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The Post Dispatch

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Friday, May 20, 2011

Monsanto Donates \$2500 to Oden's

Monsanto representatives, Rhett Brewster and Eric Best, recently presented a \$2500 check to the Rodney, Marcie and Kelbie Oden. The America's Farmers Grow Communities program, sponsored by the Monsanto Fund, gives farmers in more than 1,200 eligible counties across 38 states the opportunity to win the money for their favorite community non-profit organization. Their goal is to help farmers support their rural communities. "We have limited resources so we focused on a set number of counties in order to make the greatest impact on rural communities," said Monsanto representative Rhett Brewster. Over 47,000 farmers across the country participated with one winning farmer in each eligible county.

In 2011, the Monsanto Fund will invest \$172,500 in 69 Texas counties. The Oden's have chosen to donate the money to Garza County 4-H. Accepting the donation were Garza County AgriLife Extension agents Nancy McDonald and Greg Jones. "This will certainly help fund and enhance programming projects and activities for local 4-H youth," acknowledged Nancy McDonald. The 4-H program operates largely on fundraisers, like the annual rodeo concession stand, and memorials. Additionally, a Syd Conner Memorial Scholarship fund was recently established. Donations for the scholarship fund can be sent to the Garza County Extension Office.



April Rotary Student Cassandra Pitts

By Jodi Lincoln
 News Editor

Cassandra Pitts is the daughter of Eddie and Shelia Pitts. She was one of eleven students who attended four Tuesday Rotary luncheon meetings. On one of her visits, she gave a public speech to the Rotary members about herself and her ambitions after graduating high school. Cassandra attended the month of April and met the necessary requirements to be in competition for one of the two scholarships the Rotary awards each year to deserving students.



Cassandra is a senior at Post ISD and is planning on attending two years at a business college in Amarillo before transferring to Texas A & M to complete her degree in business management. Cassandra moved to Post with her parents in 2002 and has attended the Post ISD for 9 years. During her years in high school Cassandra has participated in a number of school activities including track, Cross Country, basketball, UIL, band and 4-H. She has been very active with the Tri-State High School Rodeo Association and FFA horse judging. Rodeoing is one of Cassandra's favorite past times. She has received an award in both telecommunications and in chemistry, but most prized awards have been for Reserve Champion barrel racer, Reserve Champion pole bender, Year End Champion goat tier, and All Around Champion goat tier. Cassandra enjoys other outdoor activities like diving, snow skiing, water sports, camping, fishing, four-wheeling. She likes trying her hand at photography too.

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Garza County Sheriff's Department makes another drug bust

By Jodi Lincoln
 News Editor

The Garza County Sheriff's Department was once again successful in taking more drugs off the streets of our community. At 11:40 am, Tuesday the 17th of May Detective George Cavitt observed a vehicle in the eastern part of the city driving around with a passenger's feet and legs extending out the vehicle window as it was in motion. The Detective pulled the vehicle, a Chrysler Sebring, over for what he expected to be a routine safety violation. As the officer approached the vehicle he noted there were two people in the vehicle, the driver, an 18 year old female and the passenger, a 27 year old male. When the officer asked the driver to show her driver's license, the driver replied she did not have one. Officer Cavitt then asked to see her insurance card to

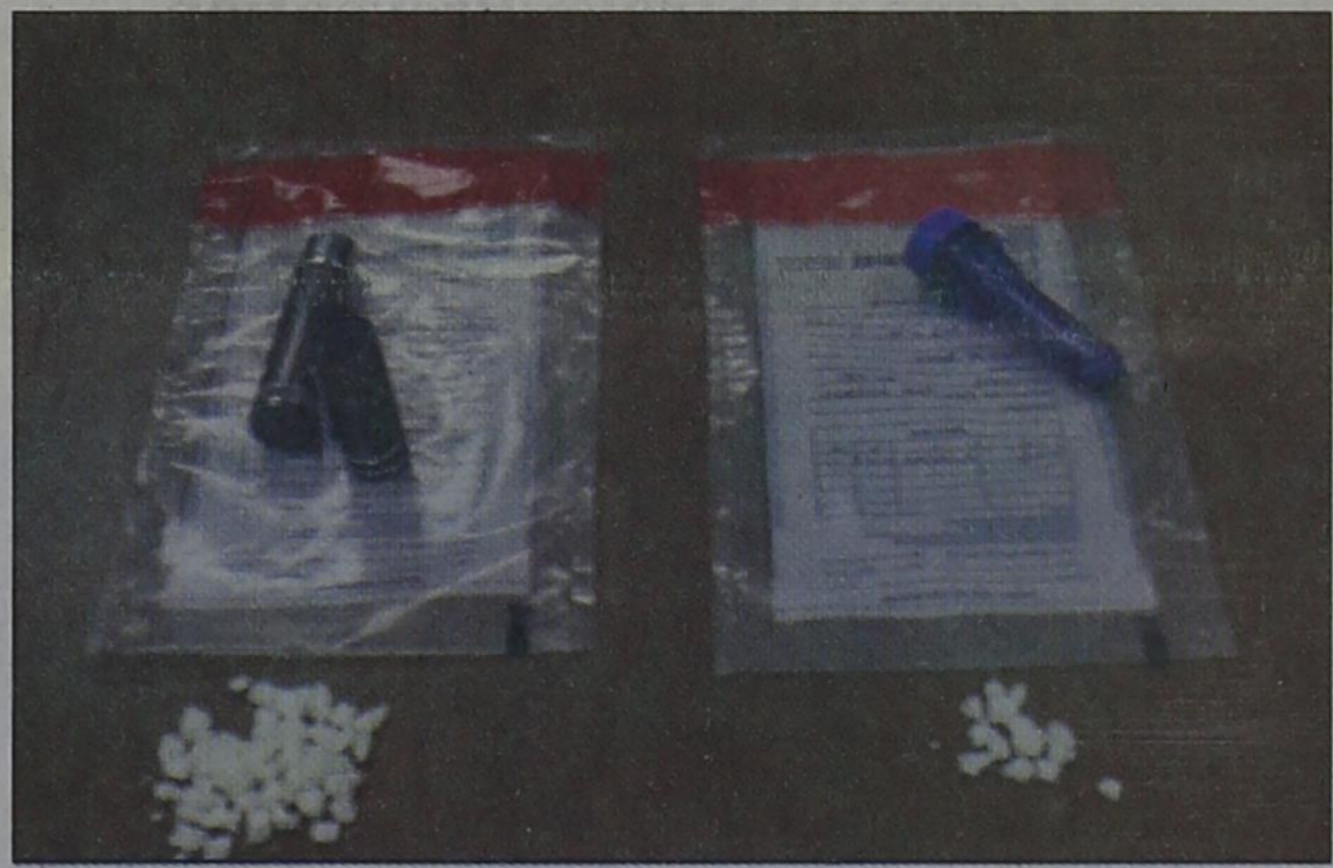


Photo by Jodi Lincoln

which she replied that the vehicle didn't belong to her. The passenger of the vehicle stated that it belonged to him and he had no insurance in effect at that time. Cavitt asked the driver to step out of the car and it was at that time

that he smelled the strong odor of marijuana emanating from the vehicle. Suspecting that the pair may have drugs in the vehicle due to the odor he detected, Cavitt proceeded to ask the suspects if he could search the vehicle at which

point both the driver and the owner of the vehicle gave their consent to a search.

Bust...
 continued on page 9

Post Notes

Summer Rec is Around The Corner!

Registration for this year's Summer Rec Program begins Tuesday May 31 - June 30th. Participants must be registered prior to joining in the activities. Sign-ups will be held at the Middle School Gym. Program runs from 8:00am - 12:00pm. Breakfast and lunch are being served at the Post Cafeteria. Lunch is at noon, and we ask the parents to pick-up their children in front of the cafeteria between 12:15pm and 12:30pm. Any questions contact Lorie Rivera at 495-3253 or 441-8465.

Spaghetti Benefit Luncheon:

Sunday, May 22, 2011. First United Methodist Church. Pick-up between 12:00pm - 1:00pm. Menu: Spaghetti, salad, bread, and dessert. Purchase tickets from any Elementary, Middle, or High School Youth. Thanks for your support.

You are a BLESSING! *Proceeds to benefit Youth attending church camp this summer.

Track Send Off

There will be a send off for the state track kids tomorrow @ 9:45-10:00. We have two students that qualified in 3 events! The busses will drive by the front of each school and then go through Main Street before they head to Austin.

If you can get outside to wave and cheer them off, (signs, cheers, waves, honks, etc.) please do!

Also...The Elementary will be putting on their Spring play tomorrow at 10:00, 1:30, and 6:30 at the Elementary Auditorium. Mr. Nichols always does such a great job getting these kids together. You won't be disappointed!!

Calvary Baptist Church:
 Calvary Baptist Church hosts Inspirational night with

country music recording artist, Daron Norwood.

This country hit maker has a heart for the church and believes families can come together to pay tribute to Christ through song. Daron Norwood grew up as a gospel singer before moving to Nashville and performing in the Grand Old Opry. His motto is to perform and let God touch those that need Him most, drawing closer through the words and music. Daron was given by the Lord. Daron has written 10 new praise songs that were laid on his heart, and eager to share a few with the congregation.. June 5th, 2011 at 6:00pm.

Reception. Honoring Dr. James T. Egan and family for their six and one half years of ministry. Sunday, May 22, 2011 3:00pm-5:00pm. Heritage House 109 North Ave N. Post, Texas.

Graham Ole Opry:
 The Graham Ole Opry will be held Saturday May

21 from 7:00pm till 10:00pm at the Graham Community Center, Five miles west of Post on US 380 and two miles south on FM 399.

There is no admission charge; hat will be passed for donations to help with upkeep on the center. Concession stand with drinks and snacks will be available.

For more information contact Noel White at 806-495-3261.

Garza County Horse Play days will begin Saturday, May 28 at the Post Stampede Rodeo Arena followed by each Saturday in June-June 4th, 11th, 18th and 25th. The four events will include barrel racing, pole bending, flag race and goat touching or tying for four age divisions determined by birthdays of January 1, 2011. The age divisions are peewees, seven and under; juniors, 8-12; intermediates, 13-15

Post Notes...
 continued on page 9

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 Dispatch on
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Obituaries



ANNIE VIOLET GRAVES

Annie Violet Graves, 89, of Post, Texas, passed away Monday, May 16, 2011, in Lubbock, Texas. She was born in the Pleasant Valley Community of Garza County, October 5, 1921, to Wallace and Earlie Violet (Young) Smith.

She was married 65 years to Wagner Graves until his death December 14, 2003. They farmed together in the Crossroads Community northeast of Post all their married lives. She worked alongside her husband raising peanuts, cotton and hay for their cattle. In the 1940's and 50's, they shipped truck and box car loads of watermelons from the farm. They also raised and sold peaches from their 100-tree orchard.

She also worked at Dunlaps in Post, and served as correspondent for The Post Dispatch writing the "Crossroad News." She was a member of the Garza County Home Demonstration Club for many years.

She is survived by two children: her daughter, Willa Didway and husband Walter; and son, Ronnie Graves and

wife, Diane, all of Post. She is also survived by five grandchildren: Cristal Reason and husband, Micah, of Roland, Oklahoma; Blair Didway, and wife Shelly, of Newberg, Oregon; CW4 Russel Graves and wife, Lonna, of Fredericksburg, Virginia; Ron Graves and wife, Melinda, of Floydada, Texas; and Angela West and husband, Mark, of Lubbock, Texas.

Her twelve great-grandchildren include: Justin Phelps; Tatum Booth; Wyatt, Luke and Claudia Ann Didway; Zachary, Zeb and Hunter Graves; Braden and Heston Graves; and Kyler and Karsen Susanne West.

Services were held Thursday, May 19, at Hudman Funeral Home with interment at Terrace Cemetery in Post. Pallbearers were grandchildren and great-grandchildren.



ELSIE MAY SULLIVAN

Services for Elsie May Sullivan, 77 of Post were held at 2 PM Friday, May 20, 2011 in the Hudman Funeral Home Chapel with Travis Sweet of the Post Church of Christ officiating. Burial in Terrace Cemetery was under the direction of Hudman Funeral Home.

She died Tuesday, May 17, 2011 in Post. She was born April 8, 1934 to George and Eveline Graham. She married Nahum Sullivan on April 7, 1950 in Lubbock. She and Nahum were in the Upholstery business in Post for many years. She was a member of the Church of God.

Survivors include her husband of 61 years: Nahum Sullivan of Post, 1 Son: Charles Sullivan of Post, 2 Brothers: William Graham and Marvin Graham both of Lubbock and 1 Sister: Myrtle Busby of Hobbs, NM.

JAMES (BOB) GRAVES JR.

Services for James Marion (Bob) Graves Jr. were held at 2 PM Tuesday, May 17, 2011 at the Post Church of Christ with Travis Sweet officiating. Burial in Terrace Cemetery was under the direction of Hudman Funeral Home.

He died Saturday, May 14, 2011 in Lubbock. He was born March 25, 1928 in Post to J. M. (Jim) and Minnie Graves. He was a resident of Post for many years before moving to Lubbock. He was a Navy veteran and a member of the Church of Christ.

Survivors include a son James Graves of Gardiner, Ca., 1 Sister: Charlene Haynie of Lubbock and 1 Brother: Cletus Graves of Lubbock. 1 brother: Arlen Smith from Smithville, 1 sister: Dixie Nell Holster from Lufkin, Tx.

He was preceded in death by a daughter: Janene Mori on April 9, 1904.

Chamber News

The Post/Garza County Rodeo will be in Post this weekend. The event will be held at the Post Stampede Rodeo Arena on Saturday and Sunday and our Varsity Girls Basketball Team will be running the gate and concession stand.

The Garza Theatre will have "The 39 Steps" Friday and Saturday at 7:30 p.m. and also a Sunday matinee at 2:30 p.m.

The High Plains Junior

Rodeo will be in Post this weekend. The event will be held at the Post Stampede Rodeo Arena on Saturday and Sunday and our Varsity Girls Basketball Team will be running the gate and concession stand.

Community Recovery Center will be hosting our quarterly Chamber Members Meeting on Thurs-

day, June 2. All Chamber members are invited as well as anyone interested in becoming a member of PACC.

Congratulations to our Members of the Week: Platinum Member - WELLS FARGO BANK Silver Member - TRAY PAYNE & ASSOCIATES



Advice to tour guides: If you're talking to 10-year-old boys, throw in a murder and a suicide. Works every time.

No, I'm not a seasoned tour guide. I learned that guiding principle only recently - namely, yesterday evening. But the next time I lead a group of adolescents on a historical walking tour, I'll know to mix the sensational stuff with the architectural details.

Last night's tour for adolescents followed close on the heels of a similar tour for adults. The grown-ups were nice and showed interest in everything, but the kids were the greater delight. For instance, they weren't perturbed when the train went by. They stood at the track and counted the cars and prompted the engineer to blow the whistle more than usual, which is a lot. OK, I'll admit it. I too signaled him to lay on the whistle toots - the same way my friends and I used to get truckers to blow their air horns. Do trucks still have air horns? Not that it matters.

Anyway, back to last night's boys. They asked

me first about saloons. Armed with a sheaf of information based on maps that went back to 1892, I was able to confirm to them the prior existence of several saloons. Never disappoint.

They told me they'd heard there'd once been a shootout.

I confirmed what they'd learned in school, even as we stood where the gun battle occurred. Since we were on an architectural tour, I worked saloons into the story. It's true the protagonists had hit more than one local watering hole that day, probably all on the very street where we stood. I made nothing up.

Not that I would lie - neither to kids or adults. There's too much truth to tell.

Based on their interest in saloons and the famous gunfight, I told them about a suicide a couple of blocks away - one they'd not heard about in school. Again, success.

More advice to tour guides:

It's best to tell stories that have the patina of time. After enough years, sensitive

issues diminish, and you simply have a good story. About 75 years usually does the trick, but sometimes you have to wait 100, especially in a small town. You never know whose grandkid is listening.

Speaking of grandkids, a friend of mine has one who's about 11. She was chauffeuring him in the town where he lives. Coincidentally, some of his ancestors once lived there too. When she happened to drive him by the courthouse, he told her his friends said it was haunted.

She told him that his great-great uncle (or some such relative) had killed himself there.

Probably nothing she could have shared with him would have given him a better story to tell schoolmates the next day.

A few good stories. That's all it takes to bring history to life for eager young minds.

One of the boys in my little group summed it up with one remark:

"And I thought these were just old buildings."

Covenant Heart Matters Free Seminar to Focus on Stroke Prevention

(LUBBOCK) - Get tips on how to prevent a stroke at the May Heart Matters free seminar hosted by Covenant Health System. The "Stroke Prevention: Choices and Changes" presentation will be from 9 - 10 a.m. on Friday, May 27 at the Knipping Education Conference Center.

Join Tim Smith, R.N., E.M.T.-P., stroke coordinator at Covenant Health System, as he discusses the signs and symptoms of a stroke as well as ways to prevent a stroke from hap-

pening. He will also discuss risk factors that increase the possibility of having a stroke.

According to the Centers for Disease Control and Prevention, stroke is the third leading cause of death in the United States. A stroke occurs when a clot blocks blood flow to the brain or when a blood vessel in the brain bursts. Some risk factors, such as genetics, age and gender can not be controlled but making healthy lifestyle choices can help reduce the risk of having a

stroke.

Taking steps to reduce the risk of developing heart disease or having a stroke are essential in living a longer, healthier life.

To R.S.V.P. for the seminar, please call 1.866.4COVENANT (1.866.426.8362). A continental breakfast will be served and free parking will be provided.

The Knipping Education Conference Center is located on the sixth floor of the west parking garage at the corner of 21st Street and Louisville Avenue.

PRAY FOR RAIN!

SUDOKU

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

Level: Beginner

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!

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

ANSWER:

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!

Easterling, Texas A&M Formula SAE Hybrid Team Race to World Championship Title



Cole Easterling, mechanical engineering major, along with more than thirty other engineering students from Texas A&M University in College Station, won the World Championship title in the 2011 International Formula Hybrid Competition May 1-4 at the New Hampshire Motor Speedway in Loudon, N.H. The team accumulated 871.24 points out of a possible 1000 with second place Brigham Young University finishing with 712.04. The A&M team also received the Best Engineered Hybrid Systems Award given by General Motors. Twenty-one teams from the United

States, Canada, and Sweden competed.

Formula Hybrid challenges college and university students to design, build and race high-performance, plug-in hybrid vehicles. Building on the Formula SAE program, Formula Hybrid adds an extra level of complexity: fuel efficiency. With technological challenges for students with backgrounds in electrical, mechanical and computer engineering, Formula Hybrid encourages interdisciplinary teamwork and innovation. Points are accumulated for design, marketing, electric and unlimited acceleration, autocross, and endurance.

The racecar was designed and built by engineering students at Texas A&M for the Formula SAE student design competition. Dr. Make McDermott, associate professor in the Department of Mechanical Engineering is the team adviser. Under his supervision Texas A&M has a winning history in the Formula SAE contest. The car and team won the hybrid contest in 2009 on their first try and placed second in the 2010. Texas A&M teams have taken part in the international Formula SAE competition since 1999 and won that competition in 2000, 2006 and 2007.

The competition was founded by Thayer School of Engineering at Dartmouth in 2006. Thayer School runs the event each year, and the competition carries the endorsement of the Society of Automotive Engineers Inc. (SAE) and the Institute of Electrical and Electronics Engineers (IEEE). The event also includes an educational program for high school students interested in learning more about Formula Hybrid.

Cole is the son of James and Amy Easterling and grandson of Bobby and Jennie Cowdrey.

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Feral hogs ruffle feathers of ground-nesting birds

COLLEGE STATION — Landowners in the Plum Creek Watershed area and elsewhere in the state should be aware that feral hogs not only damage crops and pastures, but also have a negative impact on ground-nesting birds, according to Texas AgriLife Extension Service experts.

"Typically, feral hogs are not thought of as predators, but they fill that role as well," said Dr. Jim Cathey, AgriLife Extension wildlife specialist in College Station. "They are opportunistic omnivores, eating whatever plant or animal matter is available as they compete with other wildlife for food sources."

Cathey said that means ground-nesting birds, like northern bobwhite quail and wild turkey, along with their eggs, are often on the feral hogs' menu.

"For an animal that keeps its nose close to the ground, these birds' nests can be especially vulnerable," he said.

The northern bobwhite has been declining over much of its historic range in Texas for several decades, according to Dr. Dale Rollins, an AgriLife Extension wildlife specialist in San Angelo.

To better understand predation of northern bobwhite nests, Rollins has been teaming up with landowners and AgriLife Extension agents to monitor predation rates in the Rolling Plains area of the state, using simulated bobwhite nests to help determine the extent of feral hog predation.

Rollins said during trials conducted in 1993 and 1994, he and the other participants found that on a ranch in Foard County 23.5 percent of the simulated bobwhite nests he and others set out were consumed by feral hogs. They also found that 11.5 percent of simulated nests they had set out on a ranch in Shackelford County were depredated by feral hogs.

"This suggests that nest predation by feral hogs is conceivably a contributing factor to the northern bobwhite population decline," Rollins said. "And those experiments were conducted

nearly 20 years ago, so the feral hog populations have increased substantially since that time."

Cathey noted that three subspecies of wild turkey are found in Texas, with the most common being the Rio Grande subspecies followed by the eastern subspecies.

"Researchers have documented nest predation by feral hogs for each of these birds," Cathey said. "The eastern subspecies was extirpated in much of its Texas range, typically east of the Trinity River. Texas Parks and Wildlife Department reintroduced eastern wild turkey with hopes of re-establishing the population."

He said the Gus Engeling Wildlife Management Area between Palestine and Corsicana was one location where these turkeys were released.

"To monitor movement and nest success, these turkeys were fitted with radio transmitters and nests were located and observed," Cathey said. "Observations showed that feral hogs, among other predators, consumed eggs from nests."

In a previous attempt to increase nesting success among ground-nesting birds, Texas Parks and Wildlife Department staff also increased control of feral hogs. They discovered that in 1998, when only 68 hogs were removed, the nest success was zero percent. But in 1999, when control was increased and a total of 313 feral hogs were removed just before the nesting season, the nest success rate increased to 25 percent.

"While feral hogs are not the only nest predators of wild turkeys, this research suggested an effect where reducing or driving feral hogs from the area increased nest success," Cathey said. "Other factors like rainfall could also contribute to nest success, but removal of a non-native predator like feral hogs should be considered a part of successful ranch management."

He noted that landowners should utilize several control methods for feral hogs, which may include trapping, snaring, shooting, use of dogs and hunting.

"Given the high reproductive rate of feral



Along with the other damage they do, feral hogs can negatively affect populations of ground-nesting birds by eating both them and their eggs, such as the quail eggs pictured above.

Texas AgriLife Extension Service photo

hogs, many more native wildlife species are likely impacted," he said. "The bottom line is that native wildlife species need a reprieve and this can be provided through aggressive feral hog reduction."

To help landowners in the Plum Creek Watershed and other areas of the state understand more about feral hogs and the methods used to manage them, AgriLife Extension has developed publications in English and Spanish that can be downloaded at no charge. To view and/or download these publications, go to the Plum Creek Watershed Partnership website at <http://plumcreek.tamu.edu/feralhogs>.

The site also contains an on-line tool for reporting feral hog sightings or control measures, with one report for cooperating landowners and another for the general public.

For more information on feral hogs in the Plum Creek Watershed area, contact AgriLife Extension assistant Jared Timmons at 254-485-4886 or jbtimmons@ag.tamu.edu.

Funding and support for the development of the Plum Creek Watershed Protection Plan is provided through a Clean Water Act §319(h) nonpoint source grant from the Texas State Soil and Water Conservation Board and the U.S. Environmental Protection Agency.

Texas drought continues to worsen

The Texas Farm Bureau board of directors, meeting in its regular quarterly session at its headquarters in Waco, Texas, issued the following statement of urgency:

As wildfires in Texas continue a rampage across more than two million acres, another major disaster is gripping the Lone Star State. Dry weather has a stranglehold on all but a small portion of Texas. Almost the entire state is officially classified in drought—much of it as extreme or exceptional. The seven-month period from October of 2010 to April of this year is officially the driest on record. May is usually

our wettest month. Except for a few isolated areas, rain has refused to fall.

Texas farmers and ranchers are in an extremely critical situation as we prepare for June and the hot summer months. Crops are shriveling in the field. Pastures are burning. Many farmers likely will have little or nothing to harvest. Some ranchers already are selling their herds.

The irony is that Texas farmers and ranchers entered in drought—much of it with great hope. Crop and livestock prices were high. Texas agriculture was looking forward to a great year. Instead, we're facing a situation that could be more

devastating than the drought of 2009, when farmers and ranchers suffered direct losses of \$4 billion. This year, input costs for producing crops and livestock are close to historic highs. According to the American Farm Bureau Federation, these costs have increased 85 percent since last year. Fuel, fertilizer, seed, feed and other

high-cost production items already are invested with little hope of breaking even financially. Although it's too early to speculate, those kinds of losses two times in three years will be hard to overcome for many producers. Texas agriculture is responsible for about 14 percent of jobs in Texas. The agriculture industry has been

a positive national force in helping the U.S. pull through the recession. We are concerned about the negative consequences even beyond our farms and ranches.

Texas Farm Bureau will continue to explore all avenues of assistance with state and federal officials. We will marshal what resources are available to help farmers and

ranchers through these difficult times. We call upon federal and state officials to recognize the plight of Texas farmers and ranchers and to expedite any assistance that can be made available.

What will help most is steady, abundant moisture. Farmers and ranchers ask all Texans to join us as we pray for rain.

Extension Extras

Did you know that 4-H is free to join and open to all kids in 3rd grade or 9 years old to 19 years old in Garza County?

Golf Challenge
This is open to anyone; you do not have to be a 4-H member to enter. It will be held on July 6, 2011 at Meadow Brook Golf Course. You must have a team of three to enter and it will cost \$90 per team. That will include 18 holes of golf and a catered lunch. Contact the office if you need information on registration.

Camps
Several camps are scheduled this summer.
• Electric Event in Cloudcroft, NM is now open for entries.
• AggieLamb Lamb & Goat

Camp will be held in July.
• Chef Camp will be in June and a great opportunity for anyone who enjoys cooking.
• Prime Time is also a great camp to attend this summer. Call for information on any you may be interested in, and there are more camps to choose from.

Extension Office: 215 W Main (806) 495-4400
Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

MEMORIAL DAY EARLY DEADLINES

So our staff may remember those who gave everything for our freedom and celebrate with our families, *The Post Dispatch* will be closed Friday, May 27

Because of this, our deadlines for ads will temporarily be moved to noon, Monday May 30. Thank you.

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MEMBER FDIC

Lobby Hours 9-3 M-F
Drive In Hours 9-6 M-F
9-12 Sat



In and Around Close City

by Traci Freeman

Weather
Still no rain but keep the positive thoughts and prayers going.

News
Sympathies go out to the Robert and Daniel Contreras family for the loss of their mother who lived in Mexico. Thoughts and prayers are also sent out to the Graves family for the loss of Annie Violet. Everyone please keep these families in your prayers.
Maurice Fluitt aka Uncle

Bubba and his twin sister Jeniece aka Aunt Nicie celebrated their birthdays together with a "mini" Fluitt gather'n in Bowie. Those that attended from Post were; Jerry and Judy Bush; W.O. Fluitt; Delwin and Kathy Fluitt. All say they had a great time.

Gene King was in the other morning telling me he is reading the book "Walking Backwards in the Wind" by Helen Mangrum Fields who grew up here in Ragtown. Mrs. Fields

now lives in Arkansas, she wrote the book about her life growing up and attending school in Ragtown. If you have not read this book you should really get a copy and check it out. Barnes and Noble in Lubbock ordered one for me.

Visitors
Doctor Ben, Cade, Ellie, and Cass all came out to visit and bring farm fresh eggs to us. We also had 5 students from Post Elementary come out

and tour the gin and the school; Lissette, Bobbie, Jessica, Kylie, Adrianna... yall come back and see us anytime!

Don't forget to check out our page on Facebook under Close City Community. Feel free to write on our wall or post pictures. It's a fun place to keep up with friends and happenings.

Did you know?
Cats have over one hundred vocal sounds, while dogs only have about ten.

Close City Birthdays
May 20th - Josh Bush
May 24th - Kale Yarbro
May 25th - Marsha Norman
May 26th - TJ Ellis
If you or your family are not on our birthday calendar shoot me a line and I will add them.
Ragtown folks in the nursing homes we need to remember are.....W.C. and Marj Caffey in Marble Falls; Doug and Claudine Tipton; Carmen Abraham; Sue Shytles in Post; Odie Kemp in Tahoka; Jean Tipton in San Angelo; Jewel White in Lubbock. Others are, Mack Ledbetter

in Slaton; 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.

EYI
Get your cookbooks and T-shirt order forms at Cocara's downtown or you can come by the gin and pick one up.

Everyone have a great week, be safe, come see us and keep rain and our troops in your daily prayers and send me your news! See ya next week.



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Weekly Inspirations

THE LIGHT OF THE LORD BRIGHTENS MY WAY
BY MICHAEL F. TAYLOR

I truly believe that the Testimony of the believer is one of the most important aspects of the Christian walk! Our testimony, verbally, and outwardly in the way that we live should be something that directs others to Jesus Christ. It's kinda like Bill, an 80-year-old man who went to his family doctor for his yearly physical. And after the doctor had completed all of his tests, he happily informed Bill that they came back with completely normal results. Now being impressed with Bill's physical results, the doctor commented, "Well Bill, everything looks wonderful on your blood work. Your heart is fine, no signs of diabetes, and your blood pressure is just where it ought to be! So, how are you doing mentally and emotionally?" And being a devout believer himself, asked, "And how is your relationship with God?"

Bill reflected for a few minutes and then said, "Well, Doc, funny that you should ask that question. The truth be known, God and I are Copasetic! Two peas in a pod! God knows I have some eyesight problems, so He has even performed a miracle for me. Did you know that when I get up in the middle of the night to go to the bathroom and open the door... poof! The light goes on. And when I'm done and walk out, poof! The light goes off. It's downright amazing Doc."

"Oh my goodness Bill, that's a testimony for you to tell all!" the doctor exclaimed.

Excited and encouraged about Bill's miracle, the Doc wasn't able to get it out of his mind through the course of the day. Finally unable to contain his excitement any longer, he called Bill's lovely wife Sarah on the telephone.
"Sarah," the Doctor said as she answered the phone, "I just wanted to let you know that Bill is doing fine! All of his Annual Physical results came out positive. But I just had to call because I'm so excited about his close relationship to God. He even old me about his miracle! It is truly amazing that when he gets up during the night... poof! The light goes on in the bathroom. And when he's done... poof! The light goes off!" "Oh my goodness!" Sarah exclaimed, "He's peeing in the refrigerator again!"

Well, that certainly gives new meaning to the Scripture in Psalms 119:105, "Your word is a lamp for my feet, a light on my path." NIV. Regardless of whether Bill's light was a true miracle or not, it is important that we continue to tell others about Jesus Christ! Our testimony is important.

Look at John Chapter 12:9-11, 17-22, "9 Meanwhile a large crowd of Jews found out that Jesus was there and came, not only because of him but also to see Lazarus, whom he had raised from the dead. 10 So the chief priests made plans to kill Lazarus as well, 11 for on account of him many of the Jews were going over to Jesus and believing in him. ... 17 Now the crowd that was with him when he called Lazarus from the tomb and raised him from the dead continued to spread the word. 18 Many people, because they had heard that he had performed this sign, went out to meet him. 19 So the Pharisees said to one another, "See, this is getting us nowhere. Look how the whole world has gone after him!" 20 Now there were some Greeks among those who went up to worship at the festival. 21 They came to Philip, who was from Bethsaida in Galilee, with a request. "Sir," they said, "we would like to see Jesus." 22 Philip went to tell Andrew; Andrew and Philip in turn told Jesus. 23 Jesus replied, "The hour has come for the Son of Man to be glorified. 24 Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. 25 Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. 26 Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me." NIV Lazarus's testimony was making a difference in the lives of others. Because of Jesus love for Lazarus, he raised him from the Dead! And because of Lazarus people were hearing about Jesus! And folks were coming to hear the gospel of Jesus Christ. Make no mistake about it; others need to hear how much the Lord has meant to your life. How He has lit the path of your walk! My prayer for each of you this week is that you would testify about your Lord and Savior Jesus Christ. God bless and remember - HE WILL KEEP THE LIGHT ON FOR YOU!

"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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Church Directory

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Bethel Assembly of God (Bi-Lingual)	407 May St.		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		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

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

I'm not Horsin' Around!!

By Dr. Kerry Wink, DVM
Correspondent

Over the past two weeks, the equine and veterinary worlds are witnessing an outbreak of epic proportions. An outbreak so severe...any exposed veterinary colleges, clinics, and equine events have been forced to shut completely down. What I'm referring to is a virus known as EHV-1 (Equine Herpesvirus 1).

EHV-1 is a fast spreading, airborne virus that is highly contagious to horses. It is easily spread by horse to horse contact, but also by contaminated hands, tack, buckets, equipment, & feed. These are some reasons why equine events and veterinary hospitals across the country are being shut down for biosecurity measures to minimize outbreak. Most of you may be experiencing this first hand with the cancelation of events here in West Texas such as the San Angelo S.H.O.T. show.

With a quick incubation period of 1-2 days, if your horse is exposed to EHV-1, it will become sick within this short time frame. Upper respiratory symptoms develop at this point including fever of 102 or higher, cough, nasal discharge, and depression. This is the most common form of EHV-1.

8-12 days after the initial signs (upper respiratory form), a neurological form of the virus can appear. This is rare, but also the main cause of high morbidity and fatality rates. Symptoms include in coordination, hind end weakness, excessive lying down, diminished tail tone (meaning no control of tail), and inability to get up. This form of EHV-1 is the greatest concern for what the equine industry is experiencing now.

Currently there is no equine vaccine labeled for protection against this neurological form. However, since this begins as an upper respiratory form, by vaccinating with a Rhino vaccine, we can reduce or

prevent the number of virus circulating in the blood. By reducing the number of circulating viruses in the blood, this limits the chance of mutation into the neurological form.

A third form of EHV-1 is Abortion. This can affect mares from 5 months to 11 months along in gestation. Luckily, we have a vaccine available specifically for preventing EHV-1 induced abortions in horses.

There is no specific treatment for EHV-1, just supportive care. This can include antiviral drugs, antibiotics, anti-inflammatory, IV fluid treatment, and more.

Let me make a quick side note at this point. I can honestly say I know firsthand about EHV-1 and its significance. In the winter of 1997, my 3 year-old reining prospect mare contracted EHV-1. Not only did she show upper respiratory symptoms, but she also developed the neurological form as well. I could literally take her tail and fold it completely over onto her back. Now most of you 'equine people' know normally horses won't let you raise their tail to this point without resistance so this was a big concern. She was also weak in her back end causing her to be 'off' in movement.

She recovered with supportive care; however, she never fully regained her quality of movement in the hind end which ended her show career.

PREVENTION IS KEY!! Here are some simple procedures you can take to protect your horse.

- 1) Isolation - immediately isolate new or returning horses to property for 7 days. For those of you who work and travel with horses either showing, rodeos, or training, please take precaution!
- 2) Sanitation - using a solution of 1 part bleach to 10 parts water

HORSES...
continued on page 9

Yesteryears

10 YEARS AGO

Christopher Metsgar named Ambassador for the 2001-2002 academic year.

David Morrow, son of Mr. and Mrs. Charles Morrow performed with the Opera Orchestra of New York at Carnegie Hall.

Amity Study Club had yearend meeting at the ranch of Tommy and Janie Middleton.

20 YEARS AGO

Post ISD trustees planned for central air and heat for campus buildings.

Bryan Williams IV, son of Bryan William III was awarded the Parents Council Certificate Merit at Miami University. Douglas

30 YEARS AGO

10 PHS seniors graduate with honors. They were: Holly Giddens, Amy Thuett, Patricia Hair, Ronnie Bilbo, Luann Kennedy, Dee Dee Redman, Sharla Macy, and Drew Kirkpatrick. Kevin Craig was valedictorian and Donna George was salutatorian.

Cindy Basquez and Melissa Striblin, won the State 4-H Roundup.

LaDonna Scott was first place winner in the Landscape Horticulture at the District 4-H contest held in Lubbock.

40 YEARS AGO

10 PHS seniors graduate with honors. They were: Holly

Giddens, Amy Thuett, Patricia Hair, Ronnie Bilbo, Luann Kennedy, Dee Dee Redman, Sharla Macy, and Drew Kirkpatrick. Kevin Craig was valedictorian and Donna George was salutatorian.

Cindy Basquez and Melissa Striblin, won the State 4-H Roundup.

LaDonna Scott was first place winner in the Landscape Horticulture at the District 4-H contest held in Lubbock.

A Women's Division of the Post Chamber of Commerce was organized at a luncheon held at Jackson's Cafeteria. Mrs. Ruby Kirkpatrick was elected

president.

Mrs. Rosemary Chapman became the first Post woman to earn her pilot's wings.

60 YEARS AGO

Miss Marian Sue Gillham, bride-elect of Bobby Ray Pennington, was honored at a tea shower in the banquet room of the First Baptist Church.

Mrs. Forrest Moyer was honored at a layette shower given in the home of Mrs. Paul Jones.

Funeral service for Mrs. Mary Jane Ritchie conducted at First Baptist Church.

The Melody Five, a group of Texas Tech students, will play for the rodeo dance.

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 Serene NA Group of Post now meets on Fridays at the Community Recovery Center, 405 S. Avenue C. For meeting information please contact: Miranda at 806-632-7367.

Thank You

I would like to thank the students, teachers, parents and community of Post. Our recent FUNdraiser activity for the Post Volunteer Fire Department was a tremendous success. This would not have been possible without all of the support we received from everyone. We all had a great time and learned a valuable lesson about giving back to others. Thank you all for your support of Post schools, our students, teachers and staff.

Sincerely,
Mrs. Mart

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

Help Wanted

Account Rep-P/T Sales payment and bookkeepers. Applicants must be computer literate w/access to the Internet. Email: moore1719@gmail.com

Housekeeper wanted at Lake Alan Henry Lodges. Call (806) 777-0337.

Looking for a Maintenance Person - Part Time (Experience Preferred) Apply at Best Western Please call 806 495 9933

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Legal Notice

30 Days-NOTICE Unclaimed Gun Located at Thompson Wrecker Service To Claim You Will Need: Proof of Ownership; Type of Gun; Serial Number You may call company phone at 252-2600. All information must be provided.

Public Notice

A meeting will be held May 25th at 7:00pm at Post City Hall Council chambers located at 105 E. Main in Post. The topic being discussed is the possibility staffing variance, which allows the operation of an ambulance within Post-Garza County EMS with one state certified, crew member and one non-certified driver in times of low staffing. Texas Department of State Health Services personnel will be on site to answer any questions. All citizens are invited to attend.

Garage Sales

Back Yard Sale 601 W. 4th St. Saturday 21st 8:00am?

Yard Sale 119 N. Ave K Saturday 21st 9:00am-? Clothes, home decor, name brand shoes and lot more.

Moving Sale 1398 CR #155 1 1/2 miles past Hudman Greenhouse-Follow signs. Furniture, electronics, etc.

Moving Sale: Saturday May 21st. 110 S Ave N (in back). Washers, dryers, stoves, furniture, kids clothes, and more.

For Sale

Round Bales-Hay Grazer for sale.

\$65.00 a bale. Call 325-207-3747 after 1:00pm.

27" TVs for Sale - \$60 Queen Mattress with Box Spring - \$75 King Mattress with Box Spring - \$100 Best Western Please call 806 495 9933

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Legal Notice

NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT

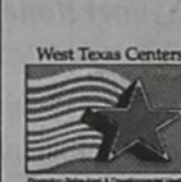
RJD Management Co., Inc. P O Drawer 2130, Lubbock, TX 79408, is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil or gas.

The applicant proposes to inject fluid into the Glorieta formation, McCrary lease, well number 4. The proposed well is located 7 miles NE of Justiceburg in the Post (Glorieta) field in Garza County. Fluid will be injected into strata in the subsurface depth interval from 2,677 to 2,737 feet.

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

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

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Applications may be obtained at East 7th and Ave. C by calling JOBLINE 800-687-2769 or at www.wtchmhr.org. EOE.

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Post Housing Authority is now accepting applications for two and three bedroom units.

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Office hours are 8:00 AM - 12:00 Noon and 1:00PM - 5:00PM Monday - Friday

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Villalon Medals at State Meet



Photo Courtesy of Drew Kirkpatrick

By Jim Plummer
PostSportsPage.com

(AUSTIN) - Kalyn Villalon, a senior at Post High School, made her mark at the 2011 UIL Texas State Track and Field Meet by bringing home the bronze medal in the discus in the Class 2A division. Villalon threw the discus 125' 4" the morning of May 14 at Mike A. Meyers Stadium on the campus of UT Austin to capture third place.



Also representing Post in the state meet last weekend was junior Corbin McDonald. He took fifth place in the triple jump event with a mark of 44' 7.75". In the high jump, McDonald reached 6' for a ninth place finish.

To qualify for the state meet, Villalon threw 135' 9" at the regional meet. Kalyn's season best was 139' 9" at district. McDonald's triple jumped 45' 8.5" and reached 6' 3" in the high jump (his season high) in the regional event to qualify for state. His

best triple jump of the season was 45' 11.75".

Winning the girls discus event was LaTricia Griffin of Van Vlec who captured the gold medal with a throw of 128' 8". The silver medal recipient was Kristen Acker of Poth with a throw of 126' 10".

In the boys high jump, Jacorian Duffield from Randolph reached the 7' mark to win the gold medal. And in the triple jump, Jerric Walker of Linden-Kildare leaped 49' 6.75" to take home the gold. See more online at PostSportsPage.com.

Banquet Honors PHS Student-Athletes



All-around Athletes of the Year: Ernie Saldivar, Sydnee Jones and Kaitlin Cravy.

By Jim Plummer
PostSportsPage.com

The annual Post Antelope Booster Club's Athletic Banquet was a standing room only event Monday, May 9, at the Post Independent School District's cafeteria.

I had the honor of welcoming the attendees.

After sophomore Aaron Macy gave the invocation, the honorees, coaches and guests enjoyed a chicken and catfish meal provided by Danny's Fins and Hens.

For the first time in memory, varsity players were presented impressive plaques instead of certificates by their respective head coach. Also, the junior varsity athletes were recognized.

The 2009-2010 sports year was highlighted by the two athletes qualifying for the state track and field meet and the opportunity of one Lady Lope to continue playing at the collegiate level. Both Kalyn Villalon and Corbin McDonald were

preparing for a trip to Austin while Sydnee Jones was making plans to continue her education at Lubbock Christian University this summer and to play softball next spring.

Many of the Post athletes were named to academic all-district and regional teams. The all-district team members were announced by each sport's respective coach.

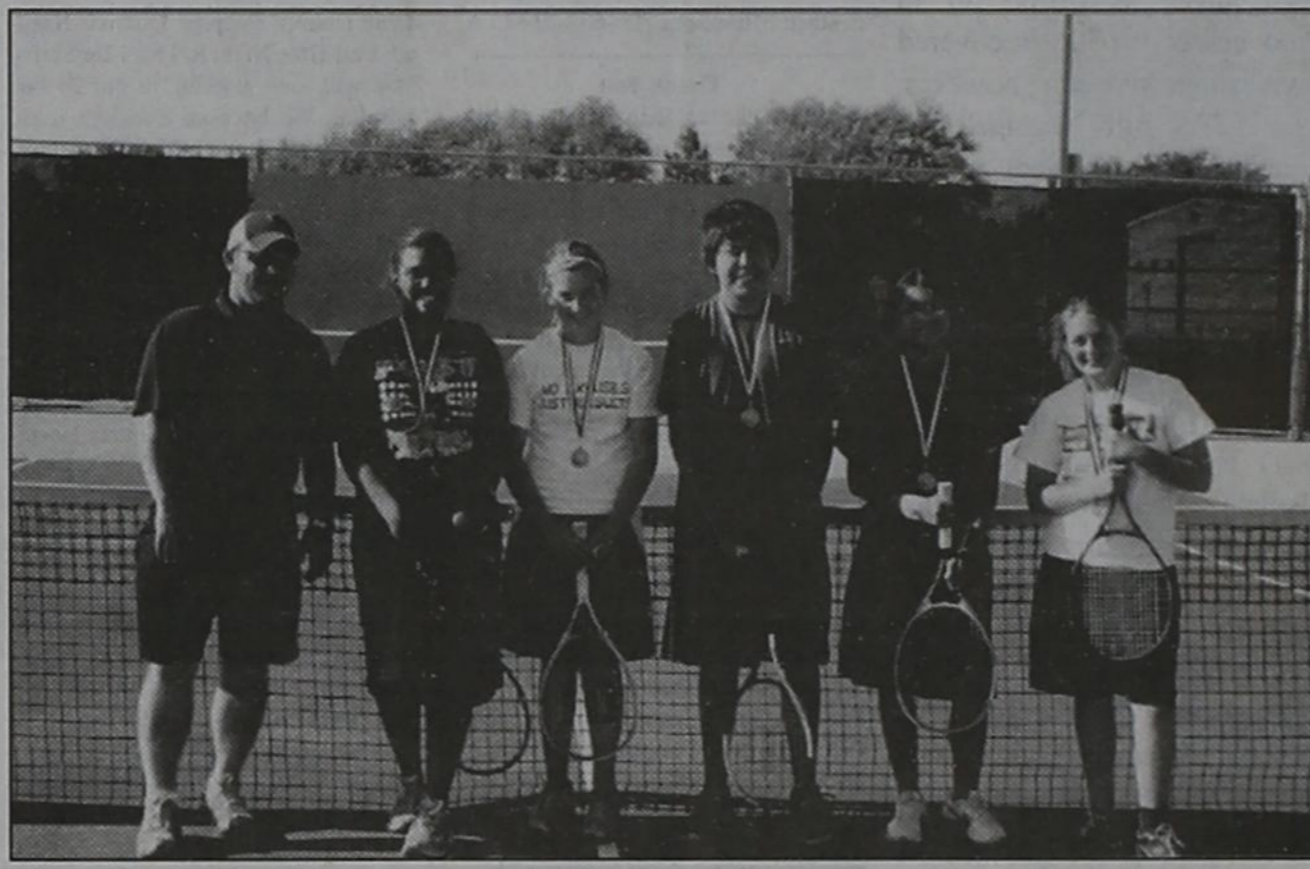
It was noted that Sydnee Jones was a powerlifting state qualifier for the second year in a row.

The final tribute of the evening was for the all-around female and male athletes of the year. This year there were two young ladies and a young man. For the Lady Lopes Sydnee Jones and Caitlin Cravy received the all-around honor and for the Antelopes Ernie Saldivar received the prize.

Closing the evening with the benediction was sophomore Haily Berry.

See more on PostSportsPage.com.

National Jr. High Honor-Society 2011-2012 Seated from left to right: Kally Comeaux, Kaitlyn Walden, Savina Gomez and Trey Havens. Standing: left to right: Dakota Greer, Carson Kirkpatrick, Mr. Self (Principal), Brogan Macy, Russ Morris Kelbie Oden, Tristan Fannon, Kelsey Griffin, Lauren Record, and Pam Humble, NJHS sponsor.



Post Jr. High students participation in Slaton Tennis Tournament: Coach: Joey Hannaway, Double Partners: Tori Collins and Brogan Macy. Singles: Josiel Delgadillo. Double Partners: Gabby Soto and Alli Whitfill.



Trailblazers Menu

May 23rd - May 27th

Monday

Beef Enchiladas, Rice, Salad, Pineapple Cake

Tuesday

Roast Beef w/Gravy, English Peas, Roll, Banana Pudding

Wednesday

Smothered Steak,

Southwestern Potatoes, Fried Okra, Biscuit, Strawberry Cake

Thursday

Green Chili Casserole, Mexican Hominy, Salad, Mexican Wedding Cake

Friday

Fish, Pinto Beans, Potato Salad, Hushpuppies, Jello

Southland ISD Menu

Breakfast Menu for May 23 - May 27

Monday
French Toast, Sausage, Fruit, Juice, Milk

Tuesday
Eggs, Bacon, Toast, Fruit, Juice, Milk

Wednesday
Biscuits, Sausage, Gravy, Fruit, Juice, Milk

Thursday
Breakfast Bar, Cereal, Yogurt, Fruit, Juice, Milk

Friday
Muffins, Cereal, Yogurt, Fruit, Juice, Milk

Lunch Menu for May 23 - May 27

Monday
Pizza, Tossed Salad, Corn, Fruit, Frozen Cherry Bar, Milk

Tuesday
Steak Fingers, Mashed Potatoes, Gravy, Green Beans, Hot Roll, Fruit, Milk

Wednesday
Chili Cheese Burrito, Tossed Salad, Fruit, Cookie, Milk

Thursday
Sack Lunches (Hamburgers)

Friday
Sack Lunches (Peanut Butter and Jelly)

Thanks for reading!

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Post ISD Menu

Breakfast Menu
May 23rd - May 27th

Monday
Egg Omelet, Toast, Fruit, Milk

Tuesday
Cinnamon Roll, Sausage Link, Fruit, Milk

POST MENU...
continued on page 9

OPINION

The Paperboy



Too much information or just good science?

By CHRIS BLACKBURN

In the world of science, it sometimes feels to me like we are bordering on playing God. This may be one of those times.

Do you want to know how long you will live - should you die naturally?

Can you imagine a time when a blood test will determine how long you will live and - perhaps - how much life insurance or medical coverage will cost you? That time may be rapidly approaching.

A controversial test measures how fast you are aging and provides the possibility of estimating how long you have left to live. It is scheduled to go on sale to the general public in Britain later this year.

It works like this: vital structures on the tips of a person's chromosomes, called telomeres, are measured. Scientists believe these telomeres are important and accurate indicators of the speed at which a person is aging.

Scientists say the test determines "biological age." In other words, are you older or younger than actual chronological age?

Telomere testing is expected to become widespread over the next decade. It doesn't take a wizard to realize there are serious concerns from an ethical standpoint. Some scientists are worried that telomere testing could be adapted by some groups, businesses or organizations trying to peddle their anti-aging remedies on people. I worry that the information could be used to punish people if they are old biologically-speaking.

However, one could argue the benefits of such testing, particularly if it can be determined why someone is dying prematurely from a range of age-related disorders, such as cardiovascular disease, cancer or Alzheimer's.

"We know that people who are born with shorter telomeres than normal also have a shorter life span. We know that shorter telomeres can cause a shorter life span," said Maria Blasco of the Spanish National Cancer Research Centre in Madrid, inventor of the new commercial telomere test. "But we don't know whether longer telomeres are going to give you a longer life span. That's not really known in humans," she added.

"What is new about this test is that it is very precise. We can detect very small differences in telomere length and it is a very simple and fast technique where many samples can be analyzed at the same time. Most importantly, we are able to determine the presence of dangerous telomeres - those that are very short."

Dr Blasco's company, Life Length, is currently in talks with medical diagnostic companies across Europe to market the test and collect blood samples for analysis in Spain. She said deals across Europe are expected within the year.

"We need to have a clinical company to send us the blood [samples]. We are in contact with several groups in the UK who are interested," Dr Blasco said.

Life Length is not the only company selling telomere tests, but it is the only one gearing up for over-the-counter sales to the public and the only company with an accurate-enough test to be of practical use, said Professor Jerry Shay of the University of Texas Southwestern Medical Centre in Dallas.

"This test devised by Blasco is so accurate that it is likely to provide more useful information than some of the other tests out there right now," said Professor Shay, who is a scientific consultant for Life Length. "What's important in aging is the shortest telomeres. What makes cells stop growing is the shortest telomeres, not the average telomere length, which is what other tests look at."

"Everyone talks about the chronological age, but there is also a biological age, and telomere length is actually a pretty good representation of your biological age. Telomeres are important - there is no question of that," he said.

"I think people are just basically curious about their own mortality," Shay continued. "If you ask people what they worry about, most people would say they are worried about dying. People might say 'If I know I'm going to die in 10 years I'll spend all my money now,' or 'If I'm going to live for 40 more years I'll be more conservative in my lifestyle.'"

I'll leave it to your imagination to determine the pros and cons of someone other than God knowing this information.

The world is advancing fast. There is so much science and technology developing around us that it is truly mind-boggling. It seems almost like we jump into the puddle without making the proper assessment of whether we should. And guess what? That will be the case until man is no more...

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

NLRB to Boeing: Shut up!

By BILL WILSON

Every American should be afraid when their government tells them to keep their mouths shut. This is especially true when the subject relates to a matter of national public policy.

On Monday, Lafe Solomon, acting general counsel of the National Labor Relations Board (NLRB), seemed to forget about the right to free speech when he essentially told Boeing, and all other commentators, to shut it.

In 2009, Boeing made a rational business decision regarding the placement of one of its new production facilities. It decided to open a new plant in South Carolina, a right-to-work state. The NLRB claims that Boeing decided to locate the new facility in South Carolina as retaliation for past union strikes in Boeing's Washington State locations. This ignores the fact that in the meantime Boeing has added over 2,000 employees to its Washington State locations.

The unions are unhappy with the Obama administration for several reasons. As a result, the administration needs to find

ways to keep them happy. While unions spent tens of millions of dollars to get Obama elected, only a few union wishes have been realized. Since political opposition makes the passage of high-profile legislation like the so-called Employee Free Choice Act impossible, the administration has resorted to below-the-radar ways to appease its union supporters. Enter the NLRB.

The administration has stacked the NLRB with union operatives. The president used the recess appointment process to place Craig Becker, the former associate general counsel for the SEIU and AFL-CIO, on the board. With Mr. Becker in office, the board has embarked on an activist stint with the apparent intention of making labor laws and regulations more favorable to unions.

Having seen that the NLRB's case against Boeing is weak and that the board's position is being destroyed in analysis by anyone who has taken a serious look at the matter, Mr. Solomon, in a rather snippy letter to Boeing general counsel Michael Luttig, complained about the press coverage, saying, "We hope all interested parties respect the legal process, rather than trying to litigate this case in the media and public arena." In other words,

"keep your mouth shut." The hypocrisy here is hard to miss given the board's propensity to issue press releases anytime doing so will further its positions. This is case of "do as I say, not as I do."

Boeing and all other commentators have a First Amendment right to speak freely, and all should continue to exercise that right. The fact that a high-ranking government official is telling a company and the rest of the public to shut up should send chills down everyone's back. This type of attempted prior restraint is unacceptable in all but the most extreme circumstances, i.e., falsely yelling "fire" in a crowded building.

Since Mr. Solomon is an attorney, he could do well to take a refresher course on First Amendment law: Perhaps a continuing legal education class on the issue would be helpful for him.

In the meantime, he and all other similarly situated officials should take a step back and remember that preserving our constitutional rights is more important than saving the NLRB's board members from suffering embarrassment as their position is taken apart by public inspection.

Free Trade Has Created a Better World

By ADAM BITELY

As the global economy has developed over the past century, no policy has allowed economies and countries to flourish more than when people are allowed to engage in free trade. When governments remove the barriers to trade, such as quotas and tariffs, all countries involved in the trading relationship see a multitude of benefits.

Why is it that free trade leads to a more prosperous society? This has to do with the theory of comparative advantage. David Ricardo, the economist who first stated this theory, is responsible for theorizing how countries act when free trade occurs. His theory of comparative advantage states that a country will specialize in producing goods and services that they have the lowest opportunity cost in producing compared to all other nations.

For example, if there is a lower opportunity cost to making cars in America than Mexico, and Mexico has a lower opportunity cost at making clothing than America, America will spend its resources making cars and Mexico will spend theirs making clothing. The two countries will then engage in trade to acquire

the desired goods of the other.

In America, free trade policies over the past century have led to an unbelievable increase in wealth and prosperity that the world has not before seen, and an increase that has helped other countries and economies develop and prosper worldwide.

The father of the study of economics, Adam Smith, was the first person to state how trade benefits countries. In his masterpiece, *The Wealth of Nations*, Smith described the benefits that countries receive through free trade. As Smith stated, "[a]ll commerce that is carried on betwixt any two countries must necessarily be advantageous to both... [therefore] all duties, customs, and excise [on imports] should be abolished and free commerce and liberty of exchange should be allowed with all nations."

Adam Smith correctly recognized that trade between nations was mutually beneficial and that restrictions on trade harmed the people in the trading relationship. The restrictions to trade stand in the way of allowing markets to flourish and prevent resources from being put to their best possible uses.

Just consider what happens when a country imposes a tariff. When a tariff is imposed, the country imposing the tariff al-

ways loses. A tariff taxes an imported good which raises the price of that good above the world price. Tariffs are designed to help protect domestic producers, but only harm domestic consumers who are forced to pay more. The only losers after a tariff are put in place are those that enact it.

Unrestricted and unfettered trade occurs daily inside of the United States. No one inside of the U.S. is restricted from trading with other people that are located inside of the same national political borders. There are no restrictions because the government recognizes that free trade between U.S. citizens benefits the country. So too would free trade with anyone around the world.

The benefits that come along with the unfettered ability for free people to trade as they see fit far outweigh any perceived resulting disadvantage. The consumer always wins when they are able to demand a product that is offered in the largest possible market. When the government puts up trade barriers, the most visible result is people losing their wealth to protect a few domestic producers.

A free trade policy is the policy of a free people. To stand in the way of free trade is to stand in the way of progress.

The Institutional Gold Rush

By PETER SCHIFF

I've worked on Wall Street my entire life, and one thing I've learned is that large institutional investors, like pension funds and endowments, rarely veer from the herd. They manage too much of other people's money to stick their necks out alone-if their investments go bad, at least they can point to everyone else who fared just as poorly.

For this reason, these funds are often lagging in their perception of crucial market changes-changes such as a doomed currency. While many of us are buying precious metals to hedge against the collapse of the dollar, gold and silver have been taboo investments on Wall Street for years. Fund managers are taught that gold is a "barbarous relic" - much better to stick with government bonds and blue-chip stocks. That's what everyone else is doing.

But there are early signs that the herd is changing direction. In a remarkably under-reported story, the University of Texas' endowment fund-the second largest in the country, after Harvard's-added about half of a billion dollars worth of gold to its portfolio just this month, on top of the half-billion it purchased several months prior.

The university's endowment now owns a staggering 6,643 bars of bullion (664,300 ounces) - which have already appreciated by nearly \$40 million since mid-April, when the bars were delivered to a dedicated HSBC-owned vault in New York City. Not a bad start.

Kyle Bass, the well-known Hayman Capital hedge fund manager and UT endowment board member, advised the university on the purchase. He stated his reasoning plainly: "Central banks are printing more money than they ever have, so what's the value of money in terms of purchases of goods and services? I look at gold as just another currency that they can't print any more of."

Apparently, the university agrees that sitting on a pile of fiat paper is an act of faith not befitting a prudent and enlightened institution.

The purchase is certainly causing a few heads to turn.

Now that a major endowment has taken this step, other fund managers are going to be emboldened to follow through on their gut instincts. These are smart guys, after all; they are aware that although their funds may be posting nominal gains, they are losing much more in purchasing power. I wouldn't be surprised if many have privately bought precious metals, but now they have cover to do so professionally.

Perhaps the most interesting part of UT's billion-dollar repudiation of Fed Chairman Bernanke and his printing press, however, is that the fund demanded physical delivery of the bullion. While more commonplace in Europe, this is truly unprecedented for a stateside institution.

To my mind, the delivery of physical bullion suggests at least two important implications. The first is that UT perceives gold to be a long-term strategy for wealth preservation, as opposed to a short-term speculation. The second is that UT must be somewhat concerned about the stability of financial markets in general - it wants to own physical gold safely stored in a vault, as opposed to owning paper claims or other instruments with counterparty risk.

I have long recommended that investors hold at least 5-10% of their portfolios in physical precious metals. UT's \$1 billion position represents roughly 5% of its \$20 billion endowment.

If endowment after endowment were to decide to sell billions of Bernanke's dollars and diversify into gold, what might this do to the gold price? If these colossal funds start getting the idea that holding 5% of their portfolios in gold is more conservative and intelligent than holding the current average of 1%, what would this mean for gold demand? I think the answer is clear.

If US university endowments were to increase their gold positions from the current average of 1% to an average of 5% of their portfolios, it would equal \$20 billion, or roughly 400 metric tons of gold at today's spot price.

Beyond endowments, private foundations in the US, with 2010 assets totaling nearly \$600b, would similarly require nearly 600 metric tons of gold if they sought to hold 5% of their assets in the metal.

And again, these are just US endowments and foundations; there's a whole world beyond our borders.

The point here is simple-the total potentially investable funds around the world are significant relative to the size of the current gold market. It's not hard to perceive what a simple move from 1% to 5% of average portfolios would do to the price of gold, and this is why the University of Texas' bullion delivery is so important - it's a vivid indication that such a move may now be taking place.

Gold remains widely neglected among the big money players, but it's clear that they're beginning to come to terms with the negative prospects for the US dollar. After all, while fund managers don't want to veer from the herd, they also don't want to follow the herd off a cliff.

The University of Texas, with its billion-dollar stash of physical gold, is one institution that has finally seen the cliff. The physical delivery of this purchase exemplifies the severity of the threat that UT's endowment board perceives.

We may be on the cusp of a smart-money gold rush. If so, it could drive gold to a record in real terms, even before retail investors join in.

Peter Schiff is CEO of Euro Pacific Capital, Inc. and CEO of Euro Pacific Precious Metals, LLC.

Aggie owned and operated

COLLEGE STATION, May 17, 2011 – With more than 200,000 Texas A&M University graduates now in the workforce, and with increasingly more of them proving themselves to be entrepreneurs or advancing up the leadership chain, their alma mater is launching a new business venture to help them. It's called "Aggie Owned and Operated" and kicks off Thursday (May 19) in Houston, with the first participant being an insurance firm owner who was a member of the 12th Man Kickoff Team that has become part of Aggie football lore.

Texas A&M is partnering in the marketing venture with two key Aggie entities: The Association of Former Students, its alumni organization that assists the

university in a variety of ways and operates the Aggie Network to link worldwide with former students, and "TexAgs," an Aggie-owned and operated web-based news service that focuses on Texas A&M athletic, academic and administrative activities. Both groups have partnered to create the Maroon Book by TexAgs, which is an online listing of Aggie Owned and Operated businesses.

Texas A&M President R. Bowen Loftin is scheduled to be on hand for the 2 p.m. "Aggie Owned and Operated" unveiling at the Barhorst Insurance Group, LTD at 8220 Jones Road in Houston. The firm is owned and operated by Warren Barhorst, a 1988 Texas A&M industrial distribution graduate who was an early member of the 12th Man

Kickoff Team. The 12th Man Team was created by then Head Coach Jackie Sherrill, who each year recruited 12 non-athletic-scholarship Aggies from the student body to play when the team kicked off to opponents to start a game or after a score. The 12th Man Team proved to be both highly popular and effective.

Jason Cook, Texas A&M's vice president for marketing and communications, said the "Aggie Owned and Operated" program is intended to aid Aggies in business as well as the university.

"The Aggie Owned and Operated program allows Texas A&M to engage with businesses across the state of Texas and tap into the passion that exists through our former students," Cook noted. "When patrons walk into an

Aggie Owned and Operated business, they will know that their experience will be based on Texas A&M's core values – that they will have an excellent experience and will be treated with the highest levels of integrity and respect. We also see this program as being an excellent entry point to a more extensive relationship with Texas A&M, either through athletic sponsorships, sponsored research agreements or scholarship contributions."

TexAgs.com President Brandon Jones joined in praising the new program.

"Aggie Owned and Operated is an exciting new program allowing Aggie businesses the chance to affiliate with the core values and traditions of Texas A&M University," the Jones said. "I believe that Aggies

appreciate doing business with other Aggies because of their shared connections and experiences. AO&O is the perfect way to show other Aggies, and the world, that your business represents what is best about Texas A&M and its former students."

Cook cited the key reasons why "Aggie Owned and Operated" is good for Aggies and for the public at large:

- Creates an automatic association between an Aggie's business and the values and reputation of Texas A&M in the minds of customers

- Increases the reach of an Aggie's business with an affiliation to Texas A&M through a unique Aggie Owned and Operated marketing bundle

- Allows other Aggies to search for an Aggie business

online through MaroonBook and The Association of Former Students database Aggies who participate in the Aggie Owned and Operated program receive:

- Exclusive rights to publicly affiliate their business with Texas A&M for a full year through the Aggie Owned and Operated marketing bundle, which includes a 2' x 4' banner, a table tent, a window cling and access to the Aggie Owned and Operated logo for online use.

- A business listing through MaroonBook.com so that they can start more efficiently and effectively reaching the Aggie Network.

More MaroonBook information is available at: <http://maroon-book.com/MaroonBook/Content/AggieOO.aspx>

ConocoPhillips gives \$1 Million to Texas A&M for Academic Program Support

COLLEGE STATION, May 17, 2011 — Houston-based ConocoPhillips has donated \$1 million to Texas A&M University. The gift, presented at Texas A&M Foundation headquarters, will fund several academic programs at Texas A&M, including the ConocoPhillips SPIRIT Scholars Program.

"At ConocoPhillips we recognize the importance of learning and leadership opportunities," said David Barrington, general manager of non-conventional resources at ConocoPhillips. "By providing exceptional students with these opportunities, we are helping to develop the leaders of tomorrow."

The SPIRIT Scholars Program has provided educational opportunities and professional development for qualified A&M students since 2003. Operating at Texas A&M and eight other universities, the program provides academic scholarships to sophomores, juniors, seniors and graduate students; additional financial support for enrichment programs and activities; mentoring opportunities with ConocoPhillips professionals; and opportunities to interview for internships and full-time employment at ConocoPhillips.

Thirty-five Aggies in the College of Geosciences, Dwight Look College of Engineering and Mays Business School participate in the SPIRIT Scholars Program at Texas A&M. They must maintain a 3.25 grade-point average to receive the \$5,000-a-year scholarship. Students who intern with the company receive an additional \$1,000 scholarship upgrade.

SPIRIT scholar Emily Wu, a management information systems major from College Station, said she hopes to work in the energy industry when she graduates this year.

"Becoming a ConocoPhillips SPIRIT scholar has been one of the most honorable and rewarding experiences in my college career," Wu said. "It's so much more than a scholarship."

"As a member of the leadership board for the SPIRIT Scholars Program at Texas A&M, I've been able to participate in a leadership conference, ConocoPhillips facility visits and community service projects. I even gave a presentation at an elementary school. My ConocoPhillips mentor has supported me through critical times in my college experience. This scholarship has given me new opportunities and impacted my life well beyond monetary measures."

The ConocoPhillips gift also will fund other programs, student activities, scholarships, and fellowships in the Dwight Look College of Engineering, the College of Geosciences, Mays Business School and other areas.

As an international integrated energy company, ConocoPhillips operates worldwide with assets and businesses in more than 30 countries. Employees from the company are diverse in knowledge, experiences, cultures and values that play a crucial role in the success of the company's activities.

The Texas A&M Foundation is a private nonprofit organization that solicits and manages investments in academics and leadership programs to enhance Texas A&M's capability to be among the nation's best universities. The Foundation leads Operation Spirit and Mind, SM a multiyear \$300 million scholarship initiative for Texas A&M.

To learn more about scholarships, fellowships, faculty chairs, and other academic- and student program-focused giving to benefit Texas A&M University, contact the Texas A&M Foundation at giving.tamu.edu or (800) 392-3310 or (979) 845-8161.

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USDA authorizes emergency grazing of CRP Acres

(Post, TX) – May 16, 2011 - In response to continuing drought conditions, USDA's Farm Service Agency (FSA) today has authorized immediate emergency grazing of Conservation Reserve Program (CRP) acres in 27 Texas counties

Emergency use of land enrolled in CRP has been authorized for Armstrong, Borden, Carson, Castro, Collingsworth, Crosby, Deaf Smith, Dickens, Fisher, Floyd, Garza, Hale, Hansford, Haskell, Kent, Knox, Lipscomb, Lynn, Nolan, Oldham, Parmer, Potter, Scurry, Sherman, Stonewall, Swisher, and Wilbarger Counties.

Livestock may be temporarily moved to land enrolled in CRP and be allowed to graze until September 30, 2011, as approved by the county office, on a case-by-case basis

Emergency grazing is limited to the acreage physically located within the boundary of the eligible county. In the event a field is partially located in an ineligible county, the entire field may be hayed or grazed. This rule only applies to a farm that is administered in an

eligible county.

Before grazing, CRP participants must obtain a modified conservation plan, if the current CPO does not include grazing provisions. Participants will be assessed a 25% payment reduction based on the number of acres actually grazed.

CRP participants who do not own or lease livestock may rent or lease the grazing to an eligible livestock producer. However the CRP participant is responsible for identifying the acreage to be grazed and providing the name of the eligible livestock producer.

The eligible livestock producer must sign a statement that he or she will not sublease the CRP acreage.

Grazing shall not begin until the COC has provided a written notification of approval to both the CRP participant and livestock producer.


For more information and eligibility requirements on USDA disaster assistance, please contact the Garza-Borden county office at 806-495-2801 or visit FSA online at <http://www.fsa.usda.gov/tx>.

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Horses...

continued from page 5

disinfect stalls, trailers, and all equipment including buckets, tack, brushes, saddle pads, etc. 3) VACCINATE YOUR HORSE! This is an important and cost saving preventive measure you can take.

Since events are being cancelled and veterinary hospitals forced to shut down due to EHV-1, I ask you NOT to bring a horse with these symptoms to your vet. Call ahead and discuss what's going on! At my clinic, I will be suggesting going to the horse rather than the horse coming to the clinic. This is to protect my patients and avoid contamination or exposure.

If you have any questions or think your horse is showing symptoms, please call the clinic at 806-495-3726 immediately. Let's do our part to prevent an outbreak in Garza County and ensure the safety and health of our horses.

It is my pleasure to serve our community as your veterinarian and I am happy to be writing a column each week to help pet owners understand their pet's health needs. If you have questions or would like to see a particular covered, please send us your questions and we will be glad to cover your topic.

Bust...

continued from page 1

During the resultant search, Detective Cavitt located two closed containers in a side pocket of the interior door panel door of the vehicle that carried what appeared to be the street drug commonly known as "crack" Cocaine. Detective Cavitt and Detective Marcus Lively conducted a field investigation at the scene using a "Narco" kit tested positive for Cocaine and the two suspects were subsequently arrested and booked into the county jail on charges of 1st Degree Felony-Possession with the intent to Distribute a Controlled Substance. The male suspect was also believed to be attempting to hide narcotics that he had on his person and was also charged with a Class

B misdemeanor of Tampering with Evidence. Arriving back at the Garza County Sheriff's office the drugs were weighed and found to be 15 grams of "Crack" Cocaine. Detective Cavitt told the Dispatch "the Cocaine has a street value of approximately 1,400.00 to 1,500.00." I'm going on to say, "We just took that much off the streets of Post and out of the hands of our school children in this one bust."

The pair were Magistrated on Wednesday, May 18 by Justice of the Peace Gordon Terry and bond was set for both suspects pending trial in the 106th District Court. If convicted the pair could face up to 99 years in prison the Texas Department of Criminal Justice Prison System

and seniors, 16-19. Books will open at 8:00am and the peewee class will begin promptly at 9:00am. Entries will be by CASH only; no checks will be taken. To be eligible for year end awards, participants must compete in four of the five play days.

Raffle tickets will be sold for \$5.00 each on a pair of Jody Mason handmade spurs. To purchase a ticket, contact one of the participants. For more information contact Sam Butler at 548-0797.

Brown Bag Book Talk

Friday, May 27, 2011, bring your lunch to The Heritage House and talk about books! Peggy Ashley will lead the informal discussion. You'll hear about new books, old favorites and enjoy time shared with others. We'll begin at noon and end no later than 12:50. The Book Talk group will meet the last Friday of every month. Call 495-4148 (The Heritage House) or 990-2149 (Post City Library) for more information.

Post Notes...

continued from page 1

information.

Post High School Weekly Agenda:

May 17 - 20, 2011
Tuesday, 17

EOC Exams - Algebra & Biology
5:00 PM - Drivers Ed Classes will take written test in Lubbock.

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

Wednesday, 18

EOC Exams - Geography & Chemistry
OAP District Mtg.

Thursday, 19

EOC Exams - Algebra 2
Art Competition in Plainview

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

Friday, 20

EOC Exams - US

History

Looking Ahead:

May 14 - PROM at Heritage House

May 23 - HS Academic Awards Assembly

May 25 - ES Awards Assembly

May 26 - 9:45 AM MS Academic Awards Assembly

May 26 - Last day of School for Students, Early Release Noon

May 26 - End of the 6th Six Weeks

May 27 - Graduation, 8 PM Antelope Arena

May 29-31 - Band State Solo & Ensemble, Pflugerville, TX

May 30 - Memorial Day

June 6 - HS Summer School Begins

June 6 - Basketball Camp, 8-4:30, Arena

June 19 - Father's Day

May Birthdays:
May 01 - J'Lynn Hodges
May 03 - Perry Smith
May 07 - Kelley Toney

May 25 - Kiersten Lipps
May 31 - Leslie Tatum

Post Middle School Weekly Calendar

May 20-26, 2011
5/20-AR Reward Trip

5/26-MS End of Year Awards 10:00 Elem. Auditorium

Post Elementary:
Wednesday- May 25th- Elementary Awards Assembly- 10:00 a.m. in the elementary school auditorium

Thursday- May 26th- Kindergarten graduation- 8:15 a.m. in the elementary school auditorium

Thursday- May 26th- Last day of school. Students will release at 12:30 p.m. Buses will run.

Tuesday, May 31st Summer School starts- 8:00 a.m. to Noon

Have a wonderful, safe and healthy summer!!!!

POST MENU..

continued from page 6

Wednesday
Malt-O-Meal, Sausage, Toast, Fruit, Milk

Thursday
Cinnamon Toast, Sausage Link, Fruit, Milk

Friday
School Out

Lunch Menu
May 23rd - May 27th

Monday
Chalupas, Salad, Spanish

Rice, Pears, Milk

Tuesday
Pizza, Salad, Corn, Peaches, Milk

Wednesday
Managers Choice

Thursday
Managers Choice

Friday
School Out

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Stetson Boles Winner of PARC Raffle



Stetson Boles was the winner of the raffle at the Post Animal Refuge Center booth on Saturday. The winning ticket was awarded a custom-make handbag by "Totes by Sherry". Also pictured is Stetson's sister along with two of the newest shelter residents, Patches and Mario. PARC can be contacted at postarc@yahoo.com or on facebook at Post Arc if you are interested in adopting a new pet.

Pet Rescue



My name is Taco. My sister and I were living with a nice family, but they couldn't keep us so we both moved to the shelter. My sister got adopted last weekend, but I had to stay behind. I hope someone will come and give me a forever home. I'm only 7 months old and am very friendly and loving. I would be a great family pet.

White River Municipal Water District

Gauge Reading	Feet below spillway	Rise	Rainfall past week	Rain to date		
2355.40	17' 1"	0"	.0"	0.99"		
Rainfall for	2005	2006	2007	2008	2009	2010
	15.57"	28.85"	24.19"	33.61"	12.70"	32.16"

White River Lake has 3,542,326,221 billion gallons left available at the intake or 36% capacity or 10,871 acre feet. Subtract 35,318,943 MG for evaporation this week in May that leaves 3,507,007,278 BG available as of today.

White River's daily average demand for 2010 was 1.40 million gallons per day for all White River Customers.

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

White River Municipal Water District is in stage 1

of its Drought Contingency Plan, which is Voluntary Water Conservation.

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

Mickey Rogers General Manager

Lake Alan Henry report

1. Conservation pool elevation - 2220.00 feet above mean sea level
2. Elevation - 2216.27 feet, 3.73 feet below conservation pool elevation
3. Water Temperature 68 degrees Fahrenheit
4. 2011 cumulative precipitation - 0.29 inches
5. 2011 cumulative evaporation - 45.60 inches

Fishing is good for all species.

Covenant Health System Recognizes Trauma Awareness Month

Injuries are the leading cause of death for children and adults age 1 to 44. Treatment for severe injuries at a trauma center can lower one's risk of death by 25 percent. Covenant Health System has two designated Level II trauma centers to help aid those that are seriously injured. Covenant Health System's Pediatric Trauma Coordinator Amy Campbell discusses traumas and the importance of trauma centers in saving lives during Trauma Awareness Month.

groups.

In 2010, Covenant Children's Hospital saw 589 children requiring hospital admission due to trauma.

Falls are the most common cause of traumas in children followed by car crashes, car vs. pedestrian crashes, bicycle injuries and child abuse.

Symptoms are specific to the type of trauma injury sustained:

Head injuries - headache, vomiting, loss of consciousness, amnesia, seizures, irritability or lethargy.

Chest injuries - chest pains, bruising of the chest or difficulty breathing.

Abdominal injuries - abdominal pain, vomiting, bruising of the abdomen, difficulty breathing or increased abdominal size.

Covenant has a systematic approach in treating trauma patients. Life-threatening injuries are addressed first, followed by other specific treatments dependent on the type of injuries sustained.

There can be life-long effects from a serious trauma injury, especially head injuries. Life-long problems can include:

Seizures

Inability to breathe, eat, move, etc. without assistance

Learning problems

Blindness

Vegetative state or coma

Most injuries can be prevented or significantly decreased by following simple safety rules such as wearing a seatbelt and making sure children are restrained in appropriate devices while in the car. It is also vital to wear helmets while riding bicycles, skating, skateboarding or operating ATVs or motorcycles. Also, the public should understand the dangers of shaking babies and other forms of abuse that can cause serious trauma or be detrimental to one's health.

Some general safety tips to help prevent a severe trauma are as follows:

Make auto safety a priority.

Keep a well-stocked first-aid kit at home and in the car.

Keep fire extinguishers in the house.

Have cell phones and chargers handy in case of an emergency.

Know where the closest trauma center is located.



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FREEDOM IS NOT FREE

It is our honor to salute the heroes, past and present, of our Armed Forces this Memorial Day.

Their dedication to our country and to the defense of freedom will never be forgotten.

From the bottom of our hearts, we thank you.

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THANKS FOR READING!