

The Gorman Progress

"Serving Gorman For Over 112 lears" Gorman, Eastland County, Texa 76454

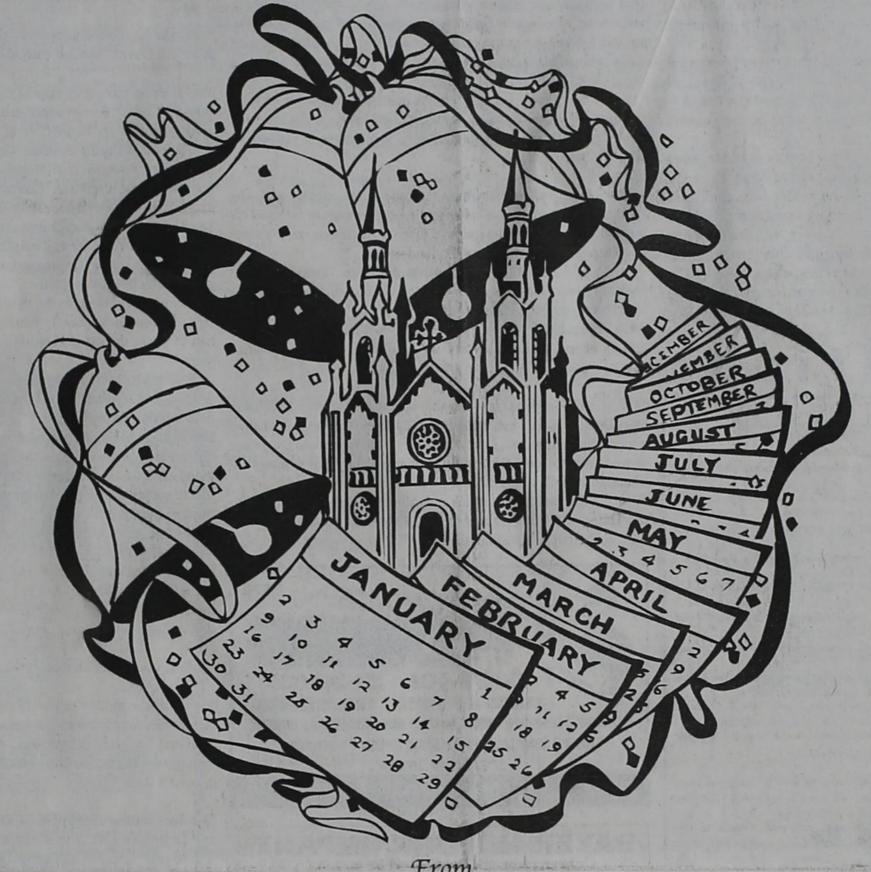
2012 Member - Texas Press /ssociation

NUMBER FIFTY-TWO

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DECEMBER 27, 2012

Wew Year Happy



Lonnie and Debra Bennett -- Joe Bennett And Correspondents

Letter To The Editor

I am Vicki Seay's Mother and am giving a

progress report on her condition.

She is improving but has a long way to go fore she is well. Her right arm hasn't healed as rast as hoped and efforts are being made to make both arms strong enough to pull herself up in bed and help herself in a wheel chair.

She isn't allowed to put any weight on her feet until her pelvic area is healed from injuries and surgery.

She is aware that Thomas didn't survive the accident.

We are thankful that a fund has been start-

ed in your local bank. Her recovery will take time. More money needed for her care.

She looks forward to mail. Her address 1S:

> Vicki Seay **Kindred Hospital** 815 8th St. - Room 232 Fort Worth, Texas 76104

Thank you for your concern, donations and your prayers.

Sincerely, Maybelle Trout

Gorman City Office To Be Closed January 1, 2013

Christmas is just around the corner! The Gorman City Hall would like to Wish everyone a Merry Christmas and many blessings in the New Year. We will be closed on January 1, 2013 for News Year Day. We would also like to inform our citizens that trash will run on Wednesday, December 26th.

May everyone have a blessed and safe Holiday!

2013 County Stock Show Schedule Released

The Eastland County Livestock Show begins January 9, 2013. All animals must be in place by 8:00 pm on the 9th. Judging will begin at 8:00 am on Thursday, the 10th.

Please note the Presentation of Awards and Premium Auction begin at 1:00 pm on Saturday, January 12. ECLRA will be serving hamburgers for our buyers and contributors beginning at 11:00 am that morning.

Also, commercial heifers exhibited at the show will be available for purchase at Texas Cattle Exchange the following week. Please watch this space for more information in the coming weeks.

It's That Time Again! NEW YEAR'S EVE SINGING!!!

We will start singing at 8:00 P.M. and sing until 10:00 p.m., take a fellowship break with lots to eat and a lot of visiting, then start singing afterward and sing in the New Year until Midnight. If you will sing along, lead a song, sing a special, or just come to listen and be blessed, PLEASE COME!!!!

OPEN HOUSE!!!

Ken and Deanne Hutson and Cross Rock Ministries would like to Invite you to our OPEN HOUSE on Sunday, December 30th. Drop by anytime between 2:00 and 5:00 p.m. We will be serving Cookies and Drinks (Hot Cocoa, Coffee, Cider, and Sweet Tea) At 103 Crescent Street (the old Howard House) In Gorman, Texas.

Carbon Community Center News

December 29th is the date of our final 5th Saturday Musical for 2012 at the Carbon Community Center. We have dinner and music offered for \$5, starting at 5:30pm. We expect to have several talented musicians from this area, once again performing for your enjoyment.

The meal will be provided by ladies from the Carbon area. We will be offering stew, corn bread, tea, coffee and wonderful homemade desserts!

Groups or individuals wishing to sing, play or otherwise perform should contact T.J. Cummings, at 254-488-1249 as early as possible, in order to be scheduled. We extend our thanks, in advance, to all musicians and entertainers for using their talent to provide pleasure for others.

The Carbon Community Center is a non-profit organization made up of local citizens dedicated to providing a pleasant, well maintained location that serves the needs of the community by offering a meeting place with historical significance. The Center is home for memorabilia from the Carbon ISD and is an ideal site for reunions, weddings, anniversary celebrations, meetings, dinners and musicals. It is often used as the polling place for Carbon. If you are interested in using the Center for your next meeting, please contact Janis Keith at 254-639-2210, or LaTonne Rogers, at 254-639-2551.

Items of interest

Men's Community Prayer Breakfast meets at 7:00 a.m. On the third Wednesday of each month in the Fellowship Hall of the First United Methodist Church in Gorman.

Gorman Senior Citizens meet once a month on 3rd Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

The Order of the Eastern Star holds its regular stated meetings on the First Monday of each month at 7:30 p.m.

4-H - The Club is going to meet the first Wednesday of each month in the New Gym. All people interested in participating are encouraged to attend. The meeting will be at 3:45 -4:45. For more information Call Cindy Underwood 734-5085.

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, JANUARY 19TH FROM 9 TIL NOON.

Oakland Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oakland Cemetery Association, P. O. Box 532, Gorman, Tx 76454 or to American State Bank, Gorman, Texas 76454

Food Bank New Hours - 11 a.m. to 12:30 p.m. — Fourth Thursday

Gorman Masonic Lodge No. 716 A.F. & A. M. Regular stated meetings are 2nd Tuesday of each month at 7:30 p.m. Members are urged to attend. Visitors are always welcome. Stan Harper, Master - Jerry Napoli, Secretary.

Gorman Oaklawn Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, 156 N. Mohon, De Leon, Tx 76444 or to Prosperity Bank, 115 S. Fisher - Gorman, Texas 76454



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254-893-6666 DE LEON, TX

Ray Cogburn - Broker

2-1 Frame, 648 sf, carport, 2 window a/C, large covered deck, storage building, several large trees. \$12,000.00

17A CR 389: Part wooded/large trees, pond stocked Catfish, 29' travel trailer, well & elec. barn, Ford tractor/equip., deer blind & Feeder. \$82,500

17.25 A: HWY 8 Desdemona, 10+ A Coastal, pond, new fences, nice Post Oaks, nat.

30A. CR 389, small barn, water well, steel roping arena, electricity, fenced, has a

few trees. \$3,100 acre. 43A. Coastal Bermuda, corrals, stock pond, 2 water wells, fenced/cross fenced.

Good Sandy land. \$3,350 agre. 60A, 2-1 ranch house, new windows & Doors/floors/paint, metal roof. Pond,

fenced, Coastal/wooded, small barn, well, wildlife. \$189,000. 77 A: South of Gorman, fields/some wooded. Deer & other wildlife, 2 small ponds,

elec. available. \$2,000 acre. 104A, paved road, 14x26 cabin, insulated, plumbed & wired, a/C, kitchen & bath.

12A Coastal, 42A cultivated, brushy area with pond. \$2,495/acre.

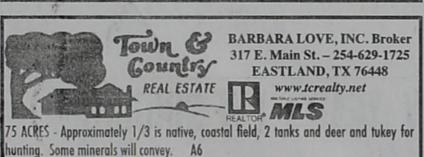
158A, 4-2-2 ranch-house, central A/H, fireplace, metal roof, 150+ A. Coastal, 2 pivots, good fences, 6A Lake, 2 ponds, 6 water wells, steel pens. \$525,000. 179 A. south of Gorman: Part wooded, part old fields, deer & hogs, 2 nice ponds,

sandy soil, elec., water well, metal building. \$2,350.00 acre. SELLERS SAYS MAKE OFFER!!

322A. Oak & Elm Trees, 2 creeks, great water shed project! 40 A. Coastal, owner re ports 300 round bales/year, 55 A. Cultivatable soils, 6 ponds, water well, 1200' metal Bldg. with slab floor, elec. Deer, turkey, and other wildlife. \$2,300 A.

NEW - 395A S/W Gorman, 1/2 Open 1/2 Wood mall creek, 4 ponds, 40' elev. change, gravel road 2 side c. t. t. te location, deer & wildlife. \$1,795.00

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GREAT FOR CATTLE OR BUILDING A HOME - 185.7 AC, m/l, Gorman - Good land, coastal, wet weather creek, 6 tanks, well, metal Bldg. & good fences. All

160 ACRES - 4 BR, 3 both brick home w/WBFP, custom red oak cabinets, lg. bkf. Bar & DDG

w/openers. Coastal & Native grasses, 4 stock tanks, 4 water wells, lg. Metal barn/wkshop w/elec., concrete floor, roll up door & Loft, paved & CR frontage. HAI 88.7 ACRES - GORMAN AREA - Good saridy soil-all coastal Bermuda grass, water stock tank & Good fences. A12

BEAUTIFUL HOME + 3.7 AC + REDUCED PRICE=WHAT A DEAL! Brick home w/spacious interior in excellent condition. Outside i Coom far it all-sheds, stg., RV cover & workshop. Make an appointment and see for yourself! 03

20 ACRES, M/L, GORMAN - Good coastal & native grasses, 1 tank & partially fenced. Will

Be surveyed out of a larger tract. Could be very productive. A2 PRODUCTIVE - 306 AC, m/L.N. of Gorman. | Coastal, Good soil, 2 tanks, water well s &

frontage on 2 county roads. 213



The Gorman Progress

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Holiday Food Safety

The holiday season is a time of sharing, entertaining and indulging in good food. That combination naturally leads to potluck meals, where friends and family gather together to share each other's favorite dishes.

When transporting food to a get-together, do not let perishable foods stay in the danger zone - - 40-140 degrees - - for more than two hours. Transport time and serving time should be included in these two hours. B e careful with these perishable foods: meat, poultry, seafood, eggs, cooked vegetables and dairy products, and dishes made with any of these foods, such as dressing, gravy, casseroles, cream pies, puddings and dips.

Perishable foods prepared ahead of time should be kept refrigerated until time to leave. If the food is to be served hot, reheat it at the event.

Use ovens and microwaves to reheat food; do not use warming trays or slow cookers. Food thermometers should be used to make sure reheated foods have reached an internal temperature of 165 degrees. If reheating equipment is not available, prepare food closer to the event time and keep it hot by wrapping Groups or individuals wishing to sing, play or otherwise it in towels or blankets, or by placing it in an insulated chest.

> Keep cold perishable foods below 40 degrees until serving time. Use ice chests to transport these foods and keep them cold. Ice chests or ice bowls can keep foods below 40 degrees on a buffet line.

> Make sure everything that comes in contact with the food is kept clean. Wash hands and food preparation surfaces often. Make sure adequate garbage disposal facilities are available and keep garbage away from the food area.

> If food will be prepared at the event, keep raw meat separate from foods that will not be cooked, such as salad or raw fruit or vegetable tray ingredients. Use separate cutting boards for fresh produce and for raw meat, poultry and seafood. If separate cutting boards and utensils are not available, clean and sanitize between uses.

> The experts stressed the importance of the two-hourrule: Do not let perishable foods remain in the temperature danger zone for more than two hours. Foods left out more than two hours should be discarded, they said, adding this slogan as a safety remainder: If In Doubt, Throw It Out!

> For more information regarding safe food handling, contact Halee Mitchell, Eastland County Extension Agent at 254/629-2222 or hdmitchell@ag.tamu.edu.



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Is Currently Taking Applications for

"On The Wilder Side"

Stanley went to a psychiatrist. 'Doc,' he said, Tve got trouble. Every time I get into bed, I think there's somebody under it. I get under the bed, I think there's somebody on top of it. Top, under, top, under ... you gotta help me, I'm going crazy!"

'Just put yourself in my hands for two years,' said the doctor. 'Come to me three times a week, and I'll cure your fears."

"How much do you charge?" 'A hundred dollars per visit." 'Tll think about it," said Stanley.

Six months later the doctor met Stanley on the street. Why didn't you ever come to see me again?' asked the psychiatrist. 'For a hundred bucks a visit? A friend cured me for ten dollars."

'Is that so! How?" "He told me to cut the legs off the bed!"

I don't know anyone who isn't afraid of something. We all have one fear or another... fear of failure, fear of dying, fear of letting others down, fear of living alone, fear that we'll lose our freedoms, etc.

But as you read the Bible, you'll notice that fear is very common, and sometimes even a good thing. For example, I'm sure that Mary and Joseph were afraid when they heard that king Hared wanted to kill Jesus (Matt 2:13-15). And David ran for his life when he was afraid of king Saul.

all the times the Lord tells us 'Do not be afraid'. Consider that although David might have been afraid of Saul, he boldly stood up to Goliath because he knew the Lord would protect him. Fear can be good but it can also be crippling if we don't balance it with our faith. Although fear isn't the opposite of faith, our faith in God should overcome our worldly

> F. 't the good fight (1 Tim 6:12) -Jason Wilder - Gorman Church of Christ

Gorman Church of Christ Meeting Times Sunday Morning Bible Class - 10:00 Sunday Morning Worship - 10:45 Sunday Evening Worship - 6:00 Wednesday Evening Class - 7:00

Gorman City Minutes Unapproved

DECEMBER 6, 2012

The Gorman City Commission met on the above date. Those present were Mayor Robert Ervin, Commissioners David Stanley, Kenneth Good, Joe Casey and Dylan Cogburn. Also attending the meeting were Barbara Fenley, Billy Carson, Joe Williams, Shirley Good, Julie and Darren Clark, Vicki Brown, Jerry Brown, Tyler and Taysha Johnson.

Kenneth led the opening prayer followed by the Pledge of Allegiance and the Texas Pledge.

Mayor Ervin called the meeting to order @ 5:30 p.m.

David made the motion to approve the minutes of the previous meeting with one correction. The correction being the next to last paragraph," Joe made a second to the motion, motion carried

With that correction, Dylan made a second. Motion carried 4-0.

Joe made the motion to approve the bills for payment, with a sec ond from David. Motion carried 4-0.

Mayor Ervin moved to agenda item #13. The family of the late John T. "Corky" Brown addressed the Commission to formally file a complaint. Jerry Brown, Vicki Brown, Darren and Julie Clark, and Tyler and Taysha Johnson were filing a complaint against officer Billy Carson for not doing the funeral escort for the memorial service of their loved one. Each of these family members verbally expressed why they were filing this complaint and how this had hurt their family. The Commission assured the family that steps would be taken as for as discipline and that measures will be in place so this never happens again. Officer Carson was given the opportunity to speak with the Commission as well.

@6:09 p.m. David made the motion to convene in Executive Session. Joe made a second. Motion carried 4-0. ** Mayor Ervin had to leave the meeting at this time to attend another appointment.*

@ 7:20 p.m. David made the motion to adjourn from Executive Session and return to Regular Open session. Dylan made a second. Motion carried 3-0.

David made the motion in reference to the complaint filed against Officer Billy Carson action taken will be a written letter of reprimand and placed in his permanent file. The Commission will further assess this situation in thirty days. Kenneth made a second. Motion carried 3-0.

Kenneth also mentioned the importance of the City serving the Community.

Reports were submitted by Joe and Barbara. The Commissioners asked Chief Fenley to have someone come and get the City updated on Municipal matters. Judge Seay is improving with each day and she will soon be moved to a rehabilitation facility.

No bids were submitted on parks and recreational repairs.

Joe made the motion to pass Resolution 2012-12-6B designating signatories for contractual documents, the Mayor and Mayor Pro-Tem and for grant drawdowns, the Mayor and Mayor Pro-Tem, and city secretary and city clerk. David made a second. Motion carried 3-0.

The 2nd reading of the revised and combining of Ordinance #251 and Ordinance #302.2 was read at this time. David made the motion to pass, approve and adopt the revised version with a second from Dylan. Motion carried 3-0 aventuor the seque district

The 2nd reading of revised Ordinance #294 was read at this time. Dylan made a motion to pass approve and adopt this revised ordinance. David made a second. Motion carried 3-0.

David made the motion with a second from Joe to adopt Resolution 2012-12-6, for the City of Gorman, Approval of West Central Texas Council of Government Hazard Mitigation Plan Update. Motion carried 3-0.

David made the motion to give the employees the same bonus as in 2011. Joe made a second. Motion carried 3-0.

There being no further agenda items for discussion David made the motion to adjourn with a second from Kenneth. Motion carried 3-0, time was 7:30 p.m.

By Henry A. Buchanan

I waited to see if the Mayan calendar was right before writing this, but the Mayan calendar was wrong, and the fiscal cliff is going to get us all because the Republicans have not accepted the result of the election. But believe it or not, we re-elected Obama president and it is possible that the country can survive four more years and come out in better shape than we are now.

How? We can bring war in Afghanistan to an end. We can decide to let Iran have nuclear power. We can refuse to invest in all those new houses the Israelis are going to build on Palestinian soil. We can leave North Korea to the newly elected woman President of South Korea, Park Geun-Hye.

We can send a get well card to Hugo Chavez and try trading with Cuba. Now what else can we do? Oh Yes, see if we can find a new route for that pipeline that's going to run from Canada to Texas.

But none of these things will save us unless the members of Congress can be convinced that unless they set aside their partisan politics they are going to be sent back home to face the anger But there are also times when we shouldn't be afraid. I say that because of and outrage of the people who are being badly served.

> Now Christmas is here, but it's not too late to pray for the people driven from their homes by the storm Sandy; they are still wrecked and lost. It's not too late to feel for the wounded vets caught on the railroad tracks by a freight train; and not too late to be stirred by the killing of twenty children and their teachers in a school where they thought they'd be safe.

> Not too late to take the coming of Christ into our lives very seriously, and iovously too.

> > (s) Henry A. Buchanan 1131 N. Kent St. - Gorman, TX 76454 254-734-4569 12/23/2012

Senior Citizens News

By Carol Ward

We enjoyed a lovely Christmas Dinner on the 19th of December with 23 in attendance. Bro. Frank Shirley gave the blessing for all in his good words. We missed Ruthie Porter and Wilburn Overstreet. Hope to see them next Month on the 16th of January.

Our meal was delicious with baked ham by Susan Lipson, Chicken Pot Pie brought by Beth Shirley, peas and carrots, pea salad, 2 kinds of corn, rice a roni, cabbage and pickled asparagus. Also some very good cranberry relish made by Geraldene Wright, a cake by Anne Buchanan, pumpkin pie, pumpkin bread by Carol Ward, Christmas Cookies and Hot Rolls. Ailene Garrett made some good Veggie soup. Thanks to her and Susan for all their help in getting our meal together. I enjoyed being there, first time since my surgery.

I missed Daisy Slaton's birthday Thanksgiving Family Get-together in November. I just haven't drove that far yet. I finally went for a visit, my daughter Becky Swanner carried me. Daisy's sister Velsie Rawson passed away in early December. I wanted to be at her funeral, but Cisco too far away for me to drive. My daughter would of taken me, but she was tied up and busy with Gorman's Basketball Tournament. I'm just about ready to drive to Eastland to visit Daisy, also need to take her Christmas gift.

Henry and Anne Buchanan enjoyed a visit from his son Al and family. They live in Chicago, so don't

see them often. I'm sure Henry was glad to visit with his two grandsons also.

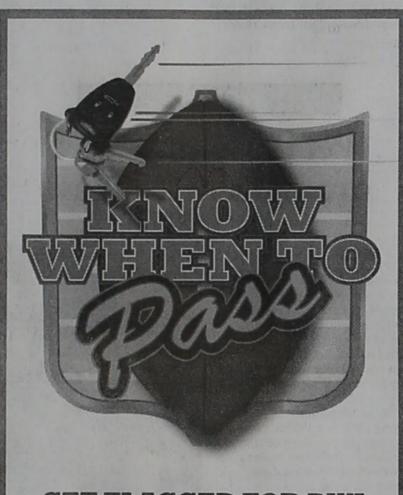
We volunteer librarians had a good time at the City Christmas Party. It was catered by Cooks Fish Barn, what good fish! All of us made the outing with wheel chairs and walkers. The City girls decorated the enter very beautiful. It was my first going to a function since illness. Thanks for the invite.

My family and I went to Brownwood the 22nd of December for my Great Granddaughters First Birthday. All went well till they sang to loud and scared her. We will go back for Christmas Day for the family gathering. My granddaughter and husband Jay bought a nice older home with plenty of room. We all fit with two tables.

Betty Region has two new great-grandchildren. Her family keeps growing, like the rest of us. I'm sure she was happy to visit with these little babies. That the kind I like, Little Ones, before they become brats!

This past year went by so fast and its nearly over. Christmas comes to often as we age. When a child, it was forever between years. Hope all have a good Holiday with family and friends.

See You Next Month - Carol.



GET FLAGGED FOR DWI AND IT'S GAME OVER

When you're watching football with friends, watch your alcohol intake, too. Because a DWI means jail time and up to \$17,000 in fines and fees. Want to stay in the win column? Know when to pass up that drink or pass off your keys.

Chamber Cookbook Holiday Offer

The Chamber of Commerce is offering the new cookbook on a Holiday special of One for \$15 or Two for \$25. These will make great Christmas gifts.

They are available at Panda's Flowers, City of Gorman, Prosperity Bank, Housing Authority, and at the Gorman ISD Administration Office.

For Pool Sales & Service - Call 254-965-4745 Call 254-965-4125 or Cell 254-592-3159 10487 xT , sllivnsdqst2 894 N. Graham St.

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2013 Eastland County Livestock Show Schedule ECLRA Show Grounds - 475 FM 3101 - Eastland, Texas 76448

Wednesday, January 9, 2013

4:00 pm - Scales open. (Livestock & Cattle Barns) 8:00 pm - Ag Mechanics projects must be checked in. All animals must be weighed and in place.

Thursday, January 10, 2013

8:00 am - Rabbits - Market followed by Breeding (Moylan Exposition Arena) 9:00 am - Art, Photography & Sewing Exhibits on Display

(Hutto-Humiston Building) 9:00 am - Food Show (Hutto-Humiston Building)

10:00 am - Broilers (Moylan Exposition Arena)

12:00 pm - Bucket Calves (Moylan Exposition Arena)

12:30 pm - Beef Cattle - Heifers followed by Steers (Moylan Exposition Arena)

2:30 pm - Commercial Heifer Show (Commercial Cattle Pens) 3:30 pm - Swine - Breeding followed by Market (Moylan Exposition Arena)

Friday, January 11, 2013

10:00 am - Ag Mechanics Show (Hutto-Humiston Building) 11:00 am - Dairy Goats (Moylan Exposition Arena) 12:00 pm - Angora Goats - Breeding followed by Market (Moylan Exposition Arena) 2:00 pm - Market Lambs followed by Market Meat Goats

(Moylan Exposition Arena)

Intermission

Breeding Sheep followed by Breeding Meat Goats (Moylan Exposition Arena)

Saturday, January 12, 2013

11:00 am - Hamburger Lunch for Donors

(Hutto-Humiston Building) 1:00 pm - Auction & Presentation of Awards

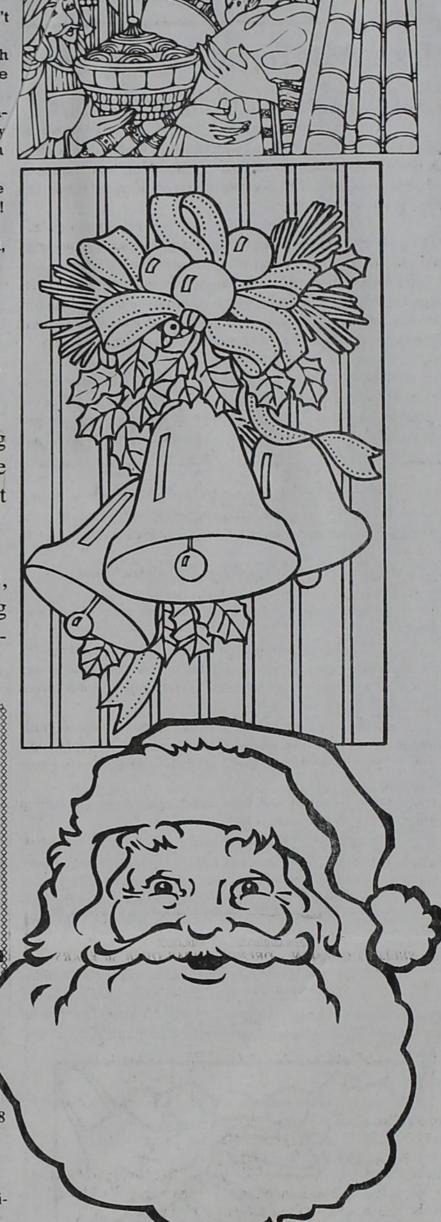
> Don't forget to check out the 4-H Adult Leaders Concession Stands!

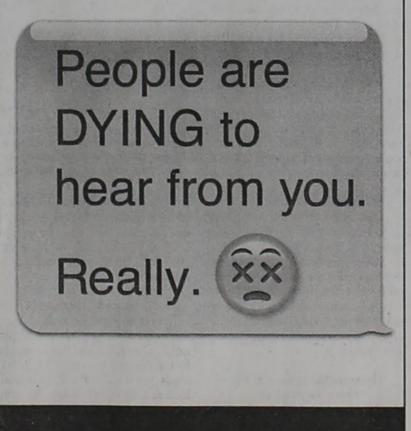
(Moylan Exposition Arena)

FOR SEAY FAMILY

There is an account set up at Prosperity Bank (American State Bank) for donations to the Seay family for medical and travel ex-

If you would like to donate to them, you can make your check payable to City of Gorman, Vicki Seay Benefit Fund and drop it off at the City Office or the Bank, or mail it to Prosperity Bank, 115 S Fisher, Gorman, TX 76454. Thanks goes to everyone for your prayers, phone calls and concern. Vicki is expected to make a full recovery; she just has a long road ahead of her.





You are TWENTY THREE TIMES more likely to crash when you text while driving. Is sending an LOL text message really worth killing someone? Park the phone when you drive.



Save a Life

Desdemona News

By Vonnie Guthery

Merry Christmas and Happy New Year to our friends and neighbors from Pug and Vonnie Guthery.

Vicky Seay has been moved to Kindred Hospital Ft. Worth 815 Eighth Ave. #232 Ft. Worth, Tx 76104 She would enjoy hearing from friend and neighbors.

Texas A&M Forest Service Issues Safety Tips For Holiday Season

COLLEGE STATION, Texas - Conditions could line up for an active winter wildfire season in some parts of the state, and Texas A&M Forest Service officials are urging residents to take precau-

The agency has identified an "area of concern" where large wildfires could occur this winter if conditions are right. The area includes everything north of a line from Fort Stockton along I-10 to San Antonio, north to Austin, northeast to Tyler and east along I-20 to the state line. That region didn't get enough rainfall this year to eliminate drought but did get enough to increase grass growth.

Low humidity, dry conditions and high winds can cause fire to spread rapidly, said Justice Jones, Wildland Urban Interface coordinator for Texas A&M Forest Service. Although there are particular areas of concern, fires can occur anywhere in the state, and residents should remain cautious.

"Any time the state experiences dry periods with strong, gusty winds, the threat of wildfire will increase and extra caution is encouraged to avoid devastating wildfires," Jones said.

Several precautions are suggested for the holiday season:

Check for and obey burn bans and fireworks restrictions.

When and where outdoor burning is allowed, keep the fire small, never leave it unattended and remove flammable leaves and other materials from the area surrounding the fire. Avoid lighting piles on windy days.

Keep water nearby in case a fire starts. A spark or burning ember can ighite dry, fine-textured fuels like grass and weeds. Read and follow label instructions on how to properly

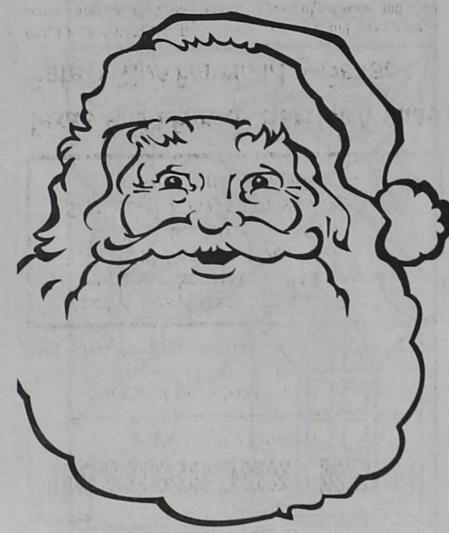
discharge fireworks. Use fireworks with close adult supervision and only in areas clear of dry vegetation.

Avoid using fireworks, particularly aerial varieties, around buildings. Wind can carry hot fireworks onto roofs where leaves or other flammable debris may have accumulated.

Remove your natural Christmas tree soon after the holidays and consider community tree recycling projects. Christmas trees can be ground up for mulch or provide shelter for birds and

Dispose of wrapping paper, boxes and other holiday waste by recycling, when practical. Burn paper and cardboard in a burn barrel or other fire-proof receptacle topped by a metal screen or grill, as winds can carry embers over long distances.







A Season for Giving Back

This holiday season, in the wake of the terrible tragedy in Newtown, Connecticut, I think every American is pausing to reflect on the things that are truly important. Each of us will hug our families just a little tighter this year, we will cherish our time together just that much more, and we will, I hope, give just a little more to others as we consider how precious life is.

There are some wonderful organizations that help people both during the season and year-round.

For those who want to help the families of the Sandy Hook shooting victims, the United Way of Western Connecticut has set up a dedicated fund. The Sandy Hook School Support Fund can be found online and checks can be sent to Sandy Hook School Support Fund, c/o Newtown Savings Bank, 39 Main Street, Newtown CT 06470.

As the nation learned the names and the faces of the tiniest victims of Sandy Hook, a world away 10 more young girls were murdered, whose names we will never know. They were killed by a car bomb as they collected firewood in rural Afghanistan.

Though we have made tremendous progress in Afghanistan, it remains the worst place in the world to be female. Deeply entrenched cultural norms have kept women and girls under constant attack, particularly those who bravely participate in public life, get an education or teach others. Roughly 87 percent are illiterate, the same amount of the female population estimated to suffer at least one form of physical, sexual or psychological violence or forced marriage in their lifetimes. I see a poignant line between the educators in Newtown who sacrificed their lives to protect their students and the brave women and girls in Afghanistan who risk their lives to give and get an education.

Women for Women International (womenforwomen.org) operates in eight countries, including Afghanistan, teaching the world's most excluded women practical skills and business principles, so they can get jobs, start their own businesses and find the way to economic and social self-sufficiency. You can make a one-time donation, purchase holiday gifts - everything from okra seeds to education packages - or sponsor a woman for her one-year job-training program. You can even get updates to follow her progress and write letters back and forth.

This past week has reminded us all how vulnerable and precious children are. Human trafficking is a horrifying crime that too often claims children as its victim. The Polaris Project (polaris.org) fights human trafficking in the United States - which exploits an estimated 100,000 children each year.

And finally, though it seems so small compared to the scope of the tragedy, making a child's Christmas wish come true by donating to your local Toys for Tots drive is a simple way to bring a little joy to someone's life - as well as your own. Taking the time to do something for someone else is its own reward.

We can't begin to comprehend the depths of the grief of the Newtown families, nor can we imagine what measure of strength it takes to get through each next breath. All we can do is take the reminder of just how precious life is and try to make the lives of others a little better this holiday season. It is the best way for any of us, and the nation, to begin to heal.

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Hutchison, a Republican, is the senior U.S. senator from Texas. hutchison.senate.gov

RECIPE

Celebrate the Winter Season With **Easy Ginger Glazed Ham Recipe**

(NU) - Hosting a dinner party soon? If you're like most, the thought of preparing a delicious and memorable meal for your special guests can be daunting to say the least. Let the experts at Cook's Ham help by providing an array of mouth-watering entrée ideas that are sure to please everyone in the house. Spend less time in the kitchen and more time sharing memories with family and friends

At MyCooksHam.com, you will find a wide variety of resources to assist you in pulling off the perfect ham:

Recipes, heating times Instructional videos about carv-

ing and serving ham Lots of other helpful informa-

When you're ready for a tasty, festive crowd pleaser (which doubles as a gorgeously delicious centerpiece), Cook's Ham recipe for Pomegranate Ginger-Glazed Ham is sure to make everyone smile, mouths watering! Recipe below. If you're lucky enough to have leftovers, explore fun and flavorful recipes, available at MyCook-

COOK'S POMEGRANATE GINGER-GLAZED HAM

Ingredients: 1 Cook's Bone-in Spiral Sliced Half Ham

I cup red currant jelly 1/2 cup pomegranate juice 2 tablespoons cornstarch I teaspoon finely chopped fresh Preparation:

Remove and discard glaze packet from ham or reserve for an-

Pomegranate Ginger-Glazed Ham at MyCooksHam.com. It's a wonderfully (easy) and delicious recipe!

other use. Prepare ham according to package directions, uncovering and brushing occasionally with 1/4 cup of the Pomegranate-Ginger Glaze for the last 30 minutes of the heating time.

Pomegranate Ginger-Glaze: Cook jelly in medium saucepan over low heat for 2 minutes, or until completely melted, stirring frequently. Set aside. Mix pomegranate juice, cornstarch and ginger in small bowl until well blended. Add to jelly; mix well. Increase heat to medium; cook for 2 minutes or until thickened, stir constantly

Carve ham. Serve with the remaining glaze.

When a large ham is too much, consider Cook's Everyday Cuts, a new line of fully cooked, ready-toeat meal options for your any-dayof-the-week, easy, flavorful dinner. Be sure to like Cook's Ham on Facebook and find us on Pinterest for easy sources for all your ham

PETS

Pet Parenting Tips Around the Holidays

NewsUSA

(NU) - Pet parenting can be as crazy as it is fun, especially around the holidays. Add the stress of hosting family and friends, and many pet parents end up ignoring Fido or Fluffy in favor of cooking a feast or wrapping last-minute gifts. So, how do you find balance between preparing for the holidays and tending

Rose Hamilton - Chief Marultimate pet-parenting destination - offers the following tips to keep your pet top of mind during the holiday season.

 Keep Plants and Goodies Out of Reach: Many traditional holiday plants, like poinsettias and mistletoe, can be harmful to your pet's health, so be sure to keep these out of reach. Also, refrain from sharing specific holiday treats with your tail-wagger, particularly fruitcake and sugar-free goods, which contain dogtoxic ingredients.

Decorate Wisely: Holiday decor can be dangerous for pets, so it's important to take certain precautions when decorating. Place fresh trees in discreet corners, and keep lights, ornaments and tinsel off the lower branches. Deter your pet from electrical cords by spraying the cords with lemon peel or bitter orange tea.

Mind Your Pet's Manners: Heightened activity at home can affect your pet's behavior, so it's important to prepare. Hosting small gatherings prior to the hol-iday can help reinforce good manners. If you know your pet



Keep these tips in mind to make sure you and your pets enjoy the holidays.

won't hold back his excitement, set aside a safe room with a bed, water, toys and some treats where he can stay during your event.

· Get the Right Travel Gear: Crates are useful for all forms of travel, but if flying, be certain to use an airline-approved shipping crate. Take all health records with you, and ensure that your pet is wearing a collar and tag with appropriate contact information.

Give Back with Gifts: While toys and treats are always welcomed by our furry relatives, consider a comfortable bed or deluxe grooming session to pamper your pet instead. Older pets may especially benefit from a therapeu tic bed or massage.

For more tips on pet parenting around the holidays, visit www.Pet360.com.

HEALTH

Beat the Winter Blahs

NewsUSA

(NU) - For many of us, sticking to our health routine can be difficult. Morning runs outside get replaced with snuggling under the covers, and healthy eating goes by the wayside as sweets become the norm. Well, you can indulge and still stick to a healthy routine with just a few simple tweaks to your lifestyle. Valerie Waters, celebrity fitness trainer and contributor to publications like In Style, Fitness, Self and People, offers motivational tips just for you:

1. Get your Omega-3s, even if you don't like fish. The body produces low levels of Omega-3s, and the average diet contains insufficient amounts, so supplementing is important. Omega-3s have heart, brain and eye benefits. For those who would rather not swallow a giant pill, the makers of Centrum just launched ProNutrients, a new line of supplements from the most trusted multivitamin, with an Omega-3 that comes in a concentrated MiniGel

2. Eat dinner earlier. When you eat dinner between 7 p.m. and 8 p.m., you are less likely to munch early or eat something late at night.

Eat seasonal fruits and veggies. Pick the brightest fruits and veggies and experiment with new flavors. Fresh produce improves your skin, gives you more energy and builds up your immune system. Options include butternut squash, kale, sweet potatoes and grapefruit. Complement your choices with a multivitamin, especially one for your specific health



Indoor workouts can be just as rigorous and beneficial for your overall health. (Photo courtesy of Centrum's Facebook page)

needs. Recently launched, Centrum Specialist multivitamins with heart, vision, energy or prenatal benefits gives you confidence you've made a smart nutritional

4. Quench your thirst before you feel it. Dry rooms and extra heat cause you to lose more water in the winter. If your lips are chapped or you're thirsty, you're already dehydrated. Drink a glass of water during each meal and while you workout to help stay hy-

5. Get off the couch, but stay close to it. If you don't want to go outside to work out, modify your routine to exercise indoors. Squats, lunges, planks and pushups can all for at least 15 to 20 minutes a day Also, park farther away while shopping at the mall, and use the

stairs when possible. For more of Waters' healthy living tips, visit www.facebook.com/Centrum.

Healthy Living Tips to Whip Mind, Body Into Shape

NewsUSA

(NU) - So, you've made the resolution to start living a healthier lifestyle. Obviously, all you need to do is jog a few miles each day, right?

Healthy living is all about making smart choices for your body, diet, mind and overall well-being. The following tips can help you stay active and grounded to promote your goal of happiness and a healthier lifestyle.

Discover a new hobby.

Outdoor activities are great ways to get regular exercise that's enjoyable and rewarding. Coldweather sports are exhilarating hobbies, and the slopes are open until March or April. Other uplifting physical activities with hobby potential are biking, running, rock climbing, horseback riding, dance and martial arts.

Try something new at the farmers market.

Don't get stuck in a rut by eating the same boring veggies; locate the nearest farmers market for fresh, seasonal produce. Try a new vegetable each week to up your intake and keep you interested. Unique veggies like kale, bok choy and butternut squash are high in fiber and antioxidants.

Trust your mom, don't neglect breakfast.

Morning preferences vary, but it's important for everyone to get an energy boost to face the day and breakfast is a great way to do this. You should wake up early enough to enjoy a meal, and if time is of the essence, rely on nutritious



Working toward healthy living can be as simple as finding a new hobby to stay active such as yoga or martial arts.

cereals or oatmeal. Malt-O-Meal is a nutrient-rich cereal line with hot and cold varieties. To see the health benefits of each cereal visit www.malt-ochoice, meal.com.

> For afternoon tea time: go red.

Red tea is the hot new health drink. Green tea and black tea are full of disease-preventive antioxi-dants, but they're also caffeinated. Red tea, or rooibos tea, has the same advantage of antioxidants without the consequences of caffeine. Plus, it's recommended to help with anxiety, tension, allergies

Unwind with a daily stretch. Whether it's in between tasks

and digestive issues.

at work or after your commute home, stretching your muscles increases blood circulation, improves posture and induces relaxation. Consult yoga or pilates instruction for a new stretch each day to build up your repertoire and make it a daily habit. You'll notice long-term benefits like increased range of motion and less

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