

As We Live

Dwelling on Past Delights
Dulls Present Enjoyment

It is fun to reminisce about happy experiences of the past. At Christmas we recall how it was when we were children. We remember the excitement and fun of having the whole family come down stairs early in the morning to see what Santa Claus brought. We think of Christmas dinner with the assembled family—grandparents, uncles, aunts, and cousins, in addition to our own family.

At graduation time we recall the happy days of our own graduation, when we were the center of attention, when there were parties and festivities of some sort almost every minute of the day for weeks ahead of the big event. We think back to the new clothes, the flowers, and all the gifts we received.

Why shouldn't we enjoy these happy recollections? Why should we put them in the storehouse of our memories, never to savour the pleasure of recalling the "good old days?"

Within limits and with caution we can bring them out from time to time. The important thing is not to allow our imaginations to run rampant, embroidering them so that they are out of all proportion to the reality they represent.

Interferes With Happiness
Too much dwelling on happy memories as well as on unhappy ones interferes with our happiness and our adjustment to the present. If, for example, today's circumstances make our Christmas celebration very different from what they were when we were children, how can we enjoy the holiday if we are constantly thinking about how Christmas used to be?

And how can we adjust successfully to the duties and responsibilities of adult life if we think too much about the fairytale weeks of graduation when the whole world seemed to revolve around us?

LETTERS FROM READERS
Let-down feeling: "After every party or holiday celebration, such as Christmas, I have a let-down feeling that makes it hard for me to do things for a day or two. Is this normal?"
(A) It is perfectly natural to have a let-down feeling after some special event. You get keyed-up and excited, you work hard in preparation for it, and you are naturally physically and mentally tired, if not exhausted, after it is over. Your body needs rest, and that is why it is necessary to push yourself to keep up to your usual speed and output, it is wise to take it easy

By ELIZABETH HURLOCK, PH.D.

until you feel that you are back to normal.
Masculine disorderliness: "My husband is extremely careless about his clothes and possession, and so are my two sons. Is this a masculine characteristic?"
(A) No, some men are neat as pins, while some women are as disorderly as your husband and sons are. It is all a matter of training. If you picked up and put away, under lock and key, the things your family left lying around and required them to pay a small "fine" to get them back, I think you would find they would get over being disorderly in a very short time.

Changeableness: "I notice my daughter, age 15, is very pleasant and charming with outsiders, but very disagreeable and complaining at home. I can't understand it."

(A) You daughter has learned that she must be agreeable to outsiders if she wants them to like her. At home she has discovered that she can be disagreeable and get away with it. Within limits, you expect people to show their bitter sides to outsiders. But they should occasionally show them to the family also. Don't do things for her when she is disagreeable, and this will motivate her to be more pleasant.

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Europeans working in U.S. Army maintenance shops in Germany use scrap metal to manufacture bolts and other small parts needed each day.

Eagle Point

Eagle Point—The usual spirit of gaiety at the holiday season was lowered by the recent tragic death of one of our respected citizens, Norman A. Dunford, and of a former resident Fred J. McPherson of Medford. One died just before Christmas, the other before New Year's. The deepest sympathy of the community is extended to the bereaved families.

Mr. and Mrs. Otto Nagel, Eagle Point, went to Phoenix, Ariz., recently, where they will spend about a month soaking up some of the Arizona sunshine.

Mr. and Mrs. Mike Heckenberger, Eagle Point, spent Christmas and New Year's in Eugene and Portland with relatives and friends.

Mrs. Don Ashpole, Eagle Point, is recovering rapidly from her recent illness.

Mr. and Mrs. Frank Chamberlain are still in Seattle, Wash., where they were called just before Christmas by the serious illness of their son Charles, who is still in a critical condition.

Several large family gatherings were held here at Christmas time, including Mr. and Mrs. Ed Chamberlain with 33 present; Mr. and Mrs. Ted Hoffman with 13 on Sunday and 20 on New Year's day; Mr. and Mrs. Orvil Henderson with 13 on Christmas day and 10 the following day. Visitors from a distance were Mr. and Mrs. Jack Chamberlain and family of Fortuna, Calif.; Mr. and Mrs. Dale Burns and family of Redding, Calif.; Mr. and Mrs. Al Barr, Sacramento, Calif.; and Mr. and Mrs. J. W. Ferren of

Oakland, Calif.

S/Sgt. Darrell Newstrom of Travis Air base California and girl friend Miss Helen Larison of Vallejo, Calif., spent Christmas here with Sgt. Newstrom's aunt, Mrs. Augusta Perry.

Mr. and Mrs. Lindsey Tibbitts and family, Eagle Point, returned Jan. 6 from a three week trip to their old homes in Arkansas and Oklahoma, returning south through California, stopping over at Van Nuys, Calif., to call on Mr. and Mrs. William Lang and family who are former residents.

Mr. and Mrs. Louis Corwin and family of Phoenix were dinner guests of Mr. and Mrs. S. F. Smith, Eagle Point, on New Year's day.

Mrs. John Walch of Lake Creek is staying with her daughter Mrs. Gerald Hanson of Brownsboro while she needs to go to Medford for medical treatments.

Mr. and Mrs. Bertland Stanley and family of Fort Klamath spent Christmas here with Bert's mother, Mrs. Gertrude Stanley, returning home the same day.

Boy Scouts

TROOP NO. 1

Eight members of Boy Scout Troop No. 1 passed the board of review held Wednesday at Sacred Heart church parish hall. There were Brooks Baumer, Dan Campbell, Arthur Irving, Dan Roushler, Charles Stacey, Tony Zeidler and Ken Wise, all second class, and Herb Green, first class.

Almost 70 per cent of U. S. National Guardsmen are between the ages of 17 and 21. Less than five per cent are over 35.

TESTS SET AT GOLD HILL

Gold Hill—Tuberculin skin tests will be offered students of Gold Hill school on Jan. 18 by the Jackson County Health Department.

These tests are given to determine whether or not students have been in contact with an active case of Tuberculosis. There will be no charge. Parents' permission must be granted in order for a child to receive this test.

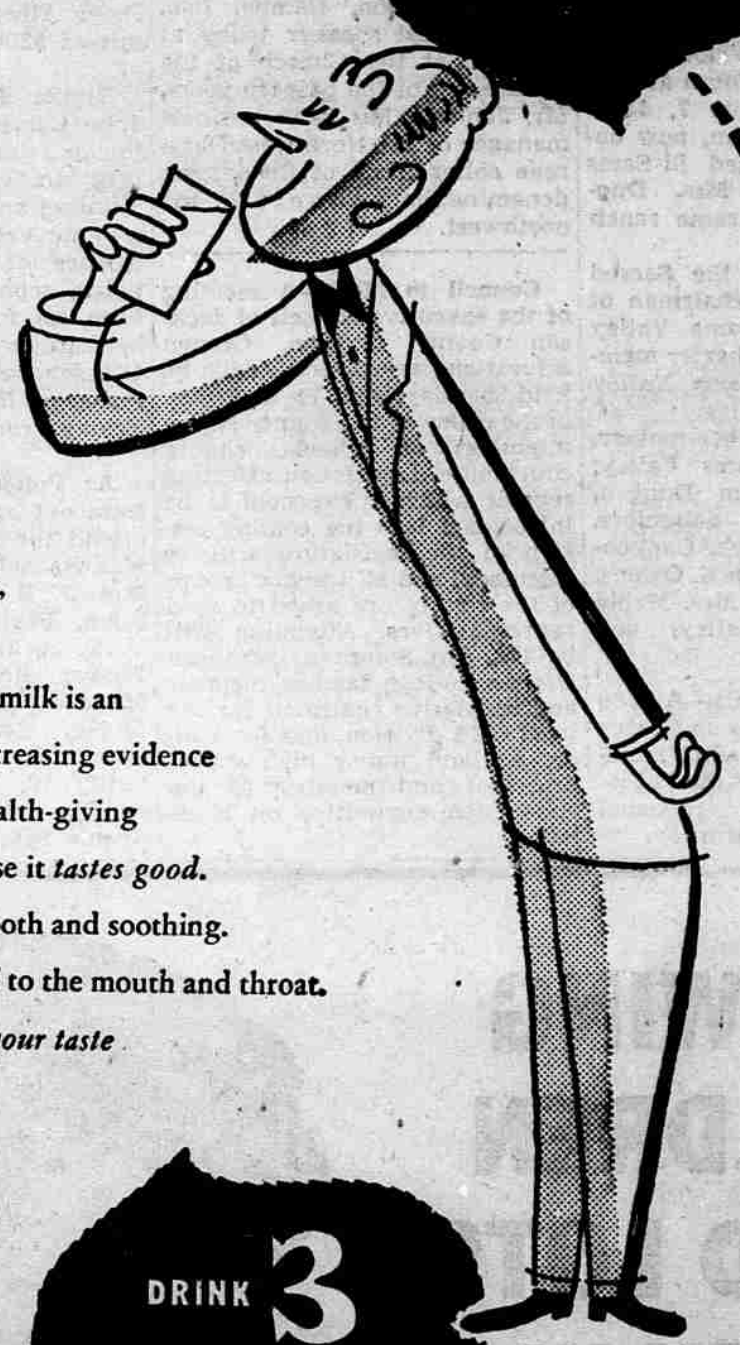
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To speed the drying and shaping of sweaters, place them on a turkish towel and press out the excess moisture with a rolling pin.

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By Jimmy Hatlo

COACHIE GIVES THE BOYS THIS NICE LINE OF CHATTER WHEN THEY COME OUT FOR THE TEAM...

BUT WHO IS IT THAT BLOWS HIS BOX TOP IF THEY DON'T WIN? GIVE A LOOKY!

AND REMEMBER IT'S ONLY A GAME--IT'S NICE TO WIN--BUT WINNING ISN'T THE IMPORTANT THING--SPORTSMANSHIP IS WHAT COUNTS--HOW YOU PLAY THE GAME--

NO-NO-NO!! YOU JERK! COVER YOUR MAN! SINK IT! OH, YOU ROBBER!!



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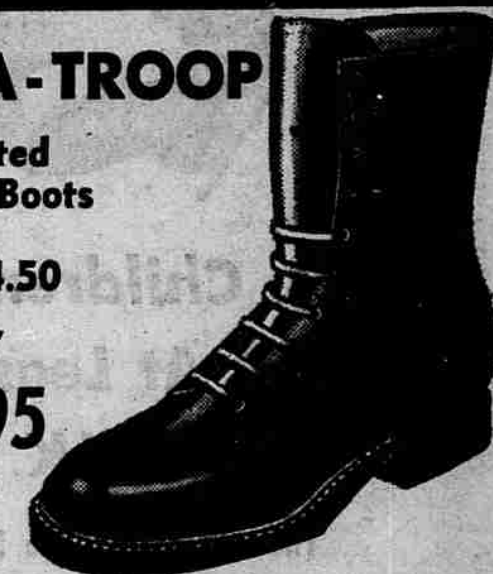
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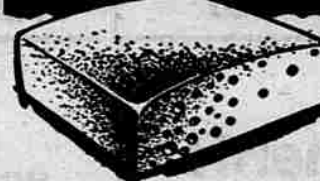
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