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# The Post Dispatch

74th Year Number 43

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Thursday, March 23, 2000



## Debate team places 3rd at State

PHS debate team coach Candace Boling (left) congratulates Scotty Gaydos and Kelci Hart on their recent third place finish at State U.I.L. Cross X Debate competition.

# Candidates file for City, school, hospital district elections

A three-way race for two open seats on the Garza Hospital District board of directors has developed, but as of Tuesday only incumbents had filed to fill open city council and school district positions.

Incumbents David Tyler and Michael Travis have filed as candidates for the hospital board, but a third individual, Maria Berta Fuentes, also has filed.

Candidate filings for the May 6 hospital district election will be

accepted through 5 p.m. April 10, district officials said.

Early voting in the hospital district election will run April 19 through 5 p.m. May 2 at the hospital district facility.

In the City of Post, three incumbents — John Redman, W.G. (Bill) Pool and Harold Craig — have filed as candidates for the Ward 2, 3 and 5 positions respectively, according to city officials.

In the Post Independent School District, three positions will be

filled in the election. All three incumbents — Mark Short, Rex Cash and Diana Looney — have filed as candidates for the board of trustees.

The candidate filing period for both the city and school district opened Feb. 21 and will run through March 22. Final day to file as a write-in candidate is March 27.

Early voting in the city and school district elections will take place April 19 through May 2.

# Democrats cast 1,288 ballots in March 14 primary

A total of 1,288 Democratic party ballots were cast in the March 14 primary thanks, in part, to contested races at the county level.

Al Gore commanded the biggest piece of the Garza County Democratic vote, receiving 436 ballots to Bill Bradley's 270 and Lyndon B. Larouche Jr.'s 121 in the race for the party's presidential nomination, according to results supplied by the county clerk's office.

In the bid for the nomination for U.S. senator, Gene Kelly led voting with 204 ballots, followed by Don Clark, 144; Charles Gandy, 143; Bobby Wightman, 92; and H. Gerald Bintliff, 33.

In an uncontested bid for the nomination for U.S. representative, District 13, Curtis Clinesmith received 839 votes.

Other vote totals included: • Presiding judge, Court of Criminal Appeals — Bill Vance, 608.

• Judge, Court of Criminal Appeals, Place 2 — William R. Barr, 601.

• State representative, District 70 — David Counts, 790.

• District attorney, 106th Judicial District — Ricky Smith, 789.

• County attorney — Leslie Acker, 840 votes.

• Sheriff — Kenny Ratke, 700 votes; Ramon F. Holguin Jr., 562 votes.

• County tax assessor/collector — Jeanette Hodges, 941 votes.

• County commissioner, Precinct 1 — Jim Jackson, 100; Lee Norman, 220; Lance Egbert, 48.

• County chairman — Lewis H. Earl, 668 votes.

• Precinct chairmen, Precincts 1-9 — No candidates listed; no ballots cast.

# Republicans chose Bush for president

A total of 76 ballots were cast in Garza County's Republican primary Tuesday, March 14.

According to ballot totals supplied by the county clerk's office, 68 of those voters cast ballots in favor of George W. Bush as their preference for the party's presidential nominee. John McCain received four votes, Alan Keyes, two votes, and Steve Forbes, a single vote.

In her uncontested race for the party's nomination for the U.S. Senate, incumbent Kay Bailey Hutchison received 65 votes.

In the race for the nomination for U.S. Representative, District 13, incumbent Mac Thornberry received 59 votes, compared to nine earned by his challenger, David G. Morris.

Regarding the issue of student-initiated prayer being allowed in school sporting events, Garza County Republicans voted in favor of the measure by a margin of 70-2.

Other vote tabulations in the county's Republican party primary were as follows:

• Railroad commissioner — Charles R. Matthews, 57 votes.

• Railroad commissioner, unexpired term — Andy Draughn, 13; Michael L. Williams, 42.

• Justice, Supreme Court, Place 1 — Valorie W. Davenport, 23; Nathan Hecht, 32.

• Justice, Supreme Court, Place 2 — Priscilla Owen, 50 votes.

• Justice, Supreme Court, Place 3 — Rod E. Gorman, 39; Al Gonzales, 22.

• Presiding judge, Court of Criminal Appeals — Sharon Keller, 13; Tom Price, 25; Connie J. Kelley, 7; and J. Gary Trichter, 11.

• Judge, Court of Criminal Appeals, Place 1 — Guy Williams, 17; Alan Curry, 9; John Boston, 2; Tom Greenwell, 2; and Charles Holcomb, 23.

• Judge, Court of Criminal Appeals, Place 2 — Pat Barber, 13; Jim Wallace, 20; Sally L. Ray, 7; W.B. "Bennie" House, 9; and Barbara Parker Hervey, 7.

(Continued on Page 8)

# Baseball parks facelift planned

The city's ballparks will receive a facelift of sorts following an agreement made earlier this month between the City of Post and the Post Independent School District.

During the city council's March 7 meeting, city officials agreed to a Post ISD proposal that will see the installation of a sprinkler system at the baseball field used for high school baseball games.

In accordance with the agreement, the school district will serve as "operator" of the three-field complex, according to City Manager Fred Stephens. The city owns and will continue to maintain the roads in the ballpark area, but the school district plans to redo the ballpark — replanting grass and adding the sprinkler system.

Stephens said school district officials have assured the city they will encourage the promote summer league baseball play, and the school district's involvement with the ballparks should have no impact on youth baseball programs that have long operated there.

In other business, the council:

- Received results from the Parkhill, Smith & Coopers engineering study on the city's waste water treatment plant. According to the study, the city needs to amend its present waste water permit to increase the permitted amount. With the opening of the prison, the volume of sewer handled in the treatment facility has increased and the city needs to have proper authorization to handle the increase. The city manager noted that the facility is having no problem handling the increased volume.

- Tabled action on a proposed four-way stop sign to be installed at the intersection of Avenue S and 13th Street. City officials agreed additional signage depicting the speed limit should be added in the area enforcement of the speed limit should be stepped up.

- Denied George Kiouisis' request for a variance to allow for the continued construction of a garage on his property.

- Approved the sale of two city lots to Mike Mitchell for \$1,900. Mitchell was the highest of two bidders offering to buy the lots (112 E. 3rd and 202 W. 11th). The 3rd Street lot was property given to the city and its sale will benefit the city solely. The other lot had been taken for taxes and

# 'Good' year predicted

"Chief" Frank Runkles pointed his feather north, northeast at sunrise Wednesday morning, declaring a good to better than average year at the end of this year's Taba'na Yuan'e ceremony.

Due to steady rain all night, the event was moved from South Lake to the Post Stampede Rodeo grounds covered slab. A strong northeasterly breeze whipped the traditional fire as volunteers danced around the circle in preparation for sunrise.

After several years of below average predictions, this year's feather pointing to the northeast was a welcome sight. So was the steady rain.

monies realized by its sale will be divided by the city, the county, the school district and the hospital district.

- Approved a resolution establishing a clean-up campaign to be observed during the entire month of March. Stephens said he hopes to arrange to have flatbed trucks travel up and down the alleys in the community, allowing local residents to "get rid of junk" during the month-long observance. Additionally, council members voted to "get tougher" on junk vehicles, weeds, etc.

- Discussed planned pool improvements. City officials hope to rewire and replumb, as well as repair the toddlers' pool, prior to the facility's opening later this year.

- Agreed to conduct a pair of public hearings on the proposed juvenile curfew. No specific dates were set, but Stephens said the hearings will be well publicized in hopes of drawing healthy input from the community.

- Received a report from the city manager concerning the construction of a McDonald's restaurant in Post. Stephens said it appears that "everything is a go" and the restaurant should be built in coming months.

- Approved the appointment of local veterinarian Dr. Larry Mills as rabies control officer for the city.

- Appointed election judges for the May 6 election. The following appointments were made: Ward 3, Trevah Yarbrow; Ward 4, Carol Short; Ward 5, Paul Jones; early voting board, Jana Bullard; early voting clerk, Wyvonne Kennedy.

- Reviewed the 1998-99 audit conducted by J.W. Anderson & Associates. No problems were discovered during the financial review.

- Approved an ordinance denying Energas' request for a rate increase. Post joined several other West Texas cities in denying the rate hike request.

# Post Notes

## One-Act Play March 25

The public is cordially invited to attend Post High School's One-Act Play, "Miracle Worker," which will be presented during U.I.L. district competition Saturday, March 25 at the Post Elementary Auditorium. The play will open at approximately 11:45 a.m. There is no charge. The play is under the direction of Candace Boling.

## Little League try-outs Saturday

Little League try-outs will be held Saturday at 2:30 p.m. at the ball park. If you have not signed up for baseball or softball, you can do this beginning at 1:30 p.m. until 2:30 p.m. at the field. If you turn league age nine before August 1 or are not already on a team and are between the ages of 9-12, you must try-out.

## Parental workshop March 23

A parental workshop, "Why Won't My Child Listen to Me?" will be held March 23 from 1 to 3 p.m. at the Parents' work room in the elementary school building. All parents or interested people are encouraged to attend.

## Church collects books for Head Start

The First United Methodist Church and Post High School National Honor Society members are collecting easy-to-read books for the Head Start reading program. If you would like to donate any beginner books or have further questions, contact Amy Easterling or Pixie Grisham. The book drive continues through the month of March. Books may be delivered to the church office or at 123 N. Avenue K.

## Curfew public hearing March 30

A public hearing will be held Thursday, March 30 at 6:30 p.m. in the City Council chambers regarding a petition for imposing a curfew. Anyone wishing to express an opinion is encouraged to attend the public hearing.

## Oral history workshop March 30

The Southwest Collection Library at Texas Tech University is sponsoring an oral history workshop March 30 from 8:30 a.m. until 4 p.m., with lunch served to participants. The project features training for people interested in collecting quality interviews and preserving history. Call (806) 742-3749 for more information and to register.

## Magic of Sebastian Tickets

The Post Lions Club has started soliciting help from area businesses for its annual fund raising event, "Magic of Sebastian." The magic program will be presented May 6. Tickets purchased by businesses are distributed to children to attend the magic show.

## Summer recreation applications

Applications for summer recreation program are available at the Elementary School office during school hours. The deadline for submitting applications is April 10.

## Clean up, fix up, paint up in Post

The City of Post is sponsoring a voluntary campaign to promote Spring Cleaning around homes. Citizens are encouraged to clean any accumulated weeks or debris, including junked or abandoned cars. If you need assistance, call city hall at 495-2811.

## Booster Club concession stand

The Post Antelope Booster Club will operate a concession stand for the March 23-24 Middle School track meet and for the Caprock Relays on March 25. Volunteer workers are needed on all three days.

Two shifts are needed on the 23rd and 24th (3:30 to 5 p.m. and 5 p.m. to 6:30 p.m.)

Four shifts are needed on Saturday: 10:30 to 12:30, 12:30 to 2:30, 2:30 to 4:30 and 4:30 to 6:30. Anyone in the community interested in helping support our athletes is asked to contact Jana McCallister at 495-2371 or 495-2057 to volunteer.



## Fly away to easy living with 'Boeing, Boeing'

by Louella Bilberry  
 Got your ticket? Bags packed? Be there an hour before your flight time! 'Boeing, Boeing,' a comedy to tickle your funny bone and fly you away to a land of "easy" living and loving. The play at the Garza Theatre takes place in Paris in an apartment near the only airport. Bernard is a lover who enjoys his days and nights with three flight attendants—all of whom are engaged to this "cad." There is the lovely Janet from the deep south of the USA, Jacqueline of France and the blond German, Judith. How does Bernard manage this life? He's got a log with all the girls' schedules down to the hours and

minutes of arrival and departures. We meet Bertha, the put-upon housekeeper who has to keep Bernard's life running smoothly and also keep her menus straight for each of the ladies' ethnic tastes. Robert, an old friend of Bernard's, drops in with suitcases in hand needing a place to stay. He is astounded and intrigued by Bernard's life style. Then the inevitable happens — a flight is turned back because of bad weather, another flight canceled and — you can imagine the turmoil as Bernard, Robert and Bertha try to keep the ladies from running into each other! Don't miss this one!

## Texas Folklife Festival date moved to June

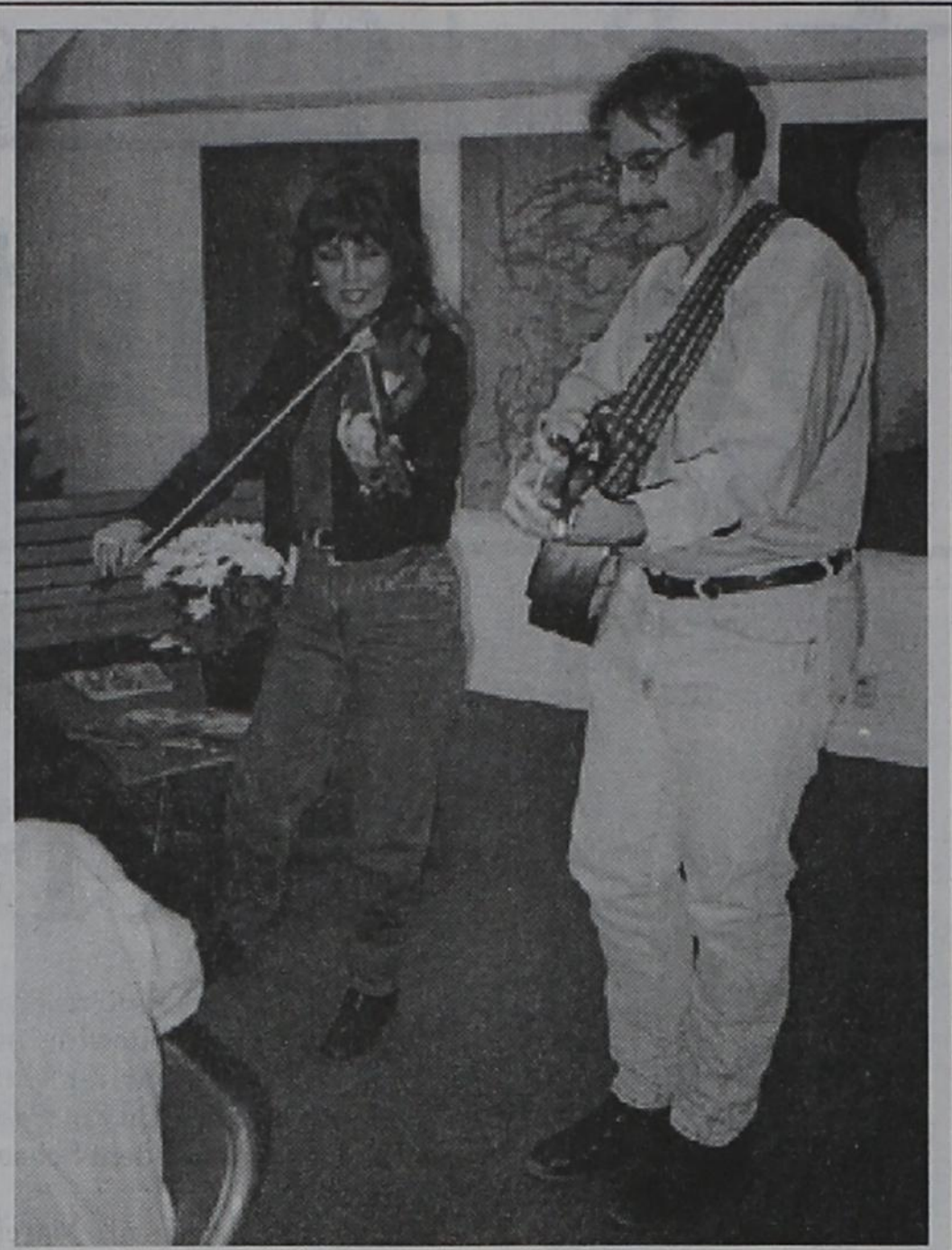
Earlier this month, the University of Texas Institute of Texan Cultures, San Antonio, announced that the 29th annual Texas Folklife Festival will be moved to June 1-4. The decision to move the festival from the first weekend in August came amidst growing concerns about the heat. In addition, many schools now begin the year in early August, so vacationers had not been able to fit the festival into their itineraries. Although formal discussions with participants had taken place in previous years about the date change, after the 1999 event festival officials put together a comprehensive plan to study the possibility of an alternate date. The Texas Folklife Festival is put on by more than 10,000 participants from 100 cities and towns across the state. Festival visitors are treated to exotic ethnic dishes ranging from Norwegian lapskaus to Cajun boudin and Chinese ragoon puffs to Greek

souvlaki. Music and dance are equally varied — a potpourri including German oompah, Scottish bagpipes and strolling Mexican mariachis to Indian raas, Puerto Rican seis, Portuguese jogo and Filipino tinikling. The ethnic lineup at the festival includes African, Alsatian, Balkan, Belgian, Brazilian, British, Cajun, Chilean, Chinese, Czech, Danish, Dutch, Filipino, German, Greek, Hawaiian, Indian, Irish, Italian, Japanese, Jewish, Lao, Lebanese, Lithuanian, Mexican, Native American, Norwegian, Panamanian, Polish, Puerto Rican, Scandinavian, Scottish, Spanish, Thai, Ukrainian and Wendish. For more information on the festival or for ticket information, write the Texas Folklife Festival at 801 S. Bowie St., San Antonio, TX 78205-3296 or call 210-458-2300. The festival's website is [www.texancultures.utsa.edu](http://www.texancultures.utsa.edu).

## Jenny Curb named to Who's Who

Jenny Curb, a senior at Wilson High School, has been named to Who's Who Among American High School Students 1999-2000. Curb, daughter of Rhonda Hosey, is an office aide, a member of the Spanish Club and was named her school's homecoming queen. She serves as reporter for her class, is

editor for the school newspaper and a photographer for the yearbook, and has been involved in baseball, basketball, cross country, softball and weight lifting. She has been named to the honor roll and has received awards for perfect attendance. Curb plans to attend South Plains College at Lubbock to study business management or radiology.



Lilly Hart (left) and Curt Melle entertained art patrons last Friday evening at the Algeria Art Center's "A la Carte" fund raising event. (Photo by Jennifer Fumagalli)

## Brashears to perform at Grassland church

Two people, one team and many, many miles. Janice and Jarrel Brashear of Russellville, Ark., have crisscrossed the United States for the past 26 years, singing gospel music. The couple started singing with their family of three children. When the children grew up, married and moved away to have families of their own, the Brashears were forced to find a way to go on. Their method is unique — they record with their son and daughters. The recording engineer makes sure that they have a full group sound, instead of a soloist with background vocals, so when you attend a Brashears gospel concert, you hear the full Brashear sound. The Brashears do their best to

make their concerts entertaining, but they want people to understand that a gospel concert can and should provide spiritual renewal for the entire family. "We need to remember what the purpose of the concert is," they said. "Our goal is to help people that may be hurting, and show them Jesus through gospel music." The couple presents about 250 concerts each year, with Janice writing many of the songs and Jarrel writing for a nationally distributed magazine, The Gospel Voice. The Brashears will be in concert at Grassland Nazarene March 26 beginning at 10 a.m. An offering will be received during the concert.

## New bus added to SPARTAN fleet

A new bus had been added to the local SPARTAN public transportation service. The Texas Department of Transportation awarded funds to the South Plains Community Action Association to improve the public transportation services in Garza County. The funds were used to purchase a 20-passenger light duty bus equipped with a stand-up entry and able to transport wheelchair-bound passengers. The bus dedication ceremony will be Friday, March 24, at noon. Dedication activities will be held in front of the Garza County Multi-

Purpose Center, or "the barn," on South Hwy. 84. Refreshments will be served and free courtesy rides will be available from noon to 1:30 p.m. Those attending may enter a drawing for door prizes. The goal of public transportation is to provide access to employment, training/educational institutions, social service agencies, shopping, medical providers, recreational/entertainment activities, and other places residents desire to access. Public transit services are available to all residents regardless of race, natural origin, religion, income, age or disability.

## Lenny Jay Drake

February 8, 1962 - March 22, 1998

*Son, I know I told you I loved you,  
 But one thing I may not have  
 Always remembered to say  
 Is how proud of you I was, too.  
 I was proud of your successes-  
 Of your skills and talents,  
 Of your hard work and accomplishments,  
 Of your dreams and plans for the future.....*

*Yet, even more important than these,  
 I was proud of the person you were inside  
 Of the goodness and generosity  
 Which were so much a part of your daily life,  
 Of the warmth and caring  
 you showed to others.  
 You were a very special person;  
 How lucky I feel to have been given  
 The gift of a son like you.*

*The Lord reclaimed you for His own;  
 Oh how happy you must be!  
 And tho my heart is broken  
 I thank God for each day, each moment,  
 He shared you with me*

Love,  
 Mom

Shirley Taylor

## Judy's Jabberin'

(By Judy B. Bush)



I try really hard not to get on my soap box about different things that come across my desk, but the subject I'm about to mention is a favorite of mine. Over the weekend I visited a small town which unfortunately had several closed "business" buildings on a street that also had many homes. I have been in this town several times over the past few years and the more vacant buildings that pop up, the more the homes seem to run down. This past weekend I remarked how lucky Post is that we don't have streets that look like that, tho we do have some places that need cleaning up. Well lo and behold I get a note this morning that the City of Post is sponsoring a voluntary campaign to promote "Spring Cleaning" around the homes of its citizens. They are asking folks to clean any accumulated weeds or debris, including junked or abandoned cars, from around the exterior of their homes. The note states if anyone needs assistance to please call the city at 495-2811. Now folks, I know we are all busy with jobs, kids and whatever, but I have never understood anyone who let their homes look like the city dump. You can't even say that anymore, cause our "dump" has been cleaned up! Don't let someone go through our community and think the thoughts I did of another town. Let's all get busy and make Post look like the great town it is!! Remember, the city is there if you need assistance.

### Most Important Birthday

Last week I failed to put a very, very important birthday on the calendar. Mr. Christopher Metzgar celebrated his big day Wednesday, March 22nd, and I want him to know that I hope he had a great day, even tho he is making me feel my age! Can't believe he is graduating this year. When we all became friends he was just a pesky kid!!! Congrats to you Christopher!

### Summer Recreation

For kids interested in enrolling in the summer recreation program, applications are available at the office in the Elementary building during school hours. Deadline will be April 10th, so don't delay.

### Track Meet (Repeat)

I'm reminding everyone of the track meet which will be March 23, 24 and 25th.

Thursday (23) and Friday (24) will be Jr. High, meet starting at 3:30 after school. Thursday, field events and Friday, running. Saturday the 25th will be an all day affair with our high school kids. The Antelope Booster Club will have a concession stand at the meet, with I might add a great price for a meal. Sonic is providing the burgers and you also get chips, candy and a drink all for \$4.00. You can't beat that with a stick and it benefits the Booster Club which is so important to our kids. So, go enjoy a burger, a great track meet and help out a great organization all at the same time!

.....  
**God always gives His best to those who leave the choice with him.**  
 .....

### E-Mail

Jill goes to her first show at an art gallery and is looking at the paintings. One is a huge canvas that has black with yellow blobs of paint splattered all over it. The next painting is a murky gray color that has drips of purple paint streaked across it. Jill walks over to the artist and says, "I don't understand your paintings." I paint what I feel inside me," explains the artist. Jill says, "Have you ever tried Alka-Seltzer?"

### Anniversary Trip

Janet and Chuck Ratliff, to celebrate their 45th anniversary, will take a trip to Las Vegas to visit their granddaughter, Jennifer Chandler and husband Curtis. An added bonus will be seeing the great grandchildren, Jordan and twins Zachary and Allison. Janet, you and Chuck have a ball! I know you will without me telling you to! By the way, their anniversary is March 27th.

### Birthdays this Week

Friday, March 24; Anna Ysabel Soto, Aunt Irene, Jonathan Ayala, Janell L. Jones and Jon James; Saturday, March 25; Amber Wilson, Vondi Gradine and Morgan Williams; Sunday, March 26, Erik Storo, Glenna Reiter, Jessica Rodriguez, Teresa Lopez and Bailey Ahrens; Anniversaries; Chris and JoAnn Stelzer, Steve and Janice Mason and Deloris and Wallace Johnson; Monday, March 27; Deborah Davis, Jesse Vera, Jr. and Mario Tobias; Anniversaries; Berry and Dana Tanner and Bo and Reshea Kimmons; Tuesday, March 28; Armando Ayala and Clifford Williams; Wednesday, March 29, Lazoro Moreno, Cori Anderson and Pam McClain; anniversary; Jennifer and Dan Fumagalli; Thursday, March 30, Patricia Posey Bellinghausen.

.....  
 We take for granted the things that we should be giving thanks for.  
 .....

### Till Next Week

Hope you all have a great week end. May God bless each of you and I'll see you next week. Remember the clean up!!

Call Judy's Jabberin'  
 with your "jabberin"  
 495-2816

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## Lunch Menus

### Trailblazers

**Monday, March 27, 2000**  
Polish sausage, baked potato, broccoli and cheese, wheat roll and pears.

**Tuesday, March 28, 2000**  
Salmon patty, macaroni and cheese, mixed vegetables, salad, cornbread and chocolate pudding.

**Wednesday, March 29, 2000**  
Chicken strips, cream gravy, new potatoes, beets, hot roll and brownies.

**Thursday, March 30, 2000**  
Hamburger steak, brown gravy, baked potato, okra, hot rolls, apricots and oatmeal cookies.

**Friday, March 31, 2000**  
Chicken fry, cream gravy, mashed potatoes, mixed vegetables, coleslaw, wheat roll and jello.

### Post ISD

**Monday, March 27, 2000**  
Breakfast: Waffles, butter and syrup, sausage link, fruit and milk.  
Lunch: Hot sandwich, salad, black-eyed peas, cobbler and choice of milk.

**Tuesday, March 28, 2000**  
Breakfast: Oatmeal, bacon, toast, fruit and milk.  
Lunch: Fajitas, onions and peppers, pinto beans, salad, Reese's Cup and choice of milk.

**Wednesday, March 29, 2000**  
Breakfast: Churros, sausage, orange juice, fruit and milk.  
Lunch: Breaded pork patty, gravy,

whipped potatoes, green beans, jello/ topping and choice of milk.

**Thursday, March 30, 2000**  
Breakfast: Funnel cake, sausage link, fruit and milk.  
Lunch: Pizza, salad, sliced peaches and choice of milk.

**Friday, March 31, 2000**  
Breakfast: Cereal, toast and honey, fruit and milk.  
Lunch: Sandwich, chips, salad, pickle spears, orange and choice of milk.

### Southland ISD

**Monday, March 27, 2000**  
Breakfast: Scrambled eggs, bacon, toast, fruit and milk.  
Lunch: Taco salad, refried beans, rice apple crisp and milk.

**Tuesday, March 28, 2000**  
Breakfast: Toast, ham, juice and milk.  
Lunch: Ham & cheese sandwich, pickle spears, chips, cookie and milk.

**Wednesday, March 29, 2000**  
Breakfast: Burritos, fruit and milk.  
Lunch: Fried chicken, cream potatoes, corn, rolls, peaches and milk.

**Thursday, March 30, 2000**  
Breakfast: Biscuits & gravy, sausage, fruit and milk.  
Lunch: Bologna & cheese sandwiches, pickle spears, chips, fruit roll-up and milk.

**Friday, March 31, 2000**  
Breakfast: No school  
Lunch:



Angela Hester wipes a pickup clean during the Post Lady Lope car wash benefit. (Photo by Christi Daily)



Kelly Moore (left) and Camie Payne scrub a customer's car during the Lady Lope basketball team's benefit car wash. (Photo by Christi Daily)

## Lady 'Lopes rally to aid Ralls athlete

The Post Lady 'Lopes basketball team held a car wash Sunday for Tessa Couch, a 16-year-old Ralls basketball athlete who suffered a stroke earlier this year while undergoing knee surgery.

The Post squad conducted the fund raiser in an effort to raise money for the Couch family to help defray medical expenses. Nearly \$700 was raised, but their effort continues.

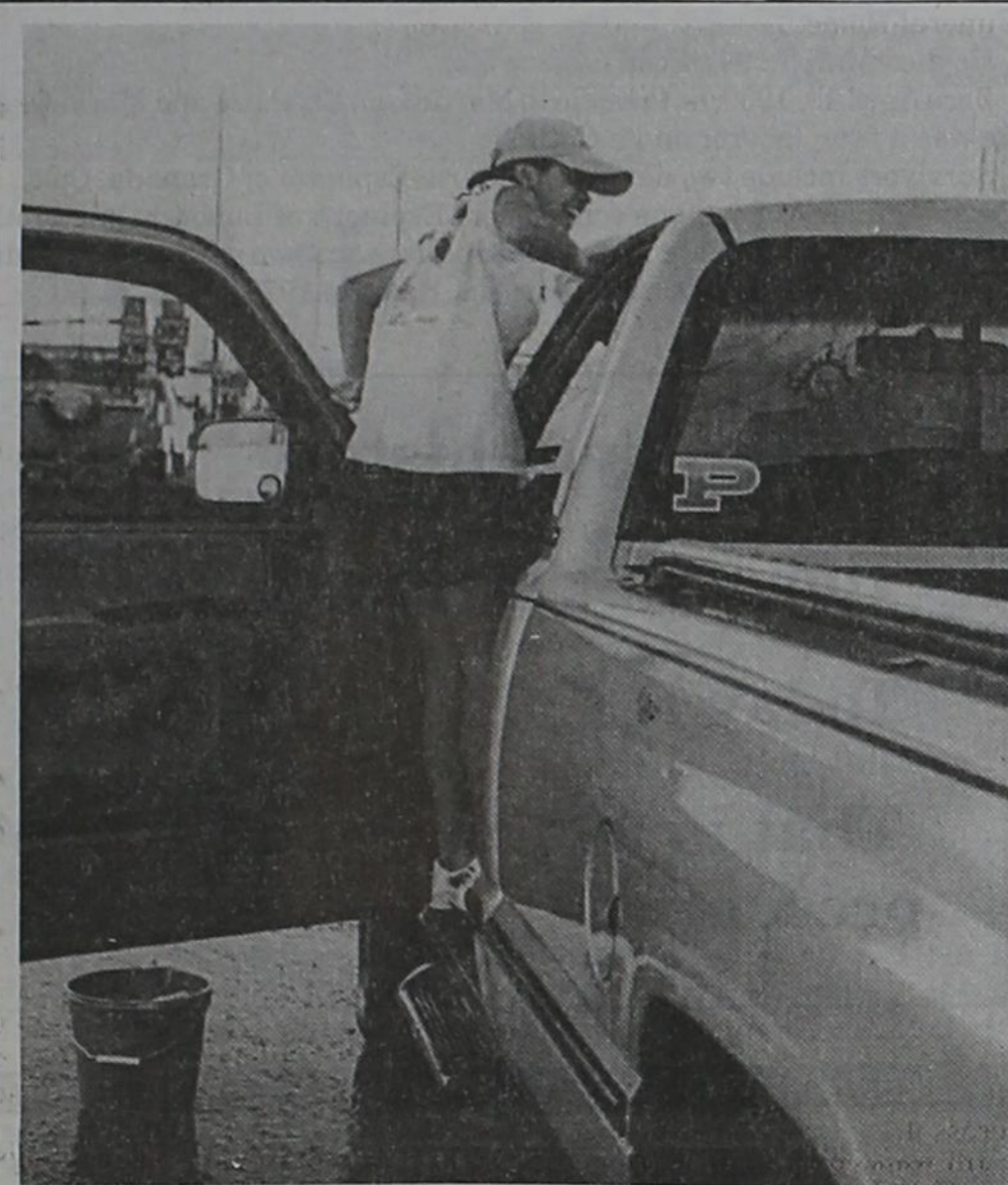
The Lady 'Lopes will be selling tickets for a chance to win a TV/VCR to be raffled off this weekend at the Post Caprock Relays. Tickets cost \$1 each or six for \$5 and may be purchased from any basketball team member.

"We would like to thank all of you who donated money, brought your car by to be washed or who have purchased raffle tickets," a team spokesperson said. "We appreciate your help as we try to help others."

\*\*\*

**The man who has never made a fool of himself in love will never be wise in love.**

—Theodor Reik



Yvonne Lopez takes special care with car washing duties during the Post Lady Lope basketball team's benefit car wash. (Photo by Christi Daily)



Helping with the benefit car wash were Post Lady Lope basketball players (left to right) Heather Palmer, Tandi Humble and Kim Craig. (Photo by Christi Daily)

Thank you to all those who supported and voted for me in the March 14 Democratic Primary

# Ted A. Brannon

pd. pol. adv. paid for by Ted A. Brannon, P.O. Box 309, Post, Texas 79356

**Puzzle Solution**

S-429



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## IMPORTANT EVENT! MONDAY, MARCH 27<sup>th</sup> "Red" Steagall to perform at HEPA Membership Meeting!

On Monday, March 27th, HEPA is holding an important general membership meeting from 6:00 p.m. to 8:00 p.m. Famous country singer/poet Red Steagall will perform for us. Red has agreed to contribute his performance free of charge to support our fight against the RBTI.

Brady Bowen and his Swing Country Band will provide music before and during a chili-dog supper, followed by an update on the latest developments with the RBTI. Red Steagall will begin his performance after the RBTI update.



A donation of \$20 per person will be charged at the door to raise money for HEPA and cover the cost of the meeting. Every HEPA member is urged to attend and bring any prospective members along! Even though we are 1,000 strong, we need all like-minded people to join us in our fight.

The meeting is at Wagon Wheel Ranch located on CR 2128 about 10 miles north of Snyder. The music will start at 5:30 so come early if you'd like. PLEASE BE THERE!

**From Snyder:** Go 8 miles west on US84 to FM 1142. Turn right and go 3 miles to CR 2128. Turn left on CR 2128 and go 1 mile to the Ranch.

**From Post:** Go about 32 miles east on US 84 to CR 2128. Turn left on CR 2128.



H.E.P.A.

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Snyder, TX 79550



# Obituaries

## Donald D. Shirley

Graveside services for Donald Douglas Shirley were conducted at 2 p.m. Feb. 28, 2000, in the Chapel of Mausoleum No. 2 at Sunset Memorial Park in Austin.

He died Feb. 24 in San Antonio. The son of the late George Shirley and Rebecca Lee Robinson Shirley, he grew up in West Texas. He served two years in the U.S. Navy and was a 1950 graduate of Texas Tech. He joined Tesoro Petroleum, retiring in 1983 after 18 years of service. He was a founding member of the Petroleum Club and a member of the Petroleum Landman's Association.

Survivors include his wife, Elfrieda; one daughter, Sharon S. Brown of San Antonio; one son and daughter-in-law, Thomas D. and Kimberly M. Shirley of New Braunfels; two grandchildren, Mychal A. Brown and Sophia M. Shirley;

Aunts, Mrs. Tom Bouchier of Post and Maxine Mullican Robinson of Dallas; an uncle, E.J. Robinson of Coppell;

Cousins, Jesse Eugene Ashley of Glen Ellyn, Ill., Phillip Gary Lippner of Panarama City, Calif., and Jennie M. Clemett of Coppell; two nieces, Alanna J. Clemett and Ashley E. Clemett, both of Coppell; and one nephew, Eugene Jalon Robinson of Dallas.

The family has suggested memorials be made to the American Lung Association or to the donor's favorite charity.

## Grant Garfield Lott

Graveside services for Grant Garfield Lott, 81, of Lubbock were held at 2 p.m. Friday, March 17, 2000, in the Abernathy Cemetery under the direction of the Abell Funeral Home.

He died Monday, March 13. Born April 8, 1918, in Scipio, Okla., he was a member of the Church of Christ and resided in New Mexico for many years prior to moving to West Texas.

Survivors include Leecy Omega Lott; two daughters, Barbara Shelton of Arlington and Sharon Britt of Merrimack, N.H.; two sons, Gary Lott J.D. of Arlington and Brad Lott M.D. of Amarillo; four sisters, Leecy Hutchison of San Diego, Calif., Ethel Stewart of El Cajon, Calif., Irene Allen of Lubbock and Minnie Mae Estes of Torreon, N.M.; two brothers, Homer Lott of Caldwell, Id., and Dee Lott of Albuquerque, N.M.; Louise Lott of New Deal; seven grandchildren; and one great-grandchild.

The family has suggested memorials be made to the Alzheimer's Association.

## Jose Rodriguez

Services for Jose Rodriguez, 60, of Post were held March 18, 2000, at 1 p.m. in the Church of Jesus Christ of Latter Day Saints with Bishop Tom Ashdown officiating. Burial followed in the Terrace Cemetery under the direction of the Hudman Funeral Home.

He died March 16 at University Medical Center in Lubbock. Born Aug. 23, 1939, in Mexico, he married Graciela Rodriguez in Mexico and worked for the Postex Warehouse. He was a Mormon.

Survivors include his wife, Graciela of Post; four daughters, Elizabeth Armendariz, Maria Elena Arriza and Idalia Delgadillo, all of Post, and Rosario Gomez of Lubbock; two sons, Jose Luis Rodriguez and Fernando Rodriguez, both of Post; his mother, Maria Rodriguez of Aguascalientes, Mexico; two brothers, Gerardo Rodriguez of Mexico City and Jesus Rodriguez of Aguascalientes; and 16 grandchildren.

## Victor Hudman

Services for Victor Hudman, 91, of Post were held Sunday, March 19, 2000, at 2 p.m. in the First Christian Church with the Rev. Jack Alexander officiating. Burial followed in the Terrace Cemetery under the direction of the Hudman Funeral Home.

He died March 17 at 2:10 a.m. at Covenant Medical Center (Methodist) in Lubbock.

Born March 1, 1909, in Bronte to John Ben Hudman and Melissa Josephine Yates, he had been a resident of Post since 1921. He married Ella Mae Blanton Nov. 11, 1937, in Slaton. She preceded him in death April 17, 1972. He married Iva Hogue Sept. 5, 1973, in Slaton. A World War II veteran, he was a 50-year member of the TFD, a trustee for the FCC in Post, and owned and operated Hudman and Hudman Funeral from 1945 until his retirement in 1996. He was a member of the Disciples of Christ.

Survivors include his wife, Iva, of Post; three sons and daughters-in-law, Dr. Victor and Gaye E. Hudman of Abilene, Curtis and Julie Hudman of Post and Dr. Joe and Karen Hudman of Kingwood; four stepchildren and their spouses, John and Wanda Hogue of Wimberley, Patsy and Dicky Self of Littlefield, Jerry and June Hogue of Slaton and Linda and Kenneth Frye of Dimmitt; one brother, Hans Hudman of Post; one sister, Bernice Cockrum of Ballinger; 16 grandchildren; and 13 great-grandchildren.

Pallbearers were John Hogue, Jerry Hogue, Dicky Self, Kenneth Frye, Percy Parsons and Dr. Victor Hudman II.

## Jack Earl Lancaster

Services for Jack Earl Lancaster, 72, of Amarillo were held at 10 a.m. Monday, March 20, 2000, at the Paramount Baptist Church with Dr. Gil Lain, the Rev. F.M. Byford and the Rev. Robert Field officiating. Burial was at 3 p.m. in the Terrace Cemetery in Post under the direction of the Schooler Funeral Home of Amarillo.

He died Friday, March 17. Born in Lynn County, he lived in Southland for 17 years and in Lubbock for three years. He was a leader of his GUMMA Military Government Team with the U.S. Army and was stationed in Maebashi, Japan, for one year. He taught for two years in Seminole, six years in the Post Independent School District and moved to Amarillo to work with the AISD in 1958. He taught one year at Pleasant Valley Elementary School and became principal of Emerson Elementary in 1959. From 1966 to 1986, he served as principal for Sanborn Elementary. He retired from the AISD in 1986 and spent four years teaching in Amarillo at San Jacinto Christian Academics before retiring in 1992. He was involved in the teaching profession for 40 years.

He received his bachelor of science degree and master of education degree from Texas Tech. He had 36 hours toward administrative education and graduate work toward his Ph.D. He was a lifetime member of the PTA, a member of the Texas Retired Teachers Association, the National Educators Association, the Texas State Teachers Association, the Texas Elementary Principals and Supervisors Association and the Amarillo Education Association.

He married Juanita Moseley in Southland Dec. 26, 1947, and was a member of the Paramount Baptist Church.

Survivors include his wife, Juanita Lancaster; two sons, Kevin L. Lancaster M.D. of College Station and Jonathan R. Lancaster of Amarillo; one sister, Sue Slone of Temple; two brothers, Jim Lancaster of Lubbock and Bill Lancaster of Salado; two grandsons, Clint Lancaster and Derek Burnett, both of Amarillo; one granddaughter, Deena Whaley of Amarillo; and a number of nieces and nephews.

He was preceded in death by two sons, Ronnie Jack Lancaster in 1952 and Jon Warren Lancaster in 1956.

The family suggests memorials be made to the American Diabetes Association, P.O. Box 50433, Amarillo, TX 79159, or the American Heart Association, 2404 W. 7th, Amarillo TX 79106.



## Keith Kemp

Services for Keith Kemp, 85, of Post, were held Wednesday, March 22, 2000 at the First Baptist Church with the Rev. Syl Moore, pastor, officiating. He was assisted by the Rev. Scott Arant, grandson-in-law to Mr. Kemp, pastor of the Ashland Baptist Church of Ashland, Louisiana. Burial followed in the Terrace Cemetery, under the personal care of Justice-Mason Funeral Home.

Mr. Kemp died Monday, March 20 at his home.

He was born July 20, 1914 to S.R. and Sallilou (Keith) Kemp at Pyote, Texas. He attended school at Post, Garlynn and graduated from Tahoka High School. He married the former Odee Roberts April 12, 1937 in Clovis, New Mexico.

After their marriage they made their home in Garza County and farmed. He owned and operated the Phillips 66 Station for several years and later worked as a contract pumper, until his retirement.

He was a member of the First Baptist Church and was past Master of the Post Masonic Lodge #1058, serving in 1987-1988. He was a long time member of the National Rifle Association.

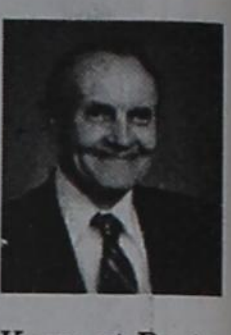
Survivors include his wife; two sons: Johnny and wife Nancy Kemp and Jim Kemp, all of Post; one daughter: Beth and husband Joe Cook of Big Spring;

Six granddaughters: Becky Phifer, Jana Arant, Krista Kemp, Kembra Jones, Katie Duncan and Kelsey Kemp; and two great-granddaughters: Courtney Phifer, Rachel Arant and two great-grandsons: Grant Phifer and Hunter Jones.

Pallbearers were Barry Moore, Chip Polk, Gordon Terry, David Nichols, Charles McCook, Lee Norman, Rod George and Danny Cockrum.

Honorary pallbearers were the Senior Mens Bible Class at the First Baptist Church.

Memorial are suggested to the First Baptist Church, 402 West Main, Post, Texas 79356.



## Cresencio Espinoza

Services for Cresencio Espinoza, 69, of Post were held Wednesday, March 22, at 3 p.m. at Bethel Assembly with the Rev. Homar Bultron officiating. Burial followed in the Terrace Cemetery under the direction of the Hudman Funeral Home.

He died March 19 in Post. Born April 19, 1930, in Presidio to Martiniano Espinoza and Maria Olguin, he was a farm laborer and a Catholic.


Survivors include two daughters, Maria Espinoza of Granada, Colo., and Patsy Aguilar of Post; one son, Robert Espinoza of Lubbock; one brother, Manuel Espinoza of Post; nine grandchildren; and two great-grandchildren. He was preceded in death by one son, Rudy, in 1979.

Yesterday is history

Tomorrow is a mystery

Today is a gift

That is why they call it the present



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## ECZEMA

Also called "atopic dermatitis", eczema is a rash like skin disease that causes dry, red, cracked skin. In adults it most commonly affects the elbows, knees and hands. In children the rash is most often on the face.

While the exact cause is not known it appears to be allergy related as people with multiple allergies and people with asthma tend to suffer bouts of eczema more often than those who are allergy free. Anything that can make the skin dry can cause eczema or make it worse. Soaps, detergents and perfumes can irritate the skin. During cold weather heated air in side buildings can make the skin dry and itchy. During hot weather, heat, high humidity and sweating can make itching worse. Even certain food and emotional stress can cause an outbreak of eczema.

Skin care is the most important factor in treating eczema. Shower in warm water instead of hot and only once a day for as short a period as possible. If you are not dirty, use soap only on your, feet, hands, arm pits and private areas. Use a mild soap like Dove, Tone, Kiss My Face or Neutrogena. Pat yourself dry with a soft towel and use an unscented moisturizer. In the laundry use milder laundry soaps and run your clothes through two rinse cycles. Protect your hands with gloves when working with cleaning products.

Itching is the main problem with eczema and can lead to infection. Some ways to prevent this is to cut your nails short and to wear gloves or socks on your hands at night. During the day try and keep your hands busy.

Over the counter medications may help. Topical steroids can help the swelling and redness. However, do not use them on the face or over a large area of the body without checking with your medical provider. Antihistamines will help with the itching. If the symptoms continue or get worse, see your provider. There are stronger medications for eczema, but they should be used under medical supervision.

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Baptist  
Calvary Baptist Church 210 E. 6th, 495-2342  
First Baptist Church 402 W. Main, 495-3554  
First Baptist Church, Wilson 628-6333  
Pleasant Home Baptist Church E. 14th & N. Ave F  
Templo Bautista 315 W. Main, 495-2416  
Trinity Baptist Church 915 N. Ave O, 495-3038  
Justiceburg Baptist Church Justiceburg, Don Blackock, 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 111 N. Avenue I, 748-7623

**United Methodist**  
First United Methodist Church 216 W. 10th, 495-2942  
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**Presbyterian**  
First Presbyterian Church 910 W. 10th, 495-2135

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# Opinions

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It is the mission of this newspaper to promote the rights of individuals, guided by the principles so eloquently described in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone for our freedom. Government's sole purpose is to enhance our liberty and freedom. Therefore, we hold every elected and appointed agents of government accountable to that standard.



**Member Texas Press Association 2000**

## How we became enslaved to a federal system

by Wes Burnett

I found a new hero in American history, perhaps strong enough to replace Robert E. Lee, although not near as well known. I found this hero highlighted in the pages of "Emancipating Slaves, Enslaving Free Men" by Jeffrey Rogers Hummel. It is a fascinating and enlightening history of the great war for southern independence, which the author refers to as the American Civil War.

Actually, after reading this excellent work, which serious historians of that period will find well documented and packed with terrific bibliography for further research, I have discovered a truth that was withheld from me all these many years by the myths we southern boys were taught. In fact, that great hero of the south, none other than General Robert E. Lee, was among the leaders who doomed the effort for southern liberation by his insistence of using the "West Point" tactics for defense.

Early in the conflict, other voices clamoring for an "irregular" or guerrilla warfare method were smothered out by the "professional" soldiers taking charge of the Confederate government and military. Instead of using the tactics that served George Washington and the American colonists so well in that earlier fight for liberty, Jefferson Davis and the other West Pointers held their ground and demanded, and got, huge armies modeled on the same basic pattern as the U.S.

Hence, two big armies matching wits and power on the battlefield, doomed the southern effort for sheer lack of numbers, finances and fire power. Hummel points out that there were exceptions, such as Gen. Bedford Forrest in the western campaign, but mostly the southern war effort relied on big field armies.

Forrest and scattered other "raiders" understood the "hit and run" tactics and put them to great use, and had this method been employed throughout the south, Hummel insists that the northern armies would have been bogged down helplessly in the midst of angry and belligerent southern sympathizers. As it was, too little of this tactic was employed, and millions of lives were lost as a result.

### Political aftermath

But the most damaging impact of this great conflict was the political aftermath which resulted in bigger, more intrusive centralized government. Hummel paints a clear and precise picture of how the "Radical Republicans" who were responsible largely for Lincoln's election, used the power of government to suffocate opposition to their political agenda.

That agenda included of course, abolition of slavery, but in the end, the big government which ignored constitutional restraints, implanted a new form of government over both the north and the south.

That new form of government was and is the national socialism under which we now suffer. Readers of this outstanding historical book will also discover that socialism was even stronger in the south than in the north, and that the centralized bureaucracy of the CSA was more demanding and more tyrannical than the north. That myth-busting reality will shatter many good ole southerners, but reading the facts can not make it any different.

But who is this new hero I mentioned earlier? Early in the CSA formation, Vice President Alexander Stephens began to complain publicly and privately about the "necessity of war" actions by the new government. Responding to violations of liberty by the Davis led government, here's what Stephens said: "Constitutional liberty will go down, never to rise again on this continent, I fear" (page 262). The CSA had suspended habeas corpus, just as Lincoln had done, and Stephens lamented about that act:

"...is the worst that can befall us. Far better that our country should be overrun by the enemy, our cities sacked and burned, our land laid desolate, than that the people should thus suffer the citadel of their liberties to be entered and taken by professed friends."

Among the acts of tyranny by government in the south was the imposition of a passport system (so much for the right of travel), shut down unfriendly newspapers and in Richmond seized all privately owned firearms (so much for the Second Amendment). So, in the fight for liberty, southerners were in fact subjected to the very government tyranny for which they said they were rebelling.

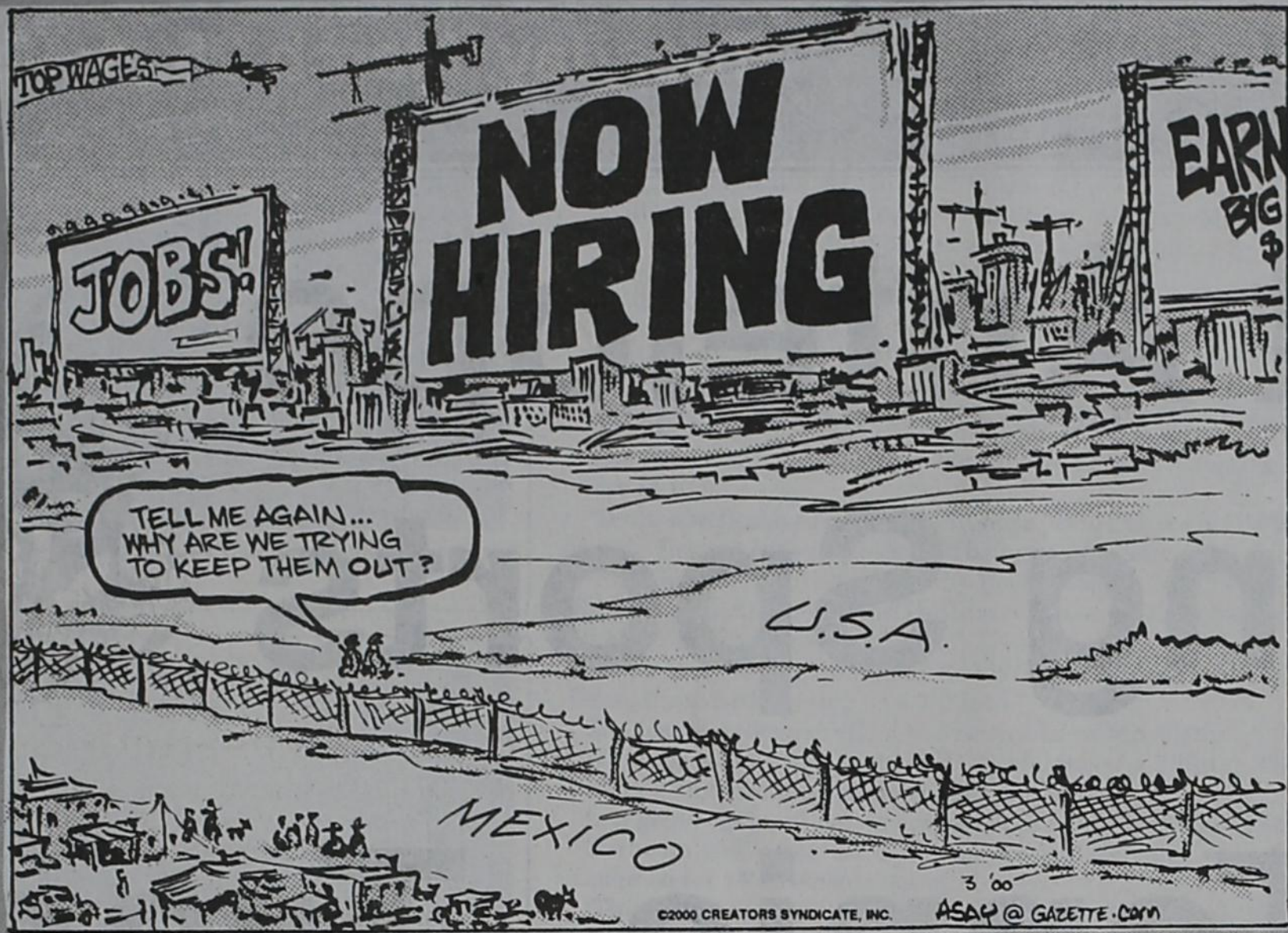
The myth dies hard. The Radical Republicans won, of course, and through their power in congress, quickly instituted those dreaded and well documented "Reconstruction Acts." Hummel lists a few of the big government legacies implemented in those days: 13th and 14th amendments, eliminating the separate sovereignty of states and making them in fact subdivisions of the federal government; creating military districts in the south, which today are the same geographic borders for the federal court system; created the federal department of education, thereby stripping local control of education; and created "one nation under bigger government" (page 328).

Before 1861 this nation endured quite successfully with little or no internal taxation. Because of that war, a series of internal taxes were retained, and eventually the basis of today's income tax came from Lincoln's imposed model. As Hummel states so well, "Insofar as the war was fought to preserve the union, it was an explicit rejection of the American Revolution" (page 351).

Hummel quotes William Appleman Williams: "Put simply, the cause of the Civil War was the refusal of Lincoln and other northerners to honor the revolutionary right of self-determination — the touchstone of the American Revolution." Amen to that brother, amen to that.

This book is a must-read for those who want to understand how America has slid from its ideals and principles outlined in the Declaration of Independence into today's national socialist state of affairs.

*Emancipating Slaves, Enslaving Free Men, A History of the American Civil War, Jeffrey Rogers Hummel, Open Court, Chicago and La Salle, Illinois (ISBN 0-8126-9312-4)*



## And thereafter, the common defense

by Walter E. Williams

Our Constitution says, "Congress shall have power to provide for the common defense." If that's Congress' job, then why unnecessarily naked to attack with weapons of mass destruction by adversaries such as China, Korea, rogue nations and terrorists?

The short answer is that it's a deliberate policy decision chosen by the White House and Congress. "Hold it, Williams," you say, "you're skating close to accusing the nation's leadership of treasonous dereliction!"

Let's look at it. According to the 1998 bipartisan Commission to Assess the Ballistic Missile Threat to the United States headed by former Secretary of Defense Donald Rumsfeld, nations hostile to the United States are acquiring sophisticated ballistic missile technology.

Nations currently lacking missile technology can acquire it in five years and would be able to inflict major damage on the United States. It has become increasingly possible to conceal important elements of ballistic development, including those armed with biological and chemical agents.

Finally, the United States might have little or no warning of rogue states' development or deployment of missiles capable of major damage. "Oh 'com, Williams," you say, "why to worry; the Soviet Union has collapsed. Our defense worries are over."

Consider these threats: Last year, North Korean Defense officials publicly stated that "the Korean people are ready to annihilate U.S. imperialists," that North Korea "would plunge the damned U.S. territory into a sea of flame" and "blow up the U.S. territory as a whole."

A couple of weeks ago, the People's Republic of China threatened that if we came to the defense of Taiwan it might mean nuclear annihilation of Los Angeles. Adversaries make these threats because we haven't deployed any kind of missile defense.

But we have several anti-ballistic missile systems, though by no means perfect, capable of offering some protection against threats from China, Korea, rogue nations and terrorists. The main reason we're completely



defenseless against missile attack is because neither Congress nor the White House is willing to abrogate the 1972 Treaty on the Limitation of Anti-Ballistic Missile Systems.

Since the Defense Department disallows anti-ballistic missile development that's not "ABM treaty compliant," our defense against missile attack is stifled. The Soviet Union no longer exists.

Legal scholars conclude that the ABM treaty expired along with its signatory, the Soviet Union. Rumsfeld warns that Americans can't wait for an "event" and then worry about defense — it will be too late. Last year's Rudman-Hart Commission on National Security in the 21st Century reported that within the next 25 years, "America will become increasingly vulnerable to hostile attack on our homeland. ... Americans will likely die on American soil, possibly in large numbers."

In other words, we could see millions of lives in large metropolitan areas like New York City destroyed. We'd probably annihilate the adversary, but small good that would do for the millions of dead and injured New Yorkers. Americans must face several realities.

As of this moment, we could not wage a Gulf War, much less a two-theater major conflict. During the Clinton years, through budget cuts, social experimentation, adventurism and a dishonorable commander in chief, what was once a proud military a decade ago is going to shambles.

We must develop and deploy a missile defense system. We start by invoking Article XV of the ABM treaty to announce that we are no longer bound by the treaty. We should cease the lunacy of seeking Russian permission to defend ourselves and allies against missile attack.

Finally, in the wake of China's recent saber-rattling, we should put them on notice that the United States will come to the military assistance of Taiwan.

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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## Who was America's greatest president?

by Vin Suprynowicz

My February column on America's greatest mass murderer, Abraham Lincoln, launched a welcome dialogue with historian Jeff Hummel (from whose great and recent book on the tyrant, "Emancipating Slaves, Enslaving Free Men," I quoted) on the topic of just how freedom-loving Americans should rank our 40-odd chief executives, to date.

Jeff referred me to his article in the Fall, 1999 edition of The Independent Review (published by the Independent Institute, Oakland, Cal.), titled "Martin Van Buren, The Greatest American President."

While conceding Van Buren's continuation of Jackson's ruthless program of Indian removal, culminating in 1838's Cherokee "Trail of Tears," Hummel details the dedication with which Van Buren otherwise rejected opportunities to expand the size and authority of the central government, especially the numerous "opportunities" to field an army to annex Canada, meantime courageously resisting the endless badgering of Whigs like Henry Clay and Daniel Webster to use federal power and funds to create a federally controlled and subsidized, credit-expanding and inflationary banking system.

Hummel credits Van Buren's rigorous refusal to meddle in the economy as the major factor that prevented the panic and deflation of 1839-1843 from becoming the same kind of national tragedy that busy meddlers like Hoover and Roosevelt managed to make of the startlingly similar slump of 1929-1933, when federal interventions scorched the earth by preventing wages and prices from falling.

American schoolchildren today are routinely fed a diet of the Great Emancipator claiming he fought the Civil War to protect "government by the people" (in fact, in an 1848 speech, Congressman Lincoln had included secession among the inalienable rights of any people.) Imagine if instead our children were encouraged to memorize Van Buren's message to the special congressional session of 1837, in which he warned:

"All communities are apt to look to government for too much. Even in our own country, where its powers and duties are so strictly limited, we are prone to do so, especially at periods of sudden embarrassment and distress."

But to yield to such temptation would be a mistake, Van Buren reminded the Congress, pointing out that "All former attempts on the part of government" to "assume the management of domestic or foreign exchange" had "proved injurious."

Instead, what Van Buren called for was a "system founded on private interest, enterprise, and competition, without the aid of legislative grants or regulations by law," one that embodied the Jeffersonian tenet "that the less government interferes with private pursuits the better for the general prosperity."

What a sharp contrast to the "Let's track and control every dollar in every bank account" approach of our current crop of heavy-handed puppet-masters.

"Though traditional historians have subjected this era of relatively unregulated banking to trumped-up charges of financial instability," Hummel concludes, "many economists are coming to agree that it was probably the best monetary system the United States ever had."

In private correspondence, Hummel volunteers "I would put Grover Cleveland a close second" among the great leaders of a free America, while "tied for third and fourth place would be Calvin Coolidge and Warren G. Harding, who "with the brilliant fiscal policies of Andrew Mellon, did roll back tax rates significantly from the highs of Wilson and World War One, and very few presidents can claim even that. ...

"As for George Washington, the country would have gotten along fine without his two terms, although the counter-revolutionary Constitution may not have survived. Which is why, along with suppression of the Whiskey Rebellion, setting up the first tariffs, approving of the First National Bank, appointing Alexander Hamilton as Secretary of the Treasury, going along with Hamilton's excise taxes, plus Washington's aggressive militarism in the west, the first president definitely belongs toward the bottom (though maybe not quite among the worst ten).

Jeff Hummel's list of our 10 greatest presidents? Martin Van Buren, Grover Cleveland, Warren Harding and Calvin Coolidge, Thomas Jefferson, Andrew Jackson, James Garfield, Gerald Ford, Ronald Reagan, and Dwight D. Eisenhower.

The 10 worst at obeying their oath of office and preserving our precious liberties?

Abraham Lincoln, Woodrow Wilson, Harry Truman, Franklin D. Roosevelt, Lyndon B. Johnson, Theodore Roosevelt, George Bush, Herbert Hoover, John Adams, and William McKinley ... just edging out James Madison.

History taught from this perspective would surely be a lot truer to America's founding principles than what the little inmates of our unionized government propaganda camps receive today, though I did feel obliged to challenge the estimable Mr. Hummel on one inclusion in his list of "best" presidents.

Next week: *The Lost Opportunity of Dwight David Eisenhower.*  
 Vin Suprynowicz is assistant editorial page editor of the Las Vegas Review-Journal. His book, "Send in the Waco Killers: Essays on the Freedom Movement, 1993-1998," is available at \$24.95 postpaid by dialing 1-800-244-2224; or via web site <http://www.thespiritof76.com/wacokillers.html>.

## Texas Constitution 2000

Based fundamentally on the principles defined in the American Declaration of Independence

### Article 8. General Provisions

Section 10. Government shall pay its obligations using alamos, defined as one-quarter ounce of 0.999 pure silver; bluebonnets, defined as one-quarter ounce of 0.999 pure gold; or drafts on accounts containing sufficient amounts of such to cover the total amounts of all outstanding drafts.

Section 11. Words used in this constitution are defined in Webster's New Universal Unabridged Dictionary, based on the Second Edition of The Random House Dictionary of the English Language, the Unabridged Edition, copyright 1993, 1987; copyright 1996 by Random House Value Publishing, Inc.; published 1996 by Barnes & Noble Books, ISBN 0-7607-0288-8.

For a link to the entire constitution go to this web site:

<http://www.tcrf.com>

To be ratified at county ratification conventions

For more information or to volunteer go to this web site:

[www.tcrf.com](http://www.tcrf.com)



Follow the Post Antelope  
Baseball Team

Post City Radio

Classic Cable Channel 17  
Tuesday, March 28, 4:4 p.m.



# Post Antelope Spring Sports



## Golf | Tennis | Track

March 21 - Sundown (Girls)  
March 22 - Sundown (Boys)  
March 29 - District Golf

March 31  
Post Invitational Meet  
Post, Floydada, Idalou, O'Donnell

March 25  
Post Caprock Relays  
Antelopes & Lady Lopes

## Baseball

**VARSITY**  
Fri., March 24  
OPEN  
Tues., March 28  
vs. Olton here 5 p.m.


**Junior Varsity**  
March 30  
6 p.m. vs Tahoka (here)

Middle School Track

March 23-24 - Post Relays

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**VFW**



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and  
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**Kenny Ratke**  
a man dedicated to the youth of this community!  
pd pol. adv. pd for by Kenny Ratke, Two Draw Lake, Post, Tx 79356

**Post Antelope Baseball**  
LIVE on  
Post City Radio  
Classic Cable  
Channel 17  
Tuesday, March 28 - 4:45 p.m.  
Post Antelopes vs. Olton (here)


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Allen Bell takes a swing at the ball against the Coahoma Bulldogs during action here last Friday.

## Dianna Williams breaks school record at Snyder

Dianna Williams broke her own school record of 15.2 in the 100 meter hurdles at the Canyon Reef Relays March 12 in Snyder. Williams posted a time of 14.87, bettering her 15.2 mark set last year. The time was good enough for a first place finish in the contest, with teammate Kelly Moore posting a fifth place finish in the event. Williams and teammates Yvonne Lopez, Meagan Mills and Manuela Hernandez earned a fifth place award in the 400 meter relay. Moore took third in the 300 meter hurdles. In the mile relay, the Post team of Mills, Hernandez, Moore and Davida Gregory finished in sixth place.

### 'Lopes take first district win

The Post Antelopes won their first district game, defeating Morton by a score of 10-0.

"It was a well-played game on both sides," said the coach. "We had a big fifth inning. Bryan Looney started it off being hit by a pitch. Luis Zubia get on via error. Then consecutive singles by Rocky Gomez, Michael Huff and John Eilenberger led to three runs. Huff drove in one and Eilenberger drove in two on a two-strike single.

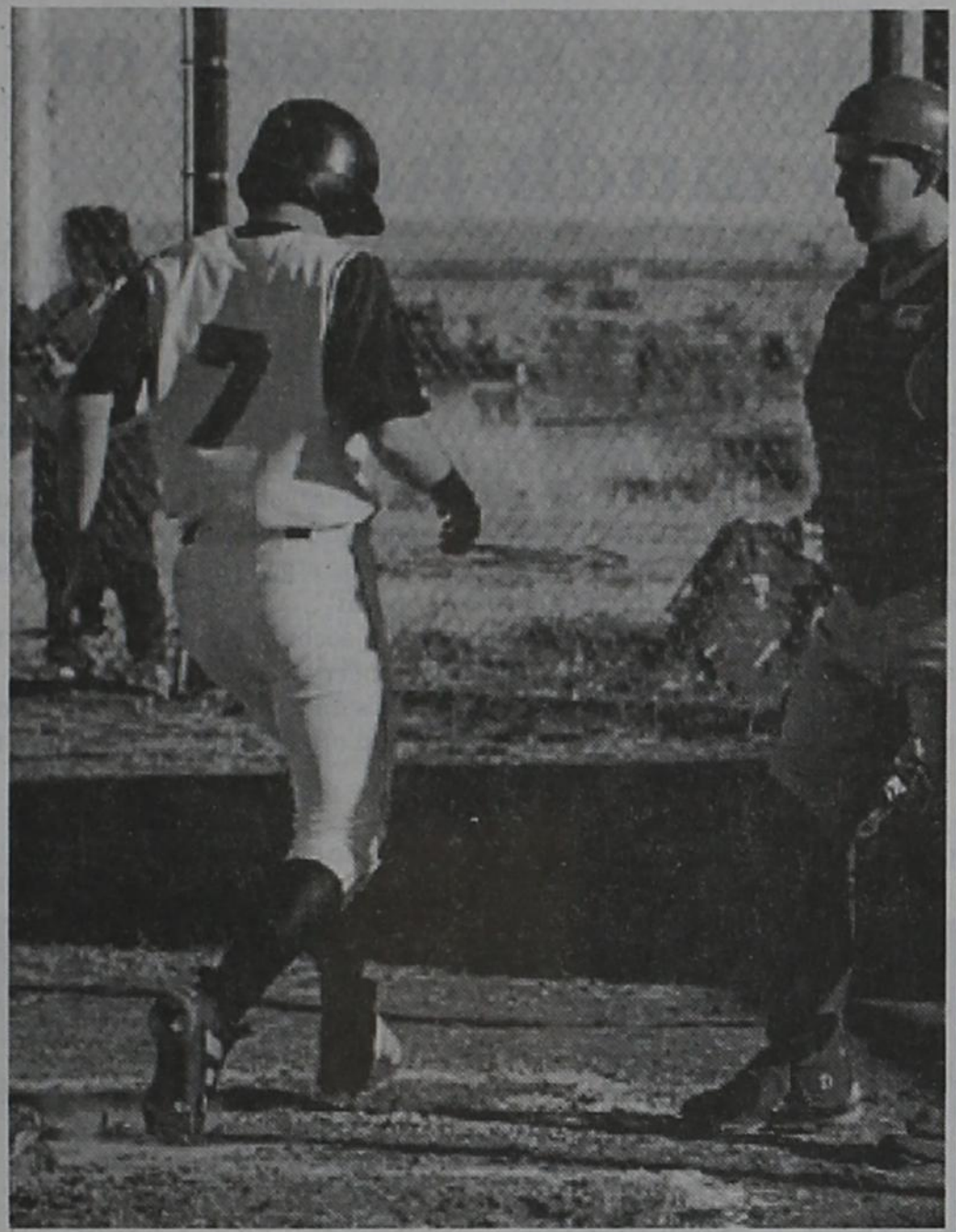
"Later in the inning, Allan Bell hit his first ever home run over the left field fence, three RBIs, giving us a 7-0 lead."

The team's defensive effort was described as "excellent." Winning pitcher was Michael Huff, who threw a 7-hitter. There were no hitters going into the bottom of the sixth inning.

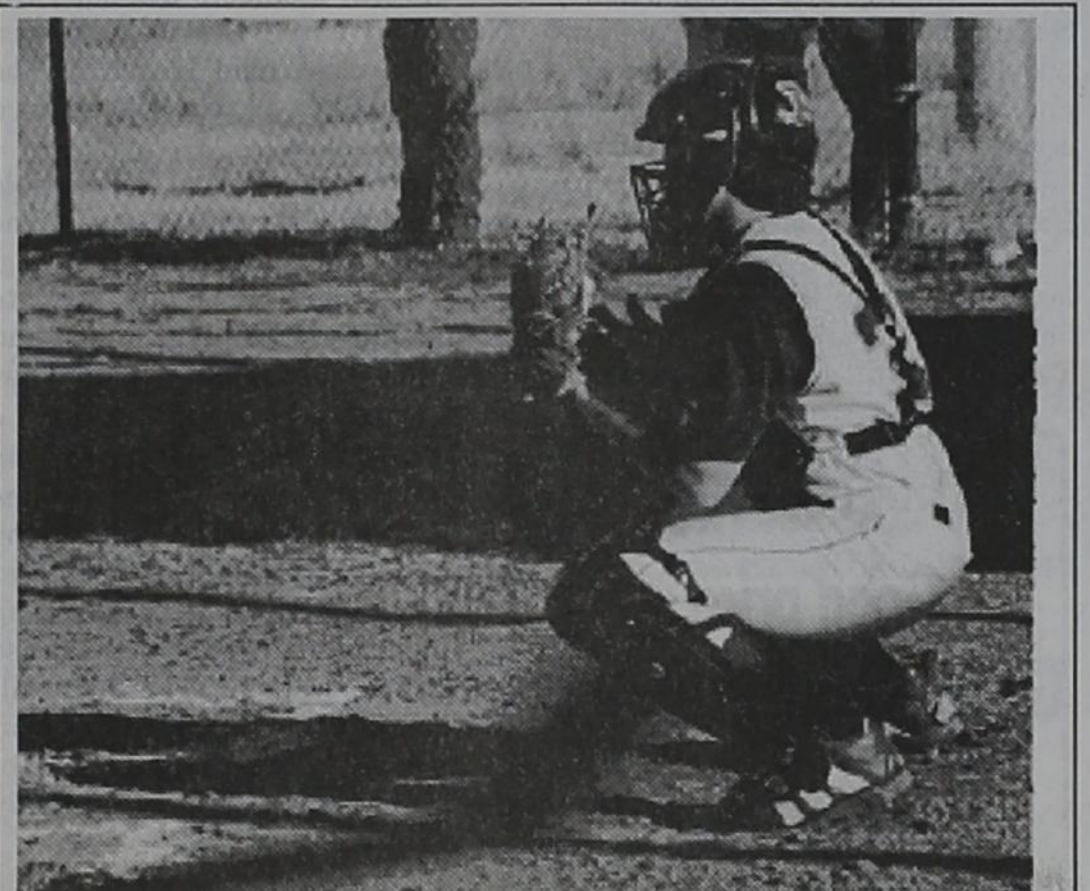
In a game against Coahoma, the 'Lopes fell by a score of 13-2. Coahoma had a big third inning, scoring six runs, and their pitchers combined for 19 strikeouts out of 21 outs.

"This was probably the two best pitchers we saw all year," the coach said. "Rocky Gomez pitched well, but the third inning was tough."

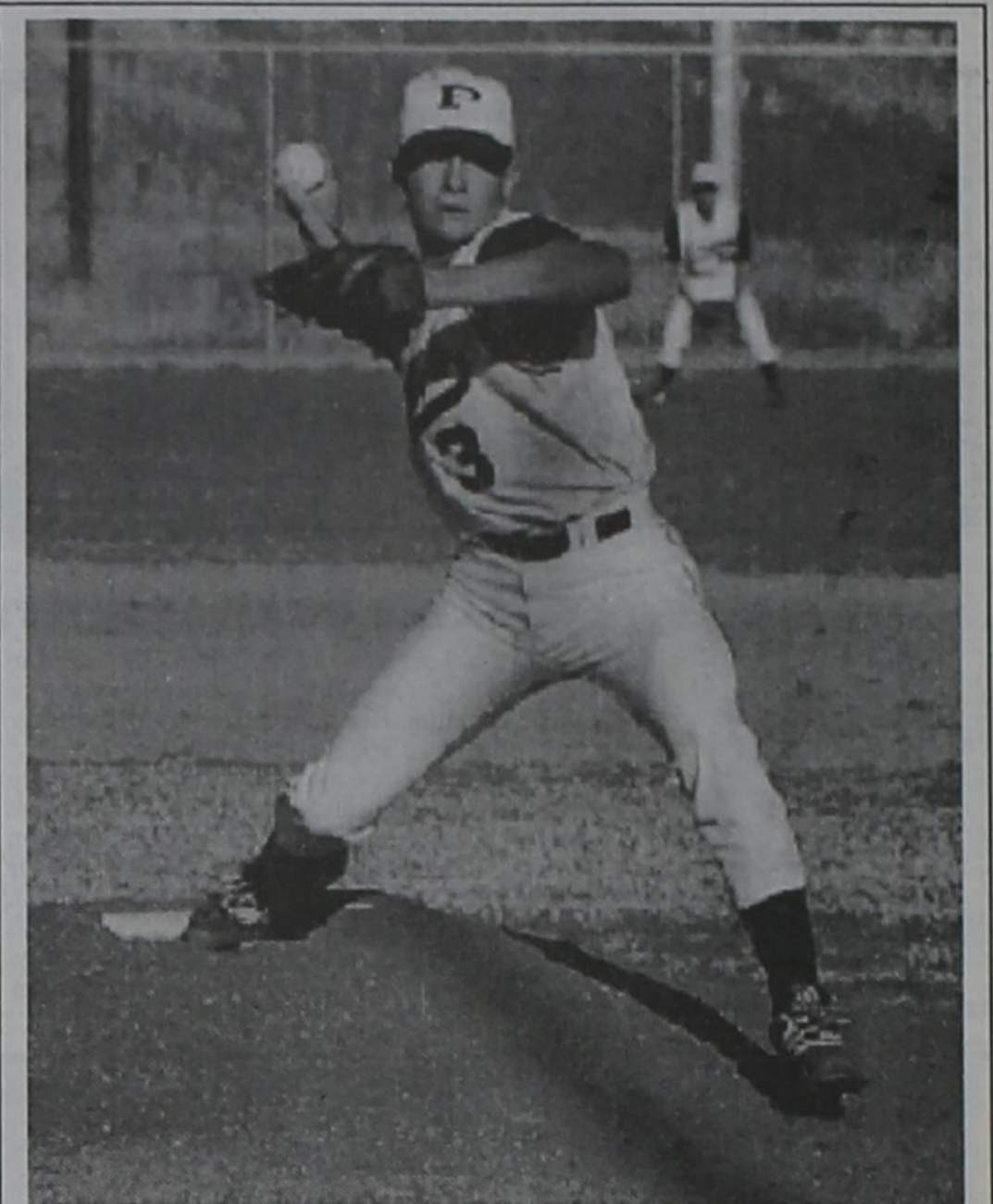
Lopes•Lopes•Lopes•Lopes•



Michael Huff scored for the Post Antelopes during early action here last Friday.



John Eilenberger takes care of business behind the plate for the Post Antelope baseball team during action here last Friday.



Rocky Gomez hurls the ball to a Coahoma batter during last Friday's baseball game here.

## JV baseball team downs Ralls 14-3

Post's junior varsity baseball team defeated the Ralls junior varsity Monday night by a score of 14-3 in a five-inning game.

Post scored 10 runs in the first inning, followed by two each in the second and third innings. All three of Ralls' runs came in the final inning of the game.

Post had 14 runs, 13 hits and two

errors. Ralls had three runs, one hit and five errors.

Patrick Gonzales pitched the complete game — one hitter, 12 strikeouts and two walks. Seth Redman was 2-3 at the plate with one home run and four RBIs. Pablo Perez was 3-5 with one RBI. Cody Fox was 2-4 with one RBI, and Chris Morales was 1-3 with four RBIs.

## Republican results

(Continued from Page 1)

- State representative, District 70 — Tim Blackshear, 58.
- Justice, 7th Court of Appeals District, Place 1 — Brian Quinn, 39; Deborah Smith McClure, 17.
- Justice, 7th Court of Appeals District, Place 2 — Don H. Reavis, 52.
- Sheriff — Jon Smith, 45.
- County chairman — No candidates named; no ballots cast.
- Precinct chairman, Precinct 1 — No candidates named; no ballots cast.

Lopes•Lopes•Lopes•Lopes

The wise man must be wise before, not after the event. —Epicharmus

# TORNADO!

When severe weather strikes Garza County, be sure to tune in Classic Cable Channel 17 for live, up-to-the-minute advisories from Garza County Response Team members and storm spotters.

LIVE REPORTS  
ON POST CITY RADIO  
CABLE CHANNEL 17

In cooperation with Post City Radio, the Garza County Response Team will interrupt regular programming to bring immediate warnings and reports from storm spotters during severe weather.

A special alert alarm will interrupt regular programming by Post City Radio, followed by live reports on the severity and direction of storms in Garza County.

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*Ms. Jeanne Galend*



Tommy Young samples some of the tasty delights at the Algerita Art Center's "A la Carte" fund raising event last Friday evening. (Photo by Jennifer Fumagalli)

## Steagall to perform at HEPA meeting

The Heritage Environment Preservation Association (HEPA) will conduct its first general membership meeting March 27 from 6-8 p.m., with country artist and cowboy poet Red Steagall performing.

The meeting, open to all HEPA members and prospective members, will be held at the Wagon Wheel Ranch on CR 2128 about 10 miles north of Snyder.

Steagall, who will perform following a chili hotdog supper, has donated his performance to show his support for the HEPA cause and his opposition to the U.S. Air Force's proposed low-level bomber training in the area.

"The purpose of the meeting is to update members on the latest developments in HEPA's fight against the Realistic Bomber Training Initiative (RBTI) and to tell members how the Air Force is misrepresenting the facts," HEPA President Buster

Welch said.

Several speakers, including HEPA attorney Frank Bond of Santa Fe, N.M., will speak on legal issues. Ranch appraiser Sam Middleton of Lubbock also will speak about how the RBTI could affect land values.

Donations of \$20 per person will be collected at the door in an effort to raise money for HEPA and to help cover meeting costs.

HEPA was founded in 1998 and is a non-profit organization based in Snyder. Its primary function is to work for the preservation and protection of the West Texas lifestyle, economic, environment and health of its residents. Its membership includes ranchers, farmers, business owners, supporters and residents in Borden, Dawson, Fisher, Garza, Kent, Lynn, Scurry and Stonewall counties, as well as other areas of the state.

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## Garza County Response Team new members welcomed

by Arnold Fry

The Garza County Response Team would like to welcome our new members Renee Gearhart and Bobby Smith. We are fortunate to have people willing to volunteer their time and experience to such a needed service. Renee will be taking over as our computer radar operator with Bobby assisting her in the office.

Cha'la Cimental will be taking a leave of absence in June to farther her education in the nursing field. The team is hoping Cha'la will be

able to return in the near future when her studies are finished.

Several members attended the National Weather Service Advanced Skywarn class held March 6. The Advanced Skywarn class is required for all members.

The two members that were unable to attend will be going to New Home March 21 to receive their training. New members have one year to complete their training, Renee and Bobby have chosen to attend the New Home class.

The Team will begin conducting building surveys for local businesses in the near future. The goal for the building surveys will be to find relatively safe areas in the building for employees to take shelter in case of a tornado warning. The Team will work with the local businesses in preparing a written plan or map of the building identifying relatively safe shelters.

This service as always will be free of charge to anyone willing to participate. Any business interested in the Teams plan please contact Arnold Fry at 495-3125 or 781-9498.

The G.C.R.T. would like to help the citizens of Post and Garza Co. in being prepared, please contact any member if you would like assistance in preparing yourself for Severe Weather.

\*\*\*  
If you're hungry, it's more efficient to get a piece of an existing pie than to start one from scratch.

—Janis Drew

## Put the squeeze on too much juice

Don't automatically blame milk for a child's intestinal discomfort. Too much juice containing sorbitol, a naturally occurring non digestible form of sugar, can cause similar symptoms.

"Most children experience some stomach cramping, gas and even mild diarrhea after consuming too much juice containing sorbitol," said Dr. Carlos Lifschitz, a pediatric gastroenterologist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

Although humans can't digest sorbitol, when intestinal bacteria feast on this sweet treat they generate gas and discomfort. High levels of sorbitol also can pull water into the intestines, causing loose stools. The laxative effect of prune juice is due to its high sorbitol content.

According to the doctor, the most common sorbitol-containing juices to cause problems are apple, pear, peach and cherry.

To help keep juice a healthy part of a child's diet, offer no more than one or two four-ounce servings per day and avoid offering before mealtime to avoid ruining appetites.

\*\*\*

If you tell the truth you don't have to remember anything.  
—Mark Twain



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**Tax 'n Facts**  
by Terri Cash  
Lifetime Gifts

If your estate is large enough to incur estate taxes for your heirs, you may want to consider gifts during your lifetime that can reduce your estate and pass on more assets with less taxes. Most basic, of course, is the annual \$10,000 exclusion (\$20,000 for couples filing jointly) for gifts to as many individuals as you want. But maybe you want to give more...

You can give away your home with a QPRT (Qualified Personal Residence Trust), but this has limits. Ask a financial advisor about a life estate that divides the home between the parent who lives in it and the child or children who get full ownership at the death of the life tenant. Another option is giving away a fraction, perhaps \$10,000 worth, of the property each year.

Though gift tax returns are not necessary for the \$10,000 gifts, it may be advisable to support valuations of noncash gifts. Another way to give: pay tuition or medical expenses directly.

When estate planning has tax implications, talk it over with the experts at

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**SUMMARY OF CITY COUNCIL ACTIONS March 7, 2000 meeting**

- Denied a request by ENER GAS to raise natural gas rates in Post.
- Reviewed a report from Parkhill, Smith and Cooper, Engineers, regarding the capacity and treatment efficiency of the city's wastewater treatment facility. Voted to amend the existing permit to accommodate the increased flow from the Dalby prison.
- Passed an agreement with PISD for use of David Nichols Baseball Park.
- Denied a Variance Application to waive a side-yard requirement.
- Designated April and May as Clean Up, Fix Up, Paint Up time in Post.
- Appointed Dr. Larry Mills as Rabies Control Officer.
- Voted to sell two (2) vacant lots in which the city has an ownership interest.
- Appointed Election Judges.

South Plains Community Action Association, Inc.

*Cordially invites the residents of Garza County to join us as we celebrate the arrival of a new public transit bus.*

**Friday, March 24, 2000**

**Garza County Multi-service Center "The Barn" South Hwy 84 Post, Texas**

**Bus Dedication at 12:00 noon**

**Donald Windham, President**  
Board of Directors, South Plains Community Action Association, Inc.

Refreshments, door prizes and courtesy rides  
12:00 p.m. to 1:30 p.m.



**ACROSS**

- TX Willie once was a \_\_\_\_\_ jockey
- in '91, TX Skaggs Alpha Beta became Jewel \_\_\_\_\_
- TXism: "plain as the \_\_\_\_\_ on a mule"
- Pickens is an honorary TX Ranger novel by TX Judith McNaught (2 wds.)
- Valley citrus seed
- TXism for "tantrum"
- TXism: "dab \_\_\_\_\_ on"
- "buenas \_\_\_\_\_"
- this Danny had the lead in "Ruby" (92)
- Dave "Tex" O'Brien film: "The Yanks Are \_\_\_\_\_"
- TXism: "cut from the same \_\_\_\_\_"
- TX VP Bush's boss Reagan, et al.
- Lithium symbol manufactured in Wichita Falls (2 wds.)
- Huntsville's Sam Houston statue weighs 25 \_\_\_\_\_
- TXism: "dim \_\_\_\_\_"
- Six Flags performer Jay Johnson played \_\_\_\_\_ of Bob & Chuck on "Soap"
- in 1939, TX Connally to LBJ
- init. of 1-across
- "made \_\_\_\_\_ of his time" (inefficient)
- Aikman is spokesman for \_\_\_\_\_ bricks

**DOWN**

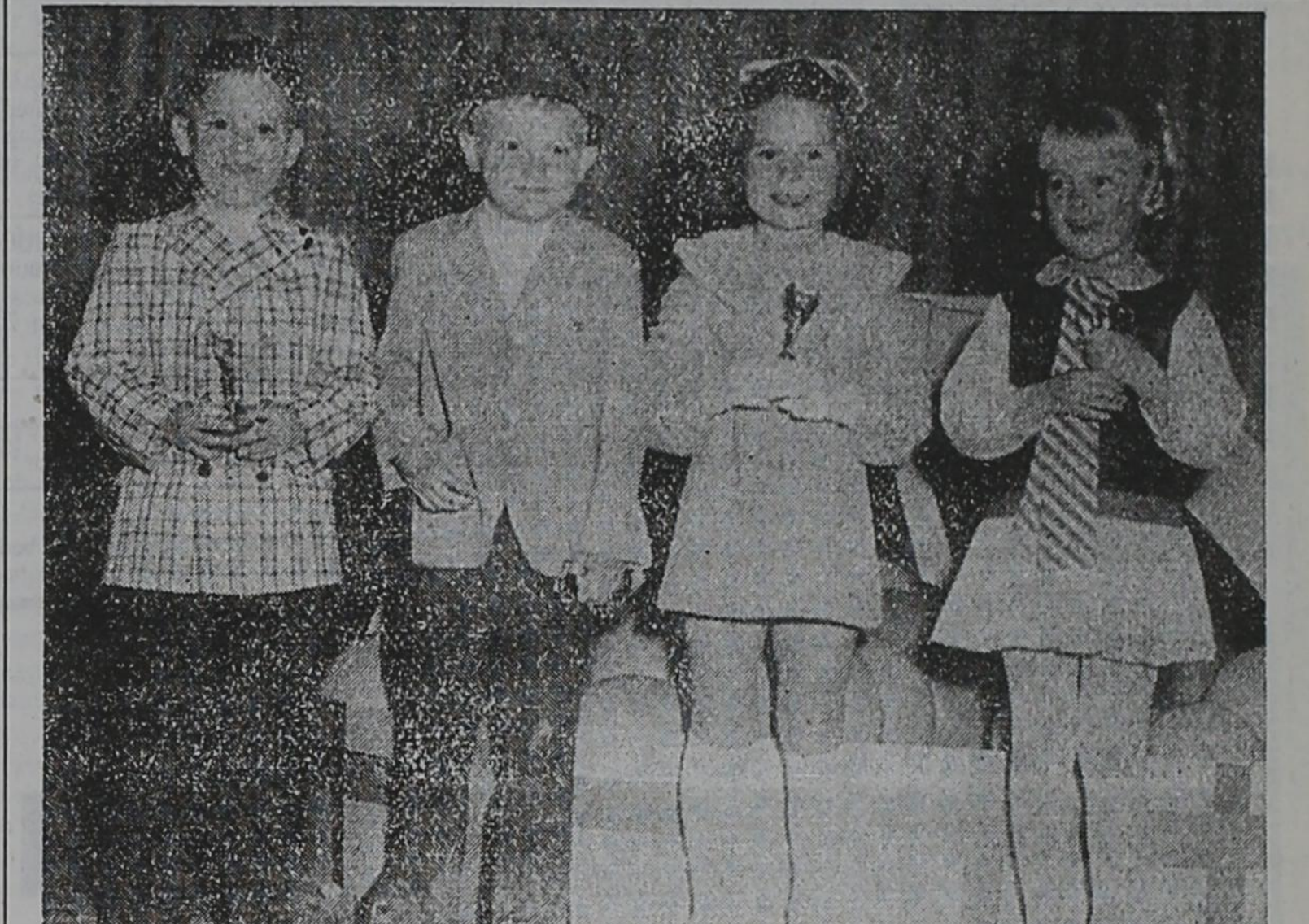
- TXism for "yes" (4 wds.)
- TX Gary Morris' "One Fall \_\_\_\_\_ Takes"
- \_\_\_\_\_ and save"
- Gov. Ann made a Soviet \_\_\_\_\_ naut an honorary Texan
- sheets in the Gulf
- TX Dixie Chicks' "Shouldn't a Told You \_\_\_\_\_"
- TXism: "too big for \_\_\_\_\_ britches"
- TXism: "me casa \_\_\_\_\_ su casa"
- TXism: "busy \_\_\_\_\_-armed paper hanger"
- air conditioner gas
- "boot scooting" (2 wds.)
- this James starred with TX Torn in "Steel Cowboy"
- Hobby arrival guess
- U.S. missile def. (abbr.)
- practical jokes
- TXism: "\_\_\_\_\_ drop on a short rope"
- Indian word for Texas
- TX Debbie Reynolds' "The Singing \_\_\_\_\_"
- cable TV network
- TXism: "got Romeo blood in his \_\_\_\_\_"
- they're "upon you" in TX
- Cowboy league
- home state of TX Cynthia Parker
- TXism: "don't cotton \_\_\_\_\_" (dislike)
- TXism: "a \_\_\_\_\_ of his own medicine"
- TX Pride (init.)
- Ocean, TX
- TX Willie has a house in \_\_\_\_\_, HI
- TX Hagman film: "Getting Away From \_\_\_\_\_" ('71)
- TX Connally's wife
- bundled the cotton
- traveled by horse
- TX Freddie Fender tune: "You'll \_\_\_\_\_ Good Thing"
- TXism: "it's high \_\_\_\_\_ state seashell: \_\_\_\_\_ lightning \_\_\_\_\_"
- mishaps
- TX Mandrell's "If Loving You Is \_\_\_\_\_"
- TXism: "up \_\_\_\_\_ em juice" (coffee)
- this Tarkenton once scrambled against the Boys
- ex-Cowboy lineman Nate (init.)
- TX Mary Kay \_\_\_\_\_
- TX crossword co.: Orbison \_\_\_\_\_
- Dallas program: \_\_\_\_\_ - Tree
- TXism: "dainty as \_\_\_\_\_ bride"

**The Original TEXAS CROSSWORD**  
by Charley & Guy Orbison  
Copyright 2000 by Orbison Bros.



**POST ART GUILD SPECIAL EXHIBIT** - Members of the Post Art Guild hosted a special book signing reception last Sunday afternoon honoring Mrs Ruth Little (seated, center). At the event were (left to right) Helen Jaquess, Linda Puckett, Marie Neff, Ann Bratcher, Geraldine Butler and Jane Mason.

From The Post Dispatch, March 28, 1990



**THE WINNERS AND THE RUNNERS-UP**

Michael L. Williams (left) and Deann Ammons (third from left) were winners of the Mu Alpha chapter's "Little Mr. and Miss Post Contest" Friday night. Marty Conoly (second from left) and D'Linda Tyler were runners-up.



**THE "MINI" WINNERS AND FRIEND**

Todd Wilson (left) and Patty McCowen (right) won the "Mini Mr. and Miss Post" contest, in which runners-up were Scotty Clinesmith (second from left) and Aljcia Pettijohn (second from right). The Bunny Rabbit is Belinda Fluitt.—(Staff Photos)

From The Post Dispatch, March 26, 1970



**Ron Graves Earns National Honor**  
From The Post Dispatch, March 28, 1990

**Yesteryears**  
by Pat Burnett

**March 28, 1990  
10 Years Ago**

Bobby and Nita Joe Heckaman and sisters Breann and Diann, of Lubbock, are pleased to announce the arrival of Robert Allen Heckaman on March 2, 1990 at 1:37 p.m. in Lubbock Methodist Hospital.

Robert weighed eight pounds six ounces and was 20 3/4 inches

Tanu Vyas and Nancy Criado returned from the Denver City tennis tournament last week, both toting first place trophies.

Vyas won first in the girls' singles "B" division and Criado won first in the girls' singles "A" bracket.

Mr and Mrs John Baskin, Jr. of Georgetown would like to announce the birth of their daughter, Sunnye Inez, born March 10, 1990.

Sunnys weighed seven pounds nine ounces and was 19 1/2 inches long at birth.

Services for Myrtle T. Baker, 81, of Post were held Friday, March 23, 1990 at 2 p.m. in the First Baptist Church with the Rev. Joel Horne, pastor, officiating.

She died Wednesday, March 21, 1990 in Twin Cedars Nursing Home after an illness.

She was born April 22, 1908 in Hood County and moved to Post in 1937. She married Charlie Baker September 10, 1927, in Hood County. He died in 1983.

**March 27, 1980  
20 Years Ago**

Luann Kennedy won the only first place points for the Does at the Coahoma track meet last Saturday with a high jump of five feet one inch. She also placed sixth in the 800 meter run. Marinette Hays scored third in the long jump with a 16 foot nine score and 32 foot 11 3/4 inches in the triple jump.

Maxine Marks, Nona Lusk and Helen Richards will represent Post at the Texas Extension Home-maker's Association Annual district meeting in Denver City.

Mrs Blanche Clayton was honored on her 92nd birthday with a party held in the home of Mr and Mrs Tom Harmon, Sunday, March 16. Attending were her son and family Mr and Mrs Gerald Clayton of Lubbock, Mr and Mrs Tommy Duncan and Traci Leigh, Mr and Mrs Paul Harmon and Chadwick Paul of Floydada, Mr and Mrs Glynn Edwards and Donnie of Post.

The strong wind suddenly changed from south to southwest to bring a prediction of "fair crops" at the Post annual Taba'na Yuan'e rites.

Winners at Twin Cedars Bingo last Monday were Evelyn Roach, Irene Wheeler, Blanche Graham, Anna Shelnut and Valcia Burks. Each of them won fruit.

Mark W. Kirkpatrick has been chosen to command the 1st Wing

Unit in Texas A&M University's 1980-81 Corps of Cadets.

The new Hundley nursing home opened last Sunday.

**March 26, 1970  
30 Years Ago**

Michael L. Williams and Deann Ammons were the first place winners of the Little Mr and Miss Post Contest and Todd Wilson and Patty McCowen won the Mini Mr and Miss Post Contest held last Friday night.

Miss Micki Sterling, daughter of Mr and Mrs Dean Sterling, has accepted a clerical position for the FBI in Washington, D.C.

Ninety Brownies and Girl Scouts sold 3,144 boxes of cookies in this year's cookie sale according to Mrs Alton Clary, neighborhood cookie sale chairman.

Mac Davis, nephew of Mr and Mrs Tom Sims make's a hit in show business.

Dan Eckert visited here last week with his mother and other relatives and friends.

The only Division I rating received by Post High School at the UIL Choir Contest last week went to the girl's choir in sight reading.

Randy Gordon, nine year old son of Mr and Mrs Bobby Gordon, sang two solos before the Post Rotarian's at their weekly luncheon last Tuesday.

Don Spears and Kenneth Huffaker reported the fishing to be good at Del Rio last week. They brought home 150 pounds of fish.

**March 24, 1960  
40 Years Ago**

A library committee has been named to study the methods and cost for setting up and operating a city-county or county library in Garza Co. Members nominated by Judge J.E. Parker are: Dean A. Robinson (chairman), Mrs Lillie McRee, Mrs James Simms, Mrs Tom Gambelin, Mrs Jim Cornish, Mrs Walter Boren, Mrs Joan Tubbs, Mrs T.L. Jones, Mrs J.O. Roberts, Mrs Dan Robinson, Mrs Jack Ballentine and Mrs J.W. McMahon.

A 12-lane bowling alley is in the planning stage for Post. Construction is to begin in a few weeks. Opening is planned around July 1.

R.E. Josey of Post compiled the best average last weekend at a roping event in Aspermont. Two other Post ropers also competed. They were Jack Kirkpatrick and Ed Sims.

The PTA sponsored Teacher's Appreciation Party last Thursday night was termed a success with more than 70 guests attending.

The second sonic boom reported in Post occurred last Monday. It caused a lot of commotion but little damage although it almost caused some cattle rounded up on the Double U spread to stampede.

Melinda Newby, Post High School student was queen for a day

of fiesta Saturday. Melinda is the daughter of Mr and Mrs David Newby. Her king was Mike Cornell, son of Mr and Mrs Jess Cornell.

**March 30, 1950  
50 Years Ago**

Mr and Mrs Ed Frye will mark their golden wedding anniversary Saturday. They were married April 11, 1900.

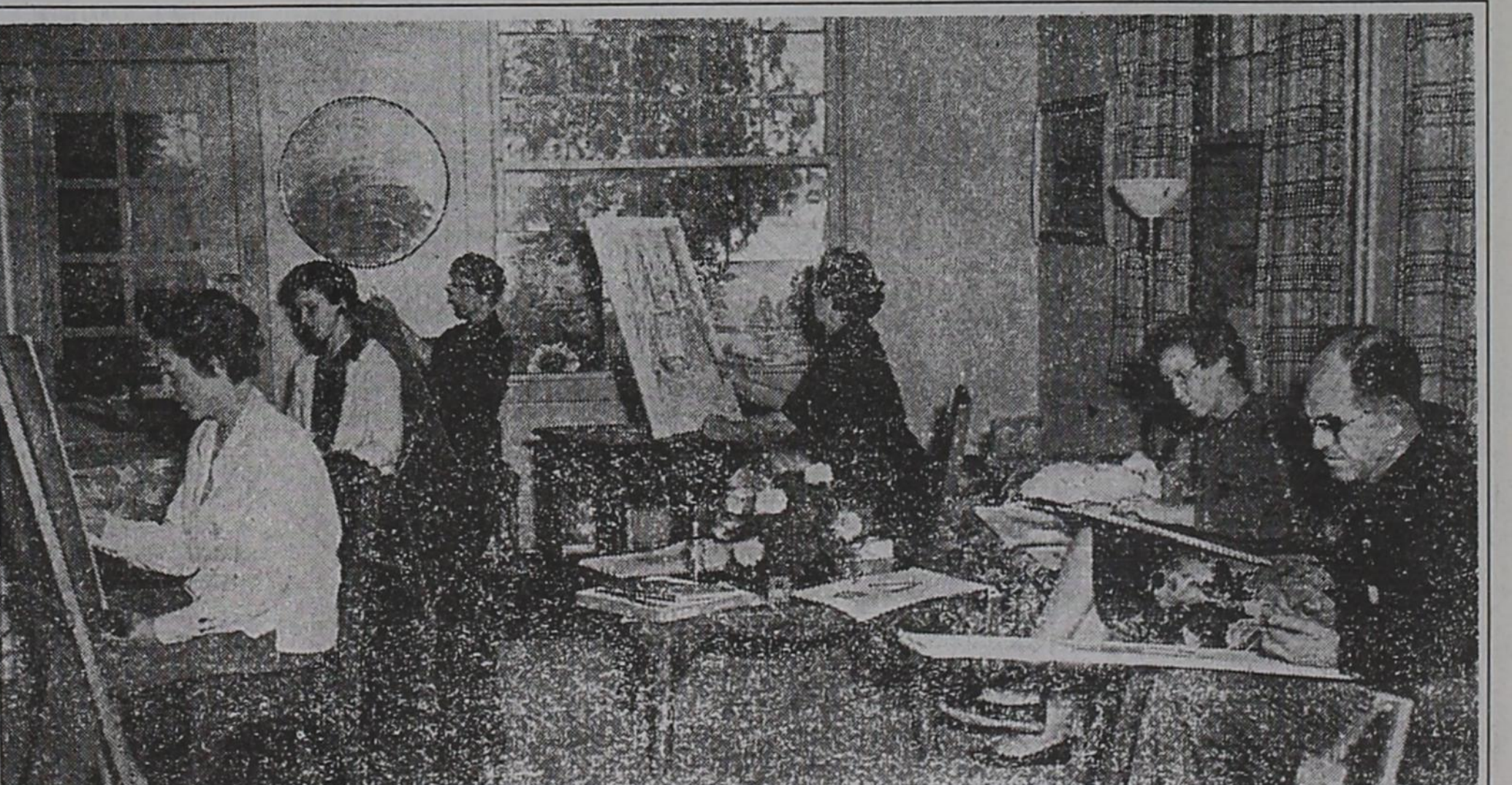
Ben Williams and Lester Presson are fishing this week near San Saba.

"Down Dakota Way" with Roy Rogers, Dale Evans and Trigger will start tomorrow night at the Garza Theater.

Mrs Pearl Nance visited with her parents, the Perrimans in Snyder Monday.

Children in school who had perfect attendance records last month were Michael Ray, Weldon Reed, Jerry Ray Key, Don Greer, John Vincent, Don Liles, Sara Lu Ray, Eva Lou Key, Roger Sullenger, Betty Jo Wilkins and Charlotte Bland.

At Wacker's you could buy Garza sheets for only \$1.77 and Roy Rogers' socks at 4 pairs for \$1.00. As you guessed - Roy Rogers is the hero of the day.



**POST'S NEW ART GUILD**

Six members of the recently-organized art guild are shown working with their charcoal sketches, first efforts of the group. Pictured, left to right, are Mrs. Tom Power, Mrs. Derl Loyell, Mrs. Edward Neff, Mrs. N. C. Outlaw, Mrs. John Rogers and George Tracy. The guild, which meets at the Alge-

rita Coffee Shop, has been named the Post Art Guild. Other members are Mmes. James Minor, William Robinson, Morris Neff, R. B. Farmer, Bill Woodard, George Tracy, Clinton Edwards, Ella Norene Ryder, Powell Shytles and Dale Cravy.—(Staff Photo.)

From The Post Dispatch March 24, 1960

**It's a cool move!**  
The Texas Folklife Festival's new dates are **June 1-4, 2000.**

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Institute of Texas Cultures at San Antonio  
Texas Folklife Festival

The summer tradition continues...







## Snack On Raisins For Antioxidants

(NAPS)—Move those raisins to the front of the kitchen cupboard. As a snack, sprinkled on salad or added to cereal, raisins rank among the top antioxidant foods, according to USDA government tests.

Due to the high interest in antioxidants, the antioxidant activity of raisins will be a primary focus of nutrition research sponsored by the California Raisin Marketing Board. "We'd like to know which antioxidants, or perhaps combinations of antioxidants, in raisins may help to provide a defense against disease," said Julie Jones, PhD, licensed nutritionist and consultant to the California Raisin Marketing Board. "We'd also like to know more about which specific diseases they may help prevent," Jones added.

The antioxidant contribution of raisins was noted in recently released tests conducted by the USDA at Tufts University in Boston. Researchers evaluated the antioxidants in equal weights of various fruits and vegetables using a unit of measure called an ORAC (Oxygen Radical Absorbance Capacity). Jones noted that the significance of the recent report on ORAC units is that it measured antioxidant content of equal weights (100 grams) of many fruits and vegetables by the same method, thus providing comparative data.

A satisfying raisin snack of 100 grams (about 2/3 cup) provides more than 2,800 ORAC units. Based on evidence to date, the researchers suggest that daily intake might be set at 3,000 to 5,000 ORAC units to have a significant preventative effect.

Antioxidants are substances found in fruits and vegetables and include carotenoids; vitamins A, C and E; selenium; flavonoids and other phytochemicals. Among other high sources of antioxidants



noted in the USDA study were berries, prunes, plums and grapes, as well as dark green leafy vegetables, beets and red bell pepper.

It is a well-accepted theory that oxidative damage is associated with many of the ills of aging. Foods high in antioxidants may protect cells from damage and stimulate the immune system. Thus, they may help slow the processes of such ailments as heart disease, cancer and diminished brain function.

Many research studies and scientists support the idea that vegetables and fruits, such as raisins, make an important antioxidant contribution.

Unfortunately, most Americans don't eat the recommended five-a-day minimum of fruits and vegetables. According to government data, the average American eats only 1 1/2 servings of vegetables and less than 1 serving of fruit per day. One in nine Americans eats no fruits or vegetables at all. And 45 percent reported eating no fruit in a day. Packing raisins in a school lunch or in the briefcase for a mid-afternoon snack or sprinkling them on salad or cereal is an easy way to get an antioxidant-rich fruit into the diet.

## County, state net \$24,175.25 in February highway collections

by Wes Burnett

The first two months of 2000 have netted \$53,253.77 from travellers on Garza County highways, according to reports from the two Justice of the Peace courts.

February reports show a total of \$24,175.25 in the two courts. JP One collected \$13,841.25 from 71 corporate criminal subjects. JP Two added \$10,334 on 39 corporate code violators.

Most, if not all of these victims of highway theft, have no idea that they are part of a gigantic legislative scheme, which considers all who travel to be doing so within certain boundaries of an incorporated area, therefore the "subjects" are required to follow the corporation's rules.

Although most Texans think of themselves as free to move about as they wish, they discover their true status as a corporate "citizen" once they become victimized by the corporation's policy enforcers.

The Texas transportation code is nothing more than a corporate policy, and since the State of Texas is a corporate subdivision of the incorporated U.S., then all who live or travel inside those boundaries are considered corporate subjects, bound to obey corporate policies.

The Texas Transportation Code defines commercial use of the highways as those carrying passengers or property for hire. Cars and trucks, which are not used for hire in carrying property or passengers, are not "motor vehicles" as defined by 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 corporate (state) traffic laws, which can constitutionally only apply to those who voluntarily declare themselves

owners of "motor vehicles."

The system is perpetuated by ignorance and the expensive fees required to defend against the highway theft program. Those who enforce the corporate rules have the full backing of legislative thieves and a judicial system that puts corporate rules above constitutional guarantees of individual rights.

Under the current Texas legal system, it's a "no-win" situation for most people, except those who wear a corporate badge and those who live off the regular highway revenue producing program.

One of those policies is the registration of privately owned modes of travel, such as cars and trucks. Once an individual voluntarily signs over ownership to the corporation (state), the driver or owner automatically agrees to abide by the rules of the real owner of the car or truck.

Notice that when you register your car or truck, you get a "certificate of title," not an actual title or manufacturer's certificate of origin. The real title is held by the real owner, in a vault somewhere in Austin.

Because of the extortionate expense of defending the right of travel in the corporation's court system, most Texans meekly submit to the extortion and voluntarily give up their right of travel by declaring themselves "motor vehicle" operators, through applications for certificates of title as well as "motor vehicle" licenses.

Although the Texas transportation code technically applies only to those people involved in commercial use of the highways, it is obvious that the vast majority of June's "criminals" tagged in highway traffic fines were paid by "volunteers." Very few, if any, of those victims realize that the cars and trucks they drive are not included in the regulations related to the transportation code, unless the original owner voluntarily submitted to the corporation policy.

## Rural America

Farmers And Ranchers Respond To Railroad Safety

(NAPS)—Americans need not get on the wrong track when it comes to railroad safety. A little precaution goes a long way when it comes to crossing train tracks safely.

Farmers and ranchers should follow these tips to cross tracks safely:

- Stop no closer than 15 feet to the nearest rail. Allow extra distance for equipment attached to farm vehicles.

- To better hear the train, open machinery cab windows, turn off radios and fans, and remove head phones.

- Make sure that the farm machine is properly lined up with the farm-rail crossing.

- When stopped, look carefully for trains in each direction. Move head and eyes to see around obstructions such as mirrors, windshield pillars, and passengers who may be riding in the second seat on some equipment.

Winter conditions can create additional hazards, especially when snowy conditions muffle the sound of an approaching train.

Take extra precautions in the winter to ensure that the equipment does not slide onto the cross-

ing when snow and ice cover the ground.

Before resuming travel follow these life-saving suggestions:

- Make sure there is enough room on the other side of the tracks to fully clear the tracks.

- Use the highest gear which will let you cross the tracks without shifting.

- Make sure that any towed equipment does not become unhitched while crossing.

- Watch wagons and other transporting equipment during the crossing to make sure that no loaded materials are dislodged onto the train tracks.

Be aware, too, that some equipment is uniquely designed for field work and does not transport well across train tracks.

These tips are brought to you by Operation Lifesaver, a non-profit, nationwide public education program, and the National Education Center for Agricultural Safety. For more information, visit Web site [www.oli.org](http://www.oli.org).

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One man with courage makes a majority.

—Andrew Jackson

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### NOTICE OF PUBLIC HEARING RE: JUVENILE CURFEW

The City of Post has received a petition asking the City Council to adopt a Juvenile Curfew.

It is necessary to give citizens on both sides of the juvenile curfew issue an opportunity to fairly voice their opinion in the matter.

Accordingly, the Post City Council will conduct a Public Hearing to receive statements from citizens of the community who have an interest in the acceptance or rejection of a community-wide juvenile curfew.

The Public Hearing will be held on:

Thursday, March 30, 2000 at 6:30 PM in the City Council Chambers of the Post City Hall located at 105 East Main in Post

# Thank you!

I would like to thank you for your support in this year's Democratic Primary election.

I will continue to run and upright an honest campaign.

You, the Garza County citizens, have my respect and as always, I am still working to earn and keep your trust.

Your continued support through the November elections will be greatly appreciated.

Sincerely

## Sheriff Kenny Ratke

Pol. Adv. paid for by Kenny Ratke, Two Draw Lake, Post, Texas 79356





# Leap to the Top

## Saluting our Girl Scouts!



Senior Troop - (left to right) Renee Dobitas, Laura Tobias, leaders Jinnie Dobitas and Carol Tobias.



Troop 415 - (left to right) Tasha Runnels, Crystal Sanchez, Marla Crenshaw, Melinda Vega, leader Marilyn Crenshaw, (front row) D'Nae Johnson, Chasiti Rutherford, Alex Cruz and Sabrina Sanchez. Not available for photo Stacy Bocko, Rosa Saenz and Lindsey Morrow.



Daisy Troop - Teraka Cowley, Rebecca Fannon and leader Tabatha Cowley.

Troop 473 - Amber Wilson, Francesca Varrella, Tanisha Paiz and leader Grace Paiz.

Troop 363 - Cheyenne Todd, Allison Blevins, Gabrielle Paiz, Kelli Martin, Ashley Brown, Megan Nance, Kattie Nance and Natasha Scroggins.



**The Post Dispatch  
and  
Post City Radio**

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and their Leaders!

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