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FFA Talent Team advances to area competition
 Post High School FFA talent team members Jeff Redman, Vance Guthrie, Johnny Collazo, Natalie Pollard and Slade Bevers will compete Friday at 7 p.m. in the ASU student union building in San Angelo for the area FFA talent competition.
 The team will perform country and western and rock and roll tunes in their eight minute time slot.



PHS seniors awarded scholarships at annual ceremony

Post High School graduating seniors were recognized for their achievements at the annual awards ceremony Monday evening. Jayson Fry was named as the 1996 valedictorian and Jill Stelzer as salutatorian. Both Fry and Stelzer received Texas Tech University scholarships for honors.
 Other scholarships presented at the ceremony included: Stelzer and Amanda Perez, R.C. Standefer Memorial. Beth Murray, Lori Hudman and David Norman, Post Rotary Club. Andrea Wallace, Woman's Culture Club. Murray, Texas Association of Extension Homemakers. Robert Kilmer, Xi Delta Rho Sorority. Mike McDougal, Dominica Polanco, Christina Soto, James Cahill and Bertha Soria, Vendors. Tracy Shumard and Jeff Redman, Fina Petroleum. David Norman, Post Art Guild.

Earning scholarships for their academic achievements presented at Post High School's annual awards program Monday evening are (back row, left to right) Vernon Soto, Mike McDougle, Travis Hair, B.J. Hart, Jeff Redman, (front row) Lori Hudman, Andrea Wallace, Jill Stelzer and Jayson Fry. Fry was named valedictorian and Stelzer salutatorian for the 1996 graduating class. (Photo by Barbe Bevers)

The Post Dispatch

Seventieth Year Number 50 USPS 439-620 Single Copy Price 50 cents © 1996 The Post Dispatch Thursday, May 16, 1996

Windmill Museum draws interest at commissioners court meeting

by Wes Burnett
 If enough private interest can be generated here, Garza County could become the home of a proposed \$5 million Windmill Museum, and it could happen within a year. Coy Harris of Lubbock presented plans for the specialized museum and asked for support from the commissioners' court for the project. Judge Giles Dalby said that there might be local interest, and that commissioners would make some contacts for support. No financial support from the commissioners court was requested nor offered.
 The Windmill Museum, the only one of its kind in America, and according to Harris, perhaps in the world, will preserve rare equipment and working windmills, demonstrating the importance of the windmill in the development of vast areas of the west. "There was a time when windmills were seen even in our towns," Harris commented, "and until the REA came along, windmills were critical to agricultural life in West Texas."
 The museum currently has an endowed fund of \$450,000, but would need considerably more in order to build the facility as envisioned. "We are ready to get started," Harris commented, "and we think Garza County is ideally situated for this international exhibit." Harris pointed out the economic benefits of the museum, which will attract tourists from around the world.
 In other matters, the court heard a report from county agent John Senter on soil moisture conditions, which he said are bleak. "It is getting real serious, especially for beef cattle operators," Senter emphasized. He informed the court about a workshop this week and the importance of cattle producers to look closely at the vitamin A

level in their herds. "Last month there were 20 head of cattle which died in Borden County, they were all low on vitamin A," Senter added.
 The court approved a request from insurance provider Blue Cross/Blue Shield to offer special life insurance coverage for employees on a volunteer basis. The approval followed a survey report from insurance representative John Young.
 The court appointed Leslie Acker to serve out the current term as county attorney. Acker has been acting as county attorney by temporary appointment until he fulfilled residency requirements. He took his oath of office Wednesday afternoon.
 The court also approved Acker's proposal to inventory the law library and with the cooperation of the Garza County Historic Museum, move older books to the museum, making room at the courthouse law library. He also informed the court that there will be a significant reduction in expenses for subscriptions, as he is trimming several publications that he feels are not needed.
 A discussion about purchasing a new van for assistance to the elderly resulted in an agreement by the court to buy a used eight passenger van. The old van now being used to deliver Meals on Wheels and assist elderly without transportation, has experienced major repair problems. The replacement van is expected to cost \$15,000. The original van was purchased through a grant, which is not now available.
 Attending the meeting were commissioners Royce Josey, John Valdez, Mason McClellan, Lee Norman, Judge Giles Dalby, clerk Sonny Gossett, treasurer Ruth Ann Young and attorney Leslie Acker.

Post Notes

- Community Workshop**
 The Lubbock United Neighborhood Association is sponsoring a community workshop, "The No Sweat Way To Planning A Special Event Without Losing Your Mind," tonight, May 16, 7-9 p.m., at the Algerita Art Center. This workshop is designed for anyone who has to produce a public event. For more information call the art center at 495-4000.
- Post Stampede Rodeo approved**
 The Post Stampede Rodeo Board of Directors is proud to announce that they have been approved to host a professional rodeo. Performances will be August 8-10. Spaces for advertising are available. For more information contact Danny Robertson, Jay Pollard, Barry Morris, Casey Zachary or Mike Babb.
- Spring Egg-stravaganza at OS Museum**
 There's a Spring Egg-stravaganza at the OS Museum which features an exhibit of beautiful eggs and sculpture. The museum is located at 201 East Main Street and is open Monday through Saturday 10-12 and 1-5. A elevator is provided for your convenience. If you request more information call 495-3570.
- VFW to hold Memorial Day services**
 The VFW Post 6797 will hold Memorial Day services on Monday, May 27, at 10 a.m. at the Terrace Cemetery. Paul Jones will be the featured speaker. Breakfast will be served at the VFW Hall from 7-8:30 a.m. Andy Stelzer asked that if you know where veterans from your family is buried that flags will be available to mark their graves.
- "Creative Vests" workshop**
 Ruby Clingman from Rhea's Crafts will give a two hour workshop on appliqued vests Friday, May 31, 10 a.m. to 12 noon. There are two styles to choose from, both may be viewed at the Algerita Art Center, or call 495-4000 for more information.
- Ranch-Dance fiddle band**
 The "Fabric and Flower" exhibit at the Algerita Art Center closes with a special performance by the Ranch-Dance Fiddle band, Saturday, June 1, 3-4 p.m. Come listen to some old time tunes like 'Turn Me Over', 'Ten Pretty Girls', 'Coming Through the Rye' and many more. This is family entertainment and is free to the public.
- Fabric & Flower exhibit at the Algerita**
 The "Fabric & Flower Exhibit" opens Thursday, May 9 and continues through June 1. Jo Moore from Los Milagros Herb Farm will give a free presentation on "All About Herb Vinegars" Saturday May 11, 10-11 a.m. Next week "The No Sweat Way to Planning a Special Event Without Losing Your Mind" workshop by Holly Smith on May 16, 7-9 p.m.
- Christian School enrollment 96-97**
 Registration is currently open at First Baptist Christian School, grades PK3-4th grade, for the 1996-97 school year. Pre-School classes are available to those children who will be age 3 or 4 before September 1st.
 Elementary classes are available for grades Kindergarten - 4th grade. Classes are filled on a first-come, first served basis. You may call 495-3554 from 8 a.m. - 4 p.m. for further information. Registration and book fees are required at time of enrollment for all new students. birth certificate, social security number, and up-to-date shot records are also mandatory.
 First Baptist Christian School offers a quality, Christ-centered education with a low student-teacher ratio. It is staffed by qualified and committed Christian teachers. FBCCS is a member of the Association of Christian School International.
- Slaton Art Show June 15**
 The 26th annual exhibition Slaton Art Show sponsored by the Women's Division of the Slaton Chamber of Commerce will be held Saturday, June 15, at Slaton's Texas Avenue Opry House located at 161 Texas Avenue. Paul Wylie of Lubbock will be the juror. For further information please contact the Slaton Chamber of Commerce at 828-6238 or Sally Estes at 828-5111.
- Magic of Sebastian**
 The 'Magic of Sebastian' will be presented on Friday, May 17, at 7 p.m. in the Elementary School auditorium. Tickets are now on sale for \$4 each. The event is sponsored by the Post Lions Club. You may reserve tickets by calling 495-4066. Businesses and residents will be called upon to assist. Proceeds will benefit eye glasses and scholarships in Post.



STATE CHAMPS! Post High School's Lady Lope Golf team brought home the State Championship trophy following last week's competition in Austin. Team members are (left to right) Natalie Pollard, Kasey Hardin, Jill Stelzer, Coach Chili Black, Deejé Estep and Becca Stelzer. Jill Stelzer also earned State Medalist honors for her individual effort. (Photo by Barbara Hardin)

Havins-Black announce engagement

Mr and Mrs William L. Havins of Pleasanton would like to announce the approaching marriage of their daughter, Rachel Angela, to Mr Charles D. Black of Post. Angi and Chuck are currently employed in the Jourdan School District. A July 13 wedding is planned in Horseshoe Bay, Texas. Chuck is the son of Mr and Mrs



Angi Havins and Chuck Black

There's nothing wrong with teenagers that reasoning with them won't aggravate. —Unknown

Why is there so much month left at the end of the money? —Anonymous



The "TOTAL" truth is... Janet is 40! from your "TOTAL" friends

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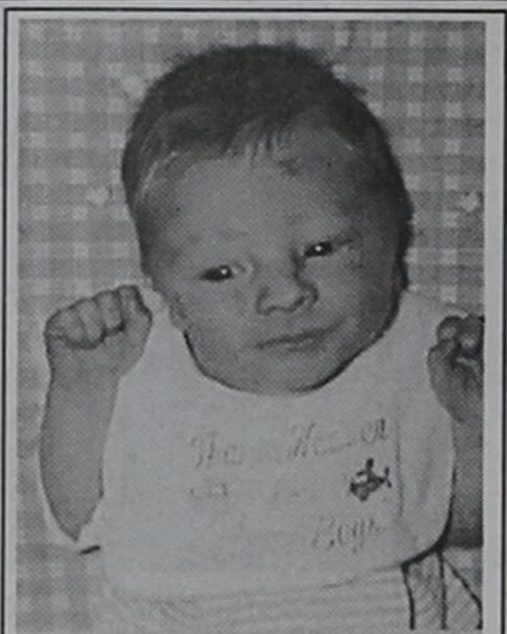
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201 E. Main Mon-Sat 9:00 - 6:00 495-2314

Births Garrett Cade McKinney

Gary and Alicia McKinney are proud to announce the arrival of their first born son, Garrett Cade McKinney. He was born at St. Mary's Hospital on Sunday, May 5, 1996 at 7:05 p.m. Garrett weighed 5 lbs. 8 ozs. and was 20 inches long. Maternal grandparents are Tim and Edwina Pettyjohn of Post. Great grandparents are Elwood and Evaline Lowe of Farmington, Arkansas. Paternal grandparents are William and Ruth McKinney of Grand Prairie. Great grandparents are E.R. and Goldie Powell of Hereford, and Vesta McKinney of Tucumcari, N.M.



Garrett Cade McKinney

Every flower is a soul blossoming out to nature. —Gerard De Nerval



Donna Craig

Woman's Culture Club brings home seven state awards

by Mary Neff
The convention marks a first for the woman's culture club of Post by celebrating our "First" Caprock District President, Donna Craig, and the "First" time our club has won seven first-place awards for programs and projects. Both "First" denote a great deal of hard work and dedication to the local, state and national organizations.

Donna Craig and Mary Neff attended the TFWC state convention in Austin on April 25-27, 1996, and Woman's Culture Club of Post was the state winner in conservation with our recycling project and program, home life with our substance abuse project, GFWC fundraising, poetry and with Craig and Neff's resumes. The state convention was highlighted with the installation of Craig as 1996-1998 TFWC Caprock District president. Craig's term as TFWC Caprock District president will be during the 100th birthday of the largest of woman's clubs (GFWC).

The convention was held at the Holiday Inn Town Lake, with the installation and an afternoon tea honoring the incoming GFWC president, Faye Dissinger and the incoming TFWC president, Minnie Simmang, and their executive committees. Both events were held at the TFWC clubhouse. The TFWC clubhouse is a beautiful old mansion-style house located on the University of Texas campus, very near the state capitol of Texas.

Please remember to support the "Award-winning" recycling center staffed by Arthur Kelly on Wednesday afternoons from 3:30 to 5:30 p.m.

Green Thumb Garden Club

The Green Thumb Garden Club met Thursday night in the home of Ida Jones. Ida and Edna Owen were hostesses.

Members enjoyed a salad supper and delicious desserts.

The meeting was called to order and Carlene Kyle acting as installing officer used the theme of Ships Go Sailing.

Edna Owen, President, was given a flag of leadership.

Sybil Cockrum, Vice President - First Mate flag as assistant in leadership.

Fleta Caffey, Secretary-Treasurer - Log Keeper flag as keeper of records and important data.

The minutes were read.

A letter was read from Jennifer Fumagalli, inviting members to workshop at the Algeria Art Center from May 9th to 31st.

Names were drawn for secret pals.

Those present were: Margaret Barley, Fleta Caffey, Sybil Cockrum, Thelma Epley, Annie Laura Francis, Shorty King, Carlene Kyle, Marion Wheatley, Jewel White and hostesses.

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Up and Down Main Street

by Wanda Mitchell, Post Chamber of Commerce

Almost time for graduation. Another school year gone by. It was hard to say "good-bye" to Lane, Joy and Janie. The reception for these three was really nice and I really don't know who gets the credit for it but whomever it is, you did a great job. The awards assembly was nice and went very fast. Lost of awards and recognition's were given along with many scholarships in about 1 hour and 15 minutes. That is good planning. Congratulations to all the recipients of awards, honors and scholarships.



We are very excited about the "June Jamboree" at the Tower theatre. There will be three shows in June, all different, all produced by different people, and the best variety we think we have had so far. One June 1st Don Caldwell will be presenting "The Fabulous 50's" with Donnie Allison, Leslie Sawyer, Terri Sue Caldwell and Don Caldwell and the Lubbock Texas Rhythm Machine. Now you may say, "I've seen the 50's show". Rest assured, you haven't. This is an entirely new show with new material and you won't want to miss it.

On June 15th, Tommie Anderson and Jazz Alley will be doing a New Orleans type Dixieland Show. You will hear a little of the history of Dixieland and a "Louis Armstrong" segment that you won't believe. If

you have never heard this group, you will surely want to be there and if you have heard them, I know you will be there.

On June 29 there will be a "Sensational 70's" show produced by Rusty Hudelson from South Plains College. There are some class reunions going on that weekend and we expect all the class of 1976 will want to be on hand for this one. You will be celebrating your 20th reunion and what a great way to do it than to go back to the 70's at the Tower Theatre.

This same weekend there will be a West Texas Scout and Truck Round-Up held in Post as well as Old Mill Trade Days.

Sounds like the "lazy days of summer" won't be so lazy in Post, Texas.

Friday night is prom night in Post and we know that there will be so many beautiful and handsome young men and women entering the Community Center for the Jr.-Sr. Prom. I love to just sit and watch them go in. This night belongs to them and we wish them a good, safe time.

We were in Galveston and Houston over the weekend and it sure made me glad once more that I live in Post. We were going out to dinner in Houston Saturday night and you couldn't get on the freeway for the limos. It was prom night somewhere in the city and they took up at least two parking spaces everywhere you went. We don't see too many of those in Post.

Minor League, Little League, Coach Pitch, T-Ball and Softball are in full swing and another reason that we.....Take Pride and

Living on the Edge of the Caprock

by John Senter, CEA-AG

Landscape practices save water...

This long drought has touched just about everything that you can imagine and most of us come into contact with some or all of the effected "things" on a daily basis. It is very evident that our county tank water is falling daily, cattle are beginning to suffer, pastures are showing stress, crop land is needing planting moisture and a good, general rainfall would surely improve spirits.



As you have noticed, activity is running high in home lawns with watering in full swing. If you are among the many who have chosen to assist mother nature with your own personal rainfall, keep in mind that proper maintenance is the key principle in reducing irrigation in the landscape. Maintenance practices such as mulching, mowing and fertilizing greatly impact the water efficiency of any landscape as well as the ability to survive a drought.

Research at Texas A & M has shown that unmulched soil may lose as much as twice as much water to evaporation as mulched soil. With our string of days with high temperatures, moderate winds and low humidity, you can rest assured that evaporation totals may run as high as one-third inch per day and that's as an average. Mulch is a layer of material covering the soil surface around plants. Mulches can be organic materials, such as shredded bark, compost, and wood chips; or inorganic materials such as lava rock, limestone and woven plastic.

Use a mulch wherever possible. A good mulch preserves soil moisture, prevents soil compaction, keeps soil temperatures more moderate and reduces weed populations. In case weeds do get a foothold, they are much easier to pull if a mulch has been used. Organic mulches will decompose and sometimes wash away, so make checks regularly and replacements when necessary. In addition to mulching, other practices help save water in the

landscape. Mowing turfgrass at the proper height helps conserve moisture. The optimum height to mow St. Augustine grass for water conservation is three inches. For Common Bermuda, the proper height is closer to 2 1/2 inches.

A good rule of thumb to keep in mind is to never remove more than one-third of the leaf surface at one mowing. By leaving the grass taller, you will promote a deeper more efficient root system and consequently add more drought tolerance to your lawn. Taller grasses act like a living mulch, thus reducing soil moisture evaporation. Also grass that is allowed to grow taller will grow slower; therefore requiring less mowing and watering.

Another maintenance practice that adds to the efficient use of water is proper fertilization. Applying fertilizer to the lawn at the proper time and in the proper amount can save time, effort and money through reduced mowing and watering.

As another "rule of thumb" fertilize the lawn once in the spring and again in the fall to produce a green quality turf without the excess growth and high maintenance.

Use a slow-release form of nitrogen in the spring and a quick release in the fall. Apply only one pound of nitrogen fertilizer per 1,000 square feet of lawn at one time. By utilizing this approach, it is possible that no other fertilizer is needed for most shrubs and trees in the lawn area.

As has been pointed out before, measure how much water you apply to your lawn in a specific amount of time. This will vary from house to house because of difference in water pressure and application method. Remember, don't apply more water than your lawn can absorb. Monitor your lawn and apply water only when it is needed. The old standby rule of watering on a weekly basis is just that - Old!

Take care to do your part for water conservation and lawn improvement. From the looks of the spring up to this point, it may be a summer to remember.

Grandparents' Corner



Great grandmother Betty (Little Mama) Gaskill of Fort Worth got a special visit last month from her great granddaughter Becca Warren, along with Betty's grandson Dewayne and her daughter Becky (Nanny) Warren. Becca is the daughter of Dewayne and Tomoko Warren of Okinawa. Dewayne is the son of Becky and Chet Warren 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."

I don't know much about being a millionaire, but I bet I'd be darling at it.
-Dorothy Parker

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Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

Macro-nutrient needs for elderly

Now more than ever before, the importance of nutritional needs of the macronutrients—water, fiber, carbohydrate, protein and fats—are of utmost importance. Why worry about it now? By the year 2000 there will be approximately 40 million people in the United States over the age of 65. Many will remain active and healthy. Others will suffer from one or more chronic diseases, live alone or have varied backgrounds and current living situations. That's why knowledge about the macronutrient needs of this over 65 age group is important.



Not to be forgotten is the nutrient water. The elderly are subject to inadequate water intake due to a decrease in the anti-diuretic hormone with aging and more water loss through urine. Memory loss or physical incapability may prevent the ability to satisfy their thirst or inability to express their need for fluids. For whatever the reason, dehydration is a common problem for the elderly.

Dehydration can be prevented by consuming approximately one and one-half to two liters of fluid per day, or more if there is vomiting, diarrhea or other increased fluid loss.

For a variety of reasons, fiber in our diet is important for all of us. Water-holding fibers, such as those found in wheat bran, along with adequate water intake, are helpful with reducing constipation and in decreasing formation of diverticula in the colon. Soluble dietary fibers, those in oats, legumes and fruits, have been reported to improve control of blood sugar in diabetes, lower total cholesterol, LDL cholesterol and triglycerides without changing HDL cholesterol. Both types of fibers are in fruits and vegetables. However, be cautious of more than two to four servings of fruits, which can cause an increase in blood sugar, especially in persons with diabetes.

High quality protein found in the meats, poultry, fish, dry beans, eggs and nuts group are a special interest for this age group for maintaining fitness since a wasting away of muscle each decade after age 45 occurs.

Protein requirements remain constant as for other ages with the exception of stress from an illness or infection, thus requiring additional protein. Energy intake needs to be enough to maintain a normal weight and prevent undesired weight loss.

Overeating fats and carbohydrates results in protein used for energy draining necessary amino acids. Decreased muscle mass and less physical activity reduce the need for calories so fat intake is usually decreased in the elderly to approximately 25-30 percent of total calories.

Moderation in eating and changing the diet such as reducing cholesterol to reduce risk factors are good for any age. Following a balanced meal plan such as the Food Guide Pyramid, which promotes good health without creating undue hardships or decreasing the quality of life, is the type of dietary recommendations being made by most health organizations.

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



Former student A team player

Abilene - Shauna Windham was an A team player for her team Zero Gravity in Abilene's AYBA basketball league. They won third place honors in the All City tournament.

Shauna is a 6th grade student at Wylie ISD Middle School. She is the daughter of Danny and Lesa Windham, formerly of Post.

Ladies Auxiliary VFW

The Ladies Auxiliary of Post 6797 held their monthly meeting May 13 at the VFW Hall.

JoAnn Stelzer, president presided over the business meeting. Members discussed selling Buddy Poppies on the 24 of May at United, and about the memorial breakfast at the VFW Hall on May 27. They also talked about having a bake sale in June for the Jimmy Mason family to help with medical expenses.

Installation of new officers for the 1996-97 year was held. Jo Ella Sparlin was the installing officer presiding over the ceremonies. The ladies voted to not have a meeting on the 27 of May (Memorial Day).

The meeting was closed with a prayer by Jo Ella Sparlin. Members present were: Shirley Williams, Ruth Walls, Alva Shepard, Jo Ella Sparlin, Melvis Taylor, Faye Stone, Rosemary Stelzer, Lola Ryan, Dena Morgan, JoAnn Stelzer and Viola Strawhecker.

Tax 'n Facts

by Terri Cash, CPA

Avoiding Future Taxes

Much retirement planning is based on reducing taxes now: contributions to IRAs, Keoghs and 401(k) accounts are deductible from current income. Another option that shields more is to utilize insurance-product investments to reduce taxes later. Start early and invest in an immediate annuity; a \$50,000 investment can earn more than \$10,000 annually for five years. Part of the payout is return of principal, so taxes are low. Use the annuity proceeds to buy an investment-grade life insurance policy -- better yet a joint policy -- that accumulates cash value on a tax-deferred basis. After 12 years or so, the investor can withdraw about \$7,500 a year tax free for life. There are more advantages. The policy income is not considered taxable income to the beneficiaries. It isn't counted when determining Social Security taxes. And finally, the assets evade probate and may even escape the taxable estate. Want to get more income and pay less taxes? We'll show you how to do it -- legally at:

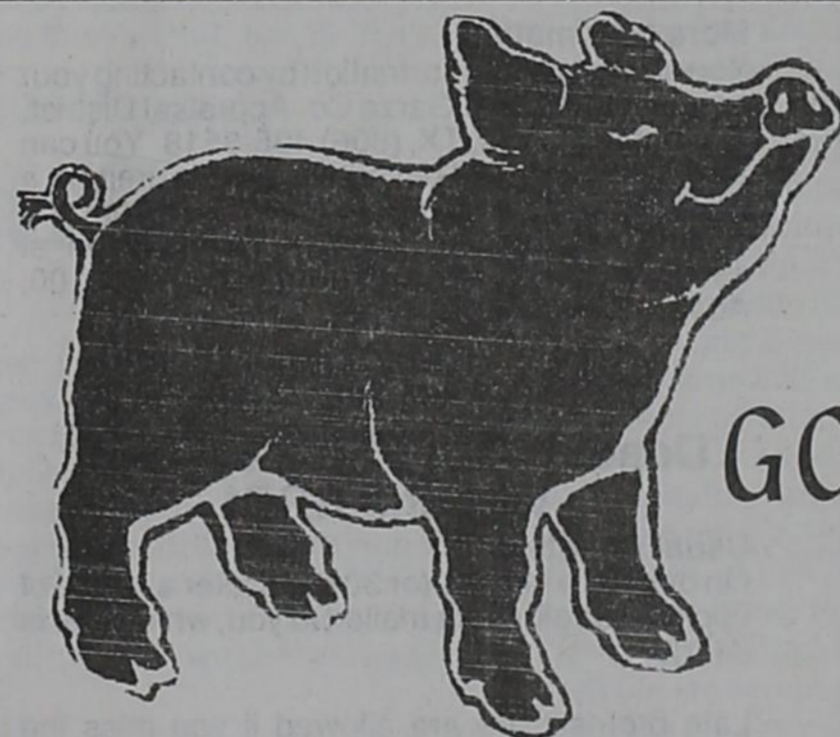
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Obituaries

Jimmy Rogers Smith

Former Post resident Jimmy Rogers Smith, 65, of Flagstaff, Arizona, a retired teacher, coach, and school administrator died April 3, 1996 at the Flagstaff Medical Center. He was born October 31, 1930 in Liberty Hill, Texas. Jimmy will be remembered as a member of Post's 1948 championship football team. He graduated from Post High School in 1950 as did his wife, Janie Shepherd. Both still have many friends and relatives in the Post area. He graduated from Sul Ross State University, Alpine, Texas. He taught in Marfa, Texas and Colton, California. He moved to Flagstaff from California 10 years ago after completing a 28 year career in education. Continuing his love of working with young people, he volunteered his services at many local high school events. He was a veteran of the Korean War and a 32nd-degree Mason. He loved northern Arizona and was an avid outdoor sportsman.

He was a devoted husband, father, and grandfather. Survivors include his wife, Janie of Flagstaff; son, Randy; son Roger and wife Mary Ann and their children Nicole, Ryan, Araianna and Ethan; daughter Beverly Hurley and granddaughter Caitlin Hurley, all of Flagstaff; daughter Kay Hart and grandchildren Chad, Shaun and Candice Thomas, all of Phoenix; brothers, Leroy, Lenard, Bill and Milo and sister Carolyn Brock, all of Texas. He was preceded in death by his parents Milo and Dollie of Post and brother Willis.

The funeral was held in Flagstaff with burial in Flagstaff Citizens Cemetery on April 5, 1996.

Scholarships

(Continued from Page 1)

B.J. Hart and DeeJé Estep, Post ISD Benevolent Fund.

DeeJé Estep, TSTA and Russell Wilks Jr. Memorial.

B.J. Hart and Jeff Redman, Amity Study Club.

Marci Hill, Gamma Mu Sorority.

Lori Hudman, Ella Mae Hudman Memorial, Howard College and Post Chamber of Commerce.

Vernon Soto, W.F. and Maury Shiver and UTPB.

Aleida Marin and Raquel Martinez, Jim and Helen Cornish Memorial Library.

Aleida Marin, Post Lions Club.

Jeff Redman and Andrea Wallace, J.R. and Mayme Durrett Memorial.

Jeff Redman, James E. (Jimmie) Pollard Sr. Memorial, South Plains College and Danny Foster Memorial.

Jayson Fry, George Pierce memorial.

Alvin Reed, Leo Club.

B.J. Hart, Larry King Haynes II Memorial.

Saul Martinez, Jill Stelzer, Joseph Sanchez and Beth Murray, Marine Certificates of Achievement.



Post High School students got a real fire practice last Friday afternoon when a small fire broke out in the construction area between the two wings of the campus building. Post Volunteer Firemen quickly extinguished the fire, which was contained in a small area of the construction site of the new library complex. (Photo by Barbe Bevers)

Deadlines:
Advertising
Stories
Photos
Letters
Classified

**TUESDAY
NOON**
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The Post Dispatch

Republic of Texas documents at library

A copy of documentation related to the Republic of Texas Provisional Government's legal challenges and other explanatory material is now available for public inspection at the Post Public Library. Included in the set of documents is the transitional plan, which is outlines a two-year transition from state to republic government. For more information call 210-349-8994.

May health news tips

Rising temperatures pose dangers for elderly

Senior citizens may need to alter some longtime habits to protect against the special threats they face from overexposure to heat. They could actually be putting their health in danger, for example, by spending sunny summer afternoons in the garden.

Morning and early evening are the best for outdoor activities, says Dr. Rosemary Wilson, interim chairman of the gerontology department at UT Southwestern Medical Center at Dallas.

She says seniors should wear hats and cool clothing, and they should drink plenty of non-alcoholic beverages. If seniors are living in homes without air-conditioning and they are nervous about keeping windows open, friends and family should help position fans to cool the air indoors.

If you're in pain, it won't hurt to call 911

One in five people suffering a heart attack calls a doctor or drives to the hospital. They should call 911. The lost minutes or hours can be deadly. "Often people are in denial," says Dr. Brian Zachariah, assistant professor of emergency medicine and director of Emergency Medical Services at UT Southwestern Medical Center at Dallas. "They want to believe the pain will go away, that they're not having a heart attack."

Zachariah says calling 911 puts you in contact with help quickest because the dispatchers are part of the medical team. Memorize and call a seven-digit phone number for an ambulance only if your area is not covered by 911.

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Baptist
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

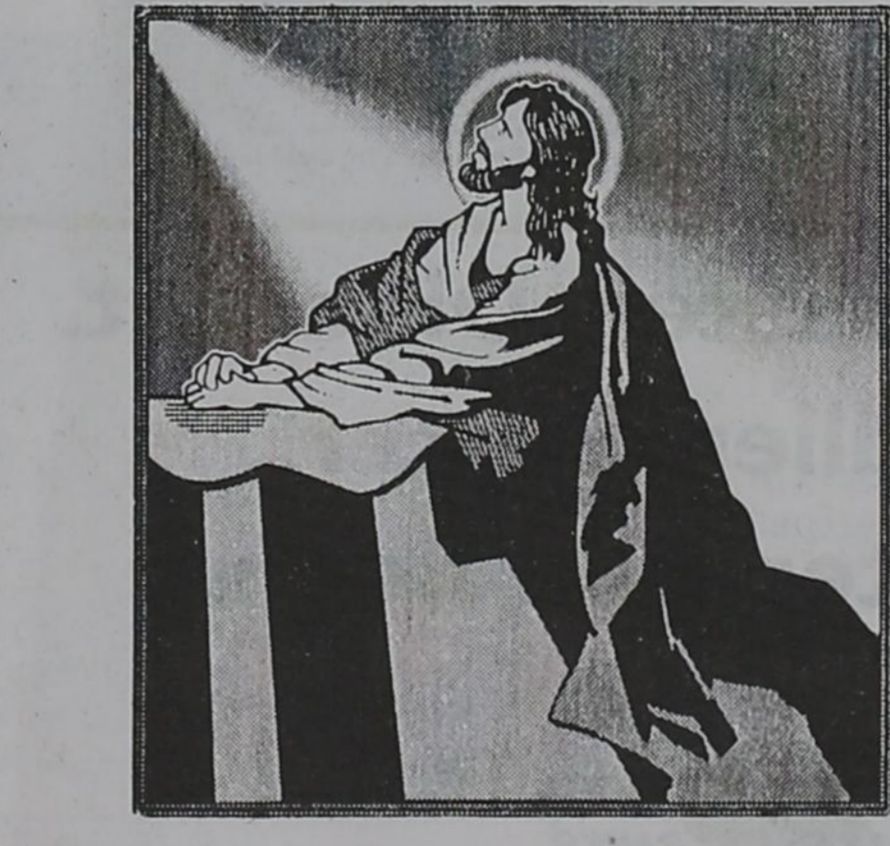
Church of God
Church of God of Prophecy 602 W. 14th, 495-3644
Power House Church of God and Christ Pine Ave.
Lighthouse Christian Center Church of God 314 N. Ave I, 495-2237

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



Forgive your enemies
by Jack Alexander, First Christian Church

Colossians 3:13 says, "Forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." It is very difficult to forgive those who have hurt you, but one must forgive for his own sake not because they deserve it. Do it so your heart can be whole again. The people from your past cannot continue to hurt you today unless you allow them to hurt you by holding out resentment against them. Anytime you resent someone, you give him a piece of your heart, you give him a piece of your attention, a piece of your mind. This is not what you want or need, so take it back by forgiving. Forgive those who hurt you. Pray for those who hurt you. Instead of rehearsing that hurt over and over, release it.



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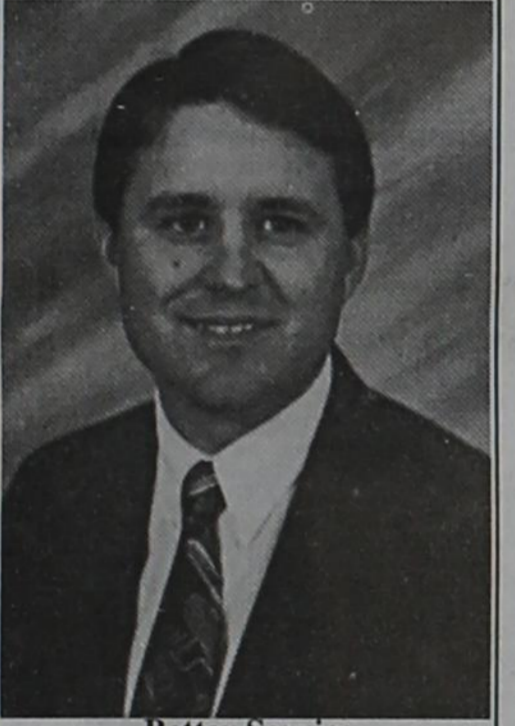
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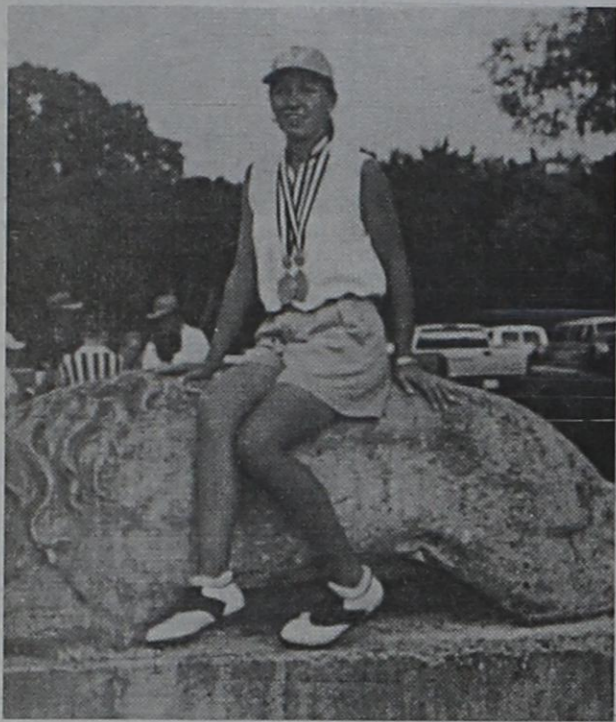
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Class AA State Medalist Jill Stelzer (Photo by Donna Stelzer)



1996 Class AA State Golf Champions - (back row, left to right) Natalie Pollard, Becca Stelzer, Kasey Hardin, (front row) Jill Stelzer and DeeJé Estep. (Photo by Barbara Hardin)



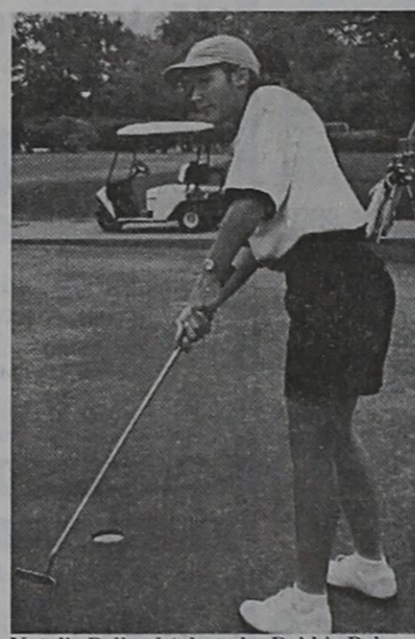
Jill Stelzer (photo by Debbie Palmer)



Dee Jé Estep (photo by Debbie Palmer)



Kasey Hardin (photo by Debbie Palmer)



Natalie Pollard (photo by Debbie Palmer)



Becca Stelzer (photo by Debbie Palmer)

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