

# The Gorman Progress

"Serving Gorman For Over 111 Years"  
 Gorman, Eastland County, Texas 76454  
 2011 Member - Texas Press Association

NUMBER FIFTEEN

APRIL 14, 2011

## U.I.L. Academic Contest Held

Gorman High School competed at the District 16 UIL Academic contest on March 28 & 29. GHS students were eager to participate in the various academic contests with several GHS students placing in their events. Those students who earned 1st -3rd places will compete in the regional contests which are scheduled for April 16 at Abilene Christian University.



These students will be representing Gorman High School at the regional competition: (pictured left to right) Corey Houston - 1st place Social Studies; Rachel Tucker - 1st place Spelling & Vocabulary Team; Melissa Ramirez - 2nd place Spelling & Vocabulary and 1st place Spelling & Vocabulary Team; Luis Limon - 3rd place Computer Applications and 1st place Spelling & Vocabulary Team; Zach Carlton - 1st place Spelling & Vocabulary Team.

The following students also placed at the district meet: Margarita Ortonia - 4th place Computer Applications; Maria Raygoza - 4th place Editorial Writing; Zach Carlton - 6th place Spelling & Vocabulary; Corey Houston, TJ Warren, & Abby Pacheco - 2nd place Social Studies Team; Rachel Tucker - 5th place Ready Writing.

## BENEFIT FOR RUTH NORRIS

We're "cookin up a storm" for our friends and neighbors to honor sweet Ruth Norris -- Kidney and pancreas recipient who continues to do well, but needs financial assistance.

Please come eat supper with us, enjoy visiting and participate in our live auction. Menu will include delicious barbecued brisket (cooked by Hardin's Barbecue of Eastland) and all the trimmings plus -- Wonderful home-baked desserts. If you can contribute a dessert please call Mittie Bledsoe at 254-639-2494 by May 7th.

The feed is on May 14th at the Carbon Community Center -- Fun starts at 5:00 p.m. -- Auction planned for 8:00 p.m. Or thereabouts -- Please come eat, enjoy fellowship and show your love and assistance for Ruth and the Norris Family.

Thank you so much for your support -- Not only for this event but all those sponsored by Carbon Community Center.

## GORMAN'S CITY WIDE GARGAGE SALE

Will be held on April 30, 2011. Call to get your name on the map free of charge: 254-734-2317 Jill. You are welcome to set up in the park or in front of community center or city hall if you choose.

## "Thank You"

We Would like to Thank everyone so much for the Food, Cards and Flowers. Thank you to the Church of Christ for the meal, it was wonderful. thank you so much to Corky for saying so many nice things about Delores and Stanley. Thanks also goes to Bro. Barry for his encouraging words and to the Baptist Church for putting Delores on their Prayer Chain. It is so encouraging to know we have so many Good Friends in this Community. We would also like to Thank Panda's Flowers. Shanda you did an outstanding job once again on all of the arrangements.

Thank you from  
 Linda and Kenneth Lynch  
 Nancy Tatum  
 Donna and David Roberts  
 Darren and Julie Clark

## "Thank You"

A special Thank You to each and everyone that came to the Rock Bluff Cemetery cleaning. To all that contribute to this cemetery we are most appreciative. The cemetery was established in 1878 and over the years it has been neglected. The forethought of Brother Frank Skaggs recording the names buried we have a record. There are 27 sandstone rocks marking graves we have the names of. Our goal is to buy markers. We thank each for the help in restoring this cemetery. Ancestors are not forgotten and with people like you these will not be. Our youngest this year was four months. People from Houston, Wharton, Granbury, Burnett, Andrews, and DeLeon came. A special thank you to the young people for showing you care. The younger generation will insure that this restoration will continue. A belated huge thank you goes to Chance Singleton for putting the pipe fence up. Chance did this for a Eagle Scout badge and he went above and beyond his time to accomplish it.

Rock Bluff Association

## Gorman Represented At Network Luncheon

Gorman was represented at a regional network luncheon on April 6 by EDC Executive Cliffa Vaughn.

Ranger community leaders hosted one of five network luncheons sponsored by Texas Midwest Community Network this spring. The luncheon was held at Lone Cedar Country Club, Lake Leon. Immediately following lunch, discussion focused on "Effective Local Efforts".

Community representatives from neighboring cities shared information on projects that create community-wide involvement; how to engage youth in community projects; and growing local leaders. The group also received an overview of the Texas Midwest Community Network organization.

Cities represented at the luncheon included Ranger, Breckenridge, Cisco, Comanche, Cross Plains, Early, Eastland and Gorman. Representatives from ATMOS Energy, Oncor, Comanche Electric Cooperative, Dublin Dr Pepper, Workforce Solutions and Texas Department of Agriculture also attended. The meal was catered by The Grill at Lone Cedar.

Texas Midwest Community Network is a one-of-a-kind regional organization founded in 1994 for economic development, tourism development, regional awareness & promotion, and legislative awareness. It is an organization of "communities working together to accomplish what one community cannot do alone." For more information about TMCN call 325-795-8626 or 800-845-3563 or visit www.texasmidwest.org.



ATTENDING MEETING -- Wanda Furgason of Early, Judy Sikes of Comanche County Electric Coop, Christine Perkins of Comanche Chamber of Commerce, Cliffa Vaughn of Gorman EDC and Melody Volz of Comanche Main Street were among 46 attendees at the luncheon

## Gorman Panther Track Team Places 4th In District Meet

The Gorman Panthers Boys District Track Meet Results:

### FIELD EVENTS:

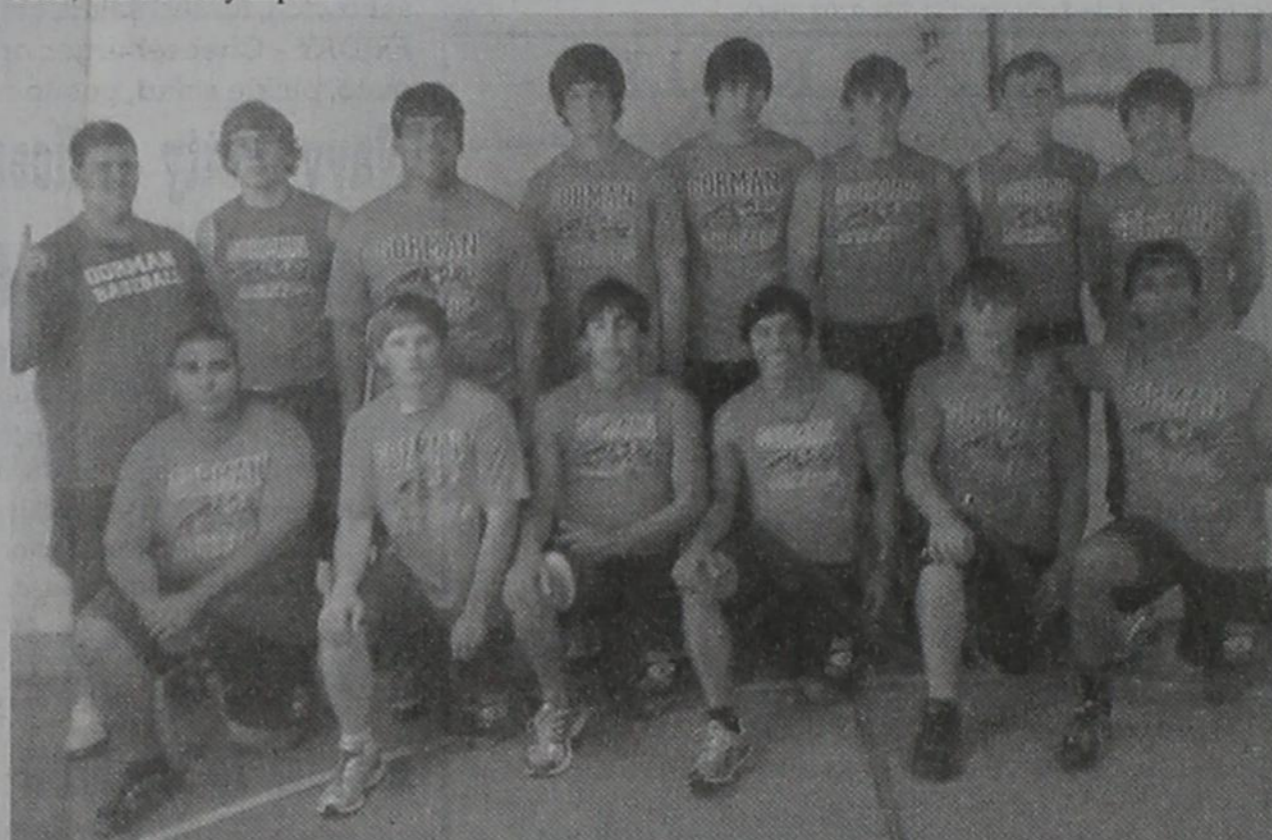
- Long Jump- Matt Fox- 1st place with a jump of 20' 3"
- Triple Jump- Drew Flanary- 3rd place with a jump of 37' 5 3/4"
- AJ Vaughn- 6th place with a jump of 35' 5 1/2"
- Shot Put - Zach Carlton- 3rd place with a throw of 40' 3"
- Jon Fenley- 5th place with a throw of 37' 1/2"
- Discus- Jon Fenley- 3rd place with a throw of 109' 0"
- Zach Carlton- 4th place with a throw of 106' 5 1/2"

### RUNNING EVENTS:

- 400 Meter Relay- BJ Ramirez, Drew Flanary, Zach Carlton, Matt Fox- 3rd place with a time of 47.46 sec.
- 100 Meter Dash- Matt Fox- 4th place with a time of 11.80 sec. -BJ Ramirez- 6th place with a time of 12.15 sec.
- 800 Meter Relay- BJ Ramirez, Cody Wood, Sergio Hipolito, Matt Fox- 5th place with a time of 1:41.28 sec.
- 1600 Meter Run- Sergio Hipolito- 4th place with a time of 5:17.78 sec.
- 1600 Meter Relay- Dakota Pacheco, Zach Carlton, Cody Wood, Drew Flanary- 5th place with a time of 4:00.28 sec.

The team took 4th place overall with 59 points at the meet.

Other members of team are Stetson Thompson, Luis Limon, Randall Miley, Conyn Sanchez, and Bradley Lipson.



Back row (l-r) Jon Fenley, AJ Vaughn, Luis Limon, Bradley Lipson, Cody Wood, Zach Carlton, Drew Flanary, Matt Fox. Front Row (l-r) Conyn Sanchez, Stetson Thompson, Dakota Pacheco, BJ Ramirez, Randall Miley, Sergio Hipolito. Photos By Coach Gerick

## Area Qualifiers

Back Row (l-r) Jon Fenley, Zach Carlton, Drew Flanary. Front Row (l-r) Stetson Thompson, BJ Ramirez, Sergio Hipolito, Matt Fox



## Spring Craft Show

Desdemona Activity Center - Desdemona, Tx

Saturday, April 16

9:00 AM - 5:00 PM

Booths - Baked Goods - Concession Stand

Information About Community Garden On Page Three

## Annual Easter Treasure Hunt

The annual Gorman Easter Treasure Hunt will be held Sat. April 23 at 2:30 at the City Park. We are still in need of donations, money, candy (no chocolate please), chips, crackers, toys, etc. Donations may be left at Bob's Gro., City Gro., or City office. Or call 254-734-2720 or 734-5220. A date and time for the annual YOUTH IN THE DARK has not been set at this time. We need donations for this event also.

Thank you, Ina Smith

## Kokomo Baptist To Host Easter Sunrise Service

Everyone is invited to the Easter Sunrise Service at 7:00 A.M. on Sunday, April 24th at Lake Leon at the Little's Lake Cabin off Staff Road.

Breakfast will be served following the service. Then the traditional Easter Egg Hunt.

In case of bad weather, it will be moved to the Kokomo Baptist Church



Deann Powell ran the 2011 Bluebonnet Trophy Series 5K Trail Run on Sunday, April 10th. The run took place on Rev-eille Peak Ranch; which is near Lake Buchanan. The trail was completely off-road, and went through the rough hill country terrain. When the dust had settled, Deann was the Female Masters Champion. Great job Deann!



- (1) Name of Owner, occupant and other persons interested in the Property: Jason Pierce, owner of the Property; Colonnade at Polo Park Venture, Judgment lien holder American State Bank, Judgment lien holder
- (2) The street address or legal description of the Property: Building located at 109 S. Kent Street, Gorman, Texas (N 16 2/3 of S/2, 2 Blk 8, SE Pt 1 & N/2 2 Blk 8, S 8 1/3 2 N/2 3 Blk 8)
- (3) A general description of the improvements: Two story commercial building that has been extensively damaged by fire.
- (4) A list of defects on the Property: The two story commercial building has been extensively damaged by fire and is a dangerous and uninhabitable building as defined by Ordinance No. 302.2 (the "Ordinance") and constitutes a danger to life, safety or the general health of the occupants of the building and/or the citizens of Gorman, Texas.
- (5) A brief statement of the action to be considered by the Commission: Consider whether the Property is in violation of the Ordinance, order abatement or removal of the buildings and debris located on the Property, determine the amount of civil penalties for the violation, and consider other lawful orders authorized by the Ordinance.
- (6) Hearing Date and Place:  
April 25, 2011, 5:30 p.m.,  
Gorman City Hall, City Council Chambers,  
116 South Kent Street, Gorman, Texas

**Gorman City Minutes**  
Approved

MARCH 17, 2011  
The Gorman City Commission met on the above date. Those present were Mayor Robert Ervin, Commissioners David Stanley, Joe Casey, Nathan Files and Durward Webb. Others present were Billy Carson, and Cliffa Vaughn.  
Durward led the opening prayer followed by the Pledge of Allegiance and the Texas Pledge.  
Mayor Ervin called the meeting to order @ 5:30 p.m.  
Nathan made the motion to approve minutes as read with a second from David. Motion carried 4-0.  
After looking over the bills, David made the motion to approve them for payment with a second from Durward. Motion carried 4-0.  
The Mayor reported that repairs were somewhat slow on the tower due to the high winds, but progress was being made. The ladder which had to be installed is all the way up now and the tank has been washed down. The Commission wants to be sure the issue of horses and not enough acreage gets tended to.  
Nathan made the motion to transfer funds from the EDC savings account to the City of Gorman name and account. This account will be the Buildings and Standards account. This account will be for property clean up only. (EX: roll off containers etc.) These proceeds originally came from the sale of property that was acquired by the EDC. Once Tacy checks all of the legalities of this process the funds will be transferred. Durward made a second. Motion carried 4-0.  
Cliffa reported s brief statement regarding some properties in Gorman.  
At 6:30 p.m. Nathan made the motion to go into Executive Session. Joe made a second. Motion carried 4-0.  
At 6:36 p.m. David made the motion to adjourn from Executive Session and return to Regular Open Session with a second from Joe.  
There being no further agenda items for consideration David made the motion to adjourn with a second from Joe, motion carried 4-0, time was 6:40 p.m.

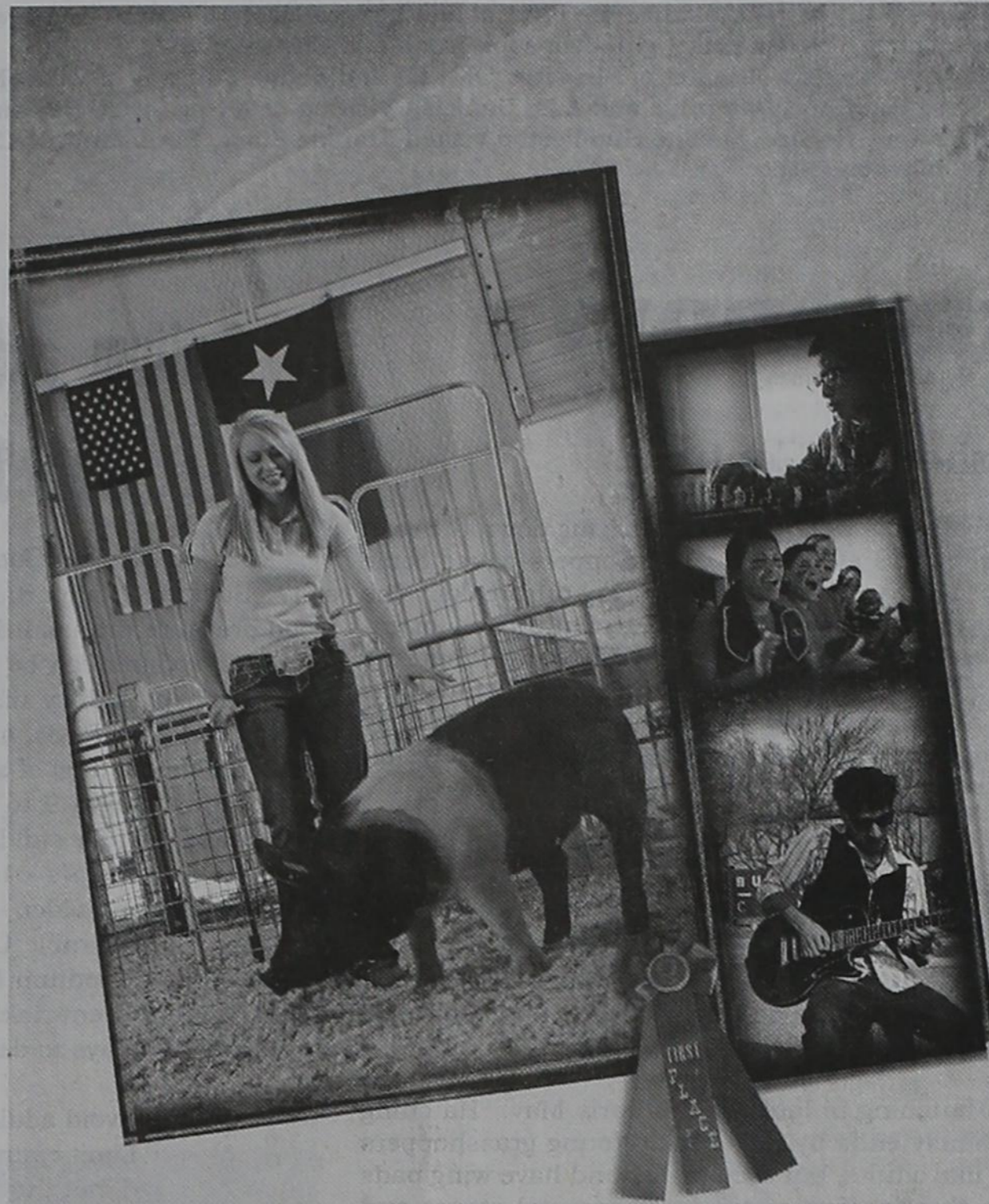
**Community Garden Project**

Gorman Community Garden is having a clean up day for the site on April 23rd from 9am to 12pm. The garden's location is on the corner of Ector and Houston street. It is on Mrs. Lasater's lot. If you would like to reserve a space in the garden be sure come help. Everyone is welcome to participate in the garden. To ensure that our garden has a friendly atmosphere there will be guidelines everyone must follow.  
1. You have till the end of May to plant in your space; unused plots will be extended to members who would like to garden it.  
2. If you become unable to garden your space you must contact a leader of the garden so the space may be utilized.  
3. Be respectful of others garden; only pick what is yours.  
4. No chemical fertilizers, pesticides or fungicides will be allowed; you may use organic products only.  
5. Children must be supervised at all times.  
6. You may have a fence around your space if it is see through and no taller than 1 foot high.  
7. The garden will be open from dawn till dusk 7 days a week.  
8. No one will be allow to drive on the property; please park on the side.  
9. The City of Gorman nor anyone associated with the Community Garden will not be held liable for any injury to persons or property resulting from garden activity.  
10. If disputes accure between gardeners they will be fined the 1st time; the 2nd will result in gardeners no longer able to use the garden.  
11. All gardeners are allowed on the garden section of the property only. Violators will not be allowed to use the garden.  
This is an opportunity for our community to come together. Come enjoy the Gorman Community Garden!!!

**USDA REMINDS PRODUCERS TO APPLY**

The USDA Farm Service Agency reminds eligible ranchers and livestock producers of the Jan. 30, 2012 deadline for applying for benefits under the provisions of the Livestock Forage Disaster Program (LFP) for losses incurred during the 2011 crop year. Eastland County became eligible for the Livestock Forage Disaster Program on April 5, 2011.  
LFP provides payments to eligible livestock producers that have suffered livestock grazing losses due to qualifying drought or fire. Fire losses apply only to federally managed rangeland. Eligible livestock under LFP include beef cattle, alpacas, buffalo, beefalo, dairy cattle, deer, elk, emus, equine, goats, llamas, poultry, reindeer, sheep and swine. For losses due to drought, qualifying drought ratings are determined using the U.S. Drought Monitor located at <http://www.drought.unl.edu/dm/monitor.html>.  
It is imperative that livestock producers meet this deadline for disaster assistance as there are no late file provisions for LFP. To ensure a smooth application process, producers should have all required supporting documentation with them at the time they visit our office to apply for benefits.  
In order for an LFP applicant to qualify for program benefits, the applicant must have purchased insurance coverage through FSA's Noninsured Crop Disaster Assistance Program (NAP) or the Pasture, Rangeland and Forage Insurance-Rainfall Index for Grazing (PRF-RI) program offered through the Risk Management Agency (RMA). For more information, county eligibility questions or to apply for LFP and other USDA Farm Service Agency disaster assistance programs, please contact the Eastland County FSA office at 254-629-1636. Information can also be obtained on line at <http://www.fsa.usda.gov>.

**ORDER OF CANCELLATION**  
**EJEMPLO DE ORDEN DE CANCELACION**  
The City of Gorman hereby cancels the elections scheduled to be held on May 14, 2011 in Accordance with Section 2.053(a) of the Texas Election Code. The following candidates Have been certified as unopposed and are hereby elected as follows:  
KENNETH GOOD Commissioner Place #1 (Candidato)  
DAVID STANLEY Commissioner Place #3 (Candidato)  
El City of Gorman por la presente cancela la eleccion que, de lo contrario, se hubiera celebrado el 14 de Mayo, 2011 de conformidad, con la Seccion 2.053(a) delCodigo de Elecciones de Texas. Los siguientes candidatos han sido certificados como candidatos unicos y por la presente quedan elegidos como se haya indicado a continuacion:  
A copy of this order will be posted on Election Day at each polling place that would have been used in the election.  
\_(s) Robert Ervin - Mayor  
\_(s) Tacy Warren - Secretary  
04/07/2011, Date of Adoption,  
At a Regular City of Gorman Commission Meeting in accordance with Open Meetings Act.



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# HOMESTEAD HAPPENING

Our garden is really growing. We have had one ripe tomato. The rain we received will help a lot.

Our monthly birthday party will be on Monday afternoon April 25 following gospel singing. Lula Schneider's birthday will be on April 30. She is the only resident with a birthday this month.

We are working on our "Easter Bonnets" this week, and then on Good Friday we will be modeling them.

Lil Brudank is go good to come and visit everyone on Sunday afternoons. Another regular visitor is B.E. Simpson. Everyone looks forward to their visits. Thank you Lil and B.E.

Christina and Frank Crews are proud to announce the birth of another grandson, Maxmus Crews was born on Monday April 11 in Mineral Wells. Congratulations Frank, Christina and family. This makes 4 grandsons for Frank and Christina.

Visiting with Rozelle Caraway were Jerry Lasater of Elk City, OK., Liz and Shane Caraway of Valley Mills, Bo Caraway and Kathy Scitern.

Visiting Melvin Daniels were Mary Ann Barentine and A.D. Daniels. Visiting Leta Hoga were Bea and Harold Schkade, Bubba, Trey and Rusty Hogan of Albany, Eddie Hogan and Carroll Wayne Hogan. Maxine Huddleston visited Frankie Stacy, Faye Faulk of Cisco, and Kenny Welch visited Edgar Reynolds. Dale Johnson visited his mother, Faye Johnson.

Have a good week.

## AG VIEW POINT

By: Heath Begeman

### Grasshopper Control

I have had a few phone calls this week and while driving down the road I understand why. The grasshoppers are back. Grasshoppers cause some damage every year, but they become very destructive during outbreaks. The main factor affecting grasshopper populations is weather. Outbreaks, or exceptionally large populations, are usually preceded by several years of hot, dry summers and warm autumns. Dry weather increases the survival of nymphs and adults. Warm autumns allow grasshoppers more time to feed and lay eggs. Grasshoppers have a high reproductive capacity. The female lays an average of 200 eggs per season, and sometimes as many as 400 eggs.

Grasshoppers deposit their eggs 1/2 to 2 inches below the soil surface in pod-like structures. Each egg pod consists of 20 to 120 elongated eggs cemented together. The whole mass is somewhat egg-shaped. Egg pods are very resistant to moisture and cold and easily survive the winter if the soil is not disturbed. Grasshoppers deposit eggs in fallow fields, ditches, fencerows, shelter belts and other weedy areas, as well as in crop fields, hay fields and alfalfa.

Eggs typically begin hatching in late April or early May. Hatching peaks about mid-June and usually ends by late June. Young grasshoppers are called nymphs. They look like adults, but are smaller and have wing pads instead of wings. Nymphs go through five or six developmental stages and become adults in 40 to 60 days, depending on weather and food supplies. The adults of grasshopper species that damage crops become numerous in mid-July and deposit eggs from late July through fall. Usually only one generation of grasshoppers is produced each year.

One way to control grasshopper populations is to eliminate sites where they might deposit eggs. Grasshoppers prefer undisturbed areas for egg laying, so tilling cropland in mid-to late summer discourages females. Tilling may reduce soil moisture and contribute to erosion, but those disadvantages must be weighed against potential grasshopper damage to the next crop.

Farmers and ranchers should start watching for grasshoppers early in the season and begin control measures while grasshoppers are still nymphs and still within the hatching sites (roadsides, fencerows, etc.). Treating grasshoppers early means (1) having to treat fewer acres and use less insecticide, (2) killing grasshoppers before they cause extensive crop damage, and (3) killing grasshoppers before they can fly, migrate and lay eggs. Also, smaller grasshoppers are more susceptible to insecticides than larger ones.

In some situations chemical control may be necessary. Sevin 4F, 80S, 80 WSP and XLR Plus are labeled for grasshopper control on range and non-crop land. There are insecticides labeled for individual crop. For a complete list call the Eastland Extension Office, Heath Begeman, at 254/629-1093. Only apply pesticides according to what is printed on the label.

## Sodium and Potassium: Leading The Way To A Healthier Heart

Do you salt your food before you taste? Should Americans cut back on salt? Sodium is important in maintaining proper fluid balance, regulating blood pressure, transmitting nerve impulses, and relaxation of muscles. But, too much sodium can be dangerous to our bodies and lead to heart disease, stroke, and/or kidney disease. With majority of sodium coming from processed, packaged foods, and restaurant foods, Americans on average get over 3,400 milligrams (mg) of sodium per day. The adequate intake (AI) of sodium for individual's ages 9 to 50 years is 1,500 mg per day. Lower sodium AI's were established for children and older adults (ages 1 to 3 years -1,000 mg/day; ages 4 to 8 years - 1,200 mg/day; ages 51 to 70 years - 1,300 mg/day; ages 71 years and older - 1,200 mg/day) because their calorie requirements are lower. To Tolerable Upper Intake Level (UL) for sodium is 2,300 mg per day. Too much sodium leads to risks with the main risk being high blood pressure. To prevent risks from occurring, a UL is establish to pose no risk to an individual. Ways to decrease sodium in the diet include the following:

- \* Avoid adding salt to foods.
- \* Limit canned, processed, and packaged foods.
- \* Limit the amount of restaurant visits, but if needed ask them to avoid adding salt to your food.
- \* Season foods with herbs and spices that are salt-free.

Potassium maintains fluid balance and nerve transmission. Potassium does the opposite of sodium by lowering blood pressure by stopping the action of sodium. The Adequate Intake (AI) for potassium for adults is 4,700 mg per day. Individuals should consult with a health care provider for recommended levels if they have kidney disease or are taking certain medications, such as ACE inhibitors. Sources of potassium include bananas, orange juice, most fruits, potatoes, dried peas, peanuts, nuts, dairy products, and meats.

With sodium and potassium working hand in hand, it is essential to regulate the two of them to allow for normal blood pressure. Unregulated blood pressure can lead to heart disease and stroke, which is the first and third leading cause of death in the United States. Texas AgriLife Extension Service offers education sessions on health and nutrition. To find out what is available in your community, contact Halee Mitchell your local Eastland County Family and Consumer Sciences Extension Agent at 254/629-2222 or hdmitchell@ag.tamu.edu.

## Senior Citizens News

By Carol Ward

I believe there were 17 at our Senior meeting on April 6th at 11:30. Tim Thomas from our nursing home gave the prayer for all. This news I received from others, so I hope sort of correct. I had to be gone the whole week down in Houston. I know they had fish sticks and the rest of Chicken Lasagna. I'm sure they enjoyed many other good dishes. Thank to Sandy Warren for helping Jerry Underwood get all ready. Also Betty Regian and Aline Garrett for their assistance. Betty did bring her good rolls.

I wonder what happened with Buchanan's and the Shirley's. They have missed two meetings now. I know the Buchanans have been seeing Dr.'s and hope all is OK. The Shirleys are doing good, Frank looks great after his stroke. I'm sure they were also seeing Dr.'s for check ups. We do miss them when not here.

I had to be down in Houston for many tests and drinking terrible stuff. My oldest son Keith carried me. Could hardly believe all the traffic! The place has just tripled since I was there last. The Medical Center enormous, so many new buildings and still more coming. I have to go back on the 20th for a surgical procedure and biopsy. My daughter-in-law Sandra will take me. Hope all goes well. One day we didn't have any tests, so drove to Galveston. What a beautiful day we had! I sat on the sea-wall and watched him swim. He hadn't been down there since a kid. The waves were tremendous! I have never seen them so big in the Gulf. They were several out surfing. We also visited my Brother-in-law in Willis and a grandson in Spring. I enjoyed seeing and holding my new great-grandson, Connor.

Daisy Slaton called me twice while there. Enjoyed talking with her. She is some improved. Walking with her walker again. So maybe she can go home for awhile when Bennye Gail comes in June. I hope she can spend the whole summer with her.

Good to hear Lil Brudnak, Jennifer Overstreet and Betty Regian at the meal. Jennifer eats with Grandpa Wilburn. Betty brought Issac, the little boy she keeps and her good rolls. He can run like the wind, keeps Betty in shape. I sure could not handle a two year old anymore.

Thanks a lot again Sandy Warren for helping Jerry out. We will need you again on the 20th. Hope you can help out. I will have the meat ready. Just have to make cornbread and dessert.

Hope all is well and see next time, Carol.

P.S. - Wasn't the rain a blessing? We enjoyed an actual down pour, instead of 10 drops like usual, already everything looks greener. It was getting sad around here. Down around Houston all beautiful and lush.

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# New Ways to Save on Summer Travel

NewsUSA



Save time and money this summer vacation with daily deals on Groupon.com.

(NU) - Planning a summer getaway? Consumers can save time and money during the high-traffic summer travel months by harnessing the power of collective buying sites like Groupon.com to help plan budget-friendly trips that don't sacrifice quality or fun.

Known for offering daily deals from top local businesses, these websites are also a great resource when it comes to travel. Experts recommend that consumers sign up for the daily emails for the city they plan to visit in the coming months. From here, begin receiving deals and start saving! Plotting out a vacation itinerary and cashing in on deep discounts for everything from unique local activities to dining options and even hotel stays is as easy as clicking "Buy."

"Shoppers use Groupon.com as a travel guide that's updated daily," said Andrew Mason, founder and chief executive officer of Groupon, a shopping website that offers daily deals on the best local goods, services and cultural events in more than 500 markets around the world. "We offer a variety of deals at unbeatable prices every day. Our merchants are more 'hidden gems' than 'tourist traps,' so group buying is an ideal choice for the person who wants to vacation like a local this summer."

Mason provides some top deal options to look out for when planning trips this season:

**Lodging:** From bed and breakfast boutiques to luxury hotel packages, shoppers can find local lodging for 50 percent off.

**Outdoor Activities:** Enjoying the beautiful summer weather is easy with Groupon. Shoppers should keep their eyes peeled for

deals on Segway excursions, walking tours, zipline trips, kayak rides and other adventurous outdoor activities.

**Dining:** From five-star restaurants to best-kept secrets, and everything in between, collective buying sites help visitors save up to 90 percent on dining while traveling.

**Relaxation:** Every good vacation involves some pampering. Popular deals include couples massages and rejuvenating skin treatments.

**Cultural:** Checking out current local theater, festivals and museum exhibits is easy with daily deals that guide shoppers to the best options for their upcoming trip.

By consolidating the best local options in hundreds of cities nationwide, daily deal sites are quickly becoming the go-to travel guide for consumers planning trips this summer. Not a subscriber? Visit [www.groupon.com](http://www.groupon.com) to sign up for free and start receiving deals in your local city and upcoming vacation destination today.

## Medical Advancement: New Technology to Treat Life-Threatening Heart Rhythm Conditions

NewsUSA



Medtronic's Protecta portfolio has features designed to prevent inappropriate shocks.

### ICDs and CRT-Ds Effectively Treat Fast or Irregular Heartbeats

For the past 30 years, ICDs, or small, pocket-sized computers inserted directly under the skin in the upper chest, have been saving lives by delivering a lifesaving shock or painless pacing to stop life-threatening fast or irregular heartbeats. While the majority of shocks delivered are necessary to treat potentially fatal arrhythmias, studies estimate that up to 20 percent of patients with implantable defibrillators may experience inappropriate shocks in response to a benign arrhythmia or electrical noise sensed by the device.<sup>4,5,6,7</sup>

### Protecta XT and Protecta™: The Latest Innovation to Reduce Inappropriate Shocks

Medtronic's new Protecta portfolio of implantable defibrillators includes exclusive features to reduce inappropriate shocks. With SmartShock™ Technology, six Medtronic-exclusive algorithms distinguish between life-threatening and non life-threatening arrhythmias and electrical noise within the device system and deliver lifesaving shock therapy.

"With the advanced technology now available, I know I'm providing my patients with the best care for their heart and also offering them increased peace of mind," said Hafiza Khan, M.D., electrophysiologist at The Heart Hospital Baylor Plano. "This new technology's proven ability to virtually eliminate inappropriate shock will significantly improve my patients' confidence and quality of life."

With the introduction of the Protecta portfolio, patients with an arrhythmia can now continue to live an active life without the worry of their heart condition. To learn more about implantable cardiac devices and the conditions they treat, visit: [www.medtronic.com](http://www.medtronic.com).

### Arrhythmia: Know the Warning Signs

(NU) - Each year, millions of people are affected by ventricular arrhythmias, or irregular heartbeats. If left untreated, fast or irregular heartbeats can lead to sudden cardiac death, a condition that kills about 300,000 people in the United States each year,<sup>1</sup> more than lung cancer, breast cancer and HIV/AIDS combined.<sup>2,3</sup>

The key to preventing an arrhythmia from becoming a serious health issue is knowing the warning signs, seeing a doctor for recommended tests to determine if your heart is beating irregularly and receiving an implantable cardioverter-defibrillator (ICD) or cardiac resynchronization therapy-defibrillator (CRT-D) if an arrhythmia is detected.

Symptoms of rapid heart beating, also called ventricular tachycardia, can include palpitations, rapid heart beats, chest pain, dizziness, lightheadedness, fainting or near fainting if the heart is beating too fast to circulate blood effectively. If you experience any of these symptoms, visit a doctor to determine if your condition requires treatment.

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 4 Kadish A, Dyer A, Daubert JP, et al., for the Defibrillators in Non-Ischemic Cardiomyopathy Treatment Evaluation (DEFINITE) Investigators. Prophylactic defibrillator implantation in patients with nonischemic dilated cardiomyopathy. N Engl J Med. May 20, 2004;350(21):2151-2158.  
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## HEALTH

# Getting Ready for Medicare Open Enrollment

NewsUSA

(NU) - Most seniors know that the Medicare open enrollment season kicks off on November 15. And, most seniors know they'll have until December 31 to change select their benefit option for the coming year, if they want to make a change.

This is an important time of year for seniors and their loved ones to review in detail their Medicare options. This year, as in any year, some reimbursement levels will likely change, and some out-of-pocket costs could increase. Moreover, with the difficult economy, some seniors' retirement income may have declined, and others on fixed incomes may need to readjust their benefit levels.

Amir Mostafae from eHealthMedicare.com has provided six tips to help seniors get the most out of Medicare coverage in 2010:

**1. Understand your changing health care needs:** If you're managing a chronic condition, like diabetes or heart disease, make sure your 2010 coverage keeps pace with your needs for new or existing medications by seeing your primary care physician or specialist. If you're having elective surgery in 2010, make sure your plan covers it.

**2. Find out if your doctor is in the plan:** The contracted networks of doctors and hospitals in

private sector Medicare plans can change. Make sure your primary care physician and specialists will continue to accept the plan you're on. (If you elect traditional Medicare, which allows you to see any doctor or visit any hospital that accepts Medicare, it's still a good idea to confirm that your doctors are participating in Medicare.)

**3. Different family members may need different plans:** You and your spouse may have the same plan in 2009, but one of you may have different needs in 2010 because of a change in health. If that's the case, review your plan options and get the right insurance for your individual needs.

**4. Prescription drug coverage:** If you're taking maintenance medications for chronic conditions or anticipate changing medications in 2010, check with your physician first about them. Then review your Part D coverage, which provides coverage for prescription and generic medications, to make sure the drugs you need are covered. eHealthMedicare.com has a convenient 'Doughnut Hole' Calculator if you need help with the calculation. It lets you confirm coverage as well as research other name-brand or generic-equivalent medications that may be less expensive.

**5. Look out for premium and**

**deductible increases:** Both traditional Medicare (Parts A & B) as well as private-sector plans in the Medicare Advantage program (Part C) and Prescription Drug (Part D) program are likely to see changes in 2010. They may result in savings or additional cost based on the coverage you select.

**6. Seek help if you need it:** Medicare changes typically come every year. But reviewing options and choosing a new plan can be confusing for consumers or those attempting to help them. For help, you can go to the government's Web site ([www.Medicare.gov](http://www.Medicare.gov)) as well as volunteer organizations, private-sector plans and other resources like the AARP (American Association of Retired People) site at [www.aarp.org](http://www.aarp.org), the National Council on Aging (NCOA) site at [www.ncoa.org](http://www.ncoa.org) and the Medicare Rights Center site at [www.medicarights.org](http://www.medicarights.org). You can also check out the State Health Insurance Plans (SHIPs), which are part of a federal network of State Health Insurance Assistance Programs located in every state.

Readers can also try [www.eHealthMedicare.com](http://www.eHealthMedicare.com), which utilizes a very consumer-focused online interface that is easier for many people to use than some of the more complex online resources available from government and advocacy groups.

# Children Benefit From Seeing Sealife

NewsUSA



Seeing wild animals, like sea turtles, helps teach children to take care of the environment.

(NU) - When it comes to entertaining a child, it's hard to beat what nature has to offer. Most kids love taking nature walks and trips to aquariums and zoos, and parents can rest easy knowing that these sorts of trips have an educational impact.

Why should parents make sure that their kids see the natural world? Consider the following:

- Studies show that children with access to nature suffer from less depression and stress, and are less likely to develop obesity. Exposure to nature may also boost kids' attention spans, making them better learners.

- Seeing nature makes children more interested in the outside world. According to one report, most eight-year-old kids can identify more cartoon characters than wild animals.

- When children experience wildlife firsthand, they can better understand why conservation is important and how even the actions of land-locked states can help or harm the environment.

Regardless of where you live or vacation, there are many opportunities for children to see wildlife up close. Take sea turtles for example: according to Oceana, an international organization that focuses on ocean conservation, the United States is home to six species of sea turtles, all of which are in danger of extinction.

Unlike many ocean creatures, which require a boat or scuba gear

for viewing, sea turtles are easily accessible. Children in landlocked states can see them in aquariums, while children with access to coastlines may be able to see sea turtles in the wild.

Some state and national parks lead moonlit nature walks, where children can see female sea turtles lay their eggs on the beach. Female sea turtles go into trances when they lay their eggs, so under a ranger's supervision, children can come within a few feet of a wild sea turtle. Children can also often see wild sea turtles swimming in locations like Florida, Texas and Hawaii. People of all ages are more likely to want to help save sea turtles once they've seen one up close.

For more information, visit [www.oceana.org](http://www.oceana.org).

## Lifeline Service and Link Up Program

The Federal Communications Commission and the Public Utility Commission of Texas have established two programs to make telephone service more affordable to eligible customers. Lifeline Service, supported in part by federal universal support mechanisms and the Texas universal service fund, is a program designed to make telephone service available at reduced rates to eligible residential customers. Link-Up is a program designed to offer eligible customers a reduction in installation charges for telephone service equal to one-half of the service connection charges or \$30.00, whichever is less.

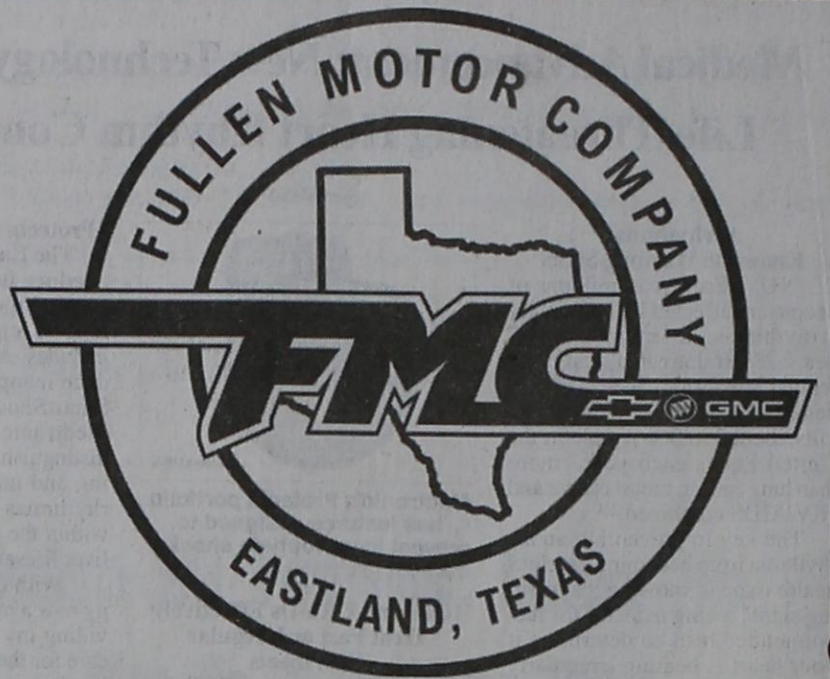
Services supported by the federal universal service support mechanisms and the Texas universal service fund include: voice grade access to the public switched network, tone dialing, single party service or its functional equivalent, access to emergency services (911), access to directory assistance, toll limitation to qualifying low-income subscribers, availability of an annual local directory, the ability to report service problems seven days a week, access to toll service, and Lifeline service.

Telcom Communications, LLC, offers Lifeline Service at the reduced rate of \$4.60 per month.

Please call the Low Income District Administrator (LIDA) at 1-866-454-8387 (1-866-4-LITE-UP) if you have any questions regarding the Lifeline Service and Link-Up Program, or call our business office at 254-893-1000 during normal business hours.

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2006 Ford F150 Reg. Cab, XLT, Stk. #8281A.....	\$11,950
2005 Chevy 1500 Crew Cab, LS, Stk. #8396.....	\$13,500
2006 Chevy 2500 Crew Cab, WT, Diesel, Stk. #8398.....	\$18,900
2008 Chevy 2500, Ext. Cab WT, 4x4, Stk. #8397.....	\$12,950
2004 GMC Sierra SLE, Crew Cab, 4x4, Stk. #8419.....	\$18,500
2004 Chevy 1500 Ext. Cab, 2x2, Stk. #8430.....	\$12,750
2009 Chevy 2500 WT, Crew Cab, 4x4, Stk. #8400A.....	\$25,000
2009 Chevy 1500 Reg. Cab, 2x2, Stk. #8124A.....	\$14,950
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\*All prices +TT&L

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