514 W. 7TH ST AMARILLO TX 79101



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Wednesday, May 11, 1988

Senator Gramm Points to Economic Growth, Cites United Sewing Example



SENATOR VISITS POST - U.S. Senator Phil Gramm (second from right) visits with Post Chamber of Commerce president Darrell Hackney (left), Garza County Judge Giles Dalby (second from left) and Mayor Giles McCrary (right) during a brief visit here last week. (Photo by Lonnie Welborn).

Garza Memorial Hospital Hosts Open House During Hospital Week

The week of May 8-14, Garza proved the petition and it was cir-Memorial Hospital, along with culated and the election was called. built as a 24-bed unit, with six sinhospitals all across the state, will be observing Texas Hospital Week in conjunction with National Hospital Week. This year's theme "Texas Hospitals, Special Places for Special People" emphasizes the impact of hospitals and health professionals. Because of their state-of-the-art equipment and facilities, and the many highly skilled health care professionals who deal daily with life and death situations, hospitals are unique places employing a team of special people. As part of the hospital week program, GMH Director Maritta Reed has announced that the local facility will provide free blood pressure checks, free blood sugar checks, free blood typing, and a cholesterol check for \$6 to hospital visitors. The \$400,000 Garza Memorial Hospital was completed in 1952 and was formally dedicated on September 25, 1952, but plans and ideas for a local hospital had been floating around the county for many years prior to that. Actual talk and leg work began in early 1950 when a committee was appointed by the Chamber of Commerce to check into the possibilities of building a hospital on land donated by John Herd. Through this committee, and the aid of many other people, a petition was drawn up to be presented to the Commissioners Court for approval in May of 1950. The petition called for a \$175,000 bond election. Approval of a 17-bed hospital had previously been received from the federal government with the government matching the local bond. The Commissioners Court ap-

Garza Memorial Hospital was gle bedrooms and nine double bedrooms. Eight bassinets were included in the equipment in anticipation of an increase in Garza County's population. The hospital also included an air-conditioned surgical suite and This amount was raised and in an isolation ward consisting of a four-room section.

U.S. Senator Phil Gramm visited Post Wednesday evening, May 4, to praise United Sewing Agency for their contribution to the Texas economy.

"Jim Vinyard's hard work and dedication to build a successful business is an example of the Texas spirit at its best," the senator said.

"Because of his success, United Sewing and Post have experienced job growth and opportunity. They are an engine in Texas' economic recovery," he added.

Senator Gramm's visit to Post began when he was met at the local airport by Mayor Giles McCrary, County Judge Giles Dalby, and Chamber of Commerce president Darrell Hackney for the trip into Post and to United Sewing.

The Senator was greeted at United Sewing by owners Jim and Beverly Vinyard and Caroline Bryan, supervisor of the Post factory, and a welcoming group of Post citizens.

After a briefing from Mayor McCrary and Jim Vinyard, Caroline Bryan conducted the visitors on a tour of the sewing facil-

She demonstrated the shipment receiving process, bundle breakdown, sewing and hemming procedures, surging, finishing, inspection and shipment. After the tour of the sewing operation, a reception was held following a brief address by Senator

Saturday is **Marking Day For Bicycles**

Due to the numerous thefts of bicycles that take place during the summer months, the Garza County Sheriff's Office is sponsoring a Crime Prevention Bicycle Marking Day on Saturday, May 14 beginning at 11 a.m. in the sheriff's office and continuing until all the bicycles brought in are marked.

Anyone wishing to have a bicycle marked with a driver's license number and a Garza County identification number, are invited to bring their bicycles in.

Pictures of each bicycle will be taken along with all information to identify the bike.

Information will be placed on Crime Prevention Cards and given to the owner or retained at the sheriff's department.

Richardson Wins State **UIL Medal**

Post High School student Jill Richardson came home with a medal after winning third place in number sense during the recent U.I.L. state competition held in Austin.

She also participated in calculator competition and placed fifth in that event.

Also attending the state meet were Mike Wells, who placed eighth in calculators, and Christina Martinez who participated in the feature writing competition.



Garza County **News Briefs**

Fish Fry-Bake Sale

The Church of God in Christ will sponsor a fish fry and bake sale at 619 Pine on Saturday, May 14 beginning at 10 a.m.

Yard Sale

The Church of God of Prophecy is having a yard sale Saturday, May 14 at 316 W. 5th from 9 a.m. to 4 p.m. Proceeds from the sale will help to send kids to camp. If you have any items you would like to donate, please call Jr. at 495-4104.

EMT Class

An EMT class at Texas Tech University, with a \$200 tuition fee and a \$20 book fee, will start Tuesday, May 17. To apply, or for further information, call 806-743-3218.

Rattlesnake Rodeo

Caprock Peace Officers Association will hold their 40th Annual Peace Officers Meeting and Rattlesnake Rodeo on Thursday, May 12 in Clairemont beginning with registration at 9 a.m. Highlights of the day will be the Rattlesnake Rodeo and the Rattlesnake Shoot.

The Association Directors extend a sincere welcome to come and observe and participate in the activities.

SPAG Academy

The South Plains Association of Governments Law Enforcement Academy will offer the 400 hour Basic Law Enforcement Certification class beginning June 20, 1988 through August 26, 1988. The class is scheduled to run 8 a.m. to 5 p.m. each day, Monday through Friday.

Contact the SPAG Academy at 806/762-8721 for further details.

Incumbents Winners **In Local Races May 7**

election.

Incumbents were the winners in some close races when Garza School Board were filled by in-Country voters made their choices cumbents V.C. Wheeler, 67 votes; on Saturday, May 7 to fill positions J.W. Basinger, 59 votes; and Jerry on the Post City Council, Garza Farquhar, 53 votes. Billy Weaver Memorial Hospital Board, and Post received 28 votes in the school and Southland ISD School Boards.

In a close contest for three places on the Post City Council, incumbents Larry Waldrip, who received 194 votes, and Jack Alexander, who received 177 votes, were returned to office and will be joined by Irene Fry who received 190 votes.

Garza County residents approved the bond by a big majority. But when bids were advertised

in March 1951, it was discovered that increases in the prices of materials would necessitate another \$50,000.

June, contracts were let on the building to McQuade Construction Company, contractors. Actual construction began the first week of sonnel also included four nurses, July 1951.

In addition to the active staff and visiting staff, the hospital per-(Continued on Page 2)

Gramm. In his address, the Senator touched on how the City of Post and Chamber of Commerce helped lure United Sewing to Post through various incentives.

Currently, the company is expanding by opening a new facility in Haskell and plans to increase the work force in Post by mid-summer.

Jill Richardson

See Pages 6-7 Salute to Garza Memorial Hospital

Commodities

Commodities will be distributed on Tuesday, May 17 from 9:30 a.m. to 12 noon and from 1 p.m. to 3:30 p.m. at the 4-H barn on the Lubbock Highway. If you have not filled out an application, you may do so on May 17.

Country Caravan

"Country Caravan," the South Plains College country music show is coming to Post on Friday, May 27 and will appear on West Main Street at 8:30 p.m. sponsored by the Main Street Project

Taylor Account

Friends of R.B. and Bonnie Taylor, who have opened a special account for the Taylors at the First National Bank, ask you to help defray the family's medical expenses by making a deposit to this special account.

Post Cares

Post Cares, located at 222 E. 8th, is still in need of donations of canned goods, canned meats and all types of clothing.

Post Cares is open from 1 p.m. to 3 p.m. Monday through Friday.

Program Offers Summer Teen Opportunities

Youth Opportunities Unlimited (YOU) Program is providing valuable work experience and academic credit for 14 and 15 year-old students who will be going into the 9th or 10th grade next fall, and meet the Job Training Partnership (JTPA) income guidelines.

The program is for eight weeks and the students live and work on the West Texas State University campus in Canyon, Texas.

Students attend classes one-half day, receiving one-half credit each in Match and English to apply towards high school graduation if successfully completed.

The other half-day is spent working in meaningful vocational jobs, earning \$3.35 per hour. Room and board are provided and supervised activities are planned.

For more information concerning YOU, contact Walter Didway at the Department of Human Resources Building, south U.S. 84 or telephone 495-3941.

Interested applicants need to



CELEBRATING MOM'S DAY - The third grade class of Marita Jackson entertained shoppers in Post last Saturday during the Post Merchants' Association sponsored Mother's Day celebration and promotion.





In the same race, 172 votes went to Benny Jackson and 153 votes to Bobby E. Green.

serve another term on the Garza on the menu for the 1988 summer Memorial Hospital Board, receiving 303 votes in the election. New board member Ronny Ammons received 190 votes and Becky Warren received 180 votes.

Three positions on the Post ISD School Board were filled by Don Payne, Jerry Hays and Dan Hodges.

Incumbent Payne received 349 votes, followed by Hays, also an incumbent, with 336 votes. New board member Hodges received 276 votes. Other board member candidates were Dwainna Wulfjen with 72 votes and Ronnie Gradine with 62 votes.

Friday, May 27

SPC Caravan

Comes To Post

The three Southland ISD

Country music fans will welcome the appearance of a group of Levelland students when musical Incumbent David Tyler will entertainment and country fun are season of "Country Caravan," a 90minute country music program produced by South Plains College.

"Country Caravan" is scheduled for a performance in Post on Friday, May 27. Showtime is at 8:30 p.m. on West Main Street in front of the courthouse. Admission to the show is free.

With Joe Carr as the "Caravan's" host, the cast consists of students and faculty from South Plains College's unique country and bluegrass music program.

The performance is being brought to Post by the Post Main Street Project.

COUNTRY CARAVAN - The Country Caravan from South Plains College in Levelland will perform in Post May 27 as part of a Project Main Street special event.

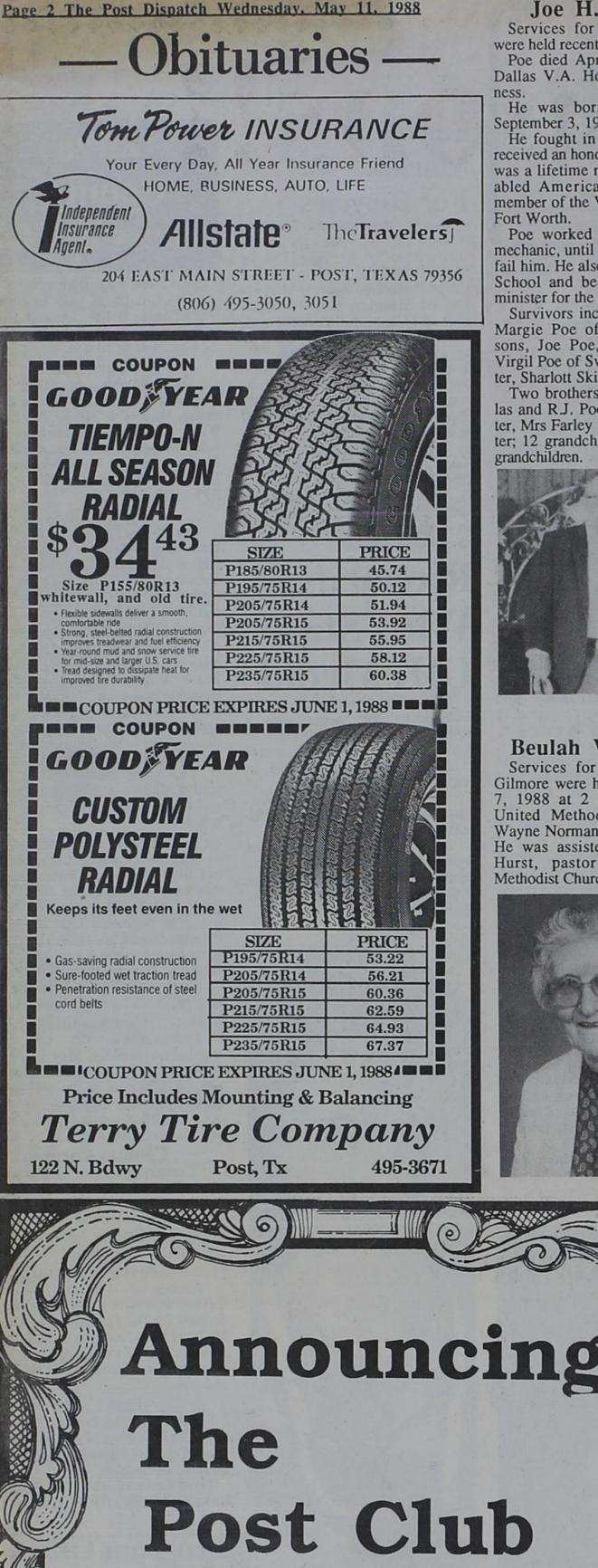
apply by May 27, 1988.

Sponsors May Pick Favorite Seniors Now

Sponsors for the 1988 edition of The Post Dispatch Salute to the Class of '88 are now being accepted.

Interested sponsors should call Becky at 495-2816 to reserve their favorite senior for the special edition, which will be published May 25.

"Every year it seems we have sponsors who have a favorite senior in mind, but by the time we hear from them, someone else has already chosen that senior," Dispatch publisher Wes Burnett explains.



Joe H. Poe, Sr

Services for Joe H. Poe, Sr., were held recently in Fort Worth. Poe died April 20, 1988 in the Dallas V.A. Hospital after an ill-

He was born in Abilene on September 3, 1918.

He fought in World War II and received an honorable discharge. He was a lifetime member of the Disabled American Veterans and a member of the V.C. Chapter #20 in

Poe worked as an automobile mechanic, until his health started to fail him. He also went to Seminary School and became an ordained minister for the Baptist church.

Survivors include his wife, Lois Margie Poe of Fort Worth; two sons, Joe Poe, Jr. of Post and Virgil Poe of Sweetwater; a daughter, Sharlott Skinner of Hamilton;

Two brothers, A.C. Poe of Dallas and R.J. Poe of Hawley; a sister, Mrs Farley Harris of Sweetwa-ter; 12 grandchildren and 2 great-



Joe H. Poe, Sr.

Beulah V. Gilmore

Services for Beulah Virginia Gilmore were held Saturday, May 7, 1988 at 2 p.m. in the First United Methodist Church. Rev Wayne Norman, pastor, officiated. He was assisted by Rev Kerry Hurst, pastor of Aldersgate Methodist Church of Lubbock.



Burial was in the Terrace Cemetery under the direction of Hudman Funeral Home.

Mrs Gilmore died Thursday, May 5, 1988 at St Mary's Hospital in Lubbock after a sudden illness.

She was born June 12, 1905 in Chapell, Texas. She was the daughter of Jim Matsler and Virginia Belle Boyette.

She had lived in Post since 1920. She was an inspector for Burlington Industries. She was a lifelong member of the Methodist Church where she was a member of the Berean Sunday School Class.

She married Tom Gilmore on February 10, 1923 in Crosby County. He preceded her in death on February 2, 1965.

Survivors include two daughters, Louella Bilberry of Post and Theda Jo Welsh of Odessa; a sister, Willie Mae Marlar of Post; eight grandchildren and 12 great-grandchildren. Pallbearers were Jeremy Rogers

and Michael Birchfield, great-grandsons; Martin Matsler and Bill Caudle, nephews; and Kim Wilks and Wendell Johnson.

Mickey McClintock Services for Mickey Dale McClintock were held Monday, May 9, 1988 at 10 a.m. in the First Baptist Church. Rev Morris Pruit, pastor of the New Home Baptist Church, officiated.

Burial was in Terrace Cemetery under the direction of Hudman Funeral Home.

McClintock died Friday, May 6, 1988 in Lynn County. He was born October 28, 1962 in

Lubbock. He was the son of B.K. McClintock and LaJuan Davis.

McClintock was a graduate of Texas Tech University and a 1986 member Kappa Alpha Order. He was a Baptist.

Survivors include his father, B.K. McClintock of New Home; a sister, Shelia Savell of Wilson; a brother, Marty McClintock; one nephew, Greg Savell of Wilson; grandpar-ents, Weldon and Mary McClintock of New Home and Alta White of Tahoka.

Pallbearers were Doug Barnham, Stoney Gill, Monty Hancock, Ralph Huffaker, John Edwards and Charlie Cleveland.

Garza Chapter American Cancer Society Reports Record Contributions

Citizens of Garza County contributed an all-time high \$2,162.00 to the fight against cancer, reported Melissa Cunningham, residential crusade co-chairperson, at the May meeting of the Board.

Previous high was \$1,410.00 in 1975, so the 1988 total is 50% higher than ever before.

Marion Wheatley, co-chairperson for the residential crusade, gave much of the credit to a hard-working team of area captains, and to dedicated people who knocked on their neighbors' doors asking for donations, and leaving information on the importance of mammograms in the early detection of cancer.

GMH Salute

(Continued from Page 1) seven nurses-aides, two janitors, a cook, a bookkeeper and an administrator.

Operating cost for the hospital was originally estimated at ap-proximately \$85,000 per year, figured on a basis of \$250 per day. It was estimated that the hospital would have an average daily census of 10 people after service was underway.

From 1952 to the present, Garza Memorial has undergone changes in hospital personnel; facilities have been added to or removed from the unit; and GMH, like health facilities everywhere, has been plagued by rising health costs, but the staff at Garza Memorial is still on hand 24-hours a day to provide quality health care for the citizens of Garza County.

Benny Jackson continues his effort to reach local businesses to give them the opportunity to contribute to the fight against cancer.

In addition, Joyce Strubhart and Nelda Dalby will be organizing a Bridge-a-thon, and Jimmie Bartlett has scheduled a benefit golf tournament for July 23 - 24 at the Caprock Golf Course. Proceeds from both events will also be used to fight cancer.

To folks in Post, Graham, Verbena, Pleasant Valley, Southland and Justiceburg, and all the other areas of the county, thank you for your generosity!

Incidentally, if you did not have a chance to contribute, mail your check to Margie Pennell, treasurer of the Garza Unit, at the First National Bank, Box 430, Post.

For additional information on services or educational materials, contact one of the people listed inthe American Cancer Society ad in this paper. Again, thank you, Garza County!

Dr. Lewis Moore **OPTOMETRIST** Announces New Office Hours for 1988 **Complete Visual Care** Thursday 9:30 a.m. to 5 p.m.

206 West Main 495-3687

Thanks to all of you who voted for me in the City **Council race.** I appreciate your support.

is now open for your dining pleasure.

We will offer a menu of fine steaks, Mexican food, sea food, sandwiches and a soup and salad bar.

Pizza will also be offered. The club will have a special occasion each eveing, such as Italian buffet, Mexican buffet, Two-For-One Steak Night, all you can eat Pizza, T.G.I.F., and other special evenings.

We are offering Post a unique dining experience with comfortable surroundings and the opportunity to be with friends. We also offer a lounge area to relax and socialize in. Membership in The Post Club is \$25 per year and no monthly dues. The \$25 fee entitles each member to all club privileges.

> Open Mon-Thurs 4-10 p.m. Fri - Sat 4 p.m. to Midnight

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Pd. Pol. Adv. by Bobby E. Green

Senior Citizens hearing test **Garza County Trail Blazers** 103 S. Ave. I - 495-2998 Wednesday, May 18 9 a.m. - 2 p.m.

If you have trouble hearing or understanding, this test (which uses the latest electronic equipment) will determine your particular loss. Test is performed by state licensed hearing aid personnel. You will see a hearing aid so tiny it fits totally within the ear.

Sponsored by

WEST TEXAS HEARING AID CENTER

, Miracle Ear®

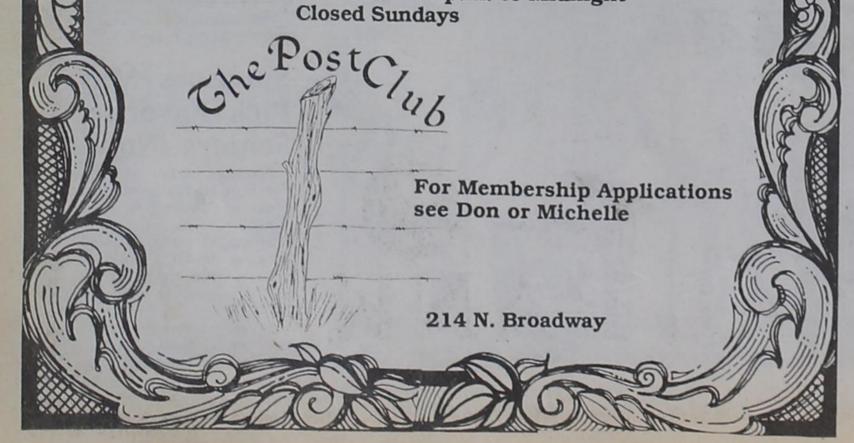
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But our guarantee is different. It's called the Lifetime Service Guarantee, and it guarantees your repair for as long as you own your Ford, Lincoln or Mercury vehicle. That means you pay once for a covered repair. Never again. If the part or repair ever fails or wears out, we'll fix it free. Free parts. Free labor.

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828-6291



Slaton, Texas



Texas Wats 1-800-692-4457

The Post Dispatch Wednesday, May 11,1988 Page

Congratulations!!



STATE QUALIFIERS - Post Varsity Girls' 400 Meter Relay Team (left to right) Rolanda Brown, Crystal Clay, LaDonna Scott, Dana Morris and alternates Megan Bush and Christina Martinez.

Post High School Lady Lope Varsity 400 Meter Relay Team Region I-AAA Champions State Qualifiers

at Memorial Stadium Austin, Texas

Friday, May 13 - 7 p.m.

Billy, Linda and Darby Gordon	State	Smilin' Joe's Good Luck "Six Times"
Grassland Butane	Heating and Air Conditioning	 Martin's Restaurant
Ammons Printing & Office Supplies	601 S. Broadway Post 495-2591	damon's Windmill
Wallace Lumber Co. Inc.	Jim Voss	Jack, Jean, Rusty and Nancy Morris
Jerry, Judy, Trevah, Traci & Salli Bush	U	B&B Liquor Store
Ted and Marilyn Williams		South Plains Answering Service
Dickson Acid Co. Inc. & Dickson Chemical Co.		The Jack Kirkpatrick Family
	VINITED * Supermarket *	
P.		
	FIRST FIONAL	FDIC OFFICE BANK BANK





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United Sewing

Mason Warner, Accountant

Ronco Fire Extinguishers 495-2435



MAINTENANCE - Supervisor Chuck Ratliff (left) and Delores Harper, housekeeping. (Not in photo, Carlos Martinez, maintenance).



TECHNICIANS - X-Ray technician John Strubhart (left to right), lab technician Cessna Arriola and dietician Shirley Wise.

Serving the people (G Oper H Now Thr g Free Blood F es Free Blood 4 Free Blood 4 Cholester 10

The one time in your life you will be so happy to have a hospital in your home town is when you or a member of your family have a real medical emerency...then you will be so thankful we live in a community with a hospital, staffed with qualified, trained and caring people such as our friends at Garza Memorial Hospital.

Most of the time we just simply take for granted that GMH is there and give little or no thought to what it takes to keep our hopsital operating.

We take this opportunity to say thanks to all of you at GMH for your dedication and your efforts to provide us with quality medical services.

OTHERS NOT AVAILABLE FOR PHOTO - Physical therapists Thomas Collier, Rogue Shaw and Tommy Goff; respiratory therapist Jane Redman, L.V.N. C.R.T.T.; dietary technicians Lupe Garcia and Terry Phone

Justice-Mason Funeral Home Dee, Janet, Bryan & Brent

Post EMT's

Sammy Ellis

Twin Cedar Nursing Home

Dr & Mrs W.C. Wilson

Post Beverage Barn

Hudman Funeral Home

Jan's Congratulations Garza Memorial Jan & Alison Crawford

Weldon's Construction

NURSING STAFF - (back row, left to right) Jeanette Bradford, R.N.; Ruby Ray, aide; Peggy Powers, R.N.; Clara Rolan, L.V.N.; (front row, left to right) Brenda Angerer. L.V.N.; Pauline Mathis, L.V.N. and Linda Bell, aide. (Not in photo, Bea Acosta, aide; Irene Arredordo, aide; Patti Elliott, L.V.N.; Nila Hunter, R.N.; Deb McKee, L.V.N.; Rhoda Peralta, R.N. and Bertha Villa, L.V.N.)

Caprock Golf Course

South Plains Welding

Compliments of Mayor Giles McCrary

Handy Hardware & Oilfield Supplies & Handy Gifts

Post Insurance Agency Terry & Karla

ta During Texas Hospital Week

de Garza County Since 1953
Per House
Through Friday
d Pessure Checks
Od ugar Checks
Blo d Typing
ter Check - \$6

We know that without you our community would be a much less valued place to live and work...we only have to look around us in West Texas to realize that many towns our size have lost their hospitals.

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Physical Tommy L.V.N.

Terry

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Imagine what our town would be like without GMH...we would have much less success in recruiting new industries or retaining those we already have. We would face every emergency with great anxiety. Living on a major Texas highway, we know how valuable it is to have a real emergency room with professionally trained nurses and doctors on duty to respond to accidents.

We also know what it would be like if a tornado were to strike our community...and that possibility looms over us every spring and fall with each approaching storm. We would expect and demand immediate medical attention...which is one more reason to appreciate what we have.

This is an excellent time for us to stop by the hospital for a short visit and say thanks to the people who make it all possible.



ADMINISTRATIVE STAFF - Hospital admnistrator Maritta Reed (left to right), medical records Margie Harper and business office manager Shirley Taylor.



BUSINESS OFFICE - Patti Wuensche (left to right), Debbie Martin and Cindy Aguilar.



HOME HEALTH SERVICE - Regina Terry (left) and

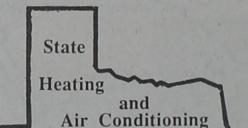
Patricia Metsgar.



Texas Hospital Week May 8-14, 1988



LubbockGeneralHospital





DIRECTOR OF NURSES -Suzanne Pass, R.N.

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damon's Windmill Damon & Markey Stotts Higginbotham -Bartlett Inc. 601 S. Broadway Post 495-2591 Jim Voss



Ammon's Printing & Office Supplies

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Page 8 The Post Dispatch Wednesday, May 11, 1988

4-H Members Compete In The first place Aged-Gelding owned by Amber Cooper won the Halter Class Horse Shows Phy. The coveted Showmanship

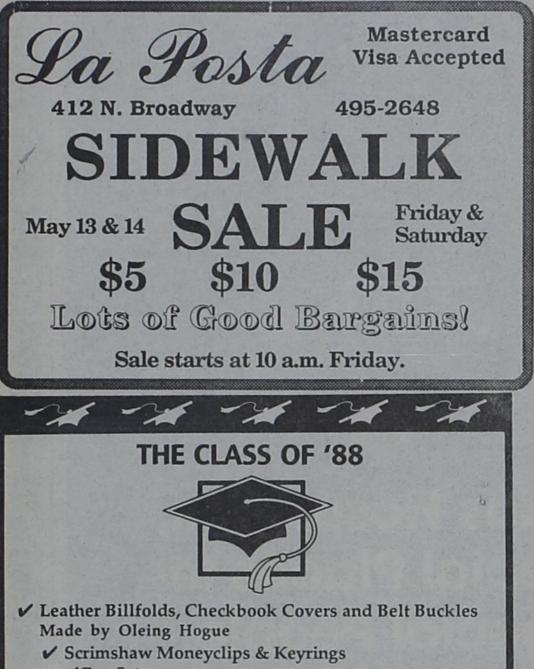
participated in the 1988 Garza County Jr. Livestock Association's Halter Class Horse Show held Saturday, April 30 at the Post Stampede Rodeo Grounds.

Steve Cooper served as Horse Division Superintendent, and Dennis Poole, Borden County Ex-

Fourteen Garza County 4-H'ers tension Agent-Agriculture, judged the event.

Jill Richardson's first Young-Mare won the Grand-Champion Mare Trophy and Jill Stelzer's first place Aged-Mare took the Reserve Champion Mare Trophy.

Winning the Grand Champion Gelding Trophy was Justin



✓ Pen Sets ✓ Travel Bags ✓ Sewing Tins ✓ Towel Sets ✔ Garment Bags

Post Antelope Sunglasses

Johnson's first place Young-Geld-

Reserve Champion Gelding Tro-

Buckle for the Horse Division was awarded to Jill Richardson, a Post High School Senior.

First place trophies, first through eighth place ribbons, and first through fourth place Premium Prizes were presented to the participants as listed:

Young-Mare Class (four and under) Jill Richardson, first.

Aged Mare Class (15 and over)

Jill Stelzer, first; Amber Cooper, second. Young-Gelding Class

(seven and under)

Justin Johnson, first; Stephanie Cox, second; Clay Johnson (shown by Clay Pennell), third; Kim Reiter, fourth; Angel Hammond, fifth; and Jeremy King, sixth. Aged Gelding Class

(eight and over)

Amber Cooper, first; Shawn Pennell, second; Kim Reiter, third; Daniel Redman, fourth; Jill Stelzer, fifth; Labeth Jones, sixth; Will Osborn, seventh; and Stephanie

Palmer, eighth.

Major trophies and ribbons were donated by United Supermarket and Cal-Maine Foods, Inc. Premium Prizes were furnished by the Livestock Association, and the Showmanship Belt Buckle was furnished by Lynn-Garza County Farm Bureau Directors.

The First Place trophies were donated by Stanley and Sherry McNeely, Mike and Clarice Johnson, Darrell and Ruby Jones, and Steve and Jamie Cooper.

The Garza County Junior Livestock Association would like to thank everyone who helped and donated awards.

Pee-Wee Halter Class Show Following the regular

G.C.J.L.A. Horse Show, interested parents conducted a Pee-Wee Halter Class Show for youth eight and under.

Christy Reiter was the winner of the First Place Trophy and those winning Participation Trophies included:

Bobbie Jo Davis, Clint Johnson, Miranda Palmer, Shanna Pennell, Windy McNeely, Aaron Cooper, Lacy Williams, Shyla Johnson and Monty Humble.

The ten Pee-Wee Halter Class trophies were donated by Mr. and Mrs. Bill Carlisle of Post.

Family Focus

by Sandra Tomlinson **County Extension Agent** Home Economics

Backaches Are Preventable Backaches are as ordinary as the common cold. But unlike a cold, back pain is often preventable.

If you suffer from backaches, you have a lot of company. According to the American Medical Association and insurance company data, 8 out of 10 Americans will experi-ence back problems during the course of their lifetime and some 22 million are affected by back discomfort during the course of a year.

Although the statistics are staggering, the problem of back pain is certainly not unbeatable. Fewer than 20% of back problems are caused by diseases of the bones and joints of the back; the remaining 80% are due to poor daily lifestyle habits.

What most people don't realize is that it doesn't take some drastic event, like lifting a heavy object, to produce back problems. They often occur after years of sitting, standing, lifting, or doing common chores improperly.

Dr Mary Ann Ueussner, who is a specialist with the Texas A&M University Agricultural Extension Service, offers the following suggestions for avoiding back injury:

- Lifting - Hold the item close to you so it doesn't pitch your spine forward. Bend your knees so your legs do most of the work and hold your back straight as you lift.

Special Seminar At Grassland **Nazarene Church**

Dr. Jim Garlow will be in a special Restoration and Renewal seminar at the Grassland Community Church of the Nazarene, Friday and Saturday, May 13 and 14.

Metroplex Chapel, in the Dallas-Fort Worth area, which has grown people in three years.

ton Theological Seminary (Master

for the ministry.

will be at 9 a.m.

series of meetings.

at birth.

Charles Morris.

long at birth.

Mae Nowlain.

Darrell Nowlain.

(Doctorate of Philosophy in His-torical Theology). He is the author of several works on equipping laity for the ministry.

The seminar will begin on Fri- 🏶 day at 7 p.m. The Saturday session

M.A.), Asbury Theological Semi- preventing the loss of calcium.

of Theology), and Drew University & DANISH

- Sitting - Sit to the back of chairs and keep your back wellsupported and your spine straight. If you sit for long periods of time, put your feet on a footstool, phone book or some other object to take the pressure off the lower back. Try to change position or redistribute your weight at least every 45 minutes.

- Standing - When you must stand for long periods, put one foot on a small stool or box to release the stress on your spine.

- Lying Down - Recline on your side with knees and hips flexed so your body is partially curled. Or sleep on the back with one or two pillows under the knees. Avoid sleeping on your stomach or in any position which twists the spine.

The specialist observes that a lack of fitness also contributes to back problems. One of the major causes of back pain is a combination of poor muscle tone, weak muscles and lack of flexibility. Excess weight also shifts the body's center of gravity and puts an added strain on the back, especially if the extra pounds are carried around the midsection.

If your job requires standing or sitting for long periods, learn to do it properly to reduce backstrain. Keep your stomach pulled in, your back straight and your head up. If you're bothered by backaches, use a chair with firm support and adjust it to a height where your knees are higher than your hips. When standing, keep one foot slightly elevated on a footstool, empty carton, or wastebasket. When one knee is bent, it takes a lot of stress off the back.

Having a healthy back is another good reason to become involved in a general fitness and weight control program.

Exercise - What Does It Do For You?

Exercise will do something for Dr. Garlow is founder of the every body -- young, old, male, fe-troplex Chapel, in the Dallas- male, in any shape and condition.

Exercise keeps muscles toned up from seven people to over 600 by keeping them nourished with an ample supply of blood so they will He is a graduate of Southern be supple. Exercise also helps keep Nazarene University (B.A. and bones at proper strength by

IMPORTS

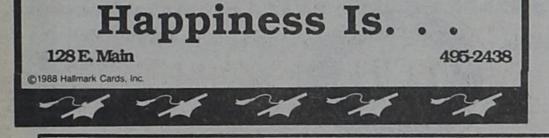
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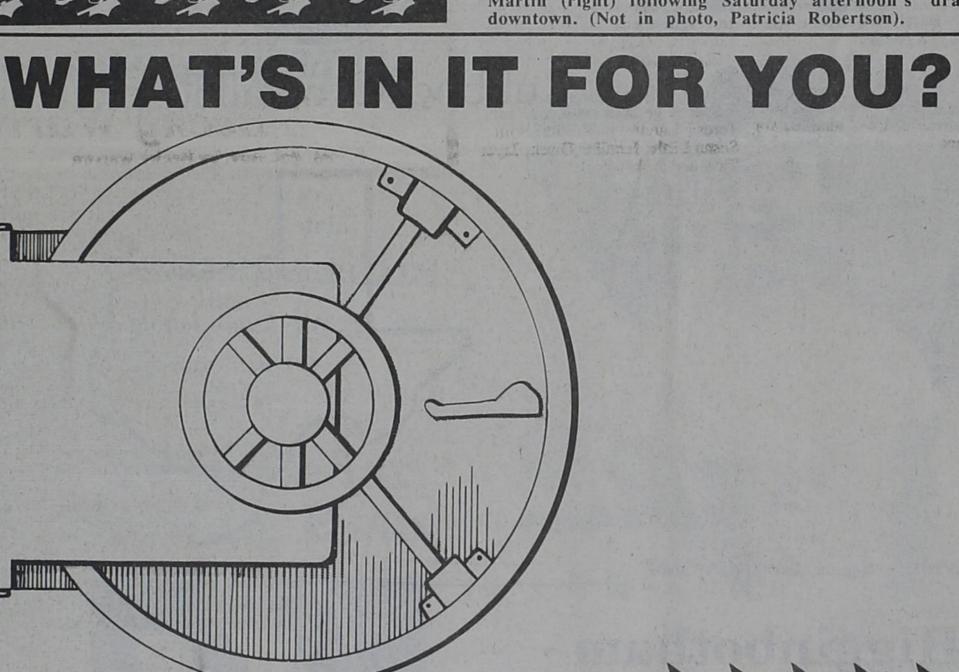
GIFTS & COLLECTABLES

495-2314





PMA MOM'S DAY WINNERS - Post Merchants' Association president Charles Hardin (left) presents gift certificates to Melanie Marshall (center) and Debbie Martin (right) following Saturday afternoon's drawing





Down in the vault at State Federal Savings

you can actually see the savings accounts

growing. Getting fatter. Getting greener. You

At State Federal Savings each account is backed by the FSLIC which means you earn

can even smell the profits.

All pastors and laymen of 8 Class of 88' churches of all denominations are 🛞 Gifts for the Graduate! 🌸 invited and urged to come to this real **Gift Selections** - Births -Mrs. Mike Taylor **Kayla Morris** (Joyce Poe) Barry and Amy Morris announce 🛞 BIRD'S Garza Memorial Hospital. Kayla weighed seven pounds one ounce and was 21 1/2 inches long NEST Grandparents are Mr and Mrs Ronald Babb and Mr and Mrs **O.P.** T-Shirts Great-grandparents are Mrs Rebecca Babb, Mrs Inez Norris and assorted styles Mr and Mrs Chester Morris. Jockey & Hanes Caden Nowlain Underwear Cody Nowlain is proud to announce the birth of his brother, White Oxford Men Caden Terry, born April 13, 1988 & Boys Shirts at 1:06 p.m. at San Angelo. Size 14 and over Caden weighed eight pounds three one-half ounces and was 20 inches Don't Forget Our Proud parents are Cindy and Children's Wear Grandparents are Mack and Jane 213 E. Main Terry, George and Lois Nowlain. Great-grandparents are Fannie 495-3872 Ballentine, Hooter Terry and Euna 9:00 a.m. - 6:00 p.m.

9th Anniversary Party May 14 9 a.m. - 5 p.m. *30% OFF EVERYTHING*

> **Anniversary Sale** May 12 - 21

Pykettes • Howard Wolf **Country Suburbans** • Sunny South C. C. & Co. • Noah's Flood Ridge T • Summit Sports Wear Sunny Petites • Shaplly Isle M Register for 5 Gifts Saturday Only TAHOKA DAISY 1926 Lockwood Tahoka 998-5313



IUND

NO RISK PROFIT!

Post Girl's 400 Meter **Relay Team Competes at Austin Friday Night**

by Rodney Marshall Rolando Brown, Crystal Clay, LaDonna Scott and Dana Morris

Scotts HAND TOOLS

Supplies Last

4-Pc. Gardening Hand

Tool Set incl. mini hoe, rake

and cultiweeder, plus a 12-in.

QUANTITIES LIMITED

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Hardware

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Snap-Lock[™] handle.

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University. HARDWARE STORES 49.73.

along with alternates Christina The 400 meter relay team of Martinez and Megan Bush will travel to Austin this weekend to participate in the State Track Meet in Memorial Stadium at Texas

> The team earned their ticket for the trip April 30 at the Region I Class 3A regional track meet in Odessa by taking first place in the 400 meter relay with a time of

This was their first time to break 50 seconds and it was an ideal time to do it.

But going into Austin they will have the sixth fastest time.

Gilmer, from Region II, has the fastest time going into the State Meet of 47.47 followed by Gladewater, from the same region, with 48.09.

Region III produced the 3rd and 4th fastest times.

Center produced a 49.07.

49.33.

followed by Childress, 49.79 and Union, Japan, Italy, Canada and Giddings at 50.06.

school track knows, anything can event. happen in the 400 relay.

offs are so precious that an eighth place team can take first place.

good luck and swift feet.

You've already surpassed many expectations now reach out for your own.

The race is scheduled to be run Friday night, May 13, at 7 p.m.

TOP RATED TUMBLERS - Caprock High Rollers

competing in the World Class Power Tumbling competition are (left to right) Crystal Kelly, Shay Baldridge, Mindy Dodson, Talina Bird and Aimee Martin. (Not in photo, Rheanan Adcock).

Local Tumblers to Compete at World Class Tumbling

The 1988 World Power-Tumbling and Trampoline Games will tumbled 1 1/2 years and is the Madisonville ran a 48.71 while be held May 19 - 22 at Lubbock daughter of Tony and Sharon Kelly Civic Center. Over 800 competitors Elgin, out of Region IV, ran a from twenty-nine countries will be of Spur. participating in the week-long Then comes Post's 49.73 meet. The United States, Soviet France are just a few of the coun-As anyone that follows high tries coming to Lubbock for the

The Games will have competi- May 16, but actual competition Everyone is so fast and the hand tion in four areas: power tumbling days are Thursday, May 19 - Sun-(5-trick and 10' trick passes down a 100'x6' area), trampoline, synchro-So to the Post girls we wish you nized trampoline and double-mini and \$1 per child (per day). For more trampoline. Competitors are not ticket information call 797-8367. grouped by ability, but they are put in age groups. To qualify for the World Games, a competitor must bling Association, Internation achieve a pre-set score at one of his sanctioned regular-season meets.

Six Caprock High Rollers have Trampoline Association. met their qualifying scores.

Talina Bird, daughter of Jay and Cindy Bird of Post, has qualified in 10 year and under tumbling. Talina has tumbled for three years.

Aimee Martin has also qualified in 10 and under tumbling. She is the daughter of Larry and Nan Martin of Spur and she has tumbled for 2 1/2 years.

The final competitor in 10 and under tumbling is Reanan Adcock of Spur. She is the daughter of Terry and Debbie Adcock. She has also tumbled for 2 1/2 years. Two 11 and 12 year olds qualified for the meet in tumbling. The first is Shay Baldridge of Spur. She has tumbled 2 1/2 years and is the daughter of Lorita Baldridge. Mindy Dodson is the second 11 and 12 year competitor. She is the daughter of Alan and Kay Bingham of Ransom Canyon and has tumbled for two years.

The Post Dispatch Wednesday, May 11, 1988 Page 9 Red, Pink Win Tournament The Post Junior Girls Basketball

Program Tournament ended Pink - Amber Hammond - 8, Mandy Saturday night with the Red team Briethaupt - 8, Bobby Lester - 2; Blue winning the 3rd and 4th Grade division and the Pink team coming on top in the 5th and 6th Grade division.

Results of the tournament are as follows:

Monday's Games 3rd & 4th Grade Teams Gold -12 Blue -18

Gold - Lori Hudman - 4, D.J. Estep - 4; Blue - Dominica Polonco - 6, Sonja Gossett - 4, Ami Raben - 4, Ana Gomez - 4

Purple - 12 Red - 18 Purple - Mandy Little - 8 , Jennifer Derrick -2; Red - Tracy Shumard - 6, Dee Dee Holly - 6 , Andrea Wallace - 4 , Jill Stelzer - 4

5th & 6th Grade Teams Red - 18 Blue 16

Red - Christie Oden - 12, Sonja Harp - 2, Angela Norman 4 ; Blue - Stormy Gass - 12 , Amy Wallace - 2, Katina Davis - 2

> Tuesday's Games 3rd & 4th Grade Teams

Blue - 24 Purple - 22 Blue - Sonja Gossett - 18, Ami Raben - 4, Maria Armanderiz - 2 ; Purple - Rachel Perez - 10, Mandy Little - 8, Kerny Zachary - 2.

Gold - 15 Pink - 10

Gold - Lori Hudman - 7, D.J. Estep - 4, Gold - Racquel Martinez - 20; Purple -D'Lynn Wood - 2, Racquel Martinez - 2; RAchel Perez - 4, Mandy Little - 2, Jennifer Briethaupt - 2.

5th & 6th Grade Teams

Pink - 18 Gold - 6 Pink - Cara Cash - 12 ,, Shelly Haney - 2 Amando Richardson - 2, Mandi Sims - 2; Gold - Melanie Marshall - 4, Amber Little -

Thursday's Games 3rd & 4th Grade Teams Gold - 6 Red - 8

Gold - Racquel Martinez -2, D'Lynn Wood -2, Lori Hudman - 2; Red - Tracy Shumard - Gold - Amber Little - 6, Melanie Marshall

Pink - 18 Blue 15 Sonja Gossett - 6, Ana Gomez - 4, Bertha Soria - 2, Dominicia Polanco - 2, Ami Raben - 1

5th & 6th Grade Teams Blue 15 Gold 26 Blue - Danielle Cade - 10, Mikki Wilks - 5; Gold - Amber Little - 12, Melanie Marshall 8, Dec Dec Medlin - 2, Veronica Armendariz

Friday's Games

- 2, Melissa Williams - 2.

3rd and 4th Grade Teams Purple - 8 Pink 10

Purple - Kerny Zachary - 2, Maggie Flanigan - 2, Mandy Little - 2; Pink - Monica Schooler - 4, Mandy Briethaupt - 4, Bobby Lester - 2.

Red - 12 Blue - 10 Red - Jill Stelzer - 8, Tracy Shumard - 4; Blue - Sonja Gossett - 6, Bertha Soria - 2, Dominic Polanco - 2.

5th & 6th Grade Teams Red - 8 Pink - 16 Red - Christie Oden - 4, Nancy Morris - 2, Angela Norman - 2; Pink - Cara Cash - 12,

Amanda Richardson - 4. Saturday's Games

3rd & 4th Grade Teams Gold - 20 Purple 8

Derrick - 2.

Red - 5 Pink 4

Red - Jill Stelzer - 3, Andrea Wallace - 2; Nikkie Pollard - 2, Bobby Lester - 2.

5th & 6th Grade Teams Blue - 7 Pink - 13

Blue - Danielle Cade - 2, Katina Davis - 2, Micki Wilks - 2, Amy Wallace - 1; Pink Cara Cash - 6, Shelly Haney - 5, Amanda Richardson - 2 ...

Gold - 12 Red - 10 4, Dee Dee Medlin - 2; Red - Angela Norman - 8, Nancy Morris - 2.



day, May 22, 10 a.m. until 6 p.m. Tickets are \$2 for adults (per day) 2. The World Games are sponsored by American Trampoline and Tum-

Trampoline & Tumbling Association and Southwest Tumbling and

Crystal Kelly is entered in the 13

The girls are coached by Amy

Thuett. This is Amy's 12th year to

be involved in tumbling and tram-

poline. She has coached the High

The World Meet begins Monday,

Rollers for three years.

to 14 year competition. She has

Bush Honored With Graduation Breakfast

Trevah Bush was honored Saturday, May 7, with a graduation breakfast at Jackson's Cafe.

The honoree was presented with a black & gold mini mum corsage by hostesses, Vada McCampbell, her grandmother, and Jewel Cravy of Seminole, her great-aunt.

ization to sponsor professional wrestling in Post. Raise big money for your club or organization.

WANTED

Non-profit group or organ-

A GREAT fund raiser!

contact Carla Mann 806-793-5072

The table was centered with a gold mini-mum centerpiece accented with black ribbon and a graduate figure. Black & gold streamers ran the length of the table. Individual place cards, graduation napkins and graduation memento pencils marked individual places.

Scarambled fresh fruit eggs, bacon, hash browns, biscuits, gravy and blueberry muffins were served. Special guests were Krisi Radle, Teresa Landreth, Keitha White, Susan Little, Jennifer Owen, Jayta Ticer and the honoree.

Thank you to everyone for all the encouragement and support during the recent **Hospital elections of** May 7th. I appreciate everyone's vote Becky Warren

Pd. Pol. Adv. by Becky Warren



We took the world's most advanced EMS helicopter and added our own special feature: Experience.

ST. MARY OF THE PLAINS HOSPITAL

4000 24th Street
Lubbock, TX 79410

Page 10 The Post Dispatch Wednesday, May 11, 1988

Classified Advertising

Private Party Classified Rates

10 cents per word and \$2 minimum.

PAYABLE IN ADVANCE All private party classified ads must be paid in advance. Each multiple run is one-half price per each additional run after the first time. Eulogies and card of thanks for a death in the family, up to 50 words free, limit one insertion per family death. This rate is for private party, non-commercial, non-profit only, NO BUSINESSES at this rate. **PAYABLE IN ADVANCE** ONLY ADVERTISEMENT WILL

NOT RUN UNTIL PAYMENT IS RECEIVED. **DEADLINE** for copy and payment is Mondays at 5 p.m.

Commerci Established comm ernment units may expiration of the ad Commercial and	be billed at the vertisement.
Number	Rate
of Times	Per Line
1	1.55
2	2.05
3	2.55
4	3.05
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6	4.05
7	4.55

A-1 Legal Notices

Public Notice

The South Plains Community Action Association, Inc wishes to announce its receipt of Energy Crisis Program Funds to assist the truly needy in Garza County. The purpose of this is to provide assistance to eligible persons experiencing an energy-related crisis or energy-reA-9 Personals

Alcohol-Drug Awareness Seminar Mondays - 8 p.m. Postex Plant (east entrance) Open Group Discussion and films, public invited.

City County Drug and Alcohol Abuse Program, South Ave C., Postex Plant, 495-2818 or 495-3788 - 24 hours. Glenda Baker, director; Lynette Massey, assistant.

The Post group of Alcoholics Anonymous meets every Thursday night at the Presbyterian Church, 910 West 10th, at 8 p.m. Closed meetings are held, except on the last Thursday night, which is an open meeting. We have supper at 7 p.m. and the speaking starts at 8 p.m. Anyone who wishes to talk or ask about an alcohol problem call 495-3377 or 495-4173.

A-17 Services & Repairs

Lawn mower repair service - 495-2065.

Profes	All Tim	Dog Bree Tati 5-418	ds um	oming
Lawn Authoriz 2455.	nower zed fac	& tory s	tiller service	repair e - 495
Rotary I ened and	awn m balanc	ower ed. Ca	blade dl 495	s sharp -2455.
Lawn m pair - Jir	ower a n Bob S	nd sm Shults	all en - 495	gine re -2796.
	Maco		0.00	

Mason Shoes Our shoes walk on everything but water!!! Call 495-2238.

Poodle grooming - call 495-2796 -Nedra Shults.

Chichi Marichee **Professional Lawn Care** Listen to us now - Believe us later! We're the best in town! Call 495-3880

in Post

Youth Director - see Iris Truelock at 113 West Main (Community of salary.

B-3 Jobs Wanted

Housecleaning or babysitting at reasonable prices. Call 495-2416.

LOCAL COMPANY - to do roofing, painting and yard work -FREE estimates - come by 505 West 7th after 5 p.m. for more information.

Medicare Supplement Claims filed - FREE pickup - 20 years experience - call Linda Robinson -495-2100.

C-1 Homes for Rent

For rent - small 3 bedroom house paneled, carpet and kitchen range furnished - call 495-2162.

Farm house - 3 bedrooms - 1 mile south of Graham Community and 1/4 mile east. If interested call 745-2881.

C-3 Apartments for Rent

Apartment coming up for rent -Tom Power - 495-3051.

For rent - one bedroom apartment call 495-2373 or 495-2988.

C-4 Office Space for Rent

Office space for rent at 302 West 8th - call 495-3113 after 5 p.m. or 495-2268 - Donald Windham.

C-7 Wanted to Rent

Need summer pasture for 50 to 100 cows - call 253-2368 or 253-3097 -Ralls.

D-5 Mobile Homes for Sale

For sale - 2 bedroom mobile home - must sell - take up payments -\$200 per month - 495-2605.

For sale by owner - brick - 3 bedroom, two bath, central heat and Center) for applications and details air, large fenced backyard - good neighborhood - call 495-3829 - 201 Mohawk.

> 3 bedroom/2 bath, brick home well cared for - one bedroom 15 X 22, fireplace and lovely cabinets, carport, fenced backyard with large storage building, large utility, central heating and air - call Theona Josey at 495-2687.

For Sale: 3 bedrooms, 2 bath brick home on three lots. Privacy fence, large storage/work shed, pecan trees, double garage. Interior paint and carpet in excellent condition. Central heat and air. 510 West 10th. Inquire at 514 West 10th or call 495-2338 after 5 p.m.

GOVERNMENT HOME from \$1.00 (U Repair) BUY Properties for back TAXES! Info, REPO Listings 1-518-459-3546 Ext H6698CC - 24 hrs.

House for sale - 3 bedroom - 1 bath - central heat and refrigerated air call for appointment - Joe or Jarita -495-3752.

F-1 Miscellaneous for Sale

Visit Bob Hudman's Greenhouse the most STUPENDOUS garden spot between Clairmont and Close City. Although we have no rigid hours we're usually there by 2:00 or 3:00 and stay late. We do close for funerals, storms and extremely severe hangovers.

Blackeyed pea seed - J.B. Rackler -996-5436

Vacation Special - Round trip for two by air to Hawaii - \$249.00 - call 495-2238.

4 tables with underneath storage for sale - 215 East Main - SaJac's.

For sale - king size bed (with mattress, springs and frame) and 3cushion couch - like new - \$150.00 each - call 495-3311 or 495-2625 (after 5 p.m.)

Commercial - Industrial - Residential We specialize in tar and gravel roofs

BROWN ROOFING Serving Lubbock 15 years

All types of roofing and repairs COMPOSITION - SHAKE - BUILT-UP - CEDAR

806/762-0540

David Brown Owner

707 Texas Avenue Lubbock, Texas 79401

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G.H. (Jerry) Conoly Heating and Air **Conditioning Co.**

Sales-Service-Installation Home Owned Authorized Heat Pump Contractor Free Estimates

Licensed by the State of Texas - Fully Insured

495-2950 or 495-2332

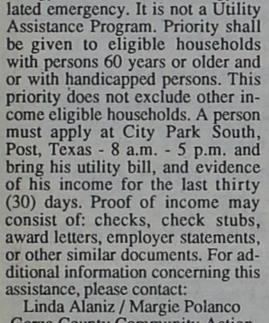
Post Insurance

 Auto, Home, Commercial Farm & Ranch Bonds

Bookkeeping Services

 Income Tax Returns 122 E. Main 495-2894





Garza County Community Action Center (806) 495-2329

Public Notice

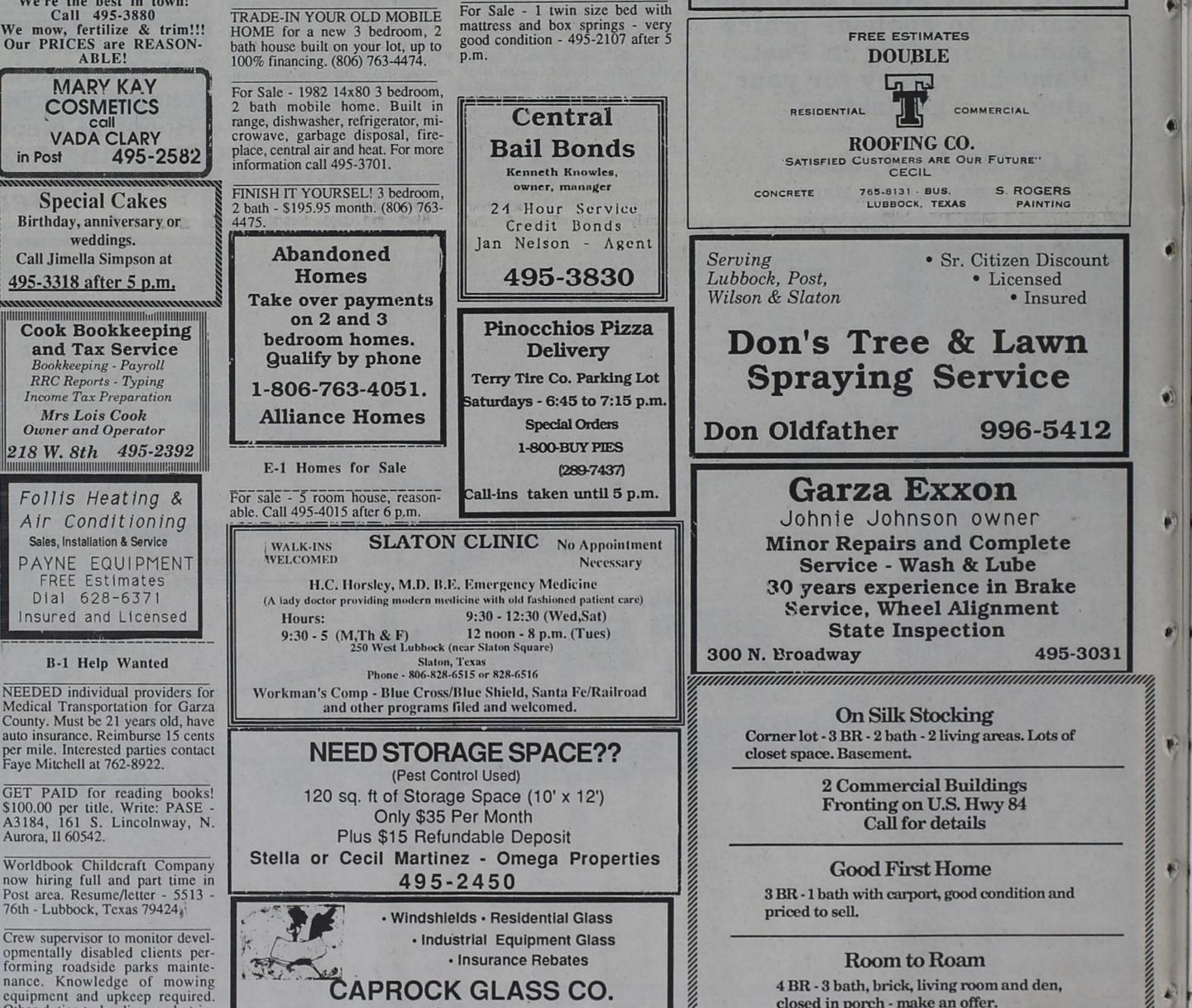
It is the policy of Twin Cedar Nursing Home to admit and treat all patients without regard to race, color, national origin, or handicap. The same requirements for admis-sion are applied to all, and patients are assigned in the Nursing Home without regard to race, color, national origin, or handicap. There is no distinction in eligibility for, or in manner of providing any patient service provided by or through the Nursing Home. All facilities of the Nursing Home are available without distinction to all patients and visitors regardless of race, color, national origin, or handicap. All persons and organizations that have occasion either to refer patients for admission or recommend the Twin Cedar Nursing Home, are advised to do so without regard to the patients race, color, national origin, or handicap.

A-3 Card of Thanks

We would like to thank all our local merchants who contributed gifts as door prizes for National Teachers Day May 3, 1988. This was a nice thing to do to show our teachers how much they are truely appreciated.

> Thanks **Elementary Aides** Nurse & Secretary

Heartfelt thank you to all who sent food, flowers, and other forms of condolences - a special thank you to Rev Larry Freeman and congregation of Camp Meeting Tabernacle for all your kindness and consideration especially for preparing lunch. To Rev Steve McMeans and Rev Shaw for your help with the services. To John and Fern Sutter, Mr and Mrs Walter Gappe and Hudman's Funeral Home.



The Edna Seals Family

Thanks for your prayers and thoughtfulness on phone calls and visits during my recent surgery and recovery in Lubbock. A special thanks to Rev and Mrs Larry Freeman. I'll see you when I get home.

Oleain Seals

A-7 Lost & Found

LOST DOG: Reward - Miniature collie - call 1-800-592-4569 or 744-3341 - needs medication.

Other duties to be discussed at interview. Applications may be obtained at Community Service De-partment, 1926 - 34th Street, Lubbock, Texas - 742-8016 - or Post Satellite Center, 316 South Avenue F. Post, 495-3295 - E.O.E.

'Mobile Service Rt 3 - Post, Texas 79356 495-3069 or 495-2702 DELWIN FLUITT Mon thru Sat Owner

MANAGEMENT OPPORTUNITY "HOUSE of LLOYD" has combined 3 party plans, **GIFTS & TOYS, CHRISTMAS AROUND THE** WORLD and CANDLES.

We now have an opening for a Supervisor in your area. No experience necessary. Work your own hours, no investments, FREE local training, no boundaries, travel opportunities. CALL (806) 857-2252



Priced to Sell 3 BR - 2 bath, basement, central heat and air, large living room.

Lots of Lots 2 bedroom, 1 bath, good condition.

Mitchell Real Estate Travis Kim 495-3719 495-2480 Mike and Wanda Barbara 495-3987 495-3104 or 828-5878

The Post Dispatch Wednesday, May 11, 1988 Page 11 Spring Art Show Highlighted with 300 Entries

For sale - set of McGregor golf clubs and bag for \$100.00 - call 495-3249 or 495-3222.

F-3 Garage Sales

Vacuum Cleaner Washer - Dryer Repair Free Pick-Up & Deliver Seals Furniture & Appliances 720 North Broadway 495-3190

2 family carport sale - Friday only -9-5 at 416 West 12th (weather permitting) - some items are women's clothes, purses, jewelry, baby's clothing and some furniture - NO EARLY CALLERS PLEASE!

Antiques, collectibles, misc items new items added daily as space permits. In Justiceburg, turn west at Post Office and follow signs.

Garage sale - Saturday - May 14th -510 North Avenue M - from 8 a.m. to 12 noon - little bit of everything.

Patio sale - large selection, cheap -Saturday, May 14th - 8 a.m. to 4 p.m. - 401 West 6th - NO EARLY CALLERS/

Garage sale - clothes, jewelry, shoes, dishes, refrigerator, knick knacks - Sunday, May 15th - 9 to 5.

9

Garage Sale - Southland 8th Grade Class - misc items - 9 til ? - Saturday - May 14th - 1006 West 11th.

Garage Sale - Friday, May 13, 1988 - 9 a.m. - 616 West 4th - NO **EARLY CALLERS!**

F-11 Feed and Seed

For sale - Alfalfa hay - Tahoka -Lynn Cook - 998-4115.

F-13 Farm Equipment

The Annual Spring Art Show, sponsored by the Post Art Guild, was held in the Algerita Art Center with just under 300 entries in the well-attended show.

Winner of the Juror's Award and Best of Show was Ginnie Seifert of Clovis for "Dramatic Taos."

Dan Fumagalli of Post took the honors for Best of Show in the Photography.

The Citizens Award this year went to Ginnie Seifert of Clovis for "Dramatic Taos", and John Richie of Lubbock for two of his watercolors "The Covey" and "Oil Rig". These paintings were presented to the Post Chamber of Commerce and will hang in their new offices.

The art work started to arrive long before the check-in date on Mary 3. The judging was done Thursday morning by Harvey Madison and Michael L. Thorton and a reception was held for the purchase patrons on Thursday evening.

The show was opened to the public Friday thru Sunday, with the awards ceremony held at 3 p.m. on Sunday afternoon.

1988 Spring Art Show awards were presented to:

Phototgraphy Black & White 1st - "Evening Sun & Clouds"

by Dan Fumagalli; 2nd - "Mock's Feed Bucket" by Ed Neff; 3rd - "House of Prayer" by

Robert Arriolo. People

1st - "Shawn Chasing Chickens" by Dan Fumagalli; 2nd - "Blue Jean Cowboy" by Dan Fumagalli.

Stilllife 1st - "Ole Saddle" by Joe Miller; 2nd - "Empty Milk Bottles" by Ann McDonald; 3rd - "Tack House at Dawn" by Joe Miller; Honorable Mention - "Sunday Morning" by Bill Mueller **Outdoor/Nature** 1st - "Green Leaves & Granite"

by Dan Fumagalli; 2nd - "Evening Sail" by Dan major at Texas Tech.

Honorable Mention - "Lady In 2nd - "Poker Face" by Mary Ann Red" by Polly Cravy. Human Interest

1st - "Taste of Melons" by Jo Slaton; Beth Gilliam; 2nd - "Pottery Maker" by Jo Beth Iris" by Bertrena Williams; Gilliam.

Pastels

1st - "Early Morning Snow" by Joe Belt; 1st - ""Tiffany II" by Mac Carow;

In the Neighborhood

ies!!"

by Lonnie Welborn Students are in the news "In the Neighborhood" this week - and we think that the good things happening to them should be shared with you.

Three Texas Tech University students from Post - Jan Olson, Patricia Craig and David Poole were recently accepted into the Honor Society of Phi Kappa Phi, one of the highest academic honors awarded at the university.

Membership is limited to seniors, law and graduate students in the top ten percent of their graduating classes.

Phi Kappa Phi is a national honor society with 244 chapters. Members are recognized for superior scholarship in all academic disciplines.

New members were honored at an initiation banquet April 27 in the University Center.

Jan is an elementary education major at Tech and is also a member of the Golden Key National Honor Society and the Texas Student Education Association and is listed on the National Dean's List.

Post and he and his wife Nancy are the proud parents of Jon, Marc, Chris, Becky and Monica.

Patricia is the daughter of Mr. and Mrs. Robert Craig and is a finance major at Tech.

David is the son of Mr. and Mrs. Preston Poole and is a law

Stelzer;

3rd - "Matched Pair" by Dawn Honorable Mention - "Purple

Honorable Mention - "Arkansas Autumn" by Delores Williams.

Stilllife 1st - "Apples" by Vicki Diggs;

2nd - "Snow Bunnies" by Priscilla Marsh;

The Girl Scouts and their leaders wanted to pass along to you this

message: "Your generosity and caring attitude toward your youth has also contributed significantly toward the improvement of the council's camp, which is available for use by

their earnings was \$1,611.20.

Girl Scouts and support groups. The council thanks you mightily for buying Girl Scout cook-

Student Council Dustin Ammons was recently elected president of the Post High School Student Council for the the school year of 1988-89. Dustin, who will be a senior next year, is joined on the student council by Megan Bush, vice president and Matt McCook, secretary.

PAG Scholarship

PHS Senior Gary Puckett, son of Linda and Tommy Puckett, is the recipient of this year's college scholarship from the Post Art Guild.

Gary plans to attend Western Texas College in Snyder.

Graham Seniors Six 1988 Post High School Se-He is the son of Boo Olson of niors were honored at the 17th annual Graham Community Senior Supper Monday evening at the community center.

A pot luck supper was served to the honorees which included Trevah Bush, Keitha White, Kevin Crispin, Robby Gossett, Brian

Overton and Derick Oden. Other special guests attending

2nd - "Basket & Shadows" by Polly Cravy;

Honorable Mention - "Copper & Glass" by Donny Kelsey. Florals

1st - "Geraniums" by Priscilla Marsh;

2nd - "Pink Beauties" by Delores Williams;

3rd - "Peonies" by Ginnie Seifert: 3rd - "Yellow Roses" by Mildred Bradley.

Landscapes

1st - "Tule Canyon #3" by Jo Goen;

3rd - "Hill Country Spring" by Robert Chennault; Honorable Mention - "Snow

Landscape" by Priscilla Marsh; Honorable Mention - "Pelvic

Bone with Cactus" by Connie Harris;

Honorable Mention - "Mesa Verdi Rain" by Barbara Casey;

Honorable Mention - "On the Road to Santa Fe" by Theda Cobb; Honorable Mention - "Butch Cassidy's Ol Home" by Ginnie

Seifert. Mixed Media

Honorable Mention - "Two Feathers" by Buster Jones;

Honorable Mention - "Touch of Iris" by Mary Jones.

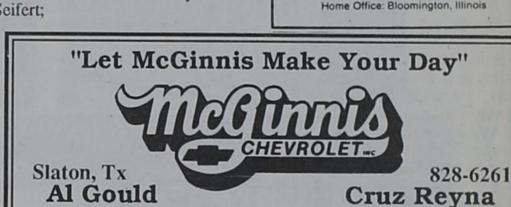
Watercolor Floral 1st - "Moon Flower" by Le

Verne Lee;

2nd - "Design" by Le Verne Lee; 3rd -*"Azaleas" by Le Verne Lee; Honorable Mention - "Day Lillies" by Myrtle Joiner.

Watercolor Landscape

Category I 1st - "Dramatic Taos" by Ginnie Seifert;



1st - "Wasted Dreams" by Robert Chennault;

2nd - "Marie's House" by Lois Burney;

3rd - "Winter in Taos" by Theda Cobb;

Category II

1st - "Blustery Beauty" by Ginnie Seifert;

2nd - "The Looming Birch" by Theda Cobb;

3rd - "Morning" by Pat Hart.

Watercolor Wildlife 1st - "Deer" by Jim Eppler; 2nd - "Pigeon on the Wharf" by

Mary Horn. Pencils

1st - "Kiowa Brave" by Joe Belt; 2nd - "Holding the Remuda" by Vicki Diggs.

Acrylics 1st - "The Feathered Pot" by Bob Chennault.

Money-saving news for State Farm drivers 50 and over.

State Farm's new reduced car insurance rate is saving money for many State Farm Mutual policyholders 50 and over. Call and see if you qualify.

KO DAVIS 105 N. 10 th 828-5863 Like a good neighbor, 60 State Farm is there. State Farm Mutual Automobile Insurance Company

For sale - J.D. Grain Drill D.R.B. 1610, 14 ft - call 495-2039.

G-1 Motorcycles

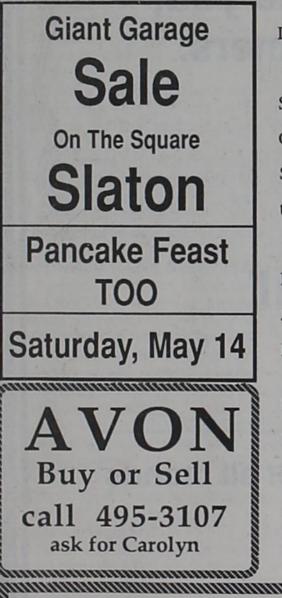
1982 Yamaha 750 Virago - excellent condition - low mileage 495-2465.

> G-7 Trucks & **Trailers** for Sale

'77 El Camino, red & white, 350 engine, tilt-cruise, AM-FM cassette, A/C. Must see to believe. Asking \$2500 or trade - 495-3771 after 5 p.m.

For sale - 1985 GMC Jimmy - excellent condition - call 495-3420 after 6 p.m.

For sale - Red Nissan hard body pickup - 1987 - 9,000 miles - 4 cyclinder - himmehead fuel injection, automatic overdrive, AC -AM-FM cassette, sliding back glass. Take over payments - 495-3701.



Fumagalli; 3rd - "Thanksgiving Harvest" by Ray Mason; Honorable Mention - "Entrance to Moab Utah" by Dan Fumagalli. Miniatures 1st - "Water's Reflections" by Scott Jefferies. Woodcraving 1st - "Shrike" by Vince Gribble; 2nd - "Caribou" by Sash Morman. Clay Honorable Mention - "Inez" by Linda Rupard. Bronze 1st - "My Spirit Is the Eagle" by Buster Jones; 2nd - "Bringing Home the Tamales" by Ben Miller; 3rd - "Giant of the Willows" by Ben Miller. Art Juror's Choice & Best of Show "Dramatic Taos" by Ginnie Seifert. **Peoples** Choice "Spanish Lace" by Ginnie Seifert. Photo Juror's Choice "Green Leaves & Granite" by Dan Fumagalli. Wildlife 1st - "Geese" by Jim Eppler; 2nd - "Trouble" by Gordon Sanders; Honorable Mention - "Canadian Geese" by Vicki Diggs; Honorable Mention - "Summer Song" by Lisa Manley; Honorable Mention - "An Untitled Work" by Vicki Diggs. Miniatures 1st - "Quail" by Jim Eppler; 2nd - "Indian Pot" by John Richey; 3rd - "Bluebonnets" by Myrtle Joiner; Honorable Mention - "Small Landscapes" by Billye Stockton. Portraits 1st - "3 Faces of Mama" by Ginnie Seifert: 2nd - "Spanish Lace" by Ginnie Seifert; 3rd - "Intermission" by Virginia Jones; Honorable Mention - "Happy Lady" by Jo Goen; Honorable Mention - "Rodeo Clown" by Robert Chennault;

David was also honored recently as the outstanding senior associate editor at the annual Texas Tech Law Review Banquet held in Lubbock and was presented a monetary prize of \$100 along with the award.

An article of David's was recently published in volume 19, number one, of the Texas Tech Law Review.

PMS Choir The Post Middle School Choir and Mrs. Alfred Oden.

recently elected officers for the 1988-89 school year.

Taking office when the new school year begins in the fall will be: Radley Nichols, president; Labeth Jones, vice-president; Sara Hodges, secretary-treasurer; Angela Norman, reporter-historian; Amber Little, chaplain; and Mikki Wilks, student council representative.

Girl Scouts

The Caprock Girl Scouts thank all the citizens of Post for the support given the 44 Girl Scouts in our community.

During the recent cookie sale, Post Girl Scouts sold 373 cases of cookies, earned six camp scholarships and also earned for their own programs. The combined total of

were parents and grandparents of the seniors - Mr. and Mrs. Jerry Bush, Mr. and Mrs. Noel White, Mr. and Mrs. Ricky Bush, Mr. and Mrs. Sonny Gossett, Mr. and Mrs. Boyce Overton, and Mr. and Mrs. Alfred D. Oden.

Grandparents present were Mr. and Mrs. Elmo Bush, Mr. and Mrs. J.D. McCampbell, Mr. and Mrs. L.C. White, Mr. and Mrs. Quanah Maxey, Mrs. Fannie Ballentine,

Black and gold decorations featured large pencil signs with the honorees names, balloons and streamers, white daisies and silk ivy entwined with votive cups.

The gift tables were covered with gold cloths and the the dinner tables were covered in white.

Mrs. Bobby Cowdrey served as mistress of ceremonies and introduced the seniors who told of their future plans. The seniors presented their parents and grandparents with yellow roses. Several members of the community gave words of wisdom to the graduates.

Invocation was led by Ronald Thuett. Trevah Bush thanked the community for the supper and for the encouragement given to each one throughout their school years.

New & Used Cars and Trucks \$100 Cash Discount if you buy from Cruz or Al 90 day warranty on used vehicles



Thank you for electing me to the Post ISD school board. I appreciate your support.

Dan Hodges

Pol. Pd. Adv. by Dan Hodges, Post, Texas

Thanks to all of you for your support in the May 7th election and for the words of encouragement since.

Irene Fry

Pd. Pl. Adv. by Irene Fry

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