

MULESHOE JOURNAL



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Page one

A QUICK READ OF THE NEWS

50¢

The big popcorn caper

Police have recovered 15 tons of microwaveable popcorn, worth \$50,000, that was stacked from floor to ceiling in a two-car garage in Columbus, Ohio.

The 1,920 cases of popcorn were stolen a month ago from ConAgra Foods, the plant in Marion, Ohio, where it was produced, company officials said.

James Conway Jr., 48, and his daughter, Jennifer, 22, both of Columbus, each were charged with one felony count of receiving stolen property.

Cleaning up pays off

Diane McCarthy of Burlington, Vt., has found a box containing \$1,300 stolen two weeks earlier from a high school hockey game.

The Colchester High School Hockey Boosters had reported the theft to police, believing the money was gone forever, member Cheryl King said.

McCarthy turned the treasure over to police, who returned the cash to the club. No arrests have been made.

Celebration on ice

Hungry for tourism, the Nederland (Colo.) Chamber of Commerce came up with an unusual attraction: "Frozen Dead Guy Days."

The weekend celebration features coffin races, a parade, a pancake breakfast and "Grandpa Tours," showcasing the town's only cryogenically frozen body --- that of Bredo Morstoel.

The 101-year-old died in his native Norway in 1989 and has since been resting in an ice-encased box in a shed behind his grandson's former home.



Lady Mule golfers poised for another title

By DELTON WILHITE Journal sportswriter

The Lady Mule golf team took a giant step in its bid for back-to-back district championships March 18, defeating the second-place Shallowater Fillies by 91 stokes to grab the lead on the Slaton Municipal Golf Course.

Rendi Hodge set the pace for the Lady Mules with an 18-hole score of 91. Amanda Bell shot a 93, Kristen Magby 96, Candace

Hutto 99 and Nikki Bonds rounded out the team with a 127. Tisha Lovelady and Morgan Burton competed as medallists, with each shooting a 130.

Tournament host Lubbock Roosevelt did not have enough girls to participate as a team and neither did the Dimmitt Bobbies. Muleshoe won the tournament with a team score of 379 to Shallowater's 470, Littlefield's 471 and Lubbock Cooper's 524.

Cooper will host the second district tournament March 28 on the Elm Grove Course in Lubbock, and the final district tournament will be April 1 in Dimmitt.

If the first district tournament was any indicator, the Lady Mules will return to Odessa's Ratliff Ranch on April 22-23 for another Region I tournament to determine which teams advance to the state finals in

see GOLF on page 2

Marricle gets nod to replace Duane Lloyd JOURNAL STAFF REPORT

The Bailey County Elec-

tric Cooperative's board of directors have named David

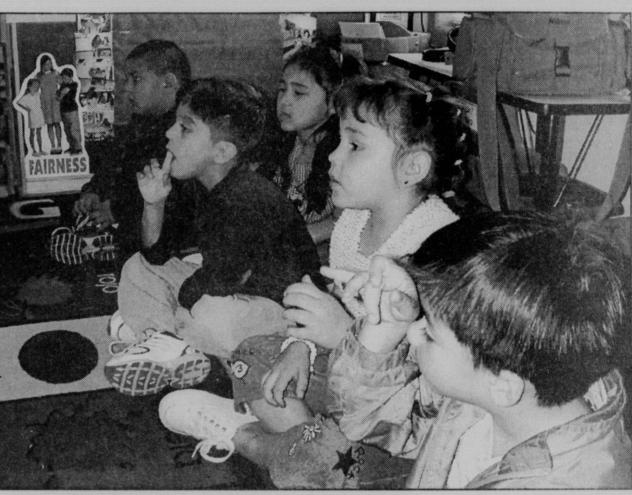
> president/ CEO of the cooperative.

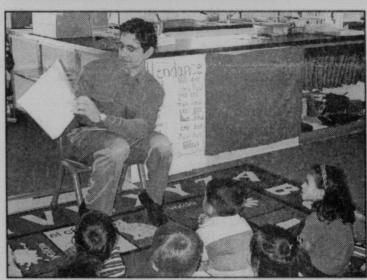
made was upon the retirement of Duane Lloyd, effec-

tive March 1. Marricle said he plans no immediate changes.

He has been employed by the cooperative since 1979, serving as energy adviser for four years, acting assistant engineer for one year, assistant engineer for one year, and engineer from 1985 to the present.

He received a bachelor of science degree from West Texas State University in 1977 and attended its management internship program in 1994





Journal photos: Beatrice Morin

Hizzoner reads

Chávez and Paublo Flores.

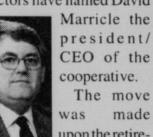
Muleshoe Mayor Victor Leal spends part of Monday morning reading (at

left) to KinderSteps students. The book,

Mama Zooms, engaged the attention

of (above, top to bottom) Gabriel Reza,

Lyzette Treviño, Eric Sánchez, Gabi



Marricle

The move

Drawing date: Saturday, March 16 Winning numbers: 3-34-39-42-52-54 Estimated jackpot: \$6 million Winners: 0 Next drawing: Wednesday, March 20 Estimated jackpot: \$9 million

On this date in history

March 18 — The New London (Texas) school explosion kills 239 students and faculties, one of the worst disasters in state history (1937).

March 20 — Texas hero Col. James Fannin and his men are captured (1836). All but 20, who escaped, are executed on March 27

March 22 — A battle occurs at Corpus Christi between Union and Confederate troops (1864).

LOCAL WEATHER

Mild - sometimes even balmy days with no nights below freezing was Tuesday's National Weather Service for the next several days. Expect Thursday and Friday to reach the upper 60s, with Saturday and Sunday hitting the mid-70s before the mercury falls into the upper 60s for Monday. Mornings should be about 32 Thursday and Friday, mid-30s for the weekend.

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.

He and his wife, Terry, have two children, Amy of Canyon and Ryan, a sophomore at Muleshoe High School.

Girls and boys show strength at Odessa track meet

By DELTON WILHITE Journal correspondent

The Lady Mules and Mules traveled to Odessa on March 8-9 as their track seasons rushed toward full swing.

Kyle Atwood set the pace for the Mules by grabbing first place in both the 800- and 1,600-meter runs. Atwood was only eight tenths of a second from tying a meet record in the

800 with a time of 1:55.02 and completed the 1,600 in 4:35.

The two teams were scheduled to host the Mule Relays on March 22.

The boys' side of the meet was divided into two divisions while the girls competed against all schools involved.

In the field events, Minerva Martínez threw the shot put 29 feet, 8 inches, and Annie Cox's best toss was 28-8. Martinez had a throw of 75-7 in the discus and Jessica Carpenter jumped 15-1 in the long jump followed by Tiffany Flores with 13-71/2 and Kayla Glover with 12-61/2.

Sara Benham set the pace Glover with 30-41/2.

Benham placed third in the high jump with a leap of 5-2 and Britni Gartin placed fifth in the pole vault with vault of 7-6 followed by Jodi Hawkins with a vault of 7-0.

Lilia Flores led Muleshoe in the 3,200-meter run with a time of 14 minutes, 13 seconds, followed by Gradee

see TRACK on page 2

Chamber banquet scheduled

JOURNAL STAFF REPORT

The annual Muleshoe Chamber of Commerce banquet is scheduled for April 27.

Tickets can now be otained at the chamber office. Office hours are from

10 a.m. to 4 p.m. weekdays, and the address is 115 E. American Blvd.

This year's banquet theme is "Muleshoe on the Bayou."

Tickets also may be purchased from any chamber officer.

Tickets are \$15 for general admission, \$17 and \$20 for reserved seating.

Black spent part of his childhood in Lubbock, grew up in Las Cruces, practiced veterinary medicine for 13 years in California, Idaho and Colorado, and then retired to southeastern Arizona.

Advance tickets may be obtained on credit cards by calling (505) 762-9854. Tickets also are available at The Hat Barn, 1600 N. Prince St. in Clovis. .

Black

Weather delays Mules' baseball district opener

By DELTON WILHITE Journal sportswriter

It's always apparent when it is time for the Mules to start their baseball season: Every Tuesday and Friday has the worst weather of the week. The Mules' opening game of district play had to be postponed because of rain on March 19.

The Mules were scheduled to travel to Littlefield to face the Wildcats in the two teams' district opener. The game was tentatively rescheduled for March 20.

The Mules lost their first eight games in the pre-district season but got their game on track to defeat the New Deal Lions 10-3 in their final warm-up.

"The win against New Deal was big for us as we get ready to start district," Mule baseball coach Donnie Scott said. "Roddy Spradling did a good job for us on the mound for 5 and 1/3 innings, and then D.J. Domínguez came in and finished them off."

"Lubbock Cooper is the district favor-

ite and is rated second in the state," he continued. "They have several good pitchers and have kids that can hit the ball. They're a good solid team. Shallowater is probably second, with John Bewley leading them on the mound and a kid named Nieman that pitched in relief against us last year."

"Lubbock Roosevelt has several returning players this year and a new coach,"

see BASEBALL on page 3

for the Lady Mules in the triple jump with 32-01/2, followed by Carpenter with 31-5 and

Humorist to speak in Clovis

JOURNAL STAFF REPORT

Cowboy poet and retired veterinarian Baxter Black will speak in Clovis' Marshall Auditorium at 7 p.m. (Mountain time) April 13.

Around Muleshoe

Co-op scholarship deadline near

The deadline for applying for the four \$600 scholarships to be awarded by Bailey County Electric is April 8.

Applications must be in the Muleshoe office by that date.

Applicants must be high school seniors who will graduate this spring, have completed high school or have received their GED.

Graduating seniors who plan to attend an accredited school and have received service from Bailey County Electric for at least a year are eligible.

Forms are available from high school counselors in Muleshoe, Morton, Springlake-Earth, Whiteface, Lazbuddie, Farwell', Sudan and Three Way. Full rules are provided with application forms.

More information is available from Rickie Warren at 272-4504.

Public calendar

Through March 22 — 9 a.m. to 4 p.m. Voting for alternate board member for South Plains Community Action Association. At the office, 804 W. American Blvd.

March 21 — 7 p.m. Muleshoe Area Hospital District Board, in the dining room at Muleshoe Area Medical Center.

March 22 — Noon. American Association of Retired Persons, covered-dish luncheon at the Bailey County Coliseum. Speaker will be Andrea Kemp, director of the Bailey County Office of Aging Services.

Also on March 22 — 7 p.m. Senior citizens meet in the Muleshoe State Bank meeting room.

March 22-23 — Muleshoe Roadriders motorcycle rally at Bailey County Coliseum. Poker run starts at 8 a.m. March 23, field events and games 1 p.m., bike show 3 p.m., parade 4:30 p.m. Details 272-4143, 272-3818.

March 24 — 11:30 a.m. to 1:30 p.m. Easter luncheon at Lazbuddie school to benefit senior class. Menu: turkey and dressing with all the trimmings. Price: \$6.50 regular, \$5 for a "lite" plate. Information or delivery: 965-2130.

March 27 - 11:22 a.m. to 12:22 p.m., served according to the usual class schedule. Easter dinner at Three Way school. Menu: turkey and dressing with all the trimmings. Price: \$2.

March 30 — 7 p.m. "It Will Happen!" Easter program at First Assembly of God. Includes live animals, lightning and a re-enactment of Jesus being raised on the cross.

March 31 - 11 a.m. and 7 p.m. "It Will Happen!" Easter program at First Asembly of God. Includes live animals, lightning and a re-enactment of Jesus being raised on the cross.

The deadline for items in Around Muleshoe is 5 p.m. Monday for Thursday and 5 p.m. Thursday for Sunday.

TRACK from page 1

Adrian at 14:35 and Cassandra Gonzales at 14:51.

The 400-meter relay team of Cox, Jessica Carpenter, Jamie Carpenter and Gartin placed fifth with a final time of 52.03 seconds.

Lindsey Wood had a 2:47 in the 800-meter run, followed by Hawkins with a 2:50 and Megan Barrett with a 2:57. Cox place fourth in the 100meter hurdles with a time of 16.65 and Eva Pylant captured fifth with a 16.95.

Gartin ran a 13.04 100meter dash while Tiffany Flores finished with a 13.47 and Jamie Carpenter had a time of 14.34.

The 800-meter relay team of Jesssica Carpenter, Jamie Carpenter, Glover and Benham finished with a time of 1.55.

Hawkins had a 67.75 in the 400-meter dash and Glover finished with a 67.8. Pylant placed fourth in the 300-meter hurdles with a 48.44 and Cox grabbed sixth with a time of 49.7. Gartin ran a 28.07 200-meter dash followed by Jessica Carpenter with a 28.9 and Tiffany Flores with 29.14.

Lilia Flores completed the 1,600-meter run in 6:39, while Barrett and Gonzales finished with 6:44s. The 1,600-meter relay team of Pylant, Jodi Hawkins, Wood and Benham finished with a time of 4:28.42.

Complete results for the Mules were not available at press time, but those placing in events included Brennan Broyles with a fourthplace high jump of 5-8 and a sixth-place pole vault of 12 feet.

The 400-meter relay team of Joseph González, Fabian Fabela, Jesús Tovar and A.J. Buhrman took fourth with a time of 45.5.

Lincoln Riley took third in the 110-meter high hurdles with a 16.25.

In the 1,600-meter relay, the Mule team of Buhrman, Tovar, Kyle Atwood and Riley placed third with a time of 3:35.

GOLF

from page 1

Austin.

The Mule golfers open their district tournaments, March 21 when Shallowater hosts on the Elm Grove Course followed with the Mules hosting a district tournament March 25. Littlefield will host the final district tournament on April 4th.

The boys' Region I tournament is also April 22-23 at Ratliff Ranch.

All district tournaments are scheduled for shotgun starts at 9 a.m.

SORRY FOR THE DELAY MA'AM



Bovina church plans event

The First Baptist Church will feature a program on "Christ in the Passover" at 7 p.m. March 22.

The program is presented by Jews for Jesus.

Aminals o

There will be no admission charge, but an offering will be taken for Jews for Jesus.

By David Sung

The church is at 308 Third St. in Bovina.

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ETTERS TO THE EDITOR

Dear Editor,

Recently, a New Mexico Environment Department hearing was held in Clovis regarding the issuance of a dairy wastewater permit to Vincent DeMaio and the Running ML and and Cattle Dairy.

It seems that in New Mexico, a cow has more rights than a human being. And even that poor cow is nothing more than a cash machine, as far as the largescale dairies are concerned.

Concerned Citizens for Clean Water is fighting for the protection of our community, our water and the very air we breathe. And we are in a pitched battle against our own government and BIG money and its worship of profits at any cost.

Little wonder Enron happened. It seems that the citizens of this country are considered disposable (except for our tax dollars, of course).

I, for one, am, as the old adage goes, "madder than hell" and I'm not going to take it anymore.

Changes WILL be made to the environmental laws to protect the people in our community and our water supply, even if it takes replacing the politicians who are in office now.

The problem with the current system of awarding dairy permits in New Mexico is that no one seems

to care whether the neighbors surrounding a dairy have drinkable water, or even any water at all. This has to change.

> **PAUL ELDERS** Founder, Concerned **Citizens for Clean** Water

> > Clovis

Dear Editor,

I have often wondered if I am missing the point of something in your newspaper.

I have decided, after years of being annoyed and confused about your selection of "news items," to voice my concerns about this particular recurring insert.

I find it very upsetting and completely unnewsworthy to publish the police, state, city and county arrest notices.

I understand that these are rightfully obtained documents, but I fail to see why your paper chooses to publish them.

I was taught that every person is considered innocent until proven guilty. These items are only arrest reports, not admissions of guilt, and have not been heard by a jury of their peers.

I also wonder how many of these arrests ultimately are resolved as dismissed cases or cases where the alleged perpetrators are found not guilty of the charges.

I am thankful to live in Muleshoe, a town that predominantly consists of Christian believers. I am hopeful that the majority of your readers send up prayers on behalf of the family, friends and the alleged "criminals." We are not the judge and jury of these people.

I find it completely bizarre that there are people who delight in the hardships of others. I do realize that someone who breaks the law deserved to be punished, but the family and friends of these criminals do not deserve the ridicule of their Christian brothers and sisters.

I am quite certain that just because these particular items are found by me to be in bad taste does not mean that you will no longer publish them.

I do hope that anyone who reads this will perhaps take a minute to think about the fact that one of the names could be a loved one, or the loved one of a friend.

Maybe we could all even make it a habit to say a prayer for those involved in these reports, if we choose to continue reading your newspaper.

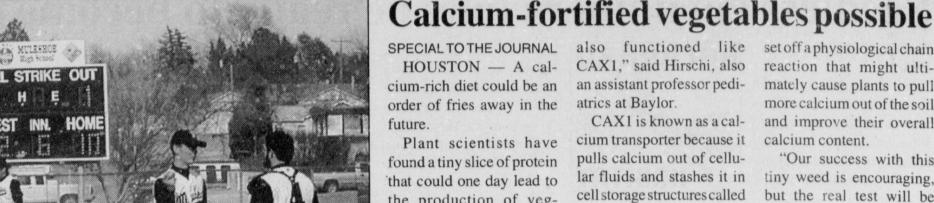
Remember: We must first remove the plank from our own eye before trying to remove the speck from our brother's. Matthew 7:1-5

DONNA LOCKER Muleshoe

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Muleshoe Journal, Muleshoe, Texas, Thursday, March 21, 2002, Page 3



fortified" with calcium. In earlier studies, scientists working with Dr. Kendal Hirschi, a plant physiologist at the USDA/ ARS Children's Nutrition Arabidopsis thaliana increased the calcium content of the plant's leaf and root cells by 30 to 100 percent.

CAX1, a string of nine amino acids responsible for the protein's calciumboosting prowess, and successfully transferred the slice to similar proteins, called transporters. The team's findings were recently reported in the Journal of Biological Chemistry.

"We knew we had found the key slice of CAX1 because removing it rendered the protein non-functional, while inserting it into another transporter that "looked like" CAX1 turned that protein into one that

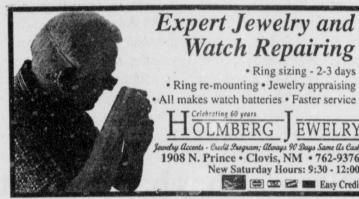
also functioned like CAX1," said Hirschi, also an assistant professor pediatrics at Baylor.

CAX1 is known as a calcium transporter because it pulls calcium out of cellular fluids and stashes it in cell storage structures called vacuoles.

Hirschi's team hopes to more calcium into "storage"

set off a physiological chain reaction that might ultimately cause plants to pull more calcium out of the soil and improve their overall calcium content.

"Our success with this tiny weed is encouraging, but the real test will be whether this new knowledge will translate into improving the calcium content of popular foods like potatoes and tomatoes," he said.



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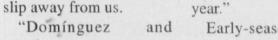
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runs."

of the weather.

BASEBALL

"Roosevelt won several of

their early games while

Littlefield, Dimmitt and us

are unknowns and have

struggled early in the sea-

"We're starting to look

like the team I thought we

were capable of being

when the season started.

We have been in every

game we have played this

year for three or four in-

nings. The other team

would get a big inning on

us and we could not an-

swer, and the game would

continued.

from page 1

Scott

son.

Spradling are good solid pitchers. As long as those two guys can consistently throw strikes, we are going to be in the game. We are not blessed with a lot of speed this year and have to string together a series of hits or walks to generate

"We just cannot afford to make mistakes on defense and give a team any extra outs. I told the kids in practice that the season starts now, and we believe we have a shot at getting in the playoffs again this year."

Early-season statistics son.

has Domínguez leading the Mules in hitting with a .400 average and Spradling following close behind at 368. Bryan King is hitting .360 and Ryan Marricle has a .312 average with 16 plate appearances.

The Mules have only one home game during the first round of district, when the Dimmitt Bobcats come to town at 5 p.m. March 22.

In the second round, the Mules will finish with a three-game home stand with Shallowater, Roosevelt and Cooper closing out the regular sea-

IT IS NOT TOO LATE, BUT YOU MUST If you took these diet drugs, and whether or not you are currently having



user CAX1 and other calcium transporters to move inside cells, which could

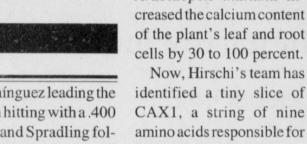
the production of veg-

etables that are "naturally

Research Center at Baylor College of Medicine, discovered that "turning on" the production of a protein called CAX1 in the cells of a tiny weed known as

Journal photo: Beatrice Morin

Mule pitcher Roddy Spradling and catcher Landon Kerby confer during Friday's slaughter of New Deal. The varsity Mules' Tuesday game was cancelled because



WEATHER ADVISORY...

SEVERE THUNDERSTORM WATC

Tells you when and where severe thunderstorms are more likely to occur. Watches are intended to heighten public awareness and should not be confused with warnings.

SEVERE THUNDERSTORM WARNING

Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate immediate danger to life and property to those in the path of a storm.

TORNADO WATCH



Tells you tornadoes are possible in your area. Remain alert for approaching storms. Watches are intended to heighten public awareness and should not be confused with warnings.

TORNADO WABNING



Issued when a tornado has been sighted or indicated by weather radar. Warnings indicate immediate danger to life and property to those in the path of a storm.

WHAT YOU SHOULD DO

Watch the sky and listen to radio and television for further information. Remain alert for rapidly changing conditions.

Know the area in which you live. Use a road map of your area to track storm path.

If you can hear thunder, you are close enough to be struck by lightning. Take shelter inside sturdy structure.

Go to safe shelter in a sturdy building.

Continue to listen to radio and television for further information. Postpone outdoor activities if thunderstorms are imminent.

Unplug appliances not necessary for obtaining weather information. Unplug air conditioners. Power surges from lightning can overload compressors.

 Avoid using telephone or appliances. Do not take bath or shower. Use phone ONLY in an emergency

 Watch the sky and listen to radio and television for further information. Remain alert for rapidly changing conditions.

Know the area in which you live. Use a road map of your area to track storm path from weather bulletins. Remember: Tornadoes occasionally develop in areas in which a severe thunderstorm watch or warning is in effect.

In a home or building, move to a pre-designated shelter, such as a basement.

If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture. Stay away from windows.

Get out of automobiles. Do not try to outrun a tornado in your car. Instead, leave it immediately.

Continue to listen to radio and television for information.

LOCAL SHELTER LOCATIONS

Primary Location:

FIRST UNITED METHODIST CHURCH 507 W. 2nd St.

Secondary Location:

MULESHOE PUBLIC LIBRARY 322 W. 2nd St.

A Public Service Message from Muleshoe & Bailey County Journals

Seedless cucumbers may be ready to become the norm

By RONN SMITH Editor

Several varieties of seedless cucumbers have come on the market in recent years. When you couple that with breeding out the tendency to become bitter, it's a whole new world for cucumbers.

This is achieved by breeding plants that produce only female flowers and are parthenocarpic. (All I know about that word is it means they produce fruit without being pollinated.)

I haven't tried any of these yet, since I didn't see how they could be an improvement over the tried-and-true varieties as far as flavor or texture. Of course, the lack of seeds could be an obvious advantage for large slicing



sometimes I'm slow to change.

This year, though, I think seedless cucumbers may really have come of age. There is a new variety called Diva, an All-America Selection for this year --- meaning it's been tested in all types of climates and did well.

According to the developer, Johnny's Selected Seeds, the Diva plants have a flavor that makes them less attractive to cucumber beetles. Now, I'd in color.) never seen these little varmints around here until the past few years, and they seem to be here one summer and absent the next, but one summer I had clouds of them and they were REALLY a problem.

The beetles come in two basice types — the striped cucumber beetle and the spotted cucumber beetle — that suck the plant's juices and gradually weaken it.

When they're a problem here, it seems to be usually the spotted ones - yellowgreen beetles with dark ladybug-like spots on them. (They're elongated rather than roundish, though, so don't confuse them with ladybugs that might be similar

Diva is especially recommended for picking very small - but I suppose just about any conventional cucumber carries that recommendation. ...

Don't forget to apply any pre-emergent herbicides you plan to use to keep spring weeds from coming up (if you're still using that kind of thing). Just remember not to apply it where you'll be planting seeds . . . or you could have a problem. ...

With so many plants budding out (or already blooming), I guess we can only hope there is no more bitter cold to ruin things.

Some of the lilacs are only days away from flowering,

to be a little different when

and that's a rule of thumb for when it's safe to plant the warm-weather vegetables ---tomatoes, peppers, melons, etc.

I don't know, though: If lilacs bloom the first week of April, does that mean we can go out and plant beans? Are there any old-timers out there

with experience on this point that they'd share with readers?

Happy planting!

(Questions and comments can be directed to Garden Writer, 571 County Road 1018, Muleshoe, Texas 79347, or e-mailed to ronnsmith@hotmail.com.)

KILLING A BUSINESS IN 10 EASY STEPS

- 1. Don't Advertise! Just pretend everybody knows what you have to offer.
- 2. Don't Advertise! Tell yourself you just don't have the time to spend thinking about promoting your business.
- 3. Don't Advertise! Just assume everybody knows what you sell.
- 4. Don't Advertise! Convince yourself that you've been in business so long customers will automatically come to you.
- 5. Don't Advertise! Forget that there are new potential customers who would do business with you if they were reminded and urged to do so.
- 6. Don't Advertise! Forget that you have competition trying to attract your customers away from you.
- 7. Don't Advertise! Tell yourself that it costs too much to advertise and that you don't get enough out of it.
- 8. Don't Advertise! Overlook the fact that advertising is an investment in selling-not an expense.
- 9. Don't Advertise! Be sure not to provide an adequate advertising budget for your business.
- 10. Don't Advertise! Forget that you have to keep reminding your established customers that you appreciate their business.

ADVERTISING WORKS! Call Leah @ 272-4536 **Muleshoe** Journal

'Normal' has become a little narrow in recent years

Normal. That one word has a massive effect on millions of lives each day.

My question is who decided what was normal? Why can't I be the one to decide what is normal? Who says that bare feet, flare jeans, and a T-shirt that simply says "KATYE!" can't be what's in style?

Why can't anyone be happy all the time without people thinking they're fake, weird or on drugs? Why does "normal" change every few years? Why do I care? Why does anyone care?

It seems that over the past couple of decades everyone just started living their lives in identical boxes.

I'm not just talking about clothes, but everything. Individuality isn't near

KATYE'S KALEIDOSCOPE By Katye Cook

what it used to be. Everyone tries to live life in a skinny red or pink "box" that, right now anyway, has stripes and drives a sport utility vehicle.

In the '60s, the box was tie-dyed and drove a VW bus, in the '70s it wore hotpants and danced to disco music, in the '80s it wore leg-warmers and tons of bracelets, and in the '90s it went from baggy jeans to flares to a balance of both.

I'm ready to bust out of my identical box and into an open area that is decorated with my personality.

Frankly, I tried to be a trend follower for a while and was just really bad at it because most of the time the clothes that were "in" were not in my size.

I have an extremely short upper body to go along with my short legs and together they add up to exactly 5 feet.

I find it difficult to believe I'm the only 5-foot box that happens to like some of the trends, considering the box idea in whole, but I guess I am.

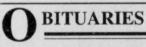
That's what really gets me. For a nation so caught up in trends, we do a really bad job of making things that will fit everyone. I've found that you have

you're as short as I am ---and on top of it all, your feet are small and wide (not a good combination for us boxes). Whatever your excuse to

be different, take it. There has never been a better reason for making up or using an excuse.

The only reason I can think of that would be a good excuse for not using an excuse to be different, is that excuses are rather popular these days.

Bust out of your box. Be a blob or a cylinder, maybe even a pyramid. Redecorate; just don't hire a decorator. Katye Cook, a former student at Three Way High School, writes this column for the Journal.



REPRESENTATIVE SALES

DELFINA RUVALCABA

Services were held Monday at Immaculate **Conception Catholic Church** for Delfina Anchondo Ruvalcaba, 37, of Muleshoe. The Rev. Joe Augustine was the celebrant. Burial was in Mexico.

Ellis Funeral Home handled arrangements.

Mrs. Ruvalcaba was born Dec. 24, 1964, in Mexico. She died Friday east of Muleshoe. She married Ricardo Ruvalcaba on May 1, 1985, in Meoquí, Chihuahua.

They moved to Muleshoe in 1987 from Mexico. She was a homemaker and a member of Immaculate Conception.

Mrs. Ruvalcaba is survived by her husband; three sons, Joaquín Ruvalcaba, Luís Ruvalcaba and Richardo Ruvalcaba, all of Muleshoe; a daughter, Karla Ruvalcaba of Muleshoe; two sisters, Luzelena Anchondo and Maria Anchondo, both of Mexico; seven brothers, Joaquín Anchondo, Serferino Anchondo, Martín Anchondo and Alejandro Anchondo, all of Mexico, and Rafael Anchondo, Raul Anchondo and Joseluís Anchondo, all of Houston; and her parents, Joaquín and Maria Anchondo of Mexico.

ELVA MARTS

Services were held Monday at Ellis Funeral Home Chapel for Elva L. Marts, 88, of Muleshoe. The Rev. Jack Stone officiated. Burial was in Muleshoe Memorial Park.

Mrs. Marts was born Dec. 30, 1913, in Exeter, Calif. She died Friday at Park View Nursing Home in Muleshoe. She moved to Muleshoe in

1984 from Dimmitt. She was a general laborer.

Mrs. Marts is survived by two sons and a daughter-inlaw, Davis and Bernadine Marts and Jerry G. Marts, all of Muleshoe; eight grandchildren; and 15 great-grandchildren.

She was preceded in deathy by a son, Danny Marts, in 1982.

CLINT ROSS

Graveside services were held Sunday at Olton Cemetery for Clint Ross, 33, of Salt Lake City. The Rev. Kyle Streun officiated.

He was born May 16, 1968, in Muleshoe. He died March 13 at Alpine, Texas.

He lived in Olton for most of his life other than a period spent in Muleshoe. He worked in construction.

Mr. Ross is surived by three children, Ryan Ross of Plainview and Oliva Ross and Sidney Ross, both of Salt Lake City; his father and stepmother, Ollie and Martha Ross of Olton; two brothers, Royce Ross of Houston and Nathan Ross of Mason, Texas; and two sisters, Chona Ross of Plainview and Fonda Ross of Mason.

He was preceded in death by his mother, Lydia Ross, in 1984.

O.B. HUCKABEE

Services were held Wednesday at the First Baptist Church

of Morton for O.B. "Huck" Huckabee, 82, of Morton. The Revs. Danny Jackson and Paul Lively officated. Burial was in Morton Memorial Cemetery.

Ellis Funeral Home of Morton handled arrangements.

Mr. Huckabee was born May 11, 1919, in Mills County, Texas. He died Sunday at Cochran Memorial Hospital in Morton.

He married Jane Dunn in Lubbock on Feb. 5, 1942. They moved to Morton from Lubbock in 1947.

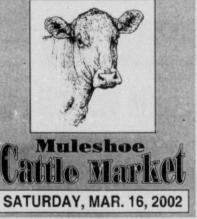
He was a farmer and a member of the First Baptist Church, where he taught Sunday school for a number of years.

He also was a U.S. Army Air Corps veteran of World War II.

Mr. Huckabee is survived by his wife; a daughter, Judith Kilfman of Grants Pass, Ore.; a daughter-in-law, Linda Huckabee of Morton; two sisters, Ireeta Edney of Lubbock and Vera Richardson of Wolfforth; two brothers, Davis W. Huckabee of Salem, Ohio, and Adrian Huckabee of Corpus Christi; six grandchildren; and seven great-grandchildren.

She was preceded in death by a son, A.L. "Bill" Huckabee, on Feb. 11, 1997.

The family suggests memorials to Hospice of Lubbock (P.O. Box 53276, Lubbock 79453) or the American Cancer Society (3411 73rd St., Lubbock 79423).



1575 head of cattle, 176 hogs and 560 sheep and goats for a total of 2,311 animals were sold at the March 16th sale. Market lower on most all stocker and feeder cattle due to dry weather conditions and a lower futures market call last week. Pairs sold steady, Bred cows steady to lower with not much demand. Packer cows steady to a dollar lower.

The Muleshoe Cattle Market is brought to you each week by Muleshoe Livestock Auction, located east of Muleshoe on U.S. 84. Muleshoe Livestock conducts sales every Saturday, beginning with hogs, sheep and goats at 10 a.m. and cattle following at approximately noon.

FOR INFORMATION ON SALES OR TO CONSIGN CATTLE, CALL (806) 272-4201

Seller, City	# Type	Wt. CWT or PH
Brad Carter, Amherst		
FM Farms, Brownfield		
Bullseye Cattle, Sudan		
Leonard Lawson, Olton		
Bar M Cattle, Muleshoe		
Hip O Cattle, Muleshoe		
JCL, Inc., Sudan	10 Blk. Strs	. 521 lbs. at \$92.50
Rocking J Ranch, Whiteface	4 Char. Strs	. 525 lbs. at \$94.50
EDR, Whiteface	7 Char. Strs	. 547 lbs. at \$90.00
Foster Cattle, Lamesa	6 Blk. Strs	. 608 lbs. at \$85.00
M.C. Osborn, Friona	13 Blk. Strs	. 823 lbs. at \$73.00
Bar M Cattle, Muleshoe	5 Char. Hfrs per hd.	217 lbs. at \$255.00
Brad Carter, Amherst	Blk. Hfr	. 370 lbs. at \$99.00
Charles Wilkins, Bovina		
Gary Gober, Farwell		
Leonard Lawson, Olton	3 Char. Hfrs	. 428 lbs. at \$89.00
Rocking J Ranch, Whiteface	4 Char. Hfrs	. 433 lbs. at \$96.00
Amber Synatschk, Sudan	3 Mxd. Hfrs	. 447 lbs. at \$93.00
JCL, Inc., Sudan	13 Blk. Hfrs	. 469 lbs. at \$91.50
EDR Cattle, Whiteface	3 Char. Hfrs	. 507 lbs. at \$87.50
Walking J Farms, Muleshoe		
Ramon Mendoza, Muleshoe		
Foster Cattle Co., Muleshoe		
Alkali Cattle Co., Muleshoe		
CM Cattle, Muleshoe		
CM Cattle, Muleshoe	RWF Cow P8	\$580.00
Terry Hutton, Muleshoe	3 Red Cows P6	\$530.00
Buck Gossett, Jr., Anton	Blk. Cow P6	\$600.00
Felix Carrasco, Dora, NM	Blk. Cow P8	\$570.00
Leonard Lawson, Olton		
Hip O Cattle, Muleshoe		
Owen Young, Levelland	Red Cow	1470 lbs. at \$46.50
Weaver Ranch, Causey, NM		
T.C. Lynch, Morton		
Clay Carr, Sudan		
Norris Conklin, Muleshoe	Red Cow	1345 lbs. at \$44.50
Robert Alanis, Muleshoe	2 Mxd. Cows	1130 lbs. at \$47.75



Lazbuddie spellers

Participating in the Amarillo Globe News local spelling bee at Lazbuddie on March 6 were (back row, left to right) Chelsee Nichols, Jason Davis, Daniel Hefner, Wesley Welch and Sergio Cuevas; (second row from back) Erica Derma, Brittney Schacher, Savannah Sain and Brenda Garcia; (second row from front) Bryce Haney, Jacie Anstead, Leticia Mendoza and Lydia Campos; (front row) Frankie Rodríquez, Joseline Garcia and Lakota Goe.

Aid for distance learners now available

SPECIAL TO THE JOURNAL

LUBBOCK — Texas Tech University has received some key exemptions in financial-aid regulations related to distance education programs as part of the U.S. Department of Education's Distance Education Demonstration Program.

Tech is among 24 participants in this program.

"The purpose of this project is to test the feasibility of offering monetary aid to a broader population of distance learners," said Earl Hudgins, Tech director of financial aid. The Higher Education Act of 1965 restricts the amount of financial assistance available to distanceeducation programs.

Rosslyn Smith, vice provost for Texas Tech's Outreach and Extended Studies, said students enrolled in the university's bachelor of general studies external degree could especially benefit from this program. She said the self-paced program is designed for people with a wide range of schedules, commitments and locations who are unable to take advantage of more traditional campus-based education.

more and more people are studying through distance education," she said. "At Texas Tech alone, we have more than 200 college students pursuing a degree entirely at a distance.

" Distance-education programs may reduce travel and scheduling constraints, thereby increasing the student's access to Texas Tech University. As enrollment increases, financial aid is certainly going to be a concern for more people."

Tech will participate in the study until the summer of 2004. Hudgins said at that time, the Department of Education will prepare a report to the U.S. Congress on its 'findings which may result in the extension of the program.

More information on the Department of Education's Distance Education Demonstration Program is available on the Internet at www.ed.gov/offices/ OPE/PPI/DistEd, or visit Tech's Financial Aid Department at www.fina.ttu.edu.

USINESS

GLASSCOCK

Hoyt Glasscock of Earth Reinke Services is among nine dealers for Reinke irrigation equipment who were recently named to the Reinke Dealers Council.

Members of the council, which acts as a liaison between the Deshler, Neb., company and its 150 dealers, are elected by their fellow dealers.

Spring seeding alfalfa is risky on High Plains

SPECIAL TO THE JOURNAL

LUBBOCK — Spring is a time of new beginnings on the farm, a time when winter's planning is put into action. But it is also a time of risk, especially for those who consider planting alfalfa, a Texas A&M agronomist says.

"Several county agents and I have received quite a few calls and questions about alfalfa in the past month," said Calvin Trostle, Texas Cooperative Extension agronomist based in Lubbock.

"Even though alfalfa is a good crop when you want to branch out and diversify your cotton or grain operation, we do NOT recommend seeding it in spring," he said. "The best time to plant alfalfa in West Texas, and especially on the High Plains, is in the fall.

"The statewide recommended planting date is Aug. 20 to Oct. 1. Here on the High Plains, the

into a good small-grains cover crop.'

"Some recommendations from Leonard Lauriault, New Mexico State University forage agronomist in Tucumcari, gives us a good handle on how to manage a fall-seeded alfalfa crop here in West Texas."

Those include:

· Select a locally adapted variety with disease and insect resistance;

· Pull a soil test and fertilize accordingly to maximize growth each year;

• Prepare a firm seedbed to ensure good seed-to-soil contact;

• Use a seeding rate of 15 to 20 pounds per acre and a planting depth of zero to one-half inch. (Trostle recommends a minimum 20-pound seeding rate.) Higher seeding rates do not ensure better stands or higher long-term yields;

· Irrigate to prevent soil crusting and to promote good emergence;

trol in Pasture and Forages (B-5038) includes information on weed control in alfalfa.

• Integrated Pest Management Guide for Texas Forage Crops (B-1401) includes insect management tips and treatments.

These Texas A&M publications are on the Internet at

texaserc.tamu.edu/catalog/ index.html. These Texas Agricultural Experiment Station websites also contain information on alfalfa production overton.tamuledu and stephenville.tamu.edu/~eric/ various.htm.

"Across the country,

Oklahoma State University

also maintains a good website on alfalfa production, Trostle said, at clay.agr.okstate.edu/alfalfa/pageone/okla-alf.htm.

New Mexico State University alfalfa publications, variety trials and productions information is at www.cahe.nmsu.edu/ pubs.

TORNADO • FLASH FLOOD • EARTHQUAKE • WINTER STORM • HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL American **Emergency Preparedness Red Cross** Checklist he next time disaster by planning For additional



information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter.



best window for planting alfalfa is from early to mid-September. That puts us past the worst of our summer heat, and we can still get at least six weeks of growth and development before the first killing frost," he said.

Spring-planted alfalfa is a risky business, at best, because the root systems and crowns of spring-seeded plants may develop poorly in response to longer photoperiods (day length). Weed and insect problems also tend to be more severe, and yield potential is lower.

"First-year yields of springplanted alfalfa are often 50 percent less than comparable yields froma fall seeding. In many cases, we'll be lucky to get more than two cuttings from a spring-seeded crop," Trostle said.

"That compares to at least four cuttings from a well-managed, fall-seeded crop. Oklahoma State University research trials suggest that spring-planted alfalfa yields never quite catch up to fallseeded alfalfa yields in subsequent year of growth and production," he added.

Trostle said growers who are going to invest \$2 to \$3 per pound for alfalfa seed shouldn't gamble on spring seeding -especially when the cost of seed alone approaches \$50 to \$75 per acre

"We can't afford to cut corners if we want a good, productive stand of alfalfa. The crop should have a productive life of at least four years, so why take a chance on getting a lowperformance crop from spring seeding?" he asked. "It's a highcost risk even if we hedge our bets by spring seeding alfalfa

• Make cuttings between bud and first flower to maximize yield and forage quality;

• Protect the crop from weeds and insects with a pest management program; and

· Give the crop a seven-week rest between the last two fall cuttings, to helpensure long life.

"When it comes to watering, we believe it will take at least 6 to 7 inches of rainfall or water under sprinkler irrigation to produce one ton of forage or hay here on the Texas South Plains. As you go further north in the Panhandle, the irrigation/water requirement may be about an inch less," Trostle said. "Extension's Texas Alfalfa Production guide pegs irrigation/ water use at about 10 inches per ton, but that is for production farther south using row watering

"That guide is available through county Extension offices, or you can download it from the Internet at texaserc.tamu.edu.

"The guide contains a formula on page five that can help producers pin down their upper acreage limit when they try to fit field size to their irrigation capacity. The same formula lists maximum evapotranspiration from alfalfa at .35-inch per day. That is probably a realistic average for June through August on the High Plains, but it will be much higher on hot, windy days."

Trostle also recommended these publications and Internet sites for producers who are interested in growing alfalfa on the High Plains:

• Suggestions for Weed Con-

ė

Learn how to protect yourself and cope with

now for a sudden

emergency.

you may not

have much time

to act. Prepare

where everyone w an see it—on the refrigerator or bulletin board.

will help you get started.

Discuss these ideas

plan. Post the plan

with your family, then

prepare an emergency

Emergency Checklist

Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.

Also

- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

Create an Emergency Plan

- Meet with household members. Discuss with children the dangers of fire, severe weather, earthquakes and other emergencies.
- 0 Discuss how to respond to each disaster that could occur.
- 0 Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Learn how to turn off the water, gas and electricity at main switches.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out-of-state than within the affected area).
- Teach children how to make long distance telephone calls.
- Pick two meeting places.

1) A place near your home in case of a fire. 2) A place outside your neighborhood in case you cannot return home after a disaster.

- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- 0 Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- 0 Special items for infants, elderly or disabled family members.

Brought to you by BAILEY COUNTY RED CROSS STEERING **COMMITTEE MEMBERS:**

Noe Anzaldua, Lt. Otis Carpenter, Janet Claborn, Donna Kirk and Robert Montgomery.

AND MULESHOE JOURNAL STAFF MEMBERS: Scot Stinnett, Lisa Stinnett, Ronn Smith, Leah Bell, Beatrice Morin and Yolanda Martinez.



Business of the month

Courtesy photo: Clay Kidd

Gathered to honor Dr. Robert Lepard's office as the Muleshoe Chamber of Commerce business of the month for March are (from left) Sue Johnson, chamber manager Jan Thompson, Geazul Hernández, Jan Glover, Elaine Greenhouse, Robert Lepard, Kay Lepard, Mike Holt, Cindy Harrison and Diane Nieman.

for dryland cotton 'critical' Rainfall management

"Planting to achieve be-

tween three and four plants

per foot of row is ideal. Higher

SPECIAL TO THE JOURNAL LUBBOCK - Dryland

cotton farmers who manage their crop to make the most of rainfall and soil moisture stand a better chance of producing profitable yields than those who simply bank on adequate rainfall, according to a South Plains agronomist.

"Saving and managing soil moisture is the name of the game in dryland cotton," said Dr. Dan Krieg, professor of agronomy at Texas Tech University. "As a result, we must use cotton production systems (and) techniques designed to reduce water stress during the plant's critical development stages."

Krieg was one of eight featured speakers at the Jan. 22 Caprock Cotton Conference in Floydada, one of six regional South Plains crop conferences sponsored each year by Texas Cooperative Extension. .

"Our long-term annual rainfall averages somewhere around 20.4 inches. Most

and sunlight, and reduces the incidence of soil sealing after a pounding rain by softening the impact of raindrops," Krieg said.

He added that this system of combining crop rotation with soil moisture management could boost yield potential by as much as 100 pounds per acre.

He also advised producers to think beyond "maximizing yield" by focusing on plant health and fiber quality.

• When planting, think in terms of "plants per foot of row" rather than pounds per plant densities encourage barren cotton plants (weeds) that rob productive plants of moisture and soil nutrients."

acre.

· Time fertilizer applications to supply nutrients when rainfall occurs.

"Pre-plant fertilization with about 40 to 50 pounds of nitrogen per acre is a good bet. Spring rains will activate the nitrogen and carry it down to the plant roots. Base fertility on yield goal and soil tests,

30 years ago

March 1972

grader and a Boy Scout,

received an "honorable

mention" from the Texas

Farm and Ranch Safety

Council after he saved a

friend from serious burns.

world champion Dallas

Cowboys was guest speaker

at the Muleshoe High

Bailey County had 3,161

registered voters for the

April 1 election. These

county-wide figures were

just short of the 3,500 quota

25 years ago

March 1977

pole-vault record of 12 feet,

6 inches that was estab-

lished in 1964 and

Cynthia Issac and Billy

Donaldson were named Mr.

and Miss Muleshoe High

School. Prince and Princess

reaffirmed in 1967.

Brent Maddox broke a

for Bailey County.

School athletic banquet.

George Andrie of the

Juanito Reyes, a fourth-

on "Molds."

and remember the rule of thumb that it takes 30 to 50 pounds of actual nitrogen per acre to produce one bale of cotton."

calves on feed for slaugh-

ter market in Texas

feedlots with a capacity of

1,000 head or more totaled

2.85 million head on

March 1, up slightly from

According to the

monthly report from the

Texas Agricultural Statis-

tics Service, the estimate

was unchanged from the

410,000 head in commer-

cial feedlots during

Feburary, up 17 percent

from a year ago but down

15 percent from the Janu-

placed

a year ago.

Feb. 1 level.

Producers

ary 2002 total.

· Look at other factors besides yield potential when evaluating varieties.

"Look at lint quality ratings, too. Compare staple length, fiber strength and micronaire (fiber fineness and maturity). There is an economic advantage in producing lint that rates 34-plus in staple length, with 28 to 30 grams per text (staple strength) and 4.0 average micronaire.'

ers marketed 400,000 head

On March 1, there were February total.

January total.

to 330,000 head.

Cattle and calves on feed for the slaughter market in the United States totaled 11.52 million head on March 1, which was 2 percent below March 1 of last year.

Placements during February in the seven states historically having commercial feedlots totaled 1.54 million head, 16 percent above 2001 but 4 percent below 2000.

Marketings in those states were 1.53 million head, up 4 percent from 2001 but down 12 percent from 2000.

Texas cattle on feed up slightly SPECIAL TO THE JOURNAL Texas commercial feed-AUSTIN — Cattle and

during February, down 7 percent from last year and 20 percent below the January 2002 total.

2.33 million head on in the northern High Plains, 82 percent of the state's total. The number on feed was up 1 percent from last year and down slightly from the

February placements in the northern High Plains totaled 336,000 head --down 16 percent from the

Marketings were down 20 percent from last month,

Krieg challenged dryland

producers at the Caprock Cot-

ton Conference to "choose varieties for fiber quality and

then manage it" to optimize

both soil moisture and yield

"Dryland cotton yields on

the South Plains have been

essentially flat over the last 30

years. But we can realize a

yield advantage and an eco-

nomic advantage by adopting

production systems that pre-

serve soil moisture and rainfall

for crops with real fiber-qual-

ity potential."

potential





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SE HABLA

THE GOOD OLD DAYS

40 years ago **March 1962**

"Sputnik" Donnie Shafer, Muleshoe High School football standout. signed a letter of intent to enroll at West Texas State University in Canyon.

Ray Vinson of Muleshoe was initiated into Texas Tech's Pi Delta Phi national honor society. Clayton Meyers of Muleshoe Livestock Auction participated in the 1962 convention of Texas Livestock Auction Association in San Antonio. The sessions covered all phases of modern livestock-auction operation.

shoe High School Science Fair with her exhibit and explanation of equilibrium ter. by using hamsters. Bonnie Sain won the Richland Hills grand prize with her project

of Friendship were Dani Dunham and Curtis Carpen-

Honor students selected by the high school faculty were Jo Roming, Francis Brown, Debbie Hall and Dennis Watson.

High winds overturned a sign at the Richland Hills

years, we receive about 70 percent of that total - or 13.5 inches — between April and October," Krieg said. "Inside that April-October window, we see a strong relationship between dryland yields and the amount of rain that falls from mid-June to mid-July.

"If our fields are set up to bank that moisture, we can provide dryland cotton with a much-needed drink of critiyield-producing cal, moisture."

Many dryland producers rely on a skip-row system where two 40-inch rows of cotton are separated by a fallow, bare row. In theory, the fallow, or skipped, rows in this system act as a moisture bank for adjacent cotton rows, but some are now questioning the wisdom of this system, Krieg said.

"If we leave a barren row of ground out there, we have created a zone with high evaporation potential. In the past few years, we have seen better, more consistent yields from cotton planted on 30- or 32-inchrows interspersed with grain sorghum," he added.

"In this system, we plant several rows of cotton and grain sorghum in adjacent strips to produce a field that is two-thirds cotton and onethird grain sorghum," he said.

"We can rotate crops easily in this system and manage soil moisture at the same time. The grain sorghum residue helps reduce wind erosion and boosts rainfall infiltration. It also reduces evaporation of soil moisture by reflecting heat

35 years ago **March 1967**

Cast members for a Muleshoe High School production of Shakespeare's "Macbeth" were Betty Harbin, Neil Finley, Jane Branscum (who received an individual rating of "superior" in a festival at Eastern New Mexico University), Bruce Purdy, Marsha Blackman, Renee Dyer, Dana Damron, Stan Johnson, Larry Baker and John Gulley.

Jona Kay Goucher won the grand prize in the Mule-

1 tsp. chopped parsley

2 tsp. olive oil

2 cups cooked small white

4 salmon fillets, 3 1/2 oz.

Salt and pepper to taste

In a large skillet, sauté bacon

over medium-low heat until

vided

beans

each

lic

TODAY'S RECIPE SAUTEED SALMON crisp. Leave the drippings in the skillet; drain the bacon on 2 oz. pancetta or bacon paper towels and crumble when 3/4 cup chicken stock 3/4 cup peeled, seeded and cool.

To the skillet, add the chicken diced Roma tomatoes, distock, 1/2 cup tomato, garlic, parsley and bacon. Simmer for 2 tsp. chopped roasted gartwo minutes; add beans.

Season with salt and pepper and sauté for about four minutes on each side, or just until firm to the touch and opaque in the center.

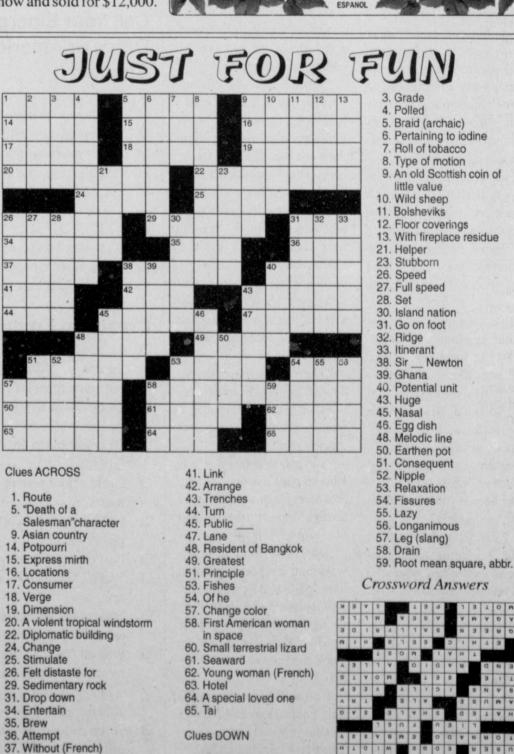
Dress the salmon fillets with beans and the remaining tomato. Serve immediately. Makes six servings

38. Very coldly

40. Vice president

Service Station, forcing a detour in traffic.

Crittenden's Cody Hampshire pig "Captain" won reserve champion at the Houston Livestock Show and sold for \$12,000.



1. Make a face

2. Used when listing items

There is more than one way to preserve wildlife

Every year, I bring my Washington and Texas staffs together to reflect on the past year and look forward to the year to come. Recently, we met in Glen Rose, Texas, at the Fossil Rim Wildlife Center, a beautiful place to reflect on the majesty of nature.

The center is a treasure and one of the most beautiful and unique sites in our state. It is home to more than 60 species of animals and works with organizations from all over the world to care for endangered animals and help bring them back from extinction.

Fossil Rim has shown that there is more than one way to save a cat.

Unfortunately, some conservation efforts have had a terrible effect on areas of our country and our economy. All too often, efforts to preserve an animal species have included grabbing private land and restricting its use. In the Pacific Northwest, this has destroyed jobs and parts of the economy. I central Texas, preserving the golden-cheeked warbler and the Barton Springs salamander ultimately cost people thousands of dollars to use land they already owned!

What we need are creative approaches to preserving a habitat - not tearing down an economy, or trampling on personal property rights. By voluntarily setting aside land for species protection in places like Fossil Rim, we can avoid requiring private property owners to restrict the use of their own land.

Refusing to allow cedar trees to be cut on private property to protect the golden-checked warbler has caused increased cedar fever in human beings and a loss of precious water resources.

Cedar roots absorb water before it can reach aquifers, resulting in dry creeks and water shortages for working farmers and ranchers.

Any Texas rancher or landowner will tell you that cedar removal will replenish the soil, encourage new growth and increase the water supply.

Fossil Rim has proven that there are effective ways to preserve our animal populations while allowing human populations to grow and prosper.

One of Fossil Rim's highlights is the work it does with wild cheetahs. Although not native to the Lone Star State,



the animals have thrived on the Texas prairie where they have the open space they need.

Cheetahs typically require 500 square miles of hunting land to survive and the increasing human population in Africa has made this increas-

ingly difficult.

Once, there were more than 100,000 wild cheetahs roaming the globe; now there are closer to 10,000. By working with other zoos and wildlife organizations, Fossil Rim has been able to successfully breed

and increase the cheetah gene pool, helping to secure its future.

We also have numerous public wildlife conservation programs in Texas. Through a comprehensive approach to wildlife conservation, we've been successful at increasing the populations of blackcapped vireos, ocelots and numerous plant and animal species.

We Texans are lovers of nature and the outdoors. Protecting our natural habitats and wildlife is a commonly shared desire. That's why the Texas Parks and Wildlife Department has designated more than three quarters of a million acres in wildlife management areas throughout Texas.

But we also share an appreciation for the freedoms and liberties that our founders fought so hard to keep. We must ensure that the government does not trample on our constitutional rights in the name of conservation.

By focusing on smart preservation and a balance of human and wildlife interests, we can protect the future of our animal populations and maintain our Texas way of life.

Water during pregnancy helps healthier delivery

SPECIAL TO THE JOURNAL

HOUSTON-Pregnant women who want to stay in shape can take a few laps.

"Swimming, walking and cycling offer cardiovascular benefits and are safe activities for both the woman and the unborn child," said Dr. Paula Amato, an assistant professor of obstetrics and gynecology at Baylor College of Medicine in Houston. "It's almost always a good idea for pregnant women to

exercise moderately for 30 minutes per day."

According to Amato, a woman can typically continue the same exercise routine throughout pregnancy, as long as she feels well and there are no medical or obstetrical complications. Amato offers these tips for

staying fit during pregnancy: Avoid contact sports that increase the risk of falls and/ or abdominal trauma such as downhill skiing or horseback

riding;

• Maintain usual levels of activity --- don't increase it. Women with uncomplicated pregnancies can remain active during pregnancy and should modify their usual exercise routines as medically advised;

· Beyond the first trimester, avoid exercises such as sit-ups that require lying on the back, and avoid standing for long periods of time;

Physically active women

with a history of, or a risk for, pre-term labor should reduce physical activity in the second and third trimesters; and

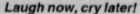
•"Listen" to the body. Stop exercising immediately if any dizziness, faintness, headaches or pain occur.

"The most important thing that a woman can do for the health of her unborn child is to consult with her physician or health-care provider before beginning an exercise routine," Amato said.



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