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The Post Dispatch

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Friday, November 12, 2010

Students with disabilities excel in the Post Independent School District



Courtesy Photo

Jackie Cruse shown far right with the Like Skills students, their teachers and assistants.

One of the secrets to the success of Post schools recent Recognized Academic Achievement Ratings resides in the two and a half year Inclusion program with student's with disabilities, according to Special Services Director, Byron Garrison. "The inclusion program will also be one of several components that will help move the district into an Exemplary State Rating (the district was very close last year). "By giving students the extra help needed to pass the rigors of grade level curriculums, our students with minor to major disabilities have overcome and risen to this challenge with the help of demanding campus & central office administrators, highly qualified classroom teachers & paraprofessionals, parent support and a desire by the district to train up all our young people as productive citizens every day for every child."

For students with major disabilities, Post ISD moved these Life Skills students back to the district from the EPEC Special Education

Coop in Lorenzo starting in the fall of 2008. These Life Skills students had been bused two hours to attend a separate campus, so the district made the decision to bring all their students home and move to the Inclusion model. A model that says all students can learn and should learn in a quality environment with highly qualified teachers and staff, demanding principals, and in a classroom with their peers. The people that they will grow up with attend church with, and probably live their entire lives with.

A director, diagnostic professionals and a highly qualified teaching and paraprofessional staff were put in place. Also, during the fall of 2008, the district instituted a district-wide **Inclusion/mainstream/Response to Intervention** program for every student in special education and/or any Post student having problems academically. A Read Right program was put into place in the fall of 2009 for any student having trouble with reading and comprehension.

A vocational work program was also put into place in the spring of 2009. Consequently the move by Post ISD from an Acceptable State accountability rating to a Recognized School District and a district supporting every student.

Kelsey Hays, a student with a significant life debilitating disability was chosen last year as a National Helen Keller finalist for a work of art in Mrs. Bock's high school art class. She was one of 25 students nationwide to be so honored. The art is still touring the USA. Eight special education students work daily for wages through the district's Vocational program. Every At-Risk student in grades three through twelve is enrolled in the districts supported reading program called Read Right. The goal is for every child, regardless of circumstance, to read "excellently" and develop reading skills for a lifetime. A "Special Olympics" style

Achievement...
continued on page 8



Photo by Traci Freeman

Members of the Close City Community gathered together to pull Mack Terry's cotton crop. All total there were 5 strippers, 6 module builders, 5 boll buggies and many others on the ground painting modules, handing out drinks and anything else that was needed. The crop of approximately 300 acres was pulled in about 7 hours with an hour off for lunch which was provided by the Terry, Nowlain and Underwood families.

Post Rotary hosts Shelterbox volunteers

By Jodi Lincoln
News Editor

In August, husband and wife team Huw and Carolyn Thomas set out on a 10,000 mile tandem ride to promote awareness of the disaster relief charity Shelterbox.

The charity, Shelterbox, was set up in Cornwall, England by a British Rotary club member in 2000, and has provide relief to victims of natural disasters such as earthquakes, hurricanes, tsunamis, floods, and volcanoes. To date the charity has provided aid for an estimated 500,000 people

and operates in 57 countries. Since its inception, Shelterbox has grown to become an international organization with affiliates around the globe.

Huw who is 43 and his wife Carolyn who is 41 spent a year and a half working at their jobs as English teachers in Portugal to save up enough money to make this 10,000 mile journey to promote the cause of Shelterbox by cycling through towns and cities with their iconic green Shelterbox in tow. They give talks to Rotary clubs, schools, youth groups and other community

organizations to promote the charity and they hope to raise 100,000 British pounds by challenging those they speak with to help support the Shelterbox cause.

Huw was originally trained as a journalist and in 2006-7 he worked for Shelterbox managing their public relations and fundraising. His wife Carolyn was also trained as a journalist and was previously employed as a news editor for a leading UK regional newspaper. The

Shelterbox...
continued on page 10



From out of town, came to meet the Lady Lopes. Couldn't wait to see, meet, hear all the Lady Lopes names and what grades they were in. Real upset to see that after the seventh and eighth grades were introduced they were asked to leave the basketball court. Introduction of the High School Lady Lopes

was wonderful. But why not let the Jr. High Lady Lopes join in, it was ALL the Lady Lopes night. High School Lady Lopes are the example of a great team that Jr. High Lady Lopes will be someday. All grades of the Lady Lopes should've been united together on the basketball court as one BIG great basketball team.

"Speak Up" is a way for readers to send their opinions to the Post Dispatch and have them published each week. No signature is required by

the writer; writer identities will be kept anonymous and you can address any topic you want. Published "Speak Up" comments can not exceed 100 words and the Dispatch staff has the right to edit for length or refuse to print materials it deems to be inappropriate. Drop your Speak Up comments in the box in the front office of the newspaper or in the mail slot in the front door after hours. You can also email your comments to postcitydispatch@yahoo.com.

Post Notes

Veterans Day Band Assembly

Veterans from all branches of the service are invited to attend a gathering in their honor at the Elementary Auditorium on Wednesday, November 17th. It will start at 9:30 and be finished at 10:00.

A combined 103 piece band composed of 7-12 graders will play and several high school students will give their "Voice of Democracy" speeches.

Toys for Tots

This year the Post Lions Club will be collecting / disbursing toys for children in the Post area. Can you run the following - and feel free to reward it! Thanks for doing the Queens Contest

postings.

Post Lions Club/Toys for Tots

Post Lions Club/Toys for Tots is now accepting applications for needy families with children. Applications can be picked up at any Post ISD Campus office, with any Lions Club member and at some of the drop off locations or by emailing postlionsclub@gmail.com.

For those willing to donate, drop off locations around town are: Wells Fargo Bank, Citizens Bank, United Supermarket, Hometown Pharmacy, Post Elementary and Middle School. The last day to turn in application for toys is December 10th.

Boy Scout Items Needed:

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

Harlem Ambassador Basketball

The PACC will be hosting the Harlem Ambassador Basketball Show on February 27, 2011, at the Antelope Arena. Sponsorships are now available. Contact the Chamber office - 495-3461 or emailchamberofcommerce@postcitytexas.com

Caring for Post

First annual \$1.00 infant/ children's clothing sale will

Post Notes...
continued on page 8

All aboard for the Post -Toasties Express

By Chris Atkinson

As the holiday season nears, city residents and visitors will soon be asking, "What was that?" "Where did it come from?" "Where are the tracks?", "when did the train start running north and south?" followed by the pleasing sounds of Ooh's, Ah's and children's and adult's laughter as realization sets in. What can we be talking about? Post City Festivals, Inc., under the leadership of J. Cruse Christmas Gallery, a non-profit organization bringing tourism, commerce and events to our local

community is proud to announce that there will soon be a new sight on the streets of Post. A "trackless" train, The Post Toasties Express!

Jackie Cruse is working hand in hand with Owner Barry Stanaback and Chief Engineer Steve Kobac of the Arizona Railroad Depot to bring to our community a new and exciting attraction that will benefit all of the community and promote tourism from outlying areas to come and see what is happening in Post during the holiday season! Jackie Cruse reports that all of this was brought to fruition through

the support of Giles C. and Louise McCrary, the OS Museum, the City of Post. Along with Unchained Life Ministries, United Supermarkets and J. Cruse Christmas Gallery.

Unchained Life Ministries, Mike Holly, of Unchained Life Ministries, along with Jackie Cruse traveled to Arizona this week for the final inspection and approval of the train so that it will be delivered in time for the annual holiday light show. We are looking forward to this being the best kick-off ever for our annual holiday festivities.

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Chamber News

By Janice Plummer
Chamber Secretary

Old Mill Trade Day Downtown was another great event last Saturday. We had over 40 outside vendors and the weather was perfect. The next event will be on December 4 and that is also the day of our Annual Lighted Christmas parade. Call the PACC office is you would like to enter a float - 495-3461

Both theaters will be ending their shows this weekend. The Garza Theatre will have "Southern Hospitality" at 7:30 p.m. on Friday and Saturday and a Sunday matinee at 2:30 p.m. Ragtown Gospel Theater will have "Sermon on the Mount" Friday at 7:30 with another performance on Saturday at 3:00 p.m.

The Post Area Chamber of Commerce will be hosting the Harlem Ambassador Basketball Show again in February, 2011. If you would like to be a part of this great event, please contact the Chamber

office. Sponsorships are now available - call 495-3461 or email chamberofcommerce@postcitytexas.com

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Congratulations to our members of the week:

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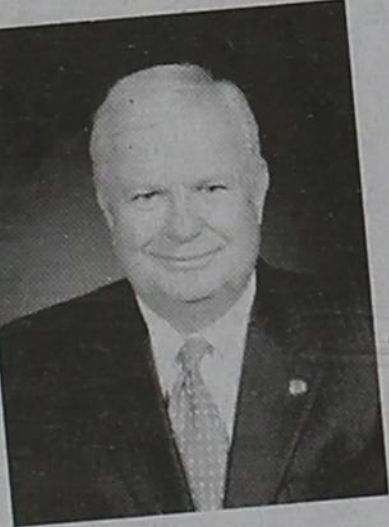
Gold Member - City of Post

Thanks for reading The Post Dispatch!

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Thank You!

~ State Representative
Joe Heflin



Pd. Pol. Ad by Joe Heflin Campaign, Gary Hardin, Treasurer

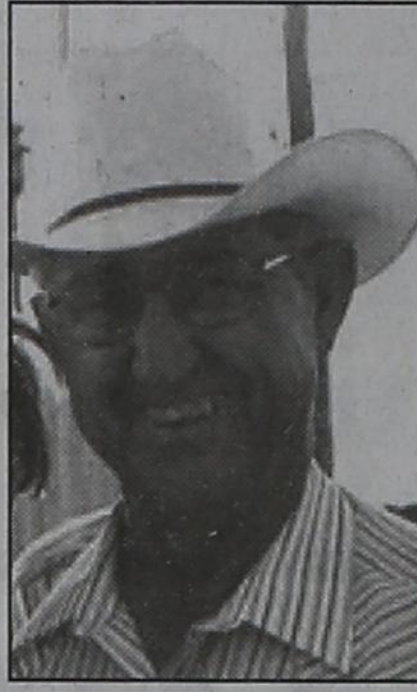
Thank you to the voters of Precinct 2 who once again showed their trust in me by re-electing me as justice of the Peace of Precinct 2. I will continue to work diligently on behalf of the residents of Precinct 2 and I will continue my efforts to keep the needed technology upgraded for the Garza County Courts. I will continue to rule in an impartial and fair manner.

Pd. Pol ad by Dee C. Justice
301 W. Main Post, TX. 79356

View full obituaries online at

thepostdispatchonline.com.

Obituaries



Harold Williams

Memorial services for Everette Harold Williams, 72, of Crosbyton and Post, will be held at 1:00 PM, Thursday, November 11, 2010 at the Crosbyton First United Methodist Church with Rev. Gary Kirksey officiating. Services are under direction of Adams Funeral Home of Crosbyton. Harold passed away Monday, November 8, 2010 at VistaCare Hospice in Lubbock. He was born February 3, 1938 in Putnam, Texas where he spent his childhood. He moved to Crosbyton in the early 1950's and was a 1955 graduate of Crosbyton High School. Harold was a graduate of West Texas State University in Canyon and received his master's degree in science from Texas Tech University. He taught science at Lubbock and Post ISD and taught in the agriculture department at West Texas State University. In the mid 1960's he was an assistant manager of an experimental swamp ranch in Florida, moving back to Texas in 1967 to pursue his lifelong love of ranching that he continued until his death. A rodeo roper and saddle bronc rider, Harold owned and operated Williams Ranch in southern Crosby County. On November 17, 2000 he married Elaine Taylor in Hobbs, NM. Harold was a member of the City View Christian Fellowship Church in Lubbock and served on the Crosbyton School Board for several years where he was a past president.

He is preceded in death by his parents, Everette Henry and Willie Delores (Clements) Williams.

Survivors include his wife; Elaine Taylor Williams of Crosbyton, a son; V'Rhett Williams of Lubbock, two daughters; Judy Maze and her husband Conda of Houston, and Janna Williams of Crosbyton, one brother; Darrell Williams of Amarillo, two sisters; Patty McGraw of Lubbock, and Betty Horsch of Casper, Wyoming, and one grandchild; Darbi Bryanne Williams of Lubbock and three step-granddaughters, Michala Moore, Erin Moore and Tracie Alcala.

In lieu of flowers, the family suggests memorials be made in Harold's name to Operation H.O.P.E., 4219 34th St., Lubbock, Texas 79410 or to Wounded Warriors Project, 7020 AC Skinner Pkwy, Suite 100, Jacksonville, FL 32256. www.adamsfuneral.com

R.J. Blacklock

R.J. Blacklock passed away after a brave battle with Alzheimer's disease on Thursday, November 4th.

R.J. was born on March 10, 1927 to Bernard M. Blacklock and Gladys Oney Blacklock in Gatesville, Texas. He attended school in Pearl, Texas and later lived in Post, Texas. He entered the service on April 17, 1945 and served in the Corps of Engineers in Germany until November 8, 1946.

R. J. owned and operated a furniture store in Post, Texas before moving to Central Texas. He was in the insurance business and the cattle industry.

R.J. married Vondee Chandler from Cameron, Texas on January 3, 1981. They moved to Temple in 1995 where R.J. was active in the Heights Baptist Church. He was also a lifetime member of the Central Texas Sportsman's Club and dedicated much of his time to volunteering at the VA Hospital and the Churches Touching Lives for Christ. He was very proud of his family and enjoyed spending time with them. He loved fishing, hunting and working with animals. R.J. never met a stranger and had a memorable sense of humor.

R.J. survived by his wife, Vondee Blacklock and loving family consisting of five children; Ricky and Marsha Blacklock of Round Rock, Larry and Suzette Blacklock of Morgan's Point, Kathy and Preston Gage of Hutto, Diane and George Piske of Rockdale and Becky Rogers of San Antonio. He also had six step-children; Charles and Sue Chandler of Killeen, Paul and Carolyn Chandler of Duncannon, Marilyn and Joe White of Cameron, Vonda and Jimmy Mayfield of Red Oak, Mary Margaret Denson of Dallas, and Helen Chandler of Dallas.

R.J. is also survived by 22 grandchildren, 33 great grandchildren and 1 great-great grandchild.

He is preceded in death by his parents, one sister; Sue and five brothers; Harlen, Billy, C.W., Jackie and Bobby.

Services were held at the Hudman Funeral home in Post, Texas on Saturday, November 6, 2010 at 12:00 pm. Graveside services followed at the Post Cemetery.

In lieu of flowers, donations may be made to the charity of your choice.

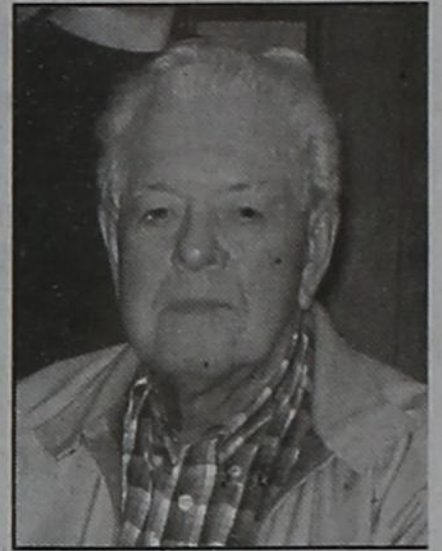
A memorial service is pending at the Heights Baptist Church in Temple, TX.

Eddie "Bubba" Holly

Services for Eddie "Bubba" Holly, 65, were held Monday November 1, 2010 at 2:00 pm in Hudman Funeral Home Chapel with Bo Jackson officiating. Burial was in Terrace Cemetery under the direction Funeral Home.

He died October 30, 2010 in Lubbock. He was born in Post on October 22, 1945 to Roy and Laura (Byrd) Holly. He was a veteran of the United States Army.

He is survived by his daughter, Nancy Davis and his son, Eddie Holly Jr. both of Post, three sisters, Joann Blacklock of Post, Rene Mason of Post, Brenda Angerer of Lubbock and six grandchildren. He is preceded in death by two sisters, Cleo Sappington, Vada Kinman, five brothers, Leroy Holly, Bill Holly, Lewis Holly, "Boog" Holly and Troy Holly.



Chester Morris

Chester Morris 94, of Post, died on Monday November 1, 2010 at Covenant Medical Center, Lubbock.

He was born on Jan. 7, 1916 to W.C.W and Mary Jane 'Molly' (Oden) Morris at Abilene, Texas. The Morris Family came to Garza County shortly after he was born. His Dad built houses for several years and then started farming. Chester attended school at Graham Chapel and married Batchie Jones, January 4, 1936. She preceded him in death April 28, 2001. Chester worked for Bryant-Link for many years as a John Deere mechanic. He started farming and in 1961, he and Batchie moved into Post to live. He also had owned and operated grain bins, scrap iron business and other endeavors. He retired in 1982. He had served on the Close City School Board and the Close City Gin Board. He was a member of the Graham Chapel United Methodist Church.

Services were 11:00 am Thursday at the First United Methodist Church in Post with the Rev. John Bill Hedrick, pastor of the Graham Chapel United Methodist Church officiating. Burial followed in the Terrace Cemetery under the personal care of Dee and Janet Justice, Justice-Mason Funeral Home.

Survivors include: Two sons: Ronnie and Sally Morris of Clovis N.M., Charles and Sharron Morris of Post. Two daughters: Anne and Bert Gravitt and Judy and Travis Guy all of Lubbock. One sister: Juanita Peel of Magnolia. Nine grandchildren: Ronnie Lee Morris, Jr., Lisa Devore, Tim Morris, Barry Morris, Chuck Morris, Pilar Grantham, Scott Gravitt, Todd Guy and Jada Guy. 15 great-grandchildren: Brandon Morris, Devin Adrain, Randy Adrain, Blaine Morris, Brandt Morris, Kayla Richardson, Brooke Morris, Ken Guy, Klay Guy, Justin Raymundo, Tamara Raymundo, Dylan Morris, Rylan Morris, Pieper Grantham and Benjamin Grantham. Two great-great-grandchildren: Aubree Raymundo and Jaxson Raymundo. He is also survived by several nieces and nephews.

Pallbearers were grandsons: Ronnie Morris, Jr., Tim Morris, Barry Morris, Todd Guy, Chuck Morris and Scott Gravitt.

Memorials are suggested to the Garza County Trail Blazers or to a charity of your choice.

The family greeted friends at Chester's home Wednesday evening 5:00 - 7:00.

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In and Around Close City

by Traci Freeman

Our official bale count as of Wednesday at noon was 2,389 bales. Hopefully we'll get a freeze this weekend so that they can get in there and pull what has not been sprayed.

News

Mack, Jane, Cindy, Jibber, Jana, RayDon, Raylea, Cody, Emily and Valerie all want to thank everyone that came out and helped to pull their cotton. All in all there were 5 eight row strippers,

5 boll buggies, 6 module builders and many guys on the ground marking modules and taking drinks/snacks to the ones on the machines. Those offering their help in one way or the other were;

Charles and Sharron, G.B. Wilke, Robbie Wilke, Lee Norman, Steve Norman, David Norman, Roy Josey, Mike and Julie Aten, Kim Norman, Daymon Ethridge, Wes Mason, Benny Alaniz, Juan Moyo, Juan Montanez,

Daniel Contreras,

Tino Alaniz, Roberto Contreras Sr. and Jr. Felipe Nava, Felipe Flores, John Bill Hedrick, Chuck Morris, Dylan Morris, Barry and Amy Morris, Steven Nelson, Jerry Bush, Traci Freeman and Tobe Palmer. It is really something to see; how this community pulls together when one of ours is in need, we really have a great group of farmers out here! After the "pulling" party the Terry,

Nowlain and Underwood families fed everyone at Charles' barn.

Mom, Cierra and I traveled to the big town of Spur Tuesday night to watch Raegan play ball. While there we got to visit with former Ragtown people, Max and Rebecca Haney who now live just outside of Spur, they were there enjoying the game as well. It was nice to see and visit with them.

Cookbooks and T-Shirts

Don't forget to stop by

CoCara's or the gin to get a T-Shirt order form or a cookbook. Christmas is just around the corner and either of these would be a great gift!

Visitors

Lee Huber Jr. came out with Roper Electric this week to do some repairs for us. Lee's dad, Lee Sr. attended school at Ragtown and always has some good stories to tell, even had one to tell on my Pa, aka Elmo Bush, Sr. has a new cap and T-shirt headed his way. Others out this week to visit were Glenda Stevens, Gene King, Ted

Tatum, Cass Tatum, Bobby Terry, Bill Criswell, Tom Henley, Sammie Palmer, and Ronnie Gradine. We love visitors so come out have a snack and visit sometime.....

Close City Birthdays this week

November 12th -- Chuck Morris
November 13th -- Jace Alaniz, J.D. Young
November 14th -- Jim Ellis, Linda Alaniz

Birthdays I forgot

November 7th -- Little

CLOSE CITY...
continued on Page 8



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Weekly Inspirations

A BIRTHDAY PRESENT FOR MIKE

by Michael F. Taylor

For those of you who do not know me, forgive me for giving you just a little background on myself this week. Some of the fondest memories that I have of my early life revolve around my family's southern gospel band, known as "Lighthouse". My father's all time favorite song was "The Lighthouse" and so he chose that name for our band. The memories of playing on the same program and stage with southern gospel greats such as The Kingsmen, The Dixie Melody Boys and The Tony Brothers will forever be in my heart. Three and four part harmonies praising the name of my Savior still raise chills bumps upon my arms. If you were to walk into our congregation today, you would see the culmination of many years of hard work and practice from my family as my father taught each one of how to play musical instruments and how to sing in harmony with each other. And, today, not intending to boast, I believe that we make a beautiful, joyous noise unto the Lord. But I will have to admit that it was not always so. I remember the day vividly on my eight birthday when my brother David bought me a gold sparkled Ludwig Drum set. Dad had done everything that he could to get me started on playing the guitar, a banjo, a mandolin, etc.... You get the picture. But I was a southpaw and dad just couldn't get it through my head how to play right handed. So David decided that the band needed a drummer. And boy did I like those drums. In fact, I loved those drums. I beat on them day and night. Bringing my other brother Ricky to the brink of insanity! The next day, Ricky gave me a late birthday present; an Old Timer pocket knife. Wow, what a birthday! A new set of drums and a really cool pocketknife. Just what every eight year old boy needs. A few years later though, I learned the awful truth. Mom and dad and all of us kids were sitting around the kitchen table with the local preacher visiting and they revealed to me what had happened that day. It seems that Mom walked over to where my father was sitting and said, "Honey, I don't think that Ricky likes Mike playing the drums." "Oh, really. Why would you say that?" my father inquired. "Well, I just saw him give Mike his birthday present." she replied back. "Nothing sounds bad about that." Dad answered back. "Yes, but Ricky gave him a knife and asked him if he KNEW WHAT WAS INSIDE EACH DRUM!"

Thinking back on it, I'm not so sure that Rick had good intentions! Well maybe I have become a better drummer over the years, but regardless, scripture teaches us that it is okay to make a joyful noise. I love Psalms 81 where King David reveals his heart to each of us, "1 Sing for joy to God our strength; shout aloud to the God of Jacob! 2 Begin the music, strike the timbrel, and play the melodious harp and lyre. 3 Sound the ram's horn at the New Moon, and when the moon is full, on the day of our festival; 4 this is a decree for Israel, an ordinance of the God of Jacob. 5 When God went out against Egypt, he established it as a statute for Joseph. I heard an unknown voice say:

6 "I removed the burden from their shoulders; their hands were set free from the basket. 7 In your distress you called and I rescued you, I answered you out of a thundercloud; I tested you at the waters of Meribah." NIV Verse 6 has always rang true for me when I play and sing to the Lord, He truly does remove the burden from my shoulders and set my hands free to worship Him in Spirit and in Truth. May the Lord bless each of you this week and don't forget to make a joyful noise.

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

2 Timothy 3:16-17

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

Church Directory

Assembly of God		Church of Christ	
Bethel Assembly of God (Bi-Lingual)	407 May St.	Graham Chapel Church of Christ	15th & Ave. S
Lifeline Church	108 N. Broadway	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	108 N. Ave. M, 495-2326
		First Presbyterian Church	910 W. 10th, 495-2135

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

Deuteronomy 6:5

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

Pee Wee Lopes Finish Great Season



Courtesy photo

2010 Pee Wee Antelopes take the field.

By Jim Plummer
PostSportsPage.com
And Dusti Osborn

The Bold Gold Pee Wee Antelopes football squad finished the 2010 season with an outstanding record of 8 wins and 1 loss.

This year's team was coached by Delton Osborn, Trey Jones, Russell Benham and Curt Greer.

Recently at the end of the season, the Lopes battled for the title but came up short

against Plainview, 30-14, in the Orange Bowl. In the Sugar Bowl, Post beat Idalou, 14-8.

Here's how the schedule went:

Sept. 11 - Tulia Seminoles - 0 Post Antelopes - 25
Sept. 18 - Tulia Gators - 0 Post Antelopes - 14
Sept. 25 - Post Antelopes - 12 Idalou Bears - 8
Oct. 2 - Post Antelopes - 18 Ralls Crimson Tides - 0

Oct. 9 - Crosbyton Huskies - 8 Post Antelopes - 34

Oct. 16 - Floydada Eagles - 8 Post Antelopes - 12

Oct. 23 - Lockney Buckeyes - 8 Post Antelopes - 16.

The 2010 Post Pee Wee Antelopes are:
#1 - Jayton Lewis, #8 - Kade Smith, #11 - Justin Self, #13 - Carson Mason, #21 - Kevin Finch, #22 - Bandy Osborn, #23 - A.J. Escobedo, #27 - Augie Menchaca, #34

- D'Montre Curtis, #35 - Tucker Lee, #44 - Daniel Gomez, #45 - Jonathan Hernandez, #52 - Pacey Blevins, #56 - Kace Lott, #63 - A.J. Reed, #64 - Brandon Britton, #65 - Ben Ayala, #66 - Austin Britton, #68 - Russ Morris, #74 - Anthony Esparza, #80 - Kale Yarbrow, #81 - Ty Jones, #88 - Landon Greer, and #89 - Kobe Ammons.

The parents and fans congratulate the coaches and players for a fun and exciting season.

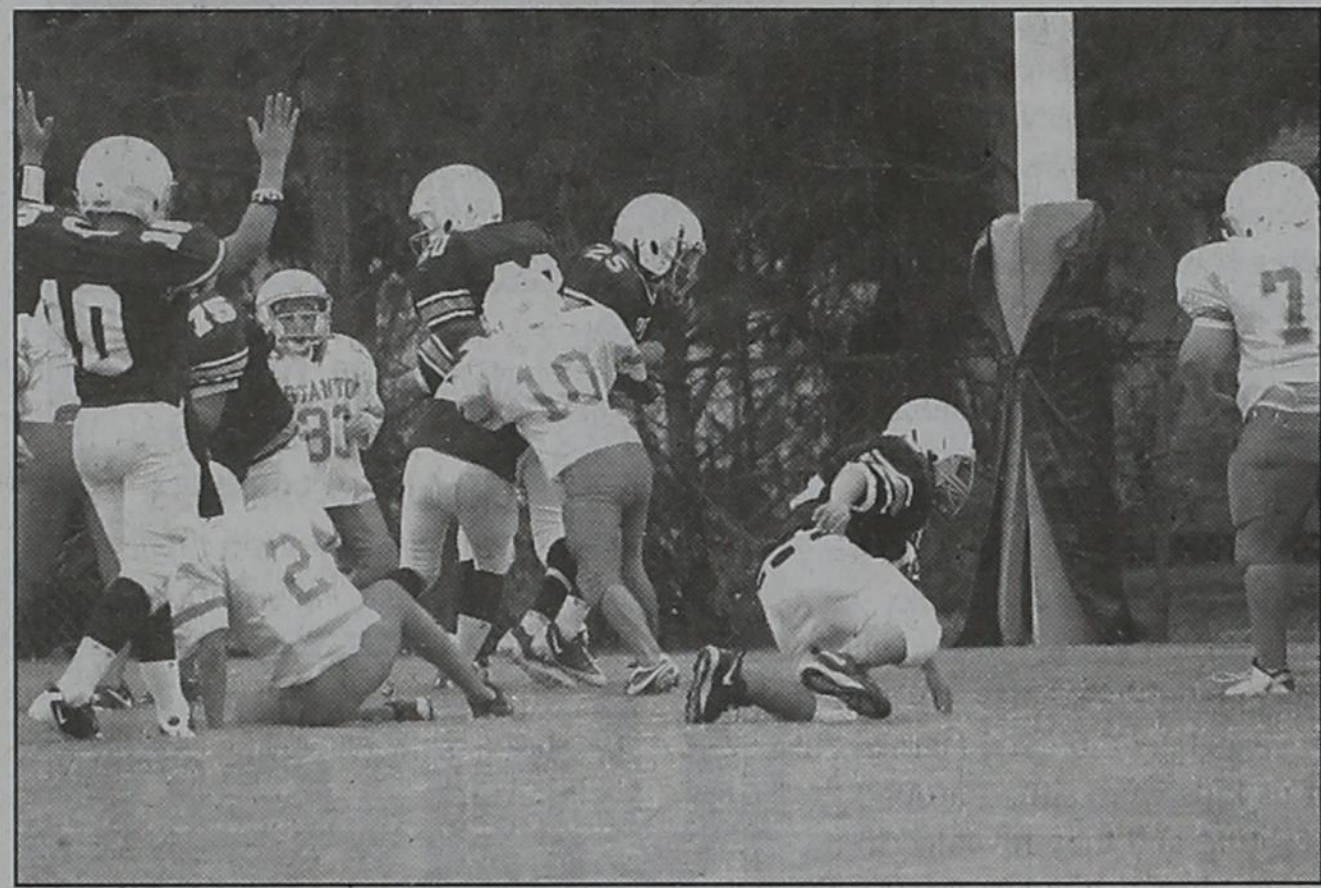


Photo by Chase Greathouse and Kayla Hall

Touchdown.

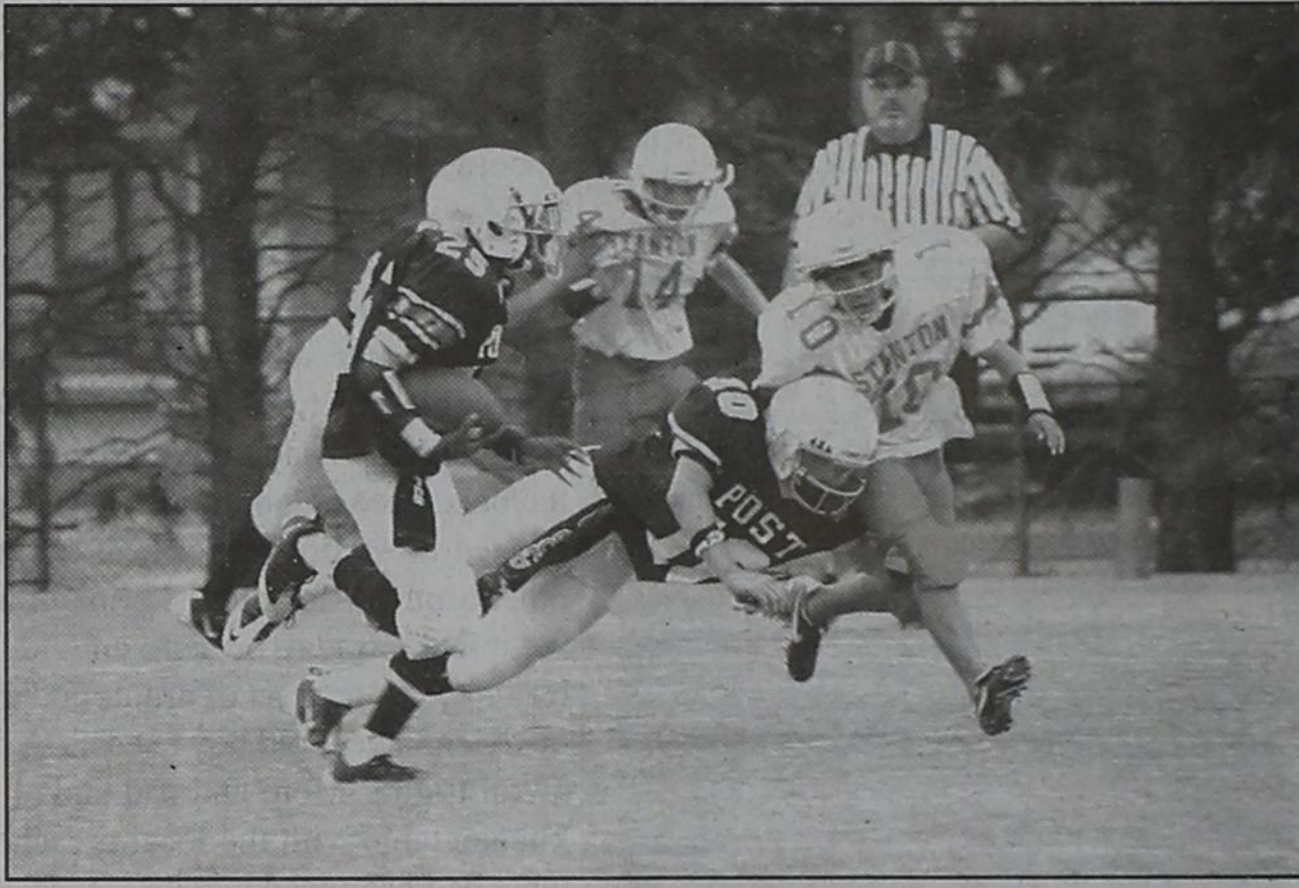
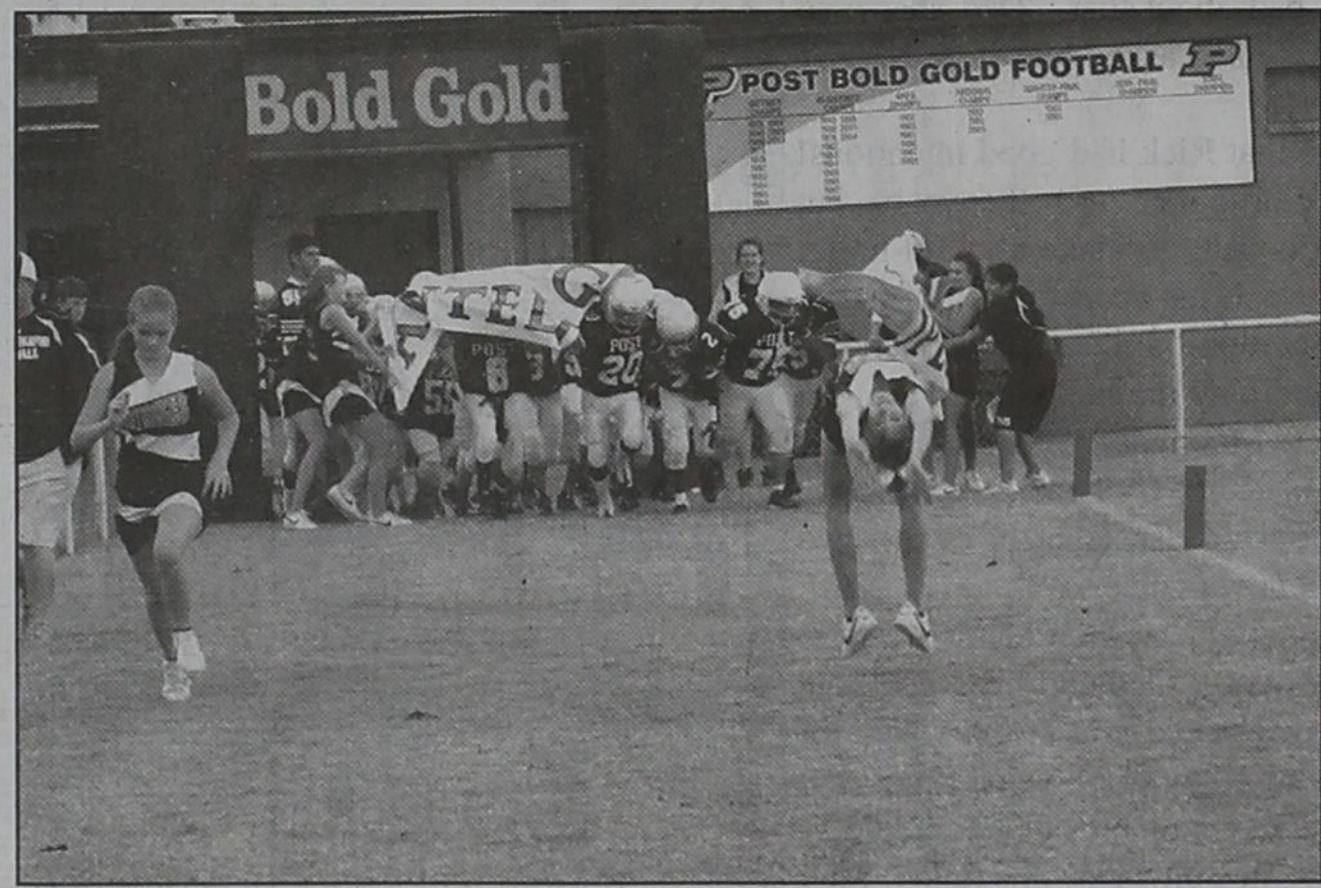


Photo by Chase Greathouse and Kayla Hall

Clearing Block.



Courtesy photo

Post cheerleaders lead the team on the field.

Lady Lope Basketball 2010-2011 Varsity Roster

#4	Haily Berry	Soph.	5'7"	Guard
#10	Shirley Araiza	Jr.	5'10"	Post
#11	Macy Blair	Sr.	5'8"	Forward/Post
#12	Skylar Jones	Jr.	5'5"	Guard
#14	Morgan Williams	Sr.	5'9"	Forward/Post
#21	Katelynn Short	Sr.	5'4"	Guard
#22	Caitlin Cravey	Sr.	5'8"	Forward/Post
#25	Amber Wilson	Sr.	5'10"	Post
#31	Taylor Osborne	Fr.	5'10"	Forward/Post

Managers: Kambry Mason and Morgan Deen
Head Coach: Tricia Gutierrez
Varsity Assistant/JV Coach: Brettne Reed
Varsity Assistant/JV Coach: Toby Allen
Athletic Director: Chris Jones
Trainer: Art Maestas

2010 FOOTBALL STANDINGS DISTRICT 2-2A, D-II Week 10 (as of 11/06/2010)

TEAM	DISTRICT			OVERALL			Week 9 Outcome		
	W	L	PF/APG	PA/APG	W	L		PF/APG	PA/APG
Idalou (*)	6	0	262/56	12/2	7	3	351/35	94/9	Beat Coahoma, 14-6
Stanton (*)	5	1	154/26	68/7	9	1	270/27	101/10	Beat Anson, 36-15
Coahoma (*)	4	2	184/31	51/9	7	3	317/32	93/9	Lost to Idalou, 6-14
Post	2	4	74/12	152/25	3	7	121/12	258/26	(Bye)
Forsan	2	4	88/15	196/20	4	6	226/23	315/32	Beat Hawley, 47-36
Anson	1	5	85/14	214/36	3	7	155/16	343/34	Lost to Stanton, 15-36
Hawley	1	5	98/16	230/38	2	8	155/16	325/33	Lost to Forsan, 36-47

Legend: W (Wins), L (Losses), PF (Points For), PA (Points Against), APG (Average Per Game), (*)-In Playoffs
Courtesy of PostSportsPage.com

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Election Corner 2010

**General Election
November 2, 2010
Garza County**

**GENERAL
INFORMATION**
Returns:
Unofficial election returns
(results) are available

on the county web site, GarzaCounty.net. Official returns will be available after the canvass of the election by the commissioners' court on November 15, 2010.

Election Statistics:
There were 3012 reg-

istered voters in Garza County for the General Election. The turnout of registered voters was 1320 or 43%. Of those who voted, 58% (769) participated in Early Voting and 42% (551) voted on Election Day. Of the 769 ballots cast

in Early Voting, 69 were by mail (absentee voting).

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



The 501

by Hanaba Munn Welch

*A diller, a dollar, a ten o'clock scholar!
What makes you come so soon?
You used to come at ten o'clock,
But now you come at noon.*

If tardiness made scholars, I'd be one.

When my mother used to read me Mother Goose rhymes, "The Ten O'clock Scholar" was one of my favorites. How did that kid get away with being so late to school?

The illustration in my Mother Goose book shows a well-dressed youngster who doesn't look like he's been in any fights or suffered any other trauma on his way to school - not as I recall. He just looks late.

He must have walked and managed to do a lot of dilly-dallying along the way. What better way to introduce a dilly-dallier than to start with "A diller, a dollar?"

As for scholarlyness and tardiness, is there a relationship? Maybe. But isn't the common trait of many scholars simply their aptitude for losing track of time?

I went to a scholarly conference once. It was the worst kind. Scientific.

My presence there? Call me an observer. Or call it a mistake. I was definitely watching from the sidelines. Most of the information presented was over my head. I managed to write about some of it anyway. But what I mostly observed was that those scholars all got so caught up in the information being presented they'd still be sitting there if somebody hadn't made them take breaks and ultimately go home. And

that was four years ago.

As for me, I knew exactly when it was time for each coffee break and time for lunch and on-time to leave town. The on-schedule me emerged.

More often, though, I'm like the scholars. I lose track of time. Maybe I can build on that trait and become a scholar - preferably some sort of linguistic one. I could start with a look at the word "diller."

Scientist probably would use "diller" as a comparative term to describe the "dillness" (also not a word) of a pickle relative to other pickles. Scientists may already have a scale for pickle dillness. They use the Mohs scale for the hardness of rocks - something I remember from junior high science, probably because the name has a Three Stooges ring.

No, I'm no Three Stooges fan. I never did get it, the same way I didn't get that scientific conference - or maybe a different way. If you don't understand the Three Stooges, is it a compliment? I'm asking. Do you remember that skit where they passed around one ten-dollar bill and summarily paid off three twenty-dollar debts? I'm still scratching my head.

Back to "diller." If nothing else, it's a nonsensical word that sets the tone for a classic sarcastic rhyming reprimand destined, as it were, not to change the nature of any habitually tardy human. I think the writer knew his task was hopeless. Tardy dilly-dalliers don't reform. If anything, they get worse - to wit, ten o'clock to noon.

At best they become scholars.

Post Classifieds

Personal

Post Group Alcoholics Anonymous 10th 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, 10th & 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.

Happy Birthday! November 13th to Golden Plains Activities Director, Christy Rutherford from the Golden Plains Residents.

Thank You

Thank you

Once again, the people of Post and the communities of Graham and Close City have shown their compassion, friendship and generosity. The Morris family will be eternally grateful for the outpouring of support during the re-

cent loss of our dad, Chester Morris.

If there is any individual who came by or dropped off food and did not get an acknowledgement from one, or all of us, please accept our sincerest apology. We tried to keep records, but some may have slipped through the cracks.

A special thanks goes out to the Methodist Church, the ladies who organized the lunch, and to Jan Bartlett and Patti Kirkpatrick. Continued special thanks to Lowell Bowman who led the singing and to Rev. John Bill Hendrick for his inspirational and comforting words. Last but not least, thanks to Dee and Janet Justice for the loving care they provided during our loss.

The Chester Morris Family

I would like to express my thanks to the voters that elected me as Commissioner of Precinct 4. It was a good and clean campaign and a privilege to run against such a worthy opponent. Thank you for your support and I will do the job to the best of my ability.

Thanks,
Jerry Benham

For Sale

2000 Cameo 5th wheel travel trailer 29 ft., 1 slide, queen bed, sleeps 6 Great shape 806-495-2285

Garage Sales

Garage Sale Friday 9-3pm, Sat

9-Noon 304 Osage Clothing, towels, sheets, decorator items

Yard Sale Sat. 8-7 18 Highland Place Handmade quilts and misc. ladies 2 and 3X blouses

Garage Sale Sat. 8-7 116 W. 5th Baby furniture, baby clothes

Estate Sale of Carol French Sun. Nov 14th thru Sat. Nov. 20th, 10-5 pm 2670 CR 8 Slaton TX From 84 turn west on FM 212; go to CR 8 and follow the signs. 3 BR House full and barn half full of furniture. Millions of items, many new; furniture, antiques, elegant glass including Heisey, Cambridge, Fenton, Roseville, and Royal Doulton; appliances, household items, and costume jewelry; 1978- 16ft. Mercruiser boat; 1977- 27ft Leprechaun Motor Home Can view pictures at lubbockestatesale.com.

Help Wanted

OFFICE CLERK needed in Post for Standard Energy Services (oilfield services company). Must have excellent computer skills, good people skills, and good organizational skills. Responsible for all invoicing activities. Office experience required. Competitive salary and benefits. Send resume to robbye@thestandardenergy.com. EEO.

Acreage Wanted

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

Houses for Sale

HOUSE FOR SALE: Priced to sell!

3/2, central heat/air, fireplace, covered patio, great neighborhood, 302 Mohawk Place. MITCHELL REAL ESTATE. Call Barbara 806-495-3987 or Kim 806-543-1055.

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

For Rent

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

Legal Notice

Notice is hereby given: Sealed bids are now being accepted thru November 30, 2010 for oil-field related equipment which is being held by Pct. Constable Office. The bids will be opened on December 1, 2010. The property can be viewed Monday thru Friday between the hours of 8 am and 5 pm at the Garza County Sheriff's office impound yard. For further information contact the Garza County Constable's Office at 806-990-4810. Minimum starting bid of \$300.00.

Buying or Selling?

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Post Middle School to perform 'The Little Match Girl'



Courtesy Photo

Actors and actresses from the play "The Little Match Girl".

By Brogan Macy

On Tuesday, November 16, the Post Middle School OAP cast will be starring in the play, *The Little Match Girl*.

The OAP competition will take place right here in Post, Texas at the Post Elementary auditorium. There will be three schools competing. The first performance will start at 1:00

p.m. beginning with Denver City, followed by Roosevelt at 2:00 p.m., and Post will wrap up the competition with their performance at 3:00 p.m. The OAP performances are open

to the public. However, if you would like to attend one of the plays, you need to be seated five to ten minutes before the performance begins. The doors will close promptly on the hour

and no one will be allowed to enter until the current performance is finished. To the OAP cast and technical crew, we would like to say good luck and do your very best!

There will also be a public performance held on November 12, 2010, at 2:00 pm in Post Elementary Auditorium. Everyone is welcome to attend!!

Legends.... archives from the GARZA COUNTY HISTORICAL MUSEUM

By Linda Puckett Garza
County Museum Director

As Director of the Garza County Historical Museum, I have documented hundreds of wonderful family histories, each one packed

with adventure and tales of survival. Over the coming weeks, we hope to share with you the reader some of those great stories. Just recently I rediscovered this particular story, donated to

our collection in 1998, by Mr. Mason Justice, and what a great history lesson it is. This is the story of Nancy Jane Justice, great-aunt of Justice Mason, who came as a girl of 17 with her family from lower Alabama to Marshall, Texas. She married J.L. Parchman and in time became mother, grandmother and great grandmother to a great number of Texans. In December 1932 the Dallas Morning News featured this story. Nancy was one of the few remaining pioneers who could recall the days just after the Civil War when, with bridges burned out and the roads mere hog trails, travel was by oxen wagons. This is her story.

GRAVES ON THE LEVEE BUT SONGS IN OUR HEARTS

Through a shattered land ravaged by the fiery tongues of war, a thousand miles we came by ox wagon to Texas in 1865. Our hopes buoyed up over muddy roads and under fire at Vicksburg by the prospect of, like so many others, finding a new home in the West.

It was a long way in those

days - after the fall of Vicksburg and after Lee's final surrender- from our home in lower Alabama to Texas. More than a thousand miles it was, and we Justices came all that way in wagons pulled by oxen. Seven weeks we were on the road. And the roads were mere slough pits of mud, winding like hog trails through the country that was uninhabited for miles.

From Jackson to Vicksburg, not a living thing did we see on the whole weeks journey. Oh, a few birds perhaps, squirrels maybe and buzzards. But the live stock all dead. Perhaps they were killed by the Yankees during the siege of Vicksburg; or maybe, being abandoned they died of disease. I don't know. Nearly every quarter of a mile there would be by the roadside a dead mule. Uncle Doss, who drove the front wagon in the caravan, would wave his hand and grab his nose, and we children who walked, ordinarily in search of hickory nuts or black haws, would walk over to the other side to avoid the stench.

Not a house stood in that hundred miles, but the ruins were there of old plantation homes that had been burned to the ground, the chimneys

left standing. Out of one ash heap there arose, we counted eight chimneys, all that was left of an old colonial mansion. In the back yard there was one negro cabin that had not been burned, and Pa, glad to see habitation, stopped to buy corn for the team.

TRAGEDY IN A HUT

It was a wretched hut, but the man who lived in it had once lived in the mansion. "That was my home," he told us and judging by the ruins it was a beautiful one. "But the Yankees burned it, like they burned all these other huts- all but this one. My son had been wounded in the war and had come home to get well. But he never got well; he got worse. And he was dying the day the Yankees galloped up to fire the house. I ask them to leave me a place for him to die in. So they helped me remove him to this Negro cabin. That night my boy died and my wife and I have been living here ever since. Our daughter is married, and she and her husband have gone west to Texas."

DESOLATION

In all that 100 miles we had met only one other man and he was on foot and half starved. He told us what to expect. There was no water fit to drink, except that which

we got from creeks and hauled in kegs for several days at a time. The cisterns and wells behind the burned houses held water, but it all possessed a disagreeable odor. Salt bacon was the principal source of our diet during that week. We had no vegetables until we reached Vicksburg.

WEARISOME GOING

This was the worst part of the trip, through this region of devastation, but much of the other was little better. Throughout the roads were bad and the going hard. Several times, especially through river bottoms, we would lose the road and spend hours trying to find it again. Bridges were burned or washed out. The smaller creeks we had to ford, with water coming up into the wagon bed, using a double team to pull up the bank on the other side. At the larger or deeper creeks were Yankee soldiers with makeshift pontoon bridges or occasionally a ferry.

We met with but few wagons on the entire trip and none of them was going all the way to Texas. Travel was dangerous and at night the boys had to take turn standing guard. Negroes, lately **ARCHIVES...**
continued on Page 8



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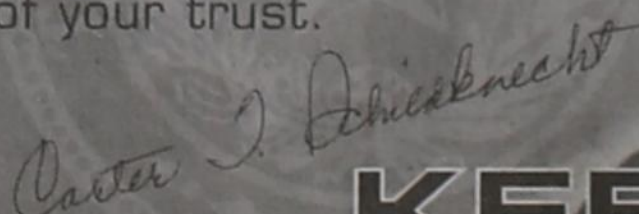
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KEEP District Judge
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T. Schildknecht

Proposed led by Carter T. Schildknecht
104 1/2th St Drive, Leames, Texas 75001
Ray Benson, Treasurer

Trailblazers Menu

Nov. 15 – Nov. 19

Monday

Taco Salad, Mexican Corn, Beans-Refried, Millionaire Pie

Tuesday

Chicken Pot Pie, Broccoli Salad, Cornbread, Jello w/Fruit

Wednesday

Chicken Fried Steak, Scalloped Potatoes, Salad, Roll, Fruit Salad

Thursday

Baked Chicken, Green Beans, Oven Potatoes, Biscuit, Cobbler

Friday

Hamburger Steak, Macaroni Salad, Black Eye Peas, Cornbread, Banana Pudding

Post ISD Menu

Breakfast Menu

Nov. 15 – Nov. 19

Monday

Biscuit, Sausage, Gravy, Fruit, Milk

Tuesday

Muffins, Sausage Link, Fruit, Milk

Wednesday

Malt-o-Meal, Sausage, Toast, Fruit, Milk

Thursday

Oatmeal, Bacon, Toast, Fruit, Milk

Friday

Cereal, Toast, Fruit Juice, Milk

Lunch Menu

Nov. 15th – Nov. 19th

Monday

Burrito, Spanish Rice,

Tossed Salad, Fresh Fruit Choice, Sugar Cookie, Milk

Tuesday

Pizza, Tossed Salad, Fresh Banana, Chocolate Cake, Milk

Wednesday

BBQ Chicken, Mac & Cheese, Tossed Salad, Chilled Pears, Cornbread, Milk

Thursday

Turkey & Dressing, Mashed Potatoes, Green Beans, Hot Roll, Cranberry Crunch, Milk

Friday

Fajita Chicken Over Rice, Broccoli & Cheese, Corn, Bread Sticks, Reese's Cup, Milk

Southland ISD Menu

Breakfast Menu

Nov. 15 – Nov. 19

Monday

Breakfast Tacos, Applesauce, Juice, Milk

Tuesday

Peach Danish, Sausage, Juice, Milk

Wednesday

Cereal, Muffins, Yogurt, Fruit, Juice, Milk

Thursday

French Toast Squares, Eggs, Fruit, Juice, Milk

Friday

Sausage, Biscuit W/Gravy, Juice, Milk

Lunch Menu

Nov. 15th – Nov. 19th

Monday

Pork Roast W/Gravy, Green

Beans, Mashed Potatoes, Hot Roll, Cherry Cake, Milk

Tuesday

Pigs In A Blanket, Pinto Beans, Pineapple-Orange Salad, Milk

Wednesday

Thanksgiving Dinner

Thursday

Meat & Bean Chalupa, Spanish Rice, Lettuce & Tomatoes, Rosie Applesauce, Milk

Friday

Sub Sandwiches, Lettuce, Tomato, Pickles, Baby Carrots W/Ranch, Oven-Fried Potatoes, Chocolate Pudding, Milk

Southland ISD 2010-2011

2nd 6 Weeks

'A' Honor Roll

Elementary

Claira Cravey
Kalli Davis
Diamond Hernandez
Kelson Lee
Elizabeth Payton
Trea Peterson
Cordale Benham
Christopher Cardona
Joby Fogerson
Izaih Landa
Jose Monsivas
Diana Rodrigues
Lazaro Galindo
Timothy Guerrero
Latham Huckaby
Nayeli Perez
Jacob Perry
Isaiah Valencia
Alvarado Vizcaino
Ryan Gossett
Nehemiah Guerrero
M'Keison Guerrero
Victoria Huckaby
Corbin Mason

'A-B' Honor Roll

Elementary

Benjamin Flores
Abigail Hernandez
Francisca Hernandez
Tamara Reed
Vikki Torres
Celeste Valencia
Dalton Davis
Mariah Garcia
Abigail Ramos
Kayla Rodriguez
Caitlyn Silva
Zane Zarate
Josiah Collazo
Kevin Cruse
Shadia Hernandez
Larry Nino
Zachary Schniers
Destiney Soto
Kaleb Steffens
Jacob Valencia

'A' Honor Roll

Secondary

Dallyn Fogerson

Tucker Lee
Mallory Arguello
Wyatt Benham
Melinda Hernandez
Bryce Meurer
Jaden Bindord
Tyler Lee
Patricia Lopez
Travis Arguello
Kelcee Lewis
Devin Blanton
Michael Estrada
Tanner Hill
Daegan Moore

'A-B' Honor Roll

Secondary

Erick Alfario
Amber Avila
Taylor Schniers
Ashlee Graves
Ryan Magallanes
Allyson Martinez
Jessica Payton
Aylin Saucedo
Sammy Soto

Zachary Vizcaino
Alexis Zarate
Riley Arguello
Daniela Galindo
Zaron Garza
Callie Odom
Kaylei Schoonover
Madison Worley
Renee Armendariz
Linda Gonzales
Taylor Graves
Robbie Haney
Richard Ramirez
Allen Schniers
J.J. Zubia
Samantha Dorman
Julie-Marie Kidd
Victoria Arenivas
Angela Garza
A.J. Hernandez
Jose Mendoza
Michael Rodriguez
Quentin Benham
Brandon Martin
Steve Mata
Jade Zeleznikar



Paul Derrick Stargazer

Stargazer

by Paul Derrick

The Milky Way from Milk to Stars

Its very name reveals how wrong the ancients were about the nature of the Milky Way, but understandably so. When seen under the dark skies of our ancestors, the densest part of our galaxy does rather look like someone spilled milk across the night sky.

The earliest astronomers, of course, knew it wasn't milk, but they weren't sure what it was. Many thought it to be cosmic cloudiness (what we now called nebulosity), but others began to suspect otherwise.

In the days long before eyeglasses and telescopes, it was noted that when viewing the Milky Way those with good eyesight could make out more individual stars than those with poorer vision. Thus it seemed reasonable to suspect that the Milky Way contained more individual stars than even the very keenest eyesight could see.

It wasn't until 1610 when Galileo viewed the Milky Way with his new telescope that this theory gained observational verification. As he trained his telescope on the Milky Way's "cosmic clouds," the clouds disappeared and in their place he saw countless individual stars. He wrote: "The Milky Way...is nothing else than a congeries of innumerable stars distributed in clusters."

But as is often the case with scientific discoveries, new knowledge begs new questions. Neither Galileo nor his contemporaries knew what stars really were nor their

distance. Many thought them to be planet-sized objects made of a special unearthly substance illuminated by sunlight and situated some tens of millions of miles from Earth.

Others, however, put forth ideas that seem prescient in their accuracy. One was Giordano Bruno, a priest and contemporary of Galileo. His unorthodox religious ideas ultimately got him burned at the stake for heresy, but he also dabbled in cosmic speculations. He suggested that the stars were suns like our own, and that each had planets which were probably inhabited.

There is indication that Galileo as well as Johannes Kepler came to share similar views, yet none of them had a shred of evidence to back their views. That wouldn't come until long after their deaths.

In today's urban areas, the Milky Way is obscured by light pollution. But if you live in or can steal away to a dark sky site, the magnificent Milky Way can now be seen stretching from the southwest to the northeast in the early evening. By morning it arches from south to north, tilting a bit to the west. It's worth the drive.

Sky Calendar.

* Oct. 31 Sun.: Halloween, a cross-quarter day celebrating the middle of fall.

* Nov. 3 Wed. morning: The crescent Moon is to the upper right of Saturn low in the east before dawn; the next morning it is to the lower right of the ringed planet.

* 6 Sat.: The Moon is new.

* 7 Sun. early evening: A very thin crescent Moon is between Antares (to the left) and Mars (to the right) very low in the southwest at dusk; binoculars will help.

* 13 Sat.: The Moon is at 1st quarter.

* 15 Mon. evening: The gibbous Moon and Jupiter travel together across the sky.

* 17 Wed. morning: The Leonid meteor shower peaks with the best viewing likely in the 2-3 hours between moonset and dawn.

* Naked-eye Planets. Mars is difficult to spot just above the west southwestern horizon at dusk. Brilliant Jupiter, high in the southeast in the evening, sets around 3 a.m. Saturn rises two hours before the Sun and is low in the east at dawn.

• Time Change. Before retiring Nov. 6 set your clocks back ("fall back") an hour to Standard Time and enjoy an extra hour of sleep.

Stargazer appears every other week. Paul Derrick is an amateur astronomer who lives in Waco. Contact him at 918 N. 30th, Waco, 76707, (254) 753-6920 or paulderrickwaco@aol.com. See the Stargazer Web site at stargazerpaul.com.

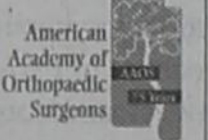
A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

POLIO.

As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.

Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don't give up, and remember to give back. If Dr. Galpin's story inspires just one more person to make a difference, then its telling here has been well worth while.



AAOS
CELEBRATING HUMAN HEALING
orthoinfo.org



Clay Miller



FARM CREDIT SERVICES
P.O. Box 923
Ralls, TX 79357
Office (806)253-2506
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THANK YOU GARZA COUNTY!

My family and I are extremely thankful and honored by the recent election results! I promise to work hard representing you and the conservative values of West Texas in the Texas Legislature! God Bless!

Jim Landtroop



Jim Landtroop
REPUBLICAN FOR STATE REPRESENTATIVE

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

Achievements...

From Page 1

sporting/play event has been hosted by PISD every year with local schools coming into Post to participate. The Life Skills classes will also be traveling this year on additional field trips & "Special Olympics" type events including a special trip to Morgan's Wonderland in San Antonio. "Our student's really love to come to school and enjoy being with their friends and even teachers", say Life Skills teachers

Kari Mjohus and Stephanie Smith. Post ISD Life Skills classes will be raffling off a Jackie Cruse original Santa (on display at JCruse Christmas Gallery) on December 10, 2010 at JCruse Christmas Gallery, to raise funds for a trip to Morgan's Wonderland in San Antonio. A father of a child with disabilities built Morgan's Wonderland. There is no cost for children to attend the park

but travel, hotel and meal funds are needed. You can purchase the \$ 5 raffle tickets or 5 for \$ 20 from Frances Gomez at 781-5116, Cynthia Haynes at 549-6933, Carolyn Cruse at 577-8383 or the Elementary Special Services office. Special Services is thankful for Jackie Cruse and his willingness to help our kids. We also would like to thank Merika Strivens for getting us ready for this event.

Trouble sleeping? Sleeping pills not the easy answer

HOUSTON – When sleep doesn't come easily, some people turn to what they think is an easy solution – sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications – whether prescription or over-the-counter – shouldn't be taken lightly.

"All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center.

Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

"The difficult point here is determining what is an addiction," Alapat said. "Many patients do tend to become attached to the idea that the medication is required for them to fall asleep." There are some medications that people use to help them sleep that can become addictive. Often, these were prescribed for some other reason, but patients also use them as a sleep aid.

"Many medications have been prescribed and used as a sleep aid, from antidepressants to antipsychotics to muscle relaxers. Anything outside of FDA approved sleep aids such as the melatonin receptor agonist, Rozerem, and non-benzodiazepine medications, such as Ambien,

really has no place as a sleep aid," Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin, which does help to promote sleep for some people, he said. It is more commonly used in situations such as jet lag, where it may be beneficial. It is not an FDA regulated substance, however, and so people don't always know what they're getting when they buy melatonin.

Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said.

But before turning to any type of sleep aid, Alapat recommends a visit to a physician, and more specifically a sleep disorders specialist.

"A lot of patients who complain of insomnia may have some other medical condition that needs to be addressed," he said. "Without addressing those other issues, the use of medications is often futile."

Underlying health conditions that may affect sleep include, but are not limited to, sleep apnea, restless legs syndrome and depression.

"There are many other medical disorders that should be evaluated before the diagnosis of insomnia can be reached," Alapat said.

Medication is usually only a small part, if any, of a treatment plan for patients who suffer from insomnia and other sleep issues, Alapat said, and should not be considered a long-term solution.

Archives...

From Page 6

freed, were, many of them arrogant and bold enough to attach a caravan. But our greatest fear was of the marauding bands of scalawag whites.

BROKEN MONEY BELT

My father had several thousand dollars in gold and silver and greenbacks, the greater part of which money he kept in an old wooden chest hidden at the bottom of one of the wagon beds. But as a double precaution, lest the chest be stolen and we be stranded with nothing left, Pa wore an old fashioned money belt around his waist and slept with it on at night. My mother, too had such a belt. And I remember one morning while making up the beds (we slept on feather beds spread on the bare ground with a tent for shelter), that my eye was attracted to something

shiny. I stooped to pick it up. A \$20 gold piece! There were more of them partly hidden by the quilts. Ma's money belt, that had been threatening to wear in two had at last broken, perhaps as she tossed in her sleep, and the gold had spilled out. I picked them up and counted them. There were sixty in all.

Our home had been in Bullock, Alabama, a wide place in the road, twelve miles north of Elba. My father was Appleton Henry Justice, the town's merchant, ginner, landowner and Justice of the Peace. He was Captain of Company F of the Thirty-Third Alabama Regiment. (The last few years of his life he lived in Iredell, Texas.) After the war, Pa, like most other Southerners, was financially ruined, and he decided to sell out, load our few personal belongings in the wagons and attempt to make a new home farther West.

Post Notes...

From Page 1

be held at the Post Community Center on Saturday, November 13th from 9:00 a.m. until Noon. All are welcome to come and shop. Limited toys will also be available for \$1.00. If you would like to donate clothes or help in any other way, please contact Keri Ann Thompson at 806-928-0664. All monies raised will be donated back into the Post Community.

Free Diabetes Education

Monday Nov. 8th and 15th at 5PM at the AgriLife Extension Office, 215 West Main Street. This free education program is open to all county residents who want to learn about Type 2 Diabetes and that you can Do Well, Be Well with Diabetes! To reserve a spot or for more information call Nancy McDonald at 495-4400.

Bake Sale

Bake Sale for the Garza Co. Trailblazers beginning Oct. 25th to Nov. 22nd. 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.

Post High School Weekly Calendar

Thursday, 11 – Veterans Day, Band will perform on Wed. 17th at 9:30!
9:40 AM – NHS Bake Sale, Library
5-8:00 PM – GED Classes Begin, room 18. Entrance on Southwest of HS bldg.
Friday, 12 – End of the 2nd Six Weeks! Grades are due

by 4:00 PM so we can close out the six weeks. Questions are problems ask Mr. Berry or Tonya Dunn.
2:30 PM – MS OAP Public Performance, Elem. Aud.
Looking Ahead:
Nov. 6 – Cross Country, Reg. Mae Simmons
Nov. 7 – Daylight Saving Time Ends, Fall Back
Nov. 13 – G – BB at Seminole, 1:00/2:30 PM
Nov. 15 – NHS Food Dive 15-19
Nov. 16 – G/B BB vs. Lbk. Christian 5/6:30/8:00
Nov. 16 – MS District OAP Contest, 1:00 Elem. Aud.
Nov. 18 – HS OAP Tryouts, 6:30 PM "Miracle Worker"
Nov. 19 – G/B BB vs. Anton 5/6:30/8:00
Nov. 22 – G – BB at Snyder, 5/6:30
Nov. 22 – 7 PM – OAP Practice
Nov. 23 – 5/6:30/8:00, G/B-BB at Ralls
Nov. 24-26 Thanksgiving Holiday
Nov. 29 – 7 PM – OAP Practice
Nov. 30 – 5/6:30/8, G/B-BB vs. Crosbyton
Dec. 2-4 – Roby Varsity Tourn (Girls)
Dec. 2-4 – Sands JV Tourn. (Boys)
Dec 3 – End of the Third 3 Weeks

Elementary School Notes

Wednesday, November 17th- Report Cards go home
Tuesday, November 23rd- Thanksgiving in the Hall- 12:00 to 12:30- Look for more details to come home from your child's teacher. All

parents are welcome.
November 24th-26th- Thanksgiving Holiday- No school. Be safe, enjoy and we will see the student's back at 7:50 a.m. on Monday the 29th.

Post Middle School Weekly Calendar

November 8 – 26, 2010
11/8/10-OAP practice after school
11/11/10-Veterans Day 6:00 p.m. Boys Basketball Preview
11/12/10-End of 2nd 6 weeks
2:30 MS OAP Public Performance
11/15/10-Girls Basketball at Coahoma 4:30/6:00
11/16/10-OAP Contest Post
11/18/10-Academic UL at Denver City
11/22/10-Girls Basketball Here VS Stanton, Boys at Stanton 4:30/6:00
11/23/10-MS Pictures Retakes
11/24-26/10-School Holiday-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.

Close City...

From Page 3

Nelson Esparza
Get Wells
Imogene Bevers is in the hospital in Lubbock, also I've heard Troy Nelson has been a little under the weather. I also want to send a get well out to a lady that may not be from Close City but she is close to my heart. Marilyn Williams is in the hospital in Lubbock and I want her to know that all of us out here love her and have her in our thoughts and prayers.
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 Mack Ledbetter in Slaton, Joyce Overton in Post, Doris Wilson in Castorville, John and Mary Gist in Lubbock, Lula Jo Stewart 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 pic's if you want. Also send in your news. You can email it to me at close.city.coop@pcca.com or call me at the gin 495-2753
Everyone have a great weekend and keep our troops and the harvest season in your prayers!
Thanks a bunch!
Traci Freeman
<http://closecitycoop.in.blogspot.com>. Check us out on facebook under Close City Community

Thanks for reading!

Reliable service at a sensible price.

At Windstream, we're focused on delivering quality services at reasonable rates within our service territories. Services are available at the rates listed in the chart.

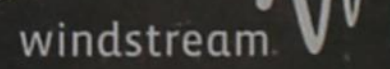
Toll blocking is available at no charge to low-income customers who qualify. Surcharges and fees such as those for emergency 9-1-1 services are assessed according to government guidelines.

Low-income individuals eligible for Lifeline and Link-Up telephone assistance programs may be eligible for discounts on these basic local service charges through state-specified telephone assistance plans.

Of course Windstream provides a complete menu of optional services, including bundles at discount prices. Windstream also offers basic services at the rates, terms and conditions specified in the company's tariffs.

If you have any questions regarding Windstream services, residential customers should call Windstream at 1-800-347-1991 and business customers should call 1-800-843-9214.

SERVICES	MONTHLY RATE OF SERVICE CHARGES	
	LOW	HIGH
Residential Service (includes Federal Subscriber Line Charge and mandatory expanded calling)	\$19.60	\$22.00
Residential Low Income	\$5.38	\$7.78
Business Service (includes Federal Subscriber Line Charge and mandatory expanded calling)	\$27.85	\$44.50



Servicio confiable a un precio razonable.

En Windstream, nos dedicamos a proporcionar servicios de calidad a precios razonables dentro de nuestros territorios de servicio. Los servicios están disponibles a las tarifas indicadas en la tabla.

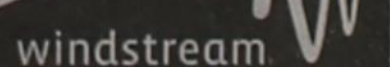
El bloqueo de llamadas con recargo está disponible para aquellos clientes con ingresos bajos que califiquen para dicho servicio. Existen recargos y tarifas como los que se cobran por servicios de emergencia 9-1-1 según las recomendaciones gubernamentales.

Las personas con ingresos bajos que sean elegibles para los programas de asistencia para teléfonos Lifeline y Link-Up pueden ser elegibles para descuentos de estos cargos de servicios básicos a través de planes de asistencia especificados por el estado.

Por supuesto, Windstream proporciona un menú completo de servicios opcionales, incluyendo servicios agrupados a precios descontados. Windstream ofrece también servicios básicos según las tarifas, normas y condiciones especificadas en las tarifas de la compañía.

Si tiene cualquier pregunta acerca de los servicios de Windstream, los clientes residenciales deberán llamar a Windstream al 1-800-347-1991 y los clientes comerciales deberán llamar al 1-800-843-9214.

SERVICIOS	TARIFA MENSUAL DE LOS CARGOS POR SERVICIO	
	BAJA	ALTA
Servicio residencial (incluye el cargo federal por cliente de línea y expansión de llamadas obligatoria)	\$19.60	\$22.00
Residencial de ingresos bajos	\$5.38	\$7.78
Servicio comercial (incluye el cargo federal por cliente de línea y expansión de llamadas obligatoria)	\$27.85	\$44.50



SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

ANSWER:

United
Supermarkets

OPINION



The Paperboy

Veterans deserve the best of America

By CHRIS BLACKBURN

I have several family members who are veterans. I'm very proud of their service.

America's most precious resource are those who have fought to keep us free.

Looking at my wide array of friends, the ones I appreciate the most are veterans.

Like many of you, I know veterans from World War II, Korea, Vietnam, the Gulf War, Iraq and Afghanistan. I also know veterans who have fought in other hotspots.

Some served without incident, others were wounded and some were POWs ... all experienced things a civilian cannot fathom.

I ran a recent editorial on how veterans make terrific employees. That is very true. When you consider the character, organization and work ethic of a typical veteran, they have many traits which serve them well in the civilian world.

When I see a veteran like my father-in-law who served tours in Vietnam and literally sacrificed his body for this country, it makes me very proud of him and a little angry because we do a rotten job of taking care of our veterans once their service is over.

This county owes her veterans much more than a debt of gratitude. We should be taking better care of our veterans in a variety of areas. From discharge to death, veterans should get the best service possible regardless of what it might entail.

This Thursday, think about those around you who've done us proud. Think of the tax they've paid mentally and physically for their service. Think of the sacrifices they've made to our country. Then think about it more than once or twice a year, because I can assure you they do.

Throw conventional wisdom out of the window.

For 10 weeks, Mark Haub, a professor of human nutrition at Kansas State University, used an unconventional diet and in the process, has thrown a wrench into what we consider good dieting.

Haub munched every three hours on Hostess Twinkies and Little Debbie snacks then munched on Doritos chips, sugary cereals and Oreos to help pacify his hunger.

Why?

Haub believed that in weight loss, pure calorie counting is what matters most -- not the nutritional value of the food. His premise held up: he lost 27 pounds in two months.

During that time frame, Haub limited himself to less than 1,800 calories a day. On average, a man his size consumes about 2,600 calories daily. He basically consumed fewer calories than he burned.

Haub's body mass index went from 28.8, which is considered overweight, to 24.9, which is normal. He now weighs 174 pounds, down from 201.

His health improved in other areas as well. His "bad" cholesterol, or LDL, dropped 20 percent and his "good" cholesterol, or HDL, increased by 20 percent. Haub reduced the level of triglycerides, which are a form of fat, by 39 percent.

"That's where the head scratching comes," Haub said. "What does that mean? Does that mean I'm healthier? Or does it mean how we define health from a biology standpoint, that we're missing something?"

Here's a daily sample of Haub's diet:

- Espresso, Double: 6 calories; 0 grams of fat
- Hostess Twinkies Golden Sponge Cake: 150 calories; 5 grams of fat
- Centrum Advanced Formula From A To Zinc: 0 calories; 0 grams of fat
- Little Debbie Star Crunch: 150 calories; 6 grams of fat
- Hostess Twinkies Golden Sponge Cake: 150 calories;

5 grams of fat

- Diet Mountain Dew: 0 calories; 0 grams of fat
 - Doritos Cool Ranch: 75 calories; 4 grams of fat
 - Kellogg's Corn Pops: 220 calories; 0 grams of fat
 - Whole milk: 150 calories; 8 grams of fat
 - Baby carrots: 18 calories; 0 grams of fat
 - Duncan Hines Family Style Brownie Chewy Fudge: 270 calories; 14 grams of fat
 - Little Debbie Zebra Cake: 160 calories; 8 grams of fat
 - Muscle Milk Protein Shake: 240 calories; 9 grams of fat
- Totals: 1,589 calories and 59 grams of fat

Despite the success of the diet, Haub does not recommend replicating his diet.

"I'm not geared to say this is a good thing to do," Haub said. "I'm stuck in the middle. I guess that's the frustrating part. I can't give a concrete answer. There's not enough information to do that."

Haub's body fat dropped from 33.4 to 24.9 percent. So what matters more for weight loss, the quantity or quality of calories?

"These foods are consumed by lots of people," he said. "It may be an issue of portion size and moderation rather than total removal. I just think it's unrealistic to expect people to totally drop these foods for vegetables and fruits. It may be healthy, but not realistic."

Pretty amazing. I'm still debating whether or not I'll be sending the wife to certain isles of the grocery store. On second thought, maybe I should go myself.

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

Other Views

Rhetoric Must Be Followed Up With Action

By ADAM BITELY

Both Eric Cantor and John Boehner have been hot on the media circuit since the GOP won back control of the House last week. From press conferences, interviews with prominent papers, and releasing documents that shed light on how the next Congress might operate, Boehner and Cantor are the most-watched people in Washington, D.C.

Probable Speaker-Designate John Boehner has published an op-ed in the Wall Street Journal on what the next Speaker must do. Boehner goes as far as to call for a complete moratorium on earmark spending, a minimum of three days for a bill being posted online for all Americans to read before Con-

gress can vote on it, a complete cessation of "comprehensive" legislation, and an end to bills being written behind the closed doors of the speaker's office. He went even further on Friday when he called for the first cut of the next Congress to be lawmakers' salaries.

But despite all the nice rhetoric from Boehner, he is not Speaker yet and has yet to do anything to limit the size and scope of government since last Tuesday's midterm election. So before we go overboard and say "this is what we have been waiting for," we should all be saying, "this sounds good, hopefully this is exactly what the next Congress will be like."

Boehner is not the only one with good rhetoric. Eric Cantor, the likely Majority Leader

for the Republicans in the next Congress, has been on a roll with ideas to reform the way that Congress works. The day after the election, Cantor was out with a 22-page document titled "Delivering on our Commitment" that lays a framework for the next Congress under GOP leadership.

Cantor's document is great. It calls for serious spending cuts, a review of existing government rules and regulations, and he is calling for an end to legislation that recognizes "individuals, groups, events, and institutions." Further, on page 9 of his document, Cantor calls for all legislation that comes to the House floor to include "demonstration of the Federal Government's constitutional authority to act and why it is not more properly

an activity for state or local government."

This is all a great start from Boehner and Cantor. But they have yet to be elected to the offices they seek in the House leadership. The GOP is yet to be sworn in as the majority party in the House and the GOP still hasn't had the power of the purse handed to them.

The rhetoric we hear today fits perfectly in to what the voters declared when they went to polls on November 2. But the rhetoric of today from Boehner and Cantor need to be the actions of tomorrow when they have taken control of the House in January. If they fail to follow through on these simple promises, they will soon find themselves as irrelevant as Nancy Pelosi has become.

The Face of Energy Policy is About to Change

By REBEKAH RAST

From the right you hear "Drill, baby, drill." From the left you hear, "Go Green."

These mantras couldn't be more opposite. Now, with Republicans taking the majority in the House, Democrats retaining the Senate and President very outspoken about energy policies, finding a compromise on energy legislation should prove interesting.

Energy is inevitably going to be a hot topic. If nothing is accomplished during the lame-duck session, then starting in January the energy debate is sure to heat up.

It is already known where Obama stands on this issue. With taxpayer stimulus money subsidizing renewable energies and with the Environmental Protection Agency (EPA) imposing outrageous restrictions and rules on the current energy sector, his stance is pretty clear. And much of it doesn't fit into the Republican agenda.

Republicans would like to see more drilling exploration off America's shores and more uranium mining for nuclear energy and less government involvement in the free-market system with regards to renewable energies.

It is well-known that both Republicans and Democrats have at times faltered on their energy agendas in the past leading to disappointment within their own parties and for the American people. Leading to the question of what can we expect from the Republicans in the House this time?

Much can be derived from looking at past mistakes Republicans have made in this area, hoping they have learned from their mistakes, as well as looking at the new Chairmen taking over the House's energy committees.

"As energy takes the stage, Republicans need to remember why they are in the majority," says Americans for Limited Government's President Bill Wilson. "It's not because of their past energy agendas; it is so they can bring the right kind of energy policies to America that will limit government involvement in the sector -- something they haven't always done in the past."

It is important to note that both Republicans and Democrats have been partial to government-funded subsidies for the energy sector. Though the Democrats prefer to subsidize

renewable energies and the Republicans tend to support nuclear energy and natural gas production through similar tax credits and subsidies, it's all the same, and it's not good for America's free market system.

Because Obama lost control of the government's purse strings -- the House -- he might be more inclined to try to push making natural gas, oil and coal more expensive and more difficult to produce in America rather than a hefty cap-and-trade bill. The EPA has already had a big hand in this with its expanding regulations on dust; ozone; conductivity of water in Appalachia, which would essentially put a stop to coal mining in the U.S.; industrial boilers; and water-cooling intakes.

Though Republicans would do well to stand against all of this, including putting a stop to the EPA's egregious actions, they haven't always in the past.

The 2004 Republican platform largely supported President George W. Bush's strong backing of using ethanol as fuel. It wasn't until 2008 that the Republican's changed their stance, touting that the government should end its ethanol mandate and let the free market work.

Let's hope this current Republican platform sticks for these next two years.

Another key component as to what Republicans will support or oppose in the ways of energy policies can be derived from looking at the encouraged policies of the possible Committee Chairmen for the House Committees on Natural Resources and Energy and Commerce.

The probable Chairman for the House Committee on Natural Resources is Rep. Doc Hastings (R-WA). According to his website, Rep. Hastings supports an "All-Of-The-Above" Energy Plan, which consists of:

- Promotes alternative energy sources like wind and solar.
- Expands non-emitting nuclear power- and moves Yucca Mountain forward.
- Protects clean, renewable hydropower dams from those who are trying to tear them out.
- Drills offshore, in Alaska and on federal lands.

Tom Pyle, President of the Institute of Energy Research (IER), in post-election release expressed concern with an "All-Of-The-Above" approach to energy because, "With this

new political landscape, President Obama will try to advance his energy agenda in piecemeal fashion. Some Republicans will be tempted to go along with the President to support misguided notions of their 'all-of-the-above' energy policy. While 'all-of-the-above' makes for a good rhetorical device, it is deeply flawed as an actual policy since it seeks to increase federal involvement in all types of energy production."

In his defense, Rep. Hastings has a strong record of encouraging energy production and exploration in America and even on its protected federal lands.

One contender of the Chairman for the House Committee on Energy and Commerce is current ranking member Rep. Joe Barton (R-TX). Though Rep. Barton faces the hurdle of term limits set by the GOP, he has asked for a waiver in order to serve as Chairman of the committee.

In his letter asking for support to become Chairman, he wrote, "Over the past four years, as Ranking Member of the Committee on Energy and Commerce, I have led the charge against radical cap-and-trade legislation, fought the new entitlements and mandates that are the rotten core of President Obama's health care law, and consistently applied free market principles to legislative decisions."

If Rep. Barton does not make the cut, the next favored Chairman of the committee is Rep. Fred Upton (R-MI), states a committee press release. Rep. Upton is the current chairman of the Energy and Environment Subcommittee and also supports the "All-Of-The-Above" American Energy Act (H.R. 2846).

All of these ranking members, presumably soon to become Chairmen of these committees, know the nation's energy problems and have some good ideas as to how to fix them.

The new House of Representatives is tasked with finding solutions and compromises to America's energy needs while remaining true to its pledges to the American people. As proved Nov. 2, the American people's patience is running thin.

The Republicans have the power to do things right and create a sustainable, cost-effective and efficient energy plan for America. If they don't, their majority in the House might be short-lived.

Shelterbox...

From Page 1

couple have become devoted advocates of Shelterbox and felt a need to take this incredible journey to raise awareness and promote the need for more support for the charity. The charity began with a Rotary member and the Rotary's creed is "others before self." Huw and Carolyn have shown by their selflessness, the true definition of others before self.

Huw and Carolyn began their journey through the United States from Vancouver, Canada. They have made their way through Colorado, New Mexico and as of this week Texas. They stated that they have met some amazing people and have seen sites that have left them breathless in their travels across the United States. It is their hope that after completing this trip in 2011, that they can return for an "extended holiday", as Carolyn called it and spend more time seeing some of the amazing places and sites they only had a short time to see this trip.

Huw and Carolyn made their way to Post on Sunday, Nov. 7th and were hosted for dinner on Sunday evening by Mayor Thressa Harp, Judge Lee Norman and his wife Marsha, Rotary president, Dave Tyler and Post Dispatch editor Jodi Lincoln. The group felt Huw and Carolyn needed to have a "Holly experience" and they dined at Holly's Drive In, where Huw and Carolyn were treated to Holly burgers with ice cream for dessert. Carolyn said her Holly burger was the best burger she had ever eaten. Huw was equally impressed with his burger. Before leaving, Huw and Carolyn added their names in the tradition of signing the

wall at Holly's.

When asked what she had experienced on her journey that had impressed her the most, Carolyn replied, "the weather here is absolutely beautiful. In England we have a lot of gray and wet days. We love the beautiful weather here."

Huw, the "driver" of their tandem bike says, "I have had the pleasure of being Carolyn's windscreen and I have taken some large hits from insects along the way."

Asked about what they missed the most while on their journey, Carolyn responded with, "I miss my mascara, my jeans, and I miss occasionally dressing up in smart clothes. My one luxury is having my hair dryer!" She laughed. Huw said, "My camera, I miss my good camera to take pictures of some of the amazing sites we have seen. I have his little cheap camera, of course, but it is not anything like my good camera."

The couple set up their tent from their green box and displayed some of the contents that the box contains. They also set up a presentation for the elementary children in the school auditorium. After their presentation was concluded, the couple continued on their journey with Snyder being their next stop. They will continue on through Louisiana and finally end this leg of their journey Tampa, Florida in mid December. They will fly back to England and spend two weeks home for the holidays. They will then resume the last leg of their journey in New Zealand and Australia and they will conclude their trek at Cornwall, England where they began.



Huw and Carolyn Thomas shown signing the wall at Holly's Drive In as Dana Holly looks on.

Photo by Jodi Lincoln



A tent erected from the supplies of a Shelterbox emergency relief box

Photo by Jodi Lincoln

Thanks for reading!



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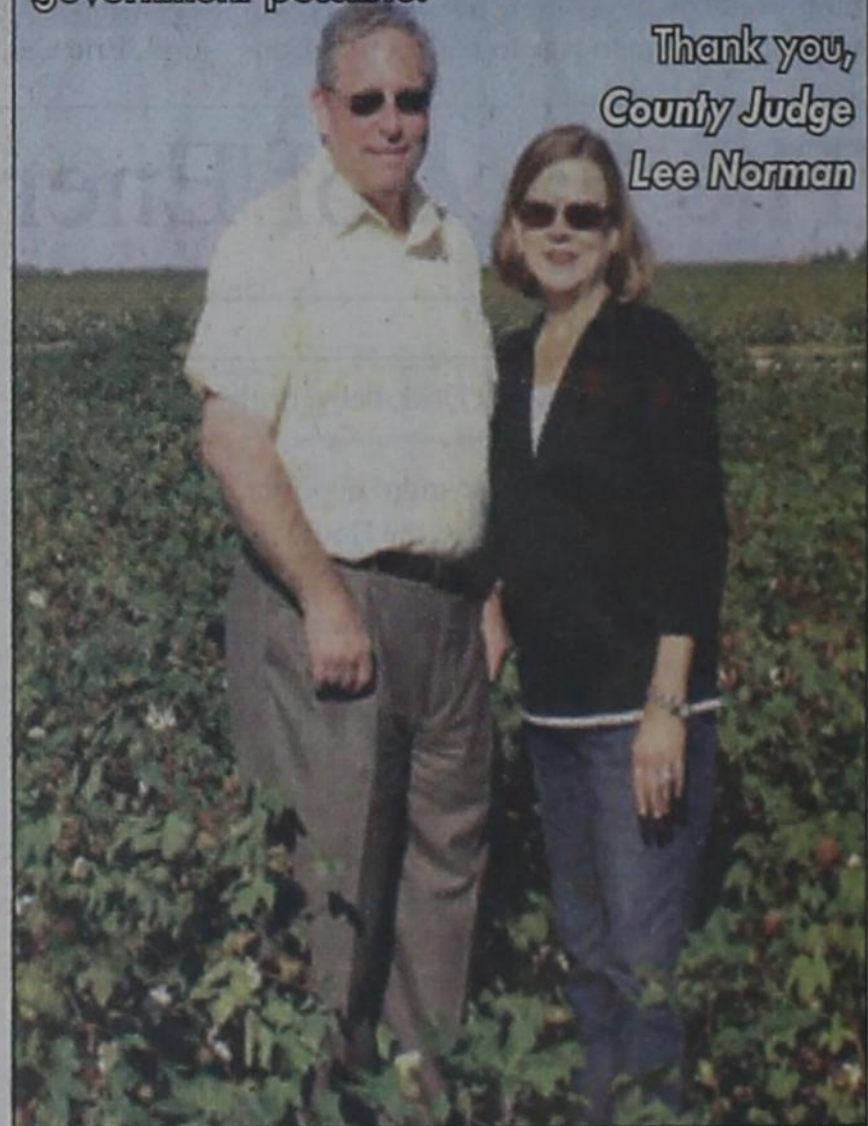
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LENDER

Thank you to the voters of Garza County. I appreciated all who supported me in the election. I look forward to continuing to serve our county and will work with your elected officials to provide the most effective government possible.

Thank you,
County Judge
Lee Norman



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