



## Available for Lease

404 MAIN STREET - LIBERTY



2 Offices | Reception Area | Kitchen | Restroom  
Completely Remodeled and Ready to Occupy

FOR INFORMATION CALL  
936-402-0333 or 936-346-2862



JO ANNE HORN LEGER

### LEGER RECEIVES AWARD

Jo Anne Horn Leger, FAPR, RPR, CRR, an official court reporter from Liberty, has been named a Fellow of the Academy of Professional Reporters (FAPR). Leger has been a court reporter for 35 years. Her career has included work as a freelance court reporter and a closed-captioner. For the past 24 years, she has served as the official court reporter for the 253rd Judicial District Court for Liberty and Chambers counties.

## Senior box distribution at VFW Friday

LIBERTY - The Houston Food Bank has commodity boxes of food from the USDA/TDA to distribute to qualified seniors applicants. The Senior Box food distribution will take place Fri., April 26, at the Liberty VFW Hall from 8-10 a.m. All qualifying clients must be the age of 60 or above. All senior applicants are subjected to verify their age, residence and household income.

For more information, call or text Mike at 936-346-9114.

## Next Chamber lunch May 14 in Dayton

DAYTON - The Dayton Chamber of Commerce monthly luncheon is set for Tues., May 14, at the Dayton Community Center, 801 S. Cleveland. Networking begins at 11:30 a.m. followed by a catered meal by Big Time Events Catering. Universal Agape Love will present an informative program on Stress, Burnout & Self Care. It's a topic most anyone can relate to.

Admission is \$20/members and \$25/non-members. Please register to attend by 12 p.m., Fri. May 10, so arrangements can be made with the caterer. Those registering at the door will be charged an additional \$10.

Sponsorships and Spotlight Tables are now available. Secure yours today and get your business recognized before, during and after the luncheon, and don't forget your door prizes for added exposure for your business. This month's luncheon Title Sponsor is First America Homes.

For more information or to register for the luncheon, visit the website [daytonchamber.com](http://daytonchamber.com) or call the chamber office at 936-257-2393.

### DRIVE-THRU PRAYER

DAYTON - Greater Faith Apostolic would love to pray with those in the community. You are encouraged to stop in for prayer Fri., May 3. The GFA staff will be available from 7-10 a.m. The church is located at 2500 FM 1960.



Frankly Speaking -

# Be Calm and Cautious - Hugging Isn't a Mugging!

by Frank Jordan

When a calming moment is essential, an extended hug from wife Connie, a child, or a grandchild, brings a soothing feeling that releases tensions immediately and makes the world seem better. Is it all emotional or is there more to this thing called hugging than being hooked on a feeling?

Humorist Shel Silverstein cleverly stated how most people approach hugging, "I will not play tug o'war. I'd rather play hug o'war. Where everyone hugs instead of tugs. Where everyone kisses, and everyone grins, and everyone cuddles, and everyone wins!"

The hug has probably existed as an act of affection and warmth since the

cave man. However, the word "hug" is first known to have been used about the year 1500 in the frigid Scandinavian region of the world, being derived from the Old Norse "hugga" meaning to soothe. The great Christian humanist, Desiderius Erasmus (of course you know the name!) told us about that time, "What is there about babies that makes us hug and kiss and fondle them, so that even an enemy would give them help at that age?"

Just to be certain your education is encompassing, the words "bear hug" are purely American, while first entering the vocabulary of man recently about 1921. Be aware also that

offered the opportunity, avoid an intense arms in arms encounter with an actual bear, whose finger nails can cause extensive damage both during the hug and on release! And be warned dancing bears are not seeking partners.

Humans, animals and even trees usually enjoy a good hug, except a dog who may interpret close enclosing contact with another as an act of attempting to establish dominance and superiority. Fortunately, canines in most instances demand immediate release by growl, teeth exposure or body thrashing when seeking escape from a body squeeze. Be aware there are also real risks from trees that may rub you the wrong way! I personally recently fell and while falling attempted to dance with a large tree trunk. The tree resisted and a bloody-faced me got an ambulance ride! Healed now but doing my best to avoid further trunk dancing!

Cats are secure in their superiority in all situations and, unless they just don't want to, usually embrace a cuddle accompanied by a gentle stroking of the fur. Be aware though, that when a kitty wants solitude or has had enough, back claws inserted in human skin on exit from a hug can be hurtful and leave small red dots on clothing while creating a loud vocal expression associated with excruciating pain.

But for most the hug is a form of physical intimacy that relates to holding, or closing the arms around another person or animal, as a sign of affection. Amazingly, the hug has no stigma in almost any known culture in public, or private situations, and across age and gender categories.

There is a documented exception by a negative attitude toward hugging present in Namibia in South

Africa, where the Himba people are repelled by a demonstration of affection. Now you know - don't hug a Himba. President (Ex VP) Joe Biden is also sensitive about physical touching at present due to criticism from overzealous physical correctness gurus who have mandated "touchy-feely has no appeal!"

Hugging actually does release the "love hormone" known as Oxytocin, a neurotransmitter in the brain. A scientific study at the University of Wisconsin found that stressed girls after speaking with their mothers, either in person or on the telephone, experienced significant release of the calming hormone, Oxytocin, and diminishment of the stress reduction hormone, Cortisol. Rare negative experiences are still unexplained.

So now you know it's official - hugs are usually scientifically soothing and in most instances should not be considered physical assaults. Frankly speaking, I personally have been closing long-distance conversations with my family, friends and in media for years by giving expressed "virtual hugs." Consider yourself virtually hugged and have a soothing day, remembering to hug a human, but avoid hugging dogs, bears, trees and Himbas!

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### FLAG RETIREMENT

LIBERTY - Liberty VFW Post 5621 will hold a flag retirement Sat., May 18, at the basketball pavilion at the Liberty City Park from noon until 4 p.m. Anyone who has a flag to retire can place them in the flag depositories located in Dayton at The Crossroads or in the designated box located near First Liberty Bank in Hardin. Flags may also be left at the VFW Hall at 1520 N. Main Street. The public is invited to attend.



SONJA BRUZAUSKAS



TALI MORGULIS

## Vocal concert at St. Stephen's, May 5

LIBERTY - German mezzo soprano Sonja Bruzauskas, accompanied by Israeli-American pianist Dr. Tali Morgulis, will present a vocal concert at St. Stephen's Episcopal Church, 2041 Trinity Avenue. The concert will consist of German, French and American art songs and will take place Sun., May 5, at 5 p.m. A reception in the parish hall will follow.

This concert is sponsored by the Fine Arts Society of Liberty, Texas, (FASOLT), and is open to the public. FASOLT brings art and music to the community, takes students to operas and symphonic concerts, and awards scholarships to students studying the arts, choir and band camps. FASOLT is a 501(c)(3).

For more information, call Jim Sterling, president of FASOLT, at 936-336-3716.



### OLD SCHOOL MUSEUM MUG SHOT

This delightful Old School Museum mug was presented to Susan Seaberg for presenting a program to the Dayton Historical Society. The society welcomes the opportunity to give mugs as a "thank you" to those who have a program historical in nature to share with the group. Mugs can also be purchased for \$10 from The Old School Museum, located at 111 E. Houston Street. The Historical Society meets the last Monday of most months (except May and December) at 6 p.m. at Parker Hall, located behind The Old School Museum. The public is cordially invited to attend the meetings.

## Friday Night Bites coming up May 3

DAYTON - It's going to be a night of food and fun in a festive atmosphere when the Dayton Enhancement Committee hosts Friday Night Bites. Gather your friends together Fri., May 3, and come out to the Crossroads Plaza from 6-9 p.m. and have a bite at one of the food trucks, enjoy live music and entertainment by DJ X and Ballet

Folklorico, visit with vendors, and participate in a five-tequila tasting. There is a \$20 minimum donation for the tequila tasting, which will benefit Dayton Enhancement Committee projects. Entry is free and so is the parking. Visit the city website [cityof-dayton.com](http://cityof-dayton.com) for more info. The Crossroads is located at 117 Cook Street.

## Liberty Church of Christ

Bryant Perkins, Minister

Join us this Sunday for Bible Classes for all ages at 9 a.m. and stay for Worship at 10 a.m.

We meet Sunday night at 5 p.m. and Wednesdays at 6:30 p.m.

We meet at 3201 North Main Street and have a parking space just for you.

We'd love to see you soon. We've saved you a seat!

3201 N. Main St., Liberty • 936.336.2213 • [libertycofc.org](http://libertycofc.org)

# HARDIN

10983 HWY. 146, HARDIN

## GROCERY & MEAT MARKET

### 936-298-2633

<b>4 lbs. Ground Chuck</b>
<b>3 lbs. Pork Chops</b>
<b>4 lbs. Pork Steak</b>
<b>4 lbs. Chicken Leg 1/4s</b>
<b>3 lbs. Chicken Breast</b>
<b>2 lbs. Our Own Homemade Smoked Sausage</b>
<b>2 lbs. Easy Peel Shrimp</b>
<b>2 lbs. Swai Imported Catfish</b>
<b>1 Whole Chicken</b>
<b>1 Pork Roast</b>
<b>\$11.99</b>

WE ACCEPT  
EBT