

Think about giving, not getting

With the hustle and bustle of the holiday season, along with advertisements in the media and long lists of wants, it is easy to be thinking more about getting stuff than about the true meaning of giving.

With all the commercialism during this time of year, it is important to remember that presents are just things and that real holiday gifts come from the heart and symbolize the love and caring between people.

Gifts don't have to cost a lot of money and can be used as an impetus for changing the focus of the season for all ages. Grandparents will be enthused about a gift of personal artwork from small children, as would the residents of a local nursing home or care facility, who could use some holiday cheer.

Consider giving a gift that lasts all year, such as mowing the neighbors' yard and shoveling their snow



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- plain sense

or becoming a pen pal to someone overseas in the military.

The true spirit of giving comes with the action, not necessarily with the cost or value of the item. True giving should be unconditional; there should be no expectation of getting anything back.

Discussion and thought should go into the reasons people exchange gifts and the symbolic importance of giving and receiving.

Giving, compassion and gratitude are closely related. Not only do people make someone else feel good through the act of giving, they

also experience a good feeling in return.

Studies show that people who give of their time in volunteer work for others tend to

have positive attitudes, good health and strong relationships with family and friends.

Contributed by Karen Beery, manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

matters of record

District Traffic

The following fines were paid in the Sherman County District Court:

July 24 — Glenn P. Ford, fines reinstated \$120 for speeding.

July 26 — Ruben Rodriguez, fines reinstated \$66 for speeding and \$120 for unlawful acts with vehicle.

July 29 — Audria J. Small was fined \$177 for speeding.

July 31 — Martina L. Hernandez was fined \$285 for liquor; purchase/ consumption alcoholic liquor/ CMB by minor.

Aug. 1 — Molly R. Kaufman was fined \$150 for speeding.

Aug. 2 — George M. Cooper Jr. was fined \$120 for speeding and \$10 for no seat belt.

Aug. 6 — Stanley L. Green, fines reinstated \$186 for speeding.

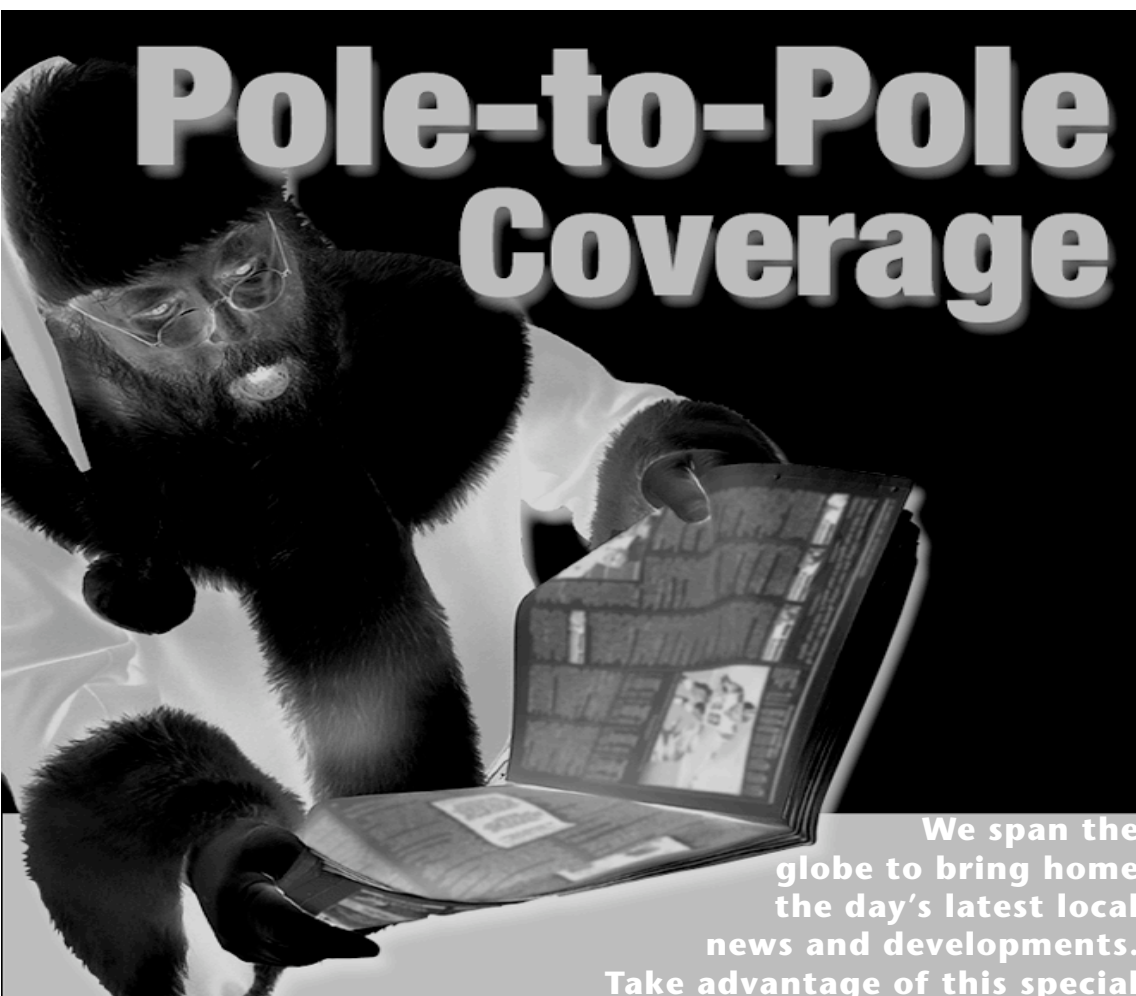
Amy K. Mason was fined \$138 for speeding.

Martin Ramos-Montes was fined \$231 for speeding and \$20 for child passenger safety no restraining systems and seat belts.

Aug. 10 — Joseph S. Schaeffer was fined \$132 for speeding.

Aug. 13 — Donald Wayne Keith Jr. was fined \$246 for over weight limits on wheels and axles.

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