

The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, FEBRUARY 22, 2013

THEPOSTDISPATCHONLINE.COM

75 CENTS

After six weeks, Munk's feet now wet

By Russell Skiles
Lamesa Press-Reporter

Faced with several high-profile cases in addition to the regular activity, new District Attorney Michael Munk and his staff have had to hit the ground running.

But after six weeks in office, Munk said they are getting a good handle on the situation and becoming more familiar with the many cases that are pending across the four-county 106th Judicial District.

Munk, who earlier had served as an assistant district attorney for the 106th Judicial District, defeated incumbent Brian Kingston in last spring's Republican primary and did not face an opponent in the general election.

He took office on Jan. 1.

Munk is excited both about his new position and the staff he has assembled.

"I'm looking forward to bringing the district attorney's office in a new direction," he

said.

"I'm thankful and fortunate to have the staff I do, and with them I think I'll be able to achieve that goal."

Munk has hired Jason Bujnosek and Roxanne Cox as full-time assistant district attorneys.

Bujnosek was an assistant in the county attorney's office in Brownfield for the past eight and a half years.

Cox, who comes from San Antonio, has experience in the U.S. Air Force Judge Advocate General's office, the U.S. Attorney's office in Washington, D.C., and the Bexar County District Attorney's office.

Joe Nagy, a former assistant district attorney who is now the county attorney in Seminole, will be working part-time to help with felony cases in Gaines County.

Hired as a special investigator is Tommy Binford, who

See **MUNK**, Page 5



Michael Munk (front), who took office at the first of this year as the new district attorney for the 106th Judicial District of Texas, has hired Roxanne Cox and Jason Bujnosek as his assistant district attorneys. They also will be assisted by Gaines County Attorney Joe Nagy.

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.

GED test

The GED test is being revised and will be in use starting January 2014. It is being revised to better prepare students for college entry. As a result, the test will be more difficult to pass. If you or someone you know is interested in obtaining their GED, now is the time to pursue this goal. Classes are available at Post High School Tuesdays and Thursdays from 5-8pm. For more information, call 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 25-March 1: PK/K- Honesty; 1- Kindness; 2/4- Responsibility; 3/5- Good Judgment
Feb. 26- LifeTouch individual and class pictures
Feb. 28- Rare Disease Day-wear jeans and zebra print
March 6- College Day (wear college gear)
March 6- Report cards go home
March 8- Early Release (12:30)
March 11-15- Spring Break (No school)

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.

Post Area Chamber

Post Area Chamber of Commerce Annual Awards Banquet. Saturday, February 23 - 6:30 p.m.
Post Community Center Recognizing our Founder C. W. Post
Bar-B-Q Dinner catered by PJ's Catering
Tickets \$20 per person available at the PACC office

New ordinances brought to the table at city council meeting

Anna Gibson

The Post Dispatch

The Post City Council didn't hear the good news they were hoping for as Dwight Brandt discussed the progress on the project in Southland for the new water well.

Out of all the locations the water was tested, there were only two fair possibilities, which were still deemed unfavorable concerning the chemical imbalances.

"We need to look for another spot to drill," said Brandt. "We want a positive location."

The council approved an ordinance that Post Police Chief Charles Evans established for impoundment of uninsured motor vehicles.

"We've got so many people driving around in this county without insurance ... the thing is we're on lookout for the safety and the best interest of the public in the city of Post," said Evans. "If you get pulled over and don't have insurance your car will be impounded immediately."

Sheriff Terry Morgan added, "We've went to the lengths of not making this a punishment on the towing and have a contract with a local towing company for a flat fee of \$75. If that vehicle is picked up within the city limits with no insurance it goes straight to our lot. We're not charging storage fee per day unless it's there eight days. We're giving them eight days to comply with the insurance. They have to pay the towing fee ... the whole deal is that we're just trying to get compliance."

The council approved the ordinance establishing regulations for panhandling within the city of Post.

See **CITY COUNCIL**, Page 5

Hydro Resources wins well rehabilitation bid

Special to The Post Dispatch

Garza County accepted bids for the Water Well Rehabilitation at the White River Municipal Water District Tuesday, February 12. Hydro Resources had the winning bid at \$242,021.50.

Judge David Riggly read out the bids from Garza County.

Our bidders were, Russell Drilling at \$253,940 and Thunder Well Service LLC at \$319,526.

These bids are for work described generally as follows:

- Remove existing submersible well pump, motor and column piping.
- Measure well depth and remove sand and gravel accumulation.
- Perform recorded video survey of the well casing and screen.
- Clean screen, as required, with acid treatment and



Courtesy photo for The Post Dispatch

From left are Post Director Bill Pool, Johnson & Pace Engineer Phil Elledge, Crosby County Judge David Wigley, Spur Director Jerry Dunaway, Ralls Director Allan Adams, Spur City Coordinator Nancy Hale, Dickens County Judge Lesa Arnold, Elena Quintanilla with South Plains Association of Governments, Reilly Webb with SPAG, Dickens County Commissioner Charlie Morris, Post Director Victor Ashley, Tom Fulton General Manager WRMWD. Not shown but present for the Garza County bid opening are Garza County Judge Lee Norman and Christian Shotts with SPAG.

"Sonar-jetting" and bail out 8" diameter stainless steel well.

- Furnish and install new

See **HYDRO**, Page 5

Banquet shines light on active community

By Chris Blackburn

The Post Dispatch

The Post Area Chamber of Commerce is ready for this year's annual banquet.

This year the PACC will be honoring Post founder C.W. Post.

PJ's Catering from the Heart will be serving a great barbecue meal and awards will be presented for Conservation Farmer, Outstanding Business/Organization and Outstanding Citizen," said Janice Plummer, PACC Manager.

The silent auction will begin at 6:30 p.m. followed by dinner at 7. Attendees are en-

couraged to arrive at the Post Community Center early.

"This year we're honoring our founder, C.W. Post," said Plummer. "We're honored to have his namesake and continue the legacy he left."

Plummer spoke of the events either hosted, supported or aided by the chamber including:

- Two bingo nights
- Post Cereal Festival
- Fourth of July
- Community Prayer Breakfast
- Post City Trade Day (monthly)
- Brick laying at Centennial Plaza

- Candidates' forum
- Cash Mob
- Post Stampede Rodeo
- Smokin' in the Park
- Tom Butler Memorial Bronc Ride
- Lighted Christmas Parade

The pride of the PAAC is their headquarters, the Visitor Center. The PAAC is housed in the beautiful Santa Fe Depot building located at One Santa Fe Plaza.

Plummer said there are more aesthetic improvements planned for the iconic building.

"We'll be installing light



Chris Blackburn/The Post Dispatch

Janice Plummer, Manager, Post Area Chamber of Commerce, shares a laugh at her desk Friday afternoon. Plummer is ready for the annual banquet Saturday night at 6:30 at the Post Community Center.

Corrections

If you spot an error of fact, contact Editor Wayne Hodgkin 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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POST AREA *Chamber of Commerce*
ANNUAL AWARDS BANQUET

SATURDAY, FEBRUARY 23 - 6:30 P.M.
POST COMMUNITY CENTER

Bar-B-Q Dinner catered by PJ's Catering
Tickets \$20 per person available at the PACC office

Recognizing our
Founder C. W. Post



BMG Blackburn Media Group

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PUBLISHER
William C. Blackburn

EDITOR/GENERAL MANAGER
Wayne Hodgins

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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
\$30 a year outside the county

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Celebrations

Lees celebrate Golden Anniversary



MELVIN AND BESSIE LEE

Melvin and Bessie Lee married January 21, 1963 and celebrated their 50th Anniversary by renewing their vows on January 26, 2013 at Chapa's Family Restaurant.

The small ceremony took place in the Garden Room decorated in ivory and gold colors. The ceremony went as follows:

Wedding Processional - "God Bless Our Love" by O.V. Wright

Lighting of Family Unity Candles

Welcome - Mr. Calvin Clark

Wedding Prayer - Pastor Ronnie Pegues

Inspirational Scriptures Mr. Melvin Lee- Psalms 121:1-8 - Read by Mrs. Dennis (Melanie) Lee

Mrs. Bessie Lee - Psalms 27:1-14 - Read by Mrs. Marvin (Stacie) Lee

Wedding Renewal & Affirmation - Pastor Melvin Faley

Blessing of the Marriage - Pastor Ronnie Pegues

Wedding Recessional - "God Bless Our Love" by O.V. Wright

The reception started with a toast, poems and expressions of love by the children, family and friends.

Mr. James Lee read - "A Golden Couple"

Mr. Dennis Lee read - "Smooth Sailing"

Mr. Marvin Lee read - "Nifty Fifty"

Mr. Lannie Lee read - "Role Model"

Mrs. Sharon Lee Hastings read "The Big '50'"

Back Down Memory Lane by Leona Anthony

Marvin and Bessie Lee are the parents of James A. Lee of Colorado Springs, Colo., Dennis R. Lee of Lubbock, Marvin Lee of Andrew, Lannie D. Lee of Post, Sharon Lee Hastings of Slaton.

Bessie says, "I would like to thank all my sisters and brothers and friends for attending the Celebrations and thanks to everyone for the gifts!"

Deaths

Maury Emma Graham Shiver

HOUSTON - Maury Emma Graham Shiver, a loving wife, mother and grandmother, died Thursday, Feb. 14, 2013, during her 72nd year.

Memorial service: 2 p.m. Saturday, Feb. 23, in the sanctuary of Westminster Presbyterian Church, 7001 Trail Lake Drive, Fort Worth, with the Rev. Dr. Donald R. Hogg officiating.

Memorials: Her family respectfully suggests that memorial contributions be given in her name to Westminster Presbyterian Church or Tarrant Literacy Association.

Born June 24, 1940, in Edna, Maury was the daughter of John Richard and Emma Hilka Fleming Graham. She attended school in Vanderbilt through eighth grade, and graduated from Freer High School in 1958.

After graduation, she married William F. "Bill" Shiver; they had two daughters, Tiana and Larisa. Once both daughters were in school, Maury began to commute from Post, where Bill was school superintendent, to Lubbock to attend Texas Tech University. Following almost 10 years as a full-time wife and mother and part-time student, Maury earned a B.S. in education, and was awarded the distinction of the highest ranking graduate of the Texas Tech College of Education in 1977.

In Post, Maury taught second grade for four years and fifth grade for six years. After earning an M.S. in education



MAURY EMMA GRAHAM SHIVER

from Texas Tech in 1985, she accepted a position as middle school librarian from 1986-'88, and thereafter assumed the role of elementary learning resource specialist until 1992. Upon Bill's retirement from Post ISD, the school board voted to rename the learning center "The Bill and Maury Shiver Learning Center" in recognition of the couple's almost three decades of commitment to the education of the community's children.

Maury and Bill moved to McAllen in 1992 where she was librarian at Options Alternative High School from 1992-'97. After Bill's death, Maury moved to Granbury in 1997 where she was librarian at Granbury Intermediate until 1999. Her career reflected her lifelong commitment to education and also helped fund college and medical school for Tiana, and college and law school for Larisa.

In retirement, Maury's passion for education and literacy

led her to use her teaching and library skills as a volunteer with the Tarrant Literacy Association working with adult clients teaching them to read. She also recently volunteered in area schools helping young children with reading skills.

Life experiences took Maury from a childhood in coastal and Rio Grande Valley oilfield camps, to married life in central and West Texas, to retirement in Fort Worth, and finally to Houston where she spent the last few months in the loving care of her daughter, Tiana. She made lifelong friendships all along the way. A loving wife and mother, a passionate educator and Nana, we will remember her always, but especially when enjoying a perfectly brewed glass of iced tea, when reading to a child, when helping friends, family and neighbors in need, and when supporting our churches.

She was preceded in death by her parents and husband.

Survivors: In addition to her daughters and their husbands, Tiana and Michael Bonderer of Houston and Larisa and David Keltner of Fort Worth; grandchildren, William Franklin Michael "Will" Bonderer of Houston and Elena Christine and John David "Jack" Keltner of Fort Worth; brother and sister-in-law, John R. and Joan Graham of McAllen; nieces, Kathy Johnson of Tyler, Cindy Harty of Florida, Leslie Jones of Austin and Carol Fagin of Alabama.

Post Area Chamber Of Commerce Weekly Newsletter

Members Of The Week

Premier Member
BRAZOS RIVER STEAKHOUSE &
Silver Member
GARZA COUNTY ANIMAL HOSPITAL

HOSPITAL

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. Wednesday, February 20, at the Library.

ANNUAL CHAMBER AWARDS BANQUET

The Annual Chamber Banquet will be this Saturday, February 23, at 6:30 p.m. at the Post Community Center. We will be honoring our Founder, C. W. Post and presenting awards for Conservation Farmers of the Year, Outstanding Business/Organization and Citizen. Please come out and support your community. Tickets are \$20 each and can be purchased at the Chamber office or at the door.

TOM BUTLER MEMORIAL BONC RIDE

The 7th Annual TMNBR will air this week. Tune into Direct TV channel 345/Dish channel 231 Thursday February 21 at noon and 10:00 p.m. and Sunday February 24 at 7:30 a.m.

THIS WEEKEND RAGTOWN GOSPEL THEATER

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

ANNUAL CHAMBER BANQUET

Saturday, 6:30 p.m. Post Community Center

UPCOMING EVENTS

March 2 - Post City Trade Day
March 22 - Taba'na Yuan'e Sunrise Wind Ceremony.

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LOANS FOR Real Estate

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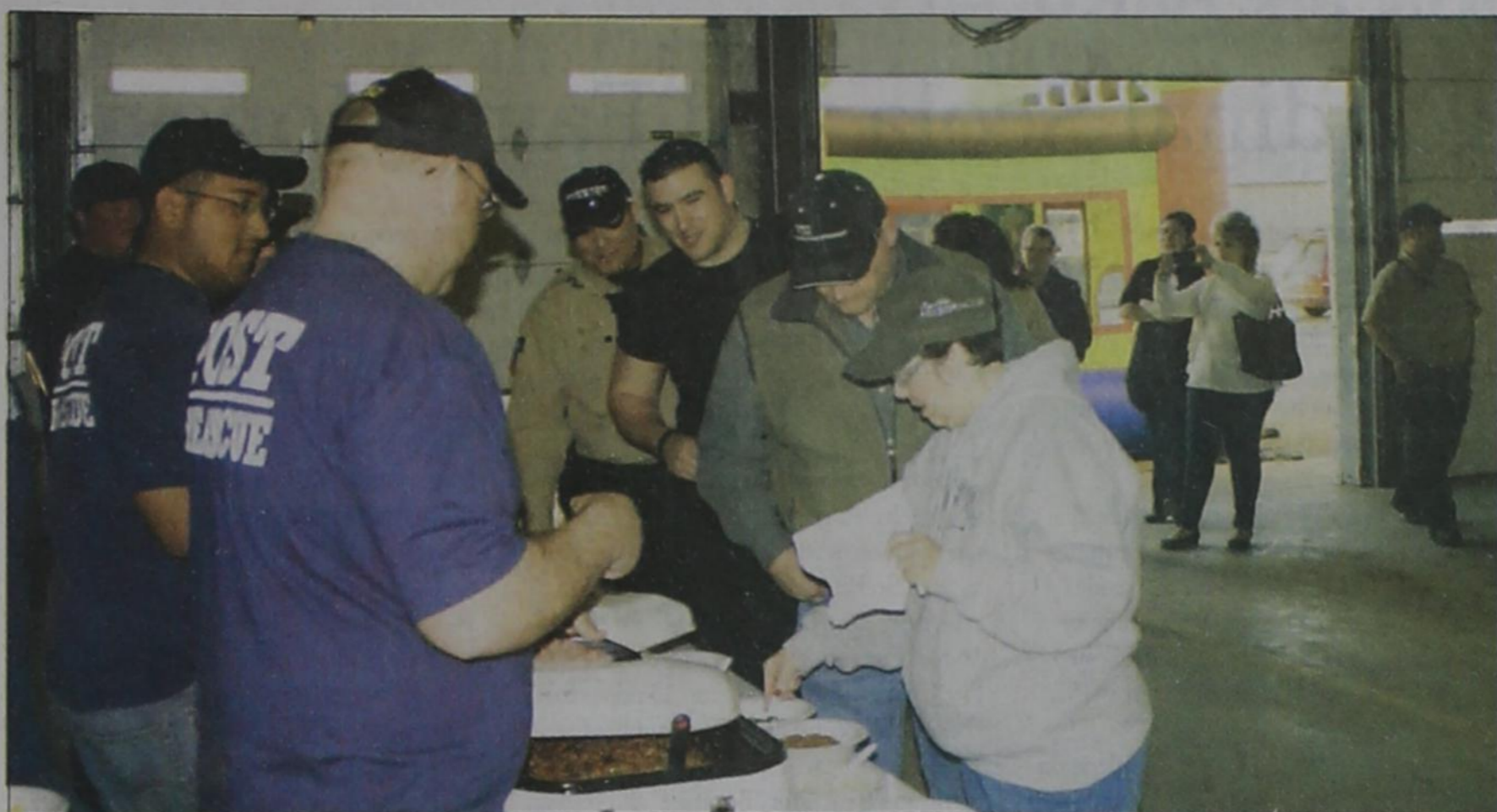
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i'm lovin' it

Annual chili supper



The Post Volunteer Fire Department hosted their annual Chili Supper Saturday, Feb. 16 at the Fire Department. There was a steady line of community that came to support their Fire Department. There was a blow-up house for the children to play in, two flavors of chili, and delicious homemade deserts. Post firefighters include: Kerry Clay, Jesse Collazo, Doug Flanigan, Jason Hair, Bodine Hernandez, Les Looney (Chief), Tobe Palmer, Steve Rivera, Zach Rivera, Leonard Rodela, Jeremy Short, Mark Short, Wayne Smith, Jimmy Solis, Brandt Taylor, Rodney Tidwell and Jimmy Valdez.

Post students do well at science fair

The 57th South Plains Regional Science and Engineering Fair was held Friday, February 15, at the United Spirit Arena.

There were over 510 projects entered from grades 4-12 covering 23 counties in the region.

The categories were biological sciences and physical sciences with two divisions, senior and junior. Judging was based on two rounds. In the first round students were placed in 1st, 2nd, or 3rd place. Only the students with 1st place ribbons were judged in the second round of judging for the overall winner.

Post Elementary had 10 students that placed in the local science fair held in December. Our five participating 5th graders are Chloe Dissinger - 2nd

place, Jeremiah Norris - 2nd place, Omar Lazcano - 2nd place, Machala Hengen - 2nd place. Our five 4th graders are Kolton Wink - 1st place and overall trophy winner for 4th grade physical sciences, Brennan Riker - 1st place, Carson Holson - 2nd place, Stephen Solis - 2nd place, and Jaden Wilson - 2nd place.

"This is a life changing event and one that will motivate our students to always do their best," said Regina Smith, fifth grade science teacher and Regional Science Fair sponsor. "Thank you teachers and parents for working with these wonderful students. Congratulations! We are proud of each one of you and your efforts to put together a winning project."



Courtesy photos/The Post Dispatch

Kolton Wink, center, won first place overall for physical sciences during the South Plains Regional Science and Engineering Fair. Shown with Kolton are his teacher, Sandra Nichols, and the fifth grade science teacher/regional science fair sponsor Regina Smith.



Post Elementary participants are shown at Texas Tech getting ready to go in and set up their boards for the South Plains Regional Science and Engineering Fair.

United Supermarkets launches cutlery giveaway

Guests can earn professional kitchen knives, accessories with everyday grocery purchases

LUBBOCK - Beginning Feb. 20, United Supermarkets guests can earn professional kitchen knives at no additional cost while fulfilling their everyday grocery needs.

Through June 11, guests can earn bonus stickers toward the purchase of professional kitchen knives and accessories from Thomas by Rosenthal Group, one of the world's leading producers of professional grade cutlery and cookware. Since Thomas by Rosenthal Group knives are not available anywhere else in the United States, this promotion is exclusive for United Supermarkets guests.

Guests will receive one bonus sticker to collect and redeem for Thomas knives and accessories for every \$10 they spend on qualified purchases at any United Supermarkets, Market Street and Amigos United location.

Shoppers may redeem bonus stickers for knives and accessories of their choice in either of two ways: free (by redeeming the full number of bonus stickers), or by purchasing pieces at full retail value. The number of bonus stickers needed to redeem each item varies.

Guests will have until June 25, 2013 to redeem their bonus stickers. There is no limit to the number of free knives a guest can col-

lect. All knives and accessories are subject to availability.

"Thomas by Rosenthal Group cutlery is internationally-known for its beautiful design and high quality. I was very impressed with the performance and durability of all the pieces and the contemporary shape fits in with modern kitchen designs," said Chris Wilson, corporate chef for United Supermarkets, LLC.

Items in the 11-piece collection of knives and accessories include:

- A utility knife
- Small santoku knife
- Sharpening steel
- Cook's knife
- Large santoku knife
- Break knife
- Steak knife block
- Set of two steak knives
- Cleaver
- Chopping board
- Storage block

Guests can find more information about the Thomas by Rosenthal knives giveaway by visiting www.unitedsupermarkets.com, www.marketstreetunited.com, or www.amigosunited.com.

About United Supermarkets Now in its 97th year of operation, United Supermarkets, LLC, is a Texas-based, family-owned grocery chain with stores in 30 markets across north and west Texas. A self-distributing company with its headquarters in Lubbock and distribution centers in Lubbock and Roanoke, United currently operates 51 stores under four distinct formats: United Supermarkets, Market Street, Amigos United and United Express.

From one Rotary to another



Anna Gibson/The Post Dispatch

Rotary GSE team from South Korea visited the Post Rotary Club Tuesday. From left are, JongHwa Yim, WonChang Song, Chris Antkinson, JunYoung Song, Team Leader, Kerry Dixon, President of the Post Rotary Club, TaeHyeong Kim, and JinA Kim.

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PEOPLE THAT YOU KNOW...HAVE ROOTS IN POST.

Shown are six members of our Board of Directors: Todd McKee, Tim Fams, Blake Boyd, David Foster, Ronnie Bilbo, and Larry Allen.

Foster and Bilbo are successful business partners who attended school in Post. They have deep roots in Post!



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Legends

Part two of the First Negroes in Texas continues

Norris Wright Cuney was the fourth of eight children born to a white planter, Phillip Minor Cuney, and a slave mother, Adeline Stuart. He was born in 1846 near Hempstead, Texas. He attended George B. Vashon's Wylie Street School for the black in Pittsburgh from 1859 until the Civil War started. He returned to



LINDA PUCKETT

Texas and eventually attended Law School. For a quarter of a century, Norris Wright Cuney was a dominate figure on the Texas

political scene, and a spokesman for the rights of Negro citizens, and a leading Republican Party official. In 1889 he was appointed collector of customs for the Port of Galveston—the highest federal post in Texas at that time.

Matt Gaines was, a former slave, was one of two Negroes who were seated as senators when the 12th Legislature convened in 1870.

David Abner Sr., a former slave, was the patriarch of a family which had been prominent in educational and public service in Texas for four generations.

Dr. Monroe Alpheus Majors, who opened his office in Brenham in 1886, was the first native Negro Texan to practice medicine.

Dr. Benjamin Rufus Bluiett, admitted to practice in Dallas in 1888, was the first Negro surgeon in Texas. He was also a banker and lodge leader.

The Negro in Texas proved to be excellent horsemen and soldiers. On the Texas frontier, it was said, "A man was measured not by his color but by whether he could work cattle and straddle an ornery bronc."

The first Negro to become heavy weight champion of the world was a Texan. He was Jack Johnson, a long-shoreman on the docks of

Galveston, who won the title in 1908 and held it until 1915.

Spenser Cornelius Dickerson, of Austin, went overseas as a Medical Corps officer with the Allied Expeditionary Forces in 1918. He was promoted to colonel and then brigadier general—the first native Negro Texan to have been named a general in the United States Army.

Dr. Charles W. Pemberton opened his office in Houston in 1927. He was the first Negro doctor to serve in the school district's health department. He was consul for the Republic of Liberia.

Julius Bledsoe, who started his musical career by singing spirituals in Waco, became world famous in 1928 when he sang "Old Man River" in Ziegfeld's New York production of "Show Boat." Later, he sang opera in Europe in six languages.

Hobert Taylor Sr. of Houston, who invested in real estate and insurance, was one of the first Negro Texans to become a millionaire. His son, Hobart Taylor Jr., became director of the Export-Import Bank in Washington, DC.

Herman Sweatt was carrying a mail pack on the streets of Houston when the U.S. Supreme Court decided in 1951 he had a right to attend the University of Texas. He didn't graduate, but he broke the barrier, and many other Negroes had graduated from Texas since then.

Elected to the Texas Senate in 1966, Barbara Jordan was the first Negro woman to be named a senator in the history of the state. She was also past president of the Houston Lawyers Assn.

This history lesson was so worthwhile, looking back 200 years, and seeing the success of these folks who dared to dream and were motivated to succeed in their chosen field of expertise. And wow, just thinking about Julius Bledsoe singing "Old Man Rivera, I can almost hear it. See you next week.

Linda Puckett is director of the Garza County Museum.

The Idle American

Cardinal Scola and Faint Hopes...

Five-ninety-eight. At the outset, sounds like a price tag, doesn't it? Well, put aside price tags and think in terms of centuries. That properly emphasizes the span of time since a pope has "stepped aside" of his own free will from papal leadership, thus introducing worldwide speculation as to his successor.

Just think—if Pope Benedict had held on for two more years, exactly six centuries would have passed since Pope Gregory XII took his big step of resignation in 1415....



DON NEWBURY

The current decision lights up "c" words that will appear in news accounts associated with the election of a new pontiff. Some we'll have to "dust off." Get ready for words like "conclave, college, cardinals, chapel and candidates."

One newspaper headline decrees "Cardinals Will Flock to Rome" to name their new leader.

Such headlines, and attendant coverage of the process, will cause considerable "head-scratching," particularly by youngsters who read—and hear—mostly in spurts. One third-grader didn't find the headline surprising. "Another headline said the Cardinals are flying to Rome," he said, "and why wouldn't they?"...

"Alleged precedence" could dampen hopes of Cardinal Angelo Scola to become the 267th pope. His "current" name could present a problem.

Accounts abound that a candidate named

"Zacola" thought he had a great chance to head the Roman Catholic Church a few decades ago.

Alas, some compassionate cardinals confided that "Pope Zacola" would sound too much like a soft drink....

Truth to tell, former names are put aside by newly-elected popes. Indeed, they can christen themselves whatever they please. Dating back to St. Peter, the first Pope elected in 37 AD, there have been 21 choices for "John," 16 for "Gregory," 15 for "Benedict" and 14 for "Clement." There've been 13 popes to choose "Innocent" and a like number for "Leo." Twelve went for "Pius," 9 for "Stephen" and 8 each for "Boniface" and "Urban." While most popes have served until their final breath, about two dozen have died violently. Particularly noted is the demise of St. Peter, who was crucified upside down by Roman authorities.

Understandably, he is one of 42 pontiffs with names not chosen by successors across the centuries....

Naming of a new pope offers the possibility of hopeful news around the globe. We could use some.

It could be that the College of Cardinals might make short work of the process. After all, they've often dragged their feet, sending black smoke from the Sistine Chapel to mark the end of another fruitless day.

What with all the "green" activists casting watchful eyes on pollution, cardinals may send up white smoke on the very first day....

But seriously, folks, Pope Benedict's surprising decision is admirable. When health issues are overwhelming, it is the sensible thing to do.

When one feels he or she can no longer

be of service—whatever the reason—little is nobler than turning duties over to others.

It's just not often seen, but absolutely refreshing when it is....

Art Linkletter would have loved to interview that third-grader who was nonplussed by the cardinals "flying to Rome."

The "charmer of kids" would have enjoyed time with a five-year-old I met at a church-wide Valentine banquet recently. Carter Russell was wide-eyed upon hearing that a couple has been married for 57 years.

"Jesus was probably at their wedding," he blurted....

The couple, Jimmy and Carolyn Koontz, "starred" in a "re-enactment" of the newly-wed game. In this case, though, the words "not so" should go in front of "newlywed." The five couples' marriages range from 9 to 57 years.

As on TV, pastor Kelly Russell asked wives to provide answers to questions posed outside of husbands' earshots. That is, the ladies were asked to reveal the answers they expected their husbands to come up with. The Koontzes won going away. Perhaps most astounding was Carolyn's detailed response to the question on whether their bathroom tissue unrolls from the top or from the bottom. "Well, in my bathroom, it's from the top; in Jimmy's, it's from the bottom."

When the gents came back into the room, Jimmy had the identical answer about tissue-rolling directions. Why wouldn't he? She's provided clear chore instructions for 57 years....

Dr. Newbury is a speaker in the Dallas/Fort Worth Metroplex. Speaking inquiries/email to: newbury@speakerdoc.com.

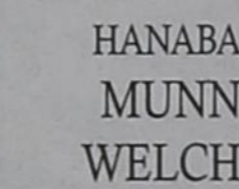
The 501

Seeing Labradors and elephants

Three skinny new baby calves. They're running around like they own the world and have a future in rodeo.

From a distance yesterday my husband thought Labradors were zipping through the herd until he realized he was

seeing the three new calves. They illustrate George Bernard Shaw's observation that youth is wasted on the young. They run, they buck, they cavort



HANABA MUNN WELCH

—burning off calories to no good end while my husband and I toil mightily, exhausting ourselves pulling up an old property-line barbed-wire fence bulldozed years ago to make way for a replacement

fence, the route between rows of trees, everything enhanced by wild animal dens. Picture tigers. Think packrats.

Anyway, when that old fence was going down, I wanted to dismantle it ahead of the bulldozer, but then I was a single woman, overruled by advisors and caught in a time crunch. In retrospect, I was right to question the sloppy burial of a barbed-wire fence. Don't ever do it. But it does me no good to whine now. What we need is an elephant.

You've seen them in movies, haven't you, trudging along moving logs and stuff? You just say "ongawa," and they do whatever. That's what Tarzan said, although he was typically getting elephants to do more important stuff, like maybe whisk Jane away to safety somewhere. What do I remember? Mainly just "Ongawa!"

INTERNET PAUSE. The Urban Dictionary says "Ongawa!" means "Shut up!"

Hmmm. Here's my theory. Tarzan's director asked the native extras for a word in their language for dealing with elephants. "Ongawa!" they replied, smiling at their inside joke. So that's what the director told Johnny Weissmuller to say to the elephants. Tarzan said it to Cheetaah too.

Legend has it that American Indians have played the same language joke on moviemakers. When the movies come out, the Indians laugh in odd places, and everyone else thinks they don't get it. Ha.

ANOTHER INTERNET PAUSE.

The more I pursue the meaning of "ongawa" the less I know. Forget "Shut up!" Would you believe "wait until later this afternoon, son" in the language of the Ekyps?

The Ekyps? If there's a tribe called the Ekyps, even National Geographic hasn't found them. Somebody out there is litter-

ing the venerable Information Highway with misinformation. Shame.

What's worse, if "ongawa" turns out to be a nonsense word, how much of Tarzan can we believe? It's enough to shake my confidence in the whole scenario, except for the elephants and guys getting killed with curare blow darts.

For that matter, how much of what you're reading now can you believe?

All of it, more or less. Try digging up an old barbed wire fence twisted through trees as dense as a jungle and you'll likely wish for an elephant too. Keep your eyes peeled for stray dogs in a herd of cattle, and you'll see them when they aren't there.

If nothing else, believe this: You and I are greater than the Internet. "Ongawa" means whatever we want it to.

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

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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

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

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Nancy's Notions

Dietary Fiber in Type 2 Diabetes

Can I subtract the amount of fiber from carbohydrates when carb counting? Another good question! Nutritionists at Texas AgriLife Extension Service



NANCY MCDONALD

have developed a research based self-care diabetes education program along with the American Diabetes Association in an effort to educate persons with diabetes. It includes basic information relating to diabetes, medicines, exercise and nutrition and stresses the importance of regular doctor visits. The following information targets the relationship of dietary fiber to diabetes management.

According to the Do Well, Be Well with Diabetes curriculum dietary fiber is the structural part of the plant that human body cannot digest, so it does not contribute any energy. Dietary fiber sources include vegetables, fruits, grains, nuts, beans and legumes.

Dietary fiber contains soluble fiber and insoluble fiber. Soluble fiber dissolves in water. Food sources of soluble fiber include oats, fruits, barley, flaxseeds,

legumes, and vegetables. Insoluble fiber does not dissolve in water. Food sources of insoluble fiber include wheat, corn, and oat bran; whole grain breads and cereals; fruit skins; root vegetables, such as carrots, beets, and turnips; green beans; the cabbage family, such as broccoli, Brussels sprouts, or cauliflower; and white or sweet potatoes.

Dietary fiber is beneficial for health. It can bind other food to prevent their absorption. Some dietary fibers ferment and generate various materials, such as short-chain fatty acids, which contribute to change the composition of the intestinal bacteria. Soluble and insoluble dietary fiber lowers blood glucose by slowing glucose absorption in the bowel. Evidences have shown that dietary fiber increases insulin release which increases capacity of body to use glucose and resulting in a slow and steady release of glucose from absorption in the body after eating.

Dietary fiber is also found to lower the level of hemoglobin A1c which is used to identify the average plasma glucose level over prolonged periods of time, compared to blood glucose meters which just tell you what your blood sugar level is at any one time. Fiber also increases a feeling of fullness and satisfies after eating which is very helpful for losing weight. Excess weight is believed to play a role in the risk and development

of type 2 diabetes. Therefore, people who eat more fiber are less at risk of developing type 2 diabetes in the first place.

For people with diabetes who are using insulin for treatment, carbohydrate counting, which is a meal planning technique for managing your blood glucose levels, helps to control blood glucose better. Fiber, which does not contribute calories and can slow glucose absorption in the bowel, can be subtracted from total carbohydrate, which is the major energy source and raise blood sugar after eating, when you are reading the food labels.

The 2007 revision of Choose Your Foods: The Diabetes Exchange Lists stated this rule for the fiber content in a food source: Subtract half of the fiber from the total carbohydrates if the fiber content is 5 grams or greater. For example, if an item has 16 total carbohydrates and 6 grams of fiber, a carb counter would take 16 minus 3 which is 1/2 the fiber to get 13. Therefore, increasing intake of fiber is a smart way to control glucose for people with diabetes.

For more information about the Do Well, Be Well with Diabetes series; contact Nancy McDonald, Texas A&M AgriLife Extension Service Garza County agent at 806-495-4400.

Nancy McDonald is the family and consumer sciences agent for the Texas A&M AgriLife Extension Service in Garza County.

MUNK

From Page 1

was serving as chief deputy with the Garza County sheriff's office and has been a deputy for 21 years.

Two holdovers from the previous administration who remain on the staff are Sue Randall as an investigator and Shontundra Adams as a paralegal.

Jana Ball recently has joined the staff as a receptionist and "girl Friday" handling a variety of chores, Munk said.

Headquartered in the district attorney's offices at the Dawson County Courthouse Annex, Munk noted that his career as a prosecutor has geographically come full circle over the past seven years.

"Maybe I'm supposed to be here," he commented.

Having previously worked as a patent and trademark attorney in New York and Connecticut, Munk said he was visiting friends in Texas when he was approached by then-District Attorney Ricky Smith.

Munk said Smith asked him

if he had an interest in criminal law, and invited him to attend some criminal cases in the district.

"After going to court a few times I really liked it," Munk said.

He joined the district attorney's staff in Lamesa in 2006, initially serving as a victims' advocate.

When he passed the state bar exam later that year to begin practicing law in Texas, Munk was promoted to the position of assistant district attorney.

In 2008, Munk won election as the county attorney in Garza County, a position he held until winning the district attorney's post.

The 106th Judicial District encompasses Dawson, Gaines, Lynn and Garza counties.

Even with his past experience, Munk admitted that the past few weeks has been something of a learning process as he has become familiar with pending cases and organized the workload with his staff.

"Jason and Roxanne have been a great help doing research for me," he said. "Their skills have really come in handy."

Two high-profile cases the staff already has been working on involve a double-homicide last year in Gaines County and an officer-involved fatal shooting in Lynn County.

The Gaines County case, Munk said, is still in the discovery process of sharing information between his office and the attorneys for the four defendants charged with capital murder and murder.

"I don't see it proceeding to a trial anytime soon," he said.

Investigative work is continuing in the Lynn County case.

"We take any kind of shooting very seriously - officer-involved or not - and it will be presented to a grand jury," Munk said.

The new district attorney also said he is excited about becoming part of the Lamesa, community and is in the process of purchasing a house here.

"There are quite a few challenges for us in the future, but I am looking forward to meeting them to the satisfaction of the voters in the district who trusted me enough to endow me with this responsibility," Munk said.

CITY COUNCIL

From Page 1

Morgan says that he's had several complaints recently about individuals hanging out at the local convenient stores and a few of the churches. "Begging, begging, begging,

and we had a lot of these people help these people and they continue to not do anything but come back and ask for more," Morgan said. "They'll even come back the next day with a wig on and try to convince you that they are somebody else begging for money again."

Morgan shared his concern that he wants to help those in need, but also get people off the street that are taking advantage of those who are willing to help.

The Council approved the setting of restrictions, penalty to not exceed \$2,000, providing the severability clause.

Thanks for reading the Post Dispatch

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HYDRO

From Page 1

wire wrapped well screen with blank liner and gravel pack and develop well.

- Test pump well, as required.
- Furnish and install new submersible pump and new column piping and reconnect to existing discharge piping. Test pump well.

- Disinfect well and sample.

The District in cooperation with Crosby, Dickens, Garza, City of Spur and City of Ralls has received \$1.75 million dollars from the Texas Department of Agriculture as part of the agencies Disaster Relief Grant. This is the first year TDA has recognized drought as a disaster.

The City of Crosbyton has received another grant from

the TDA to assist the District to develop a new well field. The City of Post contributed to the District the funds to purchase the land.

The District voiced thanks to the following agencies: Texas Commission on Environmental Quality, Texas Department Agriculture, Texas Water Development Board, and South Plains Association of Governments and the local city and county officials.

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- Across
- Beg
 - Wallop
 - Lowlife
 - Cliffside dwelling
 - Corn
 - Decline
 - Long
 - Beef buy
 - Final notice
 - Break into fragments
 - Filter
 - One way to stand by
 - Speculative
 - Enlarge, as a hole
 - Corrode
 - Big Conference
 - "On Down the Road"
 - Lawn mower's path
 - "Buona" (Italian greeting)
 - "... he drove out of sight"
 - Water-filled ditch surrounding a castle
 - Shed tears of grief
 - Committed to live and work in a specific place (2 wds)
 - Strong woody fiber
 - Druid, e.g.
 - Clergyman who also has a secular job (hyphenated)
 - "Mi chiamano Mimi," e.g.
 - Long, long time
 - In pieces
 - At sea
 - "Cast Away" setting
 - Come again
 - "Trick" joint
 - Airhead
 - Pirate's pal

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- Back of the neck
- "My boy"
- "This means ...!"
- Flowering vine
- Bit
- Small harpsichord
- Anger
- Render harmless
- Element B
- Come to mind
- Glide along on ice
- Move by taking steps
- Bust, so to speak
- 100 centavos
- "Let's ..."
- Appear
- Morgue, for one
- "Don't give up!"

- Down
- Be worthwhile
 - "Malcolm X" director
 - Victorian, for one
 - Military air base
 - Unit of fineness of silk fibers
 - Rigid support for a broken bone
 - "Crazy" bird
 - Condo, e.g.
 - Characteristic carrier
 - Weapon with a long, pointed blade
 - Conspiratorial group of plotters
 - Accord
 - Allocate, with "out"
 - "Comprende?"
 - Covered with gold
 - Clip sheep's fleece
 - "Cut it out!"
 - Diagram showing family lineage
 - About to explode
 - Director's cry
 - Wednesday
 - Parenting challenges
 - At attention

PUZZLE SOLUTION

PACC

From Page 1

posts, hopefully this year," Plummer said.

Landscaping around the building took place last year and Plummer said keeping everything alive has been

a challenge. "We've been diligent regarding water restrictions and I'm hopeful all of the trees have survived," said Plummer. "I am a little worried about one."

The building was dedicated during the Centennial and Restoration celebration on Dec. 9, 2010.

Plummer is looking forward to the future in Post.

"Post is a busy place," Plummer said. "We're growing and that's a great thing."

Traffic, while at times sporadic, his fairly consistent at the office. "I think we get more visitors at this location," Plummer said.

Cause No. 1969

IN THE ESTATE OF LEA MERRIE SHORT DECEASED) IN THE COUNTY COURT OF GARZA COUNTY, TEXAS

CITATION BY PUBLICATION
THE STATE OF TEXAS

TO THE UNKNOWN HEIRS OF THE ESTATE OF LEA MERRIE SHORT, DECEASED, In Cause No. 1969 in the County Court of Garza County, Texas, CASSANDRA PETTY AND MICHAEL CASEY SHORT, filed in the County Court of Garza County, Texas, on the 17th day of December, 2012, an application for LETTERS OF ADMINISTRATION. Said application may be heard on or after the first Monday next after the expiration of ten days from the date of publication of this citation in a newspaper of general circulation in Garza County, Texas.

All unknown heirs of said estate are hereby cited to appear before the County Court of Garza County, Texas at the above time and place by filing a written answer contesting such application should they desire to do so.

NOTICE TO ALL UNKNOWN HEIRS: You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 am on the Monday next following the expiration of TEN (10) days after the date this citation was published, a default judgment may be taken against you and the Court may enter orders with binding effects upon you.

Issued and given under my hand and seal of said Court at Post, Texas this 12th day of February, 2013.

Jim Plummer
Garza County Clerk
Terri Laurence
By Deputy, Terri Laurence

Yesteryears

10 years Ago

February 20, 2003

When the people find that they can vote themselves money that will herald the end of the republic. —Benjamin Franklin

City Manager Fred Stephens delivered a detailed report to city council members last week, providing insight into the proposal to increase the local sales tax rate to directly offset a decrease in property taxes.

"In the city's quest to lower property taxes, you have decided to recommend raising the city's share of sales tax and lower property taxes by a corresponding amount," Stephens said in a Feb. 11 memo to the mayor and council. "... Your proposal is to raise the local sales tax rate from 1 percent to 2 percent. The extra percent will be used to help make payments on the new (Slaton) water project and partially reduce the city's dependency on property taxes for payments on the new water project."

20 years Ago

February 24, 1993

Dalby introduced the idea of forming a Garza County water district during the commissioner's court meeting Monday, February 22.

Problems Judge Dalby referred to while making the proposal didn't involve supply; they were centered around possible state and federal regulations. He said

state laws handed down by people lot living in Garza County could create problems for county residents.

"We'd be better off doing it ourselves than letting Austin tell us what to do," said Judge Dalby.

Foremost of the concerns Dalby expressed dealt with radical environmentalist demands on water use.

"Announcing the arrival of a brand new Weight Watchers for a brand new you."

The First free meeting in Post was held at the First United Methodist Church.

30 years Ago

February 13, 1983

The Antelope Booster Club presented special recognition to coach David Thompson and the entire coaching staff during Thursday evening's Football Banquet. Coach Thompson and assistant coaches were given shotguns as a show of appreciation from the booster club president Jimmy Redman was given a special plaque... complete with engraving and photo.

The Post Dispatch published Sundays and Wednesdays with the full year subscription cost of \$8.50!

Sgt. Richard T. Sotak will be at the local VFW Hall Tuesday night, Feb. 15 to present an Air Force film on the latest developments of the new Air Force. The program is being presented by local commander Matt

Mathews and members of the VFW.

The film is scheduled to begin at 8 p.m., with the public invited to attend, especially students in high school who have not yet decided on a career.

40 years Ago

February 22, 1973

The biggest snowstorm of the season — six inches by 8 a.m. and containing and additional .61 of an inch of moisture — spread a thick blanket over the Post area earlier today. Tonight's annual Chamber of commerce banquet was "still on tonight" at press time. Most of the food had been prepared by earlier today, so a postponement was virtually out of the question.

Post library trustees decided at a special meeting Monday afternoon to proceed to get plans and specifications drawn for the expansion of the library into the vacant lot between City Hall and the Tower Theatre.

Another large crowd is expected for the annual Post Chamber of Commerce banquet tonight in the community center with an outside possibility that last year's record of 301 diners will be broken.

J.B. Potts, incoming president of the civic organization and the bank have invited a representative group of farmers and ranchers to the affair in an effort to develop an even better spirit of cooperation between town

and area residents.

50 years Ago

February 14, 1963

County Commissioner Precinct No. 1 voters will go to the polls Saturday to decide the fate of an \$85,000 precinct bond issue to purchase its half of the cost of right-of-way to four-lane highway US -84 from the top of the Cap 15 miles to the Lynn County line.

The Garza Memorial Hospital has been "operating in the black" for the last five years and all of the hospital bonds probably will be paid off next year leaving the county free of hospital debt.

John N. Hopkins, manager of the Tower Theatre, filed Monday as a candidate for mayor in the city election to be held Tuesday, April 2.

Hopkins, a former city councilman, is the only one who had filed for city office up to 2 p.m. yesterday. Mayor Powell Shydes has not indicated if he will be a candidate for a third term.

Car inspections are going slow in Garza County.

"With the deadline for obtaining inspection stickers drawing near, only 20 per cent of the vehicles in Garza County have been inspected," Capt. Alan Johnson, motor vehicle inspection supervisor of the Texas Department of Public Safety, said this week.

Compiled by Anna Gibson

The Paperboy Time to man up!

Are we a country of politically correct sissies? Yes we are.

I'm a family man. I'm also the man of the house. Sounds a little old-fashioned doesn't it?

I don't have a ton of rules in my house, but the ones I do have I'm strict with.

My children know they are required to listen, be respectful, do their best and be honest. My wife and I place reasonable expectations on our children and we fully believe they can rise and meet those expectations every time.

The structure we try and provide is very important to their success. As a result, we very rarely have to discipline them.

We approach their teachers with a partnership in mind. We make the teachers aware that we understand that all involved have the same goal. We want to make good men and women.

Across the country I've seen stories of absurdity. Coaches fired for giving players extra physical conditioning for being late is just one example.

What message does that send? A terrible one that's what. It teaches our youth that there are no consequences for their actions.

Once upon a time, in a more strict United States, things were different. Common sense ruled the land. Students obeyed their teachers. People strived to be better. People strived to maximize their God-given abilities.

Were things perfect then. Of course not. But I'd argue that things were better as far as the average individual mentality.

Humans have always had "mommy and daddy" issues. We always will. Some are severe. I would like to think that most are not.

In my opinion, the biggest problem we

have in society is lack of daddies. We have many males fathering children, but only half are daddies. The other half are little more than sperm donors.

These deadbeats have become so commonplace, they rarely get called out. That's wrong. They need to take responsibility for their actions, regardless of their "burden." Otherwise, they'll continue their pattern of irresponsibility.

Many of this country's problems can be directed to the lack of strong male influence in the lives of our children. It started in the 1970s and each decade it has become worse. It's past time to change the direction and it must start locally.

In your communities, you see what I'm describing every day. And you husbands, you good daddies, it's up to you to help change this dynamic.

I understand you're tired. I understand you work hard and you do right by your families. I also understand that we are the only people in this country that can do anything about the problem. And by our example and involvement, it becomes less of a sacrifice and more of a victory.

Men, I challenge you to become involved. Volunteer your time as a coach or a mentor. Speak to your neighborhood children, especially those in jeopardy of slipping through the cracks.

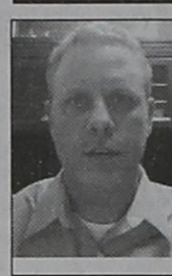
Hillary Clinton was right when she said "It takes a village." It most certainly does.

These children in our community my not be ours, but they are just as significant and will likely fail without our involvement. That's just an awful fact.

Dear reader, it's now or never. We stand as a loving community pushing our children to reach their individual potential, or we die as a fractured society.

We've had generations rise to meet the challenges facing this country. This is an occasion for my generation to rise and meet this challenge head on. It is an opportunity like no other. Are you up to it?

Christopher Blackburn is publisher of The Post Dispatch and CEO of Blackburn Media Group.



CHRIS BLACKBURN



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2002 Ford F250 Ext. Cab LB 2WD, 7.3L Diesel, Manual Transmission XLT Pkg., White - Gray Cloth, #50787 \$6,995

2002 Ford F350 Crew Cab 2WD Flatbed, white/tan cloth, diesel, manual trans, 208k, #50698 \$9,850

2004 Chevrolet 2500HD Crew Cab 4x4 LTZ, White/Black Leather, Duramax Diesel, 172K, #50771 \$11,250

2005 Lincoln Towncar, Signature 4 Series, V8, Auto, White/Tan Leather, 68K #50604 \$12,950

2006 VW Beetle, Off White/Black Leather, Turbo Diesel, Auto, Sunroof, 70K, #50894 \$13,500

2006 VW Beetle, red/black leather, Turbo Diesel, Manual Transmission, 48K, #50893 \$13,500

2007 Dodge Durango SLT 4x4, gray/gray leather, all power, V6 Auto, 78K, #50695 \$15,000

2007 Chevrolet 1500 Crew Cab 2WD, white/black cloth, 5.3 V8, 107K, LT1, New body style, #50806 \$15,500

2008 Chevrolet 1 Ton Single Rear Wheel Crew 4x4, white/tan leather, LTZ HD Front & Rear Bumper Replacements, Duramax Diesel, 117K, #50897 \$27,500

2008 Chevrolet 1500 Crew Cab, 2WD, white/charcoal cloth, 5.3 V8, Auto, LT Pkg., Steering Wheel Controls, Pwr Seat, 62K, #50865 \$19,995

2008 Buick Enclave CX AWD, gold/tan leather, power seats, V6, aluminum wheels, 66k, #50843 \$19,500

2008 Chevrolet Colorado Crew Cab 2WD, red/ebony cloth, 1LT, 71K #50606 \$14,950

2008 Kia Rio LX 4Dr, Sedan, Gold-Tan Cloth, 4-Cyl., Auto, A/C, 14K, #8200 \$10,350

2009 Chevrolet Tahoe LS 2WD, Goldmist/Tan Cloth, 5.3 V8 Auto, 2nd Row Bench, 49K, #50919 \$25,000

2009 Chevrolet 2500HD Crew Cab 4x4 Diesel, Bruton Flat Bed, White-Black Leather, 91K Miles, #50563 \$29,000

2009 GMC 1500 Ext Cab 2WD silver/ebony cloth, 5.3 V8 Auto, SLE Pkg, Texas Edition, 20" Chrome Wheels, Steering Wheel Controls, Power Seat, Tow Pkg, 43K, #50900 \$18,500

2010 Chevrolet Traverse LT1, Crystal Red/Black Cloth, V6, 2nd Row Buckets, Bose, NAV, Rear View Camera, Remote Start, 30K, #50922 \$22,000

2010 Chevrolet 1500 Crew 4x4, white/charcoal cloth, 5.3 V8 auto, pwr seats, remote start, all power, 49K, #50869 \$24,500

2010 Chevrolet Avalanche 2WD, black/black leather, bucket seats, Texas Edition, heated seats, 82K, #50840 \$21,500

2010 Chevrolet 1500 Crew Cab 2WD, silver/ebony cloth, 5.3 V8 auto, pwr seat, steering wheel controls, 27k, #50819 \$24,900

2010 Chevrolet Equinox LTZ, maroon/brown leather, dual dvd, tow pkg, 19K, #50634 \$28,000

2010 Chevrolet Traverse, silver/gray cloth, Bluetooth, rear view camera system, 71K, #50545 **Reduced \$19,250**

2010 (2) Chevrolet Impalas LT, V6, 26,000 miles, goldmist/charcoal cloth \$18,075

2010 Chevrolet 1500 Crew Cab 2WD, White-Gray Cloth, 5.3 V8, Auto, Front Bucket Seats, LT1 Equipment Pkg., 31K #50836 \$27,000

2011 GMC Sierra Denali Crew Cab AWD, diamond white/tan leather, 6.2L V8 Auto, Bose stereo, 16k, Like New, #50827 \$40,500

2011 Ford 1500 Crew Cab 2WD, V6 EcoBoost, Spray In Bedliner, New Tires, New Wls, XLT Pkg, Silver/Gray Cloth, 35K, #50899 \$24,000

2012 Chevrolet 2500HD Crew Cab 2WD, Black/Black Cloth, 6.0L V8, Manual Windows, Cruise Control, Camper Mirrors, HD Tow Pkg, 22K, #50915 \$28,500

2012 GMC Acadia SLT AWD, Black/Black Leather, Pwr Seats, Remote Start, 2nd Row Buckets, Power Lift Gate, 14K, #30097 \$31,000

2012 Chevrolet Malibu LT, Sedan, White/Black Cloth, 4 Cyl, Auto, 15K, #30072 \$18,750

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District Champions



Photo special to the Dispatch

The 7th grade "A" team hosted Floydada Monday night for their final basketball contest. They pulled out a win over the Whirlwinds by a score of 35-8 sealing a first place finish in district. They completed the season undefeated in district play with a record of 12-0. Their overall record was 16-2. The leading scorers for the night were: Deelan Reed 12, Chance Courtney 8, Mike Phergon 5, Aric Garza 4, Austin Britton 4, and Pacey Blevins had 2. This was a good bunch of young men to coach. They worked hard and competed well. I am proud of their accomplishment and look forward to seeing them play in the future.

2013 Post Lady Lopes Softball Schedule

Date	Day	Opponent	Location	Time	JV / Varsity
FEB 8	FRI	MULESHOE (Scrimmage)	H	4:30	JV / Varsity
FEB 11	MON	TAHOKA	H	5:00	JV / Varsity
FEB 14-16	THUR - SAT	LITTLEFIELD TOURNAMENT	T	TBA	Varsity
FEB 19	TUES	BROWNFIELD	H	5:00	JV / Varsity
FEB 21-23	THUR - SAT	POST TOURNAMENT	H	TBA	Varsity
FEB 25	MON	FORSAN JV	H	5:00	JV
FEB 28 - MAR 2	THUR - SAT	RALLS TOURNAMENT	T	TBA	Varsity
MAR 5	TUES	MIDLAND GREENWOOD	T	5:30	JV / Varsity
MAR 8	FRI	DENVER CITY	T	4:30	JV / Varsity
MAR 11	MON	LITTLEFIELD	H	10:00 AM	JV / Varsity
MAR 19	TUES	* IDALOU	H	5:00	Varsity
MAR 23	SAT	* ROOSEVELT	T	12:00	JV / Varsity
MAR 25	MON	FORSAN JV	T	6:00	JV
MAR 26	TUES	* SLATON	H	5:00	Varsity
MAR 29	FRI	* IDALOU	T	2:30	Varsity
APR 6	SAT	* ROOSEVELT	H	12:00	JV / Varsity
APR 9	TUES	* SLATON	T	5:00	Varsity
APR 12	FRI	* IDALOU	H	5:00	Varsity
APR 16	TUES	* ROOSEVELT	T	5:00	JV / Varsity
APR 20	SAT	* SLATON	H	12:00	Varsity
APR 23	-	DISTRICT CERTIFICATION -	-	-	-
APR 30	-	BI-DISTRICT CERTIFICATION -	-	-	-
MAY 4	-	AREA CERTIFICATION	-	-	-
MAY 11	-	REGIONAL QUARTERFINAL CERT.	-	-	-
MAY 18	-	REGIONAL SEMIFINAL CERT.	-	-	-
MAY 25	-	REGIONAL PLAYOFF DEADLINE -	-	-	-
MAY 29 - JUNE 1	-	STATE TOURNAMENT	-	-	-

* - District Game

Head Coach: Toby Allen

Assistant Coach: Rebecca Schroeder

Phone: 325-660-7387

Email: tallen@postisd.net

Menus

Week of Feb. 25- Mar. 1

Southland ISD Menu

Breakfast menu

Monday

Pancake on a Stick, Fruit, Juice, Milk

Tuesday

Breakfast Pizza, Fruit, Juice, Milk

Wednesday

Breakfast Bar or Cereal, Yogurt, Fruit, Juice, Milk

Thursday

Muffins, Yogurt, Fruit, Juice, Milk

Friday

Biscuits, Sausage, Gravy, Fruit, Juice, Milk

Lunch menu

Monday

Beef and Cheese Chalupa, Garden Salad, Refried Beans, Applesauce, Tortilla Chips, Salsa, Milk

Tuesday

Country Fried Steak, Whipped Potatoes w/Gravy, Green Beans, Hot Roll, Strawberry Cup, Milk

Wednesday

Chicken Fajitas, Peppers & Onions, Charro Beans, Corn, Tortilla Chips, Salsa, Orange Smiles, Milk

Thursday

Chicken Spaghetti, Garden Salad, Carrots w/Ranch, Bread Stick, Apple Slices, Milk

Friday

Fish Tacos, Corn Tortillas, Sweet Potato Fries, Cole Slaw, Salsa, Sliced Peaches, Milk

Post ISD

Breakfast

Monday 25: Waffles, Sausage, Butter and Syrup, Fruit, Milk

Tuesday 26: Pop Tart, Sausage Link, Fruit, Milk

Wednesday 27: Cream of Wheat, Toast, Sausage, Fruit, Milk

Thursday 28: Donuts, Sausage Link, Fruit, Milk

Friday 1: Cereal, Toast, Fruit, Juice, Milk

Lunch

Monday 25: Beef Nachos, Refried Beans, Garden Salad, Salsa, Hot Cinn. Apples, Milk Variety

Tuesday 26: Hot Dog, Potato Rounds, Fresh Veggie Cup, Fresh Seasonal Fruit, Milk Variety

Wednesday 27: Grilled Cheese Sandwich, Vegetable Soup, Baby Carrots, Fruit Cup, Milk Variety

Thursday 28: Chicken Nuggets, Mac & Cheese, Garden Salad, Green Beans, Apple Slices, Crispy Treat, Milk Variety

Friday 29: Hamburger, HB Garnish, Seasoned Corn, Baby Carrots, Sliced Peaches, Milk Variety

Post Baseball Schedule

Date	Opponent	Site	Time
Feb. 19	Tahoka	There	5:00
Feb. 21-23	Post Tournament	Here	TBA
Feb. 26	Coahoma	There	7:00
Feb. 28-Mar. 2	Forsan Tournament	There	TBA
Mar. 5	Coahoma	Here	7:00
Mar. 7	Brownfield Tournament	There	TBA
Mar. 12	Brownfield (DH)	TBA	TBA
Mar. 19	Floydada	There	5:00
Mar. 23	Idalou	There	12:00
Mar. 26	Roosevelt	Here	7:00
Mar. 29	Slaton	Here	12:00
April 6	Childress	There	2:00
April 9	Floydada	Here	TBA
April 13	Idalou	Here	2:30
April 16	Roosevelt	There	4:30
April 20	Slaton	There	2:30
April 27	Childress	Here	4:30

Post JV Baseball Schedule

Date	Opponent	Site	Time
Feb. 19	Tahoka	There	7:30
Feb. 26	Coahoma	There	5:00
Mar. 5	Coahoma	Here	4:30
Mar. 16	Floydada	There	7:30
Mar. 23	Idalou	There	2:30
Mar. 26	Roosevelt	Here	4:30
Mar. 29	Slaton	Here	2:30
April 6	Childress	There	4:30
April 9	Floydada	Here	7:30
April 13	Idalou	Here	2:30
April 16	Roosevelt	There	4:30
April 20	Slaton	There	2:30
April 27	Childress	Here	4:30



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Renae Smith, RN/DHCS
806-675-1516 (TFNc)

SPCAA Head Start is now accepting applications for the following positions:
Full time Lead Teacher
Full time Teacher's Assistant. Part time Substitute Teachers. For complete job details and

job applications, please visit www.spcaa.org (0215)

Hiring laborers for Lake Alan Henry Dam project. \$10.31 per hour. Call Bob by 806-438-8600 if no answer leave message. (0222pd7)

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

A Rock Materials Drivers Needed Class B CDL. Must have medical card, pass drug screening. Starting pay \$10.00 per hour with monthly bonus minimum 50 hours per week. Paid weekly.

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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

LEGAL NOTICE

Lee Lewis Construction, Inc. will receive proposals for the **Post ISD Transportation and Maintenance Facility**. Proposals are due by 3:00pm, March 14, 2013. No proposals will be accepted after this time. We specifically invite **Small Business Concerns** and **Women Owned Business Concerns**, and **Small Business Concerns Owned/Controlled by Socially and Economically Disadvantaged Individuals**.

Plans are available from:
Lee Lewis Construction, Inc.
7810 Orlando Ave.
Lubbock, Texas 79423
806-797-8400

Plans are available for viewing in the following locations:

AGC Plan Room - Lubbock
Dodge Plan Room - Lubbock
Dodge - Scan
LLCI Virtual Plan Room Contact - PDM@leewis.com

LEGAL NOTICE

Ordinance No. 625 An ordinance of the City of Post, Texas Code of ordinances establishing regulations for the towing and impoundment of uninsured motor vehicles within the City of Post and amending the code of ordinances by adding article 12.07 uninsured vehicles/motorists; providing a penalty not to exceed \$500; providing a severability clause; and providing an effective date.

Ordinance No. 626 An ordinance of the City of Post, Texas establishing regulations for panhandling within the City of Post and amending the code of ordinances by adding article 4.09 panhandling; setting restrictions; providing a penalty not to exceed \$2,000; providing a severability clause; and providing an effective date.

Ordinance No. 627 An ordinance of the City of Post, Texas establishing regulations for unattended tethering of dogs within the City of Post and amending the code of ordinances by amending article 2.01.001 definitions and by adding article 2.07 restraint of animals; providing specifications; providing for exceptions; providing a penalty not to exceed \$2,000; providing a severability clause; and providing an effective date.

Ordinance No. 628 An ordinance amending the landfill ordinance by adding a fee schedule in code of ordinances sec. 14.01.008 charges for disposal of waste; providing a severability clause; and providing an effective date.

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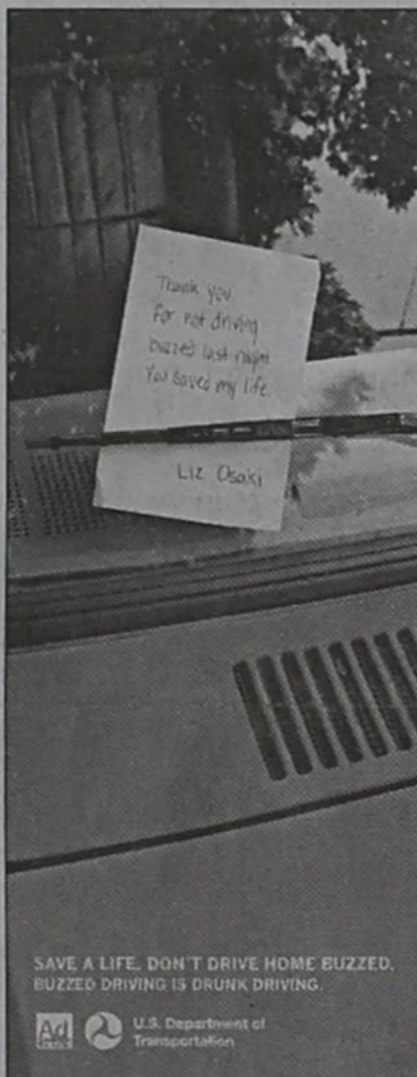
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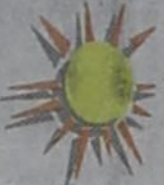






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Post Dispatch Weather Summary

Post's Seven Day Forecast

						
Friday Sunny 54 / 32	Saturday Sunny 63 / 38	Sunday Mostly Sunny 67 / 30	Monday Mostly Sunny 61 / 33	Tuesday Mostly Sunny 64 / 35	Wednesday Mostly Sunny 63 / 35	Thursday Partly Cloudy 60 / 34

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 sunny skies with a high temperature of 54°, humidity of 34%. East southeast wind 10 mph. The record high temperature for today is 87° set in 1972. Expect mostly clear skies tonight with an overnight low of 32°. East southeast wind 5 to 10 mph. The record low for tonight is 15° set in 1963. Saturday, skies will be sunny with a high temperature of 63°, humidity of 20%. West wind 10 to 15 mph. Skies will be mostly clear Saturday night with an overnight low of 38°. South southwest wind 15 to 20 mph.

Weather Trivia

Are cities struck by lightning more than surrounding areas?

?

more times.

Answer: Yes, by about 20 percent.

Peak Fishing/Hunting Times This Week

Peak Times			Peak Times		
Day	AM	PM	Day	AM	PM
Fri	9:24-11:24	8:54-10:54	Tue	11:45-1:45	11:15-1:15
Sat	10:11-12:11	9:41-11:41	Wed	12:03-2:03	12:33-2:33
Sun	10:58-12:58	10:28-12:28	Thu	12:52-2:52	1:22-3:22
Mon	11:30-1:30	11:00-1:00			

www.WhatsOurWeather.com

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
Full 2/25	Fri 7:21 a.m.	6:37 p.m.	3:56 p.m.	5:02 a.m.
	Sat 7:20 a.m.	6:38 p.m.	4:53 p.m.	5:41 a.m.
	Sun 7:19 a.m.	6:39 p.m.	5:51 p.m.	6:17 a.m.
	Mon 7:18 a.m.	6:40 p.m.	6:51 p.m.	6:52 a.m.
Last 3/4	Tue 7:16 a.m.	6:41 p.m.	7:51 p.m.	7:26 a.m.
	Wed 7:15 a.m.	6:41 p.m.	8:53 p.m.	8:01 a.m.
	Thu 7:14 a.m.	6:42 p.m.	9:57 p.m.	8:38 a.m.

New 3/11
First 3/18

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days	
					Date	Degree Days
2/12	41	29	57/28	0.48"	2/12	0
2/13	56	25	57/29	0.00"	2/16	0
2/14	59	27	58/29	0.00"	2/13	0
2/15	42	29	58/29	0.00"	2/14	0
2/16	64	23	58/29	0.00"	2/15	0
2/17	72	29	58/29	0.00"		
2/18	56	35	59/30	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.

Weather History

Feb. 22, 1986 - A 12-day siege of heavy rain and snow, which produced widespread flooding and mudslides across northern and central California, finally came to an end. The storm caused more than 400 million dollars in property damage.

Feb. 23, 1990 - A fast-moving storm produced near blizzard conditions in Michigan. Snowfall totals ranged up to 9.5 inches in Allegan County, wind gusts reached 74 mph at Ann Arbor, and five-foot snowdrifts were reported around Saginaw.

Dixie Divas Coming home

One evening back in late spring, I returned home from two weeks of flitting through major airports and hurrying bare-footed through security sensors. I was bone-weary from cramped planes – the center seat too many times – and delayed flights.



RONDA RICH

Home never felt, smelled or looked so good. The cows bawled a hello, the two cats joyously bounced around the garage and a lick-happy, shivering Dixie Dew danced with delight. The world felt perfectly right and cozy. And the funny thing is that I hadn't even realized it was askew until I stepped from my car.

The next morning, I awoke to the chirping of birds and a rabbit zig-zagging across the back yard. I stepped out on the porch and felt a gentle, warm breeze and inhaled the fragrance of blooming confederate jasmine and honeysuckle. I listened. But I heard nothing 'cept for those creatures of nature and a dog in the far distance beyond the sunrise. No traffic, no voices, no television,


no video games just the Lord's sweet sounds. It was music to my ears. I decided upon my annual ritual of cleaning the back porch, of turning it from winter's dark, dirty gray to bright and washed down with Clorox. I gathered the brushes and buckets and began. I scrubbed the red dirt from the floor that had been tracked in by Mississippi the cat. What a mess she had made since the autumn. Every year it is such a rite of passage for me to prepare the porch, the swing, the rockers and the wicker for several months of sitting with books, coffee and friends. On nights when the moon is full and the crickets sing, the back porch swing is the best seat in the house. Dressed in shorts, a tee shirt and bare-footed, I padded through the grass to the spigot when, suddenly, the air lifted just a bit and, at that moment, the smell and feel of it was such that it transported me back to all those summers long ago when I was kid. Years melted away and though it would seem that I have come so far, I realized I was back where it all began. The ground beneath my feet these days is the same dirt of my childhood. In the front yard is a stream where my cousin and I fished with poles made from sticks and string. In those days, it was all pasture but now there is a house and a fence made of wood instead of barbed wire.

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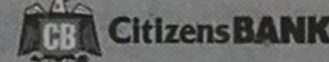
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It is home. Then and now. I can't explain what it is about the land of our raising that imprisons us but Southerners are held in bondage to our native soil, whether it is the orange dust of Alabama, the rich black dirt of the Mississippi Delta or even the stubborn, red clay of Georgia. That ground wraps itself around our ankles like kudzu-covered shackles and holds us captive to that place called "home."

Country singer Marty Stuart, a Philadelphia, Mississippi native, once explained that when he needs to center himself and find his true creativity that "I always go back to the dirt roads of Mississippi."

This I know: In the South, we do not possess the land. It is too strong and mighty of a force to be held by any deed holder. The land, instead, possesses us. Try, though we might, we cannot escape its hold. So, now I find myself plunked back down amidst the kudzu, blackberry bushes and maple trees of my childhood. Many days I swing on the porch, completely entertained by the simplicity of the memories that lie embedded in the hard clay or the quietness of a world far removed from city intrusion.

Truman Capote, the Alabama-raised writer, often said, "Every Southerner goes home sooner or later, even if in a pine box."

I'm glad I didn't wait for the pine box to bring 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.