

Texas Tech's President is Banquet Guest Speaker

by Lonnie Welborn
The Citizen of the Year, the Business of the Year and a Cowboy Hall of Fame award will be presented during the annual Post Chamber of Commerce Banquet at 7 p.m. Saturday in the Post Community Center.
The Women's Division of the Chamber will again be in charge of decorations for the banquet, with a theme of "A West Texas Tradition."
A host of dignitaries will be on hand for the event, including Robert W. Lawless, president and Chief Executive Officer of Texas Tech University and Texas Tech University Health Sciences Center, who will be the featured speaker.
Lawless, who is also Professor of Industrial Engineering and Professor of Information Systems and Quantitative Sciences at Tech, became president of the university in July of 1989. Prior to his present appointment, Lawless served as

Executive Vice President and Chief Operations Officer and as Vice President-Finance and Chief Financial Officer for Southwest Airlines Company in Dallas.
Lawless holds a Doctor of Philosophy degree from Texas A&M University, a Bachelor of Science degree from the University of Houston and an Associate of Science degree from Lee College.
Saturday's program will include a welcome by Tommy Young, the invocation by Paul D. Jones and introduction of guests by chamber directors.
The Citizen of the Year award will be announced by last year's winners, Maritta and Weldon Reed, and the Business of the Year Award will be presented by Charles Hardin. The Garza County Cowboy Hall of Fame Award will be presented by Ronnie Dunn.
Joe Harris will introduce new Chamber of Commerce directors

and Mayor Giles C. McCrary will introduce the guest speaker.
Dinner music will be provided by David Chrane.
The 1989 Chamber of Commerce board of directors includes: Joe Harris, president; Tommy Young, vice president; and directors Dale Redman, Mike Vyas, Charles Hardin, Bryan Williams III, Joy Fluitt, Susan Pennell, Christy Morris, Ruby Williams and Jr. Mahan.
Retiring directors are Dale Redman and Mike Vyas. Incoming directors for the new year include Lee Howard, Jim Wells, Joy Fluitt and Greg Pollard.
Chamber of Commerce manager Kathryn Floyd urges residents to make plans to attend the banquet and to purchase tickets now from the Chamber office or from any of the directors. Tickets are \$10 per person.



Robert W. Lawless

C-Community Committee Elects 1990-92 Officers

At the recent C-Community Committee Convention, the following officers were elected to serve on the committee from 1990 through 1992: John Boren, chairman; Ronnie Graves, vice-chairman; Bill Carlisle, member; Richard Hart, first alternate; and Danny Sanchez, second alternate.
The the convention, the C-Community Committee also elected David Tyler to his third three-year term and elected John Boren as his first alternate and Ronnie Graves as his second alternate.
All three community committees selected David Tyler as chairman; Ferrel Wheeler as vice-chairman; and Brent Mason as member for the 1990 calendar year. Brent Mason succeeds Bill Aten who went off the county committee to run for public office.
College Info Available On Toll-Free Hotline
The Texas Association of College Admission Counselors (TACAC) and First City, Texas will co-sponsor a toll-free HOTLINE, available to all Texas residents, from 10 a.m. to 6 p.m. on Saturday, January 13 and Sunday, January 14.
People in Texas may telephone toll-free, 1-800-253-8989, with their questions about college selection, admission, testing and financial aid. The most current information regarding the application process, college majors, entrance requirements, financial aid and meeting deadlines will be available.
College admission directors, high school guidance counselors and financial aid personnel will be answering the 10 phone lines. Spanish-speaking counselors will also be available.

'Willy Awards' Set for January 20

Garza Theatre enthusiasts are getting ready for the 1990 "Willy Awards" gala, to be held Saturday, January 20 at the Post Community Center.
The annual event, which this year celebrates the climax of a fourth successful season, honors outstanding performers for their work and provides an opportunity for theatre patrons to enjoy the theme, "Let's Dress Up and Go Hollywood."
Included in the evening will be a silent auction, a raffle, Tex-Mex dinner, special musical performances and during the awards ceremony, appearances by the 1988 Willy Award winners along with special invited celebrity guests.
The doors open at 6 p.m. and dinner will be at 6:30 p.m., followed by the awards presentations at 7:30 p.m. After the awards are presented, the evening will continue with a dance until midnight, with music by "Tommy Reed and The Texas Class."
Tickets, which are \$8 per person for dinner, awards and dance, must be purchased in advance. Tickets will not be available at the door.
Tickets may be purchased at the Garza Theatre box office, 226 E. Main, from 10 a.m. to 2 p.m., Monday through Saturday.
Among the nominees for this year's Willy Awards are for best actor: Rodney Marshall, Steve Sever, Matthew Thomas, James Bell, David Weaver, Troy Timms and Jon Steele.
Best actress nominees are Anne Leake, Christy Morris, Mandy Swafford, Linda Ellis, Cheryl Thompson, Laura Mac and Jane Prince Jones.
Nominees for best supporting actor are Jeffrey Redman, Tommy Loving, Lino DeLeon, Cole LeBlanc, John McCullough, Patrick Connor and Charles Somerville.
Best supporting actress nominees are Roxa Hutchins, Alison Crawford, May Belle Kern, Karla Alexander, Christy Morris and Linda Ellis.
Best cameo actor nominees are Rodney Marshall, Mike Nedela, Greg Wortham, Patrick Connor, Lino DeLeon and Mike Toombs.
Nominees for best cameo actress are Nelda Dalby, Amanda Holly, Roxa Hutchins, Christy Cade and Mandy Swafford.

Tax Appraisal District Office at New Address

The Garza County Tax Appraisal District has completed the move from the Garza County Courthouse to its new offices at 124 E. Main Street (the old S&H Green Stamp Center).
The Tax Appraisal office is open daily from 8 a.m. to 12 noon and from 1 p.m. to 5 p.m. at its new address.

Texas Arts Commission Funds Post Organizations

The Texas Commission on the Arts, with matching funds from the Post City Council (hotel, motel tax) and Garza County Commissioners' Court, has awarded grant funding to the Caprock Cultural Association for three months' salary and operational funding and for three months' salary support for the Post Art Guild administrator and for the Garza Theatre director.
The Texas Commission on the Arts has awarded funding to these arts developments three out of the six years funds were applied for. These grant applications compete with all cities and communities in Texas as well as Texas colleges and universities.
For all of these six years, the Post City Council and Garza County Commissioners have awarded funds to local arts developments.

NEWS BRIEF

Immunization Clinic

The Texas Department of Health will hold an immunization clinic on Tuesday, January 16 from 9 a.m. to 4 p.m. at the Human Services Building on the Snyder Highway.
The TDH will need social security numbers for those receiving immunizations.

Joyful Sound Ministries

Evangelist Joe Conner and the music team, "Joyful Sound Ministries," will appear at Caprock Christian Fellowship, 220 E. Main Wednesday, January 17 at 7 p.m. Pastors Jim and Jodi Adams welcome everyone to attend.

V.F.W. Dance

The V.F.W. will sponsor a dance Saturday, January 13 from 9 p.m. to 1 a.m. featuring the music of "Night Crew." Tickets for the dance are \$4 per person.

Band Boosters Meeting

The Band Boosters Club will meet at 7:30 p.m. Monday, January 15 in the Band Hall. A door prize will be given away.

4-H Calendar

Thursday, January 11, 6 p.m., Adult 4-H Leader's, Garza County Courthouse.
Thursday, January 11, 7:30 p.m., Garza County Junior Livestock Association meeting, Garza County Courthouse.
Saturday, January 13, 8:30 a.m., GCJLA Show Barn, sheep shearing, \$4 per lamb, and weigh day.
Saturday, January 13, 9 a.m., clean-up and repair day at Show Barn for GCJLA, 4-H and FFA members.

Commodity Distribution

The next commodity distribution will be Tuesday, January 16, 1990 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.

Post CARES

Post CARES is located at 222 E. 8th, and is open from 1 p.m. to 3 p.m. Monday through Friday for your donations of food or clothing.

The Post Dispatch

USPS 439-620

The Newspaper Serving all the people of Garza County

Sixtythird Year Number 38

Newsstand Price 50 cents

Wednesday, January 10, 1990

City Council Gets Good Report from 1989 Audit

by Wesley W. Burnett
Post City Council members, at the regular meeting Monday evening, directed city attorney Harvey Morton to prepare a draft of revisions to the sign ordinance, to include a billboard height restriction of 35 feet. Other changes to the ordinance are in response to proposals by the Post Planning and Zoning Commission.
Council members also accepted the annual audit report by Sandefur & Swindle, Certified Public Accountants. Randal Terry explained the report to the council and was accompanied by Hal Sandefur.
The accounting firm found the city's financial condition to be in compliance with state and federal regulations and reported that the city is financially sound. The combined balance sheet shows total revenues for 1989 at \$854,912 and total expenditures of \$982,904 with a fund balance September 30, 1989 of \$242,709.
In other matters, the council postponed action on the Community Center roof repair bids and vehicle insurance and accepted the lone bid of \$675 for the sale of a 1959 Massey tractor from Charles Wallace.
Action was also postponed on the distribution of the motel occupancy tax revenue, appointments to the White River Municipal Water District and the Community Center Board of Directors.
The council approved the 1990 holiday schedule, which includes the traditional closings on New Year's Day, Good Friday, Memorial Day, July 4th, Labor Day, Veterans Day, Thanksgiving Day, Christmas Eve and Christmas Day.
A request by the State Department

of Highways and Public Transportation was approved to temporarily lower the speed limit to 45 mph in the construction zone on U.S. Hwy 84 near 15th Street.
The council directed city manager Bob Turner to prepare a report on sidewalk and curb conditions to include estimates of costs. The action

followed a discussion about sidewalk and curb conditions on Main Street. Mayor Giles McCrary suggested that a joint effort between building and business owners should be encouraged to begin planning for the repairs.
The council approved the appointment of McCrary to the Personnel Policy Committee of the Texas Municipal League, as requested by TML president Joan Baker, of Lubbock.

Attending the city council meeting were council members Irene Fry, Larry Waldrip, Dan Lamb, Jack Alexander and Larry Mills, Mayor McCrary, city manager Bob Turner, city secretary Wanda Wilkerson and city attorney Harvey Morton.

Propane Retailers and Consumers Perplexed Over Price Increases

Although wholesale prices are now beginning a slow downward trend, Texas LP-Gas dealers watched in frustration recently as wholesale prices of propane skyrocketed nearly 200 percent while icy winter weather sent temperatures plummeting. Many propane retailers experienced a dozen price increases in 30 days that left them shivering, along with customers, over the historic cost climb.
Gas processing plants and oil company refineries who manufacture propane dealt retailers a heavy blow by charging prices approximately 35 cents a gallon higher than just a month ago.
"Supply and demand is ruling the marketplace," said Lynn Gray, president of the Texas LP-Gas Association. Gray is mystified over the way gas producers responded to the situation: "It appears they (gas producers) are taking advantage. Its not costing them any more to produce, but they are getting all the market will bear. It's a windfall profit for them." Texas producers are shipping propane out-of-state where they can get more money for

their gas.
Propane dealers are caught in the middle of a difficult situation as they try to balance unhappy customers on one side with escalating wholesale prices on the other. Most dealers are absorbing a percentage of the increases while the cost of doing business is going up.
According to Gray, the existing LP-gas supply-production infrastructure is operating at reduced levels in response to several years of

warmer weather. The industry has been hard pressed to cope with the demands of the nation's record-setting cold temperatures. A turn towards warmer weather should allow inventory to build up and a moderating wholesale price index.
In the meantime propane dealers have their hands full meeting delivery demands amplified by the recent cold weather, while keeping prices as low as possible.



CAPROCK CULTURAL ASSOCIATION chairman, Joe Miller, and JoAnn Mock, CCA administrator, recently signed contracts relating to the Texas Commission on the Arts grants for arts development in Post.

Economic Injury Loans Available from SBA

Walter Fronstein of the U.S. Small Business Administration (SBA) in Lubbock recently announced that the SBA is accepting applications for Economic Injury Disaster Loans (EIDL) from eligible small business concerns and small agricultural cooperatives in 39 Texas counties, including Garza County.
The Secretary of Agriculture made a disaster designation as a result of adverse weather and in some counties rangefires which occurred in 1989. Businesses in these counties have until July 17, 1990 to file an application with SBA. Applicants must have sustained substantial economic injury because of agriculture damages caused by the specified adverse weather or range-

fires. Farmers and ranchers are not eligible for these loans. However, nurseries that are victims of drought disasters are eligible.
The EIDL program is intended to assist agriculture-dependent businesses and small agriculture cooperatives who sustained a substantial decrease in sales (or other forms of economic injury) directly due to losses incurred by farmers and ranchers to whom the business usually sells. In some cases, this may include non-agriculture-related business which sustain a substantial economic loss directly due to the inability of the farmers affected by the disaster to purchase goods and services at their normal levels. Small businesses claiming to have

(Continued on Page 6)

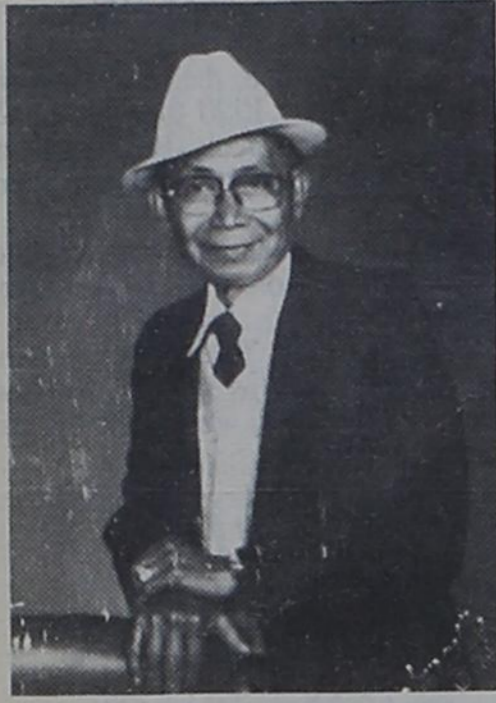
9-1-1 Emergency Telephone System

Collection of Local Fees Begins with Jan. Billing

Beginning this month, seven telephone companies across the South Plains, including GTE Southwest Incorporated, will begin collecting 9-1-1 fees from their subscribers. Post telephone customers and other customers within the region covered by the South Plains Regional 9-1-1 Emergency Communications Plan will be charged a 9-1-1 Service fee and a 9-1-1 Equalization Surcharge.
The 9-1-1 Service Fee is a fifty cent (\$0.50) assessment that will remain in the region to help fund the 9-1-1 system. The 9-1-1 Equalization Surcharge is two-tenths percent (0.2 percent) addition to intrastate long distance charges. The surcharge will be collected throughout most of Texas and will be used to help finance 9-1-1 systems in sparsely populated areas. The South Plains will receive close to \$600,000 from the surcharge fund to offset the implementation costs not covered by the 9-1-1 Service Fee.
The South Plains Association of Governments has been designated by the 16 participating counties and

38 cities as the agency to administer the regional system. SPAG officially begins the administration in January. During the next 24 months, SPAG will coordinate the implementation of the 12 9-1-1 systems in the regions.
The Public Safety Answering Points (PSAP) for the 9-1-1 system are anticipated to be operational according to the following schedule:
Hale County, August 1990; Terry County, October 1990; Hockley County, July 1991; Lamb County, August 1991; Floyd/Motley County, August 1991; Yoakum County, September 1991; Bailey County, October 1991; Lynn County, October 1991; Crosby County, November 1991; Cochran County, December 1991; Dickens County, December 1991; and Garza County, December 1991.
Hale and Terry County systems will be implemented earlier because of local funds used to supplement the non-recurring cost.
Dee Justice is the Post/Garza County representative to the 9-1-1 Regional Planning Committee.

Obituaries



Federico A. Leano

Services were held January 8, 1990 for Federico A. Leano at 10:30 a.m. in the First United Methodist Church of Post with Dr. James Bell, pastor, officiating, assisted by Rev. Archie Hall, associate minister of the Community Baptist Church of Lubbock. The eulogy was delivered by Pat Walker, son-in-law. Burial was in the Terrace Cemetery under the direction of Justice-Mason Funeral Home. Leano died Friday, January 5, 1990 in his daughter's home in Lubbock after a lengthy illness. He was born March 12, 1912 in San Mateo, in the Philippines, where worked as the city's secretary/treasurer until his retirement in 1977.

He moved to Post in 1982. He was a member of the Methodist Church and attended the Men's Sunday School class at the First United Methodist Church. Leano was preceded in death by his wife, Flora, in 1977 and by a son, Edgardo, in 1978. He is survived by sons Keith of Lubbock and Didi of the Philippines; Daughters Lina Walker of Post, Fedenlor Leano of Lubbock, Julita Cabacungan and Marlina Manuel of the Philippines; Three brothers and two sisters, all of the Philippines, 13 grandchildren and four great-grandchildren. Pallbearers were Dr. Ricardo Rodriguez, Rolando Peralta, Alfredo Sadio, George Carriger, Jimmy Redman and Harold Lucas.

Honorary pallbearers were Gerry Reyes, Willy Bautista, Rudy Aguilar, Tom Power and Cas Lorenzana.

Robert Weatherby

Services for Robert Albert Weatherby of Lamesa were held Sunday, December 13, 1989 with the Rev. Clifton Igo, pastor emeritus of Second Baptist Church, officiating. Burial was in Lamesa Memorial Park. Weatherby died December 30, 1989 in Medical Arts Hospital after a lengthy illness.

He was born in Tarrant County and moved to Dawson County in 1964 from Lynn County. He married Marble Isreal October 30, 1929 in O'Donnell. He was a member of Second Baptist Church. Survivors include his wife; four daughters, Joyce Bullard and Vera Fairweather, both of Lamesa, Mary Lee Claborn of Post and Kathy War-

ren of Tahoka; 12 grandchildren; 12 great-grandchildren and one great-great grandson.

Pallbearers were Clifford Lewis, Jimmy Warren II, Stanley Bullard, Shawn Fairweather, Gene Claborn, Donnie Fairweather and Jimmy Warren.

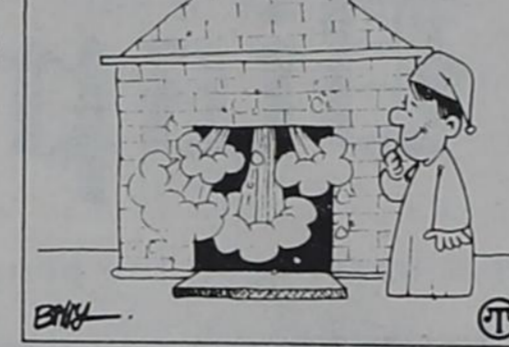
Progress Edition January 31

The Post Dispatch annual Progress Edition, featuring area businesses, will be published Wednesday, January 31, 1990. All area businesses are encouraged to contact the Dispatch to be included in the special edition. Forms are available to assist in preparing information for the publication.

"We are mailing information to all of our established customers," Dispatch publisher Wes Burnett comments, "but there is always that chance that we might miss someone, so please call us before January 15 if you haven't received information in the mail."

Advertising and business features for the special edition must be to the Dispatch no later than Thursday, January 25.

The English used to clean the chimney on New Year's Day to bring good luck to the household during the coming year. Today, the expression we use is "cleaning the slate." This means making resolutions to correct faults or bad habits.



The Post Dispatch Political Advertising Column

The following candidates are seeking election for these offices in the primary election to be held Tuesday, March 13, 1990.

Democratic Party

Garza County Treasurer
Voda Beth Gradine
Susan Pennell

County Commissioner Precinct 2
Bill Aten
Jerry Windham
Bruce Ledbetter
Albert Stone

Justice of the Peace Precinct 4
Dee C. Justice

Garza County Judge
E.A. Howard Jr.

U.S. Congress 17th District
Charles Stenholm

Paid Political Advertising paid for by the candidates or their campaign treasurers.

'Texas Young Farmers' Trains 1990 Ag Leaders

As an association that serves the agricultural community, the Texas Young Farmers is setting goals for the coming decade to meet its members' needs, as well as provide a detailed flow of information to those members. The association, since its inception in 1956, has chosen as its mission to be an "agricultural organization that provides quality education and leadership programs, while promoting fellowship and community service among committed agriculturists throughout Texas."

Originally, Texas Young Farmers was an outgrowth of FFA, serving as an alumni association for FFA members who had completed their education. As the organization grew, it opened its membership to all farmers and individuals involved in agri-business between the ages of 18 and 40.

As part of a new, aggressive campaign to meet the challenges of the coming decade, the State Association of Young Farmers of Texas recently held a Leadership Conference at Lake Buchanan for its members. The Leadership Conference '89 is part of Texas Young Farmers' revitalized effort to meet member needs. Leadership skills, training, education, community service and rural development are all strong concerns of the over 35,000 farmers in Texas.

In a heavily rural state like Texas, such an association plays a vital role in the direction agriculture will take in the next decade. It seeks to represent the interests of farmers and farming in Texas with a strong and independent voice.

The Texas Young Farmer program is administered by the Agricultural Education Division of the Texas Education Agency and yearly dues are \$8. For further information on the program, call (512) 343-6491.

Roger Bankson to Appear At Caprock Fellowship

Roger Bankson, internationally known singer and songwriter, will be appearing at Caprock Christian Fellowship Church, 220 E. Main Street, Sunday, January 14 at 10:30 a.m.

Bankson, who has been featured on radio and television programs throughout America, has recorded over 20 albums, writing some of the material himself. He has sung tenor with four different professional quartets and has appeared as a soloist for several years. His talent

and ministry are time-tested and endorsed by many of the best known gospel musicians, pastors and ministries today.

His concerts include some of the most popular gospel songs, ranging from traditional to contemporary selections with fully orchestrated taped background music and the latest state of the art equipment.

An invitation to attend the concert is extended by pastors Jim and Jodi Adams to people of all churches as well as those who have no church affiliation.

Shelia Melton Seeks Re-election To JP Position

Justice of the Peace Shelia Melton has announced her candidacy for re-election to the Justice of the Peace Precincts 1 and 3 for Garza County.

"I have served as your Justice of the Peace for the past seven years and as Justice Court Clerk for two years before seeking election to the office," Melton says.

Among her qualifications, Melton lists attending all required schools for the office of Justice of the Peace, and additional schools including Search Warrants and Family Violence and seminars including Crime Victims Compensation, Inquest and an Update on Substance Abuse.

"I feel the training and experience I have already received both in the various schools and on the job qualifies me for this position," she adds.

Melton also currently serves on the Garza County Juvenile Advisory Committee for the Juvenile Court and on the advisory board of the City-County Drug and Alcohol Abuse Program.

"I feel very strongly about the Alcohol and Drug Program in Garza County and have referred many people, minors as well as adults, to the program through Deferred Adjudication as an alternative means," she explains.

She and her husband are the parents of three children and one grandson. Melton grew up in the Close City community and her parents still live there.

She and her family are members of the Church of The Nazarene, where she serves as Children's Director, Junior Sunday School teacher, secretary of the Church Board and Treasurer of the Missionary Society.



Roger Bankson

Entered at U.S. Post Office, Post, Texas for transmission through the mails as Second Class matter, according to an Act of Congress, March 3, 1879.

Subscription Rates: Garza, Lynn, Borden, Lubbock, Crosby, Kent and Scurry County: \$15 per year All others - \$26 per year

Wesley W. Burnett
Publisher
Lonnie Welborn
Editor
Gail Burnett
Advertising Sales
Deadline: Mondays at 5 p.m. P.O. Box 10 Post, Texas 79356 806-495-2816 Member Texas Press Association West Texas Press Association

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Garza County Financial Statement for 4th Quarter, 1989

Name of Fund	Balance 9-30-89	Receipts	Disbursements	Balance 12-31-89	Investments
General Fund	10,968.52	752,073.77	756,612.81	6,429.48	831,825.68
Road and Bridge #1	21,774.98	38,884.65	39,937.09	20,722.54	116,775.76
Road and Bridge #2	685.88	33,020.74	31,653.65	2,052.97	85,483.14
Road and Bridge #3	66.61	38,654.99	34,055.63	4,665.97	7,105.47
Road and Bridge #4	40,312.36	48,223.37	47,663.61	40,872.12	118,910.84
Payroll Deductions	4,050.16	109,415.48	110,232.34	3,233.30	
Criminal Justice Planning	10,528.81	11,619.00	6,103.50	16,044.31	
Voters Registration	1,283.55	-0-	-0-	1,283.55	
R&B Lateral #1	-0-	3,893.20	3,893.20	-0-	
R&B Lateral #2	-0-	2,888.50	2,130.09	758.41	
R&B Lateral #3	-0-	2,888.50	1,266.25	1,622.25	
R&B Lateral #4	-0-	2,888.50	2,815.99	75.51	
Totals:	89,670.87	1,044,450.70	1,036,364.16	97,757.41	1,160,100.89

I hereby certify the above to be true and correct.

Voda B. Gradine
County Treasurer

E.A. Howard Jr.
County Judge

Sam E. Collins
County Commissioner, Pct. #1

Ed L. Aten
County Commissioner, Pct. #2

Sonny Gossett
County Clerk

John C. Carr
County Commissioner, Pct. #3

Hunter Walker
County Commissioner, Pct. #4

Sworn and subscribed before me this 8th day of January, 1990.

Charla Miller
Charla Miller Notary State of Texas
My Commission Exp. 10-03-91

PRO BARGAINS OF THE MONTH

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\$3.49

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- 4-pack "D" (7) (950-4)
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- 4-pack "AA" (9) (1015BP4)

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ASST. 15 OZ.

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DECAF. COFFEE
13 ASST. OZ. **\$3.19**

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20 OZ.


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\$2.49

20 OZ.

COKES OR 7-UP



\$1.79

6/12 OZ. CANS

FINE FARE APPLE JUICE



\$1.19

64 OZ.

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\$1.19


13.3 OZ.

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.69

24 OZ.

BETTER VALU MACARONI & CHEESE



5 \$1

FOR 7.25 OZ.

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REG.

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32 OZ.

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3 LB.

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Kingsford
CHARCOAL

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HUNT'S SPAGHETTI SAUCE


ASST. 27.5 OZ. **.99**

GREEN GIANT PINTO BEANS

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WOLF CHILI

NO BEANS



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FINE FARE RAISINS **.99**

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LB.

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EXTRA LEAN
CUBE STEAK **\$2.98**
EXCELLENT FOR CHICKEN FRY LB.

COUNTRY PRIDE GRADE A
FAMILY PAK
FRYER THIGHS OR DRUMSTICKS

LB. **.58**

USDA CHOICE SUPER VALU PAK
ARM ROAST
ROUND BONE CUT

\$1.68
LB.

SINGLE PAK
LB. **\$1.88**

GARY'S
SUPER VALUE PAK
CORN DOGS

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12 OZ. PKG. **\$1.18**

GOOCH
GERMAN SAUSAGE
REG. OR MESQUITE

12 OZ. PKG. **\$1.18**

LARKWOOD GRADE A
BONELESS SKINLESS
FRYER BREST

INDIVIDUALLY FROZEN

4 LB BAG **\$11.49**

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REG OR HOT

\$2.90
2 LB.

1 LB. **\$1.45**

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7-CUT



\$1.58
LB.

SINGLE PAK
LB. **\$1.78**

OSCAR MAYER
HAM 'N CHEESE LOAF

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OSCAR MAYER
VARIETY PAK

•HAM •CLUB
•HAM & TURKEY



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9 OZ. PKG.

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EXTRA FANCY RED DELICIOUS
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PINEAPPLES EA. **.90**

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LEAF LETTUCE EA. **.69**

ROASTED
PEANUTS **\$1.90**
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•BEEF •CHICKEN
•TURKEY

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HYTOP PIZZAS
ASST.

2.90
8 OZ. FOR

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Legal Notices

Notice of Application for Fluid Injection Well Permit
Conoco, Inc. P. O. Box 1959, Midland, Texas 79702 has applied to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil or gas. The applicant proposes to inject fluid into the San Andres, South Huntley Unit, Well Number 63. The proposed injection well is located 3 miles north from Post in the Huntley (3400') Field, in Garza County. Fluid will be injected into strata in the subsurface depth interval from 3275 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).

portation and the governors energy management center under the local match for Transit Providers Program (LMT), to purchase 6 (six) 20 passenger buses lift equipped to serve the elderly, handicapped and the general public within the following counties served by SPARTAN Transportation: Bailey, Cochran, Garza, Hockley, Lamb, Lynn, Terry, and Yoakum. Copies of the grant proposal are available for inspection by the public at SPARTAN Transportation, 410 Houston St., Levelland Texas 79336, Monday through Friday from 8:00 AM to 5:00 PM. Any person wishing to request a public hearing on the proposal project must submit a request in writing to SPCAA Inc., P.O. Box 610, Levelland, Texas 79336 prior to January 20, 1990.

STATEMENT OF NONDISCRIMINATION
Lyntegar Electric Cooperative, Inc. is the recipient of Federal financial assistance from the Rural Electrification Administration, an agency of the U. S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, and the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U. S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age, or handicap shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is Wilton J. Payne, General Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from an/or file a written complaint with this organization; or the Secretary, U. S. Department of Agriculture, Washington, D. C. 20250; or the Administrator, Rural Electrification Administration, Washington, D. C. 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

INTENT TO PURCHASE
The Private Industry Council (PIC), Inc. will expand an existing computer-assisted instructional system by adding two terminals and audio/ESL capabilities to Computer Curriculum Corporation equipment already in place in the Post ISD. Private Industry Council, Inc. 1220 Broadway, Suite 805 Lubbock, Texas 79401

NOTICE OF OPPORTUNITY
Notice is hereby given by South Plains Community Action Association, Inc. due that it is seeking financial assistance from the State Department of Highways and Public Trans-

Wanted to Buy
Interested to lease pasture for 50 - 100 cows and to buy farm or ranch land. Call 253-2368 or 253-3097. Ralls.

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

Help Wanted
URGENTLY NEED DEPENDABLE PERSON to work without supervision for Texas oil co. in Post area. We train. Write W. M. Dickerson, Pres., SWEPCO, Box 961005, Ft. Worth, Tx 76161.

Jobs Wanted
Babysitting - after 4:00 weekdays - anytime on weekends. Call Tonya Harp 495-2467.

Homes for Rent
Three room small house for rent. \$150 month plus \$150 deposit. Call 495-3031.

Homes for Sale
3 bedroom - 1 bath. Call 495-4050.

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

Three bedroom house, bath and a hall. Brick. Sitting on 3 lots. 507 Avenue R. Call Slaton - 828-6874.

Miscellaneous for Sale
Mesquite wood for sale. Stacked and delivered for \$85 a cord. Call 495-3223 or 495-3608.

Used refrigerator in good working condition. \$75.00. Call 495-3955.

Garage Sales
Saturday, Jan. 13. From 8 a. m. til noon. 109 E. 5th.

Friday only, 116 W. 5th, little bit of everything. From 8 a.m. til 7.

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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
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Thursday, from 9 a. m. til ?? At 506 Pine St.

Inside sale. Moving. Everything must go! Saturday at 8:30 a. m. til ?? At 216 West 13th.

Saturday, 9 a.m. til ? At 1328 W. Main.

Vehicles for Sale
1981 Ford pickup. Good Condition. Call 495-2482. Betty Jo Sharp.

Lost and Found
LOST! 9 WEEK OLD BLACK MALE SCOTTISH TERRIER. CALL 495-2454 OR 495-3726.

Economic Injury Loans Available from SBA

(Continued from Page 1)
been physically injured by the adverse weather or rangefires are not eligible for SBA economic injury loans. The EIDL program is available only to businesses that are considered small by SBA size standards and do not have credit available from other sources. The interest rate for loans processed under this designation is four percent for small business concerns and small agricultural cooperatives without credit available elsewhere. The loans are limited to the financial needs of the applicant based on the actual economic injury and may be made for up to \$500,000. A loan may extend to 30 years, depending on repayment ability. Eligible victims seeking loan information and application forms may call, toll-free, 1-800-527-7735.

Cotton Talks

from Plains Cotton Growers, Inc. Officials of Lubbock based Plains Cotton Growers, Inc. are now projecting a final 1989 crop cotton deficiency payment of about four cents per pound.

The total payment for the year will equal the difference between the 73.4 cent 1989 target price and the January-December weighted average price paid to U.S. farmers for cotton. PCG expects the farm level price for the year to be 60.9 cents per pound, 12.5 cents below the target. However, most producers late in 1988 or in early 1989 requested and received advance payments of 8.56 cents. Thus if PCG's estimate of the calendar year farm price should prove accurate, the exact final payment would be 3.94 cents.

With the monthly average prices and marketing totals in hand for 11 months, leaving only the figures for December to be plugged into the calculation, PCG Executive Vice President Donald Johnson says, "I don't think there's any way our projections can be very far off the mark." USDA's National Agricultural Statistics Service (NASS) reports the average price and marketing volume for each month during the year. NASS compiles its figures from a statistical sampling of sales figures supplied by members of the cotton trade. This procedure creates a 30 day lag in the release of each month's figures, and the December report won't be released until January 31.

Through November, NASS has reported total marketings of 11,809,000 bales at a weighted average price of 60.2 cents. Almost a fourth of that volume, 2,879,000 bales, was traded in November alone at an average price of 65.8 cents per pound.

Although the mid-month December price has been reported at only 62.7 cents, mid-month prices in the past have often been misleading.

So PCG in its projects couples a 64 cent December price with a three million bale volume to come up with its 60.9 cent weighted average price for the year. Each producer's total payment, expected in February, will be determined by multiplying the payment rate times his farm's established per-acre program yield times planted acres.

In other PCG activities, during the week of January 8, two PCG officers will play prominent roles in significant industry events.

PCG president Steve Verett of Ralls, January 10, will present a paper on "What High Volume Instrumentation Means to Cotton Producers" at the Beltwide Cotton Conferences being staged by the National Cotton Council in Las Vegas, Nev.

And secretary-treasurer Wayne Huffaker of Tahoka, January 11, will testify on behalf of High Plains producers at a House Agriculture Subcommittee hearing on the 1990 farm program.

The hearing will begin at 9 a.m. in the Texas Tech University Meats Laboratory auditorium on the Tech campus.

Taking Your Medication

Do you always follow your doctor's and pharmacist's instructions about taking medication? If you have trouble remembering when or if you took your last dose, you're not alone. Studies show that 50 to 90 percent of all patients take too little or too much medication. Doctors call this widespread problem "non-compliance."

During a busy day, it's easy to forget a dose of medication, but medical researchers studying non-compliance report that's not the only reason doses are missed. Some people assume that prescription products are bad for them or are embarrassed by the fact that they are required to take medicine. There are also those who simply don't want to admit that they need medication—believing if they ignore the problem, it will go away.

If a patient takes too little medication, the doctor may mistakenly assume that the medication is not controlling the condition. He might increase the dosage or prescribe a stronger medication—which may be stronger than the patient really needs and might even cause adverse side effects.

Another common example is the patient who skips antibiotic doses or stops antibiotic treatments early, because he feels better, thereby filing to destroy all the bacteria, and suffering a relapse.

Conversely, many patients over-medicate themselves, falsely thinking that if a single dose is good, a double or triple dose is better. Patients in this category will often use over-the-counter or out-dated prescriptions, thinking that these will increase the effectiveness of their current prescriptions.

A wide range of people are non-compliant. Elderly patients who live alone, busy mothers whose children need medication, and executives who are constantly on the run all fit the description.

Experts estimate that non-compliance is responsible for the death



of more than 100,000 people annually—more than die each year in automobile accidents.

Does anything exist to help? Fortunately, yes. A medication container that tells time has been designed to assist patients in remembering when or if they took their last dose. Called Prescript™ TimeCap, the cap houses a digital timepiece that displays the day and time the container was last opened.

By glancing at the cap, a patient can determine when the most recent dose was taken and, therefore, when the next dose should be taken. An alarm feature can also be set to beep when a dose is due. If after eight seconds the container is not opened, the display continues to flash, indicating that a dose has been missed.

The reusable cap can be purchased over-the-counter at the time a prescription is filled, or ordered by calling 1-800-654-5455.

Non-compliance is a growing concern among the medical community. It not only leads to additional medical problems and increased medical expenses but, in thousands of cases, to complications resulting in hospitalization.

Treatments can't be successful if patients forget to take their medication. Memory aids, such as Prescript TimeCap, can be particularly useful in obtaining patient compliance and helping to ensure desired therapeutic results.

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Great Family Home

Three bedroom, two full baths, swimming pool, 2 car garage on corner lot.

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First Home

We have several small homes for sale including a mobile home. Call for details.

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Certified by the Texas Department of Criminal Justice for security officers for all prison units throughout Texas

Cost: \$225 Total

120 Hour Course Instruction
Evening Classes & Saturday Daytime
Applications begin: Jan. 8, 1990
Applications end: Jan. 26, 1990

Adult Education & Extension Office

Western Texas College
Snyder, Texas 79549
915-573-8511
ext. 240 or 390

Lady Lopes Struggle in District Competition

The Post varsity girls' basketball team opened up its district competition at Slaton January 2 followed by last Friday's home game with Lamesa.

January 2	
Post 35 - Slaton 64	
<u>Scoring by Post:</u>	
Dana Morris	12
Trudy Woods	7
Reshea Hair	6
Megan Bush	3
Crystal Clay	2
Tina Brumbalow	2
Lori Taylor	2
Kenda Williams	1
January 5	
Post 45 - Lamesa 69	
Trudy Woods	13
Crystal Clay	8
Dana Morris	7
Reshea Hair	6
Dusti Cash	4
Megan Bush	3
Kenda Williams	3
Tina Brumbalow	1

Junior Varsity Boys Open District Play

The Post junior varsity boys' basketball team faced off with Slaton, Lamesa and Seminole in its district competition, beginning with a 85-59 loss to Slaton January 2.

January 2	
Post J.V. 59 - Slaton 85	
<u>Scoring by Post:</u>	
Matt McCook	25
Danny Leach	25
Michael Harper	6
Chad Kirkland	1
Shane eavers	1
January 4	
Post J.V. 60 - Lamesa 98	
Matt McCook	32
Danny Leach	11
Michael Harper	9
Chad Kirkland	8
January 5	
Slaton J.V. Tourney	
Post 49 - Seminole 60	
Matt McCook	17
Danny Leach	17
Mike Harper	13
Shane Horton	2

Basketball Schedule

Post High School		
Date	Opponent	Site
Varsity Girls		
Junior Varsity Girls and Boys		
Jan. 4-6	Slaton J.V. Tourn	
District Competition		
Varsity and Junior Varsity Girls and Boys		
Jan. 5	Lamesa (Varsity Only)	Here
Jan. 12	Seminole	There
Jan. 15	Denver City	There
Jan. 19	Brownfield	Here
Jan. 23	Roosevelt	There
Jan. 26	Lamesa	There
Jan. 30	Slaton	Here
Feb. 2	Seminole	Here
Feb. 6	Cooper	There
Feb. 9	Denver City	Here
Varsity and Junior Varsity Boys Only		
Feb. 13	Roosevelt	Here
Feb. 16	Brownfield	There
Freshmen Girls		
Jan. 22	Brownfield	Here
Jan. 25-27	Brownfield Tourn	
Jan. 29	Denver City	There
Feb. 5	Seminole	There
Freshmen Boys		
Jan. 22	Brownfield	There
Jan. 25-27	Brownfield Tourn	
Jan. 29	Denver City	Here
Feb. 5	Seminole	Here
Post Middle School Girls		
Date	Opponent	Site
Jan. 11-13	Christ T. King Tourn	
Jan. 22	Brownfield	Here
Jan. 29	Denver City	There
Feb. 5	Seminole	There
Boys		
Jan. 22	Brownfield	There
Jan. 29	Denver City	Here
Feb. 5	Seminole	Here
Southland Schools Varsity Girls and Boys		
Date	Opponent	Site
Jan. 12	Wilson	There
Jan. 16	New Home	Here
Jan. 19	Lorenzo	There
Jan. 23	Meadow	There
Jan. 26	Petersburg	There
Jan. 30	Wilson	Here
Feb. 2	New Home	There
Feb. 7	Lorenzo	Here
Junior High Girls and Boys		
Jan. 15	Wilson	There
Jan. 20	Wellman Tourn	
Jan. 22	Lorenzo	Here
Jan. 29	New Home	There
Feb. 5	Petersburg	Here



Bill Rankin (14) takes the ball to the basket for a two-pointer during the varsity Antelope's contest here last week with Lamesa. Jamie Perez (44) joins in the action. (Photo by Jerry Taylor)

'Lopes Battle State's Best Rated Teams

The Post varsity boys' basketball team opened up District 3AAA competition with two of the top five ranked teams in the state, losing to Slaton 85-46 January 2 and to Lamesa 92-66 last Friday.

"We played good," coach Mitch Rasberry comments, "and last Friday I thought our players gave everything they had, Slaton and Lamesa have got the size and you can see why they are ranked so high."

January 2	
Post 46 - Slaton 85	
<u>Scoring by Post:</u>	
Darren Brown	10
Floyd Slay	10
Bill Rankin	7
Jamie Perez	6
Rance Sappington	5
Bobby Blair	4
Kevin Williams	2
Matt Holly	2

January 5	
Post 66 - Lamesa 92	
Jamie Perez	18
Bill Rankin	17
Rance Sappington	11
Bobby Blair	6
Kevin Williams	4
Darren Brown	4
Bobby Curtis	3
Floyd Slay	2
Matt Holly	1

Albert Stone Announces for Commissioner

Albert Stone is announcing his candidacy in the March 13 Democratic Party primary election for County Commissioner, Precinct 2.

"After careful consideration, I have decided to run for the office of commissioner precinct 2," Stone says.

He was born in the precinct and has lived here his entire life, with the exception of military duty during World War II.

"I have come to a time in my life that I can devote the time necessary to fill this office," Stone adds, "and if elected, I will do so with the very best of my ability with fairness to all."

EMT Association Elects Officers

Members of the Garza County EMT Association elected officers at their January 2 meeting.

Serving as president of the association is Ronny Ammons. Jackie Gonzales was elected vice president and Lynn Herridge secretary.

Elected to the grievance committee were Pam Hair, Jane Redman and Debbie Rieter.

The association meets the second Tuesday of every month at 7 p.m. in the EMT Club Room above City Hall.

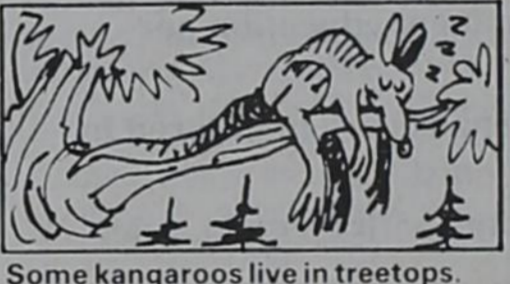
Melton Attends Inquest Seminar

Justice of the Peace Shelia Melton attended an "Inquest Seminar" December 12, 1989 at Laredo. The seminar was sponsored by the Texas Justice Court Training Center, headquartered at Southwest Texas State University in San Marcos. Topics included "Law and Justice Court Procedure" with regards to inquests, "Death Certificates" and "Determining the Cause of Death."



Jamie Perez lays the basketball into the net for a two-pointer during last Friday's contest here with Lamesa. Bill Rankin (14) sets up for the rebound. (Photo by Jerry Taylor)

Dr. Lewis Moore
OPTOMETRIST
 Announces Office
 Office Hours
 Complete Visual Care
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Some kangaroos live in treetops.

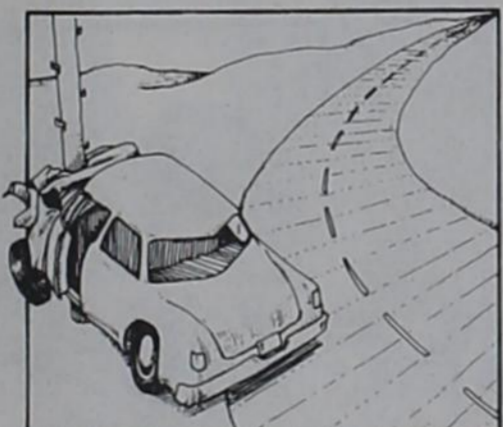
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Ronny Gary 150

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 Announces his retirement effective immediately
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 111 North Ave. I
 Hours: 9:00 - 11:00 a.m. Monday thru Friday
 Through January 31, 1990

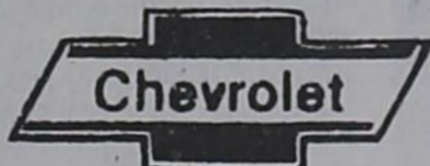


Kevin Williams (42) and Jamies Perez (4) defend for the Antelopes as a Lamesa player puts the ball toward the basket during last Friday's loss here to the top-ranked Tornadoes. (Photo by Jerry Taylor)



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The 1980s: Boom, Bust and Recovery

by Bob Bullock
Texas Comptroller of
Public Accounts

When Texas entered the 1980s, oil and gas were king. But just as Spindletop heralded a new economic era, the economic bust of the mid-1980s and resulting diversification of the state economy have defined the course we will follow in the coming decade.

The change in direction was not by choice, and not without hardship. But it was necessary to ensure that Texas continues to be an economic leader in the nation.

Then And Now

We entered the 1980s highly dependent on oil and gas. In 1981 the oil and gas industry directly provided \$2.2 billion in state tax revenue for 28 percent of all state taxes collected.

When oil prices plummeted from an average price of \$32 per barrel in 1982 to an average price of \$15 per barrel in 1986, the ripple effect was disastrous to the entire economy.

By fiscal 1989, oil and gas tax revenue had dwindled to less than \$1.2 billion, representing nine percent of the state's total tax revenue.

Because we've become less dependent on the oil and gas industry, fluctuations in the energy industry will not affect our overall economy as much as they did five years ago.

Our economy has become more service oriented since 1981, when 70 percent of Texas workers had service industry jobs. Today, 78 percent of

workers are in service-related jobs, including fields such as transportation and public utilities, finance, insurance, real estate, trade, government, education, health and business services.

And today, we have a larger population. In 1981, Texas had 14.9 million people. Today, there are 17 million Texans, with the population projected to grow to 19.2 million by the turn of the century.

When we entered the 1980s, the oil industry was booming. But in 1982-83, oil prices dropped, and Houston, the state's oil capitol, was hit with a recession that lasted until 1984-85, when the oil industry stabilized.

At the same time, the promise that Texas would become a new mecca of high technology generated real estate booms in Dallas, Fort Worth, Austin and San Antonio.

The atmosphere was akin to that of the California gold rush. The "gold" was in owning a piece of Texas. Investors bragged about buying a piece of property and multiplying their investment dollars when they sold the property to someone else, sometimes the same day.

But when oil prices dropped in 1986, oil workers were laid off and fewer dollars were available to fuel the economy. Federal tax reform took away many of the advantages of holding real estate and an already overbuilt real estate market collapsed.

Real estate investors were left holding property that they couldn't

finish paying for and that they couldn't sell.

1986-87: Recession

I was considered a "nay sayer" when I issued warnings in early 1986 that our boom was running on empty. But by mid-year, our recession was in full force.

People who had always paid their bills found themselves out of work. Homes they'd bought at the height of the boom wouldn't sell — at any price. Foreclosures reached record highs.

People left the state to find jobs in more prosperous economies.

Even now, some office buildings — constructed at the height of the boom in anticipation of continued exponential economic growth — sit empty. But vacancy rates are steadily dropping.

The bust was a rude awakening for a state whose people are known for self-confidence and grit. But it forced us to recognize that we could no longer be dependent on oil and gas, that we needed to diversify our economy.

We worked hard to woo a variety of investors and industries to our state, using our central sunbelt location, large workforce and low cost of living as incentives.

As a result, manufacturing is flourishing, scientific research centers are thriving and service industries are growing.

Statewide employment — at 6.8 million — is at an all-time high, after bottoming out at 6.5 million at the end of 1986.

And the state's general revenue fund has recovered from having a deficit of \$745 million in fiscal 1987 to having a positive balance of \$297 million at the end of this fiscal year.

The 1990s

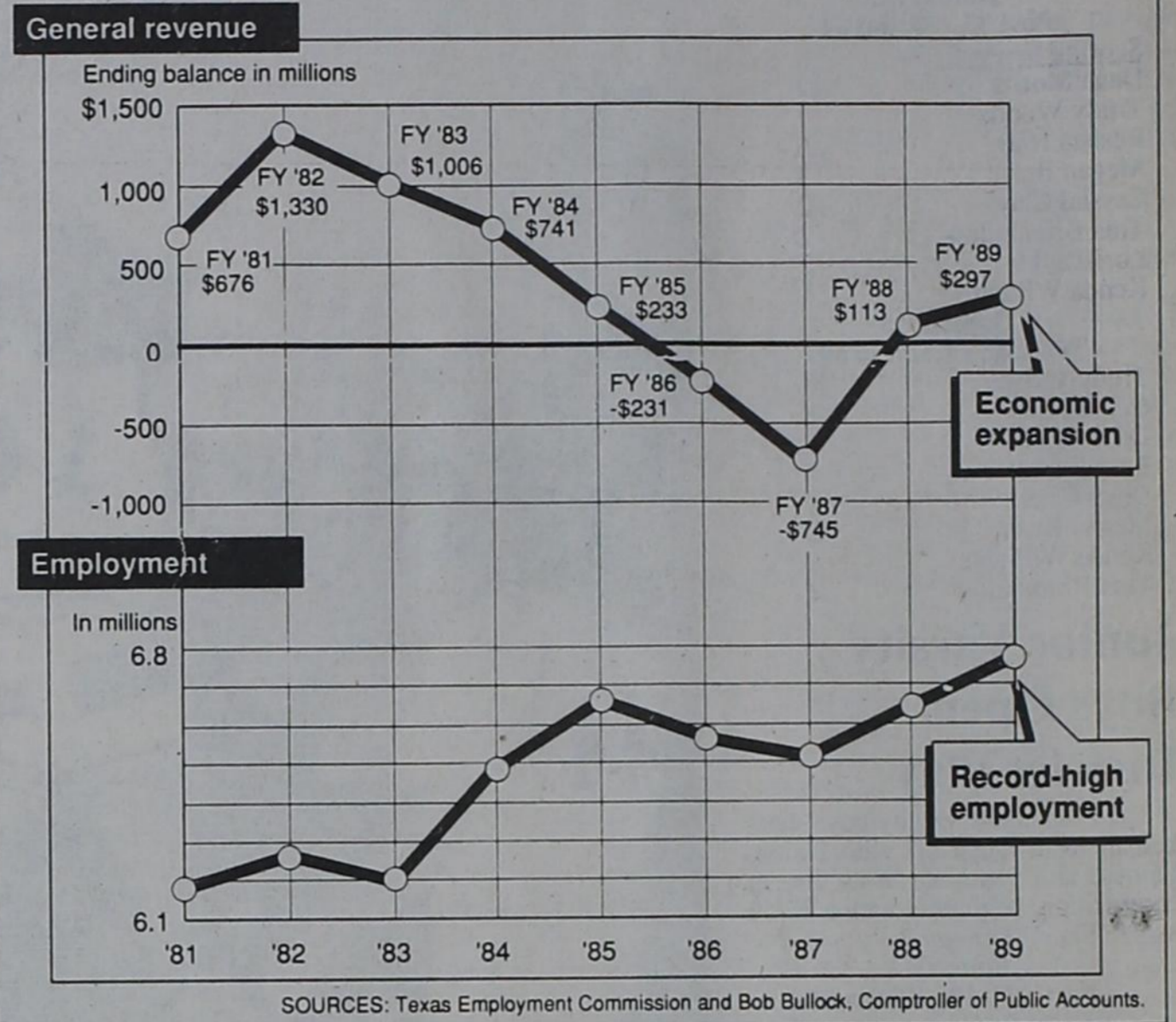
Texas has not lost its unique character, but the new economic diversity has made our economy more similar to the national economy.

If the national economy experiences a downturn, we will feel it more than we did in the days when the oil and gas industry insulated us from national economic trends.

But, the more things change, the more they remain the same. Initiative and opportunity were the constant companions of cowboys and wildcaters. Opportunity still abounds in Texas, in more fields than ever, for those with the initiative to seize it.

Texas economy ends decade with solid step forward

The Texas economy has shifted from recovery to expansion, enjoying record-high employment that placed state government's finances solidly in the black.



Governor Clements Launches Aggressive Census Count Effort

Governor Bill Clements, in an effort to assure a complete count of all Texans in the 1990 census, has assembled a committee of state agency chiefs who will engender increased census awareness among state employees and agency clients.

A comprehensive census count is crucial to Texas in the 1990s, the governor said, in ensuring the state gets its allotted share of federal funds. Also at stake is proper representation in the U.S. House of Representatives.

An accurate census count in Texas could net the state and local governments as much as \$900 million more in federal funds during the next 10 years, according to the Texas State Data Center.

In addition, Texas could gain as many as four new congressional seats if the 1990 count is accurate.

"Texas literally cannot afford to put forth anything less than an all-out effort to make sure all of our residents are counted by census-takers in 1990," the governor said. "This committee will make sure that key state agencies do everything possible to help Texas achieve that goal."

The governor's State Agency Census Planning Committee is part of a strategy designed to avoid a repeat of the 1980 undercount of Texas residents. Estimates are the 1980 census missed as many as 547,000 Texans, of which 396,000 were minorities.

In 1987 alone, Texans lost an estimated \$21.3 million in Medicaid funds as a result of the undercount in the 1980 census.

The committee, using agency newsletters and paycheck inserts, will generate state employee awareness of the importance of the census.

The committee will focus special attention on agencies with heavy public contact, including those dealing in social services whose federal funding is tied to the census.

Promotional posters and informational materials will be distributed to targeted state agencies, including local offices of the Department of Human Resources and the Texas Employment Commission, health department clinics and Department of Public Safety driver's license stations.

The Health and Human Services Coordinating Council will take the lead in organizing the census effort, with technical assistance from the Department of Commerce.

Assigned to serve on the committee are the executive directors or representatives of the Texas Department of

Commerce, the Texas Department of Criminal Justice, the Office of the State Comptroller of Public Accounts, the Secretary of State's office;

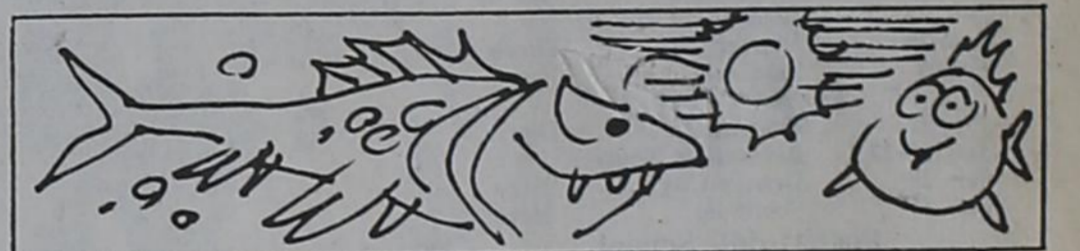
The Texas Education Agency, the Texas Employment Commission, Texas Employees Retirement System, The Texas Health and Human Services Coordinating Council, the Texas Department of Health, the Texas Higher Education Coordinating Board;

The State Department of Highways and Public Transportation, the Texas Department of Human Services, the Texas Department of Mental Health and Mental Retardation, the Texas Parks and Wildlife Department, the Texas Department of Public Safety and the Texas Rehabilitation Commission.

Storie Completes Basic Training at Fort Knox

Pvt. Daniel Storie, a 1988 graduate of Post High School, has completed basic training at Fort Knox, Kentucky.

During the training Storie received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid and Army history and traditions.



Sea creatures living at depths below 3,000 feet have been found to be blind or to possess their own phosphorescent lighting system.

naturally nutritious

For a perfect lunchbox or anytime treat, here are two delicious yet nutritious alternatives to candy and cake. Both Peanut Butter Raisin Bars and Chewy Coffee Jumbles are off to a good start with a shredded wheat cereal base.

This classic breakfast cereal, which appeals to fiber-conscious consumers, is made from natural 100% whole wheat with no added sugar or salt. "When the cereal is used as an ingredient, the recipes appeal to people who are conscious of both healthier eating trends and great taste," says Faye Egan, Manager of the Nabisco Consumer Food Center.

- CHEWY COFFEE JUMBLES**
Makes 3 dozen cookies
- 1 1/2 cups all-purpose flour
 - 3 tablespoons instant coffee granules
 - 1 teaspoon baking soda
 - 1/3 cup margarine, softened
 - 1/2 cup sugar
 - 1/2 cup honey
 - 1/4 cup cholesterol-free egg product
 - 1 teaspoon vanilla extract
 - 4 NABISCO Shredded Wheat Biscuits or 1 2/3 cups SPOON SIZE Shredded Wheat, finely crushed
 - 3/4 cup seedless raisins

Mix flour, instant coffee and baking soda; set aside. With electric mixer at medium speed, beat margarine and sugar until creamy. Beat in honey, egg product and vanilla until smooth. Blend in flour mixture; stir in



- cereal and raisins. Drop by tablespoonfuls, 2 inches apart, onto lightly greased baking sheets. Bake at 350°F for 8 to 11 minutes or until lightly browned. Cool slightly. Remove from baking sheets; cool on wire rack.
- PEANUT BUTTER RAISIN BARS**
Makes 24 bars
- 1/4 cup firmly packed light brown sugar
 - 1/4 cup corn syrup
 - 1/4 cup chunky peanut butter

2 cups SPOON SIZE Shredded Wheat, coarsely crushed

3/4 cup seedless raisins

In large saucepan, over medium heat, stir together brown sugar and corn syrup until sugar dissolves. Remove from heat; blend in peanut butter. Stir in cereal and raisins until well coated. Press into lightly greased 8 x 8 x 2-inch baking pan. Cool until firm. Cut into 24 bars. Store in airtight container.

Nutrition Information per bar:
60 calories, 17 mg sodium, 0 gm cholesterol, 1 gm total fat, 0 gm saturated fat, 1 gm dietary fiber.

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