## The Gorman Progress

"Serving Gorman For Over 111 Years" Gorman, Eastland County, Texas 76454

2011 Member - Texas Press Association

NUMBER THREE

JANUARY 20, 2011

### County Clerk Takes Part In Continuing Education Seminar

COLLEGE STATION-Cathy Jentho, Eastland County Clerk joined over 400 clerks' for the 39th Annual County and District Clerks' Continuing Education Seminar at the Hilton College Station and Conference Center on January 11-13, 2011.

The annual continuing education seminar at College Station is sponsored by the V.G. Young Institute of County Government, which is part of the Texas AgriLife Extension Service. The Institute provides elected county officials with information and technical assistance and helps officials complete their statemandated, minimum continuing education requirements.

Included in the program were workshops on probate, property fraud, legislation and many more topics.

As one of the number of states that requires all elected county officials to earn continuing education credits, explained Richard O. Avery, Director of the Institute, "Texas county officials get an opportunity to learn new and vital information, so they can better serve the citizens of Texas. The Institute provides education to county commissioners, judges, treasurers, tax assessor-collectors and county and district clerks through various programs held across the State.



First United Methodist Church Co-pastors Paul and Debbie Bellinger congratulate James Jay for being the winner of the 3 night stay at a Condo in Ruidoso, NM.

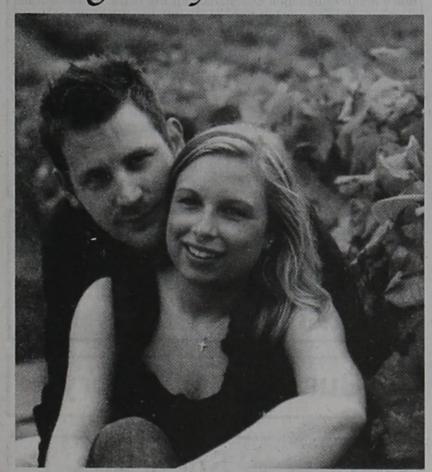
### Juried Art Exhibit of Brownwood Calls For Entries For 13th Annual Exhibit

The Stars of Texas Juried Art Exhibit of Brownwood has announced its call for entries for the 13th annual juried art exhibit, scheduled for Feb. 6-18, 2011, at the Depot Civic and Cultural Center.

The exhibit draws Texas artists from cities across the state in a variety of two-diminsional and three-diminsional categories.

Works not selected must be picked up between 4 and 5 p.m. Saturday, Jan. 29. However, artists are invited to submit for show and sale any artwork entered but not accepted into the 2011 Stars of Texas exhibit in the "Salon Des Refuses" exhibit, sponsored by the Brownwood Art Association. That exhibit will also run Feb. 6-18, and it will be held at the Art Center, 215 Fisk

### McKinney - Bloch To Pledge Nuptials



Dale and Marla McKinney are pleased to announce the engagement and approaching marriage of the daughter, Kayla Lynn McKinney to Dustin Richard Bloch, son of Genni Link and the late Kenneth Richard Bloch. The wedding will be April 30, 2011 in Grapevine, Texas.

### Jaime Johnston and Jaylon Miley Named Academic All State Volleyball

Jaime Johnston and Jaylon Miley recieved 2010 Academic All-State in Volleyball.

This is a certificate award to graduating Seniors chosen by the Texas High School Coaches Association. Candidates must have a GPA of 94 or above for grades 9th - 12th.

Jaime and Jaylon were nominated by Coach Woods. (GHS Volleyball Coach)

The entire Lady Panther Volleyball team recieved Academic All-District for 2010. The team includes Freshman: Kinsey Johnston, Melissa Ramirez and Holly Wood. Sophmore: Rachel Tucker. Junior: Chelsea Griffin, Ally Little and Cortney Shirley. Senior: Jamie Johnston and Jaylon Miley. Congratulation Girls!



# Forget Fast Food: 10 Secrets To Making Good Food Fast

(NewsUSA) - Today's busy lifestyles leave little time for basic cooking, and have led to a growing trend of daily fast food meals -- for breakfast, lunch and dinner! But eating healthy

and cooking at home can fit within a busy lifestyle if you learn to make quick, 15-minute meals.

Deana Gunn and Wona Miniati, authors of the

"Cooking with Trader Joe's" cookbooks, are two moms who found that recipe shortcuts are the key to quick meals -- and kicking the fast food habit.

"By taking fresh ingredients and strategically coupling them with prepared items and shortcuts from the grocery store, we can create healthy meals in a fraction of the time it would take to make from scratch," says Gunn.

Most markets now offer fresh, ready-to-use ingredients such as jarred sauces, cut veggies, bagged salads and marinated meats -- the key to these easy shortcuts. Here are Gunn and Miniati's top 10 kitchen tips and tricks for cooking delicious and easy meals at home, without compromising quality or resorting to the drive-through:

 Use prepared sauces, from marinaras to curries. Add vegetables or meats and simmer, or toss sauces with couscous or pasta.

2) Add everyday superfoods, like canned beans or precooked lentils, to soups or salads, or serve them over rice.

3) Pick up a fully cooked rotisserie chicken. Use the

leftovers in wraps or soups.
4) Perk up any meal with fresh herbs. Add fresh basil to

a simple pasta dish, cilantro to plain rice, or rosemary to roasting potatoes.

5) Toss a healthy salad in minutes using washed and bagged salad.

 Salad dressings do double-duty as fast and flavorful marinades for chicken or meats.

 Transform boxed meals such as rice pilaf or mac-ncheese by adding frozen vegetables, ready-cubed pancetta or a little curry powder.

8) Put an end to greasy pizza delivery. Use ready-made dough to roll out quick pizza crusts that you can top with your own favorite and healthy ingredients.

9) Customize cake and bread mixes to your tastes. Add dried fruits and nuts to a bread mix, or stir lemon and orange zest into a plain white cake mix.

Plan simple recipes for the week before going shopping. If you shop with meals in mind, you'll save time and wasted groceries.

Deana Gunn and Wona Miniati are authors of the bestselling "Cooking with Trader Joe's" cookbooks and "The Trader Joe's Companion." Find out more at www.cookingwithtraderjoes.com.

# FBC!! Greatness! Would you measure greatness by the numeople that serve you or by the number of people that you

**Happenings At** 

Greatness! Would you measure greatness by the number of people that serve you or by the number of people that you serve? Perhaps some people find they can do more with their time and others find that they can do more with their money; better still utilizing both to further God's Kingdom. May we strive to grow spiritually in our service with results in leading others to Christ.

Mark your calendars:

Jan. 20th - Food Pantry - Volunteers to help are always welcome!

Jan. 23rd - Youth Chili Lunch Fundraiser following Morning Worship Service.

WEDNESDAYS: Come join us for fun learning about Jesus!!!

- TEAMKIDS at 6:00pm, MISSION FRIENDS at 6:00pm, and YOUTH at 6:30pm. Bring your friends!!!

Children's Sermon: Traci showed the children two eggs and asked if they wanted to shake them. They all exclaimed, "Yes!" Who knew shaking an egg would be so fun? Finding out what was inside was even more fun! Adrian opened the first egg and it was empty. Rainey opened the second egg and "Jesus" was inside. How do we know if Jesus is inside us? We ask Jesus to come into our heart, and we open up to tell people about Him. We also live our life so people can see the good things we do and praise our Father in Heaven. Open up, show Jesus is inside your heart!

Bro. Barry's Message: "Dumb, Dumber, & Dumbest" – Luke 14:12 – How many of us have gotten up on a Sunday morning and made excuses for not going to Church? Is giving a few hours of praise and worship to God each week too much to ask? God created The Garden of Eden for Adam and Eve to live in the most gorgeous place on earth. It was their act of disobedience in eating fruit from the Tree of Knowledge that they realized blame, shame, and punishment! How often do we disobey, fail to answer God's call, or turn coat & run? We human beings bring more trouble on ourselves than the devil could muster!

NO MORE EXCUSES! An excuse is a skin of a reason stuffed with a lie! NO MORE EXCUSES! Luke 14:13-17 – The Bible tells us to reach out to those whom are not able to repay our gifts and kindnesses. Does that shed a new light on your actions? Just imagine sitting in heaven at God's banquet, party, dinner, or gathering only to see someone that you had invited to Church; would there be a greater gift than knowing you had part in that person's Salvation?

I. DUMB – (Luke 14:18) – This person said that he had just bought a field and must go see it; please excuse him. Who waits to look at a field after they buy it? This person used Property & Work as an excuse and put it before God. Guard against your work getting in the way of your service to God.

II. DUMBER – (Luke 14:19) – This person said that he had just bought oxen and is going to try them out; please excuse him. This person loved Possessions & Wealth more than God. How do you measure what is most important to you?

III. DUMBEST – (Luke 14:20) – This person said that he had just gotten married and so he couldn't come. This person used his wife as his excuse. Do we find ourselves putting "People" before

Are you a person that is crippled by excuses? Ask the Lord to help you do away with excuses!

THE LAST INVITATION – (Luke 14:21-24) – As Children of God, we are told to urge others to come to know the Lord. There is still room for more; anyone can come so that the house will be full. Go quickly, even in the face of tragedy – public shootings like the massacre in Arizona and missing children like the thirteen-year-old cheerleader in Colorado City, Texas – You won't know the Mercy and Grace of God unless you accept His invitation. JESUS IS THE ONLY ANSWER! NO MORE EXCUSES!

If you are reading this and you have not accepted Jesus Christ as your Lord and Savior please call Bro. Barry, ask Bro. Barry to talk with you about being saved or just ask him to pray with you, just call (254) 734-2420.

Our Worship Service begins at 11:00AM on Sunday mornings,

please come and join us! 1X100

Remember: God loves you like no one else! Email us at fbcgorman@hotmail.com

Fourth Monday's Gathering January 24th

Mark your calendar for January 24, 2011, 6:30 pm, at Leon River Cowboy Church. There will be several pilgrims just returning from their Walk #362 (Jan. 20-23) at Brownwood and many workers from the same walk that we hope will attend and share with us about their experience.

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Cvndee Groce

### items of

Oakland Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oakland Cemetery Association, P. O. Box 532, Gorman, Tx 76454 or to American State Bank, Gorman, Texas 76454

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

Gorman Masonic Lodge No. 716 A.F. & A. M. Regular stated meetings are 2nd Tuesday of each month at 7:30 p.m. Members are urged to attend. Visitors are always welcome. Cecil Funderburgh, Master – Kenneth Good, Secretary.

Gorman Oaklawn Cemetery Association is accepting donations for the Care of the Cemetery. Donations can be sent to Oaklawn Cemetery Association, 7726 CR 362, Desdemona, Tx 76445 or to American State Bank, Gorman, Texas 76454

### THE TENTS T

Gorman Senior Citizens meet every Wednesday at 11:30 in the Gorman Senior Center. Bring Covered Dish or \$3.00 Per Plate.

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

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

### Boy Scouts Meeting Weekly

Meeting Weekly Mondays – 6:00 p.m. Methodist Church

SANDRA CAGLE WILL BE IN GORMAN AT THE CITY OF-FICE TO RENEW AUTO LICENSE PLATES. HER NEXT VISIT IS WEDNESDAY, FEBRUARY 16th FROM 9 TIL NOON.



### **Obituaries**

### Wallace Dayne Cook

Wallace Dayne Cook, 73, passed away at Oakwood Assisted Living Center on Saturday, January 15, 2011 with his daughters at his side. Wallace was born June 22, 1937 to S. Dayne Cook and Merlyn Gooch Cook. He married Julia Beth Skaggs on January 30, 1965. They made their home in De Leon and were the owners of Cook Insurance. Wallace was a graduate of De Leon High School (Class of 1955) and the University of North Texas in Denton. He



was a member of the Masonic Lodge and served in the U.S. Army. He was a lifelong insurance agent and thoroughly enjoyed running his business until his retirement in 2005. He served one term as a Board Member for the Independent Insurance Agents of Texas. He loved his family, his church, high school football, and visiting with his many friends. He established a scholarship in memory of his wife in December of 2010 at Gorman High School and a second scholarship at De Leon High School.

He was preceded in death by his wife, Julia, and his parents, Merlyn and Dayne Cook. He is survived by his daughters, Kelli and husband Kent Styron of Stephenville and Karla and husband Todd Swearengin of Glen Rose; grandchildren, Karsen and Kyle Styron, Hayden and Tate Swearengin; his brother, Michael Cook of Austin; his sister, Cornelia Jones of Glendale, Arizona, and many cousins, nieces, nephews and extended family.

Funeral Services were held on Monday, January 17, 2011 at 3:00 pm at First Baptist Church of De Leon with Brother Jackie Auvenshine officiating. Music was provided by Rocky and Martha Bunting. Pallbearers were Daylon Whitehurst, Tommy Butler, Jon Coan, Trent Thomas, Bodie Weaver, Jim Frank, Clyde Noonkester, Tommy Tate and George Christie. Burial followed at Comanche County Garden of Memories. Family received friends from 4:00 - 6:00 pm on Sunday at Nowlin Anders Funeral Home. Memorials may be sent to De Leon First Baptist Church or either of the scholarship funds at the De Leon or Gorman Independent School Districts. Online condolences may be posted to www.nowlinandersfh.com .

### HOUSE FOR SALE!!!

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20 ACRES, M/L, GORMAN - Good coastal & native grasses, 1 tank & partially fenced. Will Be surveyed out of a larger tract. Could be very productive. A2

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

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

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

"EDGE OF GORMAN - 1.3 AC, m/l. Maintenance free Brick 3 BR, 1 3/4 bath, open LR-DR, kitchen area w/bk. bar, Utility, CH/A fenced yard, SACP w/stg. & barn. 06 HUNTING & GRAZING - 257.53 AC. Mostly mesquite, food plots for deer, grazing or

hay, tanks, good fences on 2 sides, Nash Creek, rolling terrain A18 CHARM, WARMTH, COMFORT - This 2 BR, 1 bath brick has all of this & more. Large inviting living room, kitchen/dining combo, CH/A, utility w/extras, DACP & cov. porch overlooking the oversized back yard with it's beautiful pecan trees. Call us

to make your appointment today! 08 PRODUCTIVE - 160 AC, m/l, N. of Gorman. Coastal, good soil, 2 tanks, water well s

& frontage on 2 county roads. A13 STOP & TAKE A LOOK - 2005 DWMH - quiet neighborhood & large trees on half an acre. Comfortable live with half use R 1889 2 baths, a front deck & Nice stg.

Bldg. OWNER AGENT 02 INVESTORS - INVESTORS - INVESTORS - Lots of possibilities - 2 story office building

& old cafe. C19

### **The Gorman Progress**

P. O. Box 68 - Gorman, TX 76454 Phone 254-734-2410 or 254-734-2411 FAX - 254-734-2799 Email: jake@txol.net or gprogress@txbusiness.com PDF Ads - EPS or JPEG Photos By email

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### **Peggy Powell Bonner**

Peggy Powell Bonner, 67, passed away Saturday, Jan. 8, 2011. Memorial service: 3:30 p.m. Saturday, Jan. 22, in Mount Olivet Chapel. Peggy was born Feb. 18, 1943 to Leon and Lois Grier. She was preceded in death by her brother, Donald Grier. Survivors: Husband, William "Bill" Bonner; daughters, Stacie Everitt and husband, Richard, Kae Harrison and husband. Mike, Rhonda Sims and husband Bill, Re-



becca Farris and husband, Robert, and Jennifer May and husband, be a love poem, or nature poem, one that inspires the reader." Blake; five stepchildren and their spouses; 22 grandchildren; three great-grandchildren; brothers, David Grier and Ted Grier and wife, Cassie; numerous nieces and nephews; and sister-in-law, Pat

**Anita Kay Henry** 

Anita Kay Henry, age 66 of Gorman, passed away Thursday January 13, 2011 in the Homestead Nursing Home.

Services was at 2:00 P.M. Sunday in the Higginbotham Funeral Home Chapel with Victor Pena' officiating. Interment was in Oaklawn Cemetery.

Kay was born January 11, 1945 in Gorman, Texas to Floyd Eison and Freddie Jolene (Cunningham) Eison. She graduated from Gorman High School. She had been a restaurant manager and a member of the First United Methodist Church.

She is survived by two daughters, Melissa Osborne and husband, Phil of Gorman and Christian Ruiz and husband, Lucio of Dallas; one brother, Jack Eison of Bridgeport and one sister, J. C. Looney of Mansfield; four grandchildren, McKenzie Osborne of Gorman, Gabriela Ruiz, Daniela Ruiz and Joseph Ruiz all of Dallas. She was preceded in death by her parents.

### Gorman Schools Menu for Jan. 24-28

BREAKFAST

MONDAY - Cereal, Yogurt, Juice and Milk. TUESDAY - Pancake On a Stick, fruit, Juice and Milk. WEDNESDAY - Oatmeal, Toast, juice and Milk. THURSDAY - French Toast, fruit, juice and Milk. FRIDAY - Ham, biscuit, gravy, juice and Milk LUNCH

MONDAY - Cheeseburger, lettuce, tomato, pickle salad, chips, fruit and milk. No Choice and No Salad Bar.

TUESDAY - Steak Fingers, Baked Potato, English peas, biscuit, gravy, fruit and milk

WEDNESDAY - Pepperoni Pizza, Tossed Salad, corn, oatmeal, cook-

THURSDAY - Ham and Cheese Stromboli or Turkey Sandwich, Tossed Salad, chips, fruit and Milk.

FRIDAY - Enchiladas or Burrito, chili beans, Spanish rice, Tossed salad, sherbet and Milk.

### Paul's Ponderings

Gorman First United Methodist Church ended the year 2010 celebrating the birth of our Lord Jesus Christ. On the 24th of December we shared in a candle light service where we told the story of Jesus' birth. We starting with the prophets and ending with the shepards visiting the baby Jesus. We also sang many Christmas carols before lighting our candles representing Jesus being the "Light Of The World"! We did end the season on a high note.

Every new year most of us make resolutions. Well in the keeping with the theme of the Methodist Church, we at Gorman have been "Rethinking Church". We have decided that this is the year we will reach out more to the community. You may ask what does that mean for me? Well we want to love you the way that Jesus loves us! We plan to do more things in the community to let you know that personally. Paul's Ponderings is just one way to do that. By this you should be able to see our love in action and maybe get a word of inspiration. Another way is to have groups from time to time come to our church. The first Group is the Promise Singers from Aldersgate Enrichment Center. They will be coming to our morning worship service on January 30, 2011. We want you to both see and feel this love. To the people of Gorman First United Methodist Church - YOU ARE IMPORTANT. We want to show this to you. So if you have a church home our hope is that you will be there! If not join us at Gorman First United Methodist Church and help us "Rethink Church". Sunday School Starts at 10:00 am and Worship begins at 11:00am every Sunday.

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large fenced backyard, near school, nice & Clean. \$41,500.

35 A. M/L - Erath Co. N. De Leon, paved frontage, good small acreage recreational place, heavy brush cover, deer, wild turkey and hogs! Over 1/2 mile of creek front-

+ Acre, 3 - 23/4 - 2 brick, central A/C, 2375 sf, den + lg. game room, nice carpet, metal roof, water well, 20 x 40 shop, secluded, lots of Post Oaks! \$119,500. 9+ Acres, n/w Gorman: Beautiful landscaping, remodeled 2-story ranch style 3 - 2 home, 1700 sf, metal roof, carport, 30x50 metal shop, several wells, lots of trees.

S/E Gorman: 45 A, sandy land, few Pecan trees, 7 water wells, irrigation reservoir, close to pavement. \$2,500 Acre.

Near Gorman, 60 A m/l, 2-1 frame farmhouse, new windows/front door, new metal roof, 2 ponds, fenced, some Coastal, partly wooded, small barn/corral, water well, 2 car carport/storage. \$215,000

S/E Gorman: 60 A, good sandy soil, some coastal, good fences, elec., nice pond site.

100 A west De Leon FM587, 3 - 1 1/2 - 2 brick, 1444 sq. ft., C/HA, fireplace, carpeted, some remodeling, 3 ponds, 30a crop land, 35a coastal, some native, fenced, 2 steel corrals, 2 wells, shop building. Nice setup. Mineral Rights. \$2,950.00 A. 179 A. south of Gorman: Part wooded, part old fields, deer & hogs, 2 nice ponds,

sandy soil, elec., water well, metal building. \$2,350.00 acre. SELLERS SAYS MAKE OFFER!! 322A. Oak & Elm Trees, 2 creeks, great water shed project! 40 A. Coastal, owner re-

ports 300 round bales/year, 55 A. Cultivatable soils, 6 ponds, water well, 1200' metal Bldg. with slab floor, elec. Deer, turkey, and other wildlife, \$2,300 A. NEW - 396 A near Sipe Springs wildlife managed sportsman's dream ranch, lakes, ponds, elevation changesm game feeders and blinds, hunter's cabin, remodeled

brick ranch house, 30X40 metal shop & More. \$2,750 acre. www.cogburnrealestate.com SELLING GORMAN - DELEON AREAS OVER 50 YEARS

### **Free Poetry Contest**

A \$1,000 grand prize is being offered in a special poetry contest sponsored by Rainbow Poets, free to everyone. There are 50 prizes in all totaling more than \$4,000.00.

To enter, send one poem of 21 lines or less to Free Poetry Contest, 7308 Heritage Dr., Mt. Vernon, IN 47620. Or enter online at www.rainbowpoets.com. The deadline for entering is February 28, 2011.

Poems may be written on any subject, using any style. "A typical poem," says Contest Director Dr James Cameron, "might

Be sure your name and address appears on the page with your poem. A winner's list will be sent to all entrants.

### "On The Wilder Side"

I really like to play cards, but I'm not that good at it. Regardless of what the game is, I just don't seem to excel at card playing. Maybe it's because I don't have a good poker face but most likely because I usually seem to get bad cards. I guess it's my own fault because people win all the time eve though they have bad cards. As Kenny said "you've got" know when to hold 'em and know when to fold 'em" and even know when to bluff sometimes.

I know life isn't much like a card game but sometimes we feel that life has dealt a bad card. And those bad ones are all we can think about. They are what we focus on because they hurt the most. It doesn't matter how much good is in our lives, human nature tells us to focus on the bad. There is little that can ease the sting of death, divorce, debt, loss of a friend and on and on.

Everyone faces hard times. Everyone has to deal with pain, suffering, and loss. The key is learning how to cope with that hurt. Consider Job, for example. He was a man who had everything but painfully lost it all. Satan took his family, his wealth, and his health. Even his wife told him to "curse God and die" (Job 2:9). But Job remained faithful and stayed the course. God blessed him with so much more than he had in the beginning. I suppose it was God's way of showing that He approved of how Job played his cards. The brother of Jesus considered life's struggles and wrote this: "As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy" (James 5:11).

How are you playing your cards?

Fight the good fight (1 Tim 6:12) -Jason Wilder Gorman Church of Christ

Gorman Church of Christ Meeting Times Sunday Morning Bible Class - 10:00

Sunday Morning Worship - 10:45 Sunday Evening Worship - 6:00 Wednesday Evening Class - 7:00

For Pool Sales & Service - Call 254-965-4145 C911 524-962-4152 OL C611 524-295-3129 894 N. Graham Street -- Stephenville, Tx 76401

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The person responsible for coordinating this organization's nondiscrimination compliance efforts is the Assistant Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

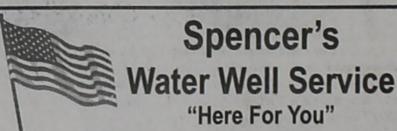
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WASHINGTON, DC- The American Pharmacists Association would like to remind the public about the importance of speaking with their pharmacist during cold and flu season. A pharmacist can help patients with such things as getting a flu shot, identifying the differences between a common cold and the flu, suggesting the best over-the-counter medications and offering a recommendation when a health care provider should be seen.

The common cold and influenza are two of the most easily transmittable diseases in the United States. Although the common cold is usually mild, with symptoms lasting one to two weeks, it is a leading cause of doctor visits and missed days from school and work. Typically, children suffer from five to seven colds each year and adults from two to three. According to the CDC, on average 5% to 20% of the U.S. population becomes ill with influenza, more than 200,000 people are hospitalized and more than 24,000 people die from seasonal flu-related

Knowing whether you have the common cold or the flu can be complicated, and the common symptoms are sometimes indistinguishable:

> Common Cold Sneezing Stuffy or Runny Nose Sore Throat Cough Watery Eyes Mild Head or Body Aches

The Flu Fever and/or Chills Stuffy or Runny Nose Sore Throat Cough Fatigue Pronounced Head or Body Aches

Vomiting/Diarrhea (more common in children than adults)

A pharmacist can discuss your symptoms with you and offer advice on the best course of action. If a patient has the flu, and it is still within the first two days, a pharmacist can advise the patient and offer solutions including further evaluation and treatment options that may clude prescription antiviral therapy from an authorized prescriber. If a patient has a cold, viral sinus infection or has past the two-day window ith influenza, a pharmacist can suggest the best over-the-counter medications to fit his/her symptoms. Optimizing Your Pharmacist's Over-The-Counter Medication Suggestions

Discuss the symptoms you are trying to treat, and the duration of those symptoms, with your pharmacist.

Provide your pharmacist with a list of all the medications - prescription, over-the-counter and herbal - you are currently taking and any over-thecounter products you have already used and the results achieved.

Remember that sometimes, the best medicine is none at all. Your pharmacist may recommend just a few days of rest, adequate hydration and regular, healthy meals. Provide the age and weight of the patient to your pharmacist. This is especially important with children's products, as formulations

are different depending on the weight of the child. Read product labeling, take the medication exactly as directed, learn of possible side effects, and ask your pharmacist what should

be avoided while taking the medication. Watch for duplicate ingredients. If you are giving your child more than one OTC medication check the active ingredient(s) used in

each medication to make sure you are not giving your child more than one product with the same active ingredient. Do not use a kitchen spoon to measure liquid medications. Obtain appropriate medication administration aids (i.e. droppers, syringes,

spoons, etc.) and ask the pharmacist how to use them properly.

Don't give medications in the dark. Turn on the lights if your child needs medication at night. Do not give medication to a child who is not fully awake.

Remember, most OTC medications are for temporary relief of minor symptoms. Contact your pharmacist or health care provider if your condition persists or gets worse.

The flu, common colds and most other upper respiratory infections are caused by viruses and are NOT treated with antibiotics. An antiviral will reduce the symptoms of the flu if received within the first 48 hours of symptom onset.

There is still time to protect your family from the flu, the CDC recommends all persons six months or older receive an influenza vaccine. The vaccine is available throughout the flu season or as long as supply lasts. Make sure to speak with your pharmacist about your vaccination needs.

APhA encourages consumers to follow good health practices to prevent the spread of influenza, colds and other transmissible illnesses. Consumers are encouraged to cover their mouth and nose during a cough or sneeze, avoid touching the eyes, nose or mouth, and wash their hands frequently. Other good health practices to follow include using alcohol based hand sanitizer, getting plenty of regular sleep and avoiding work, school or other places of close contact when you are sick.

About the American Pharmacists Association

The American Pharmacists Association, founded in 1852 as the American Pharmaceutical Association, represents more than 62,000 practicing pharmacists, pharmaceutical scientists, student pharmacists, pharmacy technicians, and others interested in advancing the profession. APhA, dedicated to helping all pharmacists improve medication use and advance patient care, is the first-established and largest association of pharmacists in the United States.

### Pig Tales From Hogtown

Thanks to everyone who came to the dance at the DAC last Friday evening. We had a great time as always! Weren't the sandwiches good!

Each year we have a general meeting for all who support the DAC. This year the meeting will be on Thursday, February 10 at 7:00 here at the DAC. Besides being a business meeting, this meeting is a membership drive. In order to vote at the general meetings and to serve on the Board of Directors, you must be a member. Everyone is very welcome to become a member and have a vote! There is a fee of \$25 per person or \$35 for a married couple. Besides being able to vote and serve on the board, members get a discount on building rental. We have to fill several spots on the board this year - we had one member move and some others quit because of health reasons. We need some new folks to give us some new ideas. Please consider putting your name in for a position on the board. Becoming a board member is not something most folks want to volunteer for but it is necessary if you want to keep something going. We always have plenty of help and so it is not a great burden on anyone.

Don't forget our 4th Friday of the month dance on January 28th.

Great news - we have set a date for our annual spring craft show. April 16th is the date. Rental for the booth is \$30.00. I will be sending out registration forms in a day or two. If you haven't been here before and would like to come, call for a registration form - 254-758-2420. Get busy all you crafters!

> See you in Desdemona! Carol Pell

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good, clean fun! great reason families come to Lone Star Lanes for Call for days available for this service. Another Join us for Buzz Free and BYOB Cosmic Bowling

### Letter To The Editor By Henry A. Buchanan

WIKILEAKS Julian Assange is a wanted man. The Swedish government wants him on a rape charge. United States officials want him for releasing secret information about what we have been doing in the diplomatic circles. Sarah Palin wants him shot like a terriorist. The American People want him to tell the Truth about what our leaders and the leaders of European nations are saying and doing in this war torn

Why? Because Assange has lifted the lid off the cat litter box and a very unpleasant odor is rising to the nostrils of the world -- and to high heaven.

But the Truth is out. Our diplomats and government officials have been saying and doing things they don't want us The People to know. We the People are a Democracy though and We the People have a right to know the Truth.

Diplomacy is the art of deceit, and we have been deceived by our own government. We have been led into the wars against Iraq and Afghanistan with lies. We are being involved in war in Pakistan by deceit. And we are being set up for a war on Iran with more deception. The history of our troubles with North Korea is rooted in our meddling there fifity years ago and we've been covering it ever since. Now the Truth is coming out and the Truth Teller's neck is on the chopping

The saddest tale coming out of WIKILEAKS is that the people in power are rather effectively putting the lid back on the cat litter box. The insist on talking about the Economy while they are stifling the organs of communication, shutting down voices which would normally tell us WHAT is being leaked.

Is Karzai's political future so important to Americans that we must hid his faults and defects? The cartoonists are having a heyday with our President's ears. What is so sacrosanct about Karzai? Or are we afraid we'll be on the hit list like the cartoonist who caricatured Mo-

It is time to recognize the clay feet of the gods and goddesses we have elevated to power. A good hammer blow to shatter some toes is just what we need. Lead on WIKILEAKS!

Julian Assange will be hunted down as the Enemy of the People. He is, in fact, the Deliverer of the People who are floundering about in a mud bath of lies, deceit, and diplomatic maneuverings.

Benjamin Franklin is credited with saying that we have a Republic IF we can keep it. We are in grave danger of losing it.

> (s) Henry A. Buchanan 1131 N. Kent St. - Gorman, TX 76454 254-734-4569 - December 4, 2010

### **FINANCE**

### How a Telecom Audit Can **Save Your Business Money**

NewsUSA

(NU) - In today's age of technology, voice and data systems are crucial to the success or failure of most businesses. Many companies provide laptops, cell phones and Internet connections that require expensive maintenance by internal IT departments. But paying for full-time IT services and multiple telecom providers may be an overlooked and unnecessary expense.

IT professionals agree that a no-cost analysis of these expenses can save companies big dollars. Recognizing this need, such companies as Geeks On Call have announced new professional telecom audit services designed to save money for businesses of all sizes. In addition to their on-site technical support, the national provider of on-site computer support now represents all of the major telecom companies that offer

voice and data services. Such telecom audits include cell phone, broadband, DSL, local, long-distance, teleconferencing and video conferencing services. The major telecom vendors represented compensate Geeks On Call, allowing them to provide the audits at no cost to the customer. This new professional telecom audit service helps busi-

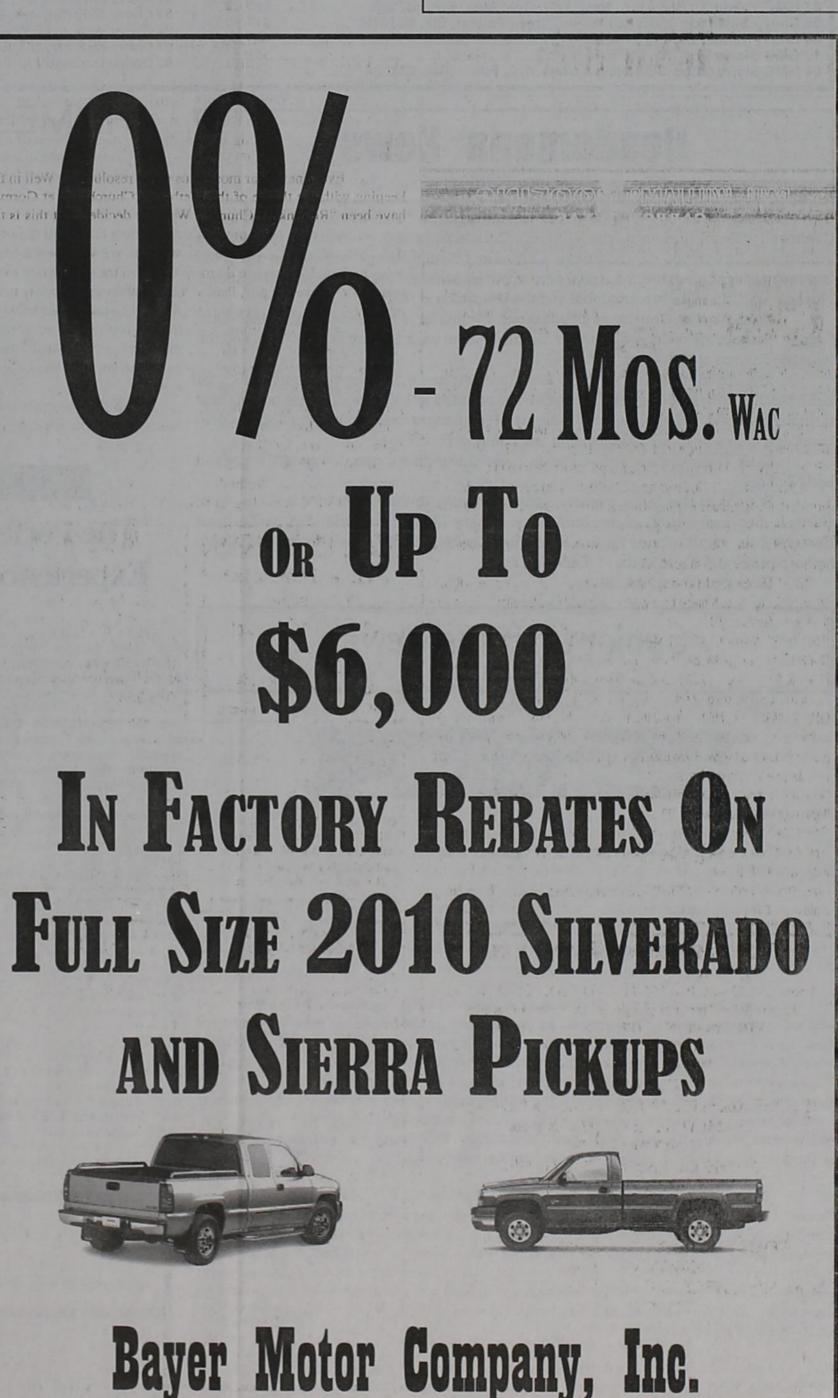


Analysis of voice and data services help companies save money.

nesses maximize the use of their existing technology while negotiating the best prices on their voice and data contracts.

Many business owners don't realize that they can save money through a proper audit of their telecom expenses, but Geeks On Call typically saves their clients 10 to 30 percent on their voice and data solutions. Questions about this new cost-saving service can be answered by an expert at 1-800-905-GEEK (4335).

To find out more information. visit www.GeeksOnCall.com.



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08 Chevy Malibu LT, Dk Gray Metallic Stk. #8298 12,350



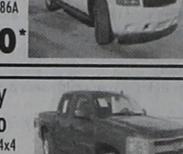
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05 Chevy Equinox, LT, AWD, Silver, Stk. #8283	\$12,950
06 VW Beetle GLS, Yellow, Stk. #8294	\$13,500*
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03 Chevy Silverado 2500 Crew Diesel, 4x4, Black, Stk. #8104F	\$16,950*
07 Chevy Silverado 2500, Crew 4x4 Diesel, White, Stk. #8136C	\$25,000*
07 Chevy Silverado 1500 Crew 1Lt Red, Stk. #8169C	\$18,950*
07 Chevy Silverado 2500 Crew Z71, 4x4, Ltz. Lthr., White, Stk. #8189	
05 Chevy Equinox LT, Red, Stk. #8192B	\$11,950*
03 Chevy Silverado 1500, LS, Reg. Yellow, Stk. #8215A	\$10,750*
06 Dodge Ram 1 Ton, Crew, 4x4, SLE, White, Stk. #8263	\$17,500*
07 GMC Yukon XL SLT Lthr., Nav, DVD, Gold Mist, Stk. #8286B	\$21,950*
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00 Chevy Silverado 1500 4x4 Ext. Silver LS, Stk. 8293	\$9,500*
02 Jeep Grand Cherokee Laredo Blue, Stk # 8299	\$7,500*
09 Chevy Aveo LT Red, Stk. #7678C	
02 Buick LeSabre Lthr, Tan, Stk. #8030A	\$5,500*
93 Chevy Silverado Tan, Stk. #8221A	\$1,950*
89 Chevy 1500 Reg. 4x4, Black, Stk. #8244B	
04 Chevy Venture LS White, Stk. #8280A	\$4,950*
07 Chevy HHR Stk. #8316A	
03 Dodge Durango Tan, Stk. #8338B	\$3,950*
*All prices +TT&L	

### **Desdemona News**

By Vonnie Guthery

Desdemona Monthly Musical will be held on Saturday, January 22nd at the Community Center (former school building). Concession stand opens at 5:30 p.m. serving sandwiches, homemade pie and drinks. Come early to enjoy supper with all the group before the music program begins at 6:00 p.m. All musicians and singers are invited to attend. This is a "SMOKE FREE" environment and the admission is "FREE".

First Baptist Church of Desdemona continues to have good attendance each Sunday. Visitors are welcome to attend Sunday School each Sunday at 10:00 a.m. and the Morning Service at 11:00 a.m.

Ima Brown hosted a "Birthday Party" at their home on Saturday, January 15th for her husband, Robert. Several family members attended to help Robert celebrate his 81st birthday. Special guests were their daughter, Fran Senger and family from Grove, Oklahoma and their son, Robert Alton Brown and family of Fort Worth.

Katie Duke of Early visited the past weekend with her grandparents, Humpy and

Betty Duke.

Friends of Desdemona send sincere sympathy to the family of Don Estes, 95 of Gorman. Services were held on Wednesday, January 12, 2011 with burial in the Eastland Cemetery. Survivors include his son, Stevie Estes and family of Sanger. Preceded in death by his parents and his wife, Hazel (Oglesby) Estes.

Have a great day, Vonnie.

### Senior Citizens News

By Carol Ward

Hope to return on the 19th. See you then, Carol



To my fellow Texans:

For the past 17 years, it has been my greatest honor to serve the people of Texas in the United States Senate. Working for the citizens and communities of our state is a privilege.

I am announcing today that I will not be a candidate for re-election in 2012. That should give the people of Texas ample time to consider who my successor will be. In the next two years, you can be assured that I will pursue my duties, and my responsibilities to our state and people, with the same vigor that I have employed during my Senate service.

I have loved visiting all 254 counties in Texas. During my travels, I have been most touched by the constituents who have told me how my work in the Senate has personally impacted their lives. From the man in Dallas who thanked me for passing my Homemaker IRA legislation which allowed him and his wife to save more for their retirement; the teacher and sheriff's deputy in Houston who saved thousands each year because they knew I fought for my bill to relieve the marriage penalty tax; the military families who know I have been a champion of health care and housing for these heroes; and the many constituents that we have been privileged to assist with social security and veterans benefits. Knowing that I have been able to truly help my fellow Texans and make a positive difference in their lives is a public servant's greatest reward.

When my current term is up, I will have served Texas for 19 years in the United States Senate. I intended to leave this office long before now, but I was persuaded to continue in order to avoid disadvantage to our state. The last two years have been particularly difficult, especially for my family, but I felt it would be wrong to leave the Senate during such a critical period. Instead of putting my seat into a special election, I felt it was my duty to use my experience to fight the massive spending that has increased our national debt; the government takeover of the our health care system; and the growth of the federal bureaucracy, which threatens our economy. I will continue that fight until the end of my term in 2012.

I will be forever grateful for the privilege of working for you in the United States Senate. I will now look forward to living full-time in Texas with my family, and to keep working for our state's interests as long as I live.

God bless America and God bless Texas,

Kay Bailey Hutchison United States Senator, Texas

### HOMESTEAD HAPPENING

Hello to all from us here at homestead. We started off another great week with all our favorite...BINGO we couldn't start or end a week without it. Our Monday winners were Troy Scitern, Frankie Stacy, Christina Crews, and Wes Couch took the blackout. Friday our winners were Lula Schneider, Wes Couch, Robin Taylor, and Rozelle Caraway. Bingo isn't the only game we enjoy, we also have a house full of horseshoe pros, but this time around none of us had a chance against :Lula, she even got 4 out of 4 ringers...we didn't have a chance against skills like that.

We will miss Kay Henry dearly, Tuesday (1/11/2011) was her birthday and the residents and staff enjoyed such a wonderful birthday party given by her sister Jaci. We would like to thank Jason for leading our bible study on Wednesday morning, you are very appreciated and we sure missed you while you were gone. Glad to hear your mother is doing better, we will all continue to pray for her. Volleyball Thursday, what a blast to watch everyone try to spike it. Friday was movie and popcorn, John Wayne was the highlights of our screen, Thank you Brian Greer for letting us bor-

Valentine crafts start up next week; we would love anybody to come help with our crafty boxes. Until next week, stay safe.

The Staff and Residents of Homestead Nursing and Re

### ENTERTAINMENT

### The Perfect Condiment to Your Sports **Experience Is the Internet, Not Ketchup**

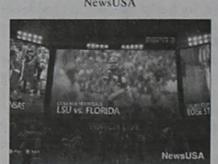
(NU) - It's that time of the year again. The mornings are filled with crisp, cool air, and football stadiums are brimming with school color pride. Students, alumni and families all over the U.S. are in the throes of college football season, but with the rising costs of tuition and dorm living compounded by a struggling worldwide economy, it is becoming more difficult for students and fans to enjoy watching their favorite sports

events without breaking the

Attending live sports events can often be costly. While college football tickets can be affordable for matriculated students attending home games, regular college event tickets can run fans up to \$60 per game. Additionally, each visit to the stadium can include up to \$20 per person spent on drinks and food, if not more.

Recognizing these limitations, technology companies are finding alternative ways to provide consumers with more options at home through the Internet - from movies to TV shows, and now even sports.

One of the most widely recognized of these is Hulu, which



The Internet offers a new way to watch popular sports.

has seen tremendous success as an online video service offering hit shows, clips and movies. According to comScore, an Internet marketing research firm, the online video service reached 43 million monthly users at the end of 2009, doubling the number from the year before. Earlier this year, Hulu launched a subscription service. Hulu Plus, on several TV-connected devices for \$9.95 a month.

For sports fans, Microsoft Corp. recently introduced a new way to watch popular sports, like college football and bowl games, college basketball, MLB and NBA, and more, through a customized ESPN app on Xbox 360, the company's video game and entertainment system. The new

application allows users to access over 3,500 live and on-demand sport events from ESPN3.com, including out-ofmarket games, with an Xbox LIVE Gold membership, which costs \$59.99 per year - or \$5 per month - to users who receive their Internet connection from an affiliated service provider. The system also offers streaming through Netflix.

The blending of television and the Internet has been a developing trend over the past few years. More Americans have become used to relying on the Internet for TV viewing, and broadband adoption has continued to rise. A recent study by Integrated Media Measurement Inc. found that 20 percent of 3,000 primetime TV viewers surveyed watched some primetime programming online.

Beyond watching videos on the web, Internet-powered television services may be the future for people who prefer to watch movies, and especially live sports, on a large TV with surround sound in the living room. Students and fans operating on a budget may want to consider staying in for the next big sports

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