

The Post Dispatch

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The Newspaper Serving all the people of Garza County

Sixty-seventh Year Number 31

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Wednesday, December 30, 1992

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by

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NEWS BRIEFS

American Legion membership drive

Veterans are encouraged to contact Commander Jack Alexander or Adjutant JG Ault for an application to join the American Legion. Veterans are urged to join the legion to protect their rights. In the past, the American Legion has fought for and obtained veteran's benefits such as the WWII G.I. Bill.

Post Head Start candy sale underway

Post head start began selling candy December 22, 1992. The candy is the World's Finest Chocolate with roasted almonds. Each bar is \$1. Proceeds from the sale go to support the Post Head Start program.

Stock Show entry cards available

Garza County Stock Show entry cards are now available at the Extension office in the courthouse. The cards must be signed by the exhibitor and parent and returned to the Extension office by 5 p.m. Friday, January 8.

Chamber seeking citizen of the year

The Post Chamber of Commerce is seeking nominations for citizen of the year. If any one knows of someone deserving of this honor they are urged to send that person's name along with a short description about why they are being nominated to the chamber office. Nominations should be sent to: The Post Chamber of Commerce, P.O. Box 610, Post, Texas 79356. Deadline for nominations is January 15, 1993.

PMA looking for business of the year

The 1992 Business of the year is being sought by the Post Merchants Association. Any one who knows of a business deserving this honor should send that business name, along with a short description about the business being nominated to the PMA at P.O. Box 610, Post, Texas 79356. Deadline for nominations is January 15, 1993.

Annual chamber banquet Jan. 30

The annual Post Chamber of Commerce banquet is scheduled for Saturday, January 23, 1993. The place and time will be announced later. The Post citizen of the year and business of the year will be honored at the annual banquet. For more information on the banquet, contact the Post Chamber of Commerce at 495-3461.

Commodities distribution

The commodities distribution are held on the third Tuesday every month at the Service Center on the Snyder Highway. The center will be open for the distribution from 9 - 12 and from 1-3 p.m.

Christian school cookbook available

"Holy Chow", the new Christian school cookbook is currently at the printers and will soon arrive at the school in Post shortly after the new year. The school is offering gift certificates for the book. They may be obtained by contacting a teacher at the school or by coming by the FBC office at 402 W. Main.



OUTGOING COUNTY COMMISSIONER Sammy Ellis (far right) was presented a plaque in appreciation for his service to Garza County during his time as commissioner. Making the presentation is County Judge Giles Dalby along with commissioners (l-r) Herbert Walls, John Valdez and Albert Stone. The December 28 meeting was Ellis' final meeting as commissioner. (Photo by John Cordsen)

Auditor gives Garza County finances clean bill of health

by John Cordsen

Auditor Steve Sawyers commended Garza County employees and elected officials for their assistance in his firm performing the audit for the county. Sawyers made his comments while delivering his audit report to Commissioner's court during its December 28 meeting.

"We found no problems," said Sawyers. "The books and records are in good shape."

He added that the county has done a good job in keeping spending in line this year.

According to Sawyers, revenue in the county was up for the period that ended September 30, 1992. He attributed most of this to the grants the county received during the fiscal year. He said a good indicator of this is the county is still \$87,150 under budget in the general fund.

"That increased it (the revenue side of the budget) significantly," said Sawyers.

He listed revenue for the county in excess of \$1.7 million.

With the increase in revenue for Garza County, Sawyers said there was also an increase in expenditures. He attributed most of this to the grants the county received during the fiscal year. He said a good indicator of this is the county is still \$87,150 under budget in the general fund.

"This is really magnified considering the grant monies you received," said Sawyers.

County Judge Giles Dalby presented outgoing commissioner Sammy Ellis with a plaque for his years of service to the commissioners court. Ellis, commissioner from precinct 1, was defeated by fellow Democrat Lee Norman in the March 10 primary. Norman ran unopposed in the November 3 general election.

The court set January 1, 1993 at 10 a.m. for swearing in ceremonies for all county officials elected or re-elected to office in the November election.

Those taking the oath of office include Norman as commissioner from precinct 1; John Valdez from precinct 3, sheriff Kenneth Ratke; county tax assessor-collector Laura "Chita" Hataway and constables Lonnie Gene Peel and Leroy Deming.

The procedures will take place in the courtroom on the second floor of the Garza County Courthouse.

The commissioners, who were officially notified at their December 14 meeting by Chris Wyatt that he does not intend to take office as county attorney, will appoint someone to fill the vacancy. The appointment will be for two years until the next general election in 1994. At that time, the appointee will have to run for another two year term to complete Wyatt's original term that runs from 1993 until 1997.

Officials representing the South Plains Community Action Association were present at the meeting with a report on the "Park and Ride" facility planned for south of the city. Gary Paquette told the commissioners, funding for the initial stage of the project has been approved by the state.

This includes monies for paving the area located just south of the Post City Park.

The park and ride facility would provide persons in Post and Garza County with bus service to Lubbock and surrounding areas. The program is aimed primarily at assisting the elderly and others, who for whatever reason, do not or cannot make the trip into Lubbock with means to do so.

Garza County will be providing some in-kind work at the site as its contribution to the program. The county is being asked for assistance in the landscaping work that is planned and with moving and compacting soil.

Paquette said the landscaping done at the site would keep with the theme already in place in downtown Post. He said initial bids on the project should go out in one or two months.



VICTOR ASHLEY Dr. Charles Somerville and David Morrow sing a threesome at the Christmas recital at the Algeria Art Center.

Recital draws full house

It was standing room only for the December 23 Christmas recital at the Algeria Art Center in Post. Vocalist David Morrow and pianist David King were the featured performers.

Piano restoration a project of love

by John Cordsen

It took David King four years of labor and love to restore a piece of history. From sanding away old layers of varnish to hand winding the base chords with copper, King painstakingly restored the Broadwood concert grand that currently sits in Algeria Arts Center.

Built in 1876 by the Broadwood Company in England, the instrument was purchased by King and Oscar Schoberg from a theatrical company in Los Angeles in 1983. King then spent the next four years restoring the eight and a half foot concert grand. Aside from the new strings and an occasional piece of felt that was replaced here and there, King used all the original parts in the restoration.

It wasn't until recently that King was forced to add some new pieces to the piano. This occurred after a couple of hammer shanks were broken and King was forced to replace them with newly manufactured ones.

"I didn't want to, but I had to to keep the piano in working order," said King.

He was forced to use the modern replacements because the Broadwood company ceased its operations sometime after World War I. King said he did some research but was unable to document the exact time the company ceased operations.

The restoration itself was not without its problems.

After King had spent months sanding and applying varnish to the sound board he was ready to install the strings. The process he used called for graphite. King chose to use a spray graphite. Upon the advise of Schoberg, King applied the graphite without covering the sound board with something to protect the finish. The results were disastrous.

"I sprayed the graphite on and the varnish parted like oil on water," said King. After watching his months of hard work destroyed in a matter of seconds, King said he retreated to the back yard for a good cry.

The strings themselves were no simple matter. King had to hand wind copper wire around the base chords and tie individual loops on the other strings.

The veneer of the piano is of Brazilian rosewood.

According to the piano technicians signatures inside the instrument, it was



DAVID KING makes some final adjustments as he tunes his classic Broadwood piano in preparation for the December 23 Christmas recital sponsored by the Post Art Guild at the Algeria Art Center. (Photo by John Cordsen)

Fire destroys mobile home west of Graham

Fire destroyed an old mobile home at the Mason McClellan farm late Saturday night, December 26.

The Post Volunteer Fire Department was called to the farm one mile west of Graham at 10:57.

According to fire chief Delbert Rudd, the McClellans had apparently been burning trash earlier Saturday and had caught some grass on fire. Unknown to the McClellans, the fire spread to underneath the mobile home where it smoldered until later that evening.

The mobile home was a complete loss. There were no injuries though.

regularly tuned and maintained from 1878 to 1892. From then until King and Schoberg purchased the piano in 1983, nothing of its history is known.

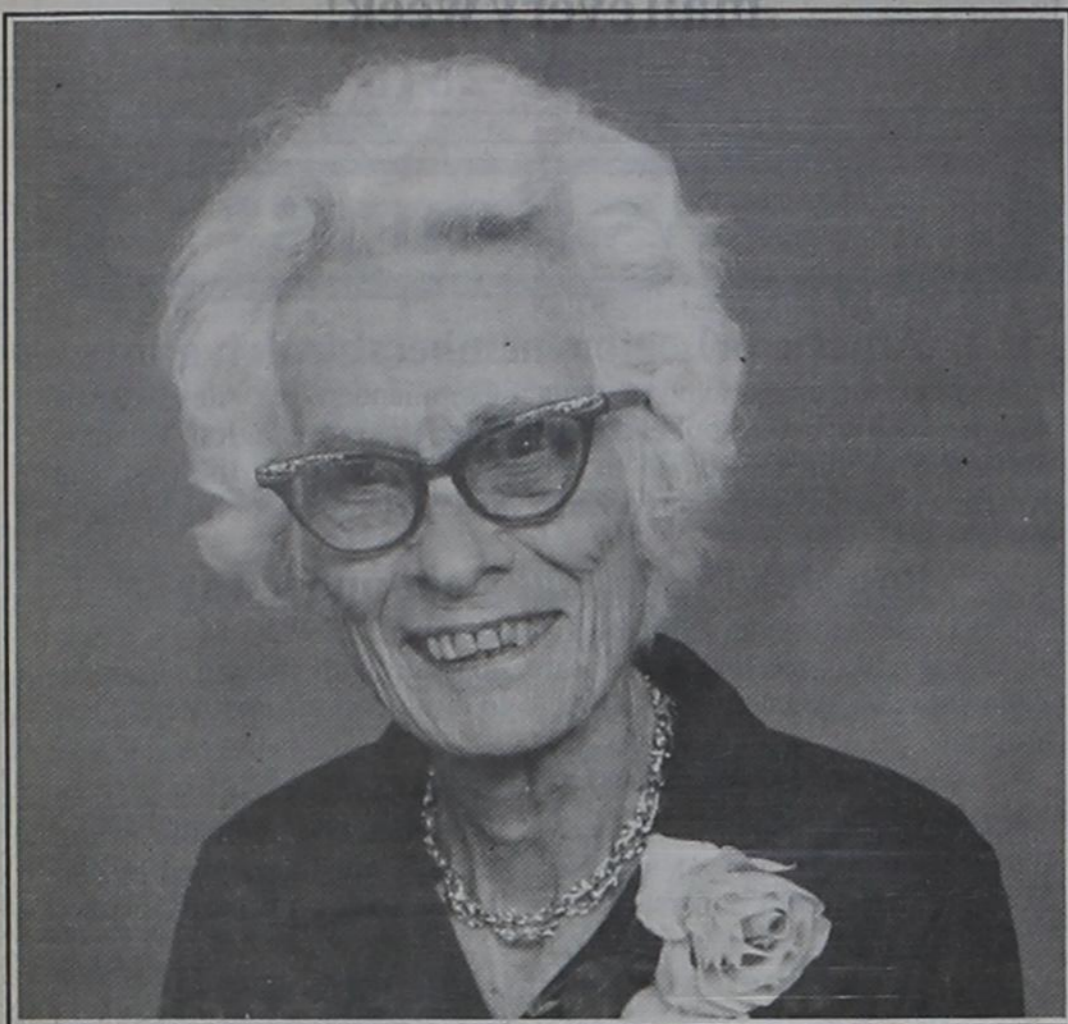
The Broadwood company itself had a rich history. From its establishment in 1732 by Swiss-born harpsichord maker Burkhardt Tschudi at 33 Great Poulteney in London until the 19th century, many great pianists were known to have preferred the instrument.

John Broadwood joined the firm in 1752 and after his second son joined the company in 1808 he changed the name to Broadwood and Sons. The company built its first piano in 1771. The first grand was built in 1781.

During the 19th century, the Broadwood was one of several legendary and highly praised concert instruments. Many of that century's great pianists played at Great Poulteney. According to King's research, Beethoven thought the Broadwood superior to Viennese pianos and Liszt liked its power and sonority. Chopin gave his last English recital at Great Poulteney.

King's Broadwood has been at the Algeria Art Center since December 1990.

Obituaries



LUCY CALLIS

Funeral services were Thursday, December 24, 1992 for longtime Garza County resident Lucy Kate Callis.

She died December 23, 1992 in Garza Memorial Hospital. The funeral was held at the Post United Methodist Church. Dr. James Bell, pastor of the church, officiated. Burial was at Terrace Cemetery.

She is survived by daughter Katherine Cathcart of Post; sister Elvira Smith of Tahoka; Charles Smith of Metairie, LA; three grandchildren, Joe Bob Trammell, Levelland; Mary Echols, Anson and Lucy Harris, Houston. She is also survived by six great-grandchildren and seven great great-grandchildren.

Her great-grandchildren served as pall-bearers.

She was preceded in death by her husband Joe Callis on August 11, 1967.

Mrs. Callis was born in Comet, Texas in Marion County on March 1, 1895 to Gervas Walker Smith and Myrtle Duncan Smith. She was a resident of Garza County since 1914. She spent most of her life in

education, starting as a teacher in Jones County in 1911 at the tender age of 15. She taught at Pleasant Hill, Truby and Tuxedo before moving on to Bush Knob in Throckmorton County. After moving to Garza County Mrs. Callis taught in Verbena, Close City, Justiceburg and Post schools before retiring in 1961.

During World War II, Mrs. Callis also helped with the Post Dispatch from 1943-45 while publisher and owner Eddy Warren was in the South Pacific serving in the Navy.

She married Joe Callis, on June 27, 1915. Mrs. Callis' father, the Reverend Gervas W. Smith, a Methodist preacher, officiated the wedding.

Joe was a cowboy and a pioneer in Garza County. The couple had one child, a daughter, Katherine.

Mrs. Callis was a lifelong member of the United Methodist Church and a member of a needlecraft club.

The family requests memorials be made to the Post United Methodist Church elevator fund or their favorite charity.



Tyler Wood Duncan on Texas Tech honor roll

Tyler Wood Duncan has been named to the Dean's honor roll at Texas Tech University for the fall, 1992 semester.

Duncan, a 1992 graduate of Borden County, is an architectural major with minors in general business and interior design.

He is the son of Mollie Somerville of Post and Turner Duncan of Dallas.

To be eligible for the Dean's honor roll at Tech, a student must earn a grade point average of 3.5 or better for the semester and be enrolled in at least 12 semester hours, excluding any courses graded pass-fail. Duncan had a 3.593 average.

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Women's club hold Christmas party

The air was filled with excitement and anticipation as members of the Women's Culture Club met December 9 for their Christmas party at the home of Lillian Potto.

Buena Bouchier and Dorace Wilson served as hostesses for the party. On arriving guests were greeted by Boucher and Wilson and led into the home decorated in the Christmas motif.

Katherine Cathcart read a unique

Christmas poem "The Wise Men" by Omar Backe

Jane Mason, accompanied by David King on the piano led the members in a series of Christmas carols. Afterward members joined in a show and tell time, relating on unusual Christmas' they have experienced.

Refreshments were served from a table decorated with a Christmas arrangement.

Former Post resident named employee of the year

Former Post resident and Post High School graduate Kayla Peel was recently named employee of the year for Anco Insurance Managers in Bryan, Texas.

Peel was nominated and selected by secret ballot based on her dedication, innovation and helpfulness. She serves Anco Insurance Managers Inc. in their home office in Bryan. She works in a management position as an assistant to the president and general manager of the company.

She graduated from Post High School in 1985 and attended Texas

A&M University where she graduated with a degree in marketing in 1991.

"Kayla is the kind of person you can build a company with. She is honest, dependable and works well with everyone. She has the intelligence and confidence to make good decisions," said Dick Haddox, president of the firm. "Our entire company is pleased to be able to honor her in this way."

She is the daughter of Janet Hall of Lubbock and Lonnie Gene Peel of Post.

Golden plow awarded

The American Farm Bureau Federation has awarded Congressman Charles Stenholm its "Golden Plow" award in recognition for his support of Farm Bureau policies and philosophies during his 14 years in the U.S. House of Representatives.

The Golden Plow award is a congressional award program initiated by the American Farm Bureau Federation to recognize select Members of Congress for their interest in agriculture-related issues. Stenholm is the only Member of Congress to have received this award twice.

In making the presentation, American Farm Bureau Federation President Dean Kleckner expressed appreciation to Stenholm for his dedicated legislative service in the areas of fiscal conservatism, protecting farmers from animal rights terrorism, Legal Services reform and rural health care.

"Representative Stenholm is currently the legislator most prominently engaged in the effort to amend the U.S. Constitution to establish a balanced budget, a long-time and high priority goal of the American Farm Bureau," said Kleckner. Stenholm compiled a

strong Farm Bureau voting record during the 102nd Congress, having been present for more than 97 percent of all recorded votes during his tenure.

Texas Farm Bureau President S.M. True also participated in the ceremony which was held in Chicago.

Amigos 4-H party

by Rocky Gomez Jr.

Members of the 4-H Amigos club met Saturday, December 12 for the group's Christmas party.

Members brought refreshments and played games at the party. Erica Gomez read a story and the games were directed by Adrian Gonzales and Andrea Rodriguez.

Members present included: John Barbosa, Valerie Rivera, Veronica Rivera, Donna and Stephen Montoya, Flora Gomez, Carmela and Amber Garcia, Melissa Gutierrez, Rachel De La Rosa, Billy Crawford, Raymond

Jefferson, Roland Casteneda, Erica and Rocky Gomez, Johnny Jefferson, Loretta Ortiz, Olga Torres. Guest member was Tony Ortiz. M.L. Bell is the groups leader.

Church Directory

- First Presbyterian Church**
W. 10th St and Ave. S
Union Sunday School
with First Christian
Church 10 a.m.
Bible Study 10 a.m.
Morning Worship 11 a.m.
 - First United Methodist Church**
216 W. 10th St
Sunday School 9:45 a.m.
Morning Worship 10:55
 - World Harvest Revival Center**
314 North Avenue I
Services: Saturday 7 p.m.
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CALL IN ORDERS WELCOME CHECK OUR WEEKLY SPECIALS

Gramm warns of DWI tragedy on eve of 1993

Alcohol-related driving deaths have declined steadily since 1982, according to U.S. Senator Phil Gramm, who called for Texans to take special care on the highways during the holiday season.

"According to a nationwide study by the Center for Disease Control, drunk driving fatalities are declining--and that's great news," Gramm said.

"But with the approach of New Year's Eve and New Year's Day, the two days each year which generate more drunk-driving deaths and injuries than any others, the time has come to take special care," he said.

Gramm and police officers from across Texas and Mothers Against Drunk Driving this year are repeating the successful public education campaign against drunk driving that they have staged annually.

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Bosticks celebrating 50th wedding anniversary



Frank and Ruby Bostick, 1943

Frank and Ruby Bostick will celebrate their 50th wedding anniversary January 1, 1993 by reaffirming their wedding vows of 50 years ago. The couple will exchange vows at 2 p.m. in the Garden room of the Chaparral Restaurant. There will be a reception following. Friends of the couple are invited to attend.

Graves celebrating 50th wedding anniversary

W.C. "Mutt" and Annie Violet Graves were honored on their 55th wedding anniversary December 23, 1992 at the home of their son, Ronnie Graves and his wife Diane.

The celebration was co-hosted by the couple's daughter, Willa Didway and her husband Walter.

Mutt and Annie were married December 23, 1937 by S.D. Lofton in the Graham Chapel Community. They have farmed since that time in the Crossroads community.

The celebration, following a dinner for the couple, featured a two tiered anniversary cake made by family friend Jimella Simpson.

Other special guests attending included all of the Graves' grandchildren; Cristal and Jeff Steele, Blair Didway, Russel and Lonna Graves, Ron and Melinda Graves and Angela Graves. Also attending were the Graves' great-grandchildren Justin Phelps and Zachary Graves.

Treating and preventing pneumonia

Pneumonia is an inflammation of the bronchial tubes and the alveoli (tiny air sacs) of the lungs. The disease has several forms and numerous causes.

"Most pneumonia occurs when a breakdown of the body's natural defenses allows germs to invade and multiply within the lungs," said Chuck Baron, M.D., medical director of Methodist Hospital's Adult Emergency Center. "To destroy the attacking organisms, white blood cells accumulate, filling the air spaces in the lungs. As a result, the lungs become incapable of absorbing oxygen from the air and ridding the body of carbon dioxide."

There are three types of pneumonia which are characterized by the source of infection:

*Bacterial - frequently follows an upper respiratory infection, and produces shaking chills, sudden onset of high fever, cough with sputum and stabbing chest pains.

*Viral - tends to occur in otherwise healthy children and people with heart or lung disease.

Its consequences can be serious and sometimes fatal. Viral pneumonia begins with a dry cough, headache, fever, chills, muscle pain and fatigue.

*Mycoplasma - This germ causes symptoms similar to both bacterial and viral pneumonia; however, they appear more gradually and are often more mild.

Antibiotics are the most effective medicines for treating bacterial and mycoplasma pneumonias. Viral pneumonias have limited treatment options.

Older persons and those in poor health are at greater risk for pneumonia. According to Dr. Barton, there are several ways for people to fortify their resistance to the disease, such as: getting immunized against the pneumococcus bacteria and giving up smoking.

This ANN That

by Ann Nobles
Extension Agent
Home Economics

I hope everyone has had a Merry Christmas!!!

Now that a large part of the holiday season is behind us we can begin to think of everyday things again.

During 1992 I have done educational programs which targeted adults and older adults with information to help them improve their health through improved nutrition. Throughout the year I have discussed in this column many health issues related to nutrition and what we need to do about them. Today is the final column in this series and I want to sum up what we have been talking about all year.

It is a fact that our eating habits affect our health. Health organizations such as the American Heart Association, American Cancer Society, American Diabetes Association all have guidelines for eating foods which prevent or help in treatment of the diseases represented by each group. United States Department of Agriculture and American Dietetics Association have taken the recommendations of the health organizations and combined them into the Recommended Dietary Guidelines for Americans which encourages us to take care of our health by careful food selection.

One factor which is common to all of the health group recommendations is to maintain a reasonable weight. The new USDA Dietary Guidelines can help us to do this in the right way. New reports have been released which seem to show that maintaining a constant weight is as important as being the exactly the proper weight. It is very important that if you are planning to lose weight that you do it slowly. Slow weight loss accomplishes two things: more easily maintained weight loss and less stress on the body.

Slow weight loss can best be achieved by following the new USDA Dietary Guidelines. This will require long-term changes in daily eating and exercise habits. Increased exercise will help in weight loss and also in improved fitness. Remember, you do not necessarily have to jog miles a day, just increase the amount of exercise you get by walking more. Make two trips when one would do; walk up stairs when you can; walk to the store or to a friend's home occasionally; think of some things you can do to be more active every day. If by chance you have missed getting a copy of the new USDA Dietary Guidelines for Americans, I have copies of these and also other information which may help you. Call me at 495-2050 or come by the Extension Office on the first floor of the Courthouse.

Remember, improved nutrition can improve your health, but, as many of us know, knowing what to do and doing it are two different things. We have the information; now we need to put it into practice. Only you can choose to improve your health by choosing to eat a nutritionally sound diet. I hope many will make this choice.

Have a safe and happy holiday!! See you next year!!!

Baby Facts

Many parents expect their babies to sleep more soundly and for longer periods of time than they actually do. While each baby has his/her own sleep habits, most newborns sleep 16 or 17 hours during the first few days of life.

But, according to Lauri Dalrymple, R.N., parent educator at Methodist Hospital, not all babies get that much sleep in one stretch. Some babies will sleep for only two hours at a time while others will sleep up to 10 hours at once.

Dalrymple said that at first newborns usually split their sleeping hours equally between daytime and nighttime. As they get older, their sleep patterns become more like an adult's less sleep during the day and more at night. And, by 3 months, most babies will begin to sleep through the night.

Seals, Morris to wed Jan. 1



MaeOleain and W.A. Morris

MaeOleain and W.A. Morris will exchange marriage vows Friday, January 1, 1993 at the First National Bank of Post's Community Room at 3 p.m.

Morris was born and raised in Post. He lived in Coleman, Texas for 25 years before returning to Post. He is currently in the real estate business.

Seals is originally from Dallas County. She has been in Post since 1957. At one time she was a textile worker. She is currently employed at Seals Furniture and Appliance.

A reception will follow the wedding ceremony. The couple requests no gifts.

The couple will be residing at 612 W. 5th in Post.



In Spain and Italy, most children don't get presents on Christmas but on January 5, the eve of Epiphany.

AFTER CHRISTMAS SALE

Continues ...

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Hospital schedules monthly Diabetes Clinic

Diabetes is a disease that affects more than 12 million Americans. In addition to being one of the leading causes of death by disease in the United States, diabetes also contributes to the onset of other diseases, such as heart disease, stroke, renal failure and blindness.

Insulin transports glucose, or blood sugar, to body cells where it is used as immediate energy or stored for later use. When insulin is low, glucose transport is slowed, compromising the body tissues' access to essential energy. This reduced amount of insulin flow leads to diabetes.

Treatment for diabetes involves a strict diet to meet special nutritional needs and to control blood sugar levels. This diet also allows diabetics to maintain an appropriate body weight. Some diabetics require insulin injections or oral hypoglycemics to manage their diabetes.

Methodist Hospital's Monthly Diabetes Clinic helps diabetics manage their disease. The next one-day clinic will be conducted January 16 from 8:30 a.m. to 2 p.m. Reservations are required and can be made by calling 793-4301.

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Continues...

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LA POSTA
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HAPPY NEW YEAR

We never forget old acquaintances or new ones either, and we're pleased to have had the opportunity to make so many good friends this past year.

To all of you we've come to know, we offer our very best wishes for the coming year. It's been a pleasure and a privilege to serve you.

The Post Dispatch



Happy New Year!

WED	THUR	FRI	SAT	SUN	MON	TUE
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Sports

Lady 'Lopes fall to Idalou in hoop action



KRISHA BUSH (20) races down court with the ball in the Lady 'Lopes games against Idalou. (Photo by Jerry Taylor)



AMANDA RICHARDSON (25) chases down a loose ball in the Lady 'Lopes loss to Idalou. LouAnn Ammons (23) trails the play. (Photo by Jerry Taylor)

Second half rally falls short in closing minutes of contest

by John Cordsen

After battling back from a 10 point half time deficit, the Post Bold Gold Lady 'Lopes ran out of gas in the closing three minutes of their 40-35 loss to the visiting Idalou Wildcats.

The December 21 game was one of streaks. Unfortunately for the Lady 'Lopes, it was Idalou who was on a streak as the game wound down. An even first quarter saw the Lady 'Lopes down by two, 10-8. Post couldn't get a shot to fall in the second quarter as they were out scored 12-4 and headed in at the half to regroup down 22-12.

Jamie Hawkins was the Lady 'Lopes offense for much of the opening half. She scored eight of Post's first ten points before being forced to the bench with a little over four minutes left in the second period.

Hawkins made her living off of the short jumper from down low on the baseline.

The Lady 'Lopes problems in the second quarter weren't because they were taking bad shots. The Lady 'Lopes were very patient in their offense, moving the ball around the perimeter until they found an opening. The shots just weren't falling.

Shots that weren't going in for the Lady 'Lopes in the first half began to connect. The ladies defense began to feed off of the the offensive success, de-

clawing the Wildcats for the first six minutes of the third, holding them scoreless. By the time Idalou did get on the board in the second half, Post had erased their ten point lead and had traded places with the Wildcats, leading 23-22.

Cara Cash put Post in the lead for the first time since early in the game when she hit one of two free throws. LouAnn Ammons had brought the Lady 'Lopes even with a breakaway lay up only moments earlier.

Hawkins wasn't the only Lady 'Lope in foul trouble. Ammons picked up two quick fouls in the middle of the third period, giving her four in the game. Coach Chili Black gambled a bit and left her in the game, betting she would not pick up that fifth penalty.

Fouls did force Hawkins out of the contest early in the final quarter. She was sent to the bench with her fifth at the 5:14 point of the period.

Idalou started the fourth period with a small flurry to retake the lead. They pushed this lead to 34-29 before Post responded with its own charge.

The game was tied for the final time at 35-35 with 3:09 showing on the clock. Both teams struggled to score until Idalou took the lead for good at 37-35 with 1:09 left. With Idalou content to hold the ball, the Lady 'Lopes were forced to foul the rest of the way. The Wildcats connected on three of four attempts to salt away the win.

Junior Lady 'Lopes win two



AMBER COOPER (30) scores two points in the junior Lady 'Lopes win over Tahoka. (Photo by Jerry Taylor)

The Post junior Lady 'Lopes were big winners their last two times out, downing Tahoka 57-23 December 15 in Tahoka and Idalou 45-32 in Post December 21.

Against Tahoka the 'Lady Lopes used a 20 point first quarter to build momentum for the 34 point win. At the half they had doubled the score on Tahoka, 32-16. The second half was even better as the junior Lady 'Lopes held Tahoka to only seven points while scoring 25 of their own.

With the offense working so well, the Lady 'Lopes put 11 of the 13 players suited up in the scoring column. Amber Hammond led Post in Scoring with 8. An even half a dozen players all scored six points for James Easterling's squad. They included Christie Oden, Katina Davis, Melissa Williams, Amber Cooper, Amy Wallace and Jennifer Torres.

Others scoring for the Lady 'Lopes were: Lorena Voss, 4; Jill Stelzer, 2; Chelisa Williams, 4 and Holly Hardin, 3.

Idalou

The junior Lady 'Lopes used a balanced attack against Idalou, scoring 11 in three quarters and 12 in the other period for their 45-32 win.

The Lady 'Lopes made their living at the free throw line, hitting 52 percent on 23 of 44. Amber Cooper led the way here, connecting on 60 percent of her ten opportunities at the charity stripe.

Cooper and Oden led the Lady 'Lopes in scoring with 10 points a piece. Others scoring for Post included: Dee Jè Estep, 4; Davis, 7; Stelzer, 1; Hammond, 4; M. Williams, 3; C. Williams, 5; and Wallace, 1.

Eighth grade Lady 'Lopes bounce Tahoka 29-23 in hustling effort

The Post Middle School eighth grade Lady 'Lopes put on a fine display of hustling basketball December 17 as they hosted and defeated Tahoka 29-23.

"The girls did a great job. They hustled and played the game the way it should be played...excited," said coach Bill Gordon.

Nikki Pollard led the Lady Antelopes

in scoring with 9. Other Lady 'Lopes scoring included: Jody Hawkins, 6; Angela Jefferson, 4; Falisha Jefferson, 4; Talina Bird, 4 and Monica Schooler, 2.

Other team members are: Tabatha Blevins, Alisha Nelson, Anna Gomez, Tammy Mathies, Angie Quinonez, Carrie Bonner, Carly Rudd and Nichole Cruse.

Seventh grade Antelopes find going rough

The Post Middle School seventh grade boys basketball team found the going a bit rough as they lost 51-18 to their Tahoka counterparts December 17.

Tahoka raced out to a 32-7 lead at the half on the strength of two 16 point quarters.

Scoring for Post were: Anthony Gomez, 5; Slade Bevers, 4; J.P. Perez, 2; Jerry Graham, 2; Sam Woods, 2; Russ Moore, 2 and Jamie Hernandez, 1.

Eighth grade boys "pressed" into submission by Tahoka

A pressing Tahoka squad kept the Post Bold Gold eighth grade boys team at bay in their December 17 contest. The Tahoka press took the 'Lopes out of their offense in a 39-18 Tahoka win.

"We could not handle their press and we could not score," said coach Scoring for Post were: Josh Grisham, 8; Jay Childers, 4; Jeremy Josey, 4 and Todd Terry, 2.

Music students present "Winter Magic"



PUPILS from Bethel Studio of Music in Snyder presented "Winter Magic" during a candlelight dinner concert December 12 at the Martha Ann Women's Club. The program was taped for viewing on cable television in Snyder and the Colorado City area.

Pictured are (l-r) Abby Flanigan, Carly Rudd, Maggie Flanigan, Sondra Leininger, Lindsey Rudd and Matthew Leininger.

New Year's resolution a way to keep promises

Contrary to the way it usually happens, New Year's resolutions are not made to be broken.

"Resolutions can work any time of the year if you go slowly and realize you may not succeed on the first try," said Dr. Michael Cox, a psychologist at Baylor College of Medicine in Houston.

Successful New Year's resolutions begin as reasonable goals with reasonable expectations.

"Make the first step a small one, and take your time," Cox said. "Pick something at which you can be successful, and build on that success."

"Cox encourages people ask, 'how can I take better care of myself next year?'"

"It may sound self-centered, but working on personal growth makes you more able to take care of relationships," he said.

After choosing a resolution or two, write them down.

Cox says that it will not make the resolutions a reality, but it does indicate that you are serious.

Once New Year's Day arrives, it is time to review the list and to get support.

"Whatever change you want to make, tell other people," Cox said. "Give them your sense of direction, so they can help."

It may be a friend's encouragement to stick with that

new walking program or a co-worker's positive comments that make the difference.

"Take credit for positive changes and accomplishments," Cox said. "As you begin to see yourself making changes, the attitude truly begins to change."

And, if you do break your resolution?

Try again. There is nothing magical about New Year's. Cox says it is seldom, if ever, too late to make a change.

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Letter to the Editor

Letters to the editor policy:
Letters to the editor are encouraged and invited. Letters may be edited for brevity. Letters which are deemed slanderous or libelous will be rejected. Letters must be signed, but the name may be withheld from publication if requested.

Dear Editor:
Hurray to NBC's "Dateline" program for its brilliantly produced expose of Wal Mart's fraudulent claims in its "Made in America" campaign.

In case you missed it, "Dateline" pulled back the facade of Wal Mart's "big lie" on the Tuesday, December 22 documentary aired locally on KCBD TV, Channel 11.

The "Dateline" crew showed children as young as seven years old slaving in clothing factories in Asia and Indonesia for as little as five cents per hour wages. The children are literally locked up in the sewing room for up to 18 hours a day. The shirts they make are hanging on Wal Mart racks around this country, under pretty red, white and blue signs urging customers to buy "Made in America" products.

The scenes of the children in those factories are haunting reminders that Wal Mart's strategy of buying at the lowest price may not be in the best interest of Americans...unless of course we are willing to accept our individual part in taking advantage of the poor and downtrodden of the world.

Not only is Wal Mart guilty of child abuse through its contracts with factories such as shown on the television documentary, the very essence of its business practices smack of the "big lie" when examined closely.

Their television commercial emphasizing the partnership with

American factories is another example of Wal Mart's heavy handed methods of doing business. If you recall, the commercials feature smiling faces of people making sweaters in a North Carolina textile factory. A month after the commercial was aired, Wal Mart canceled its contract with the factory, saying it was forced to buy foreign due to increased costs. The factory closed a year later, leaving hundreds of people, unemployed and several investors staring at bankruptcy.

The "big lie" theory goes like this: "tell a big enough lie, loud enough and long enough, and people will begin to take it as fact." A man named Goebels, the master of modern propaganda, proved the theory could work, when he used the tactic to near perfection during the rise of the Third Reich in Germany.

History will prove, just as Goebels and other of Hitler's fanatics discovered, that Abraham Lincoln was the better philosopher when he said, "You can fool some of the people some of the time, but you can't fool all the people all the time."

"Every dog has his day," is another way of expressing Wal Mart's fortunes. I believe that is you cheat people or lie to them, sooner or later they'll find you out. "What comes around, goes around."

I am pleased that NBC's "Dateline" had the gumption to tell the American people what Wal Mart if really all about. I guess you won't be seeing many Wal Mart commercials on NBC for a while. Wal Mart executives like to use their financial power to silence their critics.

Sincerely,
Wesley Burnett

Living on the Edge of the Caprock

by John Senter
Garza County Extension Agent - Ag

Garza County folks with a "green thumb" can sharpen their own gardening skills along with helping others by taking part in a new program being offered by the Texas Agricultural Extension Service.

Garza County, along with other South Plains counties, is offering an intensive Master Gardener program. Part of the process will include 50 hours of outstanding instruction in all aspects of ornamental horticulture and gardening and can lead to designation as a Certified Master Gardener.

County residents interested in the program should already have knowledge and skills in basic ornamental horticulture, gardening, and general related areas.

Participants selected for the program will receive 50 hours of instruction during eight, day-long sessions. Instructors will include faculty of the Extension Service, the Texas Agricultural Experiment Station and the Texas Forrester Service, which are agencies of the Texas A & M University System, Texas Tech University, and members of the West Texas Arts and Botanical Association, and the Lubbock Rose Society.

All training will be held at the Texas A & M University Extension and Research Center in Lubbock, located on FM 1294 just east of the Shallowater exit. There is a course fee of \$50 which includes a detailed Master Gardener Handbook, other training materials, a certificate and a wallet identification card.

At the end of the training, participants must pass a written examination and complete 50 hours of volunteer horticultural service in the county, under the direction of the county Extension Office. Upon satisfactory completion of these requirements, a graduate will become a Certified Texas Master Gardener. To retain certification, a Master Gardener must update training every two years.

In Garza County, the volunteer service will include such duties as assisting Extension Agents with horticultural education meetings for the public, home gardening visits,

acting as a liaison for Extension office by answering gardening questions of the public, producing periodical home horticulture newsletter, preparing newspaper and radio information, presenting school gardening programs and working with interested groups in the county on special events and horticultural projects and events. These are only a few of the activities to be implemented by Master Gardeners.

Application blanks and other information for the Master Gardener program are available in the county extension office in the courthouse. The forms must be completed and returned to the office no later than January 31, 1993. County trainees will then be notified of acceptance in early February.

If selected, participants must agree to attend at least five of the eight training sessions and pay the \$50 fee and agree to provide 50 hours of volunteer service during the 1993 year.

The training will begin February 9. Other sessions are February 11, 18 and 23; and March 2, 9, 16, and 30. Subjects to be covered include botany, soils, turf, use of chemicals, the Don't Bag It lawn care program, house plants, landscape design, xeriscapes, water conservation, fruits, nuts, woody ornamentals, herbaceous ornamentals, windbreaks, roses, annuals, vegetables, insect control, plant diseases, weed science and composting.

As you can see, this program has received a tremendous amount of planning and thought by some of the foremost horticulture authorities available. If this is a program that appeals to you then now is the time to act. If you would like an information packet and an application feel free to stop by our office as soon as possible, remember, we are working under a deadline.

Merry Christmas and a joyous holiday season to each of you!!

Educational programs conducted by the Texas Agricultural Extension serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

Russ Bird participates in San Antonio hide presentation



RUSS BIRD of the Garza County 4-H participated in the third annual hide presentation of the San Antonio Livestock Exposition held December 8. All champion and reserve champion steer buyers were presented with their prize winning steer hides, which had been tanned.

Bird, the son of Jay and Cindy Bird, exhibited the grand champion steer at the 1992 San Antonio Stock Show and Rodeo held February 18. He received a record \$59,500 for his steer.

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Texas winters can pose health problems

Even though Texas winters are considered relatively mild, the Texas Department of Health (TDH) warns that cold weather-related deaths do occur in the state.

Last winter, at least five Texans died because of hypothermia, or the severe loss of body heat.

"While extreme or extended cold is dangerous to anyone, some people are more likely to suffer from hypothermia than are others," explained Dr. Diane M. Simpson, TDH Associate Commissioner for Disease Prevention.

She said people who are sick and those taking certain prescription drugs or who are drinking alcohol may lack resistance to low temperatures. Small children also are endangered because their bodies radiate heat faster than the bodies of adults. In addition, the homeless who are unable to find temporary shelter are at risk.

Dr. Simpson said, however, that the elderly are the group most susceptible to hypothermia. Death certificates from the TDH Bureau of Vital Statistics show that 73 of the 111 Texans who died from cold weather conditions from 1981 through 1991 were 55 or older.

Several factors combine to make cold weather more hazardous for people as they age. The elderly may not perceive and respond to cold as readily as younger people, since the natural reflexes which help us to adapt to cold—the

circulatory system, rate of metabolism and the shivering reflex, lessen with age. In addition, older people with low incomes may set their thermostats lower than they should, in efforts to reduce heating bills.

"These tendencies, plus the fact that many of the elderly live alone, have poor mobility and may be in poor health and taking medications, set the stage for tragedies every year," Dr. Simpson said.

"We urge everyone to check on their elderly friends and relatives, especially during cold weather. Any symptoms of hypothermia should be taken seriously," Dr. Simpson added.

Besides confusion and drowsiness, symptoms of hypothermia may be slurred speech, falling blood pressure, shallow breathing and pinkish tint to the skin. Hypothermia begins when a person's deep body temperature falls below 95 degrees Fahrenheit, less than four degrees below normal.

Dr. Simpson warned that even in Texas' temperate climate, people need to pay attention to wind-chill. Wind-chill is a term for the cooling effect wind has on the skin. Not only can wind-chill cause rapid heat loss from the body, but it also can cause frostbite—actual freezing of tissues. A strong wind, even in moderately cool weather, can cause a wind-chill far below freezing.



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Treating the common cold

There's no cure for the common cold, and recent studies indicate that paying more for a multi-symptom medication may be a waste of money.

"More than 200 different viruses can cause the common cold," said Lowell Johnson, M.D., family physician on staff at Methodist Hospital. "And, recent studies show that antihistamines, which are common ingredients in many cold remedies, aren't of much help in relieving symptoms. However, antihistamines being taken regularly for allergy should be continued."

According to the new research, the best approach for treating a cold is to deal with specific symptoms by taking individual-ingredient medications:

*Use a decongestant for a stuffy nose. Sprays or oral medications that contain pseudoephedrine work best.

*For a cough, try dextromethorphan, which is found in many syrups and lozenges.

*For fever and achiness, try ibuprofen or acetaminophen.

*A warm salt water gargle is still the best bet for a sore throat and for a nose sore from blowing, try a little petroleum jelly.



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