The Post Disputch

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Wednesday, March 3, 1993

Lubbock man injured in fall southwest of Post

by John Cordsen Post rescue squads responded to a 9-1-1 call Saturday afternoon after a motorcyclist ran off a cliff at the Macy Ranch 12 miles southwest of Post.

David Cadd, 30, of Lubbock was injured at about noon Saturday, February 27 after falling off the motorcycle he was riding and tumbling approximately 55 feet off a ledge. The motorcycle also fell over the ledge, coming to rest on top of Cadd.

According to Post Volunteer fire chief Delbert Rudd, the accident occurred when Cadd and other members of his group were riding the motorcycles on the Macy Ranch. Apparently Cadd was following another rider whose bike had stalled just over a hill out of Cadd's vision. When Cadd crested the hill, he swerved to avoid the other bike, lost control and tumbled down the embankment.

Rescuers were forced to climb down (Continued on Page 8)

Grass fire burns for nine hours near Southland

by John Cordsen

Fire scorched approximately 2,000 acres of CRP grass and pasture along the caprock as Post volunteer fire fighters spent the better part of nine hours last Thursday fighting a wind driven fire two miles east of Southland. They were called to the fire at 12:20 in the afternoon and fought the flames until well past dark before extinguishing the blaze.

Swirling and changing winds hampered fire fighters efforts to control the fire. According to fire chief Delbert Rudd, the wind changed directions several times before the fire was put out at almost 9 in the evening.

"About every time we got it headed off the wind swapped directions," said

(Continued on Page 2)

Education major tool in preventing substance abuse

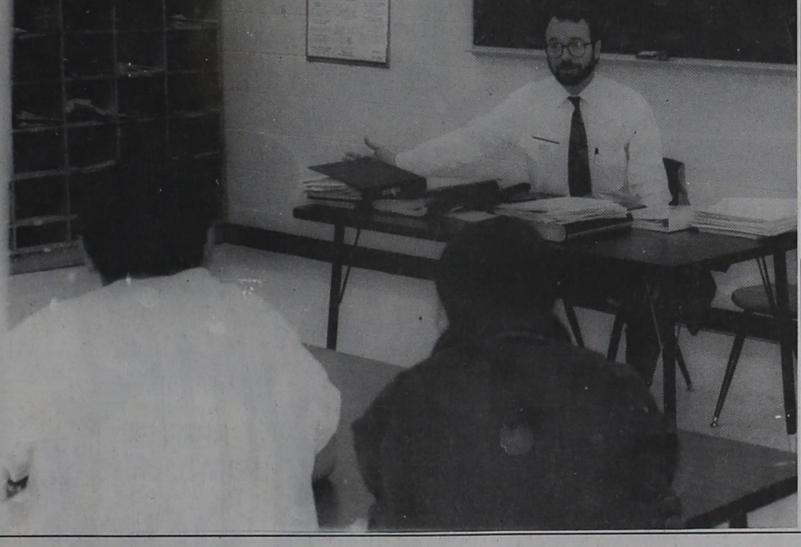


Proclamation declares March as crime, drug and alcohol abuse prevention month

GARZA COUNTY JUDGE GILES DALBY signed a proclamation Monday, March 1 declaring March as Crime and Alcohol/Drug Abuse and Addiction prevention month for Garza County.

Activities for the month will focus on education for parents as well as youth in the community. Information and education programs for parents and students to help them identify signs of addiction, gang involvement and criminal behavior will be presented throughout the month by Garza County Sheriff's Deputies Keith Mann and Randy Johnston and the City County Drug and Alcohol Abuse

One of the major educational programs during the first half of the month will be the special program Friday, March 12 that will provide information on Teen Court. The program, presented by the Women's Division of the Post Chamber of Commerce begins at 7 p.m. at the Community Center. (Photo by John Cordsen)





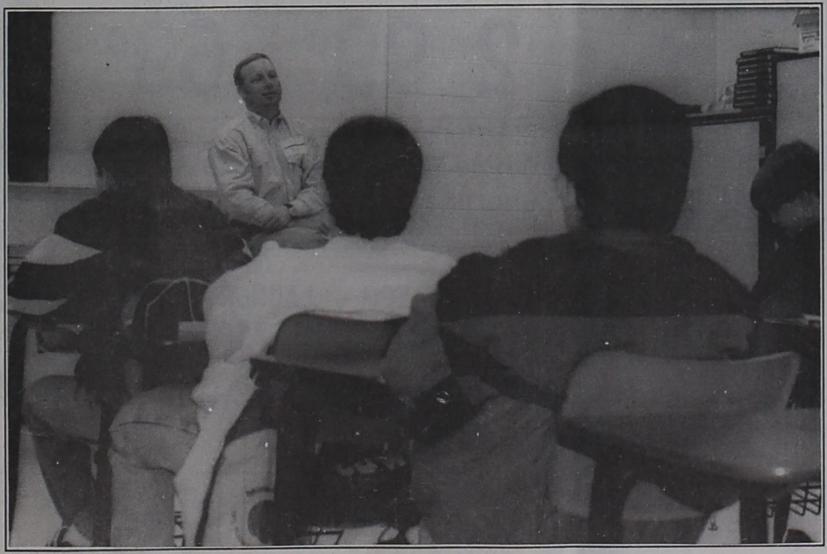
PHS students look to the future during Career Day

by John Cordsen Several former Post graduates and current community business people were among those who participated in the recent career day held at the high

High school students spent the morning of February 24 listing to a number speakers as they explained the positives and sometimes the negatives that go with different career choices. The day was sponsored by the high school to help prepare the students for the tough career choices that follow graduation from high school and

Among the former Post High School graduates making presentations to the students were John Johnson, Mark Kirkpatrick, Angie Castillo, Donnie Payne, Steve Sawyers, Ronnie Ammons, Janie Ammons and Tommy Payton.

Several people from the Post business community also were on hand to explain their careers. Among them were Rafe Foreman, Charles Hardin, Larry Mills, Jim Voss, Ken Ratke and John Ramsey.



CAREER PROFESSIONALS gave Post High School students some insights into different professions during the school's career day Wednesday, February 24. Among those speaking were John Johnson (top left) representing agribusiness, attorney S. Rafe Foreman(top right) and rancher Mark Kirkpatrick (bottom).

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1 by

News Briefs

Art Guild meeting March 8

. The Post Art Guild will meet Monday, March 8 at 6:30 p.m. at the Algerita Art Center. The program will be a presentation on musical instruments by David King.

Sheri Riedel will be exhibiting at the Algerita Art Center as Artist of the Month for March. Everyone who is interested in art is invited to attend.

Teen Court coordinator in Post March 12

Ed Cooper, Lubbock Teen Court Coordinator will speak March 12 from 7 to 8 p.m. at the Post Community Center. The Women's division of the Chamber of Commerce urges everyone to attend.

Jr. girls basketball signup March 4

Signup for the Post girls junior basketball league for girls in the third through the sixth grade get underway March 4 at 6 p.m. at the First National Bank of Post Community Room.

Parents of each girl must be present to sign the enrollment cards. There is a \$5 fee for each girl.

Practice for the girls begins March 9 with the fifth and sixth grade girls. The third and fourth grade begin practice March 11. All practice sessions will be in the middle school gym.

Girl Scout Week March 6-12 Girl Scout Week celebrating the founding of the Girl Scouts on

March 12, 1912 will be celebrated March 6-12. The organization began when Juliette Gordon Low met with 18 girls in Savanah, GA, and formed the first Girl Scout troop. Today, more than three million girls are members.

During the week, Girl Scouts in the 18 county Caprock Council will work on community service projects and celebrate the beginning of Girl

Gospel Opry in Tahoka March 6 Vision Ministry will present the Tahoka Gospel Opry Saturday,

March 6 at 2001 Lockwood in Tahoka.

The opry will feature the West Texas Praise Team, Living Waters band, Dalton Word, Marvin Gregory, Byron and Misti Norwood, the guitar picking of Sonny Grant and the fiddle playing of Kevin Crutchfield. The opry starts at 7 p.m. For more information call 998-5254.

Spring Day planned at Algerita Spring Day at the Algerita Art Center is planned for April 9. The day

will feature an heirloom egg auction, style show and luncheon. People who would like to be involved in the day can contact the Algerita Art Center at 495-4000.

Arrowhead show March 21-22

Exhibitors are needed for a knife, gun and arrowhead show planned for March 21-22 during Tabana Yuana. The show will be held at the Algerita Art Center. For more information contact the center at 495-4000.

Signup for tax exemtions April 30 Deadline to sign up for the Homestead Exemption and Ag Exemption is April 30, 1993. Property owners may sign up at the Garza County

Appraisal District office at 124 E. Main. Also, persons born in 1927 or before are eligible for the over 65

Rendition statements for personal business property are required to be filed with the Chief Appraiser before April 1, 1993.

Forms have been delivered. Persons not receiving forms can contact the Garza County Appraisal District Office.

Commodities distribution

The commodities distribution are held on the third Monday every month at the Service Center on the Snyder Highway. The center will be open for the distribution from 9 - 12 and from 1-3 p.m. New applications will be accepted beginning March 5.

Softball meeting March 4

There will be a softball meeting Thursday, March 4 at 7 p.m. at the SPS Reddy Room. Entry fees and a co-ed league will be discussed. All coaches, managers and sponsors, along with anyone interested in participating in softball this season is encouraged to attend.

"Opal's Million Dollar Duck" the genuine thing As Opal Kronkie would say, "Opal's strangers leads to some comical

Million Dollar Duck" is a 'genuine' treasure". Starring Jane Prince Jones in the lead role, the Garza Theatre's second production of the year opened Friday, February 26.

an intricate tale of intrigue, trust and

Opal drags her red wagon on stage.

Jones does double duty in the three as a simple junk lady who is quite happy with her world. Honest to a and his wife Queenie Derwent (Linda Ellis), Opal's simple trust in these

Opal has one true friend in the world in her neighbor Rosie Montefalco (Christy Morris). As trusting as Opal is, Rosie is just the opposite. She is With a cast of four, the players weave suspicious of the Derwents, that is until they discover a weakness in her. deceit to the performance's surprising Rosie warns Opal to get rid of the Derwents, that they mean to do her Written by John Patrick, the laughs harm. Opal shrugs off her friend's in this production come as soon as advice, setting the stage for the Derwent's mischief.

The Derwents (Somervill and Ellis) act play, serving as both the director are stage actors who stumble on to a and lead. As Opal, Jones is convincing treasure at Opal's shop while there looking for some stage props. As their greed mounts, so does their frustration fault, she is also as gullible. When she in dealing with Opal and her honesty. encounters the villains, Desmond The play runs two more weekends, Doolittle Derwent (Charles Somervill) March 5-7 and 12-14. Friday and Saturday performances begin at 7:45 p.m. with the Sunday matinee getting under way at 2 p.m.

Group reaching out to Post's young people

to help Mass Communication students provides to Post. achieve their goal of becoming a by Crystal Harrison

Community action is the focal point to the needy during holidays. of Los Mexicans Unidos (The Mexicans United), but their main objective is to get young people involved.

to fight for," said Irene Ammons, a member of the board of directors.

independence from France. During community interest. Fiesta Patras LMU host's the Queens money is crowned Queen. The race is Ammons with the idea of revitalizing

(Editor's note: Crystal Harrison is not restricted to Hispanics. Girls from an intern at The Post Dispatch from any ethnic group is welcome. Proceeds Texas Tech University. Through a Tech from the Queens race will be used for funded program the Dispatch is able different types of charity projects LMU

LMU provides the understanding of professional Journalist. Harrison is Mexican culture to youngsters by working for her degree in Journalism.) teaching them Mexican dances. The organization also gives baskets of food

Also, LMU helps lift some of the financial burden of a funeral to persons without insurance.

volved. "Post is an awesome community," "Young people are the ones we need said Ammons. "So we want to help it." In 1972 Mike Cisneros and Martin Garza founded LMU because they One way LMU helps get youngsters wanted to be active in the Post involved is with Fiesta Patras. The community. To their disappointment, Sept. 16 celebration of Mexico's LMU vanished because of little

In March, 1991, Cisneros race. The girl who raises the most approached his daughter Irene

(Continued on Page 3)

Law enforcement

DWI activity kept Garza County Sheriff's Deputies busy during the week ending March 1, 1993. A total of four persons were arrested for DWI offenses by either sheriff's deputies or officers from the Texas Department of Public Safety.

Activity for the week included: February 23, 1993

A 25 year old white male was arrested on a DPS warrant. A 46 year old Hispanic male was charged with DWI (DPS warrant).

February 24, 1993 Out of county warrants February 26, 1993 A 33 year old Hispanic female was arrested on felony DWI charges.

A 28 year old Hispanic male was charged with DWI. Four minors were charged with possession; One felony possession of a firearm.

February 27, 1993

February 28, 1993 A 36 year old Hispanic male was charged with DWI.

Gamma Mu planning Children's Follies

The Gamma Mu Sorority has made preliminary plans for the first annual Children's Spring Follies. The Follies are tentatively scheduled for the evening of April 24 at the Post Elementary School Auditorium. April is Child Abuse Awareness month.

The Follies will feature local children's groups and individual children displaying and performing activities they are involved in.

Children from three to eight years old will participate in the follies. Proceeds from the night will be donated to the local Children's

Protective services.

There will be door prizes awarded the night of the Follies donated by local merchants. Tickets will be sold in advance. They will be available from members of Gamma Mu.

Refreshments for the meeting were provided by Gena Lott. Members present were Judy Massey, Penny Redman, Michelle Mason, Metta Tyler, Charla Miller, Leslie Tatum, Diana Looney, Deana Gunn, Nita Jo Heckaman, Rhonda Norman, Gena Lott and Lisa Kirkpatrick.

Amity Study Club meets

Joy Dickson and Edna Owen following members present: hosted Amity Study Club when it met in the Followship Hall in the First Christian Church February 23, 1993.

President Louella Bilberry presided over a short business meeting then turned the program over to Jane Davis, who gave a very interesting and informative program on her trip to Russia.

Refreshments were served to the 9, 1993.

Barbara Babb, Louella Bilberry, Margaret Bull, Ginger Carlisle, Jane Davis, Iva Hudman, Suzanne Hudman, Martha McLendon, Janey Middleton, Helen Miller, Boo Olson, Carolyn Sawyers, Sue Shytles, Joyce Strubhart, Marion Wheatley, Thelma Clark and Barbara Reece.

The next meeting will be March

Post grad. opens new office

Former Post High School graduate Nick Pantoja, president of Pantoja and Associate, a land survey firm, has opened a new office in Richardson, TX.

Grass fire

Rudd.

started along

county road

Continued from Page 1

Rudd said the February 25 fire

started in some CRP grass along a

county road east of Southland. With

the winds coming from the west, the

fire quickly dropped down over the

caprock into rougher country,

Rudd said it was unclear what

"It looked like it started right along

the county road so I'd say it would be

a good guess that someone tossed a

A total of 20 firemen using four

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trucks and two county maintainers

cigarette out," said Rudd.

responded to the fire call.

started the fire but speculated that a carelessly tossed cigarette was the

hampering fire fighter's efforts.

Pantoja is a 1968 graduate of Post. He and his wife, Dee, live in Plano.

He is the son of Herbert and Juanita Pantoja.

Singer to appear at Caprock Christian Fellowship



INTERNATIONALLY known singer and songwriter Roger Bankson will be appearing at the Caprock Christian Fellowship Wednesday, March

A concert of praise, ministry and celebration in song of the life changing power of God begins at 7 p.m.

Bankson's concerts feature some of the most popular gospel songs ranging from traditional to contemporary.

Church Directory

First Presbyterian Church W. 10th St and Ave. S. Union Sunday School with First Christian Church 10 a.m. Bible Study 10 a.m. Morning Worship 11 a.m.

First United Methodist Church 216 W. 10th St Sunday School 9:45 a.m. Morning Worship 10:55

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Obituaries

Mary Oneta Hester

Funeral services for Mary Oneta Hester were held Wednesday, February 17, 1993 at the Sequoia Presbyterian Church in Orosi, California with pastor Ed Spongherg officiating. She died February 12, 1993.

Burial was under the direction of Dopkins Funeral Chapel of Orosi. She was born in Oklahoma March 28, 1918. She moved to

Post with her family and graquated from Post High School.

She married Dell Hester in 1938, divorced in 1942 and the couple remarried July 11, 1985 in Carson City, Nevada.

She is survived by a daughter and son of California, two sons of Ft. Worth, three sisters of California, eight grandchildren and two great grandchildren.

Harold F. Johnston

Church of Christ with Paul D. minister, officiating. conducted in the Roaring Springs Cemetery.

Burial was under the direction of Justice-Mason Funeral Home.

Mr. Johnston died Monday, February 22, 1993 in Lubbock's Methodist Hospital after a lengthy illness. He was born March 12, 1923 in Hardeman County, Texas to James Pleasant and Lillie Lenard Johnston. He attended school at Roaring Springs.

He served in the United States

Funeral services for Harold F. Army during WWII. He returned Johnston, 69, were held Thursday, to Post after the service and went to February 25, 1993 in the Post work at the Postex Cotton Mill, where he retired in 1983. He was a life member of the VFW, John Military Graveside rites were Miller Post #6797 and had served as the Judge Advocate for many years. He was a Baptist.

Survivors include wife, Maleecy of Post; one son, Jimmie Tom Johnston of Norwood, Mass.; three daughters, Mary Jane Scott of Lolita, Rebecca Jolly of Post and Darlene Johnston of Post; one brother, Elvin Johnston of Carlsbad, NM; aunt, Ida Johnston of Post; seven grandchildren and one great grandchild.

J.E. Ramsey, Jr.

Funeral services for J.E. Ramsey, Jr., 75, of Grassland were held Friday, February 26 at Grassland Nazarene Church with Rev. Bob Ferguson officiating. He died Wednesday, February 24, 1993 at his residence following an illness.

Burial was held at Terrace Cemetery under the direction of White Funeral Home in Tahoka.

He was born in Shelby County, TX on February 27, 1917. His family moved to Lynn County to

Shelby County in 1926. attended school in Grassland.

Ramsey married Loretta Faye Wall March 5, 1938 in Lamesa. He was a Baptist and a member of the Masonic Lodge of Post and farmed until his retirement.

Survivors include wife, Fay; two daughters, Doris Dockery of Tahoka, and Peggy Ray of Lubbock; one sister, Hazel Baugh of Portersville, CA; three grandsons and one great granddaughter.

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Sports

Trio of Lady 'Lopes receive district basketball honors



A TRIO OF LADY 'LOPES received district honors for their play this past basketball season. Named to the All-District team were seniors Cara Cash and LouAnn Ammons (outside) and receiving honorable mention was junior Jamie Hawkins (center). This is the second year that Ammons was named to the All-District team while Cash and Hawkins are making their first appearance.

Ammons Hawkins played post positions for the Lady Lopes while Cash triggered the offense from her point guard position.

The three helped the Lady 'Lopes to a 10-16 record for the 1992-93 hoop season.

Recycling sculpture contest slated at Tech

Texas Tech University Center (UC) Programs will sponsor is second annual recyclable sculpture contest, Hands Shaping the Way Towards Conservation. The entries will be displayed in the UC courtyard April 19-23. For more information, come by the UC Activities Office or call (806) 742-

The sculpture contest is open to anyone. Entry fee is \$3 per entry. Entry form and fee are due in the UC Ticket Booth by 4:30 p.m. April 2. All entries should be set up between 3-5 on April 3 or April 4 in the UC courtyard. Winners will be announced at 5:30 p.m. April 22 (Earth Day).

Club revival challenging

Continued from Page 1

LMU.

Ammons took on the challenge and the club has been active since.

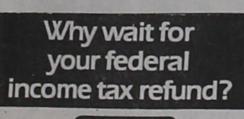
There are five members on the board of directors. They include Ammons, Josifina Serrano, Nora Ratke, Hope Garza, and Emila Cervantez.

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Entry levels are public school student, art amateur, and art professional. First, second, and third place prizes will be awarded in each entry level. Best show will receive \$50. Special awards will be given for most original, best

collaborated piece, and best theme. All sculptures must be made out of locally recyclable material and

cannot exceed the dimensions 5'x5'x6' high. All parts must fit through the UC doorways (3'x7').

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Bold Gold opens baseball season with 20-6 thrashing of Floydada

by John Cordsen

season opener February 23 on the Whirlwinds field has Post head baseball coach Fred Postell pleased with the 'Lopes start.

inning to snuff out the Winds. "Fourteen of those runs came with two outs," said Postell. "They just

couldn't get the third out." with the two hits being doubles.

Phil Leininger pitched five strong recorded five strikeouts while giving up only one walk.

In this, the Antelopes second season and Manuel Zubia. of ball, Postell is hoping to improve on a 4-7 record. He feels he has the tools some possible changes in the wind. In 27 in Post against Ralls.

Junior

games

in Post.

Idalou.

'Lopes lose

The Post Bold Gold junior var-

The junior 'Lopes lost 66-58 Feb. 12 in Ralls to the Jackrabbits. They followed this up with a

66-63 loss Feb. 16 in Tahoka to the Bulldogs before closing out

Feb. 19 with a 48-46 loss to Idalou

Clint Melton was the top Ante-

lope scorer for the three games,

knocking down 14 against Ralls, 11 against Tahoka and 8 against

Radley Nichols was the next

averaging a little over nine

points a contest.

high scorer in the three games,

217 E. Main

sity boys basketball team closed out their season with three narrow

final three

losses to district foes.

The Bold Gold used a 16 run fourth a little defense we could be pretty fielders to the infield where their good.'

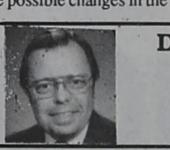
Joining Leininger on the mound will be Pete Torrez and possibly freshman Bodie Simpson. Both Leininger and Catcher Jim Riley Simpson led the Torrez throw about the same speed Post hit parade going two for three with Leininger getting the edge in control. Of the three, Postell said Simpson is the hardest thrower and innings to pick up his first win of the once he gets some experience under season. Along the way the lanky junior his belt he could be an effective hurler. Some of the big bats for the 'Lopes March 5 in New Deal.

to do this in the underclassmen setting up the lineup for Floydada, he A 20-6 win over Floydada in their dominated squad. Only two seniors tried to put as much speed in the outfield make up the 1993 'Lopes. They are as possible. In doing so, he also put Anthony Cruse and Jonathan Ayala. some of the better gloves out there as "We learned a lot last year," said well. He is considering juggling this Postell. "If we can come through with lineup a bit to move some of the better defense would be more effective.

> Postell is looking for the 13 returning players back from last year's squad to provide leadership along with their talents. All told there are 22 players out for the 'Lopes.

> The 'Lopes took on New Deal Tuesday, March 2 in Post (results were unavailable at press time). They play a return engagement with New Deal

will be Leininger, Stewart Childress As for the rest of the schedule, Postell says there are still some question marks Defensively Postell says there are until the 'Lopes open district play April



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Super Valu Pak **Boneless, Skinless**



lb.\$2.69

Twin Pak Beef or Chicken **Great For Cookout**

SPERE

Super Valu Pak

Excellent for Menudo

Regular Pak

Gleaned from the files of the Post Dispatch. Microfilm copies are available at the Post Public Library By Deana Gunn

10 Years Ago February 27, 1983 Emmett A. (Andy) Stelzer, State Senior Vice Commander of the Veterans of Foreign Wars of the United States in Texas received a special National Veterans of Foreign War Citation at the Mid-Winter Round-Up in Austin.

Ticketholders for the Post Chamber of Commerce banquet will be able to watch the final two and a half hour "M.A.S.H." t.v. special in its entirety at the community center on a Zenith big screen t.v. courtesy of the Post Chamber of Commerce and Ellis Electronics. So those present at the banquet, which is also the same night of the final "M.A.S.H." episode, won't have to miss the show.

James Mitchell and David Newby were among workers at the Algerita Senior Citizen Center putting up awnings around the center.

Bob Palmer and Palmer Well Service and Construction presented the new Bold Gold stand to the school.

20 Years Ago March 1, 1973 Patty Kirkpatrick and George L. Miller were named Man and Woman of the Year at the Chamber of Commerce banquet. Post Music Club received the Organization of the Year Award.

Dave Roberts, formerly of Muleshoe, began his new duties as deputy in the county sheriffs office, filling a vacancy created by the resignation of Jim Pippin.

Grant Lott, owner and operator of White's Auto Store, is the new president-elect of the Post Rotary

Club. Mrs. James Mitchell was the hostess for the meeting held by the Priscilla Club, those attending were Evelyn Neff, Nettie Barrow, Velma Lee Lane, Vi Terry, Mary Goodwin, Annie Laura J. Weldon Williams and Stella Howell

Mueller. 30 Years Ago February 28, 1963 the month. Louie Burkes is presented the

Telephone Cooperative, Inc. will

award three \$1,000 scholarships.

The deadline for submitting

The son or daughter of any

cooperative member graduating

from an area high school is eligible.

Selection criteria is based on

grades, extra-curricular activities

Scholarship presentations will be made at Poka-Lambro's Annual

Membership Meeting Thursday, March 25, 1993. For additional

information or an application, please contact Amy Preston at 806-

GED exam

March 10-11

The GED exam, for people who do not have a high school diploma,

will be given March 10-11 at South

The two-part exam will be given

from 9 a.m.-1:30 p.m. both days in the SPC Student Assistance Center,

on the third floor of the library. Fee

Additional GED testing dates are

For more information, contact the

SPC guidance and counseling office

at 894-9611, ext. 368.

April 7-8, May 5-6, June 9-10 and

applications is March 12, 1993.

and financial need.

924-7234.

Plains College.

is \$30.

July 6-7.

Scholarship deadline nearing

Poka-Lambro

Postex Cotton Mills' "Community Service Recognition" plaque by Irby G. Metcalf Jr., president of the First

> Commerce banquet. S.E. (Shelley) Camp presented E.R. (Buster) Moreland, manager of Brown Brothers, the oil firms appreciation plaque at the annual Chamber of Commerce Banquet.

National Bank, at the Chamber of

Margie Harrison received the honor of this year's Post High School Valentine Sweetheart. Second place winner was Elaine Wheatley, Third place winner was DeeAnn Walker.

A surprise birthday party was held at TeenTown for David Nichols, Pat Sullivan and Ronald Simpson.

40 Years Ago March 5, 1953 E.A. Warren, publisher and owner of the Post Dispatch, announced that Charles Didway, formerly of Levelland, has assumed his duties as editor of the Post Dispatch.

SPS Company began work on the installation of four street lights in the vicinity of the Garza Memorial Hospital.

J.W. "Pat" Henderson, public accountant, announce that he is to be a candidate for trustee of the Post Independent School District.

Staff Sgt. Roy Wade, 1951 graduate of Post High School, has recently returned to the States from Korea and is visiting in Dallas with his parents, Mr. and Mrs. W.F. Wade.

50 Years Ago March 4, 1943 Boyd (Pete) Jones is inducted into the Army and will be stationed at Camp Walters.

Worth/Dallas where he attended Frigidaire service school.

Eddie Warren, Specialist 2c, enrolled in a photography class at the Naval Air Base in Pensacola, Florida. R.D. Travis and Dan Cockrum gave talks on the Navy and Army at the regular Lion's club meeting.

Francis, Odie Kemp, and Emma were the two young people from Post Mueller were the two young people from Post Priday, March 5 entered in the N.Y.A. work program

226. E. Main

Post, Texas

This ANN That

by Ann Nobles **Extension Agent Home Economics**

March is National Nutrition Month and I'll be presenting information on the Eat Right America program this month in an effort to encourage each of you to make efforts to change your eating habits to improve your health by improving your nutritional status.

In 1992, the United States Department of Agriculture released a new representation of the healthy American diet. The Food Guide Pyramid is an outline of what foods to eat each day. But it goes further in that it visually represents what amounts of different foods should comprise the diet. It also emphasizes the fact that, while fats, oils and sweets may be included in the diet, they should be used sparingly.

The Pyramid tells us that grain products such as breads, cereals, rice and pasta, represented at the base of the Pyramid should make up the bulk of the diet. The next level of the Pyramid shows plant foods, vegetables and fruits. As the Pyramid narrows, dairy products and meat, poultry, fish and other protein foods are represented. At the tip of the Pyramid and in the smallest section are the fats, oils and sweets.

But how can the Pyramid be interpreted in making everyday food choices? The Pyramid is different from previous food group recommendations in that it shows a range of servings for each food group: 6 to 11 servings for grains; three to five servings for Homer McCrary returned from Fort vegetables; two to four servings for fruit; two to three servings for meats and two to three servings for milk products. At first this may seem confusing, but the range takes into consideration that different

1993 at 10 a.m. and 1 p.m.

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Garza Theatre

000000000000000000

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The Garza Theatre Proudly Presents

John Patrick's Hilarious Comedy

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"OPAL'S MILLION

* JANE PRINCE JONES

* CHRISTY MORRIS

* LINDA ELLIS

9 PERFORMANCES ONLY

Feb. 26-28, March 5-7 and 12-14,1993

Curtain Times: 7:45 p.m. - Sunday Matinee - 2:00 p.m.

Tickets: Adults - \$7.00 -:- Students - 6/12 - \$4.00

Box Office Hours: Monday-Friday - 9:00 a.m. - 5:00 p.m. Saturday (Feb. 27, March 6 & 13) Noon - Showtime

ASK ABOUT OUR SPECIAL PRICED GROUP RATES

The third grade Chime Choir will

1-800-846-3706

also be performing before the play

individuals need different amounts of food and calories depending on various factors such as age, sex, physical size and activity levels. Almost everyone should have the lowest number of servings in each range. The minimum number of servings will provide 1600 calories when low to moderate fat foods are selected and the level of added fats in the diet is low. This number of calories is about right for many sedentary women and some older adults. Eating the highest numbers of servings in each group will provide about 2800 calories, too many for most individuals except teenage boys and very active men or athletes.

Another crucial concept to understand when using the Pyramid recommendations is serving or portion size. A serving is not the number of times a food is eaten per day, but rather a specific amount of a food. For example: one serving of grains is one-half cup of pasta or one slice of bread; a vegetable serving is one-half cup cooked vegetable or 1 cup raw greens; a fruit serving is one small piece of fruit or three-fourths cup juice; a milk serving is one cup (8 ounces) of milk; a meat serving in only three ounces (a piece about the size of a deck of cards).

Each of the food groups provides some but not all the nutrients needed. That's why it's important to eat foods from each of the groups. The Pyramid goes beyond the food groups to help put the Dietary Guidelines into action. If you would like to receive more information or a copy of the Food Guide Pyramid, call me at 495-

Third grade play presented

The third grade class of Post Elementary will be presenting their All parents are urged to attend as well as the general public. Both the Chime Choir and the play are annual play on Friday, March 5, directed by Karen Nichols. The play is entitled "Mouse Country" by James Leisy.

MOSELEY for Friendly, Courteous Service for Quality **Used Vehicles** New Cars... **New Trucks** Trish MERCURY Moore 744-5116 1-800-658-6259

BROWNFIELD, TEXAS



GETTING IT JUST RIGHT. Adrian Serrano makes sure his pinewood derby car is properly adjusted prior to his heat in the annual Cub Scout Pinewood Derby races held Feb. 22 in Post.

Kitchens wins derby

Brandon Kitchens won top honors the Cub Scouts Pinewood derby held February 22 at the Post Community Center. Kitchens qualified for the pack championship by winning the 4th grade Webelos den individual title.

Second place in the pack went to Mitchell Mills with Waylon Strawn taking third place.

In den competition, Kitchens was followed by Joey Cimental in second and Brant Whisenhunt in third. Kitchens also won top honors in the car design.

den were: 1st, Mitchell Mills; 2nd, Mitch Holly; 3rd, Nicholas Stearns. Best car design went to Mitch Holly.

den were: 1st, Cliff Morris; 2nd, Brice Easterling; 3rd, Ethan Stegall. Best car design went to Cliff, Morris.

Winners in the Bear den were: 1st, Waylon Strawn; 2nd Kevin Morris; 3rd, Matthew Ramsey. Best car design in the Bear den was won by Ramsey.

The pinewood race cars were designed and built by the scouts with help from their parents. Along with the pack races, an open,

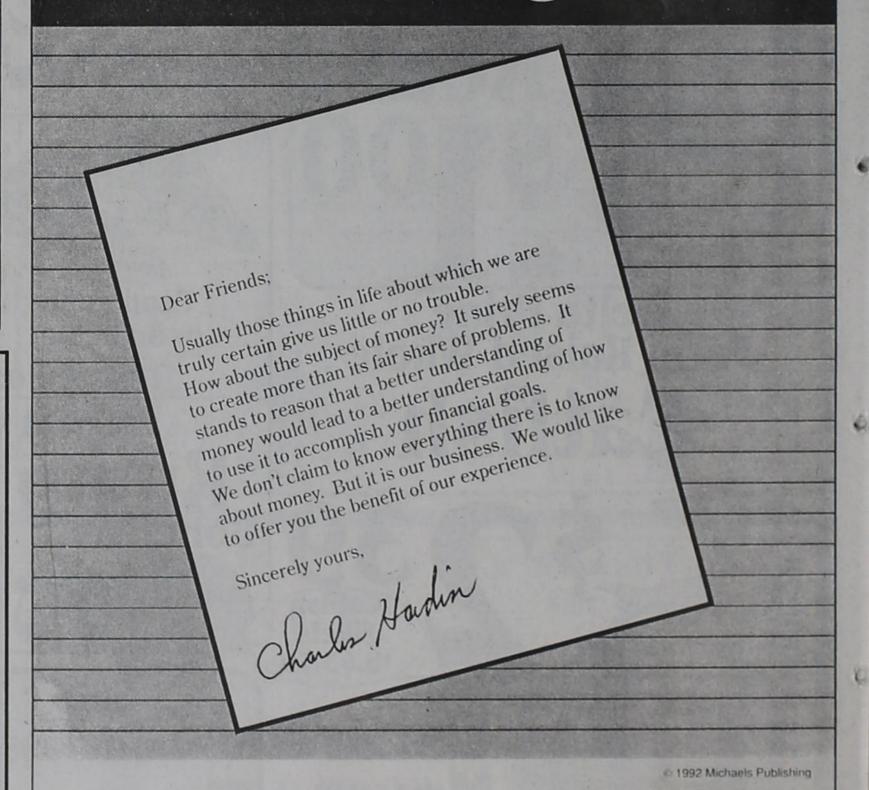
"outlaw" division was held. Mike Colvin walked away with the championship trophy while Elizabeth Winners of the first grade Tigers Stegall won the car design competition. Judges for the evening were Lynette

Graham, Robert Shannon and Winners of the second grade Wolf Reverend Jim Graham.

"AND ETC."

Introducing Melinda Mason - nail technician Beginning Special: Sculps & Tips... \$25.00 Manicures...\$10.00, & Pedicures...\$15.00 **Hair and Beauty Products** MANNA SQUARE 207 E. Main 495-3225 495-2285 (home) Open 9 a.m. til?

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Chamel 31

City

Baseball:Lopes

SCHEDULE Post Channel 31 March 03-09, 1993

TUESDAY

Baseball:Lopes

MONDAY

Post

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* CHARLES SOMERVILL

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4 PM	\/	\/	\/	Russian Mission	Service	\/	\/
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5 PM	\/	- \/	1/	\/	Service	\/	\/
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3rd grade

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A non-profit assist with treatm and confidentia substance abuse members concer ones drinking o information or a 495-3173 or 24 h All call strictly Director Glen Assistant Direc

Weekly Alcoho Awaren 8 p.m. Monday no charge. Post Room, 7th and Av and Alcohol Abus Post Group of A meets every Th

Presbyterian Chi p.m. Closed meet the last Thursda which is an op supper at 7 p.m. a 8 p.m. Anyone v about an alcoho or 629-4393

Birthday · Ann Special Oc Jimella

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Card of Thanks

The family of Harold Johnston would like to express our heartfelt thanks for the expressions of love and friendship during our time of sorrow. Thank you to each person who blessed us through your kind words, cards, food, flowers, visits, calls, prayers and donations in memory of our loved ones.

A very special thank you to Rev. Paul Jones, the Church of Christ, special singers, pallbearers and Dee and Janet. The family of Harold Johnston

I am most grateful for all the love and concern shown to me while I was in the hospital. God has richly blessed me with wonderful family and friends. Ida Mae Wilks

Personals

City County Drug and Alcohol Abuse

A non-profit service organization to assist with treatment placement, referrals, and confidential counseling for the substance abuser, alcoholic or family members concerned about their loved ones drinking or drug addiction. For information or appointment call office 495-3173 or 24 hour number 495-3788. All call strictly confidental. We Care. Director Glenda Baker CADAC, Assistant Director Lynette Massey CADAC.

Weekly Alcohol-Drug Education

Awareness Seminars
8 p.m. Monday's. Open to the public,
no charge. Postex Plant Conference Room, 7th and Ave. C. City County Drug and Alcohol Abuse.

Post Group of Alcoholics Anonymous meets every Thursday night at the First Presbyterian Church, 910 W. 10th at 8 p.m. Closed meetings are held except on the last Thursday night of the month, which is an open meeting. We have supper at 7 p.m. and the speaking starts at 8 p.m. Anyone who wishes to talk or ask about an alcohol problem, call 495-3667 or 629-4393.

Birthday · Anniversary · Wedding 'Special Occasion Cakes" Jimella Simpson (6) After 5 p.m. 806-495-3318

Post, Texas

Post Independent School District invites the Senior Citizens of the district to come by the Superintendent's office and receive a gift of a complimentary general admissions pass that will admit you to all school functions. (You will be asked to present identification so that a pass can be issued in your name).

Services and Repairs

Need a cake? Call Jarita at 327-5616.

SINGER TUNE-UP SPECIAL, Regular \$44.95 now only \$19.95. Clean, oil and adjust tensions on all brands and models. One day service. SINGER SERVICE CENTER, 5418 Slide, Lubbock, 788-0608.

SINGER 1993 new heavy duty unsold school models. Sews silk, canvas, leather, knits, jeans. Zigzags, buttonholes, monograms, overedges seams, etc. 10 year Singer factory warranty. \$198 with ad, \$439 without ad. Free UPS delivery statewide. Visa/ Mastercard/Discover. Free layaway. SINGER 5418 Slide, lubbock, 788-0608.

Jobs Wanted

Will do babysitting in my home anytime. Call 495-2646.

Homes for Rent

House for rent or sale: 2 bedroom, 2 bath, 4 car garage on 3 acres, storage building, on Tahoka Highway near Post schools. Call (817) 445-2229 between 9-4, (817) 445-3029 evenings.

Apartments for Rent

Pleasant Lodge Apartments for rent, call 495-4061 days or 495-2520 night.

Mobile Home Lots for Sale

2 lots, great location. All hook-ups, \$5,200. Travis Ellis, Realtor 495-2480.

1900 sq. ft. home for sale: 3 bedroom, 2 bath, 2 car garage with storage basement, central heat & air. Fenced back yard with pecan and fruit trees, 104 W. 11th. 405-2039 or 996-5604.

2 bedroom house for sale. Call 495-3377.

Great house for couple or small family. Brick 2 bedroom, 2 bath, 2 car garage, large kitchen, two living areas, lots of storage, covered patio, workshop, large yard. 809 W. Main. Call 495-2235.

809 W. Main - 2 bedroom, 2 bath, 2 car garage. Large kitchen, 2 living areas, workshop, covered patio, large yard. Call

Brick home for sale by owner. 3 bedroom, 2 bath, 2 car garage. 705 N. Avenue O. Call 495-2298.

2 bedroom, new central air heat pump and insulation, lovely fenced back yard, one block from schools, large producing pecan tree in back yard, \$20,000. Call Barbara, 495–3987; Kim, 495–3719 or Mike and Wanda, 495-3104. Mitchell Real Estate.

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quality. Reducing or enlarging.

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495-2816

Miscellaneous for Sale

For sale - GE Dishwasher, like new, \$175.763-0076 Ask for Ed or 657-7171 after 5:00.

Diet Magic, 30 lbs, 30 days, 30 dollars. 100% guaranteed, 100% natural, Dr. recommended. 806-89-3713 or 806-894-837.

Hay for sale. Large, round bales, 495-2615 business hours.

Garage Sales

Garage sale at Merchants Building to benefit Post Band Booster, Saturday, 8

Vehicles for Sale

1975 Glastron Boat, 15 ft., 75 hp, call 495-4105. In good shape, \$1000.

Lost and Found

Found: 3 toy poodles, 2 females, 1 older (friendly), found 1/2 mile off Hwy. 84 towards Lubbock. Found March 1. Call Tina at 495-3211. Will be given away if not claimed.

Found: Older male Border Collie, found at K Beach Ranch, East of Post. Call 629-4351.

Legal Notices

For more information and assistance regarding the investigation of get-richquick, work-at-home and other financial/ business opportunities, The Post Dispatch urges its readers to contact the Better Business Bureau®, 1206 14th St., Suite #901, Lubbock, TX 79401 or call (806) 763-0459.

ADVERTISEMENT FOR BIDS South Plains Community Action Association, Inc., will receive sealed proposals addressed to Mr. Bill Powell, 411 Austin, P.O. Box 610, Levelland, Texas 79336, to furnish all labor, material, services, and equipment necessary for a New Park and Ride Facility for Spartan Public Transportation at Post, Texas until 4:00 p.m. local time, Tuesday, March 16, 1993. All bids will be opened and read aloud. Any bid received after 4:00 p.m. will be returned unopened. The owner reserves the right to reject any or all bids and to waive any or all

Bidders may secure copies of the contract documents from the Architect, Parkhill, Smith & Cooper, Inc., Architects/Engineers, 4010 Avenue R, Lubbock, Texas 79412 (806-747-0161) upon deposit of \$50.00 per set. Plans will be made available February 23, 1993. A Bid Security will be required.

The successful Bidders must furnish a Performance Bond and Payment Bond

Rental Assitance Availible

To Qualified Applicants

* One Bedroom Units

* Wall to Wall Carpet

* Central Heat and Air

* Washer/ Dryer Connections * On site Laundry Facilities

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* Handicap Accessible Units

* Individual storage Units

* Community Room

* Mini-blinds

upon award of the contract. Bids may be held by the Owner for a period not to exceed sixty (60) days from

the date of the opening for bids For additional information contact Mr. Gary Paquette at the offices of the Architect, 806-747-0161.

Notice of Application For Fluid Injection Well Permit

The George R. Brown Partnership, 1001 Fannin, #4700, Houston, TX 77002 has applied to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil or

The applicant proposes to inject fluid into the San Andres Deep formation, Garza San Andres Deep Unit lease, Well Numbers 107SA, 602SA, 901SA. The proposed injection wells are located North 1 mile from Post, Texas in the Garza San Andres Deep Field, in Garza County. Fluid will be injected into strata in the subsurface depth interval from 3176 to 3375 feet.

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Request for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Underground Injection Control Section, Oil and Gas Division, Railroad Commission of Texas, Drawer 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/445-1373).

Trail Blazers Lunch Menu

Thursday, March 4 Salmon patty, blackeye peas, spinach, cornbread, yellow cake, choice of beverage.

Friday, March 5 Ham, sweet potatoes, green beans, hot rolls, plum or cherry cobbler, choice of beverage.

Monday, March 8 Spaghetti & meat sauce, zucchini, tossed salad, garlic bread, chocolate cake, choice of beverage.

Tuesday, March 9 Turkey, cornbread dressing, carrots, tossed salad, hot rolls, apple crisp, choice of beverage. Wednesday, March 10

're Pondly Presents

Salisbury steak, green peas, cauliflower, cornbread, peaches, choice of beverage.

Post School Menu

Monday, March 8 Breakfast-Malt-o-meal, sausage,

toast, fruit, milk. Lunch- Corn dogs, onion rings, mixed fruit cobbler, milk.

Tuesday, March 9 Breakfast-Cold Cereal, tosat & peanut butter, fruit, milk.

Lunch- Chicken fried steak & cream gravy, whipped potatoes, green beans, pudding, homemade

Wednesday, March 10 Breakfast- Breakfast pizza, fruit,

fried okra, sliced peaches, homemade bread, milk.

Breakfast- Oatmeal, bacon, toast & jelly, fruit, milk.

Lunch-Burritos w/sauce, cabbage slaw, french fries, fruit, milk. Friday, March 12

Breakfast-Hot cakes, butter & syrup, fruit, milk.

Lunch- Fish, macaroni & cheese, sweet peas, carrot sticks, jello w/topping, cornbread, milk.

Authority has excess personal property, e.g, ranges and refrigerators, that will be offered to the general public for sale. If you are interested in seeing such property when it is available, please call the office at 495-2233, or come by during office for further hours information.

Southland School Menu

Monday, March 8 Breakfast- Cream of wheat, toast,

Lunch- Baked potato with chili & cheese, carrots, corn, cornbread, fruit, milk.

Tuesday, March 9 Breakfast- Pancakes, syrup, sau-

sage, juice, milk. Lunch-Bar-B-Q chicken, potato salad, ranch styled beans, jello, milk.

Wednesday, March 10 Breakfast- Eggs, bacon, toast,

Lunch- Beef/Mac casserole, gar-

den salad, English peas, roll, cake, Thursday, March 11

Breakfast-Donuts, fruit, milk. Lunch-Corn dogs, pork-n-beans, corn, cookies, milk.

Friday, March 12 Breakfast- Cereal, toast, juice,

Lunch- Hamburgers with all the trimmings, French fries, ice cream, milk.

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Post, Texas 79356 495-3330

or 495-3875

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Robert Hall Chevrolet-Olds-GEO Jayton, Texas 806-237-2182

3/2/2 w/basement. On 3 lots, 2 storage bldgs., shop, 2 car garage, sprinkler system. Excellent condition. Reduced \$10,000

3/2 Large living room and kitchen, storage house, green house and wonderful back yard. 3/2.5 custom-built 2-story in Cedar Hills.

4/2 recently remodeled, good location to school.

3/2/1 Brick, very nice. Great location for children. Nice carpet. Fenced yard

3 unit rental. \$3,000 down with good credit. Near schools. Present income: \$475 /mo. 3/2 - 4 lots on West Main, brick home, storm cellar, cedar lined closets, 2 car garage, central heat and air, fireplace.

2/1 Great first home. Fenced yard, storage house, central heat and air.

3/2 Ready to move in. Newly painted inside and outside. Central air and heat, Fenced yard with lots of fruit trees. One car garage.

2 bedroom, 1 1/2 bath mobile home.

Commercial bldg, 40 X 75 on 40 X 150 downtown lot. Good condition. Central heat and air. Consider lease. Commercial bldg. on three lots. Downtown. Good Condition.

Mitchell Real Estate

Travis Kim Barbara

495-3719

495-2480

495-3987

Mike and Wanda 495-3104

Lunch-Stew, cheese sandwich, Thursday, March 11

Periodically, the Housing

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and Tax Service · Payroll, sales tax Quarterly reports, P&L

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OSTRICH, EMU, RHEA: The most lucrative investment of the 90's? American Specialty Investments accepting subscriptions for our spring investment fund. Our last fund earned 65% in one month! For details write; P.O. Box 43121, Austin, TX 78745.

DIRECTOR OF PHARMACY: Ward Memorial Hos-

pital Monahans, TX. Texas pharmacist license req. Excellent Benefits. PremierPharmacy, 3636 Executive Center Dr. #200, Austin, Texas 78731. 512-3 WEEK PROGRAM, job placement before training, financing available. Call Tri-State semi driver training: Austin: 512-442-7364, El Paso: 915-598-

226-7666, Denton: 817-566-6180, Houston: 713-591-7630. TRUCK DRIVERS - \$1,000 sign-on bonus for safe drivers w/6 mo. OTR exp. Up to 30¢/mi. +2¢/mi. MPG bonus. Compare our benefits to other Co.'s! BECOME A VETERINARY assistant/animal care New programs avail. for teams. Com Trans, Inc. specialist. Home study. Turn your love of animals Exp. - 1-800-234-1553, inexp. 1-800-759-6980.

5523, Beaumont: 409-898-0707, Fort Worth: 817-

OTR DRIVERS TIRED of the same old garbage? MOBILE HOMES WANTED: Have all cash, will Want to drive a nice tractor? Work with good people and get good benefits? Call 1-800-888-7015 E.O.E.

CANDY VENDING ROUTE: Distributing company

of major candy products seeks individual to service

established accounts. Investment \$3K to \$12K.

Short hours. Great P/T or F/T. 1-800-727-9081. THE TEXAS COURTHOUSE revisited, by June Rayfield Welch, has photos of all 254 courthouses. Autographed. \$29.95. Yellow Rose Press, Box

140221, Irving, Texas 75014 for details.

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Jimmy Jones honored with "grandpa" shower



JIMMY JONES was recently surprised by employees of Handy's Gifts with a "Grandpa" shower on February 5. Jones was being honored for his first grandchild, Allisha Ann

Jones, the daughter of Trey and Jona Jones. Grandpa Jones was seated in his rocking chair where he opened

an array of gifts for Allisha.

Coffee, orange juice and donuts were served to the new grandpa and all of the employees.

Caprock Council accepting nominations

Caprock Girl Scout Council is accepting nominations for "Women distinction, contact the council of Distinction" who will be office at 745-2855. The deadline for recognized at an October dinner nominations is May 1. held in their honor.

These are women who are or have been members of the Girl Scout Movement as girls or adults; believe that membership in the organization has made an impact on their lives; have had a direct and powerful impact on American girls and women; serve as positive role models for girls, are persons of influence and importance and have made significant contributions to their society; exhibit the qualities of the Girl Scout Promise and Law in their lives; and are current or former residents (living or deceased) of the 18-county Caprock Girl Scout Council.

Rescue vehicle goes cross country

Continued from Page 1 the hill to Cadd. Rudd said they were able to drive their rescue vehicle cross country, bringing it closer to Cadd.

"It saved us having to haul him 250 yards up the side of the mountain," said Rudd.

Cadd, who was transported by Post EMT's, received possible pelvic, leg and back injuries.

Birth Announcements

Klint Dylan Fluitt

Jake Fluitt is proud to announce the birth of his baby brother Klint Dylan Fluitt. He was born to Tonia and Steven Fluitt on February 13, 1993 at St. Mary's of the Plains Hospital.

Klint weighed 8 lbs., 5 ounces and was 22 1/2 inches long at birth. Grandparents are Delwin and Kathy Fluitt of Post, Loy and Sue Robinson of Grand Saline, the late Kenneth Hunt of Wells Point and Roy and Lois McMillan.

Macy Cilless Hogue

Shaylen Breeyae Hogue of Brownfield, proudly announce the birth of her baby sister, Macy Cilless Hogue. Macy was born February 26 at 8:05 a.m. at Methodist Hospital. She weighed eight pounds, eight ounces and was 21 inches long. Their proud parents are Pamela

and Robert Hogue.

Maternal grandparents are Troy

and Lucille Baker.

Paternal grandparents are Bill and Sue Freeman of Pampa, Texas. Breeyae and Macy have one cousin, Justin Williams of Post.



Small Motors Shop Alvin Young - owner

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University Day March 5 at Tech

Prospective Texas Tech students are invited to experience campus life for themselves by taking part in University Day March 5.

Approximately 2,300 high school seniors and junior college students attend the annual open house-touring the campus, meeting with advisers and seeing what the student routine is like on a typical Friday. Admission Counselor Trey Hattaway, coordinator of this year's University Day, said the even offers a glimpse of the university that can't be conveyed in a brochure.

"The biggest advantage is that students get to see what Texas Tech has to offer first hand, whether that is student organizations or academic departments," Hattaway said. "It gives them a feel for what Texas Tech is like on a school day."

Hattaway said he and other Texas Tech recruiters send information about the event to approximately 32,000 prospective students and 1,800 school counselors each year. Prospects from Alaska to Puerto Rico are invited, Hattaway said, but 95 percent of University Day visitors come from Texas and New Mexico.

This year's University Day begins with visitor registration at 8 a.m. at the Lubbock Municipal Auditorium. After a 9 a.m. general assembly, visitors will meet with college advisers to discuss the study opportunities available at Texas

At 11:45 a.m., prospective students and parents will be free to tour the campus on their own. They also can take advantage of bus tours departing every 20 minutes from the University Center. Residence hall and departmental tours also are

University Center exhibits in the Ballroom will highlight Texas Tech academics, and displays in the Coronado Room will spotlight

Bridal Selections Jerri Baumann and Morris Locknane Carolyn Bevins and Bill Hudman

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student services. Student organization exhibits representatives will be set up in the University Center Courtyard. The Texas Tech Jazz Ensemble, the cheerleaders, the pompon squad and Raider Red will appear in the courtyard form 11:45 a.m. to 1:45

Exhibits and formal tours conclude at 2 p.m., but visitors can enjoy the facilities at the Student Recreation Center and Aquatic Center throughout the afternoon. Prospective students will have a better chance to meet each other at 8:30 p.m. at "Just For Fun," the University Day finale. Visitors can enjoy music, dancing and refreshments at the Student Recreation Center until 10:30 p.m.

University Day visitors are welcome to park in a specially reserved commuter lot between the auditorium and the stadium or in open commuter parking lots near the are. The office of New Student Relations also will arrange free transportation to and from Lubbock International Airport.

Tax 'n Facts

by Terri S. Cash, CPA

Supreme Court Restricts Home Office Deductions

Most people who work from a bona fide office at home are well aware of the tax advantages: the deductions for direct business expenses like equipment plus furniture, painting and decoration of the space used as an office; and the indirect expenses, the portion of taxes, upkeep and maintenance and even depreciation that can be deducted in the same ratio as the office space to total space in the

However, a recent ruling by the US Supreme Court dealt a crucial blow to many taxpayers who now take home office deductions. The home office must be the focal point of the business and not merely a reasonable need. The question that must be answered is, where are the most important professional activities performed. If the answer is a hospital, a customer's business or any where other than the home office, the deductions are no longer allowed.

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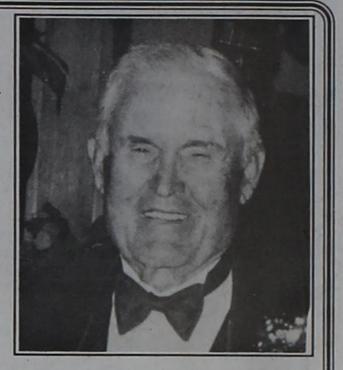
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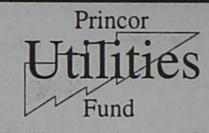
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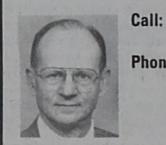
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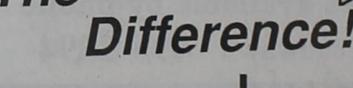
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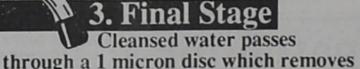
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