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The Post Dispatch

Seventieth Year Number 45 USPS 439-620 Single Copy Price 50 cents © 1996 The Post Dispatch Thursday, April 11, 1996

Post lake permit gets local support



Water line replacement in Post is proceeding, with some disruption to traffic in various neighborhoods. Construction crews are replacing old lines as part of the city's continuing efforts at improving the water system.

Garza County commissioners at the regular meeting Monday morning, approved a resolution in support of a White River Municipal Water District permit renewal application for the Post Lake. The resolution emphasized the need for the permit "so the lake may be built in the future."

An accompanying letter was addressed to Dan Pearson, executive director of the Texas Natural Resource Conservation Commission, and pointed out that new rules allow for the director to approve permit extensions unless there is opposition.

In other action the court accepted a \$30.88 check from the South Plains Association of Governments (SPAG), reflecting a rebate from the surcharge on the rural addressing project.

A discussion about the recent ban on fires was related to concern about controlled burns. The court advised that area agricultural producers should contact the soil conservation office about burning CRP acreage.

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

Post Notes

Donkey basketball April 15th

A donkey basketball show will be held Monday, April 15th at the Tahoka High School gymnasium. The show will start at 7:30 p.m. Tickets may be purchased from any Tahoka sophomore or by calling the Tahoka High School at 998-4538.

Scholastic Book Fair

The Post Elementary Library is hosting a Scholastic Book Fair, April 15-19 from 7:30 a.m. to 4 p.m. A special Parents' Book Fair Night is going to be held on Thursday, April 18th, 7 - 9 p.m. The classroom having the most parents come in will receive \$30 worth of books from Scholastic for the classroom. Parents are invited to bring their cameras and have their child's picture taken with Clifford, the Big Red Dog and join in the other fun activities that are scheduled.

This reading event will offer students, parents and teachers the opportunity to see the latest works by popular authors and illustrators of books for all ages. Along with winners of prestigious state and national awards, will be how-to-books, biographies, timeless classics, and a wonderful variety of the newest titles in children's literature.

Books and stories are a vehicle by which children can journey to faraway places, meet people from different cultures, and feel the challenges, hopes, joys and sorrows of others as they piece together the ideals and directions they will choose in life. Won't you plan now to join us in this very important and special school event?

Benefit for Brad and Penny Mason

A benefit for Brad and Penny Mason will be held Friday, April 12th from 5 to 8:30 p.m. in the Post Community Center. The meal will feature fish, beans, cornbread and trimmings. The cost is a \$5 donation per plate. Entertainment will be from 6-8:30 and a bake sale will also be held. The funds raised will assist with medical costs related to Brad's recent hospitalization. If you need more information please contact Jennie Cowdrey at 495-2690 or Celia Mason at 495-2776.

Booster Club to hold meeting

There will be a Booster Club meeting on Monday, April 15 at 5:30 p.m. in the high school library. All Antelope and Lady Lope supporters are urged to attend. Plans for the All-Sports Banquet is one of the topics for discussion.

Enrollment for Texas Lions Camp

The South Plains Community Action Association, Inc request your participation in the enrollment for Texas Lions Camp. This camp is for children with physical disabilities and diabetes. The children attend the camp with no cost to their families. The session will be held at the Garza County Multi-Service Center on South Highway 84 in Post on April 15th at 7 p.m. If you will be needing transportation, please let us know at least 24 hours in advance to reserve you a seat. Please contact the Center workers at 495-2329 and let us know if you will be attending.

Dr Schroder on Constitution April 13

Dr Eugene Schroder (D.V.M.), a noted constitutional researcher and author, will speak in Lubbock at the All Saints Episcopal School Gym, April 13 beginning at 5 p.m. The school is located at 3222 103rd St. in Lubbock. Dr Schroder will speak on constitutional issues concerning the use and abuse of war and emergency powers by the president and congress. Admission is \$5 per person at the door.

Little Mr & Miss Post Contest

Xi Delta Rho is sponsoring the 1996 Little Mr and Miss Post contest to be held Saturday, April 20th, in the Primary Auditorium at 7 p.m. Age groups are Mini - 2 to 3 years old and Little - ages 4 years to first grade. Entry forms are posted at various merchants. Deadline for registration is April 17th. A registration fee of \$5 per child is required.

Deadline for entry fee April 19th

The entry fee for the 8th grade banquet is set for April 19th. If you plan to attend the banquet you must have your money to Shirley Bland at the Post Middle School by the deadline.

Bake sale to benefit Roy Siewert

A bake sale will be held on April 20th at United Supermarket. The sale will be held all day or until all the goodies are sold. The proceeds will be donated to Roy Siewert.

Chances on half a beef

The youth of the Church at the Barn are selling chances on a half of beef. The proceeds will be used for the youth to go to Six Flags. Tickets are \$1 each. For more information contact Tony Conner at 495-3944 or go by Holly's Texaco. Drawing will be held April 28th.

Bike-A-Thon to be held

A Bike-A-Thon will be held on Saturday, April 27th. All proceeds will be donated to St Jude's Childrens Hospital. The riders are seeking donations from sponsors. For information contact JoAnn Perez at 495-2943.

Benefit for Roy Arval Siewert

A benefit will be held for Roy Arval Siewert on Saturday, April 27th, from 5-7 p.m. The event will be held at the Post school cafeteria and will feature a BBQ plate for a \$5 donation. Also a fund has been established at Norwest if you wish to make a donation. Also raffle tickets for a chance on a 25" color tv with remote will be sold. If you need further information you may contact JoAnn Reed at 629-4376, Debbie Line at 495-3957 or Marie Odom at 495-3045. The donations will be used to help offset medical expenses.

"Emu Egg Carvings" at Algerita

Vince Gribbles' "Emu Egg Carvings" are on display until April 12th at the Algerita Art Center. Each egg is beautifully carved and then painted with a variety of wildlife scenes. A hands on display is available for people who are unfamiliar with the process of carving Emu eggs, including egg chips, eggs in various stages, and Emu feathers.

Garza County Bingo players win big in 4th quarter of 1995

"Players who support the Charitable Bingo games in Garza County have helped to stop a three-year decline in Texas Bingo receipts," Nora Linares, Executive Director of the Texas Lottery Commission, has announced.



Showing off spring fashions at last Friday's Post Art Guild "Spring Day at the Algerita" were models (left to right) Meta Tyler, Cindy Fulton, Vida Giese, Kim Lott, Cecelia Mason, Kelly Macy, Nancy Kemp, Ida Mae Wilks and Lisa Kirkpatrick. The ladies were modeling fashion from Accessory Touch and Lily Dale's.

"I am confident this positive trend will continue—if all players simply invite one new friend to experience the excitement of winning—the next time they return to the Bingo halls," Linares said.

In calendar year 1995, Charitable Bingo gross receipts in Texas totaled \$635.2 million, an increase of \$557,000 over 1994 figures. Annual Bingo receipts in Texas had fallen steadily since 1991.

"I'm very pleased to see that the decline in Bingo sales statewide, which began even before the Texas Lottery started, has come to a halt," Linares added.

As a result of Bingo enthusiasm, players in Garza County collected their share of prizes playing Charitable Bingo games during the fourth quarter of 1995. Charitable Bingo players who frequented the 1 Bingo hall in Garza county won \$41,553 in October, November and December of 1995.

The \$41,553 won locally is part of the \$113 million in prizes that Bingo halls across the state paid to winners. That includes \$91.5 million for regular Bingo prizes and \$21.5 million in prizes for pull tab Bingo games.

(Continued on Page 2)



Visiting Post last week on a special trip from Germany to see the "wild west" were (left to right) Ekkehardt Bartsch, M. Raub, Thomas Grafenberg, V. Dormiercers, M. Bartsch, Regina Arentz, Garza County hostess Zoe Kirkpatrick, tour director Dr Meredith McClain, (front) Dirk Wagner, Krauer, Jutte Rascher, Vochen Rasher, Aumelies Wagner and Rene Wagner.

NEW! Pfaltzgraff China Frankoma Pottery

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Raeline Bagby and Darrell Reece
Dana Morris and Michael Carter

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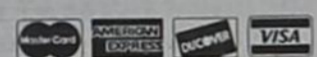
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Jay McCook and Lynn Edmiaston

Lynn Edmiaston, Jay McCook announce engagement

Mrs Virgil Edmiaston, of Amarillo, is proud to announce the engagement and approaching marriage of her daughter, Lynn, to Jay McCook. Jay is the son of Charles and Dorothy McCook of Post.

The couple plan to wed June 8, 1996 at the Southwest Baptist Church in Amarillo.

The bride-elect is a graduate of River Road High School in Amarillo. She is currently attending Amarillo College and is employed by the V.A. Medical Center of Amarillo.

The groom-to-be is a graduate of Post High School and Abilene Christian University. He is employed as a coach and science teacher at Hart Independent School District.

April is Child Abuse Awareness month

In our second week of Child Abuse Awareness month here are some more tips for parents and grandparents.

101 Ways to Praise a Child
Wow * Way To Go * Super * You're Special * Outstanding * Excellent * Great * Good * Neat * Well Done * Remarkable * I Knew You Could Do It * I'm Proud Of You * Fantastic * Super Star * Nice Work * Looking Good * You're On Top Of It * Beautiful

* Now You're Flying * You're Catching On * Now You've Got It * You're Incredible * Bravo * You're Fantastic * Hurray For You * You're On Target * You're On Your Way * How Nice * How Smart * Good Job * That's Incredible * Hot Dog * Dynamite * You're Beautiful * You're Unique * Nothing Can Stop You Now * Good For You * I Like You * You're A Winner * Remarkable Job * Beautiful Work * Spectacular * You're Spectacular * You're A darling * You're Precious * Great Discovery * You've Discovered The Secret * You've figured It Out * Fantastic Job * Hip, Hip, Hurray * Bingo * Magnificent * Marvelous * Terrific * You're Important * Phenomenal * You're Sensational * Super Work * Creative Job * Super Job * Fantastic Job * Exceptional Performance * You're A Real Trooper * You Are Responsible * You Are Exciting * You Learned It Right * What An Imagination * What A Good Listener * You Are Fun * You're Growing Up * You Tried Hard * You Care * Beautiful Sharing * Outstanding Performance * You're A Good Friend * I Trust You * You're Important * You Mean A Lot To Me * You Make Me Happy * You Belong * You've Got A Friend * You Make Me Laugh * You Brighten My Day * I Respect You * You Mean The World To Me * That's Correct * You're A Joy * You're A Treasure * You're wonderful * You're Perfect * Awesome * A + Job * You're The Best * A Big Hug * A Big Kiss * Say "I Love You" * P.S. a smile is worth a 1000 words!



Chad Davis and Shanon Ragland

Davis, Ragland announce wedding plans

Mr and Mrs Ronnie Ragland of Ralls are proud to announce the engagement and approaching marriage of their daughter Shanon D'Sha Ragland to Chad Lee Davis. Miss Ragland, a 1989 graduate of Ralls High School is employed by Phoenix Home Health Agency. Shanon also attends International

Business College and will graduate in July.

Miss Davis is a 1989 graduate of Post High School and is engaged in farming and ranching.

Chad is the son of Leslie and Linda Davis of Post.

The couple will exchange vows June 15, 1996 in Lubbock.



Mrs Thomas Payton

Terry Allard Moore and Thomas Harlan Payton exchange vows

Terry Allard Moore became the bride of Thomas Harlan Payton on Sunday, April 7, 1996 at 2 p.m.

The double-ring ceremony was held at the Pleasant Valley Baptist Church with Rev Kenneth Winchester officiating.

The bride is the daughter of Joe and Linda Allard of Arlington.

The groom is the son of J.W. and Breena Payton of Post.

The bride was given in marriage by

her father, Joe Allard.

Matron of honor was Tammy Hooten of Lubbock, sister of the bride. Bridesmaids were Cindy Lowry of Midland and Mary Jo Cochrum of Arlington, both sisters of the bride.

Best man was John Smith, Jr of Lubbock. Groomsmen were Randy Friemel and Peter Wenzel, both of Dallas. All the groomsmen are friends of the groom.

Bingo winners

(Continued from Page 1)

The fourth-quarter figure represents a 2.8-percent increase from the same period in 1994.

Players in Dallas County Bingo halls won \$16.2 million during the fourth quarter, the most in the state. Tarrant County placed second with \$13.8 million, followed by Harris County, with \$103 million.

Local government in Garza County this month received \$1,039.14 in Charitable Bingo prize fees covering the fourth quarter of 1995, Linares said.

The payments cover prize fees collected by Charitable Bingo players in Garza County for October, November and December of this year. Cities and counties that imposed the gross receipts tax on a local-option basis receive or share quarterly payments equal to 2.5 percent of the prizes won by Bingo players in their jurisdictions.

The Lottery Commission this month allocated the following prize fees among Garza County units of government: Post, \$1,039.14.

The payments were part of the \$2.7 million in prize fees allocated to Texas cities and counties this week. In total, 68 county governments received more than \$1.4 million in prize fees, and 124 city governments received nearly \$1.3 million.

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Up and Down Main Street

by Wanda Mitchell, Post Chamber of Commerce

How many of you spend Sunday afternoons clipping coupons. I could have had a bonfire with all the coupons I used to clip and then forget when I went to the grocery store. After shopping, I would think, "If I had just brought my coupons I might have saved a couple of dollars". I even got one of those little pouches (for a \$1) that you organized the coupons in and I couldn't remember to get that either. But I think that you must have plenty of time to show with coupons. If not you could end up with a big bag of dog food and no dog just because you wanted to use your coupons.



Did you know that our own C.W. Post issued the first cents-off coupon in 1895? It was a one-cent certificate for Grape Nuts cereal. Since then, coupons have become a mainstay of the American grocery shopper.

These days businesses on the Texas-Mexico border process many of the coupons used by shoppers around the nation. In 1994, U.S. manufacturers distributed 310 billion coupons valued at \$10 billion dollars.

Although only about 2 percent of coupons are redeemed in stores each year, coupon issuers show little sign of slowing down. Manufacturers use coupons to introduce new products, call attention to new packaging or sizes, soften the blow of a price increase or reward loyal customers.

However, coupon issuers are making it tougher on clippers. Today the average coupon is good

for only three months, about half as long as it was five years ago. The coupon with no expiration date is very rare.

Shoppers can expect to save more with coupons for cereal, coffee, soft drinks, pet food, cold medicines and detergents. In general the costlier the product, the larger the value of the coupon.

We are excited that our one-act play from Post High School is advancing to regional. From what I understand, the play is almost flawless and has a really good chance of going to State. Congratulations to Miss McConnell and her drama students.

The Post High School girls and boys golf teams also will advance to regionals. We wish them luck at Baird on April 22nd.

Naomi from the Garza Theatre called me and asked me to report in my column that the Serendipity Shop will be open from 12 noon to 5 p.m. on Trade Day Saturdays with all kinds of refreshments and snacks. They will also open at 7 p.m. now before each play so that you have time to look around and sample some of their treats. "The Foreigner" will be opening at the Garza Theatre this Friday so make plans to see it on one of the next three weekends.

Don't forget that next Monday is the day you send your "thank you's" to the U.S. Government commending them on the wise way they spend your money. Be sure it is postmarked by midnight or your "thank you" won't go unnoticed.

If you haven't been to a little dribblers game, try to go. It is good entertainment and the kids and parents appreciate the support.

Don't forget the benefit Friday night for Brad and Penny Mason. This is another great way to support your community and its citizens because you..... Take Pride



PHS One Act Play cast members competing at the regional meet last week were (left to right) Lacey Hodges, Heather Mason and Jay Childers.

Living on the Edge of the Caprock

by John Senter, CEA-AG

Quick thoughts on slow-release fertilizers

Plants can take up fertilizers continuously, so it is beneficial to provide them with a balance of nutrients throughout their growth. Perhaps the most efficient way to achieve this is to apply slow-release fertilizer, which is designed to release nutrients at the same rate they are taken up by the plants. Slow-release fertilizers contain one or more essential elements. These elements are released or made available to the plant over an extended time.

Slow-release fertilizers can be categorized by the way in which the fertilizer is released. The three major types of nutrient release are: (1) materials that dissolve slowly, (2) materials from which the nitrogen is released by microorganisms, and (3) granular materials with membranes made of resin or sulfur that control the rate of nutrient release from the granules into the soil.

Sulfur-coated urea is a slow-release fertilizer with a covering of sulfur around each urea particle. Different thicknesses of sulfur control the rate of release of nitrogen which becomes more rapid as temperature increases. Watering does not affect its release rate. Sulfur-coated urea applied to the soil's surface releases more slowly than it does if it is incorporated into the soil. This material generally costs less than other slow-release fertilizers and it supplies the essential element—sulfur.

When fertilizer products coated with multiple layers of resin come into contact with water, the layers swell and increase the pore size in the resin so that the dissolved fertil-

izer can move into the soil. Release rate depends on the coating thickness, temperature, and water content of the soil. There is often a large release of fertilizer during the first two or three days after application. Release timing can range from zero to six months depending on the coating.

Slow-release fertilizers need not be applied as frequently as other fertilizers, and higher amounts can be applied without danger of burning. Plants may use the nitrogen in slow-release fertilizers more efficiently than in other forms since it is continually being released over a longer period of time than in conventional fertilizers. Slow-release fertilizers are generally more expensive than other types. The real benefit, however, is the frequency of application, which is much lower than with conventional fertilizers.

Urea formaldehyde and sulfur-coated urea have been used as turf fertilizer while resin coated fertilizers are predominantly used in container growing.

Caution should be used in applying slow-release fertilizers around trees or shrubs as they may keep the plant in growth late in the summer. The late season growth may not harden off completely and excessive winter damage may occur.

Material in this article is for information purposes only. References to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Texas Agricultural Extension Service of the Texas A&M University System is implied. Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

*** Express a mean opinion of yourself occasionally; it will show your friends that you know how to tell the truth.

Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

Eating and body image

Preoccupation with weight, feelings of guilt over "bad" foods or the fear of losing control over eating offset the simple pleasure of eating for many people. Research into our complex relationship with food is limited but many mental health professionals attribute our eating conflicts to the American cultural of thinness and the enormous pressure on women to conform to this standard clashing with our need to satisfy our basic drive for energy.



Moreover, food may serve as a substitute for love or a means of filling emotional emptiness. Women are expected to stay slim while simultaneously being the providers of good food for their families and friends.

Dealing with these contradictory expectations leads women to have ambivalent feelings about food. Although you cannot change your views on food and eating overnight, here are some sensible approaches to minimizing the conflict:

*Don't deprive yourself. Dieting or fasting before a holiday or special event can lead to an increased desire to eat or feeling compelled to eat. Don't make dieting a resolution or a way of life.

*Learn to recognize hunger. Women who have dieted off and on for years lose their ability to know when they are hungry. Tracking your body signals of hunger can be helpful.

*Don't weigh yourself compulsively. Everyone's weight fluctuates even over the course of a single day. If monitoring your weight helps you manage it, limit weigh-ins to once a week.

*Set up a support system for yourself. Many people respond to certain social situations by overeating. Have a trusted partner present to support, not monitor you in those situations.

*Imagine yourself in control. Take a few minutes to visualize yourself in control of your eating before you even sit down at the table.

*Don't eat standing up. You may find that you consume less and enjoy it more if you take small amounts of foods you like and sit down to eat them.

*Exercise! Most of us need a more formal fitness regime than our daily tasks. Exercise programs can be started by taking a five-minute brisk walk then increasing the time by a few minutes everyday.

*Think of your total diet as food you need to nourish your body, rather than a temporary, restrictive regimen. If you consider weight management to be a health issue rather than a cosmetic concern, you will be more likely to eat foods that are good for you such as fruits, vegetables and whole grains. Doing this may help you make small, permanent changes that will eventually enable you to enjoy the simple pleasure of healthful eating!

Extension programs serve people of all ages regardless of socioeconomic level, race, sex, color, religion, disability or national origin.

Post resident named to honor rolls

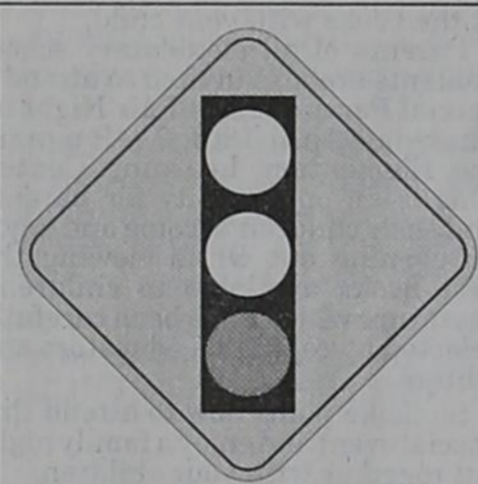
Dr. Don Dunnington, academic vice president at Southern Nazarene University in Bethany, Oklahoma, has released the Dean's and President's Honor Roll listing for the 1995 fall semester.

To be eligible for the Dean's List, a student must complete at least 12 credit hours with a 3.4 GPA, and no incomplete courses or grades below a "C".

Those named to the President's Honor Roll have completed the same requirements while registering a straight A average (4.0 GPA).

Among those named to SNU's academic honor rolls, is Brad McDonald from Post.

Brad is a junior at SNU studying finance and is a Post High School graduate. He is the son of Wayne and Carol McDonald.



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Ladies Auxiliary

VFW hold meeting

The Ladies Auxiliary of Post 6797 met at their regular Monday night meeting on April 8th.

Members present were Janet Ratliff, Maleeey Johnston, Faye Johnson, Faye Stone, Shirley Williams, Alva Shepherd, Lana Conner, Ruth Walls, JoElla Sparlin, Carroll Jean Light, Dena Morgan and Melvis Taylor.

The meeting was opened with the Secretary's minutes read and the Treasurer report given. Melvis Taylor was awarded with an appreciation gift for her past Presidency.

A discussion was held on the April 20th bake sale at United for Roy Siewert. Members voted to bake cakes for Brad and Penny Mason and assist with the benefit on April 12th. The monthly birthday party will be held on April 27th. Preparations for a future garage sale were discussed. Appreciation certificates were

presented to the Garza Co. Sheriff's Dept. and DPS for the Bike Safety Program by Carroll Jean Light on March 30th.

We were proud to accept two new members into the Auxiliary at this meeting, Jennifer Edwards and Lana Conner. The meeting was dismissed with a prayer by JoElla Sparlin.

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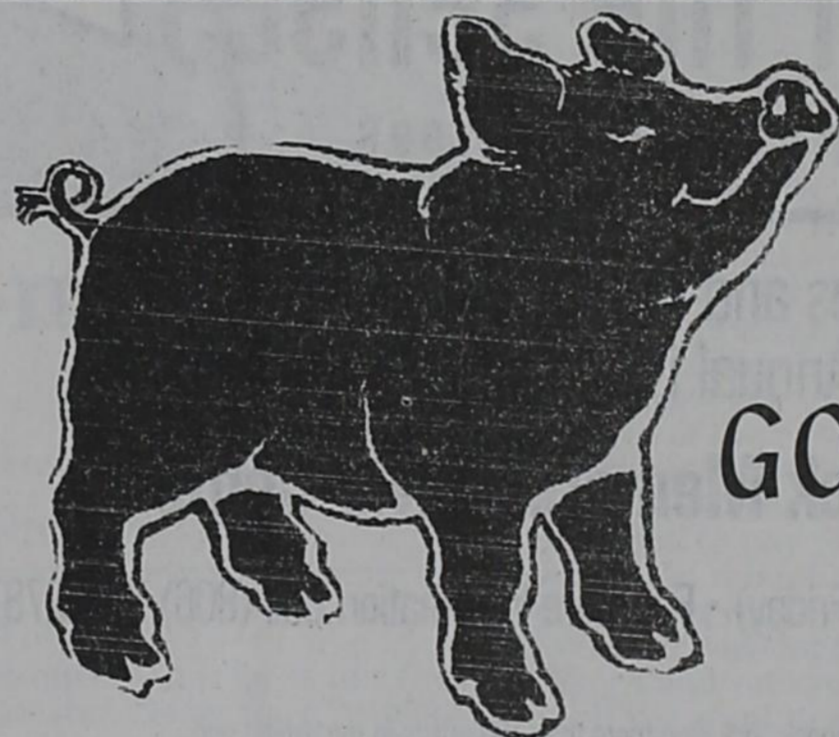
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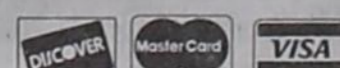
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Garza Healthtalk

by Debbie Jenkins, CRTT, EMT-P
In the State of Texas there are approximately 26,000 Emergency Medical Technicians (EMT) and 9,400 EMT-Paramedics. Garza County is very fortunate to have 13 EMT's and four paramedics who volunteer their time to the community. Many rural area EMS organizations have fewer volunteers with a larger service area to cover.

EMS was introduced into Garza County in 1978 thanks to some very dedicated city and county leaders who realized the need for emergency care outside of the hospital setting. The ambulance units are jointly owned by the Garza County Hospital District, the City of Post and Garza County.

To many people an EMT is considered to be an "ambulance driver." Actually, an EMT is trained to deliver care for many emergency situations. Training consists of four months classroom time and plus rotations in the hospital emergency room, OB/delivery and on the ambulance. They are trained to recognize and treat life threatening illnesses and injuries at a basic level and to remove victims from motor vehicle accidents without causing further damage to the neck or spine.

Certified EMT's can continue their training to become an EMT-Intermediate or EMT-Paramedic. This consists of additional classroom time and hospital/ambulance rotations. Paramedics have the highest level of training and can give medications and initiate emergency procedures that require advanced skills to perform such as EKG (heart monitoring), defibrillation, administer IV fluids and much more.

Each level of training is followed by a state certification exam administered by the Texas

Department of Health. Individuals who complete the course and do not take or pass the state exam can not work on the ambulance. Following certification, EMS personnel must obtain continuing education hours and pass skills proficiency tests in order to recertify every two years.

Health care is changing rapidly. In the future, EMT's will be trained to perform more advanced skills and administer certain medications. Paramedics will be trained to suture wounds in the field if the victim does not require further treatment at a hospital and to perform a variety of other procedures that in the past have only been available at a clinic or hospital.

EMS is only one link in the chain of survival. Equally important are the police and fire departments who perform many services at the scene and Garza Memorial Hospital whose highly trained physicians/personnel have helped save many lives that otherwise would have been lost without immediate care.

"Post EMS is a community-oriented organization. Our mission is to provide the best pre hospital care to injured or ill individuals," John Redman EMT-P, EMS Administrator said. "Public support is vital to our organization." Texans benefit daily from the knowledge and skills of certified emergency medical personnel.

"We hope that people keep themselves safe from injury by wearing seat belts, buckling children into safety car seats, not drinking while driving, being careful with fire and practicing good safety habits," said John. "We want people in Garza County to know that while we want them to stay healthy and safe, we are here to help them when they are injured or sick."

Anyone interested in EMS training can contact John Redman for further information.

Post Elementary Book Fair

The parents of Post Elementary School students are invited to attend the Scholastic Book Fair to be held Monday, April 15 thru Friday, April 19th in the Learning Center. Students will be visiting the Book Fair during regular hours as a part of their normally scheduled library period. Parents may visit the Learning Center during the day between the hours of 7:30 a.m. - 11:45 a.m. or between 12:30 - 4 p.m. Each student will receive a booklist which represents some of the books that may be purchased at the Book Fair. The order form on the back of the booklist may be used. Alternate selections should be made in case of shortages of popular titles, and the 7.25% sales tax must be added to all orders. Selections range from 99¢ to \$19.95. We hope you will be able to come to the Learning Center to look at the books with your child.

Parents of all elementary school students are also invited to attend a special Parents' Book Night on Thursday, April 18th, 7 - 9 p.m. in the Elementary Learning Center. This is an opportunity for parents and their children to come and enjoy an evening out while viewing the best books available in children's literature which have been carefully selected by reputable educators and editors.

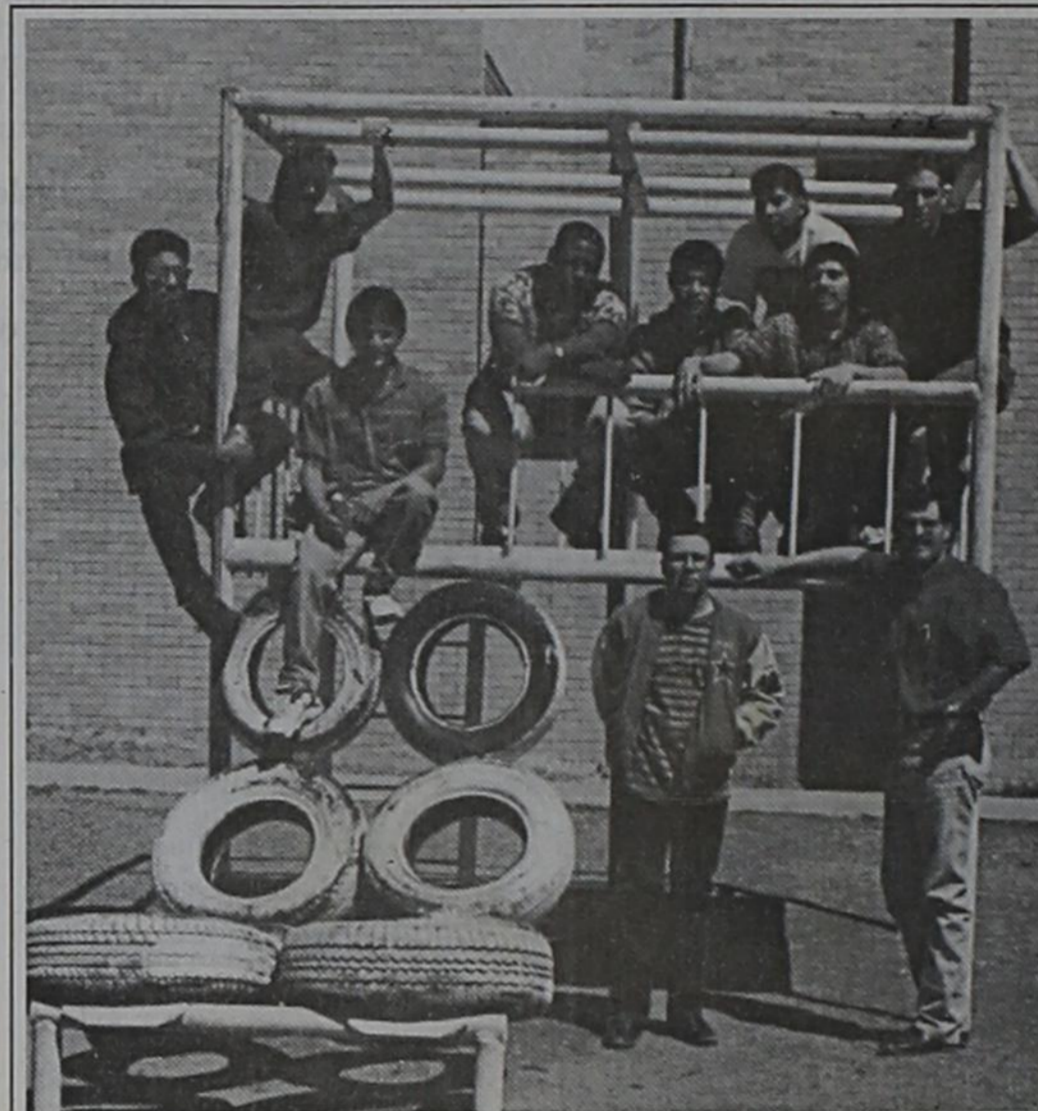
So make plans now to attend this special event and enjoy a family night out together with your children.

Grandparents' Corner



Bo and Marita Jackson are all smiles with their grandchildren (back, left to right) Zachary Witcher, Lyndee Strawn, Jake Lott, Waylon Strawn, (front) Paige Lott and Jennifer Strawn. They are the children of Susan and Jay Strawn, Peggy Lott and Jay Lott and Cindee Witcher, all of Post.

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



PHS Ag class students recently complete construction of new playground equipment for the elementary school and took time to share their accomplishment their teacher, Perry Smith (right).

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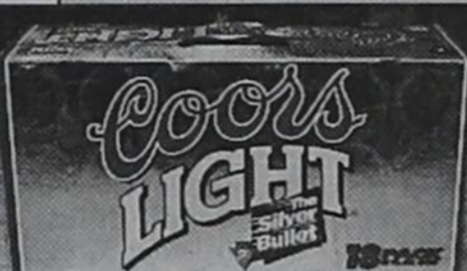
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It is hard to feel individually responsible with respect to the invisible processes of a huge and distant government.

—John Gardner

Tax 'n Facts

by Terri Cash, CPA
Medical Expenses You May Have Missed

Medical expenses can be deducted insofar as they exceed 7.5 percent of adjusted gross income. In addition to medical care, dental treatment, eyeglasses or contact lenses, hearing aids and false teeth, there are many other expenses to keep in mind.

Home improvements for medical reasons count, at least those costs that exceed any increased value in the house. Deductions have been allowed for a more convenient bathroom or an elevator for a patient who should not climb stairs, central air conditioning for someone with respiratory problems, even a swimming pool needed for therapy specifically prescribed by a doctor when no other facility was available in the area.

Easiest to deduct are travel costs to and from the doctor. Meals and lodging are deductible while traveling to get medical care; once there, lodging up to \$50 per day per person can be deducted, for the patient and someone needed to travel with an ill person. Other trips, if doctor-prescribed, can be deducted, too.

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Again thank you very much,
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Opinions



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Voting on the "Boondoggle Tax"

Editor's Note: The following opinion was sent to the Wilson County News, and although it is not directed at the tax issue in Post, the situation in Floresville is similar to that facing tax payers here.

by Tom Kane
You've heard about federal boondoggles, where bureaucrats spend billions to benefit a few. And you've seen the Alamo City boondoggles, where civic leaders, dominated by the hotel industry, spend millions on projects that always seem to flop. Like the famous Hazwaste-Dome and all its little disposal sites. Like the vacant Fiesta Mall — a "joint venture" of business and government that makes you wonder what kind of joints they were smoking when they planned the venture. Like the pile of rubble next to the Convention Center, the dust hardly settled before cries go up for a new taxpayer-funded Arena — because the Hazwaste-Dome just doesn't work for basketball. (Shucks. There goes another ten or twenty million. Well, that's business.) To many people, these boondoggles sound like "wasting money." But civic leaders reassure us that this is "Economic Development." Well, friends, "Economic Development" is coming to Floresville. Yes, your City Council has unanimously passed a resolution for a Boondoggle Tax referendum. They call it the "Economic Development Sales Tax (4B)", and you get to vote Yes or No on May 4. Now, to most of us, economic development means having a good job in a good business that pays good money. And "good money" means that, after you pay all your federal, state and local "Economic Development" taxes, you have some left for yourself and your family.

But to civic leaders, "Economic Development" means forcing everyone to pay for things like "... professional and amateur athletics... stadiums... projects related to convention, tourist, exhibition facilities... concert halls... recycling facilities... related store, restaurant, concession and automobile parking facilities... new or expanded business enterprises..." etc., etc., etc.

Some people are going to make a lot of money on these projects. And you aren't one of them. Where did we get this idea? Well, our city fathers called over to Austin, where folks know a lot about raising taxes, and invited the State Comptroller to send down a special tax-raising consultant. (Our state government is so helpful that way.)

The consultant told the council that they could raise your taxes in three creative new ways:

First, a 4A Sales Tax, dedicated to a single, one-time Boondoggle. Second, a 4B Sales Tax, for a never-ending series of Boondoggles. Third, a Sales Tax Dedicated to Property Tax Relief.

At this point, you may be thinking, "Great, we'll finally get some Property Tax Relief." Not so. The City Council didn't even consider Property Tax Relief — except for the five minutes it took them to shoot it down when I brought it up at the hearing.

No, the Council is proposing the second option, a 4B Sales Tax dedicated to a never-ending series of Boondoggles.

They think that's what you want — mainly because fewer than 3 people protested at the hearings.

Yes, the Boondoggle fund will be managed by 7 outstanding citizens appointed by the Council. And yes, the first few Boondoggles will be very traditional drainage and road improvements — things that no one could object to.

But you know what will happen after those first few projects. The 7 outstanding citizens will get tired of all those meetings. One by one, they will resign ("family reasons", "health reasons", "business reasons", "personal reasons", etc.). And one by one, they will be replaced by people who stand to profit from the Boondoggles!

Amazing, isn't it. Suddenly the board is filled with people who have an ax to grind, but don't want to pay the grinder.

Every interest group and pressure group — from the conservative Chamber of Commerce to the radical Alternative Lifestyle groups whose names can't be printed in a family newspaper — will try to get some of that money — money that once was yours.

I wish I could say this was a rare process. But it's the story of the last 130 years of American government.

Yes, you and your children are about to get a great history lesson — you will see, right here in Floresville, how America changed from the "Land of the Free" into the "Slaves of the Bureaucracy."

And this little history lesson will cost you only about \$40 per family per year — maybe \$2,000 or \$3,000 per family over a lifetime — a small price to pay for a ringside seat at the Decline of America, reenacted in miniature with your own money, with your own civic leaders, with your own pressure groups.

If you like Boondoggles, and if you like taxes, go down to City Hall on May 4 and vote yes to the Boondoggle Tax.

But if you want to stop this foolishness before it starts, take your friends and relatives with you to City Hall on May 4, and invite them to join you in a resounding NO!

Legal plunder has many names

by Frederick Bastiat (1801-1850)
excerpt from "The Law"
published by The Foundation for Economic Education Inc.,
Irvington-On-Hudson, New York, N.Y.

Now, legal plunder can be committed in an infinite number of ways. Thus we have an infinite number of plans for organizing it: tariffs, protection, benefits, subsidies, encouragements, progressive taxation, public schools, guaranteed jobs, guaranteed profits, minimum wages, a right to relief, a right to the tools of labor, free credit, and so on, and so on. All these plans as a whole — with their common aim of legal plunder — constitute socialism.

Now, since under this definition socialism is a body of doctrine, what attack can be made against it other than a war of doctrine? If you find this socialistic doctrine to be false, absurd, and evil, then refute it. And the more false, the more absurd, and the more evil it is, the easier it will be to refute. Above all, if you wish to be strong, begin by rooting out every particle of socialism that may have crept into your legislation. This will be no light task.

Common law... common sense

by Wesley W. Burnett
A lot of folks lately have quizzed me about common law courts, especially since the hype related to the media bashing of the "Freemen" in Montana.

The best way I can describe common law is by its first name... common, as in common sense. An example:

The neighbor's dog consistently uses your yard for its daily duty... you talk kindly to your neighbor... no restraint of the animal takes place, the damage to your property continues. You make a record of the attempts to solve the problem through civil discourse.

After your patience runs out, you file a written charge, as the injured party. The clerk schedules the case to be heard at the next regular court date. The clerk notifies your neighbor of the complaint and requests his/her attendance at the court... on that date, volunteer jurors (usually 50-70 people) arrive to accept their duties as citizens. The clerk takes the slips of paper with individual names of the citizens, draws 12, and those 12 take their seat as jurors. They hear the evidence, ask questions, then decide the outcome. If the accused is acquitted, jurors have the option of assessing penalties against the accuser, to be paid to the accused.

That's common sense. You and your neighbor are judged by your neighbors. Does this make sense to you?

A lawsuit takes aim at free speech

by Stephen Chapman

In 1992, James Edward Perry ordered a book published by Paladin Press called "Hit Man: A Technical Manual for Independent Contractors." Fourteen months later, he entered a house in Wheaton, Md., and killed Mildred Horn, her son and his nurse. Police say he was hired by Horn's husband.

Perry is now in prison awaiting execution on a murder conviction. Paladin Press, for its part, is in the dock, in federal court by Mrs. Horn's family for its alleged complicity in the crime. The lawyer for her estate, Howard Siegel, thinks the case is open and shut: "If you knowingly help perpetrate a criminal act, you are as responsible as the person who pulls the trigger."

Siegel says that Perry followed no fewer than 26 steps suggested in Paladin's do-it-yourself volume, from using a silencer to making the crime look like a burglary to shooting two of the victims in the eyes. "If you sit down with somebody and he says, 'I want to commit a murder,' and you train him, that's clear aiding and abetting," he says. In Siegel's view, putting the instructions in book form is no different — and no more deserving of constitutional protection.

For staunch defenders of the First Amendment, arguing for Paladin Press' right to publish "Hit Man" is not quite as exhilarating as, say, taking the side of The New York Times and The Washington Post in the Pentagon papers case. The regrettable fact of life, though, is that constitutional liberties have often been advanced by people who are exceptionally loathsome — like the Nazis who wanted to march in Skokie, Ill. If freedom were only for those whose opinions and activities are pleasant and appealing, it wouldn't mean much.

However commonsensical Siegel may sound, holding the publisher liable would do little to prevent crime but much to endanger the rights we value. Paladin would be the first victim of this new doctrine. It wouldn't be the last.

The helpful advice contained in "Hit Man," after all, is not a state secret. Anyone with a rudimentary acquaintance with police blotters and mystery novels could figure out many of the steps it suggests. For that matter, the same information might appear in a manual for police detectives. There's nothing illegal about revealing such methods.

"The Day of the Jackal," Frederick Forsyth's best-selling novel about an attempted assassination of French President Charles De



Gaulle, offered detailed step-by-step guidance on how to kill a political leader. If police had found that book in Perry's home instead of "Hit Man," would Siegel have sued Bantam Books? If John Hinckley had read it, would the publishing house be liable for his attack on Ronald Reagan?

If you're impatient with hypothetical scenarios, here's a real one. Last year, a New York subway clerk was killed by two robbers who doused him with lighter fluid and set him afire — replicating a scene that appeared in the film "The Money Train." The city transit agency blamed the movie-makers. Should Columbia Pictures pay?

Siegel says "Hit Man" is different because of the publisher's intent — which, unlike that of novelists and film directors, is not to entertain but to facilitate crime. What makes him so sure? Lots of people buy Paladin books — which include volumes on how to make bombs and how to dispose of unwanted corpses — purely for diversion. Twisted diversion, maybe, but diversion nonetheless. If the only market for "Hit Man" were real hit men, most of whom don't learn their trade from books, Paladin would have gone out of business a long time ago.

Fred and Joe, sitting in a bar, might have a conversation about how to get away with murder — and Joe might then go out and kill someone. But unless Fred knew that Joe was seriously contemplating homicide, Fred can't be held accountable, even if he was irresponsible enough to give the killer lots of useful information. Paladin is no more guilty of abetting a murder than Fred. The publishing company may be foolish, callous and contemptible — just as Fred may be — but it is not genuinely culpable for Mildred Horn's murder.

Will the courts buy Siegel's argument? Not likely. The Supreme Court has said freedom of speech includes not only the right to advocate violence but the right to advocate the bloody overthrow of the government. The courts even allowed The Progressive magazine to publish an article on how to build an H-bomb after the information found its way into other publications.

By Siegel's logic, Paladin could sell a book on how to construct and detonate a nuclear warhead — as long as it didn't give instructions on how to carry out a murder for hire.

If we were to ban every book that carries some danger, we would have nothing to read but cereal boxes. For the courts to hold Paladin Press responsible for Horn's death would be a step in that direction. COPYRIGHT 1996 CREATORS SYNDICATE, INC.

On tobacco, congress is simple-minded

by Walter E. Williams

Tobacco executives have been accused of lying to Congress about their knowledge of tobacco's addictive nature. Scientists have been analyzing the addictive qualities of nicotine since the late 1800s. Hundreds of medical studies have shown nicotine to be addictive. For a congressman to ask a tobacco company executive whether nicotine is addictive is just as intelligent as that congressman asking an astrophysicist whether the Earth revolves around the sun. Tobacco executives fear liability suits and, therefore, deny addiction. By the way, what's so bad about lying to Congress when a list of Congress' lies could fill volumes?

Nicotine is not cancer-causing and, all by itself, poses no greater harm than caffeine, which is also an addictive substance. The health risk is associated with the 2,999 other by-products of tobacco smoke. And this is where a very important book, "For Smokers Only," comes in.

The book was written by Dr. Brad Rodu, professor and chairman of Oral Pathology at the School of Dentistry at University of Alabama in Birmingham, who has impeccable credentials. He has published 40 articles in peer-reviewed professional journals; he has absolutely no connection with the tobacco industry; he counsels against underage tobacco use and encourages people not to begin any form of tobacco consumption. However, he urges those who smoke and have difficulty quitting to switch to smokeless tobacco and has conducted a number of studies showing the benefits of switching. Let's look at it.

If the 46 million American smokers switched to smokeless tobacco, tobacco-related deaths would plunge from 419,000 annually to 6,000 or fewer. Smoking-related heart and lung disease would disappear, and so would the alleged effects of secondhand smoke. Oral cancer is the only significant risk of smokeless tobacco. But if every cigarette smoker switched to smokeless tobacco, there would be 50 percent fewer cases of oral cancer than there are today caused by cigarette smoking.

The smokeless tobacco Dr. Rodu has carefully researched comes in the form of a tiny tea bag that the user places inconspicuously between his gum and cheek and is manufactured under several brands. There is no spitting associated with its use. Nicotine is readily absorbed through the mucous membranes that line the cheek. The user gets his "hits" continuously with little of the adverse health effects of lighting up a cigarette.

Now you might ask: What has been Dr. Rodu's reward for showing how there could be a 98 percent reduction in tobacco-related deaths? In a word, it's persecution by the anti-tobacco zealots. The National Cancer Institutes attacked Dr. Rodu, not citing any errors in the study but simply for having conducted it. They conducted an investigation of him that was ultimately dropped. The American Dental Association attempted but failed to have the American Academy of Oral Pathologists, of which he is a member, condemn and censure him for doing the study.

America's tobacco prohibitionists are engaged in a systematic war of official lies to dupe us into accepting more government control over our lives. Part of these official lies can be seen by simply picking up a can of smokeless tobacco and reading its label: "Warning: This product is not a safe alternative to cigarettes." The fact of business is smokeless tobacco is infinitely safer than cigarettes, and by the

way, if we ever find a perfectly safe alternative to anything, it will be a first in the history of mankind. COPYRIGHT 1996 CREATORS SYNDICATE

Wisdom

"Government is not reason, it is not eloquence, it is force; like fire, a troublesome servant and a fearful master. Never for a moment should it be left to irresponsible action."

Genl. George Washington

The Constitution for the United States

Preamble

We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.

ARTICLE I

SECTION 9. The migration or importation of such persons as any of the States now existing shall think proper to admit, shall not be prohibited by the Congress prior to the year 1808, but a tax or duty may be imposed on such importations, not exceeding ten dollars for each person.

The privilege of the writ of habeas corpus shall not be suspended, unless when in cases of rebellion or invasion the public safety may require it.

No bill of attainder or ex post facto law shall be passed. No capitation, or other direct, tax shall be laid unless in proportion to the census or enumeration herein before directed to be taken. 8 No tax or duty shall be laid on articles exported from any State.

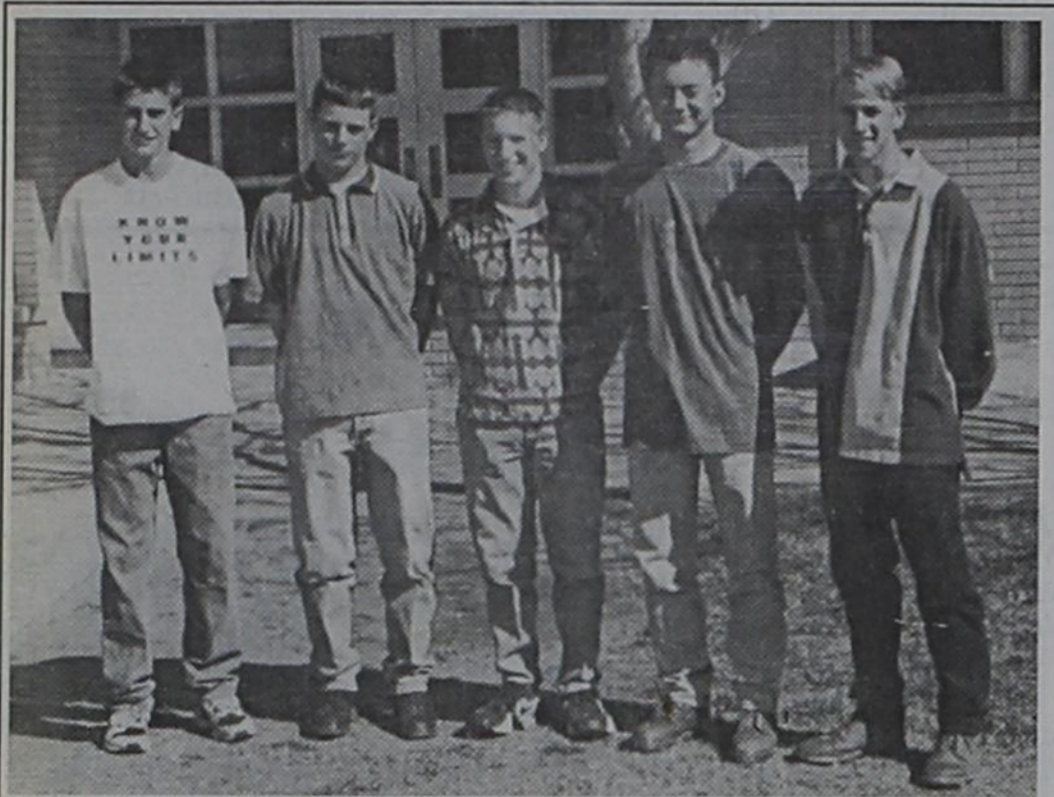
No preference shall be given by any regulation of commerce or revenue to the ports of one State over those of another; nor shall vessels bound to, or from, one State, be obliged to enter, clear, or pay duties in another.

No money shall be drawn from the Treasury but in consequence of appropriations made by law; and a regular statement and account of the receipts and expenditures of all public money shall be published from time to time.

No title of nobility shall be granted by the United States; And no person holding any office of profit or trust under them, shall, without the consent of the congress, accept of any present, emolument, office, or title, of any kind whatever, from any king, prince or foreign state.

A Constitution will only serve the people if the people insist on its tenets to be upheld by all.

Sports



DISTRICT CHAMPS! - Post High School boys' golf team members (left to right) Jay Gorman, B.J. Hart, Jerry Graham, Josh Grisham and Slade Bevers celebrate winning the district title this week. They will compete in Baird at the regional contest.

Post slides by Idalou 5-2

By Becky Warren
The Post baseball team slide by Idalou on Tuesday, April 2 by a score of 5-2.

The first four innings for Post were not good offensively. The minimum number of batters a team could send to the plate through four is 12. We were able to send 15. Brian Bigham had out bats shut down.

Perez too was throwing very well only allowing one hit in each of the first

In Idalou's half of the third they led off with a pop up to short for out 1. Their lead off hitter, Ramirez, then strokes a double to left center. He then gets to third on an error on pick off play. Becton walks. Brian Bigham slaps the ball up the middle where Anthony Flores made a great catch that would end the inning. The ball was misplayed, allowing Ramirez to score. That put runners at first and third. Eddie Garcia hit a hi hopper to Todd Terry at second who flipped the ball to Sammy Zubia at first for out two. The runners advanced to second and third. With two outs and runners at second and third and their number five hitter up, David Perez struck him out in four pitches (fouled off one). Idalou was ahead 1-0. Post left runners in scoring position in the first, third and fourth innings.

In Idalou's fourth time up to bat the lead off batter popped one up to Zubia at first for out one. The next man was struck down for out two. Idalou then had a walk and a steal. Then a single was scored to make the score 2-0 in favor of Idalou. With a runner at second Jamie Hernandez made a big play at third, catching a hard, hard line drive across his body down the line at third for the third out.

Things were really looking bleak for Post. Bigham had us shut down. But the fifth inning proved to be big for Post. Seth Pennell lead off

with a walk and stole second. He advances to third on a passed ball. Steve Gonzales get ahead in count 2-0, then slaps a double to right center scoring Pennell from third. This prompted Idalou to make a pitching

change, bringing in Trevor Farmer. T.J. Gaydos smashed one to short who made the catch and put Gaydos out at first for out one. David Perez, out lead off hitter, then got around on a fast ball and doubled to left over the left fielder's head. If the wind had not been blowing it probably would have been a home run. That tied the score 2-2. Perez advanced to third on a passed ball. Anthony Flores walked and then stole second. Todd Terry came up to bat next and got behind in count 1-2. With one out and runners at second and third, Terry slapped a liner to right field, scoring Perez and Flores giving Post a 4-2 lead. Terry then stole second. Jamie Hernandez struck out on three pitches for out two. Terry is still at second. Jeremy Josey stepped up to the plate and got behind in count 1-2 and then slapped a double to right center scoring Terry. The right fielder misplayed the ball and Josey advanced to third. Post is ahead 5-2. Sam Zubia, our ninth batter of the inning, struck out to end the inning.

In Idalou's fifth time up to bat the first batter popped up one to Perez for out one. That brought up Brian Bigham who struck out for out two. Then Eddie Garcia slapped a single up the middle. Trevor Farmer, who had already doubled, hit a high fly ball to left center that was very difficult to catch because of a strong wind blowing across left to right. Seth Pennell made the catch for out three and ended the threat of a run.

The field at Idalou does not have any lights and by this time it was dusk and nearing darkness. By rule a game is considered complete if five complete innings have been played if the home team is behind or 4 1/2 if the home team is ahead. We had played five complete innings. There was still enough light left to start another inning. Post came to bat, hoping to add to the lead and use up some time. We promptly went three up and three down. With still enough light for Idalou to get another turn at bat, as we took the field the umpire was asked how much longer before he called the game. He said this would be it. So if Idalou were to score four runs they would win. Three would tie and the game would be a half game win and a half game lost for each team. But if we could keep them from doing either of those we would win.

David Perez decided that he would take care of the situation by striking out all three batters in a very convincing fashion. He three 13 pitches.

Lopes place sixth

by Becky Warren
The varsity Lopes placed sixth in the Bulldog Classic Relays with 47 points.

Individual results are:
Second place:
400 meter relay - Jamie Hernandez, Paul Arausa, Freddy Pena and Steve Gonzales;
110 meter hurdles - Roland Basquez.

Third place:
200 meter dash - Paul Arausa.
Fourth place:
1600 meter relay - Paul Arausa, Jamie Hernandez, Freddy Pena and Isreal Perez;
Triple jump - Paul Arausa.
Fifth place:
Shot put - Michael McDougle;
Discus - Jerry Crawford.
Sixth place:
Triple jump - Jamie Hernandez.

Varsity girls win district

by Becky Warren
The varsity girls won the district team championship at Seagraves on April 4th.

Individual results are:
Girls Singles:
Semifinal - Bertha Soria defeated Shelly Thrasher (Ralls) 6-1, 6-1;
Final - Bertha Soria defeated Trisha Moore (Idalou) 2-6, 6-4, 6-2 receiving first place.

Girls Doubles:
Semifinals - Shelley Shifflett - Rachele Jones lost to Elmore - Heatherly (Sundown) 6-3, 6-4;
Tammy Matthes - Melissa Gutierrez lost to Crump - Torres (Ralls) 6-0, 6-4.

Third Place Match:
Third place - Shelley Shifflett - Rachele Jones defeated Tammy Matthes - Melissa Gutierrez (fourth place) 6-4, 7-6.

Bertha Soria will participate in the Region 1 meet in Abilene on April 24th and 25th.

JV boys finish fourth

by Becky Warren
The JV Lopes finished fourth in the Bulldog Classic Relays with a total of 73 points.

Individual results are:
First place:
Discus - Eric Lopez.
Second place:
400 meter relay - Chris Hernandez, Terry Foster, Tim Quintana and Derek Guthrie;
100 meter dash - Terry Foster;
800 meter run - Steve Ayala;
Triple jump - Terry Foster.
Third place:
300 meter hurdles - Jay Gorman.
Fourth place:
200 meter dash - Derek Guthrie;
Discus - Matt Cooper;
1600 meter relay - Jay Gorman, Steve Ayala, Terry Foster and Tim Quintana.
Sixth place:
Shot put - Eric Lopez.



DISTRICT CHAMPS! - Winning the district championship competition this week were PHS girls' golf team members (left to right) Rebecca Stelzer, Kasey Hardin, DeeJé Estep, Jill Stelzer and Natlie Pollard.



Bertha Soria (right) is a regional qualifier following district tennis competition here this week. Joining her are regional alternates Rachele Jones (left) and Shelley Shifflett (center).

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By Ace Reid



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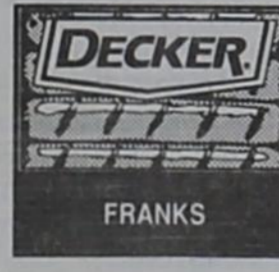
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Obituaries

Glen Thomas "Tom" Cox

Funeral services for Glen Thomas "Tom" Cox, 78, of Happy, were held Saturday, April 6, 1996 at 3 p.m. in the First Baptist Church of Happy with Rev. Lonny Poe, pastor, officiating.

Burial was in the Happy Cemetery under the direction of Wallace Funeral Home of Tulsa.

Mr. Cox died Friday, April 5, 1996 at 4:25 a.m. in the High Plains Baptist Hospital in Amarillo.

He was born February 26, 1918 in Mobeetie. He married Joy Allene McDowell on January 31, 1948 in Clovis, New Mexico. She preceded him in death on December 27, 1989 in Happy.

He attended schools at Union Hill, Salem and Happy. He graduated from Happy High School. He was an Aviation Machinist Mate, First Class, V2 in the Navy during WWII. He returned to Happy and worked for Burrow Lumber Company in Happy and then Consumers Supply in Happy and Consumers Fuel in Canyon. He was also a farmer and rancher. He was a member of the American Legion Zoeller-White Post 112 in Happy.

Survivors include three daughters: Gladene Woodside of Canadian, Sherma Flowers of Happy and Lillie Hart of Post; a brother: H.L. Cox of Ruidoso, New Mexico; six grandsons and one great-granddaughter.

Pallbearers were Glen Woodside, Kirk Flowers, Ryan Hart, Gabe Flowers, Casey Hart and Roy Don Flowers.

Consie Thuet

Funeral services for Consie Thuet, 77, were held Saturday, April 6, 1996 at 3 p.m. in the First Baptist Church with Rev. Darryl Smith, pastor, officiating. He was assisted by Rev. Paul Kenley, pastor of Dimmitt First Baptist Church.

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

Mrs. Thuet died Thursday, April 4, 1996 at her residence.

She was born July 9, 1918 in Van Alstyne and was the daughter of Lester Baker and Gertrude Parker. She married L.G. Thuet, Jr. on December 31, 1938 in Post. She had been a member of the Home Demonstration Club and Eastern Star. She had taught Sunday School for 50 years. She was a housewife and a Baptist.

She was preceded in death by a daughter, Billie Louise, in February 1942.

Survivors include her husband, L.G. Thuet, Jr. of Post; two sons, Jerry and Ronald, both of Post; three sisters, Mary Gale Young of Post, Dorothy Kenley of Tahoka and Melvena McGlaun of Lubbock; a brother, Bob Baker of Belton; three grandchildren, Amy Thuet, Kerry Finney and Trevor Thuet and one great-grandchild, Dalton Maxwell.

Pallbearers were Tommy Young, Jay Young, Ken Young, Charles Baker, Craig Lacy and Jimmy Dominick.

Honorary pallbearers were Bob Macy, Lee Norman, Bobby Terry, Mack Terry, Glen Norman, Dub Caffey, Harold Craig, Mickey McMeans and Ted Williams.

The family request memorials be made to Hospice of Lubbock, P.O. Box 53276, Lubbock, Texas 79453 or a favorite charity.

Della Smith

Funeral services for Della Smith, 93, were held Wednesday, April 10, 1996 at 3 p.m. in the Pleasant Home Baptist Church with Rev. Arthur Kelly, pastor, officiating.

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

Mrs. Smith died Sunday, April 7, 1996 in Highland Hospital in Lubbock. She was born July 8, 1902 in Taylor and was the daughter of Rison Smith and Sally Goodman. She was a housewife and a Baptist.

She had lived in O'Donnell until 1937 and moved to Post in 1983. She was preceded in death by a daughter, Ida Mae Brown, on October 11, 1986.

Survivors include a son, Ricky Cardale Brown of Rockford, Ill.; 20 grandchildren; 60 great-grandchildren and nine great-great-grandchildren.

Menus

Post ISD

Friday, April 12

Breakfast: Cereal, toast 'n jelly, fruit, milk.
Lunch: Rib-a-que, whipped potatoes, green beans, pudding, hot rolls, milk.

Monday, April 15

Breakfast: Belgian waffle sticks, butter and syrup, fruit, milk.
Lunch: Frito pie, baked beans, rosy applesauce, corn bread, milk.

Tuesday, April 16

Breakfast: Oatmeal, bacon, toast and honey, fruit, milk.
Lunch: Fried chicken, whipped potatoes, green beans, Jello, hot roll, milk.

Wednesday, April 17

Breakfast: Cereal, toast 'n honey, fruit, milk.
Lunch: Burrito w/sauce, fried squash, salad, cake, milk.

Thursday, April 18

Breakfast: Malt-O-Meal, sausage, toast, fruit, milk.
Lunch: Tamales, pinto beans, salad, pear halves, milk.

Trail Blazers

Friday, April 12

Green chili chicken, refried or red beans, tomato slices, tossed salad, cornbread, fruit salad, choice of beverage.

Monday, April 15

Hamburger steak, brown gravy, rice, squash, wheat roll, golden congealed salad, choice of beverage.

Tuesday, April 16

Brisket, au gratin potatoes, fried okra, wheat roll, dill pickles, apricot cobbler, choice of beverage.

Wednesday, April 17

Fish, lima beans, carrots, cornbread, bananas and oranges, oatmeal cookies, choice of beverage.

Thursday, April 18

Baked chicken w/mushroom sauce, mashed potatoes, broccoli, tossed salad/Thousand Island dressing, bran muffin, lemon cake, choice of beverage.

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HINTS FOR HOMEOWNERS

(NAPS)—If you are among the 50 million homeowners trying their best to maintain a healthy, weed-free lawn, you're also an environmental steward. Most people don't realize it, but healthy lawns add not only attractiveness but also positive benefits to the environment.

In fact, a healthy, weed-free lawn:

- Reduces Soil Erosion. Dense grass is the best natural surface for trapping precipitation and reducing soil erosion. This excess water nourishes grass and trees before soaking through the topsoil and replenishing groundwater supplies.

- Increases Air Quality. Healthy grass areas trap almost 12 million tons of dust and dirt from the air annually. Just one acre of grass can absorb hundreds of pounds of fossil fuel-created sulfur dioxide in a single year.

- Increases Property Values. A well-maintained lawn increases

the value of a home by as much as ten to 15 percent.

- Restores Nutrients. By grass-cycling (leaving clippings on the lawn and allowing them to decay), you return a large amount of nutrients to the lawn that help it grow.

But just how do you maintain a weed-free, healthy lawn? Remember to:

- Cut grass to proper height. Taller grass filters out light that weeds desperately need, making it easier for grass to choke out weeds. Contact your extension service for mowing heights of your turfgrass type.

- Leave grass clippings on the lawn. (Again, this is a built-in fertilization program every time you mow.)

- Water your lawn deeply and infrequently. On average, lawns need about one inch of water a week. This one inch soaks to a depth of four to six inches, which allows the water to reach deep

into the root system.
• Prevent weeds right now. Instead of fighting grassy weeds after the fact, stop them before they emerge with a weed prevention product containing Team® preemergence herbicide. Team sets-up a "weed prevention zone" around weed seedlings which stops the weeds from germinating. The weeds die before they ever reach the soil surface.

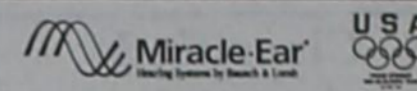
Team can be found in a variety of brand-name weed prevention products available at local garden and hardware stores. Simply look for the Team herbicide logo or the word Team on the front or back of the bag, and you'll be on your way to a weed-free lawn this season.

Always read and follow all label directions carefully when using lawn care products.

The Post Dispatch
Thursday, April 11, 1996 Page 7

We learn from experience. A man never wakes up his second baby just to see it smile.

—Grace Williams



Miracle Ear will be in Post on April 16th from 9 a.m. to noon at the Senior Citizens Center 103 S. Ave. I. Call 1-800-808-0188 For an appointment



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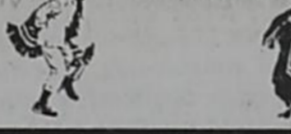
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The Post Dispatch

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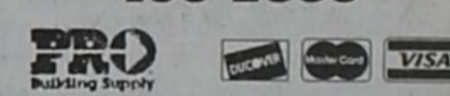
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First Assembly of God (Spanish) 407 May St.

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Calvary Baptist Church 210 E. 6th, 495-2342
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



No other name under Heaven

by Evangelist Les Rutherford, Lighthouse Christian

Center Church of God

Neither is there salvation in any other; for there is none other name under heaven given among men, whereby we must be saved. (Acts 4:12)

To be saved means to be rescued from the power and effects of sin. God ordained the way of salvation through Jesus Christ, His Son. Jesus was obedient to the mission of His heavenly Father. He came to a sin cursed world, where "He personally bore our sins in his (own) body on the tree (as on an altar and offered Himself on it), that we might die (cease to exist) to sin and live to righteousness. By His wounds you have been healed" (1 Peter 2:24, Amplified Bible).

There can be no salvation in any other person, for the salvation of all mankind was entrusted to the Lord Jesus. "For there is one God, and one mediator between God and men, the man Christ Jesus" (1 Timothy 2:5) Therefore, there is only one who can save from sin and bring salvation, and that one is Jesus, who paid the supreme sacrifice for our salvation.

That no other name under heaven is given among men by which one may be saved signifies that salvation is to be found in no one but Jesus. It will not be found in a prophet or teacher or king or preacher or false Messiah.

God has made the plan of salvation so clear that even a child may find the way. "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God has raised Him from the dead, thou shalt be saved" (Romans 10:9).

The time has come for us to draw ourselves close to God for these are truly the last days. Look toward heaven and ask Jesus in your heart now and attend service at the church of your choice this Sunday morning. God Bless you and Keep you.

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Card of Thanks

I would like to thank everyone for the cards, visits, telephone calls, prayers, flowers and everything else that was done for me while I was in the hospital.

Your help was really appreciated. A special thanks to Dr. Bushan for being there when I needed him.

God bless you,
Bobby Josey

Our hearts have been cheered by the may expressions of sympathy and concern extended to us, by so many, during the lengthy illness and passing of our brother, Jess Cearley. We are especially grateful for the continued prayers and prayer letters from the First Baptist Church and the various Sunday school classes there. They were of great comfort to Jess, as all were read to him as they came, and placed where he could see them at any time. We feel blessed to have been able to do for him as much as we could, and we feel doubly blessed to live in Post where so many people care for each other.

Geraldine and Stanley Butler

We want to say "Thank You" for all of your love and concern during the illness and death of our dear sister and Aunt Consie.

Thank you for all your prayers and the beautiful service that was rendered. Thank you for the delicious food and beautiful flowers.

Alvin and Mary Gale
Tommy and Ruth Ann and family

Personals

Lonely? Afraid? Depressed? Call CONTACT: 1-800-886-4351. Free, Confidential, Anonymous - 24 hours per day.

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.

Services and Repairs

Would like to tear down old barns for the lumber. Call 495-3977.

Assisted Senior Living, Nursing home alternative. Country home north of Slaton. 806-828-3545 or 828-6706.

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Saturday, 9 a.m. to 2 p.m. 111 W. 13th St. Lots of everything and girls clothes.

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1/2 heeler 1/2 lab puppies to good home. All males. Call 495-3977 or come by 505 W. 7th St. after 6 p.m.

Vehicles for Sale

1992 Ford Probe-LX, 28K, 3.0 V-6 auto trans, loaded, excellent condition, \$7,995.00. 806-792-2537.

Legal Notices

I will not be responsible for any debts other than my own.
Clarence L. Warren, Sr.

Public Notice

The Governing Body of the City of Post is accepting proposals to lease the old landfill site for livestock grazing. A copy of the lease agreement may be obtained at City Hall during normal business hours. Proposals should be delivered to the City of Post Municipal Building located at 105 E. Main no later than 5 p.m. May 3, 1996. The proposals will be submitted to the City Council for final approval at its regularly scheduled meeting May 7, 1996.

Public Notice

The City of Post Park Board is accepting proposals for the operation of the City swimming pool. A copy of the rules, regulations and requirements may be obtained at City Hall during normal business hours. Proposals should be delivered to the City of Post Municipal Building located at 105 E. Main no later than 12 p.m. April 23, 1996. The Board recommendation will be submitted to the City Council for final approval at its regularly scheduled meeting May 7, 1996.

Notice to all persons having claims against the Estate of Velma Lucille Warren

Notice to all persons is hereby given that the original letters testamentary upon the estate of Velma Lucille Warren, deceased, were issued to the undersigned on

the 25th day of March, 1996, in the proceeding indicated below our signatures hereto, which is still pending, and that we 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 us 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. Jimmy Faulkner and Inez Faulkner may be notified c/o Preston Poole, Attorney at Law, P.O. Box 296, Post, Texas 79356.

Dated: 3-March, 25, 1996.
Jimmy Faulkner Independent Executor and Inez Faulkner, Independent Executrix Estate of Velma Lucille Warren, Garza County, Texas.

Notice to Potential Contractors

As part of its application to the Texas Department of Health's Bureau of Community Oriented Primary Care's Primary Health Care (TDH/COPC/PHC) program, the Garza Hospital District seeks to identify potential subcontractors who are certified by the General Services Commission of Texas as Historically Underutilized Businesses (HUBs), or who are minority owned businesses potentially eligible to be certified as a HUB, in Garza county.

Job Training Partnership Act Program Year 1996 Title IIB

The Private Industry Council, Inc. (JobSource+), acting as the Administrative Entity for Lubbock and Garza counties Job Training Partnership Act (JTPA) funds, intends to operate JTPA Title IIB summer Youth programs for program year 1996, contingent upon the receipt of funding. The operation period is yet to be determined, but could possibly commence on or about May 15, 1996, and end on September 30, 1996.

If funding is approved by Congress, it is estimated that JobSource+ would receive a 1996 allocation of approximately \$200,000. Potential program activities could include, but would not be limited to, Basic and Remedial Education, Classroom Training, Preparation for Work Activities, On-the-Job Training, and Work Experience.

The final plan, if applicable, will be available to the general public for review and comment at the earliest date possible.

An equal opportunity employer/program. Auxiliary aids and services are available upon request for individuals with disabilities.

The Lubbock/Garza Private Industry Council Inc. (JobSource+) is releasing a Request for Proposals (RFP) for the Job Training Partnership Act, Title IIB, Summer Youth Employment and Training Program 1996. JobSource+ is seeking proposals for educational, vocational, and work programs for economically disadvantaged youth. Release of the RFP makes no commitment nor does it obligate JobSource+ to fund any proposal.

Proposal packets will be available beginning Wednesday, 4/17/96, weekdays from 8-11 a.m. and 1:30-5 p.m., from the JobSource+ office, 1218 14th Street, Lubbock, Texas 79401, 806/765-5038 (or Relay Texas 1-800-735-2988 for the hearing impaired). Deadline for proposals is Tuesday, 4/30/96, at 5 p.m. A pre-proposal conference will be held at the JobSource+ office (1218 14th St.) Monday, 4/22/96, at 10 a.m., to answer potential proposers' questions. Equal opportunity employer/program. Auxiliary aids and services are available upon request for individuals with disabilities.

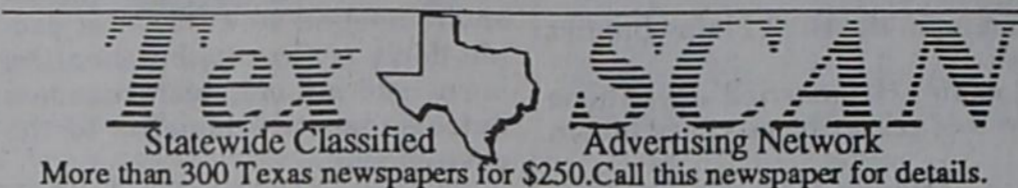
Most of us become parents long before we have stopped being children.
—Mignon McLaughlin

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TUESDAY NOON
TUESDAY NOON
thank you
The Post Dispatch

Woman's Culture Club hold meeting

by Katharine Trammell
The Woman's Culture Club met Wednesday, March 13, at 2 p.m., in the home of Iva Hudman. Lois Cook was co-hostess.

Mary Neff, club president, presided over the business meeting. Plans were made to attend the Caprock District Convention Saturday, March 23rd, at the Sheraton Inn in Lubbock.

Donna Craig will be installed as Caprock District president. Katharine Trammell will report on district GFWC Fundraising. Dorace Wilson will present the Resolutions.

The program was given by the Girl Scouts. Jaquita Blevins, Girl Scout leader, reported that we have 81 girls and 19 adults registered locally. There are 26 registered in Wilson.

Mrs. Blevins introduced Girl Scouts Charla Cruse and Laura Tobias.

Charla reviewed her trip to Norway this past summer. There were 17 girls from the United States and she was the only one from Texas. She showed an interesting display of photos and other memorabilia about her delightful trip.

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Thank you
The Post Dispatch

Don't M... Please don... and too old... but think ab... Aunt M... Mildred Ro... So-called... I know the... readers, but... I am 69 year... I have enjoy... present time... or more time... town for mo... I am a disapp... idiotic idea th... ridiculous... perhaps mo... twice to sug... be accepted... the Federal... the great sta... If these su... truly seriou... government... plan succeed... was once ap... government... to exp... it could ever... All of you b... games, the... is difficult t... be simply be... good Ameri... James Lee... Route 4, B... Tahoka, T... Republi... For most of... news of the... considered th... local events... region... The impu... recording d... element, as... involving th... It's time... I do hope... interest in y... even month... percentage... eight page p... paper, inste... on the econ... Please ren... to one edito... Sincerely... Mildred B... Editor's n... newspaper... particularly... In the case... of the Repu... right to be... decisions, o... our reader... handful of... These are... demanded... of the circu... Service. Bo... court, the... significance... Those who... of our elect... gouany, TX... and liberty... far more an... in the me... share it wi... solemn res... Letters... Letters... must be sig... protect the... of expressio...

Letters to the Editor

"Don't Mess With Texas" ...

Please don't "Mess With Texas!" I have been (and am) a Texan for 79 years and too old for change and confusion. I enjoy the paper and your editorials but think about it again and "Don't Mess With Texas."

"So-called plan of reclaiming Texas" ...

I know that you say that you encourage letters from your subscribers/readers, but I have my doubts if you will print this one. I am 69 years of age and graduated from Post High School in May, 1944. I have enjoyed reading the Dispatch for many, many years, down to the present time. Even though I do not presently live in Post, I visit there one or more times per week, and still enjoy coming to what has been my home town for most of my life.

I am disappointed and disgusted to see that you favor and support this idiotic idea that the State of Texas is really still an independent nation. How ridiculous can you get! I am a Texan and proud of it. But I am just as proud, perhaps more so, of being a Texan who is also an American. I went to war twice to support my country, and would go again if I were needed and would be accepted. Yes, I was enlisted by the Federal government, and served in the Federal armed forces, but at the same time I was serving and honoring the great State of Texas.

If those supporting this so-called plan of reclaiming Texas are really and truly serious, then give consideration to who would be paying for your government. If you think taxes are high now, just wait until your grandiose plan succeeds. You would soon see the day when you would wish that Texas was once again a State and a part of the United States. When your government gets through paying for all of the services that Texans have come to expect and demand, a new government would be bankrupt before it could even get established.

All of you misinformed citizens go ahead with your grand schemes you are using to brainwash people. When you get through with your little useless games, the people of Texas will welcome you back into the fold, although it is difficult to think of any good reason why they should. When they do, it will be simply because we are naturally good people and faithful Texans and good Americans.

James Lee Smith
Route 4, Box 404
Tahoka, Texas 79373

"Republic of Texas" element.

For most of my life, I have read the Post Dispatch, or The Post City Post, for news of the people and happenings in and around Post. I have always considered the Post Dispatch to be a superior local paper because it focuses on local events and people. I still value the publication for its coverage of this region.

The impulse, indeed the obsession, lately on the part of the staff toward recording the ridiculous actions and posturing of the "Republic of Texas" element, as well as the completely excessive coverage of the laughable trial involving the seat belt law, however, does give me pause.

It is time for me to renew my subscription to the Dispatch, and I am so doing. I do hope, though, that I will see more of your paper devoted to matters of interest to your general reader than has been the case for the past several weeks, even months. I will assure you that my viewpoint is shared by a large percentage of the Dispatch customers, and that those of us who subscribe to an eight page paper will welcome the prospect of reading at least six pages of the paper, instead of skipping four pages of what are essentially editorials, based on the eccentric bias of the editor.

Please renew my subscription, and please consider limiting the editorials to one editorial page.

Sincerely,
Mildred Boren Sentell

Editor's Note: It has been, is and will continue to be the policy of this newspaper to publish information which we feel is important to our readers, particularly when that information is not available through other mediums. In the case of recent developments toward reclaiming independence through the Republic of Texas, it is our firm belief that Texans have the unalienable right to determine their own destiny, and in order to make informed decisions, citizens must first be informed. The information we have provided our readers, has been ignored by major news media outlets, and only a handful of weekly newspapers have treated the subject in a serious manner. These are truly historic times, and since 1861 have citizens in Texas demanded the eviction of a "sitting" governor... nor has any citizen, regardless of the circumstances, ever demanded the eviction of the Internal Revenue Service. Even if it was a symbolic act, carrying out the instructions of a lawful court, the fact remains... the event in Austin was of major historical significance.

Those who prefer not to be informed might appreciate being in the company of our elected state officials, who likewise wish the Republic of Texas would go away. The groundswell of support by independent minded, freedom loving and liberty demanding Texans, however, will not allow the issue to die. Look for more and more interest and changes in the months and years to follow. In the meantime, when significant information becomes available, we will share it with our readers... as unpopular as that is with some, we feel it is a solemn responsibility we hold to our readers.

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.

State Capital



HIGHLIGHTS

By Lyndell Williams & Ed Sterling
TEXAS PRESS ASSOCIATION

AUSTIN — While awaiting release from state prison last week, convicted child molester Larry Don McQuay asked to be castrated and alerted Texans that, once freed, he would molest again.

The 32-year-old former San Antonio school bus driver claims to have molested 240 children.

Gov. George W. Bush said while the state could not block McQuay's release, the state "will take extraordinary measures to keep a tight leash on this parolee." McQuay has been assigned to be placed under 24-hour supervision in a Houston halfway house.

Convicted in 1990, McQuay served six years of an eight-year sentence for indecency with a 6-year-old Bexar County boy. Two years were knocked off his sentence for "good time."

In the interim, the state Legislature has toughened sentencing for violent crimes and sex offenses, and made those convicted of such crimes ineligible to have their sentences reduced with "good time" credit. And though it currently is unlawful to enhance punishment for crimes after they are committed, Bush said he would continue to support legislation that would make parole reform laws retroactive.

"Like nearly all of Texas, I'm sickened that the current laws we signed don't apply to this fellow — that we can't keep him in prison," Bush said.

In renewing his request for castration, McQuay said, "I still want the surgery. I've still got the disease and I know my weakness."

Dianne Clements, president of the House Chapter of Justice for All, said her group would cover the cost of McQuay's castration.

Texas officials previously have refused the surgery because it is considered elective and legislation to allow the procedure failed last year.

Bush Offers Job Training Funds

Meanwhile, Gov. Bush offered \$1 million in grant money to Texas communities willing to create job-training programs.

The money will be split into 20 grants, each worth \$50,000.

Texas communities are sending grant applications to the Texas Workforce Commission, an agency formed by the state Legislature last year to take over job training programs that were scattered throughout state agencies.

The commission plans to give control of these programs to local boards that will decide what skills are needed by local employers and what training should be offered to job seekers.

Judge Allows ATF to Sue

U.S. District Judge Walter Smith last week opened the way for Bureau of Alcohol, Tobacco and Firearms agents involved in the siege of the Branch Davidian compound to sue Waco media for allegedly causing the Feb. 28, 1993

blood bath.

In a 46-page ruling, Judge Smith said, "... the media arrogantly descended on the compound as if the First Amendment cloaked them with immunity from acting as reasonable individuals. ..."

More than 70 ATF agents and families of four ATF agents who died in the siege sued the *Waco Tribune-Herald*, KWTX-TV and an ambulance company, alleging that they tipped the Branch Davidians about the raid and caused the blood bath.

Smith's refusal to dismiss the agents' assertions that reporters' negligence caused the tragedy sets the stage for what could be an unprecedented trial on the legal bounds of media activity in dangerous police actions, the *Dallas Morning News* reported.

Reacting to the ruling, *Herald-Tribune* editor Bob Lott said the newspaper "did what a newspaper is supposed to do — cover the news — and we did it in a responsible fashion."

Perot Files FEC Paperwork

Dallas billionaire H. Ross Perot, who isn't saying whether he is running for president, has filed paperwork to keep his options open.

Perot has written the Federal Election Commission to register his Reform Party for the presidential election, and lists himself as the candidate.

But, in a separate letter he insists he is not a candidate. He said he was sending the notification because in many states "ballot access may be obtained only through circulation of petitions on behalf of named candidates."

Other Capital Highlights

■ The State Board of Education will consider 13 more applications for independent charter schools at its April 12 meeting. If the board approves all of the applications, there would be only one remaining slot for an "open enrollment" charter school in Texas. Board members approved six of the schools in February. In the school reform law passed last year, the Texas Legislature authorized a maximum of 20 independent charter schools.

■ A proposed West Texas radioactive waste dump has cleared its first hurdle toward state approval. An environmental and safety analysis issued by the Texas Natural Resources Conservation Commission indicates that the proposed project satisfies requirements for state licensing. The Hudspeth County dump would be capable of taking in more than 45,000 cubic feet of low-level radioactive waste each year.

April is prime time for allergies

When the forecast calls for a 90 percent chance of sneezing and wheezing, don't leave home without your allergy medications.

"April is prime time for tree pollen, so people with allergies should be prepared," said Dr. Jack Mazow, an allergist at Baylor College of Medicine in Houston.

One way to prepare is to check the pollen count in your area. Television and radio stations and newspapers often include pollen counts in their weather reports. Many cities have telephone hotlines that give the day's pollen count. When the amount of tree pollen per cubic meter of air exceeds 300 or is described as "moderate," "heavy," or "severe," allergies are more likely to be provoked.

Visible tree pollen can serve as a warning signal too.

"The yellow-orange pollen that coats your car and sidewalk generally comes from pine trees," Mazow said. "Ironically, pine pollen does not usually trigger allergic reactions, but it can be a reminder that other types of trees which do cause allergy symptoms are pollinating."

Pollen from oak, ash, pecan and willow trees are common causes of spring allergies, Mazow said. Grass pollen and ragweed pollen are the major allergy irritants during the summer and fall, respectively.

Pollen lands on nasal membranes, causing the body to release histamine and other chemicals that can trigger reactions, such as sneezing, watery eyes, and itchy nose and eyes.

To help prevent or control allergy symptoms, Mazow suggests over-the-counter antihistamine or decongestant pills.

"For more severe symptoms, try an over-the-counter decongestant nasal spray, but don't use it for more than five days because the spray might aggravate symptoms," he said.

For more severe allergies, ask your physician to prescribe stronger antihistamines and nasal sprays. "These are moderately effective," Mazow said, "and new antihistamines available by prescription only are less likely to cause drowsiness."

You might also consult an allergist who can determine a possible cause. Injections of increasing amounts of the allergy-provoking substances, such as pollen extracts, help the body develop immunities to them. "The shots work best if begun a few months prior to allergy season," Mazow said. "There is a small risk of allergic reaction to the injections, so they must be given with care."

Regardless of which medication you choose, the important thing is to have it handy. If you forget to check the pollen count before going outdoors, your eyes and nose will eventually remind you.

Yesteryears

by Barbe Bevers

10 Years Ago

April 10, 1986

Attending a special TEXCEL committee workshop recently in Amarillo were Jack King, Patty Kirkpatrick, Maxine Earl, Marie Neff and Lewis Earl.

The Post 8th grade girls' track team took first place last week in the Triangular meet.

The Grassland Hobby Club met on April 1 with president, Fay Ramsey in charge.

Christopher Warren was named Little Mr Post and Kelli Collier was named Little Miss Post in the Little Mr and Miss Post Contest for 1986.

20 Years Ago

April 8, 1976

Lewis Holly was named chairman of Post's Bicentennial Fourth of July celebration.

Dr. Harminder Chana will begin his duties as a new physician here in Post Monday.

Tina McAlister was selected recently as a twirler for Angelo State College.

Happy Birthday today goes to Jack Fluit, Robert Cox, Charles Wallace, Bobby Lee Rogers, R.B. Wilke, Darrell Bruton and Bradley Robert McWhirt.

30 Years Ago

April 14, 1966

Benny Owen and Danny Odom leave Post April 22 on their way to Viet Nam.

Preston Poole was elected president of the Post Lions Club for the 1966-67 Club year.

Jill, daughter of Mr and Mrs A.C. Cash, was born April 8, 1956.

Miss Sandra Martin and Mrs Lee Davis plan to attend the Texas Christian University Opera Ballet in Lubbock tonight.

50 Years Ago

April 11, 1946

Baseball returns to Post with a local team entered in the Oil Belt League.

Walter Crider has been named head of the local Polio committee.

Shorty Hester and Roy Williams were elected co-captains for the Post Antelope 1946-47 football season.

Will Basinger, Clarence Basinger and Wes Donohoo left this week for a fishing trip to Brownwood.

Terry Sue, daughter of Mr and Mrs Earnest H Padgett, was born April 6, 1966 in Garza Memorial Hospital.

Larry Hutchins out spelled 27 other contestants last Thursday to win the Post Junior High School spelling bee.

40 Years Ago

April 12, 1956

Olin Reddell head track coach and assistant football coach here has announced his resignation effective at the end of the current school term.

The Terrace Cemetery has been transferred to the City of Post.

Ray Gary, Post High School district runner, set a new record in the 880 yard run Saturday at the Hale Center Relays.

Cotton convention coming to Lubbock

The largest gathering of Texas Cotton industry associates will be at the 89th annual Texas Cotton Ginners' Association (TCGA) Convention and Trade Show. It will bring over 5,000 people to Lubbock, April 11-12. The Convention will be held at the Lubbock memorial Civic Center.

The show's theme, "Building on Generations of Ginning" gives us a chance to reflect on the history of TCGA and also gives us a chance to learn and prepare for what lies ahead in the 21st century.

According to Tony Williams, Executive Vice President of TCGA, "1995 was a record breaking year for prices in our industry, but also a year of major pest destruction. The problems that we faced in 1995, and what we learned from them, must be used towards protecting the industry

for future generations. There will be many other challenges that we will face and we must continue to work together to overcome them."

Two-hundred exhibitors will be at the convention with products to bring our industry into the next century. You will not want to miss the opportunity to visit with industry associates and browse through the industry-related exhibit areas.

The show officially opens at 9 a.m. Thursday, April 11 and will run through Friday evening, concluding with an awards banquet. The banquet will honor the Texas Cotton Ginner of the Year and the past officers and also will welcome the new officers into leadership roles within the industry.

This convention is open to the public and admission is free.

Antiques Antiques Antiques

Antique Estate Auction
Saturday, 10 a.m., April 13, 1996
2309 North 2nd Street, Tahoka, Texas

The estate of the late Mr and Mrs Calloway Huffaker will be sold on location at public auction. Mr Huffaker had been a resident of Tahoka since the early 1900's and was a very prominent attorney, cattle rancher and farmer in the West Texas area.

Approximately 300 items. Contents of his home will include antiques, bedroom suites, oak dining room set, antique secretaries, antique lamps, Roseville pottery, many pieces of glassware and china, antique tables, many pieces of camping equipment, hundreds of estate items plus antiques from other West Texas estate.

For more information or free brochure call 915-938-5646.

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12:00 p.m. - Curtain Time

The Post Dispatch 495-2816

Glory is fleeting, but obscurity is forever.

—Napoleon Bonaparte

The Post Dispatch will not be responsible for photos left at the office more than 30 days.

Last Puzzle Solution
ACROSS
1 TXism: "wouldn't know him from" —
5 this Linaires is TX lottery director
6 Guadalupe St. near UT is "The"
7 TX Stadium feature: of Honor
8 TXism: "sneaky as an"
18 pianist Van Cliburn is the "Texan Conquered Russia"
19 TXism: "was around when" — only sick" (old)
21 in Montague Co. on 82: — Jo
22 TXism: "his axles" — hot" (active)
23 TXism: "popular" — eyed Jack in a poker game"
24 lack of vitality
29 TXism: "camps out in the" — corner" (religious)
30 hunter's quarry
31 TXism: "let" — rip!"
32 TXism: "a day late" — short"
34 killer — came up from Mexico
35 in Amarillo: " — State Fair"
36 pastry served in Fredericksburg, TX
37 TX Fender's "Before the Next" — drop Falls"
38 advertising organ, located in TX (abbr.).

The Original TEXAS CROSSWORD

by Charley & Guy Orbison
Copyright 1996 by Orbison Bros.
13 closer
14 natural & propane
15 USS Texas aided Omaha Beach during landings
16 early name of Bronte, TX
17 TX Davis & Hamilton in the Civil War
20 you can get an view atop TX's Ranger Peak
22 Rockwall is the co. in TX
24 Moody h.s. class
25 Cowboys Nate (init.)
26 TX Ross Perot's old company
27 "Tex" star actor Dillon, et al.
28 TX Hagman TV show: " — of Jeannie"
29 TXism: "shaking like"
30 TXism: "two in a pod" (alike)
33 TX Lynda of "Mission Impossible" (init.)
34 TXism: "hell for leather" (determined)
35 TXism: "bright eyed, and bushy"
37 TXism: "has" — on a mirror to comb his hair" (ugly)
38 TX to U.S.A.
40 — Hill, TX
41 Spurs' Elliott
44 beach find: — wood
47 exactly duplicated
49 TXism: "we're seeing — eye" (agree)

ACROSS
1 TXism: "wouldn't know him from" —
5 this Linaires is TX lottery director
6 Guadalupe St. near UT is "The"
7 TX Stadium feature: of Honor
8 TXism: "sneaky as an"
18 pianist Van Cliburn is the "Texan Conquered Russia"
19 TXism: "was around when" — only sick" (old)
21 in Montague Co. on 82: — Jo
22 TXism: "his axles" — hot" (active)
23 TXism: "popular" — eyed Jack in a poker game"
24 lack of vitality
29 TXism: "camps out in the" — corner" (religious)
30 hunter's quarry
31 TXism: "let" — rip!"
32 TXism: "a day late" — short"
34 killer — came up from Mexico
35 in Amarillo: " — State Fair"
36 pastry served in Fredericksburg, TX
37 TX Fender's "Before the Next" — drop Falls"
38 advertising organ, located in TX (abbr.).

DOWN
1 west of Martin Co. (2 wds.)
2 TXism: " — boys" (police)
3 Doroteo — aka Pancho Villa was a Rio Grande bandit
4 Oiler lineman Don — nonsense"
9 Charlie — is a st. in San Antonio
11 Francis Scott — was Sam Houston's atty. in Washington
12 TXism: " — have to get better to die"
13 closer
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Competing recently in the district U.L.L. academic contest were PHS students (back row, left to right) Leticia Orgiz, Veronica Peña, Nathan Webb, Wade Bell, Jayson Fry, Cameron Miller, Robert Kilmer, (front row) Macee Mills, Kathy Gerner, Cassie Short, Jennifer Hubble and Angel Mullins. Participants not available for the photos were Shelley Shifflett, Jeff Redman, Lori Hudman, Derek Guthrie and Melissa Gutierrez.

Post hops by Ralls 8-3 in Monday night game

By Becky Warren
When the Ralls Jackrabbits came to Post Monday to play baseball the Lopes sent them jumping back home with a 3-8 loss to Post.

In Ralls first time up to bat their lead off batter walked and then stole second. Casias hit a single sending the runner to third. DeLeon stuck out. Acker flies one out to Seth Pennell in left and scored the third base runner. Ralls leads 1-0. Salazar popped one up to Flores on the mound to retire the side.

In Post first time up David Perez leads off with a single and then steals second. He was followed by another single by Anthony Flores who advanced Perez to third, then Flores stole second. Todd Terry came up to bat and struck out for out one. Jamie Hernandez hit a sacrifice fly to left scoring Perez. Out two. Armando Ayala singles scoring Flores. Jeremy Josey singles putting runners at first and second. Seth Pennell grounded

to third who stepped on the bag for out three.

In Ralls second time up to bat the lead off batter hit a single then Flores stuck out three in a row, including a batter interference call, the second batter of the inning laid down a sacrifice bunt, but was called for being way out of the batters box, and is scored as a strike out.

In Post's second try at bat Steve Gonzales lead off with a single, T.J. Gaydos got on via an error. David Perez also gets on via an error and Gonzales scores on a heads up play when the first baseman did not hustle after the ball. Gaydos scored via an error and Anthony Flores struck out. Todd Terry slaps a hard shot right at short stop for out two. Jamie Hernandez stepped up with two out and a runner at second and belted a 1-0 pitch deep over left field fence to give Post a 6-1 lead. Armando Ayala then slapped a single off the fence in the left center alley but was thrown

out at second trying to stretch it into a double.

Ralls scored two runs with getting a hit in the inning but help of a walk and an error.
Post had four up and three down.

In Ralls fourth time up to bat Anthony Flores got into a bit of a jam and was getting up in pitch count, so Armando Ayala came in to relief him. With one out and a runner at first, Ayala struck out the first batter he faced but then walked the second, putting runners at first and second. A slow roller to Jamie Hernandez at third that should have been an easy out on the force at third was mishandled, loading the bases. Ayala then got their number three hitter to ground out to Todd Terry at second for out three. Ralls was unable to score any runs in the inning.

In the fifth for Post Jeremy Josey hit a screaming line drive to right field for the first out. Seth Pennell got on via an error then is forced out

at second on Steve Gonzales' grounder to second. Gonzales is safe on a fielder's choice and then steals second. T.J. Gaydos get on base on a walk. David Perez rips a liner down the left field line for a double scoring Gonzales and putting Gaydos at third. Anthony Flores strikes out to end the inning.

In the sixth time up to bat for Ralls the lead off batter walked. Batter number two flies out to David Perez in center and the third batter struck out. The fourth batter up flies out to Perez in center.

Up to bat for Post Todd Terry flies out to left. Jamie Hernandez gets on an a via error and steals second. Armando Ayala flies out to center. Jeremy Josey then lines a ball in left alley for a single, scoring Hernandez from second. Josey goes to second on a throw home. Josey then gets picked off at second for out three.

In the seventh inning for Ralls the lead off hitter struck out. The next man singled. Ayala then get strike outs on the next two batters to end the game.

The Post season record is 8-2 and district record is 2-0.

TA MEMBER 1996
TEXAS PRESS ASSOCIATION

Dance
Saturday, April 13th

VFW Hall
Featuring
Big Country Band
Admission: \$3

Health and safety practices have impact on leading causes of death in 1994

Health care, safety practices and long life often are partners. That correlation is underscored by the recently released 1994 birth and death figures from the Bureau of Vital Statistics of the Texas Department of Health.

The majority of deaths of Texans age one to 44 in 1994 were preventable and due to external causes such as unintentional injuries, suicides and homicides or to the human immunodeficiency virus (HIV). More than 38 percent of deaths to children ages one through 14 in 1994 were due to unintentional

injuries. Nearly 78 percent of individuals ages 15 to 24 and almost half (47.1 percent) of people 25 to 34 died from unintentional injury, homicide or suicide.

"These figures indicate that many of these deaths are entirely preventable. If we better invest in prevention, we can do more to improve the chances of people enjoying longer, healthier, more productive lives," said Dr. David R. Smith, Texas Commissioner of Health. "Children and their parents especially can benefit from preventive care and safety lessons."

In 1994, deaths due to HIV once again increased, this time 7.5 percent over 1993 (2,742 deaths in 1994 compared with 2,551 in 1993). Since 1990, the number of HIV deaths has increased 49.3 percent to place it as the eighth leading cause of death.

This increase has been most dramatic among blacks and Hispanics. In the past five years, the number of deaths due to HIV has increased 76.3 percent among Hispanics and 34.7 percent among blacks. HIV deaths among whites increased 20.8 percent during the same period. Hispanic females had the greatest increase in the number of HIV deaths since 1993 (30.8 percent), followed by black males (19.6 percent) and Hispanic males (15.4 percent).

"We must be careful to look at more than one year when dealing with statistics," said Tom Pollard, director of the Statistical Services Division of the Bureau of Vital Statistics. "What is down one year may show an increase the next."

While there has been an 8.2 percent decrease overall in the number of pneumonia and influenza deaths since 1990 (4,267 deaths were recorded in 1990), deaths due to this cause increased 6.8 percent in 1994 from the previous year (3,917 in 1993 compared with 3,668 in 1993).

The number of deaths due to chronic liver disease and cirrhosis among Hispanics increased eight percent from 599 in 1993 to 647 in 1994. The rate of 12.3 deaths per 100,000 population was a four percent increase, continuing the trend of increases that began nearly a decade ago.

Among the emerging infections and drug-resistant diseases, tuberculosis was either the cause of death or a contributor to death in 294 deaths during 1994. That number was an increase from 269 deaths in 1990. The rate for these two years remained the same at 1.6 deaths per 100,000 population. The 1994 rate is down slightly from the rate of 1.8 deaths per 100,000 population recorded in 1993.

Showing a more positive turn, death due to conditions originating in the perinatal period — that period from 20 weeks gestation through 27 days after birth — has shown a consistent decline from 9.1 deaths per 100,000 population in 1984 to 4.8 in 1994. Among blacks, the decrease was 15.5 percent from 290 deaths in 1993 to 245 deaths in 1994.

Overall the infant mortality rate, based on deaths of infants under one year of age, declined 5.3 percent from 7.5 infant deaths per 1,000 live births in 1993 to 7.1 in 1994. The infant mortality rate among blacks decreased 13.7 percent from the previous year to 12.6 infant deaths per 1,000 live births, although it still was approximately twice the rate for white infants at 6.1 and for Hispanic infants at 6.6 per 1,000 live births.

The leading causes of the 2,290 infant deaths in 1994 were due to congenital anomalies. Sudden Infant Death Syndrome (SIDS), short gestation/low birth weight, Respiratory Distress Syndrome and unintentional injuries. Short gestation/low birth weight was the leading cause of death among black infants while the main cause of death in white and Hispanic infants was congenital anomalies.

A total of 2,500 Texas children age one to 19 died in 1994. Leading causes of death were accidents, homicide, cancer, suicide, congenital anomalies, heart disease, pneumonia and influenza, chronic obstructive pulmonary diseases (COPD), HIV and septicemia. Homicide was the leading cause of death among black children while unintentional injuries

headed the list for white and Hispanic children.

The leading cause of death in 1994 for all Texans continued to be heart disease claiming 30.6 percent of all deaths followed by cancer with 23.1 percent of the deaths in the state. These two diseases have been the number one and number two causes of death in Texas and the nation since 1950. The top five causes of death for 1994 were the same as 1993 and accounted for almost 70 percent of all deaths in Texas in 1994.

The 10 leading causes of death in 1994 were:

1. Heart disease with 41,544 deaths;
2. Cancer, 31,378 deaths;
3. Cerebrovascular disease, 9,247 deaths;
4. Unintentional injuries, 6,300 deaths;
5. Chronic lung diseases, 6,250 deaths;
6. Diabetes mellitus, 4,364 deaths, down slightly by 1.4 percent from 1993;
7. Pneumonia and influenza, 3,917 deaths;
8. HIV, 2,742 deaths;
9. Suicide, 2,331 deaths, up by 2.8 percent over previous year;
10. Homicide, 2,144, down by 5.5 percent from 1993.

Jury Rights group endorsed Judicial candidates

The Lone Star Fully Informed Jury Association (LS-FIJA), a Texas non-profit corporation formed for the purpose of educating trial jurors in their rights and powers, has endorsed several candidates for Court of Criminal Appeals in the April 9 primary runoff elections.

Three candidates received an unqualified endorsement in their runoff races: Pat Barber, Republican, Place 2; Charles Holcomb, Democrat, Place 2; and Cheryl Johnson, Republican, Place 3. Not enough information was obtained for LS-FIJA to make an endorsement in the GOP race for Court of Criminal Appeals, Place 1.

LS-FIJA was pleased to find that Cheryl Johnson's opponent, Tom Price, also respects the rights and powers of jurors, but that Cheryl Johnson appears to have a deeper knowledge of the history of those rights.

Pat Barber's opponent is hostile to the idea that juries have rights and powers, particularly the power of juries to acquit based on conscience.

LS-FIJA's President, Tom Glass, says that the primary short-term goals of the organization are to educate the public about the power of the jury to bring in a verdict according to conscience, and to pass legislation which will enable defendants to explain to juries that they may judge the law in addition to the facts.

LS-FIJA often points to Article I, Section 8 of the Texas Constitution which reads, "And in all indictments for libels, the jury shall have the right to determine the law and the facts, under the direction of the court, as in other cases."

Mountains appear more lofty the nearer they are approached, but great men resemble them not in this particular.

The Post Dispatch will not be responsible for photos left at the office more than 30 days.

There's no better time than Spring to buy your own home...



If you've been dreaming of providing your family with a larger, or better home...

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9-12 Sat



Slaton
828-6545

Lost Pet Corner

Call the City of Post at 495-2811 for information

Three dogs at animal shelter



Adoptions have been brisk, but there are still three dogs at the animal shelter this week.

One is a male heeler mixed breed, soon to be euthanized.

Another is a black, long hair mixed breed female and there is a collie mixed breed male.

If you are interested in providing a loving home for one of these puppies, call City Hall at 495-2811.

Tip of the Week: Adoption of a lost pet is the only hope these animals have for survival.