

Meet Santa With Mixed Emotions



There were lots of smiles, but also lots of tears, when jolly old St. Nick visited with youngsters in his visit here on Dec. 13th. At the top, Lupe Villarreal III, son of Patrolman and Mrs. Guadalupe Villarreal, Jr., isn't quite sure about sitting on Santa's lap; next to top, Emelda Ramirez, daughter of Mr. and Mrs. Alex Ramirez, is also a bit uncertain about telling Santa Claus what she wants for Christmas; next to bottom, it took a lot of persuasion by an aunt, Shirley Seaborn, and a cousin, Kari Seaborn, to get little Sunny Gertson, daughter of Mr. and Mrs. Ralph Gertson, Jr., to visit with Santa; and at bottom, Santa coaxes Camille Ashby, daughter of Mr. and Mrs. Brock Ashby, to tell him what she wants for Christmas.

Common-Sense Checklist For The Common Cold

(By Donella R. Pantel
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It is "cold" season again with all the old common-cold problems, but most colds are combatable—especially if you use a "common-sense checklist" as ammunition. The "common-sense checklist" has three parts: understanding which treatments do not work, knowing basic

treatment tips and spotting "Call-the-doctor" signs.

No-Work Treatments
To understand which treatments do not work, understand the common cold first. Most colds are caused by a virus—called "rhinovirus." These tiny cells invade the body any time of the year, but late winter and early spring are the prime times

for colds, according to epidemic patterns.

Antibiotics, such as penicillin and tetracycline, do not work to cure the common cold, because these antibiotics cannot fight a virus.

To treat a cold, keep its symptoms in mind. They include watery nasal congestion, sneezing, sore throat, sinus pain, cough and fever.

Also, remember that colds usually last from just three to seven days—and a low-grade fever often occurs around the third day. Then follow these basic

treatment tips:

Stay Clean—personal cleanliness during a cold may help prevent the virus' spread to those around you.

Stay Warm and Rested—avoid excessively cold temperatures and over fatigue. Of course, you should also avoid getting overheated.

Drink Liquids More—make sure you increase the amount of liquids you usually consume.

Stop Smoking.

Use Oral Nasal Decongestant—if you need it to relieve congestion symptoms.

Take Aspirin—if you need it to relieve pain.

Check Your Temperature Every Day—to make sure it isn't too high. It should stay below 102 degrees.

'Call-The-Doctor' Signs

Although a physician usually doesn't need to know you have a cold, there are certain signs that tell you to call the doctor—to avoid serious complications, such as viral pneumonia.

Here are the danger signs:
* a temperature that stays over 101 degrees F. several

times every day.

- * an increase in throat pain.
 - * white or yellow spots on the throat or tonsils.
 - * chest pain.
 - * an earache.
 - * coughing that produces a green or gray sputum.
 - * no improvement by the fifth day.
- Call the doctor if you have one or more of these symptoms.

A giraffe's tongue may be one-and-a-half-feet long.

JOYOUS NOEL



Oh, the magic of Christmas! The tree's lights aglow, soft carols in the air, the gathering of family and friends—all contribute to the spirit of warmth and revelry. We wish you a Christmas filled with the old-fashioned joys of the season.

Lakeside Irrigation Co., Inc.

EAGLE LAKE, TEXAS

Joyous
Holidays



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a blessed,
happy
Christmas!

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and Public Transportation

CHRISTMAS
JOY



1980

And may the
new spirit of
the season
be yours this
Yule

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