

# The Gorman Progress

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Gorman, Eastland County, Texas 76454

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NUMBER ONE

JANUARY 13, 2005

## Junior High Basketball



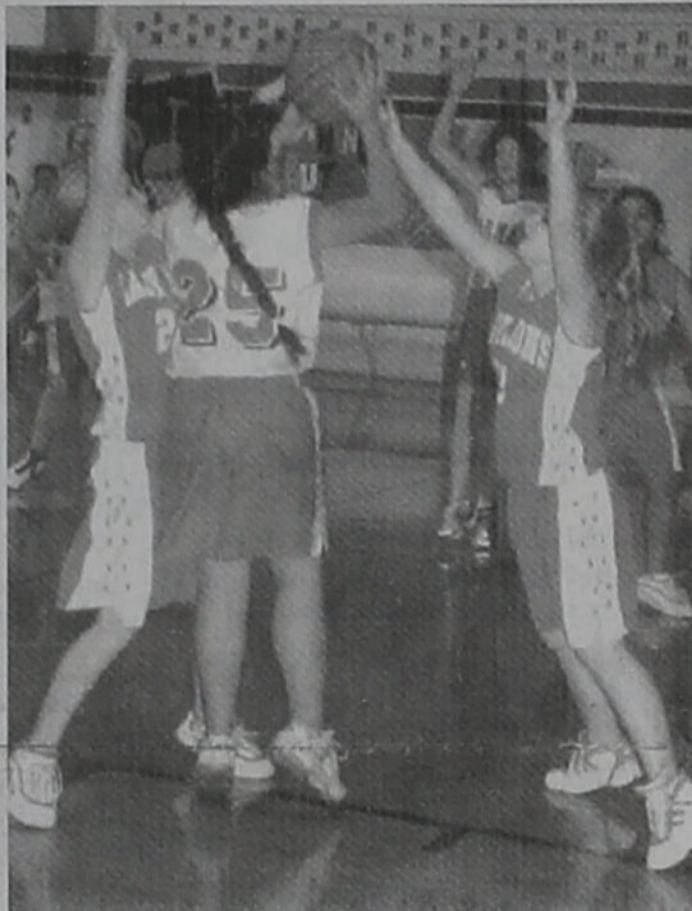
8th Grade -- #25 Valerie Longoria - #11 Elizabeth Barrego



8th Grade -- #11 Tyson Swanner - #20 Gabe Burt - #10 Matt Underwood and Martin Ramirez



8th Grade -- #11 Tyson Swanner - and others



8th Grade -- #Laura Herrera



8th Grade -- #Alex Giles



8th Grade -- #33 Kimmy Seaton and #23 Emily Lewis

### Notice to the People Concerning Oakland Cemetery in Comanche Co.

Dear Ones,  
It's that time of year for us to come to you to ask you for your help on the cemetery up keep.  
Thank you for your help last year. It all came together and worked great. We again ask you to help this year.  
Maybe the interest on the money that is designated for the cemetery's up keep will begin to come back to a higher level this year. That is all the cemetery can use is just the income on what is invested. That part has been hit mighty hard in the past several years as the interest went to almost nothing.  
Thank you for all your help in the past. Please help us again now.  
Good New Year to everyone.  
s/Opal Burton  
Sec. Oakland Cemetery Assn.

### Letter To The Parents

Dear Parents,  
Our school district will be conducting a program for students with potential in academic and creative - productive thinking skills in grades K - 6 during the coming school year.  
Any child in our school whom you believe is an intellectually gifted learner is eligible to be nominated. The program will specifically be for those students who score extremely high on Achievement Tests, Intelligence Tests, and Creativity Tests.  
If you wish to nominate your child, please do so by going to the elementary office and complete the proper forms. Any nominations should be made before January 18, 2005.  
Finally, please be aware that if your child is nominated by you or your teacher, special testing will be needed in order to complete the identification process. In order to make the screening process more efficient, you will be asked to grant your permission for that testing at the time you place your nomination.  
Sincerely,  
Kristin Matteson -- GT Coordinator

### Dorcas Class Sending Gift Baskets to Armed Forces in Iraq

The Dorcas Class of the Gorman Church of Christ is sending a gift basket to the men and women of the Armed Forces in Iraq. Baskets are also being sponsored by merchants and individuals. If you would like to participate, please use the boxes placed in convenient boxes of participating merchants. Suggested items for the basket are shampoo, conditioner, lotion, powder, soap, socks, sunscreen, baby wipes, chapstick, toothbrushes, toothpaste, antibiotic ointment, shaving gel and cream, cards, dominoes, paper, pens, books, magazines, disposable cameras, flavored drink mixes, beef jerky, tea and breakfast bars and handmade items.  
The packages will be collected for mailing on January 19, 2005.

El Distrito Escolar Independiente de Gorman  
Estimados Padres:  
El Distrito Escolar Independiente de Gorman reconoce a los estudiantes excepcionales con múltiple potencial intelectual. Estos estudiantes pueden exhibir habilidades en las áreas de percepción, tal como la aptitud académica, la creatividad y la productividad mental. Estos estudiantes han sido definidos como aquellos que requieren servicios y actividades fuera de las que son comúnmente proveídas en la clase para que puedan desarrollar sus habilidades y su potencial múltiple. El programa de Estudiantes Excepcionales y Talentosos del Distrito Escolar Independiente de Gorman es un programa educacional diseñado para satisfacer las necesidades educacionales de estos estudiantes.  
Si usted cree que su hijo puede calificar o si usted desea una copia de las reglas o normas aprobadas por el consejo del Distrito Escolar Independiente de Gorman sobre la educación de los estudiantes excepcionales y talentosos, por favor complete el siguiente formulario y devuélvalo a Mrs. Matteson, Coordinador del Programa de Estudiantes Excepcionales y Talentosos del Distrito Escolar Independiente de Gorman cerca de enero 18, 2005.

## Together Against Drug Abuse Kicks Off

Together Against Drug Abuse kicks off Friday, January 21, 2005 at 11:00 A.M. at the High School Auditorium. Together Against Drug Abuse is a Masonic program to help young students make correct choices when confronted with the temptation to use alcohol, tobacco, prescription or hard drugs. With the help from teachers, parents, law-enforcement officers, local and state community leaders, local masons and Masonic lodges, and the local business community, we can help them fight a program they cannot fight alone.

The program brings leaders from the business community, local law-enforcement officers, local and state leaders and masons together in their communities to help their children, grandchildren and children in their community to give them insight to what happens to them if they make bad choices now and in the future when confronted with the use of these drugs.

The program is designed for students in the fifth grade. Our program is designed to be presented to the students by a uniformed law-enforcement officer in their school and their room. The officer will present the program every week starting the 21st day of January 2005 until the second or third week of May. The instructor's manual has enough material to make about fifteen sessions in the classroom. The lessons are assisted by work problems in the manual and video tapes. Each student will receive his/her own T-shirt with the logo on the front to wear to class the day the officer presents the program. Upon completion, each student will receive a certificate with his/her name. The certificate is nice enough to frame and keep and is signed by the officer teaching the class and the school principal.

The Gorman Masonic Lodge would like to thank the following sponsors for their support: American State Bank, A.E. Smith Peanut Dryers, A.O. Easley Trucks, Birdsong Peanuts, Bob's Grocery, City Grocery, Comanche County Telephone Co., Con-Spec Roofing, Doug Caffey, Foster Floral, Foster & Kelly Williams, Gorman Laundry, Gorman Milling, Gorman Pharmacy, Gorman Progress, Higginbotham Funeral Home, Hirst Nut & Produce, John C. Fritts, Marvin & Louise Rich, Matt Fritts, Mears Butane, Rons's Pump Service, Smith's Service Station, T.J. Clark Construction, ZJ's Steakhouse.



CONCRETE BEING LAID - Above are several local concrete workers laying the floor for the new basketball half courts being constructed in downtown Gorman next to the Senior Citizens Building.

### Thank You For The Donated Gifts

We would like to say Thank You to all of the community members who donated gifts for the residents of Heritage Manor. We appreciate your support.

Sincerely,  
Gorman 4-H

### PALS Food Drive

We would like to thank everyone who helped to support the PALS Food Drive before Christmas. The drive was very successful. There were almost 450 items donated to the local food bank. The classes bringing the most items were Mrs. Matteson's fourth grade class and the sophomore class in high school. These classes will be rewarded with a popcorn party later this week. Thanks for your support  
~The PALs Students

### ITEMS OF INTEREST

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

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

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

#### FOOD BANK

New Hours - 10 - 11:00 a.m.  
Second Thursday

#### Boy Scouts

Meeting Week  
Tuesdays — 6:30 p.m.  
Methodist Church

**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.

**SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT - THIRD WEDNESDAY - JANUARY 19TH FROM 9 - 12 NOON.**

**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. Bob Wilkerson, Master — Pat Moseley, Secretary.

**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.

**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.

**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.



# Desdemona News

BY VONNIE GUTHERY

Ruby Helen (Lindley) Turner, 75, of Big Springs passed away on Saturday, January 1, 2005. Burial was in the Big Springs Cemetery. She was born on May 6, 1929 in Desdemona. Survivors include a sister, Dorothy Mae (Lindley) Baker of Coahoma. Preceded in death by her parents; her husband, Denny Turner. This family are former residents of the Desdemona area. Thanks to R.P. "Rip" Arthur of Coahoma for sending this message.

Wayne Friday, 76, of Coweta, Oklahoma passed away last Friday. Burial was on Monday, January 10, 2005 in Okmulgee, Oklahoma. Wayne was born on April 11, 1928 in Desdemona. Survivors include four sons, one daughter, one brother Marion Friday and wife Kathleen of Houston, one sister Alla Rae Kelley and husband Pete of Sealy, several grandchildren, nieces and nephews. Preceded in death by his wife, Ruth Friday; parents, Tom and Mary Alice (Wisdom) Friday; one brother, Rex Friday. The Friday family are former residents of Desdemona where all their children attended school. Wayne was in the Class of 1946.

Our sincere sympathy goes out to these families in their time of sorrow.

Our friend, Dottie Reeves of Highland Community is having some health problems at this time. We send 'Get Well' wishes to Dottie.

Bernard and Ann Keith enjoyed a visit last Friday with their grandchildren, Christopher and Allison Febinger of Stephenville.

Have a nice day, Vonnie.

## New Law Encourages Tsunami Relief Contributions

WASHINGTON - The Internal Revenue Service alerted taxpayers who itemize deductions that they may claim on their 2004 tax returns charitable donations made during Jan. 2005 for relief of the victims of the Indian Ocean Tsunami.

The new law enacted on Jan. 7 allows these donations to be deducted as if they were made on Dec. 31, 2004.

"There are no extra forms to fill out or any additional burdens for taxpayers," said IRS Commissioner Mark W. Everson. "As long as you send your check by the end of the month, the donation will be treated just like it was still 2004."

The new law only allows for cash contributions. The contributions must be made specifically for the relief of victims in areas affected by the Dec. 26, 2004, tsunami in the Indian Ocean. The new law gives taxpayers the option of deducting the contributions on either their 2004 or 2005 returns, but not both.

The IRS advises taxpayers to be sure their contributions go to qualified charities. Taxpayers who have a specific charity in mind can make sure that it is a qualified charity by doing a search on IRS.gov. Some organizations, such as churches or governments, may be qualified even though they are not listed on IRS.gov. For information on groups involved in tsunami relief, donors can also look to the USAID site at: [http://www.usaid.gov/locations/asia\\_near\\_east/tsunami/ngolist.html](http://www.usaid.gov/locations/asia_near_east/tsunami/ngolist.html) or USA Freedom Corps at <http://www.usafreedomcorps.gov>.

The IRS reminds donors that contributions to foreign organizations generally are not deductible.

IRS Publication 526, Charitable Contributions, provides information on making contributions to charities. Publication 3833, Disaster Relief: Providing Assistance through Charitable Organizations, explains how the public can use charitable organizations to help victims of disasters, and how new organizations can obtain tax-exempt status. Both publications are available on IRS.gov.

When donors make contributions to assist the victims of the tsunami, they should notate their records to that effect. Donors may want to notate the memo field of checks they send that it is a contribution to help tsunami victims.

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## One 'D' That Women Need: Vitamin D Is Critical For Bone Health

(NAPSA)—If you are being treated for osteoporosis, you probably think you're getting enough vitamin D. Think again! According to new research, more than 50 percent of women currently treated for low bone mass (i.e., osteopenia) or osteoporosis have less than adequate levels of vitamin D. New research presented at a recent major medical meeting showed that even though physicians routinely recommend that women treated for low bone mass or osteoporosis take over-the-counter (OTC) supplements, these women frequently still have inadequate levels of vitamin D.

This is important news for the more than 10 million people in the United States estimated as having osteoporosis—80 percent of which are women. The National Osteoporosis Foundation advises that getting the recommended daily amounts of vitamin D and calcium is one of the five steps involved in bone health and osteoporosis prevention.

"While women may know that calcium is an important part of optimal bone health, the research shows many women who suffer from low bone mass or osteoporosis either are unaware of the important role vitamin D plays, or are simply not getting adequate amounts as part of their treatment regimen," said Ethel Siris, MD, lead investigator and director of the Toni Stabile Center for Prevention and Treatment of Osteoporosis at Columbia-Presbyterian Medical Center in New York City. "Getting enough vitamin D, whether through supplements, proper food choices or appropriate and careful exposure to sunlight,



Osteoporosis can lead to bone fragility and increased susceptibility to fractures.

is vital to managing osteoporosis."

The study examined more than 1,500 postmenopausal women—averaging 71 years of age—from 61 sites in North America between November 2003 and March 2004. It was designed to measure vitamin D levels in postmenopausal women currently receiving medication to prevent or treat osteoporosis. The study showed that prevalence of vitamin D inadequacy was significantly higher in women who took less than 400 international units (IU) of vitamin D supplementation daily compared with those who took at least 400 IU or more daily.

Surprisingly, study results showed that nearly half of the women were not getting enough vitamin D, despite 66 percent self-reporting that they had spoken

with their physician about the importance of taking vitamin D for bone health.

Vitamin D, also known as the "sunshine vitamin" because it is manufactured in the skin after direct exposure to sunlight, is an essential component of osteoporosis therapy that helps the body absorb and retain calcium and phosphorus, both critical for bone building. Vitamin D allows calcium to move from the intestine and enter the bloodstream. It also works in the kidneys to help resorb calcium that otherwise would be excreted.

Vitamin D can be found naturally in a small number of foods, such as egg yolks, liver, oysters, oily fish (e.g., mackerel, salmon), and in fortified dairy products, breads and cereals. Exposure to sunlight or consumption of vitamin D-containing foods or supplements is often necessary to prevent deficiency. Experts recommend a daily intake of between 400 and 800 IU of vitamin D through dietary sources or supplements for adults over 50.

Osteoporosis, a disease characterized by low bone mass and structural deterioration of bone tissue, can lead to bone fragility and increased susceptibility to fractures, especially of the hip, spine and wrist. It is often called the "silent disease" because bone loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall from standing height causes a fracture or a vertebra to collapse. One in two women over age 50 will have an osteoporosis-related fracture in her remaining lifetime.

254-734-2410

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## Ten Star All Star Basketball Camp

Applications are now being evaluated for The Ten Star All Star Summer Basketball Camp. The Camp is by Invitation Only. Boys and Girls ages 10-19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison. Players from 50 states and 17 foreign countries attended the 2004 Camp. College Basketball Scholarships are possible for players selected to the All-American Team. Camp locations include: Commerce, TX, Prescott, AZ, Belmont, CA, Thousand Oaks, CA, Sterling, CO, Bridgeport, CT, Babson Park, FL, Atlanta, GA, Carlinville, IL, Macomb, IL, Greencastle, IN, Atchison, KS, Baltimore, MD, Ypsilanti, MI, Hickory, NC, Schenectady, NY, Bluffton, OH, Doylestown, PA, Lebanon, TN, Blacksburg, VA, Lyndonville, VT, and Beloit, WI. For a free brochure, call 704-373-0873 anytime.

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### Customer Notice

Comanche County Telephone Company, Inc. (Comanche County or the Company) has filed a request with the Public Utility Commission of Texas (Commission) seeking approval to implement minor rate changes to revise residential and business local exchange line charges.

The proposed effective date for the minor rate changes is April 1, 2005, for all exchanges served by Comanche County. The estimated annual revenue increase recognized by the Company is \$68,164 for the first year of service, which is less than 1% of the Company's gross annual intrastate revenues.

Current and proposed rates for Local Exchange Rates are:

	Current	Proposed
Residential Local Exchange Service Rate	\$9.60	\$10.56
Business Local Exchange Service Rate	\$14.10	\$15.51

Persons with questions or who want more information on this application may contact the Company at 6100 Hwy 16, DeLeon, Texas 76444 or call (254) 893-2003 during normal business hours (8:00 - 5:00 pm). A complete copy of the application is available for inspection at the address listed above. The Commission has assigned Tariff Control Number 30508 to this application. Persons who wish to formally participate in the Commission's proceedings concerning this application, or who wish to express their comments concerning this application should contact the Public Utility Commission's Office of Customer Protection at (512) 936-7136 or reach the Commission's toll free number through Relay Texas at (800) 735-2988.

Requests to participate in the proceedings and comments should reach the Commission no later than February 11, 2005. If the Commission receives a complaint(s) relating to this application signed by the lesser of 5% or 1,500 of the affected local service customer to which this application applies by February 11, 2005, the application will be docketed. The 5% limitation will be calculated based upon the total number of customers of record as of the calendar month preceding the Commission's receipt of the complaint(s).

