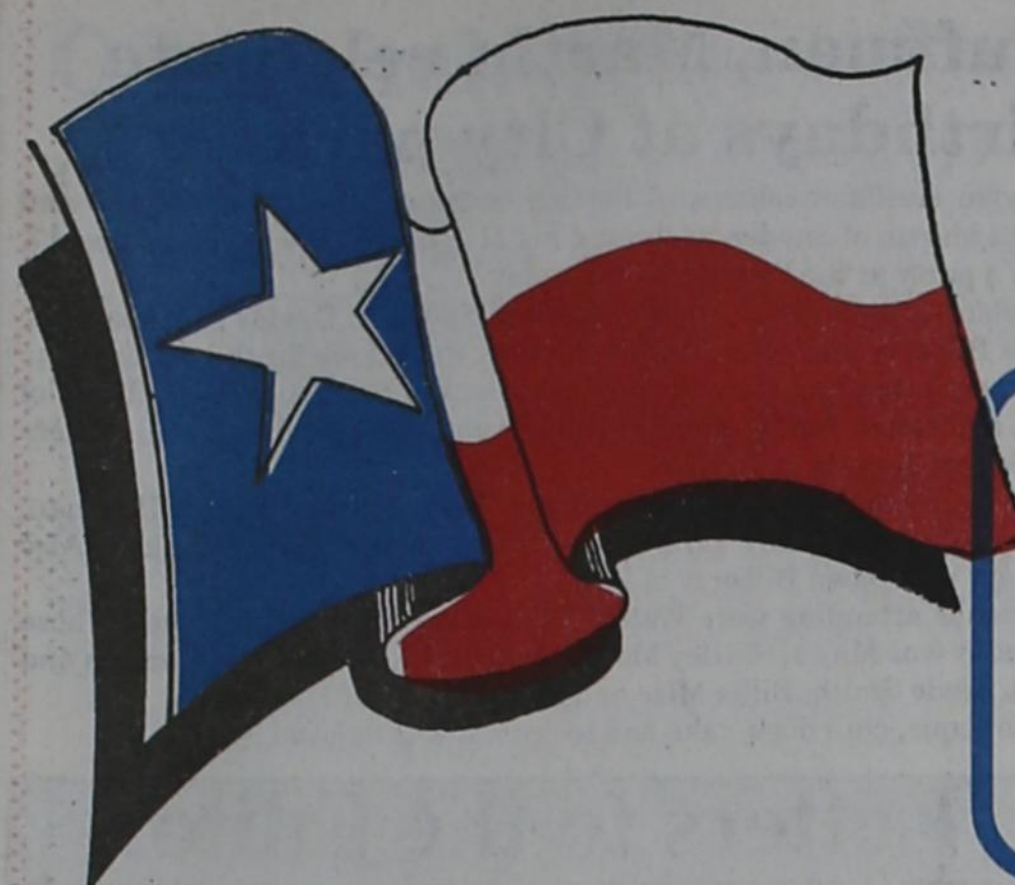


BAZE BOOKBINDING  
514 W. 7TH ST  
AMARILLO TX 79101



New shops opens on Main Street ..... Page 3

Now it's smokers, next it'll be coffee drinkers ..... Page 5

Governor praises home schooling parents ..... Page 5

Local musician featured at Tower Theater ..... Page 7

# The Post Dispatch

Seventysecond Year Number 49 USPS 439-620 Single Copy 50 cents © 1998 The Post Dispatch Thursday, May 21, 1998

## Hospital election stalled by state law questions

by Wesley W. Burnett

A formal presentation of petitions for calling an election to dissolve the Garza Hospital District was made Thursday morning at the GHD regular monthly meeting. Mozelle Rogers personally handed the petition forms to GHD board president Jack Alexander. A letter, signed by several supporters of the election, formally re-

quested the order to call the election be placed on the GHD June, 1998 meeting agenda.

Alexander requested the citizens to remain for an explanation of the board's review of the election process. Administrator Maritta Reed said that she had called the Texas Secretary of State for assistance to "make sure we do this correctly." She said that there were some doubts about how the election should be called. Reed then introduced GHD attorney Cal Huffaker of Tahoka, who gave a more detailed review of his research in the matter.

Huffaker referred to the original legislative statute which authorized voters in Garza County to establish the district by election. "The original statute does not provide a method of dissolving the district," he explained. "And the health and safety code (Section 286.102) was passed after the establishment of the hospital district, so it is really unclear as to whether or not the health and safety code governs this issue."

Huffaker recommended the board seek a formal opinion by the Attorney General. "That would be no more than his opinion," he added. The Secretary of State's office said that the health and safety code opens with a statement that the chapter applies to any district formed under that code. "The Garza Hospital District was formed by special legislative law," Melinda Nicholson said in a telephone interview Monday morning. "That law creating the district does not include a method of dissolving... it appears to me that it will take legislative action to provide for an election to dissolve the district."

Both the Secretary of State's office and Mr Huffaker told The Post Dispatch in January that Chapter 286 of health and safety code was the governing statute for dissolving the hospital district.

Alexander said that the GHD would "abide by the law." Mr Huffaker informed The Post Dispatch Tuesday that the Attorney General's office expects to answer the questions soon. The issue is expected to be included in the June 11 hospital district meeting.



Spelling team members (left to right) Macee Mills, Kathy Gerner and Shelley Shifflett join Sam Woods in sharing second place honors at recent Texas State U.I.L. competition. Woods earned second place in the 300 meter hurdles with a 39.16 time and placed sixth in the 110 meter hurdles with a time of 15.20.

## Post ISD board elects Jeff Lott to serve as president

Jeff Lott was selected at last week's regular monthly meeting to serve as the new Post Independent School District board of trustees president.

Lott was named board president as a part of the board's annual realignment. Alexia Collier was tapped to serve as vice-president and Barbara Hardin was named secretary.

Prior to the board's realignment, Lott and Collier were sworn in after having been unchallenged in their bids to return to the Post ISD board of trustees.

- In other business, the board:
- Received a report on 10th grade TAAS scores. A full report on all TAAS scores is expected to be delivered to the board in coming weeks.
  - Approved several student transfers into the district.
  - Approved the Lubbock firm of Robinson, Johnston & Patton as auditor for the 1997-98 school year.
  - Appointed Superintendent Dr. Bobby Bain to serve as the district's representative to the Regional Advisory Committee.
  - Approved the addition of two new substitutes — Denece Bilbo and Fransisca Zamora.

## Garza County Historical Museum gets improvements

Supporters of the Garza County Historical Museum are planning to expand and upgrade the local facility in coming months, according to a report delivered to county commissioners Monday.

JoAnn Mock, executive director of the Caprock Cultural Association, said plans call for an estimated \$138,000 to be spent in three areas — in the development of a new Oil Industries Room and Oil Industry Tribute; in the addition of features enhancing museum accessibility for handicapped individuals; and for facility upgrades.

Museum officials hope to tap into available grant monies to help fund the projects.

The addition of the Oil Industries Room and Tribute is already under way. Using an existing room in the upstairs portion of the facility, museum workers plan to create a "historical and educational" look into the oil industry, which has played and continues to play such a large role in Post and Garza County history. In addition, the George R. Brown Partnership has promised the contribution of an oil pump jack and pad for display in the museum's garden area. Plans call for the new room and the additions to the garden area to be completed in time for this year's Founder's Day observance, which will be conducted with "Black Gold" as its 1998 theme.

Handicapped access upgrades planned will include the installation of a chairlift for the inside stairway, widening of the back doorway for wheelchair accessibility and the creation of a concrete ramp and walks. Officials hope to see the installation of the chairlift prior to the Sept. 25-27 Founder's Day celebration.

Planned building repairs, including painting and other cosmetic work, electrical work, the installation of security and fire safety features and a new roof, are expected to be handled as they can be scheduled. The building, constructed in 1912, was last re-roofed in 1968.

Mock said that whenever possible, museum officials hope to rely on local contractors for planned upgrades.

• Weather in Post •

Date	High	Low	Precip
5/13	95	64	—
5/14	96	64	—
5/15	97	58	.001
5/16	87	55	—
5/17	93	55	—
5/18	98	68	—
5/19	98	68	—

May total rainfall — 0.201  
Rainfall year-to-date — 4.351  
(Records courtesy Garza County Sheriff's Department)

## Post Notes

### VFW Auxiliary selling poppies

It's Buddy Poppy Time again, as members of the Post VFW Ladies' Auxiliary will be at Norwest Bank and Citizens Bank Friday beginning at 9 a.m. and at United Supermarket Saturday. Last year the auxiliary was first in total sales in District 7, out-selling even Lubbock.

### Christian School enrollment

Those parents who are interested in enrolling students for the First Baptist Christian School for the 1998-99 school year may do so now.

Early registration is suggested, classes are filling up quickly. The school has openings for those in grades kindergarten through second and preschool classes, ages three and four (must be three or four before September 1).

Registration fees, birth certificates, immunization records, social security numbers and previous school records are required upon enrollment. Call the First Baptist Church for more information at 495-3554 or visit the church at 402 W. Main. The school is a member of the Association of Christian Schools International.

### Baseball camp set for June 1-3

A summer baseball camp has been set for June 1-3 from 8:30 to 10:30 a.m. at the David Nichols park. Registration is \$10 per student in third through eighth grade. Those interested may sign-up at the Elementary School office with Mrs Postell or at the Middle School with Mrs Cash. Coach Fred Postell is directing the baseball camp.

### Nazarene Church Caravan starts May 27

Caravan, a special program at the Church of the Nazarene begins May 27, with signing up continuing this week. The program offers an active, hands-on learning approach to help young people discover essential physical, social, mental and spiritual skills. There is no registration fee, but parents must register their children. Transportation will be provided for all meetings. For more information call Mark at 495-4606 or Marcie at 495-3121.

### 'Magic of Sebastian' show June 27

"The Magic of Sebastian" will be presented in Post on June 27 at the school auditorium, sponsored by the Post Lions Club. The project is a fund raising event to support the eye glasses program for the needy citizens of Post. Advance tickets are now available for \$4 for children or adults. Call 495-3663 for tickets or additional information. The show is a 90 minute production, packed with excitement, laughter and spellbinding illusions.

### PHS sports video tapes now on sale

The Post Antelope Booster club now has 1997-98 sports video tapes available for sale. The video tapes are the same as those shown at this year's all-sports banquet. Those interested may call Carol Payne at 495-2560 to purchase a copy of the video tape for \$30 each.

### Church softball league organized

A co-ed church softball league is planned for June 14-July 19 in Post. Games will be played at the Little League fields on Sunday evenings after church services. Entry fee for each team is \$50. Call Darryl Smith at the First Baptist Church (495-3554) for more information.

### Vacation Bible School June 1-5

The First Baptist Church will present "Veggie Town Values" for its 1998 Vacation Bible School. The material is a part of the popular Veggie Tale Videos. The VBS will be held June 1-5 from 9 a.m. to noon for children ages four years old through fifth grade.

### Bold Gold boys' basketball camp

PHS coach Richie Thornton has announced a Bold Gold Boys' Basketball Camp to be held June 8-12 from 8 a.m. until noon. The cost per person is \$15 for boys in fifth through ninth grades. For more information call Thornton at 495-2770.

### Memorial Day services Monday

Memorial Day, Monday, May 25 will begin with a breakfast at the Post VFW for members and their families, followed by a public memorial service at the Terrace Cemetery at 10 a.m. Paul Jones is the featured speaker for the service. Families and friends of deceased veterans buried at the cemetery are encouraged to arrive early to get flags to be placed at the gravesites. "We don't know where all the veterans are buried," Andy Stelzer said, "so we need families and friends to be sure we don't miss anyone." Memorial Day will conclude at the VFW with a dinner for members and families beginning at 5 p.m.

## Teen survey offers insight into issues

by Sheri Lewis

A recent survey of Post High School and Middle School students which queried youths on the subjects of drug, alcohol and sexual activity will be used by at least one local organization in its efforts to reach out to teens.

Bryan Grimes, who works with Garza County officials in writing grants for various local projects, reported to county commissioners Monday that he and MAD DADS representative Rodney Tidwell conducted the survey last months in an effort to "gain an accurate account of drug, alcohol and sexual activity" among local teens.

"Our intent is to help in funding for MAD DADS and the teen center," Grimes wrote in his report. "These statistics are vital in the grant process as they show a need for teenage drug intervention and prevention. Subsequently, this data set will be used by various local organizations including the Garza County Juvenile Probation Department, Post Community Recovery Center, Post Independent School District and other organizations in their various grant endeavors." Grimes noted his thanks to the Post ISD superintendent and the middle school and high school principals for their assistance and cooperation in the survey project.

Using the survey results, MAD DADS hopes to tap into \$250,000-500,000 in grant monies to be used for the construction of an indoor multi-purpose facility, renovations to the existing Da House facility or other possible expansions, Grimes said.

The survey, conducted in grades 6-12, included information gathered from about 80 percent of the middle and high school student bodies. Students were not asked for their names when filling out the surveys.

The first portion of the survey asked students to answer the questions with the following responses: strongly disagree, slightly disagree, no opinion, slightly agree, strongly agree. The initial questions were as follows:

- There are enough social activities for me in Post.
  - The only social activity that I do is hang out on Main Street.
  - Post needs a place for teens to "hang out."
  - I can talk to my parents about ALL of my problems.
  - My parents understand ALL of my problems.
  - Juvenile crime in Post is a problem.
  - Teenage sex is a problem in Post.
  - Teenage pregnancy is a problem in Post.
  - My friends lie to me about drinking.
  - I have a difficult time about being with friends who drink.
  - If a "hangout" was in Post, I would not drink/use drugs.
- Students were also asked to give yes/no answers to the following list of questions:
- I have used drugs in the last year.
  - I have used alcohol in the last year.
  - I go to MAD DADS (Da House) once a week.
  - I go to MAD DADS (Da House) once a month.
  - I have had sex in the last year.

In addition to the above questions, students were also asked to list two or three activities they wish were available to Post teens. They were also asked for any additional comments they might have about the need for social activities in Post.

(Continued on Page 2)

## Post ISD scheduled to begin gym plans June 1

The plan for the lease-purchase construction of a new school gymnasium for the Post Independent School District is expected to move ahead in coming weeks.

District Superintendent Dr. Bobby Bain said the project can proceed as of June 1. Formal notice of the school district's plans has been published and once the 60-day waiting period which allows local residents the opportunity to respond to the plan is completed, the project can move ahead.

The next step will involve the school district's working with bond counsel and completing paperwork to be sent to the state attorney general (AG) and the Texas Education Agency (TEA), Bain said. Once the AG and the TEA endorse the project, which Bain said should take at least a month, the district will be ready to move on to the project's next step.

District officials are estimating that construction of the new gymnasium could begin by mid-summer.

The lease-purchase arrangement being negotiated will allow the

(Continued on Page 7)

## Middle school students build miniature golf course

On Monday May 25, from 8 a.m. till 12 noon, 7th and 8th grade students from Post Middle School will form teams led by 20 moms and dads to build a 20 hole miniature golf course. The course will be built on Peggy Lott's land located on the Lubbock Highway, across from the Chaparral Restaurant.

Teams will utilize skills learned in language arts, social studies, science and math to construct and report on this project. Additionally, students will apply organizational, leadership

and communication skills to successfully complete this project.

Around 10:15 a.m. refreshments will be served, miniature golf will be played and prizes will be awarded in the following categories: tallest hole, widest hole, longest hole, shortest hole, most difficult hole, easiest hole, prettiest hole, most creative hole, the hole most people would likely pay to play, the hole most representative of Texas, the hole most representative of Post, and the hole with the most clever name.



A "jam" session at the Garza County Historical Museum last Thursday met with appreciation as local musicians joined visiting fiddler Alvin Crow (center). Howard Hutchison (left) shared his guitar and singing talents, along with Wes Mason (second from left) and his fiddle teacher Lille Hart (right). Jane Mason, Dannie Guthrie, Derek Guthrie and Tommy Reed also shared their musical talents.

## Teen survey revealing...

(Continued from Page 1)

The following results were gleaned from the surveys:

Sixth grade (average of male and female responses) — three percent have used drugs in the last year; 11 percent have used alcohol; 1.5 percent have had some sort of sexual activity.

Seventh grade — three percent, drugs; 17 percent, alcohol; 0% sexual activity.

Eighth grade — 15 percent, drugs; 34 percent, alcohol; 28 percent, sexual activity.

Ninth grade — 34.5 percent, drugs; 66 percent, alcohol; 24 percent, sexual activity.

Tenth grade — 32.5 percent, drugs; 76.5 percent, alcohol; 47.5 percent, sexual activity.

Eleventh grade — 26.5 percent, drugs; 57.5 percent, alcohol; 72.5 percent, sexual activity.

Twelfth grade — 42 percent, drugs; 85 percent, alcohol; 81.5 percent, sexual activity.

To break down those results even further, Grimes said that of the 54 seniors surveyed, eight reported they had not used alcohol in the past year and 12 reported they had not had any type of sexual encounter during that same time period.

Across the board, the results were concurrent with the national averages, he said. The margin for error has been estimated at plus or minus 5%.

Grimes said the resounding message from all age levels is that local teens are interested in having more places for recreational opportunities — lighted basketball courts, for example, or possibly even a movie theater.

## Amity Hits the Road

by Louella Bilberry

On Tuesday our club members met at the Norwest parking lot at six p.m. and from there we headed east on Highway 380. Our destination was the hide-away of Elmer Fuddrucker. Mrs Fuddrucker marked the way for our ladies with ribbons on the fences along the way.

Mr Fuddrucker was busy barbecuing ribs and sausage and baking homemade biscuits! (Yes, Virginia, there is such a thing as home-made biscuits!)

The yearbook committee furnished beans, potato salad and cobbler to round out the meal. Thanks, Mr. F!!

This evening of food and fun marked the end of our club year. Outgoing president, Kathy Rankin, using a clever poem she had written, installed the new officers for the "1998-99, 1999-2000 (gasp) years.

Edna Mae Owen will serve as president; Suzanne Hudman as vice-president and chairman of the yearbook committee; Ruth Ann Young, recording secretary; and Sandra Alexander, treasurer rounds out our slate of new officers.

Ladies, it's been an informative, educational and fun year. Dear Readers, I'll be back next September. Have a wonderful summer.

Enrich your family's future... host an exchange student now



Anders

Host a student like Anders 17, from Sweden. Students with interests in the arts, outdoor activities, team sports and various other hobbies are looking for Host Families. For further information, please call 1-800-SIBLING.

American Intercultural Student Exchange®

AISE is seeking families like yours to host exchange students

Call Today! 1-800-SIBLING

Visit our web site at <http://www.sibling.org>

## Huffman, Martin celebrate birthdays at City park

Dylan Huffman celebrated his 5th birthday, which was May 13 and David Martin of Snyder celebrated his 11th birthday, which was May 17, with a party at the City park on Sunday.

Dylan's grandmother Lupe Ramirez of Spur and Davids grandparents, Edna Bilberry and John Huffman of Post were there for the celebration.

Others attending were Dylans parents; C.J. and Michelle Bilberry of Post and sister, Ann of Snyder; David's parents, David and Judi, sisters Alicia and Teressa of Snyder.

Aunts, cousins and uncle from Snyder were: Joni and Marisa Huffman, Chris Bilberry, Wesley, Lizz, Lelan, Shawn and Kirsten Shankles. Also present was Dawn Bilberry of Post.

Friends attending were Walter Ezell of Snyder, David Graves, whose birthday was May 1, Shirley Moore, Jack and Rolana Moore, Tamara and Kurt, Wade Smith, Billie Mize and daughter, all of Post

Barbeque, chili dogs, cake and ice cream was enjoyed by all.

## Letters to the Editor

Letters to the Editor Policy: We require all letters to be signed, however, names may be withheld from publication by request. Letters may be edited for brevity, grammar and punctuation.

## Thanks to so many volunteers

Post Middle School staff wish to express sincere appreciation and thanks to the many parents, grandparents and Volunteers in Public Schools (VIPS) who have contributed time and abilities to help make this a very successful school year.

Special thanks to TAAS breakfast food chairpersons, Mrs Lisa Starkey, Mrs Peggy Lott and Mrs Debbie Morris. Also thanks to many moms and dads that brought and served food. It makes our students and teachers feel real special. The encouraging words given to the students before the test each day helps prepare our students to do their very best.

Marita Jackson, Middle School Principal

## Praising seventh grade students

I was recently a parent sponsor for the seventh grade field trip to Carlsbad Caverns. This was an all-day trip for Mrs Hester's science classes. During the trip to Carlsbad and back, we made several stops. The students' actions and attitudes were excellent inside the stores and restaurants. As we walked through the caverns, I heard one of the park rangers say how well our kids were doing on the tour. I feel our students represented Post Middle School very well. I am extremely proud of them.

Peggy Lott

## Double T Fish Farms

Will be delivering fish for pond and lake stocking to Post from 9 a.m. to 9:45 a.m. on Thursday, May, 28.

Deliveries will be made at Algerita Park. Containers are furnished for transport of your fish. Orders need to be placed by Monday, May, 25.

Channel Catfish, Hi-Fin Blue Catfish, Hybrid and Copper Nose Bluegill, Black Crappie, Florida Strain Bass, Fathead and Shiner Minnows and Triploid Grass Carp (Permit Required)

All sizes of fish available: Guaranteed live delivery of quality bred healthy fish!

Call 915-758-3640 or 915-557-1914

for pricing of all size fish, consultation, or to place your order.

\*\*\* Trotline Perch, Israeli Carp, and Goldfish Available\*\*\*

Now is the time for fish stocking

## caprock Boots

Great Gift Ideas for your graduates

MONTANA SILVERSMITHS

Wide Variety of Beautifully crafted silver jewelry

Hats • Belts • Purses  
Quality Leather Products!

You Get the Very Best at the Lowest Prices!

206 E. Main Downtown Post 495-2527

## Sonic Drive In Specials

MONDAY - after 5 p.m. - Extra Long Cheese Coney - Buy one, GET ONE FREE

TUESDAY - All Day - Hamburgers - 99¢

WEDNESDAY - after 5 p.m. - Chicken Sandwich - Buy one, GET ONE FREE

THURSDAY - after 5 p.m. - Jr Burgers - 69¢

FRIDAY - All Day - Buy one Burrito, GET ONE FREE

SATURDAY & SUNDAY - All day - Chicken Dinners..... 2.49

SONIC America's Drive-In

Thank you for choosing Sonic  
215 S. Broadway 495-3440

Locally owned and operated by Jose Alvidrez

Graduation time means a trip to Happiness Is...

- Party Goods • Cards • Stationary
- Frames • Albums • Makeup Bags
- Makeup Organizers • Jewelry
- Key Chains • Money Clips

Happiness Is...

128 E. Main 9:30 - 5:30 9:30 - 5:00 495-243  
Mon. - Fri. Saturday

Norwest gives you another classic combination.

Easy Access & High Yield... 5.00% ARY. ClassPlus™ A Money Market Savings Account

At Norwest, we've created the perfect combination. It's our ClassPlus money market savings account, an account with easy access check writing and a great interest rate. A rate like 5.00% Annual Percentage Yield on all balances. Plus with your \$10,000 minimum opening deposit you are automatically eligible for a Norwest Advantage Plus Account®. Please visit a Personal Banker and open your ClassPlus account today.

NORWEST

To The N<sup>th</sup> Degree® Texas

Minimum opening deposit of \$10,000 is required. \$10,000 minimum daily balance is required to avoid monthly service charge of \$15. The Annual Percentage Yield is available from May 31, 1998. Interest rate may change at any time after July 31, 1998. Fees may reduce earning. Limit of six transactions per month of which no more than three may be made by check or debit card.

© 1998 Norwest Bank Texas, N.A. Member FDIC

Enrich your family's future... host an exchange student now

Anders

Host a student like Anders 17, from Sweden. Students with interests in the arts, outdoor activities, team sports and various other hobbies are looking for Host Families. For further information, please call 1-800-SIBLING.

American Intercultural Student Exchange®

AISE is seeking families like yours to host exchange students

Call Today! 1-800-SIBLING

Visit our web site at <http://www.sibling.org>

## OS Ranch Shop opens on East Main Street

The newest addition to the downtown area, the OS Ranch Shop, was unveiled Friday morning. Located in the historic building once occupied by C.W. Post (the former Danish Imports location), the shop will observe its grand opening Friday.

"That's when the paper came off the windows," said Wanda Mitchell, one of eight "participants" behind the OS Ranch Shop.

The store features everything from the "ordinary to outrageous, rustic to regal and fashion to fantasy." Its offerings include gourmet foods, products for the bed and bath, gift and decorative items, imported furniture, silver jewelry, unusual ladies wear, infant wear and gifts, and "lots of surprises," Mitchell said. "It's quite an addition to Post.... We put our brand on the best."

The shop is open Tuesdays through Fridays from 10 a.m. to 6 p.m. Joining Mitchell as participants in this effort are Kim Mills, Jenny Smith, Carla Schooler, Judy Sanderson, Willene Tyler, John Chavez and Nancy Beard. Manager for the OS Ranch Shop will be Donna Smith.

Mitchell lauded Giles McCrary for his support of the effort. "He's been a willing participant and is anxious to see this get off the ground for Post,"



Deana Babb took time out recently to donate blood in the Texas Blood Institute drive here. The blood drive was sponsored by the Post Lions Club. (Photo by Barbe Bevers)

## 85 calls keep law officers busy

Ten arrests were made in Garza County over the last week, according to sheriff's department records.

On May 14, a 27-year-old female was arrested for "capias pro fine" (released the same day to DPS, Corpus Christi) and a 19-year-old male was picked up for possession of marijuana under two ounces and possession of a prohibited weapon (released the next day on bonds of \$1,500 and \$2,500).

Arrests made on May 15 included that of a 46-year-old male picked up for DWI/first (released the next day on \$1,500 bail bond) and an 18-year-old female arrested for "capias pro fine" (released the same day after paying fines).

Three arrests were made May 16, including that of an 18-year-old male charged with DWI/first (released the same day on a PR bond); a 24-year-old male, Richard Arthur Sanchez, arrested for injury to a child and family violence; and a 32-year-old female arrested on a warrant (released the next day on bonds).

Three arrests were also made May 17. They included that of a 40-year-old male picked up for DWI (released the same day on \$1,500 bail bond); a 39-year-old male arrested for public intoxication (released the same day on \$100 bail bond); and a 44-year-old female arrested for DWI (released the same day on \$2,500 bail bond).

Local law enforcement officials fielded about 65 calls for service during the same period. Calls for service included, on May 14, a report of a grass fire at Chimney Creek (fire department notified) and a theft in the 300 block of North Avenue I (a water-cooled air conditioner valued at between \$100-150 was reported missing).

Inciting calls on May 15 included a report of an automobile accident about 15 miles north of the city on U.S. 84 (a cattle trailer was reportedly overturned by high winds; no injuries were reported).

On May 16, dispatchers received a report of an automobile accident at 15th and CR 207 (a pickup struck a railroad crossing sign; no injuries were reported); a fire at Chimney Creek on East 380 (fire department notified); and family violence in the 500 block of South G Place.

Calls received on May 17 included a report of a possible burglary in the 400 block of West 14th (storage unit was broken into; no specific missing items were listed) and an automobile accident at a North Broadway restaurant (no details were recorded).

On May 18, authorities received a complaint of cruelty to an animal, North Avenue F (a dog was reportedly chained to a gas meter and had no shade or shelter).

## Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

### Exercise and heart-healthy habits for the family!

Summertime is almost upon us, and many of you will be trying to come up with things the family can do as a group. Every family member can benefit from exercise. Exercise can be part of a fun experience for everyone. You don't need to join a big gym or buy fancy exercise equipment to enjoy exercise. Riding a bicycle, playing tennis, or even taking a brisk walk are good examples.



Exercise is a major element in every fitness plan. However, you must exercise safely to reap the benefits of any active workout. Here are guidelines to follow:

- \*Always check with your doctor before starting any exercise program. Then begin slowly and gradually increase the duration and difficulty.
- \*Follow all safety guidelines for every exercise, including the use of proper footwear and protective gear (e.g., helmets, wrist guards, knee pads, and safety glasses)

- \*Check sports equipment frequently to ensure it's in safe working condition. Examine children's swings, slides, and other play equipment regularly.

- \*Warm up and stretch before you exercise. Then cool down and stretch again when you are done. You'll increase your flexibility and reduce the chance of muscle strain.

- \*Include several different physical activities in your exercise routine. By doing so, you'll use more muscles and make your workouts more interesting as well.

- \*If you experience sharp or severe pain, stop exercising. If the pain persists, check with your doctor.

Remember: By following safety rules, you can look forward to a more effective and enjoyable exercise program.

Exercise is an important component for maintaining a healthy lifestyle. Nutrition is another. We should all be concerned about what we eat and how it affects our health. Maintaining a healthy lifestyle will allow each of us to do the things that we want to do. Here are a \*Dozen Heart-Healthy Habits for Kids... and their parents to follow:

1. Exercise - watch less TV and get moving
2. Prevent high blood pressure - exercise, weight maintenance and moderate sodium intake should be part of your daily routine
3. Maintain a healthy weight - regular exercise and a well-balanced diet will keep you healthy
4. Don't smoke! - this habit affects your current and future health more than any one single thing
5. Choose a variety of foods - and enjoy them in moderation
6. Keep your fat intake in check - especially saturated fat
7. Eat breakfast - it gets your mind and body fueled for the day
8. Choose lower fat, high quality protein - like skim or 1% milk, eggs, lean meat, fish, and chicken
9. Eat lots of whole grains - for fiber and energy
10. 5-A-Day for good health - fruits and vegetables that is... include them with your snacks too!
11. Watch the excess sugars and salt - go easy on salty snacks, they are usually high in fat too
12. Know your family health history - high cholesterol and heart disease runs in the family

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

### VFW Ladies' sell Buddy Poppies

by Lana Comer

In a hospital bed, a nursing home or just a lonely room, valiantly trying to pick the threads of a life shattered and altered forever by the burst of a shell, or the blast of a bomb, or a shot which rang out of the darkness. Thousands of men or women who don't understand why after giving so much up for our country, that our country, and the people tend to forget them.

These men and women paid a debt which can never be repaid. They fought on foreign shores for the freedom and liberty of this land we know as America. Combat Veterans, the members of the VFW, and their wives, mothers, sisters and daughters who make up its Ladies Auxiliary have met the challenge by lending a helping hand in the battle against doubt, boredom, bitterness and despair.

While the VFW raises most of its funds from its own members, the

public is afforded the opportunity to help through the purchase of a "Buddy Poppy" sale. These "Buddy Poppies" are made by disabled and needy veterans. The money goes to help those disabled veterans who "can't forget".

### Extension Extras

#### Briskets to be delivered

Garza County 4-H Parents' Association wishes to thank everyone who ordered briskets during our Spring fund raiser. The briskets will be delivered Friday morning to the locations designated on the orders. If you are missed, please call 495-4400. Again, thanks for your support.

#### Memorial Day Holiday

The Texas Agricultural Extension Service office will be closed Monday, May 25, for Memorial Day.

American Heart Association  
Fighting Heart Disease and Stroke

### Tobacco?



Don't get me started...

©1997, American Heart Association



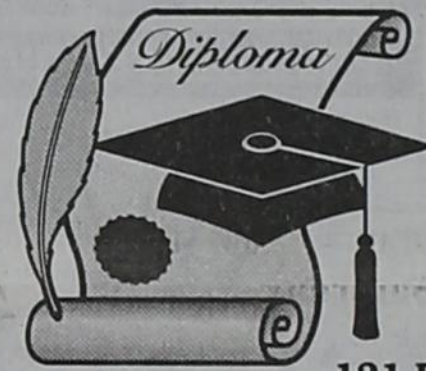
Thessa Harp has been busy this week checking off a long list of items being stocked at the new Radio Shack on West Main Street. The new store, located in the front of the Post Auto Service building, is scheduled to open Tuesday.

You Have A Choice  
in Cellular Service  
coming soon  
806-748-5414

### No need to shop out of town for great graduation gifts...

- Personalized Memo Sheets as low as \$6<sup>25</sup> per 250

- Personalized Stationary
- Ammons Printing and Office Supply



121 E. Main, Post, Texas - 495-2743

## La Posta

"Where You Love To Shop"

Graduates love Brighton!

- Belts • Handbags • Wallets • Earrings
- Necklaces matching • Watches

For Young Men & Women - Key Chains & Bracelets

Remember our Jr. Dept.  
My Michelle and 62 East

La Posta  
"Where You Love To Shop"  
412 N. Broadway  
495-2648

Four wonderful perfumes by Brighton...

live  
love  
dream

## REMEMBER OUR HEROES

Memorial Day  
Monday, May 25, 1998

In deference to the courageous servicemen and women who gave their lives to defend our freedom, we will be closed on Memorial Day, Monday 25, 1998 and will re-open to serve you on Tuesday, May 26th.

Please join us in saluting these great American heroes on this important day.

Remember the special Memorial Day ceremonies at the Terrace Cemetery beginning at 10 a.m., courtesy of the Post VFW.



Your friendly hometown bank...

## CitizensBANK

Post  
495-3545  
Member FDIC

Lobby Hours 9-3 M-F  
Drive In Hours 9-6 M-F  
9-12 Sat



Slaton  
828-6545

Central Bail Bonds has 24 offices with 30 agents making them the state's largest private surety bail bond company. Central's local office is located at 131 W. Main Street, Post, Texas 79356

(806) 495-3830

**CENTRAL BAIL BONDS**  
Kenneth Knowles, OWNER

**Texas Online**

It's a Local Call from Post!

- Instant Internet Activation with WIN95
- Plans from \$5 monthly
- No activation fee • FREE software and support • Pioneer West Texas ISP

744-6865

Specialty Cakes,  
Pies & Cookies  
or any baked items... order from  
Diana or Anita at  
**495-2456**

# Sports

## 'Lope baseball team completes season

The Post High School Antelopes were knocked out of the hunt for a playoff berth when the baseball team dropped a game to New Deal Friday by a score of 7-3. "Our season is over," Coach Fred Postell said this week. "A win at New Deal would have caused a three-way tie for first between us, New Deal and Abernathy. New Deal wins the district outright. Abernathy is second."

Postell said a hitting slump in Post's last two games combined with 15 errors allowed that 10 of 15 opponents' runs to be unearned was the team's "undoing." "We had a pretty good year, though, fighting for the district championship at season's end," the coach said. "I'm very proud of the way these guys battled all year."

Seniors playing their last game for the Lopes include Jamie Hernandez, Anthony Flores, Steve Gonzales and Orlando Castillo.

Gonzales and Flores were selected as Co-Most Valuable Players for the team. Players returning for next year will include T.J. Gaydos, Scotty Gaydos, Braden Conner, Rocky Gomez, Ricky Halford, Ross Babb, Jamie Collazo, Brant Wisenhunt, Joseph Abraham and Billy Doser.

A family is a unit composed not only of children but of men, women, an occasional animal, and the common cold.

—Ogden Nash

In true education, anything that comes to our hand is as good as a book: the prank of a page-boy, the blunder of a servant, a bit of table talk—they are all part of the curriculum.


—Montaigne

• Birthdays • Quinceñeras • Anniversaries • Weddings

### Graduation Cakes

Jimella Simpson

(806) 495-3318




Post Middle School students participating in the St. Jude's Marathon again this year were Mirta Gomez (left to right) Sarah Alaway and Brice Easterling. They collected \$251 for the charity.

## Melton selected first place in essay contest

Brandi Melton, a seventh grade student at Post Middle School, has been selected as the first place winner for the Texas Municipal League Region 3 "If I Were Mayor, I Would" essay contest. There were over 5,000 entries and only 15 regional winners.

The essay contest, sponsored by the Texas Municipal League, provided students the opportunity to reflect on the role of the key elected official in their own city and to describe, in a positive manner, what they would do if they were mayor.

In announcing the winners, TML President Jimmy Burke, Mayor of the City of Deer Park, said, "The future mayors of our cities are in the classrooms today. The Texas Municipal League and its member cities recognize that the education our children are receiving today will help them become good citizens — and good mayors — in the future."

The Texas Municipal League is a voluntary association of over 1,025 Texas cities.

Brandi received a certificate and a United States Savings Bond. This was a 7th grade class project of Pam Humble and Kathie Rankin.

Brandi is the daughter of Randy and Karla Melton.



Brandi Melton

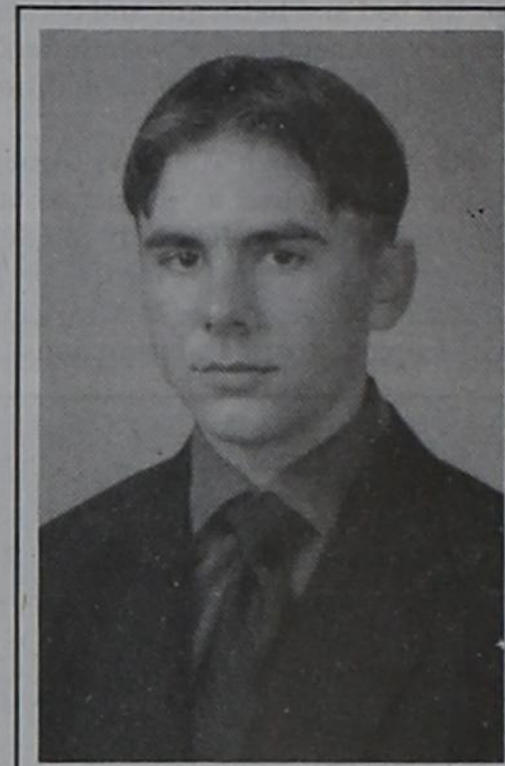
## Miller received scholarship from Duquesne University

Duquesne University wishes to recognize Cameron Miller from Post who has distinguished himself through academic achievement.

Cameron has received a Presidential scholarship. This scholarship, in the amount of \$5500, is for undergraduate studies and is based on merit. He was a regional qualifier in tennis and UIL competition. His hobbies are sports, music and he plays the guitar.

Miller is the son of Joe and Eddie Jo Miller of Post. He is a senior at Post High School where he participated in football, basketball, tennis and UIL competition.

Cameron chose Duquesne for their academic reputation, curriculum, campus and location.



Cameron Miller

## Short awarded Carr Scholarship

Cassandra Short from Post High School has been awarded a Carr Academic Scholarship at Angelo State University for 1998-99.

Approximately 300 Carr Academic Scholarships for 1998-99, ranging in value from \$1,500 to \$6,000, have been awarded to qualified high school seniors. During the current year over 900 students from throughout Texas and the nation, as well as numerous foreign countries are attending Angelo State University on Carr Academic Scholarships.

As a general rule, students must rank in the top 15 percent of their high school class and present either a combined math and verbal score of 1140 on the SAT 1 or a composite score of 25 on the ACT.

## Cash receives award from CJC

Cisco Junior College conducted its Thirtieth Annual Awards Ceremony on Monday, April 20. Each spring semester, CJC takes an evening to recognize and honor those members of the student body who have proven to be outstanding students and persons. Students were recognized in several categories which included scholastic and extra curricula achievement.

Cara Cash of Post was recognized as Most Valuable Member of Women's Golf. She is the daughter of Clyde and Sue Cash of Post.

The fate of civilization is like needlework. You can take it up and worry about it at odd moments.

\*\*\*

—Frank Sullivan

## Gibbs receives scholarship from WTAMU

The West Texas A&M University T. Boone Pickens College of Business recognized outstanding students, faculty, administrators and community members at its annual convocation on April 17.

Departments within the College of Business gave awards and scholarships, and the College announced scholarship recipients at the event.

Frederick Neal Gibbs, a senior accounting major formerly of Post received the W. Byron Lawrence Finance Scholarship for \$1,000.

Supported by a growing multi-million dollar trust established by the late Robert G. and Nona K. Carr of San Angelo, the undergraduate scholarships may be renewed annually by the University for students who maintain the required academic record. During a four course of undergraduate study at ASU, Carr Academic Scholarships can be worth from \$6,000 to \$24,000.

# Great Deals ALLWAYS

Open, Fast & Friendly

## ALLSUP'S

PRICES EFFECTIVE MAY 20-26, 1998

THE GROCERY STORE FOR PEOPLE ON THE GO!

326 W. 8th U.S. Hwy 84 (Lubbock Hwy)

- LAYS', WAVY LAYS' OR DELI LAYS' 6 pk cans **1.59**
- Wavy Lays' 3 Liters **1.79**
- Potato Chips REC \$1.59-\$1.39 **99¢**
- ALLSUP'S Water 1 LITER **79¢**
- BAR S Franks 12 OZ. PKG. **39¢**
- Tallsup's 32 OZ. **69¢**
- ALLSUP'S Sandwich Bread 1.5 LB. LOAF **2 FOR \$1.19** OR 79¢ EACH
- Vanilla Bars or Cool Tubes EACH **3 FOR \$1**
- ALL VARIETIES Tropicana 20 OZ. **89¢**

NEW JALAPENO CHEESE CORN DOGS <b>89¢</b>	NEW SHREDDED BEEF TAQUITAS 3 PER ORDER <b>99¢</b>	TACO RITO BURRITOS <b>99¢</b>	PAPER CUP FOUNTAIN HAFY DRINKS <b>1/2 PRICE</b> EVERYDAY (2-4 P.M.)
--	---	-------------------------------	---

Get Ready to Save Some "MOO-La" **FREE MILK** Coming Soon!

We Can Hardly Wait Until the "MOO" Gets Out! Details Coming Soon...

## Slaton Primary Medical Clinic

is now a provider for



# FIRSTCARE

Southwest Health Alliances

All First Care patients, including Medicaid are welcome at our clinic

We'll also continue to serve all of our HMO Blue Patients

### Slaton Primary Medical Clinic

130 N. 7th 828-5822

Available 24 Hours Call 828-5822

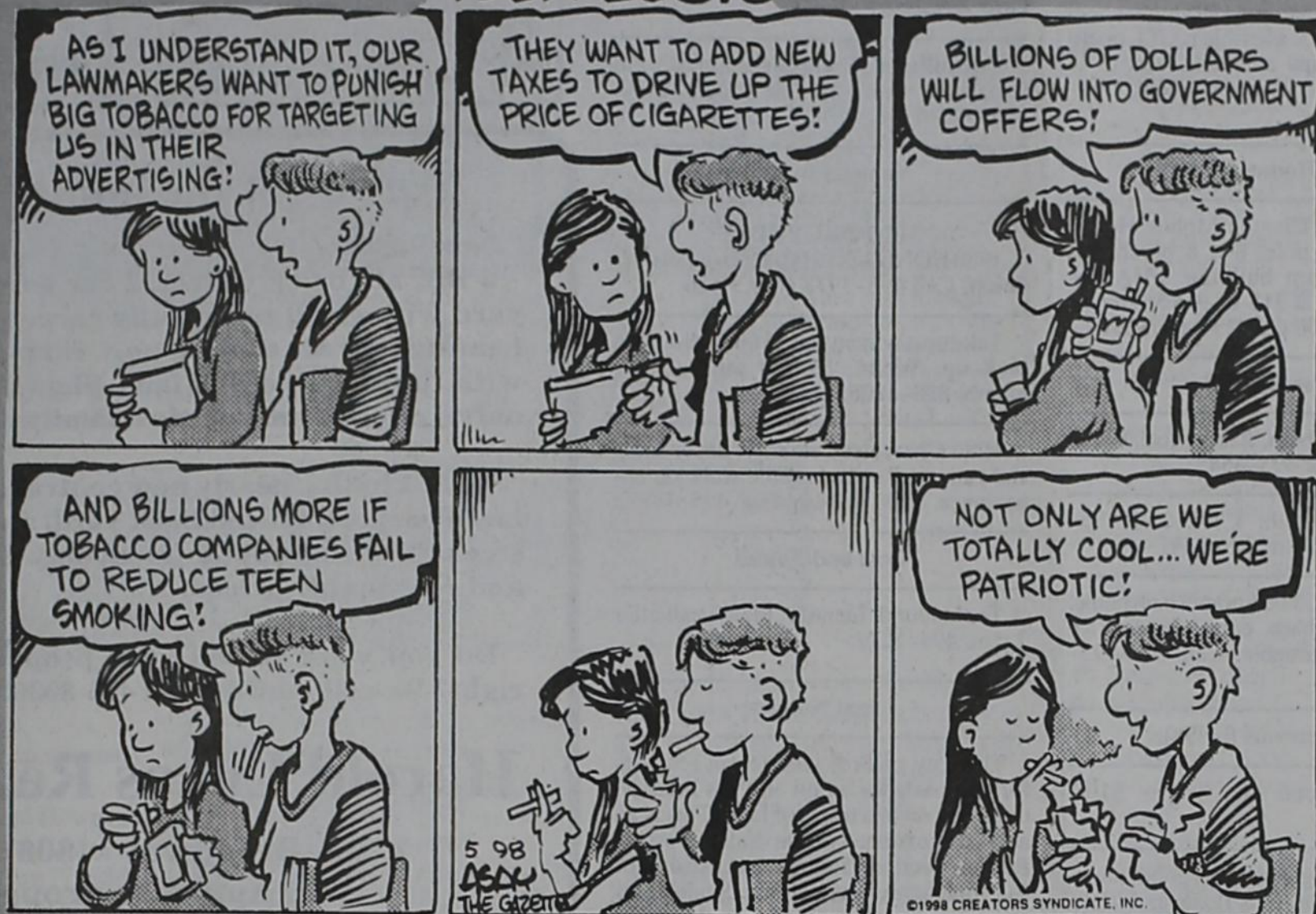
Clinic Open Monday - Friday 8 a.m. - 5 p.m. New patients, walk-ins always accepted

# Opinions

Entered at U.S. Post Office, Post, Texas for transmission through the mails as Second Class matter, according to an Act of Congress, March 3, 1879. Periodical Rate Postage Paid at Post, Texas 79356. Postmaster: send address changes to: The Post Dispatch, P.O. Box 490., Post, Texas 79356 (806) 495-2816 - Fax 495-2059 Wesley W. Burnett, Managing Director and Publisher  
**Subscription Rates:**  
 To Addresses in Garza County: \$26.00 per year. All other addresses in Texas or the U.S. - \$30.00 per year  
**Deadline:**  
 Tuesdays at Noon  
 Advertising Rate: \$4.50 per column inch (SAU) 20% discount with four consecutive runs.  
 e-mail: wburnett@onramp.net

**Member Texas Press Association 1998**

## TEEN LOGIC



## Governor Bush recognizes home schooling parents

Reprinted by permission of the Texas Home School Review (Spring, 1998, Volume 2, Number 2).

Over the last 10 years, the trend in public policy among the states across this nation has been toward more and more freedom for parents to teach their children at home. We have seen God give many wonderful legal victories through the work of Home School Legal Defense Association and others.

Just a few years ago, the Michigan Supreme Court ruled against the law requiring that home school parents had to be certified teachers. Michigan was the last stronghold of that viewpoint. Since then, we have seen less and less legal hindrances to the right of parents to teach their children at home. In fact, many have come to believe that home schooling is becoming "mainstream." Governor George Bush declared May 3-9, 1998, as Home School Week in Texas for the fourth consecutive year.

Many local home school groups will work with their mayors and/or county officials to have Home School Week declared in their communities in conjunction with the state week. There will be celebrations and rallies of all kinds across the state, which will help promote home schooling in Texas as something positive and desirable.

These kinds of activities give us greater support among the public at large and build goodwill and political capital toward what all of us hope will never come - an attempt to restrict or regulate our freedom to home school.

However, recent actions in other states have shown that this happy situation in which we currently find ourselves may not always continue. I was recently given a copy of an article published in the Kansas School Board Association Journal. The author of this article argues for a ban of home schooling. He begins his paper by referring to home schooling as "the nationwide movement against public schools."

He lays out legal, political and policy reasons for doing this, as well as what he calls "the best interest of the child" reasons. His fall-back position is regulating and monitoring these families who he is concerned may smother their children socially. He argues that the legislature has never dealt with the issue and the Kansas and U.S. Constitutions do not prohibit bans on home schooling. He concludes by stating, "Each individual must be free to choose his own path in life, regardless of a parent's views..."

The very fact that arguments like these would be made in such a publication suggests that education authorities are contemplating taking some action to bring about changes. Indeed, Michael Smith, of HSLDA, recently reported to a national gathering of state home school leaders of recent trends in Arizona, Illinois, Kentucky, and Georgia to reduce home school freedoms.

We enjoy an almost unprecedented level of freedom as home schoolers in Texas today. I say "almost" because previous generations in Texas had a smaller, less intrusive government and thus enjoyed perhaps more freedom than we. By God's grace, our level of freedom has dramatically improved since the mid 1980's, when the state argued that parents should not be allowed to home school.

God did indeed bless us with many victories, but it was His blessing the efforts of men and women who stepped out on faith to do what they could to maintain their freedom. This small group of hardy home school families has grown into literally thousands of people in Texas who are still, by any estimation, an independent lot.

We have become known in political circles for our activism. In an age when the vast majority of our society can not or will not find the time to vote and take part in their government, the home school community of Texas has had an impact far beyond their numbers for one reason. We are willing to act.

The recent primary elections hold evidence of this fact. In a race in the Republican primary for a seat on the State Board of Education, one candidate who had been endorsed by the teachers' unions and the PAC of the Texas Association of School Administrators, was considered a sure win. Her opponent was an activist grandmother who was outspent heavily. In a primary where the voter turnout was low, home schoolers and their friends and neighbors in that district were given the credit for what the Dallas Morning News called "a major upset."

The difference in the representation of that district will be someone who has the perspective of parents more than teachers' unions or school administrators, and it happened because home schoolers took part in their government.

I'm reminded of the fledgling Republic of Texas that had just won a miraculous victory over the armies of Santa Anna. The great fear was that Mexico would send another army, more battles would ensue, and Texas might lose her recently won freedom. At this time, Sam Houston used wisdom, wrote a treaty and forced the captured Santa Anna to sign it before he would be released to return to Mexico. There were those who challenged Houston's plan. They argued that Santa Anna should be executed for the butchery that took place at the Alamo. However, Houston was right. The plan was enacted and the Republic of Texas took its place on the stage of the world.

Like that fledgling Republic of Texas, we home schoolers have won the freedom to guide the education and upbringing of our children at home. With God's grace and wisdom and the continued activism of home school parents, we will be able to pass this freedom on to our children.

Tim Lambert, President, Texas Home School Coalition  
 P.O. Box 6982, Lubbock, Texas 79493  
 (806) 797-4927  
 Web site: www.thsc.org

### Local Government Meetings

Tuesday, May 26

• Garza County Commissioners' Court, 9 a.m., 3rd floor courthouse.

Monday, June 2

• Post City Council, 6:30 p.m., City Hall.

Monday, June 8

• Garza County Commissioners' Court, 9 a.m., 3rd floor courthouse.

Tuesday, June 9

• Post ISD board of trustees, 7:30 p.m., administration building.

Thursday, June 11

• Garza Hospital District board of directors, 7 a.m., board meeting room, old hospital building.

## How we got into this mess

by Vin Suprynowicz



Anyone interested in how we got into our current drug prohibition mess should immediately grab up his or her checkbook and order "The Birth of Heroin and the Demonization of the Dope Fiend," by Thomas Metzger, in paperback at \$15 (\$18.50 postpaid) from Loompanics Unlimited, P.O. Box 1197, Port Townsend, Wash. 98368.

This is no plodding academic treatise. Opening this book (OK, the cover is a bit garish) is like opening your cartoon umbrella and leaping off an hallucinogenic cliff with Mr. Metzger, into the kaleidoscopic nightmare of early 20th century racism and puritan zealotry which gave us first alcohol Prohibition, and then — slower to develop, but in the long term far more destructive of both our common sense and the fabric of our liberties — our full-fledged modern "War on Drugs."

(Did you know the German chemists at Bayer held off for a full year — till 1899 — introducing one of their pain-relieving discoveries, aspirin, because they feared the known side effects would limit its appeal? Instead, the firm's managers decided to concentrate their public relations efforts on the 1898 introduction of a product they considered far safer and more effective: diacetylmorphine, to which they gave the trade name "heroin.")

### Propaganda turns into a frenzy

Join with us now as Mr. Metzger leads us on a whirlwind tour of turn-of-the-century American newspapers like Horace Greeley's New York Tribune, which warned readers of the "300 million obscene yellow rascals" who proposed to use opium as their means to deflower otherwise pure white women in order to promote their hideous race-mixing schemes, and of New York show biz entrepreneur Chuck Connors (no relation to "The Rifleman," I presume) who made his living in the 1890s as a "lobby gow," or tour guide, escorting groups of well-heeled white folks into exotic Chinatown:

"Novelists, royalty, and theatrical people, as well as run-of-the-mill wealthy gawkers, paid handsomely for an in-depth look at this 'Chinese Hell.' There, Connors would spin tales of depravity and sin, identifying random passersby as 'notorious Tong hatchet men,' and women seen in upper story windows as 'slave wives.' Contributing much to the popular notion of the Chinese narcotic threat, he'd finally bring his charges to a fake opium den tricked out in the utmost of squalid Chinese decor.

"A man, named Georgia Yee, posed with a white woman as hopeless addicts. As a titillating climax to the tour, Yee would begin gibbering and jiggling around the 'den' — Connors explaining to his

goggle-eyed guests that Yee's insanity was a direct result of the 'demon opium.' Lulu — Yee's consort — lounged lasciviously, as a potent reminder of how far white women could fall when they meddle with opium. The fact that the entire episode was fabricated for tourists did not diminish its impact. The guests would flee back to their safe white enclaves and tell everyone they knew that they'd seen with their own eyes the effects of the demon flower."

### Racism raises its ugly head

Just as blacks and Mexicans were soon to be linked in the public imagination with the supposed moral decline of the nation — and their intoxicants of choice, cocaine and Indian hemp (systematically renamed "marijuana" by newspaper baron William Randolph Hearst) sacrificed as scapegoats in a depraved alchemist's scheme to return the base metal of a mixed-race nation back to the gold standard of Aryan purity — so was the Chinese "dope fiend" part and parcel of the campaign to demonize and ban the patented German analgesic heroin, and the other opiates from which it was derived.

### Drug war really a war on people

Mr. Metzger's book is picaresque — it dips a toe here and there into the appalling stream of racism (and bizarre moral confusion of racial with sanitary "cleanliness") which gave birth to the Drug War, but hardly replaces the unified field philosophy of medical liberty expressed in the books of Dr. Thomas Szasz ("Ceremonial Chemistry" and "Our Right to Drugs" — both available from Laissez Faire Books at 415-541-9780), which Mr. Metzger duly credits in his notes.

Nor is this the first work to document the racist roots of our current (highly selective) drug prohibitions — see Jack Herer's works, including "Hemp and the Marijuana Conspiracy," for example (Hemp Publishing, 1985.)

But at 215 pages, this is a powerful introduction to the subject, in a charmingly illustrated and user-friendly package.

Buy it wholesale. Give free samples to the kids. Spread a little truth to answer the antiquated and groundless "dope fiend" paranoia which underlies the schizophrenic bobbing and weaving of the other side.

(For those ordering multiple copies of this same volume, I'm told Loompanics offers a 20 percent discount on five to nine copies, and a 40 percent discount on orders of 10 to 49 copies.)

Vin Suprynowicz is the assistant editorial page editor of the Las Vegas Review-Journal. Readers may contact him via e-mail at [vin@vrj.com](mailto:vin@vrj.com). The web site for the Suprynowicz column is at <http://www.nguworld.com/vindex/>. The column is syndicated in the United States and Canada via Mountain Media Syndications, P.O. Box 4422, Las Vegas Nev. 89127.

## And thereafter, lifestyle zealots

by Walter E. Williams

In Salt Lake City, two college students were walking down the street smoking cigarettes. A gang of 20 teenage thugs, calling themselves Straight Edgers, ordered them to put out their cigarettes. Following an exchange of words, the students were attacked with chains, bricks and pepper spray. One student landed in the hospital after being beaten on the head with a baseball bat. The Straight Edgers don't drink, smoke or take drugs — they use violence to enforce their moral standards on others.



Many California bar owners have ignored the state ban on smoking. One bar owner received a letter from Southern Californians Against Bar Smoking (SCABS), saying: "We don't report smoking — we report drunk drivers leaving smoking bars. Here's how our program works: We find bars that allow smoking. We watch how much your customers drink. When a drinker leaves and gets into his car, we signal a SCABS member parked down the street. That member follows your customer, using a cell phone to dial 911 and report a drunk driver."

Americans who support private and government attacks on smokers should recognize that a lifestyle Nazi's work is never done. They have more in store, and one day you'll be the victim. If you think not, then listen up.

"Caffeine is the new drug of choice among kids," warns Helen Cordes writing in the April 27 Nation magazine. "Caffeine Inc., (soda manufacturers) is raking it in, often targeting teens and younger kids. The major caffeine suppliers to kids have been throwing millions into advertising and giveaways."

The left-wing Center for Science in the Public Interest (CSPI) supports the anti-caffeine movement and wants the FDA to regulate caffeine content in soda, coffee, tea and chocolate. Michael Jacobson, CSPI's director, thinks Mexican and Chinese restaurants offer servings much too large and says, "It's high time the (restaurant) industry

begins to bear some responsibility for its contribution to obesity, heart disease and cancer."

If you support the government attack on smokers, it is not unreasonable to also support the emerging attack on soda, coffee and tea drinkers, and you should buy into government regulation of restaurant serving sizes. After all, these and other lifestyle choices have an impact on our health-care costs and endanger precious children, not to mention the addictiveness of caffeine that's manipulated by the industry that spends millions of dollars for advertisements aimed at children.

While we're on the subject of health-care cost, there are some other lifestyle regulations we might consider to protect our children. Hundreds of thousands of teen-agers and young adults are injured, crippled or killed each year playing basketball, baseball and football, and swimming and cycling. While safety equipment prevents some injuries, they cannot be completely eliminated. Should we call for government regulations that either ban sports activities or change game rules so that no one can be injured?

The people who want to regulate the lifestyles of others are cowards. You say, "What do you mean, Williams?" I mean if Michael Jacobson, CSPI's director, sees me at a restaurant starting on my fourth cup of coffee and my fifth butter-laden biscuit, he should have the courage to walk up to the table and take it from my plate. He probably figures, and rightly so, that he'd be in for a hurtin' for certain. He prefers using brutal government force instead; that's safer for him.

You say, "Williams, you're beginning to sound violent." I say yes, and I'm not by myself. There's an increasing number of Americans fed up to our necks with these lifestyle Nazis.

# Classified Advertising

## Classified Advertising

Rates: Private Party - 25¢ per word, payable in advance, individuals only.

Commercial and Legal: 50¢ per word. Payable in advance unless credit approved by management.

(806) 495-2816  
FAX: 495-2059

### Card of Thanks

We would like to thank everyone for all of your prayers, cards, food, and flowers at our time of loss.

Benny Valdez and family, Janie Flores and family, Ruben Valdez and family, Isabel Chavez and family, Evaristo Valdez Jr. and family, Raymond Valdez and family, and Frances Watson and family.

### Personals

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).

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. Door opens at 7 p.m. and the meeting starts at 7:30 p.m., cake and coffee following the meeting. Anyone who wishes to talk or ask about an alcohol problem, call 495-4152, 495-4185 or 629-4393.

### Help Wanted

NORWEST BANK TX, N.A., a leading financial institution has the following position open in Post.

**PERSONAL BANKER**  
The qualified candidate must have a minimum of one year experience in the direct sales of financial products/services or comparable experience. Prefer previous experience in lending. State Life License, customer service representative or phone banker.

Qualified applicants are encouraged to send a resume to: Corestaff Services @ 1-888-667-2445 or call toll free at 1-888-667-7823.

Norwest is an Affirmative Action Employer.

1998 Norwest Bank, TX, N.A. Member FDIC, EOE, M/F/V/D

Need someone to keep two children in our home with light housekeeping. Call 629-4427 and leave message. Ken Young.

Home Health Agency needing personal care attendants to care for clients in their home. Please call 1-800-825-4499, ext. 862.

Looking for women who can sew, have

their own sewing machine (do not smoke). Piecework. Also looking for assembly workers. 495-4312, ask for Terry.

**SUMMER WORK**  
for college student and 1998 high school grads. Up to \$9.15. Flexible p.t./f.t. openings. Scholarships available. Apply in Lubbock, work in Post or Lubbock. 793-0536.

### Mobile Homes for Sale

16 x 80 1993 Clayton Mobile Home. Includes power pole, 8 x 8 porch and 8x10x7 aluminum building. FHA approved. Located at 315 W. 3rd St., renter occupied. \$19,000 Call 254-697-8987.

### Homes for Sale

3 bedroom, 2 bath, 2 large lots, brick. Call 495-3045 or 495-4545.

3 bedroom/1 bath, 1 lot. Call 495-2818, 8 a.m. to 5 p.m. Mon-Fri.

Country living, 3 bedroom/2 bath home. 33 X 60 metal barn, corrals and 121.6 acres. Price negotiable. Call 806-495-2702 after 6 p.m.

### Miscellaneous for Sale

Pretty nice floral sofa sleeper, \$100. 495-3310.

1976 V.I.P. big nice boat, good condition, trailer, cover, plus floats and vests, \$4,000. 495-3982 and leave message.

RCA big screen 46 inch television in dark oak cabinet. Perfect condition, \$900. 495-3653.

2 full size pick-up tool boxes, 1 white, 1 black. 495-3641.

Air conditioners for sale. 495-3361 or come by 1502 W. 15th St.

**GOLF CART SALE** Olton Golf Cars, sales and service. Authorized Club Car Dealer. Toll Free 1-888-462-8280.

I want to buy a small good used piano. 1-800-663-4128.

Two 18,000 BTU AC window units, electric stove/oven, portable dishwasher. 495-3887.

Juvenile race car bed w/mattress, \$75. 495-4556.

### Garage Sales

Baby clothes and items, large work table, stereo, weight set, bike, books, craft supplies, clothing and household items. Saturday, 7:30 a.m. 801 W. 13th St.

### Pets and Supplies

Free to good home - blue male cat, 2 years old, fixed. Moving and can't take kitty. 495-3887.

Two full blood Rottweiler puppies. Both females, 9 weeks old. No papers, \$100. 806-996-5368.

### Vehicles for Sale

**MOTORCYCLES**  
1980 HONDA XL100, \$600 - great condition! Call 495-3978 after 5 p.m.

Take up payments on 95 GMC Sonoma pick-up. White. 55,000 miles. \$238 month. 828-4805.

1986 Chevrolet Celebrity, dependable and runs well. Needs some work on appearance. \$500 or best offer. 495-3887.

### Lost and Found

Tools found. Identify. Please call after 7 p.m. 495-1212.

### Legal Notices

The City of Post will accept requests for proposals for an oil and gas lease on three city owned tracts of land. This is an area approximately five miles west of Post on Sections 5 & 1312 consisting of 112 total acres, more or less. Sealed bids are due in the office of the City Manager by 5 p.m. June 1, 1998. A full description of the property, in the best form known to the City, is available in the City of Post Municipal Building, 105 E. Main, Post, Texas. The description is illustrative only, no survey of the tract has been secured. In submitted proposals a "Mother Hubbard Clause" will be permitted along with provisions for pooling and utilization.

### Legal Notice

Application has been made with the Texas Alcohol Beverage Commission for a Wine only package store permit by Edd Neal Welch DBA Post Beverage Barn, to be located at Hwy 380 East, north side one mile east of intersection F.M. 207, Post, Texas, Garza County.

Bank buy out just arrived 32 repood mobile homes. Small single to large double-wides. Bought cheap, Sell cheap. First come first serve. Call Bell Mobile Homes 800-830-3515.

\*\*\*

That man is richest whose pleasures are the cheapest.  
—Henry David Thoreau

## The Post Dispatch

Advertising and News

Deadline:

Tuesday

Noon

(806) 495-2816

FAX: 495-2059

### TEXAS STATEWIDE CLASSIFIED ADVERTISING NETWORK



### TexSCAN Week of 05-17-98

Note: It is illegal to be paid for anything beyond medical and legal expenses in Texas adoption.

#### ADOPTION

**ADOPTION: CHOOSE ALL** American dream family for your baby. Elementary school teacher & executive dad can provide wonderful life for baby. Christian home. Please call Liz & David at 1-800-480-8788.

#### BUSINESS OPPORTUNITIES

**HELP OTHERS DRIVE** New dream lease vehicle! Share great fun, money, secrets, in club. Free info 1-830-278-8372. 1217 Bunting Ln., Uvalde, TX. 78801. \$95 min to start. Auto Club.

**HERSHEY DISTRIBUTORS NEEDED!** 90K yearly potential! Great locations included. \$7,000 investment. International Vend Corp. Call 24 hours 1-800-824-3223.

**LOCAL CANDY ROUTE.** 30 vending machines. Earn approximately \$800/day. All for \$9,995. Call 1-800-998-VEND. Multi-Vend, Inc. YOUR OWN TRAVEL Agency, locally \$7,900, financing available. P/T/F. Fun! Easy! (Great \$\$\$) Outstanding travel/tax benefits. Comprehensive training. Free video. Motivated applicants; Eagle Travel, 1-800-811-3553, Ext. TX85.

#### DRIVERS WANTED

**ATTENTION OTR FLATBED Drivers!** Finally, an honest day's pay for a honest days work! PFT/Roberson is looking for professional drivers. Up to 31 cpm, \$1,000 sign-on, 50+ terminals nationwide. 1-800-743-7384.

**BUSINESS IS BOOMING!** The Nation's leader in specialized transportation is hiring OTR professionals. Scois, Teams and Owner/Operators needed now! \*Excellent benefit package! \*No Slip Seating! Need 1 year OTR, T/T & CDL(A) w/HazMat. EOE 1-800-298-7476.

**DRIVER - \$10,000 BONUS!** Raise every six months plus bonuses and benefits. Assigned conventional hauling dry van freight. Flexible hometime. Owner/operators welcome, too. Vernon Sawyer 1-888-829-9565

**DRIVER - FLATBED GLASS / Heavy Haulers** wanted. Run Midwest. Start up to 37¢/miles. Great benefits, consistent miles. 3 years OTR + 1 year flatbed. Combined Transport 1-800-637-4407

**DRIVER - O/O, IT Doesn't get any better than this.** OTR - Got it. Top pay - Got it. Great hometime - Got it. Call before it's too late. Arnold Transportation, 1-800-454-2887.

**DRIVER OTR, ATTENTION ALL Drivers:** Covenant Transport just had a major pay increase - Teams start 35¢-37¢ - Make 42¢ after 48 months. Experienced drivers & owner operator teams, call 1-800-441-4394, Graduate students call 1-800-338-6428.

**NOTICE:** While most advertisers are reputable, we cannot guarantee their products or services advertised. We urge our readers to use caution and when in doubt, contact your local Better Business Bureau for information about the company before sending money.

## Broadway Self Storage Units

We store your stuff!!  
Low Rates  
420 S. Broadway

495-2518

## Ron's Plumbing

For all of your plumbing and drain needs residential and commercial

495-5271 & 996-5391

## We've got the home for you...

**New Listing**  
3 BR, 2B, brick veneer, 2 car garage, fenced back yard with small patio, fully carpeted, new roof and heating and air cooling unit. Step-down living area with fireplace, ceiling fans. Shown by appointment only. Lovely home, needs a family.

2 BR, 1 bath... nearly new central air and heat unit, large carport, fenced back yard, storage room, fruit trees. Shown by appointment only. Excellent location and reasonably priced.

\*\*\*\*\*

Do you want to sell your property? Is the price right? We sell houses, call 495-3939.

## Harold Lucas Real Estate

111 S. Broadway - (806) 495-3939

We Appraise properties

3 BR, 2 BA, double carport, central heat/air on two lots.

PRICE Reduced ... 3/1, central heat & air, reduced to sell!!

NEW LISTING - 3/1 1/2, central heat & air, above ground pool.

FARMLAND - 242 acres, good land.

PRICE REDUCED! 3 BR - Office or 4th BR, 2 BA, Storm Cellar, 2 car carport, 3 living areas and basement.

3 BR/2 BA on corner lot... REDUCED TO SELL!

3 BR/2 BA, 2 car garage, brick, FP, great neighborhood, a must see!!

Over 3,700 sq. ft., 2 FP, huge garden room, 3 BR/3 BA, 2 utility rooms, could be 3 rentals or 2 with living quarters.

B & B or apartment house, furnished apartments, studio living quarters, private entrances, call for new price!

## Mitchell Real Estate

Kim  
495-3719

Barbara  
495-3987

Mike and Wanda  
495-3104

Anne Sims  
495-3171

www.roberthall.com  
(806) 237-2182

# ROBERT HALL

## CHEVROLET / OLDSMOBILE

501 Main Street  
Jayton, Texas

## PART-TIME TRANSPORTATION AIDE

LUBBOCK, TEXAS

JOB #17152

The City of Lubbock, TX (population 196,000) is seeking a qualified applicant for the position of Part-time Transportation Aide who under immediate supervision, operates a van or small bus to transport passengers to and from municipal facilities. Performs related duties as required. This position will report to the Water Department/Lake Alan Henry.

The successful candidate will have any combination of education and experience equivalent to completion of the tenth grade and six months to one year experience driving a vehicle to transport passengers. Possession of Texas Driver's License as appropriate for the duties of the position and the vehicle operated. Ability to drive safely and courteously. Ability to deal effectively with the public. Ability to read street maps and follow oral and written directions. Machines and equipment used during the shift are boosting cables, two-way radio, and a remote control to open parking gates. Requires working in outside weather conditions during all seasons.

Closing Date: May 29, 1998

Salary Grade: 505  
Salary: \$8.00 Hourly

To apply, send resume and application to: **Human Resources, City of Lubbock, P.O. Box 2435, Lubbock, Texas 79408.** All applications must be received in the Human Resources Office by 5:00 p.m. on the closing date. Resume must be accompanied by an application. **The City of Lubbock is an Equal Opportunity Employer.**

Telephone Number (806)-775-2311 or 1-800-621-0793  
INTERNET HOME PAGE jobs.ci.lubbock.tx.us  
INTERNET APPLICATION PAGE http://www.ci.lubbock.tx.us/jobs/app.htm

(The City of Lubbock is under the Texas Public Information Act and information from your resume/application may be subject to release to the public.)

Call this newspaper for details on how to advertise statewide.



Algerita building donors recognized for their contributions at the annual "A la Carte" luncheon were (left to right) Jo Ann Mock, Clay Mercer for Citizens Bank, Marie Neff for Post Art Guild, James Mitchell for Trailblazers, Giles McCrary for E.A. Franklin Trust, Preston Poole and Sandra Alexander. Other donors recognized but not available for the photo were Maxine Earl, Norwest Bank, Ruby Kirkpatrick, K.W. and Patty Kirkpatrick, Post Montgomery families, Lewis Earl, Giles and Nelda Dalby, Jim Boles, Earl Chapman, Wallace Lumber, Tom Power, Steve Sawyers, Mr and Mrs Victor Hudman, Mr and Mrs Stanley Butler, Harold Lucas and Hugh Blevins. (Photo by Sheri Lewis)

## Yesteryears

by Pat Burnett

May 25, 1988

10 Years Ago

Kathryn Floyd has been named the Post Chamber manager.

Jana LeRee Hamilton and Howard Keith Bullard were united in marriage on Saturday, May 7, 1988 at the Post First United Methodist Church.

Kristi Radle was surprised with a graduation party last Tuesday. Her grandmother, Charlene Gill, hosted the event.

May 18, 1978

20 Years Ago

Mrs Maudie Pettigrew was named Garza County's Senior Citizen for 1978.

Lonnie Gene Peel was elected president of the Post PTA at an organizational meeting Monday night.

Visiting in the home of Rosa Boucher last Monday through Friday was her nephew, T. T. Vaught of Winsboro, Texas.

Happy Birthday today goes to Patti Lynn May, Laura Lynn Bassinger, Mrs Ralph Welch, F.F. Keeton, Doyle and Dayle Nelson, Mrs Gaylord Anderson, Ralph Howell, Jarita Norman, Joey Norman and Amos Abel Comacho.

The Post Senior class took their annual senior trip Saturday to Six

Flags Over Texas.

Darrell Reece has been selected student council president for the Post High School class of 1978-79.

May 16, 1968

30 Years Ago

Mr and Mrs Billy Williams are the proud parents of a new son, Kurt Wayne, who was born May 10 in Slaton. Kurt weighed in at 5 lbs. 15 ozs.

Curtis Hudman, a senior at McMurry College, has been awarded an assistantship in post-graduate work at Texas A&M University. He will receive his bachelor's degree from McMurry in August.

Artie Young came home Saturday from the hospital after being a patient for over a week with double pneumonia.

May 15, 1958

40 Years Ago

Lightning struck the Iven Clary home early Monday morning during a severe thunderstorm, filling the house full of smoke and causing considerable damage.

Miss Henrietta Nichols, Mrs W.E. Blake and Mrs Lester Nichols visited Mrs O.H. Hoover last Wednesday afternoon, where they enjoyed seeing her iris garden.

At the Tower Theatre this week you can see "Black Patch" with

George Montgomery, "God's Little Acre" with Tina Louise, Robert Ryan and Aldo Ray and "Les Girls" with Gene Kelly and Mitzi Gaynor.

May 20, 1948

50 Years Ago

Jimmy Puckett is following the fad of wearing his hair clipped and evidently he doesn't like it too well, as he is wearing a new hat.

Mr and Mrs Arda Long entertained with a 42 party Saturday night. Mrs Temple Lee received the prize for winning the most games and Truett Nash received the prize for losing the most games.

Am Floyd spent the Monday night with Elsie West.

Mr and Mrs Walter Boren and Mildred, John and Jim recently were guests of Mr and Mrs Clark of Crane at the Clark's new ranch home in New Mexico.

Recent drug store prices in Post are: 100 aspirin, 59¢; Ipana toothpaste, 50¢; 5 lb. sulphur, 39¢; 5 lb. copperas, 39¢; Carters Little Liver pills, 29¢ and small Sal Hepatica, 49¢.

## \$2.4 million leased gym planned

(Continued from Page 2)

district to build a new gymnasium, resurface the track and install aluminum bleachers at Antelope Stadium at a total cost of about \$2 million to be paid off over a 10-year period. Unlike bond issues, the more traditional funding vehicle of Texas school districts, the lease-purchase finance option does not require a bond election.

The board opted to go with the lease-purchase financing option in an effort to save money and shorten the length of payoff time. By utilizing the lease-purchase arrangement, which was created by the state legislature in the mid-1980s, a school district can save with lower interest rates and avoid costs associated with bond issues, according to district officials.

In order to complete the lease-purchase arrangement, members of the Post ISD board of trustees will be required to form a non-profit corporation, the Post ISD Public Facilities Corporation, which will have the gymnasium construction site surveyed and appraised.

Next, the non-profit corporation will purchase the property from the school district at fair market value and will turn around and lease the property to the school district for construction of the new building. After the 10-year payoff is completed, ownership of the building and the land will revert to the Post ISD.

The new gym is to be built on the vacant lot behind the ag facility, with the front of the building to face the north. Projections call for construction to begin in late June or early July. The project is expected to take about nine months to complete once construction begins.

### ACROSS

- 1 cook a pecan pie
- 5 TXism: "fits like \_\_\_\_\_ on an ape"
- 6 in Coryell Co. on 190: Copperas \_\_\_\_\_
- 7 TX Buckley was in this Broadway hit
- 8 TXism: "grabbin' \_\_\_\_\_ straws" (desperate)
- 9 "long time \_\_\_\_\_"
- 12 the Texas "town without a frown"
- 17 Marshall hosts "No Guts, \_\_\_\_\_ lumberjack contest"
- 20 TXism: "fast \_\_\_\_\_ up a rafter"
- 22 in La Salle Co. on I-35
- 23 TXism: "just a \_\_\_\_\_ in the park" (easy)
- 24 TX Vikki Carr '67 hit: "It \_\_\_\_\_ Him"
- 29 how TX A.J. Foyt got around the track
- 30 Califano was an \_\_\_\_\_ to LBJ
- 31 Tyler Co. town named for a U.S. president
- 32 TXism for "milk": "\_\_\_\_\_ delight"
- 36 TXism: "between a rock and \_\_\_\_\_ place"
- 37 Beaumont's "Bubba" Smith was an \_\_\_\_\_ twice
- 43 TXism for "about"
- 45 Nacogdoches Co. town named for a backward Lucas
- 47 San Antonio street: Danny \_\_\_\_\_
- 48 rattlesnake venom contains amino \_\_\_\_\_

### DOWN

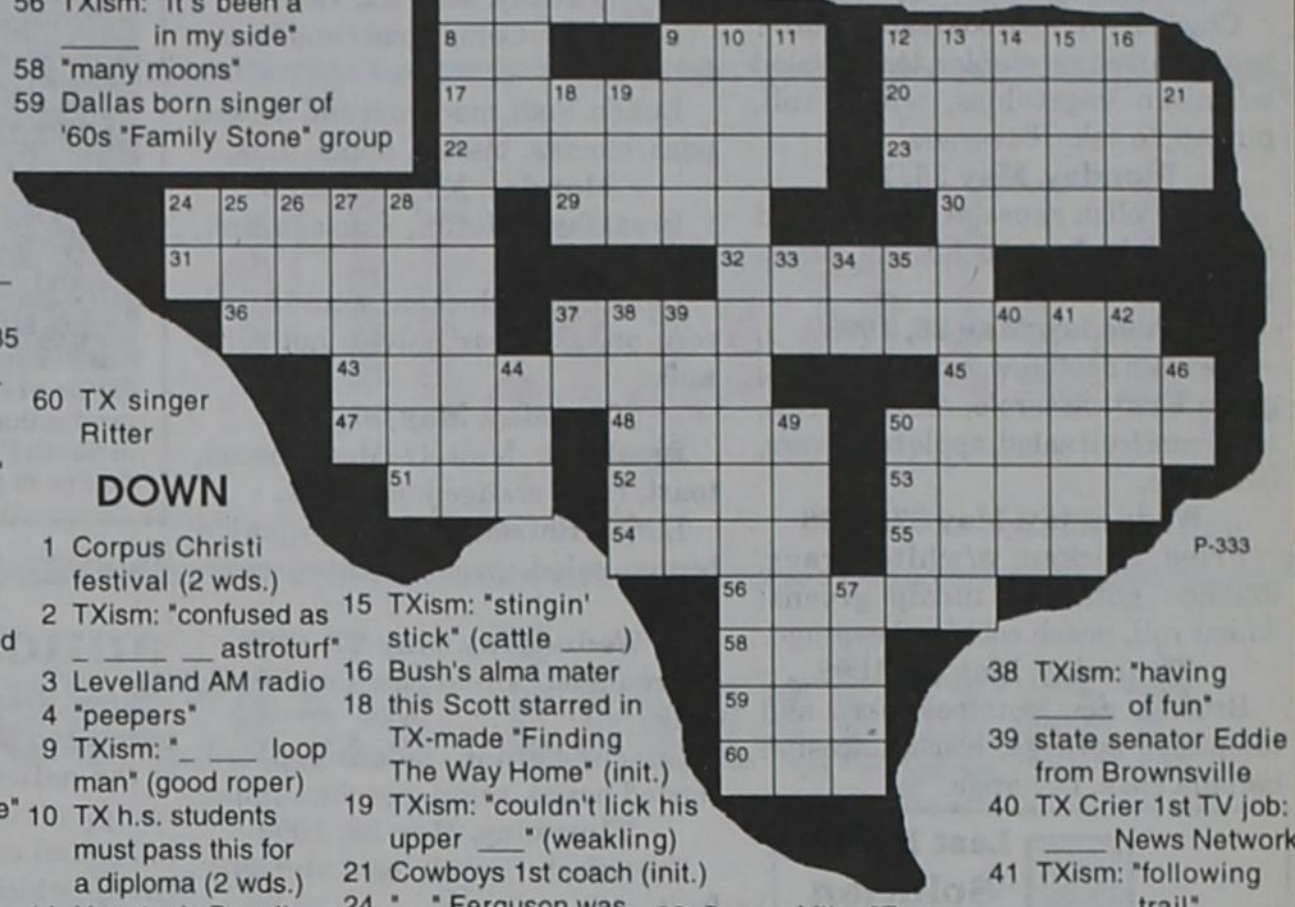
- 1 Corpus Christi festival (2 wds.)
- 2 TXism: "confused as \_\_\_\_\_ astroturf"
- 3 Levelland AM radio "peepers"
- 4 TXism: "\_\_\_\_\_ loop man" (good roper)
- 10 TX h.s. students must pass this for a diploma (2 wds.)
- 11 Houston's Duvall played this Olive moon to Houston: "The Eagle \_\_\_\_\_ Landed"
- 13 TX Kristofferson's '76 musical
- 14 TX has \_\_\_\_\_ mutual betting
- 15 TXism: "stingin' stick" (cattle \_\_\_\_\_)
- 16 Bush's alma mater
- 18 this Scott starred in TX-made "Finding The Way Home" (init.)
- 19 TXism: "couldn't lick his upper \_\_\_\_\_" (weakling)
- 21 Cowboys 1st coach (init.)
- 24 "\_\_\_\_\_ Ferguson was first woman gov."
- 25 mythical sister of Ima Hogg
- 26 this Sarah gave oath to LBJ (init.)
- 27 TXism: "much obliged" (\_\_\_\_\_ you)
- 28 a chest of drawers
- 33 Dean of film "Four For Texas" (init.)
- 34 San Antonio's SW Bell owns part of Telefonos \_\_\_\_\_ Mexico
- 35 TXism: "let '\_\_\_\_\_ rip!"
- 37 this Bancroft starred with TX Spacek in "Night, Mother" (init.)
- 38 TXism: "having \_\_\_\_\_ of fun"
- 39 state senator Eddie from Brownsville
- 40 TX Crier 1st TV job: \_\_\_\_\_ News Network
- 41 TXism: "following \_\_\_\_\_ trail"
- 42 meaning of Nueces
- 44 TX film critic Reed
- 46 Bullock is \_\_\_\_\_ Gov.
- 49 a TX "duster"
- 50 TX Kite prefers \_\_\_\_\_ to a bogey
- 57 in Mexico, Texans buy \_\_\_\_\_ chess sets

### The Original

## TEXAS CROSSWORD

by Charley & Guy Orbison

Copyright 1998 by Orbison Bros.



## XI Delta Rho

by Celia Mason

XI Delta Rho Chapter of Beta Sigma Phi met Monday, May 11 at the Citizens Bank room.

President Mary Edwards call the meeting to order at 7:30 p.m.

The members decided on a \$300 scholarship recipient to be announced at the Awards Assembly on May 18.

Members also decided to start our meetings in August and end on Founder's Day. Since the month of May is so busy for everyone.

Hostesses for the evening were Mary Edwards and Celia Mason. A meal of baked spaghetti, salad, garlic bread, Reese's Peanut Butter pie and soft drinks were served.

Other members present were: Angie Babb, Dana Babb, Melinda Mason, Amy Morris, Meg Nelson, JoAnn Stelzer and Shanda Kelso.

The meeting was adjourned with the closing ritual. The next meeting will be August 10th.

## Sales tax rebate shows slight decline

Year-to-date sales tax revenues in Garza County have lagged behind the figure reported a year ago, according to numbers released recently by the state comptroller's office.

Post has received a total of \$102,042.38 in the first five months of 1998. Compared to the 1997 payments to date of \$103,236.02, the city has seen a decrease of 1.15 percent, according to the report.

The City of Post received a monthly sales tax payment of \$22,909.64 this month, compared to last May's payment of \$24,554.05. The difference is -6.69 percent.

This month's payments include local sales taxes collected by monthly filers in March and reported to the state comptroller in April.



Chad Blair of Post shared the spotlight at the Tower Theater last Friday evening with fiddler Alvin Crow (left) and Shahara Hudelson (right). Chad has been a student at South Plains College and has been accepted at North Texas University. The show was part of Rusty Hudelson's Knights of the West production. (Photo by Timothy W. Burnett)

To get a great start on your summer driving...



See us to make sure your family outing goes as smooth as possible!

## R&D Automotive

116 S. Avenue F  
495-4074

## Attention Merchants and businesses...

We are now taking reservations for our salute to the graduating Class of 1998

Call Judy Bush at 495-2817 to reserve your name under the photograph and biography of a graduating senior from Post, Southland or Borden County.

The Post Dispatch



Post Housing Authority is accepting applications for 1 bedroom apartments for low-income elderly.

Call 495-2233 or come by the office at 709 Caprock Dr in Post. Equal Housing Opportunity

FINAL DAY - ESTATE SALE Saturday, May 23

9 a.m. to 6 p.m.

Estate of J.W. and Lillian Potts Post, Texas

Everything must go including

Turquoise Jewelry

Sale conducted by

Directions: South on U.S. Hwy 84 thru Slaton and

Southland to FM 211 (Wilson Hwy). Turn left.

Estate Sale is 2.6 miles East on FM 211.

## May Days Special!

Thru May 31, 1998

Order a One Year Subscription and get 18 months!

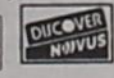
Or you may renew your subscription early, and still get 18 months added to your current subscription...

GET SIX MONTHS FREE

The Post Dispatch



P.O. Box 490  
Post, Texas 79356  
(806) 495-2816 or FAX  
(806) 495-2059



American Heart Association  
Fighting Heart Disease and Stroke

Medical miracles start with research

# Menus

## Trail Blazers

**Friday, May 22, 1998**  
Chicken w/mushroom sauce, butter beans, mixed vegetables, tossed salad w/Italian vegetables, wheat roll, pineapple cake, beverage.

**Monday, May 25, 1998**  
BBQ Polish sausage, broccoli and cheese, baked potato, hot roll, pears, beverage.

**Tuesday, May 26, 1998**  
Mexican beef stew (carne guisada), green bean casserole, Mexican rice, ambrosia fruit salad, apple turnovers, beverage.

**Wednesday, May 27, 1998**  
Fried chicken w/white gravy, mashed potatoes, turnip greens, wheat roll, peach cobbler, beverage.

**Thursday, May 28, 1998**  
Brisket, new potatoes, okra and tomatoes, apricots, biscuit, frosted banana cake, beverage.

## Post ISD

**Friday, May 22, 1998**  
Breakfast: Cereal, toast and honey, fruit, milk.  
Lunch: Fish, macaroni and cheese, peas, carrots, biscuit, apple, milk.

**Monday, May 25, 1998**  
Breakfast: Muffin, sausage link, fruit, milk.  
Lunch: BBQ chicken, potato salad, corn on cob, pear halves, hot rolls, milk.

**Tuesday, May 26, 1998**  
Breakfast: Malt-O-Meal, bacon, toast, fruit, orange juice, milk.  
Lunch: Hot sandwich, gravy, pork'n beans, salad, peanut butter, cake, milk.

**Wednesday, May 27, 1998**  
Breakfast: Breakfast taco, fruit, milk.  
Lunch: Fajitas, onions/peppers, refried beans, salad, peaches, milk.

**Thursday, May 28, 1998**  
Breakfast: Cereal, toast and jelly, fruit, milk.  
Lunch: Cheeseburger, h.b. salad, French fries, cookie, milk.



Oscar Acevedo (left) of Post receives his graduation regalia from Patsy Diaz, graduation clerk, in preparation for last week's 40th commencement exercises at South Plains College in Levelland. Acevedo received an associate of science degree in general studies. (SPC photo)

## New Century Energies announces purchase of Planergy

New Century Energies has purchased the Planergy Group, one of the nation's leading providers of energy services to commercial and industrial customers. The Planergy Group, which includes Planergy Inc. (Austin) and Planergy Services (Richmond, CA), from the Houston-based Falcon Seaboard Holdings, L.P.

New Century also announced that David Wilks, New Century's marketing and sales president, has been named president of the Planergy Group.

wide range of value-added services is critical," said Wilks. "We are extremely pleased with our acquisition of the Planergy Group. Planergy's solid national reputation and extensive experience in delivering hand-on energy services will help fulfill New Century's growth strategy into the future."

"The acquisition of Planergy Services is consistent with our desire to establish a national presence for New Century Energies. It strengthens our customer service delivery capability in several important geographic markets," said Wilks.

# Obituaries

## Ida Mae Wilks

Funeral services for Ida Mae Kathryn Wilks, 75, of Post were held Wednesday, May 20, 1998 in the First United Methodist Church with the Rev. Buddy Payne, pastor officiating and assisted by Paul Jones, pastor of Christ. Burial was in Terrace Cemetery under the direction of Hudman Funeral Home.



Mrs. Wilks died Monday, May 18, 1998 in Methodist Hospital in Lubbock.

She was born April 14, 1923 in Spur to Howard and Anna Selma (Richter) Campbell. She graduated from Post High School and attended Texas Tech. She married Russell Wilks, Jr. on March 21, 1943 in Stinnett, Texas. He preceded her in death on June 11, 1991. She worked for ASCS office for 31 years and retired in 1985. She was named Conservationist of the Year in 1995. She was the first woman elected chairperson of the Farm Services County Committee. She was Vice-President of the Garza County Triblazers Association. She was a member of the Amity Study Club and an active member of the First United Methodist Church. She was a county election judge for Garza County for many years.

Survivors include: three daughters, Linda Poole of Bryan, Vickie Wisian of Lubbock and Jan Bartlett of Post; two brothers, August Campbell of Jupiter, Fla and Oran Campbell of Phoenix, Arizona; two sisters, Velma Simmons of Big Spring and Novella Carrol of Idalou; six grandchildren and six great grandchildren.

The family suggests memorials to the First United Methodist Church Building Fund.

## C.R. Baldwin Jr.

Graveside services for C.R. Baldwin Jr., 91 of Eliasville were held Wednesday, May 20, 1998 at 10 a.m. in the Baldwin Ranch Cemetery at Eliasville with Larry Pratt of Eliasville officiating. Arrangements were under the direction of Morrison Funeral Home.

Mr. Baldwin died Saturday, May 16, 1998 in a Wichita Falls hospital.

He was born December 22, 1906 in Eliasville to the late Charlie and Della (Choate) Baldwin. Sr. Mr. Baldwin moved to Lubbock County in 1909 with his family. He was in the grocery business for 39 years and was a farmer and rancher in the Graham Chapel Community. He married Frankie Halbrooks February 3, 1929 in Dickens. She preceded him in death on March 30, 1994. He moved to Eliasville in 1977 from Post. Mr. Baldwin was involved in the ranching and farming business and an oil producer most of his life.

Survivors include: nephew, Jerry Ligon of Eliasville; three nieces, Dolores Bowen and Patricia Whitworth, both of Lubbock and Stephanie Reynolds of Austin; and several great nieces and nephews.

**Last Puzzle Solution**

\*\*\*  
There are some on whom fine clothes weep.  
—Montaigne

Suffer the little children, for theirs is the kingdom of heaven

Call 799-1200  
**CLOCK REPAIR**  
now available in Post area  
Fully qualified  
Free up front pricing  
Free pick up & delivery  
No Hassle Guarantee!

**Golden Plains Care Center**  
"Where Your Family becomes Our Family"  
605 W. 7th Street  
Post, Texas 79356 (806) 495-2848

**OLD MILL TRADE DAYS**  
May 29-31  
Fri., Sat. & Sun.  
For more information call: 806-495-3529 or 806-495-2043  
Park Open: 9 a.m. to 6 p.m.  
Office Hours: 9 a.m. to 5 p.m. Mon. - Fri.

**DOWE MAYFIELD, C.L.U.**  
Life Insurance & Annuities  
Call Lubbock 797-8089  
3305 81st, Suite F, Lubbock

**Pizza Hut**  
Makin' it great!  
Buffet - \$3.49  
S. F 11:30 a.m. to 1:30 p.m.  
402 S. Broadway  
495-2844

This Church Directory is brought to you by these businesses to encourage you to attend worship services this Sunday

Assembly of God  
First Assembly of God (Spanish) 407 May St.  
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

Non-Denominational  
Church on the Go 113 W. Main, 748-7623

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

(915) 573-1132  
(800) 552-0691  
Post: (806) 495-3647

**REEF CHEMICAL**

**Wallace Lumber Company, Inc.**  
119 N. Ave H  
495-2835

PRO HARDWARE, DEBIT, MASTERCARD, VISA

your contribution supports 14 community organizations!  
P.O. Box 425  
Post, Texas 79356

**United Way**  
of Garza County

Now Available in Post...  
**Double D Bookkeeping**  
For all your bookkeeping needs.  
Call Dana or Diana for a free estimate.  
Knowledgeable staff, competitive prices.  
495-1255

**Hudman Funeral Home**  
615 W. Main  
495-2821

**El Matamoros Restaurant**  
701 N. Broadway  
495-3848

**Germania Insurance**  
Locally served by Jerry Taylor  
118 N. Ave. H  
495-3330

**The Post Dispatch**  
Wesley and Pat Burnett  
123 E. MAIN POST, TEXAS 79356  
Bus: 806 495-2816  
Fax: 806 495-2059

**All-Star PEST CONTROL**  
Quality Residential or Commercial Pest Control at Affordable Prices  
Lawn & Tree Service - Termite Control  
(806) 777-0216

**CONOLY Heating & Air Conditioning**  
For All Your Heating & Air Conditioning Needs  
Service Work or New Installation  
David Conoly (TACLB 005 139E)  
Home: (806) 495-5393  
Pager: (806) 765-1539

**Dickens Electric Cooperative, Inc.**  
(806) 271-3311  
(24 Hrs Call)  
Live Better Electrically!

**T-Ball, Softball, Baseball, and W.W.J.D.?**  
by Buddy Payne, First United Methodist Church  
Combustible properties: sodium and water, gasoline and fire; and kid's ball (baseball, softball, T-ball) and adults. Two of the three make sense and one does not. In all the years that I have played, coached, and watched youth and kid's baseball, etc., there has always been trouble. Here at Post, I have seen adults berate kids, scream at officials, refuse to shake hands at ball games, along with great amounts of accusations and posturings.

I have caught myself trying to let the fires of competition burn too fiercely as well. The frightening news is that we call this America's Past-time! Frightening as well is that the problems in these kid sports are almost never the kids and almost always the adults. It is time a new standard was raised—W.W.J.D.?

"W.W.J.D.?" translates What Would Jesus Do? In other words, how would Jesus act in a certain situation and can we learn from His actions? How would this work? If Jesus was a coach every kid would be treated equally and specially, regardless of relation to coach or ability. Jesus, as a coach, would not allow bullying, put-downs, or bad sportsmanship from the kids or Himself. He would understand that the sport was for the kids and not His win-loss record.

Jesus would apply the "Golden Rule" in dealing with the officials and think how it would be if He had to "ump". If Jesus was a coach or a fan, He would watch His mouth and realize that the fate of the universe does not ride on the outcome of a game, but instead on the Cross and the Resurrection! (I realize this is a rather obvious point, but folks tend to forget).

Imagine doing it Jesus' Way with kids growing in self esteem, playing skills, and sportsmanship. Imagine respect for adults and the game growing. Imagine—IT WOULD BE FUN!

We know what Jesus would do. The question is will we follow His lead? After all, Jesus is Lord—even of Baseball!

Maranatha,  
Buddy Payne

**H&M Dirt Contractors, Inc.**  
Dozers • Maintainers  
• Backhoes • Roustabouting  
• Dump Trucks • Loaders  
• Excavators  
• Frac Tank Rentals  
Clairmont Hwy - 495-3293  
Jack Hair, Owner

Watch Up For Power Lines  
**Lyntegar Electric Cooperative, Inc.**  
Tahoka - 998-4588  
Lamesa - 872-2632  
Sundown - 229-3741

Sharing God's love, mercy and grace...  
Bible Study, 10 a.m.  
Worship Service, 11 a.m.  
Sundays  
The First Presbyterian Church  
10th & Avenue S  
495-2135

**To The Nth Degree**  
Post  
216 West Main Street  
495-2804  
© 1997 Norwest Bank Texas, N.A. Member FDIC

**Your Rural Health Connection** 495-2853

**Tetanus**

Although rare in the United States, Tetanus (Lockjaw), is an often-fatal disease caused by contamination through a break in the skin. Tetanus survives in the soil and on any non-living surface for years and is resistant to most disinfectants or boiling. The disease is most common where soil is cultivated, in rural areas, in warm climates, during summer months, and in males.

Most Tetanus occurs after an acute injury, such as a puncture wound, laceration, burn or abrasion and is often acquired indoors, during farming or gardening, or other outdoor settings. The injury is often trivial so medical attention is not sought. More severe, older wounds are at greater risk, but usually medical attention is required and tetanus vaccine status is verified.

An entirely preventable disease, Tetanus kills an estimated 100,000 people a year worldwide. In the U.S. there are 60 to 100 cases a year with the majority being in people over 50. All cases are as a result of no immunization, partial immunization or fully immunized individuals that fail to maintain adequate immunity with booster doses of vaccine.

Prevention of Tetanus is through vaccination. In Texas all children must show proof of immunization up to age 15 to attend school. This record is monitored by school officials and allows for a high rate immunization in our youth. After high school and into adulthood the responsibility to stay immunized is the individuals, this is the cause of most cases of Tetanus in the U.S.

After the school age Tetanus vaccinations, booster shots should be every 5 to 10 years depending on the severity of the wound. Occasionally another injection (TIG) is given with Tetanus vaccine, if the contamination is severe and/or vaccination history is unknown or partial. Other than a mild redness and stiffness at the injection site, reactions to Tetanus vaccine are rare.

Tetanus is all around us and causes dangerous, ugly symptoms that are often fatal. It is also totally preventable by maintaining our vaccination status. So get your shot, record the date so you know when your due for a booster and don't worry. If you have any questions about your status or a wound that might be Tetanus prone, call your medical provider.

Michael Travis PA-C

**South Plains Answering Service**  
495-3069

Your Friendly Hometown Bank  
**CitizensBANK**  
Post 495-3545  
Lobby Hours: 9-3 M-F  
Drive-In Hours: 9-6 M-F  
9-12 Saturday  
Slaton 828-6545

**DV Don Voyles**  
Meeting Your Construction Needs  
Phone/Fax: 746-6157  
Pager: 740-6337 or 800-542-1758