

The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, NOVEMBER 16, 2012

THEPOSTDISPATCHONLINE.COM

75 CENTS

District champs!

First perfect district record since 2004 lands Post in playoffs

By Jerry Pyles
For the Dispatch

The Post Antelopes (9-1, 5-0) won the district championship last Friday night at Jimmie Redman Stadium. It was slated as one of the top match-ups on the South Plains.

Two teams with identical records and the same mascot.

It was a sweet victory for the Bold Gold as every pre-season poll had Post picked near the bottom. The Antelopes receive a first-round bye this week and will play the winner of the Sonora-Ballinger game during the Thanksgiving break.

Both defenses would be stingy during the first quarter. The only points would be a 22-yard Aron Lopez field goal, which was set up by D.J. Brown's 58-yard run to get the Lopes into scoring position. The Abernathy defense stopped Post, forcing the field-goal attempt. Lopez had a strong wind in his face, but he still split the uprights.

The Post defense stopped Abernathy at midfield with seconds remaining in the quarter. Abernathy wisely called a time out to punt with the strong south wind at their backs, pinning Post deep in their own territory.

The snap was low, and the Abernathy punter mishandled the ball. Antelopes Travis Greathouse and Nathan Gill would tackle the punter as time expired in the quarter.

On the first play of the second quarter, Post quarterback Pake Jones would find running room on the far sideline and race 45 yards to the 1-yard line where the ball would be knocked out.

An alert Brown would fall on the fumble in the end zone for the touchdown. Lopez would add the extra point, and Post led 10-0.

Abernathy would put together a drive, but several Antelopes made nice plays to end the drive. Alejo Rodriguez made an open-field tackle on the Abernathy quarterback, and Dylan Pearson and Dalton Holly each knocked to passes.

Paden Babb and Gill had big tackles for loss, ending the drive. The Lopes would suffer their first interception of the season as Abernathy would drive to the Post 15-yard line.

Nose guard Greathouse, who had been giving the Abernathy center a tough time all night, fired off the ball forcing a bad snap. The fumble was recovered by Gill preventing a score. Post would fumble, and Abernathy would throw an interception. Holly intercepted the pass at the Post goal line and returned it 35 yards.

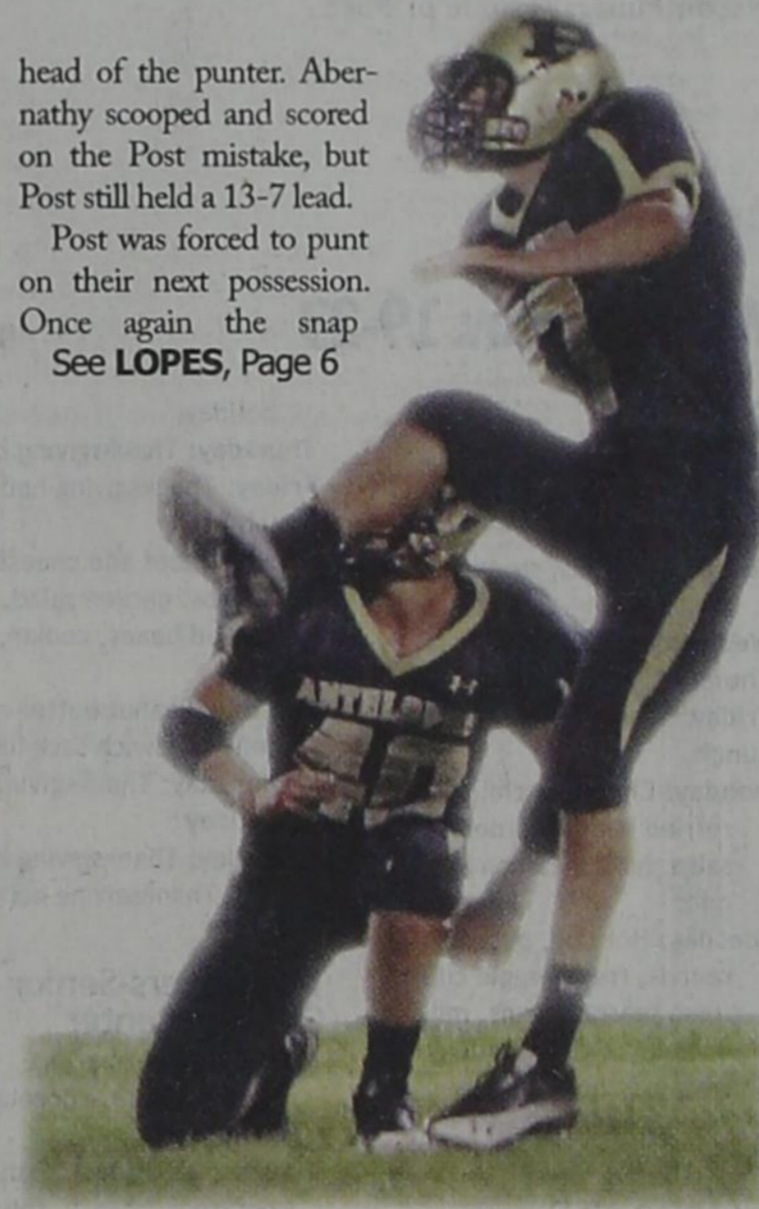
On first down, Jones picked up 19 yards. On the next play, Brown picked up 16. With six seconds remaining in the half, Post would send kicker Lopez in to attempt a 48-yard field goal. Lopez' kick cleared the crossbar giving Post a 13-0 lead at half.

Both defenses forced a three-and-out on the first series of the second half. The Bold Gold punt team gave Abernathy new life as the snap sailed over the

head of the punter. Abernathy scooped and scored on the Post mistake, but Post still held a 13-7 lead.

Post was forced to punt on their next possession. Once again the snap

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Juan Cabrera/For the Dispatch

Aron Lopez (17) kicks a field goal from near midfield that would end the first half of the game against the visiting Abernathy Antelopes for the district title. Post would go on to win, 21-14.



Juan Cabrera/For the Dispatch

Post Antelope Bryan Smith (40) brings down an Abernathy opponent during last Friday's game at Jimmie Redman Stadium. Post would go on to win the game 21-14 for the district title.

White River contract saga finally comes to fruition

Board approves deal to draft master plan for recreation areas

By Wayne Hodgin
The Post Dispatch

After months — even years — of haggling, the White River Municipal Water District board has signed the final contract with its member cities that will carry the entities through the next 40 years.

Tom Fulton, executive director of the board and general manager of the water plant at White River, said the contracts with each of its member

cities, including Post, Crosbyton, Ralls and Spur, was approved and signed at the board's regular meeting Nov. 8.

Attorneys for the cities and the water board have been in contract negotiations for the better part of the last 3 years. The entities have been working under the previous contract since it expired in 2009.

In the most recent negotiations, pushed Post city officials, decisions

regarding certain restrictions laid out within the district's drought contingency plan are not necessarily binding upon member cities.

For instance, just because the district board votes to increase its drought status in order to conserve more water, the city of Post is not required to do the same — if only because it receives water from sources other than White River.

Fulton said this week the contract approval and signing was a long time coming.

"This is something we've been working day in and day out on since

See **WHITE RIVER**, Page 6

Write-in Poole elected

By Wayne Hodgin
The Post Dispatch

Longtime local attorney Preston Poole has been elected to the office of county attorney here in Garza County.

Poole, who has been in private practice since 1995, served as Garza county attorney for 30 years prior.

"I'm looking forward to serving the residents of Garza County once again," Poole said.

Poole, who is now 80 years old and ran as a write-in candidate, said he felt that because the office is constituted by the state of Texas, the position should not be filled by an appointment by the district attorney.

County Attorney Mike Munk, who last week was elected to serve as district attorney for 106th judicial district of Texas, ran for his newly elected position in part on a plan to appoint one of his assistant district



POOLE

See **POOLE**, Page 6

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.

Church fundy

Members of Holy Cross Catholic Church, 205 W. Main St., will sell menudo, burritos and scrambled egg plates from 9 a.m. to noon Sunday at the church social hall. For information, contact Eleanor Ortiz at 806-401-9281.

Worship band

The Christian vocal band Crystal River of Lubbock will perform at 3 p.m. Saturday at Church of God of Prophecy, 602 W. 14th St., Post. For information, call Ruben Gonzales at 806-535-8768. Fellowship will follow the service. All are welcome.

Christmas parade

The Post Area Chamber of Commerce annual Lighted Christmas Parade will be at 6 p.m. Dec. 1 in downtown Post. All businesses, churches, civic organizations and others are encouraged to participate in this year's event. Entry forms can be picked up in the Chamber office. For information, call Janice Plummer at 495-3461 or email chamberofcommerce@postcitytexas.com. Also visit postcitytexas.com.

Swine validations

Swine validations will be conducted Nov. 26 at 1 p.m. in the Southland Ag Building and at 4 p.m. in the Garza County Junior Livestock Association Show Barn. For questions or more information, contact the Garza County Extension Office at 495-4400.

Stock-show entries

Entries to all major stock shows are due by 5 p.m. Nov. 29 in the Garza County Extension Office. Call 495-4400 for information.

Holiday dance

The Cowboy Christmas Ball will be from 8 p.m. to midnight Dec. 22 at the Dickens County Show Barn. Entertainment provided by recording artist DeAnne Roberts. Hors d'oeuvres, soft drinks. BYOB. Tickets cost \$15 and are available by emailing contact@spur2020.org or from any Spur 2020 member. Visit spur2020.org for information or call Cory Witters at 505-314-4852.

Toys for Tots

The Post Lions Club is seeking donations to purchase books for children in Post for the annual Toys for Tots program. Applications from parents of children ages birth through 18 years who may need help with Christmas gifts may be picked up in the elementary school office or obtained from any Post Lions Club member. Donations from area businesses also are welcome. For information, contact Byron Garrison at 990-9898.

More post notes on page 6

Corrections

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

News on the go



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Clay Miller

P.O. Box 923, Ralls, TX 79357 | Call (806) 392-3920 | Office (806) 253-2506 | Fax (806) 253-2060 | clay.miller@agtxas.com

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PUBLISHER William C. Blackburn

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DEADLINES Advertising: 5 p.m. Mondays Editorial: Noon Tuesdays

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Deaths

Treyshawn Dewayne McDougle

Treyshawn Dewayne McDougle, infant, went to be with his Heavenly Father Wednesday, November 7, 2012.

Treyshawn is survived by his parents, Eujan Bell and Patricia McDougle, both of Post; his maternal grandparents, Uretha McDougle and Patrick Sanchez; paternal grandparents, Linda Bell and Charles Bell; great-grandmother Esther McDougle; uncles Patrick McDougle, Nathan McDougle, Charlie Bell, Brandon Bell and Tim Bell; aunts Joyce McDougle and Bianca McDougle.

He was preceded in death by his maternal grandfather, Oliver McDougle Jr., and by an uncle, Victor McDougle.

Dan Copeland

Dan Copeland, 53, of Gail died Nov. 7, 2012. Burial was in the Gail Cemetery, under the direction of Justice-Mason Funeral Home of Post.

Menus Week of Nov. 19-23

Table with columns for Post ISD, Southland ISD, and Trailblazers-Senior Citizens Center, listing breakfast and lunch menus for each day of the week.

New directors elected to High Plains water board

By Mary Jane Buerkle Special to the Dispatch

Voters in Precincts 3 and 4 of the High Plains Underground Water Conservation District No. 1 elected new directors for that board last week.

Mike Beauchamp of Friona defeated fellow Friona resident Carroll Cook, who serves as the board's vice president, for the Precinct 3 seat, bringing in 3,265 votes to Cook's 1,216.

In a tighter race, Lynn Tate of Amarillo defeated incumbent and HPWD board president Robert Meyer of Canyon for the Precinct 4 seat, 14,023 to 12,653 votes.

Both gentlemen will serve four-year terms. The HPWD board was expected to canvass election returns and declare official results at a meeting Thursday morning.

Tate and Beauchamp both said they look forward to serving on the board, but noted they will face significant challenges, especially in light of rule amendments recently adopted by the district.

the rules that HPWD has implemented and feel like some changes need to be made in order to make them work for the producers out here," Beauchamp said.

Tate farms cotton, sorghum, corn and wheat, and has a cattle operation. Although he is an attorney for the Underwood Law Firm in Amarillo, he said he spends about half of his time on the farm, doing what he loves.

Beauchamp, who grows cotton, corn and wheat and is involved in the cattle industry, has been farming for 40 years and has a significant amount of irrigated acreage.

Both men said one of the most significant aspects of their service will be the opportunity to rebuild producers' confidence in the High Plains Water District and its board.

"We have all these people who are frustrated, who have lost trust in the water district," Tate said. "They've got to start hav-

ing confidence in the people involved. We've got to do all we can to restore that credibility."

Beauchamp echoed those sentiments.

"I want to work with the board on bringing back a positive attitude from the producers toward the water district," he said. "I look forward to the challenge, and it will be one. We need the whole (agricultural) industry's support."

The High Plains Underground Water Conservation District's 16-county service area consists of Bailey, Cochran, Hale, Lamb, Lubbock, Lynn, Parmer and Swisher Counties, as well as portions of Armstrong, Castro, Crosby, Deaf Smith, Floyd, Hockley, Potter and Randall counties.

Created in 1951 by local residents and confirmed by the State Legislature, the High Plains Underground Water Conservation District No. 1 is charged with the responsibility of conserving, preserving, protecting, and preventing waste of groundwater within its 16-county service area.

On the web:

For information about the High Plains Underground Water Conservation District, visit hpwd.com.

Texas Commodity Symposium to be held Nov. 28 in Amarillo

Special to the Dispatch

The 12th annual Texas Commodity Symposium will be held Nov. 28, in Amarillo in conjunction with the Amarillo Farm and Ranch Show in the Grand Plaza Room at the Amarillo Civic Center.

The symposium, which is hosted by the Corn Producers Association of Texas, Plains Cotton Growers, Texas Grain Sorghum Association, Texas Peanut Producers Board, Texas Wheat Producers Association and Southwest Council of Agribusiness, will conclude with the annual Ag Appreciation Luncheon, presented by the symposium and the Amarillo Chamber of Commerce Ag Council.

"This year's program offers relevant information on a variety of topics that will not only affect the agricultural industry, but everyone in our state," said David Gibson, executive vice president of the Corn Producers Association of Texas.

David Wasserman with The Cook Political Report will present the symposium's keynote address during the Ag Appreciation Lun-

cheon. Wasserman is responsible for handicapping and analyzing U.S. House races for the publication, and will provide an overview of the 2012 elections and their potential implications.

"The Cook Political Report has always provided knowledgeable insight on elections," said Steve Verett, executive vice president for Plains Cotton Growers.

Additionally, the symposium will examine a variety of issues that impact producers and the agribusiness sector. Featured topics this year include the farm bill and agricultural policy, establishment of a state grain indemnity fund, water technology, and program updates from NRCS and FSA.

The Water Conservation Advisory Council also will recognize its 2012 Blue Legacy Award in Agriculture recipients at the event.

"This is a great opportunity to hear a diverse group of speakers addressing key issues affecting Texas agriculture," said Rodney Mosier with Texas Wheat Producers.

For sponsorship opportunities or more information, call 800-647-CORN (2676) or email info@texascorn.org.

Got something on your mind?

Send a letter to the editor!

The Post Dispatch welcomes letters from readers on topics of local, state, national and international importance.

Advertisement for POKALAMBRO internet service, featuring 'NEW FASTER SPEEDS at the SAME LOW PRICES!' and 'FREE MONTH + FREE INSTALLATION FOR NEW HIGH SPEED INTERNET CUSTOMERS!!!'

Advertisement for Veritas Medical, 'Lifestyle coaching through nutritional & spiritual counseling', featuring Ben Edwards, MD and Shane Frankl, FNP-C.

NEW TEXAS CHILD PASSENGER SAFETY LAW infographic with 4 steps for kids: Rear-facing seats, Forward-facing seats, Booster seats, and Safety belts.

Cryptogram puzzle with a hint: 'Quote by Taylor Swift' and a grid of letters for decoding.

Crystal River



The Christian vocal band Crystal River of Lubbock, including Shay, Joel, Carlos and Jacob Gonzales, will perform at 3 p.m. Saturday at the Church of God of Prophecy, 602 W. 14th St., in Post.

The Cattleman

Death and taxes

If it's true that the only two things certain in this earthly life are death and taxes, then we can be sure of one thing. We will all feel the sting of higher taxes come Jan. 1, 2013, if Congress does not act during the lame duck session.

Most experts agree we are facing about \$500 billion in



JOE PARKER JR.

taxpaying individuals and small businesses adding up to the largest tax increase in American history.

This, combined with a series of automatic cuts, expiring payroll taxes, and other economic factors has the government teetering on the edge of a fiscal cliff, threatening to take us all down when it topples over the cliff's edge.

Here is what we're facing.

Under today's law, tax policies in seven categories will expire at the end of 2012. An additional five of 18 new taxes from the president's health care law will begin. Some of the expiring tax policies include an increase of the current tax rates.

Without action from Congress, the current lowest tax bracket of 10 percent will revert to 15 percent. Each tax bracket above that will increase 3 percent with the top individual tax rate increasing from 35 percent to almost 40 percent. The capital gains tax will jump from 15 percent to 20 percent, and the maximum rate on dividends will skyrocket to 39.6 percent.

These taxes will go up for everyone, including those in the lower income tax bracket who pay no taxes on long-term gains. These and other increases will affect each of us in different ways, but the single expiring tax policy with the potential to wipe out large parts of rural Texas and the ranching industry is the estate tax, or more commonly known as the death tax.

Without reform by the end of the year, estate tax rates will rise to 55 percent on estates worth just \$1 million per person. A million dollars sounds like a lot

of money, but when you talk about ranchers, very few of us are millionaires. Our wealth lies in our assets — all of which have been paid for over generations of hard work.

These assets include livestock, equipment, structures like barns and fences, and of course, land. Most multi-generational ranching land has increased in value over the years, but margins in the ranching business stay thin and cash isn't readily handy.

If Uncle Sam were to knock on my door and demand millions in taxes, I'd have no choice but to sell my family's assets to come up with the cash. What's even worse is that the estate tax is imposed after each generation passes, meaning it's paid over and over every time it's handed down.

Coincidentally, my family's land and heritage are sold off piece by piece over the years to pay the tax bill. It's important to remember this is the same land that provides us with a safe and abundant food supply here at home.

About 97 percent of American farms and ranches are owned and operated by families.

The estate tax is considered to be one of the leading causes of the breakup of these multigenerational farms and ranches. If this tax is not reformed by the end of the year, many ranchers will have to pay the 55 percent tax and/or continue to pay thousands of dollars in legal fees trying to avoid the tax.

Those who can't afford the tax or the legal fees stand to lose it all. Congress has a golden opportunity to fix this problem.

Members of Congress have a few options from which to choose. They can

eliminate the estate tax all together. This would be the first choice for most ranchers since it would eliminate uncertainty. It would also allow us to pass on the ranch to our children and grandchildren without penalty.

If elimination of the estate tax for ranchers isn't possible because of gridlock in Congress, then they could make the current estate tax rates and exemption amounts permanent. This would make the 35 percent tax rate on everything greater than the \$5 million per person exemption permanent and go a long way to help ease the tax burden for ranchers.

We do know doing nothing is a bad option, and if this is the route Congress takes, it will be a sad day for the U.S. cattle industry and the rural way of life we've worked hard to preserve.

Members of Congress and the president must come together and reform the taxes that are scheduled to expire. If they fail to do so, it will be ranchers and consumers who pay the price.

Joe Parker Jr. is a third generation rancher from Clay County. He is president of the Texas and Southwestern Cattle Raisers Association and chairman of the board and president of the First National Bank of Byers.

Perry calls for drug testing welfare recipients

Special to the Dispatch

Gov. Rick Perry and Lt. Gov. David Dewhurst this week called on the Texas Legislature to enact reforms to the state's welfare and unemployment benefit programs, including authorizing drug screenings for those applying for Temporary Assistance for Needy Families (TANF) and Unemployment Insurance (UI) benefits.

State Sen. Jane Nelson, R-Flower Mound, has pre-filed a bill for the upcoming legislative session to require drug screening for TANF applicants.

Perry said Texas taxpayers will not subsidize or tolerate illegal drug abuse.

"Every dollar that goes to someone who uses it inappropriately is a dollar that can't go to a Texan who needs it for housing, child care or medicine," Perry said. "Being on drugs makes it much harder to begin the journey to independence, which only assures individuals remain stuck in the terrible cycle of drug abuse and poverty."

Dewhurst said the move would be beneficial for welfare recipients for the state to reform and strengthen the requirements.

"We owe it to Texas taxpayers to structure our welfare and unemployment programs in a way that guarantees recipients

are serious about getting back to work," Dewhurst said. "It's beneficial to welfare recipients ... so we can help them get back on their feet and back to work."

The governor noted that the purpose of TANF and UI is to provide temporary assistance to individuals and families, not a permanent replacement for employment. Drug testing ensures individuals are using these benefits for their intended purpose, and that individuals are ready and available for employment by remaining drug free.

"I appreciate Gov. Perry's support as we work to ensure that taxpayer dollars are used responsibly in our welfare system," Sen. Nelson said. "We must ensure that recipients of these public funds are drug-free and, in keeping with the mission of this program, on a path to self-sufficiency."

TANF provides temporary cash assistance to needy families with children as families pursue financial independence. UI benefits are paid to eligible individuals from taxes paid by employers. The system insures employees against loss of wages when they lose their job through no fault of their own, providing financial assistance for a fixed period of time while the individual seeks new employment.

Girl Scouts



Carol Tobias/Special to the Dispatch

Post Girl Scouts recently celebrated the birthday of Juliette Gordon Low, founder of Girl Scouting, with a party at the Girl Scout House. Pictured are Karla Cruz, Yasmine Martinez, Daisy Cruz, Kristen and Kaylen Perez, Aubrianna Perez, Morgan Pernokis, Annie Gilbert and Sariya Phergson.

Thank You

To volleyball coaches, teams, parents and fans:
A huge thank you for the "Paint It Pink" benefit. You touched hearts.

Kathie Rankin


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In and around Close City

Hello. I hope this week finds you all well; sorry I missed again last week. We've been busy out here. We are ginning right along. Bale count was at 2,910 Wednesday morning and about 1,500 more on the yard. Several guys are finished, but we do still



TRACI FREEMAN

have some in the field still pulling. May, Texas, will never be the same again. Dub Fluit and Jerry Bush traveled there to visit with Joe and Kay Reno and also went into Brownwood to see Uncle Harold and Aunt Niece and, of course, eat at Underwoods. All had a great time catching up and telling those famous stories from the past. Big thanks to Grant Bright for sticking to the tradition and bringing us chips and hot sauce during ginning. It was just plain yummy, Grant! The gin office was full Saturday afternoon. We had 8 foreign exchange students and their host families come out to tour the gin and see how a bale of cotton is made as well as go to the field and watch it come off the stalk and into a module builder. Everyone met back at

the office and enjoyed a lunch of brisket and all the fixings.

Emma from Plains Cotton Cooperative Association came out and brought us some sample jeans from Denimatrix. These jeans are comfy and made from good ol' West Texas cotton. Let us know if you would like to try a pair. They are also really reasonably priced.

Kenith Bullard came out to visit and introduce us to a friend of his, Roger Armstrong. Kenith and Roger were in the Army together and hadn't seen each other since 1963. Roger lives in Rutledge, Tenn., and was in Oklahoma and Texas visiting with family and stopped in Post to visit his friend. What a neat story!

Our folks in the service we need to remember are Reece Belongia, Kyle Gunn, Eric Alaniz.

Ragtown folks in the nursing homes we need to remember are: Velma Long Brown, Claudine Tipton; Carmen Abraham; Jewel White in Lubbock. Others are, Mack Ledbetter in Post; John and Mary Gist in Lubbock.

Please let me know if there is anyone I need to add to either of these lists.

Did you know: Bees have five eyes, three small ones on top of their heads and two larger ones in front.

Quote of the week: Life will change.

Close City Birthdays
November 9th - Hailey

Massey Mason
November 12th - Chuck Morris, Ruby Jones
November 13th - Jace Alaniz, Ja.D. Young
November 14th - Jim Ellis, Linda Alaniz
November 16th - Tino Alaniz
November 17th - Pacey Blevins
November 20th - Julie Aten
November 21st - Cuco

Lopez
November 22nd - Jonathan Esparza, Cecilia Esparza, Keith Peel

Everyone have a great week. Keep rain, the crops, our troops 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.



Traci Freeman/For the Dispatch
Kenith Bullard and his friend Roger Armstrong of Rutledge, Tenn., recently visited the Close City Gin. The two were Army buddies and had not seen each other since 1963. Armstrong was visiting Oklahoma and Texas and stopped in Post to see Bullard.

Nancy's Notions All olive oils are not equal

What is EVOO? I recently had to ask this same question on Facebook. One of my former students replied that is was "extra-virgin olive oil, Mrs. McDonald." Thanks, Amanda!

We have acronyms for everything these days. A few days later during my program with the Women's Chamber of Commerce, the benefits of olive oil, specifically extra-virgin olive oil, came up

again along with some very good questions, so I thought I would do a little more research.

As part of the Texas A&M AgriLife Extension Service team, I have access to nutrition specialists who can direct me to valuable research based information. The following information is from the University of California Cooperative Extension Service. I thought it was interesting, as olives aren't really part of our agricultural background, and I hope you do too.

Extra Virgin is the top grade of olive oil with the following characteristics:

- Must be made from fresh olives — extracted from the fruit solely by mechanical means.
- Fruit must be of high quality, processed soon after harvest, and with clean equipment.
- Temperature during processing cannot exceed 86 degrees F (30 degrees C).
- No solvents can be used in the process.
- Must not be mixed with oils made from seeds, nuts or pomace (milling leftovers).
- Must meet specific standards for over 20 laboratory tests.
- Free fatty acid level cannot exceed 0.8 percent and peroxide value must be less than 20 milliequivalents of oxygen.
- Contains naturally occurring antioxidants and polyphenols.
- Must be able to pass a taste test by an International Olive Council-recognized panel indicating some fruitiness and zero defects.

There are two main types of olive oil on the U.S. market. The first is extra virgin, the best and most expensive oil. It should have no defects and a flavor of fresh olives. The second is olive oil, made from defective olive oil that has been refined to remove the defects.

This almost tasteless, colorless and odorless oil is then mixed with a small quantity of extra-virgin grade oil to give it some flavor.

Classic defects that can lower an olive oil's grade are zero fruity flavor, fusty, winey-vinegary, musty, muddy sediment and rancid.

Zero fruity flavor is when the refined oils are almost tasteless.

Fusty is the flavor of oil obtained from olives stored in piles, which have undergone anaerobic fermentation breakdown. In other words, oil made from rotting fruit.

Winey-vinegary is if the flavor is reminiscent of wine or vinegar (acetic acid, ethyl acetate, and ethanol), due to aerobic fermentation of olives.

A musty flavor is obtained from moldy fruit, and a muddy sediment flavor is caused by contact with tank sediments.

Finally, a rancid flavor has undergone oxidative decomposition forming disagreeable odors like varnish, putty, wax or old salami. OK, that may be too in depth for many of us, but it proves the grading process is definitely sophisticated.

The International Olive Council has established the standard for these two and other grades of olive oil internationally. The grades "olive oil" and "olive pomace" oil contain almost no naturally occurring polyphenols or antioxidants and are the lowest quality olive oil products. They both commonly taste bland and turn rancid quickly.

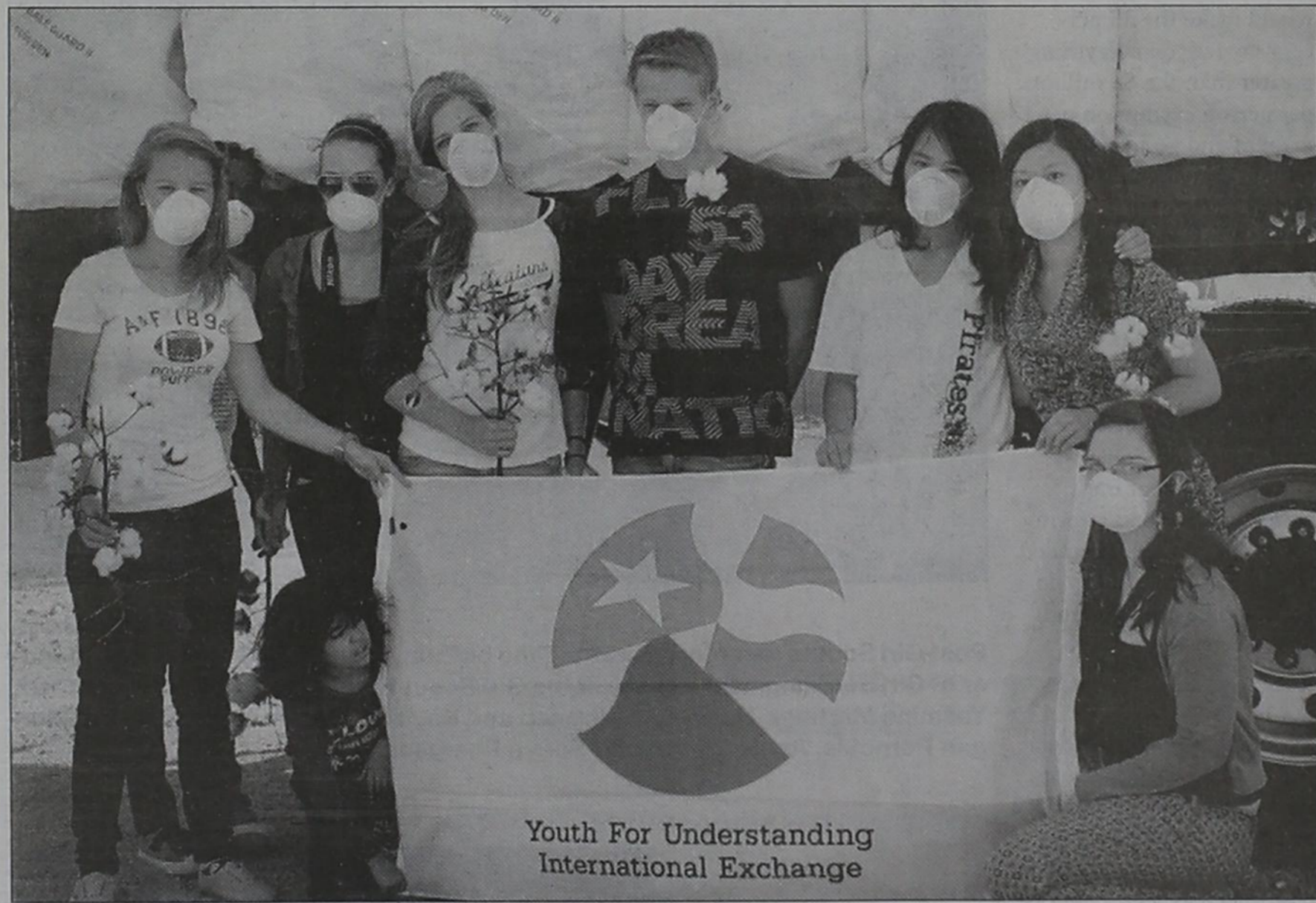
The grade "virgin" olive oil is intermediate in quality. It is not seen in U.S. markets but is common in Europe and denotes oil that is slightly defective in flavor.

The best way to determine if an olive oil is truly extra virgin is to taste a lot of oils and learn about the flavor characteristics of excellent olive oil.

Fruity, bitter and pungent are the flavor characteristics of extra-virgin olive oils. The fruity flavor has a pleasant, spicy fruit-flavored characteristic like fresh ripe or green olives. Ripe fruit yields oils that are milder, aromatic, buttery and floral. Green fruit yields oils that are grassy, herbaceous, bitter and pungent. Fruitiness also varies by the variety of olive.

A bitter flavor creates a mostly pleasant acid flavor sensation on the tongue while a pungent flavor creates a pleasant burning sensation in the mouth and throat.

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



Traci Freeman/For the Dispatch
Eight area foreign exchange students from Africa, Germany and Japan visited the Close City Gin on Nov. 10. They, along with their host families, toured the ginning facilities and also were able to visit a local cotton field, to see how cotton is harvested and built into modules. Afterward, the group was treated to a brisket luncheon.

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Lamesa - 872-2632
Sundown - 229-3741

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

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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
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LOPES

From Page 1

sailed over the punter's head, giving Abernathy excellent field position.

Abernathy drove to the Post 1-yard line before fumbling, and Babb quickly jumped on the loose ball. Post would just need six plays to go the length of the field and score a touchdown.

Brown had runs of 17 and 32 yards. Bryan Smith had two runs of 23, the last for a touchdown.

Post went into the bag of tricks for the two-point conversion. Jones handed the ball to Brown, as the defense headed to toward him; he stopped and threw a dump pass to a wide-open Babb.

Abernathy put a drive together ending the third quarter and into the start of the fourth. Abernathy quarterback Garrett Royal was scrambling for extra yardage, and Paul Martinez knocked the ball loose and also recovered it.

Post was not able to pick up a first down and was forced to punt. On first down, Holly picked off the Royal pass, giving Post a new set of downs.

The Lopes were not able



Juan Cabrera/For the Dispatch

Bryan Smith (40) carries the ball down the field in Post's 21-14 victory over the visiting Abernathy Antelopes for the district title last Friday night at Jimmie Redman Stadium.

to move the chains and were forced to punt into a strong wind. Abernathy was able to score a touchdown with 1:58 remaining in the game. Post was expecting an on-side kick, but Abernathy had three time outs remaining

and chose to kick it deep. The district championship on the line, the Bold Gold was able to make back-to-back first downs to run out the clock. As the last second ticked of the scoreboard, Post became undefeated

district champs. The Bold Gold offensive line has been creating holes for the backs all season. The offensive line is: Mondo Martinez, Jayson Walden, Gill, Sergio Soliz, Great-house and Babb.

Brown finished with 163 yards rushing and a touchdown. Holly had 10 tackles and two interceptions. Gill had nine tackles, two for loss, and forced fumble. Smith had 10 tackles, one for loss.

Post Notes

Book drive

The Post High School chapter of the National Honor Society will be collecting books for children ages newborn to 12th grade for its Christmas community service project. New books will be collected and given to the Post Lions Club for its annual Toys for Tots campaign. To donate, drop off books in the designated boxes at the high school library, elementary or middle school teachers lounges. For information, contact Amy Easterling at 990-9870 or email aeasterling@postisd.net. Deadline for book-giving and monetary donations is Dec. 14.

Book fair

Students at Post Elementary School will celebrate Book Fair Week Nov. 12-16. The school will have a Family Book Fair Night from 6 to 8 p.m. Nov. 13 at the school library. For information, contact Connie Flores, school librarian, at 495-3414 or email cflores@postisd.net.

GED class

General Education Diploma classes are now in session and are free to the public. Classes meet from 5 to 8 p.m. Tuesdays and Thursdays in Room 18 at Post High School. Enter through southwest doors. For information, email Ed Singleterry at esingleterry@postisd.net or call 495-2770.

Volunteers needed

Post Elementary is soliciting volunteers for the Campus Improvement Planning committee. This committee is to include two parents of students enrolled within the district, two community members residing in the district and two business representatives who need not reside in nor operate businesses in the district. If you would like to serve on this committee, contact Staci Marts or Kent Price at 495-3414.

WHITE RIVER

From Page 1

I came on board here (August 2011)," Fulton said. "It's been a long, arduous process, and now we can get on to more pressing issues within the district, including finding

alternative sources of water and making some very necessary repairs to our 60-year-old infrastructure."

In other business last week, the water district board of directors signed a deal with a Dallas consulting firm called Community Revitalization Strategies that will help district

officials draft a mater plan for recreational opportunities at White River Lake.

The firm will be paid out of a nearly \$200,000 grant the district has received from the Texas Parks and Wildlife Department to develop additional recreational areas in and around the lake, including a proposed all-terrain ve-

hicle park.

Fulton said it is his hope that TPWD grant will be an annual occurrence.

"If we continue to apply for and receive that \$200,000 grant each year, we'll have people flocking to get out here just for our recreational opportunities," he said. "That's my hope."

POOLE

From Page 1

attorneys to fill the county attorney slot here in Garza County.

Poole said he filed to run as a write-in candidate because no one else did.

"I felt a call to step up,"

he said.

The term is four years.

"I think with a new county attorney and a new sheriff, it will be a new beginning for law enforcement here in Garza County," Poole said. "Hopefully, we'll all be able to come together and work for the betterment of the county."

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Drought restrictions don't have to mean dead lawns

Researchers study watering schedules, irrigation heads in turf-grass management

By Kay Ledbetter
Special to the Dispatch

COLLEGE STATION

Lush, green lawns may not be possible during drought-restricted watering schedules, but sustaining and maintaining their grass is something homeowners can do with proper management.

The Texas Commission on Environmental Quality has estimated that about 1,000 Texas public water systems imposed water restrictions during the 2011 drought. Such water restrictions frequently limit homeowners to a two-day-per-week watering schedule.

Jim Thomas, AgriLife Research senior research associate, and Leslie Keen, with Nadiad Water in Conroe, worked with a study this summer to determine what such a schedule might do to a lawn's condition.

"When you are under drought restrictions, you have a limited time to water," Keen said. "We wanted to visually see how the grass looked with water restrictions, because this can sometimes be a concern with homeowners and homeowner associations."

The study at the Texas A&M Turfgrass Field Lab in College Station compared irrigation timing and sprinkler-head types in an effort to provide guidelines for meeting the two-day-per-week watering schedule and maintaining a healthy turf.

The turf plots utilized in this study were established in fall 2010, Thomas said. Previously, these six turf plots planted to St. Augustine and Bermuda grasses were watered half on a four-day-per-week watering schedule and half on a two-day-per-week watering schedule, applying a full inch of water per week.

In the 2012 research project, all six turf plots were set to a two-day watering schedule with a reduced total of water applied, and the researchers compared four different sprinkler heads: spray, MP rotator, rotors and sub-surface drip.

"Coming out of last year, what we wanted to do this year was to simulate a drought and only run two days a week," Keen said. "Instead of putting a half inch of water on each of the two days, we also decided to only apply one-quarter inch and one-third inch on the watering days."

The study determined that if the grass started out healthy, "you can irrigate twice a week using less water than normal and the grass will survive," she said. "You will have less green, but it will respond when water is applied. But we need to

stress, you have to start with a healthy lawn first."

The comparison of sprinkler heads/systems showed the best outcome occurred under drip irrigation, followed by the turf watered with spray heads, the MP rotator heads. The poorest performers were the rotor heads, the two said.

"No matter which system you have, you need to adjust it correctly so you don't have overspray on the street or other concrete," Thomas said. "Focusing on the efficiency of how you irrigate is key."

In the typical residential situation, he said, irrigation systems are often not properly adjusted to just hit landscape. In those situations, as much as 35 percent to 50 percent of the water can be lost to runoff.

Another key, Thomas said, is timing of the water application.

"Large cities don't restrict how much water you can put out, they just restrict how

many days a week you can irrigate," he said. "If you try to apply half an inch of water in a half hour, it can create quite a bit of runoff."

He suggested using a cycle-soak system, where a small amount of water is applied and allowed to soak in and then a second amount is applied and allowed to soak in, thus minimizing runoff of the valuable water and nutrients that might be applied to the grass.

"Even a poorly installed system that is properly scheduled is going to do a much better job," Keen said.

All this takes homeowner input, Thomas said.

"You can't just set the system and six months later come back and check on it," he said. "You have to watch what is happening when the water is being distributed."

Most residential controllers can have multiple start times. They can be programmed to

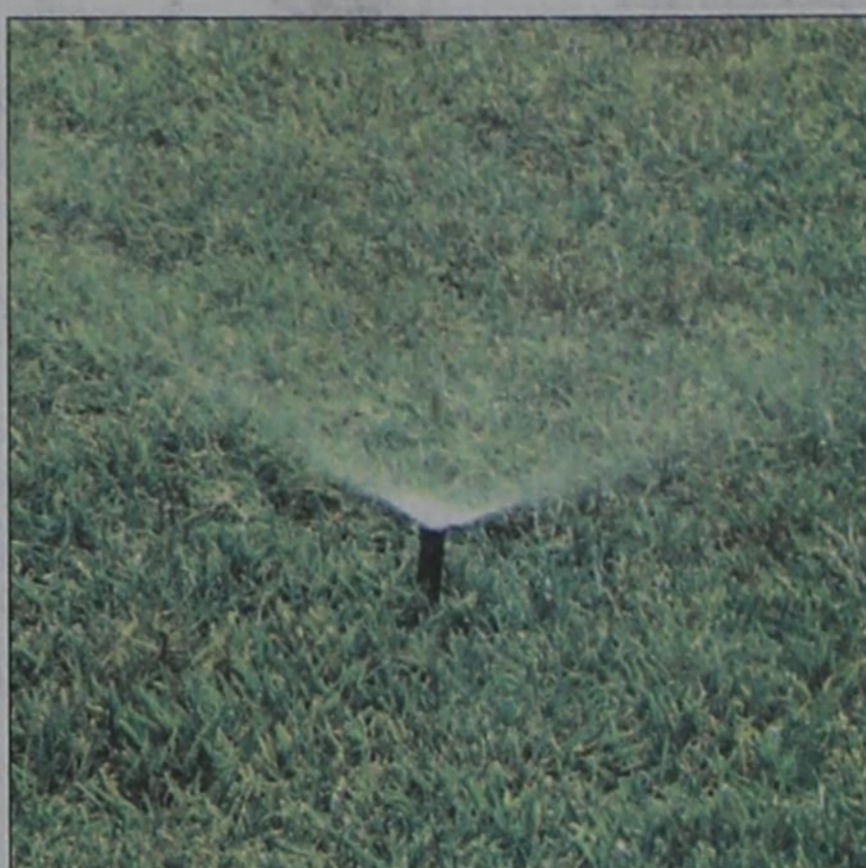
apply water at multiple times in one day, allowing a person to lower the application at each watering.

Another finding of the study: Brown does not always equal dead.

"It may be tapering off and going dormant due to lack of water, but dead and dormant are not the same thing," Thomas said.

Keen said the green color of the grass will respond to rain, even if it has turned a little brown.

"Even if you have had to stress it further than normal, if it still responds to rain, it is still alive," she said. "The color might not always be acceptable to homeowners, but if it was healthy, it will be able to recover once the drought restrictions are lifted."



Texas A&M AgriLife Research

Other than drip irrigation, spray heads for irrigation systems had the best results when drought-simulation watering was applied.



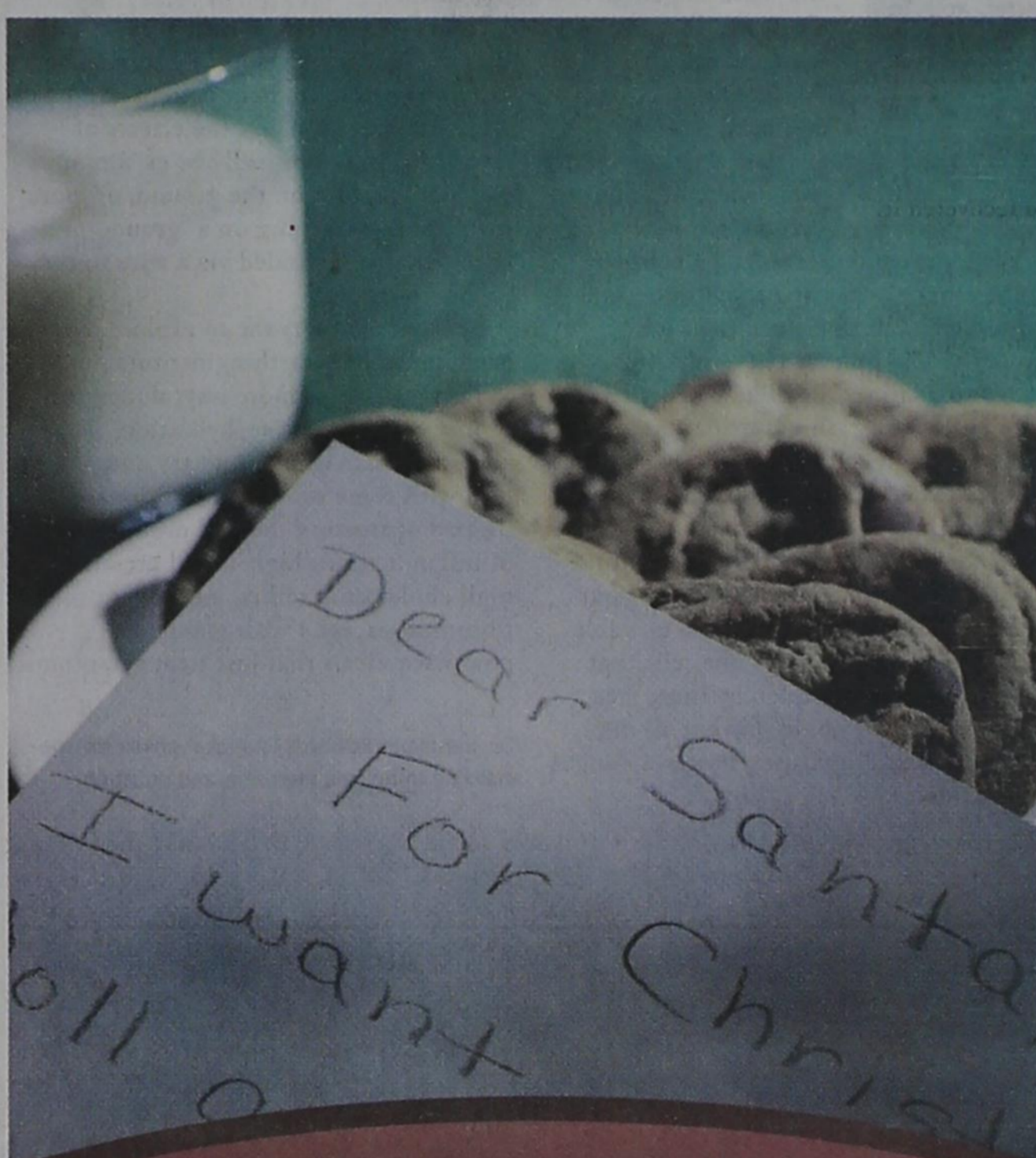
Texas A&M AgriLife Research

MP rotary heads on irrigation systems provided almost as good coverage as the spray heads in the drought-simulation study.



Texas A&M AgriLife Research

The rotor head on irrigation systems has the poorest results when drought-simulation watering was applied.



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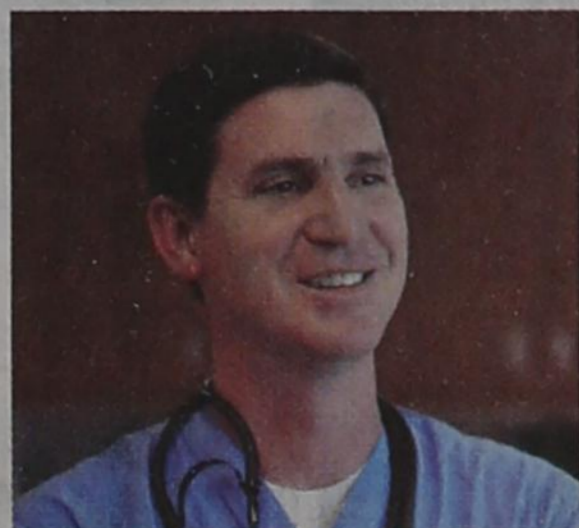
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The Doctor is in Getting back in touch with Mother Earth

As we have talked about before, inflammation is at the root of just about all chronic disease.

Inflammation comes from the immune system being turned on to fight something. The immune system becomes turned on by germs (viruses, bacteria, fungus) or toxins, trauma and burns.

All germs and toxins have one thing in common: they produce something called "reactive oxygen species" also known as "free radicals." Free radicals are highly unstable molecules that have unpaired electrons. In other words, these guys are missing an electron and need to grab another electron from somewhere in order to become stable.

Well, they end up stealing electrons from your cells causing them to become unstable and not perform their job properly. The process I'm describing is called "oxidation," just like when your car develops rust, this is oxidation. When enough cells in your body become oxidized you end up in a disease state or even death.

So, logic dictates that if we could find a good source of extra electrons to pour into our bodies to give to these unstable free radicals or to give to our cells that have had electrons stolen by these free radicals, then we could prevent all the harmful effects of viruses, bacteria, fungus and toxins.

This is where "antioxidants" come into play, like vitamin C and E. However, the very best source of free electrons is right beneath our feet. The earth is full of free electrons. When we contact the ground with our bare feet our body can absorb all the unlimited supply of free electrons it needs.

Generations ago we would walk barefoot or wear moccasins. We would sleep on the ground. We could absorb these free electrons all day and night. Now we wear rubber-soled shoes, sleep in beds, live and work inside buildings and vehicles that don't allow us to conduct electrons. We are no longer grounded to the earth.

Integrative physicians are recognizing this and starting to employ a technique called "earthing" to help patients deal with inflammation and the effects of free radicals. It can really be as simple as walking barefoot on the ground, or more involved like sleeping on a "grounding sheet" that is grounded via a wire to the ground outside.

I encourage everyone to explore more at earthing.com or earthinginstitute.net.

This is just one more way, along with proper eating, exercise, hydration, sleep and stress management, to try and deal with some root causes of disease instead of treating the end products of inflammation (high-blood pressure, high cholesterol, reflux, migraines, fibromyalgia, etc.) with manmade pharmaceuticals that just treat symptoms.

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



BEN EDWARDS

Paperboy On the 'fiscal cliff' and the Aggies

My U.S. congressman, Mac Thornberry, has been getting airtime on cable news networks.

In the past two weeks, Thornberry has been weighing in on the various scandals going on in the CIA and Defense Department. Thornberry serves on the House Intelligence Committee.

Thornberry is a Clarendon native, and he's been in office for 18 years.



CHRIS BLACKBURN

I'm all in favor of term limits, but until there is such a thing at the national level, it remains important to have "movers and shakers" representing you. Looks like Mac is moving and shaking.

So what do you do when you're driving 100 mph toward a cliff?

Unless you want to die, you slam on the breaks.

What does Uncle Sam do as we near the "fiscal cliff?" That remains to be seen, but it wouldn't surprise me to see us speed up.

When you're spending money like we do, it's only a matter of time before you go broke. Of course, when you owe \$16.4 trillion, you're well beyond broke.

If President Obama thought the job market has been bad the last four years, I have news for him, it's about to be much worse.

If Washington does not act quickly and responsibly, I would not be surprised to see unemployment hit 15 to 20 percent.

We've developed an anti-business men-

tality in this country. Edison, Ford and Jobs are rolling over in their graves.

Sometimes it pays to be a fan. The memories, the passion — a fan is occasionally rewarded in some way. I guess the rare exception would be for Cubs fans, but that's a different story.

Many of are fans of teams because of associations and many more are fans because there is something they like about the team. Many times it's a player. Think about all of the fans the Chicago Bulls got just because they had Michael Jordan.

I went to Texas A&M at a time when they were very good. Over the past 15 years or so, they've mostly underachieved.

Now the Aggies are making noise, and are led by Johnny Manziel, a redshirt freshman who is smashing records right and left.

This past weekend, "Johnny Football" led A&M to a major upset over No. 1 Alabama. I'm still in shock.

It's a rise many Aggies have been hoping for and a player that has made the school a hot commodity.

Right now, for Aggie fans, it's a great time. I don't know how long it will last, but it's definitely one of those times that make you proud to be a fan. The dividend you receive when the ship is turned outweighs the rough seas you've traversed on the journey.

My boys and I watched in amazement Saturday as a freshman QB led his team to the year's biggest upset. That's a memory the three of us will have for a very long time.

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

Cotton briefs

Texas cotton production estimates drop

As expected, the National Agricultural Statistics Service lowered their production estimate for Texas in their November report to 5.9 million bales. District estimates are not included in this month's report.

In October, NASS projected Texas production to be at 6.1 million bales. Their last estimate for the High Plains, which was released last month, was 3.96 million bales. At this point, based on reports from area gins, PCG projects the 2012 High Plains cotton crop to be somewhere in the vicinity of 3.4 to 3.5 million bales.

Thanks to optimal harvest weather, a significant percentage of the High Plains crop is off the stalk, and many producers could be finished by the

Thanksgiving holiday.

As of Thursday, the USDA-AMS Cotton Classing Office in Lubbock had classed 817,699 bales, 298,050 of those within the last week. Quality continues to improve, with almost 84 percent of cotton classed this past week at color grade 21 or 11. Average Staple was 35.77, Strength 30.74 g/tex, Uniformity 79.95 percent and Micronaire 3.86 for the week. Leaf grade for the week was 2.64.

Mary Jane Buerkle, Plains Cotton Growers

Indian cotton crop projected at 35.4 million bales

The Cotton Association of India has estimated the cotton crop for the new season, which runs from October through September to be 35.4

million bales (170 kg each).

According to the CAI estimates, there will be a decrease of 3 percent in cotton cultivation area this year over the past year. According to the new estimates, the State of Gujarat will tie its No. 1 position with the State of Maharashtra.

Gujarat will have a drastic decline in cotton production over the last year. The new estimates predict Gujarat to produce 8 million bales this year against 11.4 million bales of last year. Maharashtra's production will match with that of Gujarat and will see an increase in production this year.

CAI estimates the total supply for this year to be 41.7 million bales. The demand in the new season is estimated to be 26.6 million bales, which is far less than last year's demand.

India is estimated to have a good surplus of 15.1 million bales. This surplus is about three times the closing stock for this past year ending in September 2012.

CAI President Dhiren Sheth said the association has requested the government to expedite exports and remove the ceiling of 10,000 bales, which an Indian exporter can apply at each time during export registration.

More importantly, the CAI has requested the removal of cotton registration for exports altogether.

Seshadri Ramkumar, Texas Tech University

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Texas monthly oil and gas statistics Girl Scouts

Special to the Dispatch

AUSTIN — The state Railroad Commission issued a total of 1,640 original drilling permits in September 2012 compared to 1,984 in September 2011.

The September total included 1,441 permits to drill new oil and gas wells, 44 to re-enter existing well bores and 155 for re-completions. Permits issued in September 2012 included 507 oil, 120 gas, 953 oil and gas, 52 injection, two service and six other permits.

AUGUST CRUDE OIL PRODUCTION

Texas preliminary August 2012 crude oil production averaged 1,342,076 barrels daily, up from the 983,864 barrels daily average of August 2011.

The preliminary Texas crude oil production figure for August 2012 is 41,604,353 barrels, up from 30,499,770 barrels reported during August 2011.

SEPTEMBER OIL AND GAS COMPLETIONS

In September 2012, operators reported 657 oil, 178 gas, 34 injection and two other completions compared to 323 oil, 260 gas, 19 injection and one other completion in September 2011.

Total well completions for 2012 year to date are 10,836 up from 5,944 recorded during the same period in 2011.

Operators reported 687 holes plugged and zero dry holes in September 2012 compared to 668 holes plugged and zero dry holes in September 2011.

AUGUST NATURAL GAS PRODUCTION

Texas oil and gas wells produced 549,882,336 Mcf (thousand cubic feet) of gas based upon preliminary production figures for August 2012 up from the August 2011 preliminary gas production total of 543,112,563 Mcf. Texas preliminary August total gas production averaged 17,738,140 Mcf (thousand cubic feet) a day.

Texas production in August 2012 came from 148,967 oil wells and 94,338 gas wells.

SEPTEMBER TEXAS OIL AND GAS DRILLING PERMITS AND COMPLETIONS BY DISTRICT

RRC District: (1) SAN ANTONIO AREA
Permits To Drill Oil/Gas Holes: 279
Oil Completions: 74
Gas Completions: 17

RRC District: (2) REFUGIO AREA
Permits To Drill Oil/Gas Holes: 113
Oil Completions: 43
Gas Completions: 17

RRC District: (3) SOUTHEAST TEXAS
Permits To Drill Oil/Gas Holes: 106
Oil Completions: 7
Gas Completions: 4

RRC District: (4) DEEP SOUTH

TEXAS
Permits To Drill Oil/Gas Holes: 52
Oil Completions: 0
Gas Completions: 9

RRC District: (5) EAST CENTRAL TEXAS
Permits To Drill Oil/Gas Holes: 18
Oil Completions: 3
Gas Completions: 15

RRC District: (6) EAST TEXAS
Permits To Drill Oil/Gas Holes: 48
Oil Completions: 4
Gas Completions: 34

RRC District: (7B) WEST CENTRAL TEXAS
Permits To Drill Oil/Gas Holes: 80
Oil Completions: 24
Gas Completions: 1

RRC District: (7C) SAN ANGELO AREA
Permits To Drill Oil/Gas Holes: 152
Oil Completions: 70
Gas Completions: 7

RRC District: (8) MIDLAND
Permits To Drill Oil/Gas Holes: 497
Oil Completions: 298
Gas Completions: 1

RRC District: (8A) LUBBOCK AREA
Permits To Drill Oil/Gas Holes: 100
Oil Completions: 44
Gas Completions: 0

RRC District: (9) NORTH TEXAS
Permits To Drill Oil/Gas Holes: 136
Oil Completions: 47
Gas Completions: 49

RRC District: (10) PANHANDLE
Permits To Drill Oil/Gas Holes: 59
Oil Completions: 43
Gas Completions: 24

AUGUST TEXAS TOP TEN OIL PRODUCING COUNTIES RANKED BY PRELIMINARY PRODUCTION COUNTY - CRUDE OIL (BBLs)

1. KARNES - 2,898,709
2. ANDREWS - 2,515,111
3. GAINES - 2,054,168
4. ECTOR - 1,856,991
5. YOAKUM - 1,761,818
6. LA SALLE - 1,750,874
7. MIDLAND - 1,730,888
8. GONZALES - 1,678,375
9. UPTON - 1,660,429
10. MARTIN - 1,637,247

AUGUST TEXAS TOP TEN GAS PRODUCING COUNTIES RANKED BY PRELIMINARY PRODUCTION COUNTY - TOTAL GAS (MCF)

1. TARRANT - 68,834,683
2. JOHNSON - 35,805,511
3. WEBB - 22,146,679
4. PECOS - 19,475,625
5. PANOLA - 19,105,458
6. WISE - 18,789,926
7. DENTON - 18,342,560
8. FREESTONE - 15,601,750
9. NACOGDOCHES - 12,715,467
10. ZAPATA - 11,585,580



Carol Tobias/Special to the Dispatch

October 31st was the birthday of Juliette Gordon Low, founder of Girl Scouting. To honor her, Post Girl Scouts raised and lowered the flags at school that day. Troop 6416 raised the flags at Post Elementary School, while Cadette Troop 6496 did the same at Post Middle School. Pictured are Miranda Fry, Krista Moore and Heather Jackson as they lower and fold the flags.

Post Elementary conducts food drive

Gifted and Talented students at Post Elementary School will conduct a food drive to collect nonperishable food items for residents of the community during the holidays.

The drive is ongoing through Dec. 12 and benefits the Post Cares organization.

Each grade level will be competing to collect the most items.

For information, contact the school at 495-3436.

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Dr. Michelle Sahinler - 806-744-7223, ext. 1315
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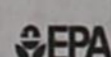
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The Post Dispatch

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Post JV out-ropes Abernathy for district title

The Post Dispatch

ABERNATHY — The Post junior varsity (9-1, 3-0) traveled to Abernathy (6-4, 2-1) on Nov. 8 and won the district championship.

Blaine Reece rushed for three touchdowns and passed for two more in the game. Cambry Gilbert added touchdowns as well.

After Abernathy scored the game's first touchdown, Post wasted little time in re-taking the lead. The Lopes scored in four plays behind good runs by Gilbert, Christian Saucedo and Reece.

Reece would score on a quarterback sneak from 36 yards; Gilbert added the two-point conversion, and Post never trailed again.

The second quarter was all Post. The Post Antelopes scored 16 points to take a 24-6 lead into half. Gilbert would score two touchdowns during the quarter. His first would be from 12 yards.

On the PAT, Reece caught the pass from Jared Curtis after Post forced Abernathy to punt with less than a minute remaining.

Post would take over near midfield. Gilbert lined up on the right sideline and raced past the Abernathy defense and hauled in the pass from Reece for a 51-yard play. The

two-point play was just as exciting. The Lopes lined up in the gate; Curtis got the snap, ran to his right, the defense ran to tackle him. He then pitched the ball to Gilbert on the option as the defense ran to Gilbert. He stopped and passed the ball to Christian Pearson all alone in the back of the end zone.

Post received the opening kickoff to start the third quarter. Abernathy came out fired up and stopped Post on first and second down.

On third down, Post lined up in the wishbone and shifted to a no-back formation. Reece hit David Hernandez wide open in the middle to the field. Hernandez would carry the ball to the Abernathy 4 yard line.

"We needed a momentum changer at that point in the game," coach Jerry Pyles said. "We worked that play every week but have never ran it."

Two plays later, Reece would score on another quarterback sneak. Rafael Gonzales added the PAT and just like that Post led, 31-6.

The defense forced Abernathy to punt. Post once again scored quickly. Reece would score on a 67-yard touchdown run. The veer play was executed to perfection.

Edel Sanchez and Jabren Rodriguez cleared the way on the left side of the line. Reece offered the ball to Saucedo, who would be tackled by the defensive end. Reece would keep the ball and out-run the defense to the end zone. Gonzales would add the PAT. The Bold Gold led, 38-6.

The last touchdown would come on the first play of the fourth quarter. Reece would connect with Shandon Wiley from 12 yards out on a fade route to the back of the end zone. The kick would be blocked and Post led 44-14.

The offense would have 350 yards total offense, 212 rushing and 138 passing.

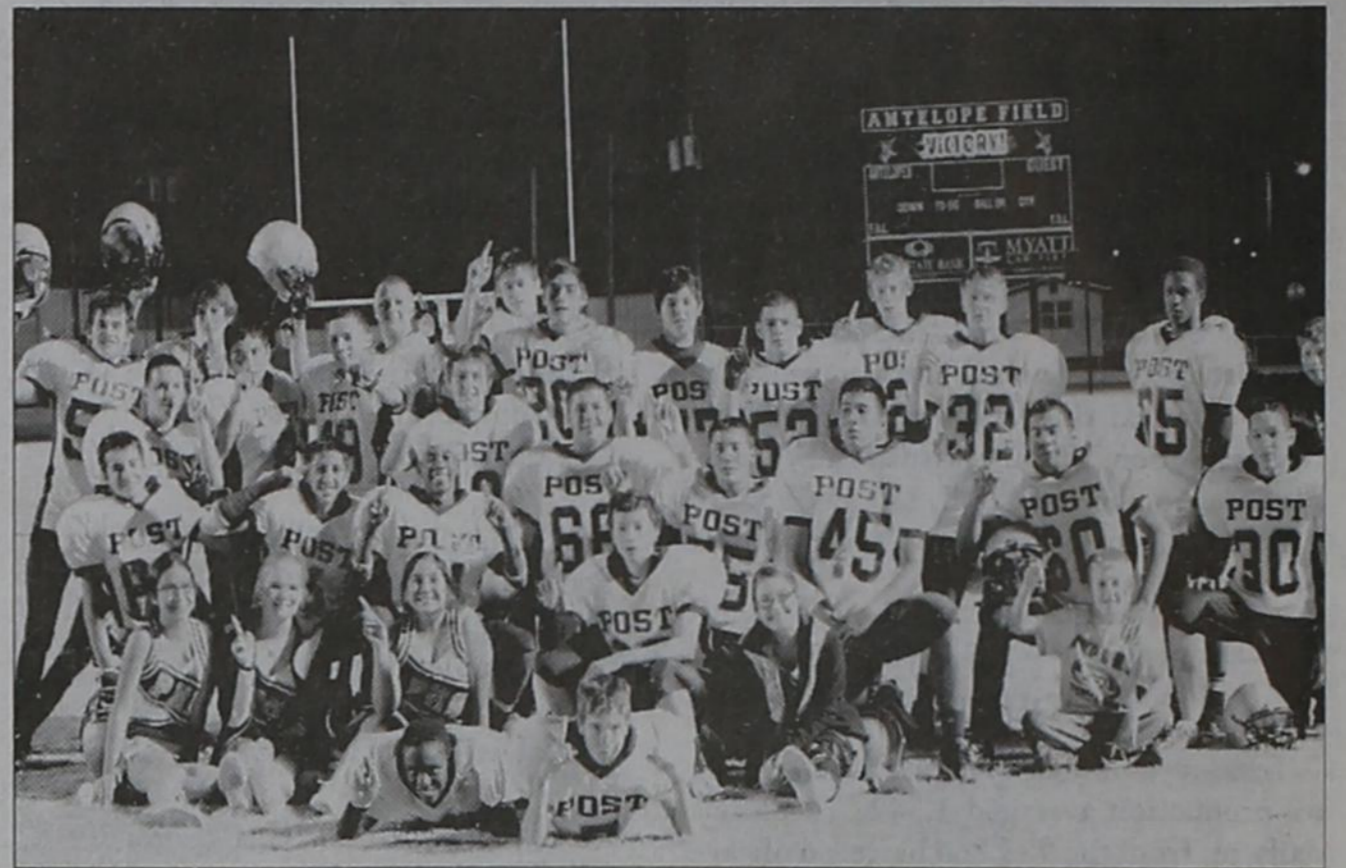
"The Bold Gold JV players and coaches would like to thank all the parents, cheerleaders and fans that followed us all season," Coach Pyles said.

The Post JV team won each of its last five games in a row to win the district title. They dominated all the district opponents they played.

Two district teams canceled their games with Post throughout the season. The Antelopes were able to pick up games against Littlefield and Idalou to make sure they played all games possible.

Post 8 - 16 - 14 - 6 = 44
Abernathy 6 - 0 - 8 - 0 = 14

JV district champs



By Brandy Fannon/Special to the Dispatch
The district champion Post Antelope junior varsity football team celebrates a 44-14 victory over rivals from Abernathy on Nov. 8.

Sports roundup

Girls hoops drop contests with Lamesa

Team fouls plagued the Lady Lopes varsity basketball team Nov. 10 at Lamesa, sending the Lady Golden Tors to the line numerous times for a total of 20 free-throw points.

The Lady Lopes continued to struggle coming out after the half against a quick and aggressive Lamesa team.

The junior varsity girls team experienced more than 30 turnovers in their devastating defeat that same night, also at Lamesa. The subvarsity team had poor shooting and 13 missed free throws. Freshman Quincy Quintana led the JV Lady Lopes with seven points.

Team	1Q	2Q	3A	4Q
Post Varsity	8	17	19	32
Lamesa Varsity	11	22	35	53
Post JV	4	8	15	18
Lamesa JV	11	23	29	43
Post 9th	2	7	9	12
Lamesa 9th	13	31	48	58

Rebecca Schroeder

Lopes teams

The injury-plagued Lady Lopes varsity girls basketball team took the court Nov. 6 to face last year's regional finalists in the Tulia Lady Hornets at Antelope Arena.

The Lady Lopes exhibited a great deal of quickness and perseverance to stay close to the aggressive Tulia team, but unfortunately came up short.

Five Lady Lopes had double figures on the night. Kelbie Oden and Haily Berry had 10 points each; Callie Odom put in 11, including three 3s; Mattie Smith had 12, and Taylor Osborn soundly contributed 17 points.

Injuries also hampered the JV team that played a valiant first half, scoring 22 points. Due to injuries, many players were forced to step up and play positions they were not familiar with playing; yet never gave up and showed great attitudes. Chelby Morris had nine points and Kelsey Griffin had seven.

Team	1Q	2Q	3Q	4Q	F
Lady Lopes	10	13	21	18	62
Tulia	16	24	20	18	78
Lady Lopes	13	9	4	5	31
Tulia	10	16	12	10	48

Rebecca Schroeder

Coyotes notch fifth straight district title

By Trey Richey

For the Dispatch

The Borden County Coyotes traveled to O'Donnell last Friday hoping to cap off the 2012 district season with their fifth consecutive undefeated district record en route to their fifth consecutive district title.

The Coyotes wasted little time making sure both of these goals would be achieved as they made very short work of the Eagles, limiting them to 30 yards of offense and one first down, while only being tackled twice all night long running their offensive plays.

Tanner Richey got the Coyotes on the board first sprinting 65 yards to the end zone and, following a two-point conversion by Helio Rosales, the Coyotes would have a quick 8-0 lead.

After another quick defensive stop, Richey would take off on another 34-yard run to pay dirt and a 14-0 lead. Another Rosales kick made the score 16-0. The Coyote defense would hold again and, this time trying to pass, Richey was forced to take off, and as he did he found the end zone a third time in three carries and a commanding 22-0 lead in the first quarter.

Matthew Ham recovered a fumble at the Eagle 1, and T.J. Basquez capped the Coyotes' third one-play drive with the one-yard plunge to give the Coyotes a 28-0 lead. After another defensive stop, Richey finally took to the air hitting Basquez with a 30-yard strike. Rosales got back on track to push the first quarter lead to 36 to 0.

On the Coyotes' first play of the second quarter, a fifth one-play drive was accomplished as Richey hit Kurt Shafer on a 54-yard pass and run. Rosales added the point after kick to extend the lead to 44-0.

The Coyote defense forced another turnover, this time an interception by Frank Banman. The Coyotes used two plays to convert on this drive as Richey hit Tristen Benavidez on a 28-yard pass play followed by a 15-yard strike to Banman for the score and a 50-0 lead in the second quarter.

With the bench emptied of all Coyote players, the defense continued to dominate play forcing another fumble, this one recovered by Matt Proulx. One play later Steven Howard would find the end zone from 42 yards out, bringing a decisive end to the evening at

56-0. Richey lead the Coyotes with three carries for 132 yards and three scores and was 4-of-6 passing for 121 yards and three more scores, while being in on 11 tackles with two for loss.

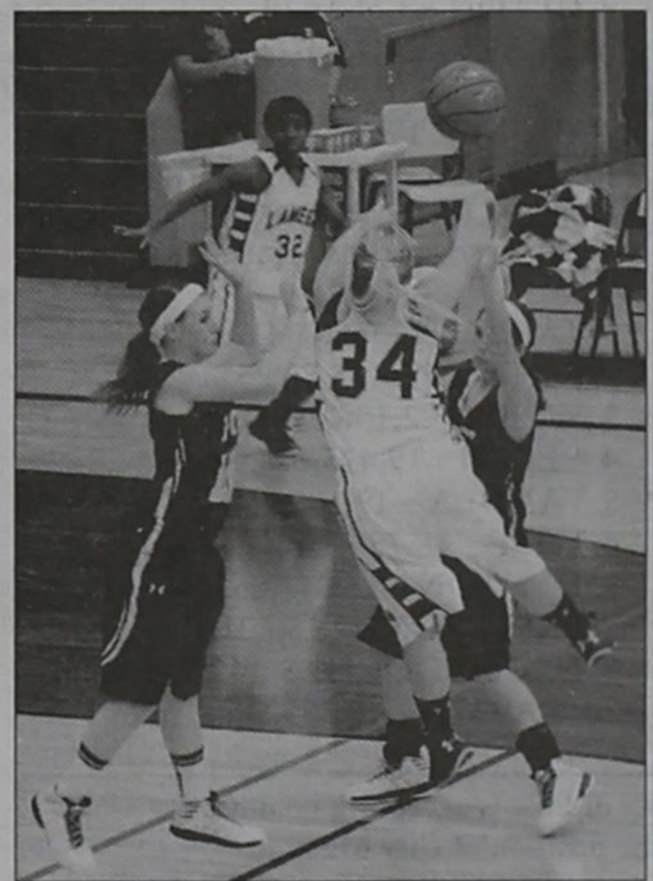
Basquez had a carry for one yard and a score and a catch of 30 yards for a score while making nine tackles with two for loss.

Shafer had a 54-yard touchdown catch and was in on seven tackles, one for loss. Howard had the touchdown run and was in on four tackles. Frank Banman had the 15-yard touchdown catch, the interception and six tackles.

Korbin Martinez had a 28-yard run and four tackles. Rosales was 4-of-7 on extra points and six tackles, two for loss. Jared Smith had five tackles, Luis Andrade had a tackle, and Benavidez had the 28-yard catch and was in on four tackles.

Proulx and Ham each had a fumble recovery and four tackles. Matt Roberson had a tackle and several nice blocks.

The Coyotes will next start phase three of the season and work toward their second goal as they will play the Meadow Broncos at 7:30 p.m. tonight in O'Donnell.



Elizabeth Moreno/The Post Dispatch
Victoria Hernandez (11) of the Post eighth-grade team dribbles around a Childress defender during Monday's game at Antelope Arena.



Elizabeth Moreno/The Post Dispatch
Shayley Miller of the Post seventh-grade team looks for an open teammate during Monday's game against the Childress Lady Wildcats at Antelope Arena.

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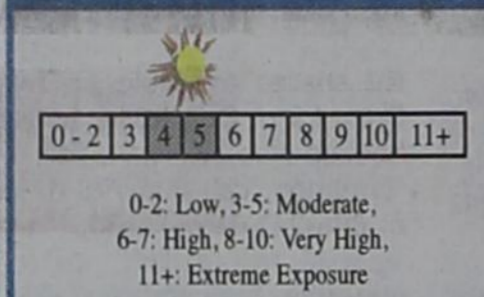
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Post Dispatch Weather Summary

Post's Seven Day Forecast

Friday Partly Cloudy 65 / 44	Saturday Mostly Sunny 67 / 45	Sunday Mostly Sunny 71 / 49	Monday Partly Cloudy 73 / 51	Tuesday Sunny 72 / 48	Wednesday Sunny 71 / 45	Thursday Sunny 68 / 41

Local UV Index



Detailed Local Forecast

Today we will see partly cloudy skies with a high temperature of 65°, humidity of 51%. Southeast wind 5 to 10 mph. The record high temperature for today is 86° set in 1965. Expect mostly cloudy skies tonight with an overnight low of 44°. South southeast wind 10 mph. The record low for tonight is 22° set in 1982. Saturday, skies will be mostly sunny with a high temperature of 67°, humidity of 55%. South wind 10 mph. Skies will be partly cloudy Saturday night with an overnight low of 45°. South wind 10 mph.

Weather Trivia

What type of lightning can you not be struck by on the ground?
ANSWER: Cloud-to-cloud lightning.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	2:01-4:01	1:31-3:31	Tue	5:35-7:35	5:05-7:05
Sat	3:00-5:00	2:30-4:30	Wed	6:20-8:20	5:50-7:50
Sun	3:56-5:56	3:26-5:26	Thu	7:05-9:05	6:35-8:35
Mon	4:47-6:47	4:17-6:17			

www.WhatsOurWeather.com

Weather History

Nov. 16, 1988 - A powerful low pressure system in the north central United States produced high winds across the Great Lakes region, with wind gusts to 60 mph reported at Chicago. Heavy snow blanketed much of Minnesota, with 11 inches reported at International Falls.

Nov. 17, 1989 - Freezing temperatures spread across the southeastern United States in the wake of the severe weather outbreak of the previous two days. Eight cities reported record low temperatures for the date, including Gilbert, Ark. with a reading of 8 degrees.

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
First 11/20	Fri 7:18 a.m.	5:43 p.m.	10:12 a.m.	8:48 p.m.
Sat 7:18 a.m.	5:42 p.m.	11:05 a.m.	9:54 p.m.	
Sun 7:19 a.m.	5:42 p.m.	11:51 a.m.	10:59 p.m.	
Full 11/28	Mon 7:20 a.m.	5:42 p.m.	12:31 p.m.	Next Day
Tue 7:21 a.m.	5:41 p.m.	1:06 p.m.	12:02 a.m.	
Wed 7:22 a.m.	5:41 p.m.	1:40 p.m.	1:02 a.m.	
Thu 7:23 a.m.	5:40 p.m.	2:12 p.m.	2:00 a.m.	

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days	
Date	Degree Days		Date	Degree Days		
11/6	78	39	65/38	0.00"	11/6	8
11/7	80	44	65/38	0.00"	11/7	12
11/8	86	50	64/37	0.00"	11/8	18
11/9	84	58	64/37	0.01"	11/9	21
11/10	83	57	64/36	0.00"		
11/11	58	35	63/36	0.00"		
11/12	53	22	63/36	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.

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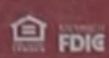
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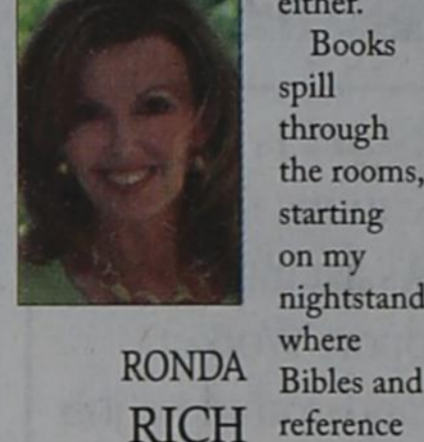
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Dixie Divas
The book cases

In this house of wood and stones I call home, there are books scattered and stacked hither and yon.

Some might say this house is cluttered with books, but I would never be that irreverent for cluttered seems to mean "unnecessary" or "junk." Not one book I own would

be categorized as either.



RONDA RICH

Books spill through the rooms, starting on my nightstand where Bibles and reference guides reside. On a leopard-print footstool by the door, there are two dozen books, all I have purchased but have yet to get around to reading. But I live in hope.

It's this way throughout the entire house, including the kitchen, where you're likely to find at least a dozen tucked here and there. The trail of words continues up the stairs, where, at the head of the staircase, is the one fixture that brought the soul to this house. It is a built-in bookcase that can be viewed from the den below and what — once it was stacked with books I loved and had long cherished — gave my true personality to these sticks and stones.

There is a cabinetmaker I know; a man who is known as a bi-vocational preacher — meaning he works for a living through the week then preaches for the Lord on Sunday — who has helped me in my quest to display these friends of mine. Allen Swafford is a fine craftsman who has followed my whims and drawings to create memorable pieces like the distressed, pale, olive-green buffet in the dining room, the stunning red cabinet with glass doors (and a hidden compartment for cook books) in the kitchen, the carved vanity in the bathroom, the kitchen cabinets in Mama's house and other pieces.

But of all he has ever built and installed, it is the bookcases that are dearest to my

heart. It began with the one at the top of the staircase.

The moment, shortly after I moved in, it was installed, I knew I was home. I hurried to put my favorite books, mostly biographies, memoirs and literary classics, in its confines. I stood back, took a look and sighed. Home. No longer just a house. It was home.

It seemed like all the space I needed at first, after all it was my first custom-built bookcase but within a couple of years, it was stuffed and, meanwhile, the books were still coming.

I called Allen and commissioned an even bigger one. It was a massive piece that ran down the wall of my office. There was a bookcase, a desk with drawers above, and another bookcase on the other side. When it was installed, one year just before Thanksgiving, I was so proud.

"This," I thought to myself, "will do me 'til I die."

Three years have now passed and the shelves are bulging. I think perhaps I should part with a few to make room for new ones, but I can't bear the thought of that. How does one callously give away a friend?

There will be those of you who say, "Aha! That's why I download books. So I don't have to store them."

I download books, too, ever now and then. Sometimes when I travel, I tuck my lightweight iPad in my tote bag and enjoy the occasional read on it. But it's not the same.

I like the weight of a book in my hand. I remember the smell of the library's book mobile that brought books to me when I was a child. I like to flip through it and preview it, to look at the photos in a biography. I suppose, too, I like how smart that holding a book in my hands makes me feel.

So I'm looking around, trying to figure out where next to put another built-in unit so it looks neat. After all, this isn't clutter. It's my treasure.

Ronda Rich is a Southern storyteller, humorist and best-selling author. Her latest book, "There's A Better Day A-Comin'," is available at rondarich.com.

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