

The Post Dispatch

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Harp crowned FHA Sweetheart

Post High School sophomore Tonya Harp was chosen as the 1993 FHA Sweetheart during the annual contest held Saturday, February 13 at the elementary auditorium.

Harp, the daughter of Jacky and Thressa Harp, was among the 15 talented and attractive Post High School girls to compete for the title in front of a full house. She was escorted by Brad McDonald, the son of Wayne and Carol McDonald.

Labeth Jones was first runner-up for the title. The Post High junior is the daughter of Darrell and Ruby Jones. She was escorted by Michael Voss, the son of Jim and Serena Voss.

Second runner-up is Jamie Feagin. She is the daughter of LaGayluah McReynolds and Robert Feagin. The Post senior was escorted by Darren Wood, the son of Linda Wood.

Harp, Jones and Feagin and two other finalists were selected following a private interview with the judges, the introduction to the audience and their presentation of their talent. The other finalists were Jill Stelzer, daughter of Donny and Donna Stelzer and Heather Dickson, the daughter of Jaynie Dickson. Each of the finalists were then asked a question before the judges made their final choice.

Each of the 15 contestants were selected to compete for the title by various school organizations and classes. Harp represented the Post FFA; Jones represented the Y.E.S. Project; Feagin was representing the Drama Club, Stelzer, the freshman class and Dickson, the senior class. The contestants were escorted for the evening by a fellow student from Post High School.

A common thread among all 15 contestants is their involvement within the school. Harp is active in the student council where she serves as secretary, the FFA where she also serves as secretary, the Drama Club and she has participated in the UIL One-Act Play and UIL Persuasive Speaking. Harp was also on the Post High School state qualifying girls golf team.

Jones is an active member of FHA/YES. She is the FHA Region I vice-president of recreation. She was chosen to meet with former President George Bush where she accepted the Points of Light Award given to the YES Project. She has also participated in UIL typing, student council and the National Honor



THE 1993 FHASWEETHEART is Tonya Harp (center). The Post High School sophomore's attendants are Jamie Feagin, second runner-up and Labeth Jones, first runner-up. (Photo by John Cordsen)

Society. She is an active member of 4-H and has held various offices on the County Council. She has received the "I Dare You" award and the Garza County Gold Star award.

Feagin is the president of the Post High School Drama Club and president of the band. She was a band Sweetheart nominee, acted in the All-School Plays and is a member of the UIL One-Act Play in 1990 and 1992. Feagin was also a UIL Regional qualifier in Prose Reading. She is a member of the Post Church of Christ.

Stelzer has participated in the PHS band, is a member of the girls district champion junior varsity basketball team and is currently the FFA Greenhand vice-president. She is also the vice-president of her freshman class and is secretary of the First United Methodist Church Youth Group. She was escorted by B.J. Hart, the son of Martha Baker and Jay Hart.

Dickson is a four year member of Post High School FFA, a 1992 qualifier

for the Texas High School Rodeo State Finals and a member of the American Junior Rodeo Association and the High Plains Jr. Rodeo Association. Dickson was escorted by Ryan Hart, the son of Richard and Lillie Hart.

The remaining contestants and their escorts were:

Sara Hodges, the daughter of Dan and Lee Ann Hodges. She was escorted by Brody Moore, son of Delton and Melvena Moore. Hodges represented the junior class.

LouAnn Ammons, the daughter of Jimmy and Irene Ammons. She was escorted by Josh Bush, son of Ricky Bush. She represented the Bold Gold football team.

Amber Cooper, daughter of Steve and Jamie Cooper, represented the boys varsity basketball team. She was escorted by Cody Bain, son of Bobby and Debbie Bain.

Alissa Mitchell, the daughter of Jimmy and Cindy Mitchell, represented the National Honor

Society. She was escorted by Mario Tobias, son of Frank and Carol Tobias.

Lorena Voss represented the Choir. She is the daughter of Jim and Serena Voss. She was escorted by Kelly Line, son of Ivan and Debbie Line.

Krista Bush, daughter of Judy Bush, was escorted by Radley Nichols, son of Syan and Jeff Young and David and Karen Nichols. She represented the varsity girl's basketball team.

Janie Hawkins represented the Post High School Student Council. She is the daughter of Kyran and Jerry Bratcher. She was escorted by Jim Riley Simpson, son of Sherry Sappington.

Holly Hardin represented the sophomore class. She is the daughter of Charles and Barbara Hardin. She was escorted by Russ Bird, the son of Jay and Cindy Bird.

Amanda Bush, daughter of Ricky Bush, represented the Annual staff. She was escorted by Bodie Simpson,

(Continued on Page 8)

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NEWS BRIEFS

New Comers get together Feb. 20

All those who have moved to Post and Garza County during the past five years are invited to a New Comers get together Saturday, Feb. 20 from 7-9 p.m. at the Presbyterian Church Fellowship Hall at 910 W. 10th Street. There will be refreshments, door prizes and a baby sitter provided. The get together is sponsored by the Caprock Cultural Association.

Methodist Youth fund raiser Feb. 20

The 1st Methodist youth will be holding a garage sale Saturday, Feb. 20 from 10 a.m. until 3 p.m. in the church fellowship hall at 216 W. 10.

Arrowhead show March 21-22

Exhibitors are needed for a knife, gun and arrowhead show planned for March 21-22 during Tabana Yuana. The show will be held at the Algerita Art Center. For more information contact the center at 495-4000.

Veteran's service officer appointed

The Garza County Commissioner's Court has appointed Ann Stelzer to the position of Service Officer for the veterans in the county. The office will be open from 9 a.m. to 5 p.m. on the third Thursday of each month starting February 18, 1993.

The office is located on the main floor of the Garza County court house.

Shooting sports members meet Feb. 23

The 4-H shooting sports project group will meet Tuesday, February 23 at 7 p.m. at the show barn. Youth planning to participate in the 4-H shooting sports project this year must attend this meeting with a responsible adult family member.

For details call the Extension office at 495-2050.

Brashears in concert at Grassland Feb. 20

The Brashears from Russellville, Arkansas will be in concert one night only at the Grassland Church of the Nazarene February 20.

The southern gospel concert will begin at 7 p.m. The concert is free but there will be a freewill offering taken during the service.

Girl Scout cookies are here

Girl Scout cookies are arriving. Some 3,000 Brownies, Cadettes and Senior Girl Scouts throughout the south plains will be delivering Girl Scout cookies beginning Feb. 17 (today) and continuing until March 6.

Persons still wishing to purchase cookies can do so by contacting by contacting a local Girl Scout.

Community gospel singing Feb. 20

There will be a time of community gospel singing Feb. 20 at 7 p.m. at the Trail Blazers center. Everyone is invited to attend.

Community "Vision" meeting Feb. 18

The public is invited to a "Vision" meeting for Post at the Chaparral Garden Room on February 18 beginning at 7 a.m.

The event is being sponsored by the Caprock Cultural Association. Persons wishing to attend the breakfast meeting are asked to bring their imagination and vision for Post. They are asked to call the CCA at 495-4148 if they are planning to attend.

VFW schedules visit to Big Spring V.A.

The Post VFW 6797 and Auxiliary will make a visit to Big Spring V.A. hospital on February 25. Any one having personal items, clothing, books or games they would like to donate, the items can be dropped off at the VFW building east of town.

Commodities distribution

The commodities distribution are held on the third Tuesday every month at the Service Center on the Snyder Highway. The center will be open for the distribution from 9-12 and from 1-3 p.m.

OA meeting in Grassland

There is an OA meeting at the Grassland Fellowship Hall every Saturday. Meeting time is 2 p.m.

For more information call 327-5656.

CCA looking to expand arts industry in Post

A healthy arts industry currently exists in Post. According to a recent survey, this industry generates over a \$1.5 million boost to the area's economy. In an effort to enlarge this industry, making it more vital to Post, the Caprock Cultural Association will be hosting the first of several planned meetings on February 18.

The 7 a.m. breakfast meeting at the Chaparral Restaurant's Garden Room is an opportunity for citizens to participate in a community cultural concept and plan that will give a greater focus to the arts developments and involve local governments, businesses and individuals in the planning process.

"With Post's lack of industry, it makes sense to build on what we have," said JoAnn Mock, Executive Director of the CCA. "The unique location and demographics of Post are perfect for such an expanded industry."

"The concept of an Arts Industry is very exciting and I think that implementation of this concept could mean as much to Post as the DOD is destined to mean to Lubbock," she added.

The nucleus of an arts industry

already exists in Post with the CCA serving as the umbrella agency along with the Garza Theatre, the Post Art Guild, the Kids in Art and the Mexicano Unidos. Through these organizations the arts in Post have experienced consistent growth and impact to the community.

This combination of organizations has renovated and occupied three buildings in Post and are directly responsible for two related businesses and in-directly responsible for several more new enterprises. Staff employees number five full-time and four part-time with several hundred volunteers giving time to the developments.

The CCA sponsored "Think and Learn" school program developed by mentor Texas Arts Council is impacting the quality of education in Post. The Rendezvous of the Arts theater performances, art show and workshops and other related activities attracts thousands to Post each year.

Persons interested in catching this "vision" are invited to attend the Feb. 18 meeting. They should call the CCA at 495-4148 to make reservations.

School board settles lands ownership near Justiceburg

by John Cordsen

A request by an Amarillo man to purchase a parcel of school land near Justiceburg resulted in questions of who owned the property.

Odie Hood brought his request to purchase land near the future shore line of Lake Allen Henry to the Post ISD School Board at its February 8 meeting. Hood wants the land to build homesites for his two children and possibly himself. He currently owns acreage adjacent to the land he wants to purchase but rules dealing with construction near the lake make it impossible for him to build on his current lots.

During the conversation with Hood the school board discovered a lapse in the lease agreement between the school board and Justiceburg Community Center Incorporated, the current tenants of the land. The land was part of the property deeded to the Post ISD

when it took over the Justiceburg School District in the mid-1970's.

The original intent of the school board at that time was take over the land and then deed it back to the community of Justiceburg. A state law forbidding a government agency from giving away anything of value scuttled that idea forcing the school board to come up with the lease agreement.

Several people from the Justiceburg area who attended the meeting thought that the term of the lease was for 99 years. Further investigation by board member Mark Kirkpatrick showed that the lease was only for a five year term beginning March 18, 1974.

After some consideration the school board voted to extend another lease to Justiceburg Community Inc. for another five year period with an option for another five years under the same agreement as the original lease that

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A BIRDS-EYE look at Lake Allen Henry dam south of Post shows how close to completion construction on the 3,300 foot wide dam is from being done. Note the opening to the bottom of the photo, this hole alone will take over one million cubic yards of dirt to fill. (Photo by John Cordsen)



A CLOSER view of the dam shows some of the heavy equipment that is being used to haul in the more than six and a half million cubic yard of earth used in the construction of the project. (Photo by John Cordsen)

Lake project entering final stages of construction

by John Cordsen

Construction on the Lake Allen Henry dam east of Justiceburg will enter the final stages sometime in late February as crews begin hauling over one million cubic yards of dirt into the last section of the earthen structure.

According to David Smith, spokesman for Granite Construction (general contractors for the project), they are hoping to begin work on the closure in about a week.

Workers will race the weather to fill the closure in enough to raise the water level high enough so it can be diverted into the gates on the intake tower on the north side of the dam. There are three levels of gates on the tower that carry water around the dam back into the river, or when the pipeline is done, will carry water to the city of Lubbock.

"The next two months are critical to get the level raised enough to hold back water," said Smith.

The closure opening is 100 foot wide at the base, expanding to near 1,000 feet at the top. Once completed the closure will match the dam's 900 foot width at the base, tapering to a slim 15 foot wide at the crown. The dam's crown will be 130 feet above the stream bed when the structure is completed sometime in July.

Smith said it is important to get the level of the closure high enough to handle any major rainstorm and the resulting run-off. Smith, measuring all heights from sea level is shooting for is 2,220 foot level within two months to meet his goal. The dam's base is approximately 2,133 feet above sea level.

"If we get the closure up to 2,220 by May 1, I feel like we'll be in pretty good shape," said Smith.

Hauling in the one million yards of dirt is no easy task. Granite Construction uses five large Caterpillar trucks each capable of carrying 50 yards of dirt to do the work. Along with a large payload, these trucks carry a hefty \$785,000 price tag.

Along with these trucks, Granite

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Obituaries

Domingo I. Flores

Funeral services for Domingo I. Flores, 31, of Garden City, KS were held Wednesday, February 10, 1993 at St. Mary Catholic Church in Garden City with Fr. Mike Helms officiating. Flores died February 7, 1993 near Granada, CO.

Burial was at Valley View Cemetery in Garden City under the direction of Garnand Funeral Home in Garden City, KS.

He was born November 29, 1961 in Post to Ramon Flores and Maria H. Asebedo.

Domingo moved to Garden City in 1981 from Plainview, Tx. On May 22, 1986 he married Patricia Medina in Garden City. He was a part time custodian, a recent part time restaurant employee and he was involved with St. Mary School.

He was a member of St. Mary Catholic Church.

Survivors include his wife, Patricia; two daughters, Mallory Re Flores, Jennifer Isabel Flores; parents, Ramon and Maria Flores of Plainview; two brothers, Mario Flores of Plainview, LeRoy Flores of Plainview; three sisters, Mickey Rodriguez of Plainview, Elia Reyes of Garden City, KS, Carol Romero, Ulysses, KS; and grandparents, Nicholas and Marcelina Flores of Post.

The family suggests memorials to St. Mary School Endowment Fund in care of the funeral home.

Pat Jones

Funeral services for Pat Jones, 58, longtime resident of Snyder, are scheduled for 10 a.m. Tuesday at Bell-Cypert-Seale Funeral Home with Rev. Don Blacklock (son in law) and Pastor of First Baptist Church, Justiceburg officiating.

Burial will be in Hillside Memorial Gardens.

Mrs. Jones died February 14, 1993 at Cogdell Memorial Hospital after a lengthy illness.

She was born November 7, 1934 in Brady, Tx. She married J.R. Jones December 23, 1950 in Snyder, TX.

Mrs. Jones was a member of the Bethel Baptist Church and a housewife. She had worked for Wall's in Snyder for about 5 years. She was also a full-time student at WTC, majoring in accounting and was on the Dean's Honor Roll for the fall semester.

Survivors include husband, J.R. Jones of Snyder; one son, Wayne Jones, Jr. of Snyder; three daughters, Vicki Blacklock of Justiceburg, Shelby Market of Sweetwater, Debra McQuerry of Snyder; two brothers, Jerry Stewart of Edmond, OK; Kenneth Stewart of Dallas; three sisters, Linda Treadway of Snyder; Betty Zajick of Gatesville; eight grandchildren and one great-grandchild.

The family suggests memorials to American Cancer Society.

R.G. "Wilke" Wilkerson

Memorial services for R.G. "Wilke" Wilkerson, 69, were held Tuesday, February 16, 1993 in the First Presbyterian Church in Post with Rev. Charles Somerville, pastor, officiating.

Funeral Services will be held Wednesday, February 17, 1993 at 4:00 in the Morales Baptist Church in Morales, Texas with Rev. Worden McDonald, retired Baptist minister officiating.

Burial will be in the Wilkerson Family Cemetery in Edna, Texas under the direction of Justice-Mason Funeral Home of Post.

Mr. Wilkerson died Monday, February 15, 1993 at 6:00 a.m. in Lubbock's Methodist Hospital after an illness.

He was born March 11, 1923 to George Archie and Lillie Pearl Gerald Wilkerson in Edna where he also attended school. He served in the United States Navy and while in the Navy he attended the University of Kansas.

He married Wanda J. Reeves on July 23, 1945 in San Diego, CA. They lived in Corpus Christi before moving to Post in 1959. He has worked for several oil companies as a contract pumper. He was very active with the senior citizens and youths in Post. He was a member of the Lubbock Homing Pigeon Club and was also in the Pigeon Roller Club. He was a member of the VFW and was a member of the Presbyterian Church.

A daughter, Patty Mavis Wilkerson preceded him in death on December 4, 1946.

Survivors include his wife, Wanda; mother, Lillie Wilkerson of Rockport; one son, Patrick Gene Wilkerson of Divine; one brother, Calvin Dale Wilkerson of Houston; one sister, Elender Biddy of Rockport; and one granddaughter, Traci Wilkerson.

Manuel Guitron Sr

Graveside services for Manuel Guitron Sr., 69, were held Friday, February 12, 1993 at Terrace Cemetery with Lawrence Hemp officiating. He died February 9, 1993 at his home.

Burial was under the direction of Hudman Funeral Home.

He was born March 14, 1923 in Brownsville to Anastasio Guitron and Bernardo Lopez.

Mr. Guitron was a Catholic and had been a Garza County farmer.

He married Reyna Barrientos in 1945.

He was preceded in death by a son, Manuel Jr. April 30, 1973.

Mr. Guitron is survived by his wife, Reyna, of Caprock; seven sons, Reynaldo and Oscar of Post, Rafael, Elazar, Johnny, Jesse and Lufe of Lubbock; three daughters, Lydia Williams of Dallas, Mary Rivera of Post and Rosa Mata of Lubbock; two brothers Victor Guitron of Ralls and Antonio Guitron of Florida; three sisters Ida Lira of Ralls, Mena Valdez of Midland and Ramona Castro of Brownsville; sixteen grandchildren and five great grandchildren.

Bertie Faye Hunt

Memorial service/graveside services for Bertie Faye Hunt, 74, of Lubbock were held Tuesday, February 9, 1993 at Spur Memorial Cemetery with Bishop Whiz Davis of Lubbock officiating. She died February 5, 1993 at Methodist Hospital after a lengthy illness.

Burial was under the direction of Campbell Funeral Home, Inc. of Spur.

She was born in Ralls and had lived in Lubbock since 1959.

She married Grady G. Hunt on September 22, 1934 in Roswell, NM. He preceded her in death in 1987.

Hunt was a member of the Church of Jesus Christ of the Latter Day Saints, and was a lab assistant with Medical Professional Building for many years.

Survivors include two daughters, Carolyn Mays of Lubbock and Betty Parker of Phoenix, AZ; five grandchildren, and seven great-grandchildren.

Pallbearers were Fred Myers, Rodney McCowen, Leon Lopez, Sean Mays, David Morgan, and David Walden.

Edith Evans Floyd

Funeral services were held last month in Lovington, N.M. for Edith Joye Evans Floyd, who died Jan. 26, 1993.

She was born May 8, 1938 in Post and was preceded in death by her husband, Orlen Floyd Feb. 9, 1991 and her mother, Mable Martin July 5, 1992.

Mrs. Floyd is survived by three sons, Bobby Johnson of Hobbs, NM; Charles Johnson and Danny Johnson of Lovington, NM; three sisters, Imogene Morris of Post, Daphne Beauchamp of Lovington, Virginia Reese of Whitesboro; two brothers, L.W. Evans of Lubbock and J.E. Evans of Bakersfield, Calif.

Spellers compete in district



TOP SPELLERS from First Baptist Christian School in Post recently competed in the district spelling bee in Midland. Those participating were: Back row (l-r) Maggie Flanigan, Frederick Leano, Nicholas Flanigan and Jordan Peralta. Front row; Abby Flanigan, Ashley Mason, Adley Peralta and Vic Patel. (Photo by John Cordson)

The Green Thumb Garden Club

The Green Thumb Garden Club members and their husbands met at the Bank Community Room Thursday night for their annual Valentine party.

Gladys Blair was in charge of the program and members of the Post Art Guild would have enjoyed sketches made by all who took part in playing "Win, Lose or Draw". Lots of laughs and remarks were made about all the artistic skills.

Games of forty two were played after the program.

The Valentine motif was carried out in the decoration of the tables.

Hostesses for the event were Eloise Gordon, Margaret Barley, Jewel White and Shorty King.

Refreshments were served to the following: Annie Laura and Thurman Francis, Alma and Joe Williams, Irene and James Mitchell, Edna and Ben Owen, Sybil and Dan Cockrum, Ida Jones, Gladys Blair, Thelma Epley, Glen Barley, and the hostesses.

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Tax 'n Facts
by Terri S. Cash, CPA
How to Deduct Moving Expenses
The basic rule to make your move deductible is to get a new job at least 35 miles further from your old home than the old job was, and to work at least 39 weeks during the 12 months after you move into the new work location — though it doesn't have to be for just one employer. FYI, new tax proposals have been made to increase the required distance to 60 miles and put a maximum on the overall deductible amount.
If you qualify, you'll be able to write off — with some limitations — travel expenses en route to the new location; everything it costs to move your personal effects and household goods; the cost of house-hunting trips before you move, if you already have a job; a month's worth of temporary living quarters in the new location after you have a job; the costs of selling an old house or getting a new one; and the cost of settling an old lease and getting a new one.
There's another plus: with the same qualifications on distance and jobs, you're also permitted to roll over the gain on one residence to the other, tax-deferred, even if you haven't lived in the old house long enough to qualify under ordinary circumstances.
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MELISSA WIL...
Varsity girls' ga...
(Photo by Jerry...)

Lady 'L...
captures...
crown w...
record

With their 37...
Friday night on t...
floor, the Post Bo...
Junior Varsity 10-1...
outstanding 10-1...
captured the distr...
The lone blemis...
district record w...
Crosbyton in Po...
Coach James B...
finished the year w...
all games.

The ladies topp...
season with Friday...
and one February...
in Post. The Lady...
Eagles 49-36.

Scoring for the...
(Ralls) Christie O...
Amber Hamm...
Williams, 6; Cheli...
Wallace, 2; Andrea...
Morales, 5 and J...
(Seagraves) Dee...
13; Stelzer, 2; H...
Williams 8; C. W...
Hardin, 1; Morale...

No man who...
his self-respect.

Sports



MELISSA WILLIAMS (24) and Amber Hammond (23) chase down a loose ball in the Post Bold Gold Junior Varsity girls game against Ralls. The lady JV captured the district championship with a 10-1 district record. (Photo by Jerry Taylor)

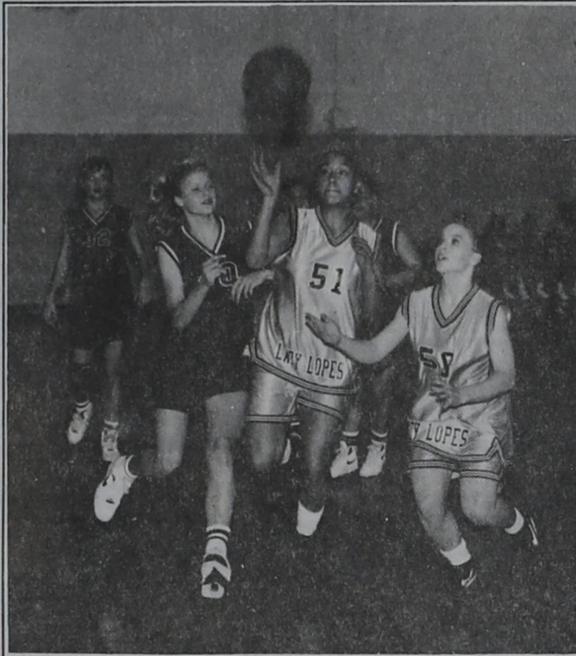
Lady 'Lopes J.V. captures district crown with 10-1 record

With their 37-21 win over Ralls Friday night on the Jackrabbits home floor, the Post Bold Gold Lady 'Lopes Junior Varsity team completed an outstanding 10-1 district record and captured the district championship.

The lone blemish on the Lady 'Lopes district record was a 37-29 loss to Crosbyton in Post on January 29. Coach James Easterling's squad finished the year with a 13-6 record in all games.

The ladies topped off their winning season with Friday's win against Ralls and one February 9 against Seagraves in Post. The Lady 'Lopes defeated the Eagles 49-36.

Scoring for the Lady 'Lopes were: (Ralls) Christie Oden, 8; Jill Stelzer, 4; Amber Hammond, 4; Melissa Williams, 6; Chelisa Williams, 1; Amy Wallace, 2; Andrea Wallace, 1; Melody Morales, 5 and Jennifer Torres, 6. (Seagraves) Dee Je Estep, 2; Oden, 13; Stelzer, 2; Hammond, 19; M Williams, 8; C. Williams, 1; Holly Hardin, 1; Morales, 4.



MELODY MORALES (51) and Andrea Wallace (50) fight for a rebound in the Lady 'Lopes junior varsity girls win against Seagraves. (Photo by Jerry Taylor)

Eighth grade girls complete championship season in Ralls

The Post Middle School eighth grade girls team completed what coach Bill Gordon called "a great year" February 11 with a 33-20 wins over Ralls in Ralls. With the win the girls are the 1992-93 district champions.

"These girls had a great year," said Gordon. "They played hard and played as a team. I enjoyed coaching them very much."

Nikki Pollard led the district champions over Ralls with a team high 12 points. The team concept Gordon talked about all year was evident in the rest of the scoring which included Falisha Jefferson, 5; Jody Hawkins, and Angela Jefferson, 4; Alisha Nelson, Talina Bird, Tammy Matthes and Nichole Cruse, 2. Others playing were: Tabatha Blevins, Anna Gomez, Angie Quinonez, Carrie Bonner, Monica Schooler and Carly Rudd.

JV boys down LCHS 47-40

Clint Melton and Brad Lawson led the Post Bold Gold boys junior varsity over Lubbock Christian High School 47-40 in Post.

Melton scored 14 and Lawson 13 in the February 2 game. They helped Post to an early 16-13 lead after the first period.

The 'Lopes stretched the lead to 25-19 at the half and played the Eagles even up in the third before outscoring them 14-13 in the final period.

Others scoring for Post were: Justin Terry and Radley Nichols, 6; Anthony Martin and Heath Eagle, 3 and Casey Hart and Lance Clay, 1.

Chiefs edge Post 52-44 on 'Lopes home floor

The Crosbyton Chiefs junior varsity squad used a big first half to build a lead in defeating their Post counterparts 52-44 in Post January 29.

Clint Melton and Radley Nichols were the only 'Lopes to reach double figures, scoring 12 and 10 points.

The 'Lopes cut into the Chief lead a little in the third but were unable to pull ahead.



CARA CASH lets a three point attempt loose in the Lady 'Lopes win over Seagraves. Cash finished the game with 14 points. (Photo by Jerry Taylor)

Ladies ground Eagles

LouAnn Ammons led the Post Bold Gold Lady 'Lopes with 23 as they picked up their 10th win of the season.

The Lady 'Lopes dominated every quarter as they ended a two game skid. Jamie Hawkins and Cara Cash were the other Lady 'Lopes in double figures with Hawkins picking up 13 and Cash adding 14. Amber Cooper with 4, Krisha Bush with 2 and Tiffany Steel with 1 rounded out the Lady 'Lopes scoring.

Ralls

The Lady 'Lopes lost a heart breaker Friday night in Ralls 58-51. After leading much of the contest, the 'Lopes saw the game pushed into overtime as

Nunly from Ralls calmly sank three free throws with no time on the clock, knotting the score at 49.

Post led by as many as 14 points in the game but down the stretch Nunly hit four three pointers to pull the Jackrabbits back into the contest setting the stage for the dramatic finish.

Post was hampered in the game by foul trouble. The Lady 'Lopes would eventually lose four starters to fouls.

"We played pretty good," said coach Chili Black. "But the fouls hurt."

Ammons again led the way with 15 she was followed by Cash with 12, Hawkins with 10, Steel, 2; Mandi Sims, 5 and Cooper, 7.

Seagraves catches Post JV in final period

The Seagraves junior varsity Eagles caught the Post Bold Gold 'Lopes junior varsity in the final period for a 45-42 win.

The 'Lopes had led 32-30 heading into the game's final frame but were outscored 15-10 by the Eagles.

Brad Lawson and Alvin Reed led the 'Lopes with 12 and 10 points. Anthony Martin, Radley Nichols, Heath Eagle, and Clint Melton, each had 4 and Lance Clay and Casey Hart added 2 apiece to 'Lopes total.

No man who is occupied in doing a very difficult thing, and doing it very well, ever loses his self-respect.

—George Bernard Shaw

Integrity

Dear Friends,

Integrity in a word means "wholeness." Financial integrity is based upon the understanding and responsible management of money. It's spending less than you earn. It's keeping your word.

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Charles Hardin

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Choir members compete in Lubbock



MEMBERS OF the Post High School Choir competed in the Solo and Ensemble contest Feb. 6 in Lubbock. Shelly Haney, Amber Little and Radley Nichols advanced to the State Solo competition in Austin in June. They received a division I rating on Class I solo. Sara Hodges and Lorena Voss both finished with a division II rating on a Class I solo. Ami Raben finished with a division I rating on a Class III solo and Marci Hill finished division II with a Class III solo. Pictured left to right; Ami Raben, Marci Hill, Radley Nichols, Lorena Voss, Shelly Haney, Amber Little and Sara Hodges. (Photo by John Cordson)

Landscaping prizes available through awards

Applications are now available for the coveted Governor's Community Achievement Awards, co-sponsored by the Texas Department of Transportation and Keep Texas Beautiful, Inc., which recognizes nine winning cities demonstrating statewide environmental excellence. The 1993 winners will take home landscaping prizes totaling \$700,000. Applications are due in the Keep Texas Beautiful office, 101 E. 9th Street, Suite 1103, Austin, Texas 78701, by 5 p.m., Friday, May 7, 1993.

The Texas Department of Transportation provides a combines \$700,000 in highway landscaping to the nine cities who rate highest in the areas of Organization, Cleanup, Environmental Public Awareness, Environmental Education (schools), Beautification, Recycling/Solid Waste Management and Illegal Dumping/Litter Law Enforcement.

Communities compete within the following nine population categories, with the opportunity to win funding for highway landscaping projects.

In addition to the funded highway landscape projects, First Place winning communities are awarded handsome cast aluminum plaques signed by the Governor, framed certificates and a permanent recognition banner. Second Place winning communities are awarded

beautifully engraved silver bowls and certificates.

First and second place awards are presented by the Governor of Texas (or her designated representative) during impressive ceremonies culminating with the Keep Texas Beautiful 26th Annual Convention to be held June 29-July 2, 1993

Austin, Texas at the Hyatt Regency on Town Lake.

for more information, or to receive an application call 1-800-CLEAN-TX.



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Randel J. Terry, CPA

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He received his B.S. degree in accounting from Southwestern Okla. State Univ. in May, 1982, and his CPA certificate in September, 1987. He is a member of the American Institute of Certified Public Accountants, the Texas Society of CPA's, and the Institute of Management Accountants

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B. Randolph Swindle, CPA
James O. McAteer, CPA
Jerry E. Schulz, CPA

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PO. Box 64359
Lubbock, Texas 79464
(806) 793-2656

Bullock appoints Montford

Lt. Gov. Bob Bullock has appointed Sen. John Montford of Lubbock to chair the Finance Committee of the Texas Senate during the Legislature's 1993-94 session.

Montford also was appointed by Bullock as a member of the committees on Education, Administration, Natural Resources and the Subcommittee on Water.

"There's not a more important job in the Texas Senate than chairing the Finance Committee," Bullock said, "and John Montford is uniquely qualified to carry that responsibility."

Stelzer has Saler named to national list

Saler cows from the herd of Stelzer Land and Cattle have received one Golden Dam award from the American Salers Association. Only 66 breeders across the nation have cows listed on the golden dam list.

The Superior Dam list is the result of the ASA's continuing efforts to stress performance and productivity.

Five generations of family gather



FIVE GENERATIONS of the Dorothy Cowdrey family recently gathered for a family photo. Pictured are: Back row (l-r) Brent Hewitt, father; Jo Ella Sparlin, great-grandmother; Glenda Hewitt, grandmother. Sitting, Brandi Hewitt and Dorothy Cowdrey, great great-grandmother.

Mark Waugh joins Post Dispatch staff



Mark Waugh has joined the Post Dispatch staff as the advertising representative. Waugh began his duties February 15.

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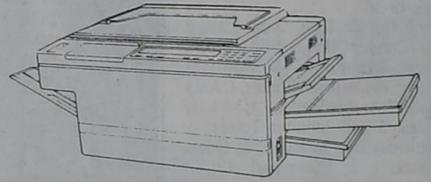
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12 oz.
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Hormel Chili
Regular or Hot No Beans
19 oz.
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Nabisco Newtons
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\$1.98



Allen Refried Beans 16 oz. **3 for \$1**



Hy-Top Taco Shells 12 ct. **.64**
Old El Paso Green Chilies Whole or Chopped 3 oz. **2 for \$1**



Pops-Rite Microwave Popcorn Regular or with Butter 3 pack 3.5 oz. **\$1.08**

Lucky Leaf Cherry Pie Filling Regular or Lite
20 oz. **.98**

Keebler Pie Crust Butter, Chocolate or Graham 1 ct. **.88**



Bell Fruit Drink
1 gallon
.88



Land O Lakes Margarine Quarters
1 lb.
2 for .88



Coke or 7-Up
Asst. 6 pk. 12 oz. cans
\$1.56

El Charrito Dinners
Asst. 13-14 oz.
.98



Swanson Pot Pies
Chicken, Turkey or Beef
7 oz.
2 for \$1

Van De Kamp's Battered Fillets or Breaded Stix
10.5 oz.
\$2.18



Fine Fare Grapefruit Juice
46 oz.
\$1.08



Polident Village Private Moments Bath 12 oz. **\$1.38** 60 ct. **\$3.38**

Good News, Daisy or MicroTrac Disposables 5 ct. **\$1.98**

White Rain Shampoo, Conditioner or Essentials Asst. 11-15 oz. **.88**

Cottonelle Bath Tissue
White or Asst.
4 ct. **.88**



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California Granny Smith, Washington Extra Fancy Red Delicious, Extra Fancy Golden Delicious or Washington Red Rome

Apples
MIX OR MATCH
\$1.39
3 lb. bag

California Kiwi Fruit
10 for \$1

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4 for \$1

Farmland Extra Tender Pork Spareribs
Small 3.5 lbs. & down
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Card of Thanks

I want to thank everyone that was so nice to Coy and I when he was so very ill. For all of the visits, flowers and phone calls. Also thanks to the Pallbearers. Thanks to the ladies that prepared the food for the Calvary Baptist Church. Thanks to Brother Smith and Donnie Blacklock for their nice service they prepared. Also thanks to Dee and Janet Justice for all that they did and also to the singers.
God Bless everyone.
Catherine Samples.

We are so thankful for each expression of sympathy shown us after the death of our brother, Ellis Sanders. We are so happy to live in a town of loving, caring people.
Bernie and Evelyn Jones

Thank you to all of you who have comforted and encouraged us in our hour of grief and sorrow.

Thank you for the phone calls, visits, flowers, food and your kind expressions of sympathy.

We will always be thankful unto you. Your actions will never be forgotten.
The families, Harper, Greathouse and Price.

Personals

City County Drug and Alcohol Abuse

A non-profit service organization to assist with treatment, placement, referrals, and confidential counseling for the substance abuser, alcoholic or family members concerned about their loved ones drinking or drug addiction. For information or appointment call office 495-3173 or 24 hour number 495-3788. All call strictly confidential. We Care. Director Glenda Baker CADAC, Assistant Director Lynette Massey CADAC.

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Weekly Alcohol-Drug Education Awareness Seminars

8 p.m. Monday's. Open to the public, no charge. Postex Plant Conference Room, 7th and Ave. C. City County Drug and Alcohol Abuse.

Post Group of Alcoholics Anonymous meets every Thursday night at the First Presbyterian Church, 910 W. 10th at 8 p.m. Closed meetings are held except on the last Thursday night of the month, which is an open meeting. We have supper at 7 p.m. and the speaking starts at 8 p.m. Anyone who wishes to talk or ask about an alcohol problem, call 495-3667 or 629-4393.

Post Independent School District invites the Senior Citizens of the district to come by the Superintendent's office and receive a gift of a complimentary general admissions pass that will admit you to all school functions. (You will be asked to present identification so that a pass can be issued in your name).

Services and Repairs

SINGER TUNE-UP SPECIAL. Regular \$44.95 now only \$19.95. Clean, oil and adjust tensions on all brands and models. One day service. SINGER SERVICE CENTER, 5418 Slide, Lubbock, 788-0608.

SINGER 1993 new heavy duty unsold school models. Sew's silk, canvas, leather, knits, and jeans. Zigzags, buttonholes, monograms, overedges sewing, etc. 10 year Singer factory warranty, \$198 with ad, \$439 without ad. Free UPS delivery statewide. Visa/Mastercard/Discover. Free layaway. SINGER 5418 Slide, Lubbock, 788-0608.

Help Wanted

Vac Truck Operator - apply in person at Bergstein Oilfield Service, Lubbock Highway.

Wanted: Families or individuals to deliver the Feist Area Directory. Pick-up or van required, groups of three recommended. To set up an appointment call 794-0184. Feist Publishing Inc.

Homes for Rent

3 bedroom, central heat and air, good location. 998-5518 (day) or 998-4690 (night).

House for rent or sale: 2 bedroom, 2 bath, 4 car garage on 3 acres, storage building, On Tahoka Highway, near Post schools. Call (817) 445-2229 between 9-4, (817) 445-3029 evenings.

Apartments for Rent

Pleasant Lodge Apartments for rent, call 495-4061 days or 495-2520 night.

Mobile Home Lots for Sale

2 lots, great location. All hook-ups, \$5,200. Travis Ellis, Realtor 495-2480.

Homes for Sale

House for sale: Grassland area (up to 5 acres available also and/or approximately 1/2 section farm land). Price reduced to sell. 4 bedroom, 2 1/2 bath, 2,000 sq. ft., central heat/air, \$22,500, 797-6840 or 872-3429.

2 bedroom house for sale. Call 495-3377.

809 W. Main - 2 bedroom, 2 bath, 2 car garage. Large kitchen, 2 living areas, workshop, covered patio, large yard. Call 495-2235.

Another house in Cedar Hills for sale - 3 bdrm, 2 bath, fireplace, carport, and great view. Maggie Bohn - 495-2124.

2 bedroom house for sale - to be moved or sold with small acreage - 806-983-2676.

Brick home for sale by owner. 3 bedroom, 2 bath, 2 car garage. 705 N. Avenue O. Call 495-2298.

2 bedroom, new central air heat pump and insulation, lovely fenced back yard, one block from schools, large producing pecan tree in back yard, \$20,000. Call Barbara, 495-3987; Kim, 495-3719 or Mike and Wanda, 495-3104. Mitchell Real Estate.

Miscellaneous for Sale

Linotype metal, great for reloaders or sinkers. Call 495-2743 or come by 121 E. Main.

Recessed, directional, eyeball spotlights. 2-tube 48" fluorescent light fixture. Call 495-2743 or come by 121 E. Main.

For sale: '82 Ford - F150, XLT; Drill press, never used; Band saw, used very little; Sears washer. Call Lois Benton, 495-2625.

Garage Sales

316 W.13th, Saturday. Clothes, toys, household misc., waterbed (queen), \$150, books. Call 495-2378.

Vehicles for Sale

1975 Gaston Boat, 15 ft., 75 hp, call 495-4105. In good shape, \$1000.

Legal Notices

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF LUCY SMITH CALLIS
Notice is hereby given that original Letters Testamentary for the Estate of Lucy Smith Callis, Deceased, were issued on February 9, 1993, in Cause No. 1537 pending in the County Court of Garza County, Texas, to: Robert Joe Trammell, Lucy Ann Trammell Harris, Mary Eula Trammell Eckols. The residence of the Executors is c/o Robert Joe Trammell, Hockley County, Texas. The post office address is 103 Mike, Levelland, TX 79336.

All persons having claims against this Estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

DATED the 12th day of February, 1993.
BAKER BROWN THOMPSON SCOTT, Attorneys for the Estate.

The Post Independent School District is taking bids on an old Ford tractor and four window air conditioners. Sealed bids will be accepted until 2:30 p.m., February 26, 1993, and bids will be opened at 3:00 p.m. that date. The bid envelope should be marked "Bid on Tractor/Air Conditioner." Contact Joe Giddens for information on the items. The Post ISD reserves the right to accept or reject any or all bids.

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NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF MARLIN D. BENTON

Notice to all persons is hereby given that the original letters testamentary upon the estate of MARLIN D. BENTON, deceased, was issued to me the undersigned on the 10th day of February, 1993, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letters. All persons having claims against such estate, which is being administered, the county below named, are hereby required to present the same to me at the address below given, before suit upon same is barred by the general statutes of limitations, before such estate is closed, and within the time required by law. Lois Thomas Benton may be notified c/o Preston Poole, Attorney at Law, P.O. Box 296, Post, Texas 79356.

DATED the 17th day of February, 1993.
LOIS THOMAS BENTON, Independent Executrix Estate of MARLIN D. BENTON, Probate No. 1538, Garza County, Texas.

Post I.S.D. is accepting bids for H.V.A.C. work related to renovation of existing ag/shop building into administrative office. Contract documents may be picked up at 200 West 6th Street, Post, Texas, on or after February 17, 1993. Bids will be publicly opened at Post I.S.D. on March 1, 1993 at 3:30 p.m. Bids must be submitted to Joe Giddens, Principal, at Post High School by 3:00 p.m. that date. Bid envelope must be marked "Bid on Post I.S.D. Offices." Post I.S.D. reserves the right to accept or reject any or all bids.

NOTICE TO CONTRACTORS OF PROPOSED TEXAS HIGHWAY MAINTENANCE WORK

Sealed proposals for: MOWING HIGHWAY RIGHT-OF-WAY on highway(s) VARIOUS IN GARZA County(ies). Will be received by the Texas Department of Transportation located at: 135 SLATON RD., LUBBOCK, Texas until 10:00 a.m., THURSDAY, FEBRUARY 12, 1993. Then publicly read.

All prospective bidders are encouraged to attend the Pre-Bidders' Conference which will be held at the Texas Department of Transportation's Garza Co. Office on US 84, 0.2 mi. S. of US 380, in Post, Garza Co., Texas at 10:00 a.m., FRIDAY, FEBRUARY 12, 1993.

Bidding proposals, plans and specifications will be available at the Area Engineer's Office of Mr. Frank Phillips, P.E., 135 SLATON RD., LUBBOCK, Texas, Telephone (806) 745-4411.

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Post School Menu

Monday, February 22
Breakfast- Malt-o-meal, sausage, toast, fruit, milk.

Lunch- Pizza, lettuce salad, mixed vegetables, fruit, milk.

Tuesday, February 23
Breakfast- Ham & gravy, biscuits, fruit, milk.

Lunch- Corn dogs, french fries, baked beans, brownies, milk.

Wednesday, February 24
Breakfast- Muffins, fruit, milk.

Lunch- Spaghetti w/ meat sauce, lettuce salad, fried okra, peaches, garlic toast, milk.

Thursday, February 25
Breakfast- Hot cakes, butter & syrup, fruit, milk.

Lunch- Burrito & sauce, cabbage slaw, buttered corn, fruit cobbler, milk.

Friday, February 26
Breakfast- Dry cereal, toast & jelly, peanut butter, fruit, milk.

Lunch- Chicken strips & cream gravy, whipped potatoes, green beans, pudding, homemade rolls, milk.

Trail Blazers Lunch Menu

Thursday, February 18
Turkey, dressing, mixed vegetables, tossed salad, hot roll, fruit cocktail, choice of beverage.

Friday, February 19
Barbecue sausage, navy beans, yellow squash, tossed salad, wheat roll, apple pie, choice of beverage.

Monday, February 22
Chili & beans, carrot salad, cornbread, fruited gelatin, choice of beverage.

Tuesday, February 23
Fish nuggets, red beans, turnip greens, cornbread, apple cobbler, choice of beverage.

Wednesday, February 24
Meat loaf, mashed potato, broccoli, tossed salad, hot roll, lemon cake, choice of beverage.

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3/2/1 w/basement. On 3 lots, 2 storage bldgs., shop, 2 car garage, sprinkler system. Excellent condition.
3/2 Large living room and kitchen, storage house, green house and wonderful back yard.
3/2.5 custom-built 2-story in Cedar Hills.
4/2 recently remodeled, good location to school.
2 or 3 BR, 2 lots, good location. Storage building, carport.
Move in for \$1900 down with good credit.
3 unit rental. \$3,000 down with good credit. Near schools.
Present income: \$475 /mo.
3/2 - 4 lots on West Main, brick home, storm cellar, cedar lined closets, 2 car garage, central heat and air, fireplace.
2/1 Great first home. Fenced yard, storage house, central heat and air.
3/2 Ready to move in. Newly painted inside and outside. Central air and heat. Fenced yard with lots of fruit trees. One car garage.
2 bedroom, 1 1/2 bath mobile home.
Commercial bldg. 40 X 75 on 40 X 150 downtown lot. Good condition. Central heat and air. Consider lease.
Commercial bldg. on three lots. Downtown. Good Condition.

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SALES OPPORTUNITY: NEED ad specialty sales reps. Sell calendars, caps, jackets, gift items, etc. to businesses in area. Call Billy Clark, Newton Mfg. Co. 1-800-285-5332 for details.

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500 ACRES, BORDERS 20,000 acres in Terrell County. Rugged and scenic, access to Rio Grande River. Mule Deer, Blue Quail, Javelina, Doves. Owner terms. 210-257-5564.

PIONEER STEEL BUILDINGS: February Special: 24x30x10, \$2,995; 30x40x10, \$4,155; 30x60x12, \$5,870; 40x75x12, \$7,895; & 50x100x14, \$12,760. Other sizes available. Erection priced separately. Mini-Storage specialist. 1-800-637-5414.

NO DIET! NO WORKOUT! Metabolical European breakthrough fat loss/muscle toner. Safe/guaranteed. Free info 1-800-MetSlim. Euro Direct Inc., #C, 4229 Gulf Blvd., St. Pete Beach, FL 33706.

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UNPLANNED PREGNANCY? PLEASE consider adoption. 1-800-588-5683. Adoption Advisory. Dallas, Texas.

ADOPTION: LOVING COUPLE wishes to adopt your baby! Legal & confidential. Allowed expenses paid. Please call us toll-free anytime! Dee & Bob 1-800-678-1845. It's illegal to be paid for anything beyond legal/medical expenses.

ADOPTION IS LOVE: Longing for newborn to share our hearts, happiness, home. Let us help you. Allowed expenses paid. Please call Alexandra and Charlie anytime... 1-800-845-7317. It's illegal to be paid for anything beyond legal/medical expenses.

ADOPT: LOVING, FINANCIALLY secure couple waiting to share their warm, happy home with your newborn. Let's help each other. Allowed expenses paid. Call Wendy/Dave 1-800-872-3938. It's illegal to be paid for anything beyond legal/medical expenses.

ADOPTION: A DREAM can come true. Christian couple with home filled with love and laughter are waiting to embrace a newborn. Let's make both our dreams come true. Allowed expenses paid. Call Linda & Rich 1-800-258-5695. It's illegal to be paid for anything beyond legal/medical expenses.

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Kerry Anne Miller

Hart and Miller exchange January wedding vows

Kerry Anne Hart and Brandon Kurt Miller exchanged wedding vows January 23, 1993 in the Post Church of Christ. Paul D. Jones, minister, performed the ceremony.

The bride is the daughter of Mr. and Mrs. Royce Hart of Post. The groom is the son of Mr. and Mrs. Mike Miller of Muleshoe, Texas.

Mothers of the bride and groom were seated to music of "The Wedding Song" provided by Christa Atchison and Jeff Anderson, both of Lubbock.

The bride was given in marriage by her father. She wore a romantic gown of white satin and schiffli lace. The bodice encrusted with sequins and pearls featured a v'd neckline, juliet sleeves, and a basque waist. The full ballgown skirt was highlighted at the back waist with a bow and flowed to a semi-cathedral train adorned with lace motifs.

To complete her attire the bride wore a pearl spray half wreath with a double illusion pouf and a two-tiered waist length veil. She carried a bouquet of gardenias and stephenotis cascading with laced pearls and English ivy.

Following tradition, for something old was a handkerchief belonging to her great-grandmother. Something new was her wedding dress and veil. Something borrowed was her slip and something blue was a blue garter. She carried pennies minted in both bride's and groom's birth years in each shoe.

The song "Friends" was sung as the bridal party entered. The maid of honor was D'Lynn Young of Lubbock. Bridesmaids were Roseann Smith of Tyler, Alicia Pettyjohn, Dena Ruiz, and Kim Mossier, all of Lubbock. They wore tea length gowns of jewel tones of emerald, rose, wine, purple and sapphire blue. The bodice featured a sweetheart neckline, short pouf sleeves and a basque waist with low v'd backs accented with a bow. Bouquets of white gardenias were carried by each attendant.

Junior bridesmaid, Kelci Hart, sister of the bride, wore a matching gown of turquoise and carried a similar bouquet.

The ring bearer was Kevin Hart, brother of the bride. He carried a white satin pillow adorned with white bows. His tuxedo was identical to the groom's.

Candlelighters were Keith Hart, brother of the bride, and Jon Colby Miller, brother of the groom. Candles were lit to "To Me".

Serving as best man was Scott Miller of Canyon, brother of the groom. Groomsmen were Ken Hicks of Arlington, Damron Henson of Los Colinas, Johnny Cope of Lubbock and Guy Brockman of Lazbuddie.

Ushers were Scott Treadway of Midland and Lance King of Lubbock. Keith Hart and Jon Colby Miller also served as ushers.

The groom wore a black tuxedo with a white shirt and black accessories. His boutonniere was a gardenia.

The groomsmen and ushers wore black tuxedos with a medley of jewel tone tie and cummerbunds.

The church was decorated with ficus and dogwood trees with miniature lights. Soft candlelight was provided by tall tapers in silver candelabra. An arch of English ivy, white bows and miniature lights completed the setting. Jeff and Christa sang "I'll Be Here" after the lighting of the unity candle. Christine Miller of Houston, sister of the groom, and Gloria Hart, sister in law of the bride registered guests in the foyer of the church. The reception was held in the fellowship hall of the church. The bride's cake was a four-tiered white cake with crystal columns and a crystal Precious Moments bride and groom on the top. Red punch and mints were served from crystal appointments.

The groom's table featured a red velvet chocolate cake adorned with chocolate dipped cherries and holly. Mixed nuts and coffee were served from silver appointments.

Wedding guests threw birdseed as the bride and groom departed. Following a wedding trip to Cancun, Mexico, the couple will make their home in Muleshoe, Texas.

The bride is a 1987 graduate of Post High School and South Plains College. She is employed by Methodist Hospital.

The groom is a 1987 graduate of Lazbuddie High School and attended West Texas State University and Texas Tech University. He is self employed.

Church Directory

First Presbyterian Church
W. 10th St and Ave. S.
Union Sunday School
with First Christian
Church 10 a.m.
Bible Study 10 a.m.
Morning Worship 11 a.m.

First United Methodist Church
216 W. 10th St
Sunday School 9:45 a.m.
Morning Worship 10:55

This ANN That

by Ann Nobles
Extension Agent
Home Economics

After the holidays and long winter days inside watching TV many people want to begin to shape up. Older adults tend to get out and walk, which is an excellent way to exercise. Younger people may want to begin an exercise program like what is available in gyms. If you do not have the time or money to join a health club, consider creating your own home gym.

The best reason to create a home gym is that it makes exercise more convenient so that you're more likely to stick with it. But it need not cost a fortune for fancy equipment. You can outfit your home gym for about \$100 if you follow the suggestions offered in University of Texas Lifetime Health Letter. Here's all you need:

*An exercise mat --\$20 to \$40-- use for stretches and floor exercises (an old blanket will do too).

*Dumbbells of graduated "free" weights -- use for upper and lower body strength building. Beginners can start with a set of 2,5,8 and 10 pound solid cast iron dumbbells for under \$20.

With a free weight set, you can advance much farther in a progressive strength-building program. A beginner's set costs about \$50 or you can make your own weights by filling empty plastic containers or milk cartons with sand or water and weighing them on your bathroom scale to determine weight.

*Weight cuffs -- \$18 -- Attach around the ankles to increase

resistance for leg lifts and other leg exercises.

*Jump rope -- \$35 -- Jumping rope is for people who can tolerate high-impact, high-intensity aerobic exercise. You can make your own from sash cord or heavy wash line.

Extras -- for another \$100 you can buy a used stationary bicycle or rowing machine. Either provides a good aerobic workout. Walking, however, is free.

A basic exercise program should consist of aerobic exercise and strength training. Aerobic exercise improves cardiovascular fitness. It requires sustained exercise of the major muscle groups for at least 20 minutes three days a week -- five days is better.

Strength training uses weights to increase muscle strength. To be effective, the weight should exert your muscles to at least two-thirds of the maximum weight you can lift once. You should be able to do at least eight and no more than 12 repetitions of each exercise.

Strength training should be done at least three days a week. To improve your physical fitness, it's important to set goals and track your progress. Buy a good book to help you get started on a program. *The American College of Sports Medicine Fitness Book* offers a practical plan that's easy to understand. It's available through the publisher at 800-747-4457. *Biomarkers* by William Evans, Ph.D. and Irwin H. Rosenberg, M.D. is another good one.

Valentine drawing nets four lucky winners \$200 in Post City Bucks

Four lucky Post shoppers are winners of \$200 in special Post City Bucks gift certificates as a result of a drawing held Monday at the Post Dispatch following the merchant's Valentine sale promotion.

Winning the \$100 grand prize of Post City Bucks is Shirley Wilson. Meg Nelson is the winner of \$50 in

Post City Bucks and Carmen Walls and Bobby Josey each won \$25 in the giveaway.

The winners can pick up their Post City Bucks and the Post Dispatch. They are redeemable at the following participating merchants: Hotel Garza, Garza Theatre, Kidstuff, Hudman Furniture, Happiness Is..., Danish Imports, Handy Gifts and Jan's.

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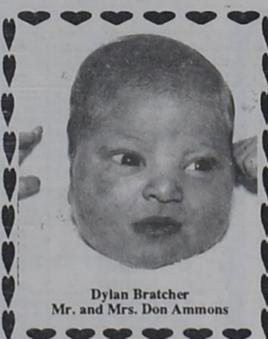
Curtain Times: 7:45 p.m. - Sunday Matinee - 2:00 p.m.
Tickets: Adults - \$7.00 - Students - 6/12 - \$4.00
Box Office Hours: Monday-Friday - 9:00 a.m. - 5:00 p.m.
Saturday (Feb. 27, March 6 & 13) Noon - Showtime

ASK ABOUT OUR SPECIAL PRICED GROUP RATES
Tickets also available in Lubbock at "Mall and More" in Memphis Place Mall at 50th and Memphis



In 1900, the legal age for marriage in nearly half the states was 14 for males, 12 for females.

Grandma's Little Valentines



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Dam to be topped out soon

Continued from page 1

uses a fleet of twin engine scrapers and numerous other "smaller" pieces of dirt moving equipment.

Along with work on the closure, crews are busy adding an additional 15 feet to the top of the dam, bringing it to its full height. When the entire dam is completed it will contain more than six and a half million cubic yards

of dirt, (all of which was hauled from in and around the future lake bed), be more than 3,300 feet across and 130 feet tall.

As the project shifts into its next phase, Smith said additional crews will be on sight as work moves from a single shift working 9 hours a day to two shifts splitting a 20 hour day.

The Garza County Commissioner's Court toured the site last week.

School board leases land for \$1

Continued from page 1

called for payment of \$1 per year.

The board declined to enter into an agreement for a longer period of time because of the lake that will be in the area.

"Running the lease out for more than five years with this lake coming is not in the best interest of Post," said board member Jeff Lott.

No other action was taken by the board on Hood's request to purchase

the land near the lake.

The board established a \$5,000 fund to cover claims against the district's new worker's compensation policy. The transfer will only be temporary until the unused portion of the premium the district paid to its former carrier is refunded. This money will then be used by the district to fund the program with the initial transfer being put back into the general fund.

Sweetheart contestants

Continued from page 1

son of Sherry Sappington.

Amanda Alaniz represented the Post High School Band. She is the daughter of Tino and Linda Alaniz and was escorted by Anthony Cruse, son of Carolyn Cruse.

Mistress of Ceremonies for the

contest was 1992 FHA Sweetheart Salli Bush. The Post High School sophomore is the daughter of Judy and Jerry Bush.

Judges for the evening were Zoe Kirkpatrick, a former Miss Lubbock and Kenny Nolan and Dana Gundy from KCBD 11 in Lubbock.

Bridal Selections

Jerri Baumann and Morris Locknane

Handy Hardware or Handy Gifts

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Happy Birthday "Chita"!

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