy negative resistance, or eccentric contractions, force the body into a defensive posture. In other words, the body uses a smaller percentage of muscle fibers and puts more emphasis on the tendons. "As a result of this response mechanism, delayed muscle soreness can occur 24 to 48 hours after training," adds Zwiemel.

South Plains College Schedules New Student Orientation

New student orientation sessions, which include pre-registration for the fall semester, begin July 27 at South Plains College.

Orientation sessions are scheduled by major from 8:15 a.m.-4 p.m. ending Aug. 19 in the Student Assistance Center on the third floor of the Library Building. A total of 1,549 students have thus far been scheduled for the orientation process.

Prospective students who have not received a date for their orientation session should contact the SPC guidance and counseling office as soon as possible, said Claudine Oliver, director of guidance and counseling.

"Orientation is required of all entering full-time students, transfer students who have fewer than 30 semester hours or who have been admitted on a probationary basis," she explained.

The orientation sessions will include an introduction of SPC student support staff and a description of functions and services provided, an interest assessment which will help to determine career choices, a discussion of the general catalog, how to schedule classes, general information on how to be successful in college and specific strategies for becoming a successful student.

Prospective students will also meet with individual advisors who will provide them with personal

"Contrary to popular belief, muscle soreness is not indicative of a good workout, rather it is a sign of damage, to both the muscles and tendons."

Heavy negative resistance also slows down the muscular recovery process and has been shown to inhibit full recovery up to 90 hours after training. Lack of recovery means less than effective workouts because if muscles are not fully recovered, they are unable to give the next workout a full effort. And if a muscle is not getting maximum workload effort it will not develop for maximum results. Finally, heavy negative resistance ultimately can lead to overtraining symptoms and the risk of injury.

So, what is the safest and most effective form of strength training? Isokinetic. "Recent research has illustrated that isokinetic resistance provides the best means of promoting muscle growth," said Zwiemel. "Isokinetics, or accommodating resistance, is quickly becoming the newest addition to the area of training and conditioning. For years, isokinetics was used only for rehabilitation purposes. But recently strength training professionals have come to recognize the tremendous benefits of this form of exercise."

Isokinetic resistance accommodates the force capabilities of any given muscle at any point in the range of motion. It fully matches an individual's strength requirements throughout the entire range by controlling the velocity of the contraction. This means that the speed of the user's force against the machine is met with an equal and opposite amount of resistance.

The advantages to machines using isokinetics are many. They allow muscles to be maximally taxed throughout the range of motion. Studies show that training the muscle at their maximum capacity proves to be the best medium to improve strength. More importantly, this form of training is the only form that allows individuals to exercise more effectively and safely at a speed that is most comfortable for their ability level. It also matches activity-specific speed at which the muscle is asked to perform in both athletics and everyday tasks.

Finally, the results are astounding. Whether the goal is to reduce body fat or improve physique, strength and physical performance, isokinetic resistance training has the potential to meet all these objectives.

But until recently, delivering such a form of exercise to the public has been limited. NordicTrack's NordicFlex Gold is the first product available to the public utilizing isokinetic resistance, which now makes it possible to achieve the results that individuals want.

Better Business Bureau Report

One problem that the BBB confronts in its program of monitoring advertising is the 'going out of business' sale. Each year, thousands of businesses nationwide close their doors, move or sell out and hold special sales to clean out their stock. Some merchants seem to be going out of business all the time under one or another name and frequently from the same address. Such merchants, of course, usually are not going out of business at all, they just want you to think so! Whether the business shutdown is real or pretended, the sales are advertised in a variety of ways. By design, the sales create a sense of urgency in consumers who are beckoned to rush in to obtain great bargains while they last. There is a law that governs 'going out of business' advertising: the business must file with the County Clerk's office a current inventory, pay a fee for a license that allows 120 days to clear everything out. During this time, no new merchandise can be purchased. Remember, shop around and don't be pressured into 'buying now' before the doors close.

Co-signing a loan often has the emotional pull of helping a relative or close friend. You should remember, however, that a co-signer is needed because the borrower can not meet the lender's usual criteria for making a loan. As co-signer, you may be responsible not only for the full amount of the debt but also for any late fees, collection costs, or attorney fees involved. Your liability as a co-signer may prevent you from getting other credit you want. The FTC requires creditors to provide co-signers with a notice of the obligations being assumed. Make sure you have a written copy of all the papers relating to the loan contract. You might even wish to look at co-signing as if you were making the loan for yourself. Ask the lender to put into the contract to notify you if the borrower misses a payment. Simply make sure you understand all the risks involved before co-signing a loan agreement.

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USPS 367-820

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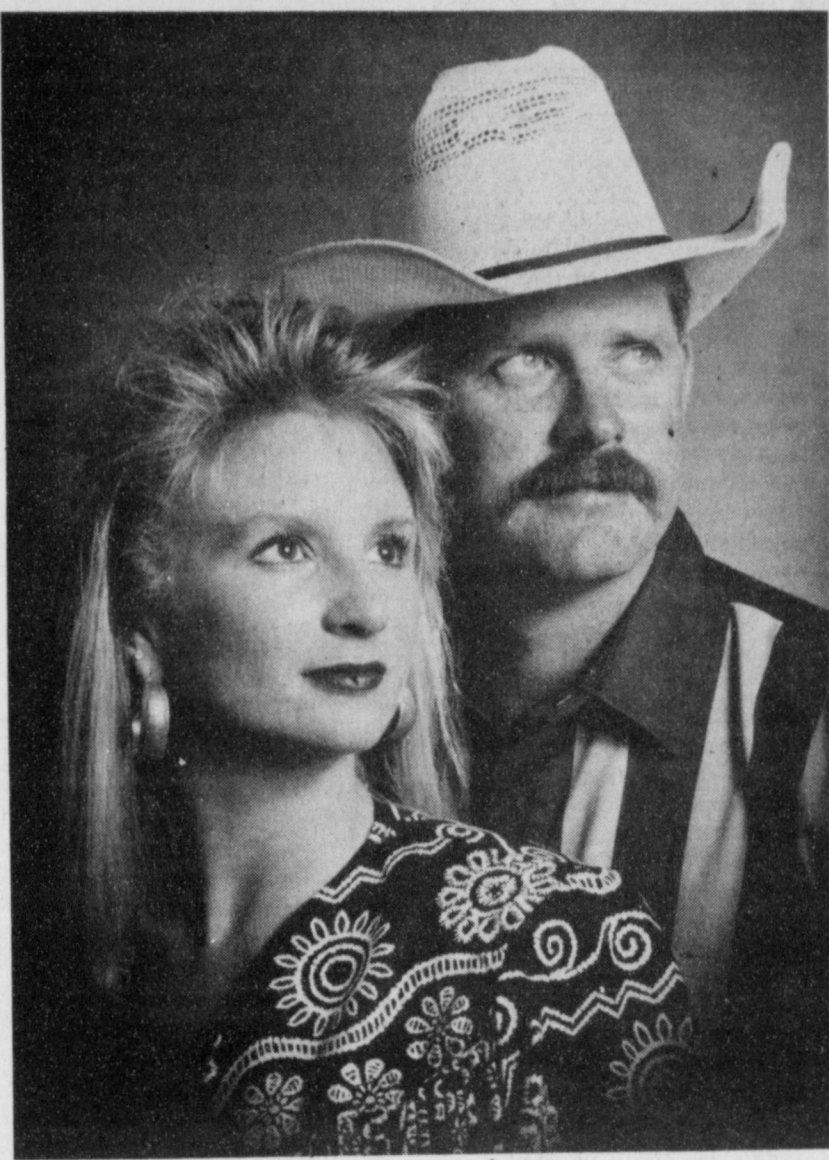


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ENGAGEMENT ANNOUNCED-Mr. and Mrs. Travis Bessire and Mr. and Mrs. Ted Harrison wish to announce the engagement and approaching marriage of their children, Sherri LaShelle and Alan Blake. Sherri is a 1990 graduate of Sterling Legal School, Phoenix, AZ and is presently employed by Gorden H. Green, attorney at law. Alan is a 1986 graduate of Texas A&M University and is associated with H&W Hay Company in Muleshoe. Vows will be exchanged on August 21, 1993 at 6:00 p.m. in the First Methodist Church in Muleshoe.

Panhandle South Plains Fair, Flower And Creative Arts Depts

Ribbons, ribbons and more ribbons are available for prize winning exhibits in the Flower Festival and Creative Arts Departments of the upcoming 76th annual Panhandle-South Plains Fair, Sept. 25-Oct. 2.

Although monetary prizes are not awarded in these departments, an abundance of ribbons are available to exhibitors with award winning entries, reports Steve L. Lewis, Fair Manager.

Mary Moore and Lucinda Morgan serve as superintendents of the Flower Festival, celebrating a theme this year of "Highways and Byways".

The show is sponsored by the Lubbock Council of Garden Clubs as a Standard Flower Show. More than 450 entries were exhibited during the 1992 Fair.

Open to all amateurs wishing to exhibit in both horticulture and design, entrants need not be garden club members and men and children are encouraged to enter. Entries from 4H or FHA members are welcomed and club members accumulating points in the show will be awarded club points through the Youth Department.

Art work from city and regional junior high and elementary students is encouraged in Creative Arts Department I and II. Students may enter exhibits in six categories: water based paints; pastels, oil or charcoal; drawings in pencil, crayon, ink or colored markers; weaving, stitchery or fiber; or

mixed media and collage.

Superintendent of Creative Arts Department is Becky Kennedy, art teacher at Coronado High School; Kathie Moody, Lubbock-Cooper art coordinator; and Ellen Standley, All Saints Episcopal Schools art teacher are assistants.

The Creative Arts Show will be judged and ribbons awarded for outstanding work. The 1992 fair included 250 art entries from students in 19 elementary schools, 11 junior highs and a variety of private and home taught schools.

More detailed information about classes, entry time, etc., can be obtained from the Panhandle-South Plains Fair catalog. Catalogs are available at the Fair Office, 105 E. Broadway; Lubbock County Extension Office, 1418 Ave. G.; Lubbock Chamber of Commerce, 14th and Ave. K.; or City of Lubbock Public Information Office, 1625 13th St. Area residents may pick up a catalog from their local county extension office.

Ticket orders by mail for the country music stars performing in the coliseum are now being taken. Stars performing including Tanya Tucker at 5 and 7 p.m. (\$10, \$12.), on Sept. 25; Ricky Van Shelton at 7 p.m. (\$12) on Sept. 26; Michael English and 4 Him at 8 p.m. (\$6) on Sept. 29; and Alan Jackson at 7 p.m. and 9 p.m. (\$15) on Oct. 1.

All seats are reserved and show tickets do not include gate admission.

Surviving At Lost Lagoon

Sea World of Texas guests fortunate enough to be "shipwrecked" at Lost Lagoon will enjoy a splashy slice of Caribbean life deep in the heart of Texas when the San Antonio marine life park opened its new multi-million dollar water adventure May 28.

Lost Lagoon invites guests to a tropical castaway paradise to cool off alongside other island inhabitants including exotic birds and alligators, said Robin Carson, Sea World of Texas general manager.

The Lagoon's palm studded beaches kissed by surf, water play activities and intriguing animal residents are the latest additions to an ever-growing array of family-oriented attractions at the 250-acre park.

"Lost Lagoon is the perfect complement to the 'all new' Sea World of Texas", Carson said. "This, our third major expansion in the past three years, means Sea World of Texas has so much more than when the park opened a few short years ago. Lost Lagoon also reflects a commitment we share with our parent company, Anheuser-Busch, to continually enhance the value of the Sea World experience by offering our guests opportunities to make new memories each time they visit us."

Lost Lagoon spreads over five acres between the Bluebonnet Grill restaurant and the park's special events pavilion, A Place To Meet. The new water adventure area in a tropical island setting features a huge wave pool which kicks up surf as high as 3 feet, a 40 foot tower with four twisting slides, children's water play elements, and an adult activity pool with tube slide and waterfall.

Adding to the tropical ambience is a walk-through aviary filled with exotic birds and an alligator habitat with more than 40 of the menacing-looking reptiles.

"Lost Lagoon will be another cool and refreshing family fun spot at Sea World," Carson said. "By all means, bring your swimsuit. You'll be able to splash and play, or you can stretch out and relax in the shade. If you can't decide what to do, our beach party each evening during Summer Nights Magic (June 25-Aug.22) will definitely put you in 'limbo'."

In addition to enjoying the tropical beach atmosphere, guests can shop at the Survival Stuff gift emporium or dine at Eats, a surfside grill. Showers and dressing facilities will round out the new attraction.

Carson said the inspiration behind Lost Lagoon is Cyrus "Buck" Simmons, a fictional Texas tycoon who made his fortune selling soap.

As the story goes, he and 53 'bubbly' friends set out in the Caribbean on his private yacht, the SS Castaway. But alas, tropical storm Tess destroyed the yacht. Luckily all 54 passengers and the crew of 19 made it by lifeboat to Lost Lagoon, an uncharted island.

They took with them all they could carry, which amounted to some personal luggage, two jars of pickles, one tin of sardines, and as luck would have it, 224 crates of bath soap and 49 steel drums of liquid soap. With only the flotsam and jetsam from the broken yacht, Simmons' survivors not only improvised but thrived at Lost Lagoon.

Sea World of Texas invites guests to 'make new memories' in 1993 with Small Wonders, a children's program spotlighting small marine life marvels--everything from tiny sea horses to animal babies such as Grandbaby Shamu, Sea World's newest killer whale.

Sea World will be open daily May 28 through Aug. 22; weekends in the fall



Class of '73 Reunited
Photo courtesy of Adrian Photography

Twenty Year Reunion Celebrated For Class Of '73

We can't believe it's been twenty years! Some of us had changed a lot and some have stayed the same, but for sure there was a lot of catching up to do.

And so, the twenty year reunion of the Muleshoe High School Class of '73 started off with a lot of good conversation as we gathered at the Bailey County Coliseum on Saturday, July 3rd.

Gonzalo Lozano, along with his son, and Jacque Turner Boutell, assisted by husband Tom, greeted classmates at the registration table. There was approximately a fifty percent member turnout with about one hundred persons attending the family style picnic. There were games of basketball and volleyball along with miniature golf.

MagAnn Rennels of Channel 6 was at the reunion to conduct interviews.

Chad and Guy Nickels, sons of Nicky and Debbie (Glover) Nickels greeted persons at the door of O's Restaurant on the night of the 3rd. There, we were ushered to the registration table where Jenna and Keetha Glover, daughters of Gary and Joy (Killough) Glover served as hostesses.

The meeting room of the restaurant was festively decorated in black, white, and silver, along with the class colors of shades of purple.

Jama Maritt Mays of Hobbs, NM, serving as mistress of ceremonies, gave the welcome to one hundred and four guests. Debbie Glover Nickels introduced the planning committee consisting of herself, Chuck Smith, Jacque Turner Boutell, Gonzalo Lozano, Tim McCormick, Sharon Martin Angeley, Roger Williams, Steve Bell, Jama Maritt Mays, and Joy Killough Glover. Also acknowledgement was given to Danny Blaylock of Garland, and Bill Chapman of Tyler for entertainment planning.

Jama then recognized special guests George Washington and Lucy Faye Smith as former class sponsors. The class was also

visited by Kerry Moore and Elizabeth Black at the family gathering. Gary Hooten gave the invocation.

A floral arrangement was presented in memory of six classmates, David Harris, Bill Tanner, Marcus Puentes, Earl Ladd, Johnnie Williams, and Brent Blackman. Vance Tucker of Aurora, CO gave a heartwarming presentation also in the memory of these we have lost.

Sharon Burris, Betty Carpenter, and the staff at O's served a wonderful buffet of chicken fried steak, brisket, and cracker chicken, along with an assortment of vegetables, bread and salad, topped off with cherry and peach cobbler.

Everyone then grabbed a chair and filled the parking lot of O's to have a memory of the night captured on film by Lonnie Adrian.

George Washington took us back in time to the year 1973. Headlines, gasoline prices, sports figures; it was hard to believe things had changed so much.

Gonzalo Lozano presented Muleshoe Memorabilia to the one who had traveled the farthest. Jennifer Davis Cope came from Tampa, Florida to win this award. However, we had persons from California, Wyoming, Oklahoma, Colorado, New Mexico, North Dakota, Arizona, and all across Texas in attendance. We gave awards to the longest married, ones who had the most children and grandchildren, the male and female who had changed the most and the

least, and for the male and female who had been single the longest.

Jama's Class Trivia had everyone in rounds of laughter as we all guessed who threw the fire crackers in the office? Who felt coach Washington's paddle the most? Some of us were even squirming a little.

An inspirational speech about returning home was given by Jama who then entertained guests with her rendition of "Friends" by Kathy Mateo.

A discussion of future reunions was led by Chuck Smith. It was voted by the class to hold a twenty-five year celebration.

A few tears and smiles were shared as we joined in our class song, "You've Got A Friend".

Many of us then preceded to the barn dance where Danny and Bill conducted a festival of music from the 70's.

It was good to be together, for those who still live here, for those who have moved on, it was good to be home. For those who were not there, we missed you.


Giles Giuelloni, former Cuban journalist:

"I wouldn't want to go back to the home I had in Cuba," commenting on announcement from Castro regime it might discuss claims from those whose property was confiscated.

John Harrington, Boston baseball executive:

"To be frank, this, hopefully, is going to produce more fans at ballparks in August and September and higher TV ratings," commenting on expanded major league playoffs.

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To Father Time!!
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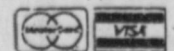
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Muleshoe



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Class Of 1943, 50th Reunion Held Saturday

Twenty-four class members, and a total of forty-eight people, attended the 50th reunion of the Muleshoe High School class of 1943 on Saturday, July 3, 1993.

The festivities began with a champagne brunch toasting all members of the class, held at the Muleshoe Country Club on Saturday morning at 10:00 a.m. A toast to each member of the class was presented with champagne began the festive occasion. The invocation was given, and a brunch of scrambles, eggs, sausage, biscuits, bacon, watermelon, cantelope, and pancakes was served.

A steak supper began at 7:00 p.m., at the Country Club, with steak, baked potatoes, cheese rolls, and salad.

A live band and dance followed to complete the party.

Irvin St. Clair headed the committee to organize the reunion. Among those participating on the committee were Gladis Black, Carol Black, Analita Haley, Bertie Percell, Bonnie Jean Landers, and June Arnold.

A poem was written to Dayton Bearden by the Minneapolis West Unit of the Mars Candy Corporation:

LEGEND OF MULE SHOE
He came to Mars to find a job,
Much like me and you.
The man said, "Boy, where're you from?"
He just said, "Mule Shoe".

Don't swear my boy in this family firm,
But tell me, what can you do?
Fight a pride of lions until death,
Like I learned in Mule Shoe.

Like a desert storm, he roamed the plains,
Selling "sprint", "Munch" and "Snik Snak" too.
They cried, "Chuck, this stuff won't sell!"
Chuck just said, "Mule Shoe!"

He sold product, tons on tons,
Truckloads, car loads, train loads, too.
Buyers screamed, managers moaned,
Chuck said.... "Mule Shoe!"

Plant managers ran to oil machines,
And gave Chuck a thanks or two.
The President whispered, "Where's he from?"

Somebody said, "Mule Shoe!"

Like a rushing wind he came east,
With energy and drive anew.
To stand hackettstown on its ear,
Like they do in "Mule Shoe".

From brands, to sales, to service he went,
With hair waving in the blue.
Some shouted, "Chuck, it can't be done!"
He just said "Mule Shoe!"

From desk to desk he poun'd and clubbed,
Until things happened right on cue.
Traffic said, "Chuck, this stuff won't ship!"
He said only "Mule Shoe!"

It was a snowy December in '81,
Nobody really had a clue.
The driving force that made it work
Was returning to Mule Shoe.

From desk after desk, they looked around,
Awaiting Chuck to bounce into view.
To protect their project, desk and head
From the cutting... "Mule Shoe!"

They looked, and looked, and looked, and looked,
Some asked, "Could it be true?"
They said in unison, in common voice,
"He's gone to "Mule Shoe!"

Fourth Of July Children's Activities Winners !!!

A special thanks goes to all the participants, Alpha Zeta Pi Sorority, Chamber of Commerce and Bailey County Courthouse.

Three and Four Year Olds
Bunny Hop Race: 1st-Caleb Smith, 2nd-Madison Myers, 3rd-Ashley Scolley, 4th-Stephen Low.

Bear Walk Race: 1st- Caleb Smith, 2nd-Stephen Low, 3rd-Ashley Scolley.
Crab Walk Race: 1st-Madison Myers, 2nd-Seth Watson, 3rd-Stephen Low, 4th-Ashley Scolley.

Five and Six Year Olds
Bunny Hop Race: 1st-Miles James, 2nd-Jaret Tucker, 3rd-J.C. Rosco, 4th-Robby Bomer, 5th-Seth Watson.



Betty Embry

Artist Of The Month On Display At Library

The Muleshoe Art Association has named Betty Embry as the Artist of the Month.

Betty Embry was born in Bailey County (Muleshoe, Texas) and has lived in this area all her life. Betty and her husband Floyd live 7 miles east of Farwell and have lived there

since 1954. They have three children and seven grandchildren and have been married almost 40 years.

Betty works mostly in watercolors and oils, occasionally in acrylics, pastels and pen and ink. Watercolors fascinates her the most because you never know just how it will turn out, most of the time it is a pleasant surprise, and then you are enthusiastic about your next creation.

A very versatile artist, Betty enjoys painting landscapes, still life, portraits and florals. Painting various subjects keeps Betty's interests going and she learns a little more about each subject. Her favorite subjects are scenes of the Southwest and scenes of the Bluebonnet Country.

She participates in several arts and crafts shows each year. She says you meet artists with similar interests, and it is always nice to see them the next year at a show.

Betty is a member of the Muleshoe Art Association of Muleshoe and Pintores Art League of Clovis, NM.



Michael Dewayne Kiser

Pete Villanueva and Janie Kiser of Muleshoe are the proud parents of a baby boy, Michael Dewayne. He was born Monday, June 21, 1993 at Muleshoe Area Medical Center at 1:55 p.m. and weighed 7 pounds and 2 ounces.

Michael has a brother, Anthony who is 2 1/2 years old.

Grandparents are Bob and Ramona Handy of Portales, and Dewayne Kiser of Oklahoma City, OK, Veda Villanueva of Portales, and Pete Villanueva of Sweetwater, TX.

Great-grandparents are Mary and Alfred Espinosa of Muleshoe.

End of Star Wars raises new doubts on missile defenses.

A Whole New World-Right In Your Own Home

A whole new world...that's what is being offered to you by World Heritage International Student Exchange. By hosting a student from Spain, Mexico, Germany, or France, you and your family can experience a different culture, different customs, a whole new world, right within your own home.

World Heritage students are 15-18 year olds who have an intense desire to learn the language and culture of the United States by living with host families and attending the local high school for an academic school year. By becoming a member of your family, one lucky exchange student could have his or her dream come true while experiencing life in Northern Texas. Your family will also have the wonderful opportunity of seeing your own community and country through your student's eyes. What a fantastic point of view.

All World Heritage students have been carefully screened, come with their own spending money, are fully insured, and are willing to help with all household activities and chores. Potential host families can select the student to share their home from among essays, photos, and applications.

If you are interested in opening your home and heart, and in making a friend for life, please contact Mary-Helen Perez at (806) 272-3344 or call Amy at 1-800-888-9040.

Raymond Travis Harp

On July 11, 1993 at 1:22 p.m., Edd and Lucille Harp of Muleshoe greeted the arrival of their third great-grandson, Raymond Travis Harp. He arrived at Fort Lewis (Tacoma) Washington and weighed 8 pounds and 15 ounces.

Local grandparents are Jerry and Joy Harp of Earth.

Raymond will be welcomed home by his parents, Charles and Julie Harp, and a three year old sister, Dina Kathleen.

Most want security from health care reform.



CHIEF COOK-Conrad Compian, "chief cook", grills hamburgers for the Muleshoe Area Healthcare Center's July celebration hamburger cookout, presented to residents and visitors.

Duck Walk Race: 1st-Miles James, 2nd-Tanner Gartin and Robby Bomer, 3rd-Corey Chancey, 4th-Kala Spradlin.

Crab Walk Race: 1st-Robby Bomer, 2nd-Tanner Gartin, 3rd-Corey Chancey, 4th-J.C. Rosco, 5th-Miles James.

Seven and Eight Year Olds
Mixed-Up Shoes Race: 1st-Brandi Whalin, 2nd-Quinton Hall, 3rd-Daniel Wilson, 4th-John Howard, 5th-Tara Sanchez.
Back to Back Race (partners): 1st-John Howard and Trevor Gartin, 2nd-Daniel Wilson and Caleb Cox, 3rd-Brandi Whalin and Kira Finke, 4th-Quinton Hall and Dusty Turner.

Water Balloon Toss-All ages (partners): 1st-Cole Magby and Tyler Gartin, 2nd-Dusty Turner and Quinton Hall, 3rd-Kayla Spradlin and Tanner Gartin.

Nine to Eleven Year Olds
Foot Race: 1st-Cole Magby, 2nd-Chris Hall, 3rd-Tyler Gartin, 4th-Tucker Crawford, 5th-Jeffery Cox.

Water Balloon Toss (partners): 1st-Cole Magby and Tyler Gartin, 2nd-Roddy Spradlin and Tucker Crawford, 3rd-Blake Gable and Trevon Gartin, 4th-Magen Hill and Chris Whalin, 5th-Jeffery Cox and Chris Hall.

Toddlers
Foot Race: 1st-Taylor Cox, 2nd-J.R. Young, 3rd-Cesily McCutchen, 4th-Michelle Low.

Basic Peace Officer Course Offered At S.P.C.

A basic peace officer course, for persons who want to be commissioned as peace officers, is scheduled Sept.7-Oct. 7 at South Plains College.

Registration deadline is Sept. 3. Classes will meet 6-10 Monday, Tuesday, and Wednesdays in the SPC Petroleum/Law Enforcement Technology Building, room 109C. Cost is \$313.

Enrollment is limited to the first 25 persons who sign up. Payment must be completed before the first night of class.

The course will cover information on the U.S. Constitution and Bill of Rights, Code of Criminal Procedures, use of force, arrest, search and seizure, mechanics of arrest, firearms, emergency medical care traffic direction, crowd control, case preparation, courtroom demeanor and testimony.

Instructors will be college and area law enforcement personnel. Interested persons must complete a reading-writing comprehension test and can pick up an admission packet in the Petroleum/Law Enforcement Technology Building, room 197.

For more information, contact the SPC law enforcement office at 894-9611, ext. 342 or 291.

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No Gifts Please

4-H Exchange Group

Cont. From Page 1

(beach) in New Jersey for the day. They browsed through the shops on the boardwalk and then played in the water. They hunted sea shells for about two hours. They ate at Dino's Diner and then started for home.

Ronnie and Chad Whitcraft took his mom to work; then went home and watched Charlie Daniels on TV. Chad played his guitar along with Charlie Daniels. About 10:00 a.m., they went down to the farm and went fishing in the spring fed pond. Chad caught a big algae eater fish that broke the net. They finally got the fish out of the pond and put it into a five-gallon bucket so they could take pictures. Chad's aunt and cousins came down to take the pictures for them. After that, Chad and Ronnie caught several Blue Gills. Ronnie, Chad and Matt, Chad's friend, decided to go to York at about 12:30 p.m. Chad practiced with his band before they went to York. While they were gone, Chad's cousins started a fire in the back yard trying to roast marshmallows with gasoline. They picked Chad's mom up from work about 5:00 p.m. and took her to get her car. They ate supper and then went to bed around 11:30 p.m. Ronnie really liked Chad's parents--they were extremely nice.

Trissi and Cindy Miller went to Washington, D.C. We saw the

Rotary...

Cont. From Page 1

It was reported that Stacie Harris will be retiring as Rotary Sweetheart, as she will be moving to Lubbock to attend Texas Tech University in the fall. A list of names was submitted by Stacie, as possible Rotary Sweethearts elect.

Kenneth Henry was the Polio Plus winner.

The meeting was adjourned by President Tipps.

Town Hall...

Cont. From Page 1

weapons passed both the houses. The governor announced that she would veto it. You have the right to defend yourself," Bivins concluded.

During a question and answer session, Messenger asked Senator Bivins to expand on the Water

Commission. Senator Bivins explained that he had met with the Water Commission two times at Hereford. Senator Bivins stated that they were working on becoming more competitive with New Mexico.

Bill Moore, superintendent of MISD, stated "We are looking at a pretty big hit, speaking of the Muleshoe schools. "What has hurt the small schools is the state not funding money for increases in enrollment," Senator Bivins replied. "We are interested in a proposal to do away with a school tax on business and levy a business tax.

"In November a Constitutional Amendment to prohibit a Personal Income Tax without the vote of the people. The taxing system should rely on the ability to raise money," Senator Bivins said.

Drive...

Cont. Page 6, Col. 1

With your donation of blood, you just might save a life and it could be one of your own family.

Donating blood is painless and only takes a few minutes of your time.

Selfishness is the main cause of bad manners.

Lincoln Memorial and took a tour of the Capitol. Then we drove past the White House. We also went to the Vietnam Memorial Wall and the Washington Monument. We got lost several times trying to find the sites. Last we went to the Arlington National Cemetery to the Kennedy grave site and the Tomb of the Unknown Soldiers. It was a nice day.

Stan Olson, Mike Olson and Brooks left the Olson house at 10:00 a.m. We drove to the Metro at Shady Grove and then took the Metro in to Washington, D.C. When we arrived in D.C., we were downtown away from everything we wanted to see. We walked to the White House and then to the Washington Monument. Then we

went to the Vietnam Memorial Wall and the Lincoln Memorial. After that, we saw the Jefferson Memorial from a distance and walked through all of the Smithsonian Institute buildings. Then we toured the Capitol Building. After a long day of walking, we left D.C. for home.

Part Three of the Exchange Group's trip to Pennsylvania will be printed in the Sunday issue of the Bailey County Journal.

Muleshoe City Police Report

The Muleshoe City Police have made a number of arrests over the past two weeks and included: two assault; one out of Castro County, two DWI's; two Issuance of Bad Checks, three Disorderly Conduct; two Family Violence, Class A; one Assault, Family Violence and Criminal Mischief; and two Public Intoxication.

Complaints logged included: two Attempted Break In, two Disorderly Conduct, two Burglary, one Gas Drive Off, one Hit and Run, two Dog Bites, one Threat, one Break In, Loud Music, Stolen Gun, Stolen Bicycle, and one Missing Children.

around muleshoe

The Texas Department of Public Safety is now accepting applications for the position of State Trooper. If you are interested in a rewarding career as a Texas State Trooper and you are of: Good Moral Character, 20 years of age, have 60 hours of college or two years as a certified peace officer or 24 months of military service, and are a U.S. Citizen, contact your nearest Department of Public Safety Office or any State Trooper for further information.

This is a reminder to all those wishing to nominate deserving veterans for induction into the Panhandle Veterans Hall of Fame.

The cut-off date is July 26 for submitting your nomination. John L. Triplehorn, chairman, stated that the deadline is fast approaching and he wants to encourage everyone to get their information to him as soon as possible.

"It would be very sad to let a deserving veteran go unrecognized for the lack of a little effort on our part," said Triplehorn. "Nominations are to be sent to the Panhandle Hall of Fame, P.O. Box 657, Pampa, Texas 79066.

The Fourth Annual Hereford Jubilee Softball Classic, sponsored by the Deaf Smith County Chamber of Commerce, will be held July 30, 31 and August 1, at the Nazarene Church Softball Field.

The qualifications are Class "D" Teams Only--two Class "C" Players Per team (Designate on Roster).

USSSA rules will apply and you furnish your own .50 core Blue Stitch Balls.

Entry fee is \$125 and your entry fee and roster must be in no later than, July 28.

A Home Run Hitting Contest is scheduled for Saturday from 12 noon to 1:30 p.m.

For more information contact Mark Andrews at 364-7792/364-3429 or Eddie Morton at 364-8386.

The American Red Cross

HIV/AIDS Course has been set for August 2 and 4 from 8:30 a.m. to 5:30 p.m. in the South Plains Regional Chapter, 2201 Ave. X, Lubbock.

The cost of the course is \$35 and is open to teachers or individuals who do community presentations in the subject matter of HIV/AIDS to various audience types.

Instructor Candidate Training is set for July 21 and 23 from 6 to 9 p.m. Students must attend both evenings.

For more information you may contact the American Red Cross

at (806) 756-8534.

The Lubbock Christian Singles Connection is sponsoring a Hawaiian Luau on Friday, July 23 from 7 to 10 p.m. at 3506 -37th Street in Lubbock.

Everyone is asked to take \$1 plus a vegetable, fruit, or bread cracker tray. Meat will be provided.

Prizes will be given for the best food tray. According to reports, children are welcome.

For more information, contact the Singles Department at Trinity Church, 792-3363.

Who Knows?

1. When was the newly completed Golden Gate Bridge opened?
 2. Name the first Walt Disney award-winning animated short released in 1933.
 3. In what year did the Queen Mary sail on its maiden voyage?
 4. Define oligotrichia.
- Answers:
1. May 27, 1937.
2. "The Three Little Pigs."
3. In 1936.
4. A lack of hair.



NEW BUSINESS IN TOWN--Saturday morning the Muleshoe Chamber of Commerce and Agriculture held a ribbon cutting at Live Oak Fuel on West American Blvd. Robert and Melanie Ratliff are the new operators. (Journal Photo)

BIBLE VERSE

"The Lord rewarded me according to my righteousness; according to the cleanness of my hands hath he recompensed me."

1. Who spoke these words?
2. Where are they recorded?
3. What was the occasion?
4. Who was the author of the book in which this verse appears?

- Answers:
1. David.
2. II Samuel 22:24.
3. Victory over the Philistines.
4. A number of the prophets, probably including Samuel.

Briefs

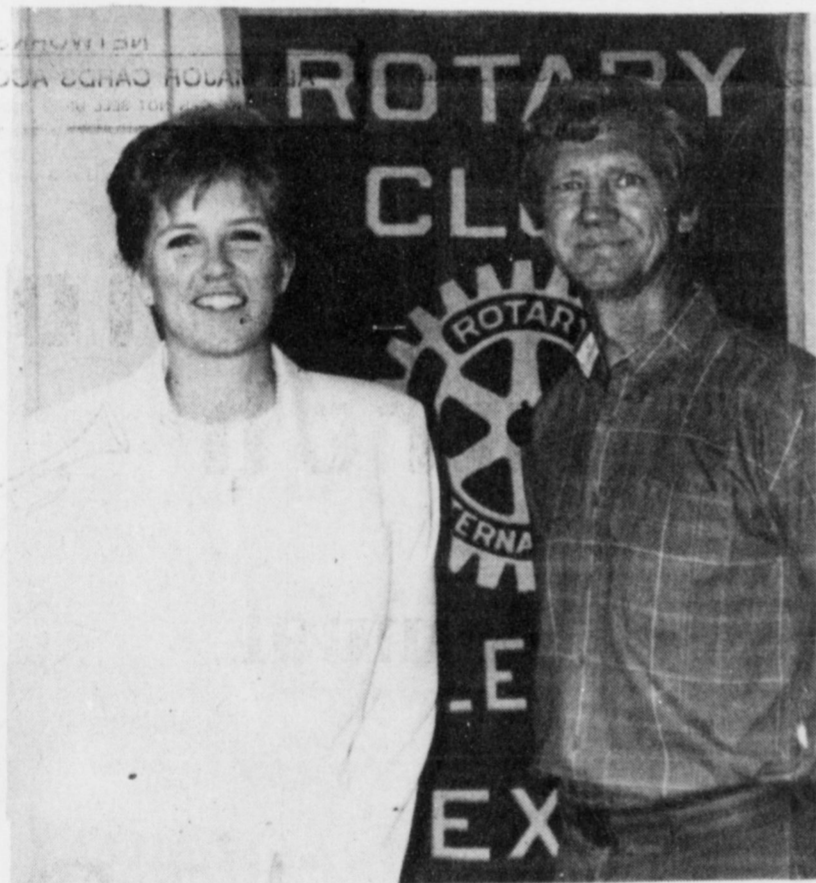
Administration opposes high interest rates.

Bacteria is the latest suspect in heart diseases.

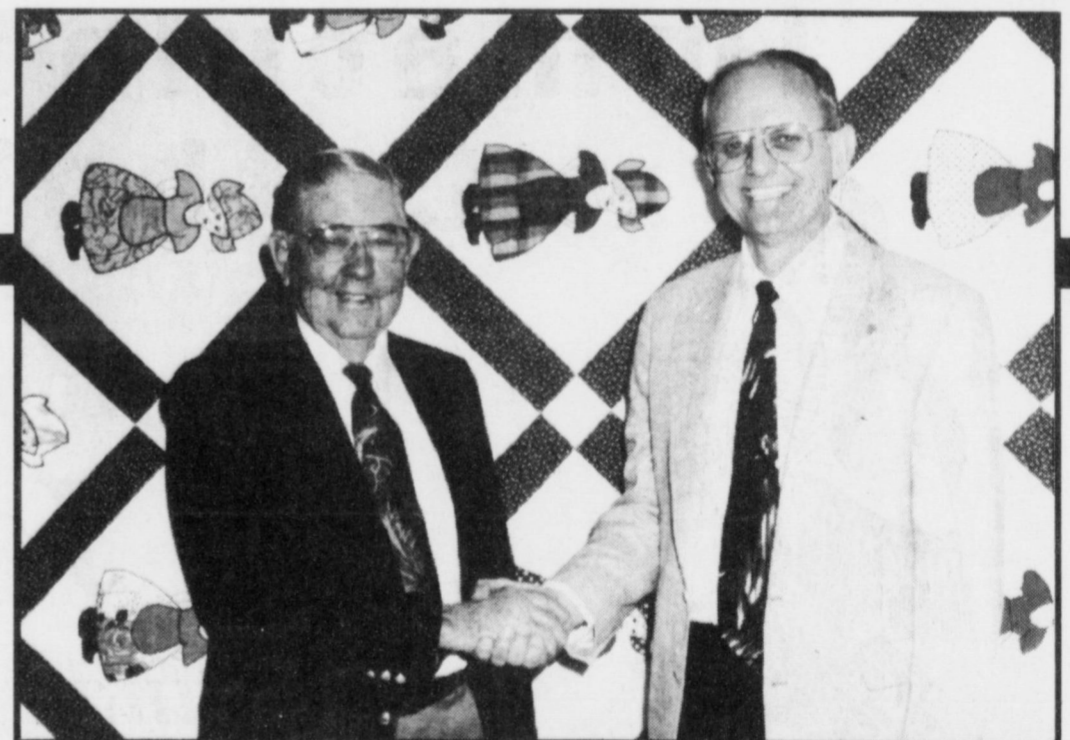
Thank You

I would like to thank each and everyone of you for the cards, flowers, visits, prayers and concern during the time I was hospitalized in Lubbock. Your concern is greatly appreciated.

Wayland Harris



ROTARY PROGRAM ON CLOVIS MUSIC FESTIVAL-Lonnie Adrian introduced Janna Bowman, Tourism Director of the Clovis/Curry County Chamber of Commerce, to give a program to the club on the schedule of events for the festival.



Melvin Chisum with First State Bank of Earth speaks with Perry Martin (left).

"First State Bank of Earth provided sound guidance, support and financial assistance...."

When we came to a crossroad in making critical decisions, First State Bank of Earth provided sound guidance, support and financial assistance to the community-wide Senior Citizens' organization. Our thanks go to the people at First State Bank for the little things that contributed to the success of our program. Congratulations, First State Bank of Earth, and best wishes for 86 more years.

Perry Martin
Earth/Springlake Area Senior Citizens, Inc.
Earth, TX



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Cont. From Page 1

Cucumbers.

The Guadalupanas will be selling Tacos, Cokes and Tamales inside the air conditioned Catholic Center.

KMUL will be broadcasting the days events live throughout the day.

All-Stars...

Cont. From Page 1

Mule-shoe; Russ King, Sudan; Matt Mc-Clanahan, Muleshoe; Jeremy Tosh, Muleshoe; Dustin Provence, Sudan; Shane Roberts, Farwell; and Aaron Faver, Muleshoe.

Coaches for this year's All Star team were Royce McAdams of Sudan; and David Faver of Muleshoe.

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Eating For Two Is Out, Eating Out Is "In" During Pregnancy

If wives' tales and free advice were taken at face value, pregnant women would always believe they should eat for two, forget coffee, skip fast food meals and live with bloated bodies after their children are born.

Not true, says Bridget Swinney, a registered dietician whose own pregnancy and counseling experiences recently prompted her to write a practical guidebook about nutrition during pregnancy...so Eating Expectantly: The Essential Eating Guide and Cookbook for Pregnancy was born.

A 1984 graduate of Texas Women's University, author and nutritionist Swinney says that eating for two is out, eating out is in and eating healthy is a necessity before, during and after pregnancy. She explains, "Healthy eating is a challenge. And in a society where we often don't eat three meals a day--healthy or otherwise--making good choices about food is even more difficult."

Food: Before, during, and after pregnancy

Nutrition is a key factor in healthy pregnancies--before, during and after the process, according to Swinney. Healthy mothers and fathers tend to have healthy babies, and moms who eat properly find that losing weight is an easier task after a child is born.

"An important tip to remember--and most people don't know this--is to eat well before becoming pregnant," says Swinney. "Eating a variety of healthy foods helps a woman obtain appropriate amounts of folic acid, which is needed for all new cell production and amino acid synthesis. Inadequate levels of folic acid in a women's system can lead to neural tube defects (that can result in spina bifida, for example) during the first few weeks of pregnancy."

"A man's diet is also important before his partner's pregnancy because it affects the DNA in his sperm," adds the TWU dietician. "The burden has always been on women's shoulders, but now men also need to watch what they eat."

Swinney says, however, that it is never too late to eat right when a woman is pregnant. She should

begin eating properly as soon as she is aware of her condition--and eating healthy does not have to be boring either.

During pregnancy, women should add more calcium to their diet, as well as fruits and vegetables. "We live in a meat-and-potatoes society," says Swinney, "and most people don't eat enough fruits and vegetables under normal circumstances."

Women who take prenatal vitamins should seek additional sources of calcium, vitamins, minerals and fiber from the foods they eat as well. Swinney bases her advice on interviews she did with 50 pregnant women concerning their eating habits, plus her years of counseling pregnant women. She found that most did not drink enough milk or eat enough fruits and vegetables. By drinking more milk, eating more cheese or yogurt, or by consuming broccoli, kale, or spinach, women can introduce more calcium into their diet.

For those whose systems cannot tolerate lactose and who cannot meet their calcium needs from other food sources, she suggests asking their doctors about calcium supplements, many of which are available in over-the-counter form.

During pregnancy, Swinney tells readers to add exercise to their schedules and to make it a permanent part of a healthy lifestyle. "Do what you can to exercise during pregnancy," she says. "The book contains tips on what you can do to exercise without thinking about it: take half of your lunch hour and walk; go dancing; walk the dog; shop 'til you drop (once-around-the-mall window shopping, for example); or try aerobic lawn mowing (that means using an old push mower)."

While exercise and good eating habits help the baby as it grows, they also help mothers stay in shape and maintain a healthy weight range that is based on their size and previous weight, according to Swinney. Women who are within their normal weight range should gain 25 to 35 pounds during pregnancy; those who are overweight should add 15 to 25 pounds instead. Petite women

should gain approximately 25 pounds.

"Pregnant women who have been on diets all of their lives may find it hard to gain their weight.. If they are 20 percent or more under weight, they should probably gain 28 to 40 pounds. Others who are overweight should gain 15 to 25 pounds, as well as those under five feet, three inches tall," says Swinney. "However, a woman, should always discuss her weight-gain goal with her physician. Weight gain is directly related to birth weight," she adds. "A healthy birth weight usually means a healthy baby."

Common misconceptions

But what happens when concerned parents and friends tell pregnant daughters or acquaintances that they need to eat for two, boycott caffeine and learn to accept the weight they have gained as a permanent part of their lives? Use common sense, says Swinney, and talk to a doctor when questions arise. Don't eat for two and don't take old wives' tales for granted. Remember that balance, variety, and moderation are the keys to a healthy diet.

"As soon as a woman knows she's pregnant, she starts 'eating for two'. While it is true that she does require some additional nutrients, a woman only needs 100 extra calories per day during the first trimester and 300 extra calories per day after that time," she explains. Literally eating for two can cause a weight problem after pregnancy, although Swinney's book includes sections on losing weight post partum--and even 20 years later, for women who never lost weight after their last child was born.

Other issues covered in the news media can create some confusion as well. Caffeine consumption, for example is less of a problem than publicized, says the author. "Recent studies show it is not a big problem. Moderate intake of caffeine is okay--a cup of coffee a day--but a woman who drinks a lot of coffee daily (seven cups, or the equivalent, of caffeine) should be careful. While caffeine has not been proven to cause birth defects, it can dehydrate the woman, and it is a stimulant as well," Swinney

says.

Eating Expectantly lists beverages with and without caffeine so that the reader can make good choices. The book also contains 85 easy-to-follow recipes, more than 200 menus developed especially for pregnant women (although anyone who wants to eat healthy can use the book as a resource) and guides on weight gain, vitamin supplements and other issues related to pregnancy. But consumption of alcohol is still out of the question, according to the author, because it can cause birth defects and other problems.

While people eat many meals at home, they often stop at fast food restaurants. Pregnancy does not rule out fast food meals, says Swinney.

"Restaurants are really improving their menus with the addition of salad bars, chicken sandwiches and similar offerings. The hard part is following through with good intentions. Fast food and convenience foods like Lean Cuisine are a fact of life for most Americans," she explains.

"In fact, researchers find that, on any given day, one out of five Americans eats out, and nine out of 10 owns a microwave. There's nothing wrong with eating like this, when pregnant. Women simply have to stop and think about what they are eating in terms of nutrients," says Swinney. "For instance, they might add a side garden salad or milk to a Taco Bell lunch...or cole slaw and fresh fruit to an at-home Healthy Choice dinner."

Swinney, who holds a bachelor's degree in home economics from Stephen F. Austin State University, has seen the needs of pregnant women first-hand as a Woman an Infant Children (WIC) program director in Galveston, Texas, and as a clinical dietician. With some news media experience as a graduate student at TWU and as a spokesperson for a state dietetic association, she used her journalism background to help write a practical book. But, as a mother and a working dietician, Swinney receives the most satisfaction from knowing that her book is helping others.

"People choose their food based on taste, not on nutritional value," explains Swinney. "My goal in writing this book was to guide expectant women toward foods that not only taste good but are good for them, plus foods that fit their

lifestyle--whether they have a penchant for fast food or homecooked meals. Hopefully, Eating Expectantly will help them eat better, which will, in turn, help them have healthier babies."

Nursing Home News

by Joy Stancell

Melvin Griffin brought some of his turtles to visit Wed. morning. Melvin gave a very interesting and informative program on turtles. To top it all off we had turtle races and a variety of "Turtle food" for refreshments. Ruby Garner, Nikie Nickel, assisted in the Turtle Party.

Ruth McCarty brought fresh fruit for the residents Wednesday afternoon. Betty McCormick brought fresh fruit Tuesday. "Um Um good!"

Mr. and Mrs. Harold Carpenter came by Friday for a sing-a-long and a "jolly" good time.

July is rich and ripe from beginning to end. From the smells of newly-cut grass and vine ripening peaches, life is mellow, and it is good to enjoy each day's pleasures in the Country that we have.

Latest State Transit Statistics

More than 250 million passengers used Texas municipal transit systems in 1992, according to the latest statistics released by the Texas Department of Transportation (TxDOT).

One rural transit system, the Ark-Tex Council of Governments, provided 62,374 more rides in 1992 than in 1991.

This information is among the hundreds of statistics available in TxDOT's 1992 Texas Transit Statistics.

The 251 million one-way passenger trips were provided to Texans and visitors to Texas by the state's 29 urban transit systems, 40 rural transit systems and more than 200 private non-profit agencies operating vehicles for transporting the elderly and disabled.

The information in the TxDOT report is based on data compiled from public transportation providers that receive state or federal assistance through TxDOT. The 57-page report is available for \$2.76 (tax included) from TxDOT's Division of Public Transportation, 125 E. 11th Street, Austin, Texas 78701-2483.

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Of Muleshoe

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Sunday, July 19, 1993

Beginning At 12 noon Until 7 p.m.

There Will Be All Kinds Of Food And Drinks Served All Day

Tripas, Fajitas, Hamburgers, Hot Dogs, Frito Pie, Briskets, Cabrito (Goat Meat), Chicharones (Pork Skins), Gorditas (Stuffed Corn Tortillas), Shrimp Cocktails, Sweet Breads (Mollejas), Carnitas (Stripes Of Pork Meat), Cokes, Lemonade, Ageias Frescas (Fresh Water) and Snowcones. Cotton Candy, Popcorn, Candy, Chili Cucumbers

The Guadalupanas Will Be Selling Homemade Tamales, Nachos, Tacos, Drinks, and Other Homemade Mexican Plate Items Inside Where It Is Cool!!!

There Will Be All Kinds Of Games For Young and Old Alike!!

Radio KMUL Will Broadcast Live 12-7 p.m. There Will Be a Raffle KICA of Clovis Will Be Broadcasting Also!

Bands Playing Will Be: Rosa Blanca, Clovis, N.M., Hermanos Fuente, Earth, Tx., Los Imposibles, Grupo Oro, Lubbock, Tx, Grupo Animacion, Hereford, Tx.

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Poverty Rate Of Children Up By Almost A Million

Over the last decade, the number of children in poverty in the United States has increased by almost a million. But breaking the cycle of poverty would require solutions for a tangled web of complex conditions.

"Last year, the Census Bureau announced that the number of poor children in the United States shot up from 13.4 million to 14.3 million between 1980 and 1991," Dr. Nicholas Zill, vice president and study area director of Westat Inc. in Washington, D.C., told an audience at the "Plight of Young Children" conference at Texas A&M University March 31. "Poverty among all persons in families increased by 12.8 percent."

Services For Harold Cowan Held Wednesday

Services for Harold Cowan, 63, of Muleshoe were held Wednesday, July 14, 1993 at First Methodist Church with Dr. James Bell officiating.

Burial was in Muleshoe Memorial Park Cemetery, under the direction of Ellis Funeral Home in Muleshoe.

Cowan died July 12, 1993 at 11:30 a.m. at Methodist Hospital in Lubbock.

He was born September 19, 1929 in Littlefield, TX and married Bette Guthrie on August 27, 1949 in Clovis, NM.

Cowan had been a resident of Muleshoe since 1948, moving here from Littlefield, TX. He was a veteran of WW II serving in the U.S. Army. He had retired from Bailey County Electric in 1991 as a Line Superintendent. Harold was a member of First United Methodist Church.

Survivors include his wife, Bette Cowan of Muleshoe; one son, Douglas Cowan of Canyon, TX; three daughters, Tracy Ellis of Friona, TX, Leslie Dale of Muleshoe, and Kim Hinton of Jacksonville, AR; one brother, Billy Cowan of Tulia, TX; one sister, Bettye Groh of Rowlett, TX; ten grandchildren; and his father, Phillip Cowan of Tulia, TX.

The family suggests memorials to American Cancer Society.

B.A. Dalton Services Held Monday

Services for B.A. Dalton, 88, of Albuquerque, New Mexico were held Monday, July 12, 1993 at 3:30 p.m. at French Mortuary, University Blvd. Chapel in Albuquerque, with Rev. Gerald Farley officiating.

Burial was in Sunset Memorial Park, under the direction of French Mortuary.

Dalton died Friday, July 9, 1993 in Albuquerque.

He was preceded in death by his wife, Clariece Dalton in 1984.

Survivors include one son, Alvin R. Dalton and wife, Barbara of Ft. Worth, TX; daughters, Pauline Dickenson and husband B.A. of Lubbock, TX, JoAnn Lane and husband, Buddy of Tijeras, NM, and Betty Burkhead and husband Jim of Albuquerque, NM; eleven grandchildren; fourteen great grandchildren; and a brother, Paine Dalton of Canyon, TX.

Dalton's grandchildren served as pallbearers.

Patients In Muleshoe Area Medical Center

JULY 9, 1993

Maria Garza, Jose Cruz Guzman, Brad Freeman, Harold Greenhouse, Jessie Bustamonte, Yolanda Jimenez, Martha Young, Bertha Mendoza

JULY 10, 1993

Grace Scarbrough, Brad Freeman, Jessie Bustamonte, Jeanne Garth, Martha Young, W.H. Brooks, Sarah Hargrove

JULY 11, 1993

Thomas Flores, Grace Scarbrough, Brad Freeman, Jessie Bustamonte, Jeanne Garth, Martha Young, Sarah Hargrove

JULY 12, 1993

Thomas Flores, Grace Scarbrough, Brad Freeman, Jessie Bustamonte, Jeanne Garth, Martha Young, Sara Hargrove

Zill, a psychologist and expert on the use of surveys and statistics to monitor the education, health and well-being of children and families, said poverty levels of this magnitude have not been seen since the recession of the early 1980s.

"Before that, we have to go back 30 years to 1964 to find the child poverty rate as high as it has been in the last few years," he said.

Solving the problem of poverty among children is more complicated than just feeding the poor, he said. Children who are disadvantaged are more likely to fear for their safety and less likely to do well in school.

"Many children in low-income families are in developmental jeopardy because of conditions that often accompany and foster poverty," Zill said. "Low parent education levels, family disorganization, limited opportunities, rundown housing, bad schools and impossible neighborhood conditions" prevent the cycle of poverty from being broken.

"Plight of Young Children" is an Extension USDA initiative focusing on problems related to nutrition and health, parenting and money management among limited-resource families with children, said Dr. Sarah Anderson, family and consumer sciences leader for the Texas Agricultural Extension Service.

"The vision is to produce one generation of children raised to be physically, intellectually, socially and emotionally prepared for life," she said.

Those most likely to be poor are from single-parent families headed by females where no one works, Zill said. However, even when both people from a two-parent family work for minimum wages, they still are poor in the United States, he said.

Problems are caused by many factors, he said. "One side talks about the growth of income inequality and the deterioration of earning power of young workers. The other points to the skyrocketing number of children born outside of marriage and the large fraction of absent fathers who provide no support for their offspring."

"The war on poverty often has been considered a failure, but

evidence indicates that some existing programs have contributed to the significant improvement in the well being and the developmental process of poor children in the United States," Zill said.

Poverty has been affected by the availability of cash assistance to families and by non-cash benefit programs aided by federal legislation-- food stamps, Medicaid, public housing, Head Start, lunch programs and supplementary nutrition programs for women with infant children. These programs have brought nourishment, shelter, medical care and early childhood education to millions of children in low income families, he said.

"For example, after introduction to Medicaid, surveys show more children are seeing doctors," Zill said. "They may not have been immunized properly, but at least they have some access to medical care. Similar data indicates that nowadays, the nutrition intake of young children from poor families is not greatly different from those of non-poor families."

"The gap has not been closed, but this is a beginning," Zill said.

To reduce childhood poverty in the future, three things must be done, he said. First, improve apprenticeship and employment opportunities for teen and young adults who have not done well in high school and are not college bound. Second, make sure that all teenagers use contraceptives or practice abstinence to drastically reduce unplanned and unwanted pregnancies. And finally, communicate loudly and clearly that it's wrong and unwise to have children if you are emotionally and financially unprepared to care for them.

"These steps will not only reduce family poverty," Zill said, "but are likely to mark the increase in the quality of life for all children and their families."

Penny-pinching people are often dollar losers.

Most people are a little smarter than they seem.

There comes a time when anything can be a nuisance.

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"Innocence Lost: The Verdict"

Last year, one of the largest child sexual abuse cases in the country concluded its first trial. After nine months of testimony, Robert Fulton Kelly, owner of the Little Rascals day-care center in Edenton, North Carolina, was found guilty on ninety-nine of one-hundred counts of child sexual abuse. Kelly was sentenced to twelve consecutive life terms, one for each of the children he was convicted of molesting.

"Innocence Lost: The Verdict," a two-part Frontline Special Report, is the culmination of the three-year-long examination of the history and prosecution of this case.

In 1991, Frontline broadcast "Innocence Lost" which meticulously detailed the tangled roots of the charges against seven people, the claims and counterclaims, and the poisoned atmosphere which consumed Edenton's once-peaceful, church-going community of five thousand.

Now, in "Innocence Lost: The Verdict," Frontline returns to Edenton for the long-awaited trial of Bob Kelly, the first of seven separate trials.

Part I of "Innocence Lost: The Verdict" begins in an empty courtroom as the jurors in Kelly's trial deliberate. Using footage from the original broadcast with added material never used, the program outlines the earliest history of the case -- how it all started.

Part I of "Innocence Lost: The Verdict" concludes with the medical evidence presented in court. As there was no other evidence to the alleged crimes, the results of medical examinations were eagerly awaited. The charges were clear and terrible: sodomy, rape, knives, forks, and needles inserted into the children. But the

medical evidence was contradictory, and ultimately, opinions were split and inconclusive.

In the end, without any definitive physical or material evidence of abuse, without adult eyewitnesses, without the therapists' appearance in court, the heart of the case would be the children's testimony.

Part II of "Innocence Lost: The Verdict" focuses on the testimony of the twelve children who took the stand, the questioning by prosecutors and defense attorneys, and the jurors' decisions on what they heard.

Since cameras were forbidden in the courtroom when children and parents testified, their testimony, in this program, is read by adult narrators and depicted through courtroom drawings. At the time they testified, the children were three years older than when the alleged crimes occurred.

Finally, through the perspectives of five jurors, the program examines how, after three-and-a-half weeks of deliberation, the jurors finally address their doubts about the state's case and resolve on a conviction. Bob Kelly is found guilty on ninety-nine of one-hundred counts. His conviction is a vindication for the parents, but a shock to other defendants now facing their own trials.

Finally, "Innocence Lost: The Verdict" examines the predicament of the six remaining defendants in the case, which has dramatically changed since Robert Kelly's conviction.

"Innocence Lost: The Verdict," a Frontline Special Report, airs Tuesday, July 20th at 8:00 p.m. and 11:00 p.m. (Part I) and Tuesday, July 27th at 8:00 p.m. and 11:00 p.m. (Part II). Each part is two hours.

Eastern New Mexico University, Portales, New Mexico

Public Liquidation TERMS: CASH AND CHECKS ACCEPTED

AUCTION

9 AM CT ON SAT, JULY 17
1 PM ON SUN., JULY 18
MULESHOE, TX

This auction is to liquidate a used furniture store, antique shop and a house moving business. The house moving equipment has not been used in quite a few years, but the trucks were in good condition when he stopped moving houses. We can only list a few of the items, something for everyone!

Property to be sold at 10:30 am Sat., moving stock at 1 pm Sat.
LOCATION: 1205 & 1207 West American Blvd. Across street from Dairy Queen in Muleshoe, TX

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CREAMERS, SUGAR, SALT & PEPPER, BASKETS, VASES, BOWLS, PLATTERS, PLATES (STATE, CALENDAR, HAND PAINTED), CUPS, CUP & SAUCERS, BUTTER DISHES, DECANTERS, CRUETS, PIE PLATES, CAKE PLATES, SNACK SETS, TEA POTS, PITCHERS, JACK IN PULPIT, FRUIT BOWLS, BANANA BOWLS, PLANTERS, CANNING JARS (BLUES & CLEAR), COLA BOTTLES, CANDY DISHES, GLASSES, STEAMWARE, BUD VASES, PUNCH BOWLS (ROCK CRYSTAL & CRANBERRY, TOM & JERRY, CRYSTAL), PLUM BY COLONY DISHES, MARBLE CAKE PLATE, CHINA TEA SET, COOKING JARS, BAR GLASSES, BEER MUGS, COFFEE CUPS, CARTOON GLASSES, LAZY SUSANS, CHEESE HOLDERS, SAND PAINTED CUPS, COASTER SETS, JUICERS, DEMITASSE CUPS & SAUCERS, BLOWN GLASS, MUSHROOM CANISTER SET, OLD BOTTLES, ANNIVERSARY PIECES, BANANA SPLIT DISHES, BLACK GLASS, WALL POCKETS, EGG CUPS, SQUARE DISHES, SNUFF GLASSES, HEN ON NEST, ART GLASS, BELLS BANKS.

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100'S OF RELICS

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FANS, TINS, BOOKS, KAY BANJO, GUITAR, MAGAZINES (LIFE, POST), LINENS, HAND WORK, PUZZLES, SILVER PLATE, PEWTER, SEA SHELLS, COFFEE SERVER, BALL CAPS, DOLLS, STUFFED TOYS, RECORDS, ACCORDION, BLANKETS, HATS, WICKER, BUTTON TIN, KITCHEN UTENSILS, SIFTERS, TIN SKILLETS, COFFEE POTS, MAIL BOXES, OLD BOTTLES (CORK), BREAD BOXES, QUILT BOX, BELT BUCKLES, SPECTACLES, RAZOR STRAP, TIN SHIP, PICNIC BASKETS, BIKE PARTS, AFGHAN, ROCK COLLECTION, ROLL IN PIN, PICTURES, TYPING TABLE, VACUUM, FIREPLACE ACCESSORIES, YARD TOOLS, EXERCISE BIKE, HUB CAPS, MILK BOTTLES, SNUFF CANS & GLASSES, MILK CARTON METAL, PORCELAIN PANS OF ALL KINDS, COFFEE POTS OF ALL KINDS, GOLF CLUBS, DICTAPHONE, PAPER LOB ROLLER, POPCORN POPPER

CHILDREN'S ITEMS

TABLE & 2 CHAIRS, BASSINET, BABY BEDS, CAR SEATS, DOLL BEDS, DOLLS, PUZZLES, BOOKS, BIKE PARTS, TONKA TRUCK, STUFFED ANIMALS, CHAIRS, TEA SET, LUNCH BOXES, BARBIE, METAL TOYS, MARBLES, MICKEY MOUSE GUM MACHINE, MICKEY MOUSE, DOLL SCHOOL DESK, SCHOOL CHAIRS, HIGH CHAIR, CHILD METAL KITCHEN, YOUTH SIZE BUNK BEDS, SINGLE SHOT BB GUN, TOY BOX

MISC.

SPINK PLATFORM SCALES, WEED EATER XR-50, WAGON CHASSIS, TIRES, SCRAP METAL, GEAR HEAD, IRRIGATION MOTOR STANDS, POLE WITH LIGHT, MARQUEE SIGN, 3 POINT BLADE, HAND TOOLS

FIXTURES

OAK AND GLASS SHOWCASE, 48" OAK FRAMING SHOWCASES, 48" OAK FRAMING/GLASS, 8' OAK FRAMING/GLASS, 3' OAK FRAMING/GLASS, 2' OAK FRAMING/GLASS, 6' 5/8 JEWELRY CASE, 5' JEWELRY CASE, 4' 5/8 SHOW CASE, LOTS OF WALL SHELVING, FALL BUFFET

FIGURINES

CHINA, WOOD, CERAMIC, TIN, DOGS, CATS, SHOES, DOLLS, ELEPHANTS, PIGS, ETC. - LOTS!

FURNITURE

5 CHEST OF DRAWERS, 4 PCS. SPANISH BEDROOM SUITE, RANCH OAK CHAIR, DINING CHAIRS, MAHOGANY DESK, DRESSER BASES, DROP LEAF TABLE, METAL CABINET, MAPLE CHAIRS, SPUR TABLE, GLASS TOP TABLES, BEDS, CHAIRS, TABLES, 6 CHAIR DINING TABLE, OCT.

HEATERS/STOVES

KEROSENE COOK STOVES - 5 & 4 BURNERS, KEROSENE HEATERS, WOOD BURNING COOK STOVES, SANTA FE WOOD HEATER, A LOT OF SIZES AND KINDS, FARWELL FREIGHT DEPOT WOOD HEATER

ANTIQUE FURNITURE

VICTROLA IN CABINET (PLAYS), OLD DRESSER, PUMP ORGAN, OAK LIBRARY TABLE, OAK SIDE BOARD, 2 OAK OFFICE DESKS, OAK OFFICE CHAIRS, 54" ROUND OAK TABLE W/PEDESTAL, WALNUT BUFFET, TWIST LEG TABLE, CHEST & BED - LATE 20'S, DRESSER FINISH - LATE 20'S, LADDER BACK CHAIRS, WHITE TREADLE SEWING MACHINE, DAMASCUS SEWING MACHINE WOOD BOX, 20/EARLY 30'S DINING TABLE - 6 CHAIRS, TREADLE SEWING MACHINE, RADIOS FLOOR MODELS, QUEEN ANN DINING TABLE, CLAW FOOT ORGAN STOOL, 2 PC. WATERFALL DESIGN BEDROOM, SUITES - LATE 20'S/EARLY 30'S, LG. TRUNKS, CEDAR CHEST, COCA COLA 6' BOX 2 SLIDING TOPS.

VEHICLES

RED/WHITE/BLUE BOAT - EVINRUDE 35 HP, BOAT MOTOR TRAILER

63 INTN. W/HYDROCK, 5TH WHEEL, 12" LIFT, AIR OPERATED, MECHANICALLY GOOD

2 JI CASE THRASHING MACHINE, 1920'S

RAILROAD SANTA FE BAGGAGE WAGON W/BIG POWER PLANT MOUNTED, GOOD

1920'S HAY BAILER

BLDG. MATERIAL

DOORS, MEDICINE CABINETS

53 DODGE 1/2 TON PKUP., NO TITLE, VANDALIZED BUT MECHANICALLY GOOD

45 DIAMOND T WINCH TRUCK, 72 TULSA, REAL GOOD, TANDEM DIESEL 5 & 3 W/POWER TOWER

3 BIG ELEC. WRENCHES, POWERFUL (USED FOR PIGGY BACK OPERATION RAILROAD

20'S OLD MANUAL OPERATED DUMP TRAILER

VEHICLES

64 CHEVY IMPALA - 4 DOOR, VANDALIZED BUT MECHANICALLY GOOD

64 MAC. DIESEL TANDEM, 335 CUMMINGS, W/NEW 13 SPEED ROAD MANAGER, 4 NEW RECAPS, REAL GOOD

47 KB7 INTN. 80 GRANDWOOD WINCH, 5 AND 3 W/POWER TOWER, VANDALIZED, NO TITLE, MECH. GOOD

HOUSE MOVING EQUIPMENT

SKIDS, 2 45' CHANNEL IRON, 36" CHANNEL IRON, 12 X 12 W/CHANNEL, 45' EYE BEAM & CHANNEL IRON, 55 X 12" TIMBERS & CHANNEL IRON, HOUSE MOVING TRAILERS - SOLID 10' W X 30' L, SOLID TRAILER CHANNEL - 12' W X 36' L, 2 TANDEM DOLLIES WITH SPRINGS, 2 SINGLE AXLE DOLLIES - GOOD, 2 SINGLE AXLE 14" WHEELS, AIRPLANE TIRES 22 PLY, 2 TANDEM DOLLIES - NO SPRINGS, BOX CAR ON POLE TRAILER - BOTH TANDEMS, SINGLE DOLLIE TANDEM, SINGLE POLE TRAILER, 16' EYE BEAM & CHANNEL IRON, 18' EYE BEAM & CHANNEL IRON, 20' 12 X 12 ALL STEEL BOXED IN

REAL ESTATE PROPERTY

FLEA MARKET ON US 70-84, NEXT TO A M FARM STORE, ACROSS STREET FROM DAIRY QUEEN 289.38' HWY. FRONTAGE & ABOUT 1.193 ACRES. 228.80 DEEP ON EAST SIDE, 263.57 DEEP ON WEST SIDE, 211.15 NORTH END, 2 BLDGS. NEWTON: H 0.746 HWY. FRONTAGE 76.37 HWY. FRONTAGE, 228.80 DEEP WEST SIDE, 204.62 DEEP ON EAST SIDE, 150 ON NORTH END, TRACT #3 JOHNSON'S SUB. 1 BLDG.

CONDITIONS AND TERM: 10% down owner finance balance at 8% interest with approved credit. It will be offered in two separate lots and then together. Owner reserves right to refuse all bids, but will consider all bids until 1 pm Saturday. Real estate will be sold by Kenneth Realty, Clovis, NM. 1104 East Manana.

ANY ANNOUNCEMENT MADE BY AUCTIONEER SUPERSEDES ANY PRINTED MATTER PERTAINING TO THE AUCTION

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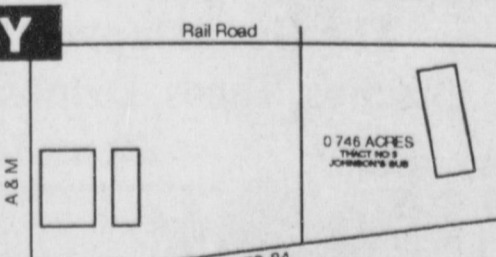
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Clovis NM (505) 763-7311

Roswell NM (505) 347-5769

4205 South Prince Clovis, New Mexico

Las Vegas NM (505) 454-8026



All purchases must be paid for on day of sale. While descriptions are believed correct, the Auctioneers or Owner's make no warranties or guarantees as to the genuineness, authenticity of, or defect in any lot and will not be held responsible for advertising discrepancies or inaccuracies. As is and where is, when awarded to successful bidder. Buyer accepts full responsibility for all purchases made and holds the Auction Company and Owners free of any liability in the event of their disappearance of any items purchased.

Independence Day Celebration



Fun, Food, Festivities.....



LUBBOCK, Friday, July 9, 1993

By Roger Haldenby
Texas Cotton Producers, Inc. (TCP) has been officially certified as the cotton grower organization which will carry out boll weevil eradication in the state of Texas. The announcement was made at a TCP Board meeting held in Austin Wednesday, July 7th, reports Donald A. Johnson, Executive Vice President of Lubbock-based Plains Cotton Growers (PCG).

TCP represents cotton growers in the state through its nine member organizations of which PCG is one. TCP petitioned the Commissioner of Agriculture for certification as the group to develop and formulate the eradication plan under a provision of the boll weevil eradication law which went into effect June 1.

Texas has over six million base acres of cotton. More than half this acreage is either in, or protected by, the High Plains boll weevil suppression program, operated by PCG since 1964.

"Farmers in all regions of the state, apart from the High Plains area and far West Texas, report very heavy infestations of this damaging insect," says Johnson, "but the PCG program continues to keep the weevil from invading High Plains cotton."

Creating the Boll Weevil Eradication Foundation will give cotton growers in the rest of Texas a chance to rid themselves of this pest, Johnson adds. An eradication program will not have any immediate impact on PCG's program.

Before any eradication operations can start, TCP must create a Boll Weevil Eradication Foundation, adopt a final plan, conduct grower referenda to confirm participation, conduct Board elections for the Foundation and finally conduct a second grower referendum of affected cotton growers to authorize collection of assessments to pay for the program. Because of specific provisions in the boll weevil law cotton growers in the PCG area cannot be asked to pay toward eradication in other areas.

Other items discussed at the TCP meeting included federal crop insurance, North American Free Trade Agreement (NAFTA) and classing office fees.

Crop insurance reform proposals are entangled in House and Senate budget reconciliation packages. Comments Johnson, "TCP favors NAFTA in principle but subject to 'fiber forward' being used as rule of origin for cotton products."

Johnson added USDA will lower the fees charged to cotton growers for 1993 cotton classification services from \$1.92 per bale to

\$1.87. An additional five-cent per-bale discount will continue to be offered to gins and producer agents who voluntarily provide centralized billing and collection services. In line with budgetary restraints and the demands for increased efficiency it is likely that USDA classing office Texas locations will be reduced in the few years.

Take A Bite Of Fresh, Sweet Texas Apples

There's nothing worse than biting into an apple and discovering it has the texture of a banana. A good apple should bite back. It should crackle in your ear and clean your palate.

But by mid-summer--after months in cold storage--the only domestic apples being sold fail miserably on all counts. They've lost flavor, and their crisp texture has turned to flab.

Then comes the Texas apple harvest. It's an event worth celebrating: the arrival of the country's first fresh apple crop, tree-ripened fruit that reaches the market within days of being picked. "Texas apples are consumer friendly," said Agriculture Commissioner Rick Perry. "They're crunchy, juicy and exceptionally sweet. Our long growing season and abundant sunshine produce apples that have up to 40 percent more sugar than apples from other states."

This year apple lovers have even more to look forward to--literally. Growers will harvest their biggest crop ever, an estimated 8 million pounds or about 200,000 bushels. The bulk of the crop will be picked between mid-July and early October. However, a few apples are available in June, and some West Texas growers have supplies into November.

More than half the crop will come from the Hill Country, home of Texas Hill Country Orchards and the Texas Apple Growers Marketing Cooperative. Trees are dwarf and semi-dwarf varieties, which grow on trellises to heights of eight and 12 feet respectively.

Harvest will be briefly delayed this season, starting around July 20. Ordinarily, Texas beats California to the market by a week or two and is a month ahead of Washington, the country's biggest producer.

Texas Hill Country Orchards, a former ranch located three miles south of Kerrville, is by far the state's biggest producer. Some 225,000 semi-dwarf trees are planted on 500 acres, and plans are to expand within a few years.

In its second year of production, the orchard will yield an estimated 100,000 bushels or approximately 4 million pounds of fruit this season. About 90 percent of the crop will be sold in supermarket chains, mainly in Texas. The apples are not waxed, they are buffed.

The apple marketing cooperative, headquartered in Medina, sells apples grown by 38 Hill Country and South Texas producers.

The Hill Country season gets underway in July when Galas, Mollies Delicious and few other varieties are harvested. Galas, among the most popular varieties, are a New Zealand variety with red-orange skin. Sweet and fragrant, they are excellent for dessert or snack. Mollies Delicious have red skins with a yellow blush. Like Galas, they are a sweet apple best eaten fresh.

The Hill Country produces about 15 varieties. These include Jonathans, excellent for pies; tart Granny Smiths, good cooked and fresh; and Braeburns, tartly sweet dessert-quality apples. Sweet, juicy Fujis, considered among the tastiest apples, are Japanese natives with a strong American following. Recognized by their red, green and yellow skins, Fujis are harvested in mid-to-late September along with Granny Smiths and Braeburns.

Apple production is not limited to the Hill Country. Growers in the Montague area in North Texas have raised apples for 50 years. This season they will harvest about 200 acres of Gala, Red and Golden Delicious and Granny Smith.

Production is also scattered between Lubbock and Amarillo and can be found as far west as Alpine and as far east as Port Arthur. Though most small operations market chiefly on-farm or at roadside, some West Texas apples are sold in Midland-Odessa groceries.

Texas apples, as a rule, are sought after by Texas consumers. "Stores tell us they can sell all they can get a hold of," Perry said. "That's one more sign of Texas pride in a good, wholesome, home-grown product."

It's good that most of us never know what others think of us.

The danger of religious bias is always present.

Who Says Cows Can't Fly

Agriculture Commissioner Rick Perry bid bon voyage to Texas Brahman heifers bound for Thailand through the TDA export pens at Houston Intercontinental Airport. The Brahmans are part of a record-breaking sale to the Thai government.

Over 700 Texas cattle, costing more than \$840,000, will be sent to Thailand in three air shipments. Thai government farms have been purchasing Texas breeding stock since 1986. A 1991 Brahman purchase by Thailand was the largest of its kind at the time.

"Texas don't know the meaning of the word impossible. We've learned that cows can fly and be happy living somewhere people don't speak in a Texas twang," Perry said. "Texas has long been known for excellent cattle genetics, and the Thai have had great success with our Brahman. The climates are similar, and our Brahman have helped the Thai improve their own cattle stock."

Ausswin Wongwan, director of Complete Agriculture Systems of Thailand, purchased the cattle for the Thai Department of Livestock Development. The Thai government runs 32 farms and the Brahman heifers will be distributed over those farms to improve the quality of Thai Brahman.

Three hundred and ten heifers were loaded onto special 747 jumbo jets bound for Bangkok. Ten thousand three hundred more heifers were shipped three days later. Cattle for a June 29 shipment are still being tested, so the final number to complete the shipment has yet to be determined. The cattle were selected from 69 Brahman breeders across Texas. The total economic impact of the deal is over \$2.6 million.

In 1991, the Thai government purchased 660 head of Texas Brahman, the largest single Texas cattle purchase by any foreign country in the past 20 years and the largest effort ever by Thailand.

Under Perry, TDA began a marketing program called "Texas Livestock...Best in Any Language,"

which promotes the excellent quality of Texas livestock around the country as well as to foreign countries.

Houston is a world-class international port, especially for our agricultural products," Perry

said. "Houston Intercontinental is a great facility to bring buyers to from around the world, and our Texas farmers and ranchers provide us with the highest quality product available. The economic impact is important not only to our agriculture community but to the Texas economy overall."

Texas has now exported over 3,000 head of livestock valued at over \$3 million through Houston Intercontinental since January, and over 300,000 head through all TDA export pens. Over 2,000 sheep were shipped to India through the Houston pens a month ago.

Maybe It Will Go Away!

No one likes unpleasant things. It's a natural tendency to avoid them. In many cases, that's probably a good tactic. However, there are times when unpleasant things need to be faced head-on because they will not go away and may even get worse.

Facing things head-on may involve letting someone talk about what is eating them. You may have a family member that has some hurt feelings that if kept held in, will hurt worse. You may not like to hear what they have to say. You may feel like "Maybe it will go away, if we just don't talk about it."

Try to imagine a family sitting at the dinner table, eating a good meal. Everyone is busy passing the food, smiling, and visiting. But there is a big horse sitting in the middle of the table. No one says a thing about the horse even though it drastically affects the family's dinner.

Some families are that way about problems. The problem is obviously affecting the family but its not dealt with so it gets worse. Often a person has to swallow hard and deal with some of our "horses" because they usually hang around and keep growing.

Ron Trusler, M.E.D.
Director of Public & Staff Relations
Central Plains MHMR & Substance Abuse

How many good books have you read lately?

Good workers are always in demand, somewhere.

Poynors Automotive Parts Specials



Heavy-Duty Shock



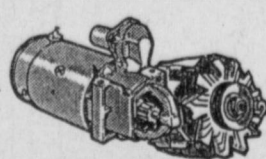
Monro-Matic Plus Shock Absorber*
Gas-charged. Heavy-duty. 81-3101ser.



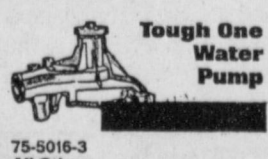
Gas Magnum Shock



Brake Shoes or Pads
Reman. shoes with exchange, or new pads. 75-3501, 76-5503 ser.



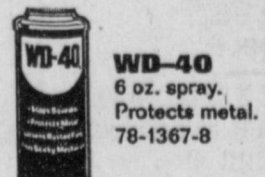
Standard Starter or Alternator—1 Yr. Warr.
Starter w/o solenoid. 75-3324-3. Alt. w/o regulator. 75-3369-8. All Others \$5 OFF.



Tough One Water Pump
75-5016-3 All Others \$3.00 OFF. Exch.



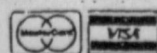
Roberk Wiper Blade or 2 Refills
Asst. lengths. 76-9969, 9979 ser.



WD-40
6 oz. spray. Protects metal. 78-1367-8

P O Y N O R S

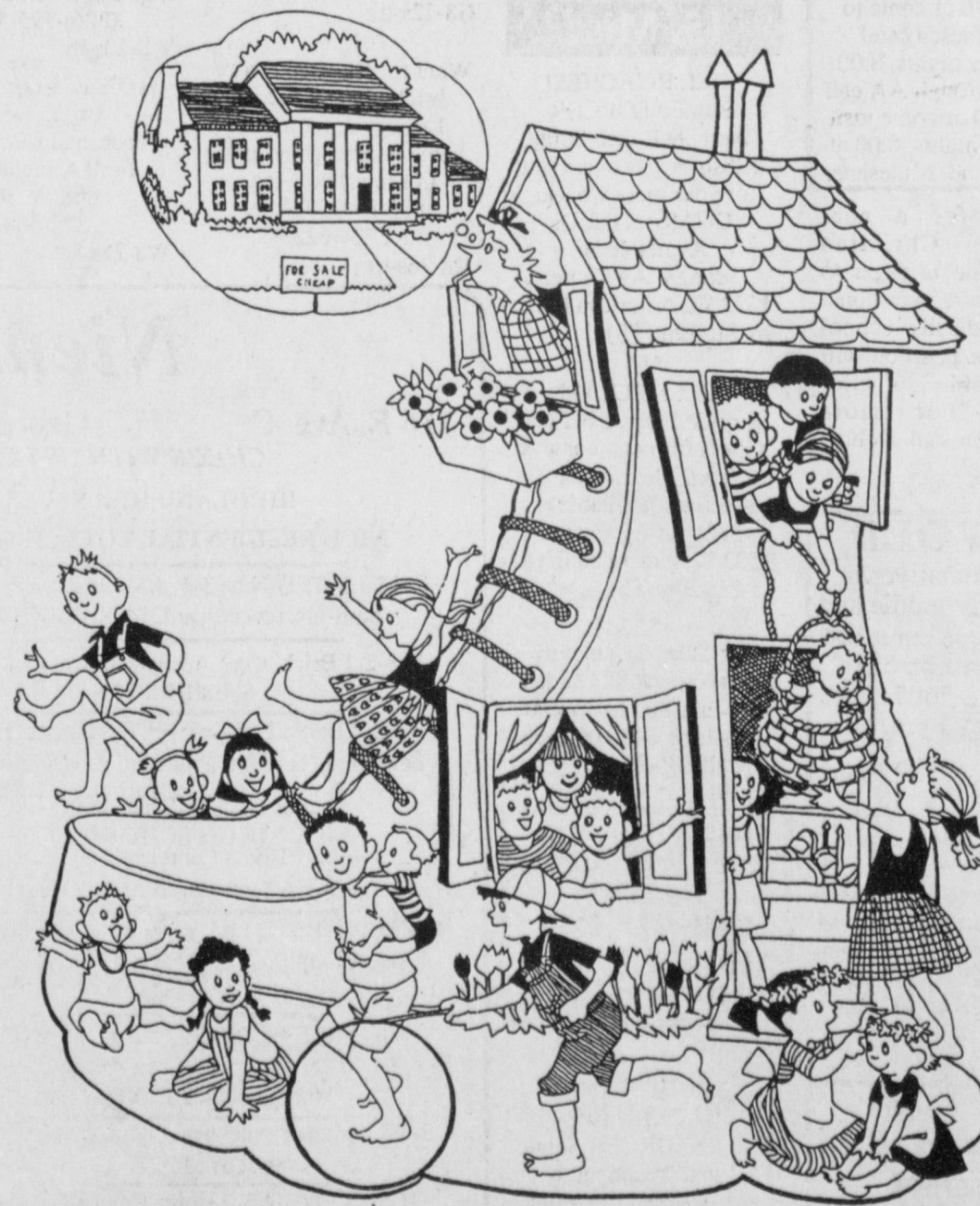
103 Main



Muleshoe



272-4552



SPACED OUT?

Find More Square Footage In The Classifieds!

Before you wear a hole in your soles, check our Real Estate listings daily for a shoe that fits your family and budget.

272-4536

Muleshoe & Bailey County Journal

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 reduced 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.

For more information and assistance regarding the investigation of get-rich-quick, work-at-home and other financial/business opportunities. The Muleshoe and Bailey County Journals urges its readers to contact the Better Business Bureau, 1206 14th St., #901, Lubbock, TX 79401 or call (806)763-0459.

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

Looking for a non-smoking Christian woman who is eager to take care of a two month old boy during school hours. The position will be available in mid-August. For more information call Debbie at 272-5802.
1-28s-2tp

NEEDED

Representatives in Sudan Lazbuddie and Muleshoe. For more information call 272-5607
AVON
"The Smartest Shop In Town"

Owner needs someone to assume payments on 3 bdrm, 2 bath, C/AH, 10x16 storage bldg. at 910 W. 8th. Call Tom Alvis at 915-228-4510 & Lv message or 817-864-2070.
A1-27s-4tc

E's Floor Covering Service

New and used Carpet installed. Restretching and Repairs. Vinyl installation. Free Estimates.
Call 272-3740, and please leave name and number.
1-25s-tfc

CUSTOM WORK.

Disking, sowing, or shredding. Call (806) 925-6742.
M1-27t-8tc

Want to buy house and/or acreage close to town.
272-5426.
1-27s-4tp

1. Personals

Exterior and Interior Painting. Experienced-Clean and Neat. Reasonable Rates-Free Estimates. Call: 272-4012.
H1-27s-8tc

Reduce safe and fast with GoBese Tablets and E-Vap "Water Pills" Available at Damron Drug
1-27t-7tp(T)

Classifieds!
Bigger and Better Than Ever
272-4536

Classify

4. Houses For Rent

For Rent
5 bedroom, 1 bath, split level home. 2 car detached garage, fenced yard, satellite. 6 month or 1 year lease. Located 4 miles east of Muleshoe.
505-762-0478.
T4-28s-4tc

2 BEDROOM TRAILOR HOUSE for rent, partly furnished.
925-6684.
4-29t-1tp

11. For Sale or Trade

160 Acres-one mile east of Beuk Gin then 1/2 mile south to northwest corner of property: 2 irrigation wells: \$350.00 per acre: 214-328-5253.
15-28s-4tp(S)

15. Misc.

KILL ROACHES!
Buy ENFORCER OverNite Roach Spray. Kills roaches overnight or your money back; GUARANTEED!
Available at: Scoggin Ag Center 1532 W. American Blvd. 15-21t-19tp(TS)

KILLS FLEAS!
Buy ENFORCER Flea Killers for pets, home & yard. Guaranteed effective! Available at: Scoggin Ag Center 1532 W. American Blvd. 15-21t-20tp(TS)

For Sale: 4 Cemetery Lots - Block 82 Garden 4, Muleshoe Memorial Cemetery. \$400.00 each. Call 806-965-2135.
15-29t-4tp

Major Appliance and Minor Home Repairs!
Call 272-4450
HENDERSON SERVICE, CO.
tfc

SEPTIC TANK BACKED UP?
Use ENFORCER Septic Tank Treatment to Prevent Back-up, Foul Odors and to Keep Your System Working Properly.
Available at: Scoggin Ag Center 1532 W. American Blvd. 15-21t-16tp(TS)

ROUND-UP APPLICATION
Pipe-wick mounted on high-boy. 30 in. or 40 in. rows. Cotton, milo, soybeans and Vol. corn. Call:
Roy O'Brian 265-3247
15-24s-tfc

272-4536

3. Help Wanted

TEXAS MIGRANT COUNCIL
Summer Employment
Is Now Taking Applications For Infant-Toddler Teacher Trainees:
Qualifications Needed:
1. High School Diploma or G.E.D.
2. Some experience in Child Care
3. Bilingual Helpful
For Applications Come By 101 E. Ave. B., Muleshoe.
3-28t-4tc

Homemakers needed immediately! Looking for someone to work from 7:30 a.m. to 4:00 p.m. in our clients home. Must be flexible and willing to work. For more information call Clovis Home Care 769-2244.
C3-28s-4tc

We are seeking an experienced Bookkeeper-Receptionist-Supervisor. Apply in person only. Muleshoe Country Club. Please call for an appointment. Ask for John Sain. 272-4250.
M3-26t-tfc

Now Hiring LVN's part-time and full-time, all shifts. Competitive salaries and pleasant working conditions. Contact Katie Smith, Morton Manor Nursing Home, 211 W. Garfield, Morton, TX 79346. 806-266-8866.
M3-29t-4tc

8. Real Estate

Home For Sale
901 Juniper 3-2 Brick, \$42,000 FHA qualifying Assumable.
Days 293-3888, Nights 293-9706
G8-12s-tfc

Want to sell or trade nice brick home 3-2-2 in Levelland, for a nice home or acreage or farm in Muleshoe Area. 806-894-5074 or 272-4622.
K8-26s-tfc

3. Help Wanted

Texas Migrant Council
is now taking applications for bus drivers. CDL license required. For applications come by 101 E. Ave. B.
3-28t-6tc

Texas Sesame/ADM is now taking applications for the following positions: Temporary - part-time elevator workers, scale operators, and dryer operators; Permanent - full-time Maintenance Supervisor. Apply in person, no phone calls will be accepted.
T3-29t-4tc

8. Real Estate

FOR SALE
2100 sq. ft. 4 bedroom brick with new timberline roof. Total electric-3 year old heat pump (heat & cool). 2 baths, double garage, lots of closets. Call 272-4793 or 5531.
C8-6t-tfc

BUILDING LOT BY OWNER

Beautiful Park Ridge Addition-Muleshoe. 103' X 125' paved street, utilities. Great View! Consider trade-in or owner financing. For information--- (806) 795-5409
W8-10s-tfc

HOME FOR SALE
3-1-1 Brick, Heat Pump, Fence, and Much More; FmHA Financing, 808 W. 9th. 272-5687
W8-25s-8tc

9. Automobiles For Sale

MUST SELL! 93 CHEVROLET SUBURBAN, 4x4, Silverado Pkg, 8000 Miles, Dual A/C, Privacy Glass, Power Windows, Power Door Locks, Cruise Control, Tilt Steering Wheel, AM/FM Stereo Cassette and Much More, No Old Contract To Assume, No Back Payments To Make, Just need responsible party to make reasonable monthly payments, call Doug Hulderman in the Credit Dept.,
FRIONA MOTORS 806/247-2701

MUST SELL! 90 FORD F150, Supercab, 302, 5 Speed, Low Miles, Still Has Balance on Factory Warranty, Tilt Steering Wheel, Cruise Control, AM/FM Stereo Cassette, No Old Contract To Assume, No Back Payments To Make, Just need responsible party to make reasonable monthly payments, call Doug Hulderman in the Credit Dept.,
FRIONA MOTORS 806/247-2701

MUST SELL 92 FORD TEMPO GL, 4-Door Automatic Transmission, Air Conditioning, Power Windows, Power Door Locks, Power Seat, Tilt Steering Wheel, Cruise Control, AM/FM Stereo Cassette, Rear Window Defroster, No old contract to assume, no back payments to make. Just need responsible party to make reasonable monthly payments, call Doug Hulderman in the Credit Dept.,
FRIONA MOTORS 806/247-2701

8. Real Estate

HENRY REALTY

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

Lenau Addition-4 bedroom, 2 bath, carpet, central heat and air, carpet, dining area, built-in dishwasher and stove. Covered patio, wood fence, storm doors and windows, drapes and curtains. One ceiling fan. Ample storage and shed for travel trailer.

RURAL-3 bedroom, 1 bath, 2 car garage, masonite siding, carpet throughout, central heat, evap. air cond. on roof ducted to all rooms. Built-in dishwasher. New roof. Additional acres available, owner financing to qualified buyer.

2 bedroom, 1 bath, detached 2 car garage, extra lot and well for garden. Country Club Addition.

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

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

West American Boulevard 150' frontage. Priced to sell.

LAND
160 acres irrigated farm land with pivot sprinkler SW of Muleshoe. 60 acres of wheat. Ideal for livestock operation. Good water.

9. Automobiles For Sale

For Sale 1988 Dodge Diplomat Car. Excellent Condition. See at 1918 W. Birch or call 272-3696.
B9-29t-3tc

1986 Chev. Crew Cab Pickup. Runs Good, Loaded. 272-5426.
9-27s-4tp

For Sale- 1978-1/2 ton Ford Pickup-low mileage, 460 motor, factory trailer pak, camper shell, C.B. radio. Price \$3,900.00. Vance Wagon. Come by 911 W. 6th or Call 272-4637.
W9-28s-tfc

8. Real Estate

8. Real Estate

When the British threatened Philadelphia during the Revolutionary War, the Liberty Bell was hidden in the Zion Reformed Church of Allentown, Pennsylvania.

The largest seeds are the nuts of the cocooner, or double coconut palm, of the Seychelles, an island group in the Indian Ocean. A nut may weigh up to 50 pounds.

BING BONG

When the British threatened Philadelphia during the Revolutionary War, the Liberty Bell was hidden in the Zion Reformed Church of Allentown, Pennsylvania.

Happy Hunters who find that big bargain in the sky, find out what they're looking for by searching out the rich fields of the classifieds for the easy route to take!

If you want to trap a hunter, place your sell, buy, rent, lease, service or employ ad in the classifieds and capture one without a shot being fired!

CALL A FRIENDLY CLASSIFIED AD-VISOR!
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MULESHOE JOURNAL

Nieman Realty

116 E. Ave. C George Nieman, Broker 272-5286 or 272-5285
CHECK WITH US FOR AVAILABLE HUD PROPERTIES!!!!

RICHLAND HILLS

NICE RESIDENTIAL LOTS...\$5,000 UP
JUST LISTED-Nice 3-1 3/4-2 Brick, Cent. A&H, built-ins, fenced yard. \$40's!!!!RH-1
3-2-1 Brick, Cent A&H, with fenced yard... \$50's!!!!RH-6
3-2-2 Brick, built-ins, FP, Heat pump, fans, new carpet & paint, abundant closets & storage. \$90's...RH-8

HIGH SCHOOL

3-1-1 Brick, Cent. heat, evap. air. FmHA financing. \$20's!!!!HS-1
IMMACULATE L.A.P. HOME 3-2-2 Heat Pump, whirlpool, loads of storage, lg. storage, \$70's!!!! HS-2
PRICE REDUCED 3-2 Remodeled, heat pump, built-ins, fenced yd., storage bldg. \$23,000!!! HS-3

3-1-1 carport Home, heat pump, storm windows & doors. MUCH MORE. \$20's!! HS-4

JUST LISTED-3-2 Home Cent. A&H, built-ins, fans, st. bldg., fenced yd. \$30's!!!!HS-5

JUST LISTED-Nice 3-1-1 Home, floor & wall furnace heat, window ref. air, DW, fans, storage-workshop, cellar, & more. \$30's!!!!HS-6

JUST LISTED-Nice 3-1 3/4 bath home, fl. furnace, evap. air, fenced yard. \$20's!!!!HS-7

HIGHLAND AREA

3-2-1 Brick, Cent. A&H, FP, built-ins. MAKE OFFER!!!! HL-1
NICE 3-2-2 Brick, Cent. A&H, built-ins, FP, sunroom, auto. spkrl., fenced yd., MORE!! \$70's!!!! HL-2
FmHA Financing To Qualified Buyer -NICE 3-1-1 Brick Home, Cent. A&H, ceiling fans, storage bldg., fenced yd. \$30's!!!!HL-3
3-2-1 Brick, Cent. heat, evap. air, built-ins, fenced yd., storage bldg. \$40K.. HL-4

LENAU ADDITION

PRICE REDUCED-3-1 1/2-1 Home, Cent. heat, evap. air, cov. patio, st. bldg., fenced yd. \$30's!!! L-1
REMODELLED With Cent. heat IN CONTRACT PRICE REDUCED!!! L-2
3-2-1+carport, Brick, ceiling fans, Approx. 2060 sq. ft...\$40's!! L-6

RURAL HOMES

NICE 3-2-2 carport Home, one acre tract, Cent. A&H, built-ins, fenced, on pavement close to town. \$40's!!! HR-2
4-3 Bath, Brick, on 2 acres, built-ins, FP, Geothermal Ht. pump, horse stalls, pens & tack rm. Also income producing shop on location or use for your own needs...\$60's!! PRICE REDUCED!!!!

VERY NICE 4-2-2 Brick home on 6 ac., Cent. A&H, 2300'+iv. area, Much More!! \$70's!HR-4

3-2-2 Brick, blt.-ins, Ht. pump, FP, 2.5 acres on pavement. \$60's!!! HR-3

3-2-3 Carport Mobile home on 11 ac. edge of town, MAKE OFFER!!!! HR-5

3-2-1 on 1 acre, Cent. Heat, Evap. Air, Remodeled, \$30's!! HR-6

LAZBUDDIE-VERY NICE 3-2-2 Brick Home on 1 acre, Cent. A&H, built-ins, FP, nice carpets, large cov. patio. \$60's!!!! HR-7

3-1-2 Home on 1 1/2 acres storm cellar & storage bldg...\$20's!!!! HR-8

ASK ABOUT OUR COMMERCIAL LISTINGS!!!
Circle Back Area-177 acres of good dryland... Fully Allotted!!!

PLEASANT VALLEY- 160 acres, 8" well. Lindsey circle!!!!
354 ac. S. of town, good allot. & yields!!!!

Read the Classifieds

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MULESHOE JOURNAL

**MULESHOE
AREA**

Summer '93

**BUSINESS
DIRECTORY
AND
SHOPPING GUIDE**

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NEW Saturday Schedule & Menu Additions

- #1. We Will Be Closed At Noon Saturdays
- #2. We Will Be Open For Dinner Saturday Night 5:30-9:30 p.m.
(Music Begins At 6:30 - Come Sing Along)
- #3. You Can Build Your Own Green Salad or Baked Potato!

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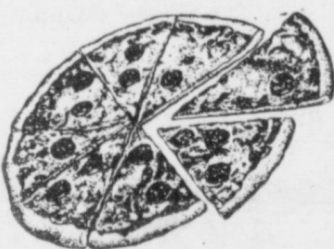
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21 Slices
1ft x 2 ft Pizza
1-3 Toppings**

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Dine In or Carry Out
or Delivery

Delivery Available
11 a.m. - 1:30 p.m.
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(Patent Pending)

The SAND-PUFFER is a unique, simple and totally automatic flush valve. It mounts below the sand trap or at the end of the overhang. It automatically senses sand build up and flushes each time a predetermined amount of sand accumulates.

The SAND-PUFFER requires no external controls or wiring.

The SAND-PUFFER utilizes sand level sensing device that actuates a shut off plug on a water piston.

Operativ off of mainline presures as low as 6 psi, the unit will work on any system capable of a low pressure spray package.



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