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Post Antelope Basketball

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Beginning January 14 - 6:30 p.m.

Post City Radio

Classic Cable Channel 17 and at
web site: www.postcityradio.com

★ Lady Lopes open district play

The Post Dispatch

74th Year Number 32 © 1999 The Post Dispatch Newsstand Price 50¢ Thursday, January 6, 2000

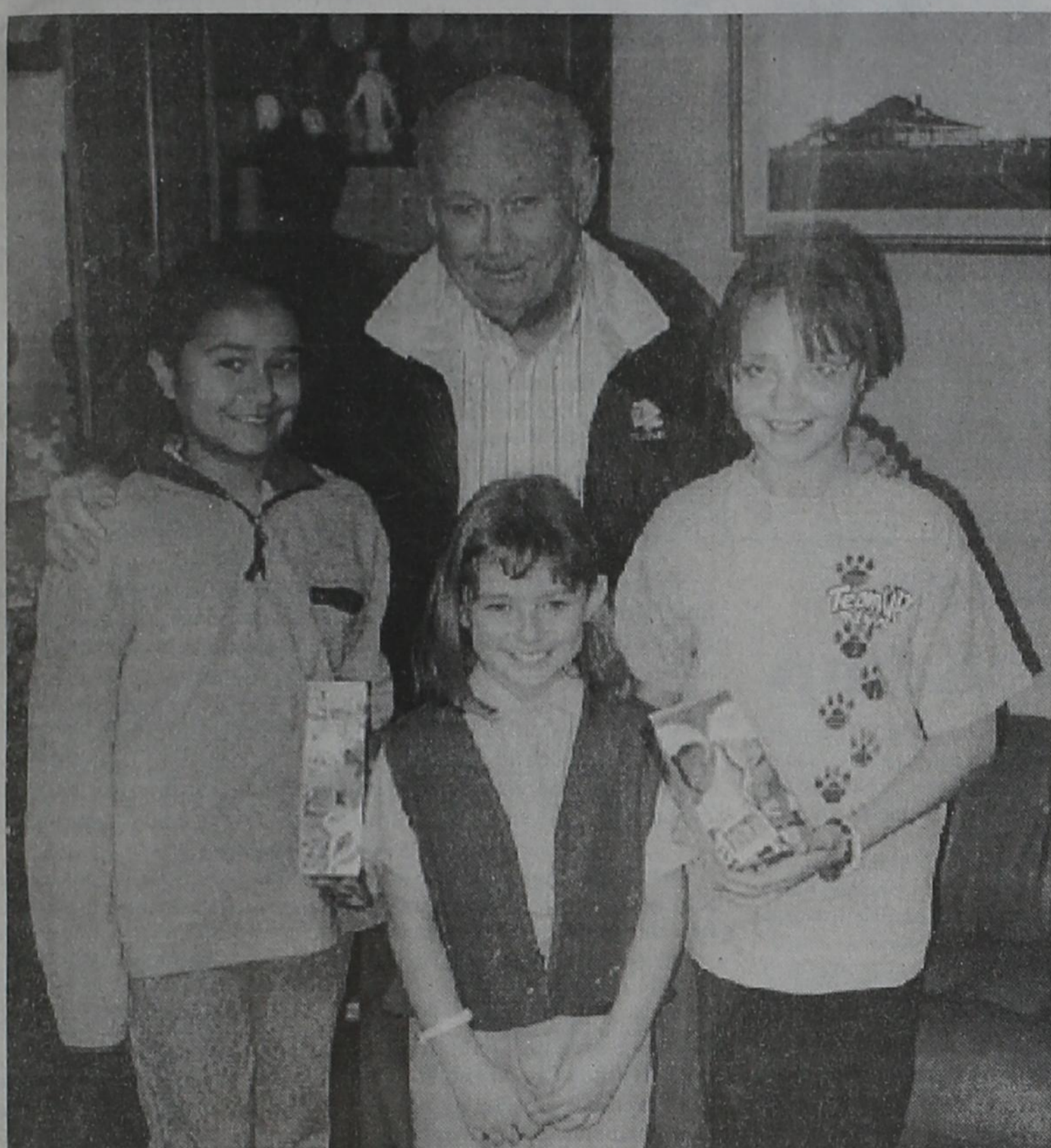


Photo: (left to right) Gabby Paiz, D'Nae Johnson, and Kelli Martin present complimentary boxes of Girl Scout cookies to Giles McCrary, who has supported Girl Scouts faithfully for many years. These girls each sold over 200 boxes last year as did Yesenia Gomez, Bailey Odom, and Laura Tobias, who weren't able to be there for the presentation. (Photo by Timothy W. Burnett)

Girl Scouts launch annual cookie sale

With the onset of the new century, Girl Scouts will be selling cookies for the year 2000 with the theme "Leap to the Future". No, there aren't any new futuristic calorie-free cookies, but the same old favorites that you love will all be back. Varieties included are: Thin Mints, Tag-alongs, Striped Chocolate Chip, Trefoils, Do-Si-Dos, Lemon

Drops, Samoas, and Apple Cinnamon. The cookie sale will officially start with a "Cookie Kick-off" Jan. 7th at the JC Penney store in South Plains Mall from 6:30 to 8:30 pm. There will be games and fun for everyone. Girl Scouts of all ages then will start taking orders for cookies Saturday, Jan. 8th. Actual delivery of cookies will

be between Feb. 10th and March 5th. Place your order with your favorite Girl Scout or, if no one contacts you, call 495-3057 or 745-2855 and a girl will get in touch with you.

Proceeds of the sale are used to support the Scouting program for the girls and upkeep Camp Rio Blanco. Also a portion is kept by each troop to fund girls' activities, trips, and projects.

Post Notes

Hope for a New Millennium

"Hope for a New Millennium," a dynamic video to spiritually launch the church of Jesus Christ into the new millennium, will be shown at the First Baptist Church Sunday, Jan. 9 at 6 p.m. The video message of hope will help prepare and inspire the Church in America for renewed impact on the society in the 21st century.

Special fund for Wells Quints

A special fund to assist Mike and Jamie Wells with the expenses related to the recent birth of their quintuplet sons has been established at Bacon Heights Baptist Church at 795-5261.

Prison Fellowship Ministry training

Prison Fellowship Ministries, a national and international prison outreach program started 23 years ago by Chuck Colson, will offer a volunteer training session in Lubbock. The program will be held Friday, Jan. 7, 2000 from 7-9:45 p.m. at Wayland Baptist University's Lubbock campus, Loop 289 and 19th. The session will continue on Saturday, Jan. 8 from 8:30 a.m. to 3:30 p.m. For more information call 792-9442.

Volunteer firemen host chili supper

A chili supper will be offered Saturday, Jan. 15 from 6 p.m. until it's all gone at the Post Volunteer Fire Department station. The fund raising event is for donations only, everyone welcome!

Volunteers sought for elderly help

People interested in helping with nursing home patients should plan to attend the Thursday, Jan. 20 meeting at 7 p.m. at the First United Methodist Church Fellowship Hall. All those who have ideas and wish to help are encouraged to attend.

WTC dance January 21

The Western Texas College Intramural Department will host a fundraising dance on Friday, January 21 from 9 p.m. until 1 a.m. at the National Guard Armory in Snyder. Tickets are \$8 per couple, \$5 for singles and WTC students with a valid college ID will be admitted free. The dance features Danny Gonzales of Post as D.J. For more information call 888-GO-TO-WTC.

Grandma Brag Pages Deadline

The deadline for the popular "Grandma Brag Pages" will be Friday, February 4 at 4 p.m. The annual pages of grandchildren photos will be published Thursday, February 10. The cost per photo continues at the same rate of \$5 for singles. Photos, information and payment should be sent to The Post Dispatch, P.O. Box 490, Post, Texas 79356 or delivered to 123 E. Main Street.

Cousins Reunion Jan. 8

The Lucas, McQuinn, Marlar, Gilmore and Matsler cousins invite their former classmates and friends to join them to visit Saturday, Jan. 8 from 2 to 4:30 p.m. at the Norwest Bank community room.

CRP registration to begins

The 20th Conservation Reserve Program (CRP) sign up period will run from Tuesday, Jan. 18, through Friday, Feb. 11.

All contracts that expired prior to the year 2000, contracts that expire on Sept. 30 of this year or any land not under contract may be bid of the land meets the eligibility criteria.

The new CRP is designed to target the most environmentally-sensitive land. The primary goals of CRP are erosion reduction, water quality improvement and wildlife habitat enhancement.

All eligible offers will be ranked using an Environmental Benefits Index (EBI). The index is used to evaluate all offers based on the potential environmental benefits. The criteria that will be used to determine the EBI ranking include wildlife benefits, erosion control, water quality, air quality and cost.

Producers who bid their land into the Conservation Reserve Program will sign a lease with the United States Department of Agriculture if their bid is accepted.

Participants must establish a cover on the land that is accepted in CRP. They receive cost-share assistance for establishing the cover, as well as an annual rental payment for taking the land out of production. After the cover has been established, the producer must main-

(Continued on Page 6)

Three candidates file for county sheriff

A Republican candidate will be waiting in the wings to challenge the Democratic party candidate for sheriff who will be decided in the March 14 primary election.

Two individuals — incumbent Kenny Ratke and Deputy Sheriff Ramon Holguin — are vying for the Democratic nomination for the office of sheriff of Garza County. Winner of the Democratic primary will square off in the November general election against John Smith, the only candidate who filed for a place on the Republican party primary ballot.

Voters who choose to participate in the March 14 Democratic primary also will be charged with determining two other contested races. A contest for the Democratic nomination for the office of commissioner, Precinct 1, has taken shape with the filings of the incumbent, Lee Norman, and challengers Jim Jackson and Lance Egbert. In Precinct 2, incumbent John Valdez will be challenged by Ted A. Brannon for the party's nomination for that precinct's

commissioner.

Deadline for filing for a place on the ballot was Monday, Jan. 3.

Candidates for county offices whose names will be on the Democratic primary ballot, according to party chairman Lewis Earl, include:

- Sheriff — Kenny Ratke, Ramon F. Holguin Jr.
- Tax assessor/collector — Jeanette Hodges
- County attorney — Leslie C. Acker
- Commissioner, Precinct 1 — Lee Norman, Jim Jackson, Lance Egbert
- Commissioner, Precinct 2 — John Valdez, Ted A. Brannon
- Constable, Precinct 1 — Daniel Yarbrow

According to Republican party chairman Andy Stelzer, Smith was the only individual to file for a spot on his party's primary ballot.

The final day to register to vote in the March primary is Feb. 14. Early voting in the March 14

primary election begins Feb. 28 and will run through March 10.

Offices to be determined through elections in the year 2000 include, according to the Secretary of State's office, those of president; U.S. senator (Kay Bailey Hutchison); all 30 U.S. representatives;

Railroad commissioner (full-term); railroad commissioner (unexpired term, two years); justice, Supreme Court, three members; judge, Court of Criminal Appeals, three members; state senator, 15 members; state representatives, 150 members;

Member, State Board of Education, eight members; various district judges, criminal district judges and one family district judge; all district attorneys, one criminal district attorney;

All sheriffs; all tax assessors/collectors; all county attorneys; public weighers; county commissioners, Precincts 1 and 3; all constables; and justices of the peace with a Place 1 designation.

City Council plans big changes in zoning

Significant zoning changes could be ahead for the City of Post if council members follow through with proposals discussed Tuesday evening.

City Manager Fred Stephens suggested the council consider expanding the number of R2-zoned areas within the city limits. R2 zones are areas are residential and open to multi-family units and mobile homes.

Stephens said city hall fields daily requests for permission to locate mobile homes on lots within the R1 single-family home-zoned areas of the city. And at least two local realtors have also stepped forward to discuss the need for additional R2 zoning with the city manager.

"There's a heightened demand for lots," Stephens said, noting that the biggest growth in local housing, outside of the PEDC project bringing in Reese AFB housing, involves the infusion of mobile homes into the community. "We need to provide lots."

If the council chooses to take ac-

tion to rezone areas of the community, it will not be at the expense of zoning for single-family homes. Areas of the City of Post zoned R2 for mobile home and multi-family units are inclusive of the R1 zoning — that is, a \$200,000 single-family home could be built in an R2-zoned area if the property owner so chooses, Stephens said.

The city manager distributed a map of the city with some proposed zoning changes and invited council members to come by and visit with him regarding their ideas as to how much rezoning should be done and what areas should be addressed. "This will be a gradual process," he said.

Stephens' suggestion for expanded R2 areas would include neighborhoods in the eastern part of the city, as well as a couple of isolated areas in Post's extreme northern and southern parts.

Prior to any changes in zoning, the city council will be required to notify landowners in writing

of the proposed changes, and public hearings will be conducted in accordance with the law.

In other business, the council:

- Discussed the possible lease or sale of farmland owned by the municipality. The farmer who has leased the property for several years has retired and will no longer continue to lease the property, which totals about 125 acres on the caprock between the Tahoka and Southland highways. The council agreed to move ahead with the plan to lease the property and to get an appraisal on the three tracts to determine fair market value to aid in the possible future sale of the land.

- Tabled action on the 1998-99 audit report by Mason Warner & Co. According to the mayor, the report had not yet been completed as of Tuesday evening and will be delivered to the council at a later session.

- Approved monthly bills for payment.

- Approved minutes from the Dec. 7 meeting.

Classic Cable announces rate hike for basic services

Classic Cable has plans to increase its rate for basic service in the coming month, according to a letter discussed in Tuesday night's city council meeting.

According to the correspondence received by the city from Regional Vice President Bill Flowers of the Brady-based Southern Regional Office, Classic Cable plans to increase its basic rate to \$31.95 effective in February 2000. Customers are to be notified of the rate increase via letters in January. "Price increases are never popular, but we continue to experience increases in programming fees, employee costs, increased cost of equipment and cost associated with our commitment to improve our customer service," Flowers' letter stated.

Several on hand for the meeting noted that they have talked to individuals who already have been assessed the increase on their cable bills. The city manager

pointed out that Classic Cable's correspondence to the City of Post indicated the rate change would be effective in February, and that questions regarding the rate change should be directed to the cable company.

He said the city has already received several calls about the proposed rate hike.

The planned increase is somewhat smaller than those seen in recent years — under 3 percent as opposed to recent increases ranging from 7 to 9 percent, Councilman Harold Craig said.

Mayor Archie Gill said the planned price hike marks the fourth time in the past five years the cable company has increased its rates for basic service.

In other utility rate-related news, the council heard a report from the city manager regarding a recent correspondence received from a member of a steering committee working closely with

Energas. According to the letter, which was written by committee member assistant city manager Richard Morton of the City of Odessa, his committee has met three times, twice with Energas officials.

The committee, which is made up of members representing municipalities served by Energas, has received and discussed a report from the consulting firm of Diversified Utility Consultants Inc., which suggests that a rate rollback should be put into motion rather than the rate hike recently requested by the gas company.

Morton said his committee has requested additional information from Energas and should have a final report from the rate consultant in early January. At that time, steering committee members will gather to compose a recommendation for West Texas cit-

(Continued on Page 6)

Katie Kemp, Matt Duncan exchange vows in Jamaica

Katie Rae Kemp and Matthew Jay Duncan were united in marriage on December 1, 1999 in Ocho Rios, Jamaica. The Rev. Horace Rose of Jamaica officiated the ceremony.

The bride is the daughter of Johnny and Nancy Kemp of Post. She is the granddaughter of Keith and Odee Kemp of Post and the Elizabeth Hart and the late Boy Hart.

The groom is the son of Jay and Shelley Duncan of Lamesa. He is the grandson of George and Martha Duncan and John and Carol Montgomery, all of Lamesa.

The bride's dress was an a-line strapless Italian satin re-embroidered with floral vine pattern, accented with pearls and further enhanced with rhinestones and iridescent sequins.

To compliment here ensemble, the bride selected a demi band finished with layers of illusion sprinkled with sequins and pearls.

The wedding gown was by Princess.

A 1999 graduate of Borden County High School in Gail, the bride is currently employed at South Plains Endoscopy Center in Lubbock and is planning to attend Texas Tech University.

The groom is a 1996 graduate of Lamesa High School. He is employed at Hurt & Stell Investments in Lubbock.

A special video tape was made and sent with the bride and groom to be played at the wedding. On the tape, the bride was given away by her father and mother and a poem was read to the couple by the bride's mother.

A reception for the couple was held Thursday, Dec. 30, at 7 p.m. in the Post Community Center.

The community center, filled with palm trees, eucalyptus and sparkling white lights, was transformed into a tropical paradise in honor of the couple's Jamaican wedding.

The bride's table featured a miniature fountain flowing beneath a four-tiered white fondant cake surrounded by four satellite cakes. The cakes were made by the bride's sister, Kembra Jones, and Kembra's mother-in-law, Judy Jones, both of Lamesa. Accenting the cake was a breathtaking arrangement of English ivy, red antheriums, purple freesia, statice and an assortment of Gerberia daisies, ginger, bird of paradise, tulips and orange lilies accented with iridescent silver ribbon.

The groom's table featured a double-layered carrot cake accented with fresh flowers. The cake was made by the groom's mother, Shelly Duncan, and grandmother, Carol Montgomery of Lamesa. Also served from the table were chocolate-covered strawberries and coffee.

The food table was decorated with seeded eucalyptus intertwined with white lights and featured a large arrangement of tropical flowers. An assortment of hors d'oeuvres, cake, nuts and punch were served.

A dance followed the reception, with music provided by Kirk Jones, brother-in-law of the bride and Guy Will Zant.



Mr and Mrs Matt Duncan

Bridal showers honor Katie Kemp

A bridal shower was held Nov. 13 at the Second Baptist Church in Lamesa. Hostesses were Janet Addison, Carmen Furlow, Wanda Goolsby, Deby Halfmann, Donna Hall, Janis Hogg, Judy Jones, Sheryl Kinney, Sallie Lambright, Susan Lee, Greta Miers, Jan Pendergraft, Terrie Snodgrass, Lea Smith, Jean Warren and Donna White.

A patio/tool party was held Nov. 13 in the home of Gordon and Janis Waldrop. It was hosted by the Waldrops, Gary and Shelley Barron, Wendell Bilberry, Kyle and Melinda Flanagan, Britt and Kelly Gordon, and Dee and Joanna Martinez.

A lingerie shower was held at the Delphian Clubhouse on Nov. 14. Hostesses were Beth Cook Heidi Douglas, Jacy Duncan, Rebekah Hensley, Judy Jones, Kembra Jones and Krista Kemp. A bridal shower was held Nov. 18 in the home of Nelda Dalby of Post.

Hostesses were Jane George, Jane Mason, Orabeth White, Wanda Dooley, Nelda Dalby, Traci Stevens, Kim Lott, Helen Gerner, LuAnne Terry, Dorothy McCook, Donelle Hensley, Paula Miller, Shirley McMeans, Hayley Richie, Cheryl Winegarner.

A Christmas ornament shower, hosted by family members, was held at the Delphian Clubhouse on Dec. 11.

Birth

Bandy Allan Osborn

Briar and Blaine Osborn are proud to announce the birth of their baby brother, Bandy Allan Osborn.

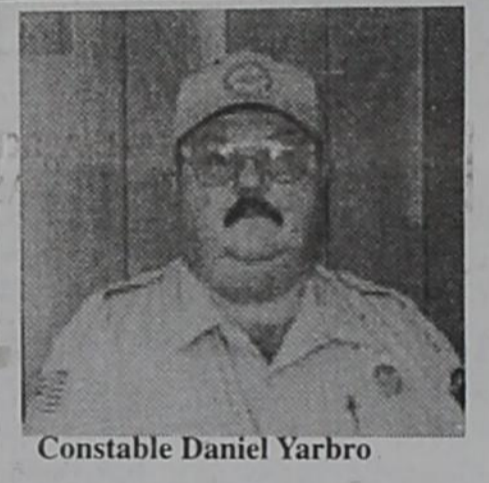
He was born December 22, 1999 at 6:00 a.m. in Covenant Hospital at Levelland. Bandy weighed six pounds, 15 ounces and was 19 and 1/2 inches long.

Parents are Delton and Dusti Osborn.

Maternal grandparents are Clyde and Sue Cash.

Paternal grandparents are Jerry and Wanda Osborn.

Maternal great-grandparents are Roy and Sis Gilmore.



Constable Daniel Yarbro

Yarbro seeks second term

Daniel Yarbro, Precinct One Constable, announced this week that he will seek re-election for a second term as a Democratic Party candidate.

Yarbro, a long time Garza County resident said he has enjoyed serving Garza County and hopes to continue to do so.

He is married to the former Trevah Bush and they are the parents of three boys, Quinton, Clinton and Kale.

Judy's Jabberin'

By Judy B. Bush

As I sit at the computer to put "Jabberin'" together this week, I'm glad all the little computers of the world made the y2k scare unharmed. I heard on the radio coming into town that there is a mad rush folks trying to return all the batteries, flashlights, water and so forth. Poor store owners!

To My Best Friend

Trish Metsgar is in Covenant having surgery today (Wednesday) and I just want her to know she is in my prayers.

This lady is a terrific nurse and a wonderful friend who has been there for me lots of times so now it's gonna be her turn!

She'll be home soon to recoup, and will get lots of attention I'm sure. Love ya girl!!

Party Time

I hear from Alma Williams that "Mr. Joseph" had a big birthday party Sunday. Now I know I'm already in trouble for leaving his birthday out of the paper, so I'm going to do a good job on reporting his party!!

This was number 88 and those folks attending were: Shirley and Claude Cranford from Texarkana, David and Vicki McBride, with John, Justin and Jay of Lubbock; Shirley Ann McBride of Dallas; Joe's grandson, Steven Williams and wife Sue with children, Nicole and Ashley from Hershey, Penn; a granddaughter, Samatha Williams from Dallas. Also attending was Verli McBride of Post.

Special Message

I would like to send my sympathies to "Sebo" Roundtree in Austin on the death of his father, Seaborn Roundtree of Austin. Sebo is married to the former Patricia Martin, and he and Pat are great people. Services were to be Wednesday, 2:00 pm at the University Church of Christ in Austin.

Just wanted Sebo and Pat to know they are in my prayers.

Birthdays this Week

Friday, January 7; Michael Ray Gonzales; anniversary, Jimmy and Patricia Morris; Saturday, January 8; NA; Sunday, January 9, Karla Melton, Josh Hataway and John Delarosa; anniversary, Terrell and Judy Jarrett; Monday, January 10; Neva Bishop; anniversary, Marvin and Linda Self; Tuesday, January 11, Buddy Thompson, Brandi Melton and Will Fumagalli; anniversaries, Doug and Lynette Campbell, Jack and Marcella Hair and Sammy and Karen Palmer; Wednesday, January 12, Anthony D; Thursday, January 13, Casey Zachary and Jeremy Short; anniversary, Victor and Peggy Ashley.

Happy Late Birthday

I was visiting with Melba Cimental Monday and learned that the family got together and celebrated not only Christmas on the 25th, but also her mom's 80th birthday.

Irene Guajardo is such a special lady and I know that made her day for all of her family to be together.

Those attending were: Chris and Misty Saldivar of Slaton; Nina, Hector, Sierra and Samantha Delgado of Post; Bela Hernandez of Post, Bradley, Cha'la and Stetson Cimental of Post; Pete, Sefrina and Jay Perez of Lubbock; Andy and Alice Bisel of Okeene, OK; Linda and Roy Tijrina of Odessa; Anthony, Andrea, Kristen and Alex Martinez of Okeene, OK; Jon Paul, Grace and Anthony Coffey of Odessa; Mark, Janie, Marc Anthony and Matt Martinez of Lubbock; Donna, Jessie, Laken and Will Blonco of San Angelo; Danny Guajardo of Post and Joe, Melba and Joey Cimental of Post.

I know you had a great time Irene and like I said, Happy Birthday!

It's that time of year

I just wanted to say thanks for all of the phone calls on the "gift certificate" story in "Jabberin'" last week. Thought it was pretty cute myself, but I'm glad you all enjoyed it.

Happy 90th

I know all of you remember Opal Williams and I found out today that she will be celebrating her 90th birthday this weekend.

I just thought that maybe some of you would like to send her a card or note so here is her address:

Opal Williams
1801 Pearson Ave, McKinney, Texas 75069; c/o Homestead of McKinney, Room 604.

I know any cards or notes she receives will just add to her special day.

Chili Supper

Just wanted you all to know that our Firemen will be hosting a chili supper Saturday, January 15 at the fire station.

It will begin at 6:00 pm and run till the chili's all gone! Take the family and friends and lets support our fire department. Cost is donation only.

Till Next Week

Well I don't know what I will do this weekend. There is no holiday, no trade days, no company. Guess that means I'm gonna have to clean house!!

Hope all of you have a great weekend and may God bless each of you.

Holquin announces candidacy

Ramon Holquin has announced he will seek the Democratic nomination for the office of Garza County sheriff.

Holquin, who has served as a deputy sheriff in Garza County since April of 1993, has earned experience in offense and investigation reports, accidents reports, family violence reports, traffic, DWI reports, civil process and working as a dispatcher/jailer.

He serves as the department's firearms instructor, K-9 handler, field training officer and is a member of the Garza County Dive, Search Recovery Team. He is also head of the honor guard and is a member of the Lions Club.

Holquin served in the U.S. Navy for four years with the USS Kitty Hawk and the USS Constellation as a boatswain's mate and damage control firefighter. He was a member of the Navy's Rodeo Team where he competed in bareback bronc riding and was honorably discharged as a BM3 petty officer. His military training included boatswain's mate rate, infantryman, urban combat, Bradley fighting vehicle (gunner), scout recon, Navy Leadership Course and Army NCO Leadership Course.

He presently serves with the Texas Army National Guard as a sergeant.

Amy Schoonover graduates

Amy Renee Schoonover, daughter of Issac and Teresa Schoonover, graduated from Texas Tech University, Saturday, December 18, 1999.

Amy received at Bachelor of Science degree in Multi Disciplinary Studies.



Ramon Holquin and son Christian

Holquin attended the basic police academy at South Plains College in the summer of 1992.

He is the father of a 4-year-old son, Christian.

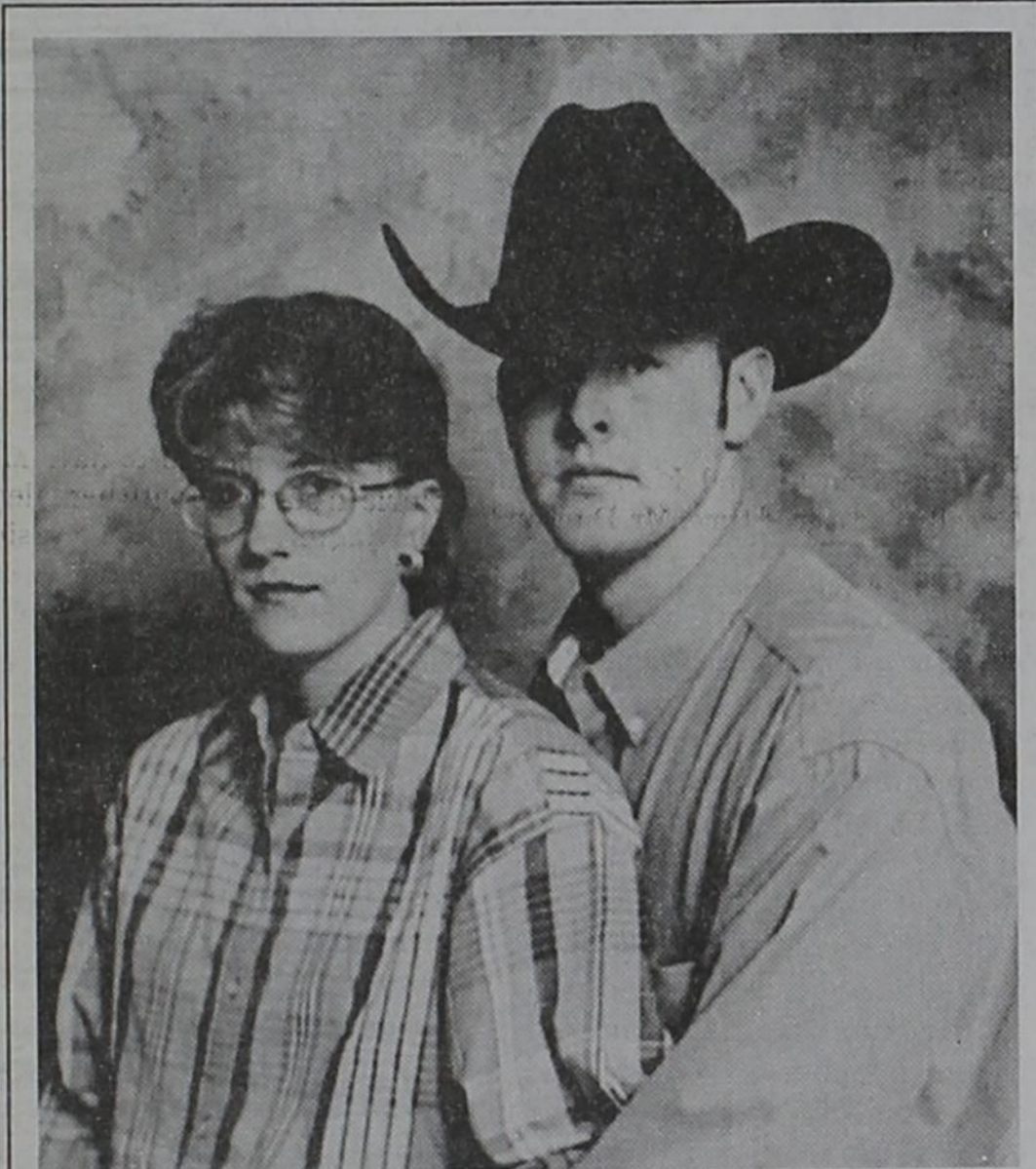
Holquin said he is looking forward to campaigning in coming months and welcomes questions regarding his ideas in making Post and Garza County a safer place. To contact the candidate, call him at home at 495-2283.

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Ronnie and Annette Riggs are proud to announce the engagement of their daughter, Vanessa Riggs to Kipp Wilks, the son of Kim and Patsy Wilks. The wedding is planned for June 17, 2000 at the First United Methodist Church in Post.

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Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

Before You Reach For That Snack...

It's mid-afternoon. You're feeling hungry, but you're feeling a bit anxious or bored or antsy. So you decide to have a snack, either as a diversion or to try to relax. "It's okay," you tell yourself. I'll eat dinner later than usual. And I'll eat less than I would otherwise to compensate. Guess what? You won't, at least not according to a study conducted by nutrition researchers in France.

The researchers made the discovery when they conducted a four-part experiment with a small group of young men. In the first part, the men were told to eat as much as they wanted of a hearty lunch that consisted of spaghetti with meat sauce and a praline-flavored cream dessert. Afterwards, in a windowless room without any time cues, they were allowed to read and listen to music and to request dinner when they felt hungry for it. Their dinner requests came between six and seven hours later.

In the three subsequent sessions, given two weeks apart from each other, the men were served the same exact lunch, to the calorie, that they had eaten the first time. The difference was that in each of those sessions, they were also fed a 250-calorie snack that consisted of toast, jam, and cheese.

The timing of the snack, which the men had to finish, varied. Once, it was given roughly 45 minutes after they ate lunch. Another time it was given about 1 1/2 hours after lunch, and the third time, about 3 1/2 hours after lunch. The researchers wanted to see if the snack—and when it was eaten—would delay the men's request for dinner and perhaps cause them to eat less once dinner arrived. It didn't. The men still requested their evening meal six to seven hours after they had lunch, and they ate as many calories as they did when no snack had been given. That is, the snack added roughly 250 calories to their daily calorie total.

Why more food doesn't mean less hunger—When someone eats as a result of feeling hungry, the level of blood sugar or glucose, rises. That creates a feeling of satiety. At the same time, the hormone insulin is secreted to get the glucose out of the blood and into all the body's tissues, where it's used as fuel. When enough insulin has been secreted and the blood glucose level gets low again, hunger returns.

Now, it would seem that if you had a snack after a meal, your blood sugar level would rise even higher, with the result that you'd be even less hungry; would want your next meal even later; and would eat less when you had it. But the researchers found that the men's blood sugar levels did not rise even higher when they were fed the snack. What happened (and they knew this since they took blood samples from the men every five minutes after they ate lunch) was that the men's insulin levels increased enough to get glucose out of the blood more quickly—and thereby keep blood sugar levels no higher than they were without the extra food. Think of an insulin "pump" stepping up its action in the presence of more glucose.

That is, it appears that when people eat in the absence of hunger, glucose and insulin do not work in the same pattern as they do with hunger. The upshot: eating when your head feels like it, but not your stomach, is a physiologic setup for piling on calories—and pounds. Your body sends signals that make it very difficult for you to eat less later. As put by the researchers, a snack consumed in a satiety state—would-tend to favor (body fat) storage.

Other research on snacking has led to similar conclusions. In fact, several years ago, in a letter to the editor of the journal *Appetite* entitled "When Are Calories Most Fattening?", British psychologist Alan Blair wrote that "the consumption of energy between meals (is) making an under appreciated contribution to obesity and difficulties in holding off lost weight."

This does not mean that if you eat relatively small meals and then snack to relieve a rumbling stomach that you are setting yourself up to become overweight. The evidence here concerns snacking when you're not hungry. Of course, it's worth noting that Americans average about three snacks a day. In France, on the other hand, where the food is rich but the people are relatively thin, the average number of snacks per day is one.

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



Cherokee Dawn Ybarra braved the biting blustery winds Monday at Tea Rose on Broadway. Winds gusted as high as 40 to 50 mph on the South Plains, with temperatures hovering in the 40s. (Photo by Timothy W. Burnett)

Post Rotary Club holds final 1999 meeting

The Post Rotary Club met Dec. 21 for its final meeting of the year, the decade and the century.

Fred Stephens, Post city manager, introduced Elena Quintanilla and Pete Lara, both of the South Plains Association of Governments (SPAG). Quintanilla and Lara discussed the Texas Money Management Program and the Guardianship Program which have started in several West Texas counties.

Volunteers, acting either as bill payers or representative payees, help elderly or disabled persons manage

their money. This may include helping with financial budgets, checkbook balancing and paying bills. In some cases, the volunteer even handled the depositing of money for a disabled person. Intended to prevent financial abuse of the elderly and disabled, the volunteers are supervised by SPAG. Some courts are using the programs instead of legal guardianship.

Volunteers or anyone interested may contact SPAG at 1323 58th Street, Lubbock, or call 762-8721 for additional information.

Lunch Menus

Trail Blazer

Monday, January 10, 2000
Hamburger steak, brown gravy, baked potato, fried okra, hot roll, apricots and peanut butter cookie.

Tuesday, January 11, 2000
Brisket, potato salad, turnip greens, fresh tomatoes, cornbread and peach cobbler.

Wednesday, January 12, 2000
Liver and onions, chicken strips, oven potato, green beans, wheat roll, fruit salad and cookies.

Thursday, January 13, 2000
Chili and beans, green onions and peppers, carrot-raisin salad, cornbread and banana pudding.

Friday, January 14, 2000
Turkey and dressing, green beans, salad, hot roll and apple cobbler.

Post ISD

Monday, January 10, 2000
Breakfast: Cinnamon toast, sausage link, fruit and milk.

Tuesday, January 11, 2000
Breakfast: Biscuit and gravy, ham, fruit and milk.

Wednesday, January 12, 2000
Breakfast: French toast, sausage link, grape juice, fruit and milk.

Thursday, January 13, 2000
Breakfast: Chicken nuggets, gravy, whipped potatoes, green beans, hot

rolls, jello w/ topping and choice of milk.

Thursday, January 13, 2000
Breakfast: Oatmeal, bacon, toast, fruit and milk.
Lunch: Pizza, corn, salad, cake and choice of milk.

Friday, January 14, 2000
Breakfast: Cereal, toast, fruit and milk.
Lunch: Manwich, salad, sliced peaches, animal crackers and choice of milk.

Southland ISD

Monday, January 10, 2000
Breakfast: Cinnamon rolls, bacon, juice and milk.
Lunch: Meatloaf, cream potatoes, mixed vegetables, roll, cake and milk.

Tuesday, January 11, 2000
Breakfast: Biscuits, sausage, juice and milk.
Lunch: Fried chicken, gravy, mashed potatoes, corn, rolls, cookies and milk.

Wednesday, January 12, 2000
Breakfast: Oatmeal, toast, fruit and milk.
Lunch: Pig-in-a-blanket, pork-n-beans, carrots, peach cobbler and milk.

Thursday, January 13, 2000
Breakfast: Eggs, hashbrowns, sausage, toast and milk.
Lunch: Dorito casserole, pinto beans, salad, jello and milk.

Friday, January 14, 2000
Breakfast: Cereal, Graham Crackers, juice and milk.
Lunch: Lasagna, garlic bread, green beans, cream potatoes, fruit and milk.

Golden Plains News

by Sandy Smith

The year 2000 is finally here, and we at Golden Plains welcomed it with open arms.

We had snacks and egg nog, and of course we had all had champagne glasses filled with the good ole bubbly (Sprite). Johnnie Melton made mention she wouldn't be able to take much more egg nog or she would have to be bed. I even saw a couple of new year kisses and caught them on film I won't tell this week who they are but will show the pictures next week to keep everyone in suspense. So stay tuned...

I would like to thank Desmond Ayala for his donation of the popper confetti, Mozelle Hutchins (Mozelle would really laugh every time one popped) and everyone really enjoyed these great treats (including all employees and myself).

R.A. Duncan and Mrs. Duncan really had a good time. Mr. Duncan I still remember those good burritos me and Janice Mason ate them every day when in Jr. High that was back in 19.....well never mind but they were sure good!

Joann Foreman and Sam provided music that set the mood for the party to begin. Sheri Ridel and Sue Warren also were there to lend a helping hand. This would not have been a been the success that it was without all of you. Thank you for everything.

Mary Cross told me as I took her

back to the lobby that she really had a good time, and that's what it's all about folks.

I have to tell you Victor Hudman keeps everyone laughing, Victor is such a pleasure and least I forget his sweet wife Iva. Sheri Ridel donated a game of Tic Tac Toe where you toss the sand bags, hit the squares and they flip. Victor challenged this game and mastered it, he even wanted to play again to make sure it was not just "beginners luck".

I did find out that Ruth Head is a wonderful Shuffleboard player and great at basketball, she never missed the basket, Ruth you've been holding out on us!

Bernice Gribble tickles my heart, I know she has really enjoyed the holiday season as she continues to play Jingle Bells on the piano and so many of our favorite gospel hymns. We all are so blessed to have Mrs. Gribble in our home with her talents of playing any song you want to sing, and to hear her sweet voice harmonize with the others. We love you Mrs. Gribble!

I have to mention Bobby Smith, he comes by almost daily to see everyone including his grandmother Lela Smith, but Bobby always stops and lends a helping hand. Sharing his bright smile to brighten someone day.

Now don't forget to tune in next week to find out the mysterious kissing couple caught on film..... until then Keep Smiling

A stroke can be a mind-blowing thing

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The Texas A&M University System



Extension Extras

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

Stock Show Entries

All youth with animal projects to be entered in the Garza County Jr. Livestock Show, must come by the Extension Office to pick up an entry card to be filled out and turned in by 5:00 p.m., Monday, January 10. Pee-Wee's, ages 8 and under, who plan to show a goat must also turn in an entry.

Private Applicator Certification Meeting

A Private Applicator Certification Meeting will be held at Western Texas College on January 11, 2000, starting at 8:30 A.M. in the Ag classroom. Please park in the main parking lot and come down the main steps. There will be signs posted giving you directions to the classroom. We will watch the video and the TDA representative will be present to give the test. It will take approximately half a day to complete the course. Please RSVP to Greg Gruben, Scurry CEAAG, at (915)573-5423 by January 7, 2000, so we will have plenty of materials.

Southern Mesa Ag Conference

The Southern Mesa Agricultural Conference will be held January 17, 8:00 a.m. to 5:00 p.m., at the Dawson County Annex Building, 601 North 1st Street, in Lamesa. Five CEU's will be provided for private, commercial and non-commercial applicators for participation in the conference. Topics to be covered include: Precision Ag Systems; Cotton Production System; Boll Weevil Program Update; Peanut Production System and Management for 2000; Wheat, Grain, Guar and Forage Production; Weed Control Systems and Dryland and Irrigation Fertilization for Cotton-Peanuts-Grain Sorghum-Alfalfa; Integrated Pest Management Systems; Scouting; and Laws and Regulations. Registration of \$15 is due by January 13th and late registration will be \$20. To register, contact John Farris, at (806) 872-3444.

Western Rolling Plains Chemical Conference

A Chemical Conference will be held January 17, 9:30 a.m. to 4:00 p.m. at the Spur Community Center in Spur. Five CEU's (1 Laws and Regs, I IPM, 3 General) will be presented. Topics include Integration of Fire and Herbicides in Brush Control, Managing External Parasites affecting Beef Cattle, Cotton Insect Identification and Management, and Herbicide Update for Wheat and Cotton. There will be a \$10 registration fee which includes lunch. Call Joe Ben Chote, Dickens County CEA-Ag, at (806) 623-5552 to register before 5:00 p.m., January 13th.

Educational programs of the Texas Agricultural Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.

Grub's Bait and Grill

Lake Allan Henry

Saturday Night

Buffett

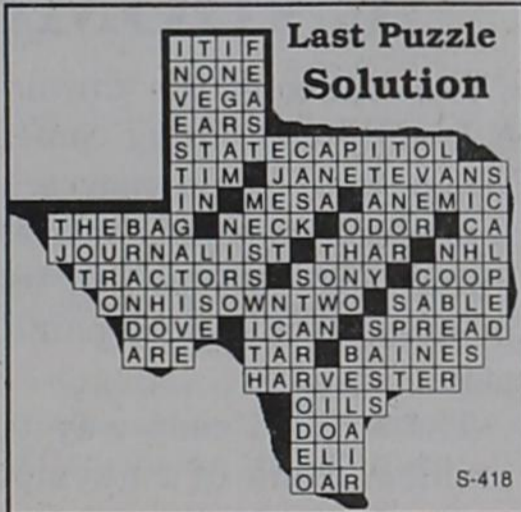
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Obituaries

C.P. Guinn

Services for C.P. Guinn, 86, of Lamesa were held at 2 p.m. Thursday, Dec. 30, 1999, at the Crestview Baptist Church in Lamesa with the Rev. Elmer Guinn officiating, assisted by the Rev. Pat Githens. Burial followed in the Lamesa Memorial Park under the direction of the Branon Funeral Home. He died Tuesday, Dec. 28, at the Medical Arts Hospital.

Born Aug. 25, 1913, in Navarro County, he moved to Dawson County in 1929 from Navarro County. He married Wilma Lucille Jackson May 1, 1942, in Lubbock. He owned and operated a Conoco station for many years and retired from the Lamesa Independent School District. He was a member of the Crestview Baptist Church, where he served as a deacon. He was a veteran of the Army, having served as a staff sergeant in Germany during World War II.

Survivors include his wife, Wilma Lucille Guinn of Lamesa; one son, Dwane Guinn of Hewitt; one daughter, Lera Willborn of Post; two sisters, Vaundane Guinn and Cladie Ruth Nix, both of Lamesa; two brothers, Elmer Guinn and Chester Guinn, both of Van Buren, AR; nine grandchildren; 18 great-grandchildren; and two great-great-grandchildren.

Norvil Lowell Scrivner

Services for Norvil Lowell Scrivner, 69, of Post were held Friday, Dec. 31, 1999, at 10 a.m. in the First Baptist Church with Paul Jones and Bo Jackson officiating. Burial followed in the Terrace Cemetery under the direction of the Hudman Funeral Home.

He died Dec. 28 at his home. Born March 24, 1930, in Scurry County to T.B. Scrivner and Marie West, he was a painter and a veteran, having served in the U.S. Army 5th Armored Division in Korea. He married Charlotte Brown Sept. 29, 1950, in Lovington, New Mexico.

Survivors include his wife, Charlotte, of Post; his mother, Marie Scrivner of Snyder; one daughter, Karla Bailey of Fletcher, Oklahoma; one son, Larry Scrivner of Woodland Park, Colorado; one brother, Jerry Scrivner of Snyder; three grandchildren, Lora Bailey Baca of Lawton, and Greg Scrivner and Barrett Scrivner, both of Woodland Park; and one great-granddaughter, Celeste Baca of Lawton, Oklahoma.

He was preceded in death by his father, T.B. Scrivner, and one granddaughter, Davakaye Bailey.

Pallbearers included Gary Briley, Giles Dalby Jr., Archie Gill, Sergio Lopez, Ted Tatum and Jason Porter. Honorary pallbearers were Bill Cass, Pat Martin, W.O. Stewart, Wesley Guthrie, J.W. Jolly Jr., Billy Greene, Dee Basquez, Herman Guthrie, Charles Williams and Carroll Light.

Sitha Jane Scott

Services for Sitha Jane Scott, 94, of Tow, formerly of Post, were held at 2 p.m. Sunday, Jan. 2, 2000, in the First Baptist Church in Tow with the Rev. Jerald Moore officiating. Graveside services were held at 2 p.m. Monday, Jan. 3, at the Terrace Cemetery in Post under the personal care of the Justice-Mason Funeral Home.

She died in Llano Dec. 30, 1999. Born in Icler, Alabama, Oct. 8, 1905, she had lived in Tow since 1986, moving there from Post. She was a member of the First Baptist Church in Tow.

Survivors include her daughter and son-in-law, Joy and Bill Pool of Post; two sons and daughters-in-law, Wesley and Betty Scott of Tow and Vernon and Jo Ann Scott of Lancaster; seven grandchildren; 14 great-grandchildren; three great-great-grandchildren; and numerous nieces and nephews. She was preceded in death by her first husband, Charlie Scott, and previous husband, Wayne Kibler, as well as by four sisters and six brothers.

Verneice Viola Hoyle

Services for Verneice Viola Hoyle, 82, of Post will be Saturday, Jan. 8, 2000, at 2 p.m. in the First Baptist Church with the Rev. C.C. Peoples officiating. Burial will follow in the Terrace Cemetery under the direction of the Hudman Funeral Home. Viewing will be Friday and Saturday.

She died Sunday, Jan. 2, at Covenant Medical Center, Lubbock. Born Sept. 20, 1917, in Washington County, Texas, she married Hulen Hoyle July 17, 1937, in Brenham. He died Feb. 4, 1995. She was a housewife and a Baptist.

Survivors include seven daughters, Grace Scott, Ella Greathouse, Carol Lawson and Marcel Clay, all of Post, Dorothy Greathouse of Wichita, Kansas, Willa Faye Bureson of Tahoka and Sharon Drones of Abilene; two sons, Hulen Hoyle Jr. of Post and Jerry Wayne Hoyle of San Angelo; one brother, Lawrence Spencer of San Antonio; two sisters, Ona Mae Holman of San Antonio and Vivian Odom of Oakland, California; 38 grandchildren; 58 great-grandchildren; and one great-great-grandchild.

Letters to the Editor

Letters to the Editor Policy: We require all letters to be signed, however, names may be withheld from publication by request. Letters may be edited for brevity, grammar and punctuation.

ERT gets praise from stranded motorist

Editor's Note: The following letter was received recently by Garza County Emergency Response Team's Arnold Fry.

Enclosed, please find my check as a contribution to the Garza County Emergency Response Team. Although this small contribution does not fully provide worthy compensation for the great service provided to my wife and our four dogs, we were very grateful that you came to our assistance on December 26. Being stranded on a County Road with a dead battery, miles away from home, was somewhat concerning as we pondered our situation and limited options.

Each time as we drive through Post and Garza County in the future, we will have a high regard for citizens such as yourself, who unselfishly provide much-needed assistance to stranded motorists.

Your response team is a fine credit to the citizens of Post and Garza County and for your efforts, I am very much obliged indeed.

Sterling Brooks, Winters

Adults

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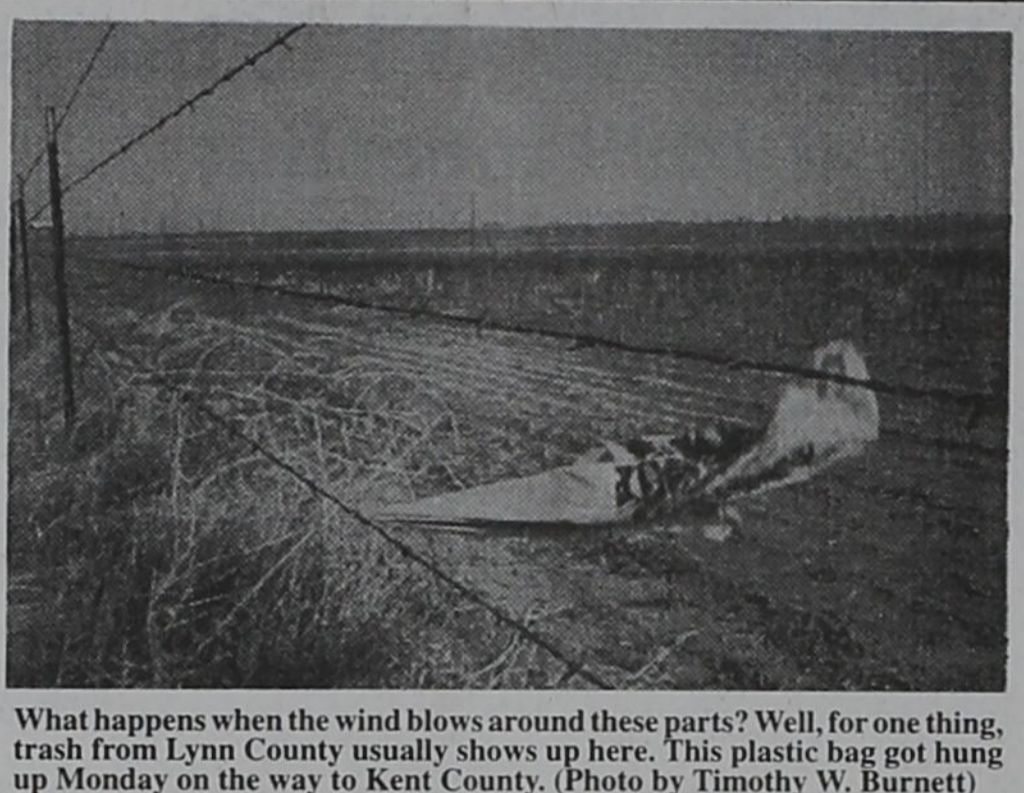
Terrace Cemetery Burial Plots

A single burial plot in Terrace Cemetery currently costs \$100.00. On February 1, 2000, the price of a single burial plot will cost \$150.00 and will remain that amount until May 1, 2000. At that time the cost will become \$200.00 per plot.

Citizens are encouraged to purchase a plot before February 1, according to individual needs, while the price is \$100.00.

For more information contact Cynthia, in City Hall between 8:00 am and 12:00 noon daily at 495-2811.

Central Bail Bonds has 24 offices with 30 agents making them the state's largest private surety bail bond company.
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What happens when the wind blows around these parts? Well, for one thing, trash from Lynn County usually shows up here. This plastic bag got hung up Monday on the way to Kent County. (Photo by Timothy W. Burnett)

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Assembly of God
First Assembly of God (Spanish) 407 May St.

Baptist
Calvary Baptist Church 210 E. 6th, 495-2342
First Baptist Church 402 W. Main, 495-3554
First Baptist Church, Wilson 628-6333
Pleasant Home Baptist Church E. 14th & N. Ave F
Templo Bautista 315 W. Main, 495-2416
Trinity Baptist Church 915 N. Ave O, 495-3038
Justiceburg Baptist Church Justiceburg, Don Blackcock, pastor
Pleasant Valley Hwy 84 & North 399 - (806) 828-4174

Catholic
Holy Cross Catholic Church Ave. K and Main St., 495-2791

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

Church of Christ
Church of Christ 108 N. Ave. M, 495-2326
Graham Chapel Church of Christ 5 miles W. Hwy 380, 2 miles south

Church of God
Church of God of Prophecy 602 W. 14th, 495-3644
Power House Church of God and Christ Pine Ave.
Lighthouse Christian Center Church of God 314 N. Ave I, 495-2237

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

Non-Denominational
Church on the Go 111 N. Avenue I, 748-7623

United Methodist
First United Methodist Church 216 W. 10th, 495-2942
Graham Chapel United Methodist Church 495-3492

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

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ENDOMETRIOSIS
The lining of the uterus is called the endometrium. Normally this lining comes out during menstrual flow. When this tissue moves from your uterus into other reproductive organs it is called endometriosis. Like the lining of the uterus this tissue swells and bleeds during menses. This can be painful and lead to scarring in the pelvic area.
There is no easy way to determine if you have this problem. Some of the symptoms include severe cramping and pain during intercourse or at the beginning of your menses. There may also be low back and rectal pain. The problem is there are many other illnesses that have similar symptoms. The only way your health care provider can be sure is to perform a simple surgery called a laparoscopy, which can visualize the inflamed tissue.
There are many medications that can be used to control endometriosis. Some forms of birth control are used as well as other hormone type medications. All these medications stop your period. They may be needed for six to nine months and in some cases the pain may return when the medication is stopped. Surgery can also be used; this entails removing the endometrial tissue from the wrong places.
Endometriosis may hurt, but it does not cause cancer or affect your overall health. It may make it harder to get pregnant. Also you need to make sure a more serious problem isn't causing the pain.
Endometriosis will usually go away at menopause. Until then medical or surgical treatment may be the answer to less discomfort. MICHAEL TRAVIS PA-C
UMC EMERGENCY CENTER

Opinions

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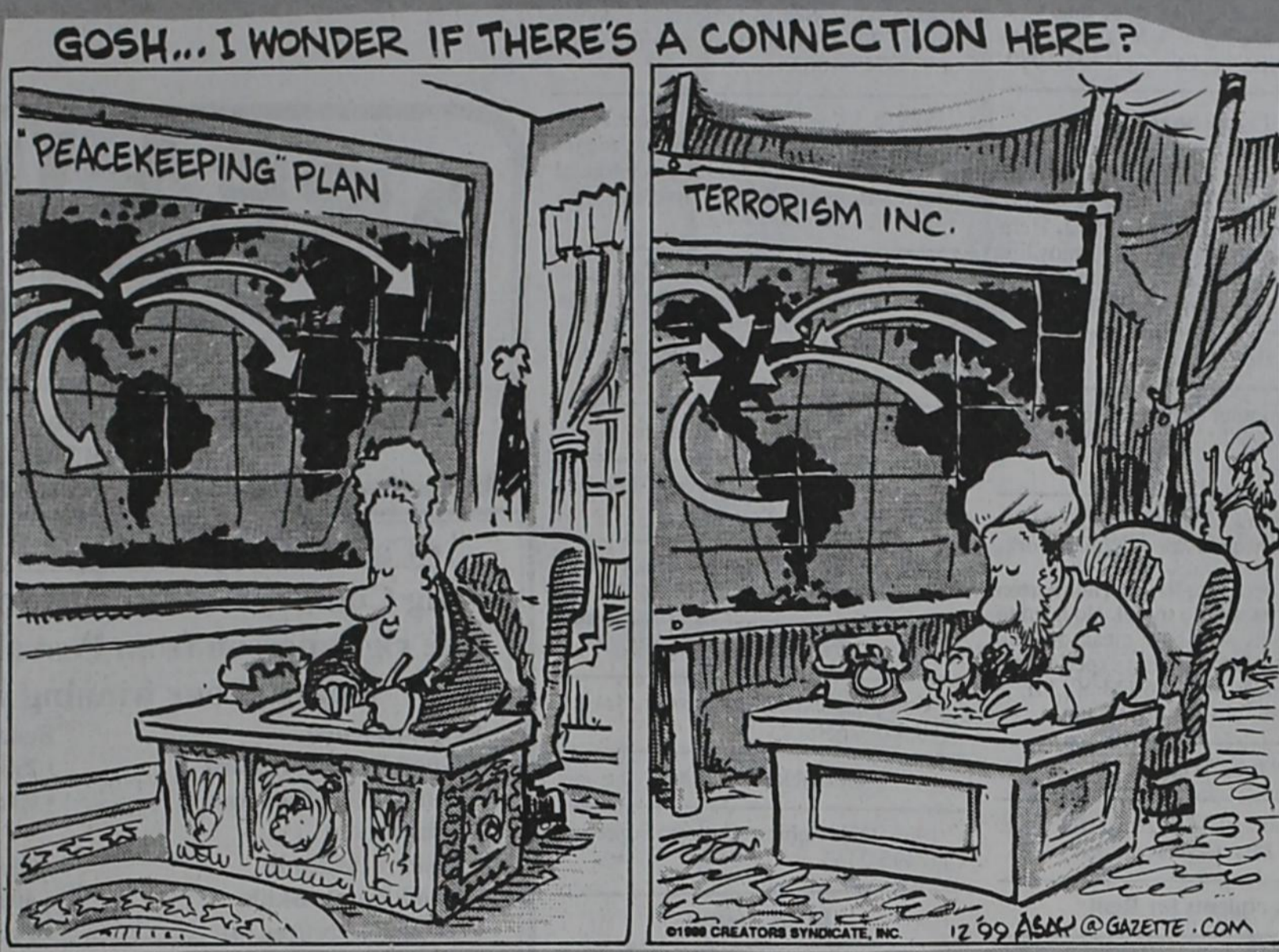
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2000 may be the biggest boom year of all time

by Wesley W. Burnett
Earlier this week I read a story in the Lubbock AJ (1/3/2000) which brought an outburst of cheering at the breakfast table. The story explained a major economic development project by the Webster City Council, where property taxes are to be completely eliminated.

I have been advocating the elimination of property taxes for several years, and have lobbied Post City Council members to take the bold step as an economic development project.

Imagine the advertising we could do to encourage businesses and manufacturers to locate here... no property taxes! Tax abatement that actually works!

My, my, what a great idea!

But my desire to see the elimination of property tax is not based on an economic foundation, but a rather on principle. Obviously, there will be major advantages for economic development by trashing the ancient practice of taxing property, but the bigger issue is securing the ownership of private property.

As I have pointed out in numerous editorials on this subject, taxation by government deprives all property owners of their basic and fundamental right to ownership of property. Allowing government the power to tax is equivalent to government ownership of the property. The owner then, determines the use of the property (zoning and building codes) and the monthly rental (tax).

If you fail to pay your rent, or dare to use your government-owned rental property in ways the corporation (government) disapproves, you will discover who really owns the property. The real owner (corporate government) will, if necessary, send the sheriff and seize the property.

This taxation system under which we toil and suffer, is nothing more than an extension of the old English taxing system, which was based on the notion that the king owned all property, and the tenants had to pay the owner a fee.

Instead of a king, we inherited a hungry and voracious monster, more damaging to liberty and ownership of property than any tyrant that has ever lived. All in the name of "majority rule," government continues to confiscate property (taxation), so that after a few years, taxes paid exceeds the total value of the property itself.

Consider the annual property tax you pay. Multiply that times the number of years you've been paying... you get the picture. After a while, the corporation (government) has sapped the entire value from the renter. If privately owned property were freed from this form of bondage, we'd be living in the biggest economic boom the world has ever seen.

Can it happen here? Sure it can. Who could possibly be opposed to elimination of taxes? The only ones I know who oppose it are socialists who believe what's yours is theirs, and the state (corporate government) is the king.

In the meantime, bow and scrape, beg and plead to the king's representatives. Maybe the mob (majority rule) will have mercy and throw you a few crumbs.

Or, we could keep the bread for ourselves, and let the socialists learn how to survive through their own personal responsibility. Think about it, "Post City, Texas ... tax freedom for everyone!" What a great idea!

Perhaps the sentiments contained in the following pages, are not yet sufficiently fashionable to procure them general favor; a long habit of not thinking a thing wrong, gives it a superficial appearance of being right, and raises at first a formidable outcry in defence of custom. But the tumult soon subsides.

THOMAS PAINE, Common Sense, January 1776

Texas Constitution 2000

Based fundamentally on the principles defined in the American Declaration of Independence

Part 3. National Assembly
Section 3. The national assembly may establish procedures, rules, and regulations only for the administration and implementation of the functions listed in this section. The national assembly shall:
a. Establish appropriate regulations for the control of government agents or agencies in the maintenance of those existing publicly owned rights of way which extend beyond the boundaries of any one county. This authority for maintenance is strictly limited to those publicly owned rights of way existing at the time of ratification of this constitution. There shall be no authority to regulate the use of publicly owned rights of way.
b. Approve or reject treaties as proposed by the president.
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Mankind's most brutal century - why?

by Walter E. Williams

This year marks the last year of the 20th century. The century will be remembered for unprecedented technical progress, advance of knowledge and improvements in living standards. It will be also remembered as mankind's most brutal century. International and civil wars have yielded a death toll of roughly 50 million lives.

As tragic as that number is, it's small in comparison to the number of people murdered by their own government. R. J. Rummel, professor of political science at the University of Hawaii and author of "Death by Government," estimates that since the beginning of this century governments have murdered 170 million of their own citizens.



Top government murderers are: the former Soviet Union, who between 1917 and 1987 murdered 62 million of their own citizens, and the People's Republic of China, who between 1949 and 1987 murdered 35 million of its citizens. In a distant third place were the Nazis, who murdered about 21 million Jews, Slavs, Serbs, Czechs, Poles, Ukrainians and others deemed misfits such as homosexuals and the mentally ill.

Less well known murdering governments include Turkey, who between 1909 and 1918 murdered close to 2 million Armenians. Two million Cambodians lost their lives under the Khmer Rouge; Pakistan's government murdered 1.5 million people; and Tito's Yugoslavian government murdered a million citizens. Our southern neighbor, Mexico, murdered about 1.5 million of its citizens between 1900 and 1920.

Professor Rummel estimates that prior to the 20th century, government murder, from the Christian Crusades and slavery of Africans to witch hunts and other episodes, totaled about 133 million. We might ask why the 20th century was so barbaric. Surely, there were barbarians during earlier ages.

Part of the answer is that during earlier times there wasn't the kind of concentration of power that emerged during the 20th century. Had Joseph Stalin, Mao Zedong and Adolf Hitler been around in the 18th century, they could not have engineered the murder of millions of people. They wouldn't have had the authority.

There was considerable dispersion of jealously guarded political power in

the forms of heads of provincial governments and principalities, nobility and church leaders whose political power within their spheres was often just as strong as the monarch's. In the case of Germany, when Hitler came to power, he inherited decades of consolidation by Bismarck and later the Weimar Republic that weakened local jurisdictions.

Through the Enabling Act in 1933, Hitler destroyed any remaining local autonomy. The decent Germans, who made Hitler's terror possible, would have never supported his territorial designs and atrocities. Decent Americans are paving the road for tyranny just as Germans did. In the name of one social objective or another, we are creating what the Constitution's Framers feared — concentration of power in Washington and the creation of a superstate.

The Framers envisioned a republic. They guaranteed it in Article IV, Section 4 of the Constitution, making an individual state's authority competitive with, and in most matters exceeding, federal authority. Now it's precisely the reverse.

In the pursuit of lofty ideals like health care, fighting crime and improving education, we Americans have given up one of our most effective protections against tyranny — dispersion of political power. Try this thought experiment. Pretend you're a tyrant.

Among your many liberty-destroying objectives are extermination of blacks, Jews and Catholics. Which would you prefer, a United States with political power centralized in Washington, powerful government agencies with detailed information on Americans and compliant states or power widely dispersed over 50 states, thousands of local jurisdictions and a limited federal government?

You say, "Williams, what happened in Germany could never happen here." I'm betting that Germans who lived prior to the end of the Weimar Republic would have said the same thing.

To find out more about Walter Williams, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate web page at www.creators.com.

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Che Guevara in, Joseph Stalin out

by Vin Suprynowicz

Although the editors waited till Christmas weekend (a famously slow news moment, almost guaranteeing front-page coverage in the Sunday papers) to announce their fully justified selection of Albert Einstein as "Man of the Century" ... the 450-page "coffee-table" hardcover Time/CBS News book "People of the Century" (Subtitled "One Hundred Men and Women Who Shaped the Last Hundred Years") actually landed on my desk last week.

I am neither surprised nor will I raise objection to finding therein honored (is that the right term?) Franklin Roosevelt, John Maynard Keynes, Mao Tse-Tung, or even Ho Chi Minh, who probably should have been shot for his treatment of U.S. Prisoners of War, but who (we also note for the record) had long hoped the United States would come to his rescue against French colonialism, indicating history might have taken a different turn had the Republican party nominated Robert A. Taft instead of the cynical interventionist Eisenhower, and had someone subsequently shot or otherwise discharged both the Dulles brothers.

But Che Guevara? Mikhail Gorbachev? The Ayatollah Ruhollah Khomeini? They make this Time magazine "Top 100" list while Joseph Stalin and Pol Pot fade into obscurity? One would think Stalin's vast cemeteries alone did more to "shape the last 100 years" than the proletarian posturings of a proletarian wannabe like Che.

What is this, really? A list of people who appeared in posters on New England college dorm room walls in the 1960s and '70s? The Time-Warner editors apparently want to give us lots of Communists, but only the "nice" Communists.

Nor is it surprising — though it is somewhat silly — that the editors of this book, compiled on Sixth Avenue in New York, would reveal themselves so Americentric, so "popular culture" oriented as to include "The Kennedy clan," Marlon Brando, Pete Rozelle (!), Marilyn Monroe, Harvey Milk (!), Jim Henson (!), Aretha Franklin, Oprah Winfrey (!), Diana Princess of Wales (!), and Bart Simpson among — once again — "the one hundred men and women who shaped the last 100 years."

Not Mickey Mouse or Gertie the Dinosaur or Wile E. Coyote or Daffy Duck or even Mr. Peabody and his pet boy Sherman, mind you: Bart Simpson.

I know: Such lists are compiled as much to spur debate and discussion as anything else. Perhaps we should be grateful they at least omitted Hillary Clinton, Dianne Feinstein, Reinhard Heydrich, Janet Reno, Lon Horiuchi, Felix Dzerzhinsky, and Charles Schumer.

I'm not writing to ask why Aretha Franklin (yes, she has a great voice, as did Ima Sumac and Eartha Kitt, both of whom are missing) stands in for real American musical geni from Scott Joplin and George Gershwin through Fats Waller and Chuck Berry. (Christopher John Farley credits Ms. Franklin with "making her own ... Curtis Mayfield's pop gem 'Something He Can Feel.' " Given her status in the industry by 1976, one wonders if a "bigger" woman wouldn't instead have told the producer of the film "Sparkle": "Honey, you let Lonette and Irene sing it in the movie; why don't you release them on your soundtrack album?")

I was just wondering whether anyone else found anything odd about the following list:

Ludwig von Mises, F.A. Hayek, Ayn Rand, Thomas Alva Edison, George Patton, James J. Hill, John D. Rockefeller, Andrew Carnegie, John Moses Browning, H.L. Mencken, Louis Brandeis, Milton Friedman, Frank Lloyd Wright, Robert A. Taft, Douglas MacArthur, Billy Mitchell, Clarence Darrow,

Edward R. Murrow, Henry Miller, Nikola Tesla, Mark Twain, F. Scott Fitzgerald, Arthur Conan Doyle, Dr. Albert Hofmann, Aldous Huxley, Robert Heinlein, George C. Marshall, Ernest Hemingway, Igor Sikorsky, George Bernard Shaw, Werner von Braun, Erwin Rommel, Isoroku Yamamoto, T.E. Lawrence, D.H. Lawrence, Frank Herbert, Timothy Leary, Richard Evans Schultes, Steve Jobs, Thomas Szasz, John Lott ...

Needless to say, these people are NOT among the "One Hundred Men and Women Who shaped the Last Hundred Years," while Lucille Ball and Eleanor Roosevelt and Estee Lauder and Pele the soccer player ... are.

All in all, a slightly silly book.

The actual writing? It ranges unpredictably — seemingly accidentally — from Salman Rushdie's refreshingly meaty and thoughtful revisionist essay on Gandhi to Arthur Schlesinger's seemingly endless lube job for FDR (those who opposed him did so not because the tyrant introduced the "withholding tax" and immolated the concept of limited government in America, we are informed, but merely because the New Deal "reduced the power, status, income and self-esteem of those who profited most from the old order," though "happily" the men who "sat in their clubs denouncing him" have all now "died off. Their children and grandchildren mostly find the New Deal reforms familiar, benign, and beneficial.")

Ah, yes. Love for the gentle ministrations of the IRS, DEA, and BATF now perfumes the air like flowers in the spring.

FDR, the disciple Schlesinger informs us, "was not a perfect man. ... He could be, and often was, devious, guileful, manipulative, evasive, dissembling, underhanded, even ruthless. But he had great strengths. He relished power. ..."

Well. Thank goodness there were redeeming qualities.

The historian Schlesinger even asserts "Stalin had to break the Yalta agreements" to take over Eastern Europe, dismissing Winston Churchill's first-hand testimony that the doddering FDR scribbled down on a napkin which countries Stalin would be allowed to dominate — and that Stalin kept the napkin.

The book's puffery ranges from the hilarious analysis of Robert Reich to the merely banal insights of Kurt Loder. Reich proclaims that the "deficits are good for us" central planning nostrums of John Maynard Keynes are now fully vindicated, as though Murray Rothbard hadn't debunked the old Nazi sympathizer years ago. Loder's luncheon essay on the Beatles, all liner notes about Ed Sullivan and the breakup, includes no useful analysis of the black American blues root music which Lennon & McCartney and Jagger & Richards (also missing) had studied so devoutly, and did such a far better job of "bringing home" to America than the crew-cut, white-suede-shoed Pat Boone crowd, which was the best the States could offer in those years while Elvis was away in the army, studying to become a self-parody.

Speaking of which ... where's Dick Clark?
Vin Suprynowicz is assistant editorial page editor of the Las Vegas Review-Journal. His new book, "Send in the Waco Killers: Essays on the Freedom Movement, 1993-1998," is available at \$24.95 postpaid by dialing 1-800-244-2224; or via web site <http://www.thespiritof76.com/wacokillers.html>.

Vin Suprynowicz, vin@lvj.com
"The evils of tyranny are rarely seen but by him who resists it." — John Hay, 1872

Yesteryears

by Pat Burnett

January 4, 1990
10 Years Ago

Some of the visitors to Post make the Santa Fe Depot building their first stop, but not because they came to town on the train. They stop to get information about Post and the surrounding area from the local Chamber of Commerce.

Funeral services were held December 31, 1989 at the Pleasant Home Baptist Church for Cleve Harper, who died December 29, 1989 at Garza Memorial Hospital.

Aaron and Mcagan are enjoying their new baby brother, Stephen Martin, who arrived December 28, 1989 at 6 a.m., weighing eight pounds 11 ounces and was 21 1/2 inches in length. The proud parents are Martin and Traci Matsler of Baird, Tx.

Saturday, November 18, 1989 was a beautiful sunny day in Wichita, Ks. This was the setting for the marriage of Lynn Renee Moratto to Stephen Karl Matsler at Immanuel Baptist Church. Lynn is the daughter of Rev. and Mrs. H. V. Moratto of Wichita, Ks and Karl is the son of Mr. and Mrs. Herman McVay of Lubbock, Tx and the late John Matsler.

January 3, 1980
20 Years Ago

Mr. and Mrs. Albert Stone had as their guests during the holidays, Mr. and Mrs. Jerry Stone, Kristy and Cody of Gail, Mr. and Mrs. Danny Stone, Wendy and Cam of Lamesa, and Mr. and Mrs. Ted Tatum, Mike and Tim and Charla Williams all of Post.

Lots of Post kids attended the Kenny Rogers concert Sunday night in Lubbock and reported it to have been one of the better concerts put on. Those I know of for sure attending were Darlene and Danny Gunn Karla Morris, Chuck and Barty and Karon Hays, Tim and Mike Tatum and Charla Williams. Karon was very excited about the whole thing, cause for a price, she'll let you touch her hand where Kenny Rogers touched it.

Mr. and Mrs. Charlie Seals had as guests over the holidays their children, Mr. and Mrs. Odell Williams and children of Lubbock; Mr. and Mrs. Charles R. Seals and children of Coahoma; Mr. and Mrs. Leslie Seals and son of Post, and other relatives, Mrs. Mae Gilbert of San Angelo and Mr. and Mrs. W. W. Green of Fort Worth.

Mr. and Mrs. Gary Lott of Dallas, Mr. and Mrs. Brad Lott and Brandon of Lubbock, and Mrs. Sharon Britt, Lisa and Elaine of Kuwait, visited in the home of their parents, Mr. and Mrs. Grant Lott during the Christmas holidays.

January 1, 1970
30 Years Ago

Jimmy Fikes assumed his new duties as assistant manager at the Piggly Wiggly store here the first of the week.

The traditional annual Christmas tree party was held in the Walter Boren home Christmas Eve with a buffet supper being served before gifts were exchanged.

T. C. Polk told the Christmas story and led in singing at the annual Christmas party of the Mystic Sewing Club held before Christmas in the Reddy Room.

The E. R. (Buster) Moreland and Marvin Hudman homes were first place winners in the Post Jaycees' annual Christmas decorations contest.

January 7, 1960
40 Years Ago

James Williams, student at East Texas State College, left over the weekend to resume his studies after spending the holidays here with his parents, Mr. and Mrs. Bill Williams and family, and other relatives and friends.

Mrs. Lee Long and Mr. and Mrs. E. H. Britton visited Saturday in the home of his brother and family, Mr. and Mrs. A. W. Britton, in Loraine.

Mr. and Mrs. Roger Neilson of Midland spent the holidays with Mrs. Neilson's mother, Mrs. Marie Williams, and her sister and family, Mr. and Mrs. Fred Long and children.

Howard Jones has returned to Lubbock where he is a student at Texas Tech. He spent the holidays with his parents, Mr. and Mrs. Paul Jones.

The Little Homemakers 4-H Club will meet Friday afternoon, Jan. 8, at the home of their leader, Mrs. Thurman Maddox.

January 5, 1950
50 Years Ago

Mr. and Mrs. Gayland Young, accompanied by Mr. and Mrs. Wayne Watters of Littlefield, visited here a short time Tuesday en route to their home after spending the holiday weekend in El Paso where they attended the Sun Bowl game. They witness the 21 block parade before the game. They saw a bull fight in Juarez, Mexico, and on the trip home stopped at Carlsbad Caverns.

Jeff Justice, III, has been visiting with relatives and friends here. He is employed as a clerk for American Air Lines at La Guardia Field, New York City.

Tomorrow is Mrs. L. R. Mason's birthday. She and her husband, whose birthday will be Feb. 17, were born in McClennon County the same day of the week the same year.

Sydna Lee and Jerry Lou McLaurin spent part of the holidays with their grandmother, Mrs. Ella McLaurin, in O'Donnell. Their parents, the Rev. R. A. McLaurin, went after them Sunday.

Mr. and Mrs. J. P. Morgan of Garnolia were guests of the Hap Winklers Saturday night.

Robert Jay Strange of Post visited Sandy Cross last Friday.

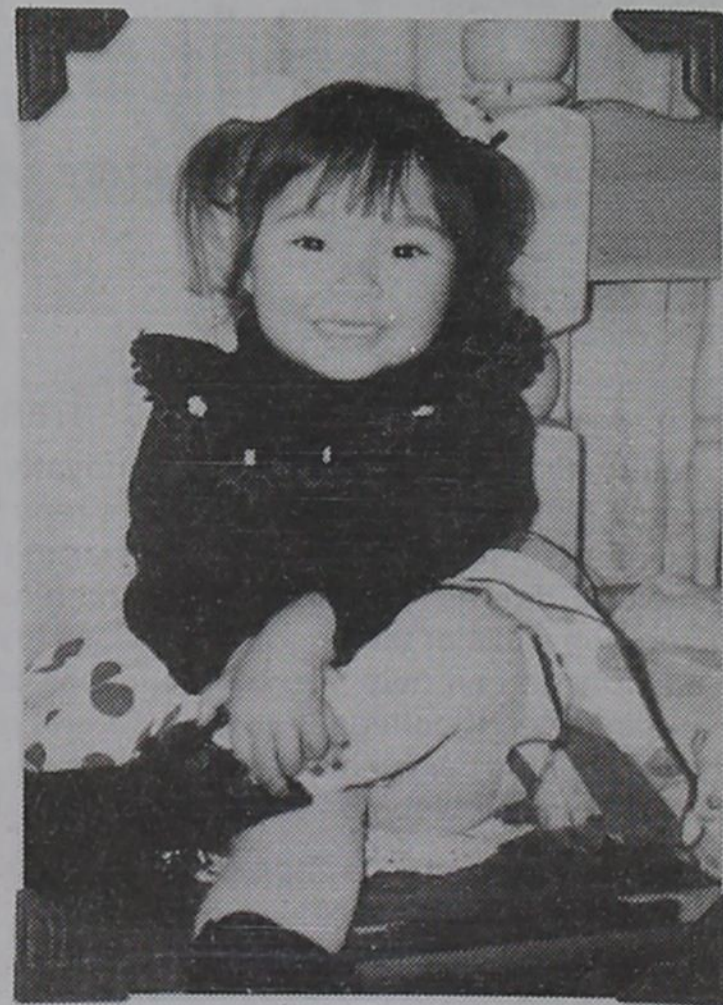
Mr. and Mrs. Lawrence Evans and son, Robert, of Lubbock visited Lawrence's parents, Mr. and Mrs. George Evans, Friday and Saturday.



MRS. MAXIE RAY WARD

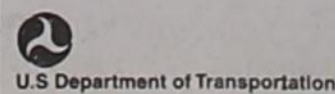
Miss Bonnie Anne Bowen Becomes Bride Of Maxie Ray Ward On Saturday Evening

From The Post Dispatch, January 5, 1950



A Nicole Rodríguez la mató un chofer borracho cuando ella salió a jugar con una amiguita vecina.

¿Qué se debe hacer para impedir que un amigo maneje borracho? Lo que fuere necesario. Los amigos no dejan a sus amigos manejar borrachos.



The Original TEXAS CROSSWORD

by Charley & Guy Orbison

Copyright 2000 by Orbison Bros.

ACROSS

1 TXism: "will miss ___ you blink" (small town)

5 TXism: "two chances: slim and ___"

6 seat of Oldham Co.

7 TXism: "still wet behind the ___"

8 in 1881, this govt. bldg. was destroyed by fire (two wds.)

17 TX Brown who was Notre Dame football star

18 UT swimming coach who won gold medals in '88 and '92

21 TXism: "sober as a judge ___ court"

22 Fort Bliss site: Lanoria

23 lacking vitality

24 TXism: "let the cat out of ___"

29 TXism: "in this ___ of the woods"

30 boot aroma

31 Gov. ___ Culbertson (1894-98)

32 job of El Paso-born Sam Donaldson

34 TXism: "right ___ (specific location)"

35 Dallas Stars league

36 plowing machines

37 Japanese electronics co.

38 chicken casa

39 TXism: "stands ___ feet"

41 dark fur

42 TX McMurry's "Lonesome ___"

43 TXism: "enjoyed about all this ___ stand"

44 TX ranch

45 TXism: "the bigger they ___ the harder they fall"

46 TXism: "hot as road ___ in July"

47 Lyndon ___ Johnson

48 crop gatherer

50 lubricates

51 TXism: "___ little horse trading" (dicker)

52 TX actor Wallach

53 TXism: "he's only got one ___ in the water"

DOWN

1 probing type of journalism

2 TXism: "brave enough ___ a boomtown cafe"

3 in Kerr Co. on 27

4 TX bay sighted in 1519 on the ___ of Corpus Christi

9 get the tape out

10 barrel

11 Santa ___ CA

12 in college it's kinesiology (abbr.)

13 TXism: "call ___ (quit)"

14 ___ daddy sang bass, mamma sang ___

15 TXism: "just yonder"

16 "Gone to Texas" meant "on the ___"

19 December visitor: St. ___

20 lost 'em hair

22 "Don't ___ Texas!"

24 ___ Rusk took over TX Army after Houston

25 TXism: "sells like cakes"

26 ___ Disneyland

27 TXism: "burn that ___ little deeper" (explain)

28 TX Dan Rather's job at CBS

29 Robert De ___

30 words of dismay

33 TX Freddie Fender tune: "You'll ___ a Good Thing"

34 TXism: "fast as small ___ gossip"

35 TXism: "he's all foam and ___ (superficial)"

37 "Walt Garrison All- ___"

38 chili con ___

40 collegiate sports organization (abbr.)

41 TXism: "full of ___ and vinegar"

44 back talk

47 "Fresh Prince of ___"

49 stringed instrument

National Volunteer Blood Donor Month

President Bill Clinton has declared January 2000 as National Volunteer Blood Donor Month. To help ensure an adequate blood supply, United Blood Services has joined with the NVBDM Coalition in celebrating the 30th anniversary of the observance with the theme 2000 Reasons to Give Blood.

According to Stan King, executive director for United Blood Services, the need for blood is constant and volunteer blood donors contribute nearly all blood used for patient care in the United States.

"If all who are eligible to donate would do so on a regular basis (three to four times a year), blood needs could be met and shortages could

become a thing of the past," King said.

Gov. George W. Bush has joined in the national effort by declaring January 2000 as Volunteer Blood Donor Month for the state as well.

"I commend all Texans who help save lives by regularly giving blood or by organizing blood drives," said Bush. "I join the coalition in encouraging all Texans who are able to give blood during this first month of the new year."

Everyone depends on blood more than is realized, according to USB officials. Every three seconds, someone needs blood. Each day, patients across the country receive

approximately 32,000 units of blood.

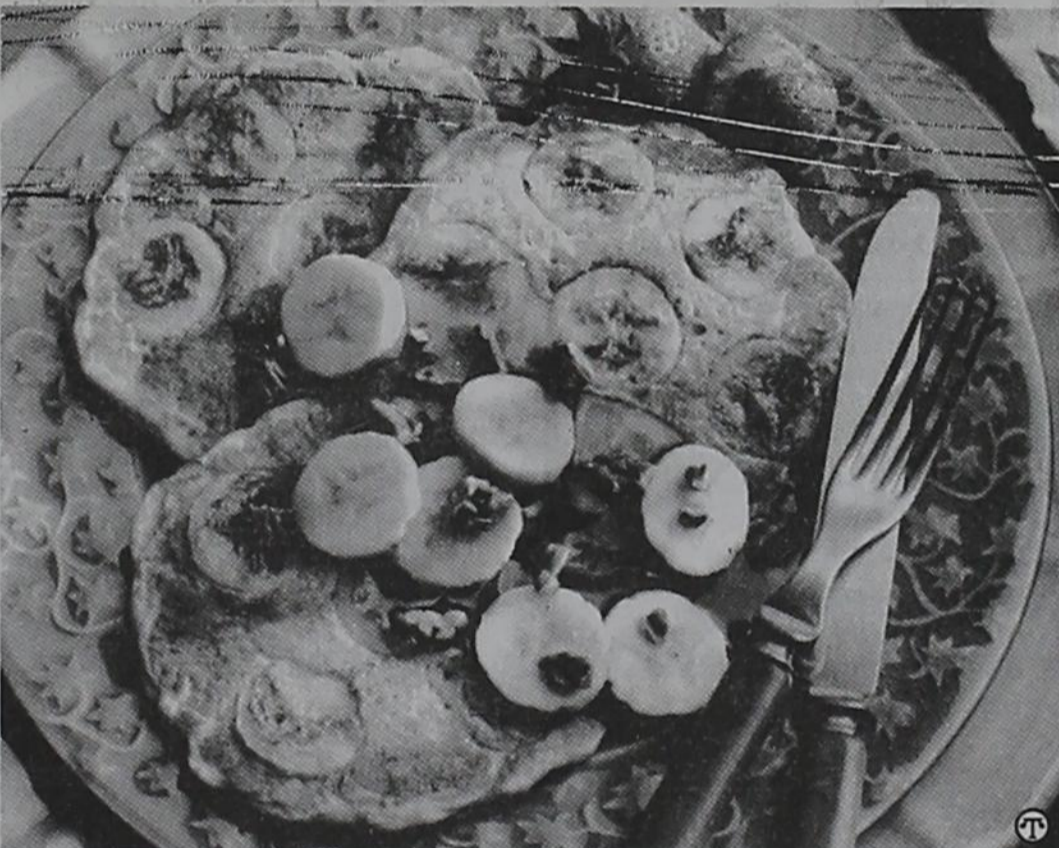
This year alone, more than four million patients will require blood transfusions, as accident victims, people undergoing surgery and patients receiving treatments for leukemia, cancer and other diseases, all utilize blood. In West Texas, approximately 3,000 donors will be needed monthly to maintain an adequate supply of blood and blood components for area patients.

The theme "200 Reasons to Give Blood" is designed to remind Americans of all of the many reasons to donate.

People interested in becoming a blood donor should call United Blood Services at 797-6804 or 1-800-333-6920 for more information.

January Is Oatmeal Month!

Flip For Flapjacks



(NAPS)—Just one taste will be enough to convince you that homemade pancakes "hot off the griddle" are worth the extra effort it takes to make them.

Hearty Banana Oat Flapjacks, created in honor of Oatmeal Month, use ingredients you're likely to have on hand—flour, oats, baking powder, salt, egg, a little oil and milk. Wholegrain oats contribute both fiber and a hearty texture to these cinnamon-flavored cakes speckled with caramelized banana slices. Warm maple syrup, extra bananas and crunchy pecans complete this family-pleasing weekend breakfast.

From start to finish, the pancakes take just 15 minutes to

make. If you're lucky to have any left, pop them in the freezer and reheat in the microwave oven for a quick weekday breakfast your kids will eat right up!

HEARTY BANANA OAT FLAPJACKS

12 (4-inch) Pancakes

- 2 large ripe bananas, peeled and sliced
- 1 tablespoon granulated sugar
- 1 cup all-purpose flour
- 1/2 cup Quaker oats (quick or old fashioned, uncooked)
- 1 tablespoon baking powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt (optional)
- 1 cup fat-free milk
- 1 egg, lightly beaten
- 2 tablespoons vegetable oil
- Maple-flavored syrup
- Banana slices (optional)
- Coarsely chopped pecans (optional)

Combine banana slices and sugar in bowl; stir to coat slices with sugar. Set aside. In large bowl, combine flour, oats, baking powder, cinnamon and salt; mix well. Add combined milk, egg and oil to dry ingredients all at once; mix just until evenly moistened. (Do not overmix.) Heat griddle over medium-high heat; lightly grease. For each pancake, pour scant 1/4 cup batter onto hot griddle. Top with 4 or 5 banana slices. Turn pancakes when tops are covered with bubbles and edges look cooked. Serve with syrup and, if desired, additional bananas and nuts.

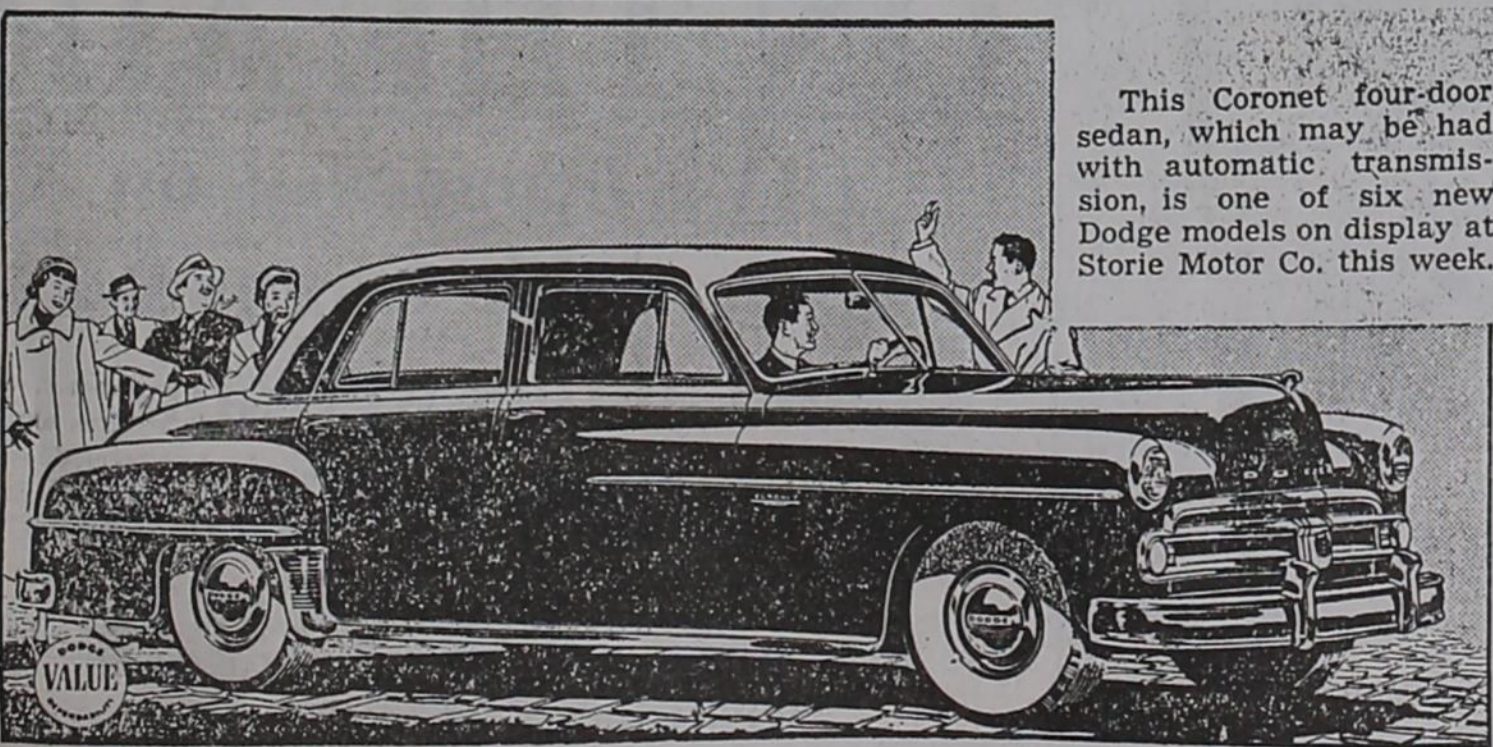
NUTRITION INFORMATION
(3 pancakes): Cal. 320, Fat 10g (Sat. Fat. 1.5g), Chol. 55mg, Sodium 310mg, Carbo. 51g, Fiber 3g, Pro. 9g.



MISS BETTY WILLIAMS

Miss Betty Williams' Engagement Is Told

From The Post Dispatch, January 5, 1950



This Coronet four-door sedan, which may be had with automatic transmission, is one of six new Dodge models on display at Storie Motor Co. this week.

Six Models Of The 1950 Dodge Displayed This Week Through Saturday By Storie

From The Post Dispatch, January 5, 1950

Lady Lopes face Seagraves in district opener

Lockney hands Post girls' first loss

After a 15 game winning streak this season, the Post High School Lady Lope varsity basketball team slipped to Lockney 61-38 in the Crosbyton Tournament championship game on December 30.

"We just sort of ran out of steam in the fourth period," coach Ron Taylor commented. "We were only trailing by seven points in the final period, but Lockney put on a 21-7 scoring spurt to win." The Lady Lopes use an aggressive full court pressure defense, and with two starters not at full speed, the team wasn't able to keep up the pace.

Dauida Gregory had suffered with the flu all during the Christmas holiday break, and Kelly Moore had injured her ankle in the December 29 contest. "Over all I am very pleased," Taylor added, "we're going into district play this Friday at Seagraves with some seasoned players." Seagraves is considered to be a top contender for the district title, along with Stanton and Coahoma. "There's not going to much room for error down this stretch," Taylor observed.

Crosbyton Tournament Recap

The Lady Lopes opened up with a 45-44 win over Whiteface at the Crosbyton Tournament on December 28. Kenda Looney led the scoring with 20 points. Other scoring included Vondi Gradine (6), Davida Gregory (6), Meagan Mills (3), Yvonne Lopez (3), Kelly Moore (3), Erin Gregory (2) and Manuela Hernandez (2).

"We only shot 30 percent during that game," Taylor said, "and that's not very good."

The December 29 contest was one of those classic high school basketball games that goes to the final seconds. The Lady Lopes pulled out a 40-38 win over Guthrie, the second time this year that the Post girls have edged one of the state's premier Class A teams.

Looney led the team with 14 points, followed by Davida Gregory (10), Hernandez (6), Erin Gregory (4), Emily Smith (3), Moore (2) and Mills (1).

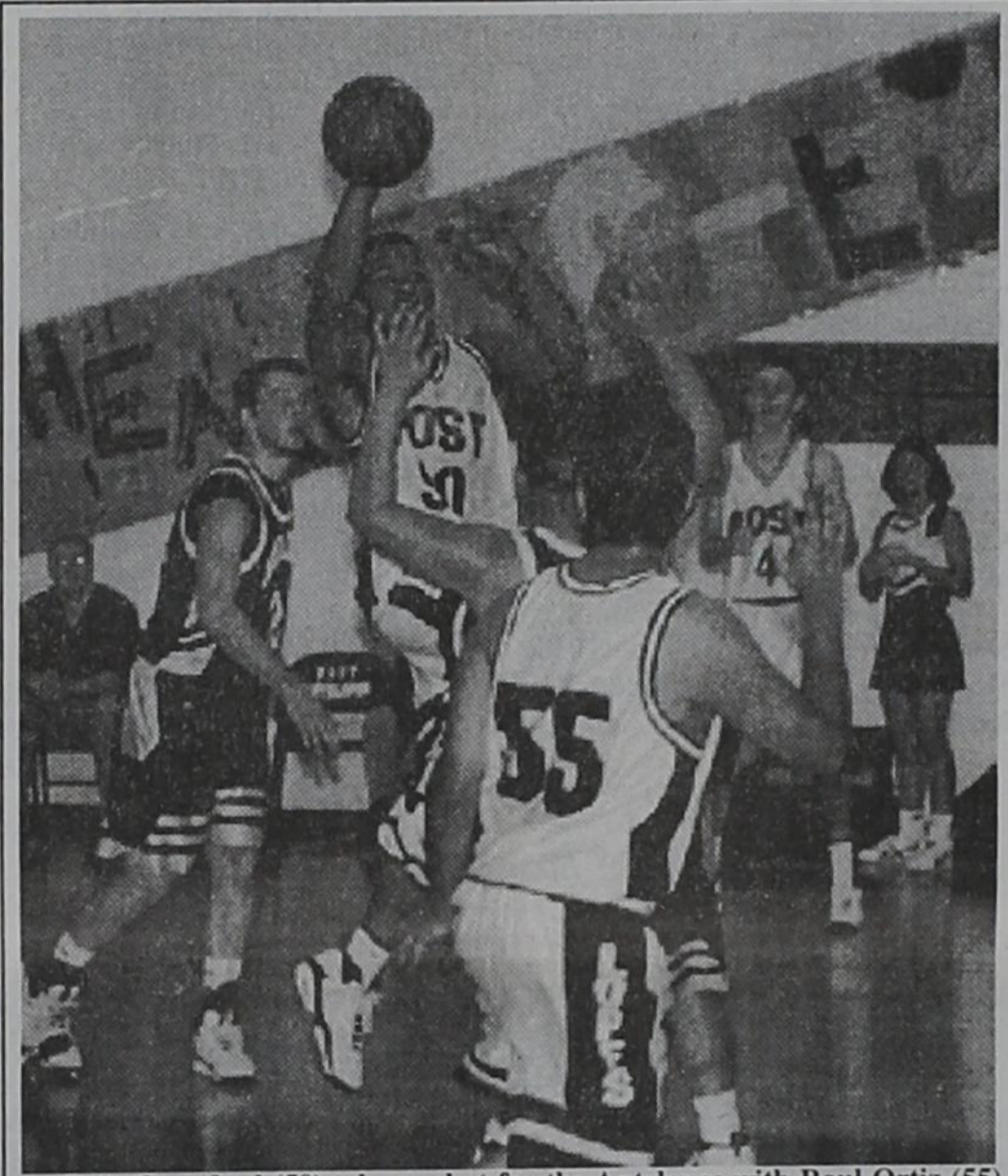
"Guthrie has a really great basketball team," Taylor explained. "They were fired up after losing to us earlier, both teams played hard, with good sportsmanship." Guthrie has only lost three games, two of them to Post.

In the December 30 championship game Hernandez led the team with 11, with Looney getting 10. Other scoring came from Mills (6), Davida Gregory (4), Camie Payne (4) and Moore (3).

"Erin has a fractured thumb, Kelly's ankle is still tender and Davida accidentally cut two fingers while cutting onions at Trade Days," coach Taylor reported. "But we'll be ready to play Seagraves in that important opening district contest," he continued.



Jarrett Vickers (4) defends for the Post Antelopes during action here. Joining in the play are Tyrone Jefferson (20), Billy Crawford (50) and Raul Ortiz (55). (Photo by Jerry Taylor)



Billy Crawford (50) takes a shot for the Antelopes with Raul Ortiz (55) under the basket. (Photo by Jerry Taylor)



Michael Huff (10) gets set to shoot for the Post Antelopes in action here before the Christmas break. (Photo by Jerry Taylor)

'Lopes win one at Crosbyton tourney

The Post Antelope varsity basketball team clipped Motley County 55-54 in the final game at the Crosbyton Tournament December 30, setting up the team with six wins and seven losses.

"We're getting better, but we've still a ways to go," coach Dane Vickers said. "We've got to make it through those tough situations to win."

The 'Lopes lost to a strong Farwell team 66-46 in the Crosbyton Tournament opener on December 28. Tyrone Jefferson led the team with 12 points, followed by Justin Gorman (10), Billy Crawford (10), Michael Huff (7), Jarrett Vickers (5) and Jamie Collazo (2).

On December 29 the team dropped a 45-42 squeaker to Guthrie. Jefferson again led with 14 points. Other scoring came from Huff (9), Gorman (8), Crawford (6), Vickers (3) and Collazo (2).

In the victory over Motley County, Crawford sank 22 points, followed by Huff (10), Gorman (9), Vickers (4) and Ortiz (2).

PHS Basketball Schedule

| | | |
|---------|-----------|----------------------|
| Jan. 7 | Sudan | J.V. & Varsity Boys |
| Jan. 7 | Seagraves | J.V. & Varsity Girls |
| Jan. 11 | Stanton | J.V. & Varsity Girls |
| Jan. 11 | Slaton | J.V. & Varsity Boys |

J.V. Lopes "B" & Jr. High

| | | |
|-----------|----------------------------|---------|
| Jan. 6 | Coahoma | Coahoma |
| Jan. 7, 8 | Christ The King Tournament | Lubbock |

Tax 'n Facts

by Terri Cash

Health Care Costs For The Self-Employed

Just as the self-employed have to pay all of their Social Security and Medicare taxes themselves-both the "employer" and "employee" parts - they're stuck with their own health care costs, too. And those costs are going up. There are some helps, though.

Basic: 60 percent of health coverage paid by the self-employed is deductible for 1999 scheduled to rise to 100 percent by 2003 (and both political parties seem willing to accelerate that). The rest of the coverage can be deducted as an itemized medical expense, if total expenses exceed 7.5 percent of AGI.

Other options: let a working spouse get medical coverage on his or her job. Or put a non-employed spouse to work for the business, and provide employees, i.e., the spouse, with deductible family medical coverage. Other cost savers might include keeping COBRA coverage from the last job, setting up a medical savings account or buying coverage through a professional association.

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Call 806-894-9611 in Levelland
or 806-747-0576 in Lubbock

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Grandma Brag Pages

Feb. 10, 2000



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