

ZUMBA
Zumba Kidz and Moms
 Exercise classes beginning
 Monday Sept. 12th - 6:15-7:00 pm
 Zumba classes perfect for girls, boys and moms!
 A great way to teach them physical fitness!
 Call or text 806-544-4364



Become a fan of the
 Post Dispatch on Facebook.



The Post Dispatch

A tradition of excellence since 1926



87th Year, Number 6

USPS 439-620

© 2011 The Post Dispatch

Newsstand Price 50¢

Friday, September 9, 2011

Local Cooks win big in Smokin' in the Park cook off

By Jodi Lincoln

The weather could not have been more perfect with its beautiful azure skies and mild temperatures for the first time this summer for the Post Rotary club's first sponsored bar-b-que competition in what they hope will become an annual event. The cook off was held at the city park last Saturday, Sept. 3rd when they hosted their first sanctioned cook off. Judges Harvey and Jean Gebhard from Burnett, Texas who are certified judges in bar-b-que cook offs oversaw the competition and made certain that each team participated within the official rules of a sanctioned cook off. The Gebhards' travel to and judge some 100 events each year and Jean Gebhard stated, "this particular event is one the best we have attended this year. We have really enjoyed meeting the members of the Rotary club and local citizens of Post. Everyone has been so friendly and helpful and the facilities are perfect for such an event."

According to Harvey Gebhard, of the husband and wife judging team, "we are really impressed with the facilities, the friendly helpfulness and the hospitality of the Rotary members and the people of Post and we are pleased with the number of entrants for a first time event. This event has the potential to grow into a large annual event if the hosts continue to provide the facilities and helpfulness that they provided for this event." He also went on to say that he "would look forward to returning to judge future events. One of the perks of judging these competitions is getting to taste some really fine bar-b-que, along with meeting some really great people!"

The event brought in a total of 19 entrants from Post and surrounding areas. Among those attending the event was an area celebrity from the reality show "Pitmasters," Jerry King of Midland, Texas was along for the ride with a cook he has trained over the years and who participating in the event. King recently suffered a heart attack and will not be able to return to competing until later this year, but came along to show his support for his protégée, Mark Opachen, also of Midland. Mark placed second in the chicken event. King also said he had once had relatives who had lived in Post and he wanted to visit the town where they had once resided.

Post had a sizeable showing of cooks from our own community as members of the Dalby Grilling Team competed individually in the competition, along with Terry Roberts of Justiceburg

who took Grand Champion and Clay Hamm who took Reserve Champion. Others from Post participating were David Woods with Cuz-n-Woods, Dickey Odom of Smokin' Dick's Bar-b-que, Kevin "Sleepy" Roberts, Kerry Dixon and Larry Bond, all members of the grilling team took numerous places among the competitors. Also competing and winning were two employees of the City of Post, Billy Winkle and Larry Haynes who also placed in the cook off. Post was well represented by some mighty fine cooks and we are proud of the showing from our local community. The Dalby Grilling Team has been competing regularly in cook offs around the state and doing very well in most of the events they have participated in both individually and as a team.

Winners of the top three places in the competition were as follows: in the Beans category, third place went to DBL BBQ of Midland; second place went to Dickey Odom of Smokin' Dick's BBQ of Post and first place went to TNT BBQ. In the chicken category third place went to Clay Hamm of Gail; second place went to Mark Opachen of Midland and first place went to Terry Roberts of Justiceburg. In the ribs category third place went to Big Daddy's BBQ; second place went to DBL BBQ of Midland and first place went to Clay Hamm. In the brisket category third place went to TNT BBQ; second place went to Kevin "Sleepy" Roberts of Post and first place went to BBQ Buds. Winning Grand Champion was Terry Roberts of Justiceburg and Reserve Champion was won by Clay Hamm. Each category had ten places each contestant could place in, however only the top three in each category are being listed. Congratulations go out to all the winners of the cook off!

A special mention goes out to former Rotary president Dave Tyler who was instrumental in helping Rotary member Kerry Dixon of the Dalby Correctional Facility in bringing the event to Post. Dave and Kerry were at the event from Thursday evening, spending the night at the park, until the final cook's trailer rolled off the scene on Saturday afternoon. Dave stayed busy seeing to the needs of the cooks and the judges and played an important role in making the event the success it was. The Rotary club was well represented with many other Rotary members being present and participating in the event. Bill Poole served as a judge, as did Chris Atkinson, President Marie Neff, member Jodi Lincoln of the Post Dispatch, member Ray Bagby, and Roberta



(Above) Smokin' In The Park Cook Off winners Terry Roberts of Justiceburg who won Grand Champion and Clay Hamm of Gail who won Reserve Champion.

Photo By Jodi Lincoln

(Right) Judges for Smokin' In The Park Cook Off.

Photo by Jodi Lincoln



Clark from Golden Plains Care Center who also served as a judge. Mayor Thressa Harp opened the event with a special welcome address and served as a judge as well as personally meeting with and greeting each cooking team. Rotary secretary Linda Puckett was at the event.

Chris Atkinson served as emcee for the awards ceremony and Rotary President Marie Neff handed out awards with congratulations. The trophies were beautiful awards plaques, which were hand made for the event by workers at the Dalby Correctional Facility. Judge Harvey Gebhard told Rotary member Dave Tyler to tell the club to not change anything about the awards design for future events. He went on to say that "not only are the plaques

beautiful and unique, but as word spreads about the awards plaques, cooks will soon come to compete just to earn one of the unique trophies." Gebhard later told Dispatch editor, Jodi Lincoln that "many of these cooks come to compete not just for the money prizes, but for the trophies and they really like to compete for those that are unusual and unique. The awards trophies presented by the Rotary club are just the kind of trophies they like to compete for. These trophies, if not changed, will become a big draw for an annual event in Post." The Rotary club is to be commended for the excellent event they hosted and the community can look forward to this becoming an annual event and growing larger each year.

Post Notes

Meet the Post Bold Gold Junior High Boys Football Teams Monday, September 12, 6 p.m. at the School Cafeteria.

Holy Cross Catholic Church will be hosting their annual Jamaica Sunday September 11-2011, beginning at 11:00am-7:00pm. There will be food, games, drawings, bingo and so much more! Inside hall and behind church. Everyone is invited.

VFW Post #6797 Men and Ladies Auxiliary will meet on Monday September 9th at the Post on the Clairmont Highway at 6:00pm. The ladies will provide meal. Meeting will start at 7:00pm. All members are urged to attend, if you need a ride call 806-495-2026.

Community Prayer Breakfast next Tuesday morning, September 13, at 7:00 a.m. at Citizen's Bank. McDonalds will provide breakfast and John Bill Hedrick will provide live music. Several of our local pastors will pray for our government, community, schools and rain. Everyone is invited to share in this time of prayer.

Graham Ole Opry:
 The Graham Ole Opry will be held Saturday 17th from 7:00pm-10:00pm at the Graham Community Center, five miles west of Post on US #380 and two miles south on FM #399. There is no admission charge; hat will be passed for

donations to help with upkeep on the center. Concession stand with drinks and snacks will be available. For more information contact Noel White at 806-495-3261

Post Ex's Baseball Tournament:
 The 2nd Post Ex's Baseball Tournament will be held October 1 & 2. The tournament will consist of up to 8 teams with an entry fee of \$100.00. A team may have up to 16 players but must have a least one player who participated in Post Little League. For more information, contact the Post Area Chamber of Commerce at 495-3461.

Tuesday, Sept. 13th- We will hold our annual Patriotic Walk during each grade level's PE class period. Parents/Guardians are welcome to join their child(ren) in this event. If you would like to participate, please come by the elementary school office first to check in.

Church of God of Prophecy will have Taco and Enchilada plates for sale September 9th for \$7.00 a plate.

Ragtown Gospel Theater starts run of new play Sept. 26

The new play, Deacon and the Pharisee began Friday, Sept 26th at the Ragtown Gospel Theater. The story of Stephen and Saul is one of the most horrifying, yet among the most touch-

ing, and uplifting episodes in the Bible. This drama unveils the intrigue that led to the execution of the beloved deacon, Stephen, which would forever plague the heart of the Apostle Paul.

"Deacon and The Pharisee" will be staged only 5 weekends between August 26th and October 1st. There will be no performances over the Labor Day holiday weekend. Call or go online right away to assure that you get the best seats in the house for this powerfully moving production.

Our online box office is open 24 hours a day [CLICK HERE for dates and times](#), and to purchase your tickets now. Or call 1-877-RAGTOWN.

Post Community Youth

We are ready to start another thrilling year with the Post Community Youth. **All youth are invited.** As a community youth group many different churches are involved and you do not have to be active in any particular church to attend. We have been praying that the youth would have a blessed summer and are ready for a great year. We do ask that the adults of our community would be in constant prayer for the Youth group.

The Senior High Youth will meet this year on Wednesdays at 7:00pm. Dinner is available as usual at about 6:45pm. We are looking forward to a great time.

Post Notes...
 continued on page 10



#2 Pake Jones picks up a big chunk of yardage. #22 Troy Copeland in the background.



Wow! What happened to the Citywide End of Summer Celebration for Sept. 5? My family was sure looking forward to doing something that day. We could've gone to Plains for the watermelon festival but we're always told to keep the business in town. If it was cancelled it wasn't in the newspaper or Facebook.

I applaud to the people who did their jobs-swimming pool was open, thank you Sandra. The people with the bouncy houses-thank you! I guess the City of Post and Post Dispatch decided we didn't need to continue our prayer quest for rain or have a block party, I know the weather was just right for the events.

Yesteryears

10 Years Ago
Senior Citizens hosted a special farewell reception for Mr. and Mrs. Paul Jones at Trailblazers.

Post High School Class of 46 held its 55th reunion.

Founders Day in Post opened on Friday with a street dance, and continued Saturday with the Third Annual WTBA Sanctioned Barbecue Cook-off on Main Street.

20 Years Ago
Marie Neff was Post Art Guild Artist of the month of September. Her work was displayed at the First National Bank and Prairie Flowers. Jay and Jeff Lott were among the 220 area chairmen assisting the 1991 Cattlemen.

Round-up benefiting West Texas Rehabilitation Center in Abilene and San Angelo.

August 1, 1991 the Stone Family held their family reunion, with Virgil and Esker

who celebrated 68 years of marriage July 22, 1991.

30 Years Ago
Donna Stelzer began her new duty as Chamber of Commerce Secretary.

Weaver McKamie accepted a check of \$4,028 from VFW commander Tom Marrier, which was raised to benefit the local EMT.

Post contribution to the Jerry Lewis Labor Day telethon for muscular dystrophy was a record of \$2,410.55.

40 Years Ago
Mrs. D. C. Hill was August Yard of the Month winner.

OS Ranch held its first annual Steer Roping with 30 of the nation top steer ropers participating in the event.

Two thousand and twelve motorists pulled up to the Post Jaycees Labor Day rest stop, located at Green

Tank, 13 miles southeast of town where coffee, cold drinks and cookies were served.

50 Years Ago
The new Wally Thriftway Super Market opened at 122 North Broadway.

Beatriz Salinas became bride of Alejandro Meza September 2, 1961.

Paul Jones, manager of the local Piggly Wiggly store, was presented with a 25-year pin.

Mr. and Mrs. B.J. Eckols were honored on their Golden Wedding anniversary in their home.

60 Years Ago
Miss Rheba Hays, daughter of Mr. and Mrs. Jim Hays of Post, won second place in a nationwide Shirley Lee contest.

Approximately 145 people attended the annual Rotary Fest.

F.P. Nash and Joe Taylor gin the first county cotton bale.

Celebrating 50 Years

MR. AND MRS. MESA



Mr. and Mrs. Alejandro Mesa of Post celebrated their 50th Wedding Anniversary, Saturday September 3, 2011. Alejandro Mesa and Beatriz Salinas were married September 2, 1961. They renewed their vows Holy Cross Catholic Church

with a dinner and dance following. Their children hosted the celebration. Mr. and Mrs. Mesa are the parents of Teresa Diaz, husband Dathan, and Willie Mesa of Rotan. They have four grandchildren and one great grand-son.

TRAILBLAZERS MENU

September 12th- September 16th

Monday Chicken Spaghetti, Oriental Salad, Garlic Toast, Pine-apple Cake	Combread, Pie	Swiss Steak, Onion Rings, Scalloped Potatoes, Roll, Chocolate Cake
Tuesday Hamburger Steak, Mix Vegetables, Blackeye Peas,	Wednesday Roast Beef, Mash Potatoes, Carrots, Roll, Banana Pudding	Friday Fish, Pinto Beans, Potato Salad, Hushpuppies, Fruit
	Thursday	

Post ISD Menu

Breakfast Menu September 12 th -September 16 th	Friday Cereal, Graham Cracker, Fruit, Juice, Milk	bette, Rosy Applesauce, Chocoleana Cake, Milk
Monday Biscuits, Sausage, Gravy, Fruit, Milk	Lunch Menu September 12 th -September 16 th	Wednesday Oven Crispy Chicken, Mashed Potatoes/Gravy, Green Beans, Hot Roll, Fruity Gelatin, Milk
Tuesday Churros, Sausage Link, Fruit, Milk	Monday Corn dog, Western Beans, Celery & Carrot Dippers, Sparkly Apple, Pudding Cup, Milk	Thursday Nacho Grande, Spanish Rice, Lettuce & Tomatoes, Orange Smiles, Cinnamon Sugar Cookie, Milk
Wednesday Cream of Wheat, Sausage, Toast, Fruit, Milk	Tuesday Pizza Choice, Crunchy Broccoli, Salad, Corn Cob-	Friday Chili Potato, Baby Carrot Dippers, Fresh Fruit Cup, Texas Toast, Milk
Thursday Cowboy Bread, Sausage Link, Fruit, Milk		

PRAY FOR RAIN!

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. Postmaster: send address changes to: The Post Dispatch, P.O. Box 426., Post, Texas 79356 (806) 495-2816 - Fax 495-2059 William C. Blackburn, Publisher 123 E. Main Street, Post, Texas 79356 e-mail: postcitydispatch@yahoo.com

News Deadline Tuesday at Noon
Advtg. Deadline Monday at 5 p.m.
website www.thepostdispatchonline.com

All material Copyright 2011 The Post Dispatch

It is the mission of this newspaper to promote the rights of individuals, 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.

Member Texas Press Association 2011

SUDOKU

	7	8		5				1
				3				
		6	7			8		
	2		8	4	7	9		3
		4	2	1			7	8
		3						2
2	5			8		1		7
	3	7			5			
	6				2			5

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	9	8	3	2	7	4	1	6
4	3	7	1	9	5	2	8	6

ANSWER:

United Supermarkets

Southland ISD School Menu

Breakfast Menu for Sep. 12 - Sep. 16	Fruit, Juice, Milk	Friday Biscuits & Gravy, Sausage, Jelly, Fruit, Juice, Milk
Monday Pancake on a Stick, Fruit, Juice, Milk	Wednesday Breakfast Quesadilla, Salsa, Fruit, Juice, Milk	Lunch Menu for Sep. 12 - Sep. 16
Tuesday Eggs and Bacon, Toast w/Jelly,	Thursday Muffins, Yogurt, Fruit, Juice, Milk	Monday Steak Fingers, Mashed Potatoes/Gravy, Carrot Coins, Fresh Apple, Hot Roll, Milk
		Tuesday Grilled Cheese Sandwich, Chicken Noodle Soup, Broccoli w/Ranch, Strawberries & Bananas, Crackers, Milk
		Wednesday Crispy Beef Tacos, Pinto Beans, Spanish Rice, Lettuce & Tomatoes, Pudding, Fruit, Milk
		Thursday BBQ Chicken, Scalloped Potatoes, Peas, Hot Roll, Sliced Peaches, Milk
		Friday Chicken Patty Sandwich, Chili Beans, Baked Chips, Fresh Fruit, Banana Pudding, Milk

Screening mammograms provided by Covenant Mobile Mammography in Post.

September 19, 2011
United Supermarket
123 N. Broadway

To schedule an appointment or for more information call 1.877.494.4797.

Financial assistance, for those who qualify, is funded in part by the Lubbock Komen for the Cure.



Covenant Health System

LOCAL FUNNEL CAKE / CORN DOG CONCESSION BUSINESS FOR SALE.

Newly Renovated & New Equipment Added. Events & Fees Booked and Paid Up through October. EXCELLENT INCOME! Call for more information and details: 806/544-9035 or 441-0061

Bold up your McChicken

NEW! Ask For

Jalapiño & Cheddar Or Cheddar & Onion McChicken Sandwich

Only \$1.49

New Too! Apple Caramel Parfaits & Sundaes

Soft Drinks Any Size \$4.00

McDonald's®
655 U.S. Highway 84
Slaton, TX

Ag...
the...
By Pa...
Texas...
Service...
person...
people...
Nation...
Month...
ans to...
ilies, b...
munitie...
of all ki...
Thi...
the te...
the 9...
said F...
Manage...
ministra...
a recent...
"By d...
to ensur...
nities, a...
prepared...
recover...
disasters...
honor the...
who wen...
Fugate sa...
"Beacu...
is Natio...
Month...
ion is su...
efforts to...
awarenes...
tect again...
recover fr...
or disast...
Harris, A...
housing a...
specialist...
tion...
Harris...
initiative...
portunity...
people to...
possibility...
ral or man...
"While...
drought is...
of a lot of...
out Texas...
right now...
eastern U...
been affec...
earthquake...
makes a n...
tion initiat...
relevant,"...
Harris...
part of its...
reach, Agr...
provides Te...
ers with r...
research-ba...
to help peo...
Fi...
Thank...
custo...
In a...
shop...
Sept...

AgriLife Extension makes Texans 'aware so they may prepare' for emergencies, disasters

By Paul Schattenberg

Texas AgriLife Extension Service family resource personnel are reminding people that September is National Preparedness Month and are asking Texans to help ready their families, businesses and communities for emergencies of all kinds.

This September will mark the ten-year anniversary of the 9-11 terrorist attacks, said Federal Emergency Management Agency administrator Craig Fugate in a recent press release.

"By doing what we can to ensure that our communities, and our nation, are prepared to respond and recover from all types of disasters and hazards, we honor the memory of those who were lost that day," Fugate said.

"Because September is National Preparedness Month, AgriLife Extension is supporting national efforts to increase public awareness on how to protect against, prepare for and recover from an emergency or disaster," said Janie Harris, AgriLife Extension housing and environmental specialist in College Station.

Harris said the national initiative provides an opportunity to encourage people to prepare for the possibility of either a natural or man-made disaster.

"While wildfire from drought is on the minds of a lot of people throughout Texas and the South right now, the fact that the eastern U.S. has recently been affected by both an earthquake and a hurricane makes a national preparation initiative all the more relevant," she said.

Harris added that, as part of its educational outreach, AgriLife Extension provides Texans and others with free, objective, research-based information to help people with emer-

gency and disaster preparation and recovery.

Harris said this information is available through two AgriLife Extension-related websites and agency personnel in county offices throughout the state.

The Texas Extension Disaster Education Network, or Texas EDEN, at <http://texashelp.tamu.edu> contains information and materials relating to specific disasters, such as wildfire, drought and hurricanes, as well as information on disaster preparation and recovery, she said. The AgriLife Bookstore website at <http://agrilifebookstore.org> contains a variety of emergency and disaster-related topics, including general preparedness, first aid, and home, property and financial recovery.

Most materials for the sites can be downloaded and printed free of charge, and several are also available in Spanish, Harris noted.

"County AgriLife Extension agents throughout the state utilize emergency preparedness materials in their programming throughout the year, but September is a reminder that these are also part of broader, nationwide emergency preparedness efforts," she said.

Harris noted that the comprehensive AgriLife Extension and Texas Department of State Health Services co-authored publication "Preparing for the Unexpected" was among the materials on both websites of which a PDF version may be downloaded free of charge.

"There are numerous considerations before, during and after an emergency or disaster, and each disaster has its own unique personality and set of challenges," said Dr. Joyce Cavanagh, AgriLife Extension family development and resource specialist in

College Station.

Cavanagh said families should map out an evacuation plan ahead of time and practice it.

"They should also have an emergency kit for their home, office and each vehicle, and definitely should know where to go in case of an emergency," she added. "The evacuation plan should cover escape routes, utility shutoff and safety information, family communication, and protecting important documents."

Cavanagh said an emergency kit should contain enough supplies to take care of the immediate family for at least three days. Some essential kit contents she identified included water, non-perishable foods, a hand-operated can opener, mouth/nose protection masks, extra clothing, a first-aid kit, gloves, blankets, toiletries, a battery- or hand-powered flashlight, a weather radio, spare batteries, garbage bags, medications and anti-bacterial cleaners or wipes.

She added that a number of safety issues also arise when returning to a home or business after a disaster, including possible structural damage, damage to electrical wires or gas lines, and the risk of contaminated water.

"After surviving a disaster, people should also be aware of the new dangers that crop up and take the necessary safety measures to ensure they survive the recovery phase too," she said.

For more information on available publications, go to the Texas AgriLife Bookstore at <http://agrilifebookstore.org> and click on "Disasters and Emergencies." Additional information on the FEMA Ready campaign may be found at <http://ready.gov>, or <http://listo.gov> for the Spanish-language website.

Farm Bureau donations top half million dollars in aid to volunteer fire departments

More than \$550,000 has been delivered to help volunteer fire departments across the state in a matching donation program between county Farm Bureaus and Texas Farm Bureau (TFB).

"A thin line of volunteer firemen have made a stand to protect lives, property and livestock as fires sparked by this epic drought continue to rampage across the state," said TFB President Kenneth Dierschke. "County Farm Bureaus are taking notice—recognizing the dedication of these local heroes and offering financial support as departments frantically scramble to repair and replace equipment."

As of Aug. 29, county

Farm Bureaus had donated \$151,642.96 for volunteer fire department relief. Matching those donations on a \$3 to \$1 basis — up to a maximum of \$1,000 per fire department — TFB has contributed an additional \$401,272 for a total of \$552,914.96.

Nearly 13,000 fires have burned more than 3 million acres in Texas due to extremely dry conditions since last November.

"Many more lives would have been endangered and much more property would have burned if not for the commitment of these volunteers," Dierschke said. "We are pleased to be in a sound enough financial position to share our membership dues

from across the state to support these citizen volunteers who do an extraordinary job that many take for granted. Farm Bureau members are most appreciative!"

Farm Bureau officials expect more donations as the program continues through the month of November.

"Farmers and ranchers recognize the tremendous sacrifices the men and women of volunteer fire departments make in keeping their communities safe," Dierschke said. "Monetary donations ensure these fire departments have funds to keep responding to emergencies. But don't forget a simple thank you. Be sure to show your gratitude to these honorable public servants for a job well done."

New Law Takes Effect for Property Tax

(AUSTIN) — Under a law passed by the Texas Legislature homeowners who apply for a new property tax homestead exemption beginning Sept. 1 must provide proof to the county appraisal district that they live in the house they claim as their principal residence.

House Bill 252 requires a copy of the homeowner's Texas driver's license or state identification card and the homeowner's vehicle registration receipt be sent with the homestead exemption application. If the homeowner does not own a vehicle they can send a current utility bill showing name and address, along with an affidavit provided in the application indicating non-ownership of a vehicle.

The address on the documents must match the address for which the homestead exemption is requested.

The new requirement does not apply to homeowners who already have homestead exemptions. It affects only new applications for exemptions sent to appraisal districts.

"As Comptroller, we implement laws passed by the legislature" said Texas Com-

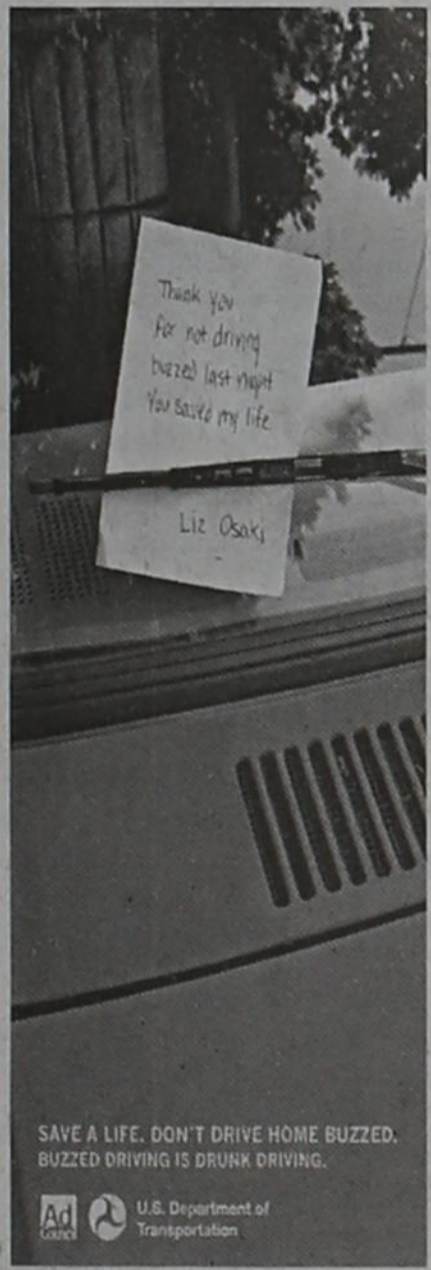
troller Susan Combs. "The homestead exemption is intended to help relieve the tax burden of Texas full-time residents. This new legislation ensures that the system is working fairly and legally."


The new law affects new applications for the general homestead exemption available to every homeowner as well as the over-65 exemption, the disability exemption, the disabled veterans exemption, the extended exemption for a homeowner's surviving spouse and the manufactured (mobile) home exemption.

In addition to proof of residency, beginning Sept. 1, homeowners applying for a homestead exemption on a manufactured (mobile) home must also provide proof of purchase of the home and a statement of ownership and location issued by the Texas Department of Housing and Community Affairs.

The homestead exemption application form for property owners and county appraisal districts is available online at: <http://www.window.state.tx.us/taxinfo/taxforms/50-114.pdf>.

Find the Post Dispatch on Facebook!





CALVERT
HOME HEALTH CARE, LTD.

"The West Texas choice for quality home health care!"

Protect Yourself from the Flu!

Calvert Home Health Care, Ltd. is pleased to once again offer flu shots as a service to the community.

- We will start giving flu shots on September 1, 2011 based on vaccine availability.
- There is no charge for individuals with Medicare.
- The cost for all other individuals is \$20 (we accept cash and checks).
- We only offer flu shots to adults (18 years or older).

806.495.2990
www.calverthomehealth.com



Thank you to all our family, friends and loyal customers who made this first year a success.

In appreciation of your support, please shop our 25% off store wide sale on Friday, September 9. Refreshments will be served.

203 E. Main St. Post Texas
806-990-6160

PRAY FOR RAIN!

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Lubbock
Contract 6231-25-001 for CRACK SEAL in TERRY County, etc will be opened on October 07, 2011 at 1:00 pm at the State Office for an estimate of \$300,011.06.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.txdot.gov and from reproduction companies at the expense of the contractor.

NPO: 37723

State Office

Constr./Maint. Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540

Dist/Div Office(s)

Lubbock District
District Engineer
135 Slaton
Lubbock, Texas 79408-0771
Phone: 806-745-4411

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

FIND US ON FACEBOOK!

In and Around Close City

by Traci Freeman

Weather
WOW! It did cool off didn't it? I just love being able to open my windows and it be cool in my house. I think it is gonna warm back up a bit but hopefully we are finished with these triple digit days. The cotton is beginning to have lots of bolls and some are even open. It's been a crazy weather and crop year.

News
We have had a boom of Ragtown babies the past few weeks:

Kalyn and Stace had a little girl, Kailea Jane

Cecilia and Jamie had a little girl, Ysabella Nevaeh
Brooke and Dylan had a little boy, Hayden Joe

Veronica and Daniel had a little girl, Breanna Marie
Tianna and Aaron had a little boy, Hayden Steuart
Jose and Ernestina had a little boy, Mathew Isiah

All of us here in Ragtown send out our congratulations to each and every one of you!

The Wilke's all spent Labor Day here with Robbie and G.B. Jerry and Lilly came from Lovington, Chris, JoAnn and Landon came

from Lubbock and Efrain, Jenny, Lexi and Jacob came from Breckinridge.

Tad and Rhianna Ellis have had a new member added to their household lately; Kyona, an exchange student from Japan will spend the next year with them. They started her first weekend in Texas off with a Labor Day weekend spent at White River Lake. Kyona, Tad, Rhianna, TJ, Emily and Pa and Ne-ne had a great time!

Lets please remember all the people that are being affected by the wildfires in

Texas....keep them as well as rain in your thoughts and prayers each day.

Remember to call or email me at close.city.coop@pcca.com with all your news.

Don't forget to check out our page on Facebook under Close City Community. Feel free to write on our wall or post pictures. It's a fun place to keep up with friends and happenings

Did you know...

Today farmers grow more than food, feed and fiber.... they also grow crops for fuel.

So thank a farmer...they put food on your table;

clothes on your body and fuel in your cars!

Happy Birthday this week...
Sept. 9th - Shirley Bostick Bland

Sept. 10th - Kahl Yarbro
Sept. 13th - Lea Justice Johnson

September 14th - Voda Beth Gradine

Sept. 15th - Krisha Mason Holscher, Clarice Johnson

Anniversaries this week...
Sept. 15th - Shawn and Amy Pennell

Visitors

Robert Davis came out and visited a while... ya'll come out and drink a cup of coffee with us one morning or a cool drink in the afternoon, you are guaranteed to be entertained and a whole lot smarter when

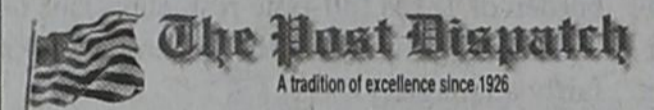
you leave!
Ragtown folks in the nursing homes we need to remember are... Marj Caffey in Marble Falls; Doug and Claudine Tipton; Carmen Abraham; Mary Gayle Young in Post; Jean Tipton in Robert Lee; Jewel White in Lubbock. Others are, Mack Ledbetter in Slaton; Doris Wilson in Castorville; John and Mary Gist in Lubbock; Lula Jo Stewart also in Lubbock. Please let me know if there is anyone I need to add to this list.

FYI

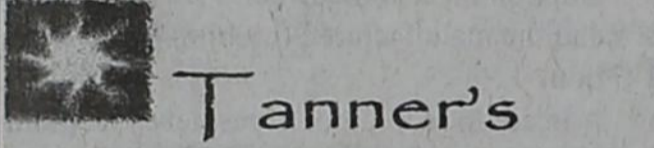
You can now get your cookbooks and T-shirt order forms at CoCara's and Caprock Heirloom downtown Post, stop in and pick one or two up, they make great gifts and keepsakes!



One Company ... Unlimited Possibilities
115 W. Main • Post • 990-9901
Local • Long Distance • Internet



THEPOSTDISPATCHONLINE.COM
ESTABLISHED - 1926
123 E MAIN STREET, POST, TX 79356
1.080 HOMES EVERY THURSDAY



Appliance Heating & Air
"Quality Service You can Trust"
806-495-1612



Roustabouts • Oilfield Welding • Pump Mechanics
New & Used Pumps • Backhoes
495-2710 Mobile (806) 632-8147 • 495-3639

Trust in the Lord!



113 N. Ave. H • 495-3330
Locally Served by Jerry Taylor LC 230

God Bless the USA!

Watch Up For Power Lines
Lyntegar Electric Cooperative Inc.
Tahoka 561 4588
Lamesa - 872-2632
Sundown - 229-3741



Office:
806-495-3521
806-495-3503
Fax:
806-495-2985

Weekly Inspirations

The Right Directions

By: Michael F. Taylor

Bill was completely lost and his wife and children were beginning to become slightly concerned that they were not going to reach their destination. The family had plane tickets on American Airlines out of the Dallas Fort Worth Airport to Orlando, Florida for a much needed vacation.

Finally, in desperation, Bill did the only thing that he could do; he pulled into a small grocery store and walked into the front door. All of the checkout lines were packed with busy shoppers who didn't seem to have time to speak with one lost traveler, so Bill walked down the front aisle to see if he could find someone who would be willing to help him with directions. As luck would have it, as Bill stepped onto the fruits and vegetables aisle, he spied a grocery worker who was quietly humming to himself as he sprayed the produce with a water spritzer.

Bill noticed that the worker was an elderly man who had snowy white hair peeking from underneath the supermarket baseball cap he wore. "Well, he surely must know how to give me directions", Bill mused to himself as he approached the man. "Excuse me sir", Bill inquired, "But could you please tell me what is the quickest way to the DFW Airport?"

The local grocer looked Bill up and down and then scratched his head as if in deep thought. "Are you walking or driving there, Sir?" he asked. "Oh, I'm driving", Bill answered back.

Without skipping a beat, the grocer answered back, "Well then, that is certainly the QUICKEST WAY!", as he walked away. I don't think that was the straight forward answer Bill had been hoping for! For Bill was seeking direction in his life.

We are taught in Matthew Chapter 22, "34 Hearing that Jesus had silenced the Sadducees, the Pharisees got together. 35 One of them, an expert in the law, tested him with this question: 36 "Teacher, which is the greatest commandment in the Law?" 37 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.'38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.' 40 All the Law and the Prophets hang on these two commandments." NIV

The Pharisees were trying to trip Jesus up in this question. They expected him to skirt around the answer. But, Jesus didn't walk around the question. Jesus didn't do the SIDESTEP SHUFFLE!!! He answered plainly so that all present would understand. So that all would have GOD'S DIRECTIONS! He responded "Love the Lord your God with all your heart and with all your soul and with all your mind." And then he said, "Love your neighbor as yourself". And he concluded by teaching us, "All the law and the prophets hang on these two commandments". What a wonderful answer He gave that day. That love is the right direction. Godly love! Loving the Lord, and then loving each other! For as the scriptures also tell us in 1 John 4, "7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love. 9 This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. 10 This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 11 Dear friends, since God so loved us, we also ought to love one another." NIV

My prayer for each of you this week is simply to look too and follow God's Directions and know that you surely will arrive at YOUR DESTINATION regardless of whether a Sadducee or a Pharisee of life tries to trip you up. God bless and have a wonderful week.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

2 Timothy 3:16-17

LYNN COUNTY HOSPITAL DISTRICT
www.lchdhealthcare.org
Tahoka • 998-4533
Physician & Wellness Clinic
Swing Bed & Physical Therapy

United Supermarkets
God Bless the USA!

Hudman Funeral Home
615 W. Main • 495-2821

Cogdell Memorial Hospital
Located at: 1700 Cogdell Blvd., Snyder, Texas 79549
Phone: 325-573-6374

Devotional Page and Church Directory brought to you by advertisers on this page

Church Directory

Assembly of God		Graham Chapel Church of Christ	
Bethel Assembly of God (Bi-Lingual)	407 May St.		15th & Ave. S
Lifeline Church	108 N. Broadway	Church of God	
		Church of God of Prophecy	602 W. 14th, 495-3644
Baptist		Power House Church of God and Christ	Pine Ave.
Calvary Baptist Church	210 E. 6th, 990-2342	Disciples of Christ	
First Baptist Church, Post	402 W. Main St. 495-3554	First Christian Church	812 W. 13th, 495-3716
First Baptist Church, Wilson	806-628-6333	Evangelical Methodist	
Grace Baptist Church	820 N. Ave. S 990-3497	Faith Chapel	1105 Green St., Wilson (806) 628-0018
		Methodist	
Justiceburg Baptist Church	Justiceburg	First United Methodist Church	216 W. 10th, 990-2942
Pleasant Home Baptist Church	E. 14th & N. Ave F	Graham Chapel United Methodist Church	495-3492
Pleasant Valley Baptist	Hwy 84 & N. 399 (806) 828-4174	Nazarene	
Southland Baptist Church	Southland	Post Church of the Nazarene	202 W. 10th, 495-3044
Templo Bautista	315 W. Main	Grassland Church of the Nazarene	327-5656
Trinity Baptist Church	915 N Ave O, 990-3038,	Non-Denominational	
		Family Harvest Church	111 N. Avenue I, 495-1400
Catholic		Caprock Springs Fellowship	12th & Ave. I 495-2171
Holy Cross Catholic Church	Ave. K and Main St., 495-2791	Presbyterian	
Church of Christ		First Presbyterian Church	910 W. 10th, 495-2135
Church of Christ	108 N. Ave. M, 495-2326		

And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

Deuteronomy 6:5

Visit any one of these businesses and churches and you will find wonderful Post City people and those who support Post.

Nothing is too small when it comes to prevention

By Kerry Wink, DVM

Last week I discussed horses and the basic care which many new owners may be unfamiliar with. This week I'd like to do the same about our small animals, cats and dogs. From my past articles, we all know the importance of yearly vaccines for our small pets, but there are other important areas that should be taken care of on a semi-annual to annual basis.

Dentals, yes, even our cute Fluffy or Benji needs their teeth cleaned. Did you know our pets require the same dental care that we humans do? Getting our pet's teeth cleaned every 6 months (or at least every year) helps prevent tartar, bad breath, gingivitis, heart

problems and kidney problems. Benjamin Franklin is famous for his quote "An ounce of prevention is worth a pound of cure." This could not be more accurate when it comes to dental health for your pets.

Yearly blood work. Once our Fluffy on Benji gets to be geriatric (older than 8 years of age in cats and small dogs and 6 years of age in larger dogs), it's always a good idea to have yearly blood work done on them. If we can detect a problem early, we can stop or slow down the normal progression before it gets really bad. Even with our younger pets, it is recommended that they have a yearly heartworm test performed on them.

Yearly exams. Although you may not

think it is necessary every time that your pet gets his/her vaccines for the year to receive an exam, it is very important. With just a few questions and a good physical exam, I can find out valuable information about what is going on in your pet's life. I have found several routine problems owners were unaware of or did not think much about it. I've also found some major problems while doing my yearly exam on pets that came in solely for vaccinations. A prime example was about 2 years ago when a cat came in for her vaccines. While doing my exam on the cat, I was asking the owner a series of questions as I was palpating the abdomen. I felt a large mass in the cranial aspect of the abdomen. We

ended up performing an exploratory surgery and removed one entire shoestrapping from the stomach. Apparently Fluffy liked Reeboks. The cat is now living a normal healthy life, however it would have developed serious, if not lethal problems had we not gotten the foreign body out. This is one of MANY the reasons I perform a physical exam with all of my yearly shots instead of just giving the vaccines and sending you out the door.

If you have any questions relating to your pet's health or just would like to see a particular subject discussed in this article, give us a call up at the clinic, 495-3726. We can assist in any way to help you provide a healthy happy life for your pet.

Buying or Selling?

Casey McNeely
For all your Real Estate Needs
806-549-2103 or 806-495-1758

- 2 bedroom 1 bath ch/a for sale with property Great investment.
- Scurry County Ranch - 550 acres 15 miles from Snyder
- 2 Commercial Lots **Under Contract** 160x180 sq. ft. Great Investment
- Nice Country property 2/2 house on 3 acres in Post. Very Nice!
- Ten lots on Hwy #380 Great Investment
- For Sale: 3 bedroom, 2 **Under Contract** bath house on 1/2 acre of Post. Very, Very Nice
- 2 Bedroom, 1 bath house approximately 1,000 sq. ft. Great investment or starter home. 511 W. 15th St. Post, TX
- 3 Bedroom, 1 bath stucco home for sale, with guest house. 1541 sq. ft. 302 W. 10th St. Post, TX
- 1456 Sq. ft. 3 Bedroom, 2 bath house on 3 lots recently updated. 509 W. 7th St.
- 1296 Sq. ft. 3 bedroom 2 bath brick home on 2 lots. 802 6th St. priced to sell.
- "2007" 1500 Sq. ft. 3 bedroom, 2 bath metal house on 1.088 acres located in Turkey Ridge - out by Lake Alan Henry. Very Nice!



1823 State Hwy 300
Levelland, TX
(806) 897-2327

**Pulling Units • Frac Tank & BOP
Rental • Trucking - Winch,
Vac, Kill/ Pump**

Julian Olivo - Area Superintendent
(806) 598-1188

Bruno Zapata - Supervisor
(806) 523-3942

Delfino - (806) 891-2894
Lucas - (806) 891-1048

**Advertise your
business here!
Call 495-2816!**

PACC News

Welcome to our newest Chamber Member - Strawn Transport and Acid Co. We are glad to have this long-time Post business as a part of our organization.

If you missed the Quarterly Members Meeting last week, you missed a great meal provided by the Dalby Unit and a very informative program presented by the South Plains Food Bank. Our next Quarterly Meeting will be on December

8 and sponsored by Xcel Energy.

This weekend, both theaters will have live performances. Ragtown Gospel Theater will present "Deacon and the Pharisee" with performances Friday at 7:30 and Saturday at 3:00 p.m. The Garza Theatre will be opening "Godspell" on Friday, September 9 at 7:30 with another performance Saturday also at 7:30 p.m.

The Post Antelopes will be playing

football at home this Friday night at 7:30 p.m. against Slaton. If you can't attend the game, go to www.postsportspage.com for a live webcast.

Our Community Prayer Breakfast will be Tuesday September 13 at 7:30 a.m. at Citizen's Bank Community Room. Please join us for breakfast as we pray for our citizens.

Congratulations to our Members of the Week:



Silver Member - GARZA COUNTY ANIMAL HOSPITAL



Silver Member - RUBY LANE BOOKS

Post Classifieds

Personal
Post Group Alcoholics Anonymous 10th and Avenue K, behind United Supermarket Tuesday night, 8 p.m. Book Study Thursday night, 8 p.m. Closed Meetings For more info: 806-781-1156 or 806-495-5371 Monday, 8 p.m., Community Recovery Center, 405 S. Ave. C. For more information about the Monday meeting, call 495-3173.

Call our 24 hour Credit Hotline to see if you qualify for a new home loan. 806-894-3883 or 800-375-8739.

New 3 Bed, 2 Bath Just \$255.51 with \$1500 down. 800-830-3515 *29900 Sale Price; \$28400 to Finance @ 9% for 240 months WAC*RB 13949

New Doublewide 5 Bed, 3 Bath Just \$563.21 monthly. Just \$3300 Down* 888-539-7780. *65,900 Sale Price, \$62,600 Financed @ 9% for 24 months WAC*RB11394

Need a Home Now? Don't Wait to Use Your Tax Refund. We Tote the Note 800-830-3515. RB11394 New Doublewides. Payments Starting at Just \$387.77* Cell Now 866-539-7780

Need a New Home Now. Don't wait to use your tax refund. We tote the note RB11394 800-830-3515

Casa Mobile 2011 16' deanchio tiene 3 Recamaras y 2 Danos \$255.51 por mes con \$1500 de entre. Llame a Rene a 800-630-3515 Fince \$29,900 e page el lipico 91/2 240 mesas con credito aprobado. RB11394

Al-Anon
Family Group meeting meets Monday at 7 p.m., Historic Presbyterian Church, 10th & Ave. K, behind United Supermarket. For more information call 495-3053.

The Safe and Serene NA Group of Post now meets on Fridays at the Community Recovery Center, 405 S. Avenue C. For meeting information please contact: Miranda at 806-632-7367.

Thank You
The family of Joann Foreman wishes to thank so many people who helped us so much, in our time of sadness. To the ladies of the Methodist Church, who served our lunch with such loving kindness, we thank-you. To the people of Golden Plains who were so kind to Joann in those last days, we thank-you. To all the doctors and nurses who cared for her during long period of illness, we thank you. To Hudman Funeral Home, Noel, Mike, Ted and Margie for the beautiful service, we thank you. To our wonderful friends, neighbors and family for the food, flowers, cards and prayers and your loving concern, we thank you. May God's Richest Blessings be yours.

Michael Kourek and family
Lisa Morrow and family
Jody Foreman and family
Samantha McCellan and family
Billy Dempsey and family
Tommie Williams and family
Patsy Bilbo and family
Mozelle Rogers and family
Linda Rakestrae and family

Help Wanted
Texas AgriLife Extension Service is accepting applications for Office Manager until September 20, 2010. Applications can be picked up at the AgriLife Extension office or the County Treasurer's office in the Court House. Job description includes answering the phones, manage office supplies, work independently, customer service, advanced computer skills including Word Publisher, Excel and Outlook etc. Benefits available

Garage Sale
Estate Sale: 607 W. 11th Saturday 8:00am-5:00pm. Prices reduced!

Services
Brush Clearing: CRP and general brush clearing. \$100 per machine hour, no hauling fees over 50 hours! Call 325-236-2417 www.sepcaservices.com

Real Estate
MITCHELL REAL ESTATE: Price Reduced!! 3/3/2, central heat/air, fireplace, and sprinkler system. Great location!! 1007 W. 10th Call Barbara 806-495-3987 or Kim 806-543-1055.

FOR SALE: 3 bdrm/1bath/2 car garage. central h/a, MITCHELL REAL ESTATE. Call Barbara 806-495-3987 or Kim 806-543-1055

Now Accepting Applications

Post Housing Authority is now accepting applications for two and three bedroom units.

For information on qualifications, please call 495-2233 or come by office located at 709 Caprock Drive. Office hours are 8:00 AM - 12:00 Noon and 1:00PM - 5:00PM Monday - Friday

postcitydispatch@yahoo.com

Post City Market Place



109 S. 9th on the Square in Slaton
806.828.3253

**Overstocked Sale!
10x12 Morgan Buildings!
Heavy Duty Floors!
Save Big Now!
Call 806-794-7397**

**Advertise your
business here!
Call 495-2816!**



- Used Cars & Trucks
- Portable Buildings
- Car Care Center
- Sign Shop
- U Haul

US 84 and Division Street - Slaton
www.smithsouthplains.com
828-6291 - 1-800-692-4457

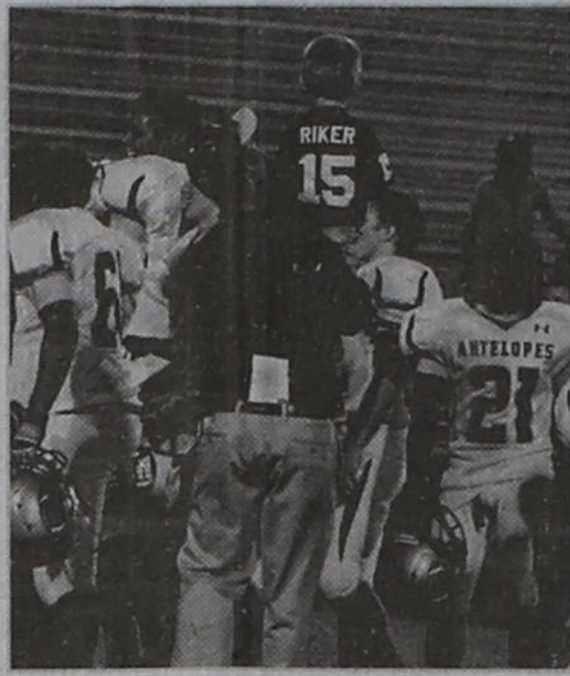


**Call for current prices!
Top prices paid!**

325-573-6862 FOR MORE INFO
208 N. OLD POST RD.
SNYDER, TEXAS 79549
MONDAY - FRIDAY
8:30 A.M. - 5:30 P.M.



DJ Brown gets tough yardage against Lamesa



Father and son celebrate a victory over Lamesa



#21 D.J. Brown finds the going rough against Lamesa

Go Post Bold Gold!

Compliments of
Giles W. Dalby Correctional Facility Management & Training Corporation

Ag TEXAS Clay Miller
FARM CREDIT SERVICES
P.O. Box 923
Ralls, TX 79357
Office (806)253-2506
Fax (806)253-2060
Cell (806)392-3920
clay.miller@agtxas.com

LOANS FOR
Real Estate

Make Red River Farms part of your winning strategy.

Available exclusively at
United
MILK

Post Lady Lopes Volleyball 2011

DATE	OPPONENT	PLACE	TEAM	TIME
8/5 Friday	Olton (Scrimmage)	Away	JV	tba
8/9 Tuesday	Hawley	Away	Freshman/jv	3:00/4:00
8/12 Friday	Midland Greenwood	Away	Freshman/jv	4:30/5:30
8/15 Monday	Colorado City	Away	Freshman/jv	3:00/4:00
8/16 Tuesday	Brownfield	Away	freshman/jv	4:30/5:30
8/20 Saturday	Snyder Tourney	Away	Freshman	TBA
8/23 Tuesday	Brownfield	Home	Freshman	5:00pm
9/3 Saturday	Lubbock Christian	Home	Freshman/jv	4:30/5:30
9/6 Tuesday	Levelland	Away	Freshman	6:00pm
9/10 Saturday	Levelland	Home	Freshman	11:00am
9/27	Colorado City	Home	Freshman	4:30pm
10/1 Saturday	Midland Greenwood	Home	Freshman/jv	10:00/11:00
10/18	Plains	Away	Freshman/jv	4:30/5:30
10/22	Tulia (Dig Pink)	Away	Freshman/jv	4:30/5:30
10/25	Plains	Home	Freshman/jv	4:30/5:30

JH

Aug. 25th @ plains -scrimmage

Sept. 19th @ Hawley- 3 or 4 teams

Sept. 17 JH TOURNEY OLTON- THEY HAVE A FEW OPEN DATES FOR GAMES AS WELL

Nov. 1st @ Post against Plains

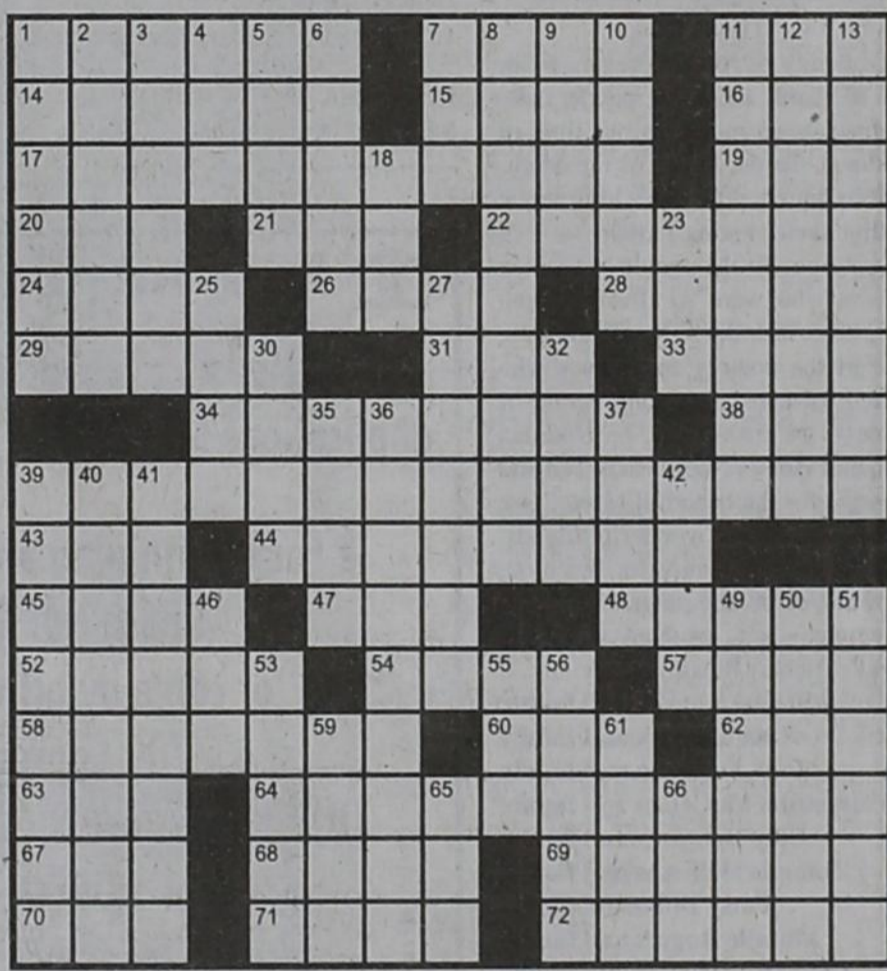
Justice-Mason Funeral Home

CROSSWORD PUZZLE

Justice-Mason Funeral Home
301 West Main Street
806-495-2833

CLUES ACROSS

- Blood vessel obstructions
- Boris Godunov, for one
- Balaam's mount
- Became clear, like weather
- Carve in stone
- "Hold on a ___!"
- Official
- Chinese "way"
- Antiquy, in antiquy
- Assn.
- ___ in a teacup
- Abound
- Forbidden: Var.
- Brings home
- Blew it
- Emeritus: Abbr.
- Thailand, once
- Assigns wrong day
- Calypso offshoot
- Destitute
- Egg cells
- Mosaic tiles
- E-mail, e.g.
- Chinese dynasty
- Parkinson's treatment
- Judge
- ___ tide
- Almond
- Brushed upward
- Appear, with "up"
- What "it" plays
- "Go team!"
- Hairlip (2 wd)
- Affirmative vote
- Hawaiian tuber
- Wading bird
- "Acid" (acronym)
- Black stone
- Silver coins of Turkey

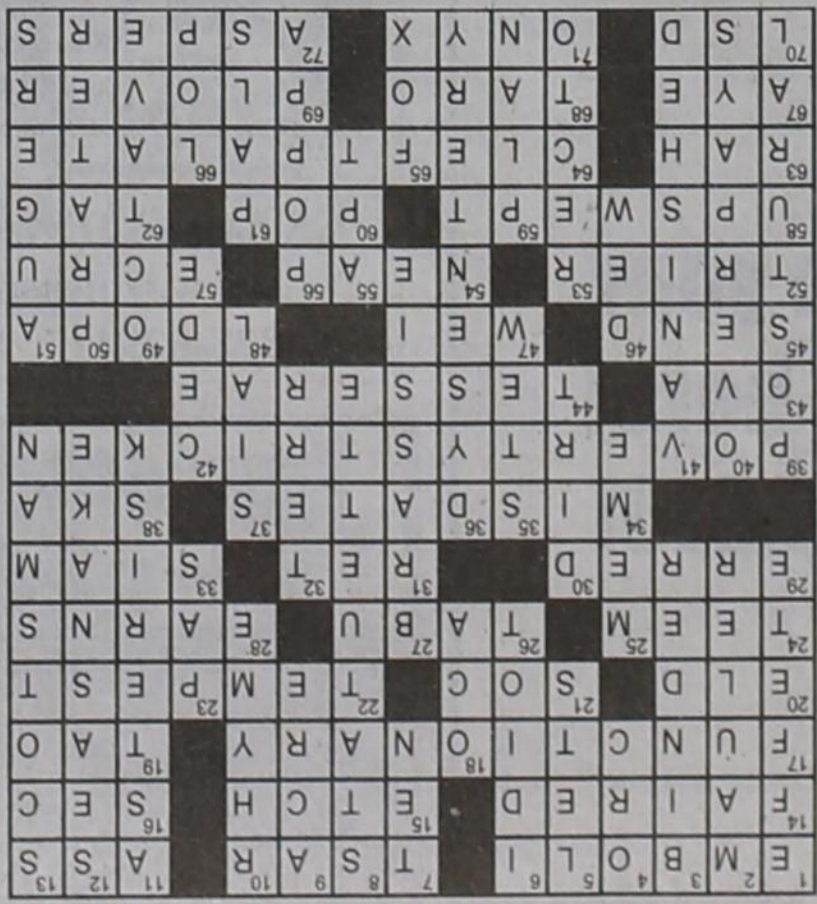


- Intestinal infection
- Rock layer beneath continental landmasses
- Involving the position of the body
- Gives more money than is due
- Disappeared
- Formally surrender
- Drops on blades
- Organ stop
- Loquacious talker
- Plumber's snakes
- Odd-numbered page
- Appropriate
- "Big ___" (Notorious B.I.G. hit)
- Agenda
- Buddies
- Vixen
- Chop (off)

CLUES DOWN

- Decadent
- Ruffian
- Ringed notebook cover
- Mythical monster
- "___ go!"
- Dostoyevsky novel, with "The"
- Big ___ Conference
- Small carved figure
- "God's Little ___"
- Sound-alike lines of verse
- Star-shaped figure referencing a footnote
- Japanese delicacy (2 wd)
- Native of Scotland
- Mozart's "L___ del Cairo"
- ___ de deux
- Same: Fr.
- Two wood (golf)
- Gossip
- Okla., before 1907
- Hasenpfeffer, e.g.

PUZZLE SOLUTION



POST ANTELOPES

YARSITY

DAY	DATE	OPPONENT	LOCATION	TIME
Sat.	Aug. 13 th	Ralls-scrimmage	Post	10:00(JV, V)
Thr.	Aug. 18 th	Abernathy-scrimmage	Abernathy	6:30(JV, V)
Fri.	Aug. 26 th	Sundown	Sundown	7:30
Fri.	Sept. 2 nd	Lamesa	Lamesa	7:30
Fri.	Sept. 9 th	Slaton	Post	7:30
Fri.	Sept. 16 th	Floydada	Post	7:30
Fri.	Sept. 23 rd	Forsan	Forsan	7:30
Fri.	Sept. 30 th	Anson	Post	7:30
Fri.	Oct. 7 th	Coahoma	Coahoma	7:30
Fri.	Oct. 14 th	Idalou	Post	7:30
Fri.	Oct. 21 st	Stanton	Stanton	7:30
Fri.	Oct. 28 th	Hawley	Post	7:30
Fri.	Nov. 4 th	Open		

*District 2-AA Game

^Homecoming

Junior Varsity

Aug. 25	Sundown	Home	6:00
Sept. 1	Lamesa	Home	6:00
Sept. 8	Slaton	Away	6:00
Sept. 15	Floydada	Away	6:00
Sept. 22	Forsan	Home	6:00
Sept. 29	Anson	Away	6:00
Oct. 6	Coahoma	Home	6:00
Oct. 13	Idalou	Away	6:00
Oct. 20	Stanton	Home	6:00
Oct. 27	Hawley	Away	6:00
Nov. 3	Open		

Junior High

Sept. 8	Slaton	Home	5:00, 6:30
Sept. 15	Floydada	Home	5:00, 6:30
Sept. 22	Forsan	Away	5:00, 6:30
Sept. 29	Anson	Home	5:00, 6:30
Sept. 6	Coahoma	Away	5:00, 6:30
Oct. 13	Idalou	Home	5:00, 6:30
Oct. 20	Stanton	Away	5:00, 6:30
Oct. 27	Hawley	Home	5:00, 6:30
Nov. 3	TRA		

Post ISD Administration

Mike Comeaux- Superintendent
John Berry- HS Principal
Marvin Self- MS Principal
Staci Marts- Elm. Principal
Steve Smith- AD/Head Football



Contact Information

High School 806-495-2770
Athletics Ext. 211
FAX 806-495-2945
WEB www.postisd.net
Address 501 S. Ave. K / 79356

Have A Story? Find The Post Dispatch on Facebook And Tell Us About It

Thanks for Reading the Post Dispatch

OPINION



The Paperboy

The memories come flooding back

By CHRIS BLACKBURN

Sunday marks the tenth anniversary of one of the worst days of my life. A day, that for a number of hours, had me believing the world - as we knew it - was changing forever. It did.

On 9-11, a simple plan of hate and destruction was carried out and thousands died. Just imagine, it could have been worse.

I remember the sick feeling I had in the pit of my stomach. I remember the anger I felt in my heart. I remember the confusion I felt in my head. Most of all, I remember the sadness.

We lost so much that day on such a large scale, I wondered if we'd ever recover. America's greatest city and our nation's capital had been taken to their respective knees.

Honestly, the evening of September 11, 2001, I thought was just the beginning. We would be living in a world where terrorist attacks on our soil would be commonplace. Terror would reign and normalcy was going to be beyond our reach for decades.

It took years to heal both emotionally and financially, but we did recover.

Despite what you may think of Presidents Bush and Obama, for ten years, we've been safe. Numerous plots

have been foiled and by the grace of God, we have not suffered anything remotely close to the dark day of 9-11.

Our government has not been perfect, but they have done job one very well. Apart from the policies and rhetoric, Americans should take a deep breath Sunday and realize this fact and thank God for those who have kept us safe for a decade. For all of our faults, on both sides of the aisle, they have been on the same page in this endeavor and it has worked.

Let us also remember our fighting forces which have been at war for nearly a decade. You can think what you want about the justification of the wars we've fought, but there is not a doubt in my mind that making the terrorists worry about the safety of their own backyard has made our backyard safer.

Once we end the wars and bring our troops home, I seriously doubt they will get the victorious celebration they deserve. Because unlike our great wars, we will receive no surrender from the defeated. However, that should never diminish the sacrifice made by the thousands which have given their lives for this country and the thousands more injured both physically and mentally.

Sunday, my wife was watching one of the many television shows which has focused on the anniversary. My oldest son Jackson, 8, sat in her lap and watched. I could tell,

by watching his eyes that he was shocked that something so tragic took place just a short time before he was born.

After the show, we talked about that day and how it unfolded. We spoke about the heroes of that day and how it changed the country. For an innocent child, the fact there are truly evil people out there wanting to kill Americans took him by surprise. I admit, it still takes me by surprise.

Every one of us has our own 9-11 story. Where you were, what you were doing and how you reacted will be the topics of discussion for many of us the rest of the week. Sure we'll talk about the game Friday and about who posted what on Facebook, but at some point each day leading up to Sunday's anniversary, 9-11 will creep into the conversation. It should.

I encourage each of you to have those conversations. Let the memories come flooding back. Harken back to the day that changed our world forever. Because when you do, it puts things in perspective. It makes you appreciate the sacrifices made to keep your family safe. As we've become accustomed to hearing this time of year: never forget!

Copyright Christopher Blackburn 2011

Christopher Blackburn is the president of Blackburn Media Group, owner of this publication.

Report finds that taxpayer dollars support the 'Big Green' agenda

By REBEKAH RAST

Lawsuits against a power-hungry government agency like the Environmental Protection Agency (EPA) are inevitable.

The lawsuits come from all sides and all entities. For example, citizens and states might sue the EPA for overregulation of an industry that could lead to lost jobs and revenues. Green groups might sue the EPA because they feel it hasn't done enough to over-regulate businesses or to expand enforcement of current environmental laws.

But it is important to note that in many cases the EPA and Treasury Department are required to award attorney's fees to those plaintiffs that successfully dispute the EPA. And because the Justice Department is what defends the EPA in court cases, your tax dollars are what are used to pay the opposing sides' attorneys.

It just so happens that with some thorough research by Senators Jim Inhofe, R-Okla., and David Vitter, R-La., and a report from the Government Accountability Office (GAO), some light was shed on just how much taxpayer money is spent on these environmental court cases and who benefits.

What was discovered is jaw-dropping. The GAO report found that in addition to attorney's fees awarded, the Justice Department spent at least \$43 million in taxpayer dollars defending EPA in court from 1998 to 2010. That doesn't include the fact that Treasury paid about \$14.2 million from fiscal year 2003 through 2010 and the EPA paid approximately \$1.4 million from fiscal year 2006 through 2010.

Because most people don't have millions of dollars on hand

to sue the EPA if need be, these statutes were put into place so citizens and industries could afford to bring charges against the federal government. However, less than 20 percent of awarded money has been given to private industries, citizens, state agencies and associations combined. This begs the question, what were the largest beneficiaries of these payouts?

The three primary beneficiaries from 1998 to 2010 were: Sierra Club, Earthjustice and Natural Resources Defense Council (NRDC). Total amounts these organizations received from all attorney fees paid to EPA litigants combined was at least 41 percent of the total payouts. Earthjustice alone received 32 percent, as indicated by this report.

Go figure that the primary beneficiaries of statutes set to protect citizens and private industries would instead be awarded to environmental groups that want nothing more than to extend the power and grasp of the federal government's EPA.

Even more striking was the payout to all environmental groups (ENGOs), which in total was 82 percent.

"This fund has turned into nothing more than a taxpayer slush fund designed to pay environmental attorneys whose sole function is to further the scope and power of environmental laws, which kill industries and those jobs vital to America," says Bill Wilson, president of Americans for Limited Government.

Further proving Wilson's point is a press release from Sen. Vitter's office. It claims that in 2008 alone, the NRDC received \$3.5 million in taxpayer money "as it pursued litigation that would imperil the jobs of tens of thousands of energy industry employees in Louisiana alone."

What may be worse is there is almost no accountability or

transparency in how the judgment funds are dispersed. For example, the GAO could only provide the Senators with data from recent years, rather than the past 15 years, as they requested.

Also, the GAO report stated that the government may also incur other costs associated with litigation, including the costs of revising regulations in response to lawsuits, EPA overhead costs, and costs associated with delays in EPA permitting, but did not have reliable data to quantify these costs.

Sen. Vitter responded to the report in his press release stating, "The GAO report shows that taxpayers have been on the hook for years while 'Big Green' trial lawyers have raked in millions of dollars suing the government. Even worse, because of sloppy record keeping by the EPA and other agencies and a lack of cooperation by the Justice Department, we're not even sure how bad the problem really is."

Taxpayer money has no business going towards furthering the goals of environmental groups, and unfortunately, even in light of this report, Justice Department officials have no plans to make the payout process more transparent or responsible.

If organizations like NRDC, which had a reported \$181,427,464 in net assets in 2009, want to sue the EPA, it should do so with its own funds, not those of the taxpayer. It makes little sense to reward environmental groups with taxpayer money to file lawsuits directed at putting taxpayers out of work.

Besides, in this administration these environmental groups and the EPA have too much power as it is.

Is wind our least sustainable energy option?

By PAUL DRIESSEN

President Obama and a chorus of environmentalists, politicians, corporate executives and bureaucrats are perennially bullish on wind power as the bellwether of our "clean energy economy of the future."

In reality, wind energy may well be the least sustainable and least eco-friendly of all electricity options. Its shortcomings are legion, but the biggest ones can be grouped into eight categories.

Land. As American humorist and philosopher Will Rogers observed, "They ain't making any more of it." Wind turbine installations impact vast amounts of land, far more than traditional power plants.

Arizona's Palo Verde nuclear plant generates 3,750 megawatts of electricity from a 4,000-acre site. The 600-MW John Turk ultra-supercritical coal-fired power plant in Arkansas covers part of 2,900 acres; two 600-MW coal-fired units in India use just 600 acres. Gas-fired units like Calpine's 560-MW Fox Energy Center in Wisconsin require several hundred acres. All generate reliable power 90-95 percent of the year.

By contrast, the 600-MW Fowler Ridge wind installation (355 turbines) spans 50,000 acres of farm country along Indiana's I-65 corridor. The 782-MW Roscoe project in Texas (627 turbines) sprawls across 100,000 acres. Oregon's Shepherds Flat project (338 gigantic 2.5 MW turbines) covers nearly 80,000 wildlife and scenic acres along the Columbia River Gorge, for a "rated capacity" of 845 MW.

The Chokecherry-Sierra Madre project will blanket some 320,000 acres of sage grouse habitat and BLM land in Wyoming with 1,000 monstrous 3-MW turbines, to generate zero to 3,000 MW of intermittent power. That's eight times the size of Washington, DC, to get an average annual output one-fourth of what Palo Verde generates 90 percent of the time. But C-SM has already received preliminary approval from BLM.

To replace just 20 percent of the United States' 995,000 MW of total installed generating capacity, we would need to blanket an area the size of Kansas with wind turbines, and then add nearly a thousand 600-MW gas-fired backup generators ... and thousands of miles of new high voltage transmission lines.

Raw materials. Wind turbine installations require vast amounts of steel, copper, rare earth metals, fiberglass, concrete, rebar and other materials for the turbines, towers and bases.

A single 1.7 MW wind turbine, like 315 of the Fowler Ridge units, involves some 365 tons of materials for the turbine assembly and tower, plus nearly 1100 tons of concrete and rebar for the foundation. Bigger units require substantially more materials. Grand total for the entire Fowler wind installation: some 515,000 tons; for Roscoe, 752,000 tons; for Shepherds Flat, 575,000 tons; for Chokecherry, perhaps 2,000,000 tons.

Offshore installations need far more raw materials.

To all that must be added millions of tons of steel, copper, concrete and rebar for thousands of miles of transmission lines — and still more for mostly gas-fired generators to back up every megawatt of wind power and generate electricity the 17 hours of each average day that the wind doesn't blow.

Money. Taxpayers and consumers must provide perpetual subsidies to prop up wind projects, which cannot survive without steady infusions of cash via feed-in tariffs, tax breaks and direct payments.

Transmission lines cost \$1.0 million to \$2.5 million per mile. Landowners get \$5,000+ per turbine, plus royalties on all energy produced from the turbine, plus payments for every foot of access road and transmission lines. However, taxpayers pay more, while the landowners' neighbors suffer property devaluation, scenic disruption, noise, health problems and interference with crop spraying, but no monetary compensation. Direct federal wind energy subsidies to help cover this totaled \$5 billion in FY 2010; state support added billions more; still more billions were added to consumers' electric bills.

The Other People's Money well is running dry. The "man-made catastrophic climate change" thesis behind the wind energy campaign is in shambles. Voters and consumers are understandably fed up.

Energy. Mining, quarrying, drilling, milling, refining, smelting and manufacturing operations make the production of metals, concrete, fiberglass and resins, turbines, and heavy equipment to do all of the above very energy-intensive. Ditto for transporting and installing turbines, towers, backups and transmission lines. That takes real energy: abundant, reliable, affordable — not what comes from wind turbines.

In fact, it probably requires more energy to manufacture, haul and install these monstrous Cuisinarts of the air and their transmission systems than they will generate in their lifetimes. However, no cradle-to-grave analysis has ever been conducted, for the energy inputs or pollution outputs. We need one now.

Health. Whereas environmentalists garner scary headlines over wildly speculative claims about health dangers from hydraulic fracturing (to extract abundant natural gas for wind turbine backup generators), they ignore and dismiss a growing body of evidence that wind turbines cause significant health problems.

Principal health issues are associated with noise — not just annoying audible noise, but inaudible, low-frequency "infrasound" that causes headache, dizziness, "deep nervous fatigue" and symptoms akin to seasickness. "Wind turbine syndrome" also includes irritability, depression, and concentration and sleep problems. Others include "shadow flicker" or "strobe effect" from whirling blades, which can trigger seizures in epileptics, "vibroacoustic" effects on the heart and lungs, and non-

lethal harm to animals. Serious lung, heart, cancer and other problems have been documented from rare earth mining, smelting and manufacturing in China, under its less rigorous health, workplace and environmental regulations.

To date, however, very few health assessments have been required or conducted prior to permit approval, even for major wind turbine installations. Perhaps the trial lawyers' guild could redress that oversight.

Environment. Raptors, bats and other beautiful flying creatures continue to be sliced and diced by wind turbines. Thankfully, the Bureau of Land Management has included an "avian radar system" to track the slaughter within its 500-square-mile Chokecherry region — and banned mining among the turbines.

Wind turbines are supposed to reduce pollution and carbon dioxide emissions. But because backup generators must repeatedly surge to full power and back to standby, as wind speed rises and falls, they operate inefficiently, use more fuel and emit more — much like cars forced to stop repeatedly on freeways.

Jobs. The myth of "green jobs" is hitting the brick wall of reality. While the turbines are installed in the USA and EU, far more numerous mining and manufacturing jobs are in China, where they are hardly "green." As Spanish and Scottish analysts have documented, the "green" installer and maintenance jobs cost up to \$750,000 apiece — and kill 2.2 to 3.7 traditional jobs for every "eco-friendly" job created.

Electricity costs and reliability. Even huge subsidies cannot cure wind power's biggest defects: its electricity costs far more than coal, gas or nuclear alternatives — and its intermittent nature wreaks havoc on power grids and consumers. The problem is worst on hot summer afternoons, when demand is highest and breezes are minimal. Unable to compete against cheap Chinese and Indian electricity and labor, energy-intensive industries increasingly face the prospect of sending operations and jobs overseas. Bayer Chemical's warning that it may have to close its German facilities is just the tip of the iceberg.

When it comes to wind, Nat King Cole might have sung: "Unsustainable that's what you are, unsustainable though near or far. Unsustainable in every way, and forever more that's how you'll stay." Maybe not forever, but certainly for the foreseeable future, especially compared to increasingly abundant natural gas.

So take a hint from Spoon's lively tune and "cut out the middleman." Forge a direct relationship with energy you can afford, energy that works nearly 24/7/365, energy that causes the least ecological damage and is far more sustainable than wind power: the hydrocarbon, hydroelectric and nuclear power that have sustained our society and brought unprecedented health, prosperity and living standards to billions.

Then help the planet's least fortunate people to do likewise.

LEGENDS...

GARZA COUNTY HISTORICAL MUSEUM

By Linda Puckett

Seventy-six years ago- February 7, 1935, is a date many Post residents will never forget. That was the day that Garza County Sheriff W.F. Cato shot and killed a Federal drug agent by the name of Spencer Stafford.

Over the years, I have heard and read various stories concerning this event. Many of which are somewhat embellished or "he said-she said" etc. In the early years as director of the museum, I've had lots of inquiries regarding the case, but we had very little in our

files* to tell us what occurred that day. Since then, our file has grown somewhat, thanks to Terry Cross, of Dallas, who has shared with me much of the information that he has been able to uncover over the years.

Some months back, a couple came into the museum, wishing to donate a booklet of copies containing newspaper clippings that covered most of this event and the trial that followed. Their names were Sonny and Linda Cato. Sonny was the youngest child of Sheriff Cato; I believe he was born about four months after his fa-

ther's death.

You'll find that what I am writing about Sheriff W.F. Cato and others who were involved in or were associated with the case, was taken from various newspaper accountings around the State of Texas. I only hope that it will not be offensive to anyone. The following was the headline and story, accounting what went down on that dreadful day, shocking the citizens of Post and changing the lives of many people forever.

GARZA SHERIFF SHOOT'S MAN; IS SILENT-POST, FEBRUARY

7, 1935

Spencer Stafford, a federal narcotics agent, of Fort Worth was shot and killed here late this morning by Sheriff W.F. Cato of Garza County.

Sheriff Cato soon afterward said he had fired in self-defense, County Attorney H.G. Smith said.

The shooting occurred about 11:30 o'clock in front of Dr. L.W. Kitchen's veterinary hospital two blocks south of the main street.

Stafford and V.C. McCullough of Dallas, agents of the narcotics division of the treasury department, were in Post as investigators.

What precipitated the shooting was not determined immediately, but earlier that morning, Garza County Sheriff W.F. Cato, had been informed that two men, wearing guns were in Post. He (Cato) deputized Tom Morgan, a farmer, and the two went to the veterinary hospital in Cato's automobile, the radiator front of which bore a sheriff's emblem. After arriving at the Veterinary hospital with his civilian deputy, Sheriff Cato went to the agent's automobile that was parked nearby, supposedly to search it. [There seemed to be possibly two individuals sitting in the car]

Stafford, who evidently died instantly, suffered from five wounds but was only struck by four bullets from a pistol. He was shot through the heart, twice in the chest and once in the abdomen. His right hand and forearm were wounded, by one of the bullets that penetrated the chest. It hit glancing, following the ribs and emerged from the back. No others were

wounded.

Whether Stafford had drawn his gun was not determined immediately. An unidentified woman was reported to have accompanied the two narcotics agents. Whether she was a figure in a large-scale undercover drug traffic investigation that was underway in this region was not determined.

When asked for a statement early this afternoon, Sheriff Cato said: "I have nothing to say. You'll have to see my attorney."

This newspaper clipping accurately describes what occurred mid-morning of February 7th, but apparently this was just the tip of the iceberg, the real story seems to be what led up to this confrontation. Apparently the narcotics agency stayed pretty busy monitoring the sale and use of morphine and cocaine. To make it clear to the reader, just so you know, drugs were prevalent everywhere, not just Post, Texas.

Mixed in the court indictments, is the story of another well-known physician- Dr. J.H. Wayland-72 year old founder of Wayland Baptist College, Plainview, Texas. He was charged with, and pled guilty to, of not making a record of sales of 10,250 grains of morphine from August 8, 1933 to November 22, 1934. It was noted that he had lived in the area since 1891, and had asked the court for mercy. Dr. Wayland's attorney was Charles Clements, who told the court that his client had been liberal with his money, but now he had been in a distressed condition both financially and physically.

Dr. Wayland stated that he had always tried to be an honest citizen and a law abiding man. He told the court, "I never turned down a call in all my life. I carried my blankets, and when my team (horses) gave out, I slept there." He said, "The great bulk of that medicine was not given to addicts." He said he had 2000 pills still on hand. He even told of using morphine in treatment of venereal disease.

Judge Wilson, having listened to the doctor's statement, gave his understanding of the narcotics law, commenting, "Nobody seems to know any too much about this law." In passing judgment, "We'll just treat this as a mistake and not a crime." Judge Wilson said, "I'll suspend any imposition of any punishment."

Well, that was Dr. Wayland's story, and on the docket were new indictments returned against Doctor's Kitchen and Hartman of Post. [They were not so lucky, but then again they had not founded a college either. Just thought I would add that]

Dr. Kitchen, a veterinarian pleaded guilty of three sales of morphine, totaling 29 grains. All were to federal informers, Eva Michelle and D.L. Lowery. The physicians pleaded guilty to six sales of narcotics to the informers. One count was dismissed in each indictment.

District Attorney Eastus said convictions of Doctor's Kitchens and Hartman brought the total of narcotics convictions in this division to 38 doctors and 13 druggists in eight months.

It would appear that the dilemma that happened in Post, escalated from a sting operation fueled by the sale of drugs to drug addicts aka paid informers, that went very bad. This issue of Legends is only the prelude to what would become the most talked about drug and murder case ever to happen in West Texas.

Don't miss next week, as we peel back the layers and reveal some very incriminating evidence, in part-2 of the Cato story.

Please Help Me!



Call your Sheriff's Office

@ 990-9959 to Report Cases of

Animal Abuse & Cruelty

\$500 Reward

For Information leading to the Arrest and Conviction of those involved in Animal Cruelty and Neglect

(Including Dog or Chicken Fighting Activities)

SPONSORED BY THE GARZA COUNTY ATTORNEY'S OFFICE

Clay Miller

AG TEXAS

FARM CREDIT SERVICES

P.O. Box 923
Ralls, TX 79357
Office (806)253-2506
Fax (806)253-2060
Cell (806)392-3920
clay.miller@agtexas.com

LOANS FOR
Real Estate

Prices Good Thru 10/1/11



Store #61
409 N Broadway St
806-495-4146
Store #124
402 W 8th Street
806-495-4069



SAVE ON
Potatoes
5 LB. BAG
\$2.99



10 LB. BAG **\$3.99**

GATORADE
Thirst Quencher
32 OZ.



2 \$3 FOR



WITH SPOON
Blue Bunny Personals
EACH **99¢**

ASSORTED FLAVORS
Brisk Tea
1 LITER



99¢

SUNSHINE
Cheez-Its Crackers
3 OZ.



2 \$2 FOR

Mtn Dew Soda
20 OZ.



99¢

ROCK STAR Energy Drink
16 OZ.



2 \$3 FOR

BUY 12 GALLONS OF FRESH
ALLSUP'S MILK
GET ONE
FREE!



BLUE BUNNY BIG BOPPER
EACH **\$1.99**



ASSORTED FLAVORS
PEPSI
6 PACK
2 \$4 FOR

Allsup's Sandwich Bread
24 oz. **2 \$1.49 FOR**

Western Family Bath Tissue
4 roll pkg. **99¢**

Allsup's Wheat Bread
24 oz. **2 \$1.69 FOR**

Western Family Paper Towels
2 ply roll **79¢**

Jack Link's Chews
each **99¢**

Blue Bunny Premium Sundae Bar
each **\$1.99**

Jack Link's Jerky
1.5 oz. **2 \$7 FOR**

Brownie Baker Muffin
each **99¢**

Slim Jim Giant Stick
each **99¢**

Chiquita or Florida's Natural Juice
(premium juices not included) 16 oz. **2 \$2.50 FOR**

When it comes to running, the hips don't lie

HOUSTON - Is running turning into a pain in the knees? It might actually be the hips that need your attention, according to a sports medicine expert at Baylor College of Medicine (www.bcm.edu).

"The knees are usually the victims of the biomechanics that people run with," said Dr. Joseph Chorley (<http://www.bcm.edu/pediatrics/sportsmedicine/index.cfm?pmid=17579>), associate professor of pediatrics-adolescent and sports medicine at BCM and Texas Children's Hospital (www.texaschildrens.com).

When runners have knee pain, it's usually related to foot or hip problems. If a runner is not in control at the foot, ankle or hip, the knee is what gets twisted, has to overwork and develops irritation.

"Knee pain is the most common injury in running, and the highest incidence for this pain occurs in new runners during their first one to two years of running," said Chorley, who has been one of the medical directors for the Houston Marathon since 1997.

Although anti-inflammatory medications, ice and

bandages may be helpful, they may not address the underlying causes. Chorley makes the following suggestions:

- Stretch properly before running
 - Don't increase mileage by more than 10 to 15 percent per week
 - Take a break and walk when knee pain begins
 - Replace shoes every six to nine months or every 500 miles
 - Know what your foot type is and be sure you have proper cushioning
- However, there are some symptoms that may indicate a more severe problem:
- Fluid accumulating in the knee
 - Painful popping or a mechanical sensation
 - Someone who had a previous structural injury such as torn ACL or PCL that's now experiencing pain

Anyone experiencing these symptoms should consult a sports medicine physician.

Cross-training and strengthening exercises are also helpful for knee pain. Running three days a week and taking breaks between the days to do other exercises such as yoga and Pilates helps the body re-

cover. These exercises also help strengthen the hips, which takes the stress off of the knees. Any exercises that help strengthen the core, glutes or hamstrings are helpful.

Chorley also suggests working on technique to help use the hips properly while running. One way to do this is to shorten the stride - make sure the foot does not hit the ground too far from the body. This makes it hard to keep momentum and makes it hard for the hip to maintain balance. It also causes a shock to the knee cap.

It's also important to maintain posture when fatigue sets in, Chorley said. Many people tend to run hunched over and bent at the hips when fatigued, which puts too much force on the hips and thus the knees.

Taking a multi-vitamin can be helpful for runners, and fish oil is good for long distance runners.

"I think that everybody can be an athlete," said Chorley. "Part of being an athlete is finding what activity you're good at. Some people are born to run, and others have to work on their mechanics and endurance to make sure they are running with proper form."

Local leaders attend statewide conference

AUSTIN - County Judge Lee Norman joined other leaders of many of Texas' 254 counties in Austin last week to hear legislators and local government experts discuss how the outcome of the 2011 state legislative session will affect their counties and their local taxpayers.

Judge Norman attended the Texas Association of Counties (TAC) post-legislative conference Aug. 24-26 in Austin, where U.S. Sen. John Cornyn (R-Texas) wrapped up the event with a talk on national issues affecting Texas and local governments.

"The conference was an important learning experience, as we in county government deal with the reality of more austere budgets and trying to keep local tax rates as low as possible for our constituents," Judge Norman said. "Discussing with our peers different ideas for coping with these tough economic times was particularly important."

Judge Norman discussed Garza County issues with the Executive Director Adan Munoz, Jr and Chairman of the Commission Judge Donna Kleager.

Almost 800 county officials registered for the conference, at which also included important sessions with Texas Commissioner of Agriculture Todd Staples, state Reps. Tryon Lewis (R-Odessa) and Veronica Gonzales (D-McAllen) and former state Rep. Fred Hill of Richardson. The conference included special recognition of three state legislators for their work with county officials - Sen. Royce West (D-Dallas) and Reps. Garnet Coleman (D-Houston) and Harvey Hilderbran (R-Kerrville).

Due to state budget cuts and a tight economy, county officials were much interested in unfunded mandates and cuts to state programs that could translate into higher costs at the local level.

The attendees broke into round-table discussions on topics such as health care, redistricting, indigent defense, juvenile justice and election law changes.

Keynote speaker Evan Smith, CEO and editor-in-chief of the Texas Tribune, gave his take on Texas politics.

Many of the county officials also earned hours of required continuing education at the conference.

Commission Adopts Revisions to Aerial Management Permit

AUSTIN - Effective Sept. 1, qualified individuals can pay to take depredate feral hogs or coyotes from a helicopter under rules adopted by the Texas Parks and Wildlife Commission.

The commission at its Thursday, Aug. 25 public meeting approved permit requirements for implementation of HB-716 passed by the 82nd Texas Legislature. The new law is aimed at helping manage feral hogs or coyotes by allowing qualified landowners or their agents to participate in management of feral hogs or coyotes from a helicopter. Previously, a person was prohibited from paying, bartering or exchanging anything of value to partici-

pate as a gunner or observer from an aircraft.

About 130 helicopter operations are currently permitted by the Texas Parks and Wildlife Department to conduct aerial management of depredate feral hogs or coyotes. The new rules permit qualified landowners or their qualified agents to pay these helicopter operators to participate in aerial operations.

To qualify, landowners or landowner agents must have on file with TPWD a completed Landowner's Authorization to Manage Wildlife or Exotic Animals by Aircraft (LOA) form. There is no application fee to become quali-

fied, but the LOA does not take effect until TPWD issues an authorization number.

Individuals convicted of a federal Lacey Act violation, or a Parks and Wildlife Code Class A misdemeanor or felony, are prohibited from obtaining an aerial management permit, and from being a gunner, observer or pilot under an aerial management permit.

Feral hog populations in Texas are estimated at upwards of 2 million. According to a Texas Department of Agriculture study, each hog is responsible for \$50-500 in damage to agriculture and wildlife habitat annually.

CITATION BY PUBLICATION - TRC 109 & 114

Cause No. 11-05-06580

JACOB MEADOR	X	IN THE 106TH DISTRICT COURT
VS.	X	OF
MORGAN COOK	X	GARZA COUNTY, TEXAS

TO: MORGAN COOK, Defendant- GREETING

NOTICE TO DEFENDANT: "You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 a.m. on the Monday next following the expiration of 42 days after the date this citation was issued, a default judgment may be taken against you."

You are hereby commanded to appear by filing a written answer to the Plaintiff's Petition at or before 10:00 o'clock A.M. on the Monday next after the expiration of 42 days after the date of issuance of this citation before the Honorable District Court of Garza County, at the Courthouse in said County in Post, Texas. Said Plaintiff's Petition was filed in said court on the 20th day of May 2011 in the above entitled cause.

A brief statement of the nature of this suit is as follows, to-wit: Defendant did operate said vehicle in violation of various civil and/or criminal statutes of the State of Texas, as is more fully shown by Plaintiff's Petition on file in this suit.

Issued and given under my hand and seal of said Court at Post, Texas this 11th day of August 2011.

Attorney for Plaintiff: Ted A. Liggett 1001 Main, Suite 300 Lubbock, TX 79401	Clerk of the Court: Jim Plummer P. O. Box 366 Post, TX 79356
--	---

By Lynn Rodriguez Deputy

OFFICER'S RETURN

Came to hand on the 15 day of August 2011 at 8:46 o'clock A M and executed this citation by delivering the same to the Post Dispatch, a newspaper published in the County of Garza, State of Texas, to be published four times, once in each week for 4 consecutive weeks. Said publications were made respectively on the: 8/19/11 8/26/11 9/2/11 9/9/11

the first publication to begin at least 28 days before the return day hereof. A printed copy thereof will be returned to the clerk of this court and attached hereto.

Fees \$ 50.00	<u>Daniel Harbo</u> , Sheriff/Constable
Printer..... \$ _____	Garza County, Texas
	By <u>Brian Smith</u> Deputy

Advertise your business here!
Call 495-2816!

6 Week Childbirth Preparation Class
Tuesdays, 7:00pm - 9:00pm
Cogdell Memorial Hospital Boardroom

Registered Nurses trained and skilled in Obstetrics teach expectant parents about:

- Birthing methods
- Pregnancy complications
- What happens after you give birth
- Breastfeeding and caring for your baby
- Safety for baby: Infant CPR, Choking and Shaken Baby Syndrome
- And much more

Childbirth classes will build your confidence in your body's ability to give birth.

You can discuss your fears about labor and birth with the instructors and other couples with the same concerns.

Your partner will learn about childbirth and how to support you on the big day. You may find that attending childbirth classes together will create a special bond.

Class schedules can be found at www.cogdellhospital.com
Please register in advance using our online registration or by calling the OB department at 325 574-7150

As a service to our community there is no charge for these classes.

Follow us on Facebook!

NOTICE OF TAX REVENUE INCREASE

The COMMISSIONERS OF GARZA COUNTY (name of taxing unit) conducted public hearings on 9-2-2011 and 9-8-2011 (date of first hearing) (date of second hearing) on a proposal to increase the total tax revenues of GARZA COUNTY (name of taxing unit) from properties on the tax roll in the preceding year by 5.02 percent. (percentage by which proposed tax rate exceeds lower of rollback rate or effective tax rate calculated under this chapter)

The total tax revenue proposed to be raised last year at last year's tax rate of .36 (insert tax rate for the preceding year) for each \$100 of taxable value was 2,988,751 (insert total amount of taxes imposed for the preceding year)

The total tax revenue proposed to be raised this year at the proposed tax rate of .37809 (insert proposed tax rate) for each \$100 of taxable value, excluding tax revenue to be raised from new property added to the tax roll this year, is 3,187,062 (insert amount computed by multiplying proposed tax rate by the difference between current total value and new property value.)

The total tax revenue proposed to be raised this year at the proposed tax rate of .37809 (insert proposed tax rate) for each \$100 of taxable value, including tax revenue to be raised from new property added to the tax roll this year, is 3,196,046 (insert amount computed by multiplying proposed tax rate by current total value.)

The GARZA COUNTY COMMISSIONERS COURT (governing body of the taxing unit) is scheduled to vote on the tax rate that will result in that tax increase at a public meeting to be held on 9-16-2011 (date of meeting) at COMMISSIONERS COURT-GARZA COUNTY COURTHOUSE 300 W MAIN POST TX 79356 (location of meeting, including mailing address) at 9:00 A.M. (time of meeting)

out of his day to really educate me about my horse. That one conversation changed my life forever. Enough about mushy old me...let's get back on subject.

The first issue we are going to discuss is the importance of routine teeth care. No, I'm not talking about brushing your horse's teeth. Can you imagine the size of toothbrush and the amount of toothpaste you would need for one horse? It would probably cost a fortune even WITH coupons. Oh, my wife would be proud I thought of that! Alas my mind wanders. Sorry. A horse's teeth continue to erupt (grow, get longer) throughout its life. This can cause several problems throughout the years. Most horses need their teeth filed down or as we vets refer to it, "floated" once a year. Believe it or not, younger horses need their teeth floated more often than older horses since their teeth are softer and develop points faster. These sharp points can cut the tongue or cheeks and cause ulcers. Some horses develop wave mouths where the teeth wear unevenly and need corrective work done to level the mouth. Just like with most health issues, it is easier to prevent dental problems rather than correct them.

As far as yearly vaccinations go, I recommend Encephalomyelitis, the Eastern, Western & Venezuelan vaccination, West Nile, Tetanus Toxoid, Rhinopneumonitis, Influenza, Strangles, and Rabies. That's a lot of words isn't it? Vaccines

can be confusing. Here's where your vet comes in the picture to answer questions, educate about these diseases, and to offer advice on how to protect your pet. I consider vaccines to be cheapest form of insurance for protecting your horse from something that could have been easily prevented. I have several clients come in and ask which vaccines I consider to be the most important. Aside from me recommending ALL of the vaccines mentioned above, if I had to choose there are two crucial vaccines I recommend for every horse owner...Rabies and West Nile. Both of these diseases can have devastating, if not lethal, effects on a horse. What you use your horse for will determine whether your horse needs yearly vaccines or vaccines every 6 months.

One of the most overlooked aspects of the horse health is de-worming. Horses need to be de-wormed every 3 months and its recommend you alternate de-wormer each time. When I say 'alternating' de-wormers, I'm talking about alternating the active ingredient, not the name of the de-wormer. There are four main de-wormers out on the market. Active ingredients are ivermectin, moxidectin, fenbendazole, and pyrantel pamoate. By alternating the ingredients every time you de-worm, you reduce the resistance of the worms to that ingredient. Meaning if you use the same de-wormer every time, intestinal worms will eventually become resistant to that de-wormer.

Soon you end up with 'No Worky' disease because the vaccine "No Worky" any longer. Most de-wormers come in paste form however; there is also a daily de-wormer in powder form that can be added to the horse's feed.

Last but not certainly not least is foot care. Most horses need their feet trimmed every 6-8 weeks. Just like us trimming our fingernails when they are too long, it goes for a horse. Most horses need to have regular trimmings or shoes, especially those horses kept in pens. These horses do not have the terrain to wear their feet down naturally. The health of its hooves is essential for the horse to be able to move correctly. Some lameness can be prevented with proper foot care. I have seen several horses just this past month that have been neglected from foot care. Again, I'm not judging! I'm happy the owners took it upon themselves to ask for help and correct the problem. That's my job. That's what I do. Reminds me of an old country song.

It is my pleasure to serve our wonderful community as your veterinarian. I am happy to be writing this column each week to help pet owners understand not only their pet's needs, but also the 'backstage' aspect of my career choice. If you have questions or would like to see a particular topic covered, you can email the clinic at gcsh@windstream.net, post on our Facebook page (www.facebook.com/GarzaCountyAnimalHospital), or give us a call, 806-495-3726.

The Junior High Youth begins at 5:45pm. We will be using "The Story" as our basic curriculum this year and we will be hitting the high points of the Bible throughout our time together. Dinner is being provided. We want to remind the parents that the youth will be ready to be picked up by 7:00pm. A new item this year is that the doors of the church will be locked and there will be no adult supervision until 5:15pm.

The Elementary will be restarting "House of Faith" this year on September 21st. There will be no elementary meetings as a part of the regular youth group.

This is going to be a great year!

HOUSE OF FAITH! Will begin again Starting

on Wednesday September 21st and will continue each Wednesday after school. (Weather Permitting) Registration is required and will be held on September 14th at 3:30 at Family Harvest Church. A Parent/Guardian must be present to register your child/children and each registrant will go into a drawing for \$100.00 to be used at United for Groceries. If you need to register before that you may contact Kathy Hamlin at 806-495-2772. Drawing will be held on Sept 21st at HOF and will include all registrants received on or before September 14th!

Football Tickets On Sale
Football tickets now on sale through September 6th. Contact Kay Postell for more

ticket information or to purchase tickets.

Post Elementary Post Notes

Monday, Sept. 12th- Progress Reports go home

Tuesday, Sept. 13th- We will hold our annual Patriotic Walk during each grade level's PE class period. Parents/Guardians are welcome to join their child(ren) in this event. If you would like to participate, please come by the elementary school office first to check in.

Friday, Sept. 16th- Early Release. School will release at 12:30 p.m. Buses will run.

Tuesday, Sept. 20th- Patriotic Assembly at 10:00 a.m. in the elementary school auditorium. All are welcome to attend.

STAY CONNECTED WITH YOUR COMMUNITY! FIND THE POST DISPATCH ON FACEBOOK AND GET INSTANT UPDATES FROM YOUR HOME TOWN NEWSPAPER!



To help promote the importance of early detection

Cogdell Women's Imaging Area is offering a \$50 special on mammogram screenings for all women 40 years old and older during the month of October. This offer applies to cash customers only, no insurance filed and no physician order is necessary. Call 325 574-7441 to schedule an appointment.

Every 2 minutes a woman is diagnosed with breast cancer. It is the leading cause of death for women between 40 and 55, yet when detected early, the 5-year survival rate is 96%

MAMMOGRAPHY SCREENING REMAINS THE BEST AVAILABLE METHOD TO DETECT BREAST CANCER EARLY.

Cogdell Memorial Hospital, 1700 Cogdell Blvd., Snyder, TX 79549

Para ayudar a promover la importancia de la detección temprana, la Área de Imagen para Las Mujeres colocada dentro de Cogdell Memorial Hospital, esta ofreciendo una promoción para obtener una mamografía de detección rutina para todas las mujeres mayor de 40 años durante el mes de octubre. El precio es un pago en efectivo de solo \$50.00 y incluye el examen y la interpretación del examen. No es necesario tener seguro médico. Llame al 325-574-7441 para hacer su cita.

Cada dos minutos una mujer es diagnosticada con cáncer en los senos. Es la causa principal de muerte en mujeres entre 40 y 55 años, sin embargo, cuando es detectada a tiempo, la supervivencia a los 5 años es 96%.

Programas de detección temprana siguen siendo el mejor método disponible para detectar el cáncer en los senos temprano.

Cogdell Memorial Hospital, 1700 Cogdell Blvd., Snyder, TX 79549

Small Town Tom



Mike Barnhouse

Congratulations on your win against Lamesa!



Good luck Lopes on your game against Slaton.

CitizensBANK

www.bankoncitizens.com

Post, TX (806) 495-3545



MEMBER FDIC

Lobby Hours 9-3 M-F
Drive In Hours 9-6 M-F
9-12 Sat



Party yourself into shape!

Tuesday and Thursday nights
6:15 p.m.-7:00 p.m.

Beginning Tuesday Sept. 13th
Awesome music and great choreography

Burn up to 1,000 calories a class and

work your abs like never before. Ditch your workout and come join the party!

Vibes 806-544-4364