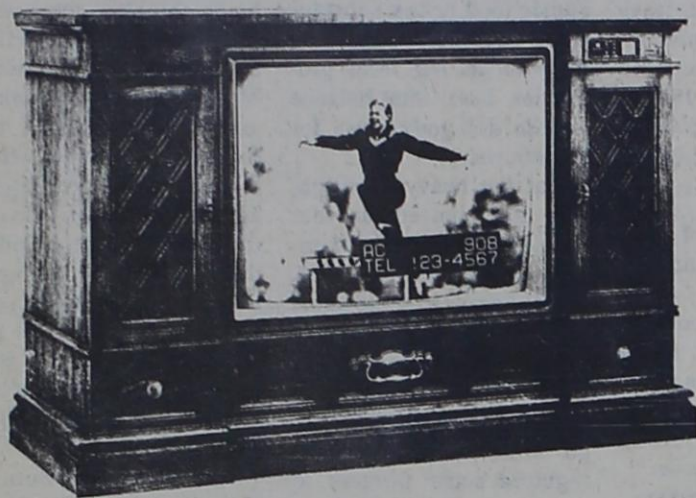


ZENITH SYSTEM 3

25" ZENITH SYSTEM 3 CONSOLES WITH
ADVANCED SPACE PHONE

- 4 SPEAKER SOUND
- 112 CHANNEL CAPABILITY
- QUARTZ-CONTROLLED ELECTRONIC TUNING



MODEL SY2549E
Computer Space Command® 4100 Remote Control
with ADVANCED SPACE PHONE

Majestic Classic styled console. Contoured, full base. Casters. Oak veneers top and ends. Top framed with Oak solids. Front, control panel door and base of simulated wood in matching Antique Oak color finish. New Auto-Dial featured in Advanced Space Phone. Time Control Programmer.

Cabinet size: 31 7/8" H (incl. casters), 45 7/8" W, 19 5/8" D. (81.0 cm H, 116.3 cm W, 49.8 cm D.) Add 2 5/8 (6.7 cm) to depth for tube cap. Dimensions exclude controls.

\$1,150.00

See Our Selections of other Models — also Compact Table and Slim Line Portables

We now have a Large Stock of Stereo's by Sansui and Quasor

See our New Selection of Bedroom — Living Room — and Dining Room FURNITURE by Broyhill — Burnhardt - Tell City All at Prices that fit into the budget of today. See us before your by, We'll talk trade.



734-2227

GORMAN

BLACKWELL HOSPITAL REPORT PATIENTS LISTED IN

THE GORMAN PROGRESS

JULY 7, 1983

Page Four

BLACKWELL HOSPITAL TUESDAY WERE
Lorena Clark - Gorman
Ivy Ross - Rising Star
Laura Carlton - Dublin

Lennie Frashear - Rising Star
Ora Atchison - Gorman
Tamy Foster - Gorman
Ernest Mc Cloud
Marie Cook - Gorman
Keith Reynolds - Carbon
Freddie Burns - Gorman
Thelma Bingham - Gorman
Azalee Cunningham - Gorman
Patients Dismissed
June 27
William Rodgers
Effie Childers
Lucretia Fairbetter
June 28 Joe Salinas

June 29
Barabra Smith
Harold Zink
Frank Rhymes
Ray Broom
Earlene Skinner
June 30
Verona Taylor
Peggy Bullock
Ann Mize
Theresa Miller
July 1
Lacy Clark
Letha Pittman
John Ramsey
July 3
Tammy Rose

GORMAN CARE CENTER NEWS

By Jettie Daniels

Last week's Bingo Winners were: Lonzo Coffman, Nancy Holloway, Pearl Westerman, Vernon Hamilton won the fourth game and also the Black Out game.

We had 13 players out for this event and we are very proud that they were able to participate.

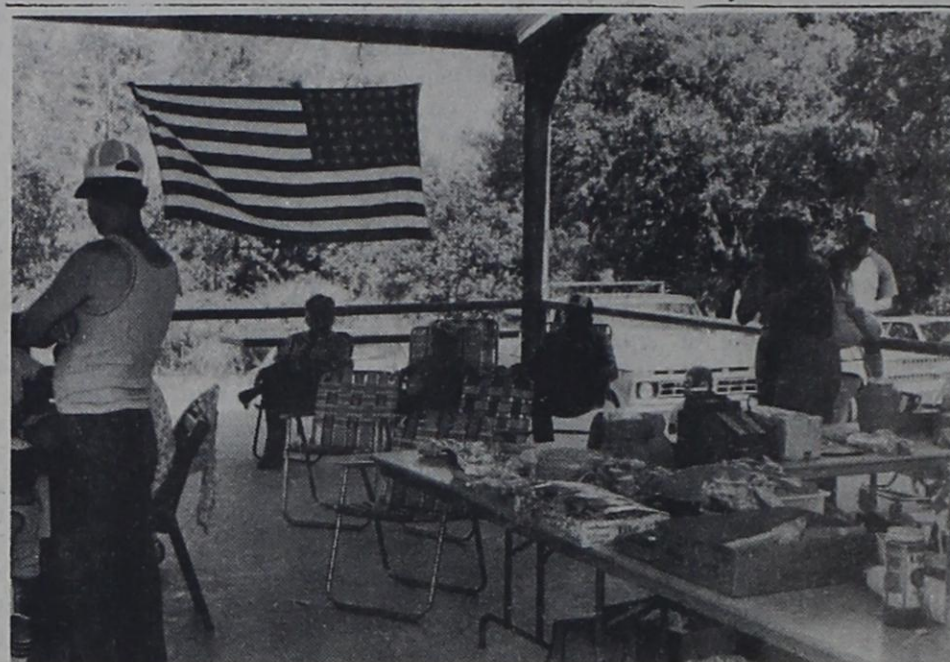
Our June Birthday Party was on Thursday June the 30th. Those have Birthdays were: Lillian Capers, Clara Rich, Lon Snider, Frank Clara Rich, and Frank Beaty.

The ladies received, peppermint carnations in a Bud vase, the men received Hankerchiefs.

Thanks to Mrs. Billie Stacey for entertaining every one with her Piano Playing. She played a lot of old numbers which our residents enjoyed very much.

We had a good singing Thursday Night, thanks very much to the ladies who brought the specials, they were indeed enjoyed very

much.
Hope you'll be with us again this week.



A GLANCE AT THE FINE FOOD — Some of the deserts which look fine under the plastic wrap was enjoyed by all. There were lots of barbecue and all the fixings served to everyone at the Celebration. In the background of this picture is Mr. and Mrs. Roger George of the Rucker Community.



ENJOYING THE FACILITIES AT THE PARK — In this picture several parents are giving their kids a chance on the swings set up under the oak trees at Frank A. Gray Memorial Park. Lots of people stayed under the big oaks to keep out of the sun. Some recognizable parents are Johnny Eaves, and Mrs. Linda Glover.

Grant Town Playday Set

The Grant Town Riding Club will be having a Jackpot Playday, Sunday, July 10, 1983, at 1:30 P.M. in Mingus, Texas. There will be no rain date. There will be four classes: Pee Wee, Junior, Intermediate, and Senior. Entry fee will be \$3.00 per event with \$2.00 going to the jackpot and \$1.00 to the club. The events will be: Barrel Race, Pole Bending, Flag Race, and two fun events. There will be a concession stand open for your convenience.

Storewide Sale

SUMMER CLEARANCE

JULY 7TH
THRU
JULY 13TH

WE WILL
CLOSE
THURSDAY
AFTERNOON
JULY 7
AT 1 P.M. TO
PREPARE
FOR THE SALE

ONE-FOURTH OFF REGULAR PRICE ON ALL SUMMER MERCHANDISE



LADIES WEAR
MEN'S WEAR
SHOES



DOORS OPEN 8:00 A.M.
CLOSE AT 5:00 P.M.
DAILY

HOME FURNISHINGS
will be offered at 25% OFF reg. price

WHITE SALE INCLUDES SHEETS, TOWELS, BEDSPREADS, BLANKETS, KITCHEN TOWEL SETS, THROW RUGS, MATTRESS PROTECTORS, PILLOWS AND OTHER HOME FURNISHINGS MERCHANDISE.

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GORMAN, TEXAS 76454

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NO REFUNDS
NO GIFT WRAPPING
NO LAY-AYS



Warm-Weather Relief

Ninety in the shade this summer needn't snafu your work day or weekend activities. When the alarm clock sounds, put this plan into action to keep yourself in the swing of things throughout a blistering day.

If you're preparing to face the business world, pull from your closet a two-piece, polyester-and-wool suit and team it with a polyester-and-cotton dress shirt, advises Luciano Franzoni, fashion authority of Hart Schaffner & Marx. "Natural-fiber clothing breathes well and provides the necessary absorption for perspiration. But clothing in a combination of natural and synthetic fibers wrinkles less and wears better."

"All-cotton socks and underwear are absorbent, too, whereas lightweight shoes with leather uppers let air in and out to keep the feet cool," continues Franzoni. "And men should consider wearing a cotton T-shirt for another layer of absorbency and additional cooling."

Next, tumble into a luke-warm shower or an old-fashioned milk bath. Tepid water will accelerate the body's cooling system since it helps dilate blood vessels and improves circulation. If the latter is your bathing choice, add one-half cup of milk to a tub of water to bring soothing relief to the skin.

Before slipping into your beat-the-heat ensemble, dust yourself with powder and

apply a talc-based antiperspirant to absorb body moisture so you'll feel cool longer.

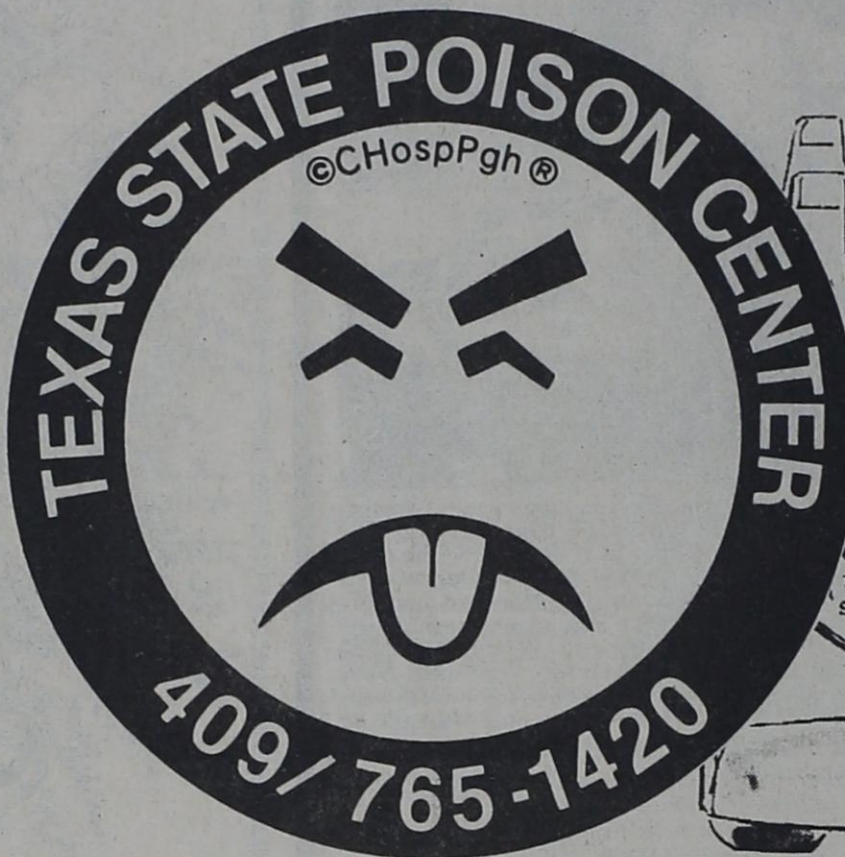
Warm-weather relief can be had by stashing your favorite spray-on scent in the refrigerator for a tingling sensation when applied. Or, concoct your own cooling fragrance by adding a few drops of your favorite scent to four ounces of rubbing alcohol.

An altered diet plan will further help squelch the effects of a scorcher. Begin breakfast with a glass of orange juice which will replace the potassium you perspire away. Avoid those beverages with a significant caffeine content since the stimulant stirs up the body's metabolic rate which makes a person feel warmer.

Eat lighter meals, too, now that it's summer. Over-eating forces your digestive system to work harder to absorb the food and, as a result, you'll feel warmer. The body will also function more efficiently with proper weight control.

At breakfast and at all meals and snacks, cut back or eliminate your intake of refined sugar and select foods with natural sugars, such as fruits and vegetables. These food groups will replenish the body with energy over a prolonged period of time whereas refined sugar only supplies a short and quick burst of energy.

Your phone could save your child's life.



SOME OF OUR BEST JOBS CARRY \$4,000 FOR COLLEGE.

The Army Reserve has a group of selected skills that carry a special education offer worth up to \$4,000 for college for people who qualify to train in these skills.

You train in a local Reserve unit one weekend a month and two weeks per year, earning \$1,200 per year to start.

Find out more about these special skills and how to qualify. Call your Army Reserve representative, in the Yellow Pages under "Recruiting"

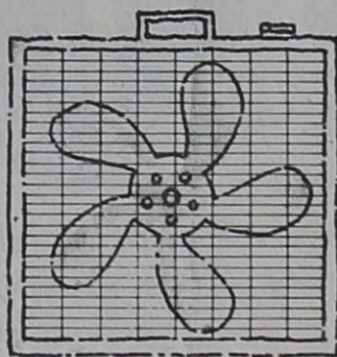


ARMY RESERVE. BE ALL YOU CAN BE.

This summer be a



...and help hold down your bills.



In many homes, air conditioning uses more electricity than all other appliances

combined. To help hold down electric bills, use it sparingly. Set your thermostat at 80 degrees or

higher, and use a fan to circulate the air. You'll be surprised at how cool you'll feel! You may not even notice the difference — *except on your electric bill.*



D. R. ARMSTRONG, Manager, Phone 893-2266



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