

Bill Pool (left), serving as Mayor Pro-Tem, and Texas Tech's Charlie Adams accepted the Texas Yes! award on behalf of the City of Post at a special ceremony in Austin recently. The award recognized the city's continued efforts at developing tourism.



Norman Dalton Cash during his collegiate days (Photo courtesy Clyde Cash)

Post gets ready for big 'Norm Cash Day'

Final preparations are underway for Saturday, April 23, when Post will celebrate one of its most famous native sons. "Norm Cash Day" opens with a special ceremony at 10:30 a.m. with the dedication of the Post High School baseball field. The field is located inside David Nichols Park south of Post.

The ceremony will incluide the unveiling of a specially designed tribute to the famous baseball player from Post. County Judge Giles W. Dalby will serve as Master of Ceremonies for the event, with special remarks by Norm's brother Clyde, Julie Hargroves and Gene King.

Cash, who was born in Garza County in 1935, was an outstanding athlete while attending Post public schools. He distinguished himself further in both football and baseball during his collegiate career, followed by a 17-year stint as "Storm'n Norman" when he played major league baseball. Cash logged two years with the Chicago White Sox before spending 15 seasons with the Detroit Tigers.

The Host Bispair

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Thursday, April 14, 2005

Tax abatement set in motion for windfarm

by Wes Burnett

The first step toward awarding a tax abatement for Orion Energy's proposed wind generator expansion in Garza County was approved by the Commissioners' Court at its regular meeting Monday morning.

A public hearing on the proposed tax abatement is scheduled for Monday, April 25 at the next regularly scheduled meeting of the court. In its tax abatement application, Orion Energy proposed between \$18 to \$27 million of improvements to approximately 10 sections of land on the southern border of Garza County. The project area is near the Borden County line.

Commissioners also approved opening up an attempt for refunding prison revenue bonds, aiming to pay off the bonds earlier than the original 15 year term. Mike Harling of Municipal Capital explained that with today's lower interest rates, the refunding and reissuing of bonds could save the county as much as \$1 million over the life of the issue.

County Judge Giles W. Dalby suggested that instead of lowering monthly payments, it would be better to pay off the bonds earlier. "I know that the bonds I purchased have been paid," he said. The resolution authorizes action by the Garza County Public Facility Corporation, whose board met last week to consider the matter.

Commissioners postponed action on a request by Sheriff Cliff Laws to increase the number of full time jailers. Laws pointed out that dispatchers currently serve as jailers, and that presents potential liability for the county. Laws explained that the jail has from 12 to 18 prisoners, who are held until bonding or transfer to the Dickens County facility.

The court approved an order requiring trailer parks to have street names and addresses to satisfy recommendations by the 911 committee and the Central Appraisal District. Dalby said that the biggest problem is mobile homes parked around Lake Alan Henry.

County Clerk Jim Plummer informed the court that no decisions have been made by the state regarding paper-ballot computerized voting machines. "We don't know when the certification will be made," he said. Plummer added that the Texas Secretary of State is concerned about the urgency of the matter. All Texas counties are required by federal legislation to have computerized voting systems in place by January 2006.

Plummer also reported to the court that a consolidation of voting places has been recommended, putting the number at six locations. Any changes will require approval from the U.S. Department of

Justice.

One application for indigent assistance was rejected due to the ineligibility of the applicant.

After all agenda items had been discussed, Dalby launched into a rebuttal to a letter to the editor published in The Post Dispatch (4/7/05). He addressed his comments to the "camera," pointing out what he said were incorrect statements in the letter by Jon Smith. The judge's comments may be viewed in their entirety on Post City

A notice of an "emergency" closed session of the court was posted Tuesday at the courthouse, citing a meeting to determine scholarships for the Management & Training Corporation (MTC) scholarship program.

Television (see schedule in this week's edition of The Post Dispatch).

Orion Energy explains proposed windfarm

Garza County Commissioners are considering granting a reinvestment zone project that, if approved, would see the erection of as many as two dozen wind turbines in an area on the Garza/Borden county border.

In a letter dated April 5, Kathryn Arbeit of Orion Energy outlined the details of what she labeled the "Borden/Garza County Windfarm."

The project, to be located in H & TC RR Co. Survey, Block 97, Sections 681, 682, 683, 684, 685, 686, 687, 736, 737 and 738, will consist of between 27 and 36 megawatts of wind-powered electrical generating capacity, with up to an additional 54 MW of capacity to be installed in Borden County.

Improvements to be realized in Garza County in association with the project will include anywhere from 18 to 24 GE wind turbines (1.5 MW), electrical transmission lines, roads and other facilities related to the production, distribution and transmission of windgenerated electricity.

According to the letter, Orion estimates the value of the improvements in Garza County at between \$18 million for 27 MW and \$25 million for 36 MW.

In association with their proposed project, Orion has applied to the county for tax abatement and designation as a reinvestment zone.

Channel 12 expands local programming service

Post City Television managing director Wesley W. Burnett has announced expanded local video broadcasting sevices on Cebridge Connections Channel 12. "Because of recent improvements in our operation, we are now offering expanded video production scheduling on a daily basis," Burnett said.

Starting this week, Post City Television added two more video production slots. The new daily schedule provides viewers local video programming at 8 and 11 a.m., as well as 1, 5 and 10 p.m.

"We began looking around for a more flexible scheduling program several months ago," Burnett explained. "We found a few on the Internet, but none of them, even the most expensive ones, provided us the flexibility we needed."

"It was only when we connected up with Southwest Digital Solutions

that we were able to work out an affordable program that is tailored specifically for our operation," he

added.

Southwest Digital Solutions, working with Burnett on a daily basis, developed a Windows-based program that integrates the DVD and color slide productions specifically designed for Post City Television. Southwest Digital Solutions engineer Roy Burnett designed the software to provide maximum flexibility for scheduling quality video and audio production on Channel

"We are able to access our computer system from remote sites and make changes to fit our schedule at our convenience," Wes Burnett emphasizes. "More importantly, the new system gives us the greatest flexibility in adding or making changes to the schedule."

Southwest Digital Solutions may be reached by calling 806-620-2015. "We are constantly looking for better and more efficient operation," he continued, "and Southwest Digital Solutions has made a huge differ-

ence in our daily production."

Post City Television operates Cebridge Connections Channel 12 in cooperation with Cable Network Advertising. "We encourage area churches, organizations and businesses to consider the power of our local television broadcast services," Burnett added. "We offer affordable advertising and airtime rates with top quality audio and video productions.

Call Jackie Miner at 495-2816 to schedule advertising or special events on Post City Television, rates are as low as \$30 per week.

Post Notes

Garza Theatre auditions set April 9

AUDITIONS: "The Somewhat True Tales of Robin Hood". This is for youth ages 6-19 years of age. The play will be held at the Garza Theatre June 3-5, 10-11, 17-18, 2005. Auditions are to be held at The Monterey Church of Christ in Lubbock, located at 58th Street and Memphis on April 9 from 9 a.m. until 12 noon. This is the only audition to be held. The director is Laura Bryan and can be reached at 806-745-5657.

Ladies Auxiliary

Miller/Luman Post 6796 Ladies Auxiliary will meet on Monday, April 11 at the old VFW post on the Clairemont highway at 6 p.m. All members are urged to attend this most important meeting.

nt meeting.
Post 6797 meeting set

Post 6797 meeting set

Miller/Luman Post 6797 men will meet on Monday, April 11 at 7 p.m. at the old VFW post on the Clairemont highway in Post. All members are encouraged to attend.

PISD Special Education

Post Independent School District will be having their Special Education Public Meeting Tuesday, April 12 in the Elementary School auditorium. Registration

will start at 5 p.m. with the meeting to start at 5:30 p.m.

UIL play contest

The UIL area contest for Post High School's one act play team is set for Saturday, April 9 at 6 p.m. in the Post Elementary auditorium. The team will perform "A Midsummer Night's Dream". The public is invited to attend.

Reception honoring Fowler
ent reception will be held at the Post Public Library o

A retirement reception will be held at the Post Public Library on April 17 from 2-3 p.m. to honor librarian, Jeanette Bell Fowler.

Sirens to be tested next week

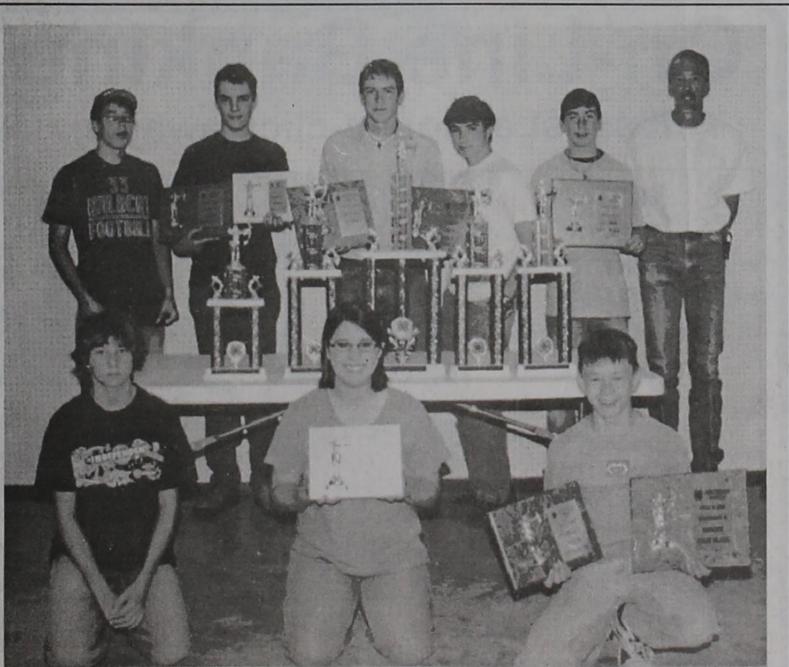
The Garza County Sheriff's Department will be testing the siren system for the tornado warning and the take cover warning. It is scheduled for Saturday, April 16 at 2 p.m.

"The Anastasia File" opens April 1

The Garza Theatre production of "The Anastasia File" opens April 1 and continues weekends through April 16. Written by Royce Ryton and directed by Chris Davis. The mystery's performances begin at 8 p.m. nightly with Sunday's matinee beginning at 2:30 p.m. Call 495-4005 for tickets and information.

2005 Relay For Life

We're gearing up for the 2005 Relay For Life. It's time to get your teams registered and your luminaries ordered. Contact Peggy Graves 495-2718, Tonya Kirkpatrick 629-4054, Carol Williams 495-2156, or Marge Tannehill 495-2178 to register or for more information. Forms for the luminaries will run periodically in the Post Dispatch or may be obtained by contacting any of the names above. We are in need of clean empty vegetable cans to be used in the luminaries and they may be dropped off at United Supermarket in Post.



The Garza County 4:H Archery Club won many honors recently at the Regional and District contests. Exhibiting their awards are (back row left to right), Chad Miller, Clint McDaniel, Garrett Chapman, Clint Chapman Kevin Strube and Randy Conner (Club Leader) (front row), Dillon Davis, Dionn Heckaman and Jarrett Blevins. Not pictured are Flynn Chapman, Christopher Loyd and Heath Palmer.

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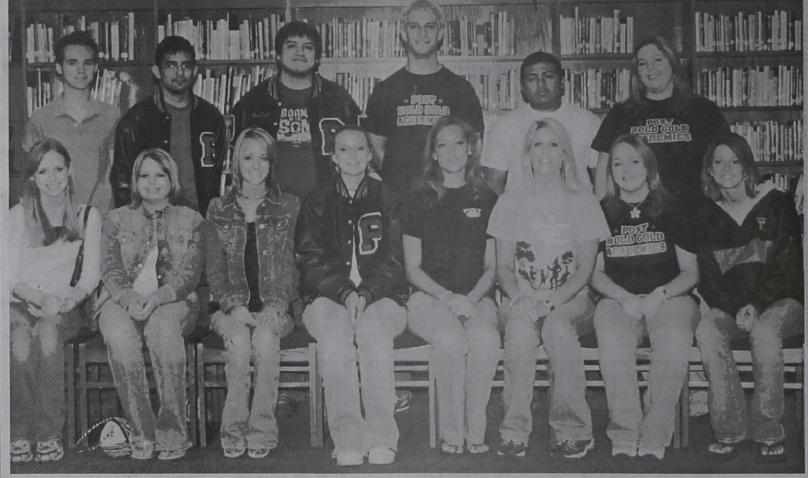
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Roy Burnett Jr, Engineer

The Mayor and City Council have designated April as Clean Up, Fix Up, Paint Up **Month in Post**

- · The City of Post is sponsoring a voluntary campaign to promote Spring Cleaning around the homes of its citizens.
- The mowing of weeds in the alley is the homeowner's responsibility.
- The City has hired extra crews to work the alleys every Saturday in April, 2005. The program may be extended into May, 2005.
- Citizens are encouraged to clean any accumulated weeds or debris, including junked or abandoned cars, from around the exterior of their homes.
- If you need assistance, please call Jennifer at City Hall, 495-2811.



Post High School students qualifying for Regional UIL Literary contest are (back row left to right), Jerin Tyler, James Soto, Vincent Robles, Jonathan McGregor, Tony Apolinar and Shannon Rasbeary (front row), Meagen Howard, Chelsey Reed, Christin Collier, Kylie Easterling, Laurel Ttum, Emily Marcum, Keeley Bramblett and Kayla Dunn. (Photo by Melvena Moore)

City Council candidates

Kenda Bartlett, Ward 1

Kenda Bartlett has announced her candidacy for the Ward 1 position on the Post City Council.

public policy for more than 20 years. As a volunteer lobbyist, she has and has earned extensive experience reading and interpreting state and federal laws and regulations.

"I would like to thank (current Ward 1 Councilwoman) Juanita Pantoja for her many years of faithful service on the Post City Council," Bartlett said. "I desire to serve the people of Post and would appreciate the opportunity to do so.

"The City Council deals with a variety of issues, and my background working with public policy has equipped me to learn about those issues, evaluate all the aspects of each issue and make solid, common sense decisions that will benefit the city and all of its citizens. I would appreciate the support of the residents of Ward 1."

Bartlett and her husband, Terry, have been residents of Post for the past six years. They have been married for 36 years and are the parents of two married daughters.

www.postcityradio.com www.thepostdispatch.com

APRIL IS CLEAN-UP, FIX-UP, PAINT-UP MONTH IN POST. MOW YOUR LOTS. YARDS AND ALLEYS

David Perez, Ward 2 My name is David Perez, and I am a lifelong resident of Post. I would like the opportunity to serve my Bartlett has worked in the area of community as a member of the Post City Council, Ward 2.

The Hispanic community has been worked with the state legislature represented so well in the preceding years by (longtime City Council member) Juanita Pantoja. When she elected not to run again, I decided to run strictly because I want to keep that line of communication open between the Hispanic community and the city government.

> **LOCAL NEWS Daily** Post City Television Cebridge Connections Channel 12 See the daily

schedule on Page 9

As mentioned, I am a lifelong resident, graduated from Post High School and want to raise my family in this community. I want to give back to a community that has been a great support to me.

Please exercise your right to vote on May 7. Early voting starts April 20. I would appreciate your support and, of course, your vote. Thank you, David Perez

White River Lake Weekly Report April 11, 2005

Gauge reading: 2353.45 Peet below spillway: 19.0" Rise - 0" Rainfall (past week): .11" Rain to-date: 4.46" Source: Mickey Rogers, WRMWD general manager

Bridal shower honors Becca Stelzer

Becca Stelzer, bride-elect of Curtis Schmitz, was feted with a 2 p.m. wedding shower Saturday, April 9, in the home of Tonya Kirkpatrick. Guests were served a variety of homemade cookies, chocolatecovered strawberries, mints, nuts and punch from a table decorated with fresh spring flowers.

Special guests include the bride-elect's mother, Donna Stelzer; grandmothers, Isabelle Stelzer and Linda Dye; and great-grandmother, Sarah Byrd; and the prospective bridegroom's mother, Melissa Schmitz, and grandmother, Suzanne Edwards.

Hostesses for the event were Tonya Kirkpatrick, LeAnn Hodges, Alexia Collier, Pam Humble, Barbara Hardin, Jana McAllister, Jane Odom, Veda Beth Gradient, Pixie Grisham, Kim Mills, Jan Bartlett, Ear line Bagboy and Eddie Jo Miller.

The hostesses presented the couple with a set of stainless cookware.



CitizensBank staff members recently honored Linda Waldrip with a retirment reception. Joining in the event were (left to right) Kay Wallace, Jonna McNeely, Tammy Sparks, Christie Curb, Donna Baker, Waldrip and Keith Williams.

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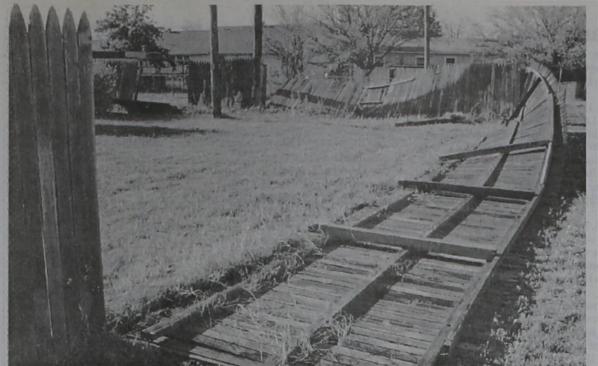




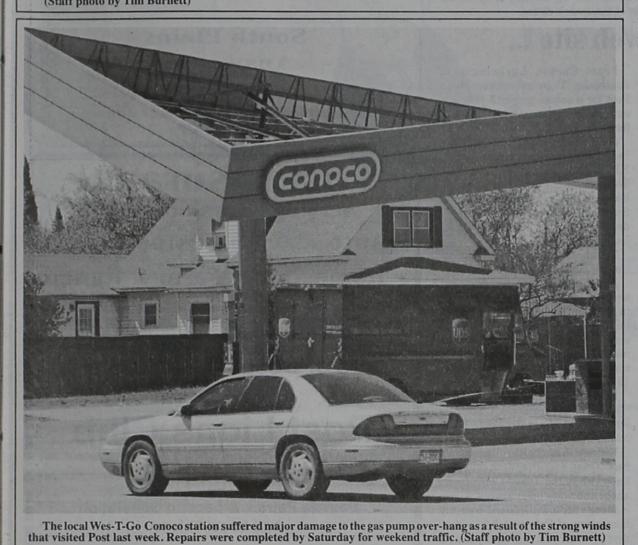
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Post, Texas (806) 495-3545





The recent strong winds that hit Post and the surrounding area caused damage to local property. (Staff photo by Tim Burnett)



www.thepostdispatch.com

4-H Archery Members Win at Contests

Members of the Garza County 4-H Archery Club won many honors at recent contests.

Results of the Regional shoot held April 2 include the following combined Indoor and Outdoor Placings: Sub-Junior Division: Compound-Aided Class - Flynn Chapman, 1st; Junior Division: Compound-Unaided Class -Jarrett Blevins, 2nd, and Christopher Loyd, 5th; Recurve-Unaided Class -Kevin Strube, 2nd. In the Compound-Aided Class, Clint McDaniel, 3rd; Dylan Davis, 4th; Chad Miller, 5th; and Heath Palmer, 7th. In the Senior Compound-Aided Class, Garrett Chapman, 1st, and Clint Chapman,

Results of the South Plains District Two contest held April 9 in Brownfield include the following: Sub-Junior Division: Compound-Aided Class, Flynn Chapman, 1st. Indoor and 1st. Outdoor; Junior Division: Compound-Unaided Class - Jarrett Blevins,, 2nd. Indoor and 1st. Outdoor; Compound-Aided Class - Clint McDaniel, 2nd. Indoor and 3rd. Outdoor; Recurve-Unaided Class - Kevin Strube, 1st.

The Post Dispatch Thursday, April 14, 2005 Page 3

Outdoor. Senior Division: Compound-Aided Class - Garrett Chapman, 1st. Indoor and 1st. Outdoor; Recurve-Unaided Class - Dionn Heckaman, 3rd. Outdoor.

Also participating at district were Dylan Davis, Chad Miller and Christopher Loyd.

Leaders of the Archery Club are Randy and Lana Conner.

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| COMBO NO. 4 | HOMESTYLE POPCORN CHICKEN & 32 OZ. TALLSUP | \$2.59 |
| COMBO NO. 5 | SPICY POPCORN CHICKEN & 32 OZ. TALLSUP | \$2.59 |
| COMBO NO. 6 | 3 TAMALES, HOWLERS & 32 OZ. TALLSUP | \$2.49 |
| COMBO NO. 7 | 2 HOT LINKS WITH BREAD & 32 OZ. TALLSUP | \$2.49 |
| COMBO NO. 8 | 2 CORN DOGS & 32 OZ. TALLSUP | \$2.29 |
| COMBO NO. 9 | CHIMICHANGA & 32 OZ. TALLSUP | \$2.29 |
| COMBO NO. 10 | 2 BEEF & BEAN BURRITOS & 32 OZ. TALLSUP | \$2.29 |

Obituaries

Mary Belle Macy

Memorial services for Mary Belle Macy, 89, will be held at 2 p.m., Friday in the W.W. Rix Chapel, 1901 Broadway, with Dr. Keith Wiseman officiating. She died April 12, 2005.

Mary Belle was born October 1, 1915, in Kansas City, Missouri, to Frank and Mamie Slaughter Lott. The family moved to Coral Gables, Florida in 1940. She married Ike Macy in 1943 and together taught tennis and dancing in Coral Gables as well as Chicago and Kansas City, Missouri, until 1968.

After her husband's death, Mary Belle moved to Lubbock to be closer to her family. She was active in many volunteer organizations, such as the ARCS Foundation, the Lubbock Symphony Orchestra, the

Ladies' Auxiliary at Methodist Hospital, and the Ranching Heritage Center. Mary Belle is survived by her son Bob and his wife Debbie, of Post; two grandchildren, Mike Macy and his wife Kellie, of Post, and Sharla Duncan and her husband Randy, of Lubbock; four great grandchildren, Aaron and Brogan Macy, Brady Ragland and Macy Duncan; a brother, John Lott, Sr., of Lubbock; a nephew, Jack Lott, of Pecos, N.M.; and two nieces, Patty Kirkpatrick, of Post, and Linda Bouchier, of Houston.

Interment will be in the family cemetery on the Macy Ranch at Post. The family suggests memorials to the National Ranching Heritage Center, Box 43200, Lubbock, 79409, or to your favorite charity. To send online condolences, visit www.rixfd.com

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George H. Hansard Sr.

Services for George H. Hansard Sr., 78, of Lamesa were held at 10 a.m. Wednesday, April 13, 2005, in the First Baptist Church with the Rev. Nathan McBride officiating. Burial followed in the Lamesa Memorial Park under the direction of the Branon Funeral Home.

Visitation was conducted Tuesday, April 12, at the funeral home. He died Sunday, April 10, at the Medical Arts Hospital.

Born Oct. 1, 1926, in Gorman, he was a lifelong resident of Dawson County. A 1943 graduate of Lamesa High School, he served in the U.S. Marine Corps from 1944 to 1946. In 1951 he completed his collegiate career, earning both a bachelor's and law degrees from Baylor University. He was elected Dawson County attorney in 1952, district attorney for the 106th Judicial District in 1959 and district judge in 1971. He served as district judge until his retirement in 2001.

He married Melba Clarke Feb. 18, 1956, in Odessa. A member of the First Baptist Church for more than 60 years, he served as a deacon for 50 years and was a Sunday school teacher for 35 years. He was a member of the Lamesa Lions Club and the Lamesa Chamber of Commerce. He coached Little League baseball, served as president of the Lamesa Booster Club and was a director for the Boy Scouts Buffalo Trails Council.

Survivors include his wife, Melba Hansard of Lamesa; four sons, George Hansard Jr. and wife, Stacy, of Fort Stockton, Mark Hansard and wife, Susan, of St. Louis, Missouri, Jeff Hansard and wife, Marta, of Midland, and Sam Hansard and wife, Deborah, of Lubbock; and nine grandchildren, Nicholas and Lindsay of San Antonio, Taylor and George III "Trey" of Fort Stockton, Hannah and Shelby of St. Louis, Maygen and Kyle of Midland and Andrew of Lubbock.

The family has suggested memorials be made to the Odyssey Hospice, the Alzheimer's Association or to the charity of the donor's choice.

Notes to CCA web site ...

The following excerpts are a few of the interesting comments received from some of the 37,987 individuals who have viewed the Caprock Cultural Association's Web site at www.posttexas.com:

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formerly from Post. Jorgen in Sweden: "I listen to the best radio station on this earth, KPLX Texas Country 99.5, the Wolf. We have a cowboy trend here in Sweden this year. Texas trend in Sweden. In Europe, we think: Sweden/Gothenburg, USA/EU, Texas/

From Carson Lucksinger of

Southlake: "To get information about

Post for a school project." His sev-

enth grade teacher is Carol Devinney,

Tabitha Soto: "Enjoyed the info on the site. Please update."

Dallas."

Angela: "This site is great, but need to know about the newspaper in Post. I'm looking for my husband's birth parents and would like to search online for birth announcements. If anyone has info on how I could get these records from October 1975, please contact me."

Eric, DeeDee and Hailey Alaniz: 'Hi to all Post residents. Currently stationed at Minot Air Force Base, North Dakota."

Rodney Paul Smith: "Being from East Texas and attending college, I know what the Dixie Chicks sing about the wide open spaces. I love visiting your town. A friend from my hometown of Palestine has a connection with you. His first job as a DPS trooper was in Post. He is now retired and a constable."

Jim Foster: "My family and I live in Post. I am currently in Iraq. Pray for my family while I am away."

Krystal Rivera: "I'm from Post. I live in Las Vegas, Nev., at the moment. I like to look at this site and find out what's going on."

Mike Crawford: "I was in Post recently for Old Mill Trade Days and couldn't help think about when I served as the last city police officer of the City of Post. The prowler calls that I made in the middle of the night flood back to me, especially after I found myself alone after two officers resigned and before the city and county voted in the '70s. I then became a deputy sheriff for Garza County. I toured the museum while I was in town and it was great. Post is a wonderful place to visit and I hope to return soon. Thanks for the memories."

For more information, contact the CCA at P.O. Box 37, Post, or call 495-4148. E-mail may be directed to ccarts@postgarza.com.----

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On God's Word

by Timothy W. Burnett

Jesus Christ's last meal...teaches about love, and more

Last week we stopped at Jesus Christ's teaching about the symbolism of food and drink related to his body and blood. The accounts continue with Luke 22:21-22 where Jesus once again referred to his impending betrayal, "But, behold, the hand of him that betrays me is with me on the table. And truly the son of man goes, as it was determined: but woe unto that man by whom he is betrayed!' And they began to inquire among themselves, which of them it was that should do this thing." This was the third time Jesus brought this subject up. The first time he mentioned it, his disciples wondered among themselves. The second time, they each asked him "Is it I?" This time they inquired among themselves as a group concerning which of them it should be. Also, strife arose over which of them should be accounted the greatest (Luke 22:23-30)

He taught them a great lesson by saying "The kings of the Gentiles exercise lordship over them; and they that exercise authority upon them are called benefactors. But you shall not be so: but he that is greatest among you, let him be as the younger; and he that is chief, as he that does serve. For whether is greater, he that sits at meat, or he that serves? Is not he that sits at meat? But I am among you as he that serves. You are they which have continued with me in my temptations. And I appoint unto you a kingdom, as my Father has appointed unto me, that you may eat and drink at my table in my kingdom, and sit on thrones judging the twelve tribes of Israel."

Next we come to the accounts starting in John 13:18-38. Here again, Jesus mentioned his betrayal two more times, "I speak not of you all. I know whom I have chosen, but that the scripture may be fulfilled, 'He that eats bread with me has lifted up his heel against me.' Now I tell you before it come, that when it is come to pass, you may believe that I am he. Verily, verily, I say unto you, he that receives whomsoever I send receives me, and he that receives me receives Him that sent me. When Jesus had thus said, he was troubled in spirit, and testified, and said, Verily, verily, I say unto you, that one of you shall betray me.' Then the disciples looked one on another, doubting of whom he spoke." It continues with the record of one disciple asking Jesus who would betray him. Jesus answered, "He it is, to whom I shall give a sop, when I have dipped it." And he gave the sop to Judas Iscariot, the son of Simon. Then according to verse 27, after the sop was given to Judas, Satan entered into him, and Jesus told him to do it quickly. Judas then left immediately. None of the other disciples understood why Judas left. They thought he left to give money to the poor.

After Judas left, Jesus boldly said, "Now is the son of man glorified, and God is glorified in him. If God be glorified in him, God shall also glorify him in Himself, and shall straightway glorify him." Jesus went right back to teaching his disciples. He told them that where he was going, they could not come. He then taught them a new commandment in verse 34, "A new commandment I give unto you, that you love one another, as I have loved you, that you also love one another. By this shall all men know that you are my disciples, if you have love one to another." The first epistle of John covers this love in detail. It is about showing God's love toward mankind in our lives. God's love is showed in walking by his spirit that is within. It says in 1John 3:18, "...let us not love in word, neither in tongue, but in deed and in truth." This means to love truly in deed. The perfect example of deeds is found in Jesus Christ while he walked on earth (see John For the archives of On God's Word visit

www.geocities.com/christinyou7/love.html.

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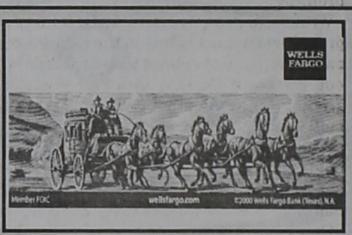
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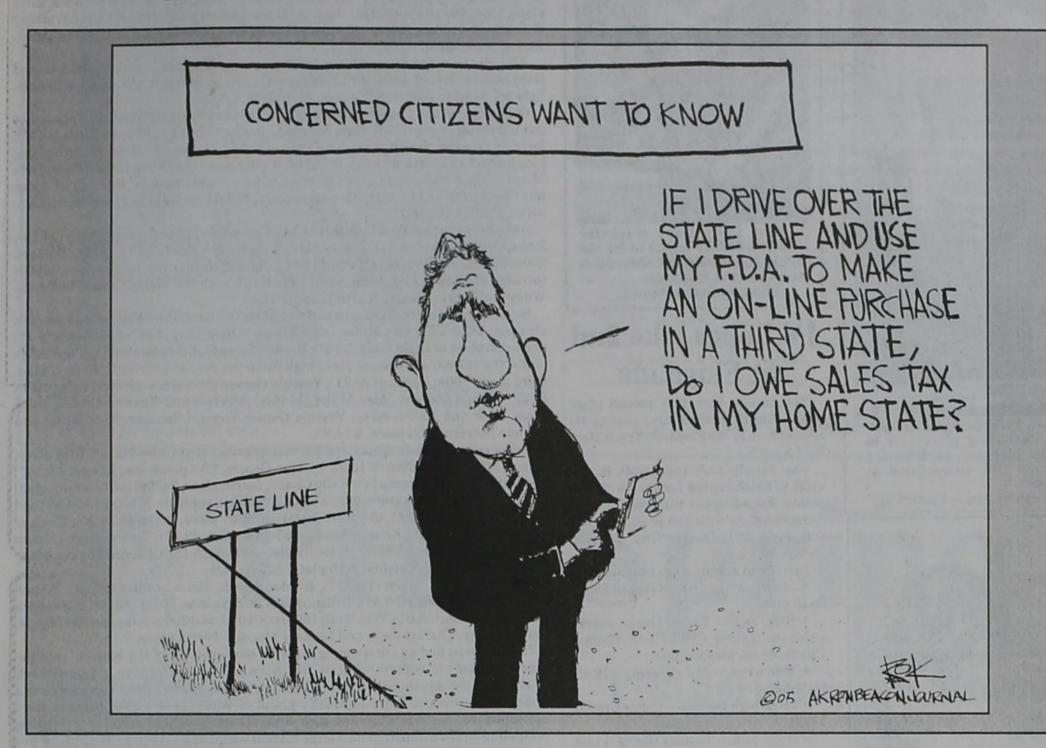
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Opinions



Stupid airport security

by Walter E. Williams

For most of my professional life, I've traveled frequently - What about the TSA confiscation of "dangerous" personal items sometimes boarding a commercial flight two, three or four times a such as tweezers, hat pins, sewing scissors, knitting needles, etc.? I month for lucrative speaking engagements. Over the past three hope I'm not giving the TSA ideas, but I've watched a number of years, the frequency has fallen to an average of once or twice a year. television shows featuring supermax prisons like California's The reason is simple. I don't want to be arrested or detained for Pelican Bay. Among the items prisoners fashion into lethal weapons questioning some of the senseless airport security procedures. Don't are ballpoint pens, belts, eyeglass temples, glass containers and get me wrong. I'm for security but against stupidity. Let's look at toothbrushes, all of which the TSA permits on airplanes. So what's some of it starting off with a hypothetical question.

You're a detective. A woman reports a rape. How would you go tweezers? about finding the perpetrator? Would you confine your search to males or would you include females as well?

not if Transportation Secretary Norman Mineta were your supervisor. terrorists, the larger proportion of resources should be spent You might be ordered to investigate females and males as possible screening Muslim passengers. Screening the blind and disabled, suspects to avoid committing the politically incorrect sin of sex profiling.

With regard to airport security, Mineta said, "While the security holding a rifle on the plane. procedures are not based on the race, ethnicity, religion or gender of passengers, we also want to assure that in practice, the system does not disproportionately select members of any particular minority Fewer resources would be available to screen me. When law-abiding group." That means Americans who fit no terrorist profile mothers with children, blind and disabled people, elderly couples are frisked, groped and hassled. What's even more stupid is that those responsible for making "Muslim" near synonymous with pilots and flight attendants face similar screening. Here's my question to you: If a pilot is intent on crashing a plane into a building, does he need to carry anything on board to do it?

setting off any alarms, I've been pulled aside for additional screening. percent of TSA's funding is spent on airports operating under the Imagine that you're there with a Transportation Security Administration (TSA) supervisor and I'm being subjected to additional likelihood of being a security threat. That's stupid. screening. You offer him a bet whereby if Williams is discovered to be in possession of something that endangers security — a knife, gun or bomb — you'll pay him \$5,000, and if I'm not, he'll pay you \$100. Do you think he'll take your offer? I'm betting he wouldn't.

the TSA's reasoning for allowing ballpoint pens on planes but not

Most hijackings and recent terrorist acts have been committed by young Muslim extremists. That's not to say that all or nearly all You say, "Williams, that would be stupid to include females!" But Muslims pose a threat to security. But if one is looking for potential mothers and children, and senior citizens is not going to have much of a payoff unless the goal is not to have tweezers or a G.I. Joe doll

If I were a terrorist, I'd appreciate the fact that the TSA treats every passenger as having an equal likelihood of being a security threat. people are the subject of profiling, it's unfair, and they are insulted and rightfully so. The true source of the injustice they face are

Even if I don't fly commercial anymore, I care about the TSA's waste of resources. There are potential terrorist targets in many On several occasions, having gone through screening without areas such as ports, railroads and infrastructure, but roughly 90 assumption that every passenger and every bag have an equal

Walter E. Williams is a professor of economics at George Mason University. To find out more about Walter E. Williams and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com. COPYRIGHT 2005 CREATORS SYNDICATE, INC.

Solution to birth-control controversy: deregulate drug stores

by Sheldon Richman

Every now and then we are tested in our dedication to individual association, and free enterprise. The state treats adults like children. If liberty. It's happening again. Recently, Gov. Rod Blagojevich of Illinois someone defies an instruction, he is punished. issued an emergency ruling ordering pharmacists to fill prescriptions for contraception, including "morning-after" pills, despite their convictions against doing so.

overturns it, and the governor is likely to ask the state legislature to beyond dispute. Where is Voltaire when we need him?

Going further, the Chicago Sun-Times reported, "Blagojevich, through who has the right to make the rules. A dissenting pharmacist has the his Financial and Professional Regulation Department, also filed an administrative complaint against Osco on Friday, charging the pharmacy with "Failure to provide pharmaceutical care, and Unprofessional conduct, for refusing to dispense contraceptives to ... two women in February."

The store could be fined and even be closed. with conscientious objections from the requirement to fill all prescriptions. drugstore, she is free to go to another or to shop on the Interment. Contraception and pro-abortion activists claim the clause applies only Blagojevich's rule requires drugstores to have on duty at least one to doctors wishing not to perform procedures, such as abortions, that pharmacist willing to fill birth-control prescriptions. This could lead to violate their beliefs.

Blagojevich, the newspaper said, made the announcement "surrounded afford two pharmacists on a shift and fires the one with anti-contraception by abortion-rights supporters from around the country." I guess pregnant women, but not pharmacists, have a right to choose.

The governor "said he was taking a stand against a growing national trend of anti-abortion pharmacists refusing to dispense contraceptives." The Sun-Times noted that concern that the morning-after pill prevents a fertilized egg from implanting in the woman's uterus and therefore kills a human embryo "has motivated pharmacists in at least a dozen states around the country to refuse to dispense contraceptives." Reports of refusals are becoming common nationwide.

We see in this episode yet another clash between conscience and the welfare state, in which individual rights are subordinated to the politicians, conception of the common good. State governments license pharmacies, and an assortment of drugs, including birth-control pills, are obtainable only by a doctor's prescription. The entire complex of regulation and prohibition infringes on individual liberty, freedom of

Now this is clear for all to see. One need not oppose abortion to see how Blagojevich's order violates pharmacists, rights. Why should a pharmacist have to sell products he believes to be immoral? Agree or disagree with The ruling has the force of law for 150 days unless a state panel his convictions, but his freedom to act on them peacefully should be

> To be clear, it is the owner of the pharmacy, not a pharmacist-employee, choice to abide by the owner's rules or find other employment.

According to a Planned Parenthood official in Chicago, "Apharmacist's personal views cannot intrude on the relationship between a woman and her doctor." This begs the question. Abstaining from selling something is not an intrusion on any relationship between two other people. At issue is whether the state's "conscience clause" exempts pharmacists Pharmacists are not slaves. If a woman can't buy a pill from one

an interesting clash of regulations. Suppose a small drug store can't scruples to avoid violating the new rule. Could the fired pharmacist sue his former employer for religious discrimination?

The New York Times suggests an alternative to the impasse: "Pharmacists who refuse to fill prescriptions for morning-after pills are inadvertently strengthening the case for providing them as non prescription medicines on the open shelves. Such availability would allow women to get the pills promptly without going first to a doctor and then to a potentially obstructionist pharmacist."

That's the way to go. Let's stop the state from regulating what the late philosopher Robert Nozick called "capitalist acts between consenting

Sheldon Richman is senior fellow at The Future of Freedom Foundation (www.fff.org), author of Tethered Citizens: Time to Repeal the Welfare State, and editor of The Freeman magazine.

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Saying goodbye to the Pope

by Bill O'Reilly

It's too bad the cable TV news coverage of the Pope's death has desensitized some Americans. The wall-to-wall commentary quickly became tiresome to many, and millions tuned out. That's a shame, because Pope John Paul's life is very much worth examining.

Here is a man who was undeniably saintly, a person who lived on this earth but operated in a spiritual zone few of us could ever contemplate. He considered worldly matters only in the context of what God "expected." Practical problem solving was not the Pope's priority. He was truly a faith-based man.

In the summer of 2003, I traveled to Rome to find out why the Pope had been so publicly detached from the American priest scandal. As a loyal Catholic, I was angry that the Pontiff had not been more proactive in punishing people like Cardinal Law, who obviously had stonewalled the sexual abuse of minors by some clergy members. My public criticism of the Pope led the Catholic League to bitterly criticize me, so I wanted to be absolutely sure that my opinion of the Pope's conduct in that terrible matter was based on facts.

While in Rome, I learned a lot about the Pope from people who worked with him daily. They were fearful of speaking on the record because the Pope's advisors did not brook dissent. Any open criticism of John Paul was not tolerated by the Holy See.

Off the record, I found out that the Pope was deeply hurt by the sexual abuse situation, but was convinced by his advisors that it was an "American" problem. Thus, when he visited Canada in 2002, he declined a meeting with some sexual abuse victims. Apparently, the Pope's advisors felt the meeting would be too stressful for the ailing Pontiff.

For the last few years of his life, Pope John Paul was almost totally disengaged from temporal matters. Ravaged by disease, he prayed and meditated most of the time, leaving the day-to-day running of the Vatican to others. Those "others" were mostly conservative European clergymen who tended to view the USA as a selfabsorbed, materialistic country out of touch with much of the world.

So, when the war on terror erupted, the Vatican was sympathetic to America but tentative in condemning Islamic extremists. The Church did not want to exacerbate Catholic-Muslim tensions and avoided specific policy recommendations.

Then came the War in Iraq, which put the Holy See directly at odds with the Bush administration. Once again, the Pope did not really get directly involved, but this time, his Secretary of State, Cardinal Angelo Sodano, denounced the attack on Saddam, pointedly saying that the war was not a necessity.

Up until the end of his life, the Pope remained consistent in his belief that prayer would overcome evil. He saw the Nazis destroyed and the Soviet Union fall. He believed good would triumph over evil if good people prayed and stayed loyal to values of freedom, life and belief in God.

For some of us, that spiritual stance in the face of terror and sexual abuse was hard to take. Americans are a people of action, a problemsolving bunch. We want results now — not on God's time.

But perhaps Pope John Paul was wise in his determination to put faith ahead of activism. I still believe the next Pope should be more of this earth, but I cannot fault the philosophy of John Paul: that all life is sacred and human beings have a God-given right to live in freedom. The Pope prayed for that constantly. So should we all.

Veteran TV news anchor Bill O'Reilly is host of the Fox News show "The O'Reilly Factor" and author of the book "Who's Looking Out For You?" To find out more about Bill O'Reilly, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate web page at www.creators.com. This column originates on the Web site www.billoreilly.com.

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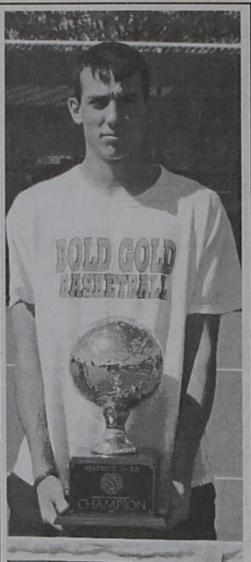
Post Lady Lope tennis players winning District Champions and qualifying for Regional UIL competition are (left to right), Kylie Easterling (singles), Steffi Norman and Traci Nelson (doubles). (Photo by James Easterling)

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The Mayor and City Council

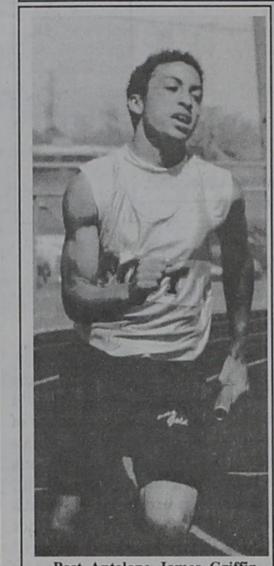
have designated April as Clean Up, Fix Up, Paint Up **Month in Post**

- · The City of Post is sponsoring a voluntary campaign to promote **Spring Cleaning around the homes** of its citizens.
- · The mowing of weeds in the alley is the homeowner's responsibility.
- · The City has hired extra crews to work the alleys every Saturday in April, 2005. The program may be extended into May, 2005.
- · Citizens are encouraged to clean any accumulated weeds or debris, including junked or abandoned cars, from around the exterior of their homes.
- · If you need assistance, please call Jennifer at City Hall, 495-2811.

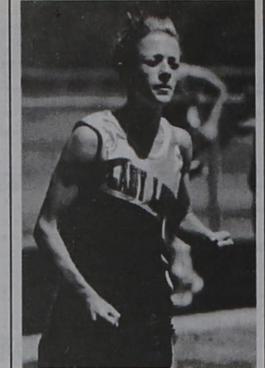


Post Antelope tennis player Cole Easterling places 1st in District play and qualifies for Regional UIL competition at

(Photo by James Easterling)



Post Antelope James Griffin pushes through 200 meters of the 800M relay duringlast Saturday's track meet in Floydada (Photo by Susan Strawn)



Post Lady Lope trackster Christin Collier settles in for the 800M run during last Saturday's track meet at Floydada. (Photo by Susan Strawn)

JV Lopes take 2nd at Floydada

The varsity boys took second place while the JV earned first among its competitors in the Floydada Track Meet held April 9.

The varsity took 109 points in the meet to finish behind Lockney with 170 points. Rounding out the team finishes were Floydada with 106 points; Trinity Christian, 104; Denver City, 68; and Roosevelt, 62.

Individual results were as follows: • 3200m run - Adrian Nava, 13:25.97,

· 400m relay - Kenny Garay, Jarred Grisham, James Griffin and Thomas Curtis, 45.29, second place. • 800m run - D.J. Rivera, 2:19.85,

• 110m high hurdles - Colter Creech,

• 100m dash - Thomas Curtis, 11.08,

second place. • 400m dash - D.J. Rivera, 56.25,

seventh place. · 300m int. hurdles-Jarred Grisham, 40.80, second place.

· 200m dash - Thomas Curtis, 28.56,

• 1600m relay - James Griffin, 57.08; Zach Sanchez, 56.25; Kenny Garay, 57.61; and Jarred Grisham, 51.45; fourth place finish with a team total of 3:42.69.

• Shot put - Janssen Eilenberger, second place, 45'1 3/4"; Blake Nichols, 40'6"; and Jerrad Grisham, 35'. • Discus - Janssen Eilenberger, first

place, 142'4 3/4"; Blake Nichols, second place, 138'8 3/4"; and Israel Beggs. • Long jump - Thomas Curtis, first place, 20'5 1/2"

• High jump - Colter Creech, 5'10"; Kenny Garay, 5'8"; and James Griffin. · Pole vault - Ryan Babb, first place,

• Triple jump - Thomas Curtis, third place, 39'6"; Kenny Garay, fifth place, 39'

• 800m relay - D.J. Rivera, Zach Sanchez, Kenny Garay and James Griffin, 1:39.11, fifth place. The JV earned a total of 157 points for

their first place win. Individual results included:

• 3200m run - Robert Apolinar,

seventh place, 13:26.96; Byron Scruggs, eighth place, 13:37.25. · 400m relay - Roosevelt Brown,

Steven Hair, Wes Mason, Bradley Reed, 48.15, third place. • 800m run - John Vasquez, sixth place, 2:32.26; Marc Ayala, eighth place,

• 110m high hurdles - Heath

Fellhauer, fourth place, 19.01. • 100m dash - Roosevelt Brown, first place, 11.86; Luis Ceja, second place,

12.08; John Vasquez, fourth place, 12.83. • 400m dash - John Vasquez, third place, 65.56; Marc Ayala, fourth, 67.88. · 300m int. hurdles-Heath Fellhauer, third place, 48.44.

• 200m dash - Bradley Reed, first place, 26.19; Luis Ceja, third place, 26.81. • 1600m run - Byron Scruggs, seventh place, 5:56.74; Robert Apolinar, ninth place, 6:07.74.

• 1600m relay - Steven Hair, Luis Ceja, Heath Fellhauer and Wes Mason, third place, 3:54.37.

• Shot put - Zack Witcher, fourth place, 34'4 1/4"; Jeremy Short, 32'11"; Preston Ortiz, 32'9"

• Discus - Preston Ortiz, first place, 101'7"; Zack Witcher, third place, 93'1/ 2"; Jeremy Short, 90'1".

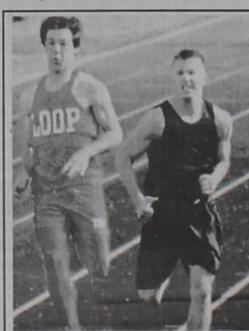
· Long jump - Roosevelt Brown, first place, 18'7 1/2"; Steven Hair, fourth place, 17'2 1/2"; Heath Fellhauer, fifth place, 17'2 1/2"

• High jump - Call Windham, first place, 5'6"; Heath Fellhauer, third place,

· Pole vault - John Vasquez, sixth place, 8'; Robert Apolinar.

· Triple jump - Roosevelt Brown, second place, 36'3 3/4"; Luis Ceja, sixth place, 35'4 1/4"; and Bradley Reed, eighth place, 34'4".

• 800m relay - Bradley Reed, Steven Hair, Wes Mason and Roosevelt Brown, third place, 1:42.41.



Southland Eagle Stace Norman finishes the 100M dash as District Champion. (Photo by Rhonda Norman)

8th grade Lady Lopes win district meet

The eighth grade Lady 'Lopes won the district track meet at Denver City April 7, while the seventh grade girls grabbed a second-place finish.

Eighth grade district champions and medalists included Gaby Gomez, third place in the long jump (14'1"), second place triple jump (32'1 1/2") and first place 200m (28.16); Sabrina Sanchez, first place triple jump (32'2 1/2"), second place 300m hurdles (56.11); Shawnda Wiley, first place 800m (2:42) and 1600m (6:20.5) and third place high jump (results not listed in coach's report); Cloudia Hernandez, third place, 800m (results not listed); Joanna Menjares, first place, 100m (13.51); Whitney Williams, first place, 400m (70.15) and third place 100m (13.82); and Shyra Perez, second place, 400m (70.90).

Also, in the 400m relay, Shyra Perez, Joanna Menjares, Sabrina Sanchez and Gaby Gomez, first place (54.41); 1600m relay, Joanna Menjares, Whitney Williams, Sabrina Sanchez and Gaby Gomez, first place, 4:32.8).

Other eight grade places and participants included Ashley Stenzel, fifth place shot put (no distance provided); Gabi Vergara, shot put (24'11 1/2") and discus (54'1"); Sabrina Sanchez, fourth place, long jump (13'11 1/2"); Joanna Menjares, fifth place, long jump (12'11 1/4"); Whitney Williams, sixth place, triple jump (28'5 1/2"); Valerie Moreno, sixth place, 2400m (no time provided); Jackie Slaugh, fifth place, 100m hurdles (20.71); and Haley Lester, sixth place, 100m hurdles (21.47) and sixth place, 300m hurdles (60.81).

Also, Erika Ortiz, 100m hurdles (22.54); Shyra Perez, fourth place, 100m (14.19); Erika Ortiz, 400m (81.81); Jackie Slaugh, 300m hurdles (62.43); Ashley Stenzel, 200m (33.97); Gabi Vergara, 200m (32.40); Cloudia Hernandez, fourth place, 1600m (no time provided); and 800m relay, Cloudia Hernandez, Haley Lester, Shawnda Wiley and Jackie Slaugh, fourth place, 2:08.43.

Seventh grade district champs and medalists included Toni Wait, second place in shot put (28'10 1/2"); Alex Miller, second place in long jump (13'1") and 200m (30.77) and third place in triple jump (28'5"); Branda Stevens, first place triple jump (31'9") and 400m (67.58) and second place high jump (no results provided); Kelly Chapa, third place, 100m hurdles (20.21); Yesenia Gomez, first place, 100m (14.42); 400m relay, Branda Stevens, Alex Miller, Lindsey Morrow and Yesenia Gomez, third place, 58.9: and 1600m relay, Yesenia Gomez, Crystal Sanchez, Alex Miller and Branda Stevens, first place, 4:44.93.

Other seventh grade places and participants included Chloe Mason, fifth place, discus (53'7") and 1600m (8"13.7); Yesenia Gomez, fifth place, long jump (12'5 1/2") and sixth place, high jump (4'); Kelly Chapa, fourth place, 2400m (no time provided) and fifth place, 300m hurdles (61.64); Melinda Vega, sixth place, 800m (3:24.57) and fifth place, 1600m (7:47.43); Darlene Ariza, fifth place, 800m (3:24.20); Chelsey Sapp, 800m (3:24.88); Kristen Leach, 100m hurdles (22.57); Tianna Reyna, 100m hurdles (22.75); Lindsey Morrow, fourth place, 100m (15.13); Chandni Bhakta, 100m (19.23) and Crystal Sanchez, fifth place, 400m (74.9).

Also, Alex Cruz, 400m (1:40.51); Kristen Leach, 300m hurdles (56.22); Tianna Reyna, 300m hurdles (68.57); Brittany Day, sixth place, 200m (32.99); Alexandra Rodriguez, 200m (35.01); Toni Wait, 1600m (8"10.1); and 800m relay, Brooks Morris, Brittany Day, Chelsey Sapp and Lindsey Morrow, fourth place, 2:13.73).

"Both groups had an outstanding meet for our last meet of the season," said the coach. "We had a lot of personal bests, which is what you look for at your district meet." This makes the fourth meet in a row that the eighth graders have won, which is a sweep of the season. I am especially proud of what these eighth graders have accomplished, because they are such a small group. There were only 15 girls competing, and we won by quite a large margin with 178 total points. It's difficult for that many girls to rack up so many points. We had quite a few district champions in both groups, which is quite rewarding.

"Both groups have worked extremely hard this year in workouts and at track meets. Some of these girls have work ethics of girls in high school. I am so proud of what they have accomplished, and their efforts and wonderful attitudes are greatly appreciated. They have made this track season such a blessing and such a fun time. You couldn't ask for two better groups of girls to work with."

PHS Antelope track teams win Caprock Relay

Both the varsity and junior varsity boys track teams for Post High School earned first place finishes overall in the April 2 Caprock Relays.

The varsity squad garnered 203 points to take first place, followed by Tahoka with 160, Roosevelt with 112, Slaton, 50, and Ralls, 19.

The JV 'Lopes captured the top team position with a point total of

Individual results for the varsity squad were as follows:

• 3200m run-Adrian Nava, second

place, 13:16. · 400m relay - James Griffin,

Jerrad Grisham, Wilson Cash and Thomas Curtis, first place, 44.41. • 800m run - D.J. Rivera, second

place, 2:14.50; Colter Creech, fifth place, 2:24.06.

• 110m high hurdles - Eric Reyna, fifth place, 18.73; Kenny Garay, sixth place, 20.90.

• 100m dash - Thomas Curtis, first place, 11.47; Kenny Garay,

fourth, 12.39. • 400m dash - D.J. Rivera, second place, 58.03; Jonathan McGregor,

fourth, 65.21. • 300m int. hurdles - Jerrad Grisham, first place, 40.19; Eric

Reyna, third place, 45.50; and Colter Creech, fifth place, 47.59. • 200m dash - Thomas Curtis,

first place, 22.44; James Griffin, third place, 24.19; and Kenny Garay, 24.98. • 1600m run - Adrian Nava, second, 5:43.23.

• 1600m relay - Jonathan McGregor, D.J. Rivera, Wilson Cash and Jarred Grisham, third place, respective times of 56.7, 56.05, 57.51 and 52.60; team total time, 3:42.86.

• Shot put - Janssen Eilenberger, first place, 47'3 3/4"; Blake Nichols, third place, 43'5"; Jerrad Grisham, fifth place, 40'4".

 Discus – Janssen Eilenberger, first place, 156'1"; Jace Pollard, 103', sixth place; and Blake Nichols,

· Long jump - Thomas Curtis, second place, 21'7"; Chris Reed, sixth place, 17'10".

• High jump - Colter Creech, first place, 5'10"; Kenny Garay, fourth place, 5'6"; and James Griffin, fifth place, 5'4".

 Pole vault – Ryan Babb, first place, 12'.

• Triple jump – Kenny Garay, fifth place, 40'1 1/2"; James Griffin, seventh place, 37'7 1/2".

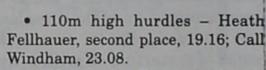
· 800m relay - James Griffin, Jonathan McGregor, Kenny Garay and Wilson Cash, team time of 1:36.96, second place finish. Individual results for the JV

included: • 3200m run - Robert Apolinar,

fifth place (no time provided); Byron Scruggs, sixth place (no time provided). · 400m relay - Roosevelt Brown,

Zach Sanchez, Wes Mason and Bradley Reed, first place, 46.86. • 800m run - John Vasquez, ninth

place, 2:35.12; Marc Ayala, eleventh place, 2:42.59.



• 100m dash - Roosevelt Brown, third place, 12.28; Luis Ceja, fourth place, 12.33.

• 400m dash - Pat Reiter, 60.08; John Vasquez, 64.18.

· 400m int. hurdles - Heath Fellhauer, third place, 47.00; Call Windham, 52.80.

• 200m dash - Luis Ceja, first place, 25.37; Bradley Reed, second place, 25.59.

• 1600m run - Byron Scruggs, ninth place, 5:54.83; Robert Apolinar, tenth place, 6:04.88. • 1600m relay - Luis Ceja, D.J.

Baiza, Zach Sanchez and Wes Mason, first place, 3:48.31. Shot put – Kris Crenshaw, fifth

place (no distance provided). • Discus-Zack Witcher, first place,

103'2 1/2"; A. Ortiz, fifth place, 93'; Jeremy Short (no distance provided). · Long jump - Health Fellhauer,

15'11 1/4"; Roosevelt Brown, 15'5"; Wes Mason, 14'8 1/2". · High jump - Heath Fellhauer, sixth place, 5'2".

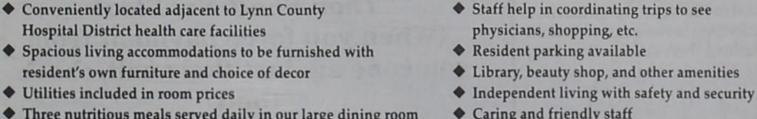
· Pole vault - Robert Apolinar, first place, 9'; John Vasquez (no height provided).

 Triple jump – Bradley Reed, second place, 37'4 1/4"; Roosevelt Brown, third place, 34' 8 1/2"; and Health Fellhauer, 33'9 1/2".

• 800m relay - Roosevelt Brown, Zach Sanchez, Wes Mason and Bradley Reed, 1:39.21.



Post Lady Lope Lyndee Strawn keeps a steady pace in the 3200M and 1600M run during Floydada Track meet on Saturday, April 9. (Photo by Susan Strawn)



Prices include all of the following amenities:

 Utilities included in room prices Three nutritious meals served daily in our large dining room

Studio (One Large Room) 471 sq. ft.

Large One Bedroom (Double Occupancy)

One Bedroom 512 sq. ft.

593 sq. ft.

 Regularly scheduled social activities Personal laundry facilities and housekeeping services provided

Assistance with medication (we will not administer medications, but will give medications to residents at the

appropriate times for self-administration)

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◆ Homelike, dignified living for your loved ones ◆ RESIDENT'S OBLIGATIONS: Telephone and Cable TV service, if desired, may be made

physicians, shopping, etc.

through individual billing arrangements with those companies, paid directly by residents.

HWY. 380

Tahoka

1801 Country Club Road Tahoka, Texas

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Come see our beautiful new facility with Studio, One-Bedroom and Couples rooms featuring

large walk-in closets, and kitchens equipped with microwave oven/refrigerator units.

Call for

availability

and prices.

(806) 998-1226 Susie Sosa, Lynnwood Administrator

> Owned and Operated by Lynn County Hospital District

"Our goal is to provide our residents with a safe, homelike environment, yet have the privacy, independence and dignity to live a long and healthy life. Each resident will be afforded the highest level of genuine care."

\$350 Damage Deposit is

room upon move out.

required, refundable upon

satisfactory condition of the

Private Pay Only is accepted.

(We will provide information

necessary for residents who have commercial insurance

coverage to file a claim.)

Fac. ID #100713



Post Lady Lope Brenna Postelle circles in preparation to throw the shot put during last Saturday's track meet in Floydada. (Photo by Susan Strawn)

Lady Lopes struggle in loss at Tahoka

The Post High School Lady Lope softball team nearly pulled off a victory against Tahoka before the Lady Bulldogs jumped ahead for a 5-4 win during the last three innings on Friday, April 8 in Tahoka.

The Lady Lopes finished the first inning with a four-point lead as Kayla Morris scored on an error, Alana Zubia allowed Steffi Norman and Ashley Powell to score on a double and LaRissa Halford brought in Alana Zubia on a bunt. Lady Lope pitcher Allison Blevins finished out the first inning by allowing only two hits.

Blevins held Tahoka to only four hits during the next two innings and shut them down in the third. The tide began to turn in the bottom of the fourth as the Lady Lopes allowed two runs by a persistent Tahoka offense that capitalized on defensive errors. The inning ended with a score of 2-4 when the Lady Lopes stopped an attempt by Tahoka to steal

Following a quick fifth inning, the Lady Lopes were hit again with the Tahoka offense in the sixth inning, scoring three more points. The Lady Lopes were unable to add runs in the seventh inning, and with a 5-4 loss the ladies left Tahoka ready to travel to Lubbock, where they were to play Dimmitt on Tuesday, April 12.

The Lady Lopes are scheduled to play Denver City, Saturday, April 16 at 11 a.m. at David Nichols Park. The two teams are tied for first place. A win would put the Lady Lopes in contention for the playoffs.

More Sports on Page 10

The Post Dispatch Thursday, April 14, 2005 Page 7



Post Little Dribblers 2005 boys team are (back row left to right), Zach Kirkpatrick, Joel Andrade and Keshawn Jefferson (3rd row), Kade Smith, Fabian Marquz, Calvin Seago and Edel Sanchez (2nd row), Trey Havens, Brayden Permenter, Miguel Gomez and Jared Araiza (front row), Tyrell Huey, Jarred Curtis, Shandon Wiley and Christian Armendariz.

www.thepostdispatch.com



PHS Spring Sports





Post Lady Lope Ashley Wilson (8) is safe after sliding into second base during last Friday's softball game at Tahoka. (Photo by Tabatha Cowley)

Rick & Carolyn's

Friday Night All You Eat Catfish!

601 N. Broadway - Post - 495-0546

Post City Television & **Post City Radio Proudly Salute the Post Lady Lopes &** Antelopes! Cebridge Connections Channel 12

We're Backin' the Lady Lopes & Antelopes!

Rex, Terry & **Madison Cash**

Congratulations Lady Lopes & Antelopes!

Gary & Jaquita **Blevins**

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Cheeseburger with **Extra Value Meal!**

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6 a.m. to 11 p.m. Corner East Main & U.S. Hwy 84 102 N. Broadway

PHS Spring Sports Schedules

April

PHS Track District Meet @ Abernathy 15 Varsity & JV Baseball vs. Slaton (here) 12 & 3 p.m. Softball vs. Denver City (here) JV & Varsity Baseball @ Roosevelt 4:30 & & 7 p.m. Softball vs. Roosevelt (here) **PHS Track Regional Qualifiers** 23 Var. & JV Baseball vs. Denver City (here)12 & 3 p.m. PHS Tennis Regional Meet @ Abilene JV Baseball @ Abernathy 5 p.m. Varsity Baseball @ Abernathy 5 p.m. Girls & Boys Regional Golf @ Abilene PHS Regional Track Meet @ Abilene

PHS Sports on Post City Television Cebridge Connections Channel 12 www.postcityradio.com

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Giles W. Dalby **Correctional Facility**

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Jeff & Gina Lott

We're proud of our Lady Lopes & Antelopes!

Chris & Glenna Reiter



Lynn County Hospital District

www.lchdhealthcare.org Tahoka - 998-4533 Physician & Wellness Clinic Obstetrical Services Lynnwood Assisted Living Center



Post Antelope Zach Sanchez rushes through his leg of the 400M relay during last Saturday's track meet at Floydada. (Photo by Susan Strawn)

Post City Television

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Services and Repairs

Lynn's Piano Tuning. Lynn Long Tuner. Call 561-5320.

Help Wanted

Dickens County Nursing Home has openings for LVNs all shifts. Full County benefits. Please apply in person. 905 E. Hill St., Spur, Tx 79370.

Call Traci Stevens for all of your Real Estate Needs Office 806.793.0703 • Cell 806.787.9785 E-Mail: tstevens4009@yahoo.com

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CONVENIENT LOCATION! 2 BR, 1B, office, recent interior updating, large lot, 119 N. Avenue L.

LOVELY BRICK! 3/2/2, C-H/A, FP in family room, covered patio, workshop/storage; OTHER EXTRAS! 902 W. Main.

MUST SEE! Brick 3 BR, 2 B, family room/FP, C-H/A, CP, garage/ workshop, large fenced yard. 1007 Sunset Dr.

SPACIOUS! 4BR, 3B, dbl. wide, C-H/A, FP, electric, 401 W. 3rd. A BARGAIN @ \$39,900! Frame, 4 BR 3R unstairs arga, carport, needs "Tender Loving Care," on co SOLD! NICE FRAME! 3/2/1 CP, rec room, storage bldg. 415 N. Avenue P.

GREAT BUY! 3BR, 2B, basement, e UNDER CONTRACT storage/garage, dbl. CP. 606 W. 11th.

REDUCED! 3BR, 2B, garage, storage, cellar, fenced back yard. 114 W. 13th St.

W. 11th. NEAT FRAME! 3 BR, 1 B, CP, store SOLD REASONABLE PRICE! FRAME 2 BR, 1B, 304 W. 13TH. GOOD LOCATION! 8 lots, 4 util. connections, 200 block W. 8th. ACREAGE AVAILABLE 44.5A \$67,000 fronts U.S. Hwy 84.

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If you want it SOLD -not just listed, call

Mitchell Real Estate

Reduced Price! - 3B/In Contract ouse at Back. 916 W. 13th - good purchase.

Commercial Bldg., 115 W. Main, formerly KPOS Radio Station

Located - 121 Avenue Q, 2 BR, 1 BA 113 N. Avenue M - 3 BR, 1 B, Price reduced

402 Osage - 3 BR, 2B

908 W. 7th In Contract

City Lots - Roberson Addition Commercial Property on Hwy 84

Kim Mills - 495-3719 Barbara Hardin -

Mike and Wanda Mitchell - 495-3104 or

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Homes for Rent

Large 3 BR, 2 BA, central heat and air, 2 car garage. 219 S. Ave F. 2 BR house. Central heat and air. 204 S. Ave. F. 800-687-0557.

Mobile Homes for Sale

New 2005 16' wide, 3 BR, 2 BA. \$1200.00 down. \$197.19 per month*. 888-539-7780. *\$22,900.00 sale price, 5% on \$21,700 to finance 300 months. 9.99 APR.

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your tax returns Free for your new home business. 888-539-7780.

Call our 24 hour credit hotline to see if you qualify for a home loan, 806-894-3883 or 800-375-8739.

Homes for Sale

For Sale by Owner. 301 Mohawk. 3 BR, 2 BA. Bricked, 2,000 square feet. Call 495-2547 or 543-5045.

Miscellaneous for Sale

White, Maytag Refrigerator. 1 year warranty left. \$250.00. 495-0172 or 495-3855 ask for Edie.

1960 14' Lone Star Boat, V-hull, 33 HP Evinrude and trailer. Good condition. \$600.00.

Utility trailer 5'x 12'. \$250.00. 302 W. 13th St. Call 505-808-2769 or 495-

Garage Sales

2 Family Garage Sale. 216 W. 15th. Sat. only. 8 a.m. - ?. No early birds. Sports cards, kids - up clothing, household items, boat, misc.

Pets and Supplies

Free! Male Lab and Golden Retriever mix. 5 months old. 441-8863.

Trailers for Sale

1994 Top Line Custom Enclosed Trailer, 24 x 8 x 8, AC/Heater, 5500 lb. tandem, cabinets, new tires, rear ramp, awesome. \$6550.00. 806-495-1935.

Wanted to Buy

Attention CRP Landowners Worried about cutbacks in USDA Farm Programs and not getting your farm back in CRP once the contract is up? Why not sell your CRP farm before the contract expires. Individual buyer looking to purchase farm land currently enrolled in the CRP program in Garza and surrounding Counties. No brokers. Call 1-806-828-9957.

Legal Notices

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF ROBERT TRUMAN DICKSON, Cause #1814, Garza County, Texas

Notice to all persons is hereby given that the original letters of Testamentary upon the estate of Robert Truman Dickson, deceased, were issued to the undersigned on the 11th day of April, 2005, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, the county below named, are hereby required to present the same to us, at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed, and within the time required by law to Lola Joy Petty Dickson or her attorney Preston L. Poole, Jr., at P.O. Box 296, Post, Texas 79356. Dated 11 April, 2005.

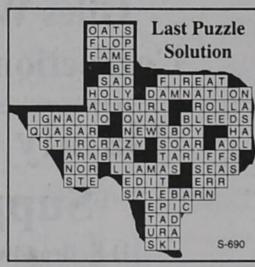
Lola Joy Petty Dickson

PUBLIC HEARING The Garza County Commissioners'

Court will hold a Public Hearing on Monday, April 25, at 10:00 a.m., on the third floor of the Garza County Courthouse, for the purpose of considering the following described area as a Reinvestment Zone, pursuant to Texas Tax code section 312.201:

Sections 681, 682, 683, 684, 685, 686, 687, 736, 737, and 738. Block 97, H&TC RR CO. Survey, Garza County,

The Reinvestment Zone would be for the purpose of considering tax abatement for the Borden/Garza County Windfarm project involving improvements consisting of 18 to 24 wind turbines, electrical transmission lines, roads, and other facilities relating to the production, distribution and transmission of wind generated electricity.



LEGAL NOTICE

Government Code 117.022 NOTICE

IS HEREBY GIVEN that the Garza

County Commissioners' Court will be

receiving sealed bids until 2:00 p.m. on

In compliance with Local

Thursday, May 5, 2005 for Garza County's Bank Depository Contract 2005. This contract is for the County Depository Bank. Sealed bids will be received at the Garza County Treasurer's Office, 300 West Main Street, 3rd Floor South, Post, TX 79356. Bid packets may be obtained at same location.

Inquiries regarding bid specifications should be directed to Ruth Ann Young, Garza County Treasurer at (806) 495-4422. Comparative analysis of proposals will be conducted and a recommendation will be presented to Garza County Commissioners' Court in regular session on May 9,2005.

Notice of Application For Oil and Gas Waste Disposal **Well Permit**

Maguire Oil Company, 1201 Elm Street, Ste. 4000; Dallas, Texas 75270 is applying to the Railroad Commission

of Texas for a permit to dispose of produced salt water or other oil and gas waste by well injection into a porous formation not productive of oil and

The applicant proposes to dispose of oil and gas waste into the Strawn Formation, Fletcher-Lott lease, Well Number B 1D. The proposed disposal well is located 8 Miles South of Post. Texas in the Vern Mag (8240) Field, in Garza County. The waste water will be injected into strata in the subsurface depth interval from 1300 to 3808 feet.

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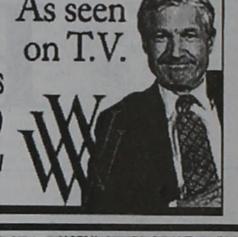
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LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended. Title 3 of the Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

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

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Management and Training Corporation is currently seeking qualified applicants to fill the position of Data Services Technician (IMS). You will be responsible for performing intermediate level systems support work operating automated data processing equipment which has the capabilities of data storage and data computation using several different software applications in compliance with MTC and Federal Bureau of Prisons directives. High School Diploma or equivalent, technical training and general knowledge of computers and computer systems, plus five years related experience required. Valid driver's license in the State of Texas with an acceptable driving record required, unless waived by

For a challenging career, great rewards, excellent salary and benefits, please submit your application and/or resume to Human Resources, Charla Miller, Giles W. Dalby Correctional Facility, 805 N. Ave. F, Post, Texas 79356 or fax to 806-495-0336 by 5:00 p.m. on : April 18, 2005. General Clerk II (administration)

You will be responsible for clerical tasks, systems and procedures related to inmate records administration. High school diploma or equivalent, and one year related experience, including word processing or computer data entry experience required. Computer knowledge desired; must type a minimum of 45 words per minute. Valid driver's license in the State of Texas with an acceptable driving record required, unless waived by management.

For a challenging career, great rewards and excellent salary and benefits, submit resume to: Human Resources, Giles W. Dalby Correctional Facility, 805 N. Avenue F, Post, Texas 79356 or fax to 806/495-0336. Deadline Monday, April 18, 2005 at 5:00 p.m. EOE M/F/V/D

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TexSCAN Week of April 10, 2005 **ADOPTION**

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Please call Peggy/Walter, 1-866-209-1603. Enter

PIN number 7356. PREGNANT? SINGLE PROFESSIONAL woman wishes to adopt a beautiful baby to fill her heart and home. Expenses paid. Susan, free call 1-866-205-6978. PIN 1633.

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EMPLOYMENT OPPORTUNITY L&W DIESEL SERVICE seeks experienced Diesel/Field Mechanic. Must have CDL. Apply in person at 2600 W. 43rd., Odessa, Texas. Fax: 1-432-

367-0709, call: 1-800-677-2747.

Blvd., Midland, TX 79796.

EMPLOYMENT/MEDICAL SURGICAL TECHNICIAN, FULL-TIME and PRN. Exciting opportunity as a surgical technician in an ambulatory surgery center. Candidate MUST have previous hospital, outpatient or ambulatory surgical experience. Weekdays only. NO phone calls. Send resume to: Texas Surgical Center, 5609 Deauville

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MISCELLANEOUS

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ness, paralegal, computers. Job placement assistance. Computer and financial aid, if qualify. 1-866-858-2121, www.tidewatertechonline.com

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41.93 ACRES, END of road, corners large ranch, whitetail, exotics, hogs, turkey, \$895/acre, southwest of Rocksprings. 1-830-257-5572, ranchenterprises ltd.com

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10 Years Ago April 12, 1995

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and

s for

Regional tournament in Abilene are Charity Williams, Brandi Puckett, Melanie Valdez and Bertha Soria. Williams and Puckett competition and Valdez and Soria took in the 880-yard and mile runs. second in the event.

Mr. and Mrs. Roland Key of Gail would like to announce the engagement of their daughter, Ralynn, to Will Kirkpatrick, Will is the son of Mr. and Mrs. Jack Kirkpatrick of Post. The couple will marry July 22 in the First Baptist Church in Post.

is currently producing "Fiddler on the Roof," which has been declared a sell-out.

The third annual Bike Safety Program and Rodeo was ruled a success. Fifty three children participated and were instructed in safe bicycle operations. The winners of the bicycles were Allen Heckaman (boys) and Roxanne Soto (girls). The rodeo winners were Mathew Norman, Robert Pettet and Zach Lopez all with 61 points for a three way tie for fist place.

title of district champions on Monday. "This is the first time since 1967 when Jimmie Bartlett was a senior", announced Coach Chili Black.

20 Years Ago April 10, 1985

modern times swamped judges in the city and school elections. Mayor Giles McCrary was reelected, along with council members Maxine Earl, Larry Mills and Charles Wallace. In the Post ISD board of trustees election, Jimmy Bartlett and Tom Drake will face a runoff in Place One. Don Payne won reelection to Place Two and new board member Jerry Osborn sits in Place Three.

Glory Rental Tool Inc., a new member of the Post Chamber of Commerce, was welcomed as a new business in Post recently with ribbon cutting ceremonies. Tino business for 50 years.

first place during the Antelope Relays. There of honor and Bobby Terry attended the were 15 schools represented at the meet. Marta Holly won four gold and one silver medal and she tied a school record in the triple jump.

30 Years Ago April 10, 1975

Mr. and Mrs. Jerry Epley announce the lengagement and approaching marriage of their daughter Debbie, to Dennis Mason, son of Mr. and Mrs. Harry Lee Mason, of

Jan Hall, daughter of Mr. and Mrs. Bill Silver Star Medal recently for "gallantry in Hall of Post, was among contestants in the Miss Caprock Beauty Pageant at South son of Mr. and Mrs. C. N. Nickens of Post.

Dalby was presented the new Garza County Flag, by the Garza County Historical Survey Committee. The flag was one project of the committee, celebrating the BiCentennial. Mr. Tal Tipton, County Tax Collector, designed the seal used on the flag, which has been used as the Gara County Seal since he took office in 1957.

Gene Gandy is the new Garza County deputy sheriff. The former local electrician was sworn in by Sheriff J. A. (Jimmy) Holleman and assumed his new duties

is now open at 215 E. Main. Sharron Morris owns and operates the new men's store. 40 Years Ago

April 15, 1965

Marsha Tipton, Post 8th grade student, Tuesday became the first "repeat" winner in the 12-year history of the Garza County Spelling Bee. Marsha is the daughter of Mr. Billy Odom, Surman Hill, Pleasant Hill, Roy and Mrs. Marshall Tipton.

Seven members of the Post Antelope track and field team earned letters this Post Lady Lope tennis champs headed to season. The letter winners are: Luis Avala. Butch Cross, Danny Peirce, Ronald Simpson, Ricky Welch, Ruben Solis and Peter Morales. Solis and Morales will placed first in the District 4AA doubles advance to the Regional meet at Texas Tech

Twenty past masters of Post Lodge No. 1058 AF&AM attending a roll call at the Masonic Lodge hall were Dr. A. C. Surman, Phil Bouchier, Walter Duckworth, Murry Crowley, Wilburn Morris, C. R. Thaxton, Dean A. Robinson, O. L. Weakley, Walton McQuien, Paul Jones, Harold Voss, Lester A new sign was placed above the marque Nichols, Junior Hagins, Donald Windham, at the Garza Theatre last week. The theatre Bailey Matsler, Bobby Pierce, Ira Lee Duckworth, Luther Bilberry and R. B.

> The musical trio of J. O. Smith, Gregg Jones and Bill Bland provided the entertainment at the FHA Mother-Daughter

50 Years Ago April 14, 1955

The State Department of Health will notify county health officials by telephone as soon as the Salk polio vaccine is received The Lopes boys' golf team captured the in Austin. In Garza County, approximately 300 first and second grade pupils will be vaccinated in schools at Post, Southland, Graham, Close City, Justiceburg, Garnolia and Grassburr.

Post High School's track team are prepared for the district meet in Lubbock One of the largest voter turnouts in on Saturday Coach Olin Reddell has announced. A few of Post's entries in the district meet are: 100-yard dash - Ted Tatum, Jack Rains and Ronnie Kennedy; 220-yard dash - Tatum, Rains and Jerry McCampbell; 440-yard dash - Tommy Murray; 880-yard run - Raymond Gary and Troy Cartmill; Mile relay - Jerry Kay, Homer Cato, Murray and Gary; 120-yard high hurdles - Murray, Key and Noel White; Pole vault - Jack Morris, Gary and Murray; Shot put - Murray, Novis Pennell and Jack Carpenter; Discus throw -Carpenter and Andy Schmidt.

Miss Lometa Perrin, daughter of Mr. and Guerrero is the manager of the new business. Mrs. R. B. Perrin, became the bride of Jerry R.B. and Beatrice Dodson were honored Lawrence Epley Sunday afternoon. Otis for 55 years of marriage as well as being in Proffitt, Church of Christ Minister, officiated for the double ring ceremony. The bride's The Post Varsity girls' track team won twin sister, Miss Loveta Perrin, was maid groom as best man.

Mrs. Beulah Elms is representing Levi's Ranch Cafe in a state and national "Miss Good Morning" contest sponsored by the National Restaurant Association and Kellogg's.

60 Years Ago April 12, 1945

Private First Class Dugan C. Nickens of Post and a member of Company F, AAO, 39th Infantry Regiment, was awarded the action against the enemy." Nickens is the

The Addax: This week's senior Tuesday afternoon County Judge Giles - personality is David Rogers. He is the son of Mr. and Mrs. Charlie Rogers of the Graham community. David is interested in 4-H club work and plans to go to college after school is out.

Bettye Jane Travis, 1944 graduate of Post High School, and the daughter of Mr. and Mrs. R. D. Travis, sr., of Post, had her name placed on the honor roll for the fourth six weeks at Abilene Christian College.

Spring football training began week before last with a squad of some 25 boys. Returning from last year's squad are Jimmy Bird, Hugh Ingram, Charles Propst, Gene Post's newest retail store, Trends for Men, Carpenter, Mack Head, A. C. Thomas, David Buster, Wayne Hundley, Paul Duren, W. C. Carlton, Bill Fumagalli, Louis Mills, Dana Bostic, Raymond Dougherty and Sonny McCrary. Other reporting for practice were Eugene Ashley, Joe Stokes, Gaylon Young, Billy Lofton, Roy Brown, George Hester, Junior Malouf, H. T. Carr, Lynn Ranson, Williams and James Everett.

www.postcityradio.com & www.thepostdispatch.com

The Texas A&M University System

Neighbor to Neighbor

by Julie Dirks

Garza County Extension Agent-Family & Consumer Science Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

Healthy Feet: A Step in the Right Direction

The leg bone's connected to the ankle bone and the ankle bone's connected to the foot bone but, what do we really know about the foot bone?

Wear and tear on your feet starts when you first learn to walk and continues until you cannot walk anymore. We should all remember to pay close attention to our feet! They may be the first sign of problems in our bodies, including serious diseases.

Common conditions associated with your feet include:

Fungal and Bacterial Conditions: Fungal and bacterial growth on your feet is caused by your foot being in a warm, dark, damp place; namely, your shoes. One of the most common fungal conditions is Athlete's Foot. Fungus and bacteria may cause dry skin, redness, blisters, itching and infection. To help prevent this condition, change shoes and socks often to help keep your feet dry. Also, try dusting your feet with foot powder to help dry moisture.

Corns and Calluses: Friction and pressure are the main culprits for corns and calluses. When the bony parts of your feet rub against your shoes, hard, dry knots may form on your feet: corns or calluses. Sometimes corns and calluses may be treated by wearing shoes that fit differently or cushioning the bony parts of your feet with special pads. Any form of treatment that involves cutting or scraping corns and calluses should only be performed by a health professional.

Bunions: Your big toes may become swollen and tender as a result of joints in the toes not fitting together properly. If the bunion is not severe, you may be able to relieve pain and pressure by wearing shoes that are wider, taping your foot or wearing pads to cushion the bunion.

Physical therapy, special shoe inserts or surgery may be necessary to treat the bunion. Unfortunately, bunions tend to run in families.

Hammertoe: Shortening of the tendons that control toe movements is a condition known as hammertoe. The toe knuckle is usually enlarged, drawing the toe back. Over time, as the toe rubs against your shoes, it may become stiff and enlarge even more. Without your large toe resting against the walking surface, you may lose your balance. Treatment includes wearing socks and shoes with plenty of room for the toe so that it does not rub against the shoe. Surgery may be needed to correct hammertoe.

Spurs: Calcium deposits on the bones of your feet may cause spurs prickly rock-like formations that may cause great pain in your feet. Spurs are caused by muscle strain in the feet from standing long periods of time or wearing ill-fitting shoes. Treatment for spurs includes using foot supports, heel pads and heel cups. In some cases, surgery may be necessary to remove spurs.

Certain people who have medical conditions should be especially concerned with the care of their feet. Diabetics and those with other nerve and circulatory disorders should be sure to practice diligent foot health to ensure that their feet are receiving proper blood flow and do not have any injuries. Cold feet may be a sign of circulation problems. Lack of blood flow to the feet and toes is common for those with diabetes. Another sign of decreased blood flow is the loss of hair growth on the toes or feet. Decreased blood flow can make it difficult for people with diabetes to heal sores or infections.

If you suffer from diabetes you should check your feet every day. Look for areas of redness, areas of swelling or any other changes to the feet. Often, people with diabetes lose their sensation and cannot feel an abnormality on their foot so a daily inspection becomes very important. If you are older or unable to check your own feet, ask a

friend or family member to help. Keeping toenails trimmed is a very

important task but may be dangerous for those with circulatory or nerve problems in their feet. Toenails should be trimmed straight across but not cut too short, especially in the corners. This may lead to ingrown toenails. Also, be careful when trimming that you do not cut the toe itself. Those with diabetes, circulation problems, nerve problems and those who are prone to infection should not cut their own toenails. Medicare will pay for toenail trimming by a trained medical professional if certain conditions are met, such as suffering from diabetes. Check with your health provider to see if you might qualify for

Shoes that fit properly are paramount to good foot health. Remember the

Foot size changes with age Be sure to measure before each new shoe purchase.

One foot is normally larger than the other so be sure to fit your new shoes to the larger foot. Make sure that the ball of your

foot fits comfortably into the widest part of the shoe. Your heel should fit comfortably with little or no slipping when you

Most importantly, walk in the shoes before you buy them to make sure they do not hurt your feet.

Our feet do more work than a lot of other parts of the body. Remember to take care of your feet and remind your health provider to take a look at your feet the next time you go in for an

appointment. For more information, contact Julie Dirks, Garza County Extension Agent-FCS, at 495-4400.. You may also contact the American Podiatric Medical Association at 1.800.FOOTCARE (1.800.366.8223) or on the internet at

Source: Andrew B. Crocker Gerontology Health Specialist

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

The Post Dispatch Thursday, April 14, 2005 Page 9

Extension Extras

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

Executive Board Meeting

April 18, Noon, at the Extension office. Please bring lunch with you. 4-H Booster Club & 4-H Council Meetings

April 18, 6:00 p.m., at the Extension office. Prime Time Camp Deadline April 18

Two Prime Time sessions are scheduled this summer at the State 4-H Center at Lake Brownwood. The Prime Time I, for youth ages 12-13, is set for July 17-20. Prime Time II, for youth ages 9-11, is set for July 20-23. Registration deadline for this camp is April 18. For more information and registration forms, come by the Extension office at 215 West Main Street in Post.

SpecTra '05 Deadline April 18

This special camp, for youth ages 14-18, is scheduled for July 25-30, at the State 4-H Camp at Lake Brownwood. Registration deadline April 18. For more information and registration forms, come by the Extension office at 215 West Main Street in Post.

Leadership Lab

May 31 through June 2 are the dates for District 2 Leadership Lab at South Plains College. Cost of the session is \$96 which covers meals, lodging, snacks, project and program expenses. For more information or to pick up registrations forms, come by the Extension office at 215 West Main in Post.

Lamb Camp

June 12-14 are the dates for the 2005 Lamb Camp at Howard College. Limited to first 200 to register. Cost is \$80 per person for lodging, meals and awards. For more information, call (806) 495-4400 or come by the Texas Cooperative Extension office.

Goat Camp

June 19-21 are the dates for the 2005 Goat Camp at Howard College. Cost is \$80 per person for lodging, meals and awards. Limited to first 200 to register. For more information, call (806) 495-4400.

Team Roping School

The 16th. Annual 4-H Team Roping School for youth 12 to 18 years of age, is scheduled for June 2-5, 2005, at South Plains College. For more information and registration forms, come by the Extension office at 215 West Main in Post.

Electric Camp.....

.....for youth 13-19 years of age, will be June 20-24 at Weed, NM. Cost is \$95 which includes meals, lodging, snacks, program supplies and transportation. Deadline to register is May 23. For more information and registration forms, come by the Extension office at 215 West Main Street in Post.

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1 TXism: "feeling

5 Hilton's 1st TX hotel was "a cross between a gold mine and a house"

6 Cowboy Irvin was denied Hall of on 1st ballot 7 TX Vikki Carr's "It

__ Him" Must 8 TXism: "it would jerk the tears out of a glass eye" 9 TXism: "exciting

IRS office" 5 Robin's adverb? 6 sinners' fate in "hellfire" sermon

9 Hereford has country's largest -__ rodeo 21 old cowboys can cigarette 22 TX Gen. Zaragoza

of Cinco de Mayo 27 shape of TX Motor Speedway 28 "my heart

29 starlike object 30 young man who delivers papers 32 "Ah" sidekick?

with eagles when you work with turkeys"

for you"

33 TX JoBeth '80 film 36 TXism: "it's hard to

37 net provider (abbr.)

38 oil rich country: Saudi 39 what NAFTA eliminated

41 TXism: "couldn' find hide ___ hair of him" 42 Peruvian critters raised in TX

45 Pacific & Atlantic 46 one cold city: Sault Marie 47 fix a film

49 TX livestock auction site (2 wds.) 52 TX film "Giant"

53 TXism: "smidgen" 54 fictitous sister of TX Ima Hogg 55 Lake Lewisville

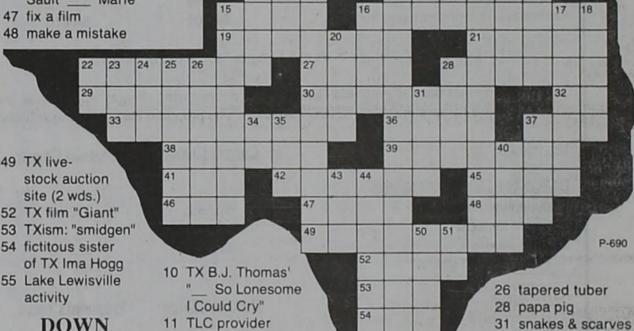
DOWN

1 TXism: "call the dogs" 3 Harris Co.'s most

northern town 4 character in Six Flags "Gold River Adventure" ride 8 TX Wiley Post was

1st to fly around the world 9 Austin's "McKinney The Original

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12 TXism: "dew chaser" (2 wds.) 13 water temperature tester? (2 wds.) 14 floor covering 20 TX "Designing"

15 Farouk is Houston 16 TX John Wesley Hardin had a quick 17 TX Dan Blocker

the nose

18 singing through

22 smartness number (aobr.) 23 Molly & Bailey Circus in TX in later life? (2 wds.) 24 TX singer Stuckey 25 residents of "Little

Saigon" in Houston

woman Judith

35 TXism: "took sick' 37 TXism: "_ _ piece" 40 flowerless plant 43 OK town 44 Biblical port city visited by the apostle Paul 50 SE TX Indian tribe

51 TX cooler (abbr.)

34 _ Hubbard be-

came gov. in 1876

went to US Senate

when Gov. Coke

Post City Television

Daily Program Guide • April 15 thru April 21

| | 8 a.m. | 11 a.m. | 2 p.m. | 5 p.m. | 10 p.m. | | |
|-------|--------------|------------------|---|--------------|--------------|--|--|
| Fri. | OS Museum | Garza Theatre | County Court | Post ISD | County Court | | |
| Sat. | Post ISD | Garza Theatre | County Court | Post ISD | County Court | | |
| Sun. | PHS Softball | PHS Baseball | PHS Softball | PHS Baseball | Post ISD | | |
| Mon. | PHS Softball | PHS Baseball | PHS Baseball 1, 5 & 10 p.m. Post Church of Christ Sunday Services | | | | |
| Tues. | City Council | Cong. Neugebauer | County Court | Post ISD | Post ISD | | |
| Wed. | Post ISD | Cong. Neugebauer | County Court | Post ISD | County Court | | |
| Thur. | City Council | Cong. Neugebauer | County Court | Post ISD | Post ISD | | |

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Post Antelope 7th grade men's UIL individual district champions in track aare (left to right), Trent Babb, Clint Windham, Giles Dalby and Travis Bergin. (Photo by Kara Swindell)

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NOTICE OF PROPOSED INCREASE IN **ENVIRONS GAS RATES**

On February 25, 2005, Atmos Energy Corporation ("Atmos" or the "Company") filed a Statement of Intent with the Railroad Commission of Texas (the "Commission") to increase its gas rates in the unincorporated area ("Environs") surrounding the Cities of West Texas Service Area (the "Cities"). This proposed increase in gas rates willing to apply to customers residing inside the city limits of the West Texas Service Area.

In its filing, the Company proposes to change its Environs base rates and service charge tariffs to the same level as those current rates previously approved by the Cities for customers inside the city limits. The service charge rates have been in effect inside the city limits since April 10, 2003 and the base rates have been in effect inside the city limits since May 1, 2004. The Company proposes to change the Environs rates effective April 1, 2005. The Commission may suspend the proposed effective date for up to 150 days.

The proposed changes will affect all classes of Environs tariff customers, including Residential, Commercial, Industrial, State Institution, and Public Authority customers. The Company's Air Conditioning Customers, who currently take service under a separate tariff, will instead be served under the Residential tariff. There are approximately 17,306 Atmos Environs tariff customers (15,071 Residential, 1,916 Commercial, 182 Small Industrial, 16 State Institution, and 121 Public Authority). The proposed changes in Environs base rates are expected to increase the Company's annual revenues by approximately \$440,274. The Company also proposes to implement and apply a new Weather Normalization Adjustment clause to the bills of customers in weather-sensitive classes (Residential, Commercial, State Institution, and Public

The typical monthly residential customer bill (assuming consumption of 6 Mcf) and the typical monthly commercial customer bill (assuming consumption of 30 Mcf) will be affected as follows by these changes:

| | Current | Proposed | |
|-----------------------------------|----------|----------|------------|
| | Bill (1) | Bill (1) | Difference |
| Residential Customer using 6 Mcf: | \$13.99 | \$15.12 | \$1.13 |
| Commercial Customer using 30 Mcf: | \$43.05 | \$43.10 | \$0.05 |

(1) (a) Includes average PGA of \$4.96 per Mcf as of December 31, 2003.

Atmos estimates that the proposed changes to its nonrecurring charges will increase it s Other Revenues in the Environs by approximately \$30,377 annually. The proposed changes are as follows:

| Description | Current Charge | Proposed Charge | Increase |
|--|--------------------|--------------------|------------------|
| DURING BUSINESS HOURS: Turn on new service (with meter set) Turn on service | \$23.50 \$19.00 | \$32.00 \$23.50 | \$8.50 \$4.50 |
| (shut-in test required) | \$19.00 | \$23.30 | \$4.50 |
| Description | Current Charge | Proposed Charge | Increase |
| DURING BUSINESS HOURS (cont'd): | | | |
| Turn on service (meter read only required) | \$10.50 | \$15.00 | \$4.50 |
| Miscellaneous service calls | \$10.50 | \$11.25 | \$0.75 |
| Reconnect delinquent service or Service temporarily off at customer's reque | \$29.50 est | \$37.50 | \$8.00 |
| Dishonored Check Charge | \$25.00 | \$25.00 | \$0.00 |
| AFTER BUSINESS HOURS: | | | |
| Turn on new service (with meter set) | \$35.25 | \$48.00 | \$12.75 |
| Turn on service (shut-in test required) | \$28.50 | \$35.25 | \$6.75 |
| Turn on service (meter read only required) | \$15.75 | \$22.50 | \$6.75 |
| Miscellaneous service calls | \$15.75 | \$16.88 | \$1.13 |
| Reconnect delinquent service or Service temporarily off at customer's reque | \$39.00 est | \$56.25 | \$17.25 |

The various changes in base rates and nonrecurring charges proposed by Atmos would increase the Company's total revenues in the Environs by approximately \$470,651 on an annual basis, or 9.7%. The proposed change in revenues is a "major change" under state law. The new Environs rates will not exceed 115% of the average of all rates for similar services in all municipalities served by Atmos Energy within the same county.

Affected individuals may review a copy of the proposed filing during normal business hours (9 am until 5 pm, Monday through Friday, excluding holidays) at 1) the local offices of Atmos in its West Texas Division; 2) Atmos' Lubbock office, located at 5110 80th Street; or 3) the Railroad Commission.

Customers affected by the proposed Environs rate changes may file written comments or protests with:

Docket Services Section Legal Division (Re: Docket No. 9573) Railroad Commission of Texas P.O. Box 12967 Austin, Texas 78711-2967

'Lopes continue romp in District 5AA race

The Post Antelopes pieced together 17 hits to notch an 11-3 victory against Idalou

at David Nichols Field Saturday in District 5-2A action.

The win bumps the 'Lopes (11-10 overall) into sole possession of second place in the district with a 7-2 mark and five games remaining in the regular season. The Wildcats (12-5) dropped to 6-3 in district play.

The PHS baseball team continued an offensive trend - a multi-homer game at home. Randon Blacklock connected on two for the 'Lopes. The contest marked Post's second multi-homer game in their last three home games and seventh overall in their last four home games.

Idalou struggled offensively against the Antelopes, managing only four hits against Blacklock, Post's starter. The 'Lopes had no problems, however, torching Idalou starter Chase Espe for eight runs.

Wildcat relief pitcher Adam Ramirez proved equally ineffective, throwing to 11 'Lopes in and and two-third innings with closer Devin Sherman needing 16 pitches to get the final four Antelopes outs.

Idalou took a short-lived 2-1 lead in the top of the third inning. Leadoff batter Eric Rocha singled, followed by a bloop single that fell between three Antelopes by number nine hole hitter A.J. Bravo. Bravo later scored on an errant pickoff throw by Blacklock at second base that also eluded centerfielder D.J. Baiza.

Blacklock got the rally going by going deep over the left-field fence in the 'Lopes' half of the third and Miles Gray followed with a double to right center. Jett Lott followed with a fielder's choice hit, with both Gray and Lott safe. Eric

Revna then blasted a one-strike two-RBI double with Theo Paiz lacing a single to Baiza hit a dribbler back to pitcher, with Reyna getting out at third. Wilson Cash

then laced a sharp single to extreme right for the final Antelope hit of the inning. With bases loaded, Blake Nichols and Coco Valdez both went down on a strikeout and a 1-3 putout, respectively, to end the Wildcat bleeding. The impetus for the Antelope rally, however, was in motion and nothing Idalou tried could stem Post's

The 'Lopes sent 25 hitters to the plate during the third through fifth innings, scoring 10 of their 11 runs. Idalou's top seven batters got on base three out of 22 bats (two walks and one double) with nine strikeouts.

Blacklock (4-0) got the complete game win by going to 28 Wildcat batters - seven over the minimum. Blacklock went seven innings with only four hits, three walks,

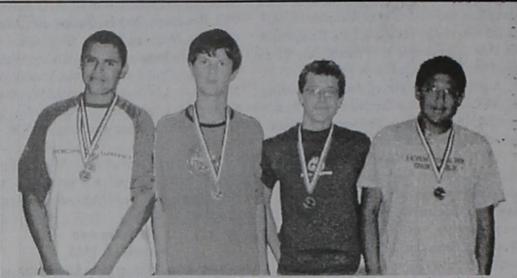
no hit batters and 10 strikeouts. He tossed a total of 102 pitches for 50 strikes and 43 balls. He also led the offensive charge on a 3-for-5 day, including his team-leading sixth and seventh home runs of the season.

Offensively, Post is averaging 12.5 runs over their last four games and nearly four runs defensively over the same span.

Batting for Post were Valdez, one single, scored once: Blacklock, one single, two homeruns; Gray, two singles, two doubles, two RBIs, scored three times; Lott, one single, scored twice; Reyna, two singles, one double, four RBIs, scored twice; Paiz, three singles, one RBI; Baiza, one double, one RBI; Cash, one single; and Nichols, one onbase by hit batter.



Post Antelope 7th grade men's UIL District champions in the 1600M relay are (left to right), Joe Menjares, Giles Dalby, Trent Babb and Clint Windham. (Photo by Kara Swindell)



Post Antelope 8th grade men's UIL District 400M relay placing third are (left to right), Juan Gomez, Dalton Doran, Chad Miller and Jesse Vera. (Photo by Kara Swindell)



Post Lady Lopes 7th grade women's UILindividual District Champions are (left to right), Yesenia Gomez and Branda Stevens. (Photo by Kara Swindell)



Post Lady Lopes 7th grade women's UIL District medalists are (back row left to right), Toni Wait, Crystal Sanchez, Alex Miller and Yesenia Gomez (front row), Lindsey Morrow, Kelly Chapa and Branda Stevens. (Photo by Kara Swindell)



Post Lady Lopes 8th grade women's UIL individual District Champions are (left to right), Whitney Williams, Sabrina Sanchez, Joanna Menjares, Shawnda Wiley and Gaby Gomez.. (Photo by Kara Swindell)



Post Lady Lopes 8th grade women's UIL District team Champions are (back row left to right), Gaby Gomez, Joanna Menjares, Shawnda Wiley, Whitney Williams, ashley Stenzel, Valerie Moreno, Jackie Slaugh and Kenzie Mason (front row), Erika Ortiz, Sabrina Sanchez, Cloudia Hernandez, Shyra Perez, Gabi Vergara and Haley Lester. (Photo by Kara Swindell)