

Springer will make post-session stop in Post

MUENSTER — State Rep. Drew Springer will embark on one of many post-legislative town hall forum tours Sept. 11 with stops planned in Roby, Post and Crosbyton.

At the forums, Springer will discuss the 83rd session and the three subsequent special sessions this summer and also will be residents an opportunity to ask questions regarding the Legislature and learn about what Springer accomplished in his first term.

"As a candidate, I promised the people of House District 68 that as their state representative I would keep them involved in the process," Springer

said. "In my first term, I have done my best to keep that promise through open communication and regular updates both online and in person. I look forward to continue hosting town halls for the people of the district to hear about the legislative process and voice their comments and concerns."

Springer will kick off the tour at 11 a.m. at the Fisher County Courthouse and is expected to be in Post from 1 to 2 p.m. at the Centennial Bank Community Room, 210 N. Broadway. He'll finish the day in Crosbyton at the public library.

For information about Springer or the forums,



REP. DREW SPRINGER contact Jennifer Vogel at jennifer.vogel@house.state.tx.us or by phone 940-665-8400.

The Post Dispatch

Nancy's Notions Cooking up a cottage food business

Recent changes to the Texas Cottage Food Law mean that more foods can be prepared and sold from a residential kitchen.

The previous law limited the foods that could be sold to mainly baked goods, jams and jellies and dried herbs. Under the amended law, which took effect Sept. 1, the list of foods that can be sold has been expanded to include pickles, popcorn snacks, candy, unroasted nut butters and vinegar.

In addition, these foods can be sold at venues outside the home, including farmers markets, roadside stands and fairs.

All foods sold must be properly labeled and include the name and address of the operation, the name of the product, possible allergens that are in the food, and a statement saying the food was not prepared in a kitchen that is inspected by the Department of State Health Services or a local health department.

The amended law also requires that anyone who operates a cottage food business have a food handler card by Jan.

1. You can complete your food handler application online at foodsafetyonline.tamu.edu.

With the growing interest in food preservation and selling foods at farmers markets, roadside stands and fairs, nutrition specialists from Texas A&M University have developed a presentation that may be of interest to potential entrepreneurs or fundraising volunteers, including schools and churches.

The Cottage Food Law workshop will be offered from 6:30 to 7:30 p.m. Sept. 24 at the Garza County Extension Office. The program includes the income limits for cottage food production, foods allowed and not allowed under the new law, and potential marketing locations. Packaging and labeling guidelines and examples will ensure the law is being interpreted correctly.

Cost to attend the seminar, which is limited to the first 15 registrants, is \$10 and includes complete handouts.

For information about the Cottage Food Law, the food handler card or to RSVP for the Cottage Food Law workshop, call the Garza County Extension Office at 806-495-4400.

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



NANCY MCDONALD

Menus

Menus: Sept. 9-13

Post ISD Post ISD Menu

Breakfast

Monday: French toast sticks, fruit juice or fresh fruit, milk

Tuesday: Scrambled eggs with biscuits and gravy, fruit juice or fresh fruit, milk

Wednesday: Breakfast club, fruit juice or fresh fruit, milk

Thursday: Chicken and waffles, fruit juice or fresh fruit, milk

Friday: Breakfast burrito, fresh fruit or fruit juice, milk

Lunch

Monday: Cheeseburger and garnish, potato rounds, Western beans, diced pears, milk

Tuesday: Tangerine chicken with brown rice, baby carrots, steamed broccoli, pineapple tidbits, milk

Wednesday: Tex-Mex stack, Spanish rice, refried beans, garden salad, salsa, hot cinnamon apples, milk

Thursday: Stuffed barbecue potato, Texas toast, baby carrots, fresh fruit bowl, milk

Friday: Chicken Parmesan, breadstick, garden salad, green beans, fresh apple slices, milk

Southland ISD

Breakfast

Monday: Pancakes, sausage, fruit, milk

Tuesday: Chicken biscuit, fruit, juice, milk

Wednesday: Cinnamon roll, yogurt, fruit, juice, milk

Thursday: Muffins, fruit, juice, milk

Friday: Biscuits, sausage, gravy, fruit, juice, milk

Lunch

Monday: Toasted ham and cheese sandwich, broccoli bites, garden salad, oranges, baked chips, milk

Tuesday: Crispy beef taco, charro beans, garden salad, salsa, cinnamon applesauce, milk

Wednesday: Chicken nuggets, whipped potatoes with gravy, carrot coins, strawberries and bananas, hot roll, milk

Thursday: Spaghetti with meatballs, garden salad, savory green beans, sliced peaches, milk

Friday: Hot dogs, tater tots, cucumber dippers, fresh fruit, milk

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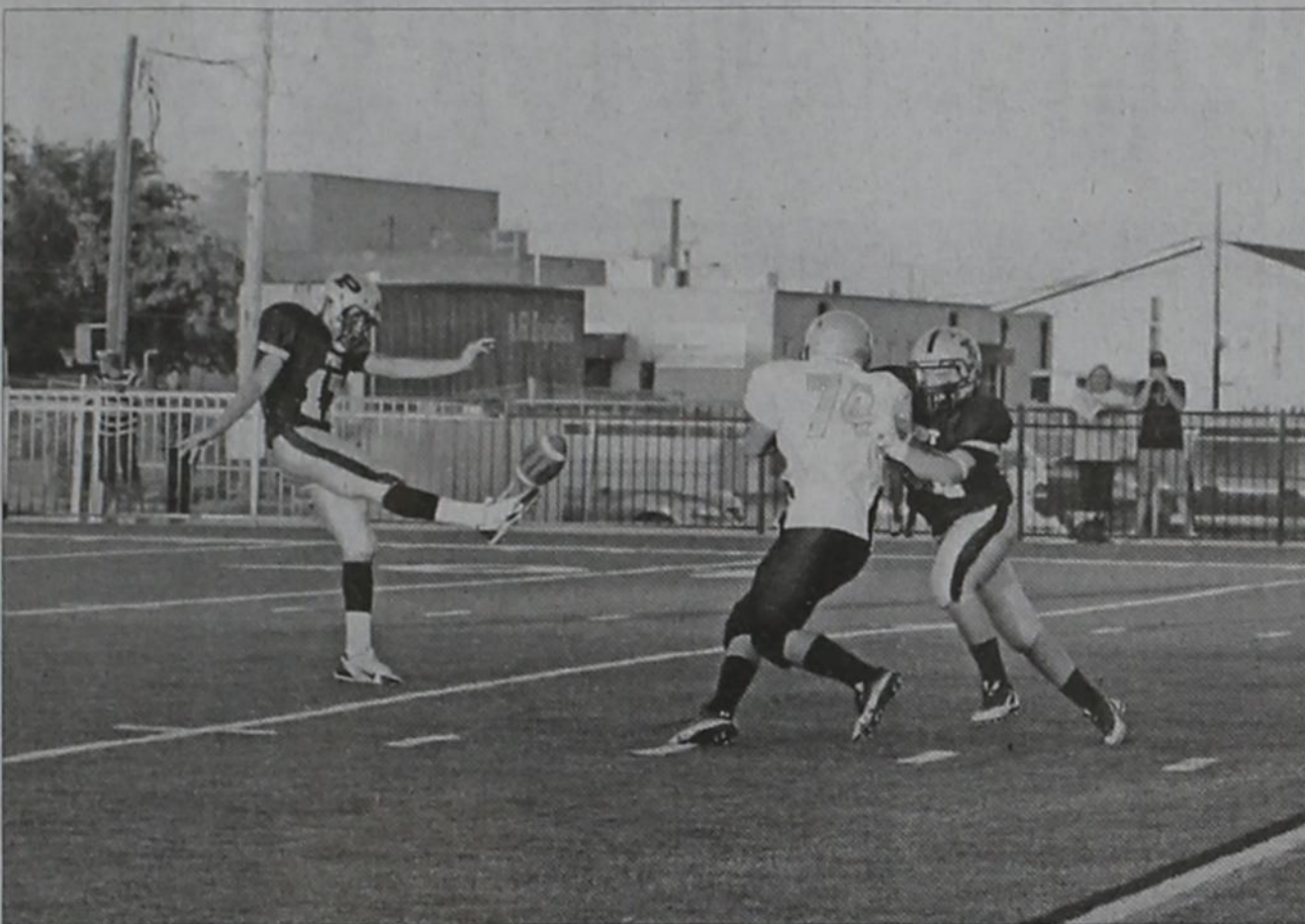
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Bold Gold Football



After a successful scoring drive, the Antelopes celebrate on the sidelines. The Morton Indians didn't have an answer for a powerful Post offense.



A blocked punt was thwarted by the Antelopes in gridiron action on Friday night.

Post JV Football Lopes handle Levelland in first game

The Post JV Antelopes (1-0) won their season opener by defeating the Levelland Lobos, 50-22, on Thursday night at Jimmie Redman Stadium. The Lopes scored early and often.

The Lope defense stopped the Lobos on downs on the first possession. On second down A.J. Escebedo raced 60 yard to the endzone with A.J. Reeds two point conversion run the Lopes lead 8-0. On their next possession Escebedo hit Shandon Wiley on a 65-yard bomb. On the PAT

Jarred Curtis passed to Christian Pearson giving Post a 16-0 after the first quarter.

The second quarter belonged to Jarred Curtis. Curtis' 65-yard punt return set up Escebedo second touchdown of the game, and Curtis would add the two-point play.

The Bold Gold stopped Levelland, and Curtis took the punt 80 yards for the score. The kick failed and the Lopes extended the lead to 30-0. Levelland would add a late touchdown to make the score 30-6 at half.

The Lopes would continue scoring on long runs in the second half. Blaine Reece would score on a 65-yard run, and Reed would score on an 80-yard run. Reece would finish the scoring on a 20-yard run. Osmar Portillo would kick two extra points for the Lopes.

Wiley would pick off a pass for Post.

The Lopes were expected to play last night against a visiting Lamesa team.

Jerry Pyles

Copper Breaks News StarWalk slated Saturday at state park

QUANAH — The popular StarWalk is set for Saturday at Copper Breaks State Park. The nationally acclaimed public astronomy program continues its 18th year with the presentation "Luna-tics."

Program coordinator John Rudd will lead participants in a naked-eye exploration of the night sky beginning at sunset, around 8:45 p.m., in Big Pond Campground.

In addition to the after-dark programs, Sky Guide volunteers will again offer Sun Fun at 4:45 p.m. Sun Fun offers the public rare views of our own star, the Sun, through telescopes fitted with filters for safe viewing.

Nighttime observing begins after sunset. Rudd will begin the program using items for the NASA Night Sky Network, followed by a tour of the darkening sky—the original StarWalk. Blending science with history, legends, and lore, Rudd will take the public on a trip through major constellations, spotlighting bright stars, and introducing the "star-hopping" technique to find other interesting

objects.

After the StarWalk, the public is invited to view these various dark-sky objects through the park's binoculars and telescopes with the help of knowledgeable Sky Guide volunteers, who come from throughout Texas and Oklahoma to assist with the StarWalk.

The 2013 slate of StarWalks will end with the Saturday presentation set for Oct. 26, weather permitting.

Upon entering the park, StarWalk signs will direct visitors to Big Pond Campground and parking. The quarter-mile walk into the observing area is on lighted asphalt, and extra assistance for the handicapped is available from park personnel.

StarWalk and Sun Fun are continuing Campsite Programs offered by Copper Breaks State Park. For information on park facilities or other programs, call 940-839-4331 during business hours.

The Knox County News-Courier

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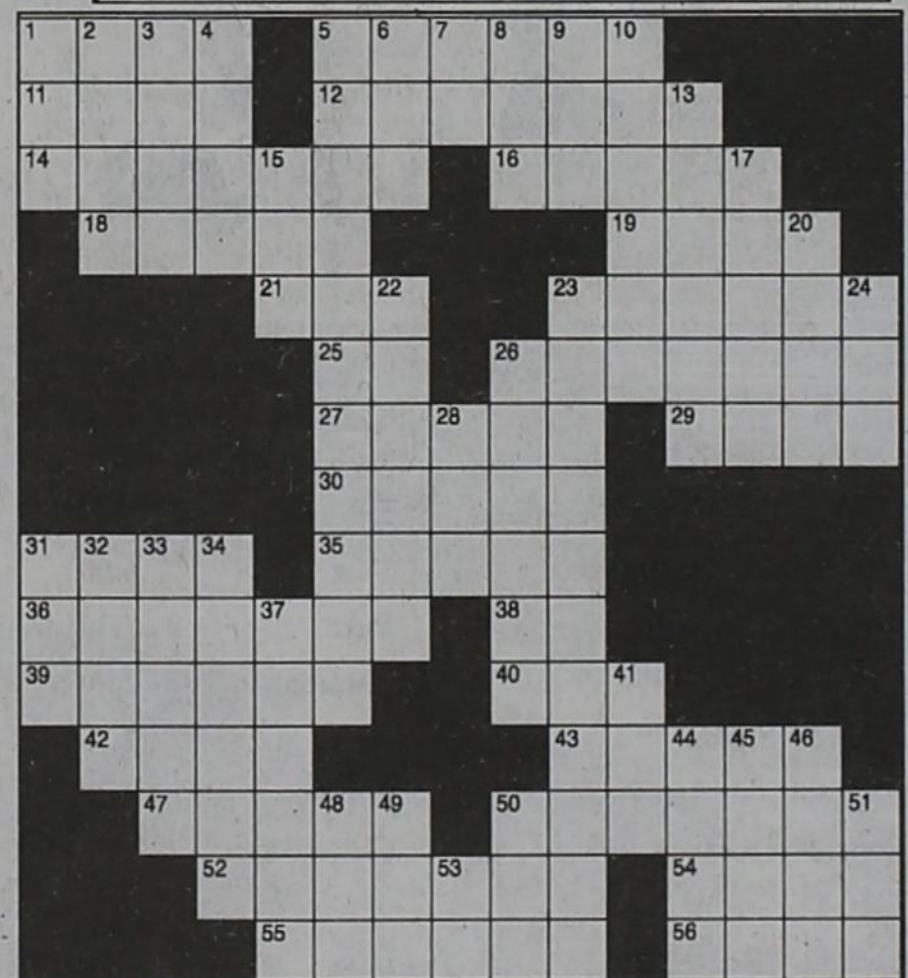
Puzzle of the Week

CLUES ACROSS

- Peer of the highest rank
- So. Am. camel relations
- In a short time
- Modernized
- Picket fences
- Nacred gem
- _____nified: foolish
- Ancient kingdom near Dead Sea
- Political action committee
- Roam aimlessly
- Peach state (abbr.)
- Walls covered with wood
- Pismire
- Lowest feudal class
- End
- Mama Mia group
- Change or modify
- Mountain lions
- Atomic #22
- Sharp verbal reply
- Autonomic nervous system
- Fiddled while Rome burned
- Computer oddballs
- Latin ballroom dance
- Gum arabics
- Tissue cancer
- One of the suits
- A native of the island of Samoa
- Young woman (French)

CROSSWORD PUZZLE

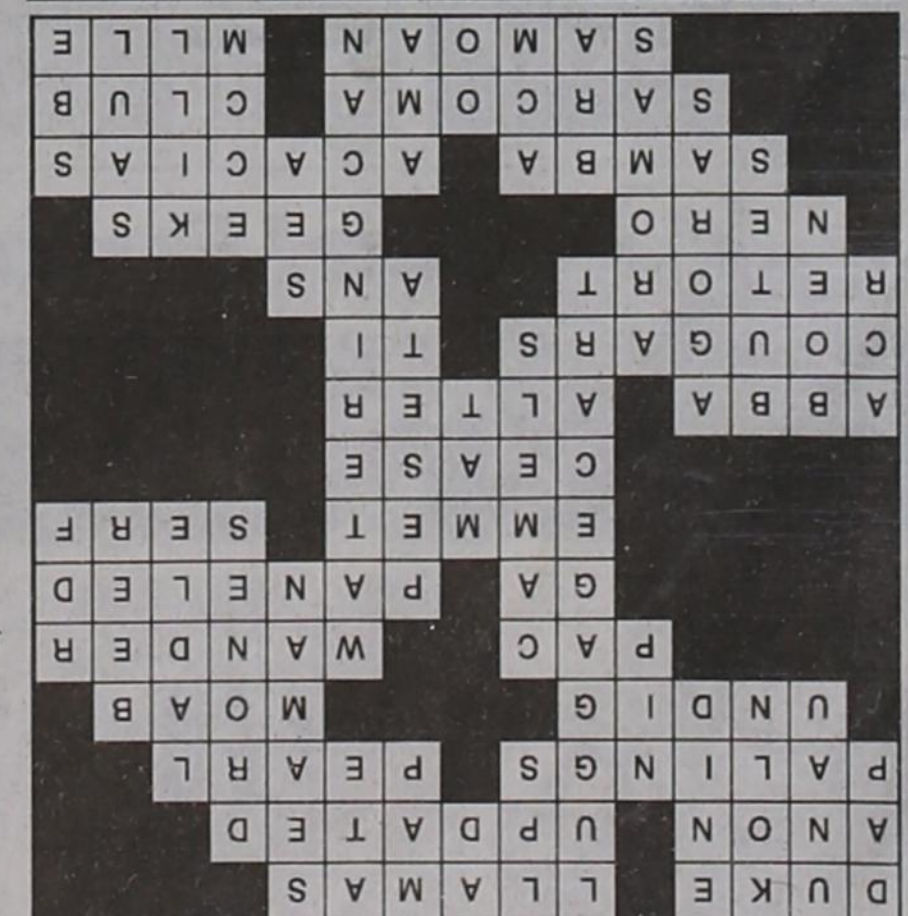
POST DISPATCH



CLUES DOWN

- Dip lightly into water
- Two-toed sloth
- Cologne
- _____ Blyton, children's author
- Airport conveyance
- Lasting records
- A public promotion
- A diagrammatic representation
- Dined
- Mariner
- Male bees
- Lightly bite
- Punch or soup server
- Brewed beverage
- Even-toed ungulates
- Spouted garden container
- Radio direction finder (abbr.)

PUZZLE SOLUTION



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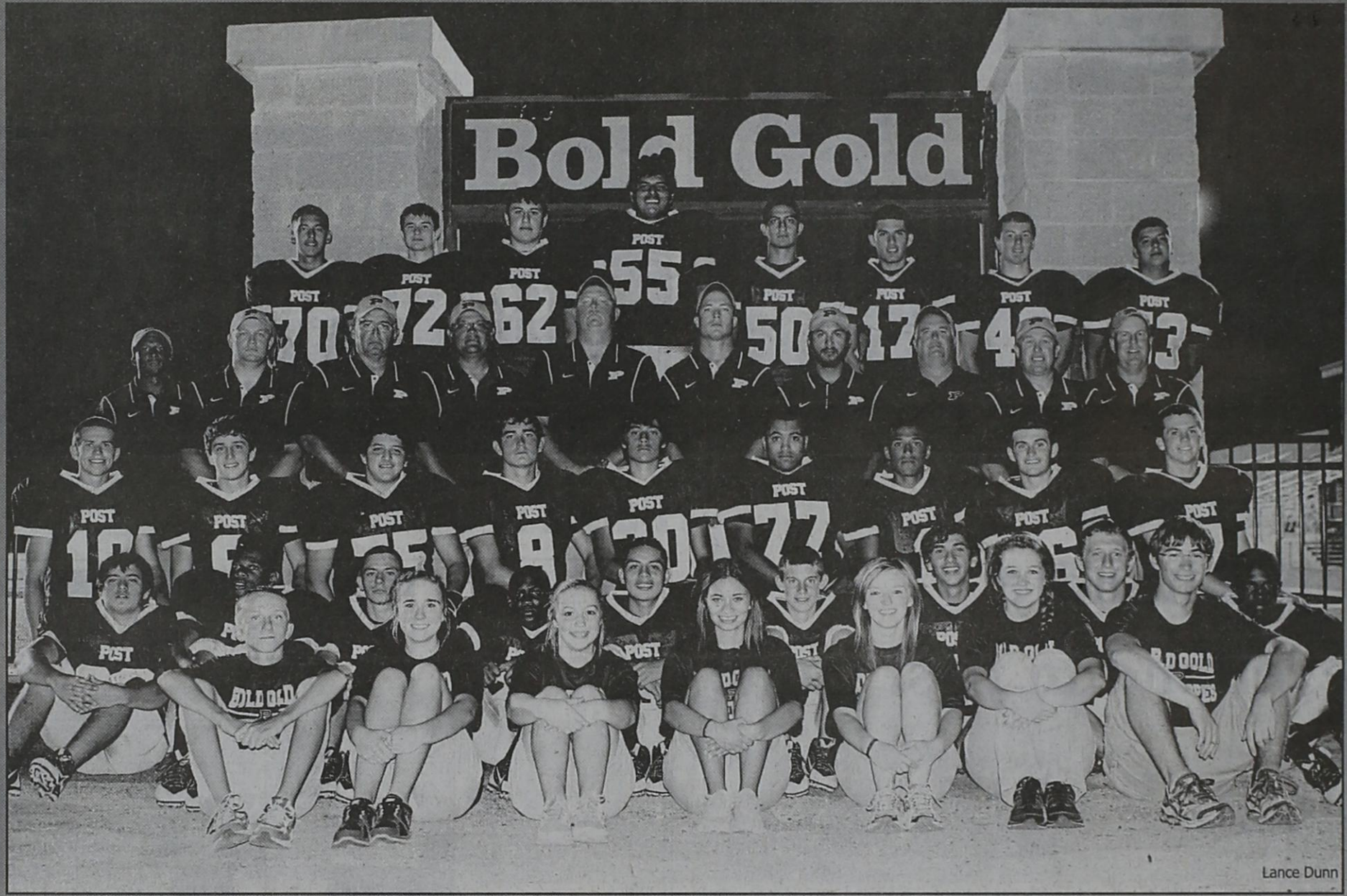


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Lance Dunn

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JUNIOR VARSITY TEAM

JUNIOR HIGH SCHOOL TEAMS

DATE	OPPONENT	LOCATION	TIME	DATE	OPPONENT	TIME	DATE	OPPONENT	B	7TH	8TH
Aug. 16	Brownfield-scrimmage	Brownfield	6:00	Sept. 12	@Slaton	6:00	Aug. 29	Levelland	5:00		
Aug. 23	Sudan-scrimmage	Post	6:00	Sept. 19	Tahoka	6:00	Sept. 12	Slaton	5:00	6:00	7:00
Aug. 30	Morton	Post	7:30	Sept. 26	Denver City	6:00	Sept. 5	Lamesa	6:00		
Sept. 6	Lamesa	Lamesa	7:30	Oct. 10	@Roosevelt*	6:00	Sept. 19	@Tahoka	TBA	5:00	6:00
Sept. 13	Slaton	Post	7:30	Oct. 17	@Tulia*	6:00	Sept. 26	@Denver City	4:30	6:00	7:30
Sept. 20	Tahoka	Tahoka	7:30	Oct. 24	Floydada*	6:00	Oct. 3	@Brownfield	4:30	6:00	7:30
Sept. 27	Denver City	Denver City	7:30	Nov. 7	@Abernathy*	6:00	Oct. 10	Roosevelt*	4:30	6:00	7:30
Oct. 4	Open						Oct. 17	Tulia*	TBA	6:00	7:30
Oct. 11	*Roosevelt	Post	7:30				Oct. 24	@Floydada*	TBA	6:00	7:30
Oct. 18	*Tulia	Post	7:30				Oct. 31	Olton*	TBA	6:00	7:30
Oct. 25	*Floydada	Floydada	7:30				Oct. 31	@Olton*		6:00	
Nov. 1	*Olton (Homecoming)	Post	7:30				Nov. 7	@Abernathy*	TBA	6:00	7:30
Nov. 8	*Abernathy	Abernathy	~7:30								

*District 2-AA

Post ISD Administration
Mike Comeaux-Superintendent
Jadie Matthew-High School Principal
Marvin Self-Middle School Principal
Staci Marts-Elementary School Principal
Steve Smith-AD/Head Football

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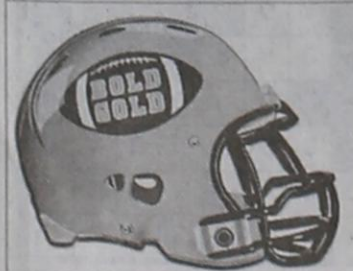
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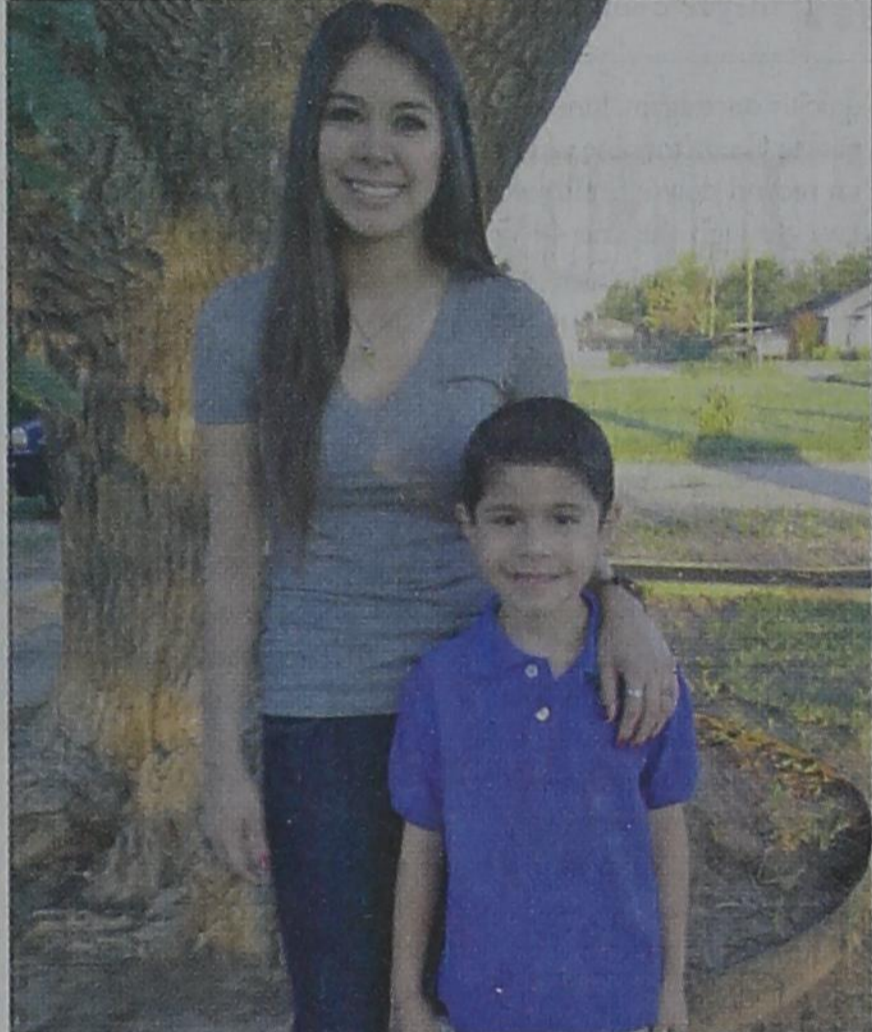
First Day of School Brag Page



Averi, Ryleigh and Garrett Graves first day of school at Southland School



Payton Nelson, kindergarten



Post High School senior Andi Soliz and kindergarten Joel Soliz



Victoria Contreras



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Post Dispatch Weather Summary

Post's Seven Day Forecast

						
Friday Sunny 93 / 69	Saturday Sunny 93 / 68	Sunday Sunny 92 / 67	Monday Sunny 91 / 67	Tuesday Mostly Sunny 90 / 68	Wednesday Partly Cloudy 88 / 69	Thursday Partly Cloudy 87 / 65

Local UV Index



0-2 3 4 5 6 7 8 9 10 11+

0-2: Low, 3-5: Moderate, 6-7: High, 8-10: Very High, 11+: Extreme Exposure

Detailed Local Forecast

Today we will see sunny skies with a high temperature of 93°, humidity of 35%. Southeast wind 5 to 10 mph. The record high temperature for today is 104° set in 2000. Expect mostly clear skies tonight with an overnight low of 69°. Southeast wind 10 mph. The record low for tonight is 49° set in 1974. Saturday, skies will be sunny with a high temperature of 93°, humidity of 38%. South wind 5 to 10 mph. Skies will be mostly clear Saturday night with an overnight low of 68°. South southeast wind 10 mph.

Weather Trivia

How high can hailstone accumulation be?

Answer: Drifts have reached depths of up to six feet.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	11:40-1:40	---	Tue	3:33-5:33	3:03-5:03
Sat	12:58-2:58	12:28-2:28	Wed	4:29-6:29	3:59-5:59
Sun	1:47-3:47	1:17-3:17	Thu	5:27-7:27	4:57-6:57
Mon	2:38-4:38	2:08-4:08	www.WhatsOurWeather.com		

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset
Fri 9/12	7:23 a.m.	8:03 p.m.	8:31 a.m.	8:37 p.m.
Sat	7:24 a.m.	8:01 p.m.	9:30 a.m.	9:13 p.m.
Sun	7:25 a.m.	8:00 p.m.	10:31 a.m.	9:52 p.m.
Mon	7:25 a.m.	7:59 p.m.	11:33 a.m.	10:34 p.m.
Tue	7:26 a.m.	7:57 p.m.	12:35 p.m.	11:22 p.m.
Wed	7:27 a.m.	7:56 p.m.	1:37 p.m.	Next Day
Thu	7:27 a.m.	7:54 p.m.	2:36 p.m.	12:14 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
8/27	89	63	88/64	0.00"	8/27	26	8/31	32
8/28	90	69	88/64	0.00"	8/28	30	9/1	32
8/29	96	69	88/64	0.00"	8/29	32	9/2	32
8/30	97	70	88/63	0.00"	8/30	34		
8/31	97	66	87/63	0.00"	Growing degree days are calculated by taking the average temperature for the day and subtracting the base temperature (50 degrees) from the average to assess how many growing days are attained.			
9/1	99	66	87/63	0.00"				
9/2	92	71	87/63	0.00"				

Dixie Divas

Oh, the stories of woe

Oh, the stories people tell. Not always good ones, mind you, but the kind that will make you fall down on your knees and thank the good Lord up above that you don't have a story like that.



RONDA RICH

In emails, letters, calls and in person at speaking engagements, people will strip bare their lives and share their tribulations with me.

Pride melts away and honest humility seeps in and soaks them to the bone. They neither put on airs nor do they try to pretty up the ugliness. They just tell it like it is, and how it is often has me in tears as I clasp their hands and try to squeak out words of encouragement.

She was a tiny little thing, the size of an underweight 10-year-old girl, but she was a grown woman with plenty of heartache to bear. She sat by me at a women's church event at which I was speaking, and the small talk somehow turned to serious talk.

It was hard to make ends meet, she said, after her husband had up and left her and those three children.

She smiled tiredly. "I hadn't worked in 16 years, and I couldn't find a job. I clean houses, and I'm thankful for the money it brings in."

She dropped her head. "He's fighting me for custody because he doesn't want to pay child support. It takes every penny I can scrape together to pay the attorney. He keeps dragging it out."

On top of that, her mother had been diagnosed with multiple sclerosis and needed her, too.

There was another woman who wrote to thank me for writing "There's A Better Day A-Comin'."

"Those stories," she wrote, "are, besides the Lord, the one thing that keeps me goin'."

That's another thing — they always lift me up when they can barely lift their own heads.

She explained she had divorced her husband after she discovered he was a pedophile and had abused

their daughter. She lost her job, went without one for two years, found another then the company shut down after a year.

"I never imagined I'd be a single mother with no income living with my widowed mother, but here I am." She closed with words of inspiration and gratitude to me.

I've been in some bad places, but I've never been in those kinds of places. I've seen some hard times, but I never came close to touching a time as hard as that. By God's grace, I suppose. Certainly not my own ingenuity or cleverness.

"No matter how bad you got it," Mama used to say, "somebody else's got it worse."

In my youthful stupidity, I didn't care about anyone else's problems, only mine. All those problems seem so "piddly" as Mama would say.

Time passed and with it the problems resolved or dissolved. Most challenges and aggravations do just that, you know. They go away and then you look back and think, "Now, what was it that worried me so?"

Even now, I can barely conjure up any real tribulation to talk about. Jobs were lost, and others were found. Roofs leaked and were fixed. Cars were wrecked, and insurance companies paid. There was that time a hot water heater broke and flooded the house. That was a mess. But I cleaned it up.

Then, I, sad hearted, reached into a pitifully meager savings account and pulled out the money to replace it. But, at least I had a pitifully meager savings account. I'm embarrassed to admit now that, looking back, I wasn't consoled by that.

Here's what I think we all should do: Look around and see those who are suffering, those who are walking a road far rockier than ours, and stretch out a neighborly hand.

And for those who have no idea how good they've got it, how blessed they are in life, introduce to them to the other folks.

Ronda Rich is a Southern humorist, storyteller and best-selling author of "What Southern Women Know (That Every Woman Should)." Visit rondarich.com to sign up for her weekly newsletter.

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featuring

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If you remember "Honky Tonk," "Jailhouse Rock," "Great Balls of Fire," "At The Hop," "Blueberry Hill," "See You Later Alligator," "Peggy Sue," "The Twist," then you will love this fun-filled event.

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JOHNNY DIAMOND



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Welcome Back to School!