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The Host Bushall

75th Year Number 45 USPS 439-620 © 2001 The Post Dispatch

Newsstand Price 50¢

Thursday, April 5, 2001

Lawsuit settlement opens up Lake Alan Henry for economic development



by Sheri Lewis

A \$1.55 million settlement negotiated in Post Thursday afternoon will pave the way for the complete development of Lubbock's Lake Alan Henry, which is located in Garza County.

"Dallas businessman Bert Fields and Lubbock Mayor Windy Sitton have signed an agreement in principle for the City of Lubbock to purchase Bert Fields' lease at Lake Alan Henry," County Judge Giles W. Dalby announced late Thursday.

The Post Dispatch was the first media outlet contacted by those directly involved in the agreement — Fields, Sitton and Dalby.

The Garza County judge, who served as a mediator between Fields and City of Lubbock officials, said attorneys will continue working toward a final agreement; however, after the financial aspects of the agreement have been satisfied, a request for dismissal will be filed in district court which, in turn, will clear the way for the 2,800-acre reservoir's development.

"They'll put it on the fast track," Dalby said of the agreement. "Now Lubbock can start their lake development and get that lake filled up." The settlement was about 10 years in the mak-

During the early 1990s, the City of Lubbock spent millions acquiring the mineral rights at the Lake Alan Henry site, but Fields, the last major operator with an oil well the city needed

to purchase so it could be plugged and the reservoir flooded,

"I am so pleased and proud to join the City of Lubbock and the Brazos River Authority to announce the full and complete settlement between us of our differences with regard to my property at Lake Alan Henry," Fields said in a statement released following the agreement.

"I hope by this settlement, the lake may reach its potential and the citizens of Lubbock will have a guaranteed future water supply, and the people of Texas will have a wonderful recreational lake to enjoy.

"After all these years of dispute, how did this come about? So many, many people were involved, but the impetus was the handiwork of Mayor Sitton and Judge Giles Dalby of Post. These two dedicated public servants and I sat down and worked out our compromise, resulting in the settlement. At all times, Judge Dalby was a wonderful facilitator and was able to bring Mayor Sitton and I together time after time."

Dalby said two previous meetings were conducted between Fields and Sitton. The Lake Alan Henry project was designed to provide Lubbock with a reliable water supply while boosting the development of homes and recreation in Garza County. In recent years, the City of Lubbock has been releasing water

beneath the dam to prevent the lake level from flooding Fields'

Quick action saves Ralls woman

A Ralls resident is happy, healthy and at home this week thanks to the heroics of a handful of Post residents. Margie Hice had traveled to Post alone at mid-day Friday to pick up some McDonald's food for lunch.

As she walked up to the counter to place her order, Hice became dizzy, experienced some chest pain and fell to the floor, according to reports.

McDonald's manager Carol Crenshaw and grill operator Sara Garcia both jumped to Hice's aid. The local authorities were notified, and Constable Cliff Laws quickly responded; however, the local ambulance service was unable to provide assistance, as both of

its units were out on calls.

scene knew it would take some time before the emergency personnel could provide assistance for a woman who was suffering apparent heart problems.

nurse's aide, suggested contacting Danny and Cindy Guthrie, the administrator and director of nurses and Golden Plains Care Cen-

The Guthries responded immediately, racing to the restaurant

Hice remained conscious, and Crenshaw and Garcia worked to keep the woman comfortable and calm.

"They were focused on her," one witness said. "It was awesome." In approximately 35 minutes, the Slaton EMS arrived to transport Hice to Covenant Hospital in Lubbock.

There, she was treated and later released. "I sure do appreciate all the good people there," Hice said Tuesday evening from her home.

"They sure were nice." The folks at McDonald's said they are looking forward to providing their special customer with a Happy Meal when she's up to it. "It would be our privilege," one employee said.

Post Notes

Church offers enchilada plate

The Church of God of Prophecy is offering an enchilada dinner Friday from 10 a.m. to 2 p.m. Call in orders to 495-3644 or stop at the church, 602 W. 14th. The \$5 plate includes enchilada, beans, rice and salad.

Hunter safety course April 18

A Hunter Education course will begin April 18 at 6 p.m. at the Mason's Farm & Ranch store east of Post on U.S. Hwy 380. The course will be held from 6 to 9 p.m. on Wednesday and Thursday and 6-10 p.m. on Friday. There is a \$10 course fee. Anyone aged 12 years or older (born after September 1, 1971) is eligible to attend. The course instructor is Benji Smith, who may be contacted at 495-4029 or call Ray Mason at

Methodist Mission Project

The First United Methodist Church of Post is conducting its Mission Project Easter Lily by delivering Easter Lilies to each resident room at Golden Plains Care Center. There are 36

rooms. Those who wish to donate to the project or contribute an Easter Lily should contact Pixie Grisham at 495-2942 from 9 a.m. to noon Monday through Friday.

All Sports Banquet May 3

The All Sports Banquet has been set for Thursday, May 3, 2001. All senior parents/guardians are encouraged to help. Pam Gorman will be in charge of decorations this year, and would appreciate all the help she can get. If interested contact her at 495-2934.

Junior/Senior Prom

The Post High School junior class is making plans for the junior/senior prom to be held on Friday, May 18th. The juniors would greatly appreciate any donations from businesses or individuals of merchandise, gift certificates, or cash/check to be used for the prom "auction". Each donation is tax deductible and receipts are available. If you are interested in making a donation, please contact Kim Mills, Delton Moore, Nancy McDonald, Perry Smith, or Sandra Alexander at Post High School, 200 West 6th Street, 495-2770.

DJ Dance at VFW

A "DJ Dance" will be held Saturday, April 7 at the Post VFW from 9 p.m. to 1 a.m. with DJ Cowboy of 101.5 KSNY.

The Slaton ambulance service was contacted, but those on the

Reports indicate that Garcia, who also has worked as a certified

where they provided Hice with nitroglycerin and aspirin tablets.

Post ISD trustees exploreways to curb drug and alcohol use

The Post Independent School District board of trustees spent much of their March 20 meeting exploring ways to curb drug and alcohol use in the local youth population.

Trustees heard a presentation by a LULAC (League of United Latin American Citizens) representative who sought the board's support in encouraging students to refuse drug and alcohol use.

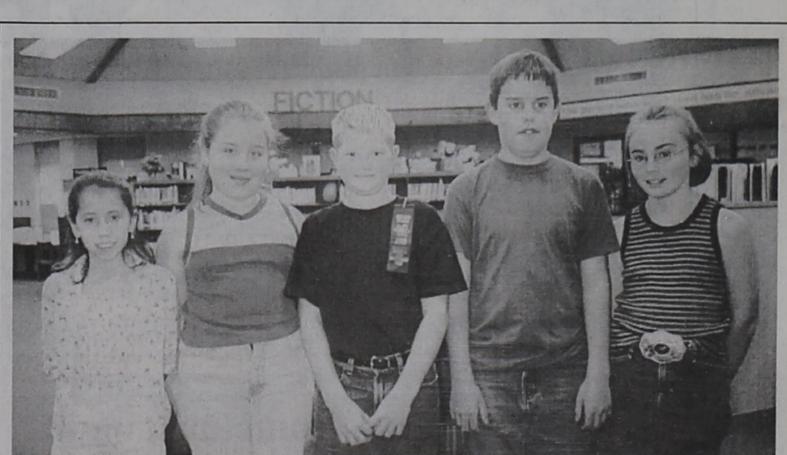
Another presentation, this one by Department of Public Safety Trooper John Gonzales, focused on a program dubbed "Shattered Dreams," which, with the cooperation of local law enforcement officials and emergency medical personnel, is designed to give students a first-hand look at the consequences of drunken driving.

District officials hope to be able to coordinate a "Shattered Dreams" program in Post in the fall. In other business, trustees: · Received a report on the con-

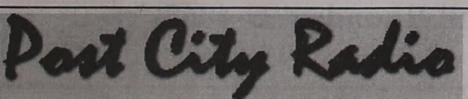
ford Insurance involving hail ongoing. damage sustained in May 1999. company wants to pay is still not XVII board of directors.

tinued negotiations with Hart- adequate, and negotiations are

 Conducted a closed-door meeting to discuss personnel. Follow- Approved the textbook com- ing the executive session, the Superintendent Dr. Bobby Bain mittee and its recommendations. meeting was opened and teacher said the amount the insurance • Cast ballots for the Region and professional staff contracts were approved.



Post Elementary School students Reigonal Science Fair winners at the Texas Tech event are (left to right) Alex Hart, second place (4th grade); Stacy Bocko, first place (4th grade); Matthew Owens, second place (4th grade); Allen Heckaman, second place and Kelsey Sanderson, first place. She also won a certificate, pin and t-shirt from Discovery Channel and a third place trophy for overall in fifth grade in the Physical Science Division. Also placing but not available for photo were Lori Jones, second place and Tamara Raymundo, second place. The students were coached by D'Ann Bishop, "who has really done a great job with helping students prepare for the reigonal fair," principal



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Staci Sims and Leland Bearden exchange wedding vows

Staci Carol Sims and Leland Wayne Bearden were joined in marriage March 10, 2001, in a 6 p.m. ceremony conducted at the First United Methodist Church in Slaton with the Rev. Jim Mosely of Abilene officiating. The bride is the daughter of Mr. and Mrs. W.D. Sims of Slaton and the

granddaughter of the late Gene and Thelma Mason and the late Stanley and Barbara Sims.

The groom is the son of Mr. and Mrs. Derrell Bearden of Ackerly.

Escorted by her father, the bride chose a halter-style white ballgown for her wedding. The gown's open back featured two intervening straps, adding a symmetrical flare. The fitted bodice was accented by floral embroidery and ended in a Basque waistline, emphasizing the soft organza ballgown skirt.

Carrie Sims of Lubbock and Wendy Sims of Slaton, sisters of the bride, served as maids of honor. Kimberly Meeks of Lubbock, Jennifer Perlmutter of Dallas and Margaret Currier of Austin served as bridesmaids.

Best man was Derrell Bearden, father of the groom. Carlos Rainwater of Southlake, brother-in-law of the groom, and Michael Ticknor of North Richland Hills, James Bryant of Lubbock and Mike Schaap of Lubbock served as groomsmen.

Rachel Rainwater and Reagan Rainwater of Southlake, niece and nephew of the groom, served as flower girl and ring bearer.

Candlelighters for the evening were Hollie Zant of Lubbock and Mendi

Floyd of Abilene.

The bride's uncle, Steve Mason of Post, and the bride's cousin, Tamara Mason of Post, were soloists. Stefani Shortes of Lubbock read a scripture

Registering guests was Natalie Jentz of Lubbock.

A reception, dinner and dance at the Knights of Columbus Banquet Hall immediately followed the ceremony. Serving at the bride and groom tables were Tonya Diaz of Slaton, and Tamara Mason and Sasha Mason of New Mexico, cousins of the bride.

Following a honeymoon cruise to the Virgin Islands, the bride and groom are at home in Lubbock

The bride is a graduate of Slaton High School and Texas Tech University Health Sciences Center. She is employed as a speech-language pathologist

at Covenant Health Systems. The groom is a graduate of Sands High School and Texas Tech University. He is employed at the Smyer Independent School District as a girls



Call Judy with your "Jabberin" 495-2816; deadline Tuesday noon



Melissa Zivec, Doug Flanigan announce engagement

Bob and Emily Zivec of Sherman have announced the engagement and approaching marriage of their daughter, Melissa, to Doug Flanigan, son of Billy Max and Nancy Gordon and the late Mike Flanigan. A May 19, 2001, wedding is planned



Kevin Williams and Trisha Nicole Tucker

Congratulations to Post High School U.I.L. One-Act Play Cast & Crew



District Champions

Members of the PHS One-Act Play taking first place at district competition are (back row, left to right) Tracy Cole, Jay Cole, Adam Nobles, Michael Gonzales, John Goen, (front row) Laura Tobias, Tosha Smith, Kesley Wimmer, Heather Bullard and Charles Huff.

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Judy's Jabberin

By Judy B. Bush

If you didn't get out to Old Mill Trade Days this weekend, you really missed some great local talent on Saturday.

Thrift Store Cowboys knocked my socks off. They were soooo good. The band is composed of three local fellas, Daniel Fluitt, vocal and lap steel; Colt Miller, lead guitar; Clint Miller, bass guitar. Also included Amanda Shyers on fiddle and Cody Banks on drums. Colt and Clint attend



Texas Tech while Daniel, Amanda and Cody attend South Plains

Daniel is the son of Delwin and Kathy Fluitt and Colt and Clint are the sons of Ben and Paula Miller.

From what I hear these kids have a CD coming out this month and you will have spent your money wisely to purchase one.

So if you ever have a chance to catch them, do so. You won't be sorry.

Lots of Get Wells

I left out one of my favorite people last week on the get well group. As many of you might not know, Mr. Dee Justice has been under the weather as of late and had to have some surgery. I hope that he is up and about and feeling much better now. Just wanted to let him know he had been in my prayers and sorry I left him out last week.

Also I understand that Jana McCallister had to have surgery on her broken arm Monday. Jana, sorry I teased you about that fall. Hope you are back a work soon, I know those girls miss you.

Web Page

You all should check out the Post Web Page. The address if you are interested is www.posttexas.com. There have been lots of messages from all over the world. So check it out, you never know what you will find!

Birthdays

Friday, April 6; Mike Taylor and Niecie Taylor: Saturday, April 7; Tammy Jackson, Sky Moore, Rufina Tobias and Michael Soto: Sunday, April 8; Cody Edwards, Tyrell Huey, Miranda Eaton and Pat Pennell: Monday, April 9; Joe Mason: Tuesday, April 10; Falisha Jefferson, Jerry Jackson, Bianca Carrell, Destiny Cowley, Dr. Steve VanOsdale and Rebeacca Haney; Anniversary, Jerry and Lometa Epley: Wednesday, April 11; Meagan Mills and Zachery Kocurek: Thursday, April 12; Amber Hernandez, Mavin Self, Gary Sikes and Jerin Tyler.

Till Next Week

Guess that is all. We are really short on news this week so give me a call!!! Go out and enjoy this beautiful weather. Have a great weekend and remember God loves ya. God Bless.

Trisha Tucker, Kevin Williams announce engagement

Leland and Betty Tucker of Denver City and LeeRoy and JoAnn Williams of Post have announced the engagement and approaching marriage of their children, Trisha Nicole Tucker and Kevin D. Williams. The bride-elect is a 2000 graduate of Texas Tech University and is employed by the Denver City Independent School District. Her fiance is a 1998 Texas Tech graduate and is employed by Sam's Club of Lubbock. The couple will exchange vows June 2, 2001, in Ocho Rios, Jamaica, and plan to reside in Lubbock.

Birth

Sawyer Greer Peel

College Station, Texas Judy Greer of Rankin and Jerry announce the birth of their son, Sawyer Greer on March 23, 2001. He weighed eight pounds, Janet Hall of Lubbock, Lonnie

Sawyer is joined at home by sisters Shayla and Keri and by

his brother Kace.

Dr. and Mrs. Kraig Peel of Maternal grandparents are Heflin of Wickett.

Paternal grandparents are Gene Peel of Post.

Paternal great-grandfather is Lonnie Peel of Post.

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In this day and ag

myself, "Would you surprise it was the in her purse! I am place for everythin The phone has beco and can disturb int Just to clarify, I a I also am guilty of 1

about. I am also, ho conversation, receive talked for 15 min experienced. Not a ridiculous sitting th It made me feel as end of the cell phon few guidelines to fo 1) Location: There to use you cell phon

Some of these inclu a vehicle you are o 2) Time: There important than wh For example, if yo Lagree, but, espec a cell phone that ha or a flashing ringer.

Perhaps it is beca are used to, but for of the conversation to speak in a lower Cell phones may time. So, keep usi Some material fo.

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"A Victorious Li to be delivered by held Tuesday, Ap The salad supp Church of Christ Cook teaches of

or Jane Mason,

The P

Kara

•Prison

Instru

Neighbor to Neighbor by Sara Stevens,, CEA-FCS

Cell Phone Etiquette

In this day and age, I don't suppose anyone has not been interrupted in a public place by a cell phone. Many of us are owners of cell phones and may find ourselves the culprit of interrupting innocent

bystanders with our obnoxious ringing cell phone. I was at a conference recently in which somebody's cell phone was ringing and ringing and ringing. I thought to myself, "Would you please answer the phone!!??" To my surprise it was the keynote speaker's cell phone ringing in her purse! I am a firm believer that there is a time and place for everything, including talking on the cell phone. The phone has become an integral part of social behavior and can disturb interpersonal relations between people.

Just to clarify, I am not against cell phones. I have one and I use it often. I also am guilty of not using my cell phone etiquette. I am probably one of those people someone along the line has told an annoying cell phone story

about. I am also, however, concerned about where cell phones are taking us. I recently had lunch with a friend of mine who, in the middle of our conversation, received a call from a co-worker. She answered the phone and talked for 15 minutes about a troubling situation her co-worker had experienced. Not an emergency, just to vent some frustration. I felt ridiculous sitting there while my friend talked on the phone to someone else.

It made me feel as I wasn't as important as the person that was on the other end of the cell phone. Are you giving someone similar signals? Here are a few guidelines to follow when talking on your cell phone.

1) Location: There are places where it is dangerous or simply inappropriate to use you cell phone or, for that matter, even have it on ready to receive calls. Some of these include, but are not limited to: any performance venue, inside a vehicle you are driving (which we all do all the time), and in a hospital.

2) Time: There are sometimes when whatever you are doing is more important than whatever may come over the airwaves to you on your phone. For example, if you are having an important discussion with a business partner, customer, or significant other. Some people may say, "it is absolutely necessary for me to have my cell phone on in case of an emergency."

I agree, but, especially if you are a professional business person, invest in a cell phone that has an alternate ringing mode, such as a vibrating ringer or a flashing ringer. 3) Volume: Most people seem to raise their voices when speaking on cellular phones.

Perhaps it is because the phone's speaker apparatus is quieter than they are used to, but for whatever the reason this is not excuse to project your end of the conversation to every ear within ten paces. Make a conscious effort to speak in a lower volume without whispering.

Cell phones may be an aggravation, but they are very convenient and save time. So, keep using them just try to remember you cell phone etiquette. Some material for this article was taken from: How to practice cell phone

Cook leads special ladies' event

"A Victorious Life for Women" will be the title of an inspirational speech to be delivered by Tamara Cook of Lubbock at a ladies' evening out set for held Tuesday, April 10.

The salad supper event will be hosted by ladies of the Graham Chapel Church of Christ beginning at 7 p.m. at the Graham Community Center. Cook teaches classes at Sunset International Bible School in Lubbock, preparing women for life in the mission field.

All interested women are invited to attend to hear a woman who has served as a missionary in Asia for 23 years. Those interested in attending should, if possible, RSVP by Monday, April 9, to Jennie Cowdrey, 495-2690, or Jane Mason, 495-2980.

The Post Dispatch 495-2816

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Helen Vines wins senior pageant title



Ms Texas Senior Pageant director Ginger Spicer (left) with Helen Vines and Georgia Slough.

Helen Vines of Perryton, the reigning 2000 Ms. Texas Senior Panhandle-South Plains Regional Queen, was crowned queen of the state at Ms. Texas Senior America Saturday, March 17, in Abilene.

Barbara Thorley of Keller was crowned first runner-up, and Doris Beverly of Fort Worth received the Ms. Congeniality award.

As with the regional pageant in Post, contestants are judged in four areas - personal interview, demonstrates her personality and

a lovely, yet well-worn mink coat.

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are also available in the new

Postal Store at www.usps.com.

posttexas.com offers Post 'yellow pages'

The yellow pages for all Post businesses and organizations can now be accessed via the posttexas.com Web page.

The page is sponsored by the Caprock Cultural Association and its

"I know that I probably missed some and maybe even got some of them wrong," said JoAnn Mock. "I would really appreciate it for all businesses and

organizations to look at the page and let me know of anything that needs to be changed. There may even be new businesses that I didn't get." The 'yellow page' will help Web surfers locate businesses located in Post

and enable them to easily find addresses and phone numbers. Access posttexas.com and click on 'business' to bring up the page.

For more information, contact Mock at the Caprock Cultural Association, P.O. Box 37, Post, TX 79356, or call 495-4148. E-mail may be directed to ccarts@door.net.

New Stamp Encourages Diabetes Awareness

(NAPS)—A new postage stamp is encouraging the nation to know more about diabetes, a disease that kills one American every three minutes.

The United States Postal Ser-

vice has launched a year-long diabetes awareness campaign along with the Juvenile Diabetes Research Foundation International, the American Diabetes Association, the National Institutes of Health, the Centers for Disease Control and Prevention, and the American Association of Diabetes' Educators. Some Diabetes Facts & Figures

Diabetes is a chronic, genetically determined disease affecting every organ system. Insulin is not a cure, merely a life support. There are two major types of diabetes: Type 1 (juvenile) and Type 2 (adult onset). Anyone at any age can get diabetes, including children. Though there is no cure for the disease, there is hope through research.

Diabetes is a leading cause of blindness, amputation, heart attack, stroke and kidney failure-and it accounts for more than \$105 billion of annual U.S. health care costs. In fact, one of every four Medicare dollars goes to pay for health care of people

To see preliminary designs of the 2001 stamps and stationery,

with diabetes.

VFW Monday April 7, 2001 7:00 P.M. **Nomination** and election of offcers Your attendence will be appreciated

black chiffon dress, combat boots and organizations.

gown. In the process, each contestant activities. She was awarded the Persons. Outstanding Volunteer to Fine Arts conversational skill, inner beauty and award in 2000, Perryton's Citizen of Pageant is a combination of talent Planning for the next pageant is proof that talent does not diminish the Year in 1999 and Gold Star

Church Follies, Administration Board, United Way, the Plains and Booker Bank Notes, just to name a few. Her special time with her grandchildren.

grandchildren and husband, Chris, of 46 years were in Abilene to watch her win the crown.

Vines will represent Texas in many arenas during the coming year. In addition to statewide public appearances, involvement with charities and civic events, she will represent the state when she vies for the national crown at the National Ms. Senior America Pageant in Nevada this fall. Her involvement with the Amarillo Children's Theatre will enable her to be considered for the Konze Award during her week in Las Vegas. The Konze Award is given each year to the contestant who has served children in a volunteer capacity. The cash prize it carries is split between the winner and the organization she serves.

Along with her new title, Vines also becomes a member of the Cameo Vines proved once again that the Club, an ongoing organization of the Texas Panhandle-South Plains Senior America Pageant participants women have the poise and grace that who support the pageant system and best exemplifies the ideals of Senior provide volunteer Cameo Showcase America. She sang and performed performances for nursing homes, "Second Hand Rose" for her talent veterans' and children's hospitals and segment, sporting a costume of a other community and charitable

Locally, Vines will participate in Her champagne evening gown and this year's Fourth on Broadway, Texas matching shoes were tailored for her. Tech homecoming and Lights on The newly-crowned state queen Broadway parades in the official has spent many years devoting queen's convertible donated and philosophy of life, talent and evening herself to both civic and community driven by Lubbockite Tommy as a young adult is a gift from God ...

> The Ms. Texas Senior America from yourself! and inner beauty, along with already under way. Deadline for Citizen in 1996. In addition, she has individual fulfillment and elegance. entries is June 5. More than a beauty pageant, it is and outward charm. By giving women mail Lady Gbee@aol.com.

been involved with YMCA, Red 60 years of age and older an opportunity to display their inner beauty, the pageant seeks to draw Girl Scouts of America, Museum of attention to the achievements of senior women.

Local organizations interested in interests include modeling, acting, becoming a part of this year's pageant playing piano, tennis and spending may do so. The Ms. Texas Senior Panhandle-South Plains Pageant is Vines' two daughters, three a local, not-for-profit organization that depends on sponsors to continue to present the positive aspects of aging and to act as an educator. Sponsors include individuals, government agencies, private businesses, social and service organizations. The pageant allows sponsors to help celebrate the vitality of today's senior woman and to applaud her accomplishment in the community and on the South Plains.

Sponsoring organizations may also request that this year's queen make a special appearance at an event Requests may be made in advance in writing to the e-mail address listed

Organizations may also sponsor an individual contestant.

To be eligible, a contestant must have reached the "age of elegance" (60+), be a Texas resident for three months prior to the pageant date and have her "philosophy of life" prepared in such a way that she can read or record to be 45 seconds in length.

"Every woman has a talent, inner beauty and a gift of life to share with the world," Ginger Spicer said. "Our pageant is designed to make each contestant have the time of her life. We strive to ensure that everyone feels as special as they truly are, and comes away as a 'winner' in the community's heart."

Spicer's personal motto is, "Beauty Beauty as a mature adult is a gift

For more information, contact what America is about - Spicerat806-746-5381,806-777-0131 reaffirmation of life and self worth, of or e-mail nurser@juno.com or contact laughter and tears, of inner beauty Gladys Blair at 806-495-3426 or e-

Arimy Gradine attends conference

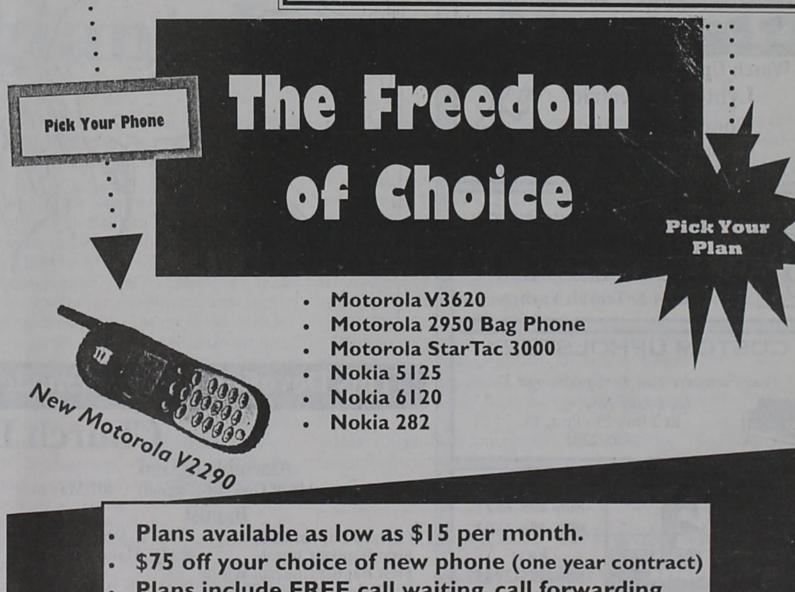
Arimy Gradine of Post is one of a handful of McMurry University students who attended the Sarah Weddington Leadership Conference March 30-31 at Texas Woman's University in Denton.

The conference, "Blazing New Trails," was part of TWU's Centennial Celebration and was sponsored by the Women's Bureau, U.S. Department of Labor, The Texas Foundation for Intercollegiate Athletics for Women, TWU Department of History and Government and the TWU Centennial Fund.

Speakers at the event included Sen. Kay Bailey Hutchison, astronaut Millie Hughes/Fulford, women's sports pioneer Donna Lopiano, journalist Liz Carpenter, Ambassador Cynthia Perry and Congresswoman Eddie Bernice Johnson.

Weddington, a 1965 McMurry University graduate and 1992 distinguished alumna, will delivered the keynote speech Friday.

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Obituaries

Arlia May Hair

Services for Arlia May Hair, 93 of Post were Friday, March 30, 2001, at 2:00 p.m. at the First Baptist Church of Post. Gail Faries, Associate Pastor of the Primitive Baptist Church of Lubbock officiated. Burial followed at the Terrace Cemetery under the personal care of Justice-Mason Funeral Home.

Mrs. Hair died on Tuesday, March 27, 2001, at Covenant Medical Center in Lubbock. Born on January 17, 1908 to John and Ida (Barker) Dossey in Gatesville, Texas. She married Sadler Wesley Hair on May 18, 1928 in Gatesville and came to Post where she resided for 59 years. She was a homemaker and raised twelve chil

dren. She is preceded in death by her husband: Sadler W. Hair; two daughters: Dorothy Carter and Leoma Rayes; two brothers: Jay and Billy Dossey and two grandchildren.

Survivors include seven sons, Jack, Gene, Dale, Floyd and Roger Hair all ofPost, Leslie Hair of Mineral Wells, and Wayne Hair of Crane; three daughters Lela Faye Yocham of Andrews, Patricia Clark and Janice Pieper both of Kerrville. Forty grandchildren and numerous great grandchildren the Terrace Cemetery. and great-great grandchildren.

Grandsons served as pallbearers.

Annie H. Tevis

Services for Annie H. Tevis, 102, were held at 10 a.m. Monday, April 2, 2001, in the Lawn Haven Memorial Gardens in Clovis, N.M.

She died March 30. She lived in Justiceburg for years and taught school at Skunk Holler and Verbena. Jack and L.P. Kennedy were two of her many students.

Survivors include one daughter, Juanice Daugherty of Clovis, and a niece, Opal Ray.

Johnnie M. Rogers

Graveside services for Johnnie M. Rogers, 93, of Idabel, Okla., were held at 2 p.m. Saturday, March 31, 2001, in the Terrace Cemetery with Paul Jones officiating. Hudman Funeral Home was in charge of arrangements. She died Tuesday, March 27, at McCurtain Memorial Hospital.

Born at Lakewood, New Mexico, Oct. 29, 1907, she moved to Lea County, New Mexico, and married John P. Rogers in 1925. They made their home west of Post. She was a member of the Church of Christ and was instrumental in organizing the VFW Auxiliary at Post, serving as the group's first president. She was a member of the Art Guild. She moved to Idabel in 1969 and was active in the Art Club, the Pink Ladies at McCurtain Memorial and

Survivors include one daughter and son-in-law, Bennie and Cleatus Pollard of Idabel; two sons, Weldon Rogers of Houston and Joe Dick Rogers and wife, Marlene, of Melbourne, Florida; 10 grandchildren; 11 greatgrandchildren; and three great-great-grandchildren.

She was preceded in death by her husband and an infant son.

Michael David Redman

Services for Michael David Redman, 34, of Snyder will be at 1 p.m. Friday, April 6, 2001, in the Bell-Cypert-Seale Funeral Home. Burial will follow in

Visitation will be at the funeral home from 6-8:30 p.m. Thursday, April 5. He died Sunday, April 1, in Weldon.

Born Sept. 3, 1966, in Lubbock, he worked as a welder's helper. A former resident of Post, he was a Baptist.

Survivors include his mother and stepfather, Daisy and Daniel Boone of Liberal, Kansas; one daughter, Sarah Michelle Redman-Boley of Snyder; one son, Michael Aaron Redman of Snyder; one brother, Clifford Redman Jr., and wife, Nicole, of Snyder; one niece, Micayla Brooke Redman of Snyder; and two nephews, Tyler Shane Redman and Brennan Blake Redman, both of Snyder.

He was preceded in death by his father, Clifford Redman Sr.

The family has suggested memorials be made to the donor's favorite charity.

Rev. Joey Hamlin serves as Pastor of Church on the Go

Reverend Hamlin and his wife, Kathy, ministered in their first service in Post as pastors on Wednesday, April 4th. Hamlin previously served as Missions Director and College and Career Director for Church on the Go-Lubbock, and ministers in area prisons.

He is a graduate of Domata School of Missions in Tulsa, Oklahoma. The previous Post Church on the Go pastors, Eric and Polly Earhart, have resigned effective April 1st to begin a new church in Houston, Texas.

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Tomorrow is a mystery

Today is a gift

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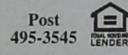
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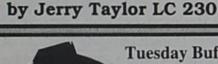
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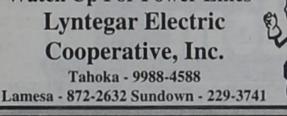
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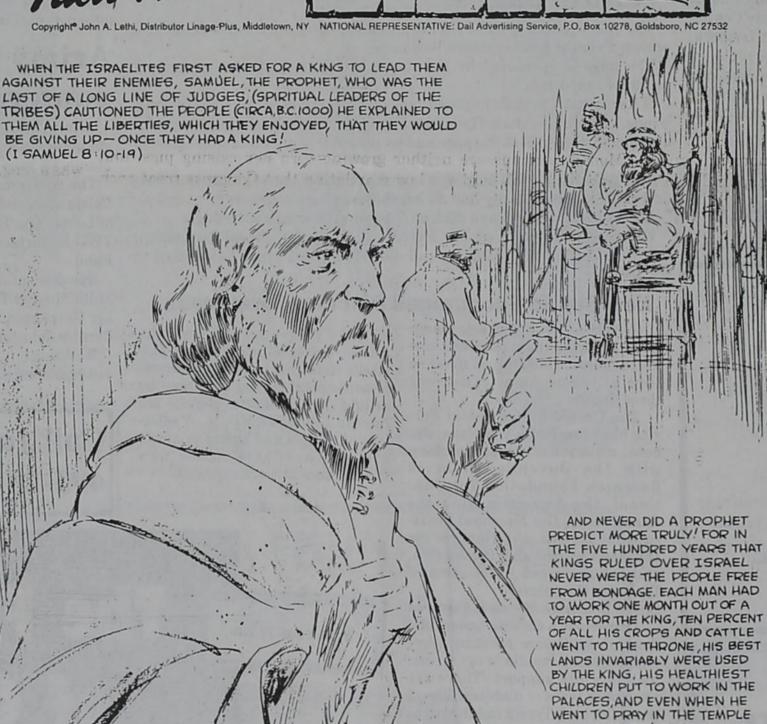
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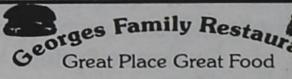
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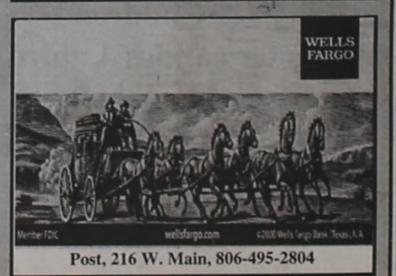
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Opinions



Radical reform needed...

by Walter E. Williams

The McCain-Feingold campaign finance reform bill calls for an aspirin prescription when radical surgery is what's needed. Among other things, the bill seeks to ban unrestricted "soft money" contributions to political parties and restrict advertising by advocacy groups during federal elections.

Soft money contributions to political parties emerged as a means around 26-year-old legal limits on direct contributions to political to grant special favors. So here's my proposal as applied to Congress' candidates. During the Republican primaries, Sen. McCain Market Promotion Program. McCain should author a bill that says campaigned on this issue, saying that the billions of dollars going into something like this: Congress shall not make overseas advertising the campaign coffers of political parties created undue influence and subsidies to any American company or person unless it makes overseas special favors.

First Amendment guarantees, our rights to express ourselves in the mean that if Congress gave Gallo, Dole or Campbell Soup overseas political process, there's another issue totally lost in the debate. Let's advertising subsidies, it should also give me money to advertise my look at it. Which issue should we be more concerned about?

money into political campaign coffers with an eye toward gaining not to grow corn or raise pigs. access, influence and special favors? Or should we be more concerned in exchange for campaign contributions?

The McCain-Feingold bill suggests that we should be concerned with the former while ignoring the latter. The only solution to political corruption must involve measures to reduce or eliminate Congress' ability to create a privilege for one American that's denied to another

The Market Promotion Program gives private companies taxpayer American. The second reason is worse: We've become a nation of dollars to use in overseas advertisements. For example, in 1993 Sunkist received \$6.6 million, Ernest & Julio Gallo received \$4.9 million, Dole Co. received \$1.6 million, M&M Mars received \$1 million, Tyson Foods received \$800,000 and Campbell Soup received more than \$500,000.

contributions, and their Washington lobby groups coattailed web page at www.creators.com. congressmen and won the special favor. What moral, legal or

constitutional principle can justify Congress giving one person or business a privilege or favor denied other Americans?

I can find none. The solution to this kind of political corruption is not that of restricting the First Amendment rights of representatives of Ernest & Julio Gallo, Tyson Foods and Campbell Soup to make campaign contributions to whomever they wish and in the amounts

The solution is to deny our elected representatives the opportunity advertising subsidies to all American companies and persons.

While it's true that McCain-Feingold poses a significant threat to our Since I earn part of my living by giving lectures, such a law would lectures overseas. If you wanted to sell something or get a job overseas, Should we be concerned by the fact that people are willing to pour you'd be eligible under Congress' program. Congress also pays people

Most Americans are neither growing corn nor raising pigs, and that our elected officials are in the business of granting special favors they'd be eligible under a law mandating that Congress treat each American equally. Niether McCain nor any other congressman, save a precious few principled ones such as Ron Paul, R-Texas, and John Shadegg, R-Ariz., would ever support such a measure and for at least two good reasons.

> First, congressmen, and politicians in general, get elected on the promise that they will create a favor for one American denied another

Nineteenth century philosopher-economist Frederic Bastiat was right on the money with his observation, "The State is the great fiction by which everyone seeks to live at the expense of everyone else."

To find out more about Walter Williams, and read features by other I'd bet the rent money that these companies made political Creators Syndicate writers and cartoonists, visit the Creators Syndicate

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

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

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It is the mission of this newspaper to promote the rights of indivdiduals, guided by the principles so eloquently described in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone for our freedom. Government's sole purpose is to enhance

our liberty and freedom. Therefore, we hold every elected and appointed

agent of government accountable to that standard.

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A Republic, Not a Democracy

by U.S. Representative Ron Paul

Throughout the presidential election controversy, we have been bombarded with references to our sacred "democracy." Television and radio shows have been inundated with politicians worried about the "will of the people" being thwarted by the courts.

Solemn warnings have been issued concerning the legitimacy of the presidency and the effects on our "democratic system" if the eventual winner did not receive the most popular votes. "I'm really in love with our democracy," one presidential candidate gushed to a reporter. Apparently, the United States at some point become a stealth democracy at the behest of news directors and politicians.

The problem, of course, is that our country is not a democracy. Our nation was founded as a constitutionally limited republic, as any grammar school child knew just a few decades ago (remember the Pledge of Allegiance: "and to the Republic for which it stands"...?).

The Founding Fathers were concerned with liberty, not democracy. In fact, the word democracy does not appear in the Declaration of Independence or the Constitution. On the contrary, Article IV, section 4 of the Constitution is quite clear: "The United States shall guarantee to every state in this Union a Republican Form of Government (emphasis added). The emphasis on democracy in our modern political discourse has no historical or constitutional basis.

In fact, the Constitution is replete with undemocratic mechanisms. The electoral college is an obvious example. Small states are represented in national elections with greater electoral power than their populations would warrant in a purely democratic system.

Similarly, sparsely populated Wyoming has the same number of senators as heavily populated New York. The result is not democratic, but the Founders knew that smaller states had to be protected against overreaching federal power. The Bill of Rights provides individuals with similar protections against the majority.

The First Amendment, for example, is utterly undemocratic. It was designed to protect unpopular speech against democratic fervor. Would the same politicians so enamored with democracy be willing to give up freedom of speech if the majority chose to do so?

Our Founders instituted a republican system to protect individual rights and property rights from tyranny, regardless of whether the tyrant was a king, a monarchy, a congress, or an unelected mob. They believed that a representative government, restrained by the Bill of Rights and divided into three power sharing branches, would balance the competing interests of the population.

They also knew that unbridled democracy would lead to the same kind of tyranny suffered by the colonies under King George. In other words, the Founders had no illusions about democracy. Democracy represented unlimited rule by an omnipotent majority, while a constitutionally limited republic was seen as the best system to preserve liberty. Inalienable individual liberties enshrined in the Bill of Rights would be threatened by the "excesses of democracy."

I have introduced a resolution in Congress which reaffirms our nation's republican form of government. H.Con Res 443 serves as a response to recent calls for the abolition of the electoral college. The collectivist liberals want popular national elections (rather than the electoral college system) because they know their constituencies are concentrated in certain heavily populated states.

America's five-foot giant James Madison

by Vin Suprynowicz

America's Constitution is not perfect, nor were the Founding Fathers who drafted it.

That document and its authors created a strong framework for central governance. But building a strong government isn't so hard — great captains from Caesar to Napoleon managed to do that. The challenge was -and remains - to build into the very framework of government some mechanism for granting primacy to the principles of individual liberty.

The great secret of America's Constitution — the reason it managed to preserve this balance between strength and respect for individual rights (except under the tyrant Lincoln, and always excepting that chattel slavery thing) for well over a century lay in the adoption of a scheme of "balancing" opposing powers.

Most schoolchildren can still explain how the powers of the legislature, the executive, and the judiciary are limited and designed to serve as checks, one upon the other.

Fewer remember today the other balancing forces acknowledged in the text of the Constitution and its Bill of Rights - among them the power of a free press as guaranteed in the First Amendment, and the power of citizen jurors (mentioned in no fewer than three of the first 10 articles of amendment) to block the enforcement of bad laws.

(Citizen juries, for instance, were the reason it was virtually impossible to win convictions under the Fugitive Slave Act in the northern states in the 1850s, no matter how overwhelming the evidence of "guilt" under this widely unpopular statute.)

But America's Constitution is no perpetual motion machine. It cannot long protect us in a land where a dumbed-down, propagandized populace has been gulled into rationalizing any usurpation by piteously mewling "They must have a good reason — just shut up and show your ID card."

The founders warned us that we could expect to survive as a free nation only so long as the public at large remained educated to the reasons for America's complex and sometime frustrating form of government — declined to trade their freedoms for a bowl of porridge, and remained ever vigilant in their defense.

A current report card on how well we're following that advice would

verge on the depressing.

Leave aside for a moment the massacres of 1913 — ending the state legislatures' vital veto over the federal Congress by stripping their power to appoint senators; replacing sound gold and silver coin with endlessly inflatable Federal Reserve confetti; launching the first "modest" federal venture into what would become the liberty-devouring War on Drugs; effectively bypassing the brilliant 125-year ban on direct federal taxation (except as apportioned by census) through the deadly and deadening Income Redistribution Tax.

How many Americans today blithely assert that America is a pure

areas in which they can even consider legislating or allocating funds, to those specifically listed in Article I, Section 8? (Would "campaign finance reform" even be an issue, if Congress routinely refused to meddle in the courtiers bearing bags of such "protection money" every election cycle?)

Do we still jealously guard the separation of powers — or do we shrug thousands of acres off limits for human use with a flourish of their pen, when our legislatures are full of "citizens" drawing regular paychecks No. 47. from executive-branch police departments or school districts?

Whenever some functioning of our system is criticized as inefficient, remember who gave it? how quick are we today to endorse further "streamlining" through elimination of the Electoral College, or removing "recalcitrant" jurors to make conviction easier in some high-profile trial?

Perhaps that's why the 250th birthday of James Madison — now widely regarded by many historians as the Founding Father, chief engineer of the Constitution, chief promoter and one of the authors of the Bill of Rights - passed largely unnoticed on March 16 (March 5, by the calendar in use at the time).

Madison served as Jefferson's secretary of state at the time of the Louisiana Purchase, of course, later assuming the presidency himself from 1809 to 1817. But his greatest legacy remains his success, at the Constitutional Convention of 1787, in steering a middle course between the emphasis on states' rights of his friend Thomas Jefferson (in hindsight, I think Jefferson was probably right), and the downright despotic vision of a central government promoted by the Hamiltonians, as seen in their passage in 1798 of the Alien and Sedition Acts (the outrage and catalyst that brought Madison back into public life.)

Only that compromise - and his agreement to add a Bill of Rights closed the deal. (No second and ninth amendments: no United States.)

"He now appears so central that he has been called 'the founding father," "Lance Banning, a professor of history at the University of Kentucky and author of a 1997 book on Madison, told a Library of Congress symposium on March 16.

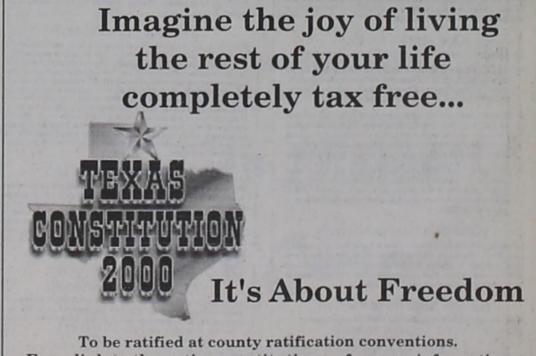
Five-foot-four and a mere 100 pounds, Madison gave up an early ambition to become a minister because of a weak speaking voice. In an

democracy — a condition the founders would have condemned as mob era when our national politics seem to meld ever more interchangeably rule — rather than a constitutional Republic, guaranteeing virtually with "show biz," it's sobering to think how little chance such a figure limitless personal and privacy rights, even in the face of a "vote" of 1,000- might have at a role of national leadership today — even after graduating Princeton in two years, successfully battling Patrick Henry to win How many of our delegates to Washington today will acknowledge that enactment of Virginia's Statute of Religious Freedom, and gaining wide their oath to "protect and defend the Constitution" sharply limits the recognition as the ablest member of the Continental Congress by the age

"I believe there are more instances of the abridgement of the freedom of the people by gradual and silent encroachments of those in power than affairs of the businesses who now consider it a wise investment to send by violent and sudden usurpations," Madison told the Virginia ratifying Convention on June 16, 1788.

"The accumulation of all powers, legislative, executive, and judiciary, and say "whatever works" when unelected bureaucrats usurp lawmaking in the same hands, whether of one, a few, or many, and whether authority with their endless piles of regulations; when presidents wave hereditary, self-appointed, or elective, may justly be pronounced the very definition of tyranny," he wrote earlier that same year in The Federalist,

How diligently do Americans heed that advice, today? How many even



For a link to the entire constitution or for more information or to volunteer, go to this web site:

www.tcrf.com www.freetexans.org

10 Ways To Help Keep Yourself Smoke-Free

(NAPS)—Consider the benefits of not smoking: no more hacking cough, improved senses of smell and taste, increased vitality and better physical appearance (less yellow on teeth and fingers).

For many people, quitting smoking can be a way to enjoy life more. Fortunately, there's help available. For example, over-the-counter nicotine patches and gum can help relieve the physical urge to smoke and withdrawal symptoms.

A support program may help you overcome the psychological and behavioral aspects of smoking as you reduce your nicotine intake. Here are some suggestions:

1. Write up a contract that you can sign that states your commitment to stop smoking. Display the contract in a place where everyone can see it.

2. Tell your friends and family members that you have decided to quit smoking, and give them the reasons for this life-changing decision. Have them reinforce these reasons when asked.

3. Extend an invitation to a smoker friend or family member to quit with you, but don't force them to do so. Nagging a smoker who is not ready to quit will not help him or her-as you likely know from experience.

4. Ask that friends and family not smoke around you.

5. If any of your loved ones smoke, ask that ashtrays and cigarettes be kept out of your sight.

6. Tell your friends and family that you need to be the one to bring up the subject of quitting.

Ask a friend or family member who is an ex-smoker, or one who is also attempting to quit, if they would be your quitting "buddy" and let you vent frustra-



Friends and family make up a strong support system for people who are trying to quit smoking.

Call your "buddy" when you experience a craving.

members know how they can help you relieve some of your stress. Maybe your best friend could go for a walk with you, your spouse could take you to your favorite restaurant or your kids could help out with chores.

9. Make a list of all the things you want to do when you are smoke-free that you haven't done before (e.g., go on a bike trip, run a marathon). Have your loved ones make a list of all the activities they want to do with you.

10. Emphasize how much you appreciate the support that your friends and family members are

If you have chosen nicotine replacement therapy to help quit smoking, there are now clinically proven behavior support programs available with the purchase of over-the-counter products. For more information, visit www.committedquitters.com.

New 2001 Heavy Duty SINGER School Model.

Sews Denim, Leather, Jeans, Silk, Cotton, Buttonhole, monogram, more. New in factory cartons; World-wide Singer Warranty.

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Protect your rights! "Render" your taxable property by April 16th.

the taxable property you owned or controlled on January 1st of this year. The rendition form is available at your local appraisal district office... or you may draft a similar form.

Who must file a rendition? You must file a rendition if you own tangible personal property that is used to produce income—such as the inventory and equipment used by a business.

Are there any advantages to you? The advantages of filing a rendition are

You give your opinion of your property's value. If the appraisal district believes the value is higher, it must notify you in writing of the higher value and explain how you can protest that value to the appraisal review

You record your correct mailing address so your tax bills will go to the right address. If your bill is mailed to the wrong address, the law still holds you responsible

for paying your taxes on time or paying extra charges You can also file a "report of decreased value" to no-tify the appraisal district of significant depreciation of the value of your property in 2000. The district will look at your property before assigning a value in 2001.

What's the deadline? The last day for filing 2001 renditions is April 16. Call your appraisal district for the last date the rendition may be postmarked, if mailing. You can get an extra 15 days if you ask for it in writing by the April 16 deadline.

Where do you file? File renditions with your local appraisal district at: Garza Central Appraisal District 124 East Main, P.O. Drawer F

(806) 495-3518

For more information stop by your appraisal district and "Texas Property Taxes: Taxpayers'

Rights, Remedies & Responsibilities' Comptroller's Property Tax Division P.O. Box 13528

Austin, TX 78711-3528

¡Protega sus derechos! "Rienda" su propiedad antes del 16º de abril.

en donde Ud. alista toda la propiedad que poseó o controló el día 1 de enero, 1998. El formulario para la rendición se puede obtener en su oficina local del distrito de valoraciones...o puede improvisar una forma parecida.

¿Quien debe hacer una rendición? Debe hacer una rendición si Ud. es dueño y gana ingresos de una propiedad personal—por ejemplo, el inventorio y equipo utilizado en un negocio.

¿Que ventaja me da? Las ventajas de hacer una rendición son las siguientes:

se Ud. registra su opinion sobre la valoración de su propiedad. Si el distrito opina que el valor es mas grande, deber avisarle por escrito y explicarle como protestar el nuevo valor a su junta de revisión. er Registra su dirección correcta para que le pueden manda

por pagar sus impuestos sin demora o de pagar cualquier multa que resulte por haberlos pagado tarde—aunque la tarifa se haya mandado a una dirección equivocada. Tambien puede someter un "reporte de valoración disminuída" para avisar al distrito de cualquier reducción significativa en la valoración de su propiedad en 2000. El distrito examinará su propiedad antes de designarle

¿Cual es la hora del cierre? 16º de abril es la última fecha para mandar sus rendiciones para 2001. Favor de llamar a su distrito de valoraciones para obtener la última fecha en que puede mandar su redicion por correo. Puede obtener 15 días adicionales si los pide por escrito antes de la hora de cierre.

¿Donde hago mi rendición? Haga su rendicion con su distrito local de valoraciones en: Garza Central Appraisal District 124 East Main, P.O. Drawer F Post, Texas 79356 (806) 495-3518 Para mas información, visitenos y obtenga una copia gratis

"Impuestos Sobre la Propiedad en Texas: Derechos, Recursos y Responsabilidades del Contribuyente de Impuestos" ó escriba a Comptroller's Property Tax Division P.O. Box 13528 Austin, TX 78711-3528

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A variety of homestead exemptions could lower your property taxes!

A homestead exemption lowers the property taxes on your home by lowering its taxable value. If your home is valued at \$50,000 and you receive a \$15,000 homestead exemption, your home will be taxed as if it were worth \$35,000.

Who qualifies for an exemption? Anyone who owned a home on January 1 (and used it as a primary residence on that date) is entitled to a \$15,000 homestead exemption to lower school taxes this year...and it doesn't matter if your home is a house, condominium or mobile home. (Counties, cities and special taxing districts may also offer

Are other exemptions available? If you're disabled-or if you're 65 years old or older-you are entitled to an additional \$10,000 school tax exemption on your home. And if you qualify for the over-65 exemption, you're also entitled to a permanent, locked-in "ceiling" on the school property taxes on your home. (The ceiling does not apply to county or city property taxes, and those entities may offer other exemptions.) The over-65 homeowner's exemptions and school tax ceiling transfers to the surviving spouse, if the spouse is 55 years of age or older at the time of death and lives in and owns the home. Over-65 homeowners also may transfer the percentage of school tax paid, based on their former home's over-65 school tax ceiling, to a new home. former home's over-65 school tax ceiling, to a new home

Do I have to apply each year? No. If you had a homestead exemption on your home in 2000, you won't need to reapply for 2001 unless your chief appraiser requires it. However, if you haven't received an exemption on your present home—or if you've moved to a new home—you'll need to file for an exemption for 2001. If you are 65 this year, you may file for the over-65 exemption up to one year after the date you turned 65. And if you became disabled during 2000, you need to file for the disabled person's

When and where should I file? File applications by April 30 at your appraisal district office If you need more time, contact us at: arza Central Appraisal District

124 East Main, P.O. Drawer F (806) 495-3518 For more information, stop in or call for a free copy of "Texas Property Taxes: Taxpayers'

Rights, Remedies & Responsibilities' Comptroller's Property Tax Division

P.O. Box 13528 Austin, TX 78711-3528 ment courtesy of this newspape

¡Varias exenciones de residencia pueden rebajar sus impuestos de propiedad!

Una exención de resídencia reduce sus impuestos de propiedad. Por ejemplo, si su residencia tiene un valor de \$50,000 y Ud. recibe una exención de \$15,000, sus impuestos se calcularán como si el valor de su residencia fuera \$35,000.

¿Quién califica para una exención? Cualquier dueño de una residencia principal el día 1 de enero tiene derecho a una exención de residencia de \$15,000 este año para rebajar sus impuestos escolares... y no importa si la residencia es casa, condominio o casa móvil. (Los condados, municipios y distritos especiales de impuestos tambien pueden ofrecer exenciones de residencia.)

¿Hay otras exenciónes? Si Ud. es incapacitado—o si tiene 65 años o más—tiene derecho a una exención adicional de \$10,000 en sus impuestos escolares de propiedad. Y si Ud. califica para la exención para los que ya cumplieron 65 años, tambien tiene derecho a un "cielo máximo" permanente en sus impuestos escolares de residencia. (El cielo máximo no tiene que ver con impuestos de propiedad de los condados o municípios, y esas entidades pueden ofrecer otras exenciones.) La exención para los que ya cumplieron 65 años y el cielo máximo se pueden transferir al esposo/esposa sobreviviente si el o ella tiene 55 ó más años de edad y es dueño/dueña de la casa en donde vive. Tambien el dueño de una casa nueva que tiene más de 65 años puede transladar un de una casa nueva que tiene más de 65 años puede transladar un porcentaje de cielo máximo del los impuestos escolares que le tocaron en su domicilio vieja.

¿Debo solicitarla cada año? No. Si Ud, recibió una exención de residencia en 2000, no hay necesidad de solicitaria de nuevo en 2001—al menos que se lo pida su jefe de valoraciones. Sin embargo, si no ha recibido una exención en su residencia actual—o si ha cambiado de domicilio tendrá que solicitar una exención para 2001. Si Ud. cumplirá los 65 años durante este años tiene hasta una con de se ferencia de su consenio de securido de securid nio, tiene hasta un año de esa fecha para solicitar una nueva e f si cumplió los 65 años o resultó incapacitado en 2000, tendrá que

¿Donde y cuando debo solicitar mis exenciónes? Su solicitud debe llegar en su oficina local del distrito de valoraciones antes del día 30° de abril. Si necesita más tlempo, favor de ponerse en contacto con nosotros antes: Garza Central Apprainal District 124 East Main, P.O. Drawer F Post, Texas 79356

Si desea más información, visitenos y obtenga una copia gratis de "Impuestos Sobre la Propiedad en Texas: Derechos, Recursos y Responsabilidades del Contribuyente de Impuestos"

ó escriba a Comptroller's Property Tax Division P.O. Box 13528 Austin, TX 78711-3528 Un servicio público de este periódico



Jack Ault (left) accepts a \$250 check from MAD DADS Inc. president Rodney Tidwell (center) and Les Looney as part of the "Hats and Beards" tion or talk about your good days. promotion to support the Garza County Trailblazers building fund.

8. Let your friends and family Spice Up Outdoor Fun And Grill **A Seasoned Steak**



(NAPS)-Cookouts are a highlight of summer, and one of the simplest and most popular candidates for outdoor grilling is steak. Nothing tastes better than a well-seared cut of beef that's seasoned and cooked to a pleasing pink in the middle.

Texas Wildfire Steak Marinade is a flavorful choice for even the most novice backyard cooks. It's easy to mix, and with a coating of lime juice, barrel-aged Tabasco® brand Pepper Sauce, red wine, dry mustard and dried marjoram and thyme, your steak will have a taste that will heat up outdoor fun. So enjoy the summer season and grill with glory!

Texas Wildfire Steak Marinade

½ cup vegetable oil

1/4 cup lime juice

1 teaspoon Tabasco® brand Pepper Sauce

½ cup red wine 1 teaspoon dry mustard

½ teaspoon salt

1/8 teaspoon each dried marjoram and thyme 4 pounds whole flank steak, trimmed

Combine vegetable oil, lime juice and Tabasco® Sauce in shallow baking dish. Stir in wine, dry mustard, salt and dried marjoram and thyme. Mix well.

Lightly score both sides of steak. Place in shallow baking dish with marinade; cover. Refrigerate 6 to 8 hours or

Remove meat from marinade and place on grill. Brush with marinade. Grill over medium heat 3 to 4 minutes on each side or until center is medium rare or until desired doneness, brushing with marinade as needed. Slice thinly on diagonal.

Makes 8 servings.

"Productivity appraisal" may lower the property taxes on your farm, ranch or timber land!

pay property taxes based upon the "production value" of their land rather than on market value. This "productivity appraisal" means qualified land is taxed based on its ability real estate market. And it can mean substantial property tax

When is the application deadline? If your land has never had a productivity appraisal or you are a new owner, you must apply to your local appraisal district by April 30 to take advantage of this benefit on your 2001 property taxes. You may get up to 60 extra days if you have a good reason and ask for it by April 30. If you miss this dead-line, you may still be able to apply, but you will pay a penalty.

Do you need to reapply annually? If your land already receives agricultural or timber produc tivity appraisal, you normally don't need to reapply unless the chief appraiser requires you to do so. If a new application is required, the appraisal district will notify you by mail.

For more information, call or come by:

Garza Central Appraisal District Post, Texas 79356

Check with your appraisal district office.

We'll be happy to answer your questions and provide you a

"Texas Property Taxes: Taxpayers' Rights, Remedies & Responsibilities"

Comptroller's Property Tax Division P.O. Box 13528

Austin, TX 78711-3528 A public service announcement courtesy of this newspaper.

¡"La valoración productiva" puede reducir los impuestos de su terreno agrícola,

ganadero o maderero! pagar sus impuestos de propiedad basándose en "la valoración productiva" del terreno calificado—o sea en su abilidad de producir cosecha, ganado o madera—y no de su valor en el mercado actual. Y esto le puede ahorrar en sus impuestos de

¿Cual es la hora del cierre? Si su terreno nunca ha tenido una valoración productiva, o si Ud. es nuevo dueño, debe solicitarla a su distrito de valoraciones para el dia 30º de abril, para recibir el beneficio en sus impuestos de propiedad de 2001. Puede recibir hasta 60 dias mas si tiene una buena razon y si solicita el tiempo onal antes del 30° de abril. Si pasa de esta fecha, es posible que todavia la podrá obtener, pero pagará una multa. Pregunte en la oficina de su distrito de valoraciones.

;Debo solicitarla cada año? Por lo general, si su propiedad ya recibe una valoración productiva agricola o maderero, no hay necesidad de pedir una nueva cada año—al menos que se lo pida su jefe de valoraciones. Si una solicitud nueva se requiere, el distrito de valoraciones le mandará un aviso por corr Para mas información, lláme or visite:

Garza Central Appraisal District 124 East Main, P.O. Drawer F Post, Texas 79356

Con mucho gusto contestaremos a sus preguntas...ó le proporcionaremos una copia gratis de "Impuestos Sobre la Propiedad en Texas: Derechos, Recursos y Responsabilidades del Contribuvente de Impuestos" ó escriba a Comptroller's Property Tax Division P.O. Box 13528

Austin, TX 78711-3528

Un servicio público de este periódico

Health Alert

(NU) - The NATSO Foundation partners with the American Red Cross to assist those who have been victims of natural disasters. For more information about the NATSO Foundation, visit www. natsofoundation.com.

Dawn Hall formed Cozy Homestead Publishing and sold hundreds of thousands of cookbooks to help pay for her husbands cancer treatment. For more information on her healthy-eating cookbooks, call 1-888-436-9646.

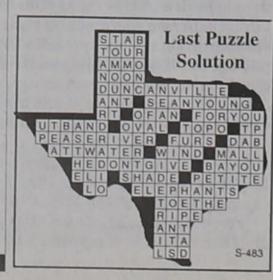
During cold and flu season, a waterless vaporizer called Breathe Clearly can ease breathing by releasing natural healing oils. Breathe Clearly is available at your local retailer, including Walgreens, Rite-Aid and Eckerd.

Fifty percent of Americans are considered overweight. And obesity is our No. 1 health problem. To lose weight fast, try a "feel full" product named Satietrol. To learn more about the product, visit www.hungeroff.com or call toll-free 1-877-363-8769.

The Council for Women's Nutrition Solutions helps busy women create a nutritionally balanced lifestyle by providing Everyday Solutions for them. Visit www.ivillage.com/ energy institute.



Salted-in-the-shell peanuts are soaked in brine to get the salt flavor before they are roasted.



Lunch Menus

Trailblazers

Monday, April 9

Roasted chicken, scalloped potatoes, spinach, tossed salad, wheat roll and chocolate cake.

Tuesday, April 10 Beef enchiladas, red beans, okra and tomatoes, salsa/chips, cornbread and fruity jello.

Wednesday, April 11 Roast beef, butter beans, beets, sliced tomatoes, hot rolls and apricot cobbler. Thursday, April 12

Chicken and rice, new potatoes, green beans, wheat roll, jello salad and sugar cookies. Friday, April 13 Catfish, baked beans, coleslaw,

Post ISD

okra, cornbread and fruit salad...

Monday, April 9 Breakfast: Cinnamon toast, sausage link, fruit and choice of milk. Lunch: Frito pie, Ranch Style Beans, broccoli, cornbread, cobbler and choice of milk.

Tuesday, April 10 Breakfast: Oatmeal, toast, bacon, fruit and choice of milk. Lunch: Chili dog, French fries, mixed greens, ice cream and choice of

Wednesday, April 11 Breakfast: Muffin, sausage link, fruit and choice of milk.

mon in semidesert regions of the western U.S.

whipped potatoes, green beans, hot roll, cranberry sauce and choice of

Thursday, April 12 Breakfast: Cereal, toast, fruit, apple

juice and white milk. Lunch: Manwich, salad, peaches, Reese's Cup and choice of milk Friday, April 13 School Holiday

Southland ISD

Monday, April 9 Breakfast: Cinnamon rolls, fruit and milk.

Lunch: Chicken fried steak, cream potatoes, pinto beans, rolls, gravy, cake and milk. Tuesday, April 10

Breakfast: Biscuits, gravy, bacon, juice and milk. Lunch: Chicken Spaghetti, salad, green beans, garlic toast, cookie, and

Wednesday, April 11

Breakfast: Muffins, sausage, fruit! and milk. Lunch: Polish sausage, sauerkraut, beans, bread, fruit and milk.

Thursday, April 12 Breakfast: Cereal, Graham crackers, juice and milk. Lunch: Dorito casserole, beans, salad,

jello and milk Friday, April 13 Breakfast: Burritos, juice and milk.

Lunch: Cheeseburgers, fries, H.B.

salad, ice cream and milk. Lunch: Turkey and dressing, gravy, Badlands are regions that have been worn into steep hills and



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deep gullies by the action of wind, rain and floods. Badlands are com-



I message from the U.S. Department of the Treasury

WEEDS, WEEDS, WEEDS

Tall weeds and grass harbor snakes and rats and other vermin harmful to citizens. For that reason, City Ordinances prohibit weeds and grass.

To prevent endangerment to our citizens, beginning April 11, 2001, those ordinances will be enforced.

Please mow your tall weeds and grass. Thanks.

City of Post

Sell life insurance and annuities for the SPJST! Since 1897, the SPJST, a fraternal benefit society, has served its members and local communities with a unique blend of business, volunteerism and social activities. SPJST is looking for full-time and part-time sales representatives in this area. SPJST offers top-rate commissions, exciting incentives and superb sales

representative support. Please call today! **Vice President Gene McBride, FICF** (800) 727-7578

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Lopes take advantage of Ralls mistakes

Ralls didn't jump on its chance to take control of its District 4-2A baseball opener against Post, but the Antelopes took full advantage of their opportunities and rolled to a 5-1 victory over Ralls at Antelope Field. Ralls entered the game ranked ninth in state in 2A.

Both teams played well defensively for two full innings — C. Morales and Bryan Looney for Ralls and Post, respectively, were starting pitchers.

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In the third inning, Ralls went down on two strikeouts and a popup out to shortstop Kenny Ratke. Post started things in their bottom half of the inning, on a single by CF Michael Huff, playing in his first game. Roland Castaneda drew a walk, but Ratke hit into a 1-3 force out. Huff, sitting on third base by now, scored on a wild pitch. Catcher Mitchell Mills and right fielder Cody Fox both hit singles to load the bases.

Ralls pitcher C. Morales stopped any further damage by inducing second baseman Jon Eilenberger and first baseman Mikey Gonzales into strikeouts to end the inning.

An unflustered Post team came back in the fourth inning to shut down Wall event Ralls as only four Jackrabbits came to bat, behind the solid pitching of Looney. Ralls, however, could not contain Post in the Antelope half of the inning. Post's bats came alive for four runs as Looney, Brody Robertson and Huff all got singles. Huff's single scored Looney for the first run.

Roland Casteneda reached first base via a hit batter. After Ratke struck out, Mills hit a single that plated three runs, one run on a throwing error by Ralls'right fielder. Ralls avoided further damage on force out plays by Mills and Fox.

Fifth and sixth innings had no scoring for either team, as Ralls changed to pitcher Manuel Rosales, who managed to shutout innings against Post. Looney faced only seven batters in the two innings.

Seventh inning action started on a mini rally by Ralls. Agritty performance by a tiring Looney included three walks and one RBI double, sandwiched around two strikeouts. Post avoided any further damage and ended the game on a 6-3 putout.

Looney pitched the first complete game by a Post hurler this season. He collected 13 strikeouts and had no walks until the seventh inning, giving up only three hits. Also, Looney had two strikeouts in every inning but one.

Lady Lopes take first place at Wall relay

The Lady 'Lopes placed first out of 12 teams competing at the Cotton Patch Relays in Wall March 30.

Dianna Williams set a new Cotton Patch Relays record in the 100 M

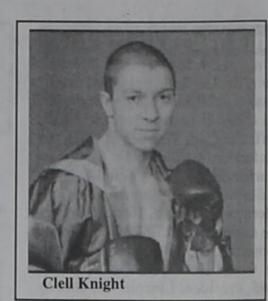
hurdles, and Kelly Moore set a new meet record in the 300 hurdles, as well as breaking her own school record with a time of 45.81. "This was a great track meet for the girls," said Coach Daily. "We improved our times in every event. This was the best competition we've had all year."

The team landed a first place finish in the 400 M relay, with Williams, Manuela Hernandez, Yvonne Lopez and Meagan Mills; first and second places from Williams and Moore in the 100 M hurdles; a first in the 800 M relay, with Mills, Williams, Regina Collazo and Lopez; first and fourth places in the 300 M hurdles from Moore and Collazo; first place in the 200 M, Hernandez; and a first place high jump finish from Williams.

Other wins included Tandi Humble, sixth place, 800 M; Davida Gregory, sixth place, 400 M; Humble, fifth place, 1600 M; second place in the 1600 M relay, with Mills, Hernandez, Gregory and Moore; LaRinda Ledbetter, third place, discus, and fourth place, shot put; and second and sixth places respectively for Hernandez and Moore in the triple jump.

The girls' next track meet is April 7 in Colorado City. The district meet will be April 12 in Sundown. Post will be going for its third consecutive district championship.

Lopes • Lopes • Lopes



Varsity boys compete at

The Post Antelopes earned a fifth place finish out of 12 teams competing in last Saturday's track meet at Wall.

Noah Gutierrez took second in shot put with a throw of 44'9", followed by teammate John Eilenberger with a fifth place throw of 42'8"

In discus, Michael Huff took fourth with a 119' throw. Lance Curtis took fifth place with a

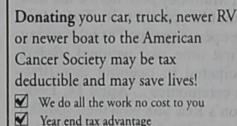
20'2" long jump.

In the 400 M relay, the 'Lopes captured fifth place with a time of 45.78. Team members included Brandon Bell, Jonathan Curtis, Brody Robertson and Lance Curtis. In the 100 M, Bell took fourth with

a time of 11:89. Lance Curtis took second in the 200 team at Wall M with a time of 23.17.

The team of Cody Fox, Robertson, Huff and Lance Curtis finished in sixth place in the 1600 M relay.

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Knight keeps on winning

Clell Knight is the NCBA Western Regional Boxing champion in the 156lb. division, having defeated both of stopped contest).

The Western Regional National Collegiate Boxing Association event was held at the Las Vegas sporting house in the shadows of the Vegas strip. Knight won his first bout with a medical RSC in the third round against David Wengell of Catskills, N.Y., who fought for UNLV.

In the finals, Knight won against Julio Romo from San Jose State University in the second round, with another RSC.

Knight will go to Reno, Nevada, April 5-7 where he will compete in the National Collegiate championship to be held in the El Dorado Hotel and Casino and the Silver Legacy City Center Convention Center.

Knight is a cadet at the U.S. Air Force Academy and a graduate of Post High School. He the son of Jenny and Brent Smith of Bahrain, Saudi Arabia, and the grandson of Mary and Riley Miller of Justiceburg.

J.V. boys track

The junior varsity Antelopes fared well at the Wall track meet held March 30.

In the shot put competition, Mark McCallister finished in sixth place with a toss of 34'3", while in discus, Jordan Nelson finished sixth with a 91'2" throw.

In the 3200, Ricky Reyna finished sixth with 12:20.

In the 400 M relay, the team of Mitchell Mills, Francisco Duran, Kris Hernandez and Roland Castaneda finished in fifth place with a time of 48:81.

Castaneda earned a second place win in the 100 M, posting an 11:84

In the 300 hurdles, Kenny Ratke finished in fifth with 46.13, while Adam Nobles finished behind him in sixth place with a time of 46.39.

McCallister took sixth in the 400 M dash with a time of 57.75.

In the 1600 M relay, the team of Ratke, McCallister, Nobles and Rene Mendoza finished in fifth place with a time of 4:00.42.

12 arrested here last week

A dozen arrests were recorded in the Garza County Jail log book during the past week.

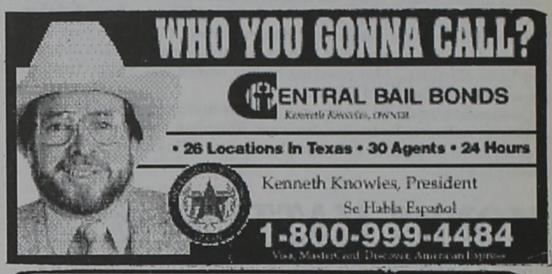
On March 27, a 34-year-old male was arrested on a warrant. Five individuals were arrested March 30, including a 33-year-old male for commitment/driving while license suspended; a 32-year-old male on several charges, including making alcohol available to a minor, no seatbelt and no

insurance; a 26-year-old male, warrant; an 18-year-old male, possession of marijuana; a 24-year-old female, no driver's license, no license plate light his opponents by RSC (TKO - referee and displaying an expired license plate; and a 29-year-old male, burglary of Three arrests were made April 1, including those of a 38-year-old female

for possession of marijuana, under two ounces; a 22-year-old female, possession of marijuana, under two ounces; and a 45-year-old male, driving while intoxicated and driving while license suspended. On April 2, a 22-year-old male was picked up for driving while license

suspended, failure to identify and a Lubbock warrant.

A 37-year-old male was jailed April 3. He was being held for Indiana authorities.



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Post Antelope Spring Sports

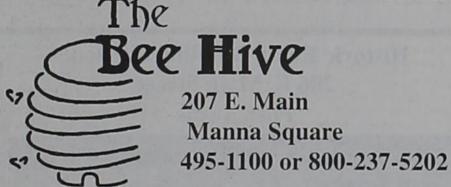
Friday, April 6 at Tahoka, 5 p.m. Tuesday, April 10 at Idalou, 5 p.m.

April 7 Boys and Girls at Colorado City

Baseball Track Tennis Golf April 4, 5

District Tournament at Sundown

April 9 District Tournament at Sundown



Supporting Garza County Youth!

Brady's **Package Store**

501 E. Main - 10 a.m. - 9 p.m. Mon-Thurs 10 a.m. - Midnight Fri & Sat & Noon - 7 p.m. Sundays



Post Middle School **Track Teams** April 5 District @ New Deal



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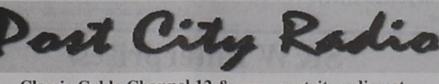
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Girl Scouts celebrate "Ride the Wave"

by Carol Tobias

Last Friday, Girl Scouts of Post and their families enjoyed an evening in Hawaii...well, almost. The year's theme "Ride the Wave" was the inspiration for the Family Banquet which became a Hawaiian Luau, complete with grass skirts and Hawaiian foods.

The evening began with a flag ceremony by Junior Troop 415 and Brownie Troop 273. Stephen Henry, Master of Ceremonies, then introduced the special guests which included his wife and children and Ms. Tabitha Rodriguez, Membership Services Representative from Caprock Council, and her daughter. He then moved everyone into a Hawaiian atmosphere with explanations of several Hawaiian customs. A number of the girls assisted him by demonstrating the hula.

After dinner, Junior Troop 415 held their Rededication Ceremony as did the leaders of all the troops. Daisy Troop 274 and Brownie Troop 273 then held their Investiture Ceremony. Badges earned during the year were presented to each troop by their leaders, Marilyn Crenshaw, Kim Johnson and Lorie Martinez. Also receiving badges earned was Senior Troop 47 presented by leader Carol Tobias.

Cookie sale plaques for the top cookie sellers in each age group were then presented to Evette Rodriquez, Brownie; Rhiannan Yocham, Junior; and Laura Tobias, Senior. The girls also played several Hawaiian games before leaving the Luau.

MONEY MATTERS

Finding Scholarships Means Doing Your Homework

waits for an invitation. There are members. numerous people and organiza-

soon enough so I missed some of Burger King Scholars Program. the deadlines. Now I wish I hadn't

from every kind of organizationand all kinds of students are eligi- King/McLamore Foundation. "A ble, not just valedictorians. Here student must maintain a 2.5 to are some tips from college coun- 3.5 GPA, work part-time, be inselors to help you get started:

a high school counselor in your (or need to be eligible." your child's) sophomore year.

are many helpful books available for under \$40 that list available scholarships by fields of study and under general headlines.

3. Go online and surf the Web; there are a number of national scholarship Web sites, such as www.freschinfo.com and www. fastweb.com, that provide information on available scholarships. Simply key in the search term "scholarship" and you can find thousands of options.

4. Call the local Rotary Club,

CHER CO.

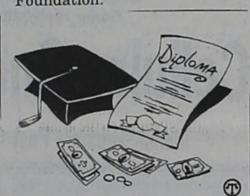
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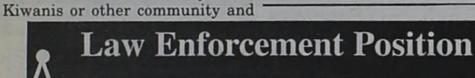
(NAPS)-When it comes to get-parents') employer; a number of ting scholarship funds for college, corporations sponsor scholarships opportunity doesn't knock-it for their employees or family

There are also corporations that tions that are willing to help pay have established scholarship founfor education through scholarship dations to help students outside of funds; it's simply a matter of find- their organization. For example, Burger King Corporation expects "I had no clue what to do," says to award 1,000 scholarships this Michael Oliver of Miami, a college vear in the United States, Canada sophomore. "I didn't get started and Puerto Rico through the

"We are trying to help kids who are good students and good citi-The money is out there. There zens, who have to work out of are full scholarships and partials, necessity," says Bentonne Snay, executive director of the Burger volved in co-curricular or commu-1. Make an appointment with nity activities and show financial

For more information on this 2. Go to the bookstore; there scholarship program, visit the Web site at www.nfabk.org and click on "Burger King/McLamore Foundation."

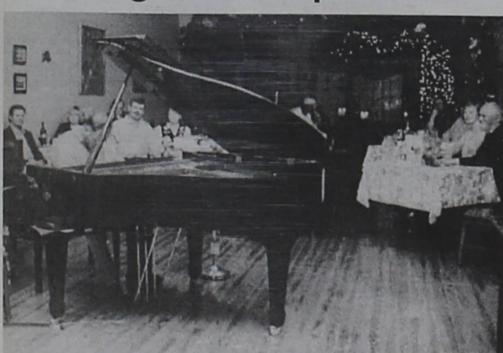




Schleicher County Sheriff David Doran is accepting applications for a Deputy Sheriff position. Applicants must be TCLEOSE certified. Applications can be picked up at the Schleicher County Sheriff's Department, at 4 S. Divide St., Eldorado, Texas 76936 or by calling 915-853-2737. Deadline for applications is April 30, 2001. Schleicher County is an Equal Opportunity employer.



Hotel Garza presents an unfogettable experience



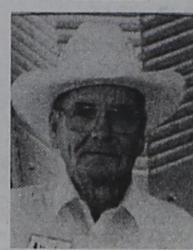
West Texas' premier pianist/composer Doug Smith returns to Hotel Garza Historic Bed and Breakfast for three performances Friday, Saturday and Sunday, April 6, 7 & 8, 2001.

Hotel Garza offers three exclusive packages:

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In Loving Memory of Benjamin A. Mitchell



10-12-22

We little knew that day that God was going to call you name.

4-11-97

In life we loved you dearly, In death we do the same. It broke our hearts to lose

you did not go alone; For part of us went with you, The day God called you home. You left us peaceful memories,

Your love is still our guide; And though we cannot see

you are always at our side. Our family chain is broken, and nothing seems the same; But as God calls us one by

The chain will link again. We love and miss you. Thelma

Herber and Family Billy & Connie and Family Elaine & Gerry and Family



There are an estimated 250,000 kinds of flowering plants in the world.

This Week In History

On April 9, 1682, Robert Cavelier. Sieur de La Salle, claimed lower Mississippi River country for France and called it Louisiana ... April 12, 1861, the Civil War began when the Confederates fired on Ft. Sumter in Charleston, S.C. ... April 14, 1861, Ft. Sumter was captured by the Confederates ... April 9, 1865, Robert E. Lee surrendered 27,800 Confederate troops to General Grant at Appomattox Court House, Va. ... April 14, 1865, President Lincoln was shot by John Wilkes Booth in Ford's Theater, Washington; he died the following morning ... April 14, 1894, Thomas A. Edison's kinetoscope (motion pictures) was given its first public showing ... April 9, 1914, when U.S. sailors were arrested at Tampico, the Atlantic fleet was sent to Veracruz and occupied the city ... April 12, 1945, President Franklin D. Roosevelt died of a cerebral hemorrhage in Warm Springs, Ga. ... April 11, 1947, Jackie Robinson of the Brooklyn Dodgers broke the color barrier in major league baseball ... April 11, 1951, General Douglas MacArthur was removed from his Korea command for unauthorized policy statements ... April 12, 1980, at President Carter's request, the U.S. Olympic Committee voted not to attend the Moscow Summer Olympics because of the Soviet invasion of Afghanistan ... April 12, 1981, the world's first reusable spacecraft, the Space Shuttle Columbia, was sent into space and completed its successful mission two days later ... April 10, 1984, the

Senate adopted a nonbinding resolution condemning U.S. participation in the mining of Nicaraguan harbors, masterminded by the C.I.A. ... April

9, 1989, an officially-estimated 300,000 people marched in

Washington, D.C., advocating a woman's right to choose to have an abortion ... April 10, 1990, President Bush and Canadian Prime Minister Brian Mulroney both hurled the first ceremonial pitches in Toronto's home opener against Texas, marking the first time two national leaders participated in opening day firstpitch ceremonies ... April 14, 1990, Boston's Red Sox won their 7,000th game, moving them into third place on the all-time list behind the Yankees (7,761) and the Tigers

(7,135).

Ten Things To Know About Tanning

WELLNESS WATCH

(NAPS)-Each year, more than one million cases of skin cancer are diagnosed, making it the most prevalent of all cancers. A significant percentage of skin cancer is due to sun exposure. In fact, 90 percent of all skin cancers occur on parts of the body that are not covered by clothing, leaving these areas exposed to the sun's dangerous rays.

To test your knowledge about the dangers of tanning answer the following questions:

True or False? 1. A good tan indicates good

False. According to the American Osteopathic College of Dermatology, the American Cancer

Society and the U.S. Department of Health and Human Services, tanning is the skin's way of telling you it has been damaged. 2. Only one type of ultraviolet radiation is bad for you.

False. Both types-UVA and UVB-cause skin damage and may result in premature aging.

3. Exposure to UV rays may damage the immune system. True.

4. Sun exposure ages skin. True. Skin acquires a leatherlike appearance, becomes dry and tends to wrinkle prematurely.

According to Michael Scott, D.O., an osteopathic dermatologist and past president of the American Osteopathic College of Dermatology, "This effect is known as photoaging."

5. UV radiation from the sun and a tanning bed is the

True. Whether tanning is from natural sunlight or artificial light, the negative effects remain the 621-1773 or visit AOA's Web site

Choosing The Right SPF

. To determine which SPF you require, you need to know how many minutes you can stay in the sun before you burn without using sunscreen.

. Divide this number into the number of minutes you want to stay in the sun.

. That number will be the minimum SPF you should use.

6. Sunlight in small amounts

can be beneficial. True. Sun can improve a per-

son's emotional state and treat some skin disorders such as psoriasis. Sun also helps produce vita-7. Too much sun can mean

skin cancer.

True. Each year more than a million cases of skin cancer are diagnosed and cancers usually occur on parts of the body exposed to the sun.

8. A single blistering sunburn doubles your chances of developing malignant melanoma. True.

9. People may receive up to 80 percent of their life's total exposure by UV light after age

False. It's before not after. 10. Regular skin self-exams could save an estimated 4,500

lives each year. True.

The American Osteopathic Association (AOA) emphasizes prevention and wellness in the quest to improve your quality of life. For more information on osteo-

pathic medicine or to find an osteopathic physician, call 1-800at www.aoa-net.org.

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Yesteryears

by Pat Burnett

April 10, 1991 10 Years Ago

The Post 8th grade girls' track team

won the Post Junior Relay championship

trophy during last Saturday's event here,

as Katina Davis and Christy Oden set new

school records. Davis' record time in the

300 meter hurdles was 53.85, breaking

Cara Cash's 1990 record of 53.97. Oden

toss of the shot put at 31' 1 3/4" broke the

1979 record of 30' 4" held by Monique

The Garza Theatre was full again this weekend with the fourth week of "Steel Magnolia's."

Mr and Mrs David McBride are the proud parents of a baby boy, Justin Tyler, born Tuesday, April 2, 1991 at 9:45 a.m. in University Medical Center in Lubbock.

Justin weighed seven pounds and three and one-half ounces and was 20 1/2 inches long at birth.

Claborn. April 16, 1981

20 Years Ago Glenda Morrow and Arnold Sanderson were two of the major winners at the 11th annual Post Spring Art Show.

Steve and Dianna Ladd have been hired as the new band and choir directors. Victor Ashley, who comes to Post from Monahans, is the new Garza County executive director of the Agricultural Stabilization & Conservation Service. Post High School won the District 4-AAA literary contest at Cooper last Thursday by rolling up a total of 167 points.

Stormy Gass was honored on her fifth birthday Sunday in her home with a bar-b-q dinner.

Ann Altman was honored Sunday on her 70th birthday. Her children and grandchildren helped her celebrate the occasion. Happy Birthday today goes to Dickie Wallace, Houston Hoover, Gerald Carpenter, Ronald Oden, George Hester, Jr., Jerry Linn and Iva Cruse.

April 15, 1971

30 Years Ago
There were 140 paintings shown in the Post Art Guild's first annual Easter

Earl Chapman is elected as the new head of school board. Gary D. Hays has been named to the Dean's List at Texas Tech during the

Zogi presents his TV Revue with his many novelty acts and illusions. It will be in the Primary School Building. It's sponsored by Post Rotary Club for beautification of Post

Easter was observed by the family and friends of Mrs Roy Holly with a dinner and egg hunt for the smaller children. Mr and Mrs Walter Crider enjoyed 20 relatives who visited in their home

Mr and Mrs Frank Runkles visited over the weekend in Fort Worth with

their son, Mr and Mrs Don Runkles and family. April 13, 1961

40 Years Ago

Diana Pruitt, 13, 7th grade student in the Close City school is the Garza County representative in the annual Avalanche-Journal Spelling Bee in Lubbock.

J.W. Payton and Jerry Ligon were named top winners in the 1960 Club Cotton Production contest in District 2.

The Hospital Auxiliary for the Garza Memorial Hospital is organized. Mrs J.E. Parker is president.

Troy Simpson, four years old, was honored on his birthday with a birthday party. Guest attending were Craig Simpson, Pat Nelson, Darlene and Nita Gunn, Davey Morrow, Lee Ann and Andy Williams, Ellen and Billy Herring, Mike, Jane, Wade and Brenda Wilson, Sherrell Lee Wilson and David Williams.

Bridal shower honors Mrs Charles Propst. She is the former Rheba Hays. April 12, 1951

50 Years Ago

Robert Cox and James Minor wins School Board vote. Four more mercury vapor lights were installed this week on Main Street by a Southwestern Public Service crew, Ted Hibbs, manager, announces.

Mr and Mrs Robert Cox build a ranch style white and brown frame house Mrs Reese Carter and Jeffie Northcutt attended a beauty show in the

Lubbock hotel Sunday. Miss Bessie Pitts, homemaking instructor, took her class of freshman girls on a field trip to Maxine's and Dodson's Jewelry last week to study the

different kinds of china, silver and glassware. Jacky Kern Fluitt celebrates his fifth birthday Monday with a party at his

Happy Birthday today goes to Orville Edwards, Peggy Fern Claborn, Mollie Latrille, Wendell Lenwood Davies and Natha Jo Mears.

60 years ago this week

Miss Lois Nance was selected as Post sponsor and co-hostess for the big two-day rodeo to be held here in June. Miss Mae Weakley was named official hostess for cowgirl sponsors.

Miss Billie Greenfield and Dan Altman were united in marriage April 3 in the home of the Rev. T.E. Clinton in Pleasant Valley.

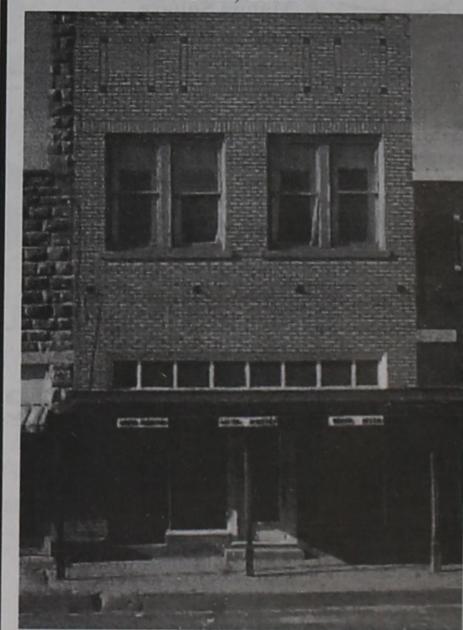
Clint Herring, Post dry goods merchant, was elected president of the Post Rotary Club, succeeding J.A. Stallings.

Attendance passed the 400 mark at the terracing demonstration held Tuesday at the Fred Robinson farm northeast of Post, according to county agent Homer Thompson. Several calves owned by Garza 4-H Club boys will be shown in Post

> **Historic Retail Building for Rent** 206 E. Main Street

> > Post, Texas

Saturday afternoon. Small money awards will be presented.



A prime retail location on the north side of historic East Main Street, downtown Post, the first floor of this building is ready for occupancy. Built in the early days of Post City, this building is ideal for a wide variety of retail uses. For details, call

(806) 495-2816

Adverti

Joe and I jus the kindness ye our troubles is and now in Gol been so long t haven't put any before now. There has b

pen to us. The Just "thank The beautiful and thinking of always. Also the

food and visits.

Joe and Alma

Post Indepen

vites the Senior come by the Su receive a gift of admissions pass school function present identific issued in your n Post Group of Meets every ? Presbyterian Ch p.m. Closed me the last Thursda

Concrete slab phalt, sealcoat

coffee following

problem, call 49

NOTE: It is illeg: A FINANCIALI stay-home mom. Let's help each o call Alba and Sal A DADDY AND called Mommy Kissing boo-boo having sleepovers Dan at 1-800-464

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The Post Dispatch

Advertising and News Deadline: Tuesday Noon (806) 495-2816 FAX: 495-2059

Card of Thanks

Joe and I just want everyone to know the kindness you have shown us in all of our troubles is greatlyt appreciated.

The five months of Joes hospital stay and now in Golden Plains Care Center has been so long that I feel ashamed that I haven't put anything in the Post Dispatch before now.

There has been so many thinbgs happen to us. The loss of Joe's brother Lexie Williams of Clovis, N.M., our grandosn Auvey Lee McBride II, and a nephews request an application. wife Joanne Reese from Robert Lee. Then David, our son, is ill.

Just "thank you" seems such insufficient way to tell you. We could never have made it without all the prayers and support of all the churches and people we love

The beautiful cards, get well, sympathy and thinking of you. We will keep them always. Also the beautiful plants, flowers, food and visits. God Bless each and everyone.

Joe and Alma Williams

Personals

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).

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 495-2452, 495-4185 or 629-

Services and Repairs

Concrete slabs, patios, sidewalks, asphalt, sealcoat patching. Call 806-523-

TexSCAN Week of

April 1, 2001

ADOPTION

medical and lega; expenses in Texas adoption.

call Alba and Sal, 1-800-267-1113.

Dan at 1-800-464-6540.

1-800-268-6601 (24 hours)

students 1-800-338-6428.

1-800-569-9230.

1-800-CFI-DRIVE.

NOTE: It is illegal to be paid for anything beyond

A FINANCIALLY SECURE Christian couple,

stay-home mom, loving dad, looking to adopt.

Let's help each other. All expenses paid. Please

A DADDY AND mommy. We can't wait to be

called Mommy and Daddy for the 1st time!

Kissing boo-boos, watching Disney movies and

having sleepovers sounds perfect to us. Tina and

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\$1,500 A MONTH part-time, \$4,500 - \$7,200 full-

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supervisors and assistants. Training. Free booklet.

WORK FROM HOME - Up to \$25-\$75/hr.,

A NESTLE ROUTE: Up to \$2,700/month (real-

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GROWING BUSINESS NEEDS help! Work

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DRIVER - COVENANT TRANSPORT no

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DRIVER - FFE TRANSPORTATION is now

hiring experienced drivers for its growing fleet.

Start up to 29 cpm with one year experience, with

pay increases every six months up to 42 cpm. Call

DRIVER - INEXPERIENCED? LEARN to be

an OTR professional from a top carrier. Great

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Now hiring for the position of Pumper/ Roustabout. Experience in pumping and field repair necessary. Must be able to pass drug screen and physical. Must have a clean driving record. Call 629-4221 to

Part time secretary needed. Must have experience in accounting and bookkeeping w/computer skills. Send resume to: David Stelzer, P.O. Box 555, Post, Tx.

GET PAID While You Train

The Dickens County Correctional Center in Spur, Texas is accepting applications for Correctional Officers. If you are over 18 and looking for a career or retired and would like to supplement your income we have full and part time positions available. Excellent benefit package. If interested, please contact Ron Jenkins at 806-271-3521.

and Mrs Robert Cox build 303

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1-800-454-2887. Arnold Transportation

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pany drivers. 1-888-276-9923, www.ftwd.net.

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or Maria: 1-800-234-9714.

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Mobile home for sale to be moved. Good condition, \$4000.00. 3 bedroom, 2 bath, located in Crosbyton. Call 806-675-2549 or 806-675-0706.

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For sale by owner, 3 bedroom, 3 bath, 2 living areas, 3 car carport, large corner lot, block fence. 2,900 sq. ft. Above ground pool. Serious inquiries only, 495-2560.

Cedar Hills home, over 3000 sq. ft, 4 bedrooms, 3 bath, large 4 car garage, fireplace, all electric 2 1/4 acres. Serious inquiries call 495-3739.

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Pools, river ride, suites, bar. 1-800-488-8828

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- June 8, 2001

Brick home, 2465 sq. ft., 3 bedrooms, 2 bath, 2 living areas, office, fireplace, car-Improvement Program (TIP) and port with storage and dog run. 307 Osage Drive. Call 495-4102 after 6 p.m.

Beautiful 4 BR, 3 bath, large kitchen 2 living areas, formal dining, 2 fireplaces, new large above ground pool, new central

heat and air, great landscaping with ponds, 2 covered decks, large covered front porch, app. 3000 sq. ft. 114 N. Ave. O. Priced to sell. Please call 495-3066.

Residential Lots for Sale

For sale or trade. Residential lot West of Broadway, 60 x 145 on West 11th street. \$5000 cash or consider trade for vehicle, tools, guns ect. or equity in other property in Lubbock. Call Bret, 795-7567 or 778-2730.

Miscellaneous for Sale

Extra nice washer and dryer, 4 years old, \$350. 1992 Olds 98, \$4995. Call 495-5866.

King size mattress set, \$100; baby swing, \$25; play pen, \$25. Call 495-2942.

Garage Sales

Saturday, 11 am, 6 1/2 miles West on 380, brown brick house on left.

Friday and Saturday,513 West 4th, 8 am till?

3 families, Saturday, 116 West 5th, 9

Thursday, 9 am, 901 West 6th street.

Friday and Saturday, 9 am - 4 pm, Community Center, back room.

Commercial Property

Comercial property, sell or trade. .598 acres w/building. US Hwy 380 East, just outside city limits. Call 495-3669.

Legal Notices

Notice To All Persons Having Claims **Against The Estate Of August Edward Lieske**

Notice is hereby given that original Letters of Administration for the Estate of August Edward Lieske, Deceased, were issued on March 26, 2001 in Cause No. Garza County, Texas, to:

Barbara Boyd The residence of the Independent Administrator is in Lubbock County, Texas. The post office address is:

Barbara Boyd 7709 Lynhaven Avenue

Lubbock, Texas 79423

All persons having claims against this Estate which is currently being administered are required to present them within the time and in the manner prescribed by

Dated the 26th day of March, 2001.

Barbara Boyd By: Jeffrey H. Conner

3301 66th Street, Suite B

Lubbock, Texas 79413 806/793-0681

Fax 806-793-7389 State Bar No. 04698555

Attorney For The Estate Notice of Application

For Fluid Injection Well Permit

RJD Management Co., Inc., P.O. Drawer 2130 Lubbock, Texas 79408 is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation which is not productive of oil or

The applicant proposes to inject fluid into the San Andres formation, George Beggs lease, Well Number 7. The proposed injection well is located 15 miles SE of Post in the Justiceburg, NW (San Andres) Field, in Garza County. Fluid will be injected into strata in the subsurface depth interval from 2012 to 2080

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

Request for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/463-6792).

Request For Proposal

South Plains Community Action Association (SPCAA), as the contractor for the Workforce Investment Act (WIA) for the 15 county South Plains area is releasing a Request for Proposal (RFP) for the Summer Program 2001. SPCAA is seeking proposals for CAREER exploration educational, vocational, and work programs for low income youth and/or youth with disabilities. Release of the RFP makes no commitment nor does it obligate SPCAA to fund any proposal.

Proposal packets will be available weekdays from 8:00 a.m. - 5:00 p.m., from Texas Workforce Centers at: 1218 14th Street, Lubbock, Texas 79401, 806-765-5038 USA Relay 1-800-735-2989 for the hearing impaired.

To request a proposal packet be mailed Monday - free night 4/1/01 - 5/25/01, restrictions). to you, please contact Jo Ellen Carroway or Debra Boyce at 806-765-5038.

> Deadline for proposals has been extended to Monday April 9, 2001, 5:00 p.m. Equal opportunity employer/program. Auxiliary aids and services are availdisabilities. The WIA Youth program is funded by the South Plains Regional Workforce Development Board.

Announcement of Public Meetings For Proposed Transportation

Unified Transportation Plan (UTP) The Texas Department of Transportation is having a series of meetings to encourage public input on the proposed 2002-2004 Transportation Improvement Program (TIP). Public comment is invited regarding improvements to the rural transportation system in the 17 county Lub-

The following meetings are scheduled: April 10, 2001 1. Date:

7:00 p.m. Time: City Council Chambers Levelland City Hall 1709 Avenue H Levelland, Texas

April 12, 2001 2. Date: 7:00 p.m. Time: Garza County Courthouse Place: 300 West Main

Post, Texas Written comments will be accepted until April 20, 2001. Comment forms and copies of the TIP may be obtained at local offices of the Texas Department of Transportation. For more information, call 806-

748-4431.

bock District.

The State of Texas To Jeanne Bratcher and to All Whom It

May Concern, Defendant (s) "You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk that issued this citation by 10:00 a.m. on the Monday next following the expiration of forty-two days after you were served this citation and petition, a default judgment

The petition of Beneficial Texas, Inc., Plaintiff, was filed in the District Court of Garza County, Texas, on July 21, 2000, against Jerry D.Bratcher and Jeanne Bratcher, numbered 00-07-05625-CV, and entitled

Beneficial Texas, Inc.

may be taken against you.

Jerry D. Bratcher and Jeanne Bratcher and 209 West 11th Street Post, Texas 79356

The names of the parties to the cause are as follows: Beneficial Texas, Inc. are Plaintiffs and Jerry D. Bratcher and Jeanne Bratcher are Defendants.

A brief statement of the nature of this suit is as follows, to wit: "As the Mortgagee of record, Plaintiff seeks to enforce its right arising under a note and mortgage secured by the property commonly known as 209 West 11th, Post, Texas 79356 and more fully described as: BEING ALL OF LOT FOUR (4) IN BLOCK SIXTY (60) 1713, pending in the Probate Court of OFTHE City of Post, Tx, as SHOWN BY A MAP OR PLAT THEREOF RE-CORDED IN VOLUME 13, PAGE 1 OF THE DEED RECORDS OF GARZA COUNTY, TEXAS" as is more fully shown by Plaintiff's Petition on file in this

The officer executing this writ shall promptly serve the same according to requirements of law, and the mandates thereof, and make due return as the law directs.

Issued and given under my hand and seal of the said Court at Post, Texas, on March 23, 2001.

Jerry Hays, District Clerk 106th Judicial District Court Garza County, Texas by Lina Duran, deputy

> Notice of Request for Sealed Bids **DEMOLITION OF** CONDEMNED HOUSES

Notice is hereby given that the City of Post is soliciting sealed written bids by insured, qualified contractors to demolish and haul the debris of eleven (11) houses, previously condemned by the city.

Successful bidder is required to have sufficient equipment and insurance to handle the job.

The homes are all located in Post, Texas, at the following addresses:

1. 415 South Avenue H

2. 309 North Avenue H 3. 313 North Avenue H

4. 402 West 14th Street

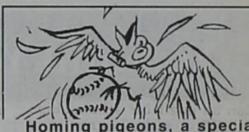
5. 512 Ralls Highway 6. 509 Oak Street

7. 616 May Street 8. 617 Pine Street

9. 510 South Avenue H 10. 603 South Avenue H 11. 110 North Avenue Q

A list containing bid amounts for the total job, and for each separate house, should be signed, dated, placed in a sealed envelope, and submitted in writing by 5:00 pm April 23rd, 2001, to Wyvonne Kennedy, City Secretary at 105 East Main Street in Post, Texas 79356.Late bids will be thrown out.

Questions my be directed to Cynthia Williams, Code Enforcement Officer or Fred Stephens, City Manager at 806-495-2811 or at 105 East Main Street, Post, Texas 79356.



Homing pigeons, a special breed of pigeon developed for racing and carrying messages, are sometimes called homers.

NEW LISTING 35 Acres +(-), call for details.

REMODELED! See to appreciate the extras! 3 BR, 1B, FP, carport, fencing, 109 E. 14th.

ATTRACTIVE! 2 sto CONTRACT PENDING, double CP, cellar,

large lots. 107 W. 12th. NICE NEIGHBORHOOD! UNDER CONTRACT 1015 Camden

Circle.

READY TO MOVE IN! Frame, 2/1, SOLD! PRICE REDUCTION! Brick 3/2/2, C-H/A, R.V. storage, patio,

metal building, corner lots. 601 S. Ave. R. NEEDS TLC! 3 BR, 1 BA, CP, ALL OFFERS CONSIDERED, 601

REDUCED! 3 BR, 1.5 B, C-H/A, garage, CP, fenced. 807 W. 4th. REDUCTION IN PRICE! 2 lots at 601 W. 11th.

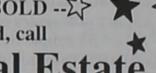
AVAILABLE! 42 +(-) acres, U.S. 84 frontage. For the Absolute Best in Personal Service



Anne Sims Real Estate • (806) 495-3171

• Ranch • Farm • Residential

If you want it SOLD --



not just listed, call Mitchell Real Estate

•• All On Hwy 84: 1.2 Acres with Building Great drive-thru property - perfect for fast food, smoke

shop, etc. Your choice - home, commercial on income producing property - 3 BR, 2 BA, could be a great business site or your home.

.. PRICE GREATLY REDUCED! 3 BR/1BA, attached garage, RV storage, great yard with storage house plus a wonderful screened-in patio.

.. FIXER UPPER: 3 BR/1B needs TLC but priced to sell. •• 3BR/2BA with RV storage and additional storage, CH/AC,

.. WONDERFUL HOME with 3 BR/2BA on 2 lots with two living areas, a gourmet kitchen, double carport, and

many amenities. Great area. •• 2 BR/1 & 1/2 BA with attached garage and C/HA, brick and great location.

DOWNTOWN: · 2 buildings on W. Main, owner will finance for right party. • Excellent business location on Hwy 84 - 6 lots with steel

'Years of experience and four salespeople to serve you" Kim Mills - 495-3719 Barbara Hardin -

building.

495-3987 Mike and Wanda Mitchell - 495-3104 or 495-5515 or 495- 5146

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Mental Effects of Aspartame

ACSN - For the record, 92 aspartame-related symptoms including 5 deaths - have been reported to the U.S. Food and Drug Administration. At least 75% of all complaints to the USFDA are regarding the artificial sweetener, better known as: NutraSweet, Canderal, Equal, etc.

At Aspartame Consumer Safety Network [Dallas-based all volunteer Brain Science at MIT says, "There is international organization], we are evidence that levels of serotonin or 5increasingly concerned with the more HIAA are subnormal in CSF sinister reported psychological side (cerebrospinal fluid) samples from effects of aspartame ingestion. One violent psychiatric patients and in aspartame phenylalanine (50% of the molecule) 1 has been shown in the laboratory to block production of a necessary glucose and aspartame by gavage neurotransmitter, serotonin, which increased brain levels of tyrosine and controls sleep patterns and moods.

breaks down in heat and in the body 2

to the addictive depressant, methanol (10% wood alcohol), formaldehyde [embalming fluid], formic acid and diketopiperazine (a documented brain tumor agent).

patterns in aspartame users may be deemed significant, according to these prominent brain researchers:

Richard Wurtman, M.D., head of component, brains of people who died by suicide."

"In rats, the administration of phenylalanine and decreased brain Many daily users of products serotonin concentration. It has been containing the sweetener such as diet argued that these changes in brain drinks, gums, etc. report both manic amino acid and biogenic amine levels and suicidal depressions among other in rats may have important Hundreds of millions of children are their symptoms. Aspartame also behavioral implications for humans." at great risk and their parents are not

Psychiatry, Northeastern Ohio Univ. criminal behavior in later years." 5 College of Medicine and Director of individuals with mood disorders are

meta-analysis, five out of seven way out. studies reported reduced levels of stems of suicide victims."

Neurologist, Russell Blaylock, effects. However, when the child for some. reaches a later stage of development. the damage may present itself as ar emotion control disorder [violent episodes, schizophrenia, paranoial even aware of it. Early exposure to

Ralph Walton, M.D., a respected excitotoxins [aspartame] could cause researcher at the Department of a tendency for episodic violence and

Aspartame (aka NutraSweet/ Research Western Reserve Care Equal), as shown in the literature. Even subtle alterations of brain System, states, "We conclude that can be a powerful, mind-altering drug - driving some over the abyss into particularly sensitive to this artificial dark, sinister depressions they can sweetener and its use in this not shake, even with the use of antipopulation should be discouraged." 3 depressants. Suicide, for many Lane Lenard, Phd wrote: "In one individuals may seem to be the only

> On a brighter note, abstinence from serotonin and/or 5_HIAA in the brain aspartame has been reported to have a miraculous effect on some, allowing for a happier existence and the ability to cope with life's normal problems in the damage done at the time of initial understanding of this issue may mean

by Agriculture Commissioner SUSAN COMBS

The supply of affordable food in the Inited States is often taken for granted. It's understandable, considering our seemingly effortless ability throughout history to put food on our tables. We have an incredible track record of abundance.

With improved technology, we have apped productivity and taken food choices to new levels. But only about 21 cents out of every dollar spent on food goes back to the farmer. We are feeding more people than ever before, and almost 80 percent of our land area in Texas is dedicated to some type of agricultural production. To consumers, this abundance spells good prices for good food.

In fact, according to United States Department of Agriculture statistics, American consumers on average spend only 10.4 percent of their disposable income for food. When you translate that statistic into calendar days, a person will have paid for a year's worth of food in the first 38 days of the year.

The 38th day of this year was Feb. 7 The significance of this day is celebrat ed annually as National Food Check-Out Day. Farm Bureaus across the country donated food to local Ronald McDonald Houses, which provide a home-away from-home for families of seriously i children receiving medical treatment a nearby hospitals.

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.

Thanks to Post for great response!

envy over Post's response to the Muscular Dystrophy Association's Shamrocks Against Dystrophy campaign. Many thanks to the thousands of people who donated to MDA and signed paper shamrocks in businesses in February and March. stick my nose straight into a Dallas writes that, "In the case of children, a non threatening way. A clear Shamrocks will help MDA continue to provide families affected by exposure produces no obvious outward the difference between life and death neuromuscular diseases in our community with valuable services.

As one of many who has a loved one affected by a neuromuscular disease, I'm genuinely grateful for the caring support of customers and employees at convenience stores, supermarkets, restaurants and other retailers in Post. The 18th annual Shamrocks Against Dystrophy campaign raised more than \$10 million nationally. These donations help MDA fund almost 400 research teams worldwide.

On behalf of the millions of Americans affected in some way by the more than 40 diseases covered by MDA - thank you - and may St. Patrick bless you all year long!

Maureen McGover, National Chairperson MDA Shamrocks Against Dystrophy

Prejudices that eat

It dawned on me the other day I have yet another problem with some of my adjustment screws. I may have to turn

you up

'em back a round or two. me up my favorite food — fajitas. Also, God only knows.

food is Mexican, my favorite boxer is correct the problem. Mexican, one of my best friends is So if one does not get involved with

The Original

But she can stop most boys in their tracks just at the sight of her. In fact, I know some girls right here in Post that are so pretty they can stop a clock from Even the leprechauns are green with turning, so what gives with my wilted brain? Yes, another contribution of alcoholism.

So I decided to just inventory myself a little deeper on this problem. I looked into the black community. Same problem here, too. I can sit down and Cowboys football game and run the blacks down, even though the black Cowboys are my favorites.

Three blacks here in Post are on top of my best friend list. My favorite bull rider is black, a good friend on the Water Department in Slaton is black and one of my favorite syndicated newspaper columnists and radio talk show hosts is black. So what's wrong with me exactly?

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I am not prejudiced, nor do I have anything against anyone. I simply learned as my alcoholism progressed to judge and label everything and everybody I came across or came in contact with. I don't know know exactly what caused me to be this way, and I don't know if I would have been like this if I had not become an alcoholic or

I know my mom and dad did not contribute to me being this way. But I do believe that I did not get like this 'til later on in my years of my progressive

Alcohol gave me this horsepower to be eaten up with self-centeredness, egotism, macho man, bragging and whatever else a person can do wrong. I don't know, I may or may not have had these problems, or at least part of them, I was standing at the stove, cooking had I not become involved with alcohol.

at the same time, I don't remember I would hope the young folks can take what about, but I was standing there me as an example. Alcohol was and still talking to myself. For some reason I is a major contributor to my problems. was, in my mind, degrading Mexicans. Although I do not drink, I still have the I thought to myself, what's a matter, problem. I'll have to spend hours on top stupid, ego eating me up. My favorite of hours, days on top of days, trying to

Mexican, my so-called wife is Mexican alcohol or drugs, these types of problems (we have been separated since 1994, just might not occur while walking down thanks to my alcoholism) and I have a the road of life....

beautiful 19-year-old daughter that is Take it from one who has been there. O.L. (Ferg) Ferguson what some folks choose to call a half-

TEXAS

Amity Study Club reports on scholarship fund

by Louella Bilberry

Tuesday, March 27, at the First Bull, who took us for a walk down United Methodist Church with 14 memory lane. She told us of the members present. Our hostesses were history of Amity. Barbara Babb and Sandra Alexander.

our full page greeting possible.

brought their items for the Women's and one year they were stolen! Post Protective Services. Those of us who forgot were given until Friday sponsored a district meeting once.

Our program for the night was The Amity Study Club met "Play It Again, Sam" by Margaret plumbing and landscaping.

The club was first named "Junior Jane Davis reported on our annual Culture Club." It began in 1936 and Christmas greeting and that is our was patterned after the Women's only fund raising project for the Federated Culture Club. To be scholarships we give each spring. Our federated, the club had to follow strict special thanks to all who helped to rules and regulations, reports to be make this possible, and very special given and courses of studies to follow. thanks to the Dispatch for making District, state and national meetings were held. Yearbooks were judged. Those members who remembered The Post yearbooks were exceptional,

afternoon by project director Anne Oh, my! What a hassle, but it was a Simms. I got mine there at 5:30 p.m. success. Remember, this was the days of high heels, hats and gloves.

We voted to make a cash donation The State Federation bought a big, to the Trailblazers Senior Citizens red brick house in Austin for state headquarters. All state clubs had to

You and Your Health

You can send the boy to school...

I did not know that fact. "You can send the boy to school..." I would not

mention this disgraceful bit of news if I did not fully believe that many of

YOU also believed until this moment that pineapples grew on pineapple

Unlike their namesakes, the great pine and apple trees, pineapple plants

neither look like pine trees nor do they in any way resemble apples. I suppose

a very near sighted individual like myself while not wearing his glasses could

make a case that the pineapple itself resembles some sort of mutant pine

There we were, my wife, daughter Bonnie and her constant companion

Noele, along with my Mother and Father, driving north towards the Dole

Pineapple Plantation on the island of Oahu. While I know nothing of Hawaii,

as I was soon to prove beyond a doubt, I was commenting as I usually do,

In a very confident voice I was pointing out geological phenomenon to the

group as if I was some kind of National Geographic editor. The group was

either kindly paying attention or just quietly ignoring me. It didn't matter.

There was even greater confidence in my voice as I pointed out that we

were entering the Dole Plantation. I noted how flat the area was. In fact, if

it were not for the mountains on either side, I commented, we could have

been driving through Slaton. It was just that flat. It was here things began

I more nervously stated that I guessed we would have to drive into the

mountains to see the pineapple trees. Suddenly it became deathly quiet in

the rented compact van. They were all waiting for me to speak, to provide the

usual witty punch line that I had set them up for with the stupid PINEAPPLE

Only trouble was that I wasn't joking. It was only then that I began to

notice, in the fields all around us and quite low to the ground, hundreds of

thousands of squatty pineapples growing one by one, row by row. "Look!" I

For the rest of the trip I ate crow dipped in pineapple sauce. What had been

my mistake? I had just innocently assumed that pineapples grew on trees

like other types of apples. So long had I assumed this notion that in my own

Was that so wrong? As long as we're only talking about pineapples it's not

it, day to day issues with our health and decisions we make about medicines

We all have incorporated many lifelong assumptions into the fabric of

what soon becomes our fund of knowledge. The assumptions become fact to

us. ;Many of them are quite unimportant, like not knowing that pineapples

The point is, due to that incorporation of assumption into what I believed

to be a fact, I would have bet good money on pineapple trees existing before

that fateful day. Tonight on the news a story ran about the harmful effects

It's everywhere! This fact is not new to the medical world. Liver damage

as the result of long term use of the equivalent to eight Extra Strength

Tylenol is not uncommon. Acetaminophen is found in many over the counter

Not only Tylenol, but Excedrin, generic non-aspirin pain relievers, narcotic

pain relievers like Lortab and Vicodin, cold medicines and so on. The list is

impressive. One can be treating different symptoms with different medicines

The irony is that the FDA has recalled many drugs that induce liver

damage that are much less toxic than acetaminophen. Go figure (that means

follow the profits). So the moral of the story is: don't be so sure of yourselves

all of the time. Do you really know something or do you just assume it to be

It's not such a big deal with a pineapple tree, thank goodness for me. But

I'll bet you that if someone asked you if Tylenol was safer than morphine you

and be getting enough acetaminophen to put a strain on your liver.

said weakly, "Dwarf pineapple trees!" No one was buying it

cone in shape. While a stretch, such a case could be made.

much like a tour guide might do.

I was dominating the airways.

to fall apart.

TREE remark.

and the like.

medications.

mind it had become FACT.

grow from plants on the ground.

of acetaminophen, our old friend Tylenol.

Pineapples do not grow on trees. To my mother's great embarrassment

help pay for remodeling, new

In 1952, we were helping with the opening of our new hospital. The night of the Edgar Bergen show, he received word his wife had given birth to their baby, but unfortunately, the baby was stillborn. Thought heartbroken, he honored his contract and give a fine show for us at the football field.

The day Marjorie Merriweather Post was to unveil the statue of her father was the day of the worst sandstorm our area had had in years. Danny Thomas was not a happy camper. He could not wait to get out of this "*#% blankety-blank" place soon enough!

In 1956, the Post Ladies decided they weren't juniors anymore and we became Amity Study Club. Shortly we dropped out of the federation. No more required reports. Now, programs we wanted and much less formal. We supported local projects. The rodeo parade floats won first prize for four straight years. Their most memorable float was "Cherry Pink and Apple Blossom White." They had to go to Lubbock to get enough pink Kleenex to finish the float. The borrowed grass was courtesy of our funeral homes. Thurman Frances even let the ladies spray paint his new tractor pink. The ladies weren't able to steam off all the pink!! The ladies had a slumber party at

the new Barcelona Hotel. They had "husband's nights," usually on Valentine's Day. To raise money for projects, they would have spaghetti suppers, chili suppers, spaghetti, spaghetti, spaghetti ad nauseum! The club planted trees on the north side of our city park before it became a park. They had a "tasting bee," charged admission and sold little handmade cookbooks. The bee was a big success. Once, they helped with a style show in Lubbock and sold chances on a mink stole which Margaret won!

Once, June Peel and Margaret were to be hostesses. They decided to play a trick on the members. The night of the meeting they had moved furniture - stacking things up, dressed in old clothes, tied their hair under scarves and when the guests came, they pretended to be surprised and asked why they had come! "Oh, dear! We're cleaning house! I guess you will have to sit on the floor." "Refreshments? All we have is red beans and cornbread!" And that's what the guests were served, red beans and cornbread!!

Thank you, Margaret. Your program was great! We then answered roll call with "I

so bad. But it illustrated an important point that has to do with, you guessed laughed 'til I was sick when...." This gave us all more laughs at fun

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Need a plastic surgeon? Call

9600 for information. • To learn about the Save The Tiger Fund, call 1-800-5-

• It's not too late to get your flu

shot. Call 1-800-232-2522 to learn more. Vitamins can help you stay

TIGERS.

healthy. Call Vitawarehouse at 1-888-515-0006. Proton therapy will soon be used to treat breast cancer. Call

1-800-PROTONS to learn

 Interested in youth bowling scholarships? Call (414) 421-

· Do you want to quit using smokeless tobacco? Call (205) 934-3380 for information.

ACROSS

1 TXism: "take a at it" (try) 5 you can ____

caverns of Sonora 6 "shootin' iron" bullets 46 circus critters 7 Tex Ritter sang title song of western

8 SW Dallas suburb 16 picnic pest 17 actress in "Witness for the Execution" filmed in Houston

20 TX actor Rip (init.) 21 TXism: "got the alley cat"

22 TX Willie's "She's Not 24 Longhorn marchers 29 George W.'s office 30 Pampa has the

__ _' Texas Junior Stock Show" 31 "Traveling Wilbury"

Petty (init.) 32 stream south of

Quanah (2 wds.) 34 critter pelts 35 TXism: "smack

in the middle" 36 refuge near Eagle Lake preserves habitat for these

prairie chickens 37 TXism: "three sheets to the

38 Galleria or Grapevine Mills 39 TXism: "

didly squat 41 Houston: "

starred with TX 4 unbroken horse 9 TXism: "wouldn't as I could throw you" 10 this Margie was 1st woman in TX Senate 11 TX Cliburn

the wool" (genuine) 13 in Willacy Co. off 77

mark" (conform) Copyright 2001 by Orbison Bros. DOWN 14 lasso circles 15 world currency: know how dollar 34 state seal has star a stick 18 Yankee city (abbr.) 19 TXism: " of arrows in his the _ quiver" (capable) Ginger in "Heartbeat" 21 TXism: "shoots

phone" (risk taker) 23 TXism: "pushing

(dead) 24 TXism: "get with the chickens" 25 iced

26 Astro or Ranger

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28 Maverick asst. 29 baking chambers 30 TXism: "can't

35 TXism: "honest as 37 TXism: "he blazes a

40 "My 41 CEO of Irving-based boy scouts: Love 44 Cresson has trans-

portation collection bucket" (bad singer) Museum 47 a group of seven



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would have been pretty sure about your answer. Now, you might have to think about it a little. Winston Whitt, MD

How do you like them pineapples?— Thank you for spending this time

CROSSWORD 45 Yo _ Digo Creek by Charley & Guy Orbison 48 TXism: ' 49 ready to pick 50 TX pest: fire 51 TXism: "call _ 52 hallucinogenic drug 1 TX newspaper: Fredericksburg Post 2 TXism: "wouldn't horse" (dude) 3 Jean-Pierre 38 dull finish 27 TXism: "straight

42 TX actor Wallach

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43 TXism: "big enough to

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33 O.J.'s judge

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