

# The Post Dispatch

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Wednesday, December 30, 1998

## Applicants for new prison coming "from all over"

### First inmates for new prison expected in May

by Sheri Lewis  
Applications from Post residents, as well as individuals from across the region and even other parts of the state, have been coming in as the Giles W. Dalby Correctional Facility gears up for its hiring process.

Facility Superintendent Terry Bartlett said Monday "a lot of applications" have been received in his office, which is located on Main Street in downtown Post.

"Most of the applicants have been from the Post area," he said, "but we've seen them coming in from an area from Amarillo to Abilene."

Bartlett said he has even interviewed some Houston-area individuals who have expressed interest in some of the positions to be open at the new correctional facility.

A total of 227 positions are to be filled, including 154 correctional officers, 13 security supervisors, seven security administrators, 23 support positions, 17 programs positions (such as education, counseling, etc.) and 13 administrative posts.

Plans call for the hiring of as many Post-area individuals as possible.

Currently the emphasis is on filling all but the correctional officers positions, Bartlett said. The correctional officers jobs will be filled just prior to the facility's opening, which is set to take place in early May.

Construction of the 1,094-bed, medium-security correctional unit is going well.

"It's moving forward," Bartlett said, noting that the first inmates

are now expected to be moved in on May 10. "We were originally not scheduled to open until July 6 so we are ahead of schedule."

The facility is the latest Texas project by Management & Training Corporation and is a tax-exempt, government-owned enterprise of Garza County. The county has contracted with MTC to design, build and operate the 180,328-square-foot unit. Annual budget for personnel is expected to exceed \$5.6 million each year, with another \$3+ million each year programmed into the general operating budget.

### Highway revenue program nets

### \$25,488 in November

by Wes Burnett

Although the Texas transportation code technically applies only to those people involved in commercial use of the highways, the vast majority of November's \$25,488.50 in highway traffic fines were paid by unsuspecting "volunteers" in the Texas highway revenue collections reported by Garza County JP courts.

Travellers passing through Garza County in November brought the year to date total of highway theft to \$398,810.37 according to the most recent reports of Justice of the Peace Courts 1 and 2.

In November, JP 1 collected \$14,006.25 on 64 criminal violators of the traffic code while JP 2 took in \$11,482.25 from 39 criminals. Few, if any of the highway victims are aware of their criminal status, nor that they have voluntarily given up their right of travel by declaring themselves "motor vehicle" operators.

The Texas Transportation Code defines commercial use of the highways as those carrying passengers or property for hire.

Most of the motorists tagged by revenue agents are not aware of the fact that their modes of transportation (cars and trucks) are not "motor vehicles" as defined by the code, but because they have voluntarily applied for and received Certificates of Title for a Motor Vehicle from the State of Texas, they have declared themselves as owners of "motor vehicles," and therefore subject to the code.

Carrying around a state driver's license is also a severe limit on freedom and liberty... that little piece of paper wrapped in plastic declares the holder to be an "operator of a motor vehicle."

So, when citizens voluntarily apply for a certificate of title to their "motor vehicle," they have placed themselves under the jurisdiction of the traffic laws, which can constitutionally only apply to those who voluntarily declare themselves owners of "motor vehicles."

Contesting this system can be more expensive than paying the highway pirates, who have the backing of legislative thieves and a judicial system that puts statutory rules above constitutional guarantees of individual rights. Under the current Texas legal system, it's a "no-win" situation for most people.

## County studies use of ankle monitors for non-violent prisoners

by Wes Burnett

Garza County Commissioners met for a short session on Monday morning, dispensing with seven agenda items in less than an hour. Commissioners agreed to set January 1 at 10 a.m. for administration of oaths of office for newly elected county officers. The ceremony will be held on the first floor of the courthouse near the clerk's office.

Judge Giles Dalby and commissioners expressed appreciation to out-going precinct four commissioner Royce Josey, who was honored at a reception Tuesday afternoon. Dalby also welcomed newly elected commissioner Mike Sanchez, who was observing the meeting.

The court approved new policies for continued health care insurance coverage for retirees and postponed a decision on disbursing school land funds requested by Post and Southland ISDs. County Attorney Leslie Acker was requested to conduct research into the matter, which involves county-owned school lands in Bailey County. The land is currently under a lease agreement, and Acker is to report later on the proper allocation of the funds, which total approximately \$100,000.

In other action, the court agreed to continue working with the Texas Counties Storm Water Coalition in an effort to protect counties from

unreasonable U.S. government environmental regulations.

Sheriff Kenny Ratke presented information to the commissioners about installing a security system for the courthouse. The sheriff's report is in reaction to a disturbance in the district courtroom recently during a civil trial over child custody. "It doesn't happen often, but when someone in the courthouse is threatened, we need to have a rapid response," Ratke said, "and this alert system will give the JPs and the judges a way to get help fast." No action was taken, but commissioners expressed interest in hearing from the vendor directly.

Ratke also asked commissioners to consider using a personal security device for certain non-violent prisoners. The ankle device would monitor the movements of non-violent prisoners who could be released to their homes with close supervision by the probation department, thereby relieving the overcrowding at the jail. The \$5 per day cost was compared favorably over the current \$35 per day cost of housing a prisoner.

Attending the meeting were Judge Giles W. Dalby, Commissioners Royce Josey, Mason McClellan, Lee Norman, John Valdez, Treasurer Ruth Ann Young, Attorney Leslie Acker and Deputy Clerk Lena Duran.

## Trade Days prepares for New Year's weekend

Old Mill Trade Days' next event, set for Friday, Saturday and Sunday from 9 a.m. to 5 p.m., will include a park-wide January clearance sale.

"I just don't think people will want to miss this one," said Trade Days' Linda Self. "Of course, it's up to the vendors what they want to do. Some may have a table with clearance items, others may have their entire store red-tagged. I don't know how they'll do it because each individual vendor makes that decision but I know there'll be some good bargains to be found.... While the guys are watching football, the ladies can come out and check it out."

All of the park's interior spaces are booked, Self said, but some outside spaces remained early Monday. She suggested that potential outdoor vendors were probably wary of what the weekend's weather might hold.

"It'll be a good one if weather permits," she said, "and we've had beautiful weather for the most part."

The post-holiday event conducted a year ago was quite successful and proved to be a good opportunity for shoppers, she added.

A handful of new vendors will be participating in this weekend's event, including a new food vendors offering a variety of spiced nuts — pecans, almonds, etc. — at a Main Street location between Dem Taters and Catfish Huts. Also, the owner of Lubbock's "K is for Kids" business will be opening up a new booth as well, this one fea-

turing an assortment of baby furniture, crib accessories, children's furniture and clothing.

And once again, roasted peanuts will be available at an outdoor booth just inside the south entrance to the park.

No featured entertainers have been booked for the weekend, but Self said the stage area will be filled with recorded music.

Admission to Trade Days activities costs \$1 per person.

### • Weather in Post •

Date	High	Low	Precip
Dec. 22	33	10	—
Dec. 23	18	10	—
Dec. 24	30	13	—
Dec. 25	33	16	—
Dec. 26	57	15	—
Dec. 27	67	30	—
Dec. 28	67	29	—
December rainfall	— 0.00		
Year-to-date rainfall	— 9.861		
Records courtesy	Garza County Sheriff's Dept.		



Garza County United Way president Carol Tobias accepts a check from Post Middle School student council members (left to right) Paige Lott, Amanda Workman and Brody Conner. The donation to United Way was for more than \$200.



Member Texas Press Association

### Garza County United Way campaign report



United Way

Total contributions through December 29...  
\$11,973.68  
Goal this year:  
\$21,150



Texas Agricultural Extension Service  
The Texas A&M University System  
Extension Extras

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

**Jr. Livestock Association**

Garza County Jr. Livestock Association will meet Monday, January 4, 7:00 p.m. at the Extension Office. This is a very important planning meeting before upcoming stock show scheduled for January 20-23, 1999.

**Southern Mesa Ag Conference....**

...is scheduled for 8:00 a.m., January 18 in the Dawson County Annex Building (609 North First Street) in Lamesa. Registration fee is \$15 prior to January 14 and \$20 thereafter. For registration forms come by the Garza County Extension Office at 102 South Avenue L in Post. For more information please read Agent John Senter's column, "Living on the Edge of the Cap" in this newspaper.

**Holiday Closing**

The Garza County-Texas Agricultural Extension Service will be closed Friday, January 1 for New Years Day. The staff would like to wish each and everyone a safe and Happy New Year!

Animals chosen as pets differ around the world. Japanese children tame mice and teach them to dance to music, while in Australia children sometimes make pets of kangaroos.



Junior Cheerleaders rallying fans at a recent basketball game are (left to right) Madison Cash, Veronica Hampton, Danica Williams and Kayla Morris. (Photo by Jerry Taylor)



**Helping youth help themselves**

by Rodney Tidwell  
495-1244

This is a great time of year for some. Christmas time, a time of lights, gifts, family and all the things that go along with the holiday season. It is also a time of loneliness, heartache and heartbreak. Many in our community may have had something very precious and dear taken away this year, but we must still count our blessings and thank God for the precious gift He has given us.

The gift of Salvation. No matter what we may be going through now, God will not let us down. We may not get exactly what we want, but God will not let us down. I read something Sunday, "God feeds the birds, but He does not put it in their nest." This means that we must work and seek God's help in everything, and give Him the glory and praise through good and bad. Thank you, Lord, for loving even me.

I wanted to give a report as to why we did not go to Mexico for the mission trip that we had planned through Da' House Afterglow. The main thing is that we did not have the go-ahead from God. This may sound strange to some but if God does not give you a green light on a subject, you had better check yourself.

We all wanted to go and build a house for someone in a foreign country. We even had the finances to go and I think it would have been an eye-opening experience for all involved. But a few key things did not fall into place as they should have.

What broke the trip altogether was the air strikes in Iraq. We did not feel comfortable taking teenagers into a country that could become hostile to us as American citizens. I really do not know if anything would have happened, but I sure did not want to chance it.

Right now, the trip has been postponed and we plan to go in the summer and finish what we started — MISSION TO MEXICO. If you have any comments, suggestions, encouragements or complaints, call me anytime.

Thank you.

**Judy's Jabberin'**

By Judy B. Bush

Are the holidays over yet?? I'm having a really hard time getting myself to go on this Monday, then this will be a short week also.

Maybe by February I'll be back on track.  
**Christmas Guests Galore!!**

Opal and Johnny Ray had quite a houseful for four days last week. I know every time I passed their house I wanted to count cars!

Their Christmas guests included: Maudie Rose; Danny, Lana, Logan Rose; Bill, Carla, Tony, Kurt and Natalie Rose; Rick and Danna Faye; Laci and J.C. Reavis all from Henrietta, Ok.

Donnie and Evonne Hall of Casper, Wy, Levi Hall, Riverton, Wy.; Gerald, Sabrina and Austin Sellar of La Salle, Co.; Jerry and Mary Ray and Barry of Slaton; Glen and Traci Cullver of New Orleans, Louisiana; Andy, Kortni and McKanzi Ray of Wills Point.

Bobby and Janet Dean, Russell, Sandra, Quinton, Brody, Wyatt and Haden Benham, Tammy Mathis, Ethan Baldree and Michael Self Melissa Mathis, Chad Nichols, R.C. Ray and Evelyn Mason all of Post.

What I want to know is who did the cooking????

**Birthdays This Week**

Birthdays for this week: Thursday 31; Kensley Hair; Anniversary, Joe and Melba Cimental; Friday Jan. 1; Don Atkinson; Anniversary, Jerry and Marilyn Crenshaw; Saturday 2; Kenny Reiter; Sunday 3; Zachary Bush, Robby Dean, Tristen E. Benavidez, Michelle, Jerry Tyler, Ethan Bilbo, Marta Williams, Karla Schooler and Davida Gregory; Anniversary, Loyd and Ethel Edwards;

Tuesday 5; Veronica Williams and Dustin Robinson; Wednesday 6; Theo Piaz, Jerry Graham, Ray Gonzales, Sr. and Dorothy Morgan.

**Happy Birthday Mary!**

This lady is one of my favorite folks tho I hardly ever get to see her. She and husband Pat are members of our church and we miss them when they are not there.

Mary celebrated her 80th birthday December 27th, and the family held a birthday party in her honor at she and Pat's home.

After opening her presents, everyone enjoyed Red Velvet birthday cake and an afternoon of visiting.

**I'm Jealous!!!**

Christmas was celebrated early in the home of Ples and Betty Hill. Their entire family attended the week end of the 18th. Those home for the holidays were: Kenny and Kathy Hill, with granddaughter Chelsea, all from Pery; Lance Hill from Boulder, Co.; Sandra and Malcolm Bramlett and grandchildren Amy and Brian from Abilene.

Now on January 1st, Ples and Betty are meeting their son Kenny and family in Miami for a seven day cruise!

How large is your luggage Ples and Betty?

**Burnett Clan Gathers**

Visiting Post for Christmas were James and Gail Burnett of Pearland, and Tim Burnett of Glendale, Az. They were here with their Mom and Dad, Wes and Pat and also visiting their grandmother (Pat's mom), Lorene Voyles who is still hospitalized in Lubbock at University Medical Center.

On December 27th, the Burnett clan took a trip to Midland sharing Christmas dinner in the home of Kimberly and Allen Dolberry and their children.

**Special Birthday**

Our Virginia kids left for home Sunday, we sure hated to see them go. Our grandbaby Alison, got to celebrate her first birthday with all of her family Saturday night before leaving for home.

She and her parents, Stephen and Amanda Quisenberry, are stationed in Norfolk, Virginia and will be there for quite awhile longer. It is hard not to get to see all the cute things Alison learns to do.

She was honored with a brisket dinner attended by most of Amanda's and Stephen's family. We will miss them.

**Christmas Guests**

Herb and Lois Walls had all of their kids, grandkids and great grandkids at their home Saturday the 26th for Christmas dinner. They were minus just one grandson, Lucas Walls.

Those attending the get together were: Doug and Martha Jo Roberts, Jeff, Amiee and Kelsey Roberts, Bobby, Leslie and Ashley Fouguet all of Claude.

Brad and Ardu Roberts of Canyon; Derek and Karen Walls, Jada and Jason of Crafton; Dale and Seth Walls; Arnold, Irene and Jayson Fry; Herb's mom and dad, Pete and Fleta Walls all of Post. Max Foster of Post was also a guest.

Chris, Reese, Raegan and Hunter Belongia also visited Christmas evening. They all had a great time.

**Till Next Week**

Well, my kids have all gone home, the leftovers are gone or in the freezer and the house is back in order.

Now I can sit back and ponder about this upcoming year.

I hope for all of you that it is a bright new year, and that you will see your dreams become realities.

I thank you for all of your wonderful notes and phone calls this year about the "Jabberin'" column. I have enjoyed doing it so very much.

To each and everyone of you "Happy New Year" and may God bless you.

HAPPY NEW YEAR!!!!!!!

The Post Dispatch 495-2816



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**Guest Speaker:**

Hal Schwartz, a nationally known retirement planning specialist

Special invitation to farmers, ranchers, and business owners.

Location:  
Post Community Center  
113 West Main  
Post, Texas

Date & Time:  
Monday, January 11, 1999  
Dinner will be served at 6:15 p.m.

**SEATING IS LIMITED, RESERVATION REQUIRED**

Joe Gregory, Registered Representative  
495-4090

**You Can't Play The Game Effectively Until You Know The RULES**

As with any financial decision, you should consider consulting with your tax or legal advisor before making an investment.

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## Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

### National Oatmeal Month

January is National Oatmeal Month because that's when oatmeal consumption is at its highest. In January 1994, Americans bought more than 22 million pounds of Quaker oatmeal. Check out the January weather patterns in much of the country, and you'll quickly see why!

A nice hot bowl of oatmeal may seem like an old-fashioned way to start the day, but today you could find oatmeal in 61% of American homes. And we're not just talking small towns here. More oatmeal is eaten in New York City "about 16 millions pounds a year" than in any other city in the United States.

A 1993 Gallup poll revealed that oatmeal is Americans' number one breakfast choice. Where does it fit on your list? It has been reported that former President Bush's favorite breakfast was a bowl of oatmeal with a Butterfinger candy bar crumbled on top.

The first commercially produced cereal was Quaker Oats, introduced in 1877. It was followed by Cream of Wheat in 1894 and Kellogg's Toasted Corn Flakes in 1907. Quick Quaker Oats was introduced in 1921 as an early convenience product. That was 30 years before the "first" convenience foods, the TV dinners of the 1950's. Instant Quaker oatmeal appeared on the market in the early 1960's.

Batches and Batches of Cookies The oatmeal cookie has remained popular in this country since 1901 when the recipe was the first ever to appear on a cereal package in the United States. But the recipe has changed with the times.

During lean years, oatmeal cookies tended to be smaller in size with no fancy ingredients. Quaker Oats Macaroons were introduced after the 1929 stock market crash. These little "luxuries" helped boost morale during the hard times. They also were the first oatmeal drop cookie. Spoonfuls of dough were simply dropped onto cookie sheets and baked, making them much more convenient to make than the oat cakes which needed to be rolled and cut into shapes.

In 1935 Crisp Oatmeal Cookies appeared on the oats packages. The dough for these crisp and crunchy oatmeal cookies was shaped into a long roll, chilled and thinly sliced, stretching scarce resources during the Depression era.

Because butter and sugar were rationed during World War II, Mary Alden's Favorite Oatmeal Cookie recipe in 1943 called for shortening or bacon drippings and a minimal amount of sugar.

Famous Oatmeal Cookies were first introduced in 1955 and they were a favorite of the post-war baby boomers in bobby sox. That recipe remained on the box through the 1970's. This crisp, non-nonsense oatmeal cookie provides a nutty oat flavor and a nostalgic taste of kitchens past. Quaker's attempts to change the recipe during those years were met with great hue and cry.

In the indulgent 80's, at-home bakers found themselves competing with commercial cookie shops turning out big, chewy gourmet cookies. Quaker's Best Oatmeal Cookies recipe came along to meet the challenge.

Choc-Oat-Chip Cookies is the latest recipe to emerge from the Quaker Kitchens, home of the Oat Expert. The recipe combines America's top two favorite cookies, chocolate chip and oatmeal. Use it to make a traditional drop cookie or a bake-it-fast pan of bars.

The authors of an oatmeal cookies cookbook call oatmeal cookies "the perfect comfort food", bringing fond memories of childhood, coziness, hometowns, family, and real, old-time country and western music... Oatmeal is a state of mind.\*

The following is the recipe that was on the Quaker Oats package from 1955 through the 1970's, the longest run of any recipe. Whip up a batch and you'll be feeling your oats!

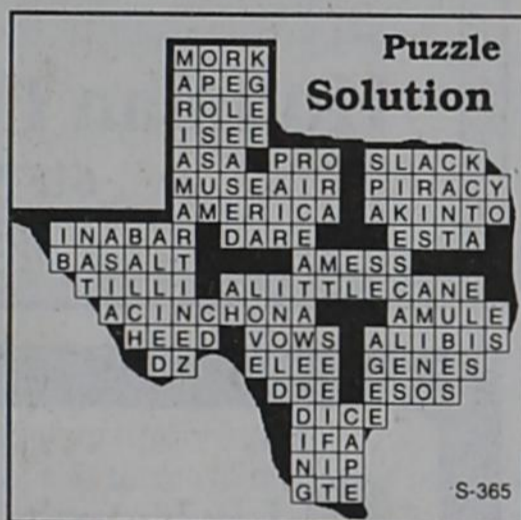
Famous Oatmeal Cookies Heat oven to 350°. Beat until creamy: 1/2 cup vegetable shortening, 1 cup firmly packed brown sugar, 1/2 cup granulated sugar, 1 egg, 1/2 cup water and 1 teaspoon vanilla. Combine 3 cups Quaker Oats (quick or old-fashioned, uncooked), 1 cup all-purpose flour, 1 teaspoon salt (optional) and 1/2 teaspoon baking soda. Mix well. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 12 to 15 minutes. Remove to cooling rack; cool completely. Store tightly covered. Makes about 4 dozen cookies.

Programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

### McCalister trained on USS Constellation

Post's Joseph T. McCalister was recently training with Fighter Attack Squadron 137 aboard the aircraft carrier USS Constellation.

McCalister is the 19-year-old son of Todd and Darlene Pruett of Post. An airman, he assists in the launch and recovery of naval aircraft.



## SPS responds to questions about Y2K

Thank you for your inquiry regarding New Century Energies' Year 2000 preparedness. New Century Energies is comprised of three main operating utilities: Public Service Company of Colorado, Southwestern Public Service (based in Amarillo, TX), and Cheyenne Light Fuel & Power (based in Cheyenne, Wyoming).

Preliminary Year 2000 work was started in 1996. A formal program office was created to manage the Year 2000 effort for all of New Century Energies. Total estimated cost for Year 2000 assessment, inventory, remediation, testing and implementation is \$25 million. The project is structured into three different areas:

1. Information Technology (IT) Project, which addresses computer software and mainframe computer systems;
2. Non-Information Technology (Non-IT) Project, which addresses embedded equipment in the company's facilities and operation systems; and
3. Contingency Planning Project, which addresses the company's capabilities for responding to external or internal disruptions, which could possibly occur as a result of the Y2K issue.

The first area, computer software, is on target to reach all of its milestones. As of the end of September 1998, 54 percent of the work on high and medium critical systems is complete. By the end of 1998, 70 percent of these systems are expected to be complete, with the balance expected to be finished by the end of March 1999. IBM Global Services is managing and staffing this effort.

The Non-IT or "embedded systems" element of our program is on schedule for a completion date of August 1999. Gas & Electric transmission and distribution systems, office buildings, substations and power plants are all examples where work is being done with a goal of ensuring business continuity as it regards the Year 2000 issue. Our initial investigations and inventory efforts, which are 100 percent complete, have uncovered a Y2K-related failure rate of three percent for equipment that is date-sensitive and that is critical to our business operation. Correction of this equipment is under way.

The third phase of our project is Contingency Planning. It encompasses our efforts to position ourselves to respond to "worst-case" Y2K scenarios in order to ensure recovery if necessary. We are also focusing our efforts to ensure that our critical vendors will be able to continue to provide goods and services to us through the millennium change. For example, because the majority of our power plants require coal as fuel for the generation of electricity, we will increase on site coal inventory prior to Jan. 1, 2000.

I want to assure you that we understand the seriousness of this issue and are taking the proper steps toward business and service continually.

Sincerely,  
Robert C. Ray  
NCE Year 2000 Program Manager  
Denver, CO

### SPC sets spring registration dates

South Plains College's spring 1999 registration will begin Jan. 11-12 at the SPC Reese Center campus in Lubbock.

College courses are offered at the Reese Educational Center, 9421 W. 4th St., and at the nearby Reese Center, the site of the former Reese Air Force Base. Registration times are 5:30-7:30 p.m.

SPC Lubbock will have registration for returning students enrolled in the fall of 1998 on Jan. 13. Registration times are 9-11 a.m. (A-K), 1:30-3:30 p.m. (L-Z) and 3:30-5:30 p.m. (A-Z).

New student registration on the Lubbock campus for students not enrolled in the fall 1998 semester will be Jan. 14, from 9 a.m. to noon (A-K) and 3-6 p.m. (L-Z).

Open registration will be Jan. 14 from 6-7 p.m. SPC Levelland has scheduled Financial Aid Award Day Jan. 13 from 9-11:30 a.m. and 1:30-6:30 p.m. for all preregistered students receiving any type of financial aid.

Regular spring registration on the Levelland campus will be Jan. 14 from 9-11:30 a.m. and 1:30-4 p.m. A registration permit is required. Evening registration will be from 4-6:30 p.m. A registration permit is not required for evening registration.

### Llano Winery to host events

Llano Estacado Winery of Lubbock and the South Plains Chapter of the Texas Chef's Association will sponsor the Second Annual Wine and Chocolate Fantasia Saturday, Jan. 23, from 6:30-8:30 p.m.

Admission costs \$25 and will benefit the West Texas Parkinsonism Society and the Chef's Scholarship Fund.

The Chocolate Fantasia will be preceded by a chocolate competition. Each entry will consist of a showpiece accompanied by 60 hors d'oeuvre or

appetizer portions. Trophies will be awarded to first, second and third place in three categories: chefs, food service and amateurs.

For tickets, call 806-745-2258.

## Living on the Edge of the Caprock

by John Senter, CEA-AG

### Southern Mesa Ag Conference

A direct result of producer-requested educational programming, the Southern Mesa Agricultural Conference will focus on regulations and policies affecting Texas agriculture as well as the BMP's (Best Management Practices) for cotton, grain sorghum and peanut production.

This conference will be held Monday, January 18 in the Dawson County Annex Building, located at 609 North First Street in Lamesa, Texas, and will begin at 8:00 a.m. The registration fee, which includes technical sessions, door prize ticket, lunch, refreshments, educational materials and access to exhibits, is \$15 if paid by January 14, 1999. After January 14, the registration fee will be \$20. Registration forms and fees, payable to \*Dawson County Ag Fund\*, should be sent to the Dawson County Extension office at P.O. Box 1268, Lamesa, Texas 79331.

The program, sponsored by the Texas Agricultural Extension Service in Dawson, Borden, Scurry, Mitchell, Lynn and Garza counties, will also feature information on the latest production technology for crop production, insect control, and weed control of cotton, grain sorghum and peanuts. Risk Management and production outlooks will also be discussed. Top quality speakers from across the state and the South Plains area will make presentations concerning current research production trials. Producers will have the opportunity to discuss their experiences with experts, specialists and other growers. Also, producers will be able to visit commercial booths throughout the day.

Four and a half (4 1/2) Continuing Education Units (CEU's) will be provided for private, commercial and non-commercial applicators for attendance at this program.

Speakers include Shelly Henington with Texas Department of Agriculture; Dr. Wayne Keeling with the Texas Agricultural Experiment Station; Drs. Roland Roberts, Randy Boman, Robert Lemon, Craig Fincham, James Leser, Ted McCollum and Peter Dotray; and County Agent John Farris with the Texas Agricultural Extension Service.

Producers who wish to pre-register should mail in a registration form with their fee. Registration forms may be obtained from the Extension office in any of the counties listed above. Remember, the registration fee is \$15 if paid by January 14, 1999. After January 14, the fee will be \$20.

We will seek to accommodate all persons with disabilities for the meeting. Please contact John Farris at the Dawson County-Texas Agricultural Extension Service (806-872-7539) as soon as possible to advise of auxiliary and/or service needed.

Programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

Late registration will be Jan. 19-25.

Classes begin Jan. 19.

For more information, contact SPC at 806-894-9611, ext. 2374; 747-0576, ext. 4660; or the Reese Center at 747-0576, ext. 2902, anytime after Jan. 4.

Come in and Look around!

# Twins Fashions

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The Post Dispatch 495-2816

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And remember:

American State Bank is locally owned with almost all of its stockholders living within a 90-mile radius of Lubbock.

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## "Back to Basics" approach best for New Year dieters

For those going to make a New Year's resolution in 1999, how about one that says you're not going to buy any new fad diet books to help lose the extra pounds put on during the holidays?

Instead, resolve to take a "Back to Basics" approach to losing weight.

That's a resolution that is not only easy to keep, said Belinda Boshell, RD, LD, president of the 4,000-member Texas Dietetic Association, but also one that saves money. The reason is, fad diets don't work.

"From Thanksgiving to New Year's Day, we're deluged with a series of feasts, parties, snacks and other calorie-laden opportunities," Boshell said. "According to the Calorie Control Council, the average person puts on between five and 10 pounds."

Unfortunately, most Americans look for a quick fix once the holiday ends. They seek out the latest diet that claims to produce rapid, short-term weight loss. Some may have temporary results, Boshell said, but none is the answer.

"At any one time, 50 million Americans are on some kind of weight loss," she said, "but only five percent of

them keep off any weight that they lose."

And even if fad diets did work there are other reasons to avoid them. Most fad diets promote fast, unhealthy weight loss (more than two pounds per week) which in the long run can work against the metabolism, making it easier to regain the weight. Another reason is that these diets eliminate various foods. And since all foods are there for a reason — namely to provide us with nutrients — cutting out any food may cause dietary deficiencies that can affect daily performance and long-term health.

"For instance, we all need iron to stay healthy," Boshell said. "Although fruits and vegetables contain a lot of important nutrients, they are not typically rich sources of iron. For example, you'd have to eat 10 1/2 cups of raw broccoli or 21 cups of cooked corn to get the same amount of iron as in a three-ounce serving of cooked sirloin steak. And combining vegetables with protein is a better, more balanced option."

The "Back to Basics" approach is based on eating all foods in a moder-

ate, balanced form. The following are the components of the TDA's "Back to Basics" diet plan:

- Eat a variety of foods. Enjoy foods from all food groups.
- Choose the leanest cuts of meat.
- For example, lean cuts of beef can be found by looking for the word "round" or "loin" in the name.
- Cook it right. Use low-fat cooking methods such as roasting, broiling and grilling.
- Enjoy five a day. Eat at least five servings of fruits and vegetables daily.
- Get active. Work toward 30 minutes of moderate exercise most days of the week.
- Plan your snacking. Bring healthy, low-fat snacks such as pretzels, yogurt or fruit to work to eat at a specific time. Avoid the candy machine.
- For my own purposes, I've reduced these tips into my own ABCs about nutrition," Boshell said. "It helps me remember what is important."

Boshell's ABCs are:

- All foods can fit. Just don't overdo the amounts.
- Balance a variety of foods with physical activity.
- Consciously choose the foods you eat at mealtime and snack time.

"Back to Basics is an ideal way to reach or maintain a healthy weight," she said. "We know from years of experience that restrictive diets don't work. But with Back to Basics there's no extremes and it can fit into anyone's eating plan."

Here are some tips for money success:

- Track your spending. Write down all poor spending practices that need to be changed.
- Create a budget. Construct a cash flow sheet showing income and outgoing expenses.
- Begin a savings plan. Start saving \$1 a day and all pocket change. It will average out to about \$50 per month.
- Have weekly family meetings on improving spending.

To obtain more juice from oranges, let the fruit soak in cold water before squeezing.

## State's economic growth expected to remain slow

"Although the latest Texas Index of Leading Economic Indicators rebounded this month, we should still expect slower growth for the new year," State Comptroller John Sharp said recently.

The October 1998 Index stands at 1333.3, an increase of 1.4 percent from a year ago. Compared to the month of September, the index is up 0.6 percent.

The state comptroller's office produces the monthly index to help compare the state's economy to that of the rest of the nation, and to help forecast changes in the Texas economy up to six months in advance.

While confidence in the Texas economy is high, consumers appear to be less confident compared to 12 months ago. Texas consumer confidence was down 3.7 percent from October a year ago, but rose by 1.1 percent compared to September of this year.

Texas retail sales were up 7.5 percent compared to a year ago.

The number of total authorized housing units for the month of October was 13,310, up 19.1 percent from last year. The number of housing permits increased by 1.9 percent from September.

The October Texas Stock Index is 684.7, 46.1 percent higher than a year ago. The TSI is up 25.7 percent from September.

New business incorporations grew by 0.9 percent from a year ago.

The average manufacturing hours per workweek showed a 0.6 percent decline from October 1997, and a 2.3 percent drop when compared to the previous month of this year.

For the second straight month, the Texas Help Wanted Index fell by 4.6 percent from a year ago; however, it was up 2.1 percent from the previous month.

The Texas unemployment rate showed a 0.4 percent drop from last year and remained flat compared to the previous month of this year. Currently, the unemployment rate is 5.0 percent.

In the 12 months ending in October, the state added about 253,000 new jobs for an increase of 2.9 percent. The service sector accounted for the bulk of these gains with 222,000 jobs, a 3.2 percent increase from October, 1997. Construction employment continued its strong growth at an annual rate of 5.5 percent, an increase of roughly 25,000 new jobs this year. Manufacturing employment increased by approximately 9,000 jobs, up 0.8 percent from a year ago.

The price of Texas crude oil is at \$12.46 per barrel for October, down 34.1 percent from a year ago. Compared to last month, oil prices were down 3.6 percent.

The U.S. Index of Leading Economic Indicators is currently at 105.6, up 1.1 percent from last year. There was a slight 0.1 percent gain compared to the month of September. Continued economic growth is expected during the remainder of 1998 and into 1999, but at a slower pace.

## Contestant search on for Miss 1999 Texas Teen

The Miss 1999 Texas Teen Scholarship Competition will be held March 27-28 in Dallas.

Individuals between the ages of 13 and 19 are eligible to represent their community in the Miss 1999 Texas Teen Scholarship Competition.

The winner will enjoy a year of personal appearances, college scholarships, travel, cash, prizes and the opportunity to represent the state at the National Miss 1999 United States Teen Competition in Tampa, Florida.

All contestants are judged on personal interview, swimwear and evening wear competitions.

For more information or to receive an application, contact the Miss Texas Teen Scholarship Competition at 407-523-9015 or 281-9604 (fax 409-523-9017); e-mail: missunitedstatesteen@mpinet.net or visit the web site at www.missunitedstatesteen.com.

Deadline for application is Jan. 30. The preliminary competition will be at 8 p.m. March 27. Final competition will be March 28 at the Dallas Fort Worth Holiday Inn Select.

Both shows will be open to the public.

# Obituaries

## Hattie M. Payne

Graveside services for Hattie M. Payne, 70, of Slaton were to be held Wednesday, Dec. 30, 1998, at 2 p.m. in the Englewood Cemetery in Slaton with Gene Robinson, pastor of the First Christian Church, officiating. Services were conducted under the personal care of the Justice-Mason Funeral Home.

She died Sunday, Dec. 27, at her home in Slaton. Born Feb. 1, 1928, in Little Rock, Arkansas, to Layette and Lula Mae (Gunn) Smith, she moved to Slaton when she was 17-years-old. She married James B. Payne June 18, 1946, in Tahoka. She worked for many years at Mercy Hospital in Slaton and was a member of the Westview Baptist Church.

Survivors include one son, Derell Payne of Slaton; one daughter, Ruby Manley of San Angelo; 10 grandchildren; 15 great-grandchildren; and four great-great-grandchildren.

She was preceded in death by her husband on Oct. 10, 1981; by a daughter, Eunice Payne, on Oct. 3, 1993; and by a son, Marlin Dale Payne, on Dec. 3, 1987.

## Tips on managing holiday debt, financial resolutions

So you bought lots of gifts and made sure that everyone in your household ate well during the holidays. It may have felt good at the time, but now the bills are coming in and you may be feeling a bit stressed because there's no cash left to pay them.

"Fifty-three percent of people get carried away with gift purchases and overspend," said Marianne Gray, president of Consumer Credit Counseling Service of Greater Fort Worth. "As a result, a cash-flow crunch in January will occur."

CCCS offers the following suggestions for holiday debt relief:

- Commit to managing your money every week. Write down everything that you spend for a month and look at ways you can cut back.
- Develop a budget and stick to it.
- Call creditors and utility companies if you are going to be late.
- Cut back on day-to-day expenses.

For example, eat out less often, mow the yard yourself and limit long distance calls.

- Consider a part-time job to increase income.

- Have a garage sale of items you are no longer using to increase cash flow.

- Start a Christmas savings account for next year to avoid the same situation a year from now.

And what about some resolutions for self-improvement in the area of finances?

"Get into a savings habit and pay off debt," said Gray. "Most Americans are wasting 20-30 percent of their money because of poor spending practices."

CCCS is a non-profit, community service organization that provides confidential counseling, debt management and liquidation programs, as well as educational programs that promote consumer awareness of money management and the wise use of credit. Since 1979, CCCS has served consumers in two states and 98 counties throughout north, central and west Texas, as well as New Mexico. An office is located in Lubbock.

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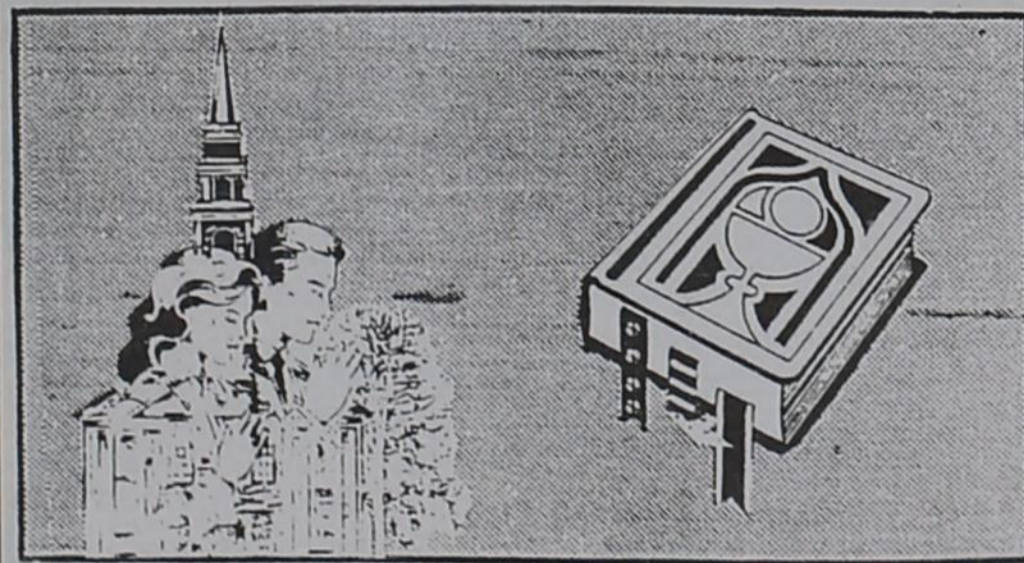
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## Garza County Church Directory

- 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  
Pleasant Valley Hwy 84 & North 399 - (806) 828-4174
- 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
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First Presbyterian Church 910 W. 10th, 495-2135



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## HEALTHY NEW YEAR RESOLUTIONS

With 1998 drawing to a close, we should all spend a few minutes to reflect on how it has affected our lives, what we did that was good, what we did that wasn't so good, but most importantly, what we can do to make 1999 better. Here are a few healthy New Year resolutions, why not try one, if it pertains to your situation.

- Drink more water, eight glasses a day if you can. It's cheap and it makes you lose weight, you look and feel better.

- Get some form of exercise at least three times a week. Walking, running, bicycling, working in the yard. Anything that keeps you moving and causes you to break a light sweat is good. Try different activities, so you don't become bored.

- If you have a lot of stress in your life, lower it. Don't fill your daily plate so full; don't try to be everything for everybody. Put a side some time everyday to do what you like to do.

- Find a hobby you enjoy and spend a few minutes at it everyday.
- Cut back on your alcohol and tobacco consumption. Be organized about it, keep a record so that you can show your self that you can do it. After you are successful consider stopping tobacco altogether.

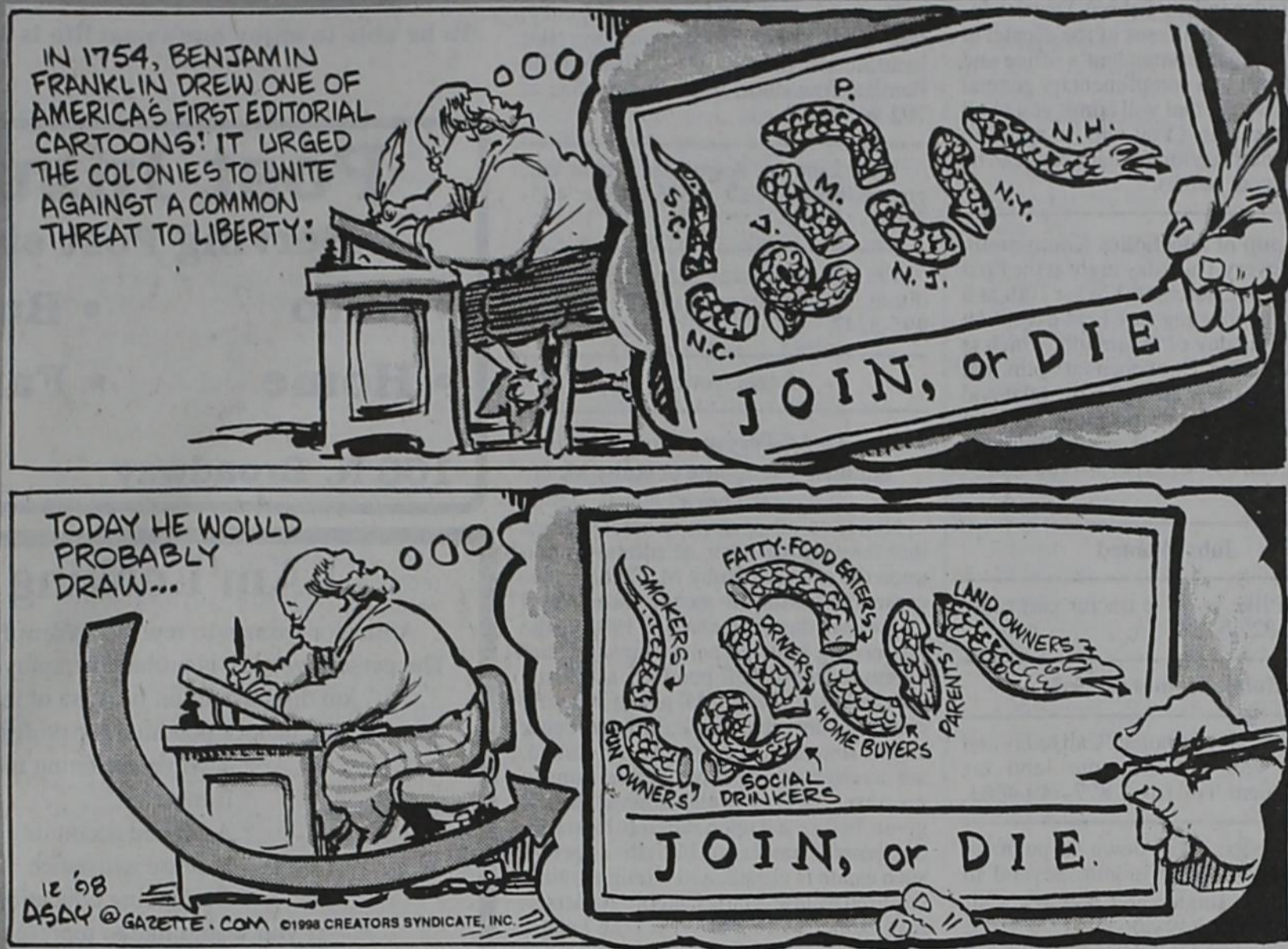
- Spend less time in front of the television and more time with family or friends.
- Write or call an old friend or distant relative at least once a week. It will make you feel good and them feel that someone is thinking of them.

- Tell someone in your family how much you care for them everyday, either by a note, word of mouth or by doing them a special favor.

These are all simple, inexpensive things that we can do to improve our health and quality of life. Pick one and stick with it, remind your self daily of your resolution and before long it will be habit. Have a great 1999 and thank you for caring about your health.

MICHAEL TRAVIS P.A.C.  
UMC EMERGENCY CENTER

# Opinions



## Crazy overdose of policy has got to be repealed

by Sheldon Richman

From 1990 to 1996 heroin use among high-school seniors was up one hundred percent. Imagine how bad things would be if the war on drugs weren't succeeding! A report published in the journal *Pediatrics* attributes the increase to the falling price and higher purity of heroin, and to the belief that snorting or smoking heroin is less dangerous than injecting it.

This is interesting, especially when we compare it to the tobacco war that is being fought simultaneously. As far as I know, there is no animated character, Daffy Drug, he might be called, hawking heroin from billboards. Heroin makers don't sponsor stock-car races. So maybe banishing Joe Camel won't have its promised effect.

Kids are using drugs even though they can't be legally sold or promoted. That should tell us something. But maybe I'm wrong. Maybe drugs are promoted openly. Come to think of it, the whole idiotic war on drugs is just a massive advertising campaign for drug use. What better way is there to get kids to do something than to warn them in apocalyptic tones never to do it?

It is widely known that the DARE program teaches kids about drugs and has done nothing to reduce drug use. Obviously, it's time for a little sanity on the drug issue. Hysteria and prohibition are rotten ways to discourage people from buying, selling, and using products. The misnamed war on drugs—it's a war on people—should be ended forthwith.

Besides promoting drugs, all it does is throw billions of dollars down a rat hole. That's why many people favor it of course. Lots of anti-drug professionals are at the bottom of that rat hole with open arms, collecting the money as though it was manna from heaven. They aren't about to have the billions stop flowing. But we parents and taxpayers need to wise up and stop it anyway.

We can't afford the drug war, either in terms of money or in terms of our children's lives. Kids shouldn't use drugs. No dispute there. But government is ill-equipped to prevent it. That should be left to parents and voluntary communities. Kids who grow up to have sensible attitudes about alcohol tend to come from families where it was visible and discussed calmly.

The college-aged binge drinkers tend to come from families where the subject was off limits. Think about that for a moment and it makes perfect sense. We should let drugs be handled the same way.

## And thereafter, unseen crime costs

by Walter E. Williams

Criminal behavior hurts in ways seldom appreciated and understood, and the level of crime in black communities has consequences far more devastating than the racism our ancestors experienced. Not only does crime reduce upward mobility, it reduces the value of anything in the community and turns whole neighborhoods into economic wastelands.



Let's look at a very minor example that captures the essence of some of the unappreciated effects of criminal behavior — the case of supermarkets. Supermarket owners seek to maximize the rate of product turnover per square foot of rented or purchased space as a means to maximize profits or return on equity.

As you travel around, conduct your own experiment by observing supermarket behavior in low- versus high-crime locations. In lower-crime neighborhoods, you'll see maximum space usage. Merchandise will be seen beyond the cashier's booth along the walls or windows and in entryways.

In some cases, you'll even see merchandise placed outside of the store along the walkways. Sometimes merchandise (plants, fertilizer and peat moss) is left outside overnight. All of this means the supermarket enjoys a more profitable operation because it has a greater variety and quantity to sell.

This marketing strategy won't be observed to any significant degree in high-crime locations. Managers in high-crime locations can't place items near entry ways and outside. That, in turn, means they pay for square footage they can't put to commercial use. That raises their per-unit cost of operation.

In addition, supermarkets in high-crime neighborhoods often find they must pay higher insurance. They must purchase more protective equipment and hire guards — neither of which is free. Since supermarkets operate on a very slender margin, any kind of theft is very costly.

Turn the matter over to civil society—the network of voluntary associations—and take it away from all levels of government.

Repeat the laws and penalties for making, selling, and using drugs. Trust freedom. Have we forgotten which country we live in? Drug use would most likely go down, not up. Violent crime would fall also, because prohibition is the best producer of violence ever devised. Many well-intentioned parents will resist this suggestion with the words, "But I fear my child will become addicted."

"Addiction" is not a disease that people catch. It's a habit that they work to acquire. Drugs don't come to children; they go to drugs. Children who have a sense of purpose and worth about their lives don't look for comfort in drugs. If we want kids to stay away from harmful substances, we must focus on what makes life challenging and joyous. I submit that that role is outside the proper boundaries of a limited government.

Considering the boredom the government puts kids through in its schools, it's clear that the state is singularly unqualified to help children to create worthwhile lives. The results are in, folks. Government cannot curtail drug use. But in its misguided attempt, it can make our cities unlivable, our basic liberties nonexistent, and our children targets. Enough is enough.

Sheldon Richman is senior fellow at *The Future of Freedom Foundation* in Fairfax, Va., and editor of *The Freeman* magazine. For a one-year subscription (12 monthly issues) to FFF's journal of libertarian essays, *FREEDOM DAILY*, send \$18 (or \$12 for the e-mail version). Check, VISA, or MasterCard accepted. *The Future of Freedom Foundation* 11350 Random Hills Road Suite 800 Fairfax VA 22030 Tel. (703) 934-6101 Fax (703) 352-8678 E-mail: FFFVA@compuserve.com www.fff.org

**A Fundamental Law of Economics which overcomes all rules, regulations and legislative tampering:**

**Where there is a willing buyer, there will be a willing seller.**

Chain supermarkets find it difficult to shift higher operating costs on to customers. The same supermarket charging one price for a product in one location and a higher one in another doesn't do much for goodwill and might even invite prosecution. They might adjust by reducing quality or customer service, but that too is risky.

Thus, a more likely supermarket response to higher-cost neighborhoods is to move or simply not locate there in the first place. Some would have us believe racial discrimination is the driving force. In other words, white supermarket owners don't like dollars coming out of black hands. That's nonsense. Criminals not only impose costs on supermarkets but residents as well.

Poor people, least able to afford it, must either incur transportation costs to shop outside of their neighborhood or patronize the more costly "Ma & Pa" stores in their neighborhood. None of this is to say supermarket theft doesn't happen elsewhere, but there's a difference.

A \$10,000 shoplifting loss will have one impact when total sales are \$1 million a year and another when sales are \$100,000. In the first case, theft may be a minor nuisance written off on tax returns and the second a business disaster. The overwhelming majority of black people who live in high-crime neighborhoods are law-abiding people preyed upon by a tiny percentage of criminals.

What's worse, they have a misguided sense of loyalty to black politicians and civil-rights activists, who give aid and comfort to criminals by making one excuse after another for their criminal behavior. For them, crime is seen as a result of discrimination and poverty.

Such a vision differs little from saying that poor black people shall be condemned to chaos, crime and unspeakable living conditions until the day comes that the rest of society behaves itself. From the way I see it, that's going to be a long wait.

To find out more about Walter Williams, and read features by other *Creators Syndicate* writers and cartoonists, visit the *Creators Syndicate* web page at [www.creators.com](http://www.creators.com).

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## 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.

## Texans deserve a better constitution

by Jim Davidson, Chairman Texas Constitution Ratification Committee

The nice thing about Texas Constitution 2000 is that it makes it very clear exactly what government officials are authorized to do, and provides penalties for them doing anything else in the name of government.

While there are governments on Earth which demand people have abortions, which sterilize certain "undesirables" as Sweden did up until 1974 by their own admission, and which put to death people of varying conditions and opinions, it is the case that none of these governments are controlled by a constitution. (We shall soon see whether the US Senate feels itself compelled by the US Constitution. See below.)

If Texans remain vigilant, and keep Texas under the rule of law, and make sure that Texas government officials do not exceed their constitutional authority (by suing frequently in county courts for damages), we will be able to ensure that Texas never becomes such a place.

### Examples of how not to write a constitution

Here are some excerpts from a poorly worded Constitution: (U.S.) Article 1, Section 2, item 5. "The House of Representatives shall choose their Speaker and other officers; and shall have the sole power of impeachment."

Article 1, Section 3, item 6. "The Senate shall have the sole power to try all impeachments. When sitting for that purpose, they shall be on oath or affirmation. When the President of the United States is tried, the Chief Justice shall preside; and no person shall be convicted without the concurrence of two-thirds of the members present."

Article 1, Section 3, item 7. "Judgement in cases of impeachment shall not extend further than to removal from office, and disqualification to hold and enjoy any office of honor, trust, or profit under the United States; but the party convicted shall nevertheless be liable and subject to indictment, trial, judgement and punishment, according to law."

Article 2, Section 4. "The President, Vice President, and all civil officers of the United States, shall be removed from office on impeachment for, and conviction of, treason, bribery, or other high crimes and misdemeanors."

The Constitution for the United States of America is otherwise silent on the issue of impeachment. So, if the US Senate should choose not to try the president, now that he has been impeached, that would represent a very serious breach of the Constitution.

They do not have a power to do anything but try an impeachment. There is no provision for plea bargains, for an out of Senate settlement, or any other nonsense. The "will of the people" such as it is, is irrelevant, and rarely mentioned in the Constitution even by inference. The will of the House has been made clear.

We live in interesting times. Mr Davidson, president of *Interglobal Paratronics Inc.* of Houston, was appointed to the Texas Constitution Ratification Committee (TCRC) at the 13th Session of the Texas Constitutional Convention on December 12, 1998. The TCRC is currently developing detailed plans for ratification of Texas Constitution 2000. Ratification is expected to begin in the Spring of 1999 through county ratification conventions. See this Internet web site for more details: <http://www.tcrf.com>

### Limits on government

**Government shall never borrow money nor pledge the assets of individuals or non-governmental organizations.**

Article 2, Section 13 Texas Constitution 2000

Printed copies of the Texas Constitution 2000 are available at The Post Dispatch or order by mail to Texas Constitution 2000, P.O. Box 918, Post, Texas 79356. Cost is \$2.00 each, postage included or \$1 each for 10 copies or more. For a link to the entire constitution go to this web site: <http://www.tcrf.com>

### Local Government Meetings

- Friday, January 1
  - Garza County Commissioners' Court, 10 a.m., 1st floor courthouse, oaths of office for newly elected officers.
- Tuesday, January 5
  - Post City Council, 6:30 p.m., City Hall.
- Tuesday, January 12
  - Post ISD board of trustees, 7:30 p.m., administration bldg.
- Monday, January 11
  - Garza County Commissioners' Court, 9 a.m., 3rd floor courthouse.

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**Card of Thanks**

In our time of sorrow you were there for us. The loss of our mother and grannie, Ruel Maddox. Thanks to all the staff at Golden Plains for their care.  
 We appreciate every act of kindness, your visits, calls, food, flowers, donations and other things you did for us.  
 Thanks to the ladies of the Calvary Baptist Church for the wonderful lunch, to Bo and Jim Jackson for the beautiful service and to Clayton Pennington for the service at Cisco.  
 Also to Dee and Janet Justice for the special care and love.  
 Thurman Maddox families  
 Pete Maddox families  
 Fleta Caffey

**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.

**Vehicles for Sale**

For sale: 1977 Oldsmobile Regency, four door. 1972 Dodge pick-up, flat head, needs motor. 1972 Bonneville Pontiac, four door, needs motor. See at 702 W. 10th.

1989 Lincoln Town Car. Great car, great condition. Call after 5:00 p.m. 495-2307.

1991 Dodge Grand Caravan. Good condition, high mileage. Call 495-3063 or 495-5247.

**Legal Notices**

**Notice To All Persons Having Claims Against The Estate of Ruby M. Claborn**

Notice to all persons is hereby given that the original letter of administration upon the estate of Ruby M. Claborn, deceased, was issued to me the undersigned on the 23rd day of December, 1998, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, the county below named, are hereby required to present the same to me respectively, at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed, and within the time required by law. Marie Claborn Anderson may be notified 5370 West Pine Lodge, Roswell, New Mexico 88201 or in care of her attorney, Preston Poole, 311 W. Main, P.O. Box 296, Post, Texas 79356.  
 Dated: 12-23-98  
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 Independent Executrix  
 Cause # Ruby M. Claborn, Deceased

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Country living in town. Two large bedroom, two bath, four car garage. Two and 1/2 acres land, large storage shed. Assumable loan (owner carries note) + equity. Shown by appointment only. Call 495-2475 after 5.

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Good neighborhood, three bedroom, two bath brick with double carport and storage building. Call 495-2504.

**Miscellaneous for Sale**

December 27, noon till 7? Homemade chili by the quart \$3.00. Place order at 495-1252. Danny Cooper.

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Interested applicants should contact J. Terry Bartlett at (806) 495-2175 or Marta Williams at (806) 495-0266 between 8:00am & 5:00pm. Applications may be picked up at 130 East Main in Post or at the Garza County Regional Juvenile Center at 800 N. Avenue F in Post. Completed applications/resumes must be submitted to: Giles W. Dalby Correctional Facility, P O Box 9000, Post, TX 79356 via mail; or (806) 495-3157 via FAX; or to [tbartlett@gte.net](mailto:tbartlett@gte.net) via E-mail.

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The Post Dispatch 495-2816

# Yesteryears

by Pat Burnett

Dec. 28, 1988  
10 Years Ago

Mike Mitchell is expected to return home today from Methodist Hospital where he has been recovering from corrective surgery to unblock arteries in his legs. A new method and apparatus delinting cottonseed has been developed by inventor, John W. Beck of Lubbock, in conjunction with the venture capital investor, Cumberland Ohio Company of Dallas, in Justiceburg.

Funeral services were held December 23, 1988 for Bernice L. Hoffman, who died December 22 at the Memorial Hospital.

Dec. 28, 1978  
20 Years Ago

Visiting in the home of Mr. and Mrs. Bill Sanders Sunday were her brother and wife, Rev. and Mrs. Carol F. Sanders of Captain, M.

Mr. and Mrs. Glen Barley and son, Shelby of Stephenville, visited in Waco Monday with their daughter, Mrs. and Mrs. James McIde and family.

Mrs. Leta Holleman was a guest for a Christmas gathering in her home Monday. Attending the festivities were her son, Bart of Brownwood, Linda and Bill of Gordon and Darby of Oklahoma, Mr. and Mrs. Joe Owen, Kyle and Kent, Kevin of Las Cruces, N.M., Kelly of Farmington, N.M., Mrs. Ann Altman, Joseph Owen, both of Post, and Claude Gary of Slaton visited Christmas eve.

Mr. and Mrs. Vern Oliver, Eddie and Gary of Houston visited a short while in the home of Mr. and Mrs. Bill Sanders Dec. 22 en route to Davis.

Dec. 26, 1968  
30 Years Ago

Mr. and Mrs. Steve Ramsey and Lukman, of Los Angeles, California will arrive Sunday for a holiday visit with his parents, the Rev. and Mrs. Bernard S. Ramsey, and Mrs. Susan Simmons. The Ramseys' other daughter, Nancy, and sons of Dallas, will arrive tomorrow.

Tommy Hays left for his home in Anaheim, Calif., Friday after a day visit in the home of his grandmother, Mrs. Jim Hays. Jim was discharged from the Marine Hospital in Washington, D.C., the first time in over a year to visit Post before joining his parents, Jim Hays, in Anaheim.

Mr. and Mrs. Silas Short and Mrs. Mary Short will spend Christmas with their parents in Hale Center.

Dec. 25, 1958  
40 Years Ago

Miss Linda Lane Livingston, who is attending McMurtry College in Abilene, is visiting with her parents, Mr. and Mrs. Douglas Livingston.

Mr. and Mrs. Boy Hart and family are planning to spend Christmas Day in Snyder in the home of his mother, Mrs. Henry Hart.

Tommy Mayfield, a student at Texas Tech, is visiting in the home of his parents, Mr. and Mrs. Dowe H. Mayfield, during the Christmas holidays.

Guests in the home of Mrs. Gladys Presson and Mrs. Wilma Olson and Jan over the Christmas holiday will be Mrs. Presson's sons and their families, Mr. and Mrs. Kent Presson of Washington, D.C., and Mr. and Mrs. Glendon Presson and family of Winters.

Mr. and Mrs. Johnny Freeman of Vernon will arrive here Christmas Day to visit with Mrs. W. R. Graeber during the holidays.

Richard Simpson, son of Mr. and Mrs. Wallace Simpson, is a guest in the home of his parents through the holiday season. Richard is a student at the New Mexico Military Institute in Roswell.

Carlos Rivera of El Paso spent the weekend here as a guest in the home of Mr. and Mrs. Ralph Welch. Here this week visiting the Welches are Mr. and Mrs. R. J. Welch and daughter, Kathy, of Weslaco. They left Wednesday. Home for Christmas will be the Welches' sons, Pvt. Bernard R. Welch of Fort Hood and Gary Welch, who attends Texas Tech.

Dec. 30, 1948  
50 Years Ago

Mr. and Mrs. G. W. Schultz of Elkland, Pa., arrived Wednesday of last week to spend Christmas and the remainder of December with their son, David Schultz and family.

Mr. and Mrs. L. L. Wright spent the weekend with his parents in Floydada.

Gloyce Ticer of Shawnee, Okla., visited relatives here Tuesday. His mother, Mrs. J. V. Beauchamp of Roby met him here.

Roy Josey accompanied Mr. and Mrs. Melborn Summers to Cooper to visit Roy's grandparents during the Christmas holidays.

Mr. and Mrs. J. L. Leibfried and family of Lorenzo visited in Post Tuesday.

Johnny Mickey visited his brother and sister-in-law, Mr. and Mrs. Elmer Mickey, in Lubbock over the weekend.

The Rev. and Mrs. I. D. Walker and two children moved to Lubbock Tuesday.

Mrs. Ira Greenfield will undergo surgery at the Lubbock Memorial hospital today.

Dalton Anthony, who recently had surgery in the Scott and White Hospital in Temple, returned to his home this week.

## Lunch Menus

### Trail Blazer

**Friday, Jan. 1, 1998**  
Holiday  
**Monday, Jan. 4, 1998**  
Cheese melt sandwich, vegetable beef soup, three bean salad, orange sections and cookies.  
**Tuesday, Jan. 5, 1998**  
Beef tips, green beans, rice, ambrosia fruit salad, sugar cookies and hot roll.

**Wednesday, Jan. 6, 1998**  
Taco salad with meat, lettuce, cheese, onion, pinto beans, picante sauce, tortilla chips and apricots.

**Thursday, Jan. 7, 1998**  
Oven fried chicken, corn, turnip greens, coleslaw, cornbread and pineapple gelatin.

### Post ISD

**Friday, Jan. 1, 1998**  
Holiday

**Monday, Jan. 4, 1998**  
Holiday

**Tuesday, Jan. 5, 1998**  
Breakfast: Cinnamon toast, sausage links, fruit and milk.  
Lunch: Corn dog, French fries, mixed vegetables, ice cream cup and choice of milk.

**Wednesday, Jan. 6, 1998**  
Breakfast: Oatmeal, bacon, toast, fruit and milk.

Lunch: Chicken nuggets, gravy, whipped potatoes, green beans, chocolate pudding, hotrolls and choice of milk.

**Thursday, Jan. 7, 1998**  
Breakfast: Breakfast taco, fruit, orange juice and milk.

Lunch: Pizza, salad, corn, Reese's Cup and choice of milk.

## ACROSS

- 1 TX Morgan Fairchild played on TV's "\_\_\_\_\_ and Mindy"
- 5 TXism: "got knocked down \_\_\_\_\_ or two"
- 6 film job for TX
- 7 Tommy Lee Jones
- 7 TX Tanya Tucker's "Can \_\_\_\_\_ You Tonight"
- 8 TXism: "crooked \_\_\_\_\_ dog's hind leg"
- 9 Astro player
- 12 TXism: "cut me some \_\_\_\_\_"
- 17 first non-smoking airline, started in TX ('81)
- 19 robbery in the Gulf
- 21 Denton's Phyllis was "Miss \_\_\_\_\_"
- 22 TXism for "similar"
- 23 TXism: "braver than a drunk \_\_\_\_\_ room fight"
- 28 TXism: "I double-dog \_\_\_\_\_ you!"
- 29 TXism: "como \_\_\_\_\_ (How are you?)"
- 30 igneous rock found in Uvalde Co.
- 31 TXism: "\_\_\_\_\_ of (many)"
- 35 TX Rodney Crowell wrote "\_\_\_\_\_ Gain Control Again"
- 36 TXism: "raise \_\_\_\_\_ (celebrate)"
- 42 TXism: "tight as \_\_\_\_\_ fat"
- 44 TXism: "stubborn as \_\_\_\_\_"

## DOWN

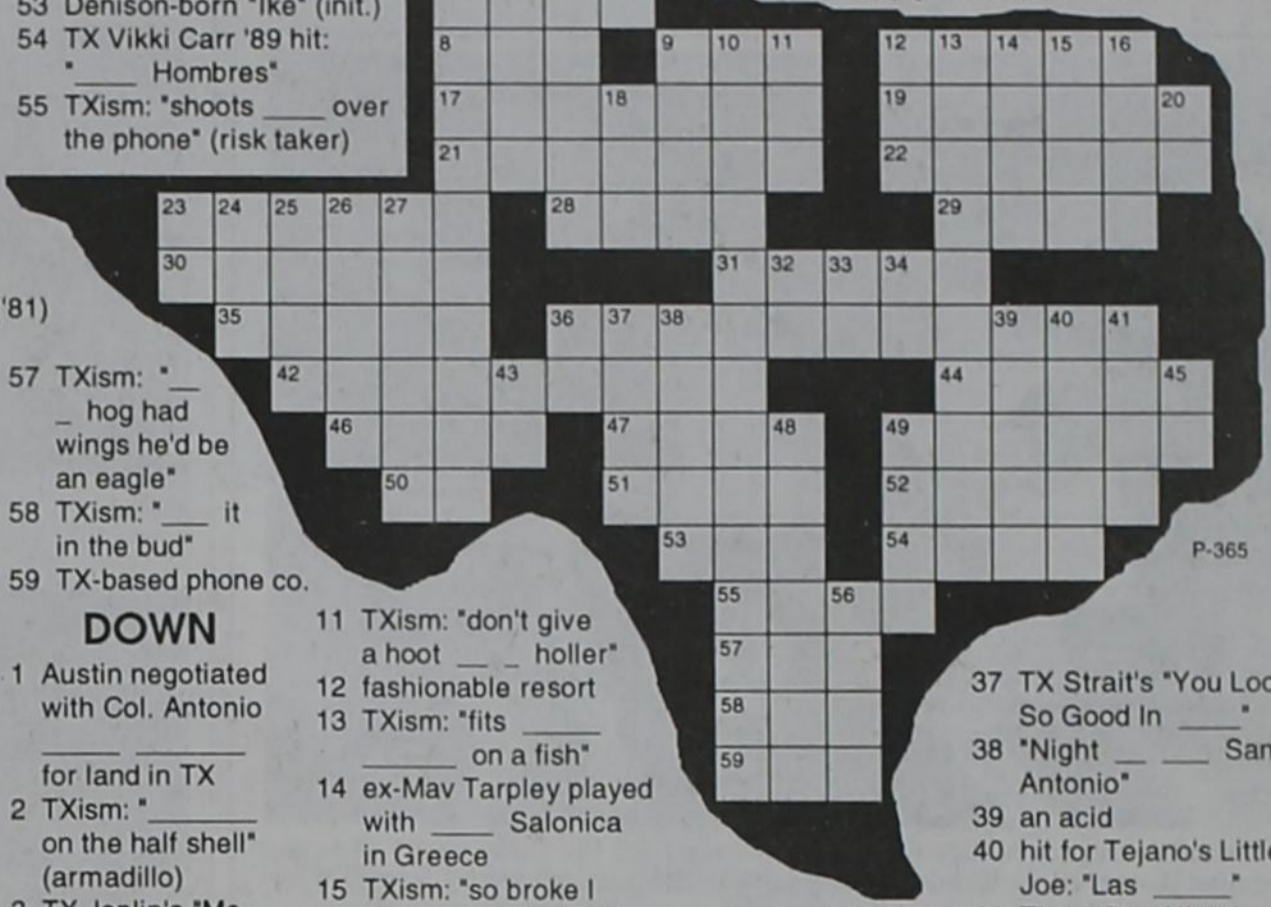
- 1 Austin negotiated with Col. Antonio \_\_\_\_\_ for land in TX
- 2 TXism: "\_\_\_\_\_ on the half shell" (armadillo)
- 3 TX Joplin's "Me and Bobby McGee" was \_\_\_\_\_ posthumously
- 4 Monahans FM
- 9 a cow and a calf
- 10 TXism: "hard as dodging \_\_\_\_\_"
- 11 TXism: "don't give a hoot \_\_\_\_\_ holler"
- 12 fashionable resort
- 13 TXism: "fits \_\_\_\_\_ on a fish"
- 14 ex-Mav Tarpley played with \_\_\_\_\_ Salonica in Greece
- 15 TXism: "so broke I \_\_\_\_\_ pay attention"
- 16 Corpus Christi AM
- 18 Astro pitcher stat
- 20 \_\_\_\_\_ Lo Digo Creek
- 23 this Irving wrote songs for TX
- 24 TX singer Stuckey
- 25 biggest continent
- 26 \_\_\_\_\_ Springs, TX
- 27 Houston's \_\_\_\_\_ Bank Plaza
- 32 \_\_\_\_\_ Vernon, TX
- 33 \_\_\_\_\_ Lago, TX
- 34 to Bryan from Waco
- 36 Das Fuhrer (init.)
- 37 TX Strait's "You Look So Good in \_\_\_\_\_"
- 38 "Night \_\_\_\_\_ San Antonio"
- 39 an acid
- 40 hit for Tejano's Little Joe: "Las \_\_\_\_\_"
- 41 Three Dog Night's "\_\_\_\_\_ Coming"
- 43 computer ROM
- 45 Cowboy Emmitt (init.)
- 48 TXism: "sling it on the wall and \_\_\_\_\_ sticks"
- 49 ex-Cowboy Tommie
- 56 Batman garment

## The Original

# TEXAS CROSSWORD

by Charley & Guy Orbison

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## SPC manicurist class registration set Jan. 4

Registration for the next 12-month manicurist class at South Plains College is scheduled for Jan. 4.

Enrollment begins at 5:30 p.m. at the Cosmetology Building adjoining the Student Center.

Classes will meet 5:30-9:30 p.m. Mondays, Tuesdays and Wednesdays. Instructor will be Laura Bishop, a licensed cosmetologist and nail technician.

Tuition for the 600-hour program is \$750. Tuition can be paid in full or in three installments.

Students also need to purchase a kit, textbook and lab coat.

For more information, contact the SPC Continuing Education and Distance Education Office beginning Jan. 4 at 806-894-9611, ext. 2341.

## Cooking Corner

Warm Up With A Shortbread Crumble



Apricots are high in vitamin A and iron. They also make a delicious apricot crumble.

(NAPS)—Here's a quick and easy recipe that will warm your tummy and satisfy your sweet tooth, while providing you with a healthy dose of vitamins and nutrients—all in less than half an hour. It's easy to make a simple, tasty, healthy recipe in a matter of minutes, thanks to Del Monte's line of Naturally Flavored Fruits.

In addition to being two recipe ingredients in one—natural fruit and delicious flavors—you get the benefit of healthy goodness preserved in each can.

The company has recently expanded its line to include three new choices: Cinnamon Flavored Pear Halves, Almond Flavored Apricot Halves and Sweet Cinnamon Chunky-Cut Peaches. The three existing flavors include Raspberry Flavored Sliced Peaches, Harvest Spice Sliced Peaches and Ginger Flavored Pear Halves.

Try this warm and tasty recipe using Del Monte's Almond Flavored Apricot Halves:

### Almond Apricot Shortbread Crumble

- 2 cans (15 oz. each) Del Monte® Almond Flavored Apricot Halves, drained\*
- 1/2 lb. shortbread cookies, crushed
- 2 Tbp. firmly packed brown sugar
- 1/4 cup butter
- 1/3 cup slivered almonds

Arrange apricots in 8x8-inch baking dish. Combine shortbread crumbs and brown sugar; sprinkle nuts over top. Bake at 400°F for 20 minutes or until golden brown. Serve warm or cold with ice cream, whipped cream or frozen yogurt. Servings: 6

Prep Time: 5 minutes  
Cook Time: 20 minutes  
\*This recipe works well with any of the Naturally Flavored Fruit varieties. Try it with flavored peaches and pears, too.



MRS. GREG EUBANK (Debbie Wyatt)

## Wyatt-Eubank vows are exchanged here

From The Post Dispatch, December 26, 1968

**We're Coming Back!**  
**The Night Riders**  
Papa Bear • Jerry Lee • Bobby "Bear"  
New Year's Eve Party  
VFW Post 6797  
Dec. 31 - 8:30 p.m. to 1:30 a.m.  
\$7.50 per person

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Reasons why this Business deserves this award: \_\_\_\_\_

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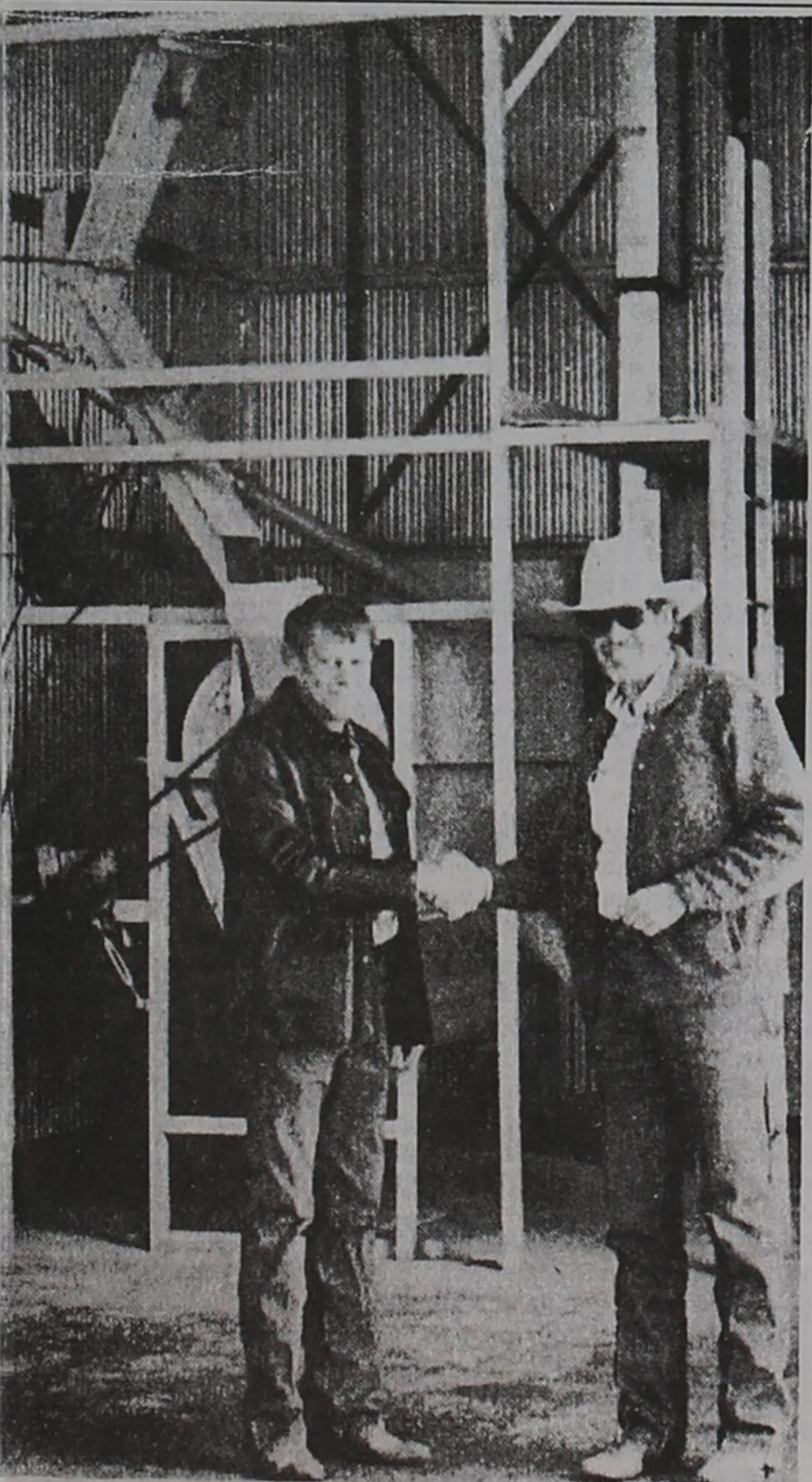
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- KJV Thompson Chain - Navy blue (54.00) .. 33.00
- NIV Teen Study Bible (44.95) ..... 31.50
- NKJV New Open Bible - Large Print (89.99) ..... 40.00
- Matthew Henry Commentary (34.95) ..... 22.00
- Wiersbe 2 Vol. N.T. Commentary (69.99) ... 44.95
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- My Utmost For His Highest (16.95) ..... 9.97

Assorted: Christian Fiction (Frank Peretti, Lori Wick, G.L. Hill, etc.), Christmas Books, 1/2 Price Scripture - Text Christmas cards, 3 different Bible Dictionaries, etc. etc. etc.

Call 495-2405 (Lois Nantz)



NEW DELINTING PROCESS - Buddy Skinner (right) of Justiceburg and John W. Beck of Lubbock have announced the invention of a new apparatus for delinting cotton seed.

From

The Post Dispatch, December 28, 1988

# Oh! Those Lopes



David Gregory brings the ball downcourt for the Lady Lopes in action against Roosevelt, as Kenda Looney joins in the play. (Photo by Jerry Taylor)



R.T. Todd fights for the basketball during action here against Roosevelt before the Christmas break. (Photo by Jerry Taylor)



Braden Conner gets slammed by a Roosevelt player during a scramble for the basketball during pre-Christmas action here. Michael Ulm (right) joins in the action. (Photo by Jerry Taylor)



Becca Stelzer races by Roosevelt defenders on the way toward the basket for the Lady Lopes. (Photo by Jerry Taylor)



Kristen Webb puts up a strong defense against Roosevelt during action here before the Christmas break. (Photo by Jerry Taylor)



Braden Conner jumps above the crowd to take a shot at the goal for the Antelopes during action against Roosevelt. (Photo by Jerry Taylor)

## Numerous Internet classes to be offered through SPC

A wide range of classes on the Internet, from Agriculture Finance to Texas History, will be offered this spring by South Plains College. Registration for these and other classes is scheduled for Jan. 14 on the SPC Levelland campus and Jan. 13-14 on the SPC Lubbock campus. "This is an opportunity for people who are self-motivated but find it difficult to attend traditional college classes to get some college hours by studying at their own pace at home," said Dr. James Taylor, vice president for academic affairs.

Internet classes offered on the Levelland campus will include Agriculture Finance, taught by Ron Presley, assistant professor of agribusiness; General Biology, taught by Philip Ricker, assistant professor of microbiology; Composition I, taught by Teresa Trevathan, assistant professor of English; Composition II and Technical Writing, Dr. Patricia Cearley, professor of English; World Regional Geography, Daniel Bunye, assistant professor of government; American Government Function, Travis Spears, professor of history and chairman of the Social Sciences Department, and Larry Norris, associate professor of government; History of the U.S. Since 1876, Jimmie McGee, assistant professor of government and history, and Dr. Ron Carden, professor of history; and Texas History, Dr. Sharon Bogener, instructor in history and government.

Additional Internet courses on the Levelland campus are Introduction to Criminal Justice and Legal Aspects of Law Enforcement taught by Jimmy Richey, instructor in law enforcement, and General Psychology, Dr. Wanda Clark, instructor in psychology and sociology.

Two Internet courses will be offered by the SPC Lubbock campus — Introduction to Computers, taught by Bob Haynes, assistant professor of computer information systems, and Basic Programming, taught by Carol Peterson, program coordinator and assistant professor of computer information systems and mathematics.

For more information, contact SPC beginning Jan. 4 at 806-894-9611 or 747-0576.

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## Forgery charge leads arrests

A dozen individuals were held in the Garza County Jail during the past week thanks to arrests made by local law enforcement agents.

On Dec. 22, a 20-year-old male was picked up on charges of forgery. On Dec. 24, a 38-year-old male was picked up on an application to revoke probation (transported to the Lubbock County Sheriff's Department the following day) and a 48-year-old male was arrested for Lubbock County warrants, failure to identify (failure to identify charges dropped; he was transferred to the custody of the Lubbock Sheriff's Office).

A 20-year-old male was jailed on a commitment on Dec. 26. A 22-year-old male was jailed the same day on charges of possession, under two ounces (released the next day on \$1,500 bail bond).

Five arrests were made Dec. 27, including that of a 36-year-old male DWI/1st (released the same day on \$1,500 bail bond); a 28-year-old male public intoxication (released the same day on a continuance agreement); a 29-year-old male picked up for public intoxication (released the same day on a continuance agreement); a 19-year-old male, minor in possession of alcohol; and a 21-year-old male picked up on a Hoekley County warrant for delivery of a controlled substance in a drug-free zone, failure to identify.

A 41-year-old female was picked up for driving while license suspended Dec. 28.

About 65 calls for service were fielded by dispatchers during the holiday week.

On Dec. 21, a minor automobile accident was reported on U.S. 84 south of the city; on Dec. 22, a call for an ambulance was received from a residence in the 1000 block of Sunset Drive (transport made to UMC, Lubbock); and on Dec. 23, reports of children playing on the ice at South Lake in the city park, individuals shooting at a deer at a residence on North 207 and a truck on fire at the top of the cap on U.S. 84 north.

Calls received on Dec. 24 included a report of a tank battery fire on Go. Course Road; an automobile accident 14 miles south on U.S. 84 (one-vehicle rollover; no injuries reported); and a domestic dispute in the 400 block of Mohawk.

On Christmas day, dispatchers received reports of a gasoline drive-off at a South Broadway store (\$9.11 worth of gasoline reportedly taken); medical call (no address given); transport made to St. Mary Hospital in Lubbock; and a stalking, 700 block of S. Avenue O.

Incoming calls on Dec. 26 included a report of cruelty to animals in the 11 block of East 4th; a theft in the 300 block of West 13th (a fighting rooster reportedly taken); a medical call (no address recorded); and a request for ambulance, 7th Street (transport made to UMC).

Calls received on Dec. 27 included a report of a truck on fire six miles south of the city on U.S. 84; a customer leaving a South Broadway restaurant without paying for food (\$31.01 worth of food reportedly taken); and request for an ambulance in the 300 block of West 13th (transport made to UMC).

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