

The Gorman Progress

2006 Member
Texas Press Association

"Serving Gorman For Over 106 Years"

Gorman, Eastland County, Texas 76454

NUMBER TEN

MARCH 16, 2006

Landscaping Class Plants Trees At City Park



Mr. Boles and the Land Scaping Class volunteered to plant the trees for the City Park. The kids really enjoyed planting them and did a super job! Thanks very much. We appreciate all you do for our community.



Second Class of Stained Glass Art Being Offered At Fellowship Hall Of Gorman Church of Christ



L-R Standing: Marceil Laminack, Monda Oldham and Joy Rogers
L-R Seated: Christine Hammontree and Edna Ann Powell

Pictured above are ladies showing some of the work in progress from the Stained Glass Art class which is currently underway at the Fellowship Hall of the Gorman Church of Christ. Edna Ann Powell is also holding the cross being made by class member Karen Guthrey and Joy Rogers is holding a cross made by classmate Kay Ann Craddock. A second class will begin on Thursday, March 16 at 6:00PM. Current members will continue and new members are urged to sign up for the six week class which will start again this Thursday.

Members not shown are Karen Guthrey, Kay Ann Craddock, Ruth Rodgers, Tammy Straw, Sheryl Weatherford, Kathy Hagood, Cecilia Hirst, Gail Clayton and Dolores Underwood. Assisting with the class are Carolyn Gilbert and Floydene Gilbert. The adult class is open to all ladies, is free of charge and materials are provided.

Please take advantage of this opportunity to join the group for fun, learning, devotion and fellowship. To register, please call instructor Monda Oldham at 734-4508 or 734-3135.

Dublin Woman Convicted Of Driving While Intoxicated

Last Thursday, a petit jury in the County Court of Eastland was seated to hear testimony in the trial of Brandy Deanna Moore of Dublin. Moore was initially stopped for a defective license plate light by a Texas Department of Public Safety Trooper on F.M. 2214 near Lake Leon. The Trooper noticed a strong odor of alcohol as well as several beer bottles inside the 1993 Dodge Ramcharger Moore was driving. Moore refused to provide a breath specimen upon arriving at the Eastland County Jail. The jury deliberated approximately 30 minutes before returning a verdict of guilty. Attorney Roger L. Blair of Weatherford represented Moore at trial with Criminal District Attorney Russ Thomason prosecuting. Punishment was set by County Judge Brad Stephenson. During the punishment hearing, it was learned that Moore had two other prior DWI arrests in Comanche County but had never been convicted. Because Moore was probation eligible, punishment was set at 180 days in the Eastland County Jail, suspended and probated for a period of two years. A fine of \$1,500 was assessed in addition to costs of court plus as a condition of probation Moore must serve three days in the Eastland County Jail.

Thank You Note

I would like to take this opportunity to thank everyone for their vote and support in the past primary election. It was greatly appreciated.

I am looking forward to visiting and getting to know everyone that I can in the future months.

Again, thank you for your vote and I ask for your support in the general election in November.

Thank You,
Wesley N. Warren

Gorman Junior High Boys Track Meet

Results From De Leon

7th Grade Field Events- Discus- Kiefer Wilson- 5th place.

7th Grade Running Events-110 Meter Hurdles- Raymond Martin - 5th place with a time of 24.16 sec., 800 Meter Run- Matt Keith- 5th place with a time of 3:34.52 sec., 100 Meter Dash-Raymond Martin- 3rd place with a time of 14.78 sec.

8th Grade Field Events- Discus- Tyler Johnson- 2nd place, Shot Put- Taylor Chew- 5th place with a throw of 32'-6", Long Jump- Tyler Johnson- 2nd place with a jump of 15'-8"

8th Grade Running Events- 100 Meter Dash- Tyler Johnson- 2nd place with a time of 12.60 sec., 800 Meter Run- Justin Little- 4th place with a time of 2:35.41 sec., 400 Meter Relay- Justin Little, Taylor Chew, Cameron Clark, Tyler Johnson- 5th place with a time of 52.81 sec., 200 Meter Dash- Taylor Chew- 5th place with a time of 27.79 sec.

Other members of the team who competed at the meet are- Ben Burgess, Alex Giles, John Flores, Eric Ryon, Poncho Raygoza, and Randy Woodall. The boys next track meet will be in Comanche on March, 24th.

Lady Panther Cisco Lobo Track Meet Results

The Gorman Lady Panther Track team competed in the Cisco Lobo Track Meet this weekend. With a team of 9 and receiving 11 metals they took 2nd place as a team. Personal results as follows:

Mary Powell: 3200- 1st (13:02) 1600- 1st (5:59)
Crystal Thackerson: 3200- 3rd (13:42) PR 1600-2nd (6:09) PR
Tecia Jones: 3200- 5th (14:37) 1600-6th (6:57) PR 300M Hurdles-7th (58.5) PR
April Keaton: 800-5th (3:01) 1600-3rd JV (7:11)
Brandy Carlton: Triple Jump (28.25') High Jump-6th (4.4')
800-2nd (2:42) 400-6th (1:12)
Nicole Cogburn: 400 Relay- 3rd (55:76) 100- 3rd (13:64) 200-(29:5)
Long Jump- 3rd (14.81/4')
Audrey Johnston- 400 Relay-3rd (55:76) 400-5th (1:11) 200- (30:09)
Triple Jump (27'9") Long Jump (13'3.5")
Megan Lewis- 400 Relay- 3rd (55:76) 100 Hurdles- 1st (18.01)
300 Hurdles-(52.81)
Sharla Perez- 400 Relay- 3rd (55:76) 100-(14:12) 200-(30:91)
Triple Jump- (27'9") Long Jump-(13'1.5")

The Lady Panthers looked like well disciplined, enthusiastic team of athletes who definitely had a few goals in mind. For the people who took time out of their busy schedules there is no doubt that this is a very special group that makes the town of Gorman proud. "I am extremely pleased with the effort that has been dedicated to completing the tasks I have laid before these wonderful young women and I am expecting that our district showing will be a great one", said Coach Tooley. All of the Ladies pushed through some tough competition and once again came out on top. Thank you ladies for your hard work and dedication!

Thank You

To all the citizens of Justice of the Peace Precinct One: I would like to take this opportunity to thank each and everyone of you who supported me and voted for me in the March 7th Primary Election. Each vote is sincerely appreciated. I am looking forward to the November General Election and having the privilege of serving in the office of Justice of the Peace.

Sincerely, Ronnie White

Gorman ISD "Wall of Honor"

The Gorman Athletic Boosters are beginning a landscape project that will beautify the north interior section of Brogdon Field. Part of this project includes the sale of "memory bricks" to be laid around the entry of the football field. Individual engraved pavers are 4" x 8" in size, and can include three lines with twelve characters. The price of the individual paver is \$25.00 each. We will also be offering a business, family, organization, or "special event" paver that will measure 8" x 8", and can include four lines with twelve characters. The price of the large paver is \$50.00 each.

This project will also include the posting of all the student athletic records in all the sporting events. This is to honor our ex-athletes and their accomplishments; and to "inspire" our current athletes.

We encourage everyone to buy a paver and let those memories be a permanent part of the landscape at Brogdon Field. We believe this project will be a great source of pride for our school, and for our community. Anyone who wishes to purchase a memory brick; please contact, Bob Powell at 734-3322, Becky Swanner at 734-2480, or any member of the Gorman Athletic Boosters.

More Than 600 Attendance At Chamber Honor Banquet



Pictured Above is the Officers of the Gorman Volunteer Fire Department - Ray Daniels - Secretary, Charlie Torrez - Fire Marshall and Gene Foster - Fire Chief; not pictured, Billy Don Simpson - Assistant Fire Chief. The Gorman Volunteer Fire Department issued a very gracious appreciation for the donations to the fire department, with all of the donations received they have been able to add a new Brush Truck to their units at the fire station.

There were more than 600 in attendance at the Gorman Chamber of Commerce Honor Banquet on Monday, March 6th to enjoy the Bar-B-Que Supper and the presentations of awards by the Chamber.

The total donations for the banquet after expenses were \$5,600.00 of this total, \$3736 went to the Gorman Volunteer Fire Department and \$1,868 went to the Fire Victims Fund at American State Bank, which is still accepting donations. The fund was donated by various entities.

Area musicians - *The Howard Family* and *The Messengers* entertained folks at the Senior Citizens Center during the evening.

Special Honors were presented to the members of the Gorman Volunteer Fire Department and First Responders for the outstanding fire fighting efforts and response during the unbelievable and devastating fires which ravaged the Eastland County area in the past month. Also Steven Watson, Fire Captain at the Eastland Fire Department and Administrator of the Eastland County Dispatch was presented a Special Award in Appreciation for this contribution to the Gorman VFD, which was described as "Above and Beyond the normal line of duty". Among these contributions, Watson has helped the department receive several large equipment grants.

Also receiving a plaque of appreciation was Jack Jackson (1958-2005) for this countless hours of service and his devotion and love for the youth of this community. The Gorman Memorial Basketball Court will be named in his honor at an upcoming presentation.

The Chamber and the Gorman VFD sincerely appreciates the overwhelming support that folks have shown in this disaster.

The Chamber Academics Awards were presented to Zack Bryan and Cindy Lopez, Seniors; Kay Ann Howard, Junior; Brandy Carlton, Sophomore; and Matt Underwood, Freshman. More photos of the banquet on page four of this issue.

Gorman Boys Track Meet Results From Cisco

Field Events: Long Jump - Orlando Rodriguez - 1st place with a jump of 17'- 61/2", High Jump- Orlando Rodriguez - 2nd place with a jump of 5'- 6", Gabe Burt - 3rd place with a jump of 5'-4", Corey Brown - 5th place with a jump of 5' - 2".

Running Events: 3200 Meter Run - Marc Gillen - 3rd place with a time of 12:22.00 sec., Zach Bryan - 4th place with a time of 12:57.00 sec., 100 Meter Dash- Corey Brown - 1st place with a time of 23.99 sec., Orlando Rodriguez - 3rd place with a time of 12.12 sec., Matt Underwood - 4th place with a time of 12.15 sec., 800 Meter Relay - Orlando Rodriguez, Gabe Burt, Zach Bryan, Aaron Keith - 4th place with a time of 1:48.06 sec., 200 Meter Dash - Corey Brown - 1st place with a time of 23.99 sec., 1600 Meter Run - Marc Gillen - 2nd place with a time of 5:33.62 sec., Zach Bryan - 5th place with a time of 5:52.28 sec.

*** The team took third place overall with 90 points. The boys next track meet will be in Roscoe, Tx. on Saturday March 18, 2006.

ITEMS OF INTEREST

Gorman Oaklawn Cemetery Donations can be sent to Aline Garrett, P. O. Box 711, Gorman, Tx 76454 or to American State Bank.

BLOOD PRESSURE CHECKS — Blood Pressure Checks by Heritage Manor of Gorman. Every Wednesday at Senior Citizens at 11:00 a.m. Other week at Gorman Hotel at 10:30 a.m.

LIBRARY — Charlie Garrett Memorial Library will be open Monday thru Friday from 3 to 5 p.m. Open Tuesday 9 to 12 a.m.

FOOD BANK

New Hours - 10 - 11:00 a.m.
Second Thursday

Boy Scouts

Meeting Week
Tuesdays — 6:00 p.m.
Methodist Church

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT - WEDNESDAY, APRIL 20TH FROM 9 - 11 A.M.

Oakland Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oakland Cemetery Association, 503 N. Fisher, Gorman, Tx 76454, or American State Bank, Gorman, Texas 76454.

4-H - Meets Second Monday of each month at 6:00 p.m. at the First United Methodist Church Fellowship Hall - Amy Wood - 734-2973.

VET Science 4-H Project - 4th Tuesday each Month. Technology Center / Gorman Community Center. Contact Lee or Amy Wood at 254-734-2973.

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. Mark Wilkerson, Master — Pat Moseley, Secretary.

Obituaries

Mary Louise "Stella" Files

Mary Louise "Stella" Files, age 93, passed away Saturday, March 11, 2006 at the Comanche County Medical Center.

Services were at 11:00 a.m. Monday at the Higginbotham Funeral Home Chapel with Tony McCrohan officiating. Burial was at Murray Cemetery.

Mrs. Files was born September 1, 1912 in Sipe Springs to Douglas

M. Gaines and Ollie Mae (Davenport) Gaines. She graduated from Gorman High School. She married Clarence H. Files on March 12, 1933 in Gorman. He preceded her in death in 1986. She owned and operated jewelry stores in Seminole, De Leon, and Anson, Texas. She had lived in the Carbon area since 1970 and was a Baptist. She was a very unique person and loved to fish

and play dominoes. She will be missed by all of her family.

Survivors include, son, Darrell Files; daughter, Margie McCollum and her husband, Wiley of El Paso; three sisters, Pauline Davis of Fort Worth, Mary Dell Williams of San Antonio and Lucille Burrows of Sunset; nine grandchildren; Misty Tucker, Laurie Fryman, Marla Files, Russell McCollum, Ronald McCollum, Robert Files, James Files, Thomas Files and David Files; seven great grandchildren and one great-great grandchild. She was preceded in death by two sons, Waylon and Jimmy Files, parents, three sisters and five brothers.

Perelene Ruth Johnson

Perelene Ruth Johnson, age 73, passed away Saturday, March 11, 2006 at her residence.

Graveside services were at 6:00 p.m. Saturday at the Gardens of Memory, Comanche Co. with Kenneth Wilson officiating. Burial was at Gardens of Memory.

Mrs. Johnson was born Mary 21, 1932 in Eastland, Texas to the late William Wiley Wright and Maudie Perelene Pell Wright. She married Dale N. Johnson on January 28, 1950 in Comanche, Texas.

She was a homemaker; member of De Leon Shakespeare Club, E.S.A. Sorority, First Baptist Church, and Women on Mission of First Baptist Church.

Survivors: husband, Dale N. Johnson of De Leon; one son, Jimmy Dale Johnson and wife Jimmie Dee of De Leon; two daughters, Nancy Ruth Johnson of De Leon and Dala Victoria Perelene Anbuhl and husband Bruce of Canon City, Colorado; one sister Wiley Jean Wright Stokes and husband Floyd of Stephenville; brother-in-law, Billy Neil McDaniel of De

Gorman ISD School Menu

For the Week of March 20 thru 24

BREAKFAST

MONDAY - Cereal, Peanut Butter and Jelly Sandwiches, Juice and Milk.
TUESDAY - Eggs, Biscuits, Juice and Milk.
WEDNESDAY - Cinnamon Rolls, Oranges, Juice and Milk.
THURSDAY - Waffle Stixs, Syrup, Apples, Juice and Milk.
FRIDAY - Sausage, Biscuits, Gravy, Juice and Milk.

LUNCH

MONDAY - Enchilidas Casserole, Burritos, Refried Beans, Spanish Rice, Salas, Peppers, Crackers and Milk.
TUESDAY - Beef Stew or Chicken Noodle Soup, Salad, Crackers, Mixed Fruit and Milk.
WEDNESDAY - Bar-B-Que Chicken or German Sausage, Pinto Beans, Potato Salad, Cornbread and Milk.
THURSDAY - Chicken Fried Steak or Pork Chops, Gravy, Creamed Potatoes, Green Peas, Hot Rolls and Milk.
FRIDAY - Hamburgers or Pizza, Lettuce, Tomatoes, Pickles, Onions, Corn Mustard, Mayo, Chips, Pears and Milk.

Leon; three grandchildren, Joey Johnson, Jason Johnson and Jodie Johnson Weaver and husband Jonathon, one great-grandson, Dane Johnson and several nieces and nephews.

She was also preceded by one sister, June Wright McDaniel.

Pallbearers were Joey Johnson, Trevor Nowlin, Ethan Royal, Chance Singleton, A. W. Sledge and Eric Royal.

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NEW: Kent St. App. 2 A., 3-2-2 brick central on lots kitchen cabinets, garden area, large pecan trees, nice retirement property. \$69,500
NEW: 1.75 A m/l, 3-2 frame, app. 1466 sq ft, pond, pool, water, large oak and pecan trees. \$20,000.00 OFFERS CONSIDERED.
NEW: 1 A m/l, 2-1 frame, app. 900' metal roof, shop bldg., numerous utilities, in etc., and much more. \$12,000.00.
13.958 acres west of De Leon: 2 or 3 br - 1 bath brick, 1375', garage and carport. Tifton 85 pasture, 2 wells, big hayshed, older shop, 1/4 mile off pavement. \$112,500
NEW: 30A., near De Leon, 3-3-3 m/h, 1190 sq. ft. CH/A, tile floors, cult., fence, well, pond, pool, water, barn & sheds, nice view. \$96,000.
NEW: 40 A. West Gorman, rough, wooded, secluded, great deer/turkey hunting, only on 1/80 acre, vacation change, pond, electricity, views. \$2,250 per acre
NEW: 73A near Duster, good hunting, nice view, blms, 2 ponds, 30 x 40 barn, well, cult., metal, barns, fenced. \$1,600 acre.
NEW: 97A S/W Gorman: Secluded, good hunting, seasonal creek, oak/mesquite, pond, fenced. Will divide into 27a and 70a tracts. \$1,850 acre.
100 A. near Duster: 3-1 1/2-2 brick, central A/H, fireplace, 1444', 24 x 30 shop on slab, 2 wells, 3 ponds, steel corrals, app. 36A. coastal, some cult., and native. \$249,500.00
NEW: 102.81 A S/E Gorman: Native pasture, coastal, 2 ponds, 2 wells, new fence, 3 sheds, pond rd., beans, deer & hogs, will divide. \$2,250 per acre.
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HELP WANTED: Plumber/Electrician Helper Needed. Must have own transportation and be willing to take a pre-employment drug screen. Also be able to work 6 days a week. Call Steve Sheetz at 254-8422222-7381 for interview. ITC.

Notice of Impoundment of Estray

Case No. 260035
Date: 3-6-06

On the 6 day of March, 2006, I impounded the following estray:

Kind of Animal: Cow and Calf
Breed: Cross Breeds
Color: Red Motley Faced / Solid Black Calf
Sex: Females Ages: 8-10 years and 60 days
Size: Large Approx. 1150 lbs. and small approx. 200 lbs.
Brand, Earmarks, Identifying Characteristics: Cow has #'s (234) on its left hide and top of right ear cut off! Calf has no brands or markings. and on the 13 day of March, 2006, I filed a Notice of Estray in the Estray Book of Eastland, County, Texas.

I have made a diligent search of the register of recorded brands in Eastland County, Texas, for the owner of the said estray, but the search did not reveal the owner.

Notice is hereby given that, if the ownership of said estray is not determined by the 28 day of March, 2006, said estray will be sold at public auction/sheriff's sale at Texas Cattle Exchange, Olden, Tx.

WITNESS my hand this 13 day of March, 2006.

Wayne Bradford
Sheriff of Eastland County
by (s) Doyle Seabourn
Deputy Sheriff

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County Offices \$50.00
Justice Prec. Offices \$50.00
Constable \$50.00

All political advertisements paid for by friends and/or candidates must bear at least one signature and address. All ads must be paid for in advance. (Political advertising charged for at a rate of \$3.00 per column inch).

Any political advertising reflecting adversely upon the character of a person will be refused.

The Gorman Progress is authorized to make the following political announcement, subject to the action of the General Election, November 8th.

Eastland County Judge:	Eastland County Justice of Peace - Prec. 1: Wesley N. Warren - (D)
Eastland County Clerk: Cathy Jentho - (R)	

INCOME TAX PREPARATION

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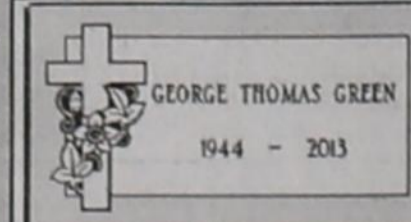
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100A 3.1.5 1,440 sf. Brick, 3-tanks, 2-water wells, corrals, hunting, \$249,500.
235A 3/2 2,400sf. brick, carport, 3-tanks, improved pasture, minerals, hunting, \$589,000.
75A Eastland Co. with pivot irg. System, 5-wells, tank, coastal. \$150,000.
243A Comanche Co., large reservoir, 14 irrig. wells, irrig. pit, hwy. frontage, coastal, and cultivation. \$473,850
240A Comanche Co. with 5-tanks, woods, hwy. frontage, rural water, hunting, \$396,000
26A with 2/1 Frame, water well, stock tank, woods, coastal, hunting. \$79,500
Medical Clinic: 5,230 sf brick bldg, two covered carports, 280' x 282' paved parking lot. \$150,000
Nursing Home: 12,900 sf brick bldg. with kitchen, therapy room lobby, 22 double rooms, large lot. \$89,000
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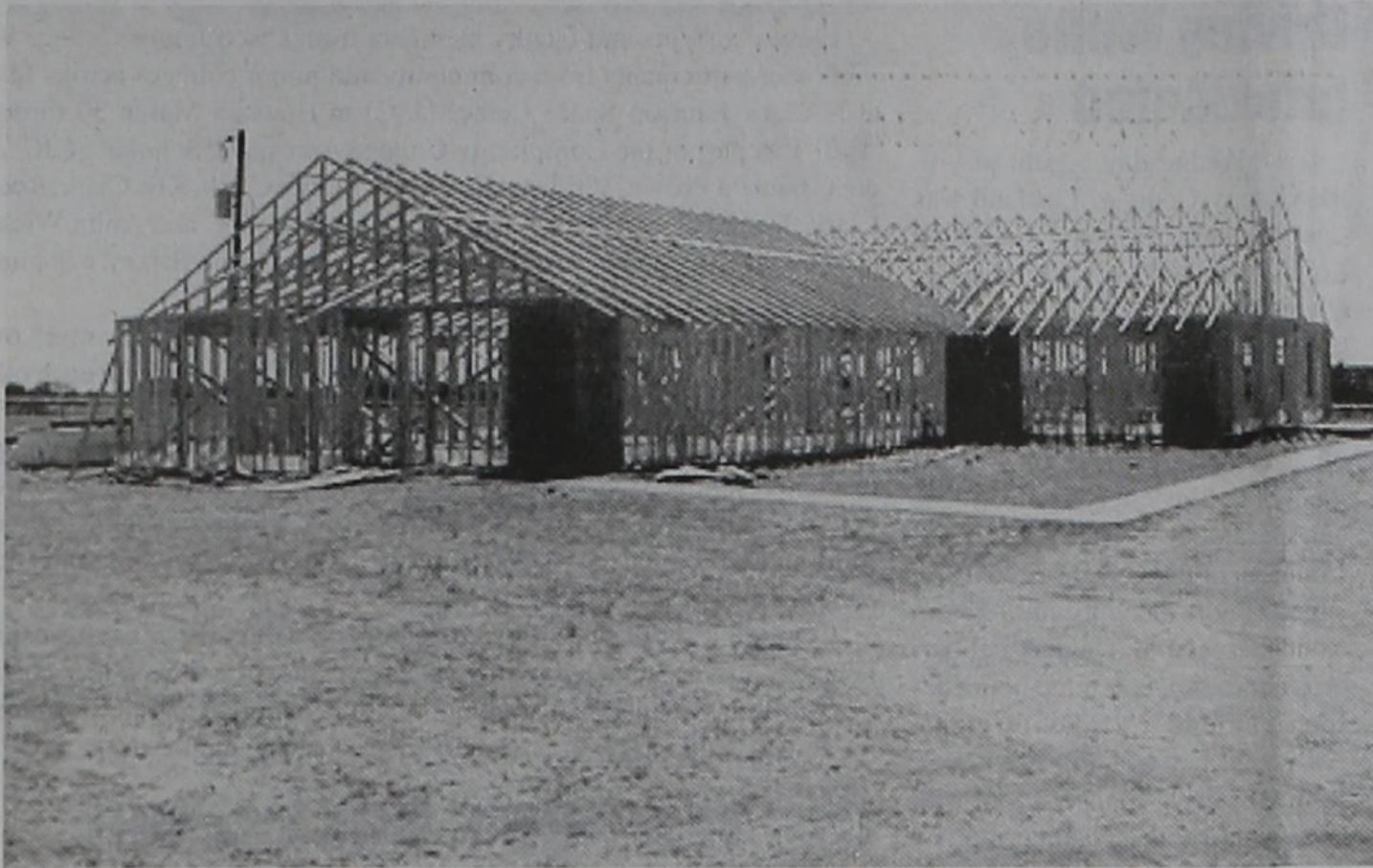
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Members of the Kokomo Baptist Church are in the process of replacing their church and connecting facilities following the recent wildfire that wiped out the entire facility.

TEXAS WILDFIRE DISASTER RECOVERY AID EXCEEDS \$1,021,320

AUSTIN, Texas — As of close of business March 9, families and individuals who suffered damage from the recent Texas Wildfires have been approved to receive more than \$1,021,320 in assistance from the U. S. Department of Homeland Security's Federal Emergency Management Agency (FEMA). Victims can register by applying online at www.fema.gov or by calling FEMA toll free at 1-800-621-FEMA (3362) or TTY 1-800-462-7585. Assistance is available in multiple languages.

On Jan. 11, 2006, President George W. Bush declared nine counties stricken by wildfires as major disaster areas in the State of Texas. The presidential declaration made individual assistance available to affected individuals and businesses in the counties of Callahan, Cooke, Eastland, Erath, Hood, Montague, Palo Pinto, Tarrant and Wise.

Recovery Services Summary as of close of business March 9, 2006:

396 individuals have registered for Individual Assistance. \$1,021,320 has been approved through the Individuals and Household Program. Of that, FEMA has provided \$537,611 in Individual Assistance and \$483,709 in Other Needs Assistance.

231 home inspections have been requested. 229 have been completed. \$308,470 has been obligated in Public Assistance by FEMA to the State of Texas to reimburse local governments and agencies for eligible and documented expenses related to emergency protective measures associated with the Texas wildfires.

WILDFIRE SUMMARY: Since Dec. 26, Texas has had 9,517 fire starts. There are currently 13 active/carryover fires. During this period, 3,418,286 acres have burned, 375 homes have been destroyed and 3,806 homes have been saved.

Health Trends

Caring For A Loved One With Alzheimer's Disease

(NAPSA)—The majority of the 4.5 million Americans with Alzheimer's disease live at home, where family and friends provide most of their care. Caring for a loved one with Alzheimer's disease, a progressive brain disorder that not only affects memory, but gradually destroys a person's ability to learn and carry out daily activities, can be emotionally and physically challenging. As memory loss and other symptoms worsen, the amount of time and energy caregivers and families spend taking care of their loved one increases.

The *Memories to Treasure* program provides people who care for a loved one with Alzheimer's tips on caregiving and information about the disease, while helping them connect with their loved one through the art of scrapbooking.

"Alzheimer's caregivers have unique needs; *Memories to Treasure* offers resources to help facilitate interaction with loved ones," says Gail Hunt, president and CEO of the National Alliance for Caregiving. "Engaging in meaningful activities, such as scrapbooking, allows time spent together to be more positive and can benefit everyone involved."

While people with mild Alzheimer's disease often experience problems with short-term memory, they may recall memories from the distant past. Looking at old photographs and keepsakes may lead to conversations about people and



Scrapbooking may help family caregivers feel more connected to loved ones with Alzheimer's disease.

past events, and can be enjoyable for everyone involved.

"Activities, such as scrapbooking, can be beneficial for families facing Alzheimer's disease," says Benjamin Seltzer, M.D., director of the Alzheimer's Disease & Memory Disorders Center, Tulane University Health Sciences Center, New Orleans. "Engaging in meaningful activities with a loved one is only one facet of caregiving; however, it is also important to know that there are treatments available that can help slow symptoms of the disease."

Memories to Treasure can be accessed online at www.memories-treasure.com. The Web site offers tips on caregiving, information about Alzheimer's disease and a Memory Checklist to help guide discussion with a physician. Caregivers will also find instructions to create a scrapbook with a loved one facing Alzheimer's disease.

When caring for someone with Alzheimer's, keep these tips in mind to help provide the best care possible:

- Your loved one may become frustrated while bathing, dressing or eating. Try to be calm and reassuring during such moments.
- Keep your loved one involved. Plan an activity, such as scrapbooking, for a time of day when your loved one seems to be at his or her best.
- Take time for yourself and build a strong support network. Let your family and friends know what you need and when you need it.
- Seek information so that you can make choices about care and treatment for your loved one.

Memories to Treasure is brought to the Alzheimer's community by Eisai Inc. and Pfizer Inc, in partnership with the National Alliance for Caregiving and *Creating Keepsakes* scrapbook magazine. Dr. Seltzer's participation in *Memories to Treasure* has been sponsored by Eisai and Pfizer. For more information on the program, please visit www.memories-treasure.com.

TEEN TOPICS

Peer Pressure And Alcohol: A Difficult Combination For Many Teens

(NAPSA)—For most young people, the teenage years are a fun and exciting time, filled with first-time experiences: a new school, a part-time job, getting a driver's license, maybe a first romance. In general, it is a period marked by greater responsibility and freedom.

However, teens can also experience feelings of doubt and may lack self-esteem. For these reasons, they are particularly susceptible to peer pressure: an overwhelming desire to fit in and do "what everyone else is doing," even if it means participating in such high-risk activities as drinking, smoking and sex.

It's all part of a teenager's efforts to try to separate from his or her parents and establish a personal identity.

To help teens and their families cope with peer pressure, The Health Alliance on Alcohol (HAA), a national education initiative established to address the issues of underage consumption of alcohol that includes members Heineken USA, New York Presbyterian Healthcare System and White Plains Hospital Center, has developed a booklet entitled "Facts & Conversations: Peer Pressure."

Written by adolescent health experts at Columbia University Medical Center and The Morgan Stanley Children's Hospital of New York-Presbyterian, "Facts & Conversations: Peer Pressure" answers some common questions:

1. What exactly is peer pressure?

"Peer pressure" is a term used to describe how an adolescent's behavior is influenced by other adolescents. While most parents think of peer pressure as negative, not all peer pressure is bad. Teens may be influenced by their peers to study, to compete in athletics or to attend a religious function. However, when fellow



The teenage years can be fun and exciting, but are marked by increased peer pressure.

teens are drinking or engaging in other risky activities, peer pressure can lead to problems.

2. Are there different types of peer pressure?

Peer pressure can be divided into active and passive peer pressure, and studies have shown that both strongly influence teen drinking.

Active pressure may be in the form of an explicit offer to drink alcohol or a verbal criticism for refusing to drink. Other forms of direct pressure include invitations to participate in drinking games or ordering of rounds of drinks while at a bar.

Passive pressure is based on a teen's desire to fit in and adopt the values and practices of fellow teens. Passive social pressures can be further divided into social modeling of alcohol use ("everybody's doing it") and perceptions regarding peers' alcohol use.

Although many teens do drink alcohol to an alarming degree, teens invariably overestimate the rates at which their friends drink. This false sense that all teens drink can lead teens to feel that they have to drink to fit in. By eighth grade, nearly half of all adolescents report having had at least one drink and one in five

report having been "drunk."

3. Are all teens affected by peer pressure the same way?

No. An adolescent with a healthy self-esteem and strong sense of self will be better able to resist both active and passive pressures to drink. In contrast, teens who are depressed or insecure are more likely to succumb to peer pressure. Fortunately, parents can help their teenage children resist the pressures to drink. By staying involved, parents can lessen the impact of peer pressure.

4. Does peer pressure change as teens get older?

Yes. While rates of adolescent emotional development vary and transitions are not necessarily smooth, the role of peers and peer pressure changes as teens progress through early, middle and late adolescence.

5. Is peer pressure the only factor leading to underage drinking?

No. Other important influences on teen drinking include relationships with parents, parental drinking, sibling drinking, participation in religious activities and the media.

"Underage drinking is often influenced by peer pressure," said Karen Soren, HAA expert/M.D., Associate Clinical Professor of Pediatrics and Public Health at Columbia University College of Physicians and Surgeons. "By knowing the facts, you can better prepare yourself to address peer pressure in conversations with your teen. Remember, these conversations need to be ongoing, and topics will often need to be revisited as the teen matures both physically and psychologically."

To learn more, or to request a copy of the brochure "Facts & Conversations: Peer Pressure," visit www.EnjoyHeinekenResponsibly.com.



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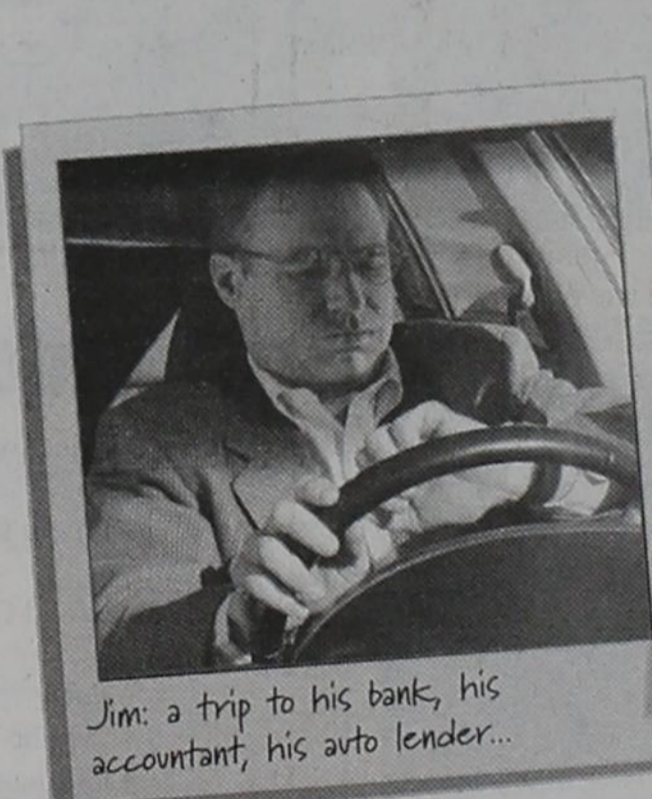
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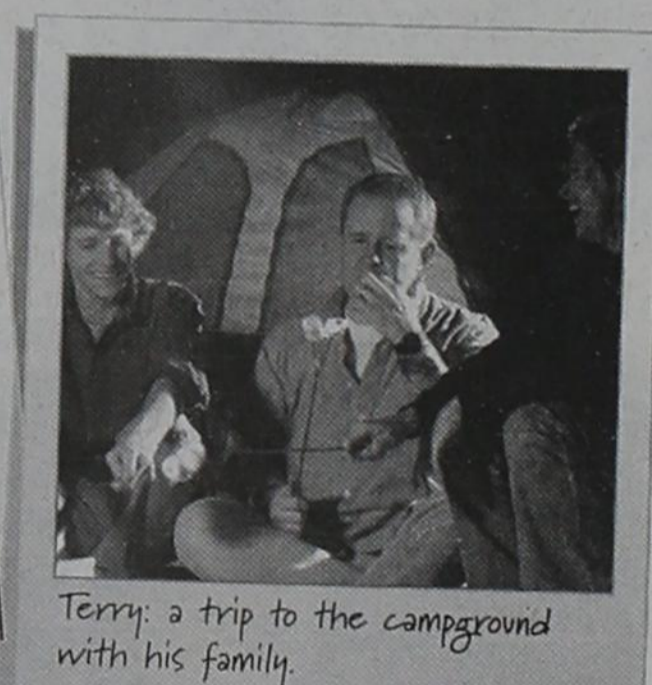
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More Than 600 Attendance At Chamber Honor Banquet

Photos Below courtesy of Steve and Margaret Hetrick - Eastland County Newspapers



Pictured above are some of the Gorman Volunteer Firemen and First Responders honored at the Chamber Banquet. Steve Watson shown below received special recognition at the banquet.



Reminder:
Deadline For Getting News
and Ads In
The Gorman Progress Is
Tuesday Noon

Carrollton Man Convicted Of Driving While Intoxicated

Last Wednesday, a petit jury in the County Court of Eastland was seated to hear testimony in the trial of Danny Ray Younce of Carrollton, Texas. Younce was initially stopped for weaving in traffic on Interstate 20 after a report of a possible intoxicated driver by another motorist, by a Texas Department of Public Safety Trooper. The Trooper noticed an ice chest in the front seat of the vehicle as well as a strong odor of alcohol emitting from Younce's person. The jury deliberated approximately three hours before returning a verdict of guilty. Attorney Michael C. Lowe of Dallas represented Younce at trial with Assistant Criminal District Attorney Brenda Gray prosecuting. Punishment was set by County Judge Brad Stephenson. Because Younce was probation eligible, punishment was set at 180 days in the Eastland County Jail, suspended and probated for a period of eighteen months. A fine of \$1,000 was assessed in addition to costs of court.

HCEEC To Hold Annual Spring Fling March 27th

Hamilton County Extension Clubs invite everyone to attend their Annual Spring Fling. There will be a Salad Luncheon, booths to purchase lots of home and garden items, a silent auction, entertainment, refreshments and wonderful programs to fill the day. Programs will feature floral fantasy, aprons and sunbonnets, hummingbirds with their nests, armchair exercises, wills and living trusts and conclude with accessorizing the little black dress. All this for only \$6.00!! come to St. John Luthern Church Family Life Center in Hamilton on Hwy. 22, at the edge of town on March 27, 2006. Registration begins at 8:30 a.m. and will conclude about 2:30 p.m.

For more information call Merry Cowan at 254-785-2132.

CISCO JUNIOR COLLEGE STUDENTS VISIT NASA JOHNSON SPACE CENTER

Eleven students and faculty members from Cisco Junior College will join other participants from community and junior colleges across Texas at NASA's Johnson Space Center (JSC) in Houston March 30 through April 1 as part of the Community College Aerospace Scholars. CJC students Pamela Brown, Viridiana Celestino, Marsie Clark, Kris Clark, Rocky Clark, Dana Davis, Heather Dickson, Amber Taylor, and Anita Wicker, along with CJC faculty members Sarah Zell, and Janie Brixey will attend this event.

The program, which is a three-day on-site event at JSC, offers over 300 students from across Texas the opportunity to interact with each other as they learn more about careers in science and engineering. While at JSC, students from the colleges will form teams and establish fictional companies interested in Mars exploration. Each company is responsible for developing a prototype Rover, designing a line drawing of the Rover and forming the company infrastructure including budget, communications and presentations.

Community college Aerospace Scholars is part of the Texas Aerospace Scholars and was created by the state of Texas, in partnership with JSC and the Texas educational community to encourage community and junior college students to enter careers in science and engineering.

CJC Women's Basketball Team Finished Year 14-13

Cisco Junior College women's basketball team finished their regular season last week with a 90-65 win over Ranger College. The Wranglers finish 9-7 in conference play and 14-13 overall. Coach Tommy Simmons said that his team showed great improvement over the course of the season and have also been a great group to coach and be around.

"Our players have earned respect on the court and have handled themselves off the floor as student-athletes should, with professionalism and integrity both athletically and academically," Coach Simmons said.

Several of the Wranglers have earned recognition including Chelsie Friemel, Ariel Rhodes, and Amber Williams

Friemel, a 5'10 sophomore guard from Canyon High School in Canyon, was named to the Northern Texas All-Conference Team. She is a two year starter for the Wranglers and leads the team in scoring, rebounding and assists this season. Friemel finishes the season ranked among the top performers in the nation in all three categories as well as 3 point field goal percentage.

Rhodes is a 5'7 sophomore guard from Hebron High School, who transferred from Howard College after her freshman year. She was named the "Newcomer of the Year" in the Northern Texas Junior College Athletic Conference for 05-06 and started all 27 games for the Wranglers this year. She averaged 10 points, 5 assists, and 3 steals per game in conference play. Rhodes was also named to the NTJCAC Academic All-Conference Team and is carrying a 3.85 GPA.

Williams is a 5'11 forward from Lipan High School in Lipan and was named to the NTJCAC Academic All-Conference Team for 05-06. She started all 27 games for the Lady Wranglers, served as Team Captain. Williams averaged 9 points, 5 rebounds, 3 assists and 2 steals per game in conference play and is carrying a 3.35 GPA.

Strawn 3rd Saturday Jamboree March 18

The Strawn 3rd Saturday Jamboree will be held Saturday, March 18th beginning at 6:00 p.m. presented by the "Country Strings Band". Concessions will be open at 5:30 p.m.

This will be the first program in our new location at 301 E. Housley Street in Downtown Strawn. Just come down Hwy. 16 to Downtown (Bank) and turn on Hwy. 108 (Housley Street) and go two blocks to Strawn Civic Center.

The program will be dedicated to the persons instrumental in the donation of the building to Strawn and Its Citizens, and a short ceremony will be held beginning at 6:00 p.m. Everyone is invited to our new facilities, and to hear an already complete line-up of Good Country and Western, Gospel and Bluegrass Music.

We cordially invite everyone to come early and enjoy the entire evening with us.

For further information, call Finis Butler at 254-672-5622 or 5816.

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Order of Election

An election hereby ordered to be held on
May 13, 2006
for the purpose of electing a

Mayor and Commissioners Places #2 and #4.

Early voting by personal appearance
will be conducted each weekday at
Gorman City Office 116 S. Kent St.
Between the hours of 8:00 a.m. and 5:00 p.m.
There will be two (2) days extended to twelve (12) hours.

These days will be May 2, 2006 the office
will be open from
7:00 a.m. thur 7:00 p.m. and May 9, 2006
this office will be
open from 7:00 a.m. thur 7:00 p.m.,
for the purpose of
Early Voting.

Applications for ballots by mail must be received no later
than the close of business on
Friday May 5, 2006.

Early voting clerk's official mailing address is
P.O. Box 236, Gorman, TX 76454.

Issued this the 2nd day of March, 2006.

(s) *Tacy K. Warren, City Secretary*

ITEMS OF INTEREST

Child Safety Seat Classes will be held the first Wednesday of each month at the Gorman Community Center @ 7 p.m., and on the third Wednesday of each month at Eastland Memorial Hospital @ 7p.m. This is a free class. Call 734-4526 or 734-5989 To Sign Up.

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

Gorman Oaklawn Cemetery Donations can be sent to Aline Garrett, P. O. Box 711, Gorman, Tx 76454 or to American State Bank.

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. Mark Wilkerson, Master — Pat Moseley, Secretary.

VET Science 4-H Project - 4th Tuesday each Month. Technology Center / Gorman Community Center. Contact Lee or Amy Wood at 254-734-2973.

FOOD BANK

New Hours - 10 - 11:00 a.m.
Second Thursday

Boy Scouts

Meeting Week
Tuesdays — 6:00 p.m.
Methodist Church

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OFFICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT - WEDNESDAY APRIL 20TH FROM 9 - 11 A.M.

4-H - Meets Second Monday of each month at 6:00 p.m. at the First United Methodist Church Fellowship Hall - Amy Wood - 734-2973.

Oakland Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oakland Cemetery Association, 503 N. Fisher, Gorman, Tx 76454, or American State Bank, Gorman, Texas 76454.

BLOOD PRESSURE CHECKS — Blood Pressure Checks by Heritage Manor of Gorman. Every Wednesday at Senior Citizens at 11:00 a.m. Other week at Gorman Hotel at 10:30 a.m.

Veterans Benefits Seminar Set For April 1st In Eastland

Delilah Washburn, Texas Veteran Commission; Joel Jimenez, Comander, Disabled Americans Veterans Ch. 41, Wichita Falls, Tx; Larry Monroe, Public Relations Officer, Disabled American Veterans, Ch. 41, Wichita Falls, Tx.; and George Pierce, Comander of VFW Post 4136, Eastland, Tx would like to cordially invite you to attend the 2nd Annual Veterans Seminar on April 1, 2006.

This is a free seminar and will be held at the VFW Post 4136, on FM570 in Eastland, Tx. Hours will be from 10:00 A.M. to 2:00 P.M.

There will be speakers from the Waco VA Regional Offices, VA Medical Center of Dallas, National Cemeteries of Dallas and Ft. Sill, OK., Texas Veterans Commission, Texas Veterans Land Board, Disabled American Veterans and other Veterans Service Organizations who will provide information and assistance regarding all areas of Veterans Benefits.

Last year was a tremendous success because of veterans like you who continue to share the message to the VA that our community is underserved.

New programs and updates will be discussed. The success of last year's event was great; however, hundreds of veterans are still waiting on a list to receive care. That is why it is important that we all need to show up and be heard and help our fellow veterans.

Be sure to bring your Discharge Papers (DD214) and any paperwork from the VA that you don't understand.

See you April 1, 2006!!!

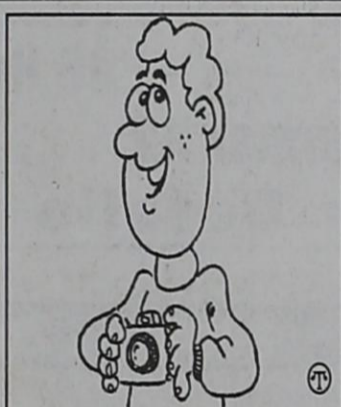
For more information contact Larry Monroe, Program Coordinator at 254-647-1097.

Proceeds To Be Donated to The Eastland County Relay For Life

Relay For Life with the American Cancer Society will be held June 9th, 2006, at the Gorman High School Track Field. Arbonne Independent Consultants, Valerie Hampton, Jancey Hamilton Terry and Michelle Hampton Byrd, are donating all profits from sales from now until the night of the event, to the Pajama Mamas Relay Team. Please contact us today to place an order. Valerie - 254.433.0859 valerie_l_hampton@yahoo.com; Michelle - 254.433.1804 chell@cctc.net; Jancey - 512.734.2396 - jancey@myarbonne.com

Did You Know?

(NAPSA)—To make the most of your e-mail marketing, you'll want to do it efficiently and effectively, using the right tools the right way. A free 46-page guide is now available that helps first-timers and experienced e-mail marketers develop and execute an effective e-mail campaign with customers. Titled How to Start Email Marketing in 10 Easy Steps, the how-to guide can be downloaded from www.filemaker.com/emk.



Coffee drinkers with sensitive stomachs may want to check out brews such as Gentle Java, a new coffee designed specifically for the one out of five coffee drinkers who say coffee upsets their stomachs. To order, or for more information, visit www.gentlejava.com or call (501) 225-5579.

Covenant House, the largest, privately funded child welfare agency in the Americas, provides shelter to an average of 1,700 homeless young people each night of the year. For more information, visit www.covenanthouse.org.

As a dense, rigid, acoustically inert construction material, medium density fiberboard (MDF) has no peers when it comes to creating speaker cabinets capable of delivering high-fidelity, high-

volume audio. To learn more, visit the Composite Panel Association Web site at www.pbmdf.com.

Using a Canon EOS 20D digital camera body with a 100-400EF lens (f 4.5-5.6) in an airplane as a scientific tool, wolf biologists Doug Smith and Dan Stahler have documented the behavior of Yellowstone Park packs.

Good news for the economy, as well as job seekers, is that aerospace sales have hit record highs this year. The outlook for next year is also solid, calling for 8.2 percent growth to \$184 million in sales. Aerospace employment also continued its climb, adding 30,900 jobs in 2005 to reach 623,900. Since 2004, aerospace accounted for one of every three manufacturing jobs added nationwide. To learn more, visit www.aia-aerospace.org.

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Deadline For Getting News and Ads
In The Gorman Progress Is
Tuesday Noon

Building Blocks For Bone Health

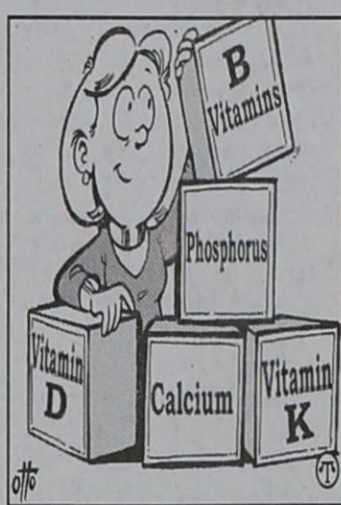
Registered Dietitian Shares Her Top Bone Health Essentials

(NAPSA)—On average, the human body is made up of 206 bones and cartilage that support and shape the body. Living bone is fragile, and when it's not cared for, osteoporosis can develop and cause increased susceptibility to fractures. According to the Surgeon General, half of all Americans over 50 are expected to suffer or be at risk for osteoporosis.

Fortunately, there are proactive measures people can take to strengthen bones and help prevent osteoporosis. "Calcium along with diet and exercise are the building blocks for strong, healthy bones, but they're not enough," said Los Angeles-based registered dietitian, Carroll Reider. "It's also important to go beyond calcium alone and incorporate other key nutrients into the diet."

Reider's top five bone-building nutrients are:

- Calcium helps build and maintain good bone health. And, as part of a healthy diet, adequate calcium intake helps reduce the risk of osteoporosis.
- Vitamin D is a fat-soluble vitamin that helps the body absorb calcium. Vitamin D is essential for the normal development and maintenance of healthy teeth and bones.
- Vitamin K plays an essential role within two important proteins found in all bones.
- Phosphorus is found naturally in the body, with approximately 85 percent being in the bones. Like calcium, phosphorus is an important mineral for bone health.
- B vitamins are important to bone health as they help regulate homocysteine levels. Some studies



There are many building blocks for strengthening bones.

have shown that high homocysteine levels have a negative effect on bone health.

Other nutrients Reider highlights as bone helpers include vitamin E, magnesium, zinc, copper, manganese, boron and vitamin C. "It's best to try to get these nutrients from your diet alone, but that's not always the easiest thing to do," said Reider.

To ensure you're getting all your bone health essentials, Reider recommends incorporating a specialty bone strengthener, such as Nature Made OsteoRenew Ultra into your daily routine. A comparison of bone health supplements at drugstores found OsteoRenew Ultra to be the complete nonprescription bone strengthener. With more bone-fortifying nutrients than any other leading brand, the ingredients in OsteoRenew Ultra's unique formula have been proven to support bone health in more than 30 clinical studies.

To learn more about bone health and receive a free bone/joint health personal profile, visit www.NatureMade.com.

Study Says Eating Fish Leads To Better Health

(NAPSA)—Eating more fish is good for your health. That's the finding of research conducted by the Harvard Center for Risk Analysis (HCRA) at the Harvard School of Public Health.

The study, "A Quantitative Analysis of the Risks and Benefits Associated with Changes in Fish Consumption," analyzed the potential impact of consumer reactions to federal advisories that warn about the effects of mercury exposure from fish. Advisories could be misinterpreted and keep people from eating fish and seafood.

On average, Americans consume less than half the weekly intake of fish recommended by the federal government, in part due to fears of mercury exposure. However, the immense health benefits of fish and seafood far outweigh the minute risk of mercury contamination from commonly consumed fish.

"Fish are an excellent source of omega-3 fatty acids, which may protect against coronary heart disease and stroke, and are thought to aid in the neurological development of unborn babies," said Joshua Cohen, lead author and senior research associate at HCRA. "If that information gets lost in how the public perceives this issue, then people may inappropriately curtail fish consumption and increase their risk for adverse health outcomes."

Since the body cannot manufacture omega-3 fatty acids, people rely on fish to provide this essential compound.

Eating less fish was also linked to a significant increase in the risk of heart disease and stroke.

The study concluded that pregnant women, who are at far greater risk for mercury exposure, could increase the cognitive development benefits for their unborn child by eating the recommended



A recent study by the Harvard Center for Risk Analysis found that fish is a healthful food for people of all ages.

servings of fish per week and choosing from a variety of fish and seafood low in mercury. The benefit from fish consumption during pregnancy could amount to an increase in IQ level for the newborn.

"There is no debate within the scientific community that the fatty acids in fish are essential for human health. Study after study demonstrates that from birth to old age, omega-3 fatty acids confer important health benefits, from optimal brain function and the reduced risk of heart attack and stroke to improved eye health," said Joyce Nettleton, D.Sc., R.D., author of "Omega-3 Fatty Acids and Health." "Fish is a healthful food for people of all ages."

Clear messages resulting from studies such as this encourage people to continue to enjoy fish and seafood as part of a healthy diet. For more information about the study, visit www.ajpm-online.net, for great fish recipes, go to www.aboutseafood.com.

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PRICES GOOD MARCH 16 - 22, 2006 *+TTL

Kokomo News

By Zeldia Jordan

The grass is coming back after the fire, and the fruit trees are blooming and the temperatures have been in the 80s and 90s so it seems like spring, but the TV weatherman tells us that there is a possibility of a freeze tonight (Monday). Quite a change.

Bro. Jimmy Nelson of Fort Worth preached at both services at the Kokomo Baptist Church on Sunday. He gave a wonderful message from 1 Corinthians 1:1-8 and various other scriptures on the Grace of God. His wife, Maggie, accompanied him to Kokomo. Woodrow Browning led the singing with Glynda Bond at the piano. The piano has been given to the church for their new building when it is complete, and we are thankful to get to use it now. The special music, "Lamb Of God" was beautifully played by Glynda Bond on the piano. "Happy Anniversary" was sung to Ed and Ruth Rodgers who celebrated their 47th wedding anniversary earlier in the week. Norma Webb reminded us to pray for and to give an offering as God would have us give to the North American Mission offering.

Bro. Nelson preached on "A True Token" from Joshua 2:1-23 and other various scriptures on Sunday evening. Jimmy Little led the singing with Glynda Bond at the piano. Lovey Lloyd was a visitor with Sylvia Buchanan.

Bro. James Hunter of Gorman will preach at the Kokomo Baptist Church on Sunday, March 19th. Visitors are welcome.

Those from the Kokomo Baptist Church going to Heritage Manor in Gorman for the church service on Sunday afternoon were Joe and Glynda Bond, Ruby Lee Kinser, Kay Snider, Ruth Rodgers and Zeldia Jordan. The time was used to sing the good old gospel songs with the residents with Glynda leading and Ruby Lee at the piano. Joe Bond led the dismissal prayer.

Bro. Jimmy and Maggie Nelson, Daryl and Cecilia Hirst and Zeldia Jordan enjoyed lunch together at ZJ's in Gorman on Sunday following the church service. They visited with several friends who were also having lunch there.

Our community was saddened on Friday, March 10, to learn of the death of Virda Mae (Eaves) Norris of Fort Worth. Her funeral was held on Monday at the Normandale Baptist Church in White Settlement with burial in the Greenwood Cemetery. Virda Mae was a former resident of Kokomo, and visited here many times since moving to the Fort Worth area many years ago.

She was the sister of Delmon Eaves of our community who attended the funeral services. Delmon and a sister-in-law, Verda Jean Eaves of Carbon visited with Virda Mae and her family on Thursday. We extend sincere sympathy to the family.

Woodrow and Helen Browning visited in Graham on Saturday with Gary, Rebecca and Emily Browning and Gary, Donna, Leslie, Melanie and Garrett Gatlin and attended the 40th wedding anniversary celebration for Rebecca's parents, Johnnie and Joan Robertson. Woodrow and Helen went back to Graham on Sunday evening for a visit and to attend the Kid's Choir musical on Sunday night at the First Baptist Church. Garrett is a member of the Kid's Choir.

Jarad Fails of Alrington visited during the weekend with his grandparents, Jimmy and Verna Lee Little. Other visitors with Jimmy and Verna Lee were Shirley and Glen Clement of Lake Leon and Jimmy Dale Hendricks of Eastland. Jimmy and Verna Lee visited with Ima Boles at Heritage Manor in Gorman. Bobby and Mary Jane Little also visited with Ima.

Daisy Slaton of Gorman and Zeldia Jordan visited the Grand Ole Opry exhibit at the Eastland Museum on Wednesday afternoon, and enjoyed seeing the pictures and comments about some of the Grand Ole Opry stars of years past, as well as other interesting things in the Museum. They visited later in the afternoon with Cassie Brasher at Carbon. Pat and Tricia Rose Reneau of Ranger and Cassie enjoyed lunch at ZJ's in Gorman on Sunday.

Icy Munn, Carol Ward, Sylvia Buchanan and Zeldia Jordan visited with Nancy Hendricks in her new home in Gorman. Nancy probably had other visitors that I don't know about. Nancy had the misfortune to fall in her home on Friday and hurt her foot and ankle, but says now that it is doing better.

Zeldia Jordan visited with John and Troy Scitern on Thursday evening. Have a good week, and please continue to pray for the sick, the bereaved, our state, nation, the military and for rain.

Desdemona News

By Vonnie Guthery

Ladies Monthly Social was held last Monday, March 13 at the Desdemona Community Center. Sixteen ladies attended for an early morning breakfast of pancakes, sausage and coffee. Good food and fellowship was enjoyed by everyone. Hostesses for this social were Ima Brown and Mildred Million. Tables were decorated with St. Patrick's Day green hats and streamers. The next Ladies Social will be held on Monday, April 10 at the Desdemona Community Center. This Easter social will be hosted by Betty Duke of Desdemona and Ruth Rodgers of Gorman. Visitors are welcome.

Desdemona Firemen Benefit will be held on Saturday, March 25 at the Desdemona Community Center School Gym. Serving will begin at 5:00 p.m. followed by County and Western Music at 6:00 p.m. This benefit is in connection with the regular monthly musical. Stew, cornbread, dessert and drink will be served. **By Donation Only.** Make plans to attend to show our appreciation to our local firemen. They need your support.

Walter "Squash" Alvis, 79, of Boyd, Texas passed

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away with burial on Wednesday, March 8, 2006 in the Springtown Cemetery. Walter was born November 10, 1926 in Desdemona to John and Edna Alvis. He retired from Southwestern Bell after 33 years of service. Walter served in World War II on the aircraft Carrier USS Takanis Bay. He later served for three years in the Air Force stationed in Japan. Survivors include his wife, Joyce Alvis of Boyd; three sons, James Alvis of Springtown, Dwayne Alvis and Gaylon Alvis both of Paradise. Preceded in death by his parents, two brothers, Roy Alvis and Ollie Alvis; three sisters, Ruth Alvis, Naomi Alvis and Elsei Lou Alvis. All of the Alvis children attended school in Desdemona. Walter was in the Class of 1946. Walter and his wife, Joyce attended the Annual Homecoming and School Reunion as often as his health would permit. Friends in Desdemona send their sincere sympathy to this family. Have a Nice Day, Vonnie

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'05 Buick Rendezvous	V6, cloth, 23K, Warranty	\$17,950
'05 Buick Century	V6, auto, 27K, Warranty	\$13,950
'05 Buick Le Sabre	Cloth, V6, 19K, Warranty	\$16,900
'05 Cadillac Sedan Deville	Leather, V8, 18K, Warranty	\$29,500
'05 Chevy Cavalier	Auto, 4-cyl., 4K, Warranty	\$12,995
'05 Chevy Malibu	Classic, cloth, 23K, Warranty	\$12,750
'05 Chevy Uplander	LS, DVD, 16K, Warranty	\$19,500
'05 Chevy 1500 Crew Cab	LS, V8, 31K, Warranty	\$20,500
'05 Chevy 2500 Crew Cab	Duramax, 4X4, 19K, Warranty	\$34,950
'05 Chevy 2500 X-Cab	Duramax, 4X4, 9K, Warranty	\$31,950
'05 Chevy 3500 Crew Cab	Duramax, 4X4, Dually, 21K, Warranty	\$35,950
'05 GMC 1500 Reg. Cab	V8, auto, 15K, Warranty	\$17,500
'05 GMC Canyon Crew Cab	Crew Cab, only 7K, Warranty	\$20,900
'05 Pontiac Aztek	Auto, cloth, 15K, Warranty	\$15,900
'05 Pontiac Grand Am	Auto, V6, 17K, Warranty	\$13,500
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'04 Chevy 2500 Crew Cab	Duramax, 4X4, 24K, Warranty	\$32,500
'04 Chevy 2500 Crew Cab	5 Spd., V8, 2K, Warranty	\$20,900
'04 Chevy 2500 Crew Cab	Duramax, 4X4, 23K, Warranty	\$32,950
'04 Chevy Tahoe Z-71	4X4, leather, 34K, Warranty	\$28,900
'04 Chevy Trailblazer	LS, cloth, 38K, Warranty	\$17,500
'04 Ford Escape	XLT, V6, 18K, Warranty	\$16,900
'04 Ford F150 Reg. Cab	STX, Auto, V6, 9K, Warranty	\$14,900
'04 Ford F150 Crew Cab	XLT, 4X4, 17K, Warranty	\$26,500
'04 Pontiac Vibe	Auto, 4-Cyl., 21K, Warranty	\$14,250

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'03 Chevy Avalanche	Cloth, V8, 18K, Warranty	\$20,500
'03 Chevy Monte Carlo	V6, cloth, 38K, Warranty	\$13,500
'03 Chevy 1500 Reg. Cab	Sportside, V8, 51K, Warranty	\$14,900
'03 Chevy 2500 Reg. Cab	4X4, 5 Sp., 56K, Warranty	\$15,900
'03 Chevy 3500 X-Cab	Duramax, dually, 117K	\$18,900
'03 Chevy Tahoe	LS, 3 Row Seat, 54K, Warranty	\$21,000
'03 Chevy Trailblazer	LS, cloth, 39K, Warranty	\$16,250
'03 Chevy Suburban	LS, cloth, 48K, Warranty	\$19,900
'03 Dodge Stratus	2-Dr., 4-Cyl., 43K, Warranty	\$ 9,995
'03 Ford Mustang	V6, auto, 21K, Warranty	\$13,500
'03 Volvo V70	Leather, sunroof, 26K, Warranty	\$23,500

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'02 Chevy 1500 X-Cab	Cloth, LS, 61K, Warranty	\$14,750
'02 Chevy Trailblazer	LS, cloth, 45K, Warranty	\$14,900
'02 Ford F250 X-Cab	Diesel, 4X4, 101K, Warranty	\$22,500
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'01 Mercury Grand Marquis	Leather, V8, 61K, Warranty	\$11,500

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'00 Buick Le Sabre	Cloth, V6, 59K, Warranty	\$ 9,750
'00 Ford Explorer	XLT, V6, 71K, Warranty	\$ 9,500
'99 Cadillac Sedan Deville	Leather, V8, 55K, Warranty	\$ 9,995
'99 Chevy 3500 Crew Cab	Leather, 4X4, 120K, Warranty	\$ 9,995
'99 Ford Conversion Van	Cloth, V10, 79K,	\$ 9,250
'99 Lexus G5 300	Leather, sunroof, 71K, Warranty	\$16,900
'98 Chevy 1500 X-Cab	V8, auto, 91K, Warranty	\$ 7,995
'98 Ford Ranger X-Cab	V6, Auto, 90K, Warranty	\$ 6,995
'95 Nissan X-Cab	4X4, 5 Spd., 105K, Warranty	\$ 6,750

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HEALTH QUIZ

Could You Have Diabetes—And Not Know it?

(NAPSA)—Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test. Write in the points next to each statement that is true for you. If a statement is not true, put a zero. Then add your total score.

1. I am a woman who has had a baby weighing more than nine pounds at birth.
Yes 1 _____
2. I have a sister or brother with diabetes.
Yes 1 _____
3. I have a parent with diabetes.
Yes 1 _____
4. My weight is equal to or above that listed in the chart.
Yes 5 _____
5. I am under 65 years of age and I get little or no exercise.
Yes 5 _____
6. I am between 45 and 64 years of age.
Yes 5 _____
7. I am 65 years old or older.
Yes 9 _____

Scoring 10 or more points: You are at high risk for having diabetes. Only your health care provider can check to see if you have diabetes. See yours soon and find out for sure.

Scoring 3 to 9 points: You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days and eating

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At-Risk Weight Chart

Height in feet and inches without shoes	Weight in pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same as or more than the amount listed for your height, you may be at risk for diabetes.

low-fat meals that are high in fruits and vegetables and whole grain foods. Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure and loss of a limb.

For more information, call (800) DIABETES (342-2383) or visit www.diabetes.org.