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Friday, August 12, 2011

Texas Plains Trail Regional Tour visits Post



By Jodi Lincoln
News Editor

The Texas Plains Trail Regional Tour (TPTR) will make a stop in Post Monday, August 15th where they will visit our local landmarks and hold their annual conference. Texas Plains Trail Regional Tour is one ten regions under the Texas Historical Commission and the Texas Historical Heritage Trails programs. The region encompasses 52 counties, one of which is Garza County. Each year the TPTR Historical Commission has an annual tourism and conservation conference and this year the conference will be coming to Post. According to regional executive director Deborah Sue McDonald over 100 regional Chambers, museum, and civic leaders attend the conference. The program was founded in 2003 but this year will only be their 3rd annual conference.

The event will kick off with a mixer on Monday night from 6:00 to 8:00 pm at the Heritage House where they will be gathering to meet and greet those who wish to come out and meet them. Tickets are available at the door and are \$25.00. Everyone is invited to

come out and join them for a fun evening of meeting and greeting with your friends and partners in the region. They will be serving hors d'oeuvres, beer/wine and delicious deserts. The Saturday morning schedule begins with registration from 8:30 to 9:30 am at the Community Center. Tickets for the day are \$50.00 and include a continental breakfast, snacks and lunch while at the all day conference. There will be a door prize and a silent auction held during the day's activities. Ms. McDonald told the Dispatch, "The conference will cover marketing, preservation and networking ideas. TPTR has some superb presenters lined up for the conference." McDonald added, "Everyone will leave and go back to their communities feeling invigorated and inspired with new ideas for their own communities. It is a weekend that will be filled with excellent ideas for individual communities, fun and entertainment."

More information about the weekend activities and schedules can be found by going to the TPTR's web site at www.texasplains-trail.com or call Deborah Sue McDonald at 806-231-3479 with additional questions.

Post Notes

Back To School Coffee!

Retired and former employees of Post I.S.D. are invited to attend the annual coffee held on the first day of school, Monday August 22 from 10:00am-11:00am at the Garza County Trailblazers building. Bring your coffee cup, 25cents and lots of good memories to share.

3rd Annual Howdy Yall Day!

Saturday August 13, 11. 11:00am-2:00pm. Garza Co. Trailblazers 205 East 10th St. Post, Tx 79356. Hamburger, chips, drink, dessert (homemade ice cream) and all the trimmings. \$6.00 per plate. Proceeds go the Garza Co. Trailblazers. Raffle for BBQ Grill \$5.00 per ticket for 5 for \$20.00. Donated by Willborn's Welding. Live music, silent auction, Classic Cars, Antique Tractors.

Rodeo Parade

The Post Stampede Rodeo will be here on August 11, 12 & 13 which means the Rodeo Parade will be at 3:00 p.m. on Saturday, August 13. If you would like to participate in the parade, please contact the Chamber office at 495-3461.

Chamber Provides "Blast from the Past"

On Thursday, August 4, the Post Area Chamber of Commerce hosted a Bingo Night at the Post Community Center. "We are very pleased with the support this event received from the community. We had 88 people playing Bingo and everyone seemed to be having a great time" said Harry Record, Chamber PR Director. "We were very happy to see several residents and staff members from Golden Plains involved in the games. We really appreciate their patronage."

Prizes were awarded to each game winner as well as drawings for door prizes throughout the evening. All of the games prizes and door prizes were donated by sponsors for the event: Main Street Mercantile, Brady's Package Store, McDonalds, Sonic, Caprock Heirloom, United Supermarket, JoAnn Stelzer, Higginbotham Brothers, Garza County Historical Museum, Patty Kirkpatrick, Fish & D's, Allsup's and Poka Lambro. "We can't thank our sponsors enough" continued Record. "Their generosity helped make this a truly memorable evening. We also want to thank the Women's Division for providing a great concession stand and Dusty Clary who brought it all together with his announcements and calling the Bingo games."

At one time, Chamber Bingo was a weekly event in Post, but no plans are being made to bring it back on a regular basis. "It was lots of fun for one night and we really like being able to give the residents of Post something different to do. The Chamber brought the Harlem Ambassadors to town the last two years and that was a great family occasion. We hope to continue sponsoring these types of events a couple of times each year" said Record.

Close City-Garlynn Reunion Saturday, Aug. 13, 10 a.m. - 3 p.m. In the Garden Room at Chapas Family Restaurant just North of Post on Hwy. #84. Come for coffee and donuts and visiting at 10 a.m. For lunch just order from the menu and go Dutch... For more information contact:

Miriam O'Neal 111 Arroyo Dr. Post, Tx 79356 806-495-2002	Oneita Gunn 1023 US Hwy. #380 Post, Tx 79356 806-495-2009
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Pet of the Week



My name is Mario. I'm a very friendly, active guy. I love people and like to walk on a leash. I've been at the shelter for several months and really need a forever home.

I am part Besenji because I have a curly tail and I can't bark. I'm not very big and would make a great pet for an active family. For adoption information, contact Post Animal Refuge Center at Postarc@yahoo.com or on Facebook.

Free Concert in Post Aug. 15

New Mexico duo to perform

Post City Celebrations, Inc., a Garza County non-profit organization, is sponsoring a free concert Monday, August 15, 8:30 p.m. at the Garza Theatre, 226 E. Main St. in Post. The concert will feature Marilyn Priddy and Carl Bernstein who perform a mix of folk, jazz, and bluegrass music.

"The duo of Marilyn Priddy and Carl Bernstein from Las Vegas, New Mexico play a wide variety of styles that will mix and intertwine for a wonderful, relaxing evening of musical entertainment," said Kathy Beach, representative of Post City Celebrations. "Their selections include beautiful arrangements of jazz and popular standards, bluegrass standards, blues, improvisation and a wide range of classical guitar music."

Marilyn, who plays percussion, cello and sings, has an extensive background in jazz,

blues and lyrical folk. For the past 3 years she has performed as jazz vocalist with the world-renowned alto sax player, Richie Cole and his Las Vegas "Alto Madness Orchestra." In addition to performing, Marilyn teaches piano and vocal students.

Carl is an accomplished guitarist and in addition to solo classical guitar concert performances he has been a member of a number of classical, jazz, folk and rock ensembles. His long career as a professional musician has taken him across the United States as well as the Caribbean,

Latin America and India. Carl has recorded 5 albums of both solo and ensemble performances.

"We hope to fill the theater with folks from Post and the surrounding area and are happy to present this quality entertainment for free" Beach continued. For more information, call the Post Area Chamber of Commerce, 806-495-3461.



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In this issue of
The Post Dispatch!

OBITUARIES



SUE SHYTLES

Sue C. Shytles, 88 of Post, died Sunday August 7, 2011 in Post at the Golden Plains Care Center.

The family had Burial Services at 8:00 am Tuesday August 9, 2011 at the Terrace Cemetery in Post. A Memorial Service followed at 10:00 am at the First United Methodist Church.

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

Susie Caroline was born October 20, 1922, in Stamford, Texas to Vada Bryant and William Odessa Britton (married 1921 - 1925). In 1925, Vada married Charles George English of Stamford. Sue, an only child, enjoyed the Bryant cousins and the talented English family. She graduated from Stamford High School in 1939. She married William Robert Simpson of Stamford

in 1939. They had a daughter, Barbara Sue, born April 1941. During World War II, Sue worked at the Stamford Airbase. On September 16, 1941, Sue married Flight Instructor, William Powell Shytles of Abilene. He preceded her in death in 1983. Another daughter Elizabeth Ann (Betsy) was born November 1946 and a son Charles Grady, December, 1951. The family settled in the John Deere business at Post where Sue happily remained for over 60 years. She enjoyed employment with The South Plain Community Action Center in the 1980's. She was very active in the Methodist Church, children, family and friends.

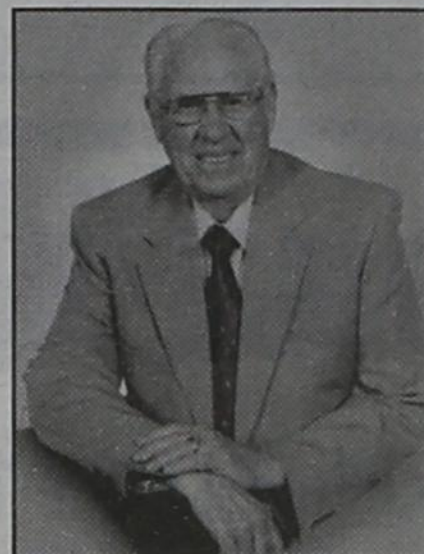
Survivors include: Three children: Barbara Shytles Williams and her husband James of Wellington; Betsy Shytles Wheatley and her husband Kent of Austin; Grady Shytles of Post. Seven grandchildren and 13 great-grandchildren, also survive her.

The family suggests memorials to the First United Methodist Church, 216 West 10th Street, Post, Texas 79356.

JACK BURK

Jack Hardy Burk, age 66, of Justiceburg Texas passed away early Monday morn-

ing August 8. He was born to Mary Etta and Lub Burk on Feb.16, 1945 in Lubbock Texas and grew up in Grassland and Tahoka. Both parents preceded him in death and beloved yellow dog. A memorial and celebration of life is planned Sunday August 14, 2011, at 6 PM at the Roost in Justiceburg Texas.



MARION GUY MATHEWS

Memorial services for Marion Guy Mathews will be at 2 PM Saturday, August 13, 2011 at the First Baptist Church with Rev. Dale Dozier of Abilene and Rev. Darren Weaver of Calvary Baptist Church officiating.

Marion died Monday, August 8, 2011 in Post. He was born June 24, 1925 in Morton, Texas. He served his country from April 14, 1943 until Nov. 17, 1947 in the Navy. He was stationed aboard ship in the South Pacific Ocean on the USS Argonne and USS Piedmont. He was a petty officer in WWII. He was a life member of VFW Post 6797 in Post.

On November 28, 1949 he married Bobbie Nell Mathews in Lovington, NM. She preceded him in death on February 22, 2005. Marion and Nell and children moved from Morton on the last day of January 1967 when he bought Quality Barber Shop at 4810 Ave. Q in Lubbock. They moved to Post in August 1968 where he owned City Barber Shop on Main Street. He continued to barber until his health failed in 2011.

He was president of the Garza County Senior Citizens for 3 years and was nominated as Senior Citizen of the Year.

Survivors include 1 Son: Phil and wife Windy Mathews of Post, 1 Daughter: Gail and husband Larry Gilbreath of Brownfield, 2 Sisters: Janet and husband Lloyd Blakenhip of Seymour and Sandra and husband Charles Stringer of Lubbock, 8 Grandchildren and 14 Great Grandchildren.

He was also preceded in death by his parents and a brother Vaughn Mathews.

Engagement Announcement



Waygood, Marts to exchange vows

Mr. and Mrs. Rick Waygood and Mr. and Mrs. Joe Marts are delighted to announce the engagement of their children Heather D'Lynn Waygood and Zane Wesley Marts.

Heather is a 2004 graduate of Sundown. She also attended College of the Southwest and graduated from South Plains College as an LVN. Heather currently works as a home health nurse for Calvert Home Health. Zane graduated from Post in 2005 and from Texas Tech in 2009 and is employed by Joe Marts Cattle and Construction.

Zane and Heather will be married on September 10, 2011 at Lake Allen Henry with a reception and dance to follow at the Heritage House in Post.

Tips for staying cooler this summer

COLLEGE STATION — Prolonged exposure to heat can have a number of adverse physical and emotional effects, but awareness and proper care can help people of all ages beat the heat monster, said Texas AgriLife Extension Service experts.

"Excessive exposure to a hot environment, especially while active or working, can bring about any of a number of disorders or illnesses related to hyperthermia," said Dr. Carol Rice, AgriLife Extension specialist in health and wellness education. "Some of the physical effects range from heat cramps to edema — swelling of the ankles and feet — rash, exhaustion or heat stroke."

Rice said one of the major contributors to heat-related illness is dehydration.

"Even under normal temperature conditions, we lose a lot of fluids through bodily functions such as breathing and sweating and those fluids must be replaced," she said. "Living and working in a hot environment significantly increases fluid loss. Under normal temperature conditions, drink nine to 13 cups of fluid a day. In a hot environment, you may need to drink

See **SUMMER TIPS** on page 8

SPC slates pinning ceremony for Vocational Nursing Graduates on Aug. 17

LEVELLAND — Nineteen South Plains College Vocational Nursing students will graduate in a pinning ceremony at 6 p.m. on Aug. 17 in the Physical Education Complex.

The students have completed a rigorous 12-month study that included more than 10 subject areas and more

than 1000 hours in the clinical setting. The clinical settings included area hospitals, local clinics, nursing homes as well as an eight-week rotation through all patient care units at University Medical Center.

Awards to be presented during the ceremony will include the Perfect Attendance,

Most Compassionate, Most Improved, Class Nominations for Best Team Player and Student of the Year and the Faculty Nomination for Student of the Year.

The graduates from Levelland and Hockley County are: Misty Jo Beseda of Whiteface; and Stephanie Renee Carmona, Stephanie Marie Hernandez, Carina Marie Lynn, Heidi Lashey Nicholson, Jamie LuAnn Pinkert, Mary Salazar, Lola Mae Dawn Smith and Leslie Nicole Tienda, all of Levelland.

Other graduates include: Stephanie Sheree Brown of Sudan, Christy Lee Clark Juarez of Lubbock, Felicia Longoria Delgado of Earth, Jeannie D. Garcia of Plains, Tiffany Michelle Harms of Seminole, Lauren Elyse Kirkland of Morton, Clarisa Renee Olivas of Wellman, Kristy Ann Puga of McCamey and Terri Howard Morris and Chrissy Roberson, both of Post.

Vocational Nursing or Practical Nursing has a history that began much earlier than 1917 when a nationwide system of standardization began. In 1914, Mississippi was the first state to license practical nurses. There are more than 150 schools in Texas educating practical nurses.

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	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

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!

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!

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

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Dance \$10 per person

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Get Caught Reading

Melanie Windham previews new authors and catches up on the bestsellers in the Post Public Library.

Garza County Students Slated For Vocational Nurse Pinning on Aug. 19

LEVELLAND — Forty-two South Plains College Reese Center Vocational Nursing students are slated to receive their nursing pin at 10 a.m. Aug. 19 at Westmont Christian Church, 50th Street and Utica Avenue.

One highlight of the pinning ceremony will be the recognition of the program's first graduating class from Denver City. Two students receiving their pins have been participating in the vocational nursing program in Denver City via Interactive Television (ITV). These students participated in class activities via ITV and did clinical rotations at Yoakum County Hospital under supervision of a registered nurse. This allowed the students to receive their nursing education in their hometown via distance education.

The Denver City graduates are Maggie Loeppky of Seminole and Olivia Sandoval-Chavez, originally from Kansas City, Kan.

Graduates include Cristyn Alvarado of Morton; Krystal Camacho and Tiffany Huerta, both of Littlefield; William Dur-

ben and Rebecca Flores, both of Muleshoe; Dawn Fields of Amarillo and Veronica Lopez of Floydada.

Other graduates are Jessica Mason and Shayla Wallace, both of Post; Monica Moreno and Martha Torres, both of Crosbyton; Audrey Richards of Plano; Carla Morris of Mangum, Okla.; Tracy Newsom of Brownfield; Erin O'Neil of Fair Oaks Ranch; Ashley Pekowski of Anson; and Lynsy Williams of Tahoka.

Lubbock graduates include Kody Adams, Krysten Baker, Leslie Bright, Shakara Esqueda, Lucy Garcia, Michelle Gibbs, Maria Gordillo, Elizabeth Hays, Jana Hill, Christina Holguin, Amanda Langdon, Leslie Lucero and Mary Mask. And, Alexandra Miranda, Courtney Mitchell, Sandra Montalvo, Joshua Moreno, Rochelle Neeley, Emily Perez, Ravene Sanchez, Jada Wheelis and Melissa Yancy, all of Lubbock.

For more information, contact Korbi Berryhill, program coordinator, at (806) 716-4620.

A Creepy, Crawley Subject...

By Dr. Kerry Wink, DVM Correspondent

My wife was surfing Facebook the other day and laughed at a heat joke someone posted on her wall. Don't quote me on this, but I think it said "Someone call Satan...he's got a leak." I agree it's been a hot one this year! I can't help but think back to last year and how wet it was. It's funny how very different our last 2 summers have been, but yet we still suffer the same problems, especially with our pesky little enemies, ticks.

Anyone who's had a dog at one time in their life has encountered ticks. Unfortunately, it's a way of life in our area. Did you know ticks ARE NOT insects? They have 4 pairs of legs, so are actually arachnids like scorpion, and spiders. Ticks can only crawl, they cannot jump or fly. We typically see only two of the four stages of a tick life-cycle. The 'larvae' stage, generally referred to as "seed ticks" because they resemble small plant seeds and adult ticks, the stage we are most familiar with.

I've had many clients comment they could not believe we are having such a bad tick problem this year as hot and dry as it has been. Surprisingly, extreme hot/

cold and dry/wet environments do not 'kill off' these bloodsuckers. Ticks seem to flourish and be more active in warmer weather, and can survive temperatures below freezing. We see ticks year round at the clinic and there are several active hot spots for ticks in and around Post. These blood thirsty critters aren't picky about where they get their next meal. It could be a dog, horse, or worse...you!

Ticks are one of the leading carriers of diseases to humans in the United States, second only to mosquitoes, globally. Ticks can carry and transmit serious diseases such as Lyme disease, Rocky Mountain Spotted Fever, and Ehrlichia (tick fever). It's not the bite but the toxins or organisms in the tick's saliva that causes disease. This is why it's very important to remove ticks properly.

When removing ticks don't use your bare fingers! Use tweezers of some sort and make sure to get the head, without crushing the body. Some myths of applying petroleum jelly, a hot match, or nail polish to an attached tick WILL NOT cause the tick to detach. These myths may however cause the tick to deposit more disease carrying saliva in the wound. After remov-

ing the ticks you can place them in a jar of alcohol to kill them. Flushing them down the toilet will not kill ticks. Be sure to wash your hands thoroughly after touching the ticks to prevent the spread of diseases to you.

There are several different ways going about treating your tick problem. Each case is handled differently depending on multiple factors. Sometimes you have to treat with multiple methods to be successful. I have many clients who were overrun with a tick infestation and with just a few treatments, have not had a problem since. Feel free to call or stop by if you having any problems with ticks (or fleas) and we can discuss which option is right for you.

It is my pleasure to serve our wonderful community as your veterinarian. I am happy to be writing this column each week to help pet owners understand not only their pet's needs, but also the 'backstage' aspect of my career choice. If you have questions or would like to see a particular topic covered, you can email the clinic at gcch@windstream.net, post on our Facebook page (www.facebook.com/GarzaCountyAnimalHospital), or give us a call, 806-495-3726.

USDA Reminds Producers of Sept. 1 Sales Closing Date for Noninsurable Crops

(POST, TX) — August 5, 2011 — Garza-Borden County USDA Farm Service Agency (FSA) Executive Director Victor Ashley, urges producers who want to purchase coverage through the Noninsurable Crop Disaster Assistance Program (NAP) to do so before the sales closing date of September 1, 2011.

NAP provides financial assistance to producers of non-insurable crops when low yields, loss of inventory or prevented planting occur due to normal disasters.

"Purchasing a crop insurance policy is an easy way for producers to practice risk management," said Ashley. "This year alone has proved that natural disasters can directly

affect the profitability and recovery of agricultural operations," he said.

The following crops have a NAP application closing date of Sept. 1, 2011: All Small Grains (Wheat, Oats, Barley, Rye & Triticale).

In order to meet eligibility requirements for NAP, crops must be noninsurable, commercially-produced agricultural commodity crops for which the catastrophic risk protection level of crop insurance is not available. If the Risk Management Agency (RMA) offers coverage for a crop in the county, then NAP coverage is not available for that crop.

In the event of a natural disaster, NAP covers the amount

of loss greater than 50 percent of the expected production based on the approved yield and reported acreage.

Eligible producers can apply for coverage using form CCC-471, Application for Coverage. Producers must file the application and service fee by the Sept. 1st deadline. The service fee is the lesser of \$250 per crop or \$750 per producer per administrative county, not to exceed a total of \$1,875 for a producer with farming interests in multiple counties.

For more information on sales closing dates and NAP, contact the Garza-Borden County FSA office at 806-495-2801.

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<p>ALLSUP'S WHEAT BREAD \$1.09 EACH OR</p> <p>2 FOR \$1.69</p>	<p>BUY 12 GALLONS OF FRESH ALLSUP'S MILK GET ONE</p> <p>FREE!</p>	<p>ASSORTED FLAVORS PEPSI 12 PACK</p> <p>\$3.79</p>	<p>WESTERN FAMILY PAPER TOWEL 2 PLY ROLL</p> <p>79¢</p>
<p>ALLSUP'S ASST. FLAVORS ICE CREAM 1/2 GALLON</p> <p>2 FOR \$6</p>	<p>ASSORTED FLAVORS BRISK TEA 1 LITER</p> <p>99¢</p>	<p>ASSORTED COKE 20 OZ.</p> <p>2 FOR \$2.50</p>	

Yesteryears

10 Years Ago

Garza County Trail Blazer Senior Citizens opened their new facility with Mary Cade, Eva Ybarra and Kyran Moore putting it all together.

Lashae Johnson accepted a \$250 award from Hi-Pro Feeds representative Jerry Shields in recognition of Lashae's Grand Champion Lamb at the Houston Stock Show.

20 Years Ago

Garza County Roping Buckle winners were Kyle Fogerson, Justin Johnson, Fred Lucero, Fred Myers, Carl Bruce Hall and Pat King.

The Post Volunteer Fire Dept. participated in the MDA "Fill the Boot Campaign."

Members of the Fire Dept. accepted donation for the Muscular Dystrophy Association.

The American Cancer Society Golf Tournament was held at the Caprock Golf Course.

Post Art Guild's Artist of the Month was Jean Davenport whose painting was displayed at the First National Bank.

30 Years Ago

Three new coaches hired at PISD. They were Ken Plumlee, Forest Hanna and Fred Postell.

Airman Michael J. Riedel, son of Mr. and Mrs. Jerry Riedel, has graduated from the U.S. Air Force Photographic Specialist course at Lowry Air Force, Colorado.

Postex employee Bobby Wayne Eckols

was awarded his 20 year service certificate pin and was presented his gift by Posted Manager, Don Smith.

40 Years Ago

Walter Didway installed as Lions Club 1971-72 presidents.

Paula Turner and Ben Miller exchanged wedding vows July 28, at the United Methodist Church.

Miss Ann Fawver became the bride of James Michael Criswell July 31, in the Trinity Baptist Church.

Miss Elizabeth Anne Dalby and James D' Wayne Gannon were married in a double ring ceremony at the First Presbyterian Church.

50 Years Ago

Fernando Raymundo, 15, was the first

winner in the Post's New Treasure Day event. Raymundo youth won \$70 in merchandise.

Glenda Sue Whittenburg and Virgil Y. Middleton Jr. were married at the First Methodist Church.

The school consolidation election in the Post and Close City ISD failed when Close City voters defeated it, 40 to 24.

60 Years Ago

The A.S. James family held their family reunion July 29, 1951 at the home of Mr. and Mrs. L. W. Gandy.

SFC. Hows, son of the A.B. Hows, has been discharged from active duty.

Rig Driven - In Theatre has been closed for minor repair and will reopen with the feature attraction being "Canyon Passage."



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Weekly Inspirations

THE TROUBLE WITH MEATLOAF

By Michael F. Taylor

Jenny was the president of the local Methodist Women's Society and spent a large part of her time conducting charitable work for the church and her small town. As such, she was always in demand by the community and her phone rang off the hook on a daily basis. This seemed to suit Jenny just fine and she never balked or wavered in her God given mission of helping those that needed a blessing from the church. This particular Sunday afternoon was no exception. Jenny and her husband Bill had spent the morning in an uplifting church service with their four year old daughter Cathy, and then returned home to eat a sumptuous roast and potatoes meal that Jenny had prepared over the previous evening. Jenny had cleaned the table of the dishes and Bill was contentedly washing them in the sink. Jenny was now humming quietly to herself as she was preparing a meatloaf for the potluck supper following the evening services at church. Four-year-old Cathy was happily coloring in her Biblical Stories coloring book when the family phone rang. Remember now that Bill is elbows deep in washing the lunch dishes, and Jenny has just picked up the ketchup bottle and was struggling to apply a liberal portion to her perfectly seasoned meatloaf. Not wanting to be distracted from the task at hand, Jenny looked at sweet little Cathy and asked her, "Honey, could you answer the phone for Mommy and Daddy?"

Wanting to please her mother and being excited that mommy actually was allowing her to answer the phone, Cathy jumped up from the table and hurriedly ran to the phone on the wall just barely within the reach of her tiny hands. Cathy, slightly out of breath from stretching to reach the height of the phone was then heard to say to the caller on the other end, "No, Pastor, Mommy can't come to phone right now, she's HITTING THE BOTTLE!"

Wow, try explaining that to your minister! Well, thankfully, even though Jenny was actually hitting the bottle, she wasn't HITTING THE BOTTLE. But many times sin does rear its ugly head and we struggle with temptations. The Psalmist teaches us about that situation. In Psalm 32:1-5, David declares, "Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD' and you forgave the guilt of my sin." NIV

What a blessing it is for us to know that if we confess our transgressions to the Lord, He forgives the guilt of our sin!!!! And what a lesson we learn from King David who also taught us how glorious a relief it is to acknowledge our failings to the Lord and how He then takes away the guilt which 'was heavy upon me; my strength was sapped as in the heat of summer'. We each know how strength sapping the heat has been this summer. And how wonderful it feels to walk into a nice air-conditioned place after being in the oppressive heat. David relates the burden of his transgressions to the draining of his strength due to that searing summer heat. But glory to God, when we confess those transgressions, He forgives us, and we walk into the fresh cool breeze of His loving kindness. My prayer this week is this; if you encounter someone who needs to experience the cool breeze of forgiveness, God will open the door for your witness. God bless and have a wonderful week in Christ. Oh, and be careful about hitting the bottle!

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

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with all thine heart,
and with all thy
soul, and with all
thy might.

Deuteronomy 6:5

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people and those
who support Post.

LEGENDS...

GARZA COUNTY HISTORICAL MUSEUM

By Linda Puckett

Bryan Williams was born in Cadsden, Alabama, in 1877. Seven years later the family moved to Hill County, Texas. In the early 1890's he broke horses in New Mexico and Arizona, later moving to Borden County, Texas.

In 1907 he moved cattle from Gail through Garza County to Crosby County. He and Rich Miller spent the winter in Crosby County on leased wheat. Every morning the fences were cut.

On the drive back, he and Rich bedded the cattle down in the pasture of Mrs. Bouchier, a widow in Borden County. She had several young children including Vantyle, Tom, A.W. and Phil. She graciously invited them to supper, saying, "There's not much to eat; a band of gypsies has moved in on us, eating all of our chickens and eggs, using all of our fresh milk and we

cannot make them leave." Bryan said, "It will take a minute." He uncoiled his cow whip and swinging it freely, notified the gypsies that if they were not gone in thirty minutes, he would use his forty-five. They left.

One year later he settled northwest of Post, where Pleasant Valley was later to be located.

In 1913, Helen Cotner and Hazel, her twin sister, moved to Post and leased the Algerita Hotel owned by C.W. Post developers. By this time Bryan was selling land to early colonists for Mr. Post. The part of the state from which the prospects were drawn would receive circulars advertising the land offered-in 160 and 320 acre tracts or more. This included a new house and windmill for \$500.00 down and long-term payout at low interest rates.

Usually upon arriving in Post by train, the settlers were

taken to the Algerita Hotel for breakfast and lodging. It was here that Bryan met Helen, and they were married in 1914. The following year he began a real estate and loan business. His business cards boasted; Garza County, Blue Ribbon Winner of West Texas, also 2nd Prize at Dallas State Fair-1925. We have land to sell both on the Plains and under the Cap Rock. Improved and unimproved on the Plains from \$40.00 to \$60.00 per acre. Under the Cap Rock \$7.00 to \$15.00 per acre. The Bryan Williams Land Co. Office in Citizens National Bank Post, Texas.

Two sons were born to Bryan and Helen, in 1918 and 1919, only one son, Bryan J. Williams survived. In 1939, he married Minnie Will Wooton of Slaton, Texas. To this union two sons were born-Bryan Williams III and Lee W. Williams (deceased in 1970).

Trailblazers Menu

August 15-August 19

Monday	Biscuit, Strawberry Bread
Manwich Burger, Sweet Potato Fries, Salad, Oreo Pie	Thursday
Tuesday	Roast Beef, Mash Potatoes, Carrots, Roll Banana Pudding
Ham, Sweet Potatoes, Lima Beans, Roll, Brownie	Friday
Wednesday	Fish, Pinto Beans, Potato Salad, Hushpuppies, Fruit
Smothered Steak, S.W. Potatoes, Fried Okra,	

4-H Member Wins State



Dakota McDonald, Garza County, and Brody Alexander, from Dawson County, recently placed first in the Texas State 4-H Horse Show in the team roping. Dakota also placed 6th in Breakaway Roping and 2nd in Tie Down which earned him Reserve Champion Roper for 2011. There were over 150 ropers from across the state participating with hundreds more participating in the week-long event. A representative from Anderson Bean is presenting them a certificate for a pair of handmade Anderson Bean boots. This summer, Anderson Bean unveiled boots with the 4-H clover in support of 4-H members across the state.

Consumers and Independent Producers Lose if Big Ag Wins on Animal Tracking

AUSTIN, TX (August 9, 2011): The U.S. Department of Agriculture (USDA) today released a new proposed rule for mandatory animal traceability. While USDA already has traceability requirements as part of existing animal disease control programs, the proposed rule goes much further to require animal tagging and tracing without specific disease threats. The rule has raised significant concerns among family farm and ranch advocates, who accuse the agency of failing to provide a coherent, factual explanation of the program's necessity.

"USDA brags about the success of past programs, but has abandoned the principles that made them successful," argued Bill Bullard, CEO of R-CALF USA. "Past programs were based on sound science and were developed

in response to the transmission, treatment, and elimination of specific identified diseases. USDA's new approach is a one-size-fits-all approach that does not specifically aim at the control of livestock diseases."

The proposed rule greatly expands what animals must be identified, including feeder cattle, which are processed at a young age and never enter the breeding herd.

"The large volume of the animals that USDA proposes to track could overwhelm the capabilities of state agencies, making it impossible to retrieve useful data if there is in fact a disease outbreak," stated Gilles Stockton, a Montana rancher and member of the Western Organization of Resource Councils.

See CONSUMERS on page 8

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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 7 p.m., Historic Presbyterian Church, 10th & Ave. K, behind United Supermarket. 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.

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Thank You
On behalf of the Eva Gonzales family a heartfelt Thank You is extended to everyone for your thoughts, prayers and concern during her illness and the loss of our loved one. We wish to thank Dr. Edwards & Steve Collazo for the beautiful services and words of comfort. The First Baptist Church, Nancy Gordon & Delbert Rudd, thank you for the use of the church & the beautiful music. EMS staff and Golden Plains Nursing Home, thank you for the medical care and kindness shown to our loved one. To our Close City Ragtown friends and families, thank you for your friendship that will never be forgotten. Thank you to all who prepared and brought food to our home and the Holy Cross Catholic Church ladies for a wonderful meal. Dee and Janet Justice, thank you for your services and kindness to our family.

Your gifts of flowers & cards are a true showing that our loved one touched many hearts and we appreciate this more then you will ever know.

May the Lord Bless each and everyone
Tino & Linda Alaniz & Family
Danny & Susan Gonzales & Family
Collazo Family

Lost and found
Found: Bird dog, Male tan/white. Call 806-629-4240 or 325-575-1821.

Garage Sale
3 family garage sale 308 N. Av 1 Friday and Saturday August 12th and 13th 7:00am-7

Garage sale 109 E. 14th St. Saturday August 13th 8:00am-? Little bit of everything.

For sale computer desk, oak table, 6 chairs, oak hutch, inn table and artwork. Call Sandra 806-632-7457.

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Photo by: Celia Mason

Members of the Garza County 4-H Shotgun Sports team participated in the Texas 4-H shotgun shootout on July 7th, 8th, and 9th in San Angelo, Texas. 350 targets were shot during the three-day event. Disciplines shot included American Trap, American Skeet, 5-Stand, Sporting Clays, International Trap and International Skeet. Members are: Back row Ray Mason (Coach), Blace Stevens, Tyler Lee, Ben Mason. Front row: Jayton Lewis, and Dallan Fogerson. Mark Kirkpatrick is also a coach but was unable to attend.

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Thanks for Reading the Post Dispatch



Photo by: Celia Mason

Ben Mason, a member of the Garza County 4-H Shotgun Sports team was the recipient of two scholarships at the Texas 4-H shotgun shootout on July 9th in San Angelo, Texas. Ben received the Larry Ratheal Memorial Scholarship in the amount of \$5,500. He also received the Caden Nowlin Memorial Scholarship in the amount of \$500. Raylea Underwood of Gail and granddaughter of Mack and Jane Terry of Post is shown presenting Ben "The Caden Nowlin Scholarship. Ben is the son of Ray and Celia Mason.

Post ISD Media Release for Free and Reduced-Price Meals:

Post ISD announces its policy for providing free and reduced-price meals for children served under the National School Lunch Program. Each school or the central office has a copy of the policy, which may be reviewed by any interested party.

The household size and income criteria identified below will be used to determine eligibility for free and reduced-price benefits. Children from households whose income is at or below the levels shown are eligible for free or reduced-price meals. Foster children who are the legal responsibility of a welfare agency or court may also be eligible for benefits regardless of the income of the household with whom they reside. Eligibility for the foster child is based on the child's income.

Application forms are being distributed to all households with a letter informing households of the availability of free and reduced-price meals for their children. Applications also are available at the principal's office in each school. To apply for free and reduced-price meals, households must fill out the application and returned it to the school. Applications may be submitted anytime during the school year. The information households provide on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified by the school officials at any time during the school year.

For school officials to determine eligibility for free and reduced-price benefits, households receiving food stamps or Temporary Assistance for Needy Families (TANF) only have to list their child's name and food stamp or TANF case number. An adult household member must sign the application.

Households that do not list a food stamp

or TANF case number must list the names of all household members, the amount and source of the income received by each household member, and the Social Security number of the adult household member who signs the application. If the adult who signs the application does not have a Social Security number, the household member must check the box on the application indicating no Social Security number. The application must be signed by an adult household member.

Under the provisions of the free and reduced-priced meal policy, school officials will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the reviewing official on the decision may make a request either orally or in writing to the Post ISD.

If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the levels shown above.

Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly.

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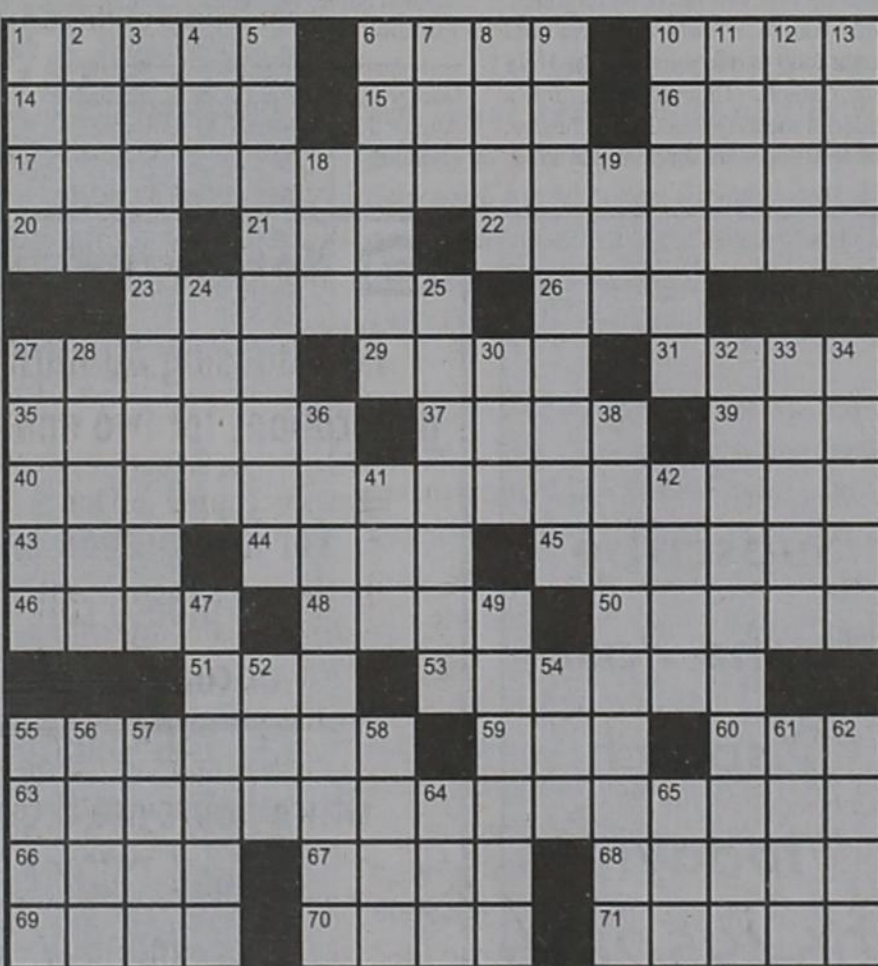
Justice-Mason Funeral Home

CLUES ACROSS

1. Old gold coin
6. Gray wolf
10. Increase, with "up"
14. Biscotti flavoring
15. Missing from the Marines, say (acronym)
16. "Major" animal
17. Dextrality
20. In-flight info, for short (acronym)
21. Minor player
22. Union soldiers
23. Fix, as a pump
26. Dumfries denial
27. Japanese immigrant
29. Cross
31. "The Turtle" poet
35. Pyrena
37. Amazes
39. Formerly known as
40. Dictionary features
43. Propel, in a way
44. South American monkey
45. Naps
46. Clarified butter
48. Bad marks
50. Horizontal band across a shield
51. Backstabber
53. Stroller (2 wds)
55. Ben-Hur's wheels
59. Blue
60. Density symbol
63. Revised chords
66. "Not on ___!" ("No way!") (2 wds)
67. "I had no ___!"
68. "The Canterbury Tales" pilgrim
69. Chancel
70. Masked critter
71. Facilitates

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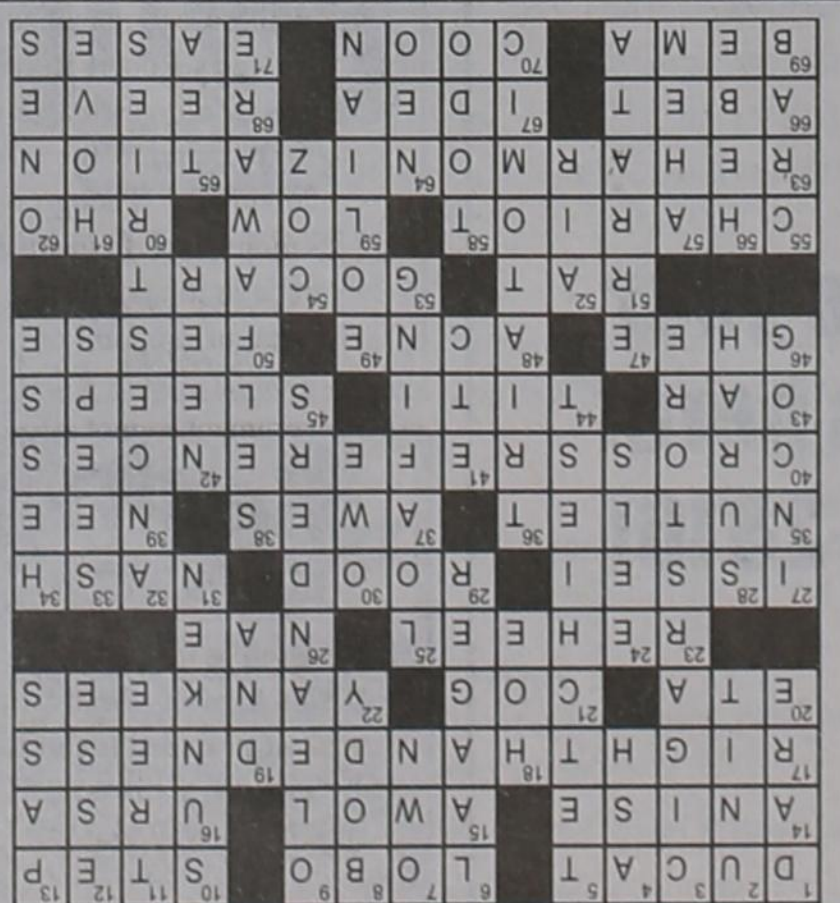


27. Concealed identity, shortened
28. Twill-weave silk fabric
30. "I ___ you one"
32. Lineages
33. Oozes
34. "Siddhartha" author
36. Three per molecule
38. Conscious of own thoughts and actions (2 wds)
41. "Yadda, yadda, yadda" (abbrev.)
42. At no time, poetically
47. Slips
49. Carried by the wind
52. Balloon filler
54. Child of your unc
55. Complain
56. Daughter of Zeus
57. "Beg pardon ..."
58. ___ list (2 wds)
61. Lifted, nautical
62. Aces, sometimes
64. "The Matrix" hero
65. Oolong, for one

CLUES DOWN

1. Bell the cat
2. Condo, e.g.
3. Where coronas are bought (2 wds)
4. ___ Wednesday
5. Most easily irritated
6. Encampment encircled by wagons
7. Control
8. Soul mate
9. Poisonous Eurasian evergreen shrubs
10. Submerged
11. Certain surgeon's "patient"
12. "___ quam videri" (North Carolina's motto)
13. Hail Mary, e.g.
18. Clod chopper
19. Genetic information (acronym)
24. Congers
25. Idling

PUZZLE SOLUTION



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	FREE	REDUCED	FREE	REDUCED	FREE	REDUCED	FREE	REDUCED	FREE	REDUCED
1	\$14,157	\$20,147	\$1,180	\$1,679	\$590	\$840	\$545	\$775	\$273	\$388
2	\$19,123	\$27,214	\$1,594	\$2,268	\$797	\$1,134	\$736	\$1,047	\$368	\$524
3	\$24,089	\$34,281	\$2,008	\$2,857	\$1,004	\$1,429	\$927	\$1,319	\$464	\$660
4	\$29,055	\$41,348	\$2,422	\$3,446	\$1,211	\$1,723	\$1,118	\$1,591	\$559	\$796
5	\$34,021	\$48,415	\$2,836	\$4,035	\$1,418	\$2,018	\$1,309	\$1,863	\$655	\$932
6	\$38,987	\$55,482	\$3,249	\$4,624	\$1,625	\$2,312	\$1,500	\$2,134	\$750	\$1,067
7	\$43,953	\$62,549	\$3,663	\$5,213	\$1,832	\$2,607	\$1,691	\$2,406	\$846	\$1,203
8	\$48,919	\$69,616	\$4,077	\$5,802	\$2,039	\$2,901	\$1,882	\$2,678	\$941	\$1,339
9	\$53,885	\$76,683	\$4,491	\$6,391	\$2,245	\$3,196	\$2,073	\$2,950	\$1,037	\$1,475
10	\$58,851	\$83,750	\$4,905	\$6,980	\$2,453	\$3,491	\$2,264	\$3,222	\$1,133	\$1,611
11	\$63,817	\$90,817	\$5,319	\$7,569	\$2,660	\$3,786	\$2,455	\$3,494	\$1,229	\$1,747
12	\$68,783	\$97,884	\$5,733	\$8,158	\$2,867	\$4,081	\$2,646	\$3,766	\$1,325	\$1,883
For each additional family member add:			\$414	\$589	\$207	\$295	\$191	\$272	\$96	\$136

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OPINION



The Paperboy

Hey world, change your attitude!

By CHRIS BLACKBURN

What is the economy? If you'll allow me some abstract thought... The economy is generated from attitude. Right now, there is a global negative attitude.

What if you had no clue what the national deficit was? What if, as far as you knew, everything was okay? Or at least, as good as it always is?

Would not knowing about global economic turmoil improve the economy? Of course it would. You would be more likely to fill up instead of just putting \$20 in the tank. You'd be more willing to shop for school and get your household needs out of the way.

In a perfect world, the economy would have a more natural flow. When you throw in humans with opposing economic philosophies, poor communication skills, and self-serving motives, you have a complete mess.

Speaking of the economy: there is one way the United States could change the sorry global attitude. President Obama could fire the idiots in his cabinet who have zero business experience and replace them with individuals with a variety of experience.

If I were president, I would study history and look at what has worked in the past during economic turmoil. I would then surround myself with the most qualified people I could find to advise Congress on the best course of action. Furthermore, Congress would be back in session until we had a plan to get our fiscal house in order.

If Treasury Secretary Timothy Geithner is the best Obama can do, that is an awful statement to the American people. Geithner needs to be fired and replaced with someone who has a proven record of turnarounds.

I promise such a move by Obama would get attention around the world. Instead, Obama gave Geithner a vote of confidence. I just don't understand this thinking.

How wonderful would it be if our members of Congress had term limits? I honestly think the culture in Washington could change if term limits were in place.

It's been my observation that when a member of Congress is in Washington for too long, they belong to Washington and not the Americans they work for. How else can they avoid arriving at the same conclusions we do in our every day lives?

Another benefit to term limits would be the amount of time and money it takes to win elections. If our representa-

tives and senators were limited to one or two terms, I think you'd see quicker action out of both bodies. I also think you'd see action for the greater good instead of special interests.

There is no question our financial system needs to be retooled for today's world. There is also no question our political system needs work as well.

Did you know that the majority of our fighting forces come from rural America? They do. The brave men and women doing the hard work are from our towns and we need to keep them and their families in our thoughts and prayers every day.

When you've been at war as long we have, those insulated from it begin to take it for granted. But their wives, husbands, moms, dads and children don't.

I'm very proud of those of you serving and supporting the troops. You are owed much for your sacrifice and I sincerely hope you can feel our support from where you are.

Copyright Christopher Blackburn 2011

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

Other Opinions

'New Normal' is political flim-flam

By RICK MANNING

There is a new phrase that is being bandied about in these hard economic times that should be frightening to anyone who believes that America's rightful place in the world is on top of the economic pecking order - the "New Normal."

Surprisingly, it is very difficult to find a definition of this economic description as virtually every article that mentions it is seeking to find how the "new normal" is impacting individuals and business as they adapt to it.

Given this difficulty, I thought I'd help these searchers for what the "new normal" looks like by going to the dictionary. Normal is defined as "usual" or in the second definition "healthy." Obviously, new means "recently made" or "replacing existing one."

So, those pushing the "new normal" economy in America are effectively telling America to get used to it. This economy is usual, healthy and it has replaced the existing one.

Effectively, those pushing the term "new, normal" are through words attempting to get America to accept an economy where in July alone there are 374,000 fewer people in the workplace than in the month before.

They are trying to get Americans to accept an unemployment rate exceeding 9.1 percent as healthy and usual.

They are trying to get Americans to accept millions of energy jobs not created because the federal government policy is to promote supposed green jobs that don't exist.

They are trying to get unemployed and underemployed Americans to accept their premise that our economy just cannot create jobs, and they should be happy living off government handouts provided by the lucky few who are allowed to slave away so they can be supported.

The "new normal" is exactly the change that Barack Obama envisioned in 2008, and it is the economy that he intends to continue giving America through his job choking regulators at the EPA, NLRB, Labor Department and Department of Interior.

The "new normal" is exactly the change that Obama, Reid and Pelosi envisioned and delivered when they bankrupted the nation by going on a spending spree that added trillions of dollars to the national debt and put automatic spending in place that is irreversible in a divided Congress, and cost our nation our AAA bond rating for the first time in history.

The "new normal" is what they intended when they took over the nation's health care system and put automatic implementation language in place to ensure that hundreds of billions of dollars will be spent to implement a plan that the public neither wants, nor needs. A plan that a divided Congress cannot rip out by its roots even though the House of Representatives has voted to do just that.

This is the "new normal." An economy that is growing at less than 1 percent, while economic forecasters from the White House make revenue projections based upon an assumed growth rate of 3 percent.

The new normal is a government directed economy that prevents job creation by forcing someone who wants to extract valuable minerals from the earth in Alaska to spend just under \$150 million in environmental impact statements to dig in an area that is designated by the Alaskan government to be mined. A mine that still is awaiting federal government approvals even after the massive expenditures proved negligible impact.

The "new normal" economy accepts the delay in building a pipeline to move oil from the Canadian oil sands north of Alberta through America that would create tens of thousands of new high paying jobs, because environmentalists don't like the way the oil is taken out of the ground in Canada.

The "new normal" is for American taxpayers to send \$2 billion to a Brazilian oil company that is bigger than Exxon-Mobil so they can drill off-shore of Rio de Janeiro, and then sell U.S. consumers the oil that their taxes paid to extract.

It is clear that those pushing this concept of the "new normal" economy are banking on the American public forgetting what is really normal.

In November of 1980, when Jimmy Carter was viewed as one of the worse presidents in history due to his economic failure, unemployment stood at 7.5 percent, and it was in the 6 percent range for most of his presidency.

Over the two decades from January 1990 to January 2009, the average unemployment rate in January was 5.8 percent.

Now, two and a half years later, this President's apologists want America to accept a "new normal" of more than 9 percent unemployment?

The truth is that the term the "new normal" is nothing more than an attempt to get American voters to accept the failure of the Obama Administration's policies.

If they are able to convince America that \$1.6 trillion deficits are necessary to maintain the "new normal", then they will convince America to re-elect them to maintain the current "best you can hope for" economy.

Political apologists of the same ilk who derided the 4.6 percent unemployment rate economy during the Bush Administration for only producing "hamburger flipper jobs," now seek to convince America that a rate twice that amount just needs to be accepted as normal.

To be clear, there is nothing normal about an unemployment rate that hovers between 8.8 and 10 percent of the American workforce.

There is nothing normal about more than 2 million people abandoning the workforce in the last twelve months alone.

There is nothing normal about people walking away from their homes because it no longer makes sense to pay the mortgage.

In the past two and a half years, we have experienced change to what is being sold as "normal." Hopefully in November 2012, America will choose to return to the real normal, and the prosperity that our free enterprise system has produced throughout our nation's history.

Because the one thing that is abundantly clear is that the "new normal" is the economic equivalent of New Coke, it might be new, but it is definitely not improved.

Cell phones now a necessity for America's poor

By REBEKAH RAST

America's definition of poverty differs from how many other countries would describe it. You know America is indeed a blessed nation when its poorest households are described as having a refrigerator, television, microwave and some even having an Xbox or other gaming system.

But only about 90 percent of the population has a cellular phone. According The New York Times, "That leaves 32 million, including the infirm, still up for grabs."

The federal government is working with telecommunications companies to fix that.

"The program is about peace of mind," says Gary Carter, manager of national partnerships for Assurance Wireless, a company helping low-income people obtain cell phones. "It's one less bill that someone has to pay, so they can pay their rent or for day care... It is a right to have peace of mind."

Is he asserting that having a cell phone is now a civil right?

Looking at how widespread this program has become and seeing how much tax dollars are being poured into it, you'd think so.

A perk of the program for low-income people is the cell phones are given to them for free. Some programs allow up to 250 free minutes a month. For a low-income person to qualify for a free cell phone program, including Lifeline or SafeLink, a person must meet federal low-income guidelines or qualify for one of many social service programs, including food stamps or Medicaid or even school lunch programs.

The Heritage Foundation summarizes the program: "This particular program is covered by the federal Universal Service Fund. At first it received its money by essentially

taxing telephone companies that provided long-distance service, with the money then being used to provide affordable rates for those living in less densely populated areas where phone service was more costly. However, in 1996, Congress voted to extend the use of this fund to subsidize low-income households and subsequently expanded the list of those required to pay into the fund to include: local telephone companies, wireless companies, paging services, and payphone providers. In 2008, the Federal Communications Commission began subsidizing cell phones for low-income households."

The price tag for this service in 2010 was \$1.32 billion. Lifeline was the most prominent low-income program costing about \$1.2 billion.

"If there is ever an example of social welfare and the entitlement mentality, this is it," says Bill Wilson, president of Americans for Limited Government. "The government cannot afford to be handing out luxuries for free. Cell phones are not a necessity."

But those benefiting from the system feel differently. Leon Simmons' story is reported by The New York Times. He is on disability while his wife works a minimum-wage job. Their monthly income is about \$1,600 after taxes. They have a land line telephone, high-speed Internet and cable, and now Mr. Simmons enjoys a free cellular phone. He admits that he doesn't see what all the fuss is about and why so many people are into cell phones, but will he use it? Yes, he said, "It's free."

Simmons is not the only person enjoying his new perk. The SafeLink program is now in 39 states and has more than two million customers nationwide.

But not everyone is a grateful beneficiary of this program. Telecommunication companies like Verizon, AT&T and

Sprint have to provide this service per the Federal Communications Commission (FCC). These companies hope that providing phones to low-income people might help them get new customers once those people can afford their phones on their own, but until then, and in order to recoup their losses, "the companies turn around and hike their fees to paying customers."

This should do nothing but frustrate those who regularly pay their cell phone bill.

On top of this, The Heritage Foundation reports that customers of these cellular phone programs are loosely monitored. Heritage's Robert Rector said, "This means that if an individual's income increases to where he or she is no longer eligible for the service, there is no one to make sure he or she stops receiving it." Though Assurance Wireless claims that every 12 months, participants have to show proof of eligibility to remain in the program.

"This type of program only promotes more American dependence on an already broken system," says ALG's Wilson. "The government cannot afford this program, nor can taxpayers. At a time when Washington needs to make spending cuts, this is one program that needs to be zeroed out."

All Americans with a cell phone or land line provide funds to the federal Universal Service Fund. As more Americans become eligible for this program, the more money it will require. This kind of social welfare falls into the category of government-provided luxuries, not necessities.

Only in America is poverty described as a person with a place to live, a way to buy food, air conditioning and a cell phone.

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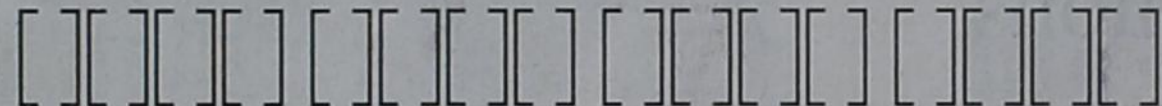


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as much as one cup every 20 minutes."

Rice said chronic fatigue, lethargy and constant headache may be symptoms of dehydration. Others may include dizziness, impaired performance, clammy skin, rapid pulse, dry mouth, swelling, gastric problems and changes in consciousness level.

She said some ways to reduce or adjust to heat exposure include limiting activity until the body adjusts to the warmer temperature, avoiding strenuous activity during the warmest part of the day, staying indoors as much as possible to avoid direct exposure, wearing loose-fitting, lightweight, light-colored clothing, wearing a hat and drinking plenty of water.

Rice also suggested eating smaller, lighter meals more often and avoiding high-protein foods that may increase metabolic heat.

"Of course, we always try to reiterate that people should never leave pets or kids in closed vehicles and to remember to check on relatives or neighbors who spend much of their time alone," she said. And don't try and rehydrate by drinking beverages containing alcohol, as those may have the opposite effect and you're already probably somewhat impaired by the heat."

Rice said young children, outdoor workers and athletes are at higher risk from excessive heat.

"Children produce more heat and sweat less than adults," she said. "They also are not as self-aware and need adults to remind them to drink enough fluids, so parents and other care providers need to make sure kids acclimate to the heat and stay adequately hydrated."

Rice said children particularly at risk for heat-related illness are those who are overweight, don't regularly exercise, have had a recent illness that included vomiting or diarrhea, or take medication that may dehydrate them.

"People who work outdoors or participate in outdoor athletics are also particularly susceptible," she added. "They too must ensure they take frequent rest and water breaks and don't overtax themselves. And if at all possible, try and do the most strenuous activities in the morning before it gets too hot."

Older people too are at higher risk for heat-related illness as their bodies are less able to adjust and respond to heat exposure as they advance in years," said Andy Crocker, an AgriLife Extension specialist in health and wellness for older adults. "As people age,

their circulation and sweat glands become less efficient and their body's ability to conserve water is reduced."

Crocker added that chronic illness, hormonal changes, medication, disability and neglect are also issues that may contribute to heat-related illness among the elderly. One special consideration for older adults is that they speak with their health provider about how reactions to their medications may be affected by the heat.

"Someone on a diuretic or water-restricted treatment may not be able to drink a lot of fluids," he said. "Older people should discuss this with a doctor or pharmacist to see how you should handle this situation in the extreme heat."

Extreme heat also can have a psychological or emotional impact on people of all ages, noted Dr. Rick Peterson, AgriLife Extension family life specialist.

Peterson said research has shown that high heat is a factor in sleeplessness, which may increase the risk of aggression — or at least cause a reduction in tolerance.

"Sleep experts say your bedroom needs to be dark and cool," he said. "Make sure bedding is of natural fiber and use a fan to circulate the air, especially if there's limited or no air conditioning. Also, if possible, move your bed closer to the floor where it's likely to be cooler or try sleeping in another room of the house that's cooler than your bedroom."

Peterson added that prolonged exposure to heat can also result in an escalation of overall stress or contribute to a sort of emotional "piling-up or ballooning" effect, especially if someone is already under some type of stress."

Peterson said while some people may require professional assistance with stress management, there are still a few things they might do to help reduce it, including: — Staying out of the outdoors as much as possible. — Adapting the way you view a situation and adapting a more positive attitude. — Accepting what you cannot change about a situation and focusing on the things you can to make it better.

For more information on the effects of heat exposure and how to better manage that exposure, read Texas A&M University System's Family and Consumer Sciences HealthHints newsletter on this topic at <http://fcs.tamu.edu/health/healthhints/2008/aug/heat.pdf>

Hunter education course set

Post—A hunter education class has been scheduled for August 27 and 28, beginning at 8am at the Post High School cafeteria, according to Drew Spencer, Garza County Game Warden and Hunter Education Instructor. Spencer adds that the class each

day will run until 5pm, with students allowed an hour and a half lunch break each day. Students will be required to attend class both days.

According to the Texas Parks and Wildlife Department, if you were born on or after September 2, 1971, and you are:

- under 9 years of age, you must be **accompanied**, or
- age 9 through 16, you must successfully complete a hunter education course, or you must be **accompanied**, or
- age 17 and over, you must successfully complete a hunter education course; or purchase a "Hunter Education Deferral," and you must be **accompanied**.

Spencer points out that "**accompanied**" means: by a person who is at least 17, who is licensed to hunt in Texas, who has passed hunter education, or is exempt (born before September 2, 1971), and who is within normal voice control. Proof of certification or deferral is required to be on your person while hunting.

However, any individual may take the course on a voluntary basis and is encouraged to attend regardless of requirements, according to Spencer.

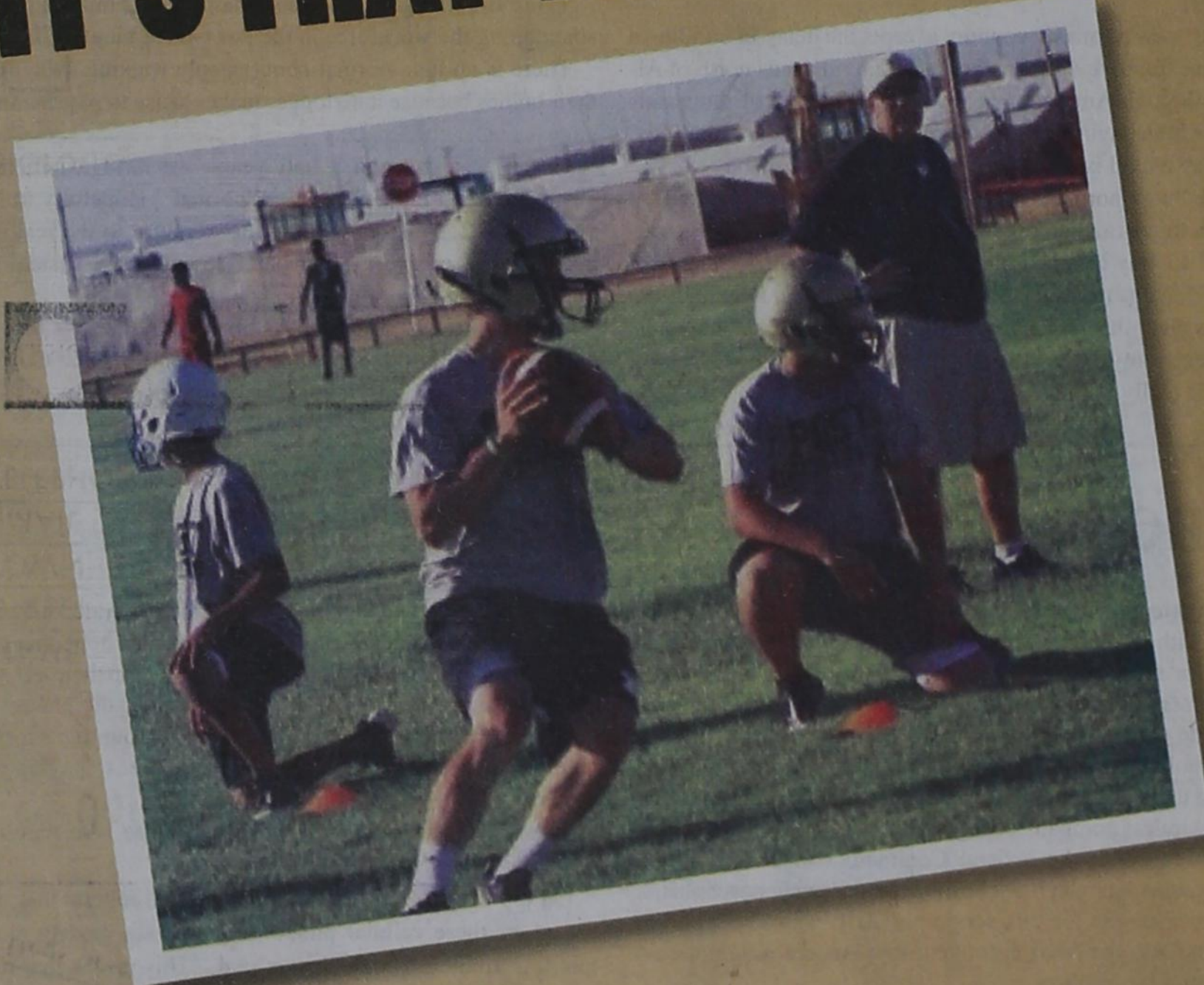
"The course is open to adults and youngsters and will include instruction in modern firearms and primi-

tive sporting arms handling and safety, outdoor responsibility and ethics, laws and regulations, wildlife conservation and management, hunting traditions, field care of game and wilderness first aid and survival," Spencer added. "We will have an excellent group of hunter education instructors teaching this course. Borden County Game Warden Brent Tucker and other nearby game wardens will be teaching certain parts of the course, each bringing unique experiences, stories, and knowledge with them."

The minimum age for certification is 9 years and cost is \$15. Students 9 years of age or older successfully completing the course will be issued a "Temporary Student Card" at the end of the course. Students will then receive an original "Hunter Education Certificate" from Texas Parks and Wildlife after processing the paperwork. Those less than 9 years of age will receive a "Certificate of Attendance," but must take the course again after turning 9 for proper certification.

To register for the course, please contact Drew Spencer at (806) 773-4179 or Texas Parks and Wildlife Department at (800) 792-1112, (512) 389-4999, or the Website at www.tpwd.state.tx.us/learning/hunter_education.

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Notice to all persons is hereby given that the original letters of Testamentary upon the estate of ADDIE FAY LATSON deceased, were issued to the undersigned on the 2nd day of August, 2011, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, in Garza County, are hereby required to present the same at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed and within the time required by law to my attorney Preston L. Poole, Jr., at P.O. Box 298, Post, Texas 79356.

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