

The Gorman Progress

2003 Member
Texas Press Association

"Serving Gorman For Over 103 Years"

Gorman, Eastland County, Texas 76454

www.gormantexas.us - Official City of Gorman Website

NUMBER FIFTY-ONE

JANUARY 1, 2004



With Our Gratitude At The New Year

This past year has been a challenging one, it is true
But we owe our success to each one of you
Without your support we wouldn't be here
So thanks for your visits throughout the year

Best Wishes For A Happy and Healthy
2004 From All Of Us To All Of You.

from

Joe - Lonnie and Marilyn
and the
Correspondents -
Zelda, Vonnie and Nancy

Gorman Local Livestock Show Schedule

Shawn Boles..... Show Director/Ag Science Teacher
Bo Caraway Show Director/Ag Science Teacher
Pete McDougal Judge/Ag Science Teacher
Comanche High School

9:00 SHEEP DIVISION

Light
Medium
Heavy
Grand / Reserve Champion
Showmanship - Sr., Jr., Pee Wee

9:30 GOAT DIVISION

Light Weight
Medium Weight
Heavy Weight
Grand / Reserve Champion
Showmanship - Sr., Jr., Pee Wee

10:30 BREEDING GILTS DIVISION

Berkshires
Chesters
Durocs
Hampshires
Landrace
Polands
Spots
Yorkshires
Crosses
Grand / Reserve Champion
Showmanship - Sr., Jr., Pee Wee

12:15 MARKET PIG DIVISION

Chesters
Durocs
Hampshires
Landrace
Polands
Spots
Yorkshires
Crosses
Grand / Reserve Champion
Showmanship - Sr., Jr., Pee Wee

The Gorman Livestock Show will be held January 3, 2004 beginning at 9:00 a.m. The show will be held at the Gorman Ag Science building. We would like to take this opportunity to invite everyone to come watch and support our local youth as they gear up for the stockshow season. A consession stand will be open through out the day. Proceeds from the consession will go towards the purchase of livestock animals at the Eastland County Livestock show in February.

If you have any questions or would like more information about our local show please feel free to call Mr. Boles at 734-2505.

Gorman Senior Travel Club

The Gorman Senior Travel Club will be selling Krispy Kreme doughnuts again in the first part of February.

ITEMS OF INTEREST

Monthly Men's Prayer Breakfast - Third Wednesday each month at 7:00 a.m. at First United Methodist Church. Various community Men's Groups will be hosting the breakfast.

4-H - Meets Second Monday of each month at 6:00 p.m. at the First United Methodist Church Fellowship Hall.

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. Daryl Hirst, Master — Bob Wilkerson, Secretary.

LIBRARY — Charlie Garrett Memorial Library will be open Monday thru Friday from 3 to 5 p.m.

FOOD BANK

New Hours - 10 to 11:30 a.m.
Second Thursday

GORMAN GROW MEETING — The Gorman Grow will meet on the Third Monday of every month at 6:30 p.m. in the Gorman Senior Citizen Building. Contact Payton Vaughn, Veronica Seaton or Lori Dodd.

Oakland Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oakland Cemetery Association, 503 N. Fisher, Gorman, Tx 76454, or American State Bank, Gorman, Texas 76454.

DANCE — There is a Senior Citizens Dance every Monday night. Music by *The Outcast Band* featuring Gene Williams and C. B. Sutton. 7:00 to 9:30 p.m. Admission \$3.50 - De Leon City Hall.

BLOOD PRESSURE CHECKS — Blood Pressure Checks by Heritage Manor of Gorman. Every Wednesday at Senior Citizens at 11:00 a.m. Other week at Gorman Hotel at 10:30 a.m.

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

Gorman Oaklawn Cemetery Association is accepting donations for the Care of the Cemetery. If you would like to make a donation in memory of or In Honor of someone, please send to Aline Garrett, P O Box 711, Gorman, Texas 76454, or American State Bank, Gorman, Texas 76454.

SANDRA CAGLE WILL BE IN GORMAN THE THIRD WEDNESDAY OF EACH MONTH AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT - JANUARY 21ST FROM 9 - 12 NOON.

Stephanie A. Michael Graduates From Basic Training

Air Force Airman Stephanie A. Michael, daughter of Krista Michael of Lubbock and Mark Michael of Eastland, a 2003 graduate of Lubbock Monterey High School, graduated from basic training at Lackland Air Force Base in San Antonio.

She is the granddaughter of E.G. Henderson of Lake Leon, Betty Henderson of Abilene and Melba Aaron of Eastland.



Gorman Senior Travel Club Bake Sale

The Gorman Senior Travel Club will be having a bake sale on Saturday, January 3rd at 6 p.m. outside of Z.J.'s.

Note of Thanks

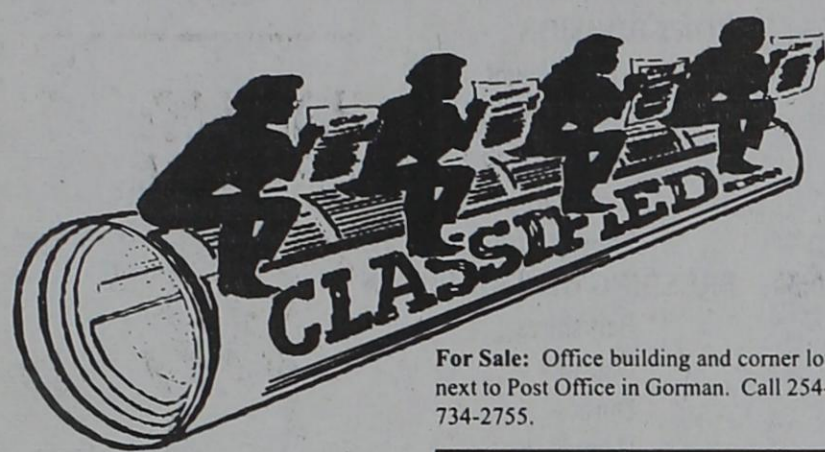
Please accept our thanks and gratitude for all the many acts of kindness, love, and concern shown to us during Jud's recent hospital stays. Your prayers by both individuals and church groups, calls, cards, and visits gave us such support during a difficult time. We certainly thank Wesley Spivey for his help in caring for our cattle. Thanks to the Gorman Police Department for checking on our home while we were away. We thank God for our friends and community. May God bless each of you in our prayer.

s/ Jud and Ann Maxfield

Rachel Sides Of De Leon Wins Community Center Quilt

Rachel Sides of DeLeon was the winner of the quilt made by Evelyn Yardley for a benefit to the Desdemona Community Center. The sale of tickets raised a total of Eight hundred and twenty dollars and will be used to help in the construction of a new meeting room for the center. Roy Johnson, Trustee Chairman and Evelyn wish to express their thanks to those who purchased tickets. The project is slated to be started in the very near future.

**Gorman Independent School District Tax Office
Will Be Closed**
December 22, 2003 through January 2, 2004
All Payments Postmarked December
Will Be Posted As A 2003 Payment



For Sale: Office building and corner lot next to Post Office in Gorman. Call 254-734-2755.

FOR RENT: Building downtown Gorman across from ZJ's Steakhouse. Available Now!!! Central Heat and Air, restroom and waterheater. Call Joe at Gorman Progress - 254-734-2410.

Paul Williams Roofing
Carbon, Texas
254-639-2330
30 years of Service in Gorman Area
Free Estimates
Extended Warranties

Bids are being accepted for spray painting approximately 625 feet of metal picket type fence fronting the Desdemona Cemetery. The cemetery will furnish materials and two full coats will be required. Send bids to Leo Williams, 4826 FM 2214, Ranger, TX 76470. The Cemetery Board reserves the right to accept or reject any and all bids. 1-1-1-C

BUYING

Junk Cars and Pickups
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FNC

**NITA DANSBY
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254-893-6441

JUST Listed! 83A., m/l - Hard to Find Small Acreage @ Reasonable Price! Est. 35 A. Coastal; 5 wells, 4 ponds! South of Hwy. 8. Only \$1,150 per A! **60 ACRES** - 2 mi. off pavement; 2 ponds, coastal. \$85,000.00 **74 ACRES** - 2 ponds, coastal, community water available! Scenic view! Reduced to \$1,200 per A! **Please Call For Other Offerings!**

COGBURN REALTY

893-6666 DE LEON, TX
www.cogburnrealestate.com

NEW: 2-1-1 brick, CH/A, 1745' LA, fenced backyard, corner lot, 24x40 shop w/cement floor, nice home. \$39,500.

NEW: 5-3 frame, 2 story, partially remodeled, app. 4000' living area, app. 3/4 A. lot. \$38,000.

NEW: 3-2 Brick, central A/Ht, carport, water well, fenced, large lot. \$52,500

NEW: 15a M/L edge town, nice remodeled 2 - 2 brick, central a/h, carpeted, fireplace, large game room, 24 x 60 metal garage - cement floor, guest house, water well + city water and sewer, pecans, pavement. \$145,000.

NEW: 19 A, 3/4 mile Cooperas Creek front in complete wooded ground home, electricity, well & septic. Great fish and wildlife place. \$37,500

NEW LISTING: 37 A. N/W of De Leon, good sandy land, app. 5A coastal, stock pond, 3 water wells, pavement access, great building spot. \$1,250 per A.

NEW: 47.65 A. 4 miles west of Gorman, 25A coastal, 20 A. cultivated, 2 ponds, barn / pens, good dear area, \$1,050 acre.

NEW: 48A. west of Sipe Springs, wooded, creek, travel trailer, electricity and cdp water, great hunting. \$1,250 acre.

50 A. Gorman on FM 2921: 15A coastal, 10A wooded, 25A native. Water well, make good cattle place, lg oaks - homesites. \$1600 acre.

NEW: 193 A. Oakland Cemetery, 140 a. cult, 50 a. wooded ponds, fenced, great hunting / cattle place. Smaller tracts available. \$710 acre.

NEW: 409A. on the Sabanna; 3-2-2 brick, metal horse barn, shop, hay shed, 106 c total, 600 dult., 200a wooded, lots wildlife, pavement. \$495,000.

We NEED Your Listings. The market is Good. Call Us. SELLING GORMAN - DE LEON AREAS OVER 40 YEARS

OUT WITH THE OLD... IN WITH THE NEW!

Whether you view New Year's as a beginning or an end, we hope your celebration is noteworthy. We thank you for your business this past year and look forward to serving you and your family in the days ahead.

City of Gorman
City Council and Employees

it's a new year, baby!

At the birth of another year, we'd like to deliver our best wishes and gratitude to all our customers, friends and neighbors. Your kind patronage makes it all worthwhile!

Gorman Pharmacy
Phone 254-734-2859
117 S. Kent Gorman, Tx

Gorman Video - 734-3810

CITATION BY PUBLICATION

THE STATE OF TEXAS

To: Harry C. Lord, Carl J. Sittinger, Irene D. Sittinger, Richard A. Stevens, Holland A. Stevens, George A. Thorpe, Agnes C. Bowen, M. Eleanor Bowen, Marilyn L. Bowen, Alanston G. Bowen, J. J. McRoberts, Don G. Roy, C.H. Frost, and each of the unknown spouses, heirs, devisees, personal representatives, beneficiaries, successors and/or assigns of the said Harry C. Lord, Carl J. Sittinger, Irene D. Sittinger, Richard A. Stevens, Holland A. Stevens, George A. Thorpe, Agnes C. Bowen, M. Eleanor Bowen, Marilyn L. Bowen, Alanston G. Bowen, J.J. McRoberts, Don G. Roy, C.H. Frost, Greeting:

YOU (AND EACH OF YOU) ARE HEREBY COMMANDED to appear before the 91st District Court of Eastland County at the Courthouse thereof, in Eastland, Texas, by filing a written answer at or before 10 o'clock A. M. on the first Monday next after the expiration of forty-two days from the date of the issuance of this citation, same being the 9th day of February, A.D. 2004, to Plaintiff's Petition filed in said court, on the 14th day of December, 2003, in this cause, numbered 37-499 on the docket of said court and styled W.G. Arnot, Jr., Plaintiff, vs. Harry C. Lord, et al, Defendants.

A brief statement of the nature of this suit is a follows, to-wit: Petition for appointment of receiver under Article 64.091, Texas Civil Practice and Remedies Code, to execute an oil and gas lease on the oil and gas and mineral interests owned by the Defendants in the following described land:

The Southeast one-quarter of Section 3, Block 2, B.B.B. & C.R.R. Co. Survey, Abstract No. 32, Eastland County, Texas.

If this citation is not served within ninety days after the date of its issuance, it shall be returned unserved.

The officer executing this writ shall promptly serve the same according to requirements of law, and the mandates hereof, and make due return as the law directs.

Witness, *Sittler & Key*, Clerk of the 91st District Court of Eastland County, Texas.

Issued and given under my hand and the seal of said court at Eastland, Texas, this 23rd day of December, A.D. 2003

Sittler & Key Clerk
91st District Court
Eastland County, Texas
By *Andi Massey* Deputy

FILED
DEC 23 2003

**Riley Gardner Memorial Represented By
JONELL TORREZ — 254-734-2535**

Our Memorial Display Is Now Located Behind Higginbotham's Funeral Home. We Guarantee You Can Buy The BEST QUALITY Memorial At The LOWEST PRICE. All Work Guaranteed.

GEORGE THOMAS GREEN
1944 - 2003

New Year's Eve Singing at New Hope Baptist Church

The annual New Year's Eve singing will be held at New Hope Baptist Church beginning at 8 P.M. on Wednesday, December 31.

We will break for refreshments around 10 o'clock and resume singing until midnight.

This is a community wide event and all are invited to attend and participate.

Dublin Cloverleaves Mainstream Lessons/Workshop

The Dublin Cloverleaves are going to sponsor Mainstream Lessons/Workshop every Tuesday night at the Dublin Recreation Center starting January 13, 2004 at 7:30 p.m. through 9:30 p.m. Your caller will be Walt Helgesen, Jr.

First three night are free, \$39 per person for remaining thirteen weeks. For more information call Ray Piner at 254-735-224-, Judy Beckham at 254-445-2866, Arlene Thompson 254-442-3266 or Fred Tucker at 254-629-1956.

HAPPY 2004

Happy New Year
Peace, Happiness
and Prosperity
is
Our Wish for Everyone
in 2004

Burnett & Nowlin, CPAs
254-893-6060 254-893-6248
516 N. Texas Street - De Leon, TX 76444

We will be closed January 1st & 2nd

Buld Long Syne

*Thanks For Coming
'Round This Year!*

May the coming season bring renewal, growth and good times to you and your loved ones, just as you have brought us so much joy this past year.

Watch Tournament of Roses Parade
FTD Float supported by your local florist.

Foster Floral
Carolyn and Gene Foster
254-734-2519 - Gorman, Tx

Business Directory

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THE GORMAN PROGRESS

P. O. Box 68
Gorman, Texas 76454
Phone 254-734-2410 or 2411 - Fax 254-734-2799
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POSTMASTER: Please Send Change of Address To: GORMAN PROGRESS, P. O. Box 68, Gorman, Texas 76454-0068

We are coming to you at this time at this time to bring you up to date on what's going on at the cemetery. Our caretaker is doing a superb job at keeping the cemetery beautiful both inside and out. We are lucky to have such a dedicated person to keep it that way for us who have loved ones already there and many who have lots for future use.

Therefore, it behooves all of us to do our part, that being to faithfully support the effort that is being made by a few to keep this work supported.

We want to say thank you who already doing your part in supporting the work there, and we ask all others have an interest in the cemetery to get aboard and help the process along. We sincerely need you at this time. Let's make it a better year for the cemetery.

I would like to answer any questions you have. Telephone number 734-3367 or 503 N. Fisher, Gorman, Texas. Opal Burton, Sec-Treas.

Donations can be sent to Oakland Cemetery Assoc., 503 N. Fisher, Gorman, Texas 76454-0519 or directly to the Association at American State Bank in Gorman.

The Gorman EDC cordially invites you to hear

Mr. Mike Brudnak, CCIM

Monday January 12, 2004

At 7:00 PM

Gorman Community Center

Many of you may know Mike through the Lions Club, Church or other local activities. He and his wife Lillian relocated to Gorman a little over a year ago. Since that time they have been active community supporters in several areas.

Mike has spent over 40 years in the Real Estate market; dealing strictly with commercial property. He is a Certified Commercial Investment Member and specializes in Tax-Free Real Estate Exchanges.

Topics to be presented:

- Historic Designation applications to increase Tax Benefit (IRS and Local)
- Use of Tax Benefits through Rehabilitation of buildings through Tax Free Exchanges and 20% and 10% tax credits for rehabilitation.
- Streets and Water Reservoir Improvements
- 4A Sales Tax
- Rehabilitation of Bass Lake/Frank Gray Memorial Park

There will also be a time after the presentation for questions & answers.

Hope to see YOU there!

Lori Dodd -- Gorman EDC

Gorman EDC Talk

CAN YOU HEAR ME NOW??

YES! You can indeed use your cellular phone in Gorman and receive three even FOUR bars of reception power! Cellular One has completed a new tower and its equipment is installed and operational. Was it spurred by the petition with nearly 300 names and phone numbers of irate cell phone owners in the area? Was it brought about by legislation that said you can take your local phone number with you if you choose to change carriers? Who knows for sure? WHO CARES?? Maybe it was both, but the most important thing is that Cellular One has put up a tower and Gorman residents have use of their cell phones locally. Although you may notice that the digital signal is not available, at least YOU CAN HEAR ME NOW. Happy New Year!

TO: ALL DOG OWNERS

Just a reminder to all dog owners. If you own a dog and it does not have city tags or its rabies vaccination tag you need to get them. You can get your city tags at City Hall. The city tags are \$6 and renewals are \$2. If you dog has not had a rabies vaccination shot you can take them to Dr. Burke in DeLeon to get one. Dr. Burke will charge \$8 for a rabies shot. If you do not have tags for your dogs be sure that you put them on their collar. If your dog is picked up and they do not have any tags the City has no way of knowing who the dog belongs to. If a dog is picked up it will cost \$20 for impound fee, \$6 per day the dog is in animal shelter, plus city tags if it does not have them. You may also receive a citation for your dog running at large along with the above fines. If your dog is picked up by the City it will be held at the animal shelter for three days and it will be euthanized on the fourth day. If you are walking your dog be sure it is on a leash. For you few that are not complying with the city ordinance on dogs make it easy on yourself and the City, get your proper tags for your dogs and keep them either in the fence, on a chain, or in the house. We do not need your dog or any dog getting off of the chain or out of the fence and biting a small child, an adult, or another animal. If your dog bites another person or animal you can be held liable in civil court. If anyone has a dog they do not want, the City will euthanize it for you for \$25.

Thank you, Jeff Baker -- Gorman Police Dept.



Mrs. Joe Treadway
(Licensed by the State of Texas)

Free Hearing Test

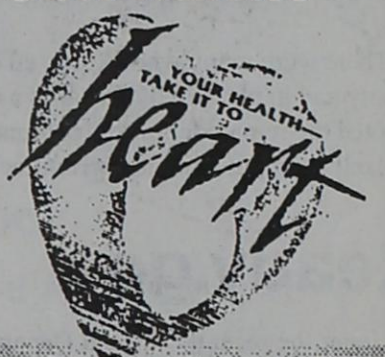
Treadway Hearing Aid Center will hold a Hearing Aid Workshop in Gorman at the Senior Citizens Center on the Second Wednesday in January from 10:00 a.m. to 12 noon.

Free Cleaning On Your Hearing Aid
Free Hearing Test — Battery Sales — Repair Available
Medicaid Approval — Finance Available
Clinical and Medical Referrals Accepted

Call For In Home Appointment
254-386-5918

REHABILITATE YOUR HEART

- 12 weeks
- 36 visits
- treadmill
- stationary bike
- arm exerciser



Call TODAY for an appointment if you are:
diagnosed with stable angina, being treated medically,
received intervention (angioplasty or open heart surgery)



407 South Texas St. De Leon, TX 76444
(254) 893-2011

Celebrate A New Beginning!

Another year ...
another chance, to tell you
how grateful
we are for
your
patronage and support.

Happy New Year!



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See Dealer For Details

• CARS •

20970 - '97 Dodge Avenger	Auto, loaded, cass, 69K	\$ 6,500
18632 - '01 Chevy Impala	Auto, loaded, cass, 35K	\$11,990
19263 - '02 Olds Alero	Auto, loaded, cd, 14K	\$11,990
18571 - '98 Plymouth Neon	Auto, tilt, cruise, cass, 64K	\$ 3,995
21029 - '00 Buick LaSabre	Auto, loaded, cd, 58K	\$10,500
18338 - '01 Mazda 626LX	Auto, loaded, cd, 27K	\$ 9,995

• SUV's - TRUCKS •

20483 - '98 Ford Explorer XLT	loaded, cd, 81K	\$ 7,500
18950 - '01 Chevy Tahoe LS	Auto, loaded, cd, 42K	\$21,500
19272 - '00 Isuzu Trooper LS 4X4	Auto, loaded, cd, 42K	\$14,990
29121 - '01 Chevy Tracker	Auto, 4X4, loaded, cd, 14K	\$ 9,995
20291 - '98 Ford F150XL RC SWB	Auto, cassette, hardtop, 42K	\$ 7,995
20524 - '96 Chevy S10 Blazer	Auto, loaded, cass, 78K	\$ 6,995
20149 - '01 Chevy S10 RC SWB	5 Spd., AC, alum whls, 37K	\$ 7,995
20310 - '00 Chevy 1500EC LS	Auto, loaded, cd, 45K	\$14,990
19488 - '01 Chevy 1500 EC SWB LS	Auto, loaded, cd, 54K	\$15,990
16317 - '00 Ford F250 XLT-SD	Powerstroke, auto, loaded, 64K	\$19,990
19499 - '01 Chevy 3500CD LWB	Dually, 5 spd., t/c, cass, 27K	\$20,990

Payment Special Examples

19703 - 1997 Olds 88 Sedan	\$6,995 ^{titl}	\$210 Mo. *
20149 - 2001 Chev. S-10 PK	\$7,995 ^{titl}	\$199 Mo.**
19204 - 1999 Chev. Camaro	\$9,995 ^{titl}	\$240 Mo.**
18353 - 2002 Olds Alero Coupe	\$11,990 ^{titl}	\$235 Mo.***

*WAC - 36 Mo., \$1,000 Cash or Trade Down, 7.99% Includes T.T.&L.
**WAC - 48 Mo., \$1,000 Cash or Trade Down, 7.99% Includes T.T.&L.
***WAC - 60 Mo., \$1,500 Cash or Trade Down, 7.99% Includes T.T.&L.

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CAPITOL COMMENT

U.S. SENATOR
KAY BAILEY HUTCHISON



TEXANS TALK HOMELAND SECURITY

Since the terror attacks of 9/11, protecting and defending our homeland has been priority number one for our government. One could hardly escape the images of destruction in New York, Washington, D.C. and Pennsylvania as they replayed again and again for days on television sets worldwide. The media saturation forced many parents to talk to their children about terrorists and the evil that exists in the world. Since that time we have become a more vigilant society, aware of the potential for terrorism, even with chemical or biological weapons. We are aggressively working to protect against and respond to disasters with a renewed sense of urgency and purpose.

Your response to the following question provided interesting insight into Texans' state of preparedness. "The threat of biological, nuclear or chemical weapons is a concern Americans must consider. The Department of Homeland Security has issued guidelines and life-saving tips to deal with potential attacks, but many people remain uninformed of what to do in case of an attack. In what ways have you prepared for an incident?"

Thirty percent of respondents had discussed potential attacks with their family and prepared them to react to a threat. More than half of all surveyed acknowledged that they look for unusual behavior in public places, and 10 percent of your workplaces have established emergency evacuation procedures. Still there were a number of Texans who checked "yes" when asked if they were unprepared and did not know how to respond to a threat.

Below are some of your thoughts:

- * As a truck driver, I am constantly on the alert and ready to report or defend. Robert, Santa Fe
- * Having lived abroad I don't have the normal American feeling of apathy on the subject of terrorism and feel that I am very aware of my surroundings. Carter, Irving
- * Water treatment plants, malls, nuclear facilities and downtown areas are all areas of concern. Brandon, McKinney
- * We have hurricane guidelines ... why not terrorism guidelines? Anonymous
- * Our best defense is a good offense - bring the war to the terrorists in their land. D.H., Austin
- * I'm constantly mindful of what is going on around me. Marcos, San Antonio
- * I don't know anything about the issued guidelines. Where are they posted? Tran, Houston

There were many who expressed concern that they were unaware of the guidelines or any plans their community had in place in the event of a chemical, biological or nuclear threat. In response to these questions, I've devoted the remainder of this column to helpful resources on how to prepare your workplace, your family and yourself for a potential terrorist attack or emergency situation.

Ready.gov

Under the recently formed Department of Homeland Security, the federal government has created simple, easy-to-follow procedures for all Americans. At www.ready.gov, Texans can link to a variety of helpful state and local resources. They've posted the following basic guidelines:

1. Make a kit of emergency supplies
2. Make a plan for what you will do in an emergency
3. Be informed about what might happen

At the website, you can find descriptions of how best to follow these suggestions and sit down with your loved ones to create a plan of action for your family.

Citizen Corps

In addition to being prepared on an individual level, many Americans, like those of you who responded to this survey, have wondered what more they can do to protect their communities from terrorist attacks and to prepare for unforeseen emergency situations. Citizen Corps, which was created in response to this desire to participate, brings homeland security efforts to the local level through public education and outreach, training, and volunteer service. Citizen Corps programs build on efforts of established community safety and emergency preparedness programs like Neighborhood Watch, which has worked successfully for more than 30 years, and enables ordinary people to play an active role in promoting the safety of their neighborhoods and towns. More information about Citizen Corps is available at www.citizencorps.gov.

An active and involved citizenry has been the hallmark of America's democracy. Now more than ever it is important to exercise your freedoms and your voice, to safeguard your community and the ones you love. Together, we can continue making our nation more secure.

Why get your
local news
anywhere else?



For Your
Special Day

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special with wedding
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The Gorman Progress
Phone 254-734-2410

stylart

Tips For Cold and Flu Season

Texans are grateful for the cooler weather that comes during the winter months, but with this comes the dreaded cold and flu season. Each year about 20 percent of Americans will contract the influenza virus better known as "the flu." The common cold affects 25 percent of the population annually. While there are no proven methods to prevent these maladies, there are some simple precautions that may help reduce your risk of feeling under the weather.

Wash Your Hands: Most cold and flu germs are spread by direct contact. If you were to sneeze into your hand then touch a doorknob, the germs may stay on that doorknob for hours...even days. Wash your hands often—you will be taking a big step toward preventing illness.

Sneezes and Coughs: Most people have the initial reaction to cover their nose or mouth with their hands when they sneeze or cough. It would be a better practice to cover their nose and mouth with a tissue or handkerchief. Germs cling to your bare hands—muffling coughs and sneezes with your hands results in passing along your germs to others. If you do not have a tissue, turn your head away from people near you and cough into the air. If you do cover a sneeze or cough with your hands, remember to wash your hands immediately.

Drink Plenty of Fluids: The body cannot function properly without fluids—especially water. Water flushes your system, washing out the poisons as it rehydrates you. Along with water, natural fruit juices give you the hydration that your body needs in addition to vitamins and minerals that may be lacking. On the average, an adult need 8-eight ounce glasses of water each day. Dehydration is common with any illness, so remember to keep your fluid intake up.

Relax and Be Happy: Stress may have a very negative effect on your health. Recent studies have shown that people with a positive attitude -- energetic, happy and relaxed—are less likely to catch colds than people who are depressed, nervous or angry. People with a positive attitude may show fewer signs and symptoms of illness because healthy attitudes tend to promote healthy lifestyle habits.

Sleep: Sleep plays a very important role in your body's ability to heal itself. Some people say that all they need is a good night's rest when they start feeling ill. Drink plenty of fluids and get as much rest as possible. Sleep is very important for so many of the functions of the body, but especially in the role of illness prevention.

Vaccinate: Though there is really nothing to be done about the common cold, a vaccine for the flu is available each year. Studies have shown that the flu shot reduces the number of people who contract pneumonia as a result of the flu, upper respiratory infections, missed days at work and visits to a doctor for respiratory infections.

Since there is no know cures for colds and flu, prevention must be your goal. The winter months that bring the Lone Star State its cooler weather do not necessarily have to bring colds and flu to you and your family. If you have questions or would like more information about this topic, please contact Donna White, County Extension Agent-FCS at 629-2222.

Healthy Eating Starts The New Year Off Right



Courtesy of ARA Content

(ARA) - Just about everyone succumbs to the lure of New Year's resolutions. The urge to wipe the slate clean, start fresh, make positive changes are great motivators. After the overindulging that accompanies the holidays, living a healthier lifestyle and losing weight are two of the most popular resolutions.

If you're one of the many who have resolved to shed some unwanted pounds this year, you have no shortage of diets to choose from. Should you opt for low fat or low carb? Atkins or South Beach? Weight Watchers or Jenny Craig? While you need to find a plan that's right for you and your lifestyle, keep in mind that nutrition experts agree that in the end, it all boils down to the right combination of calories and physical activity.

If it's easier for you to give up pasta and bread, the low-carb diets probably appeal to you. If you'd rather keep the carbs and cut the fat, find a low-fat plan to follow. Fruits and vegetables are an important part of any healthy diet. They're naturally low in fat and calories, and many also fit into low carbohydrate plans. Eating your "five a day" servings of fruits and vegetables will help fill you up without adding extra calories to your menu.

Eating better is a great start, but don't forget to add exercise to the mix. By revving up your metabolism, regular physical activity can help you lose weight and keep it off. Exercise offers other benefits as well, such as reducing stress and keeping your heart healthy.

Here is a simple, tasty chicken dish from the Produce Marketing Association to add to your healthy recipe box; it's easy to make and includes lean protein as well as vitamin C.

Chicken with Pistachio Orange Sauce

- 4 large juicy oranges (1 1/2 to 2 pounds)
- 4 halves (5 ounces each) boned, skinned chicken breasts
- 1/4 to 1/2 teaspoon black pepper; salt optional
- 2 teaspoons vegetable oil
- 2 tablespoons minced green onion
- 1 teaspoon Dijon mustard
- 1/4 cup shelled, roasted/salted California pistachios

Directions:

Grate 2 teaspoons orange peel. Halve 1 orange; squeeze to yield 1/2 cup juice. (If orange doesn't have enough juice, use a second one as needed.) Peel and slice remaining oranges; set aside. Flatten chicken with mallet; use waxed paper to prevent splatter. Sprinkle with pepper (and salt if desired). Sauté chicken in 2 teaspoons oil in skillet; turning once. Cook until done but still moist and tender.

Transfer chicken to serving dish. Prepare the sauce: add orange peel, juice, onion and mustard to pan and cook, stirring to make a sauce. Add orange slices and pistachios and heat thoroughly. Pour over chicken. Makes 4 servings.

Nutritional information (per serving): 400 calories; 34 grams protein 24 grams carbohydrates; 20 grams fat; 5 grams saturated fat.

For more ways to use fruits and vegetables, tips on choosing the best produce and more healthy recipes, visit www.aboutproduce.com.

Courtesy of ARA Content

Relay For Life Committee Meeting will be held January 12th-Monday evening from 6 pm to 7 pm at the End of the Trails Restaurant in Eastland. Everyone is invited to come join us. We will be discussing projects to help our teams raise money for the Relay For Life Event that will be held April 16, 2004 for the American Cancer Society.

AG TALK

By Charlie Stenholm

December 19, 2003

Livestock Payments Begin

The USDA's Livestock Assistance Program (LAP) began making payments to livestock producers on Thursday, December 18th. Payments-totaling \$103 million-will be directed to producers who suffered grazing losses in 2001 or 2002, due to drought or other severe weather. The sign-up for this program is over; the sign-up began August 6th and ended November 21st.

Producers with livestock in the following counties in the 17th Congressional District are eligible to receive payments: Garza, Kent, Mitchell, Nolan, Taylor, Glasscock, Sterling, Coke, Runnels, Coleman, Tom Green and Concho. Again, producers in those counties in my Congressional District are eligible for the Livestock Assistance Program because those counties were declared Primary Disaster counties.

The Livestock Assistance Program is a grazing loss program, and payments are provided on a per head basis for sheep, goats and beef and dairy cattle, as well as some other kinds of livestock.

ARS Celebrates 50 Years

The USDA's Agricultural Research Service, or ARS, recently celebrated its 50th anniversary. The ARS is the chief scientific research agency within the USDA, with approximately 2,100 scientists conducting studies in more than 100 research centers across the country.

One of the greatest achievements made by the Agricultural Research Service occurred in 1941 when scientists developed a technique that led to the mass production of penicillin.

ARS scientists have also made breakthroughs in studying bacteria that lead to food-borne illnesses and greatly improved the understanding of the link between the development of cataracts and the lack of certain vitamins and minerals in one's diet.

Again, I am pleased the USDA's Agricultural Research Service has achieved 50 years of service to the country. I wish them 50 more years of success.

A Cowboy's Christmas Prayer

I ain't much good at prayin', and You may not know me, Lord --
I aint much seen in churches where they preach Thy Holy Word,
But You may have observed me out here on the lonely plains,
A-lookin' after cattle, fellin' thankful when it rains,
Admirin' Thy great handiwork, the miracle of grass,
Aware of Thy kind spirit in the way it comes to pass
That hired men on horseback and the livestock that we tend
Can look up at the stars at night and know we've got a Friend.

So here's ol' Christmas comin' on, remindin' us again
Of Him whose coming brought good will into the hearts of men.
A cowboy ain't no preacher, Lord, but if You'll hear my prayer,
I'll ask as good as we have got for all men everywhere.
Don't let no hearts be bitter, Lord. Don't let no child be cold.
Make easy beds for them that's sick and them that's weak and old.
Let kindness bless the trail we ride, no matter what we're after,
And sorter keep us on Your side, in tears as well as laughter.
I've seen ol' cows a-starvin', and it ain't no happy sight;
Please don't leave no one hungry, Lord, on Thy good Christmas night ---
No man, no child, no woman, and no critter on four feet
I'll do my doggone best to help you find 'em chuck to eat.

I'm just a sinful cowpoke, Lord -- ain't got no business prayin',
But still I hope you'll ketch a word or two of what I'm sayin':
We speak of Merry Christmas, Lord -- I reckon You'll agree
There ain't no Merry Christmas for nobody that ain't free!
So one thing more I'll ask You, Lord: just help us what You can
To save some seeds of freedom for the future sons of man!

-30-

Congressman Stenholm represents the 17th District of Texas in the U.S. House of Representatives and is the Ranking Member of the House Committee on Agriculture.

Desdemona News

By Vonnie Guthery

Desdemona Monthly Musical will start back on Saturday, January 24th at the Community Center. The musical will continue each month on the fourth Saturday. Concession stand will open at 5:30 p.m. for those who come early to eat. We appreciate all the musicians, singers, and visitors too who attend regular. They help to keep our musicals going strong. Also we appreciate all the ladies who donate drinks and food each month.

Lorin Eaves celebrated her 10th birthday on Monday, December 22 in the home of her grandparents, Wayne and Karen Eaves. Those attending were Pug and Vonnie Guthery, Belinda Guthery, Holly Guthery all of Desdemona; Colin and Kaley Powledge of Cisco.

Dorothy Roberts spend the Christmas holidays in Fort Worth with her daughter, Ulenda and Kevin Weaver. Other visitors in the home for dinner on Christmas day were Heather Caddell and children, Kelsey and Cameron; Heath Weaver; Ashley Weaver and children, Tanner and Noah; Shelly Mendez and son, Samuel all of Fort Worth; Mark and Emily Williams and daughter, Kena of Granbury; Jeff Roberts of Dallas.

Bernard and Ann Keith spent last Thursday night visiting in Sanger, Texas with Ann's brother, Johnny and Sandy Cameron.

Wayne and Karen Eaves and Lorin hosted the Eaves family holiday supper on Tuesday, December 23. Those attending were Johnny and Catherine Eaves, Bobby and Elaine Eaves all of Gorman; Tommy Eaves of Carbon; Jennifer Eaves of Weatherford; Roy and Michaelyn Squires of Ranger; Josh Eaves of Brownwood; Jeremy eaves and Melinda Watson both of Eastland.

Pete and Alla Rae (Friday) Kelley and their adopted grandson, Dylan have recently moved from Wallis, Texas to Sealy, Texas near Houston. Alla Rae and her three brothers, Marion Friday of Houston, Wayne Friday of Oklahoma and the late Rex Friday all attended school in Desdemona. Their parents are the late Tom and Mary Alice (Wisdom) Friday. Alla Rae and this reporter were classmates all through school with the Class of 1951. She would like to say 'hello' to all her classmates and friends in this area. Alla Rae and Pete attends the annual Homecoming each year. She enjoys coming back "home" to visit.

Christmas Day dinner in the home of Wayne and Karen Eaves and Lorin was enjoyed by Pug and Vonnie Guthery, Belinda Guthery, Holly Guthery, Rueben Fuentes, Sonja Hornback all of Desdemona; Roy and Angela Powledge and children, Colin, Kaley and Lane of Cisco; Kandice Martin, Donal Cogburn of DeLeon.

Ethel Reid passed away recently and burial was in Alvin, Texas beside her husband, Phil Reid. Phil, a former resident of Desdemona where

he attended school and graduated with the Class of 1937. Phil's parents are the late Ford and Myrt (Reed) Reid and two sisters are Iris June Townsend of Louisiana and the late Billie Reid.

Ellen Dale (Hicks) Magee of Stephenville will celebrate her 75th birthday on Saturday, January 10, 2004 at the First United Methodist Church Fellowship Hall in Stephenville, Texas, 1:30 p.m. to 3:00 p.m. A reception will be hosted by her daughters, Lana, Sandra and Sherry. Friends and neighbors are invited to attend. Ellen Dale is a former resident of Desdemona where she attended school with the Class of 1946. Her husband, the late Lanham Magee, worked for Magnolia Oil Co. (later Mobil) in Kermit, Texas with Pug Guthery. Ellen Dale's parents are the late George and Tempie Hicks and her only sister is the late Delma Hicks.

Shelly Mendez and son Samuel, Kelsey Caddell all of Fort Worth; Emily Williams and daughter Kena of Granbury spent last Friday night and Saturday with their grandmother, Dorothy Roberts.

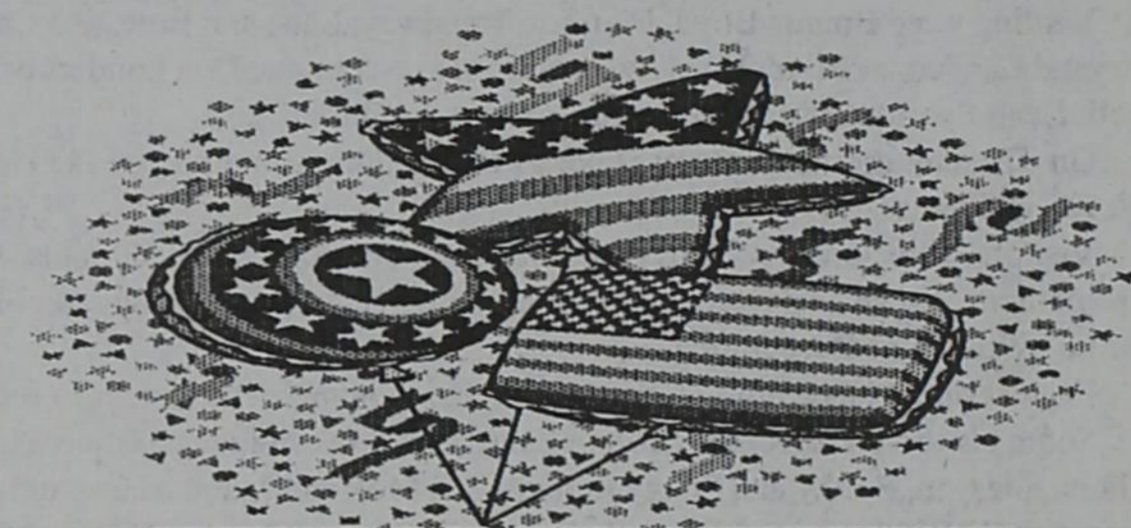
Pug and Vonnie Guthery hosted the Guthery family dinner on Sunday, December 28th. Those attending were Wayne and Karen Eaves and Lorin; Holly Guthery, Belinda Guthery, Rueben Fuentes all of Desdemona; Frank and Ella Reeves, Richard and Glenda Garrett all of Irving; Thomas and Vicki Seay; Jim and Karen Guthery; David and Martha Guthery all of Gorman; Chris and Marlena Brown and son of Austin.

Dixie Pack visited in Ranger on Christmas Eve night with Stan and Rhonda Harvey. Other visitors in the home were Justin and Sommer Harvey of Rhome, Texas; Chuck and Ginger Smith of Fort Worth; Clay and Candice Harvey and Calyn of Stamford.

Philip Pack of Slaton visited the past weekend with his mother, Dixie Pack and James.

"Happy New Year" to all our friends and neighbors from Pug and Vonnie Guthery.

have a great year!
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A MESSAGE OF THANKS
NEW YEAR'S GREETINGS 2004

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But before we put the year to bed
We wish you good times in the year ahead!

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With Warm Wishes at the New Year

AS WE REFLECT ON THE YEAR GONE BY WE RECALL WITH PRIDE, THE MANY ACQUAINTANCES, BOTH OLD AND NEW THAT WE'VE HAD THE PRIVILEGE TO SERVE. HERE'S WISHING YOU ALL A VERY HAPPY NEW YEAR. WE LOOK FORWARD TO SEEING YOU AGAIN, SOON.

From All The Gang At
Lone Star Lanes
Stephenville, Tx

Heritage Manor News

By Nancy Hendricks

SOMEDAY

Several years ago, in a *New York Times* editorial, the following proposal was made: "Amid all the WEEKS observed during the year in behalf of this, that, and the other, there should be room for SOMEDAY WEEK. Scarcely a week passes by that one does not say, or hear someone else say, 'Someday, I'll...'"

It occurs to me that the editorialist was right. SOMEDAY is the day to take the family to a museum or a zoo. SOMEDAY is the day to pull a recliner into the yard and just sit there in the shade doing nothing. SOMEDAY is the day to sit down with books about stars and really learn something about them, or about insects, or about rocks, or about anything else you've always been interested in but have not taken the time to study. In order for SOMEDAY WEEK to be truly effective, however, Congress will have to declare a National Holy-Week, so everyone will have time to devote themselves exclusively to SOMEDAY books waiting to be read, the SOMEDAY things to be built, and the SOMEDAY places waiting to be seen. SOMEDAY WEEK would be a real boomer! But is unlikely that so practical a plan for making SOMEDAY dreams come true will every be adopted. The people who plan special weeks will say, no doubt, that they're much to busy to give this plan thought right now, but SOMEDAY...

On Sunday morning, James Tucker of First Baptist Church came and taught the Sunday School lesson for twenty three residents. Also from the First Baptist Church were Tootie Campbell, Ellen and Rachel Tucker. Everyone sang Christmas Carols, "Joy to the World," and "Silent Night." Ellen voiced the opening prayer then quoting John 3:16-17. The lesson was "What Child is This? and What Makes the Birth of Christ so Special?" Background passages Luke 2:1-40 also Luke 2:4-7, 27-38, key verse Luke 2:30. Howard Hagood led the closing prayer. Pat Hagood led "O' Come Let Us Adore Him." Ellen and Rachel gave out lapel pins and bookmarks.

On Monday a resident was happy to have a bunch of his friends come for a pre-Christmas treat. They were Thomas Cockrun, Lana Hood, Nancy Beard, Lynn Anderson, Jodie Schaffer, Terry Stealy, Jan miller and Raquel Gonzales, all of Eastland.

Residents were happy to have Dorothy Roberts of Desdemona come and style hair for Christmas. Some guests were Rex and Trudy Long of Rising Star, Dorothy Whiteside, Robert Whiteside of Sipe Springs, Charlene Riter of Cisco, Chelsea Long and Kaycee Long of Rising Star.

Joe Craddock of Sundown states that he has been away from Gorman for 60 years, but reads and enjoys Heritage Manor News. The residents say "Merry Christmas and Happy New Year" to Joe.

Visitors were Paul Johnson of Lubbock, Clyde and DeSha Johnson of Stephenville, Roy and Charlotte Johnson of Desdemona, Brad Johnson of Granbury, S.E. and Melba Carter of Eastland, Minter Carter McCoy of Rising Star, Ester Cannon of Conroe, Howard and Pat Hagood.

Residents were happy to have Karen Guthery come and fix and cut hair on Monday. Some guests were Arvil Barnett, Jerry and Virginia Skaggs, Milly and Lori Akers, Kalee and Milley Akers of Charlotte, NC, Jeff and Whitney Crews of Lindell, David and Pam Wheat of Possum Kingdom Lake, Larry and Colene Bassnet of Wylie, Emmitt and Kay Lasater of Eastland.

Pat Graham and Amber Scitem had bingo for 7 residents. They enjoyed the prizes. Visiting were Bernadene Cornell of Weatherford, Robert Reeves of Waxahachie, Allene Reeves of Kemp, Vickie Seay, Alpha Mae Andry, Ann Warren, E.G. and Nancy Henderson, C.J. and Liz Henderson of Abilene, Zena Simpson, Christine Hammontree, Joy Campbell, Francis Simpson, Pattie Teason of Abilene.

On Monday morning, Ina smith had bingo for a group of residents. Some guests were Billie Jean Grisham and Taylor Hope Mahan of DeLeon, Donald Lee Joiner of Houston, Howard and Barbara Joiner of Arlington, Joyce Bramlett and Lucille Joiner of Stephenville, Ennis and Nina Joiner, Nancy Hendricks and Johnnie B. Griffith.

Monday afternoon those coming for the Monday Sing-A-Long were Ernestine Campbell, Marjorie Treadway, Ann Warren, Alpha Mae Andry, and Nancy Hendricks. There were fourteen residents attending.

Visiting were Brenda Boyd, Marjorie Treadway, Lane and Ernestine Campbell, Mark and Tamara Landers, Crystal Landers of Boyd, Dorothy Roberts of Desdemona, Don Landers of Springtown, Bill and Tootie Campbell, Evah Sparkman of Desdemona, Frankie Jo Shipman.

On Tuesday morning, Betty Duke of Desdemona came played the electric keyboard and led singing for eleven residents.

Visitors were Jerry and Larry Majors, Sue Pettigrew, Kelli Williams, Kim Ryon, Erick and Josh Ryon of Desdemona, Steve and Dorenda Minton of Buchanan Dam, Lendon and Frankie Joe Shipman, Glendon and Billie Shipman of Desdemona.

Each resident has a pretty Christmas stocking hung by their door to receive Christmas cards.

Some visitors were Bonnie Croft of Lake Leon, Max and Janice Grice, Tisha and Daniel Grice of Stephenville, Glenn Glasson, Bobby and Peggy Ingram, Bill Moll and Maudie Husband of Cisco, Diana Snider, Linda Ogle, Kenneth Welch, Larry and DeLinda Snider.

On Tuesday afternoon, residents enjoyed "Horse Racing" with Ina Smith. Residents appreciated the good magazines that were donated on Tuesday. Some guests were Maxine Frasier of DeLeon, Brent Carey of Lewisville, Dan and Jo Carey of Midlothian, Durward Webb. Tootie Campbell of First Baptist Church brought a large number of gifts and gave the nurses to give gifts for the residents. On Friday, Ina Smith and Pat Graham had bingo for resident. Some visitors were Dr. Mike and Marsha Whitehorn, James and Mary Jesse of Abilene, Chris Sheetz of Dallas, Heidi Forbes of Virginia Beach, VA, Sylvia Estes and Marie Cook of Carbon, Rodney and Vickie Roberts of Stephenville, Kennard and Doylene of Gustine, Winston Brown, Bo and Anna Lee Roberts, Levi Roberts.

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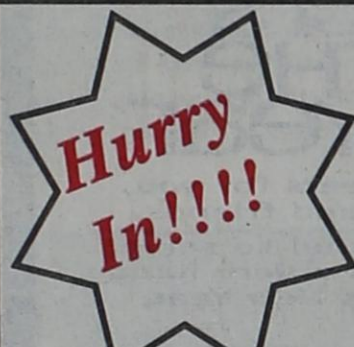
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W.A.C.

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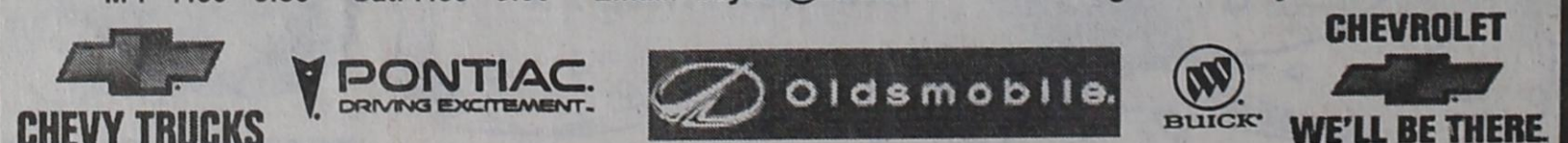
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