

The Gorman Progress

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

2010 Member - Texas Press Association

AUGUST 5, 2010

NUMBER THIRTY-ONE

Congratulations To Coach Pitch Lady Panthers on a Successful Season

In the regular season play the Lady Panthers took the First Seat in their District with a 11-1 record. The District include De Leon Stars, Chopstix, Twisters, Dublin Lady Lions, ranger Red Hots and Hico Bling.

In post season play the Lady Panthers picked up Victoria Fincannon of Hico Bling, Jordan Mayes and Macee Bell of the Ranger Red Hots to help with tournament play. The Lady Panthers went into the District 4 Tournament held at Comanche, Texas with De Leon Chopstix, Comanche Crush, Early Heartbreakers and Early Twisters. The Lady Panthers took First Place in the Tournament and advanced to the State Tournament.

The State Tournament held in Clifton, Texas was the largest tournament in the state consisting of 22 teams. The Lady Panthers were defeated by a tough Belton team in the first round, the Belton team won the tournament. Second round they defeated Lindale. Third round, they defeated Leon. Fourth round, their season was ended by a loss to Groesbeck. The

Lady Panthers had a ending record of 24-6.

A great sason for a great group of girls, we as coaches would like to thank the girls for all the fun and hard work they had given us this season. Thank you to the parents for their support and dedication, and to anyone that donated and supported the girls on thier road to State.

Thank You,
The Lady Panther Coaches
Nick Guthery, Darren Clark,
Tyler Johnson and Kris Scitern



Pictured From left to right - (Coaches) - Kris Scitern, Tyler Johnson, Darren Clark, Nick Guthery. (Players) - Macee Bell, Kori Gaines, Karsyn Scitern, Caitlyn Clark, Kelsie Guthery, Brylee Johnson, Morgan Wright, Victoria Fincannon, Kaylee Grumbles, Makenzie Rainey, Annessy Rainey, Trinity Torres, Aryann Cook, Jordan Mayes. Not pictured - Larissa Hampton.

TFS and Gorman Vol. Fire Dept. Show Steps For Protect Yourself

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

LPG tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.

Store gasoline in an approved safety can away from occupied buildings.

All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.

Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.

Remove branches from trees to a height of 15 feet or more.

In rural areas, clear a fuel break of at least three times the fuel length around all structures.

Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.

Place connected garden hoses at all sides of your home for emergency use.

Assure that you and your family know all emergency exits from your home.

Assure that you and your family know all emergency exits from your neighborhood.

FIRE SAFETY TIPS FOR RURAL RESIDENTS

Create a defensible space of at least 30 feet around your house and outbuildings; closely mow lawns and trees should be pruned and spaced widely apart.

Establish fuel breaks along roadways and between buildings and fields or woodlands.

Keep mufflers and spark arresters on agricultural equipment in proper working order and watch out for rocks and metal when bush hogging or mowing.

Monitor hay-baling operations closely, dry hay can ignite within the baler.

Watch out for sparks when using welding equipment to build fences or repair equipment.

Avoid driving or parking vehicles in grassy areas where tall, dry grass comes into contact with hot pollution control equipment under vehicles.

Postpone outdoor burning until your area greens up, check with local fire department to determine if ban on outdoor burning has been lifted.

When debris burning is allowed, establish wide control lines down to bare mineral soil prior to lighting your fire. Burn trash in a burn barrel or other fire-safe receptacle covered with a wire mesh or grid that will help contain burning debris. Stay with your fire until it is out.

A FEW GOOD THINGS TO KNOW

Know if there is or is not a burning ban in place for your town, city or county.

If you burn, clear a large area on the ground of any combustible material, such as grass, leaves and scrap wood, burn only what you want to burn.

Do not leave your burn pile unattended and have a hose at the ready.

For more information, visit the Firewise Communities web site.

RECLAIM GORMAN Project Moving Right Along

The EDC recently put the Fry property on Pershing St up for bid.

We receive three bids: Alan Gibbs, Arlton Smith and Kenneth Good. Kenneth Good had the highest bid. He started the clean up of that property with revealing the house. Within a day the vines were gone, the "jack-in-the-bean-stalk" shrub was cut down to ground level, and the lawn looks wonderful. There is another project in process; a vacant house is to be moved to the country for restoration. Everywhere I see people cleaning their lots and thanks to our rainfall this year, we have not had to water for a green yard.

Our sand volleyball court will be ready for use this week. It has taken awhile to complete this project as it is a strictly volunteer project. Thanks to Bill Underwood and T.J. Cummings, Mark Campbell, Phillip Osborne, Lisa Laminack, Belinda Segura, Glenn Scitern, Curtis Gilder, Trace Gortt, Cody Hodges, Bill Barrentine, and TXU.

Everyone should remember, if you play volleyball and intend to swim, you will have to shower first. The pool is in great condition this year and we do not want sand to clog up the filters.

The parks in Gorman are a great asset to our community and everyone should be very proud of them. I would like to take a poll, would you be more interested in a skate board ramp or a miniature golf course? Just some thoughts for future projects.

BOIL WATER

RESCIND NOTICE

On Sunday July 25 the Texas Commission on Environmental Quality (TCEQ) required 0670003, City of Gorman to issue a Boil Water Notice (BWN) to inform our customers that due to the presence of contaminants or an interruption in service, water from our system must be boiled prior to consumption.

Our system has taken the necessary corrective actions to restore adequate pressure, disinfectant levels, and or bacteriological quality and has provided TCEQ with testing results that indicate that the water NO longer requires boiling.

If you have questions, contact City of Gorman @ (254) 734-2317.

Carbon Community Baptist Church Co-Ed Softball Tournament

The Carbon Community Baptist Church will be holding a Co-Ed Softball Tournament on August 6th and 7th. Games start at 5 p.m. Friday and Peanut Park in Gorman. Come enjoy a good game and visit the Concession Stand. Area wide teams. All proceeds go to Church Construction. Make Plans to Attend

Super Notes

By David Perry -- Superintendent, Gorman ISD -- 254-734-3171

Good-byes are always difficult for me. It is hard to not get emotional, especially when leaving a place we really love. Thankfully, things have worked out so we are keeping our home in Gorman and will hopefully return in the future to retire someday. That is our plan right now anyway, so you will be seeing us periodically between now and then.

Everyone wants to know why we are leaving. The real answer to that can only be given by your school board and they aren't talking. They decided not to extend my two year contract which they had previously committed to me, leaving me with a one year contract. This is extremely abnormal for a superintendent. This was their silent message to me to move on and find another district. I informed them before the board meeting that I would have to look for another district if this is what they decided to do. Why, I don't know. They would not share their reasons with me. Truth is, all they would have had to do was to ask me to leave even if they had renewed my two year contract and I would have started looking immediately. That's what I told them I would do when they gave me a two year contract to begin with and I meant it. Now its history and it won't help anybody to dwell on it! In the coming years, the school board is going to need all the support they can muster.

I personally wish the Gorman School Board well and have no hard feelings and I hope you will all support them too. They are going to have some rough years ahead of them financially and eventually more difficult decisions are going to have to be made unless our legislators pass laws that will adequately fund the education of all of children in our state. I believe the district will need to propose a tax rollback election and increase taxes in order to maintain the programs currently offered to our students and continue to employ the staff and faculty that is currently in place. So don't be surprised when it happens. I hope you will support it. I will, and yes, I will still be paying taxes here! The last time I figured it, if they raise our M&O tax rate by the thirteen cents available it will only cost us about \$88,000.00 throughout the district and Austin will pay the difference between our property values and Austin's for the first two pennies and the value of Dallas property on the remaining eleven cents. For those of you whose taxes are frozen, you will not be affected at all on your homestead.

I am very proud of what has been accomplished here over the last five years and I feel confident that is the way the majority of Gorman residents feel. We have improved our academics every year and we've experienced more athletic success in the last five years than has been experienced

Continued On Page Three

SPECIAL INVITATION

All area ladies are invited to join the Dorcas Class for Coffee at a Midsummer

"Get-Together"

TUESDAY, AUGUST 10

from 10:00 - 11:00AM

(We'll join Josie and her staff at the Dairy Queen for lunch following the Coffee)

Fellowship Hall - Gorman Church of Christ

Formal classes will resume on September 14, 2010 and will begin with a study of 1&2 Samuel.

All ladies are cordially welcome!

Drawing For Quilt Planned

The Gorman Peanut Festival is selling chances on this amazing quilt that was donated by the Twinkle City Quilters. If you would like to purchase a chance to win, please call the Gorman City Office at (254)734-2317.

Thanks, The Gorman Peanut Festival Committee



ITEMS OF INTEREST

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

4-H - Meets Second Monday of Each Month at 6:00 p.m. at the First United Methodist Church Fellowship Hall - Amy Wood - 734-2973.

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

Gorman Masonic Lodge No. 716 A.F. & A. M. Regular stated meetings are 2nd Tuesday of each month at 7:30 p.m. Members are urged to attend. Visitors are always welcome. Cecil Funderburgh, Master - Kenneth Good, Secretary.

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, AUGUST 11th 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.

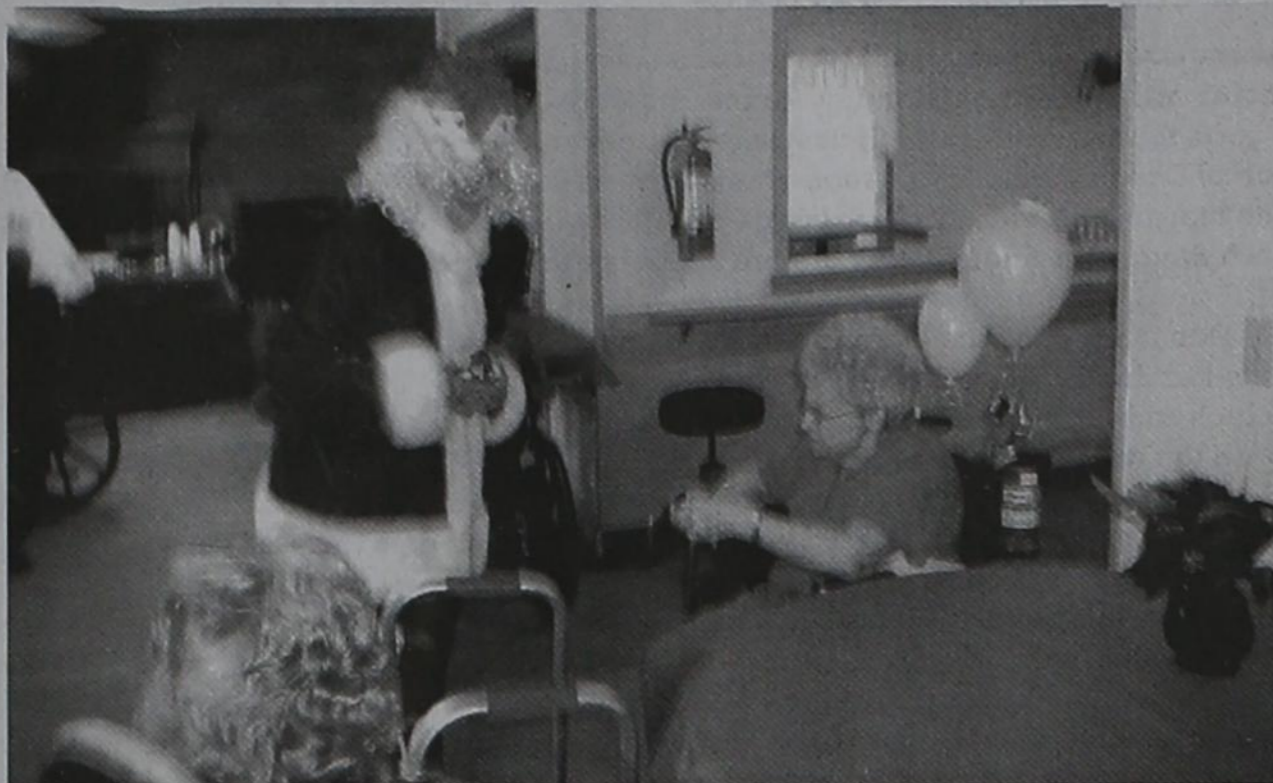
Oaklawn Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, 7726 CR 362, Desdemona, Tx 76445 or to American State Bank, Gorman, Texas 76454

Food Bank

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

Boy Scouts

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



School will soon be starting. Where did summer go? We will miss seeing the kids as they walk by going to the pool. We extend our deepest heartfelt sympathy to the family and friends of Mildred Marie Cook. Marie will be greatly missed. Some of those visiting with Marie earlier in the week were Mr. and Mrs., Weldon Cook, of Lamesa, Mr. and Mrs. Jerry Cook of Ennis, Lyndal Cook and Jennifer Cook of Snyder, Faye Cook, Dale Curb, Marjorie Treadway, Sue Seaton, and Bro. Richard Watson.

On Thursday the 22nd we had our annual Christmas in July Party. Complete with Christmas tree, Christmas Music, ginger bread, gifts and Santa sent one of his helpers to help pass out gifts. Following refreshment everyone joined in on the snowball fight. What a reminder that Christmas is just around the corner.

Last Thursday we honored Harry Lynch, Troy Scitem and Frankie Stacy with our monthly birthday party. Amy Wood once again furnished a beautiful, delicious cake. Thank you Amy.

We would like to welcome Nell McAnally of Olden to Homestead. Visiting with Mrs. Mc Anally was her daughter, Nell Kennedy.

Visiting with Dorothy Beaty were Juanita Spence and Nita Cardnial of Little Elm. Visiting with Frankie Stacy were, Peggy Cobern of Burleson, Dorothy Dickey of Ft. Worth., Nita Gage of Lubbock, Marilyn Huddleston of Joshua, Larry Huddleston of Ft. Worth, Gorge Stanley, James Devall, Maxine Huddleston and Raymond Hattox.

Recent visitors with Marge and Ralph Hudson were Dr. Kyle Lloyd, Evie and Gene Lloyd of Dallas, Nita Auvenshine of DeLeon, Kenneth Good, Pat and Howard Hagood and Carolyn Wilkerson.

Kenny Welch, B.E. Simpson, Faye Faulk visited with Edgar Reynolds. Ewellen Hammond of DeLeon visited her mom, Claudie Shelton.

Visiting Christine Self were Bill and Charlene Daniel of Ft. Worth, Billy Self, Cecilia Hirst.

Velda Baze and Amy Wood visited Anna Watson.

Visiting Robin Taylor were Ellen Tucker, Novelyn Grizzard, Keith Grizzard, Debbie Harrison, Gena Grizzard and Darnell Myers.

Resident Birthdays in August are Christine Crews, Aug. 8, Mary Donham Aug. 10, Melvin Daniels Aug. 14 and Wes Couch Aug. 21.

Have a good week.



SUPER NOTES - CONTINUED FROM PAGE ONE

here in decades. Our facilities are in the best shape they have been in many years and we have a new high school and gymnasium. We received a grant last year that has enabled us to completely rewire the fiber optics throughout the district's facilities and will have a new state of the art phone system to begin this school year. To list all of the improvements that have been made would take far too much space, but it has been a great five years!

I am also very proud of the people that work here. Our academics would not have improved had our teachers and paraprofessionals not put forth the effort. They are good teachers and good people. We have a great custodial and maintenance staff that keeps our facilities in top notch condition making your tax dollars go further. They are the best. Our cafeteria is excellent and our ladies really care about your child and their nutrition. We are fortunate to have them. We have a dedicated staff of coaches that are going to do their best this year to motivate your athletes to reach their potential and experience as much success as possible in sports but also help to build a strong character and work ethic. You will not believe the work the Coach Bunch and his crew has done on the field house this summer. It is really awesome! Our bus drivers are the first school personnel to see your child each morning if they ride the bus and our drivers are experienced and very conscientious and the safety of your child is their main focus. You also have a great bunch of administrators. Your principals and counselors are experienced, loving leaders on their campuses looking out for the best interest of your child. Thanks to Cindy Underwood and her planning and expertise our district is one of the most technologically advanced districts in Region 14. She is great! Last, but certainly not least, are the campus secretaries and the "Terry's". The campus secretaries do an awesome job and have so many responsibilities it would scare you if you knew how much they have to do and they are great with your children. The Terry's, as they are lovingly referred to by most of the district employees refer to Terry Treadway (tax collector) and Terry Nickels (business manager) that work in the administration office. They are awesome! No words I can say could reflect how much I value the contributions they make to the district. They are a treasure and Gorman ISD is blessed to have two such fine ladies working for them. I will miss you all!!!!!!!

I would like to say a special thanks to the Terry's and all of the secretaries and others that helped them give me a going away reception last Tuesday. You all have been such a blessing to me. But, I would especially like to thank Terry Treadway and Terry Nickels! They are very special ladies and I could not have done my job as well without them. They are the best!

I would also like to thank the Gorman Progress and the Eastland County papers for publishing my Super Notes articles for the past five years. You have helped me keep our taxpayers informed about what is going on at their school and allowed me to sound off on issues concerning our schools and you are greatly appreciated. Again, if I thanked everyone that has helped us over the past five year, the paper wouldn't have room to print the article. There are so many of you and I do thank you. I can only hope I will be able to establish as many close relationships down south.

All schools in Texas are feeling the pinch. Our legislature failed to fix the problem four years ago and now the majority of school districts in Texas will probably have to run a deficit budget this year. It will be interesting to hear exactly how many once all the budgets are adopted. What will they do in the upcoming session? Will they help us or make it worse? You can help by staying in touch with our legislators and encouraging them to support our schools financially.

I forgot something! Where are we going? I am the new superintendent at Brooks County I.S.D. located in Falfurrias, Texas about six and a half hours south (one hour southwest of Corpus Christi). It is a large class 2A school with a little less than 1600 students. It is going to be an incredible experience and a great opportunity. I began work Monday.

Vicki and I have made lifelong friends here and we look forward to the time when we can return to this community and get involved. We will be back eventually and we will always support Gorman ISD as I hope all of you will continue to do.

It has been an honor to serve as your superintendent. Thank you all for everything and 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!

Hamilton Band Plans Barbecue Cook-Off

Hamilton Band Boosters will host their annual Lone Star Barbecue Society-sanctioned barbecue cook-off Aug. 20 and 21 in Hamilton at the Jayson Harris Pavilion. This event is the band's largest fundraiser of the year.

Categories for the cook-off will be 1/2 chicken, pork spare ribs, brisket and jack pot beans and Dutch oven desserts. The entry fee for meat categories will be \$50 and a cooked brisket. There is an additional \$10 fee for jackpot beans and Dutch oven desserts. Due to limits on electricity and water, those conveniences are available on a first-come basis or may be reserved with a \$10 pre-payment.

The meat will be used for the fundraising barbecue meal to be held Saturday, Aug. 21. For entry forms or more information, call Mark Blackwell at 254-784-0617 or 254-386-3989 or downloaded a form at www.lonestarbarbecue.com.

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2010 Property Tax Rates in City of Gorman

This notice concerns 2010 property tax rates for Gorman City. It presents information about three tax rates. Last year's tax rate is the actual rate the taxing unit used to determine property taxes last year. This year's effective tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's rollback tax rate is the highest tax rate the taxing unit can set before taxpayers can start tax rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 of property value.

Last year's tax rate:	
Last year's operating taxes	\$ 239,474
Last year's debt taxes	\$ 0
Last year's total taxes	\$ 239,474
Last year's tax base	\$ 22,807,050
Last year's total tax rate	\$ 1.05 /\$100
This year's effective tax rate:	
Last year's adjusted taxes (after subtracting taxes on lost property)	\$ 239,126
/ This year's adjusted tax base (after subtracting value of new property)	\$ 24,522,920
= This year's effective tax rate	\$.97511 /\$100
This year's rollback tax rate:	
Last year's adjusted operating taxes (after subtracting taxes on lost property and adjusting for any transferred function, tax increment financing, and/or enhanced indigent health care expenditures)	\$ 239,126
/ This year's adjusted tax base	\$ 24,522,920
= This year's effective operating rate	\$.97511 /\$100
x 1.08 = this year's maximum operating rate	\$ 1.0531 /\$100
+ This year's debt rate	\$ 0 /\$100
= This year's total rollback rate	\$ 1.0531 /\$100

STATEMENT OF INCREASE/DECREASE

If Gorman City adopts a 2010 tax rate equal to the effective tax rate of \$.97511 per \$ 100 of value, taxes would increase compared to 2009 taxes by \$ 783.

SCHEDULE A- Unencumbered Fund Balances

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance
Maintenance & Operation	-0-

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at:

Gorman City Hall
Gorman, Texas

Name of person preparing this notice: Steve Thomas, RPA
Title: Chief Appraiser
Eastland CAD
Date Prepared : July 26, 2010

Senior Citizens News

By Carol Ward

Our attendance was twenty-one on our last get together until September 1st. Thank goodness we are having a vacation for a month. It's too hot! The next two weeks are in the hundreds, probably the whole month of August. I simply can't be cooking and getting out in this heat. I want to thank those who came with dishes on the 28th. Bro. Frank Shirley gave the blessing for all.

I treated us to fried chicken, plus I received some extras as they had a special on. We had some good fried okra and real mashed potatoes, plus gravy and rolls. All that for the same price as the chicken usually costs. All very good from Lawrence Bros. in De Leon. We also enjoyed pinto beans, white hominy, green peas, green salad, Jello salad, watermelon and deviled eggs. Ailene Garrett made a good little salad of broccoli, pecans, hominy and other goodies. Very different and tasty. Our desserts were 1 cake, cookies, and ice cream. Also rolls by Betty Regian and cornbread. A very good lunch enjoyed by all.

Betty Regian brought her granddaughter, Marley, so we put her to work. She helped Betty clean tables. These young children want to help, but wait till they are teenagers, forget it. My grandson did come yesterday and sweep out my carport. I was gone to the library, so he missed doing some other chores. Sometimes I think Tyson plans this, HA!! I did manage to water everything, will have to again in a couple days.

Jennifer Overstreet was here to eat with her grandpa Wilburn. I was sure glad to see her. She helped me get all that food in after my run to De Leon. It helps to have a few young ones around. I call Jennifer, Jill half the time, don't know why. She says others do to, I guess because they are together a lot.

I called Ruthie Porter and she is some better. It has been slow for her in getting improved. We miss you Ruthie. Billie Bennett carried her a plate lunch. Thank God we had one piece of chicken left for her, and plenty of the other food.

Ellen Parker is home now from her trip to Colorado. She went on a bus tour, the same group Daisy and I used to go with. They toured the Royal Gorge, Pikes Peak, and the play, "Texas" in Palo Duro Canyon, Texas. We had both done this trip years ago. A fun time. But we can hardly stand to travel anymore. We went everywhere for ten years. This group is called the Senior Travel Club. They meet at Stephenville Senior Center, just off the square on the 1st Monday of the month at 6 p.m. We enjoyed many good trips with this group. They do not make a profit.

Try and stand this heat, and I'll see you on September 1st. Hopefully it will be some cooler. Carol.

Feds, Farmers and Friends Feed Families

The USDA Natural Resources Conservation Service (NRCS) is a proud participant in this year's USDA Feds, Farmers and Friends Feed Families food drive running now through Tuesday, August 31, 2010. Announced by Secretary of Agriculture Tom Vilsack, this annual event is designed to help food banks across the nation that are struggling through tough economic times. Each NRCS office across the state of Texas will be collecting non-perishable items, preferably nutritious foods and sources of protein.

"When school lets out for the summer, our nation's youngsters who receive free and reduced price meals through the National School Lunch and School Breakfast programs are at a higher risk of going hungry," Vilsack said. "While USDA's Summer Food Service Program helps fill that gap, these tough economic times mean that needy families throughout America are turning to emergency food assistance agencies such as food banks, food pantries, and soup kitchens to put food on the table. Unfortunately, the summer is also a tough time for these organizations, as they typically see a rise in demand coupled with a decrease in donations. The good news, however, is that while the needs of our hungry neighbors are especially great in the summer months, our opportunity to make a difference in their lives is also great."

A recent study revealed that 49.1 million Americans, or 14.6 percent of U.S. households, lived in food insecure households. This number includes 32.4 million adults and 16.7 million children.

According to the USDA Household Food Security in the United States 2008 report, Texas is ranked #3 (14.8 percent) among the top ten states that exhibited statistically significant higher household food insecurity rates than the national average (12.2 percent).

Please help make a difference by contributing your non-perishable food items to your local NRCS office prior to August 31, 2010. All donations will be distributed to local charities in Eastland County. The NRCS office in Eastland County is located at 403 Pogue Avenue in Eastland. If you have any questions or are interested in volunteering in this effort, please contact ShaMarie Tamminga with USDA-NRCS at (254) 629-1636 or via e-mail at shamarie.tamminga@tx.usda.gov.

HEALTH

Should Your Exercise Routine Include Massage?

NewsUSA

(NU) - Many Americans focus on the active part of exercise - lifting more weight or running more miles. But you build muscle during recovery, not while you're exercising. For this reason, athletes of all levels are starting to pay exercise routines and recovery periods equal attention. And for many, sports massage has become a vital tool in the recovery process.



Sports massage can help athletes recover more quickly from workouts.

Sports massage is a specific form of massage designed to help athletes achieve the best possible performance and conditioning. Therapists usually concentrate on the areas most affected by a particular type of exercise. For example, a sports massage for a cyclist would address the quads, while a swimmer would need more work on the chest and upper back.

"Sports massage benefits all types of athletes; from the weekend warrior to the serious competitor. Receiving sports massage on a regular basis can increase muscle flexibility, reduce pain and inflammation from overuse during physical activity and promote faster recovery time," said CG Funk, vice president of product development at Massage Envy.

Massage Envy recommends sports massage. Post-event massages help athletes recover after competitions, not only by increasing circulation to remove fatigue

toxins and soreness, but also to promote mental relaxation. Training massage helps athletes make the most of their exercise routines. Sports massage can reduce the likelihood of injury in oft-used muscles while also speeding recovery time, so athletes can work harder and more often.

Professional athletes will also arrange pre-event massages, as massaging the muscles before a workout helps them warm up more quickly.

But don't think only professional athletes can benefit from massage - sports massage helps anyone who engages in physical activity, including swimmers, weight lifters, runners, golfers, ball players, skaters, dancers, tennis players and boxers.

For more information, visit www.massageenvy.com.

Desdemona News

By Vonnie Guthery

Ladies Monthly Social will be held on Monday, August 9th at the Community Center. Make plans to arrive at 9 a.m. to enjoy the good food served by the Hostesses. Visitors are welcome.

First Baptist Church of Desdemona had average attendance on Sunday. Charlie Johnson of Fort Worth was the guest speaker for the morning service. Other visitors were his wife, Jana and their friend. Charlie will be the guest speaker for each Sunday in August. Visitors are welcome to attend each Sunday to share God's message.

"Birthday Party" -- Donal and Kandice Cogburn hosted a Birthday Party for their daughter, Taiah on Saturday, July 31st to celebrate her 3rd Birthday. Those attending were her brother, Dylan, several family members and friends. Hotdogs, chips and dips were served followed by a large birthday cake decorated with "Hello Kitty". All the children enjoyed the water slide and a swim in the pool.

"Birthday Party" -- Holly Guthery hosted a birthday party for her daughter, Karsan Jade on Sunday afternoon, August 1st to celebrate her 4th Birthday. Grilled hamburgers, chips and dips were served followed by a big birthday cake decorated with Sponge Bob. Those attending were her sister, Lorin, several family members and friends. Karsan will attend Pre-K this coming school term in De Leon.

"Birthday Party" -- Roy and Angela Powledge hosted a Birthday Party on Sunday afternoon, August 1st for their son, Lane to celebrate his 8th Birthday. Grilled hamburgers, chips and dips were served followed by a large birthday cake decorated with Texas Rangers logo. Those attending were his brother, Colin, his sister, Kaley, several family members and friends. All the children enjoyed the water slide and a swim in the pool. Lane will attend the 1st grade this coming school term in De Leon.

Brad and Priscilla Keith and their children, Brett, James, Brian and Andrea of Louisville, Kentucky visited the past weekend with his parents, Bernard and Ann Keith. Other visitors in the home were Derek and Heather Robinett of San Antonio; De and Vicki Robinett and granddaughter, Lexie of De Leon; Wayne Eaves of Gorman; Vonnie Guthery and granddaughter, Lorin of Desdemona and Johnny and Sandy Cameron of Justin.

Ronda James and daughter, Emily of Whitney; Katie Duke of Early; Rusty Duke and daughter, Cadence of Desdemona visited the past weekend with Humpy and Betty Duke.

Bonnie Wayne (Daniel) Kenndy of Odessa contacted this reporter last week saying she is unable to attend the **Annual Homecoming and School Reunion** on Saturday, August 14th. She graduated from Desdemona with the Class of 1932. Her father, Floyd Daniel served as the City Marshall of Desdemona for several years during the late 20's and early 30's. She stated of all the "Fond Memories" of Desdemona and also of the First Baptist Church where she was baptized and later served as the pianist.

Loreta (Reta Griffith) Crenshaw sent a short message to this reporter. She graduated from Desdemona with the Class of 1945.

Darlene (Grabowski) Cain of Midland sent a message to this reporter that she was unable to attend the Homecoming. Darlene was in the Class of 1944. Her father, "Shorty" Grabowski worked several years at the Desdemona Magnolia Gasoline Plant during the 40's.

Friends of Desdemona sends sincere sympathy to the family of Blake Morrison. Burials was in the Lowell Cemetery near School Hill Community. Blake and his wife, the late Deliah (Chisum) were a wonderful couple and much loved by all who knew them.

Desdemona Homecoming and School Reunion will be held on Saturday, August 14th at the "Ole" School Building.

Have a great day, Vonnie



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