

Jerd Vinson of Muleshoe wants to race his way to the top - in modified midget car racing that is. Having won top awards in regional and national races this past year, the 24 -year-old Muleshoe native is off to a good start.
Jerd, who followed in his father's footsteps and took up car racing 12 years ago, has an ambition to keep racing and see how far he can go with this weekend hobby.
Jerd is owner of Southside Welding Shop in Muleshoe and manufactures a lot of parts for his modified midget race car himself. His modified midget racing car was built by Cleveland Engines in Oklahoma City and Jerd had the framework for it built.
His biggestaccomplishment
to date is when he won second place in a national meet in 1994. Thirty five districts are affiliated with the modified midget car racing meets. With his modified midget race car, Jerd drove his way to the 1994 Region Five race in Amarillo, where he claimed the championship spot there. He set the track record at a race in Kansas State this past summer and won the Central State Championship in Alvin.
He was also the Amarillo High Point Champion in 1994. In addition, Jerd won the Beef Empire Classic in Garden City, Kan., and won the Region Five championship points, having accumulated the most points at areas races
 in midget car racing, including taking second place in a national meet.
in 1994.
In addition to investing a great deal of his time, Jerd has invested a great deal of his own money into this hobby, having pumped in thousands of dollars into his race car.
The season for modified midget car racing is May
through September. Jerd is aling fan.

The modified midget race other season this spring
Jerd says that he is known as the "Wild Man From Muleshoe" in the car racing circuit. His father, Bill has raced all of his life and his mother Eva is an avid car rac-
cars run on methanol and Jerd said he gets up to 80 miles per hour when he races. His car has a 600 CC engine

Racers typically race on a
Continued on page 2

## County adopts resolution to oppose listing Shiner endangered

The Bailey County Commissioner's Court
adopted a resolution opposing the listing of the Arkansas River Shiner as an endangered species during a meeting on Monday. The U.S. Fish and Wildlife Service has proposed the listing of the Arkansas River Shiner as endangered.

The county adopted the

The Muleshoe Police Department is currently investigating an incident in which a money bag was stolen from the Southside Chevron Gas Station, located at 502 West 1st, last week. An estimated $\$ 389$ in cash was in the bag. The incident was reported as a theft by the station owner, according to Muleshoe Police Chief Julian Dominguez. Dominguez said that the police department has questioned two people concerning the theft and one person has admitted to the theft, but charges are pending and no arrests have been made yet. Theft of under $\$ 500$ is considered a Class B misdemeanor.
According to police reports, a female who reported the theft said it occurred while she was pumping gas.
Dominguez said the suspect, who allegedly admitted

Continued on page 2
resolution after receiving a habitats and the Canadian -The Water District said in its letter from the High Plains River is a major source of letter, that such a listing, could Underground Water District I, seeking the county's support in opposing the listing.

A major reason cited by the Water District for opposing the listing as endangered for the Arkansas River Shiner is because the Canadian River is considered one of its major

River is a major source of
water supply for area cities. The listing could have detrimental affects on these cities including Muleshoe

According to the U.S. Fish and Wildlife Service, the Canadian River's water supply has been dimished due to an increase in population and use.
letter, that such a listing, could area and could devastate the area economy, which is based on agriculture. It could also impend possibilities of growth in these areas.
In the resolution that the commissioner's courtadopted, it states that "there has been no
vidence to support that population has affected the water flow of the Canadian River or that the Arkansas River Shiner has been affected by this."

In other business Monday the county consided applications and designated First Bank

Continued on page 2


DECORATION FOR THE LAST GAME - Some special fans decorated the bench for the Lady Mules and Mules Friday night. These thoughtful parents made the night a nice memory as the varsity players sat under balloons bearing their names.

## Three Way Eagles to compete in district

The Three Way Eagles will engage in a play-off round with Whitharral on Monday night Feb. 20 in Muleshoe's Watson Junior High gymnasium. The game will start at 7:00 P.M..
The Eagles claima 19-8 and 4-2 record for season play and will battle Whitharral, also 42 , for the second place slot in district $111-\mathrm{A}$. The winner of the game goes to the play-offs against the district 12 1-A play.
champion to be decided tonight when Plains takes on Anton. Coach Saul Guillen, head boys coach at Three Way told the Journal that the last time Three Way made it to the play offs in basketball competition was 1978. He feels confident that his team can do the job.

The Eagles have only lost to Meadow, the district's first place team (6-0) and once to the Whitharral team in district play.

## Rock-A-Thon to benefit Heart Association

February is National Heart Month and the residents of Muleshoe Area Health Care Center would like to do their part to raise fund for the American Heart Association.

The residents will have a "Rock-A-Thon", a "Ping-Pong-Toss," a "Jump-RopeSwing" and a "Walk" or
"Wheel-A-Thon" on Monday,

Feb. 27 at Muleshoe Area Health Care Center.
The fun will begin at 10 a.m. and run through 11 a.m followed by alunch beak. The events will resume from 2-5
p.m. There will be music, re freshments and entertainment all day.

These evens will require

## Breast cancer screening clinic to be conducted on March 17

The Women's Center of the Providers, Inc., 208 W. 2nd on Don and Sybil Harrington Cancer Center and High Plains Baptist Hospital will again Baptist Hospital will again Br creening Clinic in women. The key to at South Plains Health Care winning the battle of nurse specially-trained in breast cancer detection, and a mammogram by a mammogram by a homa and New Mexico. mammography technician. ety urges all women to have

## Around Muleshoe

## Meeting on MHS

 reunion to be heldEx-students of Muleshoe High School classes of 1928 1965 are planning a school reunion and are in need of help.

All interested former students are asked to meet at the Depot in Muleshoe on Thursday, Feb. 16 at 7 p.m. The reunion is being planned for July 1, 1995.

Fund set up for
Gruhlkey baby
A fund has been set up at Muleshoe State Bank for Anderson Gruhkley, the infant son of Jim and Melanie Gruhlkey.

Anderson recently had open-heart surgery and is back in the hospital at University Medical Center in Lubbock. He weighs 12 lbs .

The family is in need of financial assistance to defray costs of incurring medical expenses. Donations may be made at Muleshoe State Bank or mailed to P.O. Box 1010, Muleshoe, Texas, 79347.

## Deadline set for

ordering yearbooks
The last chance for anyone to order memory books for the 1994-95 school year from Dillman and DeShazo Elementary Schools will be Friday, Feb. 17.

In the first battle with Whitharral on the Three Way home court, the Eagles lost the game by only a five point deficit. On the return game at Whitharral, the Eagles were down by 13 at half-time and came back to win the battle in over time.
Playing for the Eagles are seniors Octavio Perez, Carlos Pina, and Monty Turney. Jun-

Continued on page 2
sponsors. The residents would like for people to come and rock with them or see how goodthey areat throwingpingpong balls into a container or how long one can swing a jump rope.

People may place their sponsorship by calling Joy Stancell at 272-7578 or Nancy Kidd at 272-5448.
their first mammorgram by age 40 . Those who have a close relative with breast cancer or other risk factors may be asked by their doctor to have a

## Racing

Continued from page 1
18-mile oval dirt track. When racing, Jerd also has to wear a district approved helmet, a three-layer fire protection suit, single-air, fire resistant gloves and fire resistant shoes.
Jerd is a 1989 graduate of Muleshoe High School, where he took auto-mechanics.

## Eagles

## Continued from page 1

iors on the team are Keith Kindle and Torrey Roberts. Lupe Landeros, Chris Soliz, Kyle Kindle and Jesus Perez are sophomores that complete the roster for the Eagles.
Coaching the Eagles team re head coach Saul Guillen and assistant coach Rowdy Bryan. Coach Guillen is an ex-Eagle himself. This is his econd year to coach the Eagle eam.

## Screenings

 Continued from page 1 mammogram at an earlier age. Ask about funding that is available for free breast screenings and mammograms.Please call the Women's Center at Harrington Cancer Center at $1-800-377$-HOPE (4673) or (806) 359-4673 today for more information or to schedule an appointment.

## Money

Continued from page 1 to the theft, had been an employee of the Chevron Station at one time, but he was unsure if he was still employed there at the time of the theft. The suspect was also reportedly a relative of the

## owner.



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1

## Shiner

Continued from page 1
of Muleshoe as the county depository. The county is re quired to take applications for a depository every two years The county also approved an audit for the fiscal year ending Sept. 30, 1994. While the county ended the year overdrafted in some departments, the county ended the year with excess reserve funds. The audit was conducted by Sudduth, Field \& Co.

Also on Monday, the Court
appointed the following individuals to the Railey County Child Welfare Board; Cindy Barrett, Linda Wood, Belinda Head, Connie Weatherbie and Lyn Vandiver, and they approved the purchase of two dry fire hydrants to be placed at different county facilities. The county will purchase additional dry fire hydrants in the future and some dry fire hydrants will be paid for by local businesses.

## Announcement policy

The Muleshoe and Bailey County Journals publish engage, wedding and anniversary announcements and photo free of charge as a service to our readers. The deadline for items to be submitted is at $5 \mathrm{p} . \mathrm{m}$. on the preceding Monday for the Thursday edition and at $5 \mathrm{p} . \mathrm{m}$. on the preceding Thursday for the Sunday edition.
Complete guidelines and forms are available at the Muleshoe Journal office. The Journals reserve the right to edit copy.

## Muleshoe Area Calendar

THURSDAY, FEBRUARY 16
Oddfellows, Lodge Hall, 7:30 pm
Tops Club, American Blvd. Church of Christ, 6:00 pm
Muleshoe Square Dance, 7:30 p.m., American Legion Hall.
Muleshoe Chamber of Commerce \& Agriculture, 11:30 a.m. City Hall
MONDAY, FEBRUARY 20
Muleshoe Heritage Foundation, Old Depot
Border Rounders Dance, 7:30 p.m., Civic Center
Senior Citizens, covered dish luncheon, noon, Depot
Moonlight Extension Club, 7:30 p.m., 16th \& D Church of Chri TUESDAY, FEBRUARY 21
Alcoholics Anonymous, 723 W. Ave. E, 8 p.m.
$8: 00 \mathrm{pm}$
Rebekah Lodge, Lodge Hall, 7:00 pm
Rotary Club, Civic Center, noon
Muleshoe Senior Citizen dance, Legion Hall, 8:00 pm WEDNESDAY, FEBRUARY 22
Lion's Club, noon, Civic Center
Muleshoe Volunteer Fire Dept., City Fire Station
Muleshoe Country Club Association, noon, Country Club
The Muleshoe Journal is attempting to keep the calendar accurate and up-to-date. lease inform the Journal if there is a change in any of these listings

## Military order association welcomes vets

The Military Order of the Purple Heart is an Association for those honored with The PurpleHeart. It was organized by George Washington. It is the only Serviceman's organization especially for those zation especially for those
wounded in combat. Congress wounded in combat. Congress
granted the Order a Charter in 1932.

Chapter 1915 for the South Plains of Texas was organized a year ago with 40 members. All combat wounded veterans are welcome and invited tojoin. Meetings are held the first Saturday of each month, at the Disabled Veterans Building, 7414 83rd Street in Lubbock.

The main objectives of the Order are to promote patrio-
tism among all Americans, especially youth, and to carry on activities to educate the
general public concerning the blessings of liberty. The group promotes fellowship among

members and operate an out reach program for all veterans Support to the Veterans Administration Voluntary Service Programs at Veteran's MediCenters throughout the United States is also given.

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## Letter to the Editor

Former resident compliments Millsap for column
Dear Editor:

Ijust receivedmy Muleshoe paper today and my eyes focused on Holly Millsap's article first of all. I just could not let this opportunity go without telling you how much I enjoyed it.

Then I was pleased that it would be a weekly article. Not too many people remember "way back when" with happi-
ness, but I believe some of my happier days were spent in Muleshoe, going down Memory Lane.

My motherworking for Red Simmons in the grocery busi ness and my dad in the law business, are part of the memories I cherish. and course, my school years at 'ol MHS.

So! I'm here to say keep Memory Lane" alive in the Bettye and Dewayne Bunkhead in Albuquerque N.M., as I thought they too would enjoy it.
Hope your family is fine. Not much of my family left. My dad died in 1992. My mom is in a nursing home, and being

## Local resident upset with closing of city landfill

It has come to my attention Agency (EPA) requirements that the City of Muleshoe is closing the City Landfill. Instead of going to the City Council with these questions, I am writing this letter and asking that it be put in your paper for the public to read so that the public will be as informed as I.
I ask the City Council or whomever responds, to put it in the paper so that the public will also read their reasonings or information.
According to what I was told, two of the city officials went to Austin to a school on the Environmental Protection
for the landfill. The liner would cost approximately $\$ 1 \mathrm{mil}$ lion.

Instead of buying the liner, the city council decided to buy 36 circles of land that was owned by KGB Farms. Their reasoning was that it would make them money.
I do not see where making money against making the public pay higher garbage bills for the disposal of the garbage is an appropriate thing to do with the economy being as it is. I myself have not lived in is. I myself have not lived in
long as the Lord is willing While speaking with the person, I also learned of a tax that was made when the Coli seum was built. When it was finished, the tax was not dropped. Is that tax still in ef fect? I could not tell you
I am not a person who pro vokes problems or trouble but I do not mind asking questions when I think something is not right. I was also told that the Chamber was no letting the United Supermarke into Muleshoe. I got on the phone that evening and called

## Experiencing a real cattle drive



ONTHE
EDGE
OFCOMMON
SENSE
"What happened to your pickup seat Is that buffalo track?" Well, I guess you had to be there. We had a cow attack. It all began when me and Roy went out to check the cows. We'd finished lunch and watched our 'soap' and forced ourselves to rouse.

We's pokin' through the heavy bunch for calves to tag and check. I spotted one but his ol' mom was bowin' up her neck. She pawed the ground and swung her head a'slingin' froth and spit then bellered like a wounded bull. "Say, Roy," I says, "let's quit!"
But Roy was bent on taggin' him and thought to make a grab. "Just drive up there beside the calf, Ill pull him in the cab." Oh, great. Another stroke of genius, of cowboy derring do. Shur nuf when Roy nabbed the calf, his mama came in too
And I do mean climbed up in there! Got a foot behind the seat Punched a horn righ through the windshield and she

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wasn't very neat. She was blowin' stuff out both ends till the cab was slick and green It was on the floor and on the roof and on the calf vaccine. If you've been inside a dryer at the local laundromat With a bear and 50 horseshoes then you know just where I's then you know just where Is at. At one point she was sittin' up, just goin' for a ride But then she tore the gun rack down. The calf went out my side.
I was fightin' with my door lock which she'd smashed a'passin' by When she peeked up through the steering wheel and looked me in the eye. We escaped like paratroopers out
e window, landed clear. But the cow just kept on drivin cause the truck was still in gear She topped a hump and dis appeared, The blinker light came on But if she turned I came on But if she turned I
never saw, by then the truck never saw, by then the truck
was gone. I looked at Roy, "My truck is wrecked. My coveralls are soaked. I'll prob ably never hear again. I think my elbow's broke.
And look at you. Yer pitiful All crumpled up and stiff Like your been eat by wild dogs and pooped over a cliff." "But think about it," Roy said. "Since Granpa was alive, Ib'lieve that that's the firstest time I've seen a cattle drive.

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an only child, I'm losing out on family, it appears

My son Randy lives in Amarillo. My only grand daughter in Alabama. But God has blessed me in ma ways. I'm still with Energas to contrary to retire. Keep up your good article.
Mamie (Freeman) Bussey Amarillo
asked if it was so
I was told that they were not, and was informed of what was going on at the present with this, which is not much Had that story have had any affect on my tax dollars. would have asked it publicly also.

I wish that it would, so that we would have one less monopoly in this town
Thank you for reading this letter and I hope that it gets published.

Tony Scolley, Muleshoe
Photos to give away
The Bailey County Journal away photos which are taken by the newspaper and pubby the newspaper and pub lished. Photos may be picked up after they are published.
The Journals retain photos The Journals retain photos up to a year and then they
are discarded. are discarded.


LAZBUDDIE FEBRUARYSTUDENTS OFTHE MONTH - Students of the month for February have been sehave exhibited outstanding qualities of character, leadership and citizenship. Pictured are: (Back, left) Kelsey Jones, 5th grade; Cassie Orozco, 1st grade; Jennifer Pesch, kindergarten and Tobin Redwine, 4th grade. (Front) Garrett Scisson, 2nd grade; Kelli Harris, 3rd grade and Ricardo Aguilar, pre-kindergarten


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## Public Record

## Obituaries

## Betty Ruth

(Pruitt) Woodson
MULESHOE - Funeral services for Betty Ruth (Pruitt) Woodson, 64, of Lubbock, were held Saturday, Feb. 11 at Oklahoma Lane Methodist Church with the Rev. Mark Elvers officiating. Burial were held at Oklahoma Lane Cemetery, under the direction of Ellis Funeral HomeMuleshoe.
Woodson died Thursday, Feb. 9, 1995 at St. Mary's Hospital in Lubbock after an illness.

She was born May 15, 1930 in Clovis, N.M. She married Alton Pruitt on Nov. 30, 1945 in the Oklahoma Lane Community. He died in November of 1960 . She married Bill Woodson in 1962 at Farwell. He died Feb. 2, 1990. Mrs. Woodson was a licensed vocational nurse She worked with the Muleshoe Hospital from 1955-62. She worked with Dr. Brice Storrie and Dr. Ray Santos for many years.
She was a homemaker for the past 15 years. She and her first husband owned the Massey-Fergerson dealership in Muleshoe from 1958-61.
She is survived by a son Robert L. "Woody" Woodson of Farwell; 2 daughter Melissa Caudle of Parker, Colo.: four brothers, Ted Houlette of El Paso, Dale Houlette of Friona, Wayne Houlette of Plainview and Jerry Houlette of Lubbock; by three grandchildren and by two greatgrandchildren.

She was preceded in death by a grandson, Dusty.
Pallbearers were Dr. Brice Storrie, Leslie Hutchins, Robert Houlette, E.D. Pruitt, Harold Pruitt and James Chadwick.

The family suggests memorials be made to the American Diabetes Association at 8008 Slide Rd, in Lubbock.

Hope King
MULESHOE - Funeral services for Hope King, 82, of Muleshoe, were held Monday, Feb. 13 at First United Methodist Church with Dr James Bell officiating Bural was Bell officiaung. Burial was held at Muleshoe Memorial Park, under the direction of Ellis Funeral Home-Muleshoe. Mrs. King died Saturday, Feb. 11, 1995 at Muleshoe Area Healthcare Center after an illness.
She was born Aug. 14, 1912 in Spur. She married Harold D. King on March 15, 1941 in Farwell. He died Oct. 8, 1984 Mrs. King had been a resident of Muleshoe since 1936, moving here from Lubbock. She had taught school in Lazbuddie for three years.
Mrs. King and her husband started the King Grain Co. in Muleshoe. She was a homemaker and a member of First United Methodist Church.
She is survived by two sons, Max King of Muleshoe and Andy King of Odessa; a daughter Jeannie King of Oklahoma City; a step-daughter Geneva Hemmes of Sunnyvail, Calif.; a brother Glynn McClain of Lubbock; by seven grandchildren and by a great-grandchild.
Memorials may be made to First United Methodist Church in Muleshoe. Connie Clines
SUDAN - Graveside services for Connie Clines, 70 , of Clovis, N.M., were held Monday, Feb. 13, 1995 at Sudan Cemetery in Sudan, under the direction of Ellis Funerat Home-Sudan. The Rev. Rand Montgomery officiated. Burial was held at Sudan Cemetery.
The family greeted friends and relatives at the funeral home on Monday and at the time of the service.
Mr. Clines died Friday, Feb. 10, 1995 at St. Anthony Hospice in Amarillo after an illness.

He was born July 25, 1924 in Stevenson, Ala. He married Evia Pruitt on Aug. 7, 1944 in Estell Fork, Ala.

## Cristy to present one-man show at ENMU on Friday

PORTALES - On Friday, February 17, at 7 p.m. in the Becky Sharp Auditorium (COB 104) on the campus of Eastern New Mexico University, the Honors Program will present Raphael Cristy's Chatauqua performance on Charles M. Russell, America's most famous nineteenth-cen tury western painter and sculptor.

This internationally acclaimed one-man show ex plores the life and works of Charles Russell in Russell's own words, illustrated by slides on Russell's paintings.

Charles Russell was a Montana cowboy for 11 years before becoming a self-taught
artist. Will Rogers called him the greatest story-teller ever listened to." His tales contain sharp verbal characterizations and wry social observations expressed in rural grammar and cowboy jargon.

The creator of this perfor mance, Raphael Cristy, is a graduate of Stanford and doctoral student at the University of New Mexico. He has presented his one-man show in many western states, as well a Canada and Australia. The performance combines oral and visual history in a delightful evening of entertainment.

The performance is free and open to the public.

Mr. Clines had been a resident of the Clovis community since 1980, moving from Tucumcari, N.M. He was a farmer.

He is survived by his wife Evia Clines of Clovis, N.M. three sons, John Clines of St . Johns, Ariz.; Sam Clines of Amarillo and Billy Clines of Amarillo; by five daughters, Faye Birch of Tucumcari N.M., Betty Nichols of Phoenix, Ariz., Dorothy Saucier of Amarillo, Paula Elliott of Amarillo and Debbie Mullins of Amarillo; by three brothers; of Amarillo, by three sisters; 20 grandchildren three sisters; 20 grandchildren
and seven great-grandchildren. and seven great-grandchildren.
Pallbearers were Ernie Elliott, Tony Lombardo, Gary Upchurch, Larry Birch and Jessie Mullins.

## Births

## George Gregory

## Martinez

George Martinez and Pam Flores are the parents of a son George Gregory Martinez, born Feb. 1, 1995 at Plains Regional Medical CenterClovis in Clovis, N.M.
He weighed 6 lbs., 4 ozs.
Grandparents are Mario and Anita Flores of Muleshoe and George and Mary Martinez of Lazbuddie.


## Tops Club to holds open house

Tops Chapter No. 34 met at the Muleshoe Church of Christ, Thursday February 9th, at 6 p.m. Leader Laverne James called the meeting to order. The Tops pledge was recited and the fellowship song was sang. Mrs. James led the group in a prayer.
Betty Jo Davis weight re-
corder, called the roll with 18 members answering with the amount they had lost or gained. Minutes of the previous meeting were approved as read. Best loser for the week was Loretta Lloyd. Runners-up were Naomi Sanchez first runner-up and Evelene Harris second runner-up.

The Tops Open House is Thursday, Feb. 16 at the Muleshoe Church of Christ Family Room, 21st and American Blvd. Every one is invited. Bring a friend.
The meeting was adjourned with the singing of the good night song.


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FIVE AREA DIRECTORS - Five Area Telephone Co-Op board of directors and officers who were recently chosen afte the co-ops annual meeting last weekend are: (Left) L.G. Layman, Lazbuddie, new president; Noris Conkin, Lariat, who is a new director elected Saturday; Don Seales, outgoing Five Area president who will now serve on West Plains Telecommunications board, a subsidiary of Five Area; Joe Sowder, Maple; Ernie Trull, Lehman; Billy Tuller, Bula, secretary/treasurer; Kirby Burch, West Lazbuddie, vice-president; Bob Foley, Maple, West Plains Telecommunications board and not pictured is Mickey Sowder, Needmore.

Coach explains benefits of upcoming strength, conditioning seminar

A seminar on strength and conditioning by Tim Brown of Poplar Bluff, Mo. will be of fered in Muleshoe on Satur day, Feb. 25, at 10:00 am in the Watson Junior High Gym The seminar is targeted for 6 12 grade, boy and girl athletes, but anyone who is involved (with athletics at any level in Muleshoe or is interested is Cinvited to attend. The admission cost is free. The seminar
is sponsored by Is sponsored by the Muleshoe Athletic Booster Club.
Coach Brown represents the Bigger Faster Stronger Company of Salt Lake City Utah, and has been a strength gand conditioning consultant for the past 12 years for colleges andhigh schools.

Coach Randy Adair, athletic director for the Muleshoe schools, is promoting the seminar and has written several articles to explain and prepare for this unique opportunity being offered to the students and parents of Muleshoe

Basic Components
Current trends in condi tioning programs are various fand diverse. Research into these trends is equally numerous. It seems that many new trends are simply adaptations of familiar older concepts. There are some radical approaches to training just as there are radical theories to solving any problem.
The most important concept in determining what components to implement is to prescribe a formula that considers the variables within the context of available physical facilities, personnel (both teacher and student), goals of the program, calendar/time parameters, etc. For example, to have an effective strength development program that meets goals
it must be a year round program
Research has proven that once a trained athlete stops lifting for a period of six weeks (typical summer break), it will take approximately eight weeks of training to recover their previous level of strength. A high school football player who fails to maintain or increase his strength over the summer actually puts himself at risk to injury by not training over the summer.
This would be true for the spring track runner who also runs cross-country in the fall. The fact is that pro and college athletes have realized this for many years. Today, nearly all major colleges strongly encourage and mandate that their teams stay on campus over the summer.

In Muleshoe, the weight room and high school gym, in the past, has been open several hours each night during the summer. However, the participation level by the athletes is marginal at best. In most cases the athletes report after the summer in extremely poor condition. The coaches are very limited by the UIL rules as to what they can mandate for the players, therefore, the parents and athletes must make every attempt to be informed and educated and encourage summer conditioning and exercise.
One of the biggest weaknesses in the program at Muleshoe is the level of summer participation in conditioning. Driving a tractor, mowing yards, and playing pick-up basketball are better than nothing, but they are not the same as lifting, running, plyometrics, and the many other styles of specific exercise routine that



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athletes are taught during the school year.

The basic components of the Muleshoe strength and conditioning program include: 1. Lifting- The routines are broken into two formats; out of season and in season. The latest research seems to indicate that there may be a change in this two format concept. There are some schools of thought that a careful, aggressive style of a typical out of season lift routine on a year round basis may be more effective. Any routine for lifting would take into account the given principals of periodization
Summarily, this means that a lifter will be brought up to certain levels of peak performance at different times in the year to correspond to playing seasons. In the case of a yea round, multiple sport athlete this format would include a gradual, continual strength improvement with periods of rest and recovery provided by the school calendar in the form f holidays (Thanksgivin of holidays (Thanksgivin Thistmas, Spring Break).
The lift routine consists of three core lifts and approxi mately six supplemental lifts The core lifts are multiple muscle group lifts that provide


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base foundation for strength. The core lifts are the bench, squat, and power clean which develop the hip girdle, chest/ torso area, and shoulder girdle. These lifts are power lifts. Power being defined as the most amount of weight moved in the quickest period of time. The goal is not olympic/ strength lifting nor body building. The goals are to develop speed, quickness \& strength from our routine.
2. Non lift routines - There are several routines that are incorporate into the program. Some routines are performed on a year round basis and others are performed only during certain phases of the sports year. The non lift routines

Continued on page 10

140 W. American Blvd. Muleshoe. TX.


SEALES IS HONORED - (Left) Five Area Telephone CoOp Manager Herbert Kidd honors Don Seales as he gives up his seat as president of the Co-Op board. Seals served on the board for 12 years and was president the past two years. Kidd honored him during Five Area's Annual Meeting Saturday at Mulehoe High School Cafeteria.

## Host families sought for students

Area host families are being sought for high school students from Western and Eastern Europe, Asia, South America, Aus tralia, and the former Soviet Union Intercultural Student Exchange (AISE).
These students, ages 15-18, will arrive in the United States at the end of August, attend a local high school, and return to their home countries in June of 1996. The students, all fluent in English, have been carefully screened by the local representatives in their home countries, and have their own medical insurance and spending money. AISE's main focus is teaching young people about the importance of the acceptance of other cultures. Call 1-800-SIBLING for more information


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## Engagements



## Parham - Hicks

Tiffany Dyann Parham of Lazbuddie, daughter of Terry D. and Cecelia Parham, and Gary Scott Hicks of Lazbuddie, son of Priscilla Hicks, will be married on Saturday, March 18, 1995 at First Baptist Church in Lazbuddie. The ceremony will be at 6 p.m., with a reception to follow in the church fellowship hall. The bride-elect is a graduate of Baylor University with a bachelor of arts degree in social work. She is employed as a social worker at Central Plains MHMR in Plainview. The prospective groom attended Texas Tech, University in Lubbock and is employed in farming and custom harvesting. Grandparents of the bride are Mr. and Mrs. E.A. Parham of Lazbuddie and Mr. and Mrs. H.L. Merrifield of Brownwood. Grandparent of the groom is Mrs. Effie Hicks of Friona.

## Copy deadline

The deadline for news items to be submitted to the Muleshoe and Bailey County Journals is at noon on the preceding Tuesday for the Thursday edition and at noon on the preceding Friday for the Sunday edition. (Copy deadlines for society news: wedding, anniversary, engagement and birthday announcements are at 5 p.m. on Monday and Wednesday for the Thursday and Sunday editions.)

## KENW-TV

## Public Television

## NOVA

"Siamese Twins"

| Dao and Duan are literally Siamese twins, for the land where they were born - joined at the pelvis with only Thailand, formerly called Siam. <br> The orphan girls were sent to America in April 1993 to be evaluated at The Children's Hospital of Philadelphia, where a surgical team led by Dr. James O'Neill has performed more than a dozen successful separations of Siamese twins (also called conjoined twins). Conjoined twins occur when a single fertilized egg divides imperfectly. Complete division would have produced identical twins. <br> Nova follows the saga of checkups, conferences, CAT scans, and protracted surgeries that attempted to turn the inseparable duo into distinct individuals in "Siamese Twins." Nova embarked on the risky project as the patients and the doctors themselves did - totally unsure of the outcome. | Not yet three years old when they came to the United States, Dao and that where one went the other had to follow. Duan was the stronger and more assertive of the pair and seemed destined to thrive at the expense of her much weaker sister. Though each twin had full control of one leg, Duan had dominant use of the shared third leg. <br> Though some twin separations are relatively straightforward, Dao and Duan's case posed special problems. In addition to sharing the pelvis and the third leg, tests showed that the girls' spines and lower colons were fused and that each twin had just one kidney, which shared a single bladder. <br> "Siamese Twins" will be broadcast <br> Tuesday, February 14th at $7 ; 00$ p.m. <br> This episode repeats Saturday, <br> February 18th at 9:00 p.m. and <br> Sunday, February 19th at 12:00 midnight on KENW-TV. |
| :---: | :---: |

THE TREE OF IRON
HIGH SCHOOL ALL-REGION BAND - Lazbuddie High
School students who recently made the All-Region band
were: (Back, left) Brice Redwine, Joanna Gallman and
Tiffany BBasingame ( (ront) Dawn Mouser, EraJo Alcada
and Belynda Waddell. and Belynda Waddell.

## Lazbuddie students make All-Region Band

Several Lazbuddie band members auditioned on Jan. 16-17 for the Region 18 AllRegion Band. Twelve members were chosen and performed in the All-Region Concert held Jan. 28 at Coronado High School in Lubbock.

Junior high band members who performed were: Shena Seaton, french horn; Marie

DeLeon, clarinet; Rachel Rodriguez, bass clarinet;
Brandon Foster and Michael Carson, trombone; and Gabriel Reyes, tenor saxaphone.

High school students who performed were: Brice
Redwine,tuba; Dawn Mouser,
clarinet; Eva Jo Alcala, flute; Tiffany Blasengame, alto clarinet; Belynda Waddell, percussion and Joanna Gallman, mallets.
In addition to their performance in the All-Region band,
senior band members Belynda Waddell and Joanna Gallman also performed in the Assoication of Texas Small School Bands All-Region

Concert in Brownfield on Jan. Belynda and Joanna audi-
tioned for the band in Brownfield. Belynda received second chair percussion and

Joanna received first chair mallets. Both competed at the area level.

Joanna received first chair at area and made a tape for the state competition. The tape

ENMU to host speech tourney PORTALES - Eastern New Mexico University in Portales will host the State High School Speech and Debate Forensics Tournament Friday, April $7-8$ with competition beginning at noon on Friday. Registration will be at 10 a.m. with the coaches meeting at 11 a.m. in the College of Business, Room 103.
This will be the 18 th time Eastern will host the tournament.

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Showtime, HBO, Family Channel and MORE! The Tree of Iron, a one-hour the furnaces were small and looked $\begin{array}{ll}\text { documentary, presents convincing } & \text { primitive to western eyes, and so } \\ \text { evidence that complex technologies } & \text { stories about ancient iron making were }\end{array}$ evidence that complex technologies
needed for iron smelting existed in needed for iron smelting existed in
Africa far earlier than previously expected. When Europeans first explored the interior of East Africa, at the end of the nineteenth century, they found a
thriving iron technology already in thriving iron technology already in
place, with thousands of furnaces built place, with thousands of furnaces built
of burnt earth and mud. Legends told of the origins of iron making and rituals attested to its importance. But

# Journal Classifieds 

coll2 23880

## Enochs News

By Mrs. J.D. Bayless
J. R. and Sandra Austin were in Clovis, N.M. Thursday to attend a MU seminar.

Mr. and Mrs. Goldman Stroud went to the little childrens basketball game Friday night to see their little grandchildren play ball.

Doris Huff, June Boyce, Elnita Key, Harold Toombs, Tennia Lee went to the Nursing Home in Morton Thursday and served refreshments to the ones in the Home. Harold led the singing and Doris played the piano for them.
tended open house at Mrs. Dollie Crockett's new house Friday night at Morton.

Myrtie and Leland Finley of Odessa came Wednesday brought her mother Ellen Bayless a cake to help her celebrate her 86 th birthday. They visited with her until Thursday afternoon.

Harold and Marie Toombs cooked supper for the Three Way Baptist Church people Sunday night.

Mrs. Opal Locker of Littlefield a former resident of Bula died Saturday in Method-

## Creative Living

With Shery Borden

PORTALES - Information on economizing with seafood and cooking with peanuts will be the featured topics on "Creative Living" on Saturday Feb. 18 at 2 p.m. (All time are Mountain.) "Creative Living" airs on public broadcasting station, KENW-TV, from Eastern New Mexico University in Portales, N.M.
Marilyn Rose, Bureau of Seafood in Jacksonville, Fla., will show how to select sean food with a budget in mind. She will also share recipes for using seafood in a variety of dishes.

Another guest, Ann Thacker, Texas Peanut Producers Board, will share some peanut trivia as she talks about this nutritious legume.

Thacker is from Old Sacramento, Calif.
On Tuesday, February 14th at 9:30 p.m. "Creative Living" will not be seen due to special programming. On Thursday, February 16th at 12:00 "Creative living" will demonstrate some food gift giving and discuss helmet giving
safety.
Connie Moyers, Marketing Home Economist for Southwestern Public Service Co. in Clovis, N.M., will present delicious recipes that are perfect for gift giving.
Dr. Hal Fenner, orthopedic surgeon and member of the board of the Snell Memorial Foundation, will talk about the rigorous testing that is required to ensure top quality and high


#### Abstract

ist Hospital in Lubbock. I express my sympathy to her family and other relatives. family and other relatives. . Her services were at First Baptist Church in Littlefield at 2:00 p.m. Tuesday.

Mrs. Roxie Stroud went with Mrs. Ellen to Muleshoe Satruday to the Five Area Telephone Meeting. Ellen won 12 oil filters at the meeting, then they did some shopping.

The cold front that came through the chill factor was zero Sunday morning 18 degrees in the evening with fog Monday morning and freez ing.


Real Estate ForSale: Richard Hills,
1715W.Avenue H. Remodeled inside \& out lastyear, 3 $\mathrm{br}, 13 / 4$ bath, 2 car garage,
large living room, ceiling large living room, ceiling
fans, new drapes. Call 272. $\frac{4754}{L E}$
305
305 Eas 3 Eedroom, $13 / 4$ baths, auto lawn sprinkler, single ga rage, 2 car carport and stor
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parment of Agriculture Consolated Farm Service fice in Muleshoe, Texas is seeking a new ofice location within the city of limits of Muleshoe. This office re-
quires 3200 net usable quires 3200 net usable square feed of high quality
office spaceon the first floor office space on the firstfloor Occupancy is required by
April 1, 1995. Anyone inter April 1, 1995. Anyone inter
ested should call Karen Byrd ested shoulacall
at (806) $272-4538$
Wanted to rent, large 2 bedroom or average 3 bedroom In Lazbuddie School Dis-
trict. Call 965-2638. M15-
"Creative Living" is produced and hosted by Sheryl Borden. The show is carried on more than 100 PBS stations in the United States, Canada Guam and Puerto Rico and is distributed by Pacific Mounain Network, Denver, Colo.

Viewers can request copies of materials offered on the how by sending one 29 cent tamp for each handout uested Sen d quit with your name, address and booklets requested to: "Creative Living" Requests, \% KENW-TV, 52 Broadcast Center, Portales, NM 88130

## Cleveland Ballet to be featured at ENMU

PORTALES - The Cleve will present a lecture/demonstration on Tuesday, Feb. 21 at 8 p.m. in the Eastern New Mexico University Theatre Center. The program is sponsored by the Associated Students Activities Board and is open to the public. Admission is free.

The Cleveland Balle Dancing Wheels is an innovative company comprised of
professional dancers with and without disabilities. The company is recognized as one of the first in the nation to incorporate the talents of both populations through classical and modern choreography for integrated dancing.
This past summer, Sabatino Verlezza, soloist for the May O'Donnell Dance of New Your and recipient of the prestigious "National Choreographer

Ballet Dancing Wheels as co artistic director and principal dancer.

The company currently preforms over 150 educational lecture/demonstrations and formal dance concerts annually and has received rave reviews
for their alluring, visually exciting performances thatenable audiences to develop new and dynamic images of people with disabilities.


## CLASSIFIED RATES

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## HENRY REALTY

Near High School, 3 bedroom, 1 bath, floor furnace heat, roof ducted. Evaporative air cond, storm win dows \& dol
Four bedroom, 2 bath, 2 car garage, 2 - car carport: Retfig. air, central heat. Carpet, beautiful dining area with built-in china cabinet and paneled walls and other extras. Storm doors, storm windows and awnings. Concrete fence, front yard has automatic
sprinkier. Kitchen built-ins. 1,000 sq. ft. storage. sprinkier. Kitchen buitr-ins. 1,000
Large home with extra storage.

| Large nome with extra storage. |
| :--- |
| Near High School- 3 bedroom, 3 bath, BV central heat, | ducted in evaporative air cond., carpet throughout., large den with rock fireplace, top grade wood paneling through out Storm windows and doors. Insulation in ceiling, larg utility foom and spacious storage area. Kitchen built-ins. Country Club Addition, 2 bedrooms, 1 bath, 4 car carport, Country fool, carpet, 2 ceiling fans, includes vacant lot next

ne doot. Storm doors and windows.
door, Storm doors and windows.
car garage, carpet, wood fence.
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toeal location on west American Blvd. 150' highway
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## HIGH SCHOOL

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NICE 3-2-1 carport Home, Cent. A\&H, built-ins, base ment, ceiling fans, water softener, covered patio w/gas
grill, fenced yd., \& one bdrm grill, fenced yd., \& one bdrm. apartment.PRICE RE DUCED!!!!! HS-12
NICE 3-2-2 Brick, 2150'+ Iv. area, Heat pump, builtins, Ceiling
$\$ 70 \mathrm{~K}$ HS-6
Large 3-2-2 Home, Cent. A\&H, FP, 1800+ lv. area.
fenced yd. \$30K!!!!!! $\mathrm{HS}-9$
VERY NICE 3,000+ sq. ft. Home, recently remodeled, built-ins, heat pump, FP, spklr. system, storage bldg. HIGHLAND AREA
3-2 Home, 1900'+ Iv. area, heat pump, st. bldg.
fenced yd. \$30's!!! HL-2
VERY NICE 3-2-2 Brick, Cent. A\&H, built-ins, fenced yd., spklr. sys., MUCH MORE!!! \$60's !!! HL-1 Nice $\overline{4-2-1 ~ B r i c k, ~ C e n t . ~ A \& H, ~ b u i l t-i n s, ~ f a n s, ~ e n c l . ~}$ patio, man. spklr sys., gas grill, st. bldg., fenced yd. $\$ 60$ 's! HL-5

\& MORE. FmFs \$30's! ! ! HL-3.
VERY NICE 3-2-1 Home Hition doors extraine doors, extra
\$30's!!!LL-2

Nice 2-1-1 Home, new interior paint, new carpet, fence yd., storage bldg.MORE!!!\&20's!!L-4

## RURAL HOMES

IMMACULATE 3-2-2 Brick Home, $2900^{\prime}+$ lv. area, Heat Pump, built-ins, FP, spacious den, office, 1 acre tract on
pavement, close to town, horse barn/tack room. MUCH MORE!!! \$90's !! HR-3
VERY NICE 3-2-2 Brick Home on pavement, edge town, 4.4 acres, $30^{\prime} \times 40^{\prime}$ shop, barns, corrals, storage MUCH MORE!!HR-2
JUST LISTED- Very Nice 4-2 Home on 40 acre tract close to town, heat pump, built-in stove, nice carpet \& tile. $6^{\prime \prime}$ irrig. well with high pressure lines, stock shed \& pens, tractor \& equipment. \$70's!!!!!

## COUNTRY CLUB

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## Technology helps advance cotton price information in Texas, Oklahoma

LUBBOCK- "Texas and Oklahoma have been on a hotbed of new, modern technology in both production and marketing for many years," says
D́r. Don E. Ethridge, Economist at Texas Tech University, "and more developments are on the way." Dr. Ethridge has designed a computerized price
analysis and reporting system. This system is known in the cotton industry as the Daily Price Estimate System(DPES).

According to Dr. Ethridge there is, "...more market price information at our fingertips than anywhere else in the world." The DPES system
gives producers daily spot market price reports. This program is connected to the Plains Cotton Cooperative

Association's TELCOT system and to The Network. Daily. results are also available on the National Cotton Council's
COTNET computer bulletin board.

Before the system was developed, produces had only the spot quotations furnished by the USDA to use as a refer-
ence. Research has shown that the USDA quotations are not as accurate as the DPES program. There has been a tendency for the daily spot quo-
tation premiums to understate actual producer premiums for higher qualities and to overstate actual producer discounts for
lower qualities. Cotton producers can now receive accurate and current prices on over

25,000 different qualities of cotton.
Dr. Ethridge is the principal designer of the system; however, the Texas State Support Committee (TSSC) has kept the project afloat with fund-
ing. TSSC has funded this program for the past three years. Texas Tech University also helps fund the DPES
program. For the system to be maintained, a minimum of $\$ 50,000$ a year is needed.

Now that the system is in place, Dr. Ethridge's next goal is to find a way to develop this for other cotton producing re-
gions. Eventually he hopes to expand the system to the other end of the market to tack textile mill prices.


BRINGING THE BALL DOWN COURT - Brandi Harrison, point guard for the Lady Mules goes around a Friona Squaw during the last game of the season Friday night in the Watson Junior High gymnasium. The Lady Mules claimed the victory in over time, 46-45.

## Seminar

Continued from page 7 currently used at Muleshoe are: A. Plyometrics - Exercises designed to enhance the athletes's ability to blend speed and strength training. They are the type of exercises that allow an athlete to start/stop in a faster more efficient manner, change direction more rapidly, acceleratefaster and improve overall speed.
These exercises link speed and strength to produce power and are essential to athletes who run, jump, lift and throw. These exercises are made up of a variety of drills that include jumps-in-place, standing jumps ( vertical \& horizontal), multiple jumps and hops,
bounding, box drills and depth jumping.
B. Speed DevelopmentTerm used summarily to describe form running- and run technique improvement. Speed improvement can occur from increasing stride length and frequency which are nearly always a result of strength increases. Very often a player can improve speed by improving the efficiency of their running technique. These principles are taught based on a speed system taught by Kevin speed system taught by Kevin McNair, a speed consultant for several NFL and College
Football Teams.
n
D. Aerobic and Anaerobic activities - The program incorporates a wide variety of drills and workouts designed specifically for cardio-vascular fitness.

Aerobic activities are events that occur over a longer period of time and include long distance running. Anaerobic events occur over a shorter time span and include power activities and sprinting. All sports activity requires some degree of aerobic conditioning as a base for any other form of conditioning.

To implement the basic
components requires a coordinated effort by the coaches to organize, group, demonstrate, supervise, correct, and evaluate each'athlete and each phase of the program. Records are kept on each athlete as to their current status and their their current status and their improvement over different time frames.

Again, the most important concept conveyed in this article is that this entire scope of activities is a process. It is
year round process, year after year.

Very often athletes and parents of athletes are over zealous and expect an overnight solution to a very complex process. Kids will work hard for a short period of time and true to our culture, if they do no receive immediate success will shut it down. Persistence and perseverance are the two surest and soundest roads to success.

##  <br> 

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## Rebekahs appoint

 committeesMuleshoe Rebekah Lodge \#114 met in the Lodge Hall Tuesday, Feb. 7 with 1 members present. The secretary read the minutes of the last meeting and Ina Wilemon treasurer, gave a financial report. Both were approved as read.

A membership application was read and Thursie Reed, Noble Grand, appointed a membership committee, Doris

Lambert, Alene Bryant and Ina Wilemon. Also appointed were Ruby Green, kitchen committee and Alene Bryant, reporter.

The Sick and Distress Committee will be Thursie Reid, Alene Bryanı, June Green, Ina Wilemon and Ruby Garner.

Patsy Chance was ap pointed as Inside Guardian and was installed at the meeting. She will check on information for Ona Berry's 40-year pin.

June Green presented a certificate of representation for the Grand Lodge to Mary Ann Ramirez. June read corrrespondence from the Bob Cox family and a wedding invitation from Teri Snell.
In closing, The Lodge was reminded of the Plainview meeting on Saturday, Feb. 11 at 9:30 a.m. All members are urged to attend the next meeting.


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