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The Post Dispatch

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Who's going to build Post Lake?

By Wes Burnett
Questions about who will build the Post Lake and when went unanswered following an informal meeting last week between Garza County and Post city officials and White River Municipal Water District (WRMWD) manager Tommy O'Brien. Hosted by County Judge Giles W. Dalby, the meeting was designed to open up communication with WRMWD about the possibilities of

developing the lake site, which is located a few miles east of Post just north of U.S. Hwy 380.

Dalby presented a brief background about the proposed lake, explaining that WRMWD has held a permit to build the reservoir for more than 25 years. The most recent permit extension was granted in 1999, with construction to begin in 2002.

O'Brien fielded several questions about the project, explaining that the biggest issue for the WRMWD board of directors is the cost and how that cost would be recovered. O'Brien said that there hasn't been any indication of area cities interested in purchasing water from the lake.

Dalby said that the High Plains Underground Water District might be interested, especially since the Post Reservoir is included in the area water plan. Dalby also said that funding assistance might be available from the state legislature, which is expected to put a high priority on water development in the current session.

"I've talked to legislative leaders," Dalby emphasized, "and they

say that water is a critical issue and one that will get a lot of attention in Austin. If we are to be represented and have our voices heard, we've got to get going on this right away."

O'Brien pointed out that the most recent estimates of cost for building the reservoir are about \$48 million. "I just don't think the four cities which own White River are able to absorb that cost," he said.

O'Brien agreed that perhaps Abilene or other cities to the south might be interested, but that no contact had been made. He said he'd make some calls to see if there is interest.

The issue was to be on the next WRMWD agenda.

Attending the meeting were City of Post council members John Redman, Harold Craig and Juanita Pantoja, city manager Fred Stephens, city employee Delbert Rudd; city WRMWD representatives Bo Jackson and David Stelzer;

Commissioners Mike Sanchez and Lee Norman, county attorney Les Acker and county water board members Ronnie Graves, Dickie Wallace, Edwin Lewis and Ferrell Wheeler.

Post Notes

Schools out early Friday

All Post schools will release students Friday at 12:30 p.m. Buses will begin running at that time. There will be no school Monday, January 15.

Post Jr Basketball meeting Sunday

An organizational meeting for "Little Dribblers" will be held Sunday, January 14 at 4 p.m. in the Post ISD central office. Those interested in helping with this important youth sports program are urged to attend.

VFW stages dance Saturday

The Post VFW will host a dance Saturday beginning at 9 p.m. featuring "Texas Mesquite."

City-wide revival begins Sunday

A city-wide revival begins Sunday and continues through Friday. Rev. Mike Cleghorn is featured evangelist. The revival begins Sunday and Monday at the Lighthouse Christian Center, Tuesday at Calvary Baptist Church, Wednesday at the Church of God of Prophecy, and Thursday and Friday at the First United Methodist Church. Children's Ministry will be held evenings at Church on the Go for children ages preschool to 12 years. Evening services begin at 7:30 p.m.

Enchilada supper for ladies' retreat

An enchilada supper will be held Friday from 10 a.m. to 2 p.m. to assist funding for the Church of God of Prophecy ladies' retreat. The church is located at 602 W. 14th and are \$5 per plate.

Youth blood drive Saturday

A special blood drive to give youth the opportunity to help with critical shortages of blood will be held Saturday from 9 a.m. to 2 p.m. at the First Baptist Church fellowship hall. Rev. Keith Cooper is the coordinator of the event.

Dalby facility hosts blood drive

The Giles W. Dalby Correctional Facility is hosting a blood drive January 18 from 2 to 7 p.m. in the visitation room at the prison. Ruby Williams is coordinating the special blood drive.

Firemen stage chili supper Jan. 27

The Post Volunteer Fire Department's 5th Annual Chili Supper fund raising event will be held Saturday, January 27 at 6 p.m. at the fire department building. The chili supper is the only fund raiser conducted by the volunteer firemen. Cost for the supper is by donation only. Funds in the past have been used for purchasing equipment and assisting with medical bills for firefighters injured in the line of duty. Funds raised this year are marked for "Jaws of Life" equipment, by installing a hydraulic system in the rescue truck.

MAD DADS teen center hours

MAD DADS has announced new teen center hours which began in January. The center will be open Mondays, Wednesdays and Thursdays 3-5:30 p.m. and 7-10 p.m. and closed on Tuesdays. Friday hours are 3-5:30 p.m. and 7-12. Thursdays 7-10 p.m. will be at the Middle School gymnasium. The 3-5:30 p.m. teen center is open to all school aged children, and from 7-10 p.m. for middle and high school aged youth. Also on Wednesdays, middle and high school Fellowship of Christian Athletes (FCA) members will meet.

Willy Awards set for Feb. 10

The annual Garza Theatre Willy Awards program will be held Saturday, February 10 at the Post Community Center. The event includes meal and entertainment for \$15 per adults and \$10 for children five to 11 years old. Reservations for the Willy Awards may be made by calling the box office at 495-4005. The deadline for reservations is February 7.

Community blood drive set February 1

A community blood drive has been announced for Thursday, February 1 at the Post Church of Christ from 4 to 9 p.m. Contact Paul Jones for more details at 495-2946.

Elementary school yearbooks

Post Elementary School is now taking orders for the yearbook at \$15 each. The book will feature photos of students and numerous activities that take place throughout the year. The last day to order the book is February 2. Place orders at the elementary school office.

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.

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.



Garza County elected officials making their oaths of office last week are (left to right) Commissioners John Valdez and Lee Norman, Constable Daniel Yarbo, Sny Ratke, Tax Assessor Collector Jeanette Hodges and County Attorney Les Acker. Judge Giles Dalby administered the oaths in the January 2 event.

Taking office...

Johnny McGregor picked as new PHS principal

A replacement for retiring high school principal Joe Giddens was selected Saturday by trustees of the Post Independent School District.

Johnny McGregor, who has 29 years of educational experience, was tapped to serve as Post High School's next principal, according to Superintendent Dr. Bobby Bain.

"We feel very fortunate to have him," Bain said. "He's an outstanding young man, and he comes with outstanding credentials and outstanding references."

McGregor grew up in Sands and graduated from school there before attending Sul Ross State University. He earned his bachelor's degree at Texas A&M and master's degree from North Texas State and holds teaching certificates in chemistry, physics, biology and vocational agriculture.

Having worked in the Stanton, Forsan, Big Spring and Allen school districts, McGregor has 17 years of classroom teaching experience

and nine years of administrative experience. He has served as an elementary school principal, junior high school principal, high school principal and in assistant superintendent and superintendent roles.

McGregor and his wife are the parents of one son, a seventh grade student.

McGregor was one of about 25 applicants for the high school principal's position. Four individuals were interviewed by a committee composed of Alexa Collier, Post ISD board president; Brian Brownlow, middle school principal; Melvina Moore, high school teacher; and Bain. The committee narrowed the field to two finalists, who met with board members in a special called meeting Saturday for final interviews.

Bain said no formal timetable has been established as to when McGregor will begin working at the high school; however, district officials hope that possibly by mid-April the new principal can begin working with Giddens, whose retirement will be effective at the end of June.

Community responds to blood shortage

United Blood Services will be in town Saturday, Jan. 13, to accept blood donations from 9 a.m. to 2 p.m. at the Fellowship Hall of the First Baptist Church.

Individuals interested in donating may schedule an appointment by calling the Rev. Keith Cooper at 495-3554.

Supporters of the local effort are hoping area residents will begin the new year with a unique New Year's resolution — to become a volunteer blood donor.

Two-thirds of men and women over the age of 17 are eligible to donate, yet fewer than five percent of those healthy adults take the time to give blood. If each eligible individual would donate blood once in the year 2001, patients' needs would easily be met.

Since blood cannot be manufactured or synthesized and can be stored only 42 days, a safe and adequate supply must be available. Blood used by patients in the United Blood Services system is freely provided by volunteer donors, so there is no charge for blood itself. UBS charges a processing fee to recover the operational costs of the blood center, including the collection, testing, processing, storing and delivery of blood and blood components. Health insurance routinely covers this fee.

Giving blood takes just a few minutes and is virtually painless and safe. A person cannot get an infectious diseases by donating, and all materials used in the process are sterile and disposable. Everything is used once, then thrown away.

The donation process takes about 10 minutes. The donor relaxes in a chair while one unit, or about a pint, of blood is collected. After-

wards, the donor enjoys a light snack before resuming his or her normal routine.

Healthy individuals ages 17 and older may donate. Each donor receives a thorough pre-donation interview, including a review of medical history and check of temperature, pulse, blood pressure and iron level. After the blood is collected, it is typed and tested for diseases which could be transmitted to the recipient. Should any of those tests indicate the need for medical attention, the donor is notified.

Post ISD trustees meet Thursday

Trustees for the Post Independent School District will meet at 7:30 p.m. Thursday, Jan. 11, for their regular monthly meeting in the district's administration building.

Among items listed on the agenda are the consideration of specifications for roofing repair; specifications for lighting of the football field; and metal trim for the elementary school building. Also scheduled for consideration are several informational items and tasks pertaining to regular monthly business.

The board also is scheduled to go into a closed meeting to discuss several items, including Steven Moncrief, band director, high school staff vacancies for the upcoming school year, student transfer and substitutes. Any action deemed necessary on items discussed in closed session will be made in open session following the closed-door meeting.

Post City Radio

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Births

Ellen Marie Paiz

The Lord has blessed us with another rookie on our team. Ellen Marie Paiz was born November 18, 2000 at 8:37 am in Covenant Medical Center in Lubbock.

She weighed six pounds, seven ounces and was 18 and 1/2 inches long.

Proud coaches are Ted and Grace Paiz.

Team mates are Theo, Gabby and Tamisha Paiz.

Maternal grandparent is Alisha Foreman.



Ellen Marie Paiz

Dylan Davis Feagin

Reese Feagin of Lubbock, Texas is proud to announce the birth of his new baby brother, Dylan Davis Feagin.

He was born December 21, 2000 in Covenant Medical Center in Lubbock at 12:21 pm.

Dylan weighed in at eight pounds, 10 ounces and was 20 inches long.

Parents of the boys are Riley and Katina Feagin of Lubbock.

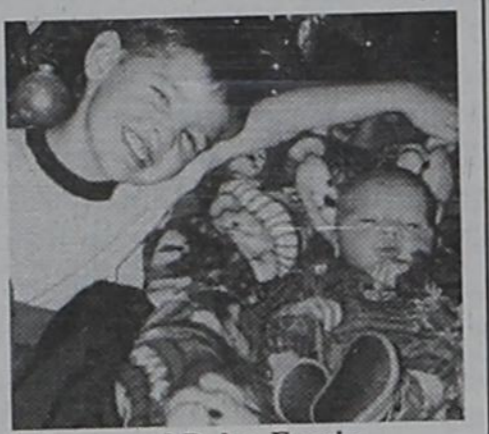
Maternal grandparents are Leslie and Linda Davis of Post.

Great grandparents are Juanita Justice of Lubbock and T.F. Davis of Post.

Paternal grandparents are Robert Feagin of Lubbock and Sally Feagin of Post.

Great grandparents are Damon and Markey Stotts of McAdoo, Texas.

Dylan is Leslie and Linda Davis' eighth grandchild.



Reese and Dylan Feagin

Karsyn Reed Slack

Skip, Kayla and Kyle Slack of College Station, Texas welcome the newest member of their family, Karsyn Reed Slack.

Karsyn was born December 29, 2000 at the College Station Medical Center. She weighed seven pounds, two ounces and was 19 inches long.

Her maternal grandparents are Janet Hall of Lubbock and Lonnie G. Peel of Post.

Great grandfather is Lonnie Peel of Post.

Her paternal grandparents are Lyle and Janice Slack of Abilene.



Mr and Mrs Chester Morris

Chester and Beatrice Morris celebrate 65th anniversary

Chester and Beatrice Morris celebrated their 65th wedding anniversary on January 4, 2001. They were married on Jan. 4, 1936 in Post, with Justice of the Peace M.E. Morris conducting the ceremony at his residence. "As far as I know," Chester commented, "M.E. Morris was not related to us."

Jr Morris and Verna Shepherd attended the wedding as best friends. Beatrice moved to Post with her parents Hal and Elizabeth Jones when she was 16 years old. The family moved here from Gonzales County.

Chester was born in Taylor County, and came to Post when he was two years old with his parents, W.C.W. Morris and Molly Oden.

Chester and Beatrice are parents to Ronnie of Clovis, Charles of Post, Shirley Ann Gravitt of Houston and Judy Guy of Lubbock. The anniversary couple have nine grandchildren and 11 great grandchildren.

Amity Study Club helps Trailblazers building

The Amity Study Club met Dec. 12 in the home of Ida Hudman for the group's annual Christmas party.

In lieu of gifts, members were asked to make a contribution to the Trailblazers building fund.

A delicious meal was served by hostesses Ida Hudman, Naomi Matsler, JoAnn Miller and Joy Dixon.

Other members present included Sandra Alexander, Pat Bilbo, Margaret Bull, Janie Davis, Suzanne Hudman, Edna Owen, Joy Pool, Kathy Rankin, Annie Sims, Marion Wheatley and Carolyn Sawyer.

The Post Dispatch

P.O. Box 490 - Post, Texas 79356 - 495-2816

Lunch Menus

Trailblazers

Monday, January 15

Chicken and dumplings, green peas, cauliflower w/ cheese, hot roll and pumpkin bars.

Tuesday, January 16

Brisket, new potatoes, okra, sliced tomatoes, biscuit, apricots and chocolate cake.

Wednesday, January 17

Spaghetti, Italian vegetables, waldorf salad, garlic bread and jello cheesecake.

Thursday, January 18

Catfish, potato salad, greens, sliced tomatoes, cornbread and pineapple cake.

Friday, January 19

Hamburger, zucchini, waldorf salad and banana pudding.

Post ISD

Monday, January 15

Breakfast: School Holiday

Lunch: Pancake on stick, fruit and choice of milk.

Lunch: Pizza, salad, corn, peach cup and choice of milk.

Wednesday, January 17

Breakfast: Malt-o-meal, toast, sausage, fruit, and choice of milk.

Lunch: Steak fingers, gravy, whipped potatoes, green beans, hot rolls, jello and choice of milk.

Thursday, January 18

Breakfast: Cinnamon roll, sausage link, fruit and choice of milk.

Lunch: Fajitas, onions & peppers, pinto beans, salad, cake and choice of milk.

Friday, January 19

Breakfast: Cereal, toast, fruit, grape juice and white milk.

Lunch: Sandwich, chips, salad, pickle spears, orange and choice of milk.

Southland ISD

Monday, January 15

Breakfast: French toast, bacon, fruit and milk.

Lunch: Beef stroganoff, cream potatoes, peas, cake and milk.

Tuesday, January 16

Breakfast: Scrambled eggs, toast, sausage, juice and milk.

Lunch: Western burgers, fries, beans, jello and milk.

Wednesday, January 17

Breakfast: Muffins, fruit and milk.

Lunch: Fried chicken, cream potatoes, green beans, rolls, pudding and milk.

Thursday, January 18

Breakfast: Cereal, Graham crackers, juice and milk.

Lunch: Chili cheese burritos, salad, beans, chocolate delight and milk.

Friday, January 19

Breakfast: Pancakes, sausage, juice and milk.

Lunch: Cheeseburgers, hamburger salad, fries, ice cream and milk.

Judy's Jabberin'

By Judy B. Bush

Well here we go with another new week. Are you still having a hard time with 2001. I've conquered that but I'm still writing the twelfth month. Go figure?

At least there is a big improvement in the weather. I have never been so happy to see brick! Downtown is a trip with ice on the bricks.

For Alison and Zachary

The whole family made a trip to Lubbock to attend two special birthday parties.

Our granddaughter Alison Quisenberry celebrated her third birthday at the home of her aunt and uncle, Megan and Stan Everett.

Megan and Stan have no kiddos right now and they may never have after yesterday. It was a small invasion to say the least. I'm quite sure it installed fear into their neighbors with about nine little ones with a big sugar high running in Megan and Stan's yard! But anyway, children and adults all had a great time.

After that party, we ventured on to Mr. Ghatti's to celebrate Zachary's fifth birthday. What an adventure! We were not the only family there celebrating, not by a longshot. I have never seen so many kids in my life or so much noise. But of course the kids loved it and the grandparents and great grandmother will survive.

Brag Pages

Grandparents, its time to do your yearly bragging!! Get your pictures in now for our Valentine edition. The charge is the same as last year, \$5 for 1 or 2 in a picture and \$5 for each additional after that, so pick out your favorite picture and bring it on down.

Miss Gladys

As many of you know, Gladys Blair is in I.H.S. of Lubbock. She has been there for several weeks and has about 2 and 1/2 mor weeks to go.

Now I know that she would love to hear from everyone so I'm sending her address your way so you can drop her a line and brighten her day.

Send your cards to: Gladys Blair, 1409 9th St., Lubbock, Tx. 79401 room # 205-A. Her phone number is 766-8405.

Attainable Resolutions for the New Year

1. Gain weight, at least 30 pounds.
2. Stop exercising, waste of time.
3. Procrastinate more. Starting tomorrow.
4. Get in a whole new rut.
5. Wait around for opportunity.
6. Create loose ends.
7. Not jump off a cliff, just cause everyone else did.
8. Get further in debt.
9. Not eat cloned meat.
10. Never make another New Year's Resolution!

Walls Christmas

Visitors in the Herb and Lois Walls home for Christmas dinner on December 23 were; Doug and Martha Jo Roberts, Jeff, Aimee and Kelsey Roberts all of Claude, Texas; Brad and Audra Roberts of Canyon, Texas; Dale, Tammy, Seth, Nathen and Austin Walls, Arnold and Irene Fry, Jayson, Jerri and Miranda Fry, Lucas, Jina Jo, D'Kota and Aisha Walls all of Post; Derek, Karen and Jada Walls of Crafton, Texas. Good friend Max Foster of Post. The most special guest, Pete Walls of Post.

All of the visitors were children, grandchildren, and great-great grandchildren of Herb and Lois. Only one grandson was missing, Jason Smith of Crafton, Texas. He is a 911 operator and had to be on duty.

Lois said there was lots of laughter, food, picture taking and visiting. I bet!

Thank you Lois so much for sending this in!!

Birthdays

Friday, January 12: no one!. Saturday, January 13: Justin Williams, Jarrett Bland, Casey Zachary, Mackenzie Parker, Dicky Odum, Pixie Grisham, Ashley Holly, Jeremy Short and James Burnett. Sunday, January 14: Hayden Benham, Susan Ferguson and Tyrone Jefferson, anniversary, Wayne and Mary Edwards. Monday, January 15, Jay Childers and Dianna Williams. Tuesday, January 16; Bill Pool, Amy Morris, my neighbor, Lola Mae Ledbetter, Marietta Pruitt, J.P. Ray and Bennie Wilks. Wednesday, January 17, Cole Easterling, Zachary Witcher, Melanie Morris, Melvina Moore and Sebrena Townsend.

Thursday, January 18; Jordon Curtis

Happy late birthday to John De La Rosa, Tuesday, January 9th.

Gonzales Holiday Visitors

Visitors in the Mike and Eva Gonzales home over the holidays were: Eva's brother and sister-in-law, Lee and Paula Collazo of Wealder, Texas; their daughter Lucy Collazo of Lubbock, Amanda Alinez, Steve Gonzales of Michigan and of course Danny and Susan Gonzales of Post and Linda and Tino Alinez and family, all of Post!

Thanks Eva for sharing your news.

Email (Thanks to Jerry Taylor!)

This if for my favorite nurse, Trish Metsgar

Subject: Be nice to nurses!
When you're hospitalized, it pays to be nice to your nurse, even when you're feeling miserable. A bossy businessman learned the hard way after ordering his nurses around as if they were his employees.

But the head nurse stood up to him.
One morning she entered his room and announced, "I have to take your temperature."

After complaining for several minutes, he finally settled down, crossed his arms and opened his mouth.

"No, I'm sorry," the nurse stated. "But for this reading, I can't use an oral thermometer." This started another round of complaining, but eventually he rolled over and bared his bottom.

After feeling the nurse insert the thermometer, he heard her announce, "I have to get something. Now you stay just like that until I get back!"

She left the door to his room open on her way out, and he cursed under his breath as he heard people walking past his door laughing.

After almost an hour, the man's doctor came into the room. "What's going on here?" Asked the doctor.

Angrily, the man answers, "What's the matter, Doc? Haven't you ever seen someone having their temperature taken?"

"Yes," said the doctor. "But never with a carnation!"

Till Next Week

That's all for this week. Keep smiling and may God bless each of you.

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Girl Scout cookie sale opens Friday

Girl Scouts from 18 surrounding counties will gather at JC Penney's in the South Plains Mall Friday from 8:30-8:30 p.m. to kick off the annual cookie sale.

Girls will participate in a number of activities, including learning marketing and selling techniques, goal planning, customer service, money management and financial tracking. In addition, there will be games and cookie samples for everyone on hand for the event.

Jan. 13 marks the first day cookies will be available to the public.

For the first time in nearly a decade, Girl Scout cookie boxes have a whole new look. Emphasizing the investment consumers make in a girl's future by purchasing the cookies, each box now reads, "You'd be surprised what a Girl Scout cookie can build: strong values, strong minds, strong bodies, strong spirit, strong friendships, strong skills, strong leadership, strong community."

Inside one of the new packages, consumers will find a new cookie called "Aloha Chips with Macadamia Nuts." This new cookie has a distinctive and exotic taste with its creamy white fudge chips and crunchy macadamia nuts.

The year's selection also includes the return of seven cookie favorites, including the popular Thin Mint, Original Samoa (caramel and toasted coconut), the Tagalong (layered peanut butter and chocolate), the Do-Si-Do (oatmeal peanut butter cremes), Trefoil Shortbread, Apple Cinnamon and Lemon Drops (crispy cookies with cream lemon chips).

Cookies may be ordered via fax at 806-748-0769 or by phone at 806-745-2855.

For more information, contact the Girl Scouts of Caprock Council at 745-2855.



Five generations celebrated the arrival of Dacia Lynn Hannel of Crosbyton last Thanksgiving. Joining in the event are (left to right) great-great grandmother Frances Tidwell of Post, Lorena Hannel (baby's mother) of Crosbyton, great-great grandfather Cecil Tidwell of Post, great grandmother Peggy Townsend of Abilene and grandmother Serena Voss of Post.

Kelci Hart named to ACU Dean's List

Kelci Alyse Hart was named to the Dean's Honor Roll at Abilene Christian University in Abilene.

Hart was listed to the honor roll for the fall 2000 semester at ACU, according to information provided by the university's registrar.



Tradition has it that students at Yale University were served apple pie at supper every evening for 100 years.

Neighbor to Neighbor

by Sara Stevens, 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!



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.

Minimum Tillage Workshop-DATE CHANGE

The Lynn/Garza County Minimum Tillage Workshop will be held in Tahoka January 20, 9-12 a.m. Three C.E.U.'s will be provided including one IPM and two 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., at the Dawson County Community Building in Lamesa. Five C.E.U.'s will be provided. Registration fee of \$15 is due by January 11 or \$20 at the door.

Shooting Sports Leader Meeting

There will be a District meeting for Shooting Sports Leaders/Coaches Monday, January 15 at 7:00 p.m. at the District Two Extension Center in Lubbock.

Garza County Jr. Livestock Show.....

.....will begin with weighing of animals Wednesday, January 17, 4-7 p.m. The Beef Cattle Show will be at 5:00 p.m., Thursday, January 18, followed by the Swine Show at 6:30 p.m. The Goat Show will begin at 6:30 p.m. Friday, January 19, followed by the Pee-Wee Goat Show, followed by the Lamb Show.

The Awards Ceremony will begin at 9:00 a.m. Saturday, January 20, followed immediately by the Sale and Appreciation Lunch. Everyone is invited to attend and support the youth in Garza County.

Pee-Wee Goat Show

Any youth 8 and under with access to a goat may enter the Pee-Wee Goat Show. Registration deadline is Friday, January 19 at the Extension Office. Fee is \$4.

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What doctors do to earn their pay

I think it is a safe assumption that most people think that doctors are all rich. You know, we get out of medical school and all of the sudden the big paychecks come rolling in. Fast cars, big houses, spoiled kids (money not required for that), and lots of time off for the pursuits of the rich and famous.

I know I am treading on dangerous ground here, but I just want to explain the reality of the deal. I am not, I repeat, I am not complaining! I thought it would be interesting to let you know just what I do in a typical day, and who pays me to do it.

Hospital rounds begin at 6:30 am. Often I go to more than one hospital, but mostly I spend time at UMC. I round alone, no entourage of medical students like on TV. I visit each patient and write a fairly detailed progress note in their chart. It's not sufficient to write stuff like, "Doing OK," because my fee (set by insurance companies and Medicare, not me) is based on that entry.

If Medicare thinks my documentation does not support the fee charged I can be fined \$10,000 per occasion. I get about 50 dollars for a regular hospital visit. This is what I get paid for making life and death decisions. For this low fee I refine my diagnosis and assess the patients response to treatment.

I talk to the families, fluff pillows, and throw in a little flattery, all for just fifty bucks. I spend an average of about twenty-five minutes on each patient. If I have patients in the two main hospitals, it takes about an hour and a half to see them both including travel time. Then it's off to the office to start the day officially.

My patient population is made up of about 20% Medicare, 70% managed care/insurance, and 10% self-pay. Of that, more than 60% of my appointments are Medicare. One-fifth of my total patient population takes up over half of my appointment times.

As you know if you have followed this column, I really enjoy taking care of this cohort of people. That will not change. Many physicians have stopped taking Medicare patients, though, due to the heavy documentation required and the punitive nature of those who "police" it.

It is sobering to realize that for the making of an honest mistake in documentation, even a clerical error, a doctor can be accused of FRAUD and get socked with that \$10,000 fine again. To paraphrase an old legislator, you get fined ten thousand here and ten thousand there and before long you're talking about some serious money!

Between eight o'clock in the morning and about six in the evening, I must see at least twenty-six people in order to break even for the day, expense wise. This assumes that I charge the average fee, supported with adequate documentation, and that the services rendered actually get paid for.

Managed care contracts pay anywhere from 40% and 80% of the fee charged.

That means everybody is getting at least a twenty percent discount. Every day is sale day in the medical field! No coupons needed! No one pays full price! Everything must go! It's like a furniture store going out of business! I am not quite sure how all of the fee schedules and managed care discounts are arrived at, all I know is that I don't have any say. Neither does the patient.

Sometimes it gets ridiculous. For example: There is a certain lab test performed called a PSA. It's a prostate cancer screening test that is recommended for men after age 50. The lab I use charges me about ten dollars to run the test. One of the major managed care groups only reimburses me four dollars per test.

I lose six dollars each time I order this mandatory cancer screen! I would save a buck if I paid each male patient five dollars to go get it run somewhere else. Of course, I don't.

The only way I can increase my income is to see more patients. Since I am not a surgeon who can operate for a substantial reimbursement or a subspecialist who can perform a costly procedure, I must increase my patient visits to generate revenue. The day is only so long.

I have learned that in this business, you don't get paid to think, you get paid to perform procedures. My biggest operative procedure is the removal of ugly moles and warts. While some expertise is required, it is not exactly in the "Red" Duke category of surgeries. It's fun, though, and you would think I was doing a heart transplant if you peeked in and saw me, all dressed up like a surgeon. Sometimes I even narrate to an imaginary gallery of students, "I will now begin the incision..."

After the last patient, my nurses and I take about an hour to make phone calls and tie up loose ends, figuratively. On the way home I stop by the hospital and follow up on tests or therapies done on my inpatients. I usually get home about seven or eight, or nine. This is an average day.

I am not a businessman. I did not become a doctor to get rich. It's a good thing. I am blessed to be able to live securely and can even be a little careless at times when it comes to spending. They don't just give it to me, though, I have to earn it. Like you! Thank you for spending this time with me.

Winston Whitt, MD

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American Heart Association

Obituaries

H.W. "Sam" Edwards

Services for H. W. "Sam" Edwards, 79, of Post, were held Monday, January 8, 2001 at 10:00 AM at First United Methodist Church in Post. The Rev. Buddy Payne, pastor officiated and the Rev. Marvin Gregory of the Tahoka First United Methodist Church assisted. Burial with Military honors was in the Terrace Cemetery under the personal care of Justice-Mason Funeral Home.

Mr. Edwards died on Friday January 5, 2001 at the Covenant Medical Center in Lubbock.

He was born on March 10, 1921 to H. W. (Buck) and Bertha Lee (Lindley) Edwards. He attended school at Grassland and graduated Tahoka High School. After graduation he attended Howard Payne College and then served four years in the Navy during WWII. After the war he attended Metropolitan Business School in Dallas. He married Maxine Lindley March 31, 1946 at O'Donnell and she died September 15, 1993. After marriage they made their home at Grassland and farmed. In 1960 moved into Tahoka and after retiring from farming, he served 11 years as Lynn County Justice of the Peace in Tahoka.

He moved to Post in 1998 and married Jeanette Bell on January 15, 1999 in Roswell, New Mexico. He served as temporary Justice of the Peace for Garza County and was a member of the First United Methodist Church of Post and the John Miller VFW Post 6797.

He is survived by Spouse, Jeanette Edwards of Post, two sons: Jack and wife Jan Edwards of Dimmitt and Jody Edwards of Lubbock, one daughter: Jill and husband John Baker of Canadian. Two Sisters: Laura Hoover of Tennessee and Louise Sewell of Houma, La. and six grandchildren.

Pallbearers were: Terry Bartlett, Lee Norman, Mark Kirkpatrick, Drew Kirkpatrick, Jim Plummer and Jimmy Redman.

Memorial are suggested to the Garza County Trail Blazers Building Fund, Post, Texas 79356.



Allen Nichols

Services for Allen Nichols, 69, of Lubbock were held at 2 p.m. Monday, Jan. 8, 2001, in the Hudman Funeral Home with the Rev. Mel Swoyer officiating. Burial followed in the Terrace Cemetery.

He died Saturday, Jan. 6, at Covenant Medical Center in Lubbock. Born Dec. 15, 1931, in Dickens, he married Doris Williams Nov. 4, 1954, in Lubbock. He worked for Phillips Petroleum for many years and was a Korean War veteran, having served in the Marine Corp. He was a member of Trinity Church.

Survivors include his wife, Doris, of Lubbock; three daughters, Debra Hill, Paula Estill and Pamela DeBusk, all of Lubbock; and five grandchildren.

City-wide revival starts Sunday

A city-wide revival featuring the Rev. Mike Cleghorn will be conducted next week at locations throughout the city.

On Sunday, Jan. 14, services will be held at 11 a.m. and 6 p.m. at the Lighthouse Christian Center.

Throughout the week, evening worship services will be at 7:30 p.m. at the following locations:

- Monday, Jan. 15 — Lighthouse Christian Center.
- Tuesday, Jan. 16 — Calvary Baptist
- Wednesday, Jan. 17 — Church of God of Prophecy
- Thursday, Jan. 18 — First United Methodist
- Friday, Jan. 19 — First United Methodist

A children's ministry will be conducted nightly at Church on the Go. The children's ministry will be open to youths ages preschool through 12 years of age.

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Golden Plains Care Center News

by Lora Yoder

What a wonderful month we had in the month of December. Let's start at the beginning and just work our way through.

Starting in the second week of December, we had the lovely young Jerika Tyler come and sing for us. Oh, my, can that girl sing, and then to follow it up we had the Spanish Club come in and with the help of our resident Bernice Gribble, sing to us in Spanish.

Lovely as it was, we could hear Faye Ogle and Carl Jones ask, "What did they just sing?" But all of the residents just had the time of it when the small children from First Baptist Church Christian School came in and sang some wonderful and memorable Christmas carols to us.

The smiles on Ruth Head, Ella Mae Jones, Carl Jones and Lela Smith's faces were just as memorable. And to top that off, the children went around and gave hugs and smiles to all of the residents. Children are such a thrill for all of the residents to have hugs and smiles from.

And then the Ladies Auxiliary came to our rescue again and brought in a ton of Christmas gifts for the residents to choose from and send to their families. We want to send a special thank you to them for that and all of the other wonderful events they do for us during the year.

And to top off the month — how else? A Christmas party that several residents are still commenting about. But oh, my goodness, let me tell you about the New Year's Day party they had. Willie Mae Dye and I had a horn-blowing contest, and I think she won. Spike and Callie Strofer were convinced that the 'champagne' (shhhh, everyone it was just fruit juice) was going to make them feel real good!

On a more personal note from here, we are really happy to open our arms and have Thelma Adams, Joe Williams and Bertha Isles join us here. But we are also very sorry to say that Ollie Floyd, Ruby Potts and Bill Thomas have gone home to our Lord's arms, although we miss them greatly.

And one more thing. I would like to introduce myself. My name is Lora Yoder and I have been delighted to have been given the position of the activity director here. I am looking forward to giving each and everyone of the residents fun and thoughtful activities to do during the year to come.

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Facts About The **BIBLE** *BY JOHN LEHTI*

IN THIS MODERN DAY AND AGE, WE HAVE BECOME USED TO LARGE SIZES—HUGE FOOTBALL PLAYERS, TOWERING BASKETBALL STARS, ETC. BUT WE STILL HAVE A LONG WAY TO GO IF WE WANT TO TOP WHAT THE BIBLE TELLS AS GIANT. THESE TWO SEVEN-FOOT BASKETBALL PLAYERS AND AN AVERAGE-SIZE FIVE-FOOT, TEN-INCH COACH PALE IN COMPARISON NEXT TO THE BIBLE'S GOLIATH.

WE LEARN IN I SAMUEL 17:4-7, THAT GOLIATH STOOD SIX CUBITS AND A SPAN. THE CUBIT BEING APPROXIMATELY TWENTY INCHES, A SPAN NINE INCHES, PUTS GOLIATH'S HEIGHT AT TEN AND A HALF FEET—A HALF FOOT HIGHER THAN THE BASKET WHICH HANGS TEN FEET ABOVE THE BASKETBALL COURT!

HOWEVER, THE SPY AND AGILE YOUNG LAD, DAVID—WHO, NOT BEING FULL-GROWN, COULD HARDLY HAVE STOOD MORE THAN FIVE FEET AT THE TIME (JUST HALF GOLIATH'S HEIGHT) TAUGHT GOLIATH AND THE WORLD A BIG LESSON—THAT NO MATTER HOW FORMIDABLE THE ADVERSARY, ONE CAN OVERCOME IF HE IS FILLED WITH COURAGE AND A FIRM BELIEF IN THE RIGHTNESS OF HIS CAUSE!

SAVE THIS FOR YOUR SUNDAY SCHOOL SCRAP-BOOK

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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 1, 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

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Church on the Go 111 N. Avenue I, 748-7623

Presbyterian
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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.

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What excuses will they now use?

by Jacob Hornberger

For years, Republicans have been telling us that they are the champions of free enterprise, private property, and limited government. When they gained control over both houses of Congress in the so-called Republican Revolution of 1994, they claimed that Democratic control over the presidency prevented Republicans from dismantling welfare-state departments, agencies, and programs, some of which dated back to the Franklin Roosevelt administration.

"If only we controlled the presidency and both houses of Congress," Republicans lamented, "we could truly start dismantling, rather than simply reforming."

Republicans no longer will have excuses. With control over both houses of Congress and the presidency, they will have the opportunity to do some serious revolutionizing in the form of dismantling, not reforming, departments, agencies, and programs of the federal government.

The coming two years provide a tremendous opportunity for libertarians to make some major breakthroughs in the advancement of liberty. But this will entail giving these people no quarter, no honeymoon, no grace period.

If Republicans are going to preach principles of free enterprise, private property, and limited government, their feet must be held to the fire with respect to the application of these principles. And that necessitates a strong, principled approach toward those who will now yield power over our lives and fortunes.

We intend to do our best to capitalize on this opportunity by redoubling our efforts toward the achievement of a truly free society. You should know that we intend to hit harder than ever, especially by strongly emphasizing the moral principles of freedom, because we remain convinced that that is the most effective way to achieve our ultimate goal of a free society. And we are developing new ways to accomplish this.

We believe you are going to be pleased with the intellectual and moral battle for liberty that we intend to wage during the coming year. Thank you for helping us wage it. We shall continue doing our very best to earn your vote of confidence.

Onward toward the achievement of liberty!
 Jacob G. Hornberger is President of The Future of Freedom Foundation **FREEDOM DAILY**. This is our monthly journal of libertarian essays on current events. For a one-year print subscription (12 monthly issues), send \$18 (or \$10 for the e-mail version). Check, VISA, or MasterCard accepted. Or order directly from the Subscribe and Support section of our website: <http://www.fff.org>.

Opinions



And thereafter, black slavery is alive

by Walter E. Williams

Black slaves are still available — just not in the United States. To make a purchase, you'd have to travel to the Sudan as Gerald Williams, Harvard University pre-med student, did in October 2000.

Slavery in the Sudan is in part a result of a 15-year war by the Muslim north against the black Christian and animist south. Arab militias, armed by the Khartoum government, raid villages, mostly those of the Dinka tribe. They shoot the men and enslave the women and children.

Women and children are kept as personal property or they're taken north and auctioned off. In Sudanese slave markets, a woman or child can be purchased for \$90. An Anti-Slavery International investigator interviewed Abuk Thuc Akwar, a 13-year-old girl who, along with 24 other children, was captured by the militia, marched north and given to a farmer.

The investigator reported, "Throughout the day she worked in his sorghum fields and at night in his bed. During the march, she was raped and called a black donkey." The girl managed to escape with the help of the master's jealous wife.

Williams visited the Sudan as part of an eight-person delegation sponsored by Christian Solidarity International (CSI), as well as the Boston-based American Anti-Slavery Group (AASG), have a stopgap mission of buying, at a cost of \$85 each, Christian African women and children whom Muslims capture and enslave.

AASG's purchase emancipates them. Williams' tales of Muslim atrocities are horrific. Six-year-old Mawien Ahir Bol failed to clean a goat pen in his master's satisfaction. The penalty: His index finger was cut off. Yak Kenyang Adieu's punishment for being too sick to tend to his master's goats was the loss of all fingers on his right hand.

Williams' trip freed, through purchase, these two boys and 20 other slaves. Should you be interested in learning more about slavery, the American Anti-Slavery Group's web site is: www.anti-slavery.com. Chattel slavery also exists in the former French colony of Mauritania, where it was officially outlawed in 1980.



The U.S. State Department estimated that as of 1994 there were 90,000 blacks living as property of Berbers. The Berbers use their slaves for labor, sex and breeding. They're also exchanged for camels, trucks, guns or money. Slave offspring become the property of the master. According to a 1990 Human Rights Watch report, routine Mauritanian slave punishments include beatings, denial of food and prolonged exposure to the sun, with hands and feet tied together.

Serious infringement of the master's rule can mean prolonged horrible tortures such as the "insect treatment" — where the slave is bound head and foot, and insects placed in his ears and other body orifices — and "burning coals," where the slave is bound and buried with hot coals placed on parts of his body.

American Anti-Slavery Group says, "Most distressing is the silence of the American media whose reports counted for so much in the battle to end apartheid in South Africa." Only recently, and thankfully so, have mainstream black organizations such as the Congressional Black Caucus and the NAACP taken a stand against chattel slavery in Mauritania and Sudan.

At one time Minister Louis Farakhan simply denied that his brother Muslims could perpetrate such an injustice, but now he's quietly accepted the evidence. Jesse Jackson remains silent. Slavery is not the only African injustice that goes practically ignored.

There's the frequent outbreaks of genocide in Rwanda, Burundi, Liberia and the Congo. In fact, it's fairly safe to say that most of today's most flagrant human rights abuses occur in Africa.

But unfortunately they get little attention — maybe it's because Africans instead of Europeans are the perpetrators; Europeans are held accountable to civilized standards of behavior, while Africans aren't.

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 questions that are never asked about tax liens

by Vin Suprynowicz

We were asking whether the bookkeepers at Edgewater Technology in Wakefield, Mass. — who had informed co-worker Michael McDermott they intended to start sending his paycheck to the IRS this week based on receipt of a government "Notice of Intent to Levy," and many of whom subsequently paid a tragic price for their ignorance when said 42-year-old misfit quite wrongfully shot and killed them in their workplace the day after Christmas — were aware that IRS "notices of intent" to seize paychecks or bank accounts are not legally binding unless accompanied by a court order signed by a judge.

Did those now-deceased bookkeepers bother to ask why "paragraph A" of the legal code citation is always deleted from the "authorizing" fine print on the back of the IRS' standard "seize-his-paycheck" Form 668W (it starts with "paragraph B") — the reason being that paragraph A specifies that said law authorizes the use of such onerous methods only against employees of the federal government?

Here it that carefully deleted paragraph: "Levy and distraint. TITLE 26, Subtitle F, CHAPTER 64, Subchapter D, Sec. 6331

STATUTE: (a) Authority of Secretary

"If any person liable to pay any tax neglects or refuses to pay the same within 10 days after notice and demand, it shall be lawful for the Secretary to collect such tax (and such further sum as shall be sufficient to cover the expenses of the levy) by levy upon all property and rights to property ... belonging to such person or on which there is a lien provided in this chapter for the payment of such tax. Levy may be made upon the accrued salary or wages of any officer, employee, or elected official, of the United States, the District of Columbia, or any agency or instrumentality of the United States or the District of Columbia, by serving a notice of levy on the employer (as defined in section 3401(d)) of such officer, employee, or elected official. ..."

(See web site www.getawarrant.com — which contains a citation from Clark County, Nevada Magistrate Victor Miller's historic opinion in "Williams vs. Boulder Dam Credit Union.")

Furthermore, the U.S. Supreme Court in its 1917 alimony decision in Gould vs. Gould, 245 US 151, (<http://caselaw.lp.findlaw.com/scripts/getcase.pl?court=us&vol=245&invol=151>) ruled:

"In the interpretation of statutes levying taxes it is the established rule not to extend their provisions by implication beyond the clear import of the language used, or to enlarge their operation so as to embrace matters not specifically pointed out. In case of doubt, they are construed most strongly against the government and in favor of the citizen."

This means that, for instance, the word "includes" in a tax law is a "term of limitation" — it means "includes only."

Thus, the paragraph above means paycheck and bank account levies can be made only against "any officer, employee, or elected official, of the United States, the District of Columbia, or any agency or instrumentality of the United States or the District of Columbia."

Furthermore, under Title 26, United States Code, the Social Security tax is imposed in chapter 21, subtitle C, in which Section 3121 defines

"employment" as "any service, of whatever nature, performed (A) by an EMPLOYEE for the person employing him, irrespective of the citizenship or residence of either, (1) WITHIN THE UNITED STATES" ... and then continues in Section 3121(e)(2) to declare that, for purposes of this specific statute, "The term 'United States' when used in a geographical sense includes the Commonwealth of Puerto Rico, the Virgin Islands, Guam and American Samoa."

"Includes only."
 How can this be?

"The FICA tax is administered by the IRS as if it were a direct tax on individuals," responds Gordon Phillips of the tax education group Inform America (www.informamerica.com)

"To be constitutional, any direct tax on individuals must be imposed by law only outside the 50 states of the Union; i.e., only in the four island possessions ... despite the IRS' deception of the public into falsely believing the tax applies within the 50 states of the union."

So, under the bizarre definition of "United States" adopted to purposely mislead us in this part of the Internal Revenue code, it would appear neither Michael McDermott, nor most of the rest of us, live in "the United States" as defined for this section — or thus fall under its requirements.

In addition to which, Mr. Phillips points out, the tax regulations to enforce the aforementioned paycheck seizure statute — applying only to federal employees — are not promulgated under 26 CFR (the Code of Federal Regulations for Title 26 "Internal Revenue Code"), but instead appear in 27 CFR ("Alcohol, Tobacco and Firearms"), meaning the provision "applies only to taxes due on those excise taxable products, anyway."

"None of us in the tax education division of the constitutional revival movement have ever heard of any recrimination or retribution whatsoever befalling the plucky participating employer" (who voluntarily applied for and chooses to use an Employer Identification Number) "who dishonors — that is to say, refuses — a 'Notice Of Intent To Levy' based on the IRS' failure to include the Warrant of Distraint — the court order as required by law before the government can take the property of a citizen," Phillips goes on.

But, "Ninety-nine percent of all American employers are, as are most loyal Americans, deeply chicken ..." Phillips continues. "Upon receiving the bogus 'levy,' they drop their pants to their ankles, snap briskly to

attention, smartly salute the IRS and, fearing that they may be audited for failure to comply, begin shoveling the hapless worker's daily bread to the government as fast as their busy little fingers can cut the checks to the IRS. Can you spell 'due process'?"

Yet is any reporter calling the IRS today, asking them "How do you feel about the outcome of your purposeful misapplication of the tax laws in the case of Michael McDermott of Wakefield, Mass.? Is it true that the suspect Mr. McDermott was under no legal obligation to apply for a Social Security number or fill out a so-called 'W-4' form, in order to take a job in one of the 50 states, in the first place? That he may well have been self-assessing himself for the income tax in error?"

"When the employer's bookkeeper called and asked you what to do about your seize-the-paycheck notice — the notice you sent out which led directly to these seven deaths, without telling them you're only authorized under that statute to seize paychecks of federal employees — did you point out to them it's not valid or binding without a signed court order? Do you have that court order and could you show it to us, today?"

Of course not. Questions like these are never asked.

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 www.thespirtof76.com/wacokillers.html.

Vin Suprynowicz, vin@lvj.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. Mencken



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www.tcrf.com

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"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.



Kelly Moore (21) grabs a rebound for the Post Lady Lopes in the opening district contest here last week against Ralls. Em (25) joins in the action. (Photo by Jerry Taylor)

Lady Lopes win first district game

The Post Lady Lope basketball team opened up district play last Friday night with a convincing 62-34 win over the visiting Ralls Lady Rabbits. Emily Smith led the Lady Lopes with 20 points in the contest.

Other scoring came from Kenda Looney (10) and Manuela Hernandez (10), followed by Yvonne Lopez (7), Meagan Mills (6), Kelly Moore (5) and Davida Gregory (4).

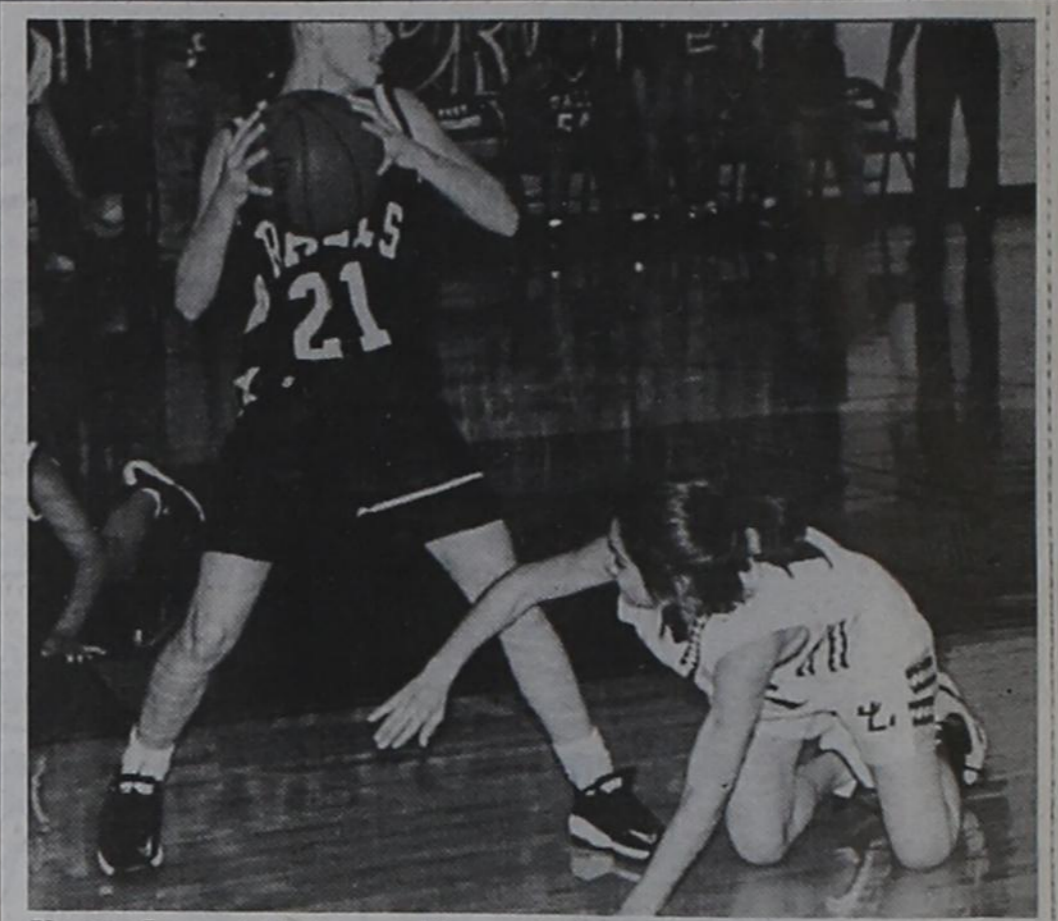
At the Crosbyton tournament, the Lady Lopes took third place following wins over Spur and Memphis, but losing to Guthrie.

In the opening game, the Lady Lopes hammered Spur 62-31, with Looney and Hernandez leading the scoring at 12 points each. Others scoring included Gregory (9), Mills (8), Lopez (7), Vondi Gradine (6), Moore (5) and Smith (3).

In the 57-43 loss to Guthrie, Looney and Gregory shared scoring honors with 11 each, followed by Mills with seven, Hernandez and Smith with five, and two each by Moore and Lopez.

Memphis was no match for the Lady Lopes as they took a 51-38 win to capture third place. Looney hit for 13 points, followed by Gregory with 11, Hernandez at 10, six by Lopez, five for Mills, four by Moore and two by Smith.

The ladies take on Tahoka Friday here for the second district matchup. The game will be broadcast live on Post City Radio, Classic Cable Channel 12 beginning at 6:30 p.m.



Yvonne Lopez (right) scrambles on defense for the Lady Lopes in their victory here last week against Ralls. (Photo by Jerry Taylor)

7th grade boys slip to Idalou

Post Middle School's seventh grade boys team dropped their district record to 2-3 with a 41-20 loss last week to Idalou.

Idalou dominated scoring throughout the game, jumping ahead 13-6 at the close of the first period. In the second quarter, Idalou scored 10 and held the 'Lopes to a single point. Post pushed hard for a comeback last two quarters of the game but the team was unable to overcome the Idalou lead established early in the contest.

Sterling Smith led scoring for Post, posting 11 points. Eric Reyna had four points, Braden Bratcher and Jace Pollard each had two points and Kenny Garay had one point in the game.

8th grade boys edge Idalou

Post Middle School's eighth grade boys team squeaked past Idalou last week in a 24-22 game.

Post fell behind early in the contest, with Idalou leading 9-0 at the close of the first quarter, but the 'Lopes dug in and dominated scoring in the remaining quarters. The third quarter was particularly successful for the team as they scored 11 points and held Idalou to four.

Tony Garay led Post in scoring with nine, followed by Josh Grisham with eight points, Randon Blacklock with five points and Josh Hair, two points.

JV girls continue winning

Post High School's junior varsity girls basketball squad was sporting a 12-1 season record and a 1-0 district record last week following their 44-30 win over Ralls.

The Lady 'Lopes jumped out to an early lead in the game, outscoring their opponents 9-2 in the first quarter. Ralls came back to try and level things out in the second quarter, but Post continued to lead scoring in both the second and third quarters. In the fourth quarter, Ralls outscored the Post team 14-11, but the Lady 'Lopes were able to hang on for the win.

LaRinda Ledbetter posted 22 points in the game, followed by Jessica Mason with 10, Terri Curtis with seven, Jennifer Reiter with three points and Jerica Tyler, two points.

"LaRinda played a great game to start district off with a win," said Coach Christi Daily. "It was a great team effort."

Prior to the holiday break, the team defeated O'Donnell by a score of 38-29 in a game played Dec. 15.

Mason led scoring in that game with 17 points, followed by Angela Hester with six points, Curtis and Amanda Workman with five points each, Regina Collazo and Ledbetter with two points apiece and Tyler, one point.

On Dec. 14, the team defeated New Home by a score of 53-31.

Ledbetter topped scoring in the contest with 17 points, followed closely by Mason with 16 points. Others adding to the Lady 'Lopes' total were Collazo with nine points, Hester with six points, Tayler Starkey and Heather Palmer, two points each, and K'Leigh Babb, one point.

The squad defeated Spur 35-30 in a game played Dec. 12.

Ledbetter led scoring with 12 points, followed by Collazo with 11 points, Mason with eight and Curtis with four.

JV boys drop one to O'Donnell

Post High School's junior varsity boys squad dropped a close game to O'Donnell last week by a score of 41-32.

The game was tied 8-8 at the close of the first quarter, but O'Donnell scored 12 points to Post's four in the second quarter. Post topped scoring in the third period, but O'Donnell came on strong in the final period to hang on to its lead.

Kenny Ratke and Ty Mason each scored eight points in the game, while Hector Reyna put a total of six points on the board. Brice Easterling and Noah Gutierrez scored four points each, and Francisco Duran added two points to the 'Lopes' total.

Antelopes gear up for district

The Post Antelope varsity basketball team opens up district competition Friday evening here against Tahoka, and coach Dane Vickers believes the 'Lopes have a shot at the title.

"Just about every team in the district is on the same level," Vickers observed. "If we take advantage of our home court, and pick a couple of wins on the road, we've got a good chance." Vickers added that a big key is rebounding and free throws.

In recent games, the Antelopes lost to Petersburg and Anton at the Crosbyton tournament, beat Spur and then lost to O'Donnell last week. "It's been a bit of problem not having our point guard on the court," Vickers explained. Mitchell Mills, who is the leader in bringing the ball into play at point guard, has been sidelined with a fractured hand and is not expected to see action for a couple of weeks.

"The cast came off last week," Vickers added, "but he can't see action for a while."

Meantime, Jarrett Vickers has been handling the inbounding duties, playing out of his normal position.

In the 48-33 loss to Petersburg, Michael Huff and Justin Norman led the team with eight points, followed by Tyrone Jefferson with seven and four each by Clinton Curtis, Raul Ortiz and Vickers.

The 'Lopes won their second game at Crosbyton, beating Spur 44-29, with Huff getting 15 points, followed by Jefferson with 10, Vickers at nine, Norman with three and Curtis with one.

In the consolation game Anton slipped by the 'Lopes 47-42 with Jefferson hitting for 16 points. Huff picked up eight, Ortiz got six, Vickers got five, while Curtis got three and two each were credited to Brody Robertson and Norman.

Huff led the team in the 61-47 loss to O'Donnell, followed by Ortiz and Curtis with eight, Vickers and Norman with six, four by Robertson, three by Jefferson and one by John Eilenberger.

The Friday night game will be broadcast live on Post City Radio, Classic Cable Channel 12.

Post City Radio

Post Lady Lopes & Antelopes Basketball
LIVE Fridays - Classic Cable Channel 12
www.postcityradio.net



Meagan Mills brings the ball downcourt for the Post Lady Lopes in the win over Ralls here last week. (Photo Jerry Taylor)

8th grade girls dominate Idalou

Post Middle School's eighth grade girls squad dominated Idalou's A team last week, slapping a 48-6 loss on their opponents.

Nikki Norman logged 15 points in the game, followed by Logan Gregory with 10 points. Donae Dalby and Patricia Hester each scored six points, Meagan Hoover had five points, Kaycee Gorman had four points and Kristy Shifflett scored two points.

The win put the team's record at 7-1 for the season.

Post Lady 'Lopes & Antelopes

at

Lady Lopes and Antelopes
host Tahoka Jan. 12
at New Deal Jan. 16

Junior Varsity Girls
January 12
host Tahoka
January 16
at New Deal

Junior Varsity Boys
January 12
host Tahoka
January 16
at New Deal

Post City Radio

Fridays - Lady Lopes & Antelopes
LIVE
Classic Cable Channel 12

Middle School
7th Grade Boys
Jan. 11-13 at
CTK Tourney
7th & 8th
Jan. 15 host
Sundown

Middle School
7th Grade Girls
Jan. 11-13 at
CTK Tourney
7th & 8th at
Sundown
Jan. 15

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

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Cooking Corner Tips To Help You

Chocolate Pudding Cake—Easy As Child's Play

(NAPS)—Want to surprise someone special with a really delicious and nutritious treat? Try this rich, delightfully tasty chocolate pudding cake. Here's a "make and bake" in one pan dessert that children of all ages can stir together and proudly say, "I made it myself!" From the simple ingredients of figs, cocoa powder, flour and sugar, comes a moist, chewy, brownie-like cake that sits atop a creamy layer of pudding. For the perfect end to a perfect day, serve Figgy-Fudgey Pudding Cake warm with a spoonful of vanilla ice cream or frozen yogurt and a hug that says, "You're the best." Not only will you be showing how much you care, but you'll be proving it by serving a dessert that's low in fat and chock full of tender, sweet California dried figs.



A new delightfully special chocolate pudding cake that's as delicious as it is nutritious. It's so easy—you make and bake it all in one pan.

- 1/2 cup milk
- 1/2 cup butter, melted
- 1 1/2 teaspoons vanilla extract
- 1 cup chopped Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna Figs
- 1/2 cup semisweet chocolate morsels, optional
- 1/4 cup chopped, toasted pecans
- 3/4 cup packed light brown sugar
- 1/4 cup unsweetened cocoa powder
- 1 1/4 cup hottest tap water

Heat oven to 350°F. In ungreased 8- or 9-inch square pan, stir together flour, sugar, 3 tablespoons cocoa powder, baking powder and salt. With fork, blend in milk, butter and vanilla until smooth. Stir in figs, chocolate morsels and pecans. Sprinkle brown sugar and remaining 1/4 cup cocoa evenly over top. Pour hot water evenly over top. Do not stir. Bake for 35 to 40 minutes, until sauce forms on bottom and cake on top is set. Cool for 15 minutes. Serve in dessert dishes, spooning sauce from bottom of pan over each serving. Top with ice cream or whipped cream and fresh raspberries, if desired. Makes 9 servings.

heart-healthy, nutritious diet. For more nutrition information and free recipes, contact Valley Fig Growers at P.O. Box 1987, Fresno, CA 93718-1987 or via the internet at www.valleyfig.com.

FIGGY-FUDGEY PUDDING CAKE

- 1 cup all purpose flour
- 3/4 cup granulated sugar
- 3 tablespoons unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/4 teaspoon salt



Post Junior Varsity Lady Lopes display the Sands Tournament Trophy following their championship win recently. Team members are (back row, left to right) LaRinda Ledbetter, Angela Hester, K' Leigh Babb, Amanda Workman, Regina Collazo, Kenda Josey, Jessica Mason, Tana Starkey, (front) Taylor Starkey, Jennifer Reiter, Jerica Tyler and Teri Curtis. (Photo by Bruce Ledbetter)

7th grade girls win

Post Middle School's girls 7th grade A team slipped past Idalou last week in a 26-21 game.

Jenee Lott led scoring for the Lady Lopes, putting six points on the board. Rosanna Orona had five points and Courtney Copeland and Sunnie Barbosa each had four points. Laurel Tatum had three points and Alana Zubia and Ashley Powell each scored two points.

Health Hints

New Perspectives On Caffeine And Headache

(NAPS)—Caffeine has been enjoyed by millions of people around the world for centuries. In one form or another, the average American consumes about 200 to 300mg of caffeine per day, and many say caffeine helps energize them and perform at their peak. What many people may not know is that caffeine has been used to help treat headaches for many years. Caffeine has also been added to prescription and over-the-counter pain relievers to boost their efficacy.

But how much caffeine is too much? Can people who regularly consume caffeine in the form of coffee or cola still use a "caffeinated" pain reliever without overdoing it? To help answer questions like these, the National Headache Foundation, a nonprofit organization that provides information to headache sufferers and promotes headache research, asked a panel of medical experts to examine the published material on the relationship between caffeine and headache. This panel agreed with published studies that show caffeine, when combined with aspirin and acetaminophen, enhances the pain-relieving power

of these over-the-counter headache medicines—by up to as much as 40 percent. In addition, the panel reviewed safety data and concluded that caffeine, when used properly, is not addictive and poses no health risk for most people.

According to Jerome Goldstein, MD, director of the San



Caffeine reduces blood flow and may ease the pressure associated with certain headaches.

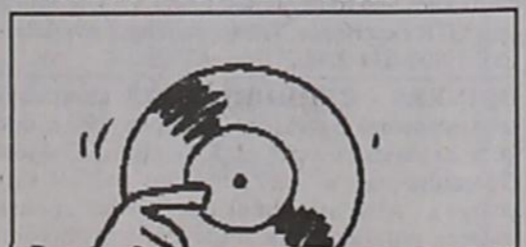
Francisco Headache Clinic and chair of the expert panel, caffeine offers another benefit. "Because medications that contain caffeine work faster, there is less likelihood that people will need to take more of the medicine, and the risks of unwanted side effects are reduced."

To help consumers understand these findings, the National Headache Foundation has developed a new information brochure, "New Perspectives on Caffeine and Headache," that offers new ways to help people understand the relationship between caffeine and headache and help them make a well-informed decision about treatment. Consumers can also learn ways to measure their caffeine consumption and gain a better understanding of the role caffeine plays in treating headaches.

"We wanted to bring consumers the opinions of experts to help them make the right decisions about treating their headaches," says Suzanne Simons, executive director of the National Headache Foundation. "Our hope is that the findings of this panel and the information in the brochure will help eliminate any confusion headache sufferers may have regarding what triggers their headaches and how to treat them."

The "New Perspectives on Caffeine and Headache" brochure addresses the science behind caffeine's headache-fighting properties. By increasing the production of stomach acid, caffeine helps the body absorb headache medicines more quickly. Caffeine also constricts certain blood vessels, which reduces blood flow and eases pressure associated with certain headaches, such as painful migraines. The brochure offers a quiz that helps people determine how much caffeine they consume on a daily basis, a list of the most common sources of caffeine and a chart to gain a better idea of their weekly caffeine intake. Common questions about caffeine are also addressed, such as:

- Can I become addicted to caffeine?
 - What happens when I stop consuming caffeine?
 - How can I avoid rebound headaches and caffeine withdrawal?
- To order a copy of "New Perspectives on Caffeine and Headache," call the National Headache Foundation at 1-888-NHF-5552.



In the 1890s the Victor Talking Machine company of Camden, New Jersey introduced the first flat phonograph record.

NEWS

FOR OLDER AMERICANS

Bill Asks Fairness For Notch Babies

(NAPS)—Cautious optimism. That's the approach a group of seniors called Notch Babies are taking to a legislative proposal.

Notch Babies is the term used to describe Social Security recipients who were born from 1917 through 1926. As a result of vari-



Social Security recipients born from 1917 through 1926 are described as Notch Babies.

ous changes in Social Security policy in 1977, this group of older Americans receives less in Social Security benefits than those born before and after them.

According to Michael Zabko, Executive Director of TREA Senior Citizens League, "Many of those born during the Notch years receive as much as \$200 less in benefits each month than those with a similar work history." Said Zabko, this group is also among the hardest hit by rising drug costs.

Currently, the League is promoting a legislative proposal called the "Notch Fairness Act." The bill would direct a portion of the federal government's budget surplus toward the needs of Notch Babies.

According to Zabko, the League urges seniors who want to voice an opinion on this, or any other piece of legislation, to contact their elected officials.

For more information, send \$1 for shipping and handling to TSCL, Dept. N944, N. Washington St., Suite 300, Alexandria, VA 22314 or visit the Web site at www.tscl.org.

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.
—William James

The whole secret of the study of nature lies in learning how to use one's eyes.
—George Sand

Deadline News and Classified Tuesday Noon

Sheriff reports 16 arrests

Sixteen individuals were booked into the Garza County Jail in recent days, according to records supplied by the sheriff's department.

On Dec. 29, three males, ages 35, 49 and 32, were picked up on warrants. On that same date, a 30-year-old male was arrested for driving while license suspended.

Dec. 30 saw three individuals arrested for driving while intoxicated, including a 60-year-old male, a 40-year-old male and a 21-year-old male. A 28-year-old male was arrested on the same date for possession of marijuana/under two ounces.

One arrest was made on the last day of the calendar year. A 26-year-old was arrested on charges of theft by check.

On New Year's Day, a 21-year-old male was picked up for driving while license suspended.

Two individuals were jailed on Jan. 4, including a 20-year-old male for possession of a controlled substance and a 46-year-old male for public intoxication.

A 41-year-old female was booked for DWI on Jan. 5.

Three individuals were jailed on Jan. 6, including a male, age unlisted, for DWI; a 39-year-old male for DWI and a warrant; and a 41-year-old male for public intoxication.

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ADA recommends weight loss ideas

After the holidays, many people look forward to a new year full of new goals and dreams and hope to weigh a few pounds less than the year before. But, with hundreds of fad diets and different ways to measure the "ideal body weight," it can be hard to know if you need to lose weight and how to lose it safely.

According to the American Dietetic Association (ADA), ideal body weight is two-fold: what weight is healthy for you and what weight you can maintain.

The ADA suggests that healthy body weight be determined by measuring the amount of weight that is fat versus the amount that is muscle and whether you have a health-related problem such as high blood pressure or diabetes. If there is no definition at your waist or in your legs when viewed in the mirror, you are probably carrying extra body fat.

Kelly Loughlin, R.D., a dietitian on staff at Covenant Health System, offers three easy steps for those that

want to safely lose weight:

- Accept that no one can lose the weight for you. You must lose the weight for yourself and no one else. The ultimate responsibility for your weight is yours, but seeking support from friends, family, groups or professions can help with weight loss efforts.
- Get a grip on reality. Keep a food diary to keep track of what you are actually eating. You may be eating 3,000 to 4,000 calories a day.
- Be consistent. Cutting out that extra soda and walking 20 extra minutes can help cut back on 250 calories a day.

Covenant will offer a "What are you WEIGHTING for?" class, with sessions set for 6-7:30 p.m., beginning Monday, Jan. 22, and 5:30-7 p.m., Tuesday, Jan. 23. Classes will be held at the LifeStyle Centre, located on the sixth floor of the East Parking Garage, 21st Street and Joliet Avenue. Cost is \$75. Call 806-725-4386 to register.

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.

Emergency Response Team thanks

I would like to thank everyone involved for their help during the recent Severe Winter Storm. I want to say a special thanks to Jayson Fry for assuming my responsibilities as Emergency Management Coordinator. I would like to thank Judge Dalby for accepting my request for Jayson to fulfill my duties. I was stranded in Farmington, New Mexico during Christmas and missed the excitement in Post. I was in almost constant telephone contact with Jayson and several other people in Post keeping up with how things were going.

The Red Cross was contacted for a supply of cots and blankets but was not able to deliver them because of dangerous road conditions. It was at this time the Authorities and Volunteers in Garza Co. all worked together to make the best use of local available resources.

I have a long list of people to thank so let me start with Sheriff Ratke, his deputies and dispatchers, local Department of Public Safety Troopers, the Constables and TxDOT all did a very good job controlling the situation.

other very important assignments: Bobby Smith, Lee Norman, Delbert Rudd, Buddy Payne, Jeremy Payne, Allan & Pixie Grisham, Ray Bagby, Linda Couch, Paul Jones, Rodney Tidwell, Cain Abraham, Wendy Mathews, Jan Boles and Ryan Braim received and distributed blankets to each shelter.

Jan and Ryan also contacted stranded motorists in their cars in Post and directed them to shelters. Additional blankets were received from several local residence Nita Tidwell and Edna Smith are the only names I have. Danny and Susan Gonzales provided additional ice chest. Thanks Irene for fielding some of my early morning phone calls. I'm sorry if I have left anyone out it is not intentional.

I can truly say I am very Impressed and Proud of the citizens of Post and Garza Co. for all working together to make our unexpected visitors welcome in their time of need.

Arnold Fry
(Garza Co. Emergency Management Coordinator)

Another travelers says thanks

We were among the 150 travelers stranded in Post on Christmas night. We were given a place to sleep at the Church of Christ and were treated to breakfast by the fine folks that work for Garza County. We understand that the Baptist and Methodist Churches also housed guests.

Thanks so much for extending to us such wonderful kindness and love.

We will never forget the blessings you were to us on Christmas night 2000. God bless you everyone!

With fond regards,
Dave and Shirley Gilchrist

A wise man gets more use from his enemies than a fool from his friends.
—Baltasar Gracian

How can smokers kick the habit?

Stopping smoking is always a common resolution for the New Year, but not everyone reaches that goal. How can people make this year different?

Covenant Health System will offer the American Cancer Society Fresh Start Tobacco Cessation Class from 7-8:30 p.m. beginning Monday, Jan. 15. The class will consist of four sessions, meeting on Mondays and Wednesdays for two weeks, at Covenant Medical Center-Lakeside's DeVitt Room, 4000 24th St.

The course is designed to help participants stop smoking by emphasizing cessation as a two-part process: stopping and staying stopped. The group and facilitator

will address ways to stop smoking as quickly as possible, and teach new techniques for ending the physical and psychological need to smoke.

Combining the class with other techniques used in stopping smoking statistically improves the chances of success, said P.J. Mann, R.N., D.S.N., court instructor.

"People have been more successful at stopping tobacco use when they combine Zyban therapy, nicotine gum or patch and a support group," she said.

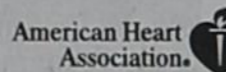
Fresh Start is free, and space is limited. To make a reservation or for more information, call Covenant's LifeStyle Centre at 806-725-4386.

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Get Prenatal Care Early
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Confidential

Garza County Combined Statement of Cash Position For Quarter Ending 12-31-2000

FUND	DEMAND DEPOSIT	CD'S	OTHER INVESTMENTS	TOTAL FOR FUND
GENERAL	122,038.71	0.00	121,699.16	243,737.87
R&B #1	8,080.72	0.00	2,763.20	10,843.92
R&B #2	26,590.57	0.00	8.75	26,599.32
R&B #3	13,033.53	0.00	30.39	13,063.92
R&B #4	6,320.50	0.00	10,304.23	16,624.73
ADA TEXPOOL	0.00	0.00	100,651.95	100,651.95
VOTER REG	1,142.36	0.00	0.00	1,142.36
LANDFILL	201.28	0.00	55,999.03	56,200.31
TOTALS	177,407.67	0.00	291,456.71	468,864.38

I hereby certify the above to be true and correct.

Ruth Ann Young
Ruth Ann Young, Garza County Treasurer

Giles W. Dalby, Garza County Judge

Lee Norman, Commissioner Pct #1

Mason McClellan, Commissioner Pct #2

John Valdez, Commissioner Pct #3

Mike Sanchez, Commissioner Pct #4

ATTEST: Jerry Hays, County Clerk

Sworn to and subscribed before me on the 5 day of January

LU ANNE TERRY
Notary Public, State of Texas
My Commission Expires 10-23-2001

Lu Anne Terry, Notary Public

Grandma Brag Pages Feb. 8, 2000



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The Post Dispatch

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ACROSS

1 with 26-down, another state with a Huntsville

5 TXism: "mean ___ old range cow"

6 TX Pulitzer winner: Mrs. ___ Brown

7 Dallas FM

8 TXism: "___ pack" (leader)

17 Grand ___ Opry

18 captivated

19 this Ford starred with TX Tommy Lee in "The Fugitive" (init.)

20 TXism: "wake ___ when it's over" (disinterested)

21 TX Gene Tierney film: "The Mating ___"

24 in Lubbock Co. on 114 org. for older persons (abbr.)

30 TXism: "got two left ___" (clumsy)

31 "___ mamma!"

32 UT has collection of this soldier and writer's work

34 a TX fort or county

35 hallucinogenic drug

36 rake (2 wds.)

37 historic TX figure: Judge Roy ___

38 a speck

39 silent call to the fire dept. (2 wds.)

41 instruments you won't find in a C&W band

42 TXism: "chews his ___ cud" (loner)

43 seat of Duval Co.: San ___

44 more pallid

45 X-mas egg drink

46 TXism: "siesta"

47 these Mexicans could be illegal

48 seat of Hidalgo Co.

50 San Antonio BB team

51 O.J.'s judge

52 arms bearing org. (abbr.)

53 move about restlessly

DOWN

1 TX Rodriguez sang "You Always Come ___ Me"

2 TXism: "noisy ___ crying for mamma"

3 in Burnet Co.: Falls

4 TXism: "if it ain't true there ain't ___ well in Texas"

9 TXism: "heavy as the front end of a John ___"

10 TXism: "mosey ___ to the trough"

11 where TX teens might shop: "The ___"

12 TX Tubb's ___ Walking the Floor Over You"

13 TXism: "plain as the ___ your face"

14 TXism: "trapped like a ___ possum"

15 TX summer certainty

16 TX Perot's old co.

20 Shirley of Houston-filmed "Terms of Endearment"

22 Gulf catch

23 body part swellings

24 TXism: "keep ___ under your hat"

25 ___ Rio, TX

26 see 1-across

27 old town absorbed into Mesquite

28 TXism: "stands on his ___ feet"

29 TXism: "can't teach ___ dog new tricks"

30 TXism: "he's all beer and no ___"

33 Rice Univ.'s 1st pres. Lovett (init.)

34 TX Audie Murphy was one in WWII

35 actress Sophia demonstration at TX Scottish Festival

38 TXism: "you're pulling ___"

40 TXism: "blazes the trail"

41 critter den

44 favorable factor

47 out of the USA

49 this "Sweet" puts the "Diet" in TX Dr. Pepper

This Week In History

On January 8, 1815, some 5,300 British soldiers, unaware of the peace treaty, attacked U.S. entrenchments near New Orleans, resulting in over 2,000 casualties for the British and 71 for the Americans ...

January 13, 1908, a major fire broke out in Rhoads Theater in Boyertown, Pa., resulting in 170 deaths ...

January 13, 1915, a major earthquake hit Avezzano, Italy, killing 29,980 people and measuring 7.5 on the Richter scale ...

January 11, 1973, five of seven defendants in the Watergate break-in trial pleaded guilty ...

January 13, 1977, an Air Florida Boeing 737 crashed into the Potomac River after takeoff, killing 78 people ...

January 13, 1978, Sen. Hubert H. Humphrey (D-Minn.), 66, lost his battle with cancer after 32 years of public service, including four years as vice-president of the United States ...

January 8, 1982, the 13-year-old lawsuit against AT&T by the Justice Dept. was settled wherein AT&T agreed to give up the 22 Bell System companies but, in return, was allowed to expand into previously prohibited areas including data processing, telephone and computer equipment sales, and computer communication devices.

Let us never forget that government is ourselves and not an alien power over us. The ultimate rulers of our democracy are not a President and Senators and Congressmen and government officials, but the voters of this country.

—Franklin D. Roosevelt

Yesteryears

by Pat Burnett

January 9, 1991 10 Years Ago

Gloria and Keith Hart and their son Bryan welcomed Alexandra Nicole to their family Thursday, January 3 at 5:28 a.m. when she was born at Garza Memorial Hospital as the county's first 1991 baby. Mother and child are under the care of Dr. Jeff Young. The baby weighed six pounds, 12.75 ounces and was 21 inches long at birth. The first baby of 1991 and parents are recognized by the community and Post merchants participating in The Post Dispatch sponsored promotion with a variety of special gifts. A total of \$137,610.41 in total arts dollars produced an economic impact of \$963,272.87 for the fiscal year 1989-90 in Post, according to a recent report compiled by the Caprock Cultural Association's JoAnn Mock. "We are elated at the completed figures, which reveal an unprecedented increase of 50 percent in one year," Mock said. Post Girl Scouts from first grade through high school will kick off the annual "Cookie Sale" Saturday, January 12. The South Plains event will begin with a "Cookie Munch-Off" at the South Plains Mall.

January 8, 1981 20 Years Ago

Zane Wesley Kennedy, seven pounds two ounce son of Mr and Mrs Jimmy Kennedy, is the winner of The Dispatch's First Baby of 1981 Contest. He was born January 3 at 2:11 a.m. He is the grandson of Mr and Mrs Cliff Grigsby of Post. The new Post street signs are installed around town. Happy birthday today goes to Curtis Hudman, Chester Morris, E.A. Toward, Kathi Bilberry, Mary Lou Fuentes, Oliver McDougle, and Mrs Evelyn Leistikou. Airman Lilia Rosas has been assigned to Keesler AFB, Mississippi, after completing basic training. Sharla Macy has returned to her native Post as she will enroll in PHS for the last semester. Welcome home Sharla.

January 14, 1971 30 Years Ago

The Post Antelopes are still in the District 4AA playoff. They are Jerry Aldivar, Danny Lee, Jerry (Scotty) Hoyle, Robert Bullock, Steve Hays, Roger Pace, W.D. Sims, Randall Hays, Robert Pace, Tony Conner, and Charles Curtis. Team managers are Johnny Wallace and Phil Mathews. Bobby Davis is employed as new head coach here. Floy Richardson was elected president of the Garza County Sheriff's Posse. Misses Meredith and Marcia Newby, daughters of Mr and Mrs David Newby, left Post today for what they hope will be an extended stay in Europe. The newly organized Garza County Museum Association has received its charter from the state. Rites conducted for Ida Robinson pioneer resident.

January 12, 1961 40 Years Ago

D'Lynn Byrd celebrates her third birthday with a party Saturday afternoon at her home. New arrivals are David Lacy born January 8, Gary Devonne Johnson born January 8 and J. Morris Callaway born December 25. Mr and Mrs Cecil Mahoney and children, Debra and Mike, visited over the weekend with her parents, Mr and Mrs Bob Russell. The Mahoney's live in Snyder. Army Spc 4 Darrell Roberts has returned to Fort Eustis, Va after spending three weeks with her parents, other relatives and friends. Jerry Hitt of Post is one of 10 pledges initiated into the Hardin-Simmons University Phi Mu Alpha Sinfonia Music Fraternity of America. Mr and Mrs Jim Hays, Rheba and Donnie, and the Hays granddaughters, Linda and Debby Hays visited in Big Spring Sunday with the Roy Gilmores. Mrs Gilmore is a daughter of the Hays.

January 11, 1951 50 Years Ago

David C. Willis is the director of the Garza County March of Dimes. Second Lt J.C. (Bill) Fumagilli recently arrived at Fort Hood for assignment. Mr and Mrs W.T. Parchman celebrated their 50th wedding anniversary last Sunday (January 7). They were married at Annona in Red River Co. George Pierce, who left Tuesday for the Navy, was honored at a farewell party in the Willard Kirkpatrick home Monday evening. Mrs R.A. Morgan, Garza County Pioneer, comes east to settle when moving here in August 1907. C.W. Post's granddaughter, Mrs Stanley Rumbough, Jr., and her husband visits Post and the South Plains this weekend. Ben Owen underwent a tonsillectomy in Lubbock Memorial Hospital Tuesday morning. Rufus Hall is new butcher at local grocery store.

GARZA COUNTY GETS FIRST 1991 BABY - Alexandra Nicole Hart was born at 5:28 a.m., Thursday, January 3, at Garza Memorial Hospital, as her parents Gloria and Keith Hart celebrate the arrival of Garza County's First Baby of 1991. Joining his parents and sister is Bryan.

From The Post Dispatch, Jan. 9, 1991

Successful Psychology

Domestic Violence: Don't Make Excuses, Make It Stop

(NAPS)—Many families may be able to enjoy a happier holiday season if they take steps to reduce tensions and defuse potentially volatile situations before they start. Some people believe that domestic violence increases during the holiday season. However, statistics show no clear increase or decrease at that time of year. However, domestic violence does continue to affect all facets of our society, regardless of race, education or financial standing. To help people in healthy relationships sort through problems that can occur during the holidays and throughout the year, the National Coalition Against Domestic Violence (NCADV) offers these tips. However, if you are in an abusive relationship, please get help. Use negotiations and fairness. Seek mutually satisfying resolutions to conflict, accept any changes and be willing to compromise.

- Use non-threatening behavior. Think before you say something. Why add stress to your loved ones' lives when you can speak and communicate in such a way that feels safe and comfortable?
- Share responsibilities. With the holidays come added responsibilities. Make family decisions together.
- Remember your economic partnership. Make your money decisions together as you plan your shopping so that everyone benefits.
- Trust and support your loved ones. As your friends and relatives converge, they may bring with them conflicting thoughts and ide-

ologies. Be respectful of others' dreams and beliefs, rights and feelings.

- Communicate openly and truthfully. Accept responsibility for self-acknowledging past use of disrespect and/or violence, admitting being wrong.
- Respect your friends and family, and yourself. Listen non-judgmentally. Be emotionally reaffirming. Understand and value others' opinions.

If you are in an abusive relationship, NCADV urges you to get help by contacting a domestic violence program or the National Domestic Violence Hotline at 1-800-799-SAFE. To learn more, visit the Web site at www.ncadv.org.

KNEE DEEP IN THE SPIRIT OF CHRISTMAS — Mona Boles of Radio Station KPOS, chairman of Post's Toy drive, sits in the reception room of their station completely surrounded with gifts donated by the people of the community that will bring joy and happy smiles to approximately 72 area children on Christmas Day. (Staff Photo)

From The Post Dispatch, Dec. 18, 1980

CHRISTMAS STOCKING TIME — Mrs. Marion Wheatley's Home and Family Classes in Post High School were busy making stockings this past week for the two local nursing homes. The stockings were made out of green burlap and decorated with embroidered bells or felt angels. The classes along with the HECE class took the stockings to Twin Cedars and Wheatley's Nursing Home on Thursday afternoon and presented them to the residents there. (Staff Photo)

From The Post Dispatch, Dec. 22, 1980

IT'S GIRL SCOUT COOKIE TIME - Mayor Giles McCrary (center) gets a visit from Latricia Hood (left) and Sharla Cruse (right) to kick off the annual Girl Scout cookie sale.

From The Post Dispatch, Jan. 9, 1991

OUT OF EVERY 100 BLOOD DONORS...

1/2 are AB-

6 are A-

3 1/2 are AB+

39 are O+

1/2 are B-

34 are A+

8 1/2 are B+

7 are O-

O- Seven percent of the population has O-negative blood. People with O-negative blood are potential universal red blood cell donors. This means that their red blood cells can be transfused to patients with all types of blood.

O+ O-positive donors are needed more frequently than any other donor. Because O positive is the most common blood type (39% of the population), it is needed more often by people requiring blood in hospitals.

AB+ People with AB positive blood comprise 3 1/2% of the population. People with this type of blood are universal recipients. This means that they can be transfused with any type of blood in emergency situations.

AB- People with blood type AB negative (1/2% of the population) and AB positive are potential universal plasma donors. This means plasma can be transfused to people having all blood types.