

The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, AUGUST 31, 2012

THEPOSTDISPATCHONLINE.COM

75 CENTS

Evals show rift between council, manager

By Wayne Hodgkin
 The Post Dispatch

Post City Manager Arbie Taylor had his annual evaluation during the regular City Council meeting Tuesday, and responses in the open forum drew some criticism and, at times, heated responses.

Taylor elected to conduct the evaluation in open session instead of closing it off to the public in a closed-door session. City employees, according to policy, may choose either route.

"I don't have anything to hide," Taylor said.

The written evaluations had at least been partially completed by City Council members prior to the meeting, and Mayor Thressa Harp noted council members could air their responses in public if they wished. However, they didn't have to if they didn't want to.

Throughout the near hour-long evaluation and discussion, the recurring theme

See RIFT, Page 7

Garza jury convicts Lubbock man of DWI

The Post Dispatch

A Garza County jury took about seven hours last Friday to convict a Lubbock man on a driving while intoxicated charge.

A total of 12 witnesses — eight for the prosecution and four for the defense — testified during 20-year-old Matthan Lane Ethridge's trial, which began Aug. 22.

Ethridge

See DWI, Page 8

Back to the gridiron



Photo by Wayne Hodgkin/The Post Dispatch

Coach Ron Holson talks to a group of student athletes during Tuesday afternoon practice. The Post Antelopes kick off their season at 7:30 p.m. today at Morton.

Preseason lineup will help boost Antelopes into district

By Wayne Hodgkin
 The Post Dispatch

Bold Gold football will kick off its 2012 season tonight on the road as the Antelopes face the Morton Indians, last year's 1A-2 region champions.

Coming off last season's 2-8 record, second-year head coach Steve Smith said he's seen a vast improvement in his team over the offseason.

"I can really tell our kids are more physically prepared this year going into the season," Smith said. "We've worked really hard on strength, conditioning and speed since last season, and it was evident during the two scrimmages we've played in the last two weeks."

Post teams scrimmaged in Sudan last Friday and left with a tie, while the previous week the team scrimmaged Brownfield here in Post and was considered a win.

Smith said not only does he feel his student athletes are prepared to compete physically, but also said they are more mentally prepared for the season.

"Our coaches have really been working on team-building, and you can tell that level of commitment is showing," he said. "They're committed to the team."

See PRESEASON, Page 8

2012 Post Antelopes Varsity Roster

Number	Player	Position	Class
2	Pake Jones	QB-RB/DB	11
3	Dylan Pearson	WR/DB	10
5	Alejo Rodriguez	RB/	10
8	Caden Dean	RB/LB	12
9	Paden Babb	TE-RB/LB	11
10	Isaac Stern	TE/LB	12
11	Matt Nava	WR/DB	12
14	Joseph Romero	RB/DB	10
15	Campbell Kirkpatrick	WR/DB	11
18	Dalton Holly	WR/DB	12
21	DJ Brown	RB/DB	11
22	Troy Copeland	WR/DB	12
25	Marco Erives	RB/LB	11
28	Austin Garza	QB-WR/DB	10
32	Vance Blair	RB/DB	12
40	Bryan Smith	QB-RB/LB	10
50	Alan Alaniz	OL/DL	11
52	Paul Martinez	OL/DL	12
53	Zeb Graves	OL/LB 6	12
54	Travis Greathouse	OL/LB	11
55	Mondo Martine	OL/DL	11
62	Nathaniel Gill	OL/LB	12
65	Seth Babb	OL/DL	11
75	Sergio Soliz	OL/DL	11
77	Jayson Walden	OL/DL 6	10

2012 Post Antelopes Varsity Schedule

Date	Opponent	Time
Aug. 31	at Morton	7:30 p.m.
Sept. 7	Lamesa	7:30 p.m.
Sept. 14	at Slaton	7:30 p.m.
Sept. 21	Tahoka	7:30 p.m.
Sept. 28	Denver City (Homecoming)	7:30 p.m.
Oct. 5	Open	
* Oct. 12	at Roosevelt	7:30 p.m.
* Oct. 19	at Tulia	7:30 p.m.
* Oct. 26	Floydada	7:30 p.m.
* Nov. 2	at Olton	7:30 p.m.
* Nov. 9	Abernathy	7:30 p.m.

Post Notes

Blood drive

United Blood Services will conduct a blood drive at United Supermarket, 123 N. Broadway, from 3 to 7 p.m. today in the bloodmobile. All donors will receive a T-shirt and be entered into a drawing to win an iPad. To schedule an appointment, call 797-6804 or visit bloodhero.com sponsor code: lolpost.

Fair entries

Entries of foods items, sewing, photography, etc., for the Women's Building of the Panhandle South Plains Fair are due Sept. 18. Rules, divisions and guideline descriptions are at southplainsfair.com under the Women's Division tab. For information call the Garza County Extension office at 495-4400.

Ragtown Theater

"Mystery of the Hebrew Scribe" is being performed at Ragtown this weekend. Performances are at 7:30 p.m. Friday and a 3 p.m. Saturday matinee.

4-H enrollment

Enrollment for the 2012-2013 4-H year will begin Aug. 15 on 4-H Connect. Those interested are asked to contact the Extension Office at 495-4400 for information. Current members must re-enroll at 4-H Connect. Register through Oct. 31.

4-H fundy

Last chance! Those interested in placing an advertisement in the football program are asked to contact the Garza County Extension office at 495-4400.

Graham Ole Opry

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

Post Elementary

Sept. 5 is College Day (wear college gear to school); Sept. 11 will feature John Erickson from the "Hank the Cowdog" series; Sept. 18 is Picture Day. For information, call Keri Ann Thompson at Post Elementary School 495-3414 or email kthompson@postisd.net.

Post Quarterback Club

The Post Quarterback Club welcomes all Post football dad's and men to watch game film with coaches and their commentary of each game at 7 p.m. Monday nights at 7 Citizen's Bank. For information, contact Cheryl Gill at cdgill@ag.tamu.edu or call 495-4400.

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.

Correction

This year's varsity volleyball team is not the first in Post High School history. Information given to the Dispatch as reported in a story appearing on page one of last week's edition was inaccurate. A team did exist in the 1950s.

News on the go



Use your smartphone to scan the quick response, or QR, code to visit us online.

The Post Dispatch
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 USPS 439-620



Photo by Wayne Hodgkin/The Post Dispatch

Post Elementary School nurse JoAnn Travis explains her job to Karrie Pittman's new kindergarteners Monday, the first day of school. The class spent the day on a treasure hunt, looking for Chester the Raccoon, a character from the children's book "The Kissing Hand," while learning about various aspects of the school.

Students return to classes

By Wayne Hodgkin
 The Post Dispatch

The 2012-2013 academic year began Monday for many area schools, including both the Post and Southland school districts.

First-day enrollment for Post ISD has increased 61 students as compared to the first day of the 2011 school year, Superintendent Mike Comeaux said.

High school enrollment has increased by six students to 432; the middle school saw 19 new students at 176; and

elementary enrollment is up by 32 students at 432.

Total enrollment for Post ISD was 826 k-12 students, compared to 765 at the same time last year.

Comeaux said those numbers will fluctuate some and usually flattens out after the Labor Day holiday.

"As first days go, we had a great first day of classes Monday at Post ISD," Comeaux said. "Things went very smoothly."

New this year for Post students include an algebra class being offered at the eighth-

grade level, a robotics class being taught for middle school students.

In addition, eighth-graders now have the opportunity to participate in the high school marching band.

Southland ISD Superintendent Toby Miller said Monday also was a great beginning to the school year.

"Our teachers have done a great job preparing over the last two weeks, with many hours of staff development focusing on new writing

See STUDENTS, Page 8

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The Post Dispatch, 123 E. Main St., Post, Texas, 79356, is open from 9 a.m. to 5 p.m. Monday through Friday. Phone 806-495-2816. Fax 806-495-2059. Email thepostcitydispatch@gmail.com

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It is the mission of this newspaper to promote the rights of individualism in the American Declaration of Independence. The right of life, liberty and ownership of property are the cornerstone of freedom. Government's sole purpose is to enhance our liberty and freedom. Therefore, we hold every elected and appointed agent of government accountable to that standard.

DEADLINES
Advertising: 5 p.m. Mondays
Editorial: Noon Tuesdays

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Deaths

Mary Gale Young

Services for Mary Gale Young, 95, of Post were Saturday at First Baptist Church with the Rev. Paul Kenley officiating. Burial was in Terrace Cemetery under the direction of Hudman Funeral Home.

Mrs. Young was born May 4, 1917, in Van Alstyne to L.P. and Gertrude Parker Baker. She moved to Garza County in 1926 and graduated from Post High School. She married Alvin Young on July 4, 1938, in Post. She was a beautician, a member of the Eastern Star and a faithful member of the First Baptist Church.

She was preceded in death by her husband on April 20, 2001; a son, Donald Young, on Dec. 12, 1965; three sisters and a brother.

Survivors include her son Tommy and Ruth Ann Young of Post; grandchildren Jay Young of Post, Ken Young of



Post and D'Lynn Barnhart of Keller; and great-grandchildren Ashley and J. D. Young of Post and Emma, Jack and Drew Barnhart of Keller.

Pallbearers were Jay Young, Ken Young, Jayson Barnhart, J.D. Young, Jack Barnhart, Drew Barnhart, Ronald Thuett and Trevor Thuett. Honorary Pallbearers will be the staff and residents of Golden Plains Care Center.

Letters to the Editor

Tribute to Mary Gayle Young

My dear friend and long-time pen pal went to become one of God's angels on Aug. 23, 2012.

We only met in person for about 12 seconds, once in a Lubbock clinic, but our correspondence by letter, and

phone now and then, lasted for many sweet, memorable years.

She was a real sweetheart, a true Christian lady, and I'm sure all who knew and loved her will feel a huge hole in their heart and a great sorrow from her loss.

May God bless her family and friends with the comfort only he can give.

We'll have her with us always, because she was a special, one-of-a-kind, loving lady, mother and friend.

Rest in the arms of Jesus, Mary Gayle, my beloved friend and sister in Christ.

I'll cherish our friendship always. I love you dearly.

JOAN SHOULTZ
Lubbock

Letters to the Editor Policy

The Post Dispatch welcomes letters from readers on topics of local, state, national and international importance. Email letters are preferred to thepostcitydispatch@gmail.com. All letters must include a first and last name, street address (no post office boxes), daytime phone number. Letters sent via U.S. mail may be sent to P.O. Box 426, Post, TX 79356.)

Pet of the week



Submitted by Janice Plummer

Jake is a red, Australian shepherd rescued from the city shelter. He is well-trained and love to go for rides. Although he is not fond of his kennel, he prefers to be outdoors where he can run and play. Jake is available for adoption from the Post Animal Refuge Center. For information, email postarc@yahoo.com or visit Post Arc on Facebook. The center is a nonprofit organization and welcomes all donations and volunteers.

Commissioners Court

County set to OK budget

■ Tax increase set; bills will be lower

The Post Dispatch

While the tax rate will be increasing .075 percent to .355 mils for the 2012-2013 fiscal year in Garza County, homeowners will see an average decrease of about \$7.70 on their tax bills.

County commissioners voted unanimously Monday during their regular meeting to move forward with the proposed \$2.94 million bud-

get. As it stands, the budget is about \$220,000 more than last year's budget.

With certified county appraisals up about \$124 million at about \$970 million this year, the proposed millage rate is less than 36 cents per \$100 valuation of assessed property.

The average taxable value of a residence homesteaded in Garza County last year was about \$37,029. Based on last year's tax rate of 0.37809 mils the amount of taxes imposed last year on the average home was \$140.

This year, the average taxable value of a residence homesteaded in Garza County is \$37,259. If commission-

ers adopt the effective millage of 0.355, the amount of taxes imposed this year on the average home would be about \$132.

County Judge Lee Norman said the increase in oil production throughout the county accounts for the increase in valuations.

The county has called for two public hearings on the proposed budget and tax increase. Those meetings will be at 5 p.m. Sept. 7 and 2 p.m. Sept. 11, both in Commission Chambers at the Garza County Courthouse, 115 W. Main St.

Wayne Hodgins

Old Mill Trade Day
Featuring performances by Daron Norwood & Cathy Whitten
Old Mill Trade Day Downtown Post TX
The Trade Day experience is back in Post! Old Mill Trade Day is back! Over a dozen shops and vendors will bring a variety of products along with live music. Old Mill Trade Day runs from 9am to 5pm. 10:00 am-5:00 pm
Saturday September 1st
County Music School, Adult
Daron Norwood
"Amazing music & fun don't miss it!"
Cathy Whitten
9-12pm
Live Music & Fun
Saturday

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 Louis Armstrong Cryptogram Solution on page 5

ABCDEFGHIJKLMNOPQRSTUVWXYZ
T M S K W K F W K J D E K N K D N H K T M S F M
O O M S K C I D T M L T D Z C D U P F T M
M K H H T M S K E

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WE are forever grateful to you, our wonderful friends and family, for the incredible outpouring of love shown to us during our time of loss. Your kind words, delicious food, beautiful flowers and fervent prayers have been a tremendous blessing, as you have proven your love for our dad, husband, brother and grandfather. May God richly return His blessings to each of you.
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Menus: Week of Sept. 3-7
Post ISD
Breakfast
Monday: Labor Day. No school.
Tuesday: Muffins, sausage link, fruit, milk
Wednesday: Oatmeal, bacon, toast, fruit, milk
Thursday: Doughnuts, sausage, fruit, milk
Friday: Cereal, toast, fruit, juice, milk
Lunch
Monday: Labor Day. No school.
Tuesday: Hamburger, salad,
chips, carrot dippers, vegetarian beans, crispy treat milk
Wednesday: Beef and bean burrito, Spanish rice, seasoned corn, sparkly apple, milk
Thursday: Chicken alfredo, green beans, garlic bread, peaches, brownie, milk
Friday: Barbecue on bun, pickle spear, corn coblette, pineapple, cherry delight, milk
Southland ISD
Breakfast
Monday: Labor Day. No school.
Tuesday: French toast sticks, sausage, fruit, juice, milk
Wednesday: Breakfast bar, yogurt, fruit, juice, milk
Thursday: Muffins, cereal, yogurt, fruit, juice, milk
Friday: Biscuits, sausage, gravy, fruit, juice, milk
Lunch
Monday: Labor Day. No school.
Tuesday: Pizza, corn, tossed salad, sliced peaches, milk
Wednesday: Beef chaluapas, refried beans, tossed salad, orange wedges, yellow cake, milk
Thursday: Chicken nuggets, mashed potatoes, gravy, green beans, fruited gelatin, milk
Friday: Hot dogs, baked fries, celery and carrots with ranch, apples, milk
Trailblazers-Senior Citizens Center
Monday: Labor Day holiday
Tuesday: Pork chops, baked potato, spinach, strawberries and bananas, milk
Wednesday: Chicken spaghetti, salad, carrots, garlic bread, milk
Thursday: Meatloaf, potatoes, zucchini, roll, fruit, milk
Friday: Fish on bun, coleslaw, beans, fruit, milk

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Harvest depends on more than expected lint price

By Shawn Wade
Special to the Dispatch

As the High Plains approaches the critical home stretch of the 2012 production season, many cotton producers across the region are anticipating low non-irrigated yields.

Most of these fields eventually will be evaluated by crop insurance adjusters and assigned an expected level of production that will require a decision from the cotton producer on how to move forward.

The producer's decision to make at that point is to accept the appraised production figure, foregoing harvest and destroying the crop, or to go ahead and carry the crop to harvest, settling the final crop loss claim based on the actual harvested production amount.

Assuming the appraised or actual yield is below 150 pounds per acre on drought-impacted, non-irrigated cotton, neither path would adversely impact a grower's ability to participate in the risk-sharing programs offered by the seed and technology providers serving the region, said Jay Yates, a risk-management specialist with the Texas A&M AgriLife Extension in Lubbock.

Depending on the interaction between lint quality, lint prices and cottonseed value, Yates said, a producer could see a positive economic return from cotton yielding as low as 50 pounds per acre.

"Deciding whether or not to harvest a low yielding crop is something that needs to be given some serious consideration," Yates said. "The interaction of expected lint prices for the crop, plus the additional income that will be derived from cottonseed makes it worth the time it takes to run the numbers."

It is no secret that cotton prices have fallen significantly since planting time. Deciding to harvest based only on the expected value of the cotton lint that could be harvested, however, fails to take into account all of the variables involved in determining the net income potential of this type of cotton.

In a time of increased operating expenses and reduced crop prices it is important that growers do their homework to ensure they head down the path that makes the best economic sense and positively impacts their operation fi-

nancially, Yates said.

The following are some of the important questions that growers need to consider when deciding to harvest low yielding cotton:

- How much cotton will/could be realistically harvested?
- What is the expected market value of the lint based on the expected quality of the fiber that will be produced?
- How much will it actually cost to harvest the crop?
- How much will it cost to gin the cotton?
- How much cotton seed will be harvested?
- What is the expected market value of the cotton seed?

Yates said he is working with Plains Cotton Growers staff to put together a Microsoft Excel-based spreadsheet to assist growers in evaluating their situation. The spreadsheet is expected to be available for download from the South Plains Profitability project web page at <http://agrilife.org/southplainsprofit>.

To illustrate how even low yielding cotton can generate a positive economic return this year, Yates said starting with a base value for cottonseed at \$260 per ton, a producer who harvests and sells cotton for \$0.59 per pound would generate a positive economic return of just more than \$11 per acre at a yield level of only 50 pounds.

This scenario also assumes a minimum harvest cost of \$20 per acre for stripping and ginning cost of \$3.10 per hundredweight with a 22 percent turn-out.

Ramp the yield up to 80 pounds per acre and the net return nearly triples to \$29.93 per acre and \$59,854 dollars of much-needed revenue across 2,000 acres of cotton.

Local game warden honored



Special to the Dispatch

Garza-Lynn County Game Warden Drew Spencer was one of 39 people honored Aug. 23 by the Texas Parks and Wildlife Department's Law Enforcement Division for their performance while working for the state of Texas. Spencer received a life-saving citation for apprehending an armed man suspected of suicidal tendencies in an incident July 5 at the Double U Ranch. The man was subsequently taken into custody and evaluated without incident. Pictured here are TPWD law enforcement director Col. Craig Hunter, Spencer, TPWD Deputy Executive Director Scott Boruff and TPWD Executive Director Carter Smith.

Texas prepares as Isaac threatens Gulf

The Post Dispatch

Gov. Rick Perry activated the Disaster District Committee in Beaumont early Tuesday morning and placed state and local emergency management agencies on alert as Tropical Storm Isaac made it way toward the Gulf Coast.

Late Tuesday morning, Isaac officially ballooned into a Category 1 hurricane as it approached southern Louisiana, where it was expected to bare down on New Orleans with 75- to 110-mph winds and torrential rainfall as much as 20 inches.

Isaac's track was forecast to bring it to the Big Easy seven years to the day after Hurricane Katrina hit as a much stronger storm on Aug. 29, 2005.

The Beaumont DDC was being activated to meet any immediate requests for assistance from western Louisiana, or address any potential impact to Texas should the storm divert

to the west.

"The path of a storm's destruction can be unpredictable, and as we track Isaac across the Gulf of Mexico, Texas will be prepared to respond anywhere the storm makes landfall," Gov. Perry said. "With the effects of hurricanes Katrina, Rita and Ike still fresh on the minds of communities near the projected path of the storm, Texas will rely on our proactive approach to protecting life and property, and stands ready to support our

neighbors in Louisiana with any assistance they may need."

As Isaac approached, gas prices continued to climb, particularly along the Gulf, where many oil and refining facilities has closed by Tuesday morning.

A survey for the motorist group AAA showed the national price for a gallon of regular gasoline crept up six-tenths of a cent to \$3.756 in Tuesday's reading. Sharper rises were expected along the Gulf Coast

states with gas jumping as much as 2.5 cents a gallon.

Analysts estimated the national average could shoot up by 10 cents because of the disruption to supplies from Isaac, although a fairly quick retreat was expected if there was no lasting damage from the storm.

Wayne Hodgins

Notice of Public Hearing on Tax Increase

The GARZA COUNTY COMMISSIONERS will hold two public hearings on a proposal to increase total tax revenues from properties on the tax roll in the preceding tax year by .0750 percent (percentage by which proposed tax rate exceeds lower of rollback tax rate or effective tax calculated under Chapter 26, Tax Code). Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property and the tax rate that is adopted.

The first public hearing will be held on SEPT 7th 5:00 at CO COMMISSIONERS CT ROOM

The second public hearing will be held on SEPT 11th 2:00 at CO COMMISSIONERS CT ROOM

The members of the governing body voted on the proposal to consider the tax increase as follows:

- GARY MCDANIEL - CHARLES MORRIS
- FOR: TED BRANNON - JERRY BENHAM - LEE NORMAN
- AGAINST: NONE
- PRESENT and not voting: NONE
- ABSENT: NONE

The average taxable value of a residence homestead in GARZA CO last year was \$ 37,028.63

Based on last year's tax rate of \$ 0.37809 per \$100 of taxable value, the amount of taxes imposed last year on the average home was \$ 140.00

The average taxable value of a residence homestead in GARZA CO this year is \$ 37,259.20

If the governing body adopts the effective tax rate for this year of \$ 0.33005 per \$100 of taxable value, the amount of taxes imposed this year on the average home would be \$ 122.97

If the governing body adopts the proposed tax rate of \$ 0.3550 per \$100 of taxable value, the amount of taxes imposed this year on the average home would be \$ 132.27

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In and around Close City

Hello everyone. I hope y'all have had a good week so far. We've had a pretty good one out here, although we've still had no moisture. The crops really need a drink bad. Maybe next week.

Sympathies go out to the Young family. Mary Gayle passed away last week.



TRACI FREEMAN

Thoughts and prayers go out to her entire family.

On a happier note, I guess all the kiddos got off to a good start this week at school. I know one little one who did not want to go Monday morning, but I think he ended up having a great day. Isn't that right, Jake?! Remember to look out for them as you are coming and going.

This is for all you Tech fans out there: the Sept. 15 game is going to be the game to "Celebrate Cotton." The entry gates will be lined with cotton bales each with a fun cotton fact and how cotton impacts our economy. Everywhere you look you will see cotton. There is also a special pricing for tickets for this game. Visit <http://bit.ly/CelebrateCotton> and enter promo code COTTON2012 or call 806-742-4412 and mention the Promo Code COTTON2012 to receive special pricing of \$20 per ticket.

If you need more information, feel free to call me at the gin at 495-2753

Monday is a holiday, and we will not be open. From all of us here in Ragtown, have a safe and happy Labor Day!

We have several around the area who are in need of prayers, please pray for them and their needs and don't forget the rain for all

of us.
Quote of the week: This is for all the young folks out there, especially those starting college. "Turn your can't's into cans and your dreams into plans," taken from Whitney McNeely Baker's Facebook wall.
Did you know: This is for G.B. and Jim ... In Japan you can buy square watermelons — they stack better!

Close City Birthdays
August 31st – Robbie Freeman, Mikey Gonzales

September 2nd – Mark Beavers
September 3rd – Efrain Gonzalez
September 4th – Jolie Page
September 5th – G.B. Wilke, Chuck Prather

Close City Anniversaries
September 1st – Danny and Susan Gonzales
September 4th – David and Melinda Quintana

Ragtown folks in the nursing homes we need to remember are Claudine Tipton; Carmen Abraham; 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.gin@pcca.com.

The Doctor is in Sticking to your diet – breakfast time

I've had many comments on the chicken fried steak recipe from a couple of weeks ago, so here are a couple more. We will focus on breakfast this week, because that is such a hard meal for most people to stay BALi compliant.



BEN EDWARDS

Remember, the goal we are trying to achieve by eating foods off the BALi eating list (similar to Paleo, Mediterranean and The Maker's diet among others) is to reduce sugar and grain intake.

Processed grains like corn, wheat and white rice are turned into sugar very quickly by your body, so you can think of them as sugar also. Elevations in blood sugar can cause a number of unhealthy chain reactions that lead to many diseases. It causes your insulin to surge, which tells your body to store fat.

Abdominal fat accumulation is linked to everything from cancer to diabetes and heart attacks. The large sugar load also encourages yeast overgrowth in your intestines while discouraging healthy gut bacteria from reproducing. This leads to your immune system turning on and waging war internally which we call "inflammation."
There is a link between inflammation and every disease known to modern medicine. This inflammation usually starts from an imbalanced gut flora because of a poor diet. So, trying to move away from the standard American diet (breakfast cereal in the morning, sandwich for lunch, spaghetti for supper) and to a diet with meat, veggies, fruits and nuts – or real food as I call it – is the goal.

The average American consumes a pound of sugar in four days now, and we throw grain products on top of that all day long. It is slowly killing us. Try some of these BALi-compliant recipes for breakfast next week.

Pancakes
Combine 7 tablespoons of gluten-free flour, 1 tablespoon of xylitol, 1 teaspoon of baking soda and 1/2 teaspoon of salt. Add these to 1 cup of plain Greek yogurt and stir (stop short of mixture being totally combined). Whisk two farm-fresh eggs in a separate bowl and add 1/2 tsp vanilla. Combine with the flour/yogurt mixture. Fold in fresh blueberries. Cook on hot buttered skillet. Top with Yacon syrup, raw honey, or xylitol syrup.

Muffins
Combine 1 cup of millet flour with 1/2 cup of buckwheat flour, 2 1/2 teaspoons baking powder, 1 teaspoon pumpkin pie spice, 1/2 teaspoon salt and 1/3 cup of xylitol (or honey). Mix in two eggs, beaten. Stir in 1/4 cup of coconut oil. Combine 3/4 cup of pumpkin puree with 3/4 cup of applesauce and mix into flour mixture. Don't over stir. Place into muffin tin and bake at 400 degrees for 15 minutes. Serve with raw, organic honey, yacon syrup or organic blackberry fruit preserves with no sugar added.

A quick breakfast instead of cereal: Plain Greek yogurt topped with granola, ground golden flax seed (or chia seed), blueberries, raspberries and strawberries and a touch of raw, organic honey.

Or an old tried and true with a tweak: Scrambled eggs topped with salsa, bacon and a side of toasted Ezekiel bread.

Real food for real health!

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

Choose Joy

Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

- Ephesians 4:32 (NRSV)

Most of us have experienced the kind of trials that made us want to blame God for our suffering. Jonah was no exception. He was angry because God had shown mercy on a city known for its wickedness. Jonah's attitude was anything but forgiving. Expecting to see God rain fire and brimstone on the great city of Nineveh, he instead saw God show mercy to the city.

Forgiving a person or a group of people is hard if they have greatly wronged us; we often harbor anger and bitterness. We may become suspicious and paranoid, letting that wrong affect every area of our lives. Resentment can damage our bodies

like a poison and destroy our relationships. Ironically, our resentment does not harm those who have injured us. We hurt only ourselves.

On the other hand, forgiving others neutralizes the poisons of anger and bitterness. Instead of misery, we can choose joy. We go on without the heavy burden of anger. Our reward for developing a spirit of love is joy. We begin to appreciate the gifts of God. We learn to value the days God gives us, and we can live every area of life to the fullest. When we possess a grateful and forgiving heart, outside circumstances cannot diminish the joy in each day.

James E. Bell (Missouri, USA)

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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
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

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Grassland Church of Nazarene- 327-5656

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

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The 501

Rio Rita and the not-so-welcome wagon

If cows had welcome wagons for new bulls the way people make neighborhood newcomers feel at home, you wouldn't want one-eared Rio Rita to be the designated greeter.

Rita's a little crazy.



HANABA MUNN WELCH

I wished for a spotlight or a big moon. It's not easy to find an Angus bull at night. I also wished for my grandmother, just on general principles.

Lest you think my cow-savvy grandmother did her herd checking by night, she didn't. By sunset, her '56 Chrysler was nearly always parked in her carport, occasionally with a tire going down slowly from a mesquite thorn. She was in for the night, barring the need to shoot some nocturnal varmint of one sort or another.

I'm in for the night too now, happy to say I finally found the bull. He was several hundred yards away from his new harem, standing by a gate, apparently wishing he could return to the totally male milieu on the ranch he'd just left. He came to us from the bovine equivalent of the Augusta National Golf Club — all bulls,

all one breed. But what do I know about golf? Not much.

OK, I know the situation is different now at Augusta. They let Condoleezza Rice join last week, and I think another female was also accepted into the formerly no-girls-allowed club. Things change.

On our farm, it's the new bull that's upset things. He's the first adult of his gender to set foot on our acreage for several months. But really, the cows are unperturbed. He's the one not adjusting. He's not the first Angus bull they've ever seen, but they are the first spotted and horned females he's ever seen. I guess he's in shock, especially with aggressive Rita trotting out to greet him, horns askew. They really are askew.

He must have been asking himself where he'd landed. (Like my grandmother, I presume to know what cows think, except she really did know.) It didn't take the bull long to head the opposite direction.

It's too bad cows don't play golf. It would be a low-stress way for a new one to meet the herd.

OVERNIGHT PAUSE.

Meanwhile, back at the ranch, the new bull — no surprise — has made an overnight adjustment. He's found out he likes girls, whatever their lineage. Maybe it was getting to know them all by the dark of the moon that did the trick; sort of like meeting strangers at a totally dark stargazing party. Try it sometime.

Let's applaud whatever it takes to break down prejudices, especially on the ranch.

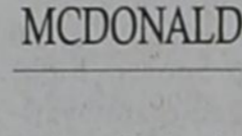
Good luck, Rita. I think he likes you.

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

Nancy's Notions

Bay leaves add aromatic flavor to many dishes

Bay leaves are a wonderful addition to any soup, sauce, stew or casserole. They are mainly used dry and are just thrown into the pot and allowed to impart their rich and aromatic flavor.



NANCY MCDONALD

The bay leaf we use in cooking is actually the dried leaf of the bay laurel tree (Laurus nobilis). Bay leaves also can be known as sweet bay, sweet laurel, laurel leaf or bay laurel.

Bay leaves are a good source of vitamins A and C and also contain significant amounts of iron and manganese, in particular, as well as smaller amounts of calcium, potassium and magnesium.

Bay leaves are never eaten and are really just used to add extra flavor to a number of dishes. Bay leaves can be used in the following ways:

- Prepare a bouquet garni and add to soups, stews, casseroles and sauces.
- Use in pickling solutions.
- Add to boiling water for shrimp, crab and other seafood.
- Use in marinades for meat and fish.
- Add to milk when preparing homemade rice puddings or other milk puddings.

Although the bay leaf was not introduced to England until the 16th century, it has been around since ancient Greek and Roman times. In fact, the bay leaf was held in such high esteem that victors of battle, sport and study were crowned with garlands of laurel, as a symbol of their success.

This is where the term "baccalaureate" originates from, and it is now referred to when students have successfully completed their schooling years. With school starting back I found an easy and healthy one-pot meal using bay leaves.

- 2 medium potatoes (peeled and cubed)
- 1 14.5-ounce can beef broth
- 1 11.5-ounce can V8 juice
- 2 celery ribs (chopped)
- 2 medium carrots (chopped)
- 1 medium sweet onion (chopped)
- 3 bay leaves, 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper
- 2 tablespoons cornstarch
- 1 tablespoon cold water
- 1/2 cup frozen corn
- 1/2 cup frozen peas

In a three-quart slow cooker, combine the first 12 ingredients. Cover and cook on low for 7 to 8 hours, or until meat is tender. Discard bay leaves. In a small bowl, combine cornstarch and water until smooth; stir into stew. Add corn and peas. Cover and cook on high for 30 minutes or until thickened.

Nancy McDonald is the family and consumer sciences agent for the Texas AgriLife Extension Service in Garza County.

Slow Cooker Stew Recipe
1 pound beef stew meat

Yesteryears

10 Years Ago

Aug. 29, 2002

A new local television service is now being offered here by Post City Television, in cooperation with Cable Network Advertising, Ethelbert Foundation, owner and operator of Post City Television, has entered into an agreement with CAN to provide local information, community news and advertising on classic cable Channel 12.

Bobby Bain, who is entering his 11th year as superintendent with the Post Independent School District, has announced he will retire at the close of the 2002-2003 school year.

Dave Turner of Lubbock, winner of this year's KPOS Radio Colgate Country Showdown, will compete in the West Texas Fair and Radio's 21st Annual Colgate Country Showdown West Texas State Finals.

20 Years Ago

Sept. 2, 1992

The Texas Tech University

Health Sciences Center School of Nursing and Garza Memorial Hospital have agreed to a joint venture that promotes a greater understanding of the rural health care system and its needs, according to an announcement by GMH administrator Maritta Reed.

30 Years Ago

Sept. 2, 1982

Joel Dennis, local resident and the owner of a sheep ranch near Gail, built his own aircraft to aid in hunting predators who feed on his yearly lamb crop.

Funeral services for I.D. Rodgers, 73, of Lubbock

were held in Post on Saturday at Hudman Funeral Home Chapel. Rogers was found dead in his car Thursday morning by U Lazy S Ranch hands as they were gathering cattle, three miles east of the Gail Highway.

Sexton Huntley, who has been the executive director of the Post Housing Authority since 1971, has retired from his position this week.

40 Years Ago

Aug. 31, 1972

The three sons and a daughter of Mr. & Mrs. Mitchell Malouf of Post

have given the business lot between City Hall and the Tower Theatre to the city of Post for the expansion of the Post Public Library. The gift is being made in memory of their youngest brother, Tommy, who died here while a Post High School student.

50 Years Ago

Aug. 30, 1962

Construction of the long-awaited White River dam

is expected to get underway within the next two weeks.

A sprinkler system is being installed this week by the city of Post on the south side of City-County Park, between South Lake and the 4-H building.

Funeral services for Mrs. S.M. Puckett, 84, of Post, who died Sunday afternoon at Garza Memorial Hospital, were held Tuesday at the First Baptist Church. Mrs. Puckett's death

followed that of her husband by only a little more than two weeks.

Garza County's Medical Self-Help Program will be recognized by the Texas Medical Association at its eighth annual Public Relations Conference with Dr. Harry Tubbs speaking on the afternoon program.

Compiled by Elizabeth Moreno

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Across

1. Factory

6. Kuwaiti, e.g.

10. In need of resupply, maybe

14. Cliffside dwelling

15. "Buona ____" (Italian greeting)

16. Holly

17. Parenting challenges

18. Acclaim

19. Central points

20. 190 proof (2 wds)

23. Bristles

25. Esoteric

26. Comprehensive reference book

30. Campaigner, for short

31. Alpine call

32. Bedim

36. Persia, now

38. Three-____ fork

40. Achy

41. Large constellation near Pisces and Aquarius

43. Open, as a bottle

45. Mr., abroad (India)

46. Configuration specialist

49. Gym wear

52. Itsy-bitsy

53. Wrinkle remover (2 wds)

57. ____ European

58. Four-star review

59. Produce

63. At no time, poetically

64. Ashtabula's lake

65. Banana oil, e.g.

66. Christian Science founder

67. Canine cry

68. Break down

33. Red fluorescent dye

34. Deck out

35. Curb, with "in"

37. Of no real value

39. Pub game

42. Adjusts, as a clock

44. Stiff

47. Fish hawk

48. Red shade

49. Gumption

50. Abated

51. Broke off

54. Pink, as a steak

55. "... there is no ____ angel but Love"; Shakespeare

56. Escape, in a way

60. "Yadda, yadda, yadda," abbrev.

61. Grassland

62. Arid

POZZLE SOLUTION

1. F A C T O R Y 6. K U W A I T I 10. S U P P L Y 14. C L I F F 15. B U O N A 16. H O L L Y 17. P A R E N T I N G 18. A C C L A I M 19. C E N T R A L 20. 1 9 0 23. B R I S T L E S 25. E S O T E R I C 26. R E F E R E N C E 30. C A M P A I G N E R 31. A L P I N E 32. B E D I M 36. P E R S I A 38. F O R K 40. A C H Y 41. G R A N D 43. O P E N 45. M R . 46. C O N F I G 49. G Y M 52. I T S Y 53. W R I N K L E 57. E U R O P E A N 58. R E V I E W 59. P R O D U C E 63. N O T 64. M I C H I G A M M I 65. O I L 66. M A S T E R 67. W O U L F 68. D I S T R I B U T I O N

33. F L U O R E S C E N T 34. D E C K 35. C U R B 37. V A L U E L E S S 39. G U I N N E S S 42. C L O C K 44. S T I F F 47. B U T T 48. R E D 49. G U M P T I O N 50. A B A T E D 51. B R O K E 54. P I N K 55. A N G E L 56. E S C A P E 60. Y A D D A 61. G R A S S L A N D 62. A R I D

Down

1. Congratulations, of a sort

2. "Malcolm X" director

3. "... we having fun yet?"

4. XC

5. Leaving a will at death

6. Far from ruddy

7. "Get ____!"

8. "Mi chiamano Mimi," e.g.

9. Narrative poem

10. Type of eyeglasses

11. ____ Bowl in HI

12. Scout's mission

13. Deposited leader, perhaps

21. Serf

22. Baby holder

23. Dorm annoyance

24. Enthusiastic approval

26. "Beowulf," e.g.

27. Disgrace

28. Pasta choice

29. Bumper sticker word

PCG, Red Raiders salute area cotton industry

Special to the Dispatch

Texas Tech Athletics will partner with the Texas High Plains cotton industry for the "Celebrate Cotton" game Sept. 15 when the Red Raiders host the University of New Mexico Lobos at Jones AT&T Stadium.

Gameday festivities will celebrate the cotton industry in West Texas and its deep connections to Texas Tech University. Cotton will be everywhere throughout the game, from displays at Raider Alley and around the stadium to promotions, special graphics and fun cotton facts during the game. Special gameday T-shirts will be distributed, and cotton bales will line each entrance to the stadium, each

with signage talking about what the cotton in that bale can make or how it impacts our economy.

"This game represents the tremendous relationship between cotton and Texas Tech," Plains Cotton Growers President and Slaton cotton grower Craig Heinrich said. "Both are vital to our economy and depend on each other in many ways."

Here in the Cotton Capital of the United States, the connections run deep to Texas Tech University. Cotton is represented in the university seal and is studied intensely in research labs across campus. Researchers at Texas Tech most recently made national news during the Gulf oil spill when a cotton product, known as Fibertect, was touted as tool to aid in

the disaster cleanup.

"The cotton industry in West Texas is a world-leading producer and Texas Tech is honored to celebrate the accomplishments of our region on a national stage," Texas Tech Director of Athletics Kirby Hocutt remarked. "Cotton and Texas Tech are synonymous and we hope this game will serve as an educational tool for people all across the nation that in West Texas - we clothe America."

Kickoff time has been set for 6 p.m. and the game will be televised nationally on Fox College Sports. Tickets for the game are available for purchase online at texastech.com or by calling the athletics ticket office at (806) 742-TECH.

Plains Cotton Growers is offering special ticket prices of \$20 for the game. Visit plainscotton.org for information and enter the promo code COTTON2012.

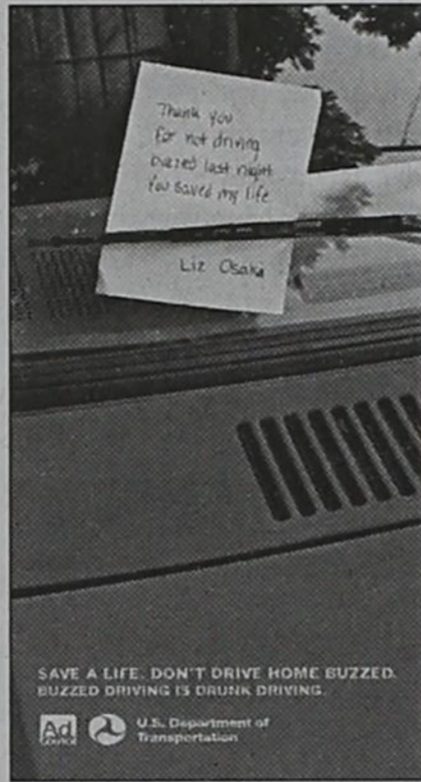
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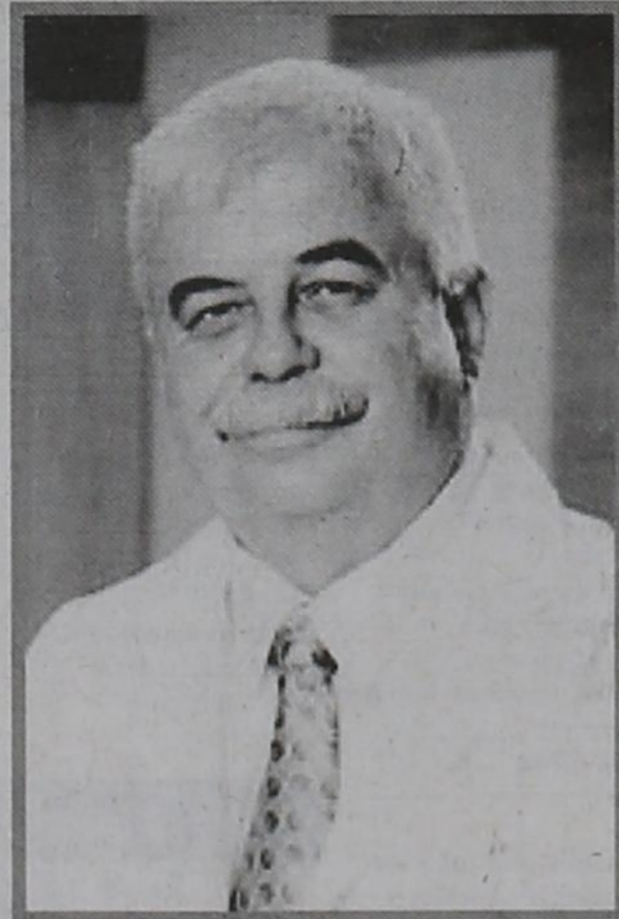


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Daily Bag Limit: 15

SOUTH ZONE
SEPT. 21 - OCT. 28, 2012
DEC. 22, 2012 - JAN. 22, 2013
Daily Bag Limit: 15

SPECIAL WHITE-WINGED DOVE AREA
SPECIAL SEASON DATES: Sept. 1, 2 & 9, 2012
SPECIAL BAG LIMIT: 15 (mourning doves, white-tipped doves, and other doves)
REGULAR SEASON DATES: Sept. 10, 17, 24, 31, 2012 and Oct. 7, 14, 21, 28, 2012
SPECIAL BAG LIMIT: 15 (mourning doves, white-tipped doves, and other doves)
DAILY BAG LIMIT: 15 (mourning doves, white-tipped doves, and other doves)

REPORT DOVE BANDS

TEXAS and other states across the U.S. are banding doves to determine the effects of changes in habitat and hunting.

Hunter reports of bands on doves taken provide valuable information on the proportion that survive from one year to the next and the proportion taken by hunters. High reporting rates maximize return on hunting license dollars spent. Please check doves you shoot for bands and report them. The bands are very small and easy to overlook.

Doves will be marked with metal leg bands containing a unique number and a toll-free telephone number (800) 327-BAND (3263). Please call this number or you can report bands on the internet at www.reportband.gov. You keep the band and receive information on when and where the dove was banded. Thank you.

Conditions ripe for dove season

Special to the Dispatch

A bumper crop of native sunflower and other seed-producing weedy plants this year have created ideal habitat conditions leading into September's dove hunter opener. Better habitat is good for the birds but might make hunting tougher during the early migratory game bird seasons, Texas Parks and Wildlife Department biologists say.

"Abundant seed production, predominately sunflower and croton, will help fledged birds to rapidly put on weight," said Corey Mason with the Texas Parks and Wildlife Department. "But quality range conditions could also cause doves to disperse as food sources become readily available and make managed fields less attractive early in the season."

Texas dove season in the North and Central Dove Zones will run from Saturday through Oct. 24 and reopen Dec. 22

On the Web

For hunters looking for hunting opportunities on public lands, check out TPWD's Public Hunting Program. TPWD offers affordable access to quality hunting experiences with the purchase of a \$48 annual public hunting permit. Permit holders have access to more than 100 hunting units leased from private landowners specifically for dove and small game. An online map feature allows for "virtual scouting" of these areas. By clicking on the locator points, you can follow links to detailed aerial maps with highlighted boundaries and links to information pages from the APH information map booklet. A downloadable Google Earth file is also available that contains all the boundary information along with links to the corresponding APH map booklet pages.

Hunters are reminded that in addition to a valid Texas hunting license, a state Migratory Game Bird Stamp, and certification in the Harvest Information Program is required. HIP certification is offered when you buy your license and involves responding to a few simple questions about your migratory game bird harvest during the previous season. Hunting licenses expire annually on Aug. 31.

through Jan. 6, with a 15-bird daily bag and not more than two white-tipped doves.

The South Zone dove season will run Sept. 21 through Oct. 28, reopening Dec. 22 through Jan. 22 with a 15-bird daily bag and not more than two white-tipped doves.

The Special White-winged

Dove Area will be restricted to afternoons only (noon to sunset) hunting the first two full weekends in September running from Sept. 1-2 and 8-9 and reopen when the regular South Zone season begins Sept. 21 through Oct. 28 and again from Dec. 22 through Jan. 18.

The Special White-winged Dove Area season takes four of the allowable 70 days, so when the regular season opens, this area must close four days earlier than the rest of the South Zone.

During the early two weekends, the daily bag limit is 15 birds, to include not more than four mourning doves and two white-tipped doves. Once the general season opens, the aggregate bag limit will be 15 with no more than two white-tipped doves.

"Most of the Trans-Pecos is holding good numbers of doves at this point," said Jason Wagner, TPWD biologist in Fort Stockton. "There are plenty of seed-producing forbs and good tank water that should hold the birds until season. Last year's wildfires also created good dove habitat by allowing for forb growth and bare ground that mourning doves prefer for feeding. Usually the best dove hunting can be found around dirt tanks in the evenings. Also look for dove concentrations around the wildfire areas feeding on seeds."

Clay Miller

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Legends A city in the middle of nowhere

Here is a great story from the early days of Post City. A news-correspondent from Battle Creek, Mich., writes about her first-hand experiences as she witnessed the building of a new town out in the middle of nowhere. Excerpts from this correspondence were used in the book "Post City, Texas." The article was titled, "My Post Memorable Trip," and written by Fannie Sprague Talbot.

"Studying geography in my childhood days, a certain corner of the map of Texas, marked Estacado or Staked Plains, intrigued me. In the fall of 1907 came the thrill of finding myself in that very region, as a member of a party invited by C.W. Post, millionaire cereal manufacturer of Battle Creek, Michigan, to visit his 250,000-acre ranch lands in Garza County.

"Post City lay in a mesquite valley and up in the buttes, rock was being blasted and cut for the buildings along its main business street. Carpenters' hammers beat continual tattoo as work progressed in the building of bungalows for incoming settlers.

"We occupied that nearest completion though skins covered the windows that were sashless, and one night coyotes, lured by blood of game dressed just outside in the afternoon, snarled and fought and lunged against the door not two feet from the head of the bed. A general store and post office had been established, and upon the plains a commissary outfitted ranchers arriving by covered wagons from various states.

"A mule-train made journeys to Big Spring, a far distant railroad station, for supplies, building materials, mail and the like usually getting back late in the night. It was a long train with two or three teams to each wagon, and when the mules were turned into corral, bedlam reigned, their heehaws intermingling with howls of coyotes.

"We enjoyed rides in the mule hack, equipped with wheel brakes, over circuitous trail that took us through arched gates to fences over which ran single telephone wires connecting ranch houses.

"When hungry, we ate snacks of Uneeda biscuits, sardines, canned peaches or apricots, ZuZu wafers, and hunks of cheese toasted over buffalo chip fires. We were well bundled, and for foot warmers we had hot stones wrapped in pieces of carpeting.

"Occasionally a 'blue norther' would strike us and then, to keep the blood circulating, we would take turns crawling from under the robes to walk alongside the vehicle for a ways and clap our hands together.

"Men had their guns along to be on the alert for wolves. Now and then two or three coyotes would pounce on a steer close to our trail, down it and start to tear its flesh apart.

"Bones of disillusioned cattle were whitening at the edge of alkali streams.

"Visits to ranchers' homes were interesting. There we were, treated to a cowboy dinner, fiddle music and once were special guests at a roundup. We came to the branding and, after watching operations for a while, the ranch owner came and invited us to brand a calf, which I did though with fear and trembling hands and nausea. The mark showed up satisfactorily.

"We were taken through the vine-covered arbor connecting the bunkhouse and the home in which hung a quantity of jerked beef, long strips of it cut for the process of curing, there being no flies in that rarified air.

"Within walking distance, and sometimes brought close-up by mirage, was the house or dug-out of a woman from whom Mr. Post had purchased acres for his city.

"On either side of the one long room, stood beds and quilt-covered chests and trunks. At the farther end was a fireplace built entirely of blue snuff bottles pressed in cement. She was a snuff dipper and was chatting with us at quite a distance away.

"She would sometimes blast away at the grate and, strange as it seemed, never missed the target. It was at her place the first prisoner (taken into custody), in lieu of a jail, was chained to a wagon wheel."

To be continued.

Linda Puckett is director of the Garza County Museum.

Noninsurable crop insurance apps due

Special to the Dispatch

Garza-Borden County USDA Farm Service Agency Executive Director Victor Ashley reminds producers that they have until Tuesday to purchase coverage through the Noninsurable Crop Disaster Assistance Program.

NAP provides financial assistance to producers of noninsurable crops when low yields, loss of inventory or prevented planting occur due to normal disasters.

"Purchasing a crop insurance policy is an easy way for producers to mitigate risk," Ashley said. "The past few years have shown that natural disasters can severely impact an otherwise successful operation."

The following crops have a NAP application closing date of Sept. 4: all small grains, including wheat, oats, barley, rye and triticale.

In order to meet eligibility requirements for NAP, crops must be noninsurable, commercially produced agricultural commodity crops for which the catastrophic risk protection level of crop insurance is not available. If the Risk Management Agency offers coverage for a crop in the county, then NAP coverage is not available for that crop.

In the event of a natural disaster, NAP covers the amount of loss greater than 50 percent

of the expected production based on the approved yield and reported acreage.

Eligible producers must file an application and service fee by Tuesday's deadline. The service fee is the lesser of \$250 per crop or \$750 per producer per administrative county, not to exceed a total of \$1,875 for a producer with farming interests in multiple counties.

For information contact the Garza-Borden County FSA office at 495-2801.

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RIFT From Page 1

of communication kept cropping up, particularly between at least one council member and the city manager himself.

At heart was an issue that erupted during the closed-door portion of a council meeting in June during which Taylor reportedly was blindsided by Councilwoman Anita Morris.

That heated meeting reportedly revolved around an issue regarding a resident ¼ who is related to Morris but who lives outside her district ¼ and that resident's issue obtaining a permit to build a porch onto his house.

While the details now aren't relevant, Taylor pointed out a chain of command that Morris should have followed to bring the matter to his attention.

"There's a proper protocol that should be followed in order for our city government to be as effective as possible, and I don't feel that proper protocol was followed," Taylor said. "I believe that whole issue could have been resolved much better than it was if (Councilwoman Morris) would have come to me first."

"This was an administrative issue, not a council issue."

In her evaluation of Taylor, Morris noted she thought Taylor was belligerent and unapproachable.

"I've heard from our citizens who have said they've brought concerns to City Hall only to be met with a harsh, defensive and close-minded attitude," Morris said.

Later during the discussion, Morris said she had at times brought issues to the city manager's attention and been met with hostility.

"I had a husband that yelled at me once, and I divorced him," Morris said. "I don't like to be yelled at."

While other council members chimed in that they also felt that Taylor might be somewhat unapproachable, Taylor continued to reiterate his open-door policy with members of the public.

"Maybe there are some things I need to work on, and I appreciate the constructive criticism," Taylor said. "I'm very passionate about my job, and maybe that sometimes is taken out of context. But I don't ever want to leave someone with the impression that they can't come to me about an issue they're having with the city."

Other areas of Taylor's evaluation received glowing responses from all council members, including his work promoting the city regarding economic development, intergovernmental relations, planning and financial management of the city's budget.

Mayor Harp praised Taylor for his recent work at the landfill and with mitigating the city's contract with White River Municipal Water District.

"I can't say enough good things about the work you've done at the landfill. You're a fantastic project manager," she said. "And your financial expertise in the budgeting process is the best and most concise I've ever seen."

Discussion then turned to

renewal of Taylor's employment contract with the city.

In the new, two-year contract, Taylor asks for a 2.5 percent increase in his current \$63,000 a year salary.

The increase drew immediate fire from Councilwoman Morris, who also questioned not only whether the city should be paying all of Taylor's family health insurance plan, but also a no-questions-asked contract stipulation that allows the city manager a city-owned vehicle for personal use.

Taylor noted the insurance provision was offered in the initial offer extended to him by the previous mayor and council three years ago that enticed him to take the job.

"I took a pretty big pay cut to come to Post," Taylor said. "And to counterbalance that, the previous council offered to pay the insurance for me and my family. If you decide to take that away, then I guess I know where I stand with this council."

The city manager also pointed out the contract provision that provides him with a city-owned vehicle was negotiated by the current council.

The council took no action on whether to accept the city manager's new, proposed contract terms and will discuss and possibly take action on that issue at the next regular council meeting Sept. 11.

Discussion on the city manager's evaluation and contract concluded with Councilwoman Pixie Grisham asking Taylor if he was happy in Post.

"At this point, no, I am not," Taylor said.

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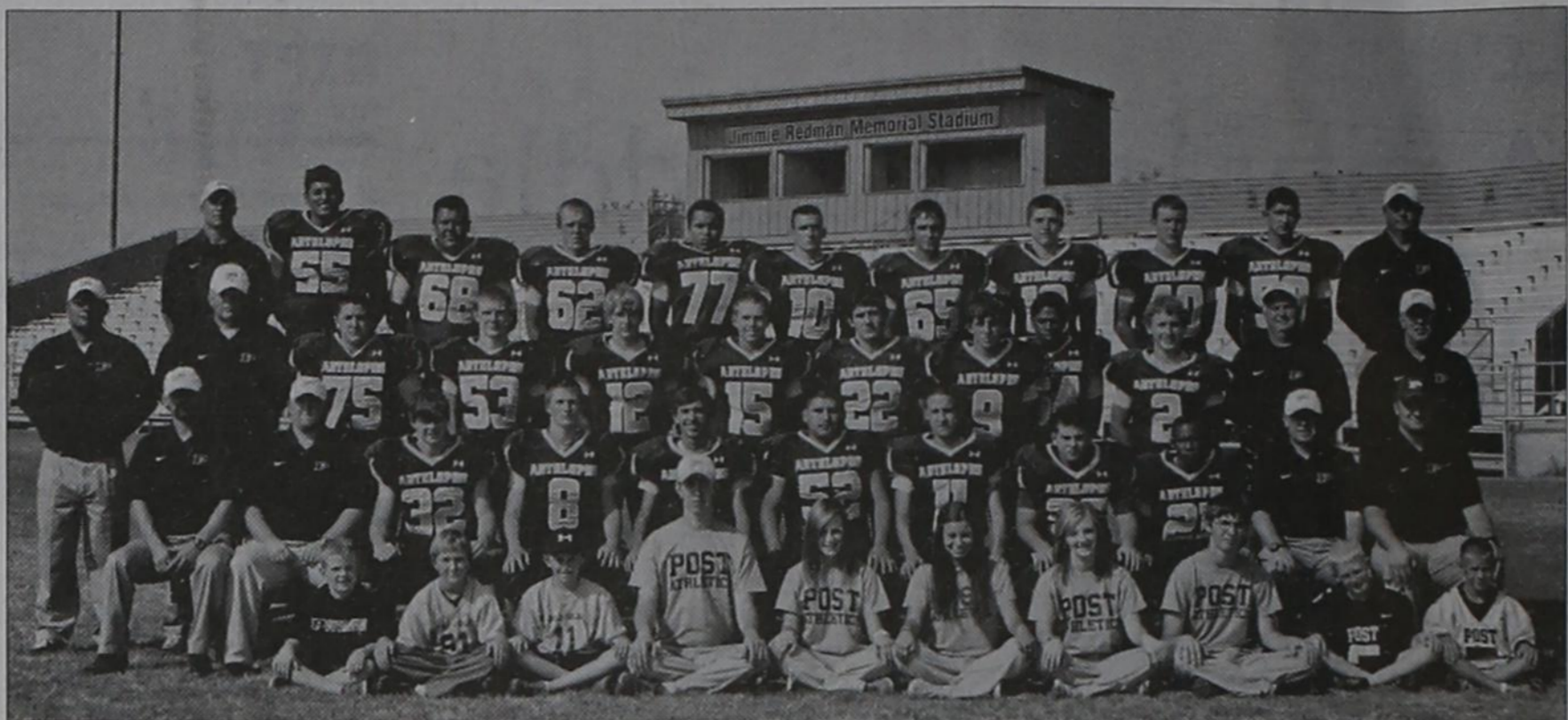
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The 2012 Post High School Antelope football team.

Photo by Lance Dunn/ Special to the Dispatch

PRESEASON
From Page 1

They care about each other. There's definitely a brotherly atmosphere in the locker room."

The Antelopes schedule this year has them playing a handful of large 2-A schools, including Lamesa and Slaton, going into the district opener at Roosevelt.

Smith said those few pre-district games will toughen his team up.

"Those games will present us with a challenge to step up our game going into district," he said.

DWI
From Page 1

Ethridge's sentencing hearing was conducted Saturday, when County Attorney Michael Munk introduced evidence of a prior deferred disposition agreement for the offense of driving under the influence as a minor from Lub-

bock County in January 2009. In addition, Munk introduced evidence of a second offense, which is still pending in Lynn County, also for driving under the influence as a minor and leaving the scene of an accident.

In that case, the defendant allegedly hit a utility pole, causing his truck

to roll a number of times and catch fire in the early morning hours of Jan. 16 of this year.

One of the witnesses for the prosecution was a bailiff who testified Ethridge was supposed to be in Garza County County for his DWI case the same morning of the Lynn County accident and failed to appear because he was being held

in that county's jail. The jury deliberated about a half-hour Saturday before sentencing Ethridge to serve 96 hours in the Garza County jail with no fine. The punishment range, Munk said, for a first-time driving while intoxicated offense is 72 hours up to 180 days in jail and up to a \$2,000 fine.

before that Alvord. Michael Pittman also has been added in the position of seventh- and eighth-grade junior high coordinator. He comes to Post as former AD in Anton.

Key players Smith and his coaching staff will be looking at to lead the Bold Gold this season include offensive/defensive lineman Nathaniel Gill and inside linebackers Paden Babb, Marco Erivas, Alejo Rodriguez and Bryan Smith.

"These guys have really exceeded all my expectations going into the season," Smith said. "Bryan is the only one out of the bunch to

have some varsity playing experience. So we've got a new corps, and they're doing a fantastic job."

Pake Jones will be returning as the team quarterback this year. Jones started all 10 games last season, Smith said, but has suffered some injury throughout the off-season.

"He's coming into the season dinged up a bit, but I fully expect him to lead our option-based offense with full guns," he said. "I'm not too worried about the inconsistencies at this point. As we go into this week's game, we'll see those ironed out."

STUDENTS
From Page 1

strategies, curriculum alignment, technology and team-teaching training," Miller

said. Enrollment at Southland has improved by one student since last year, Miller said.

Elementary enrollment increased from 64 to 71 stu-

dents; junior high dropped three students to 41; and high school dropped three students to 47.

"We began yesterday with 159 (students), which is a really good number for us," he said. "We had a nice jump in elementary students. We're all looking forward to extraordinary things this year."

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NOTICE OF INTENT TO SELL REAL PROPERTY AND INVITATION TO BID

The City Council of the City of Post [City] hereby serves notice to the general public that it will receive sealed bids from persons interested in purchasing the following real property and improvements located at: **The Garza Theatre, 226 East Main Street, Post, TX 79356-3337.**

Interested parties may contact Arbie Taylor, City Manager, City of Post, 105 E. Main, Post, Texas 79356, phone number (806) 495-2811, to arrange for inspection of the property and for review of the sales contract and Special Warranty Deed.

Interested bidders may obtain a bid packet from Arbie Taylor, City Manager, City of Post, 105 E. Main, Post, Texas 79356. The bid packet contains: a description of the Property, bid instructions and the City's "Contract of Sale." Bidders shall return a completed "Contract of Sale," with the required earnest money, in a sealed envelope marked **"Real Property Bid - Garza Theatre,"** to City of Post, 105 E. Main, Post, Texas 79356, Attention: Arbie Taylor, City Manager. Sealed bids will be received until 4:00 p.m. on **December 13, 2011. All bids received at or prior to such time will be opened and read aloud immediately following the deadline to submit bids.** Bids received after such time will not be opened or considered. The highest acceptable best bid or bids will be presented to the City Council for review and possible approval at a meeting on December 13, 2011, at 5:30 p.m.

Bids must be based on a lump sum cash payment (net of all closing costs), payable at closing not more than 30 days following approval of the sale by the City Council. Bidders will be responsible for arranging any desired surveys, title insurance, inspections of the premises, and all other "closing costs" without cost to the City. Bids, which specify other payment terms, will be deemed non-responsive and will not be considered. **THE CITY OF POST RESERVES THE RIGHT TO REJECT ALL BIDS AND TO WAIVE ANY FORMALITIES.**

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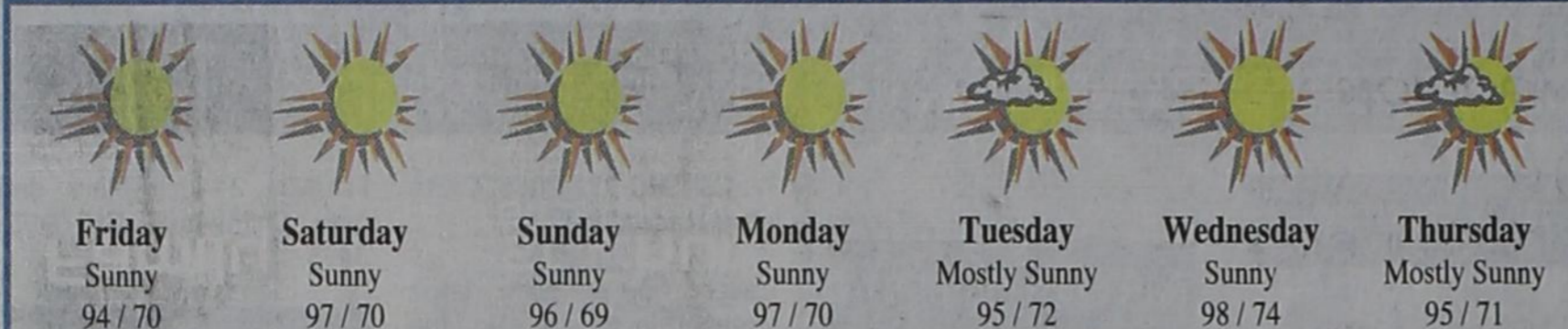
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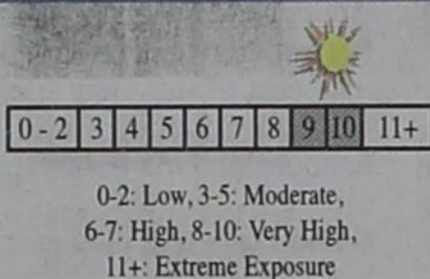
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Post Dispatch Weather Summary

Post's Seven Day Forecast



Local UV Index



Weather Trivia

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Weather History

Aug. 31, 1954 - Hurricane Carol swept across eastern New England, killing 60 people and causing 450 million dollars in damage. It was the first of three hurricanes to affect New England that year.

Sept. 1, 1988 - Thunderstorms produced heavy rain in the Upper Mississippi Valley. Ely, Minn. was drenched with three inches of rain in two hours and pelted with hail. The heavy rain flooded streets and basements, and the pressure that resulted blew the covers off manholes.

Detailed Local Forecast

Today we will see sunny skies with a high temperature of 94°, humidity of 31%. South southeast wind 5 mph. The record high temperature for today is 100° set in 1964. Expect mostly clear skies tonight with an overnight low of 70°. South southeast wind 5 mph. The record low for tonight is 56° set in 1978. Saturday, skies will be sunny with a high temperature of 97°, humidity of 35%. South southwest wind 5 to 15 mph. Skies will be mostly clear Saturday night with an overnight low of 70°. South southwest wind 10 to 15 mph.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Fri	11:30-1:30	11:00-1:00	Tue	1:29-3:29	1:59-3:59
Sat	11:44-1:44	11:14-1:14	Wed	2:14-4:14	2:44-4:44
Sun	---	11:59-1:59	Thu	3:01-5:01	3:31-5:31
Mon	12:44-2:44	1:14-3:14			

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Sun/Moon Chart This Week

Day	Sunrise	Sunset	Moonrise	Moonset	
Fri 8/31	7:19 a.m.	8:11 p.m.	8:03 p.m.	7:24 a.m.	New 9/15
Sat	7:20 a.m.	8:10 p.m.	8:36 p.m.	8:24 a.m.	
Sun	7:21 a.m.	8:09 p.m.	9:09 p.m.	9:22 a.m.	
Mon	7:21 a.m.	8:07 p.m.	9:42 p.m.	10:19 a.m.	
Tue 9/8	7:22 a.m.	8:06 p.m.	10:17 p.m.	11:15 a.m.	First 9/22
Wed	7:23 a.m.	8:05 p.m.	10:55 p.m.	12:10 p.m.	
Thu	7:23 a.m.	8:03 p.m.	11:36 p.m.	1:04 p.m.	

Last Week's Almanac & Growing Degree Days

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days	
8/21	80	64	89/65	0.00"	8/21	22
8/22	86	63	89/65	0.00"	8/25	30
8/23	85	69	89/65	0.00"	8/22	24
8/24	91	67	89/65	0.87"	8/23	27
8/25	94	66	89/65	0.00"	8/24	29
8/26	91	66	88/64	0.00"		
8/27	91	67	88/64	0.00"		

Growing degree days are calculated by taking the average temperature for the day and subtracting the base temperature (50 degrees) from the average to assess how many growing days are attained.

Dixie Divas Southern pans

Whenever I take out my biscuit pan — and every Southern cook worth her salt and grease has one — I can't help but shake my head.



RONDA RICH

It is not, as my friend Karen would say, "a purdy sight." I have more than one, of course, for when guests come and I need to make two or three pans of homemade buttermilk biscuits, but the main one is large, round and very black from all the years of baking in 500 degrees with Crisco smeared generously on the surface.

Just once, I wish that Southern Living or other magazines that feature cooking would show a pan like mine instead of one gleaming with newness and beauty. Their standards are impossibly high, and it makes things a bit depressing in the real world of cooking.

It has long been my belief that when we are blessed with possessions — clothes, cars, houses, furniture, house wares — we should take care of them and keep them looking as new and pristine as possible. It shows an appreciation, I believe. The glaring exception, of course, is my biscuit pan.

My sister, undeniably the best cook in the family, has a biscuit pan that looks about as sorry as mine does. One Sunday while helping her prepare dinner, I pulled her pan out of the cabinet and laughed. "Your biscuit pan looks as bad as mine does," I remarked. I looked at it for a moment and remembered Mama's biscuit pans and all the biscuit pans of women I know. Each is dark black, its shiny Teflon-coated beauty long melted into memories of deliciousness.

"I guess it's impossible to have a good-looking biscuit pan."

Or a decent looking cast-iron skillet.

In the South, every kitchen requires a biscuit pan, a boiler for soup beans (not bean

soup as those in the North call them) and a hearty iron skillet, well seasoned. I have read in magazines where there is a new-fangled idea that iron skillets can be seasoned in an hour or — now get this — you can buy pre-seasoned iron skillets. An unseasoned skillet is silvery gray in color while a seasoned one is black. (Notice the theme here? Off-used cookware turns black.) Without seasoning (oiling down the skillet), it will not have non-stick qualities.

One night, many years ago, I was at Mama's, sitting at the kitchen table and talking to her while she fixed supper. She opened her oven door and pulled out a cake of cornbread in an iron skillet and set it on the top of the stove. Then she pulled out a lower rack, sprinkled oil on a cast iron pan and pushed it back into the hot oven.

"What are you doing?" I asked.

"I'm seasoning a skillet for Nicole," she replied, referring to my niece who had just married.

"How long will it take to season it?" Until that moment, I had never considered the art of seasoning an iron skillet.

"Oh, I don't know. I'll probably leave in there for a month or so. Then, it'll be really seasoned good." As she explained to me that night, she left the skillet in the oven for a month of daily baking when she made cornbread or biscuits. Every day, she poured a dab of oil into it and let it bake deep into the metal. Nicole uses that cast iron skillet regularly and, no doubt, will cherish it always.

Now, if you're a Southern woman and you don't have an iron skillet, that's nothing about which to brag. Just keep it between you and your kitchen sink.

And if you have a gleaming, perfectly pretty biscuit pan, don't show that to anyone, either.

Otherwise, they'll know your biscuits are canned.

Ronda Rich is a Southern humorist and best-selling author of the forthcoming "There's A Better Day A-Comin'." Visit rondarich.com to sign up for her weekly newsletter.

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