

The Post Dispatch

USPS 439-620

If it's news to you...it's news to us!

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Thursday, September 7, 1989

Sellout Crowds for Garza Theatre's Comedy Hit 'A Shot in the Dark'

by Wes Burnett
Many of you know that I have frequently served as house manager at the Garza Theatre...and you have heard me announce that "during intermission will be a great time to step into the box office and make your reservations for our next production..."

This past weekend that statement really had an impact with audiences, as people were literally standing in the aisles with a record-breaking attendance at all four performances of the smashing hit production "A Shot in the Dark."

Every performance was a solid sellout, and all previous attendance records were shattered at the Garza Theatre with more than 1,000 people viewing splendid performances directed by Will McCrary.

Turning in those splendid performances were Matthew Thomas, Greg Wortham, Patrick Connor, Mandy Swafford, Laura Mack, Christy Cade and Troy Timms.

The crew included Erik Blair, production manager; Troy Timms, lighting design; Ranetta Cruse, light operator; Rosalind Curtis, sound operator; Wendy Clay, property mistress; Nona Lusk, box office supervisor; and Jeffrey Redman, door boy. Set construction and painting were by Russel Benham, Tony Patterson, Angela Tobias, Cecil Martinez and Danny Leach.

The cast and crew did an admirable job of entertaining the crowds at the performances I attended, and I'll tell you how crowded it was...I usually stand at the back of the theatre, hovering near one of the lobby doors, enjoying the performances...I just couldn't do that during this show, I would have blocked the view of paying patrons. I can tell you that the play was a rousing success and audience praises were profuse.

I must say that after three years of wondering when we would get to where we are, it was a marvelous

CCA to Host Top Artists Founder's Day

by Lonnie Welborn
The week of the third annual Founder's Day Celebration, October 11-14, the Caprock Cultural Association will give the people of Post a chance to greet some old friends and meet some new friends, when the CCA hosts its Founder's Day Art Show and Sale at the Post Community Center.

Making return trips to Post will be several artists who will be remembered for the excellent work exhibited during the popular OS Weekends, and participating in a local show for the first time will be artists from Texas, New Mexico, Oklahoma, Colorado, Montana and Utah.

A total of 35 top Western artists will be in Post for the Founder's Day event and will show paintings, sculptures, miniatures and limited edition prints.

The show will open at 1 p.m., Wednesday, October 11 and will remain open until 7:30 p.m. Hours for Thursday, Friday and Saturday are 9 a.m. to 7:30 p.m.

The CCA also invites you to don your pioneer duds and join the artists for a Chuck Wagon Party at 5:30 p.m., Friday, October 13. There will be a \$5 cover charge for the party.

Texas artists participating in the show are Wayne Baize, Bill Barrick, Garnet Buster, Durward Campbell, Chuck Dehaan, John Gibson, Terry Gilbreth, Rick Jackson, Sach Moreman, Ben Miller, Steve Napper, Terrel O'Brien, Lisa Perry, Tom Ryan, Robert Taylor, Jim Ward, Herman Walker and Don Yandell.

New Mexico artists include Juan Dell, Lincoln Fox and Gary Morton.

Exhibitors from Arizona are Jerry Crandall, Gene Dieckhoner and Gary Myers.

Steve Johnson, Wayne Justus and Rusty Phelps are all Colorado artists.

Other participating artists are Cliff Barnes of California; Joe Belt of Georgia; Penni Ann Cross of Utah; Harold Holden and Barbara Vaupel of Oklahoma; Cody Houston of Montana; John Kettelson of Wyoming; and Earl Kuhn of Kansas.

For reservations and information, call the CCA at 806-495-4000.

Founders' Day
Celebration

experience to be a part of helping settle in a packed house. And it was with great pleasure that Saturday evening we were in a position of helping 11 people from Lubbock get seats right after the show began, as the visitors waited patiently to see if those 11 reserved seats would

be unused.

Sure enough, at 8 p.m., when the reserved parties failed to show, we ushered those visitors into the theatre.

"We just came down, expecting to be able to get tickets," the driver of the van commented, "we never

dreamed there might not be any seats left."

Just a warning...you can expect that to be a regular problem...and I urge you...it's not too early to make your reservations for our next production, 'The Rainmaker,' October 11-15."



'A SHOT IN THE DARK' cast and crew members (left to right, front row) Christy Cade, Laura Mack, Mandy Swafford, Eric Blair, (back row, left to right) Greg Wortham, Matthew Thomas, Patrick Connor, Will McCrary and Troy Timms played to sell-out audiences for all four performances of the comedy hit "A Shot in the Dark."

State Insurance Board Issues Names In Sales Lead Scheme

The State Board of Insurance recently issued a list of 73 organization names that have been used in mailouts designed to obtain sales leads for insurance companies and agents.

Senior citizens, in particular, have been targeted for mailings designed to identify consumers who might respond to sales pitches for Medicare supplement, long-term care, life insurance, annuity and certain accident and health insurance policies.

The State Board prepared the list of organizational names used in lead-card mailouts primarily from materials submitted to the agency's Advertising Division by consumers and other complainants. The agency has received numerous complaints or inquiries about lead-card mailings.

The list of organizational names is included in this article and additional copies can be obtained from:

State Board of Insurance
Attn: Information Services
(Div. 0120)

1110 San Jacinto
Austin, TX 78701-1998

Paul T. Wrotenberry, chairman of the State Board of Insurance, said the Board issued the list to alert consumers to the true purpose of mailings issued in the names of the organizations.

Investigations by the State Board of Insurance disclosed that most of these organizations consisted of nothing more than a mail box.

"Older Texans should be aware that if they return a card to one of

these outfits 'for more information,' the next telephone call they receive might very well be from an insurance agent," Wrotenberry said.

The list has been mailed to all Texas newspapers, the Texas Department of Aging, area agencies on aging, the U.S. Health Care Financing Administration, local senior citizen centers, Better Business Bureaus and insurance regulators in the other 49 states.

Organizational names on the list are subdivided according to the lines of insurance for which they are known to have been used. Some

organizations names have been used in lead generation for more than one line of insurance.

None of these entities are associated with, endorsed by or are in any way related to Medicare, the Social Security Administration or any federal or state agency.

The Board has approved new rules making it clear that insurance lead card solicitations - whether issued by licensed insurers or direct mail advertising firms - are governed by State Board of Insurance

(Continued on Page 4)

Advances in Cotton Are Featured At Field Day

Ongoing efforts of scientists to improve the area's agricultural mainstay, cotton, will be presented at the 80th annual field day of the Texas Agricultural Experiment Station on Tuesday, September 12.

Trailers will transport visitors along research sites at the High Plains Research Foundation in tours that will be conducted from 1 p.m. to 4 p.m. The facility is located 14 miles west of Plainview on U.S. Highway 70.

Enhancing cotton fiber quality is a major effort at the research facility, said Dr. John Gannaway, TAEX cotton breeder. The development of F2 hybrids and glandless varieties will also be discussed on the tours. Other cotton research areas include Ascoshyta blight resistance and earliness. The public will be able to view performance trials of the latest commercial varieties, strains and hybrids under development by TAES, Gannaway said.

Other stops on the tour will feature corn quality research, farming systems for weed control and multi-use irrigation planting systems. The field day will also feature displays of equipment, farm supplies and information booths.

The program is a cooperative presentation of TAES, the Texas Agricultural Extension Service, the High Plains Research Foundation, the U.S. Department of Agriculture-Agricultural Research Service and the Texas Forest Service.



SUNDAY AFTERNOON ON MAIN STREET - Visitors to Post and theatregoers to the Garza Theatre's Sunday matinee were treated to something extra with a sidewalk display of unusual items for sale, including decorated denim jackets, shirts and jewelry by (left to right) Mollie Somerville, Glenda Morrow, Ruby Williams and Polly Cravy. The Post Diner and the Algerita Art Center were also open Sunday afternoon for the after-theatre crowd.

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Southland High School Will Have '89 Football

Southland High School coach Ronald Anders and assistant coach Charles Prather have announced the football schedule for Southland High School beginning with an opening game September 15 against Hermleigh. Until Friday of last week, with only five players turning out, it was uncertain whether or not the school would have a football team. With the addition of one more player, Southland will play the following schedule:

September 15, Hermleigh
September 22, at Cotton Center
September 29, at Dawson
October 6, Three Way
October 13, New Home*
October 20, at Whitharral*
October 27, Smyer*
November 3, at Wellman*
November 10, Wilson*

All games will begin at 7:30 p.m. (* denotes district games.)

Stenholm Visits Post for 'Town Hall Meeting'

by Lonnie Welborn

In a "town hall type meeting," Monday, August 28 in the Community Center, U.S. Congressman Charles Stenholm visited, listened to comments and answered questions during a stop in Post on his swing through the western part of the 17th Congressional District.

After an opening statement stressing the importance of town hall type meetings as an opportunity to meet directly with people and to find out their ideas on issues, Stenholm opened the meeting to the audience and fielded questions on the disaster assistance program, savings and loans, the federal budget, the drug problem, and rural health care.

On the subject of the federal deficit and balancing the budget, Stenholm said, "If the public would get as upset over the federal deficit as they did over the pay raise for Congress, we'd be on our way to doing something about it."



Congressman Charles Stenholm

Changes Made in Health Rules for Show Animals

Larry Mills, DVM, has announced that some significant changes have occurred pertaining to animals entering shows, fairs and exhibitions, and required health certificates will need to be issued within 10 days of the show.

Horses being entered will need to demonstrate a negative Coggins test within the last 12 months. This is a major change, because in the past, horses originating in Texas being entered in Texas shows, fairs or exhibitions were excluded from the Coggins test requirement. Exhibitors should plan ahead of time and see that their horses are tested prior to show season. Since it may take up to a week to get results confirmed at a laboratory, exhibitors should not wait until the last minute to get the blood test.

These changes have been made after several of the show catalogues have been printed, thus predisposing all exhibitors to misunderstand what the requirements really are.

Any horse exhibitor going to the South Plains Fair or other such shows should plan to get Coggins tests done a week or so prior to leaving for the shows.

NEWS BRIEFS

Head Start Open House

The public is invited to attend an open house hosted by Post Head Start, 210 S. Avenue E, Friday, September 8 from 9 a.m. to 5 p.m. All parents and interested persons are urged to attend. Refreshments will be served.

Season Football Tickets

Season football tickets for Post Antelope football games are now on sale in the Post High School principal's office. Persons who held tickets previously have a option on those same until September 15. Tickets are \$15 per seat.

Rotary Club Golf Tourney

The Post Rotary Club will sponsor a golf tournament at the Caprock Golf Course, Saturday and Sunday, September 23 and 24. The fee to enter the two-man scramble is \$45 per person.

Interested players can sign up at the golf course or register by calling Charles Hardin at 495-2804 or Victor Ashle at 495-2801.

VFW Dance

The VFW will hold a dance Saturday, September 9 from 9 p.m. to 1 a.m. with music by "Night Crew." Tickets for the Saturday night dance are \$4 per person.

1988-89 Yearbooks Have Arrived

The Post High School 1988-89 yearbooks are now in and may be picked up in the high school Learning Center from 8:00-11:45 a.m. and 12:30-4:15 p.m., Monday through Friday.

Post CARES Needs Donations

Post CARES, located at 222 E. 8th, is in need of donations of all types of food, but is in desperate need of canned meats.

If you would like to help out this worthwhile organization, Post CARES hours are from 1 p.m. to 3 p.m. Monday through Friday and would welcome your donations.

Founder's Day Booths

Sponsors for food and drink concession booths are needed for the 1989 C.W. Post Founder's Day Celebration in October. With an expected attendance of over 6,000, including students from West Texas area high school bands, help is needed to feed the visitors. If you, your group or organization are interested in a space during the activities, call the Main Street office at 495-4157 or Barbara Hardin at 495-3987.

Commodity Distribution

Commodities will be distributed Tuesday, September 19 from 9:30 a.m. to 12 noon and 1 p.m. to 3:30 p.m. at the 4-H Barn on the Lubbock Highway. Unless notice is received of a change, commodity distribution will continue on the third Tuesday of each month.

Heart Association Will Sponsor Food Festival

The American Heart Association wants you to "trim the fat and cut cholesterol for life" during the fourth annual Food Festival, September 10-16. The program will be held in over 6,000 sites throughout Texas - schools, businesses and grocery stores - including United Supermarkets.

Food Festival is a week-long event aimed at increasing nutrition awareness. The typical American diet - high in cholesterol, salt and saturated fats - contributes to the risk of cardiovascular disease, which is the number one killer in Texas and America.

"Eating is an emphasis in today's society," said John Roppolo, chairman of the year's Food Festival. "By helping people learn to select the right kinds of foods, we can help them to adopt a heart-healthy lifestyle. This is what Food Festival is all about."

According to Roppolo, American Heart Association volunteers sponsor nutrition awareness activities throughout Food Festival week. Activities include cooking demonstrations, grocery cart checks, pub-

lic forums and label-reading tours. "By implementing the program in schools, businesses, and especially grocery stores, where the majority of food decisions are made, we are educating all types of people about the importance of leading a nutritious lifestyle," Roppolo said.

For more information about Food Festival, contact the local American Heart Association.

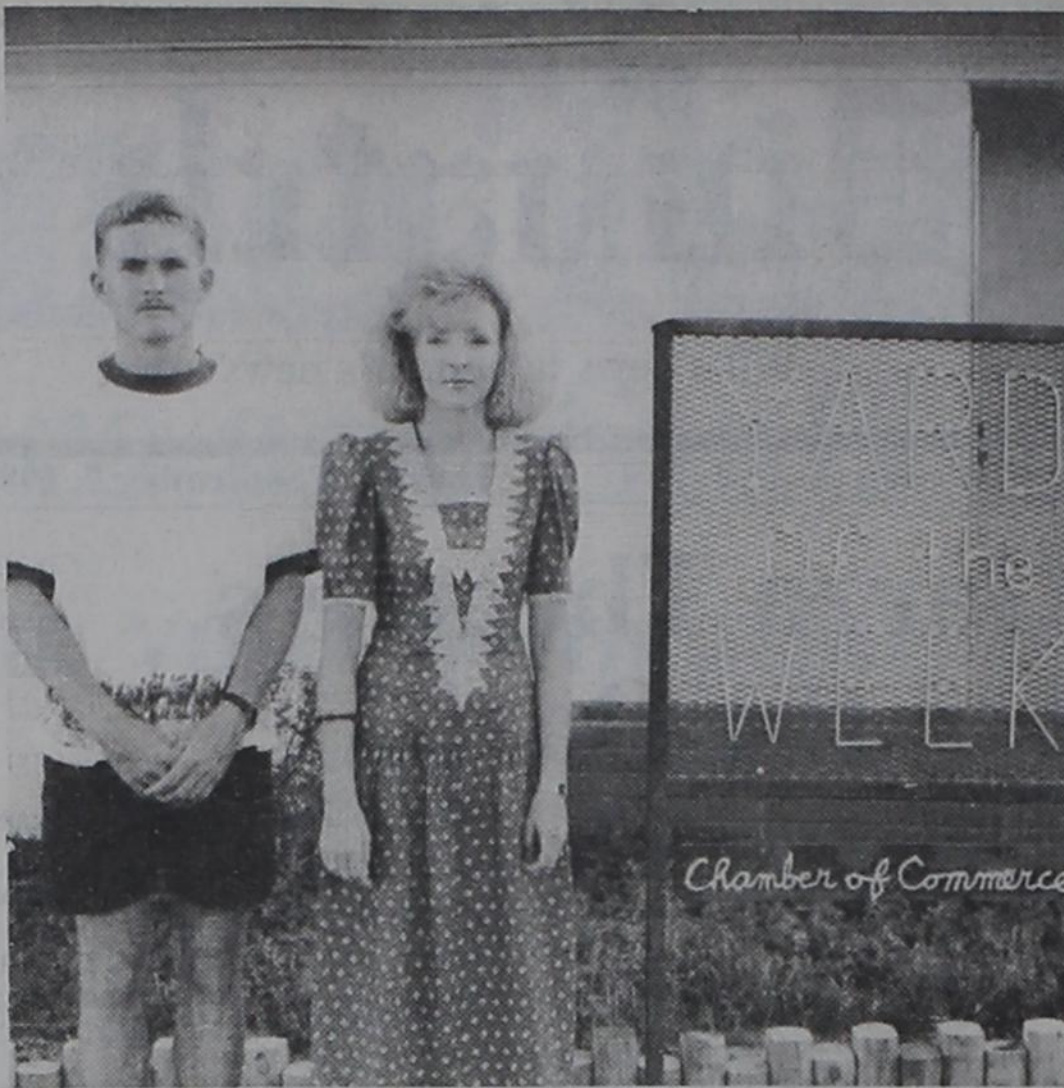
- Birth -

Chelsea Blake Stanford

Lyndsay Sue Stanford of Waco is happy to announce the birth of her baby sister, Chelsea Blake, on Thursday, August 10, 1989. She weighed seven pounds and eight ounces and was 19 inches long.

Parents are Wade and Marla Stanford.

Maternal grandparents are Jimmy and Jackie Hutton of Fort Stockton. Maternal great-grandmother is Mrs. Willie Mason.



YARD OF THE WEEK - The Women's Division of the Chamber of Commerce presented this summer's final Yard of the Week award to the Jon Hataway home, 715 W. 8th Street. Accepting the award were Ron Mason and Chita Hataway.

Yesteryears...

by Lonnie Welborn

As gleaned from the files of The Post Dispatch. Copies available on microfilm at the Post Public Library.

10 Years Ago September 6, 1979

The tightness of the housing situation in Post is best illustrated by the fact that the Post Community Housing Association now has 105 persons or families on its waiting list for 10 new two-bedroom apartments scheduled for completion October 1.

Rodney Compton, son of Mr. and Mrs. H.M. Compton, has assumed his duties as full-time minister of youth and music at the Retta Baptist Church in Fort Worth.

The George R. Brown oil interest this week is scheduled to begin drilling the first of 10 new production wells in its San Andres water flood.

Rosemary Rogers, local chairman of the Jerry Lewis telethon for muscular dystrophy, reported that Post and Garza County residents contributed \$1,255.77 to the cause.

Barbara Lucas, daughter of Mr. and Mrs. Harold Lucas, has been named cashier of the First National Bank and Trust Company of Stillwater.

The Post Antelopes open the 1979 football season Friday with a game against the Lockney Longhorns in Antelope Stadium.

Dr. James Robert (Jimmy) Kemp, son of Mr. and Mrs. Keith Kemp received a degree in veterinary medicine from Texas A&M and will practice at a veterinary clinic in Motara, California.

20 Years Ago September 4, 1969

Mayor Giles C. McCrary, in a talk before the Rotary Club, said the city council hopes to operate the city police department for the 1969-70 fiscal year at a great savings to the taxpayer - a projected cost of

only \$15,000.

Mr. and Mrs. Noah Stone will celebrate their 50th wedding anniversary Sunday.

The Reverend Warren Capps is the new pastor of the Calvary Baptist Church.

George Morales, Post Antelope lineman, suffered a broken left arm in last Friday night's scrimmage between Post and Petersburg.

Approximately 1,500 highway travelers, representing some 15 states and three countries, paused for rest and refreshments at the Post Jaycees' rest stop on U.S. 84.

The newest thing to hit Post and causing a sensation locally over the summer months has been "garage sales."

30 Years Ago September 3, 1959

The first 1959 Garza County bale of cotton, grown by Irvin Chandler of the Close City community, was ginned Tuesday by the Planters Gin here.

If they're smart, local motorists are driving on full tanks this week - a local gas war has dropped the price of gasoline to 21.9 cents per gallon.

The high school faculty was completed with the employment of Mrs. S.E. Camp as a homemaking teacher.

Julian F. Smith, resident engineer for the State Highway Department, and his office force moved into their new \$30,000 building just south of town between the maintenance building and the highway department warehouse.

White River Water District directors will meet in Ralls to speed federal action on a change in White River dam financing. The directors hope to have federal Housing and Home Finance Agency approval within 10 days.

Mary Gale Young will open Gale's Beauty Shop right next to the Speed Wash in Wallace Simpson's new business building at 423 East Main Street.

40 Years Ago September 8, 1949

The Labor Day weekend was a riproarin' one for the Garza County Sheriff's Department, who arrested so many people they had to release one prisoner before the last bunch could be detained.

Elected president of their classes for the current school year were Charles Bowen, senior class; Norman Cash, junior class; Jack Kirkpatrick, sophomore class; and L.W. Evans, freshman class.

Keith Kemp has sold his interest in the Triangle Service Station to his partner, Dan Altman.

Piggly Wiggly has several back to school specials, including a pound of Folger's Coffee for 49-cents; cheese, 43-cents a pound; picnic hams, 39-cents a pound; steak, 67-cents a pound; and Thompson's seedless grapes, seven and one-half cents a pound.

Effective October 5, couples planning marriage will have to file with the county clerk a certificate form signed by a duly qualified physician stating that a medical examination, including standard tests for venereal diseases, has been successfully passed, County and District Clerk Ray N. Smith, has announced.

J.N. and Tom Power are running an ad in this week's Dispatch in an effort to squelch rumors concerning leasing of the unoccupied portion of the former White Auto Store building. Not only have they not leased the building to a chain grocery store, they have not even made any plans to lease or sell.

Hobby Club Plans Nov. Craft and Bake Sales

by Syble Workman

The Hobby Club met September 1 at the Grassland Community Center with club president Sandra Laws presiding.

Bernice Gribble opened the meeting with a prayer and old and new business was discussed.

A bean dinner, craft sale and bake sale were announced for November. Handwork shown included crocheted squares for afghan and a crocheted chicken candy holder.

Refreshments were served to nine members and one guest, Clonnie Finn.

Hostesses were Laverne McCleskey and Faye Ramsey. The door prize was won by Bernice Gribble.

Local Artists Invited to Enter Ralls Fantasy

The seventh annual Ralls Fall Fantasy, an arts and crafts festival and sale sponsored by the Women's Division of the Chamber of Commerce and Agriculture, will be held Saturday, November 4 at the Ralls Elementary School Cafeteria.

Applications for participation, open to area artists who have original work in any media, are now being accepted. A selection committee will screen slides and photographs submitted by interested artists. A limited number of spaces are available.

For applications or for more information, area artists are urged to write the Ralls Chamber of Commerce and Agriculture, P.O. Box 581, Ralls 79357; or call 806/253-2342 or 806/253-2319.

Ayala Promoted to Navy Petty Officer 3rd Class

Navy Petty Officer 3rd Class Michael Ayala, a 1988 graduate of Post High School, has been promoted to his present rank while serving at Fleet Antisubmarine Warfare Training Center in San Diego.

Ayala joined the Navy in August 1988.

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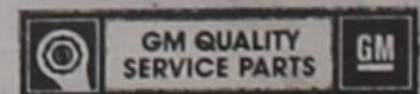
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Brook Capps Completes Six Weeks Cadet Training

Brook W. Capps has been officially accepted into the U.S. Military Academy's Corps of Cadets as a new member of the Class of 1993 during the annual acceptance parade.

The parade followed six weeks of rigorous basic cadet training at the West Point, N.Y., academy. Training in military customs and courtesies, drill and physical conditioning, tactical exercises, and the firing of weapons introduced the basic cadets to military life with

special emphasis on leadership, duty, honor and country.

The academy is a four-year educational institution graduating men and women to serve as career Army officers. In addition to military training, the academy offers athletics, and an academic curriculum which includes engineering, basic and social sciences and the humanities.

Cadet Capps is a 1989 graduate of Post High School and is the son of Eydie Dunn and Dewayn Capps.



Brook Capps

'Reduced Expected Yield Will Spur 1989 Cotton Prices

With U.S. stocks dropping, foreign supplies tight and weather threatening the cotton crop at home and abroad, domestic cotton prices are rising. Skillful marketing while prices are high can mean premium payoff for American producers, says a cotton marketing specialist with the Texas Agricultural Extension Service.

"The market has a mind of its own, and it's hard to anticipate how high it will go, when it will top out and how much it might drop," said Dr. Carl Anderson, Extension Service agricultural economist. "The estimated supply and demand numbers may change as the crop season progresses."

As the market moves up, skillful marketing becomes more critical for the producer, the Extension Service specialist said. Put options and forward contracts provide price insurance, he said.

"The put options are particularly useful, as they allow you to sell for a possible higher price. There are no margin calls on options you purchase. You pay a premium and commission charges."

"Forward contracts, if available, establish a price; but the price is fixed. Put options can be purchased out-of-the-money (below the futures price) for a lower premium. The insured price is lower."

"The higher futures go, the higher the price you can insure for your money. Then, should the market continue up, you can still forward contract or sell, depending upon your situation."

The Commodity Credit Corporation cotton loan at 50 cents a pound doesn't appear to be a good alternative for the 1989 crop, Anderson said. "The market price will likely exceed the loan rate enough to make that a poor choice," he said.

"Speculating in the cash market by doing nothing is taking a big chance that the market will stay up until you can sell. With the flexibility of options, you have many marketing alternatives to work with," Anderson said.

The July crop report from the U.S. Department of Agriculture shows fewer acres planted than expected.

"That means the new U.S. crop may fall some three million bales short of expected usage," Anderson said. If that happens, the 7.5-million-bale stock on hand this July would drop to around a \$4-million-bale supply a year from now.

Planted acreage for U.S. upland cotton is estimated at 10.2 million acres, 500,000 acres less than March estimates. If 9.2 million acres - or 90 percent - is harvested and yields about 580 pounds an acre, the upland crop would provide 11.1 million bales. Last year the yield was 15.1 million bales.

The total domestic and export demand for cotton this year is estimated at 15.5 million bales, the largest use in 10 years, Anderson said.

"The September 12 (USDA) crop production report will be a better look at the 1989 crop potential," Anderson said. "Whichever way the crop size goes, the market will try to run ahead of the USDA report."

The U.S. export market is

bright, the Extension Service economist said. "Foreign cotton stocks have declined from 38 million bales at the end of 1984 to only 22 million bales for this season. Meanwhile, consumption has steadily increased to 77 million bales, 13 million more than five years ago."

A foreign crop of 69 million bales is predicted this year. This is eight million less than the estimated foreign demand.

"Under these conditions, the market usually outruns supply and demand," Anderson said. "In short crop years, the market tends to peak early."

A high price discourages use, makes prices of synthetics more competitive and encourages cotton production, he said.



A petition from Plains Cotton Growers, Inc., and other farm organizations that the U.S. Department of Agriculture issue rules to forestall sharp inequities in the administration of the 1989 Disaster Assistance Act isn't falling on deaf ears.

According to Executive Vice President Donald Johnson, that's the report from Texas senators and representatives in Washington who, at PCG's request, confronted USDA on potential disaster payment problems.

The issues were detailed by PCG in an August 30 letter to Secretary of Agriculture Clayton Yeutter and area legislators. "Department officials have made no commitments of any kind," Johnson cautions, "but it's encouraging to know that the problems we anticipate are getting a hearing before final decisions are made, which isn't expected before mid-September."

A major concern expressed in PCG's letter involves the administration of the law's Section 110 which requires disaster payments to be reduced by an amount that reflects the value of any crop produced as a replacement for the crop on which a disaster payment is made.

It further specifies that the value of the second crop shall be "based on" the actual yield of the second crop and the average market price of such crop over a representative period.

"Should this be construed to mean the simple product of yield times price, with no allowance for the cost of producing and harvesting the second crop," PCG points out, "a grave injustice will have been done. Thousands of producers will be denied much or all of their disaster payments by reason of having made an earnest, expensive and often futile effort to recoup at least a part of their losses."

Mindful of the reality that the Secretary has no authority to ignore Section 110, PCG suggests that its ill effects be mitigated by deducting from disaster payments no more than the value of the second crop in excess of production and harvesting costs.

Referring to Texas A&M Extension Service budgets and projected returns for five common replacement crops, copies of which were attached, PCG sought to encourage acceptance of the procedure it recommends by pointing out that substantial per-acre disaster payments still would be realized.

"At the same time," the letter continues, "it will carry out the intent of Congress by allowing these producers to recover an amount of their net primary crop losses proportionate to the amount recoverable by others who weren't able to produce a second crop."

Another PCG request is that the Secretary use his discretionary authority to establish a minimum yield below which producers will not be required to harvest or have disaster payments reduced.

Noting that last year's disaster program rules recognized the inequity of expecting producers to harvest crops at a cost exceeding the crops' value, PCG asks that "in the interest of fairness and consistency the same logic be applied in the administration of the 1989 act."

The 1989 act also gives the Secretary the authority to allow producers to substitute federal crop insurance yields for established farm program yields in figuring disaster losses. Insurance yield in some instances have been raised since 1986 while program yields have been frozen.

In these cases, PCG argues, insurance yields are a more accurate reflection of crop and income potential and their use should be permitted in the settlement of disaster claims.

Ayala Receives Navy Promotion

Navy Petty Officer 3rd Class Michael Ayala, a 1988 graduate of Post High School, has been promoted to his present rank while serving at Fleet Antisubmarine Warfare Training Center in San Diego.

Ayala joined the Navy in August 1988.

In the Neighborhood

by Lonnie Welborn

Interesting news in the current Main Street Update...Melissa Cunningham reports that representatives from the Texas Department of Highways and Public Transportation will be in Post this week to finalize the specifications for the Main Street Landscaping Project...Also in town this week will be Karl Kessler, editor of *Rural Development* magazine, who is working on a story featuring the economic development efforts of rural communities across the nation...And speaking of magazines, the October issue of *Texas Monthly* will include information on the upcoming Founder's Day Celebration and the soon-to-be filmed motion picture "Nuclear Chili."

Welcome to Post

A belated "Welcome to Post" to Della and Wes Cockrell and their children, Mallory and Darcy, who

Permit for Oversized Loads

The highway department began September 1 issuing a new annual permit allowing certain vehicles to exceed the maximum allowable weight. The permit was authorized during the last regular session of the Texas Legislature.

The new law applies to vehicles carrying loads that can be "reasonably dismantled." Loads that cannot be broken down into smaller units are covered by current permit classifications.

Weight limits are set to protect Texas roadways from damage due to heavy loads. Permits allow heavier vehicles to travel designated routes upon payment of a fee, which helps cover road repair costs.

The new permit costs \$75 per year and requires a \$15,000 bond. It allows vehicles to exceed the maximum axle weight by up to 10 percent and the maximum gross weight by five percent. It applies to trucks operating on state highways, on county roads and bridges, and on other roads designated by the counties. It is not valid on the Interstate system.

This law also allows agricultural commodities, shipped in their natural state, to exceed axle weight by up to 12 percent and gross weight by five percent without a permit or bond.

Application for this permit will be by mail only. Further information and applications are available at highway district offices and tourist bureaus.

Rules to implement this new law were passed by the highway commission August 29 and will be posted in the Texas Register for public comment.

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Garza, Lynn, Borden, Lubbock, Crosby, Kent and Scurry Counties: \$15 per year
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Lonnie Welborn
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Gail Burnett
Advertising Sales
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P.O. Box 10
Post, Texas 79356
806-495-2816
Member

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West Texas Press Association

moved here from Temple.

Wes is a deputy sheriff with the Garza County Sheriff's Department and Della is the owner and operator of The Balloon Post in Manna Square.

The Cockrells chose Post for several reasons - Wes wanted to work for a smaller department and he and Della both wanted their children to attend a smaller school

Plant in Fall to Keep Growing and Changing

Why wait to put some pizzazz into your garden, or add new colors, shapes and textures, or replace weary-looking plant material. The American Association of Nurserymen reminds you that spring is a long way off, and fall's as good a time to plant - in some ways, even better.

Make your changes now. Put in an inviting flow of plants leading from the walkway to the main door of your house. Welcome guests with a bed of mums or pots of plants near the entrance. Is a hedge hiding your porch or deck? Put in material that looks neater, grows slower and requires less maintenance.

Why is fall for planting? For one thing, the mild temperatures are perfectly suited to this kind of outdoor activity. But nursery experts also say that the cool weather provides excellent conditions for giving plants a healthy start. Fall planting is beneficial for trees and shrubs because it gives them a head start on the spring growing season to establish strength and vigor for enduring the upcoming hot weather-stresses.

Even as fall progresses and the temperatures cool off considerably, you can still plant safely because the soil loses heat very slowly. When winter comes the soil will stay warm enough to maintain root growth. In most cases, root growth is sustained when soil temperatures are 40 degrees or above. Keep the ground warm by covering it with about three inches of mulch. But remember that some material must be planted early enough in fall to provide sufficient growth and development to withstand winter's challenges.

system.

The Cockrells feel there is a closeness - a bond between people of a smaller community - and they want to contribute to that.

Mack Hardy Dies

A lot of Post people will be saddened to hear of the recent death of Mack Hardy in Alexander City, Alabama. The Hardys and their sons, John and Charles, lived in Post for several years.

Dr. Lewis Moore
OPTOMETRIST
Announces New Office Hours for 1989
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806-797-8089

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William C. Wilson, M.D.

New Office Hours
Effective Immediately

Monday - Friday
8 a.m. - 5 p.m.
by appointment

318 W. 8th St Post, Tx 79356 806-495-3576

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presents
Jody Nix &
The Texas Cowboys
September 9 - 9 p.m. to 1 a.m.
Post Community Center

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State Board of Insurance Issues Names...

(Continued from Page 1)

advertising rules.

Approval of the new rules and publication of the list of organizational names employed in lead-card mailings are the initial steps toward quickly implementing the initiatives announced by the Board.

The initiatives are designed to provide additional protections for older Texans in the insurance marketplace. Under the new rules, entities issuing lead generating materials that violate State Board of Insurance advertising standards are subject to monetary penalties or other disciplinary action.

Board rules require that lead-generating mailouts disclose the name of the insurers on whose behalf the materials are mailed. The rules also prohibit mailings that employ word like "Important Notice" or which could mislead a person into thinking the materials came from a governmental agency by using symbols such as flags, eagles, pictures of the United States Capitol, official-looking seals or depictions of Social Security cards.

To better explain lead cards, the basic facts are outlined in a question-and-answer format:

Q: What are lead cards?

A: Cards returned by consumers in response to mailings which purport to offer information on subjects usually related to Social Security, Medicare, Medicare supplement insurance, hospitalization costs and income tax questions. Insurers and agents buy the cards - or list of name obtained from the card - as a source of sales leads. It has been reported that agents sometimes pay as much as \$19 per name. In most case, lead card generators are direct mail companies not directly affiliated with licensed insurers.

Q: How can lead card mailings be harmful?

A: Primarily by deceiving the consumer as to their origin and their true intent. Many of the mailings submitted by consumers to the State Board of Insurance employ organizational names and/or printed materials which suggest that a mailing came from a government agency, a consumer group or a senior citizen association. Few of the mailings reviewed by the State Board disclosed plainly that insurance agents would call on those who returned the response card.

Q: What should I watch for when I receive a mailing of this nature from an organization or

agency with which I am unfamiliar?

A: Be very skeptical, especially if the return address is a post office box and there is no street address or telephone number. Compare the organization's name and mailing address with those on the list issued by the State Board of Insurance. Beware of offers implying that an insurance policy will pay 100 percent of your medical expenses that Medicare does not cover or will shelter your estate from federal income taxes. Check the fine print - sometimes the material will disclose in type almost too small to read that the mailing was made for a commercial insurance company. Some never even mention the word "insurance." And remember that returning a card could subject you to high-pressure sales tactics.

Q: Where can I call to check an organizational name or for help in understand advertising material?

A: The State Board of Insurance has a toll-free consumer line that can provide information on many insurance matters. The number is 1-800-252-3439. The agency's Advertising Division's phone number is 512-475-1949. In addition, the agency's Unauthorized Insurance Division, 512-463-6492, investigates lead card cases involving entities not licensed by the State Board of Insurance.

Q: What else can I do to protect myself?

A: Analyze your insurance needs carefully. Once they are determined, contact several agents located in your home town to discuss the policies offered by the companies they represent. Don't be rushed into buying any policy - and don't buy on impulse.

Organizational names identified by the State Board of Insurance as used in lead-card solicitations by mail:

Senior Citizen Issues

A. Medicare Supplements
American Disability and Retirement Benefits Research, Inc.
P. O. Box 16545
San Antonio, Texas 78216

American Health Referral Group
P. O. Box 164069
Fort Worth, TX 76161

American Senior Citizens (Association)
655 15th St., N. W. #315
Washington, D. C. 20005-9990

American Senior Citizens Medicare Information Department
655 15th Street NW #315
Washington, D. C. 20005-9990

Consumer Information Center
3815 Montrose Blvd., #100
Houston, TX 77006

Consumer Medical Advisory Group
P. O. Box 100937
Fort Worth, TX 76185-9987

Consumer Referral Service Center
P. O. Box 225442
Dallas, TX 75265

or
1718 Connecticut Ave., N. W., #310
Washington, D. C. 20009

Consumer Referral Service of America
P. O. Box 225442
Dallas, TX 75222-9990

Consumer Support Services
P. O. Box 250
Dallas, TX 75221
or
1718 Connecticut Ave., N. W. #310
Washington, D. C. 20009

Diversified Insurance Marketing Company
11020 Audelia Rd., Ste. B215
Dallas, TX 75243

Farm & Ranch Referral Services
P. O. Box 462
Plano, Texas 75074

Information Distribution Center
325 Pennsylvania Ave., S. E.
Washington, D. C. 20003

Insurance Service and Information
P. O. Box 5473
Houston, TX 77262

Mature Citizens Association
5720 LBJ Frwy.
Dallas, TX 75040-6334

Medical Information Exchange
P. O. Box 161372
Fort Worth, TX 76161-9990
or
Washington, D. C. 20005

Medicare Insurance Services
P. O. Box 181101
Fort Worth, TX 76180

Medsupp Referral Services
P. O. Box 100937
Fort Worth, TX 76185-9987

National Consumer Research
P. O. Box 32872
San Antonio, TX 78216
or
5th & Main, Ste. 540
P. O. Box 153
Pueblo, CO 81002

National Federation of Retired Persons
P. O. Box 17943
San Antonio, TX 78217

National Health Administrators
P. O. Box 515949
Dallas, TX 75251-9990

National Health Information Center
325 Pennsylvania Ave., Southeast
Washington, D. C. 20077-1038

National Senior Advisory Center
9451 LBJ Freeway, Bldg. B #220
Dallas, TX 75243

Nationwide Health Care Referral Service
P. O. Box 831724
Richardson, TX 75083-1724

Regional Processing Center
P. O. Box 742048
Dallas, TX 75374-9990

Retired Person Information Center
P. O. Box 515949
Dallas, TX 75251-9990

or
National Press Building, Ste. 994
Washington, S. C. 20045

Rural Co-op of America
11615 Forest Central Dr., #303
Dallas, TX 75243

Senior Citizens Health Services
P. O. Box 224331
Dallas, TX 75222-9990
or
1629 K Street, N. W., #521
Washington, D. C. 20036

Senior Citizens Information Center
P. O. Box 120053
Tyler, TX 75712

Senior Citizens Information Center
219 Kennedy St., N. W.
Washington, D. C. 20011

Senior Citizens Referral Service, Inc.
P. O. Box 6748
Fort Worth, TX 76115

Senior Citizens Services
P. O. Box 18389
Oklahoma City, OK 73154-9913

Senior Consumer Services
Capitol Hill
325 Pennsylvania Ave., SE
Washington, D. C. 20003

Senior Security Benefit Service
655 Fifteenth St. NW, Room 320
Washington, D. C. 20005

Senior(s) Medical Information Service
P. O. Box 387
Fort Worth, TX 76101-9990

Texas Health Exchange
P. O. Box 8909
Fort Worth, TX 76124-9979

United Health Care Association
P. O. Box 8532
Fort Worth, TX 76124-9959

United Seniors of America
219 Kennedy St., N. W.
Washington, D. C. 20011-9990

B. Nursing Home/Convalescent/Long Term Care

National Health Administrators
P. O. Box 515949
Dallas, TX 75251-9990

Regional Processing Center
P. O. Box 742048
Dallas, TX 75374-9990

Texas Senior's Information
P. O. Box 53506
Dallas, TX 75253-9990

II. LIFE INSURANCE ISSUES

Allied Association of Retired Persons
P. O. Box 4196
Baumont, TX 77704-9901

Consumer Advisory Council
1100 17th St., N. W. Ste. 1000
Washington, D. C. 20036

Consumer Tax Referral Services
P. O. Box 225442
Dallas, TX 75222-9990

Estate Tax Information Exchange
P. O. Box 612683
Dallas, TX 75261-9990

Estate Tax Information Services
P. O. Box 610584
Dallas, TX 75261-0584

Federal Estate Tax Information
2432 So. 130th Circle
P.O. Box 44099
Omaha, NE 68144

Federal Estate Tax Information Services
P. O. Box 224331
Dallas, TX 75264
or
1629 K St., N. W. #521
P. O. Box 19990
Washington, D. C. 20036

National Estate Tax Information Center
325 Pennsylvania Ave., Southeast
Washington, D. C. 20011

National Health and Medical Services
219 Kennedy St., N. W.
Washington, D. C. 20011

National Information Service Center
1718 Connecticut Ave., N. W.
Washington, D. C. 20009

National Processing Office
325 Pennsylvania Ave., S. E.
Washington, D. C. 20077-1038

Senior Americans Information Center
13529 Vargon
Dallas, TX 75243

Seniors Association of Retired Persons
P. O. Box 612683
Dallas, TX 75261-9990

Supplemental Tax Information Service
P. O. Box 26027
Fort Worth, TX 76116

Tax and Health Information Services
P. O. Box 224331
Dallas, TX 75222

Tax Savings Information Services
P. O. Box 224331
Dallas, TX 75222-9990

Texas Senior's Information Center
P. O. Box 53506
Dallas, TX 75253-9990

III ACCIDENT AND HEALTH ISSUES

Allied Business Groups
3625 North Hall Lock Box #109
Dallas, TX 75219-9990

Benefit Information Network
P. O. Box 831151
Richardson, TX 75083

Consumer Survey Services
801 Evans Street
Bonham, TX 75418

Farm and Ranch Referral Services
P. O. Box 462
Plano, TX 75074

GLR Medical Services
P. O. Box 201331
Arlington, TX 76006-9961

Health Care Advisory Council
1825 Eye Street, N. W. Suite 400
Washington, D. C. 20077-2740
or
9811 West Florissant
St. Louis, MO 63136

(Continued on Page 8)

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These organizations are able to do the job that is expected of them:

- Summer Baseball
- Mental Health
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- Girl Scouts
- Child Welfare
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- Salvation Army
- Girls' Basketball
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- Satellite School
- Meals on Weheels
- United Way

You can make a difference!

The goal this year is \$17,375

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Post, Tex 79356

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Tue: 5:00 pm



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8 p.m. Kickoff Friday

'Lopes Open '89 Season Against Abernathy

by Wes Burnett

Post Antelope football coach Dwayne Osborne has announced the starting lineup for the 1989 team, which opens the season Friday night at Abernathy, with an 8 p.m. kickoff time.

"Our effort was tremendous," the coach said about last Thursday's scrimmage at Haskell with Henrietta. "Our offense racked up a total of 469 yards, and the defense held them to a total of 120 yards," Osborne continued.

"I thought the defense played extremely well, and offensively our effort was so good, it overshadowed the minor problems in execution," he added.

The Antelope offense averaged nine yards per try.

"We're going to have to play a really good game to win at Abernathy," Osborne observed, "they have an outstanding quarterback who can burn a defense on the option, which he did last Friday in their scrimmage against Tahoka."

Senior quarterback Steve Peeples leads a Wishbone offense for the Abernathy Antelopes, backed up by senior halfback Abel Barrera, a quick, hard runner; sophomore halfback Larry Norris, who has good size and speed and senior blocking fullback Gabe Garcia.

"Their linemen are big and quick," Osborne added, "and they get off the ball real well."

Leading the offensive line charge is 240 pound senior tackle Augie Olguin, along with senior center 185 pound Ruben Ponce, 215 pound senior tackle Tony Vecchio, 220 pound junior guard Alex Garcia and 215 pound senior guard Cody Shipley.

Abernathy's offense runs 82 percent of the time, using the pass very cautiously, although Peeples has a very good arm and can throw the ball well.

The Post offense will be looking at a five-down linemen defense with two linebackers.

The linemen are big and linebackers are quick.

Abernathy defenders are seniors 170 pound tackle Hector Villegas, 190 pound nose guard Johnny Flores, tackle Shipley, 175 pound end Toddy Cagle, 130 pound linebacker Barrera, 185 pound linebacker Ponce, 115 pound cornerback Freddy Tovar, 125 pound cornerback Sammy Salinas and juniors 165 pound end Justin Prather, 130 pound free safety Vecchio and 180 pound strong safety Peeples.

Post Antelope Starting Lineup

Offense	
Ends	Bill Rankin Bobby Blair
Tackles	Keith Holly Trey Jones
Guards	Jimmy Holleman Robby Blair
Center	Michael Brogden
Wingback	Kevin Williams Jay Whitehead Jacob Bustoz
Fullback	Floyd Slay
Tailback	Jr. Gonzales Lannie Lee
Quarterback	Darren Brown Bobby Curtis
Defense	
Ends	Bill Rankin
Tackles	Jimmy Holleman Kevin Crispin
Linebackers	Trey Jones Bobby Curtis Jamie Perez Victor Chapa
Secondary	Darren Brown Jay Whitehead Rance Sappington Roger Adams

The team will leave Post at approximately 5:15 p.m. Friday, using Avenue S north to U.S. Hwy 84.

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Post Antelopes

Varsity Football Schedule

September 8	at Abernathy
September 15	(H) Idalou
September 22	Littlefield
September 29	Cooper*
October 6	Lamesa*
October 20	at Denver City*
October 27	at Roosevelt*
November 3	Seminole*
November 10	at Slaton*

Non-District Games

Start at 8:00 p.m.

*District Games

Start at 7:30 p.m.

The First National Bank
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Post Antelopes

Freshman Schedule

September 7	Abernathy
September 14	at Snyder
September 21	at Littlefield
September 28	at Cooper
October 5	Brownfield
October 12	at Lamesa
October 19	Denver City*
October 26	Roosevelt
November 2	at Seminole
November 9	Slaton

* JV Game First - All others at 5 p.m.

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Post Antelopes

Junior Varsity Schedule

September 7	Abernathy
September 14	at Idalou
September 21	at Littlefield
September 28	Open
October 5	Brownfield
October 12	at Lamesa
October 19	Denver City*
October 26	Roosevelt
November 2	at Seminole
November 9	Slaton

*5 p.m. - All others at 6:30 p.m.

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* Lunch Specials *

Monday	Chicken fried steak or meatloaf, mashed potatoes, red beans, squash, blackeyed peas.
Tuesday	Smothered steak or fish sticks, macaroni and cheese, mixed greens, red beans, mashed potatoes.
Wednesday	Chicken and dumplings or chicken fried steak, fresh carrots, Au gratin potatoes, red beans, green beans.
Thursday	Hamburger steak or chicken nuggets, mashed potatoes, red beans, fried okra, corn.
Friday	Chopped BBQ beef or fish sticks, potato salad, cole slaw, red beans, green beans.
Saturday	Fried chicken or meat loaf, macaroni and tomato, mashed potatoes, red beans, mixed greens.
Sunday	Roast beef or chicken and dressing, mashed potatoes, red beans, green beans, corn.

Each Special **ONLY 3⁹⁵**
JACKSON'S CAFE
212 N. Broadway 495-2970

Early Planting Increases Risk of Wheat Virus

Wheat growers across West Texas should avoid early planting to reduce the threat of devastating wheat streak mosaic virus in this season's crop, warns a plant pathologist with the Texas Agricultural Extension Service.

Several counties on the South Plains in the Texas Panhandle were hit hard by the virus in 1989, said Dr. Harold Kaufman, the Extension specialist. Potential losses from the virus were overshadowed in many counties by drought and freeze injury losses, he said.

The disease is spread by a wind-borne wheat curl mite which is most active in warm weather. Symptoms of the mosaic vary with wheat cultivars, time of infection and environmental conditions, the Extension Service specialist said. Infected plants are stunted, with yellow- and green-streaked leaves.

"Fall infection is common and most devastating," Kaufman said, "but symptoms rarely show until temperatures increase in the spring."

The wheat curl mite is the only vector of the virus. It thrives on the tender, young growth of wheat and many grasses. Other hosts include corn, barley, rye and oats.

"Mite numbers can increase rapidly in a short time, going from egg to adult in eight to 10 days," Kaufman said.

Distribution of the virus in a field is related to the dispersal of the mite. Margins of the field are the first areas infected.

"The mite is simply blown into fields by the wind," the plant pathologist said. "Since it is only active during warm weather, it is usually warm winds from the southwest that move it. Therefore, the virus usually moves across a field from southwest to northeast."

Control of wheat streak mosaic is achieved by destroying volunteer wheat, avoiding Conservation Reserve Program (CRP) land, planting later and planting resistant varieties, Kaufman said.

Mites survive the summer on volunteer wheat and various grasses, many of which are used as cover on CRP acreage. Volunteer wheat, the most important host, should be plowed two weeks before planting, Kaufman advised.

"Planting on the north or east side of CRP acres or volunteer wheat should be avoided, as winds from the southwest will blow the wheat curl mite into the planted wheat," he said. If such locations must be planted to wheat, they should be planted last. Early planted wheat should be placed in safer areas.

"The planting date is very important in controlling wheat streak mosaic virus," Kaufman stresses. "Volunteer wheat and CRP grasses provide the vector and virus, but early planted wheat provides the bridge to the entire new crop."

This jeopardizes not only the wheat on that land, but also the crop of downwind neighbors and the entire area, he cautioned.

Planting should be delayed to allow mite populations to decrease.

Later planting allows the mite and virus less time to damage the crop. "It is widely known," Kaufman said, "that the earlier the infection occurs in the fall, the more severe the impact on yield."

"Ideally, it should be delayed until the first frost," Kaufman said.

"Just a week's difference in the planting date can have a significant effect on the severity of wheat streak mosaic infection."

Risky early plantings, especially near sources of the mite, should be to tolerant varieties, the Extension specialist said. More susceptible varieties should be planted last and as far as possible from volunteer wheat or CRP acreage.

Garza County

UNITED WAY

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GIRL SCOUTS	\$3,600
GARZA CO. CHILD WELFARE BOARD	\$1,000
RED CROSS	\$340
SALVATION ARMY	\$750
POST JR. GIRLS BASKETBALL ..	\$425
TRAILBLAZERS	\$500
POST SATELLITE SCHOOL	\$250
MEALS ON WHEELS	\$1,250
UNITED WAY	\$500
TOTAL	\$17,375

The United Way's Budget Committee screens all requests from participating agencies to make sure each receives only its fair share. This is a protection to the United Way giver that his or her contribution will be put to good use.

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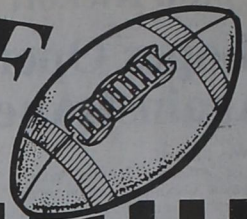
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Grocery

BACK TO SCHOOL



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MARYLAND CLUB COFFEE
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AUNT JEMIMA SYRUP
REG. 24 OZ.
\$1.99

AUNT JEMIMA PANCAKE MIX
REG. 2 LB.
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WISE POTATO CHIPS
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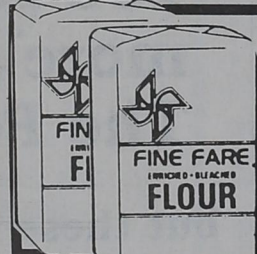
RANCH STYLE REFRIED BEANS
16 OZ.
2 \$1 FOR

CHEF-BOY-AR-DEE BEEF RAVIOLI
26 OZ.
\$1.29

NO SALES TO DEALERS • QUANTITY RIGHTS RESERVED



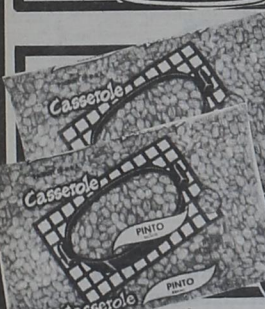
CRISCO
REG. OR BUTTER
3 LB. CAN
\$2.19



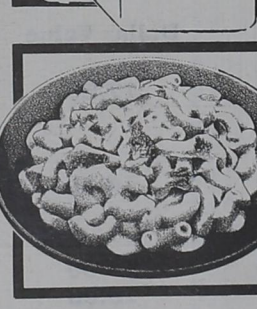
FINE FARE FLOUR
5 LB. BAG.
.69

VLASIC SALAD OLIVES
13 OZ.
\$1.49

AUSTEX HOT DOG SAUCE 10 OZ. **3 \$1** FOR



CASSEROLE PINTO BEANS
2 LB.
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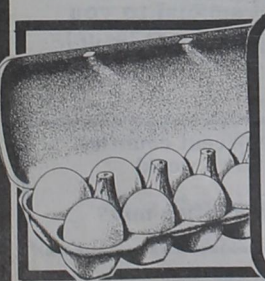


FINE FARE DELUXE SHELLS & CHEDDAR DINNER
12 OZ.
.89

FINE FARE MUSTARD 24 OZ. **.59**

FINE FARE FRUIT COCKTAIL 16 OZ. **.69**

Dairy



UNITED PREMIUM QUALITY GRADE A EXTRA LARGE EGGS
DOZ.
.89

MINUTE MAID ORANGE JUICE
• REG. • COUNTRY • WITH CALCIUM
64 OZ. **\$1.69**

BRIGHT & EARLY BREAKFAST DRINK
64 OZ. **.99**

FINE FARE BUTTERMILK BISCUITS
3.75 OZ. **8 \$1** FOR

FINE FARE CINNAMON ROLLS
PRE PRICED 99¢ 9.5 OZ. **.79**

the personal touch



FINE FARE OLEO
3 LB. TUB
.99

Meat

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UNITED'S TRU TENDR OR USDA CHOICE SUPER VALU PAK

CHUCK ROAST
(BLADE CUT)

SINGLE PAK \$1.09 LB.

UNITED TRU TENDR OR USDA CHOICE

CHUCK ROAST
(BLADE CUT)

LB. **.98**



UNITED'S TRU TENDR OR USDA CHOICE

ARM ROAST

SUPER VALU PAK

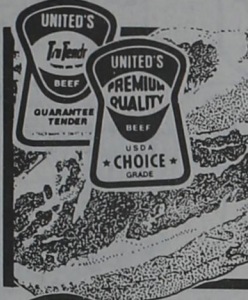
SINGLE PAK \$1.58 LB.

UNITED TRU TENDR OR USDA CHOICE

ARM ROAST

SUPER VALU PAK

LB. **\$1.48**



UNITED'S TRU TENDR OR USDA CHOICE

CLUB STEAK

LB. **\$3.49**

UNITED TRU TENDR OR USDA CHOICE

CLUB STEAK

LB. **\$3.49**



UNITED'S TRU TENDR OR USDA CHOICE

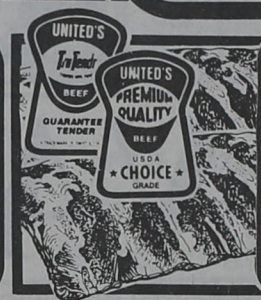
RIB STEAK

LB. **\$2.49**

UNITED TRU TENDR OR USDA CHOICE

RIB STEAK

LB. **\$2.49**



UNITED'S TRU TENDR OR USDA CHOICE

BEEF RIBS

LB. **\$1.59**

UNITED TRU TENDR OR USDA CHOICE

DELUXE **BEEF RIBS**

LB. **\$1.59**



UNITED'S TRU TENDR OR USDA CHOICE

RANCH STEAK
7-CUT

SINGLE PAK \$1.48 LB.

UNITED TRU TENDR OR USDA CHOICE

SUPER VALU PAK **RANCH STEAK**
7-CUT

LB. **\$1.38**



EXTRA LEAN CHOPPED **SIRLOIN STEAK**

LB. **\$1.78**

EXTRA LEAN CHOPPED **SIRLOIN STEAK**

LB. **\$1.78**



SUPER VALU PAK **LEAN GROUND BEEF**

REGULAR PAK \$1.39 LB.

SUPER VALU PAK **LEAN GROUND BEEF**

LB. **\$1.29**



HILLSHIRE FARMS **SMOKED SAUSAGE**
MEAT OR BEEF

LB. **\$1.68**

HILLSHIRE FARMS **SMOKED SAUSAGE**
MEAT OR BEEF

LB. **\$1.68**

OWEN'S **PORK SAUSAGE**
•REG

1 LB. \$1.65

2 LB. **\$3.28**

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REMIREZ **CORN TORTILLAS**
32 CT. PKG.

FLOUR TORTILLAS 25 OZ. PKG. \$0.78

.58

Produce



NEW CROP **JONATHAN APPLES**

3 LB. BAG **\$1.69**

NEW CROP **JONATHAN APPLES**

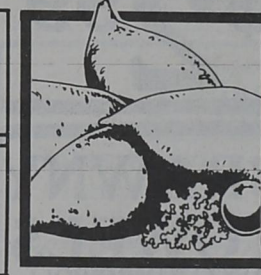
3 LB. BAG **\$1.69**

WASHINGTON **BARTLETT PEARS**

LB. **.59**

LONG GREEN **CUCUMBERS**

4 FOR **\$1**



EAST TEXAS YAMS

2 LBS. **\$1**

EAST TEXAS YAMS

2 LBS. **\$1**



CRISP **GREENS**
•MUSTARD •COLLARD •TURNIP

2 BUNCHES **\$1**

CRISP **GREENS**
•MUSTARD •COLLARD •TURNIP

2 BUNCHES **\$1**

PURPLE TOP **TURNIPS**

3 LBS **\$1**

VALENCIA **ORANGES**
4 LB. BAG

\$1.39



FRESH **CRISP CELERY**

2 STALKS **\$1**

FRESH **CRISP CELERY**

2 STALKS **\$1**



AWAKE ORANGE DRINK
12 OZ.

2 FOR **\$1**

AWAKE ORANGE DRINK
12 OZ.

2 FOR **\$1**



RED BARON PIZZAS
ASST. 22-24.5 OZ.

\$2.99

RED BARON PIZZAS
ASST. 22-24.5 OZ.

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EL CHARRITO MEXICAN DINNERS
ASST. 13.25 14.25 OZ.

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EL CHARRITO MEXICAN DINNERS
ASST. 13.25 14.25 OZ.

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BANQUET ENTREES
ASST. 28 OZ.

\$1.59

ORE IDA **HASH BROWN POTATOES**
7 OZ.

.69

MICROMAGIC **MILK SHAKES**
ASST. 2 CT.

\$1.39

PET RITZ **CREAM PIES**
ASST. 14 OZ.

.99

State Board of Insurance

(Continued from Page 4)

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Spring, TX 77383-9973

Major Medical Group
P. O. Box 200306
Arlington, TX 76006-9990

Medical-Care Information Group
P. O. Box 14322
Fort Worth, TX 76117-9990

Medical Information Exchange
P. O. Box 161372
Fort Worth, TX 76161-9990

Medical Information Services
219 Kennedy St., N. W.
Washington, D. C. 20011

National Alliance of Small
Businesses
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Washington, D. C. 20077-2740

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San Antonio, TX 78216
or
5th & Main, Ste. 540
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Dallas, TX 75382-9990

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Fort Worth, TX 76147

Texas Co-op Plans, Inc.
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Dallas, TX 75221-9990

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Fort Worth, TX 76124-9979

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Arlington, TX 76003-9990

Texas Health Services
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Dallas, TX 75265

Texas Self Employed Health
Service
COIT Central Tower
12001 Central Expressway, Lock
Box 130/131
Dallas, TX 75243-9990

The American Education Group
P. O. Box 515949
Dallas, TX 75251-9990

Post School Menu

Monday, September 11
Breakfast - Sausage, gravy, biscuit,
fruit, milk.

Lunch - Chili dog, french fries, cookies,
mixed fruit, homemade bun, milk.

Tuesday, September 12
Breakfast - Asst. cereal, toast/peanut
butter honey, fresh fruit, milk.

Lunch - Beef tejitas, sauce, lettuce salad,
battered corn, cherry cobbler, flour tortilla,
milk.

Wednesday, September 13
Breakfast - Muffins, fruit cocktail,
milk.

Lunch - Meat loaf w/cheese sauce, green
beans, whipped potatoes, hot rolls, chocolate
pudding, milk.

Thursday, September 14
Breakfast - Oatmeal, toast, ham, fresh
fruit, milk.

Lunch - Spaghetti w/meat sauce,
cabbage slaw, pinto beans, garlic toast, sliced
peaches, milk.

Friday, September 15
Breakfast - Malt - 0 - meal, toast,
bacon, orange juice, milk.

Lunch - Fish strips, mac & cheese,
carrot coins, sweet peas, cornbread, rice
cups, milk.

Southland School Menu

Monday, September 11
Breakfast - Pancake pups w/syrup, hash
browns, juice, milk.

Lunch - Tamale pie, creamed potatoes,
pinto beans, jello, milk.

Tuesday, September 12
Breakfast - Cinnamon rolls, bacon,
juice, milk.

Lunch - Bar-B-Q weiners, potato salad,
baked beans, rice cups, milk.

Wednesday, September 13
Breakfast - Cinnamon toast, bacon, 1/2
orange, milk.

Lunch - Baked potato w/chili and cheese,
English peas, carrot sticks, hot roll, fruit,
milk.

Thursday, September 14
Breakfast - Oatmeal, toast, juice, milk.

Lunch - Chicken fried steak, creamed
potatoes, gravy, green beans, hot roll, fruit
cobbler, milk.

Friday, September 15
Breakfast - Biscuits, sausage, juice,
milk.

Lunch - Hamburger patties, buns,
lettuce, tomatoes, pickles, onions, French
fries, ice cream, milk.



PRESERVATION PLAN ON IT

Write:
National Trust
for Historic Preservation
Department PA
1785 Massachusetts Ave., N.W.
Washington, D.C. 20036

WE GIVE S&H GREEN SEALS EVERYDAY



UNITED Supermarket

DOUBLE SEALS ON WEDNESDAY

IT TAKES 24 SEALS TO FILL A SAVER FOLDER
ONE SEAL ISSUED FOR EVERY \$5 EXCLUDING BEER, WINE AND
TOBACCO PRODUCTS



THE VALUES ADD UP!

PRICES GOOD THRU SEPT. 9TH IN LUBBOCK, SLATON, POST, BROWN FIELD, LEVELLAND, LITTLEFIELD & PLAINVIEW.

CHARMIN BATH TISSUE
ASST. 4 ROLL
VANISH DROP-INS BLUE OR GREEN 1.7 OZ. .89
\$1.09

COMET PINE CLEANER 14 OZ. **3 FOR \$1**
ZIPLOC SANDWICH BAGS 50 CT. **\$1.29**
FINE FARE FACIAL TISSUES 175 CT. **2 FOR \$1**

CREST TOOTHPASTE
4.6 OZ. TUBE
\$1.19

•DOWNY LIQUID 60% OFF LABEL BLUE OR SUNRINSE 96 OZ.
•DOWNY SHEETS 54 CT.
\$2.99

JERGEN'S ALOE & LANOLIN LOTION
8 OZ.
\$1.69

SUAVE SHAMPOO AND CONDITIONER
16 OZ.
\$1.19

BRAWNY TOWELS
ASST. JUMBO ROLL
.69

ban NEW!
BAN SPRAY
6 OZ.
\$2.79

PURELY PERFECT HAIR SPRAY
7.5 OZ.
.79

RISE SHAVE CREAM
11 OZ.
\$1.69

CALGON
•BATH OIL
•BUBBLE BATH
•BOUQUET BATH
15 OZ.
\$1.69

LISTERINE MOUTHWASH
24 OZ.
\$2.99

BIC SHAVERS
5 CT.
.59



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VALUE
SELECTION

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Classified Rates

Number of Times	Per Word	Rate Per Time
1		.25
2		.20
3		.15
4		.125

Wanted to Buy

WANTED LIVE - ALL SNAKES: Rattlesnakes, \$5 per lb. Bull Snakes, \$1.50 per ft. - (NO Water Snakes or Coach Whips). Dryland Turtles, \$1.50 ea. - Mountain Boomers, \$2.00 ea. CALL 806-495-2738 or 806-495-2774.

Card of Thanks

I would like to thank everyone for making my benefit successful. I'd like to thank all the women who helped raise money and to all those who made donations. Having so many caring friends has helped me through my illness. Thanks again everyone, Bless you all. Cecil Martinez and family

The family of Delwyn Hodges would like to express our thanks to the many people who expressed their sympathy and support to our family at such a time of true need. For all the cards, phone calls, flowers and concern, a special thank you to Ruth Martin, Mary Ethridge, Mary Margeret Norman and Brother Bill Smith. All the ladies that provided the meal at the church, the ambulance crew, Dr. Wilson and nurses at Garza Memorial Hospital. With deepest appreciation for your friendship.

Dana and Amy Eiland
Lona Chapa and family
F. H. Hodges
Jimmy, Beth and Kristi Hodges
Lynn, Ricky and Christopher Putman
Terri, Ronnie and Chelsey Reed

Personals

City County Drug and Alcohol Abuse
Glenda Baker - Director
Lynette Massey - Asst. Director
We Care
495-2818 495-3788

THE GREATEST GIFT a child can have is opportunity. If you know of a child who is delayed in speech, language or physical ability,

Seals Furniture Sales and Service

720 N. Broadway
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We now have in stock television antennas made by WineGard - also t.v. wire - poles - guide wire.

Rebuilt Washers
90 day guarantee
start at \$169.95

Dryers start at \$89.95

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New Glass Top
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CIRCLE 7 GLASS



132B W. Main
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Farm House Vegetables
Now Open in
Southland
(Just off Hwy 84)
All types of fresh vegetables

or one who is blind or deaf, please call your local school district. School services are provided free of charge for eligible children under the age of six.

BABYSITTING FOR HOMECOMING. CALL 495-4154.

Post Group of Alcoholics Anonymous meets every Thursday night at the First Presbyterian Church, 910 W. 10th at 8 p.m. Closed meetings are held except on the last Thursday night of the month, 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.

Services and Repairs

Fall piano lessons will begin the week of August 28, high school students may receive credit for their piano studies. Georgie Willson, 908 W. 12th, 495-2320.

Help Wanted

GOVERNMENT JOBS: Now hiring in your area, both skilled and unskilled. For a current list of jobs and application, call 1-615-383-2627 Ext. P903.

Homes for Rent

1 bedroom, unfurnished house. Call 495-2793.

2 bedroom, 1 bath house. 116 N. Ave. S. Call 495-3213.

Apartments for Rent

PLEASANT LODGE APARTMENTS: 109 N. Ave. N.

All furnished:
(2) 3 room apartment for rent.
(1) 2 room apartment for rent.
(1) 1 bedroom apartment for rent.
Call days 495-4061 or nights 495-2520.

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

Mobile Homes for Rent

2 bedroom, 1 1/2 bath. Come by 602 W. 3rd. or call 495-2158.

Mobile Homes for Sale

Attention first time homebuyers, two and three bedroom mobile homes. No credit? No problem. Call 806-894-7212.

1978 Lancer mobile home. 3 bedroom/2 bath. Joe Mason. Call 495-2285.

Take up payments of \$241.81 per month. 3 bedroom/2 bath. Call 791-5536 after 5 p.m.

Assume \$240 payments on extra nice 2 bedroom, 2 bath home with \$1,000 equity, 1984 model in excellent condition. Travis Ellis, Realtor. 495-2480.

Homes for Sale

Two bedroom with dining room and utility room. GREAT BUY. Call 495-4015.

For sale - make offer. Open to all. Brick building. Hammer Swinger. 49 rooms (15 bath rooms). Fixer upper. Could be apts., home, cafe, offices, boarding house, etc. Would consider partial payment/trade on a house, car, truck, trailer, etc. Letting go cheap. See after labor Day. 1 p.m. to 6 p.m. or write Mrs. Eva Jones, 404 N. Trumbull, Spur, Texas 79370.

Three bedroom, one bath, best offer. Call 495-4018.

3 bedroom, 1 bath house with 3 room rent house and 2 car garage. For appointment call Johnie. 495-3031.

Taylor Appliances

495-3330

201 S. Broadway
Southland - 996-5404
Servicing GE, Maytag and other brands.

Large furnished house. Storm windows and storm cellar. Close to school. Call 495-2585.

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615 N. Ave. P. Call 495-3208.

Miscellaneous for Sale

Sofa, coffee table, end table, lay-z-boy chair, rocker and organ. Priced to sell. Call 495-2682 after 5 p.m.

Green/gold sofa. Excellent condition. \$125. Call 495-4063.

Garage Sales

Saturday from 8 a. m. til 12 noon. 405 Mohawk. Misc. items.

3 family garage sale. Saturday from 8 a. m. til ? at 107 E. 7th.

Carport - moving sale. 810 W. 12th. Saturday from 8:30 til ?

Friday - 212 W. 13th. from 8 a. m. til 1 p. m.

Friday, Sept. 8 from 9 a. m. til ? at 1002 W. 11th.

Yard sale. Friday from 9 a. m. til ? Lots of nice school clothes. 216 West 13.

Saturday - weather permitting. 109 So. Q from 8 a. m. til 12 noon. Little bit of everything.

Saturday from 8 a. m. til ? 112 W. 13th

Pets and Supplies

LOST DOG. Small Basset Hound. Approx. 4 mos. old. Female, light brown w/white. Call 495-2163 or take to 601 E. Main. Reward.

LOST DOG! Strayed from 406 W. 12th on August 31st. Chihuahua/Terrier mix. 11 years old. Brown with red collar. Has a missing lower front tooth. Please call 495-2756 if found.

Feed and Seed

Clean hay for sale. W. C. Graves. 629-4239.

Vehicles for Sale

1984 Silverado. Loaded. \$3500. Call Elmo Bush 327-5613.

FOUR WHEELER. \$600. Call 327-5613. Elmo Bush.

1981 Buick Regal, 4 cylinder. Call 495-3859.

1978 Olds Delta '88 - 4 Dr., air, radio, good tires, interior clean. Have maint. record. \$1350. Call 629-4266 after 5 p.m.

Business Opportunities

Business For sale. Dodson's Jewelry Store. \$35,000. Owner carry 25% down. Lynn Cox, Century 21 Big State 1. Call 797-6641 or 797-4381.

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EXCELLENT INCOME POTENTIAL
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Legal Notices

Notice of application for oil and gas waste disposal well permit Yates Energy Corp., P.O. Box 2323, Roswell, New Mexico 88303 has applied to the Railroad Commission of Texas for a permit to dispose of produced salt water or other oil and gas waster by well injection into a porous formation not productive of oil or gas. The applicant proposes to dispose of oil and gas waste into the San Andres-Glorieta Greenkirk, Well Number 2. The proposed disposal well is located 4.5 miles out of Post in the Kirkpatrick Field, in Garza County. The waste water will be injected into strata in the subsurface depth interval from 2680 to 3700 feet. LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

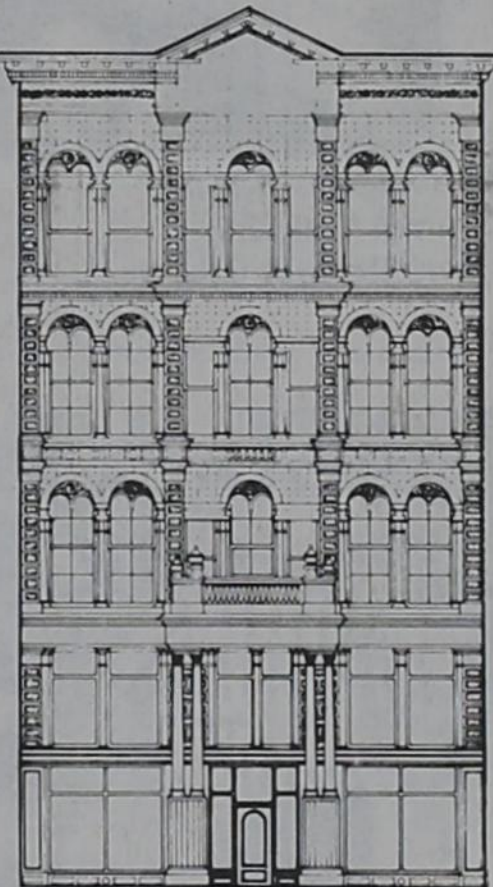
Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Underground Injection Control Section, Oil and GAs Division, Railroad Commission of Texas, Drawer 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/445-1373).

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High Stress Levels Will Hasten Burnout

Burnout is a condition that occurs when aggressive, motivated and successful people work too hard too long at their jobs, says a family specialist with the Texas Agricultural Extension Service.

"When stress levels stay high over a period of time, an employee will burn out," said Dorothy Taylor, Extension Service family life specialist at Texas A&M University. "They tend to have mental and physical health problems or begin to be accident-prone"

Employees suffering burnout often exhibit one or more symptoms. "High resistance to going to work and a negative attitude are two of the first symptoms," Taylor said. "Other symptoms are seeming angry all the time, blaming others for their problems, frequent clock watching, and little care or concern for their job."

Additional symptoms include withdrawing from co-workers, postponing client contacts, inability to concentrate, feeling helpless or immobilized, higher absenteeism, resisting any kind of change and

having more health problems.

"Coping with job burnout is a challenge," Taylor said. "Before any changes can take place, the burned out employee must be willing to change and be willing to work diligently at turning his or her life around. When burnout occurs, marital and family conflict are natural consequences."

Taylor list eight recommended practices for keeping mentally and physically fit to prevent burnout:

- Get enough sleep every night;
- Keep physically fit, eat right and exercise regularly;
- Take regular vacations;
- Deal with stress realistically;
- Organize your life;
- Allow yourself a ten-minute 'down-time' each hour you work;
- Talk about your problem and
- Use your faith and values.

"Middle age is the period when both men and women experience the most depression and job burnout," Taylor said. "Middle age is also life's most successful period."

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but these four should be enough:

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The Post Dispatch

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Country living, three bedrooms, two bath, brick, central heating and air conditioning, fireplace, on one acre.

Mitchell Real Estate

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

'89 Borden County Field Crop Tours

Extremely dry weather and occasional cool nights have taken their toll on the cotton crop, but the annual Borden County Field Crops Tour will still be held on Thursday, September 7, with tours of two variety plots, a herbicide and an irrigated Pima cotton test.

Those taking the tour will meet at the courthouse in Gail from 8:15

a.m. to 8:30 a.m. and travel by bus to the Plains Community Center for registration, doughnuts and coffee.

The group will depart on its tour of demonstration plots at 9:25 a.m. and will return to the Community Center by 11:30 a.m. for lunch. At noon a barbeque meal will be served, compliments of Upper Colorado Soil and Water Conservation

District.

Dr. James Supak, Agronomist-Cotton and Dr. Wayne Keeling, Systems Agronomist will be on hand to share the most up-to-date and practical production practices to aid the producers with cotton crops and noxious weed problems. Supak and Keeling will also visit with the group during the tour and the meal.



AMERICAN CANCER SOCIETY

The Greatest Gift
 a child can have is opportunity. If you know of a child who is delayed in speech, language or physical ability, or one who has a handicap such as deafness or blindness, please call your local school district. School services are provided free of charge for eligible children under the age of six.

Post Bold Gold Antelopes

VS.

Abernathy Antelopes

at Abernathy Antelope Stadium - 8 p.m.

Junior High Teams Open Thursday, September 21



MEET THE COACHES - (back row, left to right) Mitchell Rasberry, Charles Black, Fred Postell, Darrell Radle, Bill Gordon, (front row, left to right) head coach Dewayne Osborne, Lane Tannehill and Bart McMeans.

Freshmen host Abernathy Thursday, September 7 5 p.m.

Junior Varsity host Abernathy Thursday, September 7 6:30 p.m.

United Supermarkets
 123 N. Broadway - 495-3217

Higginbotham-Bartlett
 110 S. Broadway - 495-2080

Hudman Furniture Co.
 301 E. Main - 495-2615

Wallace Lumber Co.
 119 N. Ave H - 495-2835

First National Bank
 216 W. Main - Member F.D.I.C. - 495-2804

H & M Dirt Contractors
 Clairemont Hwy - 495-3293

G.H. Conoly Heating and Air Conditioning
 515 N. Ave N - 495-2332

Southland Butane
 15th and Ralls Rd - 495-2159

A.C. & Jo Cash

Terry Tire Co.
 122 N. Broadway - 495-3671

Garza Auto Parts
 110 W. Main - 495-2888



RANCE SAPPINGTON sets up to toss a pass during last Thursday's scrimmage with Henrietta at Haskell. The Antelopes are gearing up for a strong opener Friday at Abernathy.



OFFENSIVE LINE CHARGE - Bill Rankin (84), Trey Jones and Keith Holly (51) lead the charge for the Antelope offensive line during action at Haskell last Thursday.

State Heating and Air Conditioning
 495-2591

Wayne & Margie Carpenter

Post Fashion Cleaners & Post Movie Magic
 109 & 111 W. Main - 495-2345

Mitchell Real Estate
 Let a realtor do your homework

The Bovaird Supply Co.
 309 E. Main - 495-3521

P.D.Q.
 503 E. Main - 495-2365

Circle F Glass
 132B W. Main - 495-2702

Dickens Electric Cooperative
 Farm Rd 836 - Spur, Tx 79370

Caprock Golf Course
 RFD 1 - 495-3029

Martin's Restaurant
 507 S. Bldwy - 495-3205

The Post Dispatch
 Wes and Pat Burnett
 123 E. Main - 495-2816