

WEATHER

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BAILEY COUNTY JOURNAL

'The Community Of Opportunity-Where Water Makes the Difference'



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Sunday, February 8, 1987



HEART MONTH PROCLAIMED--This week, Muleshoe Mayor Darrell Turner, center, signed a proclamation designating February as American Heart Month in Muleshoe. Looking on as the mayor signed the proclamation, left, is Glenda Dale, publicity chairman and Annie Floyd, right, president of the Bailey County Chapter of the American Heart Association. They are also urging all local residents to participate in the KMUL Radio Auction Saturday, when a large variety of items will be available for purchase through an auction, beginning at 7 a.m.

Rain, Sleet, Snow End A 'Preview Of Spring'

Heart Month Spotlited In February

February has been designated traditionally as 'Heart Month' and this February is no different, with Muleshoe Mayor Darrell Turner proclaiming the month of February as "American Heart Month".

According to the proclamation, Mayor Turner is asking all citizens to support the educational and fund raising campaign of the American Heart Association and the Bailey County Chapter of the American Heart Association in Muleshoe.

"Contributions of time and money will help in the fight against heart disease and stroke," said the mayor.

Heart disease and strokes this year will kill nearly 1,000,000 Americans, 50,000 of which are Texans, reminded the Bailey County Chapter. They say this is a total which exceeds all other causes of death combined.

Also, more than 200,000 of these victims die before retirement age, they added.

The Heart Association's battle against this American epidemic combines a nationwide research program, as well as improving health care in the community through professional and public education, and community service program.

Mayor Turner urges all citizens to 'Pitch in' and help 'pitch out' this devastating disease.

SBA Disaster Loans Available For This Area

U.S. Small Business Administration (SBA) officials have announced that small business concerns in numerous West Texas counties may now be eligible to apply for financial assistance under the Agency's Economic Injury Disaster Loan (EIDL) program.

Small business concerns sustaining losses due to weather-related incidents beginning as early as January 1, 1986 and ending as late as November 30, 1986 in 23 West Texas counties may be eligible for the loans, according to Walter Fronstin, district director of SBA's Lubbock office.

"The deadline for filing applications with SBA under the EIDL designations is September 9, 1987, subject to requirement changes of the Federal budget," Fronstin said.

The West Texas counties designated and the related incidents and dates areas follows:

Wheeler County, adverse weather conditions occurring February 1 through June 26, 1986; and Bailey, Borden, Childress, Crosby, Foard, Gaines, Garza, Glasscock, Haskell, Hockley, Hudspeth, Kent, King, Knox, Lubbock, Mitchell, Motley, Nolan, Pecos, Terry, Upton and Yoakum Counties, damages and losses to crop due to adverse weather conditions occurring between January 1 and November 30, 1986.

"Only business loan applicants who are unable to obtain credit elsewhere and whose business meets SBA's size standards are eligible to apply for assistance," Fronstin noted. "Agricultural enterprises are not eligible for loans under SBA's EIDL program," he said.

EIDL loans are made by the SBA to small business concerns and small agricultural cooperatives having maintained substantial economic injury as a direct result of physical disaster in their county, whether or not they had actual physical damage.

The interest rate for these loans is four percent for small businesses without credit avail-

Thursday morning, most Muleshoe area residents woke up to another taste of winter, as a combination of rain, sleet and snow was falling.

Accompanied by wind, the wintry blast lasted long enough to leave light snow accumulations on lawns and vehicles. Despite predictions by the National Weather Service that rain would be intermittent during the day, following the early morning initial blast, the moisture failed to materialize.

To the south of Muleshoe, around 'Needmore Hill,' Highway 214 became slick and hazardous for several hours, as an approximately one half inch of snow accumulated as the storm blew through.

No accidents were reported, although some motorists said they went spinning out of control after hitting the slick patches on the highway.

Heavier moisture was also recorded to the southwest of the Needmore area, but with the sun emerging from the clearing

clouds around noon, the snow was soon melted.

Inside the city limits, motorists on their way to work and school found wet, but not slick, streets to travel. Almost all motorists who had vehicles sitting in the open had to remove an accumulation of frozen rain, sleet and snow from windshields and windows, as the temperature dipped to the high 20's for the morning low.

With a jammed-packed weekend of activities scheduled, some outside, local and area residents welcomed the NWS prediction of sunny and warmer temperatures for the weekend, with no additional moisture in the forecast.

For the MAC Buck drawing on Saturday afternoon, the weather was expected to be in the mid-60's, a figure that was expected to help draw an expected crowd to the Sweet-heart Festival on Saturday night at the Bailey County Civic Center.

Also scheduled for almost all day on Saturday was the Bailey County Chapter of the American Heart Association's annual Radio Day Auction, conducted at KMUL radio, beginning at 7 a.m.

During the day Saturday, Five-Area Telephone Cooperative was holding their annual cooperative meeting at the Five-Area Telephone warehouse, with another large crowd expected.

Good weather should also be in store Sunday afternoon for the Muleshoe Chamber of Commerce and Agriculture reception welcoming nearly 100 new members to the Muleshoe

Con't Page 3, Col. 3

School Board Election Dates To Be Considered

Main items on the agenda for members of the Board of Trustees of the Muleshoe Independent School District Monday night for a regular meeting will be the appointment of judges and clerks for the Trustee election for Saturday, April 4; and to solicit bids for renovation of the school administration building.

Other things to be considered will be personnel; the annual performance report and an academic report from Watson Junior High School.

Also, members will consider band balances, fund balances and approval of the payment of current bills.

After the tax collection report, special reports will be given by the board president on selection of board members to participate in graduation ceremonies and information on Educational Service Center's Board of Trustees election.

Superintendent of Schools, H. John Fuller will report on school and community events.

New Social Security Law Affects Youth

Muleshoe Independent School District is cooperating with the U.S. Social Security Department in getting information to parents on how to apply for a social security card, announced H. John Fuller, superintendent. Notices were sent home with students Thursday, February 4, 1987 giving parents information on how to apply for a social security card.

Under the Tax Reform Act of 1986, each person age five and over listed as a dependent on a Federal tax return due after December 31, 1987, must have a social security number.

The following information was provided to the school district: An applicant who has never had a Social Security number must provide evidence of age, identity, and U.S. citizenship or lawful alien status, and if he or she is at least age 18, must apply in person.

Anyone who has lost his or her Social Security card or who wants a new card because of name change must provide evidence to establish identity. Evidence submitted to support a request for a change in name should show both the old and new names.

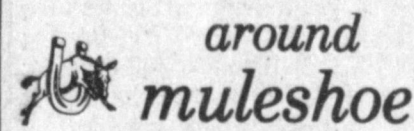
All foreign-born applicants for duplicate or corrected cards must also furnish evidence of U.S. citizenship or current lawful alien status.

A parent of legal guardian who applies for a social security number for a child must provide evidence of his or her own identity in addition to evidence of the child's age, identity, and U.S. citizenship or lawful alien status.

A TOUCH OF HISTORY

Bailey County Has Enjoyed A Most 'Colorful' Past

(Editor's Note: During the next weeks, The Muleshoe and Bailey County Journals will be presenting A Touch Of History --which will be highlighting both county and family history of people who pioneered this county. This will be just a glimpse of what you will be finding in the Bailey County History book when it is published later this year.)



A Muleshoe Activities Committee (MAC) meeting is scheduled for 10 a.m. on Thursday, February 12, in the city council chamber at the Muleshoe City Hall.

All members and interested business people are encouraged to attend the meeting.

Both old and new Muleshoe Chamber of Commerce and Agriculture members are reminded of the CofC reception today, Sunday, 3-4 p.m. at the Hungry Mule Steak House.

Older members of the CofC are asked to be on hand to welcome the nearly 100 new members.

The Texas Panhandle Home Builders Association recently authorized 10 scholarships for Texas State Technical Institute construction technology students.

Con't Page 3, Col. 3

Corn Meeting Set At Dimmitt

Monday, February 9, will be the meeting of the Fourteenth Annual Texas Corn Growers Meeting in Dimmitt.

Guest speakers at 9:30 a.m. at the Exposition Building in Dimmitt will include Jim Hightower, Commissioner of Agriculture; John Ford, Formerly U.S.D.A. Deputy Secretary, now of Ford Communications of Washington, D.C. and Greg Boggs, Texas Department of Agriculture, who will speak on a Grit Plant.

At noon, a lunch will be served by Dyers Barbecue. All farmers, businessmen and interested agriculturists are encouraged to attend this meeting.

By MRS. A.W. COPLEY

Bailey County, one of the last pioneer units in Texas, is bordered by New Mexico on the west, Parmer on the north, Lamb on the east, and Cochran on the south. Hockley county touches the extreme southeast point. Bailey County, lying on the plateau of the Great Plains, is one of the highest counties in the state, reaching in several places an altitude of four thousand feet or more. It has an area of one-thousand thirty square miles, being one of the smallest counties in this section of the state. A large percent age of the land is rolling plains with shallow valleys, interspersed by narrow strips of sandhills that have been piled up by strong prevailing winds of this section. However, level and dark soils predominate. The drainage system is formed by draws which form a part of the upper water shed of the Brazos river. The few natural lakes are usually dry, even though situated in the shallow water belt.

The County was part of the Bexar Territory along with more than a hundred other counties from 1836 to 1876. The Texas Constitution of 1876 set apart three million acres of land for the purpose of the erection of a new State Capitol. Later in 1879 Texas made a contract exchanging the three million acres of land, which included Bailey County, for the construction of the present State Capitol.

At this time a scattered and

meager population lived only in East and South Texas. This large State had more land than people and there was much truth in the timeworn saying that she was land poor. The western part of Texas was known as the Great American Desert and not considered of much value.

After the last conflicts in Texas with the Indians when General MacKenzie captured the last of the Comanches in the Palo Duro Canyon and took them to the Indian Reservation across Red River, the history of this country became the history of the cowboys and early settlers. Buffaloes, antelope, deer, coyotes, and jack rabbits roamed these plains.

On August 2, 1876, Bailey County was created and was named for a hero of the Alamo, Peter James Bailey, 1812-1836, a young Kentucky lawyer, who joined the doomed company in time to give his life, the following day, defending the Alamo.

Twenty-four years after the county was created (1900) the first census report on its population appeared which was four inhabitants, only one of whom was a qualified voter. Ten years later 1910, the cheap school lands, free federal lands and enterprising land companies had enticed three hundred twelve venturesome pioneers into the county.

The year previous, 1909, marks the beginning of the struggle of the settlers with non-resident land owners for county organization. The general tax rate at this time was ten cents on each hundred dollars valuation. All land owned by absentee land lords was exempted from taxation and the other value was so low that sufficient money for the maintenance of schools and the building of roads was not available. The territory was attached to Castro county for judicial purposes and any legal transaction requiring presence at a county seat consumed at least three days of valuable time. It required one day for forty-five mile trip to Dimmitt, more to history of Bailey county the county seat, driving in a spring wagon, or buggy with a good team; another was spent in the transaction of business while the third day was needed for the drive home. The conditions aroused in the minds of the people an insistent

2 Places Open On City Council For April Election

Both incumbent Muleshoe City Council members have filed for re-election to their posts, according to an announcement by Mary Hicks, city secretary.

Paul Wilbanks, Councilman, Place Three and Ronnie Shaffer, Councilman, Place Four have filed for re-election to their posts.

February 18 is the final date to file as a candidate before the Saturday, April 4, election.

Absentee voting begins March 16, and the final date for absentee votes will be March 31. Absentee voting will be at the Muleshoe City Hall.

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County History

Cont. from Page 1

desire and demand for their own county seat and officials. Hence, in 1909 one hundred twenty-seven people, representing themselves to be qualified voters of the county, drew up and signed a petition requesting that Bailey County be organized in accordance with the provision of the revised Civil statutes of Texas. When this petition was presented the Commissioners' Court of Castro County they considered the plea and granted the request, marked off the boundary lines for four precincts, and set the date for the election of officials for June 19, 1909. Some of the voters were so enthusiastic over their apparent independence that the entire night of June 18 was spent in celebrating the anticipated day of election. But the day brought a crushing disappointment in the form of an injunction served on the voters, prohibiting the selection of a county seat and local officials. The rich nonresident land owners, who had been watching the efforts to secure local government knew that if the attempt were successful and county taxes were levied, they would suffer financial loss. J.A. Oden and B.P. Abbott, representing the non-resident land owners, were instrumental in serving the injunction which stated that there were names of many persons on the petition who were not qualified voters of Bailey County. That after deducting the names of minors, women, and children there remained less than one hundred fifty qualified voters of Bailey County, and that this was the result of a conspiracy and a deliberate design of Stevens A. Cildren and others to organize Bailey County and establish the Town of Hurler as the county seat for the purpose of giving an enhanced or speculative value to land in and near Hurler and that the names of women and minors were placed on the petition to deceive the Commissioners Court. This action on the part of the property owners were accepted with resignation by the residents of the county because they knew that their list of voters would never pass rigid inspection by a court. In fact, the old timers of the county later humorously admitted that they were accused (perhaps justly) of not only adding names of minors, but also pets and animals. However, they settled down to watchful waiting and systematic planning for any opportunity that might present itself in the future.

SBA Loans..

Cont. from Page 1
The years 1916-1917 marked the fruition of the voters' plans that were put into action in 1918. The called session of the Thirty-fifth Legislature was the first legislative body to serve the purposes of the citizens. A fund of \$1,500 was raised and Wm. G. Kennedy and E.D. King were sent to Austin to secure the passage of a new law changing the number of qualified voters for county organization from one hundred-fifty to seventy-five. On March 16, 1918 the Legislature passed an emergency law, making the desired changes which became effective immediately. This enactment on the part of Bailey County voters by a second petition for organization was drawn up and signed by one hundred and ten people who represented themselves to be qualified voters of the county. After the signers had been summoned and examined by the district court, eighty-four legally qualified voters were found, and therefore, the petition was duly presented to the Commissioners' Court of Castro County, April 8, 1918. The court spent the entire day and most of the following one in careful consideration of the request. On April 9, 1918, the court granted the plea and Bailey County, for the second time was marked off into four precincts, as required for an election. It was further ordered that the election be held throughout Bailey County, Texas on May 11, 1918 for the selection of a county seat and county officers.

(Next week, we will complete the story of the efforts of the elections and results, along with how Bailey County records were obtained at the courthouse in Dimmitt.)

Club will host our monthly birthday party Thurs. Feb. 26th at 3:00 p.m. We invite you to come and help us celebrate.

Happy Feb. Birthday to:
Jay Burge 2-6-1916; B.B. Street 2-10-1895; Inez Algood 2-11-1896; Margaret Beard 2-2-1910; D.J. Gage 2-19-1912; Ruby McCamish 2-17-1905.

Farm Belt Income
Residents of the nation's Farm Belt were hit with big declines in personal income during the summer. Energy states also suffered setbacks, the Commerce Department said. The fall in income levels in farm states was attributed to a drop in government subsidy payments to farmers.

IRS urged to simplify W-4 forms.

Nursing Home News

by Joy Stancell
Ruth Hall read interesting and helpful things to the residents Tues. morning.
Albert and Lolly Cannon visited their mother, Claudia Cannon, Wed. morning.
Ruth Terrill and her daughter visited the nursing home Tues. afternoon.
Ora Roberts was visited by Rosie Martin, Susie Whatley, Allie Sebring, J.D. Duncan and Mr. and Mrs. Ralph Renfrow.

KENW To Present Program

"Stopping Drugs," a two-part FRONTLINE presentation on KENW, Public TV, Channel 3, begins Tuesday, February 10 at 8:00 p.m. The second program will air on February 17. The programs reveal current efforts to stamp out drugs and profiles the personal stories of four addicts who want to get off and stay off drugs. During the second program, Frontline goes into America's schools to find out if drugs are a major problem and if anti-drug efforts really work. The tragic effects of drugs on users present a stark picture... Ron Burns lost a scholarship and an education; Mike Kelly lost a business; Jay Arkeen lost two businesses and \$500,000 in real estate; and Debbie Studer lost her son...all because they took drugs. REAP, a non-profit Recovery, Evaluation and Placement drug treatment center 20 miles south of Austin, Texas, administers a 21-day treatment to those "with nothing left to lose." The waiting period is two months and there hasn't been a vacant bed in eight years.

In its exploration into the treatment at REAP by Frontline, the shocking fact that only one out of four will make it come home with powerful force. Mike, 33, who lost his auto repair business when he began shooting speed says "If this doesn't help, I don't know where to go. I'll end up killing myself with the drugs...no doubt in my mind."

Weather...

Cont. from Page 1
CofC.
NWS said the warming trend was expected to extend into the first of the week, before another cold front approaches the area. So winter is not over, but is providing a 'Little Taste of Spring' between cold fronts.

Muleshoe...

Cont. from Page 1
Recipients must have completed building trades or industrial arts classes in high school. The scholarships of \$25 each will be available for the Spring Quarter, and new student orientation for the Spring Quarter will be March 2-5. For additional information, call 806/335-2316 ext. 407 or (Texas only) 1-800-227-TSTI (8784).

Fine Arts Boosters will meet Monday, February 9, at 7:30 p.m. in the band hall at Muleshoe High School.

Parents of all fine arts students from both junior high and high school are encouraged to be present as the upcoming Dinner Theatre will be discussed.

Businesses are asked to be sure to decorate for Valentines Day! Toni Eagle, manager of the Muleshoe Chamber of Commerce and Agriculture, said they are sponsoring a decorating contest, this time for businesses only. Votes will be taken until 5 p.m. on Wednesday, February 11 and presentations will be made on Thursday, February 12. The business winner will receive a plaque to display in their particular business.

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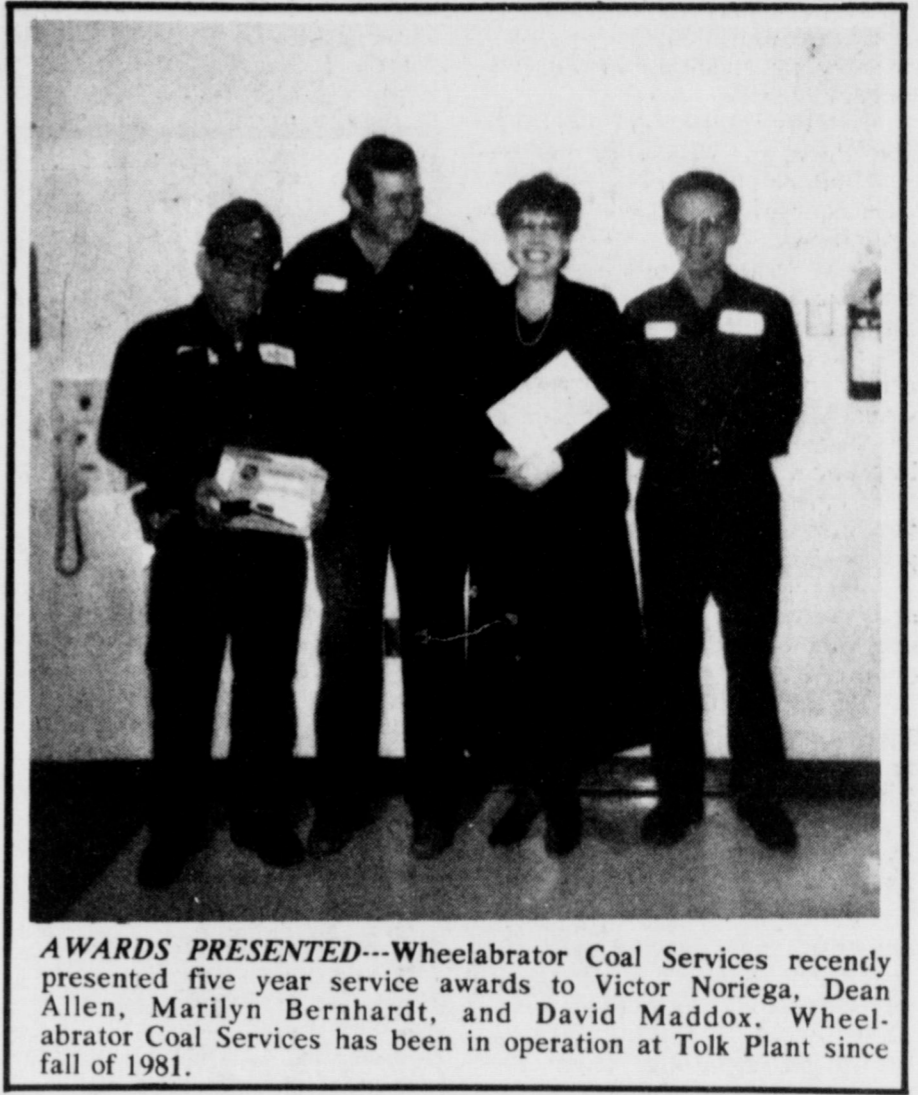
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She received a phone call from her step daughter, Cavesta Bank of Galveston, Tex.
Inez Algood was visited by Dr. and Mrs. Homer Algood, Jackie Johnson and children and Polly Tunnell.
Mrs. St. Clair was visited by Alice Kelton, her son and daughter-in-law, Mr. and Mrs. Johnny St. Clair, and her daughter and son-in-law this week.
Ella Faubus was visited by her daughter, her grandson, Wayne Taylor, visits her every morning. Mrs. Taylor also visited her.
Our thanks to Wayne Taylor for the nice silver serving tray.
Cordelia Cochran was visited

by Mr. and Mrs. Wayne Clark.
Margaret Beard was visited by her brothers Les and Wes Glover, and Josie Flowers.
Fri. afternoon the J.O.Y. Choir from the First Baptist Church came to share a musical devotional with the residents. They also served refreshments of finger sandwiches and punch. We enjoyed the music, food and fellowship.
Happy Valentines Day to each of you from all of us at the nursing home.
Blanche Cotton was visited by her daughter, Barbara Finney.
The Needmore Community

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IRS urged to simplify W-4 forms.



AWARDS PRESENTED---Wheelabrator Coal Services recently presented five year service awards to Victor Noriega, Dean Allen, Marilyn Bernhardt, and David Maddox. Wheelabrator Coal Services has been in operation at Tolk Plant since fall of 1981.

Bailey County Will Consider New Radios

Bailey County Commissioners will meet in regular session on Monday, February 16, at 7:30 in commissioners courtroom at the courthouse. Following approval of minutes and payment of routine county bills, the commissioners will open bids for county depository; review departmental reports; consider an order to authorize the county judge to advertise for bids for radios for the sheriff's department; and miscellaneous items.

Happy Birthday
You Are Very Special To Us!
The Journal Gang

You Are Invited To A
90th Birthday Reception Honoring
Ray Edwards
Saturday, Feb. 14th
Methodist Fellowship Hall
No Gifts Please

ALASKA
Depart Lubbock July 25th
For 13 Full Days
From * 2659

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Cruise Ship Nieuw Amsterdam
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All Hotels
Book Now For Choice Of Cabins
For Itinerary Call
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Size	Reg. Price	Sale
P185/80R13	74.95	49 ⁹⁵
P195/75R14	85.95	55 ⁹⁵
P205/75R14	90.95	58 ⁹⁵
P205/70R14	92.95	59 ⁹⁵
P205/75R15	94.98	61 ⁹⁸
P215/75R15	98.95	63 ⁹⁵
P225/75R15	103.95	66 ⁹⁵
P225/70R15	103.98	66 ⁹⁵

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P O Y N O R S

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Tire Close-Out Tire Close-Out Tire Close-Out Tire Close-Out Tire Close-Out

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

Mr. and Mrs. S.G. Long were in Clovis N.M., Monday on business.

The Three Way basketball team played Smyer Tuesday night with the Three Way girls losing and Three Way boys winning.

Mrs. Rayford and Mrs. Robert Kindle were in Levelland shopping Wednesday. They met Mrs. Mastens daughter Mrs. Lamar Pollard from Whitherrell for lunch.

The ladies from Maple Church of Christ had a salad supper in the W.T. Simpson home Monday evening.

Mr. and Mrs. Mike Sowder from Brownfield are spending the week with his mother Mrs. Joe Sowder while Joe Sowder is in Old Mexico with the Baptist brotherhood working a mission.

Mrs. Minnie Dupler spent Sunday in Muleshoe visiting her granddaughter the Mike Slayden family.

The Three Way Baptist Church youth and their sponsors attended a skating partin in sors attended a skating party in Levelland. Adults going were Mr. and Mrs. Jack Robinsons, Mr. and Mrs. Jack Lanes, Rev. and Mrs. John Cockrell and Mrs. Gay Williams.

The Three Way basketball teams played Bledsoe Friday night with Three Way girls losing and boys winning.

Mr. and Mrs. George Tyson were in Portales Saturday afternoon shopping.

The farmers in the community are busy breaking land, crops are about all out.

Mr. and Mrs. Bob Vinson from Spearman spent the weekend with her mother Mrs. Beulah Toombs.

Mr. and Mrs. Bill Dolle and Darla visited Bills parents the Herbert Dolles in Littlefield Sunday.

New Arrivals



Jatt Landon Price

Mr. and Mrs. Micky Price are the proud parents of a son, Jett Landon, born Tuesday, Jan. 27 at 9:22 p.m. in South Plains Hospital in Amherst. Jett Landon weighed eight pounds and two and three fourths ounces.

The young man was welcomed by his two sisters, Kristen, four and Sammie Jo, one.

Grandparents are Larry and Novella Price of Earth and Bill and Mary Franklin of Muleshoe.

Great grandparents are Lacy and Ruby Green of San Jon, N.M., Hazel Ward of Muleshoe and Ray and Jean Franklin of Littlefield.

Hobby Club

Muleshoe Hobby Club met Thursday, Feb. 5 at 2 p.m. in the Senior Citizens Complex with 14 members present. Ethel Julian served as hostess for the day. Names were drawn for secret pals and hostess dates. The hostess gift was won by Mable Caldwell.

The next meeting will be on Thursday, Feb. 19 at 2 p.m. in the Senior Citizens Complex.

New members present were Ruby Lambert, Mattie Benton, Hazel Reeder and Olive Cox. Others present were Jane Williams, Sammie Ethridge, Edith Fox, Mable Caldwell, Vickie Hendricks, Ethel Julian, Fiddle Shafer and Frances Bruns.

FOOD, FIBER & FITNESS

Shaking The Salt Habit



Lemon juice, green onions and paprika take the place of salt in enhancing the fresh, natural flavors of fish fillets which feature a fiber-rich vegetable stuffing made with whole grain oats.

Pretzels, olives, salami and other salty snacks may make our taste buds tingle. But, too many salty treats should be avoided, particularly if you are one of about every five adult Americans who has high blood pressure.

Sodium, a major component of table salt, plays an important role in health maintenance. It regulates fluid balance in the body and contributes to normal muscular function. Sodium is present in many beverages and foods, so it's not surprising that the average American adult consumes more sodium than is actually needed for good health.

Although the average person consumes about 5,000 milligrams (mg) of sodium a day, health professionals recommend far less. Generally, health professionals indicate a safe daily intake is 1,100 to 3,000 mg of sodium for healthy adults.

If this appears to be a generous amount, remember that five grams of salt (about one teaspoon) contain about 2,000 mg of sodium. And, there are "hidden" sources of sodium.

Approximately one-third of our sodium intake comes from habitual use of the salt shaker; one-third from processed foods (added to improve taste, texture, safety); and, one-third as a natural component of the foods we eat.

For example, condiments such as soy sauce and catsup, soft drinks, pickled foods and cured meats all contain sodium. Even the baking powder and baking soda used in many breads, cakes and cookies are sources of sodium.

Why is too much sodium a concern? High intakes of sodium have been linked to hypertension (high blood pressure). Hypertension can increase

the risk of several health problems, including kidney disease, cardiovascular disease, congestive heart failure and stroke. While the relationship between salt and hypertension remains controversial, studies have shown a significant reduction in blood pressure when some patients have been put on severe salt-restricted diets.

Even if you do not have medical problems, shaking the salt habit is a healthy idea. Start by taking the salt shaker off the table. Other salt-busting strategies include:

- Read labels carefully to determine the amounts of sodium in processed foods and snacks.
- Moderate your choice of salty foods such as potato chips, pickled foods, cured meats and cheese.
- Prepare more foods "from scratch," reducing or omitting salt.
- Prepare vegetables, pasta, rice and hot cereals without salt.

Since we acquire our taste for salt, learning to enjoy unsalted foods may take time. If your taste buds still demand a tingle, consider other natural flavor enhancers. Herbs, spices, onion, garlic, vinegar and citrus fruits accent a variety of foods and add few, if any, calories.

Stuffed Sole, for example, takes advantage of several of these "healthy" flavor enhancers. Green onions, tangy lemon juice and

paprika add a burst of flavor to these vegetable-stuffed fish fillets. The fiber-rich stuffing also features whole grain oats.

In addition to supplying seven B-complex vitamins, vitamin E and nine minerals, oats are an excellent source of water soluble dietary fiber.

New research by Northwestern University Medical School provides more evidence that the water soluble fiber in oats may play an important role in helping people achieve lower cholesterol levels, and potentially reduce their risk of heart attack.

- Stuffed Sole**
- One 10-oz. pkg. frozen chopped spinach
 - 1 cup sliced mushrooms
 - 1/2 cup sliced green onions
 - 2 tablespoons soft vegetable oil margarine
 - 1-3/4 cups Quaker Oats (quick or old fashioned, uncooked)
 - 1/4 cup egg substitute or 1 egg
 - 1 teaspoon salt (optional)
 - 1/4 cup lemon juice
 - 8 sole or flounder fillets (about 2 lb.)
 - Paprika

PROTEIN	39g
FAT	13g
CALCIUM	79mg
SODIUM	163mg
CHOLESTEROL	101mg
DIETARY FIBER	5g

Other low sodium, high fiber recipes are available FREE. Send a postcard with your name and address to: Oat Fiber Recipes, Dept. S, 231 S. Green St., Chicago, IL 60607.

BIBLE VERSE

"And unto man he said, Behold the fear of the Lord, that is wisdom; and to depart from evil is understanding."

1. Where is this verse found in the Bible?
2. Who is the author?
3. What land does the book describe?
4. Was Job a real person?

Answers to Bible Verse

1. Job 28:28.
2. The author is unknown.
3. The Arabian desert, southeast of Palestine.
4. He is mentioned in Ezekiel 14:14 and James 5:11.

Muleshoe Firemen's Auxiliary News
By Becky Churchman

The Muleshoe Fireman's Auxiliary's February meeting was called to order by the president, Cindy Magby. Elaine Parker read the minutes of the January meeting. A treasurer's report was given by Brenda Stephens.

Next on the agenda was setting a date for everyone to get together and clean the fire station.

It was voted unanimously to have a speaker or program every other month, beginning in March. Also to go over all State and Local by-laws at the next meeting.

Barbara Reeder won the door prize. It was a box of Millionaire candies.

The auxiliary will be sponsoring the skating Friday, Feb. 20 from 7-9 p.m. at the Bailey County Civic Center. Admission will be one dollar per skater.

We would like to welcome two new members. Renee' Rudd and Linda Tosh.

The meeting was adjourned by Cindy Magby.

People are curious. If they were not, there would be little intelligence or progress in the world.

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Alpha Zeta Pi Sorority Meets In Myers Home

Alpha Zeta Pi met Tuesday, Feb. 3 at 7 p.m. in the home of Rhonda Myers. A meal consisting of enchaladas, beans, tossed salad, chips with guacamole and picante sauce and sopillas and honey was served.

The members voted for a Valentines Queen to be announced at the dance on February 13.

Those present at the meeting were Pam Atwood, Rayniel Bamert, Cindy Barrett, Lori Davison, Starla Ellis, Monica Henry, Roxie Johnson, Denise Keeling, Rhonda Myers, Susan Wedel, Shelly Carver, Pam Gamble, Colleen Griffiths, Kay Lepard and Vicki May.

National Scholarship Finals Information

Now Available

Information is now available on the upcoming 1987, National Scholarship Finals of America's Miss Charm, to be held July 1-4th on Orlando, Florida.

Over \$150,000 in scholarships, prizes and awards will be presented to students ages 4-22. Students will be grouped in five age categories, 4-6, 10-12, 13-16, and 17-22.

A performing arts contest will be held June 29th to present a \$1,000 cash award for "Superior Performance" in vocal, dance or instrument either solo, duet or group regardless of age.

Parents, teachers and individuals interested in receiving more information on the upcoming 1987, National Finals are asked to contact Kathy Bailey, Scholarship Chairperson, P.O. Box 7246, Jacksonville, NC 28540 and state their age and address, and enclose with their inquiry a long envelope addressed back to them with first class postage attached for prompt reply and information.

Phone inquiries may call Monday thru Friday 10-5 EST (919) 455-9643.

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