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# he Host Dispatch

Seventysecond Year Number 46

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Thursday, April 30, 1998

# **Headed to Austin**



PHS Regional U.I.L. champs qualifying for state competition are (front row, left to right) spelling team members Shelley Shifflett, Macee Mills, Kathy Gerner and debate champ Jenny Conoly. The students are coached by (back row) Doris Giddens (spelling) and Candace Boling (debate).

## Lope golfers win Regional Trophy, Hardin wins top medalist in ladies' meet

Post High School's varsity boys' golf team won the Regional Tournament Tuesday at Baird, edging second place Memphis 631 to 638. Iraan trailed third with a total score of 651.

Kasey Hardin took medalist honors at the tournament with a 144 score and will advance to the state finals. The Lady Lope team placed third in the regional competition with a 735 score.

Team members and their scores:

Boys - Marcus Lopez, 73-77-150; Jerry Graham, 75-78-153; Jay Gorman, 75-85-160; Justin Gorman, 87-85-172 and Justin Norman, DQ-81.

Girls - Kasey Hardin, 70-74-144; Yvonne Lopez, 93-94-187; Becca Stelzer, 102-93-195; Natalie Pollard, 100-109-209 and Miranda Palmer, 121-111-232.

# Post Notes

#### WCC hosts garage sale Saturday

The Post Woman's Culture Club is hosting a garage sale Saturday, May 2 from 8 a.m. until completed at 801 W. 14th Street. The garage sale is a special fund raising event for the

#### Rotary Club hosts chili bean supper

A chili & bean supper fund raising event to help MAD DADS will be held Friday, May 1 from 5:30 to 7:30 p.m. at the Post School Cafeteria. For tickets call any Rotarian or Victor Ashley at 495-2801.

#### **Antelope Booster Club Sports Banquet**

The Antelope Booster Club will host the All Sports Banquet on May 4, 1998 at 7 p.m. at the Community Center. Featured speaker will be Ronny Flowers of Odessa. Tickets will be \$10 per person. Tickets may be purchased from Jamie Cooper, Ronnie Gradine or Larry Mills.

## **Methodist Church mission drive**

The First United Methodist Church is sponsoring a mission drive during the month of April to benefit Women's Protective

Service. A list of items needed are posted at the The Post Dispatch and Dollar General (109 W. 8th) along with a "drop-off" box.

Financial donations along with any other items, will also be taken at the Methodist Church office, M-F from 9 a.m. to 12 noon. Any help will be greatly appreciated.

#### Calling all local musicians!

Texas fiddler Alvin Crow will participate in a community residency in Post during the week of May 11 through May 17. Mr Crow will host two jam sessions with all local folks in Post. If ou play an instrument or just play at it, come and join the fun. For a schedule or more information, call Toni King at 495-4148 and sign up for this get together.

#### May 14 deadline for senior sponsors

Merchants, businesses or families interested in sponsoring a senior from the Class of '98 should call Judy Bush at The Post Dispatch as early as possible. Sponsorships for the annual salute to the graduating seniors will be published Thursday, May 21, with a May 15 deadline for sponsors. The salute will include seniors from Post, Southland and Borden County high schools. Individual seniors will be featured with a photo and brief biographical sketch. The cost per sponsor continues at \$25, the same price since 1983.

#### Scholastic Book Fair May 5

The Scholastic Book Fair will be held in the Post Elementary Library daily from 7:30 to 11:45 a.m. and from 12:30 to 3:45 p.m. May 4 through May 6. The book fair will conclude at 12 p.m. Thursday, May 7. A special Parents' Book Fair Night will be held on Tuesday, May 5 from 7 to 9 p.m.

# Commissioners take action to establish housing corporation

Garza County Commissioners took action Monday that may help lead to the construction of as many as 60 three-bedroom rental units

The commissioners court took action to form the Garza County room, two-bath structures available for rent to local residents with-Housing Development Corporation, appointing Bob Macy, Jenny Lopez, Victor Ashley, Drew Kirkpatrick, Sherry Pollard and Rhonda Valdez to the corporation's board. In organizing the corporation, the county plans to send its articles of incorporation to the state for

# PHS students advance to state **U.I.L.** competition

Four Post High School students qualified to compete at the statelevel University Interscholastic League (UIL) competition as a result of the regional contests conducted Saturday at Abilene Christian University, Abilene.

The local high school will be represented by Shelley Shifflett, Macee Mills, Kathy Gerner and Jenny Conoly during the state UIL contests, set for May 8-9 in Austin.

Shifflett, Mills and Gerner won the team spelling contest and will compete as a team at state. All three also earned places in the individual spelling contest, with Shifflett taking first place, Mills taking second and Gerner, fourth. In addition to competing as part of the PHS spelling team, Shifflett and Mills will also compete in the individual state spelling competition.

This spelling team was last year's state championship spelling team, are those for seats on the Post City Council. according to PHS Principal Joe Giddens.

bate and will participate at state. Coaches for the state-bound PHS students are Doris Giddens, spell-

# Garza, Tower offer great entertainment this weekend

There will be plenty to do in Post this weekend

ing coach, and Candace Boling, debate coach.

In addition to Old Mill Trade Days, which will be celebrating its fourth anniversary, the Garza Theatre and the Tower Theater will both be offering entertainment features of their own.

At the Garza, "Last of the Red Hot Lovers" is the production currently being offered. Directed by Glenn Polk, who doubles as an actor in the production, "Red Hot Lovers" features Amy Sever, Myra Goode and Laura Bryan.

Performances this weekend are set for Friday, Saturday and Sunday. Friday and Saturday performances are at 7:45 p.m. and the Sunday matinee will be at 2:30 p.m. Tickets to the show are \$8 for adults and \$5 for children ages 6-12.

Over at the Tower, Rusty Hudelson's Knights of the West will be performing in a show set for Saturday beginning at 7 p.m. The Branson-style stage show will feature world champion duet yodels, the comedy of Gaynelle Strawbuck and John Hartin, said to be the fastest guitar player in the west.

Reserved general seating is \$7.50 per person. Tickets may be reserved by calling 888-BOOK-KOW.

# **Dalby Correctional** Facility groundbreaking May 6

Groundbreaking ceremonies for the Giles W. Dalby Correctional Facility, the 1000-bed private detention facility scheduled to be built here, have been scheduled for Wednesday, May 6, at the facility site at 801 N. Avenue F. The event is slated to begin at 11 a.m.

Hosting the event are the Garza County Commissioners and the Garza County Public Facility Corporation.

Once ground is broken on the project, construction is expected to

take 11-13 months, depending on weather conditions. The private detention center being planned is expected to create 220-240 new jobs with a total annual payroll of about \$6 million. Post and Garza County residents will be the first considered for the new jobs created by the facility and some funding should be made

available for job training. Earlier this month, bonds totaling \$32,850,000 were sold to finance the project. Revenues from the detention center's operation will be used to pay back the certificates. At the end of the payback period - in an estimated 15-20 years - ownership of the facility will revert back to Garza County and continued revenues could help lower taxes, according to local officials. Like the juvenile detention center project, the facility will be erected at no cost to the City of Post or Garza County.

Local officials have been working on this project for about two years.

The purpose of the newly-formed organization is to work on a project that could see the erection of a 30-60 unit duplex facility financed with bond monies. The duplex units would be three-bedout income restrictions. No specific location for such a facility has

County Judge Giles Dalby said estimates indicate it would cost about \$3 million to build a 60-unit facility.

County officials are also working with South Plains Community Action to make available new single-family housing units.

In other business, the court:

Approved two applications for public assistance totaling less than

 Heard a lengthy presentation from David Dunham on prepaid legal services. No action was taken following the presentation.

 Discussed and approved the public health services contract which involves a grant received from the Department of Health for \$3,766. The monies are used for continuing education training for EMS per-

Approved several budget changes.

· Approved an insurance policy for county motorgraders.

# Voters to pick council candidates in Saturday election

The only contested races local voters have to decide this Saturday

Three positions are slated to be filled in the election, including Conoly took a third place finish in the Lincoln-Douglas (LD) de- two-year city council terms representing Ward 3, Ward 4 and Ward 5. Those seats are currently filled by Archie Gill (3), Bill Poole (4) and Andy Stelzer (5). In Ward 3, Gill will be challenged by John Redman. In Ward 4, Poole will face challenger Gary Dan Bilbo. The race for the Ward 5 seat will see a total of four candidates - Stelzer, the incumbent, challenged by Vicki Gray, Susan Rodriguez and Harold Craig.

A total of 24 ballots were cast during the early voting period, according to reports from city officials.

In an effort to help voters make their decisions on voting day, The Post Dispatch, in this edition and in last week's, has provided a brief statement from each of the candidates. Incumbents were asked why they chose to seek re-election to the council and what the most prominent issues facing the council are. Challengers were asked why they are seeking a council position and what city-related issues they see that need to be addressed.

It should be noted that no statement was available from Ward 4 challenger Gary Bilbo, who remains in the custody of law enforcement officials after having recently been charged with aggravated assault family violence and deadly conduct. Bilbo's name will appear on the ballot for Saturday's election. He has not sought to remove his name from the ballot, according to city officials, but even if he had done so his request could not have been granted as the deadline for withdrawing as a candidate was March 27.

W.G. (Bill) Pool, Jr. Incumbent, Ward 4

"First, let me thank you for allowing me to serve on your city council during the past few years. Also, thank you for believing in me.

"I have endeavored to promote Post and your interests in the best possible way. Low taxes have been maintained while quality city services have been provided.

"An auxiliary water supply program has been instituted and I would like to help in seeing it accomplished.

"Please don't neglect your voting privilege on Saturday, May 2. I am asking for your support. I want to continue to do the best for our community."

Vicki Gray Challenger, Ward 5

"I am seeking office to become more involved in my city's activities. I don't really have anything specific I want to address. I want to get in there and take a look at the overall picture.

"I really think we need to focus on the growth of our city and encourage activities for our youth. I also know there is misuse with the law enforcement and I'd like to look further into that matter and know more about it."

Susan Rodriguez, Challenger, Ward 5

"I'm running for the city council because it's just something I felt (Continued on Page 2)

#### • Weather in Post • Date High Precip Low 4/22 70 42

4/23 42 76 4/24 42 4/25 96 42 4/26 96 42 4/27 75 46 4/28 61

April total rainfall — 0.50 Rainfall year-to-date — 4.15 (Records courtesy Garza County Sheriff's Department)

#### This week's quotable...

"Boy, if you hang around here long enough, you'll see some rain... I remember when it rained one time in 1952."

The late Elvus Davis

# Citynerro (Continued from Page 1)

like I needed to do.

"I feel the city has been running fine. As far as the city council goes, I'd like to have the oppurtunity to be involved with things more and to work with the city council. If I get the chance, I will be willing to listen to any-

body, talk to anybody and hear their input and do the best job I can."

## Tax 'n Facts

by Terri Cash, CPA

Look at 401(k) fees

Quick! How much of your 401 (k) contribution goes into your account? How much is earmarked for management and administrative fees, to cover the costs of keeping records, issuing statements and complying with federal regulations?

Most people don't know and federal law does not require disclosure on your statement. So it's no surprise that there's a wide variation in what workers payso wide, in fact, that the U.S. Department of Labor has opened an inquiry into the subject.

The difference between plans that charge 2 to 5 cents per hundred dollars and those charging \$2 may not seem like much, but it can add up. After 30 years, the worker paying a nickel per hundred dollars would have about 53 percent more than the one who paid \$2.

Workers can ask their benefits department for a fee breakdown. The Labor Department booklet, "Protecting Your Pension", is available by calling 800-998-7542.

Brought to you as a public service by the money-and taxes people at



Jimmie Lee Mason J. Reid Warner Larry Anderson Mark Dickson Greg Freeman Pat Harris **Gary Lane Greg Moore** 5202 Indiana Lubbock - 797-3251 Terri Cash 108 S. Ave. I Post 'Around the corner from Danish

Imports"

495-2872

# **Old Mill Trade** candidates... Days celebrates 4th anniversary

It might be said that Old Mill Trade Days, which will celebrate its fourth anniversary this weekend, is a continuation of the spirit of free enterprise that inspired city founder C.W. Post to build something out of nothing.

Post founded Post City in 1907, making sure he set in place a foundation for a vibrant economy. Part of that plan included the building of the Postex Mill. Post provided a next-door cotton market to the farmers of his colony and bolstered the town's economy with a major industrial payroll.

He engaged a textile expert to design a plant in which raw cotton from surrounding cotton farms could be processed, spun and woven into sheets and pillowcases. Some \$650,000 was spent to erect the Postex Cotton Mill, which was designed to have 10,000 spindles and 480 broad looms upon its completion in April 1911.

The Trade Days staff has worked hard to provide a quality, fun-filled atmosphere for the vast array of visitors that come each month. Each month, Trade Days is filled with approximately 500 quality merchants, great food, good entertainment and lots of friendly folks. Goods available at the event ranges from antiques, clothing, furniture, jewelry, homemade arts and crafts, leather goods and home deco items.

The fourth anniversary of Trade Days will be Friday, Saturday and Sunday, May 1-3. Gates will open daily from 9 a.m. to 6 p.m. with free parking. (Continued on Page 4)

# We're pleased to announce a

Effective April 20, 1998 we're moving to a new office to better serve our patients.

(plus we'll have front door parking!)

Our new address is: 3825 22nd Place (corner of 22nd Place and Nashville)

Our new telephone number is: 793-7091

Maria-Claudia Mallarino, M.D.

Specializing in Medical Oncology, Board Certified in Oncology and Internal Medicine



It's reassuring to know that the region has an Oncologist who specializes in the treatment of breast cancer. Dr. Maria-Claudia Mallarino's oncology training at Stanford University School of Medicine makes her uniquely qualified to chart effective treatments in the fight against breast cancer and all cancers. For an appointment or a consultation. call 793-7091





## Earn money with a checking account!

	Amount	Rate	APY*
Tier 1	\$2,500 - 4,999	3.00%	3.04%
Tier 2	\$5,000 - 9,999	3.75%	3.82%
Tier 3	. \$10,000 - 99,999	4.50%	4.60%
Tier 4 \$	6100,000 & above	5.00%	5.13%

Rates are based on minimum daily collected balance and are subject to change daily. If balance falls below \$2,500.00, fees may reduce account earnings. Limited to a maximum of six withdrawals per month. Subject to FDIC limits. Ask our customer service representatives about details.

\*Annual Percentage Yields offered as of: 12-29-97.

Your Friendly Hometown Bank

# CitizensBA

Post 495-3545

Member FDIC

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



Slaton 828-6545



Steven Boyd and Stormy Gass

## Gass, Boyd announce engagement

Mr and Mrs Butch Gass of Guthrie and Mr and Mrs Floyd Edenfield of Friona would like to announce the engagement and approaching marriage of their daughter, Stormy, to Steven Boyd, son of Jimmy and Sandra Boyd of Fritch.

The couple will exchange wedding vows Saturday, June 27, 1998 at 4 p.m. at the Wedding Chapel in

Stormy is the granddaughter of Adell Gannon of Abernathy, formerly of Post.

## Woman's **Culture Club**

by Katharine Trammell

The Woman's Culture Club met Wednesday, April 22 at 2 p.m. in the Garza Historical Museum. Barbara Hardin was hostess.

Business meeting was conducted by Barbara Hardin, vice-president. It was voted that we have a garage Saturday, May 2nd

Linda Puckett presented the program and told of the many plans for improvements at the museum.

The opening of an oil industry room is underway. We are all so elated over the many things that have been and those that will be done.

Guests present were Bebe Boren's house guest, May Currie of Scotland; JoAnn Mock, Linda Puckett and Bertha Isles, et lo tos

Delicious refreshments were served to guests and to club members: Nona Lusk, Jona Jones, Dorace Wilson, Maxine Earl, Jan Acker, Iva Hudman, Bebe Boren, Barbara Hardin and Katharine Trammell.

The next meeting will be Wednesday, May 13 at l p.m. at Hotel Garza with the social committee as hostesses.

# **HOW THEY**

**ENGLISH: HORSE** 

SPANISH: CABALLO

ITALIAN: CAVALLO

FRENCH: CHEVAL

GERMAN: PFERD

LATIN: EQUUS

# **Duncan receives** academic excellence

Tommy Duncan, son of Tommy and Hiwatha Garza of Post and Ervin Mary Lou Duncan of Seymour Duncan of Hale Center. traveled to Midwestern State University to receive an award at the Celebrations of Educational Excellence ceremony sponsored by the Teachers Education Association and the State Board of Education.

Tommy received a gold medal in academic excellence. The students were selected based solely on academic achievements such as ACT, SAT, PLAN, state UIL academic competition and highest ranking in Senior Class. Tommy scored in the Top 96 percentile on his ACT PLAN TEST which qualified him for this medal.

Duncan is a former student at Post He is a sophomore at Seymour High School where he is also very active in

He is the grandson of Martin and



of Lind

the only

has been

County

**Tommy Duncan** 

# Judy's Jabberin'

By Judy B. Bush

Here we are for one more week! Hope everyone enjoyed their weekend.

For anyone who did not have a chance to see "Beauty and the Beast" Disney on Ice, you really missed an entertaining show. The costumes and music were wonderful, and every child (and some adults) in the room could not take their eyes off the stage. From my

understanding, this was the final show for "Beauty and the Beast", but if another Disney on Ice comes to Lubbock, it would be well worth your time.

I intended to congratulate Erik Lopez last week for participating in the Tough Man Contest in Lubbock. Although Erik was eliminated, I think he. had lots of "umph" to even enter the contest. Hats off to you Erik!

May 1, 2 and 3 will be the fourth anniversary for Old Mill Trade Days. It is hard to believe that it has been four years. I know there is alot of good sale at the Women's Clubhouse on entertainment this weekend and that every booth is occupied, so everyone go on out and help all the staff and vendors celebrate!

> By the time this paper hits the stands, some of the results will be in on our kids that were Regional Qualifiers. I have them all on my mind today, and wish all of them the best of luck.

> Birthdays this week: Thursday April 30; Kenneth Schronk, LaBeth Jones and Rodney and Vicki Grey have an anniversary. Saturday May 2: Mary Cade, Lindsey Morrow, Traven Smith and Angie Wiseman. Monday May 49 Jim Felhauer, Cora Crane and Russel Benham. Tuesday May 5: Kerri Dean, Martin Garza, Marshal Crider, Kamron Shumard, Sam Palmer and Amy Line. Sonny and Virginia Bevers also have an anniversary.

> Guess that is all for this week, hope everyone has a great weekend. Go out and enjoy Trade Days and the great weather.

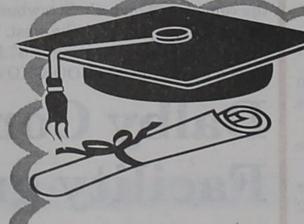
# Going out of business SALE

ONLY 2 more weeks... we are closing our doors May 16.

Unbelievable bargains on infants, childrens and ladies fashions and gifts!

Jennings of Tahoka

1930 Lockwood - Tahoka



# Attention Merchants and businesses...

We are now taking reservations for our salute to the graduating Class of 1998

Call Judy Bush at 495-2817 to reserve your name under the photograph and biography of a graduating senior from Post, Southland or Borden County.

The Post Dispatch

# Linda Barbara Malouf Scholarship

On January 28, 1998 plans were will attend the awards ceremony at put into effect to name the Woman's the school to present the Malouf Culture Club scholarship in memory Scholarship in May 1998. of Linda Barbara Malouf. Malouf is School since 1983.

planned to dedicate her District difficult challenges of life. Spring Convention in honor of Linda "memory of"

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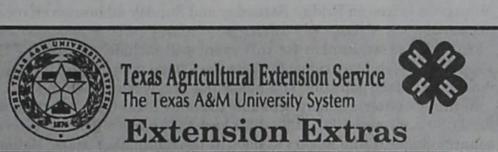
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a

In 1984, it was Linda who nudged the only District Life member of the Craig to come off a 2/1/2 year "leave Woman's Culture Club. Culture Club of absence" and into the ranks of has been actively giving a scholarship "Active" with Woman's Culture Club to a graduating senior of Post High of Post. Malouf was ever ready to give Craig encouragement to try the Caprock District President, Donna untried .. to continue to dig deep H. Craig, announced that she had within herself and accomplish the

Malouf was twice president of Malouf and that now it would be in Woman's Culture Club, serving 1968-1970 and again in 1982-84. She also Craig moved the Woman's Culture served as Secretary and Reporter. Club Scholarship be the Linda Malouf was honored by the Post Barbara Malouf Scholarship. Craig Chamber of Commerce as the "Woman of the Year" in 1956.



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

4-H & FFA Steer Tag Orders

Major show steer validation tag orders are due to the Extension Office no later than 5:00 p.m., Thursday, April 30. Steers to be shown at any major show during the spring of 1999 must have an official validation tag and this is the only time to order these tags. Cost is \$6.00 each with no refunds or additional orders available. If you have not confirmed your order with your Ag Science Teacher or the Extension Office, do so before the deadline.

4-H Camp Opportunities

There are several excellent camps that 4-H'ers may participate in this tomato. This summer. If you're interested you need to come by the Extension Office to get on the list ASAP!

**Private Applicator Test Training** 

Anyone who would like to receive training in order to take the Private Applicator License exam, may do so Friday, May 1, 9:00-10:00 a.m., in the Garza County Extension Office at 102 South Avenue L in Post. The test can be taken Monday, May 4 at the TDA office in Lubbock. If you have any questions, please call 495-4400.

La Cocina Saludable - \*The Healthy Kitchen\*

A Better Living for Texans Nutrition Workshop will be held Monday, 10:00 a.m., May 4, 1998, at the Garza County Community Action building on Hwy. 84 South in Post. The workshop is open to anyone interested in learning more about nutrition, healthy cooking and having a healthier lifestyle for the whole family. Come join in the activities, demonstrations and educational learning.

For A Sweeter & Happier Birthday Mother's Day & Weddings Quinceanera Graduation Anniversary Holidays

call me for your special occassion cakes Jimella Simpson PH. 806-495-3318 clip this ad for future reference

Happy 15th! We Love You!

Mom, Dad, Leslie, Jimmy,





The late Linda Malouf (left) and Donna Craig.

#### Living on the Edge of the Caprock by John Senter, CEA-AG

## Tips for growing "maters"

fruit. Harvest tomatoes at full ma-

turity. If birds become a problem,

cover the plants with netting avail-

Programs conducted by the Texas

Agricultural Extension Service serve

people of all ages regardless of socio-

economic level, race, color, sex, reli-

gion, handicap or national origin.

able for this purpose.

popular vegetable grown in the South is the plant gives the greatest return for the space and effort expended. When properly

staked and pruned, it makes an attractive landscape plant as well.

Here are a few hints to ensure high yields of top-quality tomatoes during the coming months. Feed young plants to keep them vigorous and healthy.

Water once a week with a nutrient solution composed of 2 teaspoons of a complete fertilizer, such as a 10-10-10 analysis, per gallon of water.

Following fruit set, side-dress with 2 level teaspoons of ammonium sulfate (21-0-0) or equivalent applied evenly around the base of the plant to ensure good yields of large fruit. Avoid direct contact of fertilizer with plant. Inspect plants regularly to prevent severe disease and insect

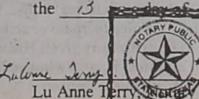
Should troubles develop, apply maneb fungicide for disease control and carbaryl (Sevin) for insects. Water the soil often enough to keep moisture uniformly available to the plants. This will eliminate fruit cracking and blossom-end rot. A 2to 3-inch layer of organic mulch will aid in maintaining moisture.

Unless a late season variety is being grown, top the tomato plants by removing the growing tip in late June or early July. Most varieties will not set fruit when night temperatures average above 75∞.

Garza County Combined Statement of Cash Position March 31,1998					
FUND	DEMAND DEPOSIT	CD'S	OTHER IN- VESTMENTS	TOTAL FOR FUND	
GENERAL	-33,062.20	600,070.06	759,150.69	1,326,158.62	
R&B #1	1,648.93	.00	32,646.84	34,295.77	
R&B #2	1,293.54	.00	37,697.04	38,990.58	
R&B #3	546.36	.00	20,620.97	21,167.33	
R&B #4	677.95	iow testero ii .00	92,997.55	93,675.50	
ATERAL	141.81	.00	.00	141.81	
JOTER REG	1,812.22	.00	.00	1,812.22	
LANDFILL	188.66	.00	29,481.51	29,670.17	
TOTALS	-26753.	600,070.	972,595.	1,545,912.	
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Garza County Treasurer

Sworn to and subscribed before me on



LU ANNE TERRY Notary Public, State of Texas

## PMS band earns top U.I.L. marks

The Post Middle School band concert competition. earned impressive marks in a pair

of contests conducted this month. At the University Interscholastic League band contest held April 21 in Brownfield, the band earned a Division I rating in sightreading and a Division II rating in the contest.

On April 25, the band traveled to Floydada to participate in the Floydada Festival. There, the group received a Division I rating in concert and a Division I rating in the sightreading portion of the

#### Voters of Ward 3

I am asking for your vote in the city election Saturday, May 2, 1998 at the East Side entrance of the Post Middle School Library. As your councilman, I would represent each of you. I would be available at anytime to answer your questions and address issues of concern. I believe that everyone should be treated fairly and I would, to the best of my ability, to see that this is done.

I am against raising city taxes or water bills unless absolutely necessary and justified. I would always have the best interest of taxpayers in mink when spending their hard earned dollars.

There are certain issues in city government that I feel could have been handled differently. I would like to have the opportunity to represent you when decisions are being made that affect you.

As you can se, I am not making promises that I cannot keep. My goal is to see that each individual is treated equally and fairly. The citizens have the right to voice their opinions and concerns. If you share my feelings, I would greatly appreciate your vote. It's time for a change.

Sincerely,

Pd. Pol. Adv. Pd. for by John Redman 615 w. 4th. St., Post, Texas 79356



# Tragedy turns to triumph



Mary Kay Norman, Laci Norman (front) and Udo.

Several South Plains residents have helped turn a tragedy into a triumph.

In 1997, Mary K. Norman was pregnant with her third child. It was a pregnancy troubled with complications. Five months into the pregnancy, physicians told the 35-year-old woman that health problems were causing circulation problems which would rob her of her eyesight. Medication could correct the problems, doctors told her, but would also cause her to lose the child she carried.

Norman refused the treatment needed to save her sight.

"I don't consider what I did particularly courageous," she said. "I just knew that I loved that baby. My sight is important to me but not as important as my little girl."

Norman's decision plunged her into a world of darkness, leaving her to cope with blindness, her newborn daughter, Laci (daughter of Rynn Norman and granddaughter of Gerald and LaVita Norman of Post), and two young boys. In response to her new challenges, Norman began searching for a guide dog. That search led her to a special dog named Udo, which was purchased for Norman by the Lions Club in New England.

It was at this point that South Plains residents stepped in to help. The Young Homemakers, two Lions Clubs in Littlefield and Westmont Christian Church in Lubbock paid Norman's expenses to Hereford, Conn., to pick up the dog and undergo training.

Norman's training with Udo was challenging because of the unusual circumstance of her having to care for her newborn daughter during the training. Udo quickly bonded with both mother and child. Together, the trio learned to walk city sidewalks, maneuver through crowded malls and to handle all of the challenges of daily life.

"I was really nervous at first, afraid we'd bump into something and

Laci would get hurt but Udo is just wonderful and Kathy, my trainer, took her time to help me," said Norman.

Training ended just in time for Norman to have some time to settle in with her guide dog and three children before she begins her next major challenge - graduate school. Norman plans to obtain a master's degree in family studies to return to the counseling career she was forced to leave when losing her eyesight.

Next month, Norman and the dog will return to Connecticut for graduation. They also plan to participate in the annual fund raiser, a walk-a-thon, which hopes to raise \$250,000 for the training and placement of other guide dogs.

Anyone interested in contributing to the fund raiser may do so by sending their donation to: Fidelco, Guide Dog Foundation, P.O. Box 142, Bloomfield, Connecticut, 06002.

## Trade Days anniversary

(Continued from Page 2)

Admission is free on Friday. Saturday and Sunday admission charge is \$1

Featured entertainment for this event will include, on Friday, "End of the Trail" Welsh pony rides; Pockets the Clown distributing free balloons for the kids; face painting; and horseshoe and washer pitching.

Saturday's entertainment schedule includes Texas Gunslinger Shows set for 11:30 a.m. and 1:30, 2:30, 3:30 and 4:30 p.m.; music by 17-year-old country singer Kallie Rogers at noon at the Rainmaker Stage; Ballet Lubbock performing "The Seasons" beginning at 1 p.m.; The Guthrie Family Band providing country music beginning at 2 p.m.; and a live remote with country radio station KLLL-FM (T-shirt, music and soft drink giveaways are planned) from 1-3 p.m.

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Sunday's entertainment will include songs by 16-year-old country/pop singer Courtney Fullingim at 2 p.m. and a concert by the Post High School

band at 3 p.m.

# Letters to the Editor

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

## Glenn Polk production praised

Jerry and I just got home from seeing "Last of the Red Hot Lovers" at the Garza Theatre. I want to encourage everyone to do themselves a favor and see this Neil Simon play, directed by and starring Post's own Glenn Polk. I

Glenn is at his best - he is simply hilarious and his timing and mannerisms are superb! The three ladies he has cast as his prospective "lovers" are just delightful, each playing very different personalities.

We are so fortunate to have these talented people perform at the Garza Theatre. Sometimes we just don't appreciate what we have here in our own backyard.

Pick up the phone right now and make your reservations (495-4005). It will definitely be worth your time and money to catch this one! Lynette Thuett

### Celebrating our 4th anniversary

We are so proud of the growth and success of Old Mill Trade Days and want everybody to know that we are the best thing going in the South Plains Region for family entertainment! Our success has a lot to do with our quality merchants, wonderful live entertainment, good food and friendly folks!

We have people coming here from New Mexico, Oklahoma, Colorado, Missouri and surrounding areas all over Texas.

We welcome all of you to share with us the excitement of our fourth anniversary this weekend. Friday, Saturday and Sunday we'll host thousands of visitors to Post... we hope you will be one of those who enjoy the day at Old Mill Trade Days.

Linda Self, office manager, Old Mill Trade Days

## **Volunteer EMTs stretched**

After reading the letter in last week's paper (4/23/98) concerning the ambulance service, I was not surprised to find it unsigned.

If the writer had listened to what was being said at the Garza Hospital District board meeting, they might also have heard the reasoning behind five of the EMTs not being able to volunteer their time any longer if the district is abolished and greater demand is placed on the ambulance service.

This would involve more time away from their home and families. The writer might also note that attitudes like theirs make volunteering for the public a lot less appealing. They obviously do not appreciate the fact that we already have a professional ambulance service in place. We are more than "well-trained" volunteers. We are trained through TTUHSC and have the same education and training as the paid professionals. In fact, two of our volunteers are trained instructors for the TTUHSC EMS program.

It is true the hospital district does not direct the ambulance crews. This is done through South Plains EMS and TTUHSC in Lubbock. The hospital district does pay one-third of the cost for new ambulances and equipment, along with the city and county. The district also provides bookkeeping for the ambulance service.

If the hospital district were abolished, the city and county would have to provide additional funds to the ambulance service and their taxes would have to increase to cover the added expense. Why abolish one tax only to

If the ambulance service could support itself, a private company would have come in long ago. The fact is, there are those who cannot pay. Medicare and Medicaid regulations limit payment and any amount not allowed cannot be billed to the patient.

As for the writer's plan of operation, would you work 24 hours and only get paid for 12? I think not! This compares to hiring someone to answer a telephone and only paying them if it rings. This plan would also require building an EMS station with additional garage area as well as purchasing two new ambulances, costing the tax payers an estimated \$500,000. Privately

owned services are not required to pay for training, CE hours, recertification, etc. These are usually paid as employee benefits.

The writer was disturbed by the threat of closing the 24 hour clinic. This is not a threat - only fact. Hospital taxes make the 24 hour clinic available. The clinic would no longer be open 24 hours a day. Laboratory, radiology and respiratory departments would close.

The primary health care grant would be lost, leaving approximately 230 Post residents without financial assistance.

I personally would rather see the 24 hour clinic stay open and install a level 5 emergency center, so the clinic could receive ambulances. At this time, emergency patients have to be transported to an emergency room -- an not just to Methodist Hospital as rumor has it.

This community should be proud of the healthcare system made available by the hospital district and try to enhance it in every way possible, not resolve it to an 8-5 clinic open only 32-40 hours per week.

I wonder if the prison systems would have given Post a second thought if this were all we had to offer.

Debbie Jenkins, EMT-P

Editor's Note: The community is and has been broadly supportive and proud of our volunteer EMS and specifically those valiant and wonderful men and women who give their time and resources to be on call when we need them! Like our volunteer firemen, our EMTs are the best there are, I know, because I've seen them work and our family has benefited many times by their care and professionalism. The issue is not that we need these things, the issue is how it shall be paid for. We support dissolving the hospital district in favor of voluntary funding, and believe that taxation is not the proper method to

More specifically, the law under which the Garza Hospital District operates does not authorize expenditure of tax money for the benefit of anyone other than those who are designated as indigent. In other words, the only funds that are lawfully expended by the hospital district are for direct payment of services rendered to an indigent patient... which includes paying the EMS for its services, but not for buying or equipping the volunteer service.

Neither does the county nor the city have authority to buy ambulances. The county is obligated by the Texas constitution to assist the needy and indigent, which would include paying for ambulance service when needed, but not to maintain or operate the service.

## Appreciates word of God...

As I read your article "When science confirms faith" (Church Directory, 4/ 16/98) my heart leapt with joy over a publisher/editor of a newspaper openly praising God the Father of our Lord and Savior Jesus Christ.

I was also excited by your addressing the use of physical archeological evidence for supporting and confirming the faith (or right believing).

Yes, our heavenly Father does cover this in his word written to the church (the body of Christ). It is God's will that we have evidence of the resurrection of Jesus Christ, as well as his current position seated at the right hand of all God's blessings. God wants us to know that His first born son is alive in heaven (not on earth).

Refer to Acts 1:3 "To whom he also presented himself alive after his suffering by many infallible proofs, being seen by them during 40 days and speaking of the things pertaining to the kingdom of God." These people touched, talked with, and listened closely to the resurrected Jesus Christ. They were being strengthened and prepared for what was to come beginning

After Jesus Christ ascended into a cloud (right in front of the eyes of his disciples), and 10 days later, the promise was delivered unto the first 12. What happened? They received "power from on high," holy spirit came upon them, "For John truly baptized with water, but you shall be baptized with the Holy Spirit (holy spirit)..."

How did they know they were baptized with holy spirit?

After his resurrection and before his ascension, Jesus Christ taught his disciples a little bit of what would be available in the future. Refer to Mark 16:17-18 "...they will speak with new tongues..." So, what was the evidence in the senses world of the truth that Christ Jesus is alive, and that one was "endued with power from on high" (holy spirit)?

Refer to Acts 2:4 "And they were all filled with holy spirit and began to speak with other tongues as the Spirit (God) gave them utterance." The fantastic miracle of this particular event is recorded in verse 8, "And how is it that we hear, each in our own language in which we were born?"

Man!! Does God know how to get something rolling!!! In verse 11 "we hear them speaking in our own tongues the wonderful works of God." This was the evidence. It still is the evidence.

In fact it is one of nine different operations of the manifestation of the same holy spirit, which is in all who have declared Jesus Christ to be their Lord, and have believed in their hearts that God raised him from the dead (refer to Romans 10:9-10).

Is it God's will that we have evidence of the resurrection of Christ Jesus? Yes. Is it His will that we manifest that evidence? Yes. Is it God's will that we know how to manifest holy spirit? Yes. Is this information hidden from

Please refer to 1Corinthians 12:1,7-11, "Now concerning spiritual gifts, brethren, I would not have you to be ignorant." This is the word of God is given through his bond-servant Paul. One side note: in the King James Bible, the word "gifts" is in italics, which indicates that it was added by the translators. The word "spiritual" comes from an earlier Greek word which meant "spiritual matters" (pneumatikos).

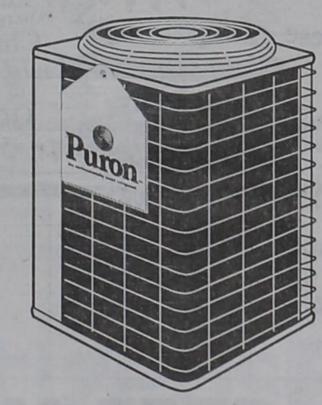
God is so loving. He wants his children to know they have spiritual authority and power, as well as the profit that we have in the operation of holy spirit (vs.7-10), and more over, that each person has the authority to manifest holy spirit (according to each one's believing; "...distributing to each one as he (the believer) wills..." God is not a respecter of persons.

In closing, it is nice to discover scientific evidence of biblical events. But, in truth, God has already given His word concerning what evidence to look for, how to manifest it, and what results to anticipate.

Timothy W. Burnett, Denton



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# Opinions

A THROWAWAY SOCIETY 1973: COURT MAKES ABORTION LEGAL NATIONWIDE!



# What's my wish list? Part 2

by Vin Suprynowicz

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(Continued from last week)

Next, of course, would have to come the shutting down the DEA and the repeal of all drug laws - or overturning them for violating the Ninth Amendment, which they all do. (A constitutional amendment was required to authorize alcohol Prohibition, in 1919. When did we ratify the

amendments authorizing Prohibition of previously-legal opium, cocaine and marijuana?)

Uptight, blue-blazer "nerf libertarians" will whimper that this sounds as though our politics are merely a shield for permissiveness and on drug use. In fact, I see no sign that any drug law has ever REDUCED drug use, so that's a red herring.

(All such Prohibitions are merely failed bluffs. We bluff that if the of bo minority youths won't stop using their drugs of choice, we'll put them all in prison ... hoping a few examples will convince them. Instead. they keep using marijuana and cocaine, so we're well on the way to putting them all in prison. But the original goal was not to build a huge prison industry, but to bluff them out of using their drugs of choice. remember? The bluff has FAILED, long ago ... so badly that they're now even using their drugs of choice, IN prison.)

Drug laws shred Bill of Rights

I choose the drug laws because they're the ones most commonly used to justify shredding and defecating all over the rest of the Bill of Rights, though they're followed closely by ...

All federal firearms laws, starting with the big Firearms Acts of 1934 and 1968, both of which blatantly violate and dishonor the Second Amendment. Repeal or overturn them all, and disallow any future government sinecures or paychecks for any past or present agents of the ATF (while indicting a good many for fraud, coercion, treason, and depriving citizens of their civil rights under color of law) We would then find ourselves with an ARMED population of fullyinformed jurors - free men and women, peaceable and polite, no longer afraid of their own government.

If the source of all power is in the people, and government agents are our servants, then it is only the ARMED CITIZEN who can ask the GOVERNMENT OFFICIAL to unload and hand over his or her firearm until our conversation is concluded. Law-abiding citizens will peaceably submit to arrest by unarmed officers, as the Brits have been proving for a century. But only if they believe they will have a fair chance to explain their case to a RANDOMLY-SELECTED and fullyinformed jury of their peers, and in a hurry.

Of course, we could just as well get rid of virtually any department,

program, or allocation dreamed up since 1912. But I think the above would be a good morning's work, in terms of demonstrating how well America could survive — as it happily and prosperously did from 1781 to 1912 — with liberties restored, and the entire police state put out

You don't rediscover the Sleeping Beauty of liberty or the Constitution by delicately pruning away dead twigs from the outside of the thicket. You have to go in with bulldozers, hewing broad access corridors to the castle on Day One, while you're at your strongest.

Vin Suprynowicz is the assistant editorial page editor of the Las Vegas Review-Journal. Readers may contact him via e-mail at vin@lvrj.com. The web site for the Suprynowicz column is at http:// www.nguworld.com/vindex/. The column is syndicated in the United States and Canada via Mountain Media Syndications, P.O. Box 4422, Las Vegas Nev. 89127.

Vin Suprynowicz, vin@lvrj.com

"The right of self-defense is the first law of nature; in most governments it has been the study of rulers to confine this right within the narrowest limits possible. Wherever standing armies are kept up, and when the right of the people to keep and bear arms is, under any color or pretext whatsoever, prohibited, liberty, if not already annihilated, is on the brink of destruction."—Henry St. George Tucker, in Blackstone's 1768 "Commentaries on the Laws of England."

On Liberty:

Those rights, then, which God and nature have established, and are therefor called natural rights, such as life and liberty, need not the aid of human laws to be more effectually invested in every man than they are; neither do they receive any additional strength when declared by the municipal laws to be inviolate. On the contrary, no human legislature has power to abridge or destroy them, unless the owner shall himself commit some act that amounts to a forfeiture.

Sir William Blackstone

# And thereafter, a lesson unlearned

by Walter E. Williams

Last Sunday, I watched CNN's "Perspective," titled "Survivors of the he immediately embarked upon that road. Passage of the Enabling Shoah," a Steven Spielberg documentary about the Nazi Holocaust. It

was a heart-wrenching story about the slaughter of millions of people simply because they were Jews. How could this tragic inhumanity occur? The Jewish survivors chalked it up to intolerance and bigotry, and urged us to judge people by "what's inside," and not race or religion. But there's a problem with such an

all of Europe. This is not to say that Jews were not persecuted in Germany, but life was far superior to Jewish life elsewhere in Europe. On the eve of the collapse of the Weimar Republic, which brought the Nazis to power in 1933, Jews were a major part of the economic, scientific, social and cultural life of the country. While Jews were only 1 percent of the German population, they were 10 percent of the 'all powerful, highly centralized national government. country's doctors and dentists, 17 percent of its lawyers and a large percentage of its scientific community. Jews won 27 percent of Nobel Prizes awarded to Germans.

During the 1920s, nearly half of all Jewish marriages in Germany were to Gentiles. German Jews went to great lengths to "become" German, including adopting the language, dress and religion. Even Reform Judaism included features of Christianity, such as worship on Sunday instead of the Sabbath (after the Holocaust, they've gone back to the Sabbath). Many religiously Orthodox Jews considered themselves "German." Jews who immigrated to United States carried their pro-German feelings, so much so that as late as World War I the U.S. government, at war with Germany, brought prosecutions against Jews for voicing support for the enemy.

How did a relatively low level of hate and anti-Semitism become the Holocaust? The road to the Holocaust was paved by the centralization and consolidation of government power. When Hitler came to power,

Act (1933) and later the Law Concerning the Reconstruction of the Reich (1934) enabled Hitler to centralize power by dissolving all state diets, and county, city and town councils.

Hitler then got control of Germany's labor unions and consolidated them into the new Nazi-dominated Labor Front. There was little distinction between the Labor Front's leadership and the Nazi Party. Hitler gained control over agriculture through the Ministry of Food and Agriculture. Through the Reich Food Estate, farm prices were Historically, Germany was the most hospitable country for Jews in controlled. In 1934, the government established the National Economic Chamber as head of an elaborate hierarchy of industrial and trade associations under the control of the Ministry of Economics.

> Whatever hate, violence and anti-Semitism experienced by the Weimar Republic Jews, while deeply offensive, could not have developed into the systematic brutality it did during the Third Reich without an

> Powerful government tends to draw into it people with bloated egos, people who think they know better than everyone else and have little hesitance in coercing their fellow man. Or as Nobel Laureate Friedrich Hayek said, "In government, the scum rises to the top." Decent people have little desire, or see themselves fit, to order others around. In a collectivist state, there is nothing that collectivist leaders must not be prepared to do if it furthers their agenda.

> The Holocaust's true lesson is that there is no greater potential for evil than powerful centralized government. This century alone, not counting war, 170 million people have been murdered by their own government. Neither we in United States nor Jews in Israel have learned the lesson of the Holocaust

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

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e-mail: wburnett@onramp.net

# A few more ideas about why we should eliminate hospital tax

by Wesley W. Burnett

Last week I answered a few questions from a letter writer about "the real story" regarding what will or will not happen when the hospital tax is eliminated. Space limitations restricted my ability to complete those answers.

#### It's a question of free enterprise

It's the American way. If it is economically feasible, the privately owned company will continue providing services here. There is a solid, historically sound natural law, which I call the natural law of economics:

Where there is a willing buyer, there will be a willing seller. It makes sense to me that there must be enough willing buyers of health care in Garza County to make it economically sound for a seller of medical care to provide those services. There is no question that a community of approximately 5,000 people need and will use good medical services. No one really enjoys making a 45 mile trip to Lubbock, when a qualified local doctor is available.

Yet, those opposed to erasing this tax program continued to raise the issue of "what will we do when we don't have a clinic here anymore?" That kind of question is clearly designed to instill fear in those who think that taxes is the only way to keep a clinic in Post.

The main economic purpose of rural clinics operated by large, metro hospitals, is to refer patients to the hospital. Of course, these rural clinics and their staffs are dedicated to helping people, but the economic soundness of these operations depend on insurance reimbursement from referrals to the hospital.

According to reliable sources, this system is working quite well in Post, as Methodist Hospital benefits from large numbers of local people taking advantage of those services. That fact confirms the theory: "where there is a willing buyer, there will be a willing seller."

#### Ambulance service not affected

These fear tactics used by opponents to the election are pathetic, and to add insult to injury, they include scare talk about losing our volunteer ambulance service. Our dedicated EMTs have never been on any government payroll, the service has been privately owned and operated from its beginning, and it has demonstrated quite clearly the success of operating very efficiently.

Contrary to what many here believe, all emergency ambulance responses require the ambulance to go directly to a hospital emergency room... which we have not had in Post since the closing of Garza Memorial Hospital in 1996. Since then, all ambulance runs have gone directly to Lubbock. There will be no change as long as there is no emergency room here which meets government standards.

Fact is, choices of health care here may actually expand with the elimination of this unlawful\* tax ... competition will certainly follow when government gets out of the way.

Violating the law

\* I call this an unlawful tax because the hospital board has exceeded its authority by spending tax money on services to people other than those who are declared indigent. The law which established the Garza Hospital District only authorizes the district to care for the indigent. In 1997 the total cost of indigent care (according to the Garza Hospital District's own records) was less than \$5,000. If hospital board members adhered to the law that they took an oath of office to uphold, their would be no need for a hospital tax... there are enough of us in this community to donate \$5,000 without too much trouble, to help those truly in need.

The point is, approximately \$450,000 a year is being spent on services not related to indigent care... and there is the real issue. Those who take an oath to uphold the law should be held accountable to the oath. If they do not wish to uphold the law, then they should resign.

## Is there a law requiring privately owned vehicles to be registered?

We put that question directly to State Senator Robert Duncan and State Representative David Counts in a recent letter, to which there has been no response:

I am conducting research on the Texas Transportation Code in response to a recent story about Chapter 501 and its applicability

(501.004). I am enclosing a copy of the article for your consideration. It appears from 501.004 that the entire Chapter 501 has no application

to individual, private citizens whose vehicles are not owned by state or political subdivisions. If this is incorrect, or if there is some other law that requires owners of privately owned vehicles to register with the state, could you please provide the citation of law that specifies this requirement. Readers of The Post Dispatch are particularly interested in

determining their lawful obligation to register privately owned vehicles. If there is no law requiring such registration, then how is it that law enforcement agencies and the judicial system routinely enforce Chapter 501 on individuals who are not by law affected by the code?

More importantly, what Article and Section of the Texas Constitution authorizes the implementation of legislation regulating the use of public rights of way?

A prompt answer would be appreciated.

Wesley W. Burnett

#### **Local Government Meetings**

Monday, May 4

 Post City Council, 6:30 p.m., City Hall. Monday, May 11

· Garza County Commissioners' Court, 9 a.m., 3rd floor court-

Tuesday, May 12 · Post ISD board of trustees, 7:30 p.m., administration building.

Thursday, May 14

· Garza Hospital District board of directors, 7 a.m., board meeting room, old hospital building.

# Classified Advertising

#### Classified Advertising

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

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#### Card of Thanks

We would like to express our appreciation to everyone who showed us so much support in the loss of our brother. Thank you for the prayers, the flowers,

visits, cards and phone calls. It is such a blessing to be surrounded by friends. A special thank you to the ladies of the Methodist Church and Gracie Hodges for the food and your graciousness at Patsy's

We have a big empty spot in our hearts and you all have helped to fill it with your

May God Bless you and keep you for-

Billie Dempsey

Tommie Williams Patsy Bilbo

Auto

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E.O.E.

house after the service.

Joan Foreman, and all our families

We would like to thank the citizens of Post for the great support and making our

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pay plan and details. If you reach voice mail,

Farm & Ranch

495-2894

garage sale a huge success. A special thanks to all the people who donated items. We greatly appreciate it. VFW Ladies Auxiliary Post 6797

#### Personals

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. Door opens at 7 p.m. and the meeting starts at 7:30 p.m, cake and coffee following the meeting. Anyone who wishes to talk or ask about an alcohol problem, call 495-4152, 495-4185 or 629-

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).

#### Help Wanted

Now taking applications for plant operator. Inquire at A Rock Materials. Plant located 5 miles north on Hwy 207.

COMING TO POST---RADIO

WANTED: Motivated sales person, computer and electronics skills a plus, but not mandatory. Pick up application at Post Auto Parts, Mon-Sat, 8-5:30.

Saturday, 9 a.m. to 1 p.m. 407 N. Ave.

3 family yard sale. 107 East 7th St. Saturday, 8 a.m.

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3 bedroom, 2 bath, 2 large lots, brick.

Two story, 3/2/2 carport. Possible 4

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Call 495-3045 or 495-4545.

good location. 495-2167.

l black. 495-3641.

Tahoka, May 1 and 2. 1828 Ave. M, Trammel. Antique desk and chair, T.V.'s, crafts, jeans and many more items.

Saturday, 8 a.m. to ?. 302 W. 5th St. NO EARLY CALLERS.

Saturday, 8 a.m. 401 W. Main. Clothes, furniture, household items.

Four family backyard sale. Friday, 9 to 5 p.m. 506 Pine Street. Curtains, spreads, clothes, dishes and misc.

Saturday, 9 a.m. to ?. 508 N. Broadway

Saturday only, 8:30 a.m. to 3 p.m. 121

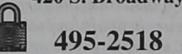
Mens, womens, and childrens clothes, household items, baby items, misc. NO EARLY CALLERS.

#### Lost and Found

Lost: Black and white female chihuahua. Reward. Call 495-3066.

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#### Wanted to Buy

Cash for aluminum cans, Sunday, May 3, 11 a.m. till 3 p.m. 316 East 6th. Goats

#### Legal Notices

Notice to all persons having claims against the Estate of Dorothy Inez Cowdrey

Notice to all persons is hereby given that the original letter of administration upon the estate of Dorothy Inez Cowdrey, deceased, was issued to me the undersigned on the 27th day of April, 1998, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, the county below named, are hereby required to present the same to me respectively, at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed, and within the time required by law. James 'Bud' Sparlin may be notified 1945 Santa Fe, Snyder, Texas 79549 or in care of his Attorney; Preston Poole, 311 W. Main, P.O. Box 296, Post, Texas 79356.

Dated: April 27, 1998 James 'Bud' Sparlin Independent Executor Cause#1673, Dorothy Inez Cowdrey,

Garza County, Texas.

**Public Notice** On April 17, 1998, an FCC Form 314 application was filed with the Federal Communications Commission seeking consent to the voluntary assignment of KPOS (AM) 1370 kHz, Post, Texas from James G. Boles to KXOJ, Inc.

The officers, directors and 5% or greater principals of KXOJ, Inc. are: Michael P. Stephens and David P. Stephens.

A copy of this application and related materials are available for public inspections during normal business hours at: The studios of KPOS 1370 AM at 115 West Main Street in Post, Texas.

#### **Public Notice** On April 17, 1998, an FCC Form 314

application was filed with the Federal Communications Commission seeking consent to the voluntary assignment of KPOS (FM), 107.3 mhz, Post, Texas from James G. Boles to KXOJ, Inc. The officers, directors and 5% or greater

principals of KXOJ, Inc. are: Michael P. Stephens and David P. Stephens. A copy of this application and related materials are available for public inspec-

tion during normal business hours at: The studios of KPOS 107.3 at 115 West Main Street in Post, Texas.

### Shannon Pierce at Bob **Brown Motors**

Bob Brown Motors in Lamesa and Shannon Pierce are teaming up to provide Post-area residents with sales and service on Oldsmobile, Pontiac, Buick, Cadillac and GMC trucks.

Pierce, who is known by many local residents from his nine years at Mac Olds in Slaton, has joined Bob Brown Motors, which has been in business since 1967.

"We're updating our facilities and adding to the inventory," Pierce said. "We're wanting to do business with all of my old customers from Post, as well as with new customers from Post. We'll take care of everything from sales to service - everything you need, from Suburbans to Sedan Devilles to Pontiac Grand Ams." Bob Brown Motors is open Mondays through Fridays from 8 a.m. to 6 p.m. and Saturdays from

For the convenience of its customers, the dealership also has an 800 number - 1-800-530-

9 a.m. to 3 p.m.

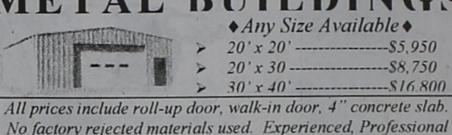
# Last Puzzle Solution

## The Post Dispatch

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\$15,95500

\$7,875°°

PREG Choosi I'm an a of coupl tion. We

\$\$\$NE Region insuran insuran insuran insuran insuran drivers. With Ha 7274, E DRIVE DRIVE 1 year 1 1 year 1 1.800-2

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#### **NEW TRUCKS**

'97 GMC X-Cab SLE 350, auto . . . .

SAVE '97 GMC 4x4 Jimmy, 4 door, loaded . SAVE '98 GMC Yukon, leather SLT . . . 1 IN STOCK '98GMC X-Cab SLE 350, all power . 8 IN STOCK '98 GMC 271 X-Cab SLE, trailer pkg. 1 IN STOCK '98 GMC X-Cab Sonoma SLE

1 IN STOCK '98 GMC Reg. Cab Shortbed **NOW AVAILABLE** '99 GMC Yukon, leather, SLT.

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'97 Chevy Tahoe L5, 2WD, 19K, loaded '96 Chevy 4x4 Tahoe, 4 dr., Lt., 16K, nice . \$25,898°° '96 GMC 15 Passenger Van, all powe SAVE '96 Chevy X-Cab Silverado, all power,31K SAVE '95 Chevy LT Tahoe, 4x4, 80K, all power \$19,84200 '94 Chevy 3/4 Ton X-Cab Silverado, al pwr.

\$14,455°° '94 Chevy X-Cab Silverado, at pwr., 350, auto. \$13,965°° '93 Chevy 3/4 4x4, X-Cab, 4x4, diesel, Shdo. \$11,988°° 88 Chevy 3/4 4x4 Reg. Cab, 5 spd. Cheyenne. \$6,86500

#### '95 Bulck Rivera, all power, heated seats, nice SAVE '95 Nissan 240 SX, CD, all power, sporty \$8,895°° '94 Olds Delta 88, all power, low \$10,845°° '94 Cadillac Concours, leather \$15,676°° \$11,955°° \$4,895°° '92 Bulck LeSabre, one owner, all power, 49K \$8,99500

**USED CARS** 

'97 Pontlac Bonneville SE, warranty, all pwr.

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PONTIAC

# One man arrested in family violence

Six individuals were arrested in Garza County last week, according to sheriff's department records.

Arrested on April 21 was a 24-year-old female picked up on a DPS warrant (released the next day on time served). Arrested April 23 was a 23-year-old male arrested for driving while license suspended (released the same day on a \$1,500 PR bond).

Picked up on April 24 was a 33-year-old male arrested on a bench warrant (released April 27 after probation was continued) and a 42-year-old female arrested for DWI/third or more (released the next day on \$5,000 bail bond). Randy Lee Jones, 25, was arrested on April 26 on a charge of family violence (released April 28 on \$1,500 bail bond).

A 44-year-old male was arrested April 27 on a warrant (he remained in the county jail as of late Tuesday afternoon).

Approximately 60 calls for service were handled by local law enforcement officials over the past week.

On April 22, a report of criminal mischief in the 200 block of East Main was received (someone had thrown a rock through a door). Calls received on April 23 included reports of two automobile accidents. The first occurred on U.S. 84 south when a tractor trailer slid off the roadway and was about to overturn (no further details were recorded). The second was an accident that occurred near Slaton (no details pertaining to the accident were recorded).

The Slaton Police Department was notified about the second accident. Calls received on April 24 included a report of theft in the 300 block of West 14th (tools were reportedly taken from a tool box on a truck); a theft on West Main (tools reportedly taken from a truck); and a house fire in the Justiceburg area (fire department was notified).

On April 25, dispatchers received a call concerning a burglary at a rural location (a hand grinder and belt sander were reported missing); a pickup on fire on U.S. 84 south (fire department notified); harassing telephone calls in the 800 block of West 14th; criminal mischief (no address recorded) involving damage to a vehicle; and a medical emergency in the 400 block of West 5th Street (ambulance called).

Calls recorded on April 26 included a report of a dumpster fire in the 800 block of West 13th (fire department notified); a single-vehicle automobile accident, a rollover (no address recorded); stolen fishing equipment (valued at \$175) in the 200 block of West 14th; a grass fire on U.S. 84 north, about five miles out; and an assault in the 400 block of South Avenue I.

On April 27, authorities were called out to work a case of criminal trespass at a local convenience store.

40 TXism: "get while the

The Love She

sleeping dogs

12 \_\_ Gov. Bullock

Found

11 TXism: "let

ACROSS

# Yesteryears

by Pat Burnett

April 27, 1988 10 Years Ago

Pam Ehret is the winner of a Hardin-Simmons University award. It was a cash award at the annual W.B. Irvin School of Education awards ceremonies.

Naomi Matsler, Wanda Simecek, Mr and Mrs Martin Nichols, all of Post; Juanella Etheridge of Abilene and Marjorie Lilley of Borger recently enjoyed a seven day trip to Honolulu, Hawaii. While there they attended the wedding of Maryhelen Phillips and Paul Matsler and enjoyed a great vacation.

Michelle McGehee, daughter of Dennis and Libby McGehee, of Southland, signed a combined basketball/track and field athletic scholarship with Wayland Baptist

April 27, 1978 20 Years Ago

Larisa Shiver and Cindy Terry, both juniors, have qualified for the

State UIL literary meet in Austin. Happy Birthday today goes to John William Cato, Karen Pruitt, Syretha Nichols, Jackie Odom, Mrs W.H. Childs, Kathryn Kay Lamb, Barbara Ann Sherrod, Ben Owen, Danny Windham, Gerald Clayton,

Kelly Baumann and Jimmy Sharp. Jim Norman is Conservation farmer of the year in Garza County. Sheri York, a HECE student, is working in a Post kindergarten

class.

30 TXism: "he's \_ \_\_\_

to ride the river

with" (reliable)

33 ex-Cowboy Haley

#### April 25, 1968 30 Years Ago

Mrs Lucy King is visiting this week in the home of her daughter and son-in-law, Mr and Mrs Howard Bowen.

Mr and Mrs Chester Keeton spent the weekend in Comanche visiting his father, Sam Keeton.

Bob Compton and Arthur Kelly, with a low-ball score of 58, won the am-am handicap team tournament at the Caprock Golf Course last

Kippy Payne, 14 year old Post High School freshman, has won 52 trophies in tennis play.

#### April 24, 1958 40 Years Ago

Frank G. "Uncle Frank" Blackwell, old-time cowboy, died Monday April 21. Mr Blackwell came to what is now Garza County in 1900. He was employed by the Slaughter, Swenson, Pitchfork and other ranches at various times and was on the crew which built the railroad into Post.

Mr and Mrs Roy Josey were in Snyder over the weekend visiting with her parents, Mr and Mrs R.B.

Mrs Harrison Davis has returned home after several days in the Garza Memorial Hospital. She is recovering nicely.

Among those enjoying a fishing trip Sunday at Lake Thomas were Mr and Mrs Jack Hair and sons, Mr and Mrs Billie McKamie and family, Mr and Mrs Ralph Dean and family, Mr and Mrs Corky Ammons and Mr and Mrs B.W. Condron of Big Spring.

#### April 22, 1948 50 Years Ago

Mrs Doyle Justice retired this week as an officer of the Women's Auxiliary to the Lubbock County Bar Association.

Buster McCoy of Southland is opening a new barber shop in the Leak Hotel in Southland.

Judy McCampbell, bright eyed six month old daughter of Mr and Mrs J.D. McCampbell, gave pleasure to everyone's eyes with her picture in the Post Dispatch this week (during National Baby Week). Judy not only looks healthy, she has never been ill except for a slight cold.

Wedding bells will ring for Laquita Brown and H.B. Parchman the day

after school is out. Those Travis kids are just as smart this year as they were last year. Both Betty Jane and R.D. made the honor roll at A.C.C. again.

Mr and Mrs. W.J. Satterwhite are

driving a new Chevrolet. Marilyn Steel has returned home from a trip to Prescott, Arizona where she visited her grandmother.

### **Odom inducted** into honor society at WTC

Post native, Devin Odom, was recently inducted into the Psi Zeta Chapter of Phi Theta Kappa, the national honorary society for junior colleges.

A total of 46 new members were inducted into the honor society during the formal ceremonies which were held March 1 in the Western Texas College Student Center in Snyder. Membership in PTK is by invitation

only. To be invited, a student must have completed at least 12 hours of college level work and must have achieved at least a 3.2 grade point average.

In addition to the 46 new inductees, there are currently 32 members on the active roll, guided by the six student executive officers and three faculty advisers.

Returning members must maintain a GPA of 3.0 at WTC to remain an active member.





At Golden Plains Care Center - (left to right) Judy Howard, Sara Ault, Jimmie Reed (back), Melvis Taylor, JoAnn Stelzer, Nell Mathews (front) and Roberta

# Golden Plains Care Center Newsletter

Hello,

We sure had a lot of fun at our Volunteer party. We had sandwiches, chips and punch to eat and then we all sang songs. We then handed out awards. For Volunteer Groups of the Year were Calvary Baptist Church and the Ladies Auxiliary of the VFW; Volunteer of the Year went to Jimmie Reed; and Resident Volunteer of the Year was Warren Hardt. Everybody had a good time and it was a great way to honor all our wonderful volunteers.

Don't forget National Nursing Home Week May 10 - 16. We have a busy week planned. On May 11 we are having an Open House and we encourage the community to stop by and have some coffee or punch with the residents. At lunch on May 11 we are having a hamburger cook-out and then at 3:30

we are have a watermelon social. On May 12 we are having our Birthday Party at 3:30. On the 13th we are going to the park for a picnic and then at 3 p.m. we are having movies and

On May 14 at 1 p.m. "Let the Games Begin" with the Senior Olympics and on May 15 at 1 p.m. the men are going fishing with Danny Guthrie and the women are having an ice cream social. If anyone is interested in volunteering during this busy week just stop on by, we could sure use the help.

We have a male resident that would like some rubber boots so he can work in the garden. He needs a size 10 1/2 and we have a female resident who needs size 9 1/2 houseshoes. They sure would appreciate it if anyone could help them out.

Till next week,

Bunny Lynch

# **Juvenile Detention** Center reports increase

The average daily population at the Garza County Regional Juvenile Center continues to climb. According to David Eastland, superintendent of the facility, the center's average resident population currently stands between 15-20 youths.

"It's up and down, up and down," Eastland said Tuesday morning. "It's subject to change daily."

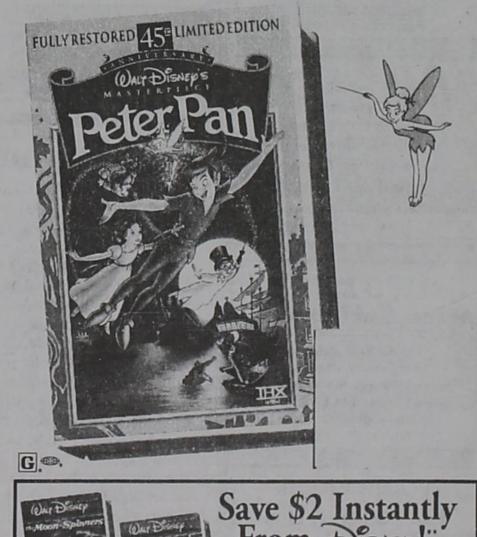
But those changes could be taking a drastic upward turn in coming weeks, according to Eastland. A contract with the Texas Youth Commission has been signed and was to have been hand-delivered to TYC officials Tuesday afternoon. That two-year contract could mean as many as 16 additional residents for the local facility. The arrival of TYC youths "could be as early as next week," Eastland said, and in July the State of Delaware is expected to begin utilizing the facility as well.

With the addition of TYC and Delaware state residents, the facility should remain full or close to full, Eastland said.

The facility has served several counties in the region since opening in late October.

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The Original ' is good" (leave) film Viva Zapata 42 TXism: "would trade all was shot in this **CROSSWORD** the mineral rights in Starr Co. town 5 OK healer Roberts Texas \_\_\_ 6 located on border of 43 chili by Charley & Guy Orbison Rains & Wood Cos. 44 in Rusk Co.: 45 injuries Copyright 1998 by Orbison Bros. 46 Jay Novacek's old position 8 Monahans' dunes: Park 47 TX Mildred \_\_\_\_ Didrikson 18 TXism: " 49 Aggies' " slinger" (writer) 19 TX Bush continued 51 Super Bowl sensationalism Reagan's Strategic Defense 21 Cowboys linebacker Darrin (init.) 22 TX Mac Davis hit: 52 he took Baby Don't Get Hooked title from 23 Dallas exterior TX Foreman in '74 were shot 53 TXism: "I'll at Southfork your hide!" 24 Spanish "por favor" 29 TXism: "running 54 TX Buddy Holly P-330 hit: Peggy " (spouse) 30 TXism: "hit me like 13 TXism: "like kissing DOWN of bricks" \_" (tie) 1 Texans buy & sell 34 TXism: "strong as 31 Dr. Pepper rival 14 folded tortillas fruit at this (2 wds.) 32 Itasca's mascot battery gallon hat 2 TX Horton's Battle 16 TXism: "\_\_horn" 35 TXism: "\_\_\_\_ to a 34 Ed was in of New Daniel Boone with frazzle" (tired) (amateur) 3 in Kaufman Co. TX Fess Parker 37 summer head wear 17 TXism: "best I on 175 in Texas (2 wds.) 35 Gov. O'Daniel (init.) eyes on" 4 TXism: "does 38 direction to Mexico 36 what Texans do 20 dates office business" 41 pinball violation with watermelon 22 hot breakfast food 9 TX Heloise gives 28 Sonora's county seeds (2 wds.) 42 assortment of type or former TX town these in a column 29 Cotton Bowl's best 45 Lady Bird's rela-37 TX Deutschendorf 24 song writer 10 TX Gary Morris' rusher Dick ('54) tionship to LBJ film: Williams (init.)

TEXAS STATEWIDE CLASSIFIED ADVERTISING NETWORK

25 TX Perrine was a

26 Gov. Pease (init.)

27 TXism: "just down

Vegas showgirl

TEXSCAN WEEK OF 04-26-98

38 TXism: "it's hard

39 arrival guess

eagles when you

work with turkeys"

with the

Note: It is illegal to be paid for anything beyond medical and legal expenses in Texas adoption. ADOPTION PREGNANT! CONSIDER ADOPTION!

Choosing the family to adopt your baby is hard. I'm an adoption consultant who offers you choices of couples. Tell your story once and receive information. We help with living expenses. 1-800-675-3407.

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# Menus

### **Post ISD**

Friday, May 1, 1998 Breakfast; Cereal, toast and jelly, fruit, milk.

Lunch: Burrito w/sauce, salad, corn, cobbler, milk.

Monday, May 4, 1998 Breakfast: Breakfast pizza, fruit, milk.

Lunch: Frito pie, baked beans,

salad, pear halves, cornbread, milk. Tuesday, May 5, 1998 Breakfast: Cowboy bread, sausage de fruita, leche.

link, fruit, milk. Lunch: Steak fingers, gravy, mashed potatoes, green beans, hot milk.

rolls, Jello, milk. Wednesday, May 6, 1998 Breakfast: Oatmeal, bacon, toast, milk. fruit, orange juice, milk.

Lunch: Corn dog, broccoli, French fries, peaches, milk.

Thursday, May 7, 1998 Breakfast: Cereal, toast and honey, fruit, milk.

Lunch: Ham/gravy, sweet potatoes, peas, hot rolls, cookie, milk.

#### **Trail Blazers** Southland ISD

Monday, May 4, 1998 Breakfast: Pancakes and syrup,

mashed potatoes, peas, tossed salad bacon, juice, milk. w/1000 dressing, hot roll, peaches, Lunch: Spaghetti, green beans, corn on cob, garlic bread, sugar cookie,

Tuesday, May 5, 1998 Breakfast: Blueberry muffins,

sausage, juice, milk. Lunch: Enchiladas, tamales, ensalada de verduras, arroz, ensalada

Wednesday, May 6, 1998 Breakfast: Oatmeal, toast, fruit,

Lunch: Baked chicken, mashed potatoes, gravy, carrots, roll, pudding,

Thursday, May 7, 1998 Breakfast: Cream of wheat, toast,

Lunch: Pig in a blanket, ranch style beans, corn, cake, milk.

Friday, May 8, 1998 Breakfast: Cereal, toast, juice,

The Post Dispatch 495-2816

Lunch: Manager's choice.

## **Texas Golf Pass** to fight cancer

Two hundred and fifty-five golf courses throughout Texas have joined in the fight against cancer. Because of their commitment, golfers can receive an entire year of golf experience while supporting the lifesaving work of the American Cancer Society.

The American Cancer Society's Texas Golf Pass offers 450 rounds of golf at fine courses throughout Texas for only \$35. The Texas Golf Pass makes a great gift for the golfer in Chicken and dumplings, green your family-for a birthday, Mother's peas, cauliflower w/cheese sauce, hot or Father's Day, or just because.

roll, pumpkin pie or bars, beverage. The Texas Golf Pass is also an excellent thank you gift for clients, Roast beef w/brown gravy, roast business associates, and friends. You potatoes, zucchini, tossed salad w/ give a gift for all seasons and you give French dressing, whea roll, frosted the American Cancer Society the support it needs to make a difference. From life-saving cancer research to Mexican stew w/potatoes, mixed education to patient service vegetables, pina colada pudding, flour

The Texas Golf Pass is available from the American Cancer Society by calling 1-800-ACS-2345. Or, if you want to order on-line, visit our website at www.acs-tx.org.

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and

# **Obituaries**

#### Felipa Alvarado Valdez

Funeral services for Felipa Alvarado Valdez, 80 of Post were held Wednesday, April 29, 1998 at 2 p.m. in the Holy Cross Catholic Church in Post with Monseigneur Antonio Gonzales of Our Lady of Grace in Lubbock officiating. Burial was in Terrace Cemetery. under the direction of Hudman Funeral Home.

Mrs Valdez died April 26, 1998 in Methodist Hospital in Lubbock.

She was born February 5, 1918 in Mexico to Sebastian Sanchez and Trinidad-Alvarado. She was a housewife and a member of the Catholic church. She was preceded in death by a son, Antonio Valdez in February 1974.

Survivors include: four sons, Benny Valdez of Post, Ruben Valdez of Lubbock, Evaristo Valdez Jr. of Dallas and Raymond Valdez of Savannah, Georgia; three daughters, Janie Flores, Isabell Chavez and Frances Watson, all of Lubbock; 19 grandchildren; 18 great grandchildren and 2 great great grandchildren.

Pallbearers were Benny Valdez, Gilbert Valdez, Javier Valdez, Stephen Chavez, Frank Flores and Mark Valdez.

Family requests donations to Meals on Wheels.

**Harold Lee Rogers** 

Services for Harold Lee "Bobby" Rogers, 63, of Lubbock, were held at 1 p.m., Thursday, April 23, 1998 in Lakeridge United Methodist Church with the Rev. Bill Couch, Pastor officiating. Burial was at 3 p.m. Thursday in Terrace Cemetery in Post with the Rev. Buddy Payne, pastor of First United Methodist Church in Post officiating. Services are under the direction of Resthaven Funeral Home of Lubbock.

Mr Rogers died on Monday evening at Methodist Hospital.

He was born on April 8, 1935 in Post and graduated from Post High School. He received two bachelor's degrees and a Masters degree from TTU. He married the former Linda Mills in Lubbock on December 31, 1952. He retired in 1995, after 35 years of service as a chemical engineer with Phillips Petroleum.

He was currently serving as president of the Hub City Winders Clock Club. He was a docent at the Tech Museum, a volunteer with Habitat for Humanity, and volunteer tour

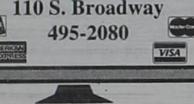
guide at Lubbock Lake Landmark. He was preceded in death by a brother, J.W. Rogers in 1985.

Survivors include his wife; one son, Steve Rogers of Lubbock; two daughters, Susan Robertson of Lubbock and Sharon Newsome of Bartlesville, Oklahoma; four sisters, Billie Dempsey of Seagraves, Tommie Williams and Pat Bilbo, both of Post and Joann Foreman of Aspermont; and three grandsons.

The family suggests memorials to the donor's favorite charity.

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Wednesday, May 6, 1998

Thursday, May 7, 1998

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times a minute without rest

throughout a person's lifetime.

baked potato, broccoli, wheat roll,

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cake, beverage.

tortilla, beverage.

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Assembly of God

First Assembly of God (Spanish) **Baptist** 

Calvary Baptist Church First Baptist Church First Baptist Church, Wilson

Pleasant Home Baptist Church Templo Bautista **Trinity Baptist Church Justiceburg Baptist Church** 

915 N. Ave O, 495-3038 Justiceburg, Don Blackock, pastor Catholic Ave. K and Main St., 495-2791 Holy Cross Catholic Church

Disciples of Christ First Christian Church

812 W. 13th, 495-3716

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

Church of God 602 W. 14th, 495-3644 **Church of God of Prophecy** 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 327-5656 **Grassland Nazarene Church** 

Non-Denominational Church on the Go 113 W. Main, 748-7623

**United Methodist** 

First United Methodist Church **Graham Chapel United Methodist Church** Presbyterian

First Presbyterian Church

910 W. 10th, 495-2135

216 W. 10th, 495-2942

495-3492



### Staying on the path

by David Graves, Calvary Baptist Church "Teach me thy way, O Lord; I will walk in thy truth; unite my heart to fear thy name. I will praise thee, O Lord my God, with all my heart; and I will glorify thy name for evermore." Psalm 86:11-12

There are so many paths offered to us today in our world! With so many choices the child of God must be careful to choose the right path and to stay on the right path. We cannot do that by our own strength, no matter how hard we try.

The key to staying on the right path is found in the verses that are before us. The Psalmist understood that if he was to know the way, God would be the one to teach it to him. May we learn that truth from God as well! Of all the paths that are open to each one of us, only God can keep us on the right path.

To stay on the right path, David understood that it would take commitment on his part and that first God would have to work a work in him. After God works in us, we want to walk in his truth and we are able to walk in his truth. We must also make the commitment

When God works in us and we become His in service, the natural thing for us to do is to praise him with all our heart. When we praise

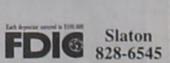
him, serve, and love him we will glorify or give honor to his name. It is easy for the little things in our life to become big things and pull us off the path. May we be found teachable, in the counsel of his will and may we stay on the path!

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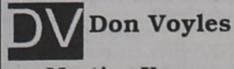




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# Your Rural Health Connection

## **OSTEOPOROSIS-**The Silent Thief

A condition of gradually weakening, brittle bones, osteoporosis causes a decrease in bone mass and excessive bone loss. Often occurring without symptoms, it is the most common chronic illness in postmenopausal women, affecting 40% of women over age 50. Although women are four times more likely to develop osteoporosis at a younger age, 33% of men after age 65 are at almost equal risk.

Our bones are not lifeless structures. Like the rest of our body, bones develop and change throughout our lives. Beginning in adolescence we build a "bone bank", influenced by our bodies hormones and the life style we lead. Proteins and minerals, especially calcium, increase our bone density with "deposits" and "withdrawals" constantly. being made. Until age 35 people generally deposit more than they withdraw. For women the onset of menopause signals a decrease in the hormone "estrogen" which has a direct effect on bone density loss. Untreated, this can lead to fractures of the wrist, spine and hip. These fractures are often the first sign of osteoporosis and they often lead to a loss of independence. This inactivity can lead to social isolation, fear, anxiety and even depression. Injury also sets the person up for worsening of their osteoporosis by limiting their ability to exercise, which is one of the primary treatments.

Prevention and management of osteoporosis is centered around preventing further bone loss and stimulating bone formation. The mainstays of treatment are not rigorous lifestyle changes or expensive medications.

Diet - Increase your calcium and vitamin D intake with foods such

as cheese, greens and orange juice.

Exercise - Begin a 3-5 day a week program of walking, dancing or low impact aerobics. Drug Therapy - Calcium supplements are recommended for those

who do not get their calcium from foods. Estrogen replacement is recommended for women, in addition to helping prevent bone loss, it reduces the risk of cardiovascular disease. Osteoporosis is not an inevitable part of aging, but rather a

condition that can be easily prevented and treated. There are definite lifestyle choices that directly affect your chance of getting this disease and the most effective measures can be undertaken without medical intervention. If you need more information, contact your medical provider. It's never to late to begin. Your bones will thank you!

Michael Travis PA-C