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The Post Dispatch

75th Year Number 32 USPS 439-620 © 2001 The Post Dispatch Newsstand Price 50¢ Thursday, January 4, 2001

Post Lake gets county's attention

White River, county meet to discuss lake development plans

Wes Burnett

Garza County officials were to meet Wednesday morning at the courthouse with White River Municipal Water District manager Jimmy O'Brien to discuss future plans for the Post Lake. County Judge Giles W. Dalby announced the meeting at the commissioners' court session Monday morning. "If we're going to get legislative support, we've got to start working on it right away," Dalby emphasized. "There is a lot of support in this session of the legislature for long-range water planning."

Dalby said that legislative leaders have water as one of the top priorities, mainly due to the droughts of the past few years. "We're hoping that we can work out an arrangement with the White River area," Dalby added. White River has held the permit to build the Post Lake for approximately 25 years. The meeting Wednesday was to include members of the Garza County Water Facility Board, Post White River directors and other city leaders. The proposed lake is located about 10 miles east of Post just to the north of U.S. Hwy 380 on the noble Mountain Fork of the Brazos River.

"West Texas needs water," Dalby said, "and everyone knows that, and if White River is not going to develop this lake within the next two years, we need to find resources to get it done. Perhaps White River will be willing to sell its permit to another group."

"We've had interest expressed by the High Plains Underground Water District," Dalby added, "and perhaps we could arrange funding assistance from the state. But we've got to get moving on this if it's going to get done during this legislative session."

In other action, the commissioners' court appointed 12 citizens to the reapportionment committee which will make recommendations for redistricting precinct lines following the 2000 census. Appointed to the committee are Fred Stephens, Delbert Rudd, Larry Haynes, Juanita Pantoja, Delwin Fluitt, Pam Workman, Peggy Ashley, Ronnie Dunn, Jana McCallister, Dorothy Pringler and Jimmy "Chico" Gonzales.

Commissioner Lee Norman will serve on the committee in an "ex-officio" capacity.

The court approved appointment of the most recent grand jury to serve as its grievance committee. County clerk Jerry Hays is to contact grand jury members to determine their willingness to serve. Lee Norman was elected judge pro tem.

The court appointed Linda Puckett, JoAnn Mock, Jack Alexander, Roy Willis, Dorace Wilson, Jackie Gonzales and Janice Plummer to serve on the county historical committee.

Judge Dalby signed a resolution, approved by the court, to declare Garza County a disaster area following the recent ice storm. If approved by the state, special assistance will be available for

those who suffered damages from the storm.

The court approved assignment of commissioners to jointly operated boards with the city:

Lee Norman: community center, ambulance, 911 committee, allied drug testing, reapportionment and historical preservation.

Mason McClellan: landfill and law enforcement.

John Valdez: law enforcement, airport, ex-officio Garza County Trailblazers.

Mike Sanchez: ambulance, park, museum and cultural association and SPAG.



The Ice Man Cometh

City maintenance crews were busy last week scraping off the ice on Main Street following the big ice storm. Warmer temperatures this week have all but melted the ice, except in places where there is little sunshine. (Photo by Thomas Zachary)

Angel Tree brightens Christmas for 90 families

About 90 area families were touched by the generosity of the Angel Tree effort organized by employees of the Giles W. Dalby Correctional Facility.

In its first year, the Angel Tree project oversaw the distribution of gifts by facility staff members Dec. 18 at the community center. And when a few "last-minute" needs popped up, toys were purchased, wrapped and delivered just prior to the Christmas holiday.

Employees of the Dalby facility initiated the effort, which actually got off the ground about Dec. 10. Michelle Rasbeary, wife of Warden Joe Rasbeary, coordinated the effort with the local elementary school through its counselor, Ms. Rogers.

A felt tree decorated with number angels represented the 82 names of children from underprivileged homes. Employees chose a child by number and purchased gifts from that child's wish list.

In addition to purchasing gifts, several of the Dalby facility employees donated their time to refurbish bicycles to be used as gifts. A total of nine shiny, like-new bikes served as part of the Angel Tree gift effort.

As individuals within the community began to hear of the Angel Tree project, many began contacting the Dalby unit in hopes of helping out. Warden Rasbeary said he appreciates the participation of Hudman's Furniture, United Supermarket, Radio Shack, the Young Married Sunday School Class of the Methodist Church, and several other individuals.

The success of this year's project has prompted Dalby facility officials to promise it will be an annual undertaking; in fact, plans are in the works to set up a "Santa's Workshop" sometime in late July or early August to accommodate toys that might be repaired and refurbished for use next Christmas.

"Next year we will start earlier," one of the project's supporters said this week. "And we want to encourage community participa-

tion."

A handful of organizations have already stepped forward to offer assistance with next year's effort. Anyone interested in assisting with the workshop, or in making a year-long commitment toward the upcoming Angel Tree project, should contact Ruby in the warden's office.

GCJLA show and sale opens Jan. 18, with sale set for Jan. 20

The Garza County Junior Livestock Show and Sale, open to Garza County 4-Hers and Post and Southland FFA members, will take place Jan. 18-20 at the Garza County Junior Livestock Association Show Barn on Hwy. 84 north. The event will kick off Thurs-

day, Jan. 18, with a steer show at 5 p.m., followed by a swine show at 6:30 p.m.

On Friday, Jan. 19, the goat show will start the day's activities at 6:30 p.m., and a pee-wee goat show will be included. A sheep show will be conducted at 7:30 p.m.

Activities on Saturday, Jan. 20, will include the awards ceremony and sale beginning at 9 a.m. Lunch will run from 11:30 a.m. to 1 p.m.

Organizers with the Garza County Junior Livestock Association are again encouraging attendance at the show, sale and lunch.

"We have experienced excellent responses from our contributors for many years and hope this year will be no exception," states a Dec. 22 letter from the event's organizers.

"We would like to personally request that you or your company contribute to this year's sale in support of our county youth. There are many ways in which you may contribute and support our exhibitors. The first would obviously be to purchase an animal as a buyer, either alone or

jointly with another donor.... The second option would be for you to make a contribution to our 'jackpot' which is an accumulation of funds to purchase animals. Finally, you may wish to contribute to the prizes, ribbons, plaques or buckles awarded to the exhibitors."

Post Notes

Blood drive set February 4

A blood drive has been announced for Thursday, February 1 in Post. Contact Paul Jones for more details at 495-2946.

Women's Division garage sale

A fund raising garage sale will be held Saturday, Jan. 13 from 8 a.m. to 1 p.m. at the Post Community Center (teen center, east side of building). The event is organized by the Women's Division, Post Commerce & Tourism Bureau. People interested in donating items for the event should call Jan Acker at 495-2145 or JoAnn Stelzer at 495-3393.

Grandma Brag Pages deadline

Photos for the annual "Grandma Brag Pages" will be due at The Post Dispatch no later than Friday, February 2, 2001. The special edition will be published February 8 to celebrate Valentine's Day (Wednesday, Feb. 14). The cost for each photo (with no more than two children per photo) remains at the low price of \$5, the same price for the past 18 years. Photos with more than two children will be priced \$5 for each additional child.

Bible based 'weighdown'

A Bible based "Weighdown Workshop" weight-loss program free orientation will be held January 8 at 6 p.m. For more information call Brook Glass at 806-263-4455.



Management and Training Corp.'s Ruby Williams (left) and James Frawner are surrounded by the special Christmas gifts donated by area folks toward the Giles W. Dalby Correctional Facility's "Angel Tree" project. (Photo by Judy Bush)

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Double Peanut Butter Pound Cake

An Easy-Does-It Dessert that Takes the Cake

(NAPS)—The ultimate dessert for peanut lovers young and old, this rich and homey cake gets a shot of peanut butter in both the batter and the frosting. It's a must for picnics and those potluck office, church or holiday gatherings. And it's so easy to make, why not let your children help? This delicious recipe is brought to you courtesy of America's 25,000 peanut farmers. They hope it will become as much a favorite in your household as it is in theirs.

For a collection of savory and sweet peanut recipes, send a SASE to: National Peanut Board, 50 Hurt Plaza, Suite 1220, Atlanta, GA 30303. You may also request peanut recipes by e-mail at peanutboard@aol.com.

DOUBLE PEANUT BUTTER POUND CAKE

- 1 cup butter, softened
- ¾ cup creamy peanut butter
- 3 cups sugar
- 2 teaspoons vanilla
- 5 eggs
- 3 cups flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup milk
- Peanut Butter Frosting (see recipe below)

Heat oven to 350°F. Grease and flour a 10-inch tube pan. In a large mixing bowl, combine butter, peanut butter, sugar and vanilla; beat until light and fluffy. Add eggs, one at a time, beating well after each addition. In another



Elegantly adorned or fancy-free, Double Peanut Butter Pound Cake suits any occasion. Fun to make and fun to eat—USA Peanuts...what fun tastes like!

bowl, combine flour, baking powder and salt; stir into butter mixture alternately with milk. Pour into greased and floured pan. Bake at 350°F until toothpick inserted in center comes out clean, about 1 hour and 15 minutes. Cool in pan 15 minutes on a wire rack. Remove from pan. Cool completely on wire rack. Drizzle cake with

Peanut Butter Frosting.
Yield: 12 servings (one slice per serving).

PEANUT BUTTER FROSTING
In saucepan over low heat, melt ½ cup each peanut butter and light corn syrup. Stir in 2 cups powdered sugar, 1 tablespoon milk, and 1 teaspoon vanilla; mix until smooth. Makes 1 ½ cups.

Now It Comes With A List Of Ingredients.



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Birth

Russell Ryan Wilks

Vanessa and Kipp Wilks would like to announce the birth of their son Russell Ryan Wilks. He was born December 2, 2000 at 4:35 a.m. weighing six pounds, 13 ounces and was 21 inches long.

The proud grandparents are Ronnie and Annette Riggs and Kim and Patsy Wilks, all of Post.



Sonya M. Ellis, R.N., received her Associate Degree in Nursing during a December 14, 2000 formal pinning ceremony at Paramount Terrace Christian Church in Amarillo. Sonya is married to Stephen R. Ellis and has one, Cade. She is the daughter of Jacky and Thressa Harp of Post.

Methodist women enjoy carols

The First United Methodist Women met on Tuesday, Dec. 19, in the home of Patty Kirkpatrick. A brief business meeting was conducted, and then the group enjoyed singing Christmas carols.

A large number of items were collected for the Interfaith Hospitality Network in Lubbock and were to be delivered on Wednesday.

Attending were Sue Shyles, Linda Couch, Joy Dickens, Janey Middleton, Mary Edwards, Annie Laura Francis, Margaret Bull, Marion Wheatley, Carolyn Black, Lynn Bell, Pat Bilbo, Katherine Johnson, Paulette Lawrence, Jo Ann Miller, Zoe Kirkpatrick and the hostess.

The next meeting will be Jan. 23.

Valdez, Fluitt earn degrees

Rhonda Valdez and Kenda Fluitt, daughters of Kenneth and Carolyn Williams, recently earned degrees.

Valdez attended South Plains College's Reese campus for two years, earning an associate degree in business. She completed her work at South Plains with a 4.0 GPA.

Fluitt received a bachelor of science degree in nursing at the University of Texas at Arlington. Her parents attended the pinning ceremony, and Fluitt's father pinned his daughter's RN pin on her. Also attending were Greg, Sherry and Justin Williams, Mary Jo Evans of Lubbock and W.O. Fluitt of Post. That evening, the group attended Fluitt's commencement exercises.

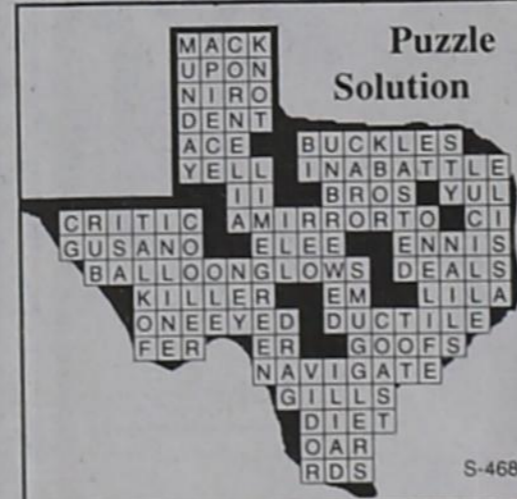
Knowles hosts Christmas party

Central Bail Bonds held its 17th annual Christmas party Dec. 15 at the Holiday Inn in Wichita Falls, with agents from each of the 27 offices attending.

Each year, owner Kenneth Knowles brings his employees together for an annual meeting, dinner and holiday celebration.

This year's special guest was Nita Keck, who retired from Central Bail Bonds after 22 years of service. Also receiving special recognition was Larry Ingram, Pampa office manager, who achieved the largest annual increase and largest volume month in the year 2000.

Founded in 1978, Central Bail Bonds is the largest bail bond company in the state.



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Judy's Jabberin'

By Judy B. Bush

Well, are we tired of snow and ice or what?? A little of this weather goes a long way.

Sorry for no "Jabberin'" last week. There was just too much ice to come in and could not email to Wes because no computer.

I know one thing. The folks at Lyntegar deserve a big hats off for all of their work to get the lights back on for their customers.

We lost our lights Christmas day and got them back on the 29th. We were lucky, some folks were fixed up til week, but it was not because those guys were not trying.

I believe the number of broken poles was over 500 and it caused over 3000 families to lose power. The Lyntegar crews worked around clock, in freezing cold, sleet, snow and dark!

I just wanted to say a personal thank you to all of them. I know we are worn out and need some time off to rest. Thanks from household guys!



To Joe

For those of you who don't know, Mr. Joe Williams is calling Go Plains home for awhile. I'm just happy that he and Alma are fit home from Lubbock and glad that he is improving each day.

Brag Pages

O.K. grandparents, its time to do your yearly bragging!! Get your picture now for our Valentine edition. The charge is the same as last year so picture your favorite pictured and bring it on down.

Birthdays

Friday, January 5: Gene Posey and Dustin Robinson. Saturday, January 6: Jerry Graham, Theo Piaz, Cecil Williams, Virginia A. Shelby Odum, Reys Gonzales and Dorothy Morgan. Sunday, January 7: Michael Gonzales. Monday, January 8: Connie Lindemann, Charles Propst. Tuesday, January 9: Josh Hataway, Karla Mel Tammy Salinas, Jimmie Lee Tucker, Stetson Cimental and Burnett. Wednesday, January 10: Clint Chapman and Traci Payne. Anniversaries, Ervey and Teresa Gomez and Marvin and Linda S. Thursday, January 11: Brandi Melton and Will Fumaga. Anniversaries, Sam and Karen Palmer and Jack and Marcella H.

A big special birthday wish to my son-in-law and grandson, Rob Dean and Zachary Bush on January 3rd.

Email Ham Sandwich

This is a true story. If you have children you will probably relate to this father. The names have been changed to protect the dignity of the father.

As ham sandwiches go, it was perfection. A thick slab of ham, a fresh bun, crisp lettuce, and plenty of expensive, light brown, gourmet mustard. The corners of my jaw aching in anticipation, I carried it to the picnic table in our backyard, picked it up with both hands but was stopped by my wife suddenly at my side.

"Hold Johnny (our six week old son) while I get my sandwich," she said. I had him balanced between my left elbow and shoulder and was reaching again for the sandwich when I noticed a streak of mustard on my fingers. I love mustard. I had no napkin. I licked it off. It was not mustard.

No man ever put a baby down faster. It was the first and only time I have sprinted with my tongue protruding. With a washcloth in each hand I did the sort of routine shoeshine boys do, only I did it on my tongue.

Later (after she stopped crying from laughing so hard) my wife said, "Now you know why they call that mustard 'Poupon'!"

Till Next Week

Well guess that is all for this week. Send in your news, please!! Please have a wonderful new year. May God bless each of you.

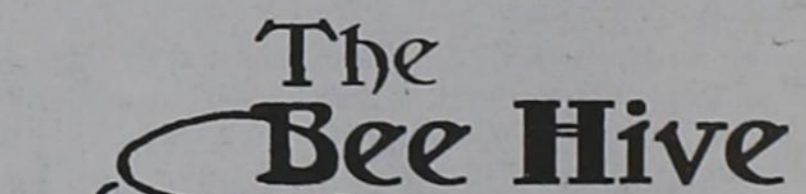
The Post Dispatch 495-2816

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Neighbor to Neighbor

by Sara Wagner, CEA-FCS

Getting the "Skinny" on Fad Diets

As New Year's rolls around many people begin making New Year's resolutions. One of the top resolutions is to lose weight. Unfortunately, many turn to new fad diets that promise weight loss, but are very unhealthy and don't promote long-term weight loss.

The cover of a popular magazine advertises a diet that guarantees a 10-pound weight loss in 5 days. A diet book claims that eating specific foods will burn unwanted fat while we sleep. Do these diets really work? "Don't bet on it," says Jenna Anding, Ph.D., R.D., an assistant professor and nutrition specialist with the Texas Agricultural Extension Service.

Yet such unrealistic claims haven't slowed down the \$30 billion dollars spent annually on fad diets and other weight-loss products. One in five adults have tried one fad diet this year alone.

Why are these diets so popular? "Fad diets often claim that they can help people lose weight immediately and easily," notes Anding. "This appeals to many people who want to lose weight. Unfortunately, these diets fail to deliver when it comes to long-term weight management. They tend to be so restrictive or unrealistic that the average person can't follow them for long periods of time."

As a result, there is disappointment when the promised weight loss doesn't occur or the lost weight returns. In addition, some fad diets produce unpleasant side effects. For example, diets that are low in carbohydrate intake often lack dietary fiber, resulting in constipation. More seriously, some fad diets may raise blood cholesterol levels, increasing one's risk for developing heart disease, even if some weight is lost.

With advertisements like "guaranteed" and "proven to work," how can smart consumers separate the fad from fact? Anding suggests that if a diet has one or more of these characteristics, it is probably a fad diet: - promotes fat-burning foods - encourage the use of supplements or special products - recommends changing eating behaviors for just a few days - labels food as either "good" or "bad" - suggests that one can lose weight and keep it off without exercising - does not include a warning for persons with chronic diseases to check with their doctor before starting any weight-loss diet

In place of fad diets, Anding offers several approaches to healthful weight management. First, she recommends that individuals set realistic goals. "Remember, those unwanted pounds didn't appear overnight. Don't expect them to leave immediately," she cautions. Second, follow the recommendations of the Food Guide Pyramid and try to engage in at least 30 minutes of physical activity every day.

"Adopting these habits will not only help you reach a healthy weight, but it can also reduce your risk of developing other chronic diseases including heart disease, diabetes, and cancer." Individuals should check with their health care provider before starting any weight-loss or physical activity program, especially if they are sedentary, over the age of 40, or have a history of chronic disease.

Try to keep your New Year's resolution to lose weight. It may not come off quickly, but in time you will look and feel better. Just remember, the only safe way to lose weight is to decrease caloric intake and increase physical activity. Good Luck!

Living on the Edge of the Caprock

by Greg Jones, CEA-AG

Southern Mesa Agricultural Conference Slated for January

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

This conference will be held Monday, January 15 in the Dawson County Annex Building, located at 609 North First Street in Lamesa, Texas, and will begin at 8:00 a.m. The registration fee, which includes technical sessions, door prize ticket, lunch, refreshments, educational materials and access to exhibits, is \$15 if paid by January 11, 2001. After January 11, the registration fee will be \$20. Registration forms and fees, payable to "Dawson County Ag Fund", should be sent to the Dawson County Extension office at P.O. Box 1268, Lamesa, Texas 79331.

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

Five Continuing Education Units (CEUs) will be provided for private, commercial and non-commercial applicators for attendance at this program. Speakers include Shawn Davis with Texas Department of Agriculture; Dr. Wayne Keeling, Texas Agricultural Experiment Station; Drs. Randy Boman, Calvin Trostle, & Peter Dotray with the Texas Agricultural Extension Service; Chad Hobbs, Specialist with the Texas Agricultural Extension Service; Dr. Charles Allen, Program Director of the Texas Boll Weevil Eradication Foundation; and Extension Agents Tommy Doederlein and John Farris.

Producers who wish to pre-register should mail in a registration form with their fee. Registration forms may be obtained from the Extension office in any of the counties listed above. Remember, the registration fee is \$15 if paid by January 11, 2001. After January 11, the fee will be \$20.

We will seek to accommodate all persons with disabilities for the meeting. Please contact John Farris at the Dawson County office of the Texas Agricultural Extension Service (806) 872-3444 as soon as possible to advise of auxiliary and/or service needed.

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

The Post Dispatch 495-2816

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Tommy Duncan at the radio controls in Seymour. (Photo courtesy The Baylor County Banner).

Duncan on the airwaves

Tommy Duncan, or 'Tommy D' as he's known to his fans, has found his niche on the Lubbock airwaves.

Duncan, son of Tommy and Mary Lou Duncan of Seymour and grandson of Hiwatha Garza of Post, has landed a spot at a discjockey at Lubbock's "Big 96" — KLLL-FM, a contemporary country-formatted, 100,000-watt station.

At 19, Duncan is the youngest DJ at KLLL. His radio experience began in Seymour where he worked at KSEY while a sophomore at Seymour High School. When Duncan moved to Lubbock to attend Texas Tech University, he planned to major in history before moving on to go to law school. Those plans have changed after the folks at KLLL encouraged Duncan to change his major to mass communications. Law school, however, continues to remain on the horizon.

Today, Duncan works part-time, primarily on the weekends, to accommodate class schedules.

Cotton's Message Delivered To New President

LUBBOCK, December 22, 2000 By Shawn Wade

After being invited to one of the first sit-down meetings on Agriculture policy by President-elect George W. Bush, cotton industry representative Robert E. McClendon discussed a number of issues that affect severely distressed cotton producers in Texas and across the United States.

McClendon described to Bush, and Secretary of Agriculture nominee Ann Veneman, an economic scenario that threatens to critically wound a significant segment of the Texas cotton industry.

McClendon reiterated the fact that authority for a third wave of disaster assistance does exist under the "Severe Economic Loss" section of the 2000 Crop Disaster Program approved by Congress as part of the FY2001 Agriculture Appropriations Bill.

The primary target of much of the problem are a large number of producers whose production in 2000 exceeded the 65 percent Crop Disaster Program (CDP) trigger level but still suffered significant quality deductions on the heels of wet, harvest-delaying weather in October and November.

The net effect is less income from a short crop that was more expensive than expected to produce.

Without the benefits provided through the 2000 CDP these producers will be unable to generate enough income at current price levels to cover operating expenses which skyrocketed due to increased insect pressure and energy costs during the growing season.

The bulk of the impacted growers in 2000 are located on the Texas High Plains and Plains Cotton Growers has been pushing hard to find both short- and long-term solutions that will ultimately keep farmers in the game in 2001.

The most significant hurdle will be the financing options available to growers in 2001. Most observers are indicating that producers will be hard pressed to demonstrate a positive financial outcome in 2001 based on current price and expense projections.

Irrigated producers trying to figure out how to finance both carryover debt from 2000 as well as 2001 operating expenses will have an especially hard time. Dryland producers will also face an uphill battle.

The central battleground seems to be the loan office for many producers and PCG is working to formulate some type of plan that would help producers project positive cash-flows from next year crop.

Central ideas at this time involve the pursuit of increased loan rates on the 2001 crop to raise the floor price that producers can realize; increasing the 2001 Ag Market Transition Payment rate to 1998 levels; and authorization of the use of modified producer yield and crop acreage base figures for cotton.

The general consensus is that updating the program in these three areas would provide enough of a boost in projected income levels to allow full financing of operating expenses in 2001.

The other avenue for short-term assistance that is still in need of further pursuit is the authority for "Severe Economic Loss" payments under the current Disaster program.

PCG and the NCC will be encouraging the new Administration to find some way to implement assistance under this section and target some help to growers who have suffered significant economic losses over the past two to three years but have been cut off from disaster assistance in the past.

Cotton's invitation to sit at the table with President-elect Bush is certainly an encouraging sign that he and Secretary of Agriculture nominee Ann Veneman are interested in helping agriculture and cotton get through this very difficult period.

People ask me what I do in the winter when there's no baseball. I'll tell you what I do: I stare out the window and wait for spring.
—Rogers Hornsby



Texas Agricultural Extension Service
The Texas A&M University System



Extension Extras

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

GCJLA Entries

Entries for the 2001 Garza County Jr. Livestock Show scheduled for January 18-20, are due January 9 by 5:00 p.m. in the Extension Office.

Pee-Wee Goat Show

Any youth age 8 and under with access to a goat may enter the 2001 Pee-Wee Goat Show to be held January 19. Entry fee of \$4 is due by 5:00 p.m. January 9 in the Extension Office.

4-H Club Meeting

All 4-H'ers are encouraged to attend a Club Meeting Tuesday, January 9, 7:00 p.m. at the showbarn.

Minimum Tillage Workshop Date Change

The Lynn/Garza County Minimum Tillage Workshop will be held in Tahoka February 20, 2001, 9-12 a.m.. Three C.E.U.'s will be provided including one IPM and 2 General. For more details, call the Extension Office at 495-4400.

Southern Mesa Ag Conference.....

.....will be held January 15, 8:30 a.m.-4:00 p.m., in Lamesa. Five C.E.U.'s will be provided. Registration fee of \$15 is due January 11 or late registration at the door is \$20.

Never bear more than one trouble at a time. Some people bear three kinds-all they have had, all they have now, and all they expect to have.

—Edward Everett Hale

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Never understood "New Year's Resolutions"

I have never really understood New Year's resolutions. I wonder how that tiny, small voice of our will power is empowered on that day to convince us that we can change an undesirable habit with years of serious momentum behind it.

Who are we kidding?

"I am seventy-five pounds overweight, out of shape and smoke two packs of a day. For my New Year's resolution I am joining an exercise club, starting on the low everything diet, and have smoked my last cigarette!"

While the example may be a little extreme, it is probably not too far off the mark. We tend to reach into the depths of our guilt bag and drag out the most difficult habits to quit. It is no wonder that our resolve is so short lived and we find ourselves mired in our old ways once again. What is one to do?

As an experienced resolution breaker I have developed a scheme designed not only to prevent further self-esteem damage due to constant failure, but also to actually improve one's lot in life. This is done not by making sweeping revisions in an entire lifestyle, but by incrementally instituting the smallest and simplest of changes.

For example, my first such mini-resolution was extremely simple. I resolved to only push the elevator button once when visiting patients in the hospital. No matter how much of a hurry I was in, I only hit it once. I have been assured by the elevator guy that no matter how many times the button is pushed the elevator will come when it does. So, I push the button once, sit back and wait, and enjoy somewhat smugly watching the unresolved punch away.

That having been so successful, the next year my resolution was even simpler, although much more practical. I resolved that every time the toilet tissue roll was empty, or even near empty, I would replace it.

It didn't count to get another roll out and put it on top of the dispenser, I had to put it all the way on the spring-loaded roller. Not only was this practical but did it ever garnish the praise from all the ladies of the house.

This year's resolution may prove to be too difficult. I have resolved to drive no more than four miles per hour above the speed limit. No exceptions.

I have coupled this with last year's resolution not to try to beat the amber light to red. That did not prove to be too hard for me to do, but was a little hazardous, as the people behind me typically had no intention of stopping. This caused a lot of horn blowing and finger waving which I self-righteously ignored.

All and all, these type of doable resolutions not only make right a few things around us that we can change, but provide a healthy sense of accomplishment at the same time. Thank you for spending this time with me.

Winston Whitt, MD

Obituaries

O.F. Floyd

Services for O.F. Floyd, 80, of Post will be at 2 p.m. Thursday, Jan. 4, 2001, in the Hudman Funeral Home with Elder George Johnson officiating. Burial will be in the Terrace Cemetery.

He died Jan. 2 in the Golden Plains Care Center. Born March 24, 1920, in Eric, Okla., he married Donna Perrin March 19, 1943, in Eric. She died July 27, 1992. He was a Navy veteran and a member of the Lubbock Primitive Church.

Survivors include one son, Steven Floyd of Lubbock; two daughters, Terry Handley of Lubbock and Sherry Sawyer of California; one sister, Margie Walker of Duncan, Okla.; and seven grandchildren.

Naturally Yours Nail Salon

- Full Set \$20 (1st time customers) Reg. \$30
- Fill \$15 (1st time customers) Reg. \$20
- Spa Manicure \$20
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- Regular Manicure \$10

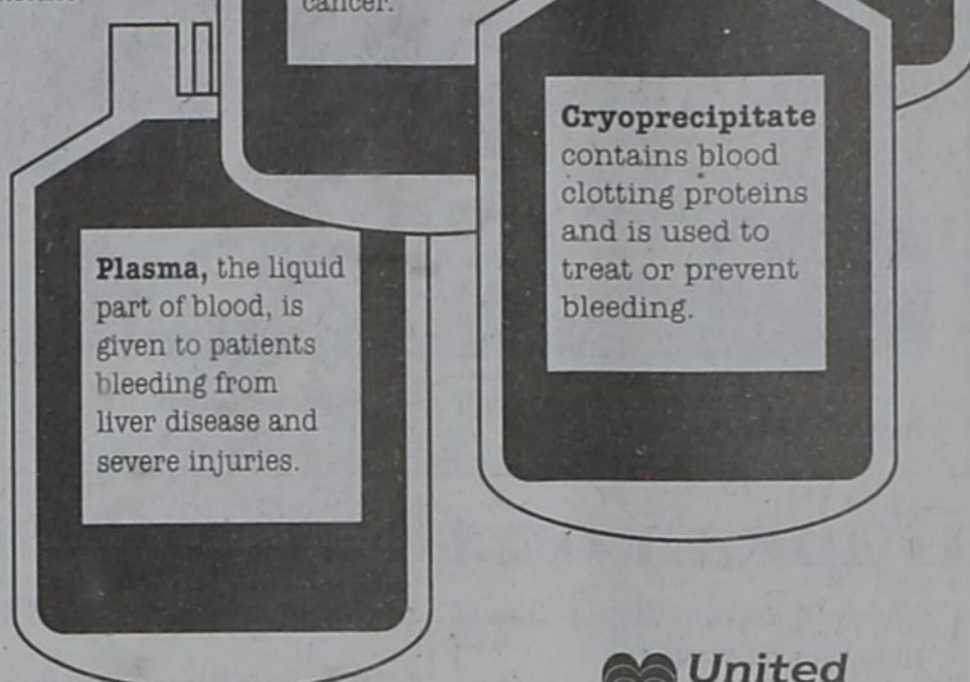
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When you donate blood, you help more than one patient!

Here's how:

Most blood donations are separated into components—red cells, plasma, platelets and cryoprecipitate. Your donation may help several patients!



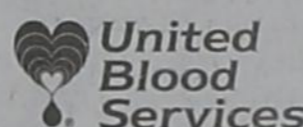
Plasma, the liquid part of blood, is given to patients bleeding from liver disease and severe injuries.

Platelets promote blood clotting and are often needed by patients with leukemia and cancer.

Red Cells carry oxygen and are used for treating anemic patients.

Cryoprecipitate contains blood clotting proteins and is used to treat or prevent bleeding.

Donate Blood!
BS 283C



Tips To Honor The End Of The Day—At Home

(NAPS)—Feeling overscheduled and out of time? In an age when technology goes faster than the speed of light, we have sped up, are working faster, squeezing more in and longing to stop, if just for a moment or two.

Americans are seeking new ways to add simple pleasures to their lives. Here are a few simple ideas for those pressed for time, but looking for a break at the end of the workday:

1. Take off your shoes at the door.
2. Ask your favorite restaurateur to deliver your favorite meal.
3. Make your personal favorite cocktail (or experiment with new ones).
4. Watch a pay-per-view movie.
5. Take a deep breath. Look at all the things you have to do around the house, and ignore them.
6. Play your favorite CD. Sit along.
7. Don't check the mail (or e-mail).
8. Leave that heavy gym bag (or dry cleaning) in the car.

Arthritis Pain Drug Is A Medical Miracle For Many

BOSTON, MA -- Arthritis pain affects over 100 million Americans, but may be controlled by a "chemical missile" type of drug that seeks out and destroys pain signals when rubbed on the skin. The drug is a purified chemical derived from hot pepper plants and is found in a lotion called ARTH-Rx™.

Scientists have discovered that chronic pain is caused by only a small number of neurons. These neurons communicate pain using a neurotransmitter called substance P.

Researchers found that this chemical missile can actually seek out and destroy the substance P neurotransmitter, thereby relieving pain in the affected area. ARTH-Rx delivers the chemical to the

painful area through its proprietary Neurocaine™ delivery system.

ARTH-Rx has been called a "medical miracle" by at least one former pain sufferer. In fact, a former ice hockey star and hall of famer with arthritis in his knees told his story on national television. After applying ARTH-Rx to his joints he can now skate and play golf without pain. An 80-year-old former professional football player from Arkansas says "after only two applications I could walk without using a cane." A woman from Saratoga Springs, N.Y. writes that ARTH-Rx is the one thing that her father-in-law has found that eases his arthritis pain.

ARTH-Rx is available at pharmacies with a prescription or call 1-800-729-8466.

ARTH-Rx is available locally at:
A & T FEED STORE
419 E. Main St. • 495-3480

Post Devotional Page

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CitizensBANK
Lobby Hours: 9-3 M-F
Drive-In Hours: 9-6 M-F
9-12 Saturday
Post 495-3545 | Slaton 828-6545

Twin Cedar Motel
107 W. 7th - Post, Texas
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Tuesday Buffet 5:30-8 p.m.
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495-2844

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

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Tahoka - 998-4588
Lamesa - 872-2632 Sundown - 229-3741

Fashion Cleaners
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495-2345 (FAX: 495-4181)
Daniel & Trevah Yarbro

HI-PRO A&T Feed
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495-3480

David Stelzer
Consulting Geologist
McCrary Bldg
495-3767

Garza County Sheriff's Department

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Your Furniture Can Be Upholstered To Look Like New
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495-2295

Ira Pump & Supply Co., Inc.
495-3521

Facts About The BIBLE BY JOHN LEHTI

MEAT AND MILK NOT TO BE EATEN AT THE SAME MEAL!

THREE TIMES THE BIBLE SPECIFICALLY STATES "THOU SHALT NOT SEETHE (BOIL) A KID IN HIS MOTHER'S MILK." (EXODUS 23:19, EXODUS 34:26, DEUT. 14:21). THIS WAS GOD'S LAW LAID DOWN TO ISRAEL BY MOSES AND, TO THIS DAY, THE ORTHODOX HAVE NO MEAT AND MILK AT THE SAME MEAL. MANY PEOPLE THINK THIS WAS A DIETARY LAW—THAT MILK AND MEAT TOGETHER WOULDN'T DIGEST WELL, ESPECIALLY IN THE HOT DESERT CLIMATE—WHICH IS NONSENSE! MILK AND MEAT, BOTH HIGH PROTEIN FOODS, DIGEST AS EASILY TOGETHER AS THEY DO APART—HOT WEATHER OR COLD... BUT THERE WAS A GOOD REASON, IN MOSES' EYES, FOR THIS LAW—VERY UNDERSTANDABLE WHEN WE EXAMINE A CUSTOM OF THE IDOL WORSHIPPERS WITH WHOM THE ISRAELITES CAME INTO CONTACT IN THEIR DAILY LIVING....

MOSES CONSTANTLY ADMONISHED HIS PEOPLE TO STAY PURE IN GOD'S EYES—TO HAVE NOTHING TO DO WITH HEATHEN IDOLATERS. THE YOUNG MEN WERE FORBIDDEN TO "GO WITH THE DAUGHTERS OF BAAL," WHICH MANY OF THEM DID! MOSES COULD FORESEE THE DANGER OF HIS YOUNG NATION DISAPPEARING FROM EARTH, NOT BY WAR, BUT BY THE SIMPLE PROCESS OF INTER-MARRIAGE—SO HE ORDERED ISRAEL TO AVOID ALL CUSTOMS OF THEIR HEATHEN NEIGHBORS TO FORESTALL ANY OF THEIR WAYS CREEPING INTO THE LIVES OF HIS PEOPLE. JUST AS ISRAELITES BROUGHT SACRIFICES TO GOD'S ALTAR, SO DID THE HEATHEN TO THEIR IDOLS—A POPULAR OFFERING WAS A TASTY DISH OF BOILED YOUNG KID OR LAMB IN ITS MOTHER'S MILK (OR ANY MILK FOR THAT MATTER). THE MEAT JUICE AND THE MILK BOILED INTO A SAVORY SAUCE SO DELICIOUS THAT THE PRIESTS AND TEMPLE PROSTITUTES COULD HARDLY WAIT TO GRAB AND EAT IT BEFORE THE DONOR, WHO HAD BROUGHT IT, LEFT THE TEMPLE!

NEVER A DAY WENT BY THAT SOME HEATHEN FAMILY DIDN'T TURN UP AT THE TEMPLE WITH THIS DELECTABLE DISH, CONVINCED THEIR GODS WOULD ENJOY IT AND SO SMILE DOWN ON THEM WITH FAVOR! IS IT ANY WONDER, THEN, THAT MOSES ORDERED HIS PEOPLE TO HAVE NOTHING TO DO WITH THIS DISH AT ANY TIME—EVER! THE IDEA THAT SOME ISRAELITE MIGHT OFFER TO GOD THE SAME THING THAT WAS GIVEN TO A STONE IDOL WAS UNTHINKABLE! YE SHALL NOT DO AS THE HEATHEN DO, WAS THE ORDER OF THE DAY SO THAT ISRAEL MIGHT CONTINUE... "A PECULIAR (SPECIAL) PEOPLE... ABOVE ALL THE NATIONS THAT ARE UPON THE EARTH" (DEUT. 14:2)

NEXT WEEK: GIANTS THEN AND NOW!

SAVE THIS FOR YOUR SUNDAY SCHOOL SCRAP-BOOK
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This Devotional and Directory is made possible by these businesses who encourage all of us to attend worship services.

Church Directory

Assembly of God
Bethel Assembly of God (Bi-Lingual) 407 May St.

Baptist
Calvary Baptist Church 210 E. 6th, 495-2342
First Baptist Church 402 W. Main, 495-3554
First Baptist Church, Wilson 628-6333
Justiceburg Baptist Church Justiceburg
Pleasant Home Baptist Church E. 14th & N. Ave F
Pleasant Valley Baptist Hwy 84 & N. 399 (806) 828-4174
Templo Bautista 315 W. Main, 495-2416
Trinity Baptist Church 915 N. Ave O, 495-3038
Wilson First Baptist (806) 628-6333

Catholic
Holy Cross Catholic Church Ave. K and Main St., 495-2791

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
Lighthouse Christian Center Church of God 314 N. Ave I, 495-2237
Power House Church of God and Christ Pine Ave.

Disciples of Christ
First Christian Church 812 W. 13th, 495-3716

Methodist
First United Methodist Church 216 W. 10th, 495-2942
Graham Chapel United Methodist Church 495-3492

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

Presbyterian
First Presbyterian Church 910 W. 10th, 495-2135

Hudman Funeral Home
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Post Proud!
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Post 495-3602

A Lock Shop
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United Supermarkets
Holly's Drive In
"God Bless You"
615 S. Broadway
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REDMAN REDI-MIX
Ready Mixed Concrete
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Jimmie Redman (Res. 495-2141)

Cellular Etc.
Authorized Dealer
CELLULARONE
229 E. Main
495-3588

Taylor Tractor & Equipment Co.
1519 Avenue H - Tahoka 998-4549

WELLS FARGO
Post, 216 W. Main, 806-495-2804

And t...
by Walter E. Willia...
The Organization...
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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 agent of government accountable to that standard.

TA Member Texas Press Association 2001

What a great place to live!

by Wes Burnett

Whenever there is a crisis, you can count on folks around here to roll up their sleeves and do what needs to be done. That was supremely evident during the ice and snow storm last week. Hundreds of stranded motorists are a testament to the compassion and hospitality of Postites (or as Giles C. McCrary calls us, "Post Toasties").

As soon as it was evident that travel out of Post was going to be closed because of the dangerous road conditions, the county's emergency services professionals and volunteers responded without hesitating.

Churches opened their doors, volunteers offered their homes and school officials hustled to get the cafeteria opened for hungry travelers.

One of the few complaints I've heard was from a fellow who told one of our sheriff's deputies: "I know I can't get on the road, and that's okay, but my, I'm really bored, isn't there some kind of entertainment around here?"

Well, heck, I guess the emergency plan forgot to take into account how to solve the boredom issue.

But seriously, the response to help people was so smooth and so well accomplished, that if you hadn't been told by someone or been involved yourself, you'd have never known there was anything going on.

Hopefully we won't have another one of these icy reasons to show our hospitality for a while, but we can sure take comfort in knowing that if there's an emergency, we can count on folks in Post to jump up and do what needs to be done.

And that's just one of the beauties of living in Garza County... if we're counting blessings on this icy winter day, we're certain to remember this one!

I know that other communities have the same kind of spirit, but I don't know how any could match the consistent generosity that is seen here.

A dream for the new millennium

Editor's Note: This missive was, perhaps, written a year too soon, considering that the "millennium" actually began January 1, 2001.

by Wesley W. Burnett

I have a dream for the new millennium... a dream filled with visions of individual liberty and freedom for all people.

It's a dream about us, for us.

I dream that free enterprise will replace the current socialist notion of "government controlled economies."

I dream that a republic form of government will replace the corporate form that now strangles us with cajillions of corporate rules and regulations.

I dream that young people will learn about and appreciate the sacrifices of their ancestors in fighting and dying for liberty and freedom.

I dream that the evils of democracy and majority rule will be replaced with a government designed to secure individual rights.

I dream that elected officials will understand the importance of upholding our constitutional rights.

I dream that the principles of individual liberty and personal responsibility will once again be embraced by Americans.

I dream that justice will be dispensed with fairness and simplicity.

I dream that peace officers will be relieved of revenue collection duties and devote their efforts to securing our individual rights.

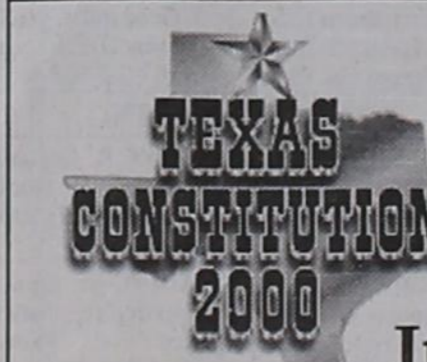
I dream that all parents will take responsibility for the moral instruction and education of their children.

I dream that our church leaders will see the evil of government control and discard corporate charters and the infamous "501c3" instrument.

I dream that people will reject the evils of taxation through lawful and peaceful means.

I dream that people will express their disagreements with one another without being disagreeable.

I dream that people will accept God's love, grace and mercy, and show by our daily lives that we are his people, eager to be his instruments on this earth.



A law so clear, yet so very simple: Don't violate the rights of others.

It's About Freedom

To be ratified at county ratification conventions. For a link to the entire constitution or for more information or to volunteer, go to this web site:

www.tcrf.com

or call (806) 495-4135

And thereafter, international thuggery

by Walter E. Williams

The Organization for Economic Cooperation & Development (OECD) is comprised of 29 industrial nations, mostly in Western Europe, the Pacific Rim and North America. They've recently released a report titled "Towards Global Tax Cooperation" that should worry all of us.

The report concludes that low-tax nations are bad for the world economy and identified 35 nations who are guilty of "harmful tax competition." In OECD's view, harmful tax competition is when a nation has taxes so low that saving and investment is lured away from high-taxed OECD countries. The OECD demands that nations as diverse as Panama, Liberia and Bahrain — as well as offshore financial centers in the Caribbean and the Pacific — end their harmful tax practices.

In OECD's view, it's bad when Canadians move to the United States to escape high taxes or when a Frenchman invests his money overseas in order to avoid high taxes. The bottom-line agenda for the OECD is to establish a tax cartel where nations get together and collude on taxes.

Since the United States is a relatively low-tax nation, and benefits immensely from foreign saving and investment, you'd think we'd want no part of OECD's agenda — but you'd be wrong. The Clinton-Gore administration thinks that Americans are undertaxed and we should be more like Sweden or France, where the government consumes up to 60 percent of the GDP. U.S. Treasury Secretary Larry Summers approves of OECD's agenda, saying there's a "need to address globally the problem of harmful tax competition."

Summers sees the taxpayers' ability to protect their money as the "dark side to international capital mobility." Apparently, there are tax-hungry politicians in our country who share OECD's view that "globalization has, however, also had the negative effect of opening up new ways by which companies and individuals can minimize and avoid taxes.... These actions induce potential distortions in the patterns of trade and investment, and reduce global welfare."



Dr. Daniel Mitchell, a senior fellow at the Washington-based Heritage Foundation, along with Andrew Quinlan, a former senior staff member of the Joint Economic Committee of Congress, have co-founded the Center for Freedom and Prosperity. The center's first mission is to publicize and attack OECD's anti-taxpayer agenda.

Mitchell and Quinlan argue that the "harmful tax competition" lament of OECD is really the welfare state talking. If high-tax nations face competition from low-tax nations, it threatens funding for their welfare state. They're forced to consider lowering taxes. That's precisely what many OECD nations did in the wake of our massive cuts in the marginal tax rate during the Reagan administration. On the other hand, if high-tax nations can force other nations to be high-tax as well, they can more easily get away with legislating even higher taxes to support their welfare states.

The way OECD plans to force nations practicing "harmful tax competition" to cease and desist is to use pressure through threats of one kind or another, such as economic sanctions, tariffs, quotas and other trade restrictions. Already, Bermuda, Cyprus, Malta, Mauritius, San Marino and the Cayman Islands have caved and promised they'll cooperate with OECD tax edicts.

Mitchell predicts that another victim to OECD's anti-taxpayer agenda will be financial privacy, but even more importantly, national sovereignty will be compromised. If OECD has its way and if we, or any other nation, want to enact pro-growth tax policy, such as elimination of death taxes or capital gains tax reduction, we'd have to first clear it with OECD's Paris or Brussels office.

You don't have to be an economist or rocket scientist to know that when there are attempts to eliminate competition of any sort, including tax competition, watch out and man the barricades.

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.

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The Guild of Regulators is alarmed

by Vin Suprynowicz

Predictably, those who distrust the discipline of the market (consumers simply stop patronizing shoddy products and unreliable firms), and instead demand massive government control of how businesses operate, are shocked — shocked! — to learn that president-elect Bush actually intends to move forward with a review of excessive or counterproductive federal rules.

Never mind that Mr. Bush forthrightly campaigned on a platform which called for a review of such regulations, and the often absurd costs they impose on American businesses in relation to the consumer benefits (if any) derived.

"We intend to submit regulations imposed during the previous administration to a strict and thorough review," says Juleanna Glover Weiss, a spokeswoman for Vice President-elect Dick Cheney, who's in charge of transition planning.

"They will probably take a really harsh look at anything that happened in the last three months of the Clinton administration," predicts Joan Claybrook, who headed the National Highway Traffic Safety Administration under President Carter and now works for Ralph Nader's Public Citizen.

Well, good. The Constitution invests the law-making power solely in Congress. Yet President Clinton and his regulatory henchmen have followed — in many cases even outdone — their predecessors in spinning vast entangling webs of new regulation (here in the West, even ruling huge swathes of land off limits for public use with a wave of the magic pen) without so much as telling Congress in advance, let alone submitting these ideas for their legislative debate and approval.

In Texas, Gov. Bush managed to simplify regulations on industry, reform the practice of tort law, trim taxes, and generally treat businesses as if they were innocent till proven guilty.... Surely nothing there we'd want to import to the nation's capital!

These cries of alarm are largely cynical attempts to embolden the reactionary shock troops of the regulatory state, of course. By starting their ululations loud and shrill and early — like geese rising up to their full height and flapping their wings and hissing aggressively — they hope to frighten Mr. Bush's most timid or casual supporters from acting too boldly.

In fact, Gov. Bush is far from the kind of radical anarchist or libertarian who's likely to shut down so many Washington bureaucracies that the trains will be running overtime, carrying newly unemployed bureaucrats and their steamer trunks home from Washington City (more's the pity).

But if the new administration takes a skeptical look at the costs and benefits of proposed workplace "ergonomics" regulations; so-called "affirmative action" racial hiring quotas for federal contractors; proposals to effectively ban popular new sport utility vehicles through Draconian new corporate average fuel-economy standards — even

the question of whether Americans should be "allowed" to install full-sized home toilet tanks — such an application of common sense is long past due.

Most significantly, it appears the Bush administration hopes to maintain the hands-off posture toward electronic commerce which was one of the best things Bill Clinton never did. Indications are that Mr. Bush hopes to refrain from attempting to tax this newest and fastest-growing new economic sector (it would be nearly impossible, anyway) — and even to allow Americans to encrypt their private electronic correspondence as they see fit, without demanding that the FBI be given the electronic equivalent of the power to steam open every letter in the U.S. mail.

Mr. Bush and his appointees should resist the screeching of this tiny special-interest chorus, and get on with the common-sense agenda endorsed last month by the residents of 30 states.

It's a modest enough agenda — actually, hosing out every bureaucratic ant farm not authorized by the Constitution would be more in keeping with the oath of office Mr. Bush proposes to take on Jan. 20. And wouldn't it be a shame if these protesters — having driven themselves hoarse shouting their objections to the very modest plans of Messrs. Bush and Cheney — were to find themselves beset with laryngitis by the time someone finally gets around to proposing that?

Vin Suprynowicz is assistant editorial page editor of the *Las Vegas Review-Journal*, and editor of *Financial Privacy Report* (952-895-8757.) His book, "Send in the Waco Killers: Essays on the Freedom Movement, 1993-1998," is available by dialing 1-800-244-2224; or via web site <http://www.thespiritof76.com/wacokillers.html>.

Vin Suprynowicz, vin@lvjr.com

"When great changes occur in history, when great principles are involved, as a rule the majority are wrong. The minority are right." — Eugene V. Debs (1855-1926)

"The whole aim of practical politics is to keep the populace alarmed — and thus clamorous to be led to safety — by menacing it with an endless series of hobgoblins, all of them imaginary." — H.L. Menchen

"When all government, in little as in great things, shall be drawn to Washington as the Center of all Power, it will render powerless the checks provided of one government on another and will become as venal and oppressive as the government from which we separated."

THOMAS JEFFERSON - 1821 - In a letter to Gideon Granger. Writings of Thomas Jefferson. Blessings of Abundance and Health in all things Good.

Yesteryears

by Pat Burnett

January 3, 1991
10 Years Ago

Mark and Jennie Lynn Hodges will provide entertainment at the January 12 Post Chamber of Commerce banquet, to be held at the Community Center beginning with the steak dinner at 7 p.m.

Jan Harrell of Hermleigh won the \$500 gift certificate following the December 22 drawing for the \$1,000 Post Merchants' Association Christmas promotion.

42,351 bales ginned in 1990

Now who could have believed that we would have had as good of a cotton crop as we did with all the dry weather in June. However, we lived through that and it turned into a pretty good cotton year with a great fall.

The unemployment rate in Garza County for November was reported at 5.2 percent, compared to the state-wide average of 6.8 percent, according to a report from the Texas Employment Commission.

January 1, 1981
20 Years Ago

Number one story for 1980 was poor crops! 19.46 inches of moisture in 1980.

Iva Hudman retires after 22 years with Sentry Savings. Mark Holly, Post senior, has been named to the All-South Plains AAA grid team by the Lubbock Avalanche-Journal.

Amy Mason celebrates her second birthday with a party in her home on December 29.

Jess Knight of Justiceburg is competing in the Professional Rodeo Cowboys Association Lone Star Circuit Finals in Fort Worth.

Mrs Ethel Redman was honored on her 80th birthday, December 21, with a dinner party in the home of her son, Jimmy Redman.

Happy birthday today to Ralph Welch, Ed Sims, Tommy Allen, Grace Keeton, Butch Heaton, Wanda Matthews and David Fuentez.

Mr and Mrs J.D. Saffel of Petersburg visited in the home of their daughter and family, Mr and Mrs A.J. Baumann for Christmas.

January 7, 1971
30 Years Ago

Post officially received 10.97 inches of moisture throughout 1970. The 5th driest year on record.

Police Chief Ous G. Shepherd, Jr returned to full time duty Monday after suffering a heart attack last September.

World champion roper, R.E. Josey, visits his parents, Mr and Mrs Walter Josey.

Mr and Mrs Mack Ledbetter recently visited one evening with Mr and Mrs Ambers Parrish.

Kelly's Heros and Cougar Country will be showing at the Tower Theater. Mr and Mrs Charles Kirkpatrick and family of Brownwood visits in the home of Mr and Mrs Don Ammons and daughters.

Mrs John Schmitz flew with her son, S.E. Schmitz to Post to visit her sister, Mrs Matt Stelzer and family. It was the first plane ride for Mrs Schmitz who is 83 years old.

January 5, 1961
40 Years Ago

Lisa Lou Cowdrey wins the "first baby contest." She was born January 4, 1961 at 7:03 p.m. at Garza Memorial Hospital. She is the daughter of Mr and Mrs Bobby Cowdrey.

The Verbena Community has box supper to support March of Dimes. Bobby R. Pennington, a 1950 graduate of Post High School, has been promoted to assistant vice president of the Southern Arizona Bank of Tucson.

Melanie Thompson visits her parents, Mr and Mrs Lee Thompson, over the holidays. She is a college student at Troy, Ala.

W.M. (Wilf) Scarborough was elected as new president of the Post Chamber of Commerce.

The cost of marriage license in Garza County goes up to \$4.50. Rev and Mrs Graydon Howell and children visited Monday in the home of Mr and Mrs Forrest White in Lubbock.

Durwood Bartlett and Sexton Huntley left by train Sunday night for Dallas where they attended the Cotton Bowl game.

January 4, 1951
50 Years Ago

Jack Kirkpatrick and Norman Cash were chosen for the all-region football squad by sportswriters of the area.

Dean Robinson, Bryan J. Williams, F.W. Calloway and G.R. Day left yesterday to attend a midwinter conference on education in Austin.

The cotton production goal for 1951 is set at 16 million bales. The new Post High School band director is Vernon Lewis.

J.N. Gossett was honored with a dinner Monday at his home, celebrating his 82nd birthday.

Wayne Beauchamp of Los Alamos, New Mexico, arrived here first of the week for a visit with friends and relatives.

Cletta Buster, left Friday for Los Angeles, California, where she will work and go to school.

Mrs Cora Carpenter celebrated her 79th birthday Sunday. She was honored in her home by her family.

Mr and Mrs Murrie Crowley and two children move back to Post.

Grandma

Brag Pages

Feb. 8, 2001

Deadline for

photos: Feb. 2

\$5 (photo w/1 or 2 children),

\$5 each additional child per photo.

The Post Dispatch

123 E. Main - Post, Texas

Lunch Menus

Trailblazers

Monday, January 8
Grilled chicken, vegetable beef soup, 3 bean salad, orange sections and peanut butter cookies.

Tuesday, January 9
Meatloaf, au gratin potatoes, carrots and zucchini, wheat roll, cake and fruit cocktail.

Wednesday, January 10
Baked chicken, pinto beans, mixed vegetables, green onions, cornbread and apple cobbler.

Thursday, January 11
Chicken fry, cream gravy, corn, peas and carrots, hot rolls and turnovers.

Friday, January 12
Hot turkey on toast, potatoes, beet/onion salad and pineapple dessert.

Post ISD

Monday, January 8
Breakfast: Cinnamon toast, sausage link, fruit and choice of milk. Lunch: Frito pie, Ranch style beans, broccoli, cornbread, cobbler and choice of milk.

Tuesday, January 9
Breakfast: Biscuit and gravy, sausage, fruit and choice of milk. Lunch: Chili dog, French fries, mixed greens, ice cream and choice of milk.

Wednesday, January 10
Breakfast: Oatmeal, toast, bacon, fruit, and choice of milk. Lunch: Manwich, salad, peaches, cookie and choice of milk.

Thursday, January 11
Breakfast: Muffin, sausage link, fruit and choice of milk. Lunch: Chicken strips, gravy, whipped potatoes, green beans, hot rolls, pudding and choice of milk.

Friday, January 12
Breakfast: Cereal, toast, fruit, apple juice and white milk. Lunch: Fish, Macaroni and cheese, carrot sticks, peas, hushpuppies, fresh apple and choice of milk.

Southland ISD

Monday, January 8
Breakfast: Biscuits and gravy, bacon, fruit and milk. Lunch: Corn dog, pork "n" beans, chips, chocolate pudding and milk.

Tuesday, January 9
Breakfast: Donuts, fruit and milk. Lunch: BBQ sandwich, au gratin potatoes, beans, cookie and milk.

Wednesday, January 10
Breakfast: Waffles, sausage and milk. Lunch: Chicken strips, creamed potatoes, green beans, rolls, jello and milk.

Thursday, January 11
Breakfast: Cereal, Graham crackers, juice and milk. Lunch: Enchilada casserole, salad, rice, pineapple and milk.

Friday, January 12
Breakfast: Breakfast burritos, fruit and milk. Lunch: Cheeseburgers, hamburger salad, fries, ice cream and milk.

If you have built castles in the air, your work is not lost. Now, build foundations under them.
—Henry David Thoreau

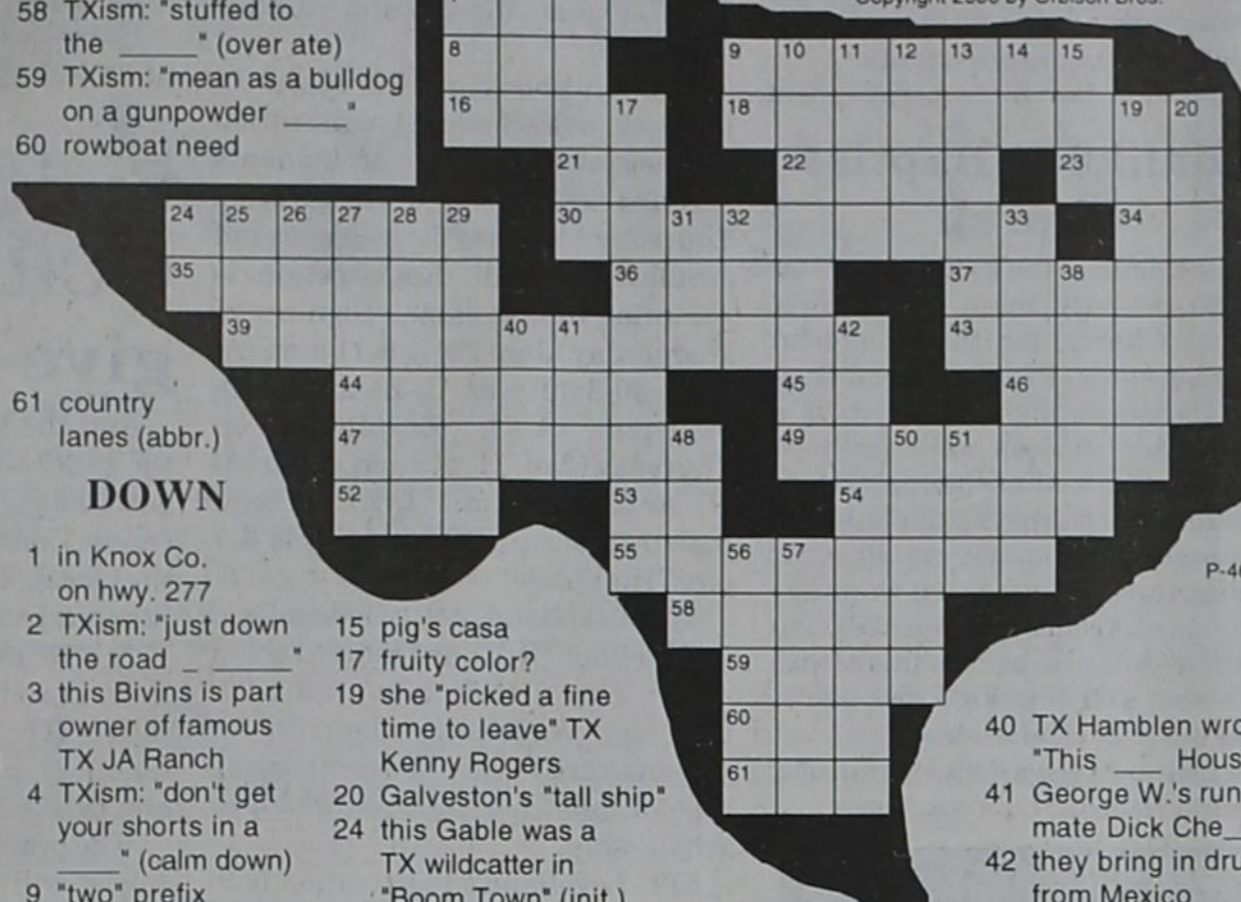
In 1892 George W.G. Ferris designed the Ferris Wheel and built his first one the following year for the Columbia Exposition.

The Original

TEXAS CROSSWORD

by Charley & Guy Orbison

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ACROSS

- 1 TX Jim Lehrer book: "One-Eyed"
- 5 TXism: "bone" (study)
- 6 Robert De... starred in "Cape Fear" with TX Joe Don Baker
- 7 pickup bluish
- 8 TXism: "got an in the hole"
- 9 TXism: "scratching belt (close dancing)"
- 16 TXism: "beller"
- 18 TXism: "he'd be unarmed"
- 21 many TX G.I.s fought in WW
- 22 TX Crossword co.: Orbison
- 23 this Brynner was "Magnificent" with TX Eli
- 24 TX Rex Reed's show biz job
- 30 TXism: "has to sneak up on"
- 34 in Rome, it's 101
- 35 the worm in a bottle of mescal
- 36 Gen. Robert
- 37 in Ellis Co. on I-45
- 39 photo ops at Mesquite hot air festival
- 43 TX transactions
- 44 the bees that came up from Mexico
- 45 "Hook" Horns!
- 46 former San Antonio mayor Cockrell

DOWN

- 1 in Knox Co. on hwy. 277
- 2 TXism: "just down the road"
- 3 this Bivins is part owner of famous TX JA Ranch
- 4 TXism: "don't get your shorts in a (calm down)"
- 9 "two" prefix
- 10 coffee in the can
- 11 this TX Brown won Pulitzer for newspaper reporting
- 12 Brownsville AM
- 13 TXism: "as long as a June bug in a hen house"
- 14 "Giant" actress (init.)

- 15 pig's casa
- 17 fruity color?
- 19 she "picked a fine time to leave" TX Kenny Rogers
- 20 Galveston's "tall ship"
- 24 this Gable was a TX wildcatter in "Boom Town" (init.)
- 25 don't your eyes when eating jalapeno
- 26 TX Sly sang "Everybody" Star
- 27 Maguire column: "Texas"
- 28 Twitty's 1st hit: "Next"

- 29 less warm
- 31 TXism: "green around the gills"
- 32 antique auto
- 33 TX Al Freeman, Jr. soap: "to Live"
- 38 TXism: "mad enough to spit"
- 40 TX Hamblen wrote "This House"
- 41 George W.'s running mate Dick Che
- 42 they bring in drugs from Mexico
- 48 Guadalupe St. shopping for UT students: "The"
- 50 TX-Gulf border
- 51 youngster
- 56 TX-born film director: King
- 57 Greek epic poem by Homer

The Post Dispatch 495-2816

Stewarts celebrate 50th anniversary

Mr and Mrs Melvin "Skinny" Stewart celebrated their 50th wedding anniversary with a family dinner at Western Sizzler in Lubbock, 7:30 p.m. on December 23, 1990. Melvin Stewart and the former Lula Jo Young were married December 24, 1940 in Garza County.



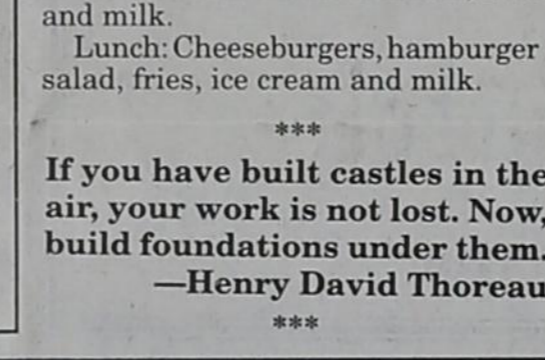
Melvin and Lula Jo Stewart, From The Post Dispatch, Dec. 26, 1990

Southland ISD

If you have built castles in the air, your work is not lost. Now, build foundations under them.
—Henry David Thoreau

Nelsons celebrate 40th anniversary

Joyce and Troy Nelson will celebrate their 40th wedding anniversary Wednesday (today), December 26, 1990. They were married in Clovis, New Mexico. Joyce is the daughter of the late Alvin Lofton and Jessie Boren. Troy is the son of the late Helmer and Alice Nelson. The couple have lived in Post all their lives.



Joyce and Troy Nelson, From The Post Dispatch, Dec. 26, 1990

SOUTHLAND HARVEST QUEEN—Donnetta Ellis, daughter of Mr. and Mrs. Sam Ellis, was crowned queen of the Harvest Festival at Southland recently. She is pictured with her escort Cecil Stolle, son of Mr. and Mrs. Walter Stolle.

From The Post Dispatch, Nov. 30, 1950



NEW EMTS — Pictured above is the newly organized class of EMTs after taking their final written test recently. Pictured l to r back row, Dan Hodges, Jim Wells, Kay Hays, Deke Enabnit, and Margie Pennell; second row l to r, Mickey Haas, Josie Samora, John Redman, Yvonne Hill, Cindy Johnson, Lavena Palmer

and Jo Bridgeman; front row, l to r, Jeff Young, Gordon Terry, Ronnie Ammons, Billy McKamie and Sherri Riedel. Young and Enabnit were instructors for the course and both are EMS Paramedics of Lubbock. (Staff Photo)

From The Post Dispatch, Dec. 22, 1980

8th grade girls whip New Deal

The Post Middle School eighth grade girls A team upended New Deal's A team Dec. 11 by a score of 45-28. Kaycee Gorman led scoring with 12 points. Patricia Hester had six points, and Courtney Short, Donae Dalby and Nikki Norman each put five points on the scoreboard. Lyndee Strawn and Megan Hoover each added four points, and Kristy Shifflett and Logan Gregory each contributed two points to Post's total.

7th grade girls win in OT

The Post Middle School seventh grade girls pulled out an overtime victory over New Deal Dec. 11. The final score in the game was 39-32. Rosanna Orona topped Lady 'Lopes scorers with 14 points, followed by Courtney Copeland with eight points. Laurel Tatum and Jenee Lott each scored six points, Kayla Morris had four points and ALana Zubia scored one point.

SPC offers phlebotomy course

Classes in Basic Phlebotomy and Certified Nurse Aide begin Monday (Jan. 8) at South Plains College in Levelland.

The basic phlebotomy class will cover theoretical and practical aspects of specimen collections for clinical laboratories. The course is designed to prepare students to take the American Society of Phlebotomy Technicians (ASPT) certification examination.

Students in the Certified Nurse Aide class will learn the necessary skills to work in long-term care, home health or hospital environments. On

Men are never so likely to settle a question rightly as when they discuss it freely.

—Thomas Babington

Heels first appeared on shoes in 1535.

completion of the 56 hours of classroom and 24 hours of clinicals, students will take the State of Texas Certified Nurse Aide Competency Examination.

Phlebotomy classes will meet 6:30-9:30 p.m. Mondays and Wednesdays with additional clinical instruction. Tuition is \$300 and instructor is Deborah Langwell, certified phlebotomist.

Certified Nurse Aide classes will meet 5:30-9:30 p.m. Mondays, Wednesdays and Thursdays with additional clinical instruction. Tuition is \$300 and state exam fee is \$69.75. Instructor is Linda K. Newman, L.V.N.

Students enrolling in either class must provide proof of immunization for MMR, Tetanus, and have a current TB test.

To pre-register, call the SPC Office of Continuing Education at (806) 894-9611, ext. 2341.

Letters to the Editor

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

More on helping travelers

I would like to add some information to the article published in December 27th issue. Jason Fry called me at 5:50 a.m. on December 26th to inform me that approximately 500 stranded travelers needed to be fed.

He asked if the school cafeteria was available around 7:30 a.m. for a breakfast. I told him we could accommodate them, if we could find one of the lunchroom ladies to open up and give us some guidance.

Marie Odom came to the rescue and was more than willing to provide the help that was needed. When I got to the cafeteria around 6:50 a.m., Marie was already making plans for the breakfast. Jason Fry delivered the food that had been purchased by the county thanks to Giles Dalby and the County Commissioners.

I volunteered to cook pancakes and Marie gave me a spatula. Ms. Odom began cooking and supervising. She not only provided the support that we all needed but did it with a smile. Marie also said several times, "This is what Christmas is all about."

Other volunteers pitched in to cook, serve the food, and assist in whatever capacity they could. Some of the volunteers were stranded travelers themselves. I hesitate to try to name all of the helpers for fear of leaving someone out.

I want to give the real credit to Marie Odom. She orchestrated the entire event. Marie is an outstanding lady and we are extremely fortunate to have her as an employee at Post ISD.

Thank you Marie Odom for a job well done! And thanks to all who pitched in to help make Post the best place to be stranded in the entire state of TEXAS. I am extremely proud to be a member of this outstanding community.

Bobby Bain, Post ISD superintendent

Thanks to Baptist Church

Many thanks to the good folks of Post and particularly those at the First Baptist Church for the wonderful Christian spirit of the good samaritan.

On Christmas night you gave us a warm place to sleep until the road conditions allowed me and my family to continue our journey back to Lubbock.

Not only did you stay up all night tending travelers' needs but we awoke to the smell of coffee and pancakes. You continued to check road conditions with the Sheriff's office and did your best to make our stay comfortable.

We truly owe you a debt of gratitude. Phillip Houchin Lubbock, Texas

Check Out These Web Sites:

Here are a few Web sites you may want to watch for:

The National Rural Health Association at www.NRHArural.org.

The National Association of Counties and Allergy and Asthma Network Mothers of Asthmatics at www.aanma.org.

The Louisiana Sweet Potato Commission at www.sweetpotato.org.

New World Press at www.bookch.com.

The Council for Exceptional Children at www.ccc.sped.org.

Lorillard Tobacco Company at www.activeparenting.com or www.2take10.com.

MedSupOne Direct is at www.medsup1direct.com.

Making Everlasting Memories at www.mem.com.

Visudyne is found at www.visudyne.com.

Kids Connected at www.gillettcancerconnect.org.

Hasbro, Inc. at www.myfirstgames.com.



The first woman to hold the office of chief of protocol in the U.S. Department of State was former child star Shirley Temple Black in 1976.

SPC spring registration begins next week

South Plains College's spring 2001 registration begins Monday (Jan. 8).

The SPC Reese Center campus, located at 9730 Reese Blvd. in Lubbock, will conduct registration 5:30-7:30 p.m. Monday and Tuesday (Jan. 8-9).

SPC Lubbock, 1302 Main in Lubbock, has scheduled registration Wednesday (Jan. 10) for students enrolled last fall and registration Thursday (Jan. 11) for students not enrolled last fall. Registration is according to last name. Sign-up on Wednesday (Jan. 10) is 9-11 a.m. (A-K), 1:30-3:30 p.m. (L-Z) and 3:30-5:30 p.m. (A-Z). Enrollment on Thursday (Jan. 11) is 9 a.m.-noon (A-K) and 3-6 p.m. (L-Z). Open registration at SPC Lubbock is 6-7 p.m. Thursday.

SPC Levelland, 1401 College Ave. in Levelland, will have Financial Aid Award Day 9-11:30 a.m. and 1:30-6:30 p.m. Wednesday (Jan. 10) for pre-registered students receiving any type of financial aid, grant, loan or scholarship.

SPC Levelland's registration is 9-11:30 a.m. 1:30-4 p.m. Thursday (Jan. 11) starting at the entrance of the Administration Building. A registration permit is required. To obtain a registration permit, contact SPC at 894-9611, ext. 2570 or 2375.

SPC Levelland's evening registration is 4-6:30 p.m. Thursday (Jan. 11). A registration permit is not required.

Classes at all locations begin Jan. 16. SPC's late registration is Jan. 16.

A late fee of \$15 and an add/drop fee of \$5 will be charged.

SPC's catalog, spring class schedule and information on Internet courses can be accessed on-line at www.southplainscollege.com.

For more information, contact SPC at 747-0576 or 894-9611.

Smith wins GCRT gas give-away

And the winner is Donna Smith, the lucky winner in the recent \$100 gasoline give-away, sponsored by the Garza County Response Team and the local Phillips 66 dealer Mr. Richard DeLeon.

The Team would like to thank Mr. DeLeon and everyone who purchased tickets. The Response Team receives funding entirely from contributions and fund raisers.

The proceeds from the recent fund raiser will be used to help offset expenses incurred by the team in renovating the old Santa Fe Railroad Depot. The Team is looking into the possibility of doing a complete restoration of the Depot that was built in 1911.

Future plans include setting up a railroad museum in one room of the Depot. Anyone interested in helping with the renovation of the Depot is encouraged to contact any G.C.R.T. member.

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Grandma Brag Pages

Feb. 8, 2001

Deadline for photos: Feb. 2

\$5 (photo w/1 or 2 children),
\$5 each additional child per photo.

The Post Dispatch

123 E. Main - Post, Texas

Post Lady 'Lopes & Antelopes

at

Junior Varsity Girls
January 5
host Ralls
January 9
at Sundown

Junior Varsity Boys
January 5
at O'Donnell
January 9
host Slaton

Lady Lopes host Ralls Jan. 5
at Sundown Jan. 9
Antelopes at O'Donnell Jan. 5
host Slaton Jan. 9

Middle School Boys
Jan. 4,
host Idalou
Jan. 8
at Ralls

Middle School Girls
Jan. 4
at Idalou
Jan. 8
host Ralls

• Fred, Pam and Tandi Humble
• Joe, Sheila, Jodi, Ellen & Logan Gregory

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