The Gorman Progress

"Serving Gorman For Over 111 Years" Gorman, Eastland County, Texas 76454 2011 Member - Texas Press Association

District Team For 2011

NUMBER FORTY-NINE

DECEMBER 8, 2011

2011 Volleyball All District **Team Named**

Congratulations to Gorman Volleyball Team for their accomplishments in winning District r the first time and making the all-district list for this year.



Co-MVP - Melissa Ramirez Academic All District

Second Team All District -

Cortney Shirley

Academic All District



Offensive MVP -Holly Wood Academic All District

Second Team All District -

Megan Gray

Academic All District

Jacquelynn Rainey

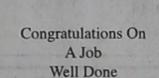
Academic All District

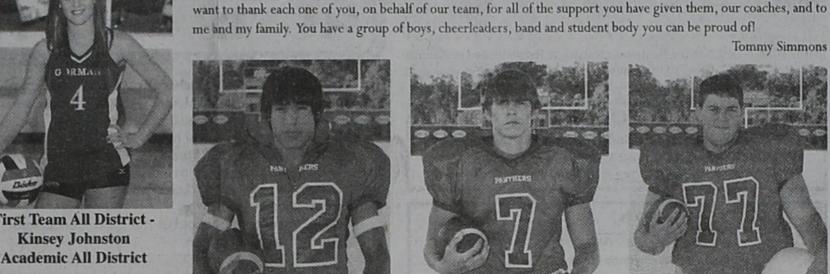


Kinsey Johnston



Second Team All District -Rachel Tucker Academic All District





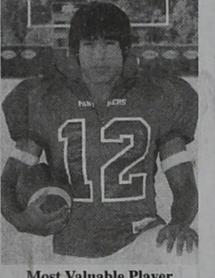
Most Valuable Player B. J. Ramirez



First Team Offense Guard First Team Defense Tackle Luis Limon



First Team Defensive End **Honorable Mention Offense Stetson Thompson**



much grit and determination they played with.

Offensive Player of the Year First Team Defense Linebacker **First Team Punter**

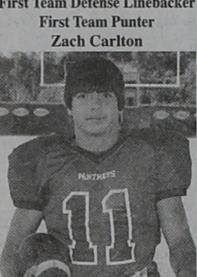
Thirteen Panthers Named To The 9A-Divison

Our team showed great improvement throughout the season and no other team played with more heart!

Our guys are truly all HEART, and in my 20 years of doing this I have not been more proud of a group. I

We played each game with no more than 17 suited up, most games against teams with twice the number of players.

At the end of each game the opposing coaches expressed how impressed they were with our players, pointing out how



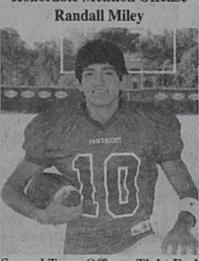
First Team Offense Kicker Second Team Offense - Running Back Second Team Defense - OLB Honorable Mention Offense - WR



Second Team Offensive Guard Second Team Defense Tackle



Second Team Defense Linebacker **Honorable Mention Offense**

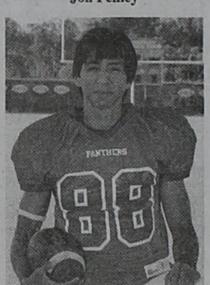


Second Team Offense Tight End Second Team Defensive Back Yovani Palacios

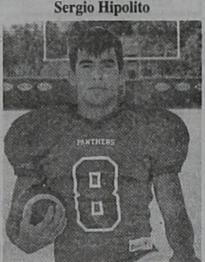


Tommy Simmons

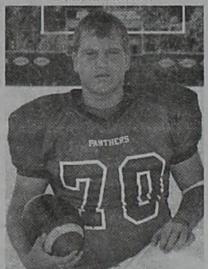
Jon Fenley



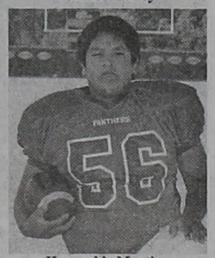
First Team Defense - OLB Honorable Mention Offense-All Purpose



First Team Defense DB Second Team Offense - WR Dakota Pacheco



Second Team Offense Tackle Sheldon Fenley



Honorable Mention Defensive Tackle Tony Ramirez

First Fruits Christian Fellowship To Hold Christmas Pageant, Miracle On Main Street

First Fruits Christian Fellowship is pleased to present this year's Christmas Pageant, Miracle on Main Street, preformed by our very own neighborhood children. Miracle on Main Street tells the story of the dilemma of a group of children who want to celebrate Christmas in public, but face opposition from the politically correct local townsfolk. Despite the challenges, the children stand up for their beliefs and joyfully proclaim their faith. The story is told with songs, dancing, and much more making it a Christmas event you will enjoy from beginning to end.

This Christmas event will be performed at 6:00 pm on Friday-December 16th, and Saturday- December 17th. In addition to the festive gathering, refreshments will be served immediately after the pageant. Though this event is free of charge, we graciously request that tickets be reserved for you and your party due to limited seating. Tickets may be reserved by calling 734-3203. Please designate name of party, number of tickets and date of attendance. Thank you and have a very

Melissa Ramirez Named On Big Country All State Volleyball List

The List of Big Country All-State Volleyball Teams was released this week by the Texas Girls Coach-Association.

Melissa Ramirez of Gorman received the honor of being named to the list. Melissa has shown outstanding performances in her

games this eason and is very deserving of the honor bestowed on her

by the Coaches organization.

We are very proud of Melissa along with her parents, Mario and Rosa Ramirez.

City of Gorman, Tx Resolution No. 2011-12-1

RESOLUTION APPROVING A RESOLUTION BY THE GORMAN ECONOMIC DEVELOPMENT CORPORATION AUTHO-RIZING AND APPROVING AN INCENTIVE LOAN TO ZJ'S STEAK HOUSE.

WHEREAS, the City of Gorman, Texas created the Economic Development Corporation pursuant to Section Type A and Type B of the Development Act of 1979, as amended Article 5190.6 Texas Revised Civil Statues Annotated, for the purpose of financing the costs of one or more projects within the meaning of the Act;

WHEREAS, the levy by the City of an economic development sales and use tax for the benefit of the Corporation under the Act was authorized by a majority of the qualified voters of the City voting at an election called and held for that purpose:

WHEREAS, The City has established and levied, and maintains and collects on behalf of the Corporation the economic development sales and use tax pursuant to the Act; WHEREAS, on receipt of the proceeds of the economic development

sales and use tax, the City delivers the proceeds to the Corporation to use in carrying out its functions; WHEREAS, The Gorman Economic Development Corporation has en-

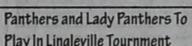
tered into agreement with ZJ's Steak House, Gorman, Texas to grant an incentive loan in the amount of \$21,500.00.

WHEREAS, ZJ's Steak House will complete the building within one year, and use local workers as much as possible;

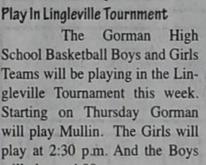
THEREFORE BE IT RESOLVED, The City Commission hereby approves the incentive loan made by the Gorman Economic Development Corporation to ZJ's Steak House.

(s) Mayor Robert Ervin Attest: (s) City Secretary, Tacy Warren

The results of the Gorman Basketball Tournament are inside of this issue of the Progress.



School Basketball Boys and Girls Teams will be playing in the Lingleville Tournament this week. Starting on Thursday Gorman will play Mullin. The Girls will play at 2:30 p.m. And the Boys will play at 4:00 p.m.





Jolly Old Saint Nick will begin taking pictures at 5:00 in the Community center and take a short break to lead the "Light Parade" from the Football stadium parking lot down Fisher St. (Hwy 8) to Houston St., then down Kent St. until we end up at the City Park where the main activities will take place. Parade floats will be judged according to theme as well as their display of Christmas lights. This year's theme is "A Homemade Christmas"

After the parade, we will be lighting the city's Christmas Tree, which will be decorated with ornaments made by stu-

There will be a "Best Homemade Christmas Cookie" contest for all ages. Entries must be at the Community Center no d later than 4:30 and should include a list of ingredients. There will also be a coloring contest for the little ones. You may pick up a coloring sheet at the City Office and return

All businesses and churches are encouraged to participate with floats as well as providing warm drinks and goodies. Contact Jason Wilder at (254) 243-0338 for more infor

Merry Christmas from the folks of First Baptist Church! Please join us for:

Bro. Barry & Sharlene's Sixth Annual **Open House Fellowship**

When: Saturday - Dec. 10, 2011 - 2pm to 4pm

Where: Home of Jerry and Virginia Skaggs 19950 Hwy 6 Gorman, TX

We hope to see you there!

Classifieds

TWO FRANKS KNIVES!!! Will Open at 315 Bosque in Gorman on Dec. 13th - Hours 12 to 5 p.m. - Tues. thru Fri. or by Appointment - 254-734-1448 or 734-3728.

FOR SALE!!! 72 x 120 Lot in the H. G. Ables Addition in Gorman. \$1,500.00 Call 254-595-2377.

For Sale: 3-2 Solitaire Manufactured home on about 1/2 acre in city limits of Gorman. Built in 2000. Solitaire homes are

quality built homes. \$39,000. Please call for appointment. 254-631-3900 or 254-734-6524

* WANTED - LANDTO LEASE - Pasture preferred. Contact Denver Rainey - 254-

IMMEDIATE OPENING: Homestead Nursing & Rehabilitation of Gorman needs CNA's for 2-10 and 10 to 6 Shifts also All P.R.N. Shifts For additional information, contact the facility at 254-734-2202 EEOC

> HOUSE FOR SALE!!! Three Bedroom, 1 1/2 Bath, Central Heat and Air.

Phone 254-734-5792

Needs work. 510 West Lexington in Gorman.

254-893-6666 DE LEON, TX

Ray Cogburn - Broker

3 + Acre, 3 - 2 3/4 - 2 brick, central A/C, 2375 sf, den + lg. game room, nice carpet, metal roof, water well, 20 x 40 shop, secluded, lots of Post Oaks! \$119,500. 6A: 3-2-2 brick, 1766 sf, central A/C, new floors, 5 y/o roof, metal shop, equip. Shed, RV storage, new well & Septic, beautiful Oaks, 70+ Peaches, pavement. Nice!! \$164,500.00

10.43 A: Near Duster, approx. 800 Pecans, building site, elec available, paved road, deer. Owner Finance Possible \$3,495 acre.

17.25 A: HWY 8 Desdemona, 10+ A Coastal, pond, new fences, nice Post Oaks, nat. gas/elec. available. \$79,000.

S/E Gorman: 60 A, good sandy soil, some coastal, good fences, elec., nice pond site.

77 A: South of Gorman, fields/some wooded. Deer & other wildlife, 2 small ponds,

elec. available. \$2,000 acre.

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. 179 A. south of Gorman: Part wooded, part old fields, deer & hogs, 2 nice ponds,

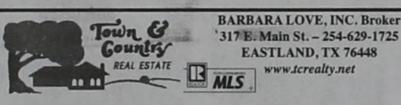
sandy soil, elec., water well, metal building. \$2,350.00 acre. SELLERS SAYS MAKE OFFER!! 322A. Oak & Elm Trees, 2 creeks, great water shed project! 40 A. Coastal, owner re-

ports 300 round bales/year, 55 A. Cultivatable soils, 6 ponds, water well, 1200' metal Bldg. with slab floor, elec. Deer, turkey, and other wildlife. \$2,300 A.

NEW - 395A S/W Gorman, 1/2 Open 1/2 Wooded, small creek, 4 ponds, 40' elev. change, gravel road 2 sides, elec. available. Remote location, deer & wildlife. \$1,795.00

407 A: N/E Gorman, 3 pivots, 16 wells, 8 ponds, 3 metal barns, 3 sets steel corrals, irrigated Bermuda, 3-3-2 rock/frame home, central A/C, metal roof & more! \$3,500 acre, possibly divide. www.cogburnrealestate.com

SELLING GORMAN - DELEON AREAS OVER 50 YEARS



LISTEN TO THE QUIET! Private & close to Gorman-beautiful ONE OWNER - 3 BR, 1 3/4 bath brick home on 10 AC, m/l. 2 water wells, coastal, outbuildings & garden spot. Call to find out more! HA1

BEAUTIFUL OAK TREES LEAD THE WAY to 2 story borne on 44.7 AC, m/l 2 BR, 2 bath, LR, DR, upstairs balcony w/out the train to bazing www.stg., shop w/equip. shed, approx. 256 AC. of good coastal & old irrigation pit. HA2

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

20 ACRES, M/L, GORMAN - Good coastal & native grasses, 1 tank & partially fenced. Will Be surveyed out of a larger tract. Could be very productive. A2

BETTER BELIEVE IT - There's plenty of room & privacy for the lover of country living on this

2 AC, m/FL. 3 BR, 2 bath brick-LR w/FP, DR & den. Outside is a deck w/jacuzzi, a tank, 3 stg. bldgs. & lg. metal barn 2/2 heated & cooled rooms. Call today & enjoy the fresh air & Wide open spaces! HA2

NICE BRICK HOME ON CORNER LOT - 2,08, 1 bath, formal R/DR, family room, wood floors, fresh paint, SAG + CP & nice patio. 02

CHARM, WARMTH, COMFORT - This 2 BR, 1 bath brick has all of this & more. Large inviting living room, kitchen/dining ombo, O/A, willity w/extras, DACP & cov. porch overlooking the oversized back yard with it's beautiful pecan trees. Call us to make your appointment

PRODUCTIVE - 160 AC, m/l, N. of Gorman. Coastal, good soil, 2 tanks, water well s & frontage on 2 county roads. A13

PAUL WILLIAMS ROOFING

CARBON, TEXAS

FREE ESTIMATES 254-639-2330

The Gorman Progress

P. O. Box 68 - Gorman, TX 76454

Phone 254-734-2410 or 254-734-2411 FAX - 254-734-2799 Email: jake@txol.net or gprogress@txbusiness.com

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DISPLAY AD RATE

\$4.00 Per NAA Column Inch. PROCESS COLOR - \$100.00 Flat Rate - Extra NATIONAL AD RATE - \$6.00 Per NAA Column Inch NO COMMISSION DISCOUNTS CLASSIFIED ADVERTISEMENTS - .25 CENTS A WORD MINIMUM CHARGE - \$4.00 PER ISSUE NO COMMISSION - INSERTS - \$72 Per ISSUE ADDITIONAL 50¢ FOR BORDERS. WEDDING ANNOUNCEMENTS - \$5.00 OR \$10.00 WITH PICTURE WEDDINGS - \$10.00 **NEWS AND ADVERTISING DEADLINE - TUESDAY NOON** CARD OF THANKS - \$5.00

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Eastland VFW and Ladies Auxiliary To Hold "Toys For Tots"

We are teaming up with "Toys For Tots" to be Santa's Helpers. We want to be sure that every Child has a toy for Christmas. If you know of anyone that needs this help, please contact us. We will need to have an Adult contact, address, phone number and the Sex and Age of the Children.

Please call and leave a message if we do not answer:

> Sandra Martin - 254-629-8049 Brenda Hand - 254-488-1986 Sharon Sanders - 254-631-7401

Deadline to get information to us is Tuesday, December 13th. Christmas Dinner - Dec. 17th - 2 p.m. -- Children's Christmas Party - Dec. 17th - 6

Eastland VFW - 918 Hwy. 570 in Eastland.



The Gorman Parent Teacher Organization and area businesses will host a Family Movie Night on Friday, December 16th at 6:00 pm in the school's auditorium.

Come watch this magical holiday tale of a young boy who still wants to believe in Santa even though his friends have "grown out of it." His faith is rewarded when a steam train pulls up to his house and escorts him to the North Pole to meet Santa.

Tickets are only \$1 and sold at the door. Concessions will be available to purchase.

Call 254-965-4125 or Cell 254-592-3159 894 N. Graham Street -- Stephenville, Tx 76401

Jacks Pool and Spas Jacks Chemical and Janitorial Supply,

Christmas Store

Desdemona Activity Center Desdemona, TX December 1,2,3 & December 8, 9, 10 8:00-5:00

Riley Gardner Memorial Represented By: JONELL TORREZ - 254-734-2535

Our Memorial Display Is Now Located Behind Higginbotham's Funeral Home. We Guarantee You Can Buy The FIN-EST QUALITY Memorial At The LOW-EST PRICE. All Work Guaranteed.





Housing Authority

Is Currently Taking Applications for Apartments 102 S. Fisher - 254-734-2400 -Office Hours 9:00 -3:00 (M-F) The Gorman Housing Authority Offers Equal Opportunity Housing To all Who Qualify

New 3 + 2 D/Wide \$47,900!

Energy Pkg., Appliances, C/Heat & Air, Del & Set Up 817-279-8505

RBI-35823

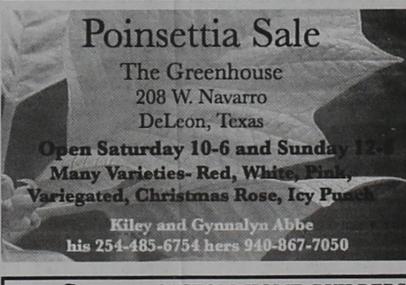
Repos, Repos, Repos!! D/Wides from \$27,900 NSP S/Wides from \$22,900, over 20 in stock. \$0 Down If You Own Land.

RBI-35823 5-12-29 C.

Land / Home Financing - 4.25% A.P.R. Let Us Finance Your New Home plus Acreage, and improvements. FHA, 3.25% Down, 360 Mos., 4.25% Crown Homes

817-279-8505

Business Directory





CUSTOM HOME BUILDERS **SINCE 1980** Let Us Build Your New Home or Room Addition If You Can Dream It, We Can Build It!!!

T. J. Clark Construction Co., Inc. (254) 734-2755 P. O. Box 176 - 111 E. Roberts St. - Gorman, Tx 76454

General Building Contractors - All Work Guaranteed Custom Homes - Remodeling - Commercial - Industrial - Farm Financing - Free Estimates - Design, Engineering & Plan Services

New 32' Wide - 4 Bdrm. - \$69,900!! Country Style Kitchen, Large Island, Walk In Pantry. Delivery & Set Up \$0 Down If You Own Land

817-279-8505

RBI-35823

5-12-29 C.

Pig Tales From Hogtown

Wow! We have had a wonderful response to the Christmas Store here at the Desdemona Activity Center! What fun we have had! I happen to know that we will have some more items coming in for this weekend's sale. We have sold bunches but still have a lot left. And don't forget the cakes, cookies, pies, candy, etc. The store will be open this week on Thursday, Friday and Saturday from 8:00-5:00.

Remember that we will not have a second Friday of the month dance because of the Christmas Store. When we resume the dances in January, they will be held on the second Saturday of each month. Johnny Johnson and the Memory-Makers will still be our band.

We have a concern about our regular 'First Saturday Breakfasts' here at the DAC. The cost of food has gone up so much. We would like to keep the cost by donation but are considering setting a price. Please be fair and give a fair amount when you come. For the time being, the donation cost will stay and we will reevaluate in a few months. The breakfasts are a fundraiser to pay for the building. We very much look forward to the day when we can have these events and not worry about the cost, but for now, we must make the mortgage payments. We would low to have someone come forward and help us make a dent in the amount we owe. It is not a huge amount, but it must be paid.

> See you in Desdemona! Carol Pell

Christmas Book Collection At Charlie Garrett Memorial Library

Over 120 Christmas paperback books have been loaned to our library from a private collection. Many of the books were written by top selling authors like Nora Roberts, Fern Michaels, Debbie Macomber, Janet Daily, Jillian Hart, Linda Lael Miller, Mary Higgins Clark, etc. They include mysteries, modern day romances, historical romances, westerns, and books from the heartwarming inspirational "Love Inspired Books" published by Steeple Hills. This spirit lifting collection includes something for everyone. If you have never read a book about Christmas written for adults, find out what you've been missing. We will also have a large selection of children's Christmas books for parents to read to your little ones.

This entire collection will be available until December 31. Coloring sheets for the Christmas in the Park coloring contest are also available at the library this week.

LIFT YOUR SPIRITS THIS CHRISTMAS SEASON with a book from this special offering.

"On The Wilder Side"

After Christmas, a little over two years ago my wife and I packed up Christmas tree along with its ornaments, and really every other thing we own, to be shipped to our new home here in Gorman. A year came and went along with all of life's hustle and bustle and when it came time to put our Christmas tree in our new home, we realized that the little red Sterilite boxes with our Christmas ornaments were nowhere to be found. We searched high and low... In the garage, the closets, attic, and we made sure that no stone was left unturned. Now, normally a lost box while moving is almost expected and most items are easily replaceable, but not Christmas ornaments. Not my daughter's first one with her name engraved on it. Not the Cowboy Santa my wife gave me during our first Christmas together, and certainly not my wife's lifelong collection of Christmas penguins. With long faces we accepted the fact that our beloved Christmas tree decorations had gone off to that no man's land where missing socks and earrings end up. This year as we pulled out the Christmas tree, and once

again couldn't find the missing ornaments, I decided to try a different approach and called the new residents of our former house, to see if we might have left them behind. And do you know what; we left them in the attic in our rush to move to Gorman! My wife and I both felt so happy that we almost called everyone we knew so that they might rejoice with us. In Luke 15:8 Jesus told a parable about a woman who had

ten coins but lost one and she diligently searched the house until she found the lost coin. Sure, she had nine other coins, and maybe she should have just been content with those, just like we could been content with new ornaments, but it is just not the same. Im sure you have lost something very near and dear to your heart and then almost jumped for joy after you found it. Jesus said that in the same way, "there is joy in the pres-

ence of the angels of God over one sinner who repents." Did you catch that? When a person comes to Christ and stops living for themselves, God, Himself rejoices in the presence of angels. As you read this you fit into one of three categories. Either you are the one who has been found, you are helping with the search, or you are the lost sinner being searched for. If you are in the one who is lost, won't you stop trying to hide from God and come to Him today? 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

A Letter To The Editor By Henry A. Buchanan

Behold the indignant but helpless Giant. The most powerful nation on earth! We would like to do something about Syria. It's a disgraceful situation which decent Americans should not permit. But what can we

We went to war in Afghanistan because there were "training grounds for terrorists." We went to war in Iraq because Saddam was a threat. We have attacked Pakistan because of the places of refuge there for Taliban. We are threatening Iran because they have a loud mouth who is taunting us and we are afraid they may get a bomb.

We are displeased with China because of money. Their money.

But we wasted ten years in Iraq and Afghanistan and we are afraid to expose our flank by coming home. We can't trust Pakistan because we invaded and killed Osama bin Laden. We can't do anything about China because we own China money.

And we can't decide whether to cut our powerful military or let the people on Medicare and Social Security sicken and starve.

So what are we going to do about Syria? Nothing. Because we are the Helpless Giant standing by and watching the Syrian people die under the gun of a dicta-

Big deal land of the Free and Home of the Brave. You do great at football. Go American Eagles! (s) Henry A. Buchanan

1131 N. Kent St. - Gorman, TX 76454 254-734-4569 12/4/11

Happenings At FBC!!

Frenzy! Black Friday begins the tradition of Holiday Shopping, and year after year people go crazy. Pause to reflect on God's greatest gift to you, and appreciate like never before that Jesus is more than just a baby.

Mark your calendars:

Dec. 7th - Nursing Home Christmas Store by Youth Group.

Dec. 10th - 2pm to 4pm -Bro Barry & Sharlene's Open House at Skaggs' Home - See you there!

Children's Sermon: Traci told of driving down the road and seeing construction signs, orange cones, and men holding flags. We see these things when the people are working on the road. In the Bible book of Mark, chapter one, we are told to prepare the road and that God wants us to make a way straight for Jesus to come into our hearts. We need to keep trying to do things His way; and to make our life straight, right, and ready for Jesus to come again.

Bro. Barry's Message: "Ready" - Matthew 25:12-13 - Winning is not determined by score, rather by the output by one in any circumstance. There is no such thing as losing unless you've never met Jesus and accepted Him as your Savior. Christmas gives recognition to Christ more than any other time during the year.

Matthew 25:12) "But he called back, 'Believe me, I don't know you!' 13) "So you, too, must keep watch! For you do not know the day or hour of my return.

The Mayan Calendar is the ancient clock that counts down to zero hour where the planets are in perfect position, and it's prediction is precise of 12/1/12 being the end of the world as we know it.

Hollywood makes movies about it, but never say to be ready! The Bible tells us clearly that God is the only one that knows the day and the hour of Christ's return. Matthew 25:1-11

We all love weddings and enjoy the celebration. Jesus likens the Church to a wedding party. Jesus talks to us through the Holy Spirit and His Word. In our deepest darkness Jesus speaks to us, and He is coming again to deliver you. We must be prepared like the five wise bridesmaids that filled their lamps with oil.

Jesus Makes Three Points:

1. You Must Be Spiritually Ready. - It's crucial to figure out how to live ready. Have faith and trust in God and live obedient to His Word.

2. No One Can Do It For You. - People know if they are not ready, but refuse to do anything about it. Do you make an effort to come to Church? The Message from the Sermon, Traci's Children's Sermon, and the Music can change your life. You only receive it if you're there. If you're not ready, what will it take to get you ready? Bro. Barry and our Church Family will do anything to help you be ready; and we will support & encourage one another to stay ready.

3. There Is A Time Called "Too Late". - In Matthew 25 we learn of the five foolish bridesmaids that didn't prepare their lamps with oil and found themselves outside calling, "Lord! Lord! Open the door for us!" Even with Jesus' immense kindness & mercy he is forced to say, "I don't know you!" Also, at that point the door will not be opened. Foolish and reckless behavior does not honor God. We must heed the warning at a low water crossing -"Don't drown, turn around!" We must heed the warning to live Ready for the return of Jesus.

God the Father is counting and He is about to shout, "ready or not here I come!" - It's the honest truth, Jesus is coming again for His children. Glory to God!

If you are reading this and you have not accepted Jesus Christ as your Lord and Savior please call Bro. Barry, ask Bro. Barry to talk with you about being saved or just ask him to pray with you, just call (254) 734-2420. Our Worship Service begins at 11:00AM on Sunday mornings - please come and join us! Remember: BJ Ramirez, #0, controls the fast break and takes the two points in God loves you like no one else!

Email us at fbcgorman@hotmail.com

Gorman Hot Hoops Basketball Tournman

The Gorman 1st annual basketball tournament, sponsored by Gorman High School and The Gorman Athletic Rooster Club, took place on December 1, 2, and 3. Basketball action has definitely started with a bang and it looks like it can only continue to get hotter. The Gorman Panthers and Lady Panthers all represented themselves in a great way at the tournament. With little time for practice due to playoff games, the teams did more than just play admirably, they tore up the court!! Please make a point of coming to future basketball games and supporting the Gorman athletes as they begin what appears to be a very successful looking season.

The Gorman Athletic Booster Club would also like to take this time to extend a huge thank you to all who helped with the tournament. It was truly great to see so many volunteers help out. So to you all who worked the concession stand or brought food for the hospitality room, THANK YOU, you helped make this an outstanding tournament! It certainly couldn't have been the success it was without you. Thanks also to Mr. Heupel and the Gorman coaches for the terrific job they always do in making sure everything is running along perfectly. And of course, thanks go to our gate keeping crew, and to those running the scoreboard and the bookkeepers. Also thanks to Laura Hipolito and Maria Ortiz who kept everything clean and looking great! And last but not least, Pam and Cheri, thanks for all your help, and Connie and Bree Wood for staying nonstop two days straight along with all the concession ladies for making it possible for me to go to Adrian's birthday party, ya'll are the best! I appreciate all of your help.

Becky Swanner



The Gorman Panthers took FIRST PLACE at the Gorman Hot Hoops Basketball tournament. Shown are Zack Carlton, Matt Fox, Jon Fenley, BJ Ramirez, Daniel Herrera, Luis Limon, Sheldon Fenley, Yovani Palacios, manager Cade Simmons, Sergio Hipolito, Coach Tommy Simmons, and Dakota Pacheco. Great job gentlemen!



exciting game action Saturday night.

Melissa.



Zach Carlton, #22 dominates the lane and all these Priddy players can do is hope to keep up. Gorman Panthers, fresh off the football field, surprised the non-football Priddy Pirates with speed, finesse, and great playing to win the championship game.

2nd Texas Frontier District, Sons of Confederate Veterans, Camp #1904 Along with Cactus Rose, Chapter #23, Order of Confederate Rose Warmly Welcomes You To Celebrate With Us

A Confederate Country Christmas

Saturday, December 10th - 6 o'clock in the evening Highway 6 Cafe in De Leon, Texas

Come and Celebrate a good 'Ole Country Christmas, with a hearty Southern Meal, Music and Speaker Past SCV Texas Division Commander - Dr. Ray James, P.E., PhD.,

Assistant Dean, Dwight Look College of Engineering - Texas A&M University Ticket Cost is \$14.00 (includes Meal) Door Prizes As Well As Awards For Best Period Dress and Uniform For More Information, Contact Thomas Harrison - 254-734-5058 or rebeltom@cctc.net You may also order tickets by mailing a check with ticket request to: P. O. Box 41 - Gorman, Texas 76454

Matt Blackwell

Of Beattie, Tx - Needs Back Surgery due to Pryor Accident.

Sunday, December 11th

Starts At 11 a.m. to 2 p.m. Price \$ 10.00 Per Person

There Will Be An Auction

Cook's Fish Barn

Hwy. 36 - Between Rising Star & Comanche



#11, Melissa Ramirez goes up strong It's getting a little rough in here! Kinsey Johnston is shown for two points under the goal as Priddy attempting a lay up while getting roughed up by this Priddy defenders swarm around her. Melissa's player. The foul call allowed Kinsey her two points at the efforts not only gained these two points, free throw line instead. Following in is Rachel Tucker. but also caused her to be selected on the All Tournament Team. Congratulations,

BASKETBALL SHIRTS

The Athletic Booster Club is now taking orders for basketball shirts. Be sure to support The Panthers and Lady Panthers as they shift into Basketball. The shirts will be ordered on Friday, December 7. Call Mrs Swanner at the school for more information. The number is 254-734-3171.

Desdemona

By Vonnie Guthery

Ladies Monthly Social will be held on Monday, December 12th at the Community Center. This will be a covered dish "Christmas Luncheon". Make plans to arrive at 11:00 a.m. and bring food of your choice. Enjoy the food and fellowship with friends and neighbors. Visitors are welcome.

Your help will be appreciated.

have good attendance each Sunday. Following the morning worship service there was thirty two to enjoy a "Spaghetti Lunch" at the Church Annex that was prepared by the Youth Group and their leaders. Donations from this meal will be used to send Christmas presents to the New Horizon Children's Home in Goldthaite, Texas.

"Happy Anniversary" to Dale and Juanita (Hoskins) Langlitz in Eastland as they celebrate their 60th on Wednesday, December 14, 2011. Juanita attended School in Desdemona with the Class of 1949.

Though for Today - "If you didn't start out they day with a smile - it's not too late to start practicing for tomorrow." Have a great day, Coon.

Homestead Happenings

The busy season is here as well as the cold. Most of the Christmas decorations are up. Now it is time to start decorating the residents rooms if you would like to help let us

We have several groups coming to entertain us and we are excited about that. The youth from the Baptist Church will be here Wednesday night to open their annual "Christmas Store". They have been busy collecting gifts and they come and set up the Christmas Store and each resident is able to go shopping for free for their love ones. We greatly appreciate the youth and their sponsors for doing this. On Friday afternoon at 2:30 we will have our monthly birthday party. This month, Mayvis Lasater is the only one with a birthday. Please come and join us as we help Mayvis celebrate her birthday.

Visiting with Floydene Gilbert were Jonathan Gilbert and Amanda Engram of College Station, Amber Gilbert of Abilene, John and Tresa Gilbert of DeLeon and Carolyn Gilbert. Visiting Sunny Kellogg were June Morton of Ft. Worth, B.E. and Francis Simpson. Ted Higginbottom of College Station visited Mary Kirk. Gaylord Battenfield, Karen Burleson, Brent Lasater and Nelda Mauney came on Sunday morning for Sunday School. Those coming from the Baptist Church on Sunday afternoon were Bro. Barry, Tody and Harold Zink, Jill and Ethan Torres, Lorin Eaves and Ruthie Porter. Visiting with Ima Brown were Jana Grice, Lorin Eaves and Ruthie Porter. Maxine and Marilyn Huddleston visited Frankie Stacy. Visiting Rozelle Caraway were Liz and Shane Caraway of Valley Mills, Bo Caraway and Kathy Scitern.

Have a good week.

Be intrigued. Be amazed. Be the first. Experience downtown Dallas' newest destination hotel at a special grand opening rate. Open 11/11/11 Be there. omnidallashotel.com/definitely 800-843-6664 **Definitely Dallas** OMNI HOTELS & RESORTS

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Gorman Middle School Basketball

In action on November 14th the Gorman A and B Combined Boys Middle School Teams defeated the Rising Star Team by the score of 32-24. The score was tied 5-5 at the at the end of the frist quarter and the Rising Star team led 14-11 at halftime. Each team scored 10 points in the third and Gorman outscored Rising Star 11-0 in the final period to win by the score of 32-24. Freddy Montelonga led Gorman with 8 points. Flavio Herrera and Hunter Childers each had 6. Ismeal Herrera and Richardo Olivera got 4 each and Rylan Laminack and Izeal Herrera had 2 each.

In action on November 28 the A Team Panthers defeated the May Tigers by a score of 30 to 20. Gorman led 13-10 at the end of the first period and neither team scored in the second, Gorman outscored may 10 to 4 for a a 23-14 lead in the third and 7 to 6 in the last period for a 30-20 victory Flavio Herrera led Gorman with 10 points. Rylan Laminack and Jonathan Rivas each had 6 points and Hunter Childers and Freddy Montelonga had 4 each.

In a December 5th game with Baird the Panthers won by the score of 35-29. Gorman led 11-4 in the first and 6 in Please contact this reporter with your weekly news. the second for a halftime lead of 17-13. They added 11 in the third and Baird got 5 for a 28-18 led in the third. Gorman put up 7 while Baird hit 11 and hte final score was 35-29. Laminack, Herrera and Childers each had 8 points to lead the Panthers. First Baptist Church of Desdemona continues to Freddy Montelongo hit 7 and Jose Montelongo and Rodrigo Mata each had 7.

> On November 28 the Middle School "B" team boys won over Santo 35-17. The Panthers led 10-0 in the first and added 76 in the second for a 16-3 lead at halftime. They outscored Santo 9-6 in the third and 10 to 8 in the final period for the 15-17 margin. Ismael Herrera led Gorman with 13. Izeal Herrera hit 12. Danny Limon got 8 and Ricardo Olivera got 2. In another "B" team game on December 5 with Huckabay with Panthers won 35-29. Gorman led 6-4 in the first and

18-10 in the second for an 18-10 lead at intermission. They Added 11 in the third and 6 in the final period for the 35-29 Margin. Ismael Herrera led the Big Red with 19. Olivera hit 10. Izeal Herrera had 4 and Austin Byrd got 2.

Important Dates For The 2012 County Stock Show

January 11-14, 2012 - Eastland County Livestock Show Please take note of the following requirements:

Commercial Heifers may be no older than 24 months at the time of the stock show.

Market Lambs may be either sex. Medium Wool, Fine Wool and Fine Wool Cross lambs must weight at least 90 pounds at the show. Southdowns and Hair Sheep must weigh at least 80

Meat Goats may be either sex, must have tipped horns and must weight at least 50 pounds at the show.

Market Angora Goats must be castrated males and must weigh at least 40 pounds at the stock show.

Market Hogs may be either sex and must weigh between 200 and 270 pounds at the county show.

Market Steers must weigh at least 900 pounds at the time of the show.

For a complete list of rules or for answers to questions, FFA members and guardians should contact your supervising Ag Science Teacher and 4-H members and guardians, the County Agent. Exhibitors are responsible for understanding and following all 2011-2012 rules and regulations. If you have questions, please ask.

Farm Service Agency Offers Producers a Free Online News Service **Up-to-the-Minute Farm Program News Direct** to Your Email Account or Smartphone

The USDA Farm Service Agency (FSA) announced that farmers and ranchers in Texas now have a more efficient, timely option for receiving important FSA program eligibility requirements, deadlines and related information.

FSA is now offering free online communications through our GovDelivery electronic news service. News will be sent via e-mail right to your home or farm office or to your Smartphone allowing you to receive immediate notification of farm program news that is pertinent to your agricultural operation.

Through FSA's GovDelivery electronic news service, producers can establish subscriber preferences by choosing to receive federal farm program information by topic, by state and/or by county. Producers can select as many subscriber options as they want, which allows producers who farm in multiple counties or across state lines to receive updates from each county in which they operate or have an interest.

GovDelivery is a one-stop shop for the most up-to-date USDA program information.

If, after using this online system, producers no longer wish to receive hardcopy newsletters from their local county office, they should contact the office and make their preferences known. GovDelivery will enable FSA to keep producers better informed and allow us to conserve resources and reduce taxpayer expenses associated with the preparation, printing and distribution of hardcopy newsletters.

To begin using GovDelivery, subscribe online at http:// www.fsa.usda.gov/subscribe or contact your local office for subscription assistance.

Please contact your local FSA office if you have questions regarding FSA's GovDelivery electronic news service.

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MCL, AVERAGE / 02 TTHM

The Texas Commission on Environmental Quality (TCEQ) has notified the CITY OF GORMAN water system that the drinking water being supplied to customers had exceeded the Maximum Contaminant Level (MCL) for total trihalomethanes (TTHM). The U.S. Environmental Protection Agency (U.S.EPA) has established the MCL for total trihalomethanes (TTHM) at 0.080 milligrams per liter (mg/L) based on a running annual average, and has determined that it is a health concern at levels above the MCL. Analysis of drinking water in your community for total trihalomethanes (TTHM) indicates a compliance value of 0.097 mg/L for the monitoring period 1/1/2011 -03/31/2011

Trihalomethanes are a group of volatile organic compounds that are formed when chlorine, added to the water during the treatment process for disinfection, reacts with naturally-occorring organic matter in the water.

Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidney, or central nervous systems, and may have an increased risk of getting cancer.

You do not need to use an alternative water supply. However, if you have health concerns, you may want to talk to your doctor to get more information about how this may affect you.

We are taking the following actions to address this issue:

We will need to identify how we can provide water that meets the drinking water standards which will include any number of the suggestions that were offered. Those suggestions were to modify treatment, blend sources, reconfigure entry points or find an additional source. It also mentions "...consulting with an engineer who specializes in drinking water issues for specific solutions on how to resolve your violation." Of those TCEQ suggestions there are only two of them that can possibly be explored since we have no other water source to blend and the City has no other entry points to its system. Obtaining engineering assistance and modifying treatment currently appears to be the District's sole options from those suggested. However, there is a whole other realm to explore, and most probably modify current modes of operation, and it possibly holds more potential to reduce TTHMs as they elevate while water is being conveyed throughout the District's system and then while resident in the City's system before final use for City purposes. This will be in the transmission and distribution systems and will most assuredly require participation of the City.

The City will continue to flush lines on a steady and regular basis.

Please share this information with all people who drink this water, especially those who may not have received this notice directly (i.e., people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or

If you have questions regarding this matter, you may contact the City of Gorman @ (254)m 734-2317

MCL, AVERAGE / 02/ TTHM

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If you have questions regarding this matter, you may contact the City of Gorman @ (254) 734-

254-592-3159)pen Monday thru Friday 9 a.m. To 5 p.m. have a full stock of ool Chemical Needs omical and Janitorial Suppl Cell 894 N. Grahan Call 254-9

Texas Deer Association Applauds Efforts of Texas Parks and Wildlife Department

SAN ANTONIO - The Texas Deer Association (TDA) applauds the Texas Parks and Wildlife Department (TPWD) for their commitment and continued vigilance in monitoring deer in Texas to minimize risk of disease transmission to both wild and breeder deer populations. TDA notes the stepped up efforts are especially needed to preserve and protect the contributions of the breeder deer industry to the state's struggling economy.

The TPWD reported that recent confirmation of Chronic Wasting Disease (CWD) in a farmed white-tailed deer in Missouri has caused the department to increase its surveillance efforts in Texas. As part of their efforts, they plan to have state biologists at locker plants and processing facilities for deer hunters who may want to voluntarily donate harvested deer brain tissue samples for CWD testing, even though extensive testing since 2002 has not yielded a single positive test in Texas.

CWD is an infectious neurological disease known to occur only in white-tailed deer, mule deer, black-tailed deer, moose, elk and sitka. The TPWD news report noted, "There is no indication that CWD in deer can lead to disease in native livestock or people. Wildlife officials regard prevention as the primary and most effective tool to combat CWD." The deer breeding industry continues to cooperate with both the Texas Animal Health Commission (TAHC) and TPWD as they have from the inception of the CWD surveillance program to develop standards and guidelines to minimize risk and to punish violators. Deer breeders are subjected to stringent testing and reporting requirements with operators keeping detailed records of every deer born, living or dying under their care. Texas deer breeders are required to test 20 percent of all deaths at their own expense, and many test 100 percent of all mortalities. Texas breeders have tested over 41% of all deer tested. At \$100 per average total test cost, that amounts to an estimated \$1,287,900, a significant and growing investment that deer breeders have spent to assure their industry remains secure. In addition, TDA has a strict internal code of ethics and standards to take steps against members who violate those standards. TDA's internal ethics policies applicable to its members has been complimented by TPWD's Scott Boruff, Deputy Executive Director for Operations.

Carter Smith, TPWD Executive Director, stated, "More than 1,200 permits are issued annually to deer breeders in Texas covering an estimated 80,000 whitetails held in captivity. The vast majority of deer breeders operate within guidelines designed to minimize risk of disease transmission." He reported that TPWD has tested about 800 illegally-possessed deer from 32 violators, and that all deer tested were found to be free of CWD. Unfortunately, there is no available test for live animals at this time.

In 2005, TAHC and TPWD implemented a ban importation of deer into Texas. Since then, subsequent monitoring and testing of CWD has not shown the disease to be the health risk once feared, and everyone involved in the deer industry wants to keep it that way. According to information provided by the U.S. Department of Agriculture, Animal and Plant Health Inspection Service, Veterinary Services, approximately 164,500 farmed cervids (both deer and elk) have been tested across the nation since 2002 and, of that number, only 171 farmed cervids tested positive for CWD. Of those, USDA reported CWD was detected in 13 farmed whitetailed deer herds and 39 farmed elk herds in 11 states: CO, KS, MI, MN, MO, MT, NE, NY, OK, SD, WI. Out of approximately 775,000 free-ranging wild cervids tested since 2002, approximately 3,130 animals were found to be positive in 15 states: CO, IL, KS, MD, MN, ND, NE, NM, NY, SD, UT, VA, WI, WV, WY. According to this data, CWD is more prevalent in wild, or free-ranging, cervids than in farmed, or 'ranch-raised' cervids by a ratio of 4 to 1. TPWD reports that, from 2002 through 2010, a total of 31,325 ranch-raised and wild cervids have been tested for CWD, but CWD has never been found in Texas in white-tailed deer or any other

Dr. Don Davis, Associate Professor, Veterinary Pathobiology, College of Veterinary Medicine, Texas A&M University, expressed his concern that other diseases that are known to exist in Texas, including Blue Tongue, Anthrax and Epizootic Hemorrhagic Disease (EHD), have been especially devastating to both wild and farmed deer this year resulting in the loss of hundreds if not thousands of deer. He explained, "Anthrax always occurs at some level annually in the Southern Edwards Plateau generally in native and free-ranging ruminants." In the summer of 2007, landowners in nine Texas counties lost as much as 34% of their free ranging whitetailed deer to an outbreak of common diseases, including Anthrax, which underscores the need for research on all diseases affecting

Dr. James Kroll, renowned expert on white-tailed deer, echoed Dr. Davis' concern in previous legislative testimony. He reiterated, "Texas A&M University, College of Veterinary Medicine, stepped forward to help with deer disease research but received no public funds to do so in spite of a 2009 legislative request for such funding. The TDA has contributed to research on EHD and Blue Tongue, perhaps the most significant diseases of free-ranging and ranch raised whitetails." Dr. Kroll hopes the increased attention at this time on preventing CWD will help the state to also focus on the need for education, prevention and research on deer diseases confirmed to exist in Texas.

ATexas A&M Economic Study on Deer Breeding concluded the "industry is a growing and important segment of the Texas economy, contributing to the vitality of rural areas of the state." They reported the deer industry including hunting, deer breeding and tourism have an economic impact to the state of over \$2.2 billion. Earlier this year, Dr. Kroll spoke on the industry's current status, "Texas has been a leader in deer management since the 1970s, and now enjoys a leadership role in deer breeding. Today, there are over 1,200 active deer breeders, most of which represent small landowners and family-run operations. Whereas, managing for trophy whitetails once was the purview of the wealthy landowner with thousands of acres, deer breeding allows the small family operation to compete. It is safe to say, deer breeding is contributing to saving the family farm or ranch in many cases."

On a national level, individuals involved in the deer industry have been working for several years to secure funding for a research measure successfully included in the current U.S. Farm Bill. The North American Deer Farmers' Association (NADeFA), with the assistance of Texas U. S. Congressman Michael Conaway, along with individuals representing the deer industry from across the nation, including TDA members, were able to secure a measure in the bill to include a Deer Research Initiative to focus on the prevention, diagnosis and treatment of infectious, parasitic and toxic diseases including research dedicated to developing vaccines for EHD and Blue Tongue disease in ranch-raised cervidae. Texas Department of Agriculture Commissioner Todd Staples as well as U.S. Senator John Cornyn were also helpful in bringing initial attention to the need for the research effort. Funding for that measure has yet to be secured, but efforts will continue on this vitally needed project. Texas A&M University, College of Veterinary Medicine is regarded as a likely site for the program.

TDA's president, Gilbert T. Adams, III, affirmed the goal of TDA co-founder Dr. James Kroll, "TDA will continue to advocate for a comprehensive, long-term plan to develop a healthy deer industry in our State. Such a plan will respect the philosophical differences of naturalists and alternative livestock operators while also requiring a cooperative effort between state agencies, the legislature and private landowner/operators; one that acknowledges the need for the management of game animals and respects the role of the private landowner whose stewardship is key to the continued existence of game animals."



Taken From Abilene Reporter News on December 6th - Granted, individual statistics in any sport at the Class 1A DII level can often dwarf those at higher classifications, so one must be careful while comparing the two.

But int he case of Gorman sophomore Zach Carlton, the numbers produced last week were more than worthy of our Big Country Player of the Week accolade.

Leading the Panthers to a 3-1 record and the championship of the Gorman Tournament, Carlton produced four straight double-doubles, beginning with 17 points and 13 boards vus.

Perrin-Whitt.

The 6-foot sophomore followed that with a 23-point, 17-rebound performance against Gordon, a 20-point, 14-board night against the Glen Rose freshmen and 17 points and 12 rebounds against

"We run an offense where we spread things out and isolate him," Gorman coach Tommy Simmons said. "But this weekend, he did a lot of things. Our point guard had turned his ankle, so Zach also helped us bring the ball down and break the press, then he'd go and play inside."

For those without calculators, Carlton avered 19.3 points and 14 boards on the week.

"Most of the time, Zach is rebounding against kids who are bigger than him," Simmons said. "He's only six feet tall, but he uses his body, his long arms and his athletic ability. "He plays more like a 6-3 or 6-4 guy and he thinks every shot that goes up is a pass to him." Zach is the son of Jerry and Denise Carlton.

Panda's Flowers

Will be Open on

Saturday, December 10th

At 5:00 p.m.for

Gorman Santa's Visit and Parade

Come in and visit with Shanda and Kim.

Bling - Bling - Bling Christmas T- Shirts and Regular Ones Jewelry - Candles - Poinsettia's Christmas Gifts and Much More.

> Come In For Some Cookies and Punch or Some Hot Coffee

Panda's Flowers and Gifts

-- Randy's Roundup --

A Weekly Newsletter from Congressman Randy Neugebauer

December 5, 2011

Major Legislation for Remainder of 2011

The House of Representatives is expected to vote soon on legislation that will likely extend the payroll tax holiday, unemployment benefits, and fix the Sustainable Growth Rate (SGR) formula for physicians. I am concerned that the payroll tax holiday, so far, has amounted to a \$111 billion transfer from the general fund to the Social Security Trust Fund for 2011. While I have not seen the legislation or details of these extensions yet, there has been discussion of paying for some of these programs by offsetting spending in other areas. I believe that Congress must get serious about reducing the deficit. Making real cuts or finding offsets to spending will not be easy, but continuing budget gimmicks will once again leave future generations of Americans with the bill.

Department of Labor New Proposed Child Labor Rule Would Affect Family Farms

The U.S. Department of Labor has proposed a new child labor rule that would affect family farms in rural America. The proposed rule would make it illegal for workers under 16 to operate power equipment, work with livestock, or perform other chores that the government deems too dangerous on farms not owned or operated by the workers' parents.

Children have been helping their parents on the farm since the founding of our country. The safety of each child is of utmost importance on a farm or ranch, but I believe each family has the ability, the responsibility and the right to determine what his or her child can and cannot do. The government should not be involved in every decision made by families on farms and ranches across the country. This administration is trying to create a bigger, more powerful government that permeates every aspect of the American way of life. I will continue to monitor this new proposed rule from the Labor Department as it goes through the rule-making process.

House Committees to Review MF Global Bankruptcy

Since November, the Oversight and Investigations Subcommittee on the House Financial Services Committee, of which I am Chairman, has been investigating the collapse of MF Global, a New York-based brokerage firm, and missing customer funds of as much as \$1.2 billion. Futures contracts are a responsible way for businesses and farmers to hedge their risk. This bankruptcy has shaken markets and further eroded the trust that people and small businesses have in markets.

On December 15th, my subcommittee will hold a comprehensive hearing on the decisions and events leading to the bankruptcy of MF Global. This bankruptcy has caused several thousand account holders to have their accounts and money frozen. We must delve into every aspect of MF Global's collapse in a complete and thorough way. The Oversight and Investigations Subcommittee will look into the regulatory and corporate behavior that led to the mishandling of customers' money.

Many farmers and ranchers lost accounts because of MF Global's collapse. Therefore, the House Agriculture Committee, of which I am a member, will also be reviewing the MF Global Bankruptcy with a hearing on December 8th.

Eastland County Lifts Burn Ban

TO: ALL UNITS AND STATIONS: COURT LIFTS BURNING BAN

EASTLAND COUNTY JUDGE LIFTS BURNING BAN

On Tuesday December 6, 2011, after receiving information from other knowledgeable sources, the County Judge decided to remove the OUTSIDE BURNING BAN in Eastland County with the stipulation and request that anyone intending to plan and execute any type of outside burning, please contact Eastland County Cooperative Dispatch (254) 629-1728 and their nearest fire department to notify them of the time and location of the outside burning activity. Please use extreme caution with any outside burning! Please use extreme caution with any outside burning! The County Judge may rescind the Order Restricting Outdoor Burning upon a determination that the circumstances that required the Order no longer exists.

In making this announcement, the Commissioner's Court expressed its appreciation to the various fire fighters, fire departments, and all other citizens of Eastland County who cooperated so diligently in helping to alleviate the emergency condition of dangerous wild fire.

It is hereby ordered by the County Judge that the outside burning ban in Eastland County be removed effective immediately.

Respectfully submitted, Eastland County Commissioner's Court (s) Rex Fields Rex Fields, County Judge

HEALTH

Will Dairy Boost Your Weight-Loss Resolution?

NewsUSA



the Journal of Nutrition demon-

strated that higher-protein, high-

dairy diets shaved off belly fat

weight lost in the higher-protein,

high-dairy group was fat. And

the participants gained muscle

mass, which is a major change in

body composition," says Andrea

Josse, lead author of the study

and a graduate student in the De-

partment of Kinesiology at Mc-

which suggests that the food qual-

ity is more important than its calo-

rie count, found that eating spe-

cific high-quality foods was linked

with less weight gain over time. Its

data showed that the more daily

servings people ate of fruits, veg-

etables, nuts, whole grains and yo-

gurt, the less weight they gained.

In fact, the research found that each

extra daily serving of yogurt prevented 0.82 of a pound of weight

journal reported a study in which

participants who consumed three

or more servings of dairy a day af-

er weight loss were able to eat

more calories without gaining

weight than those who didn't con-

Milk is nutritionally unique in

that it is a great source of nine es-

sume dairy.

The Nutrition and Metabolism

In addition, a Harvard study,

Master University.

"One hundred percent of the

and increased lean muscle.

A glass of milk a day may be all you need to jump start that New Year's resolution.

sential nutrients: calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin. It provides three of the five "nutrients of concern" that children do not get enough of; calcium, magnesium and potassium.

By combining a high intake of nutrient-rich dairy with regular physical activity, it won't even feel like you're trying to lose weight.

"However, as with any diet, you must be realistic. Results take time, so first commit to getting through January to establish a real routine," says Alyssa Greenstein, a registered dietitian with the Dairy Council of Florida.

According to a National Health and Nutrition survey, 86 percent of women and 76 percent of men fail to meet the recommended dairy intake of three servings each day. That means the majority of Americans don't have satisfactory levels of essential nutrients like potassium, zinc, calcium and folate. These levels plummet when dieters attempt to trim calories by purging dairy.

Learn more about the benefits of dairy at www.floridamilk.com.

Eastland County Clerk

HOME

(s) Cathy Jentho

Thinking of Replacement Windows? Think Again

NewsUSA

(NU) - Being aware of your home's carbon footprint takes targeted effort, but it can also save you money. Incorporating ecofriendly additions into your home can massively reduce energy bills and save on repairs.

According to CellularWindowShades.com, up to 24 percent of a fuel bill can escape out of leaky windows. But replacing windows can cost anywhere from \$400 to \$800 per window. Depending on the size of your house and the state of your windows, total cost could be anywhere from \$3,000 to \$10,000.

One affordable yet environmentally efficient option is insulating window shades. There's some hesitation around insulating shades, but here are a few questions and explanations straight from the expert's mouth.

Q: Our windows are cold. Do we need to replace them, or can we use insulating shades?

A: If your windows are no longer functional, and your energy bills are off the charts, go with replacement windows. However, if they are simply old and cold, homeowners might want to consider high-quality insulating shades with side tracks that provide a four-sided seal. Shades like these will solve your heat-loss problems immediately.

Q: How do I know if insulated shades are the right option for my home?

A: Quality insulated shades are part of a good energy-con-



Insulating window shades are more affordable than replacement windows, and they reduce energy costs.

servation plan. After installing energy-efficient CFL bulbs, insulated shades are the next step. Mini-blinds can transfer the cold from your window into the room, increasing your energy costs by 10 percent. Insulating shades can reduce that by half.

Q: What are the environmental benefits of using insulated shades?

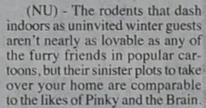
A: Residential heating and cooling eat up more fossil fuels than any other sector. A shocking 50 percent slips through poorly insulated windows. Experts guage that the equivalent of 450 million barrels of oil could be saved every year if all windows in the U.S. had effective insulating shades.

For more information, go to cellularwindowshades.com. The shades come in a variety of attractive and complementary colors.

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Beware of Winter Rodents

NewsUSA



According to the Centers for Disease Control and Prevention, rodents spread over 35 diseases worldwide, some of which are fatal or have lasting side-effects. Allergens from mice and rats also present health threats in the form of allergies and asthma attacks.

"Mice disperse hundreds of urine micro-droplets as they peruse your pantry and scurry throughout your home, polluting every inch they cross," says Missy Henriksen, vice president of public affairs for the National Pest Management Association (NPMA). "And if that's not off-putting enough, think about the allergic reaction that can be caused by the odor of a decaying mouse that died stuck between the walls or in the attic,"

The commonly seen deer mouse is known for transmitting hantavirus, a rare but potentially fatal virus found in North America. Other rodent-related diseases are salmonellosis, tularemia and rat-bite fever – many of which are transferred from ticks or mites living on the rodents. But that isn't the only kind of baggage mice and rats bring with them – their damage can be twofold.



As winter hits, rodents scurry indoors to spread tidings of disease and damage.

Rodents don't just target your health and food, they frequently cause structural damage to your home. Aside from leaving the tell-tale dark brown droppings, a common sign of an infestation, mice and rats are capable of chewing through wood, pipes, aluminum, cement and sheet rock. Plus, wiresturned-chew toys can lead to electrical shortages and fires.

As colder temperatures spur a rodent migration, seal up any holes or cracks around walls, doors and windows. Deer mice and house mice are able to squeeze through spaces the size of a nickel, such as those found next to pipes and weather stripping. If you notice holes and rips in cereal boxes and other pantry food items along with a trail of droppings, it's time to call your pest professional.

Learn more about rodent prevention at www.pestworld.org, including how to find a pest management professional near you.

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Winter Opens Homes to Pest Invasion

NewsUSA

(NU) - Surviving winter can be an endurance marathon for the average house. After the trials of hurricane season come the bitter cold and precipitation brought on by winter. Severe winter weather can freeze pipes, cause roof cave-ins and lead to extensive water damage – all of which leave a house vulnerable to winter pest invasions.

The National Oceanic and Atmospheric Administration estimates each winter costs the economy several million dollars in repairs and damage control. 2010's series of epic storms cost \$2.6 billion in property losses, as reported by the Insurance Information

"The destruction of Hurricane Irene was followed by September floods and October snow storms that caused power outages in several areas. If the early weather is any indication of what's yet to come this season, we can expect snowfall similar to last winter. Now is the right time for homeowners to quickly repair damage that would otherwise give opportunistic winter pests access to their home," advises Missy Henriksen, vice president of public affairs for the National Pest Management As-

sociation (NPMA).

The most common winter pests are rodents, but a slew of insects will also eagerly warm themselves by your furnace and feast on your dry goods if given a chance. Cockroaches, ants, stink bugs and spiders are some of the usual suspects.



water damage, which leaves your home open to pests.

These tenacious insects can find points of entry anywhere, especially if winter weather results in structural damage. Issues like missing shingles, water damage to roofs or walls, burst pipes and even small cracks leave your home susceptible to infestation. Rodents are known for their ability to fit in openings as small as a coin.

"Ripped screens and broken doors or windows will admit pests faster than you can spot them. Pay attention to your home's insulation, like weather stripping, and look for signs of mice in places near moisture or food," says Henriksen.

Don't wait until you're kneedeep in ruined holiday decorations to start thinking about pest control after a storm, because a pest infestation can be costly to you and your home.

If you have an infestation, contact a pest professional to see how you should proceed. Get more pest control tips at www.pestworld.org.