

The Post Dispatch

USPS 439-620

The Newspaper Serving all the people of Garza County

Sixty-sixth Year Number 44

Newsstand Price 50 cents

Wednesday, April 1, 1992

Commissioners face tough decisions on solid waste and disabled access to facilities

Transition plan for ADA discussed

by Wes Burnett

The Garza County Commissioners' Court faces two major issues, both potentially expensive, which got attention at the regular meeting Monday morning on the third floor of the courthouse.

Access to county facilities for the physically handicapped was the first of the two to be considered. Commissioners heard a brief report from Judge Giles Dalby concerning the impact of the newly enacted federal law known as the Americans with Disability Act.

The law, which became effective January 26, 1992, requires that governments begin self-evaluation study, prepare a transition plan indicating structural changes to make programs accessible, make all new constructions and alterations comply now with the law and date complaints or civil suits by individuals based on ADA discrimination.

Dalby said that the biggest physical problem at the courthouse is the lack of an elevator, "and we are trying to work around that, because of the estimated expense of more than \$300,000."

Commissioners had earlier appointed Clerk Sonny Gossett and secretary Irene Ammons to chair a committee preparing the transition plan.

The plan must be completed by July 26, 1992 and the self-evaluation must be completed by January 26, 1993. All structural changes required to make the facilities and programs accessible must be completed by January 26, 1995.

The second potentially expensive project for discussion is the impending problems related to solid waste management.

Dalby reported that the South Plains Association of Government's Solid Waste Management Task Force is developing a regional solid waste plan. He also said that a public meeting will be held at the courthouse here Monday, April 27 at 10 a.m. to present ideas and strategies.

SPAG's director of regional services Shawn Raborn explained in a letter to the commissioners that the task force was formed in October 1990 to begin work on the regional plan for the South Plains. The task force is composed of 30 local officials representing governmental entities throughout the area. Also serving on the task force are a number of private solid waste service providers and individuals who represent concerned citizen groups.

"During the past year, the task force has worked very hard to develop five strategies to deal with solid waste within the region," Raborn said. "The five strategies comprising the Interim Plan are being presented to the public for local review and comment."

"Participation in this public review and comment period is encouraged for local governments and others interested in solid waste management in the South Plains," he added.

The April 27 meeting here will include presentations by SPAG on the current solid waste management practices within the region, activities of the South Plains Solid Waste Management Task Force and the five solid waste strategies which have been developed.

One of the problems associated with the new federally mandated solid waste management rules is the impending closure of the city owned and operated landfill, which is expected to be closed in less than 18 months. The closure will require the county to provide collection points for disposal of solid wastes.

In other action, commissioners accepted the resignation of Dr. W.C. Wilson as county health officer and recommended the appointment of Dr. Shen Chen. No decision was made pending personal contact with Dr. Chen.

Terms for the county zoning commission members were set by drawing of names. Serving one year terms will be John Boren and Ed Neff. V.O. Rasberry will serve a two year term and Clyde Cash was selected for a three year term. The committee is charged with preparing zoning ordinances for development in and around Lake Alan Henry near Justiceburg. Gossett informed commissioners that his office has already received numerous inquiries from prospective developers.

Alan Burke and Mark Duffy were authorized to contact county employees concerning cancer insurance coverage. The two were informed that payroll deductions would only be approved if more than 50 percent of employees committed to the plan.

Commissioners approved the recommendation by District Judge George Hansard to appoint Charles Hanshaw as official court reporter, replacing the deceased Travis Graham, who died February 1, 1992.

A cleanup and painting of the old jail building was discussed, with commissioners authorizing the repair of windows of the structure to begin immediately, but to withhold other repairs until a study could be made and a determination of what to do with the files of criminal cases being stored in the building.

The court approved amending the budget to provide additional legal fees related to the redistricting plan. Dalby informed the court that the U.S. Department of Justice has approved the plan as revised.

Attending the meeting were Judge Dalby, clerk Gossett, treasurer Ruth Ann Young, commissioners Sammy Ellis, Albert Stone, John Valdez and Herb Walls.

State-wide publication features Y.E.S. article by Labeth Jones

Post High School sophomore Labeth Jones, a charter member of the PHS Y.E.S. chapter, has been recognized by the Texas Department on Aging's "Aging Digest" managing editor Russell Smith, following the February 29 publication of a feature article by Labeth.

"On behalf of the whole A.D. staff, I want to thank you once more for an absolutely wonderful article," Smith said. "The newsletters arrived in our office from the printer on the day our state executive board was meeting, and the board members who saw it were highly impressed."

"Overall, I'd say the response to this issue of the Digest was as positive as I've seen in the seven years I've been associated with the newsletter. The reason, very obviously, was your article," Smith added.

"You addressed two very timely issues in the field of aging - intergenerational programs and volunteerism - and brought them together in one story that gracefully combined human interest content with nuts-and-bolts information about the Y.E.S. program," Smith continued.

"My only regret is that we weren't able to run personal information and pictures of every single student and senior who participated in Y.E.S."

"It's clear that Post High School students are a rare group, not only among their generation, but among society at large. I think sometimes that we in human services unduly stress funding levels when we talk about solutions to social problems. Money is important, of course, but simple human concern and compassion like that shown by the students in Y.E.S. is irreplaceable. I hope you are all able to pass these same values along to your children," Smith said.

Y.E.S. - A Positive Statement

by Labeth Jones
What is Y.E.S.?

It's Youth Exchanging with Seniors, a fabulous intergenerational program that has added greatly to my life and, I sincerely hope, enabled me to enrich others' lives in the process.

Let me give you a brief history of how Y.E.S. has changed my life. I am a sophomore at Post High School. My wonderful parents are Darrell and Ruby Jones and I have an older sister, Janell, who is a senior at Texas Tech University. I am involved in the Future Homemakers of America and 4-H organizations, and also my church.

Many of the projects I have taken on are a result of 4-H. These include learning about horses and sheep, food and nutrition, and making clothes. I also play tennis and manage the girls' basketball teams.

My introduction to the Youth Exchanging with Seniors came when my 4-H county extension agent said she needed a youth participate in a training institute. I hesitated about committing because I was very much involved in caring for my horses and I had no idea what Y.E.S. would do for the older citizens and me.

I wondered how beneficial it would be for me to get together for three days with strangers and receive information I probably wouldn't use, since I was frankly just doing this to help keep my agent in good standing with her supervisor.

However, after much thought and hesitation, I said yes. The Y.E.S. Institute Training was conducted at Texas Tech University Health Science Center in Lubbock during July of 1990. Twenty West Texas counties were invited to participate in this pilot program.

Our county was represented by me, classmate Stephanie Palmer and two adult advisors.

As part of a hands-on training, we were enlightened on the proper way to communicate and listen effectively to the senior clients. We came to better understand the aging process by doing some simple exercises that inhibited everyday actions we take for granted.

For example, by taping Popsicle sticks to our hands and fingers we were able to comprehend the pain of the crippling disease, arthritis.

Also, covering eyeglasses with petroleum jelly proved to us how difficult it is to maneuver with failing eyesight.

As the four of us returned home from the Institute, full of excitement and enthusiasm, we began to coordinate and organize the Garza County Y.E.S. program.

The Y.E.S. coordinators, Drs Sheryl Boyd and Betty Stout of Texas Tech and District 2 Extension Service Director Dr Kathy Volanty, came to Post in the fall of 1990 to conduct a training "lock-in."

Yes, high school students were actually locked into the Home Economics Department for six hours!

B-O-R-I-N-G, you might say, but we actually had a blast. The coordinators motivated all 36 teen volunteers and showed us how to communicate with the

senior clients and how to properly do household chores. Even the boys got involved in the action.

When we were let out of the training, we left with a new outlook on life and enthusiasm about beginning the Y.E.S. program in Garza County.

Before this program could successfully begin, we had to have clients. So stories were placed in the local newspaper in an effort to find senior citizens interested in having a young companion visit with them at regular intervals and help with daily chores.

The seniors were asked to contact the extension agent or home economics advisor. A volunteer task force then began interviewing the prospective participants and pairing them with Y.E.S. volunteers. The first and second steps were completed. Now the third step, which was, of course, was about to begin.

We were a little nervous, yet at the same time extremely excited.

We volunteers were required to spend one hour a week with the clients to meet the Y.E.S. project requirements. During this time, we were able to help with household duties and pass the day with our visits.

At the beginning, my partner Sonja Benham and I would arrive at T.J. and Quinnie Cook's home, do the jobs that were needed and visit only briefly during the hour.

But, as the weeks passed, I looked forward more and more to the time I spent with Mr and Mrs Cook and hated to see the hour end. I have been able to learn so much about life during their childhood years, and to share with them how life is for today's youth.

Mrs Cook, 71, is a retired cotton mill employee and a skilled artist. She has shared with me some of her techniques and her beliefs about how art can enrich our everyday lives.

(Continued on Page 8)



Y.E.S. activities are varied as Labeth Jones (left) and Sharla Wells prepare a special poster depicting the volunteer efforts. (Photo by Ruby Jones)



Y.E.S. volunteers Sonja Benham (left) and Labeth Jones (right) visit with T.J. and Quinnie Cook. (Photo by Sharla Wells)

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Texas Arts Council names Post ISD for pilot educational project

by JoAnn Mock

The Post Independent School District has been chosen as a model school for the Texas Arts Council's Think and Learn program.

The Post ISD was chosen as a result of the participation of 11 of its teachers who had previously received training in seminars sponsored by the Texas Arts Council and promoted by the Caprock Cultural Association.

Because of the unique situation in Post ISD, all children of the community representing all races and economic backgrounds, documentation of the results, not only from the school but community input as well, will serve as a model for schools and communities throughout Texas.

This project is a culmination of several years efforts by the CCA, which is extremely proud that Post is included as one of the pilot schools.

Other area schools selected are Levelland, Ralls, Brownfield, Bean and Wolfforth Elementary in Lubbock.

The Think and Learn program was custom designed for Post ISD through in-depth meetings with superintendent William Shivers, Elementary principal Dan Rankin, the Post Campus Planning Committee and teachers with TAC President Peter Fox and TAC Education Director Cindy Herbert and CCA Executive Director JoAnn Mock.

The purpose was to identify specific needs or areas of emphasis and how the Think and Learn program might address those needs.

This multi-year program will center on providing arts and humanities experiences designed to enrich the overall curriculum as well as addressing areas of special concerns.

After the program was set, Fox began working with JoAnn to establish a support system of businesses and individuals to assist with program funding as needed.

The program is attractive to the business community because of the long-lasting effect on the education of our youth, providing an educated workforce, decreasing the rate of school drop-outs, and provide incentive and excitement for higher education.

Lesson plans include family responsibility, addressing the problem of teen pregnancy, health, effecting the problems of aids and drug abuse and other social concerns.

The goal of Think and Learn is to enrich and expand the learning process in the elementary grades by integrating creative, collaborative arts and humanities experiences with the state mandated essential elements for each subject area.

The program emphasizes higher level thinking skills and fosters self-esteem.

TCA's teacher training seminars, "Applying the Fine Arts Across the Curriculum," is a vital component of the total program.

These one-week seminars give teachers a better understanding of the fine arts, teaching them to use the arts in teaching core subjects and enable them to work more effectively, not only with the students, but with artists, arts specialists and available community arts resources.

Student motivation is increased in the process, native creativity is stimulated and students become excited about learning, both in and out of the classroom.

Educators in school districts across the state can testify that Think and Learn really works!!

The Hispanic Heritage Trunk was selected for this April along with special emphasis for a Language Arts seminar for Post teachers in July and the Black Legacy Trunk is scheduled for next spring.

Funding is needed for this multi-year project. This program is designed for grades K-6 and we expect to introduce a similar program for middle and junior high grades in 1994 as well as high school in 1996.

The program has tremendous by-products and opportunities for future growth and community input.

Anyone interested in participating should contact JoAnn Mock, CCA Executive Director, P.O. Box 37, Post, Texas, 495-4148.

NEWS BRIEFS

Church of God of Prophecy to hold crusade

The Church of God of Prophecy will be having a mission crusade April 2, 3 & 4, at 7 p.m. every night. The message will be by Sister Felicia Payano on Thursday and Saturday. Sister Margie Cimental will be preaching Friday night. Everyone is welcome. Todos bienvenidos.

Maines Brothers to perform

The Maines Brothers Band will be performing at the UC Ballroom on the Texas Tech Campus on Friday, April 3, 1992. Doors will open at 7 p.m. Tickets are available at the door for \$6 single and \$10 for couple. This event is sponsored by the Texas Tech University Collegiate 4-H.

Annual Barn Dance at Gail

The Borden County Cancer Society will be having their Annual Barn Dance, Friday, April 3rd, at 8:30 p.m. in the County Show Barn in Gail, Texas. The music will be provided by Jody Nix and the Texas Cowboys. Admission is by donation to the Borden County Cancer Society.

Post Baseball Registration

Post Baseball registration for kids ages 6-13 years old will be held April 2, 3, 9 & 10 from 6 to 8 p.m. at the bank room. A \$20 registration fee for the first child and a \$15 thereafter will be charged to pay for group picture, umpire fees, insurance and etc.

ACS Golf Tournament

The American Cancer Society Two-Person Scramble will be held April 11 and 12 at the Caprock Golf Course. Shotgun start both days at 7:30 a.m. and 1:30 p.m. Entry fee is \$120.00 per team. Meal and calcutta will be Saturday at 6:30 p.m. To enter the tournament contact Billy Shumard at 495-2259.

Programa para niños de tres años

La escuela de primera enseñanza de Post va proporcionar un programa de escuela para niños de tres años por mitad de día durante el año escolar 1992-93 si hay suficiente estudiantes registrados.

Para atender el programa de tres años el niño/la niña debe de ser de una familia con ingresos bajos y no poder hablar la idioma de ingles. Padres con el interés en este programa deben de registrar su niño/niña en la escuela de primera enseñanza antes de abril quince.

Little Mr and Miss Post Contest

Xi Delta Rho will be hosting the Annual Little Mr and Miss Post contest Saturday, April 25, at 7 p.m. in the Post Primary Auditorium. Rehearsal will be held Friday, April 24, at 6:30 p.m. Entry fee is \$5 and a small admission will be charged at the door. Proceeds go towards a scholarship given to a local student at the end of the school year. For further information contact Melinda Mason (495-2285), Maggie Bohn (495-2124), Connie Jones (495-3628) or Angela Hammond (629-4482).

Annual Resurrection Pageant

The First Baptist Church will present the Fourth Annual Resurrection Pageant beginning Sunday, April 19 through Thursday, April 23, at 7:00 o'clock p.m. each evening. For seating arrangements please call the church office at 495-3554.

Commodities distribution

The commodities distribution will be held on Tuesday, April 21 at the Service Center on the Snyder Highway. The center will be open for the distribution from 9:30 - 12 and from 1-3:30 p.m. The distribution is held on the third Tuesday of each month.

4-H Family Night

4-H Family Night Pot Luck Supper is set for Thursday, April 2, at 6:30 p.m. at the show barn. All current members and families and anyone interested in joining 4-H is urged to attend.

Obituaries

Dorothy Thomas

Services for Dorothy Thomas, 72, of Grassland were held Wednesday, March 25, 1992 in the First United Methodist Church with the Revs Marvin Gregory, pastor, and Phil McClendon of Stamford, officiating.

Burial was in Grassland Cemetery under the direction of White Funeral Home of Tahoka.

Mrs Thomas died early Monday, March 23, 1992, at her residence after a brief illness.

She was born August 14, 1919 in Post and moved to Grassland in 1937. She married R.M. Thomas on June 18, 1937, in Amarillo. He died July 13, 1987. She graduated from Post High School and attended McMurry College in Abilene. She was a homemaker and a member of the First United Methodist Church of Tahoka.

Survivors include three daughters, Jan Wood of Slaton, Judy Hanes of Round Rock and Joy Schuster of Farmington, N.M.; two sons, John of Lamesa and Jim of Lubbock; her mother, Joy Parker of Lubbock; a sister, Iris Parker of Lubbock; 16 grandchildren and five great-grandchildren.

Grandsons serving as pallbearers were Trey Wood, Brad Hanes, James McVeey, Jr., Austin

Thomas, Mitchell Baker, Joe Thomas and Steve Braddock.

The family suggests memorials to the Grassland Cemetery Fund, Route 3, Post, 79356; or a favorite charity.

Margarita G. Copado

Rosary for Margarita G. Copado of Maccona was at 7:30 p.m. Friday, March 20, 1992 with Father Adolfo Valdivia officiating.

Requiem Mass was celebrated on Saturday, March 21, 1992 at 10 a.m. at Our Lady Queen of Heaven Catholic Church in Maccona. Father Xavier Ortiz-Dietz and Father Adolfo officiated the services.

Interment was at the San Isidro Cemetery in Maccona directed by Mission South Park of San Antonio.

Mrs Copado died Wednesday, March 18, 1992 at Southwest Hospital in San Antonio after a sudden illness.

She was born November 26, 1939, in Marlin and moved to Slaton in 1947 and then to San Antonio in 1975. She married Jose Copado in April 1984.

Survivors include her husband of Maccona; two daughters, Sylvia Vergara of Slaton and Virginia Navarro of Post; one son, Steven Garcia of Houston; four

brothers, Joe Garcia of San Antonio, Sam Garcia, Jesse Garcia and Raymond L. Garcia of Slaton; five sisters, Lupe Davila and Oliva Gonzales of Slaton, Maria Rodriguez of Southland, Pauline Martinez of Tahoka and Amalia Gonzales of Oklahoma City, Okla. and four grandchildren.

Pallbearers were Santos Gonzales, Mark Gonzales, Leondro Martinez, Jr., Michael Davila, Raymond Garcia, Jr., and Jacinto Garcia.

Elbert Bodine

Services for William Elbert Bodine, 86, were held Thursday, March 26, 1992 at 10 a.m. in the Hudman Funeral Home Chapel with Dr John Walker, pastor of the First Christian Church of Post, officiating.

Burial was held in Clyde at 4 p.m. on Thursday, March 26, 1992, under the direction of Hudman Funeral Home.

Bodine died Tuesday, March 24, 1992 at his residence in Post. J.P. Sheila Melton ruled the death due to natural causes.

He was born September 25, 1905 in Madison County, Texas and was the son of John Franklin Bodine and Mollie Jane Ellison.

He married Viola Calhoun in 1931 in Coleman. She died in 1957. He had worked for Postex. He had been a resident of Post since 1962.

Survivors include a daughter, Linda Oden of Post; two sons, Leonard Bodine of Clyde and J.B. Bodine of Granbury; a brother, Roy Bodine of Goldsboro; a sister, Estella Rinsinger of Madisonville; nine grandchildren and five great-grandchildren.

Grandsons served as pallbearers. **Lillian Blanche Benton Batton**

Graveside services for Lillian Blanche Benton Batton, 88, will be held Wednesday, April 1, 1992 at Restlawn in El Paso.

Local arrangements were handled by Hudman Funeral Home of Post.

Mrs Batton died Saturday,

March 28, 1992 at Garza Memorial Hospital at 6:20 p.m.

She was born September 6, 1903 in Rainbow, Texas, and was the daughter of George Washington Stewart and Myrtle Ann Culbreath. She was a housewife.

Survivors include two sons, Marlin D. Benton of Post and Milton L. Benton of Cimarron, Colorado; a daughter, Dorothy N. St Morris of Alpine, Arizona; six sisters, Ruby B. Shultz and Ann R. Cox, both of Houston, Mildred E. Weeks of El Paso, Helen E. Messier, Merle C. Britton and Mary J. Gomes of California; two brothers, Clifford G. Stewart of Nicolaus, Ca. and Howard L. Stewart of Yuba City, Ca.; seven grandchildren and 10 great-grandchildren.

LVN's to meet April 13, 1992

Licensed Vocational Nurses Association of Texas (L.V.N.A.T.) Lubbock Division 18 will meet April 13, 1992 from 7 to 9 p.m. The meeting will take place in the Arnette Room of St Mary's Hospital on the sixth floor.

Featured speaker for the month will be Margaret Pappas, R.N. of Methodist Hospital. Her subject will be "Care of Ostomies." Mrs Pappas has worked many years at Methodist Hospital as instructor on Ostomy Care.

A workshop on "Preventive Medicine" is upcoming April 10 & 11 in Austin. Ten (10) C.E.U.'s - all classroom will be earned by those attending. Several Division 18 members plan to attend the workshop.

Division 18 is the L.V.N.A.T. professional organization for Lubbock and surrounding areas. We urge all nurses, R.N. and L.V.N., to attend our monthly meetings. We have outstanding speakers and one (1) CEU is earned by those attending.

For more information contact Wilma M. Coverdell, president, at 828-4565.

Services held Tuesday for Garza County Pioneer Lillian Nance

Funeral services were held Tuesday, March 31, 1992 at 2 p.m. at the Justiceburg Baptist Church for Garza County pioneer Lillian Nance, who died Sunday, March 29 at the Garza Memorial Hospital after an illness.

Services were conducted by Rev. Abe Hester with burial in Terrace Cemetery in Post under the direction of Justice-Mason Funeral Home.

Mrs Nance was born September 15, 1895 in Kent County, the daughter of Sonphronia Greaves and Kindred Elkins.

She married Elton Nance on October 18, 1914 at the home of her parents in Polar. He preceded her in death on July 1, 1969. She is also preceded in death by a daughter, Mina Staniforth who died December 20, 1981.

Mrs Nance is survived by her son Lewis (Sonny) Nance of Haslet, daughter Bonnie Stewart of Post, seven grandchildren, 15 great grandchildren and 12 great-great grandchildren.

Pallbearers were Hern Pettigrew, Robert Hall Davis, Riley Miller, Weldon Reed, Billy Blacklock and Mason Justice.

Mrs Nance attended college in

Stamford and taught at the Leforest school east of Justiceburg. It was there that she met Elton and following their marriage they lived on their Garza County ranch.

In 1921 the family moved to New Mexico for two years, then returned to Justiceburg until 1931, when they returned to the ranch.

A detailed story of the Nance family is included in the Garza County history, "Wagon Wheels."

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My sincerest thanks...

to the Post EMTs for their prompt and professional response ...

to Dr Larry Leininger for his careful and dedicated medical care...

to the nurses and staff at the Garza Memorial Hospital...

and to all of you who expressed your concern by phone calls, visits and prayers during my recent hospitalization...

thank you all,

Jack Alexander



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Deadline:
Mondays at 5 p.m.
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Hart-Clowers to marry August 15

Ms Vickie Hart of Slaton and Dr and Mrs Larry Clowers of Jonesboro, Arkansas, are pleased to announce the engagement of Russell Dee Hart of Slaton and Marsha Lynn Clowers of Lubbock.

Grandparents of the bride-elect are Mr and Mrs Truman Moore of Walnut Ridge, Arkansas, and the late Mr and Mrs Don Clowers of Hot Springs, Arkansas.

Hart is the grandson of Mrs Ida Mae Wilks and the late Russell Wilks, Jr of Post and Mr and Mrs J.D. Hart of Gail.

Clowers is a 1987 honor graduate of Jonesboro High School. She graduated magna cum laude from Arkansas State University in May of 1991 where she majored in journalism and minored in management, German, and general business. She was Campus Events Editor in the fall of 1990. She was initiated into the honor organizations of Phi Kappa Phi, Alpha Lambda Delta, and Gamma Beta Phi. Clowers worked for Sen. Mike Todd and Municipal Judge Andy Fulkerson of Paragould, Arkansas, in the summer of 1991. She was awarded a teaching assistantship to Texas Tech University in Lubbock, Texas in the fall of 1991 and is currently working toward a master of arts in communication studies.

Hart is a 1987 honor graduate of Slaton High School. He graduated cum laude from West Texas State University in May of 1991 where he majored in speech communication and minored in journalism, theater, and English. Hart was Student Body President in 1989-90, president of the Young Democrats, Campus Services President, Editor-in-Chief of the yearbook, and Communication Director for Mortar Board. Hart was a national qualifier in interpretive performances for American Forensics Association where he finished in the top twenty-five. He worked in the successful campaigns of 13th District Congressman Bill Sarpualis and Governor Ann Richards. Hart was awarded a teaching assistantship to Texas Tech University in Lubbock, Texas in the fall of 1991 and is currently working toward a master of arts in communication studies. He also participates in community theatre where he most recently played the lead in the musical "You're a Good Man, Charlie Brown."

The couple will exchange vows on August 15, 1992 at 7 p.m. at the First United Methodist Church in Post, Texas. The reception will follow in the church reception hall. All friends and relatives are invited to attend.



Russell Hart and Marsha Clowers



Michael Bartlett and Jae Jones

Bartlett-Jones to marry August 8

Jan and Jimmie Bartlett of Post and Carolyn and Rusty Jones of Uvalde are proud to announce the engagement and approaching marriage of their children, Mike Bartlett to Jae Jones.

The couple will graduate in May, 1992 from Texas A&M University in College Station.

Mike is a 1988 graduate of Post High School and Jae is a 1988 graduate of Uvalde High School.

The couple plan to be married August 8, 1992 in Uvalde.

Mike is the grandson of Mr and Mrs D.H. Bartlett and Mrs Ida Mae Wilks and the late Russell Wilks, Jr all of Post.

Culture Club holds meeting March 25

by Doll Haire

The Womans Culture Club met Wednesday, March 25, at 2 p.m. in the clubhouse.

Donna Craig, president, called the meeting to order and presided for the business meeting.

Joyce Strubhart reported on the Caprock District meeting on March 20 & 21 at the hotel in Lubbock.

The Culture Clubs "Conservation Program" won first place.

In the arts, crafts and fashion division, Donna won first place with a coat she had designed, made and painted. She also won first place overall in this division.

The club's yearbook was given 100%. We are very proud of our study club.

Those attending from Post were Donna Craig, Joyce Strubhart, Lois Cook and Dorace Wilson.

Lois Cook reported on a meeting she attended in Slaton to help the McDonald House in Lubbock. Anyone wishing to get involved need to call Lois.

Lillian Potts wrote letters to several state officials urging that more money be spent in research on the deadly disease of cancer. Each member signed the letters.

It was also discussed on the special items that are needed at M.D. Anderson in Houston.

Jan Crawford gave a most interesting program on the "Many Forms of Art," using the "Show and Tell" method, by having on display unique paper weights, glassware and other unusual items of art.

We congratulate Jan on her article she has written and has been published on the history of the factory of "Bosson Characters Wall Masks," owned and operated by W.H. Bossons and son Ray.

Collectors in the states are rapidly becoming more familiar with Bossons Wall Masks, and take much pride in collecting the interesting characters.

Delicious refreshments were enjoyed by Donna Craig, Iva Hudman, Dorace Wilson, Lois Cook, Jan Crawford, Buena Bouchier, Lillian Potts, Maxine Earl, Doll Haire and hostesses Ruth Hall and Joyce Strubhart.

The next meeting will be April 8 with Joyce Strubhart and Lillian Potts as hostesses.

Of the various protections against temptation, cowardice is the surest.

This ANN That

by Ann Nobles
Extension Agent
Home Economics

Recently two of my high school classmates suffered strokes. My first reaction is, "We're not old enough for that!" And although strokes are more common among the elderly, they can happen to anyone.

One friend who was stricken by stroke has very high hereditary risk factors for cardio-vascular problems on both sides of her family. Inherited tendencies, while impossible to change, can be managed by paying attention to the state of your health. Knowing your blood pressure reading and your blood cholesterol and lipid levels can help you know if you need to reduce your risk for cardio-vascular disease. One way to do so is to reduce body fat.

For many years scientists thought that weight loss as simply a matter of mathematics. If a person ate fewer calories than he burned for energy, he would lose weight. Today, scientists are finding some interesting things about calories. Not only do they all count, but calories from fat seems to count more than others. Investigators found new reasons why fat, not carbohydrate, in the diet is a major villain in obesity. The researchers found that men who ate high-fat food in a sampling of their normal diets were fatter. When 244 healthy men ate whatever they liked and recorded their food consumption for three days, those who had eaten foods containing more fat had more body-fat mass and a higher percentage of body fat.

At nine calories per gram, fat packs more than twice the caloric punch of carbohydrates and proteins, each with four calories per gram. Beyond that, researcher have learned that the body converts dietary fat to stored fat relatively easily. Fat eaten in the diet is converted into stored fat in the body at 97 percent efficiency compared to carbohydrate, which in converted into body fat with an efficiency of only 77 percent.

Simply put, dietary fat is much more likely to become body fat than dietary carbohydrate. Therefore, those who want to reduce the fat in their bodies should consume less fat and more carbohydrate.

A specific example explains that a moderately active woman getting about 2000 calories needs to cut about 15 grams of fat per day to bring her fat level down from 37% to 30% of calories. Here are some simple, small changes that can really add up:

* Save eight grams of fat per cup by drinking skim milk instead of whole.

* Eat baked chicken without the skin rather than fried chicken to save eight grams of fat per three-ounce serving.

* At the salad bar select oil-based rather than mayonnaise-based dressings or use reduced calorie or "lite" varieties. Regular has nine grams fat per tablespoon.

* Try a cup of frozen yogurt instead of gourmet ice cream to save 20 grams of fat.

* Ten potato chips have seven grams of fat. Go easy!



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Let's Preserve

Need a timely update on food preservation techniques and food safety practices? Let's Preserve, a food preservation workshop scheduled for April 11, 9 a.m. to 3 p.m., Southwestern Public Service, Lubbock, will provide the newest information to update your food safety and preservation skills.

- Topics for the workshop include:
- * Principles of Canning.
 - * Freezing.
 - * Jams, Jellies, Preserves, Marmalades.
 - * Pickled Products.
 - * Drying.
 - * Food Preservation Equipment (Maintenance and Repair).
 - * Food Preservation and Safety Exhibits.

Consumers are concerned about food safety and they become alarmed when reports of food-borne diseases, chemical used in food production and food additives receive media attention. Consumers are often confused by conflicting and erroneous information about safety issues and food preservation.

The purpose of Extension's programs in the food safety and preservation areas is to:

- * increase knowledge and promote adoption of safe food handling practices by consumers;

* promote safe food handling practices such as proper hygiene, recommended cooking times and temperatures, careful food selection, and proper cooling and storage methods that minimize risk.

Each person paying the \$10 registration will receive a packet of the latest Ball Blue Book, Kerr Kitchen Cookbook, New Mexico Publication on Chiles, and California Drying Foods.

For more information and to register for this workshop call Ann Nobles, County Extension Agent-Home Economics, by Wednesday, April 8, at 806-495-2050.

Dancing is the poetry of the foot.
—Dryden

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4 lb.

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Halves or Slices
29 oz.

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Fine Fare
Cut Green Beans



16 oz. **4 for \$1**

Fine Fare
Apple Juice

64 oz.

2 for \$3

Fine Fare
Crackers

16 oz.

2 for \$1

Fine Fare
Macaroni & Cheese



7.25 oz.

4 for \$1

Hormel
Chili

No Beans

19 oz. **.89**

Fine Fare
Corn Flakes

18 oz. **.99**

Fine Fare
Sugar



4 lb. bag

\$1.39

Fine Fare
Vegetable Oil


64 oz. **\$1.99**

Fine Fare
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4 roll **2 for \$1**

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 15 lb. bag
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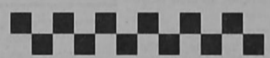

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Fine Fare Sliced Strawberries
10 oz. .79

Fine Fare Whipped Topping

8 oz. 2 for \$1

Fine Fare Light Spread Margarine

3 lb. .89

Bell Sour Cream

8 oz. 2 for \$1

USDA Choice Super Valu Pak Boneless Shoulder Roast

lb. \$1.78
 Single Pak lb. \$1.88


Quality
MEAT

United Extra Lean Boneless Top Sirloin

lb. \$2.78
 USDA Choice Top Sirloin Steak lb. \$2.98

Super Valu Pak Split Fryer Breast

lb. \$1.19

Extra Lean Cube Steak

lb. \$2.89

Farmland Extra Tender Pork Spareribs

Small 3 1/2 lb. & down \$1.49
 Farmland Extra Tender Pork

Fine Fare American Singles


12 oz. pkg. \$1.49


Super Valu Pak Extra Lean Ground Beef

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United Premium Quality Bologna

 Meat or Thick **\$1.19**
1 lb. pkg.
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United Premium Quality Bacon

12 oz. pkg. .99

Education plan should stress quality Y.E.S. article...

by Governor Ann W. Richards

The people of Texas demand just two basic fundamentals from our public education system -- quality and fairness.

Texans want quality schools and they want a fair method of funding those schools.

Those are broad issues and they give us a lot of negotiating room as we try once more to develop a fair system of financing public education. Three times the courts have struck down attempts to devise a system that ensures quality in our schools and fairness for all children.

This time a spirit of compromise, negotiation and reasonableness must prevail. At stake is the future of our children and grandchildren.

My staff is developing a plan which I will announce shortly. Speaker Lewis has already proposed a plan and there will be others that merit serious consideration. I am willing to look at all of them.

We can, and should, be willing to negotiate about the definitions of quality and equity, about the amount of money that is required, about how best to return decision-making to parents and teachers at the campus level, and about how we can hold schools and school districts accountable for their progress.

The range of negotiables includes administrative costs, textbooks, organization of instruction, instructional time and state and local policies.

But I must emphasize that there are two non-negotiable items in the education debate: the needs of students, and student performance.

If we are going to convince the taxpayers of this state that all this talk about education and money is more than just a bait-and-switch public relations job, we must produce results. To give them those results, we've got to get out of the lawsuit business and back to the business of educating children.

That's the job I expect us to accomplish in a special session of the Legislature I will call this spring. If we are to address the bigger issue of quality education during the 1993 regular session of the Legislature, we must resolve the issue of finance now.

Admittedly, the odds are against us. This is an election year and there are no easy votes when it comes to education finance. But I don't believe that any legislator

wants to go home and say we failed our children.

With that in mind, here are the broad outlines that we must work with to successfully resolve this education finance issue:

1.) We must provide rewards for quality -- that is, provide incentives for improving each school.

2.) We should not cap local spending. If taxpayers choose to spend more money to enrich their schools, they should be able to do so.

3.) We must produce a system that is revenue neutral.

4.) We must develop a system that is statewide in nature.

5.) We must pass a constitutional amendment, or we will end up in court again.

This is not a long list. I'm not interested in drawing lines in the dirt, and choosing up sides. I have left as much room for negotiation as possible.

We cannot simply pass a constitutional amendment that says, in effect, equity is whatever the legislature says it is...because then we invite the federal courts into our schools. Since we are currently having a devil of a time dealing with federal court interference in our prison system and our mental health, mental retardation system, I don't want to even crack open the door on public education.

So what we need is a constitutional amendment that can go before the voters in November. That constitutional amendment should give us a clearer definition of equity, and some kind of guarantee to remove the courts from our schools long enough to give our teachers and parents some relief.

To secure a constitutional amendment, we've got to come up with 100 votes in the House of Representatives and 21 votes in the Texas Senate. As we consider the different recommendations, we must not only consider what is educationally and fiscally sound, but what is politically feasible to pass the legislature and the voters.

Otherwise, we're just whistling in the wind.

The people of Texas are ready to put this issue to rest. They are ready to do right by the children of this state.

As long as we refuse to compromise our students, refuse to give in on student performance, we will be able to give the people of Texas a plan for education finance that the voters will approve in November.

(Continued from Page 1)

Mr Cook, 75, has Alzheimer's disease, but is able to be humorous and entertaining during the time I have spent with the Cooks each week.

It is exciting to know that we have come so far in our relationship, and that we have more of a friendship now than a typical client/volunteer assignment.

Because of the enthusiasm of the youths already involved with the program, more classmates became interested and wanted to be a part of the Y.E.S. project. So, in the spring, another training lock-in was conducted for the new volunteers and it refreshed the memories of those already participating.

We also were instructed in lawn care since summer was just around the corner. The spring semester was very rewarding and even more successful than the fall.

Just because summer was here did not mean we could forget our responsibility to our clients. Throughout the summer we continued to help them overcome the loneliness of their days.

During the same summer, our Senior Citizens Center lost a majority of its state funding, so Y.E.S. came to the rescue. We decided to have fundraisers to ensure the continuation of the center, where a majority of our clients spend time and have fellowship with each other.

On the Fourth of July, we had a Car-Bash in the city park, in which people paid to take swings at an old car with a hammer.

Later that month, the Y.E.S. volunteers and seniors worked together on a fundraising project when we sponsored a Rock-a-Thon at a local furniture store. Pledges were collected from donors who promised money according to how long we rocked in the chairs.

Volunteers and clients kept the rockers continuously rocking for nine hours and played cards, dominoes and shared stories, during what the senior men call "bull sessions."

After all the paperwork was completed, the Y.E.S. volunteers proudly presented a \$1,300 check to the Garza County Senior Citizens' Center to help continue their programs.

The past year and a half has really changed my life. Before I got involved with Youth Exchanging with Seniors, I spent my free time working and riding my horse, but now I spend my spare time doing for others. I knew the training was worth it one day when Mrs Cook said, "I couldn't do without you girls who help me."

I still visit and help Mr and Mrs Cook whenever I can, and I also have become actively involved in promoting the Y.E.S. project on the local and state levels.

With these various opportunities and wonderful experiences, I have

decided to pursue a possible career in volunteer community service coordination or social education/management. I am truly grateful I decided to attend the first Y.E.S. Training Institute.

Last year, I worried mainly about my horse. But this year, I've turned him out to pasture and continued with my involvements with Youth Exchanging with Seniors, as well as pursuing more education and developing my communications skills to help special seniors I've come to know.

Post Elementary School to provide half-day program for three year olds

Post Elementary School principal Dan Rankin has announced that a half-day school program for three year old students will be provided in the 1992-93 school year if a sufficient number of students register.

"To attend the three year old program," Rankin says, "a child must be from a low income family or be unable to speak the English language."

Parents interested in the program are urged to register their children at the Post Elementary School prior to April 15.

Mystery 'Deathtrap' continues this weekend at Garza

Four more performances of the comedy thriller "Deathtrap" will be presented at the Garza Theatre this weekend.

Performances will be offered Thursday through Sunday, April 2-5. Evening shows begin at 7:45 p.m. promptly and Sunday matinees at 2 p.m.

The play is directed by Rich Warren and stars Warren as 'Clifford Anderson', Eric Blair as 'Sidney Bruhl', Alison Hoefler as 'Myra Bruhl', Jane Prince-Jones as 'Helga Ten Dorp' and Peter Harris as 'Porter Milgrim'.

"Deathtrap" is an action packed two act play leaving audiences on the edge of their seats and doubled over with laughter.

Reservations may be obtained by calling the Garza Theatre box office at 495-4005 Monday through Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 2 p.m. Tickets are \$7 for adults and \$4 for students ages six to 12.

Reservations may be obtained by calling the Garza Theatre box office at 495-4005 Monday through Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 2 p.m. Tickets are \$7 for adults and \$4 for students ages six to 12.

Reservations now being accepted for the Class of 1992 Salute

Sponsor reservations for graduating seniors to be featured in the Class of 1992 Salute are now being accepted by The Post Dispatch.

Graduating seniors from Post and Southland high schools will be included in the special tabloid publication, which features photos and biographical sketches of the graduates.

"This popular publication always sparks a lot of interest," publisher Wes Burnett emphasizes, "and we take reservations on a first-come, first served basis. If you have a senior you are particularly interested in sponsoring, please call Becky Warren at 495-2816 soon."

The Class of 1992 Salute will be published May 27, 1992 as a supplement to The Post Dispatch.



Coffee was regarded as heretical until Pope Clement VIII "blessed" it in the 17th century.

Dispatch plans voters' guide for May elections

The Post Dispatch will publish a voters' guide in its April 22 edition to provide information concerning candidates in the May 2 Post ISD, Garza Memorial Hospital and City of Post elections.

All candidates for these offices are encouraged to pick up a copy of the candidate form at The Post Dispatch, 123 E. Main and return the completed form no later than Friday, April 17.

Information for the guide will be edited from those forms submitted by candidates and returned no later than Friday, April 17.

Candidates may also submit a photo to accompany the article.

"We are attempting to provide an avenue so that voters may be adequately informed about each candidate," publisher Wes Burnett comments.

Three charged with burglaries...

Garza County deputies arrested three men March 26, charged with burglaries here. A 20 year old man has been transferred to the Texas Department of Corrections and paid a \$1,000 fine for burglary of a building; a 19 year old man is serving 60 days in jail, a five year probation and 200 hours of community service on a charge of burglary of a habitation and a 19 year old is still being held in jail on charges of burglary of a building.

On March 24 deputies arrested a 48 year old man on a theft warrant. He was released on a \$750 bond.

A 43 year old man was arrested March 29 by Texas DPS officers, charged with DWI. He was released following the posting of a \$1,500 bond. On the same day an 18 year old woman was arrested for disorderly conduct and is serving his time in jail.

On March 30 a 22 year old man was arrested on Montgomery County charges of theft by check. He was released on a \$750 bond.



Superman's name on the planet Krypton was Kal-El.

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