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The Post Dispatch

74th Year Number 7

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Thursday, July 15, 1999

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Post ISD board studies \$7 million budget

by Sheri Lewis
 Post Independent School District trustees plan to conduct an Aug. 24 hearing on the proposed budget for the 1999-2000 school year.
 During their Thursday, July 8, regular meeting, trustees agreed to conduct a budget workshop, followed by their regular meeting scheduled for Aug. 10, in preparation for the Aug. 24 public hearing and final vote on adoption of the school district's spending plan.
 According to Dr. Bobby Bain, district superintendent, the updated budget estimates revenues at \$7,052,933 based on the existing \$1.45 per \$100 valuation tax rate. Expenditures are estimated at \$7,072,348, an average

of slightly more than \$19,000. Trustees discussed several approaches that might help the district address the shortfall, including the possible application for federal grant monies. However, trustees decided that since these funds are closely tied to enrollment figures which are still unknown, the district will postpone any final decision as to whether or not to make application for the federal assistance.
 Trustees agreed to conduct the upcoming budget workshop on Aug. 3 at 7:30 p.m.; the next regular board meeting on Aug. 10 at 7:30 p.m.; and the Aug. 24 public hearing and consideration of the 1999-2000 budget at 7:30 p.m.
 In other business, the board reviewed its accountability report

from the state. The report indicates that Post ISD students in grades 3-8 and 10 who took the TAAS (Texas Assessment of Academic Skills) test in the spring produced scores significantly higher than those logged by local students a year ago.
 According to the report, 90.6 percent of all Post students taking the reading portion of the TAAS exam passed, compared to 76.1 percent a year ago. In mathematics, 92.1 percent of this year's students passed, compared to 76.3 percent a year ago. The greatest improvement was in writing, where 95.5 percent of all students passed, compared to 77.6 percent in the spring of 1998.
 Bain described the gains as "tremendous" and said he is "extremely proud of the students, the staff and the people in the community who have stepped forward to help us with the TAAS tests." He said the district is setting its goal for even better results with the spring 2000 testing.
 Trustees also:

- Approved the job description for the new Parent Learning Network employee. Migrant teacher Reyes Pequeno has been tapped to serve in the position and will serve as a liaison between the community and the school district. Bain said the new Parent Learning Network is being established as a means of getting parents more involved with the Post ISD, and Pequeno's job will be to help guide volunteer programs, conduct parenting skills classes and encourage parental participation at all grade levels. The Parent Learning Network is a relatively new program introduced by the Texas Association of School Boards. Area schools already on board with the program

(Continued on Page 6)



Post softball players on the 1999 Texas State Champion Team Texas Blue are (left to right) Paige Lott, Kelly Moore, Meagan Mills and Kenda Looney. (Photo by Kim Lott)

Post softball players earn state title honors

Four Post residents are part of the 16-and-under USSSA State Softball Championship Team that captured its title over the July 4 weekend in Garland.
 Paige Lott, Kenda Looney, Kelly Moore and Meagan Mills are part of the nationally-ranked team, which will travel to Burleson next week to participate in the Pony Nationals, a contest which will feature the top 12 teams in the nation. Following that competition, the squad is scheduled to play in the USSSA World Tournament the last week of this month in Lubbock.
 The team, made up of players from New Mexico, the Metroplex area, Lubbock, Brownfield, Post and other areas, has a 24-4 record and is ranked in the top five in the nation.

"Kenda, Paige, Kelly and Meagan have sacrificed a lot of free time this summer to participate," Coach O.J. Williams of Lubbock said. "They are quality athletes who have the ability to make the players around them raise their level of play. They are

all true team players, and I am happy they play for me."
 Lott serves as second baseman and outfielder for the team, Looney is first baseman and pitcher, Moore is an outfielder and pitcher and Mills plays third base and shortstop.

Sheriff Ratke suspends deputy

Sheriff Kenny Ratke announced Monday that Deputy Cecil Martinez Jr. has been disciplined with seven days loss of pay and suspension of duty following the deputy's arrest in Lubbock last Saturday.
 Martinez was charged with public intoxication by Lubbock police officers, who were called to a house in the 6100 block of Nashville about 11:20 p.m. They allegedly found Martinez vomiting into the bed of a pickup truck. According to the report, a pickup registered to Martinez was partially parked on the front lawn.
 Lubbock police officers reported that Martinez was extremely intoxicated and had to be helped to a patrol car. He was held in the Lubbock city detention center until 4:30 a.m. Sunday, when he was released on a \$25 bond.
 "He made a big mistake," Sheriff Ratke commented, "and he has taken full responsibility for his actions." Ratke also said that Martinez is "not a drinker," but had been to a "bachelor party" in Slaton, where he apparently got drunk.
 Ratke also said that Martinez will be attending and paying for enrollment in an alcohol awareness program.
 "We all know that public officials must be held to a higher standard," Ratke added, "and I believe this young man deserves a second chance." Martinez, a graduate of Post High School, has been a deputy since February 1999.

Post Notes

Drum Corps International exhibition

The Drum Corps International will present an exhibition July 21 at Buffalo Stadium in Canyon. Bands scheduled for marching include Blue Devils, Vanguard, Phantom Regiment and many others. The show begins at 7:30 p.m. Call Erin Pedersen at 495-2992 for ticket information and if interested in group transportation to the event.

Music ministry at local church

Church on the Go, 111 N. Avenue I, will host a "Ministry & Music" special event Sunday, July 18 at 10 a.m., featuring Kate McVeigh. On Monday, July 19 at 7 p.m. the church will host special services with Bruce and Cindy Black. Call 495-1400 for more information. The public is invited.

Summer football camp set

A summer football camp for youth who have completed fifth, sixth, seventh or eighth grade will held July 19-22, from 8 to 10 a.m. An entry fee of \$15 will be required. Contact PHS coaches Daily (495-4178) or Kelso (495-3270) for additional details.

Library summer reading program

The Post Public Library summer reading program continues through July 30, with a special presentation on July 22 of "The Magic of Montgomery." That program will begin at 3 p.m. Videos are shown Thursdays at 3 p.m. Reading certificates will be awarded to participating children at the end of the program.

Methodist Church helps youth

The First United Methodist Church is taking donations to be used for Da House (teen center) to buy snack foods, which are used at the teen center for youth. Donations will be accepted through the month of July. Please bring gifts to the church office or mail to 216 W. 10th. Any donation will be greatly appreciated.

Benefit softball tourney

A benefit softball tournament will be held Friday and Saturday, July 30-31 at the city ball park. The tournament is organized to assist Pat Ayala with medical expenses. Those interested should contact Dena at 495-3048. Registration is \$100 per team. A concession stand will also be available, and T-shirts awarded to first and second place winners.

Football practice begins August 4

Football players in grades nine through 12 need to pick up their equipment on Tuesday, August 3 from 8 a.m. to noon at the high school field house. Football practice begins August 4.

Lady Lope basketball camp

The Post Lady Lope basketball camp will be held August 9-11 for girls entering the third through eighth grade. The program opens at 8:30 a.m. and concludes at 12:30 p.m. A \$15 per student fee includes the camp, drinks and T-shirt. For more information contact Christi Daily at 495-4178.

Garza County roping August 7

The annual Garza County roping will be held Saturday, August 7 at the Rodeo Grounds. Entries must be submitted by Thursday, August 5 at 10 p.m. Call (806) 996-5559 or 996-5368 to enter. A pre-roping will be held Sunday, August 1 at Miller Time Arena.

Attention PHS band students

Summer band will be held August 9-13 for Post High School band students. The schedule: 10 a.m. to noon, flutes and clarinets; 1 to 3 p.m., all brasses and saxes and 7 to 9 p.m., full band.

Guthrie family plans reunion

Members of the Guthrie family will meet for the annual reunion on August 7, 1999. Those who are interested in more details should call (254) 939-7244, 939-3003 or 933-7738.



Garza Theatre cast members are gearing up for the final performances this weekend of "Curse You, Jack Dalton." Audiences are raving over the production, which features (left to right) Claire Whiteside, Rob Holton, Traci Hale, Paul Garrett, Morgan Mercer and Ruth Bryant. Reservations for Friday, Saturday and Sunday shows may be obtained by calling the theatre at 495-4005.

VFW Ladies assist veterans

by Lana Comer
Our regular business meeting was held Monday night. The VFW and the Ladies Auxiliary of the VFW would like to thank the Methodist Church who held a drive to collect supplies to send to the VA Hospital patients in Big Spring. The items will be delivered by Chuck and Janet Ratliff Thursday night. The Methodist Church did an outstanding job. There was so many items which was needed. We know the patients will be grateful when they receive items such as games, crossword puzzles and personal items. It shows that people still care and the VFW patients are not forgotten.

The VFW and the Ladies Auxiliary state convention was held over the Fourth of July in Dallas. Able to attend were Janet and Chuck Ratliff, RoseMary and Andy Stelzer. During the awards ceremony Janet received a plaque for 100 percent membership participation to the Ladies Auxiliary, Post 6797 for the year of 1999.

JoAnn Stelzer, our patriotic instructor, and Carolyn Haliford helped make up bags that contained drug material, flag material, flags, pins, suckers, coloring books and other items. These were handed out to the Calvary Baptist Vacation Bible School children. Then on the Fourth of July during the park activities, JoAnn, Twana McCleary and Roberta Miller put out flag material pamphlets for anyone who was interested in the information.

July 26 at 6 p.m. our pot luck birthday dinner, so be thinking of something to bring. Ladies, we will be collecting items for helping our grade school children again this school year. So start thinking about items to donate.

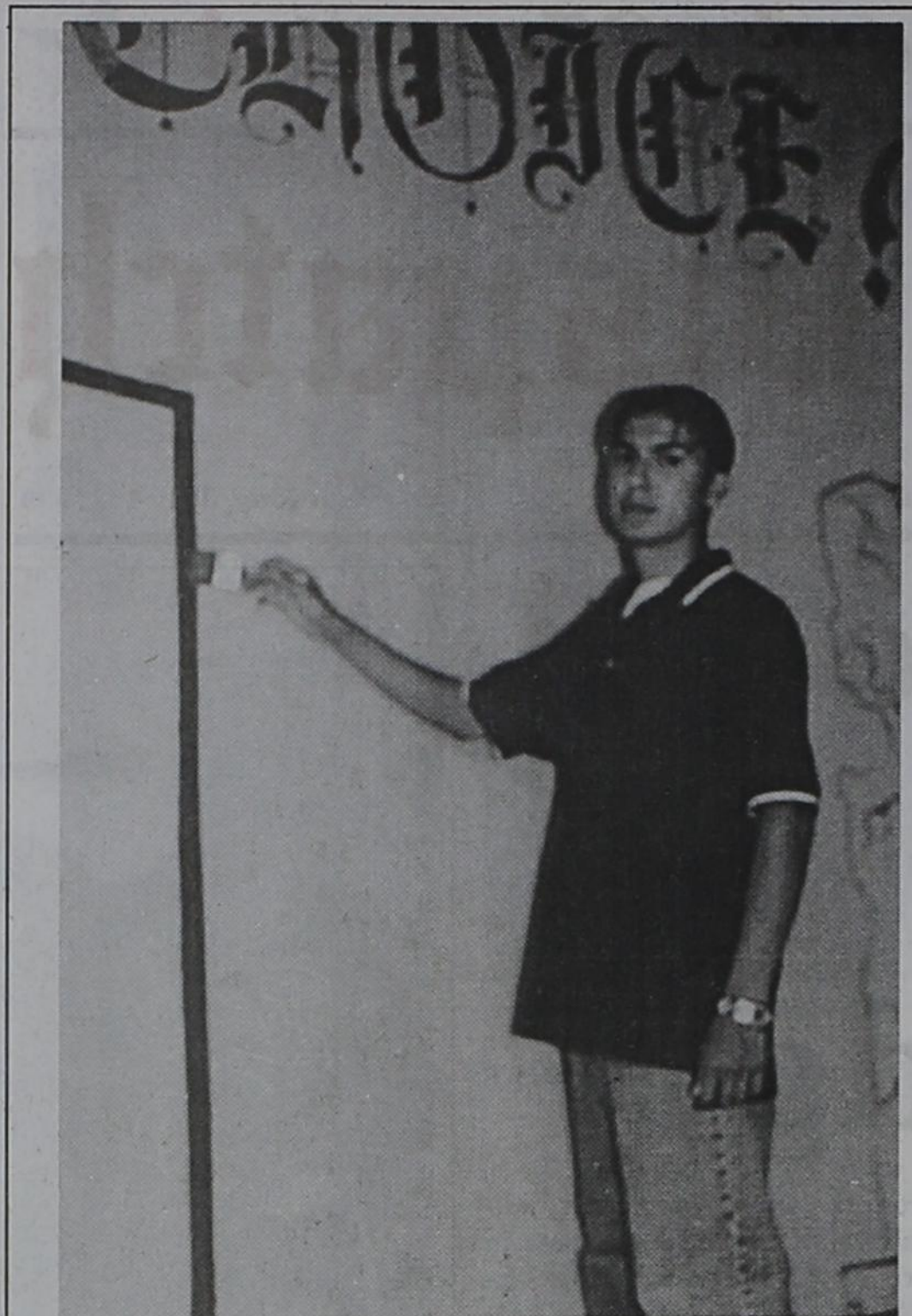
The meeting was closed with the reminder that our district meeting will be Aug. 29 at Levelland. We are proud to announce that four of our members hold offices in district this year. Janet Ratliff is president of District 7 and our Post 6797 here. JoAnn Stelzer is trustee second year, Lana Comer is secretary and Melvis Taylor is patriotic instructor. For those who go to district, don't forget to take food items for the food basket.

Trinity Baptist calls Rev. Bill Smith

Trinity Baptist Church of Post has announced the call of Brother Bill Smith as full time pastor. Rev. Smith will direct services at the church on Sundays at 9:45 a.m. and 6 p.m., a nursery is provided.

The church also hosts a community sing-along every second Thursday at 7 p.m. with refreshments.

In music one must think with the heart and feel with the brain.
—George Szell



Steve Rodriguez has put his artistic talents to work at Da House. The murals have dressed up the walls at the MAD DADS youth facility.

Judy's Jabberin'

By Judy B. Bush

Hope everyone is having a great week. The weather is sure easy to get along with. It is nice not having to suffer with 100 plus degree days!

Nice Weekend

Rick and I were pleased to have his cousin, Larry Rylant and wife Kathy in our home for the weekend. We joined them on a trip to Ruidoso where Larry attended a class reunion and also a reunion of his band that played all around New Mexico and the Lubbock area. Saturday it was 52 degrees and raining. You talk about smelling wonderful!

Anyway it was great to see Larry and Kathy. They also visited with Lucille Bush, Jeneice Reno, Nell Matthews and the rest of the Fluitt clan.

You know you're in Texas When.....

You break a sweat the instant you step outside.....at 7:30 am before work!!

How low can you go!!! Continued

I am proud to announce that the flag stolen from Barbaralee Newcomb has been returned. I really don't know any of the circumstances, but I do know that the flag is back at home.

I understand that I got some of the history (war dates) wrong, and for that I apologize Barbara, but I am happy that the flag was returned.

Makes me feel better about someone out there!

Birthdays this Week

Thursday, July 15; Christina Aguilar, Kayla Dunn, Bonnie Trimm, Thessa Harp, Tayler Starkey, Tana Starkey, Terry Jarrett and Wayne Line; Friday, July 16; Adelina Linda Quintana, Amanda Quintana, Brooks Conner, Carmen Brannon and Cheyenne Poe; Saturday, July 17; Brenda Williams, Natasha Cotter, Keri Holly and Dee Ann Tackitt; Anniversary; Gerald and Gloria Braddock; Sunday, July 18; Lorry Ledbetter, Tracy Shumard, Leslie Solis, Sonny Gossett and Sandra Benham; Anniversary; Wade and Carol Peppers;

Monday, July 19; Jane Mason, Ambrosio Silva, K'Lenn Hair, DeDe Smith and Heather Bullard; Anniversary; James and Melinda Morgan and Ray and Celia Mason; Tuesday, July 20; Debra Worthington, Valerie Criado, Courtney Campbell, Michael Lee Lambert, Jerry Whitten and Ryan Belongia; Wednesday, July 21; Sandy, Colby Crispin (my grandson!!) and Daryl Foster.

Update

For those of you who saw the letter to the editor about the good samaritan from Joe Allen (7/1/99) we found out that the good soul was Scott Farris of Benhem's Garage. Thata way Scott! I'm glad that so many people have such great things to say about Post and Postites!

Till Next Week

Guess that is all for this week. Everyone have a happy weekend and may God bless each of you.

Births

Ryan Alton Willborn

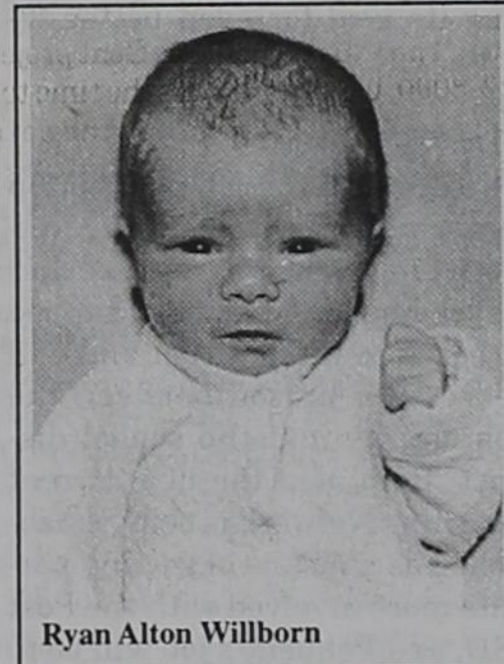
Robby Willborn and Latricia Martin are proud to announce the birth of their son, Ryan Alton.

Ryan was born June 10, 1999 at 1:17 pm at Covenant Medical Center Lakside.

He weighed five pounds, 14 ounces and was 19 inches long.

Maternal grandparents are Debbie Martin of Post and Curtis Martin of Irving.

Paternal grandparents are Lanny and Lera Willborn of Post.



Ryan Alton Willborn

Kenneth Schronk honored at Tech

Kenneth Dwayne Schronk of Post was one of the more than 3,700 Texas Tech University students who qualified for academic honors lists at the end of the spring semester.

Students on the President's List earned a 4.0 (A) grade point average while enrolled in 12 or more semester hours of class work. Students who earned 12 or more hours with a grade point average of 3.5 to 3.9 qualified for the Dean's List.

Schronk is a senior cell and molecular biology major. He was named to the Dean's List.

WRMWD passes TNRCC inspection

The White River Municipal Water District plant recently passed a TNRCC (Texas Natural Resources Conservation Commission) inspection and saved a significant amount of money thanks to the preparation of an operations maintenance manual, according to information presented at last week's Post City Council meeting.

The water district saved \$80,000 due to the plant operators' preparation of an operations maintenance manual, according to a draft copy of the minutes of the May 13 meeting of the district's board of directors.

In other business, the board reviewed the progress of the emergency groundwater supply project and approved a \$100,000 financial investment which is expected to net the district 4.10 percent interest over the next six months.



The PHS Class of 1964 shared lots of memories at the 35th class reunion held here July 3. Classmates meeting at the Hotel Garza were (back row, left to right) Richard Hart, Pat Cornell, Ricky Little, Betty Jo Hill Sharp, Curtis Hudman, Danny Richardson, John Bland, Kenneth Barnes, Robert Johnson, (middle row) Ruth Mena Montes, Diana Barron Truett, Linda Cowley Shaw, Susie Jo Schmidt Veebe, Diane Maxey Graves, Linda Pennell Riley, Marilyn Minor Snider, Nita Wilson Jackson, Margie Harrison Maestas, Johnny Mayfield, Linda McMahon Chapin, Lynette Potts Thuett, (front) Beatrice Salia Mesa, Shirley Bostic Bland, Mary Beth Ford and Diane Kiker.

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You are cordially invited to a Retirement Reception honoring Billie Y. Windham on Friday, the twenty-third of July nineteen hundred and ninety nine from two until four in the afternoon Garza Central Appraisal District Office 124 East Main, Post, Texas

Ministry & Music

Kate McVeigh

Rev. Kate McVeigh travels extensively to churches and hold meetings throughout the United States and abroad. She is the author of several books, and has many cassette teaching tapes in circulation. Kate also has a daily radio broadcast "The Voice of Faith" that airs throughout the United States.

Kate is known as a very solid minister of the gospel, with the emphasis of ministering healing and winning the lost. Many people have been saved, healed, and encouraged in their faith in her meetings around the world.

Sunday, July 18, 1999 at 10:00 a.m.



Bruce and Cindy Black

Bruce and Cindy are a dynamic husband and wife ministry team. Bruce's preaching is full of compassion and power to see people healed and set free by the power of God. Their music ministry is an exciting combination of Bruce's trumpet and Cindy's singing and exhorting under the anointing of the Holy Spirit. For more than six years, they traveled with the Kenneth Hagan Ministries Crusade Team and were members of the RHEMA Singers and Band.

Today, Bruce and Cindy travel throughout the United States and the world. They have been to over 25 nations preaching the truth of God's Word with signs and wonders following.

Monday, July 19, 1999 at 7:00 p.m.

CHURCH on the GO

111 N. Avenue I • Post, Texas
806/495-1400

Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

The Juice Jungle

Attention shoppers: Which of the following is the healthiest choice? (A) real fruit juice beverage with 100% vitamin C per serving; (B) 100% fresh orange juice; (C) beverage of carrot, apple & 3 tropical fruit juices from concentrate and mango puree with 100% vitamins A & C for a burst of nutrition; (D) 100% grape juice; (E) cranberry juice cocktail. Shopping for fruit juice has gotten complicated.

The correct answer (B) may not be obvious. It's not just a matter of knowing that orange runs circles around other juices, especially ever-present apple and grape.

A smart shopper also has to know that anytime a product's name contains the words beverage, ade, cocktail, drink, or (sometimes) blend, you're getting something other than 100% juice. It doesn't matter if it's natural, real, or loaded with 200% vitamin C. In each case, some company's marketing department is using the lure of juice to sell you mostly sugar and water.



Why bother drinking juice in the first place? Eating more fruits & vegetables helps cut the risk of cancer, high blood pressure, and possibly heart disease. And each six-ounce glass of juice counts as a serving of fruit. True, eating the whole fruit is better, because the fiber is usually lost when the fruit is processed. What's more, juices are more calorie-dense than fruit. A cup of orange juice has 110 calories. An orange has 60 calories. And the orange is more likely to fill you up.

Nevertheless, even canned, bottled, or from concentrate juices have most of their fruits original vitamins, minerals, and phytochemicals. That makes them far better than soft drinks as well as those fruit drinks, beverages, etc., that companies keep trying to pawn off as juice. Take purple grape juice. Its nutrient levels put it near the bottom of the fruit barrel. The preliminary studies suggest that its phytochemicals may help prevent heart disease by preventing blood clots, keeping LDL (bad) cholesterol from getting oxidized, and enlarging the arteries to increase blood flow.

The grape-juice studies, which have been funded largely by Welch's, are preliminary because (among other things) they haven't been published and involve only a dozen or so people. Also preliminary is a study claiming that apple juice prevents LDL oxidation... in test tubes. Another example: cranberry juice cocktail is far from a nutritional powerhouse.

Yet in a study of older women, those who drank ten ounces every day had half the risk of urinary tract infections of those who were given a cranberry-free beverage. Researchers think that the proanthocyanidins or other substances in cranberries work by keeping bacteria from adhering to the lining of the urinary tract.

Why do juice-makers insist on selling something other than juice? They can't make a killing selling OJ if everyone else is. Each needs to separate its brand from the rest. So they start with water and dirt-cheap high-fructose corn syrup and stir in juices like apple or grape. Some splurge on a few thimblefuls of juices like mango, kiwi or strawberry and a dollop of inexpensive vitamins. Any savings goes to a drop-dead gorgeous label and a multi-million dollar advertisement campaign.

Here's a little guide to the best juices.

1. Look for 100% juice on the label. It's a federal law. The percentage of juice must be listed. But watch those brand names. Some brands have both all-juice and far-from-all-juice lines.

2. Shoot for the most-nutritious juices. The top four: orange, grapefruit, prune, and pineapple. All are far more nutritious than apple, grape, or pear juice, which don't get a Best Bite unless they are fruit-juice mixtures that have enough fruit to supply at least two grams of fiber.

3. Fortification's fine, fortified junk isn't. Calcium-fortified juice is a boon to bones whose owners don't drink milk. Orange juice with added vitamin C can't hurt though plain old frozen OJ doesn't need anything added to reach 100% of the Daily Value.

A juice that's largely fortified high-fructose corn syrup, on the other hand, is no better than a soft drink plus a vitamin pill.

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

Bobby Davis honored by THSCA

A former Post High School head football coach will be inducted into the THSCA Hall of Honor Wednesday, July 28, in a 1 p.m. ceremony at Fort Worth's downtown Radisson Hotel.

Bobby Davis, who was head coach at Post from 1971-75, will be recognized for his 31 years of service as a head football coach. His overall record is 179-138-5.

Brad Davis played for his father at Calallen High School and has been an assistant coach for his father at Frenship for 13 years.

Brent Davis played for his father at Frenship High School and now serves as the head football coach at Sinton High School in South Texas.

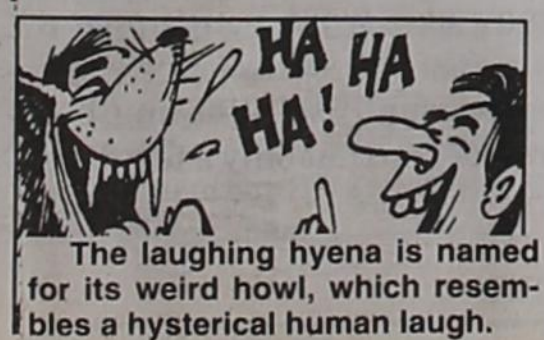
A 1955 graduate of Plainview High School, Davis lettered three years in football and one in baseball. He graduated from West Texas State University in 1959, lettering three years in football and playing quarterback under Coach Frank Kimbrough.

After completing his education, Davis served as assistant football coach at Lockney High School from 1959-64. His first position as head football coach followed at Wilson High School from 1965-67, and worked for T&D Sporting Goods in Lubbock from 1968-70. Next was Davis' five-year stint at Post High School, after which time he moved on to serve as head football coach at Calallen High School from 1976-80.

In 1981, Davis took over as head football coach at Frenship High School. This fall, he will begin his 19th year in that position.

Davis is director of the West Texas Football Clinic held annually in Lubbock, and served on the Texas High School Coaches Association (THSCA) board of directors from 1972-75. He served on the football advisory committee from 1989-93 and has been a THSCA president-elect nominee twice.

Davis married Delmarie Duncan in 1957. They have three sons — Bryan, 41; Brad, 39; and Brent, 35 — and seven grandchildren ages 1 1/2 months to 16 years old. Bryan Davis played for his father while at Post High School and coached for his father at Frenship High. Bryan also was head coach at Olton High and Floydada High before venturing into private business in Olton.



Ruth Bryant (left), playing the role of "Mrs Dalton" shares a moment on stage with Morgan Mercer as "Eloise Dalton" in the current Garza Theatre production of "Curse You, Jack Dalton." This weekend is the final set of performances, tickets may be reserved by calling 495-4005.

Covenant plans health fair here

Covenant Family Healthcare Center-Post will offer a community-wide health fair Saturday, July 24, from 11 a.m. to 2 p.m. at 608 W. 6th Street.

Free services to be offered will include blood pressure checks, glucose screening, cholesterol screening, vision screening and nutritional consultation.

AeroCare Helicopter and the Mobile Mammography Van will be on hand to give tours, and the mammography van's staff will be booking appointments for upcoming service dates.

Also on hand will be Covenant Health System's children's characters Waldo, Gus and Christine, who will distribute balloons and other giveaways to local youths.

"Several Covenant Health System services will be present in order to give Post residents the opportunity to get to know Covenant," said Jason Markham, director of St. Mary Medical Group. "This health fair is the continuation of the partnership between the Post community and Covenant Health System. Our hope is that all Garza County residents will attend."

The Garza Family Healthcare Center is part of a primary network in 22 communities that Covenant Health System is developing through West Texas and Eastern New Mexico. The centers are part of a system that provides comprehensive and preventative care at the local level.

Health care providers at the Post center are Scott Bergfeld, M.D.; Uma Rao, M.D.; and Isabel Rodriguez, F.N.P.

Municipal court revenues show decrease

A report delivered to Post City Council representatives last week indicates the revenues and number of cases handled by the municipal court in the first nine months of the current fiscal year are down significantly.

Revenues to date are \$17,543.74, compared to \$58,082.73 from the same date a year ago — a difference of \$40,538.98.

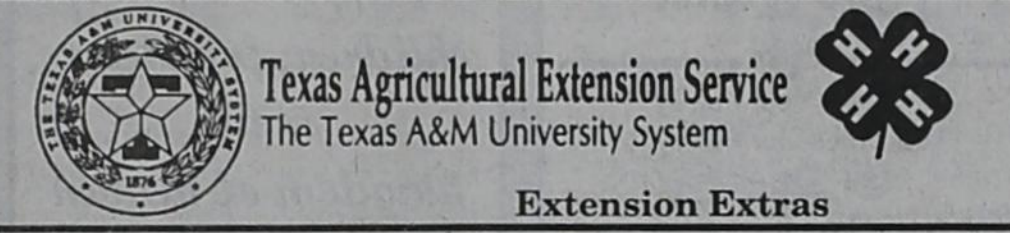
A month-by-month comparison of the 1998 and current fiscal year's case numbers indicates the monthly totals were higher in each of the first nine months of 1998 except for the month of June. In June 1998, a total of 31 cases were handled, compared to 61 handled last month. However, revenues resulting from the 31 cases handled in June 1998 were twice as high as those netted from the 61 cases worked in June 1999.



Post Volunteer Firemen presented a \$1,000 check to JoAnn and Dale Winters last week when Mr and Mrs Winters stopped in Post to say "thank you" for the contributions. Delbert Rudd (left) presented the check, along with Ivan Line and Mark Short. Mrs. Winters was severely burned fighting a grass fire near Oplin (southeast of Brownwood). Her medical bills exceeded \$1 million. "We're just paying what we can," she said, "and we are so thankful for all the support so many communities have shown us." Mrs. Winters said that volunteer fire departments all over Texas have held fund raising events on her behalf. She spent 55 days in Lubbock's University Medical Center's burn unit. She suffered 80 percent burns on her body from the accident. The Post VFD held several fund raising events to assist Mrs Winters.

We live in reference to past experience, and not to future events — no matter how inevitable.

—HG Wells



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

Nutrition Quiz Bowl

Extension District Two is a pilot for the Nutrition Quiz Bowl contest for 1999. The contest focuses on nutrition aspects, and is played in a "game show" fashion with teams of 3-4 members. The District N.Q.B. will be played August 28 at Texas Tech. Anyone interested should contact Kelly Ahrens ASAP to get started.

4-H Clothing Project

Anyone interested in participating in the Junior 4-H Clothing Project should plan to attend the first meeting July 20 at the Extension Office, beginning at 10:00 a.m. Youth should bring a sack lunch and plan to stay until about 2:00 p.m. The project is for anyone interested in learning more about sewing fundamentals and clothing aspects.

Goat Project Purchase Time

4-H members who plan Goat projects at the County Jr. Show, January 19-22, 2000, be aware now is the time to purchase your goats. There are several very good goat sales during the next three weeks. Any member interested in attending these sales to get a jump on quality show goats, needs to call John Senter at 495-4400 as soon as possible!

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Amount Per Serving	
% Daily Value*	
Total Fat	12g 24%
Saturated Fat	5g 10%
Cholesterol	35mg 70%
Sodium	130mg 26%
Total Carbohydrate	13g 26%
Sugars	12g
Vitamin A	6%
Vitamin C	2%
Calcium	25%
Vitamin B12	2%

Runway improvements to airport approved

City council members, during last week's regular council session, approved a resolution which will allow the municipality to work jointly with Garza County in making improvements to the city/county airport.

Planned improvements, which include the rehabilitation of runways, taxiways, hangar access taxiway and apron, and improved drainage, will cost an estimated \$295,000. The bulk of the cost estimate is earmarked for the rehabilitation and marking of existing airport structures. Some \$60,000 is expected to be spent on

improving drainage at the site.

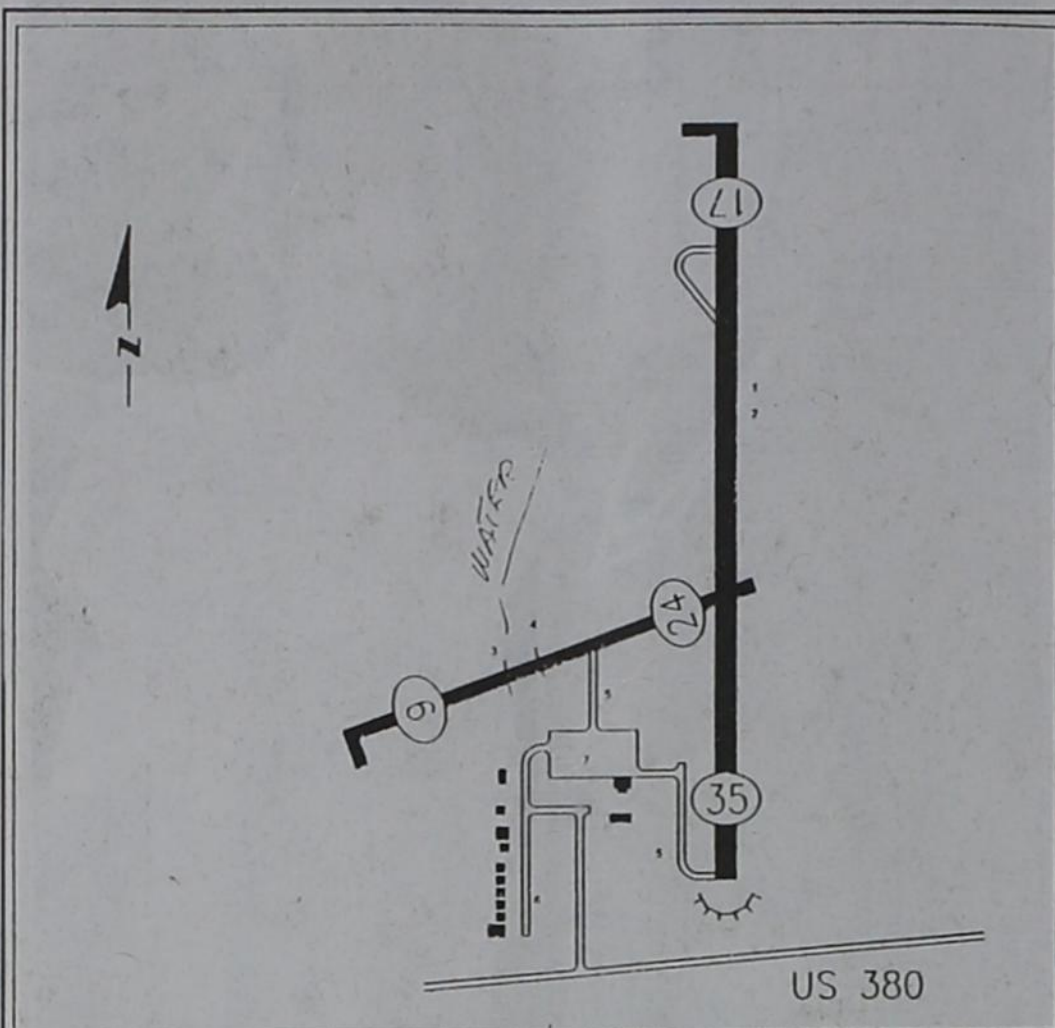
The city and county will be collectively responsible for 10 percent, and the city plans to request financial assistance from the Texas Department of Transportation (TxDOT) for the remainder of the total cost. TxDOT will serve as the city's agent in the application for, receiving and disbursement of all funds used for the improvements, according to the approved resolution, and for the administration of contracts necessary for the implementation of the improvements.

The Post Dispatch

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POST-GARZA COUNTY MUNICIPAL AIRPORT
RECOMMENDED FY 2000/2001 CIP PROJECT

Sheriff reports 11 arrests in past week

Eleven individuals were booked into the Garza County Jail over the past week, according to sheriff's department records.

On July 7, three people were picked up, including a 53-year-old man, no driver's license (fine paid, released); a 34-year-old male, DWI/driving while license suspended; and a 28-year-old male, public intoxication (released after time served).

A 23-year-old man was arrested July 8 on a warrant for assault/family violence (released on a \$1,000 bail bond).

Three individuals were jailed July 9, including a 36-year-old man picked up for aggravated assault with injuries (released on a \$7,500 bail bond); a 36-year-old male, Garza County warrant/theft by check (released on \$1,000 bail bond); and a 40-year-old man, commitment (released on time served).

Three men were jailed July 12, including a 19-year-old male, revocation of probation (released on \$3,000 bail bond); a 45-year-old man, bench warrant (released to the TDCJ); and a 22-year-old man, forgery by passing. A 44-year-old man was picked up July 13 for parole violation.

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Disciples of Christ
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The Purpose of Beliefs
By Pastor Eric Earhart, Church on the Go
"For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ." II Corinthians 10:4,5 NAS
God has given us spiritual weapons with which we are to fight the good fight of faith (I Tim. 6:12), but where does this fight take place? According to this scripture, much of this battle takes place in the mind. The fortresses that we are to destroy, are "speculations and lofty things raised against the knowledge of God."
We are also told to take every thought captive to the obedience of Christ. There is a battle going on in the mind. Wrong thoughts come, temptations come, but it is not a sin to have a wrong thought or to be tempted. Even Jesus was tempted.
No, we can't stop temptations and thoughts from coming any more than we can stop a bird from flying over our heads. We can, however, keep it from building a nest in our hair. But, what will we do with wrong thoughts when they come? We must measure them against the Word of God, and take those thoughts captive.
We must not make room for wrong thoughts. Use your beliefs as a filtering system for your thoughts. Ephesians 6:16 tells us about the shield of faith that stops the fiery darts of the enemy. Your belief system will reject the wrong thoughts and allow what is good and right to pass through.
A strong belief system means a strong filter. A weak belief system means a weak filter. No belief system means no filter. Develop a strong belief system based on the Word of God and guard your heart and your mind (Rom. 10:17). This is one of the keys to true success (Josh. 1:9).20

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Allergy Vs Summer Cold

Summer colds always seem more troublesome than winter ones. But before you assume what you have is a cold, don't rule out allergies. In 9 out of 10 cases of sneezing, nasal congestion and a runny nose, the symptoms are from allergies, not a summer cold.

Colds go away in a week or so, allergies go on for longer periods of time depending on the seasonal trigger. In general allergies to trees last from March to June, grass allergies from June to July and weed allergies from August through September. Other signs that separate colds from allergies are; Colds can produce fever, allergies do not. Allergies cause you to sneeze 7 or 8 times in a row. Your eyes and ears will itch, too. Neither is true with a cold. Allergies come on quickly; a cold will make you suffer a few days before they hit harder.

To prevent summer colds stop dry air from being stagnant in your home. Open the windows occasionally and do not spend all your time in closed, air-conditioned rooms where viruses concentrate. Wash your hands frequently and clean hard surfaces like counter tops, phones, handles and faucets often. Drink a lot of water.

To prevent allergy symptoms try over the counter (OTC) antihistamines. Be careful with the possible sedating effects of these drugs. Your medical provider can prescribe less sedating antihistamines and may also want you to use a steroid nasal spray.

Either way these two illnesses are usually self-limiting, but if you can't "shake it" see your provider so that only a few days of your summer are miserable.

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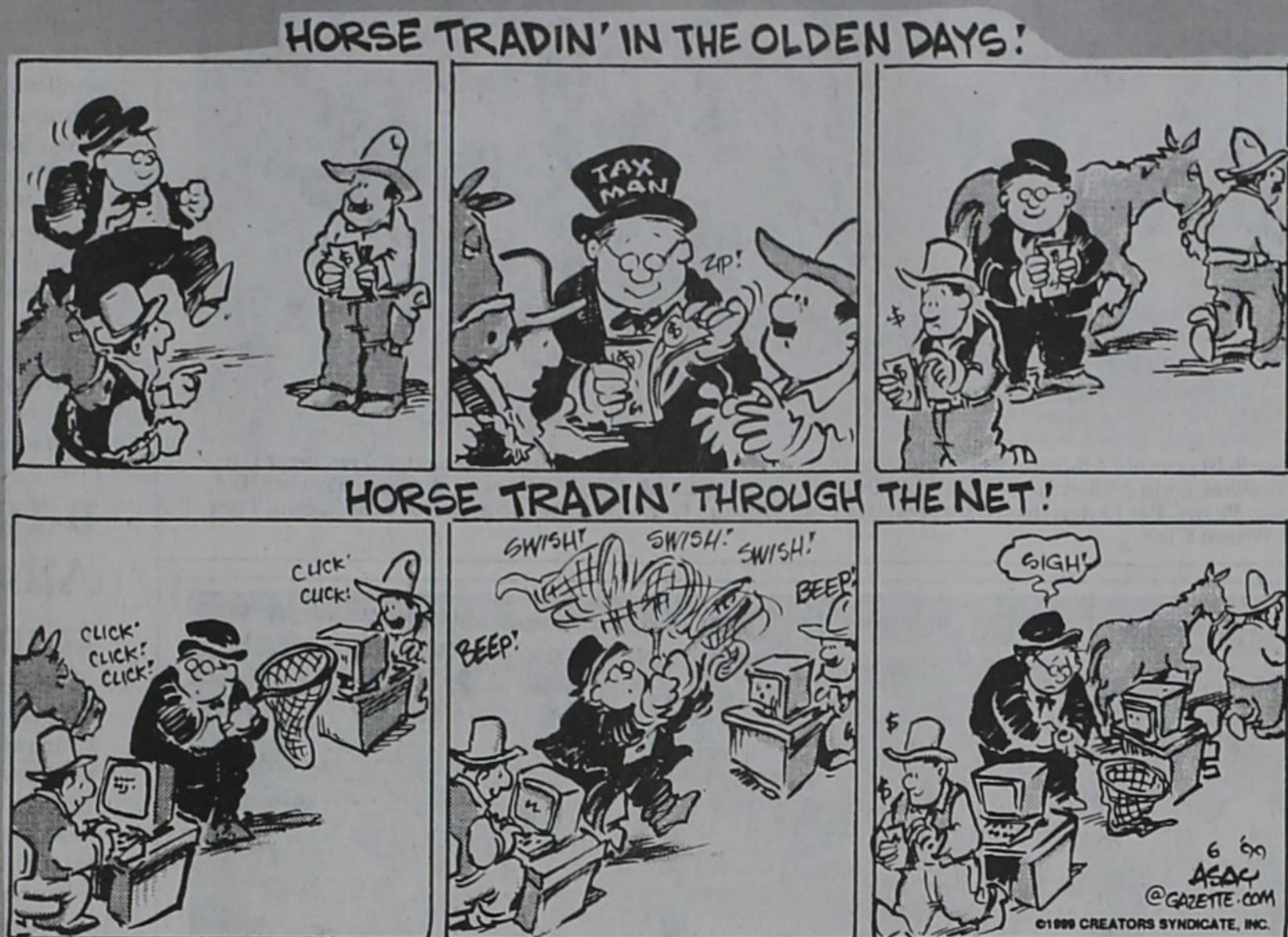
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Opinions

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And thereafter, State Sovereignty

by Walter E. Williams

Reading an article in this April's Chronicles magazine, "Cajuns Uncaged," made my day.

Last October, by nearly a 60 percent majority, Louisianans approved Amendment 1 to their state constitution. Amendment 1 declares: "The people of this state have the sole and exclusive right of governing themselves as a free and sovereign state; and do, and forever hereafter shall, exercise and enjoy every power, jurisdiction, and right pertaining thereto, which is not, or may not hereafter be, by them expressly delegated to the United States in Congress assembled."



Louisiana's amendment would be entirely unnecessary if the White House, Congress and the U.S. Supreme Court didn't have disdain for the U.S. Constitution. What the citizens of Louisiana seek is already part of the protections found in our Constitution. The Ninth Amendment reads, "The enumeration in the Constitution of certain rights, shall not be construed to deny or disparage others retained by the people."

The 10th Amendment reads, "The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people." Both the Ninth and 10th Amendments are held in the deepest contempt and disrespect by the White House, Congress and the Supreme Court. Why?

Because these Amendments, were written to protect against consolidation of power by the federal government. Dismissal of the Ninth and 10th Amendments allows Congress to control our schools, mandate speed limits, and require employment and college admissions quotas, as well as other forms of Washington tyranny. Today, little states can do nothing without Washington's permission. That was not the Framers' vision.

What would Williams do if he were Louisiana governor with such a mandate from the people? I would write Congress, stating that Louisiana citizens are reclaiming their rights guaranteed by the Constitution. Respecting the Constitution and disobeying Congress would surely invite

retaliation. Congress might threaten to cut off Medicaid reimbursements and highway-construction funds if Louisiana didn't follow their dictates.

Faced with congressional threats, I would go to the state legislature to establish a law enabling the state treasurer to establish a federal tax escrow account. All Louisiana citizens and businesses with federal tax obligations would be required by law to make those payments to Louisiana's federal tax escrow account. From that account, Louisiana citizens' federal obligations (income, profit and excise taxes) would periodically be sent to Washington.

Then I'd send Congress another letter, informing them that if they retaliate against Louisiana citizens for obeying the Constitution by cutting off, say, \$10 billion worth of Medicaid reimbursements or highway construction funds, we're simply going to reduce by \$10 billion our periodic payments of tax obligations to Washington.

You say, "Hey, Williams, things could get pretty nasty after that!" You're right and Congress might use armed force. "Governor" Williams would ask Louisianians just how far they are willing to go and what they're willing to sacrifice to protect those precious rights the Framers sought to guarantee by our Constitution.

You say, "Williams, have you lost your marbles, challenging a powerful federal government?" I haven't lost my marbles anymore than James Madison, Thomas Jefferson, George Washington and others lost theirs. After all, in 1776 — when our Founders handed King George III the Declaration of Independence — Great Britain was the mightiest power on the face of the earth.

They knew that if they lost they'd be hung as traitors. Of course, all of this would be irrelevant if Congress, the White House and the Supreme Court followed their oaths of office to "protect and defend the Constitution of the United States."

To find out more about Walter Williams, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate web page at www.creators.com.

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Eyeing the golden goose

by Vin Suprynowicz

Some joker has doubtless been getting his yuks as thousands of gullible e-mail users have forwarded to one another in recent weeks a dire "Contact your congressman" posting, purporting to warn fellow Netsters of a proposal about to slip through Congress unnoticed, which would allow The Postal Service to charge you the equivalent of a first-class postage stamp every time you send an e-mail.

Most versions even name a bill number and a sponsoring congressman — both of them fictitious.

Of course, it's the very real tendency of our "delegates" in Washington to keep coming up with new ambushes on our freedoms and our wallets that makes this particular piece of bunko so believable. Does anyone doubt Congress would — someday may — seriously consider such a thing, if they thought they could get away with it?

Meantime, in the real world, Congressmen Chris Cox, R-Calif., and Ron Wyden, D-Ore., last year managed to win enactment of the Internet Tax Freedom Act, which imposed a three-year moratorium on any Internet taxes.

But as a sop to those who chafe at "losing" potential revenue they've never had, the good congressmen agreed to appoint an interim U.S. Advisory Commission on Electronic Commerce, which will report back to Congress next spring on possible plans to tax Internet commerce.

That commission held its first meeting in Williamsburg, Virginia last week. And sure enough, representatives of the nation's governors lamented all the theoretical millions they are "losing" when shoppers order products from other states over the Internet without ponying up local sales taxes.

Not taxing Internet sales is a "threat to our national economy," warned Dallas Mayor Ron Kirk. Without such a new source of tax revenue, our bureaucracies will be unable "to prepare young people to work in this industry."

Yeah, like most of today's computer geniuses picked up their skills in high school shop class.

In fact, this is little more than jealousy on the part of those who have already wolfed their own dessert, and now notice the neighbor has set out a new pie to cool without offering them a slice.

"If a fiscal crisis is really on the horizon, states have only themselves to blame," notes Aaron Lukas of the Cato Institute. "In 1998, many governors submitted budget proposals that increased spending by more than 7 percent, roughly three times the rate of inflation — far greater than can be justified even by population growth and inflation combined."

If mail-order or Internet purchases look more attractive because they escape sales taxes now triple what they were 30 years ago, the correct answer is to lower sales taxes and tighten government belts — not poke out the eyes of the sighted to make them "equal" with all the one-eyed men.

A recent report by Ernst & Young estimates states "lost" less than \$170 million last year in windfalls they might have received from taxing Internet commerce — still a drop in the bucket compared to the tax "lost" from citizens turning to plain old mail-order catalogs, an industry which at \$93 billion still dwarfs the Internet's annual \$8 billion in commerce.

It's still the "lost" tax on those mail orders that mostly itches the governors. But, to their chagrin, the U.S. Supreme Court has repeatedly (and properly) ruled states can exercise only limited taxing power beyond their own borders.

Thus the new proposals being floated to the Commerce Commission, scheming to have the federal government tax Internet commerce, and dole out the resulting take among the states.

But University of Chicago economist Austin Goolsbee told the Wall Street Journal last week that "Applying existing sales taxes to Internet commerce might reduce the number of online buyers by up to 24 percent." While Orson Swindle, a Republican-appointed member of the Federal Trade Commission, warned the Commerce Commission in Williamsburg: "The economic consequences of government action in e-commerce will be profound and serious. Any missteps will injure our country gravely, and diminish our position as the leading world economy."

Yes, the Internet will eventually allow average citizens many more options to shop for low-tax jurisdictions in which to conduct their commerce. But it betrays the essentially feudal attitude of many now in government that they see this as a bad thing — their serfs escaping the manor — rather than embracing all the productivity and improved standards of living such freedom is likely to bring.

America has no monopoly on the technologies that make e-commerce possible. It would be easy to fritter away our lead in this realm with a few ill-conceived government restrictions — crippling the very information technology which the Department of Commerce tells us fueled more than a third of America's growth from 1995 to 1998, boosting our Gross Domestic Product by 22 percent.

Here's yet another realm in which the best thing government can do is "Laissez-nous faire."

Vin Suprynowicz is assistant editorial page editor of the Las Vegas Review-Journal. His new book, "Send in the Waco Killers" is available at \$21.95 plus \$3 shipping through Mountain Media, P.O. Box 271122, Las Vegas, Nev. 89127. Orders also accepted at web site <http://www.thespritof76.com/wacokillers.html>, or at 1-800-244-2224.

Vin Suprynowicz, vin@lvjr.com
"The evils of tyranny are rarely seen but by him who resists it." — John Hay, 1872

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

Government by incantations

by Sheldon Richman

Americans pride themselves on being modern and sophisticated, but in some important matters, we are no more advanced than primitive animists in southern Sudan. To see this, just witness so much of what passes for public affairs.

Leaders and led alike behave as if words shape reality. Legislation is incantation. Pronouncements by politicians and editorialists are sheer wishful thinking. But people treat them as though they change things. Take the matter of firearms.

Self-righteous officeholders act as though their incantations about trigger locks, background checks, and age limits will actually do something about criminal behavior. Such measures haven't worked in the past, but that does not deter the political witch doctors.

How many times have we heard that thanks to the Brady law thousands of felons were thwarted in their attempts to acquire guns? Nothing of the kind has occurred. If a lawbreaker can't get a gun at the local sporting-goods shop, he'll go into the black market or break into someone's home to get one.

He hasn't been thwarted, merely inconvenienced. That doesn't stop the intellectual primitives who run the government and anti-gun organizations from claiming that they are doing something about violent crime. The witch doctors are now going through the same ritual in response to the recent school shootings.

Have a few kids obtained guns and shot fellow students? Let's mandate gun locks and background checks at gun shows and raise the age limit. Matter closed. We can feel good. The proper incantation has been uttered. That the new regulations being pushed would not have prevented the incidents of the last few years doesn't really matter.

The right words have been spoken. No more needs to be done until the next incident, when we'll take a ride around this block again. It hasn't yet dawned on the gun controllers that people who would get guns to break laws would break laws to get guns. Gun locks, background checks, and higher age limits will probably not stop a single crime from being committed.

But they may well keep someone from stopping a crime. Privately held guns are used more often to prevent crime than to commit it. But don't expect to hear that acknowledged during the incantations of Bill Clinton or Sarah Brady. The other favorite issue of the witch doctors today is the war on Yugoslavia.

Here the politicians and pundits have had a big time shaping reality with their words. The president and his cheerleaders tell us incessantly that the United States went to war to ensure the safe return to Kosovo of ethnic Albanian refugees.

This time, their words are intended to change the past, not the future, since before the war, there were no refugees outside of Kosovo. That all happened after the NATO bombs started dropping. Their words are also designed to make us think Slobodan Milosevic was made to cry "uncle" thanks to 70 days of bombing.

Air power works! The problem is that the terms accepted by Milosevic on June 3 are about what he said he was willing to accept before the bombing started. It was NATO that gave in by abandoning demands that it have free run of Yugoslavia and that the occupation force be under, not the UN's, but its command. The incantations will be calculated to turn a muddled resolution, if it ever comes about, into a clear-cut victory for the "civilized" nations.

That's another commonly used magic word; it's handy for distracting us from NATO's foreseeable killing of civilians and destruction of nonmilitary infrastructure. Expect to be told over and over that U.S. policy will bring about a free, united, and democratic Europe. Naive citizens might think that only Europeans can do that.

But when they hear the incantation enough times, they'll start to believe it. The news media are good at repeating the mantras. The Wall Street Journal's editorial page received the news of Serbia's acquiescence with the words "The alliance stopped ethnic cleansing on Europe's soil."

That will be news to the hundreds of thousands who left Kosovo after the bombing started. But that's all right. The magic words aren't for them. They're for the benighted masses here in America.

Sheldon Richman is senior fellow at The Future of Freedom Foundation 11350 Random Hills Road Suite 800 Fairfax VA 22030 Tel. (703) 934-6101 Fax (703) 352-8678 E-mail: FFFVA@compuserve.com <http://www.fff.org>

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Sports

Post 11-12 year old All-Stars win tournament

The Post 11- and 12-year-old All Stars recorded four wins on their way to becoming champions of the 1999 Area 4 All-Star Tournament in Post. In the first game against O'Donnell, Eric Reyna was the winning pitcher, with Andrew Espinoza closing the game on the mound. Jerrad Grisham, Javen Abraham, Stace Norman, Quinton Odom, Eric Reyna, Justin Williams and a homerun by Teodoro Paiz combined for eight runs against the opponent's four.

Post faced Shallowater in game two. Garrétt Chapman was the winning pitcher, with Jerrad Grisham pitching the final inning. Colton Valdez, Stace Norman, Colt Mason and Teodoro Paiz scored five runs against Shallowater's two. Justin Williams hit a double in the sixth inning, scoring two runs. At the bottom of the sixth, Shallowater had runners on both corners when Javen Abraham came up with a 3-2 double play to stop the threat.

Next, Post routed Tahoka 10-1. Eric Reyna was winning pitcher, with Jerrad Grisham closing the game.

Post took the championship in the final game against Tahoka by a score of 15-7. Garrett Chapman was winning pitcher. Post batted around in the first inning, and Teodoro Paiz contributed his second homerun of the tournament.

Post will move to Shallowater for the second round of tourney play. Their first game was to be Wednesday at 8 p.m. against Lubbock Southwest.



Little League 9-10 year old All-Stars still competing in post-season play are (back row, left to right) manager Greg Williams, coaches Guin Miller, Rex Cash, (middle row) T.J. Copeland, Clint Chapman, Zachary Witcher, D.J. Biaza, Jordan Payne, Pat Reiter, (front row) Daven Perez, Timothy Garza, Cameron Shumard, Cass Tatum, Tyler Odom and Wilson Cash.



Little League 11-12 year old All-Stars still competing in post-season play are (back row, left to right) coach Jimmy Valdez, manager Cain Abraham, coach Kurt Chapman, (middle row) Chris Curb, Quinton Odom, Theodore Paiz, Cole Easterling, Garrett Chapman, Jerrad Grisham, (front row) Stace Norman, Colt Mason, Israel Beggs, Colton Valdez, Javen Abraham, Eric Reyna, Justin Williams and Andrew Espinoza.

Post 15-16 year old All-Stars finish season

The 15 and 16 year-old All Stars won their first game in district tournament play but dropped their final two competitions in games played last week at Lubbock's MacKenzie Park.

On July 5, Post defeated Shallowater 8-5. Michael Huff was winning pitcher.

Post lost to Tahoka 7-5 on July 8. Cody Fox took the loss pitching, and Allen Bell pitched relief. Post was unable to get key hits when they needed them.

The Post team was eliminated from tourney play with a 2-1 loss, to Lubbock Dixie when Dixie scored the winning run with two outs in the bottom of the seventh inning. Michael Huff pitched the game for Post.

9-10 year old All-Stars win tournament

The 9-10 year old All-Stars won six of seven games in last week's tournament play in O'Donnell, bringing home the championship trophy. The team will advance to the next level of competition in Levelland later this week.

The one loss came on July 6 in a 10-9 squeaker to Slaton. The team opened the tournament with a 15-3 slam over Tahoka July 5; lost to Slaton July 6; hammered O'Donnell 20-7 on July 7; smashed Shallowater 11-2 July 8; overpowered Roosevelt 11-1 July 9; put Slaton in its place 19-1 on July 11 and capped the tournament July 12 with a 19-2 repeat over Slaton.

County approves projects

Approval of city-county joint agreements led the short list of agenda items at Monday morning's regular Garza County Commissioners' Court meeting. The court also approved a resolution for improvements at the airport. The state-funded project will require both the city and county to share approximately \$15,000.

Three new sheriff's vehicles will be leased from Ford Motor Credit as a result of the court's decision Monday. The issue had been discussed in detail at last week's City Council meeting.

New computers for the sheriff's department will also be installed as a result of court action. That project had also been discussed at the joint city-county meeting last week.

An agenda item for budget discussion was tabled until the July 26 meeting.

The impala is a swift, graceful antelope that can leap up to 30 feet in a single bound.

Post ISD All-Star 13-14 year old team continues to win

(Continued from Page 1) include Crosbyton and Ralls.

- Opened and considered bids for fuel, oil, bus service and milk. Contracts were awarded to each of the low bidders.
- Conducted a closed-door session to consider the employment of new personnel. Following the executive session, the board reconvened in open session to hire Lisa Copeland, who will serve as a first grade teacher, and Kelly Jackson, who will teach home-making.

The 13 and 14 year-old Post All Stars were still in the running for championship in the first round of tournament play, with the championship game scheduled for Wednesday at 7 p.m. in Slaton.

The team picked up its first win July 5 in Slaton by beating the home team 12-2. Mitchell Mills pitched, striking out 10 batters.

On July 9, the team defeated Roosevelt 16-12 in a three-hour "slugfest." Bryan Looney struck out eight batters. Key hits by Looney and Patrick Gonzales, as well as a nice defensive play by Jett Lott in right field, helped stop a Roosevelt rally.

"Every time we took a sizable lead, Roosevelt would come right back at us," said Larry Mills.

On July 12, the team suffered its first loss, dropping a 12-7 game to Shallowater. Mitchell Mills pitched the entire game and pitched well, but too many errors were made to come up with a victory.

Winner of Wednesday night's championship game against Shallowater will play in Midland in a game tentatively set for 4 p.m. Saturday.

Post All-Stars win first round in post-season play. All four Post baseball All-Star teams continue in post-season playoffs, winning area tournaments.

The 9-10 year old All-Stars won six of seven games in last week's tournament play in O'Donnell, bringing home the championship trophy. The team will advance to the next level of competition in Levelland later this week.

The one loss came on July 6 in a 10-9 squeaker to Slaton. The team opened the tournament with a 15-3 slam over Tahoka July 5; lost to Slaton July 6; hammered O'Donnell 20-7 on July 7; smashed Shallowater 11-2 July 8; overpowered Roosevelt 11-1 July 9; put Slaton in its place 19-1 on July 11 and capped the tournament July 12 with a 19-2 repeat over Slaton.

Don't Miss A Hit!

Over 12,000 tickets reduced in price!
Red Raider Football Season Tickets are now on sale! See every home game from the same great seats and save!

Discounted tickets for Texas Tech football games are only available on a season ticket basis. Individual game ticket prices will not be reduced during the season.

Season Ticket prices start at just \$69!

1999 Home Game Schedule	
September 18	North Texas 6:00 p.m.
October 2	Texas A&M 6:00 p.m.
October 16	Colorado 6:00 p.m.
November 6	Iowa State 1:00 p.m.
November 20	Oklahoma 1:00 p.m.

Got Tickets?

Call the Texas Tech Athletic Ticket Office at (806) 742-4412 or 1-888 GO BIG 12 or visit www.texastech.com.

Win \$50,000 In America's Biggest Country Music Talent Search

If you or someone you know has vocal and/or instrumental talents, either individuals or groups of up to seven members who have not performed on a record listed in the national record charts of Billboard, Radio and Records or The Gavin Report within 18 months preceding local competition... be sure to sign up at KPOS no later than July 30 for this contest. The local competition will be staged at the Idalou High School auditorium at 7 p.m., August 14, 1999. Entry forms are available at KPOS, 118 W. Main, in Post.

- This week's sponsors are:
- South Plains Leasing & Equipment, Lubbock
 - The Clothes Rack, Slaton
 - Security Bank, Idalou
 - Childress Hardware, Lubbock

True Value. Jimmy Dean COUNTRY SHOWDOWN

KPOS 1370 AM

Your hometown radio station!
495-2831

FAMILY HEALTH FAIR AND FUN

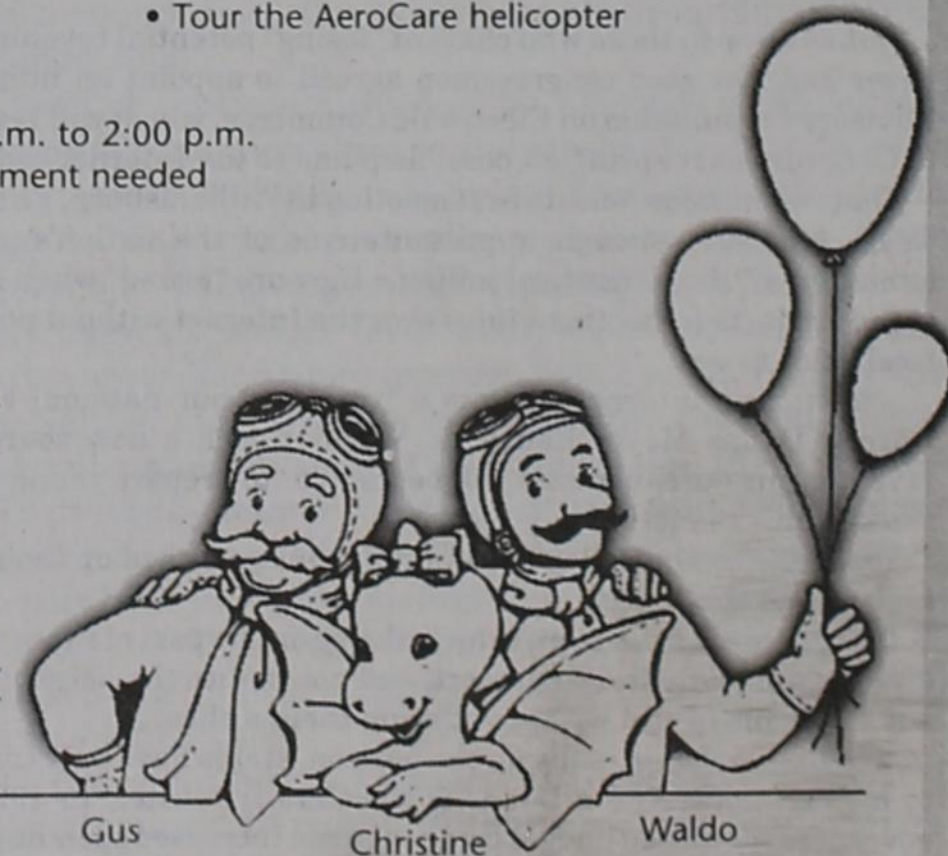
Join Covenant Family Healthcare Center at the Health Fair on July 24th. This is your chance to check your health at no cost:

- Free blood pressure checks
- Glucose and cholesterol screening
- Vision screening
- Nutritional consultation
- Tour the Mobile Mammography unit
- Tour the AeroCare helicopter

Health Fair • July 24th • 11:00 a.m. to 2:00 p.m.
608 West 6th Street • No appointment needed

KIDS ENTERTAINMENT
Bring the kids to meet Covenant Health System's children's characters Waldo, Gus and Christine, see the AeroCare helicopter, and receive a free balloon. Refreshments included.

Covenant Family Healthcare Centers



608 West 6th Street
Post, TX
Hours: M-F 8:30 am - 5:00 pm
495-2853

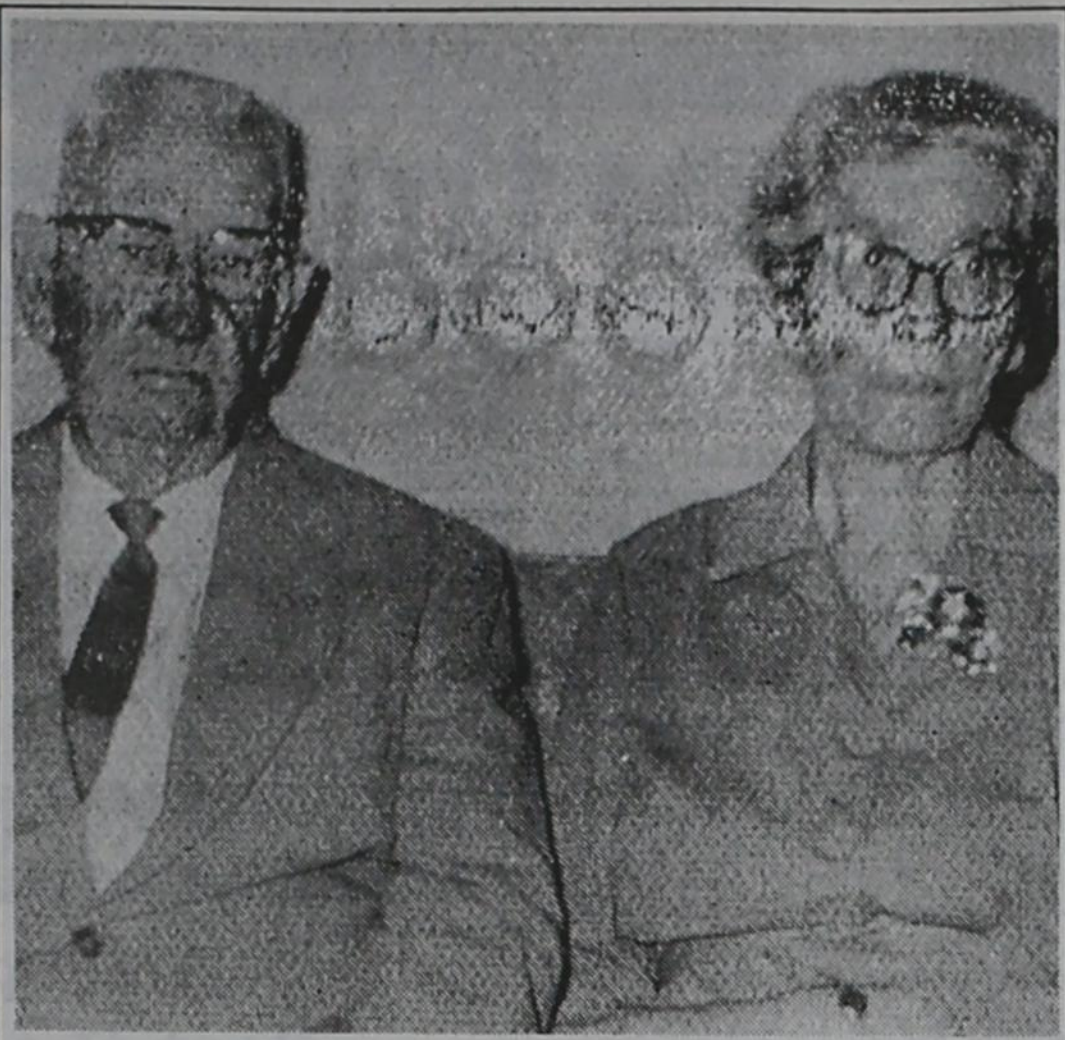
Scott Bergfeld, M.D.
Board Certified, Family Practice
Uma Rao, M.D.
Board Certified, Internal Medicine
Isabel Rodriguez, F.N.P.

Lunch Menus

Trail Blazer
Friday, July 16, 1999
 Catfish, beans, carrots, coleslaw, cornbread, oranges and bananas.
Monday, July 19, 1999
 Hamburger, tator-tots, cheese slices, fixings, apricots and chocolate ice cream.
Tuesday, July 20, 1999
 Spaghetti, corn, spinach, salad, garlic toast and spice cake.
Wednesday, July 21, 1999
 Roast beef, brown gravy, oven potatoes, peas and carrots, hot roll and fruit salad.
Thursday, July 22, 1999
 Pepper steak, rice, green beans, fresh tomatoes, wheat roll and chocolate cake.

FREE THINGS

(NAPS)—For a free copy of the *Consumer Guide to Selecting, Installing and Maintaining Carpet*, call the Carpet and Rug Institute consumer information line at 1-800-882-8846 or visit their website at www.carpet-rug.com.
 For information about home designs that improve the quality of life, call 1-800-4-KOHLER, ext. NWS; or visit www.kohlerco.com.
 To learn how you can improve the quality of your home's water and thereby reduce the amount of time you'll spend cleaning, call Kinetic at 1-800-944-WATER (9283) and request the free *Consumer's Guide to Better Water* or visit the company's website at www.kinetic.com.
 For information about what to do if your car or truck has a safety-related defect, call 1-888-DASH-2-DOT (1-888-327-4236) or visit www.nhtsa.dot.gov/hotline



MR. AND MRS. ED DENTON

Dentons to be honored on 60th wedding anniversary

Mr. and Mrs. Ed Denton of the Hackberry community will be honored Sunday on the occasion of their 60th wedding anniversary with an open house.
 The daughters and son of Mr. and Mrs. Ed Denton will serve as hosts at the open house between 18, 1909 in a buggy in Hollis, Okla. They moved to the Hackberry community, Dec. 22, 1915 in a covered wagon with their three eldest daughters.
 Mr. Denton was born in Hopkins County in 1883 and Mrs. Denton was born in Old Greer County, Okla., in 1892.

From The Post Dispatch, July 17, 1969

ACROSS

- newspaper: Iowa
- Leader
- Mineral Wells
- H.S. football class
- Astrodome: "Miracle on Street"
- this Darrin was Cowboy 2nd round LB pick in '93 (init.)
- near Port Arthur: Rim State Park
- Mineral Wells' Water Co.
- Midland AM radio
- Valley fruits
- Cotulla is its seat
- nine Rangers or six Stars
- TXism for "newcomer"
- this Margie was 1st woman in TX Senate
- TXism: "high as pop" a picture show
- TXism: "active as a fox" house
- TX Gene Autry's "That Silver-Haired Mine"
- TX Joan Crawford: Lucille Suseur
- federal crime fighters in TX
- in Starr Co. on 83
- TX's "Turtle Lady" Loetscher
- mother of former Cowboy coach Jimmy Johnson
- rub outs
- TXism: "take a look" ear
- once "the better half" elevator man
- George H. to George W.
- TXism: "busy as armed paper hanger"
- Odessa is in TX
- TX Bush's stock-in-trade when head of CIA
- Padre Island collectible
- federal agency concerned with TX-Mex border (abbr.)
- enlisted man with a rank
- hair goo

DOWN

- character who married Bobby Ewing in "Dallas"
- Dublin H.S. class
- Red of Texas Tech
- historic railroad: "Missouri" of
- a swindle
- a Dallas pastor compiled "The Sco Bible"
- TXism: "up and am juice" (coffee)
- TX Greer Garson film: "Goodbye, Chips"
- TXism: "can't make a silk purse" ear
- computer person
- Spur Elliott
- this David was a '90 noted Houston QB
- not "nekkid"
- Rockwall is the co. in TX
- meadows
- detective for hire (abbr.)
- the last U.S. missiles destroyed under Treaty were in East TX
- scientist's site
- VW cars: Karmann
- TX perennial
- Indian tribe of neighbor New Mexico
- sorrows
- moving by small degrees
- Spanish for "the sun"
- legendary Cowboys coach Tom (init.)
- old routes thru TX: "caminos"
- unconscious state
- iced drinks
- time long pass
- boot width
- to Dallas from Temple

The Original TEXAS CROSSWORD
 by Charley & Guy Orbison
 Copyright 1999 by Orbison Bros.

Football is, after all, a wonderful way to get rid of aggression without going to jail for it.
 —Heywood Hale Broun



Mrs. George Curt Greer

Carlisle, Greer... Exchange Vows

From The Post Dispatch, July 12, 1989



Mr. and Mrs. Ralph Carpenter

Couple to Observe 50th Anniversary

Mr. and Mrs. Ralph Carpenter, former Post residents now residing in San Antonio, will celebrate their 50th Wedding Anniversary Saturday, July 22, 1989 with a reception hosted by their children from 5 p.m. to 7 p.m. at Pecan Valley Country Club in San Antonio.
 All the Carpenter's Post friends and neighbors are invited to attend.

From The Post Dispatch, July 12, 1989

Yesteryears

July 12, 1989 10 Years Ago

Samantha Perez is proud to announce the birth of a baby sister, Maricela, who was born Friday, June 30, 1989. She weighed six pounds and was 19 and three-fourths inches long.

The proud parents are Mr. and Mrs. Johnny Perez.

Bailey Marie Odom was born June 19, 1989 at 11:24 p.m. in the Lynn County Hospital, the daughter of Dicky and Shellee Odom of Post.

Mrs. J.D. Ragland of Canyon, the former Sharla Macy, was complimented with a layette shower Saturday afternoon in the ranch home of Mrs. Giles Dalby.

The children, and their families, of Mr. and Mrs. Jim Hays - a total of 79 people - were all in Post for a reunion the weekend of July 1 and 2 and started the get-together off with a picnic in the park Saturday.

July 19, 1979 20 Years Ago

Birthdays today are:

- July 19
 Barbara Lucas
 Delwyn Hodges
 Jane Mason
 Mrs. Grace Thomas
 Reba Trent
 Mrs. Carter White
 Mrs. J.R. Kiker

Mrs. Ollie May Allen announces the engagement and forthcoming marriage of her daughter, Shirley Diane, to Gilbert Joe Laird, son of Mrs. Nita Marlene Bolen.

Arthur Kelly has accepted the chairmanship of Post's fall campaign on behalf of the Cystic Fibrosis Foundation.

When Mr. and Mrs. Glen Barley were vacationing in Bull Shoals, Arkansas, Margaret Barley was "surprised and delighted" when she was awarded the "Lunker Award". An award given the fisherman catching the biggest fish of all.

James Easterling, a recent San Angelo State University graduate and tennis player, has been tentatively employed as Post High School's new tennis coach.

July 17, 1969 30 Years Ago

The Rev. and Mrs. James Criswell returned the first of the week from a week - long vacation spent in Ruidoso, Cloudcroft and Eunice, N. M.

Charla Dean Williams celebrated her fifth birthday Wednesday with a backyard party at her home between 10 and 11 o'clock in the morning.

Visiting Friday through Tuesday with Mr. and Mrs. Bobby Gordon were her brother and sister-in-law, Mr. and Mrs. Andrew Askins of Fontana, Calif.

Mr. and Mrs. Harold Britton, Sue and Buddy, are in Pasadena, Calif., this week visiting in the home of her brother, Bill Plunk.

Mr. and Mrs. Bowen Stephens and three daughters of Plains and Robin Richardson of Lubbock arrived at the Wesley Stephens home last Friday with a freezer of homemade ice cream and a strawberry cake to help their father and grandfather celebrate his birthday.

July 16, 1959 40 Years Ago

Guests of Mr. and Mrs. L. G. Thuett Sr. during the Stampede Rodeo were her sons and daughter, and their families, Mr. and Mrs. Jimmy Thomas of Hereford, Mr. and Mrs. Wayne Thomas and Mr. and Mrs. Wagoner Johnson of Post. They were also Sunday dinner guests in the Thuett home.

Mr. and Mrs. Alex Ringhoffer and family are to leave this afternoon for Cross Plains where they will spend the weekend visiting their parents, Mr. and Mrs. Emil Ringhoffer and Mr. and Mrs. L. L. Montgomery. They will return to Post Sunday.

Miss Gayle Tittle accompanied her grandmother, Mrs. Edgar Tittle, to Altus, Okla., over the weekend where they attended a reunion.

Debbie Taylor, daughter of Mr. and Mrs. D. C. Taylor of Lamesa, is spending two weeks visiting her grandparents, Mr. and Mrs. O. B. Taylor, and her aunt and uncle, Mr. and Mrs. Alton Clary.

Pvt. F. K. (Franklin) Maxey is undergoing basic training at Fort Leonard Wood, Mo. He is the son of Mr. and Mrs. Bryan Maxey of the Graham community.



MAYOR GILES MCCRARY (LEFT) AND POST MAIN STREET PROJECT ADVISORY BOARD CHAIRMAN SAMMIE POLLARD (CENTER) share ideas with Texas Main Street Project Director Anice Reed during a visit here last week.

From The Post Dispatch, July 12, 1989

226 E. Main Post, Texas 79356 Telephone: (806) 495-4005

Carza Theatre

groudly presents

Our Annual Tribute To Hatley Sadler Old Time Tent Shows

CURSE YOU, JACK DALTON!

By Wilbur Braun
 Directed by Jake Morgan

Produced by special arrangement with Samuel French, Inc.

★ STARRING ★
 PAUL GARRETT ROB HOLTON TRACI HALE
 CLAIRE WHITESIDE MORGAN MERCER

July 16-18, 1999

Curtain Times:
 Friday & Saturday - 7:45 p.m. - Sunday Matinee - 2:30 p.m.

Tickets:
 Adults - \$8.00 Children 6 to 12 - \$5.00

Box Office Hours:
 Monday - Friday 12:30 - 5:00 p.m.
 Except Show Weekends 12:00 p.m. - Curtain Time

COMING SOON - "THE UNSINKABLE MOLLY BROWN"

COMING SOON - "ON GOLDEN POND"



A group of turtles is known as a bale.



LEO ACKER

Leo Acker installed as new Rotary president
 From The Post Dispatch, July 2, 1959

NEWSPAPER READER POLL INDICATES

Children's greatest problem lack of parental care and guidance

Almost two-thirds of the responses from newspaper readers in Texas expressed the belief that the greatest problem of children is lack of parental care, guidance and discipline.

Gov. Price Daniel announced this today in disclosing first results of a state-wide newspaper public opinion poll conducted by the Governor's Committee for the 1960 White House Conference on Children and Youth.

The Committee had requested readers to send their opinions on the ten greatest problems facing Texas children and youth, and most newspapers printed the poll as a public service.

A tabulation of the first 1,000 replies to the poll revealed that 63 per cent considered lack of parental care and guidance the top problem. Three-fifths of this group specifically cited lax parental control, while two-fifths cited lack of spiritual training and church attendance.

Dr. Guy D. Newman of Brownwood, chairman of the Governor's Committee, presented results of the poll to the Governor.

Under problems relating to parental care and guidance, specific complaints most often repeated were lack of spiritual training; poor church attendance; poor parental examples; not giving child enough responsibility; lack of discipline and obedience to parents; lack of family unity and teamwork; lack of parental responsibility; too much freedom with cars; lack of teaching respect to others.

Other problems mentioned in order of frequency were:
 Lack of educational opportunities, 10 per cent; too much time and too little work, 9 per cent; working mothers, 5 per cent; poor public influences such as lewd and violent shows, obscene literature, alcohol and drugs, 4½ per cent; "juvenile delinquency", 3½ per cent; financial need, 3 per cent.

Governor Daniel pointed out that the poll is still open, and that radio and television stations are requesting listeners to send their views on youth problems.

"These opinions from the grass roots level will serve as a guide for the Committee members when they attend the White House Conference next March," the Governor stated.

Editor's Note: Hmmm... not much has changed in 40 years.
 From The Post Dispatch, July 16, 1959

Classified Advertising

Classified Advertising

Rates: 50¢ per word, payable in advance unless credit approved by management.

(806) 495-2816
FAX: 495-2059



Card of Thanks

I want to thank the sheriff's department, specifically Daniel Yarbro, for answering our call last Thursday when I fell. I feel we are fortunate to have our sheriff's office.

Once again thanks for the quick response.
Joe and Alma Williams

I would like to thank several people, who are listed below, for all the great help they gave last week working in the concession stand during the 11-12 year old All-Star tournament.

With all of their help, everything went alot smoother.

To Gary and the bunch at United, yall are always a pleasure to work with, and Anna at Jackson's Meat Locker was as sweet as ever.

A big thank you to: Rodney Tidwell, Langly Couch, Josh Payne, Stacie and Tracie Morris, Callie Smith, Xane Mason, Nicole Gray, Mr. and Mrs. Michelle Wishkemper, Deanna, Brandi and Kyle Gunn, Buddy and Jeremy Payne, Vondi Gradine, K'Leigh Babb, Grace Piaz, Sherry Williams, Rhonda Valdez, Erin Pederson, Jonathon and Jason Smith, Lindsey Rudd, and Jacqueline Curb. Also, thanks to Allen Grisham, Rocky Gomez and Randy Moore for doing the cooking on the grill. I really appreciate all of you for donating your time to help out. Thanks again!
Pixie Grisham

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 629-4393.

Last Chance

Last chance for FREEDOM! Send \$10 today to TCRF, 6112 N. Mesa, Suite 223, El Paso, Texas 79912. Help ratify Texas

Constitution 2000. www.tcrf.com

Help Wanted

Caprock Oil and Lube looking for a dependable person to do oil changes, wash jobs, flats and minor mechanical work. Monday-Saturday, 50 hour week guaranteed. Pick up application at 300 North Broadway.

Full time R.N. needed for Crosbyton Clinic Hospital Home Health. Comparable salary and benefits. Contact Freda Bartlett at 806-675-2352 or 1-800-224-2352.

The Garza Central Appraisal District is now accepting applications for the position of Clerk. You may bring your application by our office at 124 East Main, Post, Texas or mail to Garza Central Appraisal District, P.O. Drawer F, Post, Texas 79356. All applications must be in our office by July 26, 1999.

Jobs Wanted

Want your yard to look nice but don't have the time? Call Kyle Gunn, 495-3048.

Apartments for Rent

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

Homes for Sale

Three bedroom, one and a half bath, large family room, newly remodeled kitchen, large workshop/storage and two care garage. Located 716 West 11th. For appointment call, 495-3154.

Three bedroom, two bath at White River Lake. Lot 129. Call 629-4358.

Three bedroom, two bath brick. Carport, storage shed, good neighborhood. Call 495-3050 or 495-2504.

Two bedroom, one bath with carport. 515 South Ave G. Call collect, 940-864-3677.

Miscellaneous for Sale

Set of twin beds (could be bunks), solid ash desk and bookcase, set of French doors, one oak entry door. 629-4446.

B-B-Q briskets, \$20.00 each. Call in order before noon on Friday, pick it up by noon on Saturday. Call Danny Cooper, 495-1252.

Super Single waterbed. Six drawer under dresser. Glass headboard, \$75. Call 495-4021.

Bundy saxophone for sale. \$400.00, if interested call 495-3638.

Garage Sales

Saturday, July 16, 710 West Main, 8:00 am till ?
Clothes for baby, children and adult, furniture. Lots of misc.

Estate Sale: Saturday 9 am till ?; Sunday 1 pm till 4 pm. 811 West 6th. Little of everything, water bed, few antiques, drapes, 32" TV, four piece living room suit, canning jars, two desks, pick-up rack, trailer hitch, ect.

Saturday, 9 am till 5 pm, 308 N. Ave H. Household items, washer, furniture and clothes.

Carport sale, 3 family. Thursday, July 15th, 901 West 15th. 1:00 pm till 8:00 pm.

Saturday, 9 am till ? 316 N. Ave. S. Little of everything.

Pets and Supplies

Free puppies. Part blue healer. Call 495-3588 or 891-0026.

Commercial Property

Grass lease near Justiceburg available for long-term lease: Sections 19, 26, 31, Block 6, H&GN Survey. Contact Spencer Crump, P.O. Box 38, Corona del Mar, CA 92625.

Legal Notices

REQUEST FOR PROPOSALS ENGINEERING SERVICES
RE: CITY OF POST TEXAS' WASTEWATER TREATMENT FACILITY IMHOFF SYSTEM WITH THREE (3) LARGE LAGOONS

The City of Post, Texas requests proposals from licensed and qualified professional engineering firms in the region to accomplish the following:

#1. Perform a written Evaluation as to the total capacity of the Wastewater Treatment facility of the City of Post, Texas and issue a written report to the city.

#2. Depending on the findings of the Evaluation, apply for and receive, on behalf of the city, a permit from appropriate regulatory authorities to allow additional volume to be handled by the facility, without new construction.

#3. As determined by #1 and #2 herein, design, develop plans, bid, construct and inspect additional capacity to complement the existing wastewater treatment facility, only if needed.

In addition to stating professional qualifications and references, the proposal should also contain the following:

• THE MOST RECENT DATE, BEFORE SUBMITTING THE PROPOSAL, THAT THE PROPOSING ENGINEER FIRM PERSONALLY VISITED THE CITY OF POST WASTEWATER TREATMENT FACILITY. (REQUIRED SCORING)

• A LISTING OF ALL COMMUNI-

TIES HAVING AN IMHOFF SYSTEM FOR WHOM THE PROPOSING FIRM PERFORMED RELATED ENGINEERING SERVICES WITHIN THE PAST FIVE YEARS. (REQUIRED SCORING)

FIRMLY ESTIMATED BEGINNING DATE AND ENDING DATE TO COMPLETE THE WRITTEN EVALUATION. (#1) (REQUIRED SCORING)

PROPOSALS SHALL BE RECEIVED NO LATER THAN 5:00 PM ON JULY

29, 1999 BY DELIVERING TO Wyvonne Kennedy, City Secretary, 105 East Broadway, Post Texas 79356

Specific technical questions should be directed to Mr. Delbert Rudd, Public Works Director, City of Post, at 806-495-2811. Questions regarding scoring of proposals should be directed to Fred Stephens, City Manager, 105 East Broadway, Post Texas 79356.

Payano Auto Clinic

A/C Specialist

Beat the Heat this Summer! Fix your A/C

495-2006

Mobile: 495-5648

703 W. 12th (Rear) • Professional Service •



We've got the full line of Justice Bros. products... Your car or truck will run smoother and more efficiently with JB!

R&D Automotive

Robert Benavides

111 S. Broadway

495-4074

MOTIVATED SELLER - REDUCED!!! 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.

3 BR, 1B, C-H/A, double carport/shop, cellar beneath a large covered patio, metal storage buildings, fenced, new roofing. 811 W. 6th St.

INVESTMENT PROPERTIES: or live in one and rent the duplex apartments. Close to schools, shopping, etc. Call for details, 115 S. Avenue M.

2 STORY FRAME with studio living quarters/apartments, parking, convenient location, 109 N. Avenue N.

5 LOTS available in Justiceburg, Texas. Call me.

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

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

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. New 40 year roofing, garage doors & exterior trim paint.

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

I have inquiries for 3 to 10 or more acres, water supply a must. Interested in listing? Call me!



For the Absolute Best in Personal Service
• Ranch • Farm • Residential

Anne Sims

Real Estate • (806) 495-3171

Mitchell Real Estate

• NEW LISTING - 3 large bedrooms, 2 bath, brick, fireplace, corner lot, remodeled with beautiful hardwood floors.

• Brick, 3 BR/1 BA, central H/A, great starter home!

• 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 house.

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

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

• 240 acre farm. Call for details.

"Years of experience and four salespeople to serve you"

Kim Mills - 495-3719

Barbara Hardin - 495-3987

Mike and Wanda Mitchell - 495-3104

495-5515

495-5146

Robert Hall Chevrolet/Oldsmobile

501 Main St.

(806) 237-2182

Jayton, Texas

www.roberthall.com



GENUINE CHEVROLET®

'99 Monte Carlo Coupe

Stock #2870, Power windows, locks & mirrors, AM/FM cassette, aluminum wheels w/ towing radials

\$19,650.00

- 1,425.00 Dealer Discount

\$18,225.00 Sale Price

- 2,000.00 Rebate "or" 2.9%

financing

\$16,225.00 Your Price

Drive Something Special!

'99 Olds 88 Sedan

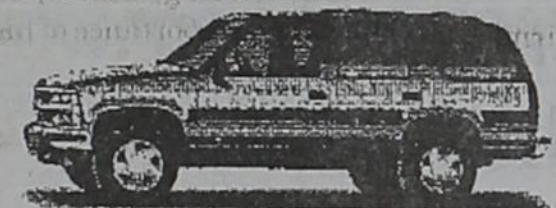
Stock #2571, keyless entry, cassette & CD, all power

\$24,605.00

- 2,530.00 Dealer Discount

- 2,500.00 Rebate

\$19,575.00 Your Price



'99 Tahoe, 4 door

Stock #2884, LS decor, bucket seats, power seat, keyless entry, front & rear A/C

\$32,080.00

- 3,480.00 Dealer Discount

\$28,600.00 Your Price

'99 Cavalier Coupe

Stock #2558, well equipped

\$15,111.00

- 971.00 Dealer Discount

\$14,140.00 Your Price

\$390.00 Down, 36 month Smartbuy @ 6.25%, 12,000 miles per year, 35 @ 210.94 and 1 @ \$7,555.50 TT&L not included

'99 Tahoe, 4 door

Stock #2884, LS decor, bucket seats, power seat, keyless entry, front & rear A/C

\$32,080.00

- 3,480.00 Dealer Discount

\$28,600.00 Your Price

'99 Cavalier Coupe

Stock #2558, well equipped

\$15,111.00

- 971.00 Dealer Discount

\$14,140.00 Your Price

\$390.00 Down, 36 month Smartbuy @ 6.25%, 12,000 miles per year, 35 @ 210.94 and 1 @ \$7,555.50 TT&L not included

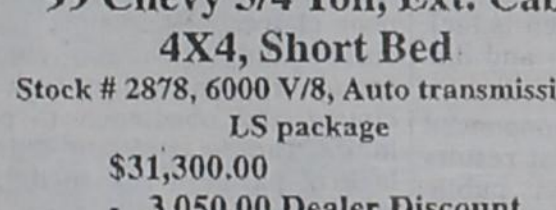
'99 Suburban

Stock #2875, 7.5%, 12,000 miles per year, 35 @ \$365.36 and 1 @ \$22,896.58. TT&L not included

\$34,174.00

- 3,924.00 Dealer Discount

\$30,250.00 Your Price



'99 Chevy 3/4 Ton, Reg. Cab

Stock #2873, 6000 V/8, 5 speed, manual transmission, A/C, AM/FM cassette

\$22,565.00

- 2,035.00 Dealer Discount

\$20,530.00 Your Price

'99 Chevy 3/4 Ton, Ext. Cab, 4X4, Short Bed

Stock #2878, 6000 V/8, Auto transmission, LS package

\$31,300.00

- 3,050.00 Dealer Discount

\$28,250.00 Your Price

USED VEHICLES

'96 Olds 88, 4 door, 54,000 miles, nice	\$10,500.00
'96 Dodge 1/2 ton, 4X4, Ext. Cab, 100,000 mile warranty	\$15,900.00
'89 Cadillac Sedan Deville, nice	\$ 3,700.00
'92 Chevy 1/2 ton, Ext. Cab, 350 auto, Silverado	\$ 8,950.00
'95 Chevrolet Suburban, extra clean, 60,000 actual miles, one owner	\$17,950.00
'96 Ford Explorer, 4 door, 43,000 miles, one owner, 100,000 mile warranty	\$17,500.00
'93 Chevy Astro Van, good condition, new w/shield & exhaust	\$ 6,500.00
'97 Chevy 1/2 ton, Ext. cab, one owner, 350 auto, Silverado	\$15,500.00
'83 Lincoln, 4 door, nice car	\$ 2,500.00
'96 Z71 Ext. cab, pickup, 4X4, 48,000 miles, leather trim	\$17,500.00
'89 Chevrolet 4X4 ext. cab, 350 auto, Silverado, one owner, 70,000 actual miles	\$ 7,500.00
'89 Cadillac Eldorado, nice car	\$ 4,000.00
'94 Pontiac Grand Am, 4 door	\$ 4,500.00
'93 Chevrolet Lumina Euro, 4 door, extra nice car, one owner, new windshield	\$ 6,950.00
'91 Chevrolet Crew Cab	\$ 5,500.00
'89 Chevy Caprice, 4 door, nice	\$ 4,950.00

'99 Malibu Sedan

Stock #2584, V/6, auto, AM/FM cassette, power windows & locks

\$19,557.00

- 1,532.00 Dealer Discount

- 2,000.00 Rebate "or" 2.9%

financing

\$16,025.00 Your Price

'99 Venture Mini Van

Stock #2821, cassette & CD, front & rear A/C, V/6, power windows & locks

\$25,620.00

- 2,020.00 Dealer Discount

- 1,500.00 Rebate "or" 2.9%

financing

\$22,100.00 Your Price

'99 S10 Pickup, long bed

Stock #2885, A/C, AM/FM cassette

\$12,950.00

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Price \$12,950.00, 35 @ \$158.51 Balloon

Balance \$7,699.31, TT&L not included

'99 Malibu Sedan

Stock #2675, custom bucket seats, aluminum wheels, power windows & locks

\$19,225.00

- 1,525.00 Dealer Discount

- 1,500.00 Rebate "or" 2.9%

financing

\$16,200.00 Your Price

'99 Malibu Sedan

Stock #2675, custom bucket seats, aluminum wheels, power windows & locks

\$19,225.00

- 1,525.00 Dealer Discount

- 1,500.00 Rebate "or" 2.9%

financing

\$16,200.00 Your Price

Classified

Notice of Application For Fluid Injection Well Permit

Southwest Royalties, Inc., P.O. Drawer 11390 Midland, Texas 79702 is applying to the Railroad Commission of Texas to amend 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, Huntley, East (San Andres) Unit lease, Well Numbers are 12, 13, 20, 29, 43, 49, 51, 19, 50, 64, 62, 57, 63. The proposed injection wells are located 5 miles Northwest from Post in the Huntley, East (San Andres) Field, in Garza County. Fluid will be injected into strata in the subsurface depth interval from 3284 to 3673 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. Request 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 512/463-6790).

Notice of Application For Fluid Injection Well Permit

Southwest Royalties, Inc., P.O. Box 11390 Midland, Texas 79702 is applying to the Railroad Commission of Texas to

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amend 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, South Huntley Unit lease, Well Numbers 21, 31, 32, 46, 47. The proposed injection wells are located 5 miles Northwest from Post in the Huntley (3400) Field, in Garza County. Fluid will be injected into strata in the subsurface depth interval from 3284 to 3673 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. Request 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 512/463-6790).

A steak more than three inches thick is really considered a roast and should be cooked either by oven-roasting or pot-roasting. If you try to grill it, the outside will overcook and the inside will be underdone.

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State, county corporate revenue officers collect more than \$143,000 this year

by Wes Burnett
Corporate highway revenue agents for the state and county collected a total of \$30,578.35 during June, as reported by the two Justice of the Peace courts here.

Justice of the Peace Precinct 1 collected \$16,590.60 from 78 revenue victims, while Justice of the Peace Precinct 2 took in \$13,987.85 from 54 "criminals."

In the first six months this year, Garza County a total of \$143,707.85 has been taken from unsuspecting corporate policy violators traveling through the county.

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

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

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

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

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

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

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

The Texas Transportation Code defines commercial use of the highways as those carrying passengers or property for hire. Cars and trucks, which are not used for hire in carrying property or passengers, are not "motor vehicles" as defined by the code.

Carrying around a state driver's license is also a severe limit on freedom and liberty...that little piece of paper wrapped in plastic declares the holder to be an "operator of a motor vehicle."

So, when citizens voluntarily apply for a certificate of title to their "motor vehicle," they have placed themselves under the jurisdiction of the corporate (state) traffic laws, which can constitutionally only apply to those who voluntarily declare themselves owners of "motor vehicles."

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

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



People can protect themselves from poison ivy by following a simple rule: "Leaves of three, leave them be."

Free Booklet Tells Kids What Causes Disease

(NAPS)—An award-winning booklet that describes environmental diseases we may get and gives us ideas on how to prevent them is now available free. The booklet, produced by the National Institute of Environmental Health Sciences, describes the many diseases that our surroundings can trigger—such as poison ivy and lead poisoning.

Called *Environmental Disease from A to Z*, it tells what is known about environmental causes of (alphabetically) Asthma, Birth Defects, Cancer, Dermatitis, Emphysema...all the way to Tooth Decay and Zinc Poisoning.

For a free copy write EC-12, PO Box 12233, Research Triangle Park, NC 27709 or call 919-541-7860. Teachers may order up to 100.

NIHES also has a Kid's Page reachable at www.nihes.nih.gov.

Tech researches longer staple cotton for Texas production

Researchers at Texas Tech University are touting a longer staple cotton that could open new markets for the Texas crop.

Cotton typically grown in Texas is limited in application by its length. The new breed may allow cotton farmers to broaden their demand base and markets for the crops before they are ever produced.

The new cotton, developed over three years by Texas Tech's plant and soil science department in the College of Agricultural Sciences and Natural Resources, and processed at its International Textile Center, presents growers with a new complex of fiber properties that, "when combined together, has a quality of fiber that is unprecedented on the Texas Plains," said Dean Ethridge, Ph.D., director of the ITC. "As such, it becomes a candidate for inclusion in textile processes and textile products that have thus far been unavailable to Texas fibers."

The Texas staple length, which is a reference method measuring representative length of cotton fiber, is characterized on the Texas South

Plains as a short staple, Ethridge said, from about an inch to about 1.1 inches in staple length. Ethridge said he believes the most interesting possibility with this new fiber is that it is going to increase the staple length by 10-20 percent.

"Fiber length is the limiting characteristic of Texas cotton," he said. "When you're looking at alternative textile applications, the longer staple can do anything the shorter staples can do. However, the shorter staples can't do everything the longer staples can do, when it comes to making certain products. If we could get up into this length category, it would open up a new array of consumers who would like to look at our cotton for making these products. It simply expands your demand base."

The ITC used a ring-spinning process to develop the cotton into yard, Ethridge said. Ring spinning is the most challenging and demanding spinning technology, and requires the best fiber properties. With it, manufacturers are able to make the best looking and best feeling yards, which produce the best looking and best feeling fabrics.

In fact, the quality of the yard caught the attention of Kent Smart, owner of Simply Smart of Lubbock, a knitting manufacturer of high quality full fashion clothing. Smart doubted that West Texas cotton could match the texture and quality of the cotton/synthetic blend he was using. Smart

was surprised when, with 30 pounds of the longer-fiber product spun into yard, he was able to commercially knit six golf shirts of similar quality as those made from the blend.

"Having our product made of 100 percent cotton is superior to having a 50/50 blend, and that is very exciting," said Smart. "When you look at the community here in Lubbock, where you have one of the largest, if not THE largest cotton growing region in America, if you were able to develop a yard that could be used in fine-gauge, high-end spinning, the marketability of that product would be phenomenal."

Dick Auld, Ph.D., chairman of Texas Tech's plant and soil science department, said the cotton was developed over a three-year period of research.

"There is a process called chemical mutagenesis in which a researcher applies a chemical that changes the DNA composition. That's where we started with these three generation of HS200 cotton, a product already grown on the South Plains."

Each generation of the newly-developed line contained a longer fiber.

Auld and Ethridge agree at this point that the market for this type of cotton would be a niche position that would allow the farmers to receive a bit more value for the fiber they grow.

"What we've tried to do is to leave the varieties adapted still intact so they'll still grow here on the Texas

South Plains, and just add a little fiber length and a little fiber quality so we can get a better market price for our cotton," Auld said.

Even though the real future of this new cotton has yet to be determined, Ethridge said he is hopeful about the possibilities.

"The steps we have taken have really served to prove that these fiber properties manifested themselves in the yard and in the fabric. We have tangible evidence now that we have potential for a new kind of fiber to be grown on the Texas Plains," he said.

With a long history in knitting manufacturing, Smart, too, knows about the importance of high quality fiber.

"There are very few places you can get this high quality 100 percent cotton yard. I'm not an economist, but I look at the price of low-grade cotton against the price of higher grade, finer spun cotton, and what that difference could mean to the farming industry here in Lubbock and I see that it is beyond even what I could imagine," Smart said.

Auld was equally impressed regarding another very promising aspect of the project.

"What we're excited about is that now we can make these very expensive cotton knit shirts with a product grown in Texas, processed in Texas and put together in Texas," he said. "We have a totally Texas-made product that's top of the line. You couldn't buy any better full fashion apparel anywhere else."

DICKENS DIVISION MEMBERSHIP MEETING SOUTH PLAINS ELECTRIC COOPERATIVE, INC.

THURSDAY, JULY 15, 1999
REGISTRATION 5:30 - 7:30 P.M.
BARBEQUE MEAL 6:30 P.M.

GRAND PRIZE - CHOOSE ONE OF THE FOLLOWING:

1. REFRIGERATOR
2. FREEZER
3. WASHER - DRYER
4. RANGE - MICRO WAVE COMBINATION
5. DISHWASHER - MICRO WAVE COMBINATION

BE SURE TO ATTEND YOUR DIVISION MEMBERSHIP MEETING

Dickens Division South Plains Electric Cooperative, Inc., will hold its membership meeting at the Spur headquarters, Thursday, July 15, 1999.

A barbeque meal will be served at 6:30 P.M. while guests are entertained by the 3M Band of Motley County. The business session will begin at 7:30 P.M. with entertainment provided for the children at an adjoining area.

Reports on 1998 operations of the Dickens Electric Division will also be given.

The directors and management encourage all Cooperative members to be a part of their Division meeting. An evening of fun, entertainment and prize drawings is planned.

A Touchstone Energy Partner

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.

Law is interpreted

Laws exist on interpretation. All the way to the Supreme Court, which always ends in a 5-4 decision.

Geraldine Butler

Editor's Note: Remember, elected and appointed officials take an oath to uphold the law, not as they interpret it, but as it is written. By the way, sometimes the Supreme Court rules 9-0, 6-3 or other divisions.

Tax paid medical care?

The GCHD policy pricks my interest, even though I live in another county. Question: Since the Garza County Hospital District board of directors voted to NOT go by the law, if I become in need of medical care would the district take care of me if I drove to Post from another county? Surely they would not turn me down because of some law or policy?

Name withheld by request

Editor's Note: According to the policy defined by the GCHD board president, anyone in need of medical care qualifies as "needy" in Garza County. We're not exactly sure how this new policy is going to be implemented.

Friends of NRA set banquet date

The Llano Estacado Friends of NRA will hold its 6th annual Fundraising Banquet and Auction at the Lubbock Memorial Civic Center on Thursday, July 22, 1999.

Established in 1990, the NRA Foundation is an organization that raises contributions in support of a wide range of firearm related public interest activities. All proceeds from these banquets are used exclusively for youth education, firearm safety and training, range development, and other conservation

efforts that lack funding sources. Due to the great success of last year's banquet, we were able to award the Lubbock County 4-H shooting program a grant of \$5100.00 for new guns and equipment. The 1998 Fundraising Banquet was attended by 413 Sportsmen and their families.

Local chapters conduct annual banquets that feature a social hour and dinner followed by a benefit auction. The chapters are developed solely by volunteers in local communities nationwide, who are interested in firearms rights and the second amendment.

Committee Chairman Dave Yeager announced that the social hour will begin at 6:00 pm, followed by the banquet at 7:00 pm. The fundraising auction, which begins at 8:00 pm, will feature several fine rifles, wildlife prints, bronzes, and other top quality items. Proceeds from the evening will benefit youth education, hunter education, and second amendment education.

Tickets, which are \$20.00 each are available at all local gun stores. For reservations or additional information call (806) 746-5612.

Dave Yeager, Lubbock

Deputy explains his arrest

Before any rumors or anything else starts to stir up about me, I just think you as citizens should know the truth and hear it straight from me. As some of you know, I was arrested on July 10 for an offense of public intoxication in Lubbock. I would like to state clearly that what I did was wrong, it was uncalled for, but I made a mistake and I am paying for it now.

I want you to know that I am not a drunk and that I am not a bard person and I don't want you to think that I am. I was out one night and had a little bit too much to drink and I got caught. I violated the law and I am paying for it. I am very sorry.

I know as a public servant I should not have been doing that. I made a mistake and I have learned a lot from it. I came in Monday morning and face the Sheriff eye-to-eye and advised him of what happened. I did not try to hide anything from him or anyone else.

I explained to him in detail what I had done. The Sheriff was understanding about the situation, and I told him that I knew I would be facing disciplinary actions. I did not violate the law as far as having my peace officer's license taken away, but I did violate departmental policies. I told the Sheriff and everyone else

that I am not looking for any breaks or anything.

I violated the law and I am paying for that mistake. I am not getting any breaks. I am having to pay for court costs, fines and suspension of my pay. Most people here who know me know that I am not a bad person. I was born and raised here in Post. Making a mistake and learning from it does not make someone a bad person.

I hope those who read this letter will take the time to think and accept my apologies.

Cecil Martinez Jr.

Just a little unfair??

You won't find my name at the bottom of this letter as I requested the editor to withhold it.

I am so tired of the onesided highjinks in our sheriff's department! The very idea that we have a deputy on the force that is so drunk that he cannot walk without assistance and that throws up on the patrol car (Lubbock Avalanche Journal, July, 12) and then comes back to work with a little slap on the hand!!

I heard in the coffee shop that he had never drank before; so what? Maybe if he was in another field of work, that might float, but he is a deputy on our police force.

Thru rumor, another officer was fired for dating another employee of the sheriff's department. Don't you find that a little strange that dating is a worse offense than driving and being in public drunk?

I've heard many people talking of one of the officers who has continually been complained against for fighting with his wife and child loud enough for all to hear. I believe he is still on the force too! But you get fired for dating? DUH!!!

I did not sign my name for the simple reason that we have some young officers who tend to get a little carried away, and I don't want to be harrassed. But I can tell you, I am not alone in my opinion.

Name withheld

What is your definition of a coach?

Even though softball season is over, I would like to ask each parent a question; What is a coach? The answer for me is as follows: someone who takes the time to teach my child the rules of a game, teaches fair play, teamwork and sportsmanship.

This was our first year to play and before you sign your child up next year, please talk to other parents who have been there. One of my child's coaches came to practice for about five minutes or less, then left. The other one made no effort to teach the girls the rules of the game, even though I told her they had never played. There were no try-outs for positions.

Needless to say, the coaches' children and their friends' children played every inning of every game. One other child to play when her parent got angry enough to confront the coaches after a game. Of course, we only had three more game to play at that time.

At the end of the season swimming parties, the girls were told their siblings could not swim. This is fine, but why did the coaches' other children swim when they were not team members? Then of course, the trophies were not in. When they did come in, one coach couldn't be bothered to hand them out until she had them over a week. The players had to go to a local business to get their trophies.

The purpose of this letter to make parents stop and think, do you want your children looking up to someone who show favoritism and doesn't take time to teach them? I was taught that these sports activities are for all children, not just the good players. Judging from what happened to my child, this is not the case. Don't all the girls deserve to play and show their relatives that they are a team player? It shouldn't matter if they can hit, pitch or run bases, they deserve the chance to try.

So, next year, if you want your child to actually play in the games and learn the rules, you'd best check with parents who have been there.

To all the coaches who are there for the children, we thank you from the bottom of our hearts. To the ones who showed so little interest in my child, I ask that you quit hurting our kids. They all deserve a chance to learn that favoritism is not a team sport.

Barbara Rose

Teenager questions deputy's actions

After reading an article in the Lubbock Avalanche Journal on July 12, 1999, which stated that Cecil Martinez Jr, an off-duty Garza County Sheriff's deputy, was arrested for public intoxication, I became a concerned teenager. I understand that he was not on duty at the time of the arrest, but do not feel he is setting a very good example for the youth of this county.

It is hard for me to respect him as an officer of the law, knowing what I know now. If you're going to talk the talk, walk the walk!

K'Leigh Babb

I don't understand...

A local deputy gets a public intoxication arrest for getting drunk and driving his pickup into a Lubbock yard. At least that's what the AJ paper said (clipping enclosed). And this officer was "extremely incoherent".... and top all that off, he gets out on a \$25 bond.

The last time I appeared or showed up on a job where alcohol was involved, or got a citation where alcohol was involved... I got a pink bye-bye slip.

Ya know, I don't know much about taking money out of the sheriff's office kitty or anything else about a sheriff's department, or a police department, but I do know quite a bit about alcohol consumption as I have been a alcoholic for 42 years.

I have been to several treatment centers and I have been in and out of AA since 1981. At that time I lost a 2 1/2 year old son to alcohol in a cesspool, but during my years of alcoholism and drinking, I learned that if I don't drink, I won't get drunk!

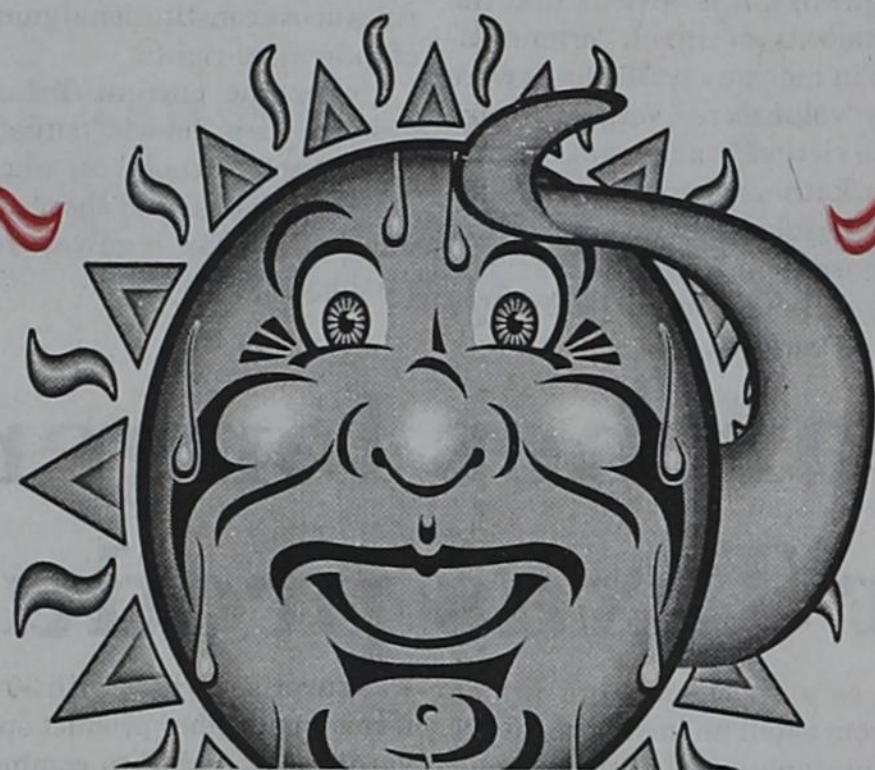
I notice in the Lubbock paper the "The thing about it is, the young man doesn't drink, never". Now only in Post, Texas will we probably hear such crap. I wonder how in the hell this man got drunk if he doesn't drink? Also, every drunk knows to get your vehicle in a yard or ditch and throw your keys to kingdom come, then we won't get a DWI.

It is my opinion, cover-ups and over-looks and head turning is about gone far enough. I think this man should be fired, and his certification should be pulled. I do not believe he should have the authority to tell our young people or older people for that mater, anything or have any jurisdiction over anyone. He's just a drunk like the rest of us.

Is not our sheriff's department becoming questionable? Ya know, election time is gonna come around again someday.

One last thing, I notice this man is already out in a police vehicle, looking for more violent crooks, like an everyday old DWI killer in a motor vehicle.....

O.L. Ferguson



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by Terri Cash
All In The Family

The Family Limited Partnership is currently a popular technique that enables a parent to pass assets to children - and grandchildren - at reduced gift tax cost via "valuation discounts" on the assets. The gifts are reduced in value because the limited partners have no control over distributions or other partnership decisions; nor can they readily sell their interests.

Generally, the parent who sets up the partnership and transfers assets to it - the family business, real estate, securities, whatever - retains the general partnership interest and thus control over the assets. Each year, a certain amount is given to the limited partners. The valuation discount, which can be as high as 60 percent, means more can be given free of gift taxes.

The IRS looks closely at these partnerships. It's important to set one up early - no deathbed transfers - and keep partnership assets separate from the general partner's other accounts.

More for the family; less for Uncle Sam. We help our clients protect their assets at

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