



# The Gorman Progress

"Serving Gorman For Over 112 Years"  
Gorman, Eastland County, Texas 76454  
2012 Member - Texas Press Association

NUMBER FORTY-THREE

40¢ Per Issue

OCTOBER 25, 2012

## Halloween Parade - October 27th

IT'S THAT TIME OF YEAR AGAIN

Time for the annual TRUNK OR TREAT/SPOOK PARADE!!! Get your costumes on and come out and join us Saturday October 27, for a great time in the City Park. This year we will be having Trunk-or-Treat, pictures and as always, the BIG SPOOK PARADE. Festivities will begin around 5:00. The great Ina Smith and a few of her helpers will be handing out bags for the kids to hold their treats. The parade will begin at 6 and go from the Post Office to the Park. We would like to see EVERYONE be a part of this wonderful night. If you want to decorate your trunk, pick up bed or even wheel barrow; bring it on down to Main Street so you can hand out candy to our princesses, superheroes, witches, vampires, fairies and pirates. There will be a "prize" for the best decorated "trunk". This year to help with congestion, we will be parking the "trunks" in the parking spaces in front of the downtown buildings, please be here by 5 (and if you are not handing out candy, please park on the side streets). We would also love to have other stuff for the kids to do (ring toss, cake walk, face painting, duck pond) if you are interested or have any questions, call the City Office at 734-2317 and talk to Tacy or Jill. **Halloween Pictures** -- Halloween Pictures will be made at the Community Center starting at 5:00 pm October 27th. They will be \$2.00 each.

## Lady Panthers Secure 3rd Consecutive Play-off Birth



The Lady Panthers finished Round one of a competitive volleyball district with a 2-3 record and in fourth place. With their backs against the wall the Lady Panthers won 4 consecutive matches to secure a play-off berth.

On Saturday October the 6th the Lady Panthers traveled to Ranger and defeated the Lady Bulldogs in 3 games (25-15, 25-20, and 25-23) to avenge a loss in the 1st round of district. Vanessa Longoria led the way running off several great serve series in the match. Melissa Ramirez and Kinsey Johnston dominated with numerous kills and Rachel Tucker and Jacquelynn Rainey had several critical blocks.

On Tuesday October the 9th the Lady Panthers were out for revenge again and defeated the Lady Bearcats of DeLeon in 3 games (25-18, 25-14, & 25-13) here at the Activity Center in Gorman. Yulissa Madera led the Lady Panthers with multiple spikes. Megan Gray led the way running off serve after serve. The Lady Panthers dominated the match with probably their most complete match of the season; it was a total team effort.

On Saturday October the 13th the Lady Panthers defeated the Lady Cardinal of Lingville in 3 games (25-21, 25-14, and 25-13). The Lady Cardinal jumped out to an early 7-0 lead in game one before Kinsey Johnston and Melissa Ramirez controlled the net for the remainder of the match. Rachel Tucker had quite a few powering blocks; Alexia Madera had several nice digs off of the back line. Vanessa Longoria did a great job setting for her hitters Johnston, Ramirez, and Yulissa Madera. Jacquelynn Rainey and Megan Gray had the hot hands from the service line.

On Tuesday October the 16th the Lady Panthers defeated a much improved Moran Lady Bulldog team for the second time this year in 4 games (25-20, 25-18, 22-25, 25-9). Melissa Ramirez and Kinsey Johnston had several intimidating kills each, Vanessa Longoria set the ball well, and Megan Gray, Yulissa Madera, Alexia Madera, and Jacquelynn Rainey were all in sync defensively. Rachel Tucker had the hot hand at the service line.

On Saturday October the 20th the lady Panthers were defeated by the Lady Lions of Albany in 4 games (25-15, 25-16, 22-25, & 25-20). After getting off to a slow start the Lady Panthers showed a great deal of heart winning game 3 and forcing a game 4 before the District Champion Lady Lions won the match. The Lady Panthers secured a play-off spot on Tuesday after their win in Moran. Entering Saturday the Lady Panthers were in a tie with DeLeon for the # 2 seed. Due to a Regional Marching contest DeLeon, and Moran will play Tuesday. If DeLeon wins the match with Moran, the Lady Panthers will be the number 3 seed from District 9. If Moran were to defeat DeLeon the Lady Panthers and the Lady Bearcats would have a seeding match on Thursday the 25th.

If the Lady Panthers were to end up with the number 3 seed, they will play Evant the number 2 seed out of district 10 in Hamilton on Tuesday October the 30th at 6:30. Regardless of where or who they play please come out and support the Lady Panthers in the Play-offs, they had an outstanding seasons and we are extremely proud of them!! Good Luck in the Play-offs!!!

## SCHOOL TO DISMISS EARLY ON OCTOBER 30

The Gorman Schools will dismiss early on Tuesday, October 30th because of the City shutting off the water. School will be dismissed at 2 p.m. Buses will run at 2:15 p.m.

## Early Voting To Begin Oct. 22 - Nov. 2

### At The County Courthouse in Eastland

The County Clerk's Office and the Commissioners' Court have been striving to alleviate the inconvenience to voters caused by required redistricting. We worked together in trying to get county wide polling places for the upcoming election. Unfortunately, I must report to you, the voter, that a programming misunderstanding by our programming vendor has made that an impossibility. There is not enough time to correct that error and meet all the required deadlines. Therefore, all voters will either need to vote early at the Courthouse or vote in their precinct on Election Day. We apologize for any inconvenience this has caused.

Sincerely,

Cathy Jenitho, Eastland County Clerk

### EARLY VOTING DATES:

OCTOBER 22, 2012 THROUGH  
NOVEMBER 2, 2012  
8:00 AM-5:00 PM

ON OCTOBER 23 & OCTOBER 30, 2012  
VOTING HOURS ARE 7:00 AM-7:00 PM

## Panthers Outrun By Pipers; Host Roscoe On Friday

### GAME AT A GLANCE

GORMAN	HAMLIN
15 First Downs	20
33/78 Carries/Yds	30/301
249 Yds Passing	144
14 of 27/1 Pass Cpt./Int	11 of 20/1
2 / 2 Fumbles/Lost	1 / 1
5/31 Punts/Avg	1/41
5/65 Penalties	5/45

The Gorman Panthers had a long trip to Hamlin on Friday night and were outrun by the Pied Pipers 51-18 in a district tilt. The score was close at 12-6 in the first but the Pipers jumped to a 30-6 lead at halftime and then added 21 more in the third while holding the Panthers to 12 for a final margin of 51 to 18.

The Panthers were held on their first possession and the Pipers quickly jumped to a 6-0 lead, going 13 yards in 5 plays with Darius Lee getting the final yard with 7:31 left. The kick for point failed and the score was 6-0.

Gorman fumbled on their next possession, giving the ball to the Pipers on their own 47. They scored in just 2 plays with Blaze Thomas catching a 46 yard pass for the score. The try for points failed and the score was 12-0.

The Panthers bounced right back, going 57 yards in 4 plays with Yovani Palacios getting the honors on a 47 yard pass for the score with 8 seconds left. The pass try for points failed and the score was 12-6.

The Pipers took the ball on their next possession on their own 25 and scored in 7 plays with the help of a 15 yard Panther penalty when Lee ran it in from 13 yards out with 9:50 left in the second. Again the kick failed and Hamlin led 18-6.

After holding the Panthers on their next possession the Pipers took the ball on their own 25 and scored in just 2 plays with Lee getting the score on a 75 yard pass and run with 7:34 left in the half. The kick try failed and Hamlin had a 24-6 lead.

The Pipers hit the scoreboard again with just 41 seconds left in the half when they went 42 yards on 3 plays after an interception, with River Hall getting the final 38 yards on a pass. Again the kick for point failed and the half-time score stood at 30-6.

The Panther Marching Band under the direction of Lisa Laminack performed a great routine and the Panther cheerleaders doing a very good routine.

The Panthers came back after getting the a Piper fumble on the Gorman 43 and scored in 5 plays with Dakota Pacheco racing 44 yards on a run with 9:37 left in the third. The drive also featured a 27 yard pass and a 2 yard run by Rylan Laminack. The run for points failed and the score was 30-12.

Gorman got an interception on the Piper 14 but were held and missed on a field goal try.

The Pipers then took the ball on their own 15 and scored in just 3 plays with Lee again getting the honors on a 58 yard pass with 5:24 left in the third. They kick by Ford was good and the score was 37-12.

Gorman answered right back going 70 yards in 3 plays with B. J. Ramirez scoring on a beautiful run of 26 yards with 4:35 left. The kick failed and the score was 37-18.

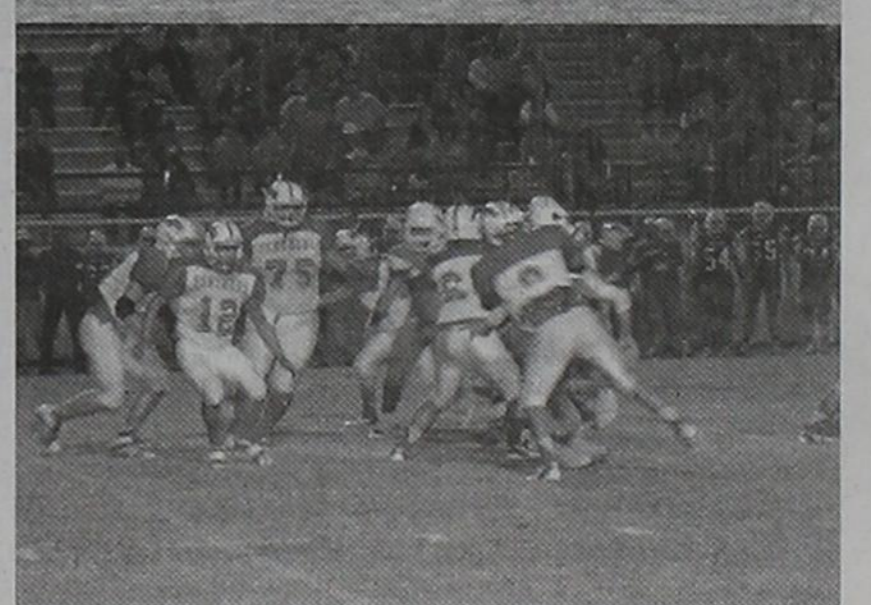
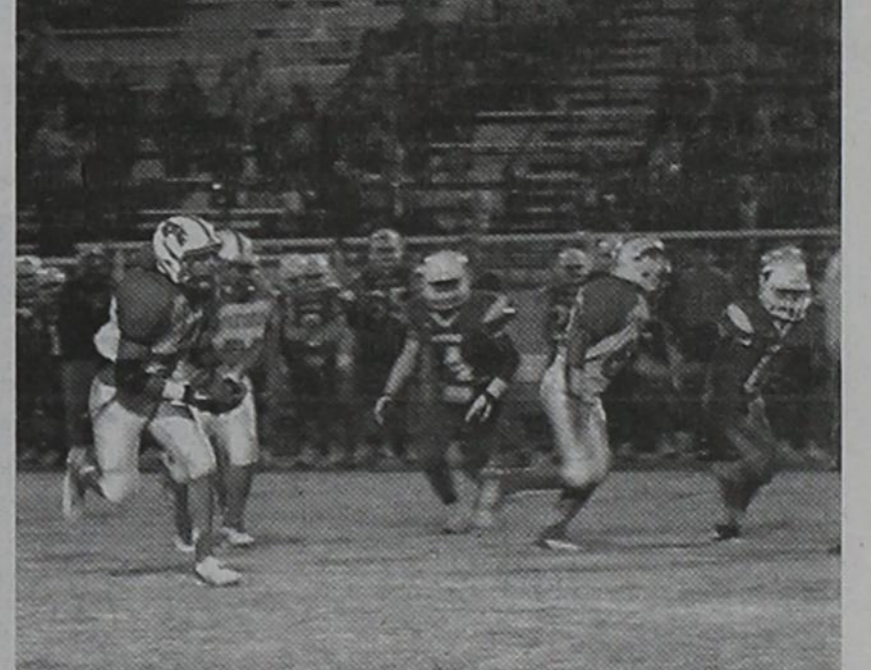
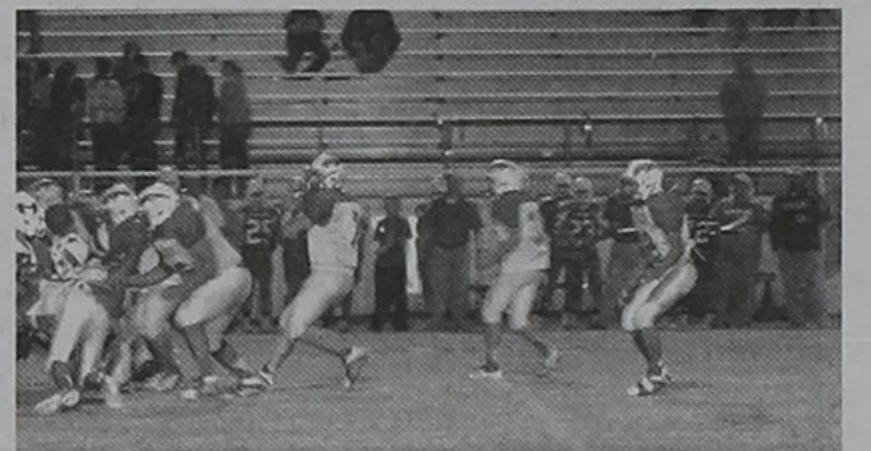
The Pipers again scored with a 50 yard drive in 7 plays with Lee scoring from 4 yards out in a run with 2:31 left in the third. The kick was good and the score was 44-18.

The Pipers scored again with 10 seconds left in the third when River Hall caught an 26 yard pass. The Pipers had picked up a Panther fumble on the Gorman 26. The kick was good and the final score was 51-18.

Pacheco led the Panthers with 44 yards on just 2 carries and had 9 catches for 127 yards. Ramirez had 30 yards on 13, Laminack got 9 on 4.

Gorman will host Roscoe on Friday night. Come on out and back the Panthers

Go Get "Em Big Red!!



The city public works department will have the water off Tuesday Oct. 30 from approximately 2:00 p.m. til around 5:00 p.m. Water should be back on by 5:00 providing no complications arise during the installation of the fire hydrant. We apologize for the interruption and inconvenience. Please note that once the water is back on be prepared to boil any water meant for consumption until further notice from the City.

## Items of interest

**Men's Community Prayer Breakfast** meets at 7:00 a.m. On the third Wednesday of each month in the Fellowship Hall of the First United Methodist Church in Gorman.

Gorman Senior Citizens meet once a month on 3rd Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

The Order of the Eastern Star holds its regular stated meetings on the First Monday of each month at 7:30 p.m.

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.

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, NOVEMBER 21ST FROM 9 TIL NOON.

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

### Food Bank

**New Hours - 11 a.m. to 12:30 p.m. - Fourth Thursday**

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. Stan Harper, Master - Kenneth Good, Secretary.

Gorman Oaklawn Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, 156 N. Mohon, De Leon, Tx 76444 or to Prosperity Bank, 115 S. Fisher - Gorman, Texas 76454

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 17.25 A: HWY 8 Desdemona, 10+ A Coastal, pond, new fences, nice Post Oaks, nat. gas/elec. available. \$79,000.  
 30A. CR 389, small barn, water well, steel roping arena, electricity, fenced, has a few trees. \$3,100 acre.  
 43A. Coastal Bermuda, corrals, stock pond, 2 water wells, fenced/cross fenced. Good sandy land. \$3,350 acre.  
 60A, 2-1 ranch house, new windows & Doors/floors/paint, metal roof. Pond, fenced, Coastal/wooded, small barn, well, wildlife. \$189,000.  
 77 A: South of Gorman, fields/some wooded. Deer & other wildlife, 2 small ponds, elec. available. \$2,000 acre.  
 104A, paved road, 14x26 cabin, insulated, plumbed & wired, a/c, kitchen & bath.  
 42A Coastal, 42A cultivated, brushy area with pond. \$2,495/acre.  
 158A, 4-2-2 ranch-house, central A/H, fireplace, metal roof, 150+ A. Coastal, 2 pivots, good fences, 6A Lake, 2 ponds, 6 water wells, steel pens. \$525,000.  
 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.

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 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 - 395A S/W Gorman, 1/2 Open 1/2 Wooded, small creek, 4 ponds, 40' elev. change, gravel road 2 side by side. Excellent location, deer & wildlife. \$1,795.00 acre.

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 160 ACRES - 4 BR, 3 bath brick home w/WBFP, custom red oak cabinets, lg. bkf. Bar & DDG w/openers. Coastal & Native grasses, 4 stock tanks, 4 water wells, lg. Metal barn/wkshop w/elec., concrete floor, roll up door & Loft, paved & CR frontage. HA1  
 88.7 ACRES - GORMAN AREA - Good sandy soil-all coastal Bermuda grass, water well, 1 stock tank & Good fences. A12  
 BEAUTIFUL HOME + 3.7 AC + REDUCED PRICE-WHAT A DEAL! Brick home w/spacious interior in excellent condition. Outside is room for all sheds, stg., RV cover & workshop. Make an appointment and see for yourself! O3  
 20 ACRES, M/L, GORMAN - Good coastal & native grasses, 1 tank & partially fenced. Will be surveyed out of a larger tract. Could be very productive. A2  
 PRODUCTIVE - 306 AC, m/l, of Gorman. Coastal, good soil, 2 tanks, water well s & frontage on 2 county roads. A13

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

**Jeannie Sanders Whittier**  
 Jeannie Sanders Whittier, age 65, passed away Friday October 19, 2012 at her mother's home in Gorman. Services was at 2:30 P.M. Sunday at the Higginbotham Funeral Home Chapel with Bro. Barry Schahn officiating. Burial followed at the Gorman Cemetery.  
 Jeannie was born October 20, 1946 in Archer City, Texas to Gussie Sanders and Frances (Alexander) Sanders Babbitt. She married Bradley A. Whittier on December 31, 1993 in Gorman, Texas. She was a homemaker and a member of the First Baptist Church. She was owner of Gold Metal Imports of Gorman. Jeannie was one of the original founders of the Gorman Peanut Festival. In September of 2012 she received an achievement award for her many years of service and dedication to the Gorman Peanut Festival.

She is survived by her husband, Brad Whittier of Gorman; two daughters, Tammy Perez and husband, Mike of Gorman and Angela Davis of Gorman; her mother, Frances Babbitt and husband, Bill of Gorman; three sisters, Dolores Bowsher of Perrin, Texas, Margie Whitcher of Troup, Texas and Patricia Isbell of Gorman; one brother, Ronnie Sanders of Hurst, Texas; eight grandchildren and twelve great grandchildren. She was preceded in death by her father, Gus Sanders and a brother, Bob Sanders.

## Riley Noel Curb

**September 17, 1934 - September 24, 2012**  
 On September 24, 2012, Riley Noel Curb passed away at Fort Belvoir Community Hospital at the age of 78. He was preceded in death and has returned to the arms of his wife Marie Santos Curb. He is survived by his brother Dale and his wife Bess Curb and his brother Don and his wife Cindy Curb. He was the loving father to Don and David and his wife Stephanie Curb as well as the grandfather of Cordelia, Nicholas, and Tristan Curb. Riley was a proud veteran of the United States Navy and served for 24 years. He ended his working life back where he started working again as a contractor for the Navy. Visitation will be held on Thursday October 4th 2012 from 2-4pm and 6-8pm at Demaine Funeral Home, 5308 Backlick Road in Springfield. The Funeral Mass will take place at Saint Raymond's Catholic Church on Friday October 5th at 10 am. Donations can be made to the Wounded Warrior Project in lieu of flowers.



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## "On The Wilder Side"

Have you ever stopped to consider how we got the Bible and how often we take it for granted? I mean, think about it. It is a completely perfect book:

It tells us about God, something that we would know nothing about if it weren't revealed to us. It tells of the creation of the universe and mankind's place in the universe. It gives the most complete history of mankind ever written. It tells us about how to live, how to think, and what to do in almost any situation. And it tells us that God loves us enough to save us from ourselves. The Bible was written over a 1600 year period by 40 men. It is the most sold book of all time and over 168,000 Bibles are sold or given away every day in the US alone and has been translated into more than 1,200 languages. 3,200 verses of the Bible are prophecies that have been fulfilled, but it also has 3,100 verses of prophecy that haven't been fulfilled yet.

But how do we know? How do we know that it's accurate and true? How do we know that no major parts were left out? How do we know that there isn't something in it that doesn't come from God? What makes it different from all other old teachings like that from Socrates (469-399BC), Plato (424-348BC), Aristotle (384-322BC), and Marcus Aurelius (121-180 AD)? Surely not just because its old.

So what makes it so different? We say it is inspired by God rather than man, but how do we know? What makes us trust this book so much that we are willing to live by it and die for it? It certainly isn't the only book that men claim is inspired by God. The Book of Mormon and Koran both claim that as well, but are they also from God?

Should we have faith that the Bible comes from God only because it claims to be from God? Even the Bible says that we can't testify on our own behalf, but "by the mouth of two or three witnesses the matter shall be established" (Deut 19:15).

Sure, we can have faith that the Bible comes from God, but what if we could look at history to strengthen that faith? I would like to invite you to come to our Wednesday night Bible class at 7 PM in the Fellowship Hall where we'll discover "How We Got the Bible".

Fight the good fight (1 Tim 6:12) -  
 Jason Wilder - 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**

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## EASTLAND COUNTY MUSEUM TO HOST "TEXAS WRITERS" EXHIBIT IN NOVEMBER

Special night 'An Evening with the Authors' - November 13

(EASTLAND, TX) - Beginning Thursday, November 1, 2012, the Eastland County Museum will present "Texas Writers," an exhibition produced by Humanities Texas, the state affiliate of the National Endowment for the Humanities.

"Texas Writers" surveys the vitality and breadth of creative writing in Texas from mid-twentieth century to the present day in a series of panels featuring portraits of authors, books, workplaces, narrative settings and evocative quotations.

The exhibition will be available to the public during the Museum hours of Thursday through Saturday from 10 a.m. until 2 p.m. through the month of November. The Museum will be closed Thanksgiving Day.

The Eastland County Museum will be hosting An Evening with the Authors to coincide with the Texas Writers exhibit on Tuesday November 13 from 5 until 7 pm. The public is invited to come hear area authors talk of their works, some of which are written works of Eastland County.

Humanities Texas develops and supports diverse programs across the state, including lectures, oral history projects, teacher institutes, museum exhibitions and documentary films. For more information, please visit Humanities Texas online at <http://www.humanitiestexas.org> or call 512.440.1991.



Eastland County Museum is located at 114 South Seaman Street, On the Square, in downtown Eastland.

**Daylight Savings Time Ends Sunday, November 4th**

## A Letter To The Editor

About Abortion  
 By Henry A. Buchanan

The two candidates for Vice President gave essentially the same answer to the question about abortion. They both are against abortion, with three exceptions - rape, incest and the woman's life. The difference is that Biden accepts the Supreme Court's ruling in Roe vs. Wade and would not impose his own belief on other people.

It seems to me that the whole issue of abortion is in the exceptions. For the question is in responsibility for the destruction or preservation of a human life. And the human life concerned is that of the one being aborted.

Obviously, the child being considered for abortion is not guilty of either rape or incest, so why should he/she have to pay for that action with his/her own life? Perhaps we could or should string up the rapist or the man who fathers a child upon his own daughter, but certainly the unborn child, has incurred no guilt, and should not have to pay with his/her life for the action of the guilty party.

So the question turns on the danger or threat that the pregnancy poses for the mother. Let us face first the fact that pregnancy does pose a threat to the health and welfare, even in some instances the life of the mother.

But isn't bringing a new life to fruition at birth worth the risk? The answer is "Yes" from the standpoint of the baby waiting inside the mother. I have never heard or read of a case in which a pregnant woman's life has been saved by performing an abortion on her.

We all know about "Mother Love" which drives a mother to protect her child with her own life. Does that apply only after birth? Or does the mother willingly take the risk of delivering her baby even though her own life is threatened? Again, I have not heard of or read about a case in which the concerned family and doctor really had to stand over a death bed and consider which life is of greater value. Maybe a living baby can be saved from the body of a dying woman. It is not apt to work the other way, a woman saved from death imposed by the pregnancy.

I wish the candidates for V.P. would look more closely and answer more truthfully the question of whose life is being considered when the question of abortion is being asked.

(s) Henry A. Buchanan  
 1131 N. Kent St. - Gorman, TX 76454-254-734-4569 10/21/2012

894 N Graham Street - Stephenville, Tx 76401  
**Call 254-965-4125 or Call 254-527-3159**

**Jacks Pool and Spas**

## Weaver Cemetery Needs You Saturday, October 27, 2012 - 9 a.m.

Come help to restore this old cemetery. First grave 1877 last 2008. Repair fence, clean, straighten markers, mow, remove cactus, pick up trash. Anyone willing to help come and bring tools, chairs for a break. Something for lunch. Thank you in advance for your help.

Jerry & Jan Grisham  
840 Burleson  
DeLeon, Texas 76444  
Phone Numbers, 254-893-5843 Or cell 254-734-5866

## Pig Tales From Hogtown

Thanks to everyone who came to the fish fry last Saturday night. These Desdemona men sure know how to cook fish!

This Saturday evening there will be a dance at the DAC with Johnny Johnson and the Memory-Makers. The music starts at 7:00 and the concession stand opens at 6:00.

The following Saturday is 'Breakfast at the DAC'. Hope to see you all there.

See you in Desdemona!

Carol Pell

## Carbon Fire Department Benefit

The 7th Annual Carbon Community Fellowship and Volunteer Fire Department Benefit Dinner will be held on Saturday, October 27th at the Carbon Community Baptist Church - The old Carbon School.

The menu will be fried venison, fried catfish, barbecued beef brisket, potato salad, coleslaw, red beans, bread, dessert, tea, coffee and water.

Serving will begin at 5:00 p.m. And continue until 7 p.m. There will be musical entertainment and a Live Auction. One of the auction items will be a 25.06 Deer Rifle with Scope and another auction item will be the latest version of the I-Pad, the I-Pad II.

Come enjoy a visit with your neighbor, great food and fellowship with support for the Carbon Volunteer Fire Department.

## Gorman Haunted House

The Gorman Junior Class of 2014 is going to be hosting a haunted house on October 20th from 7:30 to 10:00 and on October 27, 28, and the 31st from 7:30 to 11:00 in the two story building. The charge will be \$3 for adults and \$2 for students. We will also be selling hot cocoa and goodies at the entrance. Thank you and come out and support the Junior Class.

## Gorman Chamber Cookbooks

The new Chamber of Commerce cookbooks are available for \$15 each. They have a nice hard back and should hold up over the years.

They are available at the City Office, American State Bank, Panda's Flowers & Gifts, and Gorman ISD in the Tax Office.

They can also be mailed. Call Shanda at 254-734-2519 or Terry at 254-734-3171 for mailing information.

They will make great birthday or Christmas gifts and the proceeds will go to upgrade the swimming pools for our kids.

## CHARLIE GARRETT LIBRARY NEWS NO TRICKS, JUST TREATS!!

For anyone who checks out a spooky book between now and Halloween - October 31st. Great children and youth selections include: Funny Bones - The Pet Shop, Casper the Ghost, The Night the Scarecrow Walked, The Vanishing Pumpkin, and Arthur's Halloween. For the young people: R. L. Stine, Fear Street and Goosebumps. And as always lots of Sci-Fi, Horror and Mysteries for the adult readers. Our hours are Monday 4-7 (se habla espanol), and T-F 3-5. Come by and check us out!!!

## Family Dinner: It's more than meat and potatoes!

A typical family dinner takes about 25 minutes to prepare and lasts about 20 minutes. Family roles are changing. Often, the entire burden of food shopping, planning and preparation does not fall to the wife alone. Family members, including husbands, are helping in the kitchen also.

Eating family dinner improves nutrition, and there is a solid link between nutrition and improved health. Nutrition is not only related to health in the short term, such as improved immune functioning, but to long-term health as well, such as chronic disease. Both adults and children benefit from improved diet quality. Research demonstrates that people who eat at home more frequently have better quality diets than people who eat out frequently. When meals are eaten at home, calcium, fruit, vegetable, whole grain, and milk intakes increase. Also, soda and high-fat food consumption decreases compared to when meals are eaten away from home.

In addition to the nutritional benefits of family dinner, there are social benefits as well. When asked, children and even teens say that they enjoy family dinner. Research associates higher levels of emotional well-being and fewer inappropriate weight-control behaviors with a greater frequency of family meals. Interestingly, the benefits associated with family meals are independent of socio-economic status.

A secret to minimizing stress when it comes to planning and preparing dinner is to keep a well-stocked pantry. A well-stocked pantry may contain foods such as dried or liquid milk; frozen, canned, or dried vegetables and fruit; rice, pasta, cornmeal, crackers, bread, or tortillas; canned or dried beans; canned tuna fish, chicken, or salmon; soup; oatmeal and/or breakfast cereal; and peanut butter and jelly. Other staples to keep on hand may include: cooking oil, eggs, cheese, flour, sugar, herbs, and spices.

Successful family dinners need to be planned. Perhaps not all family members are available at the same time due to work schedules. Nonetheless, select which days of the week most members of the family can participate in the family dinner. Start slow, but strive for at least three family dinners a week. Many of the social and health benefits of eating family dinners can be seen when families have at least three family dinners a week.

When you plan your menus, keep things simple. It is sharing the meal, not the complexity of the cooking that counts. Fancy tableware and linens are not necessary and may detract from the enjoyment of the meal.

The MyPlate approach to menu planning is easy. MyPlate contains five food groups: vegetables, fruits, grains, protein foods, and dairy. A food item from each of these five food groups should be represented at dinner. Even when eating a casserole or another mixed dish, a food item from each food group should be included in the meal.

When planning the meal, about half of the plate should be covered with vegetables and fruit. When it is in season, fresh produce may be best. However, frozen, canned, and dried fruits and vegetables also have nutritional value and are easy to store and prepare. Try different vegetables instead of always having potatoes, peas and corn. Green beans, spinach, or cauliflower might make for an interesting vegetable choice.

Grains include foods made of wheat, corn, rice, oats, and barley. It is best to choose whole grains for their added nutrition and fiber content. Grain foods include bread, pasta, tortillas, rice, corn muffins and barley. A serving of these foods should fill about one-fourth of the plate.

The protein foods group includes meat, poultry, and fish as well as beans, nuts, and seeds. The serving of protein should not be larger than one-fourth of the size of the plate. In other words, a piece of meat should not be larger than a deck of cards. Try chicken, fish, and beans, which are good protein sources.

Milk should be served with meals unless cheese or yogurt is already included. A fortified soy milk beverage can be substituted for milk.

Examples of easy family dinner menus might include:

- \*\* bean and vegetable soup, whole wheat bread, apple slices, and milk;
- \*\* a ground beef, lettuce, tomato and shredded cheese burrito served with papaya slices or
- \*\* a pork chop with Swiss chard, cornbread, applesauce and milk.

When planning your family dinners, take advantage of familiar family recipes. If you want to try preparing something new, look for recipes that have a few ingredients, and read through the entire directions before deciding. Keep meals simple, and make only one item that takes extra or long preparation. You want to be able to enjoy your family dinner relaxed, not exhausted from cooking.

Remember, a main reason for having family dinner is to connect with and enjoy family. Minimize distractions by setting a few rules. Keep the television off, do not take phone calls, and leave all other electronic devices off the dinner table. Keep family dinner family time.

The Texas A&M AgriLife Extension Service offers free and low-cost nutrition and health programs. Please contact Halee Mitchell, County Extension Agent at 254/629-2222 or hdmitchell@ag.tamu.edu for more information.

## EASTLAND COUNTY MUSEUM INVITES LOCAL AUTHORS TO SPEAK

--An Evening with the Authors November 13--

The Eastland County Museum will be hosting An Evening with the Authors to coincide with the Humanities Texas' exhibit Texas Writers on Tuesday, November 13 from 5 until 7 pm. The public is invited to come hear area authors talk of their works, some of which are written works of Eastland County.

If you have published works, and would like to give a 10 minute talk on your works, please contact Anne Zoellick at 254-629-8397 or 254-433-9186.

The Texas Writers exhibit is open free to the public during Museum hours of Thursday - Saturday, 10 a.m. until 2 p.m.

Eastland County Museum is located at 114 South Seaman Street, On the Square, in downtown Eastland. For more information contact Eastland County Museum at 254-631-0437.

## AGRICULTURAL VIEWPOINT

By: Makenzie Wyatt

### 3-Hour CEU Program Pesticide License Information

The Eastland County Texas A&M AgriLife Extension Service Office will offer a 3-Hour CEU Program on Friday, October 26, 2012 at Ranger College - Goleman Library. To register for the program or for direction to the Range College site, call the Extension Office at 254/6290193 or 254/629-2222 by October 25th. The cost will be \$10.00 for those who pre-register. You only have about eight days left to pre-register!

The program will begin with registration at 8:30 a.m. The presentations will begin promptly at 9:00 a.m. Coffee and snacks will be provided in the morning and Ranger College will provide lunch from 12:00 p.m. to 12:45 p.m. The meeting will conclude no later than 2:00 p.m. Schedule is below.

All participants with pesticide licenses will receive one (1) hour of Laws and Regulations, one (1) hour IPM and one (1) hour General. Speakers will include Ricky Linex - Natural Resources Conservation Service (NRCS) - Wildlife Biologist and Gerald Hobson, DuPont Range, Pasture & Crop Protection Specialist. Anyone with disabilities who would like to attend this program is asked to call by October 25th so reasonable accommodations can be made. If you have any questions or need further clarification please call the Eastland Texas A& M AgriLife Extension Service Office at 254/629-1093.

#### Program Schedule

8:30 a.m. - 9:00 a.m.  
9:00 a.m. - 10:00 a.m.  
10:00 a.m. - 11:00 a.m.  
11:00 a.m. - 11:15 a.m.  
11:15 a.m. - 12:00 Noon  
12:00 Noon - 12:45 p.m.  
12:45 p.m. - 1:15 p.m.  
1:15 p.m. - 2:00 p.m.

#### Registration

Converting Costal Back to Native Grass  
Recovery in Drought Stricken Coastal Pastures  
B R E A K - with snacks and drinks  
Laws and Regulations Update - Video  
L U N C H  
Planting, Establishing, and Managing Food Plots for White Tailed Deer  
Wrap Up and Evaluations

REPUBLICAN

CONAWAY

FOR CONGRESS

TEXAS' CONSERVATIVE STAR

### ★ THE EXPERIENCE of a Businessman

Conaway is a CPA with a range of experience from large to small firms, including working alongside President George W. Bush as CFO of Bush Exploration.

### ★ THE VALUES of a True Texas Conservative

Conaway is a proven fiscal conservative who voted to cut spending, stop spending increases, has a 100% positive rating from the National Right to Life Committee and is endorsed by the National Rifle Association.

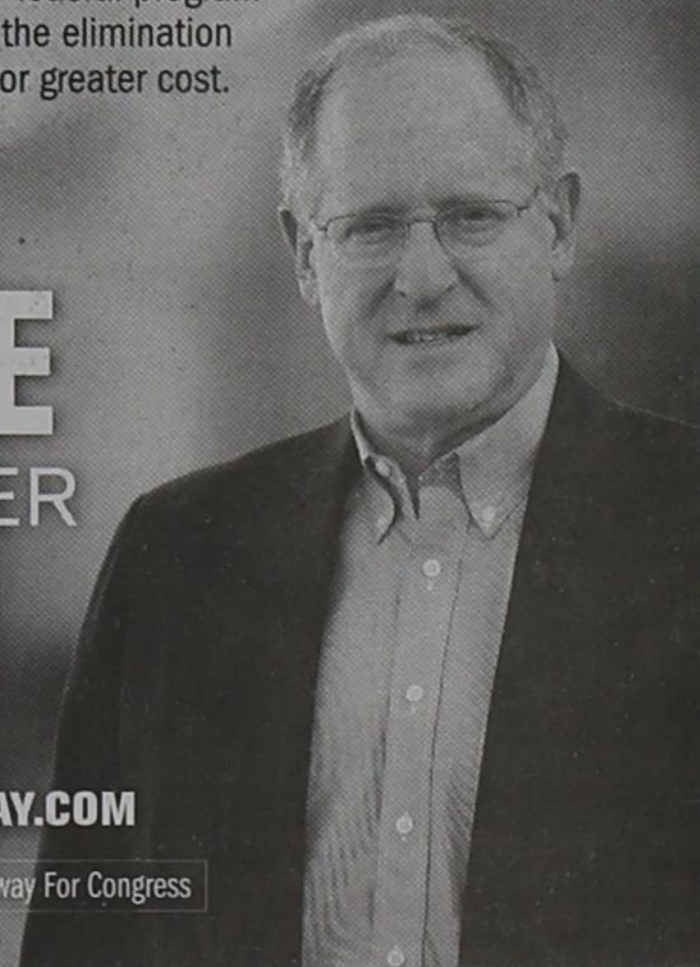
### ★ THE COMMITMENT of a Fiscally Responsible Leader

Conaway voted to repeal ObamaCare, lower taxes, pass a Balanced Budget Amendment and require any new federal program to be matched with the elimination of another of equal or greater cost.

VOTE  
NOVEMBER  
6<sup>TH</sup>

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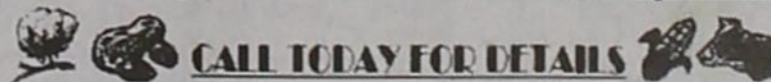


## COVER YOUR GRASS!

Drought Insurance for you Pastures and Hayland. Protect your input costs with a *Guaranteed* check if your rainfall is below a percentage of normal. Billing is not required until September 2013.

### DEAL WITH A FELLOW RANCHER WHO UNDERSTANDS AGRICULTURE!!!

We will come to you and figure out the best plan for you; work up a personalized quote that is tailored to your individual needs. Sales Closing is November 15th.



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# Senior Citizens News By Carol Ward

There was a small group gathered on October 17 for our Wednesday lunch. The attendance had been great, what happened folks? Do hope more will show up for our Thanksgiving Lunch at the Homestead Nursing Home on the 15th of November - Thanks to Adam Mabray and his staff. Sorry Adam for not having your name correct. Some day I hope to meet you. Henry Buchanan gave the blessing for all, such a nice man.

The meal was delicious with a beef roast and Veggies, cooked by Susan Lipson, hot rolls by Betty Region and a very good white cake by Anne Buchanan. Also peas and carrots and several other dishes. Tracy Starr came from Integra Care in Cisco to check our BP and BS. She brought some fried chicken for all to enjoy. Thanks Tracy. We sure had plenty of meat, but not enough people to appreciate. Anne brought me a plate so know all was good. Thanks Anne for thinking of me. They were going to play Bingo, but didn't work out. Maybe next time they can at the Center.

So good to hear Wilburn Overstreet is home and much improved. His family is taking turns in staying with him. He is amazing at 96! I just found out Sharlene Schanan is in the Hospital. She had called me not too long ago, and we enjoyed a nice conversation. She then was having a bout with pneumonia, had hoped she was well by now. I know Bro. Barry is worried and misses her at home.

Don't forget the Desdemona Thanksgiving Dinner on November 10th at 5:30 p.m. Seniors will pay for all.  
Hope all is well - CAROL

## 4-H NEWS - Junior Leadership Retreat

Younger 4-H members, ages 9-14, will have an opportunity to hone their skills in several 4-H programming areas during the Junior Leadership Retreat set for November 9-11 at the Texas 4-H Conference Center on Lake Brownwood.

"The Junior Leadership Retreat features Texas 4-H Council members conducting hands-on educational workshops with younger 4-H members", said Mark Carroll, conference center program director. "This year's program will focus on increasing knowledge and skills in five 4-H project areas, golf challenge, food show/recipe rally, science engineering and technology, sport fishing and the any soldier project."

Carroll said the retreat starts with registration at 7:30 p.m. on November 9th, followed by general orientation at 9 p.m., with adult chaperone orientation at 9:30 p.m.

November 10th activities start at 7:30 a.m., followed by a flag ceremony and breakfast, with the first of the day's three general assemblies beginning at 8:30 a.m. The remainder of the day will be devoted to concurrent sessions featuring the five programming areas. The evening activities will start at 6:15 p.m. with a flag lowering ceremony and dinner, followed by a presentation on state and national opportunities for 4-H youth at 7:30 p.m., and a costumed theme dance immediately after.

The retreat will adjourn at 11 a.m. on November 11th.

"While this is a learning retreat, the main ingredient underlying the whole weekend is a sense of fun," Carroll said. "The State 4-H Council members take pride in show casing their creativity which will become apparent at the Saturday Night Theme Dance. They are asking participants to come dressed as their favorite character from the Avenger comic series. All the council members plan to be in costume, so it should prove to be fun for everyone."

Carroll stressed that each county sending 4-H youth to the retreat must provide adult chaperones for the weekend.

Individual registration is \$105 for youth and \$70 for adult chaperones. The fees include two-nights lodging, four meals, snacks and program fees. Online registration is currently available through November 5th at <http://texas4hcenter.tamu.edu>.

For more information, contact Mark Carroll at 325/784-5482 or [jmcarroll@ag.tamu.edu](mailto:jmcarroll@ag.tamu.edu).

## Football Game Photos

