

# The Gorman Progress

"Serving Gorman For Over 110 Years"  
Gorman, Eastland County, Texas 76454

2010 Member - Texas Press Association

NUMBER FORTY

OCTOBER 7, 2010

## Gorman High School To Host Ranger and Cisco Colleges' Volleyball Team Oct. 14th

Gorman High School will host Ranger College and Cisco College Volleyball Teams on October 14th at 6 p.m. Both colleges agreed to play in our new facility. We invite everyone to attend. Two of Gorman's alumni will be playing in the game. Audrey Johnston will be participating for Ranger College Team and Kimi Seaton will be participating for Cisco College. There will no admission for the game. Come out and enjoy the contest.

## Gorman Youth Sports Council Invites Everyone To Watch Panther Youth Football Games

The Gorman Youth Sports Council would like to invite everyone to come out to watch Panthers Youth Football. Games are in Gorman on Sat. Oct 9.

The schedule is as follows:

- Flag- 9 AM Cowboys Vs Redskins
- Flag-10:30 AM Panthers Vs Raiders
- 3rd & 4th Tackle- 11:30 AM Panthers Vs Cowboys
- 3rd & 4th Tackle- 1:00 PM Packers Vs Raiders
- 5th & 6th Tackle- 2:30 PM Panthers Vs Cowboys
- 5th & 6th Tackle- 4:00 PM Packers Vs Raiders

The GYSC is also selling raffle tickets on a Savage Rifle/Scope combo for \$1 ea. or 6 for \$5.00. We are also selling a chance for \$25 ea for a chance to win up to \$2500 dollars, depending on the number of chances sold.

THANK YOU for your support of our Youth. We hope to see you at the games.

## Ronnie Wilson Announces Write-In Candidacy For Eastland County Commissioner Pct. 3

My name is Ronnie Wilson. I am currently running for Eastland County Commissioner for Precinct #3 as a write-in candidate. I would like to take a moment to, not only introduce myself, but tell you a little bit about myself as well.

I have lived in Rising Star my entire life. I graduated from Rising Star High School in 1992. That same year, I married my current wife, Cheryl Wilson. We have a beautiful 15 year old daughter named Nichole. We currently reside on a small farm located 9 miles north of Rising Star. I have many well known relatives that reside in Rising Star such as my grandparents, Roberta Wilson and the late Clayton Wilson, my parents Gary and Lee Wilson, and many aunts, uncles, and cousins. I attend the First Baptist Church of Rising Star. I have chosen to make Rising Star my home town because I enjoy the small town, family atmosphere.

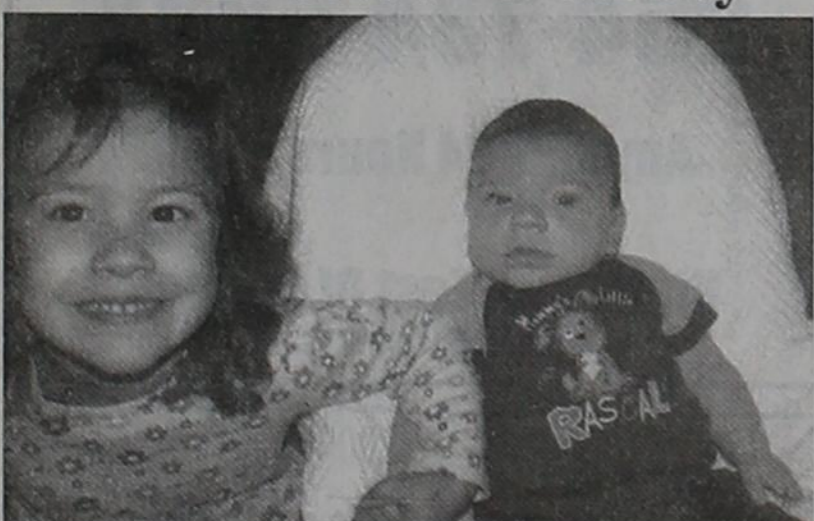
I currently work for Harris Dairies, owned by Jerry Harris. I have worked there for the past 14 years. During my employment at the dairy, I have gained the opportunity to increase my knowledge of operating and working on many different types of heavy equipment such as rubber tire loaders, maintainers, dump trucks, 18 wheelers, many different types of tractors, etc. I am a very reliable and dependable employee. I believe in working hard, and making sure the job gets done right the first time.

Precinct #3 is currently has the largest area of roads in our county. It is going to take someone that works hard, gets the job done right the first time, and will continue to stay committed to Eastland County and the residents that reside here. I know with my experience and hard work ethics, I am the best candidate for the Eastland County Commissioner for Precinct #3 at this time. Remember, I will be listed on the ballot as a WRITE-IN candidate. I would greatly appreciate your vote in the upcoming November 2010 election.

## Look Who's New - It's A Girl

Kristina Everton and Grant Wilson are proud to announce the Birth of their daughter, Hailey Denise Everton. Hailey was born September 2, 2010 at 6:09 p.m. at Harris Methodist, weighing 8 pounds and 6 1/2 ounces and measuring 19 inches. Hailey is welcomed by maternal grandparents, Cecil and Kathy Everton, Paternal grandparents are Gary and Jody Walston. Maternal great grandmother is Johnnie Thiebaud, Paternal great grandmother is Alta Wilcoxson, along with numerous aunts, uncles and cousins.

## Look Who's New - It's A Boy



Izabella Forbus would like to announce the arrival of her little brother, Nicholas Alexander-Tod Forbus. He was born on July 21, 2010 at Harris Hospital in Stephenville, Texas. Nicholas weighed eight pounds and fourteen ounces and was nineteen and one-quarter inches long. Proud parents are Tod and Nikki Forbus of Gorman. Grandparents are Wesley and Linda Warren of Gorman and Terry and Vicki Sallee of Carbon.

## Old Peanut History Buildings Say Good-Bye



The old buildings for the original Shell Peanut Company and then Birdsong Peanuts are saying goodbye as they are being demolished. The buildings have been a part of the Gorman skyline for a long time. Sad to see them go.

## Panthers Stun Santo 7-6; Host Ranger in District

### GAME AT A GLANCE

GORMAN	SANTO
4	First Downs 10
20/29	Carries/Yds. 45/138
37	Yds Passing 16
4 of 11/3	Pass Cplt./Int 2 of 8/1
2 / 0	Fumbles/Lost 4 / 2
7 / 32	Punts/Avg. 6/33
10/60	Penalties 7/40

The Panthers played at Santo Friday night in a defensive battle and they shocked the 5-0 Wildcats for a 7-6 victory. The Panthers also had a touchdown called back on a penalty. Gorman scored in the third period and held the Wildcats scoreless until the 10:55 mark of the fourth period.

Gorman's touchdown came on an 82 yard return of a Wildcat fumble by Cade Cole with 4:20 left in the third period. The extra point kick by Drew Flanary made the score 7-0. This would be the only points by the Big Red as they had a low offensive showing against a tough Wildcat defense.

The lone Santo score came on a 4 yard run on a 45 yard drive in 10 plays with 10:55 left in the final period. The run for a 2 point try fell short and the score was 7-6.

The Wildcats had another scoring opportunity late in the fourth after returning an interception of a Panther pass try to the Gorman 27. However the Big Red Defense refused to let the interception cost them the game as they held the Wildcats on the Gorman 6 and again on the Gorman 42 to secure the victory.

The Panther offense was held to a total of only 63 yards for the game and was hurt by injuries on a couple of key players. Also there was one serious injury when Zack Carlton was hurt on a defensive effort. He was carried to the hospital, but was released later that night. He is expected to miss action this week but is hopeful to return to action in a couple of weeks.

Brandon Velasquez carried the larger part of the running game carrying 13 times for 29 yards. Flanary was held to zero yards on 7 and was hurt by losing yards on three passes.

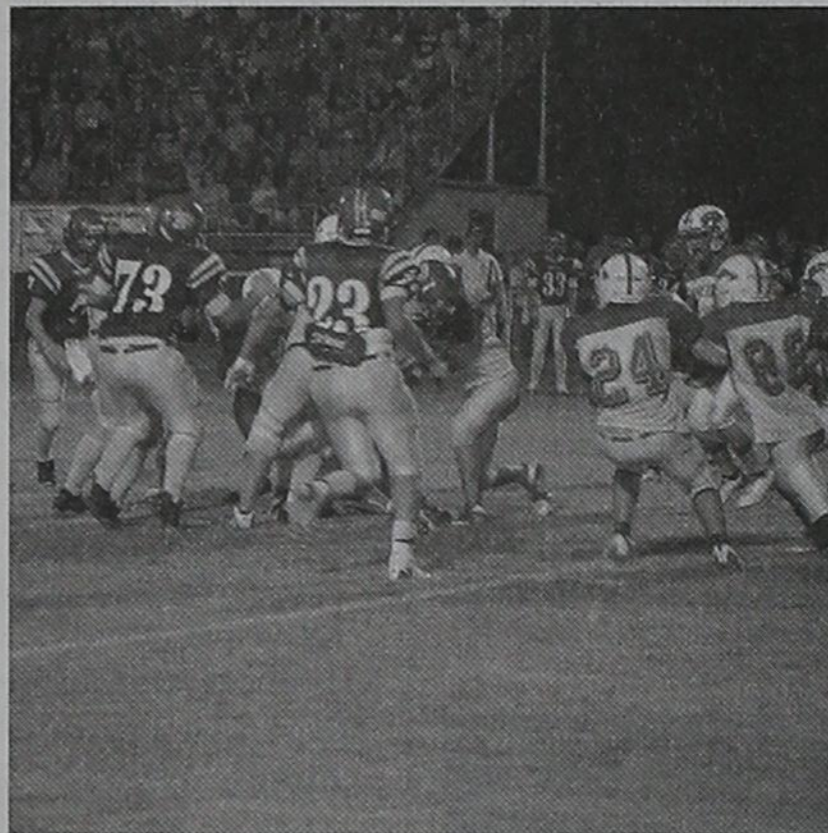
The Big Red Defense are to be comended for their outstanding effort by holding the Wildcats to 138 yards on 45 carries and only 16 yards passing. They will be tested again this week when Gorman will host the Ranger Bulldogs in the District Opener. So come on out and support our Panthers to victory.

Go Get 'Em Big Red!!!

**Go Big Red!  
Beat Ranger**



BRANDON MAKES A CUT - Brandon Velasquez is shown trying to gain yards in game action Friday.



MORE PANTHER DEFENSE - Several Panthers include Brandon Velasquez, Sergio Hipolito are shown putting an end to the forward motion of a Santo runner in game action.



PANTHER STOPPING QUARTERBACK - An unidentified Panther is shown making an open field tackle in game action Friday night. Good Job Panthers!!!

## Emily Thornton and Benny Deleon To Pledge Vows on October 13, 2010

Emily Thornton and Benny Deleon are happy to announce their upcoming nuptials on October 13, 2010.

Emily is the daughter of Billy Thornton and the late Sherry Thornton, granddaughter of Ruthie Porter of Gorman. Emily is employed at the Texas National Bank of Sweetwater.

Benny is the son of Shirley and Benny Deleon of Sweetwater. Benny is a Supervisor at Wal-Mart in Sweetwater.

The happy couple would love for you to celebrate their reception with them on October 16th from 4 to 7 p.m. at Days Inn in Sweetwater.

**First Baptist Church Youth Group Garage Sale will be Saturday, October 16th.** Place Pending. If you have any items you would like to donate, you can drop them off at the Church office or call 734-5959 for us to pick up.

**Community BBQ LUNCH** - First Baptist Church Youth Group is hosting a BBQ Lunch on Saturday, October 24th from 11 a.m. To 2 p.m. at the Community Center. We will have chopped BBQ sandwiches, chips, drinks, dessert. Take outs will be available.

**GORMAN LIVESTOCK RAISERS WILL HOST A FUND RAISER @ COOKS FISH BARN ON MONDAY OCT. 11, 2010. SERVING TIME BEGINS @ 5:00 ENDS 8:30 P.M. PLEASE MAKE PLANS TO COME EAT FISH, FRIES, HUSHPUPIE, OR EVEN CHICKEN!! HOPE TO SEE YOU THERE, AND REMEMBER WE DO APPRECIATE YOUR CONTINUED SUPPORT!**

**Daylight Savings Ends Sunday, November 7th**

**CLAY'S PROCESSING & SMOKE HOUSE**  
**254-445-4180**  
 111 WEST ELM . DUBLIN . TX 76446

**OPEN: MON-FRI 9-6 SAT 9-3**

*We don't sell all the meat in Texas just the BEST!*

**Retail Meat Market**  
**Custom Slaughter and Process**

## Obituaries

### Jelma (Grandma) Smith

On Friday Oct. 1, 2010 Jelma(Grandma)Smith of Homestead Nursing and Rehab Gorman, went home with her Lord and Savior.

Grandma came to make her home at Homestead in 2006. She had previously lived in Joshua, Texas where for many years she helped in the nursery at Joshua Baptist Church and kept kids in her home for many years.

Grandma was a wonderful wife, mother and grandmother and loved kids.

Funeral for Grandma was Monday Oct. 4 at Mountain Valley Funeral Home Chapel in Burleson. Officiated by grandsons, Jeff Smith of Eastland and Dwayne Smith of Arlington. Music was provided by her grandson-in-law, Barry Hazel of Dimmitt, Interment in the Green acres Memorial Park in Cleburn.

Grandma was born on Dec. 23, 1918 in Wilson County.

She is survived by sons, Johnny and wife Ina of Gorman, Floyd, David and wife Connie of Joshua, Donald and wife Pam of Granbury and Leroy of Joshua, daughter, Charlene Watson of Kendall, daughter-in-law Norma Smith of Joshua 31 grand kids, 60 great-grand kids and 28 great-great-grand kids and a host of grandkids she adopted through the years.

She was preceded in death by her husband, one sister, 3 brothers, one son, 2 grandchildren and one great grandchild.

The family would like to thank the staff of Homestead Nursing for the wonderful care they gave Grandma through the years. They would also like to thank Lighthouse Hospice for the care and support they provided when they were needed most.

## Classifieds

**FIVE FAMILY GARAGE SALE:** Friday and Saturday, Oct. 8 - 9 - Lots of Kitchen Items, Household Items, 2 Microwaves, Nice Clothes, Washer, Dryer, Bed Frame and Headboard, Hutches, Shoes, Baby Walker and Miscellaneous - 207 N. Fisher - Corner of Fisher and Hwy. 6

**GARAGE SALE:** Friday, October 8 and Saturday, October 9 from 8 a.m. until ?? On Hwy. 679 at J. S. Ripley House - Lots of Holiday Decorations and Lots of Miscellaneous.

**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.

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

**Hammon's Tree Trimming Service**

FREE Estimates  
 References Available  
 Reasonable Prices  
 Firewood Sales

254-893-6634 - Home  
 254-734-5485 Cell

**CLOSE OUT - 4 BDRMS - D/WIDE!!!**  
 Save Thousands. Island Kitchen, 4 + 2  
 \$0 Down if you own land.  
**817-279-8505** RBI-35823 5-10-28 C.

**IMMEDIATE OPENING:** Homestead Nursing & Rehabilitation of Gorman has an opening for Weekend R.N.. For additional information, contact the facility at 254-734-2202. EEOC FNC

**Town & Country REAL ESTATE**

**BARBARA LOVE, INC. Broker**  
 317 E. Main St. - 254-629-1725  
 EASTLAND, TX 76448  
 www.tcrealty.net

11.917 ACRES, M/L - GORMAN - 1 tank, 1 old water well, mostly mesquite and some oak. Excellent place to build. A3

**MOTIVATED SELLER - Brick Home on 3.7 ac. - REDUCED - 3 BR, 1 3/4 baths, LR, DR, office, DAG, stg. Bldg. & metal barn w/elec., outbuildings. Excellent location at the edge of Gorman. 03**

**"EDGE OF GORMAN - 1.3 AC, m/l. Maintenance free Brick 3 BR, 1 3/4 bath, open LR-DR, kitchen area w/bk. bar, Utility, CH/A fenced yard, SACP w/stg. & barn. 06**

**HUNTING & GRAZING - 257.53 AC. Mostly mesquite, food plots for deer, grazing or hay, tanks, good fences on 2 sides, Nash Creek, rolling terrain A18**

**CHARM, WARMTH, COMFORT - This 2 BR, 1 bath brick has all of this & more. Large inviting living room, kitchen/dining combo, CH/A, utility w/extras, DACP & cov. porch overlooking the oversized back yard with it's beautiful pecan trees. Call us to make your appointment today! 08**

**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 DWHM - 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**

**INVESTORS - INVESTORS - INVESTORS - Lots of possibilities - 2 story office building & old cafe. C19**

**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 [pgprogress@txbusiness.com](mailto:pgprogress@txbusiness.com)  
 PDF Ads - EPS or JPEG Photos By email  
 Publication Number - 222780  
 Publisher - Lonnie Bennett

**DISPLAY AD RATE**  
 \$4.00 Per NAA Column Inch. PROCESS COLOR - \$100.00 Flat Rate - Extra  
 NATIONAL AD RATE - \$6.00 Per NAA Column Inch  
 NO COMMISSION DISCOUNTS  
 CLASSIFIED ADVERTISEMENTS - 25 CENTS A WORD  
 MINIMUM CHARGE - \$4.00 PER ISSUE  
 NO COMMISSION - INSERTS - \$72 PER ISSUE  
 ADDITIONAL 50c FOR BORDERS.  
 WEDDING ANNOUNCEMENTS - \$5.00 OR \$10.00 WITH PICTURE  
 WEDDINGS - \$10.00 MINIMUM  
**NEWS AND ADVERTISING DEADLINE - TUESDAY NOON**  
**CARD OF THANKS - \$5.00**

**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 erroneous reflection 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.

## Came "Camie" Sterling (Dame) Caporale

Camie "Camie" Sterling (Dame) Caporale, 23, beloved wife, mother, daughter, sister, granddaughter, niece, cousin, and friend, born Thursday, December 4, 1986 in Stephenville, Texas to Clinton "Steve" Sterling Dame & Deborah Ann Nowlin; went to be with the Lord Friday, October 1, 2010 in Duncanville, Texas.



Camie is a Texas native who loved her home state, she loved many things in life, but nothing more than her family and friends. Especially her precious little angel Kaylee Elizabeth or "Lizzy" by some, whom she adored more than anything in this world. Sweet memories will always be cherished of her unforgettable smile and laugh; how she could turn a head and light up a room when she walked in; she was always the social butterfly that never met a stranger. Her giving unselfish nature to anyone and everyone, never judging anyone and always there to give support; how she wouldn't ever speak an ill word towards anyone and how she always had a response or remark to anything someone might say, usually to make everyone laugh. She was and always will be a true southern belle in every sense of the word in the memories and the hearts of those whom were truly blessed to have their lives touched by her presence; she will be deeply missed and mourned, and always cherished by everyone who knew her. She is preceded in death by her grandmother whom she deeply missed, Carole J. Nowlin.

She is survived by her beloved and loving husband, Christopher J. Caporale; her angel daughter, Kaylee Elizabeth; beloved father, Clinton "Steve" Sterling Dame and wife Stacey; beloved mother, Deborah Ann Nowlin Keith and husband Bobby; her brothers whom she adored, Dustin "Cole" Dame and Joel Robbins; her loving grandmother, Delsie Ary and husband Eldon; her beloved grandfathers, Buddy Dame and T. A. "Cap" Nowlin; her uncle Tim Dame and wife Angela, Mark Nowlin and wife Lisa, whom she deeply cherished; her beloved aunt, Dee Dee Nowlin Wright and husband Ronnie; her father and mother-in-law that she loved so dearly, Louis M. Caporale and Sandra T. Caporale; her beloved sister-in-law, Jessica Holland and Matt Holland; her niece and nephew, Genevieve and Garrett Holland whom she loved very much; her best friend of all times, Amanda Naeseth and numerous other beloved family and friends.

A visitation will be held Thursday, October 7, 2010 from 5:00 p.m. to 7:00 p.m. at Homestead Funeral Home, 2951 S. Belt Line Road, Grand Prairie, Texas 75052.

A funeral service will be held Friday, October 8, 2010 at 10:00 a.m. at Trinity Church, 1231 E. Pleasant Run Road, Cedar Hill, Texas 75104. Graveside services and burial will follow at 2:00 p.m. at Blanket Cemetery in Blanket, Texas. In lieu of flowers the family has asked to carry on Camie's legacy by making a donation to the "Camie Memorial Fund for Kaylee" foundation started for her little angel Kaylee Elizabeth. Donations may be made at any Mills County State Bank (325-646-0313, 411 Early Blvd, Early, Tx 76802) with locations in Early, Brownwood, Hamilton, and Goldthwaite. Services have been entrusted to Aria Cremation Services & Funeral Home, 19310 Preston Road, Dallas, Texas 75252; any floral arrangements may be delivered to that location. To send the family condolences please visit [www.ariacremation.com](http://www.ariacremation.com).

## ORDINANCE 2010-06

AN ORDINANCE OF THE CITY COMMISSION OF THE CITY OF GORMAN, PROVIDING FOR THE REGULATION OF WEEDS AND UNWHOLESOME CONDITIONS WITHIN THE CITY; PROVIDING CRIMINAL PENALTIES FOR VIOLATION THEREOF; PROVIDING FOR THE REPEAL OF ALL ORDINANCES IN CONFLICT THEREWITH; AND PROVIDING FOR AN EFFECTIVE DATE OF SAID ORDINANCE.

**REPOS - D/WIDES!!!**  
 Good Selection in Stock, 3 & 4 Bdrms. Completely Refurbished  
 \$0 Down If You Own Land.  
**817-279-8505** RBI-35823 5-10-28 C.

**POLITICAL CALENDAR**

**PROGRESS POLITICAL ANNOUNCEMENT FEES:**  
 U. S. Offices - - - - \$75.00 District Offices - - - - \$75.00  
 Eastland County Offices - - - - \$50.00  
 Eastland Co. Justice Prec. Offices - - - - \$50.00  
 Eastland County Constable - - - - \$50.00

All political advertisements paid for by friends and/or candidates must bear at least one signature and address. All ads must be paid for in advance. (Political advertising charged for at a rate of \$4.00 per column inch.)  
 Any political advertising reflecting adversely upon the character of a person will be refused.

The Gorman Progress is authorized to make the following political announcement, subject to the action of the General Election, November 2.

**Eastland Co. Comm. - Pct 3:**  
**Incumbent - T.J. Cummings**

**ACCEPTING APPLICATIONS:** Homestead Nursing & Rehabilitation of Gorman are now accepting applications for D.O.N. Please apply in person 600 West Roosevelt in Gorman, Texas FNC

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.

**COGBURN REALTY**  
 254-893-6666 DE LEON, TX

**NEW LISTING:** 2-1 Frame, window A/C, 50 x 125 lot. Only \$14,900 - Owner Financing. Rising Star, operating laundromat, washers, dryers, folding tables and seating. Gret investment opportunity. \$27,500.

**NEW - 3 - 1 1/2 - 2 Brick, 1348 sf, central a/c, some new carpet, metal roof, sunroom, large fenced backyard, near school, nice & Clean. \$41,500.**

**NEW - 56.01 Acres:** Erath Co. N. De Leon, paved frontage, good small acreage recreational place, heavy brush cover, deer, wild turkey and hogs! Over 1/2 mile of creek frontage. \$2,995 per acre, smaller tracts of 15A or more, \$3,495 per acre.

**S/E Gorman:** 45 A, sandy land, few Pecan trees, 7 water wells, irrigation reservoir, close to pavement. \$2,500 Acre.

**NEW - Near Gorman, 60 A m/l, 2-1 frame farmhouse, new windows/front door, new metal roof, 2 ponds, fenced, some Coastal, partly wooded, small barn/corral, water well, 2 car carport/storage. \$215,000**

**S/E Gorman:** 60 A, good sandy soil, some coastal, good fences, elec., nice pond site. \$2,800 Acre.

**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.**

**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!!**

**322A. Oak & Elm Trees, 2 creeks, great water shed project! 40 A. Coastal, owner reports 300 round bales/year, 55 A. Cultivable soils, 6 ponds, water well, 1200' metal Bldg with slab floor, elec. Deer, turkey, and other wildlife. \$2,300 A.**

**NEW - 396 A near Sipe Springs wildlife managed sportsman's dream ranch, lakes, ponds, elevation changes game feeders and blinds, hunter's cabin, remodeled brick ranch house, 30X40 metal shop & More. \$2,750 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**

## "On The Wilder Side"

It's amazing how often our life's priorities change. Let me give you an example. When I was a child I went to school for one purpose and one purpose only... to make my mom happy (i.e. keep her out of jail). She was my priority. As time progressed I noticed that me being in school not only kept my mom happy but also "prepared me for my future", which sort of made me happy. My priorities were changing. Just a few years later I found myself taking out large amounts of student loans to pay for my college degree. You see, my educational priorities had changed from pleasing my mom to myself.

That was just one example of how our priorities change within time. Take marriage for another example. Before marriage we belong to and look out for ourselves. I was my number one priority. But now that I am married Kristie is my number one priority, and rightfully so. Eph 5 says that in a Godly marriage my body belongs to her and her body belongs to me. We are each other's priorities.

Now to the point of the matter. The most important decision a human being can ever make is the decision to put on Jesus Christ through baptism and become a Christian. It is at this moment that he or she decides to no longer live for self but wholly live to carry out the will of our Father in Heaven. Before we became Christians, we were enemies of the cross. Our every thought and action was to promote self. Now that we are Christian our every thought and action must be to promote Christ. Paul said in Galatians 2:20: "I have been crucified with Christ; it is no longer I who live, but Christ lives in me."

Fight the good fight (1 Tim 6:12) - Jason W. Gorman Church of Christ

**Gorman Church of Christ Meeting Times**  
 Sunday Morning Bible Class - 10:00  
 Sunday Morning Worship - 10:45  
 Sunday Evening Worship - 6:00  
 Wednesday Evening Class - 7:00

**DQ**

**The Only Thing Better Than The Flavor Is The Price.**

**\$3.99**  
 4 pc. Chick'n Strip Country Basket®

**Mini Blizzard®**  
**Mighty Good.**

The new Mini Blizzard® Treat. Everything you love about the Blizzard® Treat, just smaller.

**That's What I Like About Texas.**

Offer valid for a limited time only at participating DQ restaurants. Blizzard, DQ and the ellipse shaped logo are trademarks of Am. D.Q. Corp., Mpls. MN © Reg. U.S. Pat. & TM Off. Tx. D.O. Op. Com., © 2010.

**CON SPEC TIRE REPAIR**  
**Flats - Start at \$9.00**  
**254-734-5284**  
**Anytime 24 Hours a Day**  
**Highway 6 East Of Gorman**  
**Comanche County Line**

**2004**  
**16X80 REPO!!**  
 3 + 2, New Paint and Carpet  
 \$0 Down If You Own Land  
**817-279-8505**  
 RBI-35823 5-10-28 C.

**2006 Model - 3 Bedroom**  
**\$19,900!**  
 2X6 Walls, thermppane Windows, Appliances. Deliver & Set Up. \$0 Down If You Own Land.  
**817-279-8505**  
 RBI-35823 5-10-28 C.

**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



**ENTERING THE FIELD** - The Panther Team is shown entering the field of play at the Santo Wildcat Homecoming Game played last week in Santo. The Panthers had a good game with the 5-0 Santo Wildcats.



**5K RUNNERS FROM GORMAN** - During the Eastland Old Rip Festival 5k Run, out of 149 runners, four runners were from Gorman. The runners were Megan Gray, Kenny Welch, Julie Clark and Angela Estrada. Congratulations to these runners.

# Gorman Lions Club Broom and Mop Sale Senior Center Thurs., Oct. 7th Starts at 8 a.m.

## RWNC To Launch WIN Online Portal To The Public

SAN ANGELO, TEXAS—The Rural Workforce Network Consortium (RWNC) will launch the Worldwide Interactive Network, Inc. (WIN) Strategic Compass™ online portal to the public, within the project area, on September 30, 2010. The web-based data platform consolidates education, economic, and workforce data to reveal comprehensive, multi-faceted analytics. The system offers a robust, multi-layered insight into the realms of education, the economy and the workforce.

The WIN Strategic Compass™ will allow individuals in the RWNC 75-county region to take action in meeting the workforce education and skills training needs for the Biotechnology/Life Sciences-Medical industry cluster and other industries/clusters. Users will be able to:

- Align Education, Workforce and Economic Data
- Develop Demand-based Curriculum Planning
- Identify Employability Skills for Demand Occupations
- Map Career Pathways and Advancement Plans for Students and Jobseekers
- Customize Data Analysis and Reporting

The RWNC has partnered with Worldwide Interactive Network (WIN) to determine the demand and likely supply of labor to meet the skills needs of the Biotechnology/Life Sciences-Medical industry cluster through the use of the WIN Strategic Compass™.

To access the Strategic Compass™, individuals within the project area will need to create a user account. Please go to the RWN website: <http://www.ruralworkforcenetwork.org/pages/resources.html> and click "WIN Strategic Compass" to request a username and password. You will receive an email confirmation within 2 business days containing the following information: username, password, and links to orientation session registration and training materials. After a user account has been established, individuals may access the system at: [www.strategiccompass.com](http://www.strategiccompass.com).

The portal is free to anyone in the project region, paid by grant investment from Texas Workforce Commission and in-kind match by WIN through April, 2012. High usage of the portal and answers to entry/exit questions, for return on investment data, will motivate future investments to sustain the portal.

In addition, the WIN Employer Survey Report results are available to the public: <http://www.ruralworkforcenetwork.org/pages/resources.html>.

## Military Retroactive Payments Deadline to Apply October 21

WASHINGTON – Military members whose service was involuntarily extended, or whose retirement was suspended between September 11, 2001 and September 30, 2009, due to stop loss are entitled to retroactive payments of \$500 for each month they were extended, according to Department of Defense officials. But the deadline to receive those benefits is rapidly drawing to a close. The deadline to apply for the benefits is October 21, 2010.

"You served with honor. You did your duty. And when your country called on you again, you did your duty again. Now, it's time to collect the special pay that you deserve," said President Barack Obama during a recent White House announcement.

Only about 58,000 of the 145,000 eligible claims have been paid, leaving more than \$300 million available to eligible veterans. The average payout for each veteran is close to \$4,000.

The president said that the program has caused some confusion and skepticism among those who have served. "Some veterans think this is some sort of gimmick or scam, or that it's a way for the government to call you back to service. Nothing is further from the truth. You worked hard. You earned this money. It doesn't matter whether you were active or reserve, whether you're a veteran who experienced 'Stop Loss' or the survivor of a service member who did – if your service was extended, you're eligible," said Obama.

The 2009 War Supplemental Appropriations Act established the Retroactive Stop Loss Special Pay and throughout the past year the services have been reaching out to eligible veterans, service members and their families through direct mail, veteran service organizations and the media. But by law there is no authorization to make payments on claims submitted after October 21, 2010.

Eligible members should print, complete and sign Department of Defense Form 2944, Claim for Retroactive Stop Loss Payment. They must then select the appropriate method for submitting their claim form based upon their service requirements. The information can be found on their service's stop loss web site, accessible from [www.defense.gov/home/features/2010/0710\\_stoploss/](http://www.defense.gov/home/features/2010/0710_stoploss/), or call: Army: (877) 736-5554; Navy: (901) 874-4427; Marine Corps: (877) 242-2830 and Air Force: (800) 525-0102.

Shortly after the original story was released focusing on the deadline for a stop loss benefit for veterans, Congress approved an extension. Now, eligible service members, veterans and their beneficiaries now have until December 3, 2010 to apply for retroactive stop loss special pay following an extension in the continuing resolution signed by the president Sept. 30.

The new Dec. 3 deadline extends the original Oct. 21 cutoff for applications and allows eligible recipients more time to apply for the benefit.

# RAISE THE YOUTH!!

The De Leon Chapter of the Fellowship of Christian Athletes is inviting Everyone from Everywhere to join them for an evening of positive praise and live entertainment as they host "Raise the Youth" at the De Leon Community Park.

The event will take place on Wednesday, October 20th starting at 7 p.m. and will feature performances by the Nick Gainey Band and 100 Watt Witness. Vertical Adrenaline Motocross Ministries will also be on hand to visit with those in attendance.

Raise the Youth is an opportunity for our young people to come together for a time of fun and fellowship. You do not have to be a member of the FCA to take part; this event is for the masses. If you have a large group that would like to attend, please RSVP so that you may be recognized during the celebration. Any individual, organization or business that would like to participate by becoming a sponsor or by simply making a donation is greatly appreciated. You will help to insure that this event is a success. Raise the Youth is free of charge, but donations at the gate are welcome. All profits from this event will go directly to the De Leon FCA. The FCA is dedicated to building relationships that demonstrate a steadfast commitment to Jesus Christ and His Word through Integrity, Serving, Teamwork and Excellence. Please help us build those relationships with the youth of our communities.

Please contact us at [rasietheyouth@yahoo.com](mailto:rasietheyouth@yahoo.com) or call Crystal Nabors at (254) 485-7223 for more information. You can find Raise the Youth on facebook!

## Accepting Applications

Region 14 Education Service Center's Alternative Certification Program - Special Education, EC-6 Generalist, Math, and Science

Applications for the Region 14 Education Service Center's 2011-2012 Alternative Certification Program for Special Education, Math and Science Teachers will be accepted September 1, 2010 thru November 12, 2010.

The program allows college graduates wanting to be teachers to earn certification as they train and teach full time, serving as interns with mentor teachers in area school districts. Participants complete training in the spring and summer prior to entering the classroom. During the internship year, training is continued.

Applicants are selected from those meeting the following admission requirement:

- Received bachelor's degree from an accredited institution Of higher education.

For additional admission requirements, contact Region 14 ESC Alternative Certification Program OR visit our website at [www.escl4.net](http://www.escl4.net)

Financial reimbursement is available if grant requirements are met. This program is made possible by a 1.4 million dollar federal Transition to Teaching Grant.

The teaching certificate enables recipients to teach anywhere in Texas. Reciprocity is available in some other states.

For more information, contact: Gay Ann Walts - Special Education - 325-675-7017; Donna Ray - EC-6 Generalist - 325-675-8670; Charlotte Taggart - Science - 325-675-8684 or Sandra Carter - Math - 325-675-7006.

John Stevens - Associate Director

## Letter To The Editor

"WE LOVE OUR PANTHERS, WE THINK THEY'RE SWELL. IF YOU LOVE YOUR PANTHERS, STAND UP AND YELL." How many times on Friday nights do we hear these exact words from our high school cheerleaders? I wonder how many people in the stands actually hear these words? If I were judging on participation I would say less than half. (I use football as the example because we are in that season, but I could easily use any one of the sports as an example, especially the girls's teams.) Do you come to the games to support our young people or do you come to catch up on the happenings of the week that you many have missed? Do you bring your children to Friday night games to run wild and crazy or to teach them the meaning of school spirit and support? I have been very disappointed in our fans for the last couple of years and it has been weighing heavy on my heart. I can remember the days when people went to the games to yell and cheer. How many times have we seen the boys on the field flagging their arms trying to gain a little support from there so called fans in the stands? It breaks my heart. Gorman is a town that I am proud to live in but it has seemed to lose some of its pride. What happened to P4? Can you remember what it stands for? I am having a hard time. Our boys are playing their hearts out. Many of them are getting hurt, as we witnessed last Friday night. Many are playing with injuries and they are still fighting... Are we going to support them or are we going to sit! Y-E-L-L EVERYBODY STAND UP, EVERYBODY YELL.... Next time you hear these words what are you going to do?

Thank you,  
Christian Hunter

## Lady Panthers Volleyball Schedule 2010

10-5-10	OPEN				
10-9-10	Albany*	There	10:00	JV,V	
10-12-10	Lingleville*	Here	5pm	JV,V	
10-19-10	Ranger*	There	5:00	JV,V	
10-23-10	Moran*	Here	10:00	V	

\* District Games

**ITEMS OF INTEREST**

Health Care volunteers For Comanche County Medical Center will be holding a Fundraiser Fish Fry at Cook's Fish Barn on Monday, October 14th from 5 to 8 p.m. Tickets at \$8.00 Each Make Plans to Attend

Oaklawn Cemetery Association is accepting donations for the care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, P. O. Box 532, Gorman, TX 76454 or to American State Bank, Gorman, Texas 76454

4-H - The Club is going to meet the first Wednesday of each month in the New Gym. All people interested in participating are encouraged to attend. The meeting will be at 3:45 - 4:45. For more information Call Cindy Underwood 734-5085.

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 Fundenburgh, Master - Kenneth Good, Secretary.

**FOOD BANK**  
New Hours - 10 to 11 a.m.  
Second Thursday

**BOY SCOUTS**  
Meeting Weekly  
Mondays - 6:00 p.m.  
Methodist Church

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, OCTOBER 20th FROM 9 TIL NOON.

Gorman Senior Citizens meet every Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

Gorman Oaklawn Cemetery Association is accepting donations for the care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, 7726 CR 362, Desdemona, TX 76445 or to American State Bank, Gorman, Texas 76454

UNITED STATES POSTAL SERVICE - (All Periodicals Publications Except Requester Publications)

**The Gorman Progress** 23770  
Weekly  
106 S. Kent, Gorman, Eastland Co, TX 76454  
P.O. Box 68, Gorman, TX 76454  
Lennie Bennett, P.O. Box 68, Gorman, TX 76454

same  
same

Lennie Bennett P.O. Box 68, Gorman, TX 76454

**The Gorman Progress** Sept 23 2010

Total Number of Copies (per year)	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
1000	1000	1000
17) Total Paid Distribution (Sum of 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100)	206	217
18) Paid Distribution Outside the Mails (including sales through dealers and carriers, street vendors, counter sales, and other paid distribution channels)	236	231
19) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	230	200
20) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	0	0
21) Total Paid Distribution (Sum of 18, 19, 20, 21)	672	648
22) Free or Nominal Rate Outside County (Copies included on PS Form 3841)	14	14
23) Free or Nominal Rate in County (includes PS Form 3841)	14	14
24) Free or Nominal Rate Outside County (includes PS Form 3841)	0	0
25) Free or Nominal Rate Distribution Outside the Mails (includes PS Form 3841)	0	0
26) Total Free or Nominal Rate Distribution (Sum of 22, 23, 24, 25)	28	28
27) Total Distribution (Sum of 21 and 26)	700	676
28) Copies not Distributed (Sum of Publications at page 10)	300	324
29) Total (Sum of 27 and 28)	1000	1000
30) Payment Paid (75% limited by 300)	96	96

Signature: Lennie Bennett, Owner Date: 9-21-10

**Jacks Pool and Spas**  
Jacks Chemical and Sanitorial Supply, Inc.

894 N. Graham Street -- Stephenville, TX 76401 Call 254-965-4125 or Call 254-592-3159  
For Pool Sales & Service - Call 254-965-4145

## Eastland County 4-H Photography Results



Over the past couple of weeks; Bob, Deann, Mary Kathryn, and Rebekah Powell have enjoyed the competition and challenge of Adventure running. The runs consist of multiple obstacles spread over a three to four mile trail. There are water hazards, mud pits, walls to climb over, and almost always a fire truck at the end to wash you off. After the race, there are usually live bands playing, providing entertainment. The Powell's ran "The Jailbreak" in Roanoke on September 18th, and the "MudQuest" in West on October 2nd, and are looking forward to the "Caveman Extreme" in Bridgeport on October 23rd. They can hardly wait!

## Letter To The Editor

I have been considering what has been written lately. It does make for interesting conversation. I wanted to let things go, I had said my piece. In a letter two weeks ago some references were made that really crossed a personal line for me. Since he elected to voice his opinions in a public forum I have elected to respond in kind. I had to take a moment to make sure I did not just fire off, but rather state my point clearly.

First, I read a lot about our former President and Vice President were found to have given false information and therefore everything they had to say was untrue and could not be believed or trusted. The false information was to further their political agenda and mislead the citizens. I realize this is paraphrasing but it was the point I took from the letter. Therefore, using the standard any information he offers since that time should be considered untrue and personal propaganda to further his agenda. This is the standard the writer set for him to claim a different standard for himself would be hypocritical.

On to the points that I found personally inflammatory. In the article he wrote regarding our young soldiers who committed suicide after their service in the Middle East, I can only say it disgusted me. The pompous arrogance of your assumptions to glorify your personal political motives shows the type of individual you are.

Before I go on a little personal history would possibly help to support my opinions. I have served in the military and also had 18 years in law enforcement to include several years as a Coroner Investigator. I have been involved in literally thousands of death investigations. I have spoken with the families, read the notes left, looked into the individual's history and had to determine the legal cause of death. An individual who takes their own life does so for many reasons. To place a blanket assumption that you know the exact reason for their deaths is assuming God like knowledge.

The worse part of it is that people like you often are a causative factor in some of these decisions. People like you, who fail to grasp the honor they feel in standing up for something bigger than themselves, people like you who take everything by way of rights they provide and then assume the almighty authority to judge their behavior places large amounts of conflict in a person's mind. People like you who sat and condemned their actions and called them killers, violators of religious standards muck like the ones who spat on the military wounded coming back from Vietnam. You can be as much a causative factor as the weapon they choose, but you run like a dog in denying your involvement.

In your piety you claim the vision and supreme knowledge to question what they do and the results of their actions yet you deny any responsibility for the damage and hatred you spread. There are many factors that can cause a decision such as taking one's life that has nothing to do with the actual service. Things like families growing apart, a feeling of loss going from someone who commanded troops and equipment to working a minimum wage job and a loss of direction can lead an individual to lose their identity and direction. You, however choose to promote the cause that best fits your political agenda. That is an insult to the individuals and their families.

To use these honorable service members who cannot defend themselves or their actions for you personal political gain and posturing is about the lowest thing I can think of. Tell me sir, have you ever taken a life? Do you know how it feels? Have you ever been engaged in a life or death struggle? I am sure, though you would support anyone who wants to use your circumstances for the gain without ever looking into it.

You will write what you want, I accept and support that. I took an oath to support your right to do it, but never deny another person's right to disagree. People will think what they want of what I write, I accept that too. I encourage all to form your own opinions and voice it, that is your right and that is why those young people stood up to be counted on. May God bless and keep each of them.

John Keeping.

Eastland County had a total of 63 photography entries. Pictures receiving 1st place will advance to the District 4-H Photography Contest to compete with 23 other counties. District Contest pictures are currently displayed at the Heart of Texas Fair in Waco. There will be another opportunity to participate in a photography contest at the Eastland Livestock Show. Photography entries deadline is January 3rd. Pictures will be displayed at the 2011 Eastland County Livestock Show. For more information about 4-H and the photography project contact Hallee Mitchell, Eastland County Extension Agent at 254-629-2222. A special "Thank You" goes to the ladies at Mane Street Salon for helping with the judging of the photography entries.

Results from the County 4-H Photography Contest:

### Clover Division: under 9 years old.

Animal /Color Class: Participation Ribbon-Braeden McDonald, Rising Star 4-H; Participation Ribbon-Hannah Underwood, Gorman 4-H

Still Life /Color Class: Participation Ribbon-Hannah Underwood, Gorman 4-H

Natural Landscape/ Color Class: Participation Ribbon-Hannah Underwood, Gorman 4-H; Participation Ribbon-Braeden McDonald, Rising Star 4-H

Plant/Flora/ Color Class: Participation Ribbon-Braeden McDonald, Rising Star 4-H; Participation Ribbon-Hannah Underwood, Gorman 4-H

### Junior Division: 3rd grade to 10 years old

People/Color Class: 1st Place-Clint Petree, Red Gap 4-H; 2nd Place -Lauren Underwood, Gorman 4-H

Animals/Color Class: 1st Place-Caryn Lawrence, Rising Star 4-H; 2nd Place-Estel Reeves, Carbon 4-H; 3rd Place-Lauren Underwood, Gorman 4-H

Animals/Black and White Class: 1st Place-Estel Reeves, Carbon 4-H

Still Life/Color Class: 1st place-Clint Petree, Red Gap 4-H

Natural Landscape/Color Class: 1st Place-Lauren Underwood, Gorman 4-H; 2nd Place-Tyler Cooper, Red Gap 4-H; 3rd Place-Clint Petree, Red Gap 4-H

Plant/Flora/Color Class: 1st Place-Alex Stinnette, Red Gap 4-H; 2nd Place-Lauren Underwood, Gorman 4-H; 3rd Place-Clint Petree, Red Gap 4-H

Architectural Element/Color Class: 1st Place-Clint Petree, Red Gap 4-H

### Intermediate Division: 11 to 13 years old

People/Black and White Class: 1st Place-Matthew Lawrence, Rising Star 4-H; 2nd Place-Cheyenne Harding, Rising Star 4-H

People/Color Class: 1st Place-Cheyenne Harding, Rising Star 4-H; 2nd Place-Matthew Lawrence, Rising Star 4-H

Animals/ Color Class: 1st Place-Samuel Keierleber, Rising Star 4-H; 2nd Place-Matthew Lawrence, Rising Star 4-H; 3rd Place-Cheyenne Harding, Rising Star 4-H

Animals/Black and White Class: 1st Place-Samuel Keierleber, Rising Star 4-H

Still Life/ Color Class: 1st Place-Kailee Nall, Rising Star 4-H

Natural Landscape/Color Class: 1st Place-Emma Stinnette, Red Gap 4-H; 2nd Place-Cheyenne Harding, Rising Star 4-H; 3rd Place-Michelle Cooper, Red Gap 4-H

Natural Landscape/ Black and White Class: 1st Place-Michelle Cooper, Red Gap 4-H

Architectural Elements/Color Class: 1st Place-Cheyenne Harding, Rising Star 4-H

Special Effects Class: 1st Place-Cheyenne Harding, Rising Star 4-H

### Senior Division: 14-18 years old

People/Color Class: 1st Place-Michael Wright, Rising Star 4-H; 2nd Place-Hailey Parks, Carbon 4-H; 3rd Place-Aubrey Lawrence, Rising Star 4-H

People/Black and White Class: 1st Place-Hailey Parks, Carbon 4-H; 2nd Place-Michael Wright, Rising Star 4-H; 3rd place-Aubrey Lawrence, Rising Star 4-H

Animals/Color Class: 1st Place-Michael Wright, Rising Star 4-H; 2nd Place-Jill Keierleber, Rising Star 4-H; 3rd Place-Hailey Parks, Carbon 4-H; 4th Place-Kinsey Nall, Rising Star 4-H

Animals/Black and White Class: 1st Place-Michael Wright, Rising Star 4-H; 2nd Place-Hailey Parks, Carbon 4-H

Still Life/Color Class: 1st Place-Hailey Parks, Carbon 4-H; 2nd Place-Aubrey Lawrence, Rising Star 4-H; 3rd place-Kinsey Nall, Rising Star 4-H

Natural Landscape/Color Class: 1st Place-Hailey Parks, Carbon 4-H; 2nd Place-Michael Wright, Rising Star 4-H

Natural Landscape/Black and White Class: 1st Place-Hailey Parks, Carbon 4-H

Plant/Flora/Black and White Class: 1st Place-Hailey Parks, Carbon 4-H

Plant/Flora/Color Class: 1st Place-Jill Keierleber, Rising Star 4-H; 2nd place-Aubrey Lawrence, Rising Star 4-H; 3rd Place-Hailey Parks, Carbon 4-H

Architectural Elements/Black and White Class: 1st Place-Aubrey Lawrence, Rising Star 4-H

Architectural Elements/Color Class: 1st Place-Aubrey Lawrence, Rising Star 4-H

Special Effects Class: 1st Place-Michael Wright, Rising Star 4-H; 2nd Place-Hailey Parks, Carbon 4-H

## Osteoporosis: Prevent It; Reverse Its Consequences

Osteoporosis, meaning porous bone, is a disease in which bones become fragile and more likely to break. According to the National Osteoporosis Foundation, many people are unaware of the link between broken bone and osteoporosis. Yet, currently in the U. S., about 10 million people (8 million women and 2 million men) suffer from osteoporosis. And about 34 million more people are estimated to have low bone mass, placing them at increased risk for the disease ...and, subsequently at risk for broken bones.

Like muscle, bone is a living, growing tissue that constantly breaks down and reforms. We often think about building and maintaining our muscle strength; we need to remember to build and maintain our bone strength as well. Osteoporosis is a disease that can be prevented and treated. Below are the best things you can do to prevent osteoporosis.

Eat a diet rich in calcium and vitamin D, and do not smoke or drink alcohol excessively (because smoking and excessive alcohol consumption can interfere with calcium absorption and damage bone cells). Men and women ages 19-50 need 1,000 mg per day of calcium, while those over age 50 need 1,200 mg per day. Read food labels to see how much calcium you are getting, and add a calcium supplement (e.g., purified calcium citrate or purified calcium carbonate) if you do not get enough calcium on a regular basis.

Also, make sure you are getting enough vitamin D because vitamin D is what helps your body absorb calcium into the blood stream. You can get vitamin D from spending time in the sunlight (about 15 minutes per day) or from foods, such as egg yolks, saltwater fish, liver, and fortified milk. You need 400-600 IU (international units) per day. So if you are not getting enough from sunlight or foods, you may need a vitamin D supplement.

Another way to prevent osteoporosis is by regularly participating in weight-bearing exercise. Like muscles, bone is living tissue that responds to exercise by becoming stronger. Weight-bearing exercise is the best for your bones because it forces you to work against gravity. Weight-bearing describes any activity you do on your feet that works your bones and muscles against gravity, such as brisk walking, jogging, hiking, pushing a lawn mower, soccer, basketball, baseball, dancing, aerobics, stair climbing, bowling, skiing, skating, weight training with free weights or machines, etc. Because bone is living tissue that constantly breaks down and reforms, when you do regular weight-bearing exercise, your bone adapts to the impact of the weight and pull of muscle by building more cells and becoming stronger. It is never too late to begin exercising. If you already have osteoporosis or other chronic health conditions, talk with your doctor about the best kind of exercise for you.

An early diagnosis can also make a difference for those with osteoporosis or weakening bones. It is common for bones to weaken as we age and for women to have a loss of estrogen, which considerably weakens bones after menopause. Be sure to talk with your doctor about when to begin looking at how dense your bones have become and whether or not an osteoporosis medicine may be needed to help prevent or slow the process of bone loss. Your doctor can perform a simple Bone Mineral Density (BMD) test, which is a quick and painless way to see if you have osteoporosis or reduced bone mass. If you do need medicines, thoroughly discuss your medication options with your doctor. Today, there are many medication options that can prevent and help build bones. Be sure to talk about all the benefits as well as potential side effects, and any other medications or supplements you are taking. The choice of medication is dependent on each individual's particular circumstances.

At any age, it is never too late to take steps to protect your bones and prevent fractures. The consequences of broken bones can be high. It is estimated that 1 in 2 women and 1 in 4 men will have an osteoporosis-related fracture in their lifetime. Bones most prone to fracture with osteoporosis are the hip, spine, and wrist bones, and these are often not without further consequences. Hip fractures are the most common reason for nursing home admissions; 1 in 5 people with a hip fracture end up in a nursing home within a year. Some fractures may cause loss in the ability to stand or walk, while others may make daily activities like dressing or feeding oneself difficult. See your doctor about your osteoporosis risk, and take action with preventative steps right away.

For more information, contact Hallee Mitchell, Texas AgriLife Extension Service Agent at 254/629-2222; or for information on osteoporosis, please see our HealthHints newsletters at <http://fcs.tamu.edu/health/healthhints/2010/sep/osteoporosis-part1.pdf>. Written by Janet M. Pollard, MPH, AgriLife Extension Associate-Health, Texas AgriLife Extension Service, Texas A&M System, September, 2010.

**Ken's**  
**POLARIS Motorcycle Shop, Inc.**  
 1304 E. Main — Eastland, Tx 76448  
 Phone: 254-629-2382 Fax: 254-629-2613

*It has not been a better time than right now,  
 To get a Polaris ATV which our*  
**FACTORY AUTHORIZED CLEARANCE.**  
**ALL DEAL -- NO HYPE**  
*Come and check it out, before they are gone.*  
**Limit quantities available. HURRY!!!**

**Buy a 2011 selected Sportsman ATV and get a FREE WINCH.**

**"FIRST TIME BUYERS -- WELCOME"**  
*(new ATV's only, based on income and  
 Time of employment)*  
**Financing Starts at 3.99% A.P.R.**

**Cathy Jentho, Eastland  
 County Clerk Early  
 Voting Set Oct. 18  
 thru 29**

People may begin calling my office to see if they qualify to vote by mail procedure. The number is 254.629.1583

Early Voting in person at the County Courthouse is October 18, 2010 through October 29, 2010 - 8:00 AM till 5:00 PM

\*Saturday early voting will be conducted on October 23, 2010 from 7:00 AM until 2:00 PM\*

November 2, 2010 Election Day polls open 7:00 AM till 7:00 PM

**BRIDES—TO—BE!**  
 COME IN AND SEE OUR BRIDE & GROOM ALBUM OF FINE WEDDING STATIONERY AND ACCESSORIES IN EVERY PRICE RANGE.

**BRIDE & GROOM**  
 WEDDING INVITATIONS & SOCIAL STATIONERY

*For Your Wedding Needs Please Come By To View Our Book of Wedding Invitations and Accessories*

**The Gorman Progress - 734-2410**

# Desdemona News By Vonnie Guthery

**Ladies Monthly Social** will be an early "Fall Luncheon" held on Monday, October 11th at the Community Center. Make plans to arrive at 11 a.m. to enjoy the good food served by the Hostesses. Visitors are welcome. Next Ladies Social will be held on Monday, November 8th at the same location.

**First Baptist Church of Desdemona** had very good attendance on Sunday. Song service was led by Sarah McAlpine with Shirley Shirley at the piano. Special music was by Bro. Charlie Johnson. Visitors were Bill and Sarah McAlpine of Blanket and their son, William McAlpine, III of Dallas. Visitors are invited to attend at 10 a.m. on Sunday for Sunday School and 11 a.m. for the Morning Service.

Lee and Sonja Hornback hosted a Sunday "Hamburger Cook-Out" birthday party for their son, Justin to celebrate his 5th birthday. Several family members and friends attended to enjoy the good food, homemade ice cream and cake.

Friends of Desdemona sends sincere sympathy to the family of Guy Owens. A memorial service will be held at a later date at the Desdemona Cemetery. The Owens family are former residents of Desdemona where all their children attended school. Preceded in death by his parents, Dick and Agnes Owners; two brothers, Buster Owens and Bill Owens; two sisters Mae Louise Owens and Betty Lou Owens.

Survivors include a brother, Clyde Owens of Ocala, Florida and a sister, Jeanette Owens of Artesia, New Mexico.  
Have a great day - Vonnie.

## Bastrop Wildfire Academy Aims To Ready Firefighters For A Potentially Devastating Winter Fire Season

With a potentially devastating wildfire season looming on the horizon, state officials are encouraging firefighters to head to Bastrop later this month for one of the nation's largest wildfire academies.

The 13th annual Capital Area Interagency Wildfire Academy is designed for both beginning and advanced firefighters, municipal and rural volunteer firefighters and structural and wildland firefighters. Held at Camp Swift, the academy begins Oct. 19 and runs through Nov. 1.

Three dozen classes are offered at the academy. Topics include basic firefighting, ignitions, basic engine and suppression tactics, leadership, incident command, chainsaw safety, dozer operations, helicopter training and emergency vehicle operations.

"We want to get the word out to firefighters who want to get trained because we're looking at a serious fire season, and the local responders are our first line of defense," said Jan Amen, fire prevention specialist with Texas Forest Service. "We hope they will learn how to keep themselves safe because that's absolutely No. 1."

Hundreds of firefighters often come from across the country — and sometimes from across the globe — to attend the two-week training academy, Amen said. Rather than having to attend for the duration of the academy, attendees can pick and choose applicable classes, many of which are offered on weekends.

The cost is \$60 per day and includes breakfast, lunch and course materials. Volunteer firefighters can be reimbursed for this cost through the Rural Volunteer Fire Department Assistance Program, a grant program funded by the state and administered by Texas Forest Service.

Free lodging is available for firefighters who choose to stay in the base barracks or tent camp.

"It's as close to a fire assignment as you can get without actually going to a fire that has the potential to burn houses down," Amen said. "It gives you the opportunity to get a real good feel for a fire assignment. Feeling that heat in your face is best way to know if this is for you or not."

The academy is a joint effort coordinated by Texas Forest Service, U.S. Forest Service, National Park Service, U.S. Fish and Wildlife Service, National Weather Service, The Nature Conservancy, National Wildfire Coordinating Group, Texas Wildfire Association, Texas Army National Guard, Bastrop County Office of Emergency Management and area fire departments.

For more information or to register, go to the Texas Interagency Coordination Center training page. Or, contact the academy registrar at AcademyRegistrar@tfs.tamu.edu or 979-458-7330.

### LIFE SKILLS IS SELLING FLEECE PILLOWS

**YOU CAN GET THEM IN RED OR BLUE WITH GORMAN PANTHERS WRITTEN IN WHITE ON THEM OVER 12 INCHES BIG THESE WOULD BE A GREAT SEAT CUSHION FOR ANY GAME AND YOU CAN SHOW YOUR SUPPORT FOR THE PANTHERS. \*WE WILL HAVE SOME MADE SO COME AND CHECK THEM OUT!**

**GET YOUR ORDER IN TODAY!  
COST: \$8.00**

\*Money goes to help Life Skills go on their field trips throughout the year.\*  
Fleece Pillow Fundraiser For Life Skills Class Order form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

\$8.00 each

Red \_\_\_\_\_ Qty. \_\_\_\_\_

Blue \_\_\_\_\_ Qty. \_\_\_\_\_

Total Qty: \_\_\_\_\_ X \$8.00

Total money due: \_\_\_\_\_ cash \_\_\_\_\_ or Ck# \_\_\_\_\_

\*\*Please send money with this order form\*\*

### HEALTH

## How Healthy Is Your Child's Packed Lunch?

NewsUSA

(NU) - Every time you pack your kids' lunches, you have an opportunity to give them a fun, healthy meal. Are you making the most of it?

Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD, authors of the book "No Whine with Dinner," along with the California Raisin Marketing Board, offer the following tips for better lunches:

- **Take a Lunchbox Assessment.** Look at your children's lunches. Healthy lunches should include whole grains, such as whole-wheat bread, pitas or tortillas; high-quality lean protein, such as roasted deli turkey, beans or tofu; low-fat dairy, such as low-fat milk, yogurt, cheese and calcium-fortified soy milk; and fruits and vegetables, such as sliced apples, strawberries, California raisins, sliced bell pepper strips, baby carrots or raw green beans.

If your child's lunch doesn't contain something from each food group, figure out where you can add healthier foods. Improving your child's lunch could be as simple as using whole-wheat bread instead of white bread or adding more fruit.

- **Add "Try-it" Foods.** Play the "try-it" game. When you go to the grocery store, let your kids choose a new fruit or vegetable they haven't tried before, like yellow bell pepper or papaya. Bring it home, sample it, and consider adding the new "try-it food" to the lunch box that week.

- **Pack Satisfying Snacks.** A hearty and healthy mid-morning snack can hold your child over until lunch. Make snacks count to-



Homemade granola bars make a healthy mid-morning snack. Find the recipe at [loveyourraisins.com](http://loveyourraisins.com).

ward good nutrition by packing fruit or homemade baked goodies like muffins, quick breads or "granola" bars. Enhance your recipes by adding whole-wheat flour or wheat germ for added fiber and nutrients, dried fruits such as California raisins for added antioxidants, and finely chopped nuts for extra protein.

If you've found a way to improve your kids' lunches, head over to the California Raisins' Web site, [LoveYourRaisins.com](http://LoveYourRaisins.com), to enter the "Let's re-Do Lunch" contest. Your healthy lunch makeover photos and tips will give you a chance to win a \$5,000 cash prize, a year's supply of California Raisin snack packs and a donation in your name to the food bank of your choice. The contest closes November 8th.

## Rising Star Octoberfest - Saturday, October 9th

The Rising Star Chamber of Commerce and Agriculture will sponsor its 15th Annual **OctoberFest** on Saturday, October 9, 2010 in the Rising Star City Park. Events include a **BBQ Cook-Off** sanctioned by the Lone Star BBQ Society, Pecan Pie Bake-off, Arts and Craft Booths, Musical Entertainment, Antique Cars and Tractors, and **Bounce House** for the kids to enjoy. There will be a **Parade** at 10 a.m. And the Chamber of Commerce will have **BBQ Sandwiches** for sale at Lunch time. Star Pride will be on hand with breakfast items and desserts to top off the brisket sandwiches. Vendors are welcome and encouraged to come and set up in the park.

An added feature this year will be **Beef Briskets** available for sale the day of the event. These will be prepared by professional cooks Gary McGinn and David McInroe. For details, call Judy at 254-643-4261. There will also be a **50-50 Ticket Sale** and **Silent Auction**. Something for everyone at **Rising Star OctoberFest!!!**

## Senior Citizens News

By Carol Ward

We enjoyed our weekly meal on Wednesday the 29th at 11:30 with 16 in attendance. Henry Buchanan again gave our blessing. Since he is a retired Baptist Preacher, his prayers are great. They are short and to the point. Thanks to you and wife Anne for usually being here. She makes good cakes and cobblers.

Sure was good to see Sandy Warren. Had been awhile since a visit. She brought us a delicious sock-it-to-me cake. Hope to see more of her in the future. Also Lil Brudnak here, always nice to see and visit with her.

The Shirley's didn't make it again, as Beth feeling ill with some problems. Frank doing better. Hope they can come and visit soon. Also Ruthie Porter was going to be here, but she had a setback. Maybe we will see them all soon.

We enjoyed a Mexican meal with chicken enchilada casserole, tamale pie brought by Billie Bennett, so good. Also pinto beans, mixed veggies of carrots, broccoli and cauliflower, peas, a delicious vegetable salad called Copper Penny made with carrots, etc. Bernice Hewson brought this treat for us. There was Cole slaw, honeydew melon and corn bread. We enjoyed 3 cakes and Geraldene Wright brought us some good chocolate cupcakes. I apologize for my casseroles. They didn't turn out right this time. It had been so long since I made them, must of lost my touch.

I finally made it to Tyson Swanner's game in Abilene on Saturday the 2nd of October. It was hot! Not too bad after the sun went down. They lost playing McMurray. Maybe I better stay home, as it was a bad loss for Howard Payne. I may go next Saturday in Brownwood, but afraid it will be warm again. It just won't be football weather. Sunday the 3rd would of been great, but a day too late.

This weather has been great, so very cool with the front coming in. I actually had to put a cover on my bed! First we are roasting then freezing over night. These fast changes get to me.

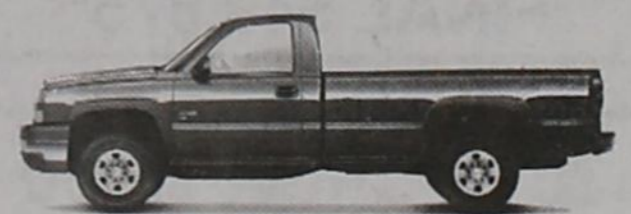
Daisy Slaton enjoyed breakfast in Desdemona on the 2nd of October. The Buchanan's and Dr. Dan and wife Sondra shared the table with her. I'm sure there was some good conversation. I went to Brownwood to see my Chiropractor and also visited my son, Mark and friends. Then later I rode with Kendra and Ryan Wright to the game in Abilene. A very long day! I hurt all over by the time I arrived home at one in the morning.

Hope all is well and see you soon. Carol

# 0% - 72 Mos. WAC

## OR UP TO \$6,000

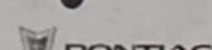
# IN FACTORY REBATES ON FULL SIZE 2010 SILVERADO AND SIERRA PICKUPS



## Bayer Motor Company, Inc.



218 E. Grand - Comanche



1-800-843-5230

M-F 7:30 a.m. to 5:30 p.m. Sat. 7:30 a.m. to 3:00 p.m.

Web Pages: [www.bayermotor.com](http://www.bayermotor.com) or [www.bayermotorco.com](http://www.bayermotorco.com)



The U. S. Postal Service has been denied the request for a two-cent raise in the price of a first class stamp. The reason the Postal Service asked for a raise is that Postal Service is in debt and going deeper. The request was turned down on some technicality but the real question is Why is the Postal Service in trouble?

We are putting the Postal System out of business because we don't buy first class stamps. We don't buy first class stamps because we don't mail first class letters. It received for pieces of mail this morning, only one had a forty-four cent stamp. the other three with special rate, were offers to sell me something I don't need and don't want. This is about par for the daily mail.

When I get my statements from the credit card companies they include an envelope with the suggestion I avoid the cost of a stamp by paying on-line. If I pay what I owe I can do without advice about how to short circuit the Post Office.

I have a couple of friends back in Kentucky who still write a letter to me once in awhile. Not often, because even they have learned that I have an e-mail address. I am urged to send what they send me to ten more people but by e-mail, not first class mail.

We have Benjamin Franklin to thank for the U. S. Postal System. It is one of the best things this government has ever done and we are going to starve it to death with technology. Me? I like to buy stamps from our friendly Postmaster.

(s) Henry A. Buchanan  
1131 N. Kent Street - Gorman, TX 76454-2704  
254-734-4569  
October 1, 2010

Honesty and Integrity Is Our Promise To You

**HUGE SAVINGS!**



**2010 MODEL YEAR CLOSE OUT!**

**Every 2010 Must Go!**

**SHOP EASTLAND COUNTY FIRST**

**Rebates up to \$6,750\***

**Interest as low as 0% Up to 72 Mos.\***

**Great Lease Rates as low as .15%\***

\*WAC through Ally, must qualify for rebates, rebates and rates vary on select vehicles, price plus TT&L, rebates subject to change

Everything Priced To Sell, If You Don't Call You WILL Miss A Great Deal!

<p><b>2010 GMC 1500</b> 2WD, Crew, SLT, Stk. #8135 MSRP: \$42,615; Fullen Disc.: \$1,915; Rebate: \$6,750</p>  <p><b>FINAL \$33,950*</b></p>	<p><b>2010 GMC 1500</b> 4x4, Crew, SL, Stk. #8124 MSRP: \$35,480; Fullen Disc.: \$1,880; Rebate \$6,750</p>  <p><b>FINAL \$26,850*</b></p>	<p><b>2010 GMC 1500</b> 2WD, Crew, SLE, Stk. #8081 MSRP: \$40,485; Fullen Disc.: \$2,535; Rebate: \$6,750</p>  <p><b>FINAL \$31,200*</b></p>
<p><b>2010 GMC 1500</b> 2WD, Crew, SLE, Stk. #7971A MSRP: \$37,085; Fullen Disc.: \$1,860; Rebate: \$6,750</p>  <p><b>FINAL \$28,475*</b></p>	<p><b>2010 GMC 1500</b> 2WD, Reg, WT, Stk. #8004 MSRP: \$24,200; Fullen Disc.: \$635; Rebate: \$6,750</p>  <p><b>FINAL \$16,815*</b></p>	<p><b>2010 GMC 3500</b> 4x4, Ext. Cab, SLE, Stk. #8019 MSRP: \$40,340; Fullen Disc.: \$2,650; Rebate: \$6,750</p>  <p><b>FINAL \$30,940*</b></p>
<p><b>2010 Buick Lucerne</b> CXL, Stk. #7942A MSRP: \$34,990; Fullen Disc.: \$825; Rebate: \$4,000; Conquest: \$1,000</p>  <p><b>FINAL \$29,165*</b></p>	<p><b>2010 Chevy Aveo</b> LT, Stk. #8143 MSRP: \$17,600; Fullen Disc.: \$300; Rebate: \$2,500; GM Financing: \$1,000</p>  <p><b>MSRP \$13,800*</b></p>	<p><b>2010 Chevy Cobalt</b> LS, Stk. #8024 MSRP: \$20,565; Fullen Disc.: \$930; Rebate: \$3,000; GM Financing: \$1,000</p>  <p><b>FINAL \$15,635*</b></p>
<p><b>2010 Chevy Tahoe</b> LTZ, 4x4, Stk. #8086 MSRP: \$56,505; Fullen Disc.: \$3,630; Rebate: \$3,000</p>  <p><b>FINAL \$49,875*</b></p>	<p><b>2010 Chevy HHR</b> LT, Stk. #7963 MSRP: \$24,810; Fullen Disc.: \$1,195; Rebate: \$4,000</p>  <p><b>FINAL \$19,615*</b></p>	<p><b>Free Pick Up* &amp; Delivery From Sales and Service</b> <small>*Vehicle must be drivable</small></p>
<p><b>2010 Chevy 1500</b> 2WD, Crew, LT, Stk. #8165 MSRP: \$36,610; Fullen Disc.: \$1,610; Rebate: \$6,750</p>  <p><b>FINAL \$28,250*</b></p>	<p><b>2010 Chevy 1500</b> 2WD, Crew, WT, Stk. #8150 MSRP: \$32,245; Fullen Disc.: \$680; Rebate: \$6,750</p>  <p><b>FINAL \$24,815*</b></p>	<p><b>CASH CORRAL VEHICLES</b></p> <ul style="list-style-type: none"> <li>1997 Ford Expedition Stk. #8240A, Tan...\$5950**</li> <li>1989 Chevy Silverado Stk. #8244B, 1500, Reg. LS, 4x4, Black.....\$1950**</li> <li>2002 Jeep Grand Cherokee Laredo Stk. #8299, Blue.....\$8950**</li> <li>2005 Dodge Stratus Stk. #8290, Silver....\$6950**</li> <li>1997 Toyota Camary Stk. #8131B.....\$3950**</li> <li>1997 Chevy Monte Carlo Stk. #8173B...\$2750**</li> <li>2002 Buick Lesabre Stk. #8030A.....\$5550**</li> <li>2001 GMC Sonoma Stk. #8098B.....\$2950**</li> <li>2005 Chrysler PT Cruiser Stk. #8251B...\$5550**</li> <li>2005 Chevy Impala Stk. #8061C.....\$6550**</li> <li>2002 GMC Yukon XL Stk. #8021A.....\$7999**</li> </ul> <p><small>**All prices +TT&amp;L</small></p>