

Gorman Progress



1999 Member
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Gorman, Eastland County, Texas 76454

NUMBER FIFTY

DECEMBER 30, 1999

Happy New Year



From all of Us!

Joe - Jake - Marilyn - Estelle

Correspondents - Zelda - Vonnie - Michelle - Nancy



Jimmy Simmons and Ashley Stalcup To Pledge Nuptials

Mr. and Mrs. Gene Simmons of Eastland and Mr. and Mrs. Jim Ford of Plano and Mr. and Mrs. Merle Stalcup of Salado would like to proudly announce the marriage of Jimmy Simmons to Ashley Stalcup on January 8, 2000 at The Grand Victoria Rose House in Plano, Texas at 7:00 P.M.

The reception will follow. All friends and family are invited to attend.

New Year's Eve Singing At New Hope Baptist Church

The Annual New Year's Eve Singing will be at the New Hope Baptist Church on Friday, December 31st from 8:00 p.m. to Midnight.

There will be group and congregational singing. Bring a friend and SING in the New Year.

Thank You To Everyone

The Gorman Police Department would like to thank everyone who helped in any way towards the Toy Drive. A special Thanks to Theresia Rountree for donating so much of her time in getting everything organized. The community support was terrific. It truly is wonderful at how a community can come together to help others less fortunate. The Police Department plans to try this again next year. The Gorman Police Department would like to wish everyone a very Happy New Year and express again a big Thank You!

Doug Caffey
Gorman Chief of Police



**PRESS
POINTS**

JOE BENNETT - PUBLISHER

— J —

Well I hope everyone received what they were asking for at Christmastime. My family had a great Christmas, but I am just about to pop with all that great food I ate. Of course, if there's food, I will eat it.

Want to wish everyone a Happy New Year and continued good fortune in the New Year. May all things come your way and bless your life. We add our wishes to all the advertisers in the Progress for a fantastic New Year. Their support keeps us going and makes it possible for us to publish your newspaper year after year.

— J —

I want to say "Congratulations" to Dathan Wright for being named on the Class A All-State Team as a Linebacker. We was also named on the All-District Team as a Back and Linebacker. Dathan will graduate this year and will be sorely missed in the Panther lineup. Again, our congratulations to Dathan.

— J —

Have a safe and sound New Year with happiness to all. And remember to smile -- because God Loves You!

OBITUARIES

Mary Jane Perry Laid to Rest

Mary Jane Perry, 78, of Gorman, a homemaker, died Wednesday, December 22, 1999, at Comanche Community Hospital.

Funeral services were Sunday, December 26, 1999, at Gorman Church of Christ, with Minister Paul Denton officiating. Burial was at the Oaklawn Cemetery in Gorman.

Jane Perry was born March 26, 1921, in Poteau, Oklahoma and was the daughter of the late James Howry Etter and Mamie Etter. She graduated from Dawson High School in June 1938 and married Jack Perry on April 28, 1952 in Fort Worth, where they lived until moving to Gorman in 1972. She was a member of the Church of Christ and Order of the Eastern Star chapter #443.

She was a very devoted wife, mother and grandmother and will be deeply missed.

Survivors include her husband, Jack Perry of Gorman, one son, Roland Perry and his wife Lori and grandson Jordan Perry, all of Gorman.

Services Pending Lily Mae McGee

Lily Mae McGee, 93, of DeLeon, passed away on Tuesday, December 28, 1999 at Canterbury Villa Nursing Home. Graveside services will be on Friday, December 31, 1999 at 11:00 a.m. at the Dunn Cemetery (near Colorado City) Scurry County.

Mrs. McGee was born on April 22, 1906 in Lamesa, Texas to R.D. Hamlin, Sr. and Martha Burleson Hamlin, both deceased. She married Poley P. McGee in Midland, Texas on June 30, 1929. She was a homemaker and a member of the Church of Christ in Colorado City, Texas.

Survivors include two sons, Lane McGee of DeLeon and Larry McGee of Weatherford; one daughter, Ialee Turner of Midland; one brother, Harry Hamlin of Midland; one sister, Florene Vessel of Midland; 6 grandchildren and 2 great-grandchildren.

She was also preceded by her husband, Poley P. McGee on Jan. 22, 1977 and by three brothers, Bud, R.D. and John Hamlin and by one sister, Marie Webb.

Services Held for Shirley Sue Sides

Shirley Sue Sides, 53, of DeLeon died on Tuesday, December 21, 1999, at her residence. Services were held on Sunday, December 26, 1999 at the Nowlin Funeral Home Chapel with Jackie Auvenshine officiating. Burial was in the Ebenezer Cemetery in Comanche County.

Mrs. Sides was born on December 21, 1946 in Dublin, Texas. She married Norman Sides on May 5, 1965 in Breckenridge, Texas. She was a homemaker and had resided in the DeLeon area most of her life. She was a Baptist.

Survivors include two sons, Mark Sides and wife Mindy, and Ryan Sides, all of DeLeon; one daughter and son-in-law, Terrill and Jack Casey of DeLeon; one sister, Glenda Hargrove of Comanche; her mother-in-law, Elzie Sides of DeLeon; three granddaughters, Lauren and Molly Casey, and Marley Sides, all of DeLeon.

She was preceded by her husband Norman Sides on September 17, 1995; by three daughters, Lindsey Neil, Landye Mikel, and Mamie Jaye Sides and by one brother Norman Howard Strube.

Services Held for Gilbert Reynolds

Gilbert Reynolds, 70, of Kingfisher, OK passed away on Friday, December 24, 1999 in Kingfisher, OK hospital. Graveside services were on Tuesday, December 28, 1999 at the Sandhill Cemetery, Comanche County with Stephen Schmidt officiating.

Mr. Reynolds was born on September 24, 1929 in Perry, Kansas to Garrett Alvin Reynolds and Edna Hinkel Reynolds, both deceased. He married Clara Reynolds on September 9, 1961 in Perryton, Texas. He was an employee in the oil field business having worked for Aammco Production Company and was a U.S. Army veteran in the Korean war. He had been a resident of Kingfisher since April 1998, coming from Burnet, Texas. He was a Methodist.

Survivors include his wife Clara Faye Reynolds of Kingfisher, Oklahoma, one step-son, Edward Richardson of Okarache, Oklahoma and two sisters, Dixie Miller of Brandon, Mississippi and Donna Swartz of Garden City, Kansas.

Christmas Lighting Winners

The winners of the Christmas Lighting Contest sponsored by the Gorman Chamber of Commerce were:

- 1st J.S & Glenda Ripley
- 2nd Bob & Brenda Hammontree
- 3rd Wesley & Sue Spivey

Learn to Square Dance

Learn to Square Dance is starting on January 11, 2000 in Dublin, Texas, across from the swimming pool at 7:30 p.m. The first three lessons are free. Teens start at 11 years old. Square Dancing is good for the whole family. Everybody is welcome.

Card of Thanks

Thank God for friends like you. I would like to express my sincere appreciation for the love that you showed during the death of my mother. Thank you for the flowers, food, cards, and other acts of kindness. A special thanks to the Baptist Church ladies for the food they served us.

Thank you, Tim Dennis & The Family of Virgie Buckley Dennis.

Declaration Stop the Violence Month January 2000

WHEREAS, the consequences of violence affects all of us and continues to become more prevalent as a social problem in our society today; and WHEREAS, the problems of violence are not confined to any group or groups of people but cross all economic, racial, and societal barriers; and supported by societal difference; and WHEREAS, violence violates an individual's privacy, dignity, security, and humanity, due to systematic use of physical assault, emotional, sexual and psychological and economic control and/or abuse; and WHEREAS, violence is the most insidious, widespread disease directly affecting our society as a whole; and NOW THEREFORE, I, Brad Stephenson, County Judge for Eastland County, Texas do hereby declare the month of January 2000 as **Stop the Violence Month** and urge all citizens to support this effort in working toward the elimination of violence and make our society a safe and peaceful place to live.

Brad Stephenson, County Judge

FOR SALE: A Nine Drawer Dresser with Mirror - \$50.00; Also 4 Tires - P235 - 75R - 15 Lots of Tread Left. Call 734-2410 or 2411.

Gorman Website Being Setup Under Texas Rural Communities

The Economic Development Corporation of Gorman is setting up a website under Texas Rural Communities. It allows small rural towns to have the ability to be on the Internet without the high cost of an individual website. We will be listed as one of the *Smartest Little Towns in Texas* and can be found at www.texasrural.org/ivacation. This site offers virtual "vacations." The site lists all the attributes of a community from eating establishments to local activities and attractions; all in an alluring format for those seeking a vacation or relocation in unique small rural communities. We will have the capability to place all the "hotlinks" (personal websites) we want in our site. I would like to urge all business owners and even citizens here in town who have your own website to please contact Lori Dodd at 734-3933, so that you can be "linked" to our site. We also have the ability to include photographs, graphics, and more. Call if you are interested, the more links, the more interesting our site becomes, and more it will be "visited."

HAPPY NEW YEAR

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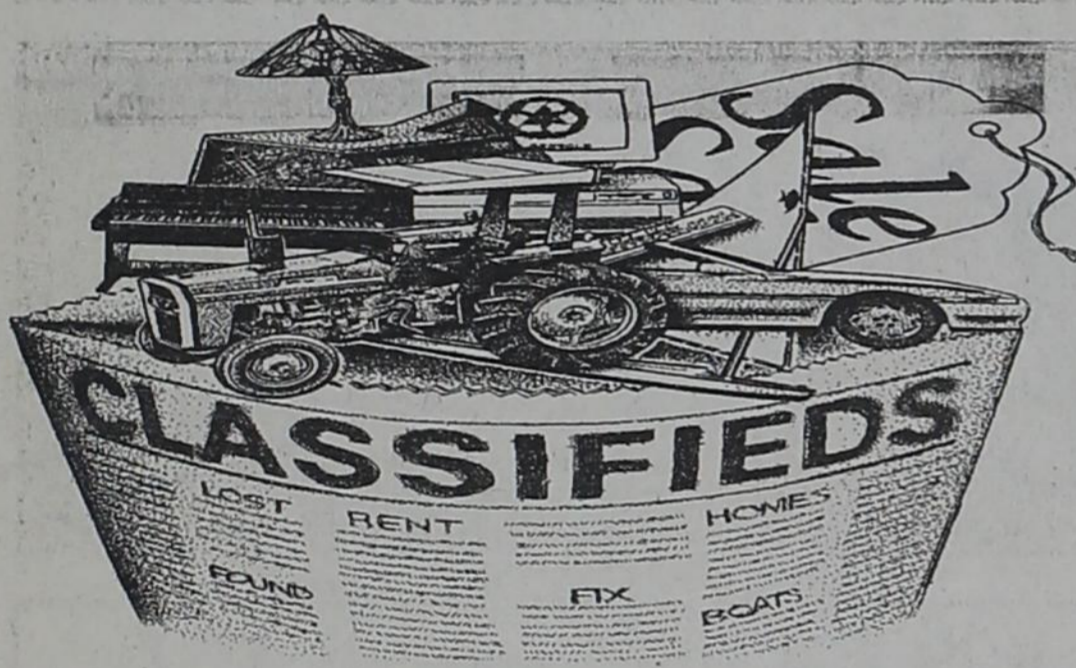
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NEW LISTING: 85 acres near Pioneer, post oak and live oak trees, pavement, stock pond, deer and other wildlife, paying gas well. \$625.00 acre.
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WE NEED Your Listings. The market is Good. Call Us. **SELLING GORMAN - DE LEON AREAS OVER 40 YEARS**

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- Dec. 31 - Fri - Chicken Fried Steak, Red Beans, Mashed Potatoes - \$4.95
- Jan 3 - Mon - Chicken Strips, Green Beans, Mashed Potatoes - \$4.95
- Jan. 4 - Tues. - Meatloaf, Corn, Scalloped Potatoes, Salad - \$4.95
- Jan. 5 - Wed. - Hamburger Basket and Drink - \$3.99

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Sat. — 9 to 2

Thurs. Night - All You Can Eat Enchiladas, Rice, Beans, Chips, Salsa
Friday Night - All You Can Eat Fish and Fixings

Needed: Immediate opening for LVN and/or med aide. Apply in person at DeLeon Nursing Home, 205 E. Ayers, DeLeon, Tx. 4-12-30-C

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Senior Safety for Y2K

Much has been said about possible problems with airlines and computers, water systems and electricity. There are actually more far reaching dilemmas concerning Seniors who, because of illness or disabilities, are homebound. A Y2K problem could affect their ability to receive medicines as prescribed. Medical equipment could malfunction resulting in oxygen deficiencies, respiratory failure, renal failure, etc.

Home Health is an industry that watches over those who are homebound in our community. Home

Health nurses and therapists know the high-risk patients who are dependent on communication and energy sources, and must have emergency and skilled services available immediately if needed.

Therefore, Lifeline Home Health has prepared a checklist that each patient will be given to be sure all necessary precautions are taken should any Y2K glitch occur. All Caregivers of homebound patients should be aware of this list "Y2K Preparedness for Patients."

If you have any questions, or need further information, call Lifeline Home Health (254)965-9653 or (800)287-9653.

Eastland County Awarded Grant

Eastland County Courthouse has been awarded a \$2,500.00 grant from the National Trust for Historic preservation to assist with the completion of a Courthouse master plan document on preserving Eastland County Courthouse.

The seed grant will be used to develop a master plan that will show the County what areas need to be repaired and restored in order to restore the 1928 Courthouse to its original splendor while modernizing for the challenges of the 21st century.

"With these start-up dollars, Eastland County joins communities nationwide committed to preserving America's architectural and cultural heritage and, in so doing, creating more livable communities," said Richard Moe, president of the National Trust for Historic Preservation.

The grant is from the National Trust's preservation Services Fund (PSF). Funds ranging from \$500 to \$5,000 are awarded to non-profit groups and public agencies and must be matched dollar for dollar.

The National Trust for Historic Preservation, chartered by Congress in 1949, is a non-profit organization with

TAAS and TEAMS Test Feb. 22-24

The TAAS and TEAMS tests will be offered this spring at Gorman High School. By state law, students who are now enrolled in high school must pass all sections of the test in order to receive a high school diploma.

Anyone in the community who has completed all graduation requirements except for passing the TEAMS or TAAS may take these tests to try to earn a high school diploma. A person only has to take that portion of the test that he or she did not pass in high school. Individuals who are no longer enrolled in a Texas public school and who wish to retake a portion of the TAAS or the TEAMS may pick up a registration packet at any high school campus. In Gorman registration packets will be available in the High School office. Forms must be completed and are to be received in Iowa City, Iowa, no later than January 21, 2000.

Students who are currently enrolled in Gorman High School do not need to register for this test.

Persons who have not finished high school and who are interested in ob-

more than 270,000 members. As the leader of the national preservation movement, it is committed to saving America's diverse historic environments and to preserving and revitalizing the livability of communities nationwide.

Lifeline Home Health and Managed Care Y2K Preparedness for Seniors

We do not expect any problems related to the year 2000 but it is always best to be prepared.

1. Have a flashlight with fresh batteries available and within reach.
2. Keep a battery-powered radio available for emergency instructions.
3. Have some bottled water on hand
4. Be sure you have at least 3 weeks worth of medication in your home.
5. Have emergency phone numbers close.
6. Talk with family, friends and neighbors and have a support system in place in the event the telephones go out or the power is off for more than a couple of hours.
7. Remember it can be cold and your heat can be affected. Keep blankets at hand.
8. Be sure you have enough medical supplies.

9. Check oxygen tanks not used everyday
10. Call 911 for serious medical problems.

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Keeping Up with Friends

Kay Ann Craddock of Plano returned home Tuesday following a ten day visit with her mother, Estelle Craddock.

Patricia Hudson of Dallas spent Christmas with her parents, Mr. and Mrs. Ralph Hudson. She left Monday for vacation in Hawaii.



Happy New Year to all!

Best wishes for an old fashioned holiday, filled with the charm of cherished traditions. Thank you for the pleasure of serving you, our valued friends.

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Good Wishes

We're ringing in happiness and cheer to all our friends and patrons.

G & H Feeds

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BUSINESS DIRECTORY



JOY TO ALL

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KOKOMO NEWS

ZELDA JORDAN — PHONE 254-639-2289

I hope that everyone had a wonderful Christmas as I did. I had all my family here for a great time together: Glenda Priest and Sheri, Wade, Ryan and Kody Daniell of Abilene, Joe and Justin Miles and Viki Hart of Austin, Robert, Diane, Brad and Megan Miles of Leander and Cindy, Kyle and Kayla Jordan of Lubbock. Others visiting with us during the holidays were Sylvia Buchanan and Kelly Buchanan of Brazoria, Nancy Hendricks, Clifford Nelson, Daisy Slaton, Joyce Eaves, and Juanita Fuller.

There was only one service at the Kokomo Baptist Church on Sunday, December 26. Oren Webb directed the music with Daryl Hirst at the piano and Glynda Bond at the organ. Visitors were Brian Bond of Koppell, Sylvia Buchanan and Kelly Buchanan of Brazoria, Kevin Hirst of San Antonio, Mandy and Bailey Underwood and Bruce and Lavoyce Hirst of Gorman.

Delmon and Joyce Eaves visited from Thursday until Saturday in Ennis

with Randy, Deliah, Chris and Jon Lewis. Joining them for Christmas Eve dinner were Joe Ann and Sam Gordon of Eastland, Bill Paulette, D'Ann, Jamie, and Megan Black of Cleburne. They also enjoyed a Christmas telephone visit with Mark, Margaret and Preston Eaves of Charlotte, NC.

Those enjoying a Christmas Eve visit and dinner with Vernon and Deon Fields and Lindell were Joe and Barbara Fields, Michael and Falyn of Carbon, Caylea and Jamie Thomas and Robert Lee of Carbon, Richard and Teresa Nachtigall of Morgan Mill, Taylor and Paul Dyas of Stephenville and Trevis Nachtigall of Waco. Harvey Winn of Carbon and Lance Winn of Fort Worth were visitors on Christmas Day.

Clifford Nelson visited during Christmas in Fort Worth with Jimmy and Maggie Nelson, Travis, Gladys, Alexis, Tiffany and Ethan Nelson and Teresa, Quinton and Samantha Findley.

Oren and Norma Webb and James Webb of Glen Rose had Christmas Eve dinner with Stacy, Jake and Kaci Webb in Comanche. James, Jantzen and Chelsea Webb of Glen Rose spent Christmas Day and night with Oren and Norma Webb.

Johnnie B. Griffith spent the Christmas holidays in Midland with Ken and Janie Riley, Scott, Chad and Lara Jane Griffith. Chad was home from Texas Tech at Lubbock and Lara Jane was home from the University at San Marcos.

Visitors with Nancy Hendricks during the Christmas holidays were Sylvia Buchanan, Kelly Buchanan and Tina Billingsley of Brazoria, Charlie and Mabeline Sessions of Stephenville, Doris Bradshaw of Gorman, Ruth Bryant and Hope Joiner.

Nancy Hendricks attended the 90th birthday celebration honoring Mrs. Ethel Weaver at Gorman on Sunday.

I wish Mrs. Weaver a belated "Happy Birthday."

Cassie and David Brasher visited with his dad and stepmother, David and Joyce Brasher and his grandmother, Norma Brasher at Baytown on Thursday night and Friday. Cassie and David spent Christmas Day with his mother and stepdad, Pat and Pleas Reneau at Ranger.

Naoma Morrow, Paula Morrow of Plains and Sylvia Buchanan of Brazoria visited with Anna Laura Clearman.

E.C. and Sherry Ragland and children, Ryan and Rebecca of Fort Worth; Carol Ragland of Crowley; James and Jana Pittman and sons of Eastland visited the holiday weekend with their parents, Elwood and Nell Ragland.

Kandice Martin visited a few days during the Christmas holidays with her dad, Eddie Martin in Millsap.

Tim Martin, a son-in-law of Marie Patty was the guest speaker last Sunday at the Church of Christ.

Nicholas, son of Lance and Angela Maltby in Angleton had brain cancer surgery and other cancer tumors on his spine is now declared "Cancer Free" after extensive tests. Nicholas was 2 years old on Tuesday, December 21. Grandparents are Ken and Rena (Carr) Maltby of Freeport, great grandmother is Louise Maltby of Desdemona. Continue to pray for this precious little boy as he struggles through all these tests and treatments.

Also pray for those on the sick list and "shut-ins" in our community. With the flu bug, colds and bronchitis going around, there are several sick at this time.

LaFreida (Read) Hammon, 72, of Ranger passed away on Friday morning, December 24 in the Arlington Hospital. Survivors include two sisters, Mary Joyce Quinn of Ranger,

I wish everyone a very "Happy New Year." May God bless you with good health and happiness in the year 2000.

Regena Cooper of Whitewright and her children of Arlington. LaFreida is a former resident of Desdemona where she attended school and graduated with the Class of 1945. Our sincere sympathy goes out to this family.

Holiday visitors with Bernard and Ann Keith were Bill and Tami Sanders, Robyn Griffith of Chicata, De and Vicki Robinett, Derek Robinett of DeLeon, Billy and Nikki Febinger and son, Christopher of Stephenville.

Dorothy Roberts visited the holiday weekend in Fort Worth with Kevin and Ulenda Weaver and family.

Helen Brown of Stephenville made the trip to Fort Worth with Dorothy to visit with her daughter, Sherry and family over the weekend.

Guthery Holiday Family dinner was held on Sunday, December 26 at the Baptist Church Annex. Those attending were A.V. Seay, Thomas and Vicki Seay, Tommy Seay, David and Martha Guthery, Marlena Guthery, Emerald Guthery and Karen Guthery all of Gorman; Frank and Ella Reeves of Irving; Richard and Glenda Garrett

of North Richland Hills; Pug and Vonnice Guthery, Wayne and Karen Eaves, Lorin Eaves and Kandice Martin all of Desdemona.

Holiday visitors with Clydell and Vada Lewis and Grant Lewis were John and LaTonne Rodgers of Carbon; Wayne and Kim Cauthern and children, Julie Ann and Will of Graham; Rueban and Jonna Herrera and daughter, Mia of Roscoe.

Christmas holiday visitors with Bob and Merlene Wisdom were Gary and Linda Barker of Teague, Marsh Johnson and sons, Billy and Chris of Lovington, New Mexico.

Robert Ficklen, Jack Ficklen and family of Dallas visited their mother, Mary Alice (Brown) Ficklen on Christmas Day. Robert put some new window lights in at the community center—we appreciate his work.

According to the International Game Fish Association, the heaviest fish ever caught was a 2,664-pound great white shark, caught by Alfred Dean in 1959.



CHEER

We'd like to take this time to wish our friends, old and new, a very happy new year.

Burnett — Nowlin, C.P.A.s

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Best Wishes

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Happy New Year

2000

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Happy New Year

We ring out glad New Year Greetings for our specially nice friends and customers. May your hearts be full of joy this season.

BAYER MOTOR COMPANY

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Comanche, Texas



Happy New Year

May the pleasures of a warm family celebration be yours this holiday. From our house to yours we send bright greetings and wish you a Happy New Year.

Heritage Manor

CARBON NEWS

By MICHELLE THACKERSON

I hope everyone had a happy and safe Christmas.

My family and I spent the weekend at Eastland and Rising Star with our families for Christmas. We all had a good time visiting and eating.

The Carbon Community Baptist Church went caroling in the Carbon Community Wednesday night. The GA girls handed out fruit bags. It was

very cold that night so they didn't get to go to as many houses as they had planned. They warmed up afterwards with hot cocoa at the church.

If you had your family home for the holidays or went out of town to your families let me know. 639-2244

Have a wonderful week and a Happy and Safe New Year. God Bless You.

FREE THINGS TO SEND FOR

(NAPS)—For information about dental care products that use chlorine dioxide to combat bad breath, such as CloSYSII products, ask your dentist, call Rowpar Pharmaceuticals at 800-643-3337 or visit their website at www.rowpar.com.

For applications for the Avon Women of Enterprise Awards, write to Avon Products, Inc., 1251 Avenue of the Americas, New York, NY 10020-1196, call (212) 282-7110; or e-mail awoe@avon.com. Applications are also available through Avon's website at www.avon.com. Applications should include a recent photograph of the nominee and be received by January 14, 2000.

For a free copy of a recipe booklet with 10 of Colonel Sanders' favorite recipes, send a self-addressed, stamped, business size envelope to Colonel Sanders Secret Recipes, KFC Public Affairs, P.O. Box 34550, Louisville, Ky, 40232-4550. Recipes also will be featured at www.kfc.com.

For more information on the American Society for the Prevention of Cruelty to Animals or their Animaland magazine, visit www.asPCA.org. To learn about the Humane Heroes program



that was created by the ASPCA and Petopia.com, children between 7 and 12 can send a story about someone they feel has helped an animal.

For information about pediatric allergies, parents can visit www.kidallergy.com or call 1-877-KID-RELIEF.

For information on insulin resistance, insulin sensitizers or type 2 diabetes, see your doctor, call toll-free 1-877-Takeda-7 or visit www.actos.com.

For information on the United States Golf Association Foundation Grants Program, call the grants office at (719) 471-4810 or visit www.usga.org.



There's no better time than now to express our "Thanks" to our patrons.

Comanche County Telephone Co.

Phone 817-893-2003 - De Leon, Texas

"Speaking the Truth in Love"

(Eph.4:15)

Biblical truths brought to you by the Church of Christ in Gorman

As we now look to the 6th step in God's Plan of Salvation, we see that one MUST be obedient to Jesus all the days of his life. Many people obey the first 5 steps of God's Plan of Salvation (hear, believe, repent, confess, and be baptized), but many stop there. Sadly they do not know that their obedience to the Gospel is just the first step in living an obedient life before God. Jesus said that "if" we make Him our Lord (Master), He will be our Savior (Heb. 5:8-9). Is Jesus Christ your Master?

In Matthew 7:21-23, Jesus says that just because we claim a relationship with Him does not necessarily mean that we have one with Him. Not everyone who calls Jesus, "Lord," shall be allowed entrance into the kingdom of Heaven, but only those that do the Father's will. The Father's will is for

us to listen to and obey His Son (Matt.17:5). In verse 22 it says that MANY will be surprised that they are not accepted by Jesus. Why were they rejected? In verse 23, Jesus tells them and all of us that they were rejected because they did things that Jesus did not authorize them to do. These "believers" no longer adhered to their Master's commands and they were rejected because they no longer recognized Jesus as their Lord and Master.

Once we make Jesus our Master, we must daily adhere to His commands (John 14:15; Col. 3:17). Jesus said, "Why do you call me, Lord, Lord, and do not the things which I say?" (Luke 6:46). We must live our lives as faithful (obedient) servants to our Master. Jesus said, "...he that endureth to the end shall be saved (Matt.10:22); ...be thou faithful unto death, and I will give thee a crown of life (Rev. 2:10); He that overcometh shall inherit all things..." (Rev. 21:7).

Have you made Jesus your Lord and Savior by submitting to His will over that of your own? Have you obeyed the words of Jesus (John 12:48; Rev. 22:14; 1 John 2:17)? have you obeyed the Gospel and washed all your past sins away? Call if we can help you in any way or come and visit us for worship. We would live to have you as our guest.

Sunday Services

Bible class 10:00 a.m.

A.M. Worship 10:45 a.m.

P.M. Worship 6:00 p.m.

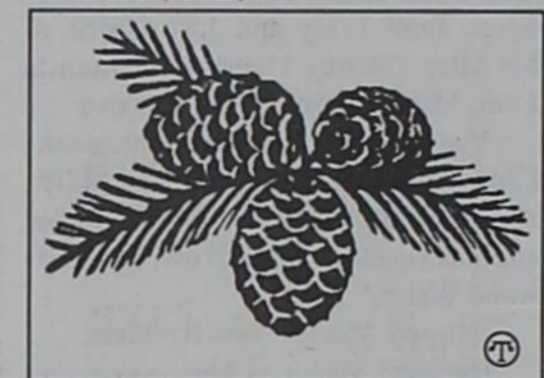
Wednesday

Bible Class 7:00 p.m.

The Gorman Church of Christ
P.O. Box 747
Gorman, Tx. 76454
(254)734-2774 or 2435
Paul Denton: Preacher
Call or write today

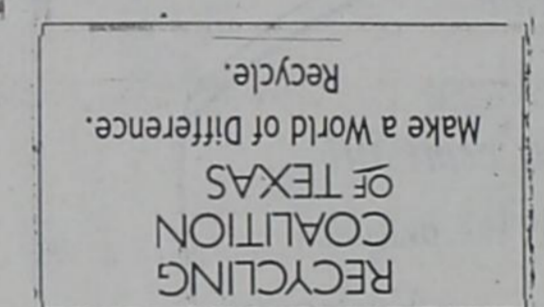


(NAPS)—Don't let your millennium fears turn you into a Y2K crime victim this holiday season. Once savings leave a financial institution they also stop earning interest and lose deposit insurance protection, say the financial experts at America's Community Bankers (ACB).



The paperback Merck Manual of Medical Information—Home Edition (Pocket Books, \$7.99) contains the same comprehensive medical information found in the hardcover version.

Hope in the form of a warm holiday meal or groceries to take home is the gift of one special holiday program. For more information, write Operation Blessing International, 977 Centerville Tpk., Virginia Beach, VA 23463, or call 1-800-730-BLESS.



The German prince, Albert, after his marriage to Queen Victoria, brought the custom of decorating a Christmas tree to England and German immigrants brought it to America.



Good luck, good health and a peace-filled year of prosperity.

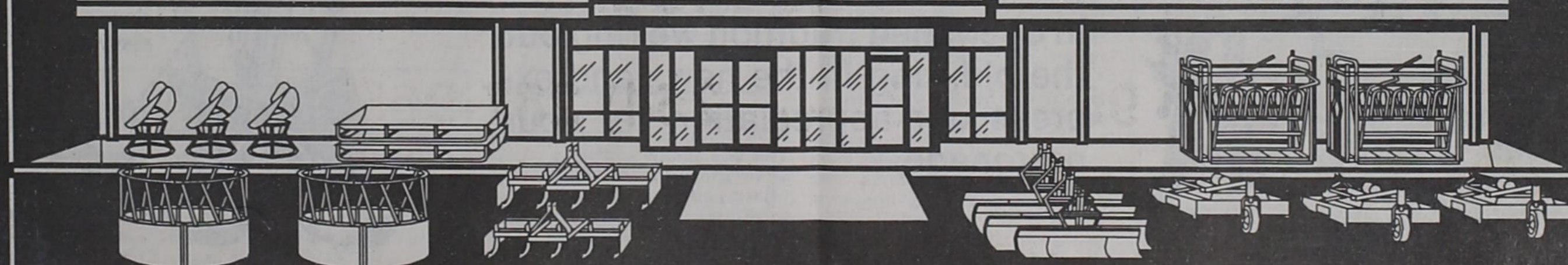
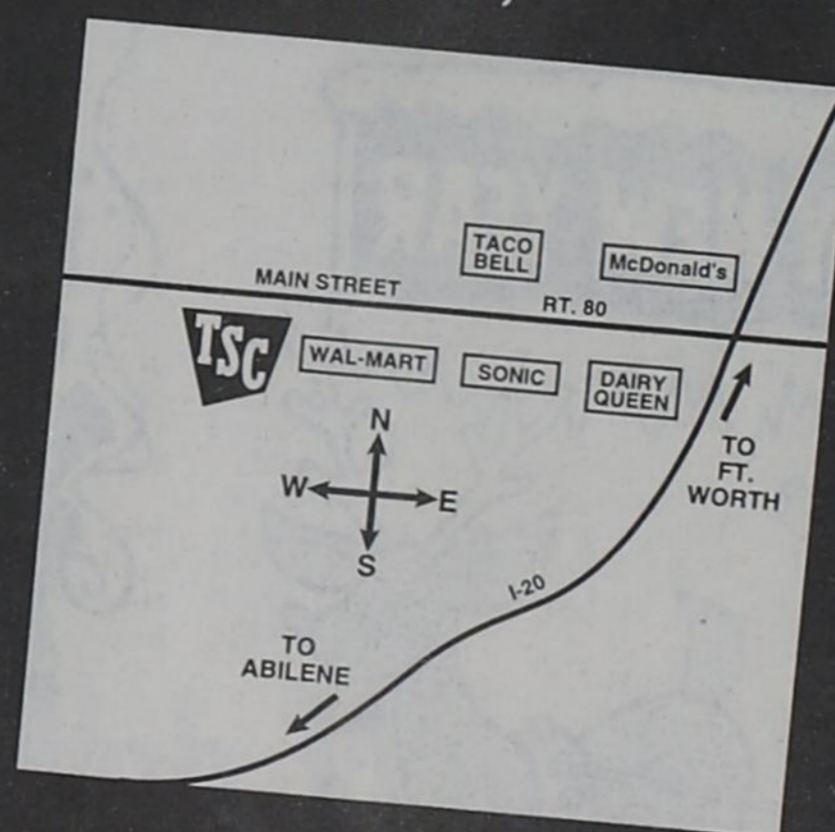
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HERITAGE MANOR NEWS

By Nancy Hendricks

A Note from the Administrator

It is such a wonderful feeling in the air this time of year. The air is colder yet our hearts are warm with love and cheer. Most of the activities happen at my end of the building. This time of year the singing is better, there is more laughter at parties, bingo, and other activities. Ina is always running around with no time to finish anything, yet she is smiling all the time. I love this time of year! Let us all remember why this time of year is so wonderful—Jesus gave us life so that we could offer life to others. See you at the Nursing Home.

/s/ Jeff

P.S. Here's wishing everyone a happy and prosperous year 2000.

The next Birthday party will be Thursday, December 30 at 2:00 p.m. Honorees are B.T. Hanna and Veno Hale. There will be refreshments and entertainment. You are welcome to attend.

Daryl Hirst & Glenda Priest Concert

On Saturday at 2:00 p.m. residents were delighted to have Daryl Hirst and Glenda Priest come and sing religious hymns and Christmas carols. They sang one song to honor Veno Hale whose birthday is Christmas day. Mrs. Lavoyce Hirst gave everyone a bible book marker. Present were Zeldia Jordan, Bruce and Lavoyce Hirst, Audrey Pond, Nina Joiner, David and Denna Halcomb, Ruth Bryant, and Nancy Hendricks. Residents were Ollie Halcomb, Dorothy Beaty, Veno Hale, Estelle Morris, Cynthia Earles, Inez Rogers, Mildred Bellows, Mary Williams, A.V. Seay, Frankie Jarrett, Ora Mae Atchison, Ava Rodgers, Velma Bennett, S.D. Gilmore, Richard Kinser, and Patti Whitehorn.

Visiting Buddy Winn and Ed Johnson were Vernon Fields, Harvey

Winn and Ruby Lee Norris of Carbon, Fay Johnson, Dale Johnson, Edgar Reynolds and Verlon Overstreet.

On Sunday morning, Ora Lee Lawrence of First Baptist taught the Sunday School lesson for Patti Whitehorn, S.D. Gilmore, Inez Rogers, Veno Hale, Frankie Jarrett, A.V. Seay, Velma Bennett, Modess Self, Jack and Mildred Bellows, Cynthia Earles and Richard Kinser.

Ollie Halcomb and Dorothy Beaty guests were David and Denna Halcomb, Howard and Pat Hagood, Juanita Spece and Jean Pryor of Little Elm.

On Sunday afternoon those coming from the Bride of Christ Church were Denver and Alice Rainey, Alma Dickerson, Lupe and Kathy Torres and Betty Frasier and guests Pat Graham and Nancy Hendricks. Residents were Mildred Bellows, Ava Rodgers, A.V. Seay, Patti Whitehorn, Velma Bennett, Cynthia Earles and Richard Kinser.

Visiting Bea O'Neal were Bruce and Lavoyce Hirst, Audrey Pond, Glen Glasson, Mayvis Lasater and Juanita Files.

On Friday, Ina Smith had bingo for B.T. Hanna, Zadia Terry, A.V. Seay, Cynthia Earles, Veno Hale, Patti Whitehorn, Frankie Jarrett, Inez Rogers, Jack Bellows, Mildred Bellows, S.D. Gilmore, Modess Self, Lola Johnson and Ollie Halcomb.

Visiting Stella Reynolds were Audrey Pond, Edgar Reynolds, Stella Fay Scott, John Tracy and Josh Harris of McAllen, Nancy Hendricks, Juanita Files, Mayvis Lasater, Eunice Love.

Visiting Muriel Prewitt were Juanita Files, Bro. Paul Denton, Michelle Miller, Audrey Pond, Nancy Hendricks, Howard and Pat Hagood, Grace Townley, Durwood Webb.

Huppy Morris New Resident

Heritage Manor is happy to report Huppy Morris has come to be a resident

for awhile. He is married to Lottie Morris. Their children are James G. Morris of Levelland and Pam Hulse of Hobbs, NM. He is a member of the First United Methodist Church.

Visiting Mary Williams were Icy Munn, Bro. Paul Denton, Durwood Webb, Ina Reynolds of Carbon, Howard and Pat Hagood, Ima Brown, Woodrow Browning, James G. Morris of Levelland, Bruce and Lavoyce Hirst, Maxine Frasier of DeLeon, Roy Snider, Mayvis Lasater, Juanita Files.

Some of Inez Rogers and Ora Mae Atchison visitors were Salada Brown, Vivian Hart and Buddy Rogers of Ranger, Dixie Ryon and Violet Watson of Desdemona, Elmer Watson, Glen and Shirley Clement, Chesley Atchison and Edie Nichols of Stephenville, Fred Rogers, and Barbara Tucker.

Visiting Cynthia Earles were Fay Earles, Jessie Woosley, Eunice Love, Mayvis Lasater, Audrey Pond.

On Monday, Ina Smith had bingo for Inez Rogers, Frankie Jarrett, S.D. Gilmore, Dorothy Beaty, Jack and Mildred Bellows, Ollie Halcomb, Modess Self, Veno Hale, Cynthia Earles, A.V. Seay, Ora Mae Atchison, Patti Whitehorn, Zadia Terry and Velma Bennett.

Visiting Veno Hale and Lola Johnson and Ruby Lee Norris of Carbon, Zeldia Jordan, Nancy Hendricks, Howard and Pat Hagood, Mayvis Lasater, Anna Rush.

Those coming for the Sing-A-Long on Monday were Zeldia Jordan, Lottie Morris, Ruth Bryant, Alpha Mae Andry, Ruby Lee Kinser, Ernestine Campbell, Marjorie Treadway, Nina Joiner and Nancy Hendricks. Residents were Cynthia Earles, Inez Rogers, Modess Self, Ava Rodgers, Veno Hale, Ollie Halcomb, Jack and Mildred Bellows, Patti Whitehorn, Frankie Jarrett, S.D. Gilmore, A.V. Seay, Huppy Morris and Velma Bennett.

Visiting S.D. Gilmore and Richard Kinser were Darwin Parks of Rising

Star, Rex Kinser, George Mason, Linda Warren, Dixie Ryon of Desdemona, Jessie Woosley.

On Tuesday morning, Betty Duke of Desdemona came and played the 'electric organ' and led singing for Ollie Halcomb, Veno Hale, A.V. Seay, Modess Self, Ora Mae Atchison, Huppy Morris, Jack and Mildred Bellows, Inez Rogers, Ava Rodgers, S.D. Gilmore, Frankie Jarrett, Cynthia Earles, Lola Johnson and Richard Kinser.

Visiting Jack and Mildred Bellows were Danny and Sallie Bellows of Dallas, Darrell and Pat Graham.

Rev. Richard Watson of New Hope Baptist Church came on Monday evening and the group sang Christmas carols for residents. They were Joshua, Jeremy and Malinda Eaves, Jamie, Karl, Craig and Matthew Snider, Lance, Tim and Amaris Curb, Richard Stephen Watson, Casandra Grumbles, Clint and Tica Jones, Adam and Debbie Torrez.

Some of Huppy Morris guests were Lottie Morris, W.C. and Winnelle Browning, Glen and Shirley Clements, Donnie Mauney, Bro. Craig Rhoton, Glenn Glasson, Woodrow Browning, Pam and Mack Hulse of Hobbs, New Mexico, Mark and LeAnn Morris and children Spencer, Meagan, Tyler, Anna, Alex and Ashton of Tyler.

Residents were delighted on Tuesday when Connie Barham and Jaci Barham of Stephenville came for Jaci to sing Christmas songs for residents in rooms and also sang for the supper time residents. How sweet she sang!

Some guests visiting Frankie Jarrett and Patti Whitehorn were Jeff and Sandra Watson of Houston, Steve and Gwen Watson of Spicewood, Russell Dixon, Jerry, and Rita Hall of Kerrville, Bill Johnson, Kay Watson, Amy Fraley, Mark Watson, Grace Townley, Audrey Pond, Sylvia Estes, T.D. Whitehorn, Ina Reynolds.

On Wednesday, Pat Hagood, Caro Boswell, Estelle and Kay Craddock mes-

sengers of the First United Methodist Church visited every one at Heritage Manor and give them book markers and Christmas greeting.

Visiting Ava Rodgers were Finis Johnson of Eastland, Zeldia Jordan, Fay Tucker, Mayvis Lasater, Ima Brown, Jana Grice, Nancy Hendricks and Eunice Love.

Christmas Party

On Tuesday evening at 6:30 was the Annual Open House party for residents and family members. Residents were Ava Rodgers, Myrtle Hale, Modess Self, Cynthia Earles, Veno Hale, Jack and Mildred Bellows, Inez Rogers, A.V. Seay, Richard Kinser, Patti Whitehorn, Dean Pounds, Mary Williams, Lola Johnson, S.D. Gilmore, Frankie Jarrett, Dorothy Beaty, Ollie Halcomb, Ora Mae Atchison, Velma Bennett, Stella Files. Guests were Pat Graham, Jeff Bacher, Ennis and Nina Joiner, Argie and Margie Hale, Lisa, Haley and Kyle Corbell, Ruby Norris, Ina Reynolds.

Ruth Campbell played the electric organ and led Christmas carols for everyone to sing.

Ina Smith served apple cider and cookies.

Visiting Zadia Terry and Doris Fowler were Mrs. Loudermilk of Burleson, Glen Lawless of DeLeon, Iris Preston, and June Salik.

On Wednesday morning, Bro. Ennis Joiner of First Baptist brought chapel for Lola Johnson, Dorothy Beaty, Ora Mae Atchison, Ava Rodgers, Veno Hale, Modess Self, Velma Bennett, Inez Rogers, Cynthia Earles, S.D. Gilmore, Stella Files, A.V. Seay, Ollie Halcomb, Frankie Jarrett, and guest Nina Joiner.

Visiting A.V. Seay and Myrtle Hale were Argie and Margie Hale of DeLeon, Ennis and Nina Joiner, Linda Glover, Thomas and Vicki Seay, Lisa, Haley and Kyle Corbell, Eunice Love, Mayvis Lasater.

On Wednesday afternoon, Ina Smith had bingo for Cynthia Earles, Veno Hale, Modess Self, S.D. Gilmore, A.V. Seay, Frankie Jarrett, Zadia Terry and Velma Bennett.

Visiting Vadis Phelps and Hallie Clark were Amy Fraley, George and Nell Mason, Faye Tucker of Carbon, Birdie Hogan of Ft. Worth, Elnora Lindley of Desdemona, Stacy Fraley, Joann Fraley, Eunice Love, and Mayvis Lasater.

Web Watch

Here are a few web sites you may want to visit:

The Gemological Institute of America website at www.gia.edu.

The ABS Education Alliance at www.abs-education.org.

CareerShop.com is found at www.CareerTV.net.

Motorola may be found at www.motorola.com/multimedia.

PD0450 iVillage.com may be found at www.ivillage.com or use the AOL keyword: ivillage

The National Association of Mortgage Brokers is found at www.namb.org.

RM1181 The Composite Wood Council at www.PBMDf.com.

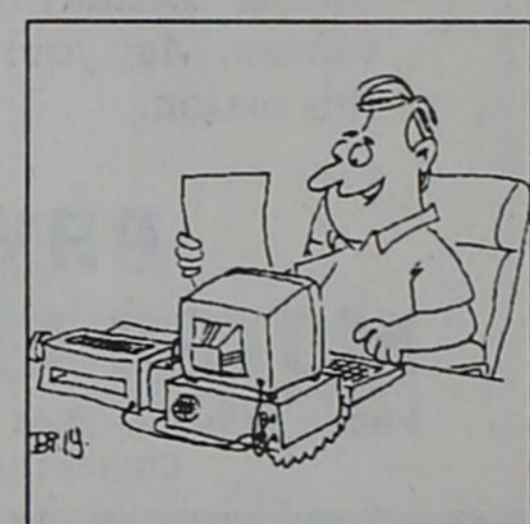
Gigabuy.com, Dell's online superstore may be found at www.gigabuy.com.

Volunteers of America is at www.vo.org.

ReXall may be found at www.rexallshowcase.com.

The National Diabetes Education Program at <http://ndep.nih.gov> or www.medicare.gov.

Lidoderm information is found



at www.lidoderm.com.

IN TOUCH software is at www.LifeScan.com.

Sylvan Learning Centers are at www.educate.com.

Kelly Services is found at www.kellyservices.com.

Veterans Aimed Toward Awareness are at www.veteranshelpaware.org.

NAIC may be found at www.better-investing.org.

Multi-Tech Systems may be found at www.multitech.com.

NEC Computers may be found at www.nec-computers.com.

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The Gorman Progress

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Happy New Year

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to all!

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Phone 254-734-2765
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HAPPY NEW YEAR

And best wishes to our friends and patrons.

HAPPY NEW YEAR

In cherished tradition we ring out the old, ring in the new...and express our appreciation for your patronage.

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May you find the door open to happiness in the days ahead.

Ken's Motorcycle Shop

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J&J Air Conditioning, Inc.

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City of Gorman

More Than Just Heartburn: New Survey Results Show Acid Reflux Disease Interrupts Work, Exercise, Sleep

(NAPS)—Difficulty and pain when swallowing. Sore throat. Coughing. Wheezing. Vocal-cord inflammation. And, of course, the burning sensation in the chest known as "heartburn."

If you are one of the more than 60 million people in the United States who suffer from acid reflux disease and heartburn at least once a month, then you are familiar with symptoms like these, which can range from annoying to very painful. But the effects of acid reflux disease—caused by recurrent backflow of acid and other stomach contents into the esophagus—are more than just physical.

A new survey conducted by Roper Starch Worldwide shows that acid reflux disease, also known as gastroesophageal reflux disease (GERD), can have a profound impact on emotional well-being as well as on activities of daily life. For instance, 28 percent of sufferers say onsets of acid reflux adversely affect their sex lives, 42 percent report that symptoms keep them awake at night, and 76 percent say the disease has affected them emotionally.

Roper Starch Worldwide conducted telephone interviews with 1017 acid reflux sufferers who may or may not have had erosive GERD, a more severe form of the disorder. GERD is known as "erosive" when the esophagus lining is damaged from long-term acid exposure.

The survey also revealed that almost half (48 percent) of all respondents with acid reflux disease waited four months or more before going to a physician, and 25 percent waited more than a year. Fortunately, treatment is available for the discomfort associated with acid reflux disease. If you think you may be experiencing symptoms of this condition, talk to your doctor. While over-the-counter remedies may be appropriate for relief of occasional heartburn, prescription acid suppressants called proton pump inhibitors (PPIs) have been shown to be the most effective agents in eliminating acid reflux symptoms and also are very effective in managing and preventing complications associated with the condition.

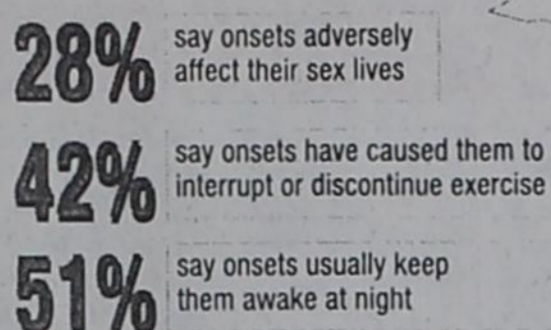
Aciphex™ (rabeprazole sodium), the first PPI to be approved in the United States in more than four years for the treatment of erosive GERD and certain other related conditions, is now available in pharmacies. Aciphex has been shown in clinical trials to offer acid suppression with once-daily dosing and consistent symptom control with significantly effective healing rates in erosive GERD.

In clinical trials, Aciphex demonstrated a favorable side-effect profile. Headache was the most common side effect assessed as possibly related to Aciphex (2.4 percent vs. 1.6 percent for placebo). Aciphex is contraindicated in patients with known sensitivity to rabeprazole, substituted benzimidazoles or any component of the formulation. As is the case for other proton pump inhibitors, symptomatic response to therapy with Aciphex does not preclude the presence of gastric malignancy. Proton pump inhibitors, however, constitute an established class of drugs that has been shown to be safe and well-tolerated.

The survey, conducted by Roper Starch Worldwide, was funded by Eisai Inc. and Janssen Pharmaceutica.

Lifestyle Impact of Acid Reflux Disease

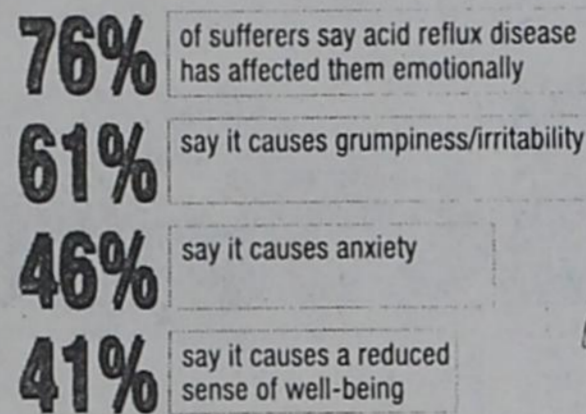
Symptoms such as severe, frequent heartburn affect a wide spectrum of activities. Of acid reflux disease sufferers



Source: Roper Starch Worldwide Inc.

Mood and Acid Reflux

Painful heartburn, difficulty in swallowing and other frequent symptoms take a heavy emotional toll on sufferers of acid reflux disease



Source: Roper Starch Worldwide Inc.

Aciphex™ (rabeprazole sodium), the first PPI to be approved in the United States in more than four years for the treatment of erosive GERD and certain other related conditions, is now available in pharmacies. Aciphex has been shown in clinical trials to offer acid suppression with once-daily dosing and consistent symptom control with significantly effective healing rates in erosive GERD.

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The survey, conducted by Roper Starch Worldwide, was funded by Eisai Inc. and Janssen Pharmaceutica.

Studies Show Osteoporosis Affects More Than Bones Fractures Due To Osteoporosis Linked To Decreased Quality Of Life And Increased Depression

(NAPS)—New results from a large prospective osteoporosis treatment study of postmenopausal women indicate that osteoporosis is a disease linked to more than bone health, fractures and height loss. This groundbreaking study showed that postmenopausal women who suffer fractures of the spine, due to osteoporosis, suffer significant losses in quality of life related to their health and experience an increasing number of depressive symptoms.

These data from the Multiple Outcomes of Raloxifene Evaluation (MORE), sponsored by Eli Lilly and Company, were reported recently at the 21st Annual Meeting of the American Society of Bone and Mineral Research in St. Louis by lead investigator Stuart Silverman, M.D., Greater Los Angeles Veterans Administration Healthcare Systems, and clinical professor of medicine at the University of California-Los Angeles.

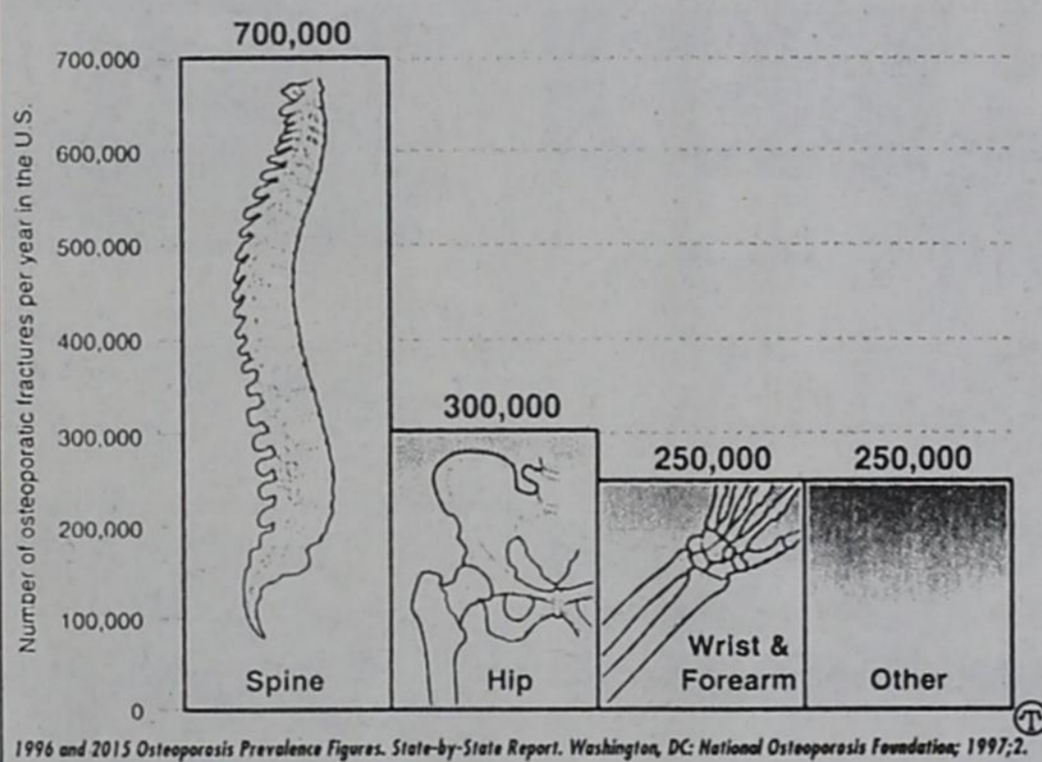
MORE is a double-blind, randomized, placebo-controlled osteoporosis treatment trial of 7,705 postmenopausal women. "MORE is among the first large, prospective multicenter studies to examine over time the impact of spinal fractures, caused by osteoporosis, on a woman's quality of life related to her health," said Silverman. "The results of this trial show us that osteoporosis is much more than low bone mass, loss of height and fractures. Osteoporosis affects women as individuals, and can significantly impact quality of life related to their health, as well as their mental health."

Silverman analyzed the impact of new spinal fractures on a woman's quality of life related to health among 1,058 women who all had osteoporosis and at least one prior spinal fracture. At several intervals during the study, these women were surveyed about their physical capabilities, emotional state, physical symptoms, social interaction and perception of overall quality of life related to health.

During the study, women found by X-ray to have suffered new spinal fractures reported significant diminished ability to perform physical activities, such as walking,

Osteoporosis and Fractures

Spinal fractures are the most common of the 1.5 million fractures per year associated with osteoporosis.



1996 and 2015 Osteoporosis Prevalence Figures. State-by-State Report. Washington, DC: National Osteoporosis Foundation; 1997/2.

bending, self-care, etc. They also experienced increased anxiety and concerns about loss of independence, as well as negative changes in their perception of their bodies. Both their physical symptoms, such as back pain and fatigue, and quality of life related to their health worsened. Their ability to interact socially was not affected.

These women were negatively impacted even if they did not have any specific symptoms or realize they had a new spinal fracture. "Only one-third of spinal fractures due to osteoporosis are symptomatic. Yet MORE shows that every one of these women with a new spinal fracture caused by osteoporosis—even a so-called 'silent' fracture that we can only see by X-ray—may be losing physical function and adapting to it, without even realizing it."

These findings highlight the potential serious effects of osteoporosis and suggest that the prevention of spinal fractures is an important issue. In fact, *The PDR Family Guide to Women's Health and Prescription Drugs* (1994) reports that one in three women over the age of 50 will suffer a spinal fracture.

Silverman also reported in another study of patients in MORE an association between spinal fractures and symptoms of depression. A group of 1,357 postmenopausal women with established osteoporosis were evaluated. Women completed a questionnaire that assessed symptoms of depressive illness upon entry into the study, at six months and annually during the three-year trial.

Women with spinal fractures were more likely than those without spinal fractures to have depressive symptoms. New spinal fractures during the three-year trial did not result in significant increases in the number of depressive symptoms.

"Depression is often underdiagnosed and under-treated in the general population. We now recognize that depressive symptoms occur commonly in women with osteoporotic fracture," said Silverman. "This suggests that when physicians detect spinal fractures in women, they should consider whether these women have symptoms of depression and whether treatment for depression is appropriate, in addition to treatment for osteoporosis."

One relaxing remedy for stressed-out superparents is to massage aching hands and feet with Jergens Ultra Healing lotion and to shower with a skin-smoothing body wash like Jergens Skincare Extra Moisturizing Body Wash with Jergens Lotion.

Home movies can be a lot more fun when you combine a digital camcorder that includes editing features with a personal computer, such as the Sony Digital 8 Handycam™ and the Sony VAIO Digital Studio™ Series PC.

COMPUTER

NEWS AND NOTES

Internet Shopping Made Elementary By Online Detective

(NAPS)—Thanks to the latest computer technology, personal shoppers and private detectives may no longer be costly choices.

New computer operating systems create environments where online shopping is faster and easier. Software conducts time-consuming searches for you, allowing you to spend your time more productively in other areas.

For example, the new Apple operating system, Mac OS 9, introduces 50 new features, including nine Internet power tools. One is Sherlock 2, an updated search program which streamlines all Internet shopping experiences.

Sherlock has channels that provide tailored lists of search targets. It identifies merchandise across multiple sources at the same time comparing products, prices and availability from all sources in one convenient window. Some of the many vendors in the channels include Barnes & Noble, Amazon.com and eBay.

For example, if you wanted to buy a book, and you wanted to find the best price and quickest time of availability, Sherlock saves you time and energy, finding all the information at the same time. Instead of looking at Amazon.com for the book, then looking on Barnes & Noble.com, Sherlock searches both at the same time. The results appear in one window, letting you compare the different stores immediately.

Not only can Sherlock search stores, but it can easily be used to search auctions. Results are ranked by current bid and time left before the auction closes. Now it's possible to search for hard-to-find merchandise across many sites at the same time, including eBay and Amazon.com.



Online shopping is now faster and easier thanks to new computer operating systems.

Sherlock also uses its search capabilities to make Internet research even more efficient. By selecting the sites you want to search, and typing in key words or even sentences, Sherlock searches the net for you. If you ask Sherlock, "Why is the sky blue?" it will answer by searching such sites as Lycos, Excite and Infoseek and ranking the results by relevance in one window.

Sherlock even looks up e-mail addresses and phone numbers of your family and friends.

Along with Sherlock 2, Mac OS 9 is loaded with many other features, such as VoicePrint Password, which allows you to log in without using the keyboard. This safety feature lets you secure your desktop and personal files by speaking naturally.

Multiple Users lets different people set up different accounts on the computer. The different accounts will stay separate, including keeping individual home pages when you open your web browser and different wallpaper for each user, as well as screen savers.

Other cool features of Mac OS 9 include: Auto Updating, which automatically downloads the latest software and performance enhancements from Apple; Keychain, for managing your individual multiple IDs and passwords; Encryp-

tion, which password-protects files stored on the computer or sent over the Internet; File Sharing, which lets users share files over the Internet; AppleScript, which manages workflow over computers online; and Network Browser which can locate Internet servers and printers online.

Mac OS 9 can be purchased for any Mac OS-based computer with a PowerPC processor for only \$99. The system can also be used on the newest Apple computers, iMac and iBook. The new and improved iMac, iMac DV (Digital Video) and iMac, DV Special Edition are faster, sleeker, and still as colorful as the earlier iMacs, while adding great new features.

With iMac DV's built in DVD-ROM drive, an iMac can be transformed into a movie theater. iMac DV also comes with iMovie software, making it incredibly easy to create professional looking home movies. These movies can be e-mailed to friends as electronic greeting cards or transferred to video tapes for the whole family to watch.

iBook, the iMac to go, is the newest consumer portable from Apple. Combining the design and technology of the iMac with the portability of the PowerBook, the iBook has a six-hour battery life and comes in attractive Blueberry and Tangerine cases.

Apple has made an easy to use online reference guide for customers looking for information on Macintosh hardware and software. The Macintosh Products Guide will help you find the perfect, Mac friendly equipment to meet everyone's needs. It can be found at guide.apple.com. For further information on Apple products, call 800-538-9696 or visit www.apple.com.

spotlight on health

Coping With Carpal Tunnel Syndrome

(NAPS)—Once known as writer's cramp, carpal tunnel syndrome (CTS) has been called the occupational disease of the 1990s.

A painful disorder of the wrist and hand that affects some eight million Americans, CTS is caused by repetitive motions that cumulatively damage the wrist, trapping and compressing the median nerve within the carpal tunnel.

The fluid retention often experienced during pregnancy may also trigger the symptoms of CTS.

Symptoms may include pain, weakness, numbness or tingling in the hands and middle fingers.

According to Dr. Jeffrey Gross, "While the disorder can occur at any age, work-related CTS is likeliest to affect people ages 20 to 40, and women are likelier than men to suffer from its effects."

With conservative treatment (splinting or corticosteroid injections), up to 25 percent of people with CTS will experience total regression. In some cases, surgery may be necessary. However, as with many medical conditions, an ounce of prevention is worth a pound of cure.

The following tips may help minimize—or even prevent—the effects of CTS:

- When using a computer, adjust the keyboard and chair so that your wrists are level with or slightly above your fingers. A wrist-supporting pad can help.

- You may find an ergonomic split keyboard or alternatives to the conventional mouse—a trackball, trackpad, or footswitch, for example—more comfortable to use than the traditional models.

- Take frequent breaks to give your hands a rest from the keyboard and keep them warm—it helps ensure that muscles and



Using a wrist stabilizer may help prevent carpal tunnel syndrome, a painful disorder of the wrist and hand.

tendons are relaxed.

- When symptoms are mild, a wrist splint, such as the Futuro Splint Wrist, is often recommended.

To alleviate more painful symptoms, the splint can be worn at night. That's when symptoms are usually amplified.

When symptoms are severe, people may be advised to wear a more rigid splint like the Futuro Deluxe Wrist Stabilizer both day and night.

Available at pharmacies, this device will hold your wrist in a near-straight position, keeping your carpal tunnel open and helping relieve the pain, numbness and swelling associated with the symptoms of carpal tunnel syndrome and other wrist injuries.

The more you weigh, the more likely you are to suffer from carpal tunnel syndrome. If you are overweight, you may want to slim down.

For a free brochure on preventing and treating common wrist injuries, write to Futuro Brochure + Coupon, P.O. Box 5579, Rockville Centre, NY 11571-5579.

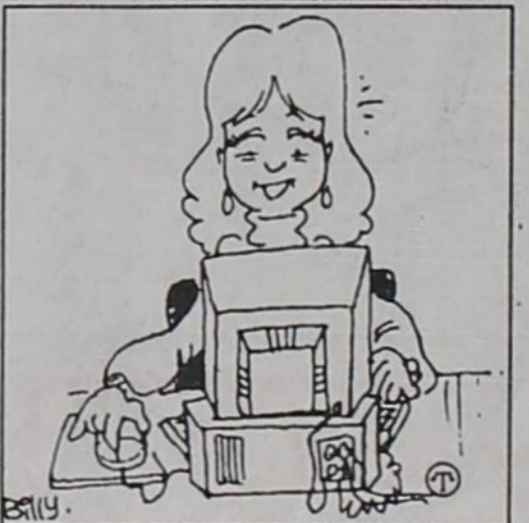
Web Watch

(NAPS)—Psychiatric illness affects over ten million American children, more than leukemia, diabetes and AIDS combined. For more information, visit www.AboutOurKids.org, a new web site that helps parents learn more about child and adolescent mental health issues.

Different colored lasers may some day be used to make movies sharper and navy ships safer. For more information about lasers and the science of light, visit www.osa.org.

For information about a new treatment to help fight the global resurgence of tuberculosis, developed by the U.S. Department of Energy's Argonne National Laboratory, visit their web site at www.anl.gov.

For information on installing solar energy systems and how businesses that use solar power can avoid power disruptions, visit



the U.S. Department of Energy's National Renewable Energy Laboratory web site at www.nrel.gov/surviving_disaster.

Looking for answers about acne? A new web site for teens and their parents that provides medically accurate information on how to manage acne and the anxiety it causes can be found at www.counseling.org/teenacne.

Did You Know?

(NAPS)—Final Fantasy VIII Official Strategy Guide makes it easier to have a richly rewarding playing experience when playing Final Fantasy VIII. To find demos, hints, and cheats, you can visit www.bradygames.com.

Babies who are born at or after 12 am on Saturday January 1, 2000 are eligible for an exclusive sterling silver spoon from Reed & Barton. For more information, visit www.reedbarton.com or call (800) 343-1383.

Security decals that make a thief think twice about breaking into your home, can be bought for as little as \$2. For more information, visit www.securitydecals.com or call 800-584-3713.

One way to supplement your health club workout is to purchase fitness equipment and work out at home. Life Fitness, a high-quality health club equipment manufacturer, also produces similar models for home use.

Take A Popcorn Timeout During The Super Bowl

(NAPS)—Are you ready for the biggest snacking day of the year? This game calls for easy to prepare treats the whole gang will enjoy. No other snack satisfies a crowd like popcorn. It's fast, easy, versatile and delivers a powerful taste sensation. Popcorn snacks give the nutrition and energy needed to cheer the team to victory throughout the entire game.

Here are some easy ways to score a snacking touchdown:

- Pop several batches of popcorn throughout the game so it's always hot and fresh.
- Give each fan their own individual bowl of popcorn to enjoy, then create your own popcorn flavoring bar...simply set out shakers of your favorite seasoning salts and spices and let everyone flavor their own bowl.
- No time to whip up special superbowl snacks? Fresh popcorn is always special. Simply pop some in the microwave to serve up instant fun!
- Include both sweet and savory popcorn choices such as Cajun or Hot Mustard Popcorn and Touchdown Treat.

CAJUN CORN

- 2-½ quarts popped popcorn
- ¼ cup butter, melted
- 1 teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon lemon pepper

Pour butter over warm popcorn. Combine remaining seasonings and sprinkle over popcorn, toss to mix. Bake in 300-degree oven for crispy popcorn, if desired. Makes 2-½ quarts.

Nutritional Information

(based on 1-cup serving):
Total Calories 92; Fat 7g; Carbohydrate 7g; Sugar .2g; Fiber 1g; Protein 1g; Sodium 48mg; Cholesterol 12mg.

SPICY SUPERBOWL POPCORN

- 2 quarts popcorn popped in ¼ cup oil
- 1 teaspoon mustard (dry)
- ½ teaspoon thyme
- ¼ teaspoon ground black pepper
- Dash cayenne pepper
- Optional: ½ teaspoon low-sodium salt

Keep popcorn warm. Mix seasonings together. Add to popped popcorn and mix thoroughly.

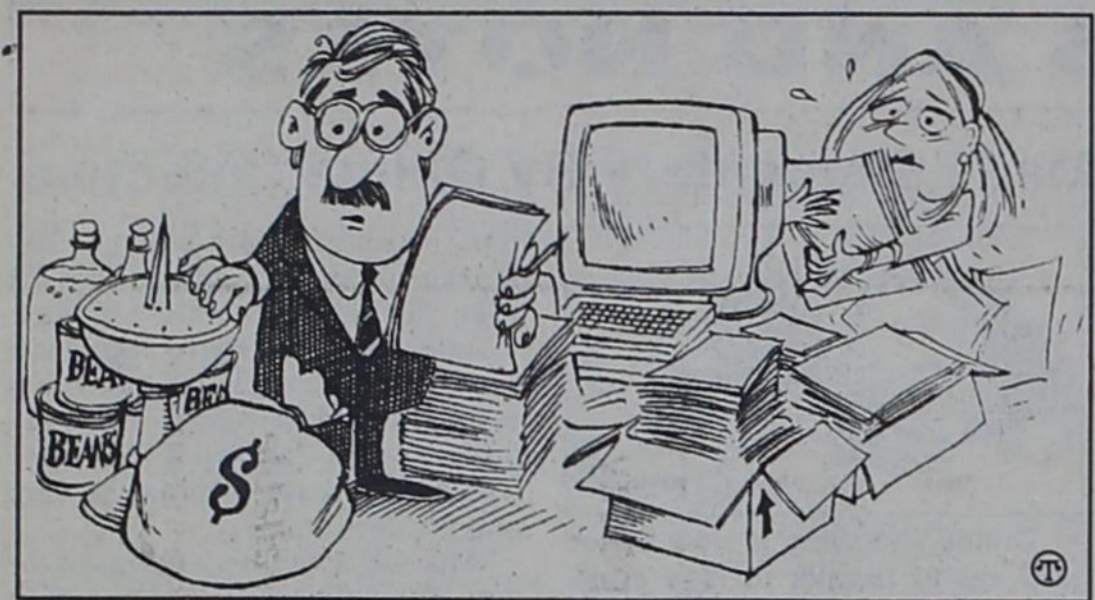
Nutritional Information

(based on 1-cup serving):
Total Calories 96; Fat 1g; Carbohydrate 7g; Sugar .2g; Fiber 1g; Protein 1g; Sodium 69mg; Cholesterol 0mg.

For more Superbowl snacking ideas, visit www.popcorn.org.

NEWS OF SMALL BUSINESS

Planning For The 'What-If' Of Y2K



Planning for uncertainties in Year 2000 is no sure thing. Test your back-up plan. Don't assume the safety net will automatically work.

by Administrator Aida Alvarez
 U.S. Small Business Administration (NAPS)—You've done everything the experts recommended. You took all the steps necessary to limit your small business exposure to the Y2K computer bug. Is there anything else that needs to be done except wait for the clock to turn from Dec. 31 to Jan. 1, 2000?

Yes, there is one more checklist item and that's develop a contingency plan.

Realistically, even with the most perfectly executed plan, there is a chance that some aspect of your business will be affected by Year 2000-related problems. It's the uncertainty that makes it so hard to plan for problems that you can't foresee.

The best place to start with your contingency plan is to take a good look at your business and do some "scenario planning." A scenario is a systematic way of answering the question, "what if?"

What if your back-office systems go down—how will you handle financial transactions and accounting? What if a critical customer fails—do you have a way to assist them or find alternative means of distribution? What if your sole supplier cannot deliver—how much should you stockpile to keep you going?

A good idea may be to write out the potential impact on your customers. For example, a publisher sent cancellation notices to subscribers who had actually paid in advance to the Year 2000. The com-

puter thought the subscriptions expired in 1900. The publisher was flooded with angry calls, to say nothing of the problems in bringing the financial systems back in line. What happens to your customer support organization—and your corporate image—if you're in a similar position?

Once you complete your scenario planning, set priorities and develop a pragmatic action plan in the event of a system failure. Key steps might include:

- Pre-qualify alternative suppliers and have back-up systems ready.
- Inventory supplies and warehouse-finished product in case production goes down.
- If possible, create hard-copies of vital records.
- Assign team leaders to be responsible for organizing work parties to address problems on the fly.

• Test the back-up plan; don't assume the safety net will automatically work.

For owners who are in need of capital to ensure that their small business is Y2K compliant, the U.S. Small Business Administration may be able to help. Under the Y2KAction loan, the SBA can provide a lender up to a 90 percent guaranty on loans of \$100,000 or less. The guaranty is up to 85 percent of loans of more than \$100,000.

More information is available by calling the SBA Answer Desk at 1-800-U-ASK-SBA.

Truth is a torch that gleams through the fog without dispelling it.

—Claude Adrien Helvétius

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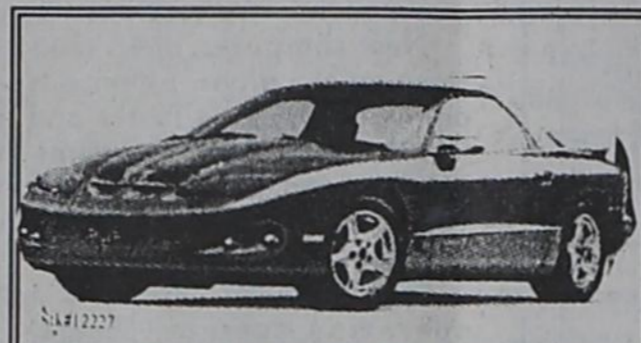
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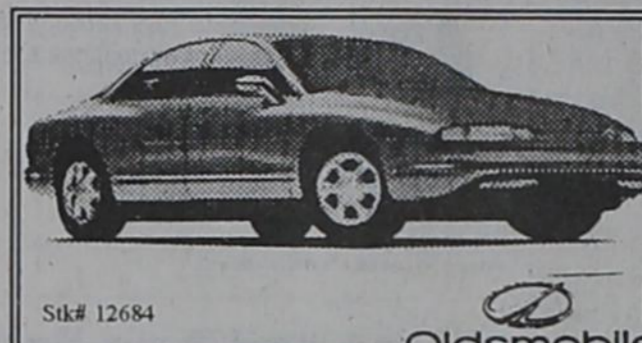
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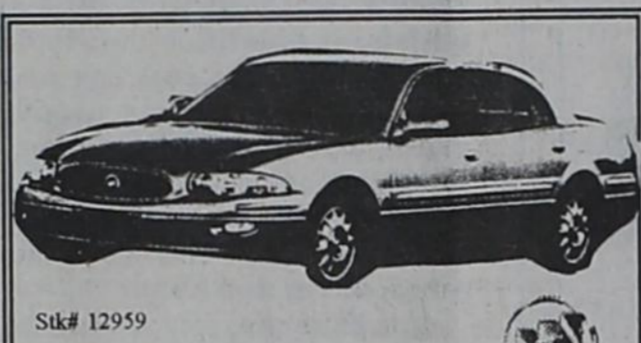


1999 Olds Aurora Sedan

Leather Interior, 4.0L DOHC32 valve V-8, retained accessory power pkg, twilight sentinel, stainless steel exhaust system, cornering lamps

\$30,119 +TT&L

MSRP \$36,899
 Factory Rebate 4,000
 Bayer Discount 2,780
 Sale Price \$30,119
TOTAL SAVINGS \$6,780



2000 Buick LeSabre Custom Sedan

Six way power driver seat, power windows/locks/mirrors, power load CD and cassette w/steering wheel radio controls, air, aluminum wheels, instrumentation analog gauge pkg w/driver info center

\$23,479 +TT&L

MSRP \$25,448
 Bayer Discount 1,969
 Sale Price \$23,479
TOTAL SAVINGS \$1,969

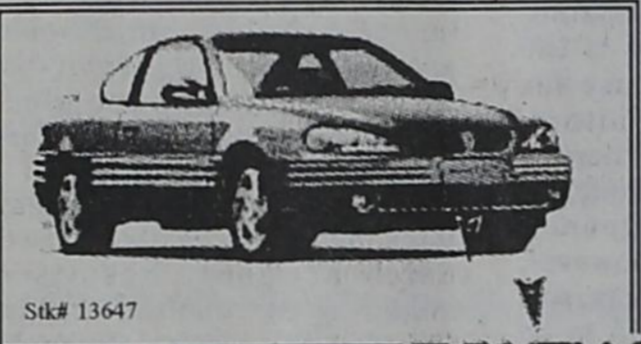


1999 Buick Park Avenue

Cloth seating, power windows/locks/mirrors, power loading AM/FM cassette, cruise and tilt, 10 way power driver seat

\$26,135 +TT&L

MSRP \$31,950
 Factory Rebate 3,000
 Bayer Discount 2,815
 Sale Price \$26,135
TOTAL SAVINGS \$5,815

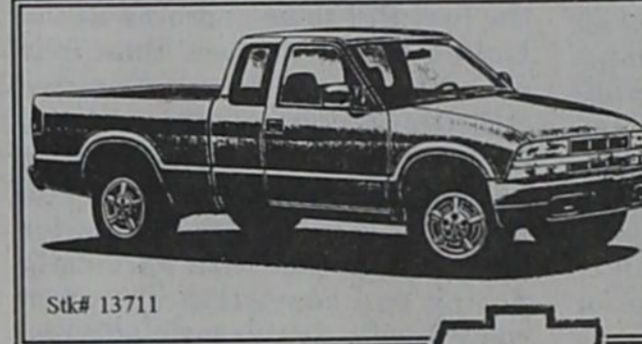


2000 Pontiac Grand Am SEI Coupe

4 speed automatic trans, air, AM/FM stereo with CD, cruise and tilt, power windows and mirrors, split folding rear seat, 15" aluminum wheels

\$253.56 36 mo.S.B. per mo.

MSRP \$19,005



2000 Chevy S-10 Pickup Ext. Cab 4x4

ZR2 wide stance suspension pkg, LS trim, 4300 V-6, auto trans., 3rd door, air, AM/FM stereo with CD, cruise & tilt, power windows, locks & mirrors, locking differential.

\$281.83 35 mo.S.B. per mo.

MSRP \$27,062



2000 Pontiac Montana Minivan

Extended, 4 dr. front and rear air, AM/FM stereo with CD player, luggage rack deep tinted glass, remote keyless entry

\$389.39 36 mo.S.B. per mo.

MSRP \$26,765

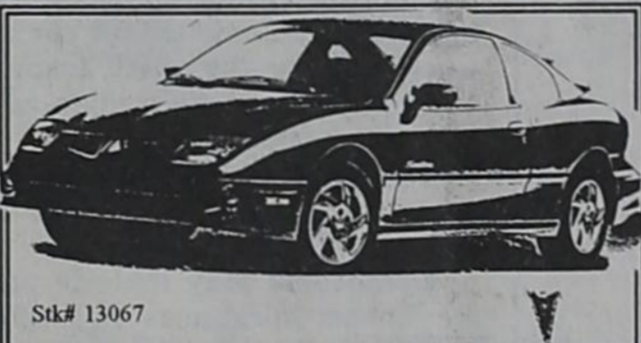


2000 Olds Alero GX Coupe

4 speed automatic trans, air, cruise and tilt AM/FM cassette with CD player

\$257.45 36 mo.S.B. per mo.

MSRP \$17,700

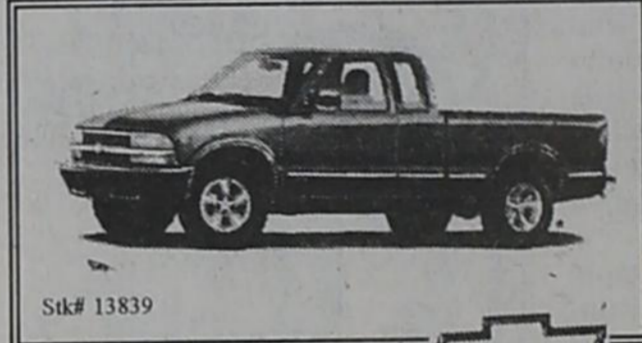


2000 Sunfire SE Coupe

3 speed automatic, sun and sound pkg, AM/FM w/stereo with CD player, air, power glass sunroof, cruise and tilt

\$221.63 36 mo.S.B. per mo.

MSRP \$16,275

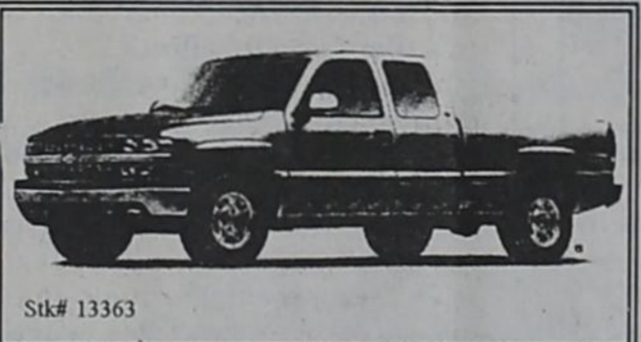


2000 Chevy S-10 Pickup Ext. Cab

LS trim, air, AM/FM Stereo cassette, aluminum wheels, auxiliary floor mats, Automatic Transmission 4300 V-6 engine

\$193.87 36 mo.S.B. per mo.

MSRP \$20,480

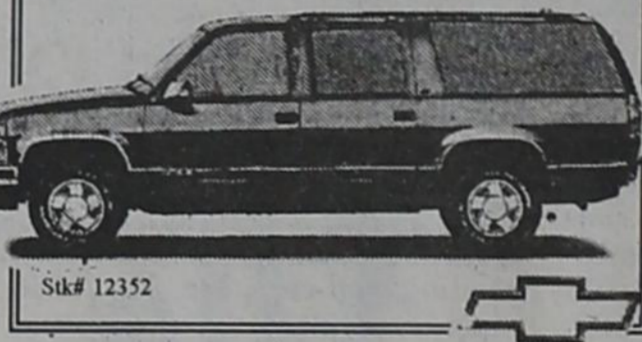


2000 Chevy Silverado

2000 Silverado 1/2 ton extended cab pickup LS, 4300 V-6, auto trans, air, tilt and cruise, AM/FM stereo

\$20,075 +TT&L

MSRP \$22,189
 Bayer Discount 2,114
 Sale Price \$20,075
TOTAL SAVINGS \$2,114



1999 Chevy Suburban

1999 Suburban, LS, 5700 V-8, Auto Trans, Air, Tilt, Cruise, Power Windows, Locks & Mirrors, Cast Alum. Wheels, Running Boards, AM/FM Stereo w/cassette & CD, Heavy Duty Trailing Equip.

\$28,680 +TT&L

MSRP \$34,886
 Factory Rebate 2,500
 Bayer Discount 3,706
 Sale Price \$28,680
TOTAL SAVINGS \$6,206

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'99 Oldsmobile Intrigue, 4dr, 16K, loaded, (warranty) ...	\$15,000
'98 Oldsmobile Achieva - 4 dr., (warranty) ...	\$12,500
'98 Buick Regal GS - 4 dr., (warranty) ...	\$19,000
'97 Chevrolet Lumina, 4dr, V-6, auto loaded, 36K ...	\$11,500
'97 Chevrolet Cavalier RS Coupe, 5 speed, 48K ...	\$8,500
'97 Buick Riviera - loaded ...	\$18,000
'97 Chevrolet Cavalier RS, Auto, 40K, clean ...	\$9,000
'96 Chevrolet Monte Carlo, V-6, Auto, loaded, 34K ...	\$12,000
'96 Mercury Cougar XR7, V-6, auto, loaded, 50K ...	\$11,500
'96 Pontiac Grand Am 2dr, auto, 30K ...	\$9,950
'96 Oldsmobile Achieva, 4dr, V-6, auto, loaded ...	\$8,000
'96 Oldsmobile Cutlass Ciera, 4 dr, loaded, V-6, auto ...	\$8,500
'99 Buick LeSabre, 4 dr., V-6, loaded, 22K ...	\$16,000
'94 Lincoln Towncar, 4 dr, loaded, leather ...	\$13,500
'90 Chevrolet Caprice, 4 dr, Clean ...	\$4,500

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'99 Chevrolet Suburban - loaded ...	\$27,000
'99 Chevrolet 1/2 ton ext cab, LS, V-8, auto, 8K ...	\$21,500
'98 Chevrolet 1/2 ton ext cab, 350, auto, 3rd dr, loaded ...	\$19,500
'98 Chevrolet 1/2 ton ext cab, 350, auto, 35k, 4x4 ...	\$20,500
'98 Nissan King Cab Frontier, 5 speed, 14k ...	\$12,500
'98 Dodge 1/2 Ton Reg Cab, V-6, Auto, 29K ...	\$14,500
'97 GMC S15 ext cab, 4 cycl, auto ...	\$10,500
'97 Chevrolet S10 ext cab, V-6, auto ...	\$10,500
'97 Chevrolet S10 Blazer, 4dr, V-6, 4x4, auto, loaded ...	\$16,000
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'95 Chevrolet 1/2 ton Suburban, 350, auto, LS ...	\$17,500
'92 Chev Silverado, 3/4 ton, SWB, Ext Cab, 350, auto, 67K ...	\$12,000
'91 Chevrolet 1/2 Ton ext cab, V-8, auto, clean ...	\$9,000
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