

The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, FEBRUARY 15, 2013

THEPOSTDISPATCHONLINE.COM

75 CENTS

Sheriff advises residents to slow down

By Anna Gibson
The Post Dispatch

There's a new sheriff in town and he wants residents to obey traffic laws.

Garza County Sheriff Terry Morgan said during the campaign the biggest complaint from the public was a lack of traffic enforcement. "People were blowing through stop signs, running red lights and the school zones weren't being kept safe," Morgan said.

Morgan's goal is to slow people down and to get the word out that speeding will not be tolerated. "I have zero tolerance for school zones," Morgan said. "The speed limit is 20 and we'll write you a ticket for going at 22."

Morgan emphasized the need to help protect the youth of Garza County.

Morgan said he and Chief Deputy Charles Evans recently attended the Sheriffs' Association of Texas 2012 Newly Elected Sheriffs' School Train-

ing held in Austin.

The school is held every four years after the election for new sheriffs and chief deputies and focuses on education, training and preparing them for office.

This year, participants received training on a variety of topics including:

- Duties and Responsibilities of the Sheriff
- Critical Policy Liabilities for Sheriffs
- Inmate Transportation
- Open Records
- Media Relations
- Texas Department of Public Safety Resources
- TDJC Intake and Classification
- Estray Law
- Parole Warrants
- Civil Process
- Texas Commission on Jail Standard Regulations



Photo special to the Post Dispatch

Garza County Sheriff Terry Morgan, left, is letting residents know that speeding will not be tolerated in school zones. Morgan is shown getting sworn into office along with Garza County Commissioner Daniel Yarbro, middle. Garza County Judge Lee Norman administers the oath of office.

See SHERIFF, Page 4

Post Notes

Events are listed free of charge for nonprofit civic organizations, schools and community events. Submit listings at least two weeks ahead of the date. Listings will run through the date of the event. Emailed submissions are preferred to thepostcitydispatch@gmail.com.

Chili supper benefit

Annual Fire Department Chili Supper will be Saturday, February 16, at the Post Fire Station. Time to be decided. Donations only.

GED class

General Education Diploma classes are now in session and are free to the public. Classes meet from 5 to 8 p.m. Tuesdays and Thursdays in Room 18 at Post High School. Enter through southwest doors. For information, email Ed Singletary at esingletary@postisd.net or call 495-2770.

Yearbooks

Yearbook Sale! Discounted price \$25 on February 18-22. Call Mrs. Moore for more information at 495-2770.

Senior ads

Senior ads due March 4-22. Call Mrs. Moore for more information at 495-2770.

Post Elementary

Character Words for the week of February 18-22: PK/ K/4- Fairness; 1- Respect; 2/3- Responsibility; 5- Honesty. Feb. 26- LifeTouch individual and class pictures

Youth Athletics

The Post Youth Athletics Group will meet on February 25, 2013 at the Wells Fargo Bank at 6 p.m. Voting on the following agenda items will take place: Movement for Organizational Dissolution and subsequent potential auction of organizational inventory, such as football equipment. The PYAG encourages all active members to come vote and share input.

PACC

If you would like to donate to our silent auction or help sponsor this event, please contact the PACC office. This year we will be honoring our founder C. W. Post. PJ's Catering from the Heart will be serving a great Bar B-Q meal and awards will be presented for Conservation Farmer, Outstanding Business/Organization and Outstanding Citizen. Please make plans to attend and support our community! Ticket are on sale now at the PACC office for \$20 per person.

Corrections

If you spot an error of fact, contact Editor Wayne Hodgins at 806-495-2816 or thepostcitydispatch@gmail.com.

News on the go



Use your smartphone to scan the quick response, or QR, code to visit us online.

The Post Dispatch
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88th Year, No. 24
USPS 439-620



Commissioners approve hiring of new jailer

By Anna Gibson
The Post Dispatch

Garza County Commissioners approved the hiring of a new jailer during a meeting Monday morning.

Sheriff Terry Morgan requested the hire in an effort to save the county money.

Last fiscal year, the county paid \$77,243.94 in overtime for the jail. During the first four months of this fiscal year - October through January - the county has paid \$39,651.80 in overtime.

The county is currently over budget \$14,651.80 on this budgetary item.

Morgan said the approximate total cost to pay a jailer to complete the fiscal year is \$32,912, which

See COMMISSIONERS, Page 4

Gibson joins Dispatch team



ANNA GIBSON

Anna Gibson has taken on reporting and general office duties at The Post Dispatch.

Gibson, a Humboldt, Iowa native, comes from a large family. She moved to Keller with her parents and eight of her siblings three years ago to boost their singing group The XII.

Gibson met and married Paul Gibson, son of Charles and Michele Gibson, of Post, and moved here to help support The

Church of the Nazarene.

"Anna is a great addition to Post," said Dispatch Publisher Chris Blackburn. "She has a great attitude and strong work ethic and has hit the ground running. I'm very impressed by her ability thus far and feel like she'll be a tremendous asset to The Post Dispatch."

Gibson's hobbies include playing the violin, singing, spending time with family and writing.

Sales of "Post" benefit museum

By Chris Blackburn
The Post Dispatch

Passion is taking a dilapidating museum and turning it into one of the crown jewels of a community.

Passion is taking the effort to write a book with all proceeds going somewhere else.

Passion is pouring your heart and soul into an idea which is to provide Post City with a first class museum honoring the late C.W. Post.

Indeed, Linda Puckett, director-curator for the Garza County Historical Museum and chair of the Garza County Historical Commission, has a passion for Post's past.

Puckett recently completed a new book, "Post." The book shows an in-depth look at the history of Post City through images.

What's unique about Puckett's book as every penny from the sale of the book goes to the museum.

"I've found it's my purpose to get this word out," Puckett said of her book. "The main thing is to get the facts out and make sure we don't change history."

Puckett is not shy about her passion of C.W. Post and the museum.

"Mr. Post is my best buddy," Puckett

continued. "He was a pioneer and an incredible American."

Puckett said she felt the need to write because it goes hand-in-hand with what she does - work with history.

"I've acquired a lot of knowledge on the city and the county over the past 20 years," said Puckett. "Pictures are worth a thousand words and it was time. It's rewarding and I don't have to keep it filed away."

Puckett gets a sparkle in her eye when speaking about the museum.

"I so love this ... there's always something going on," Puckett said. "When I first walked into this building, it was falling apart. I've created a monster here."

Puckett's monster is now a place where one can go to truly get a feel for the past and the history of Post and Garza County.

Puckett said the book was about a five month process.

"Post" is Puckett's second book ("Garza County") and she is undecided whether there will be another. "There are many stories here ... so much history ... I just don't know," she said.

"Post" is available for sale at the Garza County Historical Museum.



Chris Blackburn/The Post Dispatch

Linda Puckett is shown standing in front of a portrait of C.W. Post at the Garza County Historical Museum. To her left is a book rack containing "Post," a book she authored.

PostSportsRadio.com

LIVE Antelope & Lady Antelope Action!

BMG BLACKBURN MEDIA GROUP

The Post Dispatch, 123 E. Main St., Post Texas, 79356, is open from 9 a.m. to 5 p.m. Monday through Friday. Phone 806-495-2816 Fax 806-495-2059 Email thepostcitydispatch@gmail.com

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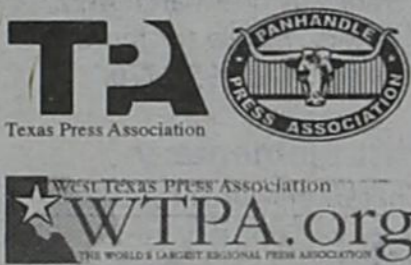
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It is the mission of this newspaper to promote the rights of individualism in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone of freedom. Government's sole purpose is to enhance our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

DEADLINES
Advertising: 5 p.m. Mondays
Editorial: Noon Tuesdays

SUBSCRIPTIONS
\$25 a year in the county
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The Paperboy

I have to tip my hat to my wife. Judging by the majority of my male friends, she is like many of the wives around. What they do on a day-to-day basis is impressive and blows my productivity out of the water.



CHRIS BLACKBURN

Jackson, 9, and Sutton Hawk, 7.

My sister-in-law, Sarah, is a single mother raising two teenage sons, Dakota, a sophomore in high school, and Jake, a freshman. She is also the primary caregiver of two granddaughters, London, 3, and Paris, 8 months.

My wife and I are fortunate to help with our great nieces. Lately, we've had a strong dose of the baby girls as Sarah has been ill.

For the past week, we've had the girls pretty much full-time. My nephews have been staying with us and with other family and friends.

I was a single man for over 30 years so I was never familiar with the "big" family. Wow! The noise just never stops does it?

Paris, the baby, is fairly spoiled. She thinks she's going to get held so she insists on demanding it. I'm so tough I can go five minutes before those big brown eyes weaken me.

London, 3, won't be outdone. She sings, dances, stomps, yells and commands the stage. When she's in gear, there is not a shy bone in her body. It may be time to get Disney on the horn.

Sutton Hawk is a 4'8, 80 pound first grader. He's a guy's guy who wants to be Tim Tebow or Johnny Football. He insists on throwing the ball in the house

and has the loudest voice I've ever heard. I've tried to tell him he's destined for the offensive line and he says he's cool with that as long as he can push people around.

Jackson, 9, is quiet and is either playing video games, reading, watching television or learning. He's a human sponge. He's also the best big brother in the world!

Jake, a freshman, is a good looking young man. Jake is pretty quiet and he needs to face the fact that if he wants to excel in baseball, he needs to wear his glasses when he plays. Jake is not afraid to work or get his hands dirty.

Dakota, a sophomore, is becoming a man. He's beginning to realize how important an education is and he's coming into his own across the board. He's also a wonderful big brother and a helpful nephew.

So there you have the cast of my real life drama. At least this week's version of it.

Of course the person who makes it hum is Sharon. She's the brains of the operation, I'm the backbone. (I'm also the toy and get in trouble as much as some of the children)

For weeks I've been racking my brain about what to do for Sharon for Valentine's Day. I thought of a candlelight dinner, a trip to her favorite restaurant or maybe even a night on the town in a nearby city.

But the fact is that night may just end up like the rest of the week... loud and crazy. If that's the case, I'll try and make it up to her as soon as I can.

In the meantime, we've got a house full of Valentines and that's okay by me. I've always felt very blessed to have the family I have and those feelings are stronger than ever. The good Lord has a way of broadening your shoulders for the load. You just have to let him.

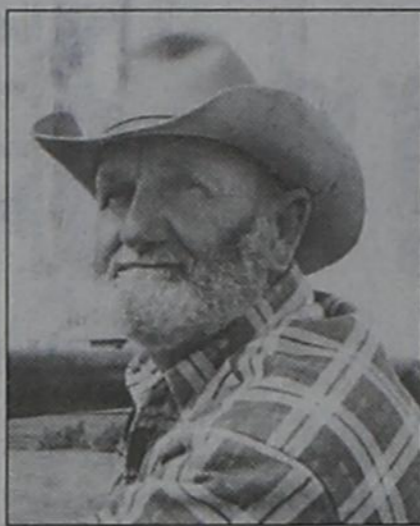
Remember your special people this week. They're worth it!

Deaths

James H. 'Timp' Browning

James H. 'Timp' Browning, 87, was born to James Madison and Ruby Sarah (Sanders) Browning August 18, 1925 in Scurry County. Timp died Tuesday February 5, 2013 in Lubbock. He attended school at Fluvanna and Dermott. They lived close to Fluvanna and later moved to the Polar Road out of Dermott in 1939.

Timp, as he was fondly known as, worked as a day cowboy for ranchers. He married the former Vera Couch October 17, 1953 at Winner, South Dakota. Vera preceded him in death July 1, 1984. They made their first home in Winner and in 1960 moved to Post and Garza County. He worked in the oil fields and later as Ranch Foreman for several ranchers over the years. He was a member of the Trinity Baptist Church. Timp was also preceded in death by his son:



JAMES H. 'TIMP' BROWNING

James Eddie 'Tiny' Browning died February 12, 2009.

He is survived by: Daughter: Gail Gilliam and husband Phil of Snyder. Grandchildren: Chastity Reed and husband Alvin and Kerry Clay, all of Post. Four great-grandchildren: Tyler Clay, Courtney Clay both of Snyder and Christopher Reed, Tamara Reed both of Post. One brother: Billy Ray

Browning of Liberty Hill. Two sisters: Melinda 'M.J.' Merritt of Snyder and Pat Kelly of Rotan. Also by his long time companion: Mildred Stewart of Littlefield.

Celebration of Life Services were 11 a.m. Saturday, February 9, 2013 at the Trinity Baptist Church in Post with Brother Glenn Harlin and Rev. Arthur Kelly officiating. Burial followed in the Fluvanna Cemetery with the Rev. Charlie Stice officiating. Arrangements were under the personal care of Dee and Janet Justice, Justice-Mason Funeral Home, Post.

Pallbearers were: Will Reed, Jr. Stice, Timmy Stice, Alvin Reed, Tyler Clay, Lane Jones, Kerry Clay and Tommy Binford. Honorary pallbearers were: Charlie Stice, Bob Jordan, Daniel Yarbrow and Christopher Reed.

Frances Marie Lewis

Graveside services for Frances Marie Lewis were held at 10:30 a.m. Wednesday, February 13, 2013 and were followed by a memorial service at 1:30 p.m. at the First United Methodist Church in Post.

Marie passed away Monday, February 11, 2013. She was born April 2, 1926, in Quanah to James B. and Eula Mae (Butler) Baxter.

She grew up in Quanah and Chillicothe where she met and married her husband of 70 years, Tommie J. Lewis. He preceded her in death on January 1, 2011.

Marie is survived by daughter Doris Giddens and her husband, Joe, of Post, and son Tom Lewis and his wife, Lena, of Arlington. She is also survived by six grandchildren: Danna Mantooth and husband, Rick,



FRANCES MARIE LEWIS

of San Angelo, Holly Brake and husband, Shelby, of Lubbock, Wade Giddens and wife, Bonnie, of San Antonio, Scott Lewis and wife, Leslie, of McKinney, Carrie Ellerbe and husband, Malcolm, of Gaylord, California, and Dustin Lewis and wife, Laura, of Arling-

ton. Also Surviving are eleven great-grandchildren: Elizabeth Calhoun and husband, Levi, of San Angelo, Clayton and Evan Brake of Lubbock, Calvin, Ben, and Matthew Giddens of San Antonio, Bryce Morgan of Arlington, Justin and Natalie Lewis of McKinney, and Nicole and Jenna Lewis of Arlington. She is also survived by two brothers: Bill Baxter of Kerrville and James B. Baxter Jr. of Honey Grove.

Marie was preceded in death by her parents, two sisters and one brother.

Memorials can be made to the First United Methodist Church in Post or the Garza County Senior Citizens Center.

Arrangements are under the direction of Hudman Funeral Home.

Frances Fay Forbus

Graveside services are scheduled for Frances Fay Forbus, 77, of Wichita, Kan., and formerly of Amarillo. Services were 10 a.m. February 14, 2013 at Wesley Chapel Cemetery in Jack County.

Frances died Saturday, February 2, 2013 in Wichita. She was born March 19, 1935 in Gatesville to Otis and Myrtle (Holtzclaw) Gordon. She grew up in An-

draws and attended Andrews High School.

Frances was preceded in death by her parents, husband Mark Forbus, a son Mark Forbus Jr., a stepdaughter Connie Fritter, sisters Edna Bell Hargrove, Catheryn Cauifeild, Betty Jean Weeks.

She is survived by a son, Ken Forbus of Wichita, grandchildren Kenzie, Matthew, and Miles Forbus of Wichita, Cody Shannon of

Kerrville and Dedra Hale Boutwell of Three Rivers, great-grandson Cody Jr., great granddaughters Taylor and Michela, sisters Ann Goff of Kerrville, Joyce Gordon of Round Rock, and Barbara Denny of Lubbock, and several nieces, nephews.

Services will be conducted by Coker Funeral Home Jacksboro. Please visit www.cokerfuneral.com for online tributes.

Anderson honored with shower

Fourteen hostesses honored Jennifer Anderson, bride-elect of Timothy Wilson, with a bridal shower Sunday afternoon.

The home of Amy Easterling was the site of the occasion with approximately 45 guests regis-

tering from 1:30 until 2:30 p.m. The guests were greeted by Herschel Williams and registered by Lana Daniell.

Special guests were the mother of the honoree, Kay Anderson of Rockwall, her grandmother,

Leah Savage of East Texas, the honoree's aunt, Joan Rigney from Lubbock and the prospective bridegroom's mother, Julie Wilson, his sisters, Ashley Bufe of Abernathy and Amber Wilson of Lubbock Christian University. Other special guests were roommates of the honoree from LCU, Kristen Box, Lauren Lepard and Shelly Durham.

Cookies, fresh fruit with a dip, nuts and punch were served from a table covered with a turquoise cloth and featuring three apothecary jars on a pyramid of white stands with crystal drops. The jars contained sea shells, sand and a large white candle surrounded by turquoise crystal drops. Assisting with serving duties were Diann Windham, Mendy Dalby and Leslie Tatum.

As the couple will be married in April on St. Lucia Island, her wedding dress was displayed.

The hostesses gift was a set of red T-Fal cookware, a set of red mixing bowls, red measuring cups and red measuring spoons.

Hostesses were: Jennie Cowdrey, San Juana Rivas, Diane Graves, Carol Tobias, Jane Mason, Terri Warren, Serena Voss, Orabeth White, Daniell, Williams, Tatum, Dalby, Windham and Easterling.

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Brown's unusual sculptures on display



"GIRAFFI"



"NESTING"

Editor's Note: The Post Dispatch will occasionally feature displays from the Garza County Historical Museum.

Abstract wood artist, the late Claude Brown, has several pieces on display at Garza County Historical Museum.

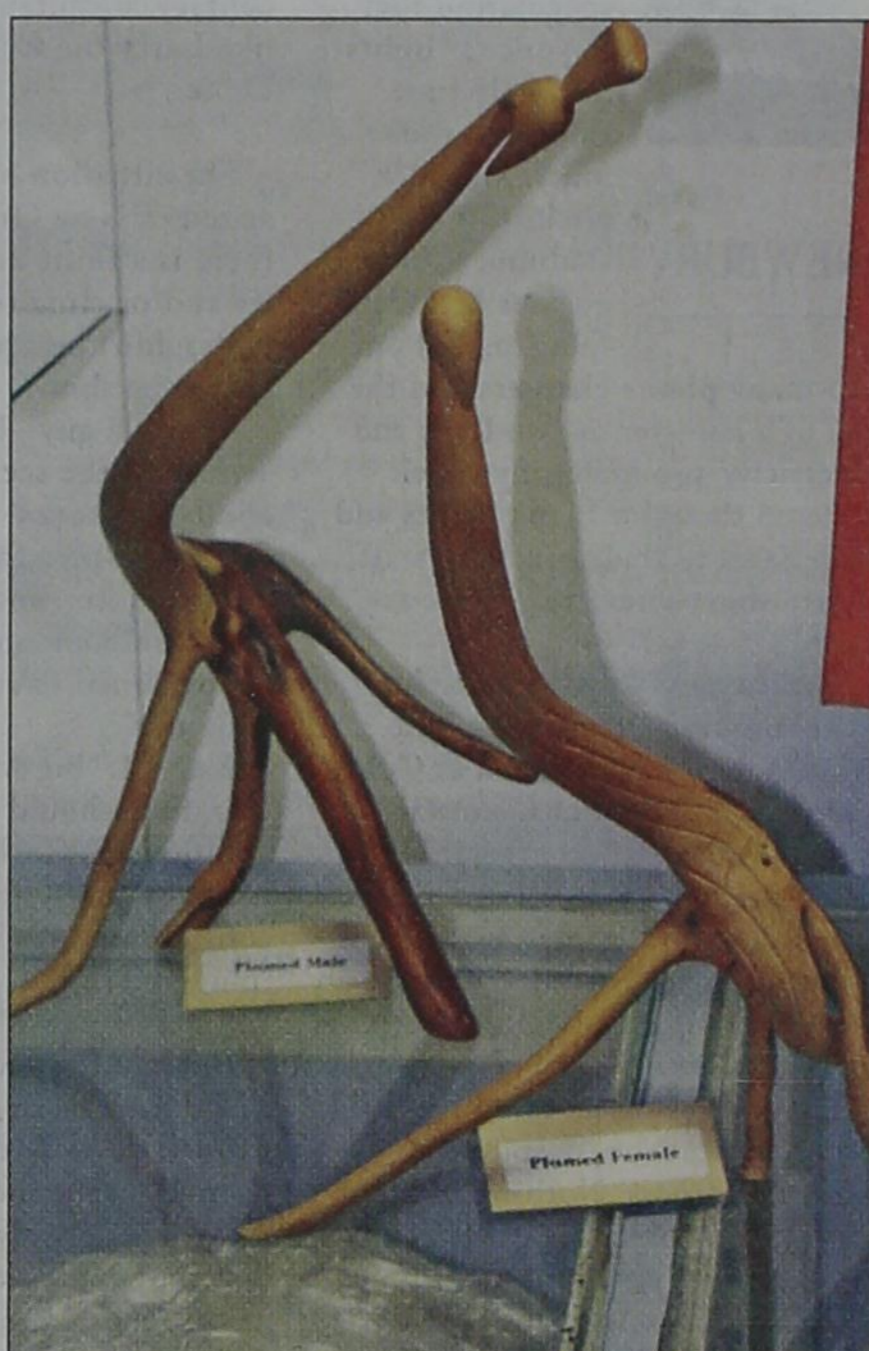
Brown preferred to use roots from trees and shrubs which grew under stress for his sculptures.

In Brown's journal, he attributes his time in the Boy Scouts and being an amateur archeologist for cultivating his interest in sculpting.

The Garza County Historical Museum is located at 119 N Ave. in Post.



VARIOUS WORKS



"PLUMED MALE AND FEMALE"

Photos by Chris Blackburn



"ZOO III"

POST AREA

Chamber of Commerce

ANNUAL AWARDS BANQUET



Recognizing our
Founder C. W. Post

SATURDAY, FEBRUARY 23 - 6:30 P.M.

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the Post Dispatch

Mileigh Baker & Kye Rance Baker
 Mileigh Baker's, parents are Kient Baker & Alex Tuttle, grandparents Kelly & Donna Baker, and great Grandparents Richard & Mildred Massey, Ed Ray & Beverly Baker. Kye Rance Baker's parents are, Kam & Whitney Baker, grandparents Kelly & Donna Baker, Stanley & Sherry McNeely, and great grandparents Richard & Mildred Massey, Ed Ray & Beverly Baker, Carter & Sybil White, Jerry McNeely.

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The Idle American

Guinness Records and Darkness-Cursing...

Guinness World Records is bound to have a new entry, thanks to Super Bowl XLVII. Surely a record number of curses were screamed against the darkness when the lights went out in New Orleans. A blue haze of epithets remained long after game's end.



DON NEWBURY

The restless crowd wanted no part of candles. And, it was not mollified by immediate wild speculation that Beyonce's "lights out" half-time show was too much for older circuits in the stadium. (Other guesses included "plug-ins" of one

too many phone chargers and the fall of a hamster or two from the electricity-producing flywheel. Related thought: If the Saints add Rob Ryan to their coaching staff, more "short-circuitry" seems assured.)

For the next Super Bowl, the NFL should engage Gary Redwine, a maintenance man at Colorado High School in Colorado City, TX. He's a "do everything" guy. Last fall, a triple-header of 7th, 8th and JV games against Cisco went on as scheduled, despite an electrical box on its last wheeze....

I'm just saying he faced the problem head-on, despite the advice of others. Nothing in his job description calls for electrical work beyond changing light bulbs. While coaches and fans closed their eyes and looked the other way, he worked his magic. Sure enough, inside of a half-hour, the stadium was bathed in light, albeit

somewhat short of the amount needed to work up a lather comparable to the one wrought at the Superdome.

Born and reared in the West Texas community, Redwine knew that little is more important to Texans than football, and by hokies, he was going to see to it that the games went on.

Someone said that atop the tool tangle in his kit were a roll of pennies, aluminum foil, baling wire and duct tape. Do not try this at home or anyplace else. Instead, contact consultant Redwine, who, like Larry the Cable Guy, Gits-R-Done....

The situation need not have arisen in New Orleans. When there is a finite amount of electricity and/or circuits are too brittle, it shouldn't be squandered on the half-time show.

I knew a guy--back when rock-'n-roll hit the scene with amplifiers and boom boxes--who heard his daughter's plea for a certain band to play at her wedding reception. "You can book any band you want," he explained, "as long as it don't 'plug in'."

As NFL "big wigs" plan for next year, they should begin half-time auditions RAT NOW--not "rat" like a "mouse," but RAT NOW--considering only those who don't "plug-in."...

Too bad the sound was on when MVP Joe Flacco sputtered his expanded description of "awesome" during post-game bedlam. His "Googles" already open with three different apologies for earlier verbal miscues. Surely a fourth will be added forthwith.

Mikes and cameras are in place, of course, to catch it all, profane or profound. Pity.

If Super Bowls are "family entertainment" worthy of viewing by a billion people worldwide, surely the NFL can require TV and radio networks to initiate 10-second delays. We'd never know the difference, and players/coaches/officials spewing curse words with abandon will appreciate it if their bombs are "bleeped." (Speaking of officials, when one is "bumped" by a player, an ejection should follow, in exhibition games or Super Bowls.)...

Ads didn't disappoint. The tribute to American farmers, first voiced by the inimitable Paul Harvey on network radio three decades ago, was classic. Kudos to Ram trucks for this poignant reminder that is as important today as ever. No bells and whistles, just the engaging voice of Harvey and stark photos. Why not something next year featuring Kate Smith's God Bless America?

Skechers' ad also engaged. It featured a runner tackling a cheetah just before it inhales a gazelle. Winks between guy and gazelle "nail it." This reminds me of the fable about morning jungle wake-ups. A gazelle awakens knowing it must run faster than the fastest lion or face death. A few yards away, a lion awakens, knowing it must outrun the slowest gazelle or face starvation. Whether a lion or a gazelle, when the sun comes up, each had better be running--Skechers or not!

Finally, when a Clydesdale remembers his trainer years after "colthood," hearts are warmed and tears run down cheeks....

Dr. Newbury is a speaker in the Metroplex. Speaking inquiries/comments: newbury@speakerdoc.com. Phone: 817-447-3872. Twitter: @donnewbury. Web site: www.speakerdoc.com

Chamber of commerce

Members Of The Week

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Silver Member
MAIN STREET MERCANTILE

PROGRAM AT PUBLIC LIBRARY

In celebration of Black History Month, the Post Public Library will host Pat Cruse as Sojourner Truth (civil rights and feminist activist). The program will begin at 2:00 p.m. today (Tuesday, February 12). Those attending will have a chance to win a Valentine gift box from J. Cruse.

ANTELOPE BASKETBALL

Tuesday, February 12--Lopes vs. Childress at home. Games begin at 4:00 p.m.

THIS WEEKEND

RAGTOWN GOSPEL THEATER presents "Lazarus". Friday, 7:30 p.m. and Saturday, 3:00 p.m.

FIRE DEPARTMENT CHILI SUPPER - Saturday, February 16 - 6:00 p.m.

UPCOMING EVENTS

February 23 - Annual Chamber Awards Banquet honoring our founder, C. W. Post. A Bar-B-Q dinner will be served. Tickets \$20 per person. Contact the PACC office for more information.
March 2 - Post City Trade Day

SHERIFF From Page 1

- Cold Case Review Team
- Criminal Profiling
- Evidence and Property Room Liabilities
- New Technology
- Labor Laws
- Ethics

This seminar allows for a comprehensive overview of

the responsibilities of their new office and a chance to meet their peers to whom they can look to for support during the coming term.

Sheriff Morgan, from Southland, took office January 1, 2013.

Morgan was a private investigator for the DA's office for the last 17 years in Lubbock before retiring.

COMMISSIONERS From Page 1

would end up saving the county \$4,680.

Commissioners approved a resolution seeking the support of Senator Robert Duncan and Representative Drew Springer to relieve inequitable restrictions on Garza County.

The resolution addresses the fact that the prison population is included in the county's recent census figures which puts the county over the 5,000 population

threshold affecting how certain laws apply to the county.

"When I was in Austin a couple of weeks ago, I talked to both of them (Sen. Duncan and Rep. Springer) and others about this and they see it as being a reasonable opportunity to get a bill passed specifically for Garza County and alleviate this inequity," Norman said.

Other Items:

- Approved 2012 audit of Garza County by independent auditor Joe F. Hays, CPA.

Judge Norman informed the court that the first of three weeks of advertising for bids started last week for the heating and cooling project.

Commissioners present were: Pct. 1 - Gary McDaniel, Pct. 2 - Charles Morris, Pct. 3 - Ted Brannon and Pct. 4 - Jerry Benham.

County officials present were Jim Plummer, District and County Clerk; Nancy Wallace, Tax Collector/Assessor; Preston Poole, Attorney; Ruth Ann Young, Treasurer; and Terry Morgan, Sheriff.

Make sure your child's safety seat measures up.

Nearly 3 out of 4 kids aren't buckled up correctly. As children grow, their safety seat requirements change. Make sure they're buckled into a safety seat that's the right height, facing the correct direction, and anchored to the vehicle properly. If you don't, you could be fined up to \$250. Learn all the details at BuckleThemRight.org

Save a Life BuckleThemRight.org

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Church Directory

Assembly of God
Bethel Assembly of God (Bi-Lingual)- 407 May street
Lifeline Church- 108 N. Broadway

Baptist
Calvary Baptist Church- 210 E. 6th Street, 990-2342
First Baptist Church, Post- 402 W. Main Street, 495-3554
First Baptist Church, Wilson- 806-628-6333
Grace Baptist Church- 820 N. Avenue S- 990-3497
Justiceburg Baptist Church- Justiceburg
Pleasant Home Baptist Church- E. 14th & N Ave F
Pleasant Valley Baptist Church- Hwy 84 & N. 399 (806) 828-4174
Southland Baptist Church- Southland
Temple Bautista- 315 W. Main
Trinity Baptist Church- 915 N. Ave O, 990-3038

Catholic
Holy Cross Catholic Church- Ave K and Main Street- 495-2791

Church of Christ
Church of Christ- 108 N. Ave M 495-2326

Graham Chapel Church of Christ- 15th & Ave S

Church of God
Church of God of Prophecy- 602 W. 14th, 495-3644
Power House Church of God and Christ, Pine Avenue

Disciples of Christ
First Christian Church- 812 W. 13th, 495-3716

Evangelical Methodist
Faith Chapel- 1105 Green Street, Wilson (806) 628-0018

Methodist
First United Methodist Church- 216 W. 10th, 990-2942
Graham Chapel United Methodist Church (Pastor: John Hedrick) - 611 FM #1313 806-549-1400

Nazarene
Post Church of Nazarene- 202 W. 10th, 495-3044
Grassland Church of Nazarene- 327-5656

Presbyterian
First Presbyterian Church- 910 W. 10th, 495-2135

Nondenominational
Family Harvest Church- (806) 495-1400

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The Post Dispatch

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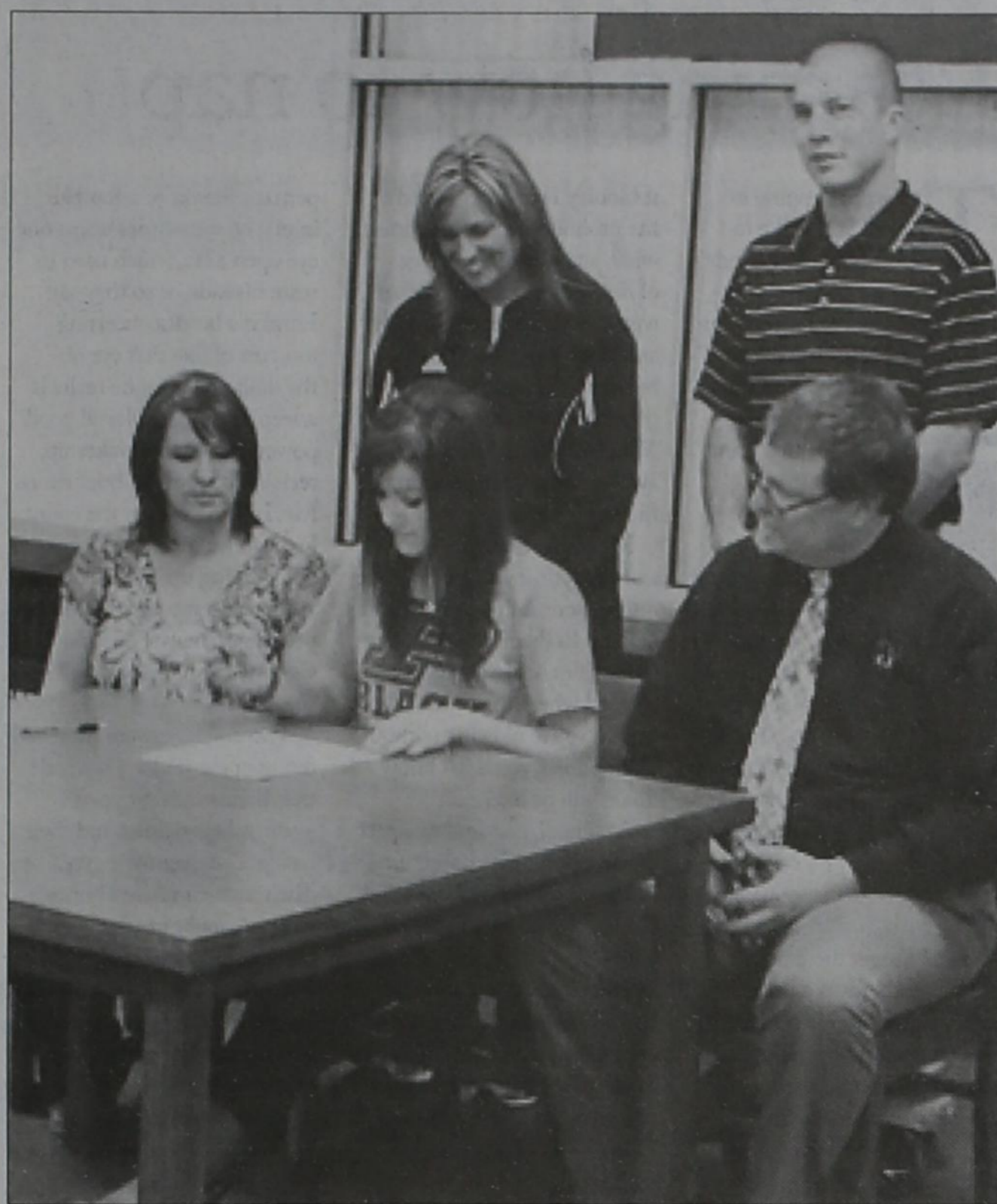
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Letter of Intent



Anna Gibson/The Post Dispatch

Post High School Senior Haily Berry has signed a Letter of Intent to run track for West Texas A&M University in Canyon. She will be running and triple jumping for the Buffaloes. Behind Haily is Post Head Track Coach Beau Riker, right, and Coach Shelli Crow, girls coach. Sitting to the left of Haily is her mother, Kellie Berry. John Berry, Haily's father, is seated to her right.

Scholarship

Poka Lambro Scholarships Available

Poka Lambro is now accepting applications for \$2500 scholarships. Area high school students whose parents are customers of Poka Lambro may apply. Recipients are selected based on the following criteria:

- Academic achievement
- Involvement in extra-curricular activities
- Educator Recommendations
- Eligibility requirements:
- Applicant must be graduating from an area

high school

• The parent or legal guardian with whom the applicant resides must be a customer of Poka Lambro.

Scholarship Applications have been mailed to area schools and may also be picked up from any Poka Lambro store or printed from the Poka Lambro website - www.poka.com. Entry deadline is March 8, 2013. For additional information, please contact Amy Preston at 800-422-2387.

Where's the beef?

Research Supports Lean Beef's Role in a Heart Healthy Diet

By Nancy McDonald, CEA-FCS

Last week, Ashley, the Scurry County FCS agent, and I attended Beef Boot Camp at The Texas Beef Council in Austin.

Sounds fun, right?

For most, yes, but I have never been fond of steaks, roasts or any kind of beef except for ground. Weird, I know but what does one do when one's immediate supervisor calls and says "Nancy, I have an opportunity for you and Ashley And I'll meet you there!" In short, I tasted more beef than I have probably eaten in my whole life. I will admit they convinced me that LEAN beef is easy to prepare, healthy and affordable.

Several times, they referred to the BOLD diet so I came home and did a little research of my own. I didn't look any further than the Texas A&M AgriLife FCS website and found research based information to confirm the findings. Following is an article that I found interesting with some thought provoking information. Remember, they consistently refer to LEAN beef.

Red Meat and Heart Health: It's been a topic of debate that has led some to restrict one of the most nutrient-rich foods available and yet the body of evidence supporting lean beef in a healthy diet is strong.

The American Journal of Clinical Nutrition published a study demonstrating that a heart-healthy diet incorporating lean beef daily is as effective at improving cholesterol levels as traditional heart-healthy diets, such as "Dietary Approaches to Stop Hypertension" (DASH). In a randomized controlled study, researchers at The Pennsylvania State University investigated the effects of lean beef in cholesterol-lowering diets in a study called "Beef in an Optimal Lean Diet" (BOLD).

Researchers tested two levels of lean beef in heart-healthy diets: the BOLD diet, which included 4 ounces of lean beef every day, and the BOLD-PLUS diet, which contained 5.4 ounces

of lean beef every day. Study participants consuming both the BOLD and BOLD-PLUS diets experienced a 10 percent decrease in their LDL cholesterol levels from the start of the study. The improvements in heart health risk factors seen from these two diets were as effective as DASH.

Harvard researchers recently conducted a review of 20 large studies encompassing more than a million participants and concluded that red meat is not associated with increased heart-disease risk. The consistency of these findings with the BOLD study further strengthens the body of evidence pointing to the benefits of adding lean beef to a healthy diet.

Researchers have suggested unnecessarily restricting beef may reduce adherence to low-fat diets, defeating their long-term effectiveness. Flexibility to include more nutrient-rich foods people enjoy is important for health professionals to consider as we strive to help Americans build healthier diets that include popular foods like lean beef.

So the key takeaway points include:

*Recommending 4.0-5.4 ounces of lean beef per day as part of a heart-healthy diet with less than 7 percent of calories from saturated fat is now supported by a rigorously designed clinical study.

*By including lean beef daily, study participants in this randomized controlled clinical study experienced a 10 percent decrease in LDL cholesterol from baseline.

*Nutrient-rich cuts of lean beef, such as Top Sirloin steak, Tenderloin and 95% lean Ground Beef, are readily available in grocery stores today. In fact, 17 of the top 25 most popular fresh meat cuts sold at retail are lean and can be part of a solution to building a heart-healthy diet.

This latest study on beef's role in a heart-healthy diet provides you with additional science to make evidence-based decisions.

Expect more beef from me throughout the next year.

Post JH victorious in last game

Last night Post Junior High hosted the Floydada Whirlwinds in Post for the final game of the season. The 8th grade "A" team came out victorious with a 32-23 score. The leading scorers were: AJ Reed 20, Dylan Morris 4, Colton Smith 4, Bedo Escobedo 3, and Ben Ayala 1.

They ended the season with a 4-13 overall record and 3-9 district record.

"The kids worked hard all year long and continued to improve," said coach Garza. "I am proud of how they improved and look forward to seeing them in the future."

Menu for Feb.18- Feb.22

Southland Schools

Breakfast

Monday

Holiday

Tuesday

Breakfast Quesadilla, Fruit, Juice, Milk

Wednesday

Breakfast Pizza, Yogurt, Fruit, Juice, Milk

Thursday

Muffins, Yogurt, Fruit, Juice, Milk

Friday

Biscuits, Sausage, Gravy, Fruit, Juice, Milk

Lunch

Monday

Holiday

Tuesday

Hot Dogs, Potato Rounds, Fresh Veggie Cup, Fresh Fruit, Milk

Wednesday

Grilled Cheese Sandwich, Vegetable Soup, Baby Carrots, Fruit

Thursday

Chicken Nuggets, Mac & Cheese, Garden Salad, Green Beans,

Apple Slices, Crispy Cereal Treat, Milk

Friday

Hamburgers, Baked Chips, Cookies, Fruit, Milk

Close Encounters

Plenty of local action: Game Warden Field Notes

Drew Spencer, Game Warden for Garza and Lynn Counties, has had some recent interesting encounters.

The following items are compiled from recent Texas Parks and Wildlife Department law enforcement reports.

Did I Do That?

Spencer seized two mule deer does that had been harvested the previous day in Scurry County by a Lubbock area man. Mule deer season had ended in Scurry County, and even then, mule deer does could have only been harvested under permit. The warden met with the hunter who admitted not knowing that mule deer inhabited Scurry County.

Venison Violator

Spencer was called by a Garza County ranch foreman regarding a headless white-tailed buck that had been dumped alongside a two-track road inside the ranch.

As the warden was responding to the area, the foreman called again and said that he believed it to have been shot by one of the hunting lease holders and that the carcass was no longer at the initial site. The warden arrived on the ranch, and after a short search, found the initial dump site and carcass at a second location. After loading the deer, the warden drove the ranch in search of the hunter, and later found him. The warden spoke with the man, a previous wildlife violator, at the back of the man's truck. A severed deer head was in the bed of the truck with an incompletely-filled out tag on its antlers. The man was then led to the back of the truck, lowered his tailgate, and revealed a wasted carcass. Without provocation, "Unless you're making hamburger, do you realize how hard it is to cut up all that meat," the man asked.


Bloody Mess

Spencer was refueling at a

Post gas station when he saw a pickup with a large white-tailed deer rack sticking out of the bed, bathed in blood across the hood and down the fenders and bed rails, pass by and immediately turn into a residential area. The warden quickly stopped the pump and followed. The truck eventually circled the block, giving the warden the impression that they wanted to parade the deer back by him. The warden saw the men act dis-

pointed when they returned to not find the game warden, but surprised when they saw him in their rear view mirror.

After checking the two men's licenses, deer, and tag, multiple citations were issued. Afterwards, the warden asked the men why they had splattered and poured blood all over their truck. The men said that they thought it would look cool. The men also got a lesson in hunting ethics.



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LOANS FOR
Real Estate

Yesteryears

10 years Ago
February 13, 2003

City council lays out plan to reduce property taxes

The council has put in motion an election on increasing the sales tax rate by one-half of one percent dedicated to decreasing property taxes and one-half of one percent for payment on the water improvement.

If approved by voters in the May election, the increased sales tax will begin in October, with decreased property taxes expected to begin the following fiscal year, based on amount of sales tax rebate generated from the new rate.

The famed Lubbock Christian University's Hallelujah chorus will present a concert at the Post Church of Christ at 6 p.m., Sunday, March 2. The concert is free and open to the public!

Initial performances of the Garza Theater's "Desperate Ambrose" will be offered this weekend, Feb. 14 and 15.

20 years Ago
February 19, 1993

The Bill and Maury Shiver Learning Center dedicated

The Learning Center is a tribute to a couple, that for almost three decades, played and important role in the education of Post's young people. For 28 years first Bill and then Maury Shiver served the community through their positions in the Post Independent School District. "The Board of Trustees thought it only fitting that we name the learning center after Maury and Bill because of its importance to both of them," said Trustee Mark Kirkpatrick.

Youth Exchanging with seniors is a new Community Service Class being taught at Post High School where high school students help senior citizens with household chores, visiting and running errands.

The class is committed to helping the senior citizens of Post and Garza County.

30 years Ago
February 9, 1983

The Post Dispatch newspapers only 25 cents!

Fir Chief, Delbert Rudd, met with the city council Monday night to ask for new grass fire fighting equipment. Rudd explained to the council that the Volunteer Fire Department had been using surplus Army trucks for the last 11 years and that each truck had already had at least two motors each and that parts were liter-

ally obsolete.

The council voted to advertise for bids with bids to be opened during the March meeting.

Larry P. Gilbreath former Post resident, and son-in-law of Mr. and Mrs. Marion Mathews received a promotion from a department of Public Safety Troop to a Texas Ranger last week in Austin.

He served with the Department of Public Safety from 1969 until 1975 with assignments at Aspermont, and Haskell and after serving as deputy here and rejoining DPS he was stationed in Vernon and then to Crowell for five years and was the first trooper permanently stationed in Ford County.

40 years Ago
February 15, 1973

County ups tax rate; nixes 2 salary hikes

In two major actions of interest, the Garza County Commissioners Court Monday boosted the county tax rate for 1973 from 80 cents per \$100 valuation to 95 cents and rejected by a split 3-2 vote the recommendations of the county grievance committee for five per cent salary hikes for the sheriff and justice of the peace and for four hours of weekly secretarial help for County Attorney Preston Poole.

Buttermilk half gallon 39 cents at Ticer's Grocery

While Texas oil production was at an all-time high last year, it didn't keep pace with energy demands, and a decline is forecast for 1973.

Under legislation approved by the House without debate, 18-year-olds can serve on all juries.

Representatives further passed a bill to extend until 1975-1976 the deadline for school districts to go on the quarter basis.

50 years Ago
February 7, 1963

The death rate for a two-lane highway is 13 times greater than that of a four-lane divided highway, all other conditions being equal, Julian F. Smith, resident engineer for the state highway department here, told Post Rotarians at their Tuesday luncheon in an interesting program giving civic clubbers all the facts on the upcoming Precinct No. 1 \$85,000 bond election.

The good points and bad points of the city's fire alarm warning came in for lengthy discussion at Monday night's city council meeting with Councilman Wesley Scott registering the major complaint.

Compiled by Anna Gordon

The 501 Learning how to nap

The art of napping escapes me. I'd like to learn how, but nobody's giving lessons. Too bad. Napping's supposed to be good for you. In health circles today, it's like a virtue. But I suspect nappers are born, not made.



HANABA MUNN WELCH

"Napper," by the way, isn't exactly a word. It's British slang for a person's head. But what else would you call someone who naps but a napper? Forget the British.

My mother was a wannabe napper. At my so-called naptime, she'd hope I'd nap so she could too. But even when she read "Hiawatha," the lulling cadences of Longfellow didn't lull me. No way. I feared I'd miss something. For sure I wasn't going to close my eyes if she was reading about Mickey Mouse and Goofy, carefully omitting Goofy's expletive, "Gawrsh!" The byword might not have bothered her so much

if Goofy hadn't butchered the pronunciation. Sometimes, when she was on the verge of dozing herself, my mother would slip and read "Gawrsh" and catch herself and snap back to full consciousness. At other times I'd intone "Read, Mommy, read" to keep her awake. Those were great nap-times, naps or not.

My father liked the occasional daytime snooze. He'd lie on the floor in his overalls and lace-up Redwings and snooze before lunch. He generally napped when lunch was late. When you're plowing without a cell phone, you don't know lunch will be late.

At school, naptime was part of the first-grade curriculum. None of us dozed at the appointed time. Try sleeping when trapped in a school desk. We all obediently put our heads down and closed our eyes. One kid actually did go to sleep one day, unless he was just faking it to get attention. "Timmy went to sleep!" we exclaimed.

In retrospect, our teacher was probably the one who needed the break.

Now I find myself back to a schedule with a naptime - my husband's daily midday sofa snooze. Lucky him. Amazingly,

perhaps thanks to a football injury, he sometimes keeps one eye open a bit, which used to scare his kids, or so they say. I find it a bit disconcerting too, sort of like that eye on the dollar bill. But he really is asleep. And then, like all good power nappers, he wakes up, recharged from the brief siesta. Me, I'd be down for the count, lucky to wake in time for supper. Waking up is the hard part.

Have I put you to sleep yet? If not, maybe one more vignette from the past will inspire you:

Two cowboys were stretched out napping under a roadside tree, their heads propped against their saddles and their hats pulled over their eyes. Their unencumbered horses were no doubt nearby, grazing on whatever they could find in the drought of the '50s. Except I remember only the cowboys and my mother remarking matter-of-factly that that's how cowboys took naps.

Wouldn't those two guys make great characters for a children's napping story? Works for me.

Zzzzzz.

Hanaba Munn Welch is a contributor and columnist for The Knox County News-Courier.

Legends

When I finally get around to cleaning and rearranging my office, I come across items of interest, many of which I have absolutely no recollection of having acquired, but that's part of being a historian and loving every minute of it.

Legends has become a great opportunity for me to share with you, the reader, many wonderful stories that are lying about in "your" museum and just waiting to be rediscovered. Such was the case of discovering the Texas Houston Chronicle magazine dated July 7, 1968 called The Institute of Texan Cultures, featuring facts on 25 major ethnic groups that played a part in the development of the State of Texas and honored at HemisFair.

In honor of Black History Month I've chosen "His skin was black, his heart, true blue."

The Negro arrived in Texas with the first European, and continued to come in growing numbers for three centuries, and today [1968] make up 12 percent of the state's population.

Long before Texas was discovered, the Spaniards and Moors [Medieval Muslims] had warred [a prolonged conflict], with captives being enslaved on both sides. The Spanish explorers brought Moorish slaves with them to Texas. Some became freedmen, winning acceptance in the Spanish outposts.

The first Negro in Texas was Esteban, a Moor from North Africa, captured and enslaved by the Spanish. He was one of four survivors who, led by Cabeza de Vaca, finally made their way across Texas to Mexico in 1528, giving the first accounts which led to Spanish exploration.

Several Negroes accompanied Coronado in his sweep across New Mexico and western Texas in 1540.

When the United States bought Louisiana in 1803, the Spanish declared any slave who escaped across the Sabine [River] into Texas was automatically free. The border became a sieve. Escaped slaves settled in the forests of East Texas and many joined friendly Indian

tribes.

Hendricks Arnold, whose father was a member of Austin's "Old 300" (the original colonists), was one of the first Negro freedmen in Texas. He was a hunting companion and close friend of the famed scouts, Erasmus (Deaf) Smith and Henry Wax Kames. Arnold was cited in the Texas report of the capture of San Antonio for distinguished service.

A state Centennial marker placed at the Goyens Cemetery near Nacogdoches sums up the story of another Texas hero-marker reads the following:

"William (Bill) Goyens, born a slave in South Carolina, 1794, escaped to Texas in 1821.

Rendered valuable assistance to the Army of Texas, 1836. Acquired wealth and was noted for his charity.

Died at his home on Goyens Hill, 1856. His skin was black, his heart, true blue."

Among Negroes participating in the Battle of San Jacinto was a freedman known as "Dick the Drummer." Years later, the Texas Gazette said:

"By the effective beating of this drum, this gray-headed descendent of Ham carried consternation into the ranks of Santa Anna's myrmidons (faithful followers)."

During the Civil War, Meshack (Shack) Roberts stayed at home and protected the women and children of his plantation owner. He planted and gathered crops and kept them in food. When his master returned from the war, he set Shack free. This was near Gilmer.

Shack set forth to establish some leadership among the Negro people, and was badly beaten by a terrorist group of Klu Klux Klan. He moved to Marshall and was elected to the House of Representatives. In 1873, he founded Wiley College at Marshall.

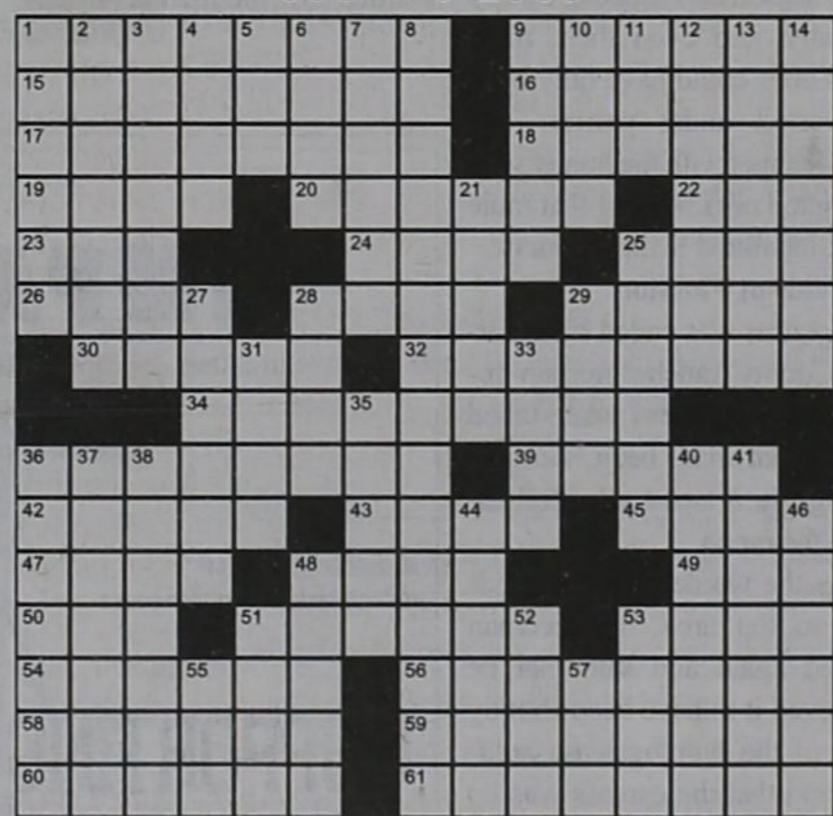
This is a great history lesson. Part-two of the First Negroes in Texas continues next week. Have a great week, and go buy a copy of "Post" at your favorite merchant or at the Museum Gift-shop. Remember, all proceeds go to the Garza County Historical Museum.

Linda Puckett is director of the Garza County Museum.

Justice-Mason Funeral Home

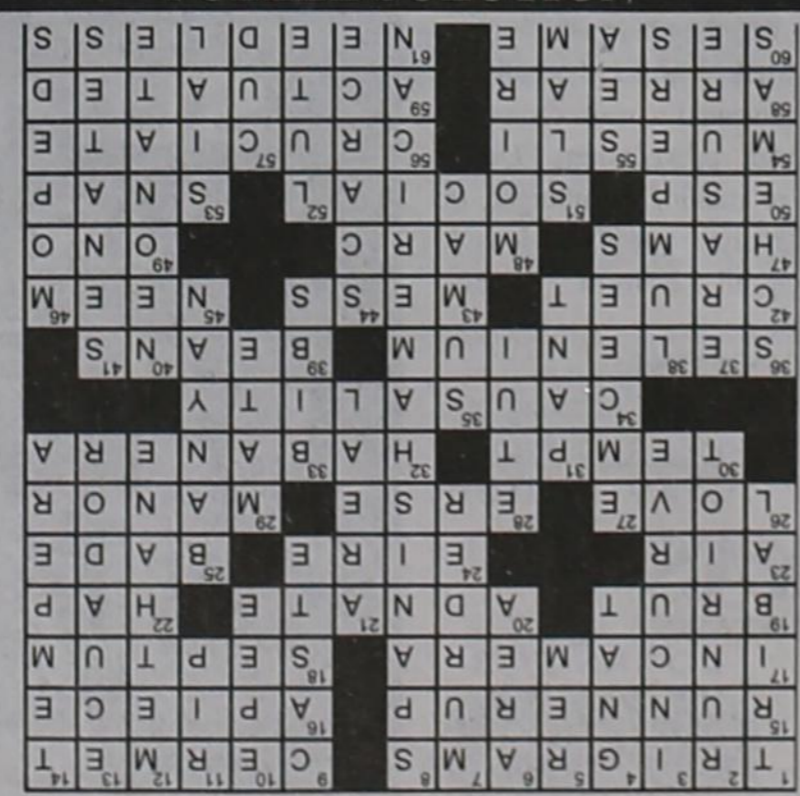
CROSSWORD PUZZLE
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- Across
- Three-letter acronyms
 - Material consisting of ceramic particles bonded with metal
 - Second best (hyphenated)
 - Each
 - Privately (2 wds)
 - Nasal partition
 - Very dry, as wine
 - Growing closely attached to an adjacent part
 - Accident
 - Balloon filler
 - Cork's country
 - Commanded
 - Zero, on a court
 - European language
 - Mount Vernon, for one
 - Bait
 - Slow Cuban dance
 - Principle that nothing happens without a condition preceding the result
 - Atomic no. 34
 - Legumes
 - Salad oil holder
 - Bungle, with "up"
 - Large semi-evergreen East Indian tree
 - Radio operators
 - Artist Chagall
 - "Walking on Thin Ice" singer
 - Clairvoyance, e.g. (acronym)
 - Mixer
 - Become unhinged
 - Breakfast cereal
 - Shaped like a cross
 - Unpaid debt
 - Got going
 - Oil
 - Unnecessary



- Small ornamental case
- Buddy
- Breathe hard
- Protective cloths worn while eating
- Poison plant
- Diagrammatic representations
- Mark on paper where something has been rubbed out
- Dock workers
- Recent delivery
- Highest legislative councils
- Short in supply
- Lightweight motorized bicycles
- Wavelike design
- Brickbat
- Vermeer's "Woman With a ..."
- Rock layer beneath continental landmasses
- Caribbean, e.g.
- Something to chew

PUZZLE SOLUTION



- Down
- Customs
 - To get out of control (2 wds)
 - Old term for fastball
 - Buzzing pest
 - "Losing My Religion" rock group
 - Length x width, for a rectangle
 - Rub out
 - U.S. citizen of Hispanic descent (2 wds)
 - Brahman, e.g.
 - Fencing sword
 - Cheat, slangily
 - Odorless, colorless, flammable gas
 - South American country whose capital is Quito
 - Poster paint
 - "He's ... nowhere man," Beatles lyric (2 wds)
 - Tropical Indian fig tree
 - Serves as master of ceremonies

Legal Notice

REQUEST FOR COMPETITIVE SEALED PROPOSALS

Garza County Commissioners Court will receive competitive sealed proposals for HVAC Renovations Work for the Garza County Courthouse HVAC Renovations at 300 West Main Street, Post, Texas 79356. Sealed proposals (prepared according to the Instructions to Proposers) may be sent to Garza County Commissioners Court, 300 West Main Street, Post, Texas 79356. A pre-proposal conference will be held on February 28, 2013 in the Garza County Courtroom at 2:00 p.m., local time. Attendance by prospective bidders is not mandatory. The bid opening location will be held in the Garza County Courtroom at 2:00 P.M., local time, March 28, 2013. Proposals received prior to this time will be securely kept, unopened. Proposals received after this time will not be considered. Proposal Documents will be available beginning February 11, 2013. Hard copy documents may be obtained with a refundable deposit in the amount of \$100.00. Digital documents are available for download at no charge and may be secured from Parkhill, Smith & Cooper, Inc. at 4222 85th Street, Lubbock, Texas 79423, 806.473.2200

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(TFNc)

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job applications, please visit www.spcaa.org

(0215)

Hiring laborers for Lake Alan Henry Dam project. \$10.31 per hour. Call Bobby 806-438-8600 if no answer leave message.

(0222pd?)

The City of Post is taking applications for a part time Community Center Operator. Duties will include, but are not limited to, all event bookings, inventory of supplies, tables, chairs, and keys. Responsible for making

sure that all forms are properly completed, all deposits, and rental fees are received and paid in full before the event.

Post ISD is now accepting applications to fill one full-time campus custodial positions. Great benefits and hours! Applicants may pick up an application in person at 501 South Avenue K, Post, or by downloading from the school website, www.postisd.net, and returning it to the above address. Post ISD does not discriminate against

any individual with respect to compensation, terms, conditions, or privileges of employment on the basis of any of the following protected characteristics race, color, national origin, sex, religion, age, disability or any other genetic information

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(0215pd)

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LEGAL NOTICE

NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT

Shenadoah Petroleum Corporation is applying to the Railroad commission of Texas for a permit to inject fluid into a formation which is productive of oil or gas. The applicant proposes to inject fluid into the Strawn. Big Red One, well number 917R. The proposed injection well is located 19 miles NE of Post, TX, in the Swenson- Garza, in Garza County. Fluid will be injected into strata in the subsurface depth interval from 7060' to 7277' feet.

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

Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Underground Injection Control Section, Oil and Gas Division, Railroad Commission of Texas, Drawer 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/463-6792).

(0215)

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Auction Location: Lazy H & B Ranch Del Rio, TX 78840
Improvements include:
• 3,200 SF metal hunting lodge - 2,400 SF metal barn with a covered hangar
• Small metal building/animal cleaning area • Approximately 10 RV hook ups
• 33' W x 2,000' L asphalt runway • Camp house w/ loft • 4 Water wells
Auction Date & Time: Feb. 26th, 2013 @ 11:00 AM CT
10% Buyers Premium | K. Toney TX Auc Lic #11818
TRANZON.COM 832-220-1100

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TexSCAN Week of February 10, 2013

AUCTIONS

AUCTION: TUESDAY, FEB 26th 10am. Sell without reserve 80+/- open and wooded acres, 85+/- acres with minerals. Property tour Sunday, Feb 17th 1-4pm at Springtown Senior Citizens Blvd. 1070 N. Main St. Springtown, TX. Call Craig Buford; 1-405-833-9499 TX LIC#13500

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Post Dispatch Weather Summary

Post's Seven Day Forecast

						
Friday Mostly Sunny 45 / 27	Saturday Sunny 54 / 31	Sunday Mostly Sunny 65 / 38	Monday Mostly Sunny 63 / 34	Tuesday Sunny 59 / 31	Wednesday Sunny 57 / 29	Thursday Mostly Sunny 60 / 32

Local UV Index



0-2 3 4 5 6 7 8 9 10 11+

0-2: Low, 3-5: Moderate, 6-7: High, 8-10: Very High, 11+: Extreme Exposure

Detailed Local Forecast

Today we will see mostly sunny skies with a high temperature of 45°, humidity of 45%. East wind 15 mph. The record high temperature for today is 89° set in 1979. Expect partly cloudy skies tonight with an overnight low of 27°. East wind 5 to 15 mph. The record low for tonight is 15° set in 2007. Saturday, skies will be sunny with a high temperature of 54°, humidity of 34%. Southwest wind 5 to 10 mph. Skies will be mostly clear Saturday night with an overnight low of 31°. Southwest wind 10 to 15 mph.

Weather Trivia

What is a column of hail that falls from a single thunderstorm cell called?

Answer: Hailshaft.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	3:50-5:50	3:20-5:20	Tue	7:00-9:00	6:30-8:30
Sat	4:37-6:37	4:07-6:07	Wed	7:49-9:49	7:19-9:19
Sun	5:24-7:24	4:54-6:54	Thu	8:37-10:37	8:07-10:07
Mon	6:12-8:12	5:42-7:42	www.WhatsOurWeather.com		

Weather History

Feb. 15, 1982 - An intense cyclone off the Atlantic Coast capsized a drilling rig, killing 84 people. The storm also sank a Soviet freighter, resulting in 33 more deaths. The cyclone produced 80 mph winds that whipped the water into waves 50 feet high.

Feb. 16, 1989 - A surge of arctic air produced all-time record high barometric pressure readings of 31.08 inches at Duluth, Minn., 30.97 inches at Chicago and 30.94 inches at South Bend, Indiana. Unseasonably warm weather prevailed across the southeastern United States.

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
Fri 2/17	7:29 a.m.	6:31 p.m.	10:27 a.m.	Next Day
Sat	7:28 a.m.	6:32 p.m.	11:05 a.m.	12:12 a.m.
Sun	7:26 a.m.	6:33 p.m.	11:46 a.m.	1:07 a.m.
Mon	7:25 a.m.	6:34 p.m.	12:29 p.m.	2:00 a.m.
Tue	7:24 a.m.	6:35 p.m.	1:17 p.m.	2:50 a.m.
Wed	7:23 a.m.	6:35 p.m.	2:07 p.m.	3:37 a.m.
Thu	7:22 a.m.	6:36 p.m.	3:00 p.m.	4:21 a.m.

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days			
					Date	Degree Days	Date	Degree Days
2/5	72	30	55/27	0.00"	2/5	1	2/9	5
2/6	73	33	55/27	0.00"	2/6	3	2/10	0
2/7	61	36	56/27	0.00"	2/7	0	2/11	0
2/8	58	27	56/27	0.00"	2/8	0		
2/9	71	39	56/28	0.00"				
2/10	59	36	57/28	0.00"				
2/11	54	31	57/28	0.00"				

Growing degree days are calculated by taking the average temperature for the day and subtracting the base temperature (50 degrees) from the average to assess how many growing days are attained.

Dixie Divas Looking for a Woman

There's a woman I'm looking for. Perhaps you know where she is. If you do, please help me find her again.

It's been several years since our paths crossed but the moment our eyes met, I was captivated. Her eyes told me she had



RONDA RICH

My friends and families choose gifts for me, saying, "It has a story so she'll love it." It is always the story that is more valuable to me than the present.

That's why I have to find this woman. I have to know her story. I cannot escape from the loud whisper of her eyes. It haunts me, even taunts me by relentlessly reminding me, "You have to know. You won't be disappointed."

One evening - oh I guess it's been five or six years now - I was asked to dine with a friend at Sea Island's Lodge on the coast of Georgia. It is a magical place of soft

lights and a fountain that sits majestically behind live oaks draped heavily with long ropes of moss. It was my first time to visit there. We valet the car and as we entered the two-story high lobby built of rock and dark wood, I saw her. She stopped me in my tracks. I was glued in place, almost swimmy-headed, as Mama liked to say, by the sheer magnetic pull of her allure, her telling eyes and the triumphs and tribulations she was eager to tell me.

My friend, Edward, approached. "Darlin'," he drawled lyrically. "Is something wrong?"

For a second or two, I was speechless, hard as that is to believe. I could only shake my head. Finally, I forced myself to call forth words. I was mesmerized. Or perhaps hypnotized. "It's that woman," I whispered, pointing toward the enormous, life-sized portrait of a handsome woman somewhere in her thirties, I suppose, clothed in a diaphanous white dress. The style led me to believe that the portrait had been painted in the early part of the twentieth century, perhaps in the 1920s or '30s.

He glanced up. "Oh, I know. She's lovely, isn't she? Come. We mustn't be late."

I couldn't move. I tried to decipher what she was telling me because her eyes screamed, "No! You can't leave yet. There's so much I have to tell you."

Finally, Edward tugged and pulled me away but later that night as he waited for the car, I hung behind in the lobby. Timidly, I approached. "What's your story?" I whispered. "You must tell me."

From then on, for the next few years, I jumped at every invitation to the Lodge, even finagling some, just to see her. With every opportunity, I would sit down on the settee facing the portrait and, in childlike wonder, stare. I suppose I thought that sooner or louder, she would speak. But never she did.

I asked employees, "Who is she? Where did this painting come from?" But no one could answer. I was desperate to know. Then, one day a couple of years ago, I went racing into the lobby to see my friend and she was gone. Vanished. Disappeared. Like the vapor that life is. I stopped suddenly, crestfallen. Tears filled my eyes. The beautiful, mahogany paneled wood was bare. Empty of her grace and beauty. It still is.


"Where, where is the portrait that was there?" I asked frantically to a Lodge employee as he crossed the lobby.

He smiled. "I don't know. They took it down a month or so ago." I've asked everywhere and no one knows.

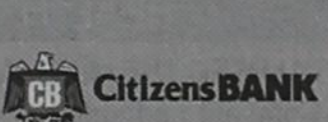
If you know where she is, please tell her that I'm looking for her. She'll understand. She knows she has so much to tell me.

Ronda Rich is the best-selling author of *There's A Better Day A-Comin'*. Visit www.rondarich.com to sign up for her weekly newsletter.

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
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
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
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