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# The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, SEPTEMBER 21, 2012

THEPOSTDISPATCHONLINE.COM

75 CENTS

## Pride of Post Marching Band

### Bigger and better this year

Hanaba Munn Welch  
The Post Dispatch

If the high school band looks bigger this year than last, it's no illusion. The new recruits are eighth-graders -- an innovation that has put more feet on the ground in the marching band.

Band director Aaron Rathbun is happy about the expansion.

"Nearly two-thirds of our band is new," he said, referring to the difference the eighth-graders have made. "They're real enthusiastic. They can play their horns too. They're really good."

Rathbun is already collecting compliments for the achievements and behavior of his band students.

"This bunch is good; they're really good," he said. "A college professor was with us Friday, and he said there wasn't a member of this 72-piece band that he wouldn't take or want at his college to come and play in his band."

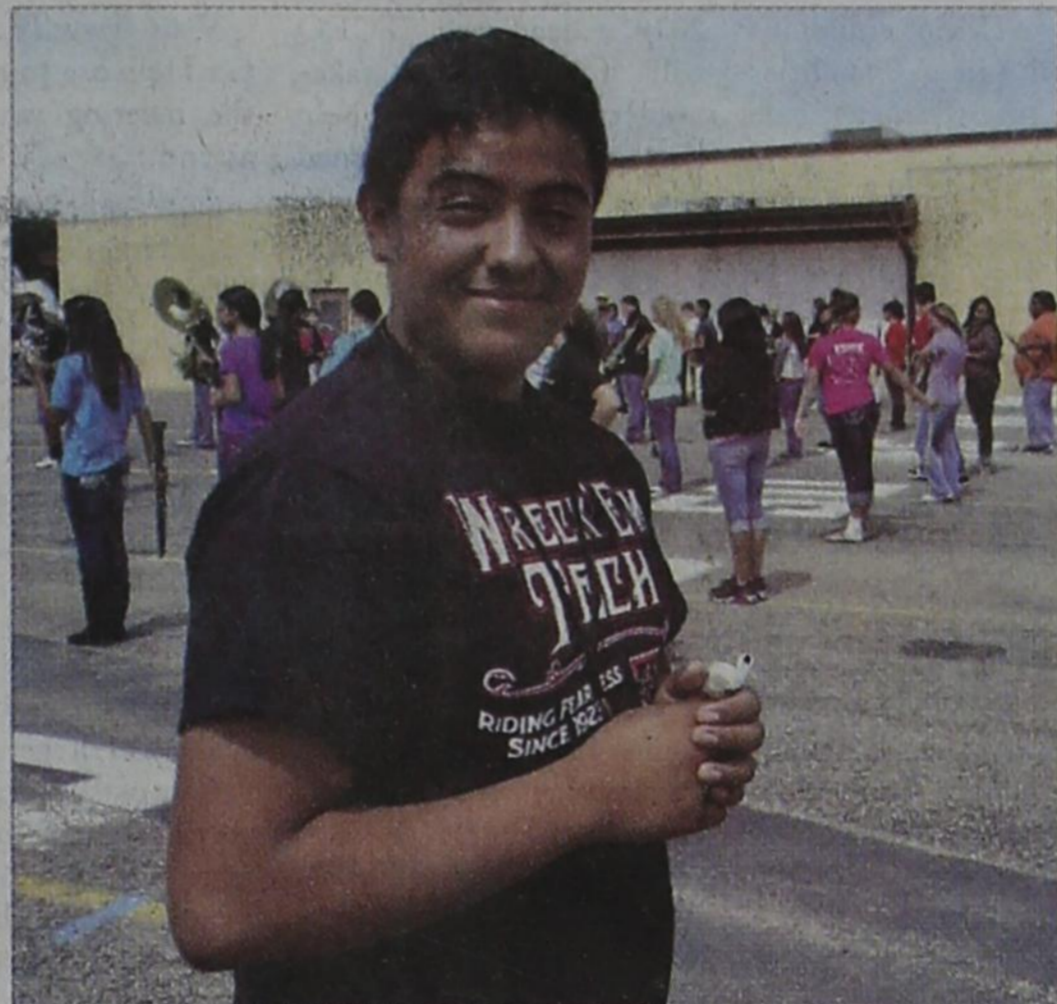
The Antelope Band made a favorable impression on the superintendent at Morton, who called Rathbun and said the band was well behaved.

Rathbun cites the leadership of the upperclassmen for making things run smoothly. But it took a mishap for him to see just how well the older students have developed their skills as leaders.

"I had to fix a girl's broken horn at the last minute," Rathbun said, describing the scenario right before halftime at the football game week-before-last.

Instead of waiting for instruction from Rathbun, the students took over the warm-up session behind the stands to prepare for the halftime show.

"I hear them," Rathbun said, recalling the moment. "They're all playing. My squad leaders are out get horns right, getting feet moving right. They were helping each other out. It was really cool because I want it to work



Hanaba Munn Welch/The Post Dispatch

Whistle in hand during band practice Monday, Jordan Barboza is drum major for the Pride of Post marching band. A junior, he plays French horn.

See **BAND**, Page 6

## Shop owner wields broom

### Accuses student of shoplifting

Hanaba Welch  
The Post Dispatch

A Post Middle School student suffered cuts to his arm and injury to one elbow last Wednesday morning after broom-wielding donut shop owner Sueng Hoon Lee chased the 14-year-old from his business, accusing him of shoplifting. Authorities are not releasing the name of the student.

Officers arrested Lee, 45, for injury to a child, a third-degree felony.



Sueng Hoon Lee

"Mr. Lee was accusing the child of shoplifting," Chief Deputy Tommy Binford said last Thursday in an interview. "The child had

See **DONUT**, Page 6

## Bond issue considered at public hearing

Hanaba Munn Welch  
The Post Dispatch

Mike Comeaux, Post Independent School District superintendent, presented all facets of a proposed \$28 million school construction project for public scrutiny Monday evening at the school cafeteria.

A crowd of about 60 people, mostly residents of the district, watched a visual presentation, received informational fliers and listened to Comeaux and three architects field questions about the project and the bonds that will pay for it if the plan gets voter approval in an upcoming bond election.

The project can be traced to a recommendation made in 2003-2004 to consider building a new high school, Comeaux told the hearing attendees, providing background information before presenting the details of the proposal.

"We reviewed this facility report back in September, October of last year ... myself and the school board," Comeaux said. "The needs that existed (before) are very similar to needs today."

Next, the board appointed a committee to study the needs of Post ISD.

"The committee came back to the board and made some recommendations ... what they felt like we needed to do," Comeaux said.

The committee made its report to fit a master plan for the district 30 years into the future.

The key is "not having to replace more than one facility at a time," Comeaux said. "That becomes very costly."

The board received proposals from five architectural firms and interviewed three, ultimately selecting BGR Architects, Comeaux said.

Sitting in a corner of the cafeteria for the hearing were architects Jim Melton, Steve Auffer and Coda Stephenson, representing BGR, a Lubbock-based firm that specializes in schools, commercial and government buildings, churches and medical facilities. The trio answered questions about the project during the 90-minute hearing.

Pictures projected on an overhead screen illustrated defects in the schools existing facilities -- particularly at Post Middle School and at the athletic track, where cracks run both across the surface and lengthwise.

Images of the middle school showed cracks

caused by defects in the foundation.

The narrow steep stairs at the school restrict traffic to one-way movement, and changing that feature and making other substantial structural changes to the school would, by law, require the addition of a \$100,000 elevator to bring the building up to code, Comeaux said.

Comeaux talked about eight different aspects of the proposed project:

- New maintenance and transportation facility
- New eight-lane track and field
- New student drop-off and parking at the elementary school
- New 300-student high school
- Renovation of existing high school into middle school
- Demolition of existing middle school (originally the high school)
- New athletic dressing rooms
- New football concession and restroom facility

Regarding the proposed changes for the track, he suggested that Post would be able to host meets and that a new track would also be a place the community could enjoy.

The new high school building would include a place where the entire student body could meet, he said, noting that the feature is currently lacking. As now designed, the new building would have four science labs plus a new band hall and spaces for art and drama classes -- "all the necessities of what is required to be able to give our kids a first-class education."

Field (artificial) turf came under discussion with Comeaux explaining reasons for his own change of stance toward the manufactured product.

"Until this summer, I was probably the biggest opponent to field turf," he said. "The facts of the matter are that water is a resource in West Texas that we need to preserve."

Comeaux showed a cost comparison between field turf and natural turf that showed greater expenses over time for natural grass.

Regarding a question about the safety of field turf, Comeaux responded that opinions can be found on both sides of the issue, natural versus artificial.

Another point of Comeaux's presentation dealt with security.

"One thing that has become prevalent in

See **HEARING**, Page 6

## Post Notes

### Saturday Jamaica

Holy Cross Catholic Church will be hosting a Jamaica on Saturday, Sept. 22, from 12 noon until 9 pm. There'll be food booths, live music, bingo and a time for all to get together. This year's raffle prize will be a BBQ pit built by Lupe Quintana. Raffle tickets will be available for \$5 Saturday at the hall.

### Benefit luncheon

Trailblazers Senior Citizens Center will host a benefit luncheon for Ruth Walls from 11 a.m. to 2 p.m. Sept. 22. A laptop computer will be raffled off at \$5 per ticket. For information, call 495-2998.

### Graham Ole Opry

The Graham Ole Opry will be from 7 to 10 p.m. Sept. 22 at the Graham Community Center, five miles west of Post on U.S. 380 and two miles south on FM 399. No admission charge, but donations are accepted. Concessions will be available. For information, contact Noel White at 495-3261.

### Community Recovery Celebration

Kenny Mains will entertain at the Annual Recovery Round Up Fall Fundraiser Saturday, Sept. 22, at the Post Community Center, and Ed Murray will be the guest speaker. Tickets, available through Friday, are \$50 a seat or \$500 a table. An autographed Troy Aikman jersey is one item that will be auctioned. The event begins at 6:30 p.m. Call 495-3173 for information.

### Post Elementary

Words of the Week for Sept. 24-28: "Good Judgment" for Pre-K and Kindergarten and "Responsibility" for grades one through five. Calendar: Tuesday, Sept. 25 - Dr. Cupp presentation for grades three through five; Friday, Sept. 28 - Early release at 12:30 p.m., buses will run; Tuesday, Oct. 2 - Bullying Prevention Day - wear blue; Wednesday, Oct. 3 - College Day - wear college gear.

### Ragtown Gospel Theater

"Mystery of the Hebrew Scribe" is being performed at Ragtown this weekend. Performances are at 7:30 p.m. Friday and a 3 p.m. Saturday matinee.

### Pride of Post brisquet supper

Tickets are for sale for \$7 for a brisquet supper Friday, Sept. 28, in the school cafeteria from 4:30 p.m. to 7 p.m., dine in or carry out. Contact any high school band student for a ticket or call Brandi Fannon, Jancee Williams, Marcie Oden or Tammy Self. Tickets can also be purchased at the door.

### Class reunion dance

The class of 1987 will be hosting an All Class Reunion Dance on Sept. 29 at the Post Rodeo Grounds covered slab for the classes of 1980 through 1992. Vance Guthrie and Junction 84 will provide live music. Tickets may be purchased online at post1987.myevent.com or in person from Angela Massey at 806-778-7257. More on page 6

## Corrections

If you spot an error of fact, contact Editor Wayne Hodgkin at 806-495-2816 or thepostcitydispatch@gmail.com.

## News on the go



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## Recognition



Gift certificates and awards in hand, school crossing guards smile after being recognized by the school board and Mike Comeaux, Post ISD superintendent, at a school board meeting Tuesday. Standing with the group is school board member Mike Holly, second from left, plus one grandchild, Jacobie Graves. Others standing, from left, are ... Kneeling is ... Comeaux didn't elaborate on the details of the incident, but the awards were obviously given in recognition of the guards' intervention in an incident Wednesday, Sept. 12, involving a donut shop owner and a middle school student.

PostSportsRadio.com

LIVE Friday Night Antelope Action!



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# TCEQ seeks stakeholder input

## New emissions permit process under study

Special to the Dispatch  
The Texas Commission on Environmental Quality (TCEQ) is providing an opportunity for stakeholder involvement in upcoming rulemaking to address authorization of maintenance, startup and shutdown (MSS) emissions from oil and gas facilities outside the Barnett Shale Counties.

The TCEQ is proposing creation of a new permit by rule (PBR) as an option for the oil and gas industry to authorize MSS emissions. This rulemaking is on track to provide applicants an MSS authorization mechanism prior to the Jan. 5, 2014, deadline. TCEQ will hold several stakeholder meetings to help the agency draft informed

and appropriate rule language. The meetings will be open to the public and are intended to provide an opportunity for open dialogue and exchange among all participants.

Tentative stakeholder meetings schedule:  
· Sept. 27 in Austin  
· Oct. 1 in San Antonio  
· Oct. 4 in Arlington  
· Oct. 9 in Midland  
Visit [www.TexasOilandGasHelp.org](http://www.TexasOilandGasHelp.org) to register for the meeting you'd like to attend.

# Community Prayer breakfast planned

## The Post Dispatch

The fourth annual communitywide prayer breakfast is being planned in conjunction with the student-led See You at the Pole activities.

The breakfast, sponsored locally by the Post Area Chamber of Commerce and Mc-

Donald's, will begin at 7 a.m. at the Citizens Bank Community Room and will follow the annual prayer event at Post High School.

The local See You at the Pole events will be at 7:30 Wednesday at the flag poles at each of the elementary, middle and high school campuses.

See You at the Pole is an annual gathering of Christian students of all ages at a flagpole in front of their local school for prayer, Scripture-reading and hymn-singing during the early morning before school starts.

The U.S. event occurs annually during the last Wednesday in September.

See You at the Pole began in the United States in 1990 as a student-initiated prayer rally in response to organized prayer being found unconstitutional in public schools.

However, in rights affirmed by the U.S. Supreme Court in *Tinker v. Des Moines Independent Community School District* as well as a 1995 Clinton administration law, certain school-related religious activities are permitted if such organized events or clubs are student-led.

The American Civil Liberties Unions also approved of the student-led See You at the Pole event, held before or after school, provided the school neither encourages nor discourages participation. Since its founding in 1990, the event has grown to more than 2 million participants in the United States alone and has event spread to many other countries throughout the world. For information about the breakfast, call the Chamber at 495-3461 or email [chamberofcommerce@postcitytexas.com](mailto:chamberofcommerce@postcitytexas.com). For information about See You at the Pole, call the school system at 495-3343.

Wayne Hodgins

## Menus Week of Sept. 24-28

**Post ISD:**  
**Breakfast:**  
Monday-Waffles, sausage, butter & syrup, fruit, milk

Tuesday-Pop Tarts, sausage link, fruit, milk

Wednesday-Cream of Wheat, sausage, toast, fruit, milk

Thursday-Cinnamon Toast, sausage link, fruit, milk

Friday-Cereal, toast, fruit, juice, milk

**Lunch:**  
Monday-Hot Dog, oven fried potatoes, apple & orange smiles, sherbet cup, milk

Tuesday-Cheese Enchiladas, refried beans, garden salad, cinnamon apples, milk

Wednesday-Philly Steak Sandwich, baked beans, pickle spears, baked chips, fresh fruit cup, milk

Thursday-Ultimate Taco Salad, seasoned corn, snowball salad, brownie, milk

Friday-Hamburger, lettuce/tomatoes/pickles, western beans, sliced peaches, crispy cereal, treat, milk

## Southland ISD:

**Breakfast:**  
Monday-Pancake on a Stick, Fruit, Juice, Milk  
Tuesday-Sausage & Egg Biscuit, Fruit, Juice, Milk  
Wednesday-Breakfast

Pizza, Yogurt, Fruit, Juice, Milk  
Thursday-Muffins, Yogurt, Fruit, Juice, Milk  
Friday-Biscuits, Sausage, Gravy, Fruit, Juice, Milk

**Lunch:**  
Monday-Chicken and Broccoli Penne, Garden Salad, Fresh Fruit, Bread Stick, Milk

Tuesday-Taco Salad, Corn, Fresh Fruit, Lime Fruit Bar, Milk  
Wednesday-Steak Fingers, Mashed Potatoes w/Gravy, Green Beans, Apples and Pineapples, Milk

Thursday-Chicken Quesadilla, Black Beans, Carrots, Fresh Fruit, Salsa, Milk  
Friday-Pizza, Garden Salad, Veggie Cup, Mixed Fruit, Chocolate Chip Cookie, Milk

## Trailblazers-Senior Citizens Center:

**Monday-Chicken**  
Teriyaki, rice, stir fry veggies, peas, sweet potatoe pie, bread  
**Tuesday-Beef Tips w/ Rice, meadow veggies, corn, chocolate cake, milk**

**Wednesday-Polish**  
Sausage, potatoes, peas, peaches, roll, milk

**Thursday-King Ranch**  
Casserole, salad, pinto beans, fruit, milk

**Friday-Roast Beef,**  
potatoes, succotash, lazy cake, roll, milk

## Pride of Post Marching Band Special Events Fall 2012

- Sept. 28 -- Homecoming and Band Booster Fundraiser Supper
- Oct. 13 -- Marching Festival, Lowery Field, Lubbock
- Oct. 20 -- UIL Marching Contest, Lowery Field, Lubbock
- Dec. 1 -- 7th and 8th grade All-Region tryouts, Shallowater
- Dec. 1 -- Lighted Christmas Parade
- Dec. 8 -- ATSSB All-Region Honor Band tryouts

The band will play at football games every Friday night through Nov. 9, with the exception of Oct. 5, an open date.

### 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 Charles Schulz** Cryptogram Solution on page 5

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

L B T M Y E T V L B T Q Y G R T C Y E C Z Y G E  
 E W L P N G O Y F L B T C Q T F L R Y  
 D G W G F G F T E Y

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# School board grapples with construction issues

The Post Independent School District Board spent much of its time Tuesday considering items related to a proposed construction project, even though the fate of the \$28-million project depends on the outcome of a bond election Nov. 7.

After hearing a presentation by architect Steve Afill on the pros and cons of various methods of construction delivery, the board voted to utilize a construction manager at risk, rather than relying solely on competitive bidding, competitive sealed proposals, a construction management agency or a design-build arrangement.

Afill, representing BGR Architects of Lubbock, the firm chosen by the board for the proposed construction project, pointed out the drawbacks of competitive bidding.

"You are bound by the low bidder," Afill said. "You're stuck with that low bidder whether he's a good contractor or a bad contractor."

After Afill described the ins and outs of the other systems for managing construction projects, the board made its decision, choosing a system that will place responsibility on one person -- the construction manager at risk -- but still will include checks and balances.

Afill assured the board that his firm will be interested in seeing the project done right.

"If we see something the contractor is not doing quite right, we are going to be the first ones to step up and let that contractor know," he said.

"Everything is up front," board member Robbie ... said, referring to the construction delivery choice made by the board. "You can see the numbers."

But after making the

construction delivery decision, the board balked at spending \$40,000 to authorize BGR to further develop plans for the part of the proposed construction project pertaining to the maintenance and transportation department -- a step that would make it easier to start the project on schedule and stick to the proposed timeline.

"I totally support the bus barn," said Nancy ... "I like it as a priority."

But Nancy GET LAST NAME INSTEAD said she was not comfortable with going ahead with that aspect of the project until the bond election either passes or fails.

"I agree with Nancy," said ... Kirkpatrick. "I want to wait and see what the community does."

Ultimately, the board tabled the item.

Principals reported enrollment figures to the board: 428 in the elementary school, 173 at the middle school and 221 in high school.

NAME MARTS reported various elementary school activities, including an upcoming trip of second- and fifth-graders to sing at the football game in Tahoka and a trip to Lubbock on Tuesday, Sept. 25, for third-, fourth- and fifth-graders to hear Eric Cupp, a dynamic speaker and educator known for his work with at-risk children.

Melvin Self CHECK NAME reported that a change this year at the middle school is that students not only have computers but also have email accounts.

"They have question after question after question," Self said. "It's been really good. It's a lot of responsibility we have put on them."

Mike Comeaux recognized the school crossing guards, special invitees

to the meeting, for their work.

"They really do a great job for us," he said. "They always do it with a smile on their face."

Comeaux mentioned "the event last week," apparently a reference to crossing guard involvement in handling a Sept. 12 altercation between a donut shop operator and a middle school student -- an incident that resulted in the adult being charged with injury to a child, a third-degree felony. (See front-page story.)

The board accepted a sealed bid of \$2,000 from Kurt and Renee Williams for two contiguous city lots next to the Williams' property -- lots valued at \$4,000 on the tax roll.

The lots had been advertised previously but had not sold.

"We're getting 50 percent of the value plus putting it on the tax roll," Comeaux said.

The board voted to buy a 2013 pickup truck for the maintenance department at a cost of \$26,458.

Athletic director Steve Smith gave a positive report on school sports, saying that none of the school's five football teams -- three at the middle school, junior varsity and varsity -- have been defeated. Volleyball and cross country track are also going strong, Smith said.

"We actually have teams in junior high," he said, referring to cross country.

In other business, the board approved an FNA (failure, non-attendance) policy, approved club sponsors, appointed campus appraisers and reviewed the school's Chapter 41 option agreement relative to the state finance system.

The evening concluded with an executive session to consider personnel matters followed with a report from Comeaux.



Hanaba Munn Welch/The Post Dispatch

Israel Munoz steps over a length of pipe held by Fernando Sanchez as the two lay a line Tuesday for irrigating trees on the East Main Street median. Kneeling in the distance, visible over Munoz's raised knee, is subcontractor Brian Odom of Landscape Solutions of Lubbock. Ultimately, artificial turf will go in curb to curb.

## E. Main Street median gets irrigation system, fake grass

Hanaba Munn Welch  
The Post Dispatch

The greening of East Main Street is under way from the railroad track to the Garza County Courthouse. Landscapers are installing an underground irrigation system to keep trees healthy. Then artificial turf will go in to replace natural grass.

The fake grass will keep the median looking good all year from season to season.

The grass looks real.

"It's all over Lubbock," said Arbie Taylor, city manager. "You'll think you're looking at grass. You can't tell unless you get up real close and personal."

The total cost of refurbishing the median, including the installation of street lights in a

vintage style, is \$174,000. The city council approved the project.

Despite the initial cost, Taylor expects the changes to save the city money.

"It's going to save us a lot of water and a lot of maintenance," he said, mentioning mowing a weed eating.

Compared to field turf (the kind that goes into sports stadiums), it's similar.

"Field turf in football fields is taller with rubber crumbs in it to make it more cushiony," Taylor said.

The artificial turf does not collect water, although it can collect dirt.

"It does drain," Taylor said. "They do a surface prep before the put it down."

Blowers work for cleaning the grass, he said.



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**SEPT. 29, 2012**  
\*\*\* POST, TEXAS • 9:00AM \*\*\*  
\*BRYNNE BIGHAM\*  
Brynne Bigham is a happy and energetic 3 year old who is always smiling! She has been diagnosed with an Immune Deficiency Disorder and Trichohepatoenteric Syndrome. Despite all roadblocks and events that would bring any person down, Brynne always has the biggest smile on her sweet face. This was the foundation for Brynne's Smiles. Brynne and her biggest supporters have been so appreciative for all the blessings they have received from friends, family, and generous people that they were led to create an organization whose mission was to give back. Brynne's S.M.I.L.E.S., which stands for Sharing More in Life's Everyday Struggles, is devoted to helping the needs of families. Through volunteering, donations, love and dedication, Brynne's S.M.I.L.E.S. has been able to touch hundreds of lives already. Please join us in the Trooper McDonald Memorial Race as we will be donating all proceeds to this wonderful cause.  
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WALKER SERVICE

**The Post Dispatch**

**Thank you for reading the Post Dispatch!**

## In and around Close City

Hello all. Hope this day finds you all well. Weather around here has been up and down with temps. Y'all know me. I'm ready for Old Man Winter! We have one or two thinking about spraying some cotton this week; that means in a few weeks we'll be firing that gin up. I'm ready. As tiring as it can be, I love the ginning season. Some of the other



TRACI FREEMAN

area farmers that don't gin with us may have started pulling already. I haven't heard, but good luck to them as well! We did lose some cotton to hail and drought early on, but there is still a lot out there. Though it won't be what we had first predicted, I think we will still have a decent season. Remember no matter what time of year it is we always need moisture, so keep rain in your daily prayers.

I have heard that several attended the Tech game this past weekend and said it was really cool with all the cotton around the stadium. I may get "slammed" for this, but it's no secret -- I'm not a huge Tech fan, but I sure would like to have gotten one of those "cotton" shirts they had for the game. Glad it was a good turn-out. Hope they do this every year!

### Visitors

We had a few visitors out this week. Judy Morris Guy came by with Charles and visited for a spell; Cecil Stolle stopped in on Wednesday.

### Did you know?

Cottonseed oil is a versatile vegetable oil that does not require hydrogenation. Most people don't realize you can cook with cottonseed oil or that you can buy cottonseed oil by the gallon here at the Close City Gin for less than anywhere else. Support your local farmers and come buy some today!

### Quote of the week

One of the nice things about living in a small town is that when you don't know what you are doing someone else does. (Taken from Angie Holleman Hellums Facebook page.)

### Close City Birthdays

Sept. 21st - Janet Hines  
 Sept. 24th - D'Nae Johnson  
 Sept. 25th - Jana Terry Underwood, Whitney McNeely Baker  
 Sept. 26th - Eric McCampbell  
 Sept. 27th - Jan Bartlett, Russ Morris

We have several people in and around the county that are under the weather some, and we want them to know we are thinking and praying for them: Gene Kennedy, Chick Stevens, Patrick Fluit, Steven Fluit, Ryan Thomas, Shellee Odom, Melinda Fannon, Jack Ballentine, Ferg, Christina Aguilar, Velma Brown. I'm sure there are others, but these are those that came to mind while I'm typing.

Don't forget to visit Caprock Heirloom downtown and get your Close City Cookbooks, T-shirts and Calendars.

Check us out on Facebook under Close City Community. Feel free to post your own CC pics there.

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

Everyone have 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.gin@pcca.com.

## Nancy's Notions

# Oregano spices up gardens and porkchops

Culinary oregano is a signature flavor of many Italian, Mexican and Spanish dishes. Most cooks are familiar with it in its dried form, but oregano is a hardy perennial plant



NANCY MCDONALD

that is easy to grow in the home garden. A handful of plants will provide you with enough oregano to use fresh in season and to dry for use throughout the winter. Although it is grown predominately as a culinary herb, oregano makes a nice edging plant and ground cover, requiring little maintenance. The smaller varieties also do well in rock and alpine gardens. Plants can be started from seeds, divisions or cuttings but since different species of oregano will cross-pollinate, you may not get what you expect from seed.

There are many varieties, but the most common variety for cooking is "Greek" oregano. The more

pungent "Mexican" oregano isn't really an oregano at all. Mexican oregano is often used in chili powders. Golden oregano is very ornamental but not as flavorful.

Golden oregano does best in partial shade; its leaves tend to scorch in full sun. Oregano can reach a height of 30 inches but usually grows between eight to 12 inches, especially if you are harvesting regularly. Plants will spread about 18 inches and will send out runners. As with most herbs, oregano leaves taste best before the plant flowers. You can begin harvesting when plants have reached four to five inches in height. Cutting stems all the way back to the ground will encourage more stems and a fuller plant. The stems tend to get woody, and the easiest way to strip the leaves is to hold the stem by the top, uncut end and run your finger down the stem.

These leaves are used for flavoring foods. They retain their flavor better in hot dishes if added toward the end of cooking. Heating too long results in bitterness, and dried oregano has a stronger taste than fresh.

If you don't want plain pork chops, or the usual recipes for the meat give you heartburn, try this

recipe that will give you the variety without the burn. This recipe can be customized to your tastes by adding extra ingredients, such as vegetables. Enjoy!

### Baked Pork Chops with Oregano

8 large pork chops or steaks, with bones  
 1 teaspoon salt  
 1/2 cup apple cider or juice  
 2 teaspoons dried oregano  
 3 bay leaves  
 1 cup chicken broth  
 Fresh chopped parsley as garnish

Place salted pork chops into a glass baking dish. Drizzle apple cider over the chops. Sprinkle on oregano. Place bay leaves between a couple of the chops. Cover dish with plastic wrap and place in refrigerator for at least four hours. Preheat oven to 325 degrees F.

Heat a nonstick skillet over high heat. Remove the pork chops from the marinade and brown lightly on both sides, then replace chops into the baking dish with the marinade. Pour in chicken broth, cover baking dish with foil, and bake for 2 hours or until the meat is very tender. Garnish with parsley and serve. Serves six.

Nancy McDonald is the family and consumer sciences agent for the Texas AgriLife Extension Service in Garza County.

## Believer-Come-Lately

*The prodigal's father said, "This son of mine was dead and is alive again; he was lost and is found!"*

*- Luke 15:24 (NRSV)*

As I read Psalm 146, I discovered that each line spoke to me. I am now 62 years old, and I came to God three years ago. My faith didn't come suddenly, as some experience it. But I made a commitment to a long-term Bible study course. In the beginning of that course, all of it was quite boring for me; I forced myself to read and study the Bible. I was close to quitting. But God heard my knock and opened the door. (See Matt. 7:7.) Suddenly, I noticed that nature is wonderful and people can be amiable. I began to ponder the basic values of life, and I yearned to study more.

Everything completely changed once I decided to try to live as a Christian. I was no longer going back to my old life; I was walking on a familiar road towards home. Outwardly my life was as it had been before, but inwardly it all felt totally new for me.

Today I am a second-year seminary student. Moreover, I now realize how much time I have lost in my life. Yes, I already have one higher-education degree from my youth that has helped me to come through my life. But I have started thinking more about the spiritual aspect of life now. I feel as if I have woken up from sleep. Thanks be to God!

## Valdeko Dreifeld (Voru Maakond, Estonia)

### 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  
Graham Chapel United Methodist Church  
(Pastor: John Hedrick) - 611 FM #1313 806-549-1400
- 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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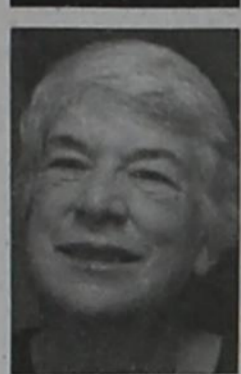
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## The 501 Not the average late-night FB blurb

It's good to have friends in distant time zones, especially when you wake at night with nothing to read but Facebook posts, either from insomniacs (nothing against insomnia; therein lies my future) or from friends in other countries where it's already a new day. There's nothing like knowing the sun is shining somewhere and the earth is faithfully spinning that direction.

That said, one of my Facebook friends — call her Bette — who lives beyond the Danube, posted a conversation she'd had with a supper guest on a recent September evening. I'm sharing the conversation almost verbatim with you, "ME" being Bette. Her account will take you not only across some time zones, but also back a few decades. Read with care.



HANABA MUNN WELCH

ME: It seems unusually warm for September.  
KAZIMIR: Not really. The year she started, 1939, September was unusually warm.

Which proved to be a blessing for people who were bombed out or fleeing and had to sleep outside. It is much better to sleep outside when it is warm than when it was cold. That was a beautiful September though, 1939. And one year when I was arrested — that was in September, too, the 19th.

ME: That was when Alex was small, right?  
KAZIMIR: No, this was another time. — right after we got married. Poor Anna, only a few weeks a bride. I had on a short-sleeved shirt and no undershirt. We were so crowded. The bunks were five high, and two people had to sleep in one. It was very crowded and only a tiny window — a bird could not fly through it. I couldn't breathe and kept hoping it would get cooler. But

when it did, I wished it was still hot. We just have to learn to accept and be thankful for whatever weather the Lord sends. Oh, yes, today was a beautiful September day.

Not the average late-night Facebook post, those words took me to a place where I didn't feel inclined to complain about this year's drought or anything else.

Some additional thoughts:  
Isn't it amazing how the simplest stories can carry the most meaning? With recollections of two Septembers past, Kazimir used a few words to say very much. Bette, who has an ear for what is worth retelling, didn't let the conversation fade into the night. She could have. Instead, she wrote it down.

Although my friend herself often writes brilliant prose, Bette added nothing extra to this conversation — not even a comment to tell us more about Kazimir. She let his stories stand alone. Bravo.

Here's to all discerning scribes, writers or not, who recognize and record the worthy words and stories of others.

Here's to the mother who records a baby's first words, both for the baby book and Facebook. Here's to a grandchild who interviews a grandparent, if only for a school assignment.

Here's to you if you know someone like Kazimir and you record at least some of his stories while it is yet September.

Hanaba Munn Welch is a contributor to and columnist for The Post Dispatch. Email her at hanaba.quanah@gmail.com.

## The Paperboy So long Facebook

My relationship with Facebook has come to an end.

There are several reasons I deactivated my account, but perhaps the No. 1 reason is because I was rarely on it.



CHRIS BLACKBURN

I first logged on FB in 2010. My wife thought I was a late bloomer because many of our friends and family were on it. I followed their lead and began to post.

As time passed, I found myself logging in less and less. Here recently, I looked at it every two weeks or so.

When I would log in, I did so to see if anyone had sent a message. Luckily, I never established Facebook as a primary way to get in touch with me. Still, I'd feel guilty when I'd miss birthdays, anniversaries, births, etc...

As Facebook continued

to grow — worldwide — I was continuously hearing and seeing accounts hacked and fake accounts being made to harm the reputation of others. Of course that worried me.

Like most things, FB does have an ugly side. People frequently lose their tempers or fail to use common sense when posting and the result is drama. There is enough drama in everyday life and wallowing in the misery of others is not my style.

One other aspect of Facebook that I find irritating is the false information posted by many. FB is a rumor mill and if you're on it, you've seen the premature posts of crimes, deaths, births, etc... There seems to be a rush on being the first to post something with zero consideration to accuracy or merit.

Today, Facebook is approaching 1,000,000,000 users. That's a significant percentage of the population of this planet. Truly phenomenal in scope.

For many people around the world, Facebook has become the primary way to communicate. I

know of individuals who spend hours a day on it and in some instances, their dependency has caused problems in their respective lives. Something is not right when you rekindle a relationship with an ex-girlfriend or ex-boyfriend while you're married.

As I mentioned, I deactivated my account. One day I figure I may need to monitor my boys' FB accounts (when I feel they're ready to have one) and I can reactivate it then. Or perhaps I'll do it for some other reason. Anyhow, I thought it was smarter to have that option instead of starting from scratch.

So, if you need to get in touch with me I suppose you'll have to do it the old-fashioned way and call me or text me.

Shoot, I feel better already not having to worry about all of that information and the distraction it can cause. I guess ignorance is bliss...

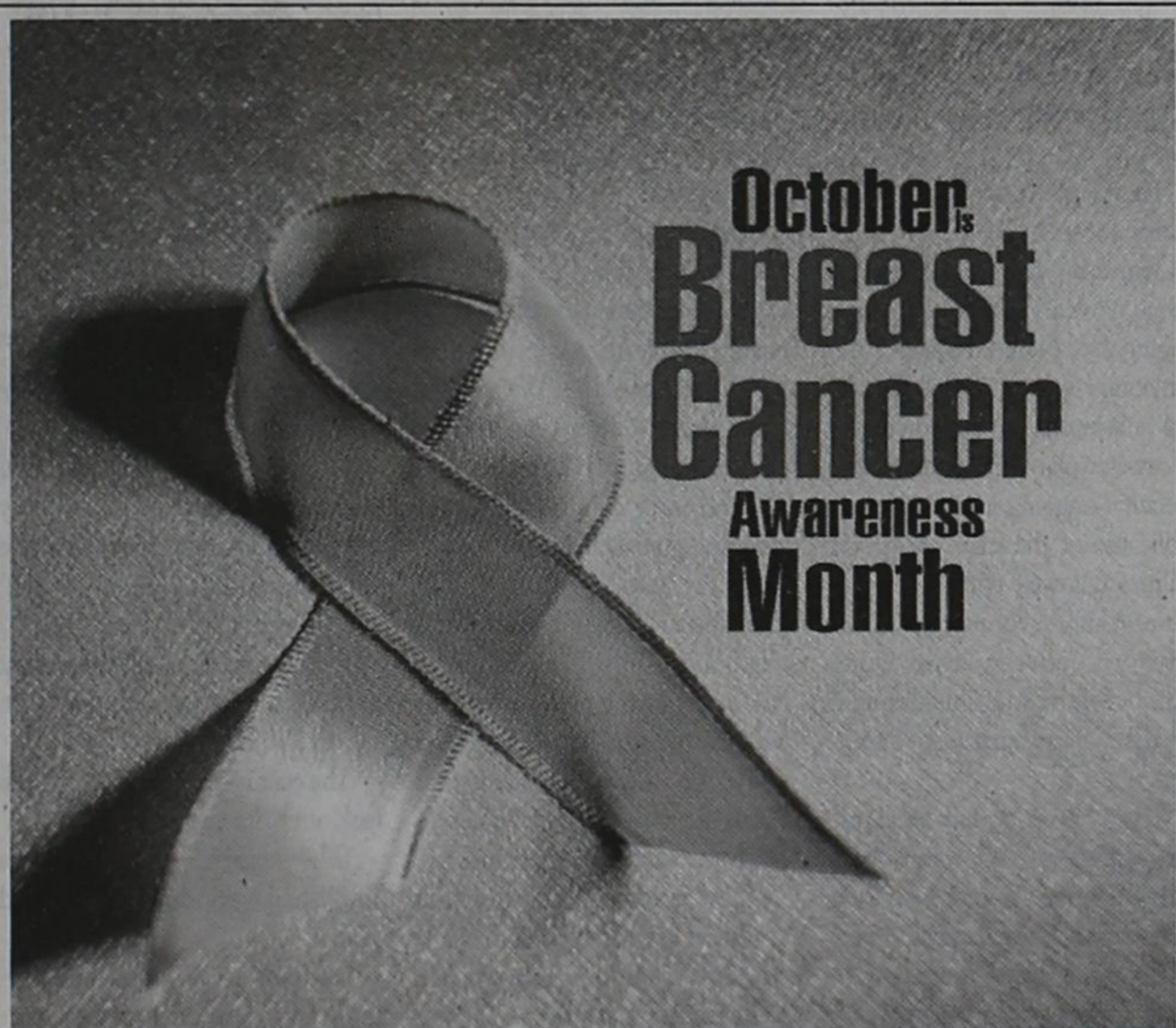
Christopher Blackburn is publisher of The Post Dispatch and CEO of Blackburn Media Group.

### Cryptogram Solution

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LIFE IS LIKE AN ICE CREAM  
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Awareness  
Month

To help promote the importance of early detection, Cogdell Memorial Hospital is offering a \$50 special on mammogram screenings for all women 40 years old and older during the month of October.

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### Across

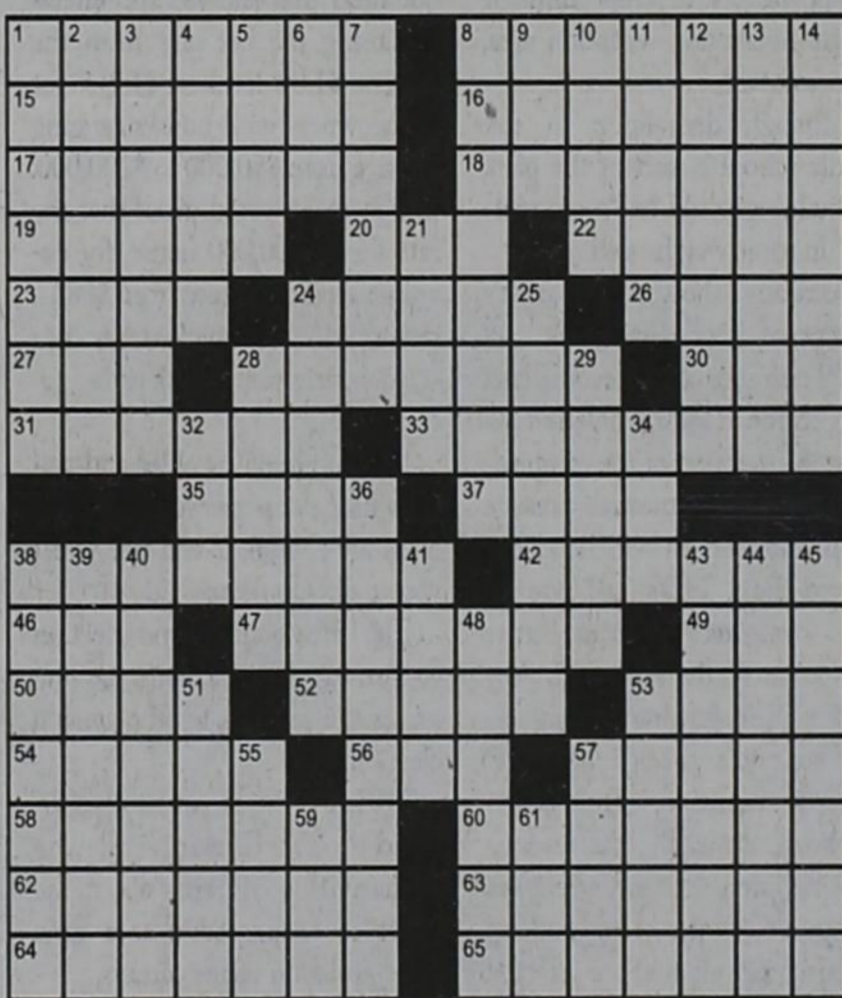
- Samurai code
- Ice covering mountain peaks
- Bromo ingredient
- Mosque's tall, slender tower
- Removed from view
- Exploitative employer
- Flexible
- 1969 Peace Prize grp. (acronym)
- Method of frying
- Disney dog
- Grave marker
- Boris Godunov, for one
- "... he drove out of sight"
- Whenever
- Charlotte-to-Raleigh dir.
- Allergic reaction
- Showing even less emotion
- Increase, with "up"
- "Idylls of the King" character
- Abstruse
- 10 to the 100th power
- 40 winks
- Yo-Yo Ma, e.g.
- Altdorf is its capital
- Attracted
- Discourage
- Carpenter's groove
- Hungarian language, e.g.
- Undertake, with "out"
- Red Square figure
- Information displayed on an electronic device
- Oily, poisonous ingredient in rubber
- Accord
- Keel-shaped ridges
- Less forgiving
- Tools for raising the nap

### Down

- Utters incoherently
- Forget
- Straphanger
- Good to have around
- Gross
- Conk out
- Something very unusual
- Rude
- Cloak-and-dagger org. (acronym)
- Aims
- 200 milligrams
- Excited
- Solvent derived from petroleum
- Helmsman
- "... go!" (contraction)
- Displayed a scornful expression

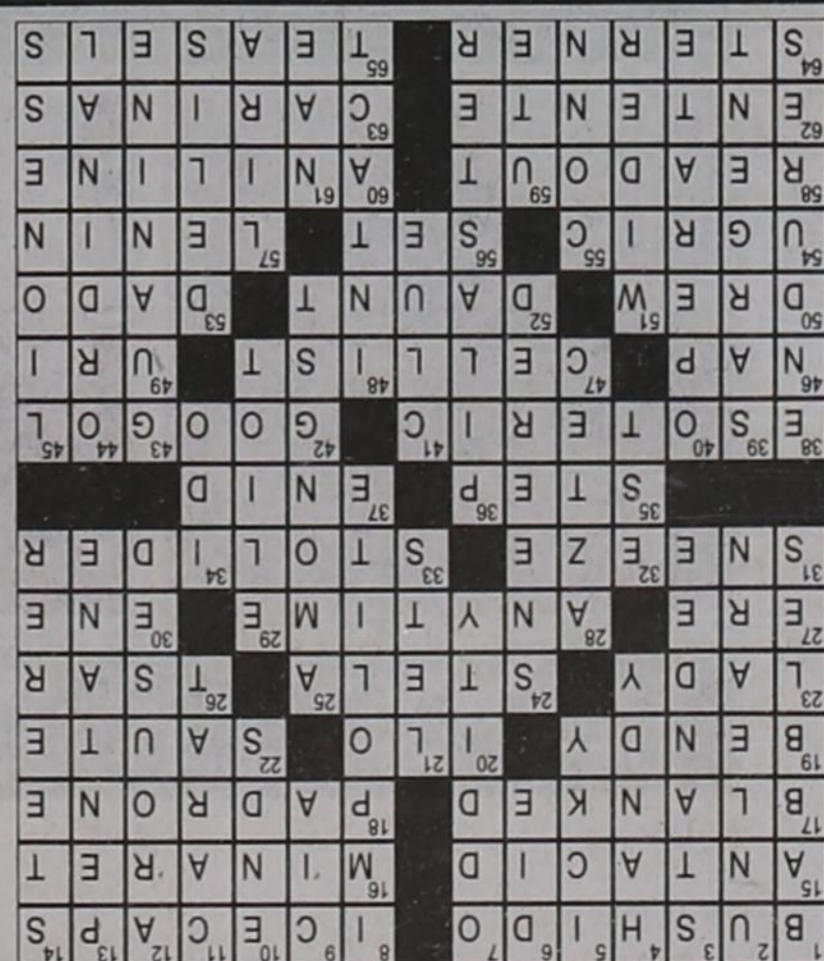
### CROSSWORD PUZZLE

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- In the middle of
- Montezuma, e.g.
- "Four Quartets" poet
- "C'\_\_ la vie!"
- Altar avowel (2 wds)
- Architectural feature
- Carries on despite hardships
- John Singer \_\_\_\_, Am. portrait painter
- Run
- Game name
- Purine base found in DNA
- Fifth, e.g.
- Disney's Nala
- All together
- Dentist's request
- Shops selling ready-to-eat food
- N.Y. neighbor (abbrev.)
- 100 kuras
- Adaptable truck, for short
- Dumfries denial

### PUZZLE SOLUTION



**BAND**  
From Page 1

"They Call the Wind Mariah" and the theme from the movie "Silverado."

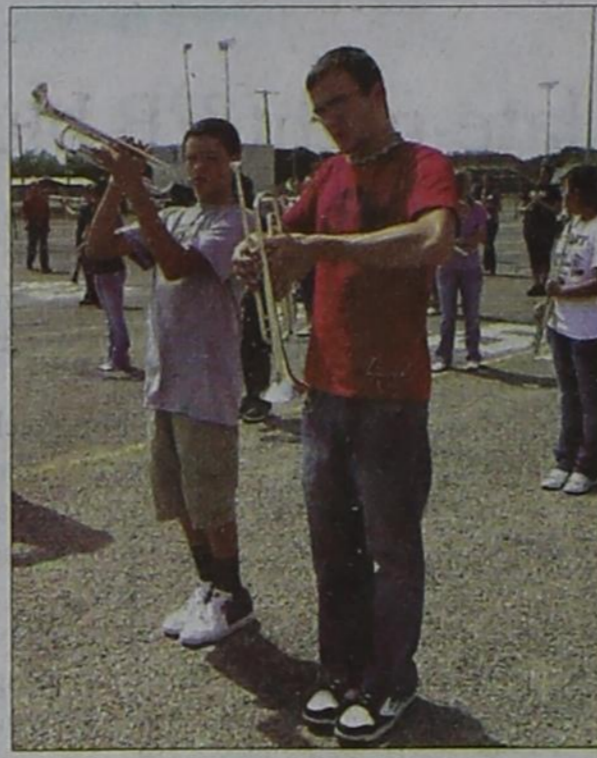
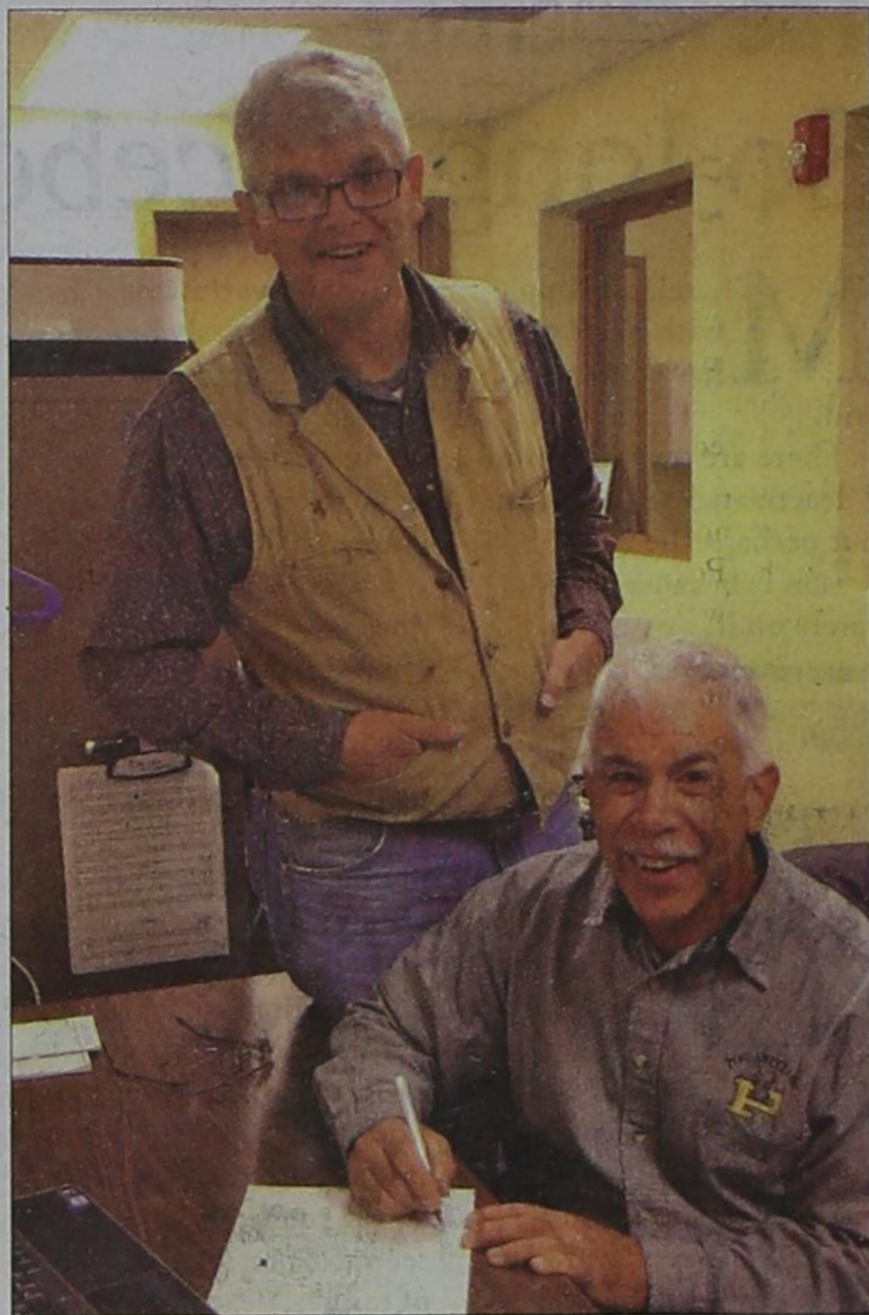
In the spring, the repertoire will expand to familiarize students with a broader range of music and to help them develop their sight-reading skills. Students will sharpen their skills as soloists and will perform with fellow-band members in ensembles.

"Last year I took nearly half the band to state in solo and ensemble -- 16, 17 -- somewhere in there," Rathbun said.

Since then the band has increased from about 40 members to 72.

"With 72, I am hoping to take 30 (to state)," Rathbun said.

It's an ambitious goal, but Rathbun thinks it can happen. If staying positive is half the battle, Rathbun and his band are already half-way there.



Hanaba Munn Welch/The Post Dispatch

Upperclassman Isaac Stern gives freshman Christian Pearson pointers Monday on the precise handling of a horn for marching during band practice. Older students mentor younger ones in the Post Pride, the Post High School band.

Photo by Hanaba Munn Welch/  
The Post Dispatch

(LEFT) Bernie Tackitt, assistant band director, checks a list last Friday as he and Aaron Rathbun, band director, prepare for the Antelope marching band's halftime performance at Slaton. The two teachers have worked together at Post since 2002.

**DONUT**

actually already left the donut shop with a few of his friends. He yelled at the child to come back, stating that he had shoplifted."

When the youngster returned to the shop, Lee confronted him "very aggres-

sively," Binford said. "Mr. Lee came around the counter and grabbed a broom," Binford said. "The child ran out of the shop with Mr. Lee chasing him."

Not only did the irate Lee chase the boy from his shop but also across the street to the school.

"He (Lee) actually entered into the school build-

ing itself through the front doors," Binford said. "School crossing guards intervened: They managed to get the assault stopped." Officers were on the scene within minutes -- exactly five minutes after the call came in at 7:13 a.m. -- and arrested

Lee inside the donut shop, Binford said.

Whether shoplifting oc-

curred remains a question. "Everything is showing that he did not shoplift," Binford said. "That's what our investigation is showing."

The child had "superficial cuts on one of his arms ... one elbow swollen," Binford said.

Although emergency medical personnel came to the school, they did not take the student

anywhere for treatment. Lee went to jail.

He was arraigned Wednesday, Sept. 12, and released Friday, Sept. 14, on \$50,000 bond.

The case is complicated by Lee's lack of proficiency in English.

"He is from Korea, and his English is very limited," Binford said.

**HEARING**

From Page 1

schools today ... we have to know who is in the building," he said.

The proposed design would feature a secure entrance that would require visitors to enter through the administration-reception area, Comeaux said.

Although demolition of the middle school is part of the plan, the building could be "memorialized" in some way, he said.

Comeaux showed an artist's concept of how part of the old school entrance could become part of an entrance for an athletic field or some other part of the campus.

A chart in Comeaux's presentation and also in the hand-out showed Post ISD's tax rate of \$1.04 compared to several other schools across the area, with Abemathy ISD showing the highest total tax rate at \$1.501 per \$100 property valuation. The charts also broke down the tax revenue as to maintenance and operation as opposed to interest and sinking -- considerations that are affected by Post's status as a Chapter 41 school district that, through the state's school finance system, must share its wealth with "poorer" districts -- a status determined by the value of taxable property within a district and student attendance. The bond proposal would increase the tax rate but more of the money

collected would stay in the district. "How much is this going to cost me?" Comeaux asked, posing the question for himself as well as for other residents who pay Post ISD taxes.

On the screen he showed a chart (also included in the hand-out flier) that showed the effects of raising the tax rate from the current \$1.04 level to \$1.265 for homeowners with houses ranging in price from \$50,000 to \$200,000. The increase would mean that the rate for a \$100,000 house, for example, would increase from \$884 a year to \$1075.25, with the homestead exemption taken into account.

"If you are 65 or older and you have filed the paperwork and your taxes are frozen, it will not affect you at all," Comeaux said.

The date of the bond election is Tuesday, Nov. 7, with polling places the same as for the general election.

"What is the life of this bond?" asked Bobby Clinkinbeard, who expressed his concerns about the effect of raising taxes at a time when inflation seems certain.

Comeaux responded that the bonds would be paid back over a 20-year period and that the rate would be 3.08 percent.

Clinkinbeard continued to express concerns.

"Without any guarantees that the value of the dollar is going to be where it's at, it sounds like a lot

of money for a small community," Clinkinbeard said. "It doesn't just affect landowners. It affects everybody. People that rent. Everything inherently goes up with this. ... Maybe we could do something starting with a smaller scale and go up?"

Comeaux pointed out that the condition of the middle school essentially dictates the need for the district to build a new school, the main part of the proposed project.

"There comes a point in time where the middle school is condemned," he said.

The only recourse in that eventuality would be to put up portable buildings, he said.

"The interest rates on bonds are the lowest they've been," Comeaux said, noting that bonds were 5.5 to six percent two to three years ago.

"Could it have been done on a smaller scale?" Comeaux asked, rhetorically. "I guess it could have been done."

But the current proposal addresses needs that have been identified, he said.

"These are the things we need to address," he said.

As for the cost, putting off construction until later could result in greater costs if construction costs rise, Comeaux said.

"We could be forced into something we don't want to do," Comeaux said.

If the bond election passes, work will begin immediately on various

phases of the project, with some work scheduled for summer when school is out. If the election fails, the issue will return.

"It it's 'yes,' we deliver it," Comeaux said. "If it's 'no,' we'll look at it again. If the kids are not getting what they need, then we need to do something."

Regarding construction costs, one of the BGR architects advised the group "the more you can lock in right now, the better off you are going to be in the future." He referred to one of the firm's \$128 million projects that came in under cost.

"They're going to see a return of money not spent," he said.

Comeaux and the architects fielded several other questions, ranging from concerns about the elementary school (slated for future substantial improvements in the master plan and current non-structural ongoing improvements), public use of the track and other facilities (allowed with school activities taking precedence), athletic versus non-athletic expenditures and whether crossing guards might lose their jobs when traffic patterns change.

"There's been no talk of eliminating positions," Comeaux said, complimenting the guards on their work and making an oblique reference to the role of the guards in an altercation last week between a student and a non-student. (See related story in this issue.)

A non-resident, David Clark, spoke up toward the end of the hearing, expressing his opinion that voters would do well to vote for the bond based on his experience at Woodrow in the Lubbock-Cooper ISD.

The bond passed to build new schools at Woodrow, he said -- an improvement over "throwing good money after bad."

"Hang a chandelier in a haunted house," he said. "You've still got a haunted house."

New schools feature energy-saving components and devices that save money, he said, himself an electrician.

"Look at the age of the schools you have here now," he said. "Look at the money, the maintenance and repair that you're going to have to do to the schools. ... We saw our taxes go up a little. Our kids are safer. The security is better now. You feel more comfortable letting your kids go to school."

As the hearing neared an end, Clinkinbeard again expressed his concern.

"Are you going to be responsible with my money?" he asked. "This is where we actually see it in action. Show me what's going to be done. Show me something positive."

The hearing ended with a tour of the middle school and other facilities for anyone interested in seeing things firsthand.

Another hearing is slated for 7 p.m., Oct. 9.

**Post Notes**

**Class of 1987**

The class of 1987 will have its 25th-year reunion Sept. 28-29. Events include the Bold Gold Antelope homecoming game Friday with a reception to follow in the Community Room at Citizen's Bank. A family picnic is planned at noon Saturday at Post City Park and will include other graduating classes from Post High School. A dinner for the Class of 1987 will follow at 7:30 p.m. At 9 p.m. the class will host an All Class Reunion Dance at the Post Rodeo Grounds for the classes of 1980 through 1992. Contact Angela Massey at 806-778-7257 for information.

**Class of 1952**

The class of 1952 will hold its 60th reunion Sept. 28-29 with registration Friday, 4 p.m. to 5:30 p.m. Friday, Wells Fargo Community Room and a fish fry from 5:30 p.m. to 6:30 p.m. at the First Christian Church. Saturday will begin with visitation from 10 a.m. to 11:30 a.m. at the Wells Fargo Community Room, with lunch to be determined. The class will gather for a group picture at 2 p.m. at the old High School, with a tour of the facility tentative. Saturday's agenda will conclude with dinner at 6 p.m. at the First Christian Church, catered by Dicky Odom. The class originally numbered 33, and 13 are returning for what organizers expect to be a last reunion. For more information, call 806-495-2081.

**Hunter education**

A hunter-education course will be offered Oct. 20-21 at the Post High School cafeteria and instructed by local Game Warden Drew Spencer. The course is open to all, especially children ages 9-17. Cost is \$15. For information, call Spencer at 806-773-4179 or email drew.spencer@tpwd.state.tx.us. More information on hunter education also can be found online at tpwd.state.tx.us.

**4-H enrollment**

Enrollment for the 2012-2013 4-H year is now ongoing on 4-H Connect. Those interested are asked to contact the Extension Office at 495-4400 for information. Current members must re-enroll at 4-H Connect. Registration will continue through Oct. 31.

**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.

**DONUT**

From Page 1

cuts on one of his arms ... one elbow swollen," Binford said.

Although emergency medical personnel came to the school, they did not take the student anywhere for treatment.

Lee went to jail. He was arraigned Wednesday, Sept. 12, and released Friday, Sept. 14, on \$50,000 bond.

The case is complicated by Lee's lack of proficiency in English.

"He is from Korea, and his English is very limited," Binford said.

Authorities used a qualified interpreter for the arraignment, handling the procedure by telephone.

For many more moments like these,



Selecting the right physician for you and your family is just as important as the medical care you receive. For the physicians of Covenant Medical Group, our calling is to keep you healthy so you can

## Post Antelopes vs Slaton Tigers

# Antelopes win last-minute victory over Slaton

The Post Antelopes won a thrilling victory in overtime Friday night against the Slaton, fueling the rivalry between the traditional foes.

So far, Post football is all about winning -- not only in high school (both varsity and JV) but also in lower grades, with all three Post

Middle School teams winning all their games too. The varsity didn't disappoint.

The Post win against Slaton was a bit of an upset from some perspectives.

"They were picked to win in most polls by a touchdown," said Steve Smith, head coach.

But the competitiveness between the two schools always keeps things interesting and unpredictable when it comes to the annual matchup.

"I hear it from everybody in town -- you'd better beat Slaton," Smith said, now starting his second year in Post after coaching in Archer City.

The game kept fans on bleacher seat edges, with the score tied 15-15 at half-time and still 15-15 at the end of regular play. But the Post defense, after letting two scores happen quickly, had turned the tide early by not letting it happen again.

"They scored two touchdowns pretty quickly," Smith said. "After that we had them smothered. I think they took the heart out of them."

The Post offense missed some opportunities to score from within the 20-yard line, but managed to score when it counted in

overtime. "We've been behind in every game this year," Smith said. "Our kids have fought back. It shows their character. If you keep on fighting, you're going to have a chance to win some games."



Special to The Dispatch

Leading the way with the Big Stick, Nathaniel Gill, 62, charges onto the field last Friday for the Post-Slaton game. Identifiable by number are some of his teammates in the Antelope pack: Zeb Graves, 53; Matt Nava, 11, and Caden Dean, 8.



Juan Cabrera/Special to the Dispatch

Antelope D. J. Brown eludes a would-be tackler last Friday in Slaton. On his knees is teammate Bryan Smith; in the distance are Lopes Pake Jones, standing, and Campbell Kirkpatrick, down on the field.

### Varsity players of the Week

**Dalton Holly -**

22-yard game-winning TD in overtime

**Paden Babb -**

TC and 5 tackles; playing in new position because of injury

**Alan Alaniz -**

10 tackles, 4 TFL

**D. J. Brown -**

58-yard punt return for TD

## Middle school runners compete in cross country

Post Middle School girls placed tenth as a team Saturday in the 18th Annual West Texas Micrographics Invitational meet in Lubbock.

"The girls competed hard," said Shelli Crow, coach. "Bethany Curtis lead our team, placing 23rd and receiving a medal." Also turning in good times were Kelbie Oden, Andi Soliz and Hailey Berry.

"Overall I am not disappointed for this being our first meet," Crow said. "Mae Simmons is a tough course, and I know our times will improve and get better."

Post Middle School boys didn't fare as well. "The boys competed hard, and I am proud of them, but we still have a lot of work to do to improve our three-mile times," Crow said.

## JV Lopes vs JV Tigers



Brandy Fannon/Special to The Dispatch

Making the best of good blocking, Cambry Gilbert gains yards for the Post JV in last Thursday's game against Slaton. Other Lopes, from left, are Rafael Gonzales, Tristan Fannon and Blaine Reece.

## Eight-graders take on Brownfield in volleyball

Post Middle School eighth-grade girls played Brownfield Monday night and lost.

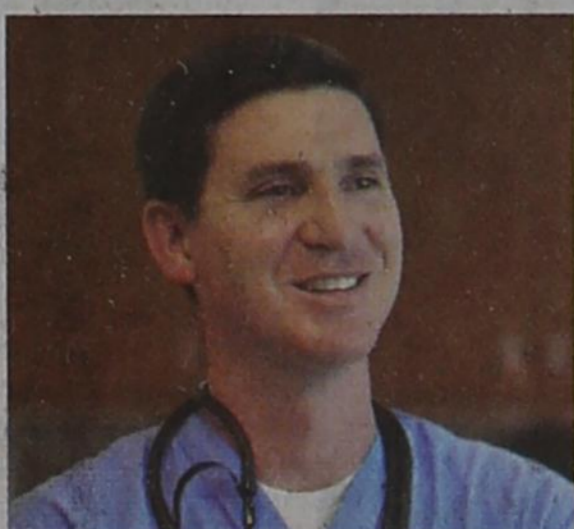
Brooklyn Courtney and Kally Comeaux were both

dominating factors in the A team game. Skylar Maldonado played well during the B team game.

Coach Kylee Ford thought her volleyballers played well.

"The girls all fought hard and showed effort to win, even though the games didn't turn out in our favor," she said. "Thanks to all for your time and support."

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## Yesteryears

### 10 Years Ago September 19, 2002

Garza County and the State of Texas collected another \$29,484.16 for traffic fines in August, according to reports of the two Justices of the Peace Courts.

Luke Aaron Williams, a junior English major at Texas Tech in Lubbock, was recently named to the university's President's List.

Wade and Shane Smith proudly announce the birth of their daughter Haylee Skylar, born September 10, 2002.

Families of the late Jim and Mattie Hays, a total of 82 people were in Post for a reunion. The get-together was hosted by the four oldest children, Liberty, James, Bill and Gene.

Former Post ISD school members Dan Hodges and Ronnie Gradine were presented special plaques recognizing their service to the school district by Post ISD board president Barbara Hardin. The presentation was made at the regular meeting Tuesday, Sept. 8.

### 30 Years Ago September 15, 1982

One of the highlights of the OS Steer Roping and Art Exhibit again this year will be the appearance of Johnny Gimble, accompanied by C.W. Slick.

James and Melinda

Morgan of Justiceburg are proud to announce the arrival of their daughter Jennifer Marie.

The Caprock Golf Course announces its First annual Jack and Jill Partnership Scramble to be held Saturday and Sunday, Sept. 25 and 26 at the Golf Course.

### 40 Years Ago September 14, 1972

The presidents of this year's senior and junior classes at Post High are senior Roger Pace, son of Mr. and Mrs. R.H. (Bob) Pace, and junior class president is Jill Cash, daughter of Mr. and Mrs. A.C. Cash. Freshman and Sophomore class presidents are yet to be elected.

The man who named the Post, "Antelopes," L.E. (Effard) McCrary of Palo Verde, Calif., is visiting Post this week.

Richard Mims, of Jackson, Miss., came back for the first time to Post -- the town in which he was born -- Friday and spent an interesting day. He had moved away from Post at the age of 3 with his parents, Mr. and Mrs. James Edward Mims in 1918, when they returned to Alabama. His father was employed at the Postex Mill. Mims, who is 57, retired last year from the United States Navy after 35 years of service.

3,030 persons received the Polio Vaccine in the school cafeteria.

Mr. and Mrs. King Ardis have sold the K & K Food Mart here to their son, Rudy, who will take over active management of the store Sunday. The new name for the food store will be "Market Basket."

Mr. and Mrs. Domingo Samora announce the birth of a daughter, Irene, born Sept. 9 in Garza Memorial Hospital.

Lamar Ray Martin, son of Mr. and Mrs. Leslie L. Martin, has enlisted in the United States Army.

Post High School classes elected officers for the year: Glenn Polk, senior president; Linda Pennell, junior president; Billy Blacklock, sophomore president, and Sammy Sims, freshman president.

Seventh grade students heard a review of the book "Post City, Texas." Mrs. Alex Kittrell of Lorenzo gave the review.

C.W. Post came to Garza County in 1905. He was a rancher and businessman. Post asked the people to set out trees and plant flowers of all kinds in what is now the center of Main Street. His health began to fail, which resulted in the invention of Post Cereals. Post's death was in 1914 in Rochester, Minn.

### 50 Years Ago September 20, 1962

Compiled by Elizabeth Moreno.

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This definitive history of Southland, located just above the Caprock in the northwest corner of Garza County, recounts how the Town of Southland was originally located; how the railroad used the Southland siding as a supply depot during the year long construction of a pathway up the Caprock for their tracks; how Southland was used by C. W. Post to receive construction supply deliveries for the same period. It follows Southland boom years of the 20s and bust years of the 30s. It details the importance of the C. W. Post Plains Farms on the early development of Southland and how the rerouting of Highway 7 and its change to Highway 84 affected the future of Southland.

Filled with old photographs and list of organization charter members, this indexed work will be of interest to Garza County history buffs and local genealogist alike.

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## White River MWD Board looks at projects

Engineers from two firms updated the White River Municipal Water District Board Thursday on the status of pending projects -- one approved for funding and others under consideration.

Scott Hay of Enprotec/Hibbs & Todd, an engineering firm based in Abilene, reported to the board that a Community Development Block Grant submitted a few years ago had just been approved. The grant is for improvements to the water system on the east side of the lake.

"We took bids last Tuesday," Hay said. "We have some good bidders involved in the project."

But Hay recommended delaying the process to accommodate changes that have occurred since the grant was first proposed.

"There's been some information that's come to light with the proposed development that would cause us to ... take another look at it to make sure we address the long-term needs of the district," he said.

Instead of making a recommendation based on the bids received, Hay advised the board to "put the brakes on for a little bit" to allow Hibbs & Todd time to redesign the project to make it more compatible with recent plans for future development of the area in question -- plans that would call for increased pressure to meet water needs.

"I'm glad we caught it when we did," Hay said.

The board voted to meet in a special meeting to consider an updated version of the project with fresh bids.

"I'm going to be prepared to make a recommendation within the week," Hay said.

"It won't be a big deal if we have to rebid it?" asked David Prewitt, board president.

Hay responded that the time frame is tight and said his grant consultant would have to achieve some additional environmental clearance, but even with an Oct. 24 deadline (to keep from interfering with the next round of proposals), Hay described the adjustments to the proposal and the new bidding process as doable.

"It would be foolish not to be sure this project meets future development needs," he said.

Phil Elledge of Johnson and Pace, a Longview-based firm, talked to the board about proposed capital improvements for the district, referring to a hand-out produced by his firm to illustrate proposed projects -- a general plant rehabilitation, an updated supervisory control and data acquisition computer system, back-up power generators, wind turbines to generate electricity for the surface water treat-

ment plant, new chemical feed systems, clarifier rehabilitation, control valve rehabilitation, rehabilitation of existing electrical service and panel upgrades, distribution system rehabilitation (replacement of over 14 miles of water main for the Crosbyton-Ralls Water Main and the Post Water Main), additional water wells, a wastewater treatment plant for the city of Ralls, utilizing submerged attached growth bioreactor technology, to allow Ralls wastewater to flow into the White River Lake watershed.

"These little brochures we put together and handed out to stakeholders ... all the cities and counties ... put a picture with the words so that maybe it might be a little easier for folks to understand," Elledge said.

"It's not going to take but one wind tower for the plant?" Prewitt said.

"One or two," Elledge replied.

Plans outlined in the Johnson and Pace brochure are essentially dependent on the funding of proposed grants by the Texas Water Development Board.

"Hopefully by the next board meeting we will know about the Water Development Board," Elledge said, referring to a \$2 million planning, acquisition and development grant that would pave the way for a \$10 million grant for proposed projects. Both grants require 50-percent funding from the municipal water district.

"It's looking real positive at this point that the funding is going to come through," Elledge said.

In other business, the board considered but took no action on raising lease fees, late payment charges on leases and fees for White River Lake recreational permits; agreed to a dry land farm rental contract with Shane Wallace at \$30 an acre and approved the audit report for fiscal year 2011-2012, as presented by Jim Wilson, certified public accountant for the accounting firm Sandefur and Swindle.

During the public comment session at the beginning of the meeting, lake resident Lynda Huffaker not only complimented Tom Fulton, White River Municipal Water District general manager, and workers for maintaining the roads around the lake but also suggested the board should think carefully before raising fees.

"I know we are in drought," she said.

Relative to the drought, less water usage results in less income to the district, but some people are facing difficult times due to the current general economy, she said.

"For some people, this (paying higher lease fees) might be a really difficult thing to do," she said. "Think twice about what the decision is."

Bub Eldredge also spoke during the time for public comment.

"Thanks for the lake clean-up," he said. "We appreciate the board and Tommy for the work he is doing."

The next meeting of the board is likely to be a called meeting to consider approval of the above-mentioned community development block grant.

Meetings are open to the public and are held in the board room of the White River Municipal Water District plant facility.



# The Doctor is in What I learned at the Cancer Control Society meeting

I apologize for my absence the past 2 weeks. I have been out of town continuing my new education at the 40th annual meeting of the Cancer Control Society in Los Angeles. It has taken me a couple of weeks to process



**BEN EDWARDS**

through all the varying degrees of emotions I experienced after this conference. Amazement, sadness, anger, regret, and determination to spread the good news. Now is the time to get informed and educated about cancer treatment options and the truth about the limitations of traditional chemo, radiation and surgery. The time to start looking for answers is not the evening after your doctor tells you there is a mass in your colon and it has spread to your liver. One in two men in America will get a cancer diagnosis in their lifetime and one in three women. Cancer is preventable, and cancer is curable was the take-home message from my conference.

In medical school we are taught that nobody survives stage 4 metastatic breast cancer or stage 4 metastatic pancreatic cancer or stage 4 metastatic ovarian cancer. These are deadly incurable cancers. In fact, I've had to counsel many a patient and family member about what options they should choose between chemo, radiation, surgery, or hospice. It is a very difficult conversation to have. We speak about one-, three- and five-year survival rates. We measure life expectancy in months usually. We don't use the word "cured" but words like "stable, not progressing, currently in remission."

However, for the first time in my career I heard about and saw with my own eyes numerous cases

presented of "incurable" stage 4 metastatic pancreatic, breast cancer, ovarian, and brain cancers that Mayo Clinic, Sloan Kettering and Colombia all sent home to die on hospice. These patients are still walking around, cancer-free ten, 15 and 20 years later. Tumor marker blood tests normal. PET scans normal. This is absolutely unheard of in conventional medicine. Your oncologist today will tell you I'm crazy, there are no long term survivors from those types of cancers. In fact, you can go to the National Institutes of Health's own online library where all published medical research studies are cataloged (Google "pubmed" and "nih"), and you won't find any examples of conventional oncology achieving a long term survival for these type of stage 4 cancers.

Over a four-day period, dozens of cases were presented. Survivors and physicians told their stories. An aggressive pancreatic adenocarcinoma diagnosed in 2000, given two months to live, who is still alive today. There are no published reports of long-term survival from this type of cancer. A lady diagnosed in 1975 with an aggressive, recurrent uterine cancer with metastases to both lungs, who failed surgery, radiation and chemo, who was sent home to die because this is a terminal cancer. There are NO case reports in the world's medical literature of long-term survival. This lady survived cancer-free for 34 more years and died at the age of 95 from natural causes. A 1982, stage 4 pancreatic adenocarcinoma metastases to the liver, average survival is three to six months, still alive as of August 2012, 30 years after diagnosis. A 1990 case of infiltrating ductal carcinoma of the breast with metastases to the liver, brain, bone and lungs. This is an incurable cancer in the conventional oncology world. There are no patients in the published medical literature from around the world who have survived this type of cancer, but this

lady is alive today 22 years after diagnosis. A 2001 case of stage 4 pancreatic cancer with metastases to the liver involving 50 percent of the liver, alive today 11 years later. So, how did these patients survive? They all followed a completely all natural nutritional protocol that focused on addressing and changing the root causes of the cancer, the toxic internal environment, instead of just trying to cut, burn and poison the tumor itself. The tumor is not the enemy. The tumor is just trying to survive a toxic environment any way it can. Return that internal environment to a state of health, and the cancer cells will die or revert back to normal cells.

I could go on and on, but don't have the time and space today. You can order your own DVD copy of all the presentations at this convention (<http://www.cancercontrolsociety.com/speaker-2012>). Also, you can look up what I consider to be the top three cancer curing clinics in North America: Dr. Nick Gonzalez in New York <http://www.dr-gonzalez.com>, Dr. Bradford Weeks [www.weeksclinic.com](http://www.weeksclinic.com) in Seattle, and The Gerson Institute in Tijuana <http://gerson.org>. Also, Ty Bollinger has a great book to introduce the world of natural, alternative cancer treatment options called "Cancer: Step Outside the Box," and his website [cancertruth.net](http://cancertruth.net) is a good place to start.

Until next time ... remember, let thy food be thy medicine.

Dr. Benjamin Edwards is a local physician specializing in holistic medicine and nutrition.

# Legends Where's the water?

C.W. Post, along with Uncle Tom Stevens, rode onto the High Plains in early 1907, and chose a spot about three and one-half miles from the Caprock, and began laying out the main streets and block for the new town to be called Post City. He then returned to Battle Creek and began advertising his new town. One advertisement



**LINDA PUCKETT**

called "Making Money in Texas" began appearing in prominent newspapers such as the Kansas City Star and the St. Louis Post Dispatch. Almost immediately inquiries began coming into the offices of Postum Cereal Company. The country was on the verge of panic in 1907, and the unemployed loitered around city streets. Anything that promised options of making a living was very popular. Alexander had a temporary store built; its shelves were loaded with all supplies from canned tomatoes to horse collars, everything that would be needed by man or beast. He stated, "We will soon begin to make a showing in the wild and woolly West."

Just as building got underway, Mr. Post's general manager, W.E. Alexander, wired Post (May 10) announced there was a problem with the town-site location. It was not geographically in the center of the county. Post had all work stopped immediately, and returned on May 19 to select a new town site below the Cap in the breaks. The tents were pitched and work started over again.

When the community barbeque and the election was being held during the Fourth of July weekend, drawing about 2,000 people in attendance, water became a real issue. They came in all sorts of rigs,

arriving at noon on the July 3 and continued coming from all directions on the Fourth. They dined on nine beeves and 600 loaves of bread, with everyone having plenty to eat. They danced all night July 3 and all through the Fourth until three o'clock in the morning of July 5. The election was held on July 8, and Post City was made the county seat of Garza County. Their only shortage was water. Every available tank had been filled, but the people had from one to a half-dozen horses with each family that had drunk us dry from the commissary. Then water had to be hauled from the lone mill, where Slaughter watered his cattle, to keep things going. Water was certainly a troubling issue.

When Post came to Texas in May of 1907, he brought with him an engineer to determine if an idea he had for bringing water to the town from the plains would be possible. He knew that a vast sheet of water lay beneath the plains, held in porous sand formation. It was this water that had been tapped with the well at the commissary store. Post's theory was that since this water was held at a height well above the breaks land, it would be possible to tunnel underneath the

layer and thus pipe the water by gravity to the town. The engineer told him it would be very expensive. Post finally decided to abandon the idea, and just in time too. People living on the Plains, as far away as Amarillo, complained that his idea would run all the water out from under them, holding mass meetings in an effort to stop him. A new well was drilled. He ordered two carloads of four and one-half inch pipe hauled in and laid.

Meanwhile, water for the town was brought down from the plains in wagons. Soon wells were bored on the plains with the new pipe carrying the water to the springs and down to the town. The water problem was solved for the time being.

Linda's note: For some reason I keep revisiting the early stages of the building Post City, but this time it was to share the story of the importance of water, or the lack of. Apparently our needs have surpassed our resources even today, 105 years later. Have you ever noticed that unlike other towns (of any size), Post doesn't have a water tower? See you next week.

Linda Puckett is director of the Garza County Museum.

## Hotel Garza



As owners of the Hotel Garza, we would like to thank the Post Volunteer Fire Department for the prompt and professional manner in which they responded and extinguished the fire in the kitchen last week. Thanks to their good work, we are back in operation.

Ian and Ruth Torrens

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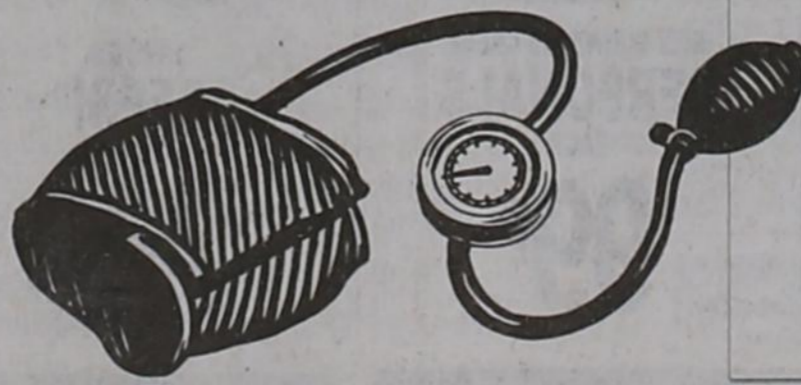
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# Feral hog harvest numbers lag behind population growth

By Steve Byrns  
Special to the Dispatch

COLLEGE STATION — Hardly a day goes by that the feral hog invasion doesn't draw media attention, but the math associated with many of the reports has been mostly speculative — until now, said a Texas A&M AgriLife Extension Service expert.

A new publication, "Feral Hog Population Growth, Density and Har-

vest in Texas (SP-472)" puts facts behind figures. (Texas A&M AgriLife Extension Service photo)

Jared Timmons, AgriLife Extension Plum Creek Watershed Feral Hog Education Program assistant in San Marcos, said the new publication Feral Hog Population Growth, Density and Harvest in Texas (SP-472), has solid numbers backed by research to substantiate many of the claims made by those following the feral hog invasion. The publication

available for \$1 per copy joins more than a dozen other feral hog-related publications available at <http://agriflifebookstore.org>.

"It's pretty well accepted that feral hogs cause at least \$52 million in agricultural losses each year in Texas," Timmons said. "But what's poorly understood are the pests' population dynamics; their survival, reproduction and density for example. The work represented in this publication literally puts

facts to figures when it comes to this invasive species that exhibits the highest reproductive capability of any hoofed animal. That trait alone makes population reduction difficult."

The publication reports the number of feral hogs in the state as between 1 million and 4 million. These estimates are not based on scientific fact, though increased reports of damage suggest the statewide population is growing and expanding in range.

By examining a num-

ber of scientific studies throughout the southeastern U.S. and Texas, the publication authors were able to create a statewide mathematical model of feral hog populations using sex, age and reproductive characteristics.

"The population model estimated an 18-21 percent annual population growth with the current average statewide population being 2.6 million head," Timmons said. "Using these improved population figures, agencies and landowners can better understand the scope of the feral hog problem in Texas. "Bottom-line, it's not good. In order to hold our feral hog population at its current level, the annual harvest rate needs to be at least 66 percent for the next five years or more. This alone should be a major cause for concern since the estimated annual harvest is currently only 29 percent."

Joining Timmons as co-authors for the publication were: Drs. Billy Higginbotham and Jim Cathey,

AgriLife Extension specialists at Overton and College Station respectively; Dr. Roel Lopez, Janell Mellish and Jonathan Griffin with Texas A&M University's department of wildlife and fisheries sciences; Dr. Aaron Sumrall, AgriLife Extension agent in Newton County; and Kevin Skow, GIS specialist with Texas A&M Institute of Renewable and Natural Resources and the Texas Water Resources Institute in College Station.

Support for the Plum Creek Watershed Feral Hog program is provided through Clean Water Act §319(h) Nonpoint Source funding from the Texas State Soil and Water Conservation Board and the U.S. Environmental Protection Agency.

For more information regarding feral hog management efforts in the Plum Creek watershed, visit <http://plumcreek.tamu.edu/feralhogs/> or contact Timmons at 254-485-4886, [jbtimmons@ag.tamu.edu](mailto:jbtimmons@ag.tamu.edu).

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Kelly Williams Mason, Independent Executor.

*Kelly Williams Mason*  
DATED: 9-12-12



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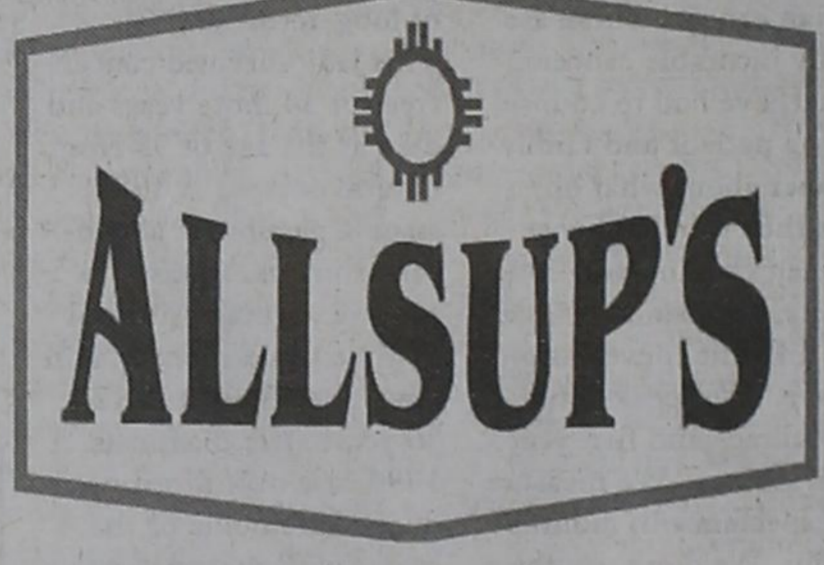
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0921c

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Metal barn on concrete slab, about 1,581 sf located on U.S.

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## LOST AND FOUND

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0921pd

Saturday, Sept. 22, 8 am-7 111 S. Ave. N, beside white camper in back of carport. Lots of children's clothes. 0921pd

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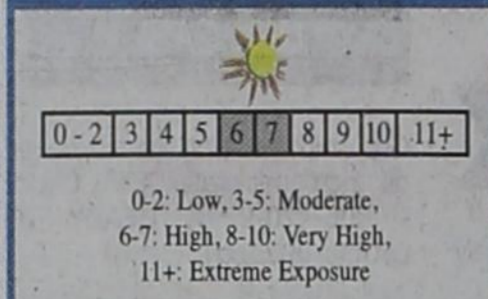
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### Post Dispatch Weather Summary

#### Post's Seven Day Forecast

<b>Friday</b> Partly Cloudy 73 / 54	<b>Saturday</b> Mostly Sunny 78 / 60	<b>Sunday</b> Sunny 86 / 62	<b>Monday</b> Mostly Sunny 89 / 57	<b>Tuesday</b> Mostly Sunny 82 / 51	<b>Wednesday</b> Mostly Sunny 85 / 52	<b>Thursday</b> Mostly Sunny 88 / 56

#### Local UV Index



#### Weather Trivia

Where did the word *tornado* come from?  
**Answer:** The Spanish word *tronada*.

#### Weather History

**Sept. 14, 1987** - Thunderstorms developing along a cold front produced severe weather from Minnesota to Texas. Thunderstorms in Iowa produced baseball size hail at Laporte City and 80 mph winds at Laurens.

**Sept. 15, 1752** - A great hurricane produced a tide along the South Carolina coast that came close to inundating downtown Charleston. However, just before the tide reached the city, a shift in the wind caused the water level to drop five feet in 10 minutes.

#### Detailed Local Forecast

Today we will see partly cloudy skies with a slight chance of showers and thunderstorms, high temperature of 73°, humidity of 38%. North northeast wind 15 mph. The record high temperature for today is 97° set in 1978. Expect partly cloudy skies tonight with an overnight low of 54°. Northeast wind 5 to 10 mph. The record low for tonight is 47° set in 1975. Saturday, skies will be mostly sunny with a high temperature of 78°, humidity of 29%. North northeast wind 5 mph. Skies will be mostly clear Saturday night with an overnight low of 60°.

#### Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	9:31-11:31	10:01-12:01	Tue	1:29-3:29	12:59-2:59
Sat	10:20-12:20	10:50-12:50	Wed	2:26-4:26	1:56-3:56
Sun	11:11-1:11	11:41-1:41	Thu	3:25-5:25	2:55-4:55
Mon	12:34-2:34	12:04-2:04			

www.WhatsOurWeather.com

#### Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
<b>New 9/15</b>	Fri 7:28 a.m.	7:53 p.m.	5:58 a.m.	6:50 p.m.
Sat	7:29 a.m.	7:51 p.m.	7:01 a.m.	7:26 p.m.
Sun	7:30 a.m.	7:50 p.m.	8:06 a.m.	8:03 p.m.
Mon	7:30 a.m.	7:49 p.m.	9:13 a.m.	8:42 p.m.
<b>First 9/22</b>	Tue 7:31 a.m.	7:47 p.m.	10:21 a.m.	9:26 p.m.
Wed	7:32 a.m.	7:46 p.m.	11:29 a.m.	10:14 p.m.
Thu	7:32 a.m.	7:44 p.m.	12:35 p.m.	11:07 p.m.

#### Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days			
9/4	99	75	86/62	0.00"	Date	Degree Days	Date	Degree Days
9/5	99	70	86/62	0.20"	9/4	37	9/8	18
9/6	92	66	86/61	0.00"	9/5	34	9/9	22
9/7	99	66	86/61	0.00"	9/6	29	9/10	22
9/8	75	60	85/61	0.00"	9/7	32		
9/9	84	59	85/61	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.			
9/10	88	56	85/60	0.00"				

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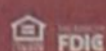
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## Dixie Divas

### The legacy of compassion

Daddy and Mama both spent a lot of time seeing after the needs of others. They comforted, called and cooked for those who were, in some way, suffering.

And if it came down to it, and sometimes it did indeed, Daddy gave away the last dollar in his pocket to someone in need. "He needed it more than I did," he would say. "Never turn your back on a soul in need."

**RONDA RICH**

As he was oft heard to say, "You can only help someone when they need help. All the other times you think you're helping, you're just pretending for the sake of your own conscience."

What he meant by that is simple: If you buy a meal for someone who can afford her own meal, you have been thoughtful. But if you buy it for someone who cannot afford food, you have been kind.

There is a difference. On Sunday afternoons, Mama and Daddy faithfully visited the elderly and the infirm, paying special attention to give one of the greatest kindnesses of all: the gift of time to those who are lonely.

It is a legacy my family and I take seriously. Mama and Daddy did not leave us imbued with tremendous wealth but rather with the responsibility to continue what they had long practiced — putting others before ourselves.

"Don't think more of yourself than you do of others," Daddy intoned. Lately, I've been thinking about this and wondering: Are we born with compassion, or do we learn it? Is it inbred in us, or is it taught to us? Possibly a combination of both, but I surmise the majority of it is taught to us by our parents and to them by their parents.

We inherit goodwill.

My sister visits the funeral home so much to pay respects she has her own VIP parking place. And rightly so. My niece takes her children to the nursing home to visit, knowing nothing cheers the ones who are there more than babies and dogs. My brother-in-law is a quick call away from anyone who needs a helping hand. One day I was cutting grass when I hit a piece of wood that lodged in the blade so tightly that I couldn't remove it. I called Rodney. "I'm eating lunch, so I'll be down there as soon as I'm finished," he said. He was as good as his promise. As he worked on the mower, I asked, "What have you been doin' today?" "Well," he began, "I planned on workin' on my pasture, but so far I've just been helpin' everybody else."

Ronda Rich is a Southern humorist, storyteller and best-selling author. Her new book, "There's A Better Day A-Comin'," is available at [rondarich.com](http://rondarich.com).

As he worked on the mower, I asked, "What have you been doin' today?" "Well," he began, "I planned on workin' on my pasture, but so far I've just been helpin' everybody else."

He ran through a list of five people, including me, who had called for help, and he answered. He didn't mind because as he says, "A man likes to feel needed by others. Nothin' tickles me more than to help someone out."

He looked at his watch. "It's one o'clock now so I guess I'll see if I can do something to help Rodney this afternoon."

I keep a running list of people who need a note, a visit, a call or a cake. It is my intention every day to do a kindness for someone, to make sure that day is not all about me.

I have a friend who is kind and sweet, but every decision is based on what she and her family wants. Her world is small and doesn't stretch out to see the needs, small or large, of others. Her heart is warm and compassionate, but she fails to put muscle and time behind that compassion. On the occasions she does help, it is when it is convenient and requires little energy.

I am puzzled by that. But more than puzzlement, it makes me grateful. I love the legacy from my parents. I couldn't ask for a better inheritance.

Ronda Rich is a Southern humorist, storyteller and best-selling author. Her new book, "There's A Better Day A-Comin'," is available at [rondarich.com](http://rondarich.com).

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