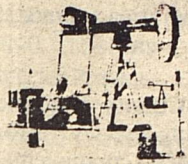


Plains Library  
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Plains, TX 79355



# The Plains Pride



PLAINS, YOAKUM COUNTY, TEXAS

VOLUME 4, NUMBER 37

SUNDAY, DECEMBER 18, 1988

30¢



**BICYCLISTS STOP IN PLAINS** - Bart Dawson of Gadsden, Ala. and Eric Brast of Dunwoody, Ga. were traveling through the Plains area Nov. 27 when they stopped and spent the night.

## Bikers Visit In Plains

(Editor's Note: The following story was written by Eric Brast of Dunwoody, Ga. He and his friend spent the night in Plains Sunday, Nov. 27. They plan to return home by plane from Los Angeles and be home for Christmas.)

My partner, Bart Dawson and I are traveling across the United States on bicycles. I am 23 years old and live in Atlanta, Ga. and have just graduated from Miami University in Ohio. Bart is a 26 year old Alabaman who has been working in Boston since he graduated from the University of Alabama.

Each of us planned the trip independent of one another, as both an alternative way to see the country and a test of our physical capabilities. We met via a bulletin board in Atlanta and the next week, we were in Savannah to begin our trek from the Atlantic to the Pacific Ocean.

Our route has taken us through Georgia, Alabama, a corner of Mississippi, Tennessee, Arkansas and the great state of Texas. The amount of ground we cover in a day is dependent upon the terrain, weather conditions and how late we start, but we tend to average about 80 miles.

Our bicycles weigh roughly 65 pounds when fully loaded and have 18 speeds, six of which are very low for climbing mountains.

Throughout the trip, we've had many experiences, both good and bad. We've seen the differences in our country's

culture from east to west. Whenever we stop, people stare at us strangely at first because of our unusual appearance in biking clothes. But by the time we leave, they wish us well. In one restaurant, a woman asked us what planet we were from and if they had apple pie there.

Some people we talk to invite us into their homes for the night or offer us advice on where to go in the town should we camp or stay in motel. Small towns are by far the friendliest and we even had the good fortune of being invited to Thanksgiving dinner with a family in Jayton.

Along the way, we've seen beautiful countryside and been run off the road by trucks, we've seen wildlife and dead animals on the road, we've seen blue skies and rainy days and we've seen more cotton than I ever knew existed!

## Send Your Santa Letters In

*Hey Boys & Girls...it's that time again...to get your list together and write your "Santa Letter". The Pride would like to have them by Tuesday, Dec. 20 so they can be printed in the special Christmas issue Dec. 25. Mail them to Santa c/o Plains Pride, Box 774, Olton, Texas 79064. There is no charge. Letters may also be left at the Plains Library or Pay-N-Save Grocery.*

## School Board Members Approve Award Of Bids

Members of the school board met Monday, Dec. 12 at 7 p.m. in the administration building.

Those present were Melvin Lowrey, president; Jack Palmer, vice president; Stanley Ashburn, Eddie Earnest, Edwin Livengood, Ty Earl Powell and Jack Spears. Also present were Dean Andrew, superintendent; Wanda Ashburn, business manager; Larry Devitt, administrative assistant; J.B. Wilson, high school principal; Jim Conner, junior high school principal, John Nance; elementary school principal and Arlon Alexander, counselor.

Board approved the purchase of twelve IBM typing systems from Hester's of Lubbock at a cost of \$38,104.

A bid of \$14,996 was awarded to Ron Clark Ford of Amarillo for the purchase of a 1989 Ford LTD Crown Victoria as specified.

Board accepted a bid from Gene Messer Ford of Lubbock for a 1989 Ford Styleside pickup in the amount of \$11,759.

Board accepted the Plains I.S.D. Student At-Risk Plan as presented.

A resolution was adopted as submitted, commending the Plains High School volleyball team and coaches. A copy of the resolution will be presented to each team member, manager and coach at half-time of boys basketball game Dec. 19.

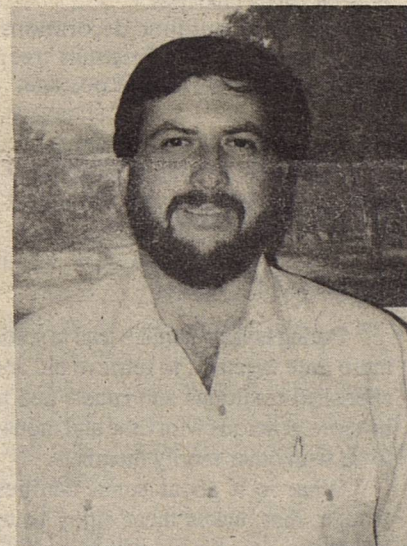
Mrs. Ashburn gave a financial report for general operating cafeteria and tax areas and Mr. Devitt presented a transportation cost report, a review of various projects and a comparison of utility costs from January 1985 through November 1988.

Other reports were made by the principals, with Mr. Wilson submitting information concerning attendance and guest speakers in high school; Mr. Conner

giving attendance information and the junior high one act play; and Mr. Nance reporting on membership and attendance information and on the Texas Department of Health Dental Clinic held in Plains.

Mr. Alexander reported on the TEAMS and information concerning financial aid.

Mr. Andrews presented information concerning future board meetings and also enrollment comparisons as of Dec. 1. He also presented the annual performance report.



MARIO MORALES

## Mario Morales Assumes Position

Mario Morales has accepted employment with the Soil Conservation Service in Yoakum County, effective Nov. 21. He moved from Weslaco, where he had served for one and a half years.

A native of San Antonio area, he graduated from Texas Tech University in 1982 with a degree in Wildlife Management. He plans to be married in March to Margie Rocha of Edinburg and will make their home in Plains.

Morales' primary duty in Yoakum County will be to assist producers in developing conservation plans to comply with the Food Security Act of 1985.

Edwin Livengood, District Conservationist at Plains, said Morales is a welcome addition to the SCS staff and he is sure area producers will enjoy working with him.

## Financial Management Series Scheduled

Keeping track of the money you spend on the holidays this year may be one of the best gifts you can give yourself for 1989.

"Many people never get a handle on what the holidays really cost them," said Mary Dale Williams, County Extension Agent, Home Economics.

"Every year they have trouble stretching the paycheck to the end of December and wind up with credit card bills they can't pay off in January.

"Even in families where they plan ahead for major gift expenses, it's easy to get caught short by the other hidden costs," she said.

According to Williams, getting a grip on holiday expenses involves knowing how much you spend for the following:

- \*Gifts you buy and the cost of materials or ingredients for gifts you make.

- \*The cost of food and liquor for parties at home; feeding visiting relatives or friends; taking foods to parties or pot-lucks; the cost of ingredients for Christmas baking.

- \*Tickets to events; hair styling and new clothes to attend these events.

- \*Special contributions made at church or to charities.

- \*Indoor or outdoor decorations; replacement bulbs; Christmas tree.

- \*Wrapping, cards and postage.

### 'Strong' Families Enjoy Good, Endure Bad

During holiday families tend to spend more time together, to retrieve old and cherished traditions and rituals and to be more generous with time and money to be with other family members.

What is it about some families, though, that makes them enjoy being together — laughing and hugging, telling old family stories and dreading to leave after the holidays are over? Often, such families are called "strong families," and research studies have identified characteristics of those families who seem to withstand both the good times and bad times of everyday family life.

Strong families work constantly to strengthen family ties. They have definite, clear values and all family members know what they are. Parents are the leaders in strong families and take their responsibilities seriously, says Mary D. Williams, County Extension Agent.

Strong families are optimists and when trouble hits, they are flexible in looking for solutions. When faced with a crisis, a strong family rallies together and grows from the challenge.

Laughter and fun are important to strong families. They accept all members for their uniqueness. Parents have high self-esteem and build self-respect in their children.

Strong families accept responsibility for both their successes and their failures. Because life means so much to strong families, they seldom feel overwhelmed by life events.

- \*Gasoline and food away from home for shopping trips; travel expenses of visiting friends and relatives.

- \*Many holiday expenses don't seem extraordinary, especially when they're mixed in with other items, such as normal grocery shopping. But they do add up to significant amounts of money, said Williams.

- \*By keeping receipts or making a list of all holiday expenses you can get an idea of actual costs and plan

ahead for next year," she said.

One strategy for financing the holidays is to shift some of the expenses to other months by, for example, buying gifts throughout the year of stocking the pantry in October and November.

"Any strategy for planning holiday spending can help people avoid over-extending themselves on credit," said Williams.

Since finance charges on credit spending are no longer totally tax

deductible, families will also be money ahead when they finance the holidays on their own.

The Yoakum County Extension Office is sponsoring a series for four lessons on financial management for young families in January and February. Anyone interested may call the Extension office, telephone number 456-2263. There will be a small fee for notebooks and other supplies.

## Stress Can't Be 'Fixed' With Pill

Stress is a "hot-button" word these days, especially for women who are trying to juggle multiple roles as wives, mothers, employees, community leaders, athletes or students.

Some manufacturers of supplements would like us to believe that a pill is the answer to stress. Stress tablets are based on a formula originally developed for postoperative patients and victims of severe trauma.

While the acute stress of surgical procedures or injuries can increase energy and nutrient needs, psychological stresses such as fear, anger and tension fall into the category of normal stresses of daily living and do not substantially increase nutrient needs.

Supplement marketers try to convince the public that the RDA for some nutrients is not adequate to cope with day-to-day stress. The adrenal glands are involved in the stress reaction, they say, and because the adrenal glands have high amounts of vitamin C, stress requires supplements of this vitamin. Clinical studies at this time do not support this claim, says Mary Dale Williams, Yoakum County Extension Agent.

Individuals under stress need supplementary B vitamins, say supplement manufacturers. Vitamin B-6 (pyridoxine) is included in stress formulas because it is thought to raise serotonin levels, thus improving mood. Recent research shows neurologic damage in women who take high doses of B-6 for months, typically for the treatment of PMS.

There is evidence to support increasing potassium intake during stress, but nutrition experts recommend doing this by eating more

fruits and vegetables and drinking fruit juices.

So what can you do when you're experiencing day-to-day stress? Try taking these steps:

- \*Eat regular meals in small amounts, since stress can slow the digestive process.

- \*Increase the amount of fruits and vegetables in the diet.

- \*Eat high quality protein foods to

protect against muscle breakdown.

- \*Drink plenty of fluids.

- \*Exercise to reduce anxiety and to feel a sense of control.

- \*Use relaxation techniques to counteract tension.

- \*Enjoy comforting foods like baked custard or chicken soup in moderation. Individual comfort foods are more likely to relieve stress than a pill!

## Americans Improving Diet

Americans seem to be taking good nutrition to heart. According to a recent survey, Americans are improving their diet.

Since 1983, Americans have increased their intake of fruits and

vegetables by 25 percent, while also eating 17 percent more poultry and 15 percent more fish.


At the same time, Americans have cut their consumption of salty foods by 21 percent and of oils and fats by 11 percent.

*All Christmas Merchandise*

**20% Off**

*Includes Christmas Arrangements, Christmas Glasses, Figurines, Candles, etc.*

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### THE PLAINS PRIDE

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Any erroneous reflection upon the character or standing of any person or firm appearing in this paper will gladly and promptly be corrected, upon being called to the attention of the management.

Yoakum County & Surrounding Counties, tax included ..... \$15  
Elsewhere, tax included ..... \$16

## Christmas Centennial Celebrated By Tsa Mo Ga

The GFWC Tsa Mo Ga Club met in regular session Dec. 12 to celebrate an 1890 Christmas Centennial, a GFWC Special Project.

Mrs. Newell Squyres, vice president, conducted the business meeting in the absence of Mrs. Sarah Jane Field Shelton, president.

Mrs. Mattie Field told of the organizing of General Federation of Women's Clubs and Mrs. P.W. StRomain gave the history of GFWC headquarters.

The Tsa Mo Ga Clubhouse was decorated in the 1890 period antique. A picture of Mrs. Lillian Luna, charter member and life member of GFWC was included in the memorabilia. Her daughter, Mrs. Mary Jo Luna StRomain is the one and only active charter member of the GFWC Tsa Mo Ga Club at present. She has been honored for 50 years of active service to the General Federation of Women's Clubs and the Tsa Mo Ga Club of Plains.

Secret Centennial Christmas Pal 1890 Period Gifts were exchanged by Mmes. Mattie Field, P.W. StRomain, Eleanor Simpson, Joe Henry Thompson, Billy Winn, L.J. Sanders, Glenn Morehouse, Danny Crawford, Polly Rushing, Edna Chambliss, William Worsham, Gary Jones and Bob Blundell.

Mrs. Gary Jones and Mrs. Bob Blundell served as hostesses. A dinner of chicken almond casserole, green salad, hot rolls and Italian cream cake were served. The table was covered with a blanket belonging to the grandmother of Toni Jones. A Bible, poinsettia and an antique old lamp complemented the table.

Mrs. Eleanor Simpson gave the federation counselor's report and Mrs. P.W. StRomain closed with scripture reading and club collect.

The next meeting will be Jan. 9 with Mrs. Ed Hunter serving as program leader and Mrs. Linda Powell, high school

teacher, will present a lecture on economic and business education for high school students. Mrs. Edna Chambliss and Mrs. Joe Thompson will serve as hostesses.

### Cholesterol Tests Should Be Routine

The National Cholesterol Education Program recommends that cholesterol tests become a routine part of all physical examinations, and all adults should know their cholesterol count, says Mary D. Williams, Yoakum County Extension Agent.

If the results show a cholesterol level:

**\*\*Under 200 mg/dl:** The person is probably in a low-risk group. He or she should be retested at each complete physical and certainly every five years.

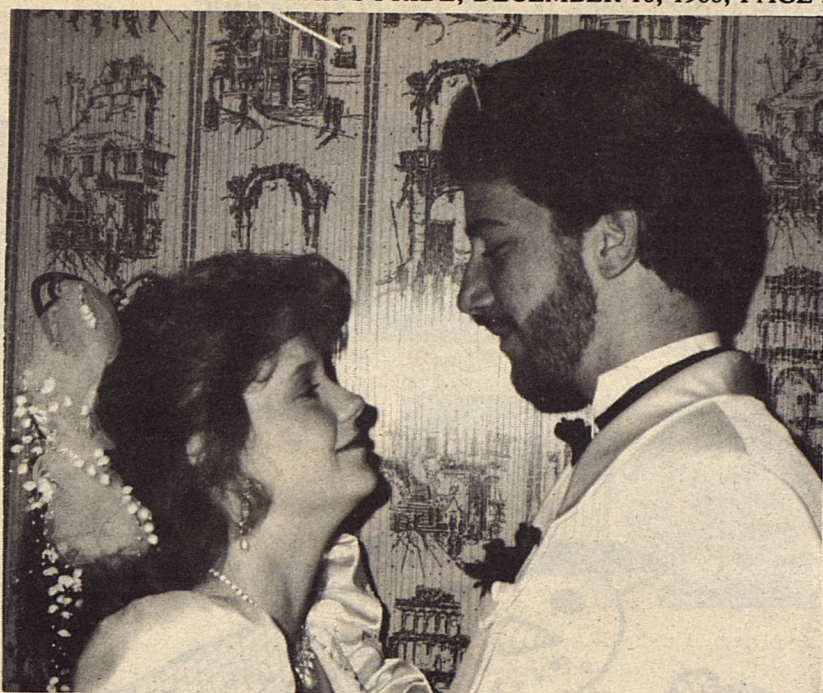
**\*\*Over 200 mg/dl:** A second blood test should be done to confirm the findings of the first one.

**\*\*Over 200 but less than 240 on the second test:** The person should be advised to go on a low-fat cholesterol-lowering diet.

**\*\*Over 240 on the second test:** The testing laboratory will be asked to provide a breakdown on HDLs, LDLs and other blood lipids. People with existing heart disease or major risk factors such as high blood pressure, diabetes, obesity and cigarette smoking should have HDL and LDL levels tested regardless of the total cholesterol count.

Depending on results, a strict diet and lifestyle changes may be prescribed. If not totally successful, drugs may be necessary along with the diet.

**To keep peanuts at their munching best, store in a cool, dry place. They'll keep indefinitely frozen in a tightly closed container.**



MR. & MRS. ROBERT CARL HENRY

## Toni Dunn, Robert Henry Exchange Wedding Vows

Toni Lynette Dunn and Robert Carl Henry exchanged wedding vows on Oct. 8 at the Rio Concho Gazebo in San Angelo.

Officiating the outdoor double ring ceremony was the Rev. Ken Peterson of Plains United Methodist Church.

The bride wore a white satin tea-length wedding gown with inlaid embroidery and beaded pearl accents. The hand-made headpiece framed the rhinestone and pearl earrings and necklace which was a gift from the groom. The bridal bouquets were fashioned with white and burgundy roses.

Matron of honor was the bride's mother, Mary Guetersloh. Bridesmaids were Terri Kay Arthur of Mesa, Ariz., the bride's sister; and Cyndi Henry of San Angelo, the groom's sister.

The attendants wore emerald green iridescent taffeta dresses accented with burgundy and white trimmed bouquets.

The groom wore a white tuxedo with tails and burgundy accents. Eugene H. Henry of Dayton, Ohio, served his brother as best man. Groomsmen were John Burk of San Antonio and Donny Vogler of Abilene.

Giving the bride in marriage was her grandfather, Fred Maple. The groomsmen wore white tuxedos with burgundy accents.

Magen Arthur of Mesa, Ariz., niece of the bride, served as flower girl. She

wore an emerald green velveteen dress and carried a basket of burgundy silk flowers with white accents.

Intending to serve as ring bearer, two-year-old Tanner Arthur of Mesa, Ariz., nephew of the bride, chose to sit with his great-grandmother, Jennola Maple instead. He was attired in white tux accented in burgundy.

Jennifer Galey of Lubbock sang "Evergreen" and "The Wedding Song" acappella.

The reception and dance was held in the Massie Clubhouse immediately following the ceremony. Gifts were presented and opened by the newlyweds before departing.

The bride graduated valedictorian in 1983 at Lubbock Christian High School. She attended Plains Schools from the second grade through her junior year. A graduate of International Business College, she is self-employed as an image consultant.

The groom ranked sixth in his 1984 class of 600 in San Angelo Central High School. Attending Angelo State University, he completed his degree in accounting at Texas Tech University. Employed as maintenance assistant in the couple's apartment complex, he is also an independent contractor for the Lubbock Avalanche Journal.

The Henrys will reside in Lubbock and have postponed their honeymoon trip until next summer.

Christmas Greetings From Linda's

We will be closed Saturday, Dec. 24th

Holiday Sale Continues . . .

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Anything In Store  
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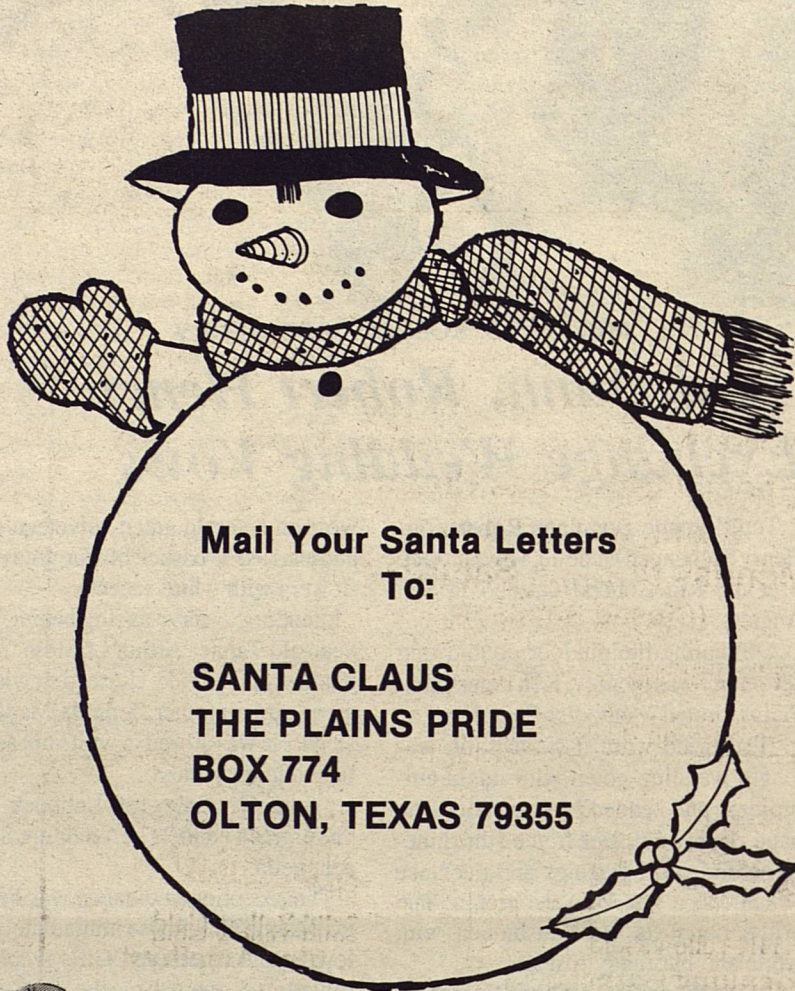
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American Express



## Plains Independent School District

'Home of the Cowboys & Cowgirls'



Mail Your Santa Letters  
To:

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THE PLAINS PRIDE  
BOX 774  
OLTON, TEXAS 79355

### ON THE HARD COURT

#### VARSIITY

Lynda Jimenez was high point scorer with 21 points in the Cowgirls' out-of-town 51 to 39 loss to New Home Tuesday night. Lydia Jimenez followed with nine points.

The Cowgirls defeated Tahoka 61 to 59 Friday night, Dec. 9 in the Cowboy gym. Lydia Jimenez was high scorer with 19 points. Lynda Jimenez and Rena McElroy combined for 24 points. Juhree Stowe added seven points followed by Melissa Green with six points.



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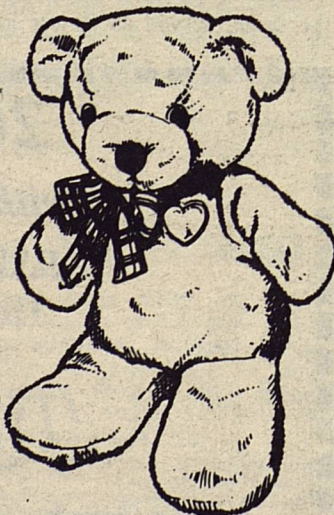
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Janice & Neal Newsom (806) 456-6877

### From The Superintendent's Desk

Dean Andrews



We are at a very special time of the year. In schools throughout the land, children grow excited at the prospect of what is to come. Even when people say hello to each other, there is a special feeling; a bright and warm feeling that pervades our days.

The Christian holiday of Christmas has been called a feast of light and love. It commemorates the birth of Jesus. The two qualities that fill the world at this special time are so needed because there are still areas of darkness, ignorance, prejudice, and hate.

Light and love together could build a world where kindness would be the rule; where concern for each other would be a part of daily life; where each individual would grow and thrive and contribute and find happiness and compassion. At this special time, let us have the courage to believe that these qualities are not a dream, but are possibilities within our grasp. Let us resolve to honor this special holiday the whole year through, and let us spread that feeling of light and love to all we meet.

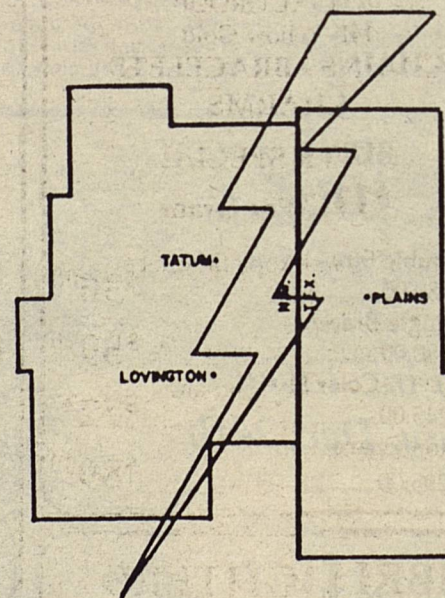
It is our commitment at Plains Schools, to educate each student to the height of his or her potential, and every student is a person of value. We wish for each of you a very Merry Christmas and a Prosperous and Happy New Year.

### School Tax Office To Be Closed

Plains Independent School District Tax and Business Office will be closed from 4 p.m. Dec. 16 through Jan. 2, for the Christmas and New Year's Holidays.

until 3 p.m. Dec. 30 for those who wish to pay taxes in the current year. However, those who cannot come by the office during these hours may mail the payments. Receipts will be dated 1988 if the letter is postmarked 1988.

The office will be open from 9 a.m.



### RENEWABLE ENERGY SOURCES - GEOTHERMAL

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Limitations: deep drilling may be required; initial cost can be high; environmental damage may be a problem.

LEA COUNTY ELECTRIC COOPERATIVE, INC.

# 'Marketing Alternatives' To Be Topic Of Conference

"Marketing Alternatives" will be the focus of the 1989 Texas Stocker Calf Conference Jan. 5 at the National Guard Armory east of Marlin on FM 147.

Registration begins at noon, followed by a day-long program of mini-seminars, an evening meal and a keynote speaker, said Kirk Lewis, Yoakum County Extension Agent with the Texas Agricultural Extension Service.

Dr. Bill Mies, professor of animal science at Texas A&M University, will discuss marketing alternatives for stocker cattle operators at about 6:30 p.m. In addition, he will highlight market trends

and meeting market and packer demands.

Ten mini-seminars presented by the allied livestock industry will deal with the latest technology and advancements in the beef cattle industry.

Educational booths also will be featured, and a Healthy Awareness Clinic will include cholesterol level testing, blood pressure screening, eye examination and physical fitness and blood sugar evaluations.

The Texas Stocker Calf Conference is part of the South Central Beef Herd Improvement Program of Texas Agricultural Extension Service and is supported locally by the Fall County Beef and Forage Committee.



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Regular price is manufacturer's suggested retail price and does not state this firm has sold these items at these prices before. Some items are one of a kind and subject to prior sale. Illustrations enlarged to show detail.

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<p><b>Tennis Bracelets</b> Cubic Zirconia &amp; Vermeil 5 Carats t.w.</p> <p>\$150.00 ..... <b>\$79<sup>95</sup></b></p>	<p>14K Yellow Gold Genuine Garnet Pendants or Rings \$100 Value</p> <p>Your Choice ..... <b>\$29<sup>90</sup></b></p>	<p>Solid Yellow Gold Genuine Amethyst &amp; Diamond Fashion Ring</p> <p>\$300 ..... <b>\$149<sup>00</sup></b></p>
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14K Yellow Gold  
**CHAINS - BRACELETS  
CHARMS**

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**\$11<sup>00</sup> Per Gram**

Double Strand Rope Bracelet	<b>\$36<sup>08</sup></b>
Bangle Bracelet	<b>\$59<sup>90</sup></b>
20" Tri-Color Herringbone	<b>\$72<sup>27</sup></b>
Lion Charm	<b>\$89<sup>00</sup></b>

**Freshwater Pearls**

7" Bracelet	<b>\$19<sup>95</sup></b>
\$40.00 .....	
16" Bracelet	<b>\$29<sup>95</sup></b>
\$60.00 .....	
18" Bracelet	<b>\$49<sup>95</sup></b>
\$100.00 .....	
24" Bracelet	<b>\$59<sup>95</sup></b>
\$120.00 .....	
30" Bracelet	<b>\$69<sup>95</sup></b>
\$140.00 .....	

**Freshwater Pearl Earrings**  
\$60.00 ..... **\$29<sup>95</sup>**

14K Yellow Gold  
**Cultured Pearl Earrings**

5mm	<b>\$19<sup>88</sup></b>
\$45.00 .....	
7mm	<b>\$29<sup>88</sup></b>
\$67.50 .....	

14K Yellow Gold  
**Gold Bead Earrings**

3mm	<b>\$8<sup>88</sup></b>
\$18.00 .....	
5mm	<b>\$12<sup>88</sup></b>
\$26.00 .....	
7mm	<b>\$19<sup>88</sup></b>
\$40.00 .....	

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**ALL 1/2 OFF**

14K Gold  
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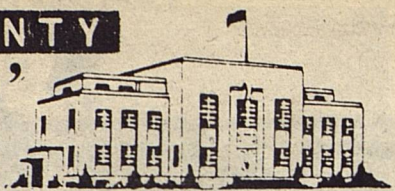
**Ladies' Gruen  
10 Diamond  
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Our diamond watches, by Gruen, were designed to enhance a lady's wrist. A quartz movement will help you arrive on time. Diamonds will make sure you arrive in style. Choose from various designs.

\$170.00 ..... **\$79<sup>95</sup>**

REGISTER TODAY FOR A DREAM VACATION - DRAWING THIS SATURDAY

# YOAKUM COUNTY Commissioners' Court



Commissioners Court met in special session Dec. 5 to open bids on copiers, accepting a bid from Lamesa Printing Company in the amount of \$5,970.

Bids were opened on two six-yard dump beds for Precinct 4 with the Fruehauf Corporation being awarded the lower bid in the amount of \$3,933 each for two beds installed to be paid from the 1989 budget.

Transfer of funds was approved to cover anticipated expenditures through December.

Court agreed to declare an emergency and transfer "over budget income" to the hospital fund in the amount of \$22,681.

Extra hire and disbursements were approved for payment. Accidental Death and Dismemberment coverage was added to the insurance coverage transferred from Massachusetts General to Great Southern Life effective Nov. 1.

Meeting in regular session Dec. 12, commissioners approved tax assessor-collector's report of taxes collected for November.

Bids were opened on the purchase of a new ambulance for Denver City EMS. The commissioners will study the bids with action to be taken Dec. 19.

Only one bid was received for crushed caliche for Precinct 4, that being from Ivan Demento Inc., of Amarillo. The bid was accepted and will be paid from the 1989 budget.

Extra hire and disbursements were approved for payment.

Architect Walter Pate discussed specifications for bids on hospital furnishings, introducing Carolyn Miller, interior designer who presented recommendations regarding furnishings, fabrics, vinyls, tiles, etc.

Commissioners agreed to advertise for bids for furnishings for the hospital with bids to be received Jan. 9, 1989 and awarded Jan. 16, 1989.

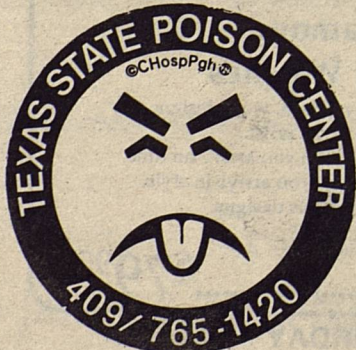
They agreed to declare an emer-

## Sales Tax Receipts Up

This year's sales tax payments to Texas cities grew 12.3 percent over 1987's payments, according to State Comptroller Bob Bullock.

Plains' payment increased 19.95 percent over last year, increasing from \$1,363.14 to \$1,635.09, for the same time period.

Year-to-date collections total \$24,643.83, compared to last year's total to date \$19,143.48, up 28.73 percent.



gency, amend the budget and make transfers to the hospital fund in the amount of \$69,000.

The commissioners agreed to authorize the county clerk to write a letter to Larry Combest and other representatives to protest the way local hospital is being paid for medicare patients and offer the solution that Yoakum County stating that they want equal treatment by being paid the same as larger hospitals.

The budget was amended to cover anticipated expenditures through December.



SANTA VISITING DURING FILMTIME

# The Montford family appreciate the opportunity to serve you once again in the Texas Senate



Debbie John Ross John Melonie Mindy

# Happy Holidays

Political advertisement paid for by John T. Montford Campaign, P.O. Box 1709, Lubbock, TX 79409



FILMTIME KIDS POSE FOR PICTURES WITH SANTA

## Santa Visits Filmtime

Santa was a special visitor at the Library at Filmtime this week. Mothers of the children attending brought cookies and candy for the party and all the children helped to decorate the cookies and everyone enjoyed seeing Santa.

Kathy Holster told the story of "The Birth of Jesus" and showed a film, "What Is Christmas?" which is also the story of the birth of Jesus. There are three Christmas films that may be checked out for an overnight viewing until Jan. 9, 1989. They include "Silent Night," "Trolls and the Christmas Express," "What Is Christmas?" A projector may be checked out to show the films.

A special thanks goes to Kathy and Mike Holster for their help with filmtime programs this past year.

Those attending were Ragan McGinty, Grady McNabb, Sean Holster, B.J. Lester, Kelby Johnson, Becky Coronel, Elizabeth Ramirez, Carmen Mendoza, Colleen Howard, Chelsea Blount, Elizabeth Clanahan, Keenan Hancock, Chelsi Wagon, Crystal Gar-

cia, Bradley Palmer, Kelly Bowers, Megan Williams, MacKenzie Winn, Jayce Clayton, Kayla Willis, LaRisha Whittaker, Jared Bell, Scotty Robertson, Nancy Koncaba, Morgan Kight, Billie Howell, Corey Kelton, Jeffrey Lollar, Jessica Knight, Kimberly and Sarah Martinez, Tiffany Canon, Megan Allsup, David Longoria, Jeremy, Joel, Joshua and Sara Horn, Chris McGinty, Keeper and Micah Clay, Elizabeth Wilmeth, Justin and Jordan Chambliss and Melissa Pittman.

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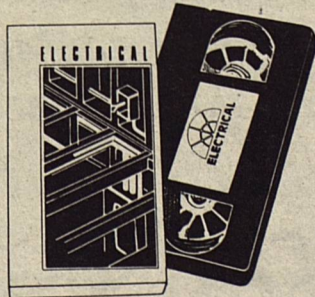
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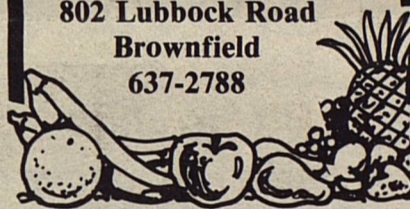
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**For Some People**

# Holidays Can Cause Depression

While December and January are filled with happy holidays, joyous family gatherings and exciting winter sports, some people find that they just cannot get into the festive spirit. For them, winter is something to be endured rather than enjoyed.

If you suffer from those "winter blues," you know the symptoms: fatigue, loneliness and the feeling that everyone in the world is happy except you. Many people experience an increased risk of depression during winter. One of the reasons is that the days are shorter, darker and frequently overcast. Bitterly cold weather may send

individuals indoors for much of the season.

Rux Hensley, clinical social worker in the psychiatric program of Methodist Hospital, offers the following "blues busters" to help alleviate depression and raise the spirits.

- Keep bright lights burning inside when you are home during the day. A bright fluorescent light is best, but any kind of light helps because it tends to simulate the sun.

- Wear light-colored clothing.  
- Get outside whenever possible.  
- Exercise. It is a natural mood lifter and helps fight fatigue. If it's too cold

for a brisk walk, why not jump rope, invest in a stationary bicycle or buy an aerobics videotape.

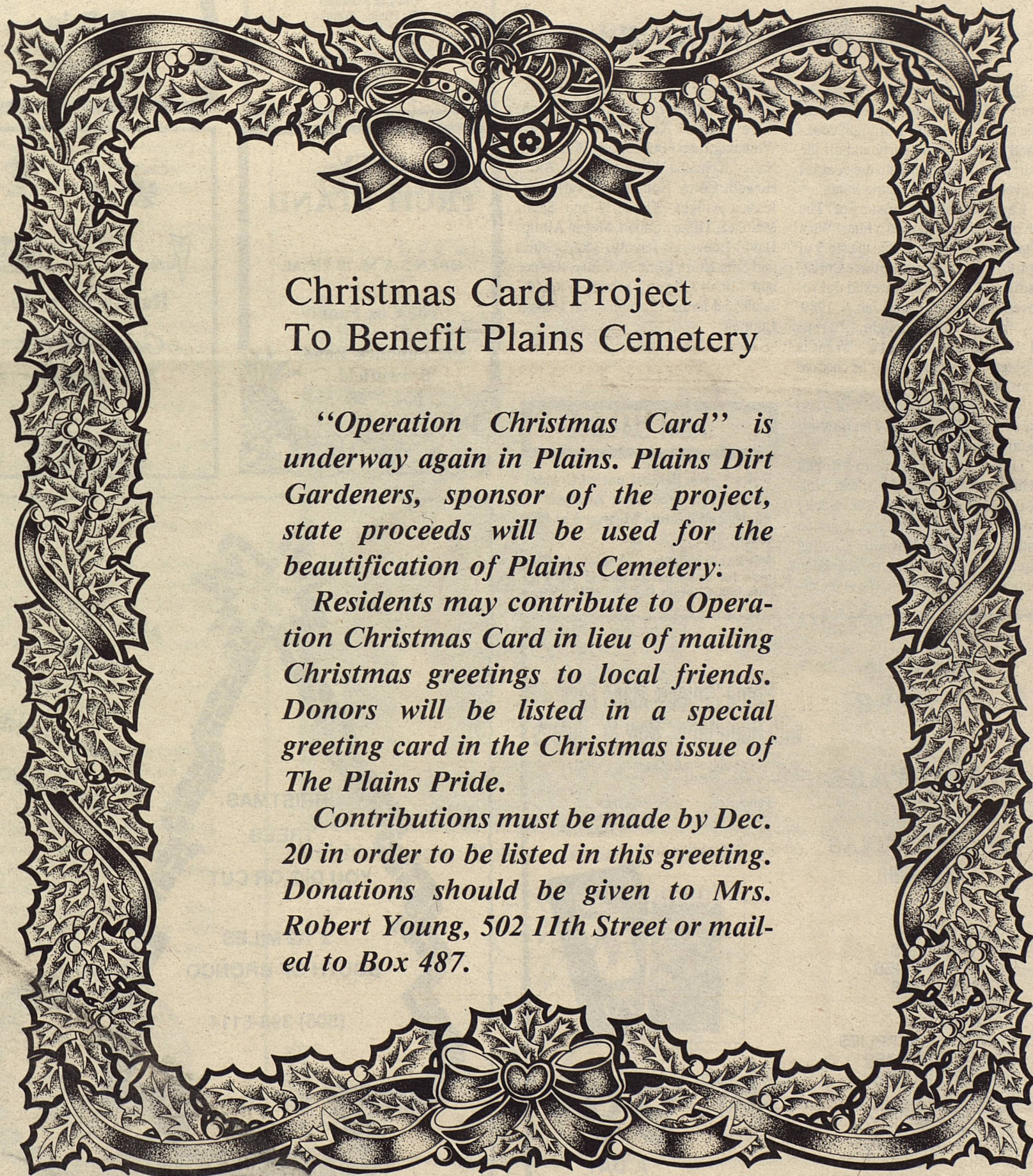
- Get the right amount of sleep. Both too much sleep and not enough sleep can aggravate depression and fatigue.

- Avoid overindulgence in alcohol and sweets.

- Do not take responsibility for all the holiday preparations.

- Take time for yourself every day. Read, take a walk or sit alone quietly.

- Ask for help if needed. If the winter depression is prolonged, severe or makes the life seem not worth living, get professional assistance as soon as possible. Help is only a phone call away.



## Christmas Card Project To Benefit Plains Cemetery

*"Operation Christmas Card" is underway again in Plains. Plains Dirt Gardeners, sponsor of the project, state proceeds will be used for the beautification of Plains Cemetery.*

*Residents may contribute to Operation Christmas Card in lieu of mailing Christmas greetings to local friends. Donors will be listed in a special greeting card in the Christmas issue of The Plains Pride.*

*Contributions must be made by Dec. 20 in order to be listed in this greeting. Donations should be given to Mrs. Robert Young, 502 11th Street or mailed to Box 487.*