

Plains Library
Box 419
Plains, TX 79355

THE PLAINS PRIDE

PLAINS, YOAKUM COUNTY, TEXAS

VOLUME 8, NUMBER 37 WEDNESDAY, DECEMBER 16, 1992 30¢

Breast Cancer Detection Unit To Set Up In Plains Dec. 29

Breast Cancer cannot be prevented, but early detection can save many lives. Breast cancer will strike one in nine American women. The American Cancer Society predicts that about 44,000 women will die of breast cancer this year. Experts estimate that if every woman had regular mammograms according to guidelines established by the American Cancer Soci-

ety, nearly a third of the women who die of breast cancer would survive.

TransAmerican Diagnostic Services has been accredited by the American College of Radiology since 1989. The American College of Radiology program is voluntary and designed to insure women receive optimum quality mammographic examinations. The accreditation is done

through evaluation of the facility's staff qualifications, (technologist, radiologist, and physicist), equipment, quality control, quality assurance, image quality, and breast dose. TransAmerican Diagnostic Services is also approved by the Texas Department of Health to accept self referred patients and is approved by Medicare as a provider to the Medicare Mammography Program.

TransAmerican Diagnostic Services, recently has been contracted by the Texas Department of Health to be an official provider for low income women.

TransAmerican Diagnostic Services will have a mobile breast cancer detection unit available to local women on Tuesday, Dec. 29.

The unit will be parked at the Plains Health Clinic in Plains, Texas. Appointments may be made by calling TransAmerican at 1-800-633-6452.

For more information you may call TransAmerican Diagnostic Services at (915) 561-8888.

Gary Walker Elected GMDA President

During the annual conference of the Groundwater Management Districts Association (GMDA), held in Dallas on Dec. 2-4, Gary Walker was elected the president for 1993.

Walker is the manager of Sandy Land Underground Water located in Yoakum County, Texas. He currently is serving as vice-president of the association and was the conference coordinator.

Walker served as GMDA Executive Secretary from June 1989 and until he moved to Plains, Texas in 1990. Dean Pennington was elected vice-president for 1993. Pennington is manager of YMD Joint Water Management District and has offices located in Merigold Mississippi.

The Groundwater Management Districts Association is a national organization made up of members from groundwater conservation districts, organizations, associations and individuals who are concerned with the management and protection of groundwater. GMDA is affiliated with the National Water Resources Association (NWRA) and makes up the Groundwater Caucus of NWRA.

Operation Christmas Card Still Accepting Donation

Operation Christmas Card is continuing in Plains. Plains Dirt Gardeners annually sponsor the project to beautify Plains Cemetery. Persons may contribute to the fund in lieu of mailing Christmas greetings to local friends.

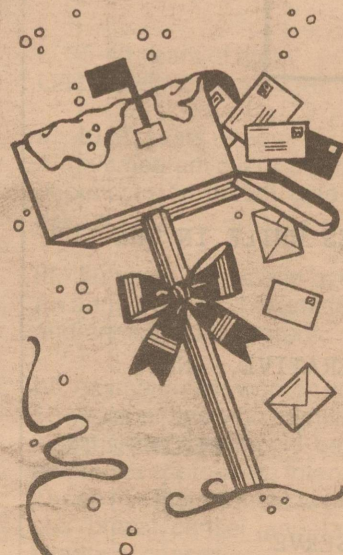
Names of donors will be listed in a special Christmas greeting card printed in The Plains Pride Christmas issue.

Donations may be given to Mrs. Robert Young or any garden club member or mailed to Mrs. Young at Box 487, Plains, TX 79355.



BIRTHDAY CELEBRITIES during Wednesday's Filmtime at Plains Library were Scott Addison, four years old, and Holden Welch, two years old. The mothers of the honored ones shared cake and punch with the pre-schoolers.

Santa Asks For Letters



Santa Claus is asking area children for letters so that he will know what to put under the tree.

Letters should be addressed to Santa, North Pole, c/o The Plains Pride, P.O. Box 774, Olton, TX 79064 or delivered to the Plains Library. Letters will be printed in the Dec. 23 Christmas issue of The Plains Pride.

Project TEACH To Begin 2nd Phase

Agriculture Commissioner Rick Perry has unveiled the second phase of the Texas Department of Agriculture's Project TEACH initiative: an interdisciplinary curriculum aimed at enhancing the agricultural and nutritional literacy of the state's elementary school students.

The project TEACH curriculum -- which is targeted at youngsters in kindergarden to the third grade -- is being provided to select Texas schools this fall, and so far the teaching materials are in big demand, Perry said.

Project TEACH is short for Texas Education and Agriculture Cooperating for Health.

"Anyone involved in Texas farming and ranching knows how important agriculture is to our state's economy," Perry said. "Yet many of our school children think milk comes from a carton at the local supermarket and that carrots grow in plastic bags. And that's understandable if you stop and think that most youngsters are generations removed from the farm or ranch."

Perry launched Project TEACH in September 1991, and distribution of the curriculum is the second phase of this far-reaching project. The first phase involved TDA encouraging school cafeterias to buy Texas-grown food.

"Project TEACH has three goals - to help students explore how food gets to their lunch trays; to teach the importance of a balanced diet for health and longevity; and to create new opportunities for Texas farmers and ranchers to sell their products to school districts," Perry said.



PEP RALLIES were just one of the many tasks taken on by these young ladies, as they encouraged the student body to show their school spirit in support of the Wrangler teams.

Filmtime

Filmtime pre-schoolers enjoyed cupcakes and punch shared by the mothers of birthday honorees, Holden Welch, who turned two years old and Scott Addison, celebrating his fourth birthday.

Books read during the hour were "Carl's Christmas" and "The Animal's Christmas Eve". Film presentation featured "Rudolph The Red-Nosed Reindeer".

Attending were Christopher Loya, Ryan Crump, Allison Friesen, Amber Friesen, Kimberly Jackson, Lauren Davis, Blake Parrish, Seth Cypert, Micheal Crump, Alisha Wauson, Stephanie Addison, Christopher Addison, M'Leah McKinzie, Callie Howell, Todd Williams and the birthday boys, Scott Addison and Holden Welch.

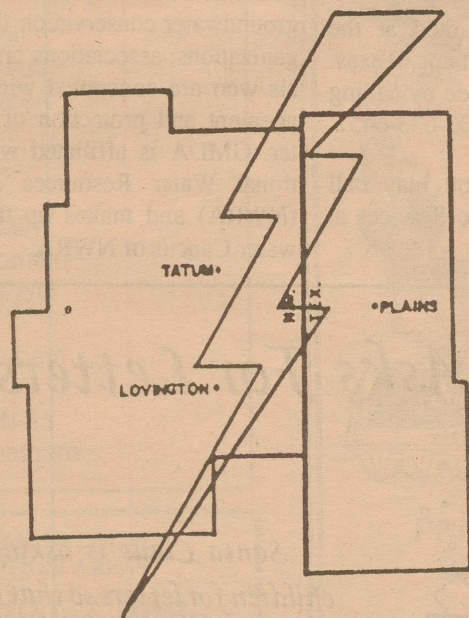
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PLAINS PRIDE PRESENTS, left to right, Christopher Vasquez, son of Ramon and Teresa (Galvan) Vasquez of San Diego, Calif.; and Kayla Rios, daughter of Alex and Melissa (Galvan) Rios of Freemont, Ohio. They are the grandchildren of Joe and Odes Galvan and the great-grandchildren of Adelaida Zavaleta, all former residents of Plains.

Services Conducted Recently For James Michael Simmons

Services for James Michael Simmons of Midland, son of Cydell S. Hale and step-son of Kenneth Hale, were held Monday, Dec. 7 at 1 p.m. in the Ellis Funeral Home Chapel. Rev. Ben Condray officiated. He was laid to rest in Fairview Cemetery under the direction of Ellis Funeral Home.

Mr. Simmons died Friday, Dec. 4 at a local hospital.

He was born June 18, 1941 in Magnolia, Ark. and moved to the community of Earth in 1955. He attended Maryland State University and served in the army with the 34th Armored Battalion and the 24th Infantry Division. He was employed by Mobil Pipeline of Midland for 23 years.

He was preceded in death by a son, Dennis Jack Simmons on Sept. 27, 1992 and his father, Dennis S. Simmons in March of 1970.

Survivors include his wife, Patsy R. Simmons of Midland; his mother, Clydell S. Hale of Plains and step-father, Kenneth Hale of Plains; daughter,

Sanita Simmons of Midland; step-daughters, Cindy Reynolds, Sheila Johnson and Debbie Matheson, all of Midland; step-sisters, Beth Ann Cain and Karen Bearden, both of Plains; Robbie Phipps of Welch; Kendra Hale of Snyder; five grandchildren and five step-grandchildren.

The family suggests that memorials be sent to Hospice of Midland or Alamo Heights Baptist Church.

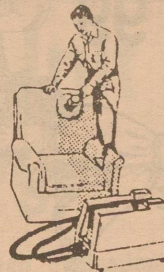
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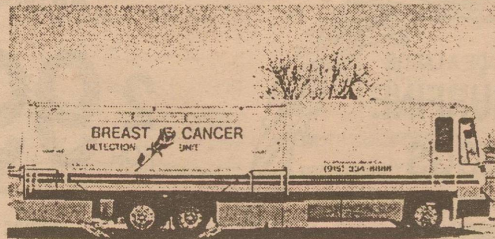
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The Unit will be parked at:
THE PLAINS HEALTH CLINIC
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A Service of
Transamerican Diagnostic Services
(Providing Mammography Services for over 5 years)

CALL-800-633-6452 FOR APPOINTMENT

According to the American Cancer Society, one out of ^{nine} ten women in the United States will develop breast cancer sometime in her lifetime. It is currently estimated that over 37,000 women die each year as the result of breast cancer.

Ninety percent of breast cancers are diagnosed by women or their physicians finding a lump in the breast. Women who are diagnosed with a lump large enough to feel have a 50 percent five year survival rate. A woman who is diagnosed as having breast cancer by mammography, before a lump can be felt, has a 97% five year survival rate and a 90% 10 year survival rate.

A mammogram can detect a cancer this small,  even before it can be felt.

Guidelines For Screening Mammography Established by the American Cancer Society.

- I. 35-40 years of age - One baseline mammogram.
- II. 40-50 years of age - A mammogram every 1-2 years depending on breast type and risk factor.
- III. 50 years of age and over - An annual physical examination and annual mammogram.
- IV. Asymptomatic women under 50 years of age with significant high risk factors should be examined at appropriate intervals. These risk factors include previous breast cancer and family history of cancer.

V. A symptomatic woman should have a mammogram at any age when she experiences a mass, nipple discharge, skin changes or unexplained breast pain.

A screening mammogram is an x-ray of the breast using extremely low dosages of radiation (usually comparable to dental x-rays) and is designed to find very early cancers.

A female technologist who is highly trained in mammography will perform the examination.

The charge for the screening mammogram is \$45.00. The Unit accepts cash, check, Visa, Mastercard and American Express.

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For more information, please contact:

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Dear Santa,

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Please bring my little brother Troy a baby train, and a baby basketball goal, and some toys.

Love,
Blake Parrish

Dear Santa,

I am 4 years old, I would like a Girl Monkey Love, Bear Glow Friend, and a toy Vacuum.

Thank you,
Alisha Wauson

Dear Santa,

I have been a very good boy. Please bring me a big black and blue monster truck, a horsey, and an airplane.

Bring my sisters, April and Becky

a trow dart game.

I love you Santa Claus.
Colby Terrance Wilmeth



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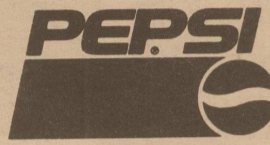
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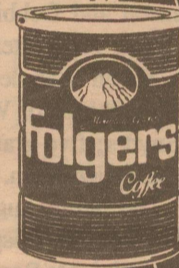
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