

The Gorman Progress

"Serving Gorman For Over 111 Years"
Gorman, Eastland County, Texas 76454
2011 Member - Texas Press Association

NUMBER TWENTY-SEVEN

JULY 7, 2011

City of Eastland Imposes Mandatory Water Restrictions For Carbon and Surrounding Areas The Goal Of A 25% Reduction In Consumption By July 25

Due to the severity of the historic drought that has Eastland County in its grip, the City of Eastland has announced mandatory water restrictions that will go into effect at 10:00 AM Saturday, July 9. The odd/even day watering schedule that has been voluntary will be made mandatory. Starting Saturday, watering lawns and other outside vegetation can only occur between 8:00 PM and 10:00 AM and driveways, sidewalks and parking areas may not be washed down with city supplied water. Those wanting to water within the cemetery may continue to do so, but only with handheld sprinklers.

The city's goal is a 25% reduction in consumption by July 25. City staff will continuously monitor consumption. If the goal is not reached, more stringent restrictions may be implemented.

"We are not pleased that water use restrictions must be implemented, but for the good of everyone, we have no choice", said Ron Holliday, Eastland City Manager. "Lake Leon's water level is steadily declining and the drop will accelerate if the present weather pattern continues. We are within four feet of the lowest lake level in history and there is no significant rainfall predicted. There is a finite amount of water in the lake that is actually the life blood of much of Eastland County. If we don't reasonably conserve now, it could spell disastrous consequences further along", he added.

Voluntary water use restrictions have been in effect for the users of city water and the upcoming mandatory restrictions are not that onerous. The voluntary period combined with this forewarning prior to the restrictions becoming mandatory next Saturday should give everyone a reasonable opportunity to get used to a different watering routine, reset sprinkler system controls and the like.

"Compared to last year, the amount of water we have received from the Eastland County Water Supply District since February is up over 30%", offered Leslie Zander, Eastland's Financial Officer. In addition to supplying water to city residents, via decades old contracts, the City of Eastland supplies water to the City of Carbon, Westbound Water Supply District, Olden Water Supply District and Staff Water Supply District. Westbound and Staff have water suppliers other than the City of Eastland and the City also supplies water to EBAA Iron.

"Considering the Sahara like weather conditions we've endured, it's a little surprising our overall usage is not higher. Never-the-less, we have to face reality and cut back consumption. If everyone will cooperate, we can hopefully get through this difficult period without catastrophic effects", she added.

The combined usage of the three water supply districts and Carbon is up over 46% from last year, so they will be asked to comply with the City of Eastland's conservation measures to cut back consumption. EBAA Iron's use is actually lower this year while the City of Eastland's use is up almost 11% from a year ago. Not surprisingly, the biggest city user is the ballpark.

There are numerous small things that can be done to conserve water. Check sprinkler heads to be sure they are watering your lawn and not your street, sidewalk or driveway. Check for leaky faucets and toilets. Take shorter showers and turn off the water when you are shampooing your hair or shaving in the shower. Don't let water needlessly run as you brush your teeth. Turn off the faucet unless you need the water to run. Wash your car a bit less often and then only at a commercial car wash.

While these small measures will make a difference if everyone will collectively implement them, it is, of course, outside irrigation that consumes the most water. Please do your best to cut back on the time and amount of your outside watering. There is no valid reason citizens have to wait to follow the mandatory restrictions until next Saturday. If everyone immediately implements them, we will save that much more water.

More water conservation tips can be found at: www.epa.gov/watersense.

"The absolute last thing in the world we want to do is to fine people who don't follow the mandatory water use restrictions. However, I feel compelled to remind everyone that they can be ticketed if they ignore the restrictions and fines will increase substantially for repeat offenders", Holliday concluded.

Audrey Johnston Named To Distinguished Student List at TSU

Audrey Johnston was recently named to a "Distinguished Student in the Spring 2011 Semester; one of the highest honors Tarleton State University confers on students.

This distinction is the University's way of honoring your academic achievements and recognizing your importance on campus. The faculty and administration salute you and look forward to your continued success.

FBC YOUTH HAMBURGER LUNCH Friday July 8th 11 am - 2 pm

Large Hamburger or Cheese Burger -
Chips and Drink \$6:00

@ Laminack Construction Corner of Lubbock & Kent at the blinking light

Pre orders welcome and delivery available.

Justin 972-979-9760 ---
Becky 254-734-5959 ---
FBC Church 254-734-2420

Card of Thanks

We want to thank everyone for all the prayers, calls and visits during Glen's recent stay in the hospital.
Glen and Judy Warren

Card of Thanks

We would like to thank everyone for the visits, phone calls, cards, food, beautiful flowers, and kind words during the time of our mom's hospital and hospice stay and her passing into the loving arms of Jesus. Your kindness and sympathy at this time are more appreciated than words can express. She left a legacy to our family that will live on forever. Her life was enriched by the presence of so many great family and friends. Please know that our family finds healing in God's tender love and embrace and in knowing others loved and cared for her. We would like to say a special thank you to Todd and Angela Anders and Carolyn Matthews of Nowlin Anders Funeral Home for their compassion and loving touch of taking care of mom and our family during this difficult time. Also a special thanks to Denver Rainey for his comforting words during mom's service. May God bless each of you for all your prayers and support.

The Family of Nelda Keith
Mike and Melinda Keith
Steve and Kay Keith
Terri and Jimmy Lewis
Grandkids and Great Grandkids

Medical Fund Started

A Beneficial Account has been established at American State Bank in Gorman for Medical Expenses for the family of Rafael Mata, Jr. who received head injuries in an accident recently and remains a patient at Cook's Children's Hospital.

Donations may be mailed to:

Rafael Mata Beneficial Account
115 S. Fisher St. - Gorman, Texas 76454

Letter to the Editor:

"Lions Amongst Panthers"

It is no doubt that we live in a "Land of PANTHERS". One of my and my wife's biggest pleasures is following our Panthers in every Sport, UIL Academics, One Act Play, and really everything they do. We have Panthers, even Cubs, and when you think you've yelled your last GOOOO out comes a cheer for a Lady Panther and a Lady Cub!!!! Panther Pride is like none other, and Gorman has the greatest fans & Panther Supporters.

However, there are "Lions" that roam the streets amongst all the Panthers. Those Lions are part of the "World Lions Club Organization" for men and women.

Our Gorman Chapter is made up of people from all walks of life. We are not social as much as we are service oriented.

- We have made eyeglasses available to thousands of people over the years at no cost to them.
- We make a Lion Camp available for the blind, and in some instances a seeing eye dog. They are a lot of fun.
- We support our school in any area of need, and that's everything from sports equipment to computers.
- We serve hamburgers and, oh my, those favorite sausage-on-a-stick for citywide gatherings.
- We sponsor a Miss Gorman Candidate every year. Miss Rachel Tucker represented us well in all her beauty and fund raising efforts in the 2011 Contest.

- We give a scholarship and help students make the transition to college life.
- We participate in running track meets with the beverage trailer.
- We have a camp for juvenile diabetes. Juvenile Diabetes is a life threatening disease and devastates young productive kids. Our camp is fun while providing education & hope for kids to maintain an active and productive lifestyle. Scott Mauney is a Panther and was diagnosed while in school here; it affected him and his whole family. His parents, Donnie & Nelda Mauney, have said many times, "The Lions Diabetes Camp changed all our lives, and we thank God for it."

Oh, by the way, there are roaring Lions at every Panther home football game moving those chains. That's right, someone has to do it!

You can join us and be the next roaring Lion in the midst of Panther Land, just call George Simmons at 734-2859.

Barry Schahn
President 2011
Gorman Chapter
Lions Club International

SURE Disaster Program Deadline Approaches for 2009 Crops

Agriculture Secretary Tom Vilsack today reminded producers that they have until Friday, July 29, 2011, to apply for assistance for 2009 crop losses under the Supplemental Revenue Assistance Payments (SURE) Program. The program provides crop disaster assistance payments to eligible producers on farms that have incurred crop production or quality losses.

"USDA wants to ensure that all eligible producers are aware of the approaching deadline," said Vilsack. "SURE covers producers on farms in disaster counties that incurred crop production, crop-quality losses or both, but in order to qualify, you need to file in a timely manner. I encourage anyone with questions to visit their local USDA Farm Service Agency Office."

The SURE program takes into consideration losses on all crops grown by a producer nationwide. To be eligible, producers must have suffered at least a 10 percent production loss on a crop of economic significance and obtained a policy or plan of insurance under the Federal Crop Insurance Act or the Noninsured Crop Disaster Assistance Program (NAP), for all economically significant crops. A producer must have a farming interest physically located in a county that was declared a primary disaster county or contiguous county by the Secretary of Agriculture under a Secretarial Disaster Designation or have actual production on the farm that was less than 50 percent of the normal production on the farm due to a natural disaster.

A limit of \$100,000 per person and legal entity collectively received, directly and indirectly, applies to the combination of payments from SURE and the livestock disaster programs administered by FSA — Livestock Forage Program (LFP), Livestock Indemnity Program (LIP) and Emergency Assistance for Livestock, Honeybees, and Farm-raised Fish (ELAP). Persons or legal entities whose average nonfarm income exceeds \$500,000 are not eligible for SURE payments.

A producer interested in signing up for SURE for their 2009 crops must do so before close of business July 29, 2011, at the county FSA office servicing the producer. The sign-up for the SURE program for the 2010 crops will be announced at a later date.

For more information about USDA Farm Service Agency disaster assistance programs, visit a local FSA county office or <http://disaster.fsa.usda.gov/>

ITEMS OF INTEREST

Gorman Senior Citizens meet once a month on 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.

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

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, JULY 20TH 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

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

Gorman Masonic Lodge No. 716 A.F. & A. M. Regular stated meetings are 2nd Tuesday of each month at 7:30 p.m. Members are urged to attend. Visitors are always welcome. Cecil Funderburgh, 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, 7726 CR 362, Desdemona, Tx 76445 or to American State Bank, Gorman, Texas 76454

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3 - 1 1/2 - 2 Brick, 1348 sf, central a/c, some new carpet, metal roof, sunroom, large fenced backyard, near school, nice & Clean. \$41,500.
 3 + Acre, 3 - 2 3/4 - 2 brick, central A/C, 2375 sf, den + lg game room, nice carpet, metal roof, water well, 20 x 40 shop, secluded, lots of Post Oaks \$119,500.
 NEW - 34.5 A. HWY 8 - Desdemona, 30 acres Coastal, pond, excellent fences, large Post Oaks - nice home site. Water well, Natural gas and Elec. Available. Will divide in 1/2. \$130,000.
 S/E Gorman: 45 A, sandy land, few Pecan trees, 7 water wells, irrigation reservoir, close to pavement. \$2,500 Acre.
 S/E Gorman: 60 A, good sandy soil, some coastal, good fences, elec., nice pond site. \$2,800 Acre.
 100 A west De Leon FM587, 3 - 1 1/2 - 2 brick, 1444 sq. ft., C/HA, fireplace, carpeted, some remodeling, 3 ponds, 30a crop land, 35a coastal, some native, fenced, 2 steel corrals, 2 wells, shop building. Nice setup. Mineral Rights. \$2,950.00 A.
 107.09 A, 2 mile S of Gorman FM 579: Old home w/large Oaks, old well, approx. 40 a good coastal, 40 a cultivated, small pond. \$2,150 per acre.
 179 A. south of Gorman: Part wooded, part old fields, deer & hogs, 2 nice ponds, sandy soil, elec., water well, metal building. \$2,350.00 acre.
SELLERS SAYS MAKE OFFER!!
 322A. Oak & Elm Trees, 2 creeks, great water shed project! 40 A. Coastal, owner reports 300 round bales/year, 55 A. Cultivable soils, 6 ponds, water well, 1200' metal Bldg. with slab floor, elec. Deer, turkey, and other wildlife. \$2,300 A.
 NEW - 39.5A S/W Gorman, 1/2 Open 1/2 Wooded, small creek, 4 ponds, 40' elev. change, gravel road 2 sides, elec. available. Remote location, deer & wildlife. \$1,795.00 acre.
 NEW - 39.6 A near Sipe Springs wildlife managed sportsman's dream ranch, lakes, ponds, elevation changes, fine fences and blind hunter's cabin, remodeled brick ranch house, 30X40 metal shop & More. \$2,750 acre.
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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

BETTER BELIEVE IT - There's plenty of room & privacy for the lover of country living on this 2 AC, m/FL 3 BR, 2 bath brick-LR w/FP, DR & den. Outside is a deck w/jacuzzi, a tank, 3 stg. bldgs. & lg. metal barn 2/2 heated & cooled rooms. Call today & enjoy the fresh air & wide open spaces! HA2

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

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

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

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

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

PRODUCTIVE - 160 AC, m/l, N. of Gorman. Coastal, good soil, 2 tanks, water well s & frontage on 2 county roads. A13

**"Pray For Rain"
 "We Need It"**

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Obituary

Jackie Lynn Grice
 Jackie Lynn Grice, age 60, of Gorman passed away Tuesday, June 21, 2011 at Hendrick Hospice in Abilene.
 Services was at 10:00 A.M. Saturday at the Higginbotham Funeral Home Chapel with Denver Rainey and Barry Schahn officiating. Burial followed at Oaklawn Cemetery.
 Jackie was born November 7, 1950 in Gorman, Texas to B. F. Grice and Purnia Faye (Bennett) Grice. He was a graduate of Gorman High School. He married Jana Len Brown on June 26, 1970 in Gorman. Jackie was a supervisor for Birdsong Peanuts for more than 32 years. He was a member of the First Baptist Church.
 He is survived by his wife, Jana Grice of Gorman; two daughters, Julie May of Gorman and Jeanna Burns of Frisco; one son, Aaron Grice and wife, Ashley of Abilene; sister, Sue Ross of Ranger; brother, Max Grice and wife, Janice of Brownfield; four grandchildren, Mallory May, Ethan May, Brittany Burns and Jackson Grice; mother-in-law, Ima Brown of Gorman; one niece, five nephews and several cousins. He was preceded in death by his parents, granddaughter, Alyssa May and a sister, Sara Gayle Widner.
 Visitation was from 6:00 P.M. to 8:00 P.M. Friday evening at the funeral home.

A Letter To The Editor
 By Henry A. Buchanan

Steve Inskip made a visit to Pakistan recently and he asked "the Pakistani man on the street" what he thought about our killing of Osama bin laden. He received an answer that will surprise most Americans. "Osama bin laden is not dead."
 That is the same answer that both Romans and Jews got in the first forty days after the crucifixion of Jesus of Nazareth. "Jesus is not dead. He is alive."
 Some even said they had seen Him, talked to Him, walked with Him, broken bread with Him. They said He was indeed killed, but that He had risen from the grave and that after a period of time ascended into Heaven and would return to conquer the world.
 That was in the first hundred years when Christians were writing their stories about Jesus. And in three hundred years He had been acclaimed by the Roman Emperor with the cross on his battle flag. "In this sign I conquer." On every Sunday today and especially at Easter, the Church proclaims that Jesus is alive and active in the life of this Earth as well as in Heaven where He waits to make His return.
 This is mythical, but when we killed Osama bin laden, we made a mythical figure of him. We secreted his body away for a burial at sea, and we created the perfect conditions for his followers to create the mythical Osama bin Laden who will return to wreak havoc on Western Civilization. His influence is already evident in the falling heads of states in the Middle East and Northern Africa.
 The seven Republican hopefuls who gathered to debate their qualifications to be President of the United States missed the boat entirely. The issue is not the economy. It is whether the forces of revolution will overwhelm and destroy us because Osama bin Laden is still alive in the man on the street in Pakistan and wherever men are in revolt and are determined to overthrow the power of America and the authority of the Church.
 (s) Henry A. Buchanan
 1131 N. Kent St. -- Gorman, TX 76454
 254-734-4569 -- June 14, 2011

LOST July 3: SAMSUNG CELL PHONE. GENEROUS REWARD. If no answer PLEASE leave message. 254-734-2275.

Gorman ISD is currently accepting bids for fuel and fuel products for the 2011-2012 school year. All bid proposals are due in the Superintendent's office by 5 p.m. July 7, 2011.
 Gorman ISD is currently accepting bids for the milk products for the 2011-2012 school year. All bids for milk products are due in the Superintendent's office by 5 p.m. July 7, 2011.
 Gorman ISD -- Attn: Jeff Byrd
 P. O. Box 8 - 114 W Lexington
 Gorman, TX 76454
 If you have questions concerning the bidding process or products required, please contact the superintendent's office. 3-7-7c

IMMEDIATE OPENING: Home-stead Nursing & Rehabilitation of Gorman needs CNA's for 2-10 and 10 to 6 Shifts also All P.R.N. Shifts For additional information, contact the facility at 254-734-2202.EEOC FNC

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The Gorman Progress - 734-2410

"On The Wilder Side"

I hope that you are enjoying your Summer. I know that it is in the triple digits out there, but there are some very enjoyable activities that you just can't do during the Winter. Well... I guess you could go swimming during the bleak of Winter, but it might not be as refreshing. But I hope that amid all of your vacations, ball games, fireworks, and cookouts, I hope that you remember to keep the first things first.
 Summer is the biggest time of the year for "church dropout" because other activities seem to get in the way. I'm not suggesting that anyone plans to stop going to church, because I would hope they don't. Instead, it happens very slowly and creeps up on you: First you'll be gone one Sunday on vacation where you may or may not find another congregation to worship with at your vacation destination. Then when you get back, you're so tired and need to unpack the suitcases that you... well, you'll go next week. But by the time the next Lord's Day comes around you've already been gone twice, and it's hot, and you're tired from last night's activities that... well, what's one more Sunday out of church?
 I hope that you do have a wonderful Summer making great memories, but also don't forget that your church family misses you when you are gone and really does want you to come back home. Remember that your Heavenly Father is waiting to spend some quality time with you. Remember to keep the first things first.
 I like what David Norris wrote, "How you spend your time is more important than how you spend your money. Money mistakes can be corrected, but time is gone forever."
 Fight the good fight (1 Tim 6:12) -
 Jason Wilder - Gorman Church of Christ

Happenings At FBC!!!

Baptism! One young boy followed Christ in Baptism to begin our Morning Worship Service. Glory to God!
 Mark your calendars:
July 8th - 11am to 1:30pm - Hamburger Lunch @ Laminack Corner - Youth Fundraiser.
July 9th - 8am - Brotherhood Breakfast - Come & enjoy fantastic fellowship & food.
July 10th thru 14th - Youth Camp - Please pray for our kids & summer camps.
July 25th thru 28th - Mission Camp - Please pray for our kids & summer camps.
 Wednesdays: Youth at 6:30pm. Bring your friends!!!
 Brent Lasater led us in The Pledge of Allegiance while Stratton Thompson held the USA Flag.
 Children's Sermon: Traci showed the children an American Flag and explained that Red stands for the Courage of the men & women that fight for freedoms & the safety of our country, White stands for Purity to do what's right, and Blue stands for Justice to treat all people fairly & with respect. These three colors can also remind us of Jesus; Red is the blood of Jesus, White is the blood washing us white as snow, and Blue is God's faithfulness to forgive us & make us clean. When we celebrate America's Birthday on 4th of July give thanks to Jesus for all He does for us.
 Bro. Barry's Message: "Plowed Like An Open Field" - Micah 3:12 - Is there any place you'd rather be than America? Some in the congregation said heaven. Bro. Barry said, "The only thing he loves more than America is Americans. Americans must answer to God for the condition and shape of America." Reality reveals that we face hard times. Men & Women are standing their post to protect the freedoms that God has afforded this great Nation. The greatest threat to our Nation is thought to be terrorism, all the while the greatest threat lies within people worldwide because the Bible says man will dominate man to their own injury.
 It's Our Fault:
 I. Corrupt Politicians. (Micah 3:1-3) - Political Leaders make very public mistakes and we do not hold them accountable. This type of Politician slithers around, represents our Country, and sets an immoral and unethical example.
 II. Compromising Preachers. (Micah 3:5) - Do we worry more about feeding our face that being fed on the Word of God? Stop giving financial support to Preachers that compromise the Word of God. People are the key and they make the difference.
 III. Complacent People. (Micah 3:11) - The Israelites are the epitome of complacency. May we strive to appreciate what we have and all that Jesus does for us. Our Forefathers meant for us to be a Christian Nation under God. In God we trust. Without God we'll be a Nation gone under. We're not a perfect People and we're not a perfect Country, yet Jesus Christ changes hearts and belief in Him yields miraculous results. Ultimately the Hope of America is not found in the White House, or the State House, or in the Court House. The Hope of America IS found in God's House, and your House, and my House. May you do your very best to Live for Jesus Christ!

If you are reading this and you have not accepted Jesus Christ as your Lord and Savior please call Bro. Barry, ask Bro. Barry to talk with you about being saved or just ask him to pray with you, just call (254) 734-2420. Our Worship Service begins at 11:00AM on Sunday Morning - please come & join us! Remember: God loves you like no one else! Email: fbcgorman@hotmail.com

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Ladies Monthly Social will be held on Monday morning, July 11th at the Community Center. Make plans to arrive at 9 a.m. to enjoy the good food served by the Hostesses. Next social will be held on Monday morning, August 8th at the same location and same time. Visitors are welcome.

Christopher Hicks stationed at the Lackland Air Force Base in San Antonio visited recently in Desdemona with his grandmother, Virginia Griffith.

Desdemona Community Center will host a **"42 Domino Tournament"** on Saturday, July 9th. All 42 players from this area are invited to attend. There will be a small fee to enter, good food served at noon with prizes awarded and lost of fun. Come early to register at 8 a.m. Need more info - Call Linda Lindley at 254-758-2691.

Take time out from your busy daily schedule to remember all the sick and shut-ins in our Community with your cards and prayers. Just a call to say "HI" means so much to a Shut-In.

First Baptist Church of Desdemona continues to have good attendance each Sunday. There was 38 to attend last Sunday. Visitors attended from Dallas, Lubbock, Houston and Blanket. Bro. Charlie Johnson, his wife, Jana and all the members invites Visitors to attend on Sunday at 10 a.m. for Sunday School and 11 a.m. for the Morning Worship Service.

Desdemona Homecoming and School Reunion will be held on Saturday, August 13, 2011 at the School Gym. Morning program begins at 10:00 a.m. Noon Meal will be catered. Ex-Students, Teachers and Friends are invited to attend. Mark your calendar for this date and make plans to attend. This annual affair began in 1921 and has continued thru the years except during World War II when tires and gasoline was rationed. Please contact this reporter at P. O. Box 187, Desdemona, Tx 76445 if you have a change of address. I Need This for the mailing list. Thank You.

If you haven't met the devil face to face -- Then you must be going the same direction as he is. Have A Good Day, Vonnie

Celebrate Summer with Cisco Writers Club:

Enter our 35th Annual Summer Writing Contest!

The Cisco Writers Club is announcing its 35th annual summer writing contest. This competition is an exciting opportunity to have your manuscript judged in conjunction with others. Hundreds of dollars are awarded each year in this event, held annually now for three and a half decades.

Submissions are accepted from June 1 to July 31, so act quickly.

New this year is the capability to submit documents and fees electronically, making entry quick and easy. Our Contest page at www.ciscowritersclub.org has the details.

You're invited to participate, then join us at 7:00 p.m. Tuesday, September 6, to celebrate the winners. The awards will be made in the American State Bank Community Room in Cisco.

Cisco Writers Club 35th Annual Contest - Summer 2011. Entries may be made from June 1, 2011, through July 31, 2011. CASH AWARDS: \$10, \$5, \$3, and \$2 respectively will be made to judges' determinations of first, second, third and honorable mention at 7:00 p.m. Tuesday, September 6, 2011, in the Community Room at the American State Bank in Cisco, Texas. Eleven special awards boost prizes for top entries in categories marked with *. FEES: \$5.00 per entry.

CATEGORIES AND MAXIMUM LENGTHS (Limit two entries per category):

1. *Christine Reich Rhymed Poetry - 30 lines
2. *Dr. Joe Stamey Unrhymed Poetry - 30 lines
3. *Jasper Cook Humorous Poetry - 30 lines
4. Short Shots (brief anecdotes like those in Reader's Digest®) - 200 words
5. *Columns of General Interest - 750 words
6. *Children's Stories for 12 and under - 1,200 words
7. *Articles of General Interest - 2,000 words
8. *Articles of Inspiration - 2,000 words
9. *Articles of Nostalgia - 2,000 words
10. Short Stories - 2,500 words
11. *Books - Brief synopsis and first two chapters

SELECTED JUDGES, competent in their categories, will be asked, but not required, to critique entries.

MANUSCRIPTS must be your original work, unpublished as of May 1, 2011, and must not have placed first previously in this contest. Limit two entries per category. You may send manuscripts electronically (see instructions below) or mail a crisp, clear, typed copy by midnight, July 31, 2011. Double space prose; poetry may be single-spaced. Make book synopses brief summaries, covering basic plot or theme and revealing the ending. Use standard 8.5" x 11" paper, printed on one side only, with margins no less than one or more than two inches all around. Retain a copy for your records. Note: While Cisco Writers Club exercises reasonable precautions, it is not responsible for lost or stolen material.

COVER SHEET: In the upper left corner put your name, address, telephone number and E-mail address (if any). In the upper right corner put the name of the category and word count if prose (except books) or line count if poetry. In the middle of the page, center the title. DO NOT PUT YOUR NAME ON ANY OTHER PAGE.

FIRST PAGE: In upper right corner repeat the category and word or line count. Double space eight times to center title; double space twice more to begin manuscript, book synopsis, or first chapter page. (Center chapter titles two double spaces below book title.) DO NOT PUT YOUR NAME on this or any succeeding page.

SUCCEEDING PAGES: Write title and page number in upper right corner.

MAILED SUBMISSIONS: Fasten cover sheet and manuscript with a paper clip. DO NOT STAPLE ANYTHING. Make money order or check (no cash) payable to Cisco Writers Club. Mail FLAT to Cisco Writers Club, 2301 County Road 169, Cisco TX 76437. If you cannot pick up your entries at the September meeting, please include a self-addressed, stamped envelope so any prizes, comments, and your manuscripts can be returned to you after September 6.

ELECTRONIC SUBMISSIONS: Follow above guidelines. Electronic payment is accepted below, or you may mail check or money order (no cash) the same day you enter. Acceptable file extensions are .doc, .odt, .pdf, .rtf, .txt, or .wpd. E-mail document files as an attachment to contest@ciscowritersclub.org, using our payment confirmation number as the subject line (or "Ck# _____" if you mail payment). A confirmation of receipt of your entries and fee will be E-mailed to you.

BY ENTERING THIS CONTEST you grant permission for Cisco Writers Club to use your name, town, contest placement, and/or photograph in our publicity.

CONTACTS: Contest@ciscowritersclub.org; phone (254) 442-3530 or (800) 588-9675.

Homestead Happenings

On Friday we had our Independence Day Celebration. We started the morning off with the pledge allegiance, followed by the Star Spangle Banner. Brent Lasater closed our ceremony with a prayer. At 10:00 we played Red, White, and Blue Bingo. At noon we had our annual fireworks (balloon popping). We ended the day with the Declaration of Independence. Ima Brown and Rozelle Caraway served cookies and punch to those attending.

One day we baked cookies and had cookies and milk in honor of National Dairy Month, Visiting Ima Brown were Mallory May, Jana Grice, Neal and Joyce Gilbert. C.D. and Jean Youngblood of Stephenville visited Sue Simmons. Billy Earl Simpson visited with everyone. Nell McAnally went out on Sat. to a family reunion and enjoyed seeing all her family. Rozelle Caraway spent several days in Sweetwater visiting an old friend, Valen Kiker. Jordan and Weldon Scitern visited Troy Scitern, Edgar Reynolds and Rozelle Caraway. LaVerne Carr of Whitney visited Troy Scitern and Frankie Stacy. Ewellene Hammond of DeLeon visited her mother, Claudie Shelton. Michael Whitehorn of Abilene visited his dad T.D. Whitehorn. Have a good week.

5 Easy Tips for a Happy, Healthy Heart: How Small Changes Can Lead to Big Results

NewsUSA

(NU) - Experts have found that good nutrition and eating a variety of fruits and vegetables continues to be one of the best ways to safeguard our health. Unfortunately, this time-tested advice proves more easily said than done, and heart disease remains one of the top killers of Americans.

Every 25 seconds someone experiences an episode of coronary distress, according to the Centers for Disease Control and Prevention, and about one person will die from a coronary event every minute. These are striking statistics that should be taken to heart as part of a commitment to making small changes that will lead to big health results.

"People think that maintaining a healthy diet is difficult, but it's important to remember that making small dietary and lifestyle changes can reap major health rewards," says Christine M. Palumbo, registered dietitian and a nutrition advisor for California Raisins. "For example, adding California Raisins to your diet will deliver potassium and antioxidants along with fiber and inulin to help promote a healthy heart and digestive system. Plus, just 1/4 cup equals a full serving of fruit."

Here are five easy tips Palumbo recommends in order to jumpstart a healthier lifestyle and boost your heart health:

1. **Lose 10.** If you are overweight, losing just 10 percent of your body weight will reduce blood pressure, inflammation and belly fat.
2. **Move more.** According to the latest data, Americans watch 34



Health tip: add California Raisins to your next salad.

hours of TV each week. Try putting a treadmill in front of the screen, jump rope, or march in place during half of your TV-watching time. Even brief bouts of activity improve cardiac risk.

3. **Eat fish.** Studies find that eating fish two or three times a week can lower LDL (bad) cholesterol, which reduces risk for heart disease.

4. **Seek power snacks.** Instead of running to the vending machine for a late afternoon sugary snack, reach for an energy-boosting power snack of California Raisins and almonds. Mix 1/4 cup of raisins and 1/4 cup of nuts for on-the-go snacking all week long.

5. **Make room for whole grains.** Whole grains run the gamut from oats and barley to brown rice and bulgur. Switch up your recipes and try making a barley risotto, a bulgur pilaf or a quinoa salad.

To get started in thinking about the many tasty combinations you can mix up, here's a cholesterol-free, protein-packed recipe that will surely help boost your energy and kick start more heart healthy habits. For more recipe creations, visit www.loveyourraisins.com.

MEDITERRANEAN QUINOA SALAD

Cost per serving: \$1.21
Prep time: 15 minutes
Cook/stand time: 22 minutes
Chill time: at least 1 hour
Servings: 6
2 cups water
1 cup quinoa
1/3 cup apricot or mango chutney
1/4 cup lime juice
2 tablespoons olive oil
1/4 teaspoon salt
1/2 cup each: California natural raisins and California golden raisins
1/2 cup each: garbanzo beans and diced red bell pepper
1/3 cup minced red onion
2 tablespoons each: chopped fresh parsley and mint
Freshly ground pepper to taste
Bring water to a boil in a medium saucepan. Rinse quinoa in a fine mesh strainer and drain well. Add to boiling water; reduce heat and simmer, covered, for 12 minutes. Remove from heat and let stand for 10 minutes. Fluff with a fork and let cool. Whisk together chutney, lime juice, olive oil and salt. Stir into quinoa mixture, then carefully stir in all remaining ingredients. Cover and chill for at least 1 hour.

Nutritional analysis per serving: Calories: 270, Fat: 7g, Saturated fat: 1g, Trans fat: 0g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 115mg, Carbohydrates: 50g, Fiber: 4g, Sugar: 20g, Protein: 6g, Vitamin A: 15 percent, Vitamin C: 45 percent, Calcium: 4 percent, Iron: 20 percent, Calories from fat: 23 percent.

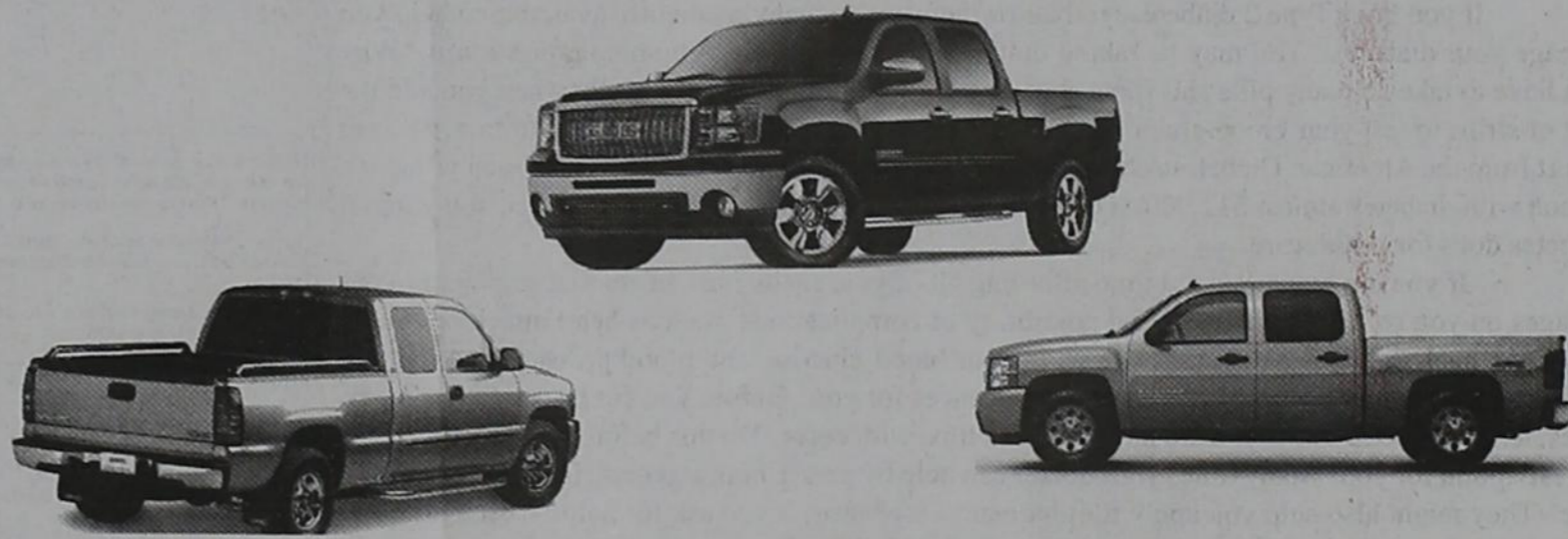
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AG VIEW POINT

By: Heath Begeman

Bovine Mastitis and Heat Stress

Environmental mastitis and these above average temperatures can cause a dollar drain in your herd, but the effect of both can be reduced. The level of mastitis and somatic cell counts rise as temperature and humidity levels move upward. Somatic cells are elevated in response to environmental stress such as high summer temperatures; and it may take weeks or months for them to decrease. Environmental mastitis increases during this time because of the increased likelihood of teat end exposure to bacteria.

Cattle are physically more stressed during the summer. Research has shown high circulating levels of stress hormones interfere with the ability of the immune system to destroy bacterial invaders. Somatic cells enter the udder as part of the immune response. When somatic cells are under the depressing effect of stress hormones, they cannot function fully to protect against mastitis organisms.

To help prevent this problem in a pasture situation provide portable shades and move them frequently to reduce manure build up. Although, trees provide a good source of shade and reduce stress, muddy, wet areas around trees result from manure accumulation. This is a source of environmental organisms that increase clinical mastitis. In free stalls, bacterial contamination of bedding material increase during the summer. Take extra steps to keep bedded areas dry and maintain free stalls to minimize cows lying in the alleys.

Use of sprinklers to cool cows requires constant management to eliminate or greatly reduce the likelihood of "wallow" places. Locating shade only over feed aisles results in cows constantly occupying the area for feed as well as shade. The area becomes overloaded with manure, cows become dirty and mastitis increases as a result. If you are using cooling ponds, make certain the water does not become contaminated with mastitis-causing organisms. Flies are also important vectors of the disease. Biting flies greatly increase stress in your herd and carry disease organisms. This may result in a decrease in production as well as spreading mastitis. Provide clean water. Cows drink about 50 percent more water when the temperature is 80 degrees versus 40 degrees. They need water to cool themselves through increased respiration and perspiration.

All these steps add up to ways to reduce mastitis, either by reducing the stress-promoting hormones or by decreasing the likelihood of creating sites for growth of environmental mastitis organisms. Watching, implementing and correcting management practices to reduce summer mastitis increases milk production and your herd's health thereby providing another plug to stop the Dollar Drain.

If you would like publications on bovine mastitis or anything concerning your cattle, please contact the Extension Office, Heath Begeman at 254/629-1093 or go to <http://agrilifebookstore.org/>.

4-H NEWS

4-H'ers Learn Leadership Skills at Leadership Lab

Eastland County 4-H members participated in Leadership Lab at the Texas 4-H Center in Bowwood. The District 8 4-H & Youth Development program offers a three-day, two night event called Leadership Lab as a tool to further teach and develop the life skills of our teenage 4-H members. The following workshops and activities were offered to the participants: Parliamentary Procedure, Etiquette, Team Building and Problem Solving, Diversity and Dance.

The workshops and activities were primarily conducted by the District 8 4-H Council Officer Team under the direction of the agent advisors. There was a total of 154 4-H members who attended this camp from the following counties: Bell, Bosque, Comanche, Coryell, Eastland, Ellis, Erath, Falls, Freestone, Hamilton, Hill, Hood, Johnson, Leon, Limestone, McLennan, Milam, Navarro, Robertson, Somervell, and Williamson.

For the community service component of the camp, the youth divided up into teams and assembled bicycles for kids whose parents are soon leaving on active tour duty with the military. A special presentation was made by the 4-H members to the families receiving the bicycles.

For more information about Eastland County 4-H programs, please contact the Texas AgriLife Extension Service at 254/629-2222 or find us on facebook and like our Eastland County 4-H facebook page.

Type 2 Diabetes

If you have Type 2 diabetes, you know there are so many medicines available to help you manage your diabetes. You may be taking quite a number of them. A common question is "Why do I have to take so many pills and shots every day - it costs so much, especially when you add the cost of strips to test your blood glucose"! Diabetes is a terribly expensive disease. In fact, a recent report from the American Diabetes Association determined the average medical costs each year for a person with diabetes almost \$12,000. People with diabetes spend over twice what a person without diabetes does for health care.

If you are having a hard time affording all of your medicines, never just stop or cut your dosages on your own. You increase the possibility of complications, such as heart attack or stroke, if you cut back on your medicines. Allowing your blood glucose, and blood pressure to climb out of recommended ranges can have severe consequences for you. Before you cut back on your medicines, let your doctor know you are having a hard time with costs. Do this before your doctor writes a prescription for you. Many times your doctor can help by prescribing a generic form of your medicine. They might also help you apply for pharmacy assistance, if you ask for help. Check different drug stores for prices before having your prescription filled, too.

Some large department stores and drug stores are offering many prescription medicines for \$4.00 per prescription. While these \$4.00 prescriptions are not the latest, newest drug, they are effective drugs that have been around a long time. Having the latest drug may not mean better results especially if the cost is so high that you do not take it like your doctor prescribed. Also, talk to your doctor about other things you might do to reduce your need for so many medicines. If your health allows, losing weight and walking 30 minutes daily can have a significant impact on your need for medicines.

If you would like to learn more ways to save money when you have diabetes, consider signing up for the five class series with nine topics called Do Well, Be Well with Diabetes, which is offered by Texas AgriLife Extension Service Eastland County. These classes are being taught by a team of volunteer nurses, dietitians, pharmacists, and other health professionals to provide you with the latest information on how to better manage your Type 2 diabetes. Self-management of Type 2 diabetes has changed a lot.

Come to these classes and learn how to save money and reduce your chances for complications. Classed are \$30.00 for all classes. These classes will start August 8th beginning at 11:30 a.m. at the Eastland County Courthouse Conference Room. Call Hallee Mitchell at the Eastland County Extension Office at 254/629-2222 to enroll NOW!!!

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Statement by Gov. Rick Perry on Disaster Request Approval

AUSTIN – Gov. Rick Perry today issued the following statement regarding President Barack Obama's approval of a portion of Texas' request for a disaster declaration resulting from 11,940 wildfires that have consumed more than 3.2 million acres since December 2010:

"President Obama's decision to finally approve a portion of our disaster designation request is good for Texas and some of the communities impacted by this season's wildfires. We will continue to work with FEMA to ensure all affected jurisdictions and entities receive the support they deserve after battling these massive fires since December. Our prayers continue to go out to those putting their lives on the line fighting these fires, as well as those whose property and livelihoods remain in danger."

This partial approval only applies to fires fought between April 6 and May 3, 2011, covering just a fraction of the fires fought in Texas so far this season.

On April 15, Gov. Perry sent a letter to President Obama requesting a Major Disaster Declaration for the State of Texas, which would make the state eligible for Direct Federal Assistance and Emergency Protective Measures from the federal government. The governor's request was denied on May 3. Gov. Perry appealed the president's decision on May 26.

Counties qualifying for emergency protective measures, including direct federal assistance, include: Andrews, Archer, Armstrong, Bailey, Baylor, Brewster, Callahan, Carson, Castro, Clay, Coleman, Concho, Cottle, Crockett, Dawson, Duval, Eastland, Garza, Glasscock, Hall, Hemphill, Hockley, Irion, Kent, King, Lynn, Martin, Mason, Mitchell, Moore, Motley, Pecos, Presidio, Scurry, Stephen, Sterling, Sutton, Terrell, Terry, Throckmorton, Tom Green, Trinity, Tyler, Val Verde, and Young.

Gov. Perry reminds all Texans of the ongoing threat of wildfires, and urges everyone to observe burn bans and fireworks bans in place over Independence Day weekend.

For more information on wildfires, including a list of counties under burn bans and how to prepare for the threat of wildfires, please visit <http://governor.state.tx.us/wildfires>.

USDA-FSA to Host Four Webinars on Hispanic and Women Farmer and Rancher Claims Process

(COLLEGE STATION, TX) – June 23, 2011 – USDA Farm Service Agency (FSA) State Executive Director Juan M. Garcia today announced four webinars (internet-based virtual meeting) to discuss the USDA Hispanic and Women Farmer and Rancher Settlement Claims Process and current FSA loan programs. These webinars are scheduled for June 30th, July 14th, July 28th and August 11th at 7:00 PM.

On February 25, 2011, Secretary of Agriculture Tom Vilsack and Department of Justice Assistant Attorney General Tony West announced a process created to resolve the claims of Hispanic and women farmers and ranchers who assert they faced discrimination when seeking USDA farm loans during certain periods between years 1981 and 2000. The optional claims process offers a streamlined alternative to litigation and provides at least \$1.33 billion in compensation, plus up to \$160 million in farm debt relief, to eligible Hispanic and women farmers and ranchers.

The interactive webinars will provide an overview of the USDA Hispanic and Women Farmer and Rancher Claims Process as well as FSA farm loan program updates. Farm loan program topics to be discussed include interest rates, terms, and eligibility and security requirements.

"I encourage producers who want more information about the claims process or about FSA farm loan programs to register for one of these webinars," said Garcia. "The webinars are free and open to the first 100 participants who register," he said.

Garcia emphasizes that these webinars are intended as forums to discuss the general plan for the claims process and FSA webinar hosts will not be able to discuss the details of any individual claim during the course of the webinars.

To view the webinar schedule and register, please go to www.fsa.usda.gov/Internet/FSA_File/tx_hwwebinar_2011.pdf.

2010 Annual Drinking Water Quality Report

Consumer Confidence Report (CCR)

PWS ID Number: TX0670003
PWS Name: CITY OF GORMAN

Special Notice

Required Language for ALL Community Public Water Systems

Information on Sources of Water:

The source of drinking water used by CITY OF GORMAN is Purchased Surface Water.

Information on Sources of Water:

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of contaminants that may be present in source water.

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and domestic animals.

- Inorganic chemicals, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.

- Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

Information about Secondary Contaminants:

Many constituents (such as calcium, sodium, or iron) which are often found in drinking water, can cause taste, color, and odor problems. The taste and odor constituents are called secondary contaminants and are regulated by the State of Texas, not the EPA. These constituents are not a health concern. Therefore, secondaries are not required to be reported in this document but they may greatly affect the appearance and taste of your water.

Information about Source Water Assessments:

A Source Water Susceptibility Assessment for your drinking water source(s) is currently being updated by the Texas Commission on Environmental Quality. This information describes the susceptibility and types of constituents that may come into contact with your drinking water source based on human activities and natural conditions. The information contained in the assessment allows us to focus source water protection strategies.

For more information about your sources of water, please refer to the Source Water Assessment Viewer available at the following URL: <http://gis3.tceq.state.tx.us/swav/Controller/index.jsp?wtrcc>

Further details about sources and sourcewater assessments are available in Drinking Water Watch at the following URL: <http://dww.tceq.texas.gov/DWW/>

Water Quality Test Results

Maximum Contaminant Level Goal or MCLG	Maximum Contaminant Level or MCL	Maximum residual disinfectant level goal or MRLDG	Maximum residual disinfectant level
ppb	micrograms per liter or parts per billion - or one ounce in 7,350,000 gallons of water.	ppm	micrograms per liter or parts per million - or one ounce in 7,350 gallons of water.

2010 Regulated Contaminants Detected

Contaminant	Maximum Contaminant Level Goal	Total Coliform Bacteria	Coliform Bacteria	Violations	Likely Source of Contamination
0	1 positive monthly sample.	There were no TCR detections for this system in the CCR period.	0	0	Naturally present in the environment.

Regulated Contaminants

Disinfectants and Disinfection By-Products	Collection Date	Highest Single Sample	Range of Levels Detected	MCLG	MCL	Units	Violations	Likely Source of Contamination
Halocyclic Acids (THMs)*	2010	40	31.0 - 48	No goal for the total	40	ppb	0	By-product of drinking water chlorination.
Total Trihalomethanes (TTHM)*	2010	139.3	48.9 - 139.3	No goal for the total	80	ppb	0	By-product of drinking water chlorination.
Synthetic organic contaminants including pesticides	Collection Date	Highest Single Sample	Range of Levels Detected	MCLG	MCL	Units	Violations	Likely Source of Contamination
Dalapon	01/26/2008	Levels lower than Action Level	0 - 0	200	200	ppb	0	Residue from herbicide used on rights of way.

Violations Table

Note on Violations:

TCEQ recently completed a review of Public Notice violations that were historically present in our database. This review was done at the request of the Environmental Protection Agency and was triggered by the TCEQ migration to the Safe Drinking Water Information System (SDWIS). Following EPA guidelines TCEQ returned to compliance many PN violations that had existed, but may have not been reported on a prior year CCR. We strongly encourage you to check Drinking Water Watch (<http://dww.tceq.texas.gov/DWW/>) for the current status of any violations displayed on this page.

Total Trihalomethanes (TTHM)*

Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous system, and may have an increased risk of getting cancer.

Violation Type	Violation Begin	Violation End	Violation Explanation
MCL_AVERAGE	07/01/2010	08/30/2010	Water samples showed that the amount of this contaminant in our drinking water was above its standard (called a maximum contaminant level and abbreviated MCL) for the period.
MCL_AVERAGE	10/31/2010	12/31/2010	Water samples showed that the amount of this contaminant in our drinking water was above its standard (called a maximum contaminant level and abbreviated MCL) for the period.

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