The Gorman Progress

"Serving Gorman For Over 112 Years" Gorman, Eastland County, Texas 76454

2011 Member - Texas Press Association

NUMBER TWO

JANUARY 12, 2012

Gorman Pharmacy Under New Management -Chris Cutrer New Pharmacist

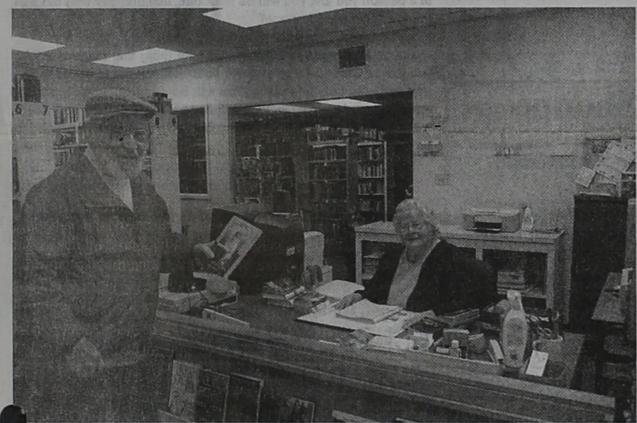


The Gorman Pharmacy is now under new management since George Simmons has retired. The above photo (I to r) - Shylee Smith, Cindy Cutrer, Chris Cutrer, George Simmons (retired), Mila Landa, Cindy Stanley and Cindy Gonzales. George will be at the pharmacy on Tuesdays for awhile. Come by and meet Chris and look at the new changes in the Pharmacy. The pharmacy still has the same hours of business as always. Let's all wish Chris the best.

Retirement Party of George Simmons Slated For Saturday, January 14th

We would like to invite everyone to help us celebrate the retirement of George Simmons from The Gorman Pharmacy after serving the community for 44 1/2 years. The celebration will be at the Gorman Hotel on Saturday, January 14th starting at 3:00 p.m. until 6:00 p.m. It will be a come and go celebration.

Henry Buchanan Presents His New Book To The Charlie Garrett Memorial Library in Gorman



The book, Alfie and Papa's Other Boys, is the fourth in a series which began with 'Alfie's Story, Little Boy Growing Up.' After that the exciting story of 'Alfie and the Moonshiners.' Next came 'And the Rest of Alfie's Story.' I really thought that was the rest of the story. It wasn't. Now we have these tales, beginning with Papa's Missing Toe, and ending with 'Tis a Mark of Distinction. There is not a dull moment in between these two fascinating pictures of Papa's role in the lives of his four boys. Willie is the oldest, the "ring leader" in all their mischief, and the embodiment of primogeniture because Margaret died. There is Cliff. Gran'ma characterized him when she said "Give that boy a wheel and he will roll it off the edge of the world." And Junior is Alfie's nemesis; he is just enough bigger than Alfie to taunt him, and not bigger enough to control him. Lastly, there is Alfie, the Baby, impulsive, irrepressible and curious beyond belief. But always the Baby until the arrival of Jody, ten years late for this book of Alfie tales.

"Thank You"

On New Year's eve night LaVeda had already gone to bed and I was just watching TV and Sherry Cook saw a fire at our house. So the Cook family rushed over here and started watering the fire with the garden hose. They called the Fire Department and they come quick. So I said a prayer of Thanks to God. The Cook Family and Firemen for probably saving the Shop and maybe our House and us.

A Special Thanks to The Cook Family and Firemen and everyone.

Bonnie and LaVeda Scitern

Pray For Rain

Items of

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

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

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

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, JANUARY 18TH FROM 9 TIL NOON.

Eastland Co. Museum To Hold Ceremony

The Eastland County Museum and Historical Society will be holding an Historical Marker Dedication and Ribbon Cutting Ceremony on February 1st at 2:00 p.m.

This dates commemorates Eastland County's establishment in the 1857 (now 155 years ago). There will be cake. Details for the Ceremony are still being planned. Call 254-629-8397 for more info.

Eastland Co. Livestock Show Set January 12-13-14

Wednesday, January 11, 2012

4:00 pm - Scales open for all animals except rabbits. (Livestock & Cattle Barns)
8:00 pm - Ag Mechanics projects must be checked in, All animals except rabbits must be weighed and in place. Rabbits must be checked in Friday between 10:00 am and 12:00 noon.

Thursday, January 12, 2012

9:00 am - Art, Photography & Sewing Exhibits on Display (Hutto-Humiston Building)

9:00 am - Food Show (Hutto-Humiston Building) 9:30 am - Broilers (Moylan Exposition Arena)

11:00 am – Beef Cattle - Heifers followed by Steers (Moylan Exposition Arena)

12:30 pm - Commercial Heifer Show (Commercial Cattle Pens)

3:30 pm - Swine - Breeding followed by Market (Moylan Exposition Arena)

Friday, January 13, 2012

11:00 am - Ag Mechanics Show (Hutto-Humiston Building)

11:00 am - Dairy Goats (Moylan Exposition Arena)

12:00 pm – Angora Goats - Breeding followed by Market (Moylan Exposition Arena)

Rabbits must be weighed and checked in with Superintendent (Livestock Barn)

2:00 pm - Sheep - Breeding followed by Market (Moylan Exposition Arena)
3:30 pm - Meat Goats - Market followed by Breeding (Moylan Exposition Arena)

Saturday, January 14, 2012

9:00 am - Rabbits - Market followed by Breeding (Moylan Exposition Arena)

4:30 pm - Hamburger Supper for Donors (Hutto-Humiston Building)

6:00 pm - Auction & Presentation of Awards (Moylan Exposition Arena)

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

Eastland County Livestock Raisers to Honor the Scott Bailey Family

The Eastland County Livestock Raisers Association is proud to announce the 2012 Eastland County Livestock Show will be dedicated to the memory of the late Judge Scott Bailey.

The Bailey Family will be honored with a ceremony during the Beef Cattle Show (approximately 12:30 pm, Thursday, January 12) in the Moylan Exposition Arena. The ECLRA Livestock Show Facility is located north of Eastland on FM 3101, between Lakeside Country Club and Lake Eastland.

Judge Bailey was a tireless advocate of agriculture in Eastland County and an ardent supporter of the Texas Agri-Life Extension System, Eastland County 4-H and FFA. As such, he was a great friend of ECLRA and a valued contributor to the programs the association supports, including the annual junior stock show.

Please make plans to join us as we celebrate the life of this great man and officially dedicate the 2012 Eastland County Livestock Show in his Honor and Memory.

Brian Perry President, ECLRA

8th Grade Boys Basketball

Gormam- 7 15 12 7 41 Moran 12 0 4 4 20

Hunter Childers=15, Jsmael Herrera=4, Jonatan Rivas=2, Danny Limon=1, Freddy Montelongo=2, Izeal Herrera=2, Jose Maldonado= 3, Flavio Herrera= 8, Rylan Laminack=4.

8th Grade Boys Basketball

Result from 1-9-12 Gorman-9 11 10 6 = 36

Rising Star-6 7 10 3 =28

High Scorers were
Rylan Laminack 4, Hunter
Childers 11, Flavio Herrera 4,
Freddy Montelongo 6, Ismael
Herrera 9, Ricardo Olvera 2.

Basketball News Lady Cubs Defeat Moran in Game Action

Gorman 8th grade girls basketball team defeated Moran last Thursday 33-4. The Lady Cubs are now 5-0 on the season. "I was impressed with how we played after the long Christmas break" coach Jim Wood said. "The girls played great defense, ran the floor well, and were very coachable. I was a bit worried about conditioning since we haven't worked out for almost two weeks but it was not a problem. The girls dominated the boards both offensively and defensively."

"Betty Montelongo-Cruz rebounded extremely well and after a slow start, shot the bell very well", Wood added, "Kodie Sparger and Vanessa Longoria did a great job handling the ball and running the offense". Scoreres for the game were Betty Montelongo-Cruz - 16, Vanessa Longoria - 8, Kodie Sparger - 5, Yuli Madera - 2 and Arlette Giles - 2.

The Lady Cubs will be traveling on Monday January 9th to Rising Star then will be back at home on Monday January 16th against May.

Melissa Ramirez Named on Reporter-News Big Country Player of the Week

Melissa Ramirez, post/forward, Sophomore from Gorman High School Basketball Team. Melissa only stands 5 foot 6 inches but played like she was 6-2 in last week's district opener with Rising Star, producing a monster double-double of 23 points and 22 rebounds.

"Mel has been a strong rebounder for us all year," Gorman coach Angie Mc-Cully said. "She has a knack for tracking down the ball and the putback is where the majority of her points come from." This article was taken from Abilene Reporter-News.

Building and Standards Commission Meeting Set

The Building & Standards Commission will be meeting Monday, January 23, 2012 at 5:30 for a regularly scheduled meeting in the Gorman City Commission Chambers, located at 116 S Kent. The board will be reviewing properties that are in violation of City of Gorman Ordinance 302.2.

Curly Lipson Celebrates 90th Birthday On December 29th In Gorman



Curly Lipson celebrated his 90th Birthday on December 29th with a host of friends and family in the fellowship hall of the First United Methodist Church in Gorman.

Curly Lipson was in the Army for 28 years and retired from the 2nd Armored Division at Ft. Hood, Texas in 1964. He served in the Korean War and was in Europe during World War II. He was also stationed in Bad Kreuznach, Germany, Ft. Bliss, Okinawa and Hokkaido in Japan.

In addition to the Gorman Lions Club, Curly Lipson is a Mason, member of the First United Methodist Church and the Christian Motorcyclists Association. He was still riding a motorcycle until 2 years ago.

interest

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 - 10 to 11 a.m. — Second 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 – Kenneth Good, Secretary.

Gorman Oaklawn Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, 7726 CR 362, Desdemona, Tx 76445 or to American State Bank, Gorman, Texas 76454

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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,

100 A west De Leon FM587, 3 - 1 1/2 - 2 brick, 1444 sq. ft., C/HA, fireplace, car-

peted, 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 acre. 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 agre, possibly divide on 23920 born realestate com

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Obituaries

Verle Elliott

Verle Elliott of Nocona passed away on January 6, 2012 at Bowie Memorial Hospital.

Services were Monday, January 9, 2012 at Nocona Church of Christ with Dale Scott officiating. Burial was in Nocona Cemetery under the direction of Scott Morris Funeral Home.

Verle was born July 16, 1940 in Gorman to the late Ruby Alotia Patton and Robert Thomas Elliott. He married Norma Jo

Verle was a member of the Nocona Church of Christ, where he attended faithfully, until his health would no longer allow it. he worked for Bell Supply, in Bowie for 25 years. Verle served his country in the US Navy, from 1959 to 1963 achieving the rank of Boatsmen 3rd class.

He is survived by one son, Scott Elliott of Nocona; two daughters, April Hutson and husband Terry of Herford and Leslie Keck and husband Kyle of Nocona. He has three grandchildren and several nieces and nephews.

He was preceded in death by his parents, Robert Elliott and Ruby Kelly Elliott; his wife, Norma Joe Elliott on March 21,

The family request Memorials in lieu of flowers, to the Nocona Church of Christ Youth Group, at 311 Cooke Street, Nocona, Texas. to the American Cancer Society and the American Heart Society.

Tax Deferral Available For Over 65 or Disabled **Residential Homestead Owners**

Section 33.06(e) of the Texas Property Tax Code requires the following information concerning the Deferral of certain property taxes to be publicized.

Property taxes on the residence homestead property of those persons sixty-five (65) years of age or older and/or those disabled may be deferred or abated if they satisfy the requirements of the Texas Property Tax Code.

The property owner must (in most cases) occupy the residence on which the tax is being levied or on which a suit has been filed for collection of delinquent taxes.

To obtain a deferral, the individual must file with the Chief Appraiser of the Appraisal District in which the property is located; an affidavit stating that he or she is sixty-five (65) years of age or that they are disabled. It also must state that they own and reside in the residence that the tax is being levied on.

If a suit has already been filed by a tax unit; the individual must file with the court in which the suit was filed the same type of affidavit.

By filing the affidavit with the proper authority, the payment of taxes for forced collections through suit is postponed until the person filing the affidavit no longer owns or occupies the property as a residence homestead.

It is emphasized that the tax is only deferred; it is not can-while then vanishes away". celled, A tax lien remains on the property and interest in the amount of eight (8) percent per year will continue to accrue during the period that the collection of taxes is deferred.

For information concerning the tax deferral or abatement, contact the Eastland County Appraisal District. The office is located at 102 N. Lamar on the second floor of the Eastland County Courthouse Annex Building in Eastland, Texas. The telephone number to call for information and/or assistance is 254-629-8597.

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Pig Tales From Hogtown

I am saying a little prayer of thanks this morning for the wonderful rain that we have received - almost 2 inches here at my home! Can't you just hear the earth breathing a sigh of relief?

There won't be a Pig Tales next week so I need you all to pay attention and mark your calendars for DAC activities from this article. First on the agenda is the dance this Saturday night January 14th. Johnny Johnson will be here to start the music at 7:00. The concession stand opens at 6:00. The cost is \$5.00.

If you are interested in the Desdemona Activity Center, please come to the general meeting on Tuesday, January 17th at 7:00 PM. You will get an update on the financial status of the organization and all things that happened the past year. We need some new folks with new ideas to get in the mix for this New Year. We need some new board members, also. You do not have to join the membership to come and bring your ideas. If you do become a member by paying \$25 for a single or \$35 for a married couple, you will be able to serve on the board of directors, vote in any decision to be made and get a discount if you rent the building. Please come.

On Saturday, January 21st we are going to try something new - a Mexican dinner. I know everyone loves our fish fries, but this will be a new experiment. Most folks really like a good Mexican restaurant and we are going to try to outdo a good restaurant. I do not doubt that the great cooks of Desdemona can do it! Serving starts at 6:00 and the cost is by donation. If you would like to help with this dinner, please call 254-758-2420.

Next on the agenda is 'Breakfast at the DAC' on February 4th.

See you in Desdemona! Carol Pell

on The Wilder Side"

New Year's Resolution

Luke 12: 16 And he told them this parable: "The ground of a certain rich man produced a good crop. 17He thought to himself, What shall I do? I have no place to store my crops.'18"Then he said, "This is what I'll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. 19And I'll say to myself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry." 20" But God said to him, 'You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?'

Hundreds of thousands of people made a "New Year's Resolution" this year to eat right, lose weight, go to church more often, find a new job, go back to school, spend more time with their family, spend less time at work, find a hobby, exercise more often... and the list goes on and on. What have you resolved to do this year?

We plan for tomorrow's success, and the next day, and the next, and the next... but how many of us actually have tomorrow? For that matter, how many of us actually have the next minute? James 4:14 says, "What is your life? It is a vapor that appears for a little

They say that a person's name is eternal, but that's just not true. There will be a time that no matter who you are or how good of a person you are, you will be forgotten, like that guy who did that thing... What was his name?

In regards to eternity, the only thing that matters is who you are in Christ. Once you get your eternal affairs in order, everything else falls into place. You will be a better father, husband, employer, and employee. You will have less stress, and your teeth will even be whiter (ok maybe not that). What have you resolved to

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

SCHOOL MENU Week of Jan. 16 thru Jan. 20 BREAKFAST

MONDAY - Cereal, Pop Tart, Juice and Milk. TUESDAY - Blueberry Muffin, Fruit, Juice and Milk. WEDNESDAY - Cheese Toast, Hashbrown, Juice and Milk. THURSDAY - French Toast, Fruit, Juice and Milk. FRIDAY - Biscuit, sausage, gravy, Juice and Milk... LUNCH

MONDAY - Sausage Pizza, corn, salad, oranges, and milk. TUESDAY - Roast, mashed potatoes, green beans, gravy and rolls, spice cake and milk.

WEDNESDAY - Chicken Fajita, salad, rice, fresh carrots and ranch dressing, fruit and milk. THURSDAY - Chicken Nuggets, macaroni and cheese, black-

eyed peas, biscuit, honey, gravy, fruit and milk.

FRIDAY - Panther Burger, Chicken Burger, potato rounds, burger salad, sherbet and milk.

Letter To The Editor -By Henry A. Buchanan

The New Year 2012 offers a challenge to do something so sensible that we can forget some of the follies we committed in the past two years.

We have the chance to elect a new and untried President to lead the country, or to support the man we have who has done something good by bringing the Iraq war to an end and by stopping the bleeding in the economy.

We can implement the health program and insist on honesty in Medicare, or we can keep on bitching about Obamacare while poor people suffer and die for lack of the medical care they can't afford.

We can insist on ending the war in Afghanistan before we find ourselves facing a nuclear threat from Pakistan, or we can keep following a fool's dream of American Power in a People's war of ideas and religious bias and conflict.

We can ignite the fuse in Iran and start another war we can't stop, or we can take their need for nuclear energy seriously, and welcome Iran to the Nuclear Club.

And while we are fighting over the White House, don't forget that one third of the seats in the Senate can be refilled and all of the House is up for grabs, so we have a chance to elect a Congress who will do something more than TALK ABOUT CUTTING SPENDING.

This probably won't be a Happy New Year, but it will be a year of decisions that will determine whether the nation will fall or stand.

> (s) Henry A. Buchanan 1131 N. Kent St. - Gorman, TX 76454 254-734-4569 1/6/2012

Senior Citizens News

By Carol Ward

After taking the month of December off we will gather again on the 3rd Wednesday of January on the 18th. If enough people come out and show interest, we could go back to weekly meetings. It is just too much work for a handful of people. I hope many will show up with good dishes and act interested.

Henry Buchanan and wife Anne came to the Library on Monday the 9th to donate his latest book. How nice of that good man. They are stories of his family growing up in Georgia. The title is "Alfie and Papas Other Boys".

I visited Daisy Slaton right before Christmas. Hope to see her soon. She is doing well in her new home. Her family all gathered at her house in Gorman over the Holidays. I missed getting over there, but made it to the Birthday. Thanksgiving celebration in November, Bennie Gayle and children were here at Christmas from Alabama. Daisy lost he friend Cleo at the Woodlands. Her family gave Daisy her life chair, how nice of them. She was needing one and so do I. Must look into that.

Sure do enjoy having Marceil Laminack as my post lady. She leaves good treats on special holidays. I try to remember her at Christmas. Thanks a lot dear lady.

Haven't see or talked to my folks. Bernice Hewson came and visited me at Library. She had been to relatives over the Holidays. People call and let me know what's happening in your life. I can make a more interesting write up with your news. Martha Harrington was nice enough to loan us her Christmas book collection for the Holidays. Thanks to you Martha for your generosity. Susan Lipson decorated our Library with all the books bright.

Susan Lipson's dad Curly Lipson celebrated his 90th Birthday in December. They enjoyed a part at the Methodist Church. I meant to go and forgot about it. I had my 5th great grand born the day before, so we were in Brownwood. My grand-daughter Alexa had a little girl named Lilly. Her first so we all were excited. Sorry to have missed Curly's celebration. Got home in time, but forgot. I seem to forget a lot lately, sigh of old age. HA!!

Hope all enjoyed the Holidays and will have a better New Year - Carol

USDA Farm Service Agency Reminds Producers of Livestock Disaster Program Deadlines

The USDA Farm Service Agency (FSA) reminds eligible ranchers and livestock producers who had livestock losses or grazing losses during the 2011 crop year that the deadline for applying for benefits under the Livestock Forage Disaster Program (LFP) and the Emergency Assistance for Livestock, Honeybees and Farm-Raised Fish Program (ELAP) is Jan. 30, 2012.

It is imperative that producers meet the deadline for disaster assistance as there are no late file provisions for LFP and ELAP. To ensure a smooth application process, producers should have all required supporting documentation with them at the time they apply for benefits.

Livestock Forage Disaster Program (LFP):

LFP provides payments to eligible livestock producers who have suffered livestock grazing losses due to qualifying drought or fire that occurred before Oct. 1, 2011. Fire losses apply only to federally managed rangeland. Eligible livestock under LFP include beef cattle, alpacas, buffalo, beefalo, dairy cattle, deer, elk, emus, equine, goats, llamas, poultry, reindeer, sheep and swine.

During the 2011 crop year, all Texas counties met the LFP trigger requirements for a three-month payment for native pasture, improved pasture and forage sorghum. Eligible ranchers and livestock producers have until Jan. 30, 2012, to apply for LFP benefits.

mergency Assistance for Livestock, Honeybees and Farmkaised Fish Program (ELAP):

ELAP provides emergency assistance to eligible producers of livestock, honeybees and farm-raised fish who have losses due to disease, adverse weather or other conditions, including losses due to blizzards and wildfires that occurred before Oct. 1, 2011. ELAP assistance is for losses not covered under other disaster assistance programs established by the 2008 Farm Bill.

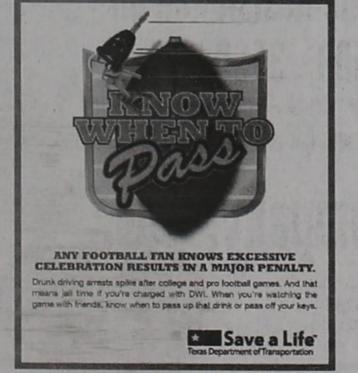
Producers who experienced livestock death losses must file a notice of loss 30 days after the loss is apparent, but no later than Dec. 29, 2011. Producers who suffered livestock grazing and feed losses must have filed a notice of loss no later than Oct. 31, 2011 and have until Jan. 30, 2012, to submit an application for payment for livestock death losses and livestock grazing and feed losses.

Program Requirements:

In order to qualify for LFP and ELAP, the applicant must have purchased insurance coverage through FSA's Noninsured Crop Disaster Assistance Program (NAP) or the Pasture, Rangeland and Forage Insurance-Rainfall Index for Grazing (PRF-RI) program offered through the Risk Management Agency (RMA). Producers who meet the requirements of a socially disadvantaged, limited resource, or beginning farmer or rancher do not have to meet the Risk Management Purchase Requirement (RMPR).

Program applicants should note that certain payment limitation and adjusted gross income eligibility requirements must be met in order to qualify for LFP and ELAP.

For more information on FSA's livestock disaster assistance programs, please contact the Eastland County USDA Service Center at 254-629-1636. Information can also be obtained on line at http://www.fsa.usda.gov.



HEALTH

How to Prevent Varicose Veins During Pregnancy

NewsUSA

(NU) - Cold winter months often result in summertime births. July, August and September are the most common birthday months according to the 2010 National Vital Statistics Reports. Between 50 and 55 percent of American women experience varicose veins during pregnancy.

"It's more than just a cosmetic issue, varicose veins can be painful and can lead to more serious health problems," said Eva Rzucidlo, MD, chair of the Society for Vascular Surgery Women's Leadership Committee.

Women's Leadership Committee.

The U.S. Department of Health and Human Services' Office on Women's Health states that the following factors con-

- Pregnancy: The growing uterus puts pressure on the
- Hormonal changes: During puberty, pregnancy and menopause.
- Medical history: Family members with varicose veins.
- Obesity: Extra weight adds pressure on the veins.
- Lack of movement: Sitting or standing for long periods of time may force the veins to work harder to pump blood to the heart.
- Increasing age: Veins may weaken with age.

Lifestyle changes and medical treatments can often reduce varicose veins. Suggestions to ease

- the discomfort include:
 Sunscreen
- Regular exercise



Over half of American women experience varicose veins during pregnancy.

- Proper weight
 Not crossing legs when sitting for long periods of
- Elevating legs when resting Not sitting or standing for
- long periods of time
 Wearing elastic support
- stockings

 Avoiding high-heel shoes for
- long periods of time

 Eating a low-salt, high-fiber

 Eating a low-salt, high-fiber diet.
 "The first line of management for varicose vein treatment is

for varicose vein treatment is medical management with compression stockings worn daily," said Rzucidlo. "Another option is sclerotherapy, the sealing off of the veins – mainly done for spider veins. Radiofrequency and laser treatments are also options which are minimally invasive procedures often performed in a doctor's office. For very large varicose veins, a surgical procedure known as vein stripping is available."

Moms-to-be can view VascularWeb.org podcasts that explain

the condition.

HEALTH

Beat the Winter Blahs

NewsUSA

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

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

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

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



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

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

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

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

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

HEALTHY LIFESTYLES

How to Fight Winter Morning's Chill

NewsUSA

(NU) - As winter's chill sets in, getting out of bed may turn into a daily challenge. But there are ways to put some pep in your morning step.

Morning step.

Morning can be an enjoyable time to collect yourself and prepare for the day. The following tips will help jumpstart your day.

Open up your shades as the

sun rises. If getting up early is difficult, getting up before the sun rises is downright painful – but winter doesn't leave you much choice. As soon as the sun pops above the horizon, throw open your curtains and expose yourself to sunlight. Just like darkness encourages the body to relax and fall asleep, light is a natural cue for the brain to wake up. Sunlight stops your brain from producing

 Get your heart pumping with some morning exercise. Exercise releases endorphins and other mood-enhancing chemicals like serotonin and dopamine. This means you'll start the day full of energy and without anxiety. Plus, you'll be burning fat and boosting your immune system by pro-

 Run your clothes through the dryer for five minutes before getting dressed. Put your outfit in the dryer right before you

ducing more proteins.



Having a tasty and healthy breakfast to look forward to helps energize your winter mornings.

jump in the shower so it'll be warm and fresh as soon as you need it. This will ward off the winter chill while also helping you look forward to getting dressed. To give yourself a few extra minutes, pick out an outfit the night before. Any decision can seem daunting before 7 a.m.

 Recharge with a hot bowl of oatmeal. Oatmeal can be a delicious and nutritious way to fuel up post-workout. Better Oats (www.betteroats.com) uses only whole-grain oats, real fruit and real chocolate, and it also has flax seeds full of omega-3, fiber and vitamins A and E. Oatmeal is a great source of nutrition for those cold winter mornings.

For more information, visit www.betteroats.com.

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

Farmers and ranchers in Eastland County 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.

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. Gov-Delivery 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 https://public.gov-delivery.com/accounts/USFSA/subscriber/new?preferences=true 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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Food Protection Management Training Course Available to Food Service Establishments

A two-day Food Protection Management Training for food service managers in the Big Country area will be held February 6 and 13, 2012, from 8:00 a.m. to 4:00 p.m. at the Taylor County Extension Office located on the Taylor County Expo

The training will allow food establishments permitted by the Texas Department of Health to meet their certification requirements if they pass the exam. The exam begin used is the National Restaurant Association's ServSafe exam. Food service establishments permitted by the Environmental health Section of

the City of Abilene are also invited to attend. The class covers twelve food safety concepts related to personal hygiene, cross contamination, time and temperature, sanitation, pest management, foodborne illness and related areas. The course is sponsored by Texas AgriLife Extension in Jones, Nolan and Taylor Counties and the Environmental Section of the City of Abilene.

Cost for the class is \$155, which includes the course book and exam. The cost for the exam only is \$65. Registration deadline is Thursday, January 19th. Registration information is available by calling the Taylor County Extension Office at 325/672-6048, Jones County Office at 325/823-2432 or the Nolan County Office at 325/235-3184.

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national

Hwy 6 Cafe - Still Open

Under New Management - Lydia Boen

Breakfast Special

Monday thru Friday - 6 a.m. To 10 a.m. 2 Eggs - 2 Strips of Bacon or 1 Sausage - Toast and Hashbrowns

\$2.99

Starting Wednesday, January 11th

LUNCH BUFFET - MONDAY THRU FRIDAY

\$5.99

DAILY SPECIALS
ON ALL
HOMEMADE MEXICAN FOOD

Desdemona

By Vonnie Guthery

First Baptist Church of Desdemona continues to have good attendance each Sunday. Our pastor, Bro. Charlie Johnson, his wife, Jana and all the members invites Visitors to attend each Sunday for at 10 a.m. for Sunday School And 11:00 a.m. for Worship Service.

Pug and Vonnie Guthery hosted the Guthery Family Dinner on Saturday, January 7th at the Baptist Annex in Desdemona. Others attending were Frank and Ella (Guthery) Reeves, Marquita (Guthery) Barbham, Eula Beth Guthery and Jr. Guthery all of Irving; Richard and Glenda (Foreman) Garrett of Justin; Aaron and Tiffany(Garrett) and daughters, Jillian and Sydney of Flower Mound; Belinda Guthery, Holly Guthery and daughter, Jade all of Desdemona.

Ladies Monthly Social was held on Monday morning at the Desdemona Community Center. Several ladies attended to Enjoy the good food served by the Hostesses. This Social is held on the second Monday morning of each month. Visitors are welcome.

Friends of Desdemona sends sympathuy to the family of Lovella Trice of Lingleville

Thought for today --- "No man can be at peace with God without getting into an argument with the devil".

Have a good day, Vonnie.

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Happenings At FBC!!

Destination! Beginning a journey, be it physical or spiritual, without a destination has proven to be thoughtless. Do you have a spiritual goal set for your destination? If you're just drifting through life you may find yourself in the devil's trap. Keep alert; your spiritual destination is heaven or hell. Seek the Lord and may you reach the destination you choose.

Mark your calendars:

Jan 14th - 8am - Brotherhood Breakfast - Come & enjoy fantastic fellowship & food. Wednesdays: TeamKids at 6pm, Mission Friends at 6pm, and Youth at 6:30pm. Bring your friends! It's fun to learn about Jesus!

Children's Sermon: Traci asked the children if they got new stuff for Christmas. "Yes!" was the response. We all like new stuff; new cars, new clothes, new babies, etc. Rainey was excited to say her Mommy is having three new babies. We are God's creation. God gives us a way to make us new inside. The Bible tells us that Jesus was baptized in the water. We've all seen Brother Barry baptize people here in Church. God makes us new inside when we ask Jesus to come into our heart; and getting baptized is how we show people that we are new inside.

Special Music: "Tell Me the Story of Jesus" beautifully played by Martha & Pam and sang by the FBC Choir. Praise God! You're invited, please come and be a part of the choir!

Bro. Barry's Message: "Christians In a Hostile World" - II Timothy 2:19 (NLT) - Christians have opened their eyes to being under attack all around the world. It's hard to believe when professed Christians are reported to carry out plots of violence. Perhaps these Christians are not Christian at all. Are Christians in a Hostile World OR Are Hostile Christians in the World?

Il Timothy 2:19) But God's truth stands firm like a foundation stone with this inscription: "The Lord knows those who are His," and "All who belong to the Lord must turn away from evil." Do you have a cornerstone in your life and in your home that says you belong to Him?

II Timothy 2:20) In a wealthy home some utensils are made of gold and silver, and some are made of wood and clay. The expensive utensils are used for special occasions, and the cheap ones are for everyday use. 21) If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work.

Follow Jesus so you may be ready to be used by the Lord for goodness. II Timothy 2:22) Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.

The Bible tells us that Paul mentored Timothy; both Preachers of the Gospel. Paul told Timothy to avoid acting childish and making something out of nothing. Also implores him to walk in truth.

Il Timothy 2:23) Again I say, don't get involved in foolish, ignorant arguments that only start fights. 24) A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult

What's wrong, why are people against Christianity? Some people actually find the message of the Bible offensive; the story of God's love and grace. Acting like Jesus makes a better world.

II Timothy 2:25) Gently instruct those who oppose the truth. Perhaps God will change those people's hearts, and they will learn the truth. 26) Then they will come to their senses and escape from the devil's trap. For they have been held captive by him to do whatever he wants.

There are people who don't like to submit to anything. The atheist doesn't submit to God. In the face of death will you profess your love for Jesus? Act like a Christian, live to serve others.

We welcome one young man to our fellowship that came forward to accept Jesus Christ as his Savior and will follow Him in baptism. 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: God loves you like no one else! Email us at fbcgorman@hotmail.com

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