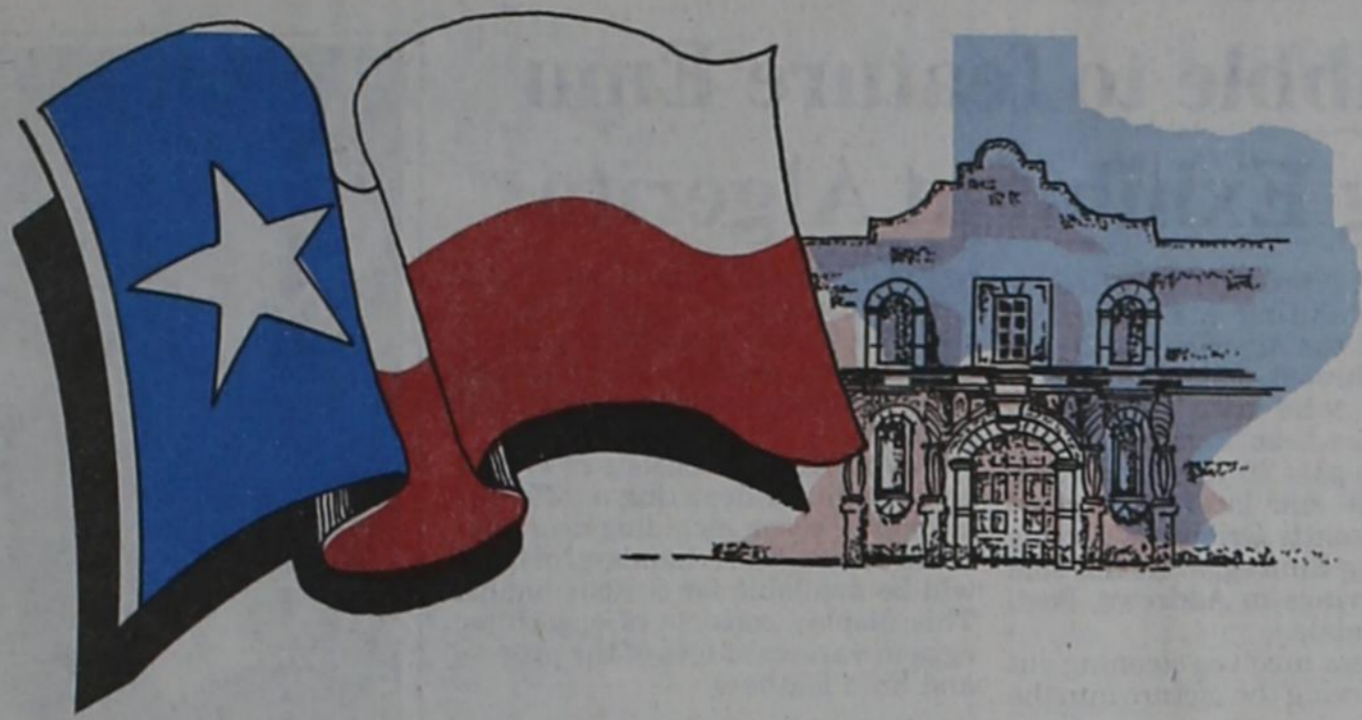


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Le Days

features 9th Texas Infantry "soldiers"

Visitors to Old Mill Trade Days in Post this weekend will be treated to a historical reenactment of life as it was for Texas soldiers during the civil war. Members of the 9th Texas Infantry Reenactment Group will be on the grounds at Old Mill Trade Days, demonstrating historical weapons and camp life.

The Old Mill Trade Days park opens at 9 a.m. Friday, Saturday and Sunday and closes at 6 p.m. For more details, see *The Tradin' Post* inside this edition of *The Post Dispatch*.

The Post Dispatch

Seventieth Year Number 43 USPS 439-620 Single Copy Price 50 cents © 1996 The Post Dispatch Thursday, March 28, 1996

Two city council members face competition in May 4 election

by Wesley W. Burnett

City council incumbents Dan Lamb and Archie Gill face challengers in the May 4 municipal election, with Andy Stelzer filing for Ward 5 against Lamb. Ward 3 council member Gill is challenged by Donald Windham and Mike Holly.

Ward 4 member W.G. (Bill) Pool Jr is unopposed. City of Post voters will also decide the fate of two proposed sales tax increases for economic development. The two separate ballot issues are for dedicated use of additional sales tax for industrial development incentives and for infrastructure improvements. Voters may approve both, disapprove both, or approve one and disapprove one.

Barbara Hardin (Place 6) and Mark Kirkpatrick (Place 7) are unopposed in the Post ISD election, and board of trustees will take up the issue of eliminating the election at the April 9 regular meeting. A new state law allows school districts to cancel elections if there are no opposed places on the ballot. The proposal is expected to be approved, saving the district time, resources and money.

Filing deadline for Garza Memorial Hospital board positions is April 8. Incumbents David Tyler and Becky Warren are the only candidates who filed for the election.



Garza Theatre 1996 "Willy Award" winners were recognized last Saturday night for their on-stage achievements. Earning honors were (back row, left to right) Kelly Collenborne, best supporting actor; Tim McIntire, best actor; Rick Fay, best cameo actor; (front row) Christy Morris, best supporting actress; Amy Jones, best actress and Linda Ellis, best cameo actress. (Photo by Tim Burnett)



"Chief" Frank Runkles tests the wind last Friday morning during the annual Taba'na Yuan'e ceremony. Precisely at sunrise, the wind shifted and Runkles pointed to the southwest, predicting another "poor" year for crops. Assisting in the ceremony were Linda Puckett and Zoe Kirkpatrick (center, background). Kenneth LeBlanc also assisted "Chief" Runkles. The event is sponsored by the Post Chamber of Commerce. (Photo by Tim Burnett)

United Way exceeds goal by \$3,000

Participating agencies in this year's United Way campaign will receive \$252 in additional funding as a result of the successful drive, which netted a total of \$16,380.32. "This is a \$3,000 increase over our goal," Garza County United Way board president Carol Peppers said, "and we are really excited about the generosity of those who gave this year."

Peppers announced at the disbursement meeting that she is resigning, planning to spend more time with her family. She has served on the United Way board for more than 10 years.

Participating organizations this year and their funds are the Garza County Mental Health, \$527; Garza County Trailblazers, \$652; South Plains Boy Scout Council, \$2,577; Garza County Child Welfare, \$1,052; Post Junior Girls' Basketball, \$400; Meals on Wheels, \$1,252; My Special Place, \$502; Salvation Army, \$952; Summer Baseball, \$3,252; American Red Cross, \$452; Women's Protective Services, \$752; Post Satellite School, \$852; and Post Girl Scouts, \$2,802.

Current board members are

Rheba Propst, Jerry Tyler, Cathy Davis, Judy Massey, Jacky Harp and Wes Burnett.

Post Notes

Val Mayer featured at Art Center

The Algerita Art Center is featuring "Vacation Ideas, 1996," a free presentation by Val Mayer. The presentation is Saturday, March 30th, 2-5 p.m. and is a come and go event. Val will be available to answer your travel questions.

Little league & softball tryouts

Tryouts for boys little league, ages 9-12, and girls softball, ages 9-12, will be Saturday at 1 p.m. at David Nichol's park. If anyone is still interested in signing up to play ages 5-15 you may still sign up between 11:30 a.m. and 12:30 p.m. at the ball park.

Bicycle safety program March 30

The Garza County Sheriff's office will again sponsor their annual bicycle safety program on Saturday, March 30th at the Post Middle School gym. Two bicycles will be given away as well 24 safety helmets.

"Spring Day at the Algerita"

The Post Art Guild will hold its annual "Spring Day at the Algerita" on April 5. There will be an heirloom egg auction, style show and luncheon. You can come to the early lunch, 11-12:15 or the late lunch, 12:30-1:45. Accessory Touch and Lily Dales will be providing the style show. Tickets are \$5 and can be obtained by calling 495-4000. The eggs will be on display in various businesses throughout town. Tickets may be purchased at The Algerita or from any Art Guild member.

VFW to hold 50th anniversary

The Post VFW will hold its 50th anniversary celebration on Sunday, March 31st, starting at 5:30 p.m. The event will be for members and their wives.

Lighthouse Christian Center taco sale

The Light House Christian Center will have a fund raiser on Saturday, March 30th, at the corner of Avenue 1 and 12th Street. The church will have taco plates for sale. The plates will consist of three tacos, rice, beans and hot sauce for \$4. The plates will be delivered to you if you desire. For more information call Pastor Rutherford at 495-2237 or Reyes Pequeno at 495-3684.

"Let All Heaven Rejoice" starts April 4

The First Baptist Church of Post, will present the annual Easter Pageant, "Let All Heaven Rejoice." This dramatic angelic celebration of Easter, observing the last days of Christ's ministry, seeks to make people think, feel, and see Easter in a whole new light; to realize that the theme - "Go Change The World" - is now our Great Commission! Performances: Friday, April 5, and Saturday, April 6 at 7 p.m.; and Sunday, April 7, at 6 p.m. Tickets are available free of charge by calling 495-3554.

Benefit for Brad and Penny Mason

A benefit for Brad and Penny Mason will be held Friday, April 12th from 5 to 8:30 p.m. in the Post Community Center. A fish fry with all the trimmings will be featured. The cost is a \$5 donation per plate. Entertainment will be from 6-8:30 and a bake sale will also be held. The funds raised will assist with medical costs related to Brad's recent hospitalization. If you need more information please contact Jennie Cowdrey at 495-2690 or Celia Mason at 495-2776.

Dr Schroder on Constitution Apr 13

Dr Eugene Schroder (D.V.M.), a noted constitutional researcher and author, will speak in Lubbock at the All Saints Episcopal School Gym, April 13 beginning at 5 p.m. The school is located at 3222 103rd St. in Lubbock. Dr Schroder will speak on constitutional issues concerning the use and abuse of war and emergency powers by the president and congress. Admission is \$5 per person at the door.

Little Mr & Miss Post Contest

Xi Delta Rho is sponsoring the 1996 Little Mr and Miss Post contest to be held Saturday, April 20th, in the Primary Auditorium at 7 p.m. Age groups are Mini - 2 to 3 years old and Little - ages 4 years to first grade. Entry forms are posted at various merchants. Deadline for registration is April 17th. A registration fee of \$5 per child is required.

MHMR family support group to meet

The family support group sponsored by Garza County Mental Health Center will meet again today, Thursday, March 28th from 5:15 to 6 p.m. at the Mill Complex Conference Room, East 7th and Avenue C. This month's topic will be "Mental Illness: Families Helping Families." Child care will be provided if notice is given at least 24 hours in advance. For more information, call Sheri Cannon at 495-2813.

The myth of Texas annexation

by Wesley W. Burnett

One of the most amazing revelations to come out of the rebirth of the Republic of Texas has been the discovery that Texans have lived for 150 years under the delusion that Texas was annexed by the U.S. in 1845. The myth of annexation is simply that... a myth perpetuated by either uninformed or informed leaders, historians and educators, who either by design or for lack of knowledge, have led generations of Texans to believe, among other myths, that Texans, if they wish, could divide their geographic territory into at least five other states in the union.

It just isn't true.

It is true, however, that citizens of the Republic of Texas in 1845 were eager to become part of the U.S., there was a huge national debt, and most of the residents were only one generation away from their roots in the union.

And it is also true that President Andrew Jackson, a man with a vision of expanding central government power and a sea-to-sea

continental nation, pushed through a joint resolution of Congress on March 1, 1845 (U.S. Statute 797) calling for the annexation of Texas.

Working with his good friend Sam Houston, Jackson and his political operatives, as well as those Texans who favored statehood, conveniently overlooked the Constitution for the United States... specifically Article IV, Section 3, which specifies the addition of new states.

That section provides no provision for annexing a foreign nation, which the Republic of Texas had been since its independence in 1836. But President Jackson put little value in the Constitution, as evidenced by ignoring a Supreme Court decision and then told the justices to call out the army to enforce their edicts. It is no surprise then, that a nation led by such men, would rush into annexing a giant portion of the west, regardless of Constitutional restraints.

To complicate matters, the U.S. had recognized the Republic of Texas in 1838 through a treaty, the importance of which was to accept geographic boundaries between the two countries. That Treaty of 1838 was never rescinded or revoked.

In recent discussions about the current legitimacy of the Republic of Texas, well-intentioned historians and commentators point out that both the Republic of Texas and the U.S. agreed to the annexation, therefore it is a done deal... plus, Texas has been recognized as a state since 1845 and time alone is enough to justify the fact.

This argument is specious, if for no other reason than the obvious... violating the Constitution, regardless of how many years it is done, is still a violation of the Constitution. Slavery is a good example.

The joint resolution of Congress had, and still does not have, any binding authority. A resolution of Congress is nothing more than a statement of the over-all attitude of legislators at the time of the resolution... no different than the recent resolution about Bosnia... or the one about the Persian Gulf war.

Even though the people of Texas acted as if they were a state from

(Continued on Page 3)



The OS Museum opens its annual Easter exhibit today, featuring art and sculpture from around the world. The museum is open Monday through Saturday from 10 a.m. to noon and 1 to 5 p.m. at 201 E. Main Street. For more information call 495-3570. There is no admission fee at the OS Museum. (Photo by Tim Burnett)

Garza Healthtalk

by Debbie Jenkins, CRTT, EMT-P
An allergy is an overreaction to the body's immune system to a usually harmless substance. The immune system defends the body

against "foreign attack," such as by a virus. But, during an allergic reaction, it treats a usually harmless substance as an "enemy invader."
Allergies are caused by allergens

(any substance that triggers an allergic reaction.) Common allergens include pollen, dust and mold. Allergens may be breathed in, swallowed or absorbed through the skin.

Allergic reactions can cause discomfort or worse. Symptoms range from minor to severe. In some cases, they can even cause death. "Hay fever" is usually triggered by weed, grass and tree pollen, not hay.

Mold allergies are triggered by mold spores that thrive in damp bathrooms, wet basements, soil, piles of leaves, etc. Pet allergies are triggered by fur, saliva and cat dander (tiny flakes of skin).

Dust allergies are often triggered by dust mites that live on rugs, mattresses and natural materials.

The symptoms for these allergies include sneezing, runny nose, itchy eyes, throat or nose and a stuffy nose. Symptoms may occur year-round or only during certain seasons.

Some people are allergic to stings by bees, wasps, yellow jackets, etc. Symptoms, ranging from mild to life-threatening, include itchy skin, rashes and hives, rapid swelling of body tissues, nausea/vomiting, and breathing problems. Those who experience difficult breathing should be seen by a physician immediately. You could experience the same symptoms for food or drug allergies. Common drug allergies are penicillin and sulfa drugs.

There are many over-the-counter medications available for allergy symptoms. Before using any of these medications, you should check with your physician. Follow all instructions. Smoking can make allergy symptoms worse and interfere with allergy medication. If you smoke, quit! Make a no-smoking rule for your home, car and office.

Allergies usually run in the families and begin during childhood, however, they can develop at any age. Consult your physician if symptoms become a problem. If you have lingering cold symptoms that just won't go away, it could be allergies. Your physician can determine if further testing is needed and prescribe medications needed for better control of symptoms.

Gribble to feature Emu Egg Exhibit at Algerita

Former Post resident Vince Gribble will be exhibiting his Emu Egg Carvings at the Algerita Art Center March 26 through April 12.

Gribble, who now resides in Andrews has been involved in the Arts for the past 20 years, first as a Taxidermist and later as a wood carver. Presently Gribble is carving and painting Emu eggs. He has sold his egg carvings in Andrews, Post, and Gardendale.

The process involves cleaning out the eggs, carving the picture into the

egg shell, painting and mounting. A variety of stands are used to display the eggs. One of the most popular is a man made material which can be formed into a natural rock shape and painted.

Vinces' exhibit consists of eleven eggs, each one depicting a different animal or scene including deer, elk, zebra and eagles. A hands on display will be available for curious hands. This display consists of egg chips, eggs in various stages of the process and Emu feathers.



Donna Craig

Donna Craig installed as District President

Donna Hogue Craig was installed as the Texas Federated Women's Club Caprock District President at the district convention March 23, 1996 in Lubbock, Texas. Craig's term will be from 1996 to 1998. State installation will be April 25th in Austin.

Craig has been a member of the Post, Texas Woman's Culture Club since 1988. She has served as club president (1990 to 1992), as parliamentarian (1992-1994), and chairs of the clubhouse, social, yearbook, scholarship, literary, and public affairs committees at various times. Additionally, she has served on the Caprock District committees for nominations, audit, life membership, trade and aid, and international affairs. Her most recent office was as coordinator of the district's public affairs committee from 1994 to 1996.

Before settling in Texas, Craig resided in Tucumcari, New Mexico and was a member of La Esperanza Federated Women's Club from 1975 to 1981. She served as first vice-president and president.

Her volunteer work outside the organization includes the Women's Chamber of Commerce, Post Church of Christ chorale group, and city election judge.

She is a native of Seymour, Texas and graduated from Abilene Christian University in 1965 with a BS in Home Economics Education. Craig has worked as a school teacher, and did post-graduate work at the University of California, Berkeley.

Craig and her husband Neil have a family owned Abstract and Title Company in Post, Texas and are the parents of two married daughters, one in Lubbock who is employed by the Lubbock Avalanche-Journal and another in Amarillo who works for Dial-A-Check. She is the daughter of Mary Hogue and the late Oleing Hogue.



Frankfurters were named after Frankfurt, Germany. Experts believe these sausages were first made in Germany during the middle ages.

Tax 'n Facts

by Terri Cash, CPA

Which Shares Did You Sell?

"First in, first out" is the general accounting rule attributed to sales of stocks and mutual funds by brokers, fund managers and the Internal Revenue Service. Or they will lump the cost of all shares to find an average. But it doesn't have to be that way. In many cases, it may be more advantageous to specify exactly which shares you want to sell. If you keep good records, you can.

If your mutual fund dividends and capital gains are reinvested in more shares, your statements will indicate what you paid for each purchase -- how many shares at what price. Brokers' statements, too, outline the price per share.

In many funds, the price fluctuates. When it's time to sell, it's generally more advantageous taxwise to specify those with the highest basis in order to minimize the taxable gain or even declare a loss. Keep in mind, though, that only those investments held a year or longer will qualify for long-term-gain treatment.

You get good advice from the tax experts at:

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VFW Ladies' Auxiliary meeting

The Ladies Auxiliary of Post 6797 held a meeting March 25th at the VFW hall.

JoAnn Stelzer president, presided over the meeting. Members discussed helping with the bicycle program, and about making food for the 50 year anniversary dinner.

They also discussed distributing housewares donated by the D.A.V. and Barry's of San Angelo to the

nursing homes, Senior Citizen's Center and the meals on wheels program.

Members voted to help make cakes for the benefit dinner for Roy Sievert.

Members present were: Janet Ratliff, Jo Ella Sparlin, JoAnn Stelzer, Ruth Walls, Alva Shepard, Mary Teaff, Faye Johnson, Dena Morgan, Shirley Williams and Lola Ryan.

Sheriff's office has busy week

By Becky Warren

The Garza County sheriff's office had a busy week receiving 54 calls with 11 people arrested.

On March 20 a 32 year old male was arrested on probation violation out of Potter County. He was also held for theft and bond forfeiture out of Randal County. He was released on a \$2,500 bond for Potter County and a \$2,000 bond for Randal County.

On March 21 a 22 year old male was arrested on a warrant. He was released after laying out fines and court costs.

A 28 year old female was arrested on a warrant. She was released after posting two \$1,500 bonds.

A 36 year old female was arrested on a commitment and transported to Gainsville TDCJ.

Also a 35 year old male was arrested on a city warrant. He was released after laying out fines and court costs of \$230.

On March 23 a 52 year old male was arrested on a bench warrant. His motion for shock probation was denied. He is still being held at press time.

On March 24 a 43 year old male was arrested for public intoxication. He was released after paying \$230 in fines and court costs and placed on a contingency agreement.

A 33 year old male was arrested for criminal mischief. His bond was posted at \$750. He is still being held at this time.

A 24 year old male was arrested for driving while license suspended. He was released on a \$1,500 PR bond.

Also a 24 year old male was arrested for DWI. He was released on a \$1,500 surety bond.

On March 25 a 17 year old male was arrested for theft. He is still being held at press time.

I would like to thank everyone for their vote of support in the March 12th Democratic Primary Election.

Irene Fry

COW POKES

By Ace Reid



"Preacher, fer the first time since I married Wilbur, I'll know where he is when the sun goes down!"

Smarter. Faster. Different. Friendlier. Better. And Better And Better.



To The Nth Degree Post

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Member FDIC



Grand opening ceremonies at the new Sonic last week included a Post Chamber of Commerce ribbon cutting welcome. At the event were (left to right) Rick Hanna, Billy Dornier, Wanda Mitchell, Barbara Hardin, Mike Abusaab, Heather Fox, Adam Fox, David Foster, Trevah Yarbro, Chuck Harris, Josh Pruitt and Pat Bilbo. (Photo by Becky Warren)

Myth of annexation

(Continued from Page 1)

1845 until 1861... there was an overwhelming vote to re-establish the Republic of Texas in 1861. Following the ending of warfare in 1865, the U.S. imposed military rule over Texas... and this imposition continues today. The Reconstruction Act of 1865, amended in 1870, has not been rescinded or revoked. The people of Texas have not been given the opportunity to decide for themselves whether or not to dissolve the independent nation known as the Republic of Texas.

In order for the Republic of Texas to have been annexed to the U.S. properly, two things would have had to happen. First, the people of the U.S. would have to amend their Constitution to allow for annexing a foreign nation. Second, the people of the Republic of Texas would have to agree to dissolve their independent nation, and to accept the terms of annexation.

Neither of these conditions have been met.

So why do so many Texans believe the myth? Why do so many still believe we can split this state into five separate states?

I believe it is due to consistent indoctrination and ignorance of

the facts. When landowners in Jeff Davis County petitioned the Congress to allow that county to split from Texas and become the 51st state, the petition was rejected... there is no provision for that, the landowners were told. When the petitioners sent a copy of the Treaty of Annexation to Congress, the return reply was revealing... that treaty was approved by Texans in 1845, but was not ratified by the U.S. Senate... never has. And it can't be ratified... the Constitution provides no provision for annexing a foreign nation.

So, we're back where we started... millions of Americans and Texans think of Texas as a state... but it is not and never was a state. Texas was and is an independent republic.

As I have said directly to Texas "state" officials... if there is any evidence to the contrary, it would be helpful for those with this evidence to step forward and publicly display the evidence. Lacking evidence to refute the claims of the Republic of Texas provisional government... it appears that the Republic of Texas is what it is... an independent nation, waiting for its citizens to behave as such.

Postal service criticized for reneging on customer savings

In a sharply worded criticism while testifying before Congress, the chairman of the independent Postal Rate Commission accused the U.S. Postal Service of breaking its 1995 promise that automation "savings would be passed on to the consumer."

The U.S. Postal Service Board of Governors, at its March meetings, rejected a proposal by the Postal Rate Commission that would have reduced postage rates for customers that use pre-addressed and bar-coded envelopes to pay their bills.

"This latest move by the Postal Service is another example of why we need greater scrutiny and accountability, not less, in the system for setting first class mail rates," said Marc Maurer, president of the National Federation of the Blind. The Coalition to Make Our First Class Mail FIRST CLASS, which includes the National Federation of the Blind, is the nation's largest organization of first class mail users.

"The Postal Service is one of the few monopolies that ultimately has the power to set its own rates," said Maurer. "That authority should be in the hands of the Postal Rate Commission, the independent oversight body set up to regulate the Postal Service."

The Postal Service's about-face on

savings for postal consumers comes at a time when the agency is asking Congress for even greater power to set its own rates.

The pending proposals from the Postal Service before Congress to reduce what few protections exist for the consumer has prompted a massive "image" ad campaign paid for by the Postal Service.

The Washington Times recently reported the Postal Service's image advertising campaign has a budget of \$90 million.

Maurer criticized wasting money on "image" advertising for a monopoly.

"At the least, this is a blatant misuse of funds," said Maurer. "At the worst, it is a disgraceful attempt to change the way the public thinks about its mail service while doing nothing to actually improve the service."

The coalition is made up of 212 organizations that feel the Postal Service should make on-time delivery of first class mail its top priority and that more accountability is needed in the system. The coalition's members include the National Association of Realtors, American Farm Bureau Federation, Ass'n. of Retired Americans, and the American Small Business Ass'n.

Republicans elect delegates

The Garza County Republican party county convention will be held Saturday, March 30 at the Norwest Bank meeting room at 10 a.m. for the purpose of electing delegates to the state convention and to adopt resolutions to be considered at the state convention.

Toriano Harper joins U.S. Army

Toriano D. Harper has joined the United States Army under the Delayed Enlistment Program at the U.S. Army Recruiting Station, Lubbock, Texas.

The Delayed Enlistment Program gives young men or women the opportunity to delay enlistment into

The meeting is open to the public. The Garza County party may send 34 delegates and alternates to the convention. The county convention will also elect members to serve on committees including executive, credentials, rules, organization, resolutions and nominating.

the Army for up to one year before reporting to basic military training. Harper, a senior at Post High School, will report to Fort Benning, Ga., for military basic training August 7, 1996.

Tori is the son of Willie Ann Harper of Post.

Letters to the Editor

New episode for the 'Dukes of Hazard' ...

I was born in Post and grew up in Robert Lee, and always enjoy your newspaper when relatives from Post send it to me here in El Monte, California. When I saw the story about the "Republic" of Texas I thought at first they were making a new episode for the Dukes of Hazard or something.

Now I understand it was serious. Guess why the media is ignoring the "story." Please print this letter if you dare!
George Henshaw

Cattle industry is in serious trouble...

The cattle industry is in serious trouble and this is having a drastic effect on the economy of the high plains. Six million head per year (27%) of the fed cattle in the U.S. comes from the high plains. The economic impact is calculated to be over \$14 million annually.

Experts say the cattle feeding industry has been the economic salvation of the high plains. Now we are in danger of losing this industry because of concentration in agriculture. In 1995 four beef packers controlled 87% of the market. Doans Agriculture Report states packers are earning 35 to 40% margin of profit while producers are losing 35 to 40%.

Agriculture Secretary Glickman has appointed 21 people to serve on an advisory committee to study agriculture concentration. The goal of the committee is to get as many people as possible to respond on this issue.

Hearings for public input will be held in St Louis on March 25. Anyone can testify or send written testimony.

As a member of the committee, I would appreciate a short letter expressing your opinion on agriculture concentration and how it affects you. Address your letter to Secretary of Agriculture Dan Glickman and members of the committee. Mail or fax the letter to me and it will be hand delivered to the Secretary. I will answer any questions you may have. Please make a difference.

Lois Wales
Dimmitt, Texas

Letters to the Editor Policy:

Letters are encouraged. We reserve the right to edit for brevity and style. Letters must be signed, but names will be withheld at the request of the letter writer to protect the identity so that fear of retribution may not restrict the rights of freedom of expression.



Receiving 40 year service pins at the recent VFW Ladies' Auxiliary program were Pauline Mathis (left) and Mary Teaff. Ruth Dale was also honored, but was unable to attend. The event was held March 11 at the VFW Hall.

Airman Doggett graduates

Air Force Airman Ranetta N.D. Cruse Doggett has graduated from the security apprentice course at the Air Force Security Police Academy, Lackland Air Force Base, San Antonio, Texas.

Students were taught systems security operations, tactics, and weapons handling. Included in the

training were base ground defense, and concepts and principles of anti-terrorism.

Cruse is the daughter of Henry E. Cruse of Post.

Her husband, Joey, is the son of Arlice L. and Teri Doggett of Post. She is a 1993 graduate of Southland High School.

Another brief meeting at Commissioners' Court

by Wes Burnett

Four items were briskly disposed of by the Garza County Commissioner's Court at the regular meeting Monday morning. A planned discussion and possible executive session regarding comp time for the Sheriff's department was postponed due to the absence of Sheriff Kenny Ratke, who was in Lamesa for a court case.

Commissioners approved the appointment of Roy Willis, Lee Norman and Daniel Yarbro to the 911 committee, replacing Lonnie

Peel, Dee Justice and Johnny Kemp.

A proposal from Compliance Plus was accepted, but no action taken, to provide drug testing services for the county. The drug testing program is mandated by the state legislature.

A request for carpet for the Texas DPS office was postponed until budget hearings.

Attending the meeting were commissioners Royce Josey, John Valdez, Mason McClellan, Lee Norman, Judge Giles Dalby, clerk Sonny Gossett, treasurer Ruth Ann Young and attorney Leslie Acker.

Shaping up after pregnancy takes on a whole new meaning for women in the military

Shaping up after pregnancy takes on new meaning for women in the military who must meet specific standards for weight, body fat and physical fitness six months after delivery.

Researchers at the USDA's Children's Nutrition Research Center have received a \$1 million research grant from the U.S. Department of Army to determine if existing standards are realistic for postpartum women.

"There is concern that military policies requiring women to return to prior weight and fitness levels six months after delivery discourage adequate weight gain during pregnancy and encourage an unduly restricted diet after delivery," said Dr Nancy Butte, CNRC investigator and an associate professor of pediatrics at Baylor College of Medicine.

Because of these weight and fitness standards, military women tend to have weights lower than the general population before they become pregnant.

"It is especially important for these women to meet the recommended 27-40 pound weight gain needed for the birth of a healthy infant," said Dr Judy Hopkinson, co-investigator and assistant professor of pediatrics at Baylor.

From the military perspective, a certain level of physical fitness must be maintained to preserve combat readiness.

"During pregnancy, fat is deposited in the body, and iron stores and fitness usually decrease. The impact these changes have on physical performance after delivery are uncertain," Hopkinson said.

The researchers will study 68 women before, during and six months

after pregnancy to evaluate changes in weight, body composition, iron status, strength and physical fitness.

Volunteers will include military reservists living in the Houston area and physically active civilians.

Equations used to predict body fat will also be evaluated. "The military uses height and weight, hip, waist and other body circumferences to predict body fat. But these equations do not take into account the redistribution of body fat following pregnancy," Hopkinson said.

Study results should provide new baseline information on pregnant women and their return to duty readiness. Findings could also influence military requirements of weight, body fat and fitness after delivery.



Jane Prince Jones was recognized at last Saturday's "Willy Awards" for her contributions and achievements as former director at the Garza Theatre. (Photo by Tim Burnett)

Grandparents' Corner



"Nana" Henrietta Thomas of Post enjoys a visit with her great granddaughter Taylor Lin Read of Germany, along with Taylor's great aunt, Sherry Redman of Amarillo. Taylor Lin is the daughter of Brandy and Shawn Read of Germany, formerly of Post.

Bring your favorite grandparent photo to The Post Dispatch to be included in this weekly feature. Photos will be published "first come, first served."

Neighbor to Neighbor

by Kelly Ahrens, CEA-FCS

Frequent dental problems

Gum disease, known as gingivitis in its mild form and periodontitis in its more severe form, is the most frequent type of dental problems among older Americans. About 64% of all people over age 65 have some of these systems:

- *gums that bleed when brushed
- *gums that have pulled away from teeth

- *pus between the teeth and gums when the gums are pressed on
- *loose or separating teeth

- *changes in how the teeth come together when you bite, or in the fit of partial dentures
- *bad breath or bad taste in the mouth.

These symptoms occur when the by-products of bacteria erode healthy gum tissue, creating pockets that collect even more bacteria. The pockets separate the teeth from the gums

and expose their roots. A pocket greater than 4mm deep indicates progression from gingivitis to early periodontitis. If treated promptly, gum disease can be reversed, and teeth can be saved. In addition:

- *Root decay affects about 60% of those in their 50's and 70% of those in their 60's.

- *Older people are susceptible to traditional tooth decay in the crown, particularly around old fillings, which may be abundant since fluoride was not incorporated into their teeth during childhood.

- *Some medications or therapies may cause a diminished saliva in the mouth (dry mouth), which can lead to more brittle teeth that can crack. Radiation therapy to the head or neck, sedatives, barbiturates, antihistamines, decongestants, and certain blood pressure medications may cause dry mouth. About half of patients over 65 take such drugs.

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

Texas Agricultural Extension Service
The Texas A&M University System

Extension Extras

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

Earned income credit workshop

Families and individuals interested in the Earned Income Credit should plan to attend a workshop on Friday, March 29, at 10 am at the Garza County M.H. Center. County Extension Agent Kelly Ahrens will be presenting the workshop.

Cotton marketing group meeting

A cotton marketing group meeting is scheduled for Friday, March 29, at 7:30 am at the Citizens Bank meeting room. Please plan to attend as this is the time to plan and purchase options.

The ancient Egyptians worshiped cats and were punished for harming them. They worshiped a goddess of love with the head of a cat and the body of a woman.

Just wanted to take this opportunity to thank everybody that took time to go and vote for me in the race for Constable for Pcts. #1 & #2. With the out come in Daniel Yarbro's favor I'm giving him my complete support in the up coming election.

Bobby Dean

Trade Days Special

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Sports

Eighth grade girls win first in Post Junior Relays last Saturday

The 8th grade girls won first place in the Post Junior Relays last Saturday with a total of 165 points. "The girls did a great job. I was extremely proud of everyone of them. They competed with class. They were very impressive in the first track meet of the year," said coach Shana Matthews.

Individuals results are:
First place:
 400 meter relay - Amy Line, Keisha Holly, Camie Payne, Selicia Hernandez, 55.11;
 800 meter relay - Amy Line, Erin Gregory, Lauren Webb, Stephanie Looney, 2:03.06;
 1600 meter relay - Amy Line, Keisha Holly, Camie Payne, Selicia Hernandez, 4:45.59;
 Shot put - Channa Cruse, 27'1 1/2";
 Discus - Kerry Cahill, 73'5";
 Long jump - Selicia Hernandez, 14'11";
 100 meter dash - Selicia Hernandez, 13.09.

Seventh grade girls place first in Post Junior Relays last Saturday

The 7th grade girls won first place in the Post Junior Relays last Saturday with a total of 258 points. "The girls did a great job. I was extremely proud of everyone of them. The girls scored 130 more points than the second place team, which is unbelievable. They competed extremely well for this being the first track meet," said Coach Shana Matthews.

Individuals results are:
First place:
 400 meter relay - Davida Gregory, Dianna Williams, Rhonda Thompson and Kenda Looney, 57.32;
 800 meter relay - Brailey Feagin, Yvonne Lopez, April Line, Dianna Williams, 2:07.62;
 1600 meter relay - Kristy Saldivar, Princess Garcia, Brailey Feagin and Kenda Looney, 5:08.61;
 Triple jump - Yvonne Lopez, 26'3 1/2";
 800 meter run - Mandy Terry, 3:04.64;
 100 meter hurdles - Dianna Williams, 19.35;
 100 meter dash & 200 meter dash - Rhonda Thompson, 13.21 & 28.74;
 300 meter hurdles - Jamie Dawson, 61.96.

Lady Lopes place sixth at Lubbock

The Post Lady Lopes placed sixth in the Lubbock Girls Invitational held at Coronado High School. The Lopes had 31 1/2 points.

Team results were Abilene, 191; Coronado, 185 1/2; Plainview, 93; Midland, 79; Caprock, 53; Post, 31 1/2 and Estacado, 18.

"The girls did a fine job. I am very proud of their efforts," said Coach Bill Gordon.

Individual results are:
Second place:
 Sharla Cruse, shot, 33'1";

Second place:
 Camie Payne, 200 meter dash.
Third place:
 Kerry Cahill, shot put;
 Amy Line, triple jump;
 Keisha Holly, 100 meter dash;
 Lauren Webb, 300 meter hurdles;
 Stephanie Looney, 200 meter dash.
Fourth place:
 Callie Johnston, shot put;
 Cassie Miller, discus;
 Keisha Holly, triple jump;
 Stephanie Looney, 100 meter hurdles;
 Erin Gregory, 100 meter dash.
Fifth place:
 Amy Line, high jump;
 Samantha Perez, 1600 meter run.
Sixth place:
 Erin Gregory, long jump;
 Kerry Cahill, 800 meter run & 1600 meter run;
 Kayla Huff, 400 meter dash.
 Also participating were Courtney Bratcher, Candi Reed, Kelci Hart, Shayla Daughtery and Amy Little.

Lost Pet Corner

Call the City of Post at 495-2811 for information

Only two puppies at the animal shelter... others not claimed were euthenized



There are only two puppies at the animal shelter this week... both male, one a heeler mixed breed and the other a chow mixed breed.

Last week four dogs were euthenized in accordance with the time schedule for lost pets... adoption or claiming by owners is the only method for survival for these animals.

If you are interested in providing a loving home for one of these puppies, call City Hall at 495-2811.

Tip of the Week: God made animals with the same love He made us... and they need love just as much as we.

Post Jr relays results for 7th and 8th grade boys

The Post Jr Relays were held here Saturday, March 23rd.

Results are as follows:
7th Grade boys
First place:
 Jamie Collazo, triple jump, 31'11";
 Ryan Wulfjen, high jump, 5'2";
 Stefan Montoya, discus, 83'7";
 Gabriel Silva, 300 meter hurdles, 53.45;
 Eugene Bell, 400 meter dash, 64.19;
 Clinton Curtis, 110 meter hurdles, 20.9.
Second place:
 Tyrone Jefferson, long jump, 15'4";
 Ryan Wulfjen, 200 meter dash, 28.3;
 Clinton Curtis, 300 meter hurdles, 54.81;
 Gabriel Silva, 110 meter hurdles, 21.28;
 Ricky Halford, Ryan Wulfjen, Jamie Collazo, Tyrone Jefferson, 400 meter relay, 52.7;
 Tyrone Jefferson, Jamie Collazo, Clinton Curtis, Ryan Wulfjen, 1600 meter relay, 4:18.74.
Third place:
 Joey Cimental, high jump, 4'10";
 Tyrone Jefferson, triple jump, 29'11 1/2";
 Ryan Wulfjen, long jump, 15'2";
 Tyrone Jefferson, 100 meter dash, 12.47;
 Eugene Bell, 800 meter run, 2:39.91;
 Brooks Conner, shot put, 29'.
Fourth place:
 Justin Norman, discus, 77'2";
 Stefan Montoya, shot put, 28'8 3/4";
 Joey Cimental, 300 meter hurdles, 56.04;
 Raul Ortiz, 110 meter hurdles, 21.82.
Fifth place:
 Clinton Curtis, triple jump, 28'6";
 Ricky Halford, high jump, 4'6";
 Steve Rodriguez, 200 meter dash, 30.1;
 Brant Whisenhunt, 800 meter run, 2:45.88.
Sixth place:
 Brooks Conner, discus, 75'8";
 Joey Rodriguez, shot put, 27'4";
 Raul Ortiz, 200 meter dash, 31.26;

Amando Rodriguez, 400 meter dash, 69.39;
 Jamie Collazo, 100 meter dash, 13.17;
 Chris Morales, 1600 meter run, 7:03.0.
8th Grade boys
First place:
 Chris Saldivar, Billy Crawford, Johnny Jefferson, Raymond Jefferson, 400 meter relay, 49.42;
 John Radle, 110 meter hurdles, 18.42;
 Raymond Jefferson, 100 meter dash, 11.62;
 Adrian Gonzales, discus, 117'4 3/4";
 Billy Crawford, shot put, 39'9";
 Raymond Jefferson, long jump, 18'5".
Second place:
 Braden Conner, 110 meter hurdles, 18.88;
 Johnny Jefferson, 100 meter dash, 11.82;
 Luis Leos, 200 meter dash, 26.84;
 Billy Crawford, high jump, 5'4".
Third place:
 Billy Crawford, 200 meter dash, 26.87;
 Luis Leos, triple jump, 31'9";
 Braden Conner, high jump, 5'4";
 John Radle and Jason Fields (tie), pole vault, 7'6";
 Chris Saldivar, Dominic Pequeno, Raymond Jefferson, Johnny Jefferson, 1600 meter relay, 4:18.74.
Fourth place:
 Dominic Pequeno, 300 meter hurdles, 51.24;
 Luis Leos, long jump, 16'5";
 Scotty Gaydos, discus, 101'8 3/4";
 Adrian Gonzales, shot put, 37'6".
Fifth place:
 Jason Fields, 110 meter hurdles, 20.08;
 Dominic Pequeno, 100 meter dash, 12.88;
 Dominic Reyna, shot put, 36'7".
Sixth place:
 Jason Howard, 1600 meter run, 6:07.57;
 Raymond Silva, 400 meter dash, 64.42;
 Johnny Jefferson, triple jump, 31'7";
 Raymond Jefferson, high jump, 5'0";
 David Villesca, pole vault, 7'0";
 John Radle, 300 meter hurdles, 52.4.

Post ISD trustees support administrator in student discipline complaint

Post ISD board of trustees members, following an executive session at the regular meeting March 19, upheld a decision by administrators and the National Honor Society (NHS) Council regarding disciplinary action against a student member of the NHS.

In other action, trustees accepted a bid of \$861,273 for the construction of the Middle School science lab and the high school media center.

Board members approved a bid from Bryan Williams & Son Insurance for property/casualty insurance for one year. A \$3,900 contribution to the Garza County Summer Recreation Youth program was also approved.

Following a second executive session, board members approved an incentive retirement plan, including the payment of one half of the 1995-96 teacher salary plus \$25 for accrued sick leave. The retirement incentive is limited to those teachers whose age and experience equal 85 or greater during the 1995-96 school year.

Additional substitute teachers were approved by the board: Rodney Gray, Susan Tindle and Lynn White. Board members also approved instructional staff members at the three school campuses.

Attending the meeting were trustees Rex Cash, Mark Kirkpatrick, Barbara Hardin, Alexa Collier and Mark Short.

J.V. boys place 5th at Roscoe

The JV boys placed fifth at the Roscoe track meet last week with a total of 40 points.

Individual results are:
First place:
 200 meter dash - Derek Guthrie.
Second place:
 110 meter high hurdles - Roland Basquez;
 Triple jump - Charlie Bell.
Fourth place:
 400 meter relay - Chris Hernandez,

Charlie Bell, Tim Quintana and Derek Guthrie.
Fifth place:
 1600 meter relay - Chris Hernandez, Roland Basquez, Frank Reyna and Derek Guthrie.
 Others competing but not scoring were Troy Gilbert and Jay Gorman.
 The next meet will be Friday, March 29, at Seagraves. Prelims will start at 2:30 with finals at 7 p.m.

"Hug a child, Launch a Life" Project

The South Plains Coalition for the Prevention of Child Abuse will celebrate public awareness of Child Abuse Prevention Month with a balloon launch on Saturday, April 20, from 2 p.m. to 4 p.m. at Buddy Holly Park in Lubbock.

Becoming aware of the problem of child abuse is the first step toward preventing it. Child abuse is a community problem and everyone in the community has a role in its prevention.

Child Abuse and Neglect Facts
 In fiscal year 1995, Texas' child protective service agency received and referred for investigation an estimated 107,895 reports of alleged

child abuse and neglect.
 About 50,746 children were found to be substantiated victims of child abuse and neglect in Texas in fiscal year 1995.
 All fifty states have mandatory reporting laws for child abuse; the law requires that suspected child abuse or neglect be reported immediately. Reports are made to Children's Protective Service. Communities outside Lubbock can call the local Children's Protective Service or the 24-hour statewide child abuse hotline 1-800-252-5400. Persons who in good faith report suspected child abuse are granted immunity from civil or criminal liability.

Ways to Deal With Anger Everyone gets angry.

Anger is a normal human feeling. The ways we express our anger may be unhealthy.

Some ways we can get rid of our anger without hurting ourselves or anyone else are:

1. Blow into a paper bag, then pop it.
2. Pound on a mattress.
3. Play angry notes on a piano.
4. Rip up old newspapers or magazines.
5. Pull weeds with vigor saying, "I'm so angry" with each pull.
6. Take a towel and beat on the bathtub.
7. Do an angry dance.
8. Take a bucket of water and a big brush. Pretend the water is paint and paint the car or sidewalk with big angry strokes.
9. (Write your own)

Republic of Texas documents at library

A copy of documentation related to the Republic of Texas Provisional Government's legal challenges and other explanatory material is now available for public inspection at the Post Public Library. Included in the set of documents is the transitional plan, which is outlines a two-year transition from state to republic government. For more information call 210-349-8994.

FREE THINGS TO SEND FOR

(NAPS)—To learn ways to save energy, call the Energy Efficiency and Renewable Energy Customer Service Center at 1-800-DOE-3732, or write the Solar Energy Research and Education Foundation, P.O. Box 1036, Washington, D.C. 20013, or via the Internet at: www/http://solstice.crest.org.

Shriners provide free medical care to children with orthopedic and severe burn problems. For more information, call 1-800-237-5055.

For information on Parkinson's Disease or the Parkinson's Unity Walk, or for a quarterly newsletter, write: Parkinson's Disease Foundation, Columbia Presbyterian Medical Center, 710 West 168th Street, New York, NY 10032; or call 1-800-457-6676.

For facts about a plan to preserve and strengthen Medicare call The Coalition to Save Medicare at (202) 347-5731.

For free recipes write to Rose Spice, Inc., 4500 Northchase Parkway NE, Wilmington, NC 28405.

For information about energy-



efficient windows and doors see the National Wood Window and Door Association Internet home page at http://www.nwwda.org.

For answers to your questions about using a hair remover, simply call 1-800-62NUDIT. Callers will receive a coupon for \$1.00 off any Nudit product and a free Nudit User Guide.

For a free copy of Oppenheimer Funds' Finding the Financial Advisor Who's Right For You, call 1-800-525-7048.

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Slaton
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Post loses at Slaton, beats Ira at Post

The Post baseball team traveled to Slaton on March 19th and came home with a lose. Slaton outscored them 6-11.

"Coming off of spring break our batting was not as good as it usually is," said Coach Fred Postell.

Post had four errors in the third inning with three walks and three hits that really made a big difference.

Hitting for Post was Todd Terry, 1 for 3, single; Jamie Hernandez, 1 for 3, double; Roy Perez, 1 for 3, double; Armando Ayala, 1 for 2, double, 1 RBI.

On Friday, March 22, Post was at home against Ira and really played well. They sent Ira home with a loss of 21-0.

"This was a big day at the plate for us. We had three home runs in the first inning. Also 16 walks in the game was a big factor to our win. The team hit the ball well and also their batting had improved," said Postell.

Hitting for Post was David Perez, 2 for 2, single, home run, 1 RBI; Seth Pennell, 1 for 2, single, RBI; Joseph Abraham, 1 for 1, single; Jamie Hernandez, 1 for 3, home run, grand slam, 4 RBI; Armando Ayala, 2 for 4, single, home run, 3 RBI; Anthony Flores, 2 for 4, 2 singles; Roy Perez, 1 for 2, double, 1 RBI; Sam Zubia, 1 for 2, home run, 2 RBI; Jeremy Josey, 1 for 1, single; Steve Gonzales, 2 for 3, 2 singles, 1 RBI.

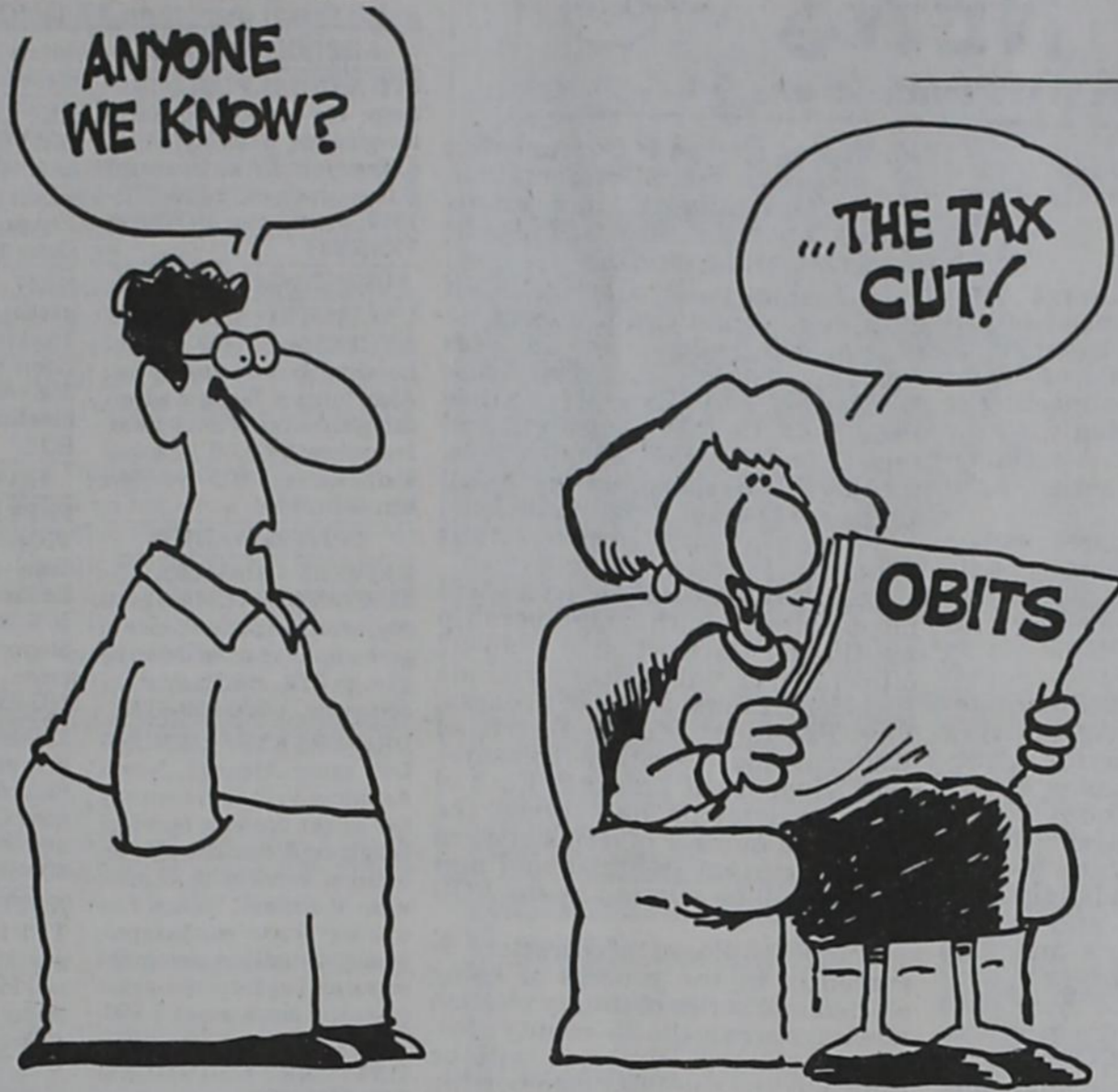
Varsity boys

The varsity boys placed eighth in the Roscoe track meet held last week with 14 points.

Individual results are:
First place:
 200 meter dash - Paul Arausa.
Fifth place:
 Triple jump - Paul Arausa.
Sixth place:
 200 meter dash - Jamie Hernandez;
 Triple jump - Jamie Hernandez.
 Others competing but not scoring were Freddy Pena, Elijah McElroy, Steve Gonzales, Israel Perez, Jerry Crawford, Michael McDougle and Vance Guthrie.

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Opinions



NEATHY/AMARILLO GLOBE-NEWS/CREATORS SYNDICATE

Why prosecutors should support "Fully Informed Jury" (FIJA) legislation

by Fully Informed Jury Association
 Co-Founder Larry Dodge
Larry Dodge holds a Ph.D. in sociology from Brown University, 1992. His doctoral dissertation was a study of community power. He co-founded "FIJA" in 1989, and has been educating Americans in their rights, powers, and responsibilities as jurors since then.

Part Five (Continued from Last Week)

Why? Because even the least educated and least brilliant among us has a conscience, which for better or worse is not well correlated with years of schooling or IQ. Psychological studies have shown that there are few, if any, points in our lives where we behave more conscientiously than when serving on a jury, even after being deluged with "instructions". Add that to the fact that the only known way to get people to behave more responsibly is to give them more, not less, responsibility, and the obvious formula for better jury verdicts is to tell the jurors the truth about their veto power and political function.

Among other effects, knowledge that the jurors are going to receive such information from the court would probably provide both the prosecution and defense with an incentive to select jurors who, in their estimation, could understand and make appropriate use of their arguments about the law in reaching a verdict. Prosecutors would try to convince jurors that applying the law would produce a just result, while defenders would try to convict them otherwise. A "dumbed down" jury would do neither side any good.

The worst of the "quality" complaints is that the truth about jury veto power must not be revealed to jurors because they cannot be trusted (with any kind of sword, regardless of how many edges). This allegation is symptomatic of a trend which threatens the social fabric of our nation more than any crime wave, law wave, environmental problem, or international crisis: deterioration of mutual trust between American citizens and their government.

It's a general and steadily worsening problem, with those who govern demonstrating ever-increasing condescension to those they govern, even suggesting that our citizen jurors be replaced by "professional jurors" (presumably licensed, and thus controlled by the government, which is what's wrong with the rest of the judicial branch right now).

Meanwhile, the governed are growing ever more suspicious and resentful of those who wield power over them. The prospect of trial by government only escalates their apprehensions, while the possibility that FIJA legislation might pass gives them new hope that America may again experience citizen control of government.

A related argument against FIJA legislation is that nowadays the laws of the land are so complex that ordinary people cannot be allowed to judge them, but only to apply the law as given them by the judge. As with most of the arguments in the list, it reeks of condescension and misplaced blame.

It should be obvious that if the jury cannot understand the law, there is something wrong with the law, not with the jury. And it should also be obvious that the short-term answer would be for the judge and the attorneys to help the jury understand the law before using it—which in an adversarial system would best be accomplished done by arguing the law to the jury.

(Continued Next Week)

It is not yours to give...

by Wesley W. Burnett
 For at least the past 60 years, Americans have been bombarded with the notion that government can solve problems... government can create jobs... give it enough money, and government can do miracles.

Unfortunately, or fortunately, depending on your perspective, government is neither capable nor designed to do any of those things. And especially is this true in America, where the economic foundation of this great nation was founded on the concept of free enterprise... get out of our way government.

What happened to our competitive spirit and can-do attitude over the years? It didn't happen overnight. Even in my brief existence, I can remember the days when the very notion of government giving money to private businesses would have created an uproar of disapproval.

Yet, today, we are in the midst of a fire-storm of eagerness to force tax payers to subsidize all sorts of business ventures... all in the name of creating jobs.

Is it the proper role of government to forcibly take money from one set of citizens and give it to another?

Is that what this great nation is about? Have we lost the spirit of free enterprise to the point that we don't believe we can create jobs without government assistance?

Surely not. Think about it. In our rush to attract "new" industries to our community, we are actually debating the theft of money from citizens to enrich the personal gain of private business. This is about as un-American an idea as one can imagine. It is pure and simple socialism, and it is dead wrong.

Sure, cities all around us are mired in the heated battle of attracting new industries... and jumping at the chance to take hard earned money from working folks... and hand it over to this or that business, which promises to bring high paying jobs to town.

The fact that government ends up being the thief does not justify the act of thievery. Theft is theft... whether by government or by individuals.

So, a majority of voters in this or some other town approve money to be spent for private industry, and the money comes from perhaps 49 percent of the people who prefer not to be forced to pay for this venture... that's what democracy is all about. That's why our Founding Father's fought to death to see a republican form of government installed in America... because democracy at its purest form is nothing more than mob rule... and the minority can just as well go crawl in a hole.

When government dishes out money... you can be sure that somewhere along the line there is going to be questions about how and why... that's the situation we are in at the national and state level... surely we don't want to fall into that quagmire at the local level.

I think C.W. Post would shudder at the socialist trend we seem to be taking. The founder of our town did not even consider the possibility of government money in his grand and glorious scheme of "making money in Texas." Yet, all around him in those days during the turn of the century, powerful men were quietly directing government intervention behind the scenes to enrich themselves and their friends.

Now we see the fruits of their efforts. A government gone absolutely berserk in spending money it doesn't have, with a voracious appetite for more and more and more money from its citizens... all in the name of creating jobs, saving people from themselves... and the list goes on and on.

Let us face our economic future with hope and faith in our own abilities to create jobs. We have many new businesses which have chosen to come to Post the past few years... none of which have asked nor expected money from tax payers to survive.

Good business people do not want government interference... they want to be left alone to do what needs to be done to satisfy their customers. Our city leaders would do a great service by looking closely at government interference and eliminating ordinances, rules and regulations... than to develop another scheme to steal money from tax payers.

A way out of the cruel Social Security box

by Stephen Chapman



For many people, education is a slow and difficult process but not an impossible one. Back in 1982, during one of the Social Security system's frequent crises, some policy thinkers suggested that federal finances and future retirees would be better off if we privatized all or part of the system — relying on mandated individual savings rather than a government entitlement to support the elderly. The suggestion was generally met with "howls of derision."

One doctrinaire left-wing critic, economic writer Robert Kuttner, roundly denounced the proposal as just another symptom of the irrational "hysteria over Social Security" spread by "right-wing" ideologues. "Social Security," he insisted, "is economically superior to any alternative that most Americans could afford to purchase in the private market."

That was 14 years ago, and Social Security still suffers from a gap between the promises it has made and the means it has to meet them. So the option of privatization has been offered once again, and this time, it is being taken seriously — partly because it has been successfully implemented in Chile. A Washington Post columnist recently wrote that in many ways, it "offers great appeal" and argued that "liberal defenders of Social Security should give the idea a respectful hearing." — The columnist? Robert Kuttner.

By periodic patching, consisting mostly of tax increases, Congress has managed to keep the retirement system afloat. But so far, it has done little to address its two fundamental defects — defects so severe and intractable that even die-hard defenders of the status quo can no longer deny them.

The first is that as the baby boom generation retires, the taxes paid by workers will have to rise sharply to finance all the benefits that are due. In 1950, there were 16 workers for every retiree; by 2030, there will be only two. So each worker will have to carry a bigger load.

The second is that even if tomorrow's workers are willing to bear that burden, tomorrow's retirees will get shortchanged. An unmarried worker with average earnings who retires today will get back about 90 percent of what she paid in "contributions," which is not exactly a bonanza. But a comparable worker retiring 20 years from now will be lucky to recoup 55 percent of her money. She'd do better putting it in a coffee can and burying it in the backyard.

Ameliorating one of these shortcomings, unfortunately, means aggravating the other. If future workers are to be spared suffocating payroll taxes, future retirees will have to accept an even worse bargain than they can expect now. If retirees are to get a decent return on their contributions, workers will have to be squeezed unmercifully. The architects of Social Security have built a box that has no exit.

Except one: replacing government pensions with private retirement savings. Under that approach, today's younger workers would be allowed to take a share of the funds they now pay in Social Security taxes and place them in real assets, like stocks and bonds. Unlike Social Security taxes, which are spent immediately on benefits, these contributions would accumulate and grow. Eventually, the federal pension system could be phased out entirely, supplanted by a system of mandatory contributions to individual retirement accounts, which would assure everyone a more prosperous old age.

How prosperous? Analyst Michael Tanner of the Cato Institute in Washington, says that even if returns on stocks are slightly lower than their historical norms, the payoff would be huge. A typical American born in 1970 who took the amount he would pay in Social Security taxes and put it in stock mutual funds would reap six times more than Social Security will pay — and that's assuming Social Security benefits are not cut in the meantime.

True, as skeptics note, stock market returns are not guaranteed. But neither are future government benefits. And even a poorly performing stock market would be more remunerative than Social Security can ever be. For the few who may lose everything in bad investments, the government could offer a minimum benefit.

The only difficulty lies in the transition — paying current benefits while letting today's workers take some of their money and invest it. But this is not insurmountable. Older workers should be guaranteed the benefits they've been promised. But younger ones should be allowed to forfeit some of their Social Security benefits if they want to divert some of their contributions to private retirement accounts.

Although Social Security has been the most successful pyramid scheme in history, every pyramid scheme collapses sooner or later. That day is coming for Social Security, but it could lead to something better.

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Today and Yesteryear

by Walter E. Williams



To gain a fuller appreciation of where we are, we should pay some attention to where we've been. Education is in shambles, but how bad is it compared to yesteryear? In the past, in order to enter public high school in Jersey City, N.J., students had to pass an entrance exam. In 1885, test questions included: Name the states on the west bank of the Mississippi River and the capital of each. What is the distance from the equator to either pole in degrees and in miles? Write a homogeneous quadrinomial of the third degree.

Today, few of those entering high school, few who are graduating or few teachers have even the slightest inkling of the correct answers. Spring those questions on them, and see for yourself. I doubt whether yesteryear's students knew more because they were genetically superior to today's. I also doubt their better basic education can be explained by higher educational expenditures. The answer lies in the deliberate dumbing down of educational standards, half-baked, failed education theories, school time wasted on fads like AIDS awareness, homelessness, environmentalism, sex indoctrination and endangered species, learning how to feel good about yourself even if you're an academic idiot, and finally, teachers and administrators who, for the most part, represent the very bottom of the intellectual/academic barrel.

How about today's illegitimacy compared to yesteryear's? Nationwide, illegitimacy stands at 31 percent and growing. At its current growth rate, we risk becoming a nation of bastards well before the end of the next century. Today's illegitimacy is new. In 1940, the illegitimacy rate was 3.5 percent nationwide. How do we explain this? If we believed the preachments of former Surgeon General Joycelyn Elders and her fellow travelers, in 1940, there must have been greater high school condom distribution and more birth control clinics as well as more sex education classes and more abortions.

That's nonsense. Having been a teen-ager during the '40s, I can personally testify that young people's hormones were in an uproar back then just as they are today. The difference is they weren't indulged. There were values as to appropriate dating age and respectable hours to return from a date.

Suggestive talk to a girl might win you a slap in the face or perhaps a boot to the butt if her brothers and father found out. For boys, sexual exploits were mostly confined to fantasies and lies.

During the '60s, the liberal vision saw the traditional values constraining sex impulses as old-fashioned and needlessly impeding fun. Let-it-all-hang-out values took over. Illegitimacy doubled that decade and has been growing ever since. Social sanctions like shame and disgrace went by the wayside, and welfare took care of the effects of personal indiscretions. There's nothing in today's air or water that explains today's skyrocketing rate of illegitimacy; it's today's values and social policy.

But there's a lot of good news between yesterday and today. Despite what the pundits preach, Americans are materially better off than we've ever been. The first measure is life itself. In 1970, life expectancy at birth was 71 years; today, it's more than 75 years. In 1970, 30 percent of households had two or more cars; today, it's 54 percent. Fewer than 100,000 people used computers in 1970; today, there are 76 million users. Since 1970, the accidental death rate per 100,000 of the population has fallen from 56 to 35. By any measurement, the American standard of living has risen

phenomenally. We all live in and benefit from an age of unprecedented wealth, and it's our values that are preventing us from being even wealthier.

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Wisdom Quotes

"The prestige of government has undoubtedly been lowered considerably by the Prohibition law. For nothing is more destructive of respect for the government and the law of the land than passing laws which cannot be enforced. It is an open secret that the dangerous increase in crime in this country is closely connected with this."

Albert Einstein, "My First Impression of the U.S.A.," 1921.

The Constitution for the United States

Preamble

We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.

ARTICLE I

SECTION 7. All bills for raising revenues shall originate in the House of Representatives; but the Senate may propose or concur with amendments as on other bills.

Every bill which shall have passed the House of Representatives and the Senate, shall, before it become a law, be presented to the President of the United States; if he approve, he shall sign it, but if not, he shall return it, with his objections, to that House in which it shall have originated, who shall enter the objections at large on their journal, and proceed to reconsider it. If after such reconsideration, two-thirds of that House shall agree to pass the bill, it shall be sent, together with the objections, to the other House, by which it shall likewise be reconsidered, and if approved by two-thirds of that House, it shall become a law. But in all such cases the votes of both Houses shall be determined by yeas and nays, and the names of the persons voting for and against the bill shall be entered on the journal of each House respectively. If any bill shall not be returned by the President within ten days (Sundays excepted) after it shall have been presented to him, the same shall be a law, in like manner as if he had signed it, unless the Congress by their adjournment prevent its return, in which case it shall not be a law.

Every order, resolution, or vote to which the concurrence of the Senate and House of Representatives may be necessary (except on a question of adjournment) shall be presented to the President of the United States; and before the same shall take effect, shall be approved by him, or being disapproved by him, shall be repassed by two-thirds of the Senate and House of Representatives, according to the rules and limitations prescribed in the case of a bill.

A Constitution will only serve the people if the people insist on its tenets to be upheld by all.

Fumagalli named Visual Arts Director at Algerita

The Caprock Cultural Association announces the creation of a Visual Arts Director position, whose major responsibility is to activate the Algerita Arts Center with visual arts activities and assist the Post Art Guild in their activities.

The partnership between the CCA and the PAG is to insure that the Arts Center remains the leader of the visual arts activities in Post.

Jenifer Fumagalli, who resides east of the city was chosen among the 12 applicants. She began duties on February 1 and is now developing programs to keep the facility active. These activities will offer a variety of activities for artistic participation and art exhibits to attract tourists and visitors. The public is urged to visit the Arts Center, open Tuesday through Friday and Trade Days Saturdays and visit with Jenifer.

Jenifer was born in Texas and raised in Alaska. She now lives on the ranch in Verbena with her husband, Dan, and their two sons, Joshua, 14 and Andrew, 7. Her interest in art was influenced by a strong art program offered through Jr High school. My teacher believed so strongly in my abilities that she would enter my work in area art shows.

As the Visual Arts Director my job is to keep the Art Center open to the public through exhibits, demonstrations and presentations. We have a variety of programs planned throughout the year. For example this Saturday Val Mayer, from Envoye Travel will give a presentation on "Vacation Ideas, 1996." This presentation is free to the public from 2-5 p.m. and includes an exhibit on various vacation spots.

The center will be hosting the "Spring Day at the Algerita," luncheon, style show and egg auction on April 5. Tickets are available at the center or with Post Art Guild members. Following with be the traditional "Spring Art Show." Artist entries are April 24/25 with public viewing on April 27 till May 4. Kid's 'n Art workshops and show is scheduled for June. Caprock Photographer exhibit and "Art of the

Arts" show for July and into August. Other activities and workshops are in the planning stages, so for information, just stop by.

We are all very happy to have Jenifer on board and believe that she will be a great asset to Post Arts Industry.

Air Force band and singing sergeants to perform at Tech

The United States Air Force Band and Singing Sergeants of Washington, D.C., conducted by Lt Col Lowell E. Graham, will perform at 8 p.m. on Monday, April 15, in the Texas Tech University Center Allen Theatre.

The concert is sponsored by the Texas Tech University School of Music.

Free tickets, with a limit of four per request, may be picked up in advance at the School of Music beginning Monday, April 1.

The United States Air Force Band and Singing Sergeants have acted as America's musical ambassadors in 55 countries on five continents during

twelve international goodwill tours.

The Singing Sergeants have performed for every United States chief executive since President Truman, as well as with the New York Philharmonic, the Philadelphia, Cleveland, Houston and National symphony orchestras, and both the Boston and Cincinnati pops orchestras.

Additionally, they have sung at high-level functions of the White House, State Department, Supreme Court, Congress, and Department of Defense.

The conductor has chosen a program which includes a wide variety of musical selections ranging from the classics to music of today.

There is only one thing about which I am certain, and that is that there is very little about which one can be certain.

—Somerset Maugham



by Shawn Wade
From Plains Cotton Growers, Inc.

"Change is a Challenge" and meeting new challenges head-on will be the focus of Lubbock-based Plains Cotton Growers' 39th Annual Meeting, April 12. The meeting is being held in conjunction with the Texas Cotton Ginners' Association Trade Show and Convention, April 11-12.

The just announced agreement on a new farm bill by the House-Senate Conference Committee makes this year's speaker selection especially timely for all High Plains cotton producers. Both of this year's speakers come from the United States Department of Agriculture Consolidated Farm Service Agency (FSA) and will be discussing details of the development and implementation of the next farm bill.

This year's speakers are: Richard O. Newman, Deputy Administrator for Farm Programs, and Wayne Bjorlie, Director Fibers and Rice Analysis Division.

"We are pleased to have two excellent speakers addressing this year's meeting," says PCG Executive Vice President Donald Johnson. "Their comments will be especially timely now that the Conference Committee has sent a compromise farm bill to the House and Senate for final approval next week."

Johnson notes that further information about the bill, which has been renamed the Federal Agricultural Improvement and Reform (FAIR) Act of 1996, will be made available as soon as possible.

Other scheduled agenda items for the PCG meeting include the presentation of two awards. The Distinguished Texas in Agriculture Award from Texas A&M University

Lawn Care Made Easy

(NAPS)—Acquiring a green thumb may be as simple as putting your hand on the right tools.

Or tool. New gardening systems are so efficient, it is possible to buy one tool, which converts to seven tools in one. One very effective gardening system might be all you need for beautifully manicured lawn edges, expertly pruned trees and well-cultivated garden beds.

Gardening systems, such as the Ryobi 4-Cycle Trimmer Plus have attachments that perform all of these landscaping jobs, plus work as a back-saving snow blower, or easily vacuum up fall leaves.

Gardening experts have called the all-season Ryobi system the most advanced and versatile tool on the market today.

Advantages to the year-round garden care system are power, ease of use and cost effectiveness.

The trimmer's engine, the only one of its kind, outperforms ordinary trimmer engines in nearly every respect.

Although it has more power over a wider range of speeds, it is light weight, making it easy to use for most family members.

The engine weighs only eight pounds and when the whole unit is assembled with the trimmer, it weighs only 13 pounds.

The clean-running system also uses less gas. Unlike other lawn power tools, the trimmer does not use a mixture of gas and oil, so smelly exhaust is greatly reduced. Oil stays in the reservoir, gasoline in the gas tank and the twain never meet. Thus, the trimmer runs significantly cleaner than other available products, meeting environmental regulations which won't even be in effect until the 21st century.

Using a gardening system is also a cost-effective way to take care of all of your landscaping needs. The cost of the trimmer unit is \$200. Attachments start at just \$30, which is one-half the cost of a separate tool with its own engine.

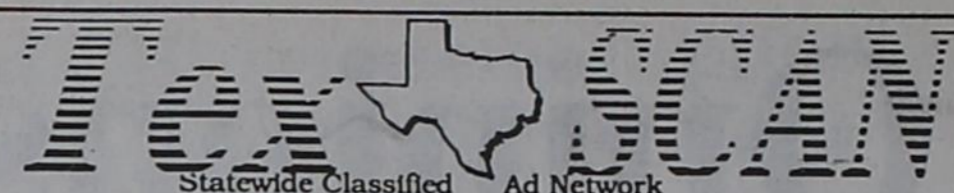
will be presented to Mr. Don Anderson of Lubbock. A second presentation, to the Outstanding High Plains Cotton Agent for 1995, will also be presented at the meeting.

In keeping with the theme of challenges met and overcome attendees will also hear addresses from out-going PCG President Frank B. Jones and Executive Vice President Donald Johnson, and reports on two PCG-led initiatives: the High Plains Enhanced Boll Weevil Diapause Control Program and the Plains Cotton Improvement Program.

The PCG board of Directors will meet following the membership meeting for the election of 1996-97 officers. Current officers include President Frank Jones of Lamesa, Vice President Jackie Burris of Wellman and Secretary-Treasurer Don Langston of Lubbock. Each of these individuals has served the maximum number of terms allowed in their current positions and new officers will be selected by the PCG Board.

The PCG Board of Directors is currently in the process of being elected in a series of county election meetings across the 25-county area. Newly elected Directors will be confirmed by the PCG membership at the annual meeting.

The 39th PCG Annual Meeting will begin, April 12, with registration from 8:30-9 a.m. and is scheduled to end at 12 noon. The PCG meeting will be held in Room 107 of the Lubbock Memorial Civic Center. The PCG Board of Directors will meet that afternoon in Room 108-109 starting at 1:30 p.m.



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—John J. Plomp

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Obituaries

Dr Jess Ellis Cearley

Funeral services for Dr Jess Ellis Cearley, 90, of Denton were held Tuesday, March 26, 1996 at 1 p.m. in the First Baptist Church of Denton with Dr Wayne Blankenship officiating.

Burial was in the Laurel Land Memorial Park in Fort Worth under the direction of Mulkey-Mason, Jack Schmitz & Son Funeral Home.

Dr Cearley died Saturday, March 23, 1996 at his residence.

He was born August 14, 1905 in the Cearley Community of Wise County west of Bridgeport. He married Margaret Galloway on June 19, 1930 in Canyon. She died August 29, 1980. He then married Mildred Doyle Griffin on September 28, 1981 in Denton. She died May 23, 1995.

Dr Cearley moved to Post as a child, where he attended Close City schools, graduating from Post High School. He graduated as a Second Lt from NTAC in Arlington. He earned a Bachelor of Science from North Texas State College in 1934, his masters of Physical Education in 1940, also from North Texas State, and his PHD in Physical Education from the State University of Iowa in 1955.

He taught science and was head coach at Post from 1934 to 1938 when he moved to Amarillo, where he was director of Physical Education, health and Safety for Amarillo Public Schools. He did extensive football officiating for the Border and Skyline Athletic Conference. During World War II he taught Calisthenics to servicemen stationed in Amarillo, and also taught classes at Amarillo College. In 1961 he was appointed Director of Physical Education and Athletic Director of North Texas State University in Denton, and upon his retirement he was given the title of Director Emeritus. He was active in the Texas Association for Health Physical Education and Recreation. In 1960 he received the honor award of the association. He was a longtime Baptist, a member and Deacon of the First Baptist Church of Denton.

His only child, Sue C. Norman, died July 12, 1995.

Dr Cearley is survived by a granddaughter, Andrea Moore of Corpus Christi; a grandson, Jamey Norman of San Antonio; a sister, Geraldine Butler of Post; a sister-in-law, Bonnie Cearley of Early; six great-grandchildren and nieces and nephews.

Pallbearers were Charlie Johnson, Jack Watson, J.C. Lowry, Wesley Earp, Don Bailey and Bob Way.

A sleeping child gives me the impression of a traveler in a very far country.
—Ralph Waldo Emerson



Texas Tech Health Sciences Center staff members were in Post last week gathering data on the long-term DNA study of Alzheimer's. At the Post Community Center were (left to right) Marilyn Johnston, Dr Shirley E. Poduslo, Lisa Rascon, Gladys Blair, Jean Shelly, John Boren, Mindy Neal, Katherine Trammell and Elizabeth Pantoja. The research team is associated with the Texas Tech Department of Neurology DNA Bank. Post Chamber of Commerce Women's Division members hosted the event with Joleen Cahill and Billie Cross serving as coordinators. Juanita Peel and the Post Health Clinic also assisted.



The Garza Theatre's first production, "The Silver Whistle," was performed in 1986 at the Elementary School auditorium. Cast members recognized at last Saturday's "Willy Awards" were (back row, left to right) Ronnie Gradine, Jack Alexander, Ann Sims, (front row) Jennifer Smith, Preston Poole and Pat Bilbo. (Photo by Tim Burnett)



Taking time out to celebrate the 50th anniversary of VFW Post 6797 here this week are (left to right) Jo Ann Stelzer, Lola Ryan, Jo Ella Sparlin, Mary Teaff, Dena Morgan, Alva Shepard, Ruth Walls, Carol Jean Light, Janet Ratliff, Shirley Williams and Chuck Ratliff.

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Calvary Baptist Church 210 E. 6th, 495-2342
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First Baptist Church, Wilson 628-6333
Pleasant Home Baptist Church E. 14th & N. Ave F
Tempo Bautista 315 W. Main, 495-2416
Trinity Baptist Church 915 N. Ave O, 495-3038
Justiceburg Baptist Church Justiceburg, Don Blackcock, pastor
Catholic
Holy Cross Catholic Church Ave. K and Main St., 495-2791
Disciples of Christ
First Christian Church 812 W. 13th, 495-3716
Church of Christ
Church of Christ 108 N. Ave. M, 495-2326
Graham Chapel Church of Christ 5 miles W. Hwy 380, 2 miles south
Church of God
Church of God of Prophecy 602 W. 14th, 495-3644
Power House Church of God and Christ Pine Ave.
Lighthouse Christian Center Church of God 314 N. Ave I, 495-2237
Church of the Nazarene
Church of the Nazarene 202 W. 10th, 495-3044
Grassland Nazarene Church 327-5656
Lutheran
St John Lutheran Church, Wilson 1305 Dickson, 628-6573
St Paul Lutheran Church, Wilson 628-6471
United Methodist
First United Methodist Church 216 W. 10th, 495-2942
Graham Chapel United Methodist Church 495-3492
Presbyterian
First Presbyterian Church 910 W. 10th, 495-2135



Do you have your death certificate?
by Jose A. Payano, United Church of God of Prophecy
Perhaps you are asking yourself, "How can I have my death certificate if I have not died yet? The world of God teaches us that it is indispensable for us to die to the flesh in order to obtain eternal life. The apostle Paul understood this idea clearly when he wrote: "I am crucified with Christ; nevertheless I live; yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." (Galatians 2:20). The Spirit of God will give us the ability to sign the death certificate of our "man of Sin." Paul said "I am crucified with Christ." He didn't say "I have decided to imitate him," or "I will do my best to follow him." Rather, he said that he identified himself with Christ's death.
Death of the "old man" doesn't begin with repentance, but rather that's the beginning. Our complete death to sin comes with satisfaction. While the desire to sin is no longer there, sanctification comes in to complete the work. Now our attitudes change, the way we see things and react to them change as well. "I no longer live but Christ lives in me." What Paul was saying was that our individualization remains, but our motives have radically changed. His determination was for Christ to be the guide for his life. He had signed his death certificate. I pray that God will help us have that kind of relationship with him.

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Mon. - Fri.

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Tahoka - 998-4588
Lamesa - 872-2632
Sundown - 229-3741

Wallace Lumber Company, Inc.
119 N. Ave H
495-2835

CitizensBANK
Member F.D.I.C.

Sharing God's love, mercy and grace...
Bible Study, 10 a.m.
Worship Service, 11 a.m.
Sundays The First Presbyterian Church
10th & Avenue S
495-2135

H & M DIRT Contractors, Inc.
Clairmont Hwy 495-3293
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To The Nth Degree
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Post Health Care Clinic
a division of Methodist Hospital
Shen S. Chen, M.D.A.A.F.P.
Mike Cahill, P.A.-C.
Certified Rural Health Clinic
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After Hours 495-2828
318 W. 8th

Total Home Health Care
LUBBOCK METHODIST HOSPITAL SYSTEM
309 S. Broadway
Post, Texas 79356
806-495-3533

Classified Advertising

Classified Advertising

Rates: Private Party - 25¢ per word, payable in advance, individuals only.

Commercial: 50¢ per word. Payable in advance unless credit approved by management.

Card of Thanks

We would like to thank everyone for the cards, calls, visits and the notes and pictures that you sent to us on our 50th anniversary.

They meant so very much to us and will always be remembered.
Elton and Mary Lee

Personals

Lonely? Afraid? Depressed? Call CONTACT: 1-800-886-4351. Free, Confidential, Anonymous - 24 hours per day.

Post Group of Alcoholics Anonymous meets every Thursday night at the First Presbyterian Church, 901 West 10th at 8 p.m. Closed meetings are held except on the last Thursday 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 495-4152, 495-4185 or 629-4393.

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).

Spanish Speaking AA
Spanish speaking AA meetings will be held every Tuesday night at the Catholic Church from 8-9 p.m. Come one, come all.

Help Wanted

Drivers needed—Must have Class A CDL. Apply in person at Davis Oilfield Services, Inc., Lubbock Hwy, Post, Texas. 495-3805.

Jobs Wanted

Available to take care of the elderly

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and/or handicapped. References on request. Call 495-2759.

Homes for Sale

House for sale. Now vacant. We will try to work with you. Call 327-5226.

1800 sq. ft. 3 bedroom/2 bath, large bay window, 402 Osage. Nice neighborhood. 495-4067.

Santa Fe style custom home. 3 bedroom/2 1/2 bath on 3.43 acres in Cedar Hills. 2 fireplaces. Call 806-495-2028. Shown by appointment only.

3 bedroom/2 bath, 2 lots, lots of storage. 806-495-2396.

Miscellaneous for Sale

Sears natural gas 40 gallon water heater. Still in the case with warranty. Will sell worth the money. Call 495-2277.

Super single waterbed with 12 drawer underdresser for sale. Call 629-4322.

Pets and Supplies

1/2 heeler 1/2 lab puppies to good home. All males. Call 495-3977 or come by 505 W. 7th St. after 6 p.m.

Menus

Post ISD

Friday, March 29
Breakfast: Cereal, toast and honey, fruit, milk.
Lunch: Sandwich, chips, lettuce and tomato, orange, milk.

Monday, April 1
Breakfast: French toast sticks, syrup, fruit, milk.
Lunch: Corn dogs, french fries, mixed vegetables, apple cobbler, milk.

Tuesday, April 2
Breakfast: Cereal, toast, jelly, fruit, milk.
Lunch: Spaghetti w/meat sauce, tossed salad, California mix, brownies, garlic toast, milk.

Wednesday, April 3
Breakfast: Malt-O-Meal, sausage, toast and honey, fruit, milk.
Lunch: Sloppy Joes, fried okra, slaw, fruit cocktail, milk.

Thursday, April 4
Breakfast: Cinnamon rolls, toast n honey, milk.
Lunch: Turkey n dressing, gravy, whipped potatoes, green beans, Jello, hot rolls, milk.

Trail Blazer

Friday, March 29
Chicken livers, rice or mashed potatoes, white gravy, green beans, wheat roll, fruit salad, choice of beverage.

Monday, April 1
Pork roast or pork chop, mashed potatoes, mixed vegetables, tossed salad w/Thousand Island dressing, biscuit, brownies, choice of beverage.

Tuesday, April 2
Chicken salad sandwich, pea salad, sliced tomatoes, apricot cobbler, choice of beverage.

Wednesday, April 3
Barbeque chicken, butter beans, spinach, tossed salad w/Ranch dressing, cornbread, rice or bread pudding w/raisins, choice of beverage.

Thursday, April 4
Tuna noodle casserole, blackeye peas, brussel sprouts, cornbread or roll, apple cobbler, choice of beverage.

Mammals, scientists say, evolved from a group of reptiles called the synapsids about 200 million years ago.

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NO CREDIT CHECK!
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SEALS FURNITURE & APPLIANCES
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Homestead & Ag Exemption Underway
The Garza County Tax Appraisal District is reminding property owners that if they have not signed up for their Homestead or Ag Exemption they can go by the Garza County Appraisal District office at 124 E. Main to do so. Also, persons born in 1930 or before are eligible for the over 65 exemption. Sign-up deadline on these exemptions is April 30, 1996. Also, rendition statements for personal business property are required to be filed with the Chief Appraiser before April 14, 1996. Forms have been delivered but if someone has not received one, they can contact the Garza County Appraisal District office.

For Sale
Excellent Garza County ranch, 3,162 acres.
Contact
Mike Mitchell
(806) 495-3104

EXTRA INCOME
3/2 central heat/ac, fireplace on two lots with 1/1 rent house in back.
YOU'LL LOVE IT!
3/2 large living area and kitchen, storage house or shop, greenhouse AND treehouse!
WALK TO BANK & STORE
Older home, needs work 3/2
WONDERFUL NEIGHBORHOOD
3 BR/2 BA with garage on corner lot. Wonderful neighborhood and the backyard is breathtaking with a large rock fish pond. Automatic sprinkler and lots of extras.
Mitchell Real Estate
Kim 495-3719
Barbara 495-3987
Mike and Wanda 495-3104

Assisted Living Residence for Seniors begins construction in Lubbock
Assisted Living Concept, Inc. (ALC) has announced that construction has begun on Mackenzie House, a new assisted living residence containing 50 apartments. The residence, located at 8609 Boston in Lubbock, is scheduled for completion in May of 1996. Mackenzie House will offer a wide range of assistance with services planned according to each tenant's personal needs and choices. ALC management is nationally recognized for offering assisted living to older and disabled adults who want to maintain their independence but who need or want access to a variety of support services.
"We are very excited about bringing this new senior housing option to the Lubbock area," says Linda Castillo, Operations Manager. "Tenants will have access to laundry, dining, and activity areas within the building, as well as a landscaped outdoor courtyard," according to Castillo. "While these common areas are furnished, tenants personalize their apartments as they like with their own things." Applicants may choose from studio and one-bedroom apartments, complete with kitchenettes, private bathrooms, and individually controlled heat and air conditioning units. The residence's single story construction, secured exit doors, locking apartment doors, and voice to voice emergency systems are designed to give older residents a sense of security where they can age in peace.
Specially trained staff provide help day and night. Basic services include three homemade meals daily, housekeeping, laundry, maintenance, and social activities. Mackenzie House will have an on-site beauty shop, whirlpool bath, and transportation coordination -- pets are welcome too. If needed, staff may also assist with bathing, personal hygiene, dressing, grooming and eating.
Monthly rates will be determined individually based on apartment preference and the assessed service level of the tenant. Applications are now being accepted allowing specific apartment selection. For more information about Mackenzie House please contact Betty Cox at 806-745-7770.

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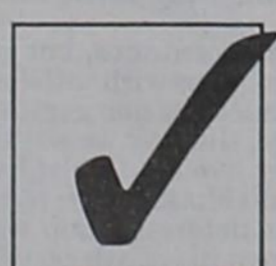
the advantages of choosing TCA Long Distance?

- ✓ **Service**
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You will continue to receive one phone bill just as you have in the past with no interruption of service.
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Significant savings are available anytime. Depending on where you are calling, you can save up to 58%.
- ✓ **Quality**
Your calls are delivered over 100% digital switching facilities and a state of the art fiber optic network.

it's not too late to choose TCA Long Distance?

- ✓ **Choice**
If you have previously selected a long distance company other than TCA Long Distance, you can still pick TCA Long Distance by checking the official ballot to be mailed by GTE.
Your selection of TCA Long Distance on the ballot will take precedence over any prior selection.
- ✓ **Support Our Texas Economy**
When you check TCA Long Distance, your checks stay at home in Texas!

We thought you'd like to know



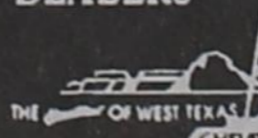
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Yesteryears

by Barbe Bevers

10 Years Ago March 27, 1986

Saturday morning "Chief" Runkles repeated Tabana Yuane. He pointed the feather southwest indicating a "poor year" for agriculture.

Post 7th grade girls and boys placed 1st in the Post Jr. Relays with the 8th grade boys and girls teams placing 2nd.

Woman's Culture Club new officers for the 1986 year are President, Geraldine Butler; Vice-President, Shirley Hardin; 2nd Vice President, Nell Matthews; Treasurer, Betty Posey; Secretary, Billie Jean Cross; Parliamentarian, Ruby Kirkpatrick; Historian, Joyce Strubhart; Reporter, Becky Warren; and telephone committee, Nell Matthews and Billie Jean Cross.

20 Years Ago March 25, 1976

Cynthia Wheeler won the Garza County Spelling Bee last week with Camille Wheeler placing second and David Becker placing 3rd.

Jackie Brown has been named new head football coach and Athletic Director after the resignation last week from Bobby Davis.

Nancy Reno, a freshman at McMurry College is a member of the nationally renowned group of singers, "The Chanters", will be going on tour to Washington, D.C. beginning March 24th.

Mr and Mrs Floyd Duncan of Post were supper guests of Mr and Mrs J.B. Potts of Lubbock Saturday night.

30 Years Ago March 31, 1966

Marine Lance Cpl. Gary Howell, Post's first Viet Nam War Veteran was due to arrive home today for a furlough home.

Mrs Bettie Carmichael celebrated her 91st birthday last Sunday with her daughter Mrs

Edna Cass and Mrs Jewell Whisenhunt helping with the celebration.

Five members who were winners in the recent Garza County 4-H Food Show were Dayneen Dunn in the senior division and Sue Bevers, Cynthia White, Nelda Kuykendoll and Jane Johnston in the junior division.

40 Years Ago March 29, 1956

The Scouter's Key, which is the highest award a woman can receive in Boy Scouts work was awarded to Mrs Victor Hudman of Post last Tuesday night.

Miss Minnie Lou Stanley and Johnny Ray Ash exchanged wedding vows last Saturday evening at the Grassland Church of Christ.

The two candidates running for sheriff are Nathan Mears and incumbent, Carl Rains.

Showing at the Towe this week are "Tarantula" with John Agar, Mara Corday and Leo G. Carroll and the second feature, "Running Wild" with William Campbell, Mamie Van Doren, Keenan Wynn and Kathleen Case.

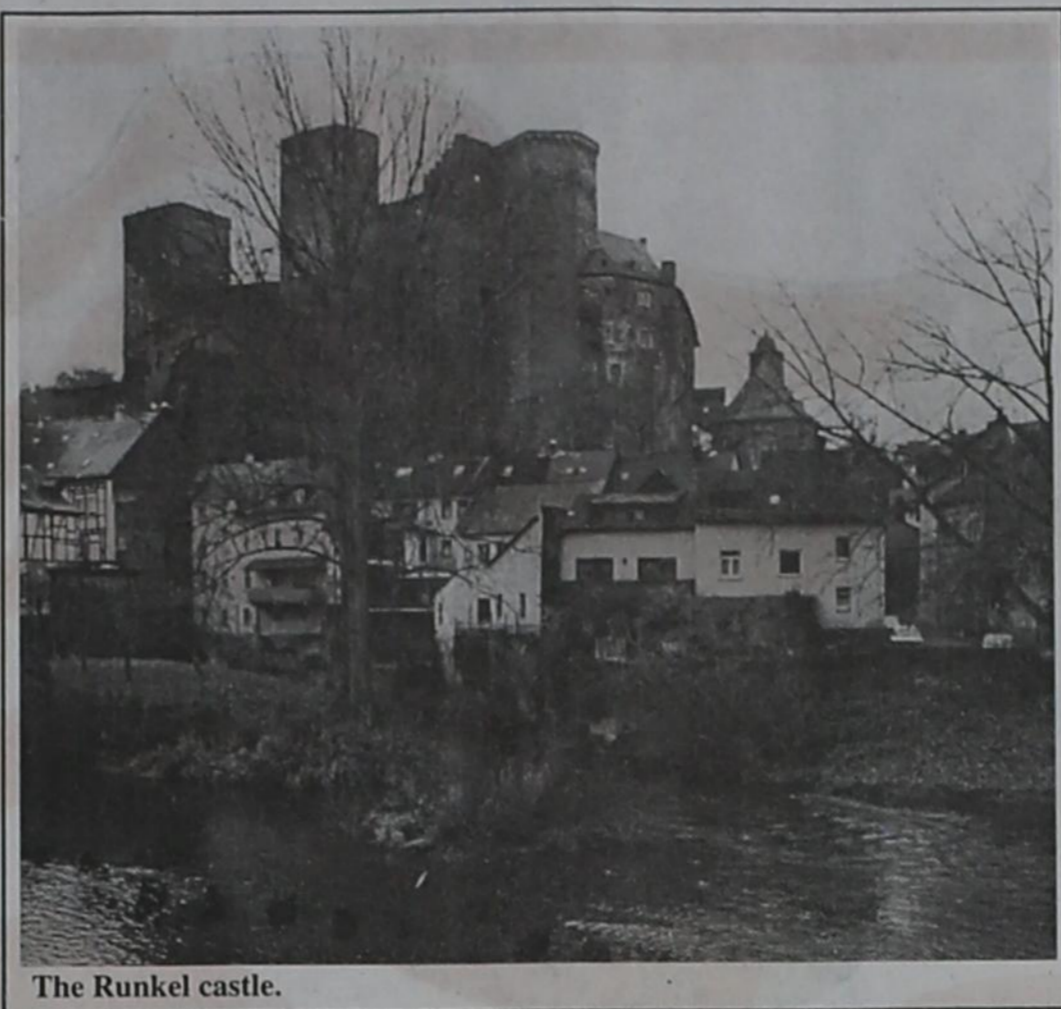
50 Years Ago March 28, 1946

Harold Lucas, ex-service man is the new owner of the first 1946 Chevrolet when the sales restriction was lifted this week. The dark blue 4-door has been on display since November 1945.

Mrs Thurman Francis entertained friends of her daughter, Carolyn Jane with a party for her 3rd birthday.

Miss Nedieia Marjorie Hutton and Mr Stanley Rumbough were wed last week. Miss Hutton is the granddaughter of the late Mr and Mrs C.W. Post.

Southland placed second in district 7-B with their one act play "This Night Shall Pass" which was directed by Mrs Betty Scott. Cast members included Joe Gayle



The Runkel castle.

Visit to the Runkel Castle

by D'Lane Runkles

In north-central Germany flows the River Lahn, winding its way through scenes of romantic and ever changing beauty. At almost every turn is seen some beautiful little city, village or hamlet nestled under the protection of the sheltering hills, while on the mountains in the background, there often stands, visible above the trees some large castle or majestic ruin. They add interest to the beauty which they crown and form the center of many a legend and tale.

The Runkel Castle was built about 1059.

Throughout our childhood our PawPaw told us stories about the Runkel Castle. He dreamed of someday taking a trip to Germany to visit the village of Runkel where his heritage began.

In 1989 I was sailing in Germany on the Rhine River Castle Cruise. As we wound up the Rhine River taking photos of the many castles that dot the landscape along the Rhine I pondered what life in medieval Germany was like, and wondered what it would have been like to

actually live in one of those castles.

When I heard our English speaking guide point out Lahn River I remembered the stories PawPaw had told and I realized just how close I was to my roots. Why hadn't I planned more carefully and included a visit to Runkel in my European travels?

Six years later, I was married and living in Boston. In the fall of 1995 I made four business trips to Italy. Bill and I planned for him to meet me in France at the end of my last trip and we'd spend Thanksgiving in Paris.

I asked Bill if there was anyway we could visit Runkel during our vacation. He thought it was a great idea.

It was the hardest secret I ever kept. We wanted to surprise everyone at Christmas and PawPaw's 86th birthday.

We were able to buy train tickets from Paris, France to Frankfurt, Germany. From there we would rent a car and drive the 50 miles to Runkel.

We boarded our train to Frankfurt. I love riding trains. I set back and watched the countryside go by. I held Bill's hand in excitement. He smiled and said, "Princess Runkel, today I will take you to your castle."

We picked up our little German rental car and headed for Runkel. I couldn't wait to see what we'd find.

It was dark when we reached Limburg, which is the closest city to Runkel.

Suddenly I let out a yelp. "Bill look!" It was a sign with an arrow pointing to Runkel. We continued to wind down the hill, at last we reached the town and the castle that stood majestically in the center of Runkel.

The castle was larger than life, much bigger than I had imagined. There were several spotlights from rooftops on downtown houses that shone upon the castle, lighting it up for people to see from miles around.

We walked along the cobblestone street across an ancient rock bridge over the Lahn River. At a distance we could really appreciate the size and beauty of this structure that was built hundreds of years ago.

We couldn't wait to start taking pictures but first we had to find a place to sleep. We found a quaint inn. Once we were inside it was very large and modern.

There were large displays everywhere of weddings, photos of brides and grooms in a castle. The booming business in Runkel is weddings at the castle, and this hotel



D'Lane Runkles across the river from the castle.

plans and caters the entire event.

We found a nice little place and enjoyed wonderful German food and warm conversation with the English speaking owner.

We spent the rest of that night and the next morning taking pictures and shooting video from every place and angle imaginable. We wanted to take as much of the castle home with us as possible to share with our family.

The sign on the entrance to the castle indicated it was open for tours at 11 a.m.

We were quite disappointed when we walked through the iron gate. There was another sign. This one

said, "Geschlossen bis April 1996". The castle was closed till spring. I was angry and disappointed for a few minutes, but then we had already seen and experienced much more than we expected.

Bill insisted that we would come back sometime in the spring or summer. The thought of returning someday to Runkel made leaving a little easier.

D'Lane is the daughter of Wayne and Linda Runkles of Midland and the granddaughter of the late Douglas and Helen Livingston and Chief and Alylene Runkles of Post.

March 29-31

Old Mill Trade Days

POST, TX.
Friday, Saturday & Sunday Before
The "First Monday" Of Each Month

Antiques...
Antiques...

WELCOME TO POST, A TEXAS MAIN STREET CITY, 40 miles S.E. of LUBBOCK. \$1 Admission Children 12 and under FREE

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Historic Postex Mill 5th Street and Ave. F Post, Texas 79356

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Fri. - Sat. & Sun. March 29-31

Schedule
March 29-31
May 3-5
May 31 - June 2
June 28-30
Aug. 2-4
Aug. 30-Sept. 1
October 4-6

ACROSS

- large TX jewelry retailer: ___ Corp.
- TXism: "___buster" (farmer)
- food or grub
- TXism: "___ few bricks shy of a load"
- English hat not worn by cowboys (2 wds.)
- TXism: "trying to keep my head ___ water"
- Six Flags ride has ___
- Wile E. Coyote characters
- Spanish "si"
- "go fly ___!"
- UT athletic assoc.
- TXism: "high ___ back" (costly)
- Whitman & Oswald
- Waco's Bledsoe sang "___ Man River"
- TXism: "hitched to ___ double harness" (married)
- this John founded Houston (init.)
- Post H.S. class
- TXism: "write slow 'cause ___ can't read fast"
- TX Roy Orbison hit
- TXism: "___ you a new hat size"
- TX gunfighter: John ___ Hardin
- Fort Worth's Roger Miller hit: "Dang ___"
- TXism: "that'll ___ nicely" (it's okay)
- Houston has ___ nautics admin.

- chimney residue
- need an oil ___ to drill
- Zsa Zsa's sister
- TX-sized phone co.
- Rangers' Nolan (init.)
- TXism: "could strut sitting down" (big ___)
- Travis: "I shall ___ surrender or retreat"
- TXism: "small ___ (insignificant)"
- TXism: "will miss ___ you blink" (small town)
- Joan of ___
- Texans like it iced
- a TX moray ___ was the star of "The Deep"

DOWN

- this U.S. president fought in TX in the Mexican War
- TXism: "changes his mind as often ___"
- his socks"
- TXism: "a goose"
- TX spacewalker White (65)
- cereal ingredient
- LBJ's favorite dog
- poker stake
- TXism: "___ joint" (saloon)
- TXism: "it's root hog ___ die"

The Original

TEXAS CROSSWORD

by Charley & Guy Orbison

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Last Puzzle Solution

"Celebrity" Donkey Basketball Show

Watch Your Friends Ride A Donkey!!!



April 3, 1996 at 7 p.m.
Southland Gym
Sponsored by Southland Seniors
Advance - Adults/HS \$4 - Child \$3
Gate - Adults/HS \$6 - Child \$4

Featuring the world famous Buckeye Donkey Ball donkeys from Westerville, Ohio

PUBLIC NOTICE CITY OF POST TEXAS COMMUNITY DEVELOPMENT PROGRAM

The City of Post will hold a public hearing at 6:30 p.m. on April 2, 1996 at the Council Chambers in City Hall, 105 East Main in regard to the submission of an application to the Texas Department of Housing and Community Affairs for a Texas Community Development Program (TCDP) grant. Topics to be discussed will include the application for water improvements for the City of Post in the amount of \$250,000 and the estimated amount of funds proposed for activities that will benefit low and moderate income persons. The application will be available for review at City Hall during regular business hours. Persons with disabilities that wish to attend this meeting should contact City Hall for assistance. Individuals who require auxiliary aids or services for this meeting should contact City Hall at least two days before the meeting so that appropriate arrangements can be made. If anyone interested in attending the public hearing requires a translator, please contact City Hall.

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- Home Cooking
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Serving 11 a.m. to 2 p.m. Tuesday thru Friday and Trade Days Saturdays

* Inside Post city limits only - call before 11 a.m.

Daily Hot Plates

- Friday & Saturday, March 29-30: Fajita plate
- Tuesday: Mexican Combo Plate
- Wednesday: Meatloaf plate, scalloped potatoes, salad & roll
- Thursday: Oriental Chicken & Fried Rice
- Friday: Spaghetti & Meat Balls

302 E. Main - Post (806) 495-2880



Congratulations VFW Post 6797 50th Anniversary

The Veterans of Foreign Wars (VFW) Post was organized in 1946 with Henry Aten as first post commander. Ladies' Auxiliary president in 1946 was Johnnie Rogers.

VFW Post 6797 Members

Keith O. Adams
Mario Ayala
Charlie L. Baker
James H. Barner
Arthur J. Baumann
Glen Bratcher
Robert J. Buckley
Howard K. Bullard
S.L. Butler
Billie J. Carlisle
Billy R. Case
Robert T. Dickson
Elias S. Martinez
Gilbert W. Morris
Roy H. Sneed

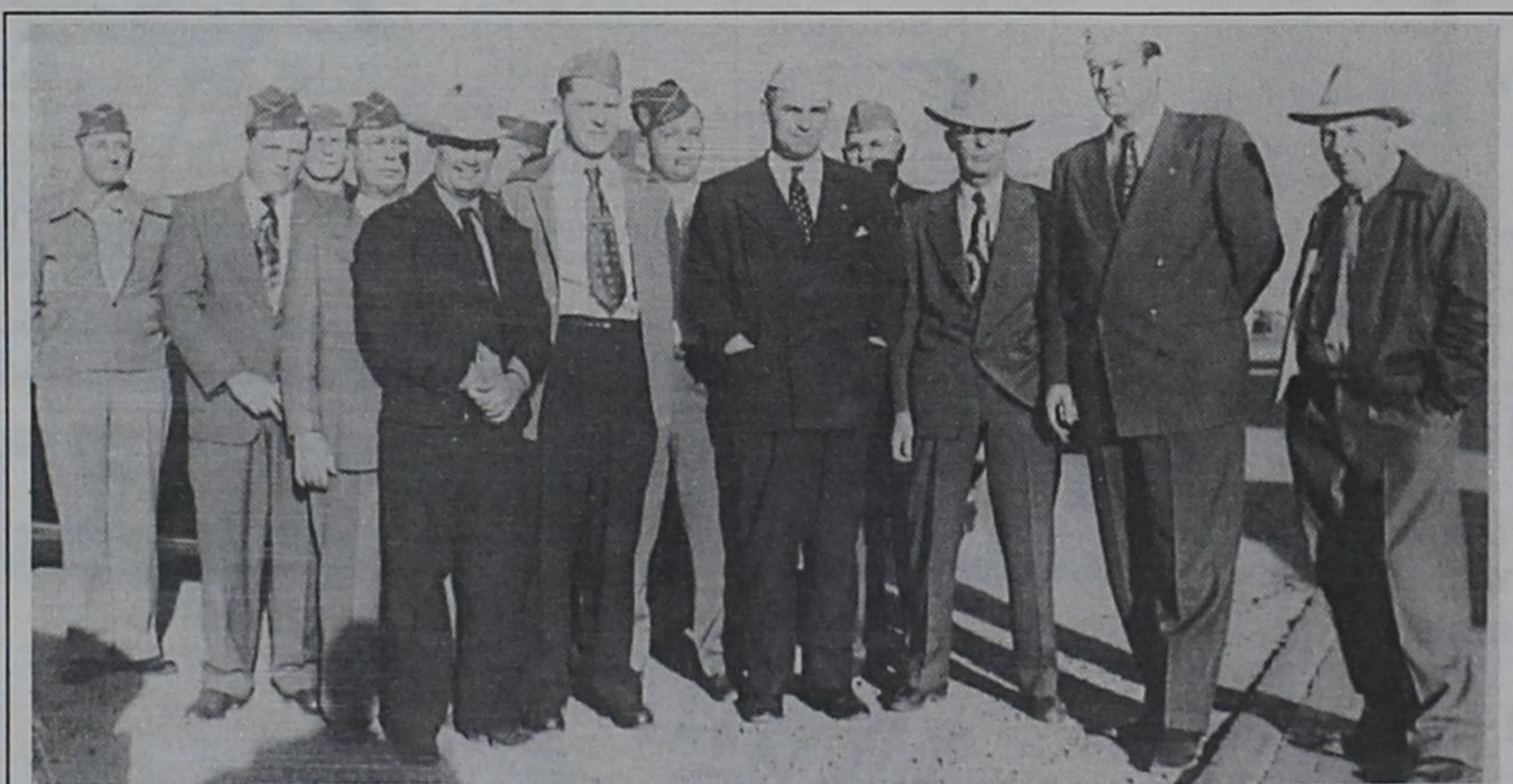
A.C. Cash
Miguel Cisneros
Andy I Cross
Ralph R. Dean
Leroy Demming
Lewis H. Earl
Arlon D. Ford
John W. Gist
Santiago Gonzalez
Eugene Hays
Albert J. Holder
Jimmie A. Holleman
J.C. Howard
Ed Isaacs
George C. Johnson
Johnie J. Johnson
Wagner W. Johnson
J.W. Jolly III
William R. Josey

William E. Lee
Ray Little
Harold W. Lucas
Emilio R. Luna
Lewis Martinez
Marion G. Mathews
James S. Mathis
B.R. McBride
Giles C. McCrary
Lee G. McKinney
Donald McLendon
Alvin D. Medlin
George W. Miller
James Mitchell III
Harlan J. Morris
Charles C. Morrow
Charles K. Pierce
Tom L. Power
Charles J. Propst
Charles L. Ratliff
George B. Reece
David Rodgers

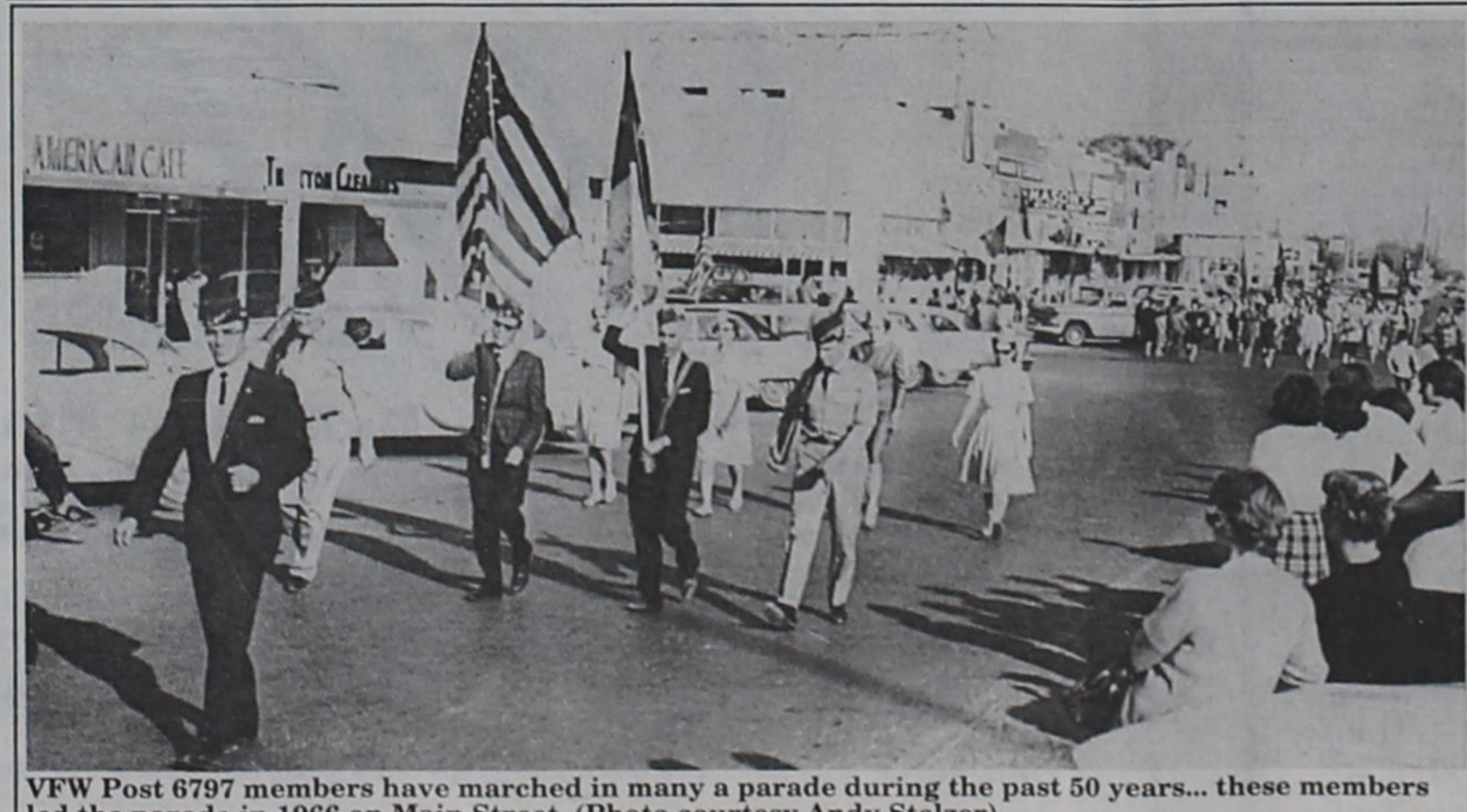
Ladies' Auxiliary

Francis Bray
Diane Brockman
Fleta Caffey
Anne Chaffin
Birdie Childers
Juanita Dean
Winnell Dodson
Maxine Earl
Jennifer Edwards
Helyn Fields
Flora Fry
Claudette Gill
Donesse Grantham
Madge Hendricks
Glenda Hewitt
Faye Johnson
Lena Johnston
Maleecy Johnston
Becky Jolly
Carrol Jean Light
Melba Ludecke
Nell Mathews
Pauline Mathis
Tawana McCrary
Dena Morgan
Juanita Peel
Janet Ratliff
Lola Ryan
Margaret Sharp
Alva Shepherd
Doylene Shumard
Sue Shytles
Jo Ella Sparlin
Jo Ann Stelzer
Linda Stelzer
Mary Ann Stelzer
Rosemary Stelzer
Faye Stone
Lillie Taylor
Melvis Taylor
Ramona Taylor
Mary Teaf
Lois Vukad
Ruth Walls
Madge Webb
Shirley Williams
Wilma Williams
Opal York

E.P. Saldivar
Ben G. Sanchez
Joe Sanchez
Jessie L. Scott Jr.
Norvil L. Scrivner
Billy L. Shumard
Paul Simpson
J.C. Steel
Emmett A. Stelzer
Harold R. Strofer
Benny W. Tanner
Jim H. Taylor
William F. Thomas
Felipe Vargas
Glenn G. Voss
Charles A. Wallace
Linford R. Warren
Billy M. Williams
Charles Williams Jr.
Joseph W. Williams
Ted Williams
James V. Wise



Members of VFW Post 6797 in March 1951 were (left to right) George Samson, Lt. commander J.T. Rutherford, H. Herd, Holly, Bill Carter, Bob Pool, John Shedd, Carl Rains, N.C. Outlaw, John Rodgers, Emmett A. Stelzer and Henry Aten. The men were standing in front of city hall before the center of Main Street was paved. (Photo courtesy of Andy Stelzer)



VFW Post 6797 members have marched in many a parade during the past 50 years... these members led the parade in 1966 on Main Street. (Photo courtesy of Andy Stelzer)

**VFW Post 6797 Commander
Chuck Ratliff**

**Ladies' Auxiliary President
Jo Ann Stelzer**

CitizensBANK

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

Slaton 828-6545

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VFW Ladies' Auxiliary**



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