

County Savings Bond Drive at 36%

During the first half of 1983, sales of U. S. Savings Bonds in Texas amounted to \$137,573,100 an increase of 38.2 percent over the same period a year ago, John W. Dixon, Chairman of the Board & CEO of E-Systems, Inc. in Dallas and Volunteer State Chairman for Texas, announced today. These sales represent 61.2 percent of the state's 1983 assigned dollar goal of \$224,700,000.

Sales of Series EE Bonds were \$1,334.00 during June, 1983 for a total of \$14,388.00 for the first six months of 1983 in Garza County,

volunteer county chairman, Jack Alexander said. These sales represent 36 percent of the county's 1983 assigned dollar goal.

Nationally, June 1983 sales of Series EE Savings Bonds amounted to \$332 million, up 33 percent over June 1982, making a January-June 1983 total of \$2.11 billion, an increase of 37 percent. Redemption of Bonds for the first six months of 1983 were \$3.3 billion, a decrease of 31 percent from 1982.

According to Alexander, the new competitive interest rate that EE Bonds now

pay is the primary reason for sales being up and redemptions down. The new market-based rate for Bonds held five years or more was effective November 1, 1982. The rate is adjusted each six months, i. e., May 1 and November 1, and is 85 percent of the rate paid on five-year Treasury marketable securities. The rate on EE Bonds for the first six months ending April 30, 1983 was 11.09 percent. For the second six months period ending October 31, 1983 the rate is 8.64 percent for a first year average rate of 9.87 percent.

Garza County News Briefs

O. S. Special Planned

This year's big O. S. Ranch weekend will be in Post . . . with events to be staged at the Post Stampede Rodeo Arena and at the Post Community Center.

In conjunction with this big weekend, The Post Dispatch Wednesday, September 28 issue will be a special edition, chocked full of information, photos and features about all the activities.

The O. S. Saddle Bronc Riding and the Art Exhibit and Sale will headline the special edition, which will also include valuable information about the arts and crafts show and rodeo arena events.

"More than ever before, the O. S. benefit weekend needs wide-spread community support from Garza County residents," Dispatch Publisher Wes Burnett emphasizes, "and we are determined to do our part to make this year's weekend one of the best ever."

"With thousands of people expected in town for Saturday and Sunday," Burnett adds, "Post retail merchants will certainly want to take advantage of this great opportunity to schedule special sales events, and our big O. S. weekend edition will be the ideal time to advertise."

Staff members at The Dispatch are available to assist merchants in preparing advertising sales messages for the special edition.

Road Maintenance

Texas Treasurer Ann Richards is sending checks this week totaling \$7.3 million in grants to the state's 254 counties for road construction and maintenance projects.

The 18 counties in the Lubbock area are receiving a total of \$438,000 with Garza County included in the Lubbock region receiving \$12,577.66.

The state treasurer each year disburses money appropriated by the legislature for the lateral road program. The grants may be used by counties for the purchase of right-of-way and for construction and maintenance of lateral roads, farm-to-market roads or state highways.

Richards said the \$7.3 million is allocated to each county under a formula based on the county's area, rural population and lateral road mileage.

Art Preview Invitation

For a number of years, the O. S. Art Exhibit and Sale Preview Party invitation list has not been updated.

"We are concerned that you might be an art patron interested in receiving an invitation to the private showing," O. S. chairman Jack King comments, "and we want to make sure we include everyone who wants to be a part of this important fund raising event for the West Texas Boys Ranch."

People interested in being added to the invitation list should contact King at 495-2804.

This year the preview party will be held at the Post Community Center on Friday, September 30.

Game Football Ruffled

Antelope Booster Club members will be selling raffle tickets for a drawing to win the "Game Ball" at Friday's homecoming football game.

Tickets will be on sale at both entrances to the stadium.

Bingham Wins \$15 First Prize

Bing Bingham, former PHS coach now of Slaton, won first place in last week's Dispatch Football Contest, missing three games but edging out four other contestants on the tie-breaker.

Jimmy Norman won second place and Shorty Hester Jr. took third place.

You could be a winner too, just fill out the entry form in this issue of The Dispatch and bring it to our office at 123 E. Main or mail it with a postmark no later than 5 p. m. Friday.

There were 106 entries in last week's contest.

Cash Reward
495-2626



The Post Dispatch

25¢

USPS
439-620

Fifty-Seventh Year Number 33

Serving the People of Garza County

Wednesday, Sept. 21, 1983

'World's Biggest Indoor Dance Floor' O. S. Western Dance Set Air Conditioned Postex

Since its opening in 1911, the Burlington Industries Postex Plant has played a major part in the community of Post, Texas. The plant's 50,000 sq. ft. sewing room will be the setting for the 1983 OS Ranch Western Dance, to be held from 9:00 p. m. til 1:00 a. m. on Saturday, October 1.

The dance is just one of the many activities planned during the 1983 OS Ranch Match Saddle Bronc Riding and Art Exhibit, October 1 - 2, in Post.

The OS Ranch has held a roping and art exhibit since 1971 to benefit West Texas Boys Ranch and has become a tradition to the people of Post. This year the roping was changed to saddle bronc riding and the event was moved to the Post Stampede Rodeo Grounds.

Many events were added to the benefit including the western dance. Since the Burlington Plant was vacated in January of this year, it seemed the perfect place to bring two traditions together.

The Burlington Postex Plant (Postex

A look at Homecoming 'Lopes To Test Speed

By Wes Burnett

"We'd better be ready to play," Post High School athletic director David Thompson comments about Friday's homecoming game with Littlefield, "they're rated number one by both major wire services."

The Littlefield Wildcats, sitting on an impressive three-win season, comes to Post fresh from a 48-6 slashing of the Slaton Tigers.

The Wildcats also whipped Roosevelt 48-0 and they will be looking to avenge a 20-6 loss to the Antelopes last year.

Going to the state 3A football finals, the Wildcats had only lost one game last season — that one to the Antelopes.

But that was last year, and although this year's 'Lopes haven't scored as many points as the '82 team, they have won three straight, allowing only 18 points to their opponents, while scoring a total of 90.

Overall, the '83 'Lopes are a hard-hitting group of players and are in outstanding

physical condition. from Post, Tex.) was originally built by cereal tycoon, C. W. Post, as a means to diversify the economy of Post, Tex.; the two which he planned and constructed. The 440,000 sq. ft. plant was purchased in the 1950's by Burlington Industries and is one of the few plants that completely process cotton into muslin sheets and pillowcases. The plant is known nation wide as the home of the top quality, long lasting, Garza sheet, named for the county the plant is located in.

Due to the production of new synthetic materials and muslin no longer being in demand, Burlington closed the Postex Plant, which is presently for sale. A special West Texas goodbye will be given to Burlington and a big hello to a new style OS Weekend.

The Postex Plant's huge sewing room, cooled by 150 tons of air conditioning will provide the 'World's Largest Dance Floor' for a dance in the true style of the great state of Texas. Tickets are \$5 per person and coolers are allowed. For more information contact, Jack King at 806-495-2804 or Diane Scherf at 915-949-1936.

physical condition.

"The Wildcats are a really good football team," coach Thompson adds, "and they are well coached."

They are led offensively by 150 pound junior quarterback Chris Ayala (10), who likes to throw the football to 170 pound junior Ferrante Lewis (80) and 150 pound senior John Lee (83).

"They have a strong offensive line and they really get off the line of scrimmage," the Antelope coach continues.

Adrian Solis (70), a 200 pound senior and Roy Dowty (62), a 175 pound senior, anchor the offensive line.

On defense, the Wildcats are led by 155 pound junior Billy Nix (30), 165 pound senior rover David Tunnell (85), 150 pound senior end Robert Willard (37) and 250 pound sophomore nose guard Corelius Conley.

"We need the fans to come out and

Continued on Page 8



RIDE 'EM COWBOY - Jack King shows off the champion saddle donated by the Miller Bros. Ranch, which will be given to the champion bronc rider at this year's O.S. Saddle Bronc competition. The saddle was designed and specially built for the O.S. event by Bob Moline of Fort Worth.

Clean Up Crew Needed

A clean-up crew is being sought for the rodeo grounds on Saturday and Sunday for the O. S. Saddle Bronc, Art Exhibit and Sale weekend here, October 1 and 2.

Cleaning up of the rodeo grounds and surrounding area is open to groups or individuals. Compensation for the clean up will be all the aluminum cans collected during the weekend.

Interested persons should contact Jack King at the First National Bank.



ENTERED IN THE BIKE-A-THON — This group of youngsters rode in the St. Jude's Bike-A-Thon all day Saturday. Their course was mapped off up and down Main Street in

front of the First Baptist Church. Tonya Rudd was chairman for the Bike-A-Thon with proceeds going towards the St. Jude's Hospital.

Twin Cedars

By Tina Rodriguez
 This week has been quite a long week. To start the excitement we surprised our Seniorettes Wednesday night with our new piano that Dee bought Billie for their wedding anniversary. Thursday night was our Family Covered Dish Supper. We had over 30 guests at the get together. First we had some entertainment which was provided by the Country Cousins, and the Seniorettes. Both groups did such a great job. Then after the entertainment the activity director presented awards to the Seniorettes, the Country Cousins, Patsy Craig, VFW Ladies, Billie Caylor and Lola Ledbetter. After all the awards were presented, we all sat down together to eat. To close the evening, the Seniorettes sang some more songs. We thank the First Baptist Church for the use of their tables. It is very kind of them to let us use them when we need them. We also thank Janet and Dee Justice for the use of their chairs. They are also very kind to us. We thank the First Baptist Church for the good service they provided for us this Sunday. The service was performed by Steve McMeans and Phil Alford played the piano. We also thank all the members that came with them. Mrs. Katie Mae Tipton brought homemade ice cream for attending residents after church service. We have also had our regular activities this week, all the residents are still doing just great in exercise class. This month's birthdays are: resident, Lucille Knight on the 24th and employees: Delfina Saldivar on the 11th. We wish them a happy birthday. We thank all our regular visitors and we hope they keep coming and we hope to see new faces.



YESTERYEARS — CHILDREN OF HENRY DAVIES AND DOVIE WHITE DAVIES — Clarence "Jelly" Davies, (left, standing) and Curtis Davies, (seated left to right) William Elbert "Lefty" Davies and daughter Jerilyn Davies, Harold Lee Davies and Richard Garland Davies. (Photo courtesy of Carol Tobias.)

United Convalescent

By Nell Mathews
 Hi to you out there from all of us here at United Convalescent Home. We are having a big time with some of our friends that has been visiting us. Elfreda Price called out Bingo Monday afternoon and for some of us she would not call the right numbers. Maudie Pettigrew was our big winner. Tuesday we had a birthday party. Jo Ella Sparlin is always here. We had cake and punch. Then after the party, Mr. Sprayberry from Lamesa brought us some cantaloupe and blackeyed peas and we had a good time shelling peas. Margie Caffey and Adie May Tucker helped with shelling peas. They sure were good and we had cantaloupe for several days. Tuesday night we had music and singing by the Country Cousins. We sure had good music. The Hoe Downs we all enjoyed very much. Thanks to the Durwood Bartletts, Ira Farmer, Esker Stone, and Mildred Stewart. The next day we had fun in exercise and that afternoon we played 42. Thursday, we had popcorn and a 42 game. Maudie Pettigrew, Lee Williams, Winnie Henderson, Ruby Woodard, Henry Wheatley and Nell Mathews got in on the game. I have no idea who got beat. That evening we had singing by the Gospel Trail Blazers and we got to sing along with them. The Gospel Trail Blazers are Mrs. June Kiker, Mrs. Inez Grantham, Cleao Sappington, Marion and Nell Mathews with Ethel Edwards at the piano. We sure enjoyed it all. Friday we had a good time in exercise and that afternoon we

Eagle Roundup

need more exercise after we had ice cream. Oh boy was it good. Sure hope we can have more ice cream soon. Our Family Night is Monday night, Sept. 26 at 7. We ask that all families be here. Another victory was added to the Eagle record to make it 3-0 last Friday night. The Southland Eagles broke a scoring record at the home field beating the Midland Mustangs with a score of 77-31. Jeff Lamb rushed for 140 yards and scored four TD's. Ray Diaz carried the ball eight times for the Eagles. The Eagles added six points in the second quarter, 24 in the third stanza and 15 in the final period. The Eagles will have their open date on Friday, Sept. 23, but will be ready for their first district rally against the Dawson Dragons at Dawson the following week.

Light Shunned

insights to this time-worn question. John Bunyan cleverly writes in his allegory, The Pilgrim's Progress. Hopeful is telling his dear friend of the experiences of his personally shunning the light. A first reaction was to shut his eyes against that light when the word began to shake his mind. Hopeful shares the reasons of his resisting the light: 1. I was ignorant that this was the work of God upon me. 2. Sin was yet sweet to my flesh. 3. I could not tell how to part with mine old companions, their presence and actions were so desirable unto me. 4. The hours in which convictions were upon me, were such troublesome and such heart affrighting hours, that I could not bear, no not so much as the remembrance of them upon my heart. Hopeful tells his friends of the many struggles in self efforts to correct his precarious position. His own devices only failed. After turning to Faithful did he learn of the righteousness of a man that had never sinned. Neither Hopeful's goodness nor that of the whole world could save him. That light was no longer shunned but embraced. Its glory was beheld. To him came the right to become the child of God.

Pleasant Home News

By Annie Gilbert
 General worship service as usual throughout the day. Devotional led by Sister Mozella Mitchell, Sister Marie Corona, Sister Fisher Wynne and Sister Wynne read entire number 131 Psalms. Altar prayer very spiritually prayed by our pastor. Rev. James read Romans Chapter 13 verses 1 through 10, then the choir sung beautiful from their souls and hearts to the Master. During the 11 a. m. morning service, our pastor delivered a wonderful message. His scripture was from Ephesians Chapter 2 verse 6. His theme was "Walking Low to Reach High Ground". God truly was here in the midst and Rev. Kelly truly preached out of his soul and heart to the loving Master. Let's remember the sick and shut-ins of the churches, homes, hospitals and our community. Please continue to pray for their speedy recovery. Think on this thought: Pleasant Home the Church where everybody is somebody. For spiritual help call Rev. Arthur Kelly 806-495-3192 or write 415 N. Ave. F. Post, Texas 79356. Rev. Kelly Pastor Rev. John James Jr. Associate Pastor

Girl Scout Training

Adult training for Girl Scouts will be held Thursday, Sept. 29 from 9 til 12:30 at the Girl Scout House, 507 West 7th. It will be a fun morning of learning songs, games, and other activities to share with the girls. The training will conclude with a meal participants have cooked outside. The training is required for leaders and assistants. Parents who plan to help with troops are most welcome. There is a 50 cent charge to help defray the cost of lunch. Please register by calling Carol Peppers 495-3191 or by contacting the leader of your daughters' troop.

Oct. 31 Deadline

October 31 is the date by which employers must report on Form 941 social security and withheld federal income taxes for the third quarter of 1983 and pay any taxes due, the Internal Revenue says. This deadline does not apply to those employees who make timely deposits of the full amount of tax due in Federal Reserve or approved commercial banks. They are allowed until November 10 to file Form 941, "Employer's Quarterly Federal Tax Return."

100,000 pools added
 There are more than 2 million in-ground swimming pools in the United States and the number is growing by 100,000 annually.

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COW POKES By Ace Reid



"Zeb, would you take my place fer about an hour while I go home and help Ma with the milkin'!"

FOR THE "TOO BUSY" MAN OR WOMAN — BANK-BY-MAIL! YOU CAN AVOID THE WEATHER - PARKING - OR THAT "EXTRA" TRIP TO THE BANK WHEN YOU TAKE ADVANTAGE OF OUR BANK-BY-MAIL SERVICE! WE DO OUR BEST TO MAKE THINGS CONVENIENT FOR YOU!

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ALLSUP'S
GLASS MUG NOW IN STOCK
 FILLED WITH COKE
99¢

DR. PEPPER
 16 OZ. BOTTLES
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BAMA PRESERVES
 PEACH OR STRAWBERRY
 16 OZ. JAR **89¢**

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ALLSUP'S ASST. FLAVORS
ICE CREAM
 1/2 GAL. CTN. **\$1.59**

VAN CAMP'S PORK & BEANS
 16 OZ. CAN **3/1**

PUSS N' BOOTS CAT FOOD
 FISH OR CHICKEN
 15 OZ. CAN **19¢**

BORDEN'S YOGURT
39¢
 8 OZ. CTN.

COOKED FOOD SPECIAL OF THE WEEK
HOT LINKS
MILD LINKS **2/99¢**
 FRESH COOKED AND READY TO GO AT ALLSUP'S!

ALLSUP'S
 CONVENIENCE STORES

WHILE SUPPLIES LAST! SELF SERVE GAS
 OPEN 24 HOURS FOR YOUR CONVENIENCE!
 PRICES EFFECTIVE SEPT. 22-24, 1983

We're Working Harder... **TGI Y** ... To Save You More! Slaton Plaza

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Sale Ends Saturday

We work harder to save you more!



Granny-Ware by Oneida!

Soup Bowl, Tumbler, Salad Bowl, 10 oz. Mug or 18 oz. Mug **.96** ea.
Dinner Plate **1.36** Serving Bowl **1.96** Serving Platter **3.96**

Granny-Ware by Oneida. Heavy duty molded plastic in a variety of colors. 28 oz. serving bowl, platter, soup bowl, salad plate, 10 1/2" dinner plate, 14 oz. tumbler.



2 **5.00** **4.96** **2** **1.00** **.87** **9.96**

We're Working Harder... **TGI Y** ... To Save You More! Family Centers Sale Ends Saturday

Hard working values that really stack up!

Plastic Coated Wire Organizers: Space rack, mini organizer, kitchen organizer, stackable shelf, photo organizer or revolving cup organizer.

Your choice **1.48**

StorageMate Bins!
7x5"x7-1/16" **1.48** 7x9"x7-1/16" or 14x5"x7-1/16" **1.96**
7x20"x7-1/16" **2.78** 14x9"x7-1/16" **2.48** 4 1/2"x4 1/2"x7-1/16" **1.28**

StorageMate Bins: Stackable bins in a variety of sizes and colors. Use them for storage in your kitchen, refrigerator, pantry, bedroom, bath, closets, workshop, garage and more!

Home accessories to save you more!

Mr. Cart All purpose heavy duty roll around cart. Perfect closet organizer or storage unit. **14.96**

Table Set Almond "cone lock" 3 piece set includes 2 end tables and a coffee table. No tools, just snap together. **21.88**

Heavy-Duty 18x11" tray has folding legs and is available in several colors. **2.96**

Save 35% Magazine Rack: Beautiful brass plated rack. Easy assembly. #41. Reg. 17.84 **7.97**

Stack-N-Tote Storage Baskets: Perfect all purpose organizers in yellow or almond. **.96** ea.

Resistant Backpack: Beautifully lined with bright fabric. Ass'd colors and prints. **2.97**

Crayon Holder: Has a snap on lid and barbed wire. Dishwasher safe. Holds 10 oz. **1.48**

Save 67% Laundry Basket: 1 1/2 bushel with wicker design and sturdy rim. Reg. 3.68 **1.96**

Hard work means great values for you!

Save 34% Tall Bleach: 13 gallon, 60 ct. Reg. 2.97 **1.96**

Prestige Window Cleaner: 22 oz. bottle with trigger sprayer. **.83**

Carpet Fresh Deodorizer: Safe for all rugs. 14 oz. **2.53**

Fleaze Shampoo or Conditioner: Regular or Extra Body. 11 oz. ea. **1.77**

Ban Roll On Deodorant: Regular, unscented or fresh scent. 1.5 oz. **1.08**

Shower Curtain Set: 6'x6" with 12 rings. Ass'd colors. **3.96**

Dow Oven or Bathroom Cleaner: Two quality products at our low price of 1.00 ea. Buy 2 cans and receive a 1.00 rebate from Dow. 16 oz. Dow Oven Cleaner or 17 oz. Dow Bathroom Cleaner. *See us for details. **2.00 -1.00 = 1.00**

Colgate Toothpaste: Price reflects 15 off label. Provides cavity protection. 5 oz. Regular or 4.6 oz. Winterfresh Gel. **.87**

We're Working Harder... **TGI Y** ... To Save You More! Family Centers

We're Working Harder... **TGI Y** ... To Save You More! Slaton Plaza

Most advertised items are reduced from our everyday low prices. And upon their purchase, TG&Y insists upon your satisfaction. If you are not happy with what you bought, return it. We will cheerfully exchange it or fully refund your money. If for unforeseen reasons advertised merchandise is not available, we'll gladly issue a raincheck. We're happy to accept your personal check, MasterCard, Visa or cash. We want you to be glad you shopped TG&Y.

Womans Culture Club Meets with Mrs. Malouf

Mrs. Linda Malouf was hostess in her home Sept. 14 for the first meeting of the Womans Culture Club for the new year. She extended a warm and gracious welcome to the members and a guest, Mrs. Rebecca King. Linda then gave a most sincere and loving

prayer for our beloved Ruth Duckworth, who is a patient in the Methodist Hospital, asking that Ruth will feel our love, thoughts and prayers are there with her.

Mrs. Maxine Earl, literary chairman, presented the year books and expressed expectations for the year, in our new course of study "Search for Excellence." Doris Wilson, program leader, introduced Mrs. King, city manager, who spoke on "New Directions for Post."

SUNDAY GUESTS
Visiting in the home of Mr. and Mrs. Johnny Ray Sunday were his brothers and wives, Mr. and Mrs. Wade Ray of Pecos and Mr. and Mrs. Henry Ray of Eastland, his sister Mr. and Mrs. Tom Mason of Tahoka and their children, Mr. and Mrs. Jerry Ray, Barry, Tracy and Andy of Slaton, Mr. and Mrs. Jimmy Matthis, Sandra, Melissa and Tammy of Tahoka. Mrs. Ray's mother, Mrs. W. R. Greer of Slaton and Cynthia Snell of Slaton visited Saturday.

COMMENTS ON COTTON PROGRAM
USDA plans to announce the 1984 cotton program on or before November 1. USDA is asking for comments to be made before October 4, 1983. Comments should be sent to Director, Analysis Division, USDA-ASCS Room 3741-S, Box 2415, Washington, D. C. 20013.

Mrs. King began by saying Post had a very unique beginning. One man, Mr. Post, had a dream, a dream that he made come true. People came from Scotland, New York, all parts of the United States, to work. They built homes for the farmers and the ranchers secured land for their cattle at very little cost. A railroad was built for transportation, a Textile mill was built to make cloth from the raw cotton and everyone had a job. Later oil was discovered. Garza County has been so fortunate until now.

Mrs. King suggested that we tighten our belts and look for new directions. There is a possibility of raising our taxes, also the utility rates as other

towns have done. Mrs. King concluded by saying that the people of Post are wonderful caring people and they will find a way to solve their crisis, by finding "New Directions for Post."

Delicious refreshments were served from a table centered with brass candles flanked by love birds with silver and crystal appointments used.

Attending were Mmes. Buena Bouchier, Nita Burress, Estelle Davis, Sue Chun, Lois Cook, Maxine Earl, Katherine Cathcart, Doll Haire, Ruby Kirkpatrick, Lillian Potts, Pearl Storie, Lois Williams, Doris Wilson, Malouf and Mrs. King.



TO CELEBRATE 50TH ANNIVERSARY — Mr. and Mrs. Richard Lewis will be honored on their 50th wedding anniversary Sunday, Sept. 25 in the Pleasant Valley Baptist Church from 2 until 5 p. m. Children of the couple are hosting the event and include Mr. and Mrs. Ward Thomas, Mr. and Mrs. Charlie Woodfin, Mr. and Mrs. Edwin Lewis and Mr. and Mrs. Troy Lewis. The public is invited to attend and help the couple celebrate.

Colleen's Comments

Colleen's Comments
By Colleen England
County Extension
Agent-Home
Economics

Myths about Exercise

Most of us will use almost any excuse to avoid doing regular exercise even though we know it is necessary for weight control and fitness. According to the National Heart, Blood and Lung Institute there are five common myths that Americans use to avoid exercise.

Myth 1 — Exercising makes you tired. This is not true because as their bodies get more in shape, most people feel exercising gives them more energy than before. Regular, brisk exercise can

also help you resist an excuse to keep you from exercising. No matter how busy or tired you are, or how old you are, there's an exercise program for you.

Myth 2 — Exercising takes too much time. Regular exercise does not have to take more than about 25 to 40 minutes three times a week. Once you have established an exercise routine, it becomes a natural part of your life.

Myth 3 — All exercises give you the same benefits. It's true that all physical activities can give you enjoyment. But only regular, brisk, and sustained exercises such as brisk walking, jogging, or swimming improve the efficiency of your heart and lungs and burn off a lot of calories.

Myth 4 — The older you are, the less exercise you need. With age we tend to become less physically active, so we need to make sure we are getting enough exercise. In general middle-aged people and older people benefit from regular exercise just as young people do. Age shouldn't be a limitation. The important thing, no matter what your age, is tailoring the exercise program to your own fitness level.

Myth 5 — You have to be athletic to exercise. Most brisk activities do not require any special athletic abilities. In fact, many people who are not interested in sports discover that these other activities are easy to do and enjoyable.

Don't let any of these myths serve as

an excuse to keep you from exercising. No matter how busy or tired you are, or how old you are, there's an exercise program for you.



TO PRESENT CONCERT — The Sisters in Song, popular local gospel singing group will present a mini-concert Sunday evening, Sept. 25 at 6 p. m. at the First Baptist Church. This talented ensemble, consisting of 1 to r, Kay Lamb, Marita Jackson, Sharla Wells and Beverly Stansell will present approximately 30 minutes of various styles of gospel music. The Sisters in Song have presented concerts all over West Texas as well as being featured in special music in revivals as far away as Juneau, Alaska. The group has one album to its credit, "What You Say Is What You'll Get." The public is encouraged to come share in this special worship experience.

VISITS HERE

Mr. and Mrs. Tim Dears of Lubbock visited in the home of their grandmother, Mrs. Vera Gossett Sunday.

Penny for toy soldiers
In the 1890s an English firm named Britains invented a way to make hollow-cast lead-based toy soldiers that could be sold for a penny apiece. They caught children's fancy, and Britains produced hand-painted models in the uniforms of every British army unit.

In the spirit of Christian joy
Rhonda Renea Rogers
and
Kelvin Loren Thomas
will vow their lives to one another forever
on Saturday, the twenty-fourth of September
nineteen hundred and eighty-three
at two o'clock in the afternoon
Rosemary Crispin Rogers
and
Mr. and Mrs. B. L. Thomas
invite you to join them in asking
God's blessing upon this holy union
First Baptist Church
402 West Main Street
Post, Texas

Reception following

57th State Convention Now in Progress

More than 800 women from across the state will gather in Lubbock Tuesday through Thursday for the 57th annual state convention of the Texas Extension Homemakers Association.

The three-day meeting at the Memorial Civic Center will focus upon improving family life and the association's special project, the war against drug abuse. The women will also participate in educational workshops and honor award dinners.

The Lubbock City Council has proclaimed the week as "Extension Homemakers Week". The proclamation cited Extension Homemakers for strengthening the family life of the communities of the state.

The conference begins Tuesday with registration, tours of the College of Home Economics at Texas Tech University and the Ranching Heritage Center, and a program of entertainment.

Mrs. Elna Richards

of Port Arthur, will convene a general assembly at 9 a. m. Wednesday. Delegates will be welcomed by Mrs. Nell Finney of Tulia, director of the host South Plains District 2 of the association. Greeting will be brought by Dean Elizabeth Haley of the Tech College of Home Economics.

Thursday morning will be devoted to educational workshops

on health, club membership, young homemakers, legislative action, family life and international understanding. The afternoon program will include a business session and committee reports.

A banquet honoring recipients of awards from the National Extension Homemakers Clubs will conclude the meeting.

Eggs Should Be Dated

An easy-to-understand "date" on egg cartons could be a big help to consumers looking for high quality, fresh eggs.

Present regulations do not require either a "pack" date or "pull" date on egg cartons, says Dr. David B. Mellor, poultry marketing specialist with the Texas Agricultural Extension Service, Texas A&M University System. But, many egg cartons are "dated."

A "pack" date on cartons is usually based on the Julian calendar. Under this system, days of the year are numbered consecutively, explains Mellor. For example, Jan. 1 is 001, Jan. 31 is 031, June 25 is 176 and so on. Packers and store personnel use this date for inventory control and proper shelf stocking.

In addition to a "pack" date, many companies use a "pull" or expiration date. This is usually a month followed by the date and preceded by "Exp" or "Sell by." This date is usually from 10 to 30 days following packing, depending on the grade of eggs and the store or company involved, notes the

speciast.

Even though eggs may have reached this "pull" date, they would not have lost their high nutritional value, Mellor assures. If the eggs have been maintained under refrigeration, they could probably be kept in the home refrigerator for a month or more without any noticeable different in taste, flavor, appearance or nutritional quality.

For many years, some people have suggested the dating of food containers in an easy-to-understand fashion while others have questioned the practice. Perhaps the most understood dating system for eggs would be an uncodged pack date that retailers and consumers would understand, says Mellor.

Could park explode?
Geologists are calling Yellowstone National Park a "volcanic time bomb" that could explode any day.

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Big Homecoming Dance

Sept. 23, 1983
Post Community Center
Following the Post vs. Littlefield Football Game
Starts at 10 p. m.
Music by
Rex Thomas Band
\$15 Couple
Sponsored by
Post Exes Club



BANK EMPLOYEES HONORED - Martha Compton (left to right), Vearl McBride, Margie Pennell and Linda Waldrip were honored last week with other First National Bank employees and directors for their years of service.

Bank Employees Honored for Service

Employees and directors of the First National Bank of Post were recognized for their years of service during an awards party last week.

Service pins were presented to Martha Compton for her 38 years of service, Vearl McBride, 32 years; Rita Nelson, 22 years; Margie Pennell, 18 years and Linda Waldrip, 16 years.

All employees were recognized in the awards program:

Delores Redman, nine years of service; Shirley Pruitt and Jackie Lester, six; Tonya Rudd, five; Lisa Windham and Jack Alexander, four; Ronnie Hardin, Lanelle Clary and Meg Nelson, three;

Kim Mills, Julie Tyler and Jack King, two; Donna Baker, Bess Gatlin and W. M. Sims, one.

Blood Drive Sept. 26

A community-wide blood drive will be conducted Monday, September 26 from 4 to 8 p. m. at the Post Community Center.

Remember to Report Failed Acreage

Please remember to report any acreage that has failed and will not be harvested before destroying evidence of the crop. If you have requested measurement service, you will be required to certify that crop before reporting failed acreage. Reports may be made to the local ASCS office.

V. F. W. FISH FRY

Saturday, Sept. 24

5:30 - 8:30

ALL YOU CAN EAT

Plates \$5

Children \$2.50

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Scholarship offered by University

Outstanding high school seniors across the state will be interested in a \$10,000 scholarship to the University of Texas at Austin.

The Texas Excellence Award for Scholarship and Leadership is the first of its kind in the state.

Funded by alumni through the Foundation for Texas Excellence of the Ex-Students Association, the award is based solely on academic accom-

plishment and leadership in extracurricular activities.

Presented for the first time in 1982, five more such awards will be presented in March 1984. Each award will be granted over a four year period (\$2500 per year.)

To be eligible, students must rank in the top five percent of their class at the end of their junior year in high school. Beyond scholastic

achievement, students must demonstrate leadership ability.

Approximately ten finalists will be selected in a process involving University deans, distinguished alumni, and other UT officials. Following on-campus interviews, five recipients will be chosen. Announcements will be made in the winners' hometowns by local Texas Exes Clubs, and awards will be presented on campus in the fall.

Eligible high school seniors may obtain applications from their school counselors or from the Ex-Students' Association (P. O. Box 7278, Austin, Texas 78712). Applications must be postmarked no later than November 1.

Toy soldier popular

The number of toy-soldier collectors is growing, says Frank G. Frisella, director of the American Model Soldier Society, founded in 1960, which has more than 500 members. There are many similar groups in the United States. A toy-soldier fair that collectors staged in Philadelphia attracted more than 5,000 visitors.

An Indianapolis man went to sleep in a trash container, and woke up only after the container had been lifted and dumped into the back of a compacting garbage truck. Compressed "into shapes no human body should experience," he began to yell and scream. The driver, hearing the noise, got out of the truck and looked around, but then drove off when he could not find the source of the screams.

The trapped man began knocking on the side of the truck, and the driver stopped again, thinking something was broken.

Both men breathed a sigh of relief when the source of the noise was finally discovered.

Every person feels at some time the stresses and pressures that no human being was designed by the Creator to experience. And calling for help, the voice of prayer, or a 'sigh too deep for words,' or tears can be the very beginning of our search for help outside ourselves.

The Presbyterians of Post gather every Sunday morning to pray and to praise the God who hears those sighs, those prayers, those cries for help, no matter what form they take.

We invite you to join us, to be part of a community of faith and hope.

We promise, friend, not to put even more pressure on you!

The First Presbyterian Church

10 a.m. Bible Study

11 a.m. Worship

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WEDNESDAY
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If your air conditioner breaks down, you have several choices. Repair. Replace. Buy a whole new system. All major investments.

Southwestern Public Service Company would like you to know about another option, a more efficient alternative: the electric **add-on heat pump**. The add-on heat pump is a very special air conditioner. It cools in the summer and helps heat in the winter for less than you'd spend on a new heating and cooling system.

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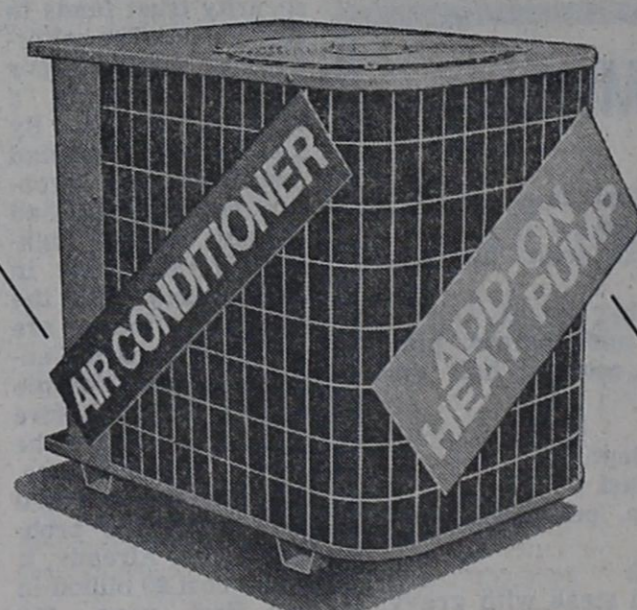
performance of your furnace by keeping it off completely during a good portion of the winter. It will satisfy your home's heating requirements more economically while temperatures are above 30°. That's about 80% of our area's normal heating season.

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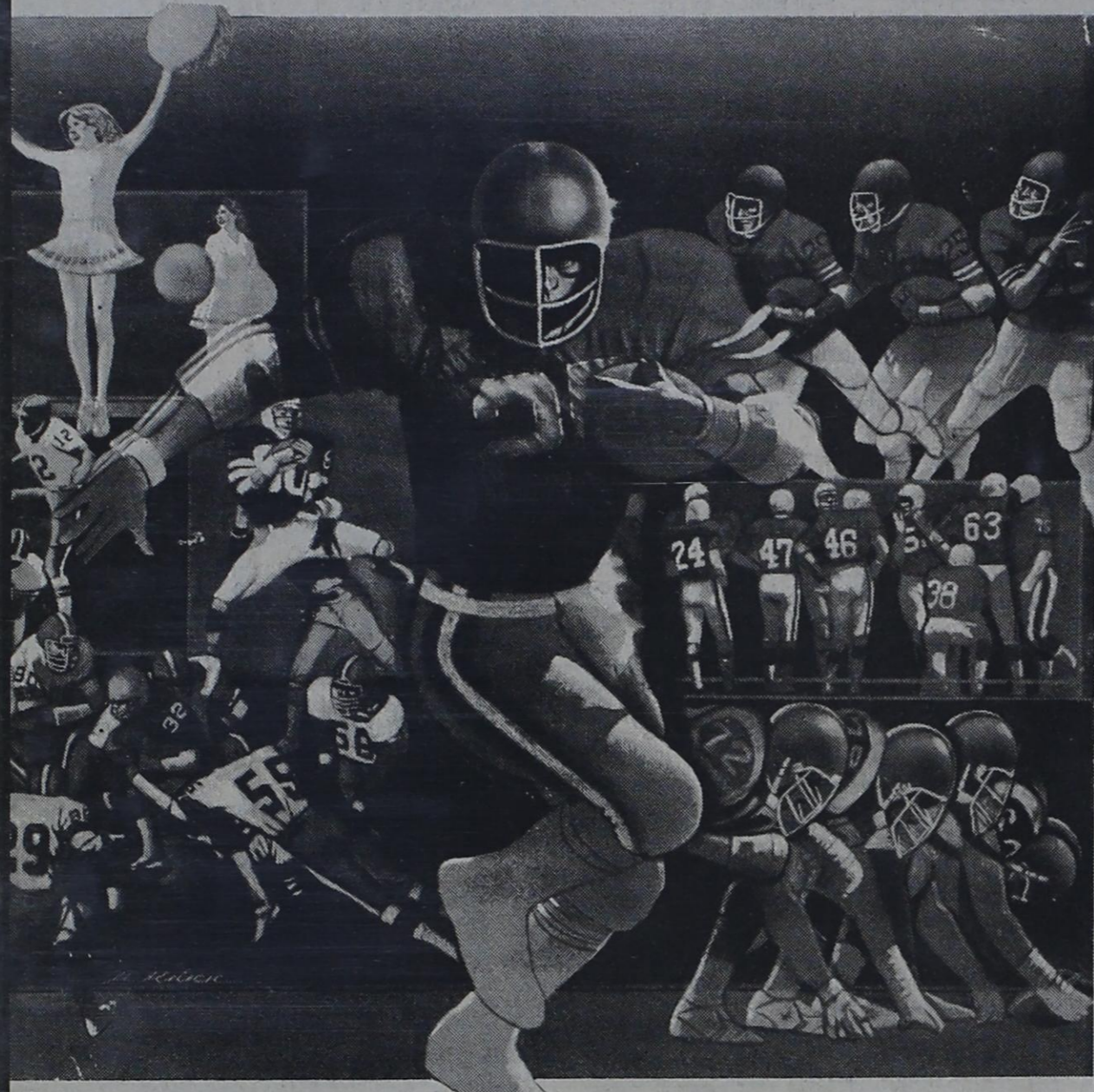
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The add-on heat pump is an efficient air conditioner that cools your home when it's hot. But that's not all.

In cold weather, the add-on heat pump works with your present furnace to help heat your home.

The Post Dispatch Football Contest!



All entries must be submitted to The Post Dispatch at 123 E. Main or postmarked no later than 5 p.m. Fridays in order to be considered as a contestant.

Contestants must print legibly their names, addresses and telephone numbers. There is no limit to the number of entries allowed per person.

Winners will be determined by the most number of correct selections of the games listed. Contestants should circle the team they think will win the game.

All entries must be on the printed form in The Post Dispatch, facimiles or

photo reproduced copies of the newspaper form are ineligible.

The tie-breaker score must be what the contestant thinks will be the actual score, and the tie-breaker will be determined on a point-spread basis.

The tie-breaker will only be used in case there is a tie between contestants on the total number of correct selections in the contest.

Dispatch Football Contest winners will be notified by telephone and the weekly winners' names will be published on the football contest page.

All decisions by the contest judges are final.

Official Entry Form

Circle the team you think will win.

Post vs. Littlefield
Roosevelt vs. Abernathy
River Road vs. Sunray
Ralls vs. Lockney
Tahoka vs. Plains
Childress vs. Shamrock
Slaton vs. Frenship
Floydada vs. Tulia
Idalou vs. Muleshoe
Petersburg vs. New Deal
Texas Tech vs. Baylor
SMU vs. TCU
North Texas State vs. Texas
Arkansas vs. Ole Miss
Oklahoma State vs. Texas A&M

Southwest Louisiana vs. Rice
Houston vs. Oregon
Atlanta vs. San Francisco
Chicago vs. Baltimore
Cincinnati vs. Tampa Bay
Cleveland vs. San Diego
Detroit vs. Minnesota
Houston vs. Buffalo
Kansas City vs. Miami
L. A. Raiders vs. Denver
L. A. Rams vs. New York Jets
New England vs. Pittsburgh
New Orleans vs. Dallas
St. Louis vs. Philadelphia
Washington vs. Seattle

Tie Breaker: Post _____ Littlefield _____
(Write In Your Prediction Of The Score)

Name: _____

Address: _____

Phone: _____

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Stats from Ralls

The Post Antelopes collected 333 total yards offense at Ralls last Friday, limiting the Jackrabbits to 145. The 'Lopes rushed for 229 yards and went to the air for another 104. The 'Rabbits got 120 on the ground and 25 passing.

Milton Williams led the rushing game with 139 yards on 28 carries, and one touchdown pass reception for 40 yards.

Giles Dalby rushed for 19 yards on four tries, Daniel Gonzales picked up 13 on three and Tracy Price got

67 yards on two carries and one touchdown.

L. D. Harper caught three passes for 27 yards and two touchdowns, Charles Johnson got one for 11 yards and Daniel Gonzales caught two for 26 yards, as quarterback Joel Kirkpatrick completed seven of 13 passes.

James Brown was the leading tackler, as the defense contained the 'Rabbits behind efforts by R. J. Greathouse, David Shults, Keith Osborne, Giles Dalby and Curt Greer.



Milton Williams (33) takes a Joel Kirkpatrick pass on the Ralls 25 yard line and races into the end zone for the first 'Lope touchdown last Friday night. Charles Johnson looks for downfield blocking. (Photo by Tim Burnett)

Littlefield Visits Friday

Continued From Page One support us," coach Thompson concludes.

Channel 28 (KAMC) of Lubbock has selected this match-up as their "Game of the Week" with highlights aired at 11:30 Friday evening.

Of course, you'll get all the details and action photos in your Sunday Post Dispatch.

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