

The Post Dispatch

USPS 439-620

The Newspaper Serving all the people of Garza County

Sixty-seventh Year Number 29

Newsstand Price 50 cents

Wednesday, December 16, 1992

District changes insurance carrier

by John Cordsen

A budget conscious Post ISD board of education voted Monday night, December 14 to join the Hibbs/Hallmark Worker's Compensation North Texas Pool to provide the district's workman's compensation insurance.

According to Hibbs Hallmark representative Ross Garrett, the past history of the district indicates it will save a substantial amount of money under the new program.

Currently the district is spending approximately \$84,000 a year for workman's comp insurance under coverage provided by the Assigned Risk Pool. This figures out to over \$7,000 a month in premiums. With Hibbs/Hallmark, the district would only have a little over \$16,000 per year in fixed costs with a loss fund in the neighborhood of \$80,000.

While at first glance it appears the district would actually be paying \$96,000, this is not the case. Unlike traditional insurance premiums where once the money is paid it is gone, the district would only pay the fixed costs and retain the loss fund within the district. The remaining costs come when employees of the district file a claim and it is paid out of the loss fund. Garrett said the district's past history shows very little usage of workman's comp.

"In the past five year's, your district has averaged only \$23,000 per year in claims," said Garrett.

This includes a high of \$51,000 and a low of \$1,300 in yearly claims against the district. With the district covered under the Hibbs/Hallmark plan, with a similar five year average, it would be spending \$39,000 a year for workman's compensation compared to the \$84,000 currently spent.

"And we're not going to get any of that back," said superintendent Dr. Bobby Bain.

Even if the district was faced with a worst case scenario and had a claim that exceeded its loss fund, Hibbs/Hallmark's plan carries a catastrophic coverage that would pick up anything over and above the loss fund.

"The problem people have in understanding this is they think workman's comp is limitless," said Dr. Bain. "That's not so. If they pay \$84 in premiums and have \$500,000 in claims, workman's comp is out almost \$420,000. They're going to get you next year when they set the premiums."

As part of Hibbs/Hallmark, Post ISD is not alone. Currently 205 other school districts in Texas are covered under the plan. Not every district is eligible to join Hibbs/Hallmark. They must have a good rating based on a safety record.

The board approved the Middle School request to purchase the Josten's Learning system. Middle School principal Marita Jackson requested three additional work stations to be placed in the school's learning center.

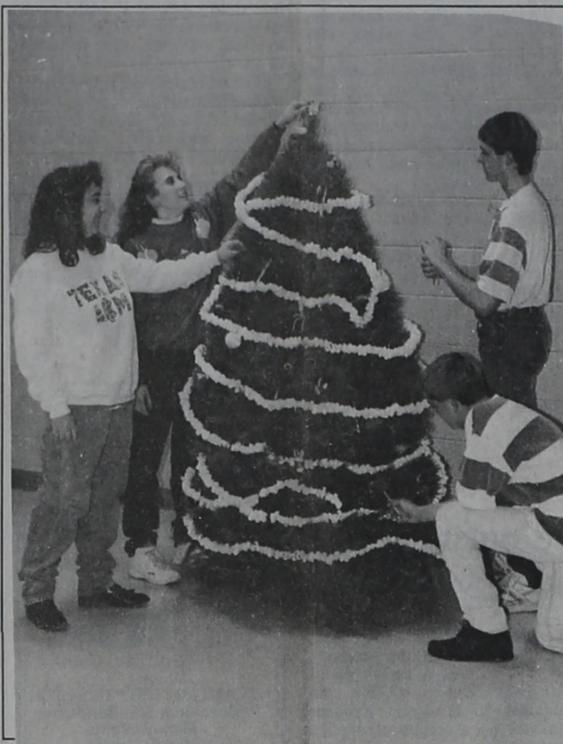
The board approved the additional stations, bringing the total to 27 student stations. Cost of the system is approximately \$107,000.

Five members voted for the system with Royce Hart and Gary Workman abstaining.

The board unanimously approved the purchase of a new maple floor for the middle school gym. The new floor will cost the district \$28,750. By covering the existing concrete with a hard wood floor, the district will be able to use the gym for athletic events, taking some of the pressure off of the high school gym.

The new floor will also provide junior high students with a better surface for gym classes that is less likely to cause an injury.

After assurances the project will be brought in under budget, the board approved \$65,000 to renovate the old agriculture building for administration offices and a conference room.



MEMBERS of the Garza County 4-H council officers put the finishing touches on the Christmas tree the group is donating to a needy family in Post. Pictured are (l-r) Lorry Ledbetter, Labeth Jones (County 4-H Council Chairman) Shawn Pennell (County 4-H Council delegate) and Seth Pennell. (photo by John Cordsen)

4-H council donates tree to needy family

by John Cordsen

A needy family in Garza County will have a brighter Christmas this year thanks to the efforts of the County 4-H council. The organization donated a decorated Christmas tree to a family here in Post.

Part of the council's community services project, the tree was decorated by several 4-H clubs December 12 during the annual 4-H Christmas party at the Youth Center in Post.

The 15 members of the council, including seven officers, is responsible for getting the tree to the designated family. The biggest problem they faced Monday was how to get the tree to the family's home without losing the decorations.

U-Can-Share drive nears 5,000 pound mark



Post residents have collected nearly 5,000 pounds of food so far as part of the U-Can-Share food drive.

Led by the Post High School contribution of 1506 cans of food, the Post drive has collected 4,897 pounds of food for the drive. Others contributing to the drive include the EMT's with 135 cans, the middle school with 1,268, Boy Scouts with 488 and the community as a whole with close to 1,500 cans.

All of the food collected in the drive will be distributed to needy families in Post and Garza County.

The food is being collected around town at various businesses. A large truck at United is being used to store the food until it can be distributed. Members of the high school Community Services class who coordinated the drive at the school include: (bottom photo) Back row (l-r) Anissa Tomlinson, Danielle Lee, Pam Aguilar, Frank Rosenberger, Pablo Soto and Randy Britton. Kneeling Amanda Alaniz, Amanda Holly, Labeth Jones and Stephanie Palmer. (photos by John Cordsen)

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NEWS BRIEFS

Extension Council meeting Dec. 17

The annual Extension Program Council meeting will be held Thursday, December 17 at the Chaparral Garden Room. All members of Extension Program committees are urged to attend.

Home Economics open house Dec. 17

The Garza County Extension Home Economics open house is set for Thursday, December 17, from 2-4 p.m. in the Extension office located on the first floor of the courthouse. Everyone is invited to attend and see what Extension Home Economics has to offer.

FBC bake sale Dec. 22

The First Baptist Christian School will be having its holiday bakesale at United Supermarket on Tuesday, December 22, beginning at 9 a.m. People are encouraged to stop by the sale and select some of the wonderful items in time for holiday festivities.

Christian school cookbook available

"Holy Chow", the new Christian school cookbook is currently at the printer will arrive at the school in Post shortly after the new year. The school is offering gift certificates for the book. They may be obtained by contacting a teacher at the school or by coming by the FBC office at 402 W. Main.

Ladies Aux. Christmas party Dec. 19

The V.F.W. Ladies Auxiliary Children's Christmas party will be held Saturday, December 19 from 4-5 p.m.

Children and their parents may come and see Santa Claus and have refreshments at the V.F.W. hall. Following the children's party, the ladies will have their Christmas party from 6-8 p.m. Members are encouraged to bring a gift to exchange.

Youth group bake sale Dec. 19

The Nazarene Youth Group will have a bake sale Saturday, December 19 at the United Supermarket. The sale gets underway at 9 a.m. and continues until the items are sold.

Band Booster bake sale Dec. 23

The Band Boosters will hold a bake sale December 23 at United Supermarket with proceeds going towards the band banquet

Post Cares seeking coats

Post Cares is seeking warm coats again this year. Fashion Cleaners has offered to clean any coats that are donated toward providing a warm Christmas. After cleaning, the coats will be distributed by Post Cares.

Holiday recital at Algerita Arts Center

David King and David Marrow will be performing holiday music for Post residents. The recital will be held at the Algerita Arts Center December 23 at 3:30 p.m.

King is an accomplished pianist and Marrow has performed in opera and musicals in New York.

Admission is free. Donations for the Arts Center will be accepted.

Commodities distribution

The commodities distribution are held on the third Tuesday every month at the Service Center on the Snyder Highway. The center will be open for the distribution from 9-12 and from 1-3 p.m.

Stock Show entry cards available

Garza County Stock Show entry cards are now available at the Extension office in the courthouse. The cards must be completed and returned to the Extension office by 5 p.m. Friday, January 8.



BRANDON CARROLL his brother Josh and sister Heather (holding Rebel) were among the travelers to take shelter at the Methodist Church during Sunday's snowstorm. (photo by John Cordsen)

Post hospitality helps motorists

by John Cordsen

Icy roads and blowing snow that gripped the Texas panhandle Sunday night forced several travelers to seek emergency shelter in Post. Stranded motorists soon filled up the available motel rooms in town leaving several people still in need of shelter. Area churches, using Post Cares funds, stepped in to fill the void, taking the overflow and provided a warm place to spend the night and a good breakfast Monday morning.

According to Dr. James Bell, pastor of the United Methodist Church where the stranded motorist spent the night, 39 people spent the night at the church sleeping on the floor, pews or where ever they could find a place to rest.

"We used our last blanket," said Dr. Bell. "I don't know what we would have done if any more had come."

Along with the Methodist Church, others involved included Reverends John Walker of the First Christian Church and Jim Graham of the Nazarene Church.

Motorist began arriving at the church at around 9 p.m. Sunday night and they were still coming at 4 a.m. Among the travellers were three families with children, one with a dog and yet another with a horse trailer full of horses.

"I was surprised they were still out on the roads," said Dr. Bell.

The stranded travellers used just about anything they could find to sleep on. Some of the best beds turned out to be the church pew pads.

"Pew pads will have a new meaning in my life," laughed Betty Castleberry.

Castleberry is from Tulia she was stranded in Post with her future daughter-in-law Page Terrell while they were on their way to Lubbock from Stephenville.

The two had been to a wedding shower in Stephenville where Terrell lives and works. Terrell was on her way to Lubbock where she had a Monday morning job interview with the school district there. The math teacher was not

(Continued on Page 5)

Obituaries

Fred L. Seyster

Masonic graveside services for Fred L. Seyster, 90, of Fort Worth were held Thursday, December 10, 1992 at Rose Hill Cemetery in Fort Worth.

Shannon Funeral Home was in charge of arrangements.

Seyster died Tuesday, December 8, 1992 at Heritage Village Retirement Center.

He was born May 15, 1902 and was a life-long resident of Fort Worth.

Mr. Seyster was a retired office manager from Sinclair Oil Company and was a 65 year Mason.

Survivors include two daughters, Bettye Gaskill of Fort Worth and Elaine Taylor of San Marcos; two sons, Charlie Seyster of Cedar Creek and Philip Seyster of New Bransfels; nine grandchildren and five great-grandchildren.

Included in the survivors are granddaughter, Becky Warren of Post and great-grandson, SRA Dewayne Warren of Kadena AFB, Okinawa.

Earl "Eddie" Peoples

Funeral services for Earl "Eddie" Peoples will be held Wednesday, December 16, 1992 at 10 a.m. at Martin Road Chapel of Schooler-Gordon with the Rev. Steve Sarvis of Aubrey, TX officiating. He died December 13, 1992 in Amarillo.

Burial will be held at Llano Cemetery in Amarillo under the direction of Blackburn-Shaw.

Peoples was born in Plainview and moved to Amarillo in 1966.

He married Kay Anthony on June 24, 1960 in Post.

Survivors include his wife, Kay of the home; three sons, David Earl Peoples, Roger Dwayne Peoples, James Douglas Peoples all of Amarillo; one brother, Norman Ray Peoples of Plainview; two sisters, Ada Gay Cherry, Ruth M. Carter, both of Amarillo; five grandchildren; and 3 daughters-in-law, Tammy Peoples, Cindy Peoples, and Karan Peoples.

Family requests memorials be made to the Boys Ranch of Amarillo.

Several attend Arts conference

Representatives of the Caprock Cultural Association, Post Art Guild and the Garza Theatre attended the Texas Arts Council's Annual Conference in Abilene on November 18 through 20.

Traditionally, delegates of this conference return home with renewed vigor and commitments to expand efforts in arts developments. The 1992 sessions proved to be encouraging and educational.

A cultural thrust for the state of Texas was explained by ex commissioner, Margaret Mills. The thrust is expected to result in more funding for qualified arts programs, especially in the rural areas of Texas.

This is welcome news for the Caprock Cultural Association and other Local Arts Agencies that has been engaged in advocacy efforts for the past nine years. The thrust, coordinated by ex-commissioners of the Texas Commission on the Arts and supported by Senator John

Montford, will be enhanced by a new organization, "The Texans for the Arts". The organization will advance and promote arts and cultural development in Texas through a program of coordinated information and advocacy. The board of the Texans for the Arts is composed of grass-roots representatives from large cities, mid-sized cities and small towns, all selected at the TAC conference, to speak with one voice in pursuit of arts legislation.

Post delegates, Geraldine Butler, Mollie Somerville, JoAnn Mock, Linda Puckett, Lena Johnson, Maxine and Lewis Earl again proved that a small town voice need not be a "small voice" in state wide concerns. The expertise gained by attending the informative sessions will be helpful in every area of the Arts Developments in Post.

Convention delegates were treated with visits to Abilene's Grace Cultural Center and

Paramount Theater, newly renovated developments of the Abilene Arts and Cultural Associations and to the Pernini Ranch in Buffalo Gap.

Networking with old and new friends of local arts agencies across the state remained a highlight of the gathering and the CCA congratulates the Abilene Cultural Affairs Council for hosting a fantastic conference.

Birth Announcements

Robert Chad Cowdrey Mr. and Mrs. Curt Cowdrey proudly announce the birth of their son, Robert Chad, born at Methodist Hospital on December 9, 1992. He weighed 9 pounds, 13 ounces.

Paternal grandparents are Mr. and Mrs. Bobby Cowdrey and great grandparents are Mr. and Mrs. Lonnie Peel, all of Post.

Maternal grandmother is Beverly Weston of Lubbock.



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Green Thumb Garden club meets

The Green Thumb Garden Club members and their husbands met at the Bank Community Room, Thursday evening, for their Christmas party.

The serving table was decorated in the Christmas motif.

Sandwiches, chips, dips, cookies and other sweets were served with coffee and tea.

There was excitement in the air when gifts were exchanged between secret pals and numbers were drawn for a man's gift.

Games of forty-two, dominoes and skip-bo were played for the remainder of the evening.

Those attending were: Thurman and Annie Laura Francis, Gladys Hendrix, Hans and Maurine Hudman, Ida Jones, Carlene Kyle, James and Irene Mitchell, Marion Wheatley, Joe and Alma Williams, Ben and Edna Owen, Lawrence and Thelma Epley, Glen Barley and the hostesses, Shorty King, Eloise Gordon, Jewel White and Margaret Barley.

Michael Self named outstanding student at South Plains College

Michael Self of Post has been named outstanding technical student for November in the South Plains College welding technology program.

Self, 18 and son of Larry and Patricia Self, was one of 21 students recognized for outstanding achievements in SPC's technical education programs.

Self's studies in the four-semester program include introduction to welding, structural, plate and pipe welding, gas metal and gas tungsten arc welding, fabrication and layout applications

and advanced pipe fabrication.

On completion of the program, Self will receive a certificate of proficiency and can take an additional 15 academic semester hours for an associate of applied science degree.

"We are very proud of the work that Self has accomplished while at South Plains College," said Frank Hunt, dean of SPC's technical division. "The award is a way to recognize the achievements of our students enrolled in the College's 44 technical education programs."

Women's Division enjoy caroling

by Sara Ault

The Post Chamber of Commerce Women's Division assembled December 10 at the First National Bank parking lot and proceeded in two groups to the Twin Cedars Nursing Home, the Golden Plains Care Center, Burlington Apartments and Caprock Apartments for an evening of Christmas Caroling and good cheer! Afterwards, the groups met at Lois Cook's home for refreshments and fellowship. T.C. Polk gave the invocation and Cook welcomed all members and visitors.

Cook and Joyce Strubhart served sandwiches, chips, cookies, fruit cake, fruit salad, cheese rolls, wheat crackers, hot spiced tea and coffee.

Members present were: Lois and Ade Cook, Pearl and T.C. Polk, Joyce and John Strubhart, Iva and Victor Hudman, Billie Cross, Sara Ault, Nell Matthews, Nona Lusk, Ruth Martin, Ruby Kirkpatrick, Maxine Earl, Bessie Lee, Barbara Fields, Joyce Mason, Evelyn Gurley, Faye Mathis, Olive Shaw, Marie Neff, Linda Lewis, Dianne Collier and Paula Tallent.

Betty Posey's EMT "beeper" called her away and she missed the party.

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John Cordsen, Managing Editor
Mike Stearns, Sales Manager
Deldred Pittman, Production

Deadline:
Mondays at 5 p.m.
P.O. Box 10
Post, Texas 79356
806-495-2816

Post Publishing Company
Todd W. Newton, President

Member
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Sports

Junior 'Lopes face tough comp. in tournament

The Post junior varsity Antelopes finished in eighth place at the Borden County basketball tournament held December 10-12.

The young 'Lopes dropped three games in the tournament. Post lost 57-34 Thursday against Whiteface, 49-37 Friday against Jayton and 63-46 against Brownfield junior varsity.

"We played very well against the older varsity clubs," said JV coach Bart McMeans. "We shot 33 percent from the field and 38 percent from the line. It is almost impossible to beat anyone when you shoot that bad."

"However, I believe that the effort the kids gave was fantastic," added McMeans.

Scoring for the 'Lopes against Whiteface were; Chris Ashley, 7; Anthony Martin, 5; Justin Terry, 5;

Lance Clay, 4; Clint Melton, 4; Radley Nichols, 4; Brad Lawson, 2; Casey Hart, 2 and Heath Eagle, 1.

Against Jayton, Melton led the 'Lopes with 8. He was followed by Lawson, 7; Nichols, 6; Ashley, 5; Hart, 4; Tim Bell, 2; Terry, 2; Martin, 2 and Eagle, 1.

Lawson led the 'Lopes against Brownfield with 13. Eagle added 11; Ashley 6; Clay, 4; Melton, 9; Martin 2 and Terry, 1.



RUSSELL BALDREE fights for a loose ball in the Antelopes loss to Cooper. (Photo by John Cordsen)



SEVERAL LADY 'LOPES fight for a rebound the Post's loss to Lubbock Cooper. (Photo by John Cordsen)

'Lopes drop two in Idalou tournament

by John Cordsen

When most of their classmates were getting ready for their second class period of the day, the Post Antelopes were answering an early wakeup call two early morning games in the Idalou Basketball tournament Dec. 10-12. Post showed a vastly improved offense in dropping an 82-50 contest to the Shallowater Mustangs.

The 'Lopes never got going in their second round game against Lubbock-Cooper in losing 76-55 Friday morning.

Against the Mustangs, Post more than doubled their scoring from the first meeting, an 83-24 loss in

Shallowater earlier this year.

Cody Bain got the 'Lopes off to a good start, connecting on a three point shot to open the game. Ricky Jefferson gave Post its last lead 7-6, on a driving layup.

From their, the talented Mustangs broke the 'Lopes press with pinpoint passes the length of the floor where they converted the easy score.

"We are getting where we can score," said 'Lopes head coach Mitch Rasberry. "Now we need to pick that up and concentrate on defense."

The 'Lopes 22 points at the half

were only two under their total for the game in the first meeting of the two schools.

In the fourth quarter after the Mustangs had built a 36 point lead at 74-38, the 'Lopes offense was able to cut into the lead thanks to the outside shooting of Terry Curtis who connected on shots down the stretch.

Against Cooper, the 'Lopes looked like they were going to come back on the Pirates when they erased 26-9 firts quarter margin and closed to within seven, 54-47 with seconds remaining in the third period.

Down the stretch though, the 'Lopes faltered and Cooper pulled away for

(Continued on Page 5)

Ladies lose to familiar foes

by John Cordsen

The Post Lady 'Lopes faced familiar foes in their two games in the Idalou tournament Dec. 10-12 in the Shallowater Fillies and the Lubbock-Cooper Lady Pirates.

Like their meetings earlier this season, Post came out on the wrong side of the score in a 62-51 loss to Shallowater (the eventual champions of the tournament) and 56-30 to Cooper.

Against Shallowater, the 'Lady Lopes trailed by five, 25-20 at the half. Several times in the second half it appeared Post might overcome the Fillies and earn the win. This was not the case as

Cara Cash led the ladies in scoring with 14. She was followed by LouAnn Ammons with 13; Jamie Hawkins with 9, Amanda Richardson, 4 and Shelly Haney with 2.

Girls get revenge at Floydada

by John Cordsen

The Post Lady 'Lopes got a measure of revenge in their 42-41 overtime victory over the Floydada Lady Winds Tuesday, December 8 in Floydada.

After leading by as much as 8 points in the third quarter, the Lady 'Lopes had to hold on in the final period and force the overtime.

"We haven't been in an overtime in a while," said Lady 'Lopes head coach Chili Black. "It was good to win it."

The Lady 'Lopes led by one going

into the fourth, 28-27 going into the final eight minutes. They were outscored 11-10 as the Lady Winds knotted the score at 38 at the end of regulation.

The Lady 'Lopes returned the favor in the extra period, outscoring Floydada 4-3.

Cara Cash led the ladies in scoring with 14. She was followed by LouAnn Ammons with 13; Jamie Hawkins with 9, Amanda Richardson, 4 and Shelly Haney with 2.

Freshmen girls finish second in All Saints competition

Post High School's freshman Lady 'Lopes parlayed a strong performance into a second place finish at the All Saints Patriot basketball tournament held December 10-12.

Coach Billy Gordon's team picked up wins against Plainview Thursday, 29-28 and Saturday morning, 37-22 against All Saints.

In the championship game the Lady 'Lopes were downed 42-10 by Christ the King.

The game against Plainview was a thriller with the freshmen Lady 'Lopes coming from behind to tally their first win.

Team members are Wendi Burns, Priscilla Garcia, Marci Hill, Lori Hudman, Tammy Jefferson, Sonja Gossett, Aleida Marin, Raquel Martinez, Beth Murry, Rachel Perez, Ami Raben, Tracy Shumard, DeLynn Wood and manager Bertha Soria.

Jefferson was named the tournaments most valuable player.

Other schools participating in the tournament included Crosbyton, Lamesa, Lubbock Christian, All Saints, Christ the King and Plainview.

The young Lady 'Lopes return to action Thursday, December 17 when they host Tahoka.

Frosh boys drop pair in tournament

The Post freshman boys basketball team lost both games they played in the December 10-12 All Saints tournament.

They lost their opener 62-34 against Plainview before coming back to lose a close 58-54 decision to All Saints.

Leading scorers for the 'Lopes were; (Plainview) Alvin Reed, 12; Sky Moore, 9; Jeff Redman, 6; B.J. Hart, 5, Vernon Soto, 1 and Pablo Soto, 1. (All Saints) Reed, 22; Moore, 9; Jake Laredo, 6; Redman, 7; Hart, 3; Soto, 2; Daniel Garcia, 2; Bill Cole, 2 and Larry Haynes, 1.



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Lois Cook, Vice President of Post Women's Division of the Chamber of Commerce presents a \$200.00 grocery shopping certificate to winner, Angie Garza of Post.
The drawing was held November 21, 1992 at KPOS radio station in Post.

Let's talk turkey

'Tis the season to deck the halls, shop the malls, trim the tree and love your turkey.

Love your turkey? Yes...since so many of us spend the day after Christmas shopping our cookbooks for new ways to disguise and digest all that leftover Christmas turkey.

If your attempts to recycle leftover turkey have left you feeling helpless and hungry, Chef Thomas Palmer of The Methodist Hospital's Chez Eddy restaurant has some suggestions that will have you dancing to the beat of your turkey's drumsticks.

"Think of your Christmas turkey as a healthy investment in many other delicious dinners," says Palmer. "The hustle and bustle of the holiday season can be exhausting and often means grabbing a quick bite to eat rather than sitting down to a nutritious meal."

Palmer recommends being economical with your time and your turkey. "Turkey is a tasty ingredient in soups and stews and both can be prepared now, popped in the freezer, and pulled out when you'd rather be on the couch than in the kitchen."

Caprock Cotton Conference to launch new crop year

The latest information to help area cotton farmers plan their 1993 crop will be presented in Crosbyton January 25-26 during the Caprock Cotton Conference. The two-day program, featuring national leaders in the cotton industry, will be at the Crosby County Pioneer Memorial Museum and Civic Center, 101 West Main St.

The conference is especially designed for growers of the Rolling Plains, South Plains and West Texas, said Rick Smathers, Crosby County extension agents. It is being sponsored by the Texas Agricultural Extension Service; Crosby County Extension Crops Committee; the extension agriculture committees of Floyd, Dickens, Briscoe, Garza and Motley counties; and the Crosby-Floyd Pest Management Committee.

The program has been approved for eight continuing education units for licensed private chemical applicators who attend.

It will be presented by Dr. Dan Krieg, professor of agronomy at Texas Tech University, Lubbock. Dr. Harlan Thorvilson, professor of entomology at Tech, will discuss insect management.

Smathers and Mark Brown, extension entomology agent for Crosby and Floyd counties, will cover weed control. Roger Haldenby, Plains Cotton Growers coordinator of the boll weevil diapause program, Lubbock, will report on that long-successful effort. The proposed boll weevil eradication program for Texas will be discussed by Dr. Ray Frisbie of College Station, coordinator of integrated pest management with the Extension Service.

The second day will open with an update on work of the Extension Service by Dr. Chester Fehlis, associate director of the agency. Characteristics of the cotton plant's physiology which can benefit the farmer will be detailed by Dr. Kater Hake, National Cotton Council, Memphis. In February, Hake will join the Extension Service as cotton agronomist at Lubbock.

Management and economics of conservation tillage will be discussed by Dr. Wayne Keeling,

assistant professor of systems agronomy with the Texas Agricultural Experiment Station, Lubbock.

Growing cotton to meet textile demands will be covered by Dr. John Gannaway, Experiment Station cotton breeder and professor, Lubbock. Mark Lange, director of economic services with the National Cotton Council, Memphis, will explain the outlook and local effects of world cotton supplies and trade agreements.

Cotton of the future will be discussed by Dr. Norma Trolinger, plant physiologist with the U.S. Department of Agriculture-Agricultural Research Service, Lubbock.

Each day's program will begin at 9 a.m. The registration fee is \$20 for both days, or \$10 for one day, until January 15. After January 15, the fee is \$40 for both days or \$20 for one day. The fee includes lunch, refreshments and admission to the technical sessions and exhibits. Advance registration may be made at county extension offices in Briscoe, Crosby, Dickens, Floyd, Garza or Motley counties. Checks should be made payable to Caprock Cotton Conference.

Texas PTA adopts new legislative positions

The Texas PTA recently adopted new legislative positions at the Texas PTA 83rd Annual Convention held November 21-23 in Houston.

The following positions, which were originally proposed from local PTA units, statewide interim legislative committee reports or state agency studies and recommendations, were approved by the Texas PTA house of delegates and will be added to other positions which were adopted by Texas PTA voting delegates within the last five years. These legislative recommendations will be sent to the 73rd Legislature in January 1993.

School Finance

*PTA supports making primary and secondary public education the number one priority in the state budget appropriation process.

*PTA supports eliminating the state's ability to prorate available monies to school districts.

*PTA supports state funding to school districts for technology with appropriate staff development.

Education

*PTA supports identifying and replicating successful programs for children at risk of dropping out of school.

*PTA supports dedicating a portion of forfeiture and seizure proceeds to education and the prevention of gangs and violence.

*PTA supports local authority to enforce a drug, alcohol and weapon-free school zone and enforce a drug, alcohol and weapon-free school zone and (Continued on Page 8)

Extension Homemakers hold Christmas party

The Extension Homemakers had their Christmas party at Rosie's Restaurant on December 8.

Seventeen members attended the evening that included visiting, exchanging gifts, and recalling special memories of Christmas past.

Attending were Sara Ault, Ruth Martin, Claudine Bilberry, Mary Lee Claborn, Pauline Clinesmith, Vee Gordon, Sue Maxey, Oneita Gunn, Inez Ritchie, Evelyn Gurley, Paula Talent, Ida Jones, Nona Lusk, Faye Payton, and Lillie Cendalski.

South Plains Community Action announces funds

The South Plains Community Action Association, Inc. has announced it's receipt of energy crisis program funds to assist the truly needy in Garza County. The purpose of the program is to provide assistance to eligible persons experiencing an energy-related crisis or energy-related emergency. It is not a utility assistance program.

Priority will be given eligible households with persons 60 years or older and/or with handicapped persons. This priority does not exclude other income eligible households.

A person must apply at S. Hwy 84 during the hours of 8 a.m. - 12 p.m. and 1 - 5 p.m. and bring utility bill, and evidence of income for the last 30 days.

Proof of income may consist of: checks, check stubs, award letters, employer statements, or other similar documents.

For additional information concerning this assistance, please contact Linda Alaniz, or Valentina Nesmith.

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Friday December 18
for our Christmas
Open House

Refreshments
will be served.
from our
family
to yours...
Merry
Christmas

for Santa

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Girl Scouts hold fashion show

Girl Scout Troops 388 and 69, 5th and 6th grade Juniors, presented a style show on November 20. The theme of the show was "Chillin' in the 90's" after a pot luck supper at the Community Center, the girls modeled fashions for their guests, parents and other Girl Scout leaders.

Five different categories of clothing were presented including fancy summerwear, sportswear, sleepwear and wild.

Assisting the girls with their hair and make-up were Tammy Alomari, Stacy Collazo, and Lori Foster.

Leader of the troop is Jaquita Blevins. Girls modeling their fashions were Hannah Curtis, Paula Pettit, Channa Cruse, Amy Line, Becky Garza, Tuwana Foster, Nicole Reed, and Amber Callahan.

Travelers experience with snow memorable

(Continued from Page 1)

too fond of driving in the slick conditions.

"I've never driven in snow before and I never want to again," said Terrell.

She has to be back in Stephenville Tuesday for her last day of student teaching. She will be moving to Lubbock in the future though, as she will be getting married January 9.

Eppy Mendoza, his wife Esther and their two sons Jeremy and Andrew were trapped in Post by the wintry weather that dumped three to six inches of heavy wet snow while on

their way back home in Colorado City from a comic book and card show in Lubbock.

Mendoza said his pickup truck windshield wipers stopped working about 15 miles outside of Post. He was forced to drive with his window down and manually work the wiper so he could see to drive.

"I didn't think we were going to make it," said Mendoza.

Struggling with the broken windshield wiper, the Mendozas' did make it into Post, arriving sometime between 10 and 10:30. They stopped at a Allsups where the clerk told them one of the churches should be open and could help them.

They found the church and Walker offered his garage to the family so they could get their pickup, which had a load of valuable comic books and baseball cards in the back, in out of the weather.

Ray Carroll and his three children didn't even make it to the church. Their truck broke down at the Fina station on Highway 84 when snow got into the distributor cap.

"We checked on the motels in town and they were all booked up," said Carroll. "The lady down at the bed and breakfast (Janice Plummer at Hotel Garza) told us the Methodist Church was open and helping people."

Carroll and his three children, Brandon, Heather and Josh, were on their way home from Cisco to Levelland. They had left their wife and mother in Cisco so she could be with her father who was scheduled to have surgery Tuesday.

One traveller (he declined to give his name) didn't even get to spend the night in the comfort of the Methodist Church. Travelling north with a trailer load of 10 horses, he managed to make it to the 4-H barn west of town before giving up and seeking shelter at 11 p.m.

He contacted the sheriff's office who put him in touch with a Post resident who helped the man get the horses, who were wet and a little worse off for their experience, settled.

"Everybody here has been extremely helpful," said the man. "The way they helped me it was just great."

As the travelers began to get around Monday morning, several of them sat in small groups, openly expressing their gratitude for the help the three churches and Post Cares offered during the storm. As some left, they left donations to help offset the cost of their lodging.

By noon Monday, the last of the stranded motorists were on their way, taking with them a bit of Post hospitality.

Texas AARP to seek health care reform

The American Association of Retired Persons Texas State Legislative Committee announced today that health care and tax reform will be its top legislative priorities for the upcoming session of the Texas Legislature in January. Nearly two million AARP members live in Texas.

The committee is calling for legislation to ensure universal access to health care for all Texans. It recommends creation of a single-payer system that would feature system-wide budgeting and a single electronic claims clearinghouse.

Also recommended by the committee are "equitable revisions" of the Texas tax system as needed to meet the state's fiscal needs. Such revisions would include "mandatory decreases in regressive taxes."

Other objectives of the AARP committee include strengthening the recent reform of the Texas insurance industry and opposing attempts by the utility industry to weaken or eliminate rate base regulation of public utility charges to consumers.

Chair of the AARP State Legislative Committee is Ben B. Cook of Bullard. Vice Chair is Roy Ray, Jr., of Austin. Secretary is Edith Hale of Alpine. Other committee members include: Keenan O. Carstens of Schulenberg, Robert Darden of Waco, Ernest Dunnavant, Jr., of Sweeny, May Della Everett of Haltom City, Richard D. Funk of San Angelo, Vicki Garza of Corpus Christi, Peggy L. Gordon of Wichita Falls, Vonie Humphries of Nacogdoches, Jesus Laurel of Laredo, Dale D. Marvel of Houston, Martin O'Neal of Dallas, Troy Perkins of Amarillo, Don M. Tabor of Clyde, and David Tiner of Crane.

Ray is also coordinator of AARP's Capital City Task Force, which helps promote the Association's legislative program to lawmakers, legislative staff, executive branch officials and other organizations in Austin.

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Christmas Sweaters, Christmas T-Shirts. Prices begin at \$15.00
412 N. Broadway 495-2648

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Musicals, Angels, Santas
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128 E. Main 9:30 - 5:30 9:30 - 5:00 495-2438
Mon.- Fri. Saturday

'Lopes

(Continued from Page 3)

the 21 point win.

After falling behind by more than 20 points in the first quarter, the 'Lopes offense woke up in the second and third quarters to charge back into the contest. They whittled the lead down to 11 points several times but couldn't break that 10 point barrier until Cody Bain connected with :43 left in the period leaving Post down 54-46.

Russell Baldrée pulled the 'Lopes to within seven, 54-47 moments later with a pair of free throws.

"We were not ready to start the game," said Raspberry of his teams slow start.

Scoring for Post were; (Cooper) Ricky Jefferson, 6; Jim Simpson, 6; Russell Baldrée, 2; Cody Bain, 16; Bodie Simpson, 4; Brody Moore, 6; Josh Bush, 6; Terry Curtis, 9. (Shallowater) Jefferson, 6; J Simpson, 4; Baldrée, 5; Bain, 14; B Simpson, 6; Moore, 7; Curtis, 8.

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AMERICAN CANCER SOCIETY

1-800-ACS-2345
1991 American Cancer Society

Correction

Regina Collazo's name was inadvertently left off the Post Elementary honor roll published in the Post Dispatch.

She is a second grade student in Mrs. Norman's class.

In a recent article in the Post Dispatch Manna Square was mistakenly called Mana Mall. The Post Dispatch regrets this error.

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GIFTS & COLLECTIBLES

Gifts for everyone on your list!

Gift Baskets, Jewelry
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201 E. Main Mon-Sat 9:00 to 6:00 806-495-2314
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Americans tend to overeat

According to nutrition experts, most Americans gain an average of 5 to 7 pounds during the time period between Thanksgiving and New Year's Day.

"The holidays are a prime time for weight gain," said Tracey Norman, R.D., outpatient dietitian at Methodist Hospital. "People try to stick to their diets, but with all the goodies around, they usually end up cheating."

Norman suggests the following tips for getting through the holiday season with a minimal amount of weight gain:

*Follow the one-plate plan - Fill a dinner plate with a variety of low-fat selections such as seafood and chicken, vegetables, bread and pasta. Tasting a little bit of everything brings about a "full" feeling.

*Alternate Beverages - Alcoholic beverages can be high in "hidden" calories and may stimulate the

appetite. Choose wine spritzers instead of cocktails, and alternate them with diet soda or sparkling water.

*Have dessert in moderation - Not eating sweets often backfires. People often feel so cheated or deprived, they end up eating twice as much dessert when they get home. Take a small piece of dessert and savor it by eating slowly.

*Burn off the fat and calories - Exercise to help make up for indulgences. Go roller-skating, take a brisk walk or take the stairs instead of the escalator at the department store.

See the Gourda Claus
at the Spotted Pony

The Cute Stuff

Hand Painted Originals

Trash cans - Canvas Bags - Overnight Bags
Garment Bags - Sweatshirts - Tux Shirts
Underware - Denim Shirts - Special Orders

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Nancy McDonald (495-3315)

Robert Hall Chevrolet-Olds-Geo

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Program Cars

| Price New | Miles | Sale Price |
|--------------|---------------------------------|------------------------|
| \$ 18,277.00 | 1992 Olds Cutlass 4 Door 29,800 | \$10,950 ⁰⁰ |
| \$ 19,308.00 | 1992 Caprice 4 Door 22,000 | \$11,450 ⁰⁰ |
| \$ 17,439.00 | 1992 Lumina 4 Door 17,000 | \$11,250 ⁰⁰ |
| \$ 17,851.00 | 1992 Lumina 4 Door 25,000 | \$10,800 ⁰⁰ |
| \$ 12,259.00 | 1992 Cavalier 4 Door 22,000 | \$ 8,250 ⁰⁰ |
| \$ 12,570.00 | 1992 Cavalier 2 Door 23,000 | \$ 8,500 ⁰⁰ |
| \$ 19,266.00 | 1992 Astro Van 24,000 | \$13,700 ⁰⁰ |
| \$ 21,365.00 | 1992 Olds Silhouette Van 21,000 | \$13,900 ⁰⁰ |
| \$ 26,689.00 | 1992 Olds Ninety-Eight 19,000 | \$18,500 ⁰⁰ |
| \$ 22,257.00 | 1992 Chevy Crew Cab 7,200 | \$19,050 ⁰⁰ |
| \$ 16,548.00 | 1992 Olds Cierra 4 Door 23,000 | \$10,900 ⁰⁰ |
| \$ 25,430.00 | 1992 Olds Bravada 15,000 | \$19,300 ⁰⁰ |
| \$ 19,786.00 | 1992 Astro Extended Van 27,000 | \$13,850 ⁰⁰ |
| \$ 25,692.00 | 1992 12/15 Passenger Van 30,000 | \$15,950 ⁰⁰ |
| \$ 23,086.00 | 1992 3/4 HD 4x4 Pick-up 26,000 | \$16,200 ⁰⁰ |
| \$ 13,248.00 | 1992 Cavalier 4 Door 31,000 | \$ 8,250 ⁰⁰ |

All the above have Factory warranty with Extended Warranty available at extra cost



Holly Jolly CHRISTMAS!



| | | | | | | | | |
|-----|------|-----|-----|-----|-----|-----|-----|------|
| WED | THUR | FRI | SAT | SUN | MON | TUE | WED | THUR |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |

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GROCERY



Libby's Vegetables

Whole Kernel or Cream Style Corn, Cut or French Style Green Beans & Sweet Peas

3 for \$1
15-17 oz.



Duncan Hines Cake Mix Layer
Asst. 18.25 oz.

Libby's Pineapple Sliced, Chunk or Crushed 20 oz.



.68

Duncan Hines Frostings Ready to Spread 16 oz.

Libby's Pumpkin 16 oz.



.58



Libby's Fruits

Pears, Fruit Cocktail, Peach Slices or Pear Halves

16 oz.

.58



Crisco Shortening

Regular or Butter Flavored 3 lb. \$1.78

Crisco Oils Regular, Corn or Puritan 48 oz. \$1.78

Ellis Pecans Halves or Pieces 10 oz.

\$2.68

Hershey's Chocolate Chips Semi-Sweet, Mini, Milk Chocolate or Reeses 12 oz.

\$1.18

Fine Fare or HyTop Flake Coconut 14 oz.

.68



Fine Fare Sweet Potatoes 16 oz.

3 for \$1



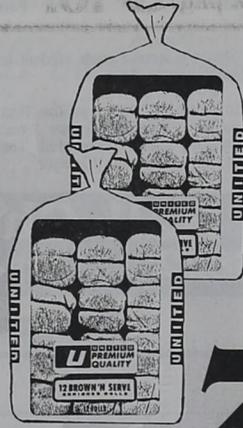
Fine Fare Light Corn Syrup 32 oz. .78

Fine Fare Marshmallows Regular or Mini 10-10.5 oz.

2 for \$1

Kraft Marshmallow Creme 7 oz.

.68



United Rolls Brown and Serve

.38



Eagle Brand Milk 14 oz.

\$1.68



Keebler Pie Crust Graham, Chocolate or Butter

.88



Swanson Broth Beef or Chicken

.38



Ocean Spray Cranberry Sauce

Asst. 15 oz. .58



Kellogg's Rice Krispies 13 oz. \$2.28

Gold Medal Flour Regular 5 lb.

.78

Fine Fare Sugar 4 lb.

\$1.38

Fine Fare Powdered or Brown Sugar 2 lb.

.88

Coke, Dr. Pepper or 7-Up 6 pk. cans 3 liter \$1.58



\$1.58



JELL-O

Regular 3 oz. or Sugar Free .3 oz.

.36



Fine Fare Saltine Crackers 16 oz.

.58

Eagle El Grande Tortilla Chips Round, Regular, Nacho or Ranch 16 oz.

2 for \$3

Reynolds Wrap Foil 25 SQ FT

.68

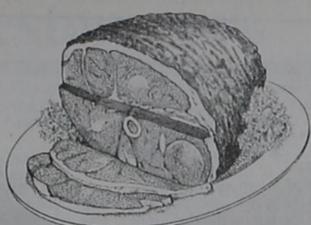
Reynolds Wrap

Reynolds Wrap Aluminum Foil



Lucky Leaf Apple Juice 48 oz.

.98



**Wright's Smoked
Whole Dry Cure
Ham**

17-20 lb. avg.
\$1.49
lb.



Wright's Sliced Sliced Slab

Bacon

lb. **.99**



Honeysuckle Grade "A" Basted

Turkey Breast

5-7 lb. avg.
\$1.29
lb.



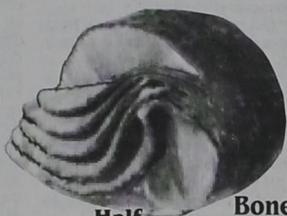
**Potters
Whole Hog
Pork
Sausage**

Regular & Hot
\$2.97
2 lb.

Fine Fare Cream Cheese Regular or Light

8 oz. **.79**

Hillshire Farm Whole Spiral Cut



Ham

\$2.69
lb.

1 lb. roll **\$1.49**

Wright's Smoked Half Hams Shank or Butt **\$1.59**

United Premium Quality Grade "A" Basted

Turkeys

10-22 lb. avg.
lb. .69



Small End lb. \$3.98

USDA Choice Prime

Rib Roast Large End **\$2.98**

United Premium Quality 96% Fat Free

Whole Hams

Boneless Buffet Style **\$1.98**
lb.

Half Hams lb. \$2.19



Fresh Crisp **Celery**

48 ct. Size each

.29

FREE Parsley to garnish your Christmas Dinner!

Extra Fancy Red Delicious or Red Rome

Apples

Medium

2 lbs. \$1

California Naval **Oranges**

Snack Size **10 for \$1**

Naval **Oranges**

4 lb. bag

\$1.39

Stocking Stuffers!

Bunny Luv

Carrots

1 lb. pkg.

3 for \$1

Baby Peeled

Carrots

12 oz.

.69

East Texas

Yams

lb. **.39**

Crisp Green Bunch

Onions

4 for \$1

Texas

Grapefruit

3 lbs. **\$1**

Fresh Leaf Lettuce

Boston, Escaroli, Romain, Red or Green Leaf or Endive

each **.69**



Eveready Batteries



AA 4-pk. or AAA 4-pk.

\$1.49

HyTop Mouthwash

Green or Blue

\$1.59

24 oz.



Perma Soft **Shampoo**

Regular, Moist or Deep Conditioning

15 oz. **\$1.99**

Good Cook **Spatula**

each **.79**

Colgate Classic **Toothbrush**

Buy One For .79 Get One FREE!

Colgate Tube **Toothpaste**

Regular, Gel, Tarter or Gel Tarter

4.6 oz. **\$1.49**

the personal touch



**Fine Fare
Margarine
Quarters**

3 1 lb. **\$1**
for



United Premium Quality Extra Large **EGGS**

Dozen **.69**



Fine Fare Cut **Broccoli**

16 oz. **.88**



Bell

Ice Cream

Assorted

\$1.68

1/2 Gallon



Minute Maid **Orange Juice**

Asst. **\$2.68**
96 oz.

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Personals

Post Group of Alcoholics Anonymous meets every Thursday night at the First Presbyterian Church, 901 West 10th at 8 p.m. Closed meetings are held except on the last Thursday night of the month, which is an open meeting. We have supper at 7 p.m. and the speaking starts at 8 p.m. Anyone who wishes to talk or ask about an alcohol problem, call 495-3667 or 629-4393.

City County Drug and Alcohol Abuse

A non-profit service organization to assist with treatment placement, referrals, and confidential counseling for the substance abuser, alcoholic or family members concerned about their loved ones drinking or drug addiction. For information or appointment call office 495-3173 or 24 hour number 495-3788. All call strictly confidential. We Care. Director Glenda Baker CADAC, Assistant Director Lynette Massey CADAC.

Post Group of Alcoholics Anonymous meets every Thursday night at the First Presbyterian Church, 910 W. 10th at 8 p.m. Closed meetings are held except on the last Thursday night of the month, which is an open meeting. We have supper at 7 p.m. and the speaking starts at 8 p.m. Anyone who wishes to talk or ask about an alcohol problem, call 495-3667 or 629-4393.

Post Independent School District invites the Senior Citizens of the district to come by the Superintendent's office and receive a gift of a complimentary general admissions pass that will admit you to all school functions. (You will be asked to present identification so that a pass can be issued in your name).

Apartments for Rent

Pleasant Lodge Apartments for rent. 109 N. Ave. N. 495-4061, day or 495-2520, night.

Now Available for Qualifying Individuals, Families, and Elderly

Rental Assistance Available To Qualified Applicants

- * One Bedroom Units
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- * Community Room
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Post, Texas 79356
(806) 495-2952



- 3/2/1 w/basement. On 3 lots, 2 storage bldgs., shop, 2 car garage, sprinkler system. Excellent condition.
- 3/2 Large living room and kitchen, storage house, green house and wonderful back yard.
- 4/2 1/2 carport, brick, fenced yard, central heat and air.
- 4/2 recently remodeled, good location to school.
- 3/1 w/basement. Steel siding, good roof, storage bldg., 2 lots, bath remodeled. Clean, spacious.
- 4/2/2 with two living areas, rock FP, library, office; 2,100 sq. ft. = \$14 per. GREAT BUY!
- 3/2 - 4 lots on West Main, brick home, storm cellar, cedar lined closets, 2 car garage, central heat and air, fireplace.
- 2/1 Great first home. Fenced yard, storage house, central heat and air.
- 3/2 Ready to move in. Newly painted inside and outside. Central air and heat. Fenced yard with lots of fruit trees. One car garage.
- 2 bedroom, 1 1/2 bath mobile home.
- Commercial bldg. 40 X 75 on 40 X 150 downtown lot. Good condition. Central heat and air. Consider lease.
- Commercial bldg. on three lots. Downtown. Good Condition.

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

Homes for Sale

Large 2 story house for sale, newly remodeled. Call 495-3216 after 6 p.m. 307 W. 11th

2 bedroom house for sale - to be moved or sold with small acreage - 806-983-2676.

2 bedroom, new central air heat pump and insulation, lovely fenced back yard, one block from schools, large producing pecan tree in back yard, \$20,000. Call Barbara, 495-3987; Kim, 495-3719 or Mike and Wanda, 495-3104. Mitchell Real Estate.

Miscellaneous for Sale

Queen size hide-a-bed sofa and 2 recliners, \$150. Ronald Storie, 495-2077.

Pets and Supplies

Heeler puppies for sale, \$50, red and blue. Call 495-2563.

Free black part poodle puppy, 2 1/2 months. Can be seen at 913 W. 10th or call Kim at 495-2217.

Vehicles for Sale

'84 Toyota Celica, motor still runs but has been submerged in water, will sell cheap. 495-2002, leave message on machine.

Lost and Found

We have lost our little white poodle. She's been missing since last Monday evening. If you have seen her or know where she is, please let us know. A reward will be given for the return of our puppy. Please call Jon & Chita Hataway at 495-2083 and leave a message or call 495-3102 and ask for Chita.

Thank you.
Lost: Cowdog, answers to the name of Sissy, chain collar, 996-5432 collect.

Used

12 to 16' Offset Disk
4.5, & 6 btm moleboards
JD & Tye Grain Drills
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Birthday • Anniversary • Wedding
"Special Occasion Cakes"
Jimella Simpson
After 5 p.m.
806-495-3318
Post, Texas

Carbon monoxide danger increases

Carbon monoxide -- a tasteless, odorless toxic gas. If you breathe enough of it, the results can be permanently disabling or fatal.

Even though simple precautions can help people avoid the hazardous substance, every year physicians in the Department of Emergency Medicine at Scott and White in Temple see a number of patients suffering mild or severe symptoms of carbon monoxide poisoning.

Common Causes

The most common sources of carbon monoxide poisoning are automobile exhaust fumes or homes with improper ventilation of heating and cooking units. There is also a potential for exposure from gasoline-powered lawn mowers, charcoal grills, wood stoves, fireplaces, gas and kerosene space heaters and camp lanterns.

Where there is abundant oxygen, carbon burns completely and safely to carbon dioxide and water. In a faulty furnace, stove, or heater that lacks sufficient oxygen for complete combustion, carbon monoxide accumulates.

Symptoms

"Symptoms of carbon monoxide poisoning resemble those of asphyxiation from any cause," explains Dr. Carl W. Gossett, staff physician in the Department of Emergency Medicine at Scott and White in Temple. "People usually first note headache, dizziness, fatigue, agitation, confusion, rapid breathing, vague chest pains, and even vomiting and fever as high as 102 degrees."

"If the affected persons stay in or return to their contaminated home environment, continued symptoms and death may result," adds Dr. Gossett.

"Death in carbon monoxide poisoning occurs from a lack of oxygen to the heart muscle which can disturb the heart's rhythm. People with heart disease are particularly susceptible to a heart attack from a lack of oxygen delivery."

One of the more serious effects of patients who become comatose from carbon monoxide poisoning includes delayed development of psychological difficulties from one to three weeks after exposure. "Depending on the deepness of the coma, up to 30 percent of victims exhibit euphoria, impaired judgment, impaired ability to think abstractly, and poor concentration," said Dr. Gossett.

Treatment on the Scene

Dr. Gossett offers the following suggestions for immediate treatment if you suspect carbon monoxide poisoning:

*Get persons affected away from the source of the gas and into fresh air.

*Call 911, your local hospital, or your local fire department to dispatch paramedics who will administer 100 percent oxygen to speed removal of carbon monoxide from the blood.

*If you feel a pulse but the victim is not breathing, begin mouth to mouth resuscitation.

*If you cannot feel a pulse beat and there is not spontaneous breathing, begin cardiopulmonary resuscitation (CPR). If the person is still not breathing after paramedics arrive, they may insert an airway device into the victim's trachea to deliver high levels of oxygen directly to the lungs.

Treatment at the Hospital

After arriving at the hospital, 100 percent oxygen will be continued for several hours, and the heart will be monitored for irregular rhythms. Blood tests will aid in determining the effects of carbon monoxide on various body functions.

"The use of a hyperbaric oxygen chamber is helpful in speeding the removal of carbon monoxide from the body," said Dr. William G. Petersen, staff physician in the Division of Pulmonary Disease and Director of the Hyperbaric Oxygen Therapy Unit at Scott and White in Temple.

Hyperbaric Oxygen Therapy

Originally used for treating deep sea diving injuries, hyperbaric oxygen therapy works by increasing the amount of oxygen to the tissues. "The extra oxygen allows the body's natural defenses to work their best and help fight infections caused by bacteria which live in the absence of oxygen," explained Dr. Petersen.

After a patient is placed in the hyperbaric oxygen chamber, pressure in the chamber (similar to that experienced on airplane flights) is increased to the level prescribed by the physician. "The number of treatments and frequency is determined by the severity of the patient's condition," noted Dr. Petersen, "however, most patients receive treatments twice a day with the length of time at full pressure usually between one and two hours." During this treatment phase, patients may rest, sleep, listen to the radio, or even watch television or VCR movies.

Most people suffering from carbon monoxide poisoning, who do not lose consciousness, recover completely. Those who survive unusually severe poisoning and who do not respond rapidly to oxygen therapy may be left with serious permanent physical or mental impairment.

Preventive Measures

Dr. Gossett and Dr. Petersen suggest the following precautions to prevent carbon monoxide poisoning in the home, car or workplace.

*Provide adequate ventilation when using wood stoves, space heaters and fireplaces, and ensure that all flame-burning appliances are properly installed, adjusted, and operated. Do not use ovens or gas ranges for heating purposes.

*Make sure your furnace has an adequate intake of outside air. Have your furnace serviced yearly and burners cleaned to prevent incomplete combustion.

*Never burn charcoal inside a home, cabin, recreational vehicle or tent, whether in a grill, hibachi, or fireplace, for cooking or heating.

*Have your automobile exhaust system checked yearly for leaks or abnormalities.

*Replace your car's muffler and catalytic converter at recommended intervals and have them checked if you suspect a problem.

*Never sit for prolonged periods in a parked car with the motor running and windows closed.

*If you work in an industry where there is a chance of exposure to toxic gases, ask about safety measures to minimize the risk.

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Yesteryears

Gleaned from the files of The Post Dispatch. Microfilm copies are available at the Post Public Library.

by Deana Gunn
10 Years Ago
December 5, 1982

Marine Pvt. Paul Valdez, son of Eddie Valdez completed recruit training at the Marine Corps Recruit Depot in San Diego.

Mary Peel was the winner of a quilt given by the Garza County Museum in a drawing held at the Algeria Senior Citizen Center.

Lisa Cole of Midland visited in the home of Mr. & Mrs. A.J. Bauman and Jerri.

Parts of Post were without electricity when someone driving on the grass at the city park hit a guy wire which caused two lines to hit together leaving the south part of town without electricity.

20 Years Ago
December 7, 1972

Santa Claus and the "Top Twenty" singing group were featured at the Postex Plant's 18th annual Christmas party held in the shipping warehouse.

The Post Music Club, a member of the National Federation of Music Clubs, met for their annual Christmas party.

Congratulations to Miss Sara Holder, she is the Teacher of the Week. This is Miss Holder's first year to teach.

The Carol of Lights lit up Post for the holidays and added a new touch for the Christmas season.

Kim Mitchell and Bryan Davis, both freshman of Post High School, were elected citizens of the week by the school paper staff.

30 Years Ago
December 6, 1962

Louie Burkes, manager of the

Postex Cotton Mill, was appointed to the board of directors of The Post Chamber of Commerce.

The Senior class play "Fathers Been to Mars," was presented under the direction of Howard Carlyle.

Dee Ann Walker was named to all-state choir for Region 1. Alternates were Teddy Scott and Jimmy Wells.

Mrs. Riley Miller and Mrs. Douglas McWhirt won 2nd and 3rd prize in the window guessing contest held by the PMA.

40 Years Ago
December 11, 1952

Tom Power was busier than usual showing all the people the new 1953 Ford.

Gifts for wounded Korean Vets were shipped to Korea from Post.

A surprise birthday party was given for Miss Virgie Ammons, in the home of her mother, Mrs. Bettie Justice.

A fire destroyed the Gordon Gin. Officials had no idea how the fire started. The Graham Church was also the scene of a fire which was believed to have started from the sparks from a gin burr pit.

Hamilton Drug Store was the scene of a robbery, total loss was \$15.00 in cash. No merchandise or drugs were stolen.

Fifty Years Ago This Week

Clarence Wayne Veach has completed training at Officers Candidate School in Ft. Sill, Oklahoma. He graduated as Second Lieutenant.

Marine Jerry Hoover arrived home for a visit with his parents, Mr. & Mrs. O.H. Hoover of the Graham Community. Jerry served in the Pacific islands.

Allen Cash resigned from Connell Chevrolet to devote himself full-time to his farming interest.

This ANN That

by Ann Nobles
Extension Agent
Home Economics

The holiday goodies are making their appearances everywhere we go now. Even at work, we have goodies, goodies, goodies. As I have been emphasizing nutrition this past year we have talked about the USDA Dietary Guidelines which recommend that we reduce the fat, sugar and sodium in our daily diets. At holiday time when one of the entertainments is eating, we need to carefully choose snacks so that we maintain our good nutritional status.

Snacks can be good for you, especially if you plan ahead for them. Fresh fruits and vegetables with dips can be very attractive party foods while also providing needed nutrients and fiber. Try the new fat free and reduced fat salad dressing and cheese products in recipes which call for those items. Most people can hardly tell the difference and they do make a difference in the fat content of foods you prepare.

Also think about fat when you are at the refreshment table. The hard candies which are primarily sugar and have less fat may be better choices for snacking than some foods which are not sweet. Beware of cheese and dairy products dishes. Ask the cook if fat free or low fat products were used

in preparation. If not, you may be better off to try a sweet which is prepared with less fat.

Fruit breads can be a good choice for holiday snacks. But don't put extra butter or cheese spread on. Angel food cake is probably lower in both fat and sugar than any dessert, so if you are the cook and you really want to limit fat and calories, angel food cake with fresh or frozen fruit and a non-fat topping is a very good choice.

I know that we always have good intentions of not overeating at holidays, but it is much easier said than done (as my grandmother used to say). Maybe if we think about it before we get to the refreshment table or when we are at the store buying the ingredients for the holiday goodies, we can make some choices which are better than the ones we usually make. At this point I think, we'll all be doing very well if we just do better than we did last year. We can't change our habits over night, but let's do try to make a start at it. I will if you will.

I hope your holidays are family-fun-filled!

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages, regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

Cotton harvest almost done

by Shawn Wade

The 1992 High Plains crop is well on its way to being off the stalk and in the gin yard according to Lubbock-based Plains Cotton Growers (PCG).

PCG estimates that the crop is now at least 75-percent harvested and that a week of favorable conditions could easily allow the remainder of the crop to be harvested. Rain in southern parts of the area during the past week has kept some producers out of the field completely and has delayed others for at least a couple of days.

How much cotton the area crop will produce is still an unknown at this time. Most industry estimates for the area are still below the USDA estimate of 1.51 million bales, however, the size of the crop is changing everyday as more cotton makes its way to gin yards around the area.

"The numbers we have been able to put together indicate a crop below the USDA estimate," notes PCG Executive Vice President Donald Johnson. "Few people have been able to get an accurate estimate of the crop because of the unique circumstances around which this crop was produced."

The December USDA estimate, released Thursday, December 10, left expectations for the size of the crop in districts 1-N and 1-S unchanged. Districts 1-N and 1-S

are often used as a measuring stick for the 25 county area known as the Texas High Plains.

In contrast to the USDA estimate, preliminary figures on how much cotton is expected to be classed in the Lubbock and Lamesa cotton classing office's continue to indicate a crop slightly over 1.235 million bales, considerably lower than the USDA estimate of 1.51 million bales.

Some adjustment, however, must be made in the classing office figures to allow for a difference in the average weight those bales. This adjustment is necessary since the estimate reflects the actual number of bales to be received from area gins. These bales known as "running bales", tend to vary in weight both above and below the 480 pound figure used to compute statistical bales.

Applying the necessary conversion factor moves the classing office estimates up to 1.27 million bales. An additional 100,000 bales can then be added to account for gins in the area that send their cotton to classing offices other than Lubbock or Lamesa. This brings the total to 1.37 million bales, still 140,000 bales below the USDA estimate. Most trade estimates place the crop approximately 100,000 bales below the USDA figure.

Strength Training for Seniors

Many young people today participate in weight lifting and strength training; however, older people in fact, need strength training more than young people to prevent their muscles from weakening.

"To keep muscles strong as you age you have to strengthen the muscle fibers," said Cheryl Benoit, wellness coordinator at Methodist Hospital's LifeStyle Centre in Lubbock. "The only way to accomplish that is to exercise with resistance."

The LifeStyle Centre recently introduced a new class called "Circuit Training for Seniors," which meets every Wednesday at 9:30 a.m. The 45 minute class is made up of 20 stations which employ various strength training equipment. Participants spend approximately 30 seconds at each station before moving onto the next.

Stations include both weight lifting and resistance equipment. "The class is done to music, and when the music stops the students move onto the next station," said Benoit. "They use each piece of equipment once during the class."

In addition to circuit training, the center offers several other classes for seniors, including Senior Aerobics, which meets on Monday/Wednesday/Friday from 2 to 2:45 p.m.; Senior Water Aerobics, held on Tuesday/Thursday at 10 a.m.; and Stretch-n-Flex which meets on Monday/Wednesday/Friday from 9 to 9:20 a.m.

According to Benoit, exercise for seniors is important because in addition to strengthening muscles, it also helps:

- *Slow down the aging process and prevent osteoporosis;
- *Improve cardiopulmonary condition;
- *Guard against insomnia;
- *Increase energy levels and decrease appetite;
- *Reduce weight and inches by burning fat stores and improving muscle tone;
- *Improve mood-endorphins released during physical activity actually help relieve stress and promote a good mood.

For more information on senior exercise programs, contact the LifeStyle Centre at (806) 793-4386. One note: before starting any exercise program, consult your physician.



Swinford wins first place

Mary Ann Swinford of Hobbs, NM, formerly of Post, was 1st place winner for best display in Littlefields' 3rd Annual Christmas Bazaar in which she exhibited her unique and creative handmade crafts.

Mary Ann's father, Mike Sanchez of Post, constructed the fireplace that Mary Ann designed.

She is the daughter of Angelita Banda, also formerly of Post.

Trail Blazers Lunch Menu

Thursday, December 17

Roast turkey, cornbread dressing, cranberry sauce, green salad/dressing, mixed vegetables, hot roll/margarine, fruit salad, beverage of choice

Friday, December 18

Swiss steak/gravy, au gratin potatoes, okra and tomatoes, biscuits/margarine, fruit salad, beverage of choice

Monday, December 21

Chicken enchiladas, spanish rice, green beans, tossed salad, dry-jello salad, beverage of choice

Tuesday, December 22

Chicken fried steak/gravy, mashed potatoes, mustard greens, wheat roll, orange half, beverage of choice

Wednesday, December 23

Baked fish, macaroni and cheese, spinach, coleslaw, cornbread/margarine, chocolate pudding, beverage of choice

Church Directory

First Presbyterian Church

W. 10th St and Ave. S
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(Continued from Page 4)

enforcement of current federal laws as written.

*PTA supports requiring a comprehensive school health curriculum in kindergarten through twelfth grade.

*PTA supports requiring a full-time registered nurse for every school or cooperative of schools with 1,000 or more students.

*PTA supports requiring a full-time counselor for every school or cooperative of schools with 500 or more students whether or not compensatory funds are available.

*PTA supports establishing regional alternative learning centers for youthful violent offenders.

*PTA supports interagency exchange of students' criminal records to promote safe schools and communities.

See the Gourda Claus' at the Spotted Pony

PTA position

Health, Welfare and Safety

*PTA supports eliminating tobacco sales from vending machines.

*PTA supports banning door-to-door sales by children 17 and under without parental accompaniment.

*PTA supports providing affordable access to comprehensive health services for all children through the existing governmental agencies responsible for health services and human resources.

*PTA supports creation of a Texas birth defects registry.

*PTA supports requiring seat belts on all new school buses. (reaffirmed)

*PTA supports legislation that prohibits the use of landfill sites for schools, dwellings and other developments.

With more than 800,000 memberships, the Texas PTA is the largest child advocacy organization in the state. By virtue of its affiliation with National PTA, the Texas PTA supports legislation introduced addressing the national legislative directives, policies and specific items. Texas PTA is committed to securing adequate laws for the care and protection of all children and youths.

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| 1986 Dodge Conversion Van | Extra nice - Loaded | \$ 5950 ⁰⁰ |
| 1986 Toyota Pick-up with Camper | Nice | \$ 3250 ⁰⁰ |
| *1991 Chevy Sportside | V6 - 5 Speed -Custom Paint, Low Miles | \$ 9950 ⁰⁰ |
| *1990 Ford F150 XLT 1/2 Ton Super Cab | V6 - 5 Speed "Loaded" | \$ 9800 ⁰⁰ |
| 1988 Nissan Sentra 4 Door | Nice Car 50,000 Miles | \$ 3800 ⁰⁰ |
| 1988 Chevy Corsica 4 Door | 47,000 Miles Nice | \$ 4800 ⁰⁰ |
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Wallace Lumber wins PMA float prize

Wallace Lumber won the Post Merchant's Association Christmas parade held December 12 in downtown Post.

The judges had a hard time in deciding the winner out of all of the entries which included floats from the First National Bank, Girl Scouts, Wallace Lumber, Garza County, 4-H, Riley Miller, Garza Co. EMT's, Lions Club, Twins, Danish Imports and the Garza Theatre.

The parade was a make up for the previous Saturday when activities were snowed out.

Several of the activities were rescheduled including the parade and surrey rides through downtown Post.

Pictured at left is the winning float (top photo) and some of the people who enjoyed the surrey rides.

Winners of the hams included Allane Ammons, Deana Gunn, Cindy Taylor and Beatriz Mesa. Winners of the turkeys were Cynthia Colvin, Kay Wallace and Noah Guterrez.



Bluegrass festival planned for South Plains College

Wally Kamrath, a chaplain and student of bluegrass music at South Plains College, plans to chase away with the winter blahs with--what else--bluegrass music.

Kamrath is organizing a first-time indoor bluegrass festival for the Lubbock area scheduled for January 8-10 at the Barcelona Court in Lubbock.

Headlining the three-day event will be Country Gazette, a nationally-known bluegrass band headed by Alan Munde, who teaches bluegrass music and banjo in SPC's commercial music department, and manned by other members of the bluegrass music teaching staff. Also featured will be The Vinings from Pampa, Texas; Red Oak, from Red Oak, Texas; Outta Bownds from Littlefield, Texas; and an SPC bluegrass student ensemble named SPC Express. Joe Carr, SPC assistant professor of music, will serve as

master of ceremonies and instructor of a workshop on stage presence.

Festival activities will include informal jam sessions on arrival January 8 at the hotel, workshops Saturday, January 9, from 1-5 p.m. on banjo, mandolin, fiddle, guitar, bass and stage presence; and a concert beginning at 7 p.m. The festival will wind up with open stage Sunday, January 10, for gospel groups from 10 a.m.-noon.

"Oddly enough, with all the bluegrass music activity there is in the area, there was not a bluegrass festival," said Kamrath. "The closest one is at Mobeetie, in the Panhandle."

"I hope to get an annual mid-winter indoor bluegrass festival started in Lubbock. January is traditionally the dearest month of the year, and this is a nice time for pickers and lovers of bluegrass music to get away for an indoor festival," he explained.

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