

The Gorman Progress

"Serving Gorman For Over 109 Years"
Gorman, Eastland County, Texas 76454

2009 Member - Texas Press Association

NUMBER TWENTY-FOUR

JUNE 18, 2009

Miss and Little Miss Gorman Contests Are Now In Going Strong

The Miss and Little Miss Gorman contests are now going strong after the contests began on June 1st. These girls are working very hard. Check the paper, and look for notices around town announcing the fund raisers these girls are doing and please support their efforts. Putting your spare change in their cans will help also.

This years contestants are:

Miss Gorman Contestants:

Maylor Miley-Chamber of Commerce
McKensie Osborne-- Fire Department
Mallory May-- Lion's Club

Miss/Little Miss Gorman Contestants:

Suellyn Hunter-- Chamber of Commerce
Raelena Fenley-- Upperroom Collectables

Fund raising projects are now underway and all the girls have their cans in businesses for donations. Please help support these girls. The contest will run through June 27. All proceeds will go toward community projects. The Chamber supports programs such as the County Stock Show, the Easter Hunt and Halloween project, the Peanut Festival, the Annual Santa Visit, and Economic Development to bring in new businesses.

The pageant will be held at 7:00 p.m. Saturday, June 27, in the high school auditorium.

We appreciate the good job done by our reigning Miss Gorman, Kimi Seaton, and Little Miss Gorman, Brylee Johnson. They have represented us well at many area events and parades. Thanks girls!

Congratulations Kendra And Nikki

Congratulations to Kendra Swanner-Wright and Nikki Keith upon the completion of their collegiate studies and graduation from Tarleton State University on May 9, 2009, with a Bachelor's degree in Kinesiology. Both young women graduated from Gorman High School in 2006. Kendra has since accepted a job at Goldthwaite High School to teach and coach at the junior high and high school levels. She and her husband Ryan along with his brother Kiefer will be relocating to Goldthwaite. Congratulations again to both Kendra and Nikki for all their hard word and determination.



Children In Action

Children In Action (CIA) at Firstfruits continues to meet through the summer. Our focus for June is **Impacting Your Community**. Come and join in on all the fun and excitement on Monday's at 6:30pm. It's for children ages 6-12. Parents are also welcome to come. Call Firstfruits at 734-3203 for more information. CIA will not meet Monday July 6 to encourage everyone to attend Camp On the Road at the First United Methodist Church.

Firstfruits Christian Fellowship "STUDIO GO" VBS

Firstfruits Christian Fellowship announces "STUDIO GO" VBS, July 13-17 from 6-9 pm. You know it's going to be GOOD. 254-734-3203

Standings From 281 Speedway

For Those Who Like It And Those Who Don't!!

Street Stock Complete Point Standings

- #3 Josh Cox - Gorman, Tx - 146
- #75 Ed Cox - Gorman, Tx - 141
- #27C Cody Skidmore - Tolar, Tx - 138.
- #37 Robert Tullos - Tolar, Tx - 135
- #56 - Melvin Burrows - Gatesville, Tx - 133
- #12 - Mike Burnside, Jr. - Mineral Wells, Tx - 132
- #88 - Joseph Hunt - Sidney, Tx - 129
- #48 - Kyle Tullos - Tolar, Tx - 127
- #74 - Bobby Cox - De Leon, Tx - 123
- #22 - Jack Jenkins - Waco, Tx - 116
- #11 - Les Johnson, Jr. - Hewitt, Tx - 101
- #1 - Jay Watts - Stephenville, Tx - 101
- #9 - Andrew Richards - Robinson, Tx - 79
- #23 - Leonard McGowan - Tolar, Tx - 40
- #31 - Jeff Williams - Waco, Tx - 38
- #18 - Tony Morehead - Cleburne, Tx - 31

Where Are Your Kids Tonight?????

Gorman Swimming Pool

Hours - Mon. thru Fri. - 1 to 6
Saturday - 11 to 6
Sunday - 1 to 4
Reservations may be made for parties at 734-5798

SWIMMING LESSONS
AVAILABLE ON JUNE 22ND

Camp on the Road

Gorman United Methodist Church has partnered together with Glen Lake Camp and Retreat Center to bring Camp on the Road to Gorman this summer. Camp on the Road will be held July 5th - 7th for students who will be entering grades 1st - 6th. Camp on the Road will be held at the Gorman United Methodist Church.

Sunday July 5th - 5 pm to 7 pm, Mon. July 6th and Tues. July 7th, 9 am to 3 PM. There will be lots of arts and crafts, bible stories and recreation. Come and laugh until you can't laugh anymore!

This camp is absolutely FREE!! To register, please contact the Gorman FUMC at 734-2547, Melissa Osborne 734-2849 or 254-485-4744, or Sharon Bell 254-734-4611.

Last day to register is June 30th.

**PRAY FOR RAIN NEED
OF SOME RUNNING
WATER TO FILL THE
AREA LAKES**

ITEMS OF INTEREST

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, JULY 15TH FROM 9 TIL NOON.

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

Gorman Senior Citizens meet every Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

Food Bank
New Hours - 10 to 11 a.m.
Second Thursday

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

4-H - Meets Second Monday of Each Month at 6:00 p.m. at the First United Methodist Church Fellowship Hall - Amy Wood - 734-2973.

VET Science 4-H Project - 4th Tuesday each Month. Techology Center / Gorman Community Center. Contact Lee or Amy Wood at 254-734-2973.

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. Gerald Ragland, Master - Roscoe Reeves, Secretary.

Gorman A's Undefeated

Gorman's "Pony League" Team, age 15 and under, the Gorman A's, is undefeated after seven outings. Playing in the Tri-County Baseball Association, an affiliate of Texas Teenage Baseball, the A's currently are in First Place in their division.

Since opening their season on May 9, the A's have been in the winning column every game, having defeated De Leon twice 18-2 and 12-0, Hamilton twice 11-6 and 14-3, Dublin once 17-2, and the otherwise undefeated Stephenville team twice 14-3 and 17-1.

This team is noted for its strength in pitching, consistency in hitting and fielding, and aggressive base running. Team members include Zac Carlton, John Fenley, Drew Flanary, Matt Fox, Nathan Gee, Daniel Herrera, Trey Howard, Randall Miley, Dakota Pacheco, Brady Pair, B. J. Ramirez, and Jordan Watson.

The A's are coached by Lucio Pacheco, Randy Pair, and Richard Watson.

The remaining regular season schedule is as follows:

June 20 at Dublin

June 22 at De Leon

June 25 at Stephenville

June 29 Hamilton at Gorman

July 2 Dublin at Gorman

All these games begin at 6 p.m. Our home games are played on the Gorman High School field.

Fans are invited to come out and see some good baseball and support these young men as they are doing a great job of representing our town.

BENEFIT RODEO FOR LOCAL COWBOY

Reece Clark, a Breckenridge cowboy, was injured in a pickup accident on June 1, 2009. His left arm was badly damaged as a result of the accident. He is going to have to have many surgeries to repair and make the arm useful. A number of local people have gotten together to help raise money for this young man. There will be a Benefit Rodeo on June 27th starting at 10 a.m. At our rodeo arena in Breckenridge, Texas. There will also be Bull Riding. There will be a Concession Stand. There will also be an Auction of many different things that have been donated by so many people. After the rodeo there will be a dance at the VFW and Caleb Hodges and his band will be playing. There will be a lot of things going on at the arena during the day. If someone has something they would like to donate for the auction call 254-629-2288 and ask for Chris or Nan and they will be glad to help you with any information. RODEO ADMISSION IS BY DONATION ONLY.

Audrey Johnston Competes At Big Country All-Star Softball Game

Audrey Johnston competed in the Big Country All-Star Softball Game on June 9th at ACU. Audrey played 8 1/2 innings out of 9. She played left and center fields (something she has never done before). She had an excellent game offensively and defensively making 5 outs. She really enjoyed meeting and competing with the other players from around the Big Country. Audrey's team won 10-4. The teams consisted of players from 1A to 5A.



Big Country All-Stars - Black Team consisted of Jenifer Bellar, Rachel Moore and Pricilla Patino from AHS coached by Brent Achorn; Haleigh Caraway from Cisco High School coached by James Lane; Shelby Cheek, Halleigh Haak and Jenna Loper from Clyde High School coached by Erica Jones; Eden, Duquette from Coleman High School coached by Judy Lacy; Sarah Church and Branell Falcon from Cooper High School coached by Julie Young; Kayla Dickerson from Early High School coached by Bryan Waller; and Kandi Harris, Meagan Herring and Lorelee Reynolds from Eula High School coached by Stacey Herring. This team was coached by Bryan Waller and Judy Lacy.

All Stars - Green Team - Baillie Hill, Heather Patterson, Amanda Vinson and Courtney Wheeler from Albany High School coached by Jimmy Fuentes; Tara Pack from Eastland High School coached by Rus Mayes; Audrey Johnston from Gorman High School coached by Morgan Mathews; Maggie Allen and Jamie Wilson from Grape Creek coached by Kortney Kemper; PeeWee Burton from Hawley High School coached by Wyn D'Lee Roberts; Karli Sharp and Talena Tippett from Jim Ned High School coached by Trilece Weyman; Shelby Barker from Merkel High School coached by Kortni Pack; Miranda Alvarado from Stamford High

School coached by Rick Musemeche; Karesten Davis and Shelby McIntyre from Wylie High School coached by Heather Collier. Green team coached by Jimmy Fuentes and Kortni Pack.

BBQ Sandwich Lunch - Friday, Jun 19th

Starting at 11 am
Gorman Fire Station
Take out and Delivery Available
734-6894 for deliveries
BBQ Sandwich, Chips and Drink \$6
McKenzie Osborne
Miss Gorman Candidate
Sponsored by Gorman Fire Department

REECE CLARK

BENEFIT B-B-Q LUNCH & BAKE SALE

Wednesday June 24, 2009 - 11:00am - 2:00pm
Flashing light at Gorman
\$6.00 a plate
Take out orders: 254/734/5526
All Proceeds go to Reece Clark

IT'S FLIP FLOP TIME AGAIN

Okay, you asked for it, so back by popular demand the Gorman High School cheerleaders will be selling Gorman Panther flip flops. The cheerleaders will begin selling immediately and will sell until June 30. Please see Becky Swanner or a Gorman cheerleader during the next two weeks if you want to get a pair of flip flops. This year the flip flops will be red with royal writing, so even if you have a blue pair you might like to get a new red pair!! Price is \$15.00 each and sizes range from kids size 11 to men's size 13. Cheerleaders are Brittany Henderson, Kimi Seaton, Jaime Johnston, Amy Regian, Carlie Jackson, Cortney Shirley, Chelsea Griffin, and Ally Little, or call Becky Swanner at 734-2480.

4-H News

The Eastland County Pasture to Packer program concluded on May 29th with an awards ceremony during the Eastland County Beef Field Day. We had eight students finish the program this year. The students were placed first through eighth on their cattle's performance, record book and interview skills. Champion Steer went to J. D. Coffee of Eastland. Reserve Champion went to Jeremy Finley also of Eastland. Congratulations to all of the participants from the Eastland County Extension office.



Bottom, Left to right, Adrian Hernandez, Jeremy Finley, Seth Byers. Top, Left to right, Brennon Stegall, J.D. Coffee, Ashley Mitchell, and Katie Byers. Not Shown Kobe Conring

14th Annual Freedom Festival

The 14th Annual Freedom Festival will be held on July 4, 2009 in Rising Star City Park. Vendors Welcome. Call 254-643-4261 for Information. The festival will start with a Community Wide Garage Sale beginning on July 3rd and last until July 6th. On July 4th at the City Park the festivities will begin at 4 p.m. With Music, Arts and Crafts, and Food; Water Slide, Jumping Booth and Antique Cars and Tractors; Son's of Confederate Veterans; Freedom Train for Kids; Country and Western Music; Apple Pie Bake Off and Ice Cream Freeze-Off. Beginning at 6 p.m. There will be a parade, a Memorial at the Veteran's Memorial Wall and Hot Dogs and Brisket Sandwiches with trimmings. After dark the biggest Fire works display in the area will be held.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp. The Ten Star All Star Summer Basketball Camp is by Invitation Only. Boys and Girls ages 10 - 19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison. Players from 50 States and 11 Foreign Countries attend the 2008 Camp. College Basketball Scholarships are possible for players selected to the All-American Team. Camp Locations include: Commerce, TX, Phoenix, AZ, Babson Park, FL, Gainesville, GA, Champaign, IL, Glassboro, NJ, Ithaca, NY, Marietta, OH, Lebanon, TN, and Blacksburg, VA. There is also a Summer Camp available for Boys and Girls ages 9 - 18 of all skill levels. For a free brochure on these Summer Camps, please call 704-373-0873 ANYTIME. www.tenstarcamp.com.

Looking For Missing Carbon High School Classmates

In an effort to compile an accurate and complete listing of everyone who attended Carbon High School for the school's website, I am asking for your help. The Gorman Progress has graciously agreed to assist in the project by publishing a list of names each week. This list will change so please check it often to see if you know any of the missing and can supply an address, phone number or email for them.

You may contact me, Linda (Jackson) Neeley at P. O. Box 8992, Horseshoe Bay, TX 78657; phone 830-598-5613; email lneeley47@yahoo.com or on the website www.carbonhighschool-reunion.org.

List of Missing:

- Cory Ashley
- Sara Baker
- Evelyn Mae Beaty
- Elroy Bethany
- Mary Ruth Booth
- Maudine Booth
- Olene Both
- Martha Bryant
- Mary Burns
- Bryan Lee Butler
- Faye Butler
- Lela Mae Buzbee
- Bobbie Byd
- Ricky Cagle
- Darrell Carlton
- Karen Carlton
- Joyce Casey
- Ande Cervantz
- Joan Ellen Clark
- Raymond Clements
- Audrey Collins
- Bryan Cross

Classifieds

LOST DOG - Black and Brown Male Lab and Rott cross. Phone 254-734-4231.

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 RBI-35823 4-7-2-C

ACCEPTING APPLICATIONS:
 Homestead Nursing & Rehabilitation of Gorman is accepting applications for R.N.s and L.V.N.s. Full or part time shifts are available. For additional information, contact the facility at 254-734-2202. Salary is negotiable and benefits are available. EEOC 6-4 FNC.

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 3+2 w/Acreage - \$650 Per Month
 FHA, 3.5% Down,
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 RBI-35823 4-7-2-C

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The Gorman Progress
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 Phone 254-734-2410 or 254-734-2411 FAX - 254-734-2799
 Email: jake@txol.net or gprogress@txbusiness.com
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CARD OF THANKS - \$5.00

SUBSCRIPTION RATES: By Mail in Eastland or Comanche Counties - 1 year - \$15.00; In Texas - \$20.00 per year and Out of State - \$22.00 per year. Effective January 1, 2008.

Any erroneous reflection upon the character, standing or reputation of any person, firm, or corporation which may appear in the columns of the Gorman Progress will be gladly corrected upon being brought to the attention of the Publisher.

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SOME RESTRICTIONS MAY APPLY.
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REACH

Garage Sale: five (5) families, Two Days, Friday and Saturday, June 19th and 20th !! at 202 Rogan St., Gorman, Texas. (Becki White's House) Lots of good stuff, large assortment of womens and mens clothing, antiques, small appliances, some furniture and much more. Don't miss out on all the good deals, Come Early!! ITP

Nasa memory foam mattress set. New with warranty \$375 325-428-9172

REAL LEATHER sofa, loveseat, 3-pc table set. Lifetime warranty. Must!! \$650. 325-428-9172

5-pc microfiber sofa, loveseat & cocktail table set. BRAND NEW! CALL NOW! \$550. 325-428-9172

AVON Representative in Gorman! Call Sherry at 734-4696 or (817) 517-4628. Or, shop online at www.youravon.com/sabels. Pick One Up at the Local Pharmacy or Grocery. 4-6-26 P.

Gilder REALTY 254-893-3404
 Comanche Office: 325-356-3739
 Broker: Robert Gilder
 Agents: Ronnie Golden, David Gilder, Wayne Parsons, Bobby Newman, Debbie Gilder, Neal Butler

REDUCED 320±A, on Turkey Creek, creek, tanks, well, hunting [ET01] \$680,000 \$800,000
SOLD 250±A on Copper Creek, wooded, coastal, lake, cabin, rural water [LB01] \$795,000
UNDER CONTRACT 236±A, wells, tanks, rolling terrain, hunting [DS02] \$1,995/acre
 102 A, water well, coastal, corrals, hunting, mins. & owner financing possible [JB02] \$285,000
 81 A, Pecan Orchard, 900± improved variety, underground irrig, wells [REM01] \$405,000
 45 A, 7 irrig wells & pit, buried mainline w/risers, minerals available [NF01] \$2,500/acre
UNDER CONTRACT 30 A, 3-2 1/2 Custom Home, garage, porch, shop, barn [DB01] \$450,000
 21±A, Sprigged with World Feeder Coastal Bermuda grass, water well [MS04] \$92,500
REDUCED 20 A, home site, rural water avail, possible owner finance [WMO1] \$75,000 \$60,000
 19±A, rolling terrain, Live Oaks, hunting, near Proctor Lk, will divide [LR03] \$2,750/acre
UNDER CONTRACT 15.7 A, Hwy.16 frontage, coastal, water well [JS02] \$40,820
 7-4 Brick Home, 2.31 A, 2 fireplaces, CH&A, tile floors, office, Jacuzzi [JN02] \$220,000
 4-2 Brick Home, 2 fireplaces, CH&A, 2 car garage, +76' x 16' mobile home [JH01] \$159,900
 4+4, 4-3 Remodeled Brick Home, additional recreational room, water well [RH02] \$149,900
REDUCED 5 A, 3-1 Frame Home, near Proctor Lk., barn, rural water [LC01] \$92,500 \$89,500
 5 A, 4-2 Brick Home, metal roof, carport, pecan trees, wells & tank, fenced [WK01] \$90,000
 3-2 Frame Home, CH&A, water well, carport, storage building, large lot [LR04] \$39,900
 2-2 Brick Home, 2car attach garage, new flooring, large lot, fenced yard [MG02] \$75,000
 2-2 18' x 60' Mobile Home, 3 car garage, more buildings, water well, fenced [CR01] \$50,000
REDUCED 2-1 1/2 Frame Home, attached garage, storage building [ST01] \$75,000 \$69,000
REDUCED 2-1 Frame Home, 2.3 A, screened porch, water well, [GB02] \$55,000 \$45,000
 Fully-equipped Restaurant, large one acre lot on Hwy.6 in De Leon [RL01] \$85,000
 Commercial Bldg, on Hwy.36, 6,480 sf, 3 separate units & entrances, CH&A [RC01] \$82,500
 Fully-equipped Restaurant, Hwy.6 DeLeon, 2,998sf(CAD), paved lot, [GM02] \$180,000 9818

More Info & Pictures at: www.GilderRealty.com

COGBURN REALTY
 254-893-6666 DE LEON, TX

NEW: Rising Star, operating laundromat, washers, dryers, folding tables and seating. Great investment opportunity. \$27,500.

NEW: De Leon: Nice older 3-1 Frame home, 1308 sf, new roof & Plumbing, 2 car garage, fenced yard, corner lot, 1.66 Acres. \$299,000.

NEW: Desdemona, 4 A, older 3-1 frame, well & septic, workshop, beautiful location, large trees. \$59,900.

NEW: S/E Gorman: 45 A, sandy land, few Pecan trees, water wells, irrigation reservoir, close to pavement. \$2,500/Acre.

NEW: S/E Gorman: 60 A, good sandy soil, some coastal, good fences, nice pond site. \$2,800/Acre.

38 A M/L south Gorman: Fronts FM 679, about 10 A, large Pecan Trees, nice location for pond, good fences, sandy land. \$2,200/Acre - Seller Financing

NEW: Gorman, 44A, 2-2-2 bi-level frame home, 1728 sf, central a/h, metal roof, covered upper deck, several wells, buildings, coastal, Deer & other wildlife \$250,000.00

100 A west De Leon FM587, 3 - 1 1/2 - 2 brick, 1444 sq. ft., C/HA, fireplace, carpeted, some remodeling, 3 ponds, 30a crop land, 35a coastal, some native, fenced, 2 steel corrals, 2 wells, shop building. Nice setup. Mineral Rights. \$2,950.00 A.

NEW: 130 A, West Carbon, approximately 40a cult., 35a coastal, pond, elec., county water. \$2,400/Acre.

NEW: S/W De Leon: 131 A with 12 acre lake! 66a coastal, 53a farm land, well, 3 ponds, great fences, good horse place, hunting. \$3,000/Acre.

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.

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TO WHOM IT MAY CONCERN:

Notice is hereby given to all students with disabilities (or parents of students) who attended school at Breckenridge ISD, Cisco ISD, Eastland ISD, Gorman ISD, Moran ISD, or Ranger ISD. Student files for students who have been inactive for 7 years or who graduated 7 years ago, PRIOR TO JULY, 2002, WILL BE DESTROYED. This is in compliance with state regulations. [Local Government Code 202.001]

If you want to pick up your student folder, it must be picked up in person with appropriate identification at:

EAST END EDUCATION CO-OP
 539 WEST ROOSEVELT
 Gorman, Texas 76454
 Phone 254-734-2020

START DATE OF DESTRUCTION IS JULY 20, 2009
 2-6-18-C.

Business Directory

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April Term of Eastland County Grand Jury Returns 47 Indictments

After convening on May 28, 2009 in the Eastland County Courthouse, an Eastland County Grand Jury of twelve citizens returned 48 indictments and one no bill. Six persons were indicted for Driving While Intoxicated - Third Offense or More, two persons were indicted for burglary offenses, five for theft related offenses, two for aggravated sexual assault of a child, one for possession of child pornography and failure to register as a sex offender, two persons for injury to a child, three for tampering with evidence/records, one for unlawful possession of a firearm by a felon, one for unauthorized use of a motor vehicle, four persons for possession of controlled substances, four for assaultive offenses, three for assaultive offenses against peace officers, two for evading arrest in a vehicle, three persons were indicted for four separate counts of arson, one for intoxicated assault with a vehicle and two for evading arrest using a vehicle. The April Term of the Grand Jury covers the months of April and May. Indictments are not made public until after an arrest or service of the indictment is made on the accused.

FOOD

Barbecue Basics On a Budget

NewsUSA

(NU) - Simplify your summer entertaining and save money by heading outdoors for a barbecue. They're the perfect way to enjoy friends, food and the beautiful weather. Here are some practical tips to help you save money while making every barbecue a fun-filled and delicious event:

- Use simple decorations. The summer sky and the great outdoors provide natural beauty, so there's no need for ice sculptures or china plates. Inexpensive table cloths and color-coordinated plasticware provide ample decoration. For a simple centerpiece, pick flowers from your yard, and place them in a vase or plastic pitcher.
- Keep bugs away by using citronella candles. They provide light and help keep gnats and mosquitoes off guests.
- Use disposable plates, napkins and utensils to make clean-up easy. For example, Dollar General sells packages of paper napkins, foam plates and plastic cups starting at just \$1 each. You can also get inexpensive trash bags at Dollar General.

- At the start of summer, stock up on grilling supplies, which can be found inexpensively at discount stores. If needed, buy a new grill. And, don't forget accessories like scrubbers, grill and basting brushes, baskets, forks and spatulas.
- Plan a simple menu, which will help keep costs low. Choose your main dish, such as hot dogs or hamburgers, and build your menu around it. Serve side dishes that are inexpensive and easy to prepare such as potato chips, pretzels, canned baked beans and



Barbecue parties can provide outdoor fun even on a tight budget.

pasta salad. Or make your party a potluck and have your guests bring the side dishes. For easy and inexpensive recipe ideas, visit www.dollargeneral.com.

- Build a condiment bar, including essentials such as ketchup, mustard, mayonnaise, pickles and relish.
- And don't forget drinks. Fill a plastic tub with ice for serving cold drinks such as soda, juice boxes and bottled water.
- End your barbecue on a sweet note. Use brownie, cake or cookie mixes to make a sweet treat without any mess or fuss. For a cool treat, make a pitcher of Kool-Aid, pour it into ice trays, insert popsicle sticks into each cube and freeze.

REMINDER

TRASH PICK UP ON TUESDAY BEGINS AT 7:00 a.m. IF YOU DON'T WANT YOUR TRASH TO BE MISSED YOU MUST HAVE IT OUT BY THE CURB.

50 Year Sentences for Aggravated Sexual Assault of 2 Children

Jonathon Todd Miles, 24, formerly of Ranger was sentenced to two terms of 50 years behind bars for the aggravated sexual assault of two teenage children after an Eastland County Jury found him guilty and set punishment in each case. Miles was sentenced Wednesday, June 3, 2009, for the violent sexual acts by 91st District Judge Steven Herod. Miles was initially arrested for two counts of sexual assault of a child but the charges were later increased to aggravated sexual assault of a child after a Ranger Police Department investigation revealed that he had threatened to kill both victims during the assaults.

The two teens were sexually assaulted in October of 2007, approximately four days apart. Both victims testified that during the commission of the assaults, that Miles told them if they told anyone what he was doing, he would kill them. The jury of twelve Eastland County citizens deliberated approximately 30 minutes before returning a verdict of guilty in both cases.

Under cross-examination by Criminal District Attorney Russ Thomason, Miles admitted that he was a member of the Eastside Homeboys gang out of Dallas and was directed by Thomason to roll up his shirt sleeves and reveal his gang tattoos. Miles further admitted that the gang did engage in property destruction, burglaries, terroristic threats and assaults against persons. In 2002, Miles had been placed on ten years probation in Dallas County for engaging in organized criminal activity.

During closing arguments in the punishment phase, Thomason reminded the jury that the two victims were living under a threat of a "death sentence" from Miles, asking the jury to send a clear message that this Community protects its children.

Thomason complimented Chief Elton McCoy and the Ranger Police Department on the thorough investigation of the case. Chief McCoy stated "These two young victims showed great courage and conviction not only in initially reporting what happened to them but in facing that monster and confronting him in the courtroom."

Miles was represented by defense attorney Daniel Barnes of Abilene.

ITEMS OF INTEREST

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, JULY 15TH FROM 9 TIL NOON.

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

Gorman Senior Citizens meet every Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

Food Bank

New Hours - 10 to 11 a.m.
Second Thursday

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

4-H - Meets Second Monday of Each Month at 6:00 p.m. at the First United Methodist Church Fellowship Hall - Amy Wood - 734-2973.

VET Science 4-H Project - 4th Tuesday each Month. Techology Center / Gorman Community Center. Contact Lee or Amy Wood at 254-734-2973.

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. Gerald Ragland, Master - Roscoe Reeves, Secretary.

Boy Scouts

Meeting Weekly
Mondays - 6:00 p.m.
Methodist Church

Pig Tales From Hogtown

Do I have a deal for you!! For a great night out, come to Desdemona on Saturday, June 27th. Our little town is having not one, but two events that evening! Our activity center (DAC) is having a fish fry. For a donation you can have fish, slaw, potato salad and hush puppies. Then you can go on down to the old school building for the monthly musical. What a great evening for not much cash!

Thanks to everyone who came to the dance last Friday evening. Thanks to Johnny Johnson & the Memory-Makers - aren't they a great band! 'Special thanks' to the ladies who provide the food for the evening. We will do it again next month on July 10th.

Have a great week.
See you in Desdemona!
Carol Pell

89TH Annual Pioneer Reunion

The 89th Annual Pioneer Reunion will be held at Cross Plains Community Center on June 27th with Coffee and Registration beginning at 8 a.m., then midmorning Business Meeting and Cemetery Report. Memorial for those we lost this year. 12 Noon - Lunch and Visiting. We hope to see you there.

Sand Hill Cemetery Meeting

Comanche County Sand Hill Cemetery Association will hold its annual Business Meeting at 2 p.m. Saturday, June 27th at Hwy. 6 Cafe in De Leon. Please join us there. Interest and financial support are crucial to the upkeep of the Cemetery. For more information, please call 254-842-4520 - Nita Wilson Gonzales, Secretary.

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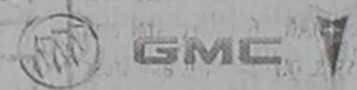
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Stk. #7849
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#7852	07 CHEVY 1500 CREW 4X4 LT2 BROWN	\$24,550*
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*All Prices Plus TT&L

HEALTH

Dads, WIN Back Your Health for Father's Day

NewsUSA

(NU) - Grandmothers might say that the way to a man's heart is through his stomach, but many American dads should be paying attention to another old saying - the one about eating an apple a day. The experts at the Weight-control Information Network (WIN) want to make sure every dad is feeling jubilant and healthy this Father's Day and for many more to follow.

So, what can dad do to stay healthy? Getting active can help men maintain a healthy weight. Couch potatoes should start with a level of activity that feels doable and then gradually increase frequency, duration and intensity of their workouts. For example, a person could start out walking 10 minutes a day the first week, then move up to 15 minutes the next week, until he meets his goal.

Moderate-intensity activities include brisk walking, weight training and swimming for fun. Chores, walking up stairs and playing with the kids count as healthy physical activities, too.

Of course, even with exercise, men need to watch what they eat. A healthy diet includes whole grains, vegetables, fruits, lean meats and seafood, and low-fat or fat-free dairy products. And even healthy foods need to be eaten in sensible amounts.

Consider the following information about portion sizes from WIN:

- **Cereal.** One cup, or the size of a fist.
- **Fruit.** One medium fruit equals a baseball in size. One-half cup of fresh fruit looks like half a baseball.



Playing with the kids counts as healthy, calorie-burning activity.

- **Ice cream.** Aim for half a cup, about the size of half of a baseball.

- **Lean meats and seafood.** Three ounces of lean meat are about the size of a deck of cards

- **Low-fat or fat-free cheese.** Picture four stacked dice - that's about the size of one and a half ounces cheese.

- **Rice, pasta or potatoes.** One-half cup, about the size of half a baseball.

Men whose waists measure more than 40 inches face an increased risk of serious health problems, including high blood pressure, stroke, diabetes, coronary heart disease and some types of cancer. Men are more likely than women to carry extra weight around their stomach, where it may cause more problems than fat located elsewhere in the body.

For more information, see the WIN brochure "Getting on Track." For a free copy, visit www.win.niddk.nih.gov or call 1-877-946-4627.

HEALTH

Boomers Can Reduce Future Medical Costs

NewsUSA

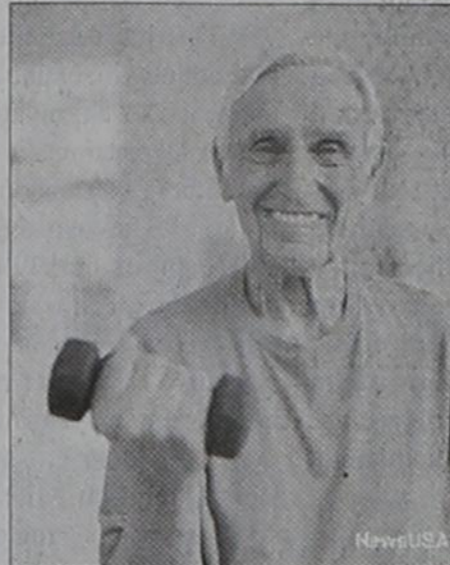
(NU) - As the boomer generation ages, its members enter the healthcare system in increasing numbers and often incur large costs. By making small changes now, many future health problems and related expenses can be prevented. Blue Shield of California, a not-for-profit health plan with solutions for high-quality healthcare coverage at a reasonable price, offers these tips to help preserve your health and vitality well into the golden years:

- **Stay active.** Getting 30 minutes of physical activity just three days a week will help you lower blood pressure, maintain a healthy weight, prevent bone density loss, and keep your muscular and cardiovascular systems strong. Gardening, golfing and dancing can help you stay lively while enjoying yourself.

- **Stay involved.** Mental and physical fitness are equally important. Staying involved in your community, whether through friends or volunteer work, will help you achieve mental and emotional balance.

- **Eat well.** It's never too late to adopt healthy habits. A diet based on whole grains, fruits, vegetables, legumes and other lean proteins will lessen your risk of developing heart disease, kidney disease, diabetes and other expensive-to-treat conditions.

- **See your doctor before you feel sick.** Frequent check-ups can help catch health concerns before they develop into chronic disease. Vision, dental and dermatology exams are important. In fact, skin cancer is the most common form of cancer in the U.S., according to Medline Plus - U.S. National Library of Medicine, and people over the age of 50 are at higher risk.



A healthy lifestyle and frequent check-ups can keep boomers healthy for the long term and reduce their healthcare costs.

Work with your doctor to arrange an ongoing check-up schedule.

- **Stop smoking.** Smoking increases your risk for cancer and cardiovascular and respiratory disease. It's never too late to quit - your body begins recovering within minutes after you stop smoking, according to www.cancer.org.

- **Be mindful of prescriptions.** The average older person is taking more than four prescription drugs at once, plus two over-the-counter medications. When two or more drugs are mixed in the body, they may interact and produce uncomfortable or even dangerous side effects. Be proactive about having doctors or pharmacists check for possible drug interactions. Also try switching to generic drugs to save 30 percent or more on the average prescription.

For more healthy living tips and resources, visit Blue Shield online at www.blueshieldca.com/seniorhealth.

HOME

Declare War Against Fire Ants

NewsUSA

(NU) - When fire ants invade, these aggressive insects can inflict pain on people and pets without warning. Similar to a wasp or hornet sting, the fire ant's wrath can cause pain, itching and swelling, and in some cases, death.

Every year, more than 10,000 people seek medical attention for fire ant stings.

The best way to prevent fire ant stings is to eliminate these dangerous insects. Identify fire ants by their reddish-brown-to-black color, their size - measuring one-eighth to one-fourth inch long, and their stingers.

Fire ants build mounds of soft soil, which can be more than 15 inches high, 15 inches in diameter and up to five feet deep. Each colony can contain one or more queen ants and between 100,000 and 500,000 worker ants.

When anything disturbs their mound, fire ants become very aggressive, inflicting hundreds of stings in a matter of seconds. Although these fierce ants began wreaking havoc in the South, they have migrated across the country.

Homeowners can choose from a few different methods to destroy fire ants. Many insecticides are "broadcast products," which cover a wide area and unfortunately kill beneficial insects in addition to fire ants. Local retailers offer several chemicals, including bait compounds and drenches, which are often environmentally unfriendly. Check the labels, since most chemicals may be harmful to pets and children if ingested.

Some natural alternatives include using dry ice or lye soap; however, patience is essential as



Environmentally friendly options are available for ridding your property of a fire ant infestation.

these techniques may require several applications. These measures also may cause blisters and burns when they come in contact with the skin.

Another option is to choose from a new generation of insecticides designed not to create a toxic build-up in the environment. For example, RESULTS Fire Ant Killer is an odorless product that kills mounds - including the queen - in 15 minutes or less. The active ingredients break down quickly, so there is no re-entry wait time.

The ingredients in RESULTS Fire Ant Killer include an extract from the African Daisy, a synthetic sassafras oil and Diatomaceous Earth.

For more information about winning the war against fire ants, visit www.diatect.com.

HEALTH

Protect Your Little Leaguer's Eyes

NewsUSA

(NU) - As the weather warms and children gear up for little league t-ball, baseball and softball, parents know to ask certain questions. "Do you have your glove, your bat, your baseball?" But many parents let one piece of equipment slide - protective eyewear.

Proper protective eyewear is one of the most important pieces of sports equipment your child will use. Every year, Americans experience 40,000 eye injuries during sports and recreational activities. Most of these injuries occur in athletes under the age of 25. Using protective eyewear could prevent 90 percent of those injuries.

America's favorite pastime, baseball, is the most common cause of sports-related eye injury in children 14 and under. The most common eye injury? Getting hit with a ball. Other sports known for causing eye injuries include softball, basketball, field hockey, ice hockey and football.

The American Optometric Association (AOA) urges parents to protect their children's sight by having them wear proper protective eyewear while playing sports. The AOA cautions that everyday frames and lenses do not meet the minimum requirements for impact resistance in most sports. The lack of proper protective eyewear can turn a small collision into a sight-threatening injury.



Baseball causes more eye injuries than any other sport, most of which occur in players under age 25.

The AOA offers these sports safety tips:

- Have your child's eyes examined. A comprehensive eye exam can detect vision problems like nearsightedness, farsightedness and others that could hinder performance and lead to injuries.

- Ensure that your child has certified protective eyewear that will protect against injury and ultraviolet radiation. Sports-related eyewear is tested to meet rigid standards, and some have been independently verified and have received the AOA Seal of Acceptance.

- Set a good example. Eye injuries happen to adults, too. Don't forget to put on your protective eyewear when participating in sports or recreational activities.

For more information, visit www.aoa.org.

Improve Your Outdoor Décor

(NewsUSA) - Chances are, your deck or patio décor includes a variety of surfaces such as wood, wicker, metal and plastic, all of which may become weathered from summer sun and winter storage. Armed with a few cans of spray paint, you can give your backyard oasis a great new look, quickly and affordably.

When decorating outdoors:

- Use color to unify your space. Selecting a palette of a few colors allows you to unify disparate furniture pieces into a pleasing whole. White is an ever-popular classic that can be paired with almost any accent color to achieve striking good looks.

- Especially in areas filled with bright sunlight, don't be afraid of bold or saturated colors. Use bright, bold colors to infuse a space with energy and whimsy, or consider textured or metallic hues for more subtle sophistication.

- For the brightest, boldest colors, prime the surface or apply a white basecoat. Next, apply the color coat over the white surface.

- Group furniture together to create intimate conversation areas. Use interesting containers to hold plants. Consider lighting for both evening safety and ambiance.

- Always follow the directions on your can of spray paint. Application instructions and dry times, as well as how long you should shake the can and how far away you should hold it from the surface, vary from paint to paint.

There are a number of products available to help with your patio makeover. Krylon's Fusion for Plastic is a one-step, super-bonding spray paint. It can be used on wood, metal, wicker, hard vinyl and a wide range of plastic surfaces. Available in many colors, it now comes with the new EZ Touch 360-degree Dial Spray Tip for more comfortable spray painting with increased coverage per pass, reduced overspray, less chance of runs or drips and greater accuracy.

Rusted metal? No reason to worry. Instead of making a mess scrubbing away rust with a wire brush, you can paint right over it with Krylon Outdoor Spaces Rust Converter. It chemically transforms rust into a waterproof, paintable surface that is protected from future rust formation.

When completely dry, simply coat Outdoor Spaces Rust Converter with any Outdoor Spaces Satin, Metallic, Textured or Hammered Finish to keep outdoor décor looking its very best. These finishes withstand harsh weather, offering superior protection on metal, wood, wicker, drywall, masonry and even pottery.

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SATURDAY, JUNE 27, 2009
PAR COUNTRY CLUB IN PROCTOR

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Fire Up the Grill With Great Burgers

NewsUSA

(NU) - Nothing signifies the start of grilling season like a big, juicy burger hot off the fire. America's love affair with the great taste of hamburgers has been going strong for more than 100 years.

While some "burger purists" would argue that the only condiments a burger requires are ketchup, mustard and a few pickles, other more adventurous "burger aficionados" enjoy spicing things up. Omaha Steaks Executive Chef Karl Marsh offers this recipe for his "Shanghai Burger," which takes the burger to the next level:



The "Shanghai Burger" puts a tasty spin on a grilling classic.

Shanghai Burger

- 1 5-ounce Omaha Steaks Burger
- 2 tablespoons teriyaki sauce
- 1 leaf iceberg lettuce or one burger bun
- 2 shiitake mushrooms, grilled
- 1 pineapple slice
- 1 tablespoon Curry Mayonnaise (recipe follows)
- 1 teaspoon sesame seeds
- 1 tablespoon chopped roasted red peppers
- 1 tablespoon chopped green onions
- 1 tablespoon chopped peanuts

Preheat grill. Grill burger until juices run clear; do not overcook. Grill mushrooms and pineapple slice. Remove burger, mushroom and pineapple from grill; brush all generously with teriyaki sauce and glaze. Place lettuce leaf on plate, and spread with Curry Mayonnaise. Top with burger, garnish with mushrooms and pineapple slice. Sprinkle with sesame seeds, red peppers, green onions and chopped nuts. If using burger bun, toast on grill and spread Curry Mayonnaise on one side and teriyaki sauce and glaze on other.

Curry Mayonnaise

- 1/2 cup mayonnaise
- 1 teaspoon curry powder
- 1/2 teaspoon ground ginger
- 1 teaspoon sugar

Combine all ingredients and mix well. Refrigerate until ready to use.

Whatever type of burger you choose, keep these tips in mind:

- Cook burgers to an internal temperature of 160 degrees Fahrenheit - the center may still be slightly pink, but the juices will run clear.
- Avoid patting down burgers with a spatula because this will push out the juices and cause flame-ups.
- If serving with cheese, melt on burgers for 1 to 2 minutes before removing from the grill.
- To toast hamburger buns, either place face-down on the grill or face up in the broiler or toaster oven for approximately one minute.
- Try other hamburger "bun" options including lettuce leaves, sliced French bread, tortillas or pita bread.

Daniel Keeping Going To The World Finals!!

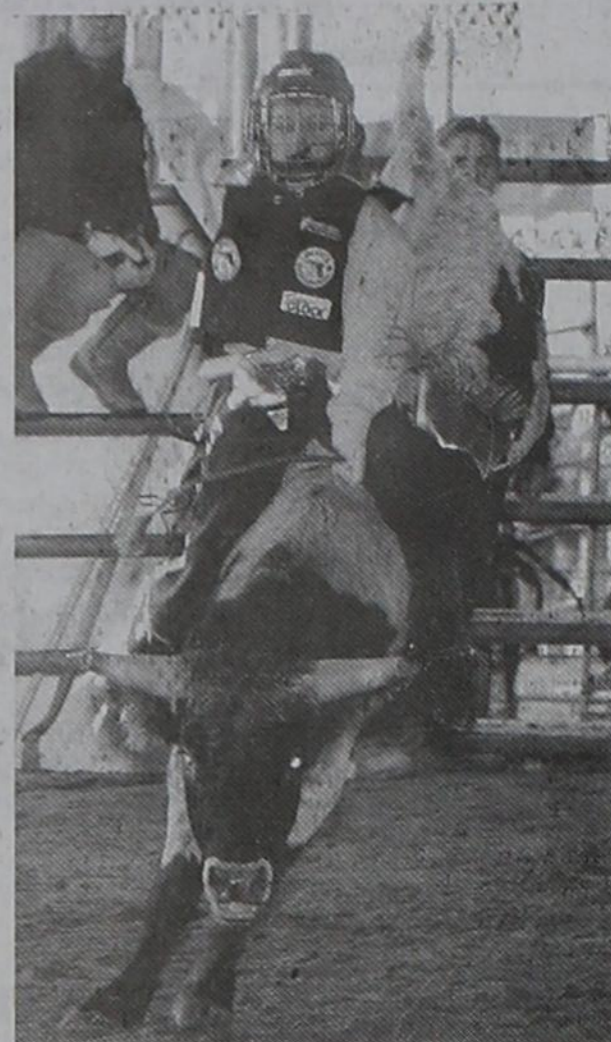
Daniel Keeping has just learned that he has been accepted as a Wild Card Rider in the Junior Steer Riding Event for the 2009 Youth Bull Riding World Finals. The finals will have three long go rounds held August 5, 6, and 7 with the top finishers in the long go rounds riding in the Championship Round on Saturday, August 8th.

Riders from across the country will converge on the Will Rogers Coliseum to compete in this event. Normally they only accept the Champion and Reserve Champion Riders from the previous season to compete. These riders must compete in an approved rough stock association, however there are a few Wild Card slots left and riders must submit a resume for a review to be considered.

Daniel's resume was reviewed and they have notified him that he has been accepted to compete. Included in Dan's resume was the fact that he was the 2007 and 2008 Calf Riding Champion with the Pro-Youth Rodeo Association, is the current points leader in both the Future Pro Bull Riders and the Pro-Youth Rodeo Association in the Junior Steer Riding event, placed second at the Galveston County Fair Youth Rodeo this year and just recently won the Future Pro Bull Riders Memorial Day event. He also just won another Pro-Youth rodeo held June 6th in Mineral Wells.

Dan has ridden over 66% of his steers this year, which is an average many professional rider would like to maintain. He is very excited about the opportunity to compete for thousands of dollars in prize money, but is also aware that this is his first foray into a large event like this. Dan knows that he will be going up against a seasoned group of extremely talented riders and considers himself blessed to be included among them.

Dan will be representing his sponsor Glock, Inc., his church The Cowboy Church of Erath County, his family and community. He appreciates all those who have kept him in their thoughts and prayers and asks that you continue to do so as the finals approach.



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To all you hunters who kill animals for food, shame on you; you ought to go to the store and buy the meat that was made there, where no animals were harmed.

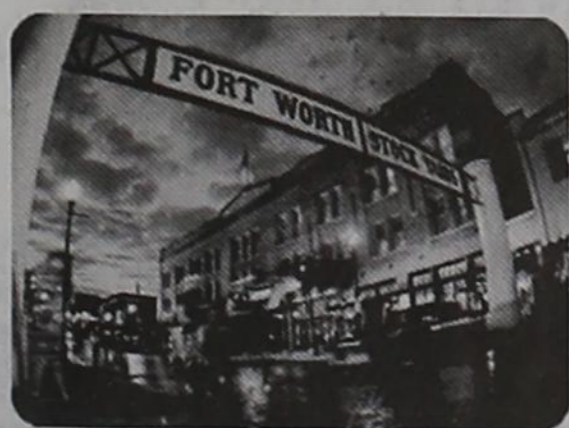
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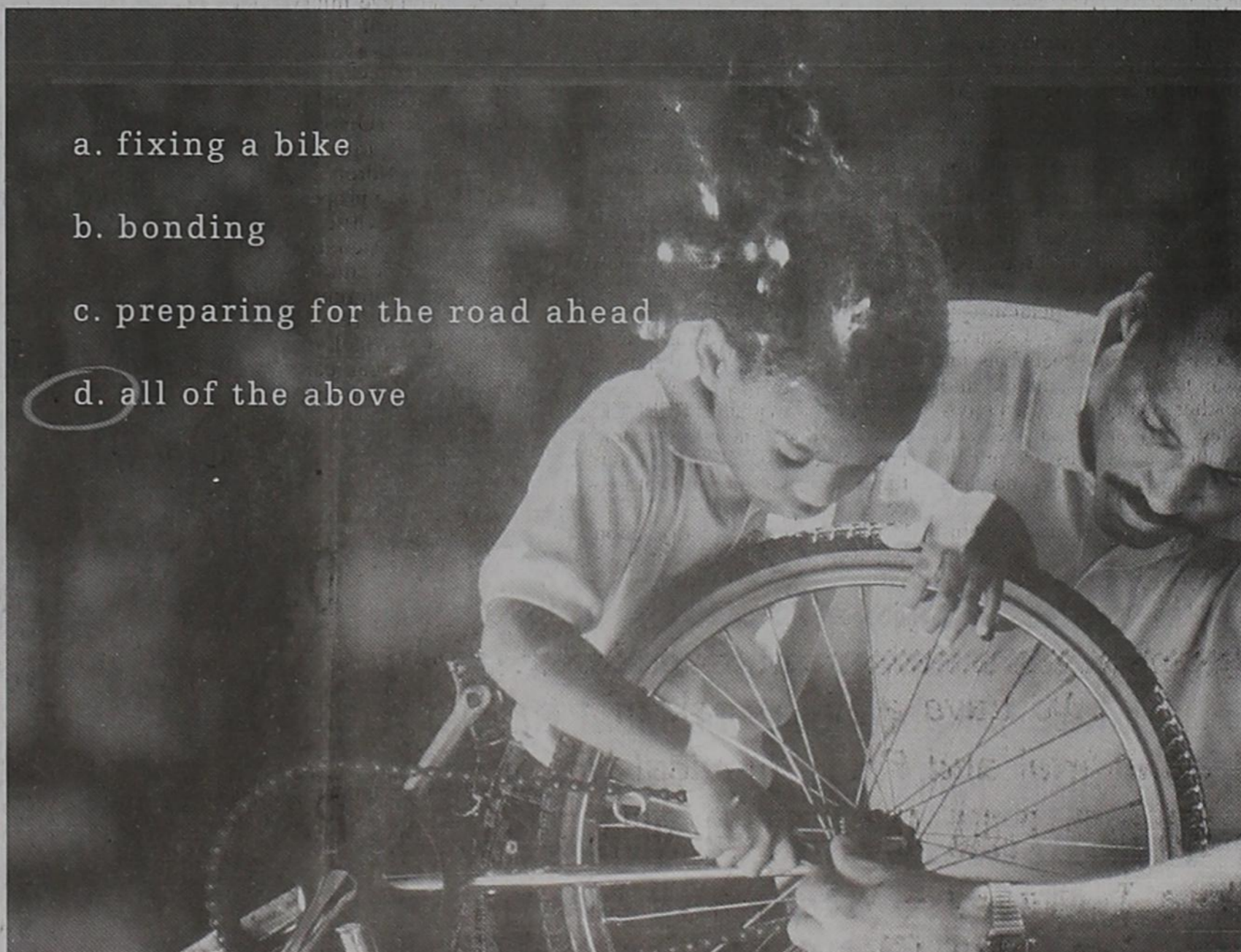
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Desdemona News

By Vonnie Guthery

Mildred Million is happy to report that her great-granddaughter, Hallie Million is Valedictorian of her 8th grade class in the Dublin School. Hallie is the daughter of Lisa Amick of De Leon; Tom and Melissa Million of Desdemona. "Congratulations" to Hallie.

Nancy (Tidwell) Bond is slowly recovering from recent back surgery. She was able to attend Church last Sunday at First Baptist.

A date to remember - Saturday, August 8, 2009. Desdemona Homecoming and School Reunion will be held on this date at the "old" school building. The morning program begins at 10:00 a.m. And the noon meal will be catered. Make plans to attend this annual event which begin in 1921 and was held at the Community Tabernacle for many years before moving to the High School Gym in 1972. If you have a change of address, contact this reporter at P. O. Box 187, Desdemona, Texas 76445. Your help will be appreciated to "up-date" the mailing list. "Thanks"!

Desdemona High School Class of 1949 will celebrate their 60th Class Reunion on Friday night, August 7, 2009 at the First Baptist Church in Desdemona. More details later on.

Take time out from your busy schedule to remember the sick and shut-ins of our Community.

"Hello" to a classmate and friend, Alla Rae (Friday) Kelley is Sealy, Texas. Alla Rae and husband, Pete has plans to attend the Desdemona Homecoming and School Reunion on Saturday, August 8th. Alla Rae and this reporter were classmates with the Class of 1951.

Happenings At FBC!!

Certainty! Let your life be evidence that you know Jesus, you know why Jesus came, you live obedient to God's word, you love others, and you avoid worldly influences. Be certain that you are following the footsteps of Jesus!

Mark your calendars:

June 21st - Happy Father's Day!

June 21st - 10:00am - Dawgs for Dads! Join us to celebrate and honor our Dads!

Children's Sermon: The Puppet Team did a fantastic job starting off each VBS worship rally with a skit. Likewise they welcomed everyone to the VBS Recognition Service. VBS is having fun learning about Jesus. We can have fun learning about Jesus all year long through Sunday School, Mission Friends, and TeamKids.

Vacation Bible School Recognition Service - 1 John 4:8&9..

The day begins as we pledge the United States Flag, the Christian Flag, and the Bible.

Brother Barry opens our service with prayer.

VBS Motto: Follow, Worship, Live Through Him!

Angela Clark led our Recognition Service, and started with expressing a multitude of special gratitude: Tremendous thanks to the parents who allowed their children to attend our Vacation Bible School. Thanks to the Teachers, to the Youth, to the helpers, to our Directors (Tracy Spivey and Angela Clark). Thanks to Liz for writing the Puppet Team skits. Thanks to the van drivers (Harold Zink and Bill Mears), to all of the decorators, to all those that baked cookies, and to all of those that prayed. It was a fantastic team success!

As Angela stated, our goal in Vacation Bible School is to bring children closer to Jesus by learning more about Him through reading the Word, songs, crafts, and recreation.

Bill Mears presented a fabulous picture slideshow of the activities throughout the week.

Angela led the children in a sensational concert of the VBS songs: Gonna Follow You, This Is Why, Workin' On My Serve, All Things, and Because.

Glory to God, there was ten decisions made during Vacation Bible School.

Brother Barry concluded the service by offering the Invitation of accepting Jesus as your Lord and Savior to all in attendance. An extremely special young woman came forward to share her amazing experience as a VBS teacher, and also to be re-baptized and surrender her life to serve the Lord wherever He leads.

Our Worship Service begins at 11:00AM on Sunday mornings - please come and join us!

Remember: God loves you like no one else! Email us at fbcgorman@hotmail.com

HEALTH

Spring Colds: The Rhinovirus With No Limits

NewsUSA

(NU) - Often, for many people who think that cold and flu season is behind them, rising temperatures in the spring bring a false sense of security. But what few people realize is that it is still possible to get a cold.

Colds are more common in the fall and winter because most of the 200 known viruses that cause colds are active during that time. Add to the equation the belief that viruses survive better indoors, the place where most people stay during the winter, and you have a recipe for disaster. But despite the frequency of fall and winter colds, a spring cold should not be ignored.

Allergies can tax your body, making it more vulnerable to cold viruses. It's easy to confuse cold and allergy symptoms. But colds tend to come on gradually, can create aches, chills and fevers and typically last a week or less. Allergy symptoms start almost immediately upon contact with the allergen. If "hay fever" symptoms like itchy eyes or a running nose last for more than two weeks, they're probably caused by allergies.

If you discover that you have a cold, get your rest and drink plenty of fluids. There are plenty of over-the-counter medications that can relieve your symptoms, but why go through the misery of having symptoms like itchy eyes, a runny nose and sore throat when you can simply boost your immune system so that you don't fall sick? Prevention is always the best remedy.

According to a recent study published in the Archives of Internal Medicine, getting adequate sleep can go a long way toward improving your immune system.



Although the weather may be nice, you can catch a cold anytime of the year.

The participants who slept less than seven hours were about three times more likely to get a cold than people who slept eight hours or more a night.

Much like getting enough sleep, a little help from supplements can also mean huge gains for your immune system. For instance, Frankincense and Myrrh, makes a "Cold and Flu Prevention Rubbing Oil," which helps support strong immune function. The homeopathic formula contains soothing essential oils like eucalyptus, cinnamon, lemon, rosemary, clove, frankincense and myrrh. Users simply massage the oil into their feet and ankles once daily, promoting relaxation while boosting the immune system.

In addition to proper sleep and herbal remedies like Frankincense and Myrrh, other methods of keeping colds at bay include washing your hands frequently throughout the day and maintaining a healthy diet.

For more information about preventing a spring cold with a topical medicine, visit www.frankincensemmyrrh.com.

VACACIONES

Cómo hacer pasteles y galletas en vacaciones con un presupuesto razonable

NewsUSA

(NU) - La tradición en muchas casas de hacer pasteles y galletas al horno puede ser también un regalo muy personal y económico para amigos y familia. Ahorra dinero haciendo pasteles y galletas siguiendo estos simples consejos:

- Haz todos los pasteles y galletas a la vez. En vez de hacer galletas de azúcar para tus amigos, pastel de fruta para tu vecino y dulce de leche para tus compañeros de trabajo, elige sólo un tipo de dulce y hazlo al horno para todo el mundo. Ahorrarás tiempo en la cocina además de dinero ya que reducirás el gasto de los diferentes ingredientes.

- Ten a mano los elementos básicos de cualquier pastel o dulce al horno. La mayoría de las recetas llevan harina, soda para hornos, levadura y extracto de vainilla. Otros ingredientes comunes son el azúcar moreno, el azúcar blanco y mantequilla sin sal. Compra con antelación y guarda todos los ingredientes esenciales. Algunas tiendas ofrecen incluso rebajas para ciertos productos. Guardar cupones de descuento te ayudará a ahorrar dinero en los ingredientes más caros como el chocolate y las nueces.

- Compra todo lo que necesitas en un único lugar. La gasolinera está cara, así que es mejor que no vayas desplazándote de una tienda a otra. Algunas tiendas ofrecen grandes descuentos como Dollar General donde puedes encontrar los productos para hacer dulces al horno tales como la harina, el azúcar y los trocitos de chocolate a un buen precio además de aquellos productos perecederos como los huevos, la leche y la nata. También encontrarás utensilios de cocina tales como espátulas, tazas para medir y batidoras de mano, así como bolsas de papel, bolsas de sándwich, cintas y servilletas para envolver tus creaciones con estilo.

Prueba las marcas blancas del establecimiento. Al cambiar a productos de marcas blancas verás como ahorras dinero de forma inmediata en el mismo producto. Por ejemplo, la marca Clover Valley de Dollar General ofrece toda una selección de galletas, crackers graham y otros productos esenciales para el horno. Y no hay un gran riesgo al probar un producto nuevo. Porque Clover Valley ofrece una garantía de devolución del dinero si el cliente no está satisfecho.



Puedes ahorrar dinero en los productos para cocinar al horno haciendo una sola receta para todo el mundo.

Senior Citizens News

By Carol Ward

Our meal this week on June 10th was enjoyed by 25 people. Our attendance has fallen off in this hot weather. No one wants to cook much, even me. We are going to have more sandwiches and salads during this summer. When our stoves and ovens are on it just heats up our house's too terribly. There are all kinds of exotic salads that can be made and also sandwiches. I thank Wilburn Overstreet for giving his blessing of the meal.

We were happy to have Joy Rogers and Bonita Moorman here for our dinner. I do hope they will continue to come and visit with us. Jo brought some peppers poppers, which they ate up fast. I missed out on that.

This Wednesday was Ray and Goldie Warren's time to be our chef. He BBQed some chicken, very delicious. Goldie made a tater tot casserole with meat, good. But I liked her has brown casserole better. Thanks to those folks for helping out.

Our meal was tasty with wieners and saurkraut, beans with German sausage, macaroni and cheese, peas and carrots, squash, french bread and corn bread. The Warren's brought some cucumbers from their garden. They were so good prepared with vinegar. I made some stuffed celery with was tough. Sorry folks. I've never had celery so hard to bite. We enjoyed mostly pies for our desserts, five of them. Beth Shirley made good chocolate meringue pie, one a diabetic. Estelle Lindley makes such delicious chess pies. Ruthie Porter brought Lemon pies. We also had banana pudding, cool whip and fruit salad, and Jello with fruit. No cakes again.

We will miss Billie Bennett for awhile. She will have therapy on M-W-F following her surgery. Seems like Dr. appointment happens on Wednesday so often or anything associated with them. I've had to take off a few Wednesdays myself.

Betty Regian was gone to Houston with her daughter, Barbara. I'm sure they had a good time. They went to some affairs associated with Barbara's work. They met a nephew there who showed them the sights. On the homeward flight they had to stay in Dallas overnight. There was terrible thunder storms and tornado warnings in the area. It will be good to have Betty back with us.

I want to thank Ailene Garrett and Jerry Underwood for their help in the kitchen. Especially when some of the other helpers are absent. Of course Jerry is always there to help every week. Thanks.

My Grandson, Tyson Swanner enjoyed his part in the FCA All-Star Classic in Abilene. We was on the South Team, which lost by 1 point, 7 to 6. The boys were there for 4 days, had several practice sessions. They were put up by host families in Abilene. What a wonderful experience for him. I'm sure he enjoyed all. I couldn't be there as I cannot take sitting in the sun when its nearly 100!! I thought it was awful to plan a football game in the summer. It should of been played in the late winter or spring!! I don't know how the boys could take the heat, but they are young and strong. Still you can have a heat stroke or exhaustion.

Hope all is well and see you next time, Carol.

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