The Host Bispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, DECEMBER 7, 2012

THEPOSTDISPATCHONLINE.COM

75 CENTS

District awaits increased speed limits

By Wayne Hodgin The Post Dispatch

Drivers headed eastbound on U.S. 380 and outside of Garza County have probably already noticed an increase in the speed limit on that highway.

The Texas Department of Transportation recently increased the speed limits on a number of area state and U.S. highways, including those in the Childress and Abilene districts.

However, speed limits are not set to increase in the Lubbock district, which includes Garza County, until after the first of the year.

"The state transportation board isn't set to hear the Lubbock district's rate increase proposal until January," said Diana Ascencio, spokeswoman for the Lubbock TxDOT region. "It will be one of the last districts in the state the board will consider."

The Lubbock district also includes Bailey, Castro, Cochran, Crosby, Dawson, Floyd, Gaines, Hale, Hockley, Lamb, Lubbock, Lynn, Parmer, Swisher, Terry and Yoakum counties.

As part of a statewide study conducted by the Texas Department of Transportation, state officials have been looking at increasing speeds on all interstates, state highways and farm-tomarket roads posted at 70 mph.

"Many of these roads were built to hold up to larger speeds, and, in some cases, motorists are already exceeding the posted speed limits on some long stretches of these highways," Ascencio said.

Ascencio said a study of other highways, including all farm-to-market roads, would be begun after the U.S. and state highways study was complete.

Last January, state transportation officials signed off on a number of speed increases on interstates throughout the state, including 129 miles along I-27 from a Mile Marker 8 a few miles north of Lubbock to Mile Marker 117 a little south of Amarillo.

In April, portions of two Central Texas highways were approved for a speed limit hike to 80 mph for 54 miles of roadway in the Austin area.

Motorists must continue to travel at the posted speed until new signs are installed and the new speed limit is not official until the signs go up, Ascencio said.

TxDOT is continuing speed studies on U.S. highways, state highways, farm-to-market and ranch-to-market roads currently posted at 70 mph. Legislators passed HB 1353 last year

See **SPEED LIMITS**, Page 3



Wayne Hodgin/The Post Dispatch

Jan Webb adjusts a tag on one of more than 2,000 Afghan pine trees she and her husband have available at their cut-your-own Christmas tree farm north of Post. The drought-tolerant trees at the Double Shovel Farm are drip-irrigated and can take up to a gallon of water a day.

Christmas trees really do grow in Post, TX

Family keeps holiday tradition alive, hopes to create new ones

By Wayne Hodgin The Post Dispatch

The Double Shovel Christmas Tree Farm has opened for business in U.S. 84 West north of Post City.

The farm, operated by the Webb family, including Charlie and Jan and their three now-grown children, touts more than 2,000 droughttolerant Afghan pines on an 8-acre spread situated off the Lubbock highway near at the Ragtown Gospel Theater turn-in road.

For the better part of three decades, the Webbs traveled throughout the world while Charlie was serving his coun-

try in the U.S. Navy. "Since our kids were very

little - in fact, I was pregnant with our third child As sure as a tree grows when we did it for the first in Brooklyn — so grows time — we've always been a Christmas tree in Garza in a place where we could go

> Farm is operated by Charlie and Jan Webb at their home at 1391 County Road 183. Contact the Webbs at txim4u@aol.com or at 806-632-8728. Hours are 1 to 6 p.m. Fridays, 9 a.m. to 6 p.m. Saturdays and 1 to 5 p.m. Sundays. Every Saturday, "Happy the Elf" visits with children and hands out coloring books and candy canes.

> Double Shovel Christmas Tree

out and cut down our own Christmas tree each year," Jan Webb said. "It became a very touching tradition within our family that we've held onto

for many years." When the Webbs set roots in Garza County in 2008, that tradition came screeching to a halt. Most of the trees in West Texas are of the mesquite variety, at least those you can just go out and chop down.

Now, the Webbs want to instill that same joyous tradition they began long ago into area residents.

"Cutting down a tree and dragging it through the field is one of my favorite Christmas memories," said Allie Webb, one of the Webbs' daughters. "It always took a lot of family discussion to decide on the perfect tree for the year."

The Webbs first planted a number of Afghan pines in the spring of 2009.

"The first year we planted 550 trees with just two shovels," Charlie Webb said. "That's how the farm got its name."

After four long years which included the worst heat and drought event on record for West Texas - the first field

See TREES on page 3

Post Notes

Red Kettle project

Members of the Post Lions Club will be "ringing the bells" to help the Salvation Army's Red Kettle Program every Saturday until Christmas at the United Supermarket in Post. This is the fourth year the Lions have participated in the event.

Rabbit validations

Market show rabbit validations will be conducted at 5 p.m. Dec. 20 at the Garza County Junior Livestock Association show barn. For information, contact the Garza County Extension Office at 495-4400.

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 from any Post Lions Club member. Donations from area businesses also are welcome. For information, contact Byron Garrison at 990-9898.

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. Books will be 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.

Church fundy

Members of Holy Cross Catholic Church in Post will sell breakfast tacos for \$2.50 and gordita plates for \$7 from 9 a.m. to 1 p.m. in the church social hall. Contact Eleanor Ortiz for information at 495-1031.

Christmas exhibit

"The Joy of Christmas," an inspiring exhibit of Nativities and crèches from around the world, is on display at the O.S. Ranch Museum, 201 E. Main St. Hours are 10 a.m. to noon and 1 to 5 p.m. Monday through Saturday. Call 806-495-3570 for information. Exhibit closes Jan. 26.

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.

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.

Corrections

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

News on the go



smartphone to scan the quick response, or QR, code to visit us online.

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Jones named Gold

Award is highest among 4-H organizations across the state The Post Dispatch

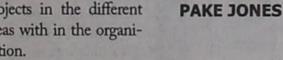
Star recipient

Pake Jones, a nine-year member of Garza County 4-H, has received the organization's high-

est honor at this year's district banquet at the Frazier Alumni Pavilion at Texas Tech.

Jones is the son of Greg and Channa Jones of Post and a junior at Post High School.

In order to receive the award, a 4-H member must have completed projects in the different areas with in the organization.



Jones' 2011 beef record book won first in the district competition and advanced to the state. Award recipients also must have exhibited leadership skills by serving as a 4-H officer or

See GOLD STAR, Page 3

Wreck sends two to hospital



Wayne Hodgin/ The Post Dispatch

A two-vehicle accident about 9:19 a.m. Monday morning closed down portions of U.S. 380 at its intersection with South Avenue F and sent both drivers to Lubbock-area hospitals. According to Garza County sheriff's reports, the driver of a 2002 Malibu was northbound on South Avenue F, failed stop at the intersection and was hit by an oncoming 2002 Chevrolet pickup eastbound on U.S. 380. The driver of the passenger car remained hospitalized with unknown injuries Wednesday afternoon, and the driver of the pickup was released earlier that day. Chief Deputy Tommy Binford said charges are pending, but that the driver of the car likely will be charged with failure to yield to oncoming traffic.

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Jan Webb

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The Post Dispatch, 123 E. Main St., Post Texas, 79356, Is open from 9 a.m. to 5 p.m. Monday through Friday. Phone 806-495-2816 Fax 806-495-2059 Email thepostcitydispatch@gmail.com

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It is the mission of this newspaper to promote the rights of individualism in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone of freedom. Government's sole purpose is to enhance our liberty and freedom. Therefore, we hold every elected and appointed agent of government accountable to that standard.

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

SUBSCRIPTIONS \$25 a year in the county \$30 a year outside the county

Call 806-495-2816

Celebrations

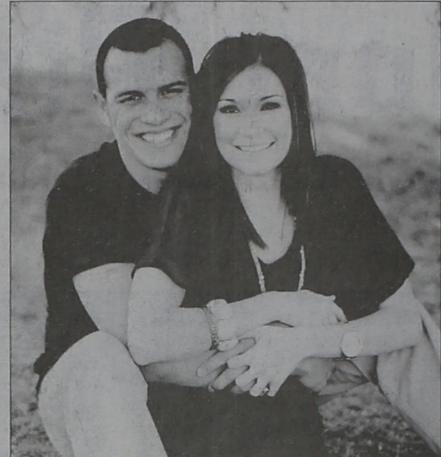
Gray, Fitchett announce engagement

Rodney and Vicki Gray of Post announce the engagement of their daughter Rachel to Joshua Fitchett of Sterling City.

Gray is a 2007 graduate of Post High School and a 2011 graduate of Lubbock Christian University. She is employed with the Frenship Independent School District as a teacher and coach at Terra Vista Middle School.

Fitchett is the son of Victor and Monica Fitchett of Sterling City. He is a 2007 graduate of Sterling City High School and a 2011 graduate of Wayland Baptist University in Plainview. He is employed with Target as an executive team leader.

The couple plans a small family wedding Jan. 12 at Raintree Christian Church in Lubbock.



JOSHUA FITCHETT AND RACHEL GRAY

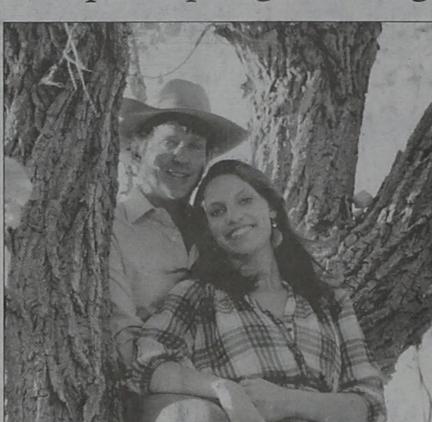
McLelland, Ham plan spring wedding

Frank and Jenni McLelland of Tahoka announce the engagement and forthcoming marriage of their daughter Jessica to Austin Ham of Post, son of Ruth Torrens of Post and Clay Ham of Gail.

McLelland is the granddaughter of Ted and Wini Klein of Fort Worth and Frances and Billy Ferguson of Ruidoso, N.M.

Ham is the grandson of Jack and Zoe Ham of Post and Jim McCullough of Casa Grande, Ariz., and the late Ginger McCullough.

McLelland is a graduate of Texas Tech with a bachelor's in social work. She will complete her master's Home in Lubbock in social work in May from



AUSTIN HAM AND JESSICA McLELLAND

Ham attended West as a foster care case worker East Texas Fire Academy. at Methodist Children's He is employed by Ham versity in Lubbock.

Ranch in Post.

The couple is planning a the University of Texas at Texas A&M University in wedding March 30 at the

Deaths **Claudine Tipton**

Claudine Tipton, 92, of Post, died Friday, Nov. 30, 2012, at Golden Plains Care Center in

Claudine was born Oct. 29,

1920, to James Albert Medlin and Jessie (Pettigrew) Bright in Runnels County.

As a young lady her family moved to Justiceburg to farm. While Claudine was attending high school her family moved to Carrizo Springs, due to one of her siblings having medical problems. Claudine remained here in Post and graduated Post High School in 1938.

After graduating she moved to Carrizo Springs to be with her family. Later she returned to Post to reside and went to work for Maxine's Dress Shop. She married W.J. Tipton, and shortly after their marriage he became ill and preceded her in death.

Claudine later married John Douglas Tipton on March 17, 1953, here in Post. He preceded her in death October 19, 2011.

After their marriage, they farmed in the Close City community, and Claudine became a farmer's wife. Claudine and Doug's home was open to many children during their life together.

Claudine was very active in the Close City Friendship Baptaught Sunday school for many

2000 but stayed very active until their health failed. She is also preceded in death by her par-



CLAUDINE TIPSON

ents, two sisters and two brothers. She was a member of the First Baptist Church in Post.

Survivors include sister Clara Ritcher of Hondo; also numerous nieces, nephews and many life long friends.

Claudine was loved by all who knew her.

Services Tuesday at the First Baptist Church with the Rev. Jack Maddox officiating. Burial followed in the Terrace Cemetery. Arrangements were under the personal care of Dee and Janet Justice of Justice-Mason Funeral Home.

Pallbearers were: Grant Bright, Danny Gonzales, Steve Collazo, Al Craig, Tino Alaniz, Jim Ellis and Mike Carter. tist Church and later Pleasant Honorary pallbearers were: Valley Baptist Church, having John Shults, Robert Craig and Jimmy Holleman.

The family greeted friends at They retired from farming in the funeral home from 5 to 7 p.m. Monday.

Memorials are suggested to the West Texas Boys Ranch.

Jesusa Olbera Castillo

Arlington. She is employed Canyon and also the North McKenzie-Merket Alumni of Sinton, died Tuesday. Nov. Rest Cemetery in Sinton. Center at Texas Tech Uni- 27, 2012. Services were Nov. Local arrangements by Jusat the Post Church of Christ. tice-Mason Funeral Home.

Jesusa Olbera Castillo, 81, Burial was in the Eternal

Ta Jones honored at bridal shower

Allisha Jones, bride- was honored with a bridal

Clay Miller

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Real Estate

elect of Reese Belongia, shower and brunch Nov. Orabeth White.

About 50 guests were registered between 10 and 11 a.m.

Special guests included the mothers of the prospective couple, Mrs. Trey Jones and Mrs. Robbie Freeman; his sister Raegan Belongia; grandmothers and several aunts and great aunts.

ors of burlap, red and navy candle beside a miniature 17 at the country home of were used in her corsage bridal party. Red and navy and table décor.

The serving table was crystal appointments were covered in an ecru linen, used. hand-embroidered by the featured a large red candleholder on a black wroughttulle, clusters of red grapes tina Jones. and a small U.S. flag. It was flanked by a large black ried Dec. 27 after Belongia

Coffee, juice, sausage late Sue Maxey. The table balls and a variety of muffins with fresh strawberries and grapes were served by iron base entwined with red Leslie Tatum and Chris-

The couple will be mar-

The bride's chosen col- candlestick holding a red completes Marine basic training in California.

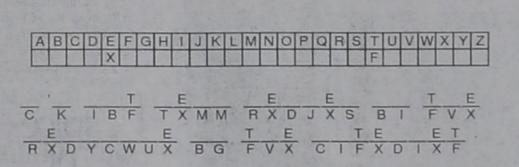
The 14 hostesses prenapkins with silver and sented the honoree with a vacuum cleaner. They included: Mmes. Marianne Hart, Jennie Cowdrey, Jane Mason, Melanie Osborn, Katelyn Peterson, Mary Short, Diane Graves, Kerri Bridgeman, Donna Porter, Dana Holly, Sherry Pollard,

Jones, Tatum and White.

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 Larry Hagman



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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. Email letters are preferred to thepostcitydispatch@ gmail.com. All letters must include a first and last name, street address (no post office boxes), daytime phone number. Letters sent via U.S. mail may be sent to P.O. Box 426, Post, TX 79356.)

TREES From Page 1

of trees is ready. It takes anywhere from three to five years for an evergreen to grow to a marketable size.

Jan Webb said after extensive research on which trees would grow best in arid climate of West Texas, the family decided on the Afghan pine because it is well-suited for hot, dry areas, including central Texas, where the Webbs' supplier resides.

This past spring, the Webbs unsuccessfully tried their hands at growing the popular Leyland cypress because of its tolerance to most any conditions.

"The heat last summer killed all 400 we planted," Jan Webb said. "It was just too hot."

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Despite an advanced dripirrigation system the Webbs

have installed to keep their trees maintained, the recent heat and drought were no match for the little saplings.

"We've found that by planting more mature trees, they can adapt more to the heat than the smaller saplings could," Jan Webb said.

The Webbs boast a number of ready-to-cut Christmas trees in various sizes from just few feet high to well more than 9 feet tall.

"We encourage residents to bring their own cutting tools to make the experience more memorable, but we'll also do the cutting, too, for those who aren't as daring," Jan Webb said. "Cutting your own tree also allows it to live longer than those bought in a tree lot or a big-box store that were cut weeks ago and shipped from elsewhere."

That said, the Webbs also have brought in a number of more traditional pre-cut Christmas trees, such as the popular Frasier fir, from a supplier in North Carolina. Those From Page 1 also are available for sale.

In the future, the Webbs hope to sell living trees to the public.

"I think people will be thrilled to come and buy their own Christmas tree, then be able to plant it out in their yard to enjoy for years," Jan Webb said.

For those out there who have never had a real Christmas tree because of "allergy" problems, Jan Webb said that's mostly myth.

"Evergreen trees do not pollinate this time of year," she said. "If you think there might be a problem, just hose it off in your back yard and let it dry before bringing it inside and enjoying throughout the holidays. You shouldn't have any problems."

GOLD STAR



Photo courtesy to the Dispatch

Senior 4-H members representing Garza County at the 2012 Gold Star Banquet recently in Lubbock included Audree Williams, Julie Boren and Pake Jones.

committee chairman and been active in the organization for a number of active in the organization for a number of years and completed community service activities.

The award dates back to

Awards also were presented to the 28 other area youth, including Paige Huckaby of Post, who was recognized as a Distinguished Leader for Garza County.

More than 300 area residents were in attendance at the event.

Wayne Hodgin

WELLS FARGO



"Who doesn't love a little holiday cheer?"

This holiday season when you're out and about, take a break at our Holiday Open House. There will be plenty of festive refreshments, and friends and neighbors who are happy you're there.

Join us for an Open House to celebrate the holidays on December 7, 2012 from 9:00 a.m. to 4:00 p.m.

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Together we'll go far

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From Page 1

that allows the department to

establish 75 mph speed limits on Texas highways providing speed studies show it can be done safely.

Prior to last year's legislation, Texas had 1,445 miles of 75 mph speed limits and 521 miles of 80 mph speed limits on certain state highways. These speed limits were previously restricted to specific rural counties and highways located mostly in West Texas. Texas now has more than 3,000 miles zoned at 75 mph or higher, and 575 miles posted at 80 mph.

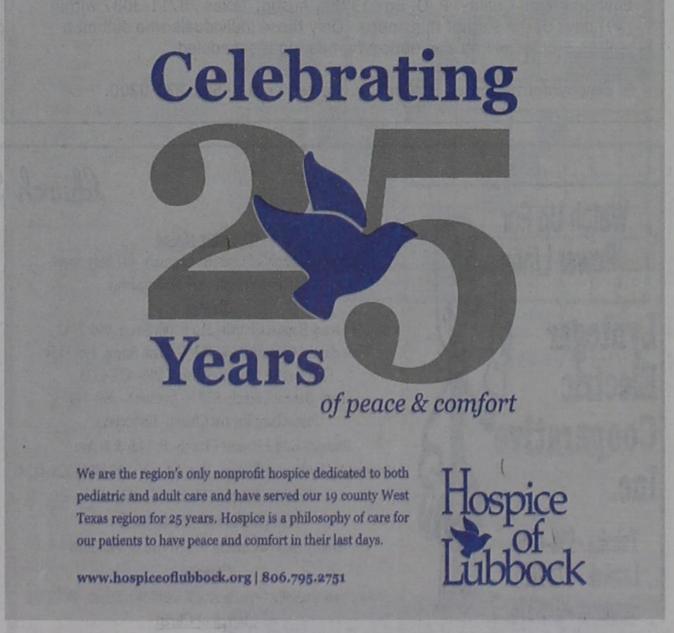
By the end of January, local TxDOT district officials had removed all 65-mph nighttime speed limit and all truck nighttime speed signs from all roadways throughout the Lubbock district. HB 1353 also eliminated the 65-mph nighttime speed limit and all truck speed limits on Texas roadways.

Additionally, state transportation official are installing "left lane for passing only" signs on all highways with a speed limit of 75 mph or higher.

State law requires TxDOT to post on highways and slower traffic is asked to stay in another lane. TxDOT maintenance section supervisors are currently in the process of ordering and placing these additional signs.



NUTCRACKER





Menus Week of Dec. 10-14

Post ISD

Breakfast

Monday: Pancake sausage on a stick, syrup, fruit, milk Tuesday: Cheese omelet, toast, fruit, milk Wednesday: Oatmeal, bacon, toast, fruit, milk Thursday: Cowboy bread, sausage link, fruit, milk Friday: Cereal, toast, fruit, juice, milk

Monday: Hamburger, lettuce, tomato, pickle garnish, potato tots, diced pears, milk Tuesday: Tangerine chicken, brown rice, baby carrots, steamed broccoli, snowball salad, milk Wednesday: Tex-Mex stack, Spanish rice, refried beans, garden salad, salsa, hot cinnamon apples, milk Thursday: Stuffed barbecue potato, baby carrots, crackers, fresh fruit bowl, milk Friday: Chicken parmesan, green beans, garden salad, apples slices, breadstick, milk

Southland ISD

Breakfast

Monday: French toast sticks, sausage, fruit, juice, milk Tuesday: Breakfast pizza, fruit, juice, milk Wednesday: Breakfast bar, yogurt, fruit, juice, milk Thursday: Muffins, yogurt, fruit, juice, milk Friday: Biscuits, sausage, gravy, fruit, juice, milk

Monday: Toasted ham and cheese sandwich, broccoli bites, garden salad, oranges, bakes chips, milk Tuesday: Crispy beef taco, charro beans, garden salad, salsa, cinnamon applesauce, milk Wednesday: Spaghetti with meatballs, garden salad, green beans, peaches, chocolate pudding, milk Thursday: Chicken nuggets, whipped potatoes, gravy, carrots, hot roll, strawberries and bananas, milk Friday: Turkey and cheese wrap, sweet potato tots, cucumber dippers, fruited gelatin

Trailblazers-Senior Citizens Center:

Monday: Beef and bean chili verde, rice veggie salad, crackers, cantaloupe, milk Tuesday: Chicken spaghetti, spinach, salad, garlic toast, milk, gingerbread w/peaches, milk Wednesday: Taco salad, refried beans, Spanish rice, apricots, milk Thursday: Chicken fried steak, scalloped potatoes, green beans, roll, fruit cocktail, milk Friday: roast beef, mash potatoes, carrots, Waldorf salad, roll, milk banana pudding

Application No. 37463-Q

NOTICE FOR PUBLICATION

NOTICE OF CESSATION OF OPERATIONS AND DISCONTINUANCE OF WATER UTILITY SERVICE AND CANCELLATION OF CERTIFICATE OF CONVENIENCE AND NECESSITY NO. 10620, IN GARZA COUNTY, TEXAS

Caprock Water Supply Corporation (WSC) has filed a petition with the Texas Commission on Environmental Quality to cease operations, discontinue providing water utility service and cancel Certificate of Convenience and Necessity No. 10620 in Garza County, Texas. The proposed effective date of the action is immediately. The anticipated effect of the cessation of operations on the rates and services provided to the customers is that service provided will cease and rates charged for that service will no longer be collected by this utility.

The water utility service area is located approximately 0 miles of Post, Texas, and is generally bounded by US Hwy 84 and State Hwy 207, and as specified in detail maps filed with the Texas Commission on Environmental Quality and available for review at the utility's office at: 105 E Main St, Post, Texas 79356

The application affects current and/or potential customers and service areas in the following zip code(s): 79356

The utility will sell the facilities to a qualified buyer willing to continue utility operations for: \$ N/A. The Owner: City of Post may be contacted at 105 E Main St, Post, TX 79356 or by telephoning (806) 495-2811.

If you wish to protest or comment on this petition, you should notify the utility and must file your protest in writing with the Utilities & Districts Section (Mail Code: 153), Water Supply Division, Texas Commission on Environmental Quality, P. O. Box 13087, Austin, Texas 78711-3087 within (30) days of the date of this notice. Only those individuals who submit a written protest will receive notice if a hearing is scheduled.

Si desea informacion en Espanol, puede llamar al 1–512-239-0200.

Nancy's Notions

Planning is key to a happy holiday with family

llow me for a moment to express again how much I truly enjoy my job. No day is ever the same.

Monday morning, within about 30 minutes of each other, I received two phone calls about food safety.

"Can I re-use cheese jars and lids?" or "Should Iuse outdated graham cracker pie

crusts?"

My

NANCY **MCDONALD**

to both questions was "no" to which they both replied, "I thought so but it was worth a call."

With all the holiday food preparation looming, I thought I probably should remind everyone of some food safety tips, so I started researching.

Nebraska's Extension Service has a really good site on food safety at food.uni. edu. It contains several links including planning, cooking, food safety, food gifts and even a kid's corner. Check it out when you get a chance.

As I was scrolling through the site, one section really caught my attention. It is called "Get Out of the Kitchen When Company's Coming, Plan Ahead." It

continues, "gathering around the table with family and friends can be a source of joy and feed both body and soul."

Wow!

Did you get a mental picture of "Little House on the Prairie" or "Duck Dynasty"?

Either way, we all need to take that advice. Slow down and enjoy our family and friends. Memories are made from that fellowship.

Here are some tips to put the focus back on the family and friends rather than frenzied (and possible unsafe) food preparation.

Begin by limiting the number of foods you serve to a few favorites so you have less to prepare. Try making fewer desserts. Do we really need a separate counter just for desserts? Remember, desserts spelled backward is stressed.

Next, unless food will be frozen, it's safest to start preparing most perishable foods no more than a day before the meal. For example, assemble a vegetable casserole a day in advance, refrigerate, and then bake the day of the meal. Cold dishes may require additional baking time.

Wash fruits and vegetables under cool running tap water then cut within a day of your meal for salads and relish trays. Store all cut fruits and

vegetables covered, such as in storage containers or onetime use plastic bags in the refrigerator.

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Remember to store freshcut produce above raw meat, poultry and fish and below cooked items.

And finally, as a general rule-of-thumb, purchase fresh raw meat, poultry or seafood no more than one or two days before your holiday meal. Freeze for longer storage.

These foods taste freshest if cooked the day of your meal. If your meat, poultry or seafood is frozen, plan time for safe thawing in your refrigerator. Allow approximately 24 hours for each 5 pounds of weight.

You can save time by setting your table the day before your holiday meal. Also, set out all food preparation and service utensils and let those kids help you.

Remember, there is a reason your friends and family are gathering together, and you should be part of that fun and fellowship too.

Take a little time to plan ahead and simplify. And take my new advice and "get out of the kitchen, company's here!"

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

Cryptogram Solution

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

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Tahoka - 998-4588 Lamesa - 872-2632 Sundown - 229-3741

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 Directory 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

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(Pastor: John Hedrick) - 611 FM #1313 806-549-1400 **Nazarene**

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Sports roundup

Forsan outscores Post boys varsity

POST — The visiting Forsan Buffalos bested Post, 56-46, on Tuesday at Antelope Arena.

Leading scorers for Post includes Tavis Soto with 19 points; Bryan Smith, Dalton Holly and Cambry Gilbert each added five points; and Nathanial Gill, Austin Garza and Campbell Kirkpatrick each added four points.

Boxscore	1	2	3	4	Fina
Post	9	9	17	11	46
Forsan	12	21	10	13	56

Lopes drop game to Shallowater team

SHALLOWATER — The Post varsity boys fell, 62-35, on the road to the Shallowater Mustangs on Nov. 29. Leading scores for the Lopes were Cambry Gilbert 9 and Dalton Holly

Boxscore	1	2	3	. 4	Final
Post	4	5	14	12	35
Shallowater	20	15	5	22	35

Lady Lopes sink at Shallowater tourney

SHALLOWATER — The Post Lady Lopes could produce only one win out of four games played this past weekend in the Shallowater Shootout, Nov. 29-Dec. 1.

Previous preseason opponent Abernathy proved no match for the Lady Lopes on neutral territory as Post emerged victorious Thursday afternoon after losing to state-ranked Shallowater earlier that morning.

The Post girls played hard through every game coming back Friday from a 22-point deficit against district rival Roosevelt but fell short.

The last defeat came Saturday morning against a tough Idalou team.

Boxscore	1	2	3	4	Final
Post	7	15	4	13	39
Shallowater	14	12	10	27	63
Junior Taylor	Osbor	n: 21 po	ints		
Boxscore	1	2	3	4	Final
Doct	12	1	0	20	47

Senior Haily Berry had a season-high 21 points, hitting four three-pointers. Sophomore Kelbie Oden contributed a solid 13 points.

Nov. 30 gam	162					
Boxscore	1	2	3	4	Final	
Post	-5	8	18	9	41	
Roosevelt	15	13	5	16	49	
Junior Taylo	or Usbori	n: 16 po	ints			
Dec. 1 game	29					
Dec. 1 game Boxscore	es 1	2	3	4	Final	
	es 1 5	2 7	3 9	4 8	Final 29	

Lady Lopes dominate Spur

POST — The Post Lady Lopes came out slow in the first quarter against the Spurettes at Antelope Arena Nov. 27, but kicked their game into high gear for the next three quarters soundly defeating Spur after the Thanksgiving holiday break. Freshman, Lauren Record had 13 points, Haily Berry and Taylor Osborn each contributed 10 for the Lady Lopes.

Boxscore	1	2	3	4	Final
Post .	8	15	14	11	48
Spur	6	6	8	4	24

Post JV girls fall to Spur team

POST — The Thanksgiving break proved too long for the Post subvarsity ladies as they shot only 25 percent from the free-throw line and less than 15 percent from the field as they lost to Spur on Nov. 27 at home.

Boxscore	1	2	3	4	Final
Post	2	2	5	2	11
Spur	15	12	5	.5	37

Post eighth-graders fall to Roosevelt

The Post eighth-grade A team lost, 39-30, to Roosevelt on Monday. A.J. Escobedo led scoring with 14 points.

Boxscore	1	2	3 '	4	Final
Post	7	4	8	10	30
Roosevelt	12	9	9	8	39



Photo special to the Dispatch

Junior Lady Lope Taylor Osborn adds two points to her 21-point game Nov. 29 against Abernathy at the Shallowater Shootout tournament last weekend. The Lopes would go on to win the game 47-41.

Post JH teams overcome Idalou

The Post eighth-grade A team beat an Idalou Wildcat team, 31-19, Nov. 26 at Antelope Arena. Leading scorer was A.J. Reed with 14 points. District record is 1-2.

The Post seventh-grade team also won, 34-14. Leading scoring for Post was Chance Courtney with 9 points. District record is 3-0.

Wayne Hodgin

All-Distirct football honors released

The Post Dispatch

The All-District football team for Class AA, Region 1, Division II, District 2 which includes Post, Abernathy, Floydada, Olton, Roosevelt and Tulia — was released Monday.

D.J. Brown was named the district's most valuable player.

First team offense honors went to lineman Mondo Martinez, receiver Dalton son, linebacker Alejo Ro-

Holly and running back driguez, outside lineback-Bryan Smith.

First team defense honors went to linemen Travis Greathouse and Nathanial Gill, linebacker Smith and defensive back Holly.

Second team offense was linemen Jason Walden and Gill, tight end Paden Babb, receiver Dylan Pearson and quarterback Pake Jones.

Honorable mentions were defensive back Pear-

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ers Babb and Caden Dean, kicker Aaron Lopez, punter Smith, receiver Troy Copeland, defensive back Austin Garza, offensive linemen Greathouse and Sergio

Soliz. Those named to the Academic-All District list included: Ricky Garza, Zeb Graves, Michael Holly, Campbell Kirkpatrick, Carson Kirkpatrick, Smith, Rodriguez and Jayson Walden.

Clay Miller

LOANS FOR

Real Estate

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1. Climb up and over again

8. More domineering 15. Attitudes of a culture of era

16. Throw 17. Break into pieces (2 wds)

18. Take back

19. Continental money

20. A pint, maybe

22. Asian capital 23. Western blue flag, e.g.

24. Complain

26. Bar order

27. A.T.M. need

28. Unoccupied

30. "It's no ___!" 31. Slogans

33. Having winglike extensions

35. Arabic for "commander"

36. Ancient greetings 37. Free

40. Spider, e.g.

44. ___ gestae

45. Mechanic's equipment box

47. "Aladdin" prince

48. "Hamlet" has five

50. Area of South Africa 51. Assayers' stuff

52. Sounds raucously

54. Howard of "Happy Days"

55. Gold braid 56. Indian dish with seasoned rice

and meat (var. spelling)

58. Arranged in rows

60. The alimentary canal

61. One who leads a Spartan

62. The milling on coin edges 63. Having lost the most freshness

1002 E. Main Post, TX 79356 1. Proof of purchase

2. An ancient country in westcentral Italy

3. Using something jointly or in

4. Coconut palms 5. Says "When?"

6. Basic unit of money in Ro-

7. Trellis on which ornamental

shrubs grow flat

8. News office

9. "___ moment"

10. Literally, "king" 11. Bubbly drinks

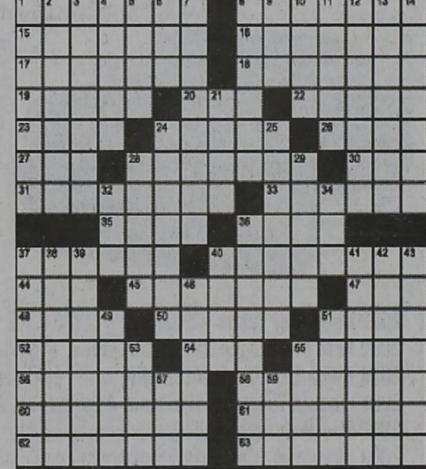
12. To settle a problem through

discussion (2 wds) 13. Champion

14. Having finished one's active working life

CROSSWORD PUZZLE

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21. Amount to make do with

24. A spoken blessing

25. Agonizing work

28. Calculus calculation

29. Bumper sticker word

32. Affranchise

34. ___ Wednesday 36. 25th U.S. state

hard-to-reach items 38. To lie back or down

39. Ancient fertility goddess

37. Long-handled device to grasp

40. A chorus line 41. Recount

42. Inflammation of the small intestines

43. Analyze

46. Move forward by rowing

49. Enclosed in a pigpen 51. Architectural projection

53. Delhi dress

55. Boat in "Jaws"

57. "Smoking or ___?" 59. "C'__ la vie!" .

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Legends

Remembering "a day of infamy"

his week is the 71st anniversary of the horrific tragedy that happened to our country at 7:55 a.m. Sunday Dec. 7, 1941. That date is em-

blazed in our minds for eternity. Frank Hill described



LINDA **PUCKETT**

what happened in the book "Grassroots Up-side." He writes that 150 Japanese planes and an unknown number of midget submarines made the attack on Pearl Harbor, Hawaii, where most of the U.S. Pacific fleet, 86 ships,

lay at anchor, destroy-ing most of the ships

and the nearby airfields with bombs and torpedoes. Loss of life

was heavy, about 2,300 men killed and 1,000 wounded. Many of the Navy and Air Force personnel were on weekend leave and knew nothing of the impending

Washington officials later revealed a possible Japanese attack somewhere was suspect, but they never dreamed it could be such as this. That attack on Pearl Harbor caused America to jump into action, declaring war on Japan the next day (Dec 8) and on Germany and Italy on Dec. 11. For a while, news from the Pacific The

ater was discouraging. Manila fell to the Japs on Jan. 2, 1942; the enemy took the West Indies and won a naval battle in the Java Sea. Bataan fell April 9, and Cor-regidor fell on May 6. But the U.S. Navy won the battle of the Coral Sea in early May, and the marines landed on Tulagi and Guadalcanal in August, a turning

point in the war against Japan.

The war in Europe was not being neglected in 1942. Mobilization was stepped up, and the president later in the year, revealed 4 million men were in the

Armed Services of the United States.
So many lives were lost in WW-II, but then again, that's true of any war. Intelligence was rather primitive in those days, but is now supposed to be down to a sci-ence, which may be beneficial when dealing with world powers, but unfortunately it doesn't seem to be of much value when dealing with thugs, aka Taliban.

It seems to me that our government is too worried about being politically correct; never insult our enemy stuff, when they should be taking action to protect our embassies and bases around the world as well as those right here at home.

Do you think the anointed-one reads

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this newspaper? Probably not. This week let's remember all of those who were lost in all wars and the wound-ed warriors who returned. We pray for the safety of our troops stationed all over the world and honor them for their ser-

See you next week.

Linda Puckett is director of the Garza County Museum and Historical Commission



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2005 Lincoln Towncar, Signature 4 Series, V8, Auto, White/Tan Leather, 68K #50604	\$12,950
2007 Dodge Durango SLT 4x4, gray/gray leather, all power, V6 Auto, 78K, #50695	\$15,000
2007 Chevrolet 1500 Ext Cab 4x4, white/tan cloth, 5.3 V8 Auto, pwr windows & locks, cruise, crossover toolbox, grille guard, 128k,	#50825 \$10,250
2007 Chevrolet 1500 Crew Cab 2WD, White/Black cloth, 5.3 V8, 107K, LT1, New body style, #50806	
2007 Chrysler Pacifica SUV, silver/gray cloth, V6 Auto, 6 passenger, aluminum wheels, touring edition, 86k, #50782	Reduced \$9,995
2007 Toyota 4 Runner Sport 2WD, maroon/gray cloth, V8, sunroof, 68K, #50525	\$17,100
2008 Buick Enclave CX AWD, gold/tan leather, power seats, V6, aluminum wheels, 66k, #50843	\$19,500
2008 Chevrolet 1500 Ext Cab 4x4, white/black cloth, 4.8 V8, grille guard, tow pkg, 97k, #50678	\$13,950
2008 Chevrolet Colorado Crew Cah 2WD, red/ebony cloth, 1LT, 71K #50606	
2009 Chevrolet 1500 Ext Cab 4x4 , white/black cloth, 4.8 V8, grille guard, 106k, #50679	\$17,750
2010 Chevrolet Equinox LT, white/charcoal cloth, 4 cyl, XM, power windws & locks, 40k, #50839	\$19,500
2010 Chevrolet 1500 Crew Cab 2WD, white/tan cloth, 5.3 V8 auto, bucket seats, 23K, #50836	
2010 Chevrolet 1500 Crew Cab 2WD, black/black leather, LTZ, sunroof, V8, heated seats, 14K, #50841	\$29,900
2010 Chevrolet Avalanche 2WD , black/black leather, bucket seats, Texas Edition, heated seats, 82K, #50840	\$21,500
2010 Chevrolet 1500 Crew Cab 2WD, silver/ebony cloth, 5.3 V8 auto, pwr seat, steering wheel controls, 27k, #50819	\$24,900
2010 Chevrolet Malibu LS 4DR, silver/gray cloth, 4 cyl, auto, pwr windows/locks, cruise, power seat, 21k, #50762	\$15,500
2010 Chevrolet Equinox LTZ, maroon/brown leather, dual dvd, tow pkg, 19K, #50634	\$28,000
2010 Chevrolet Traverse, silver/gray cloth, Bluetooth, rear view camera system, 71K, #50545	Reduced \$19,250
2010 (2) Chevrolet Impalas LT, V6, 26,000 miles, goldmist/charcoal cloth	\$18,075
2011 GMC Sierra Denali Crew Cab AWD, diamond white/tan leather, 6.2L V8 Auto, Bose stereo, 16k, Like New, #50827	\$40,500
2012 Chevrolet Suburban 2WD, white/tan leather, 2nd row bench, steering wheel controls, Bose stereo, 22k, #30087	\$34,500
2012 Chevrolet 3500HD Crew Cab, dually 4x4, diesel, white/charcoal, work truck pkg, pwr windows & locks, tow pkg, 14k, #50852.	
2012 Chevrolet Traverse, gray metallic/gray cloth, V6 Auto, pwr windows & locks, 14k, #30083	\$24.500
2012 Chevrolet Malibu LT, Sedan, White/Black Cloth, 4 Cyl, Auto, 15K, #30072.	\$18,750
ZUIZ UNGVIDICE Manua Et, Ocudii, Willio/Diack Clotti, 4 Cyr, Auto, 1011, #30072	

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The Idel American

Welcome to McDonald's – now get out

To loitering."The message seems abrasive; we recoil. "Loitering"—like "spoil, roil and embroil" - wallows in negativity. So does "soil" when used as a verb.

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It would seem as difficult to



NEWBURY

enforce as those "NO STOP-PING OR STAND-ING" signs on city streets. Come on, now. Have

you ever seen or heard of a citation for either one?

Sorta like the puzzling post office door sign: "No Dogs Allowed - Except Seeing-eye Dogs." (Dogs - and sightless people - can't read.)

And the sign at school: "In case of nuclear attack, the ban on prayer in public schools will be temporarily suspended."

The unraveling world we live in provides fertile ground for "thou shalt not" signs to spring up — even at McDonald's.

Despite Ronald McDonald's best efforts, ad campaigns that boast of happiness, splashy ad art throughout stores and despite smiling, warm "welcometo-McDonald's" greetings, some stores post stern warnings to deter "loiterers."

On balance, I'm a morethan-satisfied McDonald's patron. "Mickey D's" coffee is predictably good and generously "senior-priced." Their softserve ice cream is a hit, their restrooms are consistently clean, and they offer free Wi-Fi. Still, the sternly worded warning on the entrance door in downtown Houston seems so "unMcDonald like."

It emphasizes "managerenforced" loitering policies. "Loiterers" choosing to go inside face "30-minute time limits, while consuming food."The sign is less than one-foot square and is dwarfed by colorful window ads pushing iced vanilla coffee, peppermint mocha and "real pork — really awesome." But it's at eye level.

Unshaven that morning, I wondered if I might be "labeled," and I kept a wary eye out for stopwatches. I could have easily been thought a "loiterer." Lots of others — perhaps between buses on their way to day work - hurried in and out. I'd say most of them had jobs with no time for coffee breaks, much less "loitering." An older woman at the next table took a foil-wrapped burrito from her tattered purse, chasing it down with McDonald's "senior coffee." Was she a "loiterer?"

Internet postings hint the sign is aimed at gangs of purposeless teens, roaming aimlessly. (One teen was said to have left his socks on a table.)

In some stores, piped-in classical and operatic music seems to keep the traffic flowing, the result, management maintains, of a subconscious "get-outtahere" response to highbrow musical programming.

Across the pond, they've installed outdoor high-pitched sound devices designed to combat mosquitoes. They say the sounds also are displeasing to most humans under 25 (those whose hearing hasn't been muffled by too much loud music).

Before too long, the warning in Houston may seem tame.

I've thought a good deal about the sign for several days, happy I don't have to enforce it.

The engraved "welcome" on the Statue of Liberty may say more of the way we were

than the way we are — "Give me your tired, your sick, your

huddled masses." Maybe some

should be mentioned, too. Recalled is the sign entering New York City: "If you can make it there, go back."

warnings and disclaimers

By definition, "loiterers" are folks who "linger aimlessly." Maybe they one day aimed for higher marks, but somehow missed. Many down-on-theirluck victims of assorted misfortunes have long forgotten what it means to aim high - or even to take aim. They may be preoccupied with worry about finding their next meal and/or lamenting missed ones.

McDonald's has a \$2-plus billion ad budget annually to project a shiny image.

Probably not even .0000001 percent is spent on signs warning "loiterers." Me, I'm mostly sad about a "coarsening culture" that makes discussion of such topics germane.

As cold winds swirl in downtown Houston this holiday season, I hope some slack will be cut for the poor who, for whatever reasons, "linger aimlessly."

Few of them, I believe, set out to join the flock Jesus Christ himself described as the poor we'll have with us always.

May he provide — in this blessed Christmas season and beyond — a spirit in us that urges a "reaching out and reaching down" to assist the less fortunate. Christ also said, "Inasmuch as you have done it unto one of the least of these, my brethren, you have done it unto me."

May we know peace on earth, good will toward men.

Don Newbury, former chancellor of Howard Payne University, is a humorist and motivational speaker. Email him at newbury@speakerdoc.com.

The Doctor is In

Take charge of your own bones

ast week we discussed some of the root causes of osteoporosis, which were primarily a diet that creates an acidic blood pH.

This week, we will discuss some of the treatment options. Of course, I was and most physicians still do recommend the bisphosphantes

(Boniva and Fosamax are two popular ones).

My mom takes Boniva and I've advised her to employ some other treatment techniques so she won't have to need Boniva. When you treat the root cause, your body will heal itself and not need manmade pharmaceuticals to treat the symptoms.

BEN Boniva works by turning **EDWARDS** off your bone remodeling cells, called osteoclasts. The bone is a living tissue, con-

stantly changing. Think of it as a remodel project on your house that just never stops.

Osteoclasts are cells that constantly tear down and haul off the old, damaged, brittle bone, and osteoblasts bringing in and stack up the brand new strong bone.

Boniva halts half of the remodel job. It tells the cells hauling out the old, brittle bones to stop just leave that old bone in place. The end result is a denser-appearing bone on the bone-density scan, but the architectural layout of the bone is actually weaker than normally remodeled bone.

That is why more and more studies are now coming out that show an increased risk of femur fractures after five years of taking these bisphosaphantes. The bone appears denser on the scan, but it is structurally weaker.

Some doctors are actually starting to recommend getting off Fosamax and Boniva after you've been on them for five years or more.

Of course, I rarely if ever tell a patient to just stop taking their prescription medicine. First, address the root causes and reverse the condition you are treating, then it will be safe and necessary to stop the medicine. You simply won't need it any longer because you no longer have the "disease" (or consequence).

Unfortunately, prescription medicine and doctor-related procedures are the third-leading cause of death in America after cardiovascular disease and cancer.

To quote Dr. Fitt, "You can't medicate yourself out of a disease you behave yourself into."

Medications for afflictions such as high blood pressure, high sugar, high cholesterol, reflux, thin bones and even cancer only treat the end product of the poor choices we make in diet and lifestyles.

A healthy alternative to Boniva and Fosamax is proper mineral intake, proper diet, routine exercise and consider bioidentical hormone replacement. All of these will encourage a normal, youthful bone remodel job with the osteoclast taking out the old, fragile bone and the osteoblast bringing in healthy new bone.

It all starts with a healthy diet rich in veggies, fruit, nuts, beans and healthy meats that keep your blood slightly basic instead of acidic. This will keep the calcium in the bone (see last week's

Also, supplement with the key minerals your body needs for healthy bone, especially strontium, vitamin D-3, and vitamin K2. Many folks know about taking calcium and vitamin D, but vitamin K2 must be present to send the signal to the body to put the calcium into the bone.

If there isn't enough K2 available, then the calcium can be deposited in other places in the body that can be harmful, like the carotid and coronary arteries.

Exercise is very important for strong bones, too. Muscles are anchored to bones via tendons. When a muscle contracts it pulls on the tendon, which in turn pulls on the bone. This pressure on the bone stimulates it to grow stronger and thicker.

Studies show that regular exercise in postmenopausal women can increase bone density by 3 percent a year as opposed to 2 percent a year loss for women who don't exercise.

I strongly recommend you educate yourself and take charge of your own bones better by reading the book "Your Bones" by Lara Pizzorno.

> Dr. Benjamin Edwards is a Garza County physician specializing in holistic medicine and nutrition.

Prices Good Thru 12/29/12

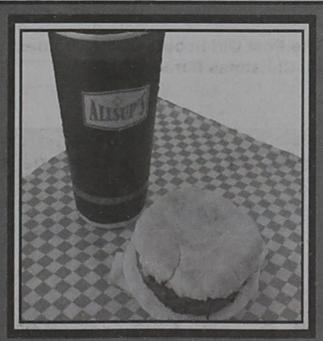


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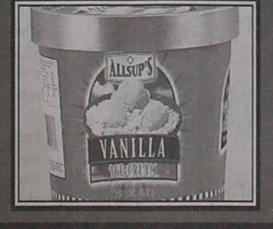


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2012 annual Lighted Christmas Parade



Poko Lambro business members walked the entire parade route Saturday in 1954 Belair Chevrolet.



Photos by Janice Plummer/For the Dispatch Bo Jackson finished Saturday's parade with a Best of the Rest honor for his



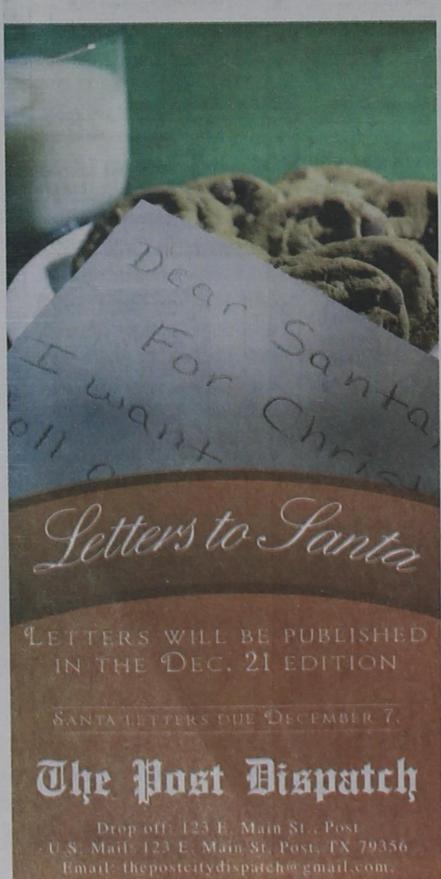
Santa arrived in Post in style on top of a shiny Post Volunteer Fire Department truck during Saturday's parade.



Cody Bullard of Bullard Family Farms takes his daughter Kendall, 8 for a spin town Post on Saturday. The Bullards finished in the top 3 at the parade with ed Christmas Parade. their seven-tractor entry.



on an antique tractor during the annual Lighted Christmas Parade in down- The Post Girl Scouts troop won Best of Show during Saturday's annual Light-





Girl Scouts take parade honors

The Post Dispatch

The Post Girl Scouts were the talk of the annual Lighted Christmas Parade in downtown Post last Saturday. The troop took home the Best of Show Award and a \$300 prize.

The event is sponsored each year by the Post Area Chamber of Commerce.

Bullard Farms, the Post Lions Club and the Martinez Family rounded out the top three, each receiving a \$150 price.

Other winners included Bo Jackson, Brynne's Smiles, Poko Lambro, Boots & Bows, Monk's Favorite, Josey Farms and Tyler

Family Farms. Chamber director Janice Plummer said a total of about \$1,100 is prize money was awarded, thanks to local sponsors, including Xcel Energy, Wells Fargo, Citizens Bank, United Supermarkets, O.S. Museum, Brady's Package Store, Sonic Drive-In, Twins Fashions and Hudman Furniture.

Wayne Hodgin

Post Classifieds

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Renae Smith, RN/DHCS 806-675-1516

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GARAGE SALES

Big Garage Sale! Saturday, Dec. 8, from 9am to 4pm. 810 W 14th St. 1207p





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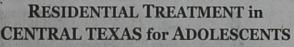
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TexSCAN Week of December 2, 2012

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Post Dispatch Weather Summary

Post's Seven Day Forecast



Friday













Mostly Sunny 73 / 38

Saturday Mostly Sunny 73 / 39

Mostly Sunny 71/31

Sunday Monday Partly Cloudy 48 / 29

Tuesday Sunny 52/31

Wednesday Mostly Sunny 54/32

Thursday Mostly Sunny 58 / 34

Local UV Index



0-2: Low, 3-5: Moderate,

6-7: High, 8-10: Very High, 11+: Extreme Exposure

Weather Trivia

What is the longest a rainbow has ever lasted?

lasted for 3 hours over North Wales. Answer: August 14, 1979, a rainbow

Weather History

Dec. 7, 1935 - Severe flooding hit parts of the Houston area. Eight people were killed as 100 city blocks were inundated. Satsuma reported 16.49 inches of rain. The Buffalo and White Oak Bayous crested on Dec. 9.

Dec. 8, 1988 - Santa Ana winds buffeted Southern California, with gusts to 92 mph reported at Laguna Peak. The high winds unroofed buildings and downed trees and power lines, igniting five major fires and numerous smaller ones.

Detailed Local Forecast

Today we will see mostly sunny skies with a high temperature of 73°, humidity of 24%. Light winds. The record high temperature for today is 80° set in 1966. Expect partly cloudy skies tonight with an overnight low of 38°. East wind 10 mph. The record low for tonight is 10° set in 1972. Saturday, skies will be mostly sunny with a high temperature of 73°, humidity of 29%. West southwest wind 10 mph. Skies will be partly cloudy Saturday night with an overnight low of 39°. Southwest wind 10 to 15 mph.

Peak Fishing/Hunting Times This Week

		Peak Times			
1	Day	AM	PM		
9	Fri	5:24-7:24	5:54-7:54		
	Sat	6:13-8:13	6:43-8:43		
	Sun	7:06-9:06	7:36-9:36		
7	Mon	8:02-10:02	8:32-10:32		

Sunrise

	Day	AW	OVI
4	Tue	9:02-11:02	9:32-11:32
3	Wed	10:05-12:05	10:35-12:35
6	Thu	11:10-1:10	11:40-1:40
32	www	v.WhatsOur\	Weather.com
CL.	W	1.	

Moonset

Peak Times

Full 12/28

Sun/Moon Chart This Week

Sunset

New		Fri	7:36 a.m.	5:39 p.m.	1:14 a.m.	1:21 p.m.	
2/13		Sat	7:37 a.m.	5:39 p.m.	2:16 a.m.	1:58 p.m.	
		Sun	7:37 a.m.	5:39 p.m.	3:21 a.m.	2:39 p.m.	
	-	Mon	7:38 a.m.	5:39 p.m.	4:29 a.m.	3:25 p.m.	
First	(a)	Tue	7:39 a.m.	5:39 p.m.	5:39 a.m.	4:18 p.m.	
2/20	50	Wed	7:39 a.m.	5:40 p.m.	6:47 a.m.	5:18 p.m.	
	0	Thu	7:40 a.m.	5:40 p.m.	7:52 a.m.	6:24 p.m.	
					The state of the s		

ed hu	7:39 a.m. 7:40 a.m.	5:40 p.m. 5:40 p.m.	6:47 a.m. 7:52 a.m.	5:18 p.m. 6:24 p.m.	3	1
ist'	Week's Al	manac & C	Frowing De	egree Days		
ow	Normals	Precip	Farmer's Growing Degree Days			

Moonrise

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days				
11/27	57	22	57/30	0.00"	Date Degree Days		Date Degree Days		
11/28	73	30	57/30	0.00"	11/27	0	12/1	8	
11/29	78	39	57/30	0.00"	11/28	2	12/2	8	
11/30	81	45	56/30	0.00"	11/29	8	12/3	12	
12/1	79	36	56/29	0.00"	11/30	13			
12/2	78	37	56/29	0.00"	Growing degree days are calculated by taking the average temperature				
12/3	79	46	56/29	0.00"	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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Dixie Divas Be Sweet

Then I was growing up - probably well into my college years - Mama's last words as I walked out the door were always the same.

"Be sweet." Not even when I started driving and she should have said "be careful" did she deviate. Somewhere along the way, though, she gave that up. Perhaps because she decided I would never be sweet, or perhaps she thought I had finally

learned

enough.

But, truth-

think it was

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because

she finally

switched to



"love you" RONDA as I left. It was RICH embarrass-

ing when my date and I stuck our heads in the den door to say good-bye before we left for the evening and Mama, normally hemming a garment, would chime happily, "Y'all be sweet. Y'all hear me?"

I'd roll my eyes and sigh heavily - that age-old teenage favorite - and moan, "Yes, Mama."

My boyfriend, always wellmannered, would cheerfully reply, "Yes, ma'am. You can count bing at the unkindness. The on me, and I'll make sure she is, too."

Not long ago I made a perfectly witty, private one-line observation about someone and entertained myself so deliciously that I threw back my head and laughed. My sister, tempted to snicker, bit the edge of her lip, tossed me an amused look and said, "Now, be sweet."

To be honest, I never thought much about it until recent years as the talk of bullying and mean kids has become so prominent. Are there really that many mean kids out there now? Kids who taunt and criticize? If they are, it's because they aren't taught better at home.

I was reading a book about the actress Farrah Fawcett by her longtime love, Ryan O'Neal. In the book, he had included a handwritten note from the well-mannered, Texas-born Miss Fawcett to their son, Redmond. He was a young boy at the time so she was reminding him to do his spelling homework and

a couple of other things about school. She ended the note with, "Be good and be kind."

Kindness. Sweetness.

Though harder to find these days, those teachings begin at home, along with manners. In our family, teaching kindness to the children is as important as saying "Yes, ma'am" or "No, sir."

When I was a child, no more than 7 or 8, Mama got a call from my teacher who explained I had been going without lunch for a few weeks, choosing, instead, to buy lunch for a poor, half-starved classmate (in the days before free lunches). The next morning and all the days that followed until the girl moved away, Daddy gave me enough for two lunches. I wasn't complimented. I had simply done what was taught and therefore expected.

My nephew Rod was 4 and spoke in that endearing way of children who mix up consonants. In his preschool class was a pretty, blonde girl who was severely challenged, physically and mentally. She walked with great difficulty, couldn't communicate and drool poured in a steady stream from the corner of her mouth.

One day at recess, several children mocked her, saying, "No! You can't play with us."

She crumbled in tears, sobteacher watched as Rod, gentle and sweet always (as is the man he grew to be), walked over to her, put his little arm around her shoulders and said comfortingly, "Don't twry Ashwey. Me will play with you."

A mother approached my niece Nicole one day at carpool and said, "Let me tell you about your son." Nicole froze a bit, not knowing what was coming. The mother, who began to cry, explained her son is autistic and faced daily taunting and jeering by classmates. Every day, he came home sobbing, heartbroken. One day he stopped crying suddenly and smiled brightly. "But I do have one friend. Nix. He's my angel sent from God. He always takes up for me."

Be sweet. What a powerful parental teaching.

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



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