

# Beat those holiday blues by getting involved

By JoANNE J. FALLS  
Agricultural Extension Agent

After the holidays people suffer from the anti-climax of the season. Often, this means a time when people realize all the money that they have spent and all the bills that have to be paid, and a time when all the beautiful holiday decorations will have to be dismantled. Often this creates low spirits.



Falls

To divert one's attention, start getting involved in other projects, activities and chores.

This is a good time for the family to write prompt thank-you notes for presents. Writing at once to acknowledge a gift serves two purposes: It helps the giver appreciate the prompt thoughtfulness, and it's easier for the receiver to respond promptly rather than to continue to put it off until later.

Make sure in putting away your holiday decorations that you put them away with care.

Take care of your ornaments by layering them in a box and putting tissue paper between each layer. There are boxes which can be pur-

chased. For smaller ornaments, use egg cartons. Take care of bows by making sure they will not be crinkled or smashed. If you are storing a large bow, hang it on a coat hanger and put a clear plastic dry cleaner's bag over it.

Holiday lights should be stored in the boxes in which they were purchased. Also, there are plastic reels that can be purchased for this purpose. The proper storage of your decorations can save you money and time in years to come.

After the holidays is a good time to buy decorations, since they are on sale.

Now is the time to write a list of things you need to do for next holiday season so you can work on these plans throughout the year.

Purchase gifts throughout the year during sales. By planning and working toward your holiday goals throughout the year, you will save money and take the rush out of holiday activities. This will help you to relax and enjoy the holidays more.

## BRIDGE NEWS

### Overall local winners honored

By RUDOLPH V. BOONE SR.  
Special to the Chronicle

Since there were no club games played during the previous week, the writer of this column took advantage of the time and opportunity to research the past 43 weekly articles to determine who emerged as the top local game winners.

This series began Feb. 27. The criteria on which these conclusions were based are (1) all wins are local (Winston-Salem Duplicate Bridge Club — Tuesday nights, Kings and Queens Duplicate Bridge Club — Thursday nights and the Monday games); (2) points were given as follows: first place, five; second place, four; third place, three; fourth place, second; and fifth place, one. The number of tables determined how many places were allowed.

(3) Local club-sponsored tournaments were included.

(4) Individuals played with various partners from time to time.

(5) Pairs were those who played regularly together.

(6) The writer is limiting the lists to (a) the top 10 individuals and (b) the top five pairs, combined points of individuals in a pair.

#### Top Ten Individual Winners

1. Inez Gerald — 133 points
2. Reginald McCauley — 121
3. Irma Gadson — 91
4. Rudolph V. Boone Sr. — 79
5. Dr. Monica Lett — 72
6. Sarah J. Boone — 70
7. Pauline Caldwell — 67
8. Billie Matthews — 51
9. Dr. Rosetta Hauser — 50
10. Mavis Lloyd — 48

#### Top Five Pair Winners

1. Inez Gerald & Reginald McCauley — 254 points
2. Irma Gadson & Monica Lett — 163
3. Rudolph & Sarah Boone — 149
4. Rosetta Hauser & Billie Matthews — 101
5. Waldo & Marjorie LEster — 78

Congratulations to all of these players for their win records in 1989.

Both local clubs resumed play schedules immediately following New Year's Day. Pairs will be sharpening their skills for the annual Triad Bridge Unit's Grade A Tournament, scheduled for Feb. 9 to 11 in Greensboro.

The Monday Day game will be held at 2:30 p.m. Jan. 8 at the Carl H. Russell Recreation Center.

USDA Choice Beef  
**BONELESS CHUCK ROAST**  
**\$1.98** Lb.

Fresh Daily - 75% Lean  
5 Lb. Pack Or More  
**GROUND BEEF**  
**\$1.28** Lb.

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
7	1	2	3	4	5	6

Prices in this ad good Monday, Jan. 1 thru Sunday, Jan. 7, 1990.

Fresh Daily - 80% Lean  
Ground Beef... Lb. 1.78

Holly Farms-Grade A Family Pack  
**CHICKEN BREAST**  
**\$1.28** Lb.

Snow White  
**CAULIFLOWER**  
**99¢** Head

U.S. No. 1  
**WHITE POTATOES**  
**\$1.79**  
10 Lb. Bag

**DELI BONUS BUY!**  
Gourmet  
**TURKEY BREAST**  
**\$2.99** Lb.

\*Good at deli/locations only.\*

Washington State  
**ANJOU PEARS**  
**69¢** Lb.

12 OZ. / 6PK NR  
**OLD MILWAUKEE LT**  
**\$2.69**

**2 Liter DIET PEPSI COLA**  
**79¢**

Fresh  
**GREEN BROCCOLI**  
**89¢**  
Bunch

## EXTRA LOW PRICES...EVERYDAY!!!

<p><b>BUY ONE, GET ONE FREE!</b> Buy one box of Total Oatmeal (any flavor), get another box of Total Oatmeal (any flavor), FREE at the checkout. Good weeks of Jan. 1 - 7, 1990. Only at <b>FOOD LION</b> Supplier code: 11963900</p>	<p>7 Oz. - Elbow Macaroni/Long &amp; Thin Spaghetti/Vermicelli <b>CREAMETTETS PASTA</b> <b>3/99¢</b></p>	<p>7.2 Oz. - Combination/Sausage/ 7 Oz. Pepperoni - Frozen <b>MR. P's PIZZA</b> <b>59¢</b></p>	<p>Half Gallon - Frozen <b>FOOD LION YOGURT</b> <b>\$1.99</b></p>
<p>32 Ounce <b>DEL MONTE CATSUP</b> <b>89¢</b></p>	<p>16 Ounce <b>VEG-ALL</b> <b>2/99¢</b></p>	<p>6 Ct. - Plain/10 Oz. - Cinnamon Raisin/12 Oz. - Onion <b>LENDER'S BAGELS</b> <b>79¢</b></p>	<p>6 Pack - 4 Oz. Strawberry-Blackberry/Blueberry-Raspberry/ Strawberry-Banana <b>LIGHT N' LIVELY YOGURT</b> <b>\$1.69</b></p>
<p>16 Oz. - Pintos/15 Oz. Dry Blackeye Peas <b>BUSH BEANS</b> <b>3/99¢</b></p>	<p>200 Ct. - White Facial <b>SCOTT TISSUE</b> <b>89¢</b></p>	<p>65 Oz. - 60° Off Automatic Dish Detergent <b>CASCADE LEMON</b> <b>\$2.79</b></p>	<p><b>FOOD LION</b></p>

There is a Food Lion conveniently located near you:

4828 Country Club Road 1236 Waughtown Street 635 Peters Creek Parkway	7760 Silas Creek Parkway at University Parkway 3604 Reynolda Road	3505 N. Patterson Ave. in Northside Shopping Center	550 Claremont Ave. Lewisville-Clemmons Road - Clemmons	Shallowford Road - Lewisville 100 Bermuda Quay in Bermuda Quay Center - Advance	703 Jonestown Road in Westchester Plaza
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