

The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, OCTOBER 24, 2014

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75 CENTS

Cotton fluxes keep prices in limbo

By Duane Howell
Special to the Post Dispatch

Cotton futures have posted small weekly losses after traders digested monthly forecasts showing a reduction in U.S. ending stocks and a new all-time high in the world carryout amid wild turbulence on Wall Street. The December delivery eased 38 points for the week ended Thursday to close at 63.56 cents. It hit a high of 65.50 cents just ahead of the supply-demand report Oct. 10, rose to 65.65 Tuesday, fell to 63.29 Wednesday and settled in the lower quarter of the 236-point range. December posted its highest in-

traday price since Sept. 18 on tight nearby supplies and stop-and-go harvesting. Fears of slowing global economic growth, which hammered equities at midweek, may have contributed to demand-side worries in the cotton market. March dipped 56 points to settle at 61.71 cents, finding support just above its declining 18-day moving average. Five-to-seven-day forecasts for favorable harvest weather in most areas of the Cotton Belt may have helped to keep a lid on rally attempts at the end of the week. Wet conditions in the Delta and Southeast and general quality uncertainties had contributed to earlier gains.

Slumping oil prices raised concerns about intensified competition for cotton from polyester for fiber market share. Cash grower-to-business sales increased to 5,751 bales from 4,364 bales on The Seam. Prices eked up 13 points to an average of 64.28 cents, reflecting a 28-point dip in premiums over loan repayment rates. Daily price averages ranged from 58.50 to 67.50 cents. The USDA's supply-demand forecasts showed smaller U.S. production prospects and lower prices, steady demand and a 300,000-bale reduction to 4.9 million in ending stocks. The crop fell 283,000 bales to 16.255 million, mainly on a

350,000-bale cut to 6.250 million in Texas. Upland prospects fell to 15.677 million bales and the Pima outlook held steady at 578,000 bales. Expected exports remained at 10 million bales, lowest since 2000-01, but the U.S. share of world trade is forecast to increase to 29 percent, highest in four seasons. Domestic mill use held at 3.8 million bales. A midpoint projection of 60 cents for the crop year average farm price, down 4 cents following policy announcements by China, is down from a final 77.90 cents in 2013-14 and 72.50 cents in 2012-13. Globally, USDA raised end-

See COTTON, Page 7

Post on the road against Coahoma

Early voting continues

Post Notes

Events are listed free of charge as a service by this newspaper for nonprofit groups, civic organizations, churches, schools and select community events. Listings should be submitted at least two weeks in advance and will run as often as possible through the date of the event. News staff does not guarantee placement of events. Emailed submissions are preferred to thepostcitydispatch@gmail.com.

GCFSAs

The Garza County FSA and Texas A&M AgriLife Extension service is sponsoring a Farm Bill Decision Aid Meeting on Oct. 30, 2014 at 9 a.m. at the Graham Community Center.

Post Little League

Post Little League is accepting Self Nominations for new Board Members. Interested parties must complete an application and pass a background check. Nominations must be submitted by October 29th. Call Domingo Soto at 806-407-8925 for more information.

See NOTES, Page 2

Corrections

If you spot an error of fact, contact Editor Kent Mahoney at thepostcitydispatch@gmail.com.

News on the go



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90th Year, No. 8
USPS 439-620



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Band posts best scores

By Kent Mahoney
Post Dispatch

LUBBOCK - The Pride of Post Marching Band were graded all One Ratings by judges at the annual UIL Marching Band Contest held at Lowery Field Saturday.

The band, consisting of 48 members grades eight through 12, competed with a show titled "Shades of Latin", which included "El Cumbanchero" by Jay Dawson, "Evil Ways" by Santana and "I Know You Want Me", by Jennifer Lopez and Pitbull.

"I am very proud of the kid's hard work," said band director Aaron Rathbun. "Dedication was never a question."

Levi Stenson is the drum major this year. Soloists for the show were, Casie Eller, Kelbie Oden, Rebecca Taylor, Victoria Gutierrez, Erika Soliz, P.J. Mrales, Keegan Stanley and Pete Iascano.

Assisting Rathbun were Bernie Tackitt, John Odom, Richard Hidalgo, Will Moncrief, Kat Villalon, Stephen Rodriguez and Jordan Barbosa.

A band cannot attend out of town contests without the help of drivers like Kenith Bullard, Darrell Reece and Ollie Abraham.

One's across the board



Pride of Post Marching Band

Rodeo of the Year



The Texas Cowboy Rodeo Association for their efforts voted Rodeo of the Year to the Post Stampede during this year's rodeo season. This is the award all the rodeos compete for each year. Representing the Post Stampede are, (standing from left to right) Bruce Sanderson, Jon Wheeler (Arena Director), West Huggins (announcer), Joe Landin (Reagor Dykes Auto Group), Weldon Smith, Casey Zachary (Manager), Shawn Pennell (Vice President), Randy Moore, Jeremy King, Lane Jones (President), Buddy Thompson, Wacey Moore (Secretary), Jimmy Valdez (Dance Manager). On horseback are (left to right) Ashlynn Powers & Emma Thompson.

Halloween tips for staying safe

By Kent Mahoney
Post Dispatch

POST - Next Friday is Halloween/Harvest Evening and although it is a football night, it is a road game, so there will be some kiddos hanging around town. It would be prudent to review some safety tips and guidelines.

The Garza County Healthcare Clinic will be passing out treats beginning at 4 p.m. followed by businesses on Main Street at 5 p.m. Local residents

See TIPS, Page 7

DPS nabs traffickers with pot

AMARILLO - The Texas Department of Public Safety (DPS) conducted a traffic stop Saturday on IH-40, yielding over 58 pounds of marijuana valued at over \$185,000.

At approximately 7:26 p.m., a DPS trooper conducted a traffic stop on a 2014 Kia Forte traveling eastbound on IH-40, for a traffic violation, near Conway in Carson County.

The occupants of the Forte were identified as Jorge Sanchez Martinez, 23, of Pocomo, Calif., and Carlos Hernandez, 22, of San Fernando, Ca-

See DPS, Page 7

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"If what you did yesterday seems big, you haven't done anything today." - Lou Holtz

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The Post Dispatch, 123 E. Main St., Post Texas, 79356, is open from 9 a.m. to 2 p.m. on Monday, Wednesday and Friday; from 9 a.m. to 5 p.m. on Tuesday and is closed on Thursdays.

PUBLISHER
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EDITOR/GENERAL MANAGER
Kent Mahoney

The Post Dispatch (USPS 439-620) is published every Friday, including holidays, by Blackburn Media Group Inc., P.O. Box 1260, Childress, Texas, 79201-1260. Entered at U.S. Post Office, Post, Texas, for transmission through the mail as a Second-Class matter, according to an Act of Congress, March 3, 1879.

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

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\$30 a year in the county
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Deaths

Billie Jean Anderson Lappen Collins

Billie Jean Anderson Lappen Collins 75, of Post died Wednesday, Oct. 15, 2014 at Southern Specialty Rehab and Nursing Center. She was born July 7, 1939 to Wesley Earl Anderson and Irene Jewel McDougale Anderson here in Post. They moved to Wichita Falls and Billie Jean attended school there. She married Joseph Francis Lappen, July 9, 1953 in Wichita Falls. He preceded her in death Jan. 9, 1971. After his death she moved to Post to live. She married Richard L. Collins May 11, 1982 here in Post. She was a homemaker and a member of the First Baptist Church. Billie Jean's special interests were her family, her grandkids, prison ministry and Walk to Emmaus. She is preceded in death by her parents, a brother: Calvin Anderson; daughters: Beverly Davis and Judy Rush; son: Joe Lappen, Jr.; also by three son-in-laws.



BILLIE COLLINS

Billie Jean is survived by her husband of 30 years: Richard L. Collins. Son: Alex Lappen and wife Peggy of Midland. Four daughters: Frances Benham and husband Mark Forrest of Post; Agnes Lyons and husband Chris McDougale of Slaton; Helen Blevins and husband William of Odessa; Rita Mitchell and husband Dwain of Lubbock. One brother, Wesley Robert An-

derson and wife Helen of Dallas; One sister: Lorena Benham and husband Jerry of Post; 30 grandchildren, 68 great-grandchildren and six great great grandchildren; Aunt: Ila Mae Holleman and husband Jimmy of Post; Also by numerous nieces and nephews.

Celebration of Life service was held on Oct. 18, 2014 at the First Baptist Church in Post. Brother Jack Maddox, pastor officiated. Burial followed in the Terrace cemetery. Arrangements were under the personal care of Dee and Janet Justice, Justice-Mason Funeral Home of Post.

Pallbearers were: Alex Lappen, Jr., R.J. Lopez, Jeff Blevins, Allen Rush, John Benham and Daniel Jones. Honorary Pallbearers were: Alex Lappen, Sr., Chris McDougale, David Benham, Jr. and Dustin Lappen.

Memorials are suggested to a charity of your choice.

Breana Payton

Breana Payton of Garza County passed from this life Tuesday October 21, 2014 in Lubbock. Memorial service is pending with Justice-Mason Funeral Home of Post.

STAN SMITH'S TENNIS CLASS

HITTING A LOB WINNER

Don't let your opponent continue a winning game. For instance, if your opponent is hitting winning volleys, try pushing him back with a lob. Lobs will keep him from enjoying the net.

By hitting lots of lobs, you will disrupt an opponent's volley rhythm and tire him out. Try hitting the lob over his backhand side, since it makes it a particularly difficult overhead for him.

Menus

Menus for October 27-31

Trailblazers

- Monday: Chicken Spaghetti, Italian Veggies, Banana Pudding, Garlic Toast
- Tuesday: Beef and Mac, Lima Beans, Meadow Blend Veggies, Fruit Salad, Cornbread
- Wednesday: Carne Guisada, Spanish Rice, Mexican Wedding Cake, Tortilla
- Thursday: Oven Fried Chicken, Mashed Potatoes, Green Beans, Cobbler, Roll
- Friday: Witches Chili, Molded Cornbread, Chunky Roach Jello

Post ISD

- Breakfast**
- Monday: Chicken-n-Waffle, Fruit Juice of Fruit, Milk
 - Tuesday: Breakfast Club, Fruit Juice or Fruit, Milk
 - Wednesday: Texas Toast, Scrambled Eggs, Sausage, fruit Juice or Fruit, Milk
 - Thursday: Muffin, Yogurt, Fruit Juice or Fruit, Milk
 - Friday: Breakfast Pizza, Fruit Juice or Fruit, Milk

Lunch

- Monday: Breaded Pork Chop, Garden Salad, Carrot Coins, Sliced Peaches, Bread Stick, Cho/Van Pudding, Milk, Fruit Juice or Fruit
- Tuesday: Two Crispy Tacos, Spanish Rice, Garden Salad, Charro Beans, Salsa, Cinnamon Applesauce, Milk, Fruit Juice or Fruit
- Wednesday: Chicken Strips Mashed Potatoes, Green Beans, Strawberries and Bananas, Roll, Milk, Fruit Juice or Fruit
- Thursday: Beef and Bean Burrito, Salsa, Broccoli Bites, Garden Salad, Orange smiles, Milk, Fruit Juice or Fruit
- Friday: Sloppy Joes, Sweet Potato Fries, Cucumber Dippers, Fresh Seasonal Fruit, Milk, Fruit Juice or Fruit

SISD

- Breakfast**
- Monday: Chicken and Waffles, Toast and Cereal, Fruit, Juice, Milk
 - Tuesday: Breakfast Club, Fruit, Juice, Milk
 - Wednesday: Eggs, Sausage, Toast, Cereal, Yogurt, Fruit, Juice Milk
 - Thursday: Muffins, Yogurt, Toast and Cereal, Fruit, Juice, Milk
 - Friday: Breakfast Pizza, Yogurt, Toast and Cereal, Fruit, Juice, Milk

Lunch

- Monday: Spaghetti and Meatballs, Carrots, Breadsticks, Garden Salad, Peaches, Pudding, Milk
- Tuesday: Crispy Beef Tacos, Charro Beans, Garden Salad, Salsa, Spanish Rice, Cinnamon Applesauce, Milk
- Wednesday: Steak Fingers, Whipped Potatoes w/Gravy, Green Beans, Fruit, Hot Roll, Milk
- Thursday: Beef and Bean Burrito, Tortilla Chips, Salsa, Garden Salad, Broccoli Bites, Fruit, Milk
- Friday: Hot Dogs, Sweet Potato Fries, Cucumber Dippers, Fresh Seasonal Fruit, Chocolate Chip Cookie, Milk

NOTES

From Page 1

like to nominate a child for the Post GT program please contact your child's school.

Railroad Crossing

Will you help our community and the traveling public and call BNSF Railway at 1-800-832-5452 to register a concern about the condition of the railroad crossing at US 380. Your call matters and will help get this dangerous crossing repaired.

Benevolence fund

Dusty and Renee Clary have a Benevolence Fund set up at Centennial Bank. For more information contact Marie Odom 806-495-4757.

New Art Exhibit

The OS Museum has opened a new exhibit titled "Magnificent Works of Art Gathered Around the World" featuring the wood artistry of John Christopher White. Viewing hours are 10 a.m. to noon and 1 to 5 p.m. Monday through Saturday at the museum located at 201 E. Main. The exhibit closes Sept. 27. For more information, call the office at 806-495-3570.

GED classes

Free instructional sessions for the GED test are 5 to 8 p.m. Tuesdays and Thursdays in Room 18 at Post High School. Call the school at 495-2770 for information. The Post Public Library website now offers life-learning resources for GED test preparation, job search and workplace skills. Visit wtls.tsl.state.tx.us/pplib to register. For information, contact librarian Peggy Ashley at 990-2149.

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Thanks For Reading The Post Dispatch!

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- 118 N. Ave Q, 3/1/1 1222sf, good location
- 124 S. Ave P, 3/2/1, 2 lots
- Investment Property, 514 Oak Street. 5 lots with rented mobile homes. Good income potential.
- 3 vacant lots: 422 N Ave F.
- 201 N Ave K, 3/2/2, approx. 2100 sf, 2 lots
- 810 W. 14th Street, 3/2, 2 lots, approx. 1196 sf
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Real Inspiration for Women



Enjoy that first cup of coffee each morning. Enjoy a second, have one mid-morning, after lunch and after dinner, too. Don't worry about those little noises you hear telling you to "cut back on caffeine." A new study reported in the *American Journal of Medicine*, indicates that women who consumed large amounts of caffeine were less likely to have tinnitus, a steady ringing or buzzing in the ear.

The study of more than 65,000 women aged 30 to 44, who were followed 18 years. Some 5,300 cases of tinnitus were diagnosed among the study group in that time period. According to study senior author Dr. Gary Curhan, a physician-researcher at Brigham and Women's Hospital and a professor of medicine at Harvard Medical School in Boston, women who consumed less than 150 milligrams a day of caffeine (about one-and-a-half 8-ounce cups of coffee) were 15 percent more likely to develop tinnitus than those who consumed 450 mg to 599 mg a day of caffeine. Most of the women studied consumed caffeine through coffee.

Although unclear why the high consumption of caffeine may reduce the risk of tinnitus, Dr. Curhan reported that

"caffeine stimulates the central nervous system, and previous research has demonstrated that caffeine has a direct effect on the inner ear in both bench science and animal studies."

Tinnitus is related to conditions, such as hearing loss in the elderly, a circulatory problem or an injury to the ear. Although it is annoying, the condition is rarely serious and can be minimized by masking the ringing, roaring, clicking, hissing and buzzing sounds described by patients with white noise machines, for example. Some individuals find that listening to music through earphones alleviates the noise on a temporary basis. Drinking coffee may not stop the ringing, however. Additional study is necessary before scientists can say that increased caffeine intake would relieve tinnitus symptoms.

Take pleasure in your coffee, but be sure to see your physician if those sounds in your ears interfere with your regular hearing or your ability to focus on daily tasks. It is especially important to consult your physician if you develop tinnitus after a cold or other respiratory infection, if the condition occurs suddenly, or if you experience hearing loss and dizziness.

8-Layer Fiesta Dip

by Christina Leidenheimer • naturallychristina.com

What you need:

- 1.5 cups black beans
- 2 med-large tomatoes
- 1 cup organic corn
- 1 Tbsp. fresh chopped cilantro
- 2 handfuls romaine lettuce (chopped)
- Black pepper (optional)
- 1 green bell pepper
- 1 avocado
- 1 lime
- 3 green onions
- 1 garlic clove
- 1 jalapeño

Preparation:

1. Open can of black beans, strain, rinse, and set aside.
2. Rinse and chop 2 tomatoes. Set aside.
3. Rinse and chop bell pepper. Set aside.
4. Rinse and strain corn. Set aside.
5. Rinse, strain, and chop romaine lettuce to measure 2 handfuls. Set aside.
6. Rinse and slice jalapeño and green onions. Set aside.
7. Rinse and chop cilantro to measure 1 Tbsp. Set aside.

What you do:

1. Peel avocado. Remove seed. Add avocado to a food processor. Add a dash of black pepper, 1 peeled garlic clove and juice from half a lime. Pulse for 1 minute, or until smooth.
2. In a large salad bowl begin layering ingredients: black beans, bell pepper, tomatoes, avocado mixture, lettuce, corn (dash of black pepper), green onions, jalapeño, and cilantro. Squeeze juice from ½ lime atop.
3. Serve with gluten-free blue corn chips or enjoy as a salad.

Yields: 8-10 servings



Do you want more great recipes like this one? Buy the book, *Eat Super-NATURAL*. It contains over 60 delicious and easy recipes to help you eat Super Healthy! See details at inspirehealthmag.com

BUILD A STRONG CORE



By Christina Leidenheimer, CPT, CHLC
naturallychristina.com

Photography by Bobby Lecompte

With these three exercises you can attain better posture, a flatter stomach, and a stronger core. In just a few minutes 2-3 times per week you can get stronger and stand taller.

Plank on Core Stability Ball

Get onto your hands and knees on the floor. Place a core stability ball at the back of your feet. Place your feet on the ball and walk your hands out in front of you until your body is in a straight line (front plank position). Your feet are on the ball and your hands are supporting your weight.

Hold this position for 30-60 seconds.

*Beginners can perform this same plank on the ground. Hold for 30 seconds.

Move onto the next two exercises to perform a circuit routine. Repeat each exercise for a total of 3 sets.



Oblique Crunch on Core Stability Ball

Sit on a core stability ball, roll your body down until your middle and upper back and shoulders are resting on the ball. Place your hands behind your head for support. Slightly tuck your chin down as you lift your right shoulder off the ball. Crunch with your abs as you lead with your elbow to cross over your body at midline (navel). Leave your left shoulder on the ball throughout the movement. Return to the starting position and perform on the left side. Continue rotating from right to left for 15 reps.

Perform 3 sets of 15 reps.



Knee Tuck using Core Stability Ball

Get onto your hands and knees on the floor. Place a core stability ball at the back of your feet. Place your feet on the ball and walk your hands out in front of you until your body is in a straight line (front plank position). Your feet are on the ball and your hands are supporting your weight.

Roll the ball forward with your feet as you bring your knees in towards your chest (tuck position).

Perform 3 sets of 15 reps.



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The Paperboy

We're doing it wrong and history proves it

We have not fought a war the right way since World War II and at a greater cost than that war.

We have not done justice to our fighting forces.

We have not taken advantage of our superior weaponry, equipment, technology and personnel.

Why? What happened following the surrender of Japan at the end of World War II?

To ask that question, you must first ask how we won the war. We won it by conquering the country.

We demanded a complete and total surrender and we fought until we got it.

We have not conquered a country since.

I believe this has more to do with our mentality as mostly caring and loving people and the fact that technology has truly showed us how horrific war is.

Today, with factions of bad people across the globe, wars are fought entirely different than they once were. When you're fighting groups and not the armies of countries, it's a much different battle.

But history tells us a couple of things. It tells me that if we would have conquered the countries beginning with Korea and continuing through the Gulf War, we may not have had the issues that exist today.

When we conquered Japan, we dismantled their war machine, set up an advanced educational system and helped them become an economic force and a great ally. That has remained a constant since that time.

Had we conquered China during the Korean War, Vietnam may have never happened.

Today, we may not have the stomach for conquering countries because, in my opinion, society has changed. Unfortunately, war has not. It is just as horrible as it has always been.

Now our enemies know we don't conquer countries. We try and force peace. That's a big difference. You can hack at the snake all day, but if you don't sever the head, that snake is going to heal and make other snakes.

So what do we do? Perhaps we should start by telling the world that from this day forward, when the United States declares war on your country, territory or people, we will completely decimate the opposition in short order until we are certain that the head is cut off.

After that declaration, perhaps it would be smart to pull out of hot zones around the globe and begin the process of healing and rebuilding. Of course war would rage overseas, but doesn't it always?

In the interim, we could focus on ourselves in a spirit of nationalism.

Then, next time, we declare war the right way and unleash the hell required to totally wipe out the enemy. Then take it over, rebuild it, reeducate it and control it.

Of course I seriously doubt current leaders or future leaders would run on such an outlandish proposition. We'd rather string this stuff out for decades and suffer along the way...

Chris Blackburn serves as CEO at Blackburn Media Group, proud owner of Red River Sun, The Floyd County Hesperian-Beacon, The Knox County News-Courier and The Post Dispatch. He can be reached by email at chris@blackburnmediagroup.com and you can follow him on Twitter @WCSBlackburn, although he doesn't tweet much.



CHRIS BLACKBURN

The 501 BMW love affairs

If you're going to back into a car, be sure it's not a BMW.

A friend of mine once briefly dated a BMW guy. She soon realized what mattered to him. It wasn't her. He was picky, picky about his car, and it was a rather plain vanilla BMW - not all that sporty. But since he also had a BMW motorcycle, maybe he didn't feel the need for a flashy car. Either way, he was sure enough married to the brand.

So here's how I met my BMW guy:

When I backed out of my usual parking space at my coffeehouse yesterday, I spied a red car in my driver's side rear-view mirror. I quit backing.

I turned my head to see the car better out the rear window but to no avail. It was visible only in the one mirror, and, for whatever reason, the little car wasn't moving. Something seemed amiss. But what? I re-parked my modest SUV and got out to see what was happening.

The sight of a shiny BMW met my eyes. So did the glare of the driver, who had extricated himself from the car.

The woman who was with him had likewise gotten out and was standing beside the car saying nothing. For some reason, I think she was his girlfriend.

It just didn't seem likely to me for a husband and wife - septuagenarians both, I'd say -- to be out driving around

on a Saturday afternoon in a sporty red BMW. He was tall. She was thin. Her hair looked expensive.

He said I had backed into him. Say what? I told him I'd stopped only because I'd seen a car in my rear-view mirror. He said he'd honked. I said I didn't hear a honk. He reached in the car and gave the horn a hearty honk for my benefit. For a little car, the horn was loud. I reconsidered and said maybe I had heard the horn since it would have been hard to have missed it. So much for my credibility.

But I told him I didn't really think I had hit him. He thought otherwise. The woman remained silent.

We all looked at his car. Nowhere was there even the tiniest scratch or smudge. Yet he did not recant. He simply strode back to his side of his car to get in. His companion took the cue and got back in on her side, still saying nothing.

I didn't let him get away that easily.

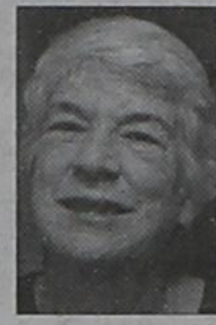
"Don't you want information about me in case you find damage later?"

"You wouldn't be able to afford it," he said snarkily, obviously unhappy with me for hitting his car and unhappy with himself for not being able to find any damage.

It must have been a near-miss air kiss.

As he drove away, I read his license plate -- a personalized one that displayed his pet name for the car.

I'm guessing he doesn't have a pet name for the lady. Just guessing.



HANABA MUNN WELCH

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 Hillary Clinton

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

T T O T O T
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Lifeline Church- 108 N. Broadway

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First Baptist Church, Wilson- 806-628-6333
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Pleasant Home Baptist Church- E. 14th & N Ave F
Southland Baptist Church- Southland
Temple Bautista- 315 W. Main
Trinity Baptist Church- 915 N. Ave O, 990-3038

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

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

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

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

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

Methodist
First United Methodist Church- 216 W. 10th, 990-2942
Graham Chapel United Methodist Church (Pastor: John Hedrick) - 611 FM #1313 806-549-1400

Nazarene
Post Church of Nazarene- (Pastor: Charles Gibson) 202 W. 10th, 495-3044
Grassland Church of Nazarene- 327-5656

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

Nondenominational
Family Harvest Church- (806) 495-1400

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SPORTS

Scores and Schedules

District play continues tonight

Post travels to Coahoma

By Kent Mahoney
Post Dispatch



Post's Alez Ramirez (4) and Dylan Pearson (3) gang up on a Ballinger runner during last week's 32-0 pasting in district action. Post travels to Coahoma tonight in their third district contest of the season.

Photo by Lance Dunn

POST - It is never too early to look ahead to the playoffs, especially now there are four teams advancing from each district.

For District 3-3A, Div. II, the cream is starting to separate a bit and more so after this weekend.

Even after just two district games, it is fairly evident which four teams from Post's district are going to advance to the playoffs.

With Post (4-3, 1-1) taking on Coahoma (6-1, 2-0) tonight in a road contest, one of two things will be evident. Either Post is going to take control of its own destiny and Coahoma really hasn't played anyone yet. Or Coahoma is for real, may actually challenge Coleman for the district title and Post will be fighting Colorado City for third place.

Coahoma lost to an undefeated Iraan 13-0 in week five and has defeated some mediocre teams such as Miles, Regan County and McCamey. Collectively, the records of the teams on their schedule are 25-26, but the Bulldogs

See POST, Page 6

SCHEDULES

POST HS
Varsity Football
Post vs Coahoma

JV Football
Vs Colorado City 5:30/7 p.m.

PJHS Football
At Colorado
Oct 30. 5 and 6:30

Volleyball
Vs Denver City
10/11 a.m.

Cross Country
District Meet
At Lubbock Oct. 31

SOUTHLAND

Varsity Football
At Whitharral

SCORES

Cross Country
Varsity Boys
Ethan Self - 24:39 21st place

Varsity Girls
Alexsandra Garza - 16:45 21st place
Mallory Arguello - 18:34 23rd place

Jessica Payton - 20:15 24th place
Daniela Galindo - 21:08 25th place
Reagan Booth - 21:28 26th place
Team placed 4th overall but did not advance

J.V. Girls
Autumn Robinson - 21:28 10th place
Jamesha Rose - 22:46 12th place
Madison Worley - 22:49 13th place
Hera Douglass - 25:35 14th place
M'Kieson Guerrero - 28:18 15th place
Ashlee Graves - 28:23 16th place

Jr. High Boys
Lazaro Galindo - 13:25 2nd place
Tim Guerrero - 16:25 12th place
Tyler Ledbetter - 17:00 15th place
Blaine Graves - 17:01 16th place

Volleyball
Denver City def. Post
25-21, 25-11, 25-8
Shallowater def. Post
25-13, 25-12, 25-17

Youth Football
The 3/4 Grade
P'view 6, Post 0
The 5/6 Grade
Hale Center 39, Post 0
Bold Gold 20, Floydada 0
Individual stats:
Rushing: Ashton Jefferson 7-56,
Cole Boren 2-3, Aledo Mendoza 1-7,
Izaih Landa 4-23, Slayden Pittman 2-20.
Receiving: Pittman 1-13, Kirkpatrick 1-15, Boren 1-8, Landa 1-3, Jefferson 2-56.
Passing: Pittman 5/5 82 yards.
Scoring: Boren, two-pt conv.
Jefferson 4 TDs, 1 two-pt. PAT, Landa 1 two-pt conv.

STANDINGS

Dist. 3-3A DII

Teams	Overall	District
Coleman	7-0	2-0
Coahoma	6-1	2-0
Colo. City	4-3	1-1
Post	4-3	1-1
Stanton	2-5	0-2
Ballinger	1-6	0-2

Week 9 Games
Post at Coahoma
Coleman vs Stanton
Ballinger vs Colo. City

Week 8 Results
Post 32 Ballinger 0
Coleman 35, Colo. City 7
Coahoma 27, Stanton 20

Dist. 4-1A DII

Teams	Overall	District
Whitharral	5-2	0-0
Southland	5-2	0-0
Wilson	1-6	0-0
Wellman	1-6	0-0

Week 9 Games
Southland at Whitharral
Wilson at Wellman

Week 8 Results
No Games

Eagles on the road at Whitharral

By Kent Mahoney
Post Dispatch

SOUTHLAND - The Southland Eagles open a quick three-game district schedule, but their first one will be the most important.

Southland will travel to take on Whitharral to open district play Friday night. The Eagles are 5-2 on the season riding a 5-game winning streak.

Whitharral is also 5-2 on the season, with losses to Lubbock Home School and Mullin.

The other two teams in the district, Wellman-Union and Wilson have two wins between them. One of them is guaranteed a district victory Friday night as they square off.

The Eagles have developed a one-two punch in the running game with Zachary Vizciano and Christian Sanchez.

Vizciano is leading the rushing department with 833 yards on 101 carries and 17 touchdowns.

Sanchez did some catching up two weeks ago with a 15-carry, 237-yard performance against Lorenzo, which puts him at 74 carries, 739 yards and 17 touchdowns.

That production is 90% of the Eagle's offense.

Quarterback Kevin Dorman is 13 or 21 on the season in passing with 300 yards and four touchdowns and only one interception.

Looking at potential bi-district opponents, The Eagles will more than likely take on either Kress or Lazbuddie, as both are 4-3 on the season. Amherst and Cotton Center have season records of 1-6 and 2-4, respectively.

It would appear that district is also a

See EAGLES, Page 6



Southland's Christian Sanchez (26) chases down the Lorenzo quarterback in a recent game. The Eagles are 5-2 on the season and face Whitharral tonight in their district opener.

Photo by Mark Muerer

Quail season opens Saturday

By Kent Mahoney
Post Dispatch

GARZA COUNTY - Quail hunting season begins this weekend and lasts through Feb. 22, 2015. According to local and state officials, it may be a better season than in year's past.

Greg Jones of the Garza County Ag office said there has been some local counts that come close to what the state is estimating.

"We did collect some initial roadside counts similar to what Texas Parks and Wildlife do annually," he said. "These counts are random observations across Chimney Creek Ranch in NE Garza County."

These estimates were set up on 20-mile observations.

"We completed this 20-mile trip three different times and our average quail numbers were 13 quail of various ages" Jones said. "Our numbers were close to the same as estimated for the South Texas Plains from TPWD; theirs was 11.6."

Thanks to some timely rainfall, quail have found better nesting areas, cover and better food resources.

"Quail populations over the Rolling Plains will remain below average, but moving in the right direction," according

to Robert Perez of Texas Parks and Wildlife.

There are several permits available to hunters. There are the normal hunting and fishing licenses that are available from a number of area retailers as well as the Garza County Courthouse.

In addition to the valid hunting license, an Upland Game Bird stamp is also required.

If you are going to hunt on public land, hunters can purchase an annual public hunting permit for just \$48.

The daily bag limit is 15 and the possession limit is 45, which includes bobwhites scaled (blue) and Gambel's quail.

Hunting hours for all non-migratory birds is from 30 before sunrise to 30 minutes after sunset.

All hunters, either in-state or out-state, born on or after Sept. 20, 1971 must carry proof of a hunter education certification or deferral on them while hunting.

According to TPWD, millions of dollars are being collected and spent to increase the habitat across the state.

"This information is on the TPWD website:

Loss of grasslands and land fragmentation are major culprits in the ongoing decline



of quail species (since 1980, science has documented a 75 percent loss in bobwhites and a 66 percent loss in scaled quail). Persistent drought is intensifying the problem."

"Texas Parks and Wildlife Department has awarded grants to put \$4 million worth of quail habitat conservation on the ground, using a special appropriation by the Texas Legislature to help bring back the quail."

"The funding comes from the sale of \$7 Upland Game Bird Stamps purchased by hunters and concentrates restoration on three areas of the state: Southeast Texas (counties around Columbus, Sealy, Victoria), the I-35 Corridor (Navarro and Ellis counties), and the Rolling Plains/Cross Timbers area (near Wichita Falls)."

"The goal is to demonstrate success in various areas of the state and show that quail habitat can be restored, to inspire and guide private landowners throughout the quail range."

Lady Lopes drop in three to Shallowater Lady Fillies

By Kent Mahoney
Post Dispatch

POST - The Lady Lopes celebrated Senior Night at Tuesday's final regular season home game. Nearly half the players are seniors this season and have been there from the beginning of the program.

In fact, the three-game home stretch has been lathed with special recognition as the team honored Breast Cancer Awareness month by recognizing survivors and remembers those who were no longer with them.

Post took on Shallowater, losing in three very competitive sets, 25-13, 25-12 and 25-17. While the scores would not indicate a close match, it was certainly competitive.

A closer look reveals a lot of "back and forth" rallies with neither team taking early advantage.

Like two heavyweight boxers, Lady Lopes and the Fillies trades points much like fighters would trade shots at each other.

In each of the three sets, most of the points for either team were scored from rally and not their own serves.

In the first set, with the score tied at 11-11, Post scored seven of their points off Shallowater serves.

In contrast, the Fillies scored eight of their points when Post was serving.

In that same stretch, there were six net serves, three by each team. Post's Kally Comeaux posted two aces to get the Lady Lopes to that point in the match.

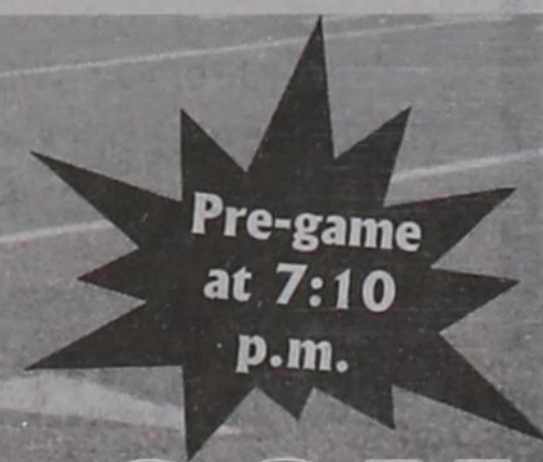
Shallowater slowing took control of the set, eventually winning out as Post only managed two points the rest of the set.

Sets two and three were very much the same way. Both teams would go through their first rotation of six players with a majority of points being scored off the other team's miscues.

But when the score reached about 10 or 11 points for

See VOLLEYBALL, Page 6

Post at Coahoma



POSTSPORTSRADIO.COM

POST From Page 5

have already defeated the two lesser teams in district, Stanton and Ballinger, who have two wins on the season between them.

If the playoffs were after this weekend, the four teams would be Coleman, Colorado City, Coahoma and Post, in no particular order.

For the bi-district opponents, such is not the case.

For District 4-3A, Div. II, Sonora is 4-3 overall and 2-0 in district play.

Then there is a cluster of four other teams, all with 1-1 district records. Alpine, Crane, Grape Creek and TLC Academy are all around the .500 mark with either 4-3 or 3-4 records on the season.

Here is how these teams shake out at the moment.

Alpine defeated Reagan County, but lost to Grape Creek. Crane defeated TLC, but lost to Sonora. Grape Creek's loss is also to Sonora, and TLC defeated Reagan County and lost to Crane.

The next three weeks will be very interesting to watch in District 4-3A.

Back in Post, the offense has recovered nicely from two weeks ago.

AJ Reed is up to an even 700 yards rushing over six games, which gives him a 116.7-yard per game average. He has nine touchdowns for his efforts.

Cambry Gilbert is up over 500 yards at 511 on six games for an 85.2-yard per game average.

That one-two punch is producing 18 yards per two plays, which would make

one think, there is no need for third downs.

Austin Garza's passing stats look a bit healthier as he is nearing the 100-yard mark in yards on 11 of 26 for the year. He also added a touchdown to his stats after last week's strike to Aron Lopez.

Defensively, Alejo Rodriguez is leading the team in tackles in district play with 19 tackles, two of them for losses, a caused fumble and a QB pressure.

Alex Ramirez is next with eight tackles, a sack, and a QB pressure.

Gilbert picked off a pass last week and that now gives Post 10 on the season.

And finally, penalties are sitting at 530 yards on 56 flags, and have to be a concern for the coaching staff.

EAGLES From Page 5

two-horse race as well and against two very even

teams on paper.

Kress had wins over Higgins, White Deer, Lorenzo and Silverton, while losing to Nazereth, Happy and Hart.

Lazbuddie has wins over Plainview Christian, Hart, Clovis Christian and Hedley, and has lost to Lorenzo, Whitharral and Silverton.

VOLLEYBALL From Page 5

either side, then Shallowater would roll off three or four points at a time to break Post down.

The district season is two-thirds of the way finished and Denver City is on top at 4-0 through Tuesday's games. Shallowater is second at 3-1, having lost to DC. Brownfield is 1-3 having beat Post last week.

Post takes on Brownfield Saturday in a road match. Brownfield is the only team Post has won a set against and the other three sets from last week's home match were all 25-22 in favor of Brownfield.

Denver City defeated Post

25-21, 25-11, 25-8

The Lady Lopes played a very competitive first set, again taking Denver City to the brink of losing their first district set of the season.

Post led the set for the first 20 points and it was only an ace by DC called on the line where the set slipped away. Tied at 21-21, Post committed three unforced errors that DC took advantage of to win the set.

In sets two, Post was again competitive thru the first third of the match trailing on 7-11. But the wheels fell off the wagon.

Set three saw Post score the first four points, but DC tied the set at 4-4 and proceeded to take control of not only the set but the match as well.

There was a fluttering

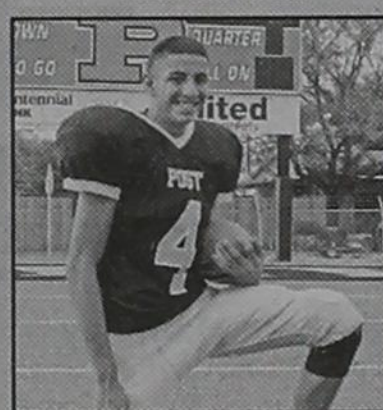
of activity even before the match began.

What was supposed to be a salute from Post to cancer survivors by wearing pink uniform tops, turned into players scurrying back to their house for their traditional uniforms when the opposing coach objected to the change of attire.

A cursory investigation of the UIL rules does state in the "charitable cause guidelines" "no jerseys or uniforms will be allowed for contest that do not represent the school colors."

Congratulations to the Post Dispatch Athlete of the Week!

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Lynn County Hospital welcomes DR. OTAHBACHI INTERVENTIONAL CARDIOLOGIST. CovenantHealth is pleased to announce Dr. Mohammad Otahbachi, an Interventional Cardiologist, will now see patients at the LCHD FAMILY WELLNESS CLINIC. If you or your primary care provider would like to schedule an appointment at the Family Wellness Clinic in Tahoka with Dr. Otahbachi, please call his office: CALL 806-725-1801 - Cardiology Care Close To Home - Lynn County Hospital District 1809 LOCKWOOD, TAHOKA • 998-4604

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WE SUPPORT OUR BOLD GOLD ALL THE WAY! HAVE A GREAT SEASON! The Post Dispatch

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Puzzle of the Week

- CLUES ACROSS 1. Dog sound 5. Intelligent 10. Canadian flyers 14. Fe 15. S.A. burrowing rodents 16. Rule, Britannia! composer 17. Network of nerves 18. Idiom with smart 19. ___ fide (Latin) 20. Speed competitions 22. A section of a circle 23. Chick pea plant 24. Winter slider 27. Tell on 30. ___ Lilly, drug company 31. Food grain 32. Where passengers ride 35. In a way, loved 37. Namesake son (alt. abbr.) 38. Alpha Lyra 39. Storybook elephant 40. Foot (Latin) 41. Breakfast meat 42. Caricatured 43. Athletic floor pad 44. Tempo 45. Teletype (abbr.) 46. Non-commercial TV 47. Not cooked 48. Side sheltered from the wind 49. Often served with spaghetti 52. Re-equip a factory 55. Away from 56. Cavalry sword 60. ___ Ladd, actor 61. Ridge on Doric column 63. Necktie cord 64. Texas armadillo 65. High alcohol lagers 66. Lazily 67. Frame that holds the window panes 68. Works diligently at a trade 69. Cape or headland

CROSSWORD PUZZLE POST DISPATCH. Grid with numbers 1-69.

- CLUES DOWN 1. Ethiopian monetary unit 2. Length X width 3. College army 4. Leg joints 5. Health resort 6. African country 7. Sour or bitter in taste 8. Masked mammals 9. Expression of disapproval 10. Excessive devotion to a cause 11. Crocodile 12. ___ Frank's diary 13. Feel anxious & apprehensive 21. Distasteful expression 23. Cathode-ray tube 25. Not new 26. Swiss river 27. Capital of Morocco 28. Accommodate 29. SpiderMan Maguire 32. Filmmaker de Mille 33. Past (archaic) 34. Ambit or scope 36. Radioactivity unit 37. Coal-black 38. Short for summer trip 40. Bucolic 41. Cries 43. License for Wall Street 44. Chum 46. Cribbage marker 47. Flightless bird such as ostrich 49. Tropical Asian starlings 50. Strong and heavily built 51. Oral polio vaccine 52. Knocks 53. Philosopher Zeno of ___ 54. Stabs 57. World Cup skier Miller 58. Right angle building wings 59. Beams of light 61. Current unit 62. Used to be U___

PUZZLE SOLUTION. Grid with letters filled in.

COTTON

From Page 1

ing stocks by 820,000 bales to 107.11 million. Beginning stocks rose by 1.01 million bales, mainly on upward revisions in 2013 crop estimates for China and Brazil. Rest-of-world ending stocks outside China increased 1.57 million bales to 44.95 million, up 16 percent from the prior year. China's projected imports fell a million bales to 7 million, its crop climbed a million bales to 30.5 million, consumption grew 1.5 million bales to

38 million and ending stocks dropped 750,000 bales to 62.16 million. The carryout would be 58 percent of world stocks. Global production rose by 1.36 million bales to 119.37 million. Increases for China, India and Pakistan were partly offset by reductions for the United States, Australia and Zimbabwe. India's crop prospects grew a million bales to 31 million, nudging ahead of China as the world's largest cotton producer. Consumption increased 1.56 million bales to 113.68 million, highlighted by the growth in China where mills are

expected to reduce yarn imports in favor of spinning domestic cotton. World trade is expected to decline about 800,000 bales to 34.4 million on the lower imports by China. Stocks in India jumped a sharp 1.95 million bales to 13.62 million on a combination of higher production and lower offtake. Production prospects fell 271,000 bales to 4.484 million in the Texas High and Rolling Plains. Estimates dropped 171,000 bales to 3.694 million on the High Plains and 100,000 bales to 790,000 in the adjoining Rolling Plains, compared with last year's 2.446 million and

822,000 bales, respectively, for a combined 2013-14 output of 3.268 million. The High Plains production, up 51 percent from last year's drought-stricken crop, is expected to account for 24 percent of the U.S. upland outturn and 59 percent of the Texas output. Applications of harvest-aid chemicals have expanded on the Plains. An estimated 25 percent of the cotton fields had been defoliated by Oct. 9, and a small number of modules had accumulated on some gin yards. Some drip-irrigated fields have yielded four bales an acre. The U.S. harvest advanced seven percentage points to 22 percent complete in the week ended Oct. 12, two points behind the five-year average, USDA reported. Boll opening expanded

four points to 77 percent, eight points behind average. The biggest boll-opening lag was in Texas at 18 points behind the average of 63 percent. However, the Texas harvest at 20 percent complete trailed the average by only a point. Conditions of cotton remaining on the stalk improved marginally, with good to excellent unchanged at 47 percent, fair up a point to 34 percent and poor to very poor down a point to 19 percent. The DTN cotton conditions index edged up to 114 from 111. In Texas, good-excellent cotton was up a point to 33 percent, fair up three points to 41 percent and poor-very poor down four points to 26 percent. Excellent cotton in Arkansas fell to 7 percent from 25 percent and poor-

very poor jumped to 29 percent from 5 percent. Meanwhile, trend-following funds bought 6,302 lots to reduce their net shorts in futures-options combined by 23.9 percent to 20,100 lots during the week ended Oct. 7, according to government data. The net shorts held by those funds plus those held by traders with non-reportable positions "mostly small speculators" had ballooned the previous week to 33,211 lots, largest in more than eight years. Index funds bought a net 342 lots to nudge their net longs up to 58,460 lots, while small specs bought 2,727 lots to cut their net shorts to 4,083 lots. Commercials sold 9,369 lots, liquidating 7,031 longs and adding 2,338 shorts to raise their net shorts to 34,277 lots.

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REQUEST FOR QUALIFICATIONS

The Board of Trustees of Post ISD is requesting qualifications for architect/engineer services relating to renovation or construction of an elementary school campus. Qualifications will be accepted until 3:00 pm on October 28, 2014 (the "deadline"). Interested parties may request an instruction packet from Mike Comeaux, Superintendent, at (806) 495-3343. Please enclose three (3) copies of your completed response with the appropriate annotation. All responses are due no later than the deadline at the following address:

Post Independent School District
Attn: Mr. Michael Comeaux, Superintendent
501 S. Ave. K
Post, Texas 79356
Telephone: (806) 495-3343

All responses must be annotated with the following:

Elementary School Project
ARCHITECT/ENGINEER SERVICES
RFQ #2014-01

Failure to have a response physically in the possession of the school district by the deadline shall result in the response not being considered.



The selection of the architect shall be in accordance with Texas Government Code §2254.004.

WAIVER OF CLAIMS: BY TENDERING A RESPONSE TO THIS RFQ, THE A/E ACKNOWLEDGES THAT IT HAS READ AND FULLY UNDERSTANDS THE REQUIREMENTS FOR SUBMITTING A RESPONSE AND THE PROCESS USED BY THE DISTRICT FOR SELECTING THE BEST A/E. FURTHER, BY SUBMITTING A RESPONSE, THE A/E FULLY, VOLUNTARILY AND UNDERSTANDINGLY WAIVES AND RELEASES ANY AND ALL CLAIMS AGAINST THE DISTRICT AND ANY OF ITS TRUSTEES, OFFICERS, AGENTS AND/OR EMPLOYEES THAT COULD ARISE OUT OF THE ADMINISTRATION, EVALUATION, RECOMMENDATION OR SELECTION OF AN A/E AS A RESULT OF THIS RFQ.

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A Bone Density Test
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Talk to your doctor about scheduling your bone scan today at Lynn County Hospital District.

LCHD radiology can also send reports to your requested referring physician.

For more information please call:

LCHD Radiology
806-998-4533 x291
Lynn County Hospital District • 2600 Lockwood, Tahoka

TIPS

From Page 1

maybe hosting family and friends for the evening. Most of the safety tips are common sense issues, but should not be ignored. Costumes should be brightly colored with even some reflective tape added for a measure of safety. Any kind of costume accessories (swords, knives, etc) should be soft and pliable so as not to stick the wearer or their friends. Minor children should be accompanied by an adult and should probably only travel a

short distance from home. DO NOT go to stranger's homes.

All treats should be examined for any kind of tampering or choking hazards.

A flashlight with a strong beam is also a good idea.

Raise or remove a mask when between stops. Navigating sidewalks and street corners is sometime tricky in broad daylight, let alone in the dark with something covering your face.

Walk; do not run, between houses. And ALWAYS look both directions when crossing the street.

Children are not the only ones who enjoy such occa-

sions. Adults should be aware of some tips as well, if they are going to be away from home for festivities.

First and foremost, don't drink and drive. Ask for a volunteer designated driver.

Make sure the gas tank is full. Bad movies are not the only place where "out of gas" accidents happen.

If you are hosting a party, have some healthy foods and snacks for your guests.

Make sure you have proper ID with you somewhere.

Tricks don't have to be the major theme of the evening. Having a good and safe time can be just as enjoyable.

DPS

From Page 1

lif. During the traffic stop, the trooper discovered 55 bundles of marijuana in-

side the luggage.

Both occupants were placed under arrest for possession of marijuana over 50 pounds but less than 2000, a second-degree felony, and booked

into the Carson County Jail.

The illegal drugs were allegedly being transported from San Fernando, Calif., to Tulsa, Okla.

LEGAL/PUBLIC NOTICE

NOTICE OF INTENT TO SELL REAL PROPERTY AND INVITATION TO BID

The City of Post [City] hereby serves notice to the general public that it will receive sealed bids from persons interested in purchasing the following real property and improvements located at:

226 E. Main Street, Post, Garza County, Texas, more particularly described as Lots 20 & 21, Block 77, O T Post, consisting of approximately 0.147 acres; commonly known as the Garza Theater.

Interested parties may contact Deana Watson, City Manager, City of Post, 105 E. Main, Post, Texas 79356, phone number (806) 495-2811, to arrange for inspection of the property and for review of the sales contract, Special Warranty Deed and other pertinent documents.

Interested bidders may obtain a bid packet from Deana Watson, City Manager, City of Post, 105 E. Main, Post, Texas 79356. The bid packet contains: a description of the Property, bid instructions and the City's "Contract of Sale." Bidders shall return a completed "Contract of Sale," with the required earnest money, in a sealed envelope marked "**Real Property Bid - Garza Theatre**," to City of Post, 105 E. Main, Post, Texas 79356, Attention: Deana Watson, City Manager. Sealed bids will be received until 4:00 p.m. on December 9, 2014. All bids received at or prior to such time will be opened and read aloud immediately following the deadline to submit bids. Bids received after such time will not be opened or considered. The highest acceptable best bid or bids will be presented to the City Council for review and possible approval at a meeting on December 9, 2014, at 6:00 p.m.

Bids must be based on a lump sum cash payment (net of all closing costs), payable at closing not more than 30 days following approval of the sale by the City Council. Bidders will be responsible for arranging any desired surveys, title insurance, inspections of the premises, and all other "closing costs" without cost to the City. Bids, which specify other payment terms, will be deemed non-responsive and will not be considered. **THE CITY OF POST RESERVES THE RIGHT TO REJECT ALL BIDS AND TO WAIVE ANY FORMALITIES.**

WAIVER OF CLAIMS: BY TENDERING A BID TO THIS INVITATION TO BID, THE BIDDER ACKNOWLEDGES THAT IT HAS READ AND FULLY UNDERSTANDS THE REQUIREMENTS FOR SUBMITTING A BID AND THE PROCESS USED BY THE CITY FOR SELECTING A BEST BIDDER. FURTHER, BY SUBMITTING A BID, THE BIDDER FULLY, VOLUNTARILY AND UNDERSTANDINGLY WAIVES AND RELEASES ANY AND ALL CLAIMS AGAINST THE CITY OF POST AND ANY OF ITS DIRECTORS, OFFICERS, AGENTS AND/OR EMPLOYEES THAT COULD ARISE OUT OF THE ADMINISTRATION, EVALUATION, OR RECOMMENDATION OF ANY BID SUBMITTED IN RESPONSE TO THIS INVITATION TO BID. BY SUBMITTING A BID, THE BIDDER SPECIFICALLY WAIVES ANY RIGHT TO RECOVER OR BE PAID ATTORNEY FEES FROM THE CITY OF POST, TEXAS, OR ANY OF THE CITY'S EMPLOYEES AND REPRESENTATIVES UNDER ANY OF THE PROVISIONS OF THE TEXAS UNIFORM DECLARATORY JUDGMENTS ACT (TEXAS CIVIL PRACTICE AND REMEDIES CODE, SECTION 37.001, ET. SEQ., AS AMENDED). THE BIDDER ACKNOWLEDGES AND AGREES THAT THIS IS THE INTENTIONAL RELINQUISHMENT OF A PRESENTLY EXISTING KNOWN RIGHT AND THAT THERE IS NO DISPARITY OF BARGAINING POWER BETWEEN THE BIDDER AND THE CITY OF POST, TEXAS.

Sincerely,

Deana Watson, City Manager

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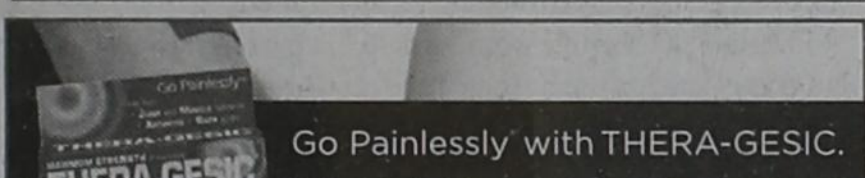
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Post Dispatch Weather Summary

Post's Seven Day Forecast

Friday Sunny 85 / 58	Saturday Sunny 87 / 57	Sunday Sunny 86 / 56	Monday Mostly Sunny 81 / 48	Tuesday Mostly Sunny 68 / 42	Wednesday Sunny 65 / 41	Thursday Mostly Sunny 71 / 45

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 85°, humidity of 34%. West southwest wind 5 to 10 mph. The record high temperature for today is 89° set in 2003. Expect mostly clear skies tonight with an overnight low of 58°. South wind 5 mph. The record low for tonight is 32° set in 1981. Saturday, skies will be sunny with a near record high temperature of 87°, humidity of 42%. Southwest wind 5 to 10 mph. The record high temperature for Saturday is 89° set in 1973. Skies will be mostly clear Saturday night with an overnight low of 57°.

Weather Trivia

Does lightning kill men or women more often?

?

Answer: Eighty-five percent of the people killed by lightning are male.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	12:38-2:38	12:08-2:08	Tue	4:12-6:12	3:42-5:42
Sat	1:28-3:28	12:58-2:58	Wed	5:08-7:08	4:38-6:38
Sun	2:21-4:21	1:51-3:51	Thu	6:03-8:03	5:33-7:33
Mon	3:16-5:16	2:46-4:46	www.WhatsOurWeather.com		

Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset	Last
Fri	7:57 a.m.	7:01 p.m.	8:36 a.m.	7:46 p.m.	11/14
Sat	7:58 a.m.	7:00 p.m.	9:35 a.m.	Next Day	
Sun	7:59 a.m.	6:59 p.m.	10:33 a.m.	8:30 p.m.	
Mon	8:00 a.m.	6:58 p.m.	11:31 a.m.	9:19 p.m.	
Tue	8:01 a.m.	6:57 p.m.	12:26 p.m.	10:12 p.m.	
Wed	8:02 a.m.	6:56 p.m.	1:17 p.m.	11:10 p.m.	
Thu	8:02 a.m.	6:55 p.m.	2:05 p.m.	12:12 a.m.	

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days	
10/14	74	38	75/48	0.00"	Date	Degree Days
10/15	81	40	75/47	0.00"	10/14	6
10/16	91	49	75/47	0.00"	10/15	10
10/17	77	47	74/47	0.00"	10/16	20
10/18	63	49	74/46	0.04"	10/17	12
10/19	72	47	74/46	0.00"		
10/20	77	50	73/45	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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I constantly strive to live up to your expectations and assure you that I will continue to work hard to remain worthy of your trust.

While I do not have an opponent in this election, I humbly ask for and will appreciate your vote of support. Thank you.

Early Voting
October 20-31

Election Day
Tuesday, Nov. 4

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Political ed by Curtis T. Schildknecht
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Friday, October 24th at 1600 McCowen in the Snyder Industrial Park

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Student-athletes high school style

This is Part One of a two-part series.

There are basically three kinds of high school student-athletes; the natural athlete, the "I like to play, but it's not the most important activity I do", and then there is the "you're not going to spend the school year on the sidelines" kind of athlete.

Not speaking about Post Specifically, but more of what I've seen over the years, amateur athletics on the local level can be rather frustrating.

The natural athlete is the kind of person who eats, sleeps, breathes and lives for the competition of any given sport.

The Manning brothers, Johnny Manzell, Oliver Luck, Larry Bird... the list goes on and on. All of them have one thing in common, they were the kind of high school students who literally slept with the ball, spent an unbelievable amount of time honing their skills and they all focused on one sport primarily. Some of them may have been athletically skilled enough to do other sports.



KENT MAHONEY

These are the town heroes to the younger kids and have the potential to put a town on the map. They can carry a school to the playoffs. But they often only come around once in a generation.

While most of them come from your "joe average" kind of town, some come out of metropolitan areas, while some others come from towns like Post - small, out of the way kind of towns.

The "I like to play" athlete is generally involved in season athletics. For the guys, it's football in the fall, basketball in the winter and baseball in the spring. (Substitute wrestling in the winter and or track in the spring if you must.)

For the girls, it's volleyball, basketball, and/or track and softball.

These athletes are generally skilled across the board not because they are specifically skilled, but because they are quick to pick up the basics of the game and they have the athleticism to pull it off.

And while these types of athletes are a joy to coach, a team-full of them generally don't produce state title type programs. However, they are fun to watch and usually fairly competitive.

Our final athlete type is the "I'm only playing because someone is compelling me to."

This kind of athlete can be agreeable to coach, not necessarily blessed with talent, can be useful in a pinch and participates at a minimal level. The other side of that coin is just like it sounds - the exact opposite of everything I just listed.

So as a coach, how do you put together a competitive team?

First of all, the coach has to have the players "buy into" the team philosophy and that every player is an important part of the overall success of the team.

Every player has to feel they have role to play in that success.

And finally, there has to be a reasonable expectation of how the season going to play out.

An overplayed expectation of a team whose skill level is not the upper echelon is only frustrating for all involved.

I hesitate in using the word "dynasty" at the high school level, but every state has them. There have been several in Texas at all the different playing levels, especially football, sometimes in basketball and sometimes in baseball.

The thing is, those programs have been around for eons. Coaches have been there for 20, 25, sometimes 30 years.

I've seen some dynasties in my time. Not many, but a few.

And the one thing they all had in common was this; the goals, were school goals. The philosophy was a program-wide philosophy. ALL of the students, regardless of the level of participation, understood and bought into both of those.

The coaches and staff were all on the same page. The parents were always supportive at all levels. The expectations were realistic and the results were consistent.

At any of the class participation levels, those teams who succeed year in and year out, have those qualities I've just explained.

When the success goes through all levels from junior high through high school and the coaches are the same ones for years on end, then the satisfaction of knowing the program works. It's a fine balance, but the work is rewarding beyond titles.

top ten

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NOTES

From Page 2

Taxpayer clinic
Students at the Texas Tech School of Law conduct free clinic for low-income taxpayers throughout the year to assist them with federal tax issues related to individual tax matters. Eligibility is determined by the federal poverty guidelines. For information or schedule an appointment, call Nancy Mojica at 806-834-7972 or 800-420-8037.

Veteran's benefits
Wartime veterans or surviving spouses may be entitled to monthly income from the U.S. Department of Veterans Affairs. For information, contact Marsha Mahurin at West Texas Senior Resources at 806-781-3901 or email marsha.mahurin@yahoo.com.

City Council
The Post City Council meets at 6 p.m. the second Tuesday of the month in Council Chambers at City Hall, 105 E. Main St. For information, call 495-2811.

County Commission
The Garza County Commission meets at 9 a.m. the second and fourth Mondays of the month in Commission Chambers at the Garza County Courthouse, 300 W. Main St. For information, call 495-4430.

School board
The Post ISD Board of Trustees meets at 6:30 p.m. the second Tuesdays of the month in the conference room at the Administrative Offices, 501 S. Ave. K. For information, call 495-3343.

School board
The Southland ISD Board of Trustees meets at 7 p.m. on the second Monday of the month in the board office at the school campus. For more information, call 806-996-5339.

School board
The Borden County ISD Board of Trustees meets at 7 p.m. on the third Monday of the month in the board office at the school campus. For more information, call 806-756-4313.

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