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The Post Dispatch

A Builder in Garza County



87th Year, Number 44

USPS 439-620

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Friday, June 22, 2012

8 Pages - 50¢

Water district hikes rates 10 percent Board approves \$1.82 million budget for fiscal year

By Wayne Hodgin
The Post Dispatch

SPUR — The 12 men gathered around a conference table at the White River Municipal Water District — who had desperately prayed for rain just minutes before — raised their voices to be heard over the pattering of precipitation in order to unanimously pass a \$1.82 million budget Thursday night.

When Friday morning dawned, more than an inch of rain had fallen in the vicinity of White River Lake, bringing a little more hope to elected officials, taxpayers, residents and recreationalists served by this thirsty region.

Although the lake has seen about 9.5 inches of rain since the first of the year — at this same point last year, the lake only had seen about 2 inches — board members still were cautiously optimistic while raising water rates 10 percent for the municipalities it serves, including Post, Crosbyton, Ralls and Spur.

Tom Fulton, executive director of the White River MWD, told board members that at current levels — if no significant amount of rain was to fall — the lake would be inoperable for not only recreational use but also as a viable drinking water source by next April.

"The lake is 25 feet lower than capacity right now," Fulton said. "At 32 feet low, we're done, gentleman, and the lake has been dropping a foot a month since this drought began."

The budget

The 2012-2013 fiscal year budget includes \$228,223 for administration — a more than 44 percent increase; \$576,552 for the water plant operations — a more than 2 percent increase; \$693,258 for maintenance — a more than 2 percent decrease; and \$321,761 for recreation — a nearly 5 percent decrease.

The overall projected budget of \$1.82 million is only nearly 3 percent more than last year's budget of \$1.77 million.

Fulton told the board he was as fiscally conservative with the budget as he could be while remaining practical.

"Our infrastructure is more than 40 years old," he said. "Things break down. We have to fix it, or people don't get water. Sometimes — many times — that means extended hours for our employees and a good deal of overtime."

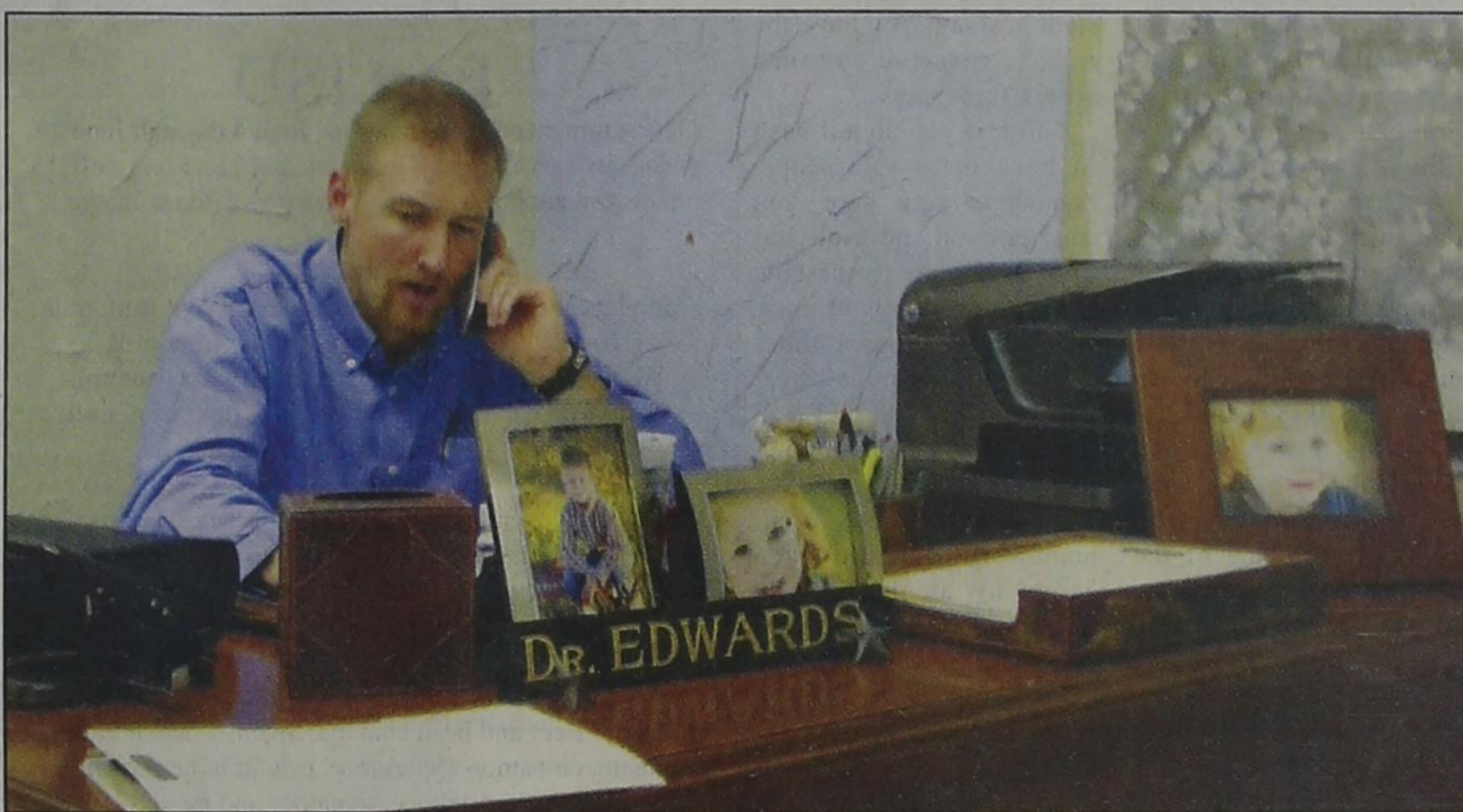
"Hopefully, if we can get some of these issues fixed, and, with the proper equipment, we can cut down significantly on our administrative budget within the next few years."

Fulton continued to reiterate that point throughout his budget presentation to demonstrate the need for replacing and updating that infrastructure.

Fulton has proposed about \$30 million in infrastructure.

WATER DISTRICT HIKES...

continued on page 6



Wayne Hodgin/The Post Dispatch

Dr. Benjamin Edwards schedules a patient visit on the phone Wednesday morning in his office in the Farm Bureau building on East Main Street. Edwards recently left his traditional practice at the Garza County Health Clinic to start his own independent practice focusing on holistic medicine and nutrition.

Local doctor splits to form own practice

Benjamin Edwards will specialize in holistic medicine and nutrition

By Wayne Hodgin
The Post Dispatch

Dr. Benjamin Edwards, who for the past six years has been seeing and treating patients at the Garza County Health Clinic, has left his practice.

Edwards said this week he has opted to part ways with the Garza County Board of Health and also with the Lubbock-based Physician Network Services, an affiliate of University Medical Center, which oversees the day-to-day administrative operations of the clinic.

Both Edwards and members of the health board said the decision was mutual.

For the last several months, Edwards has been channeling his practice into one that is more nutritionally based

rather than treating patients through medicine.

"I was seeing that I was spending a lot more time with those patients who were interested in controlling their medical symptoms through diet, exercise and sleep, rather than just writing them out a prescription," Edwards said.

Edwards had approached the health board with the possibility of splitting his practice, spending mornings at the health clinic and afternoons at his downtown office. At first that was agreeable to both parties.

Last Friday, however, PNS officials informed Edwards it was best to part ways.

Wayne Edwards, chairman of the Garza County board of health, which oversees the health clinic, said the deci-

sion for him to leave was Dr. Edwards' alone.

"Basically, Ben was devoting more time to interests other than those of the Garza County Health Clinic," said Edwards, who is no relation to Dr. Edwards. "He asked us a few weeks back to bring in another doctor because he didn't think he could spend the time treating the number of patients we thought he should be treating."

"It boils down to Dr. Ben just having other interests — that's what he wanted to pursue."

Wayne Edwards said the clinic needs a full-time doctor.

"We need a full-time doctor, someone to be there 40 hours a week, not someone who can only spend about 16 hours a week there," he said.



Dr. Benjamin Edwards

Wayne Edwards said the health board wishes Dr. Edwards the best.

"We appreciate the work

LOCAL DOCTOR...

continued on page 4

4-H members attend historic Roundup



Submitted by Nancy McDonald

Audree Williams, Kelbie Oden and Ethan Self attended the first 4-H State Roundup last week at Texas Tech. The event traditionally has been held at Texas A&M in College Station.

The Post Dispatch

Texas Tech University hosted the 2012 Texas 4-H Roundup held June 11-15.

This is the first time in the history of the event that it has not been held at Texas A&M in College Station.

A record number of 4-H

members, volunteers, agents, parents and guests registered

4-H MEMBERS ATTEND...

continued on page 8

Missing teens reportedly located

By Wayne Hodgin
The Post Dispatch

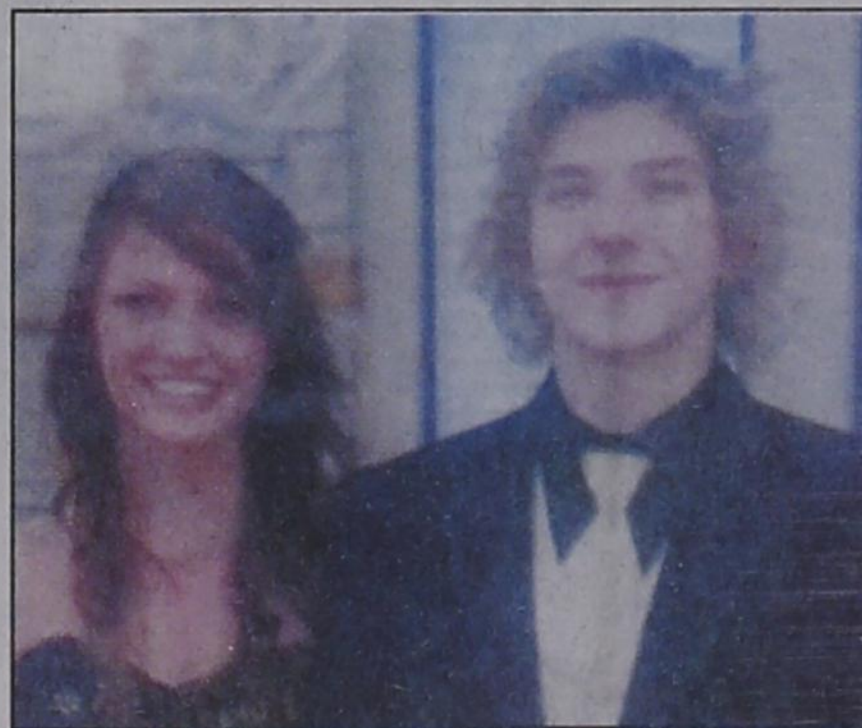
Law enforcement officials in Cedar Park have been looking for a teenage couple they believe might have been passing through Post around mid-May on their way to some destination on the West Coast.

Chuck Foreman, a private investigator hired by the family of 17-year-old Jacqueline Whittington, said the family heard from their daughter on Father's Day this past Sunday.

"We were able to track them to an undisclosed loca-

MISSING TEENS...

continued on page 8



Courtesy Photo

Law enforcement in Cedar Park have been searching for Jacqueline "Jax" Whittington and Ryan Jeffrey Wilson, both 17, since May 19. Whittington's parents reportedly heard from her via text message this past Sunday.



City of Post
June 13: 0.29 inches
June 14: 0.57 inches
June 15: zero
June 16: 0.20 inches
June 17: 0.01 inches
June 18: zero
June 19: zero

Month to date: 3.77 inches
Year to date: 14.27 inches
Normal: 9.21 inches

Lake Alan Henry
June 13: 0.55 inches
June 14: 0.07 inches
June 15: zero

June 16: 0.14 inches
June 17: zero
June 18: zero
June 19: zero
Month to date: 3.55 inches
Year to date: 18.05 inches
Normal: 15.2 inches

White River
June 13: 0.45 inches
June 14: 0.80
June 15: 0.01
June 16: zero
June 17: zero
June 18: zero
June 19: zero

Month to date: 6.12 inches
Year to date: 18.65 inches
Normal: 9.82

Source: National Weather Service in Lubbock.

Our Views

(Editor's note: In order to bring back some semblance of dialogue from the public not only to this newspaper but also in the community we serve, we will — beginning with this week's issue — periodically publish an editorial viewpoint in the form of what is referred to in the journalism industry as an "unsigned editorial." Traditionally, this opinion piece is published on the pages of the newspaper's editorial page. It is our hope these editorials spark civil dialogue among our readers to recognize other alternative viewpoints while also bringing praise to people and entities where such merit is deserved. As always, your opinions are valued as much if not more than our own. Readers are encouraged to submit letters to the editor at thepostcitydispatch@gmail.com.)

During Thursday's regular monthly meeting of the White River Municipal Water District, discussion of a scholarship program was proposed for graduating seniors who attend schools within the district's region.

The district serves the cities of Post, Crosbyton, Ralls and Spur.

The proposal, as presented to the board, would have the district fund one \$1,000 scholarship for each school within the district for a total of four schools and \$4,000.

While the idea superficially has some merit — indeed it is a noble cause to help fund post-secondary education for students — a government entity with the power to excise tax is not the proper channel to be funding such a cause, however worthwhile it might be.

The proposal itself seemed to be met with a less than lukewarm response. One of the Post representatives on the board, David Steltzer, even said, "I don't know how well the residents of Post would take to that idea."

A government body that collects taxes from the public should not be in the business of making money. If such a body has enough money left over at the end of the fiscal year — in this case, enough for a scholarship — that money should justly be returned to the taxpayers.

If the board was to move ahead with the proposal, it would be more fiscally responsible of members to fund such a scholarship through the district's recreation fees, not at the expense of the taxpaying customers who already are pinching enough pennies as it is.

An open letter to GCHC patients

By Ben Edwards

Dear patients and fellow Garza County residents: Let me first apologize for my abrupt departure from the clinic. I know it caught a lot of you off guard.

Physician Network Services felt like it was in the best interest of everyone involved I move into a full-time status with my nutritional medicine practice at my downtown office and not try to work part time at both facilities as I had proposed.

I was hoping to be able work mornings at the Garza County Health Clinic and afternoons at my cash-only nutritional clinic downtown, but instead I will just be at the downtown office full time.

Dr. Chad Gray, who grew up in Littlefield and is a great man and physician will be taking over my duties at GCHC. I feel 100 percent confident in the high level of care he will be able to provide each and everyone of you. I highly recommend him and would send my own family to him. Please don't hesitate to utilize his services. Also, Angie Hannaway is still available to see patients at GCHC.

As many of you know, I have shifted my focus the past few months to a more nutritionally minded practice that focuses on chronic-disease reversal, not just treatment.

Current medical education focuses on training young physicians in the art of managing symptoms and diseases with pharmaceuticals to such a degree that we often lose the art of healing. We lose sight of how the body is designed to heal itself if given the proper tools (i.e. nutrition).

Only 6 percent of medical students get any teaching in nutrition. I received one hour of nutrition education in four years of medical school. Furthermore, the current American system of third-party payers (insurance and Medicare/Medicaid) is full of red tape and regulations that requires a dedicated team of employees to wade through every day.

Lots of employees equals lots of expense to cover salary and benefits. Reimbursement rates are so low a primary care physician is forced to try and see a patient every 10 to 15 minutes in order to see enough patients to pay his employees and himself.

When I am teaching someone how to unleash their body's natural abilities to heal itself, the average visit is 2 hours long. So, I can only see four patients a day at this rate. Obviously a traditional clinic with these low reimbursement rates wouldn't be able to be financially sustainable; therefore, these nutrition education appointments must be cash only.

As I have told many of you, any physician or nurse practitioner can provide you with the

same standard prescriptions I have been providing for you for six years. However, there are very few who have been trained in how to help teach and guide a patient down a path of true healing through nutrition.

Probably every physician I know believes most of the symptoms/diseases we deal with every day would resolve on their own with proper diet and exercise and weight reduction. However, current medical education doesn't teach us how to do that, and the current reimbursement system makes it impossible to spend the required time to teach patients what to do. The demand for this information is great, and I feel like God has called me to this new path.

Hippocrates, the father of modern medicine, said, "I will use those dietary regimens which will benefit my patients according to my greatest ability and judgment, and I will do no harm or injustice to them." This is part of the oath I took upon graduation from medical school. I take it seriously. Since I have now received a more proper education in nutrition from five leading physicians from around the country, I must offer to my patients what I have learned. Cardiovascular disease and obesity rates are rising, and our current system doesn't have a good answer for it. The current paradigm of "one symptom, one pill" is not working.

For patients who are sick and tired of being sick and tired, I now have more to offer them, and I am obligated to do that.

I will be seeing patients at my downtown office by appointment only with a focus on nutritional education and chronic disease reversal. Again, I strongly encourage you to utilize Dr. Gray and the services at Garza County Health Clinic for your acute care needs and chronic disease management.

I would like to say a special thank you to all the staff at Garza County Health Clinic. You all are a first-class group, hard-working and dedicated to your fellow residents.

I am proud of what we have accomplished together over the past six years, going from a dilapidated, old clinic running \$10,000 a month deficits to a million-dollar, state-of-the-art clinic fully paid for and plenty of money in the bank to meet the health-care needs of the county.

It has been an honor and privilege to take care of you all. Thank you for entrusting me with your health care.

Dr. Benjamin Edwards is a former physician with the Garza County Health Clinic and the University Medical Center-based Physician Network Services. He is now in independent practice specializing in holistic health care and nutrition.

LETTER TO THE EDITOR

City continues to warn of door-to-door sales

Recently, we have received several requests for permits to sell door to door within the city of Post.

We have resisted these companies as best we can, but state law will not allow us to prohibit these kinds of sales. We must allow these companies to sell door to door once they have satisfied the law regarding background checks and bonding requirements.

We believe some of the organizations are legitimate companies with a valuable product. However, some door-to-door sales people are unscrupulous individuals who may not have your best interests in mind.

Our concern is for the safety of our citizens, so we would like to give you a few things to remember when dealing with a door-to-door salesperson.

First, ask them for their permit. If they do not have one on their person, close the door and call 911.

Second, if you are interested in the product, please read everything before you sign any contracts or agree-

ments, and remember that state law says you have the right to cancel at any time within three days.

Third, if you do not wish to have these salespeople coming to your door, you can put up no solicitation and/or no trespassing signs on or near your door. If someone ignores those signs, it is criminal trespass and you should call the sheriff's office immediately.

Finally, please do your homework. Before you agree to anything, look into the company's history and activities through the Better Business Bureau. If they are not listed, or if there is any types of actions pending, you might want to reconsider.

We don't want to unduly alarm anyone, but we do want our citizens to remain safe.

So, please remember these tips and if you have any questions, please feel free to call City Hall at 495-2811.

Arbie Taylor
City Manger
Post

MENUS

Post ISD

(The summer food program runs June 4 through June 29. Meals are served from 8 to 9 a.m. and 11:45 a.m. to 1:15 p.m. and are provided to all children without charge.)

Breakfast

Monday: Waffles, sausage, butter and syrup, fruit, milk
Tuesday: Pop-Tarts, sausage link, fruit, milk
Wednesday: Malt-O-Meal, sausage, toast fruit milk
Thursday: Cinnamon toast, sausage link, fruit, milk
Friday: Cereal, toast, fruit, juice, milk

Lunch

Monday: Chicken fajitas, refried beans, seasoned corn, orange wedges, sherbet cup, milk
Tuesday: Country-style steak, mashed potatoes, green beans, hot roll, strawberry shortcake, milk
Wednesday: Chicken spaghetti, salad, fresh apple, Texas toast, brownie, milk
Thursday: Beef and bean chalupa, Spanish rice, lettuce and tomato, cinnamon applesauce, peanut butter bar, milk
Friday: Pizza burger, lettuce, tomatoes and pickles, tater tots, fresh grapes, milk

Trailblazers Senior Citizens Center

Monday: Chicken spaghetti, carrots, zucchini, bread, banana pudding, milk
Tuesday: Meatloaf, mash potatoes, veggies, roll, apple fluff, milk
Wednesday: Chicken tenders, potatoes, turnip greens, roll, mandarin oranges, milk
Thursday: Beef tips/noodles, veggies, corn, roll, chocolate cake, milk
Friday: Barbecue beef, potatoes, pinto beans, roll, apricots, milk

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Odds of a child becoming a professional athlete: 1 in 10,000
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Some signs to look for:
No big smiles or other joyful expressions by 6 months.
No babbling by 12 months.
No words by 18 months.

To learn more of the signs of autism, visit autismspeaks.org

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Band

The Pride of Post received top ratings in the state solo and contest in Austin. The ensemble of Bennon, Taylor Fannon, R...

Members of the P... of the Texas State

Clabo

Those attending J.R. Williams and Hipp from McKin Hamilton, Prisc Patsy Mayhar for Mary Miller for Tommy and Nina Coleman; Jodie from White Se Andra Hamilton f Worth; Renee Belinda and Avi from Lubbock; Jay and Michael Gat Austin; and Pegg...

SAVE A LIFE. DON'T DRIVE DRUNK. 24th Anniversary of the National Highway Traffic Safety Administration's "Don't Drink and Drive" campaign.

Summer campaign, app targets kids forgotten in vehicles

The Post Dispatch

During the hot Texas summer, the danger of children dying from being left unattended in vehicles increases. A new campaign targeting parents and others to remind them to be extra attentive.

"Safe Kids USA has launched a new campaign titled ACT — Avoid heat stroke-related injury, create reminders and Take action," said Nancy McDonald, family and consumer science agent with the Texas Agriculture Extension Service in Garza County.

"The campaign is designed to link together these simple heat stroke prevention steps."

According to figures from San Francisco State University's Department of Geosciences, in just 10 minutes, the temperature inside of a vehicle can increase by almost 20 degrees.

"A child's body temperature rises three to five times faster than an adult's, making children more vulnerable to a deadly condition known as hyperthermia, or heat stroke," McDonald said. "Heat stroke can occur at body temperatures above 104 degrees. Even mild outside temperatures can pose a threat, but with Texas temperatures climbing into the upper 90s each day, the danger becomes even greater."

Statistics from San Fran-

cisco State University show that Texas leads the nation with the highest number of vehicle hyperthermia deaths during the years 1998-2011. Last year in Texas, there were nine vehicle heat-related deaths. Nationally, there were 33, according to the National Highway Traffic Safety Administration.

In more than half of the cases during that time period, the death was due to the child being "forgotten" by the caregiver. Such deaths are preventable when parents take precautions to make sure that children are not left alone in vehicles and cannot gain access to unlocked vehicles. According to Safe Kids, one-third of the heat-related deaths in 2000 were due to children becoming trapped in a vehicle they had crawled into.

Although many parents may think that this will never happen to them, it is a tragedy that can and has happened to many families. It is important that parents talk to their babysitters, grandparents, and others who care for their children to make them aware of the dangers of hyperthermia deaths.

McDonald said there are a variety of applications parents can download to their smartphone that allows them to set the days and time intervals in which they usually drive with their children and provides an alert reminding them not to forget their child in a vehicle.



Band students excel at state contest

The Pride of Post Band received top ratings recently at the state solo and ensemble contest in Austin.

The ensemble of Becca Fannon, Taylor Fannon, Randy Jen-

kins, Jaime Marquez, Kambry Mason, Kelbie Oden, Christian Pena, Alexis Ramirez, Nicole Ramirez, Stephen Rodriguez, Vanessa Rodriguez, Ethan Self, Rose Taylor and Audree Wil-

liams rated a No. 1 with "Military Symphony."

The quartet of Casie Eller, Kelbie Oden, Kelly Villalon and Torie Whisenant rated a No. 2 with "American Sketch-

es."

In the solo contest, Stephen Rodriguez earned a No. 2 rating with his drum solo.

Submitted by Marcie Oden

Photo submitted by Marcie Oden

Members of the Pride of Post Band who attended the state solo and ensemble contest in Austin are shown in front of the Texas State Capitol.



Descendants of Luther and Ola Claborn gathered in Post Saturday for their 65th annual reunion.

Claborn family celebrates 65th reunion

Those attending included J.R. Williams and Rebecca Hipp from McKinney; Ebb Hamilton, Priscilla and Patsy Mayhar for Odessa; Mary Miller for Missouri; Tommy and Nina Baker from Coleman; Jodie Conyers from White Settlement; Andra Hamilton from Fort Worth; Renee Claborn, Belinda and Avin Baker from Lubbock; Jay Claborn and Michael Gatzki from Austin; and Peggy Claborn

from Post. The family would like to wish Patsy Mayhar good

wishes and safe travel as she leaves Sunday morning to Canada where she will be

attending college.

Submitted by Peggy Claborn

Follow these safety tips from National Safe Kids:

- Avoid heat stroke-related injury and death.
- Never leave your child alone in the car, even for a minute.
- Consistently lock unattended vehicle doors and trunks.
- Create reminders and habits that give you and your child's caregiver a safety net.
- Establish a peace-of-mind plan. When you drop off your child, make a habit of calling or texting all other caregivers, so all of you know where your child is at all times.
- Place a purse, briefcase, gym bag, cell phone or another item in a back seat that will be needed at your next stop.
- Set the alarm on your cell phone or computer calendar as a reminder to drop your child off at childcare.
- Take action if you see an unattended child in a vehicle.
- Dial 911 immediately, and follow the instructions that emergency personnel provide — they are trained to determine if a child is in danger.

Children should never be left alone around cars. In addition to heat risks, there are other safety concerns with children in and around cars including back-overs, the risk of children releasing the gear shift or engaging electric windows, or becoming trapped inside vehicles or trunks.

For information, visit the National Safe Kids website at safekids.org.

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Bring your lawn chairs and celebrate the 4th of July on
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Like Oden

SAVE A LIFE. DON'T DRIVE HOME BUZZED. BUZZED DRIVING IS DRUNK DRIVING.

U.S. Department of Transportation

Cryptogram

A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different letters. The challenge of the puzzle is to 'decode' the sentence to reveal the original English sentence. We have provided a few of the decoded letters to help get you started.

Hint: Quote by Walt Disney

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				V																					

Cryptogram Solution on page 5

X J J Z Y N B N V X M R O X U O Z M V G N Y V

W C D V I X L V G I V O Z Y N X Q V G Z

P Y N R Y V G I V M

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In and Around Close City

by Traci Freeman

Hope everyone is having a good week so far. It's been a pretty good 'n out here. Summer officially arrived as of this past Wednesday. I love the so called "freedom" of summer, but I sure don't like the heat.

I talked to my son Reece this week who is in Canada with my little sister. He says I would love the weather up there this time of year.

"It's just right, Momma," he said.

We did have a few storms that were good and bad, the rain was fantastic but the hail destroyed some of our crops.

Janet Hines popped in the other day. She has been attending school out of state. Good to have you back, Janet!

It's your last chance to get your order in for goat-head weevils. We are ordering next week if you are interested, or know someone that may be, let us know by Wednesday and we will put you on the list. Call the gin for more information.

It's ice cream time again! The annual Close City

Community Ice Cream Social will be here in Close City on June 30. Keep the evening open. We will let you know about times next week. Plan to come out and enjoy lots of homemade ice cream and some great live music. If you need more info or would like to help out in anyway call me or Nancy.

Visitors

We have really just had the regulars out this week. Ya'll come out and have a cup of coffee with us sometime.

Quote of the week:

"Have nothing in your life that you do not believe to be useful or beautiful," William Morris.

Did you know: The electric chair was invented by a dentist.

Close City Birthdays

June 22nd - Melinda Quintana
June 23rd - Andra Dunn
June 24th - Nancy Thuett
June 25th - Clinton Yarbro,

Guille Alaniz
June 28th - Clint Melton

Close City Anniversaries

June 22nd - Steven & Amanda (Bush) Quisenberry
June 22nd - Kim & Rhonda Norman

June 24th - Ronald & Nancy Thuett

Ragtown folks in the nursing homes we need to remember are Claudine Tipton; Carmen Abraham; Mary Gayle Young, Velma Long Brown in Post; Jean Tipton in Robert Lee; Jewel White in Lubbock. Others are, Mack Ledbetter in Slaton; Doris Wilson in Post; John and Mary Gist in Lubbock in Lubbock. Please let me know if there is anyone I need to add to this list.

Everyone has a great week. Keep rain, the crops and our country in your daily prayers. See ya next week!

Traci Freeman is a resident of the Close City community. Email her at close.city.coop@pcca.com.

LOCAL DOCTOR... continued from page 1

Dr. Edwards has done in the six years he has been here and sincerely thank him," he said. "We hate to see him go and wish him the best in his future pursuits."

Dr. Chad Gray, a native of Littlefield, already has stepped into Dr. Edwards' stead at the clinic.

"Dr. Gray will be a great asset to the Garza County community," Wayne Edwards said. "It's hard to get a top-notch doctor to come start a practice in small-town America, so we feel very fortunate to have a such a qualified physician."

For his patients through-

out Garza County and to the credit of the downtown business district, Dr. Edwards will remain in Post and has opened up an independent practice on East Main Street.

Edwards' cash-only practice will focus on holistic medicine and nutrition. Visits will be by appointment only.

"I'm really looking forward to the future," he said. "This is a new way of practicing medicine for me, and I'm seeing dramatic improvements in chronic disease reversal and symptoms in my patients who are focused on losing weight through a bal-

ance of nutrition, sleep, exercise and spirituality."

More than anything, Edwards wants the community to know he harbors no ill feelings toward the health board.

"This is something I just feel led to do," he said. "I feel like this is something I need to share with my patients to hold true to the integrity and ethical values of the Hippocratic oath."

"The practice of medicine shouldn't be about sick care and just prescribing medicine. True health care is treating the whole person, not just the symptom."

Post Notes

Events are listed free of charge for nonprofit civic organizations, schools and community events. Submit listings at least two weeks ahead of the date. Listings will run through the date of the event. Emailed submissions are preferred to thepostcitydispatch@gmail.com.

Steer validations

June 25 at Randy Conner's barn. For information, call the Texas AgriLife Extension Office at 495-495-4400.

Ice cream social

The fourth annual Close City Community Ice Cream Social will be 6 to 8 p.m. June 30. Homemade ice cream, desserts and live music. Close City is 6 miles west of Post on U.S. 380 and 2 miles north on FM 399. Watch for the signs. For information, call 495-2753.

Jackalopes

The Post Jackalopes 12 and younger recreation track team practices from 7 to 8:30 p.m. Tuesdays and Thursdays at the Post High School track. Wear running shoes and bring water. Practice for the 13 and older group is 9:30 to 11 p.m. at the field house. For information, call Marcie Oden at 806-781-3247.

Summer rec

The year's summer recreation program will run through June 29 at the middle school gym. Registration is mandatory to participate. Program runs from 8 a.m. to noon. Breakfast and lunch will be served in the school cafeteria. Parents are

asked to pick their children up between 12:15 and 12:30 p.m. in front of the cafeteria. For information, contact Lorie Rivera at 495-3253 or 441-8465.

Car-wash fundy

The Post Jackalopes recreation track team will have a car-wash fundraiser from 10 a.m. to noon June 30 in the parking lot at United Supermarkets.

2K walk/run

United Supermarkets will sponsor the South Plains Honor Flight 2K Walk/Run at 9 a.m. July 7 at the high school track. Registration fee is \$25. All proceeds will benefit local World War II veterans who want to visit the WWII memorial in Washington, D.C. For registration forms, donations and information, contact Dora Perez at 806-495-3217 or 806-300-7747.

Rotary Dog Dip

The Rotary Club of Post annual dog dip and low-cost vaccination clinic will be from 9 a.m. to noon July 14 at the Post Volunteer Fire Department, 202 S. Ave. H. The staff of the Garza County Animal Hospital will be conducting the low-cost vaccinations. For information, call the clinic at 495-3726.

VBS at First Baptist

Community Vacation Bible School will be from 5:30 to 8:30 p.m. July 15-19 at First Baptist Church of Post. Call 928-0664 for information.

4-H camp

4-H'ers interested in attending 4-H Camp are urged

to contact the Extension office at 806-495-4400. Prime Time I will be July 22-25 for grades 5-8 at Lake Brownwood; Prime Time II will be July 25-28 for grades 25 at Lake Brownwood; Horizons will be July 3-7 for grades 4-8 at Lake Brownwood.

Post Elementary

Summer office hours are 8 a.m. to 3 p.m. Monday through Thursday. Preregistration for the 2012-2013 school year is still open. If your student attended this year they are automatically pre-enrolled for next year. Any child who will be 4 on or before Sept. 1 is eligible for a full-day prekindergarten program. Stop by the school office or call 495-3414 for information.

Trap shoot practice

Every Monday at 5 p.m. at Palmer Gun Club. Anyone interested in joining Shotgun Sports, contact Ray Mason at 781-8022 or Mark Kirkpatrick at 787-5104.

Parkinson's support

The West Texas Parkinsonism Society meets at noon the first Tuesday of each month in the library at the Covenant Neuroscience Institute, 3610 22nd St., Lubbock. Lunch provided.

Donations needed

Five-Stone Ministries, a nonprofit 501c3 organization, is in need of the following items: men's work clothes, men's work shoes, workable washers and dryers. Some women's items also are needed. For information, contact O.L. Ferguson at 806-781-1156. Monetary donations welcome at P.O. Drawer 669, Post, Texas, 79356. All donations are tax deductible.

A Lesson in Giving

Read 2 Corinthians 9:6-15

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.

- 1 Peter 4:10 (NRSV)

To me there is something special about belonging to a church in a small town. We know not only our church family but also almost everyone else in town and how they are doing. Over the years, our church has worked to collect food, clothing, and money for those who have fallen on hard times — whether they are members of our church or not.

Finally, the economic downturn affecting everyone else began affecting our church too. Our giving to others slowly but steadily grew less and less frequent. By the end of the year, we were giving nothing at all.

Then on the first Sunday of the new year, our pastor preached on the importance of caring for one another, reminding us that even though Jesus was not rich in money, he used other gifts to help those in need. That day our congregation decided that we too would use the gifts we had to help the needy in our town.

Our gifts may not have been the biggest in terms of money, but we took a step in the right direction. All of us, givers and recipients alike, learned that even when our pockets are empty, God's love keeps us rich in our hearts.

Mark A. Carter (Texas, USA)

Church Directory

Assembly of God

Bethel Assembly of God (Bi-Lingual)- 407 May street
Lifeline Church- 108 N. Broadway

Baptist

Calvary Baptist Church- 210 E. 6th Street, 990-2342
First Baptist Church, Post- 402 W. Main Street, 495-3554
First Baptist Church, Wilson- 806-628-6333
Grace Baptist Church- 820 N. Avenue S- 990-3497
Justiceburg Baptist Church- Justiceburg
Pleasant Home Baptist Church- E. 14th & N Ave F
Pleasant Valley Baptist Church- Hwy 84 & N. 399 (806) 828-4174
Southland Baptist Church- Southland
Temple Bautista- 315 W. Main
Trinity Baptist Church- 915 N. Ave O, 990-3038

Catholic

Holy Cross Catholic Church- Ave K and Main Street- 495-2791

Church of Christ

Church of Christ- 108 N. Ave M 495-2326
Graham Chapel Church of Christ- 15th & Ave S

Church of God

Church of God of Prophecy- 602 W. 14th, 495-3644
Power House Church of God and Christ, Pine Avenue

Disciples of Christ

First Christian Church- 812 W. 13th, 495-3716

Evangelical Methodist

Faith Chapel- 1105 Green Street, Wilson (806) 628-0018

Methodist

First United Methodist Church- 216 W. 10th, 990-2942

Nazarene

Post Church of Nazarene- 202 W. 10th, 495-3044
Grassland Church of Nazarene- 327-5656

Presbyterian

First Presbyterian Church- 910 W. 10th, 495-2135

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Many of you ready know Facebo... facial recognition... ogy (FRT), but I gu... needed what this... can produce. Then... much money as F... has, perhaps they... patent or product... with what they alre...
The only peop... know the real reaso... purchase run Facebo...
"People who u... book enjoy sharin... and memories w... friends, and Face... nology has helped... the best photo exp... a Facebook spo... told VentureBeat... transaction simply... world-class team... time technology... house."
Really?

Ye

20 years a... June 24, 1...
At an emergen... meeting Wednesda... the Post Independe... District board of tr... proved the air-con... of the middle scho... of a series of pro... have been on the... board.

30 years a... June 24, 1...
Shelby Barley among distinguish... for the 1982 sprin... at Tarleton State U...
Greg Benham l... Red Sox to six hi... them singles in ba... tion Monday nig... Cardinals won 6-2...
The Post Diamo... official souvenir b... on sale.

40 Years A... June 22, 1...
Pete Hays, an... of the Springer Dr... suffered two brok... a drilling accident... night on a new dri...
Mr. and Mrs. Maddox celebra... 25th wedding ann... Lubbock.

50 Years A... June 21, 1...
Patti Power wa... with a party on... birthday with a w... and softball game...
Mr. and Mrs.

COLUMNS



The Paperboy

By CHRIS BLACKBURN

I think it may be time to drop off of Facebook.

The powerful company has taken another step when it comes to frightening people - or should I say should be frightening people - as they have purchased a facial recognition startup company called face.com.

Many of you may already know Facebook uses facial recognition technology (FRT), but I guess they needed what this company can produce. Then again, as much money as Facebook has, perhaps they needed a patent or product to integrate with what they already have.

The only people who know the real reason for the purchase run Facebook.

"People who use Facebook enjoy sharing photos and memories with their friends, and Face.com's technology has helped to provide the best photo experience," a Facebook spokesperson told VentureBeat. "This transaction simply brings a world-class team and a long-time technology vendor in house."

Really?

Do any of you really buy that? Of course you do. Many of you are so addicted to Facebook you could care less that the kind of technology they're using and information they are gathering can lead to very serious issues in the near future.

If you consider that companies like Apple, Google, Facebook and others have developed technology which can track your every move, your buying habits and who you hang out with, we should start to realize that maybe too much of a good thing is bad and we are all suckers for getting used like this.

How about a little background:

Founded in 2007, Face.com has created technology that can identify people in photos and even guess their age. The company makes mobile-friendly products which use facial recognition technology to help users automatically tag Facebook friends in photos.

There are many benefits to Facebook and other social media. There are also benefits to drinking wine

and getting some sun. But too much of some things can be dangerous. Perhaps moderation is the way to go.

I have friends and family who spend more time in the cyber world than they do in the real world. I don't care how you try and justify it, it's simply not healthy. And soon - all those posts and pics we've put on the World Wide Web are going to be a part of our permanent file.

Think back to all those emails, texts, posts, pictures and electronic transactions you've sent and/or made over the past 15 years. They're out there.

Plain and simple, like dumb little sheep, we've been led right into the open arms of Big Brother.

So even though I can't erase my online existence, I can unplug from it and not have to think about it any longer. That, by itself, may be reason enough to drop my account.

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



If you're entertaining a 5-year-old boy, a coconut can be a big hit. Emphasize hit.

What's not to like about something you get to poke holes in and then smash with a hammer?

If you want, tell a scary coconut story to enhance the occasion. I know two.

First story:
A friend of mine once lived on Guam, where walking under coconut palms is decidedly risky. If a coconut falls on your head, it's death by coconut. At least that's what they tell the children in Guam. It helps keep them out of the jungle.

You'd think curare darts, boa constrictors and chiggers would be enough, not necessarily in that order. But maybe they don't have chiggers. I digress.

Second dangerous coconut story:

The Zulu Mardi Gras krewe in New Orleans used to toss gilded coconuts off their parade floats. So many people got bonked in the head, Zulu had to change its ways and hand them off instead, which sort of took the fun out of it. I guess there's a city ordinance.

I told both stories to my grandchildren - Cutter, 5, and Rylee, 9 - but they weren't listening. Their eyes were on their grandfather, my husband Hugh, who expertly poked two nail holes in the coconut's monkey face to drain

the juice before handing a hammer to Cutter to let him try to crack the thing.

For lack of other takers, I drank the juice. Hugh had already mentioned health benefits, making both children doubly suspicious of the clear liquid. Rightly so. But I acted like it tasted fine. Never frown when ingesting something healthy, not that kids are fooled. They know the score.

Anyway, the coconut itself proved tough to crack, but Cutter and Hugh together finally managed to shatter it on the patio concrete.

We took the shards indoors for grating.

Cutter, who has an affinity for all dangerous kitchen tasks, tried his hand at producing coconut gratinee. I told him the grater was more dangerous than a knife and that part of my finger once ended up in a salad.

He wasn't daunted, but the grating went slow. Ultimately he opted for a carrot, unwilling to abandon the grater until he'd seen

significant results for his hard work. The carrot did not disappoint. The coconut, meanwhile, languishes in the refrigerator. Plans for a pie remain on the drawing board.

Shall we check with my friend who lived in Guam to confirm the coconut lore?

EMAIL EXCHANGE.
The story stands. She told me more. Coconuts grow in thick, heavy husks. A killer coconut palm grew in their backyard. Periodically her husband climbed it, lineman fashion, to disarm it, thus saving the children.

During Guamanian typhoons, coconuts become projectiles. My friend and her family survived one terrific major typhoon, but their VW suffered a severe coconut hit. Ouch.

Makes me want to buy another coconut.

Forget the health benefits. I want to live dangerously.

I'd also like to be 5 again, when my mother brought home a coconut.

Yesteryears

20 years ago
June 24, 1992

At an emergency called meeting Wednesday, June 17, the Post Independent School District board of trustees approved the air-conditioning of the middle school as part of a series of projects that have been on the drawing board.

30 years ago
June 24, 1982

Shelby Barley was listed among distinguished students for the 1982 spring semester at Tarleton State University.

Greg Benham limited the Red Sox to six hits, five of them singles in baseball action Monday night as the Cardinals won 6-2.

The Post Diamond Jubilee official souvenir books were on sale.

40 Years Ago
June 22, 1972

Pete Hays, an employee of the Springer Drilling Co., suffered two broken legs in a drilling accident Saturday night on a new drilling test.

Mr. and Mrs. Thurman Maddox celebrated their 25th wedding anniversary in Lubbock.

Amy Thuett won fourth place in talent contest at the Rocky River Ranch girl's camp near San Marcos. She won with a twirling routine.

Dr. Diane Kay Stockstill will begin internship at St. Paul Hospital in Dallas on July 1.

50 Years Ago
June 21, 1962

Patti Power was honored with a party on her 11th birthday with a wiener roast and softball game.

Mr. and Mrs. Earnest E.

Rhoades celebrate their 70th wedding anniversary. They were married June 6, 1892, in Denton.

At the Tower Theater this week, "The Man Who Shot Liberty Valance" with John Wayne and James Stewart was showing.

Miss Jerri Huddleston, who is a teacher in Albuquerque, N.M., is in Post visiting her parents, Mr. and Mrs. J.H. Huddleston.

60 Years Ago
June 19, 1952

Victor Hudman was installed president of the Lions Club on Tuesday night.

The Merry-makers Quilt Club met June 10 in the home of Mrs. N.F. Wheatley.

Bobby and Jackie Beavers were honored recently with a birthday party. The guests received favors of cobb bubble pipes, tin soldiers, airplanes, animals, bubble gum and candy.

Southland seniors enjoyed a tour of Phoenix, Ariz., the Grand Canyon, Mesa Verda National Park, Rocky Mountain National Park, Royal Gorge and other scenic spots in Colorado. The seniors were Emma Lou Basinger, Travis Dabbs and Stanley Wheeler.

50 Years Ago
June 19, 1942

John H. Tate's funeral was held in his daughter's home Monday afternoon in Grassland.

Mrs. B.M. Robinson and daughter, Peggy Sue, left Sunday for a month's vacation in California.

The 1941 conservation payments are now at the Triple-A office. The payments run more that \$6,500 for the county.

The 18- to 20-year-old boys must register June 30, the local draft board has announced.

GARZA COUNTY HEALTH CLINIC
IS PLEASED TO WELCOME

CHAD GRAY, MD
FAMILY PRACTITIONER

Having grown up in Littlefield, Dr. Chad Gray has roots planted deeply in West Texas. Dr. Gray received his medical degree from University of Texas Health Science Center at San Antonio then served his family practice residency at Texas Tech University Health Sciences Center in Lubbock. Dr. Gray is Board Certified by the American Board of Family Practice.

Since completing his medical training, Dr. Gray has worked as an emergency room physician across West Texas and most recently built a successful medical practice in Shallowater. Dr. Gray is very excited to have the opportunity to provide excellent health care, for both acute and chronic medical conditions, to the folks in the Garza County area.

Dr. Gray joins Physician Assistant Angela Hannaway and the friendly, caring staff at your Garza County Health Clinic as the new medical director and physician.

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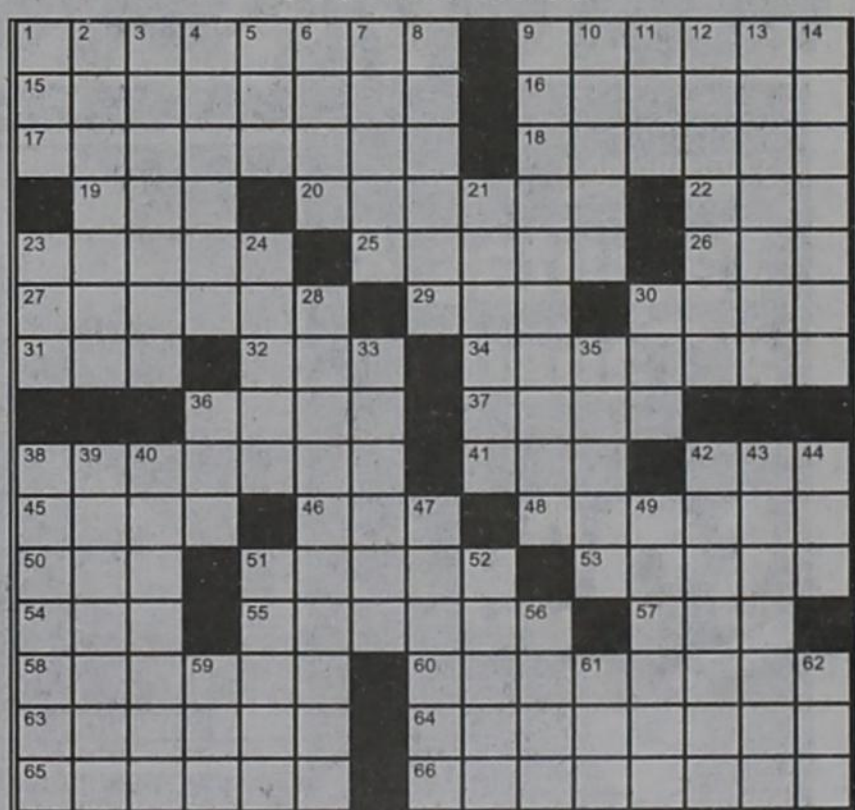
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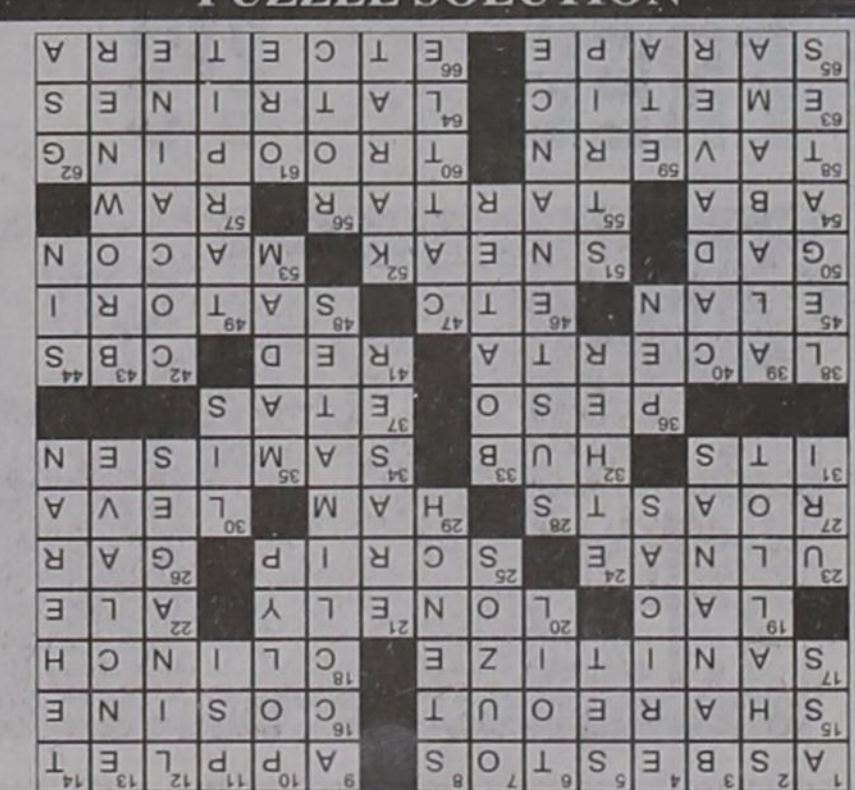


Across

- Fireproofing fibers
- Portable computer program with limited features
- Apportion (hyphenated)
- Trig function
- Disinfect
- Settle definitely
- Anita Brookner's "Hotel du ___"
- Deserted
- A pint, maybe
- Arm bones
- Money substitute
- Long-jawed fish
- Wingdings
- ___ and cheese
- Bulgarian units of money
- "___ alive!" (contraction)
- Airline's home base
- Japanese stringed instrument
- 100 centavos
- Flight data, briefly (acronym, pl.)
- Constellation near Cygnus and Andromeda
- Cabernet, e.g.
- "60 Minutes" network
- Brio
- And so forth (abbrev.)
- Zen enlightenment
- "Crikey!"
- ___ preview
- City in central Georgia
- "The ___ Daba Honey-moon"
- Kind of control
- Cold and wet
- Alehouse
- Moving as a throng
- Causing vomiting
- Camp outposts
- Mexican shawls
- And so forth

- Altdorf is its capital
- Aromatic solvent
- Nourishment
- Sue Grafton's "___ for Lawless"
- Straw hat
- "___ President," children's book by Lane Smith
- Ballpoint, e.g.
- Emissaries of the pope
- Georgia neighbor
- Dead body
- Addictive narcotic
- More deeply tanned
- Anger, e.g.
- Bovid mammals
- Natural asphalt deposit (2 wds)
- Bacon bit
- Fort Knox unit
- Campus military org.
- Pilot's announcement, briefly
- Bauxite, e.g.
- Fed. construction overseer

PUZZLE SOLUTION



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PURSUE THEM
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Western Fibers Takes Insulation in New Directions



Mike McGuire and Western Fibers retrofit houses across the state with new insulation manufactured in Hollis. This house is northeast of town.



Photos by Everett Brazil, III
A mountain of recycled paper and cardboard wait to be manufactured into insulation.

By Everett Brazil, III

Western Fibers has been a Harmon County mainstay for more than 36 years, providing sustainable insulation made from recycled paper and cardboard to housing contractors across the United States. The company is still a vital part of Hollis, even after the housing collapse of 2008. Mike McGuire is co-manager of the company with the Horton family, and their vision remains true the company's legacy as they push it in new directions.

Paul Horton was one of the original developers of Western Fibers, with J.H. Foster, Doug Burns and Jack Burnett. They built the company to process environmentally-safe insulation, using his background with the Hollis Cotton Oil Mill to create a groundbreaking product.

"There are about 25 insulation manufacturers in the country, and five have similar agricultural backgrounds," McGuire said. "Paul had been in the cattle feed business before manufacturing insulation, and he understood it from that perspective."

Western Fibers markets cellulose insulation, a product made from plant fibers. Horton designed and patented the Wall Kote II cellulose spray system and the Champ Series insulation machine.

Cellulose is a natural product found in all plants, even trees, and has qualities that make products manufactured from them beneficial in many applications. Hollis was a perfect fit because of the community's agricultural base.

"Cellulose is present in everything from trees to corn, and you can make basically anything out of cellulose fiber," McGuire said. "The reason we're using cellulose is because we're in an ag community."

Western Fibers works with communities across southwest Oklahoma and the Texas Panhandle to source its cardboard and recycled paper, including Hollis, Altus and Weatherford, in Oklahoma, and Childress, Pampa, Wellington and Hereford, in Texas.

One of the things that makes cellulose insulation so attractive is that it provides a much more efficient product compared to insulation manufactured out of conventional materials. It also poses no health risks to the manufacturer, installer or homeowner.

"The fire rating and performance are much greater than foam or fiberglass, without the chemicals, so it's really a natural, green product," he said.

Western Fibers hit its stride in the housing boom of the 1990s, moving insulation to housing projects in 28 states.

McGuire, an Oregon native, was a contractor in Washington State, with a focus on energy conservation. He was using Western Fibers in projects in the Pacific Northwest when Horton asked him to be a representative for the company, marketing the insulation at trade shows across the United States. McGuire relocated to Hollis in 2007, seeing Oklahoma as a unique opportunity to promote the "green" industry and sustainability.

"We were working with architects, developing credibility, and developing a reality for what we were doing," he said. "Insulation wars were going on, and we were trying to promote state-of-the-art insulation."

The housing collapse of 2008 hurt the entire industry, including Western Fibers, and they had to find new ways to market insulation products in the new era.

"Historically, our business has been 90 percent new construction, and 10 percent retrofit, and we had to reinvent that market," he said.

The reinvention is moving the company in new directions. One market for cellulose fiber in a post-housing construction era is youth livestock shows, where cellulose can provide natural bedding for animals. Western Fibers has tested the market with Harmon County 4H and FFA

students, and has seen a positive response with what they market as Stall Kote.

"Western Fibers wouldn't be here without the local agricultural industry, and we are working with the younger generation on the value of insulation, as well as the importance of recycling," McGuire said. "We want to be a part of the educational process."

The company has also moved into oilfield industry with a cellulose-based lost circulation material that fills fractures in the earth that allows drilling fluids to escape.

"They need a product that goes into cracks, and cellulose has a unique aspect that seals the cracks and allows them to continue to drill," he said.

McGuire also perceives new partnerships with drilling rigs to recycle paper products generated on-site.

Western Fibers is about insulation, but it's more about protecting the environment and leaving it better than they find it. For McGuire, environmental awareness is as much a lifestyle as a business.

"We encourage recycling," he said. "We need to preserve the environment for our children so they can have the quality of life we have enjoyed."

Everett Brazil III is the editor of the Hollis (Okla.) News, a sister publication of the Post Dispatch.

WATER DISTRICT HIKES... continued from page 1

ture improvements he says will have to be made within the district, including replacing miles and miles of water lines, updating pump equipment and making repairs to the dam.

"We need to be proactive about this, not reactive," he said. "It needs to be done sooner rather than later."

In order to do that, however, rates would have to be raised.

Rate increase

Fulton also presented the board with two proposals for rate increases — both of which he had vetted with member cities — one for 5 percent and the other for 10 percent.

Asked if he had to choose which one to present, which would it be, Fulton said, "Guys, that 5 percent increase is getting by by the skin of our teeth. That barely covers the new budget."

In gunning for the 10 percent increase, Fulton said, "My goal is to increase revenue through our recreational opportunities here at the lake, which will help keep our water rates as low as possible for our customers."

The district has recently received a \$141,200 grant from the Texas Parks and Wildlife Department to help build up some of the recreational sites, including campground facilities.

One of Fulton's top priorities is to bring an all-terrain vehicle track to the lake. He said he plans to continue applying for that grant money each year, which could be about \$200,000 a year.

"Three or four years, if we keep receiving that grant money, we can bring some serious recreational activities and events out here," he said. "People don't realize how beautiful it is out here and the wildlife that inhabits this area."

The board voted unanimously to support Fulton's argument for a 10 percent increase.

Affected cities

In a previous interview with the Dispatch, Post City Manager Arbie Taylor had said he was prepared for at least a 5 percent increase.

The district charges its municipalities, including the city of Post, \$3 per 1,000 gallons used. The 10 percent increase will hike that rate to \$3.30 per 1,000.

Two weeks ago, when Taylor was advised the district would go up at least 5 percent, he said Post would absorb that increase because city officials raised rates last year.

Now that increase is at 10 percent, Taylor said Tuesday the city would still be able to absorb that cost.

"I think we're still sitting on absorbing the cost right now," Taylor said. "I've built in a good cushion into our budget not entirely knowing what was going to happen, and we're also planning on cutting back our water purchases from Slaton, which we pay a little more for per thousand gallons. So as far as our budget is concerned, it'll be a wash."

The city of Post charges a base water rate of \$29.50 for the first 3,000 gallons of water used per household and then increases consumption charges in a tiered structure for gallons used upward of that number.

Crosbyton City Manager Margot Hardin said she would present the information about the district increase to City Council members at their regular meeting this past Tuesday night.

"We won't have any other choice but to pass the increase onto our customers," Hardin said. "We'll work through it as best we can I guess. We don't really have another choice."

Crosbyton charges its customers \$29 for the first 2,000 gallons used and then upcharges per 1,000 subsequent gallons used. Hardin said Crosbyton's rates have remained unchanged for about three years.

She said the White River MWD rates are some of the highest in the state.

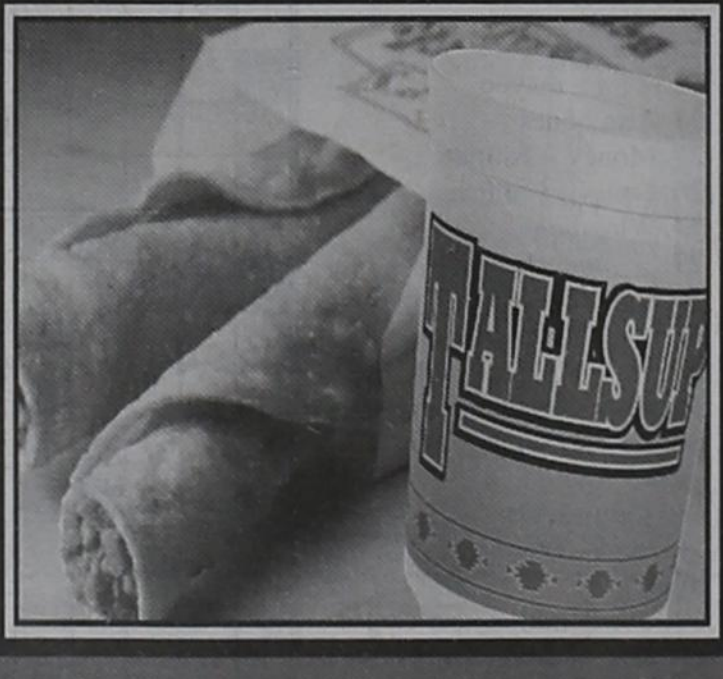
"I did a study a number of months ago, and we're being charged quite a bit more than the state average," Hardin said. "But that might just come with the territory. Water is a precious commodity not just everywhere, but especially in West Texas."

Prices Good Thru 07/14/12

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and Early Head Start
to destroy records of
who received special
tion and/or related
from 2003-2005.
herein described in-
dents receiving spe-
cation and/or relate-
in Brownfield, Den-
Crosbyton, Floydada,
field, Levelland, M-
Lubbock, Morton, M-
O'Donnell, Olton, Pl-
Post, Ropesville,
Springlake-Earth, Sm-
dan, and Tahoka.
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contacting the SPCA.
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July 27, 2012.

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4-H MEMBERS ATTEND... continued from page 1



Kelbie Oden took a blue ribbon at the state Roundup for this photo she submitted to the "catch-all" category.



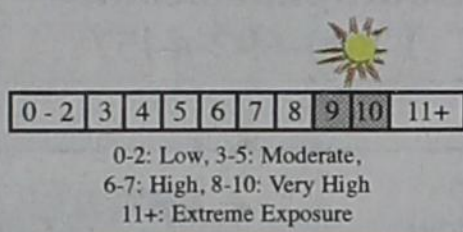
Photos submitted by Nancy McDonald. This quilt took third place and was designed and built by Audree Williams, Kelbie Oden and Addie Williams.

Post Dispatch Weather Summary

Post's Seven Day Forecast

Friday Sunny 94 / 70	Saturday Sunny 97 / 72	Sunday Sunny 99 / 73	Monday Sunny 101 / 75	Tuesday Sunny 99 / 75	Wednesday Mostly Sunny 96 / 74	Thursday Mostly Sunny 95 / 71

Local UV Index



Weather Trivia

Do tornadoes occur on every continent?
Answer: Yes, except on the continent of Antarctica.

Weather History

June 22, 1972 - Hurricane Agnes deluged Pennsylvania and New York State with the most costly flood in U.S. history. At Wilkes-Barre, Penn., the dike was breached destroying much of the town. Flooding resulted in 117 deaths and 3.1 billion dollars damage.

June 23, 1944 - Four tornadoes killed 153 people and caused five million dollars damage in Pennsylvania, West Virginia and Maryland. The tornadoes formed during the evening and moved southeast along parallel paths, flattening everything in their way.

Detailed Local Forecast

Today we will see sunny skies with a high temperature of 94°, humidity of 35%. Southeast wind 5 to 15 mph. The record high temperature for today is 104° set in 1969. Expect mostly clear skies tonight with an overnight low of 70°. South southeast wind 10 to 15 mph. The record low for tonight is 59° set in 1970. Saturday, skies will be sunny with a high temperature of 97°, humidity of 28%. South southwest wind 5 to 10 mph. Skies will be mostly clear Saturday night with an overnight low of 72°. South wind 10 mph.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	1:55-3:55	1:25-3:25	Tue	5:05-7:05	4:35-6:35
Sat	2:42-4:42	2:12-4:12	Wed	5:55-7:55	5:25-7:25
Sun	3:29-5:29	2:59-4:59	Thu	6:49-8:49	6:19-8:19
Mon	4:16-6:16	3:46-5:46			

www.WhatsOurWeather.com

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset	Phase
Fri 6/26	6:37 a.m.	8:58 p.m.	9:30 a.m.	11:07 p.m.	Last 7/10
Sat	6:37 a.m.	8:59 p.m.	10:29 a.m.	11:42 p.m.	
Sun	6:38 a.m.	8:59 p.m.	11:29 a.m.	Next Day	
Mon	6:38 a.m.	8:59 p.m.	12:30 p.m.	12:15 a.m.	
Tue	6:38 a.m.	8:59 p.m.	1:32 p.m.	12:49 a.m.	
Wed	6:39 a.m.	8:59 p.m.	2:36 p.m.	1:24 a.m.	New 7/18
Thu	6:39 a.m.	8:59 p.m.	3:43 p.m.	2:02 a.m.	

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days			
6/12	85	67	90/64	0.00"	Date	Degree Days	Date	Degree Days
6/13	87	59	90/64	0.73"	6/12	26	6/16	28
6/14	97	67	90/64	0.08"	6/13	23	6/17	30
6/15	92	63	90/64	0.17"	6/14	32	6/18	35
6/16	91	65	90/64	0.05"	6/15	28		
6/17	93	66	91/65	0.00"				
6/18	100	70	91/65	0.00"				

Growing degree days are calculated by taking the average temperature for the day and subtracting the base temperature (50 degrees) from the average to assess how many growing days are attained.

for the annual event making it the largest in history. The week was filled with contests, inspiration, scholarships, lots of fun and laughter, educational workshops, assemblies and dances.

Audree Williams, Kelbie Oden and Addie Williams placed third with their quilt in the Quilt Challenge. Each county in the state is sent a small amount of "challenge" fabric and a theme. The challenge was to design and complete a quilt for competition.

Also competing in the Healthy Lifestyles Invitational Contest were Oden, Ethan Self and Audree Williams. Audree placed fourth high point individual.

The top photographs in each of the 14 categories from the county contest were entered in the state photography contest.

The following received blue ribbons:

Kimberly Rivera - Theme; Chelsea Nolen - People; Katie Dunn - Night Photography; Oden - Marine/Aquatics; Morgan Deen - Dominant Color;

Juan Cabrera - Digital Dark-room; Haily Berry - Details and Macro; and Dunn - Catch-All.

Red ribbons were awarded to Danny Shelton - Story Board; Sierra Isbell - Plant/Flora; Veronica Zuniga - Nature/Landscape; Pake Jones - Food; David Ramirez - Elements of Design; Jaycee Johnson - Animals Wildlife; and Juan Cabrera - Animals - Domestic.

In addition, Dakota McDonald received a \$1,000 academic scholarship from the Texas 4-H Foundation. Scholarships are judged on ACT score, class ranking, GPA, citizenship, leadership, community service and 4-H participation.

The climax of the week was an exclusive dance for Texas 4-H members featuring Aaron Watson.

Others attending include Marci Oden, Janeece and Keith Williams, Lance, Tonya, Kari and Katie Dunn, Greg Jones, Pat Bilbo and Nancy McDonald.

Submitted by Nancy McDonald

MISSING TEENS...

continued from page 1

Foreman said. "We're hoping everything is fine. Her mother is en route to them as we speak."

According to Cedar Park police, Whittington and boyfriend Ryan Jeffrey Williams, also 17, were last seen May 18. The couple had only been dating about six weeks.

They reportedly had been traveling on U.S. 84 between Snyder and Post when the car they were traveling in broke down.

Officials say they had been seen hitchhiking in the area.

Foreman said the couple disappeared about two weeks

before Whittington was scheduled to graduate from high school.

"The parents had no communication with them up until this past Sunday," Foreman said. "But thanks to a number of eye witnesses throughout the Lubbock and South Plains area, we were able to formulate when and where they had been."

A number of law enforcement agencies assisted in the case, including the Texas Rangers.

Foreman would not speculate on any criminal activity.

"At this point, we're just glad they're safe," he said.

Shelter extends volunteer program



Jessica Pool and Bobbie Escobar, students in the Life Skills program at Post ISD, volunteer twice a week at the Post Animal Refuge Center cleaning pens and feeding, watering and socializing with the animals. They are shown here with Rick Maestas, a volunteer with the shelter.

Special to the Dispatch

The Post Animal Refuge Center has recently broadened its purpose from helping homeless animals to include some of the youth in our community.

Last November, the shelter started a program with the Life Skills students at the Post Independent School District that offers two sessions each week where the students work with the staff cleaning pens, feeding, watering and socializing with the dogs.

Early this year, PARC volunteers began working with the Garza County Regional Juvenile Detention Center and during spring break took their first dogs to the detention center. This program has developed into a two-time per week dog training session and involves 16 detention center residents, eight dogs and four PARC members, including Sherry Cavitt, Rick Maestas, Janice Plummer and Frank Tobias.

"Several of the dogs that began this program in March have been adopted into homes

because of obedience training and socialization they received at the juvenile detention center," Maestas said. "We feel our dogs have definitely become more adoptable because of their interaction with the residents at the Center."

Plummer said the programs have taken their group to another level.

"We can't decide who is benefiting the most, our volunteers, the students or the dogs," she said. "It has all been a very rewarding experience, and we look forward to continuing both of these programs."

Post Animal Refuge Center boasts 170 adoptions to date and has 20 dogs available for adoption.

For information, contact the Post Animal Refuge Center at postarc@yahoo.com or on Facebook at Post ARC.

PARC is a 501(c)3 nonprofit organization, and all donations are tax deductible. PARC is also always looking for volunteers and foster homes.

Submitted by Janice Plummer

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