



# Lion Letter

## District 2-E1



<http://lions2e1.org>

Email: [dist2e1@lions2e1.org](mailto:dist2e1@lions2e1.org)

### FROM THE GOVERNOR



Happy Thanksgiving, Merry Christmas and Happy New Year!

As we haven't communicated in two months, I hope all of you enjoyed all the holidays and are ready to face a busy 2008. We are halfway through the Lions year, and there is a lot to be accomplished in the second half.

To bring you up to date on some of the district and state activities, I will highlight some of the events:

Friday, November 2<sup>nd</sup>, we attended the 90<sup>th</sup> Anniversary Celebration of the Temple Lions Club. Everyone really enjoyed the festivities. Saturday, November 3<sup>rd</sup>, the second Council of Governors meeting was held at Temple College with good attendance.

Four candidates announced they will run for International Director this year:

- 2-E1 PDG Hal Griffin, Abilene
- 2-E2 PDG Beverly Stebbins, Arlington
- 2-A2 Lion Mike Rourke, San Antonio
- 2-S5 PCC Joe Al Picone, Brenham

At the Council of Governors meeting in Temple, PCC Joe Al Picone withdrew due to a career change, leaving three candidates on the ballot.

Sunday, November 18<sup>th</sup>, the Quad District Alliance of Texas Vision and Transplantation Alliance participated in a Celebration of Thanksgiving for the Gift of Transplantation Medicine at Southwestern Medical Center in Dallas. This was a very emotional and moving experience as the transplant recipients met the donor families.

December seemed only two weeks long. My, how time flies!

Mark your calendars for Saturday, January 19, 2008, to attend the Mid-Winter Conference in Vernon. A registration form is elsewhere in this newsletter. We will honor the District Peace Poster Contest winner, and the Diabetes Awareness Essay Contest, the Drug Awareness Speech Contest and the Outstanding Youth Award Contest will be conducted. Chairpersons are:

Peace Poster Contest - Lion Gail Pickell, Abilene  
Diabetes Awareness Essay Contest - Lion Carolyn Stroud, Graham  
Drug Awareness Speech Contest - Lion Coke Beatty, Stephenville  
Outstanding Youth Contest - PDG Karen Godbout, Tuscola

The district winners will be recognized at the State Convention in Amarillo, May 15-17, 2008, and all except the Peace Poster winner will compete at the State Convention. Be sure to get your entries in by the deadlines posted on the Lions 2-E1 website.

The third Council of Governors meeting will be January 31, February 1 and 2 in Kerrville, Texas.

Texas Leadership Conference is scheduled for March 7<sup>th</sup> and 8<sup>th</sup> at the Airport Hilton Hotel in Austin. All Lions, especially officers, are encouraged to attend this informative meeting.

We hope you are making plans for the District Convention in Abilene April 4 and 5, at the MCM Elegante Suites. We will have some special guest speakers and hope to provide a fun time for all. The registration form is online and elsewhere in the newsletter. There is a golf tournament Friday, followed by a "free" fish fry hosted by the Clyde Lions Club, Friday evening. The convention and elections are Saturday.

### **COME ONE! COME ALL!**

The State Convention is in Amarillo, May 15, 16 and 17. A golf tournament is scheduled for Thursday morning. Thursday evening there will be a trip to Palo Duro Canyon for a catered dinner followed by the production, "Texas". The winning Peace Poster from each district will be displayed at the convention and the finalists of the youth contests will be announced.

Be sure to bring your used eyeglasses, and hearing aids to any of the scheduled meetings. The district chairperson, Dr. Wade Toombs, wants to deliver them to Midland before this Lions year is over.

Congratulations to those clubs that have increased their membership. Keep up the good work and bring more good workers into Lionism. A recent letter from International President Mahendra Amarasuriya indicates several reasons for Lions to celebrate in 2007: The 20<sup>th</sup> year for women in Lionism, the 50<sup>th</sup> year for Leo Clubs and the 90<sup>th</sup> year for Lions International. The greatest reason for celebration has been the growth of the worldwide membership, which has increased by over 3,300 since July 1<sup>st</sup>. This is the largest net growth the association has had in many years for this period. Bring in those new members (and keep the ones you have).

I look forward to visiting the remainder of the clubs in the district. If you have a date preference, please contact me; otherwise I just may surprise you!

Until next time, I remain yours in Lionism.

DG Doris Kendrick



## FROM THE DESK OF VDG DEAN

### Happy New Year!!

I do hope everyone had a wonderful Holiday.

We are saddened by the death of PDG Charley Gibson of the Graham Lions Club. His service was Saturday, December 29th in Graham.

We are also saddened by the death of PID Mike Butler's wife, Annette Butler. Her memorial service was at the First Baptist Church in Kerrville.

This is a reminder to all district club secretaries about where to send monthly reports and why. The monthly **MMR** should go to **Lions International** and to your **District Governor** (the DG needs to keep up with club membership as does International).

The Governors contest goes only to the **Vice District Governor** so the VDG can keep up with the point total for the contest to give awards at the District Convention. (this is on the section for Hours of Service , **club visits, these points are for members who visit other clubs not for your club meetings**).

The PU101, due in March, should go to **Lions International** and to your **Vice District Governor**. The VDG need the PU101's to make his/her directory for the coming year.

I know this will be a change for some, but it is the way it was suppose to be done all along. Thank you for your help.

Our next district function will be the Mid-Winter Conference in Vernon on Saturday January 19, 2008 (first time to use 2008) that's twice!!

## Condolences to the Family of PDG Charles Gibson

Christian condolences go to Doris Gibson, wife, and the family of PDG Charles Gibson who passed away December 25, 2007, in Graham after a lengthy illness. Funeral services were held Saturday, December 29th, at the First United Methodist Church in Graham. There were numerous Lions in attendance at the funeral. PDG Gibson served as District Governor of 2-E1 in 1993-94, and was an inspiration to his family, his Lions Club and his community.

District Governor Doris Kendrick and the Lions of District 2E-1

## Graham Lions News



The Graham Noon Lions Club honored PDG Charlie Gibson with a JACK WIECH FELLOWS Award for his long and outstanding service to Lionism.

Club Secretary Lion Sue Machenberg

## Elmwood West Lions News



The Elmwood West Lions and spouses had a wonderful Christmas party. Here they all are all dressed up for the occasion.

PDG James Wheeler

## Breckenridge Lions News



(Breckenridge American, Dec 12, 2007 – Jean Hayworth)

The Breckenridge Lions Club presented another Melvin Jones Fellowship Award Friday, Dec 7.

Tom Ward, former District Governor of District 2-E1, made the presentation to James Shelton who had served as president of another Lions Club previously before transferring to the Breckenridge Lions Club and during the past year served as chairman of three fund-raising activities and served on the Lions Club Board of Directors.

The Lions Club members have been avid “Knights for the Blind” since Helen Keller issued the challenge back in 1925.

In the 1990s, Lions International came up with a program, “Sight First,” which was to focus on the problem of blindness that was correctible or reversible. At the time, there were 20 million people afflicted and would benefit from the program.

The “Sight First” program was administered by the Lions Club International Foundation. They recruited doctors to go to third world countries and train doctors in the areas, treat people and establish eye clinics. The cost of this program amounted to an average \$100 contribution from each Lion Club member.

The Breckenridge Lions Club accepted the challenge and for each \$1,000 contributed, the club would get a Melvin Jones Fellowship Award to present to one of their club members. This award represents the Lions’ highest commitment to humanitarian service.

The Breckenridge Lions Club had contributed more than \$6,000 which qualified the local club for six Melvin Jones Fellowships.

Lions Club International adopted a new program, “Sight First II,” and through the leadership of last years’ president, John Richey, the Breckenridge Lions Club again stepped up to the challenge by contributing \$4,935. One half of the pledge was paid by two members contingent on the remaining members contributing the rest of the amount pledged.

Again, Lions Club International gave out the challenge that for every \$1,000 donated, the club would receive a Melvin Jones Fellowship Award.

The first two awards included Lions John Ed Conner, who is a strong supporter of Lionism physically and financially by traveling to club events, anniversaries and district and state meetings; and Carrol Magers who has a long tenure of membership in which he has participated in all Lions Club activities and during the last few years has been a principal ad salesman for the Benefit Bowl Game.

## THANK YOU DISTRICT 2E-1

Lions of District 2E-1, Lion Sandy and I would like to take this opportunity to thank you for all the support and encouragement you have provided the past few months. When we made the decision to run for International Director, little did we know what all would be involved, but we have been learning as we go. Many of you have helped with money coming from both individuals and clubs but more than that you have stepped forward to help in every way possible in this campaign. You, the Lions of our Home District, have joined with our many Lions friends from throughout the great state of Texas to make our campaign one that we all can look to with pride. We have from the very beginning done all that we can to make sure that we run a very positive campaign and with your help, will continue along these lines. Even when Lion Sandy and I are a long way from home in our travels about Texas, we know that we are representing you, the Lions of District 2E-1. Once again we want to say thank you for your support and your encouragement.

In Service to Lionism  
PDG Hal Griffin

## KENNEL ENRICHMENT Donate a Dog Bed Program

Our Kennel Enrichment program is designed to reduce the stress levels of the dogs in training. As part of this program, our Dog Care staff has been testing several types of dog beds to see which one can stand up to a kennel of 300+ dogs. They have identified a bed provided by Kuranda Dog Beds as being both durable and comfortable.

We have partnered with Kuranda Dog Beds to allow Leader Dog supporters to purchase a dog bed at the reduced cost of \$69.47 plus shipping and have the bed shipped directly to our kennels.

If you'd like to provide some added comfort to a Leader Dog in training, you can purchase a bed by calling Kuranda at 800-752-5308 or go to the Leader Dog website and follow the link provided.

PDG HAL GRIFFIN  
District Leader Dogs for the Blind Chairman

## DISTRICT CONVENTION COMMITTEES

### RULES

PDG A.C. Sharp, Chairman, Abilene Founders Lions Club  
Charles Graf, Vernon  
Sandi Conway, Albany  
Robert Cowley, Possum Kingdom Lake  
Brenda Fields, Bryson  
Tom Isbell, Anson

### RESOLUTIONS

PDG Allen Lamb, Chairman, Abilene Elmwood West Lions Club  
Jerry Box, Vernon  
Sam Conway, Albany  
Janet Pilsner, Henrietta  
Michael Franklin, Mineral Wells  
Carol Felts, Knox City

### CONSTITUTION AND BY-LAWS

PDG James Wheeler, Chairman, Abilene Elmwood West Lions Club  
PDG Tom Ward, Breckenridge  
PDG Gary Sult, Stephenville Noon  
John Van Dunk, Wichita Falls Founders  
Carol Felts, Knox City  
Beatt Campbell, Olney

### CREDENTIALS

PDG Eddie McMillan, Chairman, Cisco  
IPDG Billy Wood, Graham Noon  
Cabinet Secretary Cindy Vernon, Eastland  
Sam Conway, Albany

### NOMINATIONS

PDG Luren Campbell, Chairman, Olney Noon  
Jack Lavy, Wichita falls Founders  
PDG Scott Evans, Stephenville Noon  
David Scott, Abilene Cactus

### ELECTIONS

PDG C. Lee Smith, Chairman, Clyde Lions Club  
Tena Andrews, Abilene Cactus  
Barbara Bowman, Burkburnett  
Tom Cyprian, Breckenridge  
Les Maxwell, Stephenville Noon  
Joel Terry, South Taylor County

**Please inform PDG HAL GRIFFIN  
if you are unable to serve**

## Haskell Lions News

The Haskell Lions Club served hot chocolate at the Haskell Christmas Parade on December 8th. We also took Santa pictures.



Lions Linda Haynes, Lela Bevel and Ellen Rieger serve hot chocolate.



Lions Brian Burgess and Jennifer Burgess.



Lions Lela Bevel, Donnie Rieger, Ellen Rieger, John Hicks, Jennifer Burgess, Brian Burgess and Linda Haynes with SANTA.

Haskell Goodfellows will distribute Christmas packages to needy families again this year. The names of those who qualify for the project may be placed by application at the Haskell City Hall between 1 and 3 p.m. on Dec. 1 and Dec. 8. The project is a joint effort between the Haskell Lions Club, Haskell County Child Welfare Board and the Haskell Volunteer Fire Department. Donations of food, toys, clothing and money will be taken.

Lion D. R. Rieger

### District Mid-Winter Conference January 19th

The District Mid-Winter Conference will be held in Vernon on Saturday, 19 January, 2008. Info and a registration form are at the end of the newsletter. Registration will start at 8:00 a.m. with the festivities starting at 9:00 a.m.

Amanda Anderson

## TO ALL FELLOW PAST DISTRICT GOVERNORS!!!!!!

Thanks to PDG Hal Griffin, Billy Wood, Eddie McMillan, James Wheeler (No picture), C. Lee Smith, Bill Terry, Luren Campbell, and Virgie Mitchell who have sent the information requested for the District 2-E1 PDG Album. A "special thanks" to PDG Wood for obtaining the information on PDG Charles Gibson and sending it to me.

To those of you who have not fulfilled this request, please do so as quickly as possible. Our next Council Meeting will be in Kerrville at the end of January, and I should like very much to be able to report to PCC Smith that our information is complete.

If you live in a town where another PDG also resides, get on his case about sending his information in to me. You can bring it to me in Vernon at the Mid-Winter Conference!

Questions? E-mail me at: [godboutkr@taylortel.net](mailto:godboutkr@taylortel.net). Or Call: 325-554-5496 (Home) or 325-201-6021 (cell)

Send information to:  
PDG Godbout,  
P O Box 574  
Tuscola, TX 79562-0574

PDG Karen

### Bryson Lions News

#### Bryson Lions Host DG Doris Kendrick

DG Doris Kendrick made her official visit to the Bryson Lions in November. The meeting was held at the Senior Center as the restaurant was closed.



Pictured is DG Doris and club president, Lion Jack Coody.

DG Doris gave highlights of the International Convention held in Chicago. She and the other governors were attired in graduation gowns as they took their oaths of office. She said it was a very emotional ceremony. DG Doris also related some of the coming events for Lions.

This would be year for Texas to elect an International Director. She said all contests except the Queen's contest would take place at the Mid-Winter Conference to be held in Vernon. The Queen's contest would be at the District Convention April 3 & 4, 2008, in Abilene.

### Little Known Fact

Stephenville was the first club in the WORLD to endorse IPIP Jimmy Ross for Lions Club International President.

PDG Scott Evans

## South Taylor County Lions News

The South Taylor County Club was busy during the Christmas season.



Lions Mollie Eisenburg and Patti Pharris take "Christmas gifts and refreshments" to two dorms at the Abilene State School. Assisting them were "ole Saint Dick (Godbout)" and Mrs. Clause, PDG Karen.



Those Lions are up early to put out our Flags (Lions Raymond Martinez, Owen Egger, Prez Joel Terry, Dick Godbout, Jerry Adams, Kyle Terry, PDG Bill Terry, Bill Thornton, and J. W. Allmand) Also helping were Lions Bobby Graham, Bob Eisenburg, Buster Pharris, and PDG Karen Godbout)



At Halloween, Lions in the Senior Citizens group join into the "crazy hat" contest and party at the Senior's Center (Lion Marceille McIntyre)



Lions J. W. allmand, Frankie Mayfield, and Bill Thornton (with his Guest, wife, Laura) enjoy the goodies at the Christmas Party at local restaurant.



PDG Hal and Sandy Griffin find something awfully funny!



Lion Billy Wilson from Buffalo Gap and Lion Dick Godbout chat with Friend Al Leech of the Gap



I say, Lion Prez Joel, that you should model your Christmas gift!

[\(Lion Karen has a bunch more photos....ask her for them!\)](#)

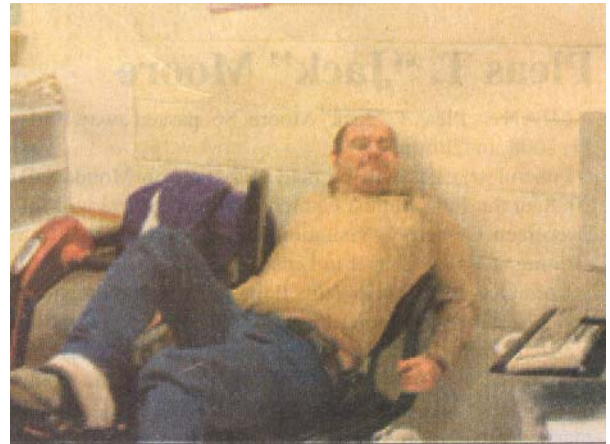
PDG Karen

## Stephenville Lions News

Of course the Stephenville Lions have been busy the past two months. As we speak (read/write), Boss Lion Les Maxwell and Stephenville Lion Melody Ball along with two Lions from Cleburne are in The Congo as guests of our twin Club Lumbumbashi – Doyan Lions Club, delivering equipment and eyeglasses. They will also be teaching technicians of the village of Kamina how to use the equipment to fit eyeglasses for people who have never had access to vision care. I am so

proud and in awe of these Lions for serving in this extreme and much needed way. Boss Lion Les said that he wanted to start a new way of serving (and spending fund raising money) during his year and he has gone above and beyond anything expected. More info and pictures will follow in future newsletters.

When Lion Les told us about his desire to start a new tradition, he mentioned one way the Stephenville Lions had set tradition of funding programs to help the handicapped. His mention happened to coincide with an article that appeared in the Stephenville Empire-Tribune on the “Psytle” donated by the club to the Tarleton in 1994.



“Jerry Thornton completed his 1,300<sup>th</sup> workout on the Psytle at Tarleton State University. Thornton works out three days each week. Dr. Joe Priest believes Thornton is in the best shape of anyone with his condition worldwide.”

The article is about Jerry Thornton reaching workout number 1,300 on the “Psytle.” I will put a copy of the article at the end of the newsletter. It’s pretty lengthy, but very interesting.

On November 30<sup>th</sup>, the Club hosted an Appreciation Luncheon for the sponsors of the annual Cross Timbers Classic basketball tournament. This tournament, held the first week of December, is the major fundraiser for the Club. The tourney was run again this year by Lions Ken Luker and Van Evans. They did an outstanding job, raising enough money to fund the programs on the slate for next year and more. We really appreciate all the long hours they spent on this

project and they are already working towards next year's event.



Lions Bill Geck, George McLain, and Marilyn McLain man/woman a table at the BB Tourney.

The club celebrated its 85<sup>th</sup> Anniversary with “A Christmas to Remember” party for handicapped children on December 13<sup>th</sup>. This even went all out to make sure the kids had a wonderful time. Food, of course, was in abundance. Music was provided by two young members of our community who played Christmas music on the harp and flute. Yes, a little more high-brow than most Stephenville Lions events. The kids were visited by Santa who had gifts for every child in attendance and special gifts for the handicapped children.



Elves shop for presents for the Christmas Party. (Lions Wayne Cooper, Tim Barnett, and Kim Reed)



More pictures are on the Stephenville Lions web site....it's worth the visit.

Lion Jodie

***2008 MID-WINTER CONFERENCE***

January 19, 2007

Wilbarger Auditorium

2100 Yamparika Street

Vernon, Texas

Featuring: The Youth of District 2-E1

Featured Events:

Drug Abuse Speech Contest

Diabetic Essay Contest

Outstanding Youth Contest

All contests will be live during the Conference.

## ***Registration 2008 Mid-Winter Conference***

2008 District 2-E1 Mid-Winter Conference  
January 19, 2007  
Wilbarger Auditorium in Vernon, Texas

The 2008 Mid-Winter Conference in Vernon, Texas, on January 19, 2007, will feature the Youth of District 2-E1 participating in the Drug Abuse Speech Contest, the Diabetic Essay Contest, and the Outstanding Youth Contest.

Register early and show your support for the youth of our District.

The registration fee of \$12.00 includes the luncheon as well as morning coffee, juice, and donuts!

*Clubs, do not forget to register the youth contestant's parents if they are attending.*

The number of Lions and guests attending.....#\_\_\_\_\_

Club Represented\_\_\_\_\_

Total amount enclosed @ \$12.00 per person.....\$\_\_\_\_\_

Names of Lions and Guests Attending\_\_\_\_\_

\_\_\_\_\_

Make checks payable to the Vernon Lions Club:

Mail Registration to:                   Vernon Lions Club  
  P.O. Box 1603  
  Vernon, Texas 76385-1603

Because of the catering arrangements and activities being held during the Mid-Winter Conference, please register in advance. Food and seating are only guaranteed for those registered in advance. Any questions, please call Vernon Lions Club Secretary Amanda Anderson at (940) 357-9169, or email at secretary@vernontxlions.org

If there are those who may wish to spend the evening either before or after the conference, arrangements should be made with:

Holiday Inn Express,  
700 Hillcrest Drive  
Tel. (940) 552-0200

Fellow PDG's:

Hello and Happy New Year!

At the time of our last Cabinet Meeting we discussed having a PDG meeting each year at our Mid-Winter Conference.

Accordingly, I have arranged for a private room for our dinner and meeting at the Country Club Restaurant/Hillcrest Country Club on the evening of January 18, 2008. I am advised that the restaurant is adjacent and immediately behind the Holiday Inn Express located at 700 Hillcrest Drive in Vernon. The Holiday Inn Express is one of two hotels recommended in the information sent out with the Mid-Winter Conference registration information. Regardless of the hotel you choose, you can locate our meeting place by locating the Holiday Inn Express.

The time scheduled for our meeting is 6:30PM.

The principal agenda item for our meeting will be "Succession", but I would welcome any suggestions as to appropriate discussion topics. The District Governor and Vice District Governor have been invited to the meeting and may wish to offer agenda topics. Please send your agenda items to me and I will prepare a draft agenda.

Although not required, it would be helpful to know how many plan to attend. This will assist the restaurant in preparing for our visit. Spouses are of course welcome, and they may or may not choose to attend the meeting after dinner. I think I have email addresses for almost everyone, but please those with whom you may have contact in case I have missed someone.

Thank you and let me hear from you as to agenda items and attendance.

I look forward to seeing you in Vernon.



# Hal Griffin

for  
International Director

*a proven Leader  
and great Lion*

- PRESIDENT  
Texas Lions Camp [2005-2006]
- TREASURER AND STEERING COMMITTEE  
Jimmy Ross Campaign
- VICE CHAIRMAN – ELECTIONS  
International Convention [Chicago, 2007]
- 100% DISTRICT GOVERNOR  
2-E1 [2000-2001]
- VICE COUNCIL CHAIRMAN  
MD-2 [2000-2001]
- STATE CHAIRMAN  
Leader Dogs for the Blind [2001-2003]

## Awards

- International President's Award
- International President's Leadership Award
- International President's Certificates of Appreciation
- Melvin Jones Fellow
- Jack Wiech Fellow
- Leader Dog Tribute



## PDG Hal & Lion Sandy

Hal and Sandy have been married for over 20 years and their family consists of son Cliff and Hal's two grandsons Will and Nick; plus Hal's daughter Tiffany who resides in Jacksonville, Florida.

Lion Sandy's primary focus in Lionism has been as a Puppy Raiser for Leader Dogs for the Blind. She currently is raising her eighth puppy, named 'Ivy Green,' and she is serving as Texas State Chairman for Leader Dogs for the Blind for the fourth year.

**VOTE**  
FOR HAL

**LIONS CLUBS INTERNATIONAL**  
DISTRICT 2E-1  
Virgie Mitchell – Past District Governor

January, 2008

My fellow Lions of District 2E-1,

This is a RED LETTER YEAR for the Lions of our District and the State of Texas. It is our turn to elect an International Director to serve on the Board for two years. There are three candidates in the State of Texas who are asking for your votes. They are PCC Mike Roarke from District 2A-2, PDG Beverly Stebbins from District 2E-2 and our own PDG Hal Griffin, District 2E-1. While each would be a credit to Texas as International Director, I firmly believe PDG Hal would be the best candidate to represent Texas on the International Board.

In order for PDG Hal be elected, we need all clubs to send delegates to the District Convention to be held April 4-5, 2008, in Abilene. I realize there is a considerable distance for a number of clubs. However, I hope you will feel that this is important enough to forget the miles and send your voting delegates. Each club is allowed 1 voting delegate per each 10 members. (If you club has 20 members you have 2 votes, etc.) District 2E-1 is at a disadvantage by being so scattered therefore we must all pull together and vote. It would certainly be a boost for our District to have one of our own Lions sitting on the International Board. Please read the enclosed material about PDG Hal and his wife and partner in service, Lion Sandy. I believe you will feel the same as I do about them.

To my knowledge, District 2E-1 has never had an International Director so this is our chance to elect PDG Hal. Please exercise your right to vote. Hope to see you in Abilene.

Your in Lionism,

PDG Virgie Mitchell

## Thornton reaches workout No. 1,300

By BRAD KEITH Sports Editor  
Sunday, January 13, 2008 4:34 PM CST

Jerry Thornton eyed the monitor, and it told him he had reached 89-percent of his goal.

With a fire in his eyes like that of an athlete at crunch time, his muscles tightened and he used the muscles in his upper body to drive his legs to movement. Right leg, left leg, almost there

"I made it!" Thornton finally exclaims, having completed his 1,300th workout on the Psycle Wednesday.

Thornton was diagnosed with cerebral palsy at age seven in 1968. Forty years later, he is free from all prescription drugs thanks to his regular exercise routine.

The Psycle Thornton uses is a specialized exercise bike that is programmed by a computer to operate at a reduced work load. A fly-wheel inside the pedal mechanism makes it much easier for a handicapped individual to work the pedals.

At its peak, Thornton's heart rate reached 164 beats per minute during his 1,300th workout.

"People are supposed to get their heart rate above 120 and keep it there for 30 minutes three times each week - that's a cardiovascular workout," Dr. Joe Priest said. "It's exercise that a person like Jerry would otherwise never get."

"Once you park your car, you get out and walk," said Thornton who rides in a motorized chair to get around. "I can't do that. I don't get any of the regular exercise most people get, so I have to find a way to make up for it."

"Jerry is in the best shape of anyone in the world with his condition," Priest said. "Nobody even touches him."



Cerebral Palsy is a non-progressive disease that is caused by damage to the motor control centers of the young, developing brain, according to Wikipedia. In many cases, CP causes a secondary physical deformity.

In Thornton's case CP has taken his ability to walk. Thanks to Psycle, and to his own dedication, that doesn't mean he can't exercise his legs - and more importantly - his heart.

Jerry said he became interested in the Psycle program after his friend and Lions Club member Brad Thompson told him about it in 1994.

"I asked Dr. (James) Herbertson if I was healthy enough to do it, and he said to get in there and tear it up," Thornton said.

The Psycle itself is something Dr. Priest calls "ingenious."

Texas A&M engineer Russell Jennings built the first Psycle for his mother in 1990. Priest says Jennings' mother was elderly and could not always make it to a fitness center.

A computer works hand-in-hand with the specialized bike, and displays the workload, the RPMs and speed, the points earned and the heart rate of the rider.

Priest knows of only three Psycles in existence. In 1994, when the Stephenville Lions Club donated the Psycle to Tarleton, it cost \$20,000.



Members of Lions Club (left, Lion Rev Emil Becker, third from left Lion Bill Rountree, and last but not least Lion Brad Thompson) and Dr. Joe Priest (second from left) joined Thornton for his 1,300<sup>th</sup> workout.

“They don’t even have replacement parts for it,” Priest said. “When something wears out, we have to get the college of industrial technology to manufacture a new part.”

Thornton isn’t the only participant in the Psycle lab workouts. He says a large part of his motivation comes from his friends who also workout there.

One of his ‘workout friends’ is Ronnie Campbell, who suffers from Parkinson’s Disease. As Thornton relaxed after completing his ride, Campbell exercised using an apparatus that supported him so he could stand straight with no worry of losing his balance. Campbell realized how much he has accomplished through his exercise on a recent trip to the Erath County DPS office.

“I went in to get my license renewed, and they took my picture and tested my eyes, and had no idea I wasn’t perfectly healthy,” Campbell said. “The only reason they new about my condition was because a flag came up on the computer.”

Campbell has taken the time to educate himself on his condition, and has found exercise to be the best medicine available.

Dr. Priest tells the story of a woman who was paralyzed below the chest and paid \$1,500 each month for prescription drugs before beginning to workout in the Psycle lab. “After six months she was drug free!” Priest proudly states.

Despite the accomplishments of the extraordinary participants in the Psycle program, it has never become popular nationwide. “I’ve gone to national conferences and presented slide shows and everything,” Priest said. “They tell me it’s just exercise. It is exercise. But it’s exercise these people can’t get anywhere else.”

Campbell said when he was hospitalized, the therapists taught him to switch his weight from leg to leg, and to use his arms to lift himself. “They said that’s all they could do for me,” Campbell said. Now, thanks to the exercise available at Tarleton, Campbell has become physically capable of doing things his doctors must find hard to believe.

John Swink has a spinal tap injury, and has worked out on the Psycle for four years. “They told me I only had 10 years to live,” Swink said of his doctors. “I’ll pass that on March 29.” Swink says he is absolutely healthier now than when his “10 years to live” began in 1998.

Thornton, Campbell and Swink are only three of many examples of what the exercise programs at Tarleton can do - especially for those can’t work out anywhere else. “We’ve got something really special going here,” Priest said.

Special? It’s only exercise. But for individuals such as Jerry Thornton and friends, it’s more - it’s an opportunity to change course, and a chance to make a healthier life.

For those of you who have stayed with me this far, here's something to think about. I started to call it a "funny", but the older I get the less funny it is!!!!

## Senior Saints

-or-

### He Isn't What He Used to Be

Everything is farther than it used to be. It's twice the distance from my house to the station now. They've just added a hill I hadn't noticed before. The trains leave sooner too, but I've given up running for them, because they go faster than they used to.

Seems to me they're making stairs steeper than in the old days. There are more steps between floors. I've also noticed it's harder to take two at a time. It's all I can do to make one step at a time.

Have you noticed the small print they are using lately? Newspapers are getting farther and farther away when I hold them, and I have to squint to make out the news.

Now it's ridiculous to suggest that a person of my age needs glasses, but it's the only way I can find out what's going on without someone's reading aloud to me, and that isn't much help, because everyone seems to speak in such a low voice that I can scarcely hear.

The material in my clothes, I notice, shrinks in certain places. Shoelaces are so shorter they are next to impossible to reach.

Even the weather is changing. It's getting colder in winter, and summers are hotter than in the good old days. Snow is much heavier

when I try to shovel it. I guess they way they build windows now makes drafts more severe.

People are changing, too. For one thing, they are younger than they used to be when I was their age. On the other hand, people my own age are so much older than I am. I realize that my generation is approaching middle age.

I ran into my college roommate the other night, and he had changed so much that he didn't recognize me. "You've put on a little weight," I said. "It's the food," he replied. "It seems to be more fattening."

I got to thinking about my poor roommate this morning while I was shaving. Stopping for a moment, I looked at my own reflection in the mirror. They don't use the same kind of glass in mirrors anymore.

--The Westerner