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The Post Dispatch

A BUILDER IN GARZA COUNTY SINCE 1926

FRIDAY, SEPTEMBER 13, 2013

THEPOSTDISPATCHONLINE.COM

75 CENTS

Albertsons: 'We want United to stay United'

By Wayne Hodgkin
The Post Dispatch

LUBBOCK — About two weeks after launching an extensive strategic rebranding campaign for its entire operation, it was announced Monday that officials with West Texas-based United had agreed to an acquisition by the national supermarket conglomerate Albertsons.

Now known as The United Family and with an estimated \$1.6 billion in sales, the company will become an independent subsidiary of Boise, Idaho-based Albertsons, which operates more than 600 locations in 16 states with a reported \$20 billion in estimated annual sales.

United CEO Robert Taylor reiterated Monday during a press conference the company's financial footprint was strong but that it

needed additional support of a company with vast more resources than its own to continue United's skyrocketing growth.

"We've enjoyed two or three of the best years our company has ever seen," Taylor said. "During that time, we've also grown into a nationally recognizable chain.

"In order to continue to spread our banners across Texas — at least this part of Texas — what we're lacking is that financial engine. Our ownership realized that and wanted the company to play a bigger part of the communities in which we serve."

Taylor stressed no employee would be laid off and benefit plans would remain in place. In addition, the United brand would remain in tact and plans would continue for continued expansion into the Dallas-Fort Worth market and

See **UNITED**, Page 11



PHS Photography Class/For the Dispatch

United officials said Monday that despite the pending deal that would allow national supermarket conglomerate Albertsons to acquire the family owned company based in Lubbock, customer who frequent their favorite store, such as the one in downtown Post, will not see many visible changes. Branding will remain the same, and no employees are expected to be laid off when the merger is expected to receive federal approval next month.

Centennial's Williams to head up new bank

By Wayne Hodgkin
The Post Dispatch

Officials with Peoples Bank announced Monday that Keith Williams had been hired to manage the financial institution's newest branch location in Post.

Williams left his post as senior vice president and branch manager at Centennial Bank, formerly Citizens Bank, effective Monday and will work in a similar capacity with Peoples as senior vice president, lender and branch manager.

Last month, Peoples officials announced Charles Hardin, former senior executive with the local Wells Fargo branch, had



See **WILLIAMS**, Page 12

Post 48, Lamesa 14



Sarah Stinson/For the Dispatch

Aron Lopez (17) prepares to kick off during last Friday's game against the Golden Tors at Lamesa High School. The Antelopes would go on to a 48-14 routing of the Dawson County team.

Lopes breeze past Lamesa for second win

By Jerry Pyles
For the Dispatch

LAMESA — The Post Antelopes (2-0) defeated the Lamesa Golden Tors (0-2) on the road Friday night, 48-14.

The Lopes scored seven rushing touchdowns. Bryan Smith had 4, D.J. Brown had

2 and Cambry Gilbert added one. Aron Lopez was 6-for-7 on the extra points.

The Antelopes received the opening kickoff and started at their own 46 yard line. Big plays on the drive included a 21-yard pass to Brown from Pake Jones and the fi-

See **LOPES**, Page 11

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.

Quarterback club

The Post Quarterback Club meets at 7:30 p.m. Mondays in the Community Room at Centennial Bank to watch game film and hear coaches comments and strategy. All are welcome. For information, call Greg Jones at 806-773-0723.

Prayer breakfast

The Post Area Chamber of Commerce will sponsor the annual Communitywide Prayer Breakfast at 7 a.m. Sept. 24 in the Community Room at Centennial Bank in conjunction with the local See You At The Pole event. Event is free, and the community is invited to attend and pray for local schools, government and residents. For information, call Janice Plummer at the Chamber at 495-3461 or email chamberofcommerce@postcitytexas.com.

Cottage food workshop

The Texas A&M AgriLife Extension Service will conduct a cottage food law workshop from 6:30 to 7:30 p.m. Sept. 24 at the Garza County Extension Office, 215 W. Main St., Post. Cost is \$10 and limited to 15 people. Call 806-495-4400 for information. New laws take effect Sept. 1 and Jan. 1.

Photo workshop

The third annual Wyman Meinzer Photography Workshop will be at 5 p.m. Sept. 28 at the Heritage House in Post. Event is sponsored by the Caprock Cultural Association for \$100 per participant. To reserve your place, call 806-495-4148 or email ccart@poka.com.

Health fair

The Garza County Health Fair has been slated for 10 a.m. to 2 p.m. Oct. 1 at the Post Community Center. For information, contact the Garza County Extension office at 495-4400.

Corrections

If you spot an error of fact, contact Editor Wayne Hodgkin at 806-495-2816 or thepostcitydispatch@gmail.com.

News on the go



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

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89th Year, No. 2
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Ruth Bennett: 1927-2013

Former teacher, nurse, librarian, shopkeeper laid to rest

Special to the Dispatch

CRESCENT, Okla. — Her life began in the uncertainty of loss, as Mary Magdalene Daley on June 13, 1927, to birth parents Henry and Alice Daley, who, along with several siblings, were taken from her in a tragic

accident when she was less than six weeks of age.

Stability was re-established when she was welcomed into the adoptive home of Oliver and Edna McMahon, who re-christened her Ruth Lavelle McMahon.


The Caprock Country around Post

provided the growing grounds for her girlhood, which was also the time when books became a passion.

After having taught herself to read at age 3, she devoured every book she could get a hold of, including her brother Louis' books before he even

See **BENNETT**, Page 8




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Those dollars will aid in funding research, clinics and provide equipment to individuals with neuromuscular disease to enhance mobility, independence and quality of life. We are honored to have such compassionate friends who shop our stores — and such incredible Team Members who make these things happen.....over and over again!



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For more information on neuromuscular disease, the MDA or more opportunities to help, visit MDA.org.

Lions welcome teachers back at annual dinner

The Post Lions Club, with sponsorship from People's Bank, recently held its annual Post ISD Teacher/Staff Appreciation catered dinner at the Post Cafeteria. The event was a part of the district's in-service activities.

Boss Lion Jason Porter welcomed the gathered staff and Lion Mike Comeaux, superintendent of schools for Post ISD, responded with a thank you from the district.

Sam Ayres, principal at Lubbock Estacado High School, was the featured speaker. His topic of the Roman Centurion in Matthew, Chapter 8, was illustrated by the drawing of a Centurion, while telling about the life of a Roman soldier.

Post Lions Club Queen Andi Soliz, a senior at Post High School, spoke to the gathered crowd about some of her most influential teachers.

Door prizes collected from Post area merchants were handed out by Lion JoAnn Stelzer and Soliz. Also, during this night, the Lions Raffle drawings were held and won by four lucky individuals.

Lions Chuck Ratliff, Sue Ann Davis, Jadie Matthew and Byron Garrison helped stage and promote this annual event and wish to thank all local merchants who contributed door and raffle prizes.

Byron Garrison

FSA reminds producers of September deadlines

Judith Canales, executive director of the U.S. Department of Agriculture's Texas Farm Service Agency, reminds producers of two important Direct and Counter-Cyclical Program deadlines this month.

Producers who have either not yet enrolled in DCP or have not yet signed their DCP contracts must do so by close of business Monday. Contracts filed after this date will be elevated from the county office to the state office and will require State Committee action.

Producers are reminded that any succession-in-interest changes made to an operation that affect interest in base acres since the current DCP contract on file was signed, must be reported to the local FSA office by close of business Sept. 30.

- Changes that qualify as a succession-in-interest include:
- sale of land
 - change of operator or producer, including an increase or decrease in the number of partners
 - foreclosure, bankruptcy or involuntary loss of the farm
 - change in producer shares to reflect changes in the producer's share of the crop(s) that were originally approved on the contract.

"In the event of a succession-in-interest, the predecessor is required to refund any advance DCP payments received for the affected base acres before a payment can be made to the successor," Canales said. "Failure to report a succession-in-interest can result in contract termination and a loss of program benefits for all producers involved."

The American Taxpayer Relief Act of 2012, enacted on Jan. 2, 2013, amends the Food, Conservation, and Energy Act of 2008 and provides for a one-year extension of the Direct and Counter-Cyclical (DCP) program.

There are two types of DCP payments: direct payments and counter-cyclical payments. Both are calculated using the base acres and payment yields established for the farm.

Further information on DCP is available at local FSA offices or on FSA's DCP website at fsa.usda.gov/dcp.

The Post Dispatch

The 501 New set of hooves gets union label

Labor Day. When I was a kid, it wasn't exactly a holiday. Not on the farm. It meant time to go back to school; switch from white church shoes to black ones and start wearing dark cottons despite lingering summer heat. Whatever back-to-school footwear was in vogue replaced summer's



HANABA MUNN WELCH

white tennis shoes. Labor Day drew a bold fashion line between white and dark.

Labor Day was also a big weekend for car crashes in Texas and counting how many people died, as if we were in some sort of macabre race with Oklahoma, certain to win. Not good. As for the official origins and meaning of Labor Day, eventually even I figured out it had something to do with laborers (the factory kind) and unions. I pictured men up north marching with placards. I still do. Their shirts are dark cotton. Our newest calf was born over

Labor Day weekend. I wanted to name him for some great labor organizer, but all I could come up with was Jimmy Hoffa. Who was the guy with the bushy eyebrows who organized either the AFL or the CIO? Wasn't it something-or-other Lewis? But even if I could have remembered his name, Jimmy Hoofa (Freudian typo, believe it or not) — Jimmy Hoffa — seemed like the best choice for imbuing a beef calf with a measure of panache as he faces his short future.

Are you thinking what I'm thinking? Hoofa is perfect. The calf can always be Jimmy Hoffa, but the perky nickname will prevail.

Little Hoofa joins a dozen other calves of various stripes and spots and genders, including one named Isthmus for the small Panama-like connection between the big spots on his left hip and leg. It's a complicated business naming calves.

One yearling is Sandy, originally named for the tropical storm and subsequently for my East Coast friend Sandy, since it's OK to name calves for two different things. Case in point, one-eared longhorn Rita, named for the hurricane, is also Rio Rita, for the song.

Anyway, in an unexpected series of stormy events, human Sandy and her husband divorced, ending a marriage of many years. Now, as she rights the wreckage of her life, I'm on her side, cheering her with e-pictures of her bovine namesake, a handsome spotted heifer growing a nice set of horns. Phooey, even if we wanted to sell Sandy, we couldn't — not without checking with the other Sandy. It wouldn't be ethical.

Be careful what you name a calf. Can you tell I've written all this prose without Internet connectivity? I thought so.

But isn't it worth something to get away from that all-too-accessible source of facts? When everything knowable is a computer click away, rumination doesn't happen. You don't escape to Walden Pond or even to a mesquite-rimmed dried up tank in the pasture.

OK, you can tell I've not ruminated either. It's a long walk to that pasture pond. And it's still hot. Labor Day has a way of not changing the weather.

Hanaba Munn Welch is a columnist and contributor to Blackburn Media Group newspapers.

Menus

WEEK OF SEPT. 16-20

<p>POST ISD Breakfast</p> <p>Monday: Oatmeal round with yogurt, fruit juice or fresh fruit, milk</p> <p>Tuesday: Animal crackers with string cheese, fruit juice or fresh fruit, milk</p> <p>Wednesday: Breakfast pizza, fresh juice or fresh fruit, milk</p> <p>Thursday: Waffles and sausage, fruit juice or fresh fruit, milk</p> <p>Friday: Cereal variety with Texas toast, fruit juice or fresh fruit, milk</p> <p>Lunch</p> <p>Monday: Toasted ham and cheese sandwich, broccoli bites, garden salad, orange smiles, milk</p> <p>Tuesday: Crispy tacos, garden salad, charro</p>	<p>beans, salsa, cinnamon applesauce, milk</p> <p>Wednesday: Chicken nuggets, mashed potatoes, carrot coins, strawberry and bananas, roll, milk</p> <p>Thursday: Spaghetti with meatballs, garden salad, green beans, sliced peaches, breadstick, milk</p> <p>Friday: Hot dog, sweet potato fries, cucumber dippers, fresh seasonal fruit, milk</p> <p>SOUTHLAND ISD Breakfast</p> <p>Monday: Breakfast pizza, fruit, juice, and milk</p> <p>Tuesday: Sausage egg biscuit, fruit, juice, milk</p> <p>Wednesday: Apple and cherry strudel, yogurt,</p>	<p>fruit, juice, milk</p> <p>Thursday: Muffins, yogurt, fruit, juice, milk</p> <p>Friday: Biscuits, sausage, gravy, fruit, juice, milk</p> <p>Lunch</p> <p>Monday: Chicken patty sandwich, baked fries, baked beans, lettuce, tomatoes, pickles, cookie, milk</p> <p>Tuesday: Ultimate taco salad, garden salad, seasoned corn, fresh fruit bowl, lime bar or sherbet, milk</p> <p>Wednesday: Chicken nuggets, whipped potatoes with gravy, green beans, fruit, milk</p> <p>Thursday: Chicken quesadilla, beans, garden salad, salsa, fruit, pudding, milk</p> <p>Friday: Pizza choice,</p>	<p>garden salad, fresh veggie cup, mixed fruit, milk</p> <p>GARZA COUNTY TRAILBLAZERS Lunch</p> <p>Monday: Pork loin, baked potatoes, English pea salad, brownie, roll</p> <p>Tuesday: Chicken fried steak, mashed potatoes, green beans, fruit</p> <p>Jell-O, roll</p> <p>Wednesday: Soft taco, Spanish rice, beans, Mexican wedding cake</p> <p>Thursday: Pot roast, roasted potatoes, roasted carrots, peanut butter cup, cornbread</p> <p>Friday: Barbecue chicken, mashed potatoes, carrot raisin salad, oatmeal cookie, wheat roll</p>
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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
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
Graham Chapel United Methodist Church (Pastor: John Hedrick) - 611 FM #1313 806-549-1400

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

Nondenominational
Family Harvest Church- (806) 495-1400

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Escobedo leads JV Lopes to blowout victory over Lamesa

By Jerry Pyles
For the Dispatch

LAMESA — The Post Antelopes junior varsity team improved to 2-0 on the season with a 44-12 Thursday over the Lamesa Golden Tors (1-1).

The Lope defense set up the first touchdown and scored the second. Russ Morris tipped a pass and the ball fell into the hands of A.J. Escobedo, who returned the ball to Tor 10 yard line. Two plays later Blaine Reece scored for four yards, and Jarred Curtis would add the two-point play.

On first down for Lamesa, Reece would knock the ball from the QB, and Escobedo would scoop the ball at the 1 yard and fall into the end zone. A.J. Reed added the two-point play.

Reece would score another touchdown in the first quarter, this time an 80-yard run. The offensive line, which has performed on the season, continued to open holes for the back. The line includes Bull Smith, Russ Morris, Brayden Pyles, Fabian Marquez,

Tristan Fannon, Ben Ayala and Alex Ramirez.

Post and Lamesa would score a touchdown each in the second quarter. Reed would score on a 25-yard run, and Curtis would pass to Shandon Wiley for the two-point play.

Post led at halftime, 30-6. The Antelopes would score two more times in the third quarter. Reed would score his second touchdown of the game, then follow the trap block by Morris and race 35 yards to pay dirt — and add the two-point.

The last touchdown of the night, Escobedo would find Wiley behind the Tor secondary for the score.

The final score on the night was Post 44, Lamesa 12.

The Bold Gold JV improves to 2-0 and was expected to travel to Slaton this evening for a 6 p.m. kickoff. The next home game will be Sept. 19 against Tahoka.

Key plays: Escobedo fumble recovery; Blaze Smith fumble recovery; Curtis interception. Offensive line (Fannon, Smith, Morris, Pyles, Marquez, Ayala, Ramirez).



Blaine Reece (32) runs the ball down the field on a Post possession Sept. 5 against the Golden Tors of Lamesa. The visiting Post junior varsity team improved to 2-0 on the season with a 44-12 routing of the Lamesa JV team.

Ginners annual golf tourney moved to Lubbock

LUBBOCK — Officials with the Texas Independent Ginners Association have moved its annual golf tournament to Lubbock to be held in conjunction with Cotton Week festivities.

The Kicking-Off Cotton Week golf tournament will be Sept. 16 to coincide with all the other events that will lead up to the Celebrate Cotton Football Game as the Red Raiders host Texas State on Sept. 21 at Jones AT&T Stadium. Game time is set for 6 p.m.

Additional cotton-related events happening that week include the Cotton Inc. Breeders Tour, the Texas Cotton Association Flow Meeting and several field days.

Formerly held in San Angelo, the TIGA tournament will begin with a shotgun start at 1 p.m. Sept. 21 at Lakeridge Country Club. A practice round will be at 12:30 p.m. Awards and hamburgers will be

served after the tournament.

It's not too late to sign up to play. Registration cost \$100 per player and includes the meal.

Sponsorships also are still available. Sponsors to date include Module Truck Systems, Oasis Warehouse, Lonestar Bearing, Central Compress, Welch Gin, AgTexas, Lummus Corp., Texas Agribusiness Insurance, Glen and Velda Phipps and Dan and Linda Taylor.

Registration forms and sponsorship forms are available at plaincotton.org.

For information contact Vanessa Stewart at the Texas Independent Ginners Association, P.O. Box 1182, Brownwood, TX 76804; phone 325-641-1544; fax 325-641-1455 fax; email tiga.cotton@verizon.net.

The Post Dispatch

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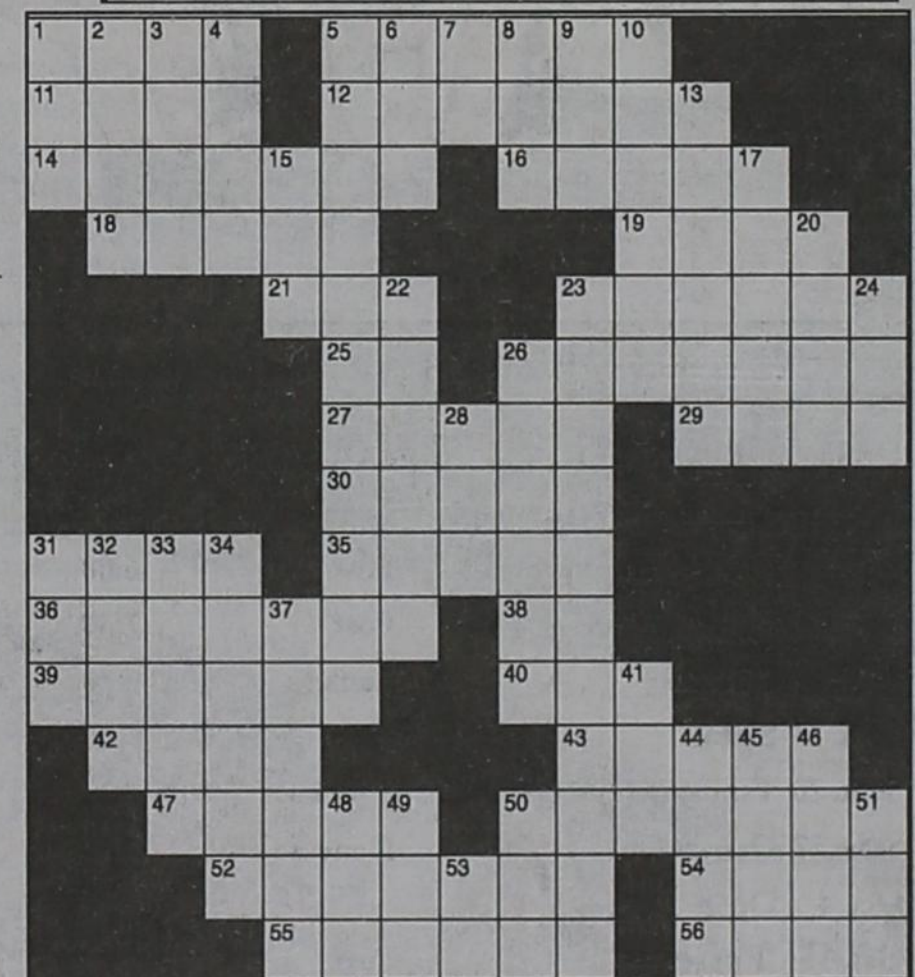
Puzzle of the Week

CLUES ACROSS

1. Peer of the highest rank
5. So. Am. camel relations
11. In a short time
12. Modernized
14. Picket fences
16. Nacred gem
18. _____nified: foolish
19. Ancient kingdom near Dead Sea
21. Political action committee
23. Roam aimlessly
25. Peach state (abbr.)
26. Walls covered with wood
27. Pismire
29. Lowest feudal class
30. End
31. Mama Mia group
35. Change or modify
36. Mountain lions
38. Atomic #22
39. Sharp verbal reply
40. Autonomic nervous system
42. Fiddled while Rome burned
43. Computer oddballs
47. Latin ballroom dance
50. Gum arabics
52. Tissue cancer
54. One of the suits
55. A native of the island of Samoa
56. Young woman (French)

CROSSWORD PUZZLE

POST DISPATCH

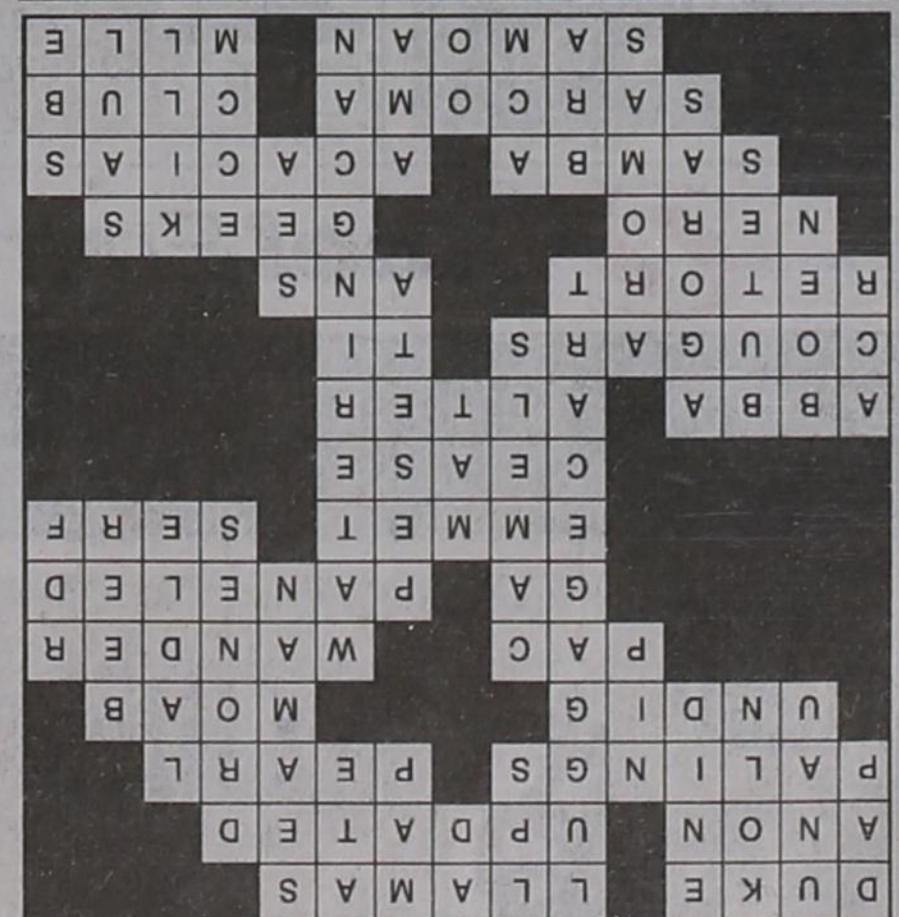


26. Former Spanish coin
28. Pad at the door
31. Air Control Radar
32. Terminator psychologist actor Earl
33. Attri_____ : qualities
34. Greek marketplaces
37. Odors
41. Large body of water
44. Electronic counter-coun-termeasures
45. Cause to die
46. First king of Israel
48. Women's undergarment
49. Assoc. for Computing Machinery
50. Doctors' group
51. Point one point E of due S
53. Bond's agent status

CLUES DOWN

1. Dip lightly into water
2. Two-toed sloth
3. Cologne
4. _____ Blyton, children's author
5. Airport conveyance
6. Lasting records
7. A public promotion
8. A diagrammatic representation
9. Dined
10. Mariner
13. Male bees
15. Lightly bite
17. Punch or soup server
20. Brewed beverage
22. Even-toed ungulates
23. Spouted garden container
24. Radio direction finder (abbr.)

PUZZLE SOLUTION



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The Post Dispatch

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NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF ROBERT H. COLLIER, JR. Cause # 1987

Notice to all persons is hereby given that the original letters of Testamentary upon the estate of ROBERT H. COLLIER, JR. deceased, were issued to the undersigned 6 day of September, 2013, in the proceeding indicated below my signature hereto, which is still pending, and that I now hold such letter. All persons having claims against said estate, which is being administered, in Garza County, are hereby required to present the same at the address below given, before suit upon same are barred by the general statutes of limitation, before such estate is closed and within the time required by law to my attorney Preston L. Poole, Jr., at P.O. Box 296, Post, Texas 79356 or myself,

Don W. Collier, *Don W. Collier* Lubbock, Texas 79416

Don W. Collier, Independent Executor

Dated Sept 6, 2013 4402 15th Lubbock, TX

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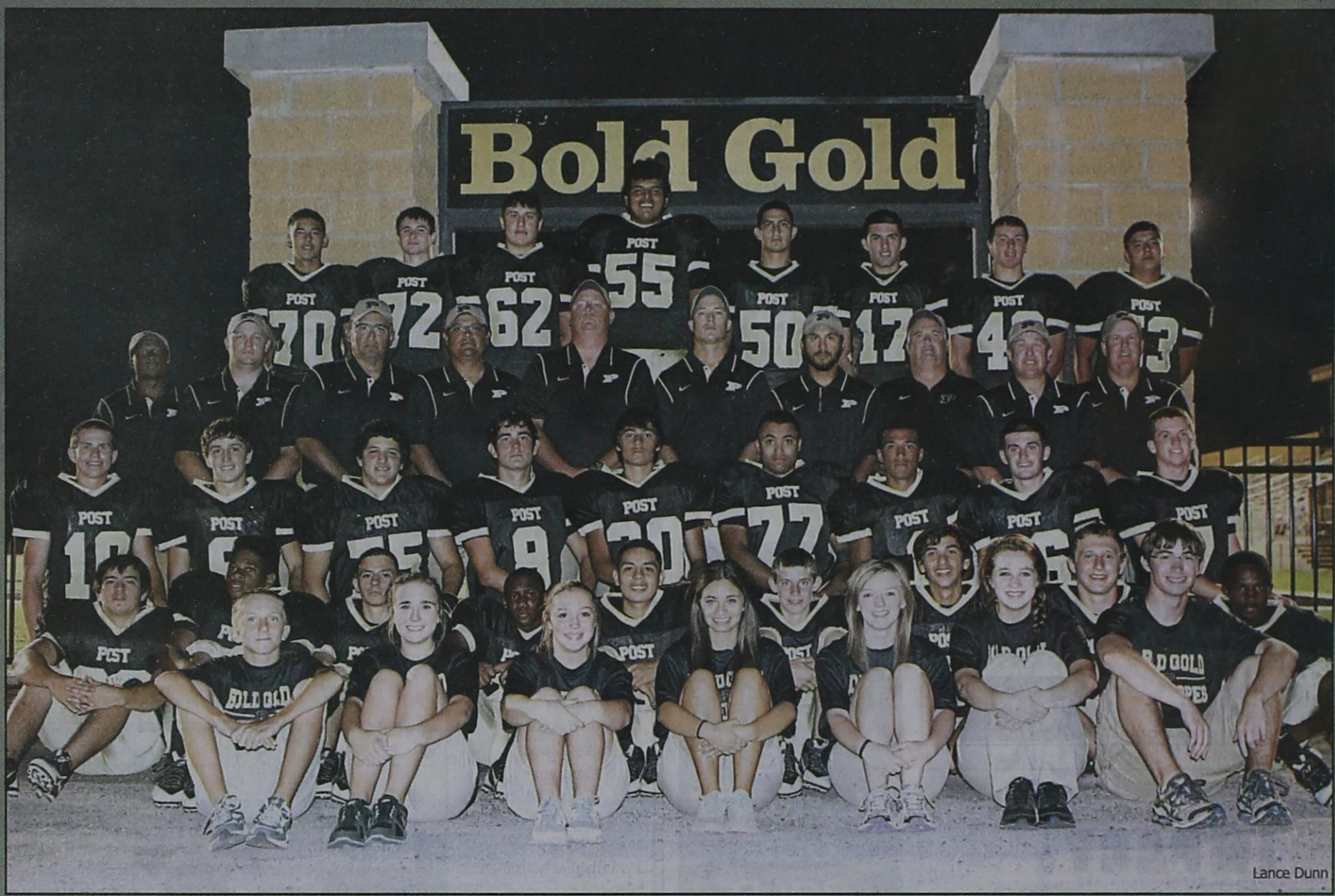


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2013 POST ANTELOPES



Lance Dunn

VARSITY

DATE	OPPONENT	LOCATION	TIME
Aug. 16	Brownfield-scrimmage	Brownfield	6:00
Aug. 23	Sudan-scrimmage	Post	6:00
Aug. 30	Morton	Post	7:30
Sept. 6	Lamesa	Lamesa	7:30
Sept. 13	Slaton	Post	7:30
Sept. 20	Tahoka	Tahoka	7:30
Sept. 27	Denver City	Denver City	7:30
Oct. 4	Open		
Oct. 11	*Roosevelt	Post	7:30
Oct. 18	*Tulia	Post	7:30
Oct. 25	*Floydada	Floydada	7:30
Nov. 1	*Olton (Homecoming)	Post	7:30
Nov. 8	*Abernathy	Abernathy	7:30

JUNIOR VARSITY TEAM

DATE	OPPONENT	TIME
Sept. 12	@Slaton	6:00
Sept. 19	Tahoka	6:00
Sept. 26	Denver City	6:00
Oct. 10	@Roosevelt*	6:00
Oct. 17	@Tulia*	6:00
Oct. 24	Floydada*	6:00
Nov. 7	@Abernathy*	6:00

Post ISD Administration
Mike Comeaux-Superintendent
Jadie Matthew-High School Principal
Marvin Self-Middle School Principal
Staci Marts-Elementary School Principal
Steve Smith-AD/Head Football

Contact Information
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Athletics 806-495-2770, Ext. 211
FAX 806-495-2945
Online postisd.net
Address 501 S. Ave. K / 79356

JUNIOR HIGH SCHOOL TEAMS

DATE	OPPONENT	B	7TH	8TH
Aug. 29	Levelland	5:00		
Sept. 12	Slaton	5:00	6:00	7:00
Sept. 5	Lamesa	6:00		
Sept. 19	@Tahoka	TBA	5:00	6:00
Sept. 26	@Denver City	4:30	6:00	7:30
Oct. 3	@Brownfield	4:30	6:00	7:30
Oct. 10	Roosevelt*	4:30	6:00	7:30
Oct. 17	Tulia*	TBA	6:00	7:30
Oct. 24	@Floydada*	TBA	6:00	7:30
Oct. 31	Olton*	TBA	6:00	7:30
Oct. 31	@Olton*		6:00	
Nov. 7	@Abernathy*	TBA	6:00	7:30

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Beef Series

Supplements help producers tweak winter wheat pasture



Hanaba Munn Welch/The Post Dispatch

After watering and before heading to a different pasture, range-grazing cows and calves of every stripe and spot ingest loose minerals from a trough. Prescribed mineral mixes differ depending on whether the cattle in question are grazing native pasture or lush winter wheat. In North Texas, the latter option will depend on sufficient moisture to support the early planting and early growth of wheat.

(Editor's Note: As fall approaches, farmers and ranchers are making decisions about their livestock operations. A biennial beef conference in Abilene in mid-August conference in Abilene covered a range of topics pertinent to the beef industry. This week's article, the second in a series, also concerns wheat and cattle, specifically how winter wheat grazing can be utilized most efficiently. Last week's story weighed the pros and cons of grazing wheat, growing it for grain or growing it for both grazing and harvest. Next week's article will be heifer replacement.)

By Hanaba Munn Welch
The Post Dispatch

ABILENE — Kent Mills, a range nutritionist for Hi-Pro Feeds, aimed his remarks at the Big Country Beef Conference toward livestock producers who graze cattle on wheat.

"The real secret in all of this is what can we do to tweak it a little bit and get more out of it," Mills said, knowing that he was talking to an experienced group.

He offered practical advice.

"When dealing with minerals (for cattle grazing wheat), you need to get the kind for small grain grazing," he said.

Potassium tends to be more than adequate, but supplemental copper can be important, depending primarily on how much sulfur the cattle are getting in their grazing situation, Mills said.

"Sulfur 'ties up' copper," Mills said. "The more sulfur, the more problems getting enough copper stored in the liver and circulating in the system. Copper helps the immune system."

In his discussion of mineral needs, Mills counteracted one long-held opinion:

"We've always thought we need lots of magnesium," he said "Not so. On the Plains, they're being sure to get calcium to them. Eighteen to 20 percent is where they need to be."

Cattle on wheat also usually need extra zinc, and selenium, iodine and vitamin E can also be important.

"You never know when you've got iodine problems," he said.

Mills recommended the supplement monensin (brand name Rumensin) to improve gains and reduce bloat.

"Methane gas is released in the rumen," he said. "Rumensin changes things so less methane gas is produced."

Rumensin should be kept away from horses.

"If a horse eats it, it'll wreck him," Mills said.

A hay supplement can help cattle on wheat, especially if the wheat is short.

"If they just had some dry matter to go with that wheat, they could make some gain instead of just maintaining themselves," Mills said. "Don't get alfalfa. You don't need the protein. You need some dry matter and a good digestible forage. A 30-percent (protein) cube is not what you want."

BENNETT

From Page 1

had a chance to read them — much to his consternation, though he was seven years her senior.

Her incessant reading, and knowledge gained thereby, made it possible for Ruth to skip ahead two grade levels. She graduated from Post High School in 1943 at only 15 years old.

Around the time of World War II, father Oliver McMahon gifted his daughter with the family dry goods store in Post, which became The Lavelle Shop, remaining under Ruth's direction for more than 30 years.

College consisted of separated, individual semesters, with time invested at Bethany Peniel College, now Southern Nazarene University, in Bethany, Okla., and Pasadena Nazarene College in San Diego. That latter college stint resulting in her marriage on Sept. 24, 1954, to William R. "Bill" Bennett, also attending Pasadena at the time.

She taught grade school for one year at Southland but succumbed to "burn-out" after being saddled with the combined third and fourth grades in one classroom, while also having to

serve as school Nurse for the entire k-12 grades.

Her passion for books and reading prompted her to seek a library certification, which she began at North Texas State University in Denton and completed in 1968. The high school at Lorenzo provided her first librarian job, for the year 1966-67, then moving on to become school librarian for Crosbyton High School from 1967, until her retirement in 1995 — although a dedication to book, Bible and hymnal repair remained integral throughout her life.

The couple moved from Crosbyton to Crescent, Okla., in 2004 to be closer to their daughters and family.

While Ruth had been subject to any number of physical conditions that tried to place limits on her life, she persevered despite them, with a spirit of joy, until a massive stroke on Sunday, Sept. 1, would bring her to the final place of peace and completion on Wednesday night, Sept. 4.

Ruth was preceded into eternity by her mother, Edna Redd McMahon, a Nazarene minister who specialized in "chalk talks" about God's love; father Oliver V. McMahon, a long-time postal employee and secretary/treasurer for the West Texas District Church of the

Nazarene; and by her brother Louis McMahon, a minister and evangelist for the Church of the Nazarene and the Methodist church. She also was preceded in death by sister-in-law Rachel McMahon, niece Skye McMahon Buswell and a number of great-grandchildren lost before birth.

She is survived by her husband, Bill Bennett, of Crescent, Okla.; daughter Patti Orcutt and husband, Dale Orcutt, of Crescent, Okla.; daughter Judi Rogers and her husband, Steve Rogers, of Ponca City, Okla.; granddaughter Chantel Gurley and husband, Brandon Gurley, Ponca City, Okla., and granddaughter Kira Orcutt of Crescent, Okla.; great-granddaughters Kyleigh and Ariadne Gurley, both of Ponca City, Okla.; in addition to a number of nieces and nephews.

As autumn arrives, watch the Monarch butterflies passing in migration, and remember Ruth Bennett, who came flitting amongst the flowers of our lives, bringing moments of color and joy. Her life and determination, an inspiration; her pain is past; her future secured.

A service in celebration of the life of Ruth Lavelle McMahon Bennett was held Monday, Sept. 9, at the First Church of the Nazarene in Crescent, Okla.



Family photo

An advertisement from Ruth Bennett's The Lavelle Shop, which she ran in downtown Post for 30 years.

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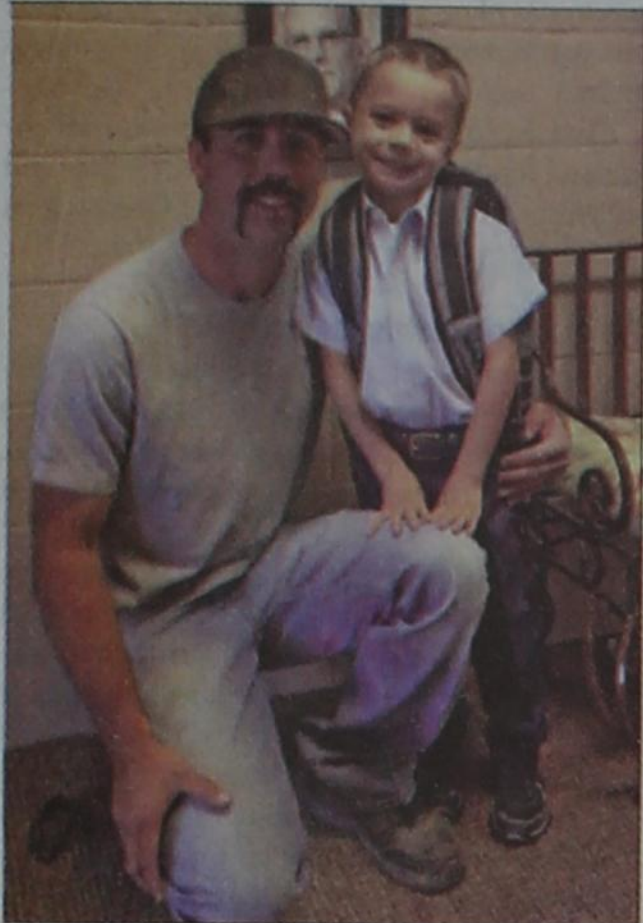
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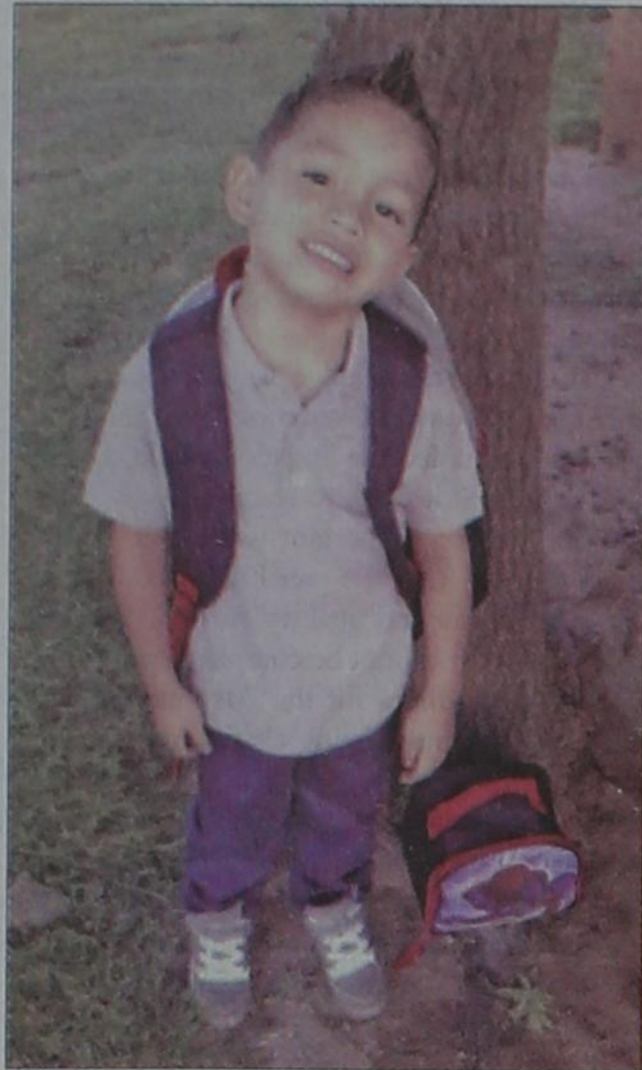
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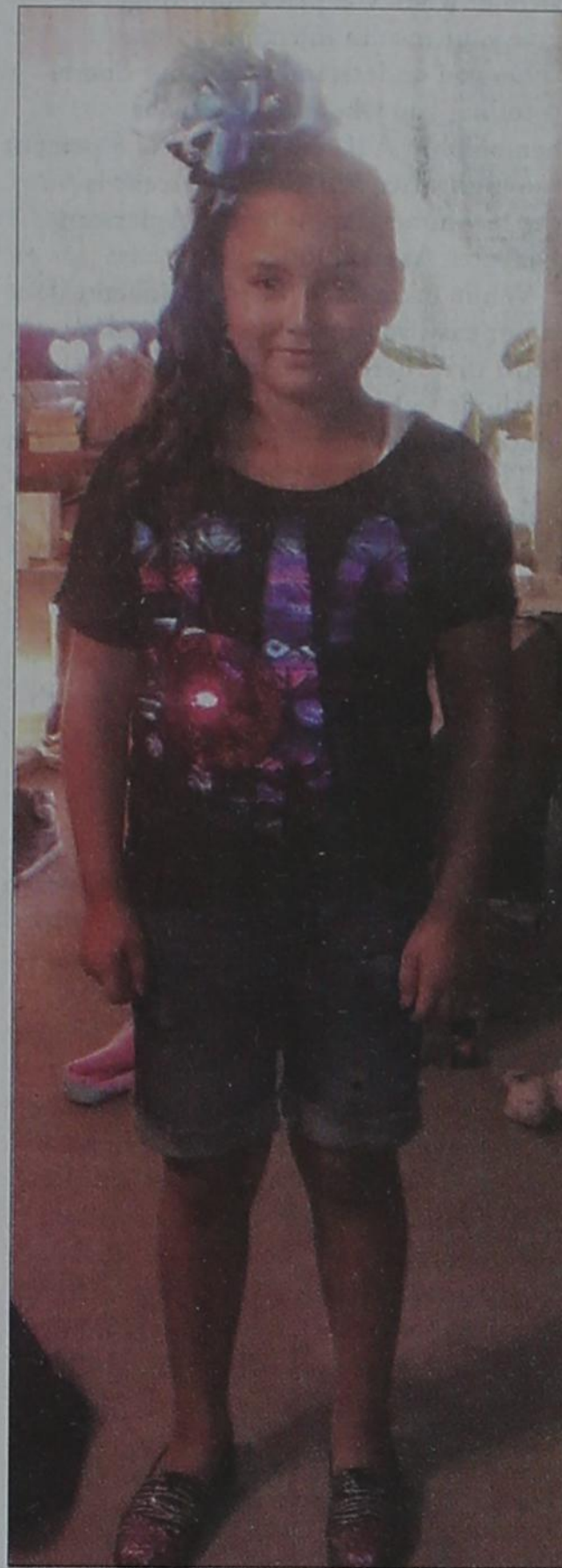
First Day of School



Accompanied by his father, Ted, Connor Thomas is shown on his first day of kindergarten at First Baptist Church Christian School



Alek Garcia on his first day of prekindergarten at Post ISD



Alexandria Duran, fourth-grader at Post Elementary



Branson Ray Harris, 7, on his first day of second grade at Southland Schools



Chevy Olive, 4, on his first day of prekindergarten at Post ISD



Cheyenne Gill on her first day at Post High School



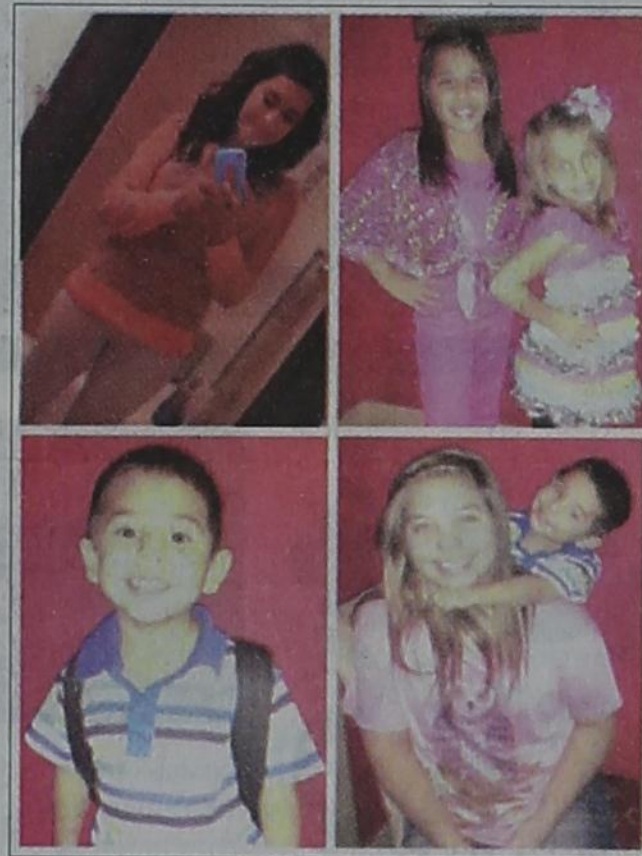
Dillon Cowley, 10, on his first day of fourth grade at Post Elementary



Evangelina Zubia on her first day of fourth grade at Post Elementary



Ezra Gill on his first day at Post Middle and siblings Avory and Zavan on their first day at Post Elementary



Children of Adrian and Susan Collazo



Olivia Martinez, 4, on her first day of prekindergarten at Post ISD



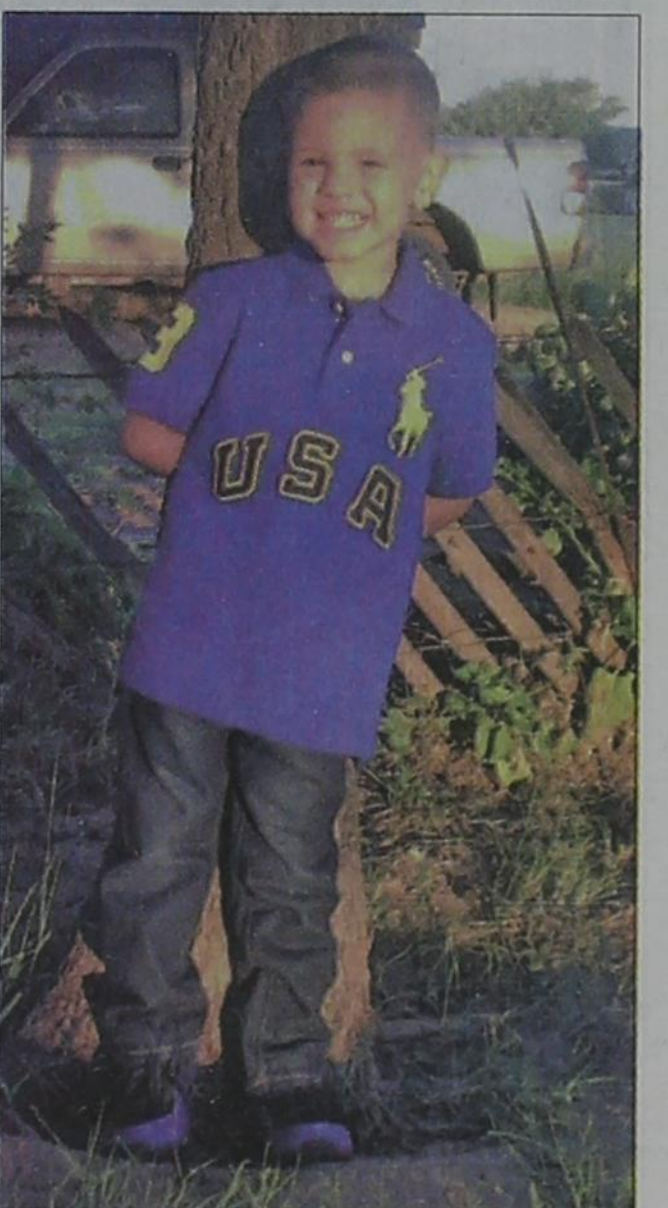
Peyton and Zachary Sawyer on their first day of school



Ryan, Justin and Haylee Willborn and Kellan Graves on their first day of school



Landyn Garcia, prekindergarten at Post ISD



Uriah Kane Gill on his first day at Post Elementary School



Zoey Renae Harris, 5, on her first day of kindergarten at Southland Schools



Nancy's Notions

New ways to care for type-2 diabetes

Do you feel like you need to know more about how to take care of your type-2 diabetes? If you were recently diagnosed or you have had diabetes a long time, you can benefit from learning the latest things about taking care of yourself so you can reduce your risks for complications, such as reduced vision or nerve pain.

An important tool for managing your diabetes is your glucose meter. Some people avoid checking their blood glucose because pricking their fingers for example hurts too much. Some people were taught the best place to get a blood sample is the central part of their fingertip, which is actually the most sensitive. Pricking your finger there is going to hurt more than the side of your fingertip. Learning how to test on the side of the fingertip instead significantly reduces pain.

Furthermore, today, most meters and strips allow you to check your blood glucose in other sites, such as on your arm between your elbow and wrist. New lancet sets allow you to reduce the depth of the needle prick and to use a thinner needle because smaller drops of blood are required to get a good reading. Many people report their pain and discomfort are reduced to almost nothing once they get new equipment and learn how to use it properly.

Have you heard about insulin pens or new forms of insulin that control your blood glucose with no peaks over a 24 hour period? Just what is rapid-acting insulin, and why do so many people

like to use it? There are many new oral medicines, too. Do you really have to use alcohol when you prick your finger or give your insulin injection?

Do you understand what your doctor is telling you when she says your hemoglobin A1C is too high? Is 8 percent too high when less than 7 percent is the recommendation by the American Diabetes Association?

While taking care of your diabetes is not easy, you might be surprised to learn that there are many new tools and methods to help you keep your blood glucose in the recommended ranges.

The Texas A&M AgriLife Extension Service in Garza County is offering a five-class series with nine topics called "Do Well, Be Well with Diabetes." I'll be teaching the classes along with the support of a team of volunteer nurses, dietitians, pharmacists, and other health professionals to provide you with the latest information on how to better manage your type-2 diabetes.

Self-management of type-2 diabetes has changed a lot. These classes will teach you how to not only make your life with diabetes easier, but also how to reduce your chances for complications.

Class fees cost \$20 per family. Call the Garza County Extension Office at 806-495-4400 to enroll. Class dates and time will be determined by participants. Recipes booklets with recipes from the American Diabetes Association will be included with the "Do Well Be Well with Diabetes" curriculum, which has been developed Carol Rice, a registered nurse and health specialist for the AgriLife Extension Service in College Station.

Nancy McDonald is the family and consumer science agent for the Texas A&M AgriLife Extension Service in Garza County.



NANCY MCDONALD

Court: Interim maps will stand for elections

By Ed Sterling
For the Dispatch

AUSTIN — A San Antonio federal court on Sept. 6 ordered that redistricting maps passed by the 2013 Texas Legislature will serve as interim plans, and those plans would be used in upcoming elections, including 2014 elections.

Plaintiffs challenging the maps allege racial discrimination in the drawing of boundaries in certain districts.

In its order, a three-judge panel of the U.S. District Court Western District of Texas San Antonio Division noted the litigation would continue "for as long as it takes to reach a legally correct decision on very important issues, but elections must go on." And, the panel reasoned, that because "a full, fair and final review of all issues before this Court cannot be completed prior to the upcoming deadlines for the 2014 elections" the current set of maps being challenged will stand for the time being.

The complexity of these matters increased in June after the U.S. Supreme Court, in effect, ruled that certain sections of the Voting Rights Act of 1965, and preclearance in particular, may no longer apply unless plaintiffs prove racial discrimination still exists.

Prior to the ruling, Texas had been a "covered" jurisdiction, meaning that because of its history of racial discrimination in voting practices the state was subject to federal preclearance of redistricting maps and other proposed changes to election laws.

The case resulting in the order is Shannon Perez; Harold Dutton Jr.; Gregory Tamez; Sergio Salinas; Carmen Rodriguez; Rudolfo Ortiz; Nancy Hall and Dorothy DeBose, Plaintiffs, v. State of Texas; Rick Perry, in his official capacity as Governor of the State of Texas; and Lt. Gov. David Dewhurst, House Speaker Joe Straus and Secretary of State John Steen, in their official capacities, Defendants.

Jefferson to leave office

Chief Justice Wallace B. Jefferson on Sept. 3 announced he would leave the Texas Supreme Court effective Oct. 1.

Reduction in number of cases carried over from one term to another, increases in use of technology to improve efficiency, increases in transparency and decreases in costs are listed among achievements during Jefferson's nine-year tenure as chief.

Furthermore, in 2007 under Jefferson's leadership, a rule was adopted to allow cameras in the

courtroom "to bolster the public's understanding of the court's work." In 2012, the court mandated electronic filing of court documents to decrease the cost of litigation and increase courts' productivity.

And, as chief justice, Jefferson worked for increased funding for basic civil legal services and established the Permanent Judicial Commission for Children, Youth and Families.

Pertussis alert is issued

The Texas Department of State Health Services on Sept. 3 urged people to make sure they're vaccinated against pertussis, or whooping cough, which often starts with cold-like symptoms and a mild cough.

The number of people sick with pertussis this year is on track to reach the highest level in more than 50 years, the agency said. Doctors who suspect a pertussis infection are required to report it to their local health department within one working day and patients who have pertussis should not go back to work or school until they have completed five days of antibiotic treatment.

The agency is urging parents to check their children's shot records to be sure they are completely vaccinated against pertussis and should keep infants, especially those less than 6 months old, away from people with a cough. Adults should see about receiving a booster dose of the Tdap (tetanus, diphtheria and pertussis) vaccine.

Debt info site debuts

State Comptroller Susan Combs on Sept. 3 announced a new "Debt-at-a-Glance" resource that offers details on state and local debt.

The website telltthetruth.texas.org/debt lets users pick from the state's 20 largest cities and 20 largest counties to see debt totals and trends, plus details on tax rates, debt elections, authorized but unissued debt, certificates of obligation and links to a comprehensive annual financial report for each city or county.

Litter level decreases

Texas Department of Transportation on Sept. 3 released results of its 2013 Texas Litter Survey.

"Considering an additional 1.1 million drivers have taken to Texas roadways during the survey period of 2009 to 2013," TxDOT officials said, "the 34-percent reduction in visible litter is even more impressive."

According to the survey, the leading type of visible roadside litter was tire and rubber debris, followed by miscellaneous paper, plastic and beverage containers.

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WILLIAMS

From Page 1

been named a senior vice president for the institution and would office in the Post branch once it was built at 615 N. Broadway.

Larry Allen, CEO of Peoples Bank and chairman of the board of directors, said Williams' extensive agricultural and business background would be an asset for the Lubbock-based bank.

A native of Tahoka, Williams comes to Peoples Bank with more than 28 years in the banking industry, with the majority of that spent in West Texas. He received his bachelor's degree in agriculture business and economics from West Texas State University in Canyon and is also a graduate of the Texas Tech School of Banking.

Williams is active in the local agriculture community, serving as vice president of the Garza County Junior Livestock Association and as an adult leader for the Garza 4-H program.

He also is a member of the Post Athletic Booster Club and Post Rotary Club

and enjoys collecting antique tractors and participating in 4-H swine projects.

Williams and his wife, Janece, have been married 25 years. They have three children: Reed and Audree, both students at West Texas A&M University in Canyon, and their youngest, Addee, attends Post Elementary.

Peoples Bank was formed in 1999 by several successful business owners and farmers, all residing in the Lubbock area.

"Our bank directors and employees are big supporters of and in our communities," President Blake Boyd said. "We are financially sound and strive to provide personal service often missing in larger banks."

Specializing in home mortgages, Peoples Bank has total assets exceeding \$320 million, deposits of \$289 million, loans of \$234 million, and capital of more than \$31 million.

The Post branch will be the bank's seventh location and second to open in the last 12 months.

"We are excited about our growth as we continue to strengthen our West Texas footprint," Allen said.

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