THE GORMAN PROGRESS

Germany, Exchange Student

living with James and Eula

Miears (Host Parents) for the

balance of this School Year.

Katja will return to West Ger-

many on July 9th. She is a

Senior student at Gorman High

School and hopes to go with

the Seniors to Florida after

school is out. Katja enjoys

painting, riding horses, school

studies, and traveling. Recent-

ly her dad called from Munich

about 6:00 P.M. - He had

stayed up until 1:00 A.M. hop-

ing she would be at home. Her

father is an official for the

Lutheran Church and her

mother operates a French

Restaurant. Katja says she

likes Gorman, the School and

CARD OF THANKS

kindness extended to us during the

Our sincere thanks to everyone for

the flowers, the food and to the

ladies who served it at the church,

the cards and memorial gifts, the

We deeply appreciate every act of

the Students.

TAX INCLUDED

Our 84th Year of Service

Gorman, Eastland County, Texas 76454

FEBRUARY 7, 1985

NUMBER FIFTY-TWO

HOG STOLEN FROM SCHOOL

Sometime between 6:00 p.m. on Thursday, Jan. 31, and 11:30 a.m. on Friday, Feb. 1, a hog belonging to a student at Gorman High School was taken from the Ag farm southwest of the school. The hog, a Hampshire, was being raised by the student as a project for the school, and was valued at about \$100.00.

About one-half inch of snow was on the ground, and footprints and tire tracks were left at the scene. A vehicle was backed up to within about twelve feet of the pen, and small amount of blood was found at the place where the hog was loaded onto the vehicle.

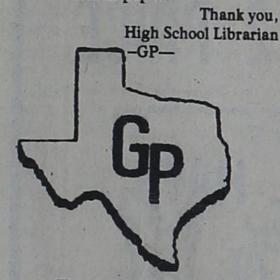
Anyone having information on this theft is encouraged to contact the Gorman Police Department or Gorman Crime Stoppers. Your information may qualify you for a reward from Crime Stoppers and your identity need not be revealed.

A theft from any person is, by any standards, unacceptable behavior, but stealing from a child is about as low as a person can get. Don't let our children become the victims of petty thieves...get involved and help stop crime in Gorman. Come to the meeting of Gorman Crime Stoppers tonight (Thursday) at the Senior Center to find out how YOU can

-GP-

The Gorman High School Library needs your help. We have several incomplete sets of encyclopedias in our library. World Book has volume 18 missing. The New Book of Knowledge is missing volumes 3, 4, 8, 16 and 17. These are just from the newest sets. If your child has borrowed one or more of these and has forgotten about them, PLEASE, see that it is returned to the Library.

This will help all the other students who need to use them for their research papers.



Press Points Joe Bennett, Publisher

—J— My, hasn't the weather been fine lately? No, not really! It seems that the weather is supposed to get better though, that is if the weathermen are correct (which may be doubtful according to former reports recently). The bitter cold weather is turning most everyone into Eskimos around here. If the temperature ever rises to 50 folks around here will be turning on the air conditioners. Oh well, maybe Spring will pop out soon and all this cold weather will be forgotten. (Well maybe not).

Anyway, the weather forecasters are promising better weather for the next few days with rising temperatures and maybe rain by Saturday.

—J— It seems as though we are all in for another fight to prevent school consolidation in the smaller communities in Texas. The big shots have again come up with the idea of consolidating the schools with less than 500 students. And folks that would wipe out a lot of smaller schools like Gorman, Carbon, Rising Star, etc. The smaller communities fought this kind of thing twenty years or so back down the way. Now it looks as though it will have to be done again. And with the new rules and regulations of the new school bill with one teacher for every 15 students, I can't see how consolidation could cut the number of teachers very much. It would just throw all the children into one big conglomeration and cause a lot of problems, one of the main ones being the transportation of students to and from school. I hope one of these days the big shots who are dreaming up these things will all get into an airplane and fly off into the wild blue yonder and forget to return. Why can't they let well enough alone. We have to put up with enough "crap" as it is. Why do they have to cram some more down our throats.

GORMAN FFA & 4-H CLUB TO HOLD

The Gorman FFA and 4-H Club will have their local project show Saturday Feb. 9th at the school. The animals need to be at the Ag building Friday night before 7:30 p.m. with exception of the steers. They can be brought Saturday morning. A \$2.00 entry fee will be charged as the animals are weighed in. The entry fees are used to pay for plaques, ribbons and judges. Everyone who plans to show in the county

stock show in March needs to enter the same animals in the local show. The purpose of the local school show is to help the students in showing their animals.

The judging order will be as

8:30 a.m. - Breeding swine 9:30 a.m. - Market swine 10:30 a.m. - Market lambs 12:00 noon - Market steers

to be held

There will be a Variety Show in the Gorman School Auditorium March 1, at 7:00 p.m.

Come and be entertained while contributing to a worthy cause.

All money raised from this show will go towards building tennis courts. Admission will be contributions at the door. We can assure you that there will be plenty of music to set your toes to tapping and comedy galore.

Sergeant August has agreed to appear and for those of you who have never seen the sarge perform, you are in for a treat. Watch the paper next week for a partial list of participants.

CARD OF THANKS

I would like to thank everyone for your prayers, phone calls, flowers and gifts of love shown to me and my family during my stay in Hendricks Hospital.

Again Thank you.

Love to all Mrs. Ted Underwood

Scott Stacy Barn Destroyed By Fire Friday

Gorman firemen crawled out of warm beds to go into the snowy darkness about 5:20 a.m. Friday and fight a barn fire northwest of town.

Cecil Funderburgh, Gorman police chief, said a large barn belonging to Scott Stacy was destroyed. The barn was located about five miles northwest of town off Farm-to-Market Road 2214. It contained hay, some pigs and a pickup truck. The pigs died, and everything else was destroyed.

Funderburgh said Stacy had heat lamps on the pigs, but it was uncertain if these caused the fire. There was no loss estimate known. -GP-

The De Leon Art Association will meet February 12th at 7:00 p.m. at the F&M Bank Hospitality Room in De Leon.

llene Davis of Joshua will be doing a demonstration in Water Color.

Everyone is invited to attend.



NEW LOG HOME FOR THE A. O. EASLEY'S - Shown above is the recently completed new log cabin home built for the Easleys on the lot west of their office. James Kinser was the builder on the project.

ITEMS OF INTEREST

CARBON LIONS CLUB TO HOLD FARM AUCTION CON-SIGNMENT SALE - Saturday, February 16, 1984 at Birdsong Lot in Carbon at 10:00 a.m.

Second Friday Night Musical has been cancelled due to bad weather.

VARIETY SHOW to be held March 1st at the Gorman High School Auditorium. Anyone interested in participating contact Hershell Cordell at 734-2863 or 734-2934, or Barry Crudington at the Bank, phone 734-2254.

South Eastland County Hospital District Board of Directors will have its Regular Monthly meeting on the 4th Tuesday at 7:00 p.m. at Blackwell Hospital.

Gorman City Commissioners will meet the First and Third Thursdays at 8:00 a.m. at the City Hall.

Gorman Housing Authority Board will meet the Second Tuesday of each month at 1:30 p.m. in the Assembly Room of High Rise Appartments.

Crimestoppers will meet the First Thursday of each month at 7:00 p.m. at the Senior Citizens Center.

A Musical will be held the Second Friday night of each month at 7:00 p.m. at the Fire Hall.

Woman's Auxiliary of Blackwell Hospital meet First Tuesday of every month at the Senior Citizens Center at 2:00 p.m.

Gorman Lodge 716 AF&AM stated meetings 2nd Tuesday of every month at 7:30 p.m. Members urged to attend. Visitors welcome.

Gorman Chapter 443 O.E.S. meets First Monday of each month at 7:30 p.m.

Monthly 4-H Meetings will be held the Second Monday of each month at 7:30 p.m. at the First United Methodist Church.

South Eastland County Hospital District Tax Office has recently moved back to Blackwell Hospital. New office hours are Monday, Wednesday and Friday from 9:00 a.m. til noon and from 1 p.m. to 3 p.m.

FIRST BABY OF 1985



Randy and Tina Couger of Strawn, Texas are the proud parents of the First Baby born at Blackwell Hospital in 1985. Randi Melissa Couger was born at 9:53 p.m. on January 24th. She weighed 7 lb. and 111/2 oz. and was 19 inches long. Congratulations from everyone at Blackwell Hospital.

CHANGES IN

As most people are aware, Medicare has been goin through some drastic changes over the last several months. The most obvious change to the Medicare patient is that as of Janaury 1st of this year the Medicare deductible has been raised from \$356.00 to \$400.00 and that your coinsurance amount for outpatient services has gone from .25% to 35%. This means that

phone calls and your prayers.

We especially thank Bro. Darrell loss of our loved one, Lola Glover. Dossey and Bro. Cecil Harper for their many visits and their words of comfort. Also thanks to Ray Daniel. May God bless each of you.

The Family of Lola Glover

you will be responsible for more of your medical bills than previously. On the other side a change that most people are not aware of is the changes in how a hospiotal gets paid for treatment of its medicare patients. The system that went into effect in October of 1983 is know as the Prospective Payment System or PPS. The main upshot of the PPS is the advent of a new coding an pricing system know as Diagnosis Related Groups or DRG's. I'll talk more About DRG's and waht they mean to the community and to the community supported Hospital in next weeks issue. If you have any questions about your Hospital, please contact me and I'll answer you as soon as possi-

> Thank You, Bill Black, Adm.

CARE CENTER KING CANDIDATES FOR VALENTINE'S



AVA MASON



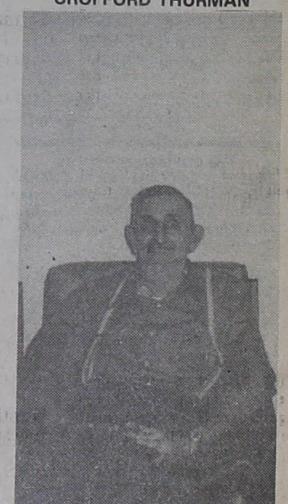
JESSIE LEMLEY



CROFFORD THURMAN



LONNIE AND LILLIAN CAPERS



JESS ROBERTS

REAL ESTATE: 5 to 25 A. Edge of Gorman, some trees, Agent owned. \$1,000. A. Terms.

Extra nice 3 bedroom, 2 bath, split level mobile home, A/H, storm windows, large lot, fenced yard, Price negotiable.

Large 3 bedroom, 2 bath, frame home, double wood walls, about 1800 ft. living area. Big corner lot. Good garden spot, garage with storage, paved street, \$35,000.

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CECO Rents Farm Equipment. Day - Week - Month. Call 915-773-3656. Cox Equipment Company - Stamford, Texas." 11-22-FNC.

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Pits, tanks, fence rows, land leveling. Three hours minimum. Call 734-2111. 12-1-FNC.

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RCG LEASING, INC.

Medical Equipment Southside of Square Eastland, 629-8052 Buy or lease Walkers, Wheelchairs, Hospital Beds, Oxygen, etc. Medicare Approved - Free Deliveries. 8-9-fnc.

WANTED: Old Watches and Clocks for repair. Over 35 years experience. Free estimate. All Work Guaranteed. Jesse Powell, 893-2635.

BULLDOZER WORK: Specializing in Irrigation Ponds and Brush Work. Elevating scrapers and frontend loader. Gary Wilson Construction, Phone 893-6558. 3-1-FNC.

11-9-27 aid

MOBILE HOME INSURANCE

Low Rates. Call Art's Mobile Homes, Inc., Granbury, Texas 817-573-4551. 9-22-FNC.

HAY FOR SALE: Big Round Peanut and Hybrid Sudan in Barn. Also small Square Sudan. Call Gene Snider, 734-2022. 2-1-31 P.

> **R&R CARPET CLEANING** FREE ESTIMATE

Randall Rogers

Office Home 629-1121 647-1211 1-6-FNC.

THE GORMAN PROGRESS Entered as 2nd Class Mail at the Post Office in Gorman, Texas 76454, under the Act of March 3, 1978. Published on Thursday at Gorman, Eastland County, Texas 76454. Publication No. 222780 Second Class Postage Paid at Gorman,

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\$10.00 Per Year DISPLAY AD RATE \$1.74 Per SAU Col. Inch Classified Advertisements .08 Cents per Word Minimum Charge - \$1.50 Card of Thanks - \$2.50

The Gorman Progress reserves the right to refuse any advertising.

SALE: Redbone FOR Coonhound, Male, Registered, 9 months old, ready to train. Call 734-2121. 1-2-7 C.

FOR SALE: LWB Camper Shell with Tinted Bubble Windows. Condition. Call Good 734-2121. 1-2-7 C.

FOR SALE: Ronald's Variety Store in De Leon. Serious inonly. quires 817-893-2255 or night 817-893-2965. 2-2-14 C.

FOR SALE: Whirlpool Automatic Ice Maker, No frost, 17.1 Cu. Ft. Refrigerator. The Nut House. 2-2-14 C.

FOR RENT: Trailer space -Hook up available. Close-in. 2-7-FNC. Call 734-2347.

JUST ARRIVED...Shipment of Green Tropical Plants. Butterfly plant, Schefflera, Rubber Plant, Devils Ivy, Marble Queen, Diffenbachia (Dumb Cane). Plants are in 4" - 6" and 8" Pots. Ronald's Variety 2-2-14 C. Store, De Leon. FOR SALE: Excellent Pivot Irrigated Peanut and Cotton Farms located in Seminole, Texas area. Good terms, Contact Owner, 505-392-2204.

HOUSE FOR RENT: In Desdemona, 2 bedroom, 11/2 bath, carpeted, water furnished, carport. Call 968-3584 or 893-2682. 3-2-7 C.

2-2-7 P.

FOR SALE: 5 year old direction our State will take for the Registered Gray Brahma Bull. Call Gary Wilson, 893-6558 3-2-14 C.

PRICE REDUCED: Three adjourning lots. Beautiful shade trees. 1 block grocery, P.O., 4 blocks all schools, custom storage shed. In city of Gorman, 599-0984 after 6 p.m. MAKE OFFER. 4-2-14 C.

FOR SALE: Open Cab, 503 International Grain Combine. Stan Clark, 734-2598. 1-31-FNC.

FOR SALE: Texas Instruments Calculators (New) - (1) TI 5142 - 12 digit paper printer and display calculator, Uses plain paper; (1) TI 5040 II 10 digit printer display calculator uses thermal paper; (1) TI-35 Student Math Kit, 54 functional calculator, slide rule function as well as pi factorial and constant. Ideal for high school and to grown with in college; TI-35 Galaxy, 11 digit, in addition to standard math and science functions, Includes root, fractional, statistics; TI-1001 Pocket portable calculator; TI

FURNISHED APPARTMENT FOR RENT: All bills paid. Call 734-2329 after 5 p.m.

Card Solar Calculators. Call

Estelle Craddock, 734-2363.

1-24-FNC.

FOR RENT: Mobile Home, fully furnished, 3 bedroom, close to school. Call 734-2754 or 893-2097. 1-17-FNC.

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From Building to Remodeling Roofing, Floor covering, Painting, Window Glasses, House Leveling, etc. CALL HARVEY OR JERRY BRYAN, DAY OR NIGHT, 734-2169. 11-15FNC

FOR SALE: 1977 Chevy Monte Carlo, 61,800 miles. good condition. Call Brent Foster after 5 p.m. at 734-2712 12-6-FNC.

AUTOS FOR SALE

Gov't. suprlus Cars and Trucks under \$100. Now available in Call area. 1-619-569-0242 for details. 3-2-7-P. 24 hrs.

SAVE ON CARPET; Buy at wholesale plus 10% and freight. Cash - no stamps. W. H. Smith Department Store, De 5-26-FNC.

FOR SALE: 1977 Chevrolet Caprice, 4 door, air and power A/M F/M radio, 48,000 actual miles. Also TV Video game with several games; A/M F/M 8 track radio-tape player. All in good condition. Louise Clark, 734-2429. 1-24-FNC.

KOKOMO NEWS

By Mrs. Zelda Jordan

Phone 639-2289

Most of the news around here this week concerns the weather. The snow was beautiful. I heard several people comment about how the snow sparkled. But it was still a little difficult to get around in. Guess that I am just not a very good snowbird. I prefer to enjoy the snow by looking out the window rather than being out in it.

Rev. Jimmy Nelson, a Baptist Missionary of Jimenez, Mexico was the guest preacher at the morning service at the Kokomo Baptist Church on Sunday. Other visitors were Tena, Travis and Teresa Nelson, and Debbie Emmons of Stephenville. Helen Browning and

CAPITOL

UPDATE

As the session is commencing, I

will once again take up the task of

advising you as to issues facing the

69th Legislature and hopefully give

you some insights that will prove

helpful to your understanding of the

Since money, or the lack thereof,

is the most talked about issue in the

state government today, I would like

to make a few comments concerning

the "State of the State," from a

As a little historical background, it

is important to realize that since at

least 1971, each successive session

of the Legislature has found itself in

the enjoyable position of having

significantly more money than was

absolutely needed to fund the State

budget. The additional funds, while

looking like a blessing, may actually

have been a curse, for the reason

that many programs of questionable

valve were commenced simply be-

cause the money was available.

Those programs are still in place but

we no longer have the additional

ing and eliminate unnecessary and

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two lots, central heat, beautiful

BRICK HOME only four years old,

4 bedrooms, 2 baths, large lot,

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106 ACRES, Owner financed. 9

miles Southwest of Gorman. 1/3

30.87 ACRES, FM 571, 9 miles

North of Gorman, 2 tanks, fenced,

THREE LOTS on corner, good

location, metal storage building.

yard, garden spot, well.

scattered trees.

We must reprioritise state spend-

In talking with people of the State I

Town &

Gountry

REAL ESTATE

money to fund them.

inefficient programs.

coming two year period.

fiscal prospective.

by

Jim

Parker

Glynda Bond rendered the special music on the piano and organ.

Special music on Sunday night was rendered by Woodrow and Helen Browning, Leona Wilson, Juanita Fuller, Jimmy Little and J.L. Morrow with Glynda Bond at the piano.

The Youth Valentine Banquet at the Kokomo Baptist Church will be on Feb. 16 at 7:00 p.m. Richard Simmons of Stephenville will be speaker.

Rev. Jimmy Nelson, Tena, Travis and Teresa visited during the weekend with his parents, Mr. and Mrs. Clifford Nelson. Mrs. Jimmy Nelson remained in Andrews for a visit with

find that most are not opposed to paying taxes but simply feel that the tax dollars they are paying are not being wilsely spent. We all have heard of state money being spent on items we thought were either unnecessary or at least extravagant. Specifically, the hard cold fact is that as of this writing the State lacks \$1.1 billion having sufficient funds to maintain current service levels and state spending for the next two years. We, as legislators, and you, as citizens of this state, are faced with two prospects: 1) cut back state spending to a level consistent with reduced revenue; or 2) increase taxes to maintain current spending levels.

My feeling is that you want thrift and frugality and you want a reassessment of spending priorities.

You have all been very good about expressing your feeling to me in the past and I hope you will continue to

Over the coming weeks I will discuss specific revenue/expenditure areas with you. Remember, for comment, my address is: Jim Parker, P.O. Box 2910, Austin, Texas

RED HOT REBATE

Cash in now on a sizzling \$1000 factory rebate check on any new Oak Creek Home, and financing available at 12.99%, HURRY, offer ends February

Art's II, 326-2392 or Metro 443-3777.

\$1000 FACTORY REBATE

No gimmicks, right now you can cash in on a \$1000 rebate on any new single or double section Oak Creek home. HURRY, offers ends February 17th.

Art's Homes, 573-1133 or Metro 572-1574.

ART'S RED TAG SPECIAL

Some homes 5% down, some 12.99% financing available, all prices slashed on red tagged models. HURRY! Sale ends Feb. 17.

Art's Homes, 573-1133 or Metro 572-1574.

ART'S RED TAG SPECIAL

We're ready to deal! Prices are slashed! 12.99% interest available on some homes! Only 5% down on others, call for price on any red tagged special! HURRY! Sale ends Feb. 17. Art's II, 326-2392 or Metro 443-3777.

FULLER PLUMBING

All Types PLUMBING SERVICE Large or Small Ricky Fuller, Owner

Res. Phone 734-2010 or 734-2588 GORMAN

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MONUMENTS

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GORMAN, TEXAS

WELCOME TO SERVICES of the GORMAN CHURCH OF CHRIST

J. CURTIS MANESS, Minister SCHEDULE OF SERVICES

EVENING WORSHIP

Mr. and Mrs. Gary Rasco.

Mr. and Mrs. Freddie Shackelford of Liberal, Kansas were recent visitors with her parents, Rev. and Mrs. Joe O'Neal.

Mr. and Mrs. Kenneth Whitley and William of De Leon were visiting with Mr. and Mrs. Glenn Jordan on Sunday afternoon.

The Glenn Jordans visited in Eastland with Mr. and Mrs. O.A. Jordan on Sunday evening.

The Kokomo Extension Club will meet in the home of Mrs. J.C. Clearman on Monday, Feb. 11 at 2:00 p.m.

KOKOMO EXTENSION HOMEMAKERS MEET

The Kokomo Extension Homemakers met on Monday, Jan. 14th in the lovely home of Wynelle Brown. Ava Rodgers presided over the meeting and called on Nancy Hendricks to give the report on the last meeting and called the roll which was answered by members telling a goal they hope to reach and our hopes to make our community a better place to live.

Wynelle Brown gave the treasury

report and reproted our annual contribution to Rehab had been made.

Our annual "Stew Supper" was planned for Sat. Evening, Feb. 23rd from 5 to 8 p.m. at the Kokomo Community Center.

After the business meeting, our Extension Service agent, Janet Thomas brought a very informative program on "Cooking, Eating Light." It was suggested to read labels at grocery stores to find sugar free canned fruits, cereals, jello, salad dressings and many more items to improve our diets.

Delicious refreshments of chips, dips, salad vegetables and sandwiches were served to members: Nancy Hendricks, Ava Rodgers, Anna Laura Clearman, Berneice Rodgers, Johnnie B. Griffith, Naoma Morrow hostess, Wynelle Brown. Our guests were: Ima Lee Fair, Beatrice England, Jenoise Allison and Janet Thomas.

Our next meeting will be in the home of Anna Laura Clearman on Monday, Feb. 11th at 2 p.m. Visitors are always welcome.





MEN'S

REISTOL HATS 40 - 50% OFF

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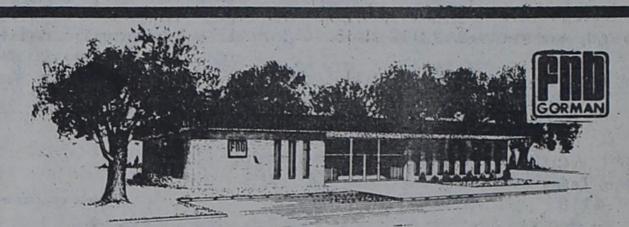
GORMAN, TEXAS

Use our dollars to fix your quarters

ADDING



Improving your home makes its resale value just that much more! Adding a new room, redoing the kitchen, insulating the attic, whatever home improvements you've in mind, begin your building project with a talk with our home improvement loan experts! And, incidentally, if these home improvement plans happen to be related to saving energy, you may find yourself saving on fuel costs, too!



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CORRECTION

We regret the omission of the name of Merle Holdridge of De Leon as a daughter in the obituary of Harry Huddleston published in last

week's edition of the Progress.

We inadvertantly skipped a line on the article while setting the copy for the obituary. Sorry.

Don't Be A Heartbreaker!

Fact: Heart disease is the number one cause of death and disability

in the United States. Fact: As many as 1,500,000 Americans may have a heart attack

this year and about 550,000 will die. Fact: 350,000 people a year die of heart attacks before they reach the hospital - the average victim waits three hours before

deciding to seek medical help. Fact: 4,600,000 people alive today have a history of heart attack

or chest pain, or both. Fact: About 25,000 babies are born each year with heart defects. Fact: Nearly one-fourth of all persons killed by cardiovascular

disease are under age 65. Fact: Coronary artery disease ranks first in terms of Social Security disability and is second only to arthritis in terms of limiting activity. Fact: In direct health care costs, lost wages and productivity, coronary artery disease will cost the United States an estimated

\$64.4 billion in 1984. **Heart Attack Symptoms**

If you feel an uncomfortable pressure, fullness, squeezing or pain in the center of your chest-that may spread to your shoulders, neck or arms-that last for two minutes or more, you could be heaving a heart attack. Sweating, dizziness, fainting, nausea, or shortness of breath may also occur. Fleeting twinges of pain are usually not warnings of heart attacks. If the pain persists for more than a few minutes, call you local emergency medical service immediately or have someone drive you to the hospital. The natural reaction is to deny what's happening, but don't. Remember, each year an estimated 350,000 heart attack victims die before reaching the hospital-many because they refused to believe it could be happening to them.

Making Changes

There are several ways to improve your chances of avoiding a heart attack. Stop and take a long look at the way you live-your life may depend on it!

Have your blood pressure checked regularly. High blood pressure is a major risk in heart attacks and is the major factor in

Don't smoke cigarettes. Smoking increases the rish of heart attack. The nicotine makes your heart beat faster and as a result, your heart and as a result, your heart is forced to work harder and needs more oxygen.

Eat well but wisely. Choose a well balanced diet low in cholesterol and saturated fats. Eat plenty of fresh vegetables and fruit, and lean meats such as chicken and fish. Avoid fried foods, foods high in salt and foods high in cholesterol-things like egg yolks, fatty meats and whole milk dairy products.

Exercise regularly and sensibly. Avoid a sedentary lifestyles; if overweight, lose weight byu eating a low-calorie, well-balanced diet and exercise. The extra weight puts extra strain on your heart.

Have medical checkups. The presence of rish factors such as high blood pressure, elevated cholesterol, obesity, lack of exercise and cigarette smoking indicates a need for a physician's guidance and supervision in preventing heart attack and stroke. Controllable Rish Factors

Serum Cholesterol. Cholesterol is a fatty substance found in everyone's living tissue. They body needs it and gets it through dieting and by manufacturing it. But too much cholesterol in the blood can build up in the walls of the arteries, narrowing their passage-ways, decreasing the blood supply to the heart, and setting the stage for heart attack and stroke. Your doctor can prescribe diet jimens and drugs to keep your cholesterol level within normal range.

High blood pressure. Modern medicine has not yet identified the basic cause of most high blood pressure, but a variety of lowfat, low-salt diets and medications are available that a doctor cna prescribe to keep it under control.

Diabetes. Diabetes, or a familial tendency toward it, is associated with an increased risk of heart attack and stroke. Your doctor can detect diabetes and prescribe diet and weight control programs with supportive exercise therapy and drugs if necessary to keep it in check.

Uncontrollable Risk Factors

Heredity. Although there is no evidence that heart attack and stroke are hereditary, some families have a higher incidence of these diseases, increasing the importance of reducing other risk factors that can be controlled.

Sex. One out of every five adult men has a heart attack by age 60. The risk for women is not so great in early middle age, but because of hormonal changes, it increases significantly after menopause-though it never reaches that of men.

Race. Black Americans are almost 45 percent more likely to have high blood pressure than whites and Hispanics, and suffer strokes at an earlier age with more severe results.

Age. Nearly one-fourth of all heart attack deaths occur before the age of 65. And stroke, generally thought to be a disease of older persons, strikes younger persons at an alarming rate. One in every seven of all stroke deaths occurs under age 65.

(Put out by the American Heart Association of Texas)

Rena Mae Parker Services Held Sunday

Rena Mae Parker, 89, of Gorman died at 12:40 p.m. Friday at Blackwell Hospital after a lengthy illness. Services were at 2 p.m. Sunday at Higginbotham Funeral Home.

The Rev. Rawlyn Richter, pastor of First United Methodist Church. officiated. Burial was at Oaklawn Cemetery.

Born Dec. 15, 1895, in Clarksville, she married Roy Davis Parker Dec. 23, 1917, in Gorman. She was a homemaker and a Methodist.

She was preceded in death by her husband, six brothers and a sister. Survivors include a daughter, Dorothy Hatcher of Gorman; a granddaughter, Carol Brown of Whitesboro; and two great-grandchildren.

Pallbearers were: Joe Bennett, Bob Green, Carroll Hogan, Howard Haygood, W.C. Browning, and Buster Brown.

-GP-**SCHOOL MENU**

BREAKFAST MONDAY - Cereal, juice, milk

TUESDAY - Buttered Rice, juice, WEDNESDAY - Toast, bacon, hon-

ey, juice, milk THURSDAY - Oatmeal, juice, milk FRIDAY - Pancakes, syrup, juice,

LUNCH

MONDAY - Enchillada casserole, pinto beans, lettuce and tomato salad, crackers, rice crispie cookies,

TUESDAY - Turkey pot pie, cheese sticks, cole slaw, jello with fruit cocktail, milk

WEDNESDAY - Meatloaf, mashed potatoes, green beans, hot rolls, honey, milk

THURSDAY - Barbecued weiners, baked beans, spinach, cornbread, gingerbread, milk

FRIDAY - Hamburgers, french fries, ice cream, milk

GRANDCHILDREN OF THE **ENOCH COOKS** RECEIVE HONORS

David Enoch Cook, son of Weldon, and Fredda Cook of Snyder, Texas was named to Who's Who Among American High School Students of America for the 1984 year. David is a May, 1984 graduate of Snyder High School, where he was a four year member of the Snyder High School Band and a two year member of the National Honor Society. He is presently attending West Texas State University in Canyon as a Computer Information Systems major. He has been named to the fall honor roll at WTSU. To achieve honor roll status a student must complete 12 or more credit hours with a grade point average of at least 3.25 of a possible 4.0 David earned a grade point

average of 3.5 for the semester. Also receiving honors was Ethlyn LaJoyce Cook, daughter of Weldon and Fredda Cook of Snyder, Texas. She has been named to the Dean's list at Western Texas College in Snyder. She is an Elementary Education major at WTC. She was named to the Dean's List after achieving an overall grade point average of 3.39 out of a possible 4.0 She is a member of Phi Theta Kappa National Honor Society. Joyce is a candidate for graduation from WTC in May. She will continue her degree at WTSU.

David and Ethlyn are the grandchildren of Marie and Enoch Cook and great-grandchildren of Ruth Craighead, all of Gorman.

Sheila Luttrell **Laid To Rest** Monday

Sheila Rose Luttrell, 30, of Abilene, formerly of Eastland, died at about 6 a.m. Friday at Hendrick Medical Center after a lengthy illness. Services were at 11 a.m. Monday at Bakker Funeral Home in

Terry McCormick of Westgate Church of Christ officiated. Burial was at Eastland Cementery.

Born Jan. 29, 1954, she was reared in Eastland and graduated from high school there in 1972. She married Keith Luttrell Dec. 22, 1973, in Eastland. She was a former resident of Fort Worth and Lubbock and had lived in Abilene the last three years. She was a member of Westgate Church of Christ.

She was preceded in death by her father, Charles Moseley, in 1983.

Survivors include her husband; a son, Chad of the home; a daughter, Misty of the home; her mother, Vivian Moseley of Olden; a brother, Charles Anthony Moseley of Arlington; and two sisters, Glenda Ripley of Gorman and Gwenda McCartney

-GP-**WOMEN ARTISTS** FEATURED IN SHOW

Contemporary Livestock by W0man Artists is currently on exhibit in the Clyde H. Wells Fine Arts Center at Tarleton State University, and will continue through Tuesday, Feb. 26.

Artists represented are Carol Ables of Gorman in pastels, Lynne Dees of Fort Worth in colored pencil and tapestry, Melodie Deming Greider of Austin in ceramics, Judith Al Leiberman of Lebanon, New Jersey in acrylic, Pamela

THE GORMAN PROGRESS

A NEW HEART

Ez. 36:26 - "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh."

Heart surgery is becoming more common every day. People who in other years would have been limited to a life of inactivity and confinement, or even early death are today, through the miracle of heart surgery having faulty hearts repaired and made like new. Only those who have experienced this know the joy of living a normal life again.

But God is not in the repair business. Neither does he traffic in rebuilt parts. Through Ezekiel the Prophet he promised not a repair job, nor a rebuilt part, but a new

Herein is man's only hope. A new patch on an old garment is not sufficient. Mere reformation does not satisfy either man or God. Not until the selfish, stubborn, stony heart has been exchanged for a new spiritual heart from God does man live at his best here or have any hope

Pray today that God will give us clean hearts and use us to lead others to the miracle of a new heart in Christ Jesus.

We cordially invite you to worship with us at Gorman First Baptist Church on the Lord's Day. Adult's Sunday School lesson for next Sunday: "John 9. - 'Sight For the Blind'." Sunday sermons: A.M. -Eph. 1:13,14 - "Sealed By the Holy Spirit,"; P.M. - John 7:6-13 - "Moral

Nelson of Dallas in wood and mixed media construction and Eilene Sky of Bedford in porcelain.

Gallery hours are 10 a.m. to 4 p.m. Monday through Friday. For more information call Lynne Dees in the TSU Art Department at 968-9245 or 968-9235.

FEBRUARY 7, 1985 Page Three

FINANCIAL AID MEETING

SLATED HERE THURSDAY NIGHT On Thursday night, February 7th, at 7 p. m. there will be a meeting in the high school library for those who are interested in learning more about Financial Aid for postsecondary education. Primarily, the meeting is for parents of senior students. Anyone else who is interested may attend,

Financial aid opportunities are not limited to graduating high school students. Adults who wish to attend college, technical schools, business or beauty schools may also qualify. Linda Glover, high school counselor, will be conducting the meeting.

-GP-CISCO JUNIOR COLLEGE **DRIVING COURSE**

Cisco Junior College will offer a Defensive Driving Course Feb. 12 and 14 from 6-10 p.m. in the Science Hall Lecture Room. Fee for the course is \$20.

The Defensive Driving Course is an eight-hour classroom course designed to improve driver skills and attitudes, especially in emergency situations.

Drivers who complete the training are eligible for a 10 percent discount on automobile insurance rates covering bodily injuries, property damage, medical payment and collision coverages. Good for three years, the discount may be renewed by retaking the Defensive Driving

Enrollment fee must be paid by 3 p.m. on Feb. 12. No late registration fees will be accepted. For more information or to regist-

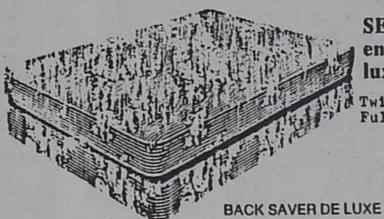
er, call or come by the Business office at Cisco Junior College.

Cowardice." Psalm 34:8 - "O, taste and see that

the Lord is good; blessed is the man that trusteth in Him." Darrell Dossey

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THE GORMAN PROGRESS

SCHOOL HILL NEWS

By Mrs. Oma Lee Riddell

Tena and Jimmy Dennington had and that 'aint' no bull. supper with us last Sunday night.

The snow has been keeping everyone pretty much inside. Most of us have gotten plum stir crazy. Guess that little sucker saw his shadow too. I'm not interested in six more weeks of Winter.

F.D. Hogg of Stephenville, Ricky and Lexie Hogg all visited with Renia Hogg on Thursday. Junior Hogg of Stephenville visited with her on Friday afternoon.

One of our neighbors was once elected dog catcher. He told me "I know I'm suppose to catch dogs, but what am I suppose to catch them

Rodger Elston made a business trip to Abilene one day this week,

EASTLAND - Services for Elmer

Jack Sharp of Ranger, a retired

Eastland County employee was at

2:30 p.m. Wednesday at Bakker

Funeral Home in Eastland. He died

at 10:22 a.m. Sunday at Ranger

The Rev. Danny Dobson, pastor of

Merriman Baptist Church, officiat-

ed, assisted by the Rev. Gene

Harris, pastor of Ranger Church of

God. Burial was at the Eastland

Ellis County, he married Ada Clementine Walls in 1914. She died in

1942. He later married Lorene

McCoy in 1945 in Eastland. He had lived in Grandview, where he was a

farmer and a route driver. He had

worked as a machine operator for

Eastland County for 20 years, retiring in 1967. He attended Merriman

He also was preceded in death by

Survivors include his wife, Lorene

Sharp; 10 sons, Elmer Rudolph of

Jacksboro, Buddy and Odell, both of

Stephenville, T.M. and John L., both

of Weatherford, Johnny and Wayne,

a daughter, Geneva; five sisters; and

Born July 30, 1895, in Venus in

Elmer Sharp

Sunday

General Hospital.

Baptist Church.

two brothers.

Cemetery.

Last Rites Held

Tommy took his dog to the Vet and told him to cut the dogs' tail plum off. The Vet said, "You surely don't want that." Tommy said, "Yeah! I do my mother-in-law is coming tomorrow and I don't want anything in the house to suggest that she is welcome."

Deliliah Morrison.

many kindnesses extended to us. To dedicated employees of the Blackappreciation for loving our mother in love shown by the concerned calls, thoughtful visits, delicious food, strength. In addition, we give a ter, Ray Daniels and all other friends who were a part of the memorial service. Most of all, we thank our Father in Heaven for blessing us with a mother who loved us all very much. May God be with you and

Grandsons will be pallbearers.

Jay and Shane Procter of Lingleville spent Saturday with Blake and

I had a little interview the other day with some of our Senior Citizens ball players. They're ready to go. Some have already started spring training, but are buying Ben Gay by the case. We're ready to start, old

CARD OF THANKS

The family of Rena Mae Parker wishes to thank all of you for the Doctors Aguila and to all of those well Hospital and the Gorman Care Center we express our heartfelt sickness and in health. Also, your beautiful plants, lovely flowers and friendly offers of help bolstered our special thanks to Rev. Rawlyn Rich-

Dorothy Hatcher, Charles, Carol, Brandon, and Lacy Brown

It is said that if a spider crawls toward you you are in for a quarrel.

both of Eastland, E.J. of Gorman, Jimmy Allen of Ranger and Jimmy Ray of Temple; three daughters, Ada June Sharp of Whitt, Mrs. Raymond (Marcella) Pennington of Ranger and Mrs. Jerry (Janice) Maston of Eastland; 35 grandchildren; 26 greatgrandchildren; and five great-greatgrandchildren.

FEBRUARY 7, 1985

DESDEMONA NEWS

By Vonnie Guthery

Mrs. Della Ryon, mother of James Ryon is in the Ranger Hospital following surgery on a broken hip.

Mrs. Bobby (Joan) Baker is in the Abilene Hospital for test this week.

Mr. Brooks Wilcoxson is in the Stephenville Hospital following surgery on Saturday. Our "get well"

PLAYHOUSE:

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wishes goes out to these and others too who are sick in our area.

Jerry and Pat Buckley spent the weekend in Marshall with their Aunt "Red" Seaton and husband.

Marsha (Wisdom) Williams and son Billy Jack moved back to Desdemona from Kilgore. She has been transferred to Breckenridge



Mobil Oil Plant. I know Bob and Merlene was glad to get their daughter and grandson back home.

This reporter visited recently with Mary Joyce (Read) Quinn in Eastlands' new furniture store "Oak Reproductions". Her son, Erval

Quinn owns the store. Mary Joyce attended school in Desdemona but now lives in Rising Star. Her parents are Buck and Mabel Read of Ranger.

The Ladies Monthly social will be Monday Feb. 11 in the home of Mrs. Agatha Nance. Visitors are welcome.

bouquet

Flowers Say "Love"

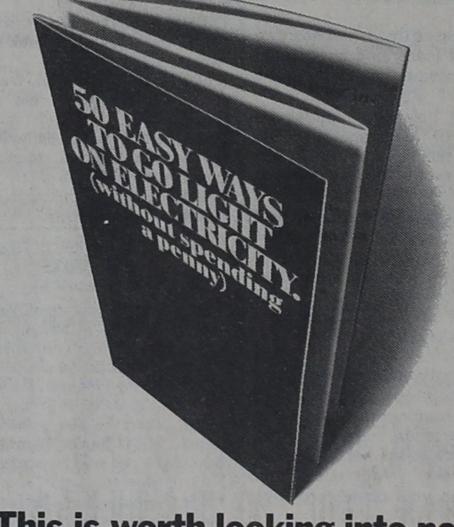


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