

Muleshoe Journal



Volume 73, No. 7

Published every Thursday at Muleshoe, Bailey County, Texas 79347

Thursday, February 16, 1995

Muleshoe man hopes to race his way to the top

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 24year-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 biggest accomplishment

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



RACING CHAMP - 24-year-old Jerd Vinson of Muleshoe won many area races in 1994 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 already gearing up to begin another 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-

The modified midget race 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 Commissioner's adopted a resolution opposing the listing of the Arkansas River Shiner as an endangered species during a meeting on the listing of the Arkansas River Shiner as endangered.

The county adopted the

County resolution after receiving a letter from the High Plains Underground Water District I, seeking the county's support in opposing the listing.

A major reason cited by the including Muleshoe. Monday. The U.S. Fish and Water District for opposing the Arkansas River Shiner is nadian River's water supply 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,

According to the U.S. Fish Wildlife Service has proposed the listing as endangered for and Wildlife Service, the Cahas been dimished due to an increase in population and use.

habitats and the Canadian The Water District said in its letter, that such a listing, could limit land and water use in the area and could devastate the area economy, which is based on agriculture. It could also impend possibilities of growth

> In the resolution that the commissioner's court adopted, it states that "there has been no

evidence 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

Around Muleshoe

Meeting on MHS reunion to be held

Ex-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.

Money bag reportedly stolen from gas station

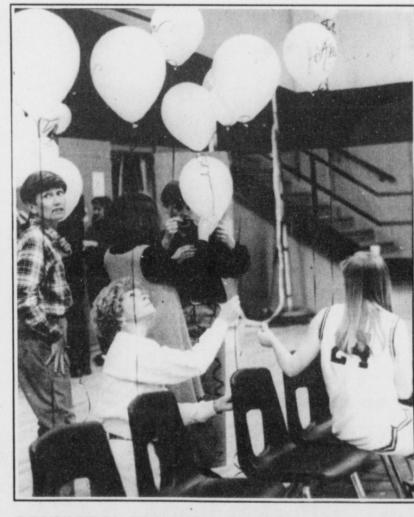
The Muleshoe Police Department is currently investigating an incident in which a money bag was stolen from the Southside Chevron Gas Station, located at 502 West 1st, last week. An estimated \$389 in cash was in the bag.

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 sus-

pect, who allegedly admitted



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 claim a 19-8 and 4-2 record for season play and will battle Whitharral, also 4-2, for the second place slot in district 111-A. The winner of the game goes to the play-offs against the district 12 1-A 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

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

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-Rope-Swing" 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 a lunch break. The events will resume from 2-5

p.m. There will be music, refreshments and entertainment all day.

These evens will require

sponsors. The residents would like for people to come and rock with them or see how

good they are at throwing pingpong 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.

Breast cancer screening clinic to be conducted on March 17

The Women's Center of the Don and Sybil Harrington Cancer Center and High Plains Baptist Hospital will again conduct a Breast Cancer Screening Clinic in Muleshoe at South Plains Health Care

Providers, Inc., 208 W. 2nd on March 17 from 10 a.m. to 2

Breast cancer affects one in eight women. The key to boosting your chances of winning the battle against

cancer are early detection by having an annual breast selfexamination by a registered nurse specially-trained in breast cancer detection, and a mammogram technician. mammography

The program is certified by the FDA, American College of Radiology and the State Health Departments of Texas, Oklahoma and New Mexico.

The American Cancer Society urges all women to have 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

Continued on page 2

Continued on page 2

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 are head coach Saul Guillen and assistant coach Rowdy Bryan. Coach Guillen is an ex-Eagle himself. This is his second year to coach the Eagle team.

Screenings -Continued from page 1

mammogram at an earlier age.

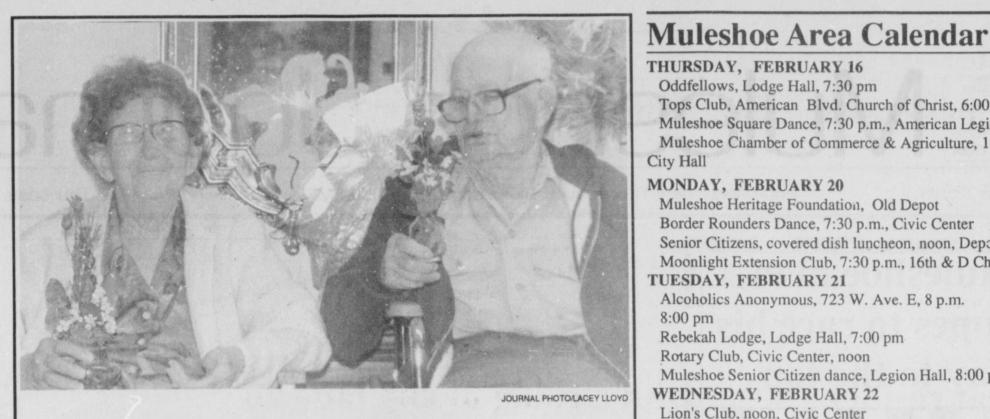
Ask about funding that is available for free breast screenings and mammograms.

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.



NURSING HOME SWETHEARTS - Mr. and Mrs. Burley Locke were chosen as the Valentine's Day Sweethearts at Muleshoe Health Care Center last Friday. They were chosen by the nursing home staff.

appointed the following indi-

viduals to the Pailey County

Child Welfare Board; Cindy

Barrett, Linda Wood, Belinda

Head, Connie Weatherbie and

Lyn Vandiver, and they ap-

proved 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 busi-

Please inform the Journal if there is a change in any of these listings.) Military order association welcomes vets

8:00 pm

Oddfellows, Lodge Hall, 7:30 pm

Muleshoe Heritage Foundation, Old Depot

Border Rounders Dance, 7:30 p.m., Civic Center

Alcoholics Anonymous, 723 W. Ave. E, 8 p.m.

Rebekah Lodge, Lodge Hall, 7:00 pm

Rotary Club, Civic Center, noon

Lion's Club, noon, Civic Center

Senior Citizens, covered dish luncheon, noon, Depot

Muleshoe Senior Citizen dance, Legion Hall, 8:00 pm

Muleshoe Country Club Association, noon, Country Club

The Muleshoe Journal is attempting to keep the calendar accurate and up-to-date.

Muleshoe Volunteer Fire Dept., City Fire Station

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.,

Moonlight Extension Club, 7:30 p.m., 16th & D Church of Chris

The Military Order of the Purple Heart is an Association for those honored with The Purple Heart. It was organized by George Washington. It is the only Serviceman's organization especially for those 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 to join. 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 patrioespecially youth, and to carry on activities to educate the

general public concerning the blessings of liberty. The group promotes fellowship among

tism among all Americans, members and operate an out-

reach program for all veterans. Support to the Veterans Administration Voluntary Service Programs at Veteran's Medical Centers throughout the United States is also given.

Country **Amarillo Civic Center**

Fri., Sat., Sun., February 17, 18, 19 • 401 Buchanan Street Show Hours: Fri., 4-9 p.m. • Sat., 9 a.m. - 6 p.m. • Sun., 11 a.m.-5 p.m. Admission: Adults \$4 • Children Under 12 Free • Seniors over 65 \$2 "The Perfect Street of Shops"

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American Country Shows, Inc. O Country Peddler Show

The Muleshoe and Bailey County Journals publish engage-

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 depart-

ments, the county ended the

year with excess reserve funds.

The audit was conducted by

Also on Monday, the Court

Sudduth, Field & Co.

ment, wedding and anniversary announcements and photos free of charge as a service to our readers. The deadline for items to be submitted is at 5 p.m. on the preceding Monday for the Thursday edition and at 5 p.m. on the preceding Thursday for the Sunday edition.

Announcement policy

nesses.

Complete guidelines and forms are available at the Muleshoe Journal office. The Journals reserve the right to edit copy.

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Letter to the Editor

Former resident compliments Millsap for column

Dear Editor:

I just received my 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 mother working for Red Simmons in the grocery business and my dad in the law business, are part of the memories I cherish, and of course, my school years at 'ole,

So! I'm here to say keep "Memory Lane" alive in the newspaper. I sent the article to 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

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

My son Randy lives in Amarillo. My only granddaughter in Alabama. But God has blessed me in may ways. I'm still with Energas to contrary to retire. Keep up your good article.

Mamie (Freeman) Bussey, Amarillo



LAZBUDDIE FEBRUARY STUDENTS OF THE MONTH Students of the month for February have been selected at Lazbuddie Elementary School. These students have 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.

Local resident upset with closing of city landfill

It has come to my attention 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

"What happened to your

Agency (EPA) requirements for the landfill. The liner would cost approximately \$1 mil-

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 this town for very long, but my

wasn't very neat. She was

just goin' for a ride But then

she tore the gun rack down.

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

The calf went out my side.

intentions are to stay here as long as the Lord is willing.

While speaking with the person, I also learned of a tax that was made when the Coliseum was built. When it was finished, the tax was not dropped. Is that tax still in effect? I could not tell you.

I am not a person who provokes 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 not letting the United Supermarket into Muleshoe. I got on the phone that evening and called

one of the board members and 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. I would have asked it publicly

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 and Muleshoe Journal gives away photos which are taken by the newspaper and published. Photos may be picked up after they are published The Journals retain photos up to a year and then they are discarded.

Muleshoe Journal

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Scot Stinnett, Publisher Helena Rodriguez, News Laura Sanchez-Mora, Classified © 1990

Holly Millsap, Advertising SUBSCRIPTIONS Muleshoe Journal and Bailey County J
By Carrier Yearly - \$15.00
Bailey and surrounding counties
By Mail - \$16.75

ASSOCIATION

Elsewhere - \$18.50

Advertisers should check their ad the first day of insertion. The Journals will not be liable for failure to publish an ad or for a typographical error or errors in publication except to the extent of the cost of the ad for the first day of insertion. Adjustment for exercise will be limited to the cost of the troution of the ad where the error counted " rrors will be limited to the cost of that portion of the ad where the error occured."

Experiencing a real cattle drive



the 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

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

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, I b'lieve that

that's the firstest time I've seen

my elbow's broke.

pickup seat Is that buffalo blowin' stuff out both ends till track?" Well, I guess you had the cab was slick and green It to be there. We had a cow was on the floor and on the attack. It all began when me roof and on the calf vaccine. and Roy went out to check the If you've been inside a dryer cows. We'd finished lunch and at the local laundromat With a bear and 50 horseshoes then watched our 'soap' and forced ourselves to rouse. you know just where I's at. At one point she was sittin' up,

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, I'll 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.

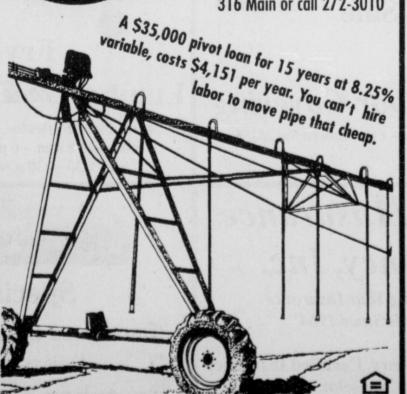
And I do mean climbed up in there! Got a foot behind the seat Punched a horn right through the windshield and she escaped like paratroopers out a cattle drive." Loans up to 20 years for purchasing land or adding improvements.

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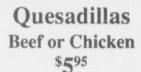


Muleshoe's Area









Two flour tortillas filled with your choice of beef or chicken fajitas, cheddar and monterey jack cheeses, grilled onions and bell peppers. Cut into quarters and served with guacamole, pico de gallo and sour cream



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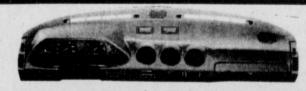


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Public Record

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 Home-Muleshoe.

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; a daughter Melissa Caudle of Parker, Colo.; four brothers, Ted Houlette of El Paso, Dale Houlette of Friona, Wayne Houlette of 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. 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 Plainview and Jerry Houlette & the direction of Ellis Funeral 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 ill-

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

Mr. Clines had been a resident of the Clovis community since 1980, moving from

Tucumcari, N.M. He was a

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; three sisters; 20 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 Center-Clovis 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.



The Fair Store

120 Main 272-3500 Muleshoe, Texas



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.



New! "Friends Free"

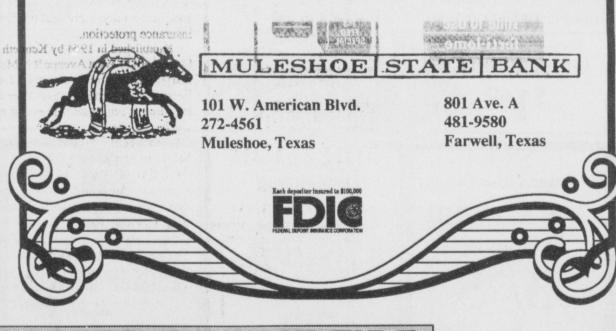
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Cristy to present one-man show at ENMU on Friday

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-century western painter and sculptor.

This internationally acclaimed one-man show explores 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 performance, 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 as 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.

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* Tire Failure Coverage - If a tire covered by the plan becomes

unserviceable because of a road hazard during the usable tread life of

the tire, it will be replaced with a comparable new tire. The purchaser (owner) will be charged for the usable treadwear on the original tire

times the suggested retail price for adjustment, or current advertised

price, whichever is lower, plus appropriate taxes. If the tire failure

occurs in the first twenty-five (25%) percent of treadwear, and if in the

opinion of the dealer the tire cannot be safely repaired, it will be

replaced free of charge. Usable tread is defined as original tread depth

less 2/32". When the tread is worn down to 2/32" (to the treadwear indicators), the tire is considered worn out and is not subject to

adjustment



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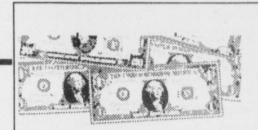
For more information, see Mike Hahn at

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FIVE AREA DIRECTORS — Five Area Telephone Co-Op board of directors and officers who were recently chosen after 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.



SEALES IS HONORED – (Left) Five Area Telephone Co-Op 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.

Coach explains benefits of upcoming strength, conditioning seminar

A seminar on strength and conditioning by Tim Brown of Poplar Bluff, Mo. will be offered in Muleshoe on Saturday, 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 invited to attend. The admission cost is free. The seminar 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 and conditioning consultant for the past 12 years for colleges and high 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 conditioning programs are various and 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

1401 W. American Blvd.

it must be a year round pro-

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 athletes are taught during the school year.

a 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 build-

ing. The goals are to develop

speed, quickness & strength

2. Non lift routines - There

are several routines that are

incorporate into the program.

Some routines are performed

on a year round basis and oth-

ers are performed only during

certain phases of the sports

year. The non lift routines

Continued on page 10

from our routine.

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 year 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 of holidays (Thanksgiving, Christmas, Spring Break).

The lift routine consists of three core lifts and approximately six supplemental lifts. The core lifts are multiple muscle group lifts that provide

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Host families sought for students

Area host families are being sought for high school students from Western and Eastern Europe, Asia, South America, Australia, and the former Soviet Union Intercultural Student Exchange (AISE).

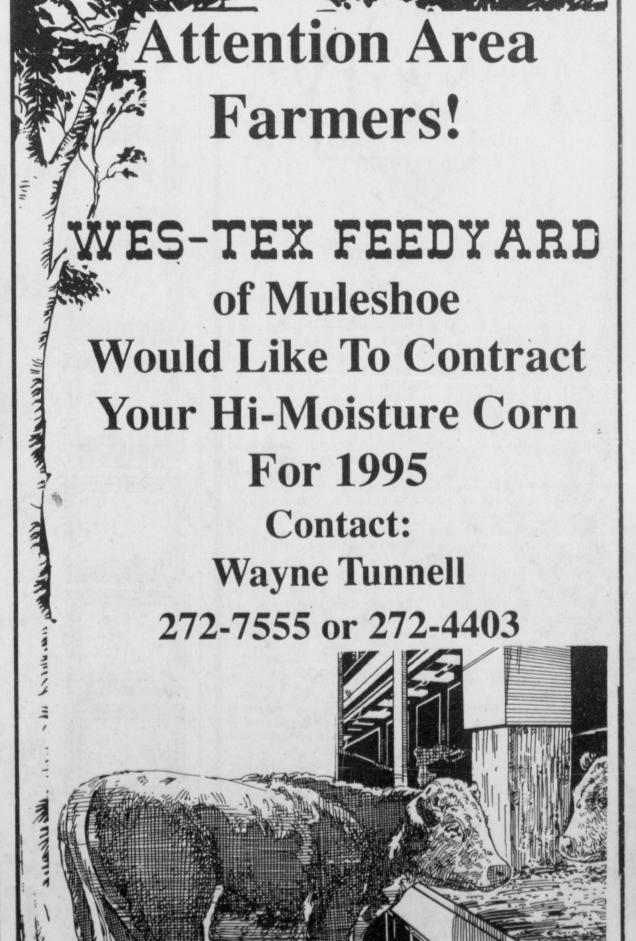
These students, ages 15-18, will arrive in the United States at the end of August, attend a local high school, and return to their home countries in June of 1996. The students, all fluent in English, have been carefully screened by the local representatives in their home countries, and have their own 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-SIRI ING for more information.

young people about the importance of the acceptance of othe cultures. Call 1-800-SIBLING for more information.

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Engagements

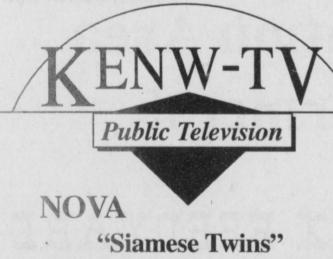


Parham - Hicks

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.)



Dao and Duan are literally Siamese twins, for the land where they were came to the United States, Dao and born — joined at the pelvis with only Duan were typical toddlers, except three legs between them - is that where one went the other had to Thailand, formerly called Siam.

led by Dr. James O'Neill has performed more than a dozen leg. successful separations of Siamese produced identical twins.

Nova follows the saga of checkups, conferences, CAT scans, and kidney, which shared a single bladder. protracted surgeries that attempted to turn the inseparable duo into distinct individuals in "Siamese Twins." Nova embarked on the risky project as themselves did — totally unsure of the midnight on KENW-TV. outcome

Not yet three years old when they follow. Duan was the stronger and The orphan girls were sent to more assertive of the pair and seemed America in April 1993 to be evaluated destined to thrive at the expense of her at The Children's Hospital of much weaker sister. Though each Philadelphia, where a surgical team twin had full control of one leg. Duan had dominant use of the shared third

Though some twin separations are twins (also called conjoined twins). relatively straightforward, Dao and Conjoined twins occur when a single Duan's case posed special problems. fertilized egg divides imperfectly. In addition to sharing the pelvis and Complete division would have the third leg, tests showed that the girls' spines and lower colons were fused and that each twin had just one

"Siamese Twins" will be broadcast Tuesday, February 14th at 7:00 p.m. This episode repeats Saturday, February 18th at 9:00 p.m. and the patients and the doctors Sunday, February 19th at 12:00

THE TREE OF IRON

evidence that complex technologies needed for iron smelting existed in seen as fanciful folk tales. Africa far earlier than previously expected.

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 Sunday, February 19th at 6:00 a.m.

The Tree of Iron, a one-hour the furnaces were small and looked documentary, presents convincing primitive to western eyes, and so stories about ancient iron making were

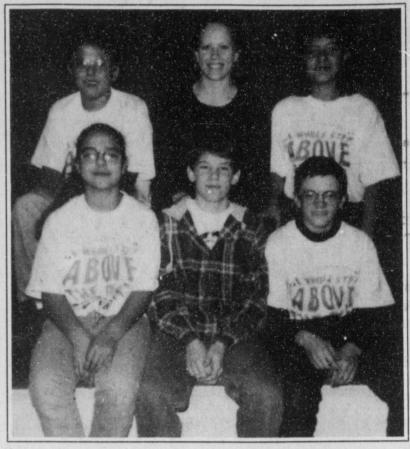
During the last decade, clues from oral testimony, archaeological When Europeans first explored the evidence, and the recreation of a interior of East Africa, at the end of the traditional iron furnace have enabled nineteenth century, they found a anthropologist Peter Schmidt to thriving iron technology already in challenge the notion that African technology was primitive and

The Tree of Iron will be broadcast

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



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 Blasingame (Front) Dawn Mouser, EraJo Alcada and Belynda Waddell.



JUNIOR HIGH ALL-REGION BAND - Lazbuddie students who made the All-Region Band were: (Back, left) Gabriel Reyes, Shena Seaton and Maria DeLeon. (Front) Rachel Rodriguez, Brandon Foster and Michael Carson.

Lazbuddie students make All-Region Band

Several Lazbuddie band members auditioned on Jan. 16-17 for the Region 18 All-Region 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. Belyndareceived 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

earned her the honor of being placed 8th in the state.

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 18th time Eastern will host the tournament.

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Journal Classifieds

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Call 272-4536 Deadlines: For Thursday, Noon Tuesday; for Sunday, Noon Friday

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.

Mutt Autry and JoAnn at-

With Sheryl 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 Univer-

Marilyn Rose, Bureau of

Seafood in Jacksonville, Fla.,

will show how to select sea-

food with a budget in mind.

She will also share recipes for

using seafood in a variety of

Thacker, Texas Peanut Pro-

ducers Board, will share some

Another guest, Ann

sity in Portales, N.M.

dishes.

Creative Living

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 86th 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-

Thacker is from Old Sacra-

On Tuesday, February 14th

at 9:30 p.m. "Creative Liv-

ing" 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

Connie Moyers, Marketing

Home Economist for South-

western Public Service Co. in

Clovis, N.M., will present de-

licious recipes that are perfect

Dr. Hal Fenner, orthopedic

surgeon and member of the

board of the Snell Memorial

Foundation, will talk about the

for gift giving.

peanut trivia as she talks about rigorous testing that is required

this nutritious legume. to ensure top quality and high

mento, Calif.

ist Hospital in Lubbock. I express my sympathy to her 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-

standards for motorcycle or

bicycle helmets. Dr. Fenner

lives and practices in Hobbs,

"Creative Living" is pro-

duced 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 Moun-

tain Network, Denver, Colo.

Viewers can request copies

of materials offered on the

show by sending one 29 cent

stamp for each handout re-

quested. Send the stamps, along

with your name, address and

booklets requested to: "Cre-

ative Living" Requests, %

KENW-TV, 52 Broadcast

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Real Estate

ForSale: Richard Hills, 1715 W. Avenue H. Remodeled inside & out last year, 3 br, 1 3/4 bath, 2 car garage, large living room, ceiling fans, new drapes. Call 272-4754

LENAU ADDITION 305 Easr Fir Avenue, large 3 bedroom, 13/4 baths, auto lawn sprinkler, single garage, 2 car carport and storage. Call day or night 272-3373. D8-51s-TFC

Rent House: Furnished - 1 bedroom - bills paid. Call 272-4789. A8-6t-TFN

Want to Rent

Wanted Lease The U.S. Depariment of Agriculture, Consolated Farm Service Agency Bailey County office in Muleshoe, Texas is seeking a new ofice location within the city of limits of Muleshoe. This office requires 3200 net usable square feed of high quality office space on the first floor. Occupancy is required by April 1, 1995. Anyone interested should call Karen Byrd at (806)272-4538

Wanted to rent, large 2 bedroom or average 3 bedroom. In Lazbuddie School District. Call 965-2638. M15-5s-2tp

Help Wanted

The City of Muleshoe is taking applications for an employee to work in the Water & Sewer Department. Applications may be filled out at City Hall, 215 South First Street, Muleshoe, Texas, between the hours of 8 a.m. and 5 p.m. The City of Muleshoe is an equal opportunity employer.

Now hiring Certified Nurse Aides. Apply in person with certificate to Prairie Acres 201 East 15th Friona, TX. 79035. (806)247-3922. P3-6t-4tc

Muleshoe Area Healthcare Center is currently taking applications for nursing assistants. Contact Terri Brown, R.N. Director of Nursing at 106 W. Ave. H. Please apply in person. No phone calls please. 7t-8tc

116 E. Ave. C

Garage Sales

3 Family Garage Sale. Friday, Feb. 17 - 8 a.m. - 5 p.m. Saturday, Feb. 18, 8 a.m. - noon. 905 W. 7th.

Miscellaneous

Want to buy a good solid house to be moved. Call (505)763-5501. B15-5s-4tp

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1988 Nitro 120 Horse Outboard Bass/Ski, depth finder troling motor. Stored in a shed, excellent condition. Call (806) 927-5423.

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Motor Guide 12V trolling motor. Brand new, in the box. Retails for \$269.00, asking \$200. Call (505) 359-1442. N/C

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Cleveland Ballet to be featured at ENMU PORTALES - The Cleveprofessional dancers with and

land Ballet Dancing Wheels 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 Ballet Dancing Wheels is an innovative company comprised of

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16 Words And Over: 2nd Run .17 Per Word

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DEADLINES

For Thursday Paper, Noon Tuesday

For Sunday Paper, Noon Friday

To Receive The Reduced Rate After

The First Insertion, The Ad Must Run

Continuously. We Reserve The Right

To Classify, Revise, Or Reject Any Ad.

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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 Aware," joined Cleveland

Ballet Dancing Wheels as coartistic director and principal

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 that enable audiences to develop new and dynamic images of people with disabilities.

HENRY REALTY

Near High School, 3 bedroom, 1 bath, floor furnace For Kirby Sales and Service. 207 West 7th, heat, roof ducted. Evaporative air cond, storm win-Clovis, N.M. (next to Sonic) Call Joe Ennis (505) 762-4991. Come see the new self prodows & doors, equipped for washer/dryer. Fenced pelled Kirby vacuum. Only authorized Kirby back yard. Distributor in Muleshoe area. (Open Satur-Four bedroom, 2 bath, 2 car garage, 2 - car carport. days for your convenience)

Refrig. air, central heat. Carpet, beautiful dining area with built-in china cabinet and paneled walls and other extras. Storm doors, storm windows and CLASSIFIED RATES awnings. Concrete fence, front yard has automatic sprinkler. Kitchen built-ins. 1,000 sq. ft. storage 15 Words And Under, First Run: \$2.30 Large home with extra storage. Every Run After The Initial Run: \$2.00

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 throughout. Storm windows and doors. Insulation in ceiling, large utility room and spacious storage area. Kitchen built-ins.

Country Club Addition, 2 bedrooms, 1 bath, 4 car carport, new roof, carpet, 2 ceiling fans, includes vacant lot next door, Storm doors and windows

Reduced Price-Owner ready to sell. 2 bedroom, 1 bath car garage, carpet, wood fence.

COMMERCIAL PROPERTY Ideal location on west American Blvd. 150' highway

frontage. A great business opportunity. West American Boulevard 150' frontage. Priced to sell

111 WEST AVE B.MULESHOE, TX 272-4581

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George Nieman, Broker

272-5285 or 272-5286

built-ins, fenced yd., earthtone carpet. \$20's. HS-2 NICE 3-2-1 carport Home, Cent. A&H, built-ins, base-

grill, fenced yd., & one bdrm. apartment.PRICE RE-DUCED!!!!! HS-12 NICE 3-2-2 Brick, 2150'+ lv. area, Heat pump, built-

ment, ceiling fans, water softener, covered patio w/gas

HIGH SCHOOL

VERY NICE 3-1-1 Brick Home, Cent. A&H

ins, Ceiling fans, nice carpets, fenced yd. MORE!!

Large 3-2-2 Home, Cent. A&H, FP, 1800+ lv. area. fenced yd. \$30K!!!!!!HS-9

VERY NICE 3,000+ sq. ft. Home, recently remodeled, built-ins, heat pump, FP, spklr. system, storage bldg. fenced yd., CONSIDER TRADE!! \$ 70's!!!! HS-11

HIGHLAND AREA

3-2 Home, 1900'+ lv. 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 4-2-1 Brick, Cent. A&H, built-ins, fans, encl. patio, man. spklr sys., gas grill, st. bldg., fenced yd. \$60's!! HL-5

NICE 3-1-1 Brick, Cent. A&H, fenced yd., st. bldg. & MORE. FmHS Colladog to qualified Buyer!! \$30's!!! HL-3.

LENAU ADDITION
VERY NICE 3-2-1 Home, Heat Pump, storm windows & doors, extra insulation, nice carpet, spklr. sys. & MORE!!! \$30's!!!!L-2

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

RURAL HOMES

IMMACULATE 3-2-2 Brick Home, 2900'+ 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 of town, 4.4 acres, 30' x 40' 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" irrig. well with high pressure lines, stock shed & pens, tractor & equipment. \$70's!!!!!!

COUNTRY CLUB

2-1-1 carport home, wall furnace heat, nice carpet, storm shelter, storage bldg., fenced yd. MORE!!! \$20'S.

2-1 Home. Lg. Carport. wall furnace heat. fenced yd. st. bldg., on 2 lots!!! \$14,900.. CC-2

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JUST LISTED 160 acres N. of Progress. Good productive farm in good water area, 8" well and Valley Sprinkler. PRICED TO SELL!!!!

After Ad Has Run Once

board.

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

Dr. 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 and to The Network. Daily, results are also available on the National Cotton Council's COTNET computer bulletin

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

Association's TELCOT system 25,000 different qualities of cotton.

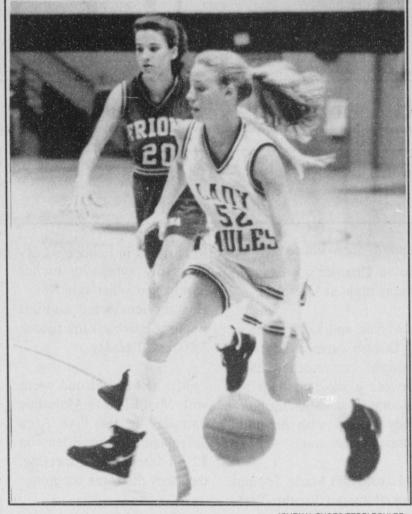
> Dr. Ethridge is the principal designer of the system; however, the Texas State Support Committee (TSSC) has kept the project afloat with fund-

> 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.



JOURNAL PHOTO/TERRI BOHLER

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.

Rebekahs appoint committees

Muleshoe Rebekah Lodge #114 met in the Lodge Hall Tuesday, Feb. 7 with 11 members present. The secretary read the minutes of the last meeting and Ina Wilemon, treasurer, gave a financial report. Both were approved as

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 Bryant, June Green, Ina Wilemon and Ruby Garner.

Patsy Chance was appointed 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.

\$195

\$185

\$25

SALE

SUPREME

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, accelerate faster 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), bounding, box drills and depth jumping.

B. Speed Development-Term 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 McNair, a speed consultant for several NFL and College

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.

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 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 a year round process, year after Very often athletes and par-

ents 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.

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