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# The Post Dispatch

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Friday, September 24, 2010

## Caprock Heirloom holds ribbon cutting ceremony



Photo by Jodi Lincoln

Attending the ribbon cutting ceremony for Caprock Heirloom guest and owners from left to right, Judge Lee Norman, Chamber member Marsha Norman, Chamber member Rosa Latimer-Bell, owners Mary and Steve Norman, District Clerk Jim Plummer, Chamber Office Manager Janice Plummer and Public Relations Director, Harry Record. Back Row left to right are Chamber member Janice Record and Mayor Thressa Hart.

By Jodi Lincoln  
News Editor

Steve and Mary Norman, owners of Caprock Heirloom were welcomed into the business community in a Ribbon Cutting Ceremony held by the Chamber of Commerce on Tuesday, Sept. 21<sup>st</sup> in downtown Main Street. Those attending the ceremony were Mayor Thressa Harp, Judge Lee Norman, District Clerk Jim Plummer, Chamber board

member Rosa Latimer-Bell, Chamber Public Relations Director Harry Record and his wife, Janice, also a Chamber member and Chamber office manager Janice Plummer, Chamber board member Marsha Norman and Post Dispatch news editor, Jodi Lincoln. The dignitaries, Chamber members and other guests were served coffee from the selection of Summermoon Woodfire-roasted Coffee

Beans that were freshly ground by owner Mary Norman. The aroma of the freshly brewed coffee drifted throughout the store as guests and attendees were shown many of the unique items carried at Caprock Heirloom.

Like the Summermoon coffee beans, many of the items in the store have unique

**Ribbon Cutting...**  
continued on page 12

## Residents of Golden Plains boogie the night away



Photo by Jodi Lincoln

Prom King Tommy West and his Queen Mrs. Carmen Abraham.



Photo by Jodi Lincoln

Resident Doris Jones taking chance at the Craps table.

## Five Stone Ministry raffle winner



Photo by Jodi Lincoln

Deer Rifle won in the Five Stone Ministry Raffle by Josh Grisham is being accepted by his mother, Pixie Grisham. Founder James North to Ms. Grisham's right and Secretary John Hedrick made the presentation in front of the Post Dispatch where the winning ticket was drawn by news editor Jodi Lincoln.

By Jodi Lincoln  
News Editor

The Board of Five Stone Ministry who house and help those who are fighting an addiction get back on their feet and back into society struggle each winter to meet the high costs of propane used to heat their facility. As a means of raising funds, the board members have sold raffle tickets for a Remington 770 deer rifle to help offset the cost of the propane they must purchase each month. The winner of the first raffle ticket was drawn by Jodi Lincoln, news editor of the

Post Dispatch, who was asked by Founder James North and board Secretary John Hedrick to draw the winning ticket. The winner was Josh Grisham of Amarillo. His mother, Pixie Grisham accepted the rifle in his behalf. The deer rifle was donated by Kelly Mason of Mason Brothers Construction.

Being a 501C organization, they are often in need of raising funds and seeking donations to keep their doors open to be able to help those who want their help in overcoming addiction problems and getting their

life in order again. For some that seek their help, their stay may be as long as a year before they are ready to go out on their own and become functioning members of the community again. The center serves as sort of a half way house for those who need to be in a controlled environment until they are well into their recovery.

The board will be holding a second raffle beginning Oct. 1 for a shotgun donated by Judge Lee Norman. Other

**Ministry Raffle...**  
continued on page 12



Photo by Jodi Lincoln

Happy residents going for a drag down Main Street in a Limo.

By Jodi Lincoln  
News Editor

The residents of Golden Plains Care Center turned out in their finery for Prom night held last Saturday. The prom had a Casino theme and the residents enjoyed winning prizes playing Black Jack, Roulette and Craps with their family and friends.

Prizes were donated to the Casino by several merchants and were won with "funny money" made for them by resident Joel Warren, who also served as the Casino cashier. Volunteers James Breasher, Colton Young and Michael Castillo who dressed as dealers for the evening manned the game tables.

When they were not in the Casino, the residents were in the main lobby visiting with family and friends who had come to join them for the prom. Many of the residents went for a "drag down Main Street" in a Limo driven by

**Golden Plains...**  
continued on page 12

## Post Notes

### Important Merchant Information Needed By Sheriff's Department

The Garza County Sheriff's department is in need of updated contact information from all business owners in the Post and Garza County area. Many of the contacts that the department has on file are no longer valid and this is important information that the department needs in the

event that a business owner needed to be contacted in an emergency situation. The information will be kept confidential and will not be used except in an emergency. The Sheriff's department asks that each merchant send a letter to the Garza County Sheriff's Department at 412 E. 15<sup>th</sup> Street, Post, Texas 79356 and send it to attention: Brent Jackson, Dispatch

Department. The Sheriff's department greatly appreciates the cooperation of our local merchants in helping them to keep our community safe.

### High School Show

Post High School is preparing for a Fall Show. Many students are busy

**Post Notes...**  
continued on page 11



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It is the mission of this newspaper to promote the rights of individuals, guided by the principles so eloquently described in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone for our freedom. Government's sole purpose is to enhance our liberty and freedom. Therefore, we hold every elected and appointed agent of government accountable to that standard.

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## Chamber News

This weekend is Homecoming in Post. The Antelopes will take on Forsan Friday at 7:30 at the Jimmie Redman Memorial Stadium. Prior to the game, the Band Boosters will be serving a brisket dinner at the cafeteria from 4:30 p.m. to 7:00 p.m. Be sure and make plans to celebrate this event. The game will be broadcast live at [www.Lonestarsportsradio.com](http://www.Lonestarsportsradio.com).

Both theaters will be opening new performances this weekend. The Garza Theatre will have "Ruthless" at 7:30 p.m. on Friday and Saturday and Ragtown Gospel Theater will open "Sermon on the Mount" Friday at 7:30 with another performance on Saturday at 3:00 p.m. On Sunday at 3:00 p.m. Ivan Parker can be seen in concert at

Ragtown. October 2 will be the next Old Mill Trade Day Downtown event and is shaping up to be another great day in Post so make plans to "Shop at Home".

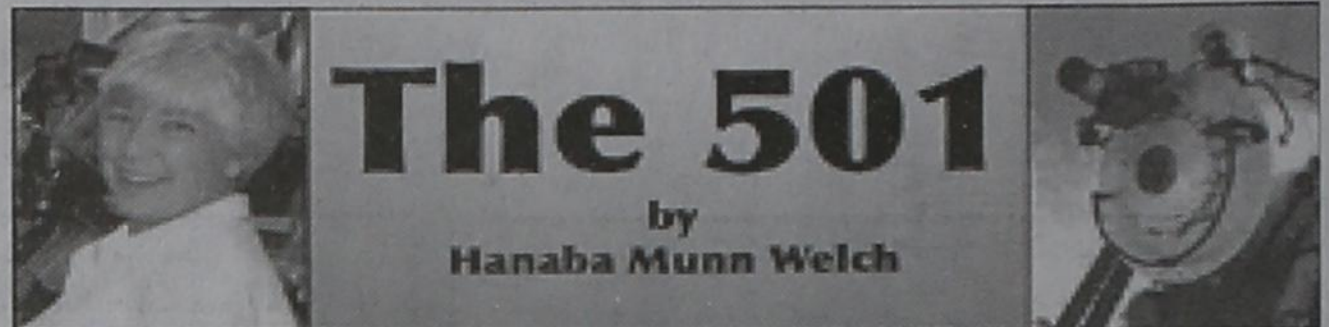
Congratulations to our members of the week: PlatinumMembers - GILES W. DALBY CORRECTIONAL FACILITY & MACY RANCH.



Photo by Janice Plummer  
 Congratulations to the GILES W. DALBY CORRECTIONAL FACILITY, Chamber of Commerce Platinum member of the week.



Photo by Janice Plummer  
 Congratulations to the Macy Ranch, Chamber of Commerce Platinum Member of the Week



"You hold the pipe wrench; I'll turn the stove."

You don't hear that everyday. Call it creative plumbing. Anyway, it worked.

The setting? My friend Terri and I were fixing up our extra farmhouse to make it habitable. She's already living in it, but habitable is the goal. She's in a witness protection program, so it's the perfect place. Her friend Rick was alternately helping us and observing from a safe distance. He's a cautious guy. My equally cautious husband, Hugh, was at a safer distance, reachable by phone if we needed him. We didn't.

Rick was supposed to be on the tractor. A hydraulic leak cast him in the plumbers' helper role instead. Actually, we all took turns taking orders. Terri emerged as the natural leader. You could liken the dynamics to what happens on shows like "Survivor," but they don't do plumbing, do they?

Anyway, our chief goal was to get the water heater working. Terri and I already had installed the thing, albeit with a coffee can integral to the venting system. Vented is

vented.

My used appliance friend Raymond had sold me the water heater cheap long ago. He'd assured me then it was practically new. The previous owner had fallen out of sorts with his propane supplier and switched to an electric model instead. The handsome cast-off looked as good as Raymond's story sounded, but looks can deceive, and so can used appliance dealers, but not Raymond.

That said, the water heater had languished for years, including time in a shed. Would it light? Or had dirt daubers or other gremlins invaded critical places and rendered it inoperable?

Optimistic, I bought kitchen matches. For lighting a water heater, nothing beats an adequate supply of sturdy lucifers.

By the way, don't try this at home.

Anyway, Terri, Rick and I were in town for the second time to buy stuff to upgrade our gas connections when my husband called with disappointing news. Only days before, a Salvation Army harvest gold toilet had been for

sale in Abilene for ten dollars. In hindsight I should have bought it myself. Although not accustomed to dealing in used porcelain, Hugh acknowledged that the period toilet with its sizable tank was a bargain. But when he went to pick it up, someone else had already snatched it up. Alas.

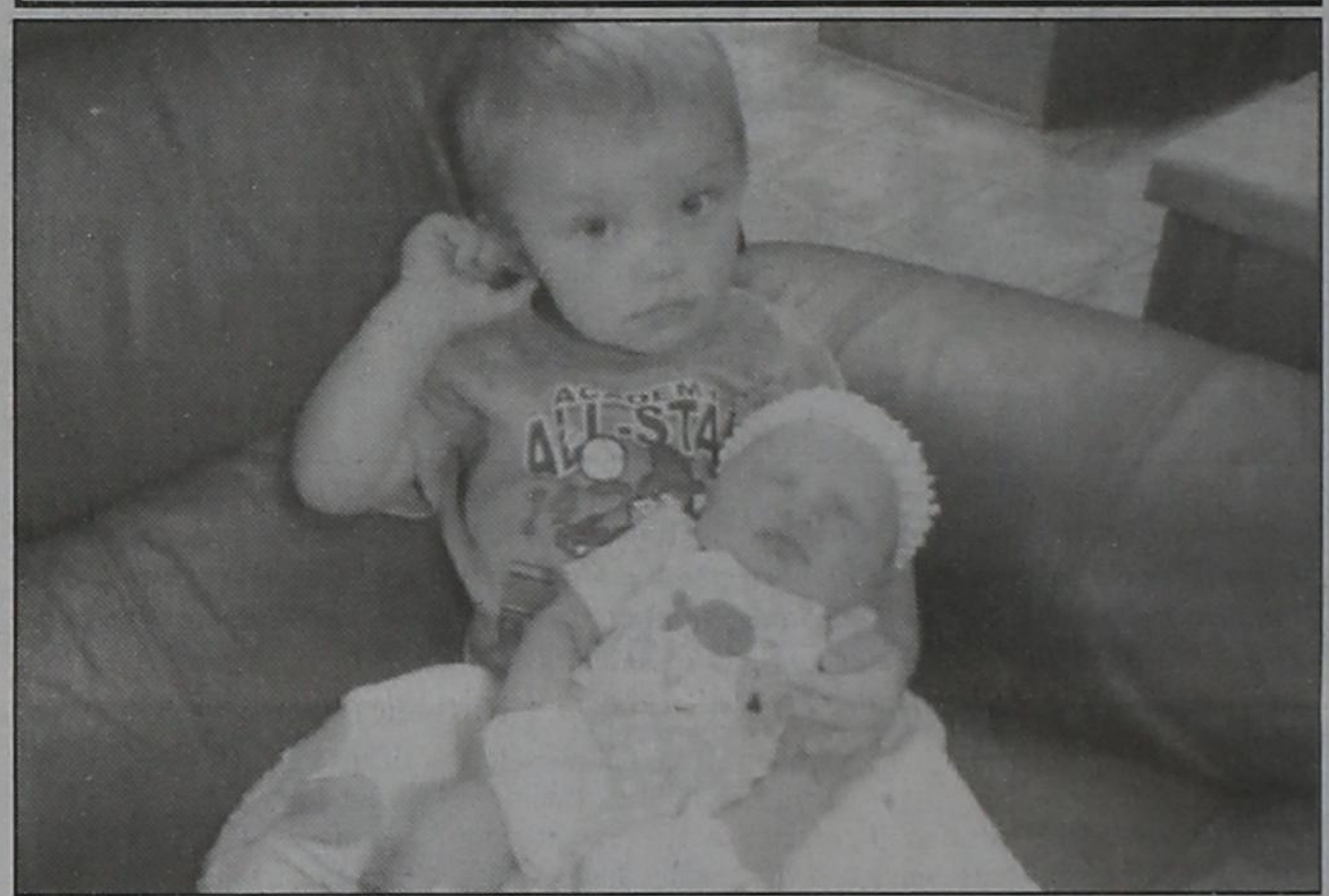
So, before returning to the country, we three would-be plumbers went cruising for a toilet to replace the one that got away. At a wholesale plumbing concern, customers gave us leads on toilets - two near the cemetery and one close to an Allsup's store. You gotta love folks who keep an eye out for used toilets.

Space doesn't permit me to describe the ensuing adventures, especially the scenario at the cemetery. Maybe another time.

The water heater? Many spent matches lay on the floor when the pilot light finally caught nicely close to midnight. On cue, the big burner whooshed on too. Yes!

Thanks, Raymond. I always wanted to believe that story.

## Birth Announcement



Lane Norman would like to announce the birth of his little cousin Soffi Kim Scott. Soffi is the daughter of Tanner and Steffie Scott of Post.

She was born July 25 at

4:00 pm. She weighed 7lbs 3oz and was 22 1/2 inches long.

Grandparents are Kim and Rhonda Norman of Post and Jackie and Lisa Scott of Kress. Great-

grandparents are Gerald and Laveta Norman of Post and Ronald and Shirley Storie of Lubbock. She was dedicated to the Lord by Pastor Joey Hamlin of the Family Harvest Church on August 29<sup>th</sup>.

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Jayta Cravy  
 Write-In for County Judge  
 - 3rd Series of 8 -

I would like to take the opportunity to discuss the first plank of my campaign platform, which is the judicial responsibilities of a County Judge. This aspect of the job requires the ability to perform without bias or prejudice in all matters before the court, or to recuse one's self when there is a conflict of interest. This is imperative to the integrity of our Criminal Justice System. It matters not, how well Law Enforcement or Prosecution prepares a case, if the end result is a tainted ruling. The system is only as good or strong as it's weakest link. It is immoral and unethical to be seated on the bench and rule on any matter where there is a conflict of interest.

As I've state before, I'll never promise what I can't deliver. But this I can promise, if I am elected as your County Judge, I will always rule on all matters before me according to the law without bias or prejudice.

Please allow me the opportunity to serve you, the people of Garza County, in a manner which you deserve as your public servant.

Thank you,  
 Jayta Cravy

Pol. Ad. Pd. by Jayta Cravy 608A FM 2008 Post TX 79356

View full  
 obituaries online.

## Obituaries



Joy Orr Browning  
 Joy Orr Browning of Weatherford and formerly of Post died Tuesday Septem-

ber 21, 2010 in Weatherford. Joy was born to William Hardy and Jimmie D. (Smith) Parker Feb. 5, 1934, here in Garza County. She attended Post schools and graduated from Post High School. After graduation she went to work as a telephone operator. In the early 1970's she went to work in the District/County Clerks office for Carl Cederholm. Joy retired under Sonny Gossett, who was then the County/District Clerk. Joy married Rusty Browning August 22, 1987 here in Post

by the Rev. Arthur Kelly. Rusty preceded her in death February 4, 2007. In March of 2007 she moved to Weatherford due to her health. And to be closer to family. She was a member of the Calvary Baptist Church of Post.

Survivors include two sons: Russell and his wife Sheryl of Weatherford and Alton Orr of Pasadena. One daughter: Theresa Joy Luton and husband Wes of Dover, Tennessee. One brother: Will and his wife Gayle Parker of Burkburnett. Sev-

en grandchildren and three great-grandchildren. Joy is also survived by special friend, James Walker of Snyder, who was like one of her own children.

Services will be 11:00 am Friday, September 24, 2010 at the Terrace Cemetery in Post. The Rev. Darren Weaver, pastor of the Calvary Baptist Church will officiate. Services are under the personal care of Dee and Janet Justice, Justice-Mason Funeral Home.

The family will greet friends at the funeral home Thursday evening: 6:00 to 8:00 pm.

### Ruby Shedd

Ruby Shedd, 91, passed away on September 18, 2010 in Garland, Texas.

Ruby was born on October 10, 1918 to Charles and Sarah Gray. She is survived by her son, Robert Shedd and wife Sharon; grandsons, Michael Shedd and wife Tina, Andrew Shedd and wife Jennifer; granddaughter, Staci Barsuhn and husband Bernhard; eight great-grandchildren; and a host of family and friends. Ruby is preceded by her husband, Robert "R.E." Shedd; and son, Charles Shedd. Visitation was Monday, September 20, 2010 at Williams Funeral Directors in Garland. Service were on Tuesday, September 21, 2010 in Terrace Cemetery Post, Texas.

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By Linda Puckett

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# In and Around Close City

by Traci Freeman

**Weather**  
Kinda dreary out today (Wed.) and the temps are getting cooler.....fall is definitely in the air. I am ready I just love the cooler weather. The guys are getting their strippers and builders ready to go, some are talking about spraying; Cuco and the guys have the gin ready to go which means we will be ginning that cotton before we know it.

News

Congratulations to Mike and Betsy (Ethridge) Painter on the birth of their son. He was born early Wednesday morning. Mother, Father and baby are doing great. He is the grandson of Daymon and the late Barbara Ethridge and the nephew of Eddie and Debbie Hanks.

We are fix'n to be able to add to our population out here. Carol and Helen Pate will be moving to Post soon where they have bought a house, the house Carol's

mother once lived in. Their daughter and her family are going to be living on the home place which is a mile east of CC. Welcome back ya'll!

The Close City Community will have a booth during Trade Days Downtown the first weekend in October, our booth will be set up in front of Cocara's so ya'll come see us. We will have lots of goodies for sale including a new batch of cookbooks, T-shirts, goodies for the kids

and we will be selling raffle tickets for the table to be given away. We will draw for that table on October 15<sup>th</sup>.

I hope this is not too much of a "plug" but I have to share this with ya'll. This past Monday I had a PYCO meeting I had to attend in Lubbock. The meeting was held at the American Wind Power Center. This was one of the nearest places I have been to. If you haven't been there you should go, I know you've probably driven by and seen all the windmills

many times, I had but never had the urge to stop. They have the biggest collection of Windmills in the world. Anyway I was really surprised at all they had to look at in there and also have a gift shop with some pretty cool little gadgets. Also next door is the American Museum of Agriculture which is also a place to see, even the kids would love it. And for those of you that don't know, PYCO is our cottonseed oil mill in Lubbock.

**Close City Birthdays this week**  
September 24<sup>th</sup> - D'Nae

Johnston  
September 25<sup>th</sup> - Jana Terry Underwood  
September 25<sup>th</sup> - Whitney McNeely Baker

**Birthdays I missed**  
September 19<sup>th</sup> - Gene Moore

**Visitors**  
Mike Mitchell, Sylvia Winder, Brian Limmer, Gene King, Clinton Yarbrow, David Nichols, Kipp Wilks, Marsha Norman and my Momma were out this past week. Ya'll come see us, we always welcome visitors, we always  
**CLOSE CITY...**  
continued on Page 12



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## Weekly Inspirations

### New Job, New Opportunity

*The Lord says, "Seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare."*

-Jeremiah 29:7 (NRSV)

AFTER losing my job, I knew I had to find new employment to provide for my wife and my son. I finally found a new job in our capital city, a large metropolitan area, which meant I would have to move from my small town to the big city.

At first, I felt I had been sent into exile. In huge traffic jams while taking the bus to work, I remembered my quiet, friendly, small town where I could go anywhere by bicycle.

Then I remembered the Israelites, who were taken into exile by the Babylonians to a foreign country. In the middle of their exile, they received a command from God to remain strong and faithful and to do good work. God told them to seek the welfare of their new city and to pray for the city and its people.

The Israelites' story gave me new insight. God wanted them to seek the welfare of the city where they had been exiled, so surely I could do the same. Anywhere I live I have an opportunity to be God's light of love and hope. And, like the Israelites, I can pray for my city and for the people who live in it.

Now as I ride the bus to work, I pray for other passengers, the driver, other people on the road. And I ask God to open the hearts of those who need to know Jesus Christ.

Bayu Probo (Jakarta, Indonesia)

*"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."*

2 Timothy 3:16-17



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Devotional Page and Church Directory brought to you by advertisers on this page

## Church Directory

Assembly of God		Church of Christ	
Bethel Assembly of God (Bi-Lingual)	407 May St.	Graham Chapel Church of Christ	15th & Ave. S
Lifeline Church	108 N. Broadway	<b>Church of God</b>	
<b>Baptist</b>		Church of God of Prophecy	602 W. 14th, 495-3644
Calvary Baptist Church	210 E. 6th, 990-2342	Power House Church of God and Christ	Pine Ave.
First Baptist Church, Post	402 W. Main St. 495-3554	<b>Disciples of Christ</b>	
First Baptist Church, Wilson	806-628-6333	First Christian Church	812 W. 13th, 495-3716
Grace Baptist Church	820 N. Ave. S 990-3497	<b>Evangelical Methodist</b>	
<b>Methodist</b>		Faith Chapel	1105 Green St., Wilson (806) 628-0018
Justiceburg Baptist Church	Justiceburg	<b>Methodist</b>	
Pleasant Home Baptist Church	E. 14th & N. Ave F	First United Methodist Church	216 W. 10th, 990-2942
Pleasant Valley Baptist	Hwy 84 & N. 399 (806) 828-4174	Graham Chapel United Methodist Church	495-3492
Southland Baptist Church	Southland	<b>Nazarene</b>	
Templo Bautista	315 W. Main	Post Church of the Nazarene	202 W. 10th, 495-3044
Trinity Baptist Church	915 N. Ave O, 990-3038	Grassland Church of the Nazarene	327-5656
<b>Catholic</b>		<b>Non-Denominational</b>	
Holy Cross Catholic Church	Ave. K and Main St., 495-2791	Family Harvest Church	111 N. Avenue I, 495-1400
<b>Church of Christ</b>		Caprock Springs Fellowship	12th & Ave. I 495-2171
Church of Christ	108 N. Ave. M, 495-2326	<b>Presbyterian</b>	
		First Presbyterian Church	910 W. 10th, 495-2135

*And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.*

Deuteronomy 6:5

Visit any one of these businesses and churches and you will find wonderful Post City people and those who support Post.



## District season is new beginning for Lopes

Post Welcomes Forsan for Homecoming, Friday, 7:30 PM at Redman Memorial Stadium

By Jim Plummer  
PostSportsPage.com

The pre-district is one season and district is yet another. The district season that starts Friday night is new and all previous mistakes, wins and losses are forgotten for all including the Bold Gold Antelopes.

Post starts off the Division II District 2-2A season with high hopes of correcting mistakes and polishing the good of a young squad that made it through the pre-season with a 1-3 win-loss record. What's ironic is that the high school football gurus have Post to finish second in the newly aligned district and Idalou is expected to win the league and they too finished the pre-district season with a 1-3 record.

So what's going on when the rest of the teams in the district performed better than expected and Post and Idalou haven't? The first thing that comes to mind is strength of schedule. Antelope Head Coach Chris Jones believes "Idalou's tough non-district schedule should pay off for them down the road." He added that Coahoma experienced the second best competition and I would guess that Post has had the next best tune-up for district play.

Here's a quick round-up of what's happened so far in the order the teams are expected to finish according to Dave Campbell's Texas Football magazine:

1. The Idalou Wildcats have played well but have won only one game so far. With all games being close in score, they've lost to Lubbock Cooper, Littlefield and Roosevelt and defeated Friona. Last year they finished third behind Littlefield and Post in the former District 3-2A.

2. Post has lost to Sundown, Lamesa and Floydada. The team's one pre-district win was against arch rival Slaton. The Antelopes are averaging 12 points a game while giving up 26. Last

season, the Lopes finished second in district and were bi-district champs.

3. Coahoma finished the pre-season 3-1 putting up 33 points and giving up just over 10 points a game. They started out losing to Midland Greenwood and have won the last three games against Comanche, Wink and Crane. In 2009, the Bulldogs finished with five wins and losses and didn't qualify for the playoffs.

4. Stanton goes into district play with an unblemished 4-0 record. They beat McCamey, Ozona, Reagan County and Grape Creek as they averaged 29 points while giving up just 8.25 per game. The Buffaloes, new to the 2A ranks, were 1A Regional Semifinalists last year.

5. Anson, with a 2-2 pre-district start, lost the first two against Hamlin and Stamford then took the next two games from Quanah and Jim Ned. With just 17 points a game, the Tigers have allowed their opponents 32 on average.

6. The Forsan Buffaloes enter district with a 2-2 record. They beat McCamey and Irion County while coming up short against Sonora and Plains. The Buffs are scoring over 34 points a game and have given up almost 30. Last season as a 1A team, they finished 2-7 and did not make the playoffs.

7. The Hawley Bearcats started off very slowly, but won last week to enter district with a 1-3 record. They beat Rotan and lost to DeLeon, Roscoe and Hamlin. In 2009, they won two and lost eight and were 0-5 in district play.

In summary, Bold Gold fans are hoping and praying that Dave Campbell's Texas Football Magazine's pre-season predictions are a sure thing. Therefore, the Lopes will succeed in district and should play again in the post-season.

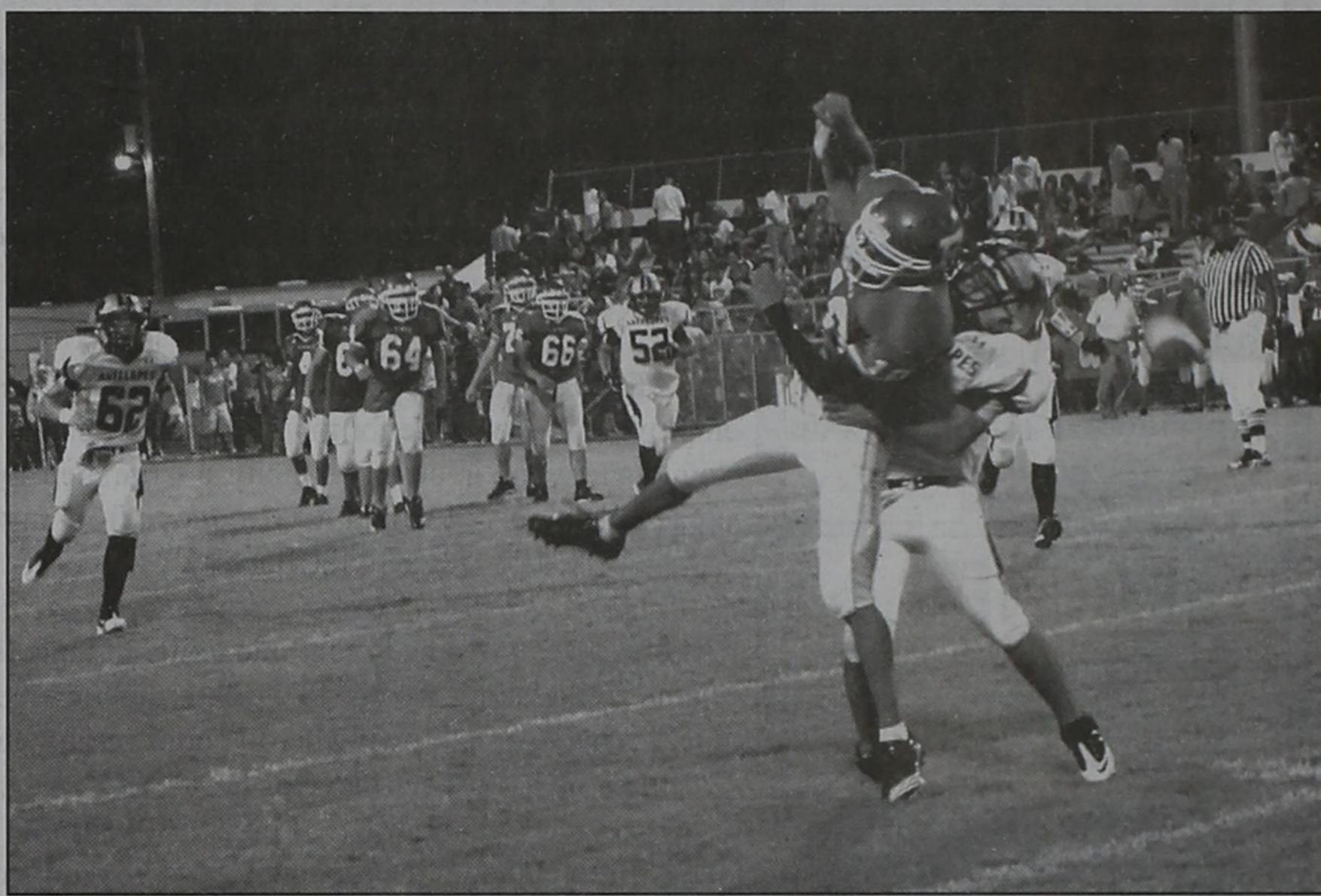
Take note that UIL rules allow for the top three teams from each district to advance. Originally, after the realignment, and as I reported previously, the rule allowed for only the top two teams.

Go Lopes!



#29 Chase Greathouse heads for the end zone.

Photo by Lance Dunn



Henry Apolar #7 breaks up a pass while #62 Nathaniel Gill and #52 Paul Martinez look on.

Photo by Lance Dunn

# Whirlwinds take Post

By Jim Plummer  
PostSportsPage.com

(FLOYDADA) A slow start for both teams ended with Floydada out playing the Antelopes, 34-13, in the fourth and final pre-district game for each school last Friday at Wester Field.

The larger than typical Whirlwind backfield was too much for the Antelope defense. Fullback Bryson Sessions (5' 10", 220 pounds) and I-back Rex Mathis (6', 190 pounds) both rushed for more than 100 yards in the game eventually wearing down the Lope defense and putting the game out of reach in the last period. Both upperclassmen scored long distance touchdowns for 62 and 61 yards respectively.

The time of possession statistic was dominated by Floydada mostly due to Post's four turnovers keeping the defense on the field for an extended period. Two interceptions were due to tipped catch attempts that ended in the hands of a couple of Whirlwinds.

The game was uncharacteristic for the Antelopes since coming off a well balanced victory against Slaton in the previous game.

Post's sophomore running back Vance Blair scored first early in the second quarter on a three yard run. A Whirlwind

blocked the extra point. It was Blair's second game in a row to be the first man across the goal line for a score.

It took Floydada two uninterrupted possessions to record its first points. Due to Post lost fumble on a punt, the Whirlwinds eventually converted the turnover into a touchdown. Later in the quarter, they scored two more touchdowns before halftime going into the locker room with an 18-6 advantage.

The Antelopes came out for the third period readjusted featuring senior Chase Greathouse in the backfield

with fellow classman Ben Mason. After receiving the second half kickoff, the duo sparked the offense and later Greathouse ran the ball for a touchdown from the 15 yard line, with a little help from his friends. After being stood up at the five, his teammates escorted (pushed) him into the end zone overpowering a gang of would be Whirlwind tacklers.

Greathouse, who has been nursing an injury for three weeks, played just in the third quarter, but led the Lopes in rushing with 53 yards on eight carries.

Quarterback Ernie Saldivar added 46 yards on thirteen runs.

Saldivar passed thirteen times in the contest completing four for 45 yards. Matt Soto caught two of those for 22 yards, Jacob Perez had one catch for 16 and Dalton Holly took in one for seven yards.

Post's defense toughened up in the third quarter keeping Floydada from scoring and closing the gap trailing 18-13. For the game, Perez had

Varsity...  
continued on Page 10



A Post tackle is made by #2 Ernest Saldivar while #32 Vance Blair and #60 Kyle Hall are in pursuit.

Photo by Brian Osborn

### 2010 FOOTBALL STANDINGS

DISTRICT 2-2A, D-II

After Week 3 (Non-District, 9/18/2010)

TEAM	Overall				Week 3 Outcome
	W	L	PF	PA	
Stanton	4	0	116	33	Beat McCamey, 45-7
Coahoma	3	1	133	42	Beat Crane, 37-7
Forsan	2	2	138	119	Lost to Plains, 27-42
Anson	2	2	70	129	Beat Jim Ned, 19-14
Idalou	1	3	89	82	Lost to Roosevelt, 17-21
Hawley	1	3	57	95	Beat Rotan, 38-34
Post	1	3	47	106	Lost to Floydada, 13-34

Legend: W (Wins), L (Losses), PF (Points For), PA (Points Against)

Good luck Antelopes,  
win district!

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# Spotlight on Education

By Michael S. Comeaux  
Post ISD Superintendent

We have had a terrific start to the 2010 - 2011 year. Our enrollment has exceeded all of our projections. Our current enrollment is 780 students. Our goal is for our district to be a "Beacon" in this community, and serve the needs of all of our students. I know our staff feels the same way I do about our district serving our students and our community. I have now been on the job as Superintendent of Post ISD for just over four months. It is difficult for me to convey to all of you how much of a warm welcome the community and district has extended to me and my family. I truly appreciate that. I have noticed that our community exudes a great deal of pride and rightly so.

I have found that we have a great deal to be proud of.

I would like to take this opportunity to share with you some of the things that have been going on in our district during my time on the job. First would be our separation from providing educational services to the Garza County Detention Center. The decision was not made overnight but rather was in the works for a couple of years. In the end, I felt like it was in our best interest as a school district to focus all available resources on our traditional campuses and students in an effort to ultimately reach our goal of becoming an exemplary school district. Educational services for the Garza County Detention Center were assumed by John H. Wood's Charter School as of

August the first of this year. All of the faculty members, who were assigned to the detention center, were given the opportunity to return to a Post ISD campus if they chose to stay with the district and not remain with the detention center. This separation has created a reduction in our state funding due to the loss of students. Our employees have worked very diligently to reduce budgets in order to compensate for this revenue loss. In providing services at the center, we were constantly faced with some key issues. First, how many students were we going to serve, and secondly, how do we plan to meet these students' individual needs, and finally, accountability issues were making it very difficult for us to meet the

expectations of the Texas Education Agency and the facility. These issues lead us to believe that in a short period of time we can overcome these financial concerns and move our district forward.

Another change we have made in the district this year is to change our Pre-K program from a half day program to a full day program. This full day program will assist our Pre-K students in transitioning to school and our program. We believe this will be an asset to the district in the future. Our numbers have increased significantly from 39 enrolled in the 2009-2010 school year to 52 enrolled for the 2010-2011 school year. One addition we have made is the **AlertNow** automated call system. By this time,

enrollment, but declining property values, and our Chapter 41 status. Here are some examples of how this will affect your taxes. Taxes on a \$50,000 home will increase by \$8.70 a year, taxes on a \$100,000 home will increase by \$17.40 a year and a \$150,000 home will increase by \$26.10 a year. These small increases will assist us in maintaining our current level and increasing opportunities for the next generation of this community.

I have thoroughly enjoyed the opportunity to serve as your school superintendent with our district. I look forward to the great students and programs that our district will continue to develop in the future. If you have any questions or we can be of assistance in any way, please do not hesitate to contact my office.

I hope you all have a great week!

## Post Classifieds

**Personal**  
Post Group Alcoholics Anonymous 10<sup>th</sup> and Avenue K, behind United Supermarket Tuesday night, 8 p.m. Book Study Thursday night, 8 p.m. Closed Meetings For more info: 806-781-1156 or 806-495-5371 Monday, 8 p.m., Community Recovery Center, 405 S. Ave. C. For more information about the Monday meeting, call 495-3173.

**Post Al-Anon**  
Family Group meeting meets Monday at 8 p.m., Historic Presbyterian Church, 10<sup>th</sup> & Ave. K, behind United Supermarket in separate room from AA meeting. For more information call 495-3053.

The Safe and NA Serene Group of Post now meets on Fridays at the Community Recovery Center, 405 S. Avenue C. For meeting information please contact Chris, 806-312-0121.

**Thank You**  
A Letter of Gratitude and Thanks. On behalf of The Community Recovery Center, The Board of Directors, the Staff of the Community Recovery Center, and our clients, I would like to take this opportunity to thank the citizens and businesses of Post and the Garza County communities that helped to make our annual fundraiser a success. It is the compassion and concern for the

well-being of others that sets Post and Garza County apart from other communities. Many businesses and individuals donated goods, services and items for our silent auction. We would like to thank the following individuals for their continued support of us through our annual fundraiser: Giles & Louise McCrary, Janie Lopez, Giles & Nelda Dalby, Palmer Oil Company, United Supermarkets, Giles W. Dalby Correctional Facility operated by Management & Training Corporation, Norm McCrary, Lee & Marsha Norman, J. Cruse Christmas Gallery and Jackie Cruse, Alison Payne, Polly Cravy, Plum Crazy, Saddle Tack & Traders, Post Economic Development Corporation, La Posta, Am Mauer, BA Entertainment, Iris Truelock, Main Street Mercantile, Zoe Kirkpatrick, Holly's Drive In, Post Insurance, Serena Alford Jewelry, Dave & Kathy Tyler, Senator Robert Duncan, J's Boat Rental, Texas Treasures, Ragtown Gospel Theater, Jackson Brothers Meat Locker, Co-CaRa's, Hudman Furniture, Rockin' K Outfitters, Just Computers, Dan Fields, Cathy's Clippers, Garza Theatre, Linda Puckett, Kameron Strivens, Robert Snell, Bill & Alexa Collier, Catering From The Heart, and Main Street Deli & Grill. I do apologize if I have missed any donors, please forgive me, it was not intentional, we had such an excellent response from local and area

vendors to our requests! It is through these donations, the individuals that purchased them and those that attended our event that made it such a big success. I wish there were a way that the gratitude that we feel to the community could be put into words, but it seems that words may not convey just how much those that give mean to us. Thank you for helping us "help others to help themselves!" Yours in service,

Christopher Atkinson  
LCDC, ADC, II  
Director  
Community Recovery Center

**Public Notice**  
A rumor has been floating around town that I have closed my barber-shop. I would like to dispel the rumor. I was for short period ill, but I am well now and look forward to seeing my old customers again and welcoming any new walk-ins.  
Marion Mathews

**Help Wanted**  
Immediate Opening in Post, TX for CSR/Sales position with established Telecommunications company. Comfortable with sales and promotion of company products and services. General office clerical skills including bookkeeping, ten key, filing, computer literacy with knowledge of QuickBooks and Excel a plus. Good communication and people skills needed. Competitive

pay with benefits package. Please mail resume to Director Human Resources, Poka Lambro Telephone, P O Box 1340, Tahoka, TX 79373-1340 or e-mail to kkeller@poka.com or call 800-422-2387 for more information.

Post ISD is looking for school route bus drivers. Applicant must have a CDL or willing to obtain it. District will pay for school bus driving certification. To apply go to Post ISD Central Administrative Offices, 501 South Avenue K, Post, Texas, for application.

**Wanted**  
New or used dog houses/crates in good condition for Post Animal Refuge Center. Will pick up. Call 806-781-6766

Acreage Wanted. If you have any CRP acreage for sale, contact Mike Mitchell at 806-495-5515.

**For Sale**  
For Sale: Regulation size pool table with cue sticks and overhead light, king size mattress and box springs, 32 inch color television. Call: 806-281-3813

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HOUSE FOR SALE: Price Reduced! Great Buy. 2 bdrm/2 bath, central heat/air, fireplace, large storage, carports. 115 W. 13th MITCHELL REAL ESTATE. Call Barbara 806-495-3987 or Kim 806-543-1055

**For Rent**  
Park and sell your autos, boats, RVs, etc. Rent space on our lots located on Hwy. 84 - lots of traffic! Call LaPosta, 495-2648.

**Garage Sales**  
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Yard Sale Saturday 8-? 112 E. 12th

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# Post City Market Place

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## ELECTION CORNER 2010

### General Election November 2, 2010 Garza County

**VOTER INFORMATION**  
Voter Registration: October 4, 2010 is the last day a person may submit an application to register to vote in the November 2, 2010 General Election. Also, October 4, 2010 is the last day for a voter who has moved to a different election precinct within the county to submit a change of address to be eligible to vote in the precinct of his or her new residence. Applications and changes can be submitted to the Voter Registrar at the Tax Collector/Assessor's office at the courthouse.

Mail (Absentee) Ballot Applications: Tuesday,

October 26, 2010 is the last day for the early voting clerk to receive application for a ballot to be voted by mail. (Sec. 84.007). All applications to vote by mail (absentee) must be received by the early voting clerk before the close of regular business. Applications to vote by mail (absentee) must be submitted by regular mail, common or contract carrier, or fax. But not hand delivered.

**Early Voting:** Early voting by personal appearance will be conducted each weekday at the Garza County Courthouse, 1<sup>st</sup> Floor, 300 W. Main, Post, TX, between the hours of 8:00 a.m. and 5:00 p.m. beginning on October 18, 2010 and ending on Oc-

tober 29, 2010.

**Election Day:** Tuesday, November 2, 2010 from 7:00 A.M. to 7:00 P.M. Vote at your voting precinct location.

### CANDIDATE INFORMATION

**Campaign Finance Reporting:** October 4, 2010 is the deadline to file form C/OH. October 25, 2010 is another deadline to file form C/OH. (Garza County and precinct candidates submit reports to the County Clerk's office at the courthouse.)

For more election information, go to [www.GarzaCounty.net](http://www.GarzaCounty.net) and click on "Elections". Or call the Clerk's office at (806) 495-4430.

## White River Municipal Water District Report

Gauge Reading	Feet below spillway	Rise	Rainfall past week	Rain to date	
2355.70	16' 9"	.0	.0"	27.46"	
Rainfall for 2004	2005	2006	2007	2008	2009
43.58"	15.57"	28.85"	24.19"	33.61"	12.70"

### DID YOU KNOW?

White River Lake has 3,886,750,728 billion gallons left available at the intake or 40% capacity or 11,928 acre feet. Subtract 36,495,312 MG for evaporation this week in September that leaves 3,850,255,416 BG available as of today.

White River's daily average demand for 2009 was 1.36 million gallons per day for all White River Customers.

The Oil Company using water for mining has been stopped until the Lake Level rises.

White River Municipal Water District is in stage 1 of its Drought Contingency Plan, which is Voluntary Water Conservation.

Remember that the Water District is there for you if we can assist you in any way let us know.

## Trailblazers Menu

Sept. 27 <sup>th</sup> thru Oct. 1 <sup>st</sup>	Monday - Ham, Red Beans, Broccoli Salad, Cornbread, Pumpkin Crunch	Tuesday - Chicken Enchiladas, Rice, Salad, Dry Jell-O Salad	Wednesday - Roast Beef, Au gratin Potatoes, Carrots, Roll, Pineapple Cake	Thursday - Italian Chicken, Rice & Peas, Brussel Sprouts, Garlic Roll, Pudding
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Want to view your paper online too?  
[thepostdispatchonline.com](http://thepostdispatchonline.com)

## VOTER REGISTRATION IS ONLY NINE QUESTIONS.

(AND ONE OF THEM'S YOUR NAME.)

[VOTEXAS.ORG](http://VOTEXAS.ORG)  
(800)252-VOTE

- Are you a resident of this state?
- Will you be at least 18 years of age on the day of the election?
- If you checked "no" to any of the above questions, are you interested in registering to vote?
- Are you interested in registering to vote?
- Last Name Initial (Jr, Sr, III)
- Residence Address (describe where you live)
- Mailing Address (if different from residence address)

## Student Spotlight

Morgan is the daughter of Marta and Robbie Williams and the granddaughter of Mary Nell Holly. She enjoys hanging out

with friends. Morgan has attended Post schools for 12 years. She participates in basketball and softball. Her fu-

ture plans include attending surgical technician school after graduating from PHS.



Morgan Williams.

Photo by Lance Dunn

## Southland ISD Menu

Breakfast Menu Sept. 20 - Sept. 24	Milk	Steak Fingers, Mashed Potatoes/Gravy, Green Beans, Hot Roll, Frozen Cherry Bar, Milk
<b>Monday</b> Breakfast Pizza, Juice, Milk	<b>Lunch Menu Sept. 20 - Sept. 24</b>	<b>Thursday</b> Fajita Chicken over Rice, Broccoli & Cheese, Seasoned Corn, French Bread Stick, Apricot Fruit Fluff, Milk
<b>Tuesday</b> Biscuits, Gravy, Sausage, Juice, Milk	<b>Monday</b> Burrito, Spanish Rice, Tossed Salad, Fresh Fruit Choice, Sugar Cookie, Milk	<b>Friday</b> Pizza, Tossed Salad, Fresh Banana, Chocolate Cake, Milk
<b>Wednesday</b> Bacon, Toast, Juice, Milk	<b>Tuesday</b> Barbecued Chicken, Macaroni & Cheese, Tossed Salad, Chilled Pears, Cornbread, Milk	
<b>Thursday</b> Breakfast Bar, Yogurt, Juice, Milk	<b>Wednesday</b> Breakfast Burrito, Juice, Milk	
<b>Friday</b> Breakfast Burrito, Juice, Milk		

## Southland ISD Menu

Sept. 27 thru Sept. 30	Monday - Breakfast	Tuesday - Breakfast	Wednesday - Breakfast	Thursday - Breakfast
Monday - Breakfast Waffles, Sausage, Butter, Syrup, Fruit, Milk.	Tuesday - Breakfast Cheese, Omelets, Toast, Fruit, Milk.	Wednesday - Breakfast Malt-O-Meal, Sausage, Toast, Fruit, Milk.	Thursday - Breakfast Cinnamon, Toast, Sausage, Fruit, Milk.	Friday - Breakfast Cereal, Toast, Fruit, Juice, Milk.
Monday - Lunch Chicken Nuggets, Mashed Potatoes, Carrot Coins, Fresh Apple, Hot Roll, Milk.	Tuesday - Lunch Pizza, Salad, Banana, Chocolate Cake, Milk.	Wednesday - Lunch Grilled Cheese, Tortilla Soup, Broccoli w/ Ranch, Strawberries, Bananas, Crackers, Milk.	Thursday - Lunch Spaghetti w/ Meat Sauce, Corn, Salad, Bread Sticks, Peaches, Milk.	Friday - Lunch Chicken Burger, Tater Tots, Western Beans, Orange Smiles, Milk.

[www.thepostdispatchonline.com](http://www.thepostdispatchonline.com)

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Please visit our website for information on your 2010 Flu Shot.

## Lake Alan Henry Report

- Conservation pool elevation - 2220.00 feet above mean sea level
- Elevation as of September 20, 2010 - 2219.60 feet, 0.40 feet below conservation pool elevation
- Water Temperature September 20, 2010 - 79 degrees fahrenheit
- 2010 cumulative precipitation as of September 20 - 21.64 inches; 0.87 inches last week

Bass fishing is slow. Crappie are being caught around brush piles in the creek channels.

Save Gas and Time  
Shop in Post

## Real Fruit Smoothies

Strawberry Banana Banana & Strawberry blended with Low Fat Yogurt* & Ice	Wild Berry Blueberry & Strawberry & Blackberry blended with Low Fat Yogurt* & Ice
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Ran...  
By CHRIS BL...

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# OPINION



## The Paperboy

### Random thoughts...

By CHRIS BLACKBURN

Did you ever watch "Saturday Night Live" and those "Deep Thoughts By Jack Handey?" Consider these thoughts not so deep...

During last week's column on agriculture I left wheat off my list of crops. Maybe you noticed, maybe you didn't, but wheat is a pretty good crop and certainly deserved to be mentioned. My apologies.

The hardest thing about losing a parent or grandparent is the lack of advice.

I would dearly love to be able to draw on the experiences of my parents or the wisdom of my grandfather. I often wonder how they would handle certain situations.

My grandfather, the late Morris Higley, left me with this gem: If you get yourself into an unpleasant situation, you can think your way out of it."

His dad gave him that tidbit following an undisclosed incident. He said it meant to always use your head.

WARNING: The following contains something unpleasant which children do on occasion (Meant for a friend in Memphis who got on me for writing about this before).

I coached my first flag football game Saturday (first-third graders). We got slaughtered.

The opposing team scored touchdowns on three of their first four plays. Needless to say, we'll be working on grab-

bing flags this week.

I was proud of the way my son played. He fell out of a tree before the game then threw up. He managed to get it together.

I actually had two guys throw up and five cry. It made for an interesting hour of football.

We did a better job in the second half allowing only one score.

I thought Bush's tax cuts were only for the rich? Many on the left now want all of the Bush tax cuts left alone, especially those for the poorest Americans and the middle class.

Well how can that be? If the tax cuts were just for the rich, how come Democrats want them left alone?

Maybe it's because Bush cut taxes for all Americans paying them.

I think it's funny when the facts get out and people are either forced to admit the truth or look foolish by denying it.

I have a pair of flip-flops which may end up being the death of me.

I've slipped twice on wet concrete during the past few weeks and you think I would have learned my lesson.

Oh no! I'll just be more careful when I wear them, right?

Wrong!

Friday, I'm coming out of the garage with a rug and an eight-foot ladder. I step on a rake which flies up and hits me in the side causing my left flip-flop to get snagged on a step. Down I went on top of the ladder. Humpty Dumpty didn't

have anything on my great fall!

After sitting there for a few minutes, I realized that I was lucky. Didn't do a lot of damage and there were no witnesses. Guess the witness part really doesn't matter since I'm writing about it now...

Want to know what kind of sympathy I received? I didn't. I received anti-sympathy.

There was no, "Oh Honey, are you okay?"

Instead, I received, "Chris Blackburn, you are six foot four and were trying to walk through a door with a ladder and a rug, what did you think would happen?"

I actually thought I'd make it, but realized I didn't once I was looking up at the pecan tree.

Speaking of Jack Handey's Deep Thoughts, here's a few:

"If trees could scream, would we be so cavalier about cutting them down? We might, if they screamed all the time, for no good reason."

"The crows seemed to be calling his name, thought Caw."

"Whether they ever find life there or not, I think Jupiter should be considered an enemy planet."

Check out [deephoughtsbyjackhandey.com](http://deephoughtsbyjackhandey.com) if you're interested.

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Christopher Blackburn is the president of Blackburn Media Group, owner of this publication.

## The SEIU Takes On Sodexo At George Mason University

By ADAM BITELY

Earlier this month, the SEIU launched a "strike" against Sodexo on the campus of George Mason University, a public university in Northern Virginia. Oddly, Sodexo does not recognize the SEIU Local 32BJ that organized the "strike". Sodexo is a private food services provider that was contracted by George Mason University to provide cafeteria and food services for students. The SEIU has been trying to draw attention to tough anti-union laws and attempted to use George Mason University as a pawn in their fight to overturn collective bargaining laws.

Virginia has some of the toughest public-sector union collective bargaining laws in the nation. So strong are the laws in Virginia that it is a crime for a public official to enter in to a collective bargaining agreement with a union. Thus, unions are extremely weak in Virginia.

There are several issues regarding the "strike" that broke out at GMU. First, the "strike" resulted in several university food operations being shut down affecting services that students had paid for up front at the beginning of the fall semester. The SEIU proved that they cared less about the money that students had spent for these services and instead sparked near revolution on campus through chants such as "No justice, no peace!"

Second, the SEIU organizers admitted that they had bussed in strikers from other universities around the country. mpus from Ohio State, Georgia Tech and other various universities according to an organizer.

Third, and by far the most troubling, was the support that was lent to the event by State Senator Dave Marsden, a Democrat whose district is in Northern Virginia. Marsden went so far as to attend a "speakeasy" held on campus by the SEIU on the second day of the strike.

We contacted Marsden for comment but he did not return our call.

For years, the SEIU has been funneling millions of dollars in legislative races to overturn the tough collective bargaining laws. Marsden is one such official in Virginia that the SEIU has been attempting to persuade through donations. Clearly, those investments have paid off as Marsden has sided with the unions when he endorsed their "strike" at GMU, and it is likely that the SEIU will be able to count upon Marsden to aid and abet any SEIU operations when they try to overturn those laws.

According to an interested parent, "If Dave Marsden had one ounce of honor he would return the SEIU money and defend the students and their parents against the ruthless power grabs by the union." Several people affected by the situation expressed concerns about the "strike" and the meaning of the protests. The SEIU thugs that were allowed to roam around

campus posed a danger to students — as they have an extensive track record of violence.

Just as troubling, the SEIU may have illegally used public-sector property at Mason to attempt to organize inside of Sodexo. Which begs the question, why did Mason allow the SEIU to run wild across the campus for the better part of a week? If any other group were to come on campus to recruit folks they would need explicit permission from the university. We have been unable to ascertain the reasons that the SEIU was allowed this privilege.

The SEIU appears to have packed up and moved on from their "strike" theatrics at Mason for the time being. But they are pulling these antics in other states attempting to influence the government officials that keep the union out of the public sector. The SEIU might just be coming to a university near you. So be on the lookout for the purple shirt brigade.

## Democrats Jumping Off Pelosi's Ship

By ROBERT ROMANO

Tennessee congressional nominee Bret Carter wants Nancy Pelosi to step aside as House Speaker because, he says, "She has become a lightning rod who is keeping us from getting our message out."

In other words, the San Francisco Democrat has been a toxic distraction that could make it impossible for Democrats to get reelected in November, let alone pick up any new seats.

Carter described Pelosi as a "baseball bat" that Republicans are using to beat over heads of Democrat candidates.

It's no wonder. Since Pelosi took control of the House, the national debt has risen by over \$4.49 trillion. Unemployment has risen from 4.6 percent to 9.6 percent.

Pelosi's House foisted the \$700 billion Troubled Asset Relief Program bailouts on the American people, the \$814 billion "stimulus," the \$2.5 trillion ObamaCare, the sweeping takeover

of the financial sector in the Dodd-Frank bill, and even passed the destructive Waxman-Markey cap and tax on carbon emissions. Unemployment benefits have been extended to 99 weeks repeatedly.

Bankrupt states like New York and California have received federal bailouts to balance their budgets. In short, on Pelosi's watch over the people's House, the economy has collapsed, millions of jobs have been lost, and all the while government spending has exploded. And, argues Carter, it is killing Democrats on the campaign trail.

Blue Dog Democrat Congressman Bobby Bright joked openly about Pelosi dying to avoid answering a question about whether he would vote for her as Speaker. Kathy Dahlkemper too declined to comment publicly if she would support Pelosi. John Spratt and Dina Titus both dodged the question, too.

Not so much as a single lukewarm endorsement. As Pelosi becomes more politically toxic, and more Demo-

crats jump ship, her hold on power will weaken. Already 31 House Democrats have asked that all of the Bush tax cuts be extended. If all 177 House Republicans voted to extend those tax cuts, they would only be 9 votes short right now.

An up or down vote on extending all of the tax cuts would be politically very tough to deny in the current economic climate. Unemployed Americans want jobs, and those employed want to keep their jobs, and everyone knows that raising taxes on job creators now will just mean that more jobs will be lost.

Nancy Pelosi could very likely lose control of the House on the eve of the November elections if she loses that vote. Could her Speaker's chair really be far behind?

When candidates on the campaign trail are forced to denounce one of their own party leaders, it signals the end of Pelosi's power over future Democrat caucuses, regardless of the political outcome in November.

## Official Washington Screams at O'Donnell Victory

By RICK MANNING

It wasn't until Christine O'Donnell beat official Washington's choice Mike Castle in a Delaware primary election for the Republican nomination to seek the U.S. Senate seat that it happened.

The Washington, DC insiders have finally gone completely nuts.

Democrats were declaring victory in a race that they had previously conceded, and the know-it-alls in the Republican Party who created a political environment that allowed Barack Obama to become president, became completely unhinged.

How could the actual Republican voters in Delaware give up a "sure thing" Republican takeover in order to nominate a candidate who actually is in alignment with their principles? Don't they understand the potential power they are giving away? Unsophisticated rubes.

Karl Rove, who gained his fame as President Bush's campaign guru, became the official mouthpiece of insider DC Republican "intelligentsia" when he castigated the voters' choice of O'Donnell on the Sean Hannity show on FOX News, and again the next day, providing political fodder for Harry Reid's "pet" candidate, Democratic Party nominee — Chris Coons.

A reasonable person would ask why Rove and those of his ilk freaked out.

They are scared, and cannot afford to have O'Donnell win the general election. An O'Donnell victory forever destroys their capacity to choose the "safe" nominee because he/she has the best chance to win. An O'Donnell victory in November would strip the power of this argument from them.

Of course the irony of the "vote for the electable candidate" selection process is that it produces candidates who are virtually indistinguishable from one another as was the case

in Delaware.

Last year, New Jersey broke this mold by electing a Republican as its governor who promised to cut government. Governor Chris Christie has turned the establishment of the state on its head with his plain spoken imposition of budget cuts to pull the state back from the brink of bankruptcy. No one thought he could be elected, yet he was.

In Massachusetts, no one thought that a Republican named Scott Brown who touted himself as a fiscal conservative could win the so-called Ted Kennedy Senate seat — yet he did.

These two cataclysmic events in late 2009 and early 2010 signaled brightly that the political world has changed and the politicians better get on board or they are going to get to find out that the people really aren't messing around.

Those who are flocking to the tea party banners have for years been told to sit in their corners and trust the big money political professionals to give them the candidate that can win. This year, the "silent majority" of the Republican Party have gotten up collectively and screamed in their best Howard Beale voice, "I'm mad as Hell and I'm not going to take it anymore."

Record deficits, the decline of the American standard of living, failing public schools, high unemployment, taxpayer bailouts of failing banks, the housing crisis, and a general disgust that many elected officials seem to be more interested in feathering their own nests rather than serving the public interest, these have all fueled an electoral revolt among citizens who have never felt they needed to get involved before.

The politicians in both parties have let them down, and the tea party movement is rapidly remaking the face of the Republican Party to represent their values, and the insiders better shut up and listen. In 1852, there were two political parties in America, the Whigs and the Democrats. The vacil-

lating Whigs wanted to be in the middle and not take on the most pressing issue of the day — slavery. In 1854, the Republican Party was born, and by 1860, the Whig Party ceased to exist, and Abraham Lincoln was our first Republican Party president.

A political party that stands for nothing serves no purpose and is destined to disappear from the political landscape. The basic debate in American politics today is about whether larger government is the answer or the problem. The tea party movement is in the process of taking the Republican Party back from those who have forgotten the basic credo that the best government is the least government, and the establishment deal makers don't like it.

The great part about America is that we get to vote for our elected representatives. Perhaps the political intelligentsia will learn a valuable lesson from the 2010 election cycle — a candidate has to be electable in the primary election, and if not, they never get to run in the general election. All the wringing of hands by the power brokers about lost opportunities are merely the dying gasps of those who are seeing their fortunes built on political connections being shattered by an electorate determined to fix Washington, and save their country.

America's leaders, both Democrat and Republican, have lost the trust of the people, and now those people will not be ignored, just ask Arlen Specter, Bob Bennett, Lisa Murkowski, and now Mike Castle.

It sure will be interesting when the Capitol Building is filled with idealistic tea partiers who believe in constitutionally limited government rather than angling for a spot on some obscure committee that only matters to people in DC. If you think the insiders are screaming now, just wait until January 3, 2011.



## Last chance for Texans to enter hybrid car giveaway

AUSTIN — The deadline is just around the corner for entering the state's *Drive Clean Across Texas* online <http://www.drivecleanacrosstexas.org/> sweepstakes to win a 2010 Ford Fusion Hybrid. Texas drivers have until midnight this Sunday, Sept. 26, to sign up to win the low-emission vehicle, which was donated by the Dallas Cowboys.

The contest, which kicked off on June 15, is part of the state's annual campaign to encourage drivers to take simple steps to improve air quality. Texas drivers who are at least 18 years old can sign up for a chance to win the car by visiting the campaign's website at <http://www.drivecleanacrosstexas.org>.

There, drivers can also pledge to do their part to reduce air pollution.

Besides saving money on gas, drivers who choose a low-emission vehicle, like a hybrid, are taking a big step to reduce tailpipe emissions that contribute to unhealthy air. Campaign officials with the Texas Department of Transportation (TxDOT) and the Texas Commission on Environmental Quality encourage motorists to make cost-saving, no-cost, and low-cost changes in their driving and vehicle maintenance behaviors to reduce air pollution.

"Each of us is part of the solution to continue to improve air quality in our

state. Doing simple things like getting a tune-up and replacing dirty air filters improves gas mileage and reduces vehicle emissions," says Dianna Noble, TxDOT's Environmental Affairs Division Director.

The lucky grand-prize winner in this year's *Drive Clean* sweepstakes will be given the keys to the brand-new hybrid car at the Dallas Cowboys' Valley Ranch headquarters in a ceremony later this fall. Second and third place winners will receive tickets to a Dallas Cowboys home game. To get more tips on how to drive clean and to enter the Ford Fusion Hybrid sweepstakes, visit <http://www.drivecleanacrosstexas.org>.

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## Healthy weight? Don't rule out the possibility of obesity

HOUSTON — Beware: the numbers on the scale don't tell the full story. It's possible to be obese even if you're at a healthy weight, said an expert at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)).

"Obesity is measured by excess body fat, not necessarily weight, so it is possible to have a normal weight and still be obese," said Dr. John Foreyt (<http://www.bcm.edu/medicine/athero/index.cfm?pmid=5158>), director of the behavioral medicine research center (<http://www.bcm.edu/medicine/athero/index.cfm?PMID=6809>) at BCM.

The average male should have about 15 percent body fat or less, and anything over 25 percent is considered obese. The average female should have about 25 percent body fat or less, and anything

over 35 percent is considered obese, said Foreyt, also a professor of medicine (<http://www.bcm.edu/medicine/>) at BCM.

"It's important to not only be lean, but also to have lower body fat," said Foreyt.

It is possible for someone to be overweight and fit, but those who are normal weight and unfit have a higher risk for cardiovascular mortality. Health concerns such as diabetes, high cholesterol and high blood pressure can still be an issue for those at a healthy weight.

To determine percent body fat, use a scale that measures bioelectrical impedance, said Foreyt.

Those who are lean need to have a well balanced eating and exercise plan that includes balance, variety and moderation. A balanced diet means that less than 30

percent of calories come from fat, about 20 percent of calories come from protein and more than 50 percent come from carbohydrates. These carbohydrates should mostly be complex carbohydrates, which include fruits, vegetables, breads and cereals. Also be sure to increase fiber intake.

An exercise plan should include 30 to 60 minutes of brisk walking on most days of the week. Be sure to check with a physician before starting an exercise plan.

Be careful of falling into bad habits, said Foreyt. Although metabolism may prevent someone from gaining weight as a teen or young adult, metabolic rates begin to drop with age. It's important to start eating healthy and exercising at a young age, since bad habits are hard to break.

Thanks for reading!

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# Prevent flu this season

The Centers for Disease Control and Prevention (CDC) define Influenza (also known as the flu) as a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

It's important to note that not everyone with flu will have a fever.

**Flu Complications**  
Most people who get influenza will recover in a few days to less than 2 weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu.

The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu.

**People at Higher Risk from Flu**

Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age, but some people are at higher risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children are more likely to get complications from influenza.

**Flu Severity**  
Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine

is matched to flu viruses that are causing illness.

**CDC Says "Take 3" Actions To Fight The Flu**

Flu is a serious contagious disease that can lead to hospitalization and even death. In 2009-2010, a new and very different flu virus (called 2009 H1N1) spread worldwide causing the first flu pandemic in more than 40 years. Flu is unpredictable, but the Centers for Disease Control and Prevention (CDC) expects the 2009 H1N1 virus to spread this upcoming season along with other seasonal flu viruses.

CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
- The 2010-2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of

age and older should get vaccinated against the flu as soon as the 2010-2011 season vaccine is available.

• People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

• Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

• Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

• Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

• Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

• Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand

rub.

• Avoid touching your eyes, nose and mouth. Germs spread this way.

• Try to avoid close contact with sick people.

• If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

• While sick, limit contact with others as much as possible to keep from infecting them.

Take flu antiviral drugs if your doctor prescribes them.

• If you get the flu, antiviral drugs can treat your illness.

• Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

• Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

• It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are

at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.

• Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Health Watch Home Health of Altus is taking an active role in the fight against the flu in your community. They are setting up flu clinics in the following communities: In addition, they will go to people's homes to give the vaccine if they are unable to leave their home. If you have Medicare, the vaccine will be given at no cost to you because Medicare Watch will bill Medicare on your behalf. The cost of the vaccine is \$20.00 for everyone else. Call Health Watch Home Health of Altus at 379-9770 to preregister for your flu vaccine today.

For more information on influenza, visit the following CDC link <http://www.cdc.gov/flu/whatsnew.htm>

## Crop diagnostics may be a touch of the button away

AMARILLO – Producers may soon reach for their iPhone or Droid when they find a problem in their wheat field instead of sending clippings or dead insects to an expert, according to a Texas AgriLife Research scientist.

The U.S. Department of Agriculture National Institute of Food and Agriculture is funding a four-year program under its Risk Avoidance and Mitigation Program to help build a database that will give producers real-time data for diagnostics.

Researchers participating in "iWheat" are AgriLife Research-Amarillo, Texas AgriLife Extension Service-Dallas, Oklahoma State University, Kansas State University and Colorado State University.

"The idea is to extend what we have already been working on with the former area-wide pest management for greenbugs and Russian wheat aphid project," said Dr. Jerry Michels, AgriLife Research entomologist in Amarillo.

Michels was referring to a five-year program where the group of scientists sampled wheat and did remote sensing to understand the relationship of aphids in wheat crops over the southwestern Great Plains area.

"We tried to put together better management strategies for aphids with the entire area included instead of our individual regions," he said. "We looked at what the similarities and differences

were and determined management strategies for the different producers depending on where they were located."

Michels said a lot of information gathered during that study came from surveys with individual growers in the different geographic areas about how they plant wheat, rotational or continuous, and agronomic practices such as whether they were dryland or irrigated operations.

"It worked fairly well, but we still ended up with five big chunks of data," he said. "We still wanted some way to put it all together."

The group is looking at the abilities of the different information delivery systems such as the iPhone or Droid that will allow them to consolidate this information and make it available to a person on an interactive basis.

"What we will do is put all this into a real-time database that will be made available to people who are cooperating with us for the next four years," Michels said.

Michels said his work will start this fall in several experimental fields, but he's also looking for two wheat farmers who will volunteer to be involved with the program. In addition, he will be working with 10 AgriLife Extension agents.

Many producers, crop consultants and AgriLife Extension agents already use a program called Glance-N-Go to sample aphids in wheat, he said. That program

came from the initial five-year study.

With the new program, the idea is they can access the system in the field and the data will be entered real time, Michels said. They will be able to enter how many tillers have greenbugs on them, and the system will be able to tell them if there are enough samples to make a decision and if the number of aphids detected warrants treatment.

"As time goes by, the people who are using the system will be able to enter the variety they are planting, when they planted, the fertilizer, etc.," he said. "The idea is that eventually there will be guides available to tell them when to start looking for insects and what they might be looking at in the field."

Another possible option is the producer will be able to take pictures in the field and send them to the database where they can be looked at by an expert.

While some of those details are yet to be worked out, Michels said what his program will be doing with the producers and AgriLife Extension agents is monitor wheat fields and do the Glance-N-Go and other types of sampling, and determine how this will work out.

"Hopefully we will be able to get input and provide data by the end of the second year and then make it available to the public within four years at the end of the research," he said.

With the initial five years of work, researchers found that farmers who used diverse practices instead of planting continuous wheat were getting better results, and while that data was reported in some areas, it wasn't consolidated and easily accessible to farmers, Michels said.

"Accessibility, and even more important, the ability to get the data real time, is what we are looking for

now," Michels said. "Instead of sending a picture or clippings of the wheat or an insect by mail or taking it in for an expert to analyze, the information is instantaneous. We hope some day they can take a picture and submit that for analysis."

But to get to that point, it takes someone to do the "field-truthing" and see how it will work, he said. That is why he and others will be working directly with producers to

see what they want, what they need and how it should be tweaked to make sure it is something that has value.

By allowing the diagnosis to take place in the field and determining an appropriate action to take in most cases, Michels said this real-time prescription application should save time and money for producers and help them schedule treatment earlier for fields that might need it, thus reducing the overall damage.

### SUDOKU

		9	3					
3								1
				5				7
	2	4				6		
	6				3			5
5					2		8	
	4	8			5		3	
	7							
		2					9	1

Level: Intermediate

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	6	5	4	8	7	2	3	9
8	9	4	6	3	2	5	7	1
9	4	8	1	6	5	7	3	2
4								
4								
5								
7								
2								
8								
2								
7								
3								
9								
4								

ANSWER:

Go Bold Gold!

**United**  
Supermarkets





Photo by Lance Dunn  
Matthew Soto gets his game face on.



#32 Vance Blair closes in for the tackle.

Photo by Lance Dunn

Photo by Chelsea Nolen  
(Left) #14 Paden Babb and #10 Cambel Kirkpatrick are in rare form as the JV defeats Floydada.



Photo by Skylar Jones  
# 55 Armando Martinez, # 70 Juan Cabrera, # 21 DJ Brown, # 2 Pake Jones, # 51 Jonah Garza, and # 60 Blace Stevens play for the Post JV.



Photo by Skylar Jones  
Pake Jones attempts a pass during the JV's game last week

## Post vs. Floydada Football Summaries

### JV Football

P	7	6	0	0-13
F	0	0	0	0-0

Coach Pyles - Post JV improved to 2-2 on the year with a 13-0 victory against Floydada. DJ Brown rushed for 125 yards on 15 carries and Campbell Kirkpatrick rushed for 102 on 8 carries. Pake Jones completed 2 passes for 36 yards both to Tyler Jones.

Matt Nava and Blace Stevens recovered fumbles for the Bold Gold.

Defensive Standouts - Blace Stevens at Defensive Tackle, Christen Pena and Tyler Jones at Strong Safety, Pake Jones and Marco Erives at LB and DJ Brown and Matt Nava at corner.

Offensive Standouts - Elijah Garza, Mondo Martinez, Travis Greathouse, Juan Cabrera, Blace Stevens, Alan Alaniz - Offensive line

The coaching staff is proud of the improvement these guys make each week. They play hard and compete every week.

Next game is Thursday, Sept. 30 vs Anson at home, 6 p.m.

### 8<sup>th</sup> Grade Football

Post	- 14
Floydada	- 0

Coach Soliz - All in all, the boys played great. They played very good on offense, special teams, and defense. I'm very proud of them all. The game was called shortly before the half on account of lightning.

Keaton Collins had a huge game with an 81-yd TD run and an interception. Carson Kirkpatrick ran a QB draw for a 2-pt conversion as well as a TD run. Dylan Pearson had a huge run to set up our 2nd TD.

Jose "Freddie" Araiza had a huge defensive game and performed well as our kickoff specialist. Ethan Self also had an interception and Hayden Belongia made some good plays on defense as well.

### 7<sup>th</sup> Grade Football

Post	- 38
Floydada	- 0

Coach Allen - It was another fantastic defensive effort for our boys in gold against Floydada. The captains for this week's game were Miguel Gomez and Cambry Gilbert.

The defense allowed only a handful of first downs and forced three fumbles. The first quarter scoring began with a 70 yard touchdown run from Gilbert. Cambry added another 8 yard touchdown run just a few minutes later. Christian Saucedo added the two-point conversion with a run to the right side. The first quarter ended with a great tackle from Christian Armendariz in the backfield.

In the second quarter, Gilbert scored another touchdown on a 15 yard run around the left side. Kyle Jones tackled

on the two-point try with a run to the left.

The defense continued to hold strong as Jaybren Rodriguez sacked the quarterback and Chris Rosas forced a fumble. Jordan Solorzano looked solid on defense all day and led the team with five solo tackles, three of which came during the second quarter. Jones added six points to the scoreboard with a screen pass the left side to Saucedo for a total of 25 yards. Jones ran the conversion in for two points.

The second half was run, run, run and don't let Floydada get a score. The 7th grade Bold Gold did just that. Great tackles by Tristan Fanon and superb blocking by Ediel Sanchez helped pave the way in the 3rd and 4th quarters. Blaine Reece added six points to the scoreboard with a 23 yard run up the middle and a hard fought 3 yard run for the two-point conversion. Jared Curtis sealed the game with a fumble recovery in the 4th quarter.

RUSHING: Gilbert 5-119; 3 TDs, Reece 9-101; 1 TD, Saucedo 5-26, Jones 5-4, Wiley 3-8

PASSING: Jones 2-30; 1 TD

RECEIVING: Saucedo 1-25; 1 TD, Reece 1-5

### Punt, Pass and Kick

The Post Elementary will be hosting the Punt, Pass, and Kick competition for kids ages 8-15. Interested athletes need to be at Jimmy Redman Memorial Stadium by 2:00 P.M. on this Saturday, September 25<sup>th</sup>.

Kids need to have a copy of their birth certificate with them when they come to the competition.

### Varsity...

continued on Page 10

five solo tackles (a couple for losses), Mason and Soto had 4 each, Paul Martinez was credited with three and Kaven Martinez and Nathan Gill had two apiece.

Floydada maintained ball possession from the third quarter into the fourth. On the second play, Mathis ran the ball 61 yards for a TD at the 11:43 mark. Sophomore QB John Yannis scored the two point conversion as he did again later after Sessions scored his second running TD for the last score of the game.

### FLOYDADA 34, POST 13

P	0	6	7	0-13
F	0	18	0	16-34

### SECOND QUARTER

Pos - Vance Blair 3 run. (Kick failed.) 10:37

Flo - Troy Morales 5 run. (Kick failed.) 5:53

Flo - Bryson Sessions 62 run. (Pass failed.) 1:42

Flo - John Yannis 5 run. (Pass failed.) :22

### THIRD QUARTER

Pos - Chase Greathouse 15 run. (Dale Diaz kick.) 7:40

### FOURTH QUARTER

Flo - Rex Mathis 61 run. (Yannis Run.) 11:43

Flo - Sessions 23 run. (Yannis run.) 4:42

### TEAM STATISTICS

	POS	FLO
First Downs	11	11
Total Net Yards	169	308
Rushes-yards	39-124	34-284
Passing yards	45	24
Comp-att-int	4-13-2	2-6-0
Punts-avg	3-25	3-33
Fumbles-lost	2-2	2-2
Penalties-yards	3-26	1-5

### INDIVIDUAL STATISTICS

RUSHING: Post; Greathouse 8-53, Saldivar 13-46, Blair 11-15, Jacob Perez 1-7.

Floydada; Sessions 9-121, Mathis 12-109, Yannis 6-39, Morales 3-10.

PASSING: Post; Saldivar 4-45-0. Floydada; Yannis 2-24-0

RECEIVING: Post; Matt Soto 2-22, Perez 1-16, Dalton Holly 1-7.

Floydada; Adrian Pleasant 2-24.

RECORDS: Post 1-3, Floydada 2-2.



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Post Notes...

From Page 1

working and rehearsing Blithe Spirit by Noel Coward. The show will start selling tickets the end of this month, and are putting on a public performance on Saturday night, October 30<sup>th</sup>. The play is a great comedy dealing with an séance and ghost! The play is a fundraiser for Post High School One Act play season. We would love to have a great turnout for this event and will guarantee an eventful night full of comedy and laughter! Plans are in the works to include a dessert reception with the price of the tickets! Anyone wanting more information can email Mr. Tatum at the school @ ttatum.post.k12.tx or ask a Theater student about this event.

**Punt, Pass and Kick**

The Post Elementary School is hosting the Punt, Pass, and Kick competition for kids ages 8 to 15. Interested athletes should be at Jimmy Redman Memorial Stadium on Saturday, September 25<sup>th</sup> by 2:00 P.M. Participants must bring a copy of their birth certificate.

**Meet Your Garza County Republican Party**

The Garza County Republican Party will hold an open forum for Garza residents to learn more about the Republican Party in Garza County. Many of the Republican Party local candidates and current office holders will be in attendance. Light refreshments will be available. Republican candidate for State House District 85 Jim Landtroop will also attend. We will

meet at the Algerita Art Center on Oct 2 at 2:30pm.

**Yearbooks on sale**

Post Elementary 2009-2010 yearbooks are on sale for \$20.00 a book. You may purchase your yearbook by coming to the Nurse's Office at the Elementary School any time Mon- Fri during school hours. Hurry in, they are going quick.

**Parent Teacher Conferences**

Post Elementary will hold parent/teacher conferences on Friday, October 1st. Please look for information coming home from your child's teacher.

**Elementary School Pictures**

Post Elementary fall Picture Day is Tuesday, October 5<sup>th</sup>. Pictures are generally taken in the morning so please make sure your student is ready for pictures when they come in on Tuesday morning. Information about ordering and choosing a background color will come home with your student.

**Post High School Cheerleaders To Hold Weekly Pep Rallies**

The PHS cheerleaders will have a community-wide pep rally each Friday in the arena starting at 3:00.

**PHS Mini Cheerleading Clinic**

The PHS Cheerleaders will be having their Mini Cheerleading Clinic for children grades Pre-K4 to 5th on Oct.5, 2010 from 6-8:30 at the Antelope Arena. The cost is \$20.00 per child and \$15.00 for

each additional child. Each participant will receive a t-shirt and will perform before the PHS Football game against Coahoma on October 8<sup>th</sup>. Forms may be picked up and turned in at Post Elementary School office or at Post High School office. They are due on Oct. 1st.

**Post ISD Provides Important Information on Asbestos**

Post ISD is working to maintain its compliance with the federal AHERA regulations regarding asbestos management. The district currently re-inspecting and updating the management plan for each of the school campuses as required. A copy of the plan is available in each school principal's office for those who are interested. Any questions about the plan or this federally mandated program may contact Ollie Abraham at 806-548-4307.

**Christmas Celebration Schedule:**

The Post Area Chamber of Commerce is compiling a list of Post Christmas activities for publication and distribution. If your organization has a planned activity for the holidays which needs to be included, please contact the Chamber office at 806-495-3461 or email information to [chamberofcommerce@postcitytexas.com](mailto:chamberofcommerce@postcitytexas.com). We need to have the schedule prepared by the October 2 Old Mill Trade Day Downtown event.

**Flu Shot Clinic at the Post Trailblazers**

A flu shot clinic is being held Thursday, Oct 7<sup>th</sup> from

10:30 am to 1pm at Post Trailblazer Center. Bring your Medicare card or cash or check.

**Graham Ole Opry**

The Graham Ole Opry will be held Saturday, Sept. 25<sup>th</sup> from 7:00pm until 10:00pm at the Graham Community Center five miles west of Post on US 380 and two miles south on FM 399. Here is no admission charge; a hat will be passed for donations to help with the upkeep on the center. Concession stand with drinks and snacks will be available. For more information contact Noel White at 806-495-3261.

**GCJLA Horse Show**

The GCJLA Horse Show will be held at the Post rodeo arena at 3 PM on Sunday October 3<sup>rd</sup>. The entry fee is \$10.00 and deadline to enter is September 28. There will also be a Pee Wee class. For more information contact Kim Reiter or Amy Pennell. Entry forms may be picked up at the Garza County Extension Office.

**A World of Art**

New exhibits at the OS Museum exemplify the unique art and culture of other countries. Located upstairs at 201 E. Main Street & Ave. I, the museum is open Monday - Saturday, 10 a.m. to 12 and 1 p.m. to 5 p.m. The museum is handicap accessible with an elevator for your convenience. This exhibit will be displayed through September 28, 2010.

**Voter Registration Records**

We are updating our voter

records for the upcoming election. If you are new to Post or have moved to a different address, we need that information. You will not be able to vote in your correct precinct unless we have your current information. We have address cards at the tax office.

**Ladies Conference**

There will be a First Baptist Church Ladies' Conference entitled, "Who Am I In Christ?" It will be held on Friday, Sept. 24 at 7:00 p.m. and on Saturday, Sept. 25 at 9:00 a.m. until noon. Admission will be free and there will be door prizes and lunch will be provided. Please RSVP for lunch at 495-0255.

**Area Girl Scout Sign-Up**

Tuesday, October 5<sup>th</sup> at the Post Girl Scout Hut At 506 W. 7<sup>th</sup> from 4-6pm (come and go) Volunteer Leaders needed

**Players in Progress (PIP) Registration**

Registration Dates: Mon, Sept. 27<sup>th</sup>, Tues, Sept. 28<sup>th</sup>, Mon, Oct. 4<sup>th</sup>, Tues, Oct. 5<sup>th</sup>, and Thurs, Oct. 7 at Post Elementary School Gym from 5-6:30 pm. The cost is \$65.00 per child and the deadline to register is Thursday, October 7<sup>th</sup>. What is PIP? Performance groups specializing in basketball skills, drills and tricks. What is the purpose of PIP? To build a positive and character-building sports experience for our children and to teach fundamental skills that build coordination and agility for any sport.

If you have a child in kindergarten through

6<sup>th</sup> grade that is interested, please come and register your child at one of the meeting times above. You may also contact Teri Jo Franke (790-3225), Kelli Egan (241-4914) or Dawn Guerrero (241-1672) with any questions. If you would like to sponsor a child or contribute to our general fund to help sponsor a child, please contact one of us.

**Players in Progress (PIP) Camp**

PIPS will have their start-up camp on Saturday, October 23<sup>rd</sup> from 1- 5pm (check-in starts at 12:45 pm; parent meeting at 4:15 pm) at the Antelope Arena. Camp is for kids in kindergarten through 6<sup>th</sup> grade but they must be registered for PIPs by Thursday, Oct. 7<sup>th</sup> to attend (PIPs registration cost is \$65.00per child).

Please contact Teri Jo Franke (806-790-3225), Kelli Egan (806-241-4914) or Dawn Guerrero (806-241-1672) with questions. If you would like to sponsor a child or contribute to our general fund to help sponsor a child, please contact one of us.


**Pride of Post Band Annual Homecoming Fundraiser**

Selling brisket/sausage, potato salad, coleslaw dinners \$6.00 a plate from 4:30-6pm Friday, Sept. 24<sup>th</sup>. Dine in or carry out. Come out and support the band!!

**Victory Line**

There will be a Victory line at 6 p.m. Friday at the football field.

**ALLSUP'S "MOO"**  
**BUY 12 GALLONS OF FRESH ALLSUP'S MILK... GET ONE FREE!**



Prices Good Thru 10/2/10

**DELI SPECIALS**

GIANT BBQ SANDWICH, TALLSUP & 99¢ BAG TOM'S CHIPS **\$3<sup>98</sup>**  
 BACON CHEESEBURGER BASKET WITH WEDGES & TALLSUP **\$3<sup>29</sup>**

**\*BOGO\***

**BUY ONE KELLOGG'S SPECIAL K BAR GET ONE FREE**  
**BUY ONE LEMONADE OR ORIGINAL AIRHEAD EXTREME BELT GET ONE FREE**  
**BUY ONE ASSORTED FLAVORS MENTOS ROLL GET ONE FREE**  
**BUY ONE ASSORTED FLAVORS MENTOS GUM GET ONE FREE**

**North Broadway Street & 8th Street**



**BLUE BUNNY COOL TUBE OR HOMEMADE VANILLA BAR 79¢ EA.**

**ASSORTED DOLLY MADISON SNACK CAKES ASSORTED 99¢**




**BUY A TALLSUP GET A 99¢ BAG OF TOM'S CHIPS FREE**



**SNICKERS, MILKY WAY, TWIX M&M'S (PLAIN OR PEANUT) MARS SINGLES 79¢**



**////// MORE SPECIALS! ////**

<b>KELLOGG'S CEREAL CUPS ASSORTED 99¢</b>	<b>ALLSUP'S SANDWICH BREAD 24 OZ. / 79¢ EACH OR 2 \$1<sup>29</sup></b>
<b>SELECT TRIDENT GUM 6 FLAVORS \$1<sup>09</sup></b>	<b>ALLSUP'S WHEAT BREAD 24 OZ. / 99¢ EACH OR 2 \$1<sup>49</sup></b>
<b>JACK LINKS CHEW .3 OZ. PKG. 99¢</b>	<b>DUNKIN DONUTS CLASSIC ROAST 12 OZ. \$6<sup>99</sup></b>
<b>G2 OR GATORADE ASSORTED 32 OZ. BOTTLE 2 \$3<sup>00</sup></b>	<b>COLORTEX BATHROOM TISSUE 4 ROLL PKG. 99¢</b>
<b>RED DIAMOND ICE TEA GALLON 2 \$5<sup>00</sup></b>	<b>COLORTEX MOPPER TOWELS SINGLE ROLL PKG. 99¢</b>
<b>PLAINS DIPS GREEN CHILE OR FRENCH ONION \$1<sup>79</sup></b>	



## Ribbon Cutting...

From Page 1

stories behind them that Steve and Mary were only too happy to share with their guests. The store is a blend of old and new, of quirky and sophisticated, from uniquely modern to the elegantly aged. A visitor to their store is bound to find something they just can't go home without. Caprock Heirloom was unknowingly born in two people who came from uniquely different settings. Steve was raised in Post, his family one of the many farming families in the Post area. Steve is the son of Judge Lee and Marsha Norman.

When his parents were not in the midst of planting or harvesting season, Steve "accompanied" his parents, or to use a more accurate description given by Steve, "I was dragged kicking and screaming, on treks to estate sales and flea markets." It was a past time that Steve disliked as a child, but like most children, if his parents set out on a destination ... Steve set out on a destination too, just not one of his choosing. Over time and as Steve grew up, he discovered though that he too had a love for finding treasures in the

most unlikely places. It was a passion that would one day draw him to his future wife whom he met while attending college at Baylor.

Mary was at the opposite end of the spectrum in that she had always lived in a big city. Born in El Paso to the late Alec B. Stevenson and Kathleen Stevenson, Mary and her family moved to the Dallas area when she was barely a year old and she was raised in Dallas. Mary has always been fascinated with life in a small town. She says she too was dragged unwillingly along on family treks to find

treasures at garage sales, flea markets and estate sales. Because she hated walking the long aisles of big flea markets, Mary charmed her way into getting to ride in her old stroller until she was four and the wheels finally fell off the stroller. That ended her days of being chauffeured in a stroller and began her days of walking the aisles hunting for treasures. After she and Steve married, she found that small town living would become her reality, and one she loves living. They would move to Post where Steve had grown up and open a shop

that would be one part big city with the modern items found at buyer's markets and three parts vintage with the uniquely old items they find in their own treks to flea markets, garage sales and estate sales.

Currently the couple travel about once a month on hunts for vintage items to offer their customers as well as looking for items for their clientele that are difficult to find. While Steve still spends a large part of his time working on the family farm, he enjoys time spent at the store showing customers

items that have interesting history or stories. Just one of the many unique items in the store are the bags custom made by Amish women who have no electricity and are made in their homes using treadle sewing machines. In this particular item one has a flavor of the old, in that the women come from a community that still use horse and buggies for transportation and have no electricity, yet the bags are modern and would never be mistaken for anything other than a new and fashionable bag to have.

## Golden Plains...

From Page 1

Bob Cortez, also known as DJX, and who served as DJ, and provided the music for the evening. One group of riders were surprised and excited to be joined on their ride by Judge Lee Norman and his wife Marsha who had stopped in to visit with the residents and wish them a fun evening for their prom night. Judge Norman was as excited as the residents to get to ride in the Limo since this was to be his first ever ride in a Limo.

The residents were served a buffet of sandwiches, chips and dips, cookies and sodas and were joined by family and friends for their evening meal. After going through the buffet, the residents eagerly looked forward to the crowning of the Prom King and Queen, with each resident secretly hoping they would be crowned King or Queen. The lucky winners were Tommy West and his Queen for the night was Mrs. Carmen Abraham. After

their crowning ceremony, the residents got busy on the lighted dance floor with their family and friends dancing to music by Johnny Cash, Elvis Presley, Buddy Holly, and many other older music artists. Queen Carmen out danced everyone as she danced every song with her grandson, Solomon Abraham. All of the residents slept very well the night after the prom and all the excitement of dressing up in evening clothes and a night filled with activities.

The ladies had their hair done earlier in the afternoon by Michelle Caperton of Herring Plaza Hair Salon and Mary Angel of Integra Care. They had their nails polished by Kelsey Overton and Lee Ann Ray did their makeup. After having their hair, nails and makeup done, the ladies were eager to put their fancy dresses on and show them off to everyone who attended the Prom. The gentlemen were not left out and had their hair styled

by Michelle that afternoon also. All of the residents looked great and thoroughly enjoyed being pampered by all the great volunteers who donated their time and talents to make everyone feel special for the evening.

Many merchants donated prizes for the Casino and food and beverages for the buffet. Bob Cortez of Performance Tires in Post donated the Limo and DJ services. And then there were the staff themselves, who worked tirelessly to make this prom night a memorable night for all the residents. The residents were also thrilled to be visited by Judge Norman and his wife. The evening was a great success and the residents slept well that night after all the fun and excitement of the evening. The residents look forward to their Prom night for weeks prior to the night of the Prom, and once the evening had ended, they are tired, but happy residents.

## Ministry Raffle...

From Page 1

types of fund-raisers are being discussed including possibly doing a Chili supper. If you would like to help out this organization, you can

contact Founder James North, board member John Hedrick, or any of the board members to donate money, items for raffles or have ideas for fund-

raisers. All help would be appreciated by both those who benefit from the ministry and those who work to keep the doors open.

## Close City...

From Page 3

have hot coffee and the cheapest drinks and snacks in the county.

Ragtown folks in the nursing homes we need to remember are ... W.C. and Marj Caffey in Marble Falls; George Miller in Lubbock; Doug and Claudine Tipton and Carmen Abraham in Post; Odie Kemp in Tahoka; Jean Tipton in San Angelo; Jewel

White in Lubbock. Others are, Joyce Overton in Post; Doris Wilson in Castorville; John and Mary Gist in Lubbock; Lula Jo Stuart also in Lubbock. Please let me know if there is anyone I need to add to this list.

Don't forget to check out our blog at <http://closecitycoopin.blogspot.com> and you can find us on

Facebook now.

Just look us up under Close City Community and click "like." We will be posting all kinds of info on there, if you have anything you want posted on there or the blog page let us know.

Everyone have a great weekend and keep our troops and the harvest season in your prayers!

## Post ISD Weekly Agenda

Sept 20 - Sept. 24, 2010

**Tuesday, 21** - Spirit Wk: Sports Day (dress up in clothes from favorite sport)!

• 5-8:00 PM - GED Classes Begin, room 18. Entrance on Southwest of HS bldg.

**Wednesday 22** - Spirit Wk: Generation Day (clothes from your favorite gen.)!

• Autumn Begins - well... that is what the calendar says...Hee, Hee!

**Thursday, 23** - First Care Wellness & Cardiac will be here all day. Have you made your Appt. with the nurse? Spirit Wk: Fashion Disaster Day!

• 5-8:00 PM - GED Classes Begin, room 18. Entrance on Southwest of HS bldg.

• 5/6:30 PM - MS Football vs Forsan

• JV Football, 6:00 pm at Forsan

**Friday, 24** - Spirit Wk: Bold Gold Day! Go BOLD GOLD!!!

• Pep Rally, 3:00 at the Arena, "Stampede the Buffaloes"  
• Varsity Football, 7:30 pm vs Forsan. Homecoming game so do not miss all the excitement!

**September Birthdays**

Sept. 2 - Chris Edwards  
Sept. 9 - Kim Mills-Oller  
Sept. 10 - Linda Self  
Sept. 10 - Jimmy Toney  
Sept. 13 - Dianne Griffin  
Sept. 20 - Cathy Sawyer

**Sept. 25** - Cross Country at Lubbock

**Sept. 27** - 7 PM Band Practice

**Sept. 28** - Jazz Band Contest at Abilene Wylie HS

**Sept. 28** - 5-8 PM, GED Classes

**Sept. 30** - MS vs Anson 5/6:30

**Sept. 30** - 6 PM - JV vs Anson

**Sept. 30** - Post ISD Immunization Clinic

**Sept. 30** - 9 AM Mobile Dental Unit, SPCA Each Grade (SPONSOR) will be responsible for decorating their Hallway for Homecoming and should be completed by Wednesday evening. Prize to winner!

**Oct. 01** - End of the First Six Weeks!

Go Bold Gold!

**GET YOUR FLU SHOT**  
at UNITED SUPERMARKETS PHARMACY!

**WE MAKE IT EASY TO BUST THE FLU BUG!**

Flu shots are only \$25 and if you have Medicare Part B, the shot is free - just bring in your Medicare card and we will bill Medicare. Pneumonia vaccinations are also available. FluMist® Nasal Spray available for ages 2-49.

AVAILABLE

September 24

9 a.m. - Noon • 1 p.m. - 5 p.m.



LOCATION  
123 N. BROADWAY  
POST, TX 79356

## Extension Extras

September 24, 2010

**Swine Validation**  
Please contact the office and let me know how many tags you will need.

**Club Meeting & Awards**  
The next club meeting will be Tuesday, October 5, 2010 at 6:30 at the Community Center. We will give awards

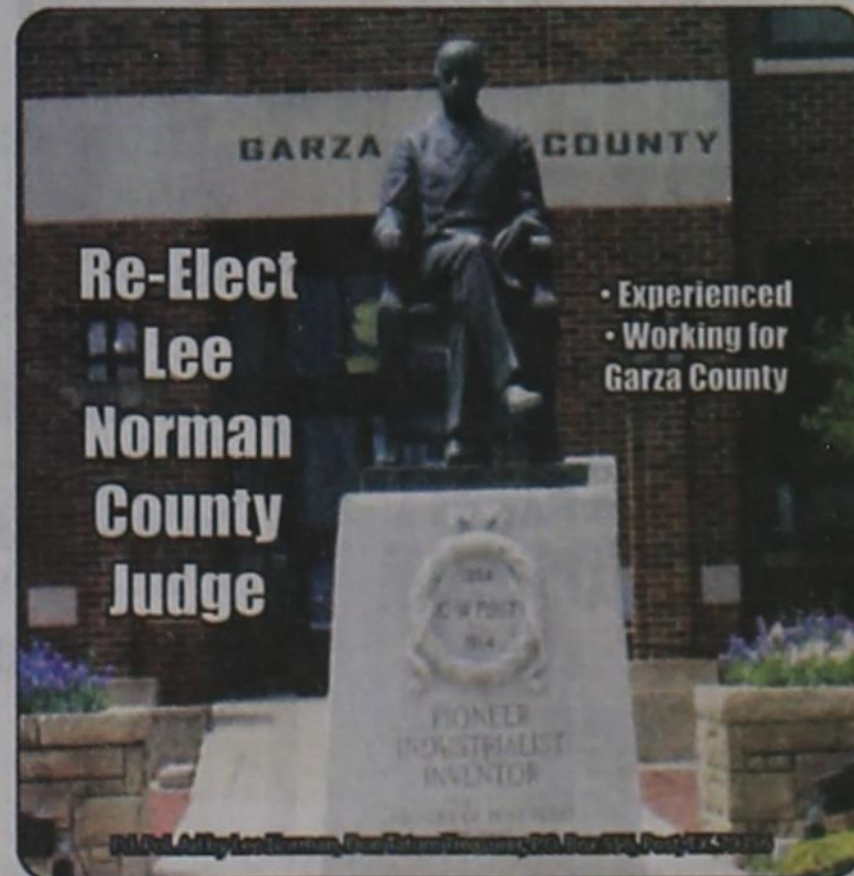
out for the 2009-2010 4-H year.

**Health Fair**  
The Garza County Health Fair will be on Wednesday, October 6, 2010.

Extension Office: 215 W Main (806) 495-4400  
Educational programs

of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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