

# The Gorman Progress

"Serving Gorman For Over 109 Years"  
Gorman, Eastland County, Texas 76454

2009 Member - Texas Press Association

NUMBER FORTY-FOUR

NOVEMBER 5, 2009

## MFL Panthers Superbowl Champs



Bennett Motley, Bryce Petree, Christopher Sanchez, Colin Simmons, Coaner Kehl, David Griffin, Justice Fischer Kaiden Petree, Kolby Gaines, Nate Gortt, Reece Scitern, Rees Bryd, Straton Thompson, Jacob Ervin, John Tyler Warren and Trent Fenley.

On behalf of MFL Coaches, we would like to Congratulate our players on a successful season of 8-1 and Superbowl win. Throughout their season they learned the wing and offense consisting of 38 plays along with 4-3, 5-3 defense. Not only did they learn the basics of the game of football, they also learned the concept of good sportsmanship.

On top of their hard work on the practice field these boys were also asked to work

hard in the classroom for good grades to earn stickers on their helmets. It took a lot of hard work with little time but these boys were willing to learn and to work hard and it Paid Off. Good Job PANTHERS!!

MFL Panthers consisted of Bennett Motley - FB/LB - Ranger, Bryce Petree - WB/CB - Gorman, Christopher Sanchez - FB/CB - Gorman, Colin Simmons - TB/CB - Gorman, Coaner Kehl - TE/SS - Desdemona, David Griffin - T/

DT - Carbon, Justice Fischer - TE/CB - Gorman, Kaiden Petree - TB/LB - Gorman, Kolby Gaines - C/DT - Gorman, Nate Gortt - TE/DE - Gorman, Reece Scitern - G/DE - Gorman, Rees Byrd - T/DT - Gorman, Straton Thompson - T/DT - Gorman, Jacob Ervin - QB/LB - Gorman, John Tyler Warren, G/LB/K - Gorman, and Trent Fenley - WB/QB/SS/P - Gorman.

We would also like to give Thanks to the Community for Donations and Support and the parents for their hard work and support on all games and practices. Also Thanks to the Gorman Teachers for working with our honor system. Tiffany Troutman and her cheerleading squad for Cheering us on and signs. I personally would like to thank my assistant coaches Revise Laminack - Defensive Coach; Vernon Gains - Special Teams Coach; and Cameron Clark - Offense and Defense Line Coach. Special Thanks goes to Revise Laminack for all his hard work and time for getting the football program started as well as the Football Commission.

Good Job and Thanks, Nick Guthery & Coaching Staff

## Music and Praise Celebration at Mangum Baptist Church

You Are invited to Mangum Baptist Church, Sunday, November 8th from 10:00 to 12 Noon for Music and Praise Celebration. Larry Briley will be preaching, Jodie Tollet - Music. Please come join us for a wonderful time of song and praise of our Lord and Savior, Jesus Christ. Refreshment will be served after the service in the fellowship hall.

"See You There"

Received an email that states, All Hunters must Not Eat Any Deer Kills from the area South of Carbon. A Peanut Farmer poisoned some corn to kill some hogs and the deer have eaten this corn. Be Careful this Deer Season

## FREE BRICKS

The City has ownership of 1/2 of the "old Blair building". If you would like some of the bricks, please go by the City Office BEFORE you get any of them. You will be required to sign a brief form, and then you may get your bricks. The building will be marked, and someone will show you which portion you may take the bricks from.

## Audra Johnston Finishes Volleyball Season At Ranger College



Audra Johnston finished the volleyball season at Ranger College last week. Audra, who we remember as an outstanding student/athlete at Gorman High School the last four years; attended Ranger College on a softball scholarship. When Audra started to school last August, the coaches found out that Audra was an outstanding volleyball and basketball player. The coaches ask Audra to play volleyball for Ranger College. Audra agreed to play and has been a great asset to the team. Several Gorman fans have attended some of Audra's volleyball games and cheered for her and her team. Audra, Tyson Swanner and Matt Underwood are playing college level athletics this year and it may be the first time in Gorman High School history that three athletes from Gorman are playing during the same season. We are very proud of our student athletes and all of our students who are working to better themselves, whether in school or working on another career.

## Plans Set To Send Cards To Service Men

Christmas time is coming up quickly and a few of us have put our heads together and decided we need to do something for our local men and women that are serving this great nation to keep us free. I would like to suggest that if you know someone from around here that is in the military, put their address in the paper or bring it by the City office and we will find somewhere to post them so whoever would like to write or send a card/care package can.

Thanks, Jill Rainey

GORMAN CHAPTER NO. 443

Cordially invites you to attend our

## "100 YEAR CELEBRATION"

Sunday-November 8, 2009 -- 2:00 p.m.

Gorman Masonic Lodge - 107 Kent St. - Gorman, TX 76454

Reception afterwards in dining hall

Special Guest - Mrs. Bess Caldwell -- Worthy Grand Matron

Ann Jay - Worthy Matron

Gaylord Battenfield - Worthy Patron

## Panthers Edged By Santo; To Host De Leon Friday

GAME AT A GLANCE	
GORMAN	SANTO
13	First Downs 11
35/146	Carries/Yds. 40/158
75	Yds Passing 28
6 of 15/3	Pass Cplt./Int 1 of 2/0
2 / 1	Fumbles/Lost 0 / 0
0 / 0	Punts/Avg. 1/30
8/55	Penalties 4/35

The Panthers started out on a high note Friday night at Santo on their first possession, but Los the ball on an interception on their second possession. They added 7 points in the second and 7 in the third but could not hold the Wildcats in the second half and came out on the short end of a 30-21 score.

On their first possession the Panthers showed some power on offense when they took the ball on their own 50 and made a long drive of 16 plays and scored with 3:18 left in the initial period, when Ben Burgess hit Josh Ryon on a beautiful 1 yard pass for the TD. B.J. Ramirez booted the point after and Gorman was up 7-0. The drive featured 5 runs for 28 by Burgess and 2 runs of 13 and 4 by Ramirez and 2 runs of 5 and 1 by Justin Little.

After holding the Wildcats on their first possession the Panthers lost the ball on an interception and return by John Baker for 40 yards with 11:48 left in the second. They added the 2 point play and led the Panthers 8-7.

Gorman answered right back with a good drive of 57 yards in 7 plays with Burgess hitting Drew Flanary on a 22 yard pass for the score with 7:57 left in the half. Ramirez added the point after and Gorman was up 14-8. The drive featured runs of 11 and 10 by Little and 9 and 4 by Burgess.

During the intermission both Bands did real good routines and the drill teams and cheerleaders had good performances.

Following the intermission the Wildcats took the kickoff and moved 75 yards in 10 plays with Dustin Hutner running in from 25 yards out with 7:38 left in the third. The try for point failed and the score was tied 14-14.

However Gorman came right back and took the ball on their own 45 and scored in 9 plays with Burgess getting the honors from 1 yard out with 1:38 left in the third. Ramirez booted the point after and Gorman was up 21-14. The drive featured a 5 yard run by Little, runs of 15, 4 and 15 by Tyler Johnson and 10 by Ramirez.

Then Santo grabbed a Panther fumble on the Gorman 17 and scored in 5 plays with a run of 6 yards with 3:40 left in the 4th. A run for 2 points was good and Santo 22-21.

The Wildcats got another Panther turnover on a pass interception on the Gorman 45 and got the touchdown in 5 plays with 2 penalties by the Panthers for 20 yards on a 6 yard run with 3:40 left in the 4th. A run of 2 points made the score 30-21.

Burgess led the Panthers with 56 yards on 14 carries. Johnson had 35 on 6. Little had 31 on 9 and Ramirez had 24 on 6.

The Panthers will host the De Leon Bearcats on Friday night at Brogdon Field in the last game of the season and all the Panther fans are urged to come on out and back the Panthers.

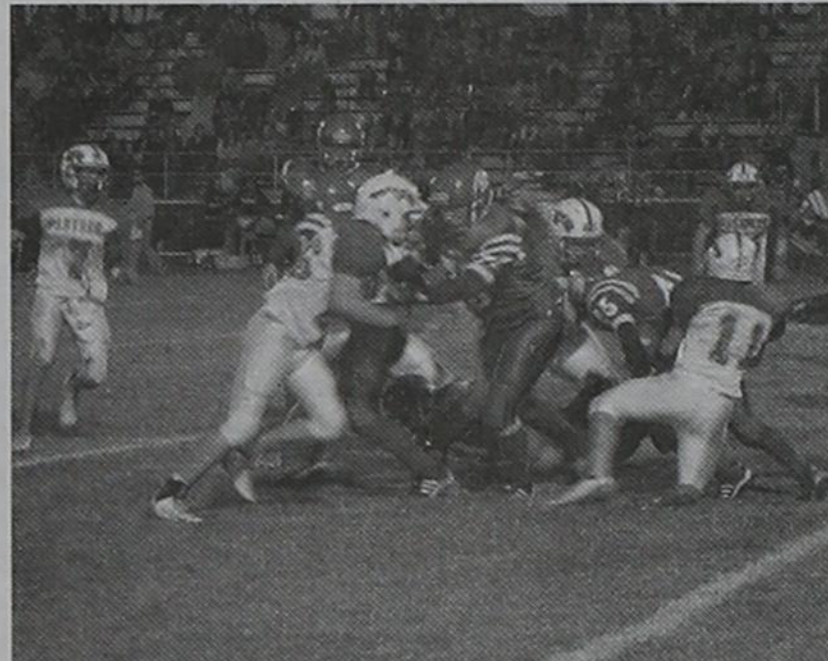
Go Get 'Em Big Red!

## "NOTICE OF INTEREST"

Eastland County Property Tax Office and Registration Office hours are Monday thru Friday, 8 a.m. To 4:30 p.m. Closed for lunch from 11:30 to 12:30 To accommodate most lunch hours. Thanks



STARTING RUN THRU -- The Panthers entering the field at the start of game action in Santo.



STOPPING FOR SHORT YARDAGE -- Matt Fox is show making a stop of a Wildcat runner in game action Friday. Also show is A. J. Vaughn and other Panthers.

## Missions Program Kokomo Baptist Church

Retired Southern Baptist Missionaries, Milton and Mary Allred will present a program on their lives as Missionaries to Mexico at 6 p.m. Sunday, November 8th at Kokomo Baptist Church. The Public is cordially invited to attend. There will be a Fellowship following the service

## ECRT To Meet Nov. 9

Eastland County Retired Teachers will hold their November meeting at Kelly's in Cisco on Monday, November 9, 12:00 noon.

Hallee Mitchell, County Extension Agent, FCS, will present a motivational program. The meeting will welcome a new member and anyone else interested in hearing Mrs. Mitchell speak.

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## TEA PARTY EXPRESS II

Abilene, Texas

Friday, November 6th

10 A.M.

Redbud Park - 3125 South 32nd Street

Join the Tea Party Express as we celebrate the one year countdown to the election on November 2, 2010!! Be a part of reminding Congress that they work for us!

www.teapartyexpress.org

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## SCHOOL MENU Week of Nov. 9 thru Nov. 13

### BREAKFAST

MONDAY - Cereal, Yogurt, Juice and Milk  
TUESDAY - Cinnamon Rolls, Fruit, Juice and Milk.  
WEDNESDAY - Cinnamon Toast, Fruit, Juice and Milk.  
THURSDAY - Oatmeal, Toast, Juice and Milk.  
FRIDAY - Ham, Biscuit, Gravy, Juice and Milk.

### LUNCH

MONDAY - Chicken and Dumpling, tossed salad, fresh carrots, fruit, crackers and Milk.  
TUESDAY - Chicken rings, cream potatoes, corn nuggets, gravy, rolls, Strawberry Cake, and Milk - Birthday Table.  
WEDNESDAY - Burrito, refried beans, Spanish rice, tossed salad, crackers, fruit and Milk.  
THURSDAY - Corn Dog, Mac and Cheese, blackeyed peas, oranges and Milk.  
FRIDAY - Cheeseburger, lettuce, tomato, pickle salad, potato rounds, sherbet and Milk.

## GLRA Selling Fresh Country Smoked Meats

The Gorman Livestock Raisers Association is now selling the Fresh Country Smoked Meats.

Be sure to get your Thanksgiving ham or turkey ordered! Also order some of that good sausage, smoked bacon, peppered bacon, smoked pork loin and the list goes on! If you would like to place an order with a GLRA member call (254) 734-2505 or 734-5017. Thanks to all of you who so faithfully continue to support our organization. We do appreciate you.

# Obituaries

## Patricia Louise Hudson

Patricia Louise Hudson, age 45 of Dallas, formerly of Gorman passed away suddenly in New York City on Friday, October 30, 2009.

Services are pending with Higginbotham Funeral Home in Gorman.

## Gorman Music

### Department Report

On October 17, the band traveled to Glen Rose and competed in the UIL Marching Competition for Region 7. Again, we scored a Division III. However, many compliments were received from several band directors who saw the show, many of whom stated that they could see a marked improvement in the band. Our kids are to be congratulated for all the effort that they put forth. In addition, a big thank you to all those students and parents who helped create our screens, for helping get them back and forth to Ranger and Glen Rose, and especially for your assistance in getting them on and off the field. We could not have accomplished what we did without you.

In other arenas, James Thomas is to be commended for singing well enough at the second round of TMEA (Texas Music Educator's Association) to earn a chair in the District Choir of Region Seven. James will be singing in a performance at Weatherford High School on November 21, 2009. Way to go James! Our band members of the week are James Thomas and Luis Limon. Thanks guys for coming out and playing with us at halftime; your presence is important to our success.

Jthjr77

# Classifieds

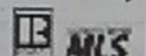
**IMMEDIATE OPENING:** Homestead Nursing & Rehabilitation of Gorman has an opening for CNA. For additional information, contact the facility at 254-734-2202. EEOC ITC  
**Buying Scrap Iron** - #1 short iron \$90/ton - long iron \$65/ton - 1 block south of blinking light in Gorman. 8 a.m. to 4 p.m. M thru F call 254-734-5105 for more pricing. 2TC

### FREE TO A GOOD HOME:

We have a Lab/Rot Cross Dog named "Bear". 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.



**BARBARA LOVE, INC. Broker**  
 317 E. Main St. - 254-629-1725  
 EASTLAND, TX 76448  
[www.tcrealty.net](http://www.tcrealty.net)



**PRODUCTIVE** describes this 160 AC, m/l, North of Gorman. Coastal, good soil, wheat base, 2 tanks, several water well and frontage on 2 county roads. Great place for cattle, horses or hay. A13

**IF YOU LIKE TO PUTTER** - This spacious 33' X 30' workshop is just for you! The 2 BR, 1 3/4 bath fram home with LR, DR, breakfast area, enclosed front porch, carport & RV shed is surrounded by beautiful trees and extra lots. Don't pass this one by, the workshop is a craft-minded handyman's dream! O10

**DO YOURSELF A FAVOR** - Stop and Take a look at this 2005 DWMH located in a quiet neighborhood surrounded by large trees on half an acre. This home offers comfortable living with spacious living room, a fully equipped kitchen, 4 BR, 2 baths, a front deck & Nice stg. Bldg. Call today - tomorrow may be too late! OWNER AGENT O2

**ALMOST COUNTRY & REDUCED!** Set on 3.7 acres on the outskirts of Gorman. This spacious 3 BR, 1 3/4 bath brick offers a living room, dining room, office, DAG, stg. Bldg. & metal barn both w/ electricity, several outbuildings and an abundance of extras. Country living at it's best is only a call away- this property was just reduced so call us today. O3

**INVESTORS - INVESTORS - INVESTORS** - This property consists of 2 structures. A 2 story office building, old cafe. This property has a lot of possibilities!! C19

**New 2+2 \$275 Per Mo.**  
 Great Floor Plan  
 Lots of Cabinets Financing Available  
 5% Dn, 7.5% apr., 240 Mos.  
**817-279-8505**  
 RBI-35823 5-11-12 C

**Pre/Owned Homes!**  
**Already Set Up On acreage. Ready To Move into. Call to see**  
**1-817-279-8505**  
 RBI-35823 5-11-12 C

**If you Own Land, We Can Put A New Home On It. \$0 Down**  
**1-817-279-8505**  
 RBI-35823 5-11-12 C

**Super Size 32X80 4+2!**  
 Island Kitchen, Game Room.  
 Must See. Under \$600 per MO., 5% Down, 300 Mos., 7.5% APR.  
**817-279-8505 - Crown Homes**  
 RBI-35823 5-11-12 C

**Close Out!**  
**New 3+2 D/Wides!**  
**\$49,900!**  
 2 Models Left. Country Style Kitchen  
**817-279-8505**  
 RBI-35823 5-11-12 C

**2000 Palm Harbor Repo**  
**3+2 - Financing Available**  
**817-279-8505**  
 RBI-35823 5-11-12 C

**PAUL WILLIAMS ROOFING**  
**CARBON, TEXAS**  
**FREE ESTIMATES**  
**254-639-2330**

# Thank You, Thank You, Thank You!

To each one who helped make our 4th Annual Carbon Community Fellowship and Volunteer Fire Department Dinner Benefit such a huge success we say a heartfelt "Thanks".

So many helped in so many ways we hesitate to list names of individuals. However, many local business provided auction gifts, food items, etc. allowed us to place rifle tickets containers with them and showed their support in many ways.

To our wonderful Carbon Cooks (Guys and Gals), the food was absolutely delicious.

A very Special "Thank You" to Bill and Reda Cook and their Arlington Crew - can't do it without you all.

Again - many thanks to each one who helped us this year.

Sincerely,  
 Carbon Volunteer Fire Department

# Red Ribbon Week

Red Ribbon Week is a drug prevention program during the last week of October. By wearing red ribbons and participating in the school anti-drug events, students pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena. Ribbons, bands, stickers and posters were provided by ARCADA in Abilene.

The PAL students at Gorman ISD help coordinate the Red Ribbon Week activities. Each day had a theme and the students were encouraged to dress accordingly. Monday was "Hula Away Drugs". Tuesday was "Sock It To Drugs" day and students wore crazy socks. Wednesday was "Protect The World From Drugs", superhero day. Thursday was "Tackle Drugs" and Friday was "Rope Up Drugs" in elementary and "Say Boo To Drugs" in middle school and high school. The PAL students worked through the elementary P.E. classes to teach the students to take make good choices. The PAL students worked hard to prepare activities and they are true leaders. Thanks PAL students for all of the work you have put into Red Ribbon Week, you have made Red Ribbon Week 2009 special.



2009 PAL students: Adriana Madera, Kimi Seaton, Kathryn Fritts, Brittany Henderson, Perla Maldonado, Brenda Velasquez and Erica Limon.

# Happenings At FBC!!

Shepard! We all are given opportunities to influence and lead others. Jesus is the Great Shepherd. Are you a goat or a sheep? Will you risk your life and wander, or will you follow Jesus? Watch your step eyes are on you. Follow Jesus, and God will provide for your needs each day.

Mark your calendars:

**Nov. 6th - Fifth Quarter @ FBC - Hosted by New Hope and FBC.**

**Dec. 5th - Save the date! Bro. Barry & Sharlene's Open House Fellowship.**

**Sunday Evening Service - 6pm - Bro. Barry's Series of Great Biblical Questions.**

Children's Sermon: Liz prepared a fantastic slide show of the fun and successful "Trunk or Treat". When you take a pumpkin, clean the yuck out from inside, carve a face, and light a candle inside it is transformed to a Jack-O-Lantern. When we accept Jesus he cleans yuck out of our heart. Yuck is jealousy, greed, selfishness, and all sin. Jesus forgives all our sin and puts His light in you to shine before others to see. Smile and let your light shine for Jesus!

Praise Band: Thank God for music and the talent that he has bestowed on each member of our Praise Band to the glory and honor of our Lord and Savior, Jesus Christ.

Bro. Barry's message: "Lost" - Ephesians 2:12 -

It is wonderful to know that you are not alone, God is with you and your Church Family is praying for your needs. God will provide for each need. Lost is a horrific feeling of fright and darkness. Living without God is living without hope.

Losses are correlated with things like money, jobs, and relationships. It is shocking what people would do or give up for money.

WHAT A LOST PERSON HAS:

- I. No Life. - No encounter with Jesus. Has not seen Jesus. Does not follow Jesus.
- II. No Peace. - Wickedness, turmoil, unhappiness, and seeking with no end.
- III. No Citizenship. - No belonging to God, and no land of the free.
- IV. No Promise. - Stranger to God's promises, and no foundation.
- V. No Christ. - Not forgiven, has not been saved, has not accepted Jesus.
- VI. No God. - No way to God except through Jesus Christ.

NO HOPE - Lifeless, helpless, clueless.

Peace of God surpasses all understanding. Heed the warning; give your life, heart, and soul to Jesus. Choose the joy of the Lord, and follow Jesus!

We welcome two new members, Richard and Lavona (Hismith) Patton, to our fellowship.

Our Worship Service begins at 11:00AM on Sunday mornings - please come and join us! Remember: God loves you like no one else! Email us at [fbcgorman@hotmail.com](mailto:fbcgorman@hotmail.com)

# ESTATE SALE

**NOV. 6TH & 7TH**  
**507 N. KENT - GORMAN**  
 (Former home of Lendon and Frankie Jo Shipman)  
**Furniture, Tools, Appliances, Electronics, Houseware, Clothes and So Much More!!!!!!**

## LARGE "S" FAMILY GARAGE SALE

Friday, November 6th and Saturday, November 7th in Gorman at 607 S. Brewer. [New Craft Supplies, Some 1/2 Price] Good large Men's Clothes, Nice Women's Clothes, Shoes and Purses, One Table of New Things - Excellent for X-Mas Gifts. Puzzles and Books. Four good 16" Tires. Two good Bathroom Sinks. Lots of Miscellaneous. Come and look.  
 607 S. Brewer in Gorman - 254-734-2850

## Business Directory



**CUSTOM HOME BUILDERS SINCE 1980**  
 Let Us Build Your New Home or Room Addition  
*If You Can Dream It, We Can Build It!!!*

**T. J. Clark Construction Co., Inc.**  
 (254) 734-2755

P. O. Box 176 - 111 E. Roberts St. - Gorman, Tx 76454  
 General Building Contractors - All Work Guaranteed  
 Custom Homes - Remodeling - Commercial - Industrial - Farm Financing - Free Estimates - Design, Engineering & Plan Services

## COGBURN REALTY

254-893-6666 DE LEON, TX  
 Rising Star, operating laundromat, washers, dryers, folding tables and seating. Great investment opportunity. \$27,500.  
 S/E Gorman: 45 A, sandy land, few Pecan trees, 7 water wells, irrigation reservoir, close to pavement. \$2,500 Acre.  
 S/E Gorman: 60 A, good sandy soil, some coastal, good fences, elec., nice pond site. \$2,800 Acre.  
 38 A M/L south Gorman. Fronts FM 679, about 10 A. large Pecan Trees, nice location for pond, good fences, sandy land, 2000 acre. - Seller Financing  
**SOLD**  
 Gorman, 44A, 2-2-2 bi-level frame home, 1728 sf, central a/h, metal roof, covered upper deck, several wells, buildings, coastal, Deer & other wildlife \$250,000.00  
 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 Acre.  
 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 Acre.  
 179 A. south of Gorman: Part wooded, part old fields, deer & hogs, 2 nice ponds, sandy soil, elec., water well, metal building. \$2,350.00 acre.  
**SELLERS SAYS MAKE OFFER!!**  
 NEW: 205A Proctor, 65A Irrigated Coastal, pivot, 3 wells, ponds, steel corrals, app. 125A mostly wooded, lots of wildlife, 100' elevated rise, see for miles. \$2,900 acre.  
**We NEED Your Listings. The Market Is Good. Call Us.**  
[www.cogburnrealestate.com](http://www.cogburnrealestate.com)  
**SELLING GORMAN - DELEON AREAS OVER 50 YEARS**

## The Gorman Progress

P. O. Box 68 - Gorman, TX 76454  
 Phone 254-734-2410 or 254-734-2411 FAX - 254-734-2799  
 Email: [jake@txol.net](mailto:jake@txol.net) or [gpprogress@txbusiness.com](mailto:gpprogress@txbusiness.com)

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 Comanche Office: **325-356-3739**  
 Broker: **Robert Gilder**  
 Agents: **Ronnie Golden, David Gilder, Wayne Parsons, Bobby Newman, Debbie Gilder, Neal Butler**

- 1,260 A, hills, mesas, wildlife, RV hookups, creek, tanks, much more [FE01] \$2,396/acre
- 162 A, 2 story 2-1/2 Frame Home, shop, wells & tanks, woods, hunting [JA03] \$585,000
- 147 A, Horse Property, 5-4-1/2 Brick Home, 2-Car Garage, barn, much more [SW01] \$950,000
- 102 A, water well, costal, corrals, hunting, mins. & owner finacing possible [JB02] \$285,000
- UNDER CONTRACT** 100 A, water well, 3 tanks, minerals available [RS04] \$210,000
- 81 A, Pecan Orchard, 900± improved variety, underground irrig, wells [REM01] \$405,000
- 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, costal, hunting [JO01] \$221,900
- 45 A, close to town, stock tank, oak trees, costal, rural water available [SH03] \$149,500
- 45 A, 7 irrig.wells & pit, buried mainline w/risers, minerals available [NF01] \$2,500/acre
- SOLD** 30 A, 3-2-1/2 Custom Home, garage, porch, shop, barn [DB01] \$450,000
- 19±A, rolling terrain, Live Oaks, hunting, near Proctor Lk, will divide [LR03] \$2,750/acre
- 7-4 Brick Home, 2,31 A, 2 fireplaces, CH&A, tile floors, office, Jacuzzi [FN02] \$220,000
- 4-2 Brick Home, 2 fireplaces, CH&A, 2 car garage.+ 76' x 16' mobile home [JH01] \$159,900
- 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
- UNDER CONTRACT** 3-2 Frame Home, CH&A, carport, fenced yard [VM01] \$27,500
- 3-1 Frame Home, 1 car carport, shaded lot, storage building [DS02] \$39,500
- REDUCED** 2-1/2 Frame Home, attached garage, storage building [ST01] \$75,000 \$69,000
- REDUCED** 2-1 Frame Home, 2.3 A, screened porch, water well. [GB02] \$55,000 \$45,000
- Fully-equipped Restaurant, large one acre lot on Hwy.6 in De Leon [RL01] \$85,000
- Commercial Bldg, on Hwy.36, 6,480 sf, 3 separate units & entrances, CH&A [BN01] \$82,500
- Fully-equipped Restaurant, Hwy.6 DeLeon, 2,998sf(CAD), paved lot, [GM02] \$180,000

More Info & Pictures at: [www.GilderRealty.com](http://www.GilderRealty.com)

## Riley Gardner Memorial Represented By:

**JONELL TORREZ - 254-734-2535**

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



## THANKSGIVING SERVICE

The United Methodist Church of Gorman is proud to host this year's community Thanksgiving Worship Service & 5th Sunday Sing (this service will replace 5th Sunday).

The Service will be held on November 22nd @ 6PM with food and fellowship to follow. Churches are invited to gather up musical groups that will perform and we will have a speaker with a short message.

So, plan to bring yourself, your family, your friends and neighbors; come join the fun the fellowship and the worship, as we praise and give thanks to the One from whom all blessings flow.

## Pig Tales From Hogtown

It's time for 'Breakfast at the DAC' again! Join us at the Desdemona Activity Center on Saturday, Nov. 7 for a delicious start to your day. We do this on the first Saturday of every month. This month, though, we are having something special to accompany our breakfast - we will be holding a mini-health fair. Come and get your blood pressure checked, your blood sugar checked and a seasonal flu shot. And then enjoy a hearty breakfast with us!

As always, the DAC will have our regular dance the second Friday of November. Hope you all can come. The concession stand opens at 6:00 P.M. We will not have a dance in December but will start back on the second Friday in January.

Our yearly Christmas Store will be held the first 2 weekends in December. Make plans to come.

See you in Desdemona!  
Carol Pell

## De Leon Arts and Crafts Fair Slated Saturday, Nov. 28th

De Leon Arts and Crafts Fair is celebrating its' 20th Anniversary, Saturday, November 28th. We will have our Arts and Crafts Fair at the De Leon City Auditorium, from 9 a.m. To 3 p.m. Have your kids picture taken with the "Grinch" while you shop for those Christmas gifts. We will also be having a Christmas Parade, starting at 5 p.m. Starting at 6 p.m., there will be the "Lighting of the Christmas Lights" and a church choir singing Christmas Carols, followed by a "Silent Auction" in the city auditorium. Come out for a day of fun with the family in De Leon.



### Keffer Honored With Champion Award From Cancer Foundation

Representative Jim Keffer (R-Eastland) received the Champion Award from the Cancer Prevention and Research Institute of Texas (CPRIT) Foundation for his diligent efforts in the fight against cancer. A crowd of over 250 people gathered at the inaugural dinner of the CPRIT Foundation to witness Lieutenant Governor David Dewhurst present Keffer the award that was sponsored by the Physicians Cancer Research Foundation. "This was an unexpected, but nice surprise," said Keffer, who worked with groups such as Susan G. Komen for the Cure, the Lance Armstrong Foundation, and the American Cancer Society to create the Cancer Prevention and Research Institute of Texas to fund grants for cancer research and prevention. "I believe Texas can be a world leader in this fight, and our ingenuity and commitment will save lives."

## HEALTH



### D-Licious and D-Lightful Vitamin D

By Tara Dellolacono Thies  
Registered Dietitian and Nutrition  
Strategist, Clif Bar & Company  
For NewsUSA

(NU) - For years we've heard about the dangers of sun exposure - premature lines and wrinkles, brown spots and the biggest scare of all, skin cancer. We slather on the sunscreen, wear hats and don UV-protective clothing. Meanwhile, our teeth and bones pay the price - staying out of the sun means we don't activate production of our sunshine vitamin, vitamin D, which is critical to strong bones and nearby whites.

#### Guest Commentary

In addition to our obsession with UV protection, numerous studies point to the fact that the Dietary Reference Intakes (RDIs) for vitamin D set in the 1990s are no longer sufficient based on new research that shows vitamin D wears more than a "calcium absorption" hat. It turns out that vitamin D could be a strong defensive player against cancer, heart disease, immunity and neuromuscular

disorders. Based on this, you can bet that the Institute of Medicine (IOM) has set determining the optimal intake of vitamin D as a high priority.

Most Americans face a serious vitamin D deficiency, with women having the greatest risk of deficiency. Nearly half of us don't meet our recommended daily intake for vitamin D, according to the Dietary Guidelines for Americans and the American Dietetic Association.

A lack of vitamin D in our diets has put us on a path toward some serious health problems. Studies show that a lack of vitamin D may put people at risk for diabetes, heart disease and osteoporosis.

Geography, age, skin color and the amount of SPF we apply plays a serious role in how much or how little vitamin D our bodies produce. Today, most vitamin D comes from the foods we eat. Fish is one of the few foods naturally rich in vitamin D. Tuna, salmon, sardines and mackerel are especially excellent sources of vitamin D, but it's unlikely that we're eating enough to make up for our vitamin D deficit. Products such as

milk and yogurt, certain baked goods and oil spreads usually pack extra vitamin D, too.

So, how much should be we getting? Well, we won't know for sure until the IOM sets new recommendations. You can visit your doctor and request a blood test for the active form of vitamin D, known as 25 hydroxy D3. The amount of vitamin D needed to maintain optimal levels in our blood has not yet been established, but initial studies suggest the range to be a concentration somewhere between 40 and 80 nanomoles/liter. This test can be taken at your annual check-up to see how effective your diet is in providing you with vitamin D.

In the meantime, eat the foods I've mentioned as being high in vitamin D. You can also supplement 200 IUs per day (if you're under 50 years of age) or 400 IUs a day (if you're over 50 years of age). Eating a LUNA bar is another great way to get vitamin D, as well as other vitamins and minerals, such as iron, calcium and folic acid, that women need. Your bones, teeth and taste buds will thank you!



**FIRST BUCK** -- Vanessa Longoria got her first Buck - An 8 pointer - On Saturday, October 31st at Roger Woodall's Place. Congratulations!!

## Super Notes - By David K. Perry - dperry@gorman.esc14.net

I apologize for not submitting an article last week. I was at a Region 14 administrator's conference. Hopefully, I learned some things that will help me improve my performance and help others enjoy their work here at school more. One of the things we learned was that a smile is a powerful and a healthy tool and that laughter can improve healing and performance. I suggest you all, as well as myself, use this tool more everyday!

Kindergarten students have been discussing community helpers for the past three weeks at Maxfield Elementary. Community workers were invited into the classroom to help explain their duties to the students. City Officials that spoke to our children about what they do were: Barbara Fenley--Chief of Police, Robert Ervin--City Mayor, Trace Gortt--Animal Control Specialist, Blake Guthery and Carlos Herrera--Gorman's Volunteer Fire Department. The lessons helped the children become more aware of those who help in their community. The firemen taught the students what to do in case of a fire emergency. Gorman ISD would like to thank all those who participate in helping educate our children. You may not know it, but everyone of you, whether in the Gorman community or elsewhere, are educators. Everything you do or say in the presence of a child is teaching them. They are like sponges, soaking up everything they see and hear. So, be careful! Make sure the impression you make is a positive one and that the things you are teaching will serve them well.

I have a message for you all from our Spanish Club, "Hola"! The new officers for this year are President: Brittany Henderson, Vice President: Erica Limon, Secretary: Cecilia Olivares, Treasurer: Maria Raygoza, and Reporter: Abigail Pacheco. This year for Christmas we will be doing a food drive. We will be putting donation cans and boxes for canned goods around town. It would be very helpful if you could donate goods or money. Thank you from the Spanish Club.

Our absences have decreased drastically since last reported. That said, we still don't want you sending your children to school sick. The only way we are going to slow this flu down is with parental help and common sense. Thankfully though, for now it looks like we are back to normal. Our volleyball season is now over. We played our last games against Lingleville and Ranger, beating Lingleville and losing to Ranger placing us fourth in our district. The girls worked hard this year and I look forward to seeing them play basketball now. Coach Busby is excited about our basketball season. It is our hope that he will help us build a stronger girl's program. Come out and support our girls! Remember, your presence and your support are a key element to a successful program!

Last week we played Santo in football. Our Cubs won Thursday night here at home 21-0 against Santo's eighth grade team. Friday the varsity traveled to Santo and unfortunately lost. It was a tough game and our turn overs seemed to be the determining factor. Our last district game will be this Friday night here at home against DeLeon. Come out and support our team and enjoy the best thing happening in Gorman on a Friday night!

The Scholastic Book Fair is in progress at Maxfield Elementary. The proceeds from this fund raiser are to be used to help purchase playground resurfacing material. If you would like to help support this project, please come by and purchase a book or two for your child, your grand child, or for the library. Your support will be greatly appreciated.

Next week we will have our Fall Festival on November 10th. It will be held in the Elementary Gymnasium from 5:00pm till 7:00pm. The money earned will be mainly be used to purchase prizes for the Accelerated Reading Program, a program utilized to improve the reading ability of students at every level. It is just one of the many things we do to motivate kids to do their best. Tickets for the various activities can be purchased ahead of time at the office. The price for these tickets will be twenty-five cents apiece or twenty-five for five dollars. To prevent loss of the pre-purchased tickets, they will be held at the office in an envelope with the student's name on it. You can pick the envelope up at any time.

Please remember that no shorts are to be worn after the Thanksgiving Holidays. This applies to all campuses. The Thanksgiving Holidays are November 26th, 27th, and 28th. We hope this will be a blessed time for all of our students.

Congratulations to Eric Ryon for being the high school student of the week and to Jacquelyn Rainey for being the middle school student of the week. Eric is the definition of The Gorman Panther team spirit and team work. Eric comes to school and class everyday with a positive winning attitude in all that he does. He motivates his team-mates and his class-mates to achieve their best and always be a winner. He takes his responsibility as the Gorman Panther Football manager very seriously and expects no less from any of the other students. It is with this winning attitude that he is The Student of the Week. He was chosen by Ms. Smith. Jacquelyn Rainey is the student of the week for middle school. She is an extremely patient and intelligent young lady. She is always respectful. Jacquelyn is dedicated at whatever it is that she is doing whether it's her school work, an extra-curricular activity or UIL. She is always willing to help those around her. Chosen by: Mrs. Sanchez. Our outstanding faculty members for the month of November are Coach Trey Felan and Sandy Porter. This honor is given by the students!

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

## ITEMS OF INTEREST

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, NOVEMBER 10TH 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

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. Gerald Ragland, Master - Roscoe Reeves, Secretary.

**Hotfooters To Offer Clogging Classes**  
The Breckenridge Hotfooters Cloggers will offer clogging classes for beginner, intermediate and advanced students at 6:30 p.m. every Tuesday in Breckenridge. The dance club meets at 5 p.m. every Tuesday at 109 N. Baylor St. The group of cloggers performs regularly in Breckenridge and area towns. For more information, call Shirley Anderson at (254) 559-2567 or (254) 246-1972 (cell).

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## Notes From Dr. Dan

Have you ever heard of a Lepigator? One end is the head of a Leopard and the other is the head of an alligator. It's the most ferocious animal in the world! You may be wondering how it goes to the bathroom. It doesn't. That's why its so ferocious!!

If you have ever had kidney stones, you will know what it feels like to be a Lepigator. It is more painful than having a baby... so I've heard... over and over.

The stones are made of salts that are filtered out by the kidney, and if they get concentrated, they will become sharp stones in your plumbing. A real good thing in this case is to prevent becoming a Lepigator in the first place by drinking lots of water. If its too late for that, there are some things we can do but...well it will still probably hurt quite a bit.

There are medicines to help the plumbing stretch so the stones will pass and there is pain medicine which can cause other problems. There is also a procedure called lithotripsy which is using sound waves to break up the stones into gravel. I think I like the prevention better. It's good to drink water. If you do get a kidney stone, or as doctors call it renal lithiasis, it would be a good idea to filter your urine to catch the stone when it comes out. You can use several layers of cheese cloth for a filter or get a special filter from the pharmacy. We could then find out what the stone was made of and be better able to prevent another stone from occurring. If you get too many stones, they may damage your kidney or ureters [your plumbing]. Best thing is to...as Sondra, my wife, always tells me, drink plenty of water and don't become a Lepigator.

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## HEALTH

### The Earlier, the Better: Building Immune Defenses Against H1N1

NewsUSA

(NU) - Recently, scientists discovered that the 2009 H1N1 Swine Flu virus is more like the H5N1 avian flu than the historic 1918 pandemic H1N1 Spanish flu strain, and that current mutations of the virus have rendered previous flu vaccines less effective.

In a teleconference with colleagues, Dr. Roger Mazlen, an internist in Roslyn Heights, NY, discussed the current Swine Flu outbreaks. Aside from traditional medical school, Dr. Mazlen received specialized training at the National Institute for Health (NIH) and is the former Clinical Research Director for Immunotec, Ltd. in Canada. He has practiced internal medicine and nutrition for more than 30 years.

Swine flu, or H1N1, was first isolated in a pig in 1930, according to the Centers for Disease Control and Prevention. The virus has demonstrated an ability to migrate from domestic pigs to humans. Dr. Mazlen said there are several factors contributing to the current swine flu outbreak, including environmental, cultural and economic issues. "The current recession, loss of retirement funds, compromised nutrition, reduced exercise, obesity and other factors produce immune depression. A depressed immune system cannot fight off the invasion of viral and other pathogens that attempt to



Boosting your immune system is key to being prepared against virus mutations this flu season.

find a home to set up infections in our bodies," he says.

Dr. Mazlen suggests protection strategies for a potentially larger H1N1 outbreak during the 2009 through 2010 flu season. "Frequent hand washing is a start. Also, lots of daily water helps to hydrate the body and assist the immune system," he said. Vitamin and mineral supplements add fortification, but Dr. Mazlen suggested also adding fish oil because of its clinically-proven immune function support. Fish oil blends are available as gel capsules or in liquid form at health food stores, and several different brands are also available at [www.puritan.com](http://www.puritan.com).

Dr. Mazlen said that Tamiflu, the currently recommended prescription medication used in flu

and Swine flu, is most effective when used within a few hours of the first viral symptoms. But Swine Flu, as reported by the CDC, has an ability to mutate within hours. Tamiflu may be effective for Swine Flu in the morning, and may be ineffective by the end of the day because of viral mutation.

When asked whether the popular herbal remedy Echinacea could be effective, Dr. Mazlen explained that studies have proven the product has minimal effectiveness in stimulating the immune response. He said he prefers a natural immune-stimulating product that he has used with over 500 patients, including his family members. The product was originally developed in Russia but is now made in the U.S. Dr. Mazlen said he has had good results during the past years with patients fighting flu and other infections. The product, Del-Immune V, is available at [www.delimmune.com](http://www.delimmune.com).

Early measures to protect health might be the key to minimizing potentially serious infections this flu season. Dr. Mazlen closed the discussion by expressing his concern over whether it is Swine Flu H1N1 or a mutated form of the Swine Flu. "It is important to have an immune defense strategy this year - the earlier the better," he said.

## Desdemona News

By Vonnie Guthery

**Ladies Monthly Social** will be held on Monday morning, November 9th at the Community Center (former School Building). Make plans to arrive at 9 a.m. to enjoy the good food and have fellowship with all the group. Next Ladies Social will be held on Monday, December 14th at the same location. Visitors are Welcome.

Our Community has several on the sick list. Take time out from your busy schedule to remember these with your Cards and Prayers. Just a note to say "Hello" means so much to a shut-in.

Remember to mark your calendar for the annual **Desdemona Thanksgiving Supper** to be held on Saturday, November 14th at the Community Center (former school Building). Serving begins at 5:30 p.m. Turkey and Dressing with all the trimmings will be served. Tickets sold at the door are \$8.00 for Adults and \$4.00 for children. This is a wonderful time to visit with your friends and neighbors - some of those you don't get to see very often.

Please contact this reporter with your weekly news. Your help will be appreciated.  
*Have a great day, Coon.*

## Senior Citizens News

By Carol Ward

There Were 17 out for our dinner on October 28. We still enjoy our fellowship even with low attendance. Estelle Lindley was gracious to give the blessing for us all. Our banker James Bruton was here to eat with us, always enjoy his visits. I saw Ruthie Porter across the street, but she never showed. I guess she was at the Dr. as I heard later she had the flu. Hope she is feeling better and can be back with us soon.

I was saddened to hear of Sue Pettigrew passing. Her and I met and talked at the Desdemona Breakfast about 3 months ago. We didn't meet up often but always enjoyed our visits. I first got to know her on a trip to Branson, MO. a few years ago. It was a wonderful Christmas time trip and all had a good time!

We had quite a meal, fishy and Mexican, HA! What a mix, but all was good. There were fish sticks, salmon patties, Mexican casserole and Pinto Beans. Also carrots, green beans with potatoes, cabbage and Cole slaw. Our desserts were 2 Jello type with Cool Whip, also plain Jello with fruit, all different, flavors, good!! A delicious spice cake decorated for Halloween by Anne Laminack. Some muffins with chocolate chips and always cornbread and whole wheat rolls. Betty Regians rolls were much improved as she changed the recipe some. So good and light.

In injured by leg, so had to miss my grandson Tyson Swanner last few football games and could not maneuver in those stadiums. Some were too far and made the evening too long for me. But I did make a take a few in Early and Cisco. He plays for the JV at Howard Payne University. They did manage to win a few games. He's receiving the experience he needs for the Varsity later.

We had no games on the 29th as people out of pocket or not feeling well. I had a Dr. appointment in Brownwood, so too exhausted for games with my leg. Couldn't sit any longer, had to elevate my leg so very swollen. Hope it improves soon.

Ellen Parker received her band aid surgery for the gall bladder the same day. She did great! There's hardly any pain with this type of surgery. Hope to see her back at the center soon.

We will all attend the Desdemona Thanksgiving Dinner on the 14th. All those that need a ride be at the Center by 5 p.m. I hope to arrive by 5:30 when they began. That standing around for 30 minutes, I don't care for. Plus my leg wouldn't like that at all.

Hope all is well and see you next time. Carol

## Open and Cosmic Bowling!

Did you know that Lone Star Lanes here in Stephenville is one of only a few bowling alleys in Texas that is not licensed for alcohol sales.

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## Lone Star Lanes

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## HEALTH

### It's Flu Season, but Don't Forget About Colds

NewsUSA

(NU) - With the widespread concern about the H1N1 virus, also known as swine flu, many Americans might forget about another threat - the common cold.

While colds often prove less serious than the flu, they result in days of misery - not to mention missed work and school. And with today's busy lifestyles and economic woes, no one can afford to get sick with a cold.

The common cold shares symptoms with the flu, including sore throat, nasal congestion, sneezing, and stuffy or runny nose. But unlike the flu, colds do not usually cause fever, fatigue, body aches or dry cough. That's because the cold and flu are caused by different viruses. While influenza viruses cause the flu, it's the rhinovirus, which comes in more than 100 strains, that results in the stuffy, runny misery that is the common cold.

As with the flu, the best treatment against the cold lies in being proactive. Dr. Tim Tucker, Pharm.D., FAPhA, immediate past president of the American Pharmacists Association and owner, City Drug Company, says that, "Staying as healthy as possible proves to be the key. That means exercising, sleeping well and taking a daily multivitamin. Adequate nutrition can help the immune system fight off infection, so eat well and include plenty of nutrient-rich, balanced foods in your diet. Drinking water will help flush toxins out of the body, while also improving hydration."

"Hygiene also plays a role, so take care to wash hands fre-



Early treatment at the onset of symptoms could reduce the duration and severity of your cold.

quently, avoid touching the eyes, nose or mouth, and frequently clean oft-touched surfaces, like keyboards and door knobs," he says.

But if you already feel a cold coming on, all is not lost - some products can reduce the length of the common cold when taken at the first sign of symptoms. For example, Dr. Tucker explains that zinc products, such as Zicam Cold Remedy, can reduce the duration and severity of your cold if taken within 24 to 48 hours after the onset of symptoms.

Americans looking to protect their families should stock their medicine cabinets so they will be prepared to nip a cold in the bud before full-blown symptoms appear.

For more cold-fighting tips, or to learn about the real-time cold and flu risks in your specific area, visit [www.zicam.com](http://www.zicam.com).

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