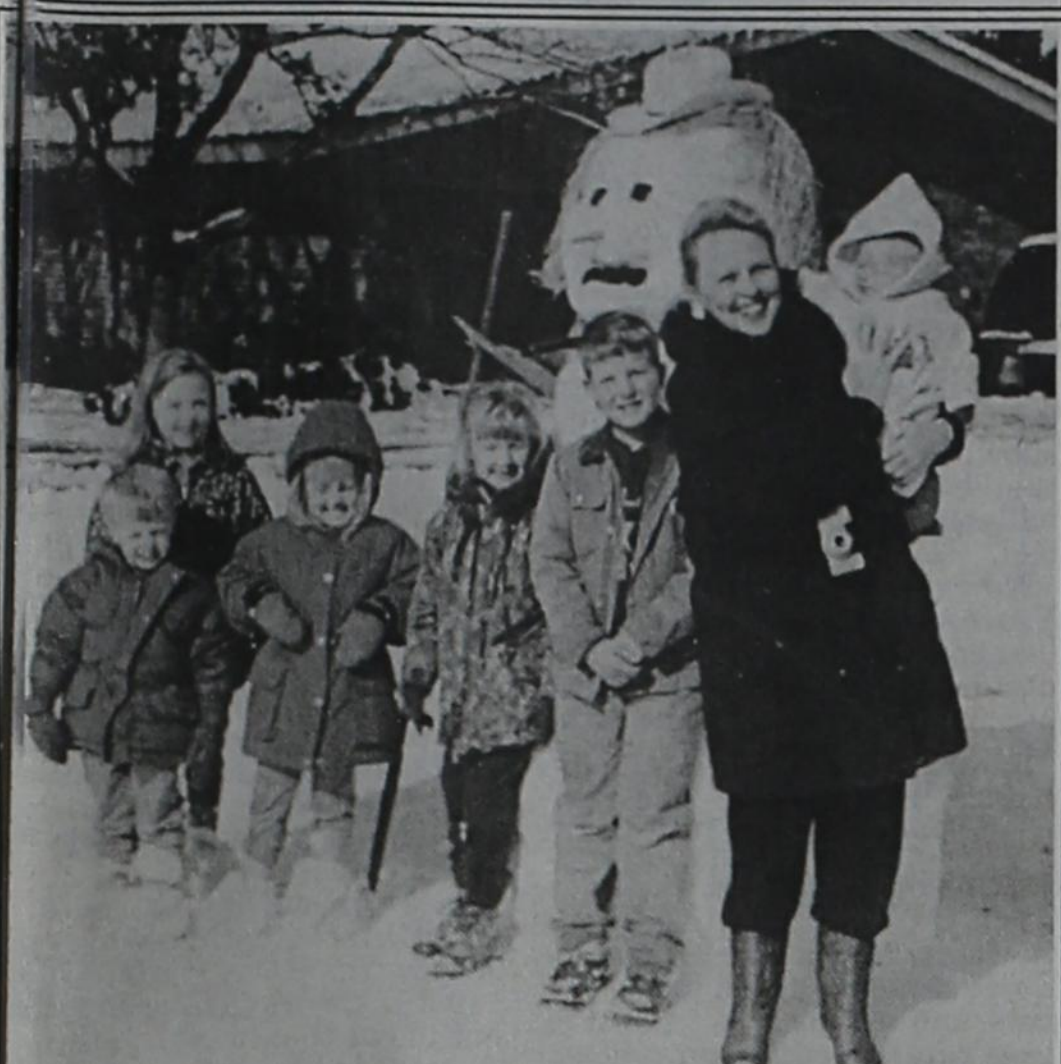


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Personal copy of  
 \*\*\*\*\*3-DIGIT 791  
 # 32 PACK  
 BAZE BOOKBINDING  
 514 W. 7TH ST.  
 AMARILLO TX 79101



The approximate six inches of snow in Post Monday brought ideal conditions for building snowmen, as Patty and K.W. Kirkpatrick discovered at their home on West 10th St. Their grandchildren enjoying the snow were (left to right) Kristen Hughes (back), John Hughes, Allison Hughes, Claire Kirkpatrick, Kyle Kirkpatrick and Campbell Kirkpatrick, held by his grandmother Patty.

## Snow, icy weather keep DPS and deputies busy

By Becky Warren

Imagine everyone was surprised to wake up New Year's Day and find that we had approximately four to six inches of snow on the ground. And it was still snowing straight down which added more to the fun.

Fun of course unless you had to travel the treacherous highways of Garza County.

Of course if you have a scanner, which most of Garza County does, you probably heard them warning people not to get out unless it was absolutely necessary.

Well, most people don't listen and they try to travel anyway. That is what happened to most of the travelers on New Years.

According to DPS trooper Kyle Edwards there were approximately 50 cars or more that slide off the highways in Garza County. This kept the DPS and local wrecker services busy throughout the day.

At approximately 7 p.m. that evening a one-car accident on south 84 resulted in injury to the driver. The car slide on the overpass, hit the guard rail on the right and went head on into the concrete divider. The passenger of the car, a seven month old boy was not injured in the accident since he was strapped into an infant carrier. The mother and child were transported to Garza Memorial Hospital where they were examined and released. The mother had a small bone broken in her left hand.

Later at approximately 1:30 a.m. on Tuesday morning a one-call rollover sent three children and two adults into the cold.

According to DPS trooper Edwards, the car hit a slick spot in the highway and spun out of control and overturned. The accident happened on north Highway 84 approximately five miles out of Post.

A passenger in the vehicle was transported to Garza Memorial Hospital by Post EMS crew where she was examined and released. Report shows that the passenger received injury to her ribs.

"All in all we were real fortunate not to have had any serious accidents," stated Edwards.



W.O. and Bert Fluit put together a life-sized snowman in their front yard at 616 W. 7th St. The snowman was just one of many decorating homes following the six inch snowfall Monday.

# The Post Dispatch

The Newspaper serving the people of Garza County

Seventieth Year Number 31 USPS 439-620 Single Copy price 50 cents © 1995 The Post Dispatch Thursday, January 4, 1996

## Commissioners study 'problems' at service center building, consider costs

by Wes Burnett

Garza County commissioners heard a detailed report from the Texas Department of Licensing and Regulation (TDLR) during last Friday morning's meeting, concerning "non-complying items" related to an inspection of the service building on U.S. Hwy 84 south.

TDLR representative Larry Lamborn went through the non-compliance list with the court, explaining each item and providing suggestions for various changes. Lamborn said the TDLR is responsible for inspecting buildings which are leased by state agencies.

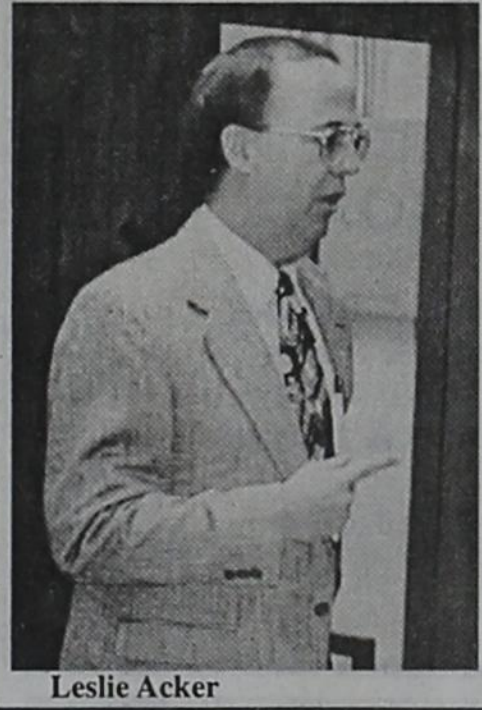


Larry Lamborn

Among the "non-compliance" items at the building are unacceptable doors and door openings, signage and tables, work surfaces and seating. No estimates of the cost of making changes has been determined. The "non-compliance" is spelled out in a Texas law, which was designed by the state legislature to meet federal standards based on the so-called American's Disability Act (ADA).

Unacceptable doors and door openings were in "non-compliance" due to "applicable spaces and elements of buildings and facilities and along accessible routes, shall comply with this subsection." Door hardware problems noted were "handles, knobs, pulls, latches, locks and other operating devices on accessible doors shall be mounted no higher than 48 inches above the floor or ground surface and shall have a shape that is easy to grasp with one hand and does not require tight grasping, tight pinching or severe twisting to operate." The "non-compliance" on door hardware continues with similar specific instructions. "All interior doors had knob type handles that require twisting to operate," the letter said.

Signs for toilets and warnings were also in "non-compliance." Tactile signage complying with subsection (v)(1) of this section shall be provided at the location shown in Figure (v1). Women's bathroom has signage on hinge



Leslie Acker

residency for the office," he said.

The court accepted a refund check from the Central Appraisal District of \$1,667.87.

Judge Dalby explained that Corplan Inc. expects to have legal and financial details completed in the next few weeks related to the proposed juvenile detention center. He reminded commissioners that an offer to purchase the 43.95 acres of city-owned land had been sent to Mayor Jim Jackson by letter.

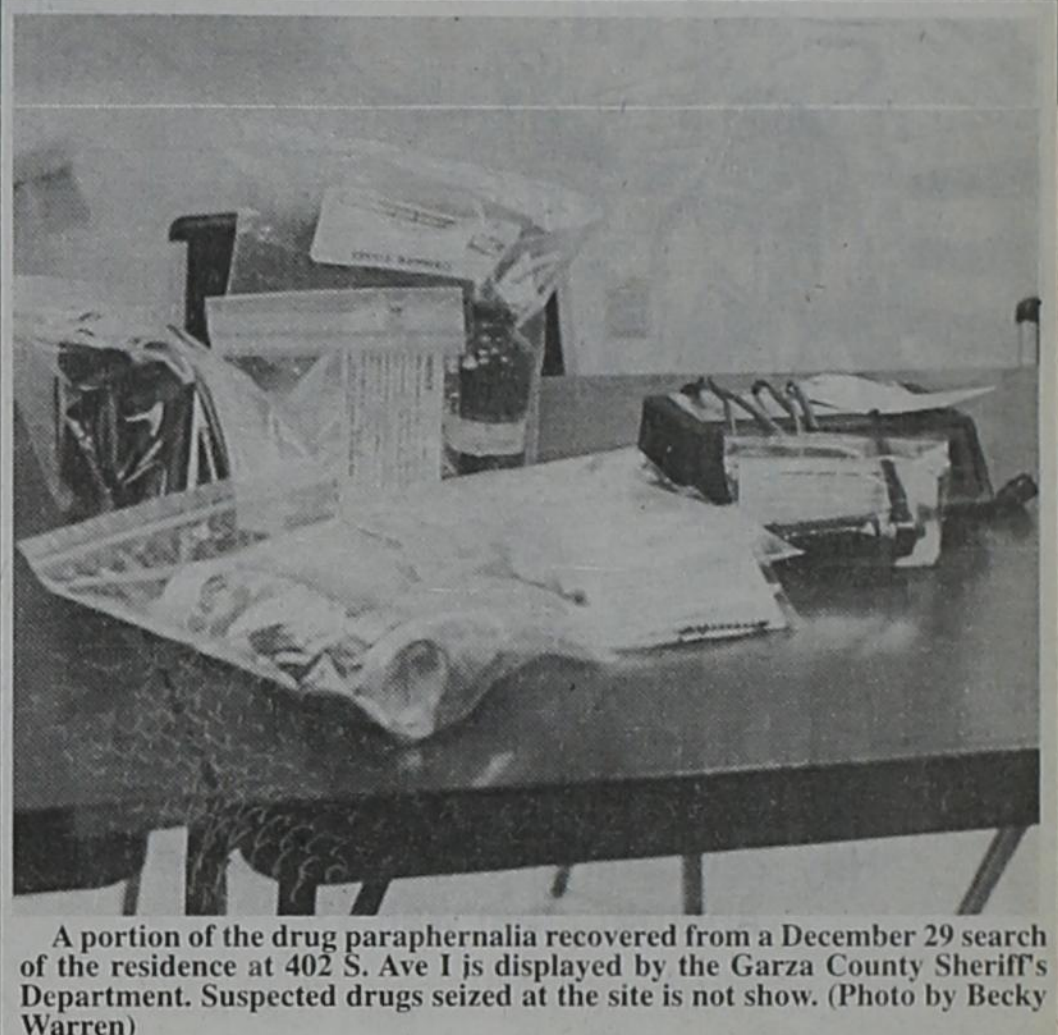
Dalby also informed the court that the juvenile probation commission conducted an audit, recommending higher salaries for personnel. Commissioners agreed to study the issue during its regular budgeting process.

Attending the meeting were commissioners Royce Josey, John Valdez, Mason McClellan, Lee Norman, Judge Giles Dalby, clerk Sonny Gossett and treasurer Ruth Ann Young.

side of door, should be on latch side of door." And the report added, "Signs at all toilet rooms shall comply with this paragraph."

The break room in the building also has a counter top that is in "non-compliance." It is 36 inches from the floor, and a portion of it must be no more than 34 inches high. "The tops of tables and work surfaces shall be from 28 to 34 inches from the floor or ground surface. See Figure (e)6.3. Violation: break room counter/sink is 36" A.F.F. - should be maximum of 34."

In other action, the court appointed attorney Leslie Acker to serve as county attorney beginning January 1, 1996. Acker introduced himself and explained his experiences, including serving as county attorney in Midland County from 1975-80. He said he plans to file for the office as a write-in candidate for the general election in November. "I will have by then established the required



A portion of the drug paraphernalia recovered from a December 29 search of the residence at 402 S. Ave 1 is displayed by the Garza County Sheriff's Department. Suspected drugs seized at the site is not show. (Photo by Becky Warren)

## Drug raid shuts down cocaine delivery

By Becky Warren

The Garza County Sheriff's office with the help of the Texas Department of Public Safety officers proceeded with a drug raid on Friday, December 29, 1995 at 402 South Avenue I. The raid took place at approximately 10:30 p.m.

The Garza County sheriff's office had received information from a confidential informant that the drugs would be at this location.

Deputy Memo Ortiz wrote up the affidavit for a search and arrest warrant. An 18 year old female, Uretha D. McDougle, was arrested for possession of cocaine with intent to deliver.

At the scene the officers found a 16th of an ounce in her shirt pocket. Two male subjects were also arrested at the scene for possession of drug paraphernalia.

When McDougle was taken to the sheriff's office for booking she produced eight-quarter grams of cocaine from her left shoe. She was booked into Garza County jail and later was released on a \$50,000 bond.

Officers involved in the raid were Sheriff Kenny Ratke, Maurice Herridge, Bobby Dean, J.W. Jolly III, Ortiz, Tommy Binford, Randy Johnson and Coco. They were assisted by DPS troopers Kyle Edwards and Chris Wischkaemper. The street value of the drug confiscated were approximately \$540.

On December 29 a 28 year old female was arrested on a warrant. She was released after posting a \$1,500 bond.

On December 30, an 18 year old was arrested for public intoxication and disorderly conduct. He was released after paying \$460 in fines and court cost.

A 28 year old male was arrested for public intoxication. He was released after paying \$230 in fines and court costs and was placed on a continence agreement.

On December 31 an 18 year old male was arrested on class "C" assault (fighting). He was released after paying \$230 in fines and court costs and was placed on a continence agreement.

An 18 year old male was arrested for disorderly conduct. He was released after paying \$230 in fines and court costs and was placed on a continence agreement. Also a 21 year old male was arrested for disorderly conduct. He was released after paying a \$230 in fines and court costs and was also placed on a continence agreement.

On January 2, a 52 year old male was arrested for public intoxication. He is still being held at press time.

The sheriff's office received 72 during the past week.

## Council accepts county offer on purchase of land for juvenile detention center

by Wes Burnett

The Post City Council, during its regular monthly meeting Tuesday evening, approved the sale of 43.95 acres of land in northeast Post to the Garza County Commissioners' Court for the purpose of constructing a juvenile detention center on the site.

Council members accepted the proposal, which was presented in a letter addressed to Mayor Jim Jackson from County Judge Giles Dalby. The offer is contingent on completion of legal and financial arrangements between the county and Corplan Inc. The county's \$48,500 offer matches the most recent appraisal, and meets state law requirements.

Council member Archie Gill's motion to accept included a stipulation that the city would repurchase the property from the county at the same price if the juvenile detention center is not built as planned.

In other action, the council approved the recommendations of the city housing rehabilitation committee for work on nine privately owned homes through a housing rehabilitation grant. Grant manager Peggy York explained the project to the council.

There were a total of 16 applications, but the committee accepted only nine for final consideration. The total cost of the project will be approximately \$180,000. The grant is funded through federal and state programs. The selected homes are at 611 Oak St., 314 Jasper, 117 N. Ave. I, 505 W. 14th, 113 E. 6th, 401 N. Ave. O, 626 Pine St., 607 W. 4th and 108 E. 6th.

Council members reappointed Lannie Fluit, Jim Voss, Jim Scholer and Johnie Johnson to serve on the zoning board and Everett Windham to the White River Municipal Water District board.

Mayor Jackson reminded council members about the January 16 work session, which will focus on the proposed one-half cent sales tax increase for economic development. The meeting will be held in the city council chambers beginning at 6:30 p.m.

Attending the meeting were Mayor Jackson, council members Juanita Pantoja, Archie Gill and Dan Lamb; city manager Rick Hanna and city secretary Wyvonne Kennedy.

## Democrats, Libertarians post candidates

The Democratic Party primary in March will see contested races for sheriff, tax assessor/collector and constable precinct 1 and 2, as a result of candidate filings following the January 2 deadline.

Incumbent Sheriff Kenny Ratke will face challengers Melvin Britton and Marcial Salinas in the March 12 Democratic Party primary.

Incumbent tax assessor Laura "Chita" Hataway is being challenged by Irene Fry in the primary and Constable Precinct 1 and 2 hopefuls are Bobby Dean, Freda Harper and Daniel Yarbro.

Unchallenged in the Democratic Primary will be Constable Precinct 3 and 4 Leroy Demming, Commissioners Precinct 1 Lee Norman and Precinct 3 John Valdez.

For the first time in Garza County history, the Libertarian Party has

accepted an application for the constable precinct 1 and 2 place. Becky Warren's candidacy will be determined at the precinct and county conventions on March 12.

There were no candidate filings with the Republican Party of Garza County.

### Post Notes

#### Apology

My sincere apologies to Cellular One for leaving out your name in the appreciation ad for Post Chamber of Commerce members. They not only paid their dues once, but tried to pay them again the same year. We appreciate you and humbly apologize.

Wanda Mitchell

#### Woman's Culture Club to meet

The Woman's Culture Club will meet Wednesday, January 10, 1996 at 2 p.m. Hostesses will be Barbara Hardin and Mary Neff.

#### 32nd annual GCJLA show set Jan. 18-20

The 32nd annual Garza County Junior Livestock show and sale will be held this year January 18-20 at the show barn. Watch for additional details in The Post Dispatch.

#### Dispatch 'Grandma Valentine' special Feb. 8

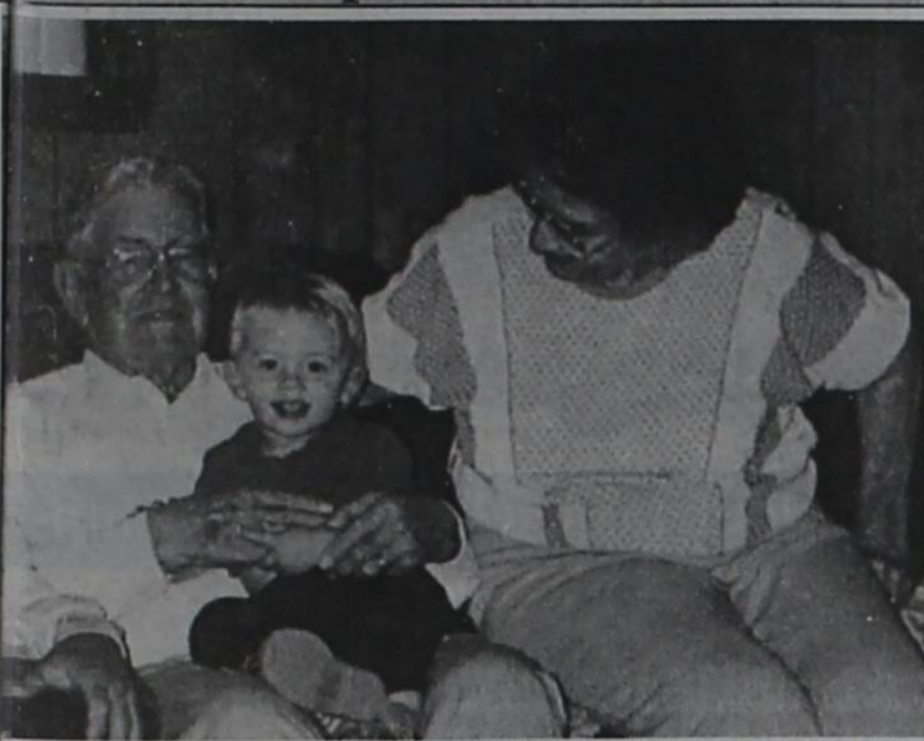
The deadline for photos and information for the annually popular "Grandma Valentine" brag pages will be Friday, February 2. The special pages, packed with photos of beautiful grandchildren, will be published this year on Thursday, February 8. Valentine's Day is Wednesday, February 14.







**Grandparents' Corner**



Grace and Oreta Bevers enjoy a visit with their grandson, Austin William Bevers. Austin is the son of Mark and Lora Bevers of Wilber, Nebraska.

**Bring your favorite grandparent photo to The Post Dispatch to be included in this weekly feature. Photos will be published "first come, first served."**

**Overcoming myths about family violence**

A 10-year old man yells at his wife, shoves her across the room for not cooking his dinner. A 16-year old boy brutally assaults his girlfriend on a date. An 81-year old man arrives at the hospital with a dislocated shoulder sustained by his angry son. Which of these scenarios depicts family violence? The answer is all of them. Family violence encompasses physical, emotional, verbal, and financial abuse, child abuse, elder abuse. It knows no age or social boundaries and leaves both physical and emotional scars. If family violence is not addressed, it can become a pattern for generations to come. Emergency physician, Dr. Ellen Taliferro says, "Family violence takes a toll on society both medically and economically. Approximately 15 percent of all visits to the emergency department by women can be attributed to domestic violence. While men suffer as well, far more women are victims." Dr. Taliferro says we can understand and prevent family violence if we first dispel a number of myths surrounding the issue.

for her own and/or her children's safety.

**Myth #4:** Violent relationships are easy to identify.

Couples involved in violence often appear outwardly loving. A poster depicts this with a couple embracing. The man's thoughts are revealed: "If she ever leaves me, I'll kill her."

**Myth #5:** Abusers are intentionally violent because they are cruel people.

Many of the men who are perpetrators don't understand they are committing a crime. Often they are reliving a pattern they watched as children. Occasionally violence is the result of a mental illness.

**Myth #6:** Battering is caused by drugs and alcohol.

Drugs and alcohol seem to be associated with violence but don't necessarily cause it. Research shows many people who attend Alcoholics Anonymous are just as abusive after recovery as before if the violence issue is not addressed.

Texas physicians are working to raise awareness and prevent family violence through public campaigns, education, and legislation. Texas Medical Association's House of Delegates recently approved a policy which recommends among other things that physicians routinely inquire about the family violence histories of their patients, make appropriate referrals to address intervention and safety needs if abuse is identified, and become familiar with local resources for victims. Texas Medical Association is a professional organization of more than 34,000 physician and medical student members. It is located in Austin and has 119 component county medical societies around the state. The Association represents 84 percent of the doctors of medicine licensed and residing in Texas and 96 percent of the state's allopathic medical students. TMA's key objective is to improve the health of all Texans.

**DPS has issued approximately 1,200 concealed handgun licenses**

The Department of Public Safety has issued approximately 1,200 concealed handgun licenses which became valid January 1.

The DPS received more than 170,000 requests for applications and has mailed more than 153,000 application forms in response. Texas citizens have filled out and returned more than 35,000 applications.

The Concealed Handgun Unit has reviewed all applications received in September and some of those received in October. All September applicants have been mailed their licenses or have been sent notices of problems such as smudged fingerprint cards, incomplete application packets or questions about potential disqualifying factors.

"We've dedicated a lot of resources to initiating the licensing process, and it is running very smoothly," said Frankie L. Waller, Chief of Administration for DPS. "The public response has been tremendous. However, due to the enormous response and the short startup period, we do anticipate taking the full 90 days to process applications."

"I know all applicants are eagerly awaiting their licenses and are tempted to call and ask for their status, but each time the phone rings it takes our personnel away from the license issuance process and slows things down," Waller said. "We ask your patience in giving us ample time to process your application before calling to check on its status."

**Survey shows that poor, less-educated and uninsured also are least active**

A newly released Texas Department of Health (TDH) report has found that Texans are no more physically active than are the average citizens of the rest of the U.S. The analysis of a survey of Texas households during 1994 reveals that sedentary lifestyles, or lack of adequate exercise to maintain good health, appear to be most common among low-income, uninsured Texans who have less than high school-level education's.

The month-to-month telephone survey, collected through the TDH's Behavioral Risk Factor Surveillance System (BRFSS), revealed four, main characteristics of sedentary lifestyles among the Texas population: older than 65, less than a high school education, annual income lower than \$15,000 and a lack of health insurance.

Inadequate physical activity is a significant factor among Texans age 65 and older. About 67 percent of survey respondents who were at least 65 years old were sedentary, compared to 51 percent of respondents 18 to 24 years old.

Adult Texans with the least education (less than a high school education) tend to be less active than those with higher education's. Some 69 percent of survey respondents with less than high school attainment lived sedentary lives, compared to 45 percent of respondents who were college graduates.

Physical activity among the respondents was less among those with lower than \$15,000 yearly household income than among respondents earning more than \$35,000 annually. About 69 percent of Texans in the

lower-income level were sedentary, compared to 46 percent in the higher income level.

Lack of adequate physical activity was higher among people who had no health insurance. Some 71 percent of uninsured Texans lived sedentary lifestyles, compared to 53 percent of those who had insurance coverage.

Dr. Philip Huang, Chief of the TDH Bureau of Chronic Disease Prevention and Control, said, "The BRFSS findings on inactive or low-activity lifestyles may point to some major factors influencing health and welfare costs in this state."

He explained, "A sedentary lifestyle is one of the major causes, along with smoking and improper nutrition, of heart disease, the leading cause of death in Texas."

Dr. Huang added, "The large proportion of poor, elderly, less-educated and uninsured Texans who are at increased risk of heart disease pose a huge challenge for our health care programs. An important fact is that lack of adequate physical activity to maintain better health is a preventable condition. Both state and local health authorities must direct more resources to encourage physical activity among all segments of the Texas population, but especially among these segments that are most prone to sedentary lifestyles."

He added, "The best and most cost-effective means of health care are programs that lead to prevention of disease and injury. And prevention requires health education and promotion of healthful habits."

**Winter brings threat to psoriasis sufferers**

Winter brings a triple threat to psoriasis sufferers — increased dry skin, elevated stress due to the holidays, and decreased sunlight.

"Any of these things can aggravate psoriasis, and in combination, can cause a more severe flare-up," said Dr. John Wolf, chairman of dermatology at Baylor College of Medicine in Houston.

Psoriasis, a hereditary disease with no cure, is characterized by red, scaly and flaky patches most often on the elbows, knees and scalp.

Treatment generally consists of creams and ointments applied to the affected areas. However, Wolf says that natural sunlight is beneficial as well.

"During the summer, people can often control psoriasis just by being out in the sunlight," he said. "In the winter, they need to get as much sunlight as possible, use moisturizers to combat dryness, and work on controlling stress."

Light therapy, available at larger medical centers, can also help control psoriasis and may bring it into remission.

"Photochemotherapy combines use of long-range ultra violet light, UVA, and an oral medication, psoralen," Wolf said.

Patients undergoing the treatment, called PUVA, receive light therapy twice a week and often continue treatment for several months or years.

Another type of light therapy provides faster results but involves two to three weeks of day-long, weekday treatments.

"This out-patient day care program, which has largely replaced hospitalization for psoriasis, uses UVB, a shorter range ultraviolet light," Wolf said.

Patients at Baylor-affiliated The Methodist Hospital, for example, receive UVB light therapy, scalp treatments, wet wraps and baths, various creams and ointments, and are given weekend supplies of the skin creams.

This intense therapy, Wolf says, combines several effective treatments while getting people away from their usual, and sometimes stressful, environment. After completing the day care program, patients continue skin treatments at home and return for occasional light treatments to maintain remission, which can vary from months to years.

Wolf says that additional oral medications exist, but they are restricted to extremely severe cases because of possible side effects.

**Efforts to ensure postpartum health of infants and mothers**

Numerous health insurance plans are moving newborns and mothers out of the hospital in record time — for normal vaginal deliveries, within 24 hours or less. Many health-care professionals say the short stays are safe if the mother has proper preparation, good follow-up care at home, and a strong support network.

Meanwhile reports are surfacing about increased severe jaundice cases, feeding problems, infections, and other potentially serious situations linked to early discharge. Obstetricians are seeing more patients struggling with breast-feeding, fatigue, and suffering strep infections.

While the medical community as a whole has not come to consensus on the issue, Texas Medical Association is taking a precautionary stance. The TMA House of Delegates recently approved a postpartum discharge policy recommending:

\* Discharge should be determined by the clinical judgment of physicians and not economic concerns. While legislative intervention may be required to assure insurance coverage, appropriate length of stay continue to be a medical decision.

\* TMA supports requiring insurers to provide coverage for a minimum of 48 hours of inpatient care after uncomplicated vaginal delivery and a minimum of 96 hours of inpatient care after uncomplicated cesarean delivery

for a mother and newborn. Early discharge should only take place when it is deemed medically appropriate by their physicians."

TMA's policy is based on similar action taken by the American Medical Association last summer. The AMA also developed a report on the issue which shows relatively little is definitely known about the effects of early discharge on either mother or infant. The report acknowledges research showing that a hospital stay of less than 48 hours is considered safe for low-risk infants. But overall research on the issue is questionable due to inadequate sample sizes, lack of control groups, and other major methodological flaws. One significant problem is that research has focused largely on mothers who volunteer to go home early. They tend to be at least middle-class, knowledgeable, with healthy newborns, stable homes, and support systems. Assumptions may not apply to everyone and especially not to disadvantaged patients.

Bills relating to postpartum hospital stays have been introduced into several state legislatures for consideration. TMA is committed to working with Texas lawmakers, and the Texas Department of Health to coordinate any laws, regulations, or activities which impact maternal and perinatal health in the state.

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**Libertarians to certify candidates, select convention site**

The Libertarian Party of Texas will certify its state-wide applicants for the June 8, 1996 state convention during the regular executive committee meeting on January 6 in Austin at the Sheraton Hotel (IH-35 and 5th Street) beginning 11 a.m.

State chairman Jay Manifold will announce the list of state-wide candidate applicants at approximately 11 a.m., with the full list of state, district and county candidates available for distribution. The cities of Plano and Abilene have expressed interest in hosting the state Libertarian Party convention, with a presentation by Manifold's Convention and Tourism Bureau expected to follow the candidate announcement.

Executive committee members will also consider selection of representatives to the state platform committee, state rules committee and national platform committee. Other

agenda items include review of the budget and discussion about fundraising efforts, information booths at the National Rifle Association and Texas Press Association conventions, mailing list policy, county chair list policy and resolutions committee.

The Libertarian Party of Texas conducts its candidate selection by county and district convention, emphasizing the importance of local county organizations and volunteers. "We do not hold a primary election," Manifold explains, "and this process saves Texas tax payers millions of dollars, as well as maintains the integrity of our candidates."

Libertarian Party state executive committee meetings are open to the public and new media.

Texans interested in joining the Libertarian Party in its efforts to restore Constitutionally limited government in Texas and America are invited to call 800-422-1776 for additional information.

**Ten free flowering trees from Arbor Day Foundation**

Ten free flowering trees will be given to each person who joins The National Arbor Day Foundation during January 1996.

The free trees are part of the nonprofit foundation's Trees for America campaign.

The ten trees are two White Flowering Dogwoods, two Flowering Rabapples, two Golden Raintrees, two Washington Hawthorns, and two American Redbuds.

"These compact trees were selected for planting in large or small spaces," John Rosenow, the Foundation's resident said. "They will give you some of the beauty of lovely pink, white, and yellow flowers — and also provide winter berries and nesting sites for songbirds."

The trees will be shipped postpaid at the right time for planting between February 1 and May 31 with enclosed planting instructions. The six to 12 inch trees are guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to the Foundation's bimonthly publication, "Arbor Day," and The Tree Book with information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE FLOWERING TREES, National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31, 1996.

**The Post Dispatch**  
495-2816



# Sports

## Lady Lopes play in Slaton tournament

by Becky Warren  
The Post Lady Lopes played in the Slaton tournament December 28-30. In the first game the Lady Lopes fell victim to Lockney with a score of 34-67. Lockney won each of the four quarters with the Lady Lopes not having a chance. Lead scorers for the game was Arimy Gradine with 10 points, Erica Gomez, Angela Jefferson and Jody Hawkins each with five, Nikki Pollard with four, Natalie Pollard with three and Cassie Short with two. Others playing were DeeJe' Estep, Macee Mills, Andrea Wallace, Tracy Shumard and Kristen Webb. In game two the Lady Lopes tripped up Monahans in a 50-25 win. The Lady Lopes outscored Monahans through all four quarters. "We had an outstanding defensive effort. Arimy Gradine and Jody Hawkins had tremendous performances on defense and offense," said Coach James Easterling. Lead scorer for the game was Gradine with 19 points. She was followed by Hawkins with 13, Kristen Webb with five, Natalie Pollard and Angela Jefferson with four each, Macee Mills and Erica Gomez with two each and Nikki Pollard with one.

Also playing was DeeJe' Estep, Andrea Wallace, Cassie Short and Tracy Shumard. Game three had Abilene Wylie outscoring the Lady Lopes 54-34. Lead scorer for the game was Jody Hawkins with 10 points. She was followed by Kristen Webb with eight, Cassie Short and Nikki Pollard with four each, Natalie Pollard, Erica Gomez and Angela Jefferson with two each and Macee Mills and Arimy Gradine with one each. Also playing was DeeJe' Estep, Andrea Wallace and Tracy Shumard. Game four had the Lady Lopes coming up short again. Dalhart outscored them 50-32. Lead scorer for the game was Arimy Gradine and Nikki Pollard each with six points. They were followed by Kristen Webb, Jody Hawkins and Angela Jefferson each with four, Macee Mills and Erica Gomez each with three and DeeJe' Estep and Natalie Pollard each with two. Others playing were Andrea Wallace, Cassie Short and Tracy Shumard. "Hopefully the four games in the Slaton tournament got us back in shape after the holiday break. We will resume district play against Seagraves on Friday," said Coach James Easterling.

## Countdown to Hades

Part Six of a Continuing Series by Fred Shannon, contributing writer, Ellis County Press  
J.D. Cash, investigating reporter, Mc Curtain County Daily  
Exclusive to The Post Dispatch from the Ellis County Press

At last time plus one minute, Pave Smith (fictitious name for protection), recovering from the tremendous blast, then saw the sudden appearance of a customized brown pickup, racing towards her at a tremendous rate of speed.

She could see there were two men in the truck, and she said they appeared to be of middle-eastern nationality.

At the last minute, she lunged out of the way, but to her credit, despite the panic of the situation, she maintained her senses and was able to get a very detailed description of the mysterious brown Chevrolet pick-up and its occupants.

Her testimony will provide incontrovertible proof these conspirators survived the blast and are still at large.

Her testimony, however, will not be provided to the federal grand jury. Was and is there a John Doe 2? The answer has to be yes.

There is, in all probability, a John Doe 3 and 4. Too many eyewitnesses have seen at least three men in the company of Timothy McVeigh on the morning of the explosion.

Is Timothy McVeigh guilty of the charges in the indictment? No one can say for certain at this time. His trial has not been held.

There is, almost beyond a reasonable doubt, a certainty that Terry Nichols and Michael Fortier were not at the bomb blast site at the time of the detonation.

**Point of Interest**  
Fortier is charged with not divulging the possibility of a bomb plot being contrived. If this is sufficient enough to charge an individual with a felony, would not these same charges be appropriated against any individual who was warned prior to the bombing?

For instance, Federal Judge Alley said in an interview he had been warned by "those who ought to know," of the possibility of a terrorist attack. Shouldn't he also be questioned and possibly face the same type of charges?

What about those in authority in the Sheriff's department who had dispatched the bomb squad to the federal courthouse and buildings prior to 8 a.m. on the morning of the blast?

Consider also the possibility of Oklahoma City Fire Department authorities, who were supposedly warned on Friday before the April 19 bombing, of being charged the same as Fortier for having advance knowledge but not warning anyone.

There are several questions that have to be answered before this investigation can be closed.

Some of the questions:  
1. Why did the federal government call off the search for John Doe 2, when they knew then and know now, this potential conspirator is still out there?  
2. Why hasn't the U.S. Attorney presented eyewitness testimony before the federal grand jury, which would reveal more than one person might be liable?

(Continued on Page 5)

## JV fall to Tahoka

by Becky Warren  
The Tahoka girls JV team beat the Lady Lopes JV 47-44 in a surprising game Tuesday, December 19. "The first quarter is what hurt us. The girls looked shocked that Tahoka

came out and jumped on them," said Coach Matthews.

Tahoka won the first quarter by a score of 15-6.

Post tried to make a comeback in the second quarter scoring 12 points to nine for Tahoka. They went behind Tahoka again the third 10-11, but tried to rebound again in the fourth outscoring them 16-12. But the final score had them down by three points. The first quarter really hurt them.

"Tahoka had them down by 12 with three and one-half minutes left in the game. The girls could have given up, but instead they came back and almost pulled it out. With 30 seconds to go Rachelle Jones tied the game at 44 with two free throws. But on the next possession Jones fouled one of the Tahoka girls to foul out. They made their free throws. I think the turning points in the game were my girls fouling out. It hurt to lose Becca Stelzer, Hannah Jefferson and Rachelle Jones. The girls effort was great especially the fourth quarter. They had a lot of character and class. I am proud of everyone of them. It was a tough loss, but they will come back strong," stated Matthews.

## SENIOR WATCH

### Diagnosing Drug Prices

by Ron Pollack

(NAPS)—In 1993, seventeen major drug companies, representing two-thirds of the U.S. prescription drug market, promised to address the drug price problems for consumers. They had a lot of character and class. I am proud of everyone of them. It was a tough loss, but they will come back strong," stated Matthews.

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## Heart Attack Warning Signals

• Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath  
(If any of these signs occur GET HELP FAST.)



• Uncomfortable pressure, fullness, squeezing or pain in the center of chest lasting more than a few minutes  
• Pain spreading to the shoulders, neck or arms  
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**American Heart Association**  
Fighting Heart Disease and Stroke

## Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

### Homemade Corn Tortilla Chips

**10** 5-inch corn tortillas  
Preheat oven to 400° F.  
Place 3 or 4 tortillas in a stack and cut them into 4 wedges. Repeat with remaining tortillas, making 40 wedges total.  
Arrange wedges in a single layer on baking sheets. Bake for 8 to 10 minutes or until crisp. Cool before serving. Store in an airtight container for up to 2 weeks.  
Serve with salsa.  
Makes 40 tortilla chips. Serves 8; 5 chips per serving. Preparation time: Less than 5 minutes. Cooking time: 8 to 10 minutes.

Nutrient Analysis per Serving

49 kcal	Calories	0 mg	Cholesterol	0 gm	Saturated Fat
2 gm	Protein	39 mg	Sodium	0 gm	Polyunsaturated Fat
9 gm	Carbohydrate	1 gm	Total Fat	0 gm	Monounsaturated Fat

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**American Heart Association**  
Fighting Heart Disease and Stroke

## Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

### Three-Bean Chili

<p><b>1</b> 28-ounce can no-salt-added tomatoes, cut up</p> <p><b>1</b> 15½-ounce can red kidney beans, rinsed and drained</p> <p><b>1</b> 15-ounce can garbanzo beans, rinsed and drained</p> <p><b>1</b> 15-ounce can no-salt-added pinto beans, rinsed and drained</p>	<p><b>1</b> 12-ounce can light beer or nonalcoholic beer</p> <p><b>2</b> tablespoons chili powder</p> <p><b>2</b> teaspoons ground cumin</p> <p><b>½</b> cup plain nonfat yogurt</p> <p>Chopped fresh parsley (optional)</p>
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In a large saucepan, combine tomatoes, beans, beer, chili powder and cumin. Bring to a boil over high heat. Reduce heat and simmer, uncovered, for 10 to 15 minutes, depending on desired consistency.  
Pour chili into 4 bowls. Top each serving with a dollop of yogurt and sprinkle with parsley if desired.  
Serves 4 as a main dish; 1½ cups per serving. Preparation time: 10 minutes. Cooking time: 10 to 15 minutes.

Nutrient Analysis per Serving

411 kcal	Calories	1 mg	Cholesterol	1 gm	Saturated Fat
23 gm	Protein	275 mg	Sodium	2 gm	Polyunsaturated Fat
70 gm	Carbohydrate	4 gm	Total Fat	1 gm	Monounsaturated Fat

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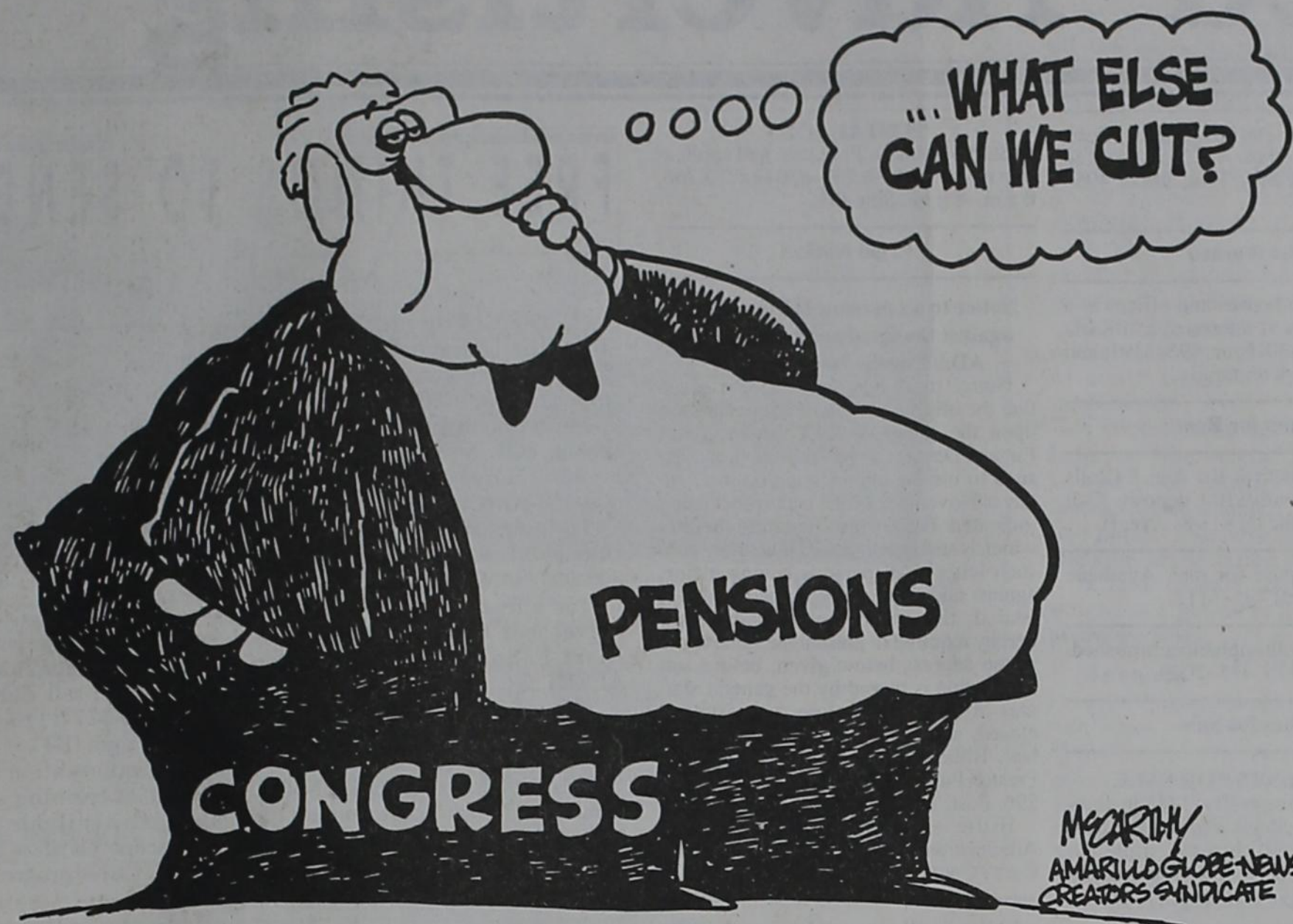
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# Opinions



McCarthy  
 AMARILLO GLOBE NEWS  
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## The false hope of the assault weapons ban

by Stephen Chapman



In September of last year, President Clinton signed a law on so-called assault weapons that was expected to be a great help to Democrats in the upcoming congressional elections. Bad guess. The American people, who supposedly were in favor of the new law, proceeded to elect a slew of representatives who opposed it. Now House Republicans are about to act on that proposition, and they are not being cheered by liberals for fidelity to their campaign promises. Rep. Bob Barr, a freshman Republican from Georgia, has introduced a bill to repeal the assault-weapons ban. The GOP leadership is likely to bring it to a vote on the floor by the end of the year, what The New York Times sourly refers to as "a perverse holiday gift for the nation."

The Republicans are being attacked not only for excessive fealty to the National Rifle Association but for ignoring alleged evidence that these guns are exceptionally dangerous. The evidence comes in a widely circulated report by Handgun Control Inc., which says that of the law enforcement officers shot to death in the line of duty in 1994 and 1995, 13 percent were killed by weapons that were outlawed last year— even though such guns make up less than 1 percent of all the privately owned firearms in America. Another 23 percent of the officers, says HCI, were killed by guns that were old with magazines holding more than 10 rounds of ammunition — which were also prohibited by the new law.

Since six of the deaths came after the law took effect, you might interpret the study as proof of the futility of gun control. HCI doesn't see it that way. The report doesn't quite justify the claim that "these weapons pose an intolerable threat" to police officers.

In the first place, as Indiana University professor Kenna Quinet points out, the number of police homicides has been falling in recent years — an increase in the number of guns and assault weapons in private hands. In 1992 and 1993, the most recent years she has examined, "your risk of dying, as a male in the general population, was higher than a police officer's chance of dying in the line of duty."

Assault weapons don't alter the odds. Contrary to popular belief, the firearms banned by Congress are not machine guns that spray bullets like water from a fire hose (which have long been illegal) but semiautomatic

weapons that discharge only one bullet for each squeeze of the trigger. They are also mechanically identical to plenty of guns that remain legal.

HCI says the banned models "provide heavy-duty firepower without a need to reload." But there are lots of unbanned guns — particularly big-game rifles — that are far more powerful than most of the banned ones. A police officer has far more to fear from a criminal armed with a cheap deer rifle or an ordinary shotgun loaded with buckshot than from the nastiest semiautomatic 9 mm pistol you could find.

Limiting magazines to 10 shells is largely irrelevant too. HCI's report mentions only one officer who was shot repeatedly — and he was hit with 10 bullets, which happens to be within the limit set by the assault weapons ban. It is a melancholy fact of life that the 11th bullet to hit you is usually not the fatal one.

The threat posed by large magazines is hard to see. As Florida State University criminologist Gary Kleck notes, cops are hardly ever engaged in extended shoot-outs, except on network TV. In about 85 percent of police homicides, he says, the officer doesn't fire at all; in many instances, he is killed with his own gun.

A halfway competent shooter can pop in a new clip in the blink of an eye, but a criminal who wants to be able to get off 11 shots (or 20) without reloading is not inconvenienced much by the law. He can simply pack an extra weapon.

The HCI report takes it as proof of dangerousness that a disproportionate number of criminals who shoot police use assault weapons. It fails to ask the more important question, which is: Would it have made any difference if they had all chosen other models instead?

The answer is no. There are plenty of legal firearms that can do just as much damage just as fast as the ones Congress outlawed. The chief difference between assault weapons and "legitimate" guns is cosmetic. The former generally have an ominous military appearance, but appearances don't inflict wounds.

The implication of the assault weapon opponents is that a criminal deprived of one of these guns will be rendered harmless as a lamb. In fact, he has innumerable options in the way of ordnance, including many that would increase the danger to cops. Gun control supporters got a political victory when they passed the ban on assault weapons. But no one got safer.  
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## Is it permissible to eat unsensibly or unhealthily?

by Walter E. Williams



There's both widespread medical and popular agreement that a healthy daily diet consists of fruits, vegetables, complex carbohydrates, varied proteins, six to eight 8-ounce glasses of water, calcium and little or no table salt. This diet, coupled six to eight hours of daily sleep, in addition to a regimen of aerobic and resistance exercise, no smoking and only moderate alcohol consumption, would greatly improve American health and fitness.

The problem is that not all Americans have habits and tendencies that encourage such a healthy life-style. Thus, the question becomes: What can we do to promote the welfare of Americans and hence our nation? The answer's easy. Congress should enact a law mandating healthy diets and exercise along with the necessary and proper implementing legislation. Any congressman in opposition to this legislation could be brought into line simply by media portrayal of him as having a callous disregard for American health and fitness.

Obviously, good health and fitness is a good idea. The question is whether good ideas alone form the basis for congressional enactment of laws. The answer would be difficult if we didn't have a document laying out the rules of the game, namely the U.S. Constitution. Since we have a Constitution, the answer is easy. We see whether the Constitution grants Congress the authority to mandate healthy life-styles. According to my reading, it doesn't.

Therein lies what should be the heart of debate of congressmen who want to cut Washington down to size— What congressional acts are impermissible under the Constitution?

The answer begins with Article I, Section 1, which says, "All legislative Powers herein granted shall be vested in a Congress of United States..." There operative word is "herein." Later, in Section 8, there's specific enumeration of those powers. As it turns out, the Constitution grants no authority for at least two-thirds of congressional spending and virtually all the legislation enacted in a given year. Unfortunately, we have a kangaroo Supreme Court that sanctions the acts of a rogue Congress.

You ask, "Williams, how can Congress and the Court get away with trashing the Constitution?" Mostly, it's a result of public constitutional ignorance and contempt, but crafty congressional deception is also part of the answer.

A Harvard lawyer, familiar with legalese mumbo jumbo, could easily establish the constitutionality of health-and-fitness laws through the "commerce clause" that gives Congress authority "To regulate commerce with foreign nations, and among the several states, and with Indian tribes." He'd simply argue that poor health and fitness have an adverse effect on individual productivity, and that, in turn, adversely affects interstate and foreign commerce.

You say, "Williams, that argument is the height of asininity!" You're right, and such asininity is the trademark of Congress and the Court. For example,

in 1994, Congress passed the Gun-Free School Zones Act and justified it by saying, "(T)he occurrence of violent crimes in school zones... has an adverse impact on interstate commerce and foreign commerce of United States." In a narrow decision, the Supreme Court found the act unconstitutional. Justice Souter dissented, therefore agreeing with Congress, by saying, "The only question is whether the legislative judgment is within the realm of reason."

We have an illegitimate Congress and Supreme Court. Both have massive government might to impose their will, but they have little or no moral authority. If people sworn to uphold the Constitution don't obey it, why should we the people obey their edicts? The only answers I find are ignorance and/or the fear of death.  
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### Wisdom

"For more than six hundred years -- that is, since Magna Carta, in 1215, there has been no clearer principle of English or American constitutional law, than that, in criminal cases, it is not only the right and duty of juries to judge what are the facts, what is the law, and what was the moral intent of the accused; but that it is also their right, and their primary and paramount duty, to judge of the justice of the law, and to hold all laws invalid, that are, in their opinion, unjust or oppressive, and all persons guiltless in violating, or resisting the execution of such laws."

Lysander Spooner, An Essay on the Trial by Jury, 1852, p. 11

### Preamble to Amendments

The conventions of a number of the States having at the time of their adopting the Constitution, expressed a desire, in order to prevent misconstruction or abuse of its powers, that further declaratory and restrictive clauses should be added: And as extending the ground of public confidence in the Government, will best insure the beneficent ends of its institution.

### ARTICLE XXII

Section 1. No person shall be elected to the office of the President more than twice, and no person who has held the office of President, or acted as President, for more than two years of a term to which some other person was elected President shall be elected to the office of the President more than once. But this article shall not apply to any person holding the office of President when this article was proposed by the Congress, and shall not prevent any person who may be holding the office of President, or acting as President, during the term within which this article becomes operative from holding the office of President or acting as President during the remainder of such term.

Section 2. This article shall be inoperative unless it shall have been ratified as an amendment to the Constitution by the legislatures of three-fourths of the several states within seven years from the date of its submission to the states by the Congress.

## OKC Conspiracy

(Continued from Page 1)

3. Is this grand jury being controlled by the federal government, just as was done at the trial of the Branch Davidians in San Antonio?

4. Why is U.S. Attorney Patrick Ryan not providing the defense with all the information known to be available?

5. What happened to all the film footage from the security cameras which were located around the Murrah Federal building?

6. Why is the audio tape at the OKC fire department missing so many minutes during the crucial period on the morning of the blast?

7. Did the special agent in charge of the BATF tell the truth about his "miraculous free fall," without injury, in the Murrah building passenger elevator?

8. Did the undercover BATF agent Franey (sic) tell the truth to the Wilburn family after the April 19 bombing, when he arrived at their house with a bandage on his right hand? He was supposedly wounded in the blast, although a video tape recorded April 19 shows this same agent, disheveled, but shaking hands with others in the vicinity of the building.

9. Did Judge Alley receive more information than he revealed in his interview with the Portland, Oregon Oregonian?

10. Did another federal judge cancel all her docket on April 19, 1995 and spend the entire day at her home?

It is evident these questions need to be answered to discover the truth.

Facts are facts. The employees at the truck rental agency in Junction City, Kansas did not, as federal investigators claim, make a mistake about John Doe 2. Those employees know that John Doe 2 accompanied McVeigh to rent the Ryder truck, and he was seen with McVeigh all along the route to Oklahoma City. He was even identified by witnesses in Oklahoma City.

One of the most unsettling factors in this investigation is the federal investigators' insistence that witnesses "keep their mouths shut" and not talk to anyone about what they saw.

Could it be federal investigators are fearful of public exposure of the real facts? This part of the investigation has been concluded, but this is not the end of the line.

It has only been our desire to inform the public of what really happened in Oklahoma City on April 19, 1995. We have called a spade a spade or shovel, whichever you prefer.

There are a number of conspirators remaining at large, and we shall continue our attempts to discover why the Clinton-Reno justice department has vigorously down-played the significance of the conspirators in this plot. The precious souls of Chase and Colton Smith, along with 167 other victims, demand the truth.

If you want to help, contact your representatives in Washington, D.C. and request their assistance in "really finding the truth."

(Written in collaboration with Joyce Baran, Ellis County Press news reporter; the Wilburn family and Charles Key.)

## Vigilant Distrust

by John C. Sparks

Reprinted from Freedom Daily (December 1995)  
 Future of Freedom Foundation,  
 11350 Random Hills Road Suite 800  
 Fairfax, Va. 22030

Free enterprise. Familiar words for this class. Enterprise is an undertaking marked by its difficulty, requiring action that is bold, energetic, and venturesome in order to accomplish it. I need not remind you that "free" as in free enterprise does not mean something without cost. Instead "free" means that the person undertaking the task has the freedom to do so without hindrance from government. Hindrance of government? Is free enterprise something akin to theft, drunkenness, or rape that one would anticipate government being an obstacle?

Hardly. Free enterprise is a concept that opens the door for human advancement in all walks of human experience— including, in the end, increased years of life for people in communities where such freedom exists. As with most opportunity, there are also perils and risks. But the rewards are magnificent and plentiful, far outstripping the chances taken.

So, why is it probable that government would be a hindrance? Why would government do this?

There is a disease that comes with political power. Government leaders believe that you, as a private person, deciding for yourself, are irresponsible. You are a child, needing regulation—their regulation. For your own good, of course. What else?

You've heard it said: "His handshake is all you need to deal with him." Or, "You can count on her." Or, "Her word is her bond."

These old phrases describe trust.

My subject is not about trust. It is about the exact opposite from trust— something I will refer to as vigilant distrust. Descriptive words come to mind—being wary, alert, forewarned, cautious of the actions of another with whom you have entered into a specific relationship. I am not thinking of those peaceful situations in an orderly society where one private person voluntarily enters into an agreement with another private person—a private transaction, as in doing business. Not that. Rather this subject matter is between a private person and his or her government, concerning the terms and conditions a person would expect while living under the jurisdiction of such government.

Perhaps the most critical search in all of human history has been and continues to be the search for individual freedom. Yet in our advanced world of today, it is given only minor attention despite the fact that the word itself is widely used (misused). Freedom scholars find that historically the weapon of distrust has been a vital strategy employed in the quest for freedom. Think of such actions as taken by the people of England leading to the Magna Carta—where the distrust of their rulers was put into words—a pact—wherein the rulers promised from that time forward to "lay off" their practice of coercing the people. Of course, it helped the people for a time. While, freedom-loving people have improved their defenses over the centuries against authoritarian leaders, political rulers have also refined the art of being deceptively coercive. Freedom wins a few. Crafty politicians win a few more.

The historical tracks of human freedom are obscure. Historians, trained to be alert to evidence of the presence of freedom among human beings, have found only traces of freedom now and then over the last six to ten thousand years. I can tick off some instances found from the past, such as the written law of Babylon, the Greek free cities, the Roman freeman, the Sumer people of Mesopotamia—all brief stars of emerging growths of freedom that appeared in society of men and women and burned with some brightness for a few seconds. Possibly most glimpses of freedom have arisen briefly only in the minds of persons sensitive to the correlation between wretched living conditions and the lack of freedom, only to go unspoken, unwritten, unnoticed, and undiscovered.

There is nothing obscure, however, about the centuries upon centuries of people living with little or no freedom. This fact unhappily, is easy to track due to the widespread presence of evil, coercive leaders throughout historical time and the trail of crushed lives. Power in the hands of a person—or a few persons—has literally destroyed or crippled human life in unbelievable numbers as far back as our minds can probe these vestiges of the past. This power enabled certain persons to rule many other persons. Its organizational form is called government. Government is the power of numbers and/or other means of physical force that sets a person (called king, monarch, emperor, and so forth) at the head of all important decision-making of people living within a certain geographic area. Throughout history, a person so empowered has used the ultimate threat of death (physical force) to maintain and continue his power over his subjects. Certainly not all rulers were evil. Some were reported to be "good kings." Nevertheless, independent thought and action even under them were fragile and tolerated only to the extent that the king permitted.

Moreover, to bolster more effectively such power, the ruler of the past often resorted to the metaphysical—claiming that he had received the "divine right" from God to rule. It takes a lot of extraordinary courage for a peon to challenge a king of whom it is said receives his power from the God of the heavens. Superstition and gullibility aided the government and flawed religion to impose tyrannical rule of the few upon the many. If a hint of distrust of political leadership existed then in anyone's rebellious heart, he usually had the wisdom to keep it to himself—or invite earlier death. I use the term "earlier death" since, until recent times, the average longevity for centuries seldom reached more than thirty years. This in itself is brilliant testimony of the snail-like progress toward freedom by mankind over the thousands of years people have groveled at the feet of their rulers.

But with the advent of the Renaissance and the dawn of general questioning of religious "no-no's," (for example, with the Reformation movements) more persons appeared with the courage to stand up against these twin-pronged "big sticks"—burdensome government and tainted aspects of religion. These courageous persons expressed strong distrust for the leaders. Yet back then as today, we observe that many persons, despite the warnings from the courageous few, are disinterested in bucking any malevolence in government. To endure abuse often seems preferable to some people and much less trouble.

Luckily for us, several hundred years ago, small groups of people in the British Isles and on the mainland of Europe, overwhelmed by tyrannical acts, heeded the grievances imposed on them via governmental cruelty and said "Enough is enough!" They were fed up with their submission to the rulers. Now another possibility of escape was on the horizon. The newly discovered and unknown wilderness of America beckoned as a haven. Now was the time to act on their well-grounded distrust of political leaders.

Those who had a shred of self-respect had to acknowledge that the lives they lived were loathsome. On the other hand, the decision to flee to America was not an easy decision to make. Think about it. There were no travel agents available to "book" the trip. To travel to America in the seventeenth century meant first that one locate a sailing vessel going to America and arrange passage on it. Then one must physically escape the tyrants' officials and deputies who often tried to prevent such departures. Furthermore, it meant leaving relations, friendships, and virtually all personal possessions, with the certain knowledge that loved ones would never be seen again. Beyond that, the voyage provided probably no more than a fifty-fifty chance of arriving safely on the other side of the ocean. If all of these hurdles were overcome, and one did indeed arrive, there would be no travel motels and inns to meet these weary travelers. No supermarkets were waiting there stocked with food for them to buy. No hospitals or medical-supply stores were available down on the corner to nurse their sicknesses. Nevertheless, the illusory glimpse of freedom—yet only an idea in a person's mind—was strong enough and so very desirable that people dared to face the harrowing perils.

A small number of them went forward with superb courage. For those who survived the ordeal of going to America, the reward was the achievement of personal freedom. They were finally "out-of-the reach" of the tyrants who had made their lives miserable. The new life was not easy—but they were free! Distrust of rulers—bravely acted upon in putting geographic distance between them and the tyrants—had given them freedom!

Mr. Sparks, a Freedom Daily subscriber, is a retired businessman residing in Canton, Ohio. This is Part I of two parts of a speech he delivered at Malone College in Canton.

**MEMBER 1996**

**TA**

**TEXAS PRESS ASSOCIATION**



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**Card of Thanks**

We would like to thank all of you for the prayers, food, and help in our hour of need.

Thanks for all the food, Bro. Graves for the nice service, Jim Jackson for the lovely singing, Garza Memorial Hospital, Home Health Care and Hudman Funeral Home. The Albert Caylor Family, Gloria Jean, Buddy and Hoppy

The family of Marvin Hudman wishes to express our gratitude for all of the flowers, food, phone calls, love and prayers. Our family has been blessed to have such kind and loving friends.

A sincere thank you to the Doctors, Nurses, Mike Cahill at Garza Memorial Hospital and to the staff at Golden Plains Care Center.

Sincerely,  
 Norma and Bill McGrew  
 Carolyn and Travis Polk  
 Randy and Marla Polk  
 Shelley and Barry Brown  
 Susan and John Soukup

A great big thank you to all the relatives and friends for the money donated for the Rafe Miers family who lost their home to a fire December 23.

A special thanks to the Methodist Church, VFW and the Church of the Barn for their donations.  
 The Rafe Miers family of Lubbock.

On behalf of the Twin Cedar Nursing Home and patients, Thank You to Mrs. Bishop, Mrs. Dalby, Mrs. Ashley and Mrs. Williams and their 3rd grade classes for bringing gifts and singing for Christmas at the nursing home.  
 Wilma Williams

**Personals**

**Post Group of Alcoholics Anonymous** meets every Thursday night at the First Presbyterian Church, 901 West 10th at 8 p.m. Closed meetings are held except on the last Thursday of the month, which is an open meeting. We have supper at 7 p.m. and the speaking starts at 8 p.m. Anyone who wishes to talk or ask about an alcohol problem, call 495-4152, 495-4185 or 629-4393.

Post Independent School District invites the Senior Citizens of the district to come by the Superintendent's office and receive a gift of a complimentary general admissions pass that will admit you to all school functions. (You will be asked to present identification so that a pass can be issued in your name).

**Spanish Speaking AA** Spanish speaking AA meetings will be held every Tuesday night at the Catholic Church from 8-9 p.m. Come one, come all.

**Help Wanted**

Needed: The right person for a Creative part-time position in the Visual Arts Department.

Applications available at the Caprock Cultural Association office: 127 East Main - Tuesday through Thursday from 10 a.m. to 5 p.m. (806) 495-4148.

Drivers needed, Davis Oilfield Services, Inc. Must have Class A CDL. Apply in person. Lubbock hwy. Post, Texas. 495-3805.

**Jobs Wanted**

Want to clean houses and offices as a two person team. If interested call Karla Melton at 495-3016 or 495-3191 and leave a message with family.

**Homes for Rent**

3 bedroom/1 bath at 401 Ave. F (Ralls Hwy). \$250 month/\$100 deposit. Call 495-4158 or come by 611 S. Ave. H.

3 bedroom house for rent. Available January 15th. Call 495-3112.

Small house with appliances furnished. All bills paid. \$175. 495-2029.

**Homes for Sale**

**APARTMENTS FOR SALE**  
 For Sale by owner—By TTU in Lubbock, tri-plex includes 3 spacious 1 bedroom apts, painted, carpeted, triple garages on properties great for storage rentals. As is, \$49,500. Call 495-4119.

3 bedroom, 2 bath. No repairs needed, remodeled inside. Priced to sell, \$28,000. 495-3800.

**Miscellaneous for Sale**

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 Mesquite—Custom cut to your specifications. For more information come by 505 W. 7th St. or call 495-2372.

**ART ART ART**  
 Portrait likeness on 18 x 24 sketch paper from your picture, \$5. Suitable for framing. Recommendations. Contact Beth Ault at 495-2075.

1974 Volvo Station Wagon, \$600. Chest type deep freezer, \$75. 495-2628, or 113 S. Ave. R.

R.V. camper, everything works; moped, waterbed, sofa, chair, lamps. 495-3800 or come by 612 W 11th St. after 3 p.m.

1993 Pro Craft V-180, 17' 10" boat with 1994 150 hp Mariner motor. Very low hours. Can be seen at 308 Mohawk in Post or call Serman Young at 806-495-2324.

Hot tub for sale. Call 495-2650.

**Garage Sales**

Saturday, 314 East 6th St. in Post. 9:30 a.m. till 2. Misc items, poultry, cash for cans and scrap metals.

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**Legal Notices**

**Notice to all persons having claims against the Estate of E.D. Caylor, ADA Eugene Dewitt Caylor**

Notice to all persons is hereby given that the original letters of administration upon the estate of E.D. Caylor, AKA Eugene Dewitt Caylor, deceased, was issued to me the undersigned on the 27th day of November, 1995, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letters. All persons having claims against said estate, which is being administered, the county below named, are hereby required to present the same to me at the address below given, before suit upon same is barred by the general statutes of limitation, before such estate is closed, and within the time required by law. Billie Caylor may be notified c/o Preston Poole, Attorney at Law, P.O. Box 296, Post, Texas 79356.

Billie Caylor, Independent Administratrix of the Estate of E.D. Caylor, Garza County, Texas.

**Notice to all persons having claims against the Estate of Tressie M. Terry Walker**

Notice to all persons is hereby given that the original letters testamentary upon the estate of Tressie M. Terry Walker, deceased, were issued to me the undersigned on the 27 day of November 1995, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letters. All persons having claims against said estate, which is being administered, the county below named, are hereby required to present the same to me respectively, at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed, and within the time required by law. James Raymond Walker may be notified c/o Preston Poole, Attorney at Law, P.O. Box 296, Post, Texas 79356.

James Raymond Walker, Independent Executor Estate of Tressie M. Terry Walker, Garza County, Texas

**Norwest Bank Texas, Post, National Association**

**Shareholders' Meeting**  
 Notice is hereby given that, pursuant to call of its directors, a special meeting of the shareholders of Norwest Bank Texas, Post, National Association (the "Bank") will be held at Norwest Bank Texas, Post, National Association, 216 West Main, in the City of Post, State of Texas, on Thursday, January 19, 1996 at 10 a.m., to consider and determine by vote whether an agreement to consolidate the Bank with Norwest Bank Texas, National Association, Lubbock; Norwest Bank Texas, Borger, National Association, Borger; Norwest Bank Texas, Canyon, National Association, Canyon; Norwest Bank Texas, Plainview, National Association, Plainview; Norwest Bank Texas, Post, National Association, Post; Norwest Bank Texas, Crane, Crane; Norwest Bank Texas, Denver City, Denver City; and Norwest Bank Texas, Tulia, National Association, Tulia, which banks are located in the city indicated after the name of each such bank in the State of Texas, under the provisions of the laws of the United States, shall be ratified and confirmed, and to vote upon any other matters incidental to the proposed consolidation of the institutions, a copy of the agreement, approved by a majority of the directors of each of the institutions, providing for the consolidation, is on file at the Bank and may be inspected during business hours.  
 Charles Hardin,  
 President and Chief Executive Officer

The art of being wise is the art of knowing what to overlook.  
 —William James

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(NAPS)—For information about the Discovery Weeks program of exciting events in Mississippi call (800) 350-3323.

For a free brochure about anesthesia, call the American Association of Nurse Anesthetists at 1-800-543-AANA.

To learn the benefits of RCA's DSS satellite TV system, call 1-800-997-SAMS.

For a free brochure on healthy travel call the nonprofit Medic Alert Foundation at 1-800-ID-ALERT.

For information on the American Express Membership Rewards program, call 1-800-AXP-EARN.

To order materials on alcohol, tobacco and illicit drugs, contact the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686, Internet: telnet.nadi.



health.org or http://www.health.org.

For information on services for the elderly, call Eldercare locator at 1-800-677-1116, weekdays, 9 am to 11 pm (ET).

For information on the availability of training and technical support available through the DataScope Cardiac Survival Network™ (CSN) program call 1-800-777-4222.

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**DRIVERS - SOLO & teams,** \$2,000.00 sign on. Top teams earn \$103,000+ major benefits/motel & deadhead pay. Driving school grads welcome. Covenant Transport 1-800-441-4394. Students call 1-800-338-6428.

**DRIVERS WANTED. E.L. Powell & Sons,** Tulsa, OK. We offer late model equipment, good insurance. 22%. One year verifiable flat bed experience. 918-446-4447. 1-800-444-3777.

**NEWIMPROVED PAY** package offered by Beech Trucking for regional drivers. Home every weekend. Start at 26¢ with monthly bonuses & benefits. Call 1-800-521-0649. EOE.

**RAPID FREIGHT OF TEXAS,** a Texas based carrier seeking OTR teams & singles; 90% of fleet 95's or newer. Ask for Bob 1-800-299-7274.

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**STEEL BUILDINGS: WINTER** sale. Painted walls, 5,000+ sizes. 30x40x10, \$4,937; 40x60x14, \$8,753; 50x60x14, \$10,262; 50x100x16, \$15,520; 60x80x14, \$13,929; 60x100x16, \$17,450. Free brochures. Sentinel Buildings, 1-800-327-0790.

**HEALTH**

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**DOW AND OTHER** breast implant cases may be accepted. Free consultation. Call 1-800-833-9121. Carl Waldman, Board Certified Personal Injury Trial Law. Texas Board of Legal Specialization. Principal office Beaumont. May associate other attorneys.

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# QUICK QUIZ

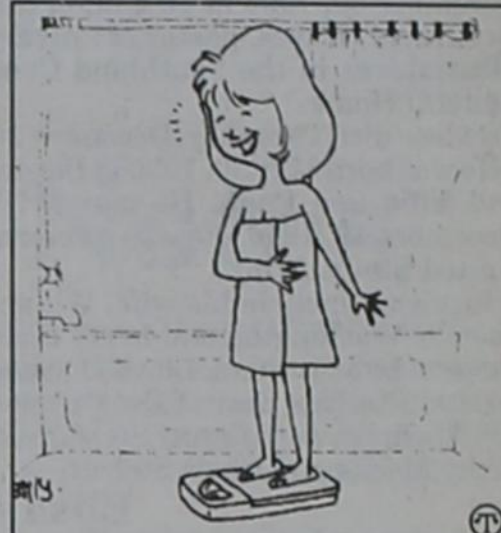
## What Have You Got To Lose?

(NAPS)—Planning a diet? Get all the facts. To find out if your diet is based on facts, not fads, take this quick quiz:

- Questions**
1. Being overweight is a result of a) heredity b) metabolism c) lifestyle factors.
  2. In order to lose weight you need to a) exercise b) cut down on calories c) cut down on fat.
  3. If you have a sweet tooth and want to lose weight it's best to a) avoid sugar b) eat sugar in moderation.
  4. Which behavior changes can help you lose weight? a) Eat slowly and take smaller portions of food b) Have a snack before going to a party c) Remove the skin from chicken before eating it.
  5. How quickly should you lose weight a) 1 pound b) 3 pounds c) 5 pounds a week.

cake, frozen fruit ice, sorbets, ginger snaps, low-fat frozen yogurt and fruit shakes made with lowfat milk. Sugar not only makes desserts taste good, it also complements flavors in low calorie main dishes and vegetable dishes.

4. a) b) c) Other tips include choosing lean meats and low fat dairy products, steaming, boiling, roasting, poaching or broiling foods instead of frying them and lightening up on salad dressing.
5. a) 1 to 1 1/2 pounds a week. Losing slowly is easiest and most often successful. For some delicious low-fat recipes, write to The Sugar Association, Inc., 1101 15th St. NW, Suite 600, Washington, DC 20005.



Not all calories are created equal. Not only do fat calories add up faster at 9 calories per gram compared with 4 calories per gram, but the body burns them slower.

- Answers**
1. c) Some research suggests a tendency to overweight runs in families but most factors that affect weight loss are controllable. People do have different metabolic rates but differences are minor. Metabolism does slow down as you get older, but the weight gain that comes with age is more likely to be the result of decreased physical activity than any change in metabolism.
  2. a) b) c) Exercise is vital to weight loss. Discuss any exercise program with your doctor and start slowly. While a diet plan usually cuts calories, not all calories are equal. Focus primarily on cutting fat.
  3. b) Contrary to some misperceptions, sugar is not fattening. Some desserts with sugar may have large quantities of fat, but there are many low-calorie sweets to satisfy your sweet tooth. Some diet-smart sweets are angel food

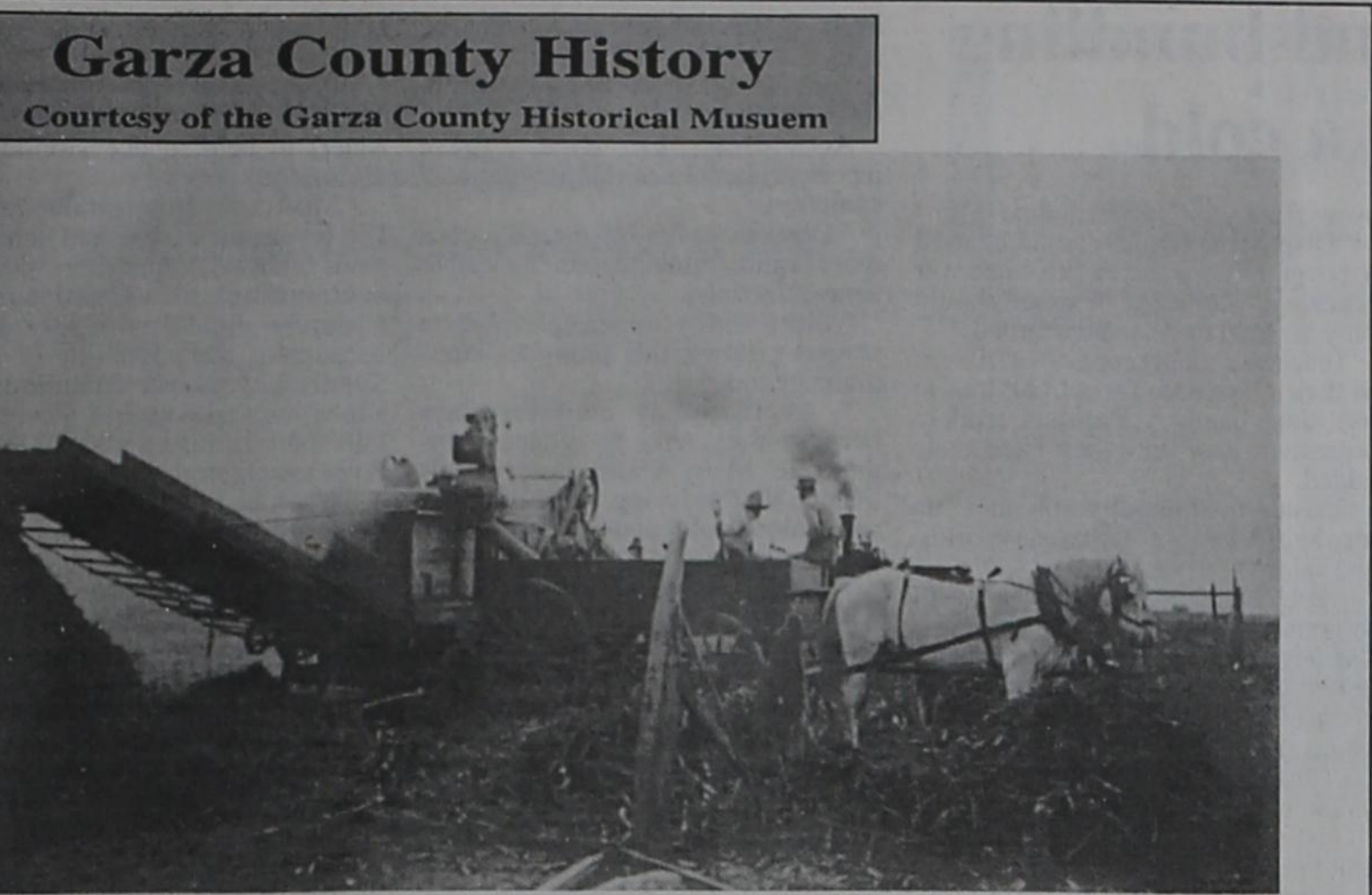
**AVOIDING A TICKET IS A SNAP**

YOU COULD LEARN A LOT FROM A DUMMY.

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**Last Puzzle Solution**

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In our continuing series of photos donated to the Garza County Historical Museum by Mrs Lucille Stevens: this photo is unmarked, but appears to be an early harvesting of grain, perhaps sorghum. Any additional information about this photograph may be submitted to Linda Puckett at the museum.

**The Garza County Historical Museum**  
119 N. Ave. N - 806-495-2207  
open Tues-Sat., 10-Noon and 1-5 p.m.

Visit the new gift shop at the museum... rare collectibles on sale now!

## Yesteryears

by Pat Burnett

**10 Years Ago**  
January 2, 1986  
Mr. and Mrs. Elmer Cowdrey celebrated their 60th wedding anniversary in their home in the Raham community, where they've lived all their married lives. Mr. and Mrs. Dorothy Ossett were married Dec. 20, 1925.  
Whitey Morris received a special award from his coffee drinking buddies recently. He was recognized for his outstanding business achievements with a trophy presenting half of a horse.  
Pianist, Denise Smith, entertained with harmonious sounds at the First National Bank during the Christmas season.

**20 Years Ago**  
January 1, 1976  
The home of Mrs. Fannie Allentine won first prize in the Women's Division of Chamber of Commerce Christmas lighting contest.  
Letter postal rates goes up to cents here Wednesday.  
Post officially received 20.37 cents of moisture in 1975.  
Nancy Gandy and John McCowan portrayed Mary and Joseph in the live nativity scene at the home of Jim Cornish.

**30 Years Ago**  
January 6, 1966  
Funeral services for H.A. Roberts, a resident of this vicinity since 1915, were conducted Friday afternoon.  
Mr and Mrs Weldon McGehee and Mrs Clovis Robinson and son were in Jacksonville, Fla. to attend the Gator Bowl game New Year's Eve.  
Pvt. Billy Shumard is stationed in Kitzingen, Germany with the U.S. Army. He is the son of Mr and Mrs Buster Shumard.  
Marine Cpl. Joel Morris said the Viet Nam was a dirty and weird war.  
Retiring Postmaster Harold Voss and Assistant Postmaster Oliver McMahon were honored with a reception.

**40 Years Ago**  
January 5, 1956  
Mrs Alta Jane Prichard became the bride of Lee W. Davis Dec. 29 in Pampa.  
Five generations were represented in the Callis and Trammell homes. They are Mrs Myrtle Smith, Mrs Joe Callis, Mrs. Phil Trammell, Mrs. Allyn Kemp and 13 month old Phyliss Kemp who is Mrs Smith's great great granddaughter.  
The First baby of 1956 in Garza county was Sue Ann, daughter of Mr and Mrs Robert Miller. She was born in Garza Memorial Hospital.  
Other new births are Karla, daughter of Mr and Mrs Lester Josey was born Jan 3, 1956 and Jerry Bruce, son of Mr and Mrs David Tyler, was born Jan 3.

**50 Years Ago**  
January 3, 1946  
Garza Theatre installs new sound system. The Garza is the second theatre in the state to receive this fine equipment which brings sound in full color. This new development is said to be one of the most revolutionary steps forward since the birth of the talking movies.  
Miss Edna Mae Pierce and Pvt. Ben L Owen were united in marriage December 28. Bro Doyle Kelly performed the ceremony.  
Mrs E.A. Warren was a guest in the home of her sister, Mrs Rob Strayhorn on Thursday. She visited with her mother, Mrs A. R. Tyson and a nephew, Lt. Wallace Strayhorn who were also guests in the home.  
Mrs Louis Murry and children of Tahoka spent several days during the holidays with her parents, Mr and Mrs H.F. Giles. Mr. Murry spent Christmas Day here.

**Grandma Brag Pages**  
**Feb. 8, 1996**  
Bring your favorite photo of your grandchild to The Post Dispatch before Friday, Feb. 2 for our annual Valentine edition!!  
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**The Original TEXAS CROSSWORD**  
by Charley & Guy Orbison  
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**ACROSS**

- 1 TXism: "jerker" (sad movie)
- 2 TXism: "he bone to pick"
- 3 TX V.P. Garner said his job "worth a bucket of warm spit"
- 4 sports number (abbr.) comic strip "Abner"
- 5 TX Audie Murphy film: "Bullet for a Uvalde's Evans"
- 6 TXism: "suits"
- 7 TXism: "three-well" and "outs"
- 8 TXism: "the mark the Colt was the gun that the west"
- 9 TXism for "yokel"
- 10 TXism: "shootin' Astrodome: "Miracle on Main"
- 11 TXism: "green the gills" (sick)
- 12 TX Debbie Reynolds: "The Singing"
- 13 TXism: "big for his britches"
- 14 TXism: "broke I can't pay attention" McAllen man was 300 times by "killer bees"
- 15 TX Jaworski was "water" prosecutor Irving's book about TX Howard Hughes was a antique car
- 16 TXism for "money" Iraan's V.T. Hamlin comic: "Alley"
- 17 TXism: "I'll monkey's uncle"
- 18 TXism "can't hunt with"
- 19 blue jeans inventor
- 20 cowtown slogan: "Foat Wuth, I Luv"
- 21 TXism: "he can't thunder" (almost deaf)
- 22 TXism: "it's all but the shouting"
- 23 TXism: "table graze"
- 24 TXism: "table graze"
- 25 Mexican coins
- 26 TXism: "breathe easy"
- 27 TX Reynolds film: "How the West Was"
- 28 Marshall hosts the "Fire Festival"
- 29 TXism: "I reckon"
- 30 TX Stuart Hamblen hit: "Ole House"
- 31 seat of Eastland Co.
- 32 TXism: "hard"
- 33 TXism: "first out of the box"
- 34 TXism: "rode hard & put up wet"
- 35 Austin band: Asleep the Wheel
- 36 TXism: "right boys" (police)
- 37 former TX AG
- 38 "piece"
- 39 TXism: "handle"
- 40 TXism: "cashed in his chips"
- 41 ex-Oiler Warren
- 42 in Lubbock: Force Base
- 43 Cowboy great: "Tall" Jones
- 44 Buddy Holly song: "Love Ways"
- 45 moon to Houston: "the Eagle landed"
- 46 San Antonio hosts River Show
- 47 TXism: "a fine how do do"
- 48 Cowboys game day truckers use a diesel one
- 49 TXism: "jumped from the frying pan fire"
- 50 "Dallas" was a CBS opera
- 51 ashtray replaced spit in TX bars
- 52 topaz is state
- 53 in Smith Co. on 135
- 54 Houston has busy rush traffic
- 55 TX philanthropist: Wendy Russell
- 56 TXism: "to these parts"
- 57 UT mascot
- 58 Anthony is "Leap Capital of World"
- 59 Alpine is "to Big Bend country"
- 60 Ebanos Ferry is hand-pulled
- 61 TXism: "britches" former spouse
- 62 the Star State

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## Obituaries

### Raymond Melvin Dodson

Funeral services for Raymond Melvin Dodson, 75, were held Saturday, December 30, 1995 at 10 a.m. in the Hudman Funeral Home Chapel with Rev David Graves, pastor of Calvary Baptist, officiating.

Burial was in the Southland Cemetery under the direction of Hudman Funeral Home.

Dodson died Thursday, December 28, 1995 in Lubbock's Methodist Hospital. He was born May 30, 1920 in Bowie and was the son of Leo Clayton Dodson and Effie Lou Pugh. He married Wanda Winnell Meeks in Tahoka on December 19, 1946. He was a veteran of World War II having served in the United States Army.

Survivors include his wife, Winnell of Post; two sons, Dennis Dodson of Seattle, Washington and Larry Dodson of Post; a daughter, Tina Dudley of Odessa; two brothers, Lloyd Dodson of Bowie and L.C. Dodson of Humble; a sister, Audrey Kerr of Decatur and four grandchildren.

Pallbearers were Donny Stelzer, Jackie Bailey, Mike Lovell, Danny Lovell, Ricky Meeks and Chris Stelzer.

### Elisa A. Castro

Funeral services for Elisa A. Castro, 66, will be held today (Thursday), January 4, 1996 at 2 p.m. in the Templo Bautista Church with Rev Albert Castro, evangelist and son of the deceased, officiating. He will be assisted by Rev Carlos Martinez, pastor.

Burial will be in the Terrace Cemetery under the direction of Justice-Mason Funeral Home.

Mrs Castro died Monday, January 1, 1996 at her residence. She was born December 1, 1929 in Floresville, Texas, to Genoveo and Virginia (Salazar) Almdarez. She married Juan F. Castro in December 1951. They had lived in Tahoka and Lubbock before coming to Post in 1965 for Mr Castro to work at the Postex Cotton Mill. She was a homemaker.

Survivors include her husband, Juan F. Castro, Sr of Post; six sons, Johnny F. Castro, Jr, Albert Castro and Andy Castro, all of Lubbock, Jose Castro of Slaton, Eloy Castro of Midland and David Castro of Andrews; two daughters, Virginia Castro of Slaton and Maria Espitia of Leoti, Kansas; five sisters, Dora Castro of Lubbock, Irene Gonzales of O'Donnell, Antonia Vega of Post, Maria Vega of Tahoka and Virginia Vega of New Home; 36 grandchildren and five great-grandchildren.

### David Allen Gandy

Funeral services for David Allen Gandy, 34, of Richmond, Virginia, formerly of Lubbock and Post, will be held Thursday, January 4, 1996 at 11 a.m. in the Huguenot United Methodist Church.

Interment will be in the Sunset Memorial Park in Richmond, Virginia. Gandy died Sunday, December 31, 1995.

Survivors include his mother, Jean Gandy; two sisters, Jo Beth Gandy and Nancy Barnes; one brother, Stephen Gandy; a niece, Laurie Barnes and one nephew, Ben Barnes.

## Letters to the Editor

### Children are our future....

I was employed by the Post Schools for sixteen years overall. The last five years was at the lunchroom. I really enjoyed the children and that is why I'm taking this time to write this letter.

My last day was very special to me because it was filled with many emotions, many tears and hugs and alot of gratitude.

I gave alot of time and patience to these children and they responded with much gratitude.

I hope the person that takes over my position will see each child for the age that they are and treat them with patience and understanding.

My wish to all the Post students, stay in school and make something positive out of your lives.

You are our future.

Thanks,  
Mercy C. Sanchez

### Letters to the Editor Policy:

Letters are encouraged. We reserve the right to edit for brevity and style. Letters must be signed, but names will be withheld at the request of the letter writer to protect the identity so that fear of retribution may not restrict the rights of freedom of expression.

## Workshops for health care professional recruitment and rural health clinic billing set

The Center for Rural Health Initiatives is presenting workshops in five rural Texas communities that focus on health care professional recruitment strategies and techniques as well as billing and reimbursement issues for rural health clinics (RHCs). The workshops are designed for professionals in rural communities who work on recruitment and those who work with billing for both independent and provider-based RHCs.

Workshop faculty include successful rural recruiters as well as a

representative of Blue Cross/Blue Shield of Texas, which is the new intermediary for reimbursement.

The workshops run from 8:30 a.m. to 4:30 p.m., with a session for independent RHCs in the morning and provider-based RHCs in the afternoon. The recruitment session will run both in the morning and the afternoon.

Registration fee is \$50 per person, including lunch. Registration deadline is Friday, January 12. The workshop schedule is as follows:

\* Wednesday, January 17 - Plainview Country Club, Plainview.

\* Tuesday, January 30 - Monahans Community Center, Monahans.

\* Wednesday, January 31 - Tri-City Community Hospital, Jourdanton.

\* Monday, February 5 - Tyler Junior College, Tyler.

\* Tuesday, February 6 - Calvary Baptist Church, Stephenville.

The workshops are a part of the Center's recruitment efforts, which include the HealthFind and ProFind exchanges. HealthFind focuses on physician recruitment, and ProFind focuses on advance practice nurse and physician assistant recruitment.

HealthFind is set for Friday and Saturday, April 26 and 27, and ProFind is set for Saturday and Sunday, April 27 and 28, both at the Austin Marriott at the Capitol. Those who attend a workshop and register for the Center's Spring 1996 HealthFind or ProFind recruitment exchanges will be entered into a drawing for a free registration for the next HealthFind or ProFind.

For information, or to register, call the Center for Rural Health Initiatives at (512) 479-8891.

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## Staying dry and bundling up won't beat a cold

During winter months, it's a good idea to keep warm and dry, but most health specialists will tell you, this has little to do with cold or flu prevention. "Common beliefs about how a person get a cold are unfounded," said Dr Carol Rice, a registered nurse and health specialist with the Texas Agricultural Extension Service. "Many think that being out in cold or rainy weather, sitting in a draft, or coming inside from hot weather into a building cooled by air conditioning will bring on a cold. None of these ideas are supported by research."

What causes colds are more than 200 viruses, she said. Some doctors say there are as many as 400 viruses. Adult average about six colds each year while children may have as many as nine colds a year.

"The reason colds occur more often during winter months is because people stay inside where viruses tend to be more concentrated," she said.

To reduce the incidence of colds it is important to always wash your hands with soap and water, and avoid hand contact with those who have colds, Rice said. Also, try to keep hands

away from your mouth and nose.

"Disposable tissues should be used to cover the nose and mouth whenever sneezing," she said. "A tissue should only be used once and discarded."

Teachers should keep a box of tissues in their classroom for all children to use since many youngsters tend to wipe their nose with their hands, she added.

Raising the humidity in homes can also help deter viruses that cause colds, she said.

Many believe that taking a lot of vitamin C can prevent colds, but this has never been proven, Rice said. A better way to increase resistance to colds is to eat a well-balanced diet, get plenty of sleep, and exercise regularly.

"Children living in homes with smokers have more colds," Rice said. "This is another good reason to stop smoking."

When it comes to treatment, antibiotics do not help because colds are caused by viruses, she said. Methods are usually sought to reduce annoying symptoms and promote sinus drainage; increased mucous production is the body's way of naturally ridding

itself of harmful viruses causing the cold. Coughing and fevers under 101 degrees are all ways the body tries to fight the virus.

According to Rice, these recommendations can help reduce cold symptoms:

\* Drink extra fluids to keep mucous more liquid; think mucous can lead to sinus infections.

\* Sleep with your head elevated on several pillows; this promotes sinus drainage too.

\* Avoid taking antihistamines because they tend to reduce sinus drainage. Many health professionals believe that reducing sinus drainage can prolong colds and possibly lead to sinus infections.

\* Decongestants can help, but people with high blood pressure, diabetes, and thyroid problems should not take these before checking with their doctor. Because about half of the people who have diabetes and high blood pressure do not know they have this problem, everyone should be careful to follow directions for cold medications.

\* Use nasal decongestant sprays for only three days or less because longer use causes rebound effects.

\* Coughs can be treated with any cough drop. The more expensive ones do not help any more than those costing less; in fact, sucking on hard candy is about as effective. Coughing helps the

body avoid complications such as pneumonia.

\* Gargle with warm salt water (a teaspoon of salt in eight ounces water) to help reduce swelling and discomfort.

\* Most colds do not produce a fever. For fevers under 101 and aches and pains often accompanying colds, take acetaminophen. Children and teenagers should never take aspirin because of the possibility of Reye Syndrome; unless contraindicated adults may take aspirin. Fever kills the virus too, so do not treat fever too rigorously.

"When a person has a persistent fever with a temperature above 101 more than one or two days, it's time to call a physician," Rice said. "A nasal discharge that changes from clear to yellow or green is an indication to seek a health professional."

Other symptoms that require doctor's attention include ear pain, cough for more than seven days; sin pain, especially if nasal discharge colored; breathing difficulty; apparent from stuffy nose; and difficulty swallowing because of painful sore throat.

\*\*\*

To read a poet in January is as lovely as to go for a walk in June.

—Jean Paul

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First Baptist Church 402 W. Main, 495-3554  
First Baptist Church, Wilson 628-6333  
Pleasant Home Baptist Church E. 14th & N. Ave F  
Templo Bautista 315 W. Main, 495-2416  
Trinity Baptist Church 915 N. Ave O, 495-3038  
Justiceburg Baptist Church Justiceburg, Don Blackcock, pastor

**Catholic**  
Holy Cross Catholic Church Ave. K and Main St., 495-2791

**Disciples of Christ**  
First Christian Church 812 W. 13th, 495-3716

**Church of Christ**  
Church of Christ 108 N. Ave. M, 495-2326  
Graham Chapel Church of Christ 5 miles W. Hwy 380, 2 miles south

**Church of God**  
Church of God of Prophecy 602 W. 14th, 495-3644  
Power House Church of God and Christ Pine Ave.  
Lighthouse Christian Center Church of God 314 N. Ave I, 495-2237

**Church of the Nazarene**  
Church of the Nazarene 202 W. 10th, 495-3044  
Grassland Nazarene Church 327-5656

**Lutheran**  
St John Lutheran Church, Wilson 1305 Dickson, 628-6573  
St Paul Lutheran Church, Wilson 628-6471

**United Methodist**  
First United Methodist Church 216 W. 10th, 495-2942  
Graham Chapel United Methodist Church 495-3492

**Presbyterian**  
First Presbyterian Church 910 W. 10th, 495-2135



### My, how time flies when you're having fun!

by Wesley W. Burnett

Life, it seems, turns mysteriously in circles... as each year rolls around to another one... the calendar seems to be like a carousel... always turning. It's almost like, even though there is change, nothing really changes.

Yesterday we were looking at some forms here in the office, and added up four years to 1997... and then quietly proclaimed, "...um, that means in four years it'll be 2001."

"What? 2001?"

My mind almost went blank... first, I thought about my father, who used to boast that he would live to see the new century... then I thought about the futuristic movie by that name... "2001 Space Odyssey."

So many ideas float around the concept of time and space and how we fit in it. So little of our attention focuses on what really matters, however, and that is what we do and how we behave during our time on this curious little carousel we call life.

So, when we rip out the old pages of a calendar, or throw it in the trash, and put in the new pages for 1996, I hope we can look at those pieces of paper with a clearer picture of where we belong in this time that God has given us.

Because that is all we really have... everything else is but illusion... without the gift of time that God gives us, we are just wandering around in circles. He puts us here to nurture his creation, and gives us precious time to do just that. I hope I can do my part in the nurturing during the time he has set aside for me.

When it is over, whenever that is, I wish to be able to look behind and see that I am leaving things here just a little better for someone else.

I may even see the year 2001 come and go... and from now until whenever, I pray I will be able to share the gift of time with others... and cast off the selfishness I often exhibit by hanging onto "my time," as if it will disappear if I don't guard it jealously.

How foolish we are at times... but then, God understands our foolishness, and for that we are most blessed. Good times for everyone are for the taking, God wants us all to enjoy our time he has given us.

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It was the duty of the trumpeters and singers to make themselves heard in unison in praise and thanksgiving to the LORD...  
2 Chronicles 5:13

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From the cloud there came a voice, "This is my Son, the Beloved; listen to him!"  
Mark 9:7