Tuesday, July 24 5:30 p.m. at the **Post Community Center**

Public hearing and town-hall meeting regarding the White River Municipal Water District's decision to move to Stage 3.

For more information call City Hall at 495-2811

CAPROCK BAIL BOND

The Key to Bail "U" Out Greg Williams, agent Cell #: 806-632-0444

Sherry Williams, agent Justin Williams, owner West Texas Are

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C.W. Post

87th Year, Number 48

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A Builder in Garza County

The Host Dispatch

Friday, July 20, 2012

10 Pages - 50¢

oggie Dip



Elizabeth Moreno/The Post Dispatch

Members of the Rotary Club of Post, including Victor Ashley and Charles Hardin, volunteer Saturday during the annual dog dip and low-cost vaccination clinic at the Post Volunteer Fire Department. Dozens of area residents turned out for the event, which offered treatments for pets at a reduced rate. The event is sponsored each year by the Rotary Club, which raised about \$450 and saw about 90 animals at this year's event.

Water authority votes to curb outside watering

Stage 3 drought status will go into effect Aug. 1

By Wayne Hodgin The Post Dispatch

White River Municipal Water District officials have implemented Stage 3 of the drought contingency plan effective Aug. 1 for all member cities that will, in effect, ban all outdoor watering.

At their regular monthly meeting July 12, water officials voted to move to the next step based on a report from the Longview-based engineering firm of Johnson & Pace.

According to the firm's data, White River Lake will be dry by February if no significant precipitation were to

"That 180-day window allows us to move to the next step in our drought contingency plan and also opens us up to receive about \$2.5 million in aid from the state's emergency disaster relief fund," Tom Fulton, executive director of the White River MWD board of directors and general manager of the water

plant, told the board. The hinge, Fulton told the board, was that they should act sooner rather than later.

"Because this drought is so widespread throughout the state, that disaster fund is dwindling down quickly," he said. "To be eligible to

TOWN HALL MEETING

The city of Post will have a public hearing and town-hall meeting regarding the White River Municipal Water District's decision to move to Stage 3 of the district's drought contingency which includes the restriction of all outdoor watering. The meeting will be at 5:30 p.m. Tuesday at the Post Community Center. The public is strongly encouraged to attend. Call City Hall for information at 495-2811.

receive any kind of aid, we must apply for it by Aug. 1, and we can't submit an application until we can show the state we're in need of it."

Fulton said the disaster relief money would be put toward making improvements at the water treatment plant to drilling more groundwater wells.

"The money must be used to increase water supply to our member cities," he said. The White-River Munici

WATER AUTHORITY... continued on page 10

City sales tax revenue up nearly 19 percent in June

By Wayne Hodgin The Post Dispatch

to information recently released by the state comptroller's office.

up nearly \$16,000 over the same period last year.

sales tax collections are up nearly 22 percent.

Taylor said shopping local not only helps businesses in and around Post but also 2011. helps keep city and county

Sales tax collections for people are experiencing at said. "Strong business June for the city of Post the pump, many more folks spending in industries such were up about 18.5 percent are staying here in Post to as manufacturing and oil over June 2011, according do their shopping. That, combined with the vigorous activity in the oilfield, keeps the sales tax rev-Total collections were enues strong," Taylor said. "Those revenues allow us much more flexibility in our budgeting process and Compared to last month, help us to keep fees and property taxes low."

Post City Manager Arbie tax collections for June were \$1.98 billion, up 15.2 percent compared to June

"Sales tax revenue has

tax rates low across the increased for 27 consecutive months in Texas," "With the high prices Comptroller Susan Combs and natural has boosted the latest sales tax collections. Revenue from consumer spending in the retail trade and restaurant sectors also did well."

Local sales tax allocations totaling \$534.6 million will be sent out this month to cities, counties, Statewide, total sales transit systems and specialpurpose taxing districts an increase of 12.7 percent

> CITY SALES TAX... continued on page 9

SISD board qualifying opens this week

By Wayne Hodgin The Post Dispatch

board of trustees this fall.

Qualification for those four at-large seats opens at 8 a.m. Saturday and runs through 5 p.m. Aug. 20.

The board called for the election during its regular meeting Tuesday for Nov. 6, which also corresponds to the date of the presidential election.

Superintendent Toby Miller, in presenting the order to the board for the election, said he had spent the majority of the previous week ham- school district falls within mering out the details.

"We haven't had to have an SOUTHLAND — The election in about 10 years," school district is expected to Miller said. "Since that time, elect four new members to its the Department of Justice is each of those three counties, cracking down on smaller Miller said. school districts to ensure they're adhering to the Voting Rights Act."

Miller said the last several years, school board elections for Southland ISD have been canceled because incumbents face no challengers.

Those members up for reelection this year are Cody Alford, Veronica Arguello, Joe Basinger and Tommy Binford.

Because the Southland

three counties - Garza, Lubbock and Lynn - voting locations must be set up at a designated place within

"We have to contract with one of the counties to act as the umbrella organization to oversee our election," Miller told the board. "After meeting with election officials from all three counties, it was decided Lubbock County would handle it."

Miller said he and other board members had received

> SISD BOARD... continued on page 10



City of Post

July 11: zero July 12: zero July 13: zero

July 14: zero July 15: zero July 16: 0.4 inches July 17: zero

Month to date: 0.45 inches Year to date: 14.77 inches Normal: 11.74 inches

Lake Alan Henry July 11: zero July 12: zero

July 13: zero

July 14: zero

July 15: zero July 16: zero

July 17: zero Month to date: 0.18 inches Year to date: 18.23 inches Normal: 20.59 inches

White River Lake

July 11: zero July 12: zero July 13: zero July 14: zero

July 15: zero July 16: 0.07 inches

July 17: zero

Month to date: 0.39 inches Year to date: 19.98 inches Normal: 12.57 inches

Source: National Weather Service, Lubbock.

OBITUARIES



MIRA SANCHEZ

POST - Services for Adelmira Sanchez, 67, were Tuesday at the First Baptist Church with the Revs. Lauro Mary Hudspeth, 57, died Hernandez and Rafael Ramos Saturday, July 14, 2012, at officiating.

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

She died Saturday, July 14, 2012, at her home in Post. She was born Jan. 28, 1945, and Roy Hudspeth. in Post to Eugenio and Hilda (Chagolla) Solis. She married Joe Sanchez on Feb. 5, 1971, in Post. She was a homemaker and a member of the As- Nancy Wood, Susan Hankins, sembly of God.

Survivors include her hus- Kathy Paz, all of Odessa. band, Joe Sanchez, of Post; daughter Susie and Willie Tuesday at Terrace Cemetery Barboza of Post; son Joseph Sanchez of Post; sisters Re- of Justice-Mason Funeral becca Quinonez of Grand Home.

P.O. Box 923

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Office (806)253-2506

clay.miller@agtexas.com

Fax (806)253-2060

Cell (806)392-3920

Prairie, Sara Gonzales of Post, Ernestina Genter of Cedar Hill, Christene Sifuentez of DeSoto and Edna Palacios of Cedar Hill; brother Ruben Solis of Duncanville; grandchildren Stephanie Garcia and Jordan Barboza; and greatgrandchild Avery Garcia.

She was preceded in death by her parents and siblings, Mary Martinez, Jerry Solis, Alberto Solis and Solomon Solis.

MARY HUDSPETH

COLORADO CITY Mitchell County Hospital.

She was born July 31. 1954, in Big Spring to Hugh and Goldie Dawes Tuck.

She was preceded in death by two husbands, Eddie Gann

Survivors include daughter Julie Long of Colorado City; three grandchildren; brother Bobby Tuck; sisters Stacey John, Lynn Caver and

Graveside services were in Post under the direction

Clay Miller

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Our Views: Drought Status

Move might be a little

premature

White River Municipal Water Distriet officials have seemed to put the cart before the horse, so to speak, with their decision to increase the district's drought status from Stage 2 to Stage 3.

The increase effectively bans all outdoor watering - both residential and commercial, including parks, athletic fields and golf courses. In addition, no residential washing of vehicles will be allowed.

During the water authority's monthly meeting July 12, the Longview-based engineering firm Johnson & Pace was attributed to a report that stated White River Lake would be dry by February if the region weren't to receive any significant rainfall.

According to guidelines that dictate how disaster relief funds are spent, that 180-day window opens the district up to receive up to nearly \$2.5 million in state aid.

There are, however, a few lofty points that should be mentioned as the district goes through this process and ones the public should be made aware.

Last year was the hottest and driest season on record since the Dust Bowl

Era — some experts are even saying the season was worse than that time - and yet White River remained in Stage 1,

While the data presented to the board may be true, and while a good deal of the state remains under emergency drought conditions, White River Lake is more full now than it was this time three years ago when the district was just at Stage 1 of the drought contingency plan.

In fact, one of the times in recent memory the lake was at its lowest level was in 2008 at about 2340 feet msl (mean sea level), and the district remained in Stage 1 of its drought contingency plan.

The lake is currently at about 2372 feet msl.

The timing of the issue also should be questioned. Not only does the move come about a month after the district moved to Stage 2, but also the deadline to apply for the aid is Aug. 1.

However, the \$2.5 million in potential aid could go a long way in making some much-needed improvements around the district. The money only can be used to improve water supply to member cities.

But that money isn't necessarily guaranteed. The pot of money it will be drawn from is the same pot that would be drawn from if — God forbid — a major hurricane or were to hit Texas or some other devastating disaster.

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While the chances of that happening

are low, it still could happen. Considering the district isn't as bad off as some would have our residents believe, it doesn't seem right to take that kind of money when there are parts of the state in worse shape than we are. Case in point: the city of Dickens, whose wells are all but dried up.

If and when the district does receive the money, we strongly urge water authority officials to be ever so prudent with it. And we encourage residents to continue to be conservative in their water practices.

District officials, we agree, are keeping the best interests of our residents in mind. They're taking steps to ensure our drinking water source remains viable into the future.

But it seems they're counting less on the region getting rain than it should

Area cities, including Post, will have town-hall meetings and public hearings on the issue before it's finalized. We urge area residents to attend these meetings and let their voices be

Vietnam Center hosts Celebrating Our Heroes events

Special to the Dispatch

University's Vietnam Center and Archive presents two exhibits in July and a reception honoring local Vietnam veterans as part of Celebrating Our Heroes, a summer of collaborative exhibitions displayed between June and September celebrating those who have protected our freedom.

The Vietnam Center and Archive's exhibits will be displayed at the Texas Tech Museum, Science Spectrum, and the Silent Wings Museum.

They include: "Vietnam: The Helicopter

LUBBOCK - Texas Tech Silent Wings Museum, will torical film footage, audio examine the history of the recordings, oral histories and aircraft that shaped the war in documents. Vietnam.

The exhibit will examine during the Vietnam War" the history and uses of the the course of the Vietnam ine a day in the life of a U.S. War, and will include both the physical exhibit on display at the Silent Wings Museum as well as an online exhibit at the VNCA's website.

Both versions of the exhibit can stand alone, but visitors have the option to use smart phones or camera-equipped tablets to access the enhanced

• Through Sept. 2 at the content online, including his- men and women in the South

• Through Sept. 2 at the UH-1 Huey helicopter over Science Spectrum, will examsoldier and support personnel in Vietnam, and will feature numerous historical images and artifacts from the collections of the Vietnam Center and Archive.

The exhibit will highlight to the physical museum will a few of the day-to-day experiences and missions many soldiers encountered while serving in Southeast Asia between 1963 and 1975.

"We are very proud to be a part of such an important set of events in our community," said Steve Maxner, director of the Vietnam Center and Archive. "There are so many

Plains who served our nation with honor and distinction yet they rarely receive the grati-"U.S. Soldier's Experience tude and appreciation they deserve. We hope Vietnam veterans in Lubbock and in the surrounding communities will join us as we celebrate and thank them for their service and sacrifice for our na-

> The Vietnam Center and Archive will hosts a Celebrating Our Heroes reception at 6 p.m. Monday at the Science Spectrum, displaying both exhibits, including the "Vietnam: The Helicopter War"

> Veterans and their families are invited to this free event, and light refreshments will be

> For information on the Vietnam Center and Archive, visit vietnam.ttu.edu.



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guided by the principles so eloquently described in the American Declaration of Independence. The right of life, liberty and ownership of property are the

Having a baby is one of life's most momentous experiences. At Cogdell Family Clinic our family physicians take the time to get to know each mother-to-be as a person, following you closely throughout your pregnancy, childbirth and beyond.

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Kids rewarded for reading time

than 17 hours since June,

Librarian Peggy Ashley,

including Samantha Peevy,

Avery, Garrett and Ryliegh

Special to the Dispatch

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The Summer Reading readers have been recog-Program at the Post Public nized for reading more Library is well under way. Students have a few short or a total of 25 books, said weeks left to get in reading hours before the start of the new school year.

Samantha Peevy displays her favorite book of the summer, "That's How," by Christoph Niemann, a wonderfully illustrated children's book that explains how things work in a most humorous way.

Photos submitted by Peggy Ashley

A handful of summer Graves and Terrance Jack-

The children won a detective "Get a Clue" hat for their efforts.

Submitted by Peggy Ashley





Ryliegh and Averi Graves enjoy reading time a the Post Public Library recently.

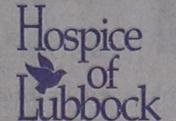


Garrett Graves and Terrance Jackson read quietly in the children's book area at the Post Public Library.



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Texas Parks and Wildlife

Caprock Canyons State Park ranger James Ortiz prepares to release one of 29 black-tailed prairie dogs inside the park as part of the prairie habitat restoration at the 15,000-acre park in the Texas Panhandle.

New residents arrive at **Caprock Canyons State Park**

Prairie dog relocation is latest phase for habitat restoration at Panhandle area park

Special to the Dispatch

QUITAQUE - There's a new town along the Texas Panhandle Plains.

And much like the pioneer predecessors who arrived hundreds of years before, the residents of this new unincorporated settlement arrived with little fanfare, minimal provisions, and will build meager, basic living accommodations for their families. Likewise, they come seeking only a new frontier of freedom and embody a primal spirit of survival.

On June 28, 29 black-tailed prairie dogs were reintroduced to Caprock Canyons State Park's Honey Flat area as part of a prairie restoration project to return the park's landscape and wildlife back to its appearance prior to European settle-

"This is the latest phase in our attempts to restore this prairie ecosystem," said Donald Beard, Caprock Canyons State Park superintendent. "Restoring the Texas state bison herd into the park will probably always be the flagship of our effort, but our plans also include bringing back other animals and native plants to make the land more complete. Adding a prairie-dog town is one more part of that, and it will add another popular wildlife viewing opportunity for park visitors."

These transplanted animals were donated by Lynda Watson, a private prairie dog advocate and relocation specialist from nearby Lubbock, who had held the animals in a threeweek quarantine before being released into the park.

In preparation for their arrival, park staff pre-drilled several holes to encourage the animals to begin making their dens. Bottomless cages filled with hay and food were placed over some of the holes to provide temporary shelter and protection from predators.

Black-tailed prairie dogs are an indigenous, keystone species to the Texas Panhandle, but once upon a time, they were hunted, even exterminated to reduce competition for cattle and other livestock. However, recent decades have brought to light information that has begun to change public perception that prairie dogs can actually play a useful role in the fragile prairie ecology.

Grazing by prairie dogs decreases annual and non-native vegetation, such as mesquite trees, while at the same time increases beneficial perennial grasses such as buffalo grass and blue grama.

Typically, prairie dogs settle

in large family groups - called towns - with a labyrinth of interconnected burrows and holes, and also benefit numerous other native species such as burrowing owls, black-footed ferrets, ferruginous hawks and swift foxes.

A few hundred years ago, these oversized ground squirrels roamed some 700 million acres across the Great Plains of North America with a population estimated to be more than 5 billion animals.

The transplanted prairie dogs at Caprock Canyons will be confined within the interior of the 15,000-acre nature preserve to prevent the animals from leaving the park borders. Environmental boundaries such as heavy brush, steep canyon cliffs and natural funnels, along with constant monitoring and population management practices, will assist park staff in containing the town within the 200-acre defined habitat enclo-

"Another part of having prairie dogs on site here in the park is for education for the visiting public," Beard said. "Although prairie dogs can compete with cattle and livestock, it has been found that in healthy pastures, there is sufficient forage available cattle and dogs, even under heavy grazing pressure."



the Spirit and is used by God for miracles, signs, and wonders. Tim Brown

currently resides in Natchitoches, Louisiana with his wife, Tammy, and their

four children; Scott, Justin, Hope, and Ethan.

In and Around Close City

by Traci Freeman

We recieved a wonderful blessing this past week. The good Lord above sent us 2 inches of rain! It couldn't have come at a better time as the cotton was getting pretty thirsty.

Please keep rain as well as our crops in your daily prayers.

I want to send out sympathies to the family of Opal Ray, who passed away last week. Opal may not have been a Ragtown girl, but she was definitely a special lady! Thoughts and prayers to her family.

Jon and Salli Bess were here for a short visit while Jon spoke at the Post Church of Christ on Wednesday night for their summer series.

Norman and VIBES celebrating its 20th anniversary. Rhonda and the girls are going to celebrate at 11 a.m. Friday. If you are reading your paper early head on down there and help her celebrate.

We have ordered another round of T-shirts. This time we have ordered several really fun colors. We'll let ya'll know when they come in.

Visitors

We've just had our regular group here this week. Ya'll come see us!

Quote of the week: "What ever you do, always give 100 percent, unless you are giving blood," taken from Patty Pruitt's Facebook page.

Did you know: I guess you could say I'm on a "weird laws" kick. Here's another one for ya'll. In New Mexico it is a law that idiots may not

Close City Birthdays

July 20th - Ryan Mitchell Belongia, Frank Shults, Tim Morris

July 26th – Lexi Gonzales

Ragtown folks in the nursing homes we need to remember are Claudine Tipton; Carmen Abraham; Mary Congratulations to Rhonda Gayle Young, Velma Long Brown in Post; Jean Tipton in San Angelo; Jewel White in Lubbock. Others are, Mack Ledbetter in Slaton; John and Mary Gist in Lubbock in Lubbock. Please let me know if there is anyone I need to add to this list.

Everyone have a great week. Keep rain, the crops and our country in your daily prayers. See ya next week!

Traci Freeman is a resident of the Close City community. Email her at close. city.coop@pcca.com.

Post Notes

Events are listed free of charge for nonprofit civic organizations, schools and community events. Submit listings at least two weeks ahead of the date. Listings will run through the date of the event. Emailed submissions are preferred to thepostcitydispatch@gmail.com.

Fair entries

Anyone who wishes to have entries in the South Plains Fair are encouraged to due so before 5 p.m. Aug. 9 at the Garza County Extension Office. For information, call 495-4400.

Goat/lamb validations

Tag orders are due in the Garza County Extension Office no later than 5 p.m. Aug. 22. For information, call 495-4400.

Graham Ole Opry

Events are canceled for the months of July and August. Next event will be Sept. 22.

Jackalopes

The Post Jackalopes 12 and younger recreation track team practices from 7 to 8:30 p.m. Tuesdays and Thursdays at the Post High School track. Wear running shoes and bring water. Practice for the 13 and older group is 9:30 to 11 p.m. at the field house. For information, call Marcie Oden at 806-781-3247.

VBS at Graham Chapel

Vacation Bible School will be at 7 p.m. Wednesday at Graham Chapel Church of Christ, 1016 W. 15th St. Classes for all ages, including adults.

Community bingo

The youth group at Holy Cross Catholic Church will sponsor community bingo from 11 a.m. to 1 p.m. and 5 to 7 p.m. Saturday at the church social hall, 205 W. Main St. For information, contact Julie Gonzales at 806-241-6207.

Computer class

A basic computer class will be offered at 2 p.m. July 26 at the Post Public Library that will cover email and social media. Classes are free, but because of limited space, pre-registration is required. To register or for information, call 806-990-9901.

Horse show

The state 4-H horse show will be the week of July 21-28 in Abilene. For information, contact the Garza County Extension Office at 495-4400.

Basic photog class

A basic digital photography class will be offered at 2 p.m. Aug. 2 at the Post Public Library. Classes are free, but because of limited space, pre-registration is required. To register or for information, call 806-990-9901.

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The fourth annual Howdy Y'all Day will be from 11 a.m. to 2 p.m. Aug. 11 at the Garza County Trailblazers senior citizens center, 205 E. 10th St., Post. Hamburger plates with all the trimmings, including drink, dessert and chips will be sold for \$7. Raffle tickets also are being sold for a big-screen television with Blu-ray home theater system. Cost is six for \$5 or \$1 each. All welcome.

Post Elementary

Summer office hours are 8 a.m. to 3 p.m. Monday through Thursday. Preregistration for the 2012-2013 school year is still open. If your student attended this year they are automatically pre-enrolled for next year. Any child who will be 4 on or before Sept. 1 is eligible for a full-day prekindergarten program. Stop by the school office or call 495-3414 for information.

Parkinson's support

The West Texas Parkinsonism Society meets at noon the first Tuesday of each month in the library at the Covenant Neuroscience Institute, 3610 22nd St., Lubbock. Lunch provided.

Donations needed

Five-Stone Ministries, a nonprofit 501c3 organization, is in need of the following items: men's work clothes, men's work shoes, workable washers and dryers. Some women's items also are needed. For information, contact O.L. Ferguson at 806-781-1156. Monetary donations welcome at P.O. Drawer 669, Post, Texas, 79356. All donations are tax deductible.

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I sat in a coffee shop telling my friend how much I was dreading the upcoming visit of one of my relatives. She listened, paused and then said, "You know, if

I sat in silence, digesting her words. Then I sighed and said, "You're so right." I

Then I read Proverbs 11:27. The truth of how the verse applied to me was so clear

that it startled me. Because I focused on the irritating behaviors of my relative, I

could not appreciate him. He could be engaging, funny, and pleasant. But up to this

knew I needed to change my attitude before my relative arrived.

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Holly Hester, an independent representative of Primerica Financial Services Call 806-928-5494 for information

Seeking Good

Read Romans 12:9-18

Whoever diligently seeks good seeks favor, but evil comes to the one who searches for it.

- Proverbs 11:27 (NRSV)

point I had missed out on all his good attributes because I wasn't looking for them. As the verse implies, we will find the negative if we look for it. Still, the opposite is also true. When we look for the good in people or situations, we really can find it. you're expecting him to annoy you, he will. You will find problems if you're look-

> My relative did come for a visit, and I was irritated at times. But I also enjoyed his humor, his generosity, and his entertaining stories. And when he left, I thanked God for using my friend and scripture to show me that I was the one who needed to change.

Dana Ryan (California, USA)

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Sundown - 229-3741

ing for them."

Church Directory

Assembly of God Bethel Assembly of God (Bi-Lingual)- 407 May street Lifeline Church- 108 N. Broadway Baptist

Calvary Baptist Church- 210 E. 6th Street, 990-2342 First Baptist Church, Post- 402 W. Main Street, 495-3554 First Baptist Church, Wilson- 806--628-6333 Grace Baptist Church- 820 N. Avenue S- 990-3497 Justiceburg Baptist Church-Justiceburg Pleasant Home Baptist Church- E. 14th & N Ave F Pleasant Valley Baptist Church- Hwy 84 & N. 399 (806) 828-4174 Southland Baptist Church- Southland Temple Bautista- 315 W. Main

Trinity Baptist Church- 915 N. Ave O, 990-3038 Catholic Holy Cross Catholic Church- Ave K and Main Street- 495-2791

Church of Christ- 108 N. Ave M 495-2326 Graham Chapel Church of Christ- 15th & Ave S

Church of God Church of God of Prophecy- 602 W. 14th, 495-3644 Power House Church of God and Christ, Pine Avenue Disciples of Christ First Christian Church- 812 W. 13th, 495-3716 Evangelical Methodist Faith Chapel- 1105 Green Street, Wilson (806) 628-0018

Methodist First United Methodist Church- 216 W. 10th, 990-2942 Nazarene Post Church of Nazarene- 202 W. 10th, 495-3044 Grassland Church of Nazarene- 327-5656

Presbyterian First Presbyterian Church- 910 W. 10th, 495-2135







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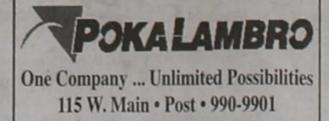






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The Paperboy

By CHRIS BLACKBURN

Addictions run rampant in American society

It's hard to help someone unless they are willing to help themselves.

Have you ever reached out to a family member or friend because you knew they needed help, only to be brushed aside?

In our society, sometimes helping those with addictions presents major hurdles. If you haven't had to deal with an addict, then you're either young, refuse to help, or are very lucky.

Addiction is defined as: the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming to such an extent that its cessation causes severe trauma.

According to some re- up. ports, there are more than 25 million Americans addicted to drugs or alcohol. But those aren't the only addictions. Factor in those addicted to gambling and sex and you're looking at 19 million more people, reports state.

There are other serious addictions such as food, shopping and smoking. The numbers are all over the place on these three addictions - anywhere from 60 to 160 million combined.

So now we're somewhere north of 100 million Americans with serious addictions.

How about the Internet? How many people in your family can't live for a minute without their phone?

From porn to Facebook, Internet addiction is growing rampantly around the

So what are we up to? Could there be 200 million Americans with an addiction? Absolutely!

Let's face it. We have problems. Serious problems. We have so many problems we can't keep

various addictions and the harm and neglect caused, I'm left wondering what the answer is.

In my personal opinion, I'd say God and family could help a great deal, but as I said in the opening sentence, helping those not seeking it is difficult.

Beyond God and family could be a hobby - something constructive.

A wise man once told me harm rarely came to those who lived in moderation. That was his practice; at dinner, in social settings everywhere, every time.

Like you, I have several addicts in my family and circle of friends. I would consider some of these addictions more serious than others, but none are good.

Maybe it's always been this way. Maybe the difference now is that we have more to be addicted to.

I wish I had the answers. There are terrific psychiatrists and groups at the ready to help with the various addictions discussed in this column. By and large, should never stop us from reaching out to someone. That gesture may alone be enough to get them on the right track.

Christopher Blackburn is publisher of The Post Dispatch and CEO of Blackburn Media Group. Email him at chris@myhallcounty.com.



Hanaba Munn Welch



Inspiration in a tube

If inspiration came in a tube, I'd apply it topically. I need a topic.

Maybe the topic can be tubes. Better yet, knurls. Did you know tubes have knurls?

I didn't know about knurls until a "Reader's Digest" anecdote introduced me to the word. That was about 50 years ago. Since then, I've not managed to work the word "knurl" into a conversation, nor have I heard anyone else do so. Maybe I move in the wrong circles.

As for the "Reader's Digest" item, here's my condensed version:

A man observed wryly that he was besieged with unnecessary instructions. His case in point was verbiage that came with his toothpaste about how to reit's up to the person af- move the cap. (Back then, cap! In reading about the flicted to get help. But that tubes were the way everyone bought toothpaste, meaning everybody had pretty well figured out how to open a tube of toothpaste without stilted advice from experts.)

> tube directions said he was supposed to grip the knurl in one hand. Then there was probably something about counterclockwise turning. But after reading "knurl," nothing else mattered to me. I'd learned a new word, assuming the knurl was the situation has only gotten

part of the tube that most resembles shoulders, since knurl rhymes with burl and shoulders are burly. Right?

After all, I'd not long been weaned from illustrated children's books, wherein inanimate objects are routinely anthropomorphized. Picture a smiling tube of toothpaste holding a toothbrush in one hand and bending a little at the waist. Look at those knurly shoulders.

Let's look up "knurl." RESEARCH PAUSE.

Wrong all these years! One online illustration for "knurl" looks like a grooved toothpaste cap - "conical knurling," it's called. Think Crest. Who knew? I've been thinking I was gripping the knurl of the tube, and the word refers instead to the grooved

early, except the knurl-savvy, are left to think a knurl is the shoulder-like part of a tube. Once they discover the lie, they'll blame me.

Caveat reader. Only if The man's toothpaste you read all 501 words will I accept responsibility for leading you thoroughly astray.

Meanwhile, how about that guy who sounded off to "Reader's Digest" about excessive instructions? Call him a prophet. The more burdensome since. Buy something now, and you don't just get directions. You get directions in six languages.

What's worse, the print has gotten smaller - maybe because of all the languages.

Enter the Internet. The great repository of directions, mostly legible, official and unofficial, is a glowing screen displaying more than you want to know about almost anything.

For instance, Google "how to open a tube of toothpaste," and 9,490,000 results appear in less than one second, including over 3 million illustrations.

Too much information? Absolutely.

Forget I said anything bad about instructions in tiny type sizes and six lan-Oops. Readers who quit guages. There's something nice and tactile about holding exactly the information you need in your hand, readable or not,

Let's conclude with simple but memorable directions applicable to knurled toothpaste caps: Rightytighty, lefty-loosey.

You probably knew that.

Hanaba Munn Welch is a regular contributor to The Post Dispatch. Email her at hanaba.quanah@gmail.com.

Herb gardening pointers

By Nancy McDonald

Herbs touch each of our lives whether flavoring our foods, perfuming our homes, curing our ills or decorating our gardens.

Herb gardens can be simple or complex. Here are a few tips to help you plan your own potted herb garden.

Containers need to have wide openings unlike the strawberry pots we have all

lessen heat absorption during our hot summer months. The best containers are probably glazed ceramic pots; just ensure they have sufficient drainage holes. Terracotta pots are gorgeous, but they can dry out quickly. Wooden containers may rot, while plastic pots deteriorate in the sun.

Containers should be 4 liters in volume or bigger. If you select pots too small you will restrict the root growth, roots will dry out rapidly, and you will have less material to harvest.

have sufficient drainage holes. You also might consider placing your containers on blocks raised a few centimeters off the ground, for free drainage.

Line pots with newspaper to stop soil from disappearing. Hanging containers should be lined with moss to retain water.

Ensure your containers get plenty of sun each day.

Fertilizer will drain away quickly in containers so you will need to fertilize more Lighter-colored pots will frequently. A diluted liquid fertilizer applied once a week should keep your potted herbs and veggies healthy.

> Containers can lose moisture quickly. You will need to water herbs in pots more frequently than those in the garden, especially in the summer heat.

Use a superior potting mix. Fill the pot to just about two centimeters from the rim to allow for watering your herbs.

When planting mixed containers combine annuals with annuals, and perenni-Your containers should als with perennials for best



Nancy McDonald

results. Don't plant mint varieties in mixed containers.

Researchers in the Texas A&M University Family and Consumer Sciences Department have developed a small pinwheel and recipe booklet with the various herbs and how to use them. There is a small fee, but I will have a few in my office at 215 W. Main St. if anyone is interested. For more information call 806-495-4400.

Nancy McDonald is the family and consumer Email her at njmcdonald@ ag.tamu.edu.

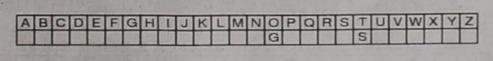
sciences agent for the Texas AgriLife Extension Service in Garza County.

Fresh Herb Dressing

This week's recipe is easy! Mix 1/2 cup salad oil, 4 tablespoons vinegar, 1/4 teaspoon salt, dash cayenne, 1/8 teaspoon pepper and 1 tablespoon each of the following fresh minced herbs: parsley, basil, chervil, oregano. This dressing is especially good over fresh asparagus!

Cryptogram

A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different letters. The challenge of the puzzle is to 'decode' the sentence to reveal the original English sentence. We have provided a few of the decoded letters to help get you started. Hint: Quote by Babe Ruth Cryptogram Solution on page 6



W ZHY GCIT GCL MEOLVMSWSWGC W QHYL MEVL SG SGEPZ HII SZL JHMLM DZLC W ZWS H ZGQL

Justice-Mason Funeral Home

1. Blabs 6. Northern New York

13. Proved right (2 wds)

15. Writes in symbols 16. ___ The Cat, appeared in

"Breakfast at Tiffany's"

17. Divide into three equal

18. Guardian (2 wds)

20. "A pox on you!"

21. "... ___ he drove out of

22. Retains possession of

26. Becomes tiresome

30. Bar bill

32. Hawaiian dish

33. Artwork that clarifies

37. Exchange (2 wds) 40. Otalgia

41. Recommended food plan

(2 wds) 43. Branch

44. Ring bearer, maybe

45. Twangy, as a voice 48. Scatter seeds again

51. Backstabber

53. Ceiling 55. Advanced study after

college 60. City NE of Oakland, CA

63. In pieces

64. Profitable 65. Exaggerated saintliness

66. Pardon granted by a government

67. Drink with a straw

Down

1. Doughnut-shaped surface 2. Desk item

3. Advanced

4. Balcony section'

5. Litigant 6. Not given medical care

7. Dermatologist's concern

8. Really need to bathe 9. Spoonful, say

10. Absorbed, as a cost

11. P.I., e.g. 12. "C'__ la vie!"

13. Line in a play that elicits a big laugh

14. Sort 19. Song and dance, e.g.

23. "Beowulf," e.g. 24. "Fiddlesticks!"

25. ___ function

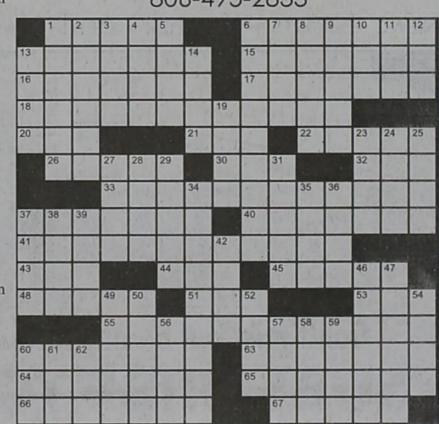
27. "O patria mia" singer 28. Hidden valley

29. It's a piece of cake 31. Genius

34. Supernatural

CROSSWORD PUZZLE

Justice-Mason Funeral Home 301 West Main Street 806-495-2833



35. Length x width, for a rectangle

37. Alpine transport (hyphenated) 38. Pink, as a steak

39. "___ for the poor" 42. Downer

36. Makes lace

46. "Evangeline" setting 47. Most recent 49. Express

52. Mouth, in slang 54. Make waves

50. Crosswise threads (pl.)

56. Cottontail's tail 57. "___ I care!" (2 wds) 58. Face-off

59. "Do ___ others as ... "

60.___ Khan 61. "China Beach" setting,

shortened

62. Bolivian export

PUZZLE SOLUTION

Columns



The Doctor Is In By Dr. Benjamin Edwards

Nutrient-deficient soil produces nutrient-deficient fruit

married 12 years ago next month, I decided to try and impress her by baking her a cake. It was her birthday, and she had just moved 600 miles away from her family down to the big city of Houston where I was starting my third year of medical school.

So, I called her mom and asked her what her favorite cake was. Red velvet was the answer. I had never made a red velvet cake but her mom gave me the recipe, and I ventured off to the kitchen to start baking. When I got to the part of the recipe that called for four bottles of red food coloring, I hesitated because all we had in our pantry was one.

product turned out to be light pink cake instead of a red velvet. I made do, but the end result was a defective product.

A similar process occurs in the human body. There are close to 100 trillion cells in the body, and these cells are constantly dying and being replaced by new ones. For example, a red blood cell lives for about 90 days, then it dies. Your bone marrow is constantly making new blood cells.

Well, the recipe for which ingredients are to be mixed together to make a red blood cell are found in your DNA. The body reads the DNA,

Soon after Jamie and I got internal pantry to get the B-12, iron, zinc, copper, vitamin D, iodine, amino acids or whatever else is called for in the recipe and begins to construct the cell. If your pantry is empty or lacking the proper amounts of various vitamins, minerals and proteins, then you make a defect cell.

> Just like the defective pink velvet cake I made.

So how does your body stock up its pantry with vitamins, minerals, and proteins? It can't do it by breathing all the ingredients in or by soaking them up through osmosis from your pillow while you sleep. It all comes from what we eat.

Like your grandma always I thought, what the heck, told you, "you are what you it will work. Well, the final eat!" Poor ingredients coming in, faulty end products coming out. The root of almost all chronic disease can be traced back to improper nutrition.

You need to be consuming foods rich in all the 90 key nutrients our pantry needs. Vegetables and fruit carry most of these vitamins and minerals. Healthy proteins come from grass-fed beef, seafood, hormone-free poultry and wild game.

The problem I see the most is that people consume vegetables and fruit that are depleted of the trace minerals and vitamins. This occurs for two primary reasons. First, the produce is picked gets the recipe, goes to your a few days too early when it

is still green in order to get it to your grocery store still looking fresh. The highest concentration of minerals are infused in the last couple of days before the fruit falls off the vine.

Also, much of the soil where produce is grown is sprayed with chemicals to kill pests, but theses chemicals often kill the helpful microbes in the soil too. Without these beneficial microbes, the minerals in the rocks cannot be released into the soil for the plant to absorb.

That is why growing a garden yourself, getting produce from a farmers market or organic food at the supermarket is the best.

I read a study recently out of the University of California at Los Angeles that looked at spinach grown in 1956 and compared it to spinach grown in 1997 on the same commercial farm. It would take 43 bowls of 1997 spinach to equal the amount of iron and minerals in the 1956 spinach because of the depleted nutrients in the soil.

If our soil is depleted, then our produce is depleted, then our body's pantry is deplet-

Consider growing your own organic garden with the technique found at backtoedenfilm.com.

Dr. Benjamin Edwards is a local physician specializing in holistic medicine and nutrition.

Yesteryears

10 Years Ago July 18, 2002

The Post City Council took action at the regular meeting last week to correct major problems at the sewage treatment plant. Huge accumulations of grease and other solids are jamming up the system, forcing the city to investigate other methods for processing sewage treatment.

The historic building at 208 E. Main St., currently the home of Post City Communications CellularOne, was victimized early Monday by vandals who ripped off a big chunk of the brick parapet on top of the building. Vandals apparently broke off bricks and threw them down toward the awning and into Main Street. The street in front of Twins Fashions, Post City Communication and The Norman Agency was strewn with chunks of

bricks and debris. Macee Mills, a recent Texas Tech University graduate, has accepted a position with Pi Beta Phi sorority as a traveling graduate consultant. Mills will spend the next year traveling and consulting with Pi Phi sororities on campuses throughout the United States and Canada. She was selected as one of nine graduate consultants from a pool of 37 applicants.

Cody Bain of Post has earned his Master of Civil Engineering degree at Texas A&M University, receiving his diploma at graduation ceremonies recently. He was among 4,929 Texas A&M University graduates during spring commencement ceremonies.

20 Years Ago: July 22,

Anthony Flores shined in the only district tournament win against Brownfield. Flores threw a no-hitter in the opening game of the tournament, struck out eight in the performance and the team defense did the rest. They played error free defense for six innings in posting the win 6-0.

> 30 Years Ago July 22, 1982

Damages in the area of \$33,300 were estimated in the Santa Fe derailment of eight cars here in Post at the Fifth Street crossing early Monday morning. The train, carrying

64 loaded cars and 37 empties, was headed north at 30 miles an hour when the cars were derailed.

Three Garza County 4-H'ers are in Waco this weekend competing in the state horse show. They advanced to the state meet by winning in the district show, which was held in June. Competing in the state contest this week are Jana Terry, Jana Middleton, and Keitha Beth White. Also competing were Ken Young and Sam Butler.

40 Years Ago July 20, 1972

A youthful trio, one of them a girl, went on a crime spree here just before daybreak Tuesday. After failing at gunpoint to kidnap Ken Marts, an obliging Post resident who was giving them a lift downtown, they apparently stole a station wagon at the Julian Smith residence and barely got away ahead of local officers already searching for them.

The State Criminal Justice Council in Austin Friday afternoon approved Garza County for a \$44,125 federal grant to build a new law enforcement complex and jail just behind the county courthouse on the courthouse square.

Walter Vines, a retired veteran of 12 years service in the air police for the U.S. Air Force, is Post's new police patrolman. He began his duties here Saturday, replacing Dean Gressett, who resigned after only two weeks on the job. Vines works the night shift.

E.A. Howard Jr., vocational agriculture teacher at Post High School, will receive his 20-year tenure award and will be honored by the Vocational Agriculture Teachers Association of Texas on Aug. 2 in Fort Worth. Howard graduated from Haskell High School and received his bachelor's and master's degrees from Texas Tech University.

Mower accidents have resulted in injuries to two Post residents. The victims have been County Supt. Dean A. Robinson and Johnny Mickey. Robinson had to have the middle finger of his right hand amputated just below the first joint after his hand became caught in the mower while he was making an adjustment. Two

Clay Miller

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other fingers on the same hand were injured in the accident. Mickey lost part of the fourth toe on his right foot Tuesday when his foot became caught in a mower while he was using foot to push the mower into a decline at the base of a peach

The Little Foundry, Post's newest industry, will hold its formal opening and inspection for its customers and suppliers next Tuesday afternoon July 25, and will follow it with a public open house from 4-5 o'clock the same afternoon. About 100 customers and suppliers have been invited to the formal opening, which will include a luncheon in the City Hall Auditorium with the Post Rotary Club and Post Chamber of Commerce are cp-sponsoring the luncheon.

Patrons of the Post Public Library, including more young readers, set a new circulation record for a single month in the library's six-year history by checking out 1,264 books in June.

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Weldon O. Horton Jr., whose parents live in Post, was promoted to Army Specialist, while serving with the 28th Civil Affairs Company at Ft. Bragg, N.C. Horton, a 1970 graduate of Post High School, is a mechanic. He entered the Army in June 1970, completed basic training at Fort Leonard Wood, Mo., and was last stationed in Vietnam, returning home in February. He holds the Army Commendation Medal.

50 Years Ago July 19, 1962

About 20 merchants participating in last Friday and Saturday's sidewalk sale, which kicked off the Howdy Days promotion, attended a luncheon at Levi's yesterday to "critique" the sidewalk sale. All merchants expressed themselves as well pleased. All agreed that a "united, cooperative effort" to attract shoppers into Post was an immense benefit to all.

Post volunteer firefighters were called out at 4 p.m. yesterday to extinguish a flaming oil tank on the Texaco No. 2 lease, 12 miles form Post. Lightning apparently set off the fire. Damage to the tank necessitated removal of the rest of the oil by truck.

White River directors will meet at Ralls tonight to consider an amended application to the Texas Water Department Board for additional financing above the \$4 million loan already received to build the White River Dam, filter plant and water pipelines.

Jane Carradine, with a heave of 163 feet, won first place in the senior division softball throw Saturday at the Abilene City Recreation Department Track and Field meet, held in ACC Stadium.

Shortstop Butch Cross' seventh-inning double, scoring Robert Moreau from first base, gave the Post Babe Ruth League All-Stars a 2-1 victory over Jayton here Monday night in the championship game of the Garza County Teen-Age Baseball Tournament.

> Compiled by Elizabeth Moreno from the archives of The Post Dispatch.

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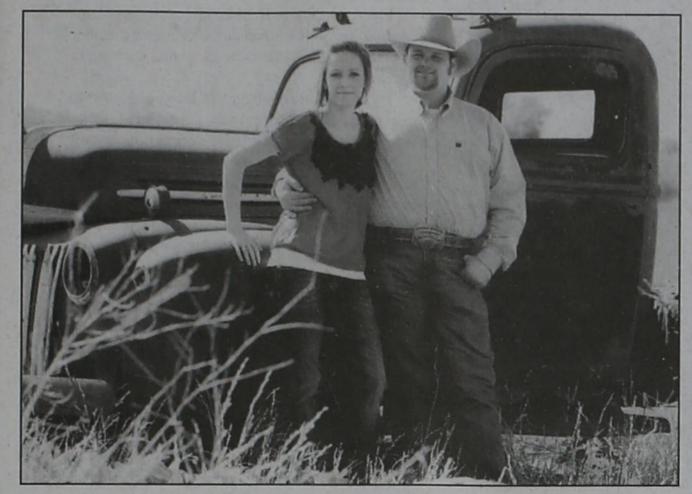
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Celebrations



Largent, Vernon to wed

Mr. and Mrs. Steve Lar- tending Mesalands Comgent of Glenrio, N.M., announce the engagement of their daughter, Natalie Joy Largent, to Colt Bland Vernon, son of Mr. and Mrs. Danny Vernon of Post.

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e Foundry, Post's istry, will hold its ing and inspection mers and suppliers ay afternoon July I follow it with a house from 4-5 same afternoon. ustomers and supbeen invited to the ning, which will ncheon in the City ium with the Post

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munity College in Tucum-

Largent is a graduate of Shop in Amarillo. West Texas A&M University and is employed by Micro Beef Technology in The couple met while at- Amarillo. Vernon also is

a graduate of West Texas A&M University and is employed by Oliver Saddle

The couple plan a wedding in late September at the bride's parent's ranch in Glenrio, N.M.

LEGENDS:

Newspaper account of C.W. Post tells different story

By Linda Puckett

As we were sifting through box after box of Mr. Posts' private papers at the Bentley Library in Ann Arbor, Mich., I came across an old newspaper article by Idah McGlone Gibson.

The full-page news story was an interview with C.W. Post in August 1912. Incidentally, I didn't think it was too common for a woman to be a successful newspaper woman, so I Googled her name and discovered Ms. Gibson was actually billed as "The best known and best loved newspaper woman in America." I have read enough information on Charles William Post over the years to sink a battleship, but never from a woman's perspective.

Her interview begins:

How a Genius Made and Spent Several **Fortunes**

By Idah McGlone Gibson

"You were born in October?" I questioned. He looked up with a peculiarly quizzical smile, which I found out afterward was habitual to him, and answered, "Yes, they are noisy aren't they? I told the New York jeweler who made these opals into waistcoat buttons for me that he need not speak to me unless he wished if he 'heard' me walking down the avenue with them on."

It was in the beautiful office of C.W. Post, at Battle Creek, that I made guess of his birth month, basing it on the wonderful black opals as big as pennies and of irregular contour which he wore as waistcoat and cuff buttons and set in the pin of his tie.

I really could not describe the personality of the man better than by giving my somewhat impertinent observation and his answer.

The average man would not have so quickly remembered that I had referred to the old superstition that only those born in October should wear opals. Mr. Post's gray matter is always on the job. The ordinary masculine ego might not have taken the question in good part, but one of the big things about this man is the quickness in which he reveals his sympathy with your foolish human qualities and the sincerity in which he meets them more than half way. The everyday, common, garden variety of man, however, would never have the individuality and courage to crumble convention into bits by wearing jewelry he would himself characterize as "noisy"; bur Mr. Post is not, in any way, a common man, and he makes you understand that he feels that he has earned, among other things, the right to wear jewels for waistcoat buttons or trouser buckles if he sees fit.

We prate a good deal about me, but away back in our heads there seems to be only one definition of success that means anything to the American mind of today. "How much is he worth?" is always asked when you speak of a successful man, and as your answer is in millions of dollars, so his success is rated.

Somebody who seemed to speak with authority said Mr. Post possessed thirty-eight million dollars. I ask him if this were true and he answered, "I am sure I don't know," and dismissed the matter as though a million or two one way or the other was of no consequence. This must demonstrate that C.W. Post is successful according to American standards.

How did he become so?

He tried to tell me that, one morning lately, and the impression I received I will pass on to you; then you must decide how he did it and go and do likewise, if you can.

Have you ever noticed that the people that tell you how to do things seldom do them themselves? Likewise, the people who do things seldom give you an adequate idea of how they were done. It is interesting, however, to get the successful man's own version of it, even if you are not able to apply his methods.

I reached the Post Tavern early one morning after a night in the sleeper, which had not been particularly comfortable. The office of the hotel looked most comfortable, and the odors wafted from the dining room invited an immediate visit.

"Mr. Post is not down yet," said the clerk, "but I will tell him you are here."

About nine o'clock Mr. Post made his appearance.

You remember the old story of the Irishman who said to the lady, "I don't know how old you are, Ma'am, but whatever you are, you don't look it." That's the way you feel when you see for the first time this successful American. He has none of those marks of age we associate with the deep imprint of the dollar mark, and "there's a reason."

Mr. Post is about six feet two, and he walks erect and with that springing step which is infallible a register of youthful outlook and enthusiasm as an unlined face.

A fine forehead has encroached so much on "the place where the hair ought to grow" that there now remains just a little fringe to tell you that in the morning of his youth Mr. Post must have been a blond. His eyes, which are deeply set and rather wide apart, are of steely blue and they give the impression that when interested and amused the blue would predominate, but when they gleamed cold and gray it would be a good time for the discreet to "get out from under."

Prominent nose and ears mark him as sensible and generous and a mouth that has not lost its human and emotional qualities lends a boyish aspect to a very firm set and most decided chin. His smile is that of an optimist, and his handclasp that of a man who still believes in his fellows.

"My motor is at the door," after I told him what I wanted; "drive over with me to my office; we can talk better there."

Part two continues next week.

Linda Puckett is executive director of the Garza County Historical Commission and museum.



& NRA "A" Rated

www.TrentMcKnight.com

Poole marks 50th year of law



Preston Poole of Post was honored along with fellow University of Houston School of Law classmates recently for 50 years of service to the State Bar of Texas. Pictured, left to right, is Danniel Snooks, William Morse Jr., Joe Maida III, James Knox and Poole.

The Post Dispatch

Preston L. Poole Jr. of Post recently was honored on his 50th anniversary of being a member of the State Bar of Texas at its annual meeting in Houston. for cert

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Poole was one of about 150 lawyers statewide in attendance at the event and one of only 50 who were recognized for their five decades of service.

The local attorney was recognized along with fellow classmates from the University of Houston School of Law, many of whom he hadn't seen since graduation. Poole said he attended classes and night while working full time at Shell Oil Co.

Poole has practiced law in and around Post since his graduation. He was elected as Garza County attorney and served in the position from 1965 to 1995. He also has served as special prosecutor for Lubbock County under District Attorney Travis Ware.

He also has served as a member of the District 16 Committee on Admissions to the Supreme Court of Texas.

He is a graduate of Clyde High School and an honor graduate of North Texas State University with a bachelor's in business administration. He is also a member of Phi Delta Phi International Legal Fraternity.

John Wayne Film Fest returns to Ritz Theater

Special to the Dispatch

SNYDER — The John Wayne Film Fest returns for the second year in a row this Labor Day weekend, Aug. 31 through Sept. 2.

Held at the town's historic Ritz Theater on the square, this is a rare opportunity to see some of the Duke's most legendary films on the big screen. The weekend will begin at noon Friday with the classic "Rio Lobo," and include screenings of "True Grit," "Red River," "The Quiet Man" and "The Green Berets," among others.

Created in 2011 by Snyder-based actor/director Barry Tubb to benefit the John Wayne Cancer Foundation, The John Wayne Film Fest embodies the strength, courage and true grit personified by cancer survivors. Special guests and celebrities that worked with Duke, including family members of John Wayne, will be on hand to introduce screenings and celebrate the festivities.

Corporate and individual sponsorship opportunities are available by emailing the organization at: wrangler@JohnWayneFilmFest.com. Proceeds will benefit the John Wayne Cancer Foundation to continue their fight against cancer.

For information, call 325-573-3558.

About the John Wayne Cancer Foundation

After John Wayne's own heroic battle with cancer, the Wayne family established The John Wayne Cancer Foundation (JWCF) in 1985 to advance the fight against the illness. The mission is to bring courage, strength and grit to the fight against cancer. JWCF is aligned with like-minded groups and non-profits that advance the fight against cancer, and has been committed to groundbreaking cancer research and education at the John Wayne Cancer Institute (JWCI.org), which has received worldwide acclaim for advances in melanoma, breast and colon cancer as well as immune therapy of cancer. Other areas of research include prostate and liver cancer.



Acreage in new signup exceeds 700,000 acres in Texas

Special to the Post Dispatch

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LUBBOCK - A few years ago no one knew for certain if the Conservation Reserve Program (CRP) would continue as it had in past years. Landowners were not sure if the opportunity to re-enroll their land or to make new bids would be available for this popular USDA program.

Born out of the Dust Bowl as a way to combat erosion, particularly on Highly Erodible Land (HEL), the demand for CRP has remained strong as the USDA-Natural Resources Conservation Service develops over 4,000 conservation plans for CRP contracts in Texas.

This historic conservation program has continued into the 43rd general signup. Farm Service Agency's Acting Executive Director James B. Douglass in Texas announced recently that 767,242 acres were accepted in the new signup, while the total number of active CRP acres in the state now exceeds 3.3 million.

NRCS in the Panhandle and South Plains region assume the majority of the total enrolled acres in the state with 3,800 conservation plans to be developed by Aug. 24, 2012.

Conservation plans are not contracts, but rather a record of objectives planned out by the producer working with the NRCS. As in any conservation plan written by NRCS, the information is a road map designed to help producers protect and improve their land.

As the primary technical agency, NRCS' role in CRP is to work with participants to establish permanent grass cover based on the participant's decisions during the sign-up period. These decisions are recorded in a conservation plan developed by NRCS. The conservation plan supports the CRP contract for the establishment of permanent grass cover.

Mickey Black, NRCS assistant state conservationist in Lubbock said, "The process begins with technical assistance to landowners enrolled in the program to plan approved grass plantings and species, weed control options, dead litter covers and additional supporting practices depending on a producer's

NRCS is currently conducting field visits for vegetative evaluations to determine what additional, if any, grass species will need to be planted to meet program requirements. Producers have the opportunity to ask any questions and be involved in the process.

"NRCS starts conducting field evaluations once producers have been notified of their acceptance," said Brandt Underwood, NRCS agronomist for the High Plains region. "Some of our NRCS resource teams currently have as many as 900 conservation planning documents to develop."

The technical assistance NRCS provides is a critical component of the program's success for establishing management practices needed to conserve resources and protect the

"CRP provides long-term benefits such as reducing soil erosion and sedimentation in streams and lakes, protecting the nation's ability to produce food and fiber, improving water quality, establishing wildlife habitat, and enhancing forest and wetland resources," Black said.

The conservation planning documents written by NRCS will incorporate all of the practices needed to address specific resource concerns on the land to accomplish the known

Underwood described CRP as one of the most effective conservation programs for protecting highly erodible acres from wind and water erosion.

"CRP has established grass cover on acreage that is very sensitive and highly susceptible to wind and water erosion," Underwood said. "This grass cover has reduced the erosion rates on H-E-L lands to sustainable losses and is protecting our natural resource base for future generations."

Nationally, NRCS will be assisting landowners developing conservation plans for 3.9

USDA Helps Rural Electricity Get Smart

By Paul Mansoor

Special to the Post Dispatch

Agriculture Secretary Tom Vilsack recently announced \$287 Million in loans to improve.

Rural electricity infrastructure and make the electric grid more reliable and efficient. Rural electric cooperatives in 15 states - Georgia, Illinois, Iowa, Kansas, Kentucky, Michigan, Indiana, Ohio, Minnesota, Missouri, North Carolina, Oklahoma, Pennsyl- that left thousands without power. vania, South Dakota and Texas - will receive money to install smart grid technologies and improve transmis-

sion and generation facilities.

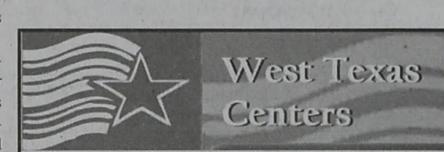
Vilsack said, investments in smart grid technologies give rural electric utilities and consumers one more tool to better manage electricity usage, improve efficiency, increase reliability of the electric grid and lower overall costs. In recent years, communities from the Dakotas to Florida and from New Mexico to New England have experienced storms and weather events

power outage, and rely on customer

reporting and persistent repair crews to fix the problem.

The nature of smart meters is twoway communication with the power supplier, which means when the lights go out, the utility knows before customers have to report it - timely and much welcome news for consumers.

Smart grid technology will help utilities manage their network and address inefficiencies. This means that persistent problems, like trees Utilities cannot currently pinpoint too close to overhead power lines, the precise cause or location of a can be mapped and targeted prior to outages.



Case Manager for Mental Health

Assists individuals in gaining access to medical, social, vocation and educational services. Requires bachelor's degree in social work field or a minimum of 24 hours in psychology, sociology or other human service hours. Base salary \$14.71 to \$15.72 per hour (\$30588-\$32,700 annually) DOE, plus excellent benefit package. Four-day work week is possible. Flexible schedule offered. Crisis oncall rotation required. Applicants must live within 70-miles radius of duty site.

Applications may be obtained at East Seventh and Avenue C by calling JOBLINE 800-687-2769 or at www.wtcmhmr.org. EOE.

CITY SALES TAX... continued from page 1

compared to this time last year, according to the comptroller's office.

On the web

For details of local sales tax allocations in June to individual cities and coun-

ties, vist the state comptroller's website at window. state.tx.us.

% Change City Net Payment This Period Comparable Payment Prior Year 2012 Payments To Date 2011 Payments To Date

Post \$99,355 18.5% \$658,633 \$83,864 \$573,852

Source: Texas Comptroller of Public Accounts.

Subscribe to the Post Dispatch Today!

Menu: Week of July 23-27

Trailblazers-Senior Citizens Center

Monday: Chicken tetrazzini, Italian veggies, salad, garlic bread, oatmeal cookie, milk Tuesday: Pork chops, turnip greens, black-eye peas, cornbread, applesauce, milk

Wednesday: Beef pot roast, roasted potatoes, carrots, peppers, roll, peach Thursday: Taco pie, pinto beans, corn tortillas, peanut

butter cup, milk Friday: Tilapia, mustard greens, cucumber and onion salad, cornbread, fruit, milk

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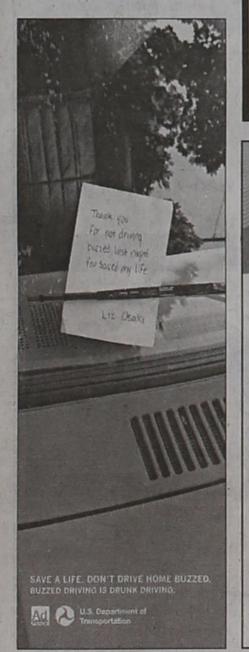
Confused about 401 (k)? I can help you make the right decisions about your 401(k). Call today - I can help you plan for life. Sammy Saied* FiCF 806-352-4770 Samuel.G.Saied@ mwarep.org Sean Saied, FIC 806-316-6727 S.Sean.Saied@ mwarep.org

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pal Water District provides for the municipal water needs of Post, Crosbyton, Ralls and Spur.

During its regular meeting last month, the board voted to move to Stage 2 of the district's drought contingency plan. Officials warned the move to Stage 3 likely would come before the fall.

Under Stage 3 guidelines, the use of water is prohibited for all landscape watering, both residential and commercial, including parks, athletic fields and golf courses. No residential washing of vehicles will be allowed, and swimming pools are not allowed to be filled.

Commercial and industrial businesses requiring water as a basic function of some much-needed rainfall

business, such as nurseries, commercial car washes, laundries, etc., must obtain written permission for the intended use from either the member city's official or the district's general manager.

Fulton told the board Thursday that by implementing the plan the district stands to lose between \$20,000 and \$30,000 a month in water sales.

The application for state aid must include resolutions from each member city. State approval, Fulton said, could take between three and six weeks.

"We pray for rain every day," Fulton said. "We're hoping this will only be in effect for four or five months and that we can get

out this drought contingency plan."

If approved by each entity, funding would be facilitated through the South Plains Association of Governments and would be doled at \$350,000 for each ute, he said, which isn't participating city and coun- much. ty within the district for a total of \$2.45 million.

Some area city officials, however, including Crosbyton Mayor Dusty Cornelius, say the district's plan to drill for more wells is futile.

"The only well field the district owns is between here (Crosbyton) and Ralls," Cornelius said. "They drilled some wells out there a few years back, and no significant amount of water was discovered.

so we can begin to phase So the way I see it, they'd be throwing their money - our money - away."

Cornelius said there are 10 of 12 producing wells in the well field, and that none produce much water, maybe 87 gallons per min-

"Those wells were drilled as a backup water source for the cities of Crosbyton and Ralls," he said. "Not for all four cities to be pumping water. They barely produced enough for us as it was."

Cornelius said he wasn't trying to go against the district as much as he was trying to protect tax dollars.

"It's not wise to throw money at drilling more wells when there's not enough water there to begin with," he said. "I'm totally for working with the district. If they want to drills wells north of Ralls, I'd be jumping up and down in support of it."

Crosbyton officials, although set to meet this past Tuesday, will have to discuss the resolution at a special called meeting next week. Cornelius said he wasn't sure when that would be.

Post City Manager Arbie Taylor said city officials likely would approve their resolution for drought relief at a special called meeting July 30 after a public hearing on the issue at 5:30 p.m. Tuesday at the

Post Community Center. While in Stage 2 of the drought contingency plan, Taylor said city officials had some liberty in enforcing the regulations associated with that stage, but in Stage 3, the state becomes more active in making cities regulate water usage.

"A lot of it still will have to be self-policing, but we aren't going to have much choice but to issue tickets if residents don't abide by these stricter guidelines," he said. "I want to make it clear the city is not pushing this (move to Stage 3), it's the district."

Taylor said the regulations surrounding Stage 3 must be in place a minimum of 60 days.

"The timing - especially with two-a-days and football right around the corner - is unfortunate," he said. "This is going to affect everybody."

NOTICE OF SHERIFF'S SALE

THE STATE OF TEXAS §

COUNTY OF GARZA §

By virtue of an Order of Sale issued out of the Honorable 106th Judicial District Court of Garza , 2012, by the Clerk thereof, in the case(s) County, on the 3rd day of July styled as follows:

Cause No.	Styling	Legal Description .
89-12-04390	Garza County v. Quinonez, Paulino	Lot Six (6), Hart Addition to the City of Post, Garza County, Texas.
89-12-04398-CV	Garza County v. Williamson, Gene, et al	2. Lot Twelve (12), Block One Hundred Twenty- Eight (128), Original Town of Post, Garza County, Texas. 3. Lot Thirteen (13), Block One Hundred Twenty-Eight (128), Original Town of Post, Garza County Texas.
03-08-05,880-CV	Post Independent School District v. Taylor, Jessie Lee, et ux Taylor, Patricia Ann	4. North Fourteen Feet (N 14') of Lot Four (4), East Sixty-seven and One Half Feet (E 67 1/2') of Lot Five (5) of Block One Hundred Fifty-seven (157), of the Original Town Addition to the City of Post, Garza County, Texas. 5. South Twenty Feet (S 20') of Lot Two (2), East Sixty-seven and One Half Feet (E 67 1/2') of Lot Three (3) of Block One Hundred Fifty-seven (157), of the Original Town Addition to the City of Post, Garza County, Texas. 6. Lots Six (6) and Seven (7), Block Two (2) of the Bingham Addition to the City of Post, Garza County, Texas.
09-06-06381	Garza County, et al v. South 8 Feet of Lot 6, All of Lot 7, And The North Quarter of Lot 8 In Block 157 of The Original Town of Post Addition, The Unknown Owner(S)	7. A 0.081 acres in the South Eight Feet (S 8') of Lot Six (6), all of Lot Seven (7), and the North Quarter (N/4) of Lot Eight (8), Block One Hundred Fifty-seven (157) of the Original Town Addition to the City of Post, Garza County, Texas.
09-09-06407	Garza Central Appraisal District v. Clarke, Paul S.	8. A 0.000521 Royalty Interest in North Huntley Lease Unit Tract 2, 99085035, Cimarex Energy - Operator, Huntley (Glorieta) out of Section 9214 and 1298 J R Galbreth Survey, Garza County, Texas. 9. A 0.000521 Royalty Interest in the North Huntley Lease Unit Tract 3, 99085035, Cimarex Energy - Operator, Huntley (Glorieta) out of Section 9214 and
		1298 J R Galbreth Survey, Garza County,

out of the Southwest Quarter (SW/4) King, Jeremy (South part of Farm #807) of Section 1331, Block One (1), Certificate #119, H&OB RR Co., Abstract 325, Patent No. 68, Garza County, Texas, such property being more particularly decribed in a Warranty Deed recorded in Volume 260, Page 801 of the Deed Records of Garza County, Texas, such description incorporated herein by 12. A 78.57 acre tract of land, more or less. out of the Southwest Quarter (SW/4) (South part of Farm #807), Section 1331, Block One (1), Certificate #119, H&OB RR Co., Abstract 325, Patent No. 68, Garza County, Texas, such property being more particularly described in a Cash Warranty Deed recorded in Volume 245, Page 582 of the Deed Records of Garza County, Texas, such description incorporated herein by reference.

Garza Central Appraisal District v.

11-02-06551

and to me, as Sheriff, directed and delivered, I will proceed to sell, at 10:00 a.m on the 7th day of August, 2012, which is the first Tuesday of said month, at the East door of the Courthouse of Garza County, in the City of Post, Texas.

Levied on the 3rd day of Coules

said defendants, to satisfy the judgment rendered in the above styled and numbered cause, together with interest, at 12 percent per annum, and all costs of suit in favor of each jurisdiction. " ALL BIDDERS MUST NOW DISPLAY PROOF OF COMPLIANCE WITH 34.015 OF TEXAS TAX

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SISD BOARD... continued from page 1

phone calls from some registered voters in the dis-Garza County officials who weren't happy Lubbock would be handling their election.

"When I left that meeting, I was under the impression that Garza and Lynn counties weren't equipped Lynn County polling place. or staffed for handling our Early voting will be conelection. So we had no ducted in the Southland other choice but to go with ISD board office prior to afternoons. Lubbock," he said. "End of the election. story. We didn't have another choice.

"Of course," he said. "This whole argument is moot if no one qualifies to run against our incumbents."

There are less than 200

established at the Southland ISD board office, the Slaton ISD board office, and the Green Museum in Wilson will serve as the

In other business

Board members put off discussion and approval of the district's 2012-2013 budget and tax rate until public hearing will be at 7

p.m. on the budget and tax rate, and the regular por-Voting locations will be tion of the monthly meeting will follow.

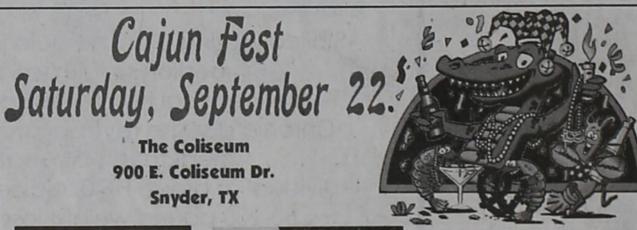
> The board also discussed a change to the secondary class schedule, which will probably see a remediation period for students set in the mornings prior to regular classes, instead of the

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"It's hard to get kids to concentrate when they're missing football practice and any other extracurricular afterschool activity," Miller said, reiterating that school officials are still their Aug. 20 meeting. A hammering out the details of the change.





Silent & live Auctions

Underwriters:

American State Bank West Texas State Bank Community Bank of Snyder

Northstar Anesthesia Covenant Medical Group

HCCS St. Joseph's Home Health DCOS

Snyder Daily News Wiley Hicks, Jr., Inc. Tim & Russell

Riggan-Edward Jones E D Walton Const Impact Chemical Tech.

more information call 325-574-7182.

Tickets go on sale August 1 at the Snyder Chamber of Commerce \$50 per person

Menu: Crawfish Etouffee, Jambalaya, Fried Chicken Red beans and rice.Cornbread, Fried Alligator Tail. Underwriting opportunities are still available. For



Doors open at 6pm 6:30-7:30pm: Meal 7:45pm: Comedian

Jonathan Perry 9:00pm: Live auction 9:30-11:30pm: Dance

Cajun Cuisine



Hosted by Cogdell Memorial Hospital Foundation (a non-profit 501(c)(3) organization) Proceeds will benefit

Cogdell Memorial Hospital

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For information on qualifications, please call 495-2233 or come by office located at 709 Caprock Drive. Office hours are 8:00 AM -12:00 Noon and 1:00PM - 5:00PM Monday - Friday

NOTICE

Election Logic and Accuracy Test The Garza County Clerk's office will conduct the Logic and Accuracy Test for the automatic tabulating equipment

on Tuesday, July 17, 2012 at 4:00 p.m. at the Garza County Courthouse, 300 W. Main Street, Post, TX.

The tabulators will be used in counting the vote for the July 31, 2012 Primary Runoff Elections. The test is open to the public. (This Notice is in compliance with Texas Election Code § 127.096.)

NOTA

La Lógica de la Elección y la Certeza Prueban

El registro civil de Garza realizará la Lógica y la Certeza Prueban para el equipo automático que tabula el Martes, el 17 de Julio de 2012 en 4:00 p.m. en el Palacio de justicia de Condado de Garza, 300 W. Main Street, Post, TX.

Las tabuladoras serán utilizadas a contar el voto para el 29 de Mayo, 2012 Elecciónes primario. La prueba está abierta al público. (Esta Nota está en conformidad con Código de Elección de Texas § 127,096).

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> Bruno Zapata - Supervisor (806) 523-3942

Delfino - (806) 891-2894

Lucas - (806) 891-1048

Legal Notice

South Plains Community Action Association (SPCAA) offers free and reduced-priced meals served under the Child and Adult Care Food Program (CACFP). Each facility and SPCAA has a copy of the policy, which anyone may review. Day care facilities are as follows:

My Special Place 111 N. Ave. H

Post, TX 79356

Windham Head Start and Early Head Start 206 S. Ave. E Post, TX 79356

The information each household provides is confidential and will be used only to determine eligibility and verify

In the child nutrition programs administered by and in accordance with the Federal Law and U.S. Department of Agriculture policy, no child will be discriminated against on the basis of race, color, national origin, sex, age or disability. If you believe you have been discriminated against, you can file a complaint and/or write USDA, Director, Office of

Adjudication and Compliance,

1400 Independence Ave., SW, Washington, D.C., 20250-9410 or call 866-632-9992 (toll free) or 202-401-0216 (TDD).

South Plains Community Action Association Inc.

Child & Adult Care Pro-

1946 Ave. Q Suite 215, 216 & 217 Lubbock, Texas, 79411 806-687-9726

Post Classifieds

HELP WANTED

Golden Plains Care Center is looking for one cook and certified nurse aides, Please call Windy Mathews at 806-495-2848 or come by at 605 W. Seventh St. and put in application. 0810b

Full-time RN opening for our Crosbyton-Interim office. If you are interested in working with our home-care agency, contact: Interim HealthCare – Crosbyton Renae Smith, RN/DHCS 806-675-1516 TFNb

Transvaginal mesh, or pelvic sling, is a type of surgical mesh used in women to treat pelvic prolapse, bladder prolapse and similar problems. A defective mesh can lead to chronic vaginal drainage, erosion of the vaginal tissue, stress urinary incontinence, lower back pain, perforations of the bowel/bladder/blood vessels, urinary problems, vaginal bleeding and infections, and vaginal scarring. If you or someone you love has been injured by a de-

fective mesh, call us for professional insight.

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Trailer house with large screened-in porch. On the water. Cottonwood Lake near

Quitaque, Tx. Contact Susie 806-426-1112. Ok to leave message. tfn

Metal barn on concrete slab, about 1,581 sf located on U.S. 84. Contact Dwain Read, Broker, USA Properties, 806-202-1101, or Barbara Hardin, sales agent, 806-778-2651. TFNb

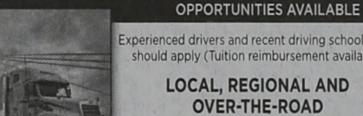
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11 a.m. to 5 p.m. Saturday at Holy Cross, 205 W. Main. Gordita and chili relleno plates for sale, \$7. 0720pd

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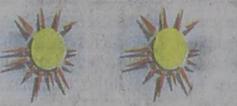
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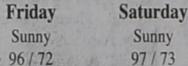
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Post Dispatch Weather Summary

Post's Seven Day Forecast







Sunday

Sunny

98/72



Sunny

99/72





Wednesday

Mostly Sunny

97/71



Thursday Sunny 98 / 74

Local UV Index

0-2 3 4 5 6 7 8 9 10 11+

0-2: Low, 3-5: Moderate, 6-7: High, 8-10: Very High 11+: Extreme Exposure

Weather Trivia

What region is known as "tornado alley"?

Answer: The area just south of South Dakota to just north of Texas.

Weather History

July 20, 1988 - The temperature at Redding, Calif. soared to an all-time record high of 118 degrees. Showers and thunderstorms produced much needed rains from New England to southern Texas. Salem, Ind. was deluged with 7.2 inches of rain, resulting in flash flooding.

July 21, 1975 - Six inches of rain fell across Mercer County, N.J. in just 10 hours, causing the worst flooding in 20 years. Assunpink Creek crested 11 feet above flood stage at Hamilton and Trenton, the highest level of record. Flooding left 1,000 people homeless.

Detailed Local Forecast

Sunny

99 / 75

Today we will see sunny skies with a high temperature of 96°, humidity of 38%. West southwest wind 5 to 15 mph. The record high temperature for today is 101° set in 1994. Expect mostly clear skies tonight with an overnight low of 72°. South wind 5 to 10 mph. The record low for tonight is 61° set in 1984. Saturday, skies will be sunny with a high temperature of 97°, humidity of 33%. South wind 10 mph. Skies will be mostly clear Saturday night with an overnight low of 73°. South southwest wind 10 to 15 mph. Expect sunny skies Sunday with a high temperature of 98°.

Peak Fishing/Hunting Times This Week

S AND BUILDING	din St. L.	Peak Times			Peak Times		
	Day	AM	PM	Day	AM	PM	
sale!	Fri	12:39-2:39	12:09-2:09	Tue	3:53-5:53	3:23-5:23	
	Sat	1:27-3:27	12:57-2:57	Wed	4:44-6:44	4:14-6:14	
3	Sun	2:15-4:15	1:45-3:45	Thu	5:39-7:39	5:09-7:09	
	² Mon	3:03-5:03	2:33-4:33	илил	w WhateOur	Weather com	

1	Day	Sunrise	Sunset	Moonrise	Moonset
st B	Fri	6:50 a.m.	8:53 p.m.	8:22 a.m.	9:44 p.m.
26 5	Sat	6:51 a.m.	8:52 p.m.	9:23 a.m.	10:18 p.m.
	Sun	6:52 a.m.	8:52 p.m.	10:24 a.m.	10:52 p.m.
	Mon	6:52 a.m.	8:51 p.m.	11:26 a.m.	11:27 p.m.
11 3 3	Tue	6:53 a.m.	8:51 p.m.	12:29 p.m.	Next Day
1 (12)	Wed	6:54 a.m.	8:50 p.m.	1:34 p.m.	12:04 a.m.
(3)	Thu	6:54 a.m.	8:49 p.m.	2:40 p.m.	12:44 a.m.

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days					
7/10	82	68	92/68	0.02"	Date Degree Days		0.02" <u>Date Degree Days</u> <u>Date Degree</u>		egree Day	Days
7/11	89	64	92/68	0.00"	7/10	25	7/14	32		
7/12	94	64	92/68	0.00"	7/11	26	7/15	32		
7/13	96	67	92/68	0.00"	7/12	29	7/16	30		
7/14	95	69	92/68	0.00"	7/13	32				
7/15	95	68	92/68	0.00"	Growing degree days are calculated by taking the average temperature for the day and subtracting the base temperature (50 degrees) from the					
7/16	94	67	92/68	0.00"						

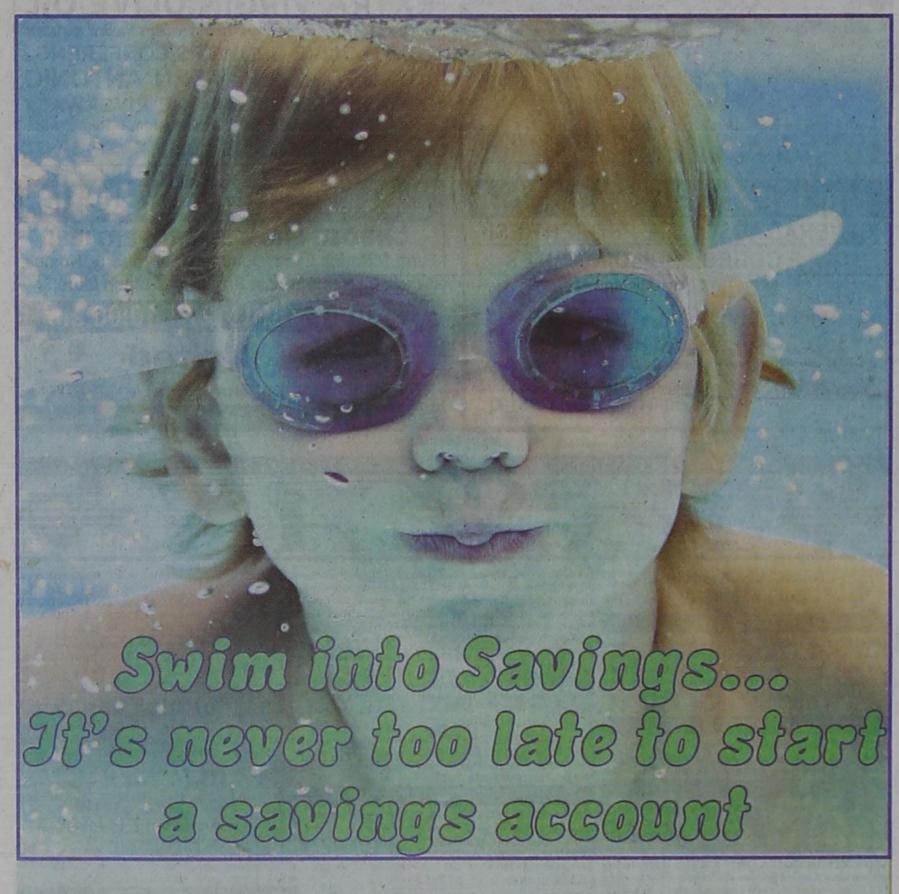
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King James and Will



By Ronda Rich Dixie Divas

Perhaps you've heard. It's was source of newspaper, magazine and television stories within the last year regarding the anniversary of the King James Bible. It's a sprightly 400 years old.

On one point do all writers and reporters seem to agree: It's old but not particularly cherished because few people read that version of the Bible these days. It's once solid popularity has been eclipsed by the wildly successful New International Version (NIV). Now, I, the lover of beautiful words and lilting cadences I am, do read it, almost exclusively, but I admit I am definitely in the minority among my friends and family.

"But do youreally understand what it says?" Nicole asked, raising an eyebrow, skepticism filling her big brown eyes.

"Yes," I replied firmly.

She narrowed her eyes. She didn't want to call me a liar. She didn't even want to say in the more poetic way of the King James Bible: The truth's not in you.

Before the King James version, there were two other versions translated from Greek, but this one seemed to take a stronger hold, perhaps owing to the beauty of the language in the time of Shakespeare.

The Protestant Christian king assembled his experts in 1607. It took four years, but the KJV was release to the public in 1611. It was one of the most significant events in Christian history since Christ's resurrection.

All that aside, I have to disagree with those who say its popularity has fallen to the wayside. After all, every one of us quotes the King James Bible regularly. And the thing is you probably don't even realize many phrases commonplace in our lexicon come from that Bible.

Without the King James Bible, we wouldn't have these sayings: "drop in a bucket,"
"my cup runneth over," "see
eye to eye," "wit's end," "the
powers that be," "in the twinkling of an eye," "fell by the
wayside," "root of the matter,"
"labor of love," and "fight the
good fight."

Whenever Mama thought someone would try to over-charge for something or take undue advantage, she said, without fail, "You better watch him. He'll set your field on the fire."

Mama's people in the mountains often used phrases from the King James to describe modern-day situations. Still, I was surprised when I ran across that Scripture one day in the second book of Samuel. Absalom's servants stole Joab's barley by "setting his field on fire." It's really quite clever if you think about it - KJV readers translated ancient words to cover everyday situations like theft. Who says it's too hard to understand? After all, Mama's people were mostly uneducated, but they grasped it with seeming ease.

At the same time King James' scholars were scurrying to translate the Bible, the famous bard, William Shakespeare, was scribbling away, using the same words now considered antiquated, those sentences that use "thy, thee" and words that end with "th" as in "cometh." Many of the phrases ole Will created through his quill, have, too, become an integral part of our everyday conversation.

From Will's quill came these expressions: "Bated breath," "all the world's a stage," "neither a borrower or lender be," "a brave new world," "fair play," "foregone conclusion," "come full circle," "give the devil his due," and "good riddance" to name but a few.

So, the question becomes this, at least "in my mind's eye" (Shakespeare's words not mine): If the King James Bible and Shakespeare are ancient relics, then why do we continue to use their words daily? Why can't we find modern words that say it as well or even better?

I guess because, as the KJV says, "There's nothing new under the sun."

Ronda Rich is a Southern humorist and best-selling author of "What Southern Women Know (That Every Woman Should)." Visit rondarich. com to sign up for her weekly newsletter.



Family Harvest Church

Service Times

Sunday 10:00 a.m. Wednesday Prayer 7:00 p.m. (806) 495-1400

Pastor Joey & Kathy Hamlin

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while driving.
Is sending an LOL text
message really
worth killing someone?