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Friday, October 1, 2010

## Homecoming Post citizens endow the future of their festivities



Photos by Kelsey Overton

Post High School held its annual Homecoming festivities last Friday night. Homecoming Football Sweetheart Sydnee Jones (top) was crowned (she is pictured with her dad Lane Jones). Kaylyn Villalon (above) was named Band Sweetheart and was escorted by her father Vincent Villalon.



Air Force Airman John M. Rodriguez graduated from basic military training at Lackland Air Force Base, San Antonio. The airman completed an intensive, eight week program that included training in military discipline and studies, Air Core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. He is the son of Rachel Zubia of West 15th Street in Post. Rodriguez is a 2010 graduate of Post High School.

## Post citizens endow the future of their community

The citizens of Post and Garza County respond to the needs of our community with a strong determination to enhance our quality of life. We see the time, effort and planning all throughout the year as individuals and groups start programs such as youth sports, childcare facilities, art or cultural programs, or Senior Adult programs. Most often the major obstacle to their success is a funding issue. For many years United Way was the organization that collected and disbursed the funds needed for these many non-profit groups. Unfortunately, several years ago the National United Way denied the renewal of our local charter, leaving Post with no formal way to continue funding these types of programs.

The possible solution to this need was answered for small communities a few years ago when the Lubbock Area Foundation began a regional affiliate program. With a small population base, it is difficult to support a freestanding endowment. For smaller communities such as ours, without the legal, financial and administrative resources of an established foundation, it is not cost-effective to establish our own community endowment. But by working together with the Lubbock Area Foundation, we can benefit from economies of larger scale and make more funds available for our communities' needs. An endowment fund is a permanent investment, the principal of which is never spent. Only the annual earnings are awarded as grants to be used in the Post Community. The principal remains intact to generate

income for charitable purposes in perpetuity. Investing for capital gains as well as additional contributions ensures the growth of the endowment. Within several years, the value of the annual grants can exceed the value of the original gifts.

In March of this year, a group of citizens signed an agreement with the Lubbock Area Foundation to start Post-Garza County Endowment. The Post-Garza County Endowment will provide a way to preserve the resources and keep it working in the Post Community forever. The committee is asking all residents to make this a true community effort with your tax-deductible donations. Any amount can be given from ten dollars to thousands of dollars. We all will benefit from the programs this fund will support.

The Endowment Advisory Board also accepted a grant opportunity. If the Post-Garza County Endowment can raise \$50,000 by March 1st 2011, the CH Foundation will award a matching grant of \$50,000 for a total of \$100,000 in this fund. The initial amount will continue to grow in the many years to come as this new fund accepts gifts in a variety of ways, the most common being cash, checks, and marketable securities. The Lubbock Area Foundation Gift Acceptance Policy outlines other forms of contribution.

Over a hundred years ago, a few determined men and women came to Post with little more than their names. Their hard work

**Endowment...**  
continued on page 9



Photo by Jodi Lincoln

## Post Connections ...

By Jodi Lincoln

I was busily working at my desk last week trying to meet my deadlines for the paper when our local librarian, Peggy Ashley came in and showed me some pictures she had taken of an artist who had been doing some work in the library. Peggy could hardly contain her excitement as she told me about the artist and the work he was doing in the children's book section. Seeing that I was very busy, Peggy left the artist's contact information with me and told me I had to come by and see his work and I had to get his story. I took his information from her and agreed I would come by and see his work and give him a call. But before I could follow up on my agreement to come see his work and contact him for an interview, a breath of energetic air burst through my front office door and before me was a handsome, muscular, tanned man I had never met but was about to. His name was Carlo Castiglione and he was there to introduce himself and personally escort me to

see his work at the library. Now, with him being Italian, I wasn't going to refuse to accompany him, so after me interviewing him, off we went to the library, me with camera in tow. And Ms. Peggy was absolutely correct. The man is an artist. So, let me tell you what I learned about Mr. Castiglione and his journey to Post. Carlo was born Dec. 2, 1967, in Denville, New Jersey, to Carmine and Vera Castiglione. He is the middle of three children and has a brother Chris and a sister, Yvette. At a very young age, Carlo's family moved from Denville to Dayton, Nevada, where he grew up. Carlo has fond memories of growing up in Nevada, his fondest one being his high school art teacher, Karen Krayski, who mentored him and gave him a lifetime love of art. One highlight of his life was selling his first piece of art in Lake Havasu, Nevada. His favorite medium is pencil and his favorite subjects are

**Castiglione**  
continued on page 12

## Candidate's Forum to be held Oct. 12

A Candidate's Forum sponsored by Post Area Chamber of Commerce will be held Tuesday, Oct. 12, at 7 p.m. at The Heritage House.

All local candidates involved in the November

election have been invited to attend.

Each candidate will be given an opportunity to explain his or her platform and then be available for questions from the audience.

## Post Notes

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

The Garza County Sheriff's department continuing their efforts to update their 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 or fax a

letter to the Garza County Sheriff's Department at 412 E. 15th Street, Post, Texas 79356 and send it to attention: Brent Jackson, Dispatch Department or fax it to 806-990-4446.

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

### Music on the Lawn

Oct. 16th from 6 p.m.-? Come on out and listen to some local and area musicians pick and grin. Bring your own instrument and join in... everyone is welcome! There will be fajitas and soft drinks. Bring your own chairs.

### Time Is Running Out

### To Update Your 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.

### Old Mill Trade Day Downtown Sat. Oct 2nd

Don't forget this Saturday is our monthly Old Mill Trade Day Downtown. Everyone come on out and enjoy a beautiful day while visiting our vendors and local merchants. Now would be a good time if you

haven't already to stop in and say hello to Richard and Shawnette at Uncle Red's Ice Cream and Soda Shop and have yourself a sundae or banana split made with homemade ice cream and homemade syrups.

### High School Show

Post High School is preparing for a Fall Show. Many students are busy 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, Oct. 30. The play is a great comedy dealing with

**Post Notes...**  
continued on page 9

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## Chamber News

This Saturday is Old Mill Trade Day Downtown. We have over 20 vendors scheduled plus all of our existing merchants. Come and spend the day in Post. There is a book signing by Chuck Parsons at Ruby Lane Books from 10:00 a.m. - 1:00 and J. Cruse Christmas will host a NeQwa Artist from 11:00 a.m. - 4:30 p.m.

Both theaters have performances this weekend. The Garza Theatre will have

"Ruthless" at 7:30 p.m. on Friday and Saturday and Ragtown Gospel Theater will have "Sermon on the Mount" Friday at 7:30 with another performance on Saturday at 3:00 p.m.

The Bold Gold Antelopes will be traveling to Anson this Friday night. If you can't attend the game be sure and listen play-by-play action at [www.Lonestarsportsradio.com](http://www.Lonestarsportsradio.com).

The Candidates Forum

will be held at the Heritage House at 7:00 p.m. on October 12. Come and see what the candidates have to say. There will also be a question and answer session.

Jury Duty for this Friday, October 1, has been cancelled

Congratulations to our members of the week: PlatinumMembers - JUDGE & MRS. LEE NORMAN & BRADY'S PACKAGE STORE

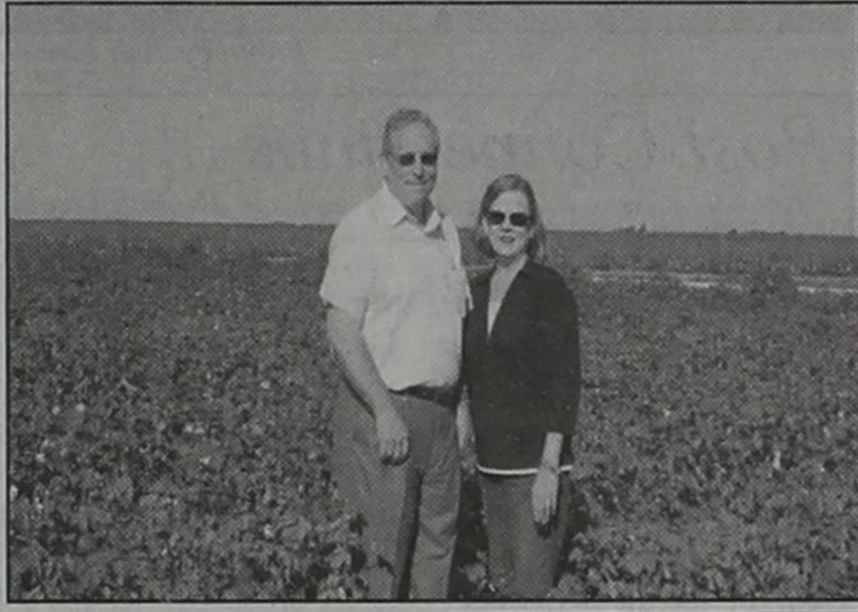


Photo by Jodi Lincoln  
 Platinum Member - JUDGE & MRS. LEE NORMAN

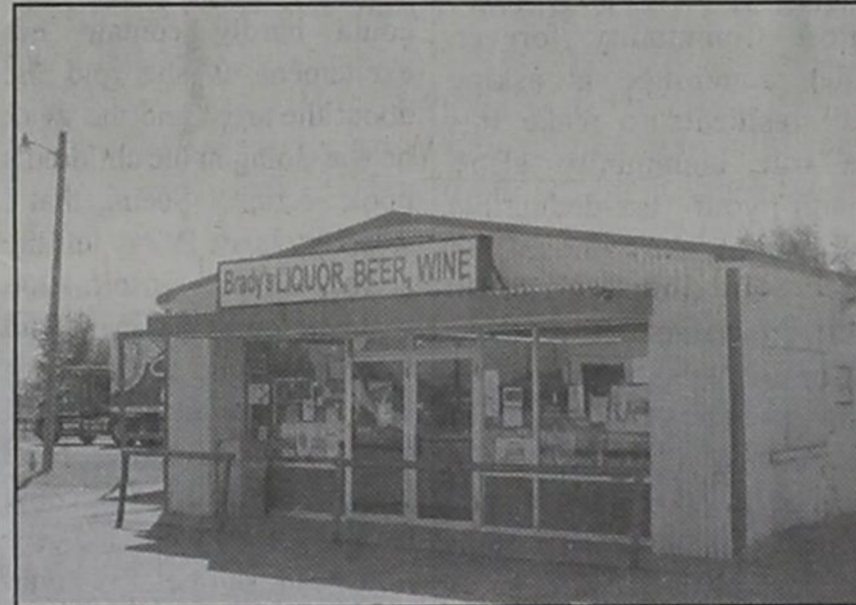


Photo by Jodi Lincoln  
 Platinum Member - Brady's Package Store

## Open House

October 2, 2010 at 10:30 am  
 Featuring Ne' Qwa Artist Trieste

Known in the Mandarin language as "Ne' Qwa," the artistic tradition of reverse painting on the inside of glass flourished during the 17th century.

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If you talk to yourself, it's not good to sleep with your cell phone. You never know whom you might call and what you might say.

My friend Carolyn awoke last night to hear my voice coming from her kitchen. It was 12:14 a.m. I was talking about a train.

When I saw her today, she mentioned the call. I apologized. I remembered looking at my phone and noticing I'd called her by mistake and hoping she didn't hear the ring - in her case, some sort of tune.

But at 12:14 a.m., her ringtone wasn't music to her ears. She told me she'd been asleep exactly one hour. Oops.

I remember the incident. I was alone in Goodlett, Texas, about to go to sleep. Night trains roll by. I'm in Goodlett again tonight and, believe it or not, here comes a train. The whistle just blew, and the sounds of the cars clicking and rumbling over the track are wafting my direction through the darkness from just the right distance. Great sounds. When you get used to the train rolling by, it's hard to sleep when it doesn't.

Highway 287 runs by Goodlett too. The cars and trucks make their own distinctive noises - whooshy, whiny sounds of little interest. They whiz by, and then they're gone. Better to hear the distant rumble of a train and listen as it grows in volume. You anticipate the throaty whistle blasts. When it all fades away, you know you've heard something.

Carolyn knew she'd heard something last night too. Me. Caught talking to myself.

I'd like to say I was talking in my sleep. It sounds saner. But I was quite awake when I said, "Well, where's that train?"

At least I didn't answer.

I'm not sure why my phone called Carolyn right then. It has a mind of its own. My husband gets similar calls from me a couple of times a week. He ignores them.

Way back when cell phones were twice as heavy as irons and bigger, mine was plugged in and resting on the console of my friend Beverly's sports car. Someone's elbow hit the redial button and called her current boyfriend, better described as a fleeting love interest. At least he was fleeting after the call.

He heard noises coming from his answering machine. He investigated and heard himself being discussed - probably dissected - by us! He tried in vain to get our attention. I'm sure there was an insistent little man's voice coming from the console, but we didn't hear it. His machine, meanwhile, kept recording. Great.

It's the sort of incident that could fit right into the storyline of just about any soap opera.

Their relationship soon dissolved. That eavesdropping phone might have shortened a romance that wouldn't have lasted anyway. That's what I like to think, especially since it was my phone.

It's late. Here comes another train. If I time it right, I can call Carolyn exactly when it whistles.

I'll blame my phone.

## It's okay to go crazy painting kids' rooms

Interior painting is one of the most effective ways to improve your home. But there is one type of painting that is actually fun for most people: painting kids' rooms.

"Unlike painting a dining room or living room, where the goal is often to create a restrained, subdued, or sophisticated look, children's bedrooms, playrooms, and bathrooms offer the chance to really let loose, color-wise," says Debbie Zimmer, spokesperson for the Paint Quality Institute.

"When selecting paint for kids' rooms, concentrate on colors that are strong and bright, especially if your children are younger," says Zimmer. She cites apple green, sky blue, lavender, periwinkle, magenta, pink, yellow, and tangerine as some of the colors that have great appeal for kids.

And don't feel that you have to limit yourself to just one or two of these colors, she says. "When it comes to color in kids' rooms, the more, the merrier."

According to Zimmer, there are many ways to work additional colors into the decorating scheme: "Paint one wall a different color than the rest, paint the window trim one color and the molding another, paint the ceiling, paint a

fun pattern on the walls. On this project, you can totally indulge yourself," she says.

But don't lose sight of the fact that this is still your kids' room. With that in mind, Zimmer suggests that you involve your children in the color selection process right from the get-go. "Getting input from your kids will tap into their creativity and give them a sense of ownership of their colorful new room," she says.

Once everyone is satisfied with the color of the walls, ceiling, and trim, see if the

room has any furnishings that would benefit from a fresh coat of paint. Is there an old bureau, night table, or chest in the room? Picture them painted in multiple, playful colors. You can use some of your leftover trim paint for this purpose - or paint the furniture in other hues to add fresh splashes of color.

To complete the makeover, consider adding cheerful artwork, decorative accessories, and rugs or other floor coverings that match

continued on page 6

## Wedding Announcement



Anda Kae Criswell and Juan Diego Perez will exchange vows October 8th in an outdoor ceremony at 2124 South Second in Tahoka at 6:00 pm.

Parents of the bride are Orland Criswell and Patti Lechuga of Post. The groom's parents are Juan and Lucy Perez of Tahoka.

A reception will follow at St. Jude's Catholic Church. The couple will reside in Tahoka.

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# In and Around Close City

by Traci Freeman

**Weather**  
We did get a little rain last week, not sure if it was a good thing or bad thing at this point. GB got two inches at his house; we got six tenths here at the gin. Noel & Orabeth White who live in the Graham Community got three inches at his house. A few guys have already sprayed some cotton so we will be getting busy pretty quick.

**News**  
We had a special visitor out this week John Bill Hedrick

brought his cousin out to see us. Kerry Stephens lives in Los Alamitos, California and has been here visiting family. While out here she got to take a tour of the gin and take a few caps and some cottonseed cooking oil back with her. Kerry is also the niece of Bill and Willie McBride. Hurry back to see us Kerry!

Robert Craig came out Tuesday morning, he's getting along pretty good after having knee surgery, good to see ya out and about, Robert!

The Close City Community will have a booth during Trade Day Downtown Saturday. 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>.

**Close City Birthdays**  
October 1<sup>st</sup> - Jake Morris, Charles Morris, John Shults

October 3<sup>rd</sup> - Dylan Thomas  
October 4<sup>th</sup> - Jay Young  
October 6<sup>th</sup> - Rhaeden Bland, Daniella Esparza  
October 7<sup>th</sup> - Judy M Bush, Sharron Morris, Ronnie Dunn  
**Birthdays I missed**  
Russ, OMG I can't believe I forgot your birthday! Hope you had a fantastic 12<sup>th</sup> birthday.  
A happy late Anniversary to Raydon and Jana Underwood who celebrated on September 26<sup>th</sup>.  
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 and 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://closecitycoopgin.blogspot.com/>

com and you can find us on Face Book 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 has a great weekend and keep our troops and the harvest season in your prayers! **Thanks a bunch! Traci Freeman**  
[http://closecitycoopgin.blogspot.com/check\\_us\\_out\\_on\\_facebook\\_under\\_Close\\_City\\_Community\\_http://closecitycoopgin.blogspot.com/](http://closecitycoopgin.blogspot.com/check_us_out_on_facebook_under_Close_City_Community_http://closecitycoopgin.blogspot.com/)

## Weekly Inspirations

### PRESSING ON

By: Michael F. Taylor

John was a very busy middle aged man. He worked for a very large computer retailer and had spent very little of the last few years of his life in physical exertion. As a younger man, John had played football and ran a little track, but those days were many years gone by. On this particular evening, John had worked at his desk far past the midnight hour and noticed that it was drizzling rain as he drove out of the parking garage of his company's building. The BMW had been giving him some problems over the last week, but that big sales account John was working on seemed to interfere with his taking it to the repair shop. This night was no exception. As he got out of downtown traffic and turned onto the nearly deserted highway which stretched well over five miles before any signs of modern civilization emerged again, the BMW began to sputter and cough. "Oh no! This can't be happening out here at this time of the morning" John shouted out loud to his radio which was playing an Elvis' rendition of "I'm All Shook Up". To make matters worse, John was even more acutely aware of this area of the highway which he now found himself. Sure enough as the BMW sputtered to a complete halt, John saw the sign RESTVIEW LAWN CEMETERY directly in front of him a couple of hundred yards away. John also realized at that same moment that in his haste to leave the office, he had left his cell phone sitting on the charger on his desk. Now stripped of all modern conveniences, John came to the conclusion that his only way out was to walk through the west end of the cemetery to the caretaker's residence and phone AAA Auto Service for a wrecker. Misfortune once again favored John as he stumbled into the graveyard in almost total darkness. Knowing that if he cut through the cemetery itself, he could save a quarter of a mile to reach the caretaker's house, John began his trudge through the rain which was steadily becoming stronger. Not being able to see well due to the rain obscuring his glasses, John unwittingly stepped off into a freshly dug grave for a funeral the next morning. John struggled for several minutes to climb out of the grave, but kept sliding back into the mud and water. After completely exhausting himself, John finally sat down and closed his eyes for just a few moments. And there John fell asleep. About an hour later, a slightly inebriated vagrant happened to fall into the same freshly dug grave. And he made the same attempts at crawling out just as John had done. With the exact same results! Right up until he stepped onto John's sleeping form, which woke John from his slumber. Realizing what must have happened John said to the intoxicated vagrant, "IT'S NO USE. YOU CAN'T GET OUT OF HERE". But the Vagrant DID! I guess the vagrant had more motivation. Maybe he had to "Press On" to whatever his plans were for the coming day. I am reminded of that in Philippians Chapter 3 where Paul tells us, "12Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. 13Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." NIV This week my prayer for each of us is that as God works in our lives that we never forget to PRESS ON. To keep moving forward, in spite of our failings or faults! Just as Paul was telling us that even though he wasn't what he wanted to be, he sure wasn't what he used to be! God bless and have a wonderful week.

*"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

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

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# Bold Gold Win Homecoming

By Jim Plummer  
PostSportsPage.com

The Post Antelope's defense secured a homecoming victory in the Lope's District 2-2A, Division II opener against Forsan, 9-6, last Friday.

In a nail biter of a game at Jimmie Redman Memorial Stadium, both the Antelopes (1-0, 2-3) and the Buffaloes (0-1, 2-3) showed off their defensive prowess in the low scoring contest. The three point difference was because of a 13 yard field goal by Dale Diaz in the third quarter with 4:08 on the clock. "Making the field goal in the second half made it a 'two score' game for Forsan's offense, and that was a big play on special teams for us," explained Head Coach Chris Jones.

In the fourth quarter leading by three, 9-6, the Post defense stopped Forsan from scoring in the red zone (with the ball inside the 20 yard line) on two different drives.

According to Defensive Coordinator Jay Hellums, preparation and goal setting were the backbone of the defense's success, "we just set a goal to get better every day in practice and hopefully it will carry over into the games on Friday night. I think the kids just had it in their minds that we were not going to let them score."

Although the score doesn't indicate much offense, there were plenty of exciting plays. The one which stood out the most was by Post's senior running back Chase Greathouse. In the third period on second down and 22 from the Post 18 yard line, Greathouse took the handoff from quarterback Ernie Saldivar and broke outside left for a 62 yard rush along the Antelope sideline. About half way to the end of the run, it appeared he was down after being hit. Head Coach Chris Jones witnessed that on Greathouse's way to the ground "he rolled over a pile of players, put his hand on the ground, kept his balance and didn't go down." All but the referees and the ball carrier thought the play was over. The drive ended with the Diaz field goal that put Post up 9-0.

Later in the third, Greathouse got the chance to show off his arm when the Lopes lined-up in a 'swinging gate' formation with him receiving the shotgun snap on first and 23. With the Forsan defense in a panic due to Post's surprise formation, Greathouse accurately hit senior receiver Chess Postell 42 yards downfield for another Antelope first down. The long drive didn't turn into a score but it kept the ball in Post's hands and away from Forsan until early in the fourth quarter forcing the Buffaloes to begin its next possession from their own 10 yard line.

Greathouse contributed 175 yards of total offense, including the 42 yard passing play, with 133 yards rushing on 22 carries and one touchdown.

Postell had two catches for 49 yards. His other reception for seven yards was from QB Saldivar who went two-out-of-three in the game for 40 yards. His other target was Dalton Holly for a 33 yard catch during

the game opening scoring drive in the first quarter.

"Our staff is very proud of all of our players for a great effort Friday night. Our defense came up big, time and time again, all night long! Forsan had scored no less than 4 TDs in all of their previous four games," according to Coach Jones.

Defensive standouts included Ben Mason and Matt Soto with seven solo tackles each, Jacob Perez had six, Kaven Martinez and Vance Blair recorded four apiece, Nathan Gill with three and Ernie Saldivar with two solo tackles and two pass break-ups.

### Sidelines

Special note: The Post Antelope football program swept Forsan for four wins last week. Congratulations players and coaches.

The Antelopes (1-0, 2-3) travel to Anson (1-0, 3-2) for a district matchup Friday at 7:30 P.M. Both teams are coming off wins: The Tigers beat Hawley, 22-12 and Post defeated Forsan, 9-6.

If you are unable to see the game in person, log onto the internet at LoneStarSportsRadio.com then click on the Post helmet and then click "Listen Live". Allen Grisham and I will start the pre-game at 7:10 P.M.

Also, for always available coverage of Post Athletics, go online to the PostSportsPage.com web site. Stats are posted soon after the game.

### POST 9, FORSAN 6

Forsan	0	0	6	0-6
Post	6	0	3	0-9

### First Quarter

Pos - Chase Greathouse 3 run (kick failed) 7:34

### Third Quarter

Pos - Dale Diaz 13 field goal. 4:08  
For - Kolten Self 49 pass from Foster Burchett (Run no good.) 3:15

### TEAM STATISTICS

	FOR	POS
First Downs	15	12
Total Net Yards	304	252
Rushes-yards	41-158	44-170
Passing yards	112	82
Comp-att-int	8-18-0	3-4-0
Punts-avg	3-38	4-30
Fumbles-lost	1-0	1-1
Penalties-yards	8-50	5-55

### INDIVIDUAL STATISTICS

RUSHING: Forsan; Ty Johnson 8-86, Brendan Roman 16-41, Aaron Valle 4-22. Post; Greathouse 22-133, Ernie Saldivar 13-44.

PASSING: Forsan, Burchett 8-112-1; Post; Saldivar 2-40-0, Greathouse 1-42-0.

RECEIVING: Forsan, Self 3-68-1, Patrick Robles 4-42, Roman 1-18. Post; Chess Postell 2-49, Dalton Holly 1-33.

RECORDS: Forsan 0-1, 2-3; Post 1-0, 2-3.



Photo by Kayla Hall

Seth Babb, Shawn Perez, Mathew Soto, Aaron Macy, Jacob Perez and Nathan Gill close in for the tackle.

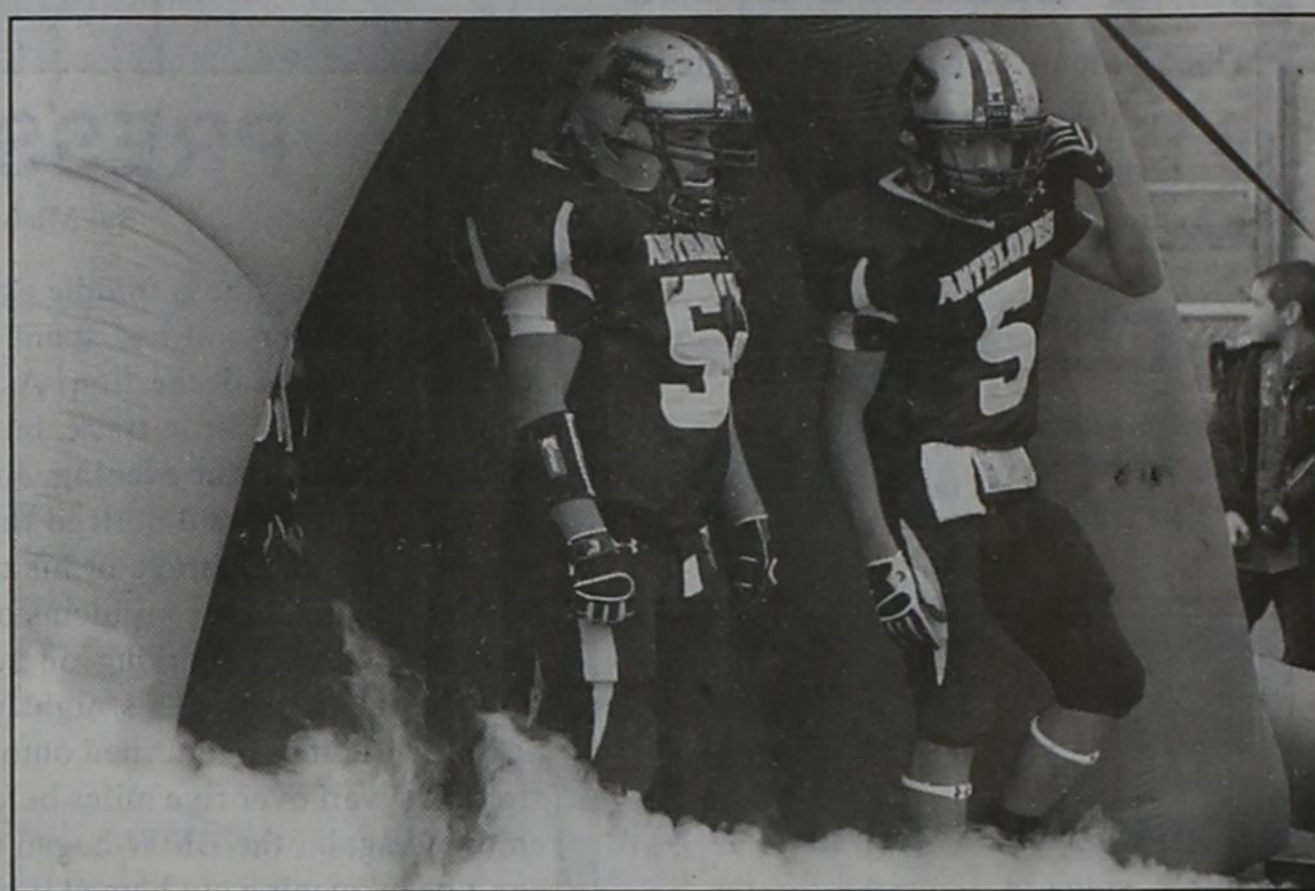


Photo by Chelsea Nolen

Matthew Soto and #52 Paul Martinez are ready for action.



Photo by Kayla Hall

Chase Greathouse runs for a first down. Blocking from behind are Kaven Martinez, Nathaniel Gill and Jacob Perez.

## Post football sweeps Forsan

### IV (9/23/2010)

P	6	8	20	0-34
F	0	8	16	0-22

Coach Pyles - This was a good win for the Bold Gold JV. They improve to 3-2 for the season and 1-0 for district play.

DJ Brown had TD runs of 52, 10, 65, and a 10 yard catch for a TD. QB Pake Jones threw two TD passes the first

a 30 yard pass to Tyler Jones and the second a 10 yard pass the Brown.

Other offensive highlights: Campbell Kirkpatrick had long runs of 50 and 30 and a two-point conversion run. Pake Jones had a 35 yard run. Offensive Line - Mondo Martinez, Juan Cabera, Remy Rodriguez, Elijah Garza and Alan Alaniz played a good game.

Defensive highlights: Mondo Martinez, Alan Alaniz, Christen Pena, Pake Jones, Tyler Jones, Marco Erives, Campbell Kirkpatrick, Blaine Osborn, Matt Nava, Elijah Garza, Jose Rodriguez all played good on defense. Special Teams - Mondo Martinez blocked a punt.

This group of young men are getting better each and every week. They continue to do the things we ask them and are improving. Next game: Oct. 7th at Coahoma 6:00 P.M.

8<sup>th</sup> Grade (9/23/2010)  
Forsan 8, Post 14

Coach Soliz - I'm so proud of all my boys for their hard work and effort. Keaton Collins rushed for 2 TD's and Ethan Self ran hard for a 2-pt conversion. Allen Perez played great on defense and offense for us. Ricky Fontenot and Erik Gomez also helped our running game with good blocking from their wide receiver spots.

For the 2nd straight week our game was called at the half due to lightning.

7<sup>th</sup> Grade (9/23/10)  
Forsan 0, Post 58

Coach Allen - The 7<sup>th</sup> Grade Bold Gold had another shutout last Thursday and completely dominated Forsan. The captains for the game were Rafael Gonzalez, Ediel Sanchez, Christian Armendariz, and Jordan Solorzano.

The Antelopes scored eight touchdowns in route to a 58-0 victory. In the first quarter, it was Kyle Jones

Antelopes...  
continued on Page 8

### 2010 FOOTBALL STANDINGS

DISTRICT 2-2A, D-II  
After Week 4 (District, 9/25/2010)

TEAM	DISTRICT				OVERALL				Week 4 Outcome
	W	L	PF	FA	W	L	PF	PA	
Stanton	1	0	17	2	5	0	133	35	Beat Coahoma, 17-2
Anson	1	0	22	12	3	2	92	141	Beat Hawley, 22-12
Post	1	0	9	6	2	3	56	112	Beat Forsan, 9-6
Coahoma	0	1	2	17	3	2	135	59	Lost to Stanton, 2-17
Forsan	0	1	6	9	2	3	144	128	Lost to Post, 6-9
Idalou	0	0	0	0	1	3	89	82	(Bye)
Hawley	0	1	12	22	1	4	69	117	Lost to Anson, 12-22

Legend: W (Wins), L (Losses), PF (Points For), PA (Points Against)  
Courtesy of PostSportsPage.com

Good luck Antelopes,  
win district!

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Photo by Kayla Hall

Chase Greathouse runs for a first down. Blocking from behind are Kaven Martinez, Nathaniel Gill and Jacob Perez.

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# Writer of Old West History in Post Saturday



Writer Chuck Parsons loves the Old West in general and Texas history in particular. His main focus of writing and research deals with the outlaws and the lawmen of Texas, especially the Texas Rangers. This has been his first love since sometime in his Junior High School years, in the 1950s. Although Chuck appreciates good novels, he concentrates on researching and writing

the facts of the Old West. Parsons, who lives in Luling, TX, was in Post in July for the book signing of his friend and fellow author, Bill O'Neal. Chuck and his wife were impressed by the interest shown in this community for "true West" stories and before they left for their trip home, Parsons made arrangements to return to Post.

The author of more than

20 books will be at Ruby Lane Books, 127 E. Main St. in Post Saturday, October 2, 10 a.m. to 1 p.m. Three of his most popular books will be featured in the store; however, others will be available by special order.

John B. Armstrong, *Texas Ranger and Pioneer Ranchman*, published by Texas A&M Press, was reviewed in the magazine, *Cowboy Chronicle*: "If you

are a fan of the Old West... this is a biography that belongs on your bookshelf right next to the stories about the other great lawmen of the Old West." This excerpt from the book is a good introduction to its contents: "Texas, by God!" cried notorious killer John Wesley Hardin when he saw a Colt .45 pointed at him on a train in Florida. At the other end of the pistol stood Texas Ranger

John B. Armstrong. Hardin's arrest assured Armstrong a place in history, but his story is larger, fuller, and even more important—and until now it has never been told. Parsons collaborated with three other writers to tell the stories of Legendary Watering Holes, *The Saloons that Made Texas Famous*. This book is part of the Clayton Wheat Williams Texas Life

continued on page 6

## 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.

### Public Notice

The Post Community Housing Association is soliciting RFP for the Roof Replacement of the Community Housing Association apartments located at 509 N. Avenue S, Post, Texas. Interested persons may

obtain bid packets at the Post Community Housing Management Office located at 509 N. Avenue S, Post, Texas, Monday thru Friday between the hours of 1:00 pm and 5:00 pm. Sealed bids must be received no later than 4:00pm, Friday October 15, 2010. The Post Community Housing Association reserves the right to refuse any and/or all bids. All qualified bidders will receive consideration for award of contract without regard to race, color, creed, sex, religion, national origin, disability, marital status, parenthood, or age. For additional information, contact Debra Coddington at (806) 894-5153. Equal Opportunity/Affirmative Action Employer & Programs Auxiliary Aides Available Upon Request To Individuals With Disabilities

### 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 keller@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

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

### For Sale

High-end glass dining table with dark wood, has 2 armchairs and 4 side chairs. Like new condition. By appointment only. Call 806-495-2628 after 5pm and on weekends.

For Sale - Round coastal hay \$45.00 per bale. Call: 806-629-4032

HOUSE FOR SALE: Priced to sell! 3/2/2, central heat/air, fireplace, covered patio, great neighborhood, 302 Mohawk Place. MITCHELL REAL ESTATE Call Barbara 806-495-3987 or Kim 806-543-1055.

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.

### Miscellaneous

Head To Toe Salon Open Tuesday thru Thursday 9-5 By Appointment 806-620-4560 See our collection of flip flops by a Wink and A Smile and our handmade jewelry.

Management and Training Corporation (MTC) is currently seeking qualified candidates for the following position:

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## Trailblazers Menu

<b>Oct. 4 - Oct. 8</b> <b>Monday</b> Green Chili Chicken Salad Mexican Corn Cookie Bar	<b>Wednesday</b> Swiss Steak Squash Broccoli Biscuit Jello	Spinach Cornbread Banana Nut Cake
<b>Tuesday</b> Meatloaf Green Beans Mac and Cheese Roll	<b>Thursday</b> Pork Roast Butter Beans	<b>Friday</b> Brisket Corn on Cob Baked Beans Roll Neiman Marcus Cake

## Post ISD Menu

<b>Oct. 4 - Oct. 8</b> <b>Breakfast Menu</b> <b>Monday</b> Breakfast Pizza Fruit Milk	<b>Wednesday</b> Steak Fingers/Gravy Mashed Potatoes Green Beans Hot Rolls Cherry Bar Milk	<b>Friday</b> Burrito Spanish Rice Tossed Salad Fresh Fruit Choice Sugar Cookie Milk
<b>Tuesday</b> Churros Sausage Link Fruit Milk	<b>Thursday</b> Fajita Chicken over Rice Broccoli/Cheese Corn Bread Sticks Orange Salad Milk	<b>Lunch Menu</b> <b>Monday</b> BBQ Chicken Mac & Cheese Tossed Salad Chilled Pears Cornbread Milk
<b>Wednesday</b> Oatmeal Bacon Toast Fruit Milk	<b>Tuesday</b> Pizza Salad Corn Cobbett Chocolate Cake Milk	<b>Thursday</b> Cinnamon Rolls Sausage Link Fruit

## Southland ISD Menu

<b>Oct. 4 - Oct. 8</b> <b>Breakfast Menu</b> <b>Monday</b> Biscuits Yogurt Juice Milk	<b>Wednesday</b> French Toast Square Eggs Fruit Juice Milk	Biscuits Gravy Sausages Juice Milk
<b>Tuesday</b> Breakfast Burriots Fruit Juice Milk	<b>Thursday</b> Muffins Sausage Oranges Juice Milk	<b>Lunch Menu</b> Chicken Fajitas Refried Beans Seasoned Corn Orange Smiles Chocolate Pudding Cup Milk
	<b>Friday</b>	<b>Tuesday</b> Pigs in a Blanket Pinto Beans Baked Chips Cheese Pineapple Orange Salad Milk

### Injection/Disposal Well Permit Testing and Monitoring Seminar Manual Notice of Application for [Commercial] Oil & Gas Waste Disposal Well Permit

**SHENANDOAH PETROLEUM CORPORATION**  
(Company Name/Address)

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

The applicant proposes to dispose of oil and gas waste into the SAN ANDRES / GLORIETA  
(Formation Name)

PLK "38" Lease, Well Number 2. The proposed disposal well is located 9 miles S of POST.

(Direction) (Nearest Town)  
In the UNDESIGNATED Field, in GARZA County. The waste water will be injected into strata in the subsurface depth interval from 3004 to 4215 feet.

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

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

**Save Gas and Time  
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## Student Spotlight

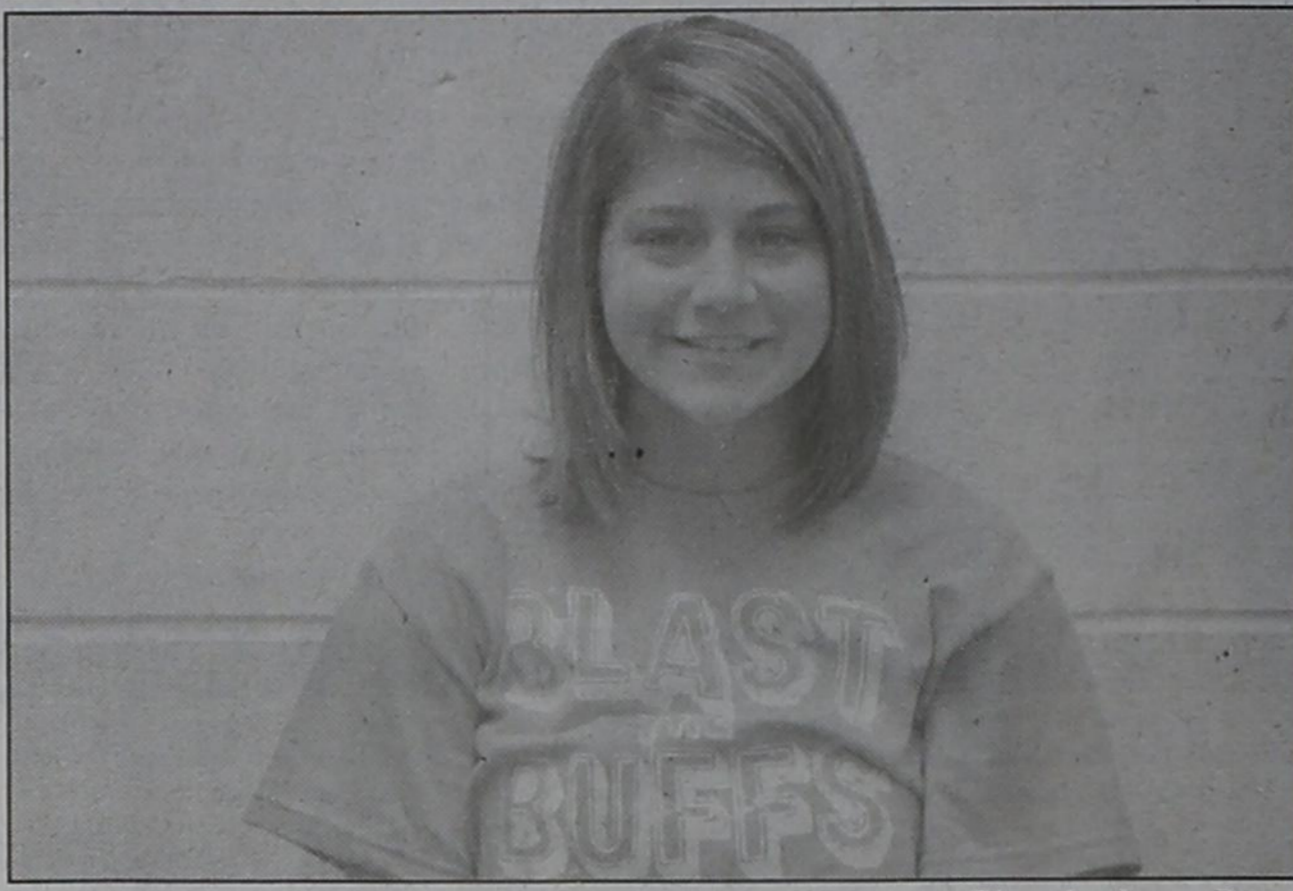


Photo by Lance Dunn.

Brittney Miller has attended Post schools for six years. She is the daughter of Steve and Beverly Miller and granddaughter of Mary Ann Sparks. While in school Brittney has participated in basketball, U.I.L., one act play, NHS, Student Council, track, cross-country, softball, FFA, and tennis. Her hobbies include scrapbooking, spending time with friends, attending football games and playing basketball. Brittney is employed by United Supermarket and plans to attend Texas Tech University and major in nursing or business management.

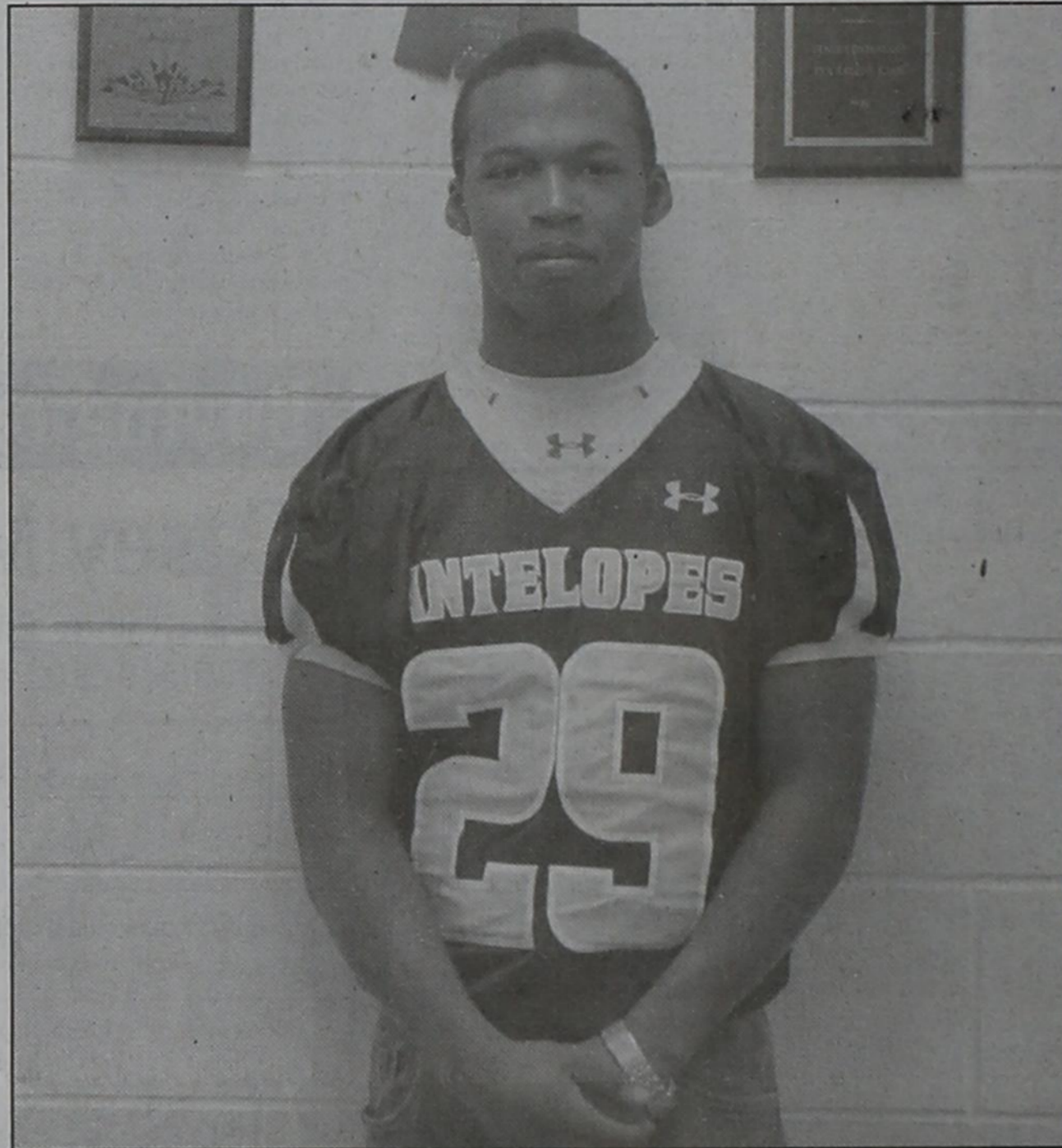


Photo by Lance Dunn.

Chase Greathouse has attended Post Schools for 12 years. He is the son of Gloria Greathouse and Ricky Graves. While attending Post High School Chase has participated in football, basketball, baseball, track, and FFA. Chase enjoys "Kickin' it with the boys", and playing video games with his girlfriend. After graduation Chase plans to attend SPC in Levelland or WTC in Snyder. Chase would like to go into coaching in the future.

### Kid's Rooms...

From Page 2  
your paint colors. But those embellishments are optional. Make no mistake: Paint is the star of this production.

What will it cost? According to Zimmer, most rooms can be painted by a do-it-yourselfer for well under \$100, especially if you already have some brushes and rollers. "It's actually a bargain compared to fleeting pleasures like taking the kids to a theme park for the day," she says.

Zimmer suggests that you use a durable, top quality

100% acrylic latex paint for this project: "These paints resist fading more than ordinary paints, so they'll help keep the colors bright and cheery."

And don't gloss over sheen level when selecting your paint. Paints with higher gloss are more stain-resistant and easier to clean, features you'll appreciate when the little ones get messy.

"Gloss and semi-gloss paints offer the best stain resistance, but even a coating with a satin or eggshell finish will resist stains better than

a flat paint," says Zimmer. "If ease of cleaning is a major concern, use a semi-gloss paint on the walls and ceiling, and paint the woodwork and furniture in a high-gloss coating."

When the work is done, your kids will love their colorful new room. And if you ever need a quick pick-me-up, you'll know just the place to go!

For more advice on color selection and tips on interior painting, visit the Paint Quality Institute website at [www.paintquality.com](http://www.paintquality.com).

### Writer...

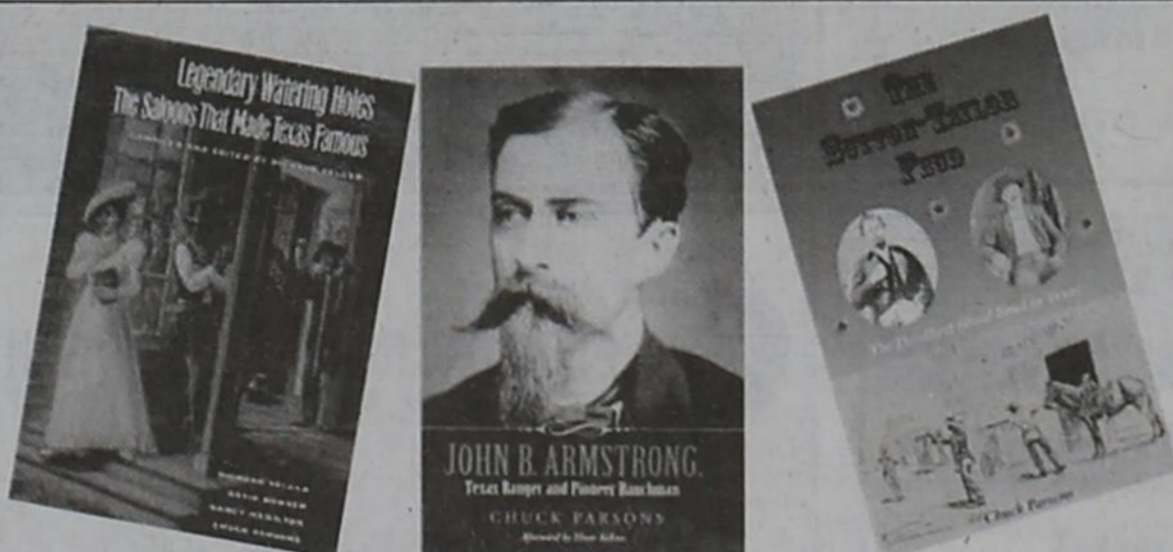
From Page 5  
Series and is described by the publisher, Texas A&M Press: "Saloons, barrooms, honky-tonks, or watering holes—by whatever name, they are part of the mythology of the American West, and their stories are cocktails of

legend and fact, as Richard Selcer, David Bowers, Nancy Hamilton, and Chuck Parsons demonstrate in these entertaining and informative accounts of four legendary Texas establishments."

Published by North Texas Press, the story of

"the deadliest blood feud in Texas," *The Sutton-Taylor Feud* is set in DeWitt, Gonzales, Karnes, and surrounding counties. The feud began shortly after the Civil War ended and continued into the 1890s when the final court case was settled with a governmental pardon. Of all the Texas feuds, the one between the Sutton and Taylor forces lasted longer and covered more ground than any other. William E. Sutton was the only Sutton involved, but he had many friends to wage warfare against the large Taylor family. The causes are still shrouded in mystery and legend, as both sides argued they were just and right.

For more information about Chuck Parsons' book signing in Post this Saturday, call Ruby Lane Books, 495-BOOK.



"True West" Writer Chuck Parsons

Author of over 20 books

Book Signing at Ruby Lane Books

Saturday, October 2

10 a.m. to 1 p.m.

127 E. Main Street in Post

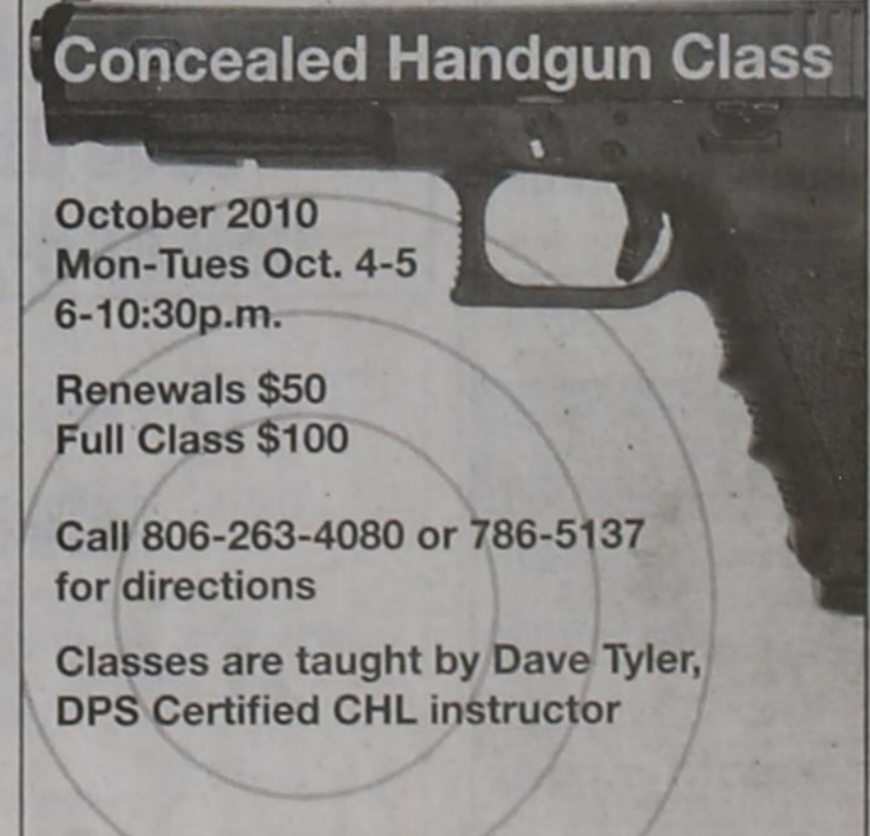
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## Cas

By CHRIS

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## AP

By ROBERT

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## Koch

By KEVIN M

A Californ ravel the anti signed into la Times report David Koch, who have pla movement", a interests also Both sides ramifications of "cap and tr mimic the Ky Warming Sol tivists prevail as Proposition restrictions ur lower for at le Over the pe beset with se and economic have invoked from this rep outlets are par to discredit th tion as an und recession.

"Traditiona suffers during in California, anxiety — w

# OPINION



## The Paperboy

### Cashing in on media bias

By CHRIS BLACKBURN

The national media has a liberal bias. That fact is beyond argument.

According to polls, research, etc ... conservatives are outnumbered by a ratio of 4-to-1.

This bias comes from universities. Liberal arts at its finest.

A couple of decades ago, I had a few liberal professors, even at Texas A&M, which is considered conservative amongst major universities.

So if you will indulge me that there is indeed a media bias in the U.S., what has Rupert Murdoch's impact been on the country?

If the mass media is controlled by liberals, then Murdoch's Fox News is not only genius, it's smart business. Fox News has been on top of all cable news for 105 straight months.

Fox News is also dominating CBS, NBC and ABC in the news department.

The basic reason is Fox News is not liberal. In my opinion, it is also not "Fair and Balanced" as it claims to be. Then again, what national news source can make you believe any major news source is fair and balanced? I'd say none of them.

Fox News has been able to dominate because it offers an alternative to the mainstream media. I wonder why others

haven't started similar networks? Perhaps politics trumps money.

In journalism classes, you're supposed to be taught objectivity. It should be your priority. Journalists are supposed to be able to leave all of their feelings and emotions out of the story they are covering. Sadly, objectivity has become a lost art in the mainstream media.

As to the question of why liberal professors dominate U.S. campuses? I believe it's living life in the utopian mindset of academia rather than practical real world experience.

Maybe one day we will have colleges and universities that are interested in educating our youth instead of forcing personal agendas on them.

I've been married eight years this week. I managed to stay single for 34 years, and if I'm blessed with longevity, I might live long enough to celebrate 50 years of marriage one day.

Just a little more than a year ago, I was fearful I would spend the rest of my life as a widower. That alone is a testament of the resolve of the woman I married.

There is not a doubt in my mind that asking Sharon to marry me was best decision I've ever made. It's not even close.

You never know what life will throw at you and how you will react to adversity as a couple, but I can say in full confidence that we are up for the challenges.

I wasn't looking to settle down and was content as a bachelor before we started dating. Talk about doing a 180. I wouldn't trade the life we've built for anything!

Some of you men need this addressed. Your friends might not tell you and you may not care, but it's imperative for society that you do your duty!

Men, you must keep the hair on your eyebrows, in your nose and in your ears TRIMMED!

It's hard enough to have a conversation with your ugly mug, don't make it harder.

It's time to step up to the plate and take some pride in your appearance! Some of you fellas have so much eyebrow, you could donate the hair to Locks for Love!

So, take a look in the mirror and see if you pass this test: If you can grab the hair on your eyebrows with your thumb and finger, trim it. If you can see hair in your ears or nose when you look in the mirror, trim it.

Do this, and society will welcome you back with open arms.

End of rant.

Copyright Christopher Blackburn 2010

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

### A Pledge to Cut Spending

By ROBERT ROMANO

They had better mean it. The House Republican Conference has unveiled its "Pledge to America," a broad set of principles by which a new Republican majority would govern. Included are promises to "roll back government spending to pre-stimulus, pre-bailout levels," and to "establish strict budget caps to limit federal spending from this point forward."

Republicans appear to have responded to and now are appealing to the tea party movement, which was founded in the wake of the unprecedented bailout regime of 2008 and 2009. Republicans propose "ending bailouts permanently, canceling the Troubled Asset Relief Program (TARP)" and to "reform Fannie Mae and Freddie Mac by ending their government takeover, shrinking their portfolios, and establishing minimum capital standards."

That's all very good for the American people to hear. These are some of their foremost concerns.

Some have criticized that the Pledge is not specific enough. However, in several areas it is quite specific, for example in proposing a hiring freeze for non-security federal employees, requiring sunsets for federal programs, requiring a full and honest accounting of government entitlement programs Social Security, Medicare, and Medicaid. It promises to repeal ObamaCare — in full. In its stead, it proposes allowing the purchase of health care across state lines without any government middleman exchange, tort reform, and to expand health savings accounts.

There are more specifics. On taxes, the GOP proposes making the Bush tax cuts permanent, allowing small businesses a tax deduction equal to 20 percent of their income, and the elimination of the costly ObamaCare 1099 requirement on businesses for any purchases \$600 or greater.

On transparency, Republicans pledge to

post legislation for 72 hours prior to being voted on. On limited government, every proposed law must cite its authorizing clause in the Federal Constitution. On fiscal responsibility, amendments will be allowed on appropriations bills, breaking the power of the appropriations committees or leadership to distribute pork.

On funding troops, Republicans will end the practice of attaching unrelated legislation and spending to troops spending bills, ending a common practice under the current House leadership. Nancy Pelosi has repeatedly attacked for example states bailouts and other public sector union giveaways to war funding measures.

Other parts demand more specificity. If Republicans are truly sincere about "ending bailouts permanently," they must specifically repeal significant portions of the recently enacted Dodd-Frank financial takeover. That bill promised to "end bailouts," too, but everyone knows it does not.

Included in that bill is an unlimited "orderly liquidation fund" whereby the Federal Deposit Insurance Corporation can levy new assessments, or taxes, on bank holding and insurance companies to pay for the liquidation or bailout of failing financial firms.

The costs of these bailouts and government takeovers will be passed on to anybody that uses the financial system, unless Congress does something to repeal this new, dangerous authority. If Congress does not act, it will have no say in the next round of bailouts and takeovers, which will be implemented by executive fiat.

That is all law now. Republicans must specifically act against the Dodd-Frank bill when it comes to their no more bailouts pledge, because the American people are going to hold them accountable — especially if the executive branch begins more bailouts and Republicans have done nothing to roll back the limitless authorities included in Dodd-Frank.

The end of the government ownership of Fannie Mae and Freddie Mac does help, however. The Pledge falls short of calling for the outright liquidation of the insolvent firms, and hints that they will be allowed to exist in some form. If they were solvent and privately-owned and explicitly prohibited from receiving any taxpayer subsidy ever again, there could be some assurance that the "implicit guarantee" never again is used to reinflate a new housing bubble.

But again, that demands specificity. Most of all, on spending, Republicans need to be preparing a long-term budget that proposes spending at least ten years out. The Pledge calls for the discretionary spending to be cut to 2008 levels, citing at least \$100 billion in savings annually, "putting us on a path to begin paying down the debt [and] balancing the budget."

That sounds nice, but only cutting \$1 trillion over ten years will not allow the U.S. to begin paying off the debt, and will not prevent worse things from happening. Taking the \$100 billion a year number for granted, \$800 billion in savings by 2018 may not prevent the U.S. credit rating from being downgraded in the near future. Why?

Because the nation's Triple-A credit rating is not a function of spending alone. It is a function of revenue-to-interest owed on the national debt.

Moody's has warned that when interest owed reaches 18 to 20 percent of revenue, the nation would be in line for a downgrade. By 2018, the Congressional Budget Office (CBO) reports that the U.S. will reach that level. So, cutting \$100 billion annually will not prevent interest owed on the debt from skyrocketing over the next ten years, as it is set to do.

Therefore, the only way to prevent the downgrade from happening is to reduce the interest owed either by paying off a significant percentage of the principal owed on the debt, or rapidly growing the economy

such that revenues rebound and outpace the growth of the interest owed.

Unfortunately, according to the CBO, interest owed on the debt will rise from \$244 billion in 2011 to \$755 billion in 2018, a 209 percent increase. That averages a 26.1 percent increase every year. Neither the economy nor revenues can grow fast enough to prevent a downgrade under those criteria.

The only way will be to pay off a lot of the principal owed — now — and to balance the budget immediately such that new debt is not contracted. According to Strategas Research Partners' Jason Desena Trennert: "\$5.2 trillion of U.S. debt comes due in the next three years..." That \$5.2 trillion coming due represents a tremendous opportunity, maybe the only opportunity, to prevent the downgrade. If that debt were not rolled over, but were paid off, interest owed on the debt would be significantly less, and may prevent it from rising over 18 to 20 percent of revenue.

The imminent credit downgrade is an emergency. A crisis. One that will signal the decline of America from being the world's economic superpower. But the Pledge does not address it — at all. That is a startling omission for a document that promises to "pay down the debt."

Ultimately, it will not matter if Republicans address the issue on the campaign trail, it will only matter Congress resolves to deal with it in 2011. If, in fact, the credit downgrade is unavoidable in the near term, it is high time elected officials said so, and then present a plan that allows the nation to get back to Triple-A status at a determined point in the future.

Ignoring the problem will not make it go away. It will only earn the wrath of the American people in the future. They desperately yearn not just for change, but for courage. And it will take courage on an order not seen in Washington for many years to solve the sovereign debt crisis.

### Koch Brothers, private industry vilified in California

By KEVIN MOONEY

A California ballot initiative that could potentially unravel the anti energy policies Gov. Arnold Schwarzenegger signed into law four years ago is the subject of a New York Times report aimed against free market groups. Charles and David Koch, described here as the "billionaires from Kansas who have played a prominent role in financing the Tea Party movement", are the primary targets. But out of state business interests also come in for criticism.

Both sides acknowledge that initiative could have national ramifications for the environmental movement and its pursuit of "cap and trade" policies. State-level regulatory efforts that mimic the Kyoto Protocol rippled out of California's Global Warming Solutions Act and could recede if pro-energy activists prevail in November. The initiative, known formally as Proposition 23, calls for a suspension of anti-emissions restrictions until after unemployment falls to 5.5 percent or lower for at least four consecutive quarters.

Over the past year, the environmental movement has been beset with setbacks that undermine long-standing scientific and economic arguments activists and government officials have invoked to advance regulatory directives. It is evident from this report that the Times and other left leaning media outlets are panicked by recent developments. The idea here is to discredit the opposition and explain away public opposition as an understandable, albeit a misguided byproduct of the recession.

"Traditionally, public support for environmental measures suffers during tough economic times," the report says. "Here in California, backers of the initiative have seized on that anxiety — which is particularly acute in this state, with its

12.3 percent unemployment rate — in search of a victory."

The stipulations included in Proposition 23 "could have the practical effect of killing the law," the NYT correctly notes. Over the past several decades, the unemployment rate as rarely fallen to such relatively low rate for an extended period of time. AB 32, the Global Warming statute, calls for carbon dioxide and other greenhouse emissions to be reduced back to 1990 levels by 2020. Private industry officials say they that the high cost of compliance would result in job losses and rising gas prices.

There are a number of detailed, scholarly studies that bolster and substantiate the concerns of private industry. The Institute for Energy Research (IER), for instance, has published a report that goes into great detail about the higher costs attached to renewable standards and emissions restrictions. But these hard facts have no place in an agenda-laced report that works over time to sully the reputation of business groups, tea party activists and individual donors who are committed to private enterprise.

"The campaign against California's greenhouse gas law comes as business groups have invested heavily across the country in trying to defeat members of Congress who voted for a cap-and-trade bill that also mandated emission reductions; the bill passed the House but failed in the Senate in the face of strong opposition from lawmakers in industrial states," the report says.

Looking ahead to November, current polls show that the competing sides are evenly matched.

"Yet supporters said they were concerned that the proposition could slip through at a time when Democratic spirits are low," the NYT points out. "More significant is the question of how much more supporters of Prop 23 can raise to finance

their campaign. Of the \$8.2 million raised so far, \$1 million came from the Koch firm, \$4 million from the Valero Energy Corporation and \$1.5 million from the Tesoro Corporation; both corporations are based in San Antonio."

The article concludes with a spokesman from the NRDC quoted at length expressing concern over the influence and financial backing of anti-regulatory organizations. That's the pot calling the kettle black.

"We have every reason to believe that they are going to put the money in to run a big television campaign in the most expensive media market in the country," said Annie Notthoff, the California advocacy director for the Natural Resources Defense Council, an environmental group. "We certainly are expecting to have a fight on our hands."

As of 2006, the NRDC has net assets in excess of \$125 million and enjoys consistent, steady substantial support from well-endowed left-leaning foundations, according to The Capital Research Center.

NRDC is part of large, expansive network of left-wing organizations operating under the guise of environmentalism that have worked on national and international level to restrict and restrain America's economic development.

These outside groups that operate in concert with the European Union and the United Nations at the expense of U.S. taxpayers and consumers deserve greater exposure and attention.

Former Secretary of State George Schultz, who supports California's global warming law, should be asked about the international backing of environmental groups like the NRDC receive since he's so concerned about the activities of American citizens who favor affordable energy.

**Antelopes...**

continued from Page 4

scoring the first touchdown off of a great fake from Christian Saucedo. Jones hooked up with Aron Lopez on a rollout pass to the left for the two-point conversion.

The defense quickly got the ball back and gave the offense a short field. Cambry Gilbert then took a pitch on third down into the endzone for an 18 yard touchdown run. Shandon Wiley added two points behind great blocks from Rafael Gonzalez and Jaybren Rodriguez.

The second quarter went much like the first. The Lopes had a dominating defense, led by Jones, with five solo tackles and one assist, and Saucedo, with four solo tackles and five assists. Gilbert added a great defensive effort with three solo tackles, two assists, three tackles for loss, and one pass breakup. Christian Armendariz was also overpowering on the defensive line with four solo tackles, two assists, and three tackles for a loss. On the first play of the second quarter, Gilbert took a handoff up the middle of the field for 53 yards for the third touchdown. Then, Jared Curtis took a reverse in for the extra two points. Blaine Reece added to the scoreboard with a punt return of 55 yards for the next touchdown and Jones added the two point conversion with a run up the middle. Reece scored again to end the 2<sup>nd</sup> quarter with a 3 yard handoff up the middle.

Gilbert began the third quarter by returning the kickoff 85 yards for a touchdown. Wiley added the two point conversion. Curtis got a lot of carries in the second half and found holes in the defense behind the blocking of Jarred Araiza, Tallen Hodges, Dakota Isbell, Miguel Gomez, and Fabian Marquez. Curtis added the seventh touchdown of the day with a 34 yard pitch to the left side. He then finished the day off with the last touchdown, a 4 yard lead up the middle.

Forsan ended the day with only two total first downs. The defense has continued to hold all of their opponents to zero points for the year and they hope to add Anson to the next list of victims.

**RUSHING:** Gilbert 2-71-3 TDs, Curtis 6-60-2 TDs, Jones 4-31-1 TD, Saucedo 2-13, Reece 3-8-1 TD, Wiley 3-7  
**PASSING:** Jones 1-3  
**RECEIVING:** Lopez 1-3

Last week I left out Alonzo Armendariz and Wyatt Gray as captains for the Floydada game.

# Lady Lope cross country

A few members of the Lady Lope Cross Country team traveled to Lubbock on Saturday, Sept. 25 to participate in the Lubbock Invitational Cross Country Meet. According to Coach Edwards, "This is an important meet for our athletes, we run this course for district and on it is the regional course. The more times our kids can run the course and become comfortable with it the better. We had several schedule conflicts so not all of our team was able to run.

Teams come in from our entire region to compete; our girls ran against over 120 2A runners and competed well." Results are as follows;

- Bethany Curtis 44<sup>th</sup> place 14:22.0
- Kimberly Rivera 62<sup>nd</sup> place 14:48.6
- Mercedes Solorzano 99<sup>th</sup> place 16:11.3
- Andi Soliz 100<sup>th</sup> place 16:15.6

The next meet will be on Saturday, Oct. 2 at Sundown. Varsity and JH teams will be competing.



Photo by Kelsey Overton  
 The Antelopes are fired up and #29 Chase Greathouse is flying high before the homecoming game against Forsan.

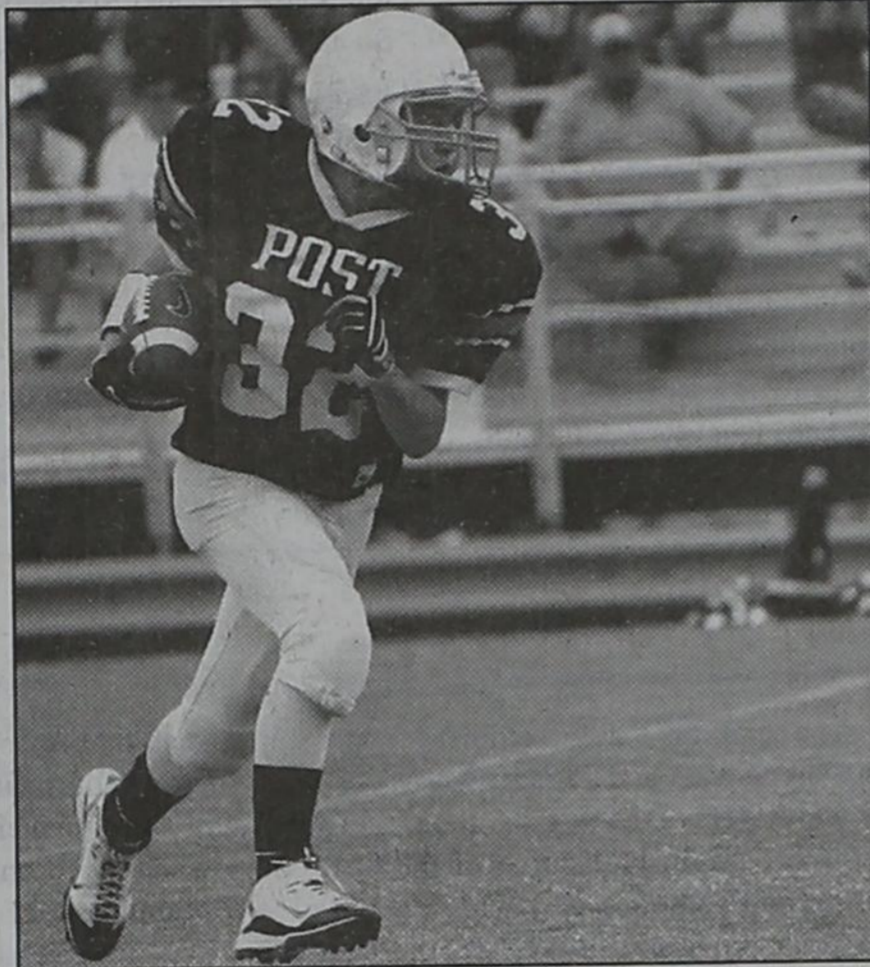


Photo courtesy of Shirley Araiza  
 Blaine Reece runs the ball for Post Junior High.

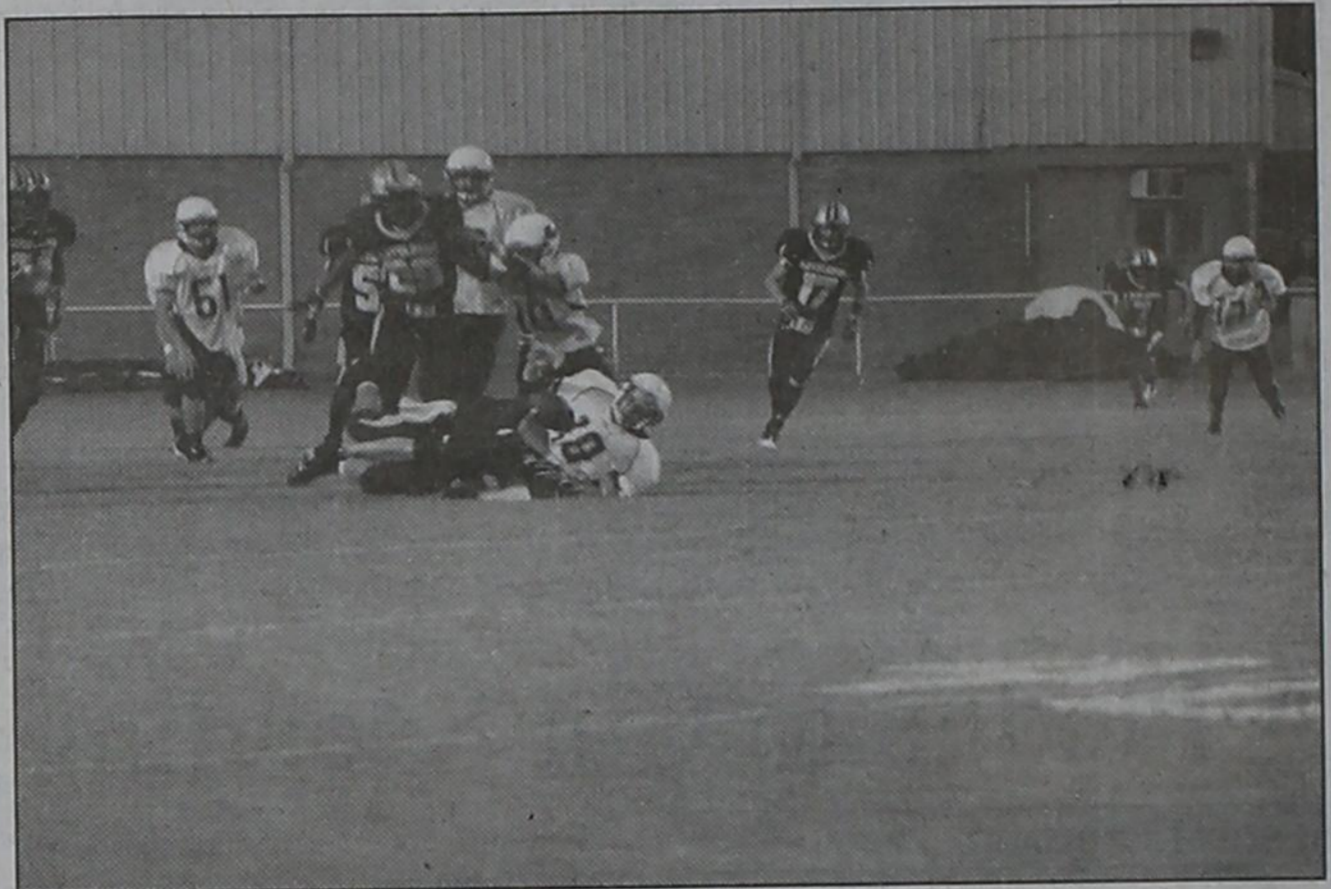


Photo by Kelsey Overton  
 Vance Blair 32 takes off around the right end blocking by 17 Ben Mason, 2 Ernest Salvador and 5 Matthew Soto



Photo courtesy of Shirley Araiza  
 Cambry Gilbert plays for the Post Junior High last week.



Photo courtesy of Shirley Araiza  
 Jared Greathouse runs around the corner for Post.

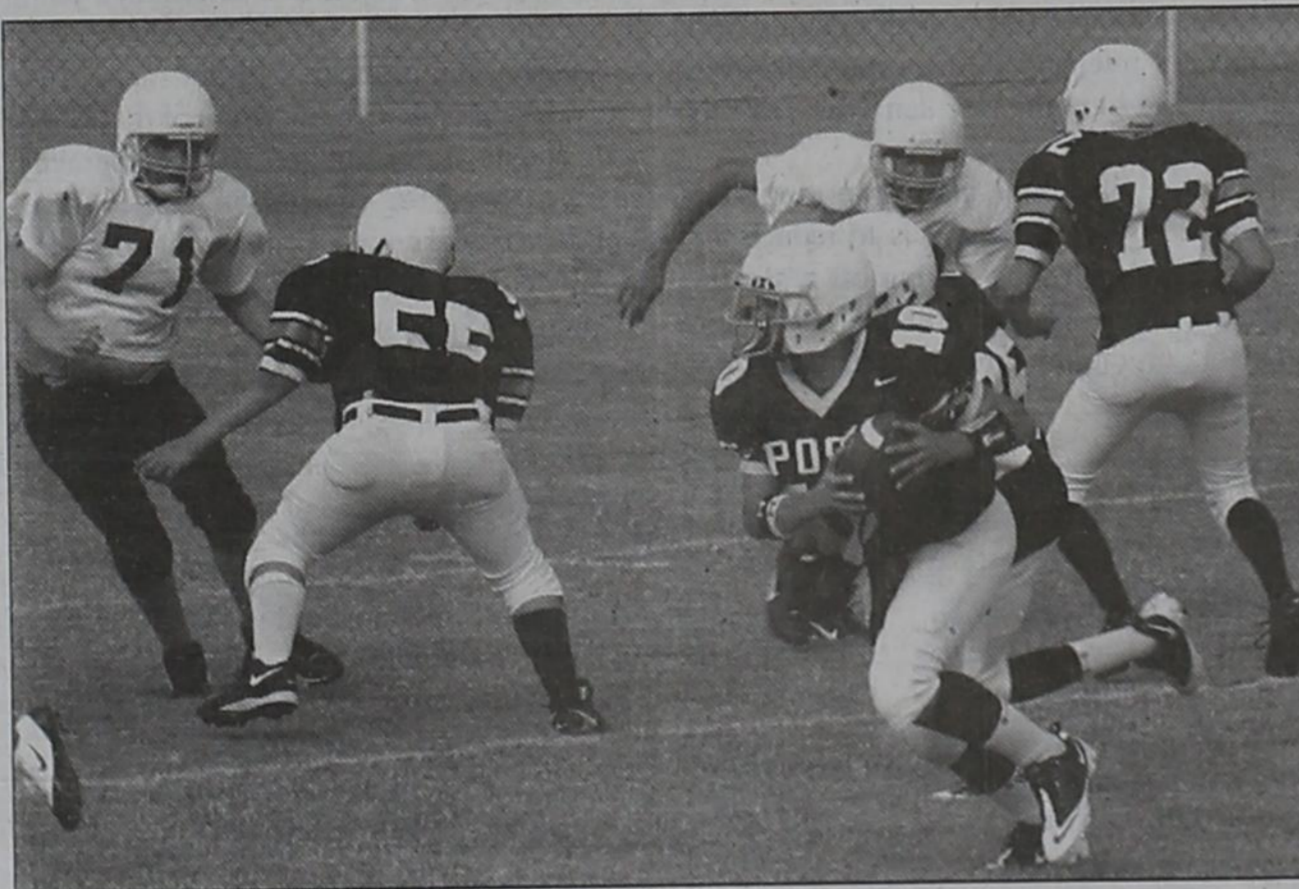


Photo courtesy of Shirley Araiza  
 Kyle Jones runs the ball in for the score. Also pictured are Edel Sanchez and Tristan Fannon.



Photo courtesy of Shirley Araiza  
 Kyle Jones attempts a pass last week.

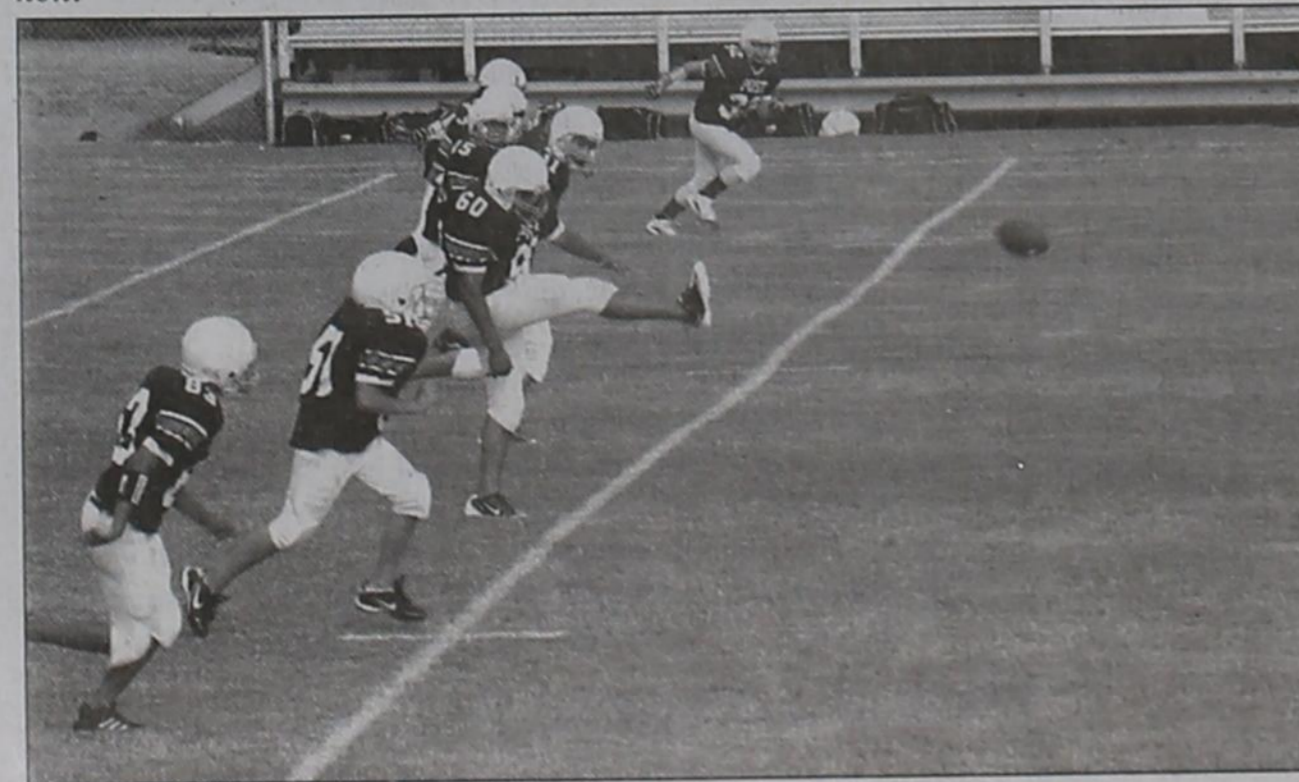


Photo courtesy of DeSanne Fluitt  
 Rafael Gonzales kicks off against Forsan last week. Also pictured are Jordan Solorzano, Miguel Gomez, Aron Lopez, Chris Rosas, Wyatt Gray, Cambry Gilbert and Blaine Reece.



Photo courtesy of Shirley Araiza  
 Cambry Gilbert carries the ball against Forsan with the help of Alonzo Armendariz, Tristan Fannon and Jarred Curtis.

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Post Notes...

From Page 1

with a séance and ghost! The play is a fund-raiser 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.

Thank You

Thank you to the City of Post, Garza County, Five Stone Ministries, Post City Celebrations, Inc., Maxine Durrett Earl Charitable Foundation, E A Franklin Charitable Trust and the many citizens who continue to support the restoration of the historic Santa Fe depot. We are making progress with a new roof and additional structural support in place. As soon as the exterior repairs and painting are complete, new windows and doors will be installed, the loading dock will be rebuilt, and the interior will be painted. If all goes well, there will be a community celebration at the depot in December to commemorate the 100th anniversary of the completion of the building in 1910. By early 2011, the depot will be home to a Visitors Center and the Post Area Chamber of Commerce offices.

Of course the depot played a very important role in this community when the passenger trains stopped here; however, it is unique in another way.

Internationally acclaimed architect, Louis Curtiss, designed the Post depot building. He designed many buildings for the Santa Fe, but only four depots. Our depot and the one in Snyder are the only two still standing.

It isn't unusual in this community for many people and organizations to come together to accomplish a common goal. The depot restoration project is another example of this great spirit. Thank you!

Post Area Chamber of Commerce Members and Board of Directors

Elementary School Notes

October 4-10 is National Custodian Week. Post Elementary is extremely proud of and thankful for our custodians.

Post Elementary will have school portraits on Tuesday, October 5th. Pictures are typically taken in the morning so please make sure your student is at school on time!

Post Elementary Pre-K through 2nd graders will participate in a Fire Safety demonstration provided by the Garza County Volunteer Fire Department on Friday, October 8th. Please talk with your student about their experience with the firefighters and their fire truck.

Hotel Occupancy Tax Conference Set in Post

Learn whether you can use hotel occupancy tax money to help finance projects for your

non-profit organizations. "Proper Usage of the Hotel Occupancy Tax & Financing Local Tourism" presented by the Texas Leadership Institute, sponsored by the Caprock Cultural Association and Garza County is set for Thursday, October 7, 2010 from 8:30 - 4:30 p.m.

The conference will be at The Heritage House, 109 N. Avenue N in Post

Reserve your place by October 1 to receive a discount on the conference fee.

\$99 per person includes conference fee, course materials, lunch and breaks. After Oct. 1, registration is \$115.

Seating is limited! Call 806-495-4148 to register or for more information, or email [ccarts@poka.com](mailto:ccarts@poka.com). Mail the enclosed registration your conference fee to: Caprock Cultural Association, P. O. Box 37, Post, TX 79356.

Friday Send Off

There will be a Community wide send off for the football guys on Friday, October 1st at 3 p.m. in front of the Arena. Come out and show your support for Post Antelope football as they travel to Anson to "Tame the Tigers!"

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, Sept. 25th by 2 p.m. Participants must bring a copy of their birth certificate.

Art Department to begin selling calendars

The Post High School Art Department will be selling Calendars that include a number of the photographs that the students took this past May. The photos are of several of the historical sites in and around Post.

There are 2 sizes, the small one is 8.5" X 11" and is \$15; The large one is 11" X 17" and it is \$20. We will be at Trade Day October and November or you can call Juanetta Bocko at 806-778-0616 to pre-order. We will need payment when orders are placed.

Post Booster club

Trailer will be at United Supermarket in Post Saturday, Oct. 2 from 10 a.m.-2 p.m. Post tee shirts, caps, pom poms, sweatshirts and other items are for sale. Sausage wraps, chips and drinks will also be for sale. Look for the Booster Club trailer and support your local youth athletic programs through the Post Booster Club.

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 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, Oct. 5.

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.

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 per child and \$15 for each additional child. Each participant will receive a t-shirt and will perform before the PHS Football game against Coahoma on October 8th.

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 7th from 10:30 a.m. to 1 p.m. at Post Trailblazer Center. Bring your Medicare card or cash or check.

GCJLA Horse Show

The GCJLA Horse Show will be held at the Post rodeo arena at 3PM on Sunday October 3rd. 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.

Area Girl Scout Sign-Up

Tuesday, October 5th at the Post Girl Scout Hut

At 506 W. 7th from 4-6pm (come and go)

Volunteer Leaders needed

Players in Progress (PIP) Registration

Registration Dates: Mon, Sept. 27th, Tues, Sept. 28th, Mon, Oct. 4th, Tues, Oct. 5th, 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 7th. 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 6th 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 23rd 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 6th grade but they must be registered for PIPs by Thursday, Oct. 7th to attend (PIP's 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.

Post Lions Club Flag Subscription & Placement Service

With a contribution of \$30 annually, the Post Lions Club places a 3' x 5' American flag, which is made in the U.S.A., on an 8 ft. pole in your front yard, or at your place of business, on the following holidays: Veterans Day, Presidents Day, Memorial Day, Flag Day, Independence Day and Labor Day. Each flag will be placed close to the curb in your yard in the morning and removed in the evening on each of the six holidays. Installation, removal, storage, and maintenance are provided by the Lions Club.

Locally, the proceeds of this program will be used to support needs in our community including our scholarship program for local students of Post. Check with your accountant...your \$30 yearly subscription fee may be tax deductible.

Show your patriotism and support your community by letting the Lions Club of Post place a flag in your front yard on the six designated patriotic holidays.

To subscribe or obtain more information, please contact Richard Hudman, with the Post Lions Club at (806) 495-2615, email [postlionsclub@gmail.com](mailto:postlionsclub@gmail.com).

2010-2011 Placement dates: Nov 11, Feb 21, May 30, June 14, July 4, Sept 15

Endowment...

From Page 1

and determination prepared the way for generations to come and are the foundation on which the way of life we enjoy today is based. In every generation there have been those who are determined to carry forward the vision and values of those early pioneers. The contributors to this Endowment will surely be the heroes to the future generations who will need funding for their programs benefiting the Post Community.

Additional information may be obtained on the Endowment website at [www.postgarzacountyendowment.org](http://www.postgarzacountyendowment.org) or by contacting the Lubbock Area Foundation at (806)762-8061. The local address is Post-Garza County Endowment, P.O. Box 5, Post, Texas 79356.

Go Bold Gold!

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Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

ANSWER:

United Supermarkets

Thanks for Reading!

## Spousal benefits offer increased retirement options for seniors

By Bernadine Smith  
Social Security District  
Manager in Amarillo, TX

You may have more options than you know when it comes to Social Security benefits. Like many, you probably have given some thought to your own retirement plans. You know you can retire as early as age 62 and get reduced benefits. You know you can wait until your full retirement age and get full benefits. You also may know you can defer collecting benefits and accrue delayed retirement credits up to age 70, which will boost your payment.

But did you know that being a spouse or a widower gives you even more choices?

For example, if you have reached your full retirement age when you elect to receive benefits and are eligible for a spouse's or ex-spouse's benefit and your

own retirement benefit, you may choose to receive only spouse's benefits. In this way, you can continue to earn delayed retirement credits on your own Social Security record. You then may file for benefits on your own record later and receive a higher monthly benefit based on the effect of delayed retirement credits.

Widows and widowers have similar options. Widows and widowers can begin receiving Social Security benefits at age 60, at age 50 if they are disabled, or at any age if they are caring for the deceased worker's child who is younger than 16 or disabled and also entitled to Social Security benefits on the deceased worker's record.

Widows and widowers can take a reduced benefit on one record and later switch to a full benefit on the

other record. For example, a woman could take a reduced widow's benefit at age 60 or 62 and then switch to her full (100 percent) retirement benefit when she reaches full retirement age.

If you already are receiving reduced benefits and you then are widowed, you may want to wait until full retirement age to claim survivor's benefits. Then your benefits as a survivor will not be reduced for your age. They may be reduced, however, if your deceased spouse took benefits early and was receiving reduced benefits.

The rules vary depending on the situation, so you should talk to a Social Security representative about the options available to you. To learn more, visit [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 1-800-772-1213 (TTY 1-800-325-0778).

## Social security covers every season of life

By Bernadine Smith  
Social Security District  
Manager in Amarillo, TX

The cool winds and changing leaves are tell-tale signs: another autumn has arrived. Sometimes it's hard to believe how quickly the seasons change and the years pass by. Whatever season of life you happen to be in, it may be a good time to reflect on the protection you have through Social Security.

Each stage of life — from the spring of youth to the summer of middle age to the autumn of retirement — comes with its own set of financial concerns. And in each situation, Social Security is there to help.

Of the more than 53 million Americans receiving Social Security benefits, nearly one-third are not retired workers or their dependents. They're disabled workers and their families, or the survivors of a deceased worker. These non-retirement Social Security benefits can be especially important to young workers because about one-in-eight young people will die before retirement, and about one-in-four will become disabled.

While the death of a husband, wife, or parent

is emotionally devastating, it often can be financially devastating as well. Social Security provides a monthly survivors benefit payment to help the qualified family members of a deceased worker.

Social Security disability protection is equally valuable. Few workers have an employer-provided, long-term disability policy. With Social Security, however, the average worker has the equivalent of a disability insurance policy that pays monthly benefits to workers and their families, based on the workers' lifetime earnings. So you can rest a little easier knowing that Social Security provides some measure of security, if life does not turn out as planned.

On the other hand, if you do work and retire as planned, Social Security serves as the foundation for a secure retirement. Social Security is the largest source of income for most elderly Americans today, but Social Security was never intended to be your only source of income when you retire. You also will need other savings,

investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire.

The Social Security Statement that you receive in the mail each year provides an estimate of your retirement, survivors, and disability insurance benefits. If you'd like to try out some different scenarios and see how various retirement ages and future earnings may change your retirement picture, visit our online Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). It provides an instant, personalized estimate of your future benefits.

And perhaps the best news of all is that it's easier than ever to apply for retirement benefits. You can do it right from the comfort and convenience of your home or office by visiting [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire). It can take as little as 15 minutes.

Whether you're young or old, Social Security is there through every season. You can find out more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Planning to move? Contact social security

By Bernadine Smith  
Social Security District  
Manager in Amarillo, TX

Moving can be hectic. Some studies show that relocating is one of the greatest stresses we face in our lives. Whether you are moving nearby or across the country, don't forget Social Security if you are a beneficiary. Keep us in the loop with your updated information so we can make sure your benefits continue to arrive on time at your new address.

Even if you get your benefits by direct deposit or Direct Express, or you are only receiving Medicare benefits, reporting your change of address to us still

is important. Without your current mailing address, Social Security is unable to send you notices and other important correspondence about changes that could affect your benefits. Agreeing to report certain events, including your change of address, is part of the Social Security benefit application process. Your benefits could stop if we are unable to contact you.

The fastest and easiest way to change your address with Social Security is to do it online at [www.socialsecurity.gov/changeofaddress](http://www.socialsecurity.gov/changeofaddress). By answering a series of questions, we can process your change of address

electronically, and you can tell us when the change takes effect. You will receive a confirmation letter in the mail.

You also can call our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778). Our automated service will walk you through the process of changing your address in our records. Representatives can help you weekdays from 7 a.m. to 7 p.m. local time.

To learn more about changing your address online, read our online fact sheet, *Moving? Save Time-Change Your Address Online* at [www.socialsecurity.gov/pubs/10028.html](http://www.socialsecurity.gov/pubs/10028.html).

## Effects of microRNAs extend beyond single genes

HOUSTON — When Dr. David Corry and his colleagues at Baylor College of Medicine ([www.bcm.edu](http://www.bcm.edu)) and the University of Houston ([www.uh.edu](http://www.uh.edu)) inhibited the activity of some microRNAs that prevent production of a cytokine associated with asthmatic lung disease in mice, they thought the animals' disease would get worse.

Instead, the disease diminished — a result diametrically opposed to what they expected and an example of the complexity of working with these tiny slivers of genetic material

that serve as on and off switches for genes, said Corry, professor of medicine-pulmonary at BCM. A report on his research appears in the current issue of the Journal of Biological Chemistry (<http://www.jbc.org/>).

MicroRNAs are short sequences (about 22 or 23 nucleotides long) of RNA that act as switches.

"If they recognize a particular gene, they will prevent the protein (associated with it) from being made," said Corry (<http://www.bcm.edu/medicine/pulmonary/index.cfm?pmid=4828>).

"The problem with microRNAs is that you cannot think of them in a linear fashion. You have to think of them as acting massively parallel. It's like going from an Apple computer to one of those huge supercomputers. MicroRNAs don't affect just one gene. They affect hundreds, even a thousand different genes simultaneously. Their sphere of influence is immense."

A gene provides a genetic code that is eventually translated into a protein that carries out a function within a cell. MicroRNAs, however, in turning off production of a protein can set into motion a cascade of events that can turn biology upside down.

"MicroRNAs can turn off (or silence) genes, but that's just the first order of their biology," said Corry. "Once the process starts, then it affects the activity of other genes, which in turn affects other genes. We have no idea what these third or fourth generation effects are and there's no mathematical algorithm to predict them."

He and his colleagues studied the let-7 microRNAs because they make up about 70 percent of all microRNAs in lung tissue. Corry and his team focused on four let-7 microRNAs found in lung tissue. These microRNAs

switched off a gene that caused production of a cellular chemical or cytokine called interleukin-13, a crucial element of asthmatic disease.

They thought that if they inhibited activity of these let-7 microRNAs, more interleukin-13 would be produced, making the disease worse.

"In fact, we got diminished disease," Corry said. Other members of the let-7 family actually increased their expression, compensating for the loss of their family members. In fact, their activity increased so much that they suppressed the gene for interleukin-13 even more.

"It was completely unexpected," he said. "How that compensation happens is a mystery and we will explore it in the future."

In other words, increasing expression of a gene in one place could actually repress another gene, which could affect another gene and another.

"You get this up and down, rollercoaster effect," said Corry.

"The future of genomics is not in the DNA but in the transcriptome (all the RNA molecules transcribed from the DNA of the genome)," he said.

Others who took part in this research include Sumanth Polikepahad, Farrah Kheradmand, John M. Knight, Lakeisha M. Batts, Preethi H. Gunaratne, Chad J. Creighton, R. Alan Harris, Azam Zariff, Chad Shaw, Cristian Coarfa and Aleksandar Milosavljevic, all of BCM, and Arash O. Naghavi, Toni Opt, Ashley L. Benham, Jong Kim, Preethi H. Gunaratne, Benjamin Soibam and R. Alan Harris, all of UH.

Funding for this work came from the National Institutes of Health and the Clayton Foundation for Research.

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Thanks for reading!

# Post Homecoming 2010



Photo by Kelsey Overton

Taylor Smith band sweetheart nominee. Escorted by her father Benjie Smith.

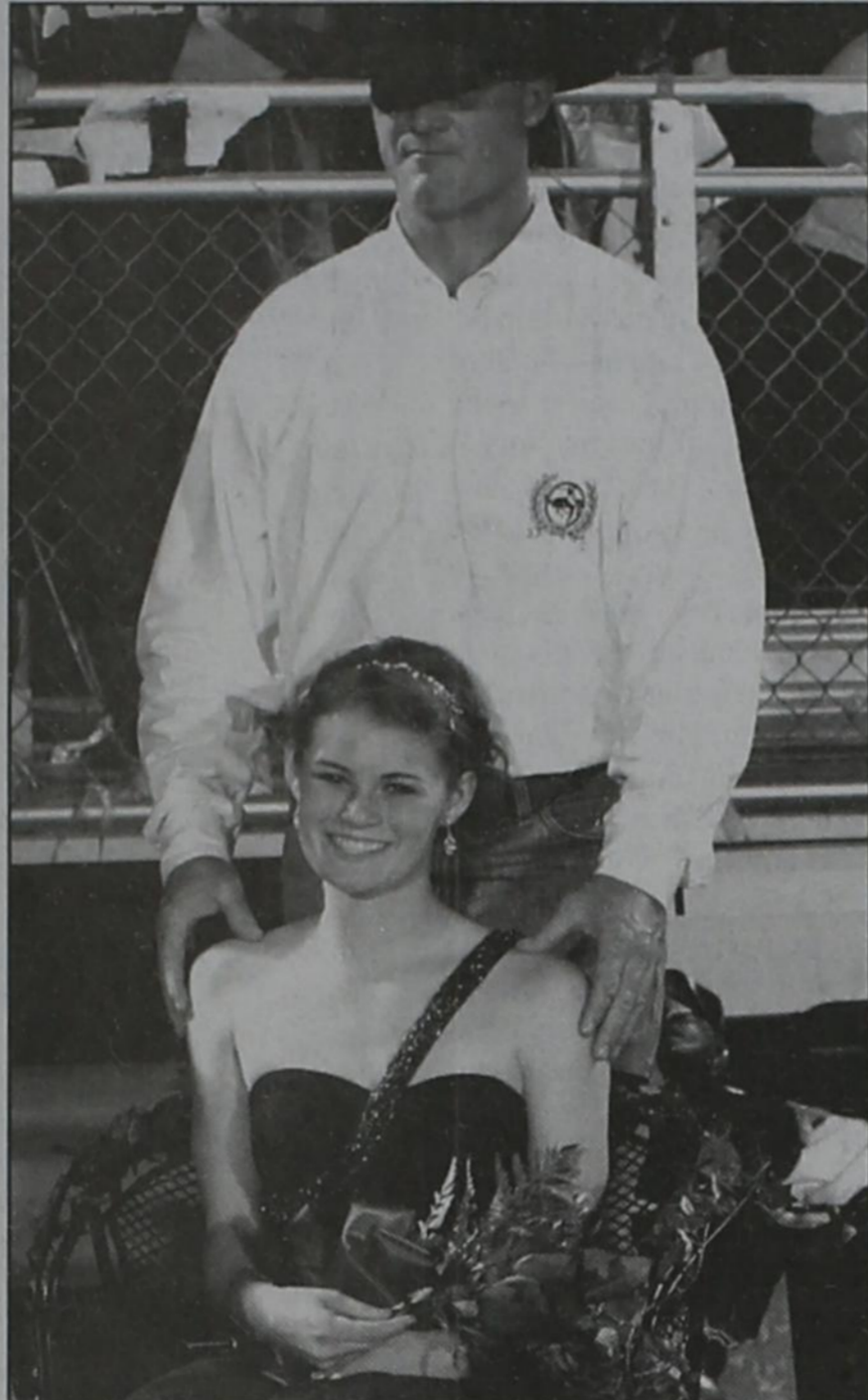


Photo by Kelsey Overton

Macy Blair football sweetheart nominee. Escorted by her father Bobby Blair.



Photo by Kelsey Overton

Jackie Milton band sweetheart nominee. Escorted by her father Robby Palmer.



Photo by Kelsey Overton

Evette Rodriguez band sweetheart nominee. Escorted by her father Miguel Rodriguez.

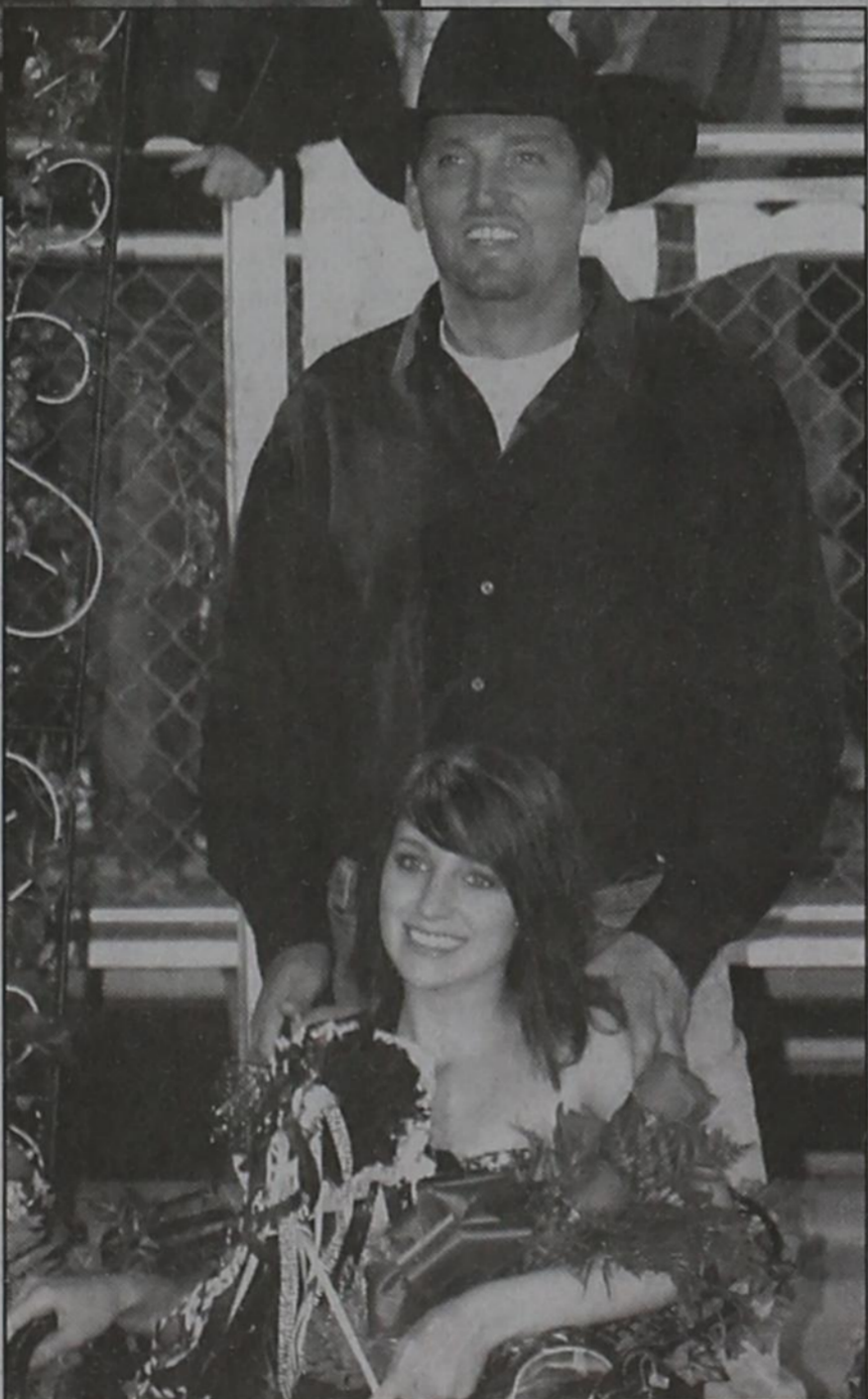


Photo by Kelsey Overton

(Right) Allisha Jones football sweetheart nominee. Escorted by her father Trey Jones.

Courtesy photo (Below) Southland Homecoming nominees. Shaley Abney-Freshman, Jaden Binford-Sophomore, Queen-Daegan Moore-Senior, Kelcee Lewis-Junior. Carrying the crown and flowers were Kalli Davis and Nelson Lee first graders



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 PS Form 3526, September 2007 (Page 2 of 3)

### Castiglione...

From Page 1

portraits. While selling his first piece of art was a highlight, there were many lows along the way too.

Carlo began drinking in his late teens and through the years his drinking progressed. He found himself unable to hold down a job after his father passed and with his father's death, his drinking escalated rapidly. Because his family had moved to Nevada when he was very young, he had no memories of his birthplace. One day he just up and decided to backpack across the United States to see his birthplace of Denville, New Jersey, paying his way by doing odd jobs. It was on his way back, when he had made it as far as Lubbock, that he hit his lowest point with his alcoholism and knew he had to find help. A girlfriend who had been traveling with him found the number of John Bill Hedrick, Secretary of the Five Stone Ministry, and she put a call in to Hedrick. Their call was answered immediately and John Bill picked him up that cold night in February 2009 and brought him to the

Five Stone Ministry where help is offered to those with addictions, and where he has resided since.

One of the places the residents are encouraged to visit while residing at the recovery center is the public library. Carlo began making regular visits to our library where he soon began to bring in drawings that he had done to show to Peggy Ashley, the librarian. Most of his works were of portraits, but Ms. Ashley could see he was very talented. It was on one of those visits, after showing her yet another of his works that she had an idea. She took him over to the children's section where she had an entire wall that was blank and told him to draw to his heart's content...and draw he did. The children's section now has a mural that includes a castle that looks as if it were taken right off of Disney's film logo shown at the beginning of a Disney movie. I would encourage our citizens one and all to go by the library and see the work by this artist. I was truly impressed and as I shared my thoughts with

him about how talented I thought he was, he had a simply reply to my praise, he said "I am better than I used to be, but not where I want to be." He is a very humble man and artist. And because of the help he has received at the Five Stone Ministry, he feels he is on his way to getting where he wants to be. I described him as a burst of energetic air because as he sat and told me his story, I could feel his energy and he was like a child on the first day of school, eager to explore new surroundings, joyful that he was about to learn new things and ready to be the first in line for everything. At the end of our interview when I asked him for any final words he said, "I believe we should learn to respect our fate and chase our destiny" and he believes that is how he came to be in Post, a place he wants to call home.

Carlo is doing well in his recovery and he has come to love our town and would like to make it his home permanently. He is hoping to be able to support himself with his art work, especially doing portraits.

# Extension Extras

October 1, 2010

### 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. If you would like to have a booth, please contact the Extension Office. Local churches, businesses or organizations are welcome to attend. This is free for all non-profit groups.

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