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The Host Dispatch

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Home Delivery 50 cents © 1999 The Post Dispatch Thursday, April 29, 1999

Tax payers shelled out more than \$1 million in two years for GHD

by Wesley W. Burnett

Garza County tax payers shelled out more than \$1 million in taxes in 1997 and 1998 to fund a hospital district that no longer operates at best a part time function, requiring very little effort in massive increase in taxation. With more than 5,000 people, one can a hospital. That information is contained in the Garza Hospital District (GHD) audit for 1997 and the 1998-99 budget.

although the district budget includes \$150,000 for indigent expenses. Considering that indigent care is the only authorized function of the district, it is no wonder taxpayers are wondering what happened to the other \$990,000.

The actual spending amounts for 1998-99 of course, have not been tabulated because the audit will not be completed until after September. But tax revenue for 1998 was calculated to produce \$518,082.50.

Taking a look at the history of indigent health care expenses, GHD records show that in 1995, 1996 and 1997 the total was \$20,899.79. That's an average of \$6,966.59 and if the district restricted itself to its lawful and constitutional authority, there obviously is no need to continue the charade of a hospital district. Especially since the district hasn't operated a hospital since October 1996.

If the voters decide Saturday to elect three candidates who favor holding an election to dissolve the district, and then, if the voters approve its dissolution, all of the funds and assets of the district will be transferred to the Garza County treasurer. Those funds, according to state law, will be placed in the general fund, from which the county then must assume the obligations of indigent care.

In recent weeks it has been said and written that taxpayers would see an even bigger burden if the district were to be dissolved. Let's take a close look at that question.

As of the 1997 audit, GHD had total assets in excess of \$537,000. In the current budget, GHD shows a reserve of almost \$262,000. Garza County commissioners' should be drooling over the prospect of getting more than a half million dollars in additional revenue. They should also recognize that indigent care obligations have historically have been no more than \$10,000 per year.

With a \$180,000 mandatory reserve for indigent care, it becomes quite clear that a modest interest on the reserve would more than satisfy the year-to-year requirements for indigent health care, based on historical records.

The reason for the low volume of indigent care is easy to understand when you read the strict qualifications for being declared an indigent. A person has to be just about completely devoid of any help from anyone. The last figure we received (1996), GHD reported 22 indigents were served that year. Most of the indigent expenses are for medications.

Post Notes

Candlelight vigil Sunday

The Crime Victims' Assistance program is hosting a candlelight vigil Sunday, May 2 at 8 p.m. on the county courthouse lawn. The vigil is in honor of victims and their families who have suffered at the unmerciful hand of crime. The public is welcomed to attend.

Carne Guischa Plate Friday

The ladies of the Church of God of Prophecy are offering a Carne Guischa plate sale and garage sale at 602 W. 14th on Friday, April 30 from 10 a.m. to 2 p.m. Call orders to 495-3644. The plates are \$5 each.

Scholastic book fair set May 3-6

A Scholastic Book Fair, "Welcome to Camp Book Fair," will be held at the Post Elementary Library May 3 through 6 with a special parents' night on Tuesday, May 4.

Methodist church seeks donations

The First United Methodist Church is seeking donations to used to purchase a popcorn machine for Golden Plains Care Center. Donations will be accepted throughout the month of April at the church office or by mail to 216 W. 10th. For more information call 495-2942 between 9 a.m. to noon.

West Texas Open BBQ Cookoff

The West Texas Open BBQ Cookoff will be held Saturday, May 8. 1999 at the Caprock Lounge in Post. For more information call Danny Cooper at 495-1252 or e-mail to cooperdv@aol.com.

Southland kindergarten registration

Southland kindergarten registration for the 1999-2000 school year will be held Tuesday, May 11. Parents may visit the office any time during that day and complete the enrollment form. The child should be five years old by September 1, 1999. A copy of the child's birth rtificate, social security number and a shot record are required prior to the beginning of school in August.

Benefit for Mesa family

Friends of Alex and Beatrice Mesa are planning a benefit Saturday, May 15 to help with medical expenses for her recent heart surgery. The benefit will feature gorditos, rice and beans and bake sale, at \$5 per plate, available at Holy Cross Catholic Church. Those interested in helping with donations please contact Juanita at 495-3059, Paula at 495-3054, Danny at 495-4046 or Josefina at 495-3756.

All-Sports banquet May 6

The Post Booster Club sponsored All-Sports Banquet will be held this year May 6 at the Post Community Center. Tickets for the event are \$10 and may be purchased at Collier Drug or Triple M Pump. The banquet will be catered by Babb's BBQ, with a May 3 deadline for ticket purchases.

Benefit for "Chita" Valdez

Gorditas and fish fry plate dinners at \$5 per plate are being offered as a benefit project to help Evaristo "Chita" Valdez to assist with excessive medical expenses. The dinners will be available at the Holy Cross Catholic Church Saturday, May 8 from 11 a.m. until sold

adminstrative costs. Commissioners would from time to time re- merely speculate as to what the cost would be. It certainly would be view indigent applications and approve or reject them. The trea- more than \$1 million per year. During that time less than \$10,000 was spent on indigent care, surer would administer the funds. The claim taxes would have to go up because of this change is just short of ridiculous.

Unless, of course, you believe that government is responsible for health care of anyone other than those declared as indigents. the health care of all the citizens. In which case, the tax rate would

Early balloting indicator of voter interest in GHD

A total of 213 ballots had been cast in the hospital district's early voting period as of Tuesday morning. City officials reported an even dozen early votes in the municipality's early voting period.

Early voting for both entities ended Tuesday afternoon. The actual election date is Saturday, with hospital district balloting set to take place at the community center, according to district

Voters in the city elections will cast ballots at the following locations: Ward 1 — Lorenzo Alexander Center; Ward 2 — Post High School; Ward 3 — Post Middle School; Ward 4 — Presbyterian church; and Ward 5 — Trinity Church.

Seven individuals have filed to run in the at-large race to fill three of the hospital district's board positions. Candidates include incumbents Jack Alexander, David Nichols and Zoe Kirkpatrick, as well as newcomers Danny Guthrie, Carol Tobias, Bertha Fuentes and Charles Propst.

In the city elections, former city councilman Archie Gill is the sole candidate for the mayoral seat. Ward 1 Councilwoman Juanita Pantoja will run unopposed. Marion Cruse, who was appointed to fill the unexpired Ward 2 term, will be challenged by Dick Odom for the Ward 2 council seat.

There will be no trustee election in the Post Independent School District. Only the incumbents — Mark Kirkpatrick and Barbara Hardin — filed for the open seats on the school board and under state law, school districts may waive the prescribed election pro-

cess when no contested races exist. Polls will be open from 7 a.m. to 7 p.m.

Fred Stephens accepts city manager position

A city manager has been hired and is expected to assume his duties in about six weeks.

According to city officials, the Post City Council hired Fred D. Stephens of Lubbock to serve as the municipality's next city manager. The move was made Wednesday, April 21, during a special council meeting set up to interview applicants.

Stephens, a native of Rotan, graduated from high school in Portales, New Mexico, and earned his BA from Eastern New Mexico University. He serves as regional service director for the South Plains Association of Governments (SPAG) and is well-versed in planning and zoning, grants acquisition and management and solid waste planning.

Stephens is expected to move into the vacant city manager's office about June 10. He will replace Rick Hanna, who resigned the post earlier this year to accept a similar position in Muleshoe.

Stephens was unavailable for comment Tuesday.

Commissioners approve resolution opposing low-level bomb training

by Wes Burnett

Garza County commissioners approved a resolution at the regular meeting Monday morning in support of opponents to the Air Force low-level bomber training program here.

The resolution outlines several areas of concern:

 There will be "unwanted noise and disruption to citizens of Garza County and their rural neighbors; That the program "will create an unwanted risk of danger from inevi-

table crashes, emissions, human stress and 'startle effect" that these type of flights create;

· Will damage "the general economy of the Garza County area by adversely affecting the use of the surrounding countryside for hunting, ranching, farming and other activities and

 Will "serve as a disincentive for new businesses and new residents to move to Post and surrounding area and tend to drive down property values in the area, thus potentially hurting the tax base of our local governmental taxing authorities.

In other action, the court postponed a decision about selling a 185 acre tract of land in Bailey County; took no action on a request to participate in a South Plains area tourism project; and heard Judge Giles Dalby report on playground equipment expected to be donated by the Reese development board for the county/city park.

With so few indigents, administering health care for the needy is be astronomical, because socialized health care would require a

Restraining government use of taxes is the only answer. And in this case, government has no authority to spend tax funds for the

Whether it is the county, or the hospital district, in Garza County taking care of the needy and indigent is but a "drop in the bucket" compared to the overall cost of government.

Spelling Team earns state berth



Spelling team coach Doris Giddens (left) congratulates fourth year state veteran Shelley Shifflett and freshmen Tandi Humble and Meagan Mills for their regional honors. Shifflett took first place, Mills won sixth place and Humble placed eighth. They will represent the region at the state meet in Austin Saturday, May 8. (Photo by Tim Burnett)

Election Divison sends inspector to observe GHD vote

by Wesley W. Burnett

The State of Texas Secretary of State has notified Garza Hospital District (GHD) candidate Carol Davies Tobias that an official inspector of elections will be at the Post Community Center Saturday to observe polling practices at the election site.

Tobias, at the request of several Garza County citizens, submitted a petition signed by 20 Garza County voters, requesting an inspector for the election.

"There have been so many people telling us that they don't trust the hospital administration," Tobias said, "and this election is so very important, we felt it appropriate to seek an outside observer to ensure the validity of the vote."

There's one thing for sure, this Saturday's GHD election clearly will get a much larger than normal voter turnout. With three incumbents facing four challengers, the lines have been drawn and voters are being wooed aggressively by both camps.

For the first time in many years, voters in this election have a clear choice. Incumbents Jack Alexander, Zoe Kirkpatrick and David Nichols, along with challenger Danny Guthrie, have all expressed their plans to continue using the tax to subsidize health care in Garza County.

Challengers Bertha Fuentes, Charles Propst and Tobias pledge to call an election as soon as possible to determine the future of the district.

If the early voting numbers are any indication, Saturday is building up to one of the biggest voter participations in any hospital election since perhaps the 1969 vote to approve its establishment. Polls open at the community center from 7 a.m. to 7 p.m.

Dr Abel Salas plans to open private practice

In an answer to recent rumors about his leaving Post, Dr Abel Salas announced in a letter to The Post Dispatch that he intends to open a private practice here in the near future. "I'm looking for a suitable location," Dr Salas informed the Dispatch, "and I want my patients to know that I am not leaving Post,

and I look forward to continuing to serve their medical needs." In his letter (page 6) Dr Salas explained that he will no longer provide services at Covenant's Health Center in Post after April 30, due to a cancellation by Covenant of Dr Salas' coverage agreemnt.

"I was notified by registered mail," Dr Salas said, "that the coverage agreement was cancelled for no cause." He also said that he had never been under contract with Covenant and no contract negotiations were ever conducted.

Nurse Practitioner Kris Lindblom will also be associated with Dr Salas' private practice in Post. "I believe," Dr Salas said, "that competition will be good for everyone, and we will all benefit with better medical services."

Martin, Crawford plan wedding

Angela Lynette Martin and Jerry Lynn Crawford of Post have announced their engagement and approaching marriage. A June 12, 1999, ceremony is

The bride-elect, a graduate of Whitharral High School in Whitharral, is the daughter of Alfred and Patricia Martin of Anton and Bill "Sonny" Reed of Post. She is employed with Entex Manufacturing.

The prospective bridegroom, a Post High School graduate, is the son of Billy and Betty Sue Crawford of Post. He is employed with Palmers Oil & Construction.

Women's Division plans bake sale June 19

The Women's Division of the Post Bureau of Tourism and Commerce met Wednesday at noon in regular session, with 18 members and two guests present.

It was announced that the library has received a plaque and letter of commendation from Sen. Phil Gramm's office.

It was also announced that the cookbooks are selling "like hotcakes" and only a few are left. The book "Foot Prints" is still selling as well.

It was decided to have a bake sale June 19 as one of the group's fund raisers to support local projects, including school scholarships and other announced at a later date.

Daisy Breedlove presented the names of graduating students who tance. She explained how the names Guest today was Linda McLaughlin. were selected, through grade averages, financial ability and recommendations from various teachers. The group selected a first and sec-

ond choice in the event that one of the other might not be able to make it. The names will be announced at

JoAnn Mock reminded the group of the June exhibit of the art works of Randy White and Darrell Dessinger will hang through the month of June at the Algerita Art Center. White is to exhibit his works in Florence, Italy, this spring where he is among 300 worldwide artists selected from 25 countries.

It was noted that our Panhandle South Plains Senior Ms., Marie Neff, was on her way to Dallas to compete at the state pageant. The group noteworthy programs. Details will be agreed they were rooting for her to

Recent new Women's Division members are Roberta Miller, Twana have qualified for scholarship assis- McCrary and Jimella Simpson.

The group meets each third Wednesday at noon in the "little room" at the community center. All women are eligible to join or visit.

Happiness Is... Quitting business sale 30,40 & 60% off

We are proud to present Ann Abel

as our featured artist for May come in to view Ann's stained glass items and talk to her about custom pieces Saturday, May 1st, 1999 10 A.M. - 6 P.M.

Great Mother's Day and Graduation gifts



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POSITIVE VOTE

YOU!

Vote May 1 - Post Community Center

Elect 3 Hospital Board Members

who will

keep our Hospital District strong

Vote for Health Care

Pd Pol Adv paid for by Community Healthcare, Debbie Macy, Treasurer, Rt 3, Post, Texas 79356

Jack Alexander

Zoe Kirkpatrick

Danny Guthrie

David Nichols

tition." Neff's talent for the competition were three samples of her artwork, which she detailed for the crowd. She also participated with other contestants in a choreographed dance number to the song "Pretty Woman." "It was more fun than eating ice cream," she said. Also on hand for the competition was the Dallas Tap Dazzlers dancing group, which appeared in Post as part of the Panhandle/South Plains Ms. Texas Senior Pageant in Candlelight vigil for

held Friday and Saturday in Dallas. Neff and contestants from throughout

the state of Texas gathered at the Ramada Market Center for the two-day

"I was thrilled to death. It was exciting as it could be It's along the

same lines as Miss Texas," Neff said Tuesday, "only no bathing suit compe-

event, which included preliminaries on Friday and finals on Saturday.

Marie Neff places in

crime victims Sunday

the consequences of crime has been scheduled for 8 p.m. Sunday on the Garza County courthouse lawn.

Jerry Crawford and Angela Martin

The event, sponsored by the Victim Assistance Services of Garza/ Dickens/King counties, will be open ery three seconds. to the entire community.

According to the Bureau of Justice Statistics' 1997 National Crime Victimization Survey data released in December, U.S. residents ages 12 and older experienced nearly 35 mil- minute. lion crimes in 1997. Of these incidents, approximately 26 million involved theft, household burglary or car theft; 8.6 million involved violent seconds. crimes such as rape, sexual assault, robbery and non-sexual assault; and four seconds

0.4 million involved personal thefts. According to the FBI's Crime Clock

A candlelight vigil honoring local report, designed to convey the anindividuals and families affected by nual reported crime experience by showing the relative frequency of Crime Index crimes, in 1977:

· One violent crime occurred every

One property crime occurred ev-

• One murder occurred every 29

One forcible rape occurred every

One robbery occurred every one

One aggravated assault occurred

every 31 seconds. One burglary occurred every 13

One larceny-theft occurred every

 One motor vehicle theft occurred every 23 seconds.

Book Fair set May 3-6

The Post Elementary School library will play host to the Scholastic Book Fair May 3-6.

The fair will be open daily from 7:30-11:45 a.m. and from 12:30-4 p.m. Monday through Wednesday. It will conclude at 2 p.m. Thursday af-

A special Parents' Book Fair Night will be conducted Tuesday, May 4, from 7-9 p.m.

This year's event has been enlarged and upgraded. Students and parents will be able to purchase the 1999-2000 Texas Bluebonnet Books at book fair prices and a variety of student activities have been planned to coincide with the fair. Curious George will join Clifford the Big Red Dog, and parents are encouraged to bring their cameras and have their child's photo made with these storybook characters.

number of participating parents on you next week. Tuesday night will have the opportunity for the classroom teacher and one student to share a Scholastic book certificate worth \$50.

507 S.Broadway

Judy's Jabberin'

By Judy B. Bush

Did everyone enjoy that rain over the weekend? I loved hearing that thunder! From what I hear of the weather reports, we may get another dose this week. The good Lord is listening to us. Let it rain!

Special Hello!

I have a faithful reader in Rising Star, Lorrye Lou Moore (Gene too, I hope) and I need to send them a special hello, especially since I'm in trouble

for not inviting Lorrye to the April birthday party at Jane's home. You know Lorrye, if you were closer where we could keep up with you, things like that would not happen!! Happy late birthday anyway, we love ya!!

California, here she comes!

I had a chance to visit with Lee Ann Hodges on Monday and she was telling me that she and Dan's oldest, Sara, and her husband Matt. are taking a trip to Napa Valley in California late May.

Sara is employed by the Dallas Heart Association who just recently completed their big annual drive which was a wine tasting event.

To thank the association, the winnery folks in California are hosting a big thank you party and Sara and Matt will attend representing the Dallas Heart Association. I know Dan and Lee Ann are proud of Sara and the wonderful job she does.

You know you live in a small town when---

You never use your turn signal because everyone knows where you are going anyway!

Trailblazers- Reminder!

I wanted to remind everyone that the Garza County Trail Blazers are selling tickets for chances on a Queen size quilt to raise funds for a new Sr. Center. Tickets are one dollar each or six for \$5.00. Purchase from any member or call 495-2998.

top 10 at state pageant Remember, surveys show that programs such as we have at our Trail Blazers provide a senior citizen with not just a meal, but the opportunity to socialize. We have some great Senior Citizens in Garza Marie Neff of Post, the Panhandle/South Plains' first Ms. Texas Senior County, alot that go daily and enjoy good fellowship together. Pageant representative, placed in the top 10 in the state-level competition

Everyone get out and buy a raffle ticket and lets help these good people have a new place to meet!!!!

Birthdays This Week

Birthdays for this week: Thursday, April 29; K'Nell Dalby: Friday 30; Dick, Kaleb Crenshaw and R. Labeth Jones: Saturday May 1; Glenn Voss, Alexander Sanchez, Kristi Stanley and Laurie McBride:Sunday 2; Shelbey Bridgeman, Matthew Ledbetter, Susan Abraham, Joe Barrera, Lindsey Morrow and Traven Smith.

Tuesday May 4; Chad McDougal, Della Davis, Rene Gutierrez, Cora Crane-Jaquess and Russel Benham: Anniversary; Brady and Tracey: Wednesday 5; Kerri Dean, Wyatt Gray, Willow Gray, Guillermo Bautista, Martin Garza, Kamron Shumard, Sammy Palmer and Amy Line; Anniversary; Sonny and Virginia Bevers.

e-mail Quote

You might be in a Texas country church if..... People grumble about Noah letting coyotes on the Ark.

Cute Recipe **Best Ever Rum Cake**

1 tsp. sugar 1 cup dried fruit

1 tsp. soda 2 large eggs

lemon juice

1 or 2 quarts of rum brown sugar

1 cup butter baking powder

Before starting, sample rum to check quality. Good isn't it? Now proceed. Select a large mixing bow, measuring cup, etc. Check rum again. It must be just right. To be sure rum is of proper quality, pour one level cup of rum into a glass and rink it as fast as you can. Repeat. With electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 teaspoon of thugar and beat again. Meanwhile, make sure rum is still alright. Try another cup. Open second quart if necessary. Add leggs, 2 cups fried druit and beat till high. If druit gets stuck in beaters, pry loose with drewscriber. Sample rum again, checking for tonscistricity. Next, sift 3 cups pepper or salt (really doesn't matter). Sample rum. Sift 1/2 pint lemon juice. Fold in chopper butter and strained nuts. Add 1 bablespoon of brown sugar, or whatever color you can find. Wix mel. Grease oven. Turn cake pan to 350 degrees. Pour mess into boven and ake. Check rum again and bo to ged!!!

She's a sweety

Louella, you are a special lady! You know why I think so. Thanks for the story and making my day with a good laugh.

Happy 80th Exa Fay!!

I'm a little late but wanted to wish Exa Fay Gilmore a belated Happy Birthday. She had quite a bash from what I understand.

All of her kids, their spouces and some of the grandkids (18 folks in all), took Exa Fay to Lubbock to Cagle's Steak House for dinner. Afterwards they all went to Exa Fay's daughter, Jenda Rowe, for cake

On Suday, the celebration continued at Jim and Johnnie's with lunch with 16 attending.

Special guests other than Miss. Exa Fay, were her son and daughterin-law, George and Patricia Graham from Houston. I know you had a great time, and many more Happy Birthday's to you!!

Till Next Week

Remember this is a busy weekend for Post. Get out and enjoy yourself and take a break for some fun. Thanks to Susan Warren for The classroom with the greatest the small town info and all she sent me. May God bless each of you. See

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Come join us

dine in or take out

495-0297

held this date w In all District according to age less than 11 on J 1, 1999 and sem In the Junior 1. and Jose Zubia 110 points. Clair in the Junior 1 separated first Junior 1 divisio from the prone positions which In the Junior 2 Kyle Kirkpatri

McDonald, Aus Senior Team Jarrett Bland. The secret to direct result of leaders Bruce coaches: Mark spent countless techniques and county Extensi In the Distri members partic contest, member column. All con A total of eight members in th must present Junior 1 ind Heckaman, Al cattle judging, in cattle. In th out of 450 to competition, t fifth in the cor individual in

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Traci Nelson

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Living on the Edge of the Caprock by John Senter, CEA-AG

4-H'ers shine in district first round

The first round of the 1999 District 24-H contests were held in Lubbock on Saturday April 17. The competition held this date was the Rifle contests and the judging events. A total of 23 Garza County 4-H members participated in the shooting and judging events with other members still scheduled to participate in the Leadership contest portion of the District events on Saturday May 1.

In all District 2 contests, members are grouped according to ages as follows: Junior 1 contestants are

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less than 11 on January 1, 1999. Junior 2 members are 11-13 as of January 1, 1999 and senior contestants are 14 or older as of the first of this year. In the Junior 1 Rifle competition, the team of Heath Fellhauer, Wes Mason and Jose Zubia shot their way to a fourth place finish with a total score of 110 points. Claire Kirkpatrick was named third place high point individual in the Junior 1 competition with a total score of 71 points, just six points separated first and third individuals. Mariela Zubia also competed in the Junior 1 division. For your information, Junior 1 members shoot ten shots from the prone position while Junior 2 and senior members shoot all three positions which are standing, kneeling and prone.

In the Junior 2 division, Garza County was represented by eight members: Kyle Kirkpatrick, Breann Heckaman, Kadie Vernon, Colt Vernon, Trent McDonald, Austin Ham, Clinton Yarbro and Mitch Holly.

Senior Team members were Matthew Ledbetter, LaRinda Ledbetter and Jarrett Bland. This team finished in sixth place for the competition.

The secret to the success of all of these members in the rifle contest is a direct result of the time and unselfish effort of the shooting sports project leaders Bruce Ledbetter, County Shooting Coordinator and the following coaches: Mark Kirkpatrick, Benjie Smith and Ray Mason. These leaders spent countless hours training participants in safety and proper shooting techniques and deserve a big thank you from all the members as well as the county Extension staff.

In the District Livestock Judging competition, a total of seven 4-H members participated in the contest. In case you are not familiar with this contest, members judge in competition of the ages outlined earlier in the column. All contestants are given 12 minutes to place class of four animals. A total of eight classes are judged in beef, sheep and swine species. Senior members in the Livestock contest judge the same eight classes but then

must present oral reasons on four designated classes. Junior 1 individuals representing the county 4-H program were Allen Heckaman, Allison Blevins, Ethan Bilbo and Jay Josey. In the team Beef cattle judging, this team scored 342 out of 450 to take fifth place team honors in cattle. In the Swine judging contest, this same team compiled 358 points out of 450 to win the first place team honors in swine judging. In overall competition, this great team of kids combined for a total of 904 points to place fifth in the contest. Allison Blevins was honored for being the fourth place individual in swine judging with a score of 130 of 150 possible. This team carried on a great tradition by becoming the fifth consecutive team, from Garza County, to place in the top five teams in the Junior division at District competition.

Traci Nelson represented the county as our only Junior 2 participant in the dustries and individuals who can livestock contest. In the senior division, Aaron Cooper and Jennifer Josey rounded out the list of competitors from Garza County. Aaron tied for fifth for the program is approximately place individual in the Beef Cattle division with a total placing score of 146 \$1.70 per child. out of 150 and an oral reason score of 42 out of 50, making his Beef Cattle total 188 of a possible 200. Special thanks goes to Jaquita Blevins for her children, the cost would be \$51. For help in transporting kids to and from the contest. Jamie Cooper also 40, the cost would be \$68, and for 50 attended the contest with the group.

Garza County 4-H continues to be strong competitors on the District level. sponsor 200 youths, the cost would If you see any of these members please be sure to tell them congratulations be \$340. and thanks for representing the County 4-H program so well.

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

PHS students compete at state meet

Five local students will travel to Austin next weekend to represent Post High School at the state-level University Interscholastic League

(UIL) academic competitions. Shelley Shifflett, Meagan Mills and Tandi Humble took first, sixth and eighth places respectively at the regional level and first place as a team, earning the right to compete at state. Scotty Gaydos captured a fourth place win in prose for a chance at the state contest, as did Ronnie Eaton, who landed a fourth place finish in

ready writing. Other local students competing at the regional level included Lacey Hodges, Kelci Hart, Shanna Pennell, Pam Chapman and Becca Stelzer.

Old Mill Trade Days hits 5th **Anniversary**

Old Mill Trade Days is celebrating five years of growth this weekend. Five years ago, on April 28, 1994, Trade Days opened its doors for the first time. That first three-day event filled only the Post City Building, a few food booths and a handful of outside booths.

Today, Trade Days has tripled in size, drawing an average attendance of 7,000 visitors per event. Recording artist Blayne Bell of Lubbock will be one of entertainers at this weekend's anniversary celebration. Bell, who specializes in country and Christian music, is slated to perform at noon Saturday, followed by a 1 p.m. performance by Kallie Rodgers, a Ralls High School senior whose

vocal specialty is country music. On Sunday at 1 p.m., the everpopular Guthries are scheduled to take the Rainmaker Stage. Trade Days will be open Friday, Saturday and Sunday. Admission will cost \$1 per person.

Report



4 Year Sweepstakes Band Members PHS band seniors earning Sweepstakes honors all four years are (back row, left to right) Orfa Diaz, Flora Gomez, Janna Rios, (front row) Angel Blevins and Loretta Ortiz. (Photo by Tim Burnett)

Fire Safety program planned

The Post Volunteer Fire Department, in an effort to stress fire safety to local students and their families, is seeking financial assistance for the implementation of a Fire Safety Pro-

Students in grades kindergarten through fifth grade will be targeted by the program, which utilizes materials designed by the National Fire Safety Council.

"This vital program will assist us in teaching children fire safety and burn prevention," said Delbert Rudd, fire chief. "We strongly believe that by making children aware, we can prevent tragic fire loss or death."

In order to help cover the cots of the needed materials, the department is seeking local businesses, inmake financial contributions. Cost

To sponsor a 30-member group of students, the cost would be \$85. To

"As as acknowledgment of those who support this program, we will be listing them on the Prestige Page of all activity manuals under the heading 'Provided as a public service by people who care," Rudd said.

Checks may be mailed to Ivan Line, c/o the Post Volunteer Fire Depart-

Last Puzzle

Solution

Volunteer firemen attend school

Several local firefighters attended Fire School as part of the Lubbock-

Area Fire Conference April 5-8. Those attending included Ronnie Metsgar, Milton Williams, Les Looney, Kelly Baker, Daniel Redman, Mark Short, Ivan Line, Delbert Rudd

ment, 105 E. Main Street, Post, TX 79356-3229, or more information may be obtained by calling 495-2811.

New computers installed at post office

POS one terminals were recently installed at the U.S. Postal Service in Post to provide window clerks and customers with the most up-to-date mailing information at the touch of a finger.

Domestic and foreign mailing regulations are built into the system, which provides the mailer with the services available, cost of service and expected delivery date. The system also provides Zip codes for any address in the United States within seconds.

The system operates on a series of four questions — how soon the article needs to be delivered; the destination Zip code; special services requested; and type of payment. The Postal Services accepts money orders, traveler's checks, credit cards, debit cards and cash.

The addition of the new equipment is a continued effort to provide the community with the most updated information available to Postal Service

The local post office was selected as the second site on the South Plains to have these units installed



Valerie Fortenberry (left) and Suzanne Shaw (right) are ready to help postal customers with the newly installed computers. (Photo by Tim

Let's vote for common sense

by Abel Salas, M.D.

I am writing as a tax payer in Garza County as I own a home and several other properties in this county.

I'm strongly in favor of the slate of candidates that is courageously committed to dissolve the Garza Hospital District and the illegal taxation for a hospital that does not exist.

I encourage my patients and fellow citizens to vote for Bertha Fuentes, Charles Propst and Carol Davies Tobias.

The candidates on the other slate all say in self-serving statements how long they have been on the GHD board. How did they let things deteriorate to this level, and are we ready for several more years of the same? Frankly, it is time for "new blood" in the persons on the new slate.

One of the newer board members makes the analogy that we should NOT pay school taxes if we do not have children in school. I own property in McAllen, San Antonio, Crane, McCamey and now in Post. I pay school taxes in every one of those towns. But do you know what? In every one of those towns there is a school! Here we are being taxed for a hospital... but where IS that hospital?

Scare tactics have been expressed in various ways by those who would keep the present GHD and the illegal taxation and misapplication of these funds. The intention in all these cases is to tell the people that without GHD there will be no doctor in Post.

Jason Markham, an administrator from Covenant has stated that GHD board or not, Covenant is committed to continue with a clinic here in Post. This statement was also made to me by Dr James Burrell, Chief Medical Officer, in the presence of a witness.

I am also assuring you that I plan to continue in private practice in Post, and that you do not have to be afraid of losing your doctor. I actually feel that competition will make for better medical care for the citizens of Garza County.

I intend to vote for Bertha Fuentes, Charles Propst and Carol Davies Tobias on May 1, 1999. I urge you to vote for them also.

It's time to bring some common sense back to government.

Pd. Pol. Adv. paid for by Abel Salas, M.D., P.O. Box 640, Post, Texas 79356



Obituaries

Jewel Taylor

Services for Jewel Taylor, 87, of Post were held Tuesday, April 27 in the First Baptist Church in Post with Paul D. Jones, minister of the Post Church of Christ, officiating. Burial followed in the Resthaven Cemetery in Southland under the personal care of Justice-Mason Funeral Home.

Mrs. Taylor died Sunday, April 25, 1999 in Covenant Medical Center in Lubbock. She was born May 14, 1911 in Oklahoma, to Marion Frank and Alice (McWilliams) Hagar. As a baby she and her family came to the Girard and Jayton area to farm and ranch. She attended school at Antelope in Kent County.

She married Jack Taylor December 26, 1927 in Dickens County. They farmed in Dickens County before moving to the Verbena Community in Garza County, where they farmed and ranched. She worked many years for Postex Cotton Mill.

After retirement, she enjoyed playing dominoes with friends. She was a member of the First Baptist Church of Post and was preceded in death by a daughter: Bobby Wynell Taylor, September, 1933, son: Pat Taylor, October, 1994 and by her husband: Jack, April 13, 1997.

Survivors include her daughter and son in law: June and Bill McMullen of Grandbury, a daughter in law: Emma Lou Taylor of Slaton, One brother: Vernon Hagar of Lubbock. Five grandchildren, seven great grandchildren and two great great grandchildren.

Pallbearers were Larry Taylor, Jerry Taylor, Wade Taylor, Ricky Taylor, Gene Taylor, Floyd Taylor, Max Haney and C. V. Hagar.

Honorary Pallbearers were David Tyler, Darrell Jones, Walton McQuien, Donald McLendon, Dale Cravy, W.E. Pierce and Barnie Jones. The family ask that memorial be made to the Resthaven Cemetery, Rt. 2, Box 74, Southland, Texas 79364 or to a favorite charity.

Age in a virtuous person, of either sex, carries in it an authority which makes it preferable to all the pleasures of youth. -Sir Richard Steele

Some men succeed by what they know; some by what they do; and a few by what they are. -Elbert Hubbard

Estella Moreland

Services for Estella Moreland, 84, of Sunnyvale were held Wednesday, April 28, 1999, at 2 p.m. in the First Baptist Church with the Rev. Glen Reece officiating, assisted by Bo Jackson. Burial was in the Terrace Cemetery under the direction of the Hudman Funeral Home. She died Monday, April 26, 1999, at Dallas.

Born March 13, 1915, in Woodsboro, she married E.R. (Buster) Moreland July 25, 1931, in Sinton. He died May 10, 1985. She moved to Post from Woodsboro in 1945 and to Sunnyvale from Post in 1985. She was a special education teacher's aid and a member of the First Baptist Church, Eastern Star, the Needle Craft Club in Post and the Garden Club in Sunnyvale.

Survivors include one son, Buddy Moreland of Sunnyvale; four daughters, Billie Proctor of Odessa, Margaret Wilks of Lubbock, Linda Waldrip of Post and Yvonne Hill of Sour Lake; three sisters, Bernice Shubert, Pearl O'Donnell and Norma Harrington, all of Woodsboro; 13 grandchildren; 19 great-grandchildren; and four great-great-grandchildren.



John Armendariz (left) and Jackie Ayala (right) were recognized by Texas Department of Transportation for their driving skills and safety during the recent Roadeo competition. (Photo by Tim Burnett)

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

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

Golden Clover 4-H Club......

......will meet (today) Thursday, April 29, 3:30 p.m. at the PHS Foods Lab. Keitha Wright of Covenant Lifestyle Center, will be giving the program on Scrapbooking.

Any 4-H'er planning to show steers at a major stock show this fall or next winter, must order and pay for the Texas Steer Tags by Tuesday, May 6. Extras will not be ordered so you must have an accurate number when you come to the Extension office to order.

Participants The Extension staff would like to thank everyone who participated in the Open and Focus Forums of the Texas Communities Future Forum March 23 and April 20. Also, a special thanks to Bobby Cowdrey for serving as Coordinator, and Mr. Joe Giddens and the teachers for the use of the facilities at Post High School.

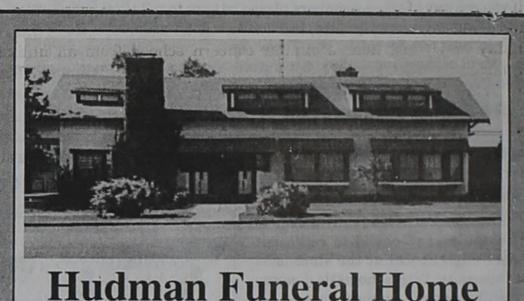
......will be held Saturday, May 1 at Levelland. Several 4-H'ers will be participating in Method Demonstration contest and the District 4-H Council meeting. Also, Jamie Williams, Golden Clover 4-H Club Manager, will be introduced as Garza County's Distinguished Leader for 1999 at the Leader Honor Luncheon that day. Congratulations to Jamie and good luck to the 4-H'ers participating in contest.

Team captains need to call in your distances to be recorded each week for the WAT program. Call Kelly Ahrens, CEA-FCS, at 495-4400.

Record Book Workshop Correction The 4-H Record Book Workshop will be held Thursday, May 13th. (not

May 20th.) in the Extension Office. Record books are required for eligibility for major county awards and future scholarships. Project Forms are required to receive your 4-H Year Pin. Record books or project forms will be due the first week of July so plan to attend the workshop and get started now!

Call Judy with your



615 W. Main 495-2821



We all want to be remembered for who we are, what we have accomplished and the differences we've made. Young and old, rich or poor, one way to make a difference is to learn more about organ and tissue donation.

The dream of curing illness and injury by transplanting organs has been around since the beginning of medicine. Successful transplantation dates back to the early 1900,s. Real progress started around 1950 and continues at a tremendous rate.

transplant such as heart, lung, kidney, and pancreas. Unfortunately 11 people die every day awaiting transplants. In addition, thousands receive cornea, bone and tendon, skin and

These transplants help to restore vision, return mobility and aid in healing, returning people to their activities of daily living

Although a single organ and tissue donor can benefit up to 80 people, there is still a shortage of donors. While some are just uninformed, and others "just haven't got around to it"; there are myths about organ donation: It costs money to donate; it costs nothing to donate.

Donation is painful for the donor's family; studies show that donation most often provides immediate and long-term

If you need a donor card, call me, I'll bring you one. If you have questions about donation call LIFEGIFT 806-798-5568.

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Makin' it great! Buffet - \$3.49 S- F 11:30 a.m. to 1:30 p.m. 402 S. Broadway 495-2844

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The Post Dispatch

Wesley and Pat Burnett

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The Post Dispatch

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First Assembly of God (Spanish)

Calvary Baptist Church

First Baptist Church, Wilson

Justiceburg Baptist Church

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Church of God of Prophecy

Church of the Nazarene

Church on the Go

Grassland Nazarene Church

First United Methodist Church

First Presbyterian Church

Power House Church of God and Christ

Graham Chapel United Methodist Church

Pleasant Home Baptist Church

First Baptist Church

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First Christian Church

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Templo Bautista

Pleasant Valley

Golden Plains Care Center

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

407 May St.

628-6333

210 E. 6th, 495-2342

E. 14th & N. Ave F

402 W. Main, 495-3554

315 W. Main, 495-2416

915 N. Ave O, 495-3038

812 W. 13th, 495-3716

108 N. Ave. M, 495-2326

602 W. 14th, 495-3644

202 W. 10th, 495-3044

113 W. Main, 748-7623

216 W. 10th, 495-2942

910 W. 10th, 495-2135

327-5656

Justiceburg, Don Blackock, pastor

Ave. K and Main St., 495-2791

Hwy 84 & North 399 - (806) 828-4174

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Assembly of God

Baptist

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Disciples of Christ

Church of Christ

Graham Chapel Church of Christ 5 miles W. Hwy 380, 2 miles south

Lighthouse Christian Center Church of God 314 N. Ave I, 495-2237

Church of the Nazarene

Non-Denominational

United Methodist

Presbyterian

Church of God

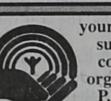
encourage you to attend worship services this Sunday

Suffer the little children, for theirs is the kingdom of heaven

Wallace Lumber Company, Inc. 119 N. Ave H 495-2835







your contribution supports 14 community organizations! P.O. Box 425 Post, Texas 79356

United Way of Garza County

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Dozers • Maintainers · Backhoes · Roustabouting · Dump Trucks · Loaders • Excavators

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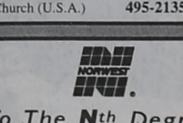


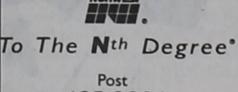
Inc.

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







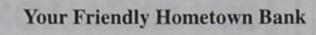


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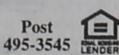


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Don Voyles: 781-9123 Charles Davis: 777-6768



izens 3



Lobby Hours: 9-3 M-F Drive-In Hours: 9-6 M-F 9-12 Saturday



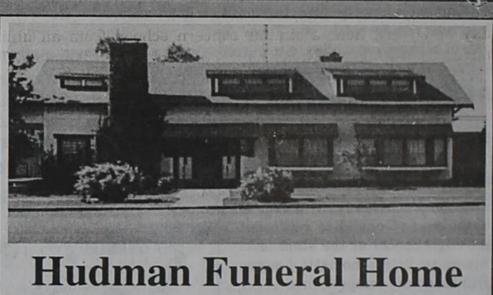
Steer Tag Orders Thanks to TCFF

District 4-H Roundup......

Walk Across Texas

"Jabberin" 495-2816

Saturday, May 1 Garza Hospital District **City of Post**



LEAVE A LEGACY

Some 60,000 Americans currently wait for a life-saving organ

nerve transplants every year.

that disease or accident has robbed.

My religion opposes donation; all major religions fully support donation. Signing a donor card is pointless; signing a donor card and discussing your decision with your family members, is the best way to assure your personal wishes will be carried out.

MICHAEL TRAVIS PA-C UMC EMERGENCY CENTER overriding p Pushing co South Afric policy is inco That's also Pea by Vin Su

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Opinions



South Africa - After Apartheid

by Walter E. Williams

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A major crusader failing is that they seldom look back to their last capita income decline significantly since 1989.

crusade to see how it turned out. During my several South Africa visits during its apartheid era, up to three months on one occasion, I lectured at nearly all

I had the opportunity to meet formally and informally with just about every group: blacks, coloureds, Indians, English and Afrikaner. On the eve of one visit, I was invited to address a mixed audience of about a

thousand or so people to discuss my impressions of South Africa. Nobody was interested in liberty. Afrikaner whites thought they were and gross human-rights abuses. ordained to control the lives of others. British white liberals thought just wanted to change the color of the dictator.

today and you'll hear a similar concern echoed from an unlikely quarter. South Africa's Nobel Laureate, Archbishop Desmond Tutu. recently told the nation's Truth and Reconciliation Commission, thought they were tin gods, to replace them with others who are between two major black groups, the Zulus and Xhosa. tempted to think they are.

which classified its citizens by race. Today, the ANC, South Africa's One wonders how much they care about what happens in South Africa ruling party, wants racial classification but they call it affirmative after apartheid. I've always argued that getting rid of apartheid action. The ANC's vision of race, job qualifications and employment is, wasn't nearly as important as deciding what was going to replace it. as one of its officials put it, "It is imperative to get rid of merit as the overriding principle in the employment of public servants.'

Pushing costly, inefficient employment policy is absurd in the face of To find out more about Walter Williams, and read features by other South Africa's 30 percent unemployment rate. Another part of ANC Creators Syndicate writers and cartoonists, visit the Creators Syndicate policy is income redistribution "to compensate the victims of apartheid." web page at www.creators.com. That's also a costly burden for a sagging economy that has seen per

Even though South Africa is in the financial doldrums, it is nonetheless the continent's political and economic bright spot. Virtually every other African nation that broke the vokes of colonialism is poorer and its citizens enjoy fewer human rights than when it was a colony of a European nation.

According to World Bank reports, between 1965 and 1987 every black African nation, with exceptions of Botswana, Mauritius, Cameroon and Senegal, experienced negative growths rates approaching 3 percent per year. The countries that escaped that plight I frankly told them that South Africans deserved one another, are the very countries that eschewed socialism, military dictatorships

If South Africa goes the way of her neighbors to the north, it will be the same thing, but in a more benevolent way. For their part, blacks nothing less than a catastrophe for the continent. The reason is that South Africa has been a major provider of electrical power, agricultural Some thought my prognostication a bit harsh, but fast-forward to products, transportation and other essentials for her neighbors, and refuges from the north

We've seen ethnic wars and genocide in Burundi/Rwanda, Uganda, referring the African National Congress' (ANC) human-rights Nigeria, Liberia, Chad, Sudan and elsewhere. The same is not violations, "I didn't struggle in order to remove one set of those who impossible in South Africa, not between whites and blacks, but

Loads of Americans, from civil-rights organizations and college Under apartheid, South Africa had the Population Registration Act, students to politicians, were involved in the anti-apartheid movement. There are things worse than apartheid. If one needs current evidence,

just look at Yugoslavia.

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Peaceful paradise in an omnipotent state?

by Vin Suprynowicz

On April 20, the evening after armed culprits invaded a Colorado the innocent to die without defense? high school with pipe bombs and firearms in what police described as an "apparent suicide mission," an urban animal-rights activist, in an armed, omnipotent state — the same foolhardy faith that led apparently having seen my defenses of the Second Amendment, sent many well-meaning Jews, Slavs, and Gypsies to stand by and watch me the following e-mail:

murdered their fellow student and then took their own worthless only the army and the police with arms, while decent men had no lives. Hopefully you will be the next random victim of some loose recourse but to pray "that the Americans come with their Garand cannon with an assault weapon.

"May God have mercy on your misguided soul."

I replied:

Greetings, whoever you are -

In Israel, teachers and parents who serve as school aides go armed at all times on school grounds, with semi-automatic weapons. Since this policy was put into effect, terrorist attacks in Israeli schools have dropped to zero. The only recent exception was the tragic case of a group of schoolchildren who were murdered by an Arab gunman as they visited the "Zone of Peace" on the Jordanian border. The Jordanians Normandy and Iwo Jima (yes, the names of some of my relatives are specifically requested that the Israeli teachers and chaperones leave on the granite memorials), carrying these bullet-spewing machines their weapons behind ... which they did.

American schools are, on the other hand, "gun free zones" by order were in 1943, with millions condemned to fascist slavery? of our chief cowards and socialist bed-wetters, Bill and Hillary And what about today in Littleton, Colorado? Would you have Clinton, and Charles Schumer and Diane Feinstein. Therefore, our condemned the police to enter that building without firearms? Or do schools make ideal targets for misguided gunmen, who already violate you actually believe that firearms are fine, so long as they're only in dozens of laws when they undertake such actions - demonstrating the possession of government agents ... as was the case under Stalin that no number of victim disarmament laws will ever stop such in 1931, under Hitler in 1942, under Mao in 1955, under Pol Pot in creatures. (Washington, D.C. should be a peaceful paradise if "gun 1971? My, you must be very proud of those "militant freaks" who put control" laws work. But instead that city has one of our highest your doctrines into effect, murdering 10 million in the Ukraine, 8 murder rates — isn't that curious?)

I, too, hope the next time some nut takes it into his head to shoot an (the piker!) a mere few hundred thousand in Cambodia. innocent child, he encounters me first. One of two things will then happen: 1) I will die, instead of an innocent child. Good trade; or 2) with luck, you may yet survive — at least briefly — to live under just Being well-armed and trained in the use of the weapons which our Founding Fathers considered it our right and duty to own and carry (in order to protect their legacy of freedom against inevitable creeping tyranny) I will down the outlaw. An even better trade.

have the weapon and the training to stop them? (You'll dial 9-1-1, plus \$3 shipping (\$6 UPS; \$2 shipping each additional copy) through won't you? Average waiting time in Los Angeles today after dialing 9- Mountain Media, P.O. Box 4422, Las Vegas, Nev. 89127-4422. The 1-1 is 20 minutes.) If the attack occurs in a school, will the nearby 500-page trade paperback may also be ordered via web site http:// adults be helpless to save that child's life, due to victim disarmament www.thespiritof76.com/wacokillers.html, or at 1-800-244-2224. Credit laws you've supported?

In either case, are you sure God will have mercy on your soul, after you have knowingly betrayed our heritage of freedom, condemning

Unlike you, I do not hope you die because of your misguided faith their children gassed to death in Europe in the 1940s because they "I bet you must be very proud of those two militant freaks that had foolishly "obeyed the law" and turned in their weapons, leaving rifles in time to save us."

> Quite to the contrary, as a member of the unorganized militia (as are all adult, able-bodied Americans), I would still use my weapons to defend your rights, your property, and the safety of your family, even after you have condemned me, vilified me, and voted to strip me of my God-given right to self-defense.

> This does not make me a great man. It merely makes me a man. What your opposite stance makes you, I'm not sure. Do I take it you

> oppose the existence or use of all firearms? Do you then believe our fathers, uncles, and grandfathers were wrong to hit those beaches in which you hate? You would have preferred to leave things as they

> million in Germany and the Nazi empire, more millions in China, and

Continue on your present course. You seem to be in the majority. So, such a regime, yourself.

Vin Suprynowicz is the assistant editorial page editor of the Las Vegas Review-Journal. His new book, "Send in the Waco Killers: If someone attacks a helpless child while you're nearby, will you Essays on the Freedom Movement, 1993-1998," is available at \$21.95 cards accepted; volume discounts available.

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Member Texas Press Association 1999

Voters have clear choice in **GHD** election

by Wes Burnett

Voters in Saturday's Garza Hospital District election have a fairly clear decision to make on the three board members chosen from a field

Incumbents Jack Alexander, Zoe Kirpatrick and David Nichols, along with challenger Danny Guthrie, have stated their intentions to keep the hospital district, along with its taxing authority, in order to provide health care for all Garza County citizens.

The incumbents also say they will call an election for dissolution. only if the legislature approves amendments to the establishing law and if a proper petition by qualified voters is presented to them.

Challengers Bertha Fuentes, Charles Propst and Carol Davies Tobias have expressed their plan to call for an election as soon as possible for the purpose of allowing citizens the option for dissolution, using the Health and Safety Code (Section 286.102). These challengers also have pledged to abide by the constitution and the law.

That's an important committment. It means that these three have pledged to spend tax funds only for the purposes related to serving indigent health care needs. So, whether or not the voters here decide to dissolve the district, by making this pledge, these three candidates will ensure huge savings for taxpayers by dramatically reducing costs, simply by adhering to the law (constitution).

A vote for the incumbents then, appears to be a vote for continuing operation and taxation as it has been. A vote for Guthrie is similar. except that he wishes to change procedures and is opposed to a vote

Avote for Fuentes, Propst and Tobias is a vote to provide a dissolution election soon without petition requirement, and spending tax funds only for the care of indigents.

This election may be the most important election ever held in Garza

We trust voters will cast ballots based on informed and careful analysis of the facts. And that, in the end, is what America is all about.

The Complete Perversion of the Law

Editor's Note: The following snippet from the past was written by a Frenchman in opposition to the proponents of socialism, which was raising its ugly head in Europe during the 1840s. Spurred by Prussian philosopher Karl Marx, the founder of communism, socialists were taking over government in European democracies. Bastiat accurately predicted, without knowing it, the demise of restrained government which infects America today.

by Fredric Bastiat (1850, The Law)

But, unfortunately, law by no means confines itself to its proper functions. And when it has exceeded its proper functions, it has not done so merely in some inconsequential and debatable matters. The law has gone further than this; it has acted in direct opposition to its own purpose. The law has been used to destroy its own objective: It has been applied to annihilating the justice that it was supposed to maintain; to limiting and destroying rights which its real purpose was to respect. The law has placed the collective force at the disposal of the unscrupulous who wish, without risk, to exploit the person, liberty, and property of others. It has converted plunder into a right, in order to protect plunder. And it has converted lawful defense into a crime, in order to punish

How has this perversion of the law been accomplished? And what have been

The law has been perverted by the influence of two entirely different causes: stupid greed and false philanthropy. Let us speak of the first.

A Fatal Tendency of Mankind Self-preservation and self-development are common aspirations among all people. And if everyone enjoyed the unrestricted use of his faculties and the free disposition of the fruits of his labor, social progress would be ceaseless, uninterrupted, and unfailing.

But there is also another tendency that is common among people. When they can, they wish to live and prosper at the expense of others. This is no rash accusation. Nor does it come from a gloomy and uncharitable spirit.

The annals of history bear witness to the truth of it: the incessant wars, mass migrations, religious persecutions, universal slavery, dishonesty in commerce, and monopolies. This fatal desire has its origin in the very nature of man - in that primitive, universal, and insuppressible instinct that impels him to satisfy his desires with the least possible pain.

Texas Constitution 2000

Returning to a form of government best suited to ensure our individual rights.

The Law

Except in the case of a crime in progress, no individual shall be detained, imprisoned, nor held against his or her will in any manner, unless a lawfully executed warrant specifying the charges has been issued in accordance with this constitution. Any individual so detained will be informed of the reason for detention within one hour of being detained.

Article 3, Section 5 **Texas Constitution 2000**

To order printed copies of the Texas Constitution 2000, send \$5 to Texas Constitution 2000, P.O. Box 918, Post, Texas 79356.

Cost includes postage. For a link to the entire constitution or to make a contribution to the lawful and peaceful ratification, go to this web site: http://www.tcrf.com

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.

How one dad talks to his sons

An open letter to my three sons. Men, due to the tragedy in Colorado I would like to review some things with you.

1. You are not the center of the universe. There is only one Soveriegn. You are no more valuable to the creator than anyone else. I love you completely but you are not even the center of MY universe.

2. Your worth has nothing to do with what others say about you or how well you are accepted by the majority. Often the contrary is true.

3. You are responsible for your actions. There is no one else to blame. I will hold you responsible.

4. Bad stuff happens. How you respond to failure or tragedy says more about you than whether you fail or not.

5. The world does not owe you anything. Earn it.

6. If you get your feelings hurt. Cry if you need to and move on. Hurts

happen. 7. If you cannot forgive, you cannot be happy.

8. There are things worse than death. If you see someone putting guns to the heads of others and pulling the trigger PLEASE DIE trying to stop it. Love, Dad

Richard H. King, Lubbock Tx

We've got to get personally involved

I was very upset to hear in the news last week about the killings in yet another school. Then on Sunday morning, I heard a Methodist preacher on t.v. saying that we all need to do something about our children.

He is so right. I'm a grandmother, and I felt my grandchildren were pretty much okay. I was tired and busy, so I felt I didn't need to do anything about kids. "Let someone younger do it." I was wrong!

We must all do something. I'm going to start giving what I can to Rodney Tidwell and the MAD DADS program. It seems to me the best way I can help. I hope everyone in this community will do whatever they can to help our youth in some way.

Twana McCrary

Not in favor of dissolution, just yet

I intend to vote for some face changes on the Garza Hospital District board. I'm also not knocking the ones who hold a spot on the board and are up for reelection. But I don't believe all has done that could be done, so I feel it's time for some new folks and let them have a shot at it.

I do not favor an immediate call for an election to shut down the district. I am hoping the new board will take a few months to see if they can turn this thing around.

I also believe for this town to grow and become a tourist and prison town, we are gong to need a bandaid shop. I do not see the need for GHD to provide a building for a bunch of employees to stand in out of the rain with nothing to do. I also feel there are a lot of "what ifs" that have to be considered. what if we get a whole slew of so-called indigents severely burned in a fire or something? Will that break the county? I don't really think taxes are much of a factor in this

By the way, I have nothing against indigents, I'm almost there myself. But it is my belief and opinion that the GHD should continue on for a while. If we can't fix it, then give it the ax.

O.L. Ferguson

Editor's Note: The answer to the writer's question about long term expensive medical care for indigents is an important one. The county, just as the hospital district, can enter into contracts with private health providers, and that contract can contain upper limits of exposure. Currently, GHD has a \$150,000 maximum. per year. Since the county will set aside 10 percent of its general revenue for indigent care, it would be reasonable to set that amount as the upper limit of county obligations.

Dr Salas is opening private practice here There has been much speculation and rumor about me and I wish to clear up

all of that misinformation.

First of all, it has been said that I will no longer be associated with the Covenant Health Center of Post because I "was unable to reach a contractual agreement with Covenant Health Systems." This not true.

OFFICIAL BALLOT **BOLETA OFICIAL**

- May 1 1999 - Mayo 1, 19

Vote for the candidates of the choice by placing an "X" in the square beside the candidate's name.

Voten por el candicio o di su guesto para poniendo una "X" en el quadre que esta en el lado del nombre del el candidato.

> HOSPITAL DISTRICT DIRECTORS HOSPITAL DISTRITO DIRECTORES

(Vote for Three) (Voten Por El Numero Tres)

DANNY GUTHRIE

DAVID NICHOLS

CAROL DAVIES TOBIAS

CHARLES PROPST

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BERTHA FUENTES

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VOTE FOR A REAL CHOICE VOTE FOR

☆ Bertha Fuentes

☆ Charles Propst

☆ Carol Davies Tobias

Vote for All Three on May 1, 1999

Post Community Center Early Ballots at Garza Hospital District Office, 608 W. 6th - Now through April 27.

pd. pol. adv. paid for by Bertha Fuentes, Charles Propst, Carol Davies Tobias; Carol Peppers, treasurer, 805 W. 15th, Post, Texas 79356

There were never any contract negotiations between myself and Covenant. I will no longer be with the Covenant Health Center in Post because my Coverage Agreement was canceled "without cause" in a registered letter from Covenant's Chief Medical Officer, Dr James Burrell.

In my opinion, Mrs Reed's (Maritta Reed) statement that "we are sorry to be losing Dr Salas" is also untrue, for she has been working diligently for months to have me replaced, as I also believe have several members of the hospital board. This statement appears to be intended to tell my patients that I will be leaving

and as such is not true, because I fully intend to go into private practice in Post. Another item that the general public has not been told about is the nature of the future coverage which will be provided by the clinic since Kris Lindblom, FNP, and I will no longer be there. The public is being told that there will now be two doctors.

What you are not being told is that the doctors will only be available during regular hours as opposed to the way in which Kris and I were available from 9 a.m. to 9 p.m. and then being on-call from 9 p.m. to 9 a.m. for effective 24 hour

We have been providing for the medical care of the Juvenile Detention Center detainees and I was commissioned as school doctor for these past two years. Of course, lab and x-ray services have been provided all along as well as the services of ultrasound and the mobile mammogram unit.

Now, in a letter from the present board members, you are being told that these are "special services" which you will gain with the change in the clinic providers. Another mistruth that is being spun is that I am "being given the opportunity"

to open a private practice in Post. The truth is, I never had a contract which contained a no-competition clause. Even if there had been such a clause, when

the contract was canceled that clause also would be canceled. In fact, any and everything is being done to try to keep me from having a practice in Post.

However, I fully intend to set up private practice in Post. I will be providing service from 9 a.m. to 6 p.m. Monday through Friday and on Saturdays from 9 a.m. to 1 p.m. We will also have a number at which we may be reached for minor Lett

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NO HMO'S PLEASE

I know that I will be fighting an uphill battle, as I do not have the money and resources that Covenant has, nor do I have access to the tax money that the Garza Hospital District has. However, I am encouraged by the great number of faithful patients who have asked me to stay in Post, as they have come to depend upon Kris and I for their medical care.

Thank you for your prayers and support.

Abel Salas, M.D.

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Future president Franklin D. Roosevelt spent much of his youth summering at Campobello Island in New Brunswick, Canada. His cottage is now part of a joint Canadian-American international park.

> NATIONAL CRIME VICTIMS' RIGHTS WEEK

APRIL 25 - MAY 1

1 9 9 9

1. Does our present Healthcare system meet our community needs? 2. Would abolishing our Hospital District and Healthcare system meet our healthcare needs? Join with me to Improve Health Care in Garza County! Vote May 1 st **Danny Guthrie**

Garza Hospital Board of Directors

political ad paid for by Danny Guthrie, HCR 2 Post, Texas 79356

To Dissolve or Not Dissolve the Garza County Hospital District

Contained the following table and quote "For the 1998 tax year, we lowered the hospital tax to .165 (16 and a half cents). In counties whose population is comparable to ours and who collect a hospital district tax ours is the lowest."

An open letter of all who care

City	County	Population	Tax Rate
Muleshoe	Bailey	6,000+	.25
Morton	Cochran	4,000+	.32
Rotan	Fisher	4,000+	.59
Knox City	Knox	4,000+	.55
Tahoka	Lynn	6,000+	.25

Source: 1997 Hospital District Property Tax Survey Provided by Texas Hospital Association

Zoe Kirpatrick, "The Post Patriot" Volume 1, Ed.4, June 03, 1998

... and the REST OF THE STORY is

Bailey County's Hospital District - effective tax rate .25/\$100 generates \$550,000. and funds **Muleshoe Area Medical Center**

► Employs 135 full-time employees

· Administrator is paid by contract with Methodist, which is the only payment to Lubbock Methodist System.

District funds in addition to the hospital a 54 bed nursing home, home health agency, and an outreach clinic.

Ambulance service is paid by Bailey County.

· Community has 3 clinics; Methodist, St. Mary, Private Clinic, none of which are funded by the district Source: Phone 06/98 Bailey County Appraisal District; Muleshoe Area Medical Center Administration

Knox County's Hospital District - effective tax rate .55/\$100 generates \$600,000. and funds **Knox County Hospital**

► Employs 74 full-time employees

 Hospital district works loosely with Lubbock Methodist System and Abilene Hendrick. No subsidy is paid to any entity.

Ambulance service is paid by the Hospital District.

Source: Phone 06/98 Knox County Appraisal District; Hospital Administration

Lynn County's Hospital District - effective tax rate .25/\$100 generates \$549,813. and funds **Lynn County Hospital**

► Employs 50 full-time and 20 part-time employees

Independent - no affiliation with a larger network. No subsidies are paid by the district to any entity.

▶ Ambulance service is funded by the district along with a \$10,000 ambulance subsidy from Lynn County.

Primary Care Clinic staffed by Family Practice physicians.

► Family Wellness Clinic staffed by a Nurse Practitioner

▶ Primary Care Clinic on a part-time basis in O'Donnell

Source: 06/98 visit to Lynn County Appraisal District; Christi Scherler, Lynn County News Vol.95 No.16 04/16/98

Garza County Hospital District - effective tax rate .165/\$100 generates \$583,976. and funds No Hospital

► Employs 4 full-time employees

· Administrator is paid by contract with Lubbock Methodist System (now Covenant Health System) which the audit states the district reimbursed \$56,903 for 1997.

 District funds a 12 hour clinic 9:00 a.m. - 9:00 p.m. and an additional 12 hour Urgent Care clinic 9:00 p.m. -9:00 a.m. Staffed with Methodist personnel per contract with Lubbock Methodist System (now Covenant Health System) for \$300,000/year subsidy. In addition to the contracts listed above the Hospital District also contracts for indigent care with the same system up to \$150,000/year.

Primary Care Clinic funded by a grant which pays one of the employees of the district.

Clinic will become a five and one-half day clinic effective May 01, 1999.

Source: Garza Memorial Hospital District Audited Financial Statements and Supplemental Financial Information, September 30, 1997 by Mason and Warner & Company, P.C. Dated December 19, 1997; Garza Memorial Hospital Budget 1996-1997 and 1997-1998

How does GHD compare to other Texas hospital districts who have no hospital?

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.

Mismanagement doomed 24-hour clinic

It is my belief that with the right administration and hospital board, we could have easily maintained a productive 24 hour clinic here. It seems very apparent to me that there are agendas of power and control, along with other issues, that have ultimately cost this community its 24 hour, hands-on care.

Dr Salas, who is an excellent physician, was told, in my presence, that the administration, hospital board and certain members of this community did not feel "he fit the community of Post." When I asked Susan Neves, vice president of Covenant Health Systems, what she meant by "not fitting in Post," she was silent and unable to answer me.

I have seen the poor management of this 24 hour clinic, and know that the administration has been aware of problems, with no action ever taken to correct and improve such problems.

Dr Salas and I have numerous times complained to Jason Markham about issues of concern to us. These apparently fell onto deaf ears.

What angers us most is the lies that have been told to cover up the truth. It is my opinion that this administration should start recognizing good medical care, start caring about members of the community and start making their employees feel like they are valued.

Isn't it about time the vicious, nasty games quit and the true essence of health

I have recently questioned why we tried so hard and put in so many hours, when it appears like it made absolutely no difference to the administration, hospital board and "certain members of the community."

But it is those individuals who recognized and needed good medical care who have supported and truly appreciated us - you are the reason we continued to work the hours we did. We gave you the best care possible. And we feel you appreciated it.

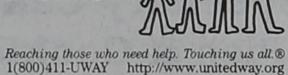
Thank you for intrusting your medical care to us. Kristen Lindblom, CS, Family Nurse Practitioner



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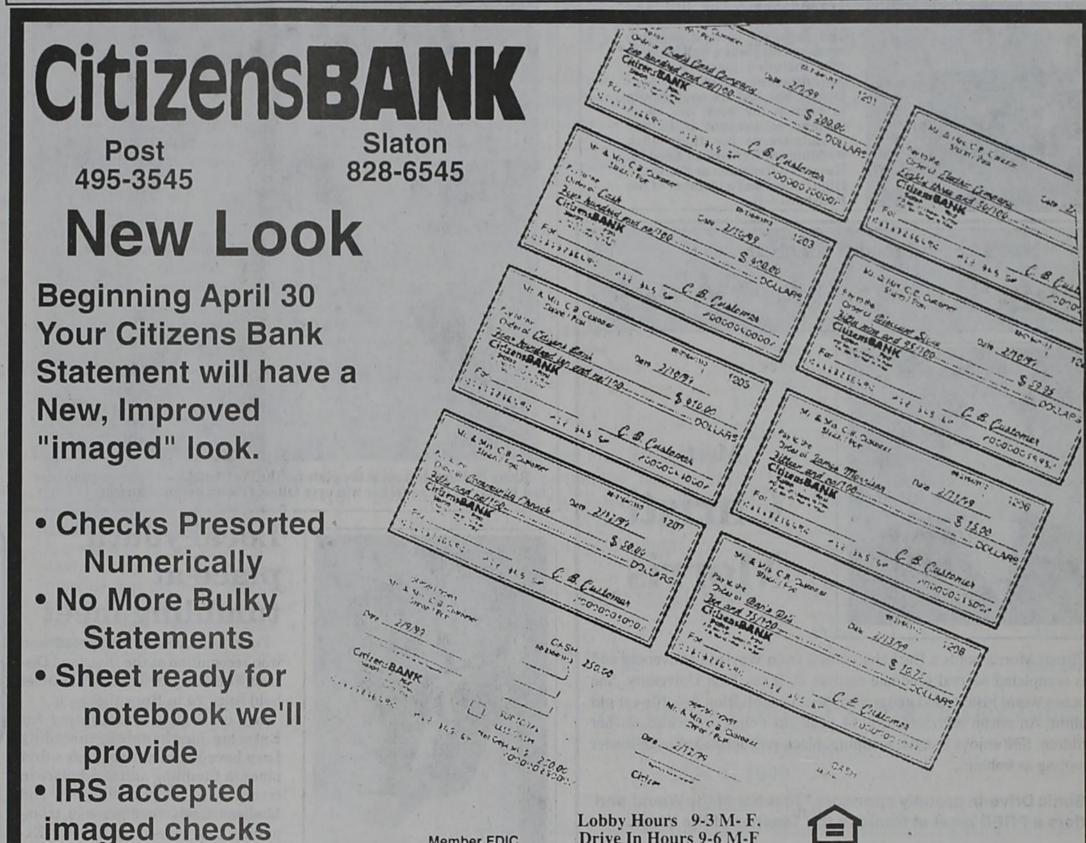
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We're proud of you!

Caprock Veterinary Hospital

Congrats to All of You! Dan & LeeAnn Hodges Sara & Matt, Poppa & Memie Grandma

We're proud to salute you!

Sid & Lil Conner

You're number one on our list! Gary, Vikki and Kristy Shifflett

> You're all winners! Kenny and Carla Reiter

Proud to Salute our Youth!

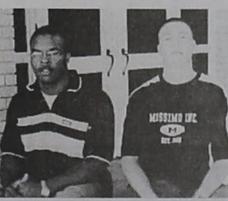
United Supermarkets





Coach Chili Black (left) with PHS varisty boys' golf team members, competing this week at Abilene in the regional golf tournamnent. Team members are (back row, left to right) Justin Gorman, John Radle, (front row) Marcus Lopez, Brooks Conner, Jay Gorman and Justin Norman.

Region Bound



Billy Crawford (left) will compete in the discus and John Radle in pole vault at the regional meet in Abilene.

Tennis Qualifier



Shelley Shifflett (right) represents PHS in the regional tennis tourney. Her coach is Darrell Daily (left).

District 3-AA District Track Champs

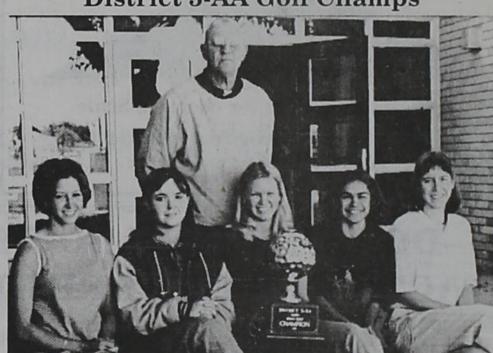


Competing Friday and Saturday at Abilene are PHS varsity Lady Lope track team members (back row, left to right) coach Christy Daily, Kelli Collier, Meagan Mills, Manuela Hernandez, Rhonda Thompson, Diana Williams, Kelly Moore, (front row) LaRinda Ledbetter and Miranda Hernandez. (Photo by Tim

District 3-AA Golf Champs

Drive In Hours 9-6 M-F

9-12 Sat



PHS varisty girls' golf team members competing this week at Abilene in the regional golf tournamnent are (left to right) Becca Stelzer, Miranda Palmer, Camie Payne, Yvonne Lopez and Kasey Hardin.

Another trip to Austin!

Donny & Donna Stelzer

Proud to congratulate our **Regional Qualifiers** South Plains

Answering Service

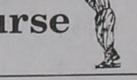
Another trip to Austin would be

just fine with us! Charles, Barbara and Holly Hardin

We are happy to have shared great ` times with you!

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Sports



Grand Champion

Kasey Carrell took Grand Champion honors in the Senior Division of the Crafts Division at the Texoma Exposition and Livestock Show in Denison recently. Kasey is the daughter of Mike and Frances Carrell and granddaughter of Bill and Margaret Dixon, all of Pottsboro and formerly of Post. Kasey's winning entry was a wall hanging that included pictures of her grandparents (Mr and Mrs Dixon). She had the opportunity to auction the item, but chose instead to present it to her grandparents for their 48th wedding anniversary on April 19. Kasey is a freshman at Pottsboro High School and a member of the Pottsboro 4-H.

SonicDrive-InProudlyPresentsour

Teacher of the Week



Meet:

Christi Morris

Christi Morris holds a Bachelor of Arts from Wayland University and has completed several graduate courses at Texas Tech University. She teaches world history and geography. She lists Joli Blon, is a 10 year old Canine American and Nadin, a 14 year old Feline American, as her children. She enjoys theatre, camping, black powder and muzzle-loader shooting as hobbies.

Sonic Drive-In proudly sponsors "Teacher of the Week" and offers a FREE meal at Sonic to the Teacher of the Week.





Thank you for choosing Sonic 215 S. Broadway 495-3440 Locally owned and operated by Jose Alvidrez

thousand, four hundred twenty two dollars).

other than those people declared as indigent.

representative Jason Markham).

the past two years.

operations.

DON'T BE FOOLED BY SCARE

TACTICS - HERE ARE THE FACTS:

CLOSED the hospital in October 1996, we have paid \$1,050,422 in taxes

(1997 and 1998) for a hospital that does not exist (that's one million, fifty

2. Less than \$10,000 was actually spent on indigent health care during those

3. Covenant Health System has pledged to continue operating its clinic here,

January 1999 meeting for statement by Covenant Health System

4. Less than 25 Garza County citizens have been declared indigent during

5. The hospital district is not authorized to spend any tax funds on anyone

6. The volunteer Post EMS does not need tax funds to continue its efficient

7. All cash reserves and assets of the hospital district will be transferred to

Garza County if voters here decide to dissolve the hospital district.

\$580,344. So, there'll be no need for the county to raise taxes.

8. According to the hospital district's budget, there is currently \$261,875 in

reserve, and according to the 1997 official audit, the total assets were

VOTE FOR

☆ Bertha Fuentes

★ Charles Propst

☆ Carol Davies Tobias

Vote for All Three on

May 1, 1999

Post Community Center

pd. pol. adv. paid for by Bertha Fuentes, Charles Propst, Carol Davies Tobias; Carol Peppers, treasurer, 805 W. 15th, Post, Texas 79356

with or without tax subsidies (see the Channel 31 video tape of the GHD

1. For more than two years, since Garza Hospital District directors



Ricky Halford gets set at the plate for the Post Antelopes during action here last Friday in the squeeker win over Olton. (Photo by Tim Burnett)

Madison Cash



Local youth place at tumbling meet

Four local youths competed and won recognition at the Division I District Tumbling & Trampoline Meet held April 24 in Brownfield.

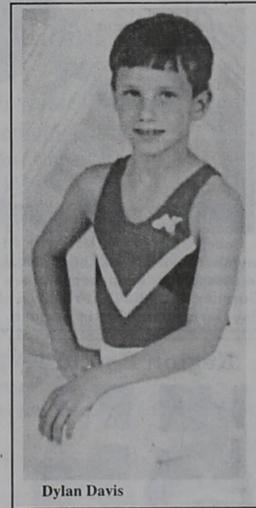
Two local girls representing Air Extreme participated, including Lacy Love Williams, who took a first place in tumbling and third place in trampoline, 7-8 year-old girls, and Madison Cash, first place in trampoline, 5-6 year-old girls. Air Extreme won the overall trampoline trophy and the Level VI team trophy.

Williams is the daughter of Michael and Mona Williams and Cash is the daughter of Rex and Terri Cash.

Representing Top of Texas were Alex Hart, who placed first in trampoline, 7-8 year-old girls, and Dylan Davis, third place in tumbling and fourth place in trampoline, 9-10 yearold boys.

Hart is the daughter of Gloria Hernandez and Keith Hart. Davis is the son of David and Kelly Davis.

All four qualified for the Division I Southwest Championship Meet to be held in Lubbock May 15 at the Civic Center.







Antelopes hunt for playoff spot

The Post Antelope baseball team downed Olton 8-7 in an April 23 home

Winning pitcher was Braden Conner.

"It was a shaky start for us again, giving up five runs on three hits, two walks and three errors in the first inning," said Coach Fred Postell. "We came back in the bottom of the first, got three back.

"Braden Conner reached the base on error and stole second. Ricky Halford popped up to the pitcher, Rocky Gomez doubled, driving in Conner. T.J. Gaydos hit a 1-2 pitch over the fence in right center for a two-RBI homerun. Billy Doser struck out and Joseph Abraham grounded out to end the inning." The 'Lopes scored four more runs in the second inning and an additional

run in the fifth on their way to the victory.

The team dropped an earlier home game to Coahoma 4-1. Conner was losing pitcher.

"Braden pitched a great game. He got off to a shaky start in the first inning, having to face all nine batters and giving up four runs in the first inning,"

The 'Lopes lone run came on a lead-off triple in the fourth inning by Halford, who then scored on a Gomez single. When the 'Lopes squared off against Tahoka, however, they pulled off a big

11-9 win.

T.J. Gaydos was the winning pitcher. "It was a big win for the Antelopes," Postell said. "T.J. pitched well, throwing 4 2/3 innings and striking out six and walking two. Braden Conner came in to get the last out in the fifth inning and shut them down 1-2-3 in

The team's season may very well hinge on Saturday's road game against

"Plains will be very important," Postell said. "A Post win will put us in the playoffs; a loss means a tie with Plains and we would play again on Monday to determine the third place playoff spot."

The Post Dispatch 495-2816

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April 17, 1999 Winners



1. Rex Prather and Lathe May 2. Shawn Gray and Sky Moore # 6 Roping 96 Teams

\$304 31.50 on 3 \$228 33.01 on 3

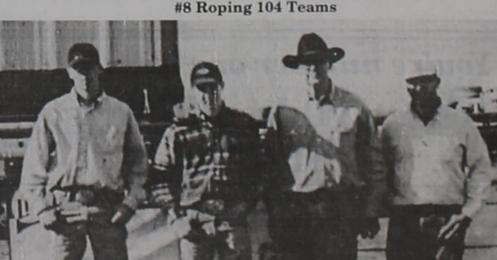
Left to right 3. Jim Ellerd and Steve Miller 4. Karl Bruce and Wes Shook

Per Man Time \$152 35.27 on 3 \$76 38.43 on 3



Left to right 1. Wade Smith and Rex Prather 2. Brent Martin and Al Bounds

\$329 24.40 on 3 \$247 25.71 on 3



3. Kyle Rainbolt and Shawn Gray 4. Lee Stevens and Kyle Fogerson \$164 26.34 on 3 \$82 31.06 on 3

Special thanks to these sponsors: A&T Feed Babb's BBQ Brady's Package Store Caprock Lounge Miller Lite Saddle Tack & Traders

Scooter's Horseshoeing

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Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

Take the punch out of high-protein diets

If you're like many American adults, you're on a diet right now and odds are it's a high-protein diet.

Do the results that these diets promise sound too good to be true? Trust your instincts if the answer is yes. Many high-protein diet books lack sound research to support their claims, and the proponents of these books often have no nutrition expertise.

So why do some people swear by high protein diets and actually shed a few pounds temporarily? The key word here is temporarily because caloric

intake is limited to 800 to 1,200 calories a day not enough to meet the average adult's nutrition needs. Because it's impossible to maintain such a restrictive diet over the long haul, high-protein diet groupies tend to slip back into poor eating habits.

Supporters of high-protein diets also claim without any supporting scientific evidence that carbohydrates increase muscle fatigue, decrease mental alertness, stimulate the appetite and are addictive. In reality, the opposite is

ffabig

d well,

Scientific studies prove that carbohydrates are the body's primary fuel for activity and the only fuel for the brain. That's why the Food Guide Pyramid, recognized by nutrition authorities for its emphasis on a balanced eating plan, showcases carbohydrate-rich grain foods as the

Complex carbohydrates, such as bread, pasta, cereal and tortillas, help jump-start your metabolism and allow your body to burn calories more efficiently. When this happens, some people may become hungry between meals and mistakenly think they're having carbohydrate cravings. In fact, because the body is burning its fuel more efficiently, it may be necessary to eat five or six smaller meals throughout the day rather than three big meals to keep stoking your fire.

If high-protein diets are not the solution to weight loss, then where should you turn? The answer is to go back to the simple, three-step plan that has stood the test of time. Nutrition experts agree that to maintain a healthy weight over the long term, you should:

• Decrease total calorie consumption. Choose lower-fat versions of your favorite meals and eat only until you don't feel hungry "not until you feel full.

• Increase the calories you burn through physical activity. Spend 10 minutes three times a day taking the stairs, walking or integrating other physical activity.

 Adopt a balanced, low-fat, high-carbohydrate eating plan based on the Food Guide Pyramid. East six to 11 servings of grain foods and three to five servings of fruits and vegetables a day. Follow the Pyramid's guidelines for the other food groups.

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

13 arrests keep sheriff's dept busy

Thirteen individuals were booked into the Garza County Jail during the past week, according to jail records.

A 32-year-old male was jailed April 21 on a Lubbock County warrant (released the next day to Lubbock County officials) and a 37-year-old man was picked up for violation of probation (released April 26 on \$7,500 bond).

Three individuals were jailed April 23, including a 25-year-old male, revocation of probation; a 21-year-old male, revocation of probation (released April 24 on a PR bond); and a 20-year-old male, possession of marijuana/under two ounces (released the next day on \$1,500 bail bond).

Five were picked up April 25, including a 32-year-old male, DWI (released the same day on a PR bond); a 19-year-old male, driving while license suspended (released the same day on a \$1,000 bail bond); a 22-year-old male and a 19-yearold male, each for possession of marijuana/under two ounces (each released the same day on \$1,500 bail bond); and a 22-year-old man, no driver's license (released the same day after paying fines and court costs).

On April 26, an 18-year-old man was picked up for disorderly conduct. On April 27, a 19-year-old man was arrested for possession of components of

explosives and a 38-year-old man was picked up for public intoxication. More than 60 calls for service were handled by local dispatchers during the

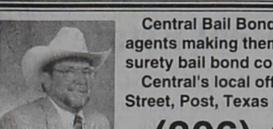
Incoming calls included, on April 21, a report of an automobile accident on 10th Street, and on April 22, criminal mischief at Southland and a minor at Southland picked up for unlawfully carrying a weapon.

On April 23, incoming calls included a request for an ambulance on north U.S. 84 (transport made to Methodist Hospital, Lubbock), stolen lumber in the 500 block of West 14th, burglary of a habitation (no further details recorded), an automobile accident on FM 669 (ambulance dispatched; no further details recorded), and three gasoline drive-offs, at least two of them at the same South Broadway location (\$4.90, \$26.01 and \$10 worth of gasoline reportedly taken). Two incidents of harassment were reported on April 24, one in the 100 block

of East 7th Street and the other in the 600 block of West 11th Street. Another gasoline drive-off at a South Broadway location was reported April 25 (\$15 worth of gasoline reportedly taken) and an ambulance was requested at Lake Alan Henry after a man there reportedly broke his ankle (transport made

On April 26, a single-car rollover was reported north of Southland (three individuals were in the car; two were able to get out of the vehicle but one was apparently trapped and required the services of an ambulance).

Calls recorded on April 27 included an attempted break-in at a Main Street business (window was broken out in an apparent attempt to gain entry); a possible stalker in the 200 block of South Avenue F; and a man and a woman fighting in the 500 block of South Avenue F.



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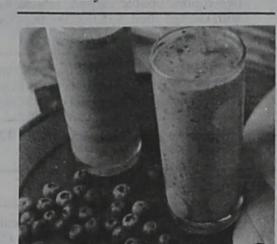
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HOURS: Monday thru Friday 10 a.m. - 6 p.m. Call (915) 574-1581 for appointment 5303 Trinity Blvd., Suite A Snyder, Texas

Blueberries: The gift of health in small packages

(NAPS)-It's true! The best things often do come in small packages-even when it comes to health. Recent studies have hailed blueberries as the reigning king of antioxidants-disease fighters that may also slow down the effects of aging. Researchers at the USDA Human Nutrition Research Center at Tufts University analyzed the total antioxidant activity of 40 fruits and vegetables and found blueberries to have the highest overall score. Anthocyanins, the pigments that make all blueberries blue, are thought to be the major contributors to their high antioxidant levels. According to Dr. Ronald L. Prior, director of the research, "just one half cup of blueberries can provide as much antioxidant power as five servings of other nutritious fruits and vegetables-say broccoli, carrots, apples, squash and peas. Of course, these foods supply other essential nutrients, so variety is still the key to a healthful diet.



A great way to get your antioxidants is by the glass. Simply whip up one of these healthful, low-fat blue brews any time of the day-for breakfast, after a workout or at bedtime.

Berry Blue Smoothie

- 2 cups fresh or slightly thawed frozen blueberries
- 1 container (8 ounces) lowfat vanilla vogurt
- 1 cup milk
- 1 can (6 ounces)
- unsweetened pineapple

3 tablespoons honey 1½ cups ice cubes (about 16 cubes)

In blender place blueberries, yogurt, milk, pineapple juice and honey; cover and blend at medium speed until smooth. Increase speed to high; add ice cubes, a few at a time, until finely crushed. Serve immediately.

Yield: about 5 cups Blue Apple Frosty

- 2 cups fresh or slightly thawed frozen blueberries
- 1 cup apple juice 1 cup vanilla frozen yogurt ½ cup milk
- ¾ teaspoon ground cinnamon
- In blender combine blueber- El Dorado Hills, CA 95762.

ries, apple juice, frozen yogurt, milk and cinnamon. Blend until smooth. Serve immediately. Yield: about 4 cups

For more delicious and healthful blueberry recipes, send a stamped self-addressed envelope to: North American Blueberry Council, 4995 Golden Foothill Parkway, Suite #2,

Garza County Taxpayers:

We thought you would like to know where your tax money is going. This is the current (1998-99) Garza Hospital District budget. We are opposed to wasting your tax money this way. We believe changes are needed, but we'll need your vote Saturday, May 1 to do so.

GARZA MEMORIAL HOSPITAL BUDGET 1998-1999

KEVENUES

Year End Balance Lease on Bldg. Tax Revenue @16.5 Projected Interest(\$200,000.@4.5% Reimbursement on Utilities Reimbursement on Maintenance Primary Care Grant Equipment Rent

Remember, this is a budget for a hospital district which does not operate a hospital. There has been no hospital in Garza County since October 1996, when the Garza Hospital District board of directors closed the hospital.

VOTE FOR COMMON SENSE

EXPENSES

\$32,500.00 Management Agreement Exp. \$300.00 \$261,875.00 Adverstising & Promotion \$20,000.00 \$22,920.00 Ambulance \$34,850.00 \$518,082.50 Clerical Salaries \$9,000.00 Methodist Clinic Contract \$300,000.00 \$5,000.00 \$11,500.00 Collection Fees \$16,300.00 \$31,900.00 Employee Insurance \$23,900.00 Forms & Office Supplies \$2,000.00 \$16,370.00 Equipment Replacement \$15,544.50 \$150,000.00 Indigent Care Expense \$895,547.50 Insurance (Liability) \$10,000.00 \$25,000.00 Legal & Accounting Miscellaneous \$1,000.00 **Building Renovation** \$100,000.00 Office Machine Repair & Rent \$4,000.00 \$31,500.00 Physical Plant & Maintenance Postage & Freight \$1,000.00 **Primary Care Grant** \$23,900.00 \$49,000.00 Continuing Education \$49,653.00 Tax Re-evaluation Expense \$5,000.00 Telephone

T.V. Expense \$1,000.00 \$18,000.00

\$895,547.50

VOTE FOR

★ Bertha Fuentes ★ Charles Propst ★ Carol Davies Tobias

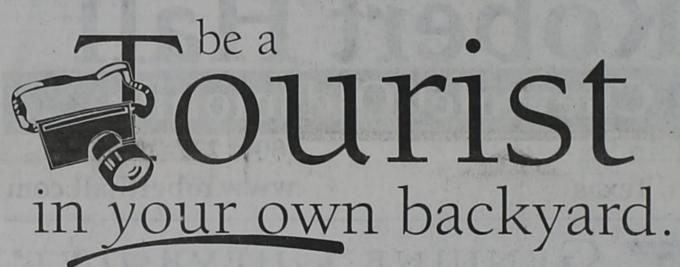
Vote for All Three on May 1, 1999

Post Community Center

pd. pol. adv. paid for by Bertha Fuentes, Charles Propst, Carol Davies Tobias; Carol Peppers, treasurer, 805 W. 15th, Post, Texas 79356

SATURDAY MAY 1st 9am - 5pm

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Who says there's nothing to do in Lubbock?

n celebration of "National Tourism Week", the Lubbock Convention & Visitors Bureau is hosting the first annual "Be A Tourist in Your Own Backyard" day! YOU are our most valuable assets and we want to introduce you to all of the many exciting things there are to see and do in and around the City of Lubbock. Who says there's nothing to do in Lubbock? Bring the

family out and see for yourself what we have to do here!

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City Of Lubbock Maxey Park Take A FREE Tour

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If you ride the guided Citibus tour you have A CHANCE TO WIN:

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- Free Dinners At Local Restaurants
- Free Tickets to Up coming events

Cap Rock

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& Art Center Breedlove Dehydration University Ave.

1818 N Mlk Blvd

Buddy Holly Statue & Lubbock Lake 9th St. & Ave. Q.

Cap Rock Winery Woodrow Rd. 1/2 mile east Prairie Dog Town

19th St & 1H-27 Llano Estacado Winery

FM 1585, 3 miles east of US of IH-27 South Lubbock Fine Arts

Collection/Special Collections Library 15th St & Detroit

The Museum of Texas Tech University 4th St. & Indiana Ave.

Arboretum/Municipal

Arboretum: 4111

University

Landmark

Garden Center: 4215

State Historical Park

2401 Landmark Drive

Mackenzie Park 4th St. &

Ranching Heritage

4th St. & Indiana Ave.

Center

Southwest

Catch a FREE ride on a designated Citibus approximately every 30 minutes, at every site on the guided tour.

TOUR BUSES **BEGIN LEAVING FROM** RANCHING HERITAGE CENTER AT 9:30 AM

Don't want to take the bus? Feel FREE in taking your own car to any of the sites on the tour and enjoy Free Fun!

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flatbed and regional opportunities available! Re-

gional drivers home weekly! Top pay, equipment

and benefits! Student drivers welcome! Call

weekends. Health, life, dental, 401k, paid vaca-

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ment. Guaranteed time home and complete pack-

age of benefits. Also need long haul owner op-

flatbed. Combined Transport, 1-800-290-2327.

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years with I year OTR CDL w/ Hazmat. Paschall

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money down. Driver and O/O positions also avail-

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tion * Excellent miles * 6 months experience re-

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tions, safety bonus, tarp pay. Call Rodney at WVT able. Home most weekends! Call Texas Star Ex-

DRIVERS - NOW HIRING! OTR drivers, com- DRIVERS: OWNER OPERATORS wanted.

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pany, 84c - O/O. 1-800-CFI-DRIVE, available. Mostly Midwest/Southeast. Company po-

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DRIVERS - EARN TO 37c/mile! Consistent RAPID FREIGHT OF Texas is seeking OTR

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Card of Thanks

I would like to thank everyone for the flowers, phone calls, food and mostly your prayers for me during my hospital stay and the days after.

A special thanks to the gang at Linda's and to my favorite "coffee gals". You will never know how much your kindness has meant to me.

May God bless each of you, Glenda Atkinson

We would like to thank everyone for their support for the Pat Ayala benefit. A special thanks to Holy Cross Catholic Church for the use of their hall and to all

the speacial ladies that worked so hard to make this benefit such a success. May God bless everyone for their kindness and

Personals

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

Post Group of Alcoholics Anonymous Meets every Thursday night at the First Presbyterian Church, 901 West 10th at 8 p.m. Closed meetings are held except on the last Thursday of the month, which is an open meeting. Door opens at 7 p.m. and the meeting starts at 7:30 p.m, cake and coffee following the meeting. Anyone who wishes to talk or ask about an alcohol problem, call 495-4152, 495-4185 or 629-

Services and Repairs

Alterations and general sewing. 909 West 12th. or call 495-3092.

Help Wanted

Taking applications for a position that includes truck driving and chemical pump work. Call 806-237-2013, between 9:00 am and 5:00 pm.

Homes for Rent

House for rent: Pleasant Valley, two

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bedroom and two bath. Central heat and air. Call 806-828-6322.

\$100.00 off first months rent! Windmill and Century Heights Apartments in Slaton. Newly remodled units. Call for pricing, 1-806-828-3866.

Apartments for Rent

Mobile Home Lot to Rent

New mobile home space available for immediate move in. Call 806-828-1343.

Homes for Sale

Three bedroom, two bath, two car garage brick home. Central H/A execellent condition. 703 N. Ave O. 405-2888 or 495-2467.

Three bedroom, two bath house on two lots. Central heat and air, basement with two rooms, double carport, fenced yard with storage shed. \$35,000.00. 606 West 11th street, call 495-2473.

Priced to sell: Three bedroom, two bath brick in good neighborhood. Carport and storage shed. Call 495-2504 or 495-3050.

House at Lake Stamford. Call 327-

Miscellaneous for Sale

Dining table with 5 chairs, china cabinet and sewing maching in cabinet. Call 495-2682.

Cemetary lots for sale, Grassland Cemetary. Call 806-799-8960.

Big screen TV for sale. Take on small payments. Good credit required. 1-800-

White side by side refrigerator/freezer.

\$150, call 495-2307 after 5 pm.

1974 17ft. Glastron boat, runs and looks good. \$2000 firm! Call 495-4067. Sectional, 3 recliners with built in mas-

sage and telephone. Priced to sell quick. Sundance Capri hot tub. Massage

therapy jets, one year old. Priced to sell quick. Call 495-4067.

For sale: couch, bed, Queen size water bed (good condition). Call 629-4247.

Garage Sales

Saturday, May 1st, 9 am - ? No early callers. Craig and Judy Massey.

Moving sale, Saturday, May 1st. 40

Saturday, 9:30 till ?, 414 West 12th.

years collection. Three miles west of Graham Chapel, Jim Norman.

Saturday, May 1, 1999, 9 am. 4-H barn on Lubbock Hwy. Furniture, clothes, pool table, drum set and lots of misc.

Vehicles for Sale

1976 Ford pickup and antique piano. Call 327-5616.

1989 Ford F-150, blue and white. Short bed, extended cab, new engine, aluminum wheels, grill guard. \$6000, call 806-495-3700.

Lost and Found

Lost: Baseball glove belonging to Allen Duran. Name and address in glove. Reward offered. Call 495-4521.

Lost: money order in a sealed envelope. Lost on East Main. If found take to the Post Office and call 495-3860.

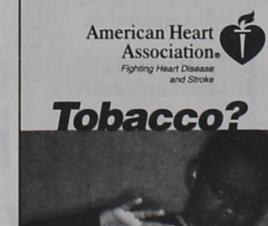
Legal Notices

The City council will conduct a public hearing May 4, 1999 at 6:15 P.M. for the purpose of changing zoning from R-1 to C-2 for block 77 lots 1-8 and block 76 lots

The change will allow the construction of a senior citizen center on lots 1-2 block

You are invited to appear at the public meeting to express your opinion.

Bids are being received by Garza County Regional Juvenile Center for the following: Milk, bread and other food items. Bids will be accepted in the office of the Nutrition Coordinator until 11 A.M. June 9, 1999. Bids will be reviewed by the Garza County Juvenile Board on June 14, 1999. Bid specifications may be obtained by calling (806) 495-0266 ext. 22 or may be picked up at 800 N. Ave. F, Post, Texas. Garza County reserves the right to





Don't get me started...

©1997, American Heart Association

accept or reject any or all bids.

Notice of Application For Fluid Injection Well Permit

Stelzer Drilling Co., Inc., 130 East Main Post, Texas 79356 is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil or gas.

The applicant proposes to inject fluid into the San Andres formation, O.B. Franklin Lease, Well Number 8. The proposed injection well is located 9 miles NW from Post in the P.H.D. Field, in Garza County. Fluid will be injected into strata in the subsurface depth interval from

3500 to 3950 feet.

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

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Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/445-1373).

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> · Fire Smoke Water Restoration Insurance Claims Specialists

GREAT LOCATION! 2 lots on corner of 603 W. 11th Street ...

Log home, US 84 frontage, acreage, fenced, new Lake Alan Henry. (Idea!!! Room to build boat storages.)

Charming 3 BR, 2B, Brick, C-H/A on large lot. Recently installed metal roof, fresh paint, detached 3 car garage/work shop, fenced. 409 W. Main.

PRICED TO SELL! 2 BR, office/nursery, 1B, living room, kitchen, cellar, carport and workshop. 505 W. 14th Street.

CEDAR HILLS! Split level brick and cedar, 3BR, 2 1/2 bath, 2 car garage, family room/fireplace, large kitchen, formal dining, game room, workshop/storm shelter, covered patio and rustic landscaping on 3+ scenic acres. This is a "must see for

Country home West of Post with 121+ acres/1/2 minerals. 3 BR, 2B, living room/fireplace. Formal dining area. Also includes: a water well, large metal building and other extras.

NEW OWNER WANTED: 3 BR, 1B, C-H/A, double carport/shop, cellar beneath a large covered patio, metal storage buildings, fenced. 811 W. 6th Street.

Commercial Building located on South U.S. Hwy 84, would be ideal for an office or a drive-thru facility. Large portion of the lot fenced. Call for details.

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•• 3 BR/2 BA, brick, great neighborhood, central H/A, large storage building, fenced yard.

•• 2 BR/2BA mobile home on 2 city lots, carport and storage bldg., central H/A.

•• Double-wide mobile home at Two Draw Lake, 2 BR/ 2 BA, carport, priced to sell. •• Landmark in Post on West Main Street. Beautiful 3

BR/3 BA, on 2 1/2 lots, double car garage, beautiful landscaping, spacious back yard. Must see if you are seriously looking for the perfect home.

•• 3 BR/2 BA, close to school, new carpet, storage

 Needs TLC, 3 BR/2 BA w/rental. Needs some repair but priced to sell.

.. Acreage with 3 BR home, corrals, and great for horse

.. Lake Alan Henry - home on 1 acre, 5 min. from boat

•• Ready to move in - 3 BR/2 BA, central H/A, lots of extras, large rooms, 1 1/2 lots, fenced yard, fireplace, storage house and 2 car garage. Also brick and corner lot. A real bargain!

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495-5515 495-5146

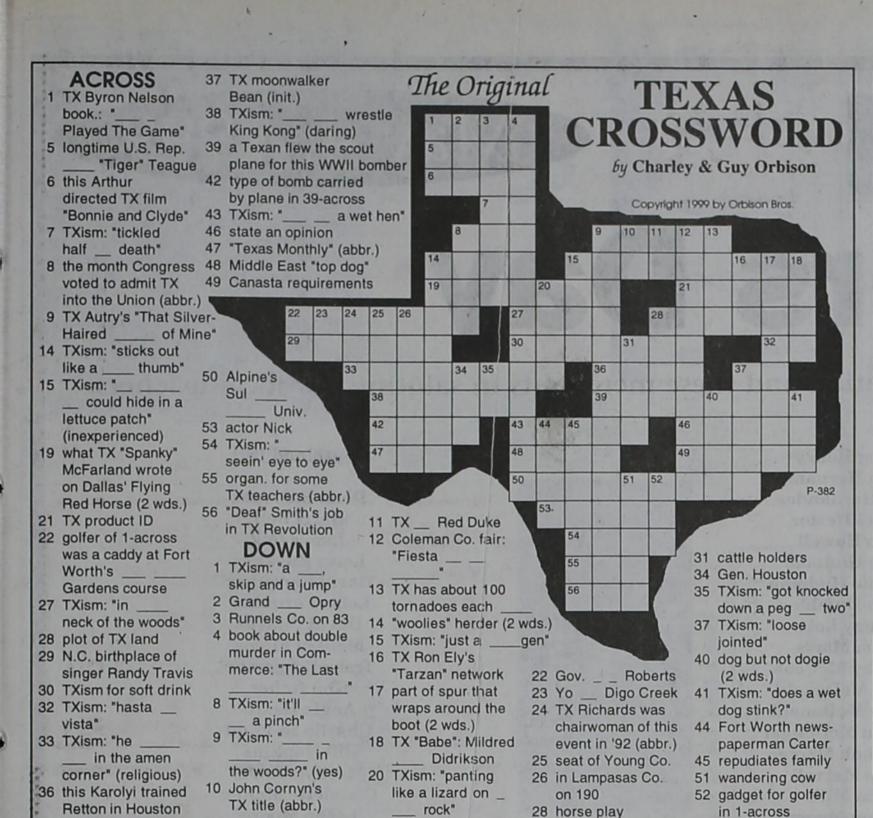
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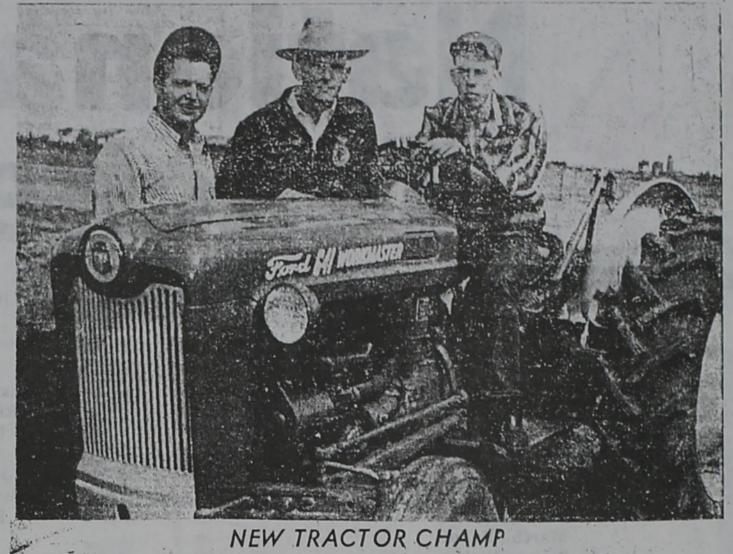
not offer





Michelle Hill and Jon Mark Robbins, at the left, were first place winners in Mu Alpha chapter's annual "Little Mr. and Miss Post" contest. Michelle is the daughter of Mr. and Mrs. Tommy Hill and Jon Mark is the son of Mr. and Mrs. Jon Robbins. Patti Ann McClellan, third from left, daughter of Mr. and Mrs. Mason McClellan, was a second place winner. Second from right is Samantha Sullivan, daughter of Mr. and Mrs. Pat Sullivan, a third place winner, and at the right is Gregg Poole, son of Mr. and Mrs. Kenneth Poole, second place winner. Not pictured is third place winner Kirt Robison, son of Mr. and Mrs. Johnny Robison. Kirt was recuperating from a tonsillectomy when the picture was made.—(Staff Photo)

From The Post Dispatch, April 24, 1969



Kenneth Thompson is shown at the wheel of a Ford Workmaster tractor Saturday morning after winning the Garza County FFA tractor driving contest on the Earl Rogers' farm. The contest was sponsored by Garza Farm store.

Thompson will now enter district competition. Shown with him are Junior Gray, left, of Garza Farm store, and D. H. Koeninger, FFA chapter advisor.

(Staff Photo)

From The Post Dispatch, April 23, 1959

Lunch Menus

Post ISD

Friday, April 30,1999
Breakfast: Cereal, toast, fruit and milk.

Lunch: Cheeseburger, h.b. salad, French fries, cookie and choice of milk. Monday, May 3,1999

Breakfast: Breakfast taco, fruit, orange juice and choice of milk.

Lunch: Frito pie, black-eyed peas, salad, cornbread, cherry crisp and choice of milk.

Tuesday, May 4,1999
Breakfast: French toast, sausage link, fruit, and choice of milk.
Lunch: Steak fingers gravy, whipped potatoes, green beans, hot rolls, pudding and choice of milk.

Wednesday, May 5,1999
Breakfast: Oatmeal, toast, bacon, fruit and choice of milk.
Lunch: Enchiladas, pinto beans, Spanish rice, salad, peaches and

choice of milk.

Thursday, May 6,1999

Breakfast: Cereal, toast, honey,

fruit and choice of milk.

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

Trail Blazer

Friday, April 30,1999
Chicken fried steak, white gravy, corn, peas and carrots, hot roll and pineapple cake.

Monday, May 3, 1999
Chicken strips, new potatoes, broccoli, tossed salad, hot roll and brownies.

Tuesday, May 4, 1999
Roast beef, butter beans, beet/
onions, sliced tomatoes, hot roll and pumpkin crunch.

Wednesday, May 5, 1999 Chicken fried steak, cream gravy, baked potatoes, brussel sprouts, wheat roll, apricots.

Thursday, May 6, 1999
Polish sausage, black-eyed peas, okra, cabbage salad, cornbread and chocolate pudding.

Southland ISD Friday, April 30, 1999

Breakfast: Cereal, toast, juice and milk.

Lunch: Tuna sandwich, chips, pickle spears, ice cream and milk.

Monday, May 3, 1999

Breakfast: Donuts, bacon, juice and

milk.
Lunch: Frito pie, tossed salad, corn, apple cobbler and milk.

Tuesday, May 4, 1999
Breakfast: Egg and sausage biscuit,
juice and milk.
Lunch: Soft beef tacos, pinto beans,

rice, fruited jello and milk.

Wednesday, May 5, 1999

Breakfast: Cheese toast, sausage, juice and milk.

Lunch: Chicken nuggets, gravy, mashed potatoes, macaroni and cheese, roll, apple nut cake and milk.

Thursday, May 6, 1999

Breakfast: Rice cereal, toast, juice

and milk.

Lunch: Dorito casserole, fried okra,
corn, cornbread, cookie and milk.

Yesteryears

by Pat Burnett

April 26, 1989 10 Years Ago

Melissa Cunningham, Kathryn Floyd and Bob Turner were among the participants who earned diplomas for completing a twelve-hour training program on organizing for economic development - "Rural Economic Development Initiatives - co-sponsored by South Plains Association of Governments and Southwestern Public Service

Charles and Donna Welle, of Sandy, Utah, are proud to announce the engagement and approaching marriage of their daughter, Andria Elizabeth Catherine, to William Hollis Watson, son of Carl and Pat Watson of Post.

The Olive Branch was the setting for Gamma Mu Sorority's April 11 meeting at 7 p.m., with Benny Jackson as guest speaker and D'Linda Chapman, hostess.

April 26, 1979 20 Years Ago

Mr. and Mrs. Billy Howell announce the birth of a baby girl, Angela Jean, born April 17, at 5:59 a.m. in Garza Memorial Hospital weighing 8 lbs., 2 ½ ozs.

Floyd Tillman, Post's contribution to country music, is still "pickin" and grinnin' in Granite Shoals these days after 50 busy years in the music business.

Ronnald Tyler visited family and friends for a week during the Easter weekend. Ronnald lives in Lafavette, Louisiana

April 24, 1969 30 Years Ago

The Marvin Hudman residence is abloom with flowers as always and help brighten our way. I hope Marvin won't be offended when I point out that most of the credit here lies with his wife. Jimmle Anyway, she is the one that I see "working at it."

Mr. and Mrs. Boots Storie and Mrs. Paul Crisp are at home following a week of fishing at Lake Buchanan.

Kirt Robison, son of Mr. and Mrs. Johnny Robison, entered West Texas Hospital a week ago Tuesday where he underwent a tonsillectomy on Wednesday.

To Joe Sanchez, son of County Commissioner Ben Sanchez who "earned" three Purple Hearts in nine months in Vietnam, didn't have to go back to complete his year's tour of duty in that war

Three generations of a Post and Snyder family — John Beggs, his son, Dickey Beggs, and Dickey's six - year - old son, Chris, will leave in about a week for Belfast, Northern Ireland, to claim a large estate inherited recently by the elder Beggs.

April 23, 1959 40 Years Ago

Birthdays today are:

April 23

Mrs. Henry Key

Mrs. E. E. Pierce

Wiley Johnson

La Gaylauh Young

Monta Moore, Levelland

Another major expansion at the Postex Cotton Mills will go into operation Monday when new stainless steel bleachery equipment is scheduled to be started up for the first time.

Mr. and Mrs. Mitchell Malouf Jr. and family of Big Spring were weekend guests in the home of his parents, Mr. and Mrs. Mitchell Malouf. Mitchell III and Melinda will remain for an extended visit. Another grandchild, Emmiet Malouf of Lubbock, is also visiting in the home of his grandparents.

April 28, 1949 50 Years Ago

Mrs. D. C. Roberts, Jr., was honored at a layette shower yesterday afternoon in the home of Mrs. C. N. Chandler of the Graham Community.

Ruth Lavelle McMahon sent her mother and dad a personal letter in the form of a recording last week.

Rea Peel recently celebrated her seventh birthday with a party in the home of her parents, Mr. and Mrs. Elva Peel of the Graham Community. Guests included Danny and

Carolyn Jones, Judy and Ann Morris, Judy, Sonny and Janie Gossett, Sandra and Pamela Stewart, Joe and Wyvonne Morris, Leta and Lenona Stone, Wayland McClellan, Delwin and Jackie Fluitt, Shirley Kay McBride, Carrol Ray Davis, Janice Stevens, Jerry Elmo Bush and the honoree's sisters, Jeanie and Margaret Ann.

Mr. and Mrs. Ben Fikes of Coryell County visited Mrs. Fikes' brother-in-law and sister, Mr. and Mrs. R. B. Cummings, this week. It had been 30 years since they had visited each oth-

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 We are especially pleased to learn that Covenant Health Systems has committed to serve this community, with, or without tax subsidies.

 We join with Covenant Health Systems in expressing our faith in the future for more and better health care for all.

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COMMON SENSE
AND A CHOICE...
VOTE FOR

☆ Bertha Fuentes **↑** Charles Proper

★ Charles Propst

☆ Carol Davies TobiasVote for All Three on

May 1, 1999 Post Community Center

Post Community Center

pd. pol. adv. paid for by Bertha Fuentes, Charles Propst, Carol
Davies Tobias; Carol Peppers, treasurer, 805 W. 15th, Post, Texas 79356



Tax 'n Facts by Terri Cash

From The Post Dispatch, April 26, 1989

by Terri Cash Deferred Compensation

"Take the money and run" or defer some payment until after you retire? Smart thinking more often comes down on the side of deferred compensation, especially given today's longer lives-longer retirement, longer need for income.

In a qualified plan, like a 401 (k) or pension plan, the money sits in a separate trust fund (qualified means that the plan meets certain government rules for tax deferral and security.) In many cases the employer matches the worker's contributions, which makes the plan extra attractive. It's unwise to gamble with retirement funds, but stocks and mutual funds usually pay off better over long term than more conservative investments. Close to retirement, though, move some funds into fixed-income securities.

A nonqualified plan is more flexible. It enables participants to put away more - funded by the employer - than in a qualified plan, but does not offer the protection that a qualified plan does.

We help small firms choose the right plans to benefit a company and its employees. Come talk it over at MASON WARNER & CO., P.C.

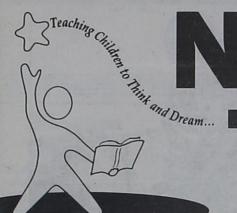
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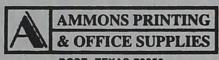


National Management Teachers Day

Join the Texas State Teachers Association and these merchants in saluting our local teachers.

Post ISD

Dedra Adams Sandra Alexander Danny Allen Donna Aten Tammy Ayala Martha Baker Dianne Bishop Chili Black **Candace Boling Daisy Breedlove** Patsy Byrd **Cathy Courtney** Christi Daily **Darrell Daily Mendy Dalby Heather Daniell** Willa Didway Lance Dunn Tonya Dunn **Amy Easterling James Easterling** Susan Ferguson **Connie Flores Kathy Fluitt** Norma Gafford **Doris Giddens Billy Gordon** Pam Gorman Richard Gorman Kim Greer Lu Nell Gribble Rebecca Haney Natha Jo Henderson



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TRADE DAYS

The Post Dispatch

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Posta

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Southland ISD

Dena Basinger Kerri Bell James Bell Leisa Buckner **David Farquhar** Leisa Farquhar **David Chavez** Melissa Fields **Tracy Forgerson** Kim Gober **Angie Heath Charlie Holland** Jill Hopkins Marilyn Jones Claudette McKee Leslie Moore **Sharon Parrott** Jane Witt Peggy Wheeler

Borden County ISD

High School Darrin Ard **Bobby Avery** Rita Dotson Allan Wootan Nathan Gutschke Carol Lewis **Tom Lewis** Sue Jane Mayes Sheri Poole **Trey Richey Beth Stamper Buddy Wallace** Gailan Winegarner **Elementary School Deidre Smith** Paula Miller Pat Murphy **Shirley McMeans Dorothy Gray** Shirley Dye **Judy Wootan** Resource Lanita Avery Title I Karan Key Bi-County C Johnnye Smith **Holly Carter**

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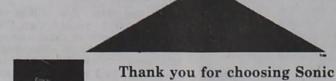
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