

Local students included in newest 'Who's Who'

A total of 163 students from this area were included in the 35th Annual Edition of *Who's Who Among American High School Students*, 2000-2001.

Who's Who, published by Educational Communications, Inc., Lake Forest, Illinois, is the largest recognition program and publication in the nation honoring high achieving high school students. Students are nominated by high school principals and guidance counselors, national youth groups, churches and educational organizations, based upon students' academic achievement and involvement in extracurricular activities.

Traditionally, 99% of *Who's Who* students have a grade point average of 'B' or better and 97% are college bound.

The 35th Annual Edition of *Who's Who Among American High School*

Students, 2000-2001, published in 18 regional volumes, features over 750,000 students or just 5% of the nation's 15,000,000 high school students. They represent approximately 20,000 of the 24,000 public, private and parochial high schools in the U.S.

Who's Who students also compete for \$200,000 in scholarship awards and participate in the publication's Annual Survey of High Achievers, an annual opinion poll of teen attitudes. The book is distributed on a complimentary basis to up to 15,000 high schools, colleges, universities and public libraries throughout the country. To learn more about *Who's Who Among American High School Students*, visit www.honoring.com.

Local students selected include: from Altair: Reginald Ford, Jason Godley; Eagle Lake: Juan Barrow, George Castillo Jr., Juan Castillo,

Vera Cleveland, Andrea Contreras, Amy Donnelly, Charlotte Foster, Sarah Foster, Heidi Hammemiller, Matthew Hentzell, Rhonda Howard, Kristi Johnson, Thomas Lares, Natalie Lenard, Ashley Lopez, Rebecca Lopez, Chad Mahalite, Audra Marsalia, Corissa Mathis, Richard Mullins, Patricia Najera, Jeremy Ramirez, Belen Samaniego, Cleve Scott, Michael Sosa, Angel Strickland, Kayce Wilkerson, Eric Wood, Kevin York.

From East Bernard: Leslie Balderas, Cala Brown, Chelsea Harris, Dominique Hayes, Crystal Heimann, Elizabeth Hernandez, Tanisha Hicks, Leslie King, Joseph Koenig, Travis Konarik, Colleen Koecky, Derek Kopycinski, John Kopycinski, Nolan Kovar, Kaylan Kubicek, Klayton Lowery, Alex Matula, Larry Mayberry, Richard Mayberry, Samantha Montgomery, Robert Munoz, Brit-

tany Perez, Amanda Rabius, Wil Sru-bar, Jennifer Tate, Andrew Tovar, Ryan Trawick, Kristin Tucker, Andrew Vacek, Ashlynn Wicke.

From Garwood: Shelley Boenisch, Russell Cranek, Ella Edwards, Nathaniel Fitzgerald, Mark Hernandez, Dora Juarez, James Jurica, Amanda Kaiser, Lacey Lehrer, Stacy Schneider, Nicholas Sharp, Lori Smith, Danielle Spaniel, Kenisha Weeks, Eliazar Zepeda; Nada; Brandie Bartlett, Aimee Bubela, Kinsey Hoffman, Margie Leopold, Martha Rodriguez, Camille Staff, Brittnea Williams; Rock Island: Brian Harris, Felipe Rangel; Sheridan: Karl Alex, Leila Baggett, Steven Moore.

From Cat Spring: Alison Beers, Joe Canik, Jena Condra, Jennifer Eben, Ronni Glueck, Veronica Glueck, Kathryn Hill, Andrea Meyer, Rachel Meyer, Jessica Nelson, Jackie Peter-

son, Dawn Schindler, Karla Shilling, Julie Sodalak, Matt Sodalak, John Thuesen, Philip Truchard, Robert Truchard, Sandra Truchard.

From Columbus: Sarah Behlen, Blake Besch, Courtney Bolton, Adam Brandt, Natalie Brune, Nicole Busselman, Candice Cassell, Kari Christoph, Jacquelyn Connor, Amanda Corliss, David Darr, Ryan Darr, Anna Denton, Michelle Domengoni, Ryan Frnka, Julie Gordy, Samantha Hoelscher, Emily Hopper, Charles Janak, Terri Kouba, Sara Kunz, Denise Lewis, Matt Lilie, Matt Loessin, Patrick Milentz, Melissa Munsch, Donna

Murphy, Brandie Nawara, Lindsay Neuendorff, Cory Noska, Lynde Nevez, Whitney Olson.

Also, Cassie Parker, Kim Perrard, Christie Poenitzsch, Kaylee Robinson, Merlina Shorter, Russell Stewart, Vernon Teltschick, Brandy Tuck, Brian Venghaus, Zachary Venghaus, Richanne Waddle, Theresa Wagner, Russell Warschak, Laura Waura, Joshua Werland, Clayton Wessels, Jamie Wysocki, Jessica Wysocki, Eric Yearwood; Alleyton: Sarah Alexander, Cassidy Case, Kristen Freeman, Jeff Klaus and Priscilla Thompson.

TWU professor suggests age-appropriate gifts

By Dr. Gail Davis, Texas Women's University

When it comes to the holidays, buying gifts for elderly relatives or friends may require some extra thought. But a Texas Women's University (TWU) professor says choosing the perfect gift doesn't have to be a challenge.

Dr. Gail Davis, a professor of nursing at TWU's Denton campus, has conducted research in the areas of older adults, arthritis and chronic conditions, among others. Since many older adults are on a fixed income, it's a good idea to get them gifts they can actually use, such as sheets and towels, she said. However, she cautions against giving too much of a good thing.

"Older people usually get a lot of robes and slippers," Davis said, adding that too many of the same types of gifts can result in unnecessary clutter.

Personal photos always make nice gifts, but Davis said some older adults in smaller homes, as well as those in nursing homes, may lack the space to display the photos. Photo albums may be a better option, she said, adding that families with several children may choose to feature each child in his or her own album.

Providing material for a scrapbook the elderly can create themselves is another option.

Davis said she sometimes gives "fun boxes" as gifts. These boxes may include items to supply ongoing needs, such as stamps, cards, tape, vitamins, etc.

Davis, who teaches some courses involving osteoarthritis, recommends examining an elderly person's environment to determine if anything could easily cause a fall. In those cases, she said, a holiday gift could involve providing nightlights, non-skid rugs or helping to equip bathtubs with bars to hold on to or a seat for a shower.

If an older adult enjoys writing, Davis recommends giving them journals in which they can write their stories and thoughts. However, some may have to be coaxed into telling their stories.

"Sometimes, older people don't realize they have this wealth of information," she said, adding that loved ones may need to convince them that telling their stories is important. Keeping a record of these thoughts and events "makes a wonderful treasure for families to have, too," Davis said.

She also recommended the following gift ideas for older adults:

- Gift certificate to a favorite store or restaurant;
- Providing yard or housekeeping services;
- Magazine subscriptions;
- Phone cards;
- Memberships to gyms that have exercise programs for older adults;
- Books;
- Games;
- Magnifying glasses;
- Flowers or plants;
- A donation to their church or favorite charity.

Beating the holiday blues

By Dr. Sally Stabb, Texas Women's University

"Tis it really the season to be jolly? According to mental health experts, you're one of the fortunate ones if it is.

The holidays, in fact, are a time when many people feel lonely and sad instead of warm, fuzzy and joyful.

Those who feel down around the Yuletide season have what is often known as holiday depression—which is a pop culture term rather than a clinical one, according to Dr. Sally Stabb, associate professor of psychology at Texas Women's University.

The mere expectation that people are supposed to feel blissful around the holidays is a major trigger for the onset of the holiday blues, she said.

"There's a lot of pressure for everyone to get along and be happy," Stabb said. "This is exacerbated by media of unrealistically happy families, surrounded by wealth and good cheer.

"Realistically, families have all kinds of ongoing conflicts," she said.

Pressure to buy gifts, especially on a limited budget, also can make the holidays a stressful time, Stabb said.

People can feel obligated to buy things they really can't afford. The financial stress may be alleviated by talking to family members before the gift-buying season begins and being honest. Setting a per-gift spending limit (\$10, for instance) can be an effective method of spending control, Stabb said.

This year, in the wake of the horrific terrorist attacks on Sept. 11, the holidays may be especially difficult, she added. Anxieties about traveling are likely to be heightened, as are frustrating, long delays for airport security.

All of these factors can add to the stress many will feel, Stabb said.

Although holidays don't always amount to clinical depressions, Stabb said people should seek help from a mental health professional when a depressed feeling lasts for more than a couple of weeks and impairs daily functioning.

Psychotherapy or even medication may be required in more serious cases. The best prevention, however, is simply: plan ahead, Stabb advises.

"I think it's helpful for people to be

aware that those expectations exist," Stabb said. "Anything they can do on the front end would be helpful."

• Make arrangements with family members you'll be spending the holiday with an express any concerns or needs.

• Get some time alone every day during family gatherings, such as by taking a walk. Regular exercise is always a good depression fighter.

• Holidays can be especially lonely when a person is unable to spend it with family. Spend more time with friends and stay busy—possibly with volunteer work.

Or, people can take a vacation they've always wanted to take.

"People can remind themselves that it's a passing event," Stabb said. Stabb warns against buying into society's false notion that being alone on the holidays makes someone less of a person or a failure. "Just because other people say it, it doesn't mean it's true," she said.

Keeping an Eye on Texas

Railroad Crossing Safety

Between 1980 and 1999, nearly 7,000 people were killed or injured in vehicle-train collisions in Texas.

Collision Prevention

- Report malfunctioning crossing signals.
- Stop for all flashing lights, bells and gates.
- Remain behind lowered gates; do not drive around them.
- Always yield the right-of-way to trains.

Sources: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us) and the Railroad Commission of Texas.

Observando a Texas

Seguridad al Cruzar las Vias del Tren

Entre 1980 y 1999, casi 7,000 personas murieron o fueron lesionadas en Texas en accidentes entre un vehículo y un tren.

Como Prevenir un Choque

- Informe sobre las señales que no funcionan bien.
- Pare ante todas las luces intermitentes, el sonido de la campana y las barreras.
- Permanezca detrás de las barreras si están bajas; no conduzca su vehículo alrededor de ellas.
- Siempre deje pasar a los trenes.

Origenes: Carole Keeton Rylander, Contralora de Texas (www.window.state.tx.us), y la Comisión de Ferrocarriles.

Grants available to pay energy bills

Consumer Guidance has established a grant fund to help people who are having financial problems because of high energy costs.

This grant program is funded by private donations from corporations and private citizens who receive a tax exemption because of the organization's 501(c)(3) non-profit status granted by the Internal Revenue Service.

"Many people who are struggling with energy bills do not know that financial assistance is available from non-profit organizations and from the government," says Allen Nichols, Executive Director of Consumer Guidance. "We have established the Energy Help Grant Program and also publish a number of booklets to help

consumers who are struggling with rising energy costs."

Consumers can receive a free grant application and more information about other financial help by calling 202-595-1035 or visiting Consumer Guidance's Internet web site: www.ConsumerGuidance.org.

Corporations or individuals who wish to contribute to the program can send tax deductible contributions to: Consumer Guidance, P.O. Box 96051, Washington, DC 20090-6051.



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Hope You Had A Great Birthday

November 26th

Len Carson



From: Clara Carson, Xavier & Katrina Pratt (Houston, Texas), Tyson, Suede & Ms. Kitty

Views On Dental Health

YOU DON'T GET AN AWARD FOR PLAQUE

Take a look at your teeth in the mirror. Nice and white? Or yellowed, with deposits near the gumline?

Chances are, unless they've been cleaned recently, you've got a buildup of bacteria or plaque. This is the stuff that causes tooth decay and gum disease. You have to keep it under control if you want to keep your teeth healthy — just plain — keep your teeth clean.

Many people have their teeth cleaned every six months, when they have their regular dental checkup. A professional cleaning does a thorough job of removing plaque buildup. But plaque is something you have to fight ALL the time.

Your dentist or hygienist can show you how to do the best possible job in brushing your teeth to remove plaque. He or she can recommend the kind of toothbrush that's best for your teeth and gums and also show you how to use dental floss to remove plaque that forms between the teeth. Plaque is something nobody should ignore.

Presented as a public service to promote better dental health. From the office of JOHN B. MYRES, D.D.S., 700 S. McCarty Avenue, Eagle Lake, Texas 75840. 234-3525.

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There will be an information session at the Courtyard by Marriott (12655 SW Frwy. (Hwy. 59), San Marcos, Texas) December 3rd at 7:00PM. Come and learn about curriculum, campus life and admissions for the upcoming Spring and Fall 2002 enrollment. **PUBLIC INVITED**

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