

The Gorman Progress

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Gorman, Eastland County, Texas 76454

2010 Member - Texas Press Association

NUMBER ELEVEN

March 18, 2010

United Daughters Of The Confederacy District VII News

Annual Easter Treasure Hunt Slated April 3 At Gorman City Park



Texas District VII UDC composed of 16 chapters hosts an annual meeting in the spring. This year's setting was the Convention Center on beautiful Lake Granbury. Members gathered for business and lunch on Saturday, March 13th for the 2010 meeting.

During the business session, Gloria Wilson, President of Dixie's Daughters, Glen Rose, was chosen Chairman for 2011. Joyce Whitis, president of Major George B. Erath 2679, Stephenville was elected District Vice-Chair. Sharon Weible (Dublin), Betty Leatherwood (Stephenville) Linda Canady (Hico) Joyce Whitis (Stephenville) Joyce Cernosek (Stephenville) Joy Rogers, (Gorman), Betty Culpepper (Dublin), Becky Bussey, (Gorman) not pictured, Linda Bowden (Stephenville)

Lunch was catered by Merry Heart restaurant on the square in Granbury. After lunch winners of items in the silent auction were announced with the Stephenville chapter's Cookbook going for \$50. Major George B. Erath 2679 also won a prize for having the most members registering from a single chapter.

The UDC meets at 11:00 at Agave in Stephenville on the 3rd Thursday of each month. Those interested in Southern history are always welcome to attend. Women who are descendants of those serving in the Confederacy are eligible to become members upon providing proof. Registrars in each chapter will help prospects establish the necessary proof.

The Annual Easter Treasure Hunt will be on Sat. April 3 at the City Park weather permitting. In case of bad weather the hunt will be held the next Sat. (Mrs. Bunny will be in town on April 3 after lunch regardless of the weather.)

DONATIONS NEEDED!!!! Money, candy, treasures, anything but chocolate. Donations may be left at Bob's Gro., City Gro. or Smith's Service Station.

Kindergarten Students in Gorman

Visited Brookshire's Grocery in Eastland



Kindergarten students in Gorman, TX have been studying the food groups from their nutrition unit this past week. To help reinforce their knowledge from the classroom, they visited Brookshire's Grocery in Eastland, TX to learn about some different nutritious foods they could have with their meals and snacks. Brookshire's manager, Cory Criswell, discussed the main ingredients of some foods and explained how they would belong to certain food groups. Cory also showed the children how food must be stored in refrigerators for food safety, as well. The students all agreed it was very cold inside the cold storage lockers. We all had a blast exploring one of the supermarkets where many of our parents shop for groceries. Thanks Brookshire's for being so supportive and generous with your time for our students.

Texans Can Save Money and Conserve Energy Thru Energy Efficient Appliance Rebate Program

Letter from Susan Combs, Texas Comptroller of Public Accounts in Austin sent a letter to Honorable Cathy Jentho, Eastland County Clerk:

Dear Ms. Jentho,

In these challenging economic times, every dollar counts. This spring, Texans can save money and conserve energy through the Energy Efficient Appliance Rebate Program. We appreciate your help in sharing this valuable information with your constituents.

This April, Texans can receive rebates on qualifying appliances, including but not limited to refrigerators, dishwashers and water heaters, purchased between April 16 and April 25. The state of Texas received more than \$23 million from the U. S. Department of Energy to establish the Energy Efficient Appliance Rebate Program, the first of its kind in Texas, and will administer the rebates through the Comptroller's State Energy Conservation Office (SECO).

Participants must be Texas residents, purchase an appliance in-store at a Texas retailer and replace an old appliance with a new, energy-efficient model to receive a mail-in rebate. These state rebates can be stacked with other rebates and incentives, such as manufacturer rebates and federal tax credits. Each household is eligible for up to two appliance rebates, as long as they are for two different types of appliances. All old appliances must be disposed of properly, and residents who recycle their old appliance will receive an additional \$75 rebate. More specific instructions, including a toll-free number and the ability to reserve rebates online, will be available in the near future.

You and your constituents can sign up to receive up-to-date information via e-mail, get answers to frequently asked questions and review a list of eligible appliances and rebate amounts on the Comptroller's SECO Web site at www.secostimulus.org/rebate.

We wanted to make you aware of the purchase and rebate dates now, so your constituents can plan ahead. Please let us know if we can provide further assistance.

Sincerely,
Susan Combs
Texas Comptroller

SCHOOL MENU Week of Mar. 22 thru Mar. 26

BREAKFAST

MONDAY - Cereal, Yogurt, Juice and Milk.

TUESDAY - Breakfast Pizza, Hash Brown, Juice and Milk.

WEDNESDAY - Cinnamon Toast, Fruit, Juice and Milk.

THURSDAY - Biscuit, Eggs, Fruit, Juice and Milk.

FRIDAY - Sausage, Gravy, Biscuit, Juice and Milk.

LUNCH

MONDAY - Chicken Noodle, Vegetable Beef Soup, Grilled cheese, pickle spears, crackers, chips, oranges and milk.

TUESDAY - Roast or Steak fingers, cream potatoes, green beans, roll, strawberry cake and milk.

WEDNESDAY - Beef Stroganoff or Chicken Rings, scalloped potatoes, green beans, Sparkle Apples, biscuits and Milk.

THURSDAY - Fish or Mini Corn Dog, potato wedge, pinto beans, cornbread, pumpkin pie and milk.

FRIDAY - Chicken Fajita or Taco Salad, tossed salad, refried beans, Spanish rice, crackers, sherbet and milk.

LADY PANTHERS SOFTBALL 2010 SCHEDULE

| Date | Opponent | Site | Time |
|--------|---------------|--------------|-------|
| MAR 19 | CISCO | CISCO | 10:00 |
| 23 | *VALLEY MILLS | GORMAN | 5:00 |
| 26 | *MERIDIAN | MERIDIAN | 5:00 |
| 30 | *DELEON | GORMAN | 5:00 |
| APR. 2 | *EVANT | EVANT | 10:00 |
| 6 | *GOLDTHWAITE | GORMAN | 5:00 |
| 9 | *VALLEY MILLS | VALLEY MILLS | 5:00 |
| 13 | *MERIDIAN | GORMAN | 5:00 |
| 16 | *DELEON | DELEON | 5:00 |
| 20 | *EVANT | GORMAN | 5:00 |
| 23 | *GOLDTHWAITE | GOLDTHWAITE | 5:00 |

* District Games

HEAD COACH: JAMES GERICK ASST. COACH: JERA LOVELACE

Four Positions Open For School Board Election May 8

Four positions will come open for the May 8, 2010 election for school board trustee. These positions will include three three-year terms to be elected at large, currently held by Bob Powell, Beth Underwood, and one vacated by Melinda Harrington and currently filled by appointment by Don Whitten. The third position is an one year unexpired term ending May 2011, this term vacated by Jeff Seaton and filled by appointment by Noah Landa.

Incumbent Bob Powell, Incumbent Beth Underwood, Incumbent Don Whitten and Cliffla Vaughn have filed for the regular term. Incumbent Noah Landa has filed for the one year term.

Cuatro posiciones serán abiertas para la elección para el fideicomisario de la mesa directiva de la escuela el 8 de mayo, 2010. Estas posiciones incluirán tres términos de tres-año para ser elegidos en grande, actualmente tenidos por Bob Powell, Beth Underwood, y uno desocupado por Melinda Harrington y actualmente puesto por nombramiento a Don Whitten. La tercera posición es un término de un año no caducado que termina el 2011 de mayo, este término desocupado por Jeff Seaton y actualmente puesto por nombramiento a Noah Landa. Las solicitudes están disponibles en la oficina del Superintendente durante las horas de clase.

B-B-Q Lunch - Saturday, March 20th

The 15 and Under Girls Softball Team will be Selling Barbeque Lunches To raise money for equipment and other items Needed for their team.

The girls will be at Revise Laminack's Building At the Blinking Light on Hwy 6 in Gorman at 10 a.m.

We will sell until it's gone! Please Come By and Support These Girls The Cost is \$6.00 for a Sandwich, chips, Drink and Dessert.

The Sandwiches will be real brisket meat - Cooked by Tim Swanner. Weather Permitting

ITEMS OF INTEREST

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, APRIL 21ST 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.

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

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

Classifieds

Klassic Construction

Keith Ragle
940-328-2368
11520 N FM 4
klassicconst@yahoo.com

Kent Ragle
940-682-5298
Graford, TX 76449

PUBLIC NOTICE

Pursuant to Local Government Code 263.153 notice is hereby given that the County of Eastland will be selling salvage property in a public auction to be conducted by Rising Star Auction Company on March 27, 2010 beginning at 11:00 a.m. at the Rising Star Rodeo Grounds. The auction will continue at the Higginbotham Center in Rising Star on March 28, 2010 at 1:00 p.m.

Cross Timbers Health Clinic

is taking BIDS through March 21st for a Storage Building to be moved from 1100 W. Reynosa in De Leon. The building is in good condition. It is 12x24 w/floor and windows. Submit bids to George Dudley at 1100 W. Reynosa or e-mail to gdudley@crossstimbersinc.org. Cross Timbers Health Clinic reserves the right to accept or reject any or all bids.

FOR RENT: Mobile Home with Built Ons in Desdemona. Call 254-413-6589. 2-3-18P.

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RBI-35823 4-4-25 C.

TAKING APPLICATIONS: The Housing Authority of the City of Gorman is taking applications for 2 bedroom Apartments. An application may be obtained at 102 S. Fisher, 9:00 to 3:00 - Monday thru Friday - 254-734-2400. FNC.

Carpet Restretching - Cleaning and Installations

254-485-0864
12-3-25 P.

FREE TO A GOOD HOME: We have a Lab/Rot Cross Dog named "Beaf". He is about 2 years old. We have moved back to the Lake Leon and do not have big enough yard. Needs fenced area if possible. Call Lonnie at Gorman Progress - 254-734-2410.

Town & Country REAL ESTATE

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EASTLAND, TX 76448
www.tcrealty.net

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PRODUCTIVE - 160 AC, m/l; N. of Gorman. Coastal, good soil, 2 tanks, water well & frontage on 2 county roads. A13
STOP & TAKE A LOOK - 2005 DWMH - quiet neighborhood & large trees on half an acre. Comfortable living with spacious LR, 4 BR, 2 baths, a front deck & Nice stg. Bldg. OWNER AGENT. 02
ALMOST COUNTRY - 3.7 ac.-outskirts of Gorman. This spacious 3 BR, 1 3/4 bath brick-LR, DR, office, DAG, stg. Bldg. & barn both w/elec., outbuildings plenty of extras. Country living at it's best! 03
INVESTORS - INVESTORS - INVESTORS - Lots of possibilities - 2 story office building & old cafe. C19

The Gorman Progress

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PDF Ads - EPS or JPEG Photos By email
Publication Number - 222780
Publisher - Lonnie Bennett

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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 error or omission 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.

March 10, 2010

A rich Jewish lady who could go anywhere in the world for vacation decided to see the new Swami in India. Her assistant said "But you will have to travel 18 hours by plane, two days on a bus and hike the rest of the way up the mountain and even then you will be only able to say 3 words to him! Are you sure you want to do this?" She said yes and traveled by plane, bus, on foot and waited in line for 3 days to say three words to the new Swami in India.

When she got to the head of the line she was reminded about the three word rule and was admitted to the Swami's presence whereupon she said: "Harold - Come Home!"

Last week I was at the national hospice convention learning how to better help all of us as we approach the end of our lives - and pay our taxes. Both are inevitable. However, all I wanted to do was go home. I learning about pain control, symptom control, and don't forget the regulations, but I know the answers are at home. I'm not talking about the houses we live in or the towns we are from. I'm talking about the way God wants us to be all the time, accepted and forgiven.

Pain is the most common symptom that is presented in my practice. Pain is a lack of acceptance by the mind or body and it subsequently causes discomfort. The skin doesn't accept the thorn's piercing. The ego doesn't accept the insult. But as when the thorn is removed, the skin heals, when we forgive we are free of the pain as well. These topics were discussed extensively at this conference.

It is often impossible to separate physical and emotional pain because these two cause each other. The only cure is forgiveness on the scale of the whole person in body, mind and spirit. It gets better when we are home - accepted, loved and forgiven. There is only one way to be accepted, and that is to accept, and one way to be forgiven and that is to forgive.

I don't have all the answers, but I know who does. God wants us happy and safe, but we have to do it His way, not ours.

"Harold - COME HOME!"

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

Reminder

The City crew will have the chipper out on the last Monday of each month. The chipper will be running on March 29. If you have limbs, please pile them at the curb, phone the City Office @ 734-2317 and have Jill or Tacy make a work order.

COGBURN REALTY

254-893-6666 DE LEON, TX

Rising Star, operating laundromat, washers, dryers, folding tables and seating. Great investment opportunity. \$27,500.
NEW - 10+ acres, 3 miles east Gorman, water well and septic, fenced, few large oaks. \$30,000.00
NEW - 14.12a Lake Proctor, secluded, join lake property, elec., well, wooded, lots wildlife. \$67,070.00
S/E Gorman: 45 A, sandy land, few Pecan trees, 7 water wells, irrigation reservoir, close to pavement. \$2,500 Acres.
S/E Gorman: 60 A, good sandy soil, some coastal, good fences, elec., nice pond site. \$2,800 Acres.
38 A M/L south Gorman, Fronts FM 679, about 10 A. large Pecan Trees, nice location for pond, good fences, sandy land. \$2,200 Acres - Seller Financing
100 A west De Leon FM587, 3 - 1 1/2 - 2 brick, 1444 sq. ft., C/HA, fireplace, carpeted, 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.
130 A, West Carbon, approximately 40a cult., 35a coastal, pond, elec., county water. \$2,400 Acres.
S/W De Leon: 131 A with 12 acre lake! 66a coastal, 53a farm land, well, 3 ponds, great fences, good horse place, hunting. \$3,000 Acres.
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 acres.
SELLERS SAYS MAKE OFFER!!
NEW: 205A Proctor, 65A Irrigated Coastal, pivot, 3 wells, ponds, steel corrals, app. 125A mostly wooded, lots wildlife, 100' elevated rise, see for miles. \$2,900 acres.
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1,260 A, hills, mesas, wildlife, RV hookups, creek, tanks, much more [FE01] \$2,396/acre
REDUCED 455 A, rolling hills, 150' elev. chg., coastal, creek, hunt [RS01] \$3,000 \$2,950/acre
210 A, 2-1 home, 2 car garage, wells & tanks, cross fenced, coastal [WWS01] \$619,500
162 A, 2 story 2-1/2 Frame Home, shop, wells & tanks, woods, hunting [JA03] \$585,000
102 A, water well, coastal, corrals, hunting, minerals, possible owner finance [JB04] \$252,450
SOLD 400 A, water well, 3 tanks, minerals available [RS04] \$210,000
REDUCED 81 A Pecan orchard, 900+ trees, possible owner finance [REM01] \$405,000 \$300,000
SOLD 80 A, with 6 water wells, seasonal creek, stock tanks, hunting [GB03] \$180,000
69 A, water well, 3 stock tanks, oak & pecan trees, corrals, coastal, hunting [JO01] \$221,900
45 A, close to town, stock tank, oak trees, coastal, rural water available [SH03] \$149,500
24 A, new water well and septic system, coastal, and hunting [HS01] \$75,000
7-4 Brick Home, 2.31-A, 2 fireplaces, CH&A, tile floors, office, Jacuzzi [FN02] \$220,000
REDUCED 4-2 Brick Home, 2 fireplaces, CH&A, 2 car garage [JH01] \$169,900 \$89,000
4+A, 4-3 Remodeled Brick Home, additional recreational room, water well [RH02] \$149,900
5 A, 4-2 Brick Home; metal roof, carport, pecan trees; wells & tank, fenced [WK01] \$90,000
3-2 Brick Home, attached garage, large shaded lot, fenced, patio, CH&A [FW03] \$69,500
4-2 Brick Home, large shaded lot, privacy fence, near elementary school [KO01] \$65,000
REDUCED 3-1 Frame Home, carport, shaded lot, storage bldg [DS03] \$99,500 \$36,500
3-2 Brick home, 2 car garage, large living area & lot, CH&A, privacy fence [JG02] \$95,900
2-2 Brick home, 2 car garage, 2.99 A, CH&A, fireplace, 20x30 side bldg [DDM01] \$195,000
REDUCED 2-1 Frame Home, 2.3 A, screened porch, water well [GB02] \$55,000 \$45,000
Commercial Bldg, on Hwy.36, 6,480 sf, 3 separate units & entrances, CH&A [BN01] \$82,500 10/21/10

More Info & Pictures at: www.GilderRealty.com

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Obituary

Mary Ulala Wood Dukes

Mary Ulala Wood Dukes was born September 28, 1920, in Gorman, Eastland County, Texas, to Green Wilder and Olivia Holleyman Wood. Ulala passed away on March 12, 2010, at her home in Houston, Texas. Services was on Wednesday, March 17, at 11:00 AM at Nowlin-Anders Funeral Home in DeLeon, Comanche County, Texas. She was laid to rest at Old Nineveh Cemetery alongside her husband of sixty-six years, William Denman Dukes, Sr.W.D. preceded her in death on January 6, 2007.



Mary Ulala grew up in the New Hope Community, north of Gorman and graduated from nearby Carbon High School, Class of 1937. Denman and Ulala were wed on September 9, 1940, in Jal, New Mexico, and raised their family in the oilfield towns of Levelland, McCamey and Eldorado, Texas during the 1940's, interspersed with W.D.'s time in the Pacific for World War II. The family moved to Eastland County in 1950, and on to Perryton, Texas in the winter of 1962. Ulala often referred to the farm years at Carbon-Eastland County, as her happiest, in spite of the severe drought, and she remembered those years with beautiful poetry of the young family's farm life. Mary Ulala blossomed and taught grade school girls' Sunday School class in each of her homestead churches throughout her life, spending thirty years at First Baptist Church, Perryton. In 1993, Denman and Ulala retired to Hideaway Lake near Tyler and enjoyed nature there until moving to Houston in December 2005.

Mary Ulala is survived by her children: son W.D., Jr (Denny), of Abilene, Texas, son Jerry, of Evergreen, Colorado, son Steve, of Houston, and daughter Susan, of Seagraves, Texas. Also surviving are twelve grandchildren and thirteen great grandchildren.

Mary Ulala was the last surviving sibling of her loving family of five sisters and three brothers. She was preceded in death by sisters Vera, Velma, Gladys and Ruby Lee and brothers Ernest, Lawrence and G.W., Jr. She is survived by three sisters-in-law: Hazel Comfort Dukes Roberts, of Montgomery, AL, and Jill Dukes and Jean Dukes, both of Comanche, Texas.

Condolences to the family can be sent to 2222 Dunraven Lane, Houston, TX 77019.

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Business Directory

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EDUCATION

Video Games Can Teach, if Kids Will Play

NewsUSA

(NU) - While it's not unusual to see books or movies taking plots from the headlines, hot topics now show up in unexpected places - including video games.

No longer content to produce simple shoot-'em-ups, many game developers now create video games designed to inform as well as to entertain. Some take sarcastic views on real events, like "Harpooned: Japanese Cetacean Research Simulator," in which gamers play a Japanese scientist "researching" whales by killing them for cat food. Others focus on education, such as "PowerUp," which requires children to use solar, wind and water power to save a fictional planet.

If socially conscious games sound heavy-handed, it's because most of them emphasize driving home a message over gameplay. But kids aren't likely to learn if they don't want to play the game. Parents who want to give their kids beneficial video games should look for entertaining games that just happen to carry a social or environmental message.

For example, "The Secret Saturdays: Beasts of the 5th Sun," a game available on Wii, PS2, Nintendo DS and PSP, may not look particularly educational at first glance - it is, after all, based on a Cartoon Network show.

But when children play as members of the Saturday family, they become scientific explorers dedicated to discovering and protecting secret artifacts and mysterious creatures called Cryptids, which are based on folklore, myths and legends.



"Beasts of the 5th Sun" teaches children the importance of preserving the Earth's crucial wildlife habitats.

The game follows an original storyline based on the "Secret Saturdays" television series. Players must prevent the evil V.V. Argost from using Cryptids for his own gain - an interesting parallel with the real-life exploitation of natural resources.

As players explore and solve puzzles in 10 real-world environments, the game teaches them to protect creatures' habitats - even if those creatures are unlikely to appear in any local zoo. And the game includes enough action - traversing water hazards, flying and battling the Saturday's enemies - to keep kids interested. After all, battling an evil villain from your favorite shows sounds like far more fun than using equations to build a virtual windmill.

For more information, visit www.d3publisher.us.

REMINDER

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

HEALTH

Expert Advice: Why You Should Salivate Over the Benefits of Saliva

NewsUSA

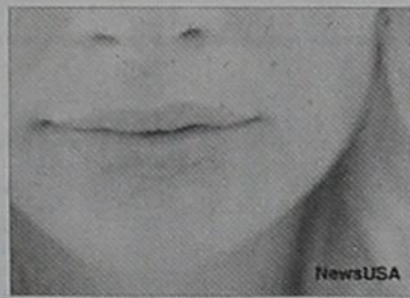
(NU) - When it comes to oral health, most Americans think about keeping their teeth and gums healthy. But there is an important player in the game of oral health that is often overlooked - saliva. Without saliva, food wouldn't taste as good, tooth decay would increase and digestion could be more difficult. Michael Brennan, DDS, MHS, director of the Sjogren's Syndrome and Salivary Disorders Center at Carolinas Medical Center in Charlotte, N.C., provides more information on the benefits of saliva.

Q: Besides making things easier to chew and swallow, why do we have saliva?

A: Saliva has many important functions within the mouth and beyond. Importantly, it is your mouth's best natural defense against decay. Saliva neutralizes acid and clears sugars from the mouth. If you are not producing enough saliva, then you're at a higher risk for tooth decay. Decreased saliva can also lead to serious gastrointestinal problems, as saliva is necessary to move food from your mouth through your intestines and provides enzymes that are crucial in aiding digestion. Saliva is also extremely important for speech and can lead to a diminished quality of life if you can't effectively communicate.

Q: How do I know if I have enough saliva?

A: If you have one or more of the following symptoms, you may not be producing enough saliva:



Saliva is your mouth's best natural defense against tooth decay.

- Difficulty talking, chewing or swallowing
- Sore or cracked tongue
- Dry or burning throat
- Dry or peeling lips
- Difficulty tasting food
- Oral yeast infections
- Increased dental cavities
- Digestive problems, such as the inability to process food, and other serious problems like gastroesophageal reflux disease (GERD).

Q: Can't people with dry mouth just drink more water?

A: Keeping your mouth moist by sipping small amounts of water during the day can help reduce dry-mouth symptoms. However, drinking too much or "over-sipping" can actually wash away your saliva, making dry-mouth symptoms even worse. Lemon juice in water can help stimulate saliva flow, but if symptoms continue, and you find yourself taking sips of water constantly, talk to your doctor. Care with the use of sugar or acidic-type sweeteners must be

used, as these can lead to dental decay or erosion in someone with decreased salivary function.

Chronic dry mouth can be a symptom of dehydration or an underlying medical condition such as Sjogren's syndrome, a chronic autoimmune disorder where the immune cells attack and destroy the moisture-producing glands. Dry mouth and dry eyes are the hallmark symptoms of this condition.

Nine out of 10 people diagnosed with Sjogren's syndrome are women, with the average age of symptom onset in the 40s. Dryness symptoms associated with Sjogren's syndrome often worsen during menopause. In fact, many patients with dryness attribute them to menopause or something else and do not seek the help they need.

Q: What should I do if I think I might not have enough saliva or have chronic dry-mouth symptoms?

A: Talk to your doctor or dentist if you experience one or more of the symptoms listed above. While over-the-counter treatments and behavioral changes may provide some relief, your doctor may prescribe treatment depending on the cause, frequency and severity of your symptoms. If your dry-mouth symptoms are left untreated, you could be at risk for more serious health conditions and complications.

For more information about dry-mouth symptoms or Sjogren's syndrome, please visit www.sjo-grenic-type.org.

Pig Tales From Hogtown

Hey, folks it's time for another delicious Desdemona fish fry at the Desdemona Activity Center! This Saturday, March 20th the men will be cooking fish, chicken, potato salad, beans and slaw. The ladies will provide the desserts as usual and they will be wonderful, as usual! The serving will start at 6:00 PM. Dr. Dan and the Band-Aids will play for us before the meal so come early and enjoy the music.

We at the DAC are so pleased with how you all have responded to our dance the second Friday of each month. Many have asked about having a second dance during the month and we are going to give it a try. On Friday, March 26th, we will have a group by the name of "Wheels" come to play for us from 7:00 PM until 9:30 PM. As usual, the concession stand will open at 6:00. Please come and give this band a real Hogtown welcome!

April is sneaking up on us and we will have our annual craft show on April 17th & 18th. Mark that on your calendar along with the fish fry and the dance.

See you in Desdemona!
Carol Pell

EASTLAND CITY POOL - 2010 SEASON

Opening Day/Splash Day is Friday, May 28
Free Splash Day admission will be by ticket only.
Tickets will be available at City Hall beginning May 26th.
Splash Day will have three sessions.
Splash Day Session 1 1 p.m. to 3 p.m.
Splash Day Session 2 3:30 p.m. to 5:30 p.m.
Splash Day Session 3 6 p.m. to 8 p.m.

Hours of Operation: Closed on Wednesdays

There will be two afternoon sessions. Admission charged for each session.

Session One: 12:00 to 2:45 p.m. Monday, Tuesday, Thursday, Friday, Saturday, Sunday
Session Two: 3:15 to 6:00 p.m. Monday, Tuesday, Thursday, Friday, Saturday, Sunday
Session Three Evening Swim: 6:30 to 9:30 p.m. Tuesday and Thursday only

Admission for EACH session:

- 6 years and under (must be accompanied by parent, guardian or responsible adult) \$1.00
- 7 years and older \$2.00
- 65 years and older Free
- Passes: (obtain at City Hall)
- 25 admission punch card \$40.00
- 50 admission punch card \$80.00
- Private Parties:

We begin accepting reservations at 8:00 a.m. on Monday, May 10 at City Hall.

THIS DATE IS FOR IN PERSON RESERVATIONS ONLY. No phone reservations made on May 10. Phone reservations will be accepted beginning Tuesday, May 11.

Party dates begin May 29, final party date August 21

Hours: 2.5 hour period 7:00 to 9:30 p.m. Friday, Saturday, Sunday and Monday

Set-up for party may begin at 7:00 p.m., no earlier.

Fees: Total number of patrons in facility including non-swimmers

| | |
|-----------|--------|
| 0 - 49 | 150.00 |
| 50 - 99 | 250.00 |
| 100 - 149 | 300.00 |

Parties will be scheduled in advance with City Hall and require a \$50.00 deposit which will be applied to the total fee. At the time a reservation is made, the patron will be provided with a complete list of rules for parties. The party fee must be paid in full one week in advance of the party date. There will be no patio reservations this season.

For more information please contact the Eastland City Hall at 254-629-3349.

Happenings At FBC!!

Permissive! Our lenient and tolerant society clouds our judgment. Ask God to remind you that your body is a sanctuary of His Holy Spirit, and thus help you to uphold God's standards of morality.

Mark your calendars:

April 4th - Easter's Blessed Celebration - "The Messengers" in concert. Child Dedication.

Children's Sermon: Snacks are our favorite treats. Liz especially likes fruit and wishes that she could plant fruit trees so she could grab a fresh snack anytime. Jesus told the parable of the man who planted a fig tree that would not produce figs so he wanted to cut it down. He was told not to cut it down, rather water it and fertilize it. The same is true with us. God has planted us here to bear His fruit. We can demonstrate God's fruits of the Spirit like kindness, love, and patience in our lives. May God help us all to live a fruitful life.

FBC Praise Band: Uplifting praise and worship through music - "Blessed Assurance" and "How Great is Our God" with a sensational collection of strings including the mandolin and drums.

Bro. Barry's Message: "Risky Business" - Hebrews 11:6 - Life is full of risky business, and risky decisions that quickly get out of hand. Live by Faith! By faith believe God exists. Seek God by faith. Receive righteousness that comes by faith!

RISKY BUSINESS:

1) The Under-Taking Church. - "Looking Back" - People dwell in the good old days. People are resistant to change. Are we on a "merry go round" or are we going somewhere? Change is happening before our eyes. Morality is at risk in every era, however the pace at which we live in the twentieth century is far different.

2) The Care-Taking Church. - "Looking Present" - Poor eyes limit sight and poor vision limits your deeds. We receive an unprecedented amount of "news". You take a risk if you live only for the day. Someone pays if one does not prepare for tomorrow. Thank God for blessings.

3) The Risk-Taking Church. - "Looking to the Future" - Ministry risks include building expansion and cutting edge spiritual growth. The risk is fear of failure and rejection. God demands His Church to do His work. Noah built the ark and condemned the rest of the world, nevertheless when the rain came the people went to the ark. You can always do more for God; keep trying by keeping your eyes toward the will of God and take an active part in His work. Learn to live by faith. What's in your future? What's happening in your heart and home?

Sunday School is for all ages, and Classes begin at 9:45AM every Sunday morning, please come and we will help you find the right class for you.

Our Worship Service begins at 11:00AM on Sunday mornings, please come and join us! 1X100

Remember: God loves you like no one else! Email us at fbcgorman@hotmail.com

BENEFIT FOR

BRENDA BURCH

Sunday, March 21st
11 A.M. to 2 P.M.

There Will Also Be An Auction

Cook's Fish Barn

Hwy. 36 - Between Rising Star & Comanche

We have a full stock of
 Janitorial and Pool Chemical Needs
 - WE HAVE POOLS AND SPAS TO SHOW YOU!!!
 See Our Booth At The
 Stephenville Home and Garden Show in March
 We Have Certified Pool Techs Available to Service Your Pool
 We Are Open Monday thru Friday 9 a.m. to 5 p.m.
 Jacks Chemical and Janitorial Supply, Inc.
 Jacks Pool and Spas
 894 N. Graham Street - - - - Stephenville, Tx 76401
 Call 254-965-4125 or Cell 254-592-3159
 For Pool Sales & Service - Call 254-965-4145

Texas A & M Professor Bill Welch Delivers "Rosy Ideas and More"

Dr. William C. Welch, Professor and Extension Horticulturist at Texas A & M University, will share his expertise on roses, perennials, and landscaping in Hamilton on April 6, 6:00 p.m., at the Lee Conference Center on the courthouse square. His appearance is co-sponsored by the Hamilton County Master Gardener Association and Texas AgriLife Extension.

Anyone can glean ideas and information at the event for an admission fee of \$5, and Master Gardeners and MG Interns will be admitted at no charge. CEUs will be available, and Dr. Welch will bring two of his books, The Bountiful Flower Garden, and Antique Roses for the South. Sales will benefit his scholarship fund at Texas A&M University.

Dr. Welch provides educational information and programs for county extension agents, nursery professionals, and civic groups, as well as the general public. In November 1988, the Texas Agricultural Extension Service presented Dr. Welch with the Superior Service Award citing his successful educational programs.

More information about Welch, the "rosy" event, or the Texas Master Gardener program is available at Hamilton County's AgriLife Extension office, 254/386-3919, 724 S. College, Hamilton 76531, or dachabot@ag.tamu.edu.

Extension programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Texas Historical Commission To Dedicate Historical Marker At The Erath Arches

The Historical Commission will dedicate a Historical Marker at the Erath Arches - 600 West Washington (business 377) in Stephenville on Sunday, March 28th at 2 p.m. Join us as we honor MAJ. GEORGE B. ERATH, The namesake for Erath County.

Program will include: Representative Sid Miller of Texas House District #59 will be a guest speaker; Historical Commission; Texas Rangers; Descendants of the Maj. George B. Erath Family; Masons - Grand Lodge of Texas; Descendants of the Defenders of San Jacinto; Sons of the Republic of Texas; Daughters of the Republic of Texas; Sons of Confederate Veterans and other historians.

For more information: Call 254-734-5058 or 254-728-3286 or email: rebeltom@cctc.net

AG VIEW POINT Garden Soil Preparation

By: Heath Begeman
Many garden sites do not have the deep, well-drained, fertile soil that is ideal for growing vegetables. If yours is one of them, you will need to alter the soil to provide good drainage and aeration. If the soil is heavy clay, adding organic matter, sand or gypsum will improve it. Organic matter also improves sandy soils.

To improve clay soils, apply 1 to 2 inches of good sand and 2 to 3 inches of organic matter to the soil surface in late winter or early spring; then turn it under to mix it thoroughly with the soil. It may take several years to improve the soil's physical condition and you will want to add more organic matter (in the form of composted materials, peanut hulls, rice hulls, grass clippings, etc.) periodically. Turn the soil to a depth of 8 to 10 inches - the deeper the better - each time you add organic matter. Add gypsum at the rate of 6 to 8 pounds per 100 square feet where the soil is heavy clay. When you add organic matter or sand to the garden site, be careful not to introduce soil pests such as nematodes. Never work wet garden soil. To determine if the soil is dry enough for working, squeeze together a small handful of soil. If it sticks together in a ball and does not readily crumble under slight pressure by your thumb and finger, it is too wet for working.

Seeds germinate better in well-prepared soil than in coarse, lumpy soil. Thorough soil preparation makes planting and caring for your crops much easier. It is possible, however, to overdo the preparation of some soils. An ideal soil for planting is granular, not powdery fine.

If you have questions, or need further information, please contact Heath Begeman, County Extension Agent-Ag at the Extension Office (254/629-1093 or 629-2222).

Overweight Preschoolers: What's a Parent to Do?

Approximately one in six preschoolers aged 2 to 5 years are overweight or obese. "All parents should ask their pediatrician if their child's weight is right for his or her age and height every time they visit the doctor. This will give parents an opportunity to discuss credible nutrition and physical activity behaviors associated with healthy weight and explore any medical conditions that may be associated with their child's weight," said Dr. Sharon Robinson, Registered Dietitian and Nutrition Specialist with the Texas AgriLife Extension Service.

The following recommendations are associated with healthy weight:

- Limit juice to 3/4 cup per day
- Limit sweetened beverages by offering water with snacks
- Serve fruits and vegetables as snacks.
- Reduce screen-time (time spent watching television, computers and electronic games) to no more than 2 hours per day
- Encourage at least 60 minutes of active physical play. This can be spread throughout the day such as six 10-minute bouts of activity

Texas AgriLife Extension Service offers free and low cost nutrition education classes. To learn more, contact Halee Mitchell, Eastland County Extension Agent at 254/629-2222 or hdmitchell@ag.tamu.edu.

Desdemona News

By Vonnie Guthery

Ladies Monthly Social was held on Monday morning at the Community Center. Several ladies attended to enjoy the good food served by the Hostess. Next Social will be held on Monday, April 12th. Visitors are welcome.

Lots of sickness in our Community at this time. Remember these on the sick list and our shut-ins with your cards and prayers.

Albert Holdman is recovering slowly from recent heart by-pass surgery.

"Birthday Party"

"A Surprise it was" -- Is the way Dorothy Greenhaw described the event of her ??? Birthday Celebration. At exactly 2:00 p.m. On February 28 a group of 25 arrived at her home. They were family and friends. Tommy and Laverne Carr were the host and hostess joined by: Hardy and Kay Tidwell, Bob and Alta Cashon, Jason and Kenna Cashon, Kenny and Linda Laughlin, Bobby Justice, Kenny and Susan Payne, Todd, Liz and Dylan Tidwell, Gayle Damron, Michael and Diana Rothstein, Brandon Greenhaw, Morris and Pat Greenhaw, Jack and Linda Allen. "What a Day"!!!

Please contact this reporter with your weekly news. Your help will be appreciate.

Thanks and have a great day, Coon.

Senior Citizens News

By Carol Ward

We all enjoyed being together on the 10th of March, after taking off the 3rd for the Census people. It was just too confusing for us all at the center. Bro. Frank Shirley gave the blessing for us all with his good words. Always good to see him and B. There were 23 at the center for dinner.

The nurses from Medway Home Health in De Leon were kind enough to come a week late. We see them every first Wednesday of the month. They take our BS and BP and pulse. Thanks to Judy and Carolyn for their service. Sorry they didn't have time to eat with us. Good to see Sandy Warren and Deborah Jackson I had a low sugar attack, so had to sit down and get my bearings. Deborah wanted to help, so I let her cut the Lasagna. She did such a good job she cut right through the foil pan. HA! Hope these two ladies continue to be with us. Sandy was forced to retire, so enjoy this time in your life.

Our meal was enjoyed by all with chicken lasagna by Stouffers, very good. Beth Shirley made a Mexican casserole, so went with our pinto beans, cornbread and garlic bread with the lasagna. Also salmon patties, burger with noodles, corn, peas and carrots, cabbage, greens with hard boiled eggs and green salad. We were very low on desserts, missed our cake makers being here. There were pears with cherries and strawberry banana cool whip with fruit. So Barbara Bush went shopping and brought back cookies and ice cream, YUM!!

Daisy Slaton and I traveled with Anne and Henry Buchanan to Desdemona for their monthly breakfast on the 6th. Always good especially the gravy and biscuits plus Kennedy sausage. Daisy has her daughter Bennie Gail visiting on spring break. It will be a short time together, but always good to be with a daughter.

My grandson Tyson and I went to Brownwood on the 9th. Many things to do there, so good to have a driver. While there visited my chiropractor, back is some better. The main reason, I received a gift certificate at Christmas from another grandson. So got my nails done, What A Treat! Also a pedicure, that is really relaxing. So ladies treat yourself once in awhile. My grandson also wanted his feet done, HA! Maybe next time.

Daisy Slaton, Ellen Parker, Ruth Rogers and I traveled to Fort Worth with a Senior group on the 11th. We enjoyed seeing Fiddler on the Roof at the Bass Hall. Very good acting. There were 51 of us, so also had to take one car with the bus. In the afternoon we toured the new Cowboy Stadium. Very impressive, but ugly. It looked like a great gray battleship to me. All glass, cement and steel. I didn't know the City of Arlington paid for half the cost. They sure wanted it next door to the Ballpark.

Hope all is well and see you next time, Carol.

See Our Booth

At The Stephenville Home and Garden Show
We will have Special Give Aways
To Sign Up For At The Show.
Make Plans to Attend.

We Have a Full Assortment of Janitorial & Pool Chemicals

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March Madness Sale

2009 GMC Sierra 1500 Crew Cab #31072

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DMC Disc. 1,719

Factory Rebate 4,000

0% - 72 Months W.A.C.

Sale Price \$29,661 +TT&L



2010 Chevrolet Malibu #30786

ILS

MSRP \$22,875

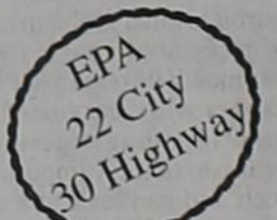
DMC Disc. 697

Factory Rebate 3,000

0% - 60 Months W.A.C.

3.9% - 72 Months W.A.C.

Sale Price \$19,178 +TT&L



2010 Chevrolet Malibu #31270

LS

MSRP \$25,490

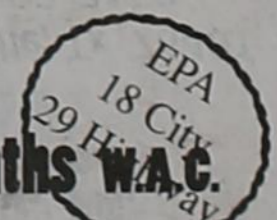
DMC Disc. 575

Factory Rebate 3,000

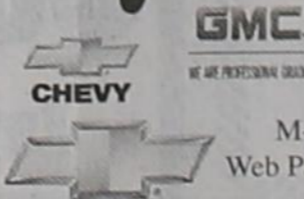
0% - 60 Months W.A.C.

3.9% - 72 Months W.A.C.

Sale Price \$21,915 +TT&L



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