

WEATHER

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Muleshoe Journal

The Community Of Opportunity-Where Water Makes The Difference



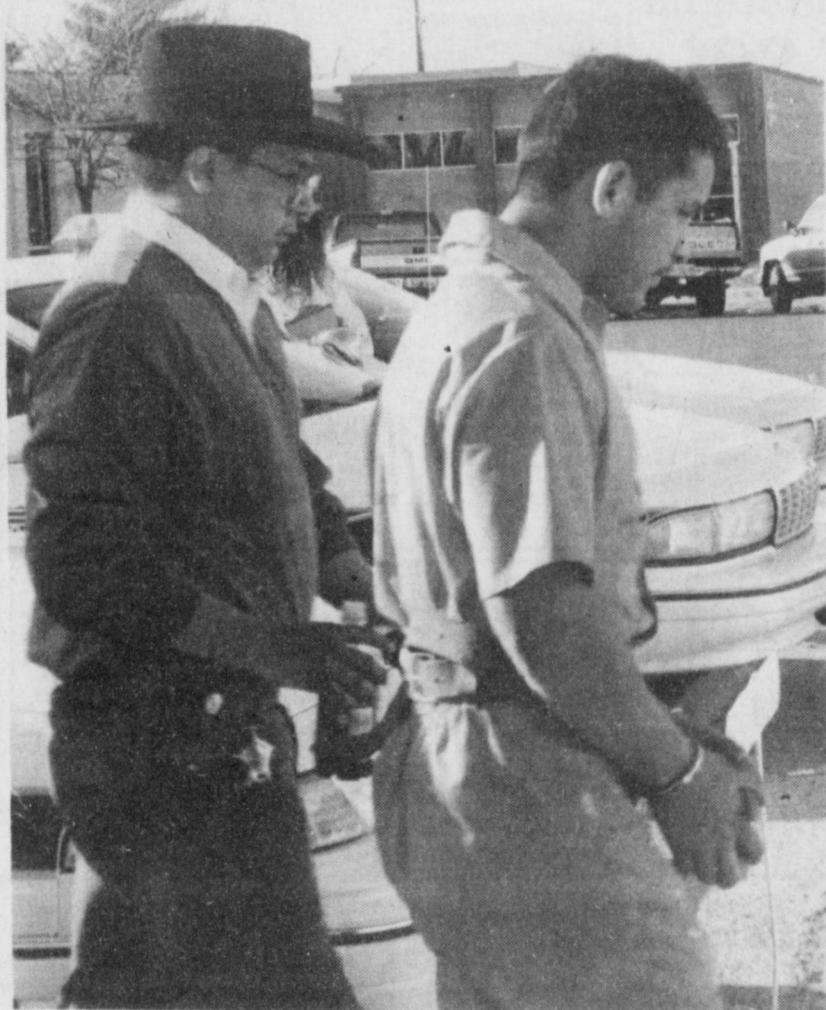
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Thursday, January 6, 1994

Escaped Prisoner Apprehended, Returned To Bailey County Jail



Ismael Ramirez "Smiley" Reyes, 18 year old escapee, has been apprehended and returned to the Bailey County Jail on January 3, 1994.

On September 10, 1993, Reyes was arrested on an aggravated assault charge, and released on a \$10,000 bond. On November 1, 1993, he was arrested on an aggravated robbery charge, and his bond was denied at that point.

On November 14, 1993, the prisoner escaped, bringing on two more 3rd degree felony charges of assault on the jailer and escaping. He now faces three third degree felony charges, each carrying 2 to 10 years in jail, and one second degree felony charge, carrying a maximum of twenty years.

On November 22, 1993 the Grand Jury handed down indictments on all four charges.

Since the escape, the Bailey County Sheriff's Department has continued to maintain investigation seeking his whereabouts. They had

determined that he had left the state of Texas, and gone to New Mexico. An Unlawful Flight To Avoid Prosecution Warrant was issued by the Federal Bureau of Investigation in Lubbock. The department still continued to maintain the geographical location of the escapee ranging anywhere from 0-10 days behind him. From Nov. 16, they tracked him in Roswell, New Mexico and Midway (a community south of Roswell). After Dec. 3, they put him in or around Balmorhea, Texas (located 40 miles south of Pecos). On December 27, 1993, through the Bailey County Crime Line, the Sheriff's Department received a phone call from an anonymous individual, stating that Reyes had been in Pecos since prior to Dec. 25. On Jan. 1, 1994, Sheriff's Department Deputy Don Carter received a call from the same individual, also through the Bailey County Crime Line, that gave them the exact location on Reyes.

After receiving this call, Carter contacted Deputy Tony Aguilar of the Reeves County Sheriff's Department and explained the circumstances of the case. At that point he made contact with the Pecos Police Department. At 6:14 a.m. on Jan. 1, 1994, Aguilar, along with officers from the Pecos Police Department, and one officer from the border patrol, made the arrest at the location given by the anonymous caller.

The report received from the Pecos Police Department indicated that Reyes attempted to evade the officers, after he exited the residence from a bedroom window, but he was apprehended two houses down the street. At that time he was held at the Reese County Jail until officers of the Bailey County Sheriff's Department picked him up on Tuesday, January 3, 1994.

Prior to this incident, Reyes had previous charges at the Bailey County Sheriff's Department, beginning on July 5, 1992, ranging

from alcohol to assault, and evading detention.

If it hadn't been for the anonymous caller through the Bailey County Crime Line, officers would not have been unable to pinpoint the location of the criminal. A \$1,000. reward was paid by the crime line to the individual calling.

Anyone who might be able to assist the Bailey County Sheriff's Department in any case, is urged to call the Bailey County Crime Line at 272-HELP or 1-800-725-TIPS.

Around Muleshoe

NOTICE

Report Cards will not be given to Watson Junior High and Muleshoe High School students until Wednesday, January 12th. This is due to absences and illness on the days semester tests were given.

Bob Graves
Watson Junior High
Al Bishop
Muleshoe High School

Muleshoe Squares will start square dance lessons on January 13, 1994, at 7:00 p.m. in the American Legion Hall at 1412 W. Ave. B. The first three lessons are free. If you want an evening of good fun, fellowship, and exercise, come join
Cont. on Page 6, col. 1

Bailey County Junior Livestock Show

Another big COUNTY JUNIOR LIVESTOCK SHOW is set for January 13-15, 1994 in the Bailey County Coliseum of Muleshoe. About 100 4-H and FFA members will be vying for awards and premiums in this year's show.

All animals; steers, heifers, sheep, and swine should arrive on Thursday, January 13, from 1:PM to 6:PM. There are 11 heifers, 61 Steers, 59 sheep, and 246 swine entered in the show.

Judging of the Sheep will begin at 9:00 AM on Friday morning. The Swine Show will begin at 1:00 PM or one hour after the sheep show.

Judges for this year's show are Terry Phillips, sheep; Jim Tucker, swine; Burt Williams, cattle; and

Larry Gray, classifier.

At the conclusion of the Swine Show awards presentation, a Pee Wee Swine Show will be held for any youngster under age 8. All youngsters are encouraged and welcome to participate in this fun event.

The Cattle Show will begin at 8:00 A.M. Saturday, January 15.

All Premium Sale Buyers are invited to a Luncheon at Noon to be served in the Coliseum Green Room. Complimentary Tickets are available from any of the Stock Show Board of Directors.

The Third Annual Premium Sale will begin at 1:00 P.M. with a big Merchandise/Product Sale. A variety of products and services for the home, farm, and ranch have

been donated by merchants and vendors. Proceeds benefit the Premium Sale.

The premium sale will follow directly. Each 4-H and FFA
Cont. on Page 6, col. 1

Texas Corn Growers Association Texas Corn Producers Board Twenty-First Annual Meeting

Wednesday, January 12, 1994
Exposition Building
403 S.E. Fourth
Dimmitt, Texas
Registration-8:00 a.m.
Meeting Begins at 9:00 a.m.

Notice

I would like to take this opportunity to thank the voters in Bailey County for their support during my first term as Bailey County Commissioner of Precinct 2. I feel that we have established a good working relationship in the last three years. I am now announcing my candidacy for a second term as Precinct 2 County Commissioner. I would appreciate your vote and continued support in the upcoming election.
C.E. Grant, Jr.

Journals See New Ownership

New owners of the Muleshoe/Bailey County Journals, announced Tuesday, January 3, 1994, are Scot and Lisa Stinnett.

Scot, a native of Portales, N.M., graduated from Portales High School and attended E.N.M.U. in Portales. He started in the newspaper business at the Portales Tribune as a carrier and janitor, also working in the dark room, circulation room and general assignments. He eventually worked his way up the ladder to sports writer, sports editor, then on to managing editor and editor.

Lisa was born in Tulia, Texas and graduated from Carlsbad High School in Carlsbad, N.M. She attended Howard College in Big Springs on a rodeo scholarship, and then attended E.N.M.U. in Portales.

The couple bought the DeBaca County News in Fort Sumner, N.M. in 1992. They are also the co-owners of Clovis Livestock Market News (a livestock-based newspaper which started in January 1993).

Scot's grandfather, J.G. Greaves, homesteaded in New

Mexico, during the early 1930s. He bought two weekly papers and formed the Portales Daily News. In 1956, he purchased the Portales Daily News and the Portales Tribune, which merged to form the Portales News Tribune, with Scot's great-uncle, Gordon Greaves, as editor, his grandfather, M.M. Stinnett as publisher and his father, Marshall Stinnett as advertising manager.

In the early 1980's, the Portales News Tribune and the Quay County Sun in Tucumcari were sold to Southern Newspapers in Houston, TX. Marshall Stinnett continued to operate the business.

In 1992, Scot moved to Fort Sumner, and bought the Fort Sumner News, and Marshall was elevated to Vice President of Special Projects for Southern Newspapers.

The Journals, having been printed in Portales for more than twenty years, the Stinnetts have known Mr. Hall for many years. They are looking forward to moving to Muleshoe and serving the people of Muleshoe and the surrounding communities.

Two Vehicle Accident Occurs



An accident involving a Farwell school bus and a Ford pickup pulling a stock trailer occurred approximately 16 miles west of Muleshoe on Tuesday evening, January 3, 1994. The school bus, traveling east on FmRd. 1760, was in the process of making a left hand turn. The pickup, in an attempt to pass the bus, collided at the time of the turn. There were 10 passengers on board the bus, ranging from ages 5 to 13. Fortunately no injuries were incurred in the accident.
(Journal photo)



PUBLISHER RETIRES-Mr. L.B. Hall, publisher of the Muleshoe and Bailey County Journal's, retired as of Tuesday, January 3, 1994, handing over ownership to Scot and Lisa Stinnett of Fort Sumner, New Mexico.
(Journal photo)

Advertised Savings!

Lowe's
Pay-n-Save
MARKETPLACE

2 Liter
Coca Cola
99¢



QUALITY MEAT

Single Steak \$1.79/lb.	Bone-In Round Steak \$1.59/lb.	Corn King Meat Franks Buy One Get One FREE \$2.49 12 oz. Pkg. 99¢	Tyson's Boneless Skinless Fryer Breasts \$2.49/lb.	Decker Meat Smoked Sausage \$1.69/lb.	Decker Meat Bologna 89¢/12 oz. pkg.	Roast \$1.99/lb.	Sirloin Tip Roast or Steak \$2.59/lb.
				Jimmy Dean Light Turkey Breakfast Sausage \$1.99/12 oz. roll.	Jimmy Dean Sausage Regular or Hot \$1.99/1 lb. roll.	Jimmy Dean Sausage & Biscuit \$5.99/20 ct. ea.	
				90% Lean Ground Round \$2.19/lb.	Boneless Round Steaks \$1.79/lb.	Jimmy Dean Cheeseburgers or Flatsticks \$5.99/20 ct. ea.	Decker Chopped Ham \$1.59/10 oz. pkg.
						Market Fresh Ground Turkey 99¢/lb.	Don Martino Pizza Combo or Pepperoni \$3.49/ea.
							Top Round Steaks or Roast \$1.99/lb.

White Bread 2 \$1	Lowe's Homogenized Milk 99¢/Half Gallon	Shurline Biscuits 8.99¢/10 ct. For	Shurline Chips \$1.99/10 ct. For
Witch's Grape Jelly \$1.29/2 lb.	Shurline Long Spaghetti or Ribs Macaroni \$1.19/32 oz.	Blue Bunny Yogurt 2 \$5/10 ct. For	Shurline Paper Towels 3 \$1/Rolls
Potato Chips Ruffles \$1.99/2 lb. Bag or Light	SHUR SAVING SALTINES	Sunlight Liquid Dish Detergent 79¢/22 oz.	Sunlight Automatic Dish Washer Detergent \$1.99/10 oz.
Carnation Follow-Up Concentrate \$1.69/13 oz.	Shurline Wide Noodles 79¢/11 oz.	Shurline Tomato Sauce 8.99¢/8 oz. For	Shurline Bleach 69¢/Gallon
Carnation Follow-Up Formula \$2.49/32 oz.	Carnation Good Start Powder \$5.89/12 oz.	Campbell's Soups \$1.29/19 oz.	Chips Ahoy 2 \$5/For

Guaranteed Freshness!

Onions 15¢/Bunch	Apples 39¢/Lunch Box Size lb.	Oranges 39¢/Small Size lb.
Carrots 15¢/1 lb. Bag	Fresh Green Cabbage 15¢/lb.	

Slimming Down Weight Watchers Prices!

Weight Watchers Entrees \$1.79	Weight Watchers Desserts \$1.69	Weight Watchers Smart Ones \$1.89
Weight Watchers Entrees \$1.99	Weight Watchers Smart Ones \$1.89	
Weight Watchers Entrees \$1.59	Weight Watchers On-The-Go! \$1.29	

FROZEN FOOD	DAIRY
Shurline Apple Juice 89¢/12 oz.	Shurline Margarine 3.99¢/lb. For
Shurline Grape Juice 89¢/12 oz.	Shurline Cheddar Cheese \$1.39/8 oz.
Shurline Shoestring Potatoes 39¢/20 oz.	Shurline American Cheese Slices 99¢/10.6 oz.
Shurline Ice Cream Sandwiches \$2.19/12 ct.	
Shurline Orange Juice 99¢/16 oz.	

HEALTH & BEAUTY

Mentholatum Cherry Chest Rub For Kids \$1.89/1 oz.	Western Family Pain Reliever \$2.49/400mg. 100 ct.
	Western Family Ibuprofen \$1.39/24 ct.
	Western Family Cough Formula D \$1.99/Decongestant 4 oz.
	Western Family HistaTabs \$1.89/Decongestant 24 ct.
	Western Family Skin Care Lotion \$1.99/16 oz.

Lowe's **Pay-n-Save**

515 W. Amer. Blvd. Muleshoe 272-4406

MARKETPLACE

401 W. American Blvd. Muleshoe, TX 79347 (806) 272-4585

Prices Effective January 1994

THUR FRI SAT SUN MON TUE WED
6 7 8 9 10 11 12

WE RESERVE THE RIGHT TO LIMIT QUANTITIES IN ITEMS

Our Beauty to You

House Speaker Pete Laney Named "Friend Of Extension"

Texas House Speaker James E. "Pete" Laney (D-Hale Center) was named national "Friend of Extension" by Epsilon Sigma Phi, the national honorary fraternity of Extension professionals meeting in San Antonio.

Laney was honored for his "dedicated work and distinguished accomplishments" during a 40 year association with the Texas Agricultural Extension Service. A farmer since 1965 and a member of the Texas House since 1972, Laney has worked to improve agriculture and support Extension educational programming nearly all his adult life.

"Extension is fortunate to have such a person who will not only 'go to bat' for quality education in the state legislature," the fraternity said, "but who will also donate his time as a volunteer leader, cooperating producer, progressive research and development supporter, (and) dedicated 4-H parent." Laney began his association with

Extension as a Hale County 4-H club member in 1951. He and his wife Nelda have served as 4-H volunteer leaders, and their three children all have been members of 4-H clubs. He still serves as chairman of the board of trustees of the High Plains Research Foundation, an advisory group for Extension issue-based programming on economic competitiveness, water quality and conservation, and environment and natural resources.

Laney has been honored numerous times for his contributions to Extension work. He was named the first recipient of the John E. Hutchison Visionary Award in 1991, the highest award given by the state's association of Extension specialists. He was given state Friend of Extension awards by the Texas Association of Extension Home Economists and the state chapter of Epsilon Sigma Phi. He also has received the Texas 4-H Alumni Award and the 4-H Spur

Clip award for outstanding 4-H adult leadership, and was named

Commerce Director Resigns

Texas Department of Commerce Executive Director Cathy Bonner today announced her resignation, effective January 3, 1993. Bonner has led the agency since April 1991, when Governor Ann Richards named her Interim Executive Director. She will return to private business as an independent consultant with an office at 320 Congress in Austin.

Bonner plans to represent business clients, serve on corporate boards, and assist Governor Richards in her re-election effort. Bonner also intends to work with a variety of civic and community programs in volunteer capacity.

At a press conference in Austin, Bonner told reporters: "Today I am announcing my resignation as Executive Director of the Texas Department of Commerce. After three years in government, I am returning to the private sector where I hope to be successful in business once again.

The start of the new year is a great time to take a lesson from Michael Jordan and leave while I'm ahead.

The opportunity to be part of Governor Ann Richards' economic accomplishments is the greatest experience of my professional life. I take personal satisfaction in turning around a troubled state agency and rebuilding credibility with the customers it serves. My greatest joy has been our two-fisted approach to creating 66,996 jobs and assisting more than 500 businesses to relocate or expand in Texas. I am also proud that we went from the third to the second most visited state, bypassing Florida last year.

The Smart Jobs program is now a reality and for the first time we have a clean bill of health from the Department of Labor on our work force training program.

I am excited about new clients corporate boards. Returning to private business will also allow me to renew my volunteer civic interests."

man of the Year by the Texas County Agricultural Agents Association.

Laney is a 1965 graduate in agricultural economics from Texas Tech University.

Shaking The Fear Of Salt

There's no need to worry about eating a little extra salt now and then. The average person's body can handle the occasional few extra shakes of sodium chloride, according to a Texas Christian University nursing professor.

"I think people need to know that there are hormones in your body that control how much salt your body has," said Dr. Susan Wilson, associate professor in TCU's Harris College of Nursing.

When a person consumes a large amount of salt, the sodium level in the blood rises. As the blood flows through the brain, a portion called the hypothalamus senses that the sodium content of the blood is too high. Wilson explained that the hypothalamus chemically signals the adrenal gland, located on top of the kidney. On the receiving end of the signal is a hormone in the gland called aldosterone.

"Aldosterone's job is to retain sodium, so if you have too much sodium in your body, the hypothalamus tells the adrenal gland to pull back on the aldosterone," Wilson explained. She added that if the hypothalamus senses too little sodium in the blood, it signals for production of more aldosterone, which retains sodium and prevents it from being excreted through the kidney.

A normal person not suffering from hypertension or kidney disease and who has a healthy hypothalamus and adrenal gland cannot consume too much or too little salt because the body regulates the sodium level, Wilson said. She quickly cautioned that people should not assume blanket permission to tip the salt shaker over on every dish. One-fifth of the U.S. population has health problems related to excessive salt consumption. Some, Wilson said, may not yet be aware of their problem. "You ought to do everything in moderation," she added.

Johnny Cagle, coal miner, Alabama:

"There are a lot of people in Alabama that think we gave the farm away," commenting on millions Alabama pledged to lure a German car maker to the state.

Mules Participate In Sudan Christmas Tournament

The Mules participated in the Sudan Christmas Tournament held December 28, 29, and 30. They played Sudan at 6:00 p.m. Tuesday, losing 73 to 45. Losing that game put the Mules in an 8:30 a.m. game Wednesday morning against Olton. The Mules started slow and were behind 18 points at one time, but they worked hard and got back in the game. The game ended with Evan Kelly taking his own as the buzzer went off to put the Mules ahead for the only time in the game. That win moved the Mules

to a 2:30 p.m. game that same day with Springlake/Earth, and a chance at consolation. The Mules started well, leading 18-14 at the end of the first quarter. Then they went ice cold in the second quarter and lost 61 to 50. The Mules then played Farwell on Thursday at 12:00 p.m. They played a hard fought game and lost a close one at the end, 58 to 53.

The Mules played Denver City in Denver City on the 4th of January, the last game before district starts. Scores were unavailable at press time.

Nabers Fights For Oil

Texas Railroad Commissioner Mary Scott Nabers released letters she mailed to President Clinton and Secretary of Energy Hazel O'Leary urging their immediate help for independent oil producers.

In her letter, Nabers urged immediate federal action that will encourage increased domestic oil production. "If federal policy remains unchanged, many independent producers will cease operations thereby further increasing our reliance on imported oil," Nabers said.

In addition to contacting the President and Secretary of Energy, Nabers is also active in working with the Interstate Oil and Gas

Compact Commission to pass a resolution urging federal action.

"Huge job losses have already occurred and this country now depends on foreign countries for more than half of its oil needs. We are losing our infrastructure, our service companies and our industry expertise. Other countries are enticing our developers and our technicians. As a nation that wants to remain competitive, we are risking too much," Nabers said in her letter to the President.

We must make the public aware of the potential danger to our country if we lose the ability to produce oil domestically," Nabers warned.

The Cold Hard Facts About Hypothermia

Normally your body temperature ranges from 97 degrees in the morning to 99 degrees at night. But if you're exposed to prolonged periods of cold or a cool, damp environment, your body can lose heat faster than it can be replaced. If your temperature drops below 94 degrees, hypothermia will occur. This condition can be fatal.

Elderly adults who are sick, frail, very old, or who cannot afford to properly heat their homes are at special risk. The National Institute on Aging estimates that about 10 percent of all persons and four percent of all hospital patients over 65 are hypothermic.

According to Sarah Chandler, M.D., a family practitioner at Methodist Hospital, "Infants also can be affected because they do not have efficient internal body mechanisms that detect decreases in body temperature. And, they have similar bodies, so they can't hold heat as well."

"Athletes who exercise outside in extremely low temperatures, or any person who gets wet outside on a cold day, also are susceptible to hypothermia," she said.

Here's how to tell if

Photography Contest At Texas Tech University

Texas Tech University Center Programs will host the second annual Behind the Lens Photography Contest. Entries will be displayed in the University Center Courtyard January 31--February 19, 1994. For more information come by the UC Activities office, or call (806) 742-3621.

The Photography Contest is open to anyone. The entry fees are as follows:

- *TTU Students \$3
- *TTU Faculty/Staff \$5
- *Public School Students \$4
- *Others \$6

Deadlines:

*Entry form/fee due in the UC Ticket Booth, Wednesday, January 26, 4:30 p.m.

*ALL photos must be received by Friday, January 28, 5 p.m. in the UC Activities Office.

*Photos must be picked up Saturday, February 19 by 5 p.m.

Photos can be either black and white or color, 5"x7" minimum, 8"x10" maximum. Photos must be framed or matted and ready to hang with string or wire attached to the back.

Best of show will receive \$50. Prizes have been donated by Albertson's, Armadillo Camera, Childress Photo Lab, Day Break Coffee Roasters, Gardski's, Odyssey Bookstore, Reeves Photography, Schlotzky's and Varsity Bookstore.

This year's contest will be judged by Wyman Meinzer. Mr. Meinzer graduated from Texas Tech in 1974, and has been a free-lance photographer for 14 years. His photographs have been on the covers of over 180 magazines, including *Field and Stream*, *Texas Parks and Wildlife*, *Texas Highways and Smithsonian*, in addition to several international magazines.

someone is suffering from hypothermia.

•Neck, arm, and leg muscles are unusually stiff, accompanied by a fine trembling on one side of the body

•Victims are shivering to keep warm

•Face is puffy or swollen

•Victim has poor coordination and jerky movements

•Breathing and heart rate are slowed

•Skin is cool or cold or very pale with large blue or pink spots

•Thinking may be impaired.

If you sense someone is suffering from hypothermia, call an ambulance or rescue squad immediately.

Some suggestions to protect yourself form hypothermia:

•Insulate your home properly, paying particular attention to caulking.

•Use extra blankets during sleep.

•Eat nutritious foods and exercise moderately.

•Get proper rest.



INVENTORY CLEARANCE

All Tell City
Bedroom Suites
Solid Oak - Light Or Dark Finish

30% OFF

All
Pictures & Lamps

30-40% OFF

Chromecraft
Dinettes

30% OFF

All Charles
Custom Upholstery

40% OFF

Sofa/Loveseat Reg. \$2150 - Now \$1290
1 Sofa Only Reg. \$1350 - Now \$810
1 Sofa Sleeper Reg. \$1395 - Now \$899

2 Mayo 2 Pcs.
Sofa/Loveseat
Reg. \$1599.90
Now
\$960

Sweiger (Discontinued Pieces)
5 Pc. Southwest
Group
Reg. \$2949.95
Now
\$1749.95

Sofa/Loveseat
2 Pc. Browntones
Reg. \$1895.00
Now
\$995

Sleepers
Reg. Size Begin At
\$499.95
Queen
Reg. \$1095.
Now
\$799.95

La-Z-Boy Chairs
\$289.95 up
2 Only Large Oversize
Chairs With Ottoman
Reg. \$899.95
Now
\$599.95

Velvet
Glider Rockers
\$249.95 Ea.

3 - Cedar Chests
\$299.95

7 Pc. Dinette
1 Only White-Natural Finish
Reg. \$1295
Now
\$795

1 Only Black Metal Without Mattress
Over & Under Bed
\$299.95

Red
Sofa Bed W/Futon
Mattress
with Twin Overhead
\$399.95

Parchment Oak
3 Pc. Entertainment Center
Reg. \$1895
Now
\$1395

1 Only
Ladies' Writing Desk
Reg. \$499.95 Now
\$299.95

Day Beds **1/3 OFF**
WITH MATTRESS

REG. \$599.95 - NOW **\$399.95**
REG. \$899.95 - NOW **\$599.95**

All Kincaid
Bedroom Suites

30% OFF

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Calton Furniture

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359-1442



ENGAGEMENT ANNOUNCED—Mrs. Ana B. Gonzalez and Mr. and Mrs. Bobby Graves, all of Muleshoe, announce the engagement of their children, Selina and Terry. The couple will be married May 28th at the Immaculate Conception Catholic Church. (guest photo)

Cookbook Rounds Up The Best Of Texas Kitchens

Ten years ago, sixth-generation Texans Candy Wagner and Sandra Marquez compiled the best recipes of the state in a book called *Cooking Texas Style*, published by University of Texas Press. Almost immediately, this collection became the definitive source for traditional Texas recipes. M.F.K. Fisher called it "by far the best...authentic book about regional cooking in Texas."

Wagner and Marquez have spent the past decade appearing at book signings, cooking demonstrations, and media interviews all over the country, spreading the word about the variety of "down-home" dishes that make Texas cooking distinct. Gathering new facts about Texas history and cuisine and picking up cherished family recipes from a variety of new sources, the authors decided it was time for a revision, and the new edition is more mouth-watering than ever. "Texas food is not a fad or a passing fancy but one of Americas most unique regional foods," the authors say. It especially warms their hearts to see Texas dishes now even appearing on menus of New York City

restaurants. Presenting more than 60 new recipes, the tenth anniversary edition of *Cooking Texas Style* also offers new twists on old favorites such as tortilla soup, fajitas, and chicken and dumplings. A glance at the index shows that Texas cooking is as diverse as its population, with offerings from German, Mexican, Cajun, and even Czechoslovakian kitchens, as well as a few basic cowboy staples such as beef jerky and biscuits. Readers can learn how to whip up a dinner reminiscent of the kind their grandmothers might have made—including the southern hallmark, chicken-fried steak (with cream gravy, of course). Wagner and Marquez even present the details for preparing a complete Tex-Mex meal, including frozen margaritas. ("Indulge with care," the book reminds, "or you may find yourself seeing pink armadillos.") The 300 recipes contained in the anniversary edition say as much about Texas history as they say

about gastronomy. In straightforward prose, the authors tell a little background about most of the dishes, including family recollections. Chili Queen anecdotes from the nineteenth century, and ways in which native American cooking left its mark on Texas cuisine. And that's what

Cooking Texas Style is all about—blending old and new tastes from a variety of climates and ancestries. The unique flavors are familiar and comforting, and at last recorded in one easy-to-use source.

Cooking Texas Style is available in most bookstores and sells for \$19.95 in hardcover.

Poems Wanted

Sparrowgrass Poetry Forum is offering a Grand Prize of \$500 in its new "Distinguished Poet awards" poetry contest. Thirty-four other cash awards are also being offered. The contest is free to enter. Poets may enter one poem only, 20 lines or less, on any subject, in any style. Contest closes Jan. 31, 1994, but poets are encouraged to send their work as soon as possible. Poems entered in the contest also will be considered for publication in the fall 1994 edition of *Treasured Poems of America*, a hardcover anthology to be published in August, 1994. Anthology purchase may be required to ensure publication, but is not required to enter or win the contest. Prize winners will be notified by March 31, 1994.

"Poetry is more popular than ever," says Jerome P. Welch, Publisher. "Our contest offers a public forum for new poets that allows them to share their work. We welcome poetry of all styles and themes. Many of our contest winners are new poets with new ideas."

Poems should be sent to Sparrowgrass Poetry Forum, Inc. Dept. N, 203 Diamond St., Sistersville, WV 26175. ABOUT THE CONTEST SPONSOR: Sparrowgrass Poetry Forum sponsors six free poetry contests and publishes six hardcover poetry anthologies each year. Sparrowgrass is dedicated to encouraging and rewarding the many "undiscovered" poets across America.

Math, Science Teachers Take Work On Tour

From Shiprock to Jal, from Clayton to Silver City, from Texico to Gallup and along the Rio Grande, Dr. Betty Lyon and Dr. Andy Sae, mathematician and scientist, crisscross the state, taking their work on tour.

The two Eastern New Mexico University professors give workshops and demonstrations to students and teachers from kindergarten to the 12th grade. So far, they've reached 2,122 teachers, 1,098 students and 260 parents.

"It's kind of a crusade," Dr. Sae said. "We combat the tendency to study the book instead of science and math that is actually going on in the real world."

The professors have been conducting joint workshops in the public schools and summer workshops at ENMU since 1988. They also are touring the state by invitation, sponsored by the New Mexico Academy of Science's Visiting Scientist Program.

"We're having a wonderful time," Dr. Lyon said. "This semester we have been going somewhere almost every week. We're trying to get the teachers up to grade on the new concepts."

To teach math concepts and pedagogy, Dr. Lyon prefers a hands-on approach. Using Teddy Grahams, M&M's, chocolate chip cookies, dice, spinners and magic squares, she shows teachers how to make math fun.

She uses the same approach to get students interested in the subject.

"I want them to think mathematically instead of by rote, so I use all sorts of hands-on techniques," she said. Her Pattern Block Family, she added, is her latest innovation.

"I give each of the elementary school students their own packet, which has a whole family of polygons," Dr. Lyon explained. "It helps them learn about geometric shapes."

Dr. Sae also makes his subject fun for students and teachers alike. His Chemical Magic from the Grocery Store has become a standard resource for teachers in the state and among chemical educators.

Using experiments he included in the book, he presents a chemical magic show that reaches students from kindergarten through high school.

"I love to do the shows, especially for the little kids," Dr. Sae said. "People just love it. They become interested in seeing how the common chemicals can do the same thing as chemicals from the stockroom."

Dr. Sae became an advocate of making chemistry fun after he wrote an article in *Science and Children* called "Dispel Chemophobia." Since then, he has been invited to be a tour speaker for the American Chemical Society and has presented workshops across the country.

Dr. Lyon also has been recognized for her work. In 1992,

she received a Distinguished Award from NUCEA for a course in algebra she wrote for the University of Nebraska. She also serves as editor of the *Journal of the New Mexico Council of Teachers of Mathematics*.

Together, the two worked on the state task force to launch the first year of the New Mexico Systemic Initiative for Mathematics and Science Education (SIMSE), teaching three summer institutes as well.

In the eight years of collaboration, Dr. Sae and Dr. Lyon have brought \$377,171 of grant money to ENMU. Their work, through these fundings and the support of the Visiting Scientist Program, has impacted hundreds of teachers and thousands of students in New Mexico.

Parenting Pointers

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Plan activities the whole family can enjoy. Family activities can broaden children's interests.

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KENW-TV

Public Television

Forgiveness:

How to Make Peace with Your Past and Get on with Your Life

"The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: to return love for hate, to include the excluded, and to say, "I was wrong." — Sydney J. Harris.

Learning to forgive may be one of the hardest jobs in the whole business of human relationships, but psychologists Sidney and Suzanne Simon show where the path of forgiveness may begin in *Forgiveness: How to Make Peace with Your Past and Get on with Your Life*, a 90-minute self-help special. For the past 20 years, Sidney has taught at the University of Massachusetts in Amherst. Suzanne is an incest support-group leader, and together they conduct workshops across the country and abroad. They have authored several books, including *Getting Unstuck and Forgiveness*.

The Simons believe that the process of forgiving is the process of healing our hurts — not carrying them around eternally, not burying them, but dealing

with them, healing them, and moving beyond them. In the program, the Simons present a developmental stage theory of forgiveness, which they think sheds some light on where people are in the healing process.

The program provides an opportunity to look at some of the universal hurts that people experience and to reflect on how people can heal themselves from these hurts. It explores the connection between forgiveness and self-esteem, and how forgiveness leads to freedom from addictions.

Forgiveness: How to Make Peace with Your Past and Get on with Your Life will be broadcast Monday, January 10th at 7:00 p.m. and Saturday, January 15th at 10:00 p.m. on KENW-TV.

"Island of the Giant Bears"

Kodiak brown bears can weigh up to 1,500 pounds, tower 10 feet tall, and run 35 miles per hour. But no matter how indomitable these creatures appear, progress and politics threaten the land and life of these great brown bears on Kodiak Island, which is south of the Alaska mainland.

A new National Geographic Special "Island of the Giant Bears" investigates the pressures affecting life on the island. It takes viewers on an

idyllic journey through the sparkling streams, snow-covered mountain peaks, and verdant valleys of Alaska's "Emerald Isle" for an unprecedented close-up look at the giant brown bear.

"Island of the Giant Bears" on National Geographic Special will be broadcast Wednesday, January 12th at 7:00 p.m. The program repeats Friday, January 14th at 9:00 p.m. and Sunday, January 16th at 3:00 p.m. on KENW-TV.

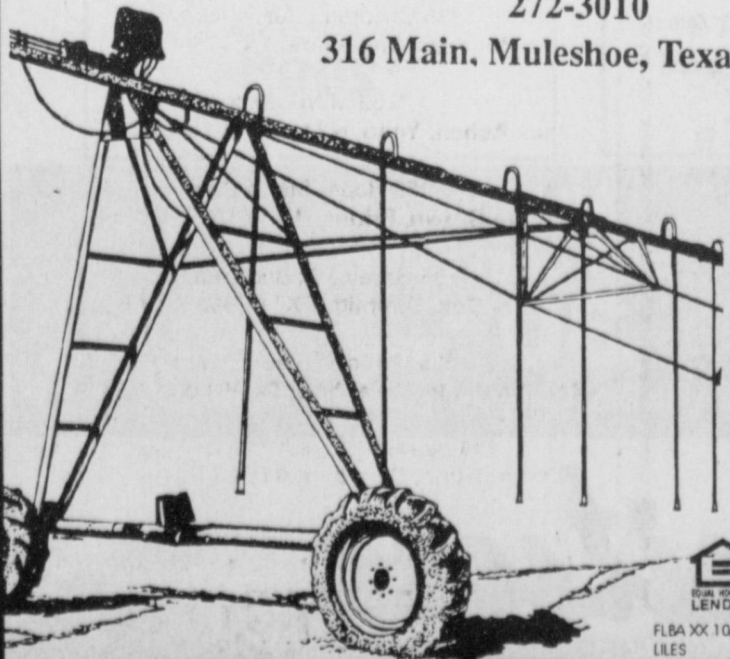
Channel 3 Television from Eastern New Mexico University, Portales, New Mexico

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Interest rates are the lowest since 1970. Our improvement loan rate is currently 6.95% fixed for 10 years. A \$35,000 center pivot financed for 15 years will have an annual payment of \$3,830 for the first 10 years. A 10 year loan would cost \$4,971 per year. You can't hire a hand to move pipe this cheap. Take advantage of low rates. Save labor; Save water! Rates change every Wednesday.

272-3010
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FLBA XX 10/93 LILES

Legal Matters

by Texas Attorney General Dan Morales

Losing More Money Than Weight?

Send money and lose weight. You've heard it all before, but for many consumers money is the only thing they lose on these get-slim programs. While many weight loss programs are legitimate, some are only looking to gain your hard earned money. Scam artists who claim they have found a quick and easy way to burn fat have actually found a quick and easy way to get rich.

Weight Loss Scams

Advertisements promote a seemingly endless variety of phony weight loss gimmicks. One company marketed a formula "guaranteed" to prevent the body from absorbing calories. It was a solution that dieters were supposed to spray on their tongues before eating. But an analysis by the Texas Department of Health revealed that the "magic" formula was 100 percent water.

A patch worn on the wrist was said to curb dieters' appetites. Once again, testing showed that the patch contained only water and a minute amount of crushed oyster shells.

And tabloids are currently reporting the discovery of a "magic" thigh cream designed to remove inches from your thighs, without diet or exercise. No

scientific data has been produced to support this claim, and the Food and Drug Administration has not approved the product's use for this purpose.

Be Cautious

Be wary of any program or product that promises fast and effortless weight loss. Regardless of what advertisers might claim, there is no pill, powder or shake that instantly melts away fat.

If you're considering joining a commercial weight loss program, read the fine print in the advertisements and don't be afraid to ask questions. Claims that you can lose weight for a weekly fee may be misleading. Often the program requires that you buy special foods, vitamins, books, or nutritional supplements—all for an additional fee. Before you join, know exactly how much your weight loss will cost.

Don't sign any contract without reading it carefully, and without asking some important questions, such as:

*Will your money be refunded if you're dissatisfied with the program? If so, get the refund policy in writing.

*What is the total monthly or weekly cost? Be sure to get all promises in writing.

Be Sensible

It's always a good idea to consult your family doctor before beginning any weight loss program. Once you have your doctor's approval, look for a sensible diet plan that fits your lifestyle.

Shedding excess pounds is never easy. But following some common sense guidelines will ensure that you, and not your wallet, end up lighter.

For more information about the regulation of health spas, or other consumer issues, please call toll free Consumer Protection Hot Line at 800-621-0508.

New Almanac Spotlights Congress, Health and Holidays

The 1994-1995 edition of the Texas Almanac continues the tradition of drawing the picture of the Lone Star State in statistical and historical terms. The new almanac begins by recounting the history of Texas entry into the Union in 1845 and the war with Mexico that was a result of that entry.

Texas' role in the U.S. congress for the past century and a half also is surveyed, spotlighting political figures from the state who had nationwide impact. The high point came in the 1950's when the leaders of both houses--Sam Rayburn in the House and Lyndon B. Johnson in the Senate --came from Texas. But the survey lists the 241 men and women who have served in the Congress from Texas, including Kay Bailey Hutchison, who was elected Texas' first woman senator in 1993. Eight Texans have served in both the House and the Senate.

Other special features in the new Almanac include a review of the poisonous snakes in the state, a tour of movie studios and museums within the state's borders, and a look at the outstanding marine science programs offered at Texas A&M University and the University of Texas at Austin.

In a continuing look at the diversity of cultures in Texas, there are features on ethnic holidays. The newest of these events is the celebration of Martin Luther King's birthday in January. In addition, Texas' oldest black celebration, Juneteenth, is being revived as a major observation not only in Texas but across the country. St. Patrick's Day observances also are reviewed as the time when Texans honor their Irish and Celtic heritage.

Health care has become a major concern of many Texans, and well it should as a survey in the new Almanac reveals. For the first time, a county-by-county review of the number of doctors, hospital beds and nursing home beds has been assembled. In addition, the health-care section lists the major causes of death, the number of abortions and the infant mortality rate.

An expanded section on business and industry reviews the state's economy from the heady prosperity in the early 1980's through the decline in the latter part of the decade to today's recovery. One feature spotlights the source of the new jobs that are replacing those most historically linked to Texas.

R.G. Wilson Wins Annual Football Bowl Contest

The winner of the Muleshoe Publishing Co.'s Annual Football Bowl Contest this year is R.G. Wilson. He is the lucky winner of \$50.

Mr. Wilson only missed 2 games and was 9 points off on the tie breaker. Mrs. John Hayes was a close second with 3 misses and was 3 points off on the tie breaker. Donnie McDonald also missed 3 games but was 12 points off on the tiebreaker. There were several who only missed 4 and 5 games.

College football officially came to an end this past weekend for participants of our annual football contest. We look forward to seeing all those entries next fall.



BOWL WINNER-Diana Bermea, Muleshoe Publishing Company employee, presents R.G. Wilson with a \$50. check. He is the winner of the annual Football Bowl contest, sponsored by the Muleshoe Publishing Company. (Journal photo)

January Clearance Sale In Progress

Fantastic Savings In All Departments

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Of Earth

The Muleshoe Area Calendar Of Events

SUNDAY, JANUARY 2, 1994

Attend the church of your choice
Guadalupe Society, Catholic Church

MONDAY, JANUARY 3, 1994

Cub Scouts, pack 620, boy scout ground
Girl Scouts, girl scout hut, 3:30
Muleshoe Heritage Foundation, Old Depot
Muleshoe 4-H

TUESDAY, JANUARY 4, 1993

Beta Sigma Phi-Alpha Zeta Phi, 7:30 p.m.
Beta Sigma Phi- XI OMICRON XI, 7:30 p.m.
AA, Muleshoe Counseling Center, 8:00 p.m.
Eastern Star, Masonic Lodge, 8:00 p.m.
Muleshoe Athletic Boosters, H.S. Cafeteria, 7:30 p.m.
Rebekah Lodge, Lodge Hall, 7:30 p.m.
Rotary Club, Civic Center, noon
Lazbuddie Young Homemakers
Muleshoe Senior Citizen's Dance, Legion Hall, 7:00 p.m.

WEDNESDAY, JANUARY 5, 1994

Lion's Club, noon, Civic Center
Muleshoe Volunteer Fire Dept., City Fire Station

THURSDAY, JANUARY 6, 1994

American Cancer Society, Noon
Dialogue, 3:00-4:00
Muleshoe Hobby Club, Senior Citizen Complex, 2:00 p.m.
Muleshoe Mule Skinners, Fire Dept., 7:30 p.m.
Oddfellows, Lodge Hall, 7:30 p.m.
Tops Club, Amer. Blvd. Church of Christ, 5:30 p.m.
Muleshoe Square Dance, Legion Hall
Muleshoe Area Industrial Foundation
Hombres De La Iglesia, Catholic Church

FRIDAY, JANUARY 7, 1994

Muleshoe Road Riders
Daisy Girl Scouts, Girl Scout Hut, 3:30 p.m.

SATURDAY, JANUARY 8, 1994

IF YOU WISH TO ADD TO OR CHANGE ANYTHING ON THE MULESHOE CALENDAR, PLEASE CONTACT, ANNETTE AT THE JOURNAL-272-4536

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Superior ratings by prestigious independent organizations confirm our company's financial strength.

Southern Farm Bureau Life has been rated A+ (Superior) by A.M. Best for all the 17 years such ratings have been awarded.

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Information used by such independent rating services comes from each insurance company's financial statements. Such ratings are not a warranty of an insurer's ability to meet its contractual obligations.

Helping You Is What We Do Best.

Our current Flex II Annuity interest rate.

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Southern Farm Bureau Life Insurance Company offers Flex II, a Flexible Premium Retirement Annuity designed for periodic as well as single premiums. Your contributions, less any applicable maintenance fees, accumulate wealth for the future. Early surrender charges apply.



Southern Farm Bureau Life Insurance Company
Jackson, Mississippi

Licensed Vocational Nurses Meet

Licensed Vocational Nurses Association of Texas Lubbock Division 18 will meet in the Arnett Room of St. Mary Hospital January 10, 1994. The meeting will be from 7:00 p.m. to 9:00 p.m. All Nurses are urged to come and join your professional organization and be active in getting your continuing education hours. Twenty (20) hours are now required for license renewal.

Come join division 18 on Monday, January 10, 1994 and hear our featured speaker and receive one (1) continuing education hour.

Our featured speaker for January will be Peggy Forganson, Executive Director of "Meals on Wheels". She will be speaking as well as showing slides.

Division 18 has a workshop planned for February on "AIDS-HIV-What You Need To Know". Further information will be forthcoming. Division 18 will also host the 1994 State Convention here in Lubbock. Plans are being made at this time to have a large convention.

Joe and Darla and all employees at Joe's Boot Shop and Country Junction would like to say "Thanks" to everyone for participating in our Moonlite Madness Sales "Wheel of a Deal" A special "Thanks" to the Pizza Hut, Leals Restaurant, Tom & Florence Pinette of Joes' Boot Repair, & Mike Dale for the free flying time donated for Joe's "Wheel of a Deal" Instant Wins. "Thank You" for your business in 1993 and we look forward to serving you in 1994.

Nobody outfits like Joe's and we want your business!

CONGRATULATIONS TO All of our WINNERS AT OUR "BOOT BUCKS" AUCTION DEC. 18th

\$40 Panhandle Slim Shirt
Freddy Sanchez, Greely, Colo. \$3,900 Boot Bucks

\$39 Justin Belt
Eva Woods, Grady, N.M. \$9,300 Boot Bucks

\$45 Children's Justin Boots
Richard Orozco, Muleshoe, TX \$6,200 Boot Bucks

\$95 Adult Justin Roper
Jerry Cox, Dimmitt, TX \$16,000 Boot Bucks

\$35 Joe's Boot Shop Jacket
Danny Patterson, Pettit, TX \$6,500 Boot Bucks

\$79 Montana Silversmith Buckle
Tonya Wall, Shamrock, TX \$8,000 Boot Bucks

\$24 Men's Wrangler Jeans
Johnny Freadway, Clovis, N.M. \$6,500 Boot Bucks

\$120 Tony Lama Apache Lacer Boots
Jack Boothe, Jerome, Idaho \$12,500 Boot Bucks

\$295 Remington Bronze Sculpture
Ronnie Spies, Muleshoe, TX \$13,500 Boot Bucks

\$68 Miller Harness Tennis Shoes
Erin Carter, Fort Sumner, N.M. \$7,000 Boot Bucks

\$35 Children's Justin Jacket
Leticia Mendoza, Muleshoe, TX \$9,100 Boot Bucks

\$155 MWG Jacket
Jack Achen, Yeso, N.M. \$12,600 Boot Bucks

\$55 Roper Men's Shirt
Gary Brown, Friona, TX \$9,100 Boot Bucks

\$185 Bailey 13x Buckskin Hat
Jerry Cox, Dimmitt, TX \$16,000 Boot Bucks

\$85 Wooden Steer Dummy
Rhonda Eagle, Muleshoe, TX \$51,000 Boot Bucks

\$38 Beads Beautiful Ladies T-Shirt
Karen Bruns, Clovis, N.M. \$10,000 Boot Bucks

\$245 Oak Hall Tree
Jacquie Burris, Muleshoe, TX \$80,000 Boot Bucks

Muleshoe. . .

Cont. From Pg. 1

the Muleshoe Squares. If you need more information please call 925-6421 or 272-4884.

Livestock. . .

Cont. From Pg. 1

member will be allowed to sell only two animals. Animals will be auctioned by dollars per animal. This is a premium sale which means the buyer is paying a premium to the youth for exhibiting the animal. The bidder is not buying the animal.

Everyone is encouraged and welcome to come and support the Bailey County Youth as they participate in this year's livestock show. By participating as a bidder, you will be rewarding financially the young people and supporting their future participation and development. And just be being there you indicate your recognition of the occasion as significant.

There will be a concession stand each day for your convenience. Your support is very much appreciated.

Officers of the Board of Directors of the Bailey County Junior Livestock Show are: Steve Kennedy, Chairman; Terry Pollard, Vice Chairman; Jerry Redwine, Secretary-Treasurer. Others serving are Craig Kirby, Tex Black, Don Heathington, Ronnie Altman, Larry Hancock, Barry Cowart, Alec Schuster, Joey Kindle, Kirk Lewis, Kelly Harrison, Derrel Embry, Jim Pat Claunch, Gary Hooten, Mack Hodges, and Darwin Robertson. Also, the Ag Teachers: Carl Wheeler, Muleshoe I.S.D., and Howard Tooley, Three Way, I.S.D. Curtis Hunt representing the Ag Boosters organization, and Curtis Preston, Bailey County Extension Agent- Agriculture & 4-H Coordinator.

Who?

Why all this talk about getting back to normal? Who would recognize himself?

A Passing Thought

Old postmasters never die. They just lose their zip.
-Record, Columbia, S.C.

Modern Scouting

Boy Scout leader to troop: "Remember men, if you're lost in the woods at night, get your bearings from the sky. A glow will indicate the nearest shopping center."
-News, Black Earth, Wis.

Texas' Ten Best Business Stories Of 1993

Texas experienced strong growth in 1993. More Texans went to work in 1993 than last year, adding to the state's economic strength and stability. The majority of this job is from the expansion of small- and medium-sized companies, which make up 97 percent of all Texas businesses.

Over the past year, more than 138,500 new jobs were created in Texas. McAllen-Edinburg Mission, Brownsville-Harlingen, and Laredo were among Texas' fastest growing metropolitan areas. Central Texas, particularly Killeen, also had a rapid growth rate. Statewide, the unemployment rate was lower in 1993 than in 1992. In addition, total personal income in Texas continued to grow faster than the national average, showing a 6.5 percent gain from mid-1992 to mid-1993.

The Texas Department of Commerce has highlighted a list of the top 10 Texas business stories for 1993. Commerce chose these stories based on their economic impact to the state of Texas and the number of jobs created for Texas.

•The Smart Jobs Fund Program became a reality when it was passed unanimously by the Texas Legislature in February, creating the state's first employer-driven customized work force training program. Businesses in Levelland, Mission, Graham, and Dallas have received Smart Jobs funding since the program's inception in September.

•The Texas Tourism industry generated \$21.4 billion, making it the third largest industry in the state. Recent Texas travel spending figures indicate a growth of \$800 million, a 5.7 percent increase over previous figures. Another indicator of the growing Texas travel market is an increased number of inquiries for Texas travel information. During Fiscal Year 1993, a record-setting 992,000 inquiries were answered by the Commerce Tourism Division.

•The North American Free Trade Agreement was passed by the U.S. Congress, placing Texas at the center of the world's largest free trade region. NAFTA is expected to create more than 180,000 new jobs in Texas over the next 10 years.

•Texas lead the nation in the number of new manufacturing facilities and tied for first place in the number of new and expanded corporate facilities, according to Site Selection magazine. Reasons listed by the magazine for Texas' strong showing include the "large number of skilled workers" in Texas, the strategic position Texas has under NAFTA and Texas' proximity to growing southwest markets. Three major expansions or relocations to Texas in 1993 include Texas Instruments, Motorola, and Advanced Micro Division.

•State and local governments worked together to draw Apple Computer to Williamson County. Governor Ann Richards said Texas' ability to recruit Apple in the midst of turmoil "should send very positive signal to the rest of the country that Texas is serious about bringing industry to the state. This should show that in Texas, state and local government are willing to accommodate business."

•Fortune 500 company Southwestern Bell moved its Telecom headquarters to Dallas. Telecom President and CEO Tom Morgan said the company would relocate from St. Louis because "some of the fastest growing markets and many of our largest business customers call Texas home, and we see very promising growth trends in Texas." Telecom employs about 900 employees nationwide, 200 of whom are in the Dallas area.

•Federal Express announced plans to build a regional hub at Alliance Airport in Fort Worth. This hub will employ 600 local residents as early as 1997, and potentially

1,900 as the hub workload increases. Federal Express joins rail power Santa Fe at Alliance, moving it closer to its goal of becoming an international cargo hub.

•Space Station Freedom survived potential federal funding cuts, saving 13,000 direct and indirect jobs in the Clear Lake-Houston area alone.

•Transamerica Insurance Company announced plans to move its headquarters to Las Colinas, bringing 1,500 jobs to the area. The company, which sells personal and commercial property and casualty insurance, plans to transfer about 400 employees to the Las Colinas office and hire the rest locally.

•Citizens Utilities announced the location of its new centralized telecommunications administration and operations support facility to the Dallas area, initially creating 500 jobs. It is estimated direct and indirect jobs could exceed 1,800 with a statewide economic impact of more than \$217 million.

For more information on the top business stories of Texas business opportunities, contact Carla Luna Smith or Stephanie Bearden at the Texas Department of Commerce, 512/320-9481.

Sports Quiz

- By Christian Thorlund
1. What network is to broadcast NFC football in 1994?
 2. How old is Roberto Duran?
 3. For whom does Ricky Henderson play baseball?
 4. Who is storm Davis?
 5. In what sport is Bobby Hurley well known?

- Answers:
1. Fox, replacing CBS.
 2. 42.
 3. The Oakland A's, again.
 4. Detroit Tigers pitcher.
 5. Pro basketball (Sacramento).

David Stockwell, U.N. spokesman, Somalia:

"When the helicopters came in they shot at gunmen and the women and children who were actively engaged as combatants," speaking of civilians killed by U.S. helicopters.

Bill Jackson, U.S. Forest Service:

"We now have leaves falling in mid-August (in the Appalachians)," commenting on air pollution.

Multi-County Winter Cotton Conference

A Winter Cotton Conference will be held Wednesday, January 19, 1994, in the Bailey County coliseum in Muleshoe. The Parmer, Castro, Lamb and Bailey County Extension Service will cooperate in hosting the conference.

The conference will begin at 8:15 AM and conclude at noon. Topics that will be discussed include, cotton variety selection, plant monitoring, cotton fertility, the new EPA regulations concerning Worker Protection Standards and Updates from the Bailey County ASCS, SCS, and FmHA.

Private pesticide applicators may receive 2 CEU's from attending.

Douglas Woodward, economic professor, Columbia, S.C.:

"There seems to be very little accountability, no one does any follow up or cost benefit analysis," commenting on states spending millions for new plants.



ONE CAR ROLLOVER-A one car rollover occurred at the intersection of Highway 84 and FmRd. 1760 late Tuesday morning. At press time, no details were available. (Journal photo)

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Announcing A New Format!
 Beginning January 1, 1994,
Carrousel of Good Food
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NWF's New 1994 Conservation Directory

The National Wildlife Federation (NWF) has released its 1994 Conservation Directory, the most comprehensive listing available of organizations, agencies, and officials concerned with natural resources.

This year's 504 page directory contains the names of more than 16,000 individuals and 2,000 international, national, and regional organizations and commissions, environmental departments, agencies and citizens' groups, and colleges and universities that offer conservation and environmental education programs. One hundred and fifteen new organizations were added to the 1994 directory.

Each entry includes the address and telephone number of the organization, as well as each organization's leaders. The directory provides an index covering 89 environmental subject areas, from acid rain to zoology.

Among the lists in the directory are:

- private, nonprofit conservation organizations
- U.S. and Canadian state and provincial fish and game administrators
- colleges and universities offering professional training in conservation and environmental education

- Environmental On-line/Services Databases
- National Forests, Grasslands, Marine Sanctuaries, Parks, Seashores, Wildlife Refuges, and Bureau of Land Management Districts.
- periodicals, directories, and sources of audio-visual materials
- state coordinators of environmental education agencies
- NEW THIS YEAR: A section on Government Agencies and Citizens' Groups in other countries.

The 1994 NWF Conservation Directory can be ordered by writing to: Conservation Directory, National Wildlife Federation, 1400 16th Street, N.W., Washington, DC 20036. The cost is \$20 per book plus \$4.85 shipping and handling, if ordering just one copy. For information on large orders, call 1-800-432-6564 and ask for item #79561 or write to the National Wildlife Federation, attn: Order/Contribution Department.

Howard Metzenbaum, senator (D-Ohio):

"This confirms our complaints about the life insurance industry," commenting on report criticizing insurance companies for misleading sales pitches and brochures.

MEET THE CANDIDATES

Bailey County County Clerk
Billie Downing
Barbara McCamish
Justice Of Peace Precinct 1
Jack Bates
287th District Judge
Jack Young

If You Haven't Made Your First Million Yet, Why Not Try For January 27th.



Some people hope to make their first million by age 30. Some, by age 50. Others, on January 27. Because that's the date of the Texas Lottery's last scheduled Million Dollar Grand Prize Drawing. The game is about to end for good, so hurry up and scratch off a Lucky Lone Star (★) on a red, blue or gold Lone Star Millionaire ticket, and send it in to the Texas Lottery if your ticket is received by 5:00pm on Friday, January 14, then you are eligible for the Million Dollar Grand Prize Drawing. Now that's something worth trying for.



Overall odds of winning 1 in 4.67. Must be 18 years or older to play. ©1994 Texas Lottery.

Opal Pennington Services Held

Services for Opal Pennington, 87, of Sudan, were held Saturday, January 1, 1994, at 11:00 a.m. at First United Methodist Church, Sudan, with Rev. Cliff Hargrove and Jim Hawthorne officiating.

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

Mrs. Pennington died December 30, 1993 at Methodist Hospital in Lubbock.

She was born October 10, 1906, in Hope, Arkansas.

She married Ernest Pennington November 18, 1923, in Texhoma, OK. He died May 21, 1971.

Mrs. Pennington had been a resident of Sudan since 1931, moving here from Wallington, TX. She had been an owner/operator of a restaurant. She was a member of First United Methodist Church.

Survivors include three daughters, Ernestine White of San Antonio, TX, Edith Rae Polutnek

Maria De Jesus Ramirez Services Held Tuesday

Mass was celebrated for Maria De Jesus Ramirez, 76, of Muleshoe, on Tuesday, January 4, 1994 at 2:30 p.m. at Immaculate Conception Catholic Church in Muleshoe, with Father Joseph Augustine officiating.

Rosary was said Monday, January 2, 1994 at Ellis Funeral Home Chapel, 7:00 p.m.

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

Mrs. Ramirez died January 1, 1994 at Muleshoe Area Medical Center.

She was born August 17, 1917 in Las Jitas, TX. She married Teodoro Ramirez October 21, 1940 in Ojinaga, Mexico. He died in 1991.

Mrs. Ramirez had been a resident of Muleshoe since 1969, moving here from Pecos, TX. She was a homemaker and a member of Immaculate Conception Catholic Church, Muleshoe.

Survivors include four sons, Arturo Ramirez of Crane, TX, Saul Ramirez of Pecos, TX, Daniel Ramirez of Muleshoe, and Maurillo Ramirez of Muleshoe; two daughters, Maria Reyes of Muleshoe and Olivia Arreola of Muleshoe; one brother, Thomas Ray of Ojinaga, Mexico; 23 grandchildren and 9 great-grandchildren.

Services For Artie Jennings Held Monday

Services for Artie Jennings, 84, of Lubbock, TX were held Monday, January 3, 1994 in First Baptist Church, with Rev. Danny Jackson officiating.

Burial was in Morton Memorial Cemetery, under direction of Ellis Funeral Home, Morton.

Mrs. Jennings died January 1, 1994 at Methodist Hospital, Lubbock.

She was born January 14, 1909 in Caney, OK. She married Bert LaRue Jennings on October 20, 1928, in Elk City, OK. He died in 1978.

Mrs. Jennings had been a resident of Lubbock since 1984, moving there from Morton, TX. She was a member of First Baptist Church and was a Sunday School teacher there for several years. She had also worked at Morton Hospital for 5 years. A son preceded her in death Curtis Wayne Jennings in 1974.

Survivors include one son, Melton Jennings of Medford, OR; three daughters, Jean Padgett of Lubbock, Gwen Snitker of Hart, TX, Lois Hogan of Burleson, TX; three brothers, Charlie Melton of Klamath Falls, OR, Cecil Melton of Iowa Park, TX and George Melton of Klamath Falls, OR; three sisters, Gladys Kellyum of Oakland, OR, Lorene Archie of Millerton, OK, and Wanda Berryhill of Antlers, OK; several grandchildren and great-grandchildren.

The family suggests memorials to First Baptist Church of Morton or your favorite charity.

of Las Cruces, N.M., and Ann Gerik of Morton, TX; six grandchildren and ten great-grandchildren.

The family suggests memorials to Sudan Volunteer Fire Dept. and Ambulance Fund.

BIBLE VERSE

"A good name is rather to be chosen than great riches, and loving favor rather than silver and gold."

1. Where is this verse found in the Bible?
2. Who is the author?
3. Who was his mother?

- Answers:
1. Proverbs 22:1.
 2. Solomon.
 3. Bathsheba.

Baylor College Of Medicine

When Angela Marks of Houston got the call she was devastated. Doctors told her that her 14-year old son, Tony, had been shot in the head with a pistol and it did not look good.

Today, Tony is 16 and has progressed from a wheelchair to walking to his classes in high school with only a slight drag on his right leg.

Dr. Maureen Nelson, a rehabilitation expert at Baylor College of Medicine in Houston has seen many children like Tony. She helps patients overcome physical trauma while working with the family on the emotional trauma they may be experiencing.

"When the brain is injured, it is difficult to tell how extensively the

patient's life will be changed," said Nelson. "Not only do we assess the patient's ability to function, we prepare the family for the hard work ahead."

In Tony's case, a bullet struck the extreme left portion of his brain, costing him the use of his right leg, arm and hand. It was important to begin working and training the muscles of those limbs as soon as possible to prevent contractures--permanent stiffening and inability to move.

"Patient's who are motivated and have strong family support, like Tony, have an advantage. There are many difficult hours, days, weeks and months of painful exercise and therapy," said Nelson. "And, that is only after several surgeries to

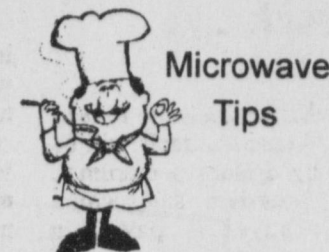
correct damage from the original injury."

A physician specializing in rehabilitation determines the best way to return the patient to a mainstream lifestyle as quickly as possible, but the patient, family, doctors and therapists must agree on the plan.

"Since a patient will see several therapists and doctors over the months and even years of recovery, a common set of realistic goals has to be reached," Nelson said.

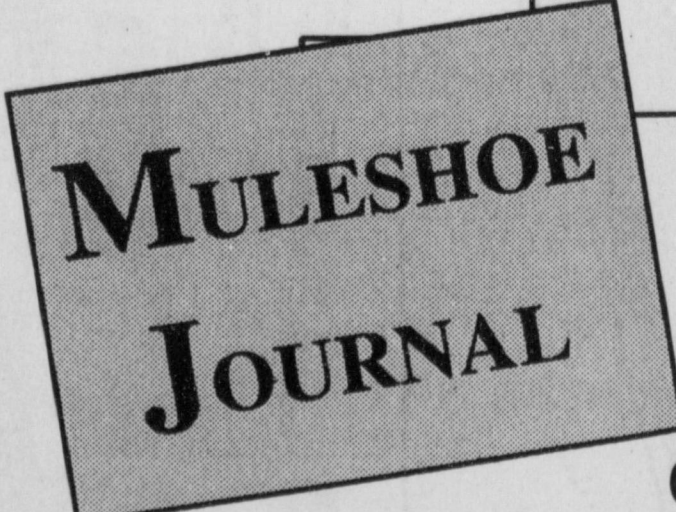
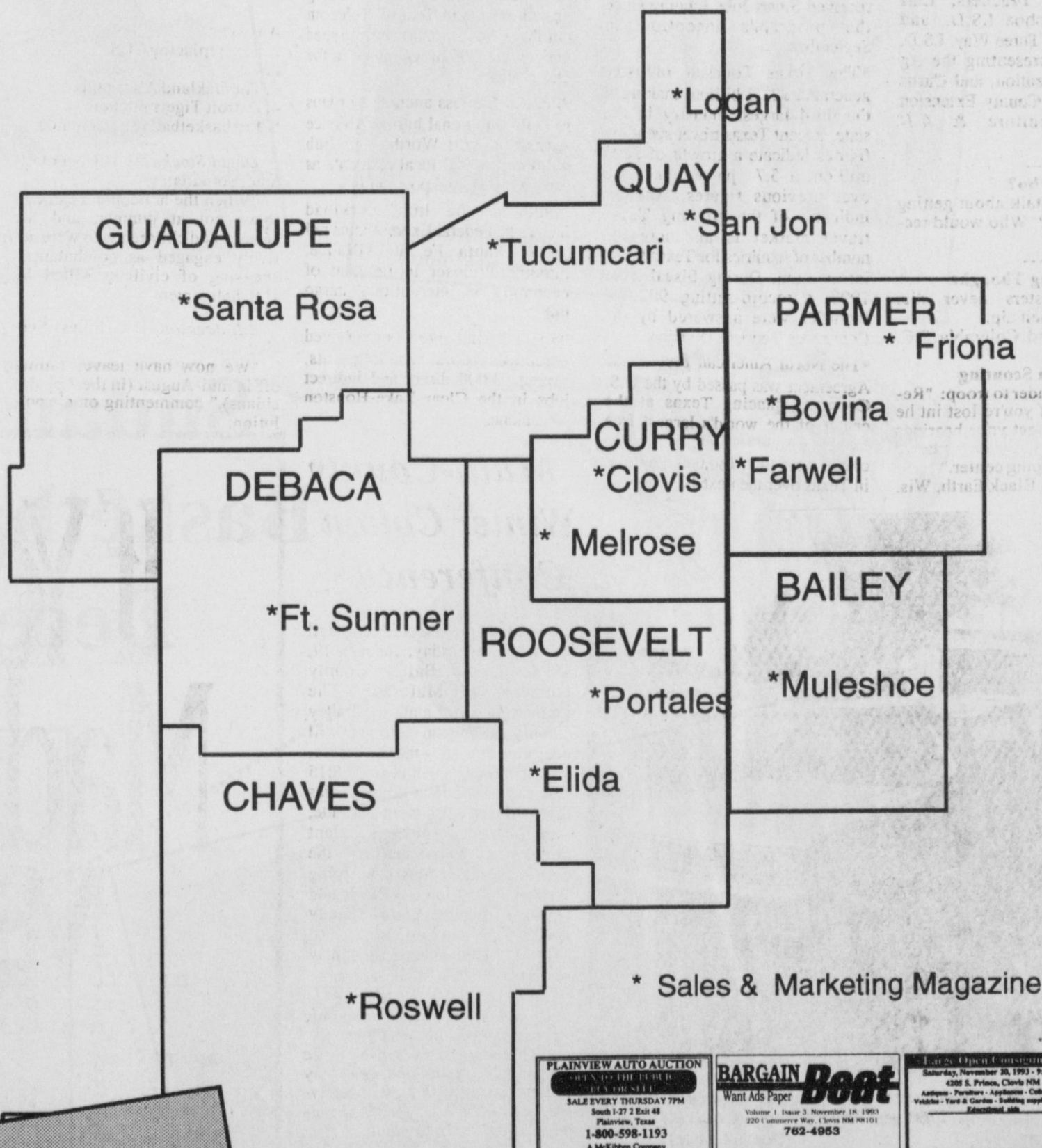
Patients in rehabilitation hospitals work hard. Retraining muscles to move in what used to be easy, fluid motions is painful and laborious. When muscles cannot move as they once did, patients will learn new ways of doing familiar tasks, such as feeding themselves with another hand.

"Tony Marks is a good example of how well people can overcome the tragedy of a gunshot wound to the head," said Nelson. "His sense of humor, hard work and family support have helped him recover and return to an active teenage lifestyle."



In selecting pork to be microwaved, choose pieces without excessive moisture. Look for white fat, which is firm to the touch. If the pork is crumbly or the fat has a yellowish tint, avoid it.

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 Volume 1, Issue 3, November 19, 1993
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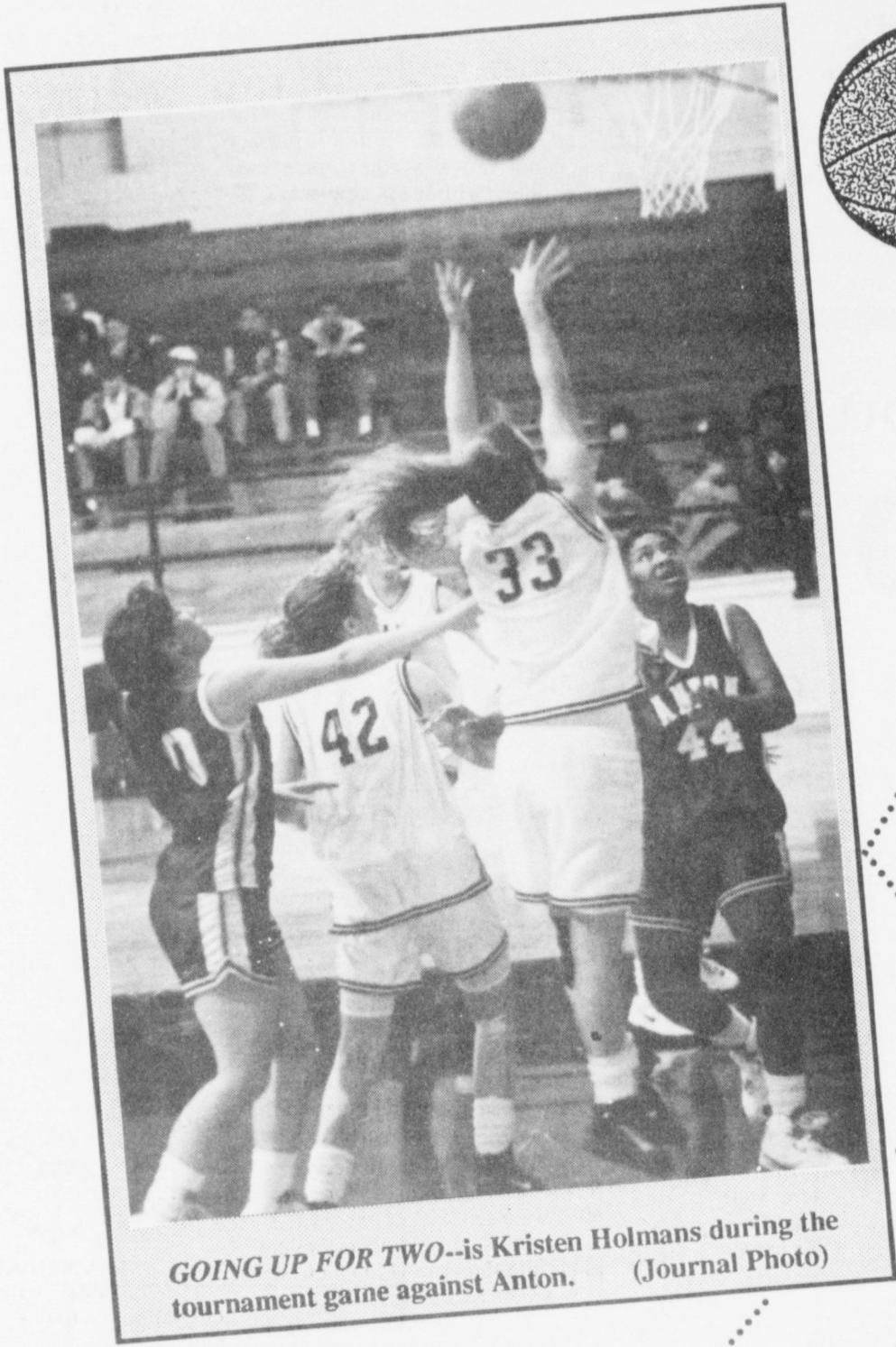
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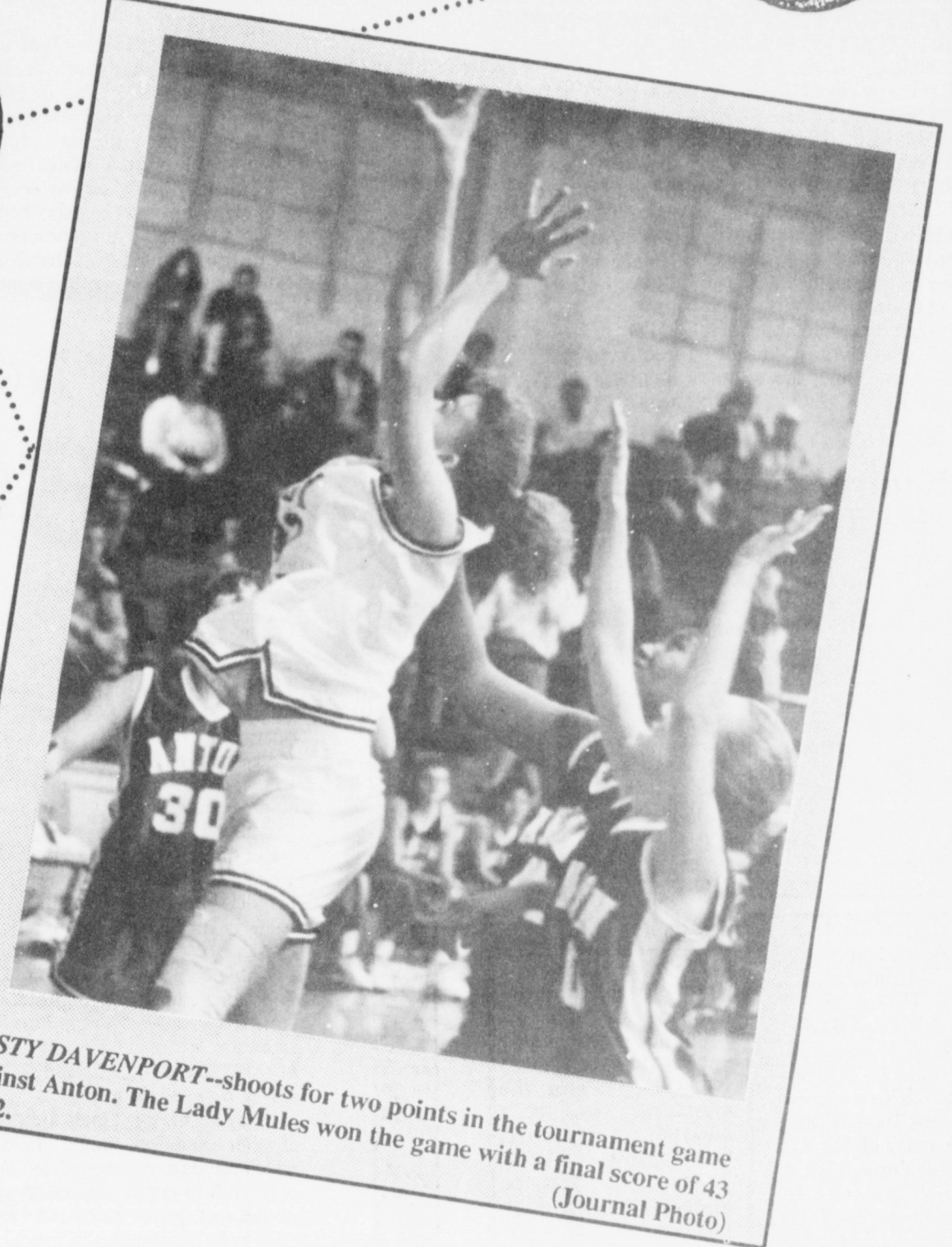
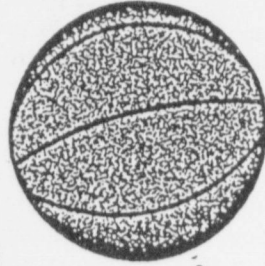
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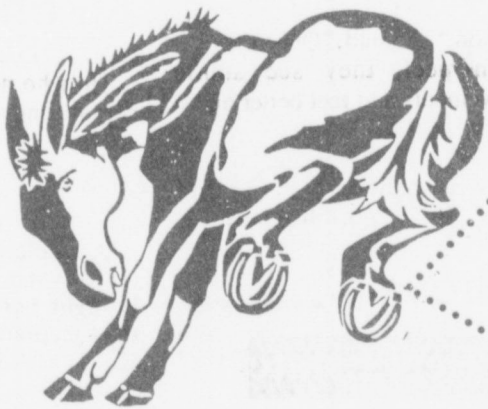
Highlights From Lady Mule Basketball Action



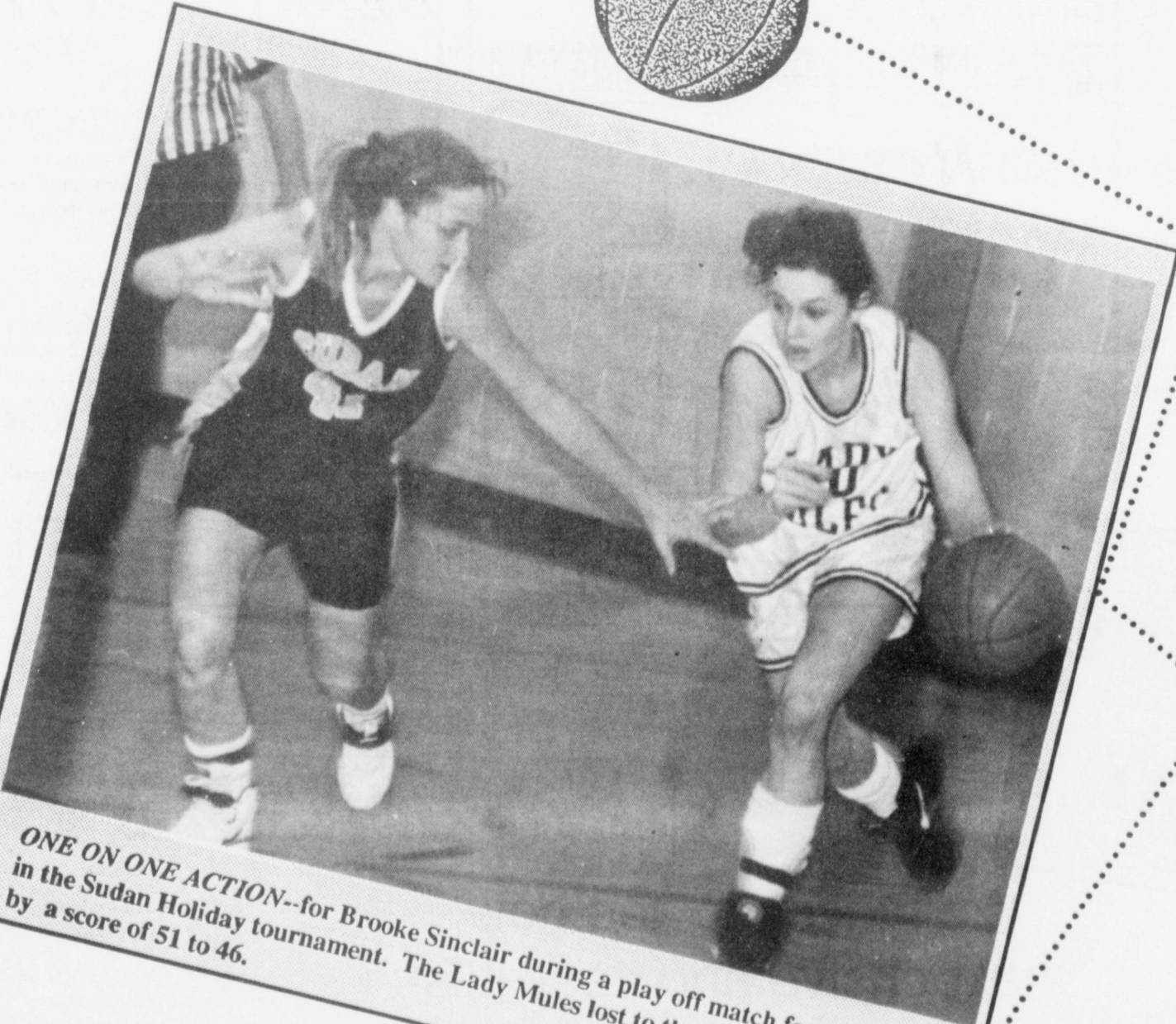
GOING UP FOR TWO--is Kristen Holmans during the tournament game against Anton. (Journal Photo)



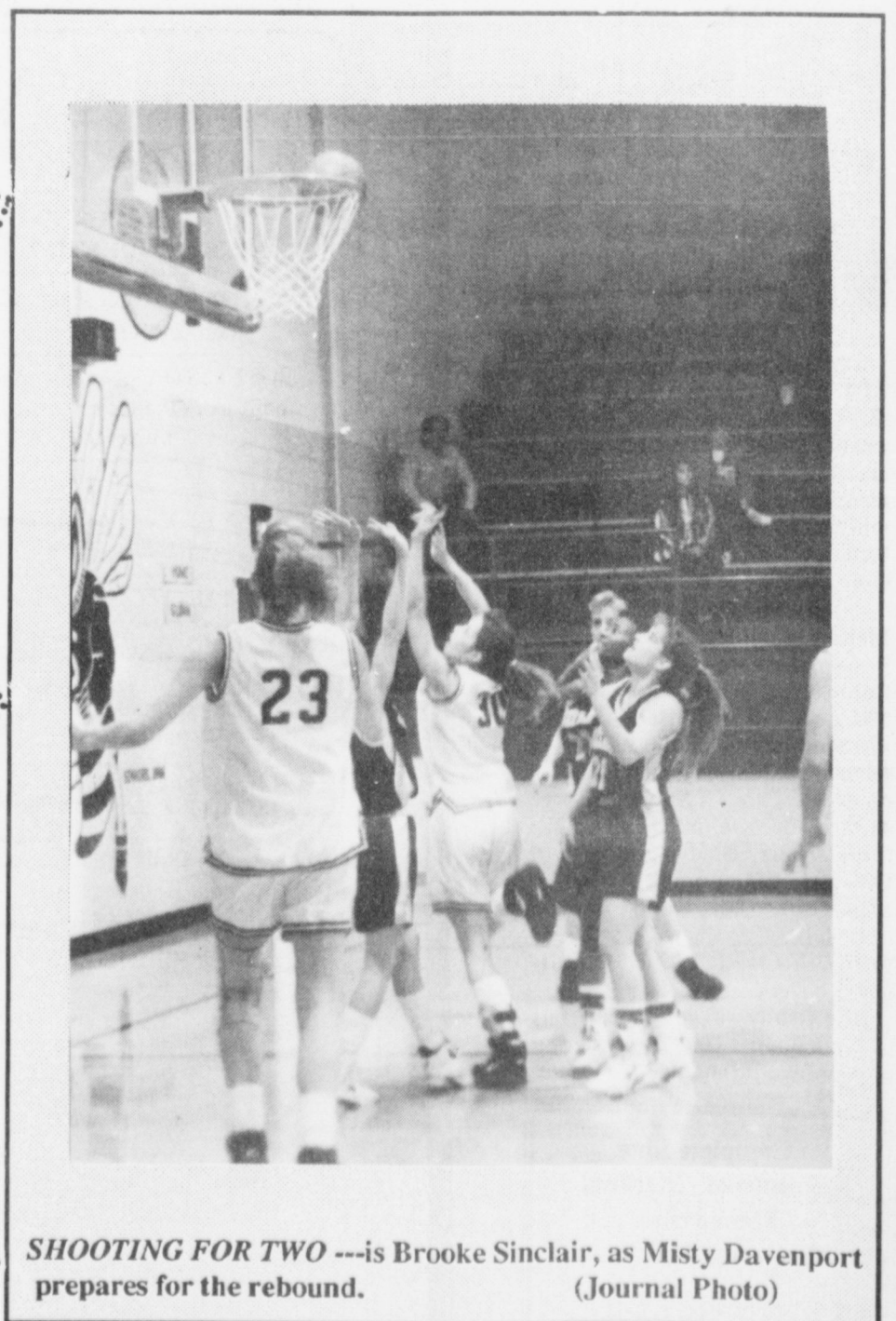
MISTY DAVENPORT--shoots for two points in the tournament game against Anton. The Lady Mules won the game with a final score of 43 to 32. (Journal Photo)



Sudan Booster Club Basketball Tournament December 28-30



ONE ON ONE ACTION--for Brooke Sinclair during a play off match for third place in the Sudan Holiday tournament. The Lady Mules lost to the Sudan Lady Hornets by a score of 51 to 46. (Journal Photo)



SHOOTING FOR TWO --is Brooke Sinclair, as Misty Davenport prepares for the rebound. (Journal Photo)



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

1. Personals

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Call 272-5857; 927-5110 or 965-2870 or come to visit Tuesday and Thursday nights, 8:00 p.m. & through AA call 965-2870 or come visit Tuesday nights, 8:00 at 723 W. Ave. E, Muleshoe

Wanted: Land to Rent in Parmer, Bailey, or Lamb County.
(806) 238-1470.
1-51t-8tp

3. Help Wanted

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\$12.26/hr. to start, plus benefits. Postal carriers, sorters, clerks, maintenance. For an application and exam information, call 1-219-736-4715, ext. P-8265. 8 am to 8 pm, 7 days.
3-1t-8tp

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P3-1t-8tc

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Must be at least 18 yrs. old. Send resume to P.O. Box 449, Muleshoe, TX 79347

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1-51t-8tp

Beauticians Needed! Main Street Beauty Shop. Call: 272-3448.
M3-31t-tfc

8. Real Estate

BUILDING LOT BY OWNER
Beautiful Parkridge Addition, Muleshoe. 103' x 125', paved streets, utilities. Great View! Consider trade-in or owner financing.
(806)795-5409.
W8-38s-tfc(ITS)

House for Sale:
Beautiful, 3 Bedroom, 2 Bath, Large Kitchen and Utility, Newly Remodeled Bathroom, New Paint, and Carpet throughout, Refrigerated Air and Central Heat. Call 272-3453, after 5 or 272-4495, in day time.
D8-46s-tfc

For Sale: 100 Acres!
Three wells with motors, house, barn, four side rolls, and various farm equipment. Next to a farm market road. Make offer to Tommy at:
806-272-4515.
G8-47t-tfc

LAND FOR SALE
320 Acres, 2 miles South of Lariat, 160 acres each side of FM1731. NW/4 of Sec. 19 and the NE/4 of Sec. 30. 4 wells, 2 pivots, \$192,000. Will split. 7.85% interest fixed for 10 years.

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Muleshoe Journal

Classify! Call 272-4536

HAVE A NICE DAY

A New Year's Hint For Health Club Goers

If your New Year's resolution includes joining a health club, don't let the bugs take a bite out of your workout.

Locker room bugs, that is. Disease-causing bacteria and fungi invade locker rooms and cause painful skin infections, most of them preventable.

"Even the cleanest-looking health clubs are incubators for germs," said Dr. Ted Rosen, a professor of dermatology at Baylor College of Medicine in Houston. "Exercise enthusiasts who fail to take proper precautions run the risk of becoming infected."

Germs thrive and multiply in warm, moist places and on exercise equipment. When they attack the skin, the result is itching and blistering. Hot tubs and heated swimming pools are a main source of spread.

"A rash appears when bacteria normally found on the skin reproduce so quickly in the warm water that they overwhelm the skin's defenses and cause infection," Rosen said.

Hot tub jets can be a nuisance for women who are prone to repeated bladder infections. The jets force bacteria in the water to enter the bladder.

Athlete's foot, a common skin infection, can attack unprotected feet. It causes itching, a burning sensation and an unpleasant odor. In severe cases, blisters and cracks appear between the toes.

Ringworm, or "jock itch" is another common fungal disease which causes a ring-shaped, reddish, itchy rash to appear. Found mostly on the feet, groin, scalp and nails, it can be acquired by touching contaminated objects such as a towel or shower stall.

Most skin infections clear up without treatment within a week. Over-the-counter antifungal creams and antihistamines can relieve the annoying itching. If a fever and muscle ache occur, a physician may prescribe an antibiotic.

Rosen says taking preventive measures is the best defense against the spread of infection. He recommends practicing good hygiene.

"Protect yourself and others around you," he said. "If you have a

wound, clean it with an antiseptic solution to destroy bacteria and keep it covered."

To ensure a healthy workout, Rosen suggests that you:

*Shower before entering the hot tub to prevent spread of infection. Bacteria on the skin may contaminate the water and multiply. Avoid sitting near water-shooting hot tub jets.

*Always wear thongs or shower shoes in the shower, sauna, swimming pool, or locker room.

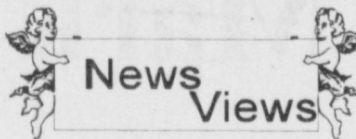
*Completely dry between the toes after swimming or bathing. After bathing and towel drying, use a blow dryer on your feet and toes.

*Towel well after bathing and wear cotton underwear, not synthetics, which tend to trap moisture and heat.

Enochs News

by Mrs. J.D. Bayless

Mr. and Mrs. Goldman Stroud had their Christmas dinner at the Bula-Enoch Community center. All of their children, Mr. and Mrs. Arvin Stroud of Brownwood, Lill and Harie Pollard of Enoch, Doris and Ernie Tull of Bledsoe, Bonnie and Philip Belleu of Lubbock, Mr. and Mrs. Glynn Stroud of Muleshoe, Sandra and Jimmy Dickey of Woodrow, Mr. and Mrs. Gene Stroud of Dimmitt, and Carolyn and Graig Kirby of Three Way were all present. There were 65 in attendance. Arvin and Beverly spent till Sunday with his parents.



Jeff Eller, White House spokesman: "We all pay for those who don't have health insurance."

Sherlee Lantz, New York: "She died in surgery after a long illness," commenting on the death of one of Hollywood's greatest actresses, Myrna Loy, at 88.

Sabine Leutheusser, German justice minister: "This result (Russian extremist winning many seats in Russian parliament) will motivate rightwing radicals (in Germany)."

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

Nieman Realty

116 E. Ave. C George Nieman, Broker 272-5286 or 272-5285

- RICHLAND HILLS**
NICE RESIDENTIAL LOTS...\$5,000 UP
- JUST LISTED-Nice 3-1 3/4-2 Brick, Cent. A&H, built-ins, fenced yard. \$40's!!!!!!RH-1
- JUST LISTED-3-2-2 Brick Home, Heat Pump, built-ins, FP, nice carpets & vinyl, fenced yd. MORE. \$60's!!!!!!
- HIGH SCHOOL**
3-1-1 Brick, Cent. heat, evap. air. FmHA financing. \$20's!!!!!!HS-1
- NICE 3-2-2 Brick, Heat Pump, built-ins, FP, cov. patio, fenced yd. \$50's!!!!!! HS-2
- PRICE REDUCED 3-2 Remodeled, heat pump, built-ins, fenced yd., storage bldg. \$23,000!! HS-3
- 3-1-1 carport Home, heat pump, storm windows & doors. MUCH MORE. \$20's!! HS-4
- 3-1 3/4 Home, wall furnace, window evap. air, built-in stove, storage bldg.!! \$13,000 Cash "AS IS"!!!! HS-5
- PRICE REDUCED-BUYER INCENTIVES- 3-2 Home, fl. furnace, evap. air, st. bldg., fenced yard.!!!!HS-6
- VERY NICE 3 bdrm. 2 bath Home, new paint, nice carpets, built-ins, Cent. A&H, fenced yd. \$40's!!!!!! HS-7
- IMMACULATE** 3-2-2 Brick, Cent. A&H, built-ins, fenced yard, storage bldg., & MORE!!!!!! \$50's HS-8
- HIGHLAND AREA**
3-2-1 Brick, Cent. A&H, FP, built-ins. MAKE OFFER!!!! HL-1
- FmHA Financing To Qualified Buyer -NICE 3-1-1 Brick Home, Cent. A&H, ceiling fans, storage bldg., fenced yd. \$30's!!!!!!HL-3
- 3-2-1 Brick, Cent. heat, evap. air, built-ins fenced yd., storage bldg. \$40K...HL-4
- LENAU ADDITION**
PRICE REDUCED-3-1 1/2-1 Home, Cent. heat, evap. air, new roof, cov. patio, st. bldg., fenced yd. \$30's!! L-1
- VERY NICE 3-2-1 Home, Heat Pump, storm windows & doors, extra insulation, nice carpet, spktr. sys., & MORE!!!! \$30's!!!!!! L-2
- JUST LISTED 2-1 1/2-1 Home, Heat Pump, built-ins, encl. patio, plant room, workshop, stor., fenced yd. \$30's!!!!!! L-3
- RURAL HOMES**
JUST LISTED-Nice 3-2-2 Brick, approx. 2160' Iv. area, on 5 acres close to town, Cent. A&H, built-ins, FP, storage bldg., fenced.-HR-1
- NICE 3-2-2 carport Home, one acre tract, Cent. A&H, built-ins, fenced, on pavement close to town. \$40's!!!! HR-2
- 3-2-2 Brick, btl.-ins. Ht. pump, FP, 2.5 acres on pavement. \$60's!!!! HR-3
- 3-2-1 on 1 acre, Cent. Heat, Evap. Air, Remodeled. \$30's!! HR-6
- LAZBUDDIE-VERY NICE** 3-2-2 Brick Home on 1 acre, Cent. A&H, built-ins, FP, nice carpets, large cov. patio. \$60's!!!!!! HR-7
- ESTABLISHED BUISNESS**, 40+ yrs., lot, bldg., furniture, fixtures, & inventory. Books open to qualified Buyer!!!!
- 3-1-2 Home on 1 1/2 acres storm cellar & storage bldg...\$20's!!!! HR-8
- ASK ABOUT OUR COMMERCIAL LISTINGS!!!**
Circle Back Area-177 acres of good dryland... Fully Allotted!!!!
- PLEASANT VALLEY**- 160 acres. 8" well. Lindsey circle!!!!!!

News From The Baylor College Of Medicine

If you want better-looking skin, try a little fruit--fruit acid, that is.

Alpha hydroxy acid (AHA) skin peeling, a cosmetic procedure that uses natural fruit acids to remove superficial skin blemishes, is the latest treatment being tested by dermatologists at Baylor College of Medicine in Houston.

"For years, fruit acids have been used to treat dry skin," said Dr. Suzanne Bruce, an assistant professor of dermatology at Baylor. "They also appear to have some benefit in removing superficial rough spots and brown spots caused by the sun."

AHA fruit acids minimize skin imperfections such as acne scars, sun spots, discoloration, freckles, fine wrinkles and solar keratoses, wart-like growths resulting from sun overexposure. It can also lessen, ashiness in black skin. Commonly used on the face, skin peeling can also be performed on the neck, hands, feet and other areas of the body.

In skin peeling, dermatologists apply a substance containing sugar cane. It is left on for several minutes, and rinsed off. Dead skin cells peel away, removing the blemishes.

Most skin peels take only a few minutes. The painless procedure is usually repeated several times until the new skin layer surfaces. In some cases, the vitamin derivative Retin-A is also used for more effective results.

Even though skin blemishes are rarely life-threatening, it can lower self-esteem, according to Bruce.

"Many people who have noticeable brown blotches on their face are embarrassed by their condition," she said. "Once they get a skin peel, they see subtle improvements and feel better about their appearance."

Bruce says although skin peeling is beneficial for many people, it is no "fountain of youth."

"Even though AHA fruit acids work well, they do not work wonders," she said. "It is only beneficial for superficial skin problems, not deep wrinkles that have developed over many years."

Bruce recommends people whose skin is susceptible to sun damage take preventive measures to maintain their youthful look.

"If you have already had a skin peel, use a sunscreen as part of your daily skin care regimen," she said.



Golden Gleams

The years teach much which the days never know.

-R.W. Emerson.

Say no ill of the year till it be past.

-George Herbert.

Each passing year takes something from us.

-Horace.

The year is going; let him go; ring out the false, ring in the true.

-Alfred Tennyson.

A warm January, a cold May.

-Welsh Proverb.

Best of Press



In A Nutshell

The trouble with resisting temptation is that it may never come again.

-Airman, Norman, Okla.

Trial And Error
He who never makes a mistake actually never makes a discovery either.

-Gosport, Pensacola, Fla.

Useful Tears
A woman feels much better after a good cry--especially if it brought her what she wanted in the first place.

-Journal, Washington, Ia.

HENRY REALTY

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Muleshoe, Tx.

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West American Boulevard 150' frontage. Priced to sell.
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160 acres irrigated farm land with pivot sprinkler SW of Muleshoe. 60 acres of wheat. Ideal for livestock operation. Good water.



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