Happy Newy

Glenda Morrow's Water Media exhibition continues at the Lubbock Regional Arts Center in Lubbock through December 31. The arts center is located at 511 Avenue K. Morrow's series of paintings in various water media are on view Monday through Friday, 8:30 a.m. to 5:30 p.m. For more information, contact the arts center at 762-8608 or Morrow at 629-4393.

Brick sales for scholarship fund

Post ISD is accepting dontations for "paving bricks" at Antelope Arena, with the \$50 donations being used exclusively to fund scholarships for PHS graduates. Contact the school's business office at 495-3855 to purchase bricks for the project.

New voter registration cards

Garza County Tax Assessor Jeanette Hodges is requesting Garza County voters who have not received new voter registration cards by mail to contact the office at 495-4448. A number of voter registration cards were returned with incorrect addresses.

Post Notes The Horrow exhibits water media Ohr Horrow exhibits water media Ohr Horrow exhibits water media

76th Year Number 30 USPS 439-620 © 2001 The Post Dispatch

Newsstand Price 50c Thursday, December 27, 2001

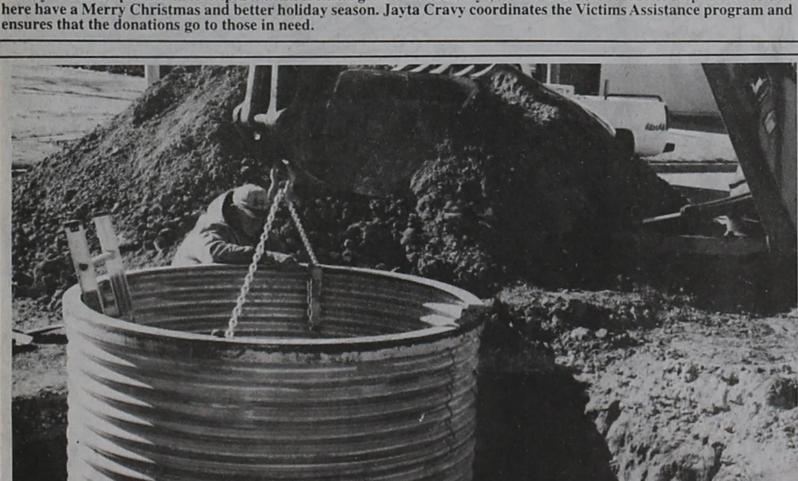
Preserving water in dry times...



Staff members at the Giles W. Dalby Correctional Facility gave a special Christmas treat last week to children at the Head Start program. Helping Santa Claus were (back row, left to right) assistant warden James Frawner, Charla Miller, Vance Guthrie, Diane Zubia, Carol Crenshaw, Willie Thurman, Ernest Back (Santa), with children (front row) Daniel Araiza, Keshawn Jefferson, Rafael Gonzales, Makenzie Ward, Shayla Willey, Dylan Pearson, Edel Sanchez, Haley Greathouse, Karina Perez, Robert Arachuleta, Selena Escobar and Christian Armendariz.



Post Middle School S.T.A.R.S. sponsored "Help Others During the Holidays" by helping the Victims Assistance Services ini Garza County. The National Honor Society brought warm caps, gloves and scarves and the Student Council and faculty members pitched in to help. Students from all grades donated toys, clothes and cans of food to help crime victims



Getting to the bottom of it

Work continues on replacing sewer lines under U.S. Hwy 84 in Post. Workers were busy last week at the intersection of Hwy 84 and 3rd Street. The project is the first stage in preparation for the major rebuilding of U.S. Hwy 84 inside the city limits, which is expected to start in April or May 2002. The Texas Department of Transporation will replace the asphalt highway with concrete and install a storm sewer drainage system.

An adequate supply of high source - water.

periodic droughts have created a serve water. feast-to-famine cycle in Texas.

40 to 60 percent of the water sup- scape begins with a well-thought- plants is a key to a beau8tiful. ply is used for landscape and gar- out landscape design. Sketch interesting landscape, which conally high water-demanding land- grass areas. Then consider the agent for recommendations on scapes, or it is simply applied in- landscape budget, appearance, adapted landscape plants for efficiently.

water and protects the environ- gradually over several years. ment. This concept is a first-ofa-kind, comprehensive approach use effectively.

rates seven basic principles, which lead to saving water:

- Planning and design
- · Soil analysis
- Practical turf areas • Appropriate plant selection
- Efficient irrigation
- Use of mulches

our most precious natural re- native plants, which are natu-

• Appropriate maintenance

quality water has become a criti- Xeriscape landscapes need not have lower water demands, fewer cal issue for the future prosper- be cactus and rock gardens. They pest problems and less fertilizer Booming populations have in- of beautiful plants maintained exotic plants brought into Texas creased the demand on the state's with water-efficient practices. landscapes. already limited supply of high The same green Texas-style landquality water. In addition, sea- scape which we are accustomed nursery industry, native Texas sonal fluctuations in rainfall and to can be achieved and still con- plants are becoming more avail-

Start with a Plan

In urban areas of Texas between Creating a water-efficient land- natives with well-adapted exotic den watering. Much of this wa- your yard with locations of exist- serves water. Check with your ter is used to maintain tradition- ing structures, trees, shrubs and local nursery or county Extension function, maintenance and water vour area. In an attempt to reduce the ex- requirements. Local landscape cessive water use, the Texas Ag- architects, designers, nursery- Plants For Texas Xeriscapes ricultural Extension Service is men and county Extension ity landscaping that conserves landscape design can be done

Soil Analysis and Preparation

to landscaping for water conser- To increase plant health and quire more frequent watering vation. Traditional landscapes conserve water, add organic mat- and maintenance that most other may incorporate one or two prin- ter to the soil of shrub and landscape plants. Carefully seciples of water conservation, but flowerbed areas. This increases lect grass according to its inthey do not utilize the entire con- the soil's ability to absorb and tended use, planting location and cept to reduce landscape water store water in a form available maintenance requirements. to the plant. As a rule of thumb, Xeriscape landscaping incorpo- till in four inches of organic mat- muda grass are most often used ter such as shredded pine bark, for lawns in Texas. Zoysiagrass, peat and rice hulls. For trees and buffalo grass and centipede grass grass areas, however, incorporat- are used less often but offer much ing organic matter is not eco- promise for landscape water connomically feasible or necessary.

Plant Selection

By incorporating these seven and climate. Texas is blessed region is an effective way to reprinciples, you can help preserve with an abundance of beautiful

rally adapted to the region. Most can be green, cool landscapes full needs than many nonadapted.

Through the support of the able in retail nurseries and garden centers. Combining Texas

Outstanding Landscape

Grasses Vines conducting programs for Texans agents can help in this decision- groundcovers Perennials Shrubs on xeriscape landscaping, qual- making. Implementing your Trees Water-saving native plants **Grass Selection**

When considering a landscape's water requirement, it is important to note that turf grasses re-

St. Augustine grass and Ber-

Grasses available for use in Select trees, shrubs and Texas lawns vary significantly in groundcovers based on their water requirements. Planting the adaptability to your region's soil lowest water use turf grass to the

(Continued on Page 3)



Joining in the Christmas spirit of giving last week were Giles W. Dalby Correctional Facility staff members (left to right) assistant warden James Frawner, Vance Guthrie, Ernest Back (Santa), Charla Miller and volunteer Michelle Rasbeary. They were at the Post Community Center putting the finishing touches on their "Toys for Tots" campaign.



Take precautions for hantavirus

The death last month of an Oklahoma girl due to hantavirus pulmonary syndrome (HPS) serves as a reminder to residents of the Texas Panhandle and the South Plains region to take precautions when dealing with rodent droppings and nests.

At this time of year, people may become at risk for exposure as they remove decorations from storage or when the items are returned to storage after the holidays. Supplemental feedings of livestock during the winter also may increase the risk of exposure for livestock owners who have to load hay that has been stored where rodents have

Humans are usually infected when they inhale dust contaminated by saliva, urine or feces of infected rodents. Humans also may be infected by rodent bites, and when material contaminated with rodent urine and feces is introduced into broken skin. Anytime evidence of rodent droppings is seen, or a rodent nest is encountered, critical steps should be taken before any clean up is attempted or the area is disturbed.

Self-protection is critical, so the use of rubber gloves, eye protection and a good quality mask are

recommended. Prior to initiating the cleaning process, open any windows and doors in the room to allow the air to circulate through the room. Spray the area with a solution of one part Post ISD reminds bleach in nine parts of water, or another disinfectant that will kill viruses. If rodent carcasses or next materials are found, spray them down with the disinfectant, too. Allow the disinfectant to remain on the surface for at least 30 minutes.

To keep the amount of dust at a minimum, spray the disinfectant a second time just prior to beginning the cleaning process and before removing any nesting materials or carcasses. If a person develops flulike symptoms after cleaning a rodent-infested area, a physician should be contacted and the possibility of HPS should be

Preventing HPS also involves controlling rodent activity in and outside of the home or storage buildings by implementing the following procedures: keep kitchen and food preparation areas clean and store food and trash in container with tight lids; plus potential entry points in the exterior of the structure with steel wool or caulk; eliminate possible nesting areas and materials by , clearing brush from around the yard

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and foundation; keep garbage cans and wood piles off the ground and away from building; elevating hay and feed sacks in barns; and store pet food in closed containers and avoid leaving pet food out overnight.

parents about prescription drugs

Prescription and non-prescription medicine must be in the original container. Prescription medicine must be in a container with the pharmacy label for that student.

administration (time and dosage).

medication at school.

Rural Development USDA grants

Bryan Daniel, state director for Texas USDA Rural Development, announced last week that federal funds are available for USDA's Rural Utilities Service Water and Waste loan program.

The effort is part of the USDA's national program to help provide rural areas with safe, dependable water and modern sewage systems.

"One of the goals of the USDA Rural Development is to provide water and wastewater treatment programs that If prescription or non-prescription target public health benefits and medicine must be given during the provide economic opportunities to school day, it must be accompanied America's rural communities," Daniel by a note signed by a parent or said. "USDA's water and wastewater guardian giving authorized school loan program helps rural communities personnel directions for its keep pace with the needs of their rising populations. With lower A doctor's order or note is required populations and tax bases than urban for us to be able to give prescription areas, rural residents can utilize our programs to help provide essential public services that will enhance the quality of life for all rural residents."

USDA's water and wastewater program is designed to bring fresh, clean drinking water and sanitary, environmentally sound sewage facilities to rural America's 53 million residents. Loans and grants are available to rural communities of fewer than 10,000 residents.

Public bodies, corporations operated on a nonprofit basis and Indian tribes unable to obtain credit from other sources are reasonable rates and terms are eligible for assistance.

For more information, contact the Lubbock local office at 806-785-5644,

RRC reports statewide Monthly Oil & Gas Statistics

November Permits to Drill The Railroad Commission of Texas

issued a total of 776 original drilling permits in November 2001, compared to 982 in November 2000.

Total drilling permits for the 2001 year to date is 11,530, up from 10,990 recorded during the same period in 2000. 2000. The November total included 595 permits to drill new oil and gas wells, 25 to re-enter existing well boxes, and 156 for recompletions.

Permits issued in November included 181 oil, 248 gas, 326 oil and gas, nine injections and 12 other permits.

October Crude Oil Production

Texas preliminary October 2001 In addition to overwhelming the crude oil production averages 988,140 plant, excess irrigation can leach barrels daily, down from the 1,036,485

The preliminary Texas crude oil chances of polluting groundwater. production figures for October 23001 maintenance may also involve Similarly, runoff caused by excess is 30,632,330 barrels, a decrease from irrigation can carry polluting fertil- 32,131,047 barrels reported during October 2000.

> November Oil and Gas Completions

the WTC gymnasium Monday, Jan.

14, according to the following

a.m., last names beginning A-F; 9:30

a.m., last names beginning G-O; and

10:30 p.m., last names beginning

p.m., last names A-F; 2:30 p.m., last

• Freshmen (0-29 hours) - 1:30

• Evening (any student) - 6:30-

Sophomores (30+hours) — 8:30

schedule:

with P-Z.

In November 2001, operators

and four other completions, compared to 253 oil, 422 gas, 28 injection and three other completions during November 2000.

Total well completions for the 2001 year to date are 8,519, up from 7,347 recorded during the same period in

Operators reported 743 holes. plugged and 85 dry holes in November 2001, compared to 815 plugged and 87 dry holes in November 2000.

October Natural Gas Production

Texas oil and gas wells produced 444,166,800 Mcf (thousand cubic feet) of gas based upon preliminary production figures for October 2001, down from the October 2000 preliminary gas production totals of 445,787,712 Mcf.

Texas production in October 2001 came from 142,132 oil and 49,270 gas wells.

In the Lubbock area, 73 permits to drill oil/gas holes were filed for during November and there were 33 oil completions. There were no gas completions.

Xeroscaping helps preserve water supplies

(Continued from Page 1) duce landscape irrigation require-

Achieving a significant reduction in water consumption and landscape reduci8ng the size of water-sensitive lawns through the use of patios,

decks, shrub beds and groundcovers. Also, when designing or evaluating turf grass areas in the landscapes, consider the ease or difficulty in watering the proposed area. Long narrow areas and small, odd-shaped areas are difficult for any irrigation equipment to efficiently water. Try to eliminate long, narrow areas and maintain blockier, square areas.

Landscape Maintenance

An added benefit of xeriscape landscaping is less maintenance. A welldesigned landscape can decrease maintenance by as much as 50 percent through reduced mowing, oncea-year mulching, elimination of weak, unadapted plants and more efficient watering techniques.

Watering

Of the tremendous amounts of water applied to lawns and gardens, much of it is never absorbed by the plans and put to use. Some water is lost to runoff by being applied too rapidly, and some water evaporates from exposed, unmulched soil; but the greatest waste of water is applying too much too often.

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nutrients deep into the soil away barrels daily average of October 2000. from plant roots, increasing the izers and pesticides to streams and lakes. The waste or pollution of high quality water through inefficient irrigation practices can be eliminated through proper watering techniques. reported 220 oil, 513 gas, 18 injections

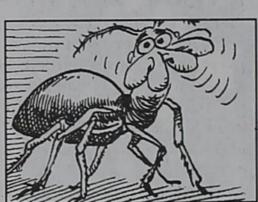
Most lawns receive twice as much water as they require for a health appearance. The key to watering lawns is to apply the water infrequ4ently, yet thoroughly. This creates a deep, well-rooted lawn that efficiently uses water stored in the

To know when to water the lawn, simply observe the grass. Wilting and discolo ration are signs of water stress. At the first sign of wilting, you have 24 to 48 hours to water before serious injury occurs. Apply one inch of water to the lawn as rapidly as possible without runoff.

names G-O; and 3:30 p.m., last names Watering only when needed and beginning P-Z. watering thoroughly produces a deep-rooted lawn that is more water efficient and drought enduring.

Trees and Shrubs All trees and shrubs need more fre-

quent watering from planting time until becoming well rooted, which may take two growing seasons. Once established, plants can then be weaned to tolerate less frequent watering. Proper weaning develops deep roots and makes the plants more drought enduring.



Ants have five noses. Each

Western Texas College in Snyder will conduct spring registration in

WTC sets spring registration

Classes toward an associate's degree in a variety of liberal arts and pre-professional fields are offered, along with programs in computerized business technology, criminal justice, correctional officer training, early childhood education, emergency medical services, golf and landscape technology, licensed vocational nursing, networking technician and

For more information of a complete class schedule, call 573-8511 or tollfree at 1-888-G0-To-WTC.

The first father and son to serve together in the Senate were Henry Dodge of Wisconsin and his son Augustus Caesar Dodge of Iowa. They served together from 1848 until 1855.



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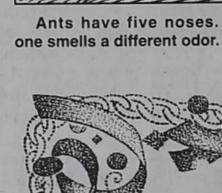
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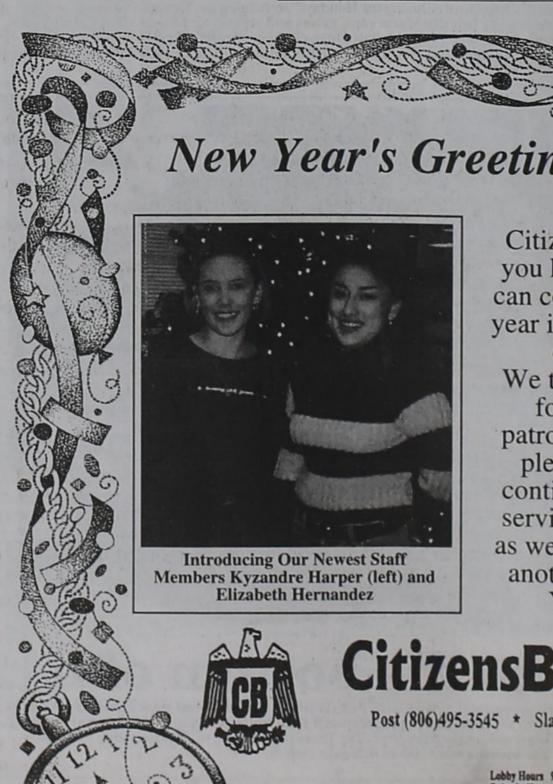
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Led by Post counselor Serent students and 10 students Peer Med attended Peer Med

Plains Baptist Asse will use to mediate o students during th school year. By settling disp. erupt into fight before they occur an

Hampton, Allen Timothy Wilson.

Texas tace By MIKE COX Texas Press Associa

LIVINGSTON

death follows a ma there is beauty. Well-tended rose sidewalk leading fr of the Texas Departs Justice's Polunsky internal picket, as employees and inm control points. Two bordered by a five-r other in the shape of the grassy yard bety two outer fences buildings.

criminals, the trustic gardening and other citizens compared occupying 60-squar son cells in Bu known as Death Ro Beyond the land finds unintended Right Thing" reads entrance to the admi the prison. At the e Row, the last stop be tion for those convic doing the right thin

Trusties - lo

with good records flowers. Though

full of nuance: "Thi Safety always h eration at TDCJ, bu an inmate named made prison officials ty conscious. On Thanksgivin Gurule and six of inmates made it out an escape attempt. C in getting over two f unit, the first conder

that in Texas in 64 v While his free been since 1965, to on a 472-acre site fi Livingston in Polk (

lived-he drowne escaping—a week searchers found his hunt got national me The Gurule incid lyst for a sweeping schanges at TDCJ o pleted. The first agency's decision Row from the Ellis

Post Middle School students take leadership role in peer mediation

Led by Post Middle School counselor Serena Voss, 26 PMS students and 10 adults recently attended Peer Mediation training at Plains Baptist Assembly.

Students and adults were trainied in conflict resolution skills that they will use to mediate disputes between students during the course of the school year.

By settling disputes before they erupt into fights or types of aggression, peer mediators are able to help diffuse hostile situations before they occur and keep students

from getting into trouble. More importantly, they are able to transmit for 2001-2002 are: to others the conflict resolution skills they have learned.

energy and learning high, Marita Short, Cass Tatum, Timothy Wilson; Jackson taught segments of line dancing throughout the sessions.

and served as team members were Brian Brownlow, Bobby Dean, Carol Hester, Teresa Gomez, Marita Jackson, Veronica Mendoza, Jason Powell, Dena Potter and Dorieta Morris, Ashley Powell, Sterling

Post Middle School peer mediators

Suhani Bhakta, Tori Hampton, Allen Heckaman, Meagan Howard-As a special treat and to keep Griffis, Breanna Postell, Steven

K'Nell Dalby, Kylie Easterling, Rachel Gray, Claire Kirkpatrick, Adults who sponsored this event 'Steffi Norman, Bailey Odom, Gabby Paiz, Adrian Nava, Zachery Witcher;

Courtney Copeland, Jose Contreras, Mariah Couch, Kenneth Garay, Jeneé Lott, Colt Mason, Kayla Smith, Laurel Tatum and Ashley Wilson.



Post Middle School students completing Peer Mediation recently are (back row, left to right) Subani Bhakta, Tori Hampton, Allen Heckaman, Meagan Howard-Griffis, (front orw) Brenna Postell, Steven Short, Cass Tatum and

Texas death row inmates still face 'the chair'

By MIKE COX **Texas Press Association**

LIVINGSTON — Even where death follows a mandated schedule, there is beauty.

Well-tended rose bushes line the sidewalk leading from the entrance of the Texas Department of Criminal Justice's Polunsky Unit to the first internal picket, as prison system employees and inmates call security control points. Two flowerbeds, one bordered by a five-point star and the other in the shape of Texas, decorate the grassy yard between the prison's two outer fences and its interior buildings.

Trusties — low-risk prisoners with good records — cultivate the flowers. Though still convicted criminals, the trusties who handle the gardening and other jobs are model citizens compared to the 449 men occupying 60-square-foot single-person cells in Building 12, better known as Death Row.

Beyond the landscaping, a visitor finds unintended irony: "Do the Right Thing" reads a large sign at the entrance to the administrative area of the prison. At the entrance to Death Row, the last stop before lethal injection for those convicted of not always doing the right thing, is another sign full of nuance: "Think Safety."

Safety always has been a consideration at TDCJ, but three years ago an inmate named Martin Gurule made prison officials even more safety conscious.

On Thanksgiving night in 1998 Gurule and six other Death Row inmates made it out of their cells in an escape attempt. Gurule succeeded in getting over two fences and off the unit, the first condemned man to do that in Texas in 64 years.

While his freedom was shortlived—he drowned shortly after escaping—a week went by before searchers found his body. The manhunt got national media attention.

The Gurule incident was the catalyst for a sweeping series of security changes at TDCJ only recently completed. The first change was the agency's decision to move Death Row from the Ellis Unit, where it had been since 1965, to a newer facility on a 472-acre site five miles east of Livingston in Polk County.

Opened in the fall of 1993, the Polunsky Unit can accommodate 2,900 prisoners. As of late November, it held 2,779 inmates, including the men on Death Row.

When the decision was made to containing six pods—A through F was retrofitted to accommodate the higher level of security necessary for were transferred to the new unit in the hard cases. June 1999.

visitation booths to installation of security covers over light fixtures.

\$369,750, went toward installation of ly cause any problems." the prison system's first electrified Building 12. Contact with the fence, in addition to delivering a powerful but non-lethal jolt to anyone who touches it, triggers an alarm.

Another component of the Death Row security improvements is a piece of futuristic-looking equipment called B.O.S.S. for Body Orifice Scanning System.

B.O.S.S. looks like a space age version of Old Sparky, the electric chair Texas used from 1923 to 1964 to execute 361 people. Though the heavy oak chair has long since been retired to a museum on the courthouse square in Huntsville, con- 96 hours out (from their execution) demned inmates about to take their they are checked every 15 minutes. last walk must first sit down in the new electronic chair.

Installed last summer, the chair is used to check for hidden objects on inmates entering or leaving Death Row. Another chair has been installed at the system's Mountain already. View unit at Gatesville, where Texas' seven condemned female prisoners be escorted from his cell and asked to

the state \$53.15 per day, per inmate, walked a short distance to a fenced according to TDCJ spokesman Larry sally port. From there, he will be Todd.

A typical day on death row starts Walls Unit in Huntsville. early. The kitchen captain oversees breakfast preparation starting at 3 of Texas will bear its last expense a.m. By 4 a.m., corrections officers associated with his case: \$86.08 begin delivering the meals in hot worth of drugs that will bring unconboxes. From 6 a.m. to 10 a.m., sciousness and stop his respiration inmates may spend time in the recre- and heartbeat. ation area and shower.

After 8 a.m., inmates may have visitors or see the medical staff if necessary. All inmates have access to reading, writing and legal materials. Work starts on lunch by 9:30 a.m., followed by dinner preparation at move Death Row, an area of the unit 3:30 p.m. It's lights out by 10 p.m. except for Saturdays, when prisoners are allowed to stay up until 11 p.m.

Death row inmates are divided condemned prisoners. Each pod has into three risk levels, D1 to D3. The 84 cells. Prisoners facing execution 17 prisoners in the D3 category are

"Those are the assaulters," Capt. This year, \$1,380,028 has been Selester (cq) Bacon explained. spent on Death Row security "When you go to their cell, they are upgrades ranging from enclosure of likely to throw body fluids, urine or feces at you or try to hurt you. The second level are the chronic rule Roughly one-fifth of that amount, breakers. The third level don't usual-

But two officers in black protecfence. The high fence surrounds tive vests, both equipped with canisters of pepper spray and one with a riot baton, always accompany all death row inmates when they are out of their cells.

Prisoners are handcuffed and their legs shackled. And everything they do, they do individually.

Other than yelling between cells, no contact is allowed between inmates.

"Inmates with execution dates are kept under higher scrutiny," prison spokesman Larry Fitzgerald explained. "The corrections officers keep a log of their activities. Starting

Currently, six inmates are in Pod A with pending execution dates. The next inmate scheduled to die is Vincent Cooks, 37, who was convicted in Dallas County. His date is Dec. 12, but he has had seven dates

When his time does come, he will sit in the B.O.S.S. chair. If no contra-Housing death row inmates costs band objects are detected, he will be driven with a protective escort to the

Once at the Walls Unit, the State



Post Middle School students completing Peer Mediation recently are (back row, left to right) Courtney Copeland, Jose Contreras, Mariah Couch, Kenneth Garay, Jeneé Lott, Colt Mason, (front row) Kayla Morris, Ashley Powell, Sterling Smith, Laurel Tatum and Ashley Wilson.



Post Middle School students completing Peer Mediation recently are (back row, left to right) Kylie Easterling, Rachel Gray, Claire Kirkpatrick, Steffi Norman, (front row) Bailey Odom, Gabby Paiz, Adrian Nava and Zachery Witcher.



Adults helping with the recnet Post Middle School Peer Mediation training are (back row, left to right) Veronica Mendoza, Serene Voss, Teresa Gomez, Carol Hester, (front row) Dena Potter, Brian Brownlow and Jason Powell. Not available for photo were Marita Jackson, Dorieta Rogers and Bobby Dean.

Dairy Digestive Problems Needn't **Spoil Your Holiday Celebration**

(NAPS)-Part of the joy of 90 percent of Asian Americans. going home for the holidays is "disagree" with you.

the 30 to 50 million Americans who suffer from dairy digestive problems, celebrations that include those delicious dairy foods may result in bloating, cramps, diarrhea and gas.

Fortunately, however, dairy digestive problems can be easily managed. The uncomfortable-and embarrassing—symptoms can be avoided by taking a dairy digestive supplement with your first bite of dairy, or using lactose-free milk and dairy products such as Lactaid supplements or Lactaid milk.

Dairy digestive problems, also known as lactose intolerance, affect an estimated 25 percent of the United States population and have disproportionate consequences for minorities, impacting over 50 percent of the growing Hispanic American population, 75 percent of Native Americans, 80 percent of African Americans, and

A recent survey revealed that being able to gorge on all the food 95 percent of people with dairy you've known and loved your digestive problems have heard of whole life. Unless, that is, as lactose intolerance, but only 49 you've grown older, even your percent of them understand why favorite dishes suddenly seem to their bodies have trouble coping

Eggnog, rice pudding, macaroni The survey included 1,092 peoand cheese, and pumpkin pie may ple who have difficulty digesting make the mouth water. But for dairy, and was sponsored by Lactaid. makers of lactose-free milk and dietary supplements to aid the digestion of dairy products. When asked. "How do you cope with dairy diges tive problems?" nearly 75 percent of

respondents said they limit or avoid certain dairy foods-a reaction that may not be in their best health interests, according to Raquel Moreno, RD, CDE.

"Dairy products, especially milk, provide a high level of essential nutrients," Moreno said. "Each serving of milk provides at least 10 percent of the recommended daily intake for calcium, 25 percent for vitamin D, and at least 10 percent for protein, potassium, vitamin A, vitamin B12, riboflavin and phosphorous."

"Avoiding dairy foods, which serve as a major source of calcium. can leave individuals at greater risk for osteoporosis, and may also be associated with hypertension, stroke, and colon cancer."

Moreno stressed that lactose intolerance is a common condition, not an illness.

However, if symptoms persist even with the addition of a dairy digestive supplement to the diet, a physician should be consulted, she said.

For more information on dairy digestive problems, ask your doctor or visit www.lactaid.com. You can also learn more and access delicious, lactose-free recipes by calling 1-800-LACTAID.

Tips for Consuming Dairy If You're Lactose Intolerant

Space dairy items several hours apart

- Eat other foods along with milk-based ones · Choose hard or aged cheese like cheddar or Swiss, which contain less lactose than milk
- Opt for yogurt with active cultures (the cultures contain enzymes that help digest lactose on their own)
- Use lactose-free milk or supplements to aid the digestion of dairy products

Why pitch nine innings when you can get just as famous pitching two?

-Sparky Lyle

Obituaries

Doris Noble

Graveside services for Doris Noble, 82, of Lubbock were held at 1 p.m. Dec. 20, 2001, in the Terrace Cemetery with the Rev. Ken Horn, chaplain of Vistacare Family Hospice, officiating. The White Funeral Home of Lubbock was in charge of arrangements.

She died Tuesday, Dec. 18, in Lubbock.

Born March 29, 1919, in Lone Wolf, Okla., to John Cowser and Reba Barnes Cowser, she graduated from Lone Wolf schools in 1936 and from Nellson Beauty College in 1940. She worked in the beauty industry for 14 years, moving to Lubbock in 1948 to serve as a cosmetology instructor for the Isabel Powell Beauty College.

She married Charles Levi Noble in 1950. The couple moved to Post and established Levi's Restaurant. He preceded her in death in 1966. She continued to operate the business until 1969 when she returned to Lubbock. Survivors include one son, Boyd Noble of Houston; one daughter, Benita

Smithson of Lubbock; one sister, Velma Smith of Post; and three grandchildren, Amber Smithson, Wendy Johnson and Levi Robert Noble.

Nell Phergson

Services for Nell Phergson, 72, were held at 2 p.m. Wednesday, Dec. 26, 2001, in the First Baptist Church of Brownfield with Superintendent I.P. Gibson, pastor of Faith Temple, officiating. Burial followed in the Terry County Cemetery in Brownfield under the direction of the Mark A. Jones Funeral Directors.

She died Dec. 19 at her daughter's home in Lubbock.

Born Feb. 18, 1929, in Gonzalez, Texas, to Albert and Hanna Tealer, she attended Gonzalez schools. She married M.C. Mack Phergson in Gonzalez, and the couple relocated to Brownfield in 1952. He died in 1967. She was a housewife, mother and member of the Faith Temple Church in Brownfield. Survivors include two sons, Roger Phergson and Labon Bean Phergson,

both of Brownfield; six daughters, Eva Miles, Rosie Waitman and Vera The eye sees not itself but by reflection. Phillips, all of Brownfield, Willie McGriff of Tucoma, Wash., Altabea Williams

of North Carolina and Abelee Washington of Lubbock; three sisters, Jessie Bea Washington of Gonzales, Lenny Jefferson of Post and her twin sister, Belle Young of Brownfield; 38 grandchildren; and 31 great-grandchildren. She was preceded in death by her husband, two daughters, one son and

Barbara Ann Reece

Services for Barbara Ann Reece, 54 of Post were Wednesday, December 26, 2001, 2 p.m. at the First Baptist Church. The Rev. Keith Cooper, Pastor, officiated and Jimmy Holleman, Youth Minister, Saint Jo Baptist Church of Deleon assisted. Burial followed in the Terrace Cemetery under the personal care of Justice-Mason Funeral Home.

Mrs. Reece died Saturday at her home. The former Barbara Holleman was born July 22, 1947, in Brownfield to Jimmy and Ila Mae (McDougle) Holleman. She and her parents Post and she attended Post Schools and graduated in 1965. She attended Howard County Jr. College after graduation. She married George Reece February

14, 1965, at the Calvary Baptist Church here in Post. She worked for the Post ISD, first as a teacher's aid, then high School Principal secretary and then as Administrative Secretary for the Superintendent. She was a member of the Post Amity Study Club and of the First Baptist Church. She was preceded in death by a sister, Sandy Holleman, July 7, 1965.

Survivors include her husband: George, one son: Eric and his wife Jacqueline of Orlando, Florida. Daughter: Melanie and husband Rusty Morris of Post. Her parents: Jimmy and Ila Mae Holleman of Post. One brother: Jimmy Holleman and wife Tracey of Stephenville and two sisters: Roxie Finney and husband Larry of Fresno, California and Carol and husband Mark Short of Post. Two grandchildren: Jacey Reece and Russ Morris. A niece: Courtney Short and two nephews: Jeremy Short and Brady

Pallbearers were Kyle Josey, Darrell Reece, Ronnie Graves, Jerry Hays, Jerry Bush and James Easterling. Honorary Pallbearers were employees of George R. Brown and Post ISD.

Memorials are suggested to Down Home Branch for Downs Syndrome, 20250 FM 619 Elgin, Texas 78621 or to a favorite charity.

-William Shakespeare, Julius Caesar

Treatments, Total Effects Age. utility provider just for purchas-Defying Foundation and Total ing an Energy Star qualified Effects Lipcolor. Each of these appliance-these rebates range products is formulated with Vita- from \$30 to \$200. Whirlpool, the B3 (niacinamide), Pro-Vitamin B5 energy efficient home appliances, (panthenol) and Vitamin E. This recently launched a new Energy vitamin complex has been shown Star qualified washer, refrigerator in Olay Total Effects to facilitate and dishwasher. These appliances natural exfoliation to improve not only save energy and water, skin beauty, as well as improve but also rank as some of the comskin health by enhancing skin's pany's best performing appliances natural moisture barrier.

(NAPS)-Women in a recent The Energy Star guidelines are poll said that it is most important set by the U.S. Department of to look your best, no matter what Energy and the EPA. Consumers age you are. To help, Olay created can identify these appliances by the Olay Total Effects line of skin- the government's Energy Star care and cosmetics. The line logo being placed on the exterior includes Total Effects Moisturiz- of products at retail outlets. More ing Complex With UV Protection, than 30 million people in the U.S. Total Effects Daily Cleansing are eligible for a rebate from their Niacin, a combination of Vitamin world's largest manufacturer of in its 90 year history.

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Daniel and the IDOL BEL



AS PROMISED, HERE IS THE OTHER OLDEST "DETECTIVE" STORY FROM THE APOCRYPHA. CYRUS, THE KING, EACH DAY, PROVIDED THE IDOL BEL WITH BUSHELS OF FINE FLOUR, MANY SHEEP, AND FIFTY GALLONS OF WINE, BE-CAUSE THIS WAS THE GOD CYRUS WORSHIPPED WHEN THE KING ASKED DANIEL TO WORSHIP THE IDOL, DANIEL KNEW IT WAS HIGHTIME TO EXPOSE THE FAKE GOD AND THE SEVENTY PRIESTS WHO MADE A FINE LIVING AS THE REPRESENTATIVES OF BEL. CYR BELIEVED THAT BEL WAS REALLY A LIVING GOD BECAUSE ALL THE FOOD THAT WAS PROVIDED WAS ALWAYS CONSUMED OVERNIGHT. PANIEL KNEW AND THEIR FAMILIES WHO DID ALL THE EATING. BUT HOW TO EXPOSE THEM SO KING CYRUS WOULD KNOW THAT BEL WAS A FAKE GOD? WELL, STYLE, LAID ATRAP FOR THE PRIESTS AND PROVED CONCLUSIVELY TO KING CYRUS THAT THE IDOL WAS A FAKE VAS THE LORD GOD WHOM DANIEL THE BOOK OF APOCRYPHA AND IS ESTABLISHES DANIEL AS A FIRST THE BEST OF THEM! SO GO TO IT-READ IT AND SEE IF YOU DON'T AGREE

NEXT WEEK "BIBLE SMUGGLING-TODAY ?!

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Foundation. Here's th

Story.cfm?id=345u48 Consequen We are witnessing weakened apprecia constitutional order act on September 1 Our fear and anger us to first think w personal privacy wi calmed and we look the perspective of a If we do not try to our freedoms today, we may only then r may be very difficu' of academic affairs

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Opinions













Education fraud in Philadelphia

by Walter E. Williams

Education in Philadelphia's public schools is so rotten that the state government is threatening a takeover.

There are 176 out of 264 schools on the failing list. The primary victims of Philadelphia's public schools are black students whose chances for upward mobility are being systematically destroyed by callous politicians and teacher's unions. If the Grand Dragon of the Ku Klux Klan set out to destroy black academic excellence in Philadelphia, I doubt whether he could achieve as much damage. Let's look at some of the facts of black education.

Earlier this year, the National Assessment of Educational Progress (NAEP) reported that 63 percent of black fourth-graders were unable to read proficiently. This is devastating because a child unable to read and write by 9 or 10 years of age will probably never catch

up. As such, it's virtually a life sentence to the fringes of an increasingly high-tech information society.

Education fraud is further evidenced when Philadelphia's students take college admission tests. At predominantly black high schools, the average SAT scores in 2000 were: Audenreid (590), Bartram (693), Overbrook (726), Gratz (790) and West Philadelphia (709). There were similar average SAT scores at most other predominantly black high schools, including my alma mater Benjamin Franklin (750), where I graduated in 1954.

These scores, out of a maximum of 1600, are a disgrace —especially considering that test-takers get 400 points for simply taking the test. The scores also mean colleges must practice racial discrimination in order to admit many black students.

At neighborhood and school reunions, I've asked former classmates and friends, "Did we know anybody who couldn't read, or perform simple computations?" The answer has always been no. Black academic achievement in Philadelphia was higher during the '40s and'50s, at a time when there were no black principals, only a handful of black

teachers, never a black mayor and maybe just one black city councilman. What's more, blacks were poorer, faced more discrimination and had fewer hopes and opportunities for upward mobility.

That's in stark contrast to today. I don't believe history is going to be very kind to today's black politicians and civil rights leaders who foster, promote and protect Philadelphia's disgraceful public education system.

What's to be done? If you ask politicians and the teacher's union, they'll tell you we need more money. That's bunk. Today's education expenditures are higher than in earlier periods, when there was higher academic achievement. In fact, if anything, there's a negative correlation between education expenditures and academic achievement.

Pennsylvania Gov. Mark Schweiker proposes to contract with Edison Schools, a private company, to run Philadelphia's public schools. Mayor John Street is fighting the proposal, and Whyatt Mondesire, head of the NAACP's Philadelphia chapter, has threatened to "shut down the streets."

While there's nothing that can be done to worsen education in Philadelphia, I don't see much gain in replacing one monopoly with another. Individual parents need to be empowered to fire rotten schools by having the ability to unilaterally take their child out of a failing

Right now, a more costly method, for people who have the means and care about education, is to leave Philadelphia. The city's rapid population decline indicates that many exercise that option. A more equitable and efficient way is to create a voucher system, where every parent is given educational choice. Placing education decisions in the hands of parents cannot produce anything worse than the status quo.

My more cynical and cruel proposal is to enact a law whereby teachers must enroll their own children in the schools in which they teach.

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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Entered at U.S. Post Office, Post, Texas for transmission through the mails as Second Class matter, according to an Act of Congress, March 3, 1879. Periodical Rate Postage Paid at Post, Texas 79356.

P.O. Box 490., Post, Texas 79356 (806) 495-2816 - Fax 495-2059 Wesley W. Burnett, Managing Director and Publisher 123 E. Main Street, Post, Texas 79356

Postmaster: send address changes to: The Post Dispatch,

Subscription Rates: For addresses in Texas or the U.S. - \$30.00 per year 6 Months: \$16.00 or 3 Months: \$12.00 Deadline:

Tuesdays at Noon Advertising Rate: \$6.00 per column inch (SAU) 15% discount with four consecutive runs. e-mail: pcr1@arn.net

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

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A dream for the new year

by Wesley W. Burnett

I have a dream for the new year... a dream filled with visions of individual liberty and freedom for all people.

It's a dream about us, for us.

I dream that free enterprise will replace the current socialist notion of "government controlled economies."

I dream that a republic form of government will replace the corporate form that now strangles us with cajillions of corporate rules and regulations.

I dream that young people will learn about and appreciate the sacrifices of their ancestors in fighting and dying for liberty and freedom.

I dream that the evils of democracy and majority rule will be replaced with a government designed to secure individual rights. I dream that elected officials will understand the importance of

upholding our constitutional rights. I dream that the principles of individual liberty and personal responsibility will once again be embraced by Americans.

I dream that justice will be dispensed with fairness and simplicity. I dream that peace officers will be relieved of revenue collection duties and devote their efforts to securing our individual rights.

I dream that all parents will take responsibility for the moral instruction and education of their children.

I dream that our church leaders will see the evil of government control and discard corporate charters and the infamous "501c3" instrument.

I dream that people will reject the evils of taxation through lawful and peaceful means.

I dream that people will express their disagreements with one another without being disagreeable.

I dream that people will accept God's love, grace and mercy, and show by our daily lives that we are his people, eager to be his instruments on this earth.

And may your blessings be as marvelous in 2002 as ours were in 2001. From all of us at The Post Dispatch, a very happy new year!

Some thoughts about "security"

After the 1993 terrorist bombing of the World Trade Center, one of the convicted terrorists told a New York federal judge before sentencing that one of the principal reasons he had committed the attack was because of all the Iraqi children who had died as a result of the U.S. government's embargo and blockade against the Iraqi people.

Despite that open and public announcement, the U.S. government insisted on continuing its embargo and blockade. Long before the 2001 terrorist attacks on the World Trade Center, Osama bin Laden openly and publicly cited the deaths of the Iraqi children as a principal reason for his decision to extend his war to American civilians, and still the U.S. government insisted on continuing its embargo.

According to the Associated Press, on December 11 Pope John Paul II publicly called "for an end to the embargo on Iraq and said the Friday, a day of fast for Catholics." Isn't it time for the American people in calling for an end to the embargo?

Isn't it in our personal interests and in the interests of our families to do so? —Jacob G. Hornberger, president, The Future of Freedom Foundation. Here's the URL to the AP story: http://www.zawya.com/ Story.cfm?id=345u4809&Section=Countries&page=Iraq

Consequences of ignoring constitution

We are witnessing in America today the consequences from a weakened appreciation of the purposes and importance of this constitutional order under the emotional shock of a terrible and evil act on September 11, 2001.

Our fear and anger is clouding our reason, a reason that should guide us to first think whether the individual costs in lost freedom and personal privacy will have seemed worth it when our minds will have calmed and we look back on the actions of the government today from the perspective of a few years from now.

If we do not try to now to think about the implications of forfeiting our freedoms today, when we do look back at these events in the future we may only then realize we have lost something very precious that may be very difficult to regain. -Richard M. Ebeling, vice president of academic affairs, The Future of Freedom Foundation

The ultimate tragedy

It will be the ultimate tragedy for the American people if our rational desire for justice — even vengeance — is transmogrified into an undated blank check to our government officials.

The violence that such a thing would inflict on American society would not be of the metaphorical variety. It would be real, and the costs would be incalculable. - Sheldon Richman, senior fellow, The Future of Freedom Foundation, and editor of Ideas on Liberty

Complying with the constitution

Kudos to President Bush and Attorney General Ashcroft for ultimately deciding to comply with the Constitution in the U.S. government's prosecution of suspected terrorist Zacarias Moussaoui, who is accused of having participated in the September 11 attacks.

Bush and Ashcroft had threatened to try Moussaoui before a secret military tribunal whose Star Chamber and Cuban procedures would have violated the most elementary principles of due process of law.

Eighty percent of the American people initially favored the idea (which reflects the wisdom of the Founding Fathers in their use of the Constitution to protect people from the tyranny of the majority). But as a result of fierce and eloquent arguments from defenders of civil liberties and the Constitution, the poll numbers soon dropped to 50

Leaving the supporters of military tribunals high, dry, and silent, Bush and Ashcroft quietly decided to comply with the Constitution by permitting a NY federal grand jury to indict Moussaoui.

Every American is better off and more secure because of their Church would share in the 'unjustly inflicted' suffering of Iraqis on decision, and every American should take great pride that he lives in a country where every person, regardless of citizenship, who is to stand against their own government on this issue and join the Pope accused of a crime by the federal government is guaranteed the protections of due process of law.

The entire experience reflects the power of truth, ideas, and reason and shows why government officials will often do whatever they can to suppress dissent, even going so far as to make the pathetic suggestion that dissent against governmental misconduct is treasonous.—Jacob G. Hornberger, president, The Future of Freedom Foundation.

"The great rule of conduct for us in regard to foreign nations is in extending our commercial relations, to have with them as little political connection as possible. So far as we have already formed engagements, let them be fulfilled with perfect good faith. Here let us stop. Europe has a set of primary interests which to us have none; or a very remote relation. Hence she must be engaged in frequent controversies, the causes of which are essentially foreign to our concerns. Hence, therefore, it must be unwise in us to implicate ourselves by artificial ties in the ordinary vicissitudes of her politics, or the ordinary combinations and collisions of her friendships or enmities."— George Washington

Taxation is evil, it is sinful. It violates God's commandment:

Thou Shalt Not Steal

(When you force payment from someone against their will, that's theft)

What about the "general welfare?"

Suppose you're a politician pushing for government spending on social programs and you say authority for doing so is found in the Constitution's "general welfare" clause.

Surely you wouldn't want Americans to be familiar with Madison, the acknowledged father of our Constitution, who made this statement about the general welfare clause:

"With respect to the words 'general welfare,' I have always regarded them as qualified by the detail of powers connected with them. To take them in a literal and unlimited sense would be a metamorphosis of the Constitution into a character which there is a host of proofs was not contemplated by its creators."

Democracies always destroy liberty

"A democracy cannot exist as a permanent form of government forever. It will only exist until the people learn that they can vote money for themselves from the treasury and the politicians learn that they can distribute that money, to buy votes to perpetuate themselves in power. Hence a democracy always collapses over weak fiscal policy - to be followed by a dictatorship."

(British historian Alexander Tyler, written over 100 years ago. He added that the average age of the world's great democracies between birth and death (or collapsing) was 200

The United States is 224 years old.

"Wherever the standard of freedom and independence has been or shall be unfurled, there will be America's heart, her benedictions, and her prayers. But she does not go abroad in search of monsters to destroy. She is the well-wisher to the freedom and independence of all. She is the champion and vindicator only of her own." -James Monroe



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Personals

Post Group of Alcoholics Anonymous Meets every Thursday night at the First Presbyterian Church, 901 West 10th at 8pm. Closed meetings are held except on the last Thursday of the month, which is an open meeting. All meetings start at 8pm. ANYONE WISHING TO TALK ABOUT OR ASK ABOUT AN ALCO-HOL PROBLEM... CALL781-1156 or 495-4185.

Free Texas Forum

Garza County citizens are invited to attend the monthly Free Texas Forum the third Tuesday each month at Chapa's Family Restaurant, U.S. Hwy 84 (north) at 6 p.m. The forum offers citizens the opportunity to consider a new Texas constitution, to be ratified at county convention. For more information, call 495-0122.

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Legal Notices

Public Notice of Changes in Election Precincts

Pursuant to Section 42.035, Texas Election Code, the Commissioners Court of Garza County, Texas, herein provides notice of changes in county political boundaries as adopted by the Commissioners Court, and as precleared by the United States Department of Justice on the 10th day of December 2001.

Interested individuals may review the adopted changes in the office of the County Clerk during regular business hours.

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The changes in county election precinct were necessitated by redistricting of County Commissioners Court precincts in compliance with the United States Constitution and 42 U.S.C. Section 1973, also known as the Voting Rights Act, following the release of 2000 census data. Changes in county election precincts were designed to achieve numerical balance between the four commissioners court precincts, and to insure the voting rights of all citizens of Garza County, Texas. Jerry Hays, County Clerk

South Plains Community Action Association Request for Proposal Auto Maintenance and Repair

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dressed in the RFP If interested, request an Auto Maintenance and Repair Proposal Packet from SPCAA, 806-894-6104 or drop by and pick one up at 411 Austin Street, Level-

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-José Ortega y Gasset

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Leon Miller announces candidacy

primary for the office of Garza tion. County commissioner, Precinct 2.

moving away in 1960 to accept a po-your mind," he said. sition with the Boy Scouts of America Dallas and Amarillo. He retired as 12." administrator of the VA Clinic in Fort Worth in 1995.

Following the retirement of his wife Jo in 1997, the Millers returned to

"We have been delighted to be able reelection to renew old friendships and make many new ones," he said. "We feel totally at home here and intend to make Post our permanent residence.'

Miller is a 1951 graduate of Post High School and attended Texas Tech, Howard County College, Grand Canyon College, the University of Alabama and received a certificate as a VA health care administrator from the Graduate School of Health Care, Trinity University, in San Antonio in 1976.

Since returning to Post, he has been active in the First United Methodist Church, the Rotary Club, Boy Scouts and hospice. He has served 18 months as a member of the Garza Hospital District board of directors.

"I believe Garza County is facing some definite challenges and opporproposal for Post Lake," he said in a statement released earlier this week. "I would like to help address these issues, as well as exploring better partnerships with the City of Post Governments.

"I would also like to talk to you the taxpayer - to get your ideas and

priorities for county government. Since I am retired, I would be able to devote full-time efforts in service to the citizens of Garza County and Precinct 2."

Miller said he would do his best to Leon Miller has announced he will talk to every voter in the precinct be a candidate in the Democratic between now and the time of the elec-

"If I should miss you, I sincerely A native of Garza County, Miller invite you to call me at 495-3145 to resided locally for 27 years prior to discuss any county issue you have on

"I certainly look forward to the posin Midland. He spent eight years sibility of serving as your next comwith the Boy Scouts and then worked missioner for Precinct 2 and earfor the VA Hospital system, serving nestly solicit your support and vote in Big Spring, Phoenix, Birmingham, in the Democratic primary on March

Ruth Ann Young files for

Ruth Ann Young has filed for reelection to the post of county

"I am announcing my candidacy for reelection to the office of Garza County treasurer," she said in a statement released earlier this week. "I have served as treasurer for the past three four-year terms. During that time, continual efforts have been made to maintain maximum efficiency in the accounting system of this office while complying with governmental auditing standards.

"Legislative changes require that the treasurer attend continuing education classes annually to stay current on new laws pertaining to fees and commissions deposited with the county treasurer. To keep current on these changes and requirements, I attend the V.G. Young Institute at tunities with the possibility of devel- Texas A&M University Annual opment at Lake Alan Henry and the County Treasurers Seminar and have maintained the Certified County Treasurer designation."

Young said she also holds the designation of County Investment Officer, having received certification and the South Plains Association of in 1994 and attending classes annually to maintain the status.

> In 2001, she attended the University of North Texas Center for Public Management and Government Treasurers' Organization of Texas seminar on the Texas A&M campus at Commerce. There, participants were trained in the Texas Public Funds Investment Act and related investment issues.

In 1999, Young was nominated to serve a two-year term on the Texas Association of Counties Unemployment Board. At the close of that term, she was asked to serve another two years.

"I have been honored to serve as Garza County treasurer," Young said, "and I would appreciate your support for reelection so that I may continue to serve, keeping the best interest of the taxpayer as a priority."

It might the prescription of the future: Take two aspirin and get a pet immediately.

Numerous studies have shown that pets - or at least the presence of animals - can have medical benefits that are beyond dispute. These range from lowering blood pressure to lessening anxiety and depression and even to faster healing times after sur-

Fido is no placebo - he can literally be man's best friend when people are ailing.

"We have known for many years that the company of a pet can be of benefit in a variety of ways, but exactly why this is, no one seems to have the answer," says Dr. Bonnie Beaver, who specializes in animal behavior and human-animal relationships at Texas A&M University's College of Veterinary Medicine.

"For example, the long-term survival rates of heart attack victims who had a pet have been shown to be significantly longer than for those who did not. There is also data showing that widows who have cats are better off medically during the first year, which is a critical stress time, than widows who do not."

Other studies have shown that: · Senior adults who own dogs go to the doctor less than those who do not do. In a study of 100 Medicare patients, those who owned dogs made 21 percent fewer visits to a physician

than non-dog owners; · Pet owners have lower blood pressure, and one study showed that just 10 minutes in the company of an animal significantly reduced blood pres-

sure rates; Pet owners have lower triglyceride and cholesterol levels than non-ownThe Post Dispatch **Local News & Sports**

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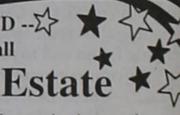
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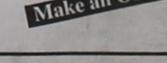
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1 TXism: "stinger bringer* 5 TX "Babe" Mildred Didrikson 6 residents of TX's

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Wortham World

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Big Thicket 19 TXism: "spinning in a whirlwind'

20 Dallas' Thornton Freeway 21 Bertram's Oatmeal

Festival has _-_-Thon race

22 TXism: two-bit (poor horse)

24 seat of Young Co. 30 town in NE Fort

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9 Gov. 1894-98:

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10 TXism: "wiggle like

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14 ex-Cowboy Holt

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12 TXism: *never

13 TXism: "

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Bend Co. 34 direction to Austin

from Abilene 35 King Ranch worker 36 academic period at 53-across

37 Houston & Dallas try to reverse urban

39 Cotton Bowl parade queen (3 wds.) 43 strike breakers

44 filmed in Shafter:

*The Andromeda ." ('70)

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Sports J.V. Lady Lopes sweep tourney

The Post junior varsity basketball girls squad swept the Sands tournament earlier this month, earning the championship trophy with an 80-21 trouncing of the home team.

Post jumped out to an early lead, dominating the first quarter by a score of 24-2. The halftime score was 42-7, and at the close of the third period, Post led 63-12.

Jessica Mason led Post scoring with 18 points, while Taylor Starkey followed with 13. Meagan Hoover and Donae Dalby each added nine points, while Regina Collazo and Terri Curtis had eight apiece. Rounding out scorers for the Lady ŒLopes were Lyndee Strawn, six points; Kayla Dunn, three points; and Jennifer Reiter, Logan Gregory and Courtney Short, two points each.

Starkey, Collazo and Dunn each sunk shots from the three-point

"These girls are really playing well right now," said Coach Christi Daily.

The win put the junior varsity girls at 9-0 in district play.

To make it to the championship game, Post outlasted New Home by score of 43-20.

ost led the game from the beginning, with a 7-2 score at the close the first quarter and 16-7 at the half. Score at the close of the third as 27-16.

Mason again topped scoring with 12, followed by Starkey with eight, loover with five and Gregory with four points. Dunn and Collazo each added three, while Curtis, Strawn Short and Lesley Rutherford each posted two points.

Dunn and Collazo each made three-point shots.

In the first game of the Sands Tournament, the Post JV girls made their presence known with a 52-17 thrashing of the Ira squad.

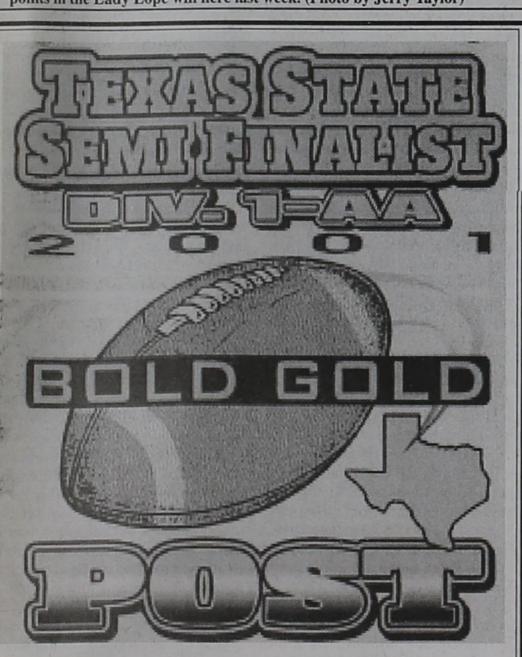
The Lady ŒLopes held Ira scoreless in the first quarter while raking in 12 points of their own. The strong defensive showing continued in the second, allowing only three points to make it a 24-3 game at the half. Ira remained in the single digits through the close of the third quarter with a score of 37-9.

With 10 points, Mason was again Post's leading scorer, followed by Gregory with seven, Curtis and Short with six each and Dalby with five. Hoover, Starkey and Dunn each added four points to the total, while Strawn, Rutherford and Christina Zellmer contributed two points apiece.

"We played really good defense this entire tournament," Daily said.



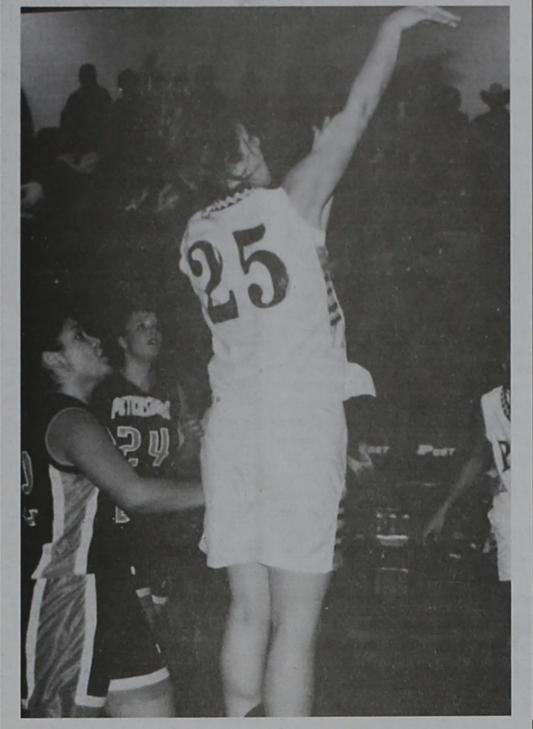
Manuela Hernandez (23) leaps over Petersburg defenders for another two points in the Lady Lope win here last week. (Photo by Jerry Taylor)



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When they're gone, they're gone!



Emily Smith (25) goes over the top of defenders for another two points in the Post Lady Lope win over Petersburg here last week. (Photo by Jerry Taylor)

Post varsity teams host "Bold Gold Holiday Tournament"

The Post Antelopes and Lady Lopes will host the "Bold Gold Holiday Tournament" at the new Antelope Arena, beginning Thursday, December

27 at 3 p.m.
The tournament schedule:

Thursday, December 27 - Lockney girls vs Floydada girls, 3 p.m.; Lockney boys vs Floydada boys, 4:45 p.m.; Post girls vs Anton girls, 6:30 p.m. and Post boys vs Anton boys, 8 p.m.

Friday, December 28 - Floydada girls vs. Anton girls, 3 p.m.; Floydada boys vs Anton boys, 4:45 p.m.; Post girls vs Lockney girls, 6:30 p.m. and Post boys vs Lockney boys, 8 p.m.

Saturday, December 29 - Anton girls vs Lockney girls, 3 p.m.; Anton boys vs Lockney boys, 4:45 p.m.; Post girls vs Floydada girls, 6:30 p.m. and Post boys vs Floydada boys, 8 p.m.

JV girls hammer Hart

The Post junior varsity girls easily overwhelmed Hart 63-27 in a game played Dec. 14.

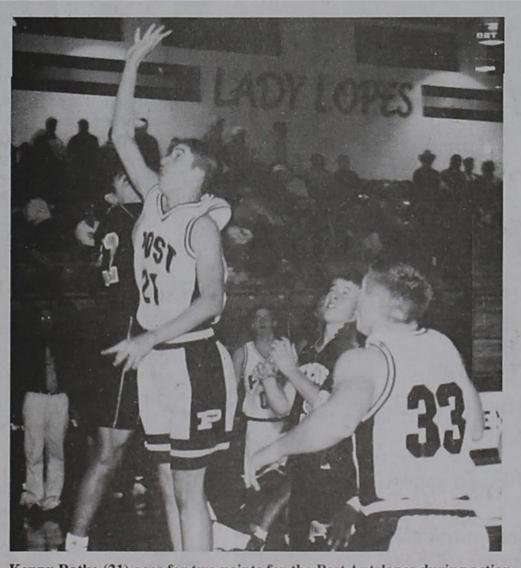
Post took control of the game early, scoring 25 in the first quarter while holding Hart to only two points. The game stretched to a 32-8 spread at the half, with Hart eventually getting into double digit scoring in the third quarter. By that time, the score was 50-15.

Meagan Hoover led scoring for Post with 19 points, including one three-point shot. Jessica Mason followed with 16 points, while Donae Dalby had 10 points. Courtney Short and Taylor Starkey each had four points, while Lyndee Strawn and Regina Collazo both scored three points (Collazo's came on a three-point shot). Terri Curtis and Logan Gregory each added two points to the scoreboard.





Kelly Moore (21) goes to the basket for the Post Lady Lopes in the win over Petersburg here last week. The Lady Lopes will co-host this weekend's Bold Gold Tournament, which opens Thursday (12/27) at 3 p.m. in the new Antelope Arena. (Photo by Jerry Taylor)



Kenny Ratke (21) goes for two points for the Post Antelopes during action here last week. Jon Eilenberger (33) joins in the play. (Photo by Jerry Taylor)



Michael Huff (10) scrambles for the loose basketball for the Post Antelope varsity in the game here last week against Petersburg. Lance Curtis (left), Brody Robertson (20) and Jarrett Vickers (4) reach in to help. The Lopes cohost this weekend's Bold Gold Tournament, which opens today (12/27/01) at 3 p.m. (Photo by Jerry Taylor)

Post City Radio

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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.

The life of Riley

All my life I've heard the expression, "Them folks is living the life of Riley." I always wondered who "Riley" was. I don't remember if it ment someone was living the glitzy and flambouant roll or what, all I remember was "living the life of Riley." I don't know if the saying was about the Riley I know or not, probably not. But the one I know, yes I believe I would like to live the "Life of Riley." That being none other than the wonderful people, Riley and Mary Miller.

I don't mean I'd like to have their beautiful spread of land, or their money, or any other material think they may have. I'd like to live like they do with such giant of a heart and soul. I doubt if I could ever make the grade of being like them, but they certainly have a example of a goal out there for people like me to shoot at.

Mary Miller is like a reminder of my mom, she even sort of looks like my mom, so that automatically makes Mary special. My mom and Mary have some sort of special warm feeling in by the railroad tracks at Justiceburg. I

QUALITY USED TRUCKS

their heart for other people. What amazes me is the entire Miller family is like that. The only thing I see wrong with the Miller family is there just ain't enough of 'em.

Now as far as Riley goes, its very understandable why anyone would want to "Live the life of Riley." He is one of a kind, he never boasts his power or authority. He never brags about what he's got or ain't got. He is a simple person, that is just glad to be on this earth as it is. He would be impossible to replace, so there's no use for me to try to be like him, but I sure like to look and listen, and maybe apply some of his features in my life's rehabilitation.

In the last few months I been trying to change up a few of my "ways and means." I had gotten acquainted with Riley earlier on and he had allowed me to go fishing in one of his tanks. The real acquaintance came on day, and I doubt it if was by coincidence∑ more likely was a God send. One day I was coming out of the Miller Ranch after a little fishing venture. I came up on a full grown buffalo bull. He was standing

* New Year Specials *

don't know if he was trying to catch a active servicemen and some veterans. been around disgruntled buffalo∑ they remember. know that they don't shoo to good.

the tracks. He replied Don't have no ol Buffy and probably God had buffalo Fergie, but I have been having something to do with it. I hope he is in trouble with them Angus bulls getting a pretty green pasture in the sky, cause out, sure it ain't one of them? (I thought to myself, this guy must think I'm drunk or just totally ignorant). No, Riley, it the most wonderful people on earth. I ain't one of the bulls. I was raised in thank Him for that. Oklahoma and I know a buffalo when I see one, and this is a buffalo. I could tell mean when they say "livin the life of he had a serious doubt in what I was Riley." I wanta try some of it myself. telling him. I'll be down there in a minute, he said.

In a little bit, here came old Riley, Mary and Willie. They pulled up and I'll always remember Riley's face. He said, By gollie, that is a buffalo, ain't it? We penned ol' Buffy and Riley spent weeks trying to find out who it belonged to. He finally found out and bought it from the guy. Riley eventually sold ol-Buffy and yes, I should have known he'd do it, Riley sent me half the money.

I attended a little Christmas service at Riley's little cowboy church out in his buffalo pasture the other nite. We made some music, the reverend did a service and read a cowboy poem he had wrote. A prayer salute was done to

ride to Dakota or what, but he seem to The fireplace and kerosene lanterns be a bit disgruntled. So I decided to made it all seem so layed back. I don't shoo him away from the tracks so he remember to many Friday nites in my wouldn't get run over. Anyone that's life, but that one will be a night to

I thought on the way home that night. I then called Riley E Hello, Rile, you had it not been for that stupid of buffalo, got one of your buffaloes out down by this might not be happenin. Because of I am in one here on earth.

Because of ol Buffy, I found some of

Now after 57 years, I know what folks Happy new year to the Miller family! O.L. (Ferg) Ferguson

Big "Thank You" to volunteers

The Garza Theatre would like to express a sincere "thank you" to the following people who have ushered for our plays this past year.

They are Bill and Joy Pool, Joy Dickson, Frances Conrad, Les and Jan Acker, Ron and Jackie Minse, Betty and Ples Hill, Jim and Juanetta Bocko, Shug and Helen Thomas, Keith and Lark Cooper, Ray and Carolyn Willis, Jan and Mary Jane Olson, Jackie Gonzales, Oneita Gunn and Linda

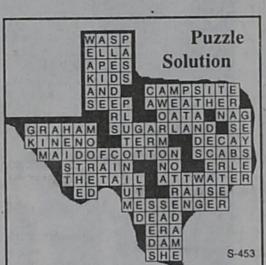
Also, Connie Cox of Lubbock, Wyvonne Kennedy, Pat and Virgil Bilbo, Ronald and Nancy Thuett, Sharon Kocureck, Doris Wilson, Leslie and Damon Hampton, Bessie Lee, Freda Harper, Dena Gunn, Jay Young, Ray and Earlene Bagby, Geraldine Butler and Robert Craig.

We really appreciate all of the time you devote to helping us keep our theatre going.

Have a great holiday!

Garza Theatre Board Giles McCrary Jack Alexander Christy Morris, managing director Maxine Earl Mitchell Britton, president Jay Young, secretary Cordell Green Fred Stephens Naomi Matsler, office manager

To obtain more juice from oranges, let the fruit soak in cold water before squeezing.



51851

Yesteryears

December 24, 1991

10 Years Ago

Jane Prince-Jones brings laughter back to the Garza Theatre making her debut as managing director. The audiences were delighted with performances by theatre favorites Jon Steele, Christy Morris, Mike Tombs and newcomers Cassie Coker and Cherri Brooks.

Pam Humble qualified for the Meri List at Western Texas College for the 1991 fall semester.

Marge Tannehill was the \$500 gift certificate winner at Danish Imports. She was presented her certificate by owner, Patty Kirkpatrick.

Steve Mason will be the featured soloist at the Grassland Church of the Nazarene.

December 21, 1981 20 Years Ago

D'Linda Tyler was one of 18 beauties competing for the Mesa District FFA sweetheart title during the annual banquet at the South Plains Col-

Will Kirkpatrick was the only Post footballer named by the Lubbock Avalanche-Journal to its class AAA All-South Plains Teams.

What is believed to be the deepest oil test ever drilled in Garza County has been "plugged and abandoned" as a dry hole. The Superior Oil Co.'s wildcat, the No. 1 C. E. Basinger, located southwest of Southland was drilled to a total depth of 9,845 feet.

Three winners were drawn in the Post Chamber of Commerce Christmas drawing. They were Mary Ortez, the La-Z-Boy chair from Hudman's; Hooter Terry, a velvet blazer and skirt from Jae's; and Frances Gomez, a Christmas wreath from Prairie Flower Shop.

December 23, 1971 30 Years Ago

known as "Pee Wee", was employed by the board of trustees Friday as the first salaried librarian at the Post Public Library.

Eight head of cattle, minus four that Funeral Home, first; Mrs. John Ri were killed in the wreck, roamed U. S. Hwy. 84, some 21 miles southeast of Post for several hours Sunday after the truck in which they were being hauled overturned.

Nancy Kay Basinger and Dicky Raymond Redman, second and Ma Milton Wallace exchange wedding vows in the chapel of the First Bap-

tist Church in Slaton, Friday evening, Dec. 17 with Rev J. L. Cartrite, officiating pastor.

Donald Ray (Donny) Windham, Jr. of Post receives his bachelor's degree in the College of Education at the University of Texas.

December 28, 1961 40 Years Ago

Hardie Smith, a Post farmer, was in critical condition last night at Methodist Hospital in Lubbock after he was struck by a tractor, run over by a shredder and lay in a field for about three hours yesterday after-

John N. Hopkins received a Certificate of Appreciation "in recognition of outstanding patriotic service relating to the procurement of personnel for the U.S. Army. The certificate was issued by the Adjutant General in Washington, D. C.

Mrs. Mary Helen Baxte has been chosen as teacher of the Week. Mrs. Baxter and her husband both teach school here. They have two boy Johnny and Joe.

Two prisoners who broke out of Christmas eve night didn't get to ebrate long. They were recaptured Deputy Oscar Gray on Christmas d while hitchhiking on U. S. Hwy. 8

December 27, 1951 50 Years Ago

Dan Altman was elected president of the Post Volunteer Fire Department at last week's meeting. Bill Carter was elected vice president. Homer McCrary and Robert Cato retained their present position as assistant chief.

Christmas parade draws 4,500 people to see Santa Claus and his (live) reindeer. Included in the Sat urday parade were the Cub Scouts the Post High School Band, the Brownies, Mrs. Stallings' singing Mrs. C. K. Pierce, more commonly groups and the two fire wagons driven and ridden by members of the Volun teer Fire Department.

Winners of the home lighting contest were outside exhibit: Hudman Jones, second; and Mrs. L. W. Webb, third. Inside tree: Mrs. Bib Benson, first; Mrs Clint Herring, second; and Mrs. Quentin Fanning, third. Out side tree: Mrs. Kenny Cash, first; Mrs son Funeral Home, third.

Texas Stories

A Showcase of the Texas Spirit by Tumbleweed Smith

Browsing in the Alto Library



A couple of old buildings in downtown Alto have remodeled and transformed into a substantial library. "We have thirteen thousand

volumes," says librarian Virginia Singletary.

town of this size." Virginia volunteered for the library job thirty years ago and she still has it. She has never taken a penny in salary. "We used to be pretty crowded when our library was in a residential area, but feet of floor space.

People have meetings here. We can display things and have our books, tapes and videos where people can get to them conveniently." The library is located right next door to a dollar store and gets plenty of traffic.

The Gates foundation donated two computers to the Alto library. "The kids really use those things." The library is open three afternoons a week and Saturday mornings. It was started by a women's group called the Thursday Study Club and is still maintained by those women.

"The city provides the utilities and the insurance. All the other support comes from these sixteen women. They've done all kinds of fund raising activities. They've been successful enough in the past that they bought CD's and are now providing funds from the interest."

displays. An old rope counter sits in English so the officers at the camp the front of the building. Various would know what was being said." types of ropes were sold on it years

"We have a big collection of historic photographs. We started during the sesquicentennial year of 1986 and made photographs our main project. We had people from all over the area bring in photographs of their families, the town, industries, buildings, anything they had that was fifty years old or older."

The library copied the photos and returned them to their owners, then developed an elaborate filing system "We think that's pretty good for a to store them The collection has 2500 photographs from Alto and the surrounding area. "If somebody's house burned and they lost their pictures, they could come here and get copies of them."

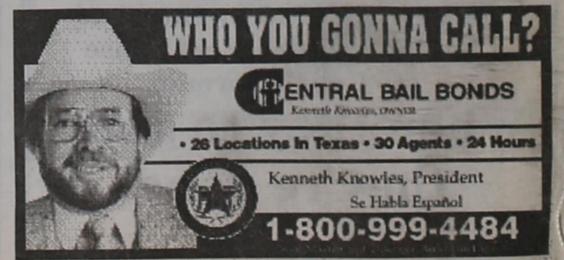
The library also has some items now we have four thousand square from a German prisoner of war camp that was on the edge of Alto during World War Two.

"The prisoners were hired out to work in the woods. The camp didn't last very long, less than a year. Whenever they closed down the camp, they took away all the buildings. There's nothing left there. Not many people know about this camp. There's a book out called Nazis in the Piney Woodss and talks about other camps in the area, but this one is not mentioned. We know it was there."

A local doctor went to the camp regularly to treat the prisoners when they became ill. One of them gave the doctor a beautigul carving which has been donated to the library.

"We also have a copy of a prisoner of war newsletter that was published at the big camp in Tyler and circulated to all the smaller camps around. It's written in German and English. I The library has some unique suppose they had to translate it into

The Post Dispatch - 495-2816



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* Some Restrictions Apply/with credit approved



Post City Communications OPEN Monday - Friday,

9 a.m. to 5 p.m.

You can count on us to get it right! **Post City Communications** 206 E. Main Authorized Dealer

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