

CONCEALED HANDGUN CLASS



MAY 10TH AND 11TH
6:00 - 10:30 P.M.
POST COMMUNITY CENTER
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GARZA COUNTY HEALTH CLINIC
New Summer Hours
Beginning Friday, September 2, 2011
Hours will be
Monday through Thursday 8-5
Friday 8-Noon

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The Post Dispatch

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86th Year, Number 39

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Friday, April 29, 2011

Sheriff's Deputies make 2 drug busts within 1 hour



By Jodi Lincoln
News Editor

Last Wednesday, April 19th the Dispatch was given an exclusive interview by Garza County Sheriff's Deputy Lt. Michael Taylor and the officers responsible for taking illegal drugs off the streets of USA America. At 5:44 and 5:50 pm, two deputies driving around on normal patrols stopped two vehicles in which drugs would be found. The Dispatch was fortunate to be able to interview Lt. Taylor and both of the arresting deputies and getting their stories.

Wednesday evening at 5:44 pm Sheriff's Deputy

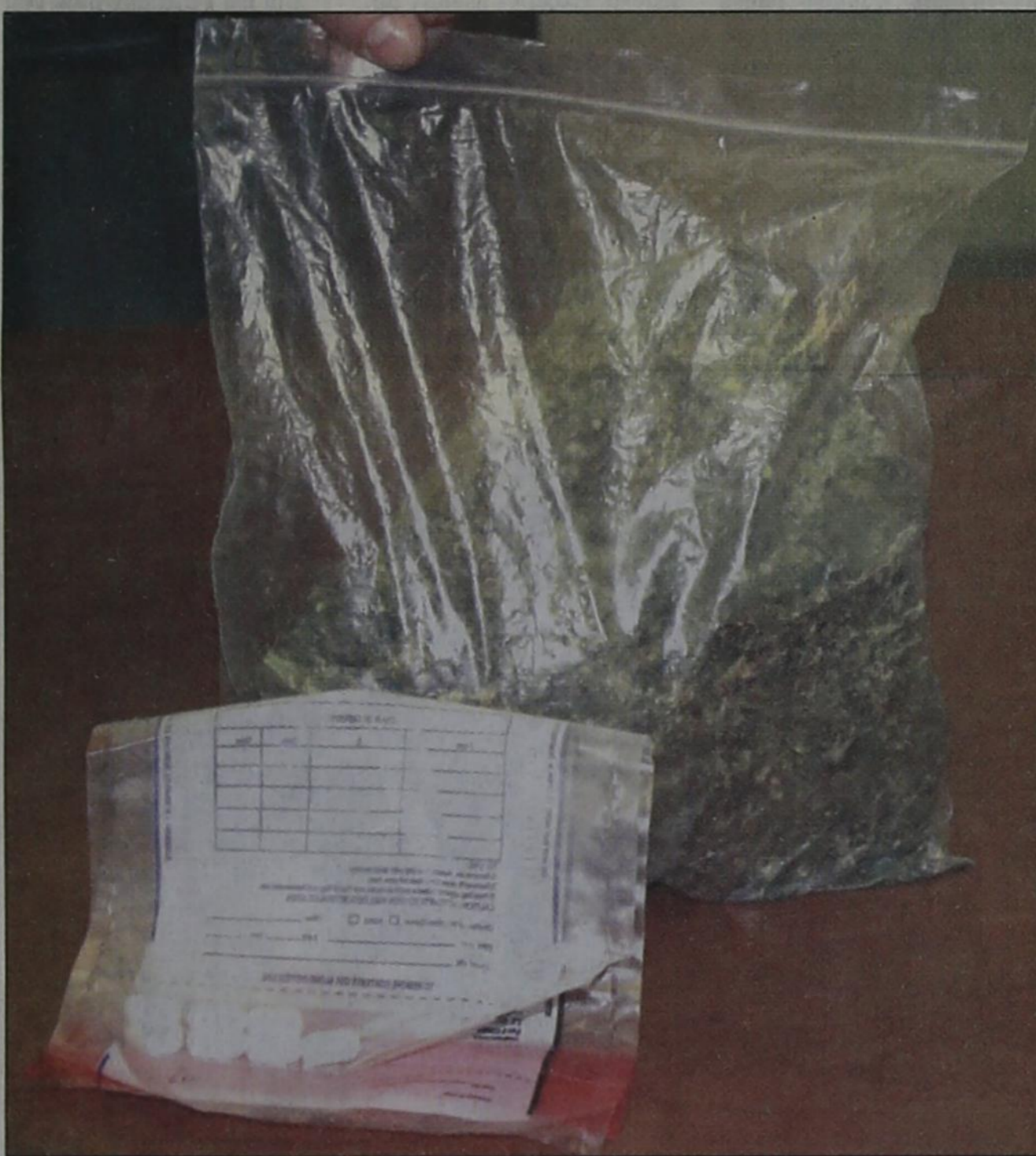
Marcus Lively was on routine patrol when he spotted a suspect in a vehicle that fit the description of a wanted person. Detective Lively pulled the suspect over four miles north on Highway 84. While talking with the suspect and his passenger, he became suspicious of the suspect's behavior and he decided to do a vehicle search. Lively called in for a canine assist and Police Officer Bobby Dean, who was nearby responded to the call. Officer Dean conducted an open air search and his dog Nikka quickly hit on a scent on the passenger side of the vehicle. The suspect was

arrested and taken into the county jail for booking. Upon arriving at the Garza County Sheriff's Department a search of the suspect was conducted by Sgt. Joe Ward, who found the suspect to be carrying 7.5 grams of cocaine. He was booked into the county jail on felony charges of possession and is awaiting arraignment. Lively said, "The drug bust was a group effort and everyone involved, including Constable Deputies Eric Cravy and Bob Zivek, Sgt. Joe Ward, Lt Michael Taylor, Officer Bobby

Bust...

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Post FFA Horse Team Successful in competition



By Perry Smith

The Post FFA Horse judging team completed a successful season this year competing at six contests finishing in the top ten at five of these with numerous top placing individuals. When the season started we set a goal to win the State Competition and came as close as you could. At the Area 1 and Area II contest at Texas Tech were third overall, winning 1st in Area II and 1st in Mesa District, qualifying us for the State Contest. The State Contest is comprised of the top qualifying teams of each area

in the State. We actually had a tie score with Bandera for 1st place but place second through a tiebreaker. We had two top ten individuals and one top 20. There were 259 individuals competing and 66 teams at the State Contest. "I am so proud of these four girls; they worked hard and always had a great attitude." Perry Smith, advisor. The following is a list of contest we competed in and results:

San Angelo Stock Show-Lana Kitten 8th high individual. 3rd place team.

Weatherford College-Taylor Osborn 10th high

individual. 8th place team. Clarendon College-Matti Smith 20th high individual. 7th place team.

Teas Tech Area 1, Area II contest-Lana Kitten 3rd, Taylor Osborn 5th, Matti Smith 12th, Team placed 3rd overall, 1st Area II, 1st Mesa District.

State Contest-Taylor Osborn 4th, Matti Smith 10th, Lana Kitten 14th, 2nd place team at State.

Pictured are: Perry Smith (advisor), Taylor Osborn, Cassadie Pitts, Lana Kitten, Matti Smith, and State FFA Vice President Katelyn Perry.

Photos by Jodi Lincoln

Post Notes

Holy Cross Catholic Church will sponsor a fish fry to benefit our local volunteer fire fighters. Fish and all the trimmings will be served Friday, May 6, 2011 5:00pm-7:00pm \$8.00 a plate. Donations accepted.

Let's help our local heroes!!

Elementary students have all kinds of fundraising going on. Contact any elementary student or teacher and I know they will be glad to tell you how YOU can help THEM help the Firemen!

Benefit for Firefighters

The benefit for our local fire department has been set

for April 30. There will be a dinner at the Community Center and a silent auction. If you would like to donate to the auction, you can drop your items by Wells Fargo Bank or the Chamber office. If you need someone to pick them up - call Carol Short at the bank - 495-2804 or the PACC office 495-3461.

The Post Lions Club will be sponsoring our Annual Crawfish Festival Food, Dance, Raffle and Silent Auction on June 4th to help the Garza County Library continue to operate. Due to recent State funding cuts, the Friends of the Library & Post Lions wanted to help. Please

watch for further information and/or contact any Post Lion.

Brown Bag Book Talk

Friday, April 29, 2011, bring your lunch to The Heritage House and talk about books! Peggy Ashley will lead the informal discussion. You'll hear about new books, old favorites and enjoy time shared with others. We'll begin at noon and end no later than 12:50. The Book Talk group will meet the last Friday of every month. Call 495-4148 (The Heritage House) or 990-2149

Post Notes...

continued on page 12

Obituaries



P.K. LANDERS

P.K. "Buster" Landers, age 90, went home to his master on April 22, 2011 in Lubbock, Texas. He was born on February 5, 1921 in Roby, Texas.

Visitation was held Sunday, April 24, 2011 from 6:00 p.m. until 8 p.m. at McCoy Funeral Home. His service was held Monday, April 25 at 10:30 a.m. at Highlands Heights Methodist United Church with Chris Rodrigues and Jerry Koch officiating. Burial followed in Sweetwater Cemetery under the direction of McCoy Funeral Home. Military Graveside Rites were performed by the Nolan

County Honor Guard.

Pallbearers for the service included Rodney Reep, Richard Hudman, John Mundine, Chad Marsh, Chad Marrier and Alvin Smith. Honorary Pallbearers were members of the Sweetwater Men's Downtown Bible Class.

He was born in Fisher County to O. G. and Emily Landers. The family lived and farmed in the Longworth-Busby Communities. On October 19, 1940 he married Wilma A. Martin in Sweetwater. In 1942 he was called to serve in the United States Army trained as a Tank Gunner, and served in W. W. II in a Ground Tank in France and Germany. In July of 1991 he married Margaret G. Miller Nix in Sweetwater. Buster farmed in Fisher and Nolan Counties for most of his life. He enjoyed raising cattle for many years. Buster was a lifetime member of the Downtown Men's Bible Class and a member of Highland Heights United Methodist Church in Sweetwater. He also attended S.N.A.P. and

a fellowship with friends daily. Buster, known also as PAPA to his grandchildren and great grandchildren was a devoted husband, father and friend.

He was preceded in death by his parents O.G. and Emily Landers, his first wife Wilma Landers, his second wife Margaret G. Landers, brothers J.W. and Roy Landers, sisters Scena Wood, Lee Kent, Mable Wyatt, Pearl Barnes and Jean Milam.

He is survived by his daughters Julie Hudman and husband Curtis of Post and Gwen Marrier of Quanah. His stepson Noel Nix of Lewisville. His grandchildren Chad Marrier of Quanah, Chase Marrier and wife Melissa of Lewisville, Richard Hudman and wife Lichele of Post, Jana Mundine and husband John of Post, Lori Marsh and husband Chad of Pullman, Washington. His great grandchildren Kohen and Kyna Hudman and Dillion Marrier.

Chamber News

This weekend is your chance to get out and show your support to our local fire fighters. A benefit bar-b-que dinner will be this Saturday at 5:00 p.m. at the School Cafeteria. In addition to a great meal, there will also be a silent auction. It's a great opportunity to thank these guys who have given tirelessly of their time and energy to our community.

Ragtown Gospel Theater will also have "Heaven - A Divine Comedy" this

weekend. Shows are Friday at 7:30 and Saturday at 3:00.

The following weekend will be another great time in Post. The Post City Bike Fest will begin on May 6 at the Rodeo Arena and run through the weekend. Also, Post City

Trade Day will be downtown on Saturday May 7 from 9-6.

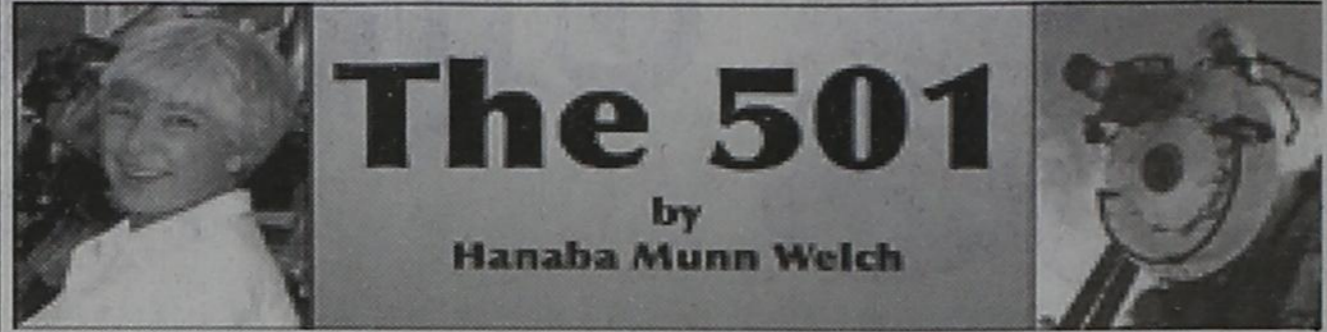
All employers are invited to have a booth at our annual Post & Garza County Job Fair on May 17. Booths are

free for Chamber members and \$25 for non-members.

The High Plains Junior Rodeo is coming to Post on May 21. If you are interested in a sponsorship for this event, please call Trey Poage at 747-7373.

Congratulations to our Members of the Week:

Platinum Member - KRUMLAND AUTO GROUP
Silver Member - CASEY MCNEELY, REALTOR



Dieters amaze me. How do they do it?

Last week I saw a friend who'd trimmed down noticeably. I asked him how.

Sure enough, he's cutting down on food, especially the bad stuff. Oh well.

What was I expecting anyway? Some sort of painless miracle pill or plan like diets touted on late-night television?

Yet he managed to inspire me with his talk of fruits and vegetables and water.

The next morning at the grocery store I didn't buy Cokes. I bought a small avocado, a can of roasted almonds, a green pepper, two tomatoes, mandarin oranges, a small Hershey bar with almonds and a gallon of water. I stuck to my modified version of his diet through late afternoon. The almonds staved off hunger pangs rather nicely. The green pepper was juicy. The tomatoes were good. The Hershey bar was fabulous.

Before supper, friends called. They'd just hit town and wanted me to recommend a restaurant where we could all eat dinner. I

obliged.

In deference to my diet, using the term loosely, I drank water with my super ten-inch-diameter tortilla rolled into a burrito liberally stuffed with ground meat, red onions, beans and other good stuff and lightly drizzled with a cheese sauce. Yum.

Is it allowed to pity the person who derives no pleasure from flirting with the sin of gluttony? I think it was risqué Francois Rabelais who said 500 years ago there's no virtue in not sinning if you don't know how. May I similarly suggest you don't get points for not doing what you don't want to do anyway - like not ordering a super burrito if you don't want one in the first place. If I get any points, it's for not ordering cheese enchiladas instead. Except I usually do.

The next day - day two of my diet if you're counting - breakfast didn't happen because of poor planning. A caterer's menu dictated lunch: quiche, green salad, fresh berries in a creamy sauce and a red velvet cupcake. Good. Tea was the beverage.

I could have slipped and eaten two of those cupcakes. Or two slices of quiche. Or two cups of berries. I didn't. People were watching.

Later in the day, force of habit prompted me to order a Coke with my late-afternoon hamburger. Oops. I should have ordered water.

Speaking of sinning, are sins less grievous when committed through force of habit rather than thoughtfully? Somewhere in somebody's theology, that's gotta be that tenet.

On the other hand, you could get in the habit of murdering people. That probably wouldn't make it less wrong than being a selective murderer. Maybe habitual killing is more wrong.

Does all this talk of murder make overeating sound less offensive? Works for me.

But isn't it funny how you can get away with murder easier than gluttony? Enchiladas end up around your waist. You bury dead bodies. Is that fair?

Again, oh well. All that's left to say is the obvious:

Dieting isn't easy. Life's not fair.

High School Prom set for May 14

The Post High School prom will be on Saturday, May 14, 2011, at The Heritage House in Post, Texas. The prom is for Post High School students who are in the 11th and 12th grades. In addition to the prom, the PHS Junior Class will host an after prom party. This event is designed to provide a safe and fun atmosphere that will be drug and alcohol free for those attending the prom.

The Junior Class as worked very hard the last two years to

build up an account to make this a memorable prom for the Senior Class. The Junior Class is asking businesses and individuals to donate merchandise card, or money for prizes. These prizes will be used as an incentive to encourage students to attend the after prom party.

If you would like to help, please call Leslie Tatum at (806) 495-2770 at the high school. The school secretaries might have to take a message to which she will reply

as soon as possible since she teaches classes during the day. Her email is

lesliemannistatum@gmail.com. You may also mail your donation to:

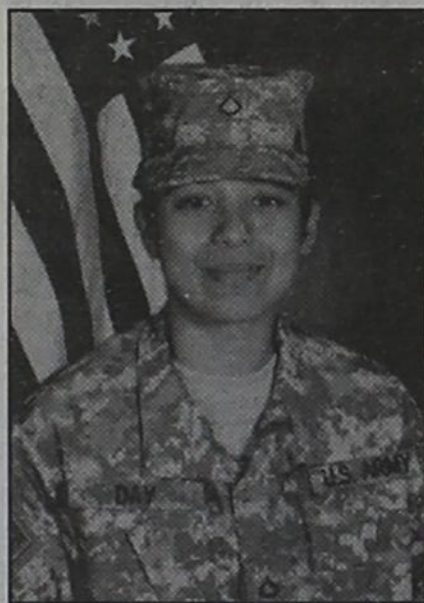
Post High School
c/o Leslie Tatum
200 West 6th Street
Post, Texas 79356

Thank you for your support and commitment to the students of Post High School. Please note that any contribution you give is tax deductible and is greatly appreciated.

Sincerely,

Post High School Junior Class Students & Sponsors
Leslie Tatum,
Head Sponsor

Day graduates from basic training



PFC. BRITTANY M. DAY

Private First Class Brittany M. Day graduated from

Army Basic Combat Training on April 8, 2011, at Fort Sill Oklahoma. PFC Day was assigned to the 43rd Field Artillery Brigade, 1st Battalion, 79th Field Artillery, Charlie Battery 1st Platoon Head Hunters.

PFC Day will attend Advanced Individual Training at Fort Sam Houston Texas in order to become a dental Specialist, while also helping to manage the dental office.

PFC Day is the daughter of Mitch and Mistie Day of Post, Tx. PFC Day graduated from Borden County High School in May of 2010.

Find us on Facebook and stay connected with your community!

SUDOKU

	7	8		5				1
				3				
		6	7			8		
	2		8	4	7	9		3
		4	2	1			7	8
		3						2
2	5			8		1		7
	3	7			5			
	6				2			5

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	6	3	2	7	4	1	9	8
9	8	2	5	6	1	7	4	3
4	3	7	1	9	5	2	8	6
2	5	7	8	9	6	3	4	1
7	8	3	5	6	9	4	1	2
8	7	4	2	1	3	5	6	9
3	6	9	4	7	8	5	2	1
1	2	5	8	4	7	9	6	3
6	4	6	7	2	1	8	3	9
5	1	2	6	3	8	7	5	4
3	7	8	9	5	4	6	2	1

ANSWER:

United
Supermarkets



This is Titan, a 6 month old male Lab. Titan and his brother are going to be very large dogs, but are truly "gentle giants". Their sister is a little smaller, but just as sweet. They are all very smart dogs and would make loyal family members. PARC will be participating in a huge adoption event at the PetSmart on Slide in Lubbock this Friday, Saturday and Sunday. Please stop by and see some of our adoptable dogs. We can also be contacted at postarc@yahoo.com or on Facebook at Post Arc

PRAY FOR RAIN!

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It is the mission of this newspaper to promote the rights of individuals, guided by the principles so eloquently described in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone for our freedom. Government's sole purpose is to enhance our liberty and freedom. Therefore, we hold every elected and appointed agent of government accountable to that standard.

TA Member Texas Press Association 2008

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Legends...Garza County Historical Museum by Linda Puckett

O.B. Kelly was the first Sheriff of Garza County, elected to office in 1907. While in office, this poem was sent to him from C.W. Post. Mr. Post had spent several weeks at the Llano Ranch when Mr. Kelly was the Ranch Manager. Mr. Post's sympathies were touched by the camaraderie between Kelly and his son. The poem is copied exactly as it was written including words that did not seem to fit with the meaning intended.

Riding The Range With Dad
By Will F. Griffin

I'd like to go back, go way back
To the days when I was a lad,
Rode over the range on a Bronco's back
Along with my old Dad.
I'd like to hark to the bellowing herd
When never a guiding spark
Came over the lea, and out of the night
There came the coyotes bark.
I'd like to hear the crackling Colts,
When the boys rode into town

And just for the sake of devilment,
Turned matters upside down!
I'd like to go back, but I guess I can't,
For things have changed around,
And I am doomed to grime and strife
And traffic's raspy sound.
I'd like to go back, way, way back
And throw the rope again,
And "hog tie" one more "long horn"
On the breezy, open plain!
I'd like to singe the flank of

a steer
With the brand of "101"
And see the critter start and spring
And then go on the run!
I'd like to hark to the outfit,
Sing the song, "Wild Bill's Lament",
When we gather around the bunkhouse door
With everyone content.
I'd like to hike to those palmy days,
But I don't suppose that I could find a trail to take me there,
No matter how I'd try.
I'd like to go back, way,

way back,
But the things I'd like to see,
And the things that duty bid me see
Somehow don't quite agree.
The range is gone and the barbed
Wire fence
Has cut the prairies now,
And down on the "101"
They've got an automobile,
I trow!
The round-up's gone and the
Branding iron
Is hanging on the wall,
And never a hungry puncher waits

For the "Cookie's" welcome call.
And so I say, I'd like to go back
To the days when I, as a tad,
Rode over the range on a bronco's back
Along with my old Dad.
Note: With the passing of Mr. O.B. Kelly, March of 1964, at the age of 93 years, brought back memories of the olden days to pioneer residents of Post. Among them was Mrs. S.W. McCrary who submitted this poem. From the archives of the Garza County Historical Museum.

South Plains disaster recovery fund launched to aid in wildfire response and recovery efforts

(Lubbock, TX)- The Lubbock Area Foundation has announced the launch of the South Plains Disaster

Recovery Fund through which anyone can donate to aid relief efforts related to wildfires and other disasters that may affect communities in the South Plains area. Recent wildfires have caused widespread destruction and have exhausted the limited resources of volunteer fire departments and agencies such as Red Cross and Salvation Army that provide on-site support for emergency responders. "Our hearts go out to our neighbors and friends who

have suffered losses due to the wildfires," said Lubbock Area Foundation Executive Director, Kathy Stocco.

"The South Plains Disaster Recovery Fund will ensure that financial support is quickly and effectively made available to emergency response agencies that we count on for help when South Plains communities are at risk." Our regional volunteer fire departments are currently in great need of funding to replace equipment and supplies that have been damaged or lost in fighting the recent wildfires. Some equipment is insured but many

items are not. The Texas Forest Service announced last week that it has established a statewide VFD Emergency Assistance Fund to help volunteer fire departments battling wildfires. Through the South Plains Disaster Recovery Fund, the people of the South Plains can focus their support on the needs of emergency response agencies that serve this region. Individuals, businesses and civic organizations wishing to help replace equipment and keep our volunteer firefighters prepared for future emergencies can contribute online at www.lubbockareafoundation.org.

Checks can be mailed to Lubbock Area Foundation at 2509 80th Street; Lubbock, TX 79423 (please designate your gift for "Disaster Relief.") All gifts are tax-deductible. ABOUT THE LUBBOCK AREA FOUNDATION. The Lubbock Area Foundation exists to help people who care about the Lubbock and the South Plains area to invest - at any level - in its future. As the community foundation for the South Plains, it provides a vehicle for individuals, families, businesses and organizations to establish permanent charitable

endowments. Since its creation 30 years ago, the Lubbock Area Foundation has provided millions of dollars in grants and scholarships to area nonprofit organizations and students. As one of over 700 community foundations in the U.S., Lubbock Area Foundation represents the broadest range of interests and can serve almost any cultural, civic, educational, or charitable purpose. For more information visit lubbockareafoundation.org, contact the Lubbock Area Foundation at (806) 762-8061 or email questions to kathy@lubbockareafoundation.org.

Call me old-fashioned and proud of it

By Darren Weaver

Contributing Correspondent

There are those who speak of generation gaps in our culture. We have Baby Boomers, Generation X and Y, and those that are simply called the Older Generation. Most would say we are products of our specific generation, which is reflected in the values we hold, the music we listen to, and the activities in which we take part. It is often said that a person is a product of the seventies or a child of the eighties. Maybe we are labeled a fifties boy or even an old-timer. Whatever the case, is there truly such a thing as a generation gap, or could it be that we are more products of the community?

Let's test the theory. My grandfather was born in 1906, worked all his life as a farmer, went to bed every night by 9:00 P.M. and rose at 5:00. Breakfast was waiting for him when he woke up, made by my loving grandmother, as was lunch at noon if he had time for it, and supper promptly at 5:00. This was because they were raised in a home where the man won the bread and the woman won the house. They raised eleven children and lost two at birth, and never missed a Sunday in church. Theirs was a generation that believed in hard work and in proving yourself before you were rewarded. The sweat of their brow earned the food prepared in their home, and they went to sleep every

night knowing they had done their best for their family and God. They also always lived in a small town, where they knew people by name and treated them with respect and dignity.

My father was born in 1926. For many years, our household ran much the same way. My parents were up at 5:00, in bed by 10:30 after faithfully watching the weather, in church every Sunday, and went to sleep every night knowing they had also done their best for their family and God. They lived in a small town as well, where they knew most everyone by name and treated them with the same respect and dignity as was done by my grandparents.

I was born in 1968. By the

time I was eleven, we were living in a larger city and my parents were no longer together. My mother worked long hours to provide for me while my father did the same from a distance. The values of the home began to slide away as we were immersed in the hustle of the big city, where we knew no one and people were not interested in learning your name or treating you with respect and dignity.

We live in a different world today, but we do not have to bow to the robotic pace of the city. You see, we live in Post. We can keep alive those values of days gone by, even while the demands of the day may call for a working mother. We live in a community

where we can be proud of the slower pace and the fact that we know our neighbors' names, and we know the people we do business with. Instead of being called moral or respectful, maybe we are called old-fashioned. But, if that be the case, then please do call me old-fashioned. Although I was born into a different generation, I will cling to the morals that tell me right from wrong, and that teach me how to treat people with respect and dignity.

Another generation was born into my family on

March 25, 2011 when my son came into this world. He will be raised in Post, where we don't have to worry about the generation gaps that are so obvious in larger cities. He will be taught to treat others with respect and dignity. He will know life-long friends; he will remember favorite teachers and he will graduate from school here. As traffic breezes through our town on Highway 84, we can patiently wait for them to pass on by while we live our lives the old way. Who's with me on this?

Southland ISD will hold an open house on Tuesday, May 10 for those who are interested in transferring their children to Southland. You may visit the school and request a transfer application anytime between 8:00 a.m. - 6:00 p.m. School officials and students will be on hand to give tours and answer any questions. In conjunction with the open house Southland ISD will have Kindergarten Roundup for any child that will be five years old on or before September 1, 2011. This will be during the same time frame. Please bring your child's birth certificate, social security card, immunization record, and your child's current report card.

Why Southland:

- No transfer fees
- Award winning FFA program
- Showing animals
- Judging teams
- Choir
- Active FCCLA, NHS programs
- All students eat FREE
- Breakfast and lunch
- Transportation available
- Smaller class size
- All students have the opportunity to actively participate in competitive athletics
- Licensed Dyslexia Therapist
- Highly Qualified teachers with low turnover rate
- High graduation rate
- Low drop-out rate
- Parent involvement highly encouraged
- More one-to-one student help

Workshop slated region wide to assist unemployed workers

South Plains—Employers of today are looking for innovative critical thinkers who can bring value to their companies and organizations, and in order for unemployed workers to find opportunities in today's marketplace, they must expand their career possibilities. In order to better assist the region's unemployed and underemployed workers in identifying all potential career options, Workforce Solutions South Plains will host a series of regional workshops entitled 'Turning Passions Into Careers'. The

workshops will be presented by Darrel Andrews of Detroit, Michigan (also known as 'Coach D'), who provides consulting and coaching programs to organizations and individuals throughout the nation. His 'Turning Passions Into Careers' passion-mapping workshop is a training designed to help job seekers analyze personal passions that could possibly be turned into careers, while helping attendees analyze and realize new and exciting job and career opportunities based upon their skills, talents & abilities. The

workshops are free of charge to the general public. Registration information and workshop dates and locations are listed below. For more information about the workshops, contact Nate Bratcher toll-free at 1-866-765-5038 or by email at nate.bratcher@spworkforce.org. **May 18th - Brownfield** 8:00 am - 12:00 pm, Brownfield Holiday Inn Express, 410 Lubbock Road. To register, call the Workforce Solutions South Plains Workforce Center of Brownfield at (806) 637-4234 or email to susan.lefevere@spworkforce.org

BUYING OR SELLING LAND?

Contact
Russell A. Graves
806.280.8007

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Stop by our LOCAL STORE - 115 West Main Street in Post - 806-990-9901

High Speed Internet subject to availability. All speeds may not be available in all areas. Contact store for details. Poka Lambro Security - License #B15273 - PO Box 1340 Tahoka, TX 79373 800-662-8805

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Chicken McNugget 20-Piece Basket \$4.99

Make It A Meal Add Two Medium Fries & Two Medium Drinks \$9.99

Starting at \$1.89
McCafe Shakes
Chocolate, Strawberry & Vanilla & for a Limited Time Shamrock

McDonald's®
US Highway 84
Post, TX

Soft Drinks Any Size \$1.00

fmiovin'it

In and Around Close City

by Traci Freeman

News
As always I'm asking that everyone keep praying for rain. This is getting serious! Planting time is just about here and we need a good soaker, not to mention the pastures that need a drink and the fire danger needs to go down...

Last week in my column I missed some anniversaries.....Happy Anniversary to Cuco and Alicia also Javier and Maria who celebrated on April 25th

also to Hector and Griselda who celebrated on April 26th. Many of you had great Easter gatherings I'm sure here are some of the families I have spoken with..... Mom, Dad, Trevah and boys spent the weekend in Bowie with Salli Bess and her family. Raegan and Aubree played in a benefit basketball 3 on 3 tourney so we stayed behind but had a nice day with an Easter cookout and some horseshoe throwing.

Lois, Jim and Nedra had a full house with all of their crew here; John and Shirley Bland had their family together for the day. I also hear that the Graham Chapel Methodist Church was plum full up on Sunday!

Get Wells
Eva Gonzales and Bil Hedrick who have both been a little under the weather. Miss seeing you both out and about, hope both of you are feeling better real soon!

Did you know?
Blueberry Jelly Bellies were created especially for Ronald Reagan
FYI
Get your cookbooks and T-shirt order forms at CoCara's downtown or you can come by the gin and pick one up. Check out our Facebook Page under Close City Community. If any of you Ragtown people have pics you would like us to put on there let us know.

Visitors
Come out and visit sometime get outta the wind and have one of the cheapest drinks and snacks in the county! We even have ice cream.
Close City Birthdays
May 1st - Ally Guerrero; Doug Tipton
May 2nd - Monica Odom Lewis, Aunt Nicie and Uncle Bubba!
May 5th - Kerri Dean
If you or your family are not on our birthday calendar shoot me a line and I will add them.
Ragtown folks in the nursing homes we need to

remember are.....W.C. and Marj Caffey in Marble Falls; Doug and Claudine Tipton; Carmen Abraham in Post; Odie Kemp in Tahoka; Jean Tipton in San Angelo; Jewel White in Lubbock. Others are, Mack Ledbetter in Slaton; Doris Wilson in Castorville; John and Mary Gist in Lubbock; Lula Jo Stewart also in Lubbock. Please let me know if there is anyone I need to add to this list.
Everyone have a great week, be safe and keep rain and our troops in your daily prayers and send me your news! See ya next week.



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Weekly Inspirations

THE WATER GUN

By: Michael F. Taylor

Well, it seems that April is fast approaching its end and May is just around the corner. Easter Sunday and frantic egg hunts are now behind us, and Mother's Day is rapidly approaching. What a wonderful Easter Sunday we experienced, and I pray that each of you did as well. And now Mother's Day brings with it the joy and remembrances that we all experience as we think back upon the nurturing love of our maternal parent.

My youngest daughter Brittany just celebrated her eighteenth birthday and I couldn't help but reflect on those eighteen years (I am quite sure they were long for her, but seemed but just a mere moment in time for me). And, as I thought back upon those times, I couldn't help but remember another one of Brittany's birthdays, probably about her seventh. My mother and father had decided what would be the perfect gift for my dear little seven year old girl was a super shooter water rifle. Now, this particular water gun was no ordinary one, in fact it was advertised to shoot a stream of water to over twenty feet! And yes, you guessed it, my tomboy daughter loved it. She couldn't wait to put the gun into use and immediately ran to the bathroom to load it up! As Brittany disappeared around the hallway, I immediately looked at Mom and asked her, "Mom, I can't believe you would give Brittany a water gun after all the problems we gave you as kids", I said incredulously (I was fondly recalling all the times that me and my two brothers drove her crazy with water gun fights inside the parsonage and even inside the church sanctuary-GOT A LOT OF SPANKINGS FOR THAT!).

And do you know that my, dear, loving, caring, wonderful wife of a Pastor for forty plus years, Mother looked me squarely in the eyes with a devilish grin and replied back, "Oh, no honey! I remember it very well! Very Well Indeed!", and giggled a sinister laugh! Can you Believe It? Well, maybe you can. Mom was still teaching me!

Yes Mothers Day is just around the corner. And I couldn't help but write something that would say God bless you to each and every Mother who has loved and cared for their little ones, even though they might have been slightly mischievous like myself. I truly believe that the Hand that Rocks the Cradle Rules the World. You not only have given us life, but you have taught each of us so much about this life. In Proverbs Chapter 6 we are instructed, "20 My son, keep your father's command and do not forsake your mother's teaching. 21 Bind them always on your heart; fasten them around your neck. 22 When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you. 23 For this command is a lamp, this teaching is a light, and correction and instruction are the way to life" NIV. And in Proverbs Chapter 31, we are told, "25 She is clothed with strength and dignity she can laugh at the days to come. 26 She speaks with wisdom, and faithful instruction is on her tongue. 27 She watches over the affairs of her household and does not eat the bread of idleness. 28 Her children arise and call her blessed; her husband also, and he praises her: 29 "Many women do noble things, but you surpass them all." NIV

MOM'S, You are a gift of God and I stand in awe of what you sacrifice for each and every one of your children. May God let us all have the heart of a mother! God bless and have a great week. And don't forget to tell your mother that you love her, even if she has gone on to be with the Lord. I like to think that God allows her to hear those prayers.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

2 Timothy 3:16-17

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Devotional Page and Church Directory brought to you by advertisers on this page

Church Directory

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Lifeline Church	108 N. Broadway	Power House Church of God and Christ	Pine Ave.
Baptist		Disciples of Christ	
Calvary Baptist Church	210 E. 6th, 990-2342	First Christian Church	812 W. 13th, 495-3716
First Baptist Church, Post	402 W. Main St. 495-3554	Evangelical Methodist	
First Baptist Church, Wilson	806-628-6333	Faith Chapel	1105 Green St., Wilson (806) 628-0018
Grace Baptist Church	820 N. Ave. S 990-3497	Methodist	
Justiceburg Baptist Church	Justiceburg	First United Methodist Church	216 W. 10th, 990-2942
Pleasant Home Baptist Church	E. 14th & N. Ave F	Graham Chapel United Methodist Church	495-3492
Pleasant Valley Baptist	Hwy 84 & N. 399 (806) 828-4174	Nazarene	
Southland Baptist Church	Southland	Post Church of the Nazarene	202 W. 10th, 495-3044
Templo Bautista	315 W. Main	Grassland Church of the Nazarene	327-5656
Trinity Baptist Church	915 N Ave O, 990-3038	Non-Denominational	
		Family Harvest Church	111 N. Avenue I, 495-1400
Catholic		Caprock Springs Fellowship	12th & Ave. I 495-2171
Holy Cross Catholic Church	Ave. K and Main St., 495-2791	Presbyterian	
Church of Christ		First Presbyterian Church	910 W. 10th, 495-2135
Church of Christ	108 N. Ave. M, 495-2326		

And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

Deuteronomy 6:5

Visit any one of these businesses and churches and you will find wonderful Post City people and those who support Post.

Post ISD Menu

Breakfast Menu April 18 th - April 22 nd	April 18th - April 22nd
Monday Egg Omelet, Toast, Fruit, Milk	Monday Tacos, Salad, Spanish Rice, Pinto Beans, Jello, Milk
Tuesday Muffins, Sausage Link, Fruit, Milk	Tuesday Pizza, Salad, Corn Cobbette, Peaches, Milk
Wednesday Oatmeal, Bacon, Toast, Fruit, Milk	Wednesday Chicken Nuggets, Whipped Potatoes, Carrot Coins, Hot Roll, Cobbler, Milk
Thursday Cinnamon Rolls, Sausage Link, Fruit, Milk	Thursday Nacho Grande, Salad, Orange Slices, Cornbread, Milk
Friday Cereal, Graham Cracker, Fruit, Juice, Milk	Friday Hot Dog, Oven Potatoes, Cantaloupe, Sherbet Cup, Milk
Lunch Menu	

Southland ISD Menu

Breakfast Menu for May 2 - May 6	Monday No School (Professional Development)
Monday No School (Professional Development)	Tuesday Pizza, Corn, Tossed Salad, Fruit, Milk
Tuesday Pancakes, Sausage, Fruit, Juice, Milk	Wednesday Beef Nachos, Refried Beans, Tossed Salad, Oranges, Chocolate Cake, Milk
Wednesday Muffins, Yogurt, Fruit, Juice, Milk	Thursday Chicken Nuggets, Mashed Potatoes, Gravy, Green Beans, Hot Roll, Fruited Gelatin, Milk
Thursday Cereal, Breakfast Bar, Yogurt, Fruit, Milk	Friday Corn Dog, Oven Baked Fries, Baked Beans, Pineapple Orange Salad, Milk
Friday Biscuits, Sausage, Gravy, Jelly, Fruit, Juice, Milk	
Lunch Menu for May 2 - May 6	

Trailblazers Menu

May 2nd - May 6th	Meat Loaf, Au gratin Potatoes, Carrots, Roll, Jello
Monday Pork Chops, Scalloped Potatoes, English Peas, Roll, Pumpkin Crunch	Thursday Burrito w/melted cheese, Ranch Style Beans, Salad, Peach Cake
Tuesday Crusted Chicken, Green Beans, Mac & Cheese, Biscuit, Peach Crisp	Friday Chicken Fry, Mash Potatoes, Blackeye Peas, Cornbread, Banana Pudding
Wednesday	

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Hispanic Americans less likely to recognize signs and symptoms of stroke

American College of Emergency Physicians (ACEP) Emphasizes Awareness and Importance of Calling 9-1-1

May 11, 2011 - While stroke, heart disease and other cerebrovascular diseases are the fourth leading cause of death in Hispanics - stroke and heart disease account for one in four deaths among Hispanic men and one in three deaths among Hispanic women, findings suggest that a stroke knowledge deficit is more pronounced among this population. In recognition of Stroke Awareness Month, the American College of Emergency Physicians (ACEP) is working to increase awareness of the signs and symptoms of stroke and the urgency of seeking medical attention among the Hispanic community.

A stroke occurs when a

blood vessel that carries blood and oxygen to the brain is blocked by plaque or a blood clot (acute ischemic stroke), or breaks (hemorrhagic stroke), destroying up to 1.9 million brain cells per minute. Approximately 795,000 strokes occur each year.

According to the Office of Minority Health, Hispanics between the ages of 35 and 64 are more likely to suffer a stroke than non-Hispanic whites. In a survey of 2,000 women about stroke, Hispanics were less aware of the signs and symptoms of stroke than Caucasians. Furthermore, in a separate study of 25,426 individuals, non-English speaking Hispanic Americans, compared to those who speak English, were also less likely to identify the signs and symptoms of stroke

or recognize the need for immediate medical attention. "Stroke can occur suddenly and without warning," said Juan Fitz, MD, ACEP spokesperson and Assistant Medical Director, Emergency Department, Covenant Medical Center in Lubbock, TX, who rushed his own wife Dina Fitz to an emergency room when she began experiencing the signs and symptoms of a stroke. "When my wife's face began to droop and she couldn't speak, we immediately sought medical attention which we believe helped aid in her recovery."

With stroke, time is of the essence, so knowing the six primary signs and symptoms of a stroke is crucial. They include:

- Sudden numbness or weakness on one side of the face or facial drooping
- Sudden numbness or weakness in an arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

"When I had my stroke I knew immediately something was wrong and thankfully I was around others who knew how to respond," said stroke survivor, Dina Fitz. "But often women - especially Hispanic women - have the tendency to ignore warning signs as they put the health of family members and everyone else

Stroke...
continued on page 11

Post Classifieds

Personal
Post Group Alcoholics Anonymous 10th and Avenue K, behind United Supermarket Tuesday night, 8 p.m. Book Study Thursday night, 8 p.m. Closed Meetings For more info: 806-781-1156 or 806-495-5371 Monday, 8 p.m., Community Recovery Center, 405 S. Ave. C. For more information about the Monday meeting, call 495-3173.

Al-Anon
Family Group meeting meets Monday at 8 p.m., Historic Presbyterian Church, 10th & Ave. K, behind United Supermarket in separate room from AA meeting. For more information call 495-3053.

The Safe and Serene NA Group of Post now meets on Fridays at the Community Recovery Center, 405 S. Avenue C. For meeting information please contact: Miranda at 806-632-7367.

2011, at 5:00pm at Trailblazers, 205 E. 10th Street in Post. The dinner is to benefit Joann Morales, who is currently fighting breast cancer, to help pay for medical expenses incurred. Each dinner will cost \$7 and will consist of brisket, beans, rice or potato salad, and dessert. There will be a raffle for a 42 inch flat screen TV (tickets may be purchased at the door) and a silent auction from 5-7p.m. Dine in or carry out. Donations welcome.

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Housekeeper wanted at Lake Alan Henry Lodges. Call (806) 777-0337.

Manager needed for small loan company opening in Post. Must do collection work. No experience necessary. Pick up application at the Post Dispatch or call (830) 534-2316, on-line at www.ReliableFinanceCo.Com, or fax application (830) 582-3311. Deadline ends soon.

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Thanks for reading!

Thank You
We would like to say a big "Thank You" to our Garza County heroes. On April 19th, the wildfire on 207 and 211 came all too close for comfort to our new home. We had so many people respond that we can't name each and everyone.

Thanks to our county crews, on the ground and in the air, the volunteer firemen, Crosbyton, Justiceburg, neighbors and neighboring ranches. Thank you to our friends and family who took the time to help with anything from our livestock to calling or saying a prayer. What a wonderful community we have here. We are blessed!

Thanks again.
Shawn, Amy, Colby, and Bailey Pennell

I want to say Thank you to everyone for the prayers, visits, phone calls, food, cards and all the kind deeds that you have blessed me with during my recent hospital stay Post is the BEST and I am truly thankful to call it Home.

Thanks again.
Lometa Epley

Benefit
A benefit dinner will be held April 29,

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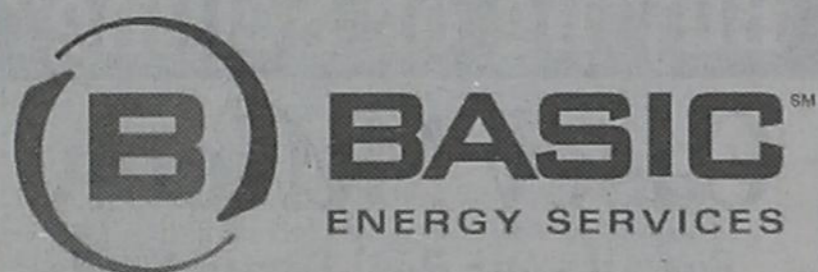
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Courtesy photo

ARTIST DUKE SUNDT with his Build the Monnument Marquette.

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Build the monument art exhibit

By Jodi Lincoln
News Editor

The Garza County Art Guild and the Post Dispatch will host a two day art exhibit of a Marquette, which represents the completed monument that is scheduled to be built on the grounds of the state capitol. Artist Duke Sundt is the artist who was commissioned to design and sculpt the Marquette. Linda Puckett, Director of the Garza County Historical Museum, will also have some memorabilia from past wars

to exhibit. After a short dedication, guests are invited to stay and have refreshments as they explore the art exhibits.

During the 79th Legislative Session, House concurrent resolution 36 was unanimously passed and signed into law by Governor Rick Perry on May 20, 2005.

This resolution allows a monument to be placed on the Texas Capital grounds in honor of over half a million Texans who fought and served in Viet Nam. During the war, 3,415 Texans

made the ultimate sacrifice and currently there are over 100 (MIA) Missing In Action.

The monument will reflect the racial diversity of Texas and recognize the diversity of skills the military branches represent.

No tax dollars will be used to construct the monument and it will be built through tax deductible donations. To donate, contact the Post Dispatch or the Garza County Historical Museum.

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Next session begins May 10th. Class schedules can be seen at www.cogdellhospital.com

Please register in advance by calling the OB department at 325 574-7150

As a service to our community there is no charge for these classes.

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Saturday April 30th - 10 AM Sharp!
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Shou

By CHRIS BLA

I don't yet know if a potential run for the White House is his greatest love or his greatest obligation. What makes the prospect of guarding leveling like to impose a help the U.S. out? Trump is also in the U.S. to provide much fossil fuel. Another reason for em voters is his. Trump is a winner where he has a Strangely enough in President Obama. Despite finding times, Trump has according to Forbes make a run with other groups who port.

Is Ch

By BILL WILSON

China may be by about two-thirds \$3.04 trillion level. Why? China's Zhou Xiaochuan "Foreign-exchange level that our country noted the tion and becoming is suffering from percent, not to mention threatens its very to restore price. So, Zhou wants exchange holding. Zhou's sentiment uanqing, chairman the reserves be re lion and the rest. Tang "suggests including replenish enterprises, pure seas investment.

Does I

By BILL FLAX

The budget d those heartless starve so million latter has been a form in the '90s budget proposal. No one starved relief now? Would considering free poverty and Am of private charity vacuum because. People who are four times as much This includes 3 who prefer free to provide direct offer assistance. To truly be ch ing in remunera If possible, bene ought to not eve. Instead, the L while spending Right. Who is n ability or those sp Using one's sive. The real vac our taxes thro out waste and oxymoron. The from one to bes As discussed Washington. Th ent community church (or equi have any justifi In our limite for a public resp There is no con than Congressn these funds thro trol back to state between giver sible is charity. Historically, lence, it was g

OPINION



The Paperboy

Should Trump be taken seriously?

By CHRIS BLACKBURN

I don't yet know what to make about Donald Trump's potential run for president.

I studied up on Trump yesterday and I've concluded that his greatest love is Donald Trump.

What makes Trump appealing to me is his statement regarding leveling the playing field with China. He would like to impose a large tax on Chinese imports which would help the U.S. out fiscally speaking.

Trump is also open to using existing natural resources in the U.S. to power the country instead of importing so much fossil fuel.

Another reason a Trump run might resonate with southern voters is his staunch support for gun rights.

Trump is a wild card. He's got a major network (NBC) where he has a successful show which could aid him. Strangely enough, NBC and its other networks have been in President Obama's corner for some time.

Despite finding himself in bankruptcy court a couple of times, Trump has a net worth estimated at \$2.7 billion, according to Forbes Magazine. That could mean that he can make a run without owing special favors to unions and other groups who tend to buy influence with their support.

I do like the fact Trump displays backbone. He has a strong personality and has said the U.S. must lead the world economically.

So do the observations above mean I will lend my support to Trump? Absolutely not. My vote will be earned and he has not done that by any stretch of the imagination.

I have several reservations about Trump:

1. He is an egomaniac and frankly, that gets old. Like President Obama, he loves the limelight.

2. He has nothing in common with the working class or rural Americans. Granted, the chances of us having a president which properly recognizes the importance of rural America is a long shot at best.

3. He is an aristocrat. The presidency might not allow for the Trump lifestyle. Can you imagine the White House made out of gold?

4. He has had several issues with women. Of course, many presidents have liked the ladies, but it can be a huge distraction (Clinton) and does not bode well for one's moral compass.

If I were Obama or a potential Democratic candidate, I would certainly keep an eye on Trump. Regardless if he runs or not, he's determined he'll influence the election one way or the other.

Likewise, if I were a potential Republican candidate, I would shy away from attacking Trump until the primaries and when I did attack, it would strictly be on the facts.

Many of you may think a Trump presidential run is a publicity stunt or a joke. Others may think he lacks the experience.

I'd like to point out that Ronald Reagan was an actor and President Obama had less experience in business than any president in the last century. In other words, it wouldn't surprise me in the least to see Trump or anyone else elected.

So who is my personal frontrunner for 2012? That would be U.S. Rep. Ron Paul, the outspoken libertarian Texan who preaches smaller government, lowering the debt and curbing government spending. He's also suggested a flat tax and other common-sense measures which could turn the U.S. economy around.

In my humble opinion, party politics should be dead in this country. We've been shafted by both parties so it's going to take much more than an "R" or a "D" before the name to get my vote.

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Christopher Blackburn is the president of Blackburn Media Group, owner of this publication.

Other Opinions

Is China Preparing to Dump its \$1 Trillion of Treasuries?

By BILL WILSON

China may be preparing to cut its foreign exchange reserves by about two-thirds, down to about \$1 trillion from its current \$3.04 trillion level, according to Chinese news service Xinhua.

Why? China simply has too much money, according to Zhou Xiaochuan, the head of the People's Bank of China. "Foreign-exchange reserves have exceeded the reasonable level that our country actually needs," he recently said.

Zhou noted that China's stockpiling cash is "feeding inflation and becoming difficult to manage". To be certain, China is suffering from an inflation problem, already up over 5 percent, not to mention a tremendous real estate bubble that threatens its very financial system. It needs to figure out a way to restore price stability.

So, Zhou wants to diversify the country's assets of foreign exchange holdings, an obvious target.

Zhou's sentiments were echoed on April 23 by Tang Shuangning, chairman of China Everbright Group, who wants the reserves be restricted to between \$800 billion to \$1.3 trillion and the rest of the money reinvested.

Tang "suggested five channels for the reserves, including replenishing state-owned capital in key sectors and enterprises, purchasing strategic resources, expanding overseas investment, issuing foreign bonds and improving nation-

al welfare in areas like education and health," writes Xinhua.

Zhou and Tang were not alone. Xia Bin, another Chinese central banker suggested that \$1 trillion of foreign exchange reserves would be sufficient. He too called for the reserves to be used more "strategically" to acquire hard resources and technology for the Chinese economy.

This would be a marked change in Chinese policy, which has been to stockpile these reserves, in particular dollar-denominated assets. It currently holds about \$1.154 trillion of U.S. treasuries — the debt securities that constitute U.S. debt.

Now it may be planning to dump those U.S. treasuries on the market. If China wants to diversify its holdings by reducing its gross reserves by two-thirds, that would necessarily mean a drastic reduction of its share of the \$14.3 trillion U.S. national debt.

This would have severe consequences, mostly for the American people.

Because the U.S. has racked up so much debt among foreign creditors like China, we have become increasingly vulnerable to their whims. China dumping a significant portion of its U.S. treasuries could spark a run on the dollar, uprooting it as the world's reserve currency. How?

It would cause a rush to the exits on the treasuries market, robbing the ability of the U.S. to borrow from other creditors, who would not want to risk having the value of their

assets devalued. Suddenly, a frenzy would occur by financial institutions to cash in dollars for something — anything — of value.

A dollar run would in turn cause hyperinflation here at home, super-high interest rates, and a complete default on U.S. debt. Without borrowing, we lack the ability to repay principal and interest owed on the national debt. We really are that vulnerable.

But, wouldn't China be devaluing its own assets? Zhou does not seem to think so. He thinks his country needs to stop stockpiling money to get domestic inflation under control. But even if the Chinese were not looking to dump current holdings — they may still be signaling that they won't be looking to buy any more.

With the Fed supposedly out of the Treasury market come June and with them now buying 70 percent of the issues, who will buy this junk? Barack Obama sees trillion dollar deficits for the next decade. At best, China can just sit back and do nothing and seriously injure us.

At worst, China may want to get out while the getting's good from what amounts to nothing more than a useless paper trade.

After all, the alternative may be to wait for somebody else to start cashing in their dollars first. In this high stakes game of musical chairs, China may not want to be left without a chair when the music stops.

Does Limiting Government Really Condemn Children To Starvation?

By BILL FLAX

The budget debates have been illuminating. Apparently, those heartless tea partiers would gladly allow children to starve so millionaires can pay less in the way of taxes. The latter has been a recurring slander leveled against welfare reform in the '90s and more recently in response to Paul Ryan's budget proposal.

No one starved then. What if Washington stopped doling out relief now? Would a vacuum prevail? It's an odd presumption considering free markets have lifted so many millions out of poverty and America is the world's most generous dispenser of private charity. Maybe sanctimonious liberals fear such a vacuum because they are notoriously stingy.

People who oppose government redistribution contribute four times as much charity as those who favor such schemes. This includes 3.5 times as much to secular charities. Those who prefer free markets also give more blood, are more likely to provide directions, to return change given mistakenly or offer assistance to the homeless.

To truly be charity, alms must be given freely, require nothing in remuneration and offer the donor no material benefit. If possible, benevolence should be anonymous. The left hand ought to not even know what the right hand does.

Instead, the Left hand blares a trumpet about compassion while spending others' money as it shamelessly smears the Right. Who is really heartless: those seeking fiscal responsibility or those spending our children into peonage?

Using one's heart and one's mind are not mutually exclusive.

The real vacuum is federal spending. Washington filters our taxes through a bureaucratic black-hole before spewing out waste and vote-buying patronage. Public charity is an oxymoron. There is nothing moral in confiscating property from one to bestow on another.

As discussed previously, society does not revolve around Washington. The building blocks for an ordered, coherent community are families, friends and neighbors and then church (or equivalent). Only if each fails does government have any justification to execute its own counterfeit charity.

In our limited, constitutional republic, the pecking order for a public response is first local government, and then state. There is no constitutional standing for federal charity. Rather than Congressman Ryan's block grants to states, why funnel these funds through Washington at all? Instead, restore control back to state and local governments. The closer proximity between giver and recipient, the more efficient and responsible is charity's conduct.

Historically, when private parties provided most benevolence, it was generally administered more prudently than

politicians redistributing other's largesse. Thomas Jefferson bragged that you could travel the entire eastern seaboard and never encounter an American begging. Private charity was readily available and distributed responsibly so as to not create additional social burdens.

Relief was never meant for people who could help themselves, but don't. Instead of easy handouts, people who neglect their duties could be taught responsibility and the dignity of work. Sensible charity offers a minimal safety net to prevent starvation or exposure, not provide idle comfort.

Poverty once suggested that someone lacked food, clothing or shelter. As the Heritage Foundation observed, "According to the government's own surveys, the typical 'poor' American has cable or satellite TV, two color TV's, a DVD player or VCR. He has air conditioning, a car, a microwave, a refrigerator, a stove, and a clothes washer and dryer. He is able to obtain medical care when needed. His home is in good repair and is not overcrowded. By his own report, his family is not hungry, and he had sufficient funds in the past year to meet his family's essential needs."

Not exactly dire circumstances. The average menial laborer today enjoys more material abundance than a prince or tribal chieftain of recent past.

Washington sets the poverty bar at three times the income level necessary to afford an adequate diet. In 2011 it's about \$22,500 for families of four. The calculation considers only about four percent of government assistance. An average family with children in the bottom third of income receives over \$30,000 of government relief annually across 71 means tested poverty programs.

Per the Census Bureau, people classified as poor spend \$2.24 for every \$1 of reported income. Many underreport income, acquired illicitly or otherwise, to avoid taxes and qualify for greater handouts. If the rate were based on consumption, poverty would be halved.

These endeavors violate many of the essential ingredients of sound economics. By means testing, incentives are perverted. They discourage effort, personal savings and marriage. We incent people not to work, spend frivolously and have children out of wedlock despite a clear correlation between marriage and success; and similar connections between illegitimacy and crime, drug abuse, unemployment and poor academic performance.

Welfare may profit overpaid government social workers, but it impoverishes those most vulnerable in our midst while consigning them to communities wrecked by high crime and moral despair. Men become superfluous as women marry the state. As illegitimate children became a bread ticket, we got more illegitimate children. Men turn to the street unbridled by the responsibility of providing for their offspring.

Handouts destroy families, rendering the recipients into perpetual dependence. Welfare creates so many additional social needs that only government can marshal sufficient resources in certain low-income areas. But that government exacerbates a problem leading to more government and thus more exacerbation offers a rationale to shrink, not expand the state's reach.

The welfare state was created by opportunists exemplifying Lord Acton's warning that power corrupts. It exploits the poor as political props with little regard for their well-being. The state is not altruistic. It is not inhabited by exemplars of wisdom and virtue transcending the human frailties that befall the rest of us.

According to Hillsdale College's Michael Bauman, "More frequently than we care to admit, our poverty programs are thinly veiled efforts to enhance our self-esteem and to assuage our consciences by means of state programs. To imagine that by such shallow and self-gratifying efforts we can eliminate human poverty is shameless hubris, not charity and grace."

Government sinecures actually lobby Congress on behalf of continuing these wasteful, overlapping programs for their personal enrichment. The SEIU, AFSCME and other bureaucrats advocate ardently for enlarged entitlements. But budget matters are secondary. The question is do these programs harm their supposed beneficiaries.

Social problems grow proportionately to what we waste "solving" them. Increased spending has not decreased poverty. The poverty rate stood at 12.6% in 1970. We now disperse, in real terms, about 15 times as much in blatant disregard of human nature. President Obama accelerated welfare spending by over 40%, to almost \$1 trillion, but the rate today is 15%.

America spends over \$2 trillion annually on entitlements, but this promises to explode as Baby Boomers retire. Private charity totals about \$300 billion. If Washington ceased, could private parties tackle this terrific burden?

Today, America is far wealthier than when relief was local and primarily private. The average income, adjusted for inflation, increased sevenfold during the Twentieth Century. We're wealthier, healthier, have more opportunities, etc. There are more resources available for charity because we're better off, and were it still conducted sensibly, there would be less need.

The expanding attitude of entitlement endangers our very national ethos. America should never have embarked on this wretched journey which may soon smother the private sector. Only the creation of wealth can truly overcome poverty and this depends on individual effort.

Americans must quickly restore our self-reliance before we drown under egalitarian collectivism.

League of Women Voters plans public forum on water issues

10 YEARS AGO
Kelly Moore broke her own record in the 300m hurdles at the regional qualifiers meet in Shallowater.

Service for Alvin Young 82, held April 23, 2001 at the First Baptist Church.

Golden Plains Care Center residents, family, and friends colored eggs for the Easter Egg Hunt at the facility

20 YEARS AGO
Mr. and Mrs. W. O.

Stewart celebrated their 50th Wedding anniversary on April 19, 1991.

Garza Co. Treasurer Ruth Ann Young took part in Texas A&M's Annual County Treasurers Seminar. Post Art Guild members geared up for their annual Spring Art Show.

30 YEARS AGO
Wade Giddens won regional winner of the conservation essay contest.

Mr. and Mrs. Leon Davis announce the engagement

and coming marriage of their daughter, Julie, to Berry Dell Tyler, son of Mr. and Mrs. Morris Tyler.

Three former Postites, Danny Cooper, Randy Hudman, and Donnie Windham, won first place in annual Cabrilla Cookoff in Abilene.

40 YEARS AGO
Walter Didway and Charles Adam of the Post Lions Club displayed two brooms they would be selling at the annual broom

and mop sale. The Lions use their part of the proceeds for their sight conservation work.

Walter Didway, personnel director at the Postex Plant has been elected president of the Post Lions Club to succeed Bill Crane.

Judge Giles W. Dalby threw out the first ball, officially opening the Little League baseball season.

50 YEARS AGO
Two Post soldiers, Pfc. Felix Bustos Jr. and Pfc.

Adam Camacho, arrived in Korea with battle group.

Jimmy Minor was the valedictorian of the 1961 Post Senior Class, Mike Cornell was salutatorian and Kenith Smith was class historian.

Mr. and Mrs. Douglas Tipton move into their new home.

Andrew B. Askins, son of Mr. and Mrs. Hilbert P. Askins of Post completed Air Force basic military training at Lackland AFB, in San Antonio, Texas.

60 YEARS AGO

Mr. and Mrs. Ivor Endicott came to Post March 4 from Somerset in England to become U.S. Citizens.

Post Band among 4,000 pupils participating in Interscholastic League contest at West Texas State campus in Canyon.

More than 40 Postites will attend the Santa Rosa Roundup in Vernon, including Post Stamped Cowboys aged 22 to 24.

Peanut Industry initiative strives to feed the hungry

Features efforts of Texas Peanut Producers Board and others

LUBBOCK – The United States peanut industry recently launched a new website for its ongoing initiative to provide valuable nutrients to those in need – Peanut Butter for the Hungry.

Peanut Butter for the Hungry is an initiative of the peanut industry, including growers, shellers, manufacturers and allied industry members, to help

malnourished children in places where resources are limited. Its goal: to get more peanut butter to food banks, where kids, in particular, can have access to it.

For years, the Texas Peanut Producers Board has played an active role in the industry's effort to provide peanut butter and encourage donations of peanut butter to Texas food banks and other causes such as the relief efforts following the Haiti earthquake in 2009. "Texas peanut producers

are proud to grow a nutritious product that takes great and can play a vital role in combating one of the world's greatest problems – hunger," TPPB Executive Director Shelly Nutt said.

The website's Projects page features a number of the industry's recent efforts and several by TPPB, including its recent peanut butter donation to the San Antonio Food Bank (found here on the website) and its partnership with Breedlove Foods, which

provides food to those in need across the world, to produce the peanut-based VitaNut-Pro.

"This site not only highlights what the peanut industry's done to help fight hunger," Nutt said, "it also provides resources on peanut and peanut-products' health benefits and data proving how valuable they can be in combating malnutrition."

Peanuts and peanut products such as peanut butter can provide critical

nutrients to all ages and all populations. While, severe acute malnutrition is a serious problem in the developing world, there is a growing population of malnourished obese individuals in the United States who take in too many calories, yet too few nutrients. Data shows that despite excess energy intake, overweight children are not meeting recommended daily allowances of many nutrients.

Peanut butter is recognized

as a nutrient-rich preventative food for these individuals and research supports daily use to promote health, manage weight and improve nutrient adequacy.

For more information about the peanut industry's humanitarian efforts, visit the initiative's site, www.PeanutButterForTheHungry.org. Additional information on the Texas peanut industry is available at www.TexasPeanutBoard.com.

April is Wildfire Awareness Month

COLLEGE STATION, Texas – More than 983,000 acres of Texas land have burned so far this year, a result of dangerous, rapidly-spreading wildfire.

April is Wildfire Awareness

Month, and Texas Forest Service's prevention and mitigation staff is spreading the word that Texas is susceptible to wildfire. It can be a force of nature, taking lives, homes and

property.

Texas Forest Service has identified more than 14,000 communities as being at risk for wildland fire. So far this year, the agency has saved more than 3,300 homes and buildings – but 231 structures have been lost, and one fire-related fatality occurred in February.

Families should teach their children about fire safety, post fire emergency telephone numbers and avoid outdoor activities that could cause a spark when the state is under

Livestock Indemnity Program benefits available

As the drought in Texas continues, wildfires are a daily threat to livestock operations across the state. In the event of losses experienced as a result of wildfire, eligible ranchers and livestock producers can apply for benefits through the Livestock Indemnity Program (LIP) administered by USDA's Farm Service Agency (FSA).

"This program provides livestock producers with a vital safety net to help them overcome the damaging financial impact of natural disasters," said Bradley, executive director for USDA Farm Service Agency in Floyd County.

LIP provides assistance to producers for livestock deaths that result from natural disaster. LIP compensates livestock

owners and contract growers for livestock death losses in excess of normal mortality due to adverse weather, including losses due to hurricanes, floods, blizzards, disease, wildfires, extreme heat and extreme cold. Drought is not an eligible cause of loss. Eligible losses must have occurred on or after Jan. 1, 2008, and before Oct. 1, 2011.

Bradley adds, "A notice of loss must be filed with FSA within 30 days of when the loss of livestock is apparent. Livestock that die within 60 days of the date of the qualifying event, but prior to Oct. 1, 2011 will be considered eligible for loss benefits."

USDA has established normal mortality rates for each type an weight range of eligible livestock, i.e. Adult Beef Cow = 1.5% and Non-Adult Beef

Cattle = 3%. These established percentages reflect losses that are considered expected or typical under, "normal" conditions.

According to Bradley, producers will be required to provide verifiable documentation of death losses resulting from an eligible adverse weather event. This may include an unrelated third party account to verify losses.

After filing a notice of loss, livestock producers should file a LIP application as soon as possible to avoid a delay in processing and receipt of disaster assistance. For more information on LIP, the LIP application process and other FSA programs, please contact the Floyd county office at 806.983.5747 or visit FSA online at <http://www.fsa.usda.gov/tx>.



Clay Miller

AG TEXAS

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P.O. Box 923
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Office (806)253-2506
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- Choosing and Using Credit Cards
- Budgeting, Saving and Spending
- Dealing with Debt
- Managing Your Mortgage
- Making a Living

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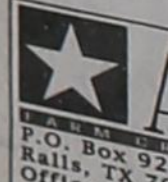
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POST H...
 Cash, Madison
 Jones, Skylar
 Macy, Aaron
 McDonald, Dak
 Postell, Chess
 Araiza, Shirley
 Mason, Kambry
 Wilson, Amber
 So...
 3-2A District P...
 COAHOMA 10...

	1	2
POST	0	0
COAH	0	4

 * COLORADO...
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 Baseball Round...
 VARSITY
 COLORADO...

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 L-Pitcher: Van...
 Stats: Ernie Sal...
 Aaron Macy -...
 Dalton Holly - 2...
 A...
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 12/1/2007
 1 Alex Mi...
 2 Branda...
 Academ...
 12/1/2007
 1 Mitchel...
 2 Clint W...
 3 Chad M...
 4 Kris Cr...
 5 James C...
 6 Blaise L...
 7 Jeremy...
 8 Kamron...
 9 Call Wi...
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 1 Miller, A...
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 96.69
 6 Jones, L...
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 Academ...
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Office (806)253-2506
Fax (806)253-2060
Cell (806)392-3920
clay.miller@agtxexas.com

 Make R...
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POST HS ACADEMIC ALL-DISTRICT

(Maintains a 90 average or above through the sport's period)

Academic All District Golf Team			4-5,6 weeks
Cash, Madison	11		94
Jones, Skylar	11		90
Macy, Aaron	10		93
McDonald, Dakota	11		91
Postell, Chess	12		92

POST HS ACADEMIC ALL-DISTRICT

(Maintains a 90 average or above through the sport's period)

Araiza, Shirley	11	94
Mason, Kambry	11	93
Wilson, Amber	12	96

Softball Round-up

VARSITY

3-2A District Playoff:

COAHOMA 10, POST 0 (4/25/11)

	1	2	3	4	5	6	7	R	H	E
POST	0	0	0	0	0	-	-	0	3	3
COAH	0	4	0	2	4	-	-	10	12	3

* COLORADO CITY 12, POST 10 (4/22/11)

* POST 13, ROOSEVELT 8 (4/19/11)

Baseball Round-up

VARSITY

COLORADO CITY 10, POST 8 (4/22/11)

	1	2	3	4	5	6	7	R	H	E
C.City	0	0	4	0	0	1	3	10	10	4
Post	0	0	3	3	0	1	1	8	12	3

L-Pitcher: Vance Blair

Stats: Ernie Saldivar - 3 for 4, 2 runs, RBI; Vance Blair - 2 for 3, run; Jacob Perez - 2B; Aaron Macy - 2 for 4, run, RBI; Aaron Perez - 2 for 4; Pake Jones - 2 for 2, Sac, 2 runs; Dalton Holly - 2 runs.

Academic All District Girl's Cross Country

12/1/2007			1	Windham, Clint	10	94.34	
			2	James, Mitchell	10	91.13	
1	Alex Miller	10	92.3	3	Miller, Chad	11	92.3
2	Branda Stevens	10	90.4	4	Wilson, Tim	12	96.78
			5	Windham, Call	12	95.85	

Academic All District Football

12/1/2007

1	Mitchell James	10	91.2	5/2/20084-5 6wks	1	Davis, Madison	9	93.65
2	Clint Windham	10	94.6		2	Jones, Sydnee	9	91.45
3	Chad Miller	11	92.2		3	Paiz, Tanisha	9	90.07
4	Kris Crenshaw	12	96.4		4	Araiza, Darlene	10	92.22
5	James Griffin	12	93.1		5	Berry, Bethany	10	95.44
6	Blaise Lester	12	95.5		6	Miller, Alexandra	10	92.06
7	Jeremy Short	12	93		7	Stevens, Branda	10	90
8	Kamron Shumard	12	90.4		8	Hoover, Samantha	12	
9	Call Windham	12	96.3					97.64

Academic All District Girl's Varsity

Basketball 2/15/2008

1	Miller, Alexandra	10	92.76	10	Postell, Brenna	12	95.45
2	Miller, Cheyenne	10	90.63	11	Morrison, Elaena	12	94.3
3	Stevens, Branda	10	90.79	5/1/20084-5 6wks			
4	Enriquez, Mercedes	11		1	Mitchell James	10	91.09
90.74							
5	Hoover, Samantha	12		Academic All District Power Lifting			
96.69				Team	5/1/20084 - 6wks		
6	Jones, Lori	12	92.7	1	Sydnee Jones	9	91.47
7	Morrison, Elaena	12	93.64				
8	Postell, Brenna	12	93.4	Academic All District Golf Team			

5/1/20084-5 6wks

Academic All District Boy's Varsity

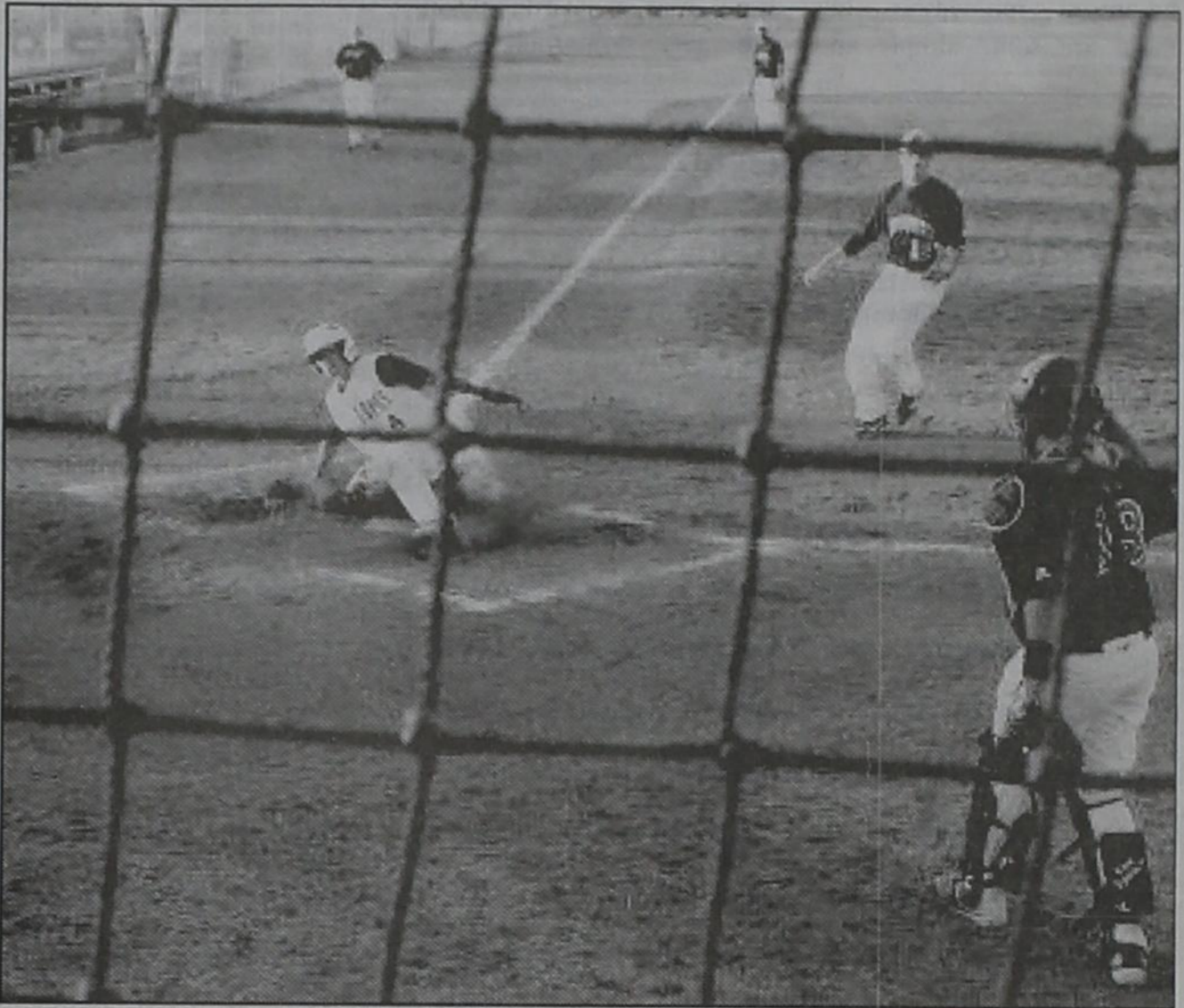
Basketball 2/29/2008

1	Martin, Brandon	9	90
2	Wilson, Amber	9	96.14
3	Bhakta, Chandni	10	96.83

Girls Cross Country...
continued on page 12



Photos courtesy of PostSportsPage.com.
Chelci Hair pitched the Lady Lopes to a 13-8 win against Roosevelt on April 19.



Senior Ernie Saldivar slides home for an Antelope run against Roosevelt. The Lopes lost the game, 7-5, on April 19.



See more online at PostSportsPage.com.
A Record Setting Season
Congratulations to Coach Chris Lackey and the 7th Grade Boys 2011 Track Team. They had a stellar season and placed 1st in all four meets including the District 3-2A meet at Roosevelt on April 11, 2011. At the district meet, five new school records were set: Aron Lopez- 800 M Relay, 2:22.20; 400 M Relay, 49.73, Christian Saucedo, Blaine Reece, Cambry Gilbert, Jordan Solorzano; 800 M Relay, 1:44.27, Christian Saucedo, Kyle Jones, Blaine Reece, Jordan Solorzano; 1600 M Relay, 3:54.57, Aron Lopez, Kyle Jones, Blaine Reece, Jordan Solorzano.



Ricky and Rosalinda Guerrero are the proud parents of 10 year old Nehemiah Guerrero for accomplishments in obtaining 1st Poom Black Belt in Tae Kwon Do, Martial Arts. Congratulations Nehemiah!

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Update your bathroom in a weekend



(Family Features) Not everyone has the time or money to undergo a complete bathroom renovation, but there are some simple and cost effective ways to make your bathroom as good as new in a short amount of time, and at a fraction of the cost. Waterpik(r) and

Kelly Edwards, designer from HGTV's "Design on a Dime," have some ideas and tips that can be used to update any bathroom in less than two days, and for \$200 or less.

"Even the smallest changes can make a big difference," said Edwards. "Pick one or all of the tips below to quickly update and remodel your bathroom without breaking the bank; sometimes it's the simplest changes that can really give your room a completely revamped look and feel."

Suggestions for simple changes that offer big results include the following anyone-can-do projects:

Paint. A fresh coat of paint is one of the simplest and

most affordable ways to make a big splash in any room.

- Light, bright colors can make the room feel more open and airy.

- Walls aren't the only things that can be painted. Cabinets, ceilings and, depending on the material, even floors can be painted.

Textiles. Look for bargains at closeout stores, and check out online sales so you can stock up and splurge.

- A fresh set of fluffy new towels brings instant color.

- An updated shower curtain can add an air of drama, whimsy, romance or relaxation, depending on the style you choose.

- Don't forget a new set of rugs to warm up bare, wet feet, and window curtains, too.

Shower and Tub. Turn these functional elements into spa-like amenities.

- Simply changing your showerhead can turn a regular shower into a true sensual, spa-like experience.

The EasySelect showerhead from Waterpik, for example, has a spray selector located right on the handle, so you can change the spray settings from circular massage to full body coverage without having to reach through the water stream. Find out more at www.waterpik.com.

- Get attractive organizers for all your shower accessories. You can find options to fit just about any need and style.

- Replace the typical shower curtain rod with a curved rod. The curve not only gives you more room to shower, but adds a little bit of visual oomph to the room.

Hardware. Because most bathrooms won't have a lot of knobs or pulls to replace, you can afford to splurge a little bit on something special.

- Switch out traditional knobs for ones that say something about you. You can find knobs in just about any shape - from cowboy

boots or kittens, to sea shells and flowers.

- Try a different knob material. Ceramic, wood, stone, brushed nickel and polished bronze all make stylish additions.

Lighting. Nothing creates mood better than good lighting.

- Turn a recessed light fixture into a hanging one - maybe even a refurbished chandelier.

- Install a dimmer switch so you can have just the right amount of overhead light you need.

- Adding light sconces on either side of the mirror will help eliminate shadows on your face.

- Keep plenty of pretty candles on hand to help you create calm, relaxing atmosphere when it's time for a long soak in the tub.

The key to any project is to work with the space you have and to create a consistent style that you and your family enjoy.

GENERAL ELECTION ORDER AND NOTICE

STATE OF TEXAS
COUNTY OF GARZA
POST INDEPENDENT SCHOOL DISTRICT

February 17, 2011

Be it Ordered by the Board of Trustees of the Post Independent School District, Garza County, Texas, that a general election be held on the 14th day of May, 2011, at the hereinafter designated polling places, for the purposes of electing two at-large trustee members. All elected trustees shall serve a term of three years commencing on May 14, 2011. Furthermore, qualified voters may opt to vote cumulatively for the candidate of choice by marking an "X" in one or two boxes. The voter may vote up to two times for one candidate.

Said election shall be held at the places in the Post Independent School District hereinafter designated as voting precincts and voting places. Polling places shall be open from 7 a.m. to 7 p.m. and all electors shall vote in the precinct of their residence unless otherwise provided herein.

For the District, Kay Postell is appointed the early voting clerk for all elections of the Post Independent School District and will appoint deputy clerks. Shellee Odom is the Alternate Temporary Deputy Early Voting Clerk for all elections of the Post Independent School District.

The Presiding Judge and Alternate Presiding Judge are named in Exhibit A attached hereto and made a part hereof for all intents and purposes.

Early voting by personal appearance shall be conducted at the following branch early voting locations:

Early Voting Dates:
May 2, 2011, through May 10, 2011

Post ISD Administrative Offices: 8:00 a.m. to 4:00 p.m./May 6 - April 30, 2011 (M-F)
501 South Avenue K 8:00 a.m. to 4:00 p.m./May 9 - May 10, 2011 (M-Tu)
Post, Texas
Closed Saturday and Sunday

Candidates may file for a place on the ballot at the Administrative Offices, Post Independent School District, on regular business days, as follows:

February 14, 2011 - March 14, 2011 Monday through Friday
8:00 a.m. - 4:00 p.m.
Closed Saturday and Sunday

All registration and voting notices will be in both the English and Spanish languages. All newspaper publications will be in both English and Spanish. Two English/Spanish speaking translators will be provided at each polling place. All information and other materials relating to the voting process, including ballots, will be in both English and Spanish.

A copy of this order signed by the President and attested by the Secretary of this Board shall serve as proper notice of said election, and the President shall cause notice of said election to be given in accordance with law by posting notices at the Post Independent School District Administrative Office, Garza County Courthouse, United States Post Office of Post, Texas, local newspaper, and other locations or any other method as required by law for at least twenty (20) days before the date of the election.

In testimony whereof, witness the signatures of the President and Secretary of said Post Independent School District Board of Trustees and the seal thereof hereunto affixed this the 17th day of February, 2011.

Mike Holly
President, Board of Trustees
Post Independent School District

ATTEST:

Delton Osborn
Secretary, Board of Trustees
Post Independent School District

EXHIBIT A ELECTION PRECINCT POLLING PLACES AND PRECINCT PRESIDING JUDGE POST INDEPENDENT SCHOOL DISTRICT

PRECINCT NO.	POLLING PLACE	PRESIDING JUDGE	ALTERNATE PRESIDING JUDGE
	Post Community Center 113 West Main Street Post, Texas	Billie Jean Cross	Linda Collazo

Become a fan of The Post Dispatch on Facebook.

ORDEN Y AVISO DE ELECCIONES GENERALES

ESTADO DE TEXAS
CONDADO DE GARZA
DISTRITO ESCOLAR INDEPENDIENTE DE POST

17 de febrero de 2011

El Consejo de administración del Distrito escolar independiente de Post, Condado de Garza, Texas, ordena la celebración de elecciones generales el día 14 de mayo de 2011, en los centros electorales designados más adelante, con fines de elegir dos miembros, sin limitaciones, del consejo de administración. Todos los miembros electos del Consejo de administración desempeñarán el cargo por un periodo de tres años. Además, los electores calificados podrán optar por votar acumulativamente por el candidato que prefieran, marcando con una "X" uno o dos casilleros. Cada elector puede votar hasta dos veces por un mismo candidato.

Dichas elecciones se celebrarán en los lugares designados más adelante como distritos electorales y centros electorales en el Distrito escolar independiente de Post. Los centros electorales permanecerán abiertos desde las 7:00 de la mañana hasta las 7:00 de la tarde y todos los electores votarán en el distrito en el que residen, a menos que aquí se disponga lo contrario.

Para el Distrito, se nombra a Kay Postell secretaria de votación adelantada para todas las elecciones del Distrito escolar independiente de Post, quien nombrará a su vez secretarios delegados. Shellee Odom es la secretaria provisional delegada de votación adelantada para todas las elecciones del Distrito escolar independiente de Post.

Los nombres del Juez presidente y del Juez presidente suplente aparecen en el Anexo A adjunto y que forma parte de este documento para todos los fines y propósitos.

La votación adelantada en persona se llevará a cabo en el siguiente centro electoral para la votación adelantada:

Fechas de la votación adelantada
Desde el 2 de mayo de 2011 al 6 de mayo de 2011
El 9 y 10 de mayo de 2011

Oficina administrativa del Distrito escolar independiente de Post
501 South Avenue K De las 8:00 de la mañana hasta las 4:00 de la tarde/
Post, Texas 2 de mayo-6 de mayo de 2011 (lunes-viernes)
Cerrado sábados y domingos De las 8:00 de la mañana hasta las 4:00 de la tarde/
9 y 10 de mayo de 2011 (lunes-martes)

Los candidatos pueden solicitar la inclusión de su nombre en la boleta en las oficinas administrativas del Distrito escolar independiente de Post, durante los días laborales habituales, como sigue:

Desde el 12 de febrero de 2011 al 14 de marzo de 2011
de lunes a viernes, de 8:00 de la mañana a 4:00 de la tarde
Cerrado sábados y domingos

Todos los avisos relativos a la inscripción y votación estarán redactados en inglés y en español. Todos los anuncios de divulgación en los periódicos estarán redactados en inglés y en español. Cada uno de los centros electorales contará con la presencia de dos traductores de inglés/español. Toda información y demás materiales relacionados con el proceso de votación incluidas las boletas, estarán disponibles en inglés y en español.

Una copia de esta orden, firmada por el Presidente y avalada por el Secretario de este Consejo, servirá como aviso apropiado de dichas elecciones, y el Presidente hará que dicho aviso se haga público de acuerdo con la ley, mediante la colocación de anuncios en la Oficina administrativa del Distrito escolar independiente de Post, en el juzgado del condado de Garza, en la oficina de correos de Post, Texas, en el periódico local y en cualquier otro lugar, o mediante cualquier otro método, según lo exige la ley, durante al menos veinte (20) días antes de la fecha de las elecciones.

En fe de lo cual, lo firman y sellan el Presidente y el Secretario del Consejo de administración del Distrito escolar independiente de Post, este día 17 de febrero de 2011.

Mike Holly
Presidente, Consejo de administración
Distrito escolar independiente de Post

DOY FE:

Delton Osborn
Secretario, Consejo de administración
Distrito escolar independiente de Post

ANEXO A

CENTROS ELECTORALES DEL DISTRITO
Y
JUEZ PRESIDENTE DEL DISTRITO
DISTRITO ESCOLAR INDEPENDIENTE DE

DISTRITO NO.	CENTRO ELECTORAL	JUEZ PRESIDENTE	JUEZ PRESIDENTE SUPLENTE
	Post Community Center (Centro Comunitario de Post) 113 West Main Street Post, Texas	Billie Jean Cross	Linda Collazo

It

FAMILY FEATURES

T um a boring ve...
will truly apprec...
Italian Sausage Ri...
combination. Rigat...
sauces can cling to...
veggies and savory...

Italian Meatballs...
Why settle for meat...
flavored only by the...
Made with Johnson...
Italian Sausage, the...
meatballs are full o...
all on their own. A...
crispy Italian brea...
green salad, and yo...
hearty dinner for...
than an hour.

Easy Sausage Pizz...
A ready-made crust...
this pizza creates a...
breeze. Have fun w...
toppings - in addi...
slices of Italian sa...
different veggie co...
tions and experim...
zesty cheeses.

For more ways to...
your weekly pasta...
Thank You" night...
www.johnsonville.com

Informa

Sponsored by...
held in...
For more inf...

It's Italian night

Wildfire...

continued from page 5

severe drought conditions, as it is now.

"Your home and your yard can be your first line of defense in the event of a fire," said Wildland Urban Interface and Prevention Program Coordinator Justice Jones. "Create an area around your home that is free of flammable plants and other items."

Families should have a fire action plan detailing how best to exit the home and where to meet if a fire occurs. Residents can download information about "Firewise" safety principles—simple measures you can take to protect your home and family.

Learn more about how to protect your family and home by visiting the Texas Forest Service website. More disaster preparedness information also can be accessed through the Texas Department of Emergency Management.

Stroke...

continued from page 5

first. Recognizing that these symptoms may be signs of a stroke is crucial."

In the event that you or someone you know begins to show signs or symptoms of a stroke, ACEP recommends the National Stroke Association's F.A.S.T. test as a quick screening tool:

- **Face** – Ask the person to smile. Does one side of the face droop?
- **Arms** – Ask the person to raise both arms. Does one arm drift downward?
- **Speech** – Ask the person to repeat a simple sentence. Are the words slurred? Can they repeat the sentence correctly?
- **Time** – If the person shows any of these symptoms, time is important. Immediate medical attention may limit the effects of stroke. Therefore, call 9-1-1 or get to the hospital. Brain cells are dying.

"Stroke is a medical emergency," said Sandra M. Schneider, MD, FACEP, and ACEP President. "If you think you or someone you know is experiencing any of the symptoms of a stroke, it is imperative you call 9-1-1 for immediate medical attention, even if the symptoms go away."

Genentech Inc., a member of the Roche Group, provided support for the campaign.

For more information about Hispanics and stroke, visit www.stroke.org.

About the American College of Emergency Physicians

ACEP is a national medical specialty society representing emergency medicine. ACEP is committed to advancing emergency care through continuing education, research and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. A Government Services Chapter represents emergency physicians employed by military branches and other government agencies. For more information, visit www.emergencycareforyou.org.



Italian Sausage Rigatoni

FAMILY FEATURES

Turn a boring weeknight meal into an Italian feast your whole family will truly appreciate.

Italian Sausage Rigatoni — Sausage and peppers are a classic Italian combination. Rigatoni is the perfect pasta for this dish because chunky sauces can cling to the ridges on the tasty tubes. Try some steamed veggies and savory garlic toast to round out this great meal.

Italian Meatballs — Why settle for meatballs flavored only by the sauce? Made with Johnsonville Italian Sausage, these meatballs are full of flavor all on their own. Add some crusty Italian bread and a green salad, and you have a hearty dinner for six in less than an hour.

Easy Sausage Pizza — A ready-made crust makes this pizza creation a breeze. Have fun with your toppings — in addition to slices of Italian sausage, try different veggie combinations and experiment with zesty cheeses.

For more ways to turn your weekly pasta night into "Thank You" night, visit www.johnsonville.com.



Italian Meatballs

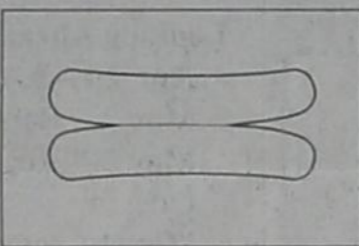
As Easy as 1-2-3

Can't find Johnsonville Ground Italian Sausage at your local grocery retailer? Not to worry! De-casing Italian Sausage links is an easy alternative. After you've removed the meat from the sausage link, you're ready to brown it just like you would any other ground meat.

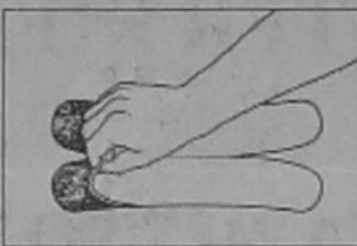
De-Casing Sausage Made Easy



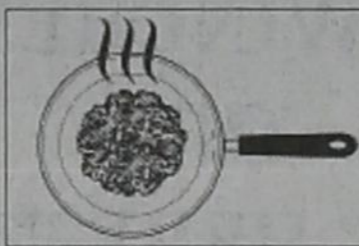
CUT
Butterfly the link lengthwise using a sharp knife.



OPEN
Turn the link over so the casing is facing up.



PEEL
Grab the casing from the top of the sausage and pull casing away in one motion.



COOK
Brown the ground sausage just as you would any ground meat.

Want to skip this step? Look for Johnsonville Ground Italian Sausage. For more crowd-pleasing recipes, visit www.johnsonville.com.



Easy Sausage Pizza

Italian Sausage Rigatoni

5 servings
Prep Time: 15 minutes
Cook Time: 25 minutes

- 1 package (19.76 ounces) Johnsonville Italian Mild Sausage Links
- 1 package (16 ounces) rigatoni pasta
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 large red pepper, chunked
- 1 jar (26 ounces) of your favorite pasta sauce
- 2 tablespoons parsley, chopped

Cook sausage according to package directions and cut into coin slices. Keep warm. Cook rigatoni according to directions. Keep warm.

In a large pan, place olive oil and garlic, sauté lightly for 30 seconds. Add peppers and cook until crisp tender.

Combine cooked sausage and pasta sauce with peppers and heat until warm. Mix with the cooked pasta or serve separately. Top with fresh parsley. Serve warm.

Italian Meatballs

6 servings
Prep Time: 25 minutes
Cook Time: 20 minutes

- 1 egg, lightly beaten
- 1/3 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk
- 1/4 cup finely chopped onion
- 1 package (19.76 ounces) Johnsonville Mild Italian Sausage Links

Preheat oven to 350°F. In a large bowl, combine egg, bread crumbs, Parmesan cheese, milk and onion.

Remove sausage from casings. Add sausage to bread crumb mixture and mix well.

Shape into 20 meatballs. Arrange meatballs on a shallow baking pan. Bake for 20 minutes or until meatballs are cooked through (160°F). Serve with your favorite sauce and pasta.

Easy Sausage Pizza

4 servings
Prep Time: 10 minutes
Cook Time: 30 minutes

- 1/2 pound Johnsonville Italian Sausage Links
- 1 cup pizza sauce
- 1 pre-baked Italian bread shell crust (12 inches)
- 1 1/4 cups (5 ounces) shredded mozzarella cheese, divided
- 1/2 cup chopped green pepper

Cook Italian sausage links per package directions. Coin slice and reserve.

Spread sauce over crust; sprinkle with 1 cup mozzarella cheese. Add sausage slices and green pepper. Top with the remaining cheese.

Bake according to crust package directions and until cheese is melted. Options: additional toppings such as onions, mushrooms or olives may be added. Try pepper jack cheese instead of mozzarella for a little extra kick.

SUBSCRIBE TO THE POST DISPATCH TODAY!

2011 SCURRY COUNTY HEALTH FAIR
SATURDAY, APRIL 30TH
1:00PM – 4:00PM
THE COLISEUM

Information on services and products available from local and area vendors

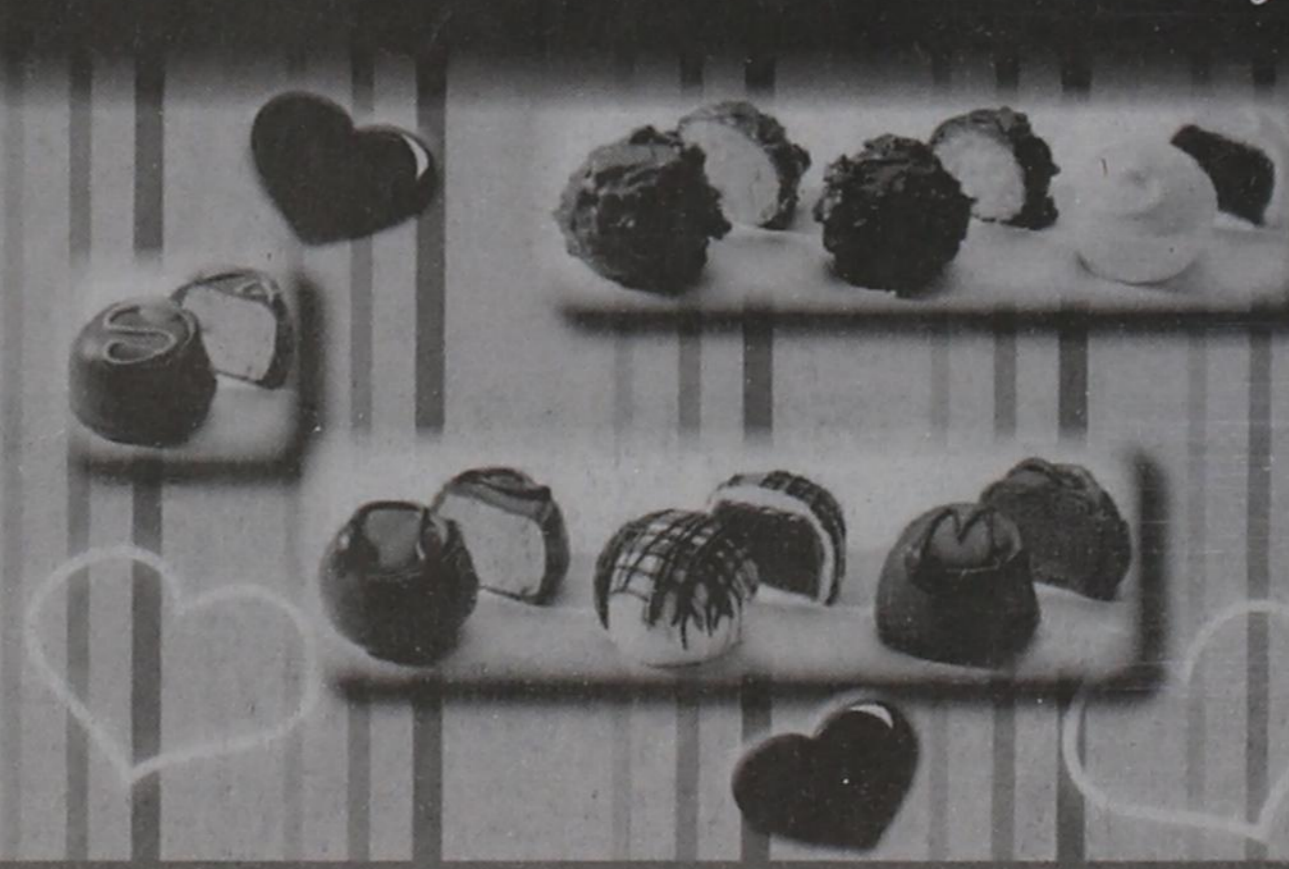
- Eye Care
- Family Health
- Nutrition
- Alternative Medicine
- Diabetes Education
- Home Health Care
- Hospice Care
- Non-medical In Home Care
- Skin Care
- Sports wear
- Senior Living
- And much much more....

Blood Pressure checks and Glucose screenings available.

Sponsored by Cogdell Memorial Hospital and Scurry County Health Unit. This event is held in conjunction with the Senior Citizen Center's May Day fundraiser.

For more information contact Belinda Kerr at 574-7182 or Dana Eaton at 573-3508.

The Perfect Treats for Mother's Day



(806)
J. Cruse Creations 990-9907
201 East Main Street Post, Texas

White River Municipal Water District

Gauge Reading	Feet below spillway	Rise	Rainfall past week	Rain to date
2354.90	17' 7"	0"	.0"	0.99"
Rainfall for 2005	2006	2007	2008	2009
15.57"	28.85"	24.19"	33.61"	12.70"
				32.16"

DID YOU KNOW?

White River Lake has 3,799,422,660 billion gallons left available at the intake or 38% capacity or 11,660 acre feet. Subtract 23,545,362 MG for evaporation this week in March that leaves 3,775,817,298 BG available as of today.

White River's daily average demand for 2010 was 1.40 million gallons per day for all White River Customers.

The Oil Company using water for mining has been stopped until the Lake Level rises.

White River Municipal Water District is in stage 1

of its Drought Contingency Plan, which is Voluntary Water Conservation.

Remember that the Water District is there for you if we can assist you in any way let us know.

Mickey Rogers General Manager

Lake Alan Henry Report

1. Conservation pool elevation - 2220.00 feet above mean sea level
2. Elevation as of April 18, 2011 - 2216.86 feet, 3.14 feet below conservation pool elevation
3. Water Temperature April 18, 2011 - 62 - 64 degrees Fahrenheit
4. 2011 cumulative precipitation as of April 18 - 0.29 inches
5. 2011 cumulative evaporation as of April 18 - 31.04 inches

Fishing is good for all species.

Mark A. Record, P.G. City of Lubbock

Girls Cross Country... continued from page 9

4	Deen, Colt	10	90.97		Academic All District Boy's Base-		
5	Wait, Toni	10	94.65	ball	5/1/20084-5 6wks		
6	Windham, Clint	10	93.03	1	James, Mitchell	10	91.09
7	Wilson, Tim	12	97.13	2	Windham, Clint	10	93.03
				3	Lester, Blaise	12	93.08
				4	Windham, Call	12	95.61

Academic All District Tennis Team

5/1/20084-5 6wks

1	Wilson, Amber	9	96.14		Academic All District Girls Softball		
2	Araiza, Darlene	10	92.22	5/1/20084-5 6wks			
3	Valdez, Quinton	10	93.31	1	Jones, Sydnee	9	91.45
4	Miller, Chad	11	92.43	2	Berry, Bethany	10	95.44
5	Wilson, Tim	12	97.13	3	Miller, Alexandra	10	92.06
				4	Stevens, Branda	10	90

Bust...

continued from page 1

Dean with his dog, Nikka and Sheriff Clifford Laws. The credit goes to everyone." Lively went on to say that "the street value of the cocaine was estimated to be worth about \$1,000 to \$1,500 depending on the market location," adding, "there is now that much less that will hit the streets somewhere."

Meanwhile, just minutes later at 5:50 pm Sheriff's Deputy Brent "Shrek" Meyers was patrolling Highway 84 about 2.5 miles south of town when he witnessed a person throwing trash out of a vehicle window. He pulled the suspect vehicle over on a routine stop for suspected littering. As Deputy Meyers approached the vehicle, he saw there were three people in the vehicle. During the stop, he began to get suspicious of the actions of the three individuals and decided to

search the vehicle based on probable cause. He called for assistance by an officer with a drug canine. Officer Bobby Dean again responded to the call. He conducted an open air search and his dog Nikka once again quickly made a hit on the rear passenger side quarter panel of the vehicle where the officers found a small sport like bag containing a large bag of marijuana that weighed 1.9 lbs. The officers arrested all three suspects and took them in on a felony possession charges. Upon arrival at the county jail, Sgt. Joe Ward searched the suspects. One suspect was found to be carrying 6 Loritab 7.5/500 tablets in his shoe and one in his pocket. Loritab is a pain medication that is available only by prescription, which the suspect did not have. The Loritab has a street value of

this about \$10.00 per pill, depending on the location and the marijuana had an estimated street value of approximately \$2,000.00, again depending on the market location. The vehicles in both cases were also impounded.

Lt. Taylor told the Dispatch that "tonight was a very successful night for the department and I am proud of the work these officers have done. We are proud of the efforts our deputies make every day to stop the drugs moving through our county and their efforts to keep them off the streets of our community." He went on to tell the Dispatch "Sheriff Laws is passionate about fighting drugs in his community and the county as a whole. He works hard every day at making our community as drug free and safe as possible."

Post Notes...

continued from page 1

(Post City Library) for more information.

Post High School Weekly Agenda:

Ap. 25 - 29, 2011

Monday, 25

TAKS - Grade 10, LAT Exam
6:00 PM - V Baseball at Coahoma

Tuesday, 26

TAKS - Grade 10, Math/Exit Level ELA Retest,
5-8:00 PM - GED Classes Begin, room 18. Entrance on Southwest of HS bldg

Wednesday, 27

TAKS - Grade 11, Math, Exit Level Math Retest, LAT Exam

Thursday, 28

TAKS - Grade 9-11, Math & Science 5-8:00 PM - GED Classes Begin, room 18. Entrance on Southwest of HS bldg

Friday, 29 - Good Friday!

TAKS - Grade 10-11, Social Studies, LAT Exam

Looking Ahead:

Apr. 24 - EASTER Sunday
May 2 - Bad Weather Day, schools out
May 2-3 Regional Track Meet at Odessa
May 4 - Immunization Clinic, 9:40 in Library
May 4 - Organizational Pictures for Yearbook.
May 4 - Spirit Day, wear favorite College T-Shirt
May 5 - AP English Testing

May 5 & 6 - Shattered Dreams

May 6-7 Band Festival, Floydada

May 6 - End of the 6th 3 Week

May 6 - Elem. Field Day

May 8 - MOTHER'S DAY

May 9 - Sports Banquet at Cafeteria.

6:30 PM

May 9 - Library Books, Equipment,

etc. are due!

May 10 - EOC Exam - W.G./Phy.

May 10 - ARD Mtgs. All day

May 11 - EOC Exam - AP Eng. Lang.

May 11 & 12 - NHS Mtg. & Bake

Sale, Library at 9:40 AM

May 12-14 - Band Festival, Abernathy

May 14 - PROM at Heritage House

May 16-20 - EOC Exams all Week

May 26 - Last day of School for

Students, Early Release Noon

Post Elementary Post Notes

Monday- May 2nd- Post ISD will NOT

have classes. This is the bad weather

day that we did not have to use.

Friday- May 6th- Play Day during

PE. Parents are welcome to come

and enjoy Play Day with your

student(s). There will be a concession

stand as well as other FUNdraising

opportunities.

Monday- May 9th- Progress Reports

go home.

Thursday- May 12th- 3rd Grade

Musical - Show times are at 10:00

a.m., 1:30 p.m. and 6:30 p.m. in the

elementary school auditorium. All

performances are open to the public.

Please look for information coming

home with your students about

upcoming field trips!

SUPPORT OUR FIRE DEPARTMENT

WIN A
MODEL 70 WINCHESTER RIFLE
OR A
MODEL 92 BERETTA PISTOL

ONLY 100 CHANCES BEING SOLD ON EACH GUN \$10.00 PER CHANCE NEED NOT BE PRESENT TO WIN

GUN BOARDS WILL BE AVAILABLE AT THE APRIL 30 FUNDRAISER AT THE SCHOOL CAFETERIA FOR THE GARZA COUNTY VOLUNTEER FIRE DEPARTMENT

WINNERS WILL BE REQUIRED TO COMPLETE BACKGROUND CHECK WITH RAY MASON

GUNS DONATED BY MARK & DREW KIRKPATRICK

THANKS FOR READING THE POST DISPATCH!

FIND US ON FACEBOOK!

A Mother's Day Greeting Says It All!

Tell the world how great Mom is with a loving Mother's Day message in the newspaper. Your Mother's Day greeting will appear in our special Mother's Day edition on Friday, May 6. Order forms must be received by Tuesday, May 3.

\$20 with photo

MOM, Thank you for always standing by me and for all your endless love and support!
XOXO, ALAN

MOTHER, We cherish you! You are the best mother and friend anyone could ask for. Thanks for being you!
Lots of Love, Bob & Sue

\$15 without photo

Please mail entry form along with photo (if desired) and check or money order to: Mother's Day Messages, c/o The Post Dispatch, 123 E Main Street, Post, TX 79365

Your Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Mother's Name: _____

Message (maximum 25 words): _____
