



The Post Dispatch

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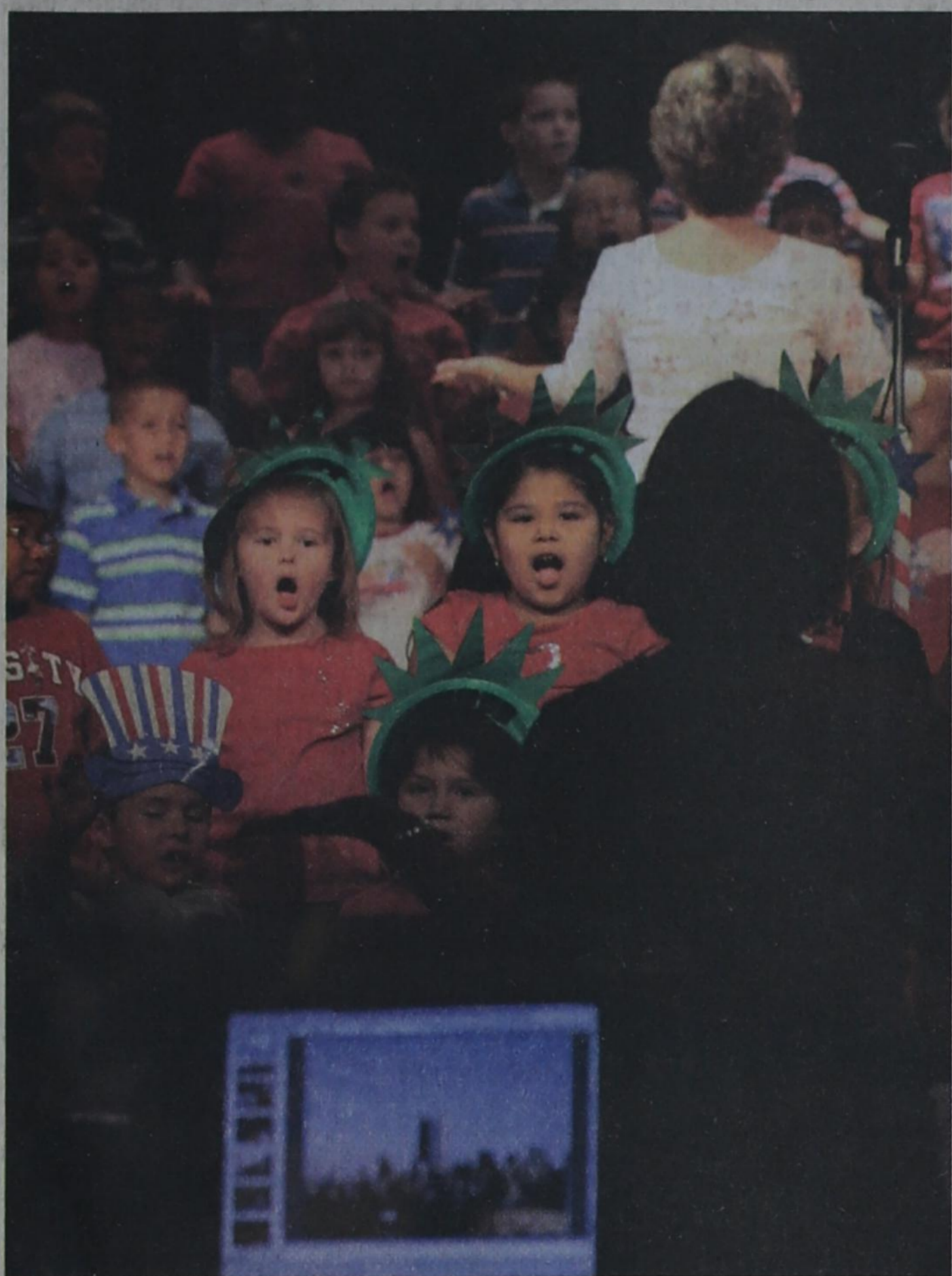
81st Year, Number 16

USPS 439-620

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Newsstand Price 50c

Thursday, September 14, 2006



Post Elementary kindergarten students (center left to right) Meagan Reiter and Aubrianna Perez join in honoring the local emergency personnel during the Elementary Patriotic Assembly on Tuesday, September 12 in the Elementary Auditorium. Under the direction of Karen Nichols (top right) and Carla Perez (lower right), the Patriotic Assembly included various songs for the local Sheriff's department, firemen, EMS, veterans, detention workers, pastors and other civil servants.
(Staff photo by Tim Burnett)

County hears plans for RV park, convenience store at Justiceburg

Plans for the possible development of a convenience store, restaurant and a RV park near Lake Alan Henry were mapped out for Garza County Commissioners Monday.

Val York of Val's Investments, Snyder, and Lawayne Fagan, a real estate developer, met with county officials to provide an overview of the project.

According to reports, York plans to develop a convenience store and RV park at the turnoff to the lake at Burnham. Fagan said plans for a restaurant also have been discussed.

Fagan asked commissioners to assist with the project's development through the initiation of foreclosure proceedings on the lots needed to complete the project.

County Attorney Les Acker advised that proper legal procedure, which can be time consuming, must be followed.

County Judge Giles Dalby recommended that Fagan and York meet with members of the county's zoning board prior to proceeding with the project.

No action was taken on the matter.

Commissioners also received an update from the county emergency management coordinator, Michael Isbell. He told the court that the county's basic emergency management plan is in compliance, and he has attended as much training as possible to ensure the overall success of the plan.

Isbell also said he is working on a grant that could provide funds to help with equipment for the emergency building that is being constructed at Lake Alan Henry.

Isbell asked the court to consider the purchase of additional hydrogen sulfide monitors for use by fire department and law enforcement personnel. No action was taken on his request.

In other business, (Continued on Page 2)

Post Notes

Important dates for upcoming election

The General Election is right around the corner, here are some dates you might need to mark: September 8 - was the first day to apply for ballot by mail; October 10 - last day to register to vote for the General Election; October 23 - first day of early voting; October 31 - last day to apply for ballot by mail; November 3 - last day of early voting; November 7 - election day.

Book Club to meet September 16

The Post Book Club will meet at 11 a.m. Saturday, September 16 at Ruby Lane Books, 127 E. Main. The group will discuss this month's selection, "Where God Was Born" by Bruce Feiler. Anyone interested in reading is invited to join the group, there is no cost for membership. Each member is responsible for obtaining a copy of the club's reading selection. For more information, call 495-2665.

Holy Cross Catholic Church

CCE classes will start on Wednesday, September 20. You will be able to register your child on that day.

Iglesia Catolica De Holy Cross

Las Doctrinas empezaran el dia 20 de Septiembre del 2006. Podran matricular a sus hijos ese mismo dia.

Hotel Garza joins state-wide open house

Historic Accommodations of Texas (HAT), the state-wide organization of Texas' finest inspected and approved bed and breakfasts has arranged an event of historic proportions. This Sunday, September 17, member properties will open their doors to the public from 1-6 p.m. with the "Waltz Across the Great Stays of Texas", a state-wide open house. A portion of the proceeds will directly benefit the Texas affiliates of the Habitat For Humanity. Tickets are \$15 at the door of any participating property including Hotel Garza. Visit as many participating properties as you are able. Each ticket is automatically entered into a drawing for \$100 in HAT gift certificates.

Free transportation to trailblazers

Transportation to the Trailblazers Center is provided by the Senior Citizen's Minivan by calling 495-4425. The center serves meals Monday-Friday. Everyone is welcome. A donation of \$3 is suggested for a meal for anyone 60 or over. For those under 60 the cost is \$5. A private room is available for a small fee for groups wanting to have meetings at the center. Also, the entire building can be rented on weekends for family reunions or other gatherings. For more information, call 495-2998. The center is located at 205 E. 10th Street.

Band to host homecoming brisket meal

The Pride of Post Band Boosters will be hosting a Homecoming Brisket Dinner before the Post Antelope football game against Floydada on September 22, from 5-7 p.m. at the Post ISD cafeteria. Tickets are \$5 each and may be purchased from any high school band member. Plates include brisket, sausage, potato salad, beans, and a dessert. Take out trays will be available. All proceeds will benefit the Post High School Band program. Call 495-3343 for more information.

Autographed Antelope football raffle

The Post Athletic Booster Club is offering raffle tickets for a chance to win an Antelope football at the Homecoming game, September 21. The football will be autographed by Post Antelope varsity players. Tickets are \$1 each or six for \$5. Contact any member of the Booster Club or they may be purchased prior to the game against Floydada at Antelope Stadium.

Calvary Baptist offers creation science series

Calvary Baptist has recently begun the film series, "Creation Science Evangelism." Dr. Kent Hovind systematically refutes the arguments that comprise evolution's purported foundation. He exposes it as a baseless philosophy. Please join us Sunday evenings at 6 p.m.

Open house at Calvary Baptist Church

Calvary Baptist Church will hold an open house for the community on Sunday, September 24. Calvary has recently completed the first phase of an extensive remodeling project. Jan Sisson will provide a concert during the morning service followed by a noon meal. Everyone is invited to come visit and see the changes that have been made at the church.

Youth selling homecoming mums

As a youth fundraiser Calvary Baptist will be selling homecoming mums this Saturday at United Supermarket from 9:30 a.m.-1:30 p.m. Members will continue the sale until September 21. Please call 495-2342, 495-3342 or 495-1018 for viewing and prices.

Gospel meeting set at Graham Chapel

Graham Chapel Church of Christ, 15th and Avenue S will host their Graham Chapel's Gospel Meeting on September 24-27, with guest speaker William Eudy, pulpit minister from the Southside Church of Christ in Mineral Wells. The theme is "Membership has its Privileges". Sunday classes begin at 10 a.m. with worship service following. Sunday evenings start at 5 p.m. Monday, Tuesday and Wednesday services begin at 7 p.m. Everyone is invited to attend.

Win two Red Raider home game tickets

A new incentive for attending Post Athletic Booster Club meetings on Mondays during the football season was announced this week by club president Rex Cash. Starting next Monday, those attending the meeting will get a chance to win two free tickets to Texas Tech Red Raider home games. A drawing will be held with winners only required to be paid members of the Booster Club. There will be two tickets available for each Red Raider home game. Next Monday's drawing will be for the September 23 game with Southeastern Louisiana. The tickets are being provided by Post City Radio, Post City Television and The Post Dispatch as part of its annual promotion for Texas Tech athletics.

Last of "1st Edition" Ornaments

Post Women's Division is down to selling the last "lot of first edition" Centennial Ornaments. They can be purchased at Plum Crazy, 220 E. Main, or call 495-0888.

Graham history deadline extended

Jane Mason is looking for updated family history and copies of pictures for a Graham Community History Book. The deadline has been extended until Oct. 1. Don't let your family be left out! Please help! Contact Jane Mason, Rt. 3-Box 14, Post, Texas 79356 for information or if you are interested in a book. Call 806-495-2980. Any Graham School memorabilia donated to Garza County Museum is greatly appreciated.

8th Annual Lord's Acre set October 21

Mark your calendar's now for the 8th Annual Lord's Acre which will be held Saturday, October 21 at the Community Center. There will be a planning meeting on Tuesday, September 12 at 5:30 in the Fellowship Hall of the Methodist Church. If you would like to help plan this worthwhile event, please attend the meeting or call Mary Edwards at 629-4226 or Tonya Kirkpatrick at 629-4054.

City moving ahead on several major projects

Members of the Post City Council are moving forward with projects designed to produce upgrades in wastewater treatment, city streets and water availability.

In action taken during their

Sept. 5 meeting, council members voted to award the bid on improvements to the wastewater treatment plant to Joe Marts Construction of Post, the sole bidder available to work on the project. The firm's bid was

\$428,000.

Work on the project, which will include the expansion and deepening of the plant's third lagoon and construction of a pump structure to facilitate

(Continued on Page 3)

Locals participate in Thunder Over Texas

Mike Holly and Unchained Life Ministries Inc. were among participants in the Thunder Over Texas Christian Motorcycle Rally conducted over the Labor Day weekend in Granbury.

The Rev. Jerry Savelle, the Rev. Kenneth Copeland and Jesse Duplantis were among featured speakers at the three-day event, which drew bikers from as far away as Hawaii.

Unchained Life participated as food vendors, with sausage, brisket and burgers cooked by the team. All meat was provided by Jackson Bros. Meat Market; all other supplies were donated by Holly's Drive-In. Unchained Life Ministries was founded in May 2002 by Holly as a sister ministry to Unchained Prison Ministry. Its purpose is to "be a service-oriented ministry dedicated to encouraging, uniting and supporting any adult and juvenile inmates, whether incarcerated in local facilities, state prisons, federal prisons, detention centers or training centers, or as they are released and return to halfway houses, after care or home to their families."

The group is dedicated to demonstrating "the love of Jesus, deliverance and aid in an alcohol-, drug- and tobacco-free life regardless of denomination," according to a press release.

"Our desire and passion is to help the Lord bring unity to the whole church and prepare the free world church and the Christian community to receive ex-offenders as they re-enter society."

The group's slogan is "Outlaws for Jesus, Stealing Souls from Satan."

The name of the group comes from Isaiah 6:1, which reads, "The spirit of the Lord God is upon me; because the Lord hath anointed me to preach good news to the poor; he hath sent me to bind up the broken hearted, to proclaim liberty to the captives and the opening of the prison to them that are chained."

Team members who participated in the event included Mike (Elvis) Holly, Dalton and Dana Holly, Tim (Mountain) and Rebecca Tanner, Will Morrow, Rick (Sparky) Moses and family, Mary Nell Holly, Merika (Sister M) Strivens, John and Tom Carter, Don (Prospect) and Linda Liles, Craig (Johnny) Jones and sons, Ben and Ben Moncrief and Donald (Catfish) Jones and sons.

Others in the ministry team include Jimmy Valdez, Rick Moses, Leonard Rodela and others from throughout the state.



Members of Unchained Life Ministries, Inc. participating in Thunder Over Texas Christian Motorcycle Rally during the Labor Day weekend in Granbury, Texas were (left to right) Merika Strivens, Dalton Holly, Mike Holly, Tim Tanner and Will Morrow.

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Old Mill Trade Days gears up for 12th holiday season

Preparations are under way at Old Mill Trade Days for its 12th holiday shopping season.

"October through December, as with all retail, are our busiest months," said Rosa Latimer, Old Mill Trade Days' general manager. "Our vendors are adding merchandise to their booths in preparation, and inquiries from new vendors has doubled since the September event. An event such as ours provides an opportunity for shoppers to find unique items for Christmas gifts. This is also a time of year when there is an emphasis on redecorating and preparing our homes for the holidays."

In addition to expanding local holiday shopping opportunities, Old Mill Trade Days also encourages local residents to shop in Post first.

"At Trade Days you have access to merchandise from all over the state," Latimer said. "And, we even have one vendor who lives in Michigan. Once a month for our event she comes to Texas and stays with relatives nearby so she can sell her handmade items at Trade Days. There is also an endless variety of furniture, original art, antiques, collectible glass and other home décor items available at Trade Days."

Many of the Trade Days vendors have been selling their wares and serving their food since the event's beginning in 1994.

"We are fortunate to have the stability of these experienced vendors," Latimer said. "Their continued support is a great example of their commitment to Trade Days and to providing a great event for our shoppers."

While there are a number of familiar faces at Trade Days, new vendors help bring a balance to the goods and foods available at the monthly event.

"The mix of the new and the old keeps our event fresh," Latimer said. "When we are working with 125 to 130 different vendors, sometimes things occur in their personal lives that dictate a need for change. A long-time, respected vendor recently had to close his booth at Trade Days because of health problems. This continuous change in our vendors and in the merchandise offered makes an event such as Trade Days uniquely different from any other shopping opportunity."

Beginning with the October event, Old Mill Trade Days will observe new hours.

"Friday & Sunday our hours will be 11 a.m. to 5 p.m. and on Saturday, 9 a.m. to 5 p.m.," said Latimer. "Our vendor set-up hours will now begin at 7 a.m. on Fridays. We're hoping this will help curtail some of the expenses involved with setting up on Thursday nights. And, by opening at 11 a.m. on Sundays, many of our vendors will have an opportunity to attend church."

Just as vendors evolve with the times and demands of customers, Old Mill Trade Days has experienced change. Although there still

are many handmade items for sale, the type and style are different than that found in early Trade Days events.

"Even the fragrance of candles has changed, and I don't think you could buy camo clothing here during the early days," Latimer said. "Our vendors keep up with the latest trends and styles."

While Trade Days prides itself on keeping abreast with shoppers' changing tastes, tradition still remains a part of the event.

"The new at Trade Days is balanced by the familiar and traditional merchandise," Latimer said. "A good example of this is the vast selection of Fiesta dishes that Carrla & Guy Todd stock in their booth. Fiesta dishes were first introduced in 1936 and through the years have remained a favorite from generation to generation. The Todds, who live in Crowell, have been vendors at Trade Days since 1997 and in addition to the shoppers who come here specifically to purchase Fiesta dishes, the OMTD office receives calls throughout the month from people who are coming to an event specifically to purchase these dishes."

Another good example of enduring traditions is that of Doug & Kathy Chance from Amarillo, who offer a variety of small antiques and other decorative items in their Law West of the Pecos building. Latimer said their success at Old Mill Trade Days is centered on original Dublin Dr Pepper and Dr Pepper memorabilia.

"We have shoppers who come to Trade Days just to stock up on this hard-to-find soft drink," said Doug

Chance, who has been a vendor since 2004. "Dublin Dr Pepper is still made with pure cane sugar, the original Dr Pepper formula, and is not readily available except at the bottling plant in Dublin, Texas."

It is the blend of tradition and change, as well as the historic mill setting, that has helped keep shoppers coming to Trade Days over the years, Latimer said.

"The variety of vendors at OMTD is one thing that makes it distinctive; however, our setting also sets us apart from other similar events," Latimer said. "Our visitors enjoy the history of Post and the mill, and the permanent buildings, as well as the individual buildings built by vendors, give our marketplace a village atmosphere that people enjoy."

Stir in some live entertainment, and Trade Days gets even more exciting, Latimer said.

"When we add entertainment, things get even better!" she said. Upcoming entertainment includes a concert by the Buddy & Tina Wright band on Nov. 4; the Centennial Celebration Concert in June 2007 and the 2007 Post City Idol contest in July and August 2007.

Old Mill Trade Days is conducted on the first Friday, Saturday and Sunday of each month; a special event Thanksgiving weekend is scheduled for Nov. 24-26. Event hours on Fridays and Sundays are 11 a.m. to 5 p.m. and Saturday 9 a.m. to 5 p.m. Admission on Fridays is \$1 for adults/free for senior citizens; on Saturdays and Sundays, \$2 for adults. Children under 10 are always admitted free when accompanied by an adult. Parking is free.



Doug Chance, Duplin Dr Pepper vendor from Amarillo, in his Law West of the Pecos building at Old Mill Trade Days.



Carrla Todd of Crowell is pictured at her booth in the Weaving Room at Old Mill Trade Days. Todd and her husband Guy, specialize in Fiesta dishes, along with antiques and memorabilia.



PHS Class of 1956 members attending the 50th year reunion September 1 are (back row, left to right) Dee Hodges, Keith Bird, (second row from back) Bill Brannon, Ted Tatum, Travis Polk, Gene Young, Walter Didway, Novis Pennell, Kenneth Gerner, (third row from back) Sherry Dorner, Jack Redman, Loyce Phillips, Jennie Cowdrey, Darylne Bellah, Jo Ann Miller, Sue Wheeler, Jim Peede, (front row) Carolyn Polk, Mozelle Rogers, Joyce Tatum, Twana McCrary and Willa Didway. The photographer reports that "these classmates were having way too much fun."

Post High School Class of '56 celebrates its 50-year reunion

The Post High School Class of 1956 gathered in Post over the Labor Day weekend for its 50th class reunion.

The group met at Antelope Stadium on Friday night, sitting together for the Post/Seminole football game. Class members, along with former football co-captains Novis Pennell, Homer Cato and Ted Tatum, were recognized at the game.

Following the game, the group gathered at the home of Don and Joyce Tatum, with Bobby and Jennie Cowdrey serving as

co-hosts. Food and conversation were shared until the early morning hours.

On Saturday class members met in the Fellowship Hall of the First United Methodist Church for brunch and visiting. Yearbooks, pictures and memories were shared. Cards were signed for two classmates who were ill and unable to attend.

Following brunch, the group traveled out to Ragtown for a tour of the facility conducted by Glenn Polk of Lubbock.

On Saturday evening the group reconvened at the church for a dinner catered by Jerry's Bar-B-Que of Post. A group picture was made, and each classmate spoke briefly about the past 50 years. All agreed the next meeting would be in 2007 during the Post Centennial Celebration.

Classmates attending from out of town included Novis and Rexene Pennell of Mineola; Keith and Barbara Bird of Willard, Missouri; Charles and Loyce Josey Phillips of Big Spring; Gene and Karen Young of Edgewood, N.M.; Jim and Linda Peede of Burleson; Darylne Hulsey Bellah of Corpus Christi; Bill and Margaret Brannon of Slaton; Travis and Carolyn Hudman Polk of Garden City, Kansas; Sue Norman Wheeler of Southland; and Kenneth Garner of Houston.

Also, Clarence Hawkins of Big Spring; B.J. and Sherry Taylor Dorner of Dyke; Jack and Mary Ann Redman of Huntington Beach, Calif.; Lee and Anne Johnson of Beaumont; and Homer and Linda Cato of Amarillo.

Classmates from Post in attendance included Jim and Delores Redman, Patty Kirkpatrick, Walter and Willa Graves Didway, Bobby and Jennie Redman Cowdrey, Dee Hodges, Mozelle Edwards Rogers, Twana Teague McCrary, Ted and Barbara Tatum, Don and Joyce Josey Tatum and Leon and Jo Ann Moreman Miller.

A special guest at the celebration was N.R. (Jiggs) King of Post, former teacher and girls' coach.

Other guests included Gene and Velta King, Noel and Ora-beth White and Jack Morris, all of Post, and Jackie Carpenter of Azle. Several classmates' children and grandchildren attended activities.

Bramblett takes UIL scholarship

Keeley Lane Bramblett, a Post High School graduate, recently was awarded a scholarship by the Texas Interscholastic League Foundation.

Bramblett received a \$1,000 Zelah Mae and Jasper Dee Memorial Scholarship, which will be paid out over two semesters.

The scholarship was one of nine grants awarded to students who have participated in the University Interscholastic League Academic State Meet and who have compiled an outstanding record of academic and extracurricular activities.

Bramblett competed in one-act play at the 2006 UIL Academic State Meet. She also participated in ready writing, current events and math during her years at PHS.

Bramblett is attending Texas Tech University where she is majoring in graphic design, according to a press release from the UIL.

Robles awarded UIL scholarship

Vincent David Robles, a graduate of Post High School, has been awarded a scholarship by the Texas Interscholastic League Foundation.

Robles received a Louise P. and Joe B. Cook Memorial Scholarship in the amount of \$3,700, payable \$1,000 in the first year and \$900 in each of the next three years.

This year, the Cook Memorial awarded a total of eight grants to students who participated in the University Interscholastic League Academic State Meet and who have compiled an outstanding record of academic and extracurricular achievement.

Robles competed in cross-examination debate and one-act play at the 2006 UIL Academic State Meet. He also participated in UIL solo and ensemble, ready writing and social studies throughout his high school career.

He is attending Wayland Baptist University, according to a UIL press release, where he is majoring in English and education.

City projects...

(Continued from Page 1)

land application of effluent, is expected to begin immediately and should be completed by August 2007.

Council members also received an update on the city-wide paving project from engineer Rich Oller. The engineer advised the city should be ready to go out for bids on the project within the next three to six weeks.

The project calls for the paving of streets and the addition of curbs and gutters to most unpaved streets within the City of Post. City manager Ric Walton described it as a "major, major project."

The council also approved the purchase of a 300,000-gallon ground storage water tank and adjacent building and land. The tank, located on the south side of the old mill, formerly served as part of the fire protection system for the mill.

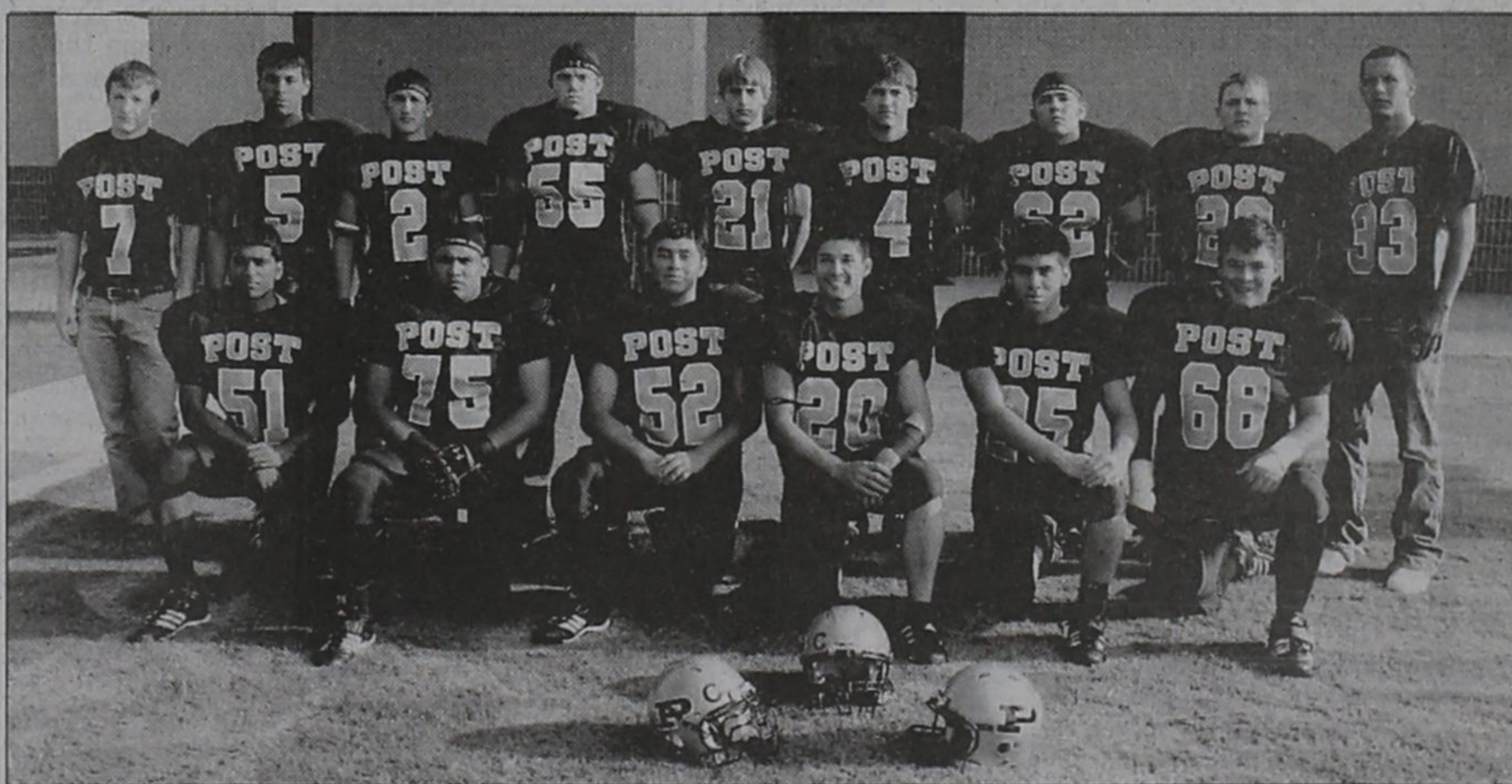
Plans call for the tank to be refurbished, which will expand the city's water storage capacity.

The project is expected to take about six or eight months to complete, depending upon the weather, Walton said.

In other business, council members:

- Unanimously approved an ordinance authorizing the city to join a multi-community effort that rejects SPS's (Xcel Energy) request for a rate increase.
- Tabled action on Johnny Kemp's request for a set-back variance for Lots 9 and 10, Block 70, of Post. Council members agreed the request required further review.
- Tabled action on the proposed sale of unimproved property located at 511 W. 13th St. pending further discussion with the county attorney.
- Set dates for a pair of public hearings on the city's proposed tax increase.
- Appointed three additional members to the Planning Steering Committee. New committee members include Dr. Ben Edwards, Jim Plummer and Lee Norman.

Congratulations Bold Gold Antelope Seniors!



Post Bold Gold Antelopes Seniors: (back row, left to right) Nathan Quisenberry, Edgar Garay, D.J. Baiza, Blake Nichols, Heath Fellhauer, Wilson Cash, Zach Witcher, Steven Hair, Colter Creech, (front) Jay Dihenia, Preston Ortiz, Marc Ayala, Zack Sanchez, D.J. Rivera and Dale Spann.

We Salute Our 4-H Youth, Leaders and Parents!



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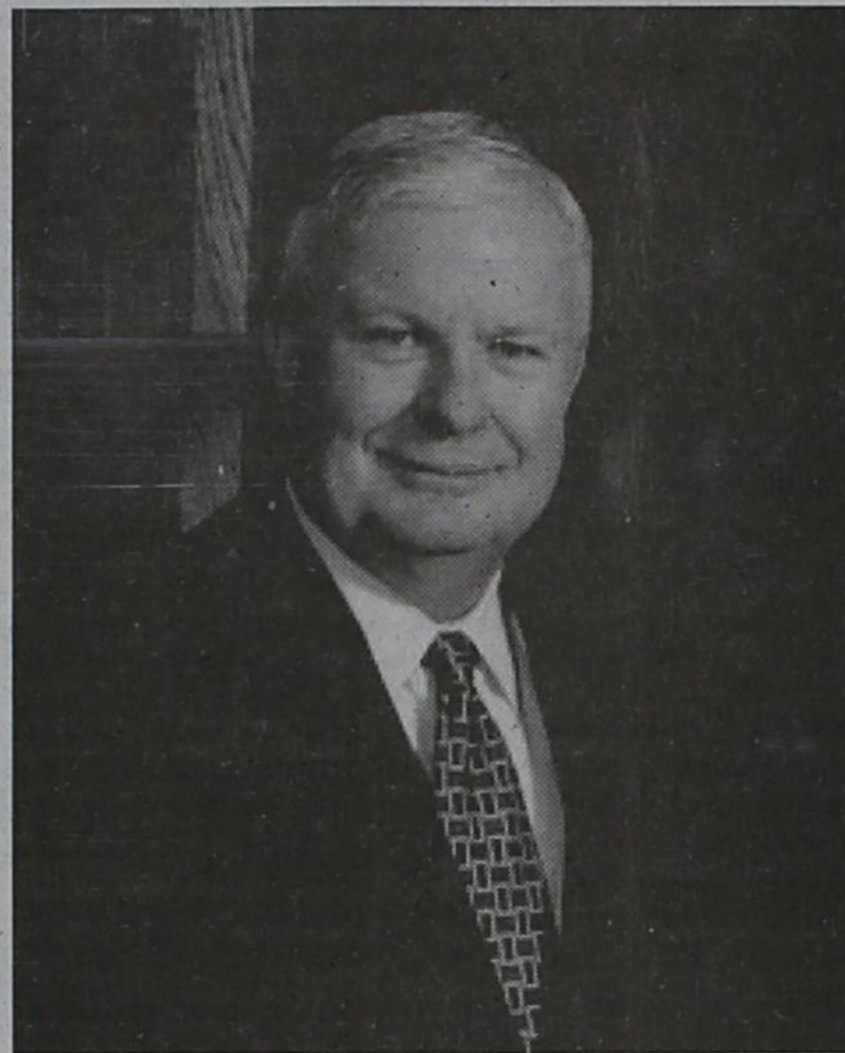
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128 E. Main

495-2894

Come by to meet...

Joe Heflin



Candidate for State Representative District 85
Thursday, September 21
4:00 - 6:00 p.m.

Wells Fargo Bank Community Room
Refreshments will be served.

Pd. Pol. Adv. By Joe Heflin Campaign, Gary Hardin, Treasurer

Search under way for 'Mrs. Garza County'

Applications are being accepted for contestants for the 2007 Mrs. Garza County competition.

Winner of the local contest will have the honor of representing Garza County at the Mrs. Texas Pageant to be conducted at the Scottish Rite Auditorium in San Antonio May 4-6.

In addition to representing Garza County at the state pageant, Mrs. Garza County also will receive a prize package valued at more than \$11,000, as well as a shot at the 2007 Mrs. International Pageant.

Contestants will compete in personal interview, fitness wear and evening gown. No swimsuit or talent competitions are conducted.

The reigning Mrs. Texas 2006, Suzy Bootz of Canyon Lake, has adopted "Saving Lives Through Early Detection & Awareness of Breast Cancer" as her platform. Bootz lost her mother to breast cancer, and her goal is to educate as many women as possible about the importance of early detection.

Married women residing in Garza County who are interested in applying to the competition should write: Mrs. Texas International Pageant, 14427

Brookhollow, Suite 197, San Antonio, TX 78232; call 210-403-0589; or e-mail Director@TXBeautyQueens.com for more information.

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Church Services
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Mondays @
1, 5 & 10 p.m.
Family Harvest
Church
3 p.m. Friday,
Saturday & Sunday

Obituaries

James O. "Jim" Gilbert

Services for James O. "Jim" Gilbert, 73, of Lubbock will be at 10 a.m. Thursday, Sept. 14, 2006, in the Resthaven Abbey Chapel in Lubbock with the Rev. Mike Butts officiating. Burial will follow in the Resthaven Memorial Park. The Resthaven Funeral Home is in charge of arrangements.

He died Monday, Sept. 11.

Born March 25, 1933, in Princeton, Ill., to Floyd and Mabel (Michael) Gilbert, he attended Arizona State University and Texas Tech University. He married Billie Roberson Jan. 2, 1957, in Lovington, N.M. He served in the U.S. Air Force during the Korean Conflict. While at Lubbock Manufacturing Co. for 25 years, he was employed by Lubbock Manufacturing Co. for 25 years. He was employed by Lubbock Manufacturing Co. for 25 years. He enjoyed his favorite hobby - flying - by serving as the company's private pilot.

Survivors include his wife, Billie, of Lubbock; one son, Steve Graham of Littlefield; one daughter, Jami Williams and her husband, Jeff, of Post; and grandchildren Laci Talerico and husband, Billy, of Midland and Casey Williams of Lubbock.

He was preceded in death by his parents.



Calvin Lee Davis

Services for Calvin Lee Davis, 56, of Lubbock were held at 2 p.m. Saturday, Sept. 9, 2006, in the First United Methodist Church of Post with the Rev. Cecil Foster and Paul Jantzen officiating. Burial followed in the Terrace Cemetery under the personal care of the Justice-Mason Funeral Home.

He died Sept. 6 at Covenant Medical Center in Lubbock.

Born Aug. 1, 1950, to Grady and Della James Davis at Napa, Calif., he moved with his family to Snyder at an early age. In 1958 the family moved to Post. He attended Post schools and went to work in the oilfields. Later he owned and operated Davis Oil Field Services in Post for several years. He returned to work for Bergstein Oil Field Services, where he worked for almost two decades. He had lived in Lubbock for the past 24 years.

Survivors include his wife, Mary Lou Davis of Lubbock; one son, Calvin Davis of Lubbock; four daughters, Shawna McClintock of Post, Dawna Hood of Van Alstyne, Debra Davis-Moody of Lubbock and Tori Davis-Jenkins of Lubbock; his mother, Della Davis of Post; five brothers, Sherman Davis of Temple, Garland Davis of Oxford, Georgia, Steve Davis of Whitt, Robert Davis of Post and Ronnie Dunaway of Lubbock; one sister, Linda Buckmaster of Newton, N.J.; and 12 grandchildren, Cheyenne Leigh Morris, Chelby Lynn Morris, Chase Lee Morris, Thomas Andrew McClintock, Santana Rhaine Casarez-Davis, Cameron Brice Hood, Savannah Marie Hood, Autumn Gail Hood, Brianna Hood, Devon Lee Norwood, Dylan Thomas Michael Norwood and Ryan D. Norwood.

He was preceded in death by his father, Grady Davis, on Feb. 26, 1994, and one brother, James Michael Davis, on March 6, 1948.

Pallbearers included Choya Davis, Wesley Morris, Bronc Davis, Pieter Bergstein, Ronnie Jones and Alfred Oden.



On God's Word

By Timothy W. Burnett

The love of God in the church...Part 8

Concerning love in the church of God let's go to Ephesians 3:19, "And to know the love of Christ which surpasses knowledge, that you might be filled with all the fullness of God."

To know in this verse meant to learn from experience. God wants the church to experientially learn and perceive His love which is in Christ Jesus our Lord. Not only so, but this kind of love which surpasses all knowledge is based on a condition of being rooted and grounded in the same love.

This kind of love cannot be shown except we have Christ in us. Jesus Christ is alive and in heaven. When anybody is filled with holy spirit and gets born again, they have the fullness of the authority of our Lord Jesus Christ sealed inside. This is a fantastic state to be in. With this, we can now begin to demonstrate that wonderful and powerful love that ultimately originates in all of its fullness from God the Father.

Ephesians 4:11-16 provides more information about love in the church of God. "And he gave some, apostles, and some prophets, and some evangelists, and some pastors and teachers. For the perfecting of the saints. For the work of the ministry. For the edifying of the body of Christ. Till we all come in the unity of the faith, and of the knowledge of the son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ."

"That we henceforth be no more children tossed to and fro, and carried about with every wind of doctrine by the sleight of men, and

cunning craftiness whereby they lie in wait to deceive."

"But speaking the truth in love, may grow up into him in all things, which is the head even Christ. From whom the whole body fitly joined together and compacted by that which every joint supplies, according to the effectual working in the measure of every part, makes increase of the body unto the edifying of itself in love."

To increase meant to grow. The body of Christ is designed to grow spiritually unto the edifying of itself in God's love through Christ Jesus. This kind of growth and edifying is directly tied to each member's walk by the spirit of God.

Growing and edifying in love is also related to speaking the truth in love. We are not to be young children who are easily tossed about from one teaching to another by cunning and crafty people. Every time a blast of doctrine different from the truth hits us we should be ready to stand firm and speak the truth in love.

"Be therefore followers of God as dear children, and walk in love, as Christ also has loved us, and has given himself for us an offering and a sacrifice to God for a sweet smelling savor." (Ephesians 5:1-2). In the name of Jesus Christ, we can be living sacrifices by serving God and speaking the truth in love.

For the archives of On God's Word visit www.geocities.com/christinyou7/love.

God teaches His people to not steal except to give to others.
True or False?

Ephesians 4:28

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And

by Walter E. Williams
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Opinions



And thereafter, Constitution

by Walter E. Williams

Each year since 2004, on Sept. 17, we commemorate the 1787 signing of the U.S. Constitution by 39 American statesmen. The legislation creating Constitution Day was fathered by Sen. Robert Byrd and requires federal agencies and federally funded schools, including universities, to have some kind of educational program on the Constitution.

I cannot think of a piece of legislation that makes greater mockery of the Constitution, or a more constitutionally odious person to father it -- Sen. Byrd, a person who is known as, and proudly wears the label, "King of Pork." The only reason that Constitution Day hasn't become a laughingstock is because most Americans are totally ignorant of, or have contempt for, the letter and spirit of our Constitution.

Let's examine just a few statements by the framers to see just how much faith and allegiance today's Americans give to the U.S. Constitution. James Madison is the acknowledged father of the Constitution. In 1794, when Congress appropriated \$15,000 for relief for French refugees who fled from insurrection in San Domingo (now Haiti) to Baltimore and Philadelphia, James Madison said disapprovingly, "I cannot undertake to lay my finger on that article of the Constitution which granted a right to Congress of expending, on objects of benevolence, the money of their constituents."

Today, at least two-thirds of a \$2.5 trillion federal budget is spent on "objects of benevolence." That includes Medicare, Medicaid, Social Security, aid to higher education, farm and business subsidies, welfare, etc., ad nauseam.

James Madison's vision was later expressed by Rep. William Giles of Virginia, who condemned a relief measure for fire victims. Giles insisted that it was neither the purpose nor a right of Congress to "attend to what generosity and humanity require, but to what the Constitution and their duty require."

Some presidents had similar constitutional respect. In 1854, President Franklin Pierce vetoed a bill to help the mentally ill, saying, "I cannot find any authority in the Constitution for public charity," adding that to approve the measure "would be contrary to the letter and the spirit of the Constitution

and subversive to the whole theory upon which the Union of these States is founded."

President Grover Cleveland vetoed many congressional appropriations, often saying there was no constitutional authority for such an appropriation. Vetoing a bill for relief charity, President Cleveland said, "I can find no warrant for such an appropriation in the Constitution, and I do not believe that the power and duty of the General Government ought to be extended to the relief of individual suffering which is in no manner properly related to the public service or benefit."

Constitutionally ignorant people might argue that the Constitution's "general welfare" clause justifies today's actions by Congress. Here's what James Madison said: "If Congress can do whatever in their discretion can be done by money, and will promote the General Welfare, the Government is no longer a limited one, possessing enumerated powers, but an indefinite one, subject to particular exceptions." Thomas Jefferson echoed, in a letter to Pennsylvania Rep. Albert Gallatin, "Congress has not unlimited powers to provide for the general welfare, but only those specifically enumerated."

James Madison explained the constitutional limits on federal power in Federalist Paper No. 45: "The powers delegated by the proposed Constitution to the federal government are few and defined. . . [to] be exercised principally on external objects, as war, peace, negotiation, and foreign commerce."

Here are my questions to you: Has our Constitution been amended to authorize federal spending on "objects of benevolence"? Or, is it plain and simple constitutional contempt by Congress, the president, the courts and, worst of all, the American people? Or, am I being overly pessimistic and it's simply a matter of constitutional ignorance?

Walter E. Williams is a professor of economics at George Mason University. To find out more about Walter E. 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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Highway traffic collections enrich county, state funds by \$41,767.85 June thru August

by Tim Burnett

Garza County Justice of the Peace Courts collected \$41,767.85 during the months of June thru August of 2006 largely from highway travel and traffic fines issued, according to official reports. The August revenues for Precinct 2 were not available. The fund raising program, operated by Garza County in coordination with the State of Texas, took advantage of travelers who were accused of violating State Transportation Codes.

Justice of the Peace Precinct 1 collected \$26,650 involving 192 misdemeanor cases, while JP Court Precinct 2 reported \$15,117.5 involving an unknown number of misdemeanor cases.

The State and County benefit from a high volume of traffic stops because the traveling victims are largely unaware of the law that regulates the enforcement officers and local courts, and are often willing to show up to the court and pay-up without a challenge.

There are some common practices within the local courts and the law enforcement community, which may help to increase revenue collections. After a citation is issued, the enforcement official files the citation with a local court, who then sends out a "courtesy letter" informing the travelers that a "complaint" has been filed charging them of the violation of laws. The courtesy letters do not typically cite the actual statute people are accused of violating.

The letter also gives the travelers a date to show up at the court and plea on the charges. The travelers are told that if they do not show up at court a warrant would be issued for their arrest. When they show up, the court forces them to make a plea of either "guilty," "not guilty," or "nolo contendere" (no contest). The travelers also have the option of sending in their plea with the payment of the fine if they plea guilty.

Serious problems prevail with the above judicial procedures. The citation is not the charging instrument. A study of the Code of Criminal Procedure (CCP) reveals a clear distinction between a citation and a complaint. The word "citation" is not defined in the code, but the word "complaint" is defined as a sworn allegation charging the accused with the commission of an offense (CCP Article 45.019).

Article 45 also contains a section that refers to the citation. The "citation" refers to something completely different from the "complaint." The complaint is the undeniable instrument used to charge anybody with the violation of laws. Yet, the local courts traditionally have sent courtesy letters informing people that a "complaint" was filed against them. If it is possible, the courts in essence commit perjury by falsely informing the travelers that a "complaint" has been filed, when no statutory complaint was actually filed.

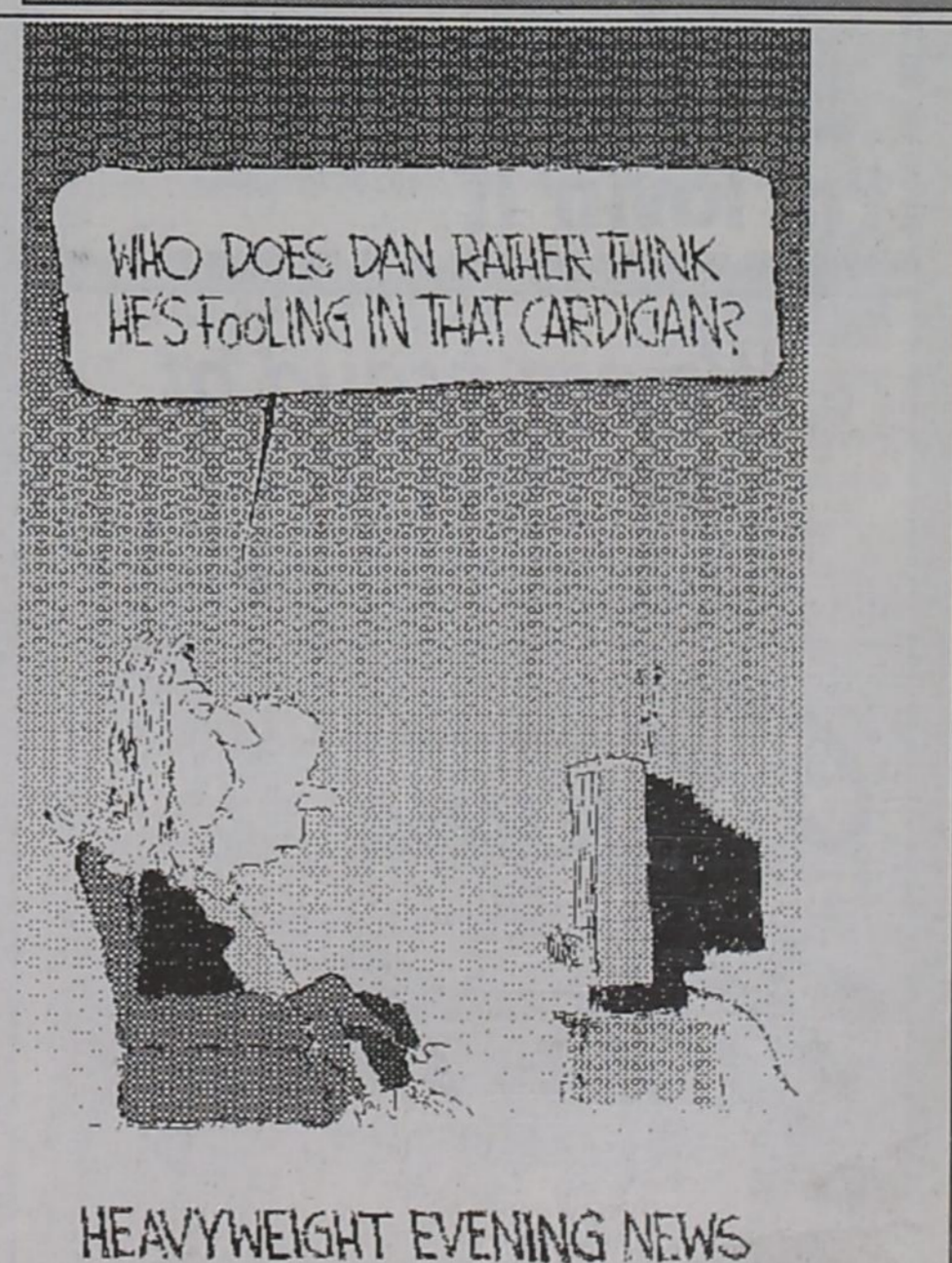
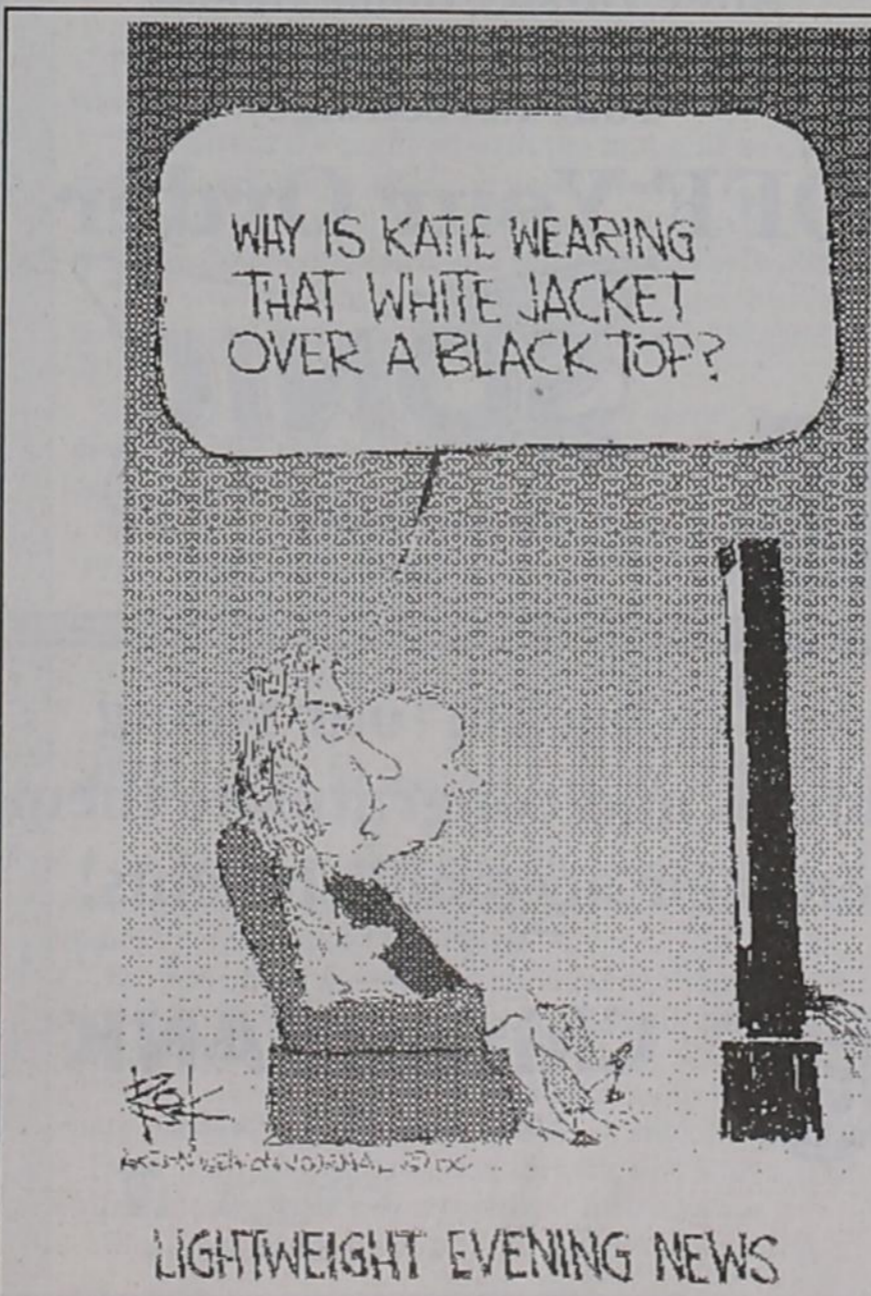
Local courts require people to make a plea on a citation without a statutory complaint being filed. This process is a clear denial of Due Process of Law. If no complaint is filed in the court, then there are no charges. Without any charges, there is nothing to plea on. Yet, the courts force people to make a plea on no charges. If people challenge on the issue of no complaint and simply state that there are no charges to plea on, the courts simply treat them as if they refused to plea and enter a plea of not guilty for them.

If a statutory complaint is filed charging somebody with an offense against the laws, the complaint typically does not cite the offended statute. In this

situation, the court denies the accused Due Process of Law by forcing them to make a plea without being informed of the offended statute. To be charged with the violation of a law means that the State law becomes the offended party.

This is confirmed in CCP Article 45.019 Requisites of Complaint. One of the requisites of a statutory complaint is that it "must show that the accused has committed an offense against the law of this state." The laws of Texas are annotated in the codes, and the offended codes must be cited on the complaint. It is impossible for any person to make an informed plea without being informed of the offended statute.

State and local governments financially benefit the denial of Due Process of Law. The time that it takes to follow the law related to the issuance and filing of a statutory complaint would cut into the state's revenue collections.



Entered at U.S. Post Office, Post, Texas for transmission through the mails as Second Class matter, according to an Act of Congress, March 3, 1879. Periodical Rate Postage Paid at Post, Texas 79356. Postmaster: send address changes to: The Post Dispatch, P.O. Box 426, Post, Texas 79356 (806) 495-2816 - Fax 495-2059 Wesley W. Burnett, Managing Director and Publisher 123 E. Main Street, Post, Texas 79356 e-mail: postcitydispatch@yahoo.com Subscription Rates: For addresses in Texas or the U.S. - \$30.00 per year 6 Months: \$16.00 or 3 Months: \$12.00 Deadline: Tuesdays at Noon web site: www.thepostdispatch.com All material Copyright 2006 The Post Dispatch

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The return of lethal fascism

by Bill O'Reilly

Seventy years ago this month, Adolf Hitler began seizing the assets of German Jews. He had waited until the summer Olympics in Berlin were finished and the world had seen the might of the Third Reich. Already, Hitler had established concentration camps for "undesirables" and forced many Jewish professionals out of their jobs. He had also harassed Catholics and Protestants who dared speak against his racist policies.

The parallels between the rise of fascism in pre-World War II Germany and the rise of Islamic fascism today are startling. And just as it was in the 1930s, the world is refusing to confront the growing danger.

Iran, a nation committed to wiping Israel off the map, is defying the United Nations by refusing to obey the nuclear disarmament treaty. Hitler defied the League of Nations and rearmed, creating a fierce military threat while openly advocating the diminishment of Jews and "Aryan racial purity." If Iran manages to obtain nuclear weapons, it, too, will become a menace to the entire world.

But many do not believe that. In fact, a recent Harris Poll taken in Europe shows that 30 percent of the 10,000 people surveyed believe the USA is the world's greatest threat to stability. Just 26 percent think Iran is the greatest danger to world peace.

But the most unsettling situation is here in the United States. According to polls taken in the 1930s, as many as 80 percent of Americans were against confronting Hitler at that time. Only Pearl Harbor caused public opinion to shift.

But today, five years after 9/11, many Americans still do not understand the worldwide jihad and buy into the false premise that there is no linkage between what is happening in Iraq, the policies of Iran, the murderous actions of al Qaeda, and the lethal anti-Jewish strategy of Hamas and Hezbollah.

While there are certainly rivalries and differences among all the Islamic fascists, their goals are very similar: Kill Jews and damage America.

So why is history repeating itself? Why can't we Americans wise up and see the Islamic fascist threat? I blame the news media first, and irresponsible politicians like Howard Dean second. The hatred the committed left-wing press has for President Bush is almost unprecedented. The liberal media is obsessed with Bush and devalue him 24/7. This means that even when the president is correct on policy, the Bush haters will not admit it. They have succeeded, especially overseas, in convincing millions of people that Bush is the world's greatest threat, not the fanatical Muslim jihad.

How dangerous is that? Then you pour Governor Dean on the fire. He and his far-left cadre actively undermine the war on terror. I can't read his mind, but if Ms. Cleo is still in business, I'm asking her if Dean actually wants the United States to lose in Iraq. I am betting he does as long as Bush is in power.

The Iranian mullahs, bin Laden, Hezbollah and the rest of the racist killers well understand that America is a divided nation. In the new book "The Looming Tower," it is well documented that bin Laden preached openly about America's lack of resolve. Time after time, the Islamic fascists have attacked; time after time the USA and world have failed to respond with a knockout punch.

And that is the crux of this matter. Americans are certainly entitled to debate the wisdom and effectiveness of the current campaign to defeat Islamic fascism, but defeat it we must. For if we don't, it is just a matter of time before more of us lie dead in the streets. Like Hitler and his evil ambitions of seven decades ago, the jihadists of today are not going to stop until we make them stop.

Somebody tell Howard Dean. Veteran TV news anchor Bill O'Reilly is host of the Fox News show "The O'Reilly Factor" and author of the book "Who's Looking Out For You?" To find out more about Bill O'Reilly, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate web page at www.creators.com. This column originates on the Web site www.billoreilly.com. COPYRIGHT 2006 BillOReilly.com.

Warning: Ideas expressed on this page have been known to cause people to react with irrational and unexplainable behaviors.

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*Giles and
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Antelope senior running back Wilson Cash (4) adds to his total 169 yards rushing with two touchdowns last Friday against Merkel. Also in the play are Clint Windham (12) and DJ Baiza (2).

No doubt about it ... 'Lopes dominate Merkel in 63-14 rout

by Wes Burnett

It was quite obvious last Friday night that the Post Antelope football team came on the field determined to show the world their stuff. From the opening kickoff the 'Lopes completely dominated the field, leaving a hapless Merkel Badger team in a daze. The Badgers left Post on the short end of a 63-14 score thanks to the almost flawless offensive and defensive execution by the 'Lopes.

Except for losing two fumbles and the final last few seconds running out the clock, the Antelopes scored on every possession in the game. The home team racked up 569 yards offense, limiting the Badgers to a meager 96 total yards.

"Any time a team scores 63 points," Antelope head coach Tim James said, "you know that every player on the team is getting the job done. This was a complete game for us, both on offense and defense."

Opening up great running lanes for the 'Lopes were linemen Kris Crenshaw, Zach Witcher, Blake Nichols, Preston Ortiz, Jeremy Short and Edgar Garay. Running backs Wilson Cash, Steven Hair, Giles Dalby, Zack Sanchez, John Vasquez, D.J. Rivera and quarterback Clint Windham took advantage of the gaping holes, laying claim to 425 yards rushing.

Cash led the rushing game with 14 carries for 169 yards and two touchdowns. Hair rushed 15 times for 138 yards and one touchdown, while Sanchez carried three times for 17 yards and a touchdown. Dalby carried seven times for 62 yards, Vasquez got eight yards on two carries, and Rivera collected seven yards on three rushes.

The passing game went well also, with Windham connecting on five of 13 passes for 139 yards and two touchdowns. Receives James Griffin, Garay and D.J. Baiza put the points on the board for the 'Lopes. Griffin caught one pass for 76 yards and a touchdown, Garay was credited with two catches for 35 yards and a touchdown, while Baiza caught two for 29 yards and a two-point conversion.

The defense matched the offense by almost totally shutting down the Badgers. Keeping the visitors tied up were Rivera, Witcher, Nichols, Garay, Vasquez, Dalby, Hair, Call Windham, Baiza and Griffin. The fleet-footed Griffin sealed the scoring by intercepting a Badger pass and racing the 20 yards to the end zone.

The 'Lopes opened up the game with a clock-eating drive, and by half time led with a convincing 43-7 score. At halftime the 'Lopes had 399 yards offense, while giving up on 54 yards to the visitors.

"I want to emphasize that every player on this team made this game happen," coach James said. "They showed what they can do, and we're really proud of these young men."

The 'Lopes travel to Abernathy Friday for what is considered one of the premier matchups this week. Abernathy is coming off a big win over Friona. "They use multiple sets, the I formation and one back," coach James explained. They have a lot of team quickness and their defense is quick to the football. It's going to be a real battle."

Those unable to attend the game Friday can follow all the action live on Post City Radio (www.postcityradio.com or cable channel 12), with veteran announcer Steve Mason calling the play-by-play. The DVD recording will be aired on Post City Television (cable channel 12) on Saturdays and Sundays at 9 a.m. and 12 p.m.

Post Antelope Football Schedule

Date	Team	Time
Aug 31	JV @ Seminole	6:30 p.m.
Sept 1	Varsity vs Seminole	7:30 p.m.
Sept 7	Middle School vs Merkel	5 p.m.
	JV @ Merkel	6:30 p.m.
Sept. 8	Varsity vs Merkel	7:30 p.m.
Sept. 14	Middle School @ Abernathy	5 p.m.
	JV vs. Abernathy	6 p.m.
Sept. 15	Varsity @ Abernathy	7:30 p.m.
Sept. 21	Middle School vs Floydada	5 p.m.
	JV @ Floydada	6 p.m.
Sept. 22*	Varsity vs Floydada	7:30 p.m.
Sept. 28	Middle School @ Littlefield	5 p.m.
	JV vs Littlefield	6 p.m.
Sept. 29	Varsity @ Littlefield	7:30 p.m.
October 6	OPEN	
Oct. 12	Middle School @ Denver City	5 p.m.
	JV vs Denver City	6 p.m.
Oct. 13	Varsity @ Denver City	7:30 p.m.
Oct. 19	Middle School vs Slaton	5 p.m.
	JV @ Slaton	6 p.m.
Oct. 20	Varsity vs. Slaton	7:30 p.m.
Oct. 26	Middle School @ Tahoka	5 p.m.
	JV vs Tahoka	6 p.m.
Oct. 27	Varsity @ Tahoka	7:30 p.m.
Nov. 2	Middle School @ Roosevelt	5 p.m.
	JV vs Roosevelt	6 p.m.
Nov. 3	Varsity @ Roosevelt	7:30 p.m.
Nov. 9	Middle School vs Idalou	5 p.m.
	JV @ Idalou	6 p.m.
Nov. 10	Varsity vs Idalou	7:30 p.m.

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Congratulations Post Bold Antelopes



The Post Antelope offensive line and ends protect freshman quarterback Clint Windham (12) helping the Lopes to dominate both the air and ground attacks against Merkel last Friday in Antelope Stadium.



Lopes senior Blake Nichols (55) wrestles down the Merkel quarterback.

JV Lopes cage Badgers, 18-13

The Post junior varsity team posted its first win of the 2006 season with an 18-13 win over the Merkel Badgers in Merkel. Following an opening season loss to Seminole a week earlier, the Bold Gold Antelopes rebounded to take a hard-fought victory over the Badgers.

Merkel opened scoring in the first quarter to take an early 6-0 lead. The Lopes bounced back in the second quarter with runs of five and 40 yards by Chad Miller to take a 12-6 lead at halftime.

Both teams went scoreless in the third quarter, with the Lopes still holding onto a 12-6 lead.

In the fourth quarter, Merkel took a 13-12 lead with about four minutes remaining in the game. On their next possession, the Lopes appeared to lose their chance of winning the game with a third-down fumble. As Merkel was driving down the field and chewing up the clock, a Badgers' pass was picked off by Aaron James, who returned the ball just short of midfield.

With slightly more than two minutes remaining, Jarrett Blevins connected with James on a 45-yard pass down to the Merkel 5-yard line. On the next play, Trent Babb, following a wall of Antelope blockers, carried the ball five yard into the end zone to put Post up 18-13.

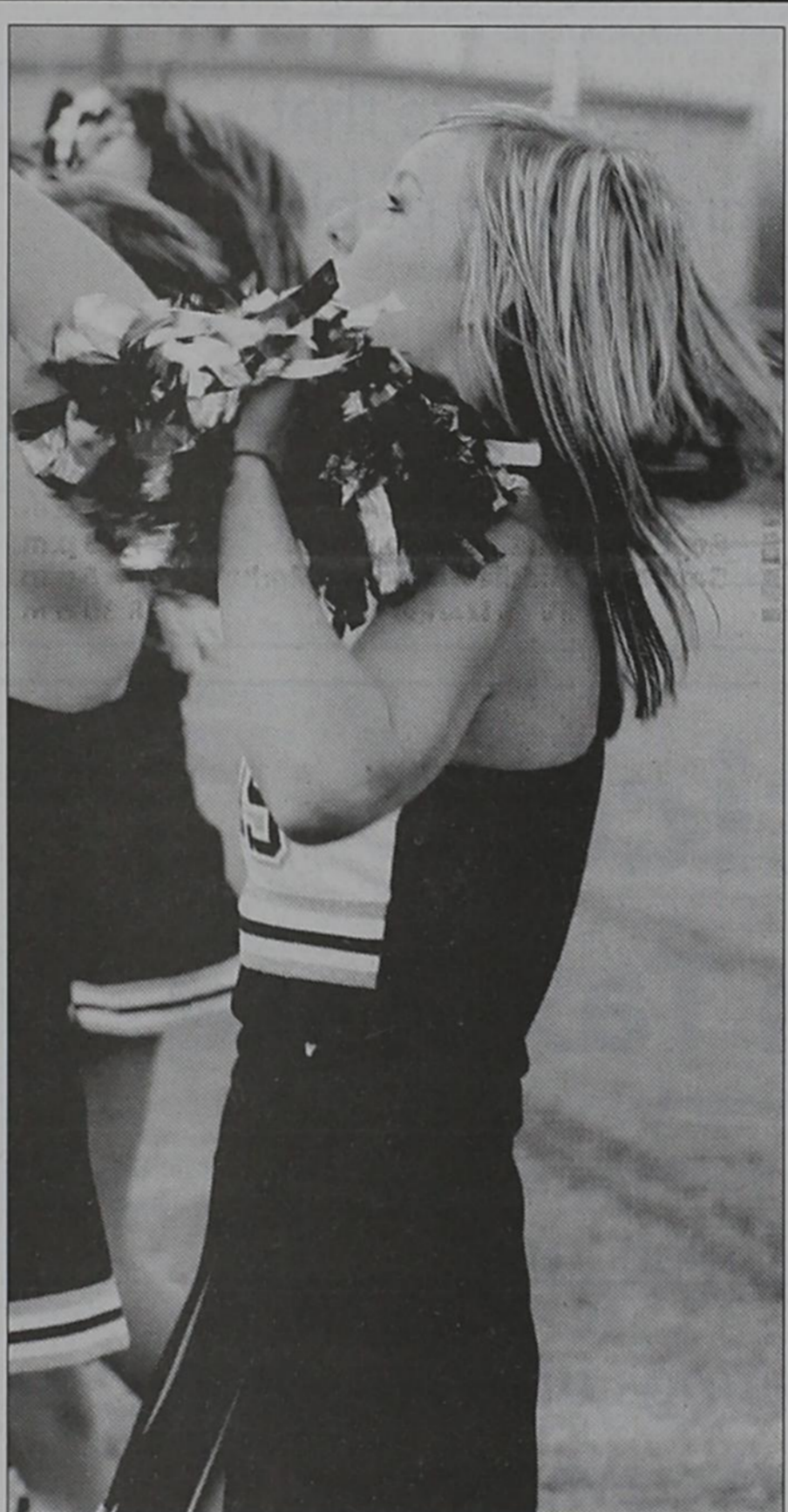
The Bold Gold defense stood strong as Merkel drove down to the Post 25-yard line before time expired.

"This was a total team effort, which allowed us our first win of the '06 season," said coach Kevin James. "Our JV is very young this year, primarily made up of freshmen, and they have had to do a lot of growing up in a hurry over the past two weeks."

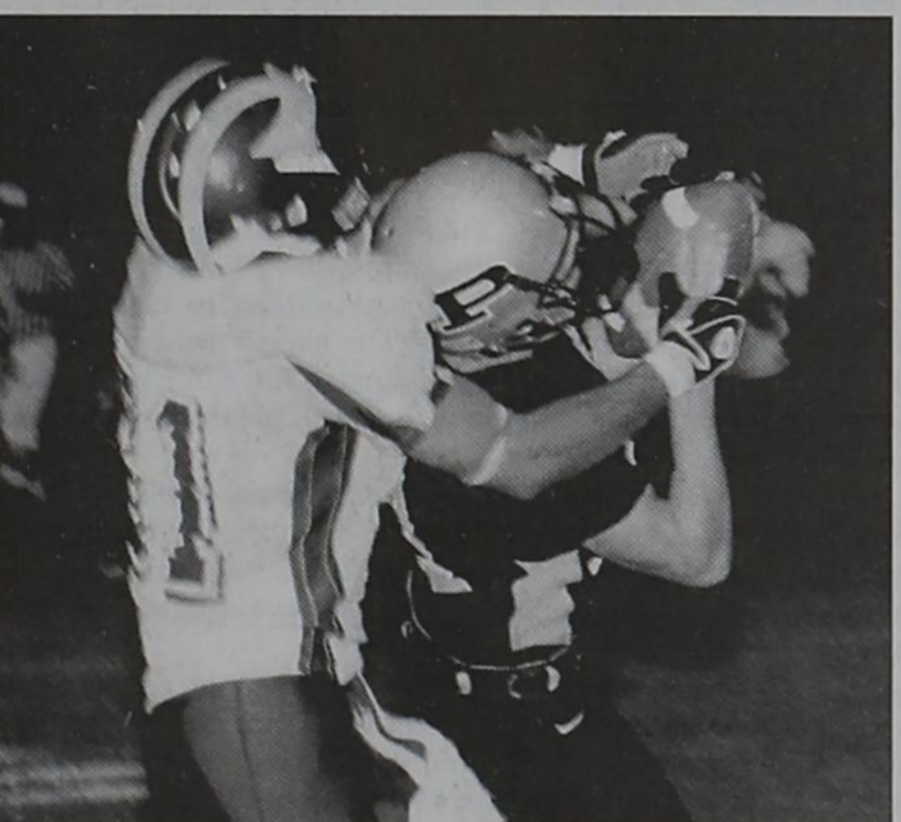
Notable defensive players in the game for Post included Josh Rodriguez, who had five tackles, a fumble recovery, a blocked kick and two quarterback hurries; Babb, who had eight tackles; Blevins, who had one interception; James, one interception; and Mitch James, who logged five tackles on the evening, according to reports.



Antelope junior James Griffin (8) grabs an interception leading to another touchdown against Merkel.



Leading Antelope fans in cheering on their team during last Friday's game against Merkel is senior Claire Kirkpatrick.



Heath Fellhauer (21) jumps in front a Merkel receiver to deflect a possible pass reception.



Pride of Post band member Kati Deel pounds out the beat on the multiple bass drums during the half-time show last Friday in Antelope Stadium.

7th grade 'Lopes ake 8-6 victory

The Post Antelope 7th grade team slipped past Merkel last week by a score of 8-6.

"We started the night off with the first half as a scrimmage, and we fared pretty good," the coach said.

The offense controlled the ball and executed plays well, with the defense playing hard and stopping Merkel's offense.

"The second half we played a live game, and the kids learned how fast-paced games are," the coach said. "We did real well on offense."

Jacob Perez played quarterback and scored the only touchdown on the night. Corbin McDonald ran the ball in for a successful two-point conversion.

The only touchdown given up by the Lopes was on a kickoff return. Merkel missed on their two-point conversion attempt.

"Our defense played very well and was able to keep Merkel out of the end zone," the coach said.

The team's next game is against Abernathy.

8th grade 'Lopes fall to Merkel

The Post Antelope 8th grade offense was able to drive the ball against the Merkel defense, but the squad was unable to push the ball into the end zone.

Running back Chase Greathouse led the offense with impressive running and was helped out with good blocking by running back Ben Mason.

"The defense played well and kept us in the ball game by only allowing eight points," the coach said.

Sean Perez led the team in tackles, and Enrique Enriquez intercepted a pass and returned it for 30 yards.

The team's next game will be against Abernathy.

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50-198
(Rev. 07-05/4)

Notice of Vote on Tax Rate

The Garza County Health Care District
conducted public hearings on a proposal
to increase the total tax revenues of the
Garza County Health Care District
from properties on the tax roll in the preceding
year by 7.9838 percent
on 9-07-06 and 9-11-06.

The Garza County Health Care District Board of Directors
is scheduled to vote on the tax rate that
will result in that tax increase at a public
meeting to be held

on Thursday, September 21, 2006 at 6:30 PM

at Citizens Bank 210 N. Broadway Post, Texas

50-198
(Rev. 07-05/4)

Notice of Vote on Tax Rate

The GARZA COUNTY COMMISSIONERS COURT
conducted public hearings on a proposal
to increase the total tax revenues of
GARZA COUNTY
from properties on the tax roll in the preceding
year by .09756 percent
on SEPTEMBER 7, 2006 and SEPTEMBER 11, 2006.

The GARZA COUNTY COMMISSIONERS COURT
is scheduled to vote on the tax rate that
will result in that tax increase at a public
meeting to be held

on SEPTEMBER 25, 2006 @ 10:00 A.M.

at THE COUNTY COMMISSIONERS COURT ROOM

Letters to the Editor

Letters must be signed by the writer. Editor reserves right to edit for brevity, grammar, libel and accuracy. Letters are published at the sole discretion of the editor.

What's all the fuss about?

During the next thirty minutes I controlled my temper while I tried to point out the law, defend myself and responded to comments by Judge Dalby, Mrs. Young and Mrs. Nelson. The following is a summary of some of the items covered:

1. I read paragraph 111.010 of the local government code that requires commissioners only spend funds in compliance with the budget and paragraph 113.041 that requires the treasurer not make any payments that are in violation of this law. I stated that when the budget maximum was reached the treasurer should have stopped making payments and requested action by the court. Some of Judge Dalby's comments were; "We have all had the same problem." "We all go over." "Laws are violated by all of us." "You only brought this up to try to blame the treasurer."

2. Mrs. Young stated that "in mid April an officer was suspended and that caused a lot of overtime." I later looked at my notes and discovered that the sheriff's department had used up 53% of the budget in the first three months and were at 102% at the end of six months so April, the seventh month of the budget year, did not cause the problem.

3. Mrs. Nelson stated "she believed the agenda was already posted and the deadline had passed before this situation came to light." There was over forty hours between 2:23 PM Wednesday when Commissioner McDaniel told me the sheriff would be at the meeting and the deadline to post the agenda. According to The Open Meetings Act that would have been Friday morning at 9:00 AM. I do not know why this was not on the agenda but it should have been.

I look back at this and it is obvious that there was plenty of time to add this item to the agenda. This was a simple line item transfer and it should have taken five minutes. I also know that this line item transfer was accomplished in the next meeting. Line item transfers are now a standard part of the Commissioner's Court agenda and the commissioners now receive a report detailing department expenditures at each meeting.

If anyone has any questions about the accuracy of anything I have said they can buy a copy of the video of the July 10th Commissioners Court meeting from The Post Dispatch and check it for themselves.

Fred Howell

Post Marine gets command recognition

(EDITOR'S NOTE: The following letter was received by Delfina Castillo. The letter was written about her son, Sgt. Orlando Erick Castillo, a Post High School graduate. Sgt. Castillo also is the son of the late Pete Castillo.)

Dear Mrs. Castillo,
I recently took command of 2D Battalion, Recruit Training Regiment - you son's battalion. I cannot describe to you what an honor it is to serve alongside such fine men as your son.

As you know, the battalion's mission is to produce basically trained Marines for service in our operating forces, many of whom are deployed worldwide in support of the war on terror. You should be proud to know that your son works long, hard hours and always goes that extra mile to ensure that America's new Marine is indeed "One of the Few, One of the Proud."

The individual leadership, personal concern and selfless devotion to duty that he exhibits on a continual basis is essential to the successful accomplishment of the depot's most important mission.

The Marine Corps is an organization based upon the core values of honor, courage and commitment. The experience of being a Marine is one that your son will remember and cherish all his life - one need only to look at the number of vehicles on America's highways that display the Marine Corps emblem to bear that out. Why so many, for what is by far the smallest service? The answer is simple... the pride of being a U.S. Marine.

That pride does not come without its price, however, and your son's time spent deploying in the operational forces and making Marines here at the depot means that there are many times that he is not able to be with you for holidays, birthdays and special events. I will make every effort to ensure that we meet our responsibility to take care of him while accomplishing our mission here.

Your and his sacrifices do not go unnoticed; thank you for producing such a great man.

Again, let me tell you how honored I am to be your son's commanding officer. His commitment to the Marine Corps and our nation is truly an honorable one. I hope I'll have the opportunity to meet you during my time here; perhaps during one of the graduations here at the Marine Corps Recruit Depot.

Semper Fidelis,
R.R. Scott
Lt. Col. UMCS

Southland Eagles hold head high after lost to the New Home Leopards

by Patrick Martinez

On September 8, 2006 the Southland Eagles clashed heads against the New Home Leopards. The eagles were slow to start in the first quarter. The leopards started the game with a highly successful onside kick which gave the Leopards the first touchdown of the game.

The Eagles fought back putting a touchdown on the board which Roman DeLuna ran for a forty-two yard return. The two point conversion was kicked by Joe Vela. Soon after, Tyler Odom intercepted a leopard pass. Although the Eagle never scored again, Southland proved they had heart.

The Eagles never quit. Deluna also ran a kick-off return for fifty-eight yard which put the Eagle on the five yard line. Defensively the Leopards ruled the game, limiting the Eagles to one completed pass to Javier Galindo for eleven yards. In solo tackles, Patrick Martinez led the team with four tackles, followed by Roman DeLuna with three. Eric Guerrero had one sack in the game.

The game was cut short by the six-man 45 rule. The final outcome of the game was Leopards 56 Eagles 8. (The Eagles play the Loop Longhorns on September the fifteenth at Southland.)

Extension Extras

4-H Food & Nutrition Project...

...meetings continue through the month of October with the District Food Show scheduled for November 11. Food Project meetings will be in the High School Foods Lab at 3:45 every Monday. In addition, Nutrition Quiz Bowl practice will be each Tuesday at 3:45 at the County Extension office. Please call 495-4400 to sign up and for further information.

Garza County Jr. Livestock Association

G.C.J.L.A. will meet Tuesday, September 19, 7:00 p.m., at the Extension office.

Health Fair

Texas Cooperative Extension in Garza County will be hosting a Health Fair Thursday, October 5, 10:00 a.m. until 2:00 p.m., at the Post Community Center. For information contact 495-4400. Watch for more details next week.

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

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Yesteryears

Compiled by Donna Jones
From The Post Dispatch archives

10 Years Ago

September 12, 1996

Post's 10th Annual Founder's Day celebration kicked off with the OS Reunion Art Exhibit and Sale, and OS Museum Retrospective Show preview party at the Algerita Art Center. An antique tractor parade was held on Main Street with awards being given for Best Restoration, Longest Distance Traveled, Oldest Tractor and Best of Show. All types of activities lasted the week-end, with the most popular being that of the Black Tie and Boots dance which featured Johnny Bush.

Crosbyton Clinic Hospital Home Health announced the association of Post native Danny Guthrie, RN to their staff.

Elected Post FFA Chapter officers were Seth Pennell, Matt Cooper, Clay Ashley, Chad Williams, Micaela Eagle and Natalie Pollard.

Jeff Schilling, who has been dishing out clean comedy for more than a decade, appeared at the Garza Theater.

Navy Petty Officer 3rd Class Reynaldo Camacho, a 1987 graduate of Post High School was involved in the Tomahawk cruise missile attacks on Iraq. Camacho is assigned to the guided missile cruiser USS Shiloh.

20 Years Ago

September 10, 1986

Johnny Kemp was appointed the new postmaster August 30, 1986. Kemp, 46, a native of Post has served as Supervisor, Postal Operations, for the past 12 years.

Mrs. Ruby Kirkpatrick was honored as "Pioneer Lady" in conjunction with the Lone Star Wagon Train event.

Sharla Ann Macy and J. Derrick Ragland exchanged wedding vows September 6 in the First United Methodist Church.

Pvt. 1st Class Charles D. Black, son of Charles D. and Carolyn Black of Post arrived for duty with the 2nd Armored Division Forward in West Germany.

Mr. and Mrs. Deb Palmer announced the birth of a daughter, Keatha Rhea, born at Garza Memorial Hospital.

The Post Chamber of Commerce sponsored Red Raider Roadrider

Rally in Post that featured judging of more than 300 motorcycles.

30 Years Ago

September 14, 1976

Sidelines: One high school new rule changes in football which made a whale of a difference at games when called, was the 15 yard penalty on roughing the passer.

Members of the Post Church of Christ, welcomed their new minister and his family with a watermelon supper. Robert Elliott and his wife, Jan, and children arrived in Post September 7 to take over duties of the church following Bob Connel who moved to Abilene.

The drum majors for the Post Antelope Marching Band were David Morrow and Nelda Leake; and the twirlers were Donna Ammons, head; Peggy Jackson, Kerri Pool and Karla Duren.

Jim Prather, who hosted the OS Ranch Steer Roping and Art Exhibit will be presented one of the WTCC's three cultural achievement awards for 1976 for the major role he played in the development of the "OS Weekend".

40 Years Ago

September 8, 1966

The Post Antelopes opened their 1966 football season against Hale Center. Squad members included Wiley Miller, Chris Stelzer, Danny Cooper, Jackie Huff, Norman Tanner, Davis Heaton, Jimmy Bartlett, Paul Walker, Duke Altman, Dick Kennedy, Jamed Pollard, Roy Sappington, Dennis Altman, Joe Hudman, Joe Lee, Larry Rosas, Ronnie Petty, Nick Pantoja, Donnie Windham, Clyde Cash, and Mike Robinson. The team was coached by Glynn Gregg, head coach; Billy Hahn, first assistant and Waco Reynolds, B Team coach.

Justiceburg school started with 20 pupils enrolled in six grades. Starting first grade were Tommy Reed, Eddie Rios and Billie Faye Mize.

Jimmy Wells was back in Southwestern State College at Weatherford, Okla., where he was in his fourth year of a five-year pharmacy major. He had just completed his seventh sum-

mer of work at Post Pharmacy. Exchanging double ring wedding vows were Miss Virginia Ann Greer and Herbert Arnold Hays.

50 Years Ago

September 13, 1956

In a double ring ceremony read in the First Methodist Church, Miss Donna Kay Kennedy, daughter of Mr. and Mrs. Jack Kennedy, became the bride of Leonard Franklin Short, son of Mr. and Mrs. Lowell Short.

Creation of the proposed White River Water Control and Improvement District was approved by the State Board

of Water Engineers in Austin. Along with Post Mayor James Minor representing Post in Austin were Tom W. Bouchier, R. J. Jennings, Dr. A. C. Surman, R. H. Tate, Roy Baker, L. A. Presson, John N. Hopkins, Powell Shytles, C. R. Thaxton, E. A. Warren, George Samson, and A. C. Bowden.

Leading ahead for the Post Antelope Band were Frances Dietrick, drum major; and majorettes Marca Dean Hollard, Sherry Odom, Kay Martina nd Judy Gossett.

Quarterback James Williams was Post's leading ground gainer

The Post Dispatch Thursday, September 14, 2006 Page 9

in the Antelopes' 6-0 victory over Ralls. Williams packed the pigskin 15 times for a net gain of 92 yards.

60 Years Ago

September 12, 1946

Students headed back to Tech this week included Norma Hudman, Iris Parker, Betty Williams, Betty Jo Stevens, Billie Kennedy, Marshall Mason, jr., Burnon Haws, Elwood Wright, David Williams, Buddy Malouf, Bobby Cash, Glendon Presson, Robert Collier, jr., and Bill Wood.

Mr. and Mrs. Arno Dalby of Lubbock took their son, Giles, to San Antonio where he enrolled for a second year in Peacock Military Institute.

The Railbird: Cheering the Antelopes on to victory for 1946 were Alma Outlaw, head cheerleader; June Taylor, senior; Juanita Mitchell, junior; Alma Floyd, Sophomore and Betty Mills, Freshman.

Mr. and Mrs. V. A. Pierce announced the arrival of a new baby on September 3, at 6 a.m. The new baby was named Ronnie Lee.

50-197 (Rev. 05-06/10)

Notice of Public Hearing on Tax Increase

The City of Post will hold a public hearing on a proposal to increase total tax revenues from properties on the tax roll in the preceding tax year by 7.99 percent (percentage by which proposed tax rate exceeds lower of rollback tax rate or effective tax calculated under Chapter 26, Tax Code). Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property and the tax rate that is adopted.

The public hearing will be held on Sept 19th 2006 at 5:00 p.m. City Hall 105 E Main

The members of the governing body voted on the proposal to consider the tax increase as follows:

FOR: Tommy Basquez, Kenda Bartlett, Dick Odom, James Easterling, Rodney Tidwell
AGAINST: None
PRESENT and not voting: None
ABSENT: None

Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

Maintenance and operations	11.53	% (increase)	or		% (decrease)
Debt service	56.05	% (increase)	or		% (decrease)
Total expenditures	19.90	% (increase)	or		% (decrease)

Total Appraised Value and Total Taxable Value as calculated under section 26.04, Tax Code

	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$ 95,452,590.00	\$ 110,058,180.00
Total appraised value** of new property**	\$ 78,990.00	\$ 240,780.00
Total taxable value*** of all property	\$ 95,207,190.00	\$ 109,948,000.00
Total taxable value*** of new property**	\$ 15,180.00	\$ 110,180.00

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness \$ 9,098,887.00

Tax Rates

Adopted tax rate for the preceding tax year	\$.57010	per \$100 in value
Proposed tax rate for the current tax year	\$.59792	per \$100 in value
Difference in the proposed tax rate and the adopted tax rate for the preceding tax year	\$.02782	per \$100 in value
Percentage increase or decrease in the proposed tax rate and the adopted tax rate for the preceding tax year	4.879	% Increase OR % Decrease

These tax rate figures are not adjusted for changes in the taxable value of property.

*Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.
**New property" is defined by Section 26.012(17), Tax Code.
***Taxable value" is defined by Section 1.04(10), Tax Code.

Form 50-197 (Rev. 05-06/10) (Back)

Comparison of Residence Homestead Values

Average appraised and taxable values on residence homesteads are compared from the preceding tax year and the current tax year.

	Preceding Tax Year	Current Tax Year
Average residence homestead appraised value	\$ 25,144.00	\$ 25,628.00
Homestead exemption amount for the taxing unit (excluding special exemptions for persons 65 years of age or older or disabled)	\$ 0.00	\$ 0.00
Average taxable value of a residence homestead (excluding special exemptions for persons 65 years of age or older or disabled)	\$ 25,144.00	\$ 25,628.00

Comparison of Residence Homestead Taxes

The taxes that would have been imposed in the preceding tax year on a residence homestead at the average appraised value (excluding special exemptions for persons 65 years of age or older or disabled) are estimated to be \$ 143.35

The taxes that would be imposed in the current tax year on a residence homestead appraised at the average appraised value in the current tax year (excluding special exemptions for persons 65 years of age or older or disabled), if the proposed tax rate is adopted, are estimated to be \$ 153.23. The difference between the amount of taxes on the average residence homestead in the current tax year, if the proposed tax rate is adopted, and the preceding tax year would be an increase of \$ 9.88 or a decrease of \$ in taxes.

Special Provisions if Applicable

Criminal Justice Mandate (use for counties, if applicable):

The _____ County Auditor certifies that _____ County has spent \$_____ in the previous 12 months beginning _____, for the maintenance and operations cost of keeping inmates sentenced to the Texas Department of Criminal Justice. _____ County Sheriff has provided information on these costs, minus the state revenues received for reimbursement of such costs.

Enhanced Indigent Health Care Expenditures (use if applicable):

The _____ spent \$_____ from _____ to _____ on enhanced indigent health care at the increased minimum eligibility standards, less the amount of state assistance. For the current tax year, the amount of increase above last year's enhanced indigent health care expenditures is _____.

Court Reports

The following is cases are matters of public record; information was provided by the Garza County Sheriff's Department:

Garza County District Court

Aug. 29

• Richard David Cade, charged with revocation of probation for burglary, a state jail felony. Plea: true. Sentenced to two years in the state jail and a \$2,000 fine; ordered to pay court costs of \$749 and restitution of \$2,947.50.

• Enrique Enriquez Jr., charged with driving while intoxicated, a second-degree felony. Plea: true. Sentenced to two years in a Texas Department of Criminal Justice facility, fined \$2,000 and ordered to pay court costs of \$561.

• Jason Lynn Curtis, charged with burglary of a habitation, a second-degree felony. Plea: guilty. Sentenced to eight years in a Texas Department of Criminal Justice facility, fined \$3,000 and ordered to pay court costs of \$561 and \$5 in restitution.

• Jason Lynn Curtis, charged with judgment revoking, a state-jail felony. Plea: true. Sentenced to two years in the state jail and ordered to pay \$248 in court costs and \$2,947.50 in restitution.

Garza County Court

Sept. 11

• James Fulford, charged with driving while license suspended, a Class B misdemeanor. Plea: guilty. Sentenced to three days in the county jail and ordered to pay a \$200 fine and court costs of \$245.

• Mike Navarro-Diaz, charged with driving while intoxicated, a Class B misdemeanor. Plea: guilty. Sentenced to 30 days in the county jail and ordered to pay \$360 in court costs.

• Victor Hernandez, charged with driving while license suspended, a Class B misdemeanor. Plea: guilty. Sentenced to three days in the county jail and ordered to pay a \$400 fine and \$245 in court costs.



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Garage Sales

Saturday and Sunday - 615 W. 7th, 9 - ? Bass boat 3 wheel, grill guards, pickup tool box, tools, lamps, new sewing machine.

Yard & Antique Sale - Saturday only 109 S. Ave N. 8 - ?

Saturday, 116 Arroyo Drive 8 - ?

Saturday, Broadway next to Sonic, 8 - 3.

Saturday, 8a.m. - ? No early birds. Corner of 3rd and Ave. P. Dresser, DVD's, Clothes and Misc. items.

Estate Sale - Friday & Saturday, 111 N Ave R, 9-5. Washer & dryer, refrigerators, furniture, tools, yard equipment, and much much more.

Saturday 8 - 7415 S. Ave. M. Misc. Burritos and Tamales also sold.

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Saturday, 215 W. 13th St. 8 - ?

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Wanted 3 bedroom house to buy. Retiring and want to move back to Post. Call Pat 361-364-1392 or 361-364-3684.

LEGAL NOTICE

Bids will be received by Post ISD for the following: Track Repairs as listed in detail on bid specification. Bids will be accepted in the office of the Superintendent until 3:00 P.M. on October 2, 2006. Bid specifications may be obtained by calling 806-495-3855 or may be picked up at 501 South Avenue K, Post, TX. 79356. Post ISD reserves the right to accept or reject any or all bids.

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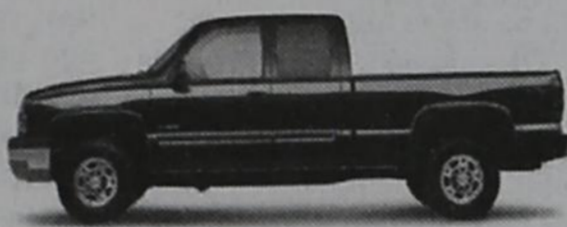
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- 2003 Duramax Diesel 4x4 2500 ExCab **LOADED** reduced \$20,750
- 1997 Pontiac Sunfire **UNBELIEVABLY PRICED** reduced \$4,650
- 2002 Chevy Suburban **TOTALLY LOADED** \$13,995
- 2001 Mercury Grand Marquis power seats both sides, luxury **REDUCED** \$7,250
- 2002 Chevy 2500 Reg. Cab 4x4 \$8,350
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- 2005 Silverado 1500 Crew LT \$19,995
- 2004 Silverado ExCab \$9,995
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GET YOURS WHILE THE DEALS ARE RED HOT!



Menus

Post ISD

September 18 n Breakfast n Breakfast pizza, fruit, milk.
Lunch n Spaghetti/meat sauce, salad, broccoli, garlic bread, cantelope, milk.

September 19 n Breakfast n Churros, sausage link, fruit, milk.
Lunch n Corn dog, veg. beans, carrot sticks, pears, milk.

September 20 n Breakfast n, Malt-o-meal, sausage, toast, fruit, milk.
Lunch n Ham, macaroni & cheese, green beans, hot rolls, pineapple slices, milk.

September 21 n Breakfast n Cinnamon rolls, sausage, fruit, milk.
Lunch n Pizza, salad, corn, peaches, milk.

September 22 n Breakfast n Cereal, toast, fruit, juice, milk.
Lunch n Chili dog, chips, ranch style beans, grapes, milk.

Southland ISD

September 18 - Breakfast n Oatmeal, sausage link, toast, juice, milk.
Lunch n Chicken nugget, quick bake potato, mixed veg, roll, apple cake.

September 19 n Breakfast n Cereal, fresh fruit, Graham cracker, juice, milk.
Lunch n Soft tacos, lettuce, tomato, refried beans, orange quarter, cake, milk.

September 20 - Breakfast n Muffins, yogurt, juice, milk.
Lunch n Fish, tartar sauce, mac & cheese, pinto beans, fruit cup, brownie.

September 21 - Breakfast n Biscuits, gravy, sausage patty, juice, milk.
Lunch n Pizza, salad, peas, cookie, fruit, milk.

September 22 - Breakfast n Breakfast pizza, fruit, juice, milk.
Lunch n Cheeseburger, HB fixing, fries, ice cream, fruit, milk.

TRAILBLAZERS

September 18 n Lasagna, salad, Italian vegetables, garlic bread, banana pudding.

September 19 n Baked ham, salad, potatoes, spinach, rolls, frosted cake.

September 20 n Hamburger steak in gravy, noodles, squash, rolls, golden congealed salad.

September 21 n Brisket, A la gratin potatoes, okra or squash, roll, cobbler.

September 22 n Roast beef sandwich on wheat toast, French fries, peas and carrots, jello fruit salad.

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www.thepostdispatch.com

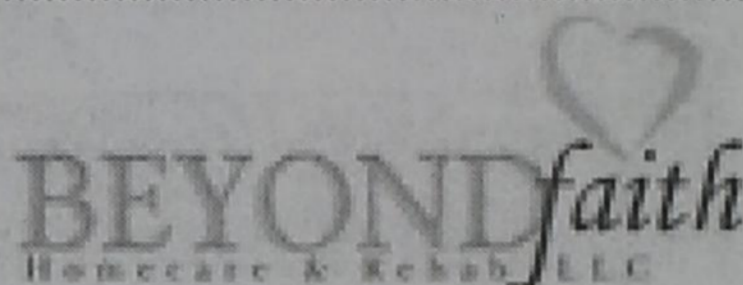
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TEXAS CROSSWORD

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ACROSS

- In Jackson Co. on 59
- ex-Cowboy Lett
- TX Garner said his VP job "worth a bucket of warm spit"
- ex-Ranger Canseco
- TXism: "table grazed"
- puffy pastries
- Dallas or Houston rush hour sound
- TXism: "could talk a wagon out of me" (persuasive)
- "yes" south of border
- "those" south of the border
- TXism: "took everything but the ___ in my lungs!" (robbed)
- TXism: "___ a hungry call!"
- description of TX Stanley Marsh or Howard Hughes
- Yo ___ Digo creek
- college in Carthage
- This Danny was in "On the Riviera" with TX Tierney
- some SMU exams
- TX bandit Sam Bass is buried at Round
- this Comaneci's coach moved to TX
- TX draw for "tired"
- TXism: "don't ___ off half cooked"
- Astro victories
- bullfight cheer
- TXism: "___ big for his britches"

DOWN

- Capitol designer Myers
- south of Dallas on I-35
- TXism: "cockamamie"
- poker stake
- TX eatery: ___ Folks
- Amarillo's Pantex plant is under the U.S. Dept. ___
- Rangers' Eric Nadel book: "A Page from Baseball's ___"
- boot aroma
- Texas State Optical improves this
- "Glant" star Taylor (init.)
- TX Clint Black's recording label
- British "diner"
- Christmas fireplace wood (2 wds.)
- "get ___ of it"
- hit for Houston's Archie Bell: "Tighten ___"
- Gulf swells
- TXism: "parental plague"
- large TX family
- San Antonio's River ___ Show
- this Blaine was a Cowboy from '88 to '76
- TXism: "pappy"

The Original

41 TX Ivory Joe sang "Since I ___ You, Baby"

42 TX Willie tune: "What Was It ___"

49 non-TX oil producer to fall behind

51 Laredo throws big New Year's ___ party

57 exotic antelope raised in TX

58 TXism: "___ soul!" (no one)

Fun-n-Facts for Brain-iacs! BrainBoost!

Vol. 2 Whale Watch



What has an eyeball as big as a baseball, a heart the size of a small car and a belly button?
Answer: A whale.

Whales are the gentle giants of the animal kingdom, and I do mean giants! Longer than two school buses, whales are the largest mammal on Earth. They are cetaceans, which means, although they are shaped like fish, they are indeed warm blooded (hence the belly button). Babies (calves) drink 150 gallons of their mothers' milk every day. This swimming mammal breathes air through a blow hole from the top of its massive head. If they did not come up for air every 5-30 seconds they would drown. Their skin is spongy to the touch and even has a small amount of hair. Whales often travel in family groups called pods.

Long ago the oceans were plentiful with these beautiful creatures. Hunted for their oil, meat and blubber now you can travel the ocean for months at a time and never see a single one.

Complete the checklist!

Mammal Check List!

- born alive (no egg)
- has some hair
- breaths air
- warm blooded
- drinks mother's milk

Us Fish Whale

Marine biologists, who study whales, identify each whale by its unique fluke (tail). Whales are born tail first and must swim to the surface soon after birth.

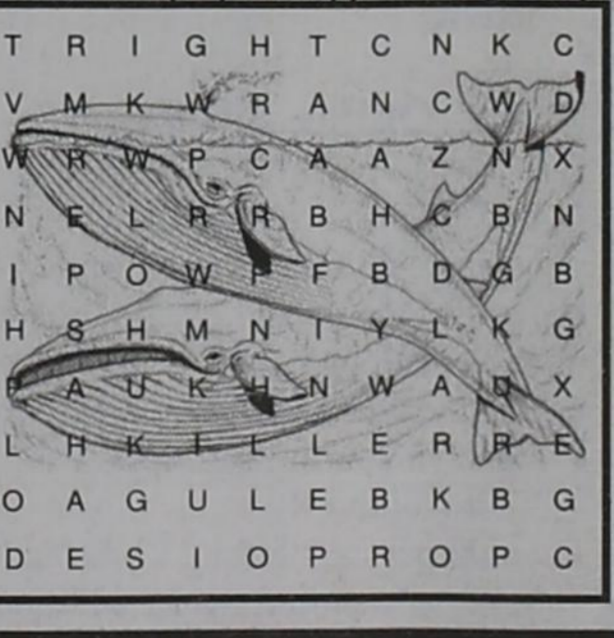


Laura Craig

word search

- Swimming with the two baleen whales are 12 other whales. Can you find them all?
- SPERM OLGA
 - RIGHT BLUE
 - NARWAHL GRAY
 - DOLPHIN ORCA
 - BELUGA FIN
 - KILLER
 - HUMPBAC

FUN FACT: A whale can eat 30 million krill (tiny shrimp) in a single day!



BLUE WHALE Length: 98 feet - Weight: 150 tons

- waterspout (can be 3 stories tall)
- flukes (10 feet across)
- blowhole (like our nostrils)
- baleen (heavy duty fringe to catch krill! Yum yum!)
- throat (This expands like a pelican's mouth.)
- blubber (layer of fat for warmth)
- flipper: (for steering)

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To sponsor your Fun-n-Facts for Brain-iacs call Jackie Miner at 495-2816



Trent McDonald earns Wrangler Scholarship

Trent McDonald was a recent competitor at the State 4-H Horse Show in Abilene. McDonald placed 9th out of 107 entries in Break-away Roping, and 8th Place out of 84 entries in Team Roping.

As high point roper, he was selected as the recipient of a scholarship by Wrangler that is a sponsor and scholarship donor to the state 4-H Horse Show. The scholarship is administered by the Texas 4-H Youth Development Foundation and will be awarded to Trent to assist him in college. All participants eligible for the scholarship program are entering college or previously enrolled and in good standing. Trent is a sophomore attending Clarendon College and the son of Dennis and Nancy McDonald.



The top winners at the 2006 4-H Achievement Banquet held Tuesday, August 29 at the Post Community Center were (left to right) Kevin Strube ("I Dare You" Award), Reed Williams (Intermediate Progress Award), Audree Williams (Junior Progress Award) and Sydney Shipp (Gold Star Award). (Photo by Diane Graves)

Texas Cooperative EXTENSION

The Texas A&M University System

by Nancy McDonald, Extension Agent, Family & Consumer Affairs

Study Finds Parental Time to be Key in Fight Against Childhood Obesity

The fight against obesity in children just got a new weapon, thanks to a multi-year study by researchers from Texas A&M University. The study found that the amounts and quality of time parents spent with their children has a direct effect on children's rates of obesity, said Dr. Alex McIntosh, lead researcher and professor of sociology with a research appointment from Texas Agricultural Experiment Station.

The U.S. Department of Agriculture study, "Parental Time, Role Strain and Children's Fat Intake and Obesity-Related Outcomes," found the amount of time a mother spent with her child, her work stress and her income level had a larger impact in lowering the child's risk of obesity than the father's time, work stress and income, McIntosh said.

Furthermore, the more time a mother spends with the child, the less likely that child is to be obese; conversely, the more time a father spends with a child, the more likely the child will be obese, he said.

"The impacts were greater for 9- to 11-year-old children than for 13- to 15-year-old children," he added.

"The epidemic of obesity is spreading across the country and across the world," said Dr. Karen Kubena, one of the researchers and associate dean

for the College of Agriculture and Life Sciences. "Of concern is the fact that the prevalence is increasing at younger and younger ages. ... Factors related to development and perpetuation of obesity need to be identified so that prevention can be achieved," she said.

Because so many families are headed by two working parents, the focus of the research was to look at how the parents' work-related stress, flexibility and general work conditions influenced the children's nutrition, McIntosh said.

"You can look at parents' time in a whole lot of different ways," he said. "We thought for starters we would focus on (the amount) of time parents spend directly with their children." The study found 9- to 11-year-olds' fathers spend an average of 80 minutes per day with their children, while mothers' average time spent with their children is 125 minutes. Children ages 13-15 included in the study saw their fathers an average of 95 minutes per day, while mothers of this age group spent an average 87 minutes per day with their children.

Income levels for the mother and father were also evaluated, examining the effects on a child's nutritional intake. Dr. George Davis, Experiment Station economist and professor in the department of agricultural

economics at Texas A&M, said as a father's income goes up, a child's body mass index also increases for 9- to 11-year-olds. "As the mother's income goes up, so does a child's body mass index," he said.

Average household income for the father with children between 9 and 11 years old was \$86,376, while the mother's income was \$27,000, Davis said. The study found a mother's income was more likely to be spent on the child, while the father would allocate most of his income on personal expenditures.

Research results also showed a change in parental influence as the children get older. "As children get older, parent impact wanes as the age of the child increases," Davis said. "They become more influenced by external factors to the home, the cultural factors." To some extent, McIntosh said, as a researcher, he is "uneasy about what people are going to take away from this," because some might interpret the results to mean fathers should not be directly involved with their children's upbringing.

That's not true, he said. Good fathers need to be hands-on parents who set a good example for their children through their own healthful eating habits. His advice to parents: "You're not at work 24 hours a day. For mothers: For the time you do have, spend some with your kids. For fathers: Dads are not toxic, but people who teach nutrition education may be talking to the wrong audience."

"We may need to teach fathers about nutrition," McIntosh said. Kubena agreed. Men in general tend to have more muscles and less fat than women do, and consequently can eat more food without gaining weight, she said.

That means they may not be paying as much attention to nutrition as women do.

"Knowledge of nutrition per se would be helpful," she said. "The use of nutrition for choosing foods in the supermarket and restaurant is especially important. Above all, the impact of poor food choices on future health is a concept that men need to know, accept and use for themselves today and particularly for their children's tomorrows."

The other researchers were Dr. Rodolfo Nayga Jr., Experiment Station agricultural economist; Dr. Jenna Anding, Texas Cooperative Extension nutrition specialist; Dr. Cruz Torres, sociologist and associate professor with the department of recreation, parks and tourism; Ernesto Perusquia, doctoral candidate with the department of agricultural economics; Genevieve Yeley with the department of animal science; and Wen You, doctoral candidate with the department of agricultural economics.

For a copy of the study go to <http://www.ers.usda.gov/Publications/cr19/>. Writers: Linda Anderson, and Blair Fannin Sources: Dr. Alex McIntosh, Dr. Karen Kubena, and Dr. George Davis

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

National Weather Service Sept. 11, 2006

Post:
Average high - 79.3
Average low - 61.8
Monthly average temp - 70.5
Normal temp - 73.3
Monthly total precip - 4.32"
Normal precip - 3.07"
Heat units since May 1 - 2580
Year-to-date precip - 15.73"

Lake Alan Henry:
Average high - 80
Average low - 61.8
Monthly average temp - 70.9
Normal temp - 73.4
Monthly total precip - 4.81"
Normal precip - 3.1"
Heat units since May 1 - 2664
Year-to-date precip - 18.7"

Source: NWS Lubbock Web site

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WSB

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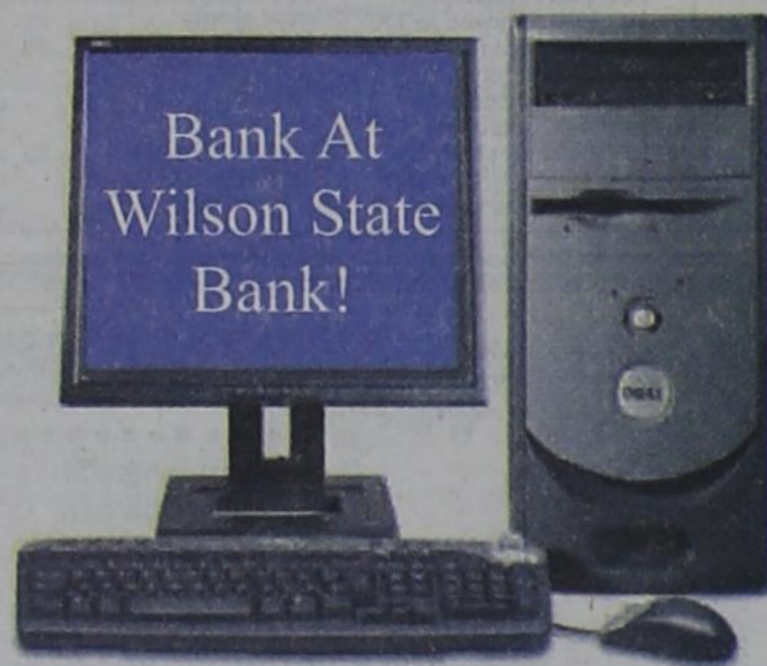
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- NO Purchase Necessary
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- Last day to enter is December 1, 2006
- Drawing will be held on December 4, 2006
- Winner does not have to be present to win
- One entry per household
- Must be US citizen to enter
- See entry form for complete list of rules

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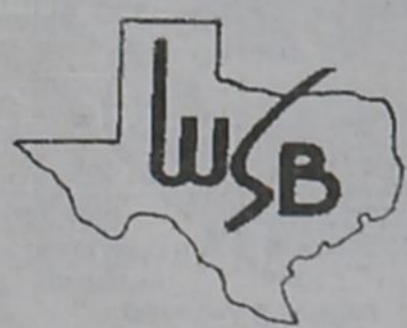
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Dell system includes:

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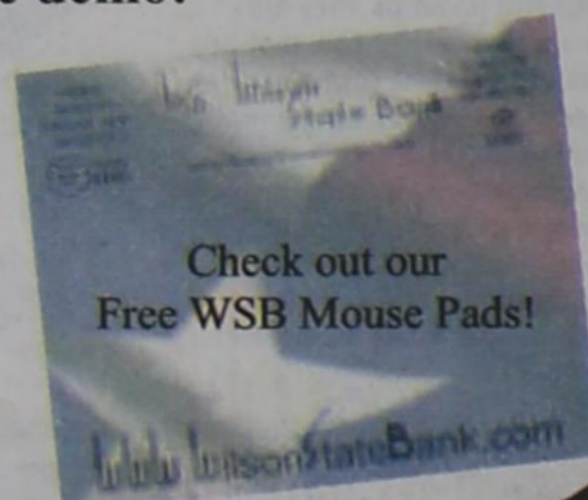
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