

The Gorman Progress

"Serving Gorman For Over 112 Years"
 Gorman, Eastland County, Texas 76454
 2012 Member - Texas Press Association

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NOVEMBER 8, 2012

Desdemona Community Center To Hold Annual Thanksgiving Supper, Nov. 10

Desdemona Thanksgiving Supper will be held on Saturday, November 10th at the Community Center (former School Building). Turkey, dressing and all the trimmings will be served. This Annual event began in the late 1945's when our Community gave a "Welcome Home" supper for all the returning soldiers of World War II. Serving time begins at 5:30 p.m. Tickets are \$10.00 for Adults and \$5.00 for Children. Mark your calendar and make plans to attend. We hope to continue this event for many years to come. Live Entertainment - For More information call 254-758-2691.

Swine Validation

If any 4-H or FFA member plans on showing a swine project at the 2013 Eastland County Livestock Show as well as show at any of the 2013 major livestock shows in the State of Texas, your animal must be validated in order to participate in any of these shows.

Swine Validation Day is Tuesday, November 20th from 4:00 p.m. to 6:00 p.m. at the Eastland County Stock Show Grounds.

If you have ordered any tags for state validation as a 4-H member, Makenzie Wyatt, County Extension Agent, has your validation information at her office. You will need to fill it out, and you may do this the day of major stock show entries. This will be helpful in speeding up the validation process on November 20th.

Letter To The Editor

Do you know if Pastor Jason Wilder has an email address? I am down in the Houston area but I subscribe to the Gorman Progress. "On the Wilder Side" is the first article that I read. For me it is the best feature in the paper. There are a few questions that I would like to ask him. Keep up the outstanding work and newspaper. Someday I will be able to move up to my 55 acres.

Howard K. Williams, MSgt USAF ANG 147 LRS/LGRV

Weaver Cemetery Donations Sought

As usual Weaver Cemetery is accepting donations for the care of the cemetery. Donations can be sent to Prosperity Bank, 115 S. Fisher, Gorman, Texas 76454 or to Anna Louise Spence, P O Box 112, Gorman, Texas 76454.

HONOR ROLL FOR MAXFIELD ELEMENTARY

1ST GRADE

A

Bailey Brown, Hayden Clark, Mary Crain, Triston George, Brooke Gillen, Preston Parson, Mariella Rodriguez, Kyndall Scitern and Kaz Young.

B

Destinee De Leon, Mason Fox, Alex Galvan, Ceidy Guzman, Emma Little, Justin Rainey and Lane Shirley.

2ND GRADE

A

Ayden Andrade, Emma Clark, Victor Lopez, Erik Ramirez, Joey Salinas, Markee Simmons, Caroline Crain, Katharine Hair, Michelle Snider and Shaelyn Waters.

B

Kaylin Burt, Emilse Escobedo, Hope Fulcher, Nashton Guthery, Katherine Hanson, Gabriyela Herrera, Jerry Murphy, Kayle Nichols, Ryan Rainey, Crystal Gonzales, Larissa Mas-sengill, Joseph Rainey, Dalyn Ramirez, Maddox Roberts, Adrian Ruiz and Gracie Watson.

3RD GRADE

A

Aryann Cook, Jacob Harris, Suellyn Hunter, Briar Scitern, Jacob Stacy and Natalie Torres.

B

Hailey Abbott, Keaira Ahearn, Brianna Caballero-Satcher, Anthony Montelongo, Alan Olivares, Marco Ramirez, Jasey Rice and Breanna Shirley.

4TH GRADE

A

Hannah Underwood.

B

Jessica Rice, Jonathan Rodriguez, Stacy Gonzales, Brylee Johnson, Braylan Laminack, Braeden McDonald, Kaitlyn Morton, Skyler Parson and Hayden Hampton.

5TH GRADE

A

Rachel Snider, Larissa Hampton and Kendall Simons.

B

Caitlyn Clark, Macen Davis, Alexis Estrada, Kelsie Guthery, Genaro Madera, Justin Wheeler, Baker Butler, Isaiah Landa, Syndee Locke, Keaton Moore and Karsyn Scitern.

CHARLIE GARRETT MEMORIAL LIBRARY NEWS

The Charlie Garrett Library provides public internet access to our local community. We have 2 terminals inside the library for your use. You may also bring your own laptop or mobile device as the library is set up as a wi-fi hot spot. Due to a recent change in service we are now required to password protect our wi-fi access. All who have been using it are welcome to continue. New users are also welcome. Stop by the library Monday 4-7 or Tuesday thru Friday 3-5 and fill out the necessary forms and you will be given the password. For all of you who "drive-up" to use the internet, please don't forget to take your trash with you. Help us keep our library and town looking it's best!

THURSDAY, NOVEMBER 14TH THE GORMAN P.T.O. WILL HAVE A MEETING IN THE LIBRARY AFTER SCHOOL. MAXFIELD ELEMENTARY IS A TITLE I SCHOOL. WHAT THIS MEANS TO THE SCHOOL WILL BE DISCUSSED DURING THE MEETING.

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.

Invitation To Annual Veteran's Day Program

Gorman ISD would like to extend an invitation to our annual Veterans' Day Program. The program will begin at 10 AM on Monday November 12 in the auditorium. The students are busy preparing for this event and are excited to welcome the community for their presentation. After the program, refreshments will be served by the student council for the veterans and guests from the community. Please join us for this time of celebration in honor of our veterans.

Panthers Lose To Roby; Host Baird Friday

GAME AT A GLANCE

GORMAN	ROBY
15	First Downs 16
35/224	Carries/Yds 30/270
160	Yds Passing 108
9 of 21/1	Pass Cplt./Int 6 of 11/0
1 / 1	Fumbles/Lost 0 / 0
3/36	Punts/Avg. 3/36
6/50	Penalties 7/55

The Panthers journeyed to Roby Friday night and were outrun by the Lions 45-25. The Panthers scored on their opening drive, but fell behind 14-12 at halftime. But they were out-scored 31-13 the last half. The drive featured runs of 31 and 9 by Rylan Laminack. B. J. Ramirez ran for 1, 6, 8 and 1. Zach Carlton ran for 2, 7, 3 and 5.

Gorman the opening kick off on their own 37 and went the 63 yards in 14 plays with Zach Carlton getting the score on a 1 yard run with 5:05 left. The run for points failed and the score was 6-0.

The Lions came right back when Tyler Reeves returned the kickoff 85 yards with 4:54 left. Lorenzo Ramirez kicked the point after and the score was 7-6.

After holding the Panthers the Lions got the ball on their own 22 and scored in just 3 plays with Tyler Floyd getting the final 20 yards on a pass with 1:09 seconds left. Ramirez kicked the point after and the Lions led 14-6.

However, the Big Red came right back with Pacheco going 40 yards on a pass with 12 seconds left. The kick try failed and the score was 14-12. The drive came in 3 plays with Laminack getting 13 on a run and Carlton got 26 on a run.

The Panther Marching Band under the direction of Lisa Laminack did a great performance and the Panther Cheerleaders had a very good routine.

Following the intermission the Lions got the kickoff on their own 36 and moved the distance in 10 plays with Toby Pippin catching a 6 yard pass with 6:29 left in the third period with Tyler Reeves running in from 46 yards. The kick was good and Roby led 28-12.

The Lions added a 20 yard field goal by Ramirez with 10:39 left in the fourth to make the score 31-12.

The Lions got another score on a 55 yard run by Ridgon Terry with 7:28 left. The kick was good and the score was 38-12.

The Panthers came right back with a score after getting the ball on the Lion 25 and scored in 3 plays with Ramirez getting the honors from 10 yards out with 6:05 left. The try for 2 points failed and the score was 38-18.

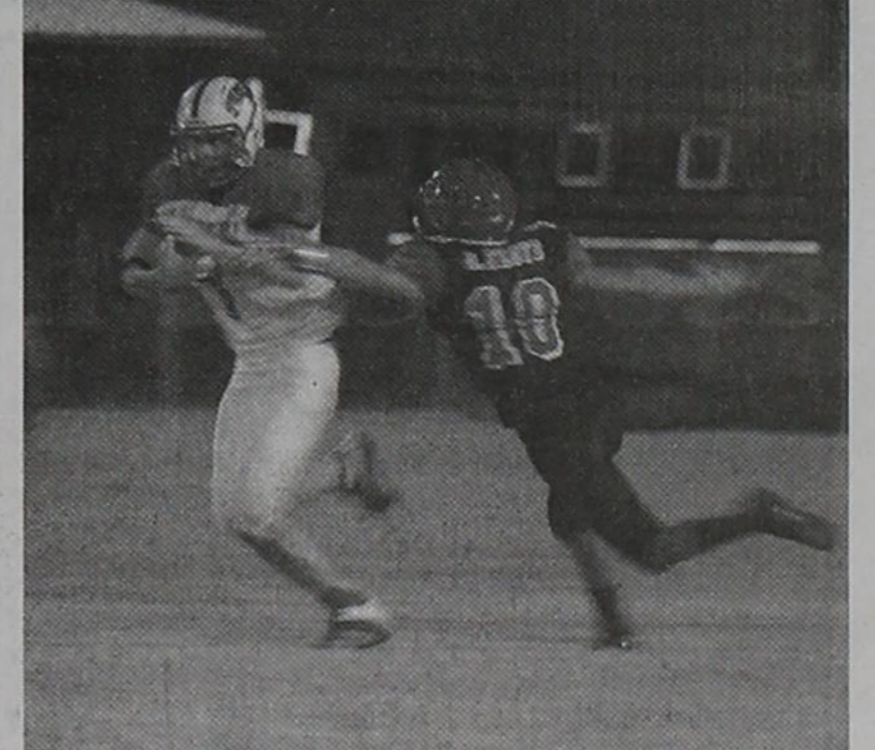
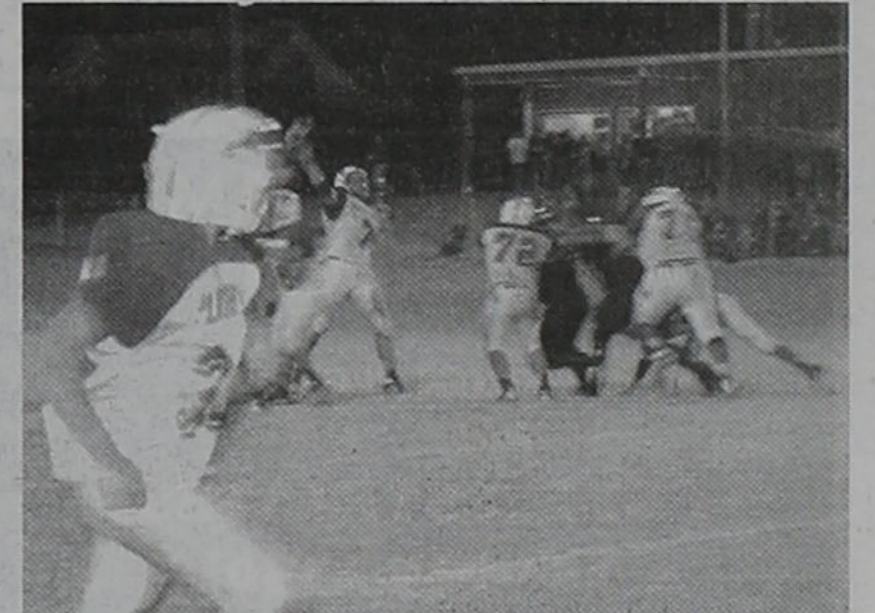
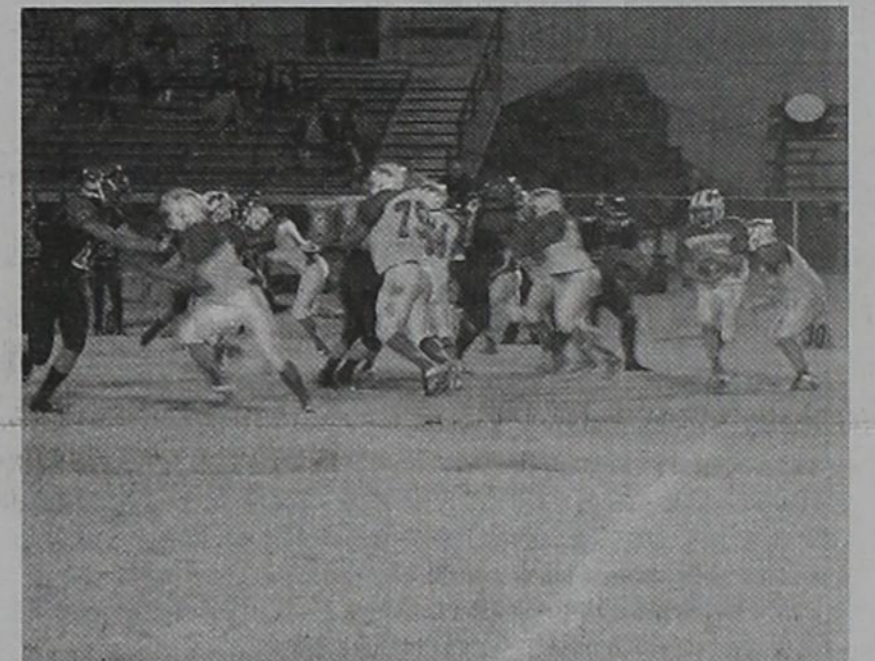
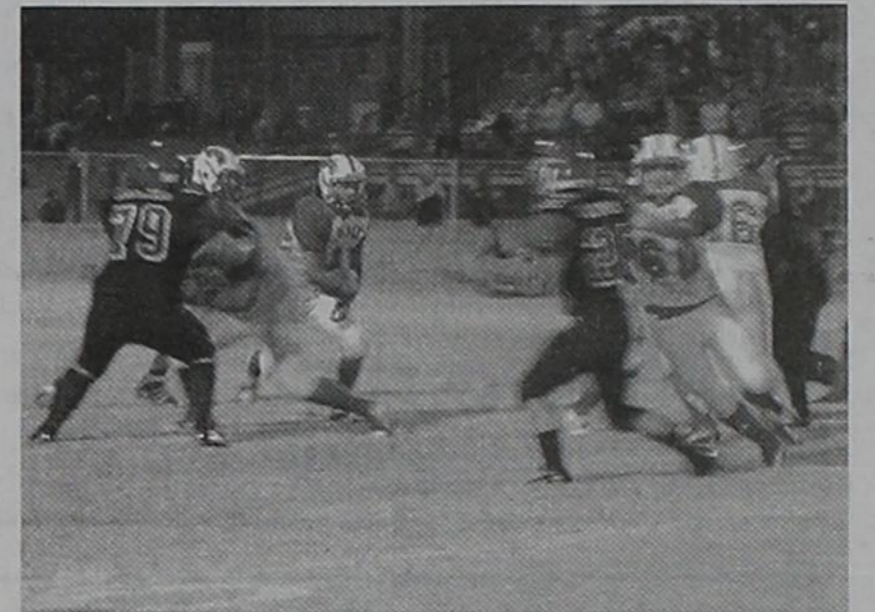
The Lions roared right back getting 49 yards on one run by Terry with 5:47 left. Ramirez added the point after to make the score 45-18.

The Big Red answered right back, going 55 yards in 4 plays with Yovani Palacios scoring on a 3 yard pass. Carlton booted the point after and the score was 45-25 with 3:40 left. This ended the scoring.

Carlton led the Panthers with 87 yards on 16 carries. Laminack got 75 on 5 tries. Ramirez had 56 on 11 runs and Pacheco got 6 on 3.

The Panthers will end the season on Friday night when they host the Baird Bears at Brogdon Field. Come on out and back the Panthers to victory.

Go Get "Em Big Red!!



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, NOVEMBER 21ST 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

PARENTS, YOU HAVE THE RIGHT TO REQUEST INFORMATION REGARDING THE PROFESSIONAL QUALIFICATIONS OF YOUR CHILD'S CLASSROOM TEACHER. THIS INFORMATION IS AVAILABLE UPON REQUEST IN THE ELEMENTARY PRINCIPAL'S OFFICE.

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17.25 A: HWY 8 Desdemona, 10+ A Coastal, pond, new fences, nice Post Oaks, nat. gas/elec. available. \$79,000.
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43A. Coastal Bermuda, corrals, stock pond, 2 water wells, fenced/cross fenced. Good Sandy land. \$3,350 acre.
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.
42A 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 reports 300 round bales/year, 55 A. Cultivable 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 Wooded, small creek, 4 ponds, 40' elev. change, gravel road 2 sides, etc. Excellent location, deer & wildlife. \$1,795.00 acre.

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88.7 ACRES - GORMAN AREA - Good sandy soil-all coastal Bermuda grass, water well, 1 stock tank & Good fences. A12
BEAUTIFUL HOME + 3.7 AC + REDUCED PRICE-WHAT A DEAL! Brick home w/spacious interior in excellent condition. Outside room fit all-sheds, stg., RV cover & workshop. Make an appointment and see for yourself! Q3
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, W. of Gorman. Coastal, good soil, 2 tanks, water well s & frontage on 2 county roads. A13

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Oncor Offering 12,000 Free Trees To Customers Through Arbor Day Foundation's Energy-Saving Trees Program

Lincoln, Neb. (October 12, 2012) - Oncor, a Texas-based electricity provider, is working with its suppliers to offer 12,000 free trees to customers through Energy-Saving Trees, an Arbor Day Foundation program that conserves energy and reduces household electricity bills through strategic tree planting.

Oncor delivers electricity to more than ten million people and operates approximately 118,000 miles of transmission and distribution lines in the state of Texas.

Oncor customers can reserve their free trees today at arborday.org/oncor. Within seconds of accessing the website, an online tool helps customers find the most strategic location for planting and estimates the annual savings that will result from the tree. Customers can reserve up to two trees per household, and the program will continue until all 12,000 trees have been reserved.

In exchange for the free trees, beneficiaries are expected to care for the trees and plant them in the location provided by the online tool. The tool will explain where the right place to plant is and where not to plant. Specifically, staying away from planting the trees under power lines. The two-to-four-foot trees will be delivered directly to the customer at an ideal time for planting.

"This exciting program will give Oncor customers the chance to get some energy efficiency measures around their home, while also helping the environment," Oncor Vice President of Distribution Operations Keith Hull said.

The Energy-Saving Trees online tool was created by the Arbor Day Foundation and the Davey Institute, a division of the Davey Tree Expert Co., and uses peer-reviewed scientific research from the USDA Forest Service's i-Tree Software to calculate estimated benefits. In addition to providing approximate energy savings, the tool also estimates the tree's other benefits, including cleaner air, reduced carbon dioxide emissions and improved storm water management.

Within 20 years, mature trees will yield hundreds of thousands of dollars in savings.

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About the Arbor Day Foundation: The Arbor Day Foundation is a nonprofit conservation and education organization of one million members, with the mission to inspire people to plant, nurture and celebrate trees. More information on the Foundation and its programs can be found at arborday.org, or by visiting us on Facebook, Twitter or our blog.

Oncor Electric Delivery Company LLC ("Oncor") is a regulated electricity distribution and transmission business that uses superior asset management skills to provide reliable electricity delivery to consumers. Oncor operates the largest distribution and transmission system in Texas, delivering power to more than 10 million people and operating approximately 118,000 miles of transmission and distribution lines in Texas. While Oncor is owned by a limited number of investors (including majority owner, Energy Future Holdings Corp.), Oncor is managed by its Board of Directors, which is comprised of a majority of independent directors.

"On The Wilder Side"

A parable is told of a community of ducks who waddling off to duck church one Sunday to hear their duck preacher. After they waddled into the duck sanctuary, the service began and the duck preacher spoke eloquently of how God had given the ducks wings with which to fly. He pounded the pulpit with his beak and said, "With these wings, there is nowhere we ducks cannot go! There is no God-given task we ducks cannot accomplish! With these wings we no longer need walk through life. We can soar high in the sky!" Shouts of "Amen!" were quacked throughout the duck congregation. The duck preacher concluded his message by exclaiming, "With our wings we can fly through life! WE CAN FLY! WE CAN FLY!!!!"

More ducks quacked loud "AMENSI!" in response. Every duck loved the service. In fact all the ducks that day commented on what a wonderfully convicting message they had heard from their duck preacher and then they left the church and waddled all the way home.

Too often we waddle away from worship the same way we waddled in - unchanged, but it should not be so! When we genuinely worship God, we are responding to God's grace by giving Him our lives and allowing Him to change us and make us more into His image.

As we worship our God, we recognize Who He is and that we are His children. It is a time to respond to God so that we might become more like Him rather than telling Him what we think He should give us.

Romans 12:1-2 says I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

We do not come to God so that He can affirm that we are good people and on the right track; instead, we come so that we can be transformed into the image of His Son. Are you being transformed?

Fight 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

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A Letter To The Editor About Sandy

By Henry A. Buchanan

Our world was going along about normal. The ruler of Syria was killing his people and destroying their homes. The Afghans were trained and armed to defend themselves were shooting our soldiers. The Greeks were rioting over being forced to live on less. Scoutmasters were raping Boy Scouts and the Catholic Church was moving the horny priests to new territory. Senior Citizens in Gorman failed to show up for a luncheon. A football player signed a contract for eight million dollars and the polls showed that Obama and whatsname are running neck and neck and then Sandy roared into New York City and all the territory thereabouts. Everything changed.

The Eastern seaboard from the Carolinas to New England was under water. Many millions of people are out of electric power. More millions of people evacuating, many of them with no place to go. A hundred and two people died. And somebody mentioned climate change.

That subject had not been mentioned lately even though Texas has been dry and hot and plagued with grasshoppers for two years.

People hadn't even mentioned the good looking Vice President in the Clinton Administration who missed being President because the Supreme Court appointed George W. Bush. But then there was Sandy and my wife Anne asked me if it was a judgment from God, and I can't speak with authority on that subject but the Presidential politics lately deserve the divine wrath. On the other hand God might have got tired of listening to the people on TV talking about the polls.

(s) Henry A. Buchanan
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Old Photo of a car from Haile and Kirk Chevrolet Dealers in Gorman in early 1900's
The little girl in the photo not known at press time. Do you know who she is???

Pig Tales From Hogtown

Thanks to all who came to breakfast last Saturday morning. Attendance was down a little bit but we had a great time and great food, as usual.

This Saturday night is our usual second Saturday of the month dance with Johnny Johnson and the Memory-Makers. The music starts at 7:00 and the concession stand opens at 6:00. The cost is \$5 per person.

Next Tuesday, November 13, is the night for our jam session here at the DAC. If you play an instrument or just like to listen, come on in. There is no charge – just good music and good fun.

The annual Christmas Store is coming soon – can you believe the holidays are almost here!! The store is open the first 2 weekends in December, beginning on Thursday of each of those weeks.

The Thanksgiving dinner at the old school house here in Desdemona will be held this Saturday evening beginning at 5:30. You all can enjoy a great meal and then come to the DAC and dance off those extra calories!

By the time you read this, the election will be over and I, for one, am glad!!

Hope you have a chance to get out and enjoy this perfect weather.

See you in Desdemona!
Carol Pell

4-H NEWS

Eastland County Food Show & Food Challenge Contests

Eastland County Food Show and Food Challenge Contests will be held November 19th at the Rising Star Baptist Church in Rising Star. Deadline to sign up for the contest is November 14th. Please call the Eastland County Extension Office at 254/629-2222. Registration will begin at 5:00 p.m. with contest beginning at 5:30 p.m. Any questions or need clarification call the Extension Office at 254/629-2222.

HOME

Be Merry and Pest-Free This Holiday Season

NewsUSA

(NU) - After the last of the Thanksgiving turkey leftovers have been eaten, and pumpkin décor is put away for the season, many families bring out their Christmas decorations and holiday baking supplies. While the advent of the season is joyful, it's important to take pest-prevention precautions to avoid turning visions of sugary plums into pest-infestation nightmares.



Mice and other pests often nest or hide in holiday decorations.

The National Pest Management Association (NPMA) cautions seasonally spirited decorators to check greenery and Christmas trees for signs of pests before bringing them indoors. NPMA's vice president of public affairs, Missy Henriksen, suggests that many indoor spider infestations start when they are brought inside via Christmas trees and holiday greens. "As spider populations tend to hide in fresh trees that have recently been cut down, consumers should carefully cull their trees for webs or the presence of spiders before bringing them into the house."

Consumers are also advised to inspect holiday decorations that have been stored in non-pest proof containers in attics, garages, sheds and basements – all popular refuge spots for pests. Henriksen warns, "Rodents can easily end up in improperly stored tree trimming supplies and then unknowingly brought into living and family rooms."

The easiest way to prevent this most unwanted decoration is to inspect cardboard boxes and paper or plastic bags that held holiday items in the off-season for rodent gnaw marks and visible droppings. This check is best performed in the

garage or other area outside of the house to prevent any live rodents from getting loose inside the house.

Pantry pests, such as earwigs, Indian meal moths and silverfish, are another seasonal pest problem that surface during the holiday season and often seem to appear from out of nowhere. These pests are attracted to ingredients commonly used in baking, including flour, spices, candies and chocolate. Holiday bakers who use these items sparingly throughout the year may find some unappetizing surprises inside previously opened packages or in storage containers. To deter these pests, it's important to wipe up crumbs or spills from countertops, store food in airtight containers, purchase food in sealed packages that show no sign of damage and consider adding bay leaves to containers of dry goods as their scent repels many pantry pests.

To make sure you and your family can enjoy the delights of the season, visit www.pestworld.org for additional tips on keeping pests out of your home during this holiday time.

HEALTH

When It Comes to Preventing The Flu: Don't Wait to Vaccinate

NewsUSA

(NU) - When flu season comes around every year, it's important to make sure you're protected.

Flu seasons are unpredictable and can be severe. An average of 5 to 20 percent of the U.S. population becomes ill with the flu each year, and more than 200,000 of these individuals are hospitalized due to complications. The flu can be especially serious for children. Each year, an average of 20,000 children under age five are hospitalized as a result of flu complications. Children ages two to 17 are twice as likely to get the flu as adults.



Children ages two to 17 are twice as likely to get the flu as adults.

Such setbacks resulting from the flu can affect a family's life, but there are steps you can take to help prevent the flu. Through the "Don't Wait to Vaccinate" campaign, soccer legend and mom Brandi Chastain encourages families to keep these four tips in mind:

- **Get an annual flu vaccine.** The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older should get a flu vaccine each year as it is the single best way to help prevent the flu.

- **Don't wait.** Every year, it is important to get yourself and your family vaccinated as soon as vaccine is available in your community, which can be as early as August.
- **Know your options.** It's important to remember the flu vaccine comes in two forms – the shot or nasal spray. Talk to your doctor about which type is right for you and your eligible family members.
- **Practice good health habits.** Taking everyday preventive steps,

like staying away from sick people and washing your hands, helps reduce the spread of germs. If you are sick with the flu, stay home from work or school to prevent spreading influenza to others.

"Flu viruses are constantly changing, and the strains that circulate from season to season may be different," according to Anat Feingold, MD, a leading influenza expert and division head of pediatric infectious disease at the Children's Regional Hospital at Cooper University Hospital in Camden, New Jersey. "Because of this, flu vaccines are updated from one season to the next, which is why the CDC recommends getting vaccinated every year."

Additionally, a person's immune protection from vaccination declines over time, so annual vaccination helps provide optimal protection.

For additional information on the flu and to learn more about the "Don't Wait to Vaccinate" campaign, visit www.facebook.com/dontwaitvaccinate.

AGRICULTURAL VIEWPOINT

By: Makenzie Wyatt

2012 Eastland County Pecan Show

The Eastland County Pecan Growers Committee invites county pecan producers as well as homeowners with pecan trees to enter the 2012 Eastland County Pecan Show which will be held on Wednesday, December 5, 2012.

Rules for County Pecan Show Exhibition:

- * Pecan entries should be submitted by 5:00 p.m. on Tuesday, December 4, 2012
- * The pecan entry must have a minimum of 45 nuts and be labeled with variety name, exhibitor name, address and phone number. (For best results, bring your best 45 pecans)
- * DO NOT POLISH your pecans, although you may weigh them or float them to get the heaviest pecans you can.
- * You may enter as many varieties as you wish.
- * Growers are limited to one entry of each variety.
- * Pecan entries will be processed between 8:00 a.m. and 12:00 Noon on December 5th and judged at 1:00 p.m. on that day.

After judging of the Eastland County Pecan Show entries, all winners will be sent to the Central Texas Pecan Show for judging at the TAMU Center in Kerrville, Texas. The Regional Pecan Show will be held on Wednesday, December 11-12th.

If you have any questions on either of these events, please contact the Eastland Extension Office and speak to Makenzie Wyatt at 254/629-1093 or 254/629-2222.

EDUCATION

Celebrate Science With At-Home Chemistry Experiments

NewsUSA

(NU) - Chemistry plays a critical role in most of life's daily activities, but we tend to take it for granted, which means our children probably do, too. A passion for chemistry can lead to efficient transportation, improvements in medicine, safer environmental practices and more powerful computers. But, passion must start with an understanding of the basics.



Chemistry experiments help children learn and grow.

Urge your kids and teenagers to get involved in science with at-home chemistry experiments to celebrate the 25th anniversary of National Chemistry Week.

Parents can receive help from the world's largest scientific society to spur family interest in chemistry. The American Chemical Society publishes a newspaper called Celebrating Chemistry for grade school students and offers free resources for back-to-school activities (www.acs.org/chemistryambassadors). These resources are full of hands-on activities that convey important lessons about chemical interactions. After all, everything is made of chemicals.

Check out the kinds of fun experiments you can do at home with your kids – this one shows how physical forces (like gravity!) behave differently when objects are very, very small:

- Materials:**
- A canning jar (pint or quart)
 - Ring part of the lid for the jar
 - Styrofoam plate
 - Ruler
 - Sharp pencil
 - Scissors
- Procedures:**
1. Trace the opening of the jar with your pencil on the Styrofoam plate, and cut it out.
 2. Fill your jar with water.
 3. Place your Styrofoam circle into the ring lid, and screw it onto your jar.
 4. Poke a small hole into the center of your Styrofoam circle with your pencil point. Measure, and record the diameter of the hole in your data table.
 5. Working over a sink or pail, place your finger over the hole, and turn the jar upside down. Ask your adult lab partner for help if you need it. Keep the upside-down jar straight up and down, and hold it steady. Slide your finger off of the hole. Water should not come out of the hole.
 6. Turn your jar upright. Make the hole bigger by pushing your pencil a little farther into the hole, and repeat the procedure. Record your observation. Record the diameter of the hole and your observations.
 7. Keep increasing the size of the hole with your pencil. Repeat the procedure until the water comes spilling out. Record all diameter measurements in your data table.

This experiment can be found on page 15 of "Celebrating Chemistry" (<http://bit.ly/RfGpAT>). Find more ideas at www.acs.org/nw, including details about National Chemistry Week and its theme, nanotechnology.

Farm Service Agency Administrator Urges Farmers and Ranchers to Vote in County Committee Elections Beginning Monday, Nov. 5

WASHINGTON, Nov. 1, 2012—Farm Service Agency (FSA) Administrator Juan M. Garcia announced today that the 2012 FSA county committee elections will begin on Monday, Nov. 5, with the mailing of ballots to eligible voters. The deadline to return the ballots to local FSA offices is Dec. 3, 2012.

"The role and input of our county committee members is more vital than ever," said Garcia. "New county committee members provide input and make important decisions on the local administration of disaster and conservation programs. With better participation in recent years, we also have seen promising increases in the number of women and minority candidates."

Eligible voters who do not receive ballots in the coming week can obtain ballots from their local USDA Service Center. Dec. 3, 2012, is the last day for voters to submit ballots in person to local USDA Service Centers. Ballots returned by mail must also be postmarked no later than Dec. 3. Newly elected committee members and their alternates will take office Jan. 1, 2013.

To be an eligible voter, farmers and ranchers must participate or cooperate in an FSA program. A person who is not of legal voting age, but supervises and conducts the farming operations of an entire farm also may be eligible to vote. Agricultural producers in each county submitted candidate nominations during the nomination period, which ended Aug. 1.

While FSA county committees do not approve or deny farm operating loans, they make decisions on disaster and conservation programs, emergency programs, commodity price support loan programs and other agricultural issues. Members serve three-year terms. Nationwide, there are about 7,700 farmers and ranchers serving on FSA county committees. Committees consist of three to 11 members that are elected by eligible producers.

More information on county committees, such as the new 2012 fact sheet and brochures, can be found on the FSA website at www.fsa.usda.gov/elections or at a local USDA Service Center.

Fruits and Vegetables, Fresh, Frozen, and Canned

The thought that fresh fruits and vegetables are always better than frozen or canned is a myth. Without a doubt, vegetables and fruits straight from your home garden or local farmer's market are great. Your local grocer provides a variety of fresh fruits and vegetables. The less time spent traveling from the field or garden to your plate, the more nutritious the produce. Many of us are not lucky enough to have fresh produce available year round. On the other hand, frozen and canned fruits and vegetables are often processed immediately after they are harvested, resulting in little or no loss in nutrient value, assuming they are stored correctly and eaten during their recommended shelf life. One disadvantage to canned fruits and vegetables is that many contain added sugar and salt. For example, a 1/2-cup serving of canned vegetables may contain anywhere between 250-500 mg of sodium. If you consume 2.5 cups or more of canned vegetables a day, you can easily meet or surpass the recommended intake of sodium. The new 2010 Dietary Guidelines for Americans calls for a decrease in the daily intake of sodium from 2,300 mg (approximately one teaspoon of table salt) to 1,500 mg (about 2/3 teaspoon of table salt). To avoid too much sodium from canned vegetables, choose the no-salt variety and make sure to read the labels before buying. Fruits packed in their own juices are best to limit sugar from heavy packing syrups. Keep cooking to a minimum to maintain as much nutrient content as possible in your produce. Generally, it is best to steam or microwave veggies for short periods. Use lower temperatures and cook with small amounts of water to retain water-soluble vitamins.

Fruits and vegetables are low in calories and high in fiber, vitamins and minerals, and other plant chemicals (phytochemicals), which may reduce the risk for many chronic diseases. Another benefit is that fruits and vegetables can help with weight maintenance as they can help you to feel full. The bottom line is that increased consumption of fruits and vegetables is encouraged for good health. Buy and use a combination of fresh, frozen and canned to ensure that you have produce readily available, and remember to eat fresh produce soon after purchasing. Depending on age, gender and activity level, the daily adult recommendations from the USDA MyPyramid are about 1.5 to 2 cups of fruits and 2 to 3 cups of vegetables. To learn more about fruits and vegetables, your recommended servings, and nutritional values, visit ChooseMyPlate.gov or you can call the Eastland County Extension Service Office at 254/629-2222 for more information.

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.

TALKTEXTCRASH

Save a Life
Texas Department of Transportation

Senior Citizens News

By Carol Ward

Desdemona News

By Vonnice Guthery

Desdemona Thanksgiving Supper will be held on Saturday, November 10th at the Community Center (former School Building). Turkey, dressing and all the trimmings will be served. This Annual event began in the late 1945's when our Community gave a "Welcome Home" supper for all the returning soldiers of World War II. Serving time begins at 5:30 p.m. Tickets are \$10.00 for Adults and \$5.00 for Children. Mark your calendar and make plans to attend. We hope to continue this event for many years to come. Live Entertainment.

Belinda Guthery, Pug and Vonnice Guthery all of Desdemona was in Dublin on Saturday morning to watch Our grandson, Justin Hornback play flag football. This was the "SUPER BOWL" game for this team, The Texans of De Leon. The Texans won the Game over the Dublin Team with a score of 41 to 0. Justin attends De Leon School where he is in the first grade. His parents are Lee and Sonja Hornback of Desdemona.

There is a lot of sickness in our area at this time. Some with stomach virus and others with colds and sinus problems.

Please contact this reporter with your weekly news. Your help will be appreciated.

Thanks and have a good day, Vonnice

Football Game Photos



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 Call 254-965-4125 or Cell 254-592-3159
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We will not be meeting for our 3rd Wednesday lunch this month. Due to the fact we will be attending two Thanksgiving Dinners, that was enough. Thanks to Adam Mabray, for the invite to Homestead, to attend their Thanksgiving Dinner on the 15th of November. We will also travel to Desdemona on the 10th for their Annual Supper at 5:30 p.m. Hope we have a good turnout for both meals. I believe Homestead is around noon. I doubt I can make either meal.

I was surprised by a visit from Emma Jane Larch about a week ago. She had been shopping and brought a wonderful cinnamon roll. It was so delicious, I ate it for lunch! She remembers my sweet tooth.

Also another surprise - Daisy Slaton called me. I try often but no answer. Sure enjoyed our short talk. I haven't seen her since my surgery, still don't drive. I can now, but just a bit nervous. Hope my daughter will take me soon for a visit.

My Chemo was cancelled due to my feet and ankles have neuropathy. This type is very bad for your nerves and I already have enough nerve problems. The oncologist said I would have more trouble getting around and falls. So I can barely walk now, so that was it. I will have a CT scan every 3 months. How ironic, it all boiled down to my feet!

My grandson Tyson Swanner will have his last football game at Howard Payne University, this Saturday the 10th. Im going to go and take my wheel chair. My big sons can push me up the ramp and I will stay in it. I can't maneuver all the steps and bleachers. I have been able to go due to the distance and many days were too hot. Its still quite warm, but I hopefully can stand 70 to 80's. Tyson will graduate in May of 2013. The years have gone by so fast, he was just a little boy not long ago.

Good to hear Sharlene Schanan is home from the hospital and much improved. She is such a sweet lady to have suffered so with illness. She always looks great and takes it all in stride. I know Bro. Barry is so happy to have her with him in their home.

What's happened with the rain in Texas? Everyone else is being flooded, but all missed Central Texas. If we don't get some soon the potential for fires is great this Winter. Pray for Rain. With all the hot late weather we are drying up.

Today is Election Day. Hope everyone got out and voted!
Hope all is well - CAROL

Happy Thanksgiving To Everyone!!

HEALTH

Like Skin, Your Eyes Need Year-Round Protection From UV Rays

NewsUSA

(NU) - Most of us have gotten the message that exposing our skin to UV rays without any protection is about as smart as handing a signed blank check to a stranger. But it's only recently that health experts have seriously begun warning about an equally dangerous threat those rays pose to another part of our bodies: our eyes. Think about it: The eyes are the only internal body tissues directly exposed to UV. Three hundred and sixty five days a year - no matter how "cloudy" it appears outside - radiation (mainly) from the sun is beaming down on our vulnerable windows to the world.

"The rods and cones of the eye are rich in light-absorbing pigmented molecules called chromophores, making it particularly susceptible to photochemical reactions," says Dr. Howard Purcell, O.D., F.A.A.O., former chairman of the Cornea and Contact Lenses Department at Nova Southeastern University's College of Optometry, noting that even the light produced by indoor fluorescent light bulbs relies on the release of UV radiation. "Over time, damage from UV radiation is cumulative and often irreversible."

Among the potential effects of long-term exposure:

Cataracts. This progressive clouding of the eye's lens is the primary cause of blindness worldwide, and recent studies have shown that UV accelerates the deterioration that leads to this age-related condition. Cataract affects more than 22 million people age 40 and older in the U.S. alone.

Eyelid Cancer. According to the Skin Cancer Foundation, 5-10 percent of all skin cancers are



Protect those precious eyes.

found on the eyelids.

Age-Related Macular Degeneration. Damage to the blood vessels and corresponding nerves in the retina blurs fine detail and dulls colors.

Alarmed that 94 percent of the population remains unaware of the adverse effect UV radiation has on their eyes, an expert panel recommended the adoption of the eye-care equivalent of the successful systems used to rate skincare and sunscreen products. That's now being done - in the form of the first-ever "Eye-Sun Protection Factor" (E-SPF) - by Essilor, the nation's leading manufacturer of optical lenses (www.ESPF.com).

"This means consumers will be able to better evaluate the complete level of eye protection provided by their eyewear," says Purcell.

E-SPF values vary from a low of two to a maximum of 25 for everyday lenses, with Essilor's own Crizal No-Glare lenses being the first to attain the most complete daily protection level. For tinted and polarized sun lenses, the same company's Crizal SunShield UV No-Glare lenses provide the maximum protection level with an E-SPF of 50+.

And, yes, that does translate into 50 times more protection than without wearing any lens.

AUTOMOTIVE

The Best Way to See Clearly in Any Driving Condition

NewsUSA

(NU) - Is there really a difference between wiper blades? When is it necessary to change my wipers? As the wet seasons approach, it's important to ask yourself these questions as heavy rains and increasingly severe weather can obscure driving visibility.

In fact, the American Optometric Association reports that 90 percent of all driving decisions are based on visibility. Having a properly installed set of wiper blades will enhance your vision during difficult driving conditions. Most drivers don't even realize they need new wipers until that moment of truth, as a storm approaches or heavy snow begins to fall.

To avoid this, check your wipers once a month for worn or split rubber that can cause streaking or chattering. TRICO, an authority in the wiper blades industry, encourages consumers to "change your clocks, change your blades" and make replacing wipers part of your typical fall and spring routine maintenance during daylight saving time.

Finding the right-sized blades can seem difficult. The "Find Your Wiper" feature on wiperblades.com offers a quick solution by letting drivers select their vehicle's make, model and year to display a full selection of wiper blade options.

You may find that several different wiper blades fit your car, and then ask yourself, "Does it really matter which one I use?" The difference between a conventional style and the newer, premium beam design is important to keep in mind.

A conventional blade design features a steel superstructure with



Change your wiper blades regularly for safer driving.

blade claws, a rubber wiping element and several connection points. The beam blade design is the latest advancement in wiper technology that offers even pressure and enhanced clarity in all conditions.

Although the beam blade is considered an all-season wiper, you may want to consider a winter weather blade that is equipped with superior armors and synthetic blended materials. TRICO invented the winter blade in 1953 and has recently perfected it with TRICO Ice. This wiper blade is a great option for providing maximum performance in the most unrelentingly harsh conditions.

Of course, one of the most frustrating parts of buying wiper blades is installation. Thankfully, wiperblades.com has helpful installation videos to help you avoid the struggle and make the process as quick and easy as it should be.

No matter where you live, unpredictable and harsh weather will affect driving visibility, so be ready with a reliable, quality set of wiper blades when the time comes. Get more tips on how to keep yourself and other drivers safe at wiperblades.com.

HOME

Winter Roof Maintenance: Your Attic's Hidden Secrets

NewsUSA

(NU) - What homeowner wants to brave the winter elements to check on the health of his roof? And yet, given the crucial role roofs play in determining a house's efficiency - yes, that means utility bills - most people think they have no choice but to go *mano a mano* with all that snow and ice.

Turns out most people are wrong. You could just check your attic instead.

"Roofs create an insulated barrier that helps trap heat inside," says Jason Joplin, program manager of the Center for the Advancement of Roofing Excellence, which is championed by GAF, North America's largest roofing manufacturer. "And since most attic spaces are located right below them, it's a convenient spot to see potential problem areas and damage without being subjected to falls and injury."

Here are some tips on what to look for:

- Animal damage.** The telltale signs that birds, bats, squirrels and raccoons have found refuge in your attic should set off alarm bells, given the havoc they can wreak. So if you do spot anything suspicious - including nests, droppings and gnawed wood, wires or insulation - call a pest professional immediately.
- Leaks.** As sure as the TSA will keep hassling grandmothers, it will soon storm. And when it does, shine a flashlight up in the attic in search of not just dripping water and condensation, but also water stains on the ceiling, walls and floor. Those are sure indications that H2O is unfortunately finding its way under your roof's shingles



What is your attic trying to tell you about your roof?

or behind its flashings.

- Ventilation.** "The attic is like the lungs of the house," says Joplin. "It must be able to breathe in order to function properly." Ergo, if your vents are stuffed with debris, they need to be cleared.

- Structure.** Now that you're in the attic, take a look up. Are sections of the roof sagging? If so, that signals potential structural weakness requiring professional repair.

Of course, for those who insist on venturing outside in the cold, here's a final tip to file under the category of Why Didn't I Think Of That Myself?: You can still check for structural deformities without climbing any treacherous ladders by using binoculars to zoom in - from the safety of the ground - on everything from loose shingles to broken gutters.

And if you're truly interested in prolonging your roof's life, experts say it pays to consult a professional roof contractor who's insured and uses quality materials like GAF's Timberline American Harvest shingles. A free service that makes it easy to find a factory-certified contractor in your area can be found at www.gaf.com.

FOOD

Winter Recipes are Knocking: Hello Onions

NewsUSA

(NU) - Cooking without onions is like trying make a BLT without the tomato - it's possible to fill the void with something else, but you'll probably feel like you're missing something. Plus, now that it's time to put on layers and nestle up to a fire, winter recipes are a 'brewing, and they're full of tasty onions.

Yellow onions, in particular, that are harvested during cold weather months are perfect for roasts, soups, slow-cooked dishes and other winter favorites. Specifically, yellow onions are ideal for these applications to help build flavor profiles because of their robust, savory taste.

Whether headlining a dish, such as french onion soup, or playing a more subtle, supporting role, like meatloaf with onions, this vegetable lends itself to a variety of uses, making onions about as flexible as a yoga master. Regardless of how you use the staple vegetable, onions offer a great deal of nutritional value, and they are associated with lower risks of heart disease and cancer.

Try out a new recipe from the National Onion Association - it's easy, affordable to make, and rich in cumin, onions and tomatoes.

PASTA ITALIANO WITH ONION AND PORK

- 1 1/4 pounds pork loin sirloin chops or pork shoulder blade steaks
- 2 tablespoons each ground cumin and chili powder



Pasta Italiano with Onion and Pork uses convenient ingredients and only takes 30-45 minutes to prepare.

2 tablespoons olive oil
1 medium onion (10 ounces), cut into narrow wedges
1 can (14 1/2 ounces) Italian recipe stewed tomatoes
1 package (9 ounce) fresh linguini pasta
Grated Parmesan and fresh or dried minced herbs

Trim the fat from the chops or blade steaks. Trim the meat from bones, and cut into small cubes. Dust pork with cumin and oregano. Heat oil in skillet over medium-high heat. Add onions and pork and saute until cooked through, about 8 minutes. Add tomatoes and heat. Cook linguine in boiling water about 2 minutes or as package directs. Drain and serve with pork-onion sauce on top. Sprinkle with cheese and herbs. Makes 4 servings.

Find more recipes at www.onions-usa.org.