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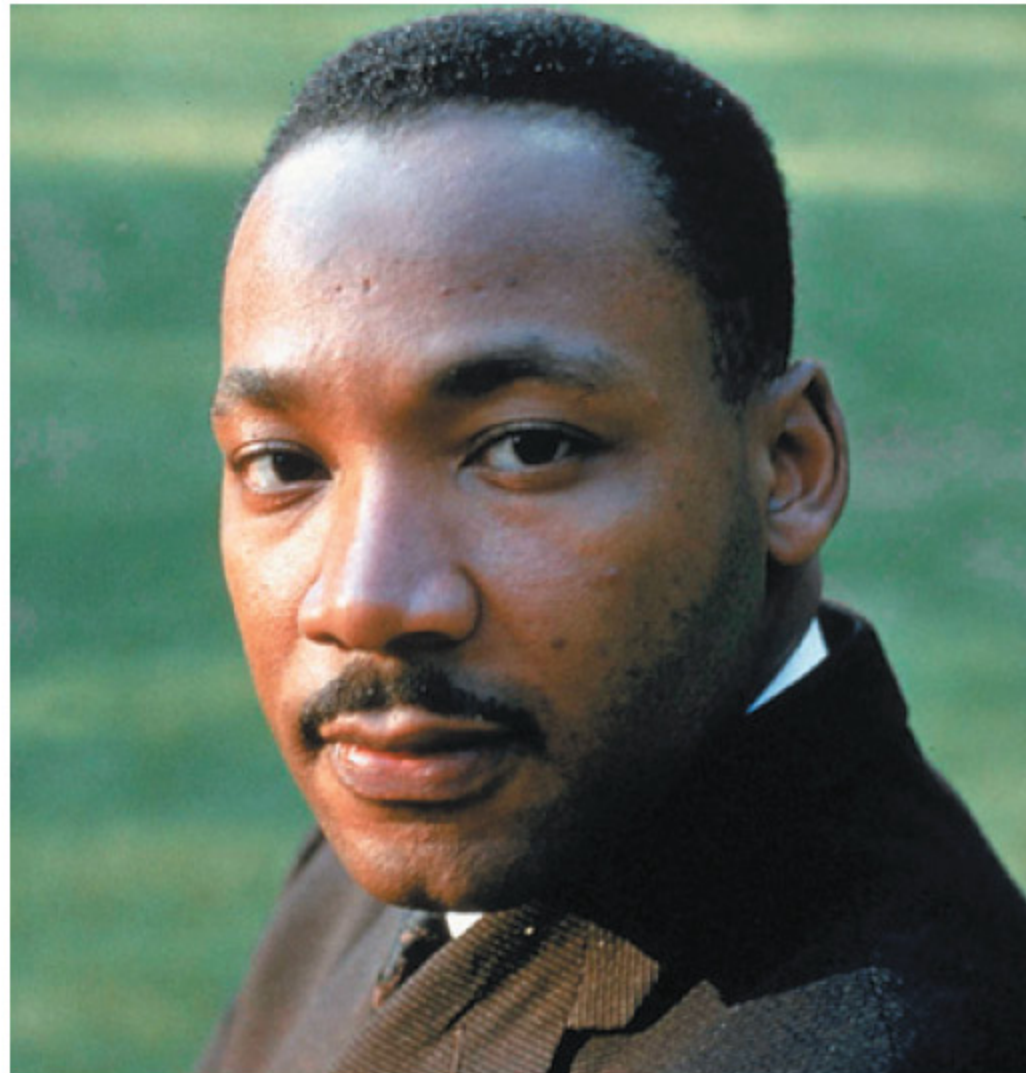
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P.O. Box 332
Rusk, Texas 75785

The Emancipation Proclamation

MARTIN LUTHER KING, JR., FEDERAL HOLIDAY, 2013 BY THE PRESIDENT OF THE UNITED STATES OF AMERICA



President Barack Obama issued a proclamation proclaiming Martin Luther King, Jr., a federal Holiday.

See the full proclamation on page 3

The Emancipation Proclamation was an executive order issued by President Abraham Lincoln on January 1, 1863, as a war measure during the American Civil War, to all segments of the Executive branch (including the Army and Navy) of the United States.

It proclaimed the freedom of slaves in the ten states that were still in rebellion,[1] thus applying to 3.1 million of the 4 million slaves in the U.S. at the time. The Proclamation was based on the president's constitutional authority as commander in chief of the armed forces;[2] it was not a law passed by Congress.

The Proclamation also ordered that "suitable" persons among those freed could be enrolled into the paid service of United States' forces, and ordered the Union Army (and all segments of the Executive branch) to "recognize and maintain the freedom of" the ex-slaves.

The Proclamation did not compensate the owners, did not itself outlaw slavery, and did not make the ex-slaves (called freedmen) citizens. It made the eradication of slavery an explicit war goal, in addition to the goal of reuniting the Union.[3] Around 20,000 to 50,000 slaves in regions where rebellion had already been subdued were immediately emancipated. It could not be enforced in areas still under rebellion, but as the Union army took control of Confederate regions, the Proclamation provided the legal framework for freeing more than 3 million more slaves in those regions. Prior to the Proclamation, in accordance with the Fugitive Slave Act of 1850 escaped slaves were either returned to their masters or held in camps as contraband for later return.

The Proclamation only applied to slaves in Confederate held lands; it did not apply to those in the five slave states that were not in rebellion, nor to most regions already controlled by the Union army. Emancipation in those regions would come after separate state actions and/or the December 1865 ratification of the Thirteenth Amendment, which made slavery illegal everywhere in the U.S.

On September 22, 1862, Lincoln had issued a preliminary proclamation that he would order the emancipation of all slaves in any state (or part of a state) that did not end their rebellion against the Union by January 1, 1863

EDITORIAL

How to tell your toddler or preschooler about a divorce



Maxine Session

The concept of the family as the basic social unit reaches back into the Creation account found in Genesis 1 and 2. God created Adam and said, "It is not good that man should be alone" (Gen. 2:18). Then He created woman and united the couple and they became "one flesh" (Gen. 2:24). Thus the family was designed by God to

provide companionship for the various members of the family. God's idea for the family is that it be a harmonious unit, where love for God and neighbor are instilled into each member (Deut. 6:6-9). However, in this 21 century of the United States of America, man seems to think that he knows better than God what's best for the family.....and it is tearing apart lives of everyone, including little children. In May of 2013, 178,115 Texas marriages were reported to the Texas Vital Statistics bureau. Statistics show that more than half of them will end in divorce.

There are many family units that are whole and secure living within the design that God

planned, yet there are those that are shattered leaving children to be raised by a single parent, grandparents and even the foster care system.

If you are one of those family members having an impact on the lives of children living within the divorce cycle or about to go through it, think through how to tell a small child about divorce before you actually do it. Sometimes three, four and five year olds understand more than we think they do because the process is so painfilled, so be careful. There are carton films they can view that will help and there are children's books. I recommend the following book written by Allison LaTona. Read the following:

Changes in My Family
~By Allison LaTona
Divorce or Separation

The purpose of this personalized children's book is to help the child understand and deal with the family change of divorce

or separation, and also how a divorce or separation will affect them, using age-appropriate language (you will have an opportunity to differentiate whether the book is about a divorce or separation).

Because Twigtale's books are customized to your child with personal photos, the messages are much more effective. Read why Twigtale books work here. Divorce and separation are defined at the child's level of understanding and how the child is affected, focusing on the parents' role remaining intact. The story focuses on what will change and what will stay the same. It introduces the concept of custody — having two homes — and the time with parents being maintained. Also, since children often blame themselves for their parent's divorce/separation, reassurance is given that divorce

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Martin Luther King, Jr. Federal Holiday 2013 by the President of the United States of America

A Proclamation

At a time of deep division nearly 50 years ago, a booming voice for justice rang out across the National Mall, reverberated around our country, and sent ripples throughout the world. Speaking to thousands upon thousands rallying for jobs and freedom, the Reverend Dr. Martin Luther King, Jr., delivered his "I Have a Dream" speech, challenging America to take up the worthy task of perfecting our Union. Today, we celebrate a man whose clarion call stirred our Nation to bridge our differences, and whose legacy still drives us to bend the arc of the moral universe toward justice.

By words and example, Dr. King reminded us that "Change does not roll in on the wheels of inevitability, but comes through continuous struggle." Throughout the 1950s and 1960s, he mobilized multitudes of men and women to take on a struggle for justice and equality. They braved billy clubs and bomb threats, dogs and fire hoses. For their courage and sacrifice, they earned our country's everlasting gratitude. A half-century later, the march of progress has brought us closer than ever to achieving Dr. King's dream, but our work is not yet done. Too many young people still grow up in forgotten neighborhoods with persistent violence, underfunded schools, and inadequate health care, holding little hope and few prospects for the future. Too many Americans are denied the full equality and opportunity guaranteed by our founding documents. Today, Dr. King's struggle reminds us that while change can sometimes seem impossible, if we maintain our faith in ourselves and in the



Martin Luther King, Jr. spending time with his son, Martin III, and daughter Yolanda.
(© Marvin Koner/Corbis)

possibilities of this Nation, there is no challenge we cannot surmount.

Every year, Americans mark this day by answering Dr. King's call to service. In his memory, let us recall his teaching that "we are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." In keeping with Dr. King's example, let us embrace the belief that our destiny is shared, accept our obligations to each other and to future generations, and strengthen the bonds that hold together the most diverse Nation on earth. NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim January 21, 2013, as the Martin Luther King, Jr., Federal Holiday. I

encourage all Americans to observe this day with appropriate civic, community, and service projects in honor of Dr. King and to visit www.MLKDay.gov to find Martin Luther King, Jr., Day of Service projects across our country.

IN WITNESS WHEREOF, I have hereunto set my hand this eighteenth day of January, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Tull Finds New King Audio

In a dusty old attic in Chattanooga, Tennessee, Stephon Tull was rummaging through dilapidated boxes left there by his father many years before, when he came across an interesting find.

"I'm a rummager, a packrat," said Tull. "That piqued my interest."

Tull acquired a reel-to-reel player and listened to what sounded like his father interviewing Dr. Martin Luther King Jr. about nonviolence and the civil rights movement. "I could not believe what I was hearing," said Tull.

Tull's father had grown up in Tennessee during the years of racial tension, oppression, and the so-called "Jim Crow" segregation laws.

"He planned on writing a book on how bad things were back in that era," said Tull, but he never finished it. "Tull's father's recorded his conversation with King three years before the civil rights leader delivered his famous "I Have a Dream" speech in Washington, four years before President Lyndon B. Johnson signed the Civil Rights Act into law and eight years before King was assassinated in Memphis, across the state from where Tull's father lived.

Respiratory Etiquette is Key to Cold, Flu Prevention

January is often the peak time for the flu season in Texas, and it's not too late to get a flu shot and take other common sense steps to protect yourself from illness.

Flu is spread when an infected person coughs, sneezes or talks, releasing the contagious virus into the air. People with flu can transmit the virus to others from one day before getting sick to up to seven days after showing symptoms of the flu.

"Respiratory etiquette" is the newest phrase in healthcare circles, and refers to taking common-sense steps to prevent the spread of germs from person to person.

Washing your hands thoroughly and often is the most important way you can prevent catching and spreading germs to others and prevent many communicable diseases. Use warm water and soap and scrub your hands for about 20 seconds. Dry your hands with a clean, disposable towel.

Use an alcohol-based hand cleaner when soap and water are not available.

In addition, the Texas Department of State Health Services recommends these precautions to reduce your risk of catching or spreading flu germs:

- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone who is sneezing, coughing or has a runny nose. This is true especially if you are taking care of someone who is sick.
- Do not share towels, lipstick, toys, cigarettes, food, eating utensils, drinking glasses or anything that might be contaminated with respiratory germs.
- Avoid close contact with people who are sick, and avoid close, crowded spaces when possible.
- Cover your mouth and nose with tissue every time you sneeze, blow your nose, or cough. Do not use handkerchiefs.
- Put used tissues in the nearest trashcan.

- If you do not have a tissue, cough or sneeze into your sleeve.
- Stay home if you have a cough and fever. Keep away from family members who are very young, very old, or have a serious disease or weak immune system.
- Because cold viruses can survive for hours outside the body, cleaning surfaces with a virus-killing disinfectant (such as a one part bleach to nine parts water mixture) can help prevent the spread of common germs.

For more details on how you can protect yourself during the cold and flu season, go to the Texas Department of State Health Services website at www.dshs.state.tx.us/idcu/health/prevention/cold_flu.

How to tell a child

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is never a child's fault. This prevents the child from carrying inappropriate responsibility or guilt.

As every child holds the ideal of a family living together, divorce or separation can affect a child's emotions. The story normalizes the feelings of sadness, hurt, worry and anger that naturally emerge

Emancipation Proclamation
from page 1

None of the Confederate states restored themselves to the Union, and Lincoln's order, signed and issued January 1, 1863, took effect except in locations where the Union had already mostly regained control. The Emancipation Proclamation outraged white Southerners who envisioned a race war, angered some Northern Democrats, energized anti-slavery forces, and weakened forces in Europe that wanted to intervene to help the Confederacy. [The Proclamation lifted the spirits of African Americans both in the Southern and Northern States, and led to many slaves escaping their masters and running behind Union lines in order to obtain their freedom.] [5] [need quotation to verify]

The Emancipation Proclamation shifted the focus of the Civil War. While slavery had been a major issue that led to the war, at its beginning, Lincoln's only mission was to keep the Union together. The Proclamation made freeing the slaves an explicit goal of the Union war effort, and was a step towards outlawing slavery and conferring full citizenship upon ex-slaves.

with a divorce or separation, and encourages the expression of these feelings. Lastly, the story reassures that although a divorce or separation creates a lot of change and affects a child's routine, both parents' love remains unchanged.

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These Texas Lottery Commission Scratch-Off games will be closing soon:

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1420	3X The Cash Overall Odds are 1 in 4.85	\$3	1/30/13	7/29/13
1435	Bonus Ball Bingo Overall Odds are 1 in 3.98	\$3	1/30/13	7/29/13
1442	Loteria® Texas Overall Odds are 1 in 3.99	\$3	1/30/13	7/29/13

For detailed odds and game information, visit txlottery.org or call 1-800-376-7766. Must be 18 or older to purchase a ticket. The Texas Lottery supports Texas Education. © 2012 Texas Lottery Commission. All rights reserved.

TEXAS
LOTTERY

Criminal Justice Grant Funding Available for East Texas Region

Mandatory Grant Workshops Scheduled for Applicants

Kilgore, TX - Local governments, independent school districts, colleges, universities, non-profit organizations, and state agencies now have the opportunity to apply for grant funds from the Governor's Office, Criminal Justice Division. Continuation applicants and potential new applicants in ETCOG's fourteen (14) county region are invited to attend FREE grant application workshops, hosted by the ETCOG Public Safety Department. This training will be held at the ETCOG office, 3800 Stone Road, Kilgore, TX.

Grant funding is available for the following programs:

Victims of Crime Act (VOCA)
 STOP Violence Against Women Act (VAWA)
 Juvenile Justice and Delinquency Prevention Act (JJDP)
 Edward Byrne Memorial Justice Assistance Grant Program (JAG)

To apply for funding you must attend a MANDATORY grant application workshop. Workshops are free to attend and will be held at ETCOG on the following dates:

Tuesday, January 15, 2013 at 9:30 a.m.
 Tuesday, January 15, 2013 at 2:00 p.m.
 Wednesday, January 23, 2013 at 9:30 a.m.
 Wednesday, January 23, 2013 at 2:00 p.m.

NOTE: Agencies need only attend one grant application workshop (a.m. or p.m.)

Poll: Majority Wants 'Road to Citizenship' for Immigrants

A sizeable majority of Americans – 62 percent – support allowing illegal and undocumented immigrants to earn citizenship, compared to 35 percent who are opposed, according to a poll from Politico/George Washington University.

Among Republicans, the idea receives plurality support, with 49 percent in favor and 45 percent opposed. Democrats favor the idea 74 percent to 24 percent. And among independents, 61 percent support it, while 35 percent are opposed.



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Religion



The Cup of God's Wrath

"And there appeared to Him an angel from heaven, strengthening Him. And being in an agony He prayed more earnestly; and His sweat became like great drops of blood falling down to the ground." ~Luke 22:43-44

The only other time an angel appeared to strengthen Jesus was just after His forty-day fast, which culminated in a bout with the devil himself (Matthew 41: 1-11). There we see the Savior in a state of such physical weariness that He was probably barely able to stand up, which was why angels came to minister to Him. So this passage in Gethsemane begs the question: Just what is happening here that requires an angel to come to strengthen Jesus? Notice that Jesus is sweating drops of blood to the ground after the angel's appearance. What is it that Jesus is wrestling with here that causes Him such agony, even after receiving supernatural assistance? Many different answers have been suggested. Some have proposed that Jesus is overwhelmed with the physical pain He is about

to experience. And who can doubt the severity of that anguish? In the next twenty hours or so, He will go without sleep, be on trial six times, be scourged, mocked, punched, spit upon, and deprived of all physical comforts. But ensuing physical challenges are not what He is wrestling with on the Mount of Olives.

Others have suggested that Jesus is dealing with the emotional pain He will soon bear. Again, it is hard to argue with this in light of Judas's betrayal, Peter's cowardess, and the fickle crowd's rejection of Him as Messiah. But this is not what He is wrestling with in Gethsemane either.

The careful reader will notice that Jesus tells us precisely what He is wrestling with. But to understand, let's backup and consider something Jesus knew all too well: the Old Testament. The Old Testament Jews were well acquainted with the a number of metaphores for God's wrath. Darkness, thunder, the winepress—such images pictorially captured the severity of God's hatred of sin. But there was naother symbol Isreal was familiar with, the following scriptur depicts it graphically.

But it is God who executes judgement, putting down one and lifting up another.

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Center for the Elimination of
 Disproportionality and Disparities
 TEXAS ★ Health and Human
 Services Commission

Smith County

Did you know that 3 out of 4 African American adults in Texas are either overweight or obese, which contribute to the onset of diabetes? Did you know that African Americans have the highest prevalence rates of diabetes in Texas? And did you know that where we are born, grow-up, work, live, and pray affects our health?

Do you want to make your community a healthier place? Join the federally funded Transforming Texas initiative in your area to support communities, schools, workplaces, and health care providers as they work together to help reduce the burden of chronic diseases, lower the cost of care and improve the quality of life for every Texan through the power of prevention.

Right now, the Northeast Texas Public Health District (NETPHD) is leading the Transforming Texas initiatives in Smith County. NETPHD is working with coalitions and local stakeholders to discuss the importance of clean indoor air policies in preventing secondhand smoke exposure as well as improving opportunities for physical activity in the community and workplace. NETPHD is also working on improving patient self-management of high blood pressure, high cholesterol, and/or diabetes as well as developing initiatives to increase the affordability and availability of healthful foods through farmers markets, small store initiatives, and provision of full service grocery stores. To learn more about these Transforming Texas initiatives and programs in Smith County, please contact Terrence Ates at 903-535-0020.

Obituaries

Lorene Brown White

Services for Loren White were held January 5, 2013 at Mt. Olive Community Church with Rev. Mertis M. Bartley, II officiating. Lorene Brown White was born April 27, 1925 to the late Isiah and Mamie Brown. She departed this life on December 26, 2012 in Rusk, Texas. She united with Mt. Olive Baptist church at a young age and served in many positions as well as church mother. She remained a faithful member until death. She was a loving mother, grandmother and great-grandmother. Her life has left a mark in the lives of those that were fortunate enough to be loved by her. She was known as a sharing and caring woman of the community, who looked out for neighbors and t

hose who had no one feeding anyone who expressed a need to eat.

Ms. white was preceded in death by her parents, three sisters and a grandson, Vincent Atkins. She was united in marriage to the late Richard Williams until his death. She later married Lavern White until his death. She leaves to cherish her memory her son Charles L. Van Zandt, a daughter-in-law Louise Van Zandt, whom she loved and referred to as her daughter, a loving granddaughter, Chandra Van Zandt, Tylicia Crutchfiels and Trevor Crutchfield; great-grandchildren Sh'Derria Atkins, Ivan Bickham, Madisyn and Peyton Bickham; aunt Bessie Thompson, special nephew Carl Hopkins, a dear friend Mary Alice Foreman, a host of neices, nephews other relatives and friends. Interment was at Plainview Cemetery under the directions of Williams Funeral Home.

Dr. King

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In the interview, King can clearly be heard discussing his definition of nonviolence, and its importance in the civil rights movement.

"I would ... say that it is a method which seeks to secure a moral end through moral means," he said, "and it grows out of the whole concept of love, because if one is truly nonviolent that person has a loving spirit, he refuses to inflict injury upon the opponent because he loves the opponent."

King continued, "I am convinced that when the history books are written in future years, historians will have to record this movement as one of the greatest epics of our heritage," he said. "It represents struggle on the highest level of dignity and discipline."

The Rev. Joseph Lowery, one of the founders of the Southern Christian Leadership Conference with King in 1957, said the tapes are a reminder of the work King started that is not finished.

"One of the things that occurred back then, we effectively communicated that nonviolence as a tactic, as a technique, was very effective for civil rights protests," said Lowery. "What we failed to do was express it's not just a tactic, but a way of life."

Lowery went on, "We're losing the battle of violence versus nonviolence as a means of resolving human conflict," he said, "I hope Dr. King's message, wherever it shows up will help us in the struggle."

In another part of Tull's recording, King describes a recent trip to Africa. He explains to Tull's father the importance of the civil rights movement both in the United States and abroad.

"There is quite a bit of interest and concern in Africa for the situation in the United States. African leaders in general, and African people in particular are greatly concerned about the struggle here and familiar

Continued page 7



Warden Haynes- TDCJ, Councilman Walter Session, Maxine Session, Margaret Perkins, James I. Perkins, CEO Citizens 1st Bank, TJC Staff Member and Dr. L. Michael Metke President of Tyler Junior College attending 1st TJC Rusk LVN graduation.



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Dr. King

continued from page 6

with what has taken place," he said, "We must solve this problem of racial injustice if expect to maintain our leadership in the world, and if we expect to maintain a moral voice in a world that is two thirds color."

The recording is intriguing to Clayborne Carson, a professor of history and founding director of the Martin Luther King, Jr., Research and Education Institute at Stanford University.

"It's hard to know what we're dealing with," he said, "There are thousands of interviews with Dr. King, and it's hard to tell the historical significance of this (one)."

"What is interesting about this is rather than just a transcript, you can hear his voice," he added.

In 1985, King's widow, the late Coretta Scott King, invited Carson to direct a long-term project to edit and publish the civil rights leader's works

I. Based on the dates, Carson believes the African trip King mentioned in the recording was his trip to Nigeria. This is what Carson and his colleagues are most interested in.

"The trip to Nigeria is something we don't have a lot of information about," he said, "In Nigeria he didn't do press conferences, didn't do interviews or write letters we know of."

Keya Morgan, a collector and expert on rare historical artifacts, authenticated the reel, and is working with Tull to arrange a sale through his Keya Gallery in New York. He says he hopes the recording will find a good home in a museum or at a university.

"When I heard it, I got goose bumps all over," Morgan said, "It feels like he's sitting in your living room and talking to you."

Poetry Corner

Chosen as the
Enemy

~ by Michael Guinn

Death's reliable messenger
La Amistad's reluctant passenger
Because bondage fit a need
Millions of hearats had to bleed
And on deaf ears for years
Fell the cry of enslaved souls
It's not our fault we lost control
In the ship's bow, hope was chained
And there, cocooned, it remained
While black pride oozed from
lashes
Slave ships were eagerly splashing
Against waves of humiliation
In stormy seas degregation
Where we were captured, sold,
despised
Our freedom, shackled denied
Even as Tom, the toy, the token
Black spirit remained unbroken
It was an uphill battle for men
treated like cattle
To be herded, bred and branded
It took a strong faith to with stand it
Through years of muderous
obsession
Hate stamped its indelible
impression
By then it was thought for sure that
freedom's death was secure,
but the fight had just begun
And after years of struggle, finally
won
So many sacrificed their livesSo
that our future survuves
Generations died while trying to see
Reasons wwe were chosen as the
enemy



Texas Sunflowers

"Hate is a wasteful emotion, most of the people you hate don't know you hate them and the rest don't care."
Medgar Evers

Omnipotnet and steadfast God,
Who in thy mercy, hath
Upheaved in me Jehovah's rod
And His chastising wrath,

For fifty-nine unsparing years
Thy Grace hath worked apart
To mount a man of iron tears
With a bullet for a heart,

Yet, since this body may be weak
with all it has to bear,
Once more, before Thya thunders
speak,
Almighty, hear my prayer

I saw Thee when Thou did display
The black man and his lord
To bib me free the one , and slay
The other with a sword.

I heard Thee when Thou bade me
spurn
Destruction from my hand
and, though all Kansas bleed and
burn
It was at Thy command.

I hear the rolling of the wheels,
The chariots of was!
I hear the breaking of the seals
and the opening og the door!

The glorious beasts with many eyes
Exault before the Crowned
The buried saints arise, arise
Like incense from the ground!

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John Brown's Prayer

From John Brown's Body

~By Stephne Vincent Benet

Before them march the martyr-
kings,
In bloody sunsets drest,
O, Kansas, bleeding Kansas,
You will not let me rest!

I hear your sighing corn again,
I smell your prairie sky,
and I hear five dead men
By Pottawattomie.

Lord God it was a work of Thine,
And how might I refrain?
But Kansas, bleeding Kansas,
I hear her in her pain.

Her corn is rustling in the ground,
An arrow in my flesh.
And all night long I staunch a
wound,
That ever bleeds afresh.

Get up, get up my hardy sons,
From this time forth we are
No longer men, but pikes and guns
In God's advancing war.

And if we live, we free the slave,
And if we die we die.
But God has digged His saints a
grave

Beyond the Western sky.
Oh fairer then the bugle-call
Its walls of jasper shine!
And Joshua's sword is on the wall
With space beside for mine.

And should the Philistine defend
His strength against our blows,
The God who doth not spare His
friend,
Will not forget His foes.

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Happy New Year Hancock Family:

The Kansas City, Missouri branch of the family is busy making preparations to welcome you for the Hancock 2013 reunion. We are working hard to make sure you and your family has a great time in FABULOUS KANSAS CITY. Activities are being planned to address every age group. The reunion is scheduled as in the past for the third weekend in July. The dates are July 19, 20, and the 21st. We have requested a block of hotel rooms to ensure we have accommodations available for the weekend. More detailed information concerning the reunion will be presented soon.

To help facilitate planning, we are requesting that each family member RSVP to maelobrownh@sbcglobal.net with their commitment of attendance. In your response please include:

- Your name
- Preferred communication choice (email address, or US mailing address)
- If you plan to attend or send your regrets
- Number of family members attending
- How many under the age of 18
- Tentative date of arrival

Please send your response on or before February 9, 2013.

God bless,

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HEALTH MATTERS

Agency Helps Older Texans — and Stressed Out Caregivers

Some parents call it a flash-forward — that anxious moment when a son's cracking voice or a daughter's joy over her first job hints at dawning adulthood and permanent changes in family relationships.

Years later, those children often face their own anxious moment when they see the first signs of aging in their parents. How will they manage the shift — gradual or sudden — to caring for those who once cared for them?

The Texas Department of Aging and Disability Services (DADS) can help. Its caregiver-oriented programs and resources are designed specifically for busy Texans who are looking after family members and other loved ones. The help comes from both public and private sources and can be anything from home-delivered meals and care coordination to benefits counseling, medication management, information about caregiver and Alzheimer's disease support groups, caregiver training, transportation, basic housekeeping, local volunteer groups and more.

Many of these programs are available through DADS' network of 28 area agencies on aging. "Eligibility requirements vary from service to service, and we can help you figure out which ones your family member can access," said DADS' Patricia Bordie.

If you're a caregiver, contact the area agency on aging nearest you at 800-252-9240. In addition to help for your loved one, they also can link you up with National Caregiver Support Program (NCSP) services to make your duties more manageable.

Another option is to directly contact the NCCSP online. Just go to the US Administration on Aging (AoA) website at www.aoa.gov and type caregiver support into the search box at the top of the page. AoA's site also has a useful Elders and Families section.

DADS' additional caregiver resources include the Take Time Texas website (www.dads.state.tx.us/taketimetexas/index.html)

What's Cook'in

Bread Pudding



Home Made Chicken Salad

8 slices white bread cut into 3/4 inch cubes
 3 tablespoons margarine or butter melted
 3 eggs
 3 1/2 cups milk
 3/4 cup sugar
 1/2 cup raisins
 1 teaspoon vanilla
 1 teaspoon ground cinnamon
 1 teaspoon ground nutmeg
 1/2 teaspoon salt

Heat oven to 325 degrees F. Toss bread and margarine in greased 2-quart casserole. Beat eggs in large bowl; stir in remaining ingredients. Pour over bread; cover. Let stand 10 minutes.

Bake 30 minutes or until center is set. Serve warm.

8 boneless, skinless chicken breasts cooked cut into chunks
 2 cups chopped nuts pecans or walnuts, optional
 1 small onion finely chopped
 1 cup Miracle Whip salad dressing
 1/2 teaspoon salt
 1/4 teaspoon ground red pepper

Mix chicken, nuts, onion, salad dressing, salt and pepper in large bowl. Cover and let set in the refrigerator until ready to serve. Make sandwiches or serve with crackers.

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Multi county gardening seminar scheduled

Nacogdoches, TX.-Three well respected speakers will be in East Texas to help new gardeners and veteran vegetable growers alike. A multi county gardening seminar will take place in Nacogdoches at the County Extension Office on Friday, Jan 11 at 8:30 am. Keith Hansen, Dr. Joe Masabni, and Dr. Thomas Isakeit are part of the program. Hanson, County Extension Agent for Horticulture in Smith County will speak on "Insects in the Garden".

Masabni, a Texas A&M Extension Vegetable Specialist, will be speaking on two topics: Irrigation and Water Conservation In The Vegetable Garden, and Do's and Don'ts in a Raised Bed Garden. Isakeit, a Texas A&M Extension Plant Pathologist Specialist, will talk on Vegetable Disease Management. Growers with a Texas Department of Agriculture license in attendance will receive 3

Continuing Educational Units. Registration starts at 8:30AM. Cost is \$25.00 per person with meal and materials provided. Must R.S.V. P. by January 07, 2013 by calling 936-598-7744 for meal purposes. For More Information please call any of the following offices: Shelby 936-598-7744, Nacogdoches 936-560-7711, Angelina 936-634-6414, Cherokee 903-683-5416, San Augustine 936-275-3644 or Sabine 409-787-3752

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Provisions from the American Disability Act will be considered when planning educational programs and activities.

Cuomo To Announce Tough New Gun Laws For NY

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inShare inShare0 New York Gov. Andrew Cuomo is expected to announce tough new gun laws Wednesday that would be among the most stringent in the nation in response to continuing gun violence across the country and the massacre in Newtown, Conn., last December.

Sources told CBS New York on Tuesday that Cuomo was negotiating the regulations with members of the state Assembly and Senate that could include more stiff penalties for committing crimes with a gun and further restricting the firearms that citizens across the state can own.

"It's a very divisive topic," Cuomo said. "There's a lot of energy on both sides. Some people are

vehemently against, some people think we're out of our minds for not passing it. Gun control is highly [a] political, politically contentious situation. It is polarizing."

The package of laws would include new restrictions on assault weapons, limits on the number of bullets permitted in a magazine, and much more tough penalties for committing a crime with a gun than those already existing in New York.

"There's just too many incidents that are happening that you think could be avoided if there were stronger regulations about it," said one mother from Larchmont, New York. "Absolutely, I mean you can't even send them to school now. Now my kids have police in front of their school. I mean you wonder how far it's going to go."

Cuomo was hoping to finish the negotiations on the laws in time to announce them as part of his state of the state speech before the New York legislators on Wednesday.

The Cup of Wrath continued from page 5

Psalms 75: 7-8 For in the hand of the Lord there is a cup with foaming wine, well mixed, and He pours out from it and all the wicked of the earth shall drain it down to the dregs.

Isiah 51:17 continues to say, "Wake yourself, wake yourself, stand up, O Jerusalem, you who have drunk from the hand of the Lord the cup of His wrath, who have drunk to the dregs the bowl, the cup of staggering.

The cup was a dreadful symbol of the deserved wrath of God. When the Almighty visited a city with His cup of wrath, His enemies had to drink it down to the dregs. But never had the total measure of God's wrath, the eternal weight of it, been poured out before. Yes there were previews of that wrath throughout the Old Testament when places like Sodom and Gomorrah were destroyed. Yet the full fury of that

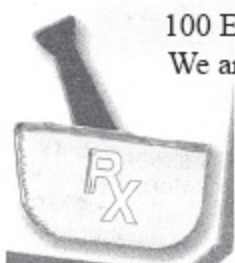
wrath was not poured out until.....

Let's go back to the Mount of Olives and see what Christ was wrestling with.

Christ emerges from His time of prayer, prepares to be arrested, and sets His face like stone to enter the hell awaiting for Him. Could we possibly be so deeply loved by our Savior that He was willing to swallow hell itself for us? Is it true that when Jesus cried out, "My God, my God, why has you forsaken me?" on the cross, that He was actually experiencing the forsakeness and wrath we deserve? Christ's scream from the cross was "the scream of the damned. for us. This is the kind of love the Savior has for us who cling to cheap counterfeits and substitutes. He drank the cup dry, leaving not a drop for us to drink.

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Gabrielle Douglas, first African American to win an Olympic individual all-around event



Gabrielle Christina Victoria Douglas is best known as the first African American to win the individual all-around event. She also won a team gold medal for the U.S. at the 2012 Summer Olympics. Gabby has been nicknamed the "Flying Squirrel."

American gymnast Gabrielle Christina Victoria Douglas, better known as Gabby Douglas or "Flying Squirrel," was born on December 31, 1995, in Virginia Beach, Virginia, to Timothy Douglas and Natalie Hawkins. Her first experience with gymnastics came at the age of 3, when she perfected a straight cartwheel using a technique that she learned from her older sister, Arielle, a former gymnast. By age 4, Douglas had taught herself how to do a one-handed cartwheel. Thanks to Arielle's persuasion tactics, Douglas's mother allowed her to begin taking formal gymnastics classes at the age of 6. Only two years later, in 2004, she was named a Virginia State Gymnastics Champion. Gymnastic Achievements When Douglas turned 14, she left her hometown and family, and moved to West Des Moines, Iowa, to train with renowned coach Liang Chow, known for molding American gymnast Shawn Johnson into a world champion and Olympic gold medalist. Travis and Missy Parton volunteered to be Douglas's host family in West Des Moines: According to Douglas's official website, she plays big sister to the Parton's four daughters, one of whom is also a student of Chow's. At the 2010 Nastia Liukin SuperGirl Cup -- a televised meet held in Massachusetts -- Douglas made her debut on the national scene, p

lacing fourth all-around. She also placed third on the balance beam, sixth on vault and ninth all-around in the junior division of her first elite meet, the 2010 CoverGirl classic in Chicago, Illinois. Douglas went on to win the silver medal on balance beam and fourth all-around at the 2010 U.S. Junior National Championships, and then took the uneven bars title at the 2010 Pan American Championships. Her performance at that event also placed Douglas at fifth all-around and won her a share of the U.S. team gold medal.

Douglas was a member of the U.S. team that won the gold medal in the team finals at the 2011 World Artistic Gymnastics Championships in Tokyo, Japan. She also won the 2012 Olympic Trials, which took place in San Jose, California, and was selected to the national team that will represent the United States at the 2012 Summer Olympics in London, England.

"Her unique blend of power, flexibility, body alignment and form has led her to be compared with three-time Olympian Dominique Dawes," states an article on American-Gymnast.com. Douglas is the first African American to make the U.S. Olympic women's gymnastics team since Dawes in 2000.

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