

PAGE ONE

A QUICK READ OF THE NEWS

Jurors get system lesson

The recorded telephone message to 160 prospective Snohomish County (Wash.) Superior Court jurors was clear: Report for orientation at 5 a.m. sharp Monday morning.

The message also was wrong. It was corrected by the previous Sunday evening to give the correct time, 8:30 a.m., but by then many had quit checking the call-in phone message.

About 70 arrived on Monday morning to find that the room where they had been told to go was unlit, unheated and — except for themselves — unoccupied.

Finally, the court staffer who made the mistake appeared and tearfully apologized, receiving applause from many of those who had arrived 3 1/2 hours early.

Family really spits pits

Rick "Pellet Gun" Krause — 12-time winner of the annual Cherry Pit Spitting Championship in Eau Claire, Mich. — was defeated this year by his eldest son, Brian "Young Gun" Krause.

Brian Krause, 24, spit a cherry pit 61 feet, 2 inches to beat his 48-year-old father's 55 feet, 10 inches.

Rick Krause's youngest son, 19-year-old Matt "BB Gun" Krause, was third with 45 feet, 2.50 inches. Brian's son, Braden, won the under-5 division with a spit of 14 feet, 4 inches.

The Krauses have come to embrace their status as pit-spitting royalty. Rick Krause appeared for his turn to spit wearing bright red tights and riding a sparkling purple motorcycle as rock music played in the background.



Drawing date: Wednesday, Aug. 7
Winning numbers: 3-5-19-42-44-49
Estimated jackpot: \$12 million
Winners: 0
Next drawing: Saturday, Aug. 10
Estimated jackpot: \$16 million

On this date in history

Aug. 14 — The Texas Republican begins publishing in Nacogdoches (1819), the first newspaper regularly published in Texas.

Aug. 16 — Mirabeau Buonaparte Lamar, the second president of the Republic of Texas, is born in Louisville, Ga. (1798).

Also on Aug. 16 — The Union begins prolonged bombardment of Corpus Christi with "whiskey bombs" (1862).

LOCAL WEATHER

As of Friday, the National Weather Service was predicting a 30 percent change of isolated thunderstorms on Tuesday. High temperatures should be around 92 to 93 for Sunday and Monday, cooling to about 82 during Tuesday's unsettled weather. Expect temperatures to rise only to about 86 for Wednesday and Thursday.

Editor Ronn Smith can be reached at 272-4536 or ctyankee@fivearea.com

Missed your paper? Call carrier Yolanda Martínez at 272-4536 during business hours, 8:30 a.m.-5 p.m.

Mule football faces challenges this year

By DELTON WILHITE
Journal correspondent

"New season, new players, new coaches, new defense, new look." That pretty well describes the 2002 Mule football team, according to head coach David Wood.

"You could count our returning starters on one hand," he said. "This is the fewest returning starters since I've been here. We're learning a new defense that is best suited for this year's team — we're smaller

but quicker than we've been in the past."

The new coaches — just in football — are Gilbert Ramirez, varsity tight end coach and freshman offense; Ross Lassiter, varsity secondary and freshman defense; Benjie Jay, outside linebackers and special teams; and Jeff Withrow, junior high (various sports).

"With so many new faces and so many new varsity kids, we're as far along as we've ever been in two-a-day workouts.

The kids started practice this year in better shape and have gone through the conditioning part easier and are in better shape than normal at this time.

"The seven weeks of conditioning at the beginning of the summer probably helped us as much mentally as it did physically," he continued. "We had the opportunity to visit with individuals about expectations

see FOOTBALL on page 2

Muleshoe district gets 'recognized' on TAAS

JOURNAL STAFF REPORT

Muleshoe students scored just a few points lower in some areas on the 2002 TAAS tests as opposed to 2001 results, but it was enough to drop the high school from exemplary (the top category) to recognized (No. 2 out of four categories).

The district was recognized for the third year in a row, with all four Muleshoe campuses in that category. The Pep alternative school was rated acceptable, the third of the four categories, which Superintendent Gene Sheets said is pretty good for an alternative school.

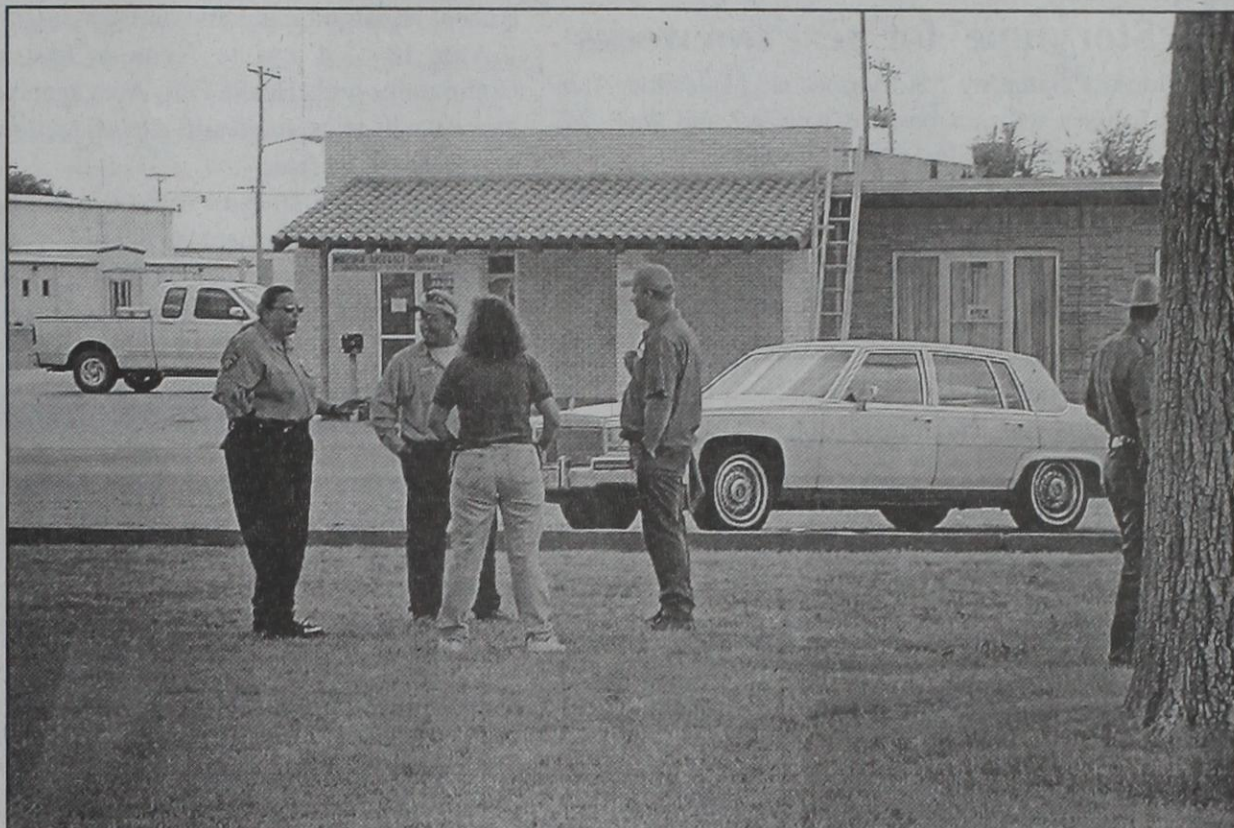
"We're not satisfied, of course, but it's still pretty hard to be disappointed when you're at 88 or 89 percent," he added Monday. "We just missed it (exemplary status) again — it's unbelievable."

In most cases, he said, a campus or district must have 90 percent of its students passing the tests in order to be rated exemplary.

There were spots of perfection in Muleshoe's scores. At DeShazo Elementary School, 100 percent of the students tested passed the writing test.

Also making a stronger showing was math, where 95.7 percent of the high school students passed, 97.7 percent at Watson and 92.6 percent at DeShazo.

Statewide testing will not be repeated until 2004.



Journal photos: Leah Bell

Bomb scare

Deputy Eileen Ciampoli appears to be making an emphatic point to bystanders on the courthouse square Thursday while authorities searched for a bomb in the juvenile probation office (building in background). Traffic was rerouted from the area, but several people waited on the square. The sheriff's office referred inquiries to the police, but a police department spokeswoman said no one would be available to comment until Monday. A spokesman for Sid Felán, the juvenile probation officer, said he also would not be available until Monday.



Flap over jail location apparently resolved

JOURNAL STAFF REPORT

Bailey County commissioners will soon be looking at another floor plan for the proposed new jail, and County Judge Marilyn Cox said Thursday the change apparently will re-unite the commissioners' court.

Commissioner Joey Kindler had said last month that he wasn't

in favor of building a new jail on the current site of the courthouse parking lot (and utilizing the old jail), pushing the commissioners to "do it right" and build a new structure from scratch.

"Joey is comfortable with doing it this way, knocking down the old jail and building so that we have all the cells together in

the new jail," Cox said.

At the July 31 commissioners' court, Cox said consultant James Parkey had described the proposal to build around the old jail as "like building around a cow patty," and reported that Parkey said razing the old building and starting over probably wouldn't cost any more.

West Nile virus detected in Haskell County horse

SPECIAL TO THE JOURNAL

A horse in Haskell County, 50 miles north of Abilene, tested positive for the West Nile virus Wednesday — the most western case in Texas so far.

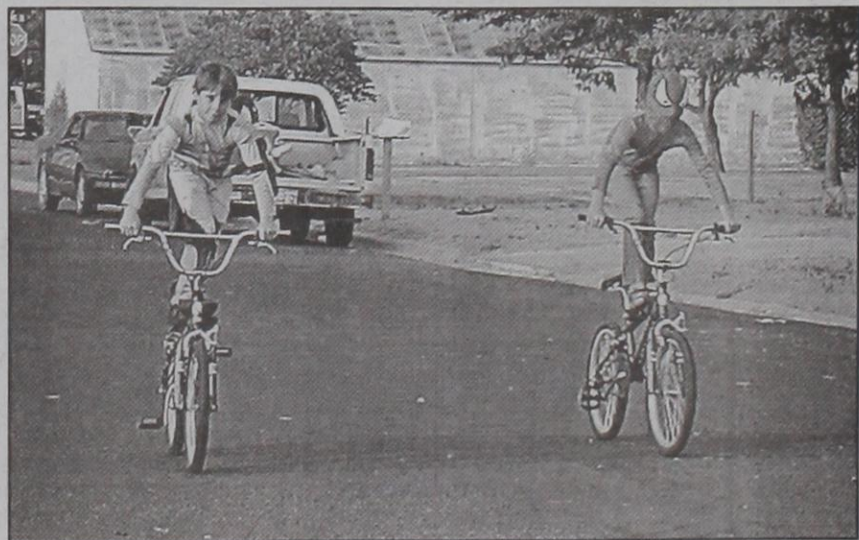
Authorities have said it is only a matter of time until the virus — known in America for three years — enters the South Plains.

Horses are especially susceptible (the Haskell County case was the 21st horse known to be infected in Texas), but it also affects people. Seven people had

died in Louisiana from the disease, which only shows up as flu-like symptoms in most people.

"We're continuing to urge owners to have their horses, donkeys, mules and other equids vaccinated against this form of 'sleeping sickness,'" said Linda Logan, Texas' state veterinarian and head of the Texas Animal Health Commission.

Muleshoe veterinarian Barry Cowart has said the vaccine is available locally for \$15 per dose.



Journal photo: Beatrice Morin

Superheroes on the streets

Anyone driving in Muleshoe on Wednesday may have thought they were seeing some of the nation's favorite superheroes on the streets — and maybe they were. Wolverine (left) from The X-Men (otherwise known as 8-year-old Robby Gregory) and Spiderman (otherwise Robby's older brother, 9-year-old Tyler Gregory) were out stunt-riding.

AROUND MULESHOE

Bailey County Cemetery meeting set

The annual meeting of the Bailey County Cemetery Association has been scheduled for 10 a.m. Aug. 17 in the Bailey County Coliseum's west meeting room.

The public is invited, especially anyone who owns property at the cemetery or has loved ones buried there.

Officers will report on operations at the cemetery, and three new directors will be elected.

Meeting held on Three Way center

A pot-luck dinner and meeting to discuss the Three Way Community Center was scheduled for 7 p.m. Saturday at the center.

In addition to a dish to share with others, residents were asked to bring their ideas about what activities the center should offer and where the operating funds will come from.

The meeting was not announced in time for Thursday's paper.

No 'Storytime' for next two weeks

Children's Saturday "Storytime" at Muleshoe Area Public Library will not be held Aug. 17 and Aug. 24, library director Dyan Shipley said Friday.

Regular times will resume at 10:30 a.m. to 11:30 a.m. for young children and 1 p.m. to 1:45 p.m. for elementary children.

Correction

Paula Foley, newly appointed election judge for voting box 3, was misidentified as a Republican on page 1 of Thursday's *Journal*. The information was obtained from the county.

The *Journal* regrets the error.

School news

Parents and others interested in activities in the Muleshoe Independent School District can learn about changes in the current week's activities by calling 272-7669. The information line is also updated for changes in the school schedule due to bad weather.

Public calendar

Aug. 12 — 10 a.m. Bailey County Commissioners' Court, in the commission room at the courthouse.

Also on Aug. 12 — 6 p.m. to 7 p.m. Meeting for potential Girl Scout leaders at 815 W. Second.

Aug. 12-13 — Registration of Watson Junior High students. Hours on Aug. 12: 9 a.m. to 11 a.m. and 1 p.m. to 3 p.m. Hours on Aug. 13: 9 a.m. to 11 a.m., 1 p.m. to 3 p.m. and 5 p.m. to 7 p.m. Students new to the district may register through Aug. 9 from 8 a.m. to 11 a.m. and 1 p.m. to 3 p.m. Information: 272-7349.

Aug. 13 — 10 a.m. in the Anne Camp Meeting Room, Muleshoe Area Public Library. Community-wide Health

Fair Planning Committee, for everyone interested in assisting with the event.

Aug. 15 — Deadline to enter the "Just Us" softball tournament, scheduled for Aug. 17-18 in Littlefield. Entry fee \$150 per team for men's C and D, \$125 for women's recreational. Trophies and T-shirts for first and second, T-shirts for third. Information: Rudy, 385-3805 or 891-5337; Dawn, 385-5757 or 781-8346.

Also an open horseshoe tournament Aug. 18. Information: Othana, 385-5736.

Fajitas, menudo, nachos, hot dogs and breakfast burritos served all day.

Also on Aug. 15 — 6 p.m. to 7 p.m. Back-to-School Night at DeShazo Elementary School.

Aug. 15-16 — Lazbuddie school registration, pre-kindergarten through 12th grade. Hours on Aug. 15-16: 6 p.m. to 8 p.m. Hours on Aug. 16: 9:30 a.m. to 3 p.m. Parent must come with the child in order to complete registration.

Aug. 16 — 8 a.m. to 11 a.m. and 1 p.m. to 3 p.m. New student registration at Dillman Elementary School.

Aug. 18 — 4 p.m. to 7 p.m. at Eastside City Park. Community-wide Health Fair. Area agencies and organizations will have screening and educational booths; all services will be free.

Aug. 19 — 5:30 p.m. to 6:30 p.m. Back-to-School Night at Dillman Elementary School.

Aug. 23 — Breast-cancer screening clinic at Muleshoe Area Medical Center, if enough people sign up. Appointments only; (800) 377-4673.

FOOTBALL

from page 1

for the coming season.

"The level of play has really picked up during two-a-days, and the kids have really impressed the new coaches with their work ethic.

"Today (Friday) was our first day in pads, and it was great," Wood continued. "A lot of excitement, a lot of enthusiasm, different faces, different names — but the same brand of Muleshoe football. '26 Hammer, here we come!'"

The Mules' first scrimmage is at 10 a.m. Aug. 17 at home against the New Deal Lions.

Elsewhere in the coach-

ing lineup, Ramirez also will serve as head baseball coach, Lassiter will coach freshman boys' basketball and be assistant track coach, and Jay will coach freshman girls' basketball and be head girls' track coach.

Carey Sudduth will coach girls' cross country and junior varsity basketball, plus assist with baseball; Linda Pshigoda and Amy Carlyle are in charge of the junior high girls' programs, and Doug Rhodes from Health South will be the new trainer.

Annual Meeting of MULESHOE MEMORIAL PARK CEMETERY, INC.

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LETTER TO EDITOR

Lady Mules and parents,

I want to say I appreciate you for letting me be part of your lives. I appreciate every parent who let me coach their daughter.

I will always have a special place in my heart for the Lady Mules. Your and your parents made me feel I was part of your family.

I realize I left a great school and program. Sometimes a person has to move on because of other things; my thing was getting married July 12. John T. Basinger and myself tied the knot; because of his job, I had to move on.

I will treasure the friends I made in Muleshoe. Thank you for letting me be part of a great school, great basketball program and great community.

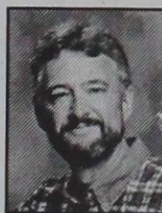
Goodbye, friends. I'll miss you.

KATHY GRISSOM BASINGER
Slaton

Some Words Are Tested More Than Others

If you know me, you know I love seafood. I've derived a great deal of pleasure from a lifelong search: I'm looking for a type of seafood I don't like. So far, I've not found it, but as they say, the joy is in the journey, and the search has been delicious, delectable, and deeply satisfying. Even seeing seafood, be it cooked or still swimming, brings me pleasure.

But as much as I like seafood, I don't think I'd have wanted the "up close and per-



Focus On Faith
Curtis Shelburne

sonal" view to which some tourists in New Orleans recently were "treated."

According to the Associated Press story, the tourists in question, ten visitors (including four children) to the Aquarium of the Americas, were standing on a catwalk viewing the 24 or so fishy residents of the aquarium's shark tank. Some of the sharks, nurse sharks and tiger sharks, were as large as 10 feet long.

Reportedly, the aquarium's Web site "warns visitors: 'You'll be glad you're on the outside looking in.'" But suddenly the visitors were on the inside looking out when the catwalk on which they were standing collapsed into the water!

As the AP described the scene, when the catwalk "buckled, the group was thrown into the 20-foot-deep, 400,000-gallon tank along with a 38-foot section of the platform."

Now what?

Well, the visitors had a problem. The water level was about three feet below the top of the sides of the tank, the glass walls of the tank were more than a little slick, and 10 visitors found themselves trespassing in territory occupied by 24 sharks. A mock oil platform was set up in the center of the tank and lots of the fearful folks treading water quickly gave up on climbing up the sides of the tank and instead decided the time was right for oil exploration. They clung to the platform and tried to hold the small children up above the water. About fifteen minutes later, the last visitor was pulled out, presumably by aquarium staff who'd had little practice fishing people out of their shark tank. Not everyone is excited about that kind of swim!

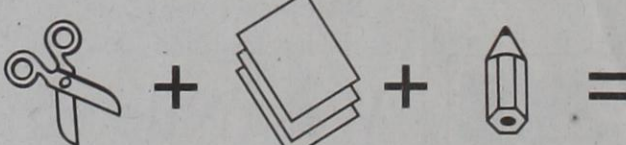
Later, 21-year-old Allison Rooney, one of the visitors, told CNN that not two seconds after "a man was telling us that if anybody ever fell into the water, that the sharks are well-fed and that they would scatter"—well, that was precisely when the "whole thing just collapsed."

Some words get tested more than others. They may seem academic until you find yourself treading water and your life depends upon their truth.

That shark tank expert was right. All of the sharks scattered except one who cruised around a bit under the scared swimmers. I guess he was either hungrier than the rest or just had a better sense of humor.

I do know this: You can trust the words of Christ. His promises have been tested, and you can count on them—wet, dry, or otherwise!

Curtis Shelburne is minister of the 16th & D Church of Christ in Muleshoe.



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District announces school-bus routes

Muleshoe Independent School District rural bus routes will remain the same as last year.

Families new to the area should call Richard Hawkins at 272-7329 to arrange for student transportation on a route.

In-town bus routes for the coming school year have changed slightly and will stop only at the designated stops. Students will ride the same bus to and from school each day.

Questions about specific stops may be addressed to Hawkins at the above number. Regulations and policy can be answered by the assistant superintendent, Don Wood, at 272-4706.

Stops are as follows:

- Bus No. 1 — 301 E. Sixth; Housing Authority

Apartments; East Sixth and Avenue F, DeShazo, Dillman and high school/Watson.

- Bus No. 2 — East Sixth and Avenue F; East Sixth Housing Authority Apartments; East Fifth and Avenue D; DeShazo, Dillman, and high school/Watson.

- Bus No. 3 — Friona Highway.

- Bus No. 5 — East Fourth and Avenue F; Dillman and high school/Watson. (All students who get off at DeShazo ride bus 5.)

- Bus No. 6 — West Birch and Chicago; Muleshoe Cotton Compress; West Date and Boston; and West Cedar and Dallas.

- Bus No. 7 — West Avenue J and Eighth; West Avenue I and South First;

West Third and Avenue G; East Fourth and Avenue D; East Fourth and Avenue B; DeShazo, West 10th and Avenue D; West 14th and Avenue D; West 18th & Ave. D, Dillman, DeShazo, high school/Watson. (Some a.m. kids ride bus No. 14 in the afternoon.)

- Bus No. 9 — East Austin and East Cedar; East Austin and East Elm.

- Bus No. 10 — Behind the Ranch House.

- Bus No. 12 — 18th and Avenue B; East Hickory (across from Roger Miller Park); East Birch and East Fir (next to the church); East Gum (between Ithaca and Joliet); 10th and Avenue C; 14th and Avenue C; Dillman; 14th and Avenue C eastbound; 10th and Avenue C eastbound;

DeShazo; high school/Watson.

(Some a.m. Avenue C kids ride bus No. 14 in the afternoon.)

- Bus No. 13 — Behind the Carrousel; Reno and Ash; Quincy and Railroad Avenue; Pasadena (middle of the street).

- Bus No. 14 (p.m. only) — West 10th and Avenue D; West 14th and Avenue D; West 18th and Avenue D; Dillman; West 18th and Avenue C; West 14th and Avenue C; West 10th and Avenue C. All DeShazo students going to Dillman or in the area of Dillman and West Avenue C also ride bus No. 14

- Bus No. 27 — Behind the Dinner Bell.

- Kinder Korner — West Ninth and Avenue G.

OBITUARIES

DONALD LEE BURDEN

Services were held Aug. 2 at Green Funeral Home Chapel in Mangum, Okla., for Donald Lee "John" Burden, 65, of Winnsboro, Texas. Adrian Marshall officiated. Burial was in Riverside Cemetery in Mangum, with military honors extended by a U.S. Navy chaplain.

Mr. Burden was born Sept. 4, 1936, at Vinson, Okla. He died July 30 at home.

He served as a machinist in the U.S. Navy during the Vietnam War, eventually retiring from the Navy.

Mr. Burden is survived by two daughters and a son-in-law, Elizabeth Anderson of Houston and Wendy and Jimmy Rummerfield of Muskogee, Okla.; two brothers and a sister-in-law, Dale Burden of Muleshoe and Bobby Joe and Sandy Burden of Cooper, Texas; two sisters and two brothers-in-

law, Mary Ruth and Pete Lausten of Lakeport, Calif., and Pauline and Roy Mitchell of Quanah, Texas; and one granddaughter, Rebekah Anderson.

He was preceded in death by a brother and two sisters.

GORDON WILSON

Services were held Aug. 2 at the Muleshoe Church of Christ for Godron Wilson, 65, of Muleshoe. His son-in-law, Val Durrington, and Harry Riggs officiated. Burial was in Muleshoe Memorial Park.

Ellis Funeral Home handled arrangements.

Mr. Wilson was born July 20, 1937, in Crowell, Texas. He died Wednesday at home.

He had been a resident of Bailey County since 1943 and was a 1955 graduate of Muleshoe High School.

He married Marilyn Mitchell on Dec. 26,

1959, in Lubbock.

He had been the owner of Wilson Appliance since 1967. He also had worked in the Muleshoe Post Office for eight years.



Wilson

He was named the Muleshoe Chamber of Commerce's man of the year in 1985 and was a chamber director from 1973 to 1975. Her served on the Muleshoe School Board from 1982 to 1988, and was president of the local Lions Club in 1980, 81.

He was a member of the National Guard and the Muleshoe Church of Christ, where he became a deacon in 1976 and an elder in 1998.

Mr. Wilson is survived by his wife; a son and daughter-in-law, Danny and Susan Wilson of Levelland; two daughters and a son-in-law, Kim Cox of Muleshoe and Kendra and Val

Durrington of Abilene; his mother, Gladys Wilson of Muleshoe; five sisters, Marieta Thomas of Morton, Nelda Jo Teter of Lubbock, Jan Furr of Amarillo and Dianne Brown and Cathy Wilson, both of Muleshoe; three brothers, Stanley Wilson of Muleshoe, Roger Wilson of Hettinger, S.D., and Mickey Wilson of Amarillo; and eight grandchildren, D'Nae Wilson, Danielle Wilson, Jeffrey Cox, Taylor Cox, Caleb Cox, Connor Durrington, Michal Kate Durrington and Addie Durrington.

He was preceded in death by the father, Bay Wilson, and a brother, Neal Wilson.

The family suggests memorials to Meals on Wheels (300 S. First, Muleshoe 79347) or Hospice of Dimmitt (213 W. Etter St., Dimmitt 79027).

Mr. Wilson's age was stated incorrectly in the Aug. 4 Journal.

TODAY'S RECIPE

MEDITERRANEAN-STYLE TUNA SANDWICH

2 (6-oz.) cans white albacore tuna, drained and flaked with a fork

Half a medium red onion, minced

1 tsp. grated zest and 1 1/2 Tbsp. juice from a lemon

1/4 cup oil-packed sundried tomatoes, diced

2 Tbsp. drained capers

6 Tbsp. extra-virgin olive oil

Salt and black pepper, to taste

1 loaf (10-oz., 16-inch length) soft white Italian bread

3 boiled eggs, sliced

Mix the tuna, lemon zest and juice, tomatoes, capers, olive oil, salt and pepper in a medium bowl; set aside.

Halve the bread lengthwise and hollow out each half by pinching a crumb, about 1 inch deep, from each half — leaving about a half-inch border of crumb.

Spoon the tuna salad on the

bottom half.

Arrange egg slices over the tuna and top with the other half of the bread, pressing to close.

Can be held at room temperature for three to four hours (wrap tightly in plastic wrap).

Cut into six portions and serve.

Calories per serving: 351.

(Reprinted from *USA Weekend*)



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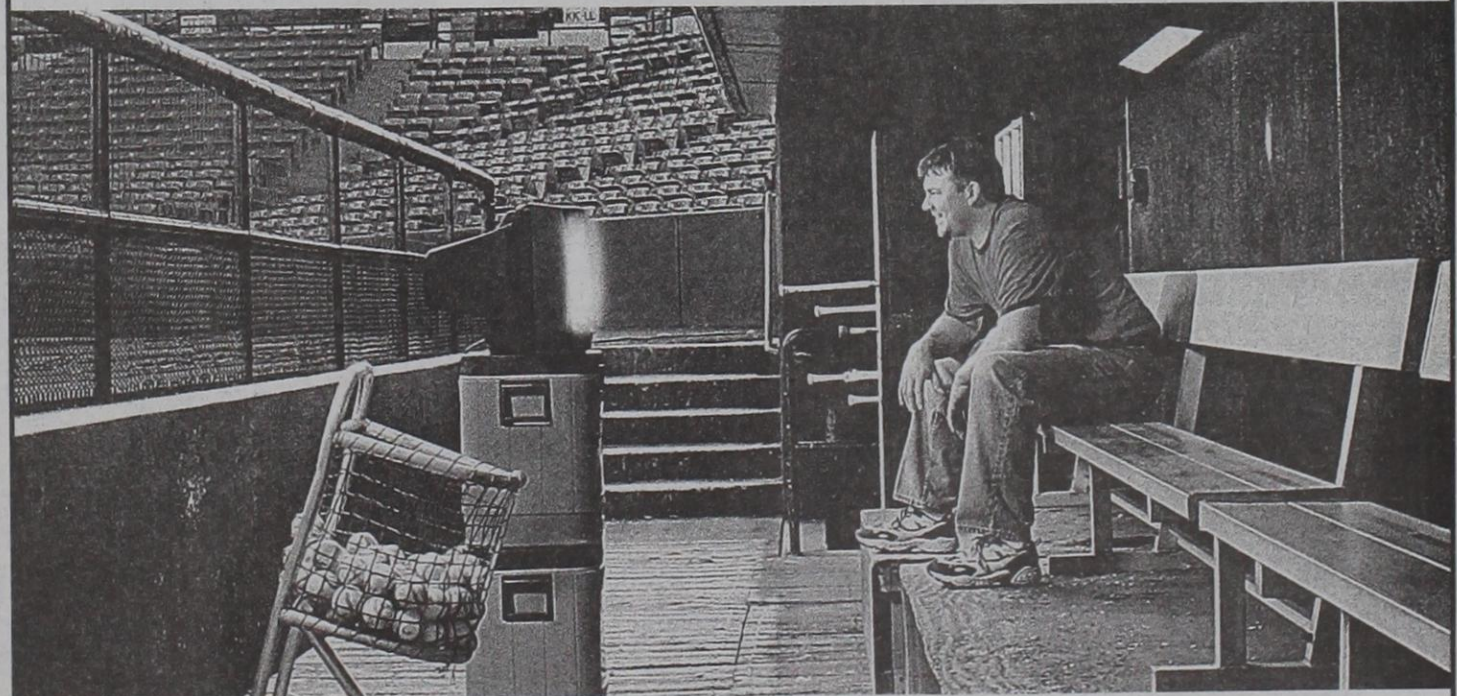
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315

Facts About The BIBLE BY JOHN LEHTI

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A BRIDE FOR ISAAC

ABRAHAM HAS TOLD HIS STEWARD, ELIEZER TO GO TO THE LAND OF ABRAHAM'S BIRTH AND BRING BACK A YOUNG MAIDEN TO BECOME THE WIFE OF HIS SON, ISAAC, NOW...

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Attending science workshop

Four Watson Junior High teachers take a break during the Studies in Conservation of Natural Resources Teacher's Workshop, held June 11-13 in Lyndon B. Johnson State Park at Stonewall, Texas. They are (from left) Tracy Pyle (sixth-grade science), Hollye Hooten (seventh-grade science), Sandi Chitwood (eighth-grade science) and Diana Harrison (sixth-grade English). Fifty-two teachers attended the workshop, which covered ecosystem concepts, the water cycle, livestock conservation management, Texas soils, rainfall simulator run-off erosion and evapotranspiration experiments. The teachers received 16 hours of continuing-education credit.

South Plains' fall registration begins Aug. 21

SPECIAL TO THE JOURNAL
South Plains College, beginning its 45th year of providing the first two years of higher education for the citizens of West Texas and beyond, has scheduled fall registration for Aug. 21-22. Enrollment for classes at the Levelland campus is scheduled for 8:30 a.m. to 11:30 a.m. and 1:30 p.m. to 6 p.m. Aug. 21 beginning in the Administration Building. Registration permits for Levelland are available by calling (806) 894-9611, ext.

2570 or 2375. Sign-up at the Reese Center campus, West Fourth and Quitsna Avenue in Lubbock is scheduled for 8:30 a.m. to 11:30 a.m. and 1:30-7 p.m. Aug. 22. Registration begins in the SPC Reese Building 1, Administrative Offices. Registration permits for Reese are available by calling (806) 885-3048, ext. 2902 or 4460. Classes begin Aug. 26, with late registration scheduled for Aug. 26-30. A \$15 late fee and \$5 add/

drop fee will be charged. South Plains offers freshman- and sophomore-level academic courses that are transferable to universities toward a baccalaureate degree, plus technical courses that provide skills and training necessary for

entry into the workforce. In addition to on-site classes, Internet classes will be offered in 15 fields. A complete listing can be accessed on-line at www.southplainscollege.edu. Details are available at (806) 894-9611, ext. 2374.

HOSPITAL NEWS

Muleshoe Area Medical Center reports the following patient load:
Aug. 1 — Lillian Hamilton, Florene Mills and Berta Teague.
Aug. 2 — Earl Finley, Lillian Hamilton, Florene Mills and Berta Teague.
Aug. 3 — None reported.
Aug. 4 — None reported.
Aug. 5 — Earl Finley, Lillian Hamilton, Martha Lazaro, Irma Mendoza, Marin Mendoza, Florene Mills, Gertrude Shipp, Berta Teague and John Vaughn.
Aug. 6 — Kelly Clark, Matthew Clark, Earl Finley, Lillian Hamilton, Debbie Lovelady, Irma Mendoza, Gertrude Shipp, Enrique Toscano and John Vaughn.
Aug. 7 — Kelly Clark, Matthew Clark, Ronnie N. Davis Sr., Earl Finley, Lillian Hamilton, Gertrude Shipp and John Vaughn.

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HOROSCOPES

AUGUST 11-17

For entertainment purposes only

LEO — July 23/August 23

Be subtle when resolving a problem midweek, Leo. There's no point for crude behavior, and that will only attract unsavory individuals. Keep a low profile on the weekend.

VIRGO — Aug 24/Sept 22

Exercise is the perfect form of meditation this week, Virgo. When you're feeling down in the dumps head out for a brisk walk or take a trip over to the gym.

LIBRA — Sept 23/Oct 23

The choice is yours when an important issue pops up. This scares you because if things don't go as planned, you only have yourself to blame. Concentrate on friendships.

SCORPIO — Oct 24/Nov 22

Wherever you go this week you're bound to be at the center of something unpredictable, Scorpio. If this is what you're looking for, great. If not, stick close to home.

SAGITTARIUS — Nov 23/Dec 21

Your fly-by-night friends are clearing for takeoff. Don't feel let down by these superficial relationships. Concentrate on developing new and sincere friendships and you will be rewarded with a new life outlook.

CAPRICORN — Dec 22/Jan 20

This week you are having too much fun to rest. All of this excitement might go to your head, so make sure you plan for some recuperation time next week. Children are a main component.

AQUARIUS — Jan 21/Feb 18

Extravagance is out of the question this week, Aquarius. You will only create a nasty downward spiral if you continue to be so careless. Plan for the future — it's more important.

PISCES — Feb 19/March 20

There's no further need for caution and secrecy. It's high time you made your big announcement. Others will applaud in your honor and truly be happy for your success.

ARIES — March 21/April 20

You're normally a hothead, Aries, but this week you have all the patience in the world — especially where romance is concerned. Concentrate on that special someone.

TAURUS — April 21/May 21

Romance and good intentions await you at every turn in the road this week, Taurus. It seems that Cancer could be a positive love match. Pamper yourself in preparation.

GEMINI — May 22/June 21

This may be a good time to have your vision checked, Gemini. Poor eyesight may be the reason you've been feeling off-balanced lately. Take some time for relaxation on Tuesday.

CANCER — June 22/July 22

Make peace with a familiar place, Cancer. You're bound to be spending more time there than you imagined. Friends come to your rescue on Wednesday when you could use a break.

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Journal photo: Beatrice Morin

Helping a charity

Kay Graves (left) of Muleshoe's Rainbow Room shakes with Pamela Counterman of the Muleshoe Roadriders after the group donated \$200 to the agency, which helps teens in need.

Controlling blood pressure can fight disease

SPECIAL TO THE JOURNAL COLLEGE STATION

— High blood pressure has been called the "silent killer," not because it is deadly in and of itself, but because it can be the underlying cause of serious conditions such as heart attacks, strokes, kidney failure and dementia.

The good news is high blood pressure can be controlled — and through that control, some serious medical conditions can be prevented.

Blood pressure can be loosely defined as the amount of force of blood against artery walls as it is pumped through the body, according to Dr. Carol Rice, Texas Cooperative Extension health education specialist, and Janet Pollard, Extension health associate.

Normally, the human heart beats between 60 and 80 beats per minute, they said. Although the pressure rises and falls throughout the day, when the rate rises and stays that way over a period of time, that's high blood pressure.

According to information from the American Heart Association, although high blood pressure can be found in children or adults, it is most often found in people older than 35.

It is found especially often in African-Americans, the middle-aged and/or elderly of all races, those

who are obese, heavy drinkers, heavy tobacco users and women taking birth-control pills.

People with diabetes mellitus, gout and kidney disease are also frequently diagnosed with high blood pressure.

A recent study published in the *Journal of the American Heart Association* stated that high blood pressure also is more often found among those living in the South than in other parts of the country.

The only way to diagnose high blood pressure is to get regular blood-pressure checks, Pollard said. This relatively painless procedure involves a medical professional using a stethoscope and a sphygmomanometer.

A rubber cuff is wrapped around the upper arm and inflated; as the air is released, the medical professional uses the stethoscope to listen to the blood flow in the arm.

Blood-pressure readings come in two numbers, said Rice: Systolic blood pressure is the top number; diastolic is the bottom.

For adults age 18 and older, normal systolic readings are 130 or less, normal diastolic are 85 or less — or 130 over 85.

"A single reading of high blood pressure does not mean you will be classified

is a sign that you may need sure," Pollard said, "but it is a sign that you may need to watch your blood pressure carefully. High blood pressure is typically classified after two or more high readings."

Those who are diagnosed with high blood pressure can take steps to control the condition, Rice said.

"The first step in both preventing and controlling high blood pressure is to modify your lifestyle."

This includes:

- Maintaining a healthy weight. If weight loss is prescribed, do it gradually — one-half to two pounds per week.

- Increasing exercise and other physical activities. At least 30 minutes of moderate exercise per day, five or more days a week is recommended.

- Eating a healthy diet. The Dietary Approaches to Stop Hypertension is recommended. This eating plan is low in saturated fat, cholesterol and total fat. For more information, visit the Web site at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>

- Limiting alcohol intake. Too much alcohol can raise blood pressure even in healthy individuals. It also can damage the brain, heart and liver, not to mention

Sewing classes are Monday in Amarillo

SPECIAL TO THE JOURNAL

AMARILLO — "Sew American," this year's Sew Fair theme, will cover an array of creative ideas and demonstrations featuring a variety of textiles, some very red, white and blue.

The Aug. 12 event will be at the Texas A&M Research and Extension Center, 6500 Amarillo Blvd. West.

The public is invited to either afternoon or evening sessions, or both, said Cheryl Brewer, Extension family and consumer science agent.

Registration will begin at 1 p.m. and 6 p.m., respectively, at a cost of \$5 per program or

\$7.50 for both.

The afternoon will include making chenille, machine embroidery, a "Christmas in August" trunk show, and a "no sew" afghan technique.

"Participants are also en-

couraged to bring skeins of embroidery floss," she said.

For every five skeins contributed, a ticket will be placed in a drawing.

The thread will be donated to Third World countries.

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BIRTH

ALEXANDER

Sonya and Matt Alexander of Rockford, Ill., are the parents of a boy, Caleb Clayton Alexander, born at 3:50 p.m. July 25.

He weighed 8 pounds, 14 3/4 ounces, and was 21 inches long.

Grandparents are David and Kay Gray of Muleshoe, Dennis and Margie Smith of Walling, Tenn., and Jimmy and Vickie Alexander of Roscoe, Ill.

Great-grandparents are Mr. and Mrs. W. B. Kittrell and Mr. Mrs. Tip McNeil, all of Muleshoe, and Mickey and Elva Alexander of Alamosa, Colo.

Great-great-grandmothers are Opal Foster of Muleshoe and Grace Plyler of Park View Healthcare Center in Muleshoe.

The family of Randy Marlow would like to thank each of you who called, sent a card, food or one of the many, many flower arrangements and those who offered up prayers on our behalf! It is truly wonderful to live in such a kind and loving community. We are so very blessed. We also thank those who have offered to help on our farm. We could never get through this very difficult time without all the wonderful love and support we have received. We pray God will Bless each and every one of you! Once again, our family thanks you!

THE FAMILY OF JIM NOBLE would like to express our gratitude and thanks to all our friends and family both near and far away who have offered us support during our time of such great loss. It is difficult to find the "right" words to express how one feels at a time such as this. Our family would like to say "thank you" and give each of you a big hug for all you have done for us. Each one has expressed their love and sorrow in their own way, and we want you all to know how much everything has meant to us. Jim will always live in our hearts and yours. Again, thank you for everything you've done. May God richly bless each and every one, and keep you safe and in good health. We love you all. Keep us in your prayers.

Bettye Noble
Danny & Diane and family
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Thank you Muleshoe for the support you have given us this first month open. We appreciate all the people who have stopped in to introduce themselves, try our food or to simply wish us well. We hope that you have enjoyed our food as much as we have enjoyed serving you. You have a wonderful community that we are proud to call home. Thanks again and God Bless.

—Mark & Jenna Jacoby

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ENGAGEMENT



COX-HOOD

Ray and Keta Cox of Muleshoe and Tommy Hood of Odessa announce the approaching marriage of their children, Kaycie Lauren Cox and Joshua Cody Hood. The bride-elect is a 1998 graduate of Muleshoe High School and attended the University of Texas-Permian Basin and Odessa College. She is employed in Medical Center Hospital's physical therapy department. The prospective groom is a 1998 graduate of Odessa Permian High School and attended Odessa College. He is employed by Sprint USA. The wedding is scheduled for 10 a.m. Aug. 15 at Negril, Jamaica. A reception is set for Aug. 31 at the First Baptist Church of Midland, Texas. The prospective groom also is the son of the late Kay Hood of Odessa.

New food-safety system to be tested

SPECIAL TO THE JOURNAL COLLEGE STATION

The Texas Agricultural Experiment Station and FoodHorizon have agreed to test a new food-processing safety system called SENTRY9000, which will involve testing, research and teaching activities within Texas A&M University's Rosenthal Meat Science and Technology Center.

The food-safety system, which is a remote computer system using both hardware and software applications, can monitor various food-safety programs for processing plants.

"It has the potential to be used in all types of meat-processing plants," said Dr. Jeff Savell, professor of animal science at Texas A&M. "With this type of system, there's the potential to have real-time monitoring instead of the paper-based systems that are currently in use."

The Texas A&M department of animal science's faculty and students will participate in the research efforts and activities. Savell said the system could be linked to handheld computer devices used to track meat products distributed through processing plants.

"Right now, if you think of what's going on in food safety at processing plants, you have to open up a notebook. In theory, under this proposed type of system, you can go into a computer and look at it. It wouldn't have to be at the point of operation."

FoodHorizon provides executive information and performance support systems for the food manufacturing industry and is a wholly owned division of

True Blue Sky Inc., headquartered in Savannah, Ga., with technology development offices in College Station.

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Wedding Reminder
 Friends & family are invited to the wedding of
Miriam Chadwell & Heath Brown
 on Sunday, August 18 at 2:00 p.m.
 at the Lazbuddie Church of Christ

NURSING HOME NEWS

Oscar and Angie Castillo of Templo La Hermosa in Earth directed a memorial service for Louisa Gonzales on Thursday morning.

Harold and Avis Carpenter entertained Friday afternoon with a session of "Name That Tune," a time of remembrance for the residents.

Members of the First United Methodist Church directed a Communion service Sunday morning, and members of Calvary Baptist Church came for church services that afternoon. Each Sunday, members of the Muleshoe Church of Christ direct Communion and Buster Kittrell teaches a Bible study (23 people attended).

Grace Plyler and Johnny King celebrated their birthdays on Aug. 7.

Muriel Lewis' daughter and son-in-law, Ellen and Terry Brink from Oklahoma, visited her over the weekend. Her son, Ronald Lewis, and daughter, Patricia Wilson, also visited.

Cody Favor directed a devotional service Wednesday in conjunction with the singspiration directed by

Buster Kittrell, Loyce Killingsworth and Jim Claunch.

Beverly Wagnon, Mary Jo Burge, Pat Watson and the activities department staff shampooed and set 23 women's hair in the beauty shop Tuesday. Norma Eaves did nail care and brought cantaloupe.

Jackie Scoggins and Janis Cowley directed the sing-along Wednesday afternoon. Special guests were Julie and Landon Davis, Barbara Beversdorf of New Braunfels, Charlotte Campbell, Carol and

Mollie Davis and others visited Ronnie Davis recently.

Marylou and Monica Muñoz, Maria and Ashley Franco, Martha and Sasha Quizada visited Andy Hernández on Friday.

Opal Hargrove visited Opal Foster on Saturday.

Val and Kendra Durrington of Abilene and Kim Cox visited Gladys Wilson and George and Clydetta Mitchell on Saturday. Also visiting Wilson was Joella Flowers.

Maude Young was visited Sunday by Violet and

Louise Dean.

Jan Pierce visited her dad, J.D. Kee, on Sunday.

Juanita Teague returned to Park View from the local hospital Monday. Melvin Young and Pat Young visited her that day.

Gene and Allene Harvey visited Monday with Alqa Odum, Mary Johnson and others.

Park View marked its six-month anniversary Aug. 6 with 63 residents.



Happy 60th Anniversary
James & Fern Warren
 8/9/1942 - 8/9/2002

James C. Warren moved to Bailey County from Hollis, OK in 1923 at the age of 3 months. Fern Smith moved to Bailey County from Clinton, OK in 1935 at the age of thirteen. James graduated from Muleshoe High School in 1941, and when the United States entered WWII, he and several other young men from Muleshoe went to California to work at Consolidated Aircraft building airplanes for the war. Fern graduated from Muleshoe High School in 1942, and James' parents, Neal and Birdie Warren, drove her out to LaMesa, CA where James and Fern were married on August 9, 1942.

James and Fern lived and worked in California for several months and then returned to Bailey County to farm. James joined the US Army from 1943-1946 and served 22 months in Japan. He was discharged in 1946 and returned to Bailey County where he has spent his entire life farming. Fern worked at First Bank of Muleshoe for 43 wonderful years!

The couple has three children: Linda Warren Weinstein and Richard Neal Warren, both of Muleshoe; and James C. Warren, Jr. of Smyer. They have four grandchildren: Rebecca Warren Reynolds and Russell Neal Warren, both of Muleshoe; Rhonda Diane Warren of San Angelo; and James C. Warren, III (Trey) of El Paso. James and Fern have one great granddaughter, Reagan Danielle Reynolds of Muleshoe.

James will be 80 years young on January 1, 2003. That's right! He's a New Year's baby! Fern will be 80 years young on December 19, 2002!

Congratulations and may God bless you always!

—Love,
 Your children, grandchildren, great granddaughter and many generations to come

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"The Gray Pages" is a business directory shamelessly named after the "Yellow Pages" and geared toward our readers and this area. The specific purpose of "The Gray Pages" is to create a lasting recognition of local products and services through repetition. In other words, we want our readers to automatically think of you and your business when they're ready to buy!

New people are moving into Bailey county every day and existing customers need a constant reminder that you're still here!

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"The Gray Pages" run on a weekly basis (Sunday edition). Each business is contracted for 26 weeks. It runs near (but separate from) the Classified section. We plan to continue to run "The Gray Pages" as a feature throughout the year.

For more details, please call our office at 272-4536.

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Individuals can recognize depression

SPECIAL TO THE JOURNAL

Recognizing the early signs of clinical depression is usually something that individuals have to do for themselves.

People are reluctant to confront others with the possibility that they may be experiencing a depression — even many physicians dealing with their patients may hesitate to say anything.

On the surface, it sounds innocent enough, a helpful suggestion, reaching out to someone to help him or her take that first step toward getting better.

But here's the risk: Saying "you could be depressed" frequently can be heard as "you're really weak" or "you're out of your mind."

Does this sound absurd? Maybe, but recent surveys still show that more than half the American population regards depression as a weakness of character or a serious mental illness.

The other reason people hesitate to call attention to depression is that the signs and symptoms are emotions and behaviors everyone experiences. To identify depression in another, a person first must be willing to admit to it in themselves.

An individual may be having trouble sleeping. They may be extremely sensitive and easily hurt. They may feel overwhelmed by worry and see no solutions to their predicaments. But before the physician can be comfortable in connecting these distresses together into the full picture of depression and pointing it out to the patient, the doctor has to be prepared to acknowledge

his or her own vulnerability.

This is one reason why someone who has been successfully treated for depression is in the strongest position to reach out to others, if he or she can put aside the stigma that still surrounds needing psychiatric therapy.

Recovered individuals have another important asset: When they say to an individual that they understand what that person is going through, they mean it. It's called empathy, the ability of one person to truly know what another is experiencing.

Whether empathy is found in a family member, a friend, a doctor or a counselor, it has a remarkable power to heal.

But for the moment, each individual is largely on their own. It's a little like a woman examining herself to be sure she doesn't have a suspicious lump that warrants investigation. It's like sitting in the waiting room and filling out the doctor's health questionnaire so the receptionist can scan it and identify trouble spots before the examination.

Fortunately, this self-appraisal is straightforward.

All it requires is a little self-discipline and a splash of honesty. Anyone who answers these questions with a YES should seriously consider talking with a primary-care physician, psychiatrist or mental-health professional to find out more.

• "Do you feel sad, down, dejected, dismayed?"

• "Have these blue feelings been hanging around for weeks or more?"

• "Are you having trouble

sleeping? Do you wake up early in the morning, feeling just awful and unable to get back to sleep?"

• "Has this insomnia been going on for more than a few weeks?"

• "Has your appetite been poor for a while and have you lost 10 or 15 pounds in a few weeks without even trying?"

• "Have you gained 15-20 pounds or more over the past weeks because you're the kind of person who eats anything in sight when you're unhappy?"

• "Has your sexual drive diminished, if it's there at all?"

• "Do you have a hard time concentrating?"

• "Do you have a hard time making decisions?"

• "Do you have a negative outlook?" (Here consider the whole range of pessimistic thoughts, from total hopelessness to the more subtle tendency to assume whatever is going to happen won't turn out right.)

• "Are you a little bit afraid most of the time? Or very afraid without apparent cause?"

• "Have your relationships with those around you, at home or work, deteriorated? Do you find yourself irritable, short-tempered, getting into arguments? Do you feel rejected?"

• "Have you begun to avoid social contacts? Have you

started to let your phone ring until the answering machine picks up the message, after which you do not return calls even to the best of friends?"

• "Do you put things off, including answering these questions?"

The more yesses, the more suspicious one should be about depression. This can be a good thing, not a bad thing, because it can be a way to head off more serious things — such as the wrecking of a life and the bringing of pain to loved ones.

Next stop: a doctor (who hopefully is up-to-date), a clergyman (who hopefully has the prerequisite knowledge and perspective), a very-well-recommended psychiatrist, or a very-well-recommended mental-health professional.

A final footnote: Depression isn't always subtle. It can hit some people like a 10-ton tank, leading them to be utterly hopeless, demoralized, considering suicide as a way out. It can also disguise itself in the form of physical complaints — a wide variety of symptoms like headaches, fatigue and intestinal upsets

(Frederic Flach, M.D., K.H.S., is a psychiatrist, author of *The Secret Strength of Depression* and several other books, and 1996 winner of the Maxine Mason Award from the National Alliance for the Mentally Ill.)

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Deadlines are 5 p.m. Monday and Thursday

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Page 9, August 11, 2002

LEGAL NOTICE

Notice is hereby given that the Muleshoe Country Club is now applying for a renewal of a private club registration permit. Located at 900 Country Club Road, Muleshoe, Texas 79347. Archie Sowder, president; Dave Engelking, vice-president; Laverne Winn, secretary. Published in the Muleshoe and Bailey County Journals August 11, 15 and 18, 2002.

AUCTIONS

ABSOLUTE AUCTION: THE WOODLANDS, TX. Premier Home 1-800-558-5464. J.P. King Auction Co., Texas Ltd. W. Scott Swenson, Broker #0425652; J. Craig King Auc. #6960.

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• Texas Workforce Center, 305 Phelps Street, Littlefield, 79339 ph806/385-5425
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- NICE 3-3-1 Brick, built-ins, tile floors, 2000+ sq. ft. area, fenced yd., patio, stone bldg., \$215K!!!
- NICE LOTS AVAILABLE, CALL FOR DETAILS!!!
- VERY NICE 3-2-1 Brick, Elec. Heat Pump, built-ins, nice carpet, 1680' lv. area, fenced yd., MORE!! \$60K!! RH-2

HIGHLAND AREA

- NICE 2-2-1+2 carport Home built-ins, FF, Cent. A&H, 1987' lv. area, corner lot, wkshp. MORE!! \$41,900!!!

IN CONTRACT

LENAU - COUNTRY CLUB AREA

- 3-2-1 carport Home, Brick, Cent. A&H, built-ins, FP, 1,880' Lv. area, fenced yd., MORE!! \$47.5K!!! L-1
- VERY NICE 2-1-1+1 Carport Brick Home, Cent. A&H, stove, nice, carpet, covered patio, fenced yd., MORE!! \$41,900!!!

HIGH SCHOOL AREA

- VERY NICE 3-1-1 Brick, Heat pump, DW, nice carpets, fenced yd., MORE!! \$37.5K!!! HS-1
- 3-2 Home, corner lot, fl. furn. heat, fenced yd. \$25K!! HS-10
- 3-1 Home, Fl. furnace, fans, storage & 2 apartments, corner lot!!! PRICE REDUCED!! \$30K HS-3
- NICE 3-2-2 carport, Home, Cent. A&H, built-ins, guest cottage, workshop, storage, MORE!! \$48K!! HS-4
- 2-1 Home, corner lot, stove, refrig., fans, workshop & storage, fenced yd.!! \$23.5K!! HS-8
- 3-1-1/2-2 carport Home, wall furn. heat, oven, cooktop, basement, shop/storage!! "AS IS"!! \$16K!! HS-6
- EARTH - 4-2-2 carport home, Heat Pump, fans, storage-workshop!! \$35K
- VERY NICE 2-2-2 carport Mobile Home, Cent. A&H, built-ins, utility, deck w/ hot tub, storage/workshop, fenced yd., MORE!! \$28,500!! HS-9

COMMERCIAL

- EXCELLENT BUSINESS LOCATION - Approximately 6,550 sq. ft. building, high traffic area!! \$115K!!!
- NICE six unit office complex, Cent. A&H, restroom facilities, and also has a nice one bedroom and two bedroom rental units. \$39.5K!!!
- HWY. 84-150' frontage, office, warehouse, truck dock, railroad spur access, with or without fuel storage tanks!! \$30K!!!
- GOOD INCOME PROPERTY - approx. 3490' bldg., paved parking, good net lease!! PRICED TO SELL!!
- VERY NICE 2300' bldg., Cent. A&H, 175' frontage on Hwy 84 & 70!! MUCH MORE!!
- 140'X100' tract on Hwy. 84 & 70, 1760' bldg., 1500' storage, 2400' cov. area, paved parking!! \$49.5K!!!
- RANCH HOUSE CLUB/RESTAURANT!! \$70K!!!
- Approximately 2,000' shop plus 450' office, cent. heat, evap. air, 250' x 100' tract on Hwy 84!! \$35K!!!

IN CONTRACT

- FIXER-UPPER - 3-2 Home on 3 acres close to town, det. garage/carport, shop, barns, MORE!! \$35K!!!
- EXCELLENT DAIRY LOCATION - 1120 ac., 7 circles, 20 wells, very nice 3-2-3 Home w/ basement, 40' x 60' barn w/ 30' x 40' shed, 3 mil. lb. grain facility, add. 3 bdrm. home, 2 mobile homes, on pavement convenient to Muleshoe, Clovis, Portales, & 5K head permit. Could be split if needed!!
- W. of SUDAN-NICE 3-3-2 Brick Home, 5 acre tract on Hwy. 298, Cent. Air & Heat, built-ins, large Quonset Barn, MORE!! \$95K!!!
- PRICE REDUCED - 108 acres or 7 acre tract on Hwy. 70, approx. 2100' office area, 16,900 commercial bldg. w/ loading dock, 3,400' warehouse, new well, 2,800' runway!!
- STEGALL AREA - GOOD 80 acre farm!! PRICE TO SELL!!

Advertising Pays! Call 272-4536



Lowe's Marketplace

401 W. American Blvd. Muleshoe, Texas 272-4585

WE RESERVE THE RIGHT TO LIMIT QUANTITIES IN TEXAS

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MEMBER STORE AT PARTICIPATING STORES



SPECIAL X-TRA SAVINGS PRICING GOOD THRU SEPT. 3, 2002

- 12 ct. Rolling-Pin Premium **GLAZED DONUTS**
- 13-15 oz. Quaker Select Group **BAGGED CEREAL**
- 20 oz. Loaf **FRONTIER BREAD**
- 6 pack, 12 oz. btls. **POWERADE DRINKS**
- 7 lb. **BAG OF ICE**
- 6 pack, 1/2 liter btls. **AQUAFINA WATER**
- 6 ct., 4 oz. Lucky Leaf **APPLE SAUCE**
- Pre-Priced \$1.99 Frito Lay® **SANDWICH CRACKERS**
- 5 lb. bag All Purpose **GOLD MEDAL FLOUR**
- 4 lb. bag C&H **PURE CANE SUGAR**
- 6.4 oz. tube **CREST TOOTHPASTE**
- Bounty Big Roll **PAPER TOWELS**
- Golden Hawaiian Fresh **PINEAPPLE**
- 2 lb. bag Dole **CLASSIC SALAD**
- 18 oz. bag Dole **CLASSIC COLE SLAW**



EACH WITH 1 REWARD COUPON
1 ITEM PER COUPON



- Sno-White **CAULIFLOWER**
- Large California **CANTALOUPE**
- 11-13 oz. Asstd. Grinds (Excl. Decaf) **HILLS BROS. COFFEE**
- 64 oz. ctn. Florida's Natural **ORANGE JUICE**
- 48 oz. tub **IMPERIAL SPREAD**
- 22 oz. pkg. Sara Lee Frozen **LAYER CAKES**

- 6 ct.-12 oz. Owens Snackwiches **SAUSAGE BISCUITS**
- 10 oz. pkg. **HEALTHY CHOICE SLICED MEATS**
- 4 Roll pkg. Charmin **BATH TISSUE**
- 50 oz. box SunLight Auto **DISHWASHING DETERGENT**
- Pre-Priced \$2.99 **XTRA DETERGENT**
- 96 oz. jug Original or Scented **CLOROX ULTRA BLEACH**
- Asstd. Oscar Mayer 16-19 oz. **MEGA LUNCHABLES**
- Asstd. 9 oz. pkg. **HOT OR LEAN POCKETS**
- Asstd. **KID'S LUNCH BOX**
- 8 ct. pkg. Crayola **WASHABLE MARKERS**
- Asstd. Sizes & Colors **BACKPACKS**
- Bic 10 pack **CRISTAL PENS**
- 150 Sheets College or Wide **MEAD NOTEBOOK PAPER**
- 120 pages Mead 3 Subject **SPIRAL NOTEBOOK**



ASSTD. OWENS BREAKFAST SAUSAGE
1 LB. ROLL



DEL MONTE FRUIT TO GO FRUIT CUPS
4 CT. 5 OZ.



JELL-O PUDDING OR GELATIN CUPS
6 CT. PKG.



ASSTD. JUICY JUICE DRINKS
10 CT., 6.4 OZ.

RED DELICIOUS APPLES
5 LB. BAG



ASSTD. BLUE BELL ICE CREAM
1/2 GALLON ROUND



ALL VARIETIES LOWE'S OR SHURFINE MILK
GALLON



Here's How It Works! Lowe's is giving you deep discounts on many of the items you purchase everyday! For each dollar you spend at Lowe's, we will give you a point. After 50 points (or \$50), you will receive a Lowe's X-tra Savings Reward Coupon. This coupon can then be redeemed for deep discounts on selected items. Each month, Lowe's will select from our most popular items in the store and deeply discount them for our X-tra Savings Reward Coupon holders. Present your coupon and receive incredible savings on selected items. X-tra Savings Reward Program • Each Dollar You Spend Is Worth ONE (1) Point • After you earn 50 points, you will receive a Lowe's X-tra Savings Reward Coupon • Use your Lowe's X-tra Savings Reward Coupon to get deep discounts on one of the selected items • Only ONE (1) item can be purchased with each Reward Coupon • Items will be changed monthly. THE X-TRA SAVINGS REWARD PROGRAM GOOD AT LOWE'S MULESHOE, CANYON AND TUCUMCARI STORES ONLY! Points are not transferable between stores. No substitutions please on X-tra Savings Reward Items. Only one item may be purchased at the special deep discount per Reward Coupon.

MEAT

- FLANKIN STYLE **BEEF RIBS** LB **\$2.49**
- BONELESS **BEEF SHORT RIBS** LB **\$1.99**
- BEEF BONELESS **ARM ROAST** LB **\$1.79**
- X-TRA SAVINGS PAK BONE-IN **COUNTRY STYLE PORK RIBS** LB **\$1.19**
- X-TRA SAVINGS PAK WHOLE SLAB **PORK SPARE RIBS** LB **\$1.99**
- PORK **BABY BACK RIBS** LB **\$3.99**
- ASSTD. VARIETIES ECKRICH FUN KIT **LUNCH MAKERS** ... 10.6-12.2 OZ. **2/\$3**
- PEYTON'S REG. OR POLISH **SMOKED SAUSAGE** 14 OZ. **99¢**
- PEYTON'S **BREAKFAST SAUSAGE** 1 LB. ROLL **99¢**
- PEYTON'S **MEAT BOLOGNA** ... 12 OZ. PKG **99¢**

- ASSTD. SINGLE SERVE **NABISCO COOKIES OR CRACKERS** 1-1.75 OZ. **2/78¢**
- REFRESHING 12 PACK **COKE, SPRITE, DR. PEPPER OR DASANI WATER** 12 OZ. **2/\$6**
- REFRESHING 6 PACK **COKE, SPRITE, OR DR. PEPPER**... 1/2 LITER BTLs. **2/\$5**

PRODUCE

- GARDEN FRESH **BROCCOLI** LBS **3/\$1**
- LARGE GREEN **BELL PEPPERS** **2/\$1**
- SUPER SELECT **CUCUMBERS** **2/\$1**
- FIRM, CRISP GREEN **CABBAGE** LBS **3/\$1**
- CELLO **CARROTS** 1 LB. PKGS **2/\$1**
- FRESH **WHITE ROSE POTATOES** LBS **2/\$1**
- OLATHE FRESH **SWEET CORN** EARS **3/\$1**
- GREENER SELECTION **DOLE SALAD** 12 OZ. PKGS **2/\$3**
- TANGY **GRAPEFRUIT** 5 LB. BAGS **2/\$3**
- SWEET AND JUICY **ORANGES** 4 LB. BAGS **2/\$3**
- RED DELICIOUS **APPLES** 3 LB. BAGS **2/\$3**
- RED RIPE CALIFORNIA **STRAWBERRIES** **2/\$3**
- SWEET AND JUICY LARGE **CANTALOUPE** **2/\$3**
- TANGY AND JUICY **LIMES** **12/\$1**

WEEKLY PRICES EFFECTIVE AUG. 7-13, 2002

FROZEN & DAIRY

- ASSTD. HUNT'S **PUDDING OR JUICY GELS SNACK PACKS** 4 PACK **99¢**
- ASSTD. SUNNY DELIGHT **CITRUS PUNCH** 64 OZ. **97¢**
- ASSTD. TONY'S ITALIAN PASTRY CRUST **PIZZA** 13-18 OZ. **2/\$5**
- BREAST TENDERS AND CHICKEN **NUGGETS OR PATTIES BANQUET CHICKEN** **2/\$6**
- BANQUET MOZZARELLA **CHEESE NUGGETS** **2/\$6**
- ASSTD. BANQUET **POT PIES** 7 OZ. PKGS **2/\$1**
- NEW YORK **GARLIC BREAD STICKS** 10.5 OZ. PKGS **2/\$4**
- SELECT GROUP KRAFT **CHUNK CHEESE** ... 8 OZ. PKGS **2/\$4**
- ASSTD. PILLSBURY **GRANDS! BISCUITS** 16.3-17.3 OZ. CANS **2/\$3**
- ASSTD. BETTY CROCKER **CAKE MIXES** 18-18.25 OZ. **99¢**
- Q AND Q **VERMICELLI** 5 OZ. PKGS **4/\$1**
- ASSTD. NABISCO SINGLE SERVE **NABISCO COOKIE OR CRACKER TRAY PACK** 12-24 OZ. **\$3.99**
- BRACKBURN'S **GRAPE OR APPLE JELLY** 18 OZ. JAR **99¢**

CASA DE LOWE'S MEXICAN FOOD

- CASA DE LOWE'S **BEEF OR CHEESE ENCHILADAS** 1 LB. PKG **\$2.49**
- CASA DE LOWE'S **BARBACOA OR CARNE GUISADA** ... 1 LB. PKG **\$3.99**
- CASA DE LOWE'S **CHICKEN OR SPINACH QUESADILLAS** 18 OZ. PKG **\$3.99**
- CASA DE LOWE'S **MENUDO** 1 LB. PKG **\$1.99**
- CASA DE LOWE'S **PORK TAMALES** 1 DOZEN **\$2.99**
- NORTHERN DOUBLE ROLL **WHITE OR ULTRA BATH TISSUE** 4 ROLL PKGS **2/\$4**
- ASSTD. 100 OZ. LIQUID OR 84 OZ. POWDER **FAB DETERGENT** ... YOUR CHOICE **\$2.99**
- 15 OZ. CHEERIOS • 15.25 OZ. HONEY NUT CHEX • 18 OZ. WHEATIES **GENERAL MILLS CEREAL** YOUR CHOICE **2/\$4**
- ASSTD. PETER PAN **PEANUT BUTTER** ... 17.6-18 OZ **2/\$3**
- TENDER CRUST CRACKED **WHEAT BREAD** 24 OZ. LOAF **77¢**
- LAY'S® PRE-PRICED \$2.99 **POTATO CHIPS** 12.25 OZ. **3/\$5**
- ASSTD. NABISCO **RITZ CRACKERS** 14-16 OZ. **2/\$5**
- ASSTD. BETTY CROCKER **FROSTING** 12-16 OZ. **3/\$5**