



# The Post Dispatch

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## One day in October



Courtesy Photo

Left to right: Chick Morris, Jeremy Stanley, Dakota McDonald (4-H member), Les Looney (Fire Chief), Mark Short, Jason Powell, Steve Rivera, & Zach Rivera

By Nancy McDonald

One day each October, 4-H members, parents, leaders, and volunteers across Texas step out into their communities and say "thank you" by giving back. Community service is an important part in every youth 4-H career. It allows them to learn and experience

civic responsibility, while helping others. Through community service projects 4-H members develop life skills in sharing, empathy, volunteering, being a responsible citizen, service learning, and others. The best thing about community service - it can be fun! Through 4-H and various community service

projects, Garza County 4-H members have donated a decorated Christmas tree each year to a local family, collected 1,000's of canned food items, donated baked goods, time and service to GCJLA, made senior bibs for Meals on Wheels just to

**October...**  
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## GCJLA Fundraiser deemed a success

By Amy Pennell

The Garza County Junior Livestock Association held their annual fundraiser on Saturday, October 23<sup>rd</sup>. The event took place at the Garza County Trailblazer's building. There was a great turnout for the brisket dinner and live auction. This year's cash door prizes and raffle winners were Kristi Morris, Royce Hart, Charles Atchison, Mike McClellan, Billie Williams, Roxanne Osborn, Carol Short, Jerry Bush, Delton Osborn, Dennis McDonald, Ron Graves and the grand prize of the night went to Max Lee.

We would like to give a very special thanks to the Garza County Trailblazer's for the use of their building and the following people and businesses for their

generous donations:

- Diane Graves
- United Supermarkets
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- Porter Hardware
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John Bill Hendrick  
Close City Gin  
Billie & Milton Williams  
Ira Pump  
Patti Babb  
Texas Treasures  
Charles Atchison  
Caprock Heirloom  
This event would be possible without the generosity of Post and the surrounding communities. We would like to thank everyone for coming out. Thank you to Jerry and Wanda Osborn for preparing the briskets. Thanks to Bubba Smith for being the auctioneer for the night's festivities; Matti Smith and Taylor Osborn for helping present items for auction. Thanks to the moms and dads who worked behind the scenes. The kiddos will truly benefit from a great night.

## New Editor named for the Post Dispatch

Jodi Lincoln has been named news editor of The Post Dispatch. Lincoln has been with the Dispatch since September running the local newspaper office.

"We are so happy to have Jodi working at the Dispatch," Jeff Blackmon, COO of Blackburn Media Group said. "Her attitude and desire to serve the readers in Post and Garza County is evident since she began working at the Dispatch."

Blackburn Media Group is the owner of The Post Dispatch along with several weekly newspapers in West Texas and the Panhandle.

Lincoln was born in Tahoka to William and Inez Gandy in October 1954. Her parents moved the family to Post when she was very young and she was about five years old when her father went

to work for Jimmy Bird on the Bird Ranch. They lived and worked on the Bird Ranch until Jodi was about 10 years old, at which time they moved into Post and her father went to work at the Postex Mills. Jodi was raised in Post and attended the Post schools up through her junior year. Though she did not graduate high school with her class, she has still been able to achieve most of her ambitions and goals. Jodi says "I did not graduate from high school, but I did graduate from the School of Hard Knocks at the top of my class." She married Charles Lincoln, formerly of Slaton in 1972 and has one son whose dedication to his country and his almost 19 years of military service she is extremely proud of. She also has a seven-year-old granddaughter who resides in Illinois.



Courtesy Photo  
New Dispatch editor, Jodi Lincoln

Lincoln's work experience has consisted of mostly being a business owner of various businesses. She has been a restaurant owner, owned and operated a wall paper hanging business, and she co-owned a geological

**EDITOR...**  
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Photo by Lance Dunn

Blaine Osborn works on his oxy-acetylene skills he has picked up through the welding program provided by the Post High School Agri-Science Department.

## Post Notes

**Remember Our Military**

This week is national military appreciation week. If you know a member of the military or a former member, please thank them for their service to their country. They really do appreciate hearing a thank you now and then. Let's also keep them and our President in our prayers. Whether you agree or disagree with him, he is the nation's commander in chief and it is in his under his military serve. Pray for our troops, our President and our nation.

**Don't Forget...The Stitchin' Club Begins Nov. 4**

The Stitchin' Club at The Heritage House will begin again Thursday, November 4 at 6 p.m. There is no charge and anyone interested in any type of needlework is invited to come. The group will continue to meet every Thursday at 6 p.m. For more information, call 495-4148.

**Post Stampede Rodeo Association - Annual Stockholder's Meeting**

The Post Stampede Rodeo Association's annual stockholders meeting will be held on Thursday, Nov. 4<sup>th</sup> at 7 pm. It will begin with an end-of-year business meeting and will complete with the election of new committee members and officers.

**Boy Scout Items Needed**

Old Boy Scout pictures and memorabilia needed to be loaned or donated to the Historical Museum for display. Please bring items to museum Tues.-Sat 10-12 & 1-5.

**Bake Sale**

Bake Sale for the Garza Co. Trailblazers beginning Oct. 25<sup>th</sup> to Nov. 22<sup>nd</sup>. Let us do your holiday baking for you. Call (806) 495-2998 or (806) 782-5903 to place an order. Cost: Pies \$8.00, Cakes \$10.00 - \$12.00.

**Writing Your Life Story Workshop**

Writing Your Life Story Workshop; Thursday, Nov. 4, 11, 18; 1:30 - 3:00 p.m. at The Heritage House. Total fee for all 3 classes is \$15.00. No previous writing experience required. Make a Memory Book for your children and grandchildren. Everyone has a story to tell. Learn how to tell yours!

Sponsored by the Caprock Cultural Association. For more information, call 495-4148.

**Family Harvest Church no longer hosting Harvest Festival**

Family Harvest church will no longer host the Harvest festival. We would like to thank you for joining us in years past and wanted to give you this notice so that you make other plans.

**Post High School Weekly Calendar**

Thursday, 29 - Red Ribbon Week:  
"Stomp Out Drugs Day"- Wear your favorite boots.  
5-8:00 PM - GED Classes Begin, room 18. Entrance on Southwest of HS bldg.  
5/6:30 PM - MS Football at Hawley  
JV Football, 6:00 pm vs. Hawley

Friday, 29 - Red Ribbon Week: Fall Festival during football game! Food booths with sausage wraps, turkey legs, fajitas, funnel cakes, stuffed jalapeno's. Bring an appetite!

• "Black Out Drugs Day"-Wear black. (There will be a black out pep rally)

• Pep Rally, 3:00 at the Arena, "What is a Bearcat???"

• Varsity Football, 7:30 pm at Hawley

Looking Ahead:  
Oct. 30 - Fall Show, "Blithe Spirit" 7 PM

Oct. 30 - Girls Basketball scrimmage, Tulia

Oct. 31 - Halloween

Nov. 2 - Girls BB scrimmage at Lamesa

Nov. 3 - Senior Pictures & College Spirit Day

Nov. 6 - Cross Country, Reg. Mae Simmons

Nov. 9 - Girls BB at Shallowater, 5/6:30

Nov. 12 - End of 2 Six Weeks

Nov. 13 - Girls BB at Seminole, 1/2:30

Nov. 16 - G/B BB vs. Lab. Christian 5/6:30/8:00

Nov. 19 - G/B BB vs. Anton 5/6:30/8:00

Nov. 24-26 Thanksgiving Holiday

**High School Show**

Post High School is preparing for a Fall Show guaranteed to be funny and entertaining. Many of our students are busy working

and rehearsing the play Blithe Spirit by Noel Coward. The show will start selling tickets this week and can be purchased from any cast and crew or any of the students involved with the show. The cast members are Macy Blair, Tyler Jones, Kelsey Isbell, Taylor Smith, Josh Curtis, Andi Soliz, Kalyn Villalon, Kari Dunn, and Katie Dunn. Crewmembers include Becca Fannon, Taylor Fannon, Janis Curtis, Marco Enrives, Israel Gonzales, Jordon Barbosa, Courtnee Hera, Shirley Ariza and Kelly Villalon. The cast and crew are putting on a public performance on Saturday night, October 30<sup>th</sup> at the Post ISD Auditorium. The play is a great comedy dealing with a séance and ghost! The play is a fundraiser for Post High School One Act play season. We would love to have a great turnout for this event and will guarantee an eventful night full of comedy and laughter! Please come out and support our kids if you can. Anyone wanting more information can email Mr. Tatum at the school @ ttatum.post.k12.tx or ask a Theater student about this event. Tickets will also be available at the door. Doors open at 6:15 pm.

**Now accepting candidates for the 2010-2011 Lions Club Queen**

The Post Lions Club is accepting candidates for the 2010-2011 Lions Club Queen Scholarship Contest to be held on November 18<sup>th</sup>.

To be eligible for the contest, contestants must be a Sophomore or Junior student in good standing at Post High School, never have been married or had a baby, and be available for the Lions Club District 2-T2 Contest on January 22, 2011 - also to be held in Post.

Contestants will be evaluated on a judge's interview, verbal introduction with sponsor information, sportswear and evening gown. Prizes will be awarded - the winner advances to the District T2 Contest where further scholarship opportunities are bestowed.

Applications can be obtained from the Post High School Office or by emailing postlionsclub@gmail.com

Applications must be  
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Advtg. Deadline Monday at 5 p.m.

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

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### Help kids make better bad choices this Halloween

HOUSTON - Halloween is a night of tricks and especially treats for children but for parents it can turn into a nightmare as their little ghosts and goblins splurge on candy with no health benefits.

"Halloween is one day, and for most children a handful of their favorite candy is not a problem. The challenge is what happens to the rest of the trick-or-treat goodies," said Roberta Anding, registered dietitian at Baylor College of Medicine and Texas Children's Hospital.

She advises letting children enjoy a few of their favorites after a night of

trick-or-treating, and then putting the rest out of sight, such as in the freezer. "It is true that out of sight is out of mind," Anding said.

All food encounters can serve as teaching moments for parents, she said. Parents should not refer to candy as "bad" food, but rather label it "once-in-a-while" food and serve it as a dessert after a meal, not as a snack. While no candy can be viewed as a health food, there is such a thing as a "better" bad choice, Anding said.

"Certainly, dark chocolate does have some health benefit, and partnering this with a fruit, such as

chocolate covered raisins, would be an option," she said. "If allergies are not a problem, dark chocolate covered almonds might be another."

Sugar free candy should be avoided, she added. Many of these treats are sweetened with sugar alcohols, which can cause diarrhea. Read the packaging for ingredients ending in "ol," such as sorbitol, manitol and xylitol.

All small candies can pose a choking hazard, so younger children should be monitored, Anding said.

By making smarter choices and monitoring when youngsters are eating their treats - and how much they're eating - parents can ensure a fun Halloween.

# Obituaries



**ALBERT HARPER**

Services for Albert Harper, 85, of Post will be 2 PM Saturday, Oct. 23, 2010 at the First Baptist Church with Rev. Arthur Kelly officiating. Burial in Terrace Cemetery will be under the direction of Hudman Funeral Home.

He died Thursday, October 21, 2010 in Post. He was born in Gonzales, Texas on December 27, 1924 to A.B. and Mable (Price) Harper. He married DeLores Hicks on March 18, 1945 in Dilworth, Texas. She preceded him in death on November 10, 2009. Prior to his retirement he worked in highway construction.

Survivors include 3 daughters: Doris Johnson of Lubbock, Pat and husband Marion Cruse of Post and Warn Dee Lewis of San Antonio, 1 son: Charles and wife Terrence Harper of Lubbock, 1 Daughter-in-law: Emma Harper of Lubbock, 21 grandchildren, 14 Great grandchildren and 4 Great Great Grandchildren. He was also preceded in death by a son: Alvin Harper in 2009.



**WANDA POTTS**

Wanda Davis Potts, 82, of Lubbock, passed away on Thursday, October 21, 2010, in Lubbock.

Memorial services will be held at 1pm on Saturday, October 23, 2010, at Sunset Church of Christ. Visitation will be on Friday from 6pm to 7:30pm at Resthaven Funeral Home. Private burial will be held at Resthaven Memorial Park. Please join us in celebrating Wanda's life by visiting her memorial at [www.resthavenfuneralhome.com](http://www.resthavenfuneralhome.com).

Wanda was born on July 3, 1928, in Acuff, Texas, to the late W. Ashley and Trudie (Burford) Davis. She was Salutatorian of her class at Roosevelt High School and attended Abilene Christian College. She married J.B. Potts on August 5, 1948, in Lubbock. Her family was her most prized possession. Her gift was hospitality and serving others. She was a member of the Sunset Church of Christ.

She was preceded in death by her husband of 59 years, J.B. Potts; three brothers: Curtis Lee Davis, B.P. Davis, and S.E. Davis; and a sister: Inez Ming.

Those left to cherish Wanda's memories are her four daughters: Emily Ratcliff and husband David, Karen Lehnen and husband Gary, Lisa Cobb and husband Robert, and Mary Jane Poormon and husband Jim; eight grandchildren: Mandy Biggers and husband Carter, Jay Ratcliff, Clint Lehnen and wife Meredith, Clay Lehnen and wife Eleah, Josh Cobb, Allison Cobb, Ben Poormon, and McKinley Poormon; seven great grandchildren: Korie Lehnen, Jack Lehnen, Macie Lehnen, Palmer Biggers, Harrison Biggers, Annabelle Biggers, and Ella Lehnen; a brother, D.D. Davis; and a sister, Sula Thompson.

The family suggests memorials be made to the Children's Home of Lubbock, PO Box 2824, Lubbock, Texas 79408.

**JOHN ELLA MATHIS**

John Ella 'Johnnie' Mathis, 73, of Lubbock, died Saturday October 23, 2010 at Vista Care Hospice. She was born on October 10, 1937 to Johnny Thomas and Sara Annette (York) Whitley in Bell County.

Celebration of Life Service was held 1:00 PM Thursday, October 28, 2010 at the Indiana Avenue Baptist Church in Lubbock. The Rev. Steve McMeans, Pastor, officiated.

Burial will be 11:00 am Friday October 29, 2010 at the Holland Cemetery at Holland, Texas.

Arrangements are under the personal care of Dee and Janet Justice, Justice-Mason Funeral Home of Post.

### Teamwork and training decreases surgery mortality rate

HOUSTON - While medical teams and hospital staff do their best to prevent death related to surgery, it still occurs. Many institutions have implemented programs to decrease that number, but there is not enough data to fully explain the effectiveness.

A consortium of researchers from the National Center for Patient Safety, Dartmouth Medical School, The University of Texas Medical Branch Galveston, Baylor College of Medicine and the Michael E. DeBakey VA Medical Center in Houston, focused on the Veterans Health Administration (VHA) Medical Team Training program and found that through implementation, the death rate decreased by 18 percent.

"This is the first study to demonstrate a decline in surgical mortality through the use of this particular training program," said Dr. David H. Berger, professor and vice chair of the department of surgery at BCM and co-author of the retrospective

study which appears in the current edition of the Journal of the American Medical Association.

The training program, which was first implemented in the Michael E. DeBakey VA Medical Center, includes two months of preparation and training, a one-day conference and one year of quarterly coaching interviews.

Some of the important aspects of the training program include creating a pre and postoperative checklist which includes formal briefings and debriefings before and after surgeries. Another important factor in training is instruction in teamwork and communication which includes identifying and challenging others when safety risks are known, recognizing "red flags," stepping back to reassess a situation and clinicians effectively during patient care transitions.

This was followed by four quarterly follow up structured interviews for one

year to support, coach, and assess the program.

"What is important about this study is that there is a similar group that can be used as a control. We can look not only at the statistics from those hospitals involved in the training program, but we can also compare them to a similar group that has not yet gone through the training," said Berger, who is also chief of the surgical service at the DeBakey VA Medical Center.

Results showed an overall decrease in the mortality rate related to surgery among all facilities. However, those that had undergone the training program decreased the mortality rate by 18 percent, while those that had not, decreased the mortality rate by 7 percent.


"This program includes not just the surgeons but also the OR nurses and even administrative support staff," said Berger. "The care of each patient involves the entire team."

The nationwide program was put into effect in 2006

after three years of pilot programs. Within the VHA, there are 153 hospitals. Surgeries are performed at 130, but only 74 hospitals had implemented the training program when the current study began.

Others contributing researchers include: Julia Neily, Priscilla West, Drs. Peter D. Mills, Yinong Young-Xu, Brian T. Carney, Lisa Mazzia, Douglas E. Paull, and James P. Bagian, all with the National Center for Patient Safety, Department of Veterans Affairs. Drs. Mills and Young-Xu are also with the Department of Psychiatry, Dartmouth Medical School. Dr. Bagian is also with the University of Texas Medical Branch Galveston and the F. Edward Hebert School of Medicine in Bethesda, Maryland.

Funding for this study came from the Veterans Health Administration National Center for Patient Safety and the Michael E. DeBakey VA Medical Center.



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- The County Judge "must uphold integrity and independence of the judiciary." No department or group should be favored over another.
- These requirements are taken seriously and are upheld while hearing the facts and determining the outcome in any case heard by the County Judge.
- Each trial is challenging and the verdict is within the guidelines of the statues as required by law.
- Your County Judge should work diligently with our state representatives to support our Garza County interests in the next legislative session.
- The County Judge is also responsible for juvenile matters within his jurisdiction.
- County probation is to carry out the cases as determined by the County Court.
- There are innumerable other issues that fall to the County Judge that are not the responsibility of any of the other elected officials.
- The varied responsibilities require a business-like approach and an understanding of business to adequately determine what is in your best interest.

If re-elected, I commit to continue to faithfully work for every person in Garza County and fulfill, to the very best of my ability, the responsibilities of County Judge. I ask for and want to work to earn your vote, again.

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# In and Around Close City

by Traci Freeman

Other than the wind, it has been a nice week for ginning. More and more of the guys are started, so slowly but surely we are getting busy, busy, busy. Our official bale count as of Wednesday at noon was 982. Don't forget to watch out for us when driving through here. Trucks and equipment are coming and going pretty often.

Everyone please remember to go out and

vote. If you didn't get to early vote, the polls will be open from 7am to 7pm on Tuesday, Nov 2<sup>nd</sup>, so get out there and do your duty!

The Close City T-shirts are here. You can see an example of them at CoCara's downtown Post or here at the gin. Each place has order forms to fill out and the shirts should be delivered in approximately two weeks. We also have cookbooks at both locations.

Jackie Carpenter stopped in to see us last Friday.... now that was entertaining! Ya'll should have been a fly on the wall in here with him, Jack Morris, and my dad telling stories. While in the county, Jackie got to see lots of old friends and also watched the Post Antelopes play ball while sport'n his PHS "class of 57" shirt and cap, a gift from his daughter. Jackie and his wife Peggy live in Azile, Texas.

Well, I have list of where I jot down our visitors each week and guess what?? I can't find it! We have had some, but my mind is just blank. All I can remember is Jackie. He must have made quite an impression on me if he's all I can remember! Anyway, we always welcome visitors, so come on out and see us sometime...you might learn something.

Close City birthdays this week are Oct. 29<sup>th</sup>, Claudine

Tipton, Nov. 3<sup>rd</sup> is Ricky Bush and his grandson, Ethan Quisenberry. Birthdays I missed were Oct. 20<sup>th</sup>, Bryan Justice, Oct. 24<sup>th</sup>, Ben Justice and Oct. 25<sup>th</sup>, Terri Aten Williams and Kathrine Bullard.

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

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

Don't forget to check us out on Facebook and feel free to post pics if you want. Also send in your news. You can email me at [close.city.coop@pcca](mailto:close.city.coop@pcca) or call me at the gin at 495-2753. Everyone have a great weekend and keep our troops and the harvest season in your prayers!

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## Weekly Inspirations

### In God's Arms

[God] has said, "Never will I leave you; never will I forsake you."

-Hebrews 13:5 (NIV)

I had never thought that one day I would live alone, without my dearly loved husband. But it happened; he died young, and I had to get used to new circumstances and to a new focus for my life.

Once when I was feeling especially lonely, I opened my Bible, certain that God would comfort me. I can't remember what passage I read, but I remember feeling as if I were folded in God's arms. I will never forget that loving and tender touch and how I was filled with a joy that only beloved people receive.

We can't ever be truly alone because God offers us a great gift: rich and abundant love. This love is unconditional and endless. Our Savior is much closer to us than anyone in this world could ever be.

Ivelina Karalambeva (Varna, Bulgaria)

*"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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Lifeline Church	108 N. Broadway	Church of God	
		Church of God of Prophecy	602 W. 14th, 495-3644
Baptist		Power House Church of God and Christ	Pine Ave.
Calvary Baptist Church	210 E. 6th, 990-2342	Disciples of Christ	
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	Evangelical Methodist	
Grace Baptist Church	820 N. Ave. S 990-3497	Faith Chapel	1105 Green St., Wilson (806) 628-0018
		Methodist	
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	Nazarene	
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	Non-Denominational	
		Family Harvest Church	111 N. Avenue I, 495-1400
Catholic		Caprock Springs Fellowship	12th & Ave. I 495-2171
Holy Cross Catholic Church	Ave. K and Main St., 495-2791	Presbyterian	
Church of Christ		First Presbyterian Church	910 W. 10th, 495-2135
Church of Christ	108 N. Ave. M, 495-2326		

*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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# Stanton Gets by Lopes

Post out of Playoffs  
By Jim Plummer  
PostSportsPage.com

Senior Night at Jimmie Redman Memorial Stadium turned out to be a heart breaker for the Bold Gold in the final home game of the 2010 season.

Last Friday the Lopes gave it all they had in a 17-6 loss to the Stanton Buffaloes in a District 2-2A, Division II match-up that knocked Post out of play-off contention.

The Antelopes won the coin flip and uncharacteristically chose to receive the opening kickoff. That decision indicated a surprise of a game plan. Head Coach Chris Jones explained "we were 'officially' down by 15 points due to tiebreaker rules in District 2-2A as we entered the game against Stanton."

Post went with the shot-gun spread formation most of the game which included throwing the ball more than customary for the Lopes. "Which generally makes the game last longer, and we needed every second we could get", said Jones. "We felt like that would give us more opportunities to score if we were able to make some defensive stops."

It was the Antelope defense and special teams that provided the highlights for the game keeping the Buffaloes below their 20 points per game district average. As its been for the season, the defensive secondary provided close pass coverage keeping Stanton to just 14 passing yards on nine attempts.

The Buffs had much more success on the ground running for 242 yards led by sophomore Blake Evans' 146 on 18 carries. But, the Bold Gold defense came through with stops when needed.

The Buffaloes scored on their second possession driving 80 yards when Blake Evans ran it in from the seven yard line followed by the extra point by Thomas Ramos in the first quarter. For the game, Ramos was two for two on PATs and in the second quarter

he hit a 35 yard field goal to expand the Stanton lead 10-6 with 3:03 left in the second.

Special teams shined for the Lopes. They capitalized on a Matt Soto blocked punt attempt with 43 seconds remaining in the first quarter giving the Lopes the ball at the Stanton 27 yard line. The next play QB Ernie Saldivar from the shotgun ran the ball 21 yards up the middle making it first and goal from the seven. Then from under center, Saldivar took the ball to the one to end the first quarter. At the other end of the field, with third and goal from the one foot line, Saldivar rolled right to find Chess Postell just inside the endzone for a diving catch for a touchdown with 11:02 left in the second period. The two point conversion failed making the score 7-6, Stanton.

Special teams came through again on the ensuing kick-off, and for the second game in a row, Henry Apolinar placed

another successful on-sides kick recovered by Ben Mason giving Post the ball at the Stanton 45. Post got the ball as close as the eleven yard line but couldn't get the ball across the goal line.

The second half was quiet for both teams with the score close at 10-6 until Stanton scored in the fourth quarter with 3:56 remaining in the game. Evans scored his second rushing TD on the night from 20 yards out making the final score 17-6.

Coach Jones expressed appreciation for his team saying "we were proud of our players with the amount of heart and determination with which they played. They knew going in, that their "backs were against the wall" and they came out swinging. Our staff would like to give a special thanks to our Seniors for all of their hard work this year."

### STANTON 17, POST 6

STANTON	7	3	0	7-17
POST	0	6	0	0-6

First Quarter  
Stan - Blake Evans 7 run. (Thomas Ramos kick.) 3:32.  
Second Quarter  
Post - Chess Postell 1 pass from Ernie Saldivar. (Run failed.) 11:02.  
Stan - Ramos 35 field goal. 3:03  
Fourth Quarter  
Stan - Evans 20 run. (Ramos kick.) 3:56

### Team Statistics

	STA	POS
First Downs	18	7
Total Offense	56	106
Rushes-yards	242	60
Passing-yards	14	46
Comp-att-int	2-9-0	8-23-2
Punts-avg	1-32	3-37
Fumbles-lost	1-1	0-0
Penalties-yards	7-87	7-60

### INDIVIDUAL STATISTICS

RUSHING: Stanton; Evans 18-146-2, Tyler Fulton 12-70. Post; Ben Mason 5-34, Saldivar 18-14.  
PASSING: Stanton; Fulton 2-9. Post; Saldivar 9-23-1.  
RECEIVING: Stanton; Evans 1-13. Post; Henry Apolinar 4-37, Postell 1-1-1, Matt Soto 1-7.

RECORDS: Stanton 7-1, 3-1. Post 3-6, 2-3.

### 2010 FOOTBALL STANDINGS

#### DISTRICT 2-2A, D-II

Week 8 (as of 10/23/2010)

TEAM	DISTRICT						OVERALL		Week 8 Outcome
	W	L	PF/APG	PA/APG	W	L	PF/APG	PA/APG	
Idalou	4	0	186/47	61/5	5	3	275/34	88/11	Beat Forsan, 61-0
Coahoma	4	1	178/36	37/7	7	2	311/35	79/9	Beat Anson, 41-0
Stanton	3	1	76/19	33/8	7	1	192/24	66/8	Beat Post, 17-6
Post	2	3	55/11	118/24	3	6	102/11	224/25	Lost to Stanton, 6-17
Forsan	1	3	41/10	160/40	3	5	179/22	279/35	Lost to Idalou, 0-61
Anson	1	3	70/18	116/29	3	5	140/18	245/30	Lost to Coahoma, 0-41
Hawley	0	4	28/7	164/41	1	7	85/11	259/32	(Bye)

Legend: W (Wins), L (Losses), PF (Points For), PA (Points Against), APG (Average Per Game)

Courtesy of PostSportsPage.com

### JV (10/21/2010 @ Stanton)

Post	0	0	14	0-14
Stanton	0	0	7	8-15

Coach Pyles - Post JV saw their 5 game win streak end with a 15-14 loss at Stanton last Thursday. The Bold Gold managed to hold Stanton scoreless in the first half despite the Buffaloes driving inside the Lope red zone twice. The first time Isaac Stern and Marco Erives caused a fumble and recovered at the one yard line, the second was at the end of the half with DJ Brown making the tackle at the two yard line, as time expired.

The Bold Gold defense forced a 3 and out on Stanton's first drive, and on the first play from scrimmage DJ Brown scampered 64 yards to give the Lopes the lead, Tyler Jones' kick made the score 7-0 Lopes.

The lead was short lived as the Buffaloes returned the ensuing kickoff for a touchdown to tie the score at 7.

The Antelopes would

take the lead on the next possession with big plays in the passing game. Pake Jones completed a 45 yard pass down the left sideline to Tyler Jones the give Post a first down at the Stanton 15. Campbell Kirkpatrick's run of 12 yards set up first a goal. After two runs and a sack Post was faced with 4 and goal from the 15. P. Jones' pass was tipped by Stanton's safety and landed in the hands of Kirkpatrick just inside the goal line. T. Jones' PAT made the score 14-7 in favor of Post.

The lead would stand until Stanton scored with 3 minutes remaining. The Buffaloes scored and made a 2pt conversion to take the lead 15-14. The Lopes would drive into Buffalo territory but a 4th down pass fell incomplete with seconds remaining.

Record 6-3, 4-1.

### 8th Grade (10/21/2010 @ home)

Post - 21  
Stanton - 0

Coach Soliz - The boys played great on

all sides of the ball. The defense shut-out Stanton, 21-0. Dylan Pearson, Freddie Araiza, and Allen Perez played great on defense.

On offense, Allen Perez had an early rushing TD which Keaton Collins followed. with a 2-pt conversion.

After a 30 minute lightning delay, Dylan Pearson caught a 25-yd TD pass from Carson Kirkpatrick to end the 1st half.

Christian Perez caught a 15-yd TD pass in the 4th quarter from Kirkpatrick which Freddie Araiza followed with a point-after field goal. Araiza also had a key interception on the 5-yd line as time expired to keep Stanton scoreless.

I'm very proud of the boys. This puts our record at 5-2 overall, 4-1 for District.

### 7th Grade (1-21/2010 @ home)

Post - 24  
Stanton - 12



Flipping for the Antelopes



# 18 Dalton Holly stops a Stanton running back.



Post players clear the way for a runner



# 5 Matthew Soto making a play on the ball

Photos by Lance Dunn, Kayla Hall Chase Greathouse and members of the PHS photography class.



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# Alzheimer's Association hosts community presentation

Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk. The

Alzheimer's Association-North Central Texas Chapter is presenting "Grace Under Fire: Practical Tips for Caregiver Stress" on Friday, November 5, 2010 at 10:30 A.M. at the Alzheimer's Association Regional Office. The office is located at 901 Indiana Ste

350, Wichita Falls, Texas. This free workshop will help families and caregivers of persons with dementia identify sources of stress, results of stress and tips for being healthier.

The mission of the Alzheimer's Association is to eliminate Alzheimer's

disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

For more information call Patty Taylor at 940-767-8800 or 800-272-3900.



My first car was a 1946 Chrysler Windsor Deluxe club coupe. I still have it. For all I know the radio still works. It was working when we parked it, which is more than I can say for the engine.

That radio changes colors. It goes from a rosy color to yellow when you change the tone from "mellow" to "voice," or vice-versa. Something like that. I don't remember the details. But what I do remember from high school days, back when I was driving that old car and listening to that radio, is that a whole array of AM radio stations came through loud and clear, especially at night, from one end of that glowing dial to the other - not that my friends and I listened to anything other than 1520, KOMA, Oklahoma City. KOMA played rock 'n' roll and had the kissing tone.

If you don't know about the kissing tone, it was the 1963 version of texting -- something you shouldn't do while driving. If you are kissing someone when you run over a curb, or vice-versa, it's unsettling.

I digress. Anyway, what's happened to AM radio over the last four decades? Are FM-sized waves sabotaging AM-sized waves? Are radio manufacturers being paid by the FM people to be sure AM receivers are bad? Has the federal government forced AM stations to back off? Are cell phone conversations jamming the airwaves? It doesn't take an oscilloscope to know something's haywire.

Why do I care? I'm trying to follow Texas Rangers baseball on the radio. It's wild. I keep having to point my car in different directions, mostly east-west. Is that fair?

Baseball is a new interest for me, part of the marriage contract. We watch the Rangers. It's a soap opera. Some characters have been on a long time. Some have not. Sometimes things get tense. There's theme music. Some of the guys are cute.

When the Rangers made the playoffs, I was on the farm and couldn't get them on television. It would have made me nervous to watch them anyway.

Once I found the Rangers on AM radio, I strained my eardrums to keep up with the action though static and interference of swelling and diminishing proportions. I listened for whether the seemingly pro-Texas announcer was excited - a good sign, as long as he was excited in a positive way. When you catch only a word or two here or there, you develop a sixth sense for all the nuances.

I could have called my husband, but he was watching the game. Via my phone I found some sort of running Rangers-Yankees Twitter conversation, but they weren't giving the score. Then they got distracted by a streaker. Great.

I wanted to Tweet them all and ask the score. But I don't Tweet. Guess I'll have to learn that next.

Life was so simple when all we had to listen to was AM radio and all we had to decide was whether to ignore the kissing tone.

## 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.

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

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

**Thank You**  
We would like to say a special thanks to Jody Mason for making the hand-made spurs for the raffle to help Jimmy Marlin. Also to Mike and Clarice Johnson, for all the help with the raffle tickets and to everyone else who bought the raffle tickets to help with Jimmy Marlin's medical expenses. Thanks for keeping us in your prayers. We are pleased to be a part of this great Town.

**Post-Garza County EMS** would like to thank the Garza County 4-H members for the wonderful meal that was provided to us at our monthly meeting. It is our pleasure to serve you and the rest of our community

**Wanted**  
Acreage Wanted. If you have any CRP acreage for sale, contact Mike Mitchell

at 806-495-5515.

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**House for Sale**  
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.

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air, fireplace, large storage, carports. 115 W. 13th MITCHELL REAL ESTATE. Call Barbara 806-495-3987 or Kim 806-543-1055.

For Sale by owner: 2133 sq.ft. Brick, 3br/2bath, central heat/air, large utility with room for office/sewing room, large, carpeted, finished basement w/ one car garage. By appointment only. 806-828-6116

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For Sale or Rent located at Lake Alan Henry, 3BR/2BA modular home, fireplace, central heat/air, 1800 sq. ft., 20x20 covered deck on 1 acre \$950/month - deposit. Call Larry at (806) 272-0304

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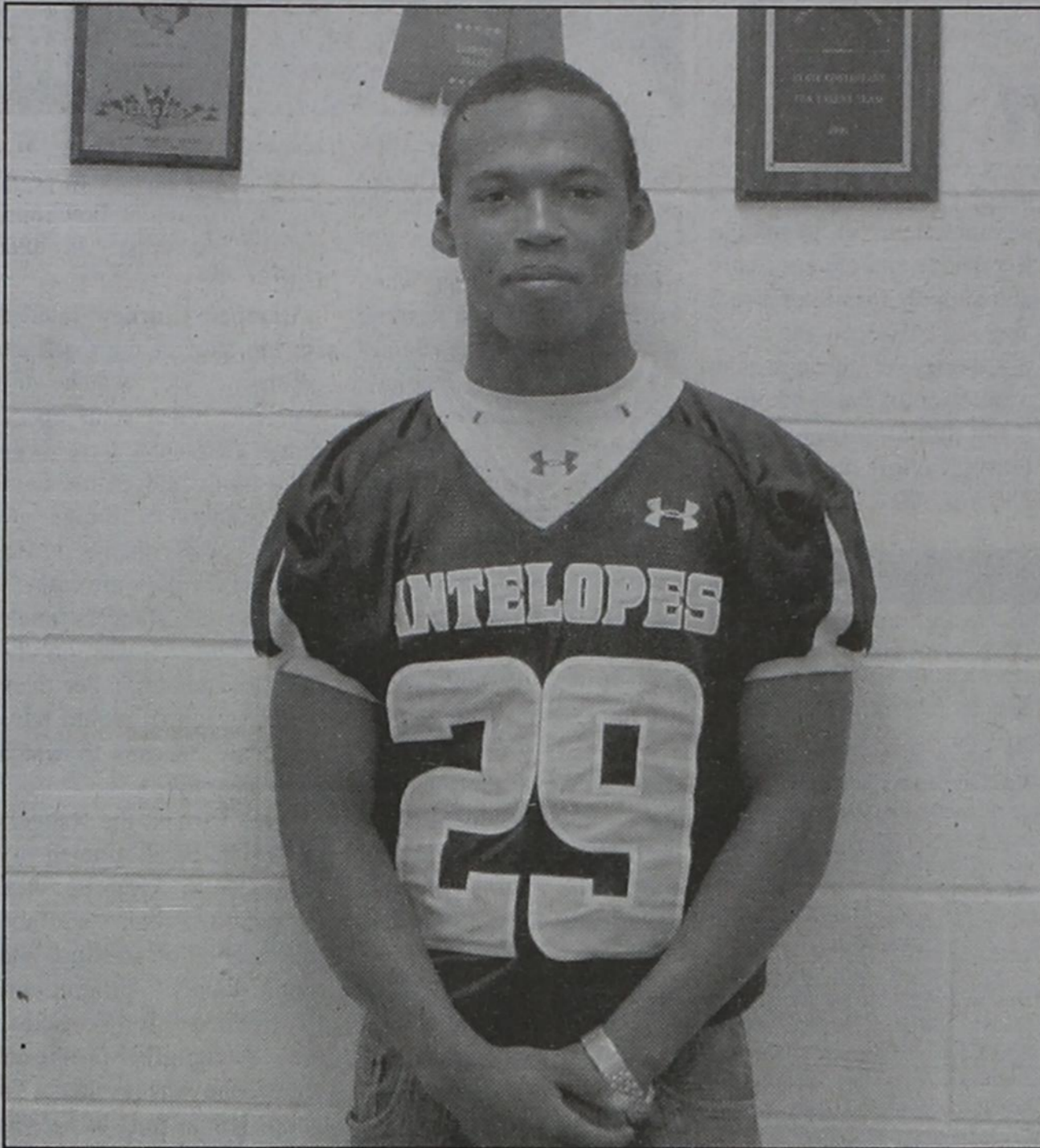
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### Student Spotlight



**Senior Chase Greathouse**

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.



**Senior Brittney Miller**

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.

### Post ISD Menu

**Breakfast Menu**  
Nov. 1<sup>st</sup> – Nov. 5<sup>th</sup>

**Monday**  
Breakfast Muffin Sandwich,  
Fruit, Milk

**Tuesday**  
Churros, Sausage Link,  
Fruit, Milk

**Wednesday**  
Oatmeal, Bacon, Toast,  
Fruit, Milk

**Thursday**  
Cinnamon Toast, Sausage  
Link, Fruit, Milk

**Friday**  
Cereal, Toast, Fruit Juice,  
Milk

**Lunch Menu**  
Nov. 1<sup>st</sup> – Nov. 5<sup>th</sup>

**Monday**  
Hamburger, Lettuce,  
Tomatoes & Pickles, Tater  
Tots, Carrots w/Ranch,  
Chocolate Pudding, Milk

**Tuesday**  
Pizza, Salad, Corn, Peaches,  
Milk

**Wednesday**  
Carne Guisada, Refried  
Beans, Seasoned Corn,  
Orange Smiles, Tortillas,  
Milk

**Thursday**  
Fish Strips, Mac & Cheese,  
Tossed Salad, Fresh Fruit  
Choice, Hush Puppies, Milk

**Friday**  
BBQ on Bun, Baked  
Chips, Pickle Spears, Corn  
Cobbette, Pineapple Slices,  
Milk

### Trailblazer Menu

Nov. 1<sup>st</sup> – Nov. 5<sup>th</sup>

**Monday**  
Swiss Steak, Au gratin  
Potatoes, Cauliflower,  
Biscuit, Strawberry Cake

**Tuesday**  
Fried Chicken, Oven

Potatoes, Squash Casserole,  
Spinach, Roll, Oreo Pie

**Wednesday**  
Roast Beef, Mashed  
Potatoes, English Peas, Roll,  
Banana Nut Cake

**Thursday**

Chicken Enchiladas, Beans,  
Salad, Mexican Wedding  
Cake

**Friday**  
Smothered Steak, Carrots,  
Fried Okra, Roll, Fruit

## Go Antelopes!

# "Jim Landtroop is a dedicated advocate for West Texas school children and teachers!"

— Marilyn Read, Retired teacher — Coahoma ISD

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Pol. Adv. Paid for by Jim Landtroop Campaign, P.O. BOX 1965, Plainview, TX 79073-1965

## Two Garza County 4-H students place at South Plains Fair



Photo by Dawn Guerrero

Two local area students placed with their rabbits at the South Plains Fair on October 3<sup>rd</sup>. Garza County 4-H student M'Keison Guerrero placed 1<sup>st</sup> place with her rabbit and fellow 4-H student Jessie Isbell placed 3<sup>rd</sup> in showmanship and a Knowledge Test of rabbits. M'Keison also placed 2<sup>nd</sup> in dress up, dressing her rabbit up as Disney cartoon character Minnie Mouse. M'Keison is a 5<sup>th</sup> grader at Southland ISD and Jessie is a 7<sup>th</sup> grader at Post ISD. From left to right are M'Keison Guerrero, unidentified girl, and Jessie Isbell

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## Re-elect Dee C. Justice Justice of the Peace Precinct 2

Having been a lifelong resident of Garza County and a business owner in Post for the last 33 yrs, I have a long-standing relationship with my community. Those of you who have known me, either as a resident or through business, know that I have a deep-seated commitment to my community and my fellow citizens.

It was the need to help others that drew me to the business I own today and it was my need to serve my community that led me to run for the office of Justice of the Peace in Precinct 2 over 27 yrs ago. I knew there would be times I would be needed in the middle of the night, or at inconvenient times, but just as I am always available to my clients, I am equally available to meet the needs of the residents of Precinct 2 in Garza County.

I am asking for your support to serve another 4 yrs as Justice of the Peace for Precinct 2. I will continue to serve the residents of Precinct 2 in the same fair and impartial manner that I have in the past and I will continue to move the Garza County courts forward in the ever-changing field of technology.

If I am needed in the capacity of Justice of the Peace at 2:00 am, I will be as dedicated and accessible as I am to those in need of my services in business at 2:00 am. The hour is not important, the willingness and the ability to respond are important. I ask for your trust and your vote on Nov 2nd.

Pd. Pol. Ad. By Dee C. Justice, 301 Main, Post, TX 79356

## Five 'Diploma Mill' defendants charged

EL PASO - An El Paso District Court today granted a temporary restraining order against two individuals that operated three Internet-based "home schools." According to an enforcement action brought by the Texas Attorney General's Office, the defendants unlawfully marketed and sold fraudulent high school diplomas.

The State is seeking court-ordered restitution for customers who paid the defendants \$225 to enroll in their program, take their "tests" and obtain their purported diplomas. The court ordered a temporary injunction hearing for 2 p.m. on Nov. 4.

The five unaccredited "diploma mill" defendants operate under a holding company called Advent Harvest Academy Corp. The "schools" named in the enforcement action are Sunrise Private High School, Longhorn Private High School and Bluebonnet Private High School. Defendants Teri Tout-Dennis and Mike Martin of Tarrant County serve as director of education and executive school director, respectively.

"As the State of Texas strives to improve educational opportunities for all our children, it is intolerable to find unscrupulous individuals who would offer anyone with Internet access the ability to receive a diploma without the prerequisite studies," Attorney General Abbott said. "This is a grave disservice to youngsters who later in life will come to realize they were exploited for their money and gained nothing in return."

According to State investigators, Advent Harvest Academy Corp. and its schools imposed no educational requirements. The schools required no age verification or identification; likewise, no instruction program or compulsory student "attendance" is mandated. Students simply pay \$225 in advance via a credit card and then take an unaccredited "test." Students are instructed to fax the test to the defendants who then "grade" it and respond with fraudulent academic diplomas through the mail, including "transcripts" containing credit hours based on the test results.

The defendants' so-called schools are registered with the Texas Secretary of State as domestic for-profit corporations and use the corporate number issued by that agency as their "school ID number" on diplomas. The numerical identification reflects an attempt to confer an air of legitimacy to the appearance of the diplomas.

The schools further attempt to make their fraudulent diplomas look legitimate by unlawfully superimposing a State of Texas seal onto the document. In an effort to avoid questions about state oversight, the defendants falsely told customers that they are not required to meet

state licensing standards because they meet the "home school" exemption.

The schools have never been accredited by the Texas Education Agency, the Texas Association of Private and Parochial Schools or the Texas Private School Accreditation Commission.

The Attorney General's Office is seeking court-ordered penalties from the defendants for numerous violations of the Texas Education Code, the Texas Business and Commerce Code and the Texas Deceptive Trade Practices Act. The State also seeks restitution for students who purchased the defendants' worthless services.

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# OPINION



## The Paperboy

### Don't vote just to vote

By CHRIS BLACKBURN

Americans will head to the polls Tuesday for the mid-term elections.

I used to have the attitude that everyone should recognize the right, privilege and freedom of voting.

I have changed my mind.

If you have not taken the time to educate yourself on issues or candidates, it would be best for everyone if you sit out this election. In my opinion, an ignorant vote is a bad vote.

Now some of you are going to head out Tuesday (if you didn't vote early) and vote a straight ticket because that's what you do every election. Why is that? Can you honestly say that you are casting a wise vote?

Personally, I have no allegiance to any party. I've grown tired of politics as usual and neither major political party has demonstrated that they are in touch with the issues of rural Americans, which is what WE should be looking at.

In the next few days, study the candidates and issues and see how much attention is paid to rural America. Trust me, it won't take long because we are the forgotten 80 million and our voice is close to silent.

If you're confident your elected officials have your best interests at heart, by all means, vote for them. If there is a doubt, skip them or go the other way.

If you pay no attention to what is going on at the local, state or national levels, then don't vote.

It has occurred to me many times that a wise electorate will elect strong leaders while an ignorant electorate can do great damage to this country.

I'm enjoying many things about being in my 40's. One aspect I don't enjoy is losing family members and loved ones.

The older you get, the more people you lose. It's nature, but it doesn't make the void any easier to fill.

It's best to keep in touch and enjoy those around you because they will pass.

Every small town has certain residents volunteering their time for a multitude of things. These people are generally active retired seniors whose behind the scenes efforts go largely unnoticed until they either stop volunteering or die.

Sadly, many times there is a time gap in succession of

no succession at all. When that is the case, the entire community suffers.

I commend those of you who fit this bill and ask that you make sure that your shoes are at least partly filled ... just in case.

We are blessed with natural resources in our region. Wind, oil, natural gas - all have a growing presence. Add to that the infrastructure needed to support these things and you'll find several companies investing around the area.

When you encounter these "strangers" remember this: it's good politics and down right neighborly to be accommodating. The days of turning a cold shoulder to newcomers is over, or at least it should be.

It doesn't take any more effort to be friendly. Remember how you like to be treated and act accordingly. You never know how much mileage you will receive from being an ambassador for your community.

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

### Hiring Military Veterans is Good Business

By BILL WHITMORE

If your company's diversity recruiting strategy fails to include military veterans, you are missing out on working with some of our country's most outstanding men and women. Organizations that fail to recognize the extraordinary leadership qualities that veterans bring to the workplace pass up the opportunity to work with results-oriented employees that have a strong sense of accountability and responsibility. It is time for our country's corporate leaders to awaken to the reality that combat leadership and military discipline translate into dynamic employees who can enhance an organization's productivity.

While the national unemployment rate hovers around 9.7% for civilians, the unemployment rate for young male veterans, including those returning from Afghanistan and Iraq, is more than double the national average at 21.6% according to the Bureau of Labor Sta-

tistics. Isn't it time to shine the employment spotlight on the brave men and women who serve our country?

What essential set of life skills do military veterans bring to corporate America that makes them an indispensable pairing? The military trains our men and women to lead by example as well as understand the nuances of delegation and motivation. As General Douglas MacArthur once said, "a true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others." Military veterans understand the value of teamwork, which they can apply in our country's offices and boardrooms. Veterans understand their role within an organizational framework and serve as exemplary role models to subordinates while demonstrating accountability and leadership to supervisors.

Veterans generally enter the workforce with identifiable skills that can be transferred

to the business world and are often skilled in technical trends pertinent to business and industry. And what they don't know, they are eager to learn - making them receptive and ready hires in work environments that value ongoing learning and training. Veterans represent diversity and collaborative teamwork in action having served with people from diverse economic, ethnic and geographic backgrounds as well as race, religion and gender. Even under dire stress, veterans complete tasks and assignments in a timely manner as they have labored under restrictive schedules and resources on the battlefields and military installations that they've served.

Employers can find qualified veterans from a variety of sources including the Employer Partnership of the Armed Forces, Employer Support of the Guard and Reserve, Military.com, HireVeterans.com, and the Wounded Warriors Project. Employers can become true partners with selected veterans' organizations

and work with them proactively to ensure you are maximizing your ability to recruit from this extremely qualified talent pool.

Lest we forget, the men and women who have chosen to serve our country are patriots who have made enormous sacrifices to ensure our safety and freedom. By employing military veterans, we are saying, "thank you for your service" and for protecting us from terrorism and other threats.

About the author: Bill Whitmore is Chairman, President & CEO of AlliedBarton Security Services, www.alliedbarton.com, the industry's premier provider of highly trained security personnel to many industries including commercial real estate, higher education, healthcare, residential communities, chemical/petrochemical, government, manufacturing and distribution, financial institutions, and shopping centers.

### The Right Role for Insurance Exchanges

By PETER PITTS

In October, the Department of Health and Human Services closed its "comment period" for the new regional health insurance exchanges -- a major component of the Obama health reforms.

As state officials implement their plans, they should strive to ensure that these exchanges don't crowd out free market insurance mechanisms. While the options available on these exchanges will work well for many people, a substantial slice of the patient population will find them unsuitable.

Preserving a vibrant private insurance market in addition to the exchanges will maximize choice and enable people to find the insurance plan that best fits their particular needs. When the President said that people who are happy with their insurance "can keep it," we should keep him to his word. Choice is crucial.

The thinking behind the exchanges is sound. Large employers can negotiate good health insurance rates because they have a big workforce to spread risk. Individuals and small businesses don't have that advantage, and therefore they end up paying significantly higher rates than their larger counterparts.

Exchanges will help level the playing field. Participating insurers will offer a standard set of plans that must conform

to specific government standards. Groups of people that typically have difficulty finding affordable insurance, including the self-employed, unemployed, and smaller firms, can buy the standard plans through the exchange.

In this way, these groups can pool their purchasing power and get lower rates. The federal government will also provide subsidies for lower income consumers.

Exchanges go live in 2014. If a state hasn't started the process of establishing one by 2013, the federal government will take over the responsibility and run the exchange itself.

The healthcare law imposes an array of legal requirements on insurers that participate in the exchanges. Insurers must include a package of to-be-defined "essential" benefits in all plans offered. Insurers are also prohibited from charging deductibles exceeding \$2,000 for individuals and \$4,000 for families.

The exchanges only require insurers to offer two types of coverage. "Silver" plans covering 70 percent of all medical costs. And "Gold" plans covering 80 percent.

Many consumers will benefit from these newfound choices. But not everyone will find them suitable.

There are people who will want even more expansive coverage, say a "Platinum" plan covering 90 percent of costs. And there will be patients who want to risk higher out-of-pocket expenses for lower upfront charges, and are happy

with a "Bronze" plan covering just 60 percent of costs.

And still there are other demographic groups who won't find any of these options ideal. The young and healthy typical don't require much medical care, and just want catastrophic coverage in case of an emergency.

As is, the exchanges aren't required to offer these other options. And the federally mandated minimum benefits effectively prohibit the exchanges from offering cheap, stripped-down plans.

Healthcare coverage isn't one-size-fits-all. There needs to be an insurance market outside the government exchanges to ensure people with unique plan preferences can get the coverage they want.

The new insurance exchanges will reduce the number of insured, and should decrease the price of coverage for many patients.

But policymakers and private healthcare stakeholders need to work together to ensure that the exchanges don't become the only way to get health insurance. The more options patients have, the more likely they are to get the coverage that best fits their individual medical needs and financial means.

Peter J. Pitts is President of the Center for Medicine in the Public Interest and a former FDA Associate Commissioner.

### Forget Obesity, Fight Liberalism

By DAVID BOZEMAN

With the year winding down, many Americans are now receiving their health insurance renewal packets for 2011 and are reporting, with eye-rolling disgust, higher premiums. Employees and retirees on Medicare and Medicare-supplement plans are seeing, as well, in this age of ObamaCare, greater emphasis on lifestyle and behavioral issues such as obesity, with some information going so far as to define it as a disease.

Nanny-staters frequently gripe that the food choices of the obese and unhealthy drive up the cost of insurance for everyone. New York, of course, has all but banned trans-fats, the Institute of Medicine recommended earlier this year that the FDA limit salt content (a proposal, apparently, still under consideration), and, of course, McDonald's is facing increased fire from consumer advocacy groups for its Happy Meals targeted at children. Back in New York, Mayor Michael Bloomberg is suggesting that food stamps not be payable for Coca-Cola and other sugary, fattening sodas.

The latter example may not define Nanny-statism but it reflects a prevailing mindset, and the din of voices calling for individual responsibility in food choices is growing louder (if

only the Left invoked individual responsibility in, say, sentencing guidelines and school choice). Yes, the war on obesity targets not just the makers of Twinkies, but the non-exercising, mass-consuming sofa-citizens, as well. Lest they miss anyone, Michelle Obama is taking it to the school children, and some, mostly elderly, Americans know their BMI (body mass index) numbers as well as their Social Security numbers.

So what is wrong with encouraging individual responsibility? Nothing, but the problem with government "persuasion" is what price are we willing to pay in freedom? Nothing written here is meant to encourage or condone obesity, only to submit that a market-oriented system based on competition and choice best promotes a culture of individual responsibility, with the warning that those who make dangerous choices will ultimately bear the consequences, thus lowering the price of health care.

Yes, premiums will likely always reflect the costs of someone's ill behavior, but only an enormous toll in human contentment and liberty will ensure uniform diet, exercise and lifestyle regimens.

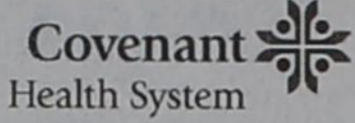
To which an extreme advocate of the Nanny-state would reply, "So, what?" Who cares if a few over-consuming obese

divan-denizens are shamed and ostracized into sacrificing their Cokes and Twinkies for the sake of numbing down America's vibrant lifestyle to that of a somber, socialistic, shadow-of-its-former self, European sissy-state?

The goal of ObamaCare, and the future legislation upon which the current act is mere prelude, is equality of outcome and homogenization of behavior. They cannot rightly criticize capitalism for its inefficiency, so they condemn its so called excesses.

The prevailing wisdom is that we consume too much. They are always grouching that America consumes more than its share of the world's resources. Our greed is bad for the environment, thus the need for cap and trade legislation.

It is not the notion of America the bountiful that animates liberals, but disgust with Coca-Cola, McDonald's, Little Debbie and others who add fun, flavor and color to our lives. The risk of an inch or two to our waistlines is not worth ceding our liberty to killjoy bureaucrats at any level of government. If we are serious about cutting fat, forget middle America, why don't we just start in Washington?



Health System

COVENANT HEALTH SYSTEM-Community Outreach November 2010 —effective

MOBILE MAMMOGRAPHY SITE SCHEDULE- For information or to schedule an appointment call 1-800-388-6266 or 806-725-6579  
Financial Assistance Available for screenings-funded in part by the Lubbock Komen for the Cure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 UNITED 50 <sup>TH</sup> AND Q	2 POST UNITED SUPERMARKET	3 SEMINOLE Seminole Memorial Hospital 207 NW 8th	4 LYONS CHAPEL 1704 East 24 <sup>th</sup> Street Lubbock, Texas 79404	5	6
7	8 BROWNFIELD Brownfield Regional Medical Center 705 E. Felt Street	9 GUTHRIE HEALTH FAIR High School 301 Jaguar Lane	10 MULESHOE ISD 514 w. Ave G	11 MULESHOE ISD 514 w. Ave G	12	13
14	15 MORTON Cochran Memorial Hospital 201 E. Grant	16 DENVER CITY West Texas Medical Center 415 N. Ave F	17 LAMESA Medical Arts Hospital 1600 N Bryan	18 PADUCAH HEALTH FAIR 810 Goodwin School	19	20
21	22 BROWNFIELD Brownfield Regional Medical Center 705 E. Felt Street	23 TAHOKA FAMILY WELLNESS CLINIC 1705 LOCKWOOD  Stop Schedule at 12:00p	24 OFFICE DAY	25 Thanksgiving	26	27
28	29 CROSBYTON CLINIC/HOSPITAL 710 W. MAIN	30 LAMESA Medical Arts Hospital 1600 N Bryan				



Thanks for reading!

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County Commissioner Precinct 4  
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For a new change.  
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Teamwork and training decreases surgery mortality rate

HOUSTON — While medical teams and hospital staff do their best to prevent death related to surgery, it still occurs. Many institutions have implemented programs to decrease that number, but there is not enough data to fully explain the effectiveness. A consortium of researchers from the National Center for Patient Safety, Dartmouth Medical School, The University of Texas Medical

Branch Galveston, Baylor College of Medicine and the Michael E. DeBakey VA Medical Center in Houston, focused on the Veterans Health Administration (VHA) Medical Team Training program and found that through implementation, the death rate decreased by 18 percent. "This is the first study to demonstrate a decline in surgical mortality through the use of this particular training

program," said Dr. David H. Berger, professor and vice chair of the department of surgery at BCM and co-author of the retrospective study which appears in the current edition of the Journal of the American Medical Association. The training program, which was first implemented in the Michael E. DeBakey VA Medical Center, includes two months of preparation and training, a one-day

conference and one year of quarterly coaching interviews. Some of the important aspects of the training program include creating a pre and postoperative checklist which includes formal briefings and debriefings before and after surgeries. Another important factor in training is instruction in teamwork and communication which includes identifying and challenging others when safety risks are known, recognizing "red flags," stepping back to reassess a situation and clinicians effectively during patient care transitions.

This was followed by four quarterly follow up structured interviews for one year to support, coach, and assess the program. "What is important about this study is that there is a similar group that can be used as a control. We can look not only at the statistics from those hospitals involved in the training program, but we can also compare them to a similar group that has not yet gone through the training," said Berger, who is also chief of the surgical service at the DeBakey VA Medical Center. Results showed an overall decrease in the mortality rate related to surgery among all facilities. However, those that had undergone the training program decreased the mortality rate by 18 percent, while those that had not, decreased the mortality rate by 7 percent. "This program includes not just the surgeons but also the OR nurses and even administrative support staff," said Berger. "The care of each patient involves the entire team." The nationwide program was put into effect in 2006 after three years of pilot programs. Within the VHA, there are 153 hospitals. Surgeries are performed at 130, but only 74 hospitals had implemented the training program when the current study began. Others contributing researchers include: Julia Neily, Priscilla West, Drs. Peter D. Mills, Yinong Young-Xu, Brian T. Carney, Lisa Mazzia, Douglas E. Paull, and James P. Bagian, all with the National Center

for Surgical Innovation. The program was designed to support, coach, and assess the program. "What is important about this study is that there is a similar group that can be used as a control. We can look not only at the statistics from those hospitals involved in the training program, but we can also compare them to a similar group that has not yet gone through the training," said Berger, who is also chief of the surgical service at the DeBakey VA Medical Center. Results showed an overall decrease in the mortality rate related to surgery among all facilities. However, those that had undergone the training program decreased the mortality rate by 18 percent, while those that had not, decreased the mortality rate by 7 percent. "This program includes not just the surgeons but also the OR nurses and even administrative support staff," said Berger. "The care of each patient involves the entire team." The nationwide program was put into effect in 2006 after three years of pilot programs. Within the VHA, there are 153 hospitals. Surgeries are performed at 130, but only 74 hospitals had implemented the training program when the current study began. Others contributing researchers include: Julia Neily, Priscilla West, Drs. Peter D. Mills, Yinong Young-Xu, Brian T. Carney, Lisa Mazzia, Douglas E. Paull, and James P. Bagian, all with the National Center



**Jim Landtroop**  
REPUBLICAN FOR STATE REPRESENTATIVE  
www.jimlandtroop.com  
REPUBLICAN

**PORK BARREL SPENDING**

Jim signed a Conservative Contract with West Texas, committing to reduce state spending, never support a tax increase, and always oppose pork barrel spending.

**ATTENDANCE**

As a small businessman and basketball coach, Jim understands hard work. As your representative, he will make sure that your voice is heard in the Texas Legislature.

**ETHICS**

Jim will represent you with honesty, integrity, and transparency and will never be beholden to the special interests in Austin.

**PUBLIC EDUCATION**

Jim opposes vouchers and unfunded mandates. Jim supports local control, vocational education, and merit-based pay raises for teachers.



**Joe Heflin**  
www.DoWeKnowJoe.com  
INCUMBENT DEMOCRAT

**PORK BARREL SPENDING**

Heflin voted to make it easier for lawmakers to include pork barrel spending in the state budget.

Voted against House Rule 6, Section 16(f) to HB 1 (80R).  
Record Vote 162.

**ATTENDANCE**

Heflin has one of the worst attendance records in the Texas Legislature.

According to Texas Legislative Services, Heflin ranks fifth for the worst attendance record in the Texas House.

**ETHICS**

Heflin was found guilty of and fined for violating ethics and campaign finance laws by the Ethics Commission and paid his fine with money from Austin lobbyists.

Texas Ethics Commission, Complaint SC-2809334.

**PUBLIC EDUCATION**

Heflin opposed merit-based pay raises for public school teachers.

Voted against tabling Amendment 64 to HB 1 (80R).  
Record Vote 232.



Has CHL!  
NRA "A" Rated!

**Jim Landtroop**  
REPUBLICAN FOR STATE REPRESENTATIVE  
FOR HD 85

EARLY VOTING:  
October 18-29  
★  
ELECTION DAY:  
November 2

806-288-0387 Pol. Adv. Paid for by Jim Landtroop Campaign, P.O. Box 1965, Plainview, TX 79073-1965

Surgery...  
continued on page 12

Post Notes...

From Page 1

- the winner advances to the District T2 Contest where further scholarship opportunities are bestowed.

Applications can be obtained from the Post High School Office or by emailing [postlionsclub@gmail.com](mailto:postlionsclub@gmail.com)

Applications must be received by **October 30, 2010** @ PO Box 264, Post, Texas 79356, or in the Post High School Office. All contestants must secure a local business sponsor with \$50 entrance fee. For more information contact [postlionsclub@gmail.com](mailto:postlionsclub@gmail.com) or Ruth Davis at 495-0304.

**This is the Week! Let's All Pink Out at the Stanton home game!**

We would like for everyone who plans to attend the Stanton home game to join us in wearing something pink. LET'S ALL PINK OUT AT THE STANTON HOME GAME to support the Susan G Koman Cancer Foundation.

**Elementary School Notes**

Tuesday, November 2nd- Jump Rope for Heart. Parents are encouraged to come watch their child jump during their regular PE period.

Friday, November 5th- Kindergarten Community Fair. Information will come home with Kindergarten students. Please contact your child's teacher if you would like to help.

Tuesday, November 9th- Elementary school picture retakes.

**Get your calendars now at the PHS Art Department!**

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 \$15.00;

The large one is 11" X 17" and it is \$20.00. We will be at Trade Days Oct & Nov or you can call Juanetta Bocko at 806-778-0616 to pre-order. We will need payment when orders are placed. We will be taking orders until Thanksgiving.

**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.

**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. The Lions Club provides installation, removal, storage, and maintenance.

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, and Sept 15

To subscribe mail your check for \$30.00 payable to Post Lions Club, mail to: Flag Subscription, c/o Hudman @ 301 E. Main, Post, Texas 79356

Become our friend on Facebook!

**USDA Announces Initiative for Farm Oil Spill Regulation**

PEMBINA, N.D. —The Department of Agriculture today announced a pilot initiative in eight states to help agricultural producers comply with revised regulations by the Environmental Protection Agency (EPA) intended to prevent and mitigate fuel and oil spills on their operations. States participating in the NRCS pilot are: Idaho, Louisiana, Nevada, New York, North Dakota, Oklahoma, Texas, Utah and the Caribbean area. Dave White, Chief of USDA's Natural Resources Conservation Service (NRCS), made the announcement on behalf of the Department at a farm outside of Pembina, N.D.

"An important part of our mission at USDA is helping farmers and ranchers develop plans to protect human health and the environment, including assistance complying new regulations," said Dave White, NRCS Chief. "This new pilot program will help agricultural producers meet a new regulatory requirement designed to reduce the dangers of on-farm oil spills."

The pilot program will be administered by NRCS, which will provide up to \$3 million to help farmers and ranchers comply with EPA's

Spill Prevention Control and Countermeasure Program (SPCC). The agency will help develop or update existing spill prevention plans that avoid and mitigate on-farm oil spillage. SPCC plans must be in place no later than November 10, 2011.

Due to the small amount of stored fuel and oil on most operations up to 84 percent of farmers and ranchers are able to "self certify" by completing an online template. Operators with above ground storage capacity of 10,000 gallons or more are required to have a

plan prepared by a registered Professional Engineer.

NRCS developed an interim conservation practice standard for secondary oil and fuel containment. Technical Service Providers can use this interim practice to help them design oil/fuel containment facilities conforming to EPA regulation. Funding from NRCS is available to assist in developing SPCC plans and implementing the secondary oil and fuel containment conservation practices.

**Legal Notice**

NOTICE TO ALL PERSONS HAVIG CLAIMS AGAINST THE ESTATE OF HANSFORD H. HUDMAN Garza County, Texas

Notice to all persons is hereby given that the original letter of Testamentary upon the estate of HANSFORD H. HUDMAN, deceased, were issued to the undersigned on the 8th day of October 2010, in the proceeding indicated below my signature herto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being admistrerd, in Garza County, are hereby required to present the same at the address below given, before suit upon same are barred by the general statutes of limiation, before such estate is closed and within the time required by law to her attorney Preston L. Poole, Jr., at P.O. Box 296, Post, Texas 79356.

Dated: 26th October, 2010

SUZANNE HUDMAN, Independent Administrator Cause # 1927, Garza County, Texas

**Legal Notice**

NOTICE TO ALL PERSONS HAVIG CLAIMS AGAINST THE ESTATE OF EVARUTH WALLACE WILLIAMS Garza County, Texas

Notice to all persons is hereby given that the original letter of Testamentary upon the estate of EVA RUTH WALLACE WILLIAMS, deceased, were issued to the undersigned on the 22nd day of October 2010, in the proceeding indicated below my signature herto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being admistrerd, in Garza County, are hereby required to present the same at the address below given, before suit upon same are barred by the general statutes of limiation, before such estate is closed and within the time required by law to her attorney Preston L. Poole, Jr., at P.O. Box 296, Post, Texas 79356.

Dated: 10-22-10

Vickey Ruth Williams Cooper; Danny Ray Williams; Pamela Sue Williams Zachary

Joint Independent Exacutrix/Executor, Cause, # 1926 Garza County, Texas

**Legal Notice**

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF MAURINE RUSSELL HUDMAN Garza County, Texas

Notice to all persons is hereby given that the original letters of Testamentary upon the estate of MAURINE RUSSELL HUDMAN, deceased, were issued to the undersigned on the 26th day of October 2010, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, in Garza County, are hereby required to present the same at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed within the time required by law to her attorney Preston L. Poole, Jr., at P.O. Box 296, Post, Texas 79356.

Dated: 26 October 2010

SUZANNE HUDMAN, Independent Administrator Cause # 1927, Garza County, Texas

Clay Miller  
**AG TEXAS**  
FARM CREDIT SERVICES  
P.O. Box 923  
Ralls, TX 79357  
Office (806)253-2506  
Fax (806)253-2060  
Cell (806)392-3920  
[clay.miller@agtexas.com](mailto:clay.miller@agtexas.com)  
LOANS FOR  
**Real Estate**

Covenant Mobile Mammography will be providing screening mammograms in Post.  
November 2, 2010  
United Supermarket  
123 N. Broadway  
For information or to schedule an appointment call  
1.800.388.6266 or  
1.806.725.6579  
Financial assistance, for those who qualify, is funded in part by the Lubbock Komen for the Cure.  
susan g. komen FOR THE CURE LUBBOCK  
Covenant Health System

Thanks for reading!

Back by Popular Demand  
**McRib Sandwich**  
\$2.69 Each  
\$4.49 Extra Value Meal  
Fruit Smoothies - Three sizes - Six Flavors - Starting at \$2.29  
Try Our NEW Angus Snack Wrap  
McDonald's®  
655 U.S. Highway 84  
Stanton, TX  
I'm lovin' it!

Open Letter to the voters and citizens of Garza County:  
I want to share with everyone in the county my goals and vision for the development and growth of our community. These goals and vision require hard work and a lot of planning. They require cooperative efforts by anyone and everyone who wants to come on board for moving ahead into the future.  
In the past four years, as I have been employed as your county judge, our development and growth has been positive, while considering the best interest of everyone and while thinking about what is beneficial for you, the taxpayer first.  
Any accomplishments Garza County has achieved have been because of the efforts of all of the Commissioner's Court. The focus of the hard work we have jointly expended has been on developing a positive and better county.  
These goals, our job and some of the accomplishments are:  
• completing the addition to the Giles W. Dalby Correctional Facility.  
• continuing to work with management of the Giles W. Dalby Facility. This industry brings \$1.3 million dollars into the general fund of our county. The monthly payroll from the prison is \$650,000.  
• keeping our tax rate one of the lowest in the region.  
• long range planning to upgrade the courthouse and pay for projects as we go, with no debt. The addition of a courthouse elevator is in the very near future and will be completed without incurring debt.  
• taking advantage of every opportunity to find grant funds from FEMA and the USDA to rebuild county roads damaged during the July flood.  
• constantly striving for more efficient use of your tax dollars.  
• developing a steering committee in the last four years.  
• we have to look into opportunities of the wind energy industry and now we are at the threshold of bringing a \$100 million dollar wind power project into Garza County.  
• continuing to meet the challenge of promoting our county jail and the juvenile detention center to keep contracts in place.  
• assisting with development of the Lake Allen Henry area, through Garza County's support continues to build our tax valuation base. We are striving to continue this support in the LAH area.  
• giving attention to the efforts to clean up our communities in Post and Southland.  
• continuing to take every opportunity to strengthen the position of Garza County and the White River Water District while working for the best interest of the area water supply.  
I ask for you vote for County Judge in the upcoming General Election, November 2. Don't forget Early Voting begins October 18.  
Judge Lee Norman  
Pd. Pol. Ad. by Lee Norman, Don Tatum - Treasurer P.O. Box 566, Post, TX 79356

# Hail, heavy rains hit some South Plains cotton fields

COLLEGE STATION -- Hail and heavy rains struck some South Plains cotton on Oct. 22, but it's too early to get a handle on the extent of the damage, said a Texas AgriLife Extension Service expert.

"The bottom line is that we had quite a bit of rain in some places, perhaps 4 inches or greater depending upon where you go," said Dr. Randy Boman, AgriLife Extension cotton agronomist based in Lubbock.

There were also heavy hail storms mixed with rain, he said.

Boman said the hardest hit areas started near Plains and followed State Highway 380 to Brownfield, and stretching as far south as the small town of Loop, a strip about 50 miles long and 15-20 miles wide.

The hail followed this path as well, but "skipped out," according to reports he had heard, Boman said.

That doesn't mean all cotton fields in the band of storms were damaged, Boman said. First, the hail wasn't constant throughout that strip, and second, quite a bit of cotton had already been harvested in those areas, about 15-20 percent.

"It was bad, of course, if you were under it, and had cotton still out," he said. "A lot of fields were completely stripped by the hail. Other fields still had leaves because they hadn't had harvest aids applied, and those might not have been as badly damaged."

Boman was planning to attend a regional cotton

advisory group meeting on Oct. 29 where he expected to learn more from the gin operators as to what may have been lost.

"The damage is going to be hard to access, and I don't know if we'll ever really know what we lost," he said. "A lot of that cotton had been harvested in these areas, especially the dryland."

The rest of the South Plains received from 1 inch to 3 inches but no hail, as did the Rolling Plains area, according to regional reports.

AgriLife Extension district reporters compiled the following summaries:

**CENTRAL:** Dry weather hurt small-grains crops. Some wheat growers were waiting for rain before planting. Ranchers were feeding hay to livestock. Cotton yields were good. The pecan harvest was going well. Hay producers are completing the final cutting for the year.

**COASTAL BEND:** A warming trend and month without rain dried out soils and caused producers to hold off planting cool-season grasses or legumes for winter pastures. Growers completed cotton stalk-destruction. Many producers were harvesting hay with good yields, which may offset the delay of planting cool season grasses. Pastures began to show signs of drought stress and over-grazing. Only a few early maturing pecan varieties have been harvested to date. Livestock were in good condition.

**EAST:** As of Oct. 23, the region remained dry. Stock

ponds and creeks continued to recede. Producers struggled to find hay to buy. Pasture conditions continued to deteriorate. Many began to feed hay from low stocks. Burn bans were in affect for much of the region. In some areas, ranchers were planting winter pastures planting while others held out for rain. Feral hog activity increased. Livestock were in fair to good condition with some supplemental feeding.

**FAR WEST:** Pecan shucks were splitting. Cotton growers were treating fields with harvest aids and defoliants to prepare for harvest. Red chiles and paprikas were being harvested. Late-planted corn was at dough stage. Most wheat planting was complete, and some had already emerged.

**NORTH:** Some parts of the region received rain, high winds, hail and possible tornadoes. Soil moisture ranged from very short to adequate. Lack of soil moisture delayed winter-pasture growth. Some haying continued, but the hay season is all but over. It was estimated that essentially 99 percent of winter pastures were planted. Producers continued to scout for armyworms in small grains and Bermuda grass pastures, but as of Oct. 25, there were no reports of major problems. Winter wheat was in fair to good condition. Cotton was in fair to good condition. A few producers were planting ryegrass to supplement limited hay supplies, while other producers are waiting for a good rain before planting. Some pastures were in poor condition, and some were

overstocked. Producers were feeding hay and reducing their herd size. Livestock were in fair condition. Feral hog activity remained high.

**PANHANDLE:** Temperatures were near to above average for most of the week. Thunderstorms brought from 0.25 inch to 2.5 inches of rain with few isolated reports of hail. One hailstorm in Collingsworth County severely damaged cotton crops. Soil moisture varied very short to adequate. The corn and sorghum harvests were wrapping up, while rain halted the cotton harvest. Winter wheat was suffering from the lack of moisture, but the rains should help. Rangeland was in fair to good condition. Cattle were in good condition.

**ROLLING PLAINS:** Severe storms swept across the region, but damages were minimal. Rainfall totals ranged from 1.5 inches to 3 inches. Producers were happy they did not receive the hail that the Panhandle did. Although cotton farmers weren't too pleased with the moisture, it was expected to help wheat growers whose crops stalled out. The moisture also helped alleviate the danger of wildfires. Armyworms continued to be a problem in Baylor County, especially in newly emerged wheat. Producers were spraying young wheat stands, hoping to give them a chance to outgrow the worms. Many producers were hoping for a hard frost to kill armyworms. Livestock were in good condition, and producers expected the recent rains to encourage enough

forage growth to maintain livestock sustained through the fall.

**SOUTH:** Dry, cool weather, extremely low humidity and no rainfall reduced soil moisture throughout the region. In the region's eastern counties, soil moisture was 50 percent to 100 percent adequate. In the northern and western counties, it was reported to be 50 percent to 100 percent short. Rangeland and pastures were in fair condition, but were beginning to decline. Cattle were in good to fair condition despite the forage decline. In the northern counties, growers had nearly complete planting wheat and oats. In the eastern parts of the region, farmers were preparing fields for the winter. In the western parts of the region, producers were busy irrigating onion, spinach, cabbage and carrot crops, all of which were at a critical plant-development stage. Also in that area, the cotton gins were kept very busy. In the southern part of the region, onion growers finished planting, tomatoes were progressing well and hay harvesting continued.

**SOUTHEAST:** Many parts of the region needed rain. Hay harvesting was winding down. Producers were holding off over-seeding winter pastures until soil moisture levels improved. The condition of livestock worsened as pastures deteriorated under the dry conditions. Hay feeding to livestock was still at a minimum level.

**SOUTH PLAINS:** Thunderstorms brought 1 inch to 4 inches of rain along with some hail. Soil moisture was

short to adequate. The corn harvest was mostly completed. The rain halted cotton harvesting, and significant losses were expected in fields that were open and ready to harvest. Though the rains did not come at a good time for cotton producers, they were timely for small grain growers. Also, the extra moisture was expected to boost rangeland forages and cool-season grasses. Winter wheat planting was ongoing. Livestock were mostly in good condition with producers providing light supplemental feed.

**SOUTHWEST:** The region had not seen rain for more than a month, but a cool, mild fall helped conserve moisture. However, high winds contributed to the desiccation of pastures and rangeland. Farmers completed a good hay and sorghum harvest. Winter vegetables made excellent progress under heavy irrigation. About 10 percent of the cotton crop remained in field-stored modules. The harvesting of sweet corn, green beans, peanuts and pecans was ongoing.

**WEST CENTRAL:** The region had warm days with cool nights. Heavy rains late in the reporting period benefited all crops and pastures. The cotton harvest began. Gins started up and were going strong. Yields were good. Some small grains were planted and began to emerge. The grain sorghum harvest was under way and was expected to be completed soon. The last hay harvest of the year was nearly ended.

Stock-tank water levels remained very low.

## Surgery...

From Page 10

for Patient Safety, Department of Veterans Affairs. Drs. Mills and Young-Xu are also with the Department of Psychiatry, Dartmouth Medical School. Dr. Bagian is also with the University of Texas Medical Branch

Galveston and the F. Edward Hebert School of Medicine in Bethesda, Maryland.

Funding for this study came from the Veterans Health Administration National Center for Patient Safety and the Michael E. DeBakey VA Medical Center.

## October...

From Page 1

name a few.

This year, Garza County 4-H members elected to recognize the Post Volunteer Fire Department and Post EMTs by cooking them a complete meal at the bi-monthly meetings. A total of 40 volunteers enjoyed ham, roast, vegetables, breads and desserts.

4-H members participating were Addie Quintana, Kelbie Oden, Colton Thompson, Ashlyn Powers, Audree Williams, Skylar Jones, Dakota McDonald, Zach Bush and Pake Jones. Coordinating the events were Garza County Club Manager Marci Oden and Extension agents Nancy McDonald and Greg Jones.

## Editor...

From Page 1

consulting business with her then husband while at the same time owning and operating her own event planning business, which was a successful endeavor for her. She describes herself as self-motivated and always looking for ways to improve her skills and further her knowledge. Jodi says of herself that she stays in a continual learning mode and enjoys continually learning new things and in many different subjects. Her computer skills, as with many of her other skills, has been self-taught.

Lincoln has always found ways to be active in her

community. She has been a volunteer with the Red Cross, the Salvation Army, and she spent many years active with the US Army Family Readiness Program where she traveled for the U.S. Army in a five state area teaching Commanders and volunteers at Family Readiness Academies how to establish and organize a viable Family Readiness Program for their unit. She produced monthly newsletters at a unit level and a battalion level and won Best Newsletter of The Year Award for her newsletters during her time working with the Army. Competition

was based on writing skill, photography, editing, and layout design. She competed with units and battalions from a five state region. She moved on to teach a newsletter class at Family Readiness Academies and Commander's Conferences, along with other organizational skills for Family Readiness Programs. Jodi received numerous Commander's coins as well as a Civilian Service Award from a Brigade Commander. The U. S Army Reserve gives this award for volunteer service above and beyond the normal range of duty. She hopes to find ways to continue to be active in her hometown now that she has moved back to stay permanently.

Lincoln dreams of one day becoming an author when she retires from the business

Dark Energy... world. Writing is just one of her many interests. She is an animal lover, and she is owned by three African Grey parrots and three cats. Lincoln also enjoys many outdoor activities, her favorites being boating and fishing. "My skills as a fisherwoman are well known among my friends and family. I tell them often, there is nothing in my tackle box worth losing their fingers over, which would happen if I caught anyone in my tackle box!" She enjoys staying active and being involved with life. Lincoln states she "has no desire to grow old, sitting in a rocking chair and watching the world pass me by." And she also says you can go home again. She knows this is so because she came home again and she is very glad she did.

## Legal Notice

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Lubbock

Contract 0052-02-034 for SEAL COAT in BAILEY County, etc will be opened on November 04, 2010 at 1:00 pm at the State Office.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State

Office listed below. Plans for the above contract(s) are available from TxDOT's website at [www.txdot.gov](http://www.txdot.gov) and from reproduction companies at the expense of the contractor. NPO: 34378

State Office

Constr./Maint. Division  
200 E. Riverside Dr.  
Austin, Texas 78704  
Phone: 512-416-2540

Dist/Div Office(s)

Lubbock District  
District Engineer  
135 Slaton  
Lubbock, Texas 79408-0771  
Phone: 806-745-4411

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TXDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

From Page 1

State is involved with the Baryon Oscillation Spectroscopic Survey that will be carried out as part of the ongoing Sloan Digital Sky Survey.

Through both HETDEX and these other connections, the state of Texas will play a major role in forthcoming breakthroughs expected about dark energy, Gebhardt said.

Outreach

The NSF funding will support the project's education and outreach. Plans include upgrading the Hobby-Eberly Telescope Dark Energy Experiment project's extensive Web site, a new bilingual, family-focused exhibit called "The Dark Energy Experiment: Illuminating the Universe" for McDonald Observatory's Frank N. Bash Visitors Center (a popular tourist destination

that receives about 55,000 visitors annually), and the creation of science and math activities for use in elementary and secondary schools.

Funding

HETDEX is nearly completely funded. Most of its funding has been provided by the donations of individuals and foundations. That money has funded the necessary upgrades to the telescope, enlarging its field of view. Less than 10 percent of the funds remain to be raised.

Established in 1932, The University of Texas at Austin McDonald Observatory near Fort Davis, Texas, hosts multiple telescopes undertaking a wide range of astronomical research under the darkest night skies of any professional observatory in the continental United States. The Hobby-Eberly

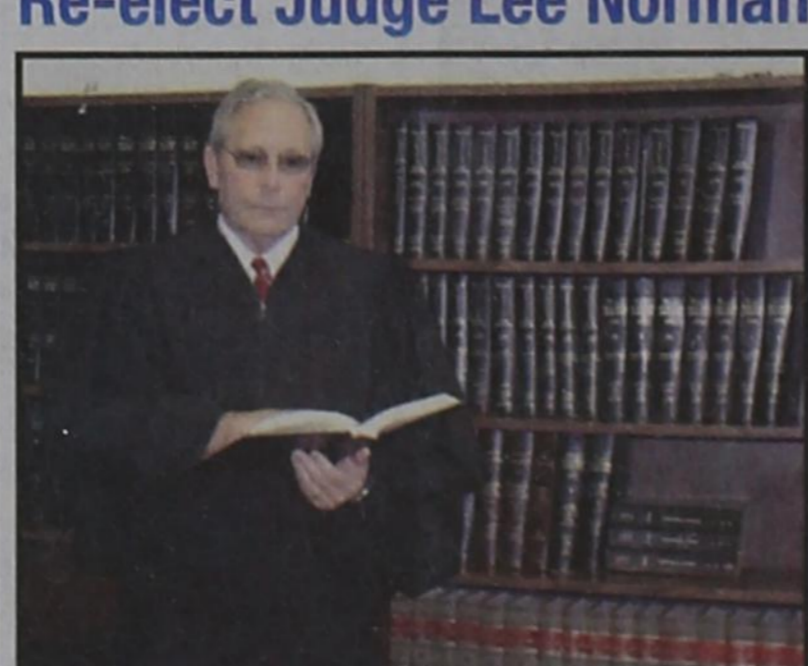
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