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VOL. 2. ISSUE 3

FEBRUARY 2014

Palo Pinto Mountains State Park to Host Trail Ride

Palo Pinto Mountains State Park will be the location of an equestrian or horseback trail ride on Saturday and Sunday, March 29 and 30. This ride is hosted by the Texas Equestrian Trail Riders Association, the North Texas Range Riders, the Brazos Hounds, and the Texas Parks and Wildlife Department. The park is located just 2 miles west of

Strawn on FM 2372, or the Tucker Lake Road. The Saturday morning trail ride begins at 9 a.m., followed by a barbeque lunch at 1 p.m. For late arrivals, there will be another ride on Saturday afternoon from 2 p.m. or so until about 6 p.m. For those hardy souls who can't get enough of the trails, a final ride takes place on Sunday

morning at 9 a.m. Friday check-in will begin after 3:00 p.m. and Saturday check-in starts at 7:30 a.m. Cost for the event is \$20.00 for the trail ride, which includes the barbeque lunch, or \$10.00 for the lunch only for those who are not riding. Participants coming in from out of town may camp in the park on Friday night

and Saturday night. Space is available, but no water or electric hookups. There is a large corral for horses, or you may bring your own portable panels. Current Coggins papers are required for all animals. Please RSVP so we know how many we need to plan to feed. Email at bmck-night3276@msn.com or call 254-595-2119.

Strawn Lions Club Thanks Stock Show Supporters

The Strawn Lions Club would like to thank all of the businesses, individuals, and families that contributed funds to support Strawn area participants in the Palo Pinto County Livestock Show.

According to Lions Club President Cory Crenshaw, "We had a successful year at the Palo Pinto County Livestock Show. Through the community's support, we were able to spend \$3,250.00 at the Stock Show to help our local children have a successful experience."

A special thanks goes out to this year's contributors: Atmos Energy, Jeanine Caraway of Big Sunday Creek

Cafe, Nunez Tire, Joel and Phyllis Stephen, Texas Building Products, and Washdown USA.

dren from Strawn and the surrounding area: Circle H2, First National Bank – Strawn Branch, Greyhound Pac-A-Sac, Guest Ranch, Mike and Monette Pierce, Spit N Shine Car Wash, Stewart Tank Company, and Trey's Construction.

If anyone would like to donate to the Strawn Stock Show Buyers' fund, an account is set up at First National Bank in Strawn. The Strawn Lions Club spearheads efforts each year to raise funds for this account, and donations can be made at any time.

"Through the community's support, we were able to spend \$3,250.00 at the Stock Show to help our local children have a successful experience."

~ Cory Crenshaw

Ranch, Cavalier Floors, Greg Crawford, Diamond P Ranch, Edwards Funeral Home, W. H. Hinkson Ranch, Kirk Hinkson, Machacek Bakery, Mary's

The Lions Club would also like to acknowledge the following people and companies that were represented at the sale and did a great deal to help the chil-

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The Strawn Advocate

The Community's Local News Source

TAKE ONE
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Long-Time Strawn Teacher, Mildred Million, Dies at Age 93

Although the Strawn Advocate doesn't generally list obituaries, given the great number of Strawn alumni and residents who were positively impacted by Mrs. Million, we wanted to inform others of her passing. Mildred Hittson Million, 93, of Desdemona, passed away on January 11, 2014. She was born December 2, 1920, in Palo Pinto County, to Jack and Lucille McCorkle. She married Thomas Million August 31, 1944, in Cotulla, Texas. After high school, Mildred attended John Tarleton College and the University of North Texas. She retired as a veteran teacher of 35 years. She spent most of her teaching career in Strawn, Texas. She was a past Matron and lifetime member of the De Leon Chapter #693 Order of the Eastern Star, a former member of the Texas State Teachers Association, member of the Daughters of the American Revolution, and member of the Palo Pinto County Historical Association and Commission where she contributed to the writing of The History of Palo Pinto County, Vol. II. She loved to worship the Lord through playing music. She was a faithful member of First Baptist Church of Strawn and Desdemona where she served as pianist and organist for many years. She also shared her musical talents at countless graduations, baccalaureates, and school programs.

C.A.R.E. Spaghetti Dinner


February 15 - 5-7 pm
Adults \$7 — Children \$5

BINGO *: 7 pm — 9 pm
\$1 card or 3 for \$2

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The Strawn Advocate

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Keep it Simple: Easy, Affordable Ways to Slim Down and Stay Healthy in 2014

by Dr. Janette A. Kurban

Are your kids, family or life making it impossible to exercise for thirty minutes to an hour every day? We understand. The pressure to exercise can feel really overwhelming and if you can't meet your goal, it's easy to feel discouraged. Here are some easy changes you can make in your life that will make a difference in how you look and feel. Sometimes keeping it simple is the secret to weight loss success.

Jump! Jump! Skipping ropes, aka jump ropes, aren't just for kids. Get your cardiovascular system revved up and ready to go. This is one calorie-burner that works every muscle, delivering a full-body workout that slims and tones (quickly). Do it for 5 minutes before you hop in the shower in the morning, or while you wait for dinner to cook in the oven—you'll be surprised how much energy you'll have afterwards.

Bark in the Park! Get your dog and go for a walk. In one study, people who walked their dog 20 minutes a day, five days a week lost an average of 14 pounds in a year! Let your best friend help you become more active. Plus, a tired dog is a happy dog. Remember to grab your headset and you can double-up on those phone calls to family and friends. Or, you may have a neighbor or friend who would love to join you. Or call us at 817-266-5558 and we will join you!

Get a Gym Ball. This popular new trend provides a fun way to improve flexibility, balance, strength and tone. Use one as your desk chair to help strengthen your core and improve posture. Or, take a few breaks to do sit-ups or pushups throughout the day. Remember, when it comes to your goal, start small, you'll be more likely to succeed. Cost is less than \$10!

Hydrate. Drinking plenty of water can help tame your appetite and make you feel more energetic! So, spruce up your water with some lemon or oranges, or add a splash of juice. Even herbal tea can be a nice way to hydrate without getting bored of H2O. Want to spice things up a bit? Enjoy steeping slices of fresh fruit or cucumber in your water before drinking.

Catch some extra Zzzzzzz's. Recent research found that sleep deprivation increases food cravings and decreases the amount of leptin in your body—a hormone that helps burn more energy. Don't skimp on sleep if you want to slim down. How? Cut out a little television or cut back on technology so you can get to bed early. Trust us, you'll be happy and alert come the morning.

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Sheriff's Posse Awarded First Place in Stock Show Parade

At the Ft. Worth Stock Show and Rodeo All-Western Parade on January 18, the Palo Pinto County Sheriff's Posse was awarded 1st place in the posse division. Local residents Bill D. Hinkson, currently serving as Corporal, and Mike Mallory were posse participants in the parade. Billed as the country's largest all-Western parade, the event attracted more than 200 entries and 2,000 horses. The Palo Pinto County Sheriff's Posse was organized on April 2, 1948 and chartered in the State of Texas in 1949. Other Strawn residents have been members throughout the years. The County's colorful mounted troops also participate in other rodeos and parades, including Strawn's Homecoming parade. The purpose of the Sheriff's Posse is to assist the Sheriff of the County in maintaining law, order, and peace in the community; to uphold and defend the Constitution of the United States; and promote the love for good horses.

Coaches Association Names Division II 2013 All-State Football Teams

The Strawn Greyhounds made the state quarterfinals in the playoffs in 2013 and placed seven players on the All-State Football Team. **First Team Offense:** Wide Receiver Abram Jaramillo, Junior; First Team Defense: Safety Coletyn King, Sophomore; **Second Team Offense:** Tight End Isaac Velasquez, Senior

Second Team Defense: Nose Guard Chase Mackey, Sophomore; Corner Harrison Nowak, Junior

Honorable Mention Offense: Fullback Jacob Trujillo Jr. **Honorable Mention Defense:** Linebacker Ross Allison, Sophomore.

New Officers Announced by Strawn Chamber of Commerce

The Strawn Chamber of Commerce chose new officers at its January 15 Board meeting. The officers, who were selected by the newly elected Chamber Board, include the following: Tina Spakes, Chair; Shanah Coe, Vice Chair; and Lou Jones, Secretary/Treasurer. The Executive Committee will be comprised of Tina Spakes, Shanah Coe, Lou Jones, Diana Hinkson (Communication Director), Georgia Braun (Executive Director), and Jeff Hinkson (Immediate Past Chairman).

Strawn Booster Club Votes to Construct New Digital Sign

The Strawn Booster Club voted at their January meeting to provide the last of the funding needed to erect a new digital sign near downtown. The sign will be used primarily for school and community related events and will be located on Hwy 16, just before the railroad crossing near the Texas-New Mexico Power office. Construction is to start within the next few weeks with completion expected in late February.

Filing Deadlines for City Elections

Filing dates for the May 10 City elections are January 29 through February 28. Anyone interested in filing may do so during normal business hours at Strawn City Hall. The mayoral position and two alderman seats are to be on the May ballot.

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Area Happenings

Girl Scout Cookie Sale Strawn Troop #8431

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Help support any of our nine local Girl Scouts.
Contact Sarah Ferguson @ 254-210-2178

GED Tutoring - MW Center of Life

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& Every Wednesday, 9:00 to 11:00 am
206 NW 2nd Street, Mineral Wells
Call 940-327-8700 for more information
or to confirm your attendance.

Workforce Solutions Mobile Unit

Computer stations to search for jobs, work on re-
sumes and receive training.
Every Wednesday: February 5, 12, 19 and 26
Boyce Ditto Public Library in Mineral Wells
(2300 SE MLK St.)
(940) 328-7880

Night Out at the Opera House featuring Morocco

Sunday, February 15, 2014 at 6 p.m.
(Museum will open at 5:30 p.m.)
W.K. Gordon Center
(Exit 367 on Interstate 20 in Thurber)

Bring a date this Valentine's Day weekend to our Night Out at the Opera House featuring the 1930 romance drama, Morocco. The film tells of a cabaret singer and a Legionnaire who fall in love. All children must be accompanied by an adult. A 600-seat opera house once stood in downtown Thurber. During the 1920's and 1930's, the Opera House began showing films. The W.K. Gordon Center Night Out at the Opera House program features silent and black and white films from this time period. Films are shown in the recreated Opera House. For more information or to reserve your seat, contact 254-968-1886 or e-mail, mkadams@tarleton.edu.

If you know in advance of an event taking place that you would like to see listed in Area Happenings, please give us a call at 254-672-5281. Thank you.



March 4 Primary Early Voting

February 18 through February 28.
Early voting can be done at the PP County Court-
house between 8:30 and 4:30 weekdays and on Sun-
day, February 23 from 10:00 a.m. to 2:00 p.m. The
local polling location on March 4 will be Strawn City
Hall between 7 a.m. and 7 p.m.

Estate & Transition Planning Workshop for Ag Producers

Friday, February 21, 2014,
10:00 AM – 3:00 PM
Texas A&M AgriLife Research Center
1229 N US Highway 281, Stephenville, TX
Registration Fee: \$35 (includes workshop materials
& lunch). Workshop will cover the language of estate
planning, gift and estate tax considerations, calculat-
ing retirement costs, and many other areas vital to
creating a good estate plan.
Contact the Erath Extension Office
254-965-1460.
Must preregister because space is limited.

Sound of Music

Presented by Tarleton Theatre

February 26, 27, 28 & March 1
Performances at 7:30 PM
Clyde H. Wells Fine Arts Center Theater
Tickets are \$10 for adults, \$8 for faculty, staff and
senior citizens, and \$5 for Tarleton students.

Palo Pinto County

Livestock Association Meeting

February 27, 7 – 8 PM
Expo Building, 800 Farm to Market Road 1821,
Mineral Wells, TX

PK MARDI GRAS

Parade & Shrimp Fest

Saturday, March 1
Parade – 3 p.m. @ Park Road 36
Shrimp Fest - begins 6 p.m. at the Chamber building.
All you can eat boiled shrimp and all the cajun fixin's.
Ticket sales begin in mid-February. Live music by
The Crawdaddies Cajun Band. Tickets available at
the PK Chamber office. Call 940-779-2424.

Annual Salsa Barons' Ball Slated for February 22

Tickets are on sale for the annual Salsa Barons' Ball, which is the main fund-raiser of the year benefit-
ing Palo Pinto Challenge. The event will be held Sat-
urday, February 22, at the Palo Pinto Sheriff's Posse
Building in Mineral Wells. Pulido's will serve a fa-
jita dinner from 6-8 p.m. Guests can participate in
a silent auction, with the opportunity to bid on
some really great items. Following dinner is a live
auction by Ross Bandy of Texas Auction Realty in
Weatherford. Tickets are \$100, which includes admission for
two people to enjoy an evening of fun, food, and
friends and the chance to win a grand prize of
\$1,000 cash. To purchase tickets, call 254-672-5738
or 940-325-7100 and leave a message. You can
also call these numbers for sponsorship informa-
tion. You may bid for auction
items online through
2/22/14 at [texasauctionre-
alty.com](http://texasauctionre-
alty.com).

FEBRUARY CALENDAR OF EVENTS

DATE	EVENT	TIME	PLACE
February 4	JV Girls/Varsity Girls/Boys B'ball vs. Gorman	5:00 pm	Gorman ISD Gym
February 4	Strawn Lions Club	12 Noon	Mary's Cafe
February 4	Free Blood Pressure Screening <i>Every Tuesday</i>	3-5 pm	Strawn Wellness Center
February 7	Varsity Boys Basketball vs. Gordon	6:30 pm	Strawn ISD Gym
February 10	Palo Pinto County Commissioner's Court	9:00 am	Palo Pinto County Courthouse
February 10	Chamber of Commerce Board Meeting	2:00 pm	Strawn City Hall
February 10	Development Corp of Strawn Meeting	6:00 pm	Strawn City Hall
February 10	Strawn City Council Meeting	7:00 pm	Strawn City Hall
February 11	Strawn Lions Club Meeting	12 Noon	Mary's Cafe
February 11	Strawn Historical Museum	6:30 pm	Strawn City Hall
February 11	Varsity Boys Basketball vs. Lingleville	6:30 pm	Strawn ISD Gym
February 15	C.A.R.E. Spaghetti Dinner and Bingo	5-7 pm	Mingus Community Center
February 17	Strawn ISD Board Meeting	7:00 pm	Strawn ISD Admin. Bldg
February 18	Strawn Lions Club Meeting	12 Noon	Mary's Cafe
February 20	Strawn Booster Club Meeting	6:30	Strawn ISD Cafeteria
February 22	Salsa Baron's Ball benefitting PP Challenge	6:00 pm	PP Sheriff's Posse Bldg, MW
February 24	Palo Pinto County Commissioner's Court	9:00 am	Palo Pinto County Courthouse
February 25	Strawn Lion's Club Meeting	12 Noon	Mary's Cafe

*For more information, check out the following websites: <http://www.strawntx.com> or <http://www.strawnschool.net>

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