

# Ask your doctor if being merry is right for you

Studies show that for people from age one to 92 being merry can be good for the heart and soul.

If you need help getting in a merry mood, come out to Main Street Saturday for the 50th annual Rainsville Christmas Parade starring the Plainview High School Band, the Sylvania High School Band, and Santa Claus. It will start at 1:00 o'clock.

The Rainsville Civitans will serve free hot chocolate and coffee in front of the Bevill Center before, during, and after the parade, while it lasts.

It always amazes me to see thousands of people—about half of which are little children with little red cheeks wearing little parkas—lined up on Main Street for the parade.

We do it for the little ones. For the 50th time in Rainsville, the people who build the floats, drive the fire trucks, ride the horses, and throw out a ton of candy will be doing it for the little ones.

I thank all the above for the effort, and the Rainsville Police Department for all they do on parade day.

While I'm thinking about thanking people, I would like to thank everyone who helped make our recent dessert contest, chili supper and auction successful. A big "thank you" goes out to the 50-plus businesses that donated cash or merchandise for the auction, the persons who donated cakes and chili, the auctioneer Roger Burton and his helpers, the persons who bid, the 28 persons who competed in the contest, and a couple dozen volunteers including my wife, the dessert judges, Chamber board members, as well as councilmen Taheri, Lingerfelt, and Bobo.

It is time for nominations for the Chamber's board election. I have a few already, but I need more. Any employee at any member business can seek a place on the board.

It is also the time of year for nominations for the 2010 Rainsville Person of the Year award.

When you read this, there will be less than 22 shopping days left until Christmas. The Chamber reminds all citizens there are 46 Chamber-member businesses in the Rainsville area where you can find Christmas gifts.

If you need help locating local

gift ideas, or if you need more information about the parade, the Person of the Year, or the Chamber board election, you can contact me at 638-7800,

or [timeberhart@farmerstel.com](mailto:timeberhart@farmerstel.com).