THE CORMAN PROPERTY.

"Serving Gorman For Over 110 Years" Gorman, Eastland County, Texas 76454

2010 Member - Texas Press Association

JULY 22, 2010

NUMBER TWENTY-NINE

Fish Fry Thursday, July 22

The Romney Cemetery Association is on the move!

Besides frying up fish and fixin's Thursday, July 22, in the cool and comfortable Myrtle Wilks Community Center in Cisco, the Association is stirring up a cool raffle that includes, among other things, one hundred pounds of tender, locally grown, grass-fed beef.

How would that look in your freezer?

Get the light, crispy, flaky cod starting at 5:30 Thursday, July 22, served by Ron Bostick and crew. With that enjoy hot, fresh hush puppies, french fries or potato salad, savory coleslaw, iced tea and dessert. It ends when the food and the fun run out, so arrive early.

\$5 for children 12 and under.

With that comes an evening full of music. Performers are talented Eastland Countians including Alice Ann Holliday of Cisco; Reuben Wilson and Walker York, also of Cisco; the Corinth Baptist Church Choir; Lynn and Rosetta Hagan of Carbon; Bill Fannin from Lake Leon; Ron Bostick, who grew up at Romney but now lives at Cisco; and Ruth York of Cisco.

The Association is also raffling off valuable prizes such as one hundred pounds of tender, grass-fed beef, vacuum packed and donated by a local producer. Get your raffle tickets now and join us at the fish fry for the drawing. Tickets are \$6 each or three for \$15.

The Romney Cemetery Association maintains the final resting place of many Eastland County loved ones at Romney, between Cisco and Rising Star. The Association, like many Americans, has been hurt by falling interest rates. Income from its perpetual care fund is used to maintain this sacred ground.

Help us make up the shortfall. Join us July 22 for an evening of good food, fun and prizes.

Mark your calendar for this can't-miss date, Thursday, July 22, at the Myrtle Wilks Community Center in Cisco. Then call 254-442-3530 to reserve your dinner and raffle tickets NOW.

Gorman Middle and High School Registration August 3rd, 4th, and 5th

Gorman Middle School and High School students need to finalize their schedule for the 2010-2011 school year. Registration will be held on August 3rd and August 4th in the gym foyer. The times are as follows:

August 3rd 9:00-10:30 8th grade 10:30-12:00 7th grade 12:00-1:30 Seniors 1:30-4:00 **Juniors** 6th grade August 4th 9:00-10:30 1:00-2:30 Sophomores 2:30-4:00 Freshmen

If you are unable to register at the appointed time, please call the high school office, 254-734-2614, and make other arrangements. All new student registration will be August 5th from 9:00-11:00 or 1:00 -3:00 in the high school office.

SPAGHETTI LUNCH

Everyone is invited to the annual Spaghetti Lunch hosted by De Leon Study Club. It will be on Saturday, August 7th, during the hours of 11:00 a.m. Until 2:00 p.m. The Lunch will be served at the De Leon Senior Citizens Center, 113 North Loop where the Melon Patch Tour begins and ends. The meal will consist of spaghetti/meat sauce, salad, garlic toast, and the cake flavor of your choice. Ticket prices are \$6.00 for adults and \$3.00 for children, twelve and under.

The spaghetti lunch helps the Study Club support the Community in many ways as they contribute financially to the various needs of the schools, library, fire department, hospital, and/or any other local civic project. Support in the areas of school academic scholarships and honor roll recognitions are annual contributions made by the club.

Study Club members working to make this lunch these children are your future! possible are Peggy Andress, Laura Brown, Grace Everhart, Linda Frank, Marlene Cox, Sandy Gould, Rae Jean Hasty, Susie Hodges, Joan Johnson, Tenia Koonce, Ruby Lesley, Sharon Lesley, Ingrid Lindsay, Pat Loudermilk, Bobbie McKillip, Kathy Miller, Earlene Moore, Paulette Nabors, Barbara Nowlin, Christie Owen, Janell Quinn, Kaye Quinn, Pam Rush, Freda VanZandt and Shirley Wilkerson.

Make plans now to enjoy a delicious spaghetti lunch on August 7th. This is also a great opportunity to visit with friends, family or former classmates. Take out orders will be

Carbon Community Center

The next Carbon 5th Saturday Musical will be held this coming July 31st. Music and dinner will be offered for \$5 beginning at 5:30pm. On the menu will be sandwiches, chips, homemade desserts with coffee, tea and water available. Musicians and singers wishing to perform are requested to contact Brenda or TJ Cummings at 254-488-0677 in order to be scheduled.

The water will be turned off Sunday morning due to the installation of two new fire hydrants. We apologize for the inconvience. We are not certain how long it will have to be off. Once the water is turned back on, please boil your water until further notice. Again we apologize for the inconvience.

Eastland County Water Supply District Receives \$11,650,000 From Drinking Water State Revolving Fund-Disadvantaged Community Program

The Texas Water Development Board (TWDB) today approved by resolution a loan in the amount of \$11,650,000 from the Drinking Water State Revolving Fund-Disadvantaged Community Program to the Eastland County Water Supply District (Eastland County) to finance water system improvements.

With these funds, the Eastland County Water Supply District (District) proposes to upgrade its existing water plant that was constructed in 1954. Proposed improvements include a new filtration system, chemical system renovation, enhanced coagulation and solids handling, renovation to the lab and office and the installation of a new washdown water system. In addition, the raw water delivery system will be evaluated for capacity and function and improvements made as necessary.

The District serves the cities of Eastland and Ranger. These two cities in turn serve the City of Carbon, as well as several other water supply corporations including Staff, Morton Valley, Olden and Westbound. The Dis-For that classic menu we ask a donation of \$10, or just trict currently owns, operates and maintains a dam and impounding reservoir in the County, known as Lake Leon, as well as the water supply system. The system is designed to serve a population of approximately 12,419

The TWDB is the state agency charged with collecting and disseminating water-related data, assisting with regional planning and preparing the State Water Plan for the development of the state's water resources. The TWDB administers cost-effective financial programs for the construction of water supply, wastewater treatment, flood control, and agricultural water conservation projects.

Super Notes

By David Perry - Superintendent, Gorman ISD - 254-734-3171

It was a beautiful week wasn't it? I have heard some folks complain about the heat. That will do about as much good as complaining about the cold during the winter. The fact is that we are stuck with what we get everyday so there is really of no use to complain. Just be glad God blessed you with another day and find a way to enjoy it.

Monday night the School Board held their regularly scheduled board meeting. Although there were several items on the agenda, the meeting moved at a good pace and they were finished by 8:10pm. The only board member absent was Noah Landa. Daryl Hirst opened the meeting with a prayer followed by the Pledge of Allegiance led by Mark Simmons. The board then unanimously passed the consent agenda. Mrs. Reeves then informed the board that she was going to be hiring Nikki Keith as a long term substitute for Nikki Forbus while she was on maternity leave and Bobbie Jo Lewis as a paraprofessional to work with our special needs students. This was information only. No action had to be taken. Then Mr. Perry addressed the following: GISD fund balance-\$2,067,241.20 - COOP fund balance \$1,096,226.33 - 2009 taxes approximately 93% collected - gym floor has first coat of sealer and is being taped off for striping - north wall was sealed where leak occurred - college three point line will be white cross court volleyball lines will be tan. The board then approved the Athletic Policy, Student Handbook, and Code of Conduct for the 2010-2011 school year unanimously. The agreement with Energy for Schools to negotiate for us for lower energy costs was approved 5-0-1. The fuel bid from Gooden was approved as well as the milk bid from Borden, and the food bid from Hartnett. The price for breakfast was set at \$1.25 for all students not on free and reduced pricing. Terry Treadway was unanimously appointed to calculate the effective tax rate and rollback for 2010. We unanimously decided to combine the libraries for next year at the middle school location and approved a color printer to be located there and to remove all school owned printers from the classroom. We also reduced the number of service days to the library from 10 to 5 with the service center. Items 20-21 were tabled. In personnel, they issued Belinda Segura a new contract, accepted Coach Busby's resignation, approved tuition for Mr. Byrd, hired a speech pathologist for the coop, and accepted the superintendent's tentative resignation as presented. The meeting adjourned at 8:10pm.

Yes, I know there are a lot of questions about my departure. I will write one more article before I leave and give you all the details regarding our move.

Remember, it takes community involvement for a school to be successful and you are welcome to get involved at Gorman ISD anytime. This is your school; these are your children; and Your input is always welcome. Come help us shape the future. Thank you for all you do to sup-



The photo shown to the right is the De Leon Slammers, three Gorman Girls were picked up by the Slammers, more information - Next week.

Going Away Reception Honoring David and Vicki Perry Tuesday, July 27th 10:00 am-12:00 pm Foyer Of GISD New Gymnasium

April 27, 2010 - A Chinese gardener was getting water from the river every day in two pots tied to a pole which he carried over his shoulders. One pot was new and one was an old cracked pot that leaked.

The old cracked pot was embarrassed that it leaked water the entire way from the river to the garden, spilling water along the road from the river. One day the old pot told the gardener that the gardener should not use him because he was worthless in that he leaked water all the way from the river to the garden. The gardener asked the old pot to look at the road and tell him what he saw.

was full of beautiful wild flowers. The gardener told the old pot that was his intention all along and the old pot's worth was more than what was readily apparent — it was the fact that the old cracked pot leaked that made him valuable in the first place.

The old pot noticed that one side of the road was barren but the other side

The gardener was watering the wild flowers using the talents that only the

Some times worth is anything but apparent. God uses us to His own ends,

The smile you give a stranger often has much more value than you know. The help you receive from another is often more help to the giver than the receiver. Remember that when you are talking to your cracked pot friends - like

Three Players From Gorman Team Picked Up By De Leon Slammers Team



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

4-H - Meets Second Monday of Each Month at 6:00 p.m. at the First United Methodist Church Fellowship Hall - Amy Wood - 734-2973.

VET Science 4-H Project - 4th Tuesday each Month. Techology Center / Gorman Community Center. Contact Lee or Amy Wood at 254-734-2973.

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. Cecil Funderburgh, Master - Kenneth Good, Secretary.

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

The Order of the Eastern Star holds its regular stated meetings on the First Monday of each month at 7:30 p.m. Gorman Senior Citizens meet every Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

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

Food Bank New Hours - 10 to 11 a.m. Second Thursday

Boy Scouts

Meeting Weekly Mondays - 6:00 p.m. Methodist Church

Billy James Gressett

Billy James Gressett, 71, of Gorman, passed away Tuesday, July 13, 2010 at the Comanche County Medical Center of an apparent heart attack.

He was born on April 13, 1939 at the Blackewell Hospital in Gorman and was raised on a farm in the Soda Springs community in Comanche County. He attended schools in Comanche and went on to graduate from Texas A&M University in 1961 Bill's professional life was always associated with agriculture, including teaching Vocational Agriculture, commercially raising livestock and owning a commercial feed company.

It was love at first sight when he met Myra Ellen Denton on a blind date. That night he told the friend who arranged the date that Ellen was the girl he would marry. Six months later the couple married on May 11, 1963. They were blessed to enjoy 47 years of marriage. Bill was a family man whose greatest joy was being surrounded by those he loved. A committed Christian, he always served in leadership capacities in the churches he belonged to and was known as a man who loved the Lord and loved to discuss God's word. He was known widely as an extremely generous man who often helped those in need.

He is survived by his wife Ellen; three sons, and their wives, Dane and Molly Gressett of Charlottesville, VA, Russ and Becky Gressett of Houston, TX, Scott and Jennifer Gressett of Alpharetta, GA; a sister, Bobbie Jordan of Fort Worth; and eleven grandchildren. He was preceded in death by his parents, Robert and Ina Gressett.

A public graveside was held at 9:00 A.M. on Saturday, July 17th, at Taylor's Chapel Cemetery, near Beattie, TX. A memorial service followed at 11:00 A.M. at Higginbotham Funeral Home Chapel in Gorman.

In lieu of flowers, memorials can be sent to ChurchAsia, P.O. Box 82080, Baton Rouge, LA 70884. (Gifts sent to ChurchAsia are tax-deductible and will go to support native missionary evangelists in Asia. Denote "in memory of Bill Gressett", on the memo line.)

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stead Nursing & Rehabilitation of Gorman. Due to our resent growth and upscale on pay wages we our now accepting applications for C.N.A's all shifts availableFor additional information, contact the facility at 254-734-2202. EEOC

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5-7-29 C.

ACCEPTING APPLICATIONS: Homestead Nursing and Rehab of Gorman is taking applications for an evening Dining Room monitor. This position would be perfect for a retire, college student or someone available a few hours in the evening. Please apply in person to Lynn Porter, Administrator. FNC. IMMEDIATE OPENING: Homestead Nursing & Rehabilitation of Gorman has an opening for Weekend R.N.. For additional information, contact the facility at 254-734-2202. EEOC FNC



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The Gorman Progress

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SUBSCRIPTION RATES: By Mail in Eastland or Comanche Counties - 1 year -\$15.00; In Texas - \$20.00 per year and Out of State - \$22.00 per year. Effective

January 1, 2008. Any erroneous reflection upon the character, standing or reputation of any person, firm, or corporation which may appear in the columns of the Gorman Progress will be gladly corrected upon being brought to the attention of the Publisher.

Entered as Periodical Postage Paid at the Post Office in Gorman, Tx 76454, under the Act of March 3, 1978. Published Weekly by Gorman Progress, 196 S. Kent, Gorman, TX 76454. Periodical Postage Paid at Gorman, TX 76454. The Gorman Progress Reserves the Right to Refuse Any Advertising!! Postmaster: Please send Change of Address To: Gorman Progress - P. O. Box 68 - Gorman, TX 76454.

id.....Ten-Hut

To all Gorman Panther Band members grades 8-12 (as well as any 7th or 8th graders interested in trying out for the Panther marching band)! Summer band begins on Tuesday, August 2, 2010 at 6:00 PM. The theme of our show this year is "Большая Красная Полоса" which is Russian meaning "The Big Red Band." We will be playing the following songs: "The Hunt for Red October," "Russian Sailors Dance," and "The Russian Easter Overture." A full schedule of Summer Band will be forthcoming. See all of you there!

ALC Summer Lunch Program

The Summer Lunch Program is in full swing. We would like to say a big thank you to all of you that have contributed toward the SLP. Your contributions and donations are greatly appreciated. May you be richly blessed and rewarded.

Obituaries

George Steve Regian, Jr.

George Steve Regian, Jr., age 52 of Eastland, passed away Saturday, July 17, 2010 at an Abilene hospital.

Graveside services was held at 3:00 P.M. Monday, at the Murray Cemetery near Carbon with Denver Rainey officiating.

Steve was born November 22, 1957 in Gorman, to George Steve Regian, Sr. and Betty Lou Jones Regian.

He is survived by his mother, Betty Regian of Gorman; one brother, David Regian of Gorman; four sisters Betty Faye Petree of Stephenville, Belinda Pratt of Cisco, Cordelia Redman of Dublin and Barbara Rogers of Eastland. He was preceded in death by his father, and one brother Kenneth Regian.

"On The Wilder Side"

Let me ask you some personal questions: Are you good at lying? Have you ever cheated? Do you ever drive over the speed limit? Do you know how to "cuss like a sailor"? Can you make a good martini? Have you ever stolen anything?

If you answered yes to any of these questions I have some scripture I'd like you to meditate on. Paul, in Romans 16:19 says, "I want you to be wise about what is good, and innocent about what is evil." In our American culture, is it possible to be innocent about what is evil? Whether we are listening to the radio, shopping at the mall, or watching the television, we are enamored with the fingerprints of Satan.

How many of you watch daytime television and what kind of message do those shows send? You're right, that's not fair to limit Satan's control to Soap Operas. You can look at almost any show on television to see some kind of satanic influence. Adultery, murder, lust, greed, immorality, profanity, homosexuality... it's all there... in every show. It doesn't matter if it's Gray's Anatomy, The Office, Cheers, or MASH; there is a worldly message in every show we go to for entertainment.

One thing that discourages me is that we are the ones who turn on the television and we are the ones who shop at the department stores who advertise with scantily clad models. We are only hurting ourselves when we allow Satan to educate our families in the ways of the world.

My final plea to you is this; examine your life and your thoughts... just how innocent are you to what is evil? James wrote, "Anyone who chooses to be a friend of the world becomes an enemy to God." (James 4:4)

> Adhes That Sta 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

Letter To The Editor From Henry A. Buchanan

President Obama was given a mandate on his election to do the impossible: save a sinking ship, turn it around and bring it safely to harbor with all the passengers alive and well. This figure of speech breaks down into the trouble with a failing economy and a war that we are losing. Both of these issues were inherited from the Bush Administration but Obama was told to repair the economy; and end the war in victory. The economy can't be changed into prosperity without basic changes in the way Americans make and spend money.

The war can't be won; we can only admit it is a big mistake, eat crow and come home in humility.

The hidden reason for Obama's drop in popularity is that Americans are realizing we elected a black man to be President, and all our failures are being attached to his coat tail. The fiasco in the Gulf of Mexico is threatening us and people even want to blame the President for that.

It's time for a change in America's outlook and for a close and honest look inside ourselves.

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NEW - 14.12a Lake Proctor, secluded, join lake propert pelec., well, wooded, lots wildlife. \$67,070.00

close to pavement. \$2,000 Contract

S/E Gorman: 60 A, good sandy soil, some coastal, good fences, elec., nice pond site. 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!! NEW LISTING: 322A. Oak & Elm Trees, 2 creeks, great water shed project! 40 A. Coastal, owner reports 300 round bales/year, 55 A. Cultivatable soils, 6 ponds, water

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Gorman Senior Citizens meet every Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

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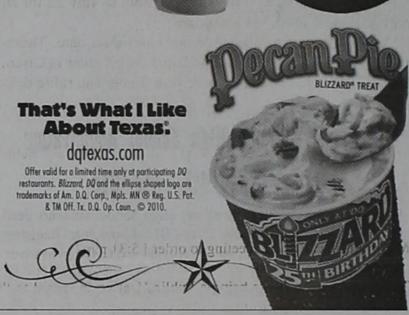
Gorman Masonic Lodge No. 716 A.F. & A. M. Regular stated meetings are 2nd Tuesday of each month at 7:30 p.m. Members are urged to attend. Visitors are always welcome. Cecil Funderburgh, Master - Kenneth Good, Secretary.



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Tarleton Releases 'A' Honor Roll List

Tarleton State University has released its 'A' Honor Roll list for the spring 2010 semester. Students listed on the 'A' Honor Roll have a 4.0 grade point ratio on the 4.0 system and are taking a minimum of 12 credit hours. Making the list include the following students:

Meghan Wheat of Carbon, is majoring in Interdisciplinary Studies at Tarleton's Stephenville campus. Joshua Draeger of De Leon, is majoring in Hydrology at Tarleton's Stephenville campus.

Kia McCarty of De Leon, is majoring in Exercise and Sport Studies at Tarleton's Stephenville campus.

Elizabeth Nabors of De Leon, is majoring in Interdisciplinary Studies at Tarleton's Stephenville campus.

Chance Singleton of De Leon, is majoring in Undeclared at Tarleton's Stephenville campus.

Kristal Stovall of De Leon, is majoring in Interdisciplinary Studies at Tarleton's Stephenville campus.

Founded in 1899, Tarleton is one of the fastest growing institutions of higher learning in Texas. Just one hour, Tarleton serves as the educational and cultural flagship of the Cross Timbers Region. It is located in Stephenville, which is included in Norman Crampton's "The 100 Best Small Towns in America" published by Prentice Hall.

Reunion Visitors at Homestead Nursing and Rehab

By Viola Payne

Homestead Nursing and Rehab Center in Gorman had an unusual amount of visitors on the weekend of July 1-4. They came from the Aurty Family Reunion held in Eastland.

Several groups stopped by to see Viola Payne, a resident of the home. They especially wanted to give her a beautiful plaque they made to express appreciation to her.

Mos had never seen the Nursing Center before, or Gorman either. They would like to say "Thanks" for the use of a room for visiting. Also the welcome they received for the nurses and other staff.

These visitors came from all across the country. Shelley Payne from Maine, John Payne and Lauren Monda of Santa Barbara, Katherina Talbot and Tom Talbot of El Pa so,

Scott Talbot of Nashville, Tenn. Jake Autry of Colorado City, Marci Liles and her daughters Jenny and Lindsey of Little Rock. Ark.

Also stopping by were Kate and Jeff Barker of Tyrone N.M. A number of others were from Albuquerque N.M. Denny and Frances Teleki, Kyle and Tina Jones, Anthony Jones and Jonell Jones.

Marvin Payne was from Riverside, Calif., Delaine McElroy and her son Lincoln from San Angelo, Linda Autry of Odessa, Terran and Manny Cadinon of Austin. Also saying "hello" were Beverly and Jim Payne of Colorado City, Patti Pfan of California and sever others including Margaret Hertick of Gorman.

All admired the trees, grass, and lovely home in Gor-

Gorman City Minutes

JULY 15, 2010

man.

The Gorman City Commission met on the above date in a Regular ation Office at (512) 458-7400. meeting. Those present were Mayor Robert Ervin, Commissioners David Stanley, Joe Casey, Nathan Files, and Durward Webb.

Durward led the opening prayer followed by the Pledge of Allegiance and the Texas Pledge.

Mayor Ervin called the meeting to order ! 5:31 p.m.

The first act of business being a Public Hearing in regard to the submission of an application to the Texas Dept. of Rural Affairs for Texas Community Development Block Grant. There were no citizens present to inquire or ask questions in reference to this

Nathan made the motion to approve the minutes as read. Joe made the second. Motion carried 4-0.

Joe made the motion to approve the bills for payment with a second from Durward. Motion carried 4-0.

There had been some concerns expressed in regards to the dead cottonwood tree behind the City Office. The Mayor will speak

with the property owner and make arrangements.

Glenn, Curtis, and Cody requested that the Commission give them permission to install the next two fire hydrants on a Sunday. They would have everything ready for installation prior to Sunday. Tacy and Jill will put an ad in the paper, put our flyers and post online that the water will be off during this installation period. The Commission approved this request.

The Commission has requested that Barbara visit with some dog owners in town. It seems that some owners have no regard to neighbors, warnings, or citations about dogs running at large. Ordinance requires that all pet animals be kept in pens or other humane confinement on the owners premises or yards.

Durward made the motion to appoint Bill Medart, Kenny Welch, Todd Wright, Marilyn Warren, and Marco Herrera as five board members to serve as two year terms. Two alternates appointed will be Larry Campbell and Noah Landa. Alternates will also serve two year terms. David made a second to the motion. Motion carried 4-0.

David made the motion to approve changes to the personnel policy handbook. These changes involve how the retirement plan is set up for City employees, these changes will be reflected in Section 7.03 and 8.03. In Section 8.06 wording will be changed to reflect our retirement carrier. Section 9.08, portion in reference to extended leave and FMLA, and Section 9.10 the entire section FMLA will be taken from the policy. All changes will be approved by the City attorney. Nathan made a second. Motion carried 4-0.

Joe made the motion to appoint Jill as the Code Compliance personnel. Durward made the second. Motion carried 4-0.

David made the motion to appoint Cody Hodges as the Animal Control Officer. Nathan made a second to the motion. Motion carried 4-0. It will also be noted: there will be no after hours calls made for any animal issue other than an extreme emergency case. Cody will attend training in August.

Tacy will get more information on the cell phone split invoicing and split liability options before any changes will be made.

Sidney Holt visited with the Commission about a Veterans Vocational Rehabilitation & Employment program. Mr. Holt would be most interested in wastewater treatment. This program will be no cost to the City nor would it be a liability. The Commission will discuss at the next meeting.

There being no further items for consideration, Nathan made the motion to adjourn with a second from David. Motion carried, time was 6:45 p.m.

TEXAS LAKE AND RIVER SWIMMERS REMINDED OF POTENTIAL HEALTH RISKS

With summer really starting to heat up, people across the Brazos River basin are heading to nearby rivers and lakes. However, the conditions that make the water temperature so delightful can also encourage the growth of a rare but dangerous microorganism.

The Brazos River Authority encourages visitors to enjoy the water, while being aware of health risks associated with swimming in or around stagnant or slow-moving water.

Primary amebic meningoencephalitis (PAM), which is most common during the summer, is a rare disease caused by naegleria fowleri, an amoeba found in almost all untreated, fresh surface water and in soil. The amoeba thrives in low levels of fresh water that is warmer than 80 degrees and stagnant or slowmoving. The PAM infection occurs when water containing the organism is forced into the nasal passages - usually from diving or jumping into water or from water skiing. The amoeba makes its way into the brain and spinal cord, destroying brain tissue.

Symptoms of the almost always fatal infection include severe headache, high fever, stiff neck, nausea, vomiting, seizures and hallucinations as the condition worsens. Although PAM is rare - affecting about one to three people a year in Texas - those infected usually succumb to the disease within a week.

There have been no known PAM cases in Texas yet this year and there were none last year, according to state health officials. However, nine have been reported in the state since 2000, the most recent one in 2008.

To prevent infection, it is recommended that those taking part in warm, fresh water-related activities use nose clips or hold their noses shut while jumping into water. With the amoeba often found in soil, it is best to avoid stirring up underwater sediment. The Texas Department of Health recommends that people avoid stagnant or polluted water and take "No Swimming" signs

PAM cannot be spread person to person nor by drinking water. Swimming pools and hot tubs that are properly cleaned, maintained and chlorinated are generally safe, as is salt water.

For more information contact the Texas Department of State Health Services Public Inform-



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Pig Tales From Hogtown

Wow! What a great turnout for our garage sale! Didn't we have a huge amount of stuff!

We want to sincerely thank everyone who supported the sale, either by donating, by buying or by working the sale. All of the money that we made goes to paying for and maintaining our beautiful building. It is your Activity Center - I hope that, if you haven't been in the building, you will come and join in our events. We have great fun and great people and welcome all newcomers!

Please keep in mind that we will have Gene Williams and Wheels for our Friday night dance this week. The concession stand opens at 6:00 and the music begins at 7:00

The next 'Breakfast at the DAC' is Saturday, Aug. 7th from 7:00 until 10:00 AM. 'Breakfast at the DAC' is held the first Saturday of each month. Come and join us for bacon, sausage, eggs, pancakes, biscuits and gravy. Cost is by donation.

FOR YOUR CALENDAR: The annual class reunion dinner will be held at the Activity Center on Friday, August 13th. We welcome all who attended the Desdemona School and the entire community for a fish fry that evening.

NOTE: The dance scheduled for August 13th with Johnny Johnson will be held the following Friday night, August 20th.

> See you in Desdemona! Carol Pell

Notes From Dr. Dan

May 29, 2010 -- A cowboy walks out of a bar in Oklahoma and finds his horse missing. He returns inside to announce furiously that if his horse is not back in its place by the time he finishes this next beer, he will be forced to do "what I had to do in Texas!"

Fortunately the horse is returned by the time he finishes his beer and he gets up on his horse ready to ride away. The bartender says: "What did you have to do in Texas?"

He replies: "I had to walk home."

So often we fear what we don't understand. Medicine is full of things we don't understand - like insurance companies, medical jargon, side effects of treatments or medicines and the normal reaction of the body to disease and injury.

I really don't think we will ever understand insurance companies but with the others we can get a handle on from time to time. One of the scariest things I can think of is cancer. When I say that word in my office, patients hear nothing more the rest of the day.

Cancer is when the cells become rude. They are rude because they no longer respect the space of the other cells surrounding them and push their way into places they don't belong. On the membrane, the skin of the cell, are receptors that stop the reproducing and growing mechanisms of that cell when it touches another. This keeps us from becoming all bumpy in the wrong places. When a cell touches another, it is supposed to stop growing. When this doesn't happen we can get a tumor.

A tumor is a lesion — a growth that should not be there. They can be harmless, benign, or they can be malignant and dangerous. When parts of the tumor get into the blood and spread around the body it is called metastasis. We have filtering mechanisms, lymph nodes, around the body that catch things in the blood that are not supposed to be there. In lymph nodes, there are 'nk cells', natural killer cells that kill abnormal cells, and 'macrophages' that eat bacteria and damaged cells. Additionally in the lymph node filter system are 'b-cells' that put antigen markers on the surface of the cells so that the 'nk cells' and 'macrophages' can find the abnormal or damaged cells and take care of them appropriately.

There are many more defenses that God gave to our body to protect us as well.

So now you know about antigen markers, lymph nodes, metastasis, benign vs malignant tumors and generally what is cancer. And I always thought that a 'tumor' was an additional pair -2 more.

Don't make me do what I had to do in Texas!

NOTE: This article is not intended to be a substitute for medical care and consultation.

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HOMESTEAD HAPPENING

By Ina Smith

We made Shake and Make ice cream last week. What a great way to exercise then enjoy some good homemade ice cream. Since this is National Ice Cream Month every week we celebrate with an activity involving ice cream.

On Tuesday we had "nooldecise". We used swim noodles to tone our muscles. They provide just enough resistance to tone and are light weight enough for fun.

We are in need of volunteers. Do you like to paint nails, do crafts, reminisce, tell jokes, or just spend time visiting? Well we have just the spot for you. I will be going on vacation in the near future and need volunteers to help out while I am gone. Come on up.

We would like to thank everyone who been so generous to share their fresh fruit and vegetables with us. Ennis thanks for all the goodies. Nothing like fresh from the garden. Now we need some fresh blackeyed peas. We have several residents who love to shell peas.

Mr. and Mrs. Jerry Shugart of Clovis N.M., Faye and Monty Faulk, B.E. Simpson, Jeff Smith, and Kenny Welch visited Edgar Reynolds, Billy Self visited his mom, Christine Self, Lenora Speers of Ranger, Larry Thompson and sons visited Jud Thompson. Lou Evelyn Rodgers and her daughter of Midlothian, and Brent Lasater visited Mayvis Lasater, Alvis and Bonnie Scitern visited Troy Scitern, Melvin Daniels and Marge Hudson, LaVerne Carr of Lake Whitney, Keri Guthery and children and Kristin Scitern and children visited Troy Scitern. Frances Couch of DeLeon visited Wes Couch, Freddie Rodgers visited Don Estes, Velda Baze and Amy Wood visited Anna Watson, Hayden George, Triston George, Carolyn Matthews, Carol Ervin, Kay Craddock and Becky Mata visited Louise Clark. Charles, David, Diane, Bonnie Dyess of Alvardo visited Charles Dyess. James DeVol, George Stanley, Maxine Huddleston, and Raymond and Gary Hattox visited Frankie Stacy. Mary Smith of Abilene, Ruthie Kinnard of Olden and Henry Shook visited Mary Shook. Ellen, James and Rachel Tucker visited Robin Taylor. Bill Boles of Granbury visited Ima Boles, Lyndon Morgan visited Myrtle Davidson, Dale Johnson visited his mom, Faye Johnson, Linda Fountain of Weatherford visited Lula Schneider. Ewellene Hammon of DeLeon and Bill Shelton of Cleburn visited Claudie Shelton. Jelma Smith went to the Smith Family reunion held at the home of Johnny and Ina Smith.

We would like to wish A Happy Birthday to Troy Scitern on the 22nd and to Frankie Stacy on the 25th. Happy Birthday to 2 great ladies.

Have a good week.

Fun In The Sun Could **Lead To Better Health**

Attention, desk jockeys: ditching the cubicle and computer screen this summer can be good for your health.

While the hazards of summer - sunburn, bug bites, swimmer's itch and so forth - are well-known, the hot season offers plenty of health advantages the desk-bound may overlook.

Dr. David Rakel, an associate professor of family medicine at the University of Wisconsin and medical director of the UW Health Integrative Medicine program, says the human body needs to connect with nature and the outdoors to build greater immunity to disease.

"A theory called 'hygiene hypothesis' suggests we are staying too clean by remaining indoors with our hand sanitizer and anti-bacterial soap, and not training our immune system to become fully developed," he says. "There's some promising research that shows kids who grow up playing in the dirt and on farms actually have less asthma and allergic rashes of the skin. In essence, kids who are exposed to bacteria and elements in nature train their immune systems to be better balanced, so in the long run, they may remain healthier."

Rakel says getting outside at any time of the year, including the winter, is helpful. But the summer sun seems to provide even greater benefits, so long as it's done in moderation and the skin is not over-exposed.

"It could be the longer days," he says. "You also get to appreciate the sense of community. There are more picnics, more triathlons, and more family reunions. People are leaving their homes and making social connections, which are important to good health."

Rakel adds that nature also has a positive impact on mood, and he often finds that his patients are less dependent on anti-depressants when it's sunny and warm outside.

"It's what research and common sense are pointing at," he says. "If I'm out in nature surrounded by beautiful trees, blooming flowers, watching my child play soccer with my neighbors, I'm going to perceive that as a more positive experience than sitting inside a cubicle with recycled air."

Rakel says the good feelings that come from being outside trigger the release of neuropeptides, which are proteins in the brain that have a positive effect on the overall function of the body when triggered by positive perceptions.

"If your mind is cluttered with the stresses of the day like the big project you have at work or your child not doing well in school, take a walk in nature and concentrate your attention on the flowers, the beautiful pine trees or the bumble bee," he says. "That can be a great opportunity to get your mind out of its chaotic stories."

Katherine Bonus, founder of the mindfulness program for the UW Health integrative medicine program, says connecting with the outdoors can be tantamount to meditation. "It could serve as a simple meditation practice for all the times we feel too busy to notice we are alive, too busy to notice it's summer and too busy to remember both are impermanent," she says. "Step outside several times a day, feel the sun and wind on your skin, notice the sights and sounds of summer, and enjoy those moments."

TRASH PICK UP ON TUESDAY BEGINS AT 7:00 a.m. IF YOU DON'T WANT YOUR TRASH TO BE MISSED IT MUST BE INSIDE THE POLY CONTAINER. YOU MUST HAVE IT OUT BY THE CURB.

Senior Citizens News

By Carol Ward

There were twenty of us at the Center to enjoy our weekly lunch on the 14th of July. Sure was good to see James Miears. Hope he will return more often. He said he gets busy and forgets to come, but that is good to be busy at our ages. He also gave the blessing for us all. Thanks James.

James Bruton's wife sent a meat hash with Jerry Underwood, very good. Then James came to late to eat, so sorry. All the food was taken up. We thank Mrs. Bruton for the dish.

Sure was nice to have Ellen Parker and Sandy Warren with us. We miss Betty Frazier, as she is still feeling not up to par. I do hope Ruthie Porter is much improved by now. We have missed her and her good dishes. Billie Bennett has been taking her a plate lunch.

We enjoyed a sandwich lunch of deviled ham and pimento cheese. Also pinto beans, cornbread, beef hash casserole, potato chips, deviled eggs and olives with cucumbers. Our desserts were 2 cakes, 2 jello with fruit, and a delicious fruit salad by Sandy Warren. Thanks to Beth Shirley for bring us good deviled eggs.

Raymond Hattox was here with his son, Gary. He is recovering from surgery and doing good. The walker makes it easier for him to get around. How well I know. I been using mine some, especially in the yard. I fell last Saturday the 17th out side and couldn't get up. Finally got help and was back standing. Sure was scary, first time I couldn't get up. Then my daughter and family left on vacation the next day. So I'm trying to be extra careful. I visited with Bernice Hewson at the library and she had a fall the same day, only inside.

We were saddened to hear of Betty Regian's son, Stevens passing. He was improving and going to come here to the Joiner, Ralph Hudson, Lynn Porter, Brenda and Steve Tucker, nursing home for awhile. But other complications occurred and he passed. He was only 52 and such a good looking man. Our thoughts and prayers are with you, Betty.

There isn't much news right now. I wish some of you would call me, after you have been on a trip. It would be interesting to hear of your travels. Please call with any news. Thanks!!!

Hope all is well and see you soon, Carol.

Desdemona News

By Vonnie Guthery

Desdemona Monthly Musical will be held on Saturday, July 24th at the Community Center (former School Building). Concession Stand will open at 5:30 p.m. Serving sandwiches, homemade pie, and drinks. Come early to enjoy supper with the group before the music program begins at 6:00 P.M. All area musicians, singers and visitors are invited to attend. There will be Country and Western Music with some Gospel and Bluegrass included. This is a "Smoke Free" Environment and the Admission is "FREE".

First Baptist Church of Desdemona had average attendance on Sunday. Terry Austin of Fort worth was the guest speaker. Terry had polio at one year of age and has really struggled thru the years trying to walk. Even tho he is now confined to a motor driven wheel chair - his spirit is very good and his faith is strong. Visitors are welcome to attend each Sunday morning to share God's message.

Desdemona Homecoming and School Reunion will be held on Saturday, August 14th at the "Ole" School Building. More details later on.

Have a great day, Vonnie



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