

Dear Plain Sense: My 83 year old mother will soon be moving from her house to a retirement center. She has been very lonely since my dad died last year, and she seems to be looking forward to living where there are others around, as well as living closer to two of her sons. What do we need to be aware of in regards to her mental health?

In regards to aging, each person is unique and individual. The onset of dementia or Alzheimer's is always a concern, thus it is important for her to continue to see her family physician on a regular basis, and to take good care of her physical health.

Feeling lonely can certainly lead to depression. The fact that she is looking forward to this change is a good sign. Someone who is depressed often loses hope for the future, isolates themselves, and has a difficult time moving on.

Some people adapt to changes,

High Plains Mental Health

Karen Schueler

including moving into a different residence, better than others. It can be difficult to move from a house where one has raised a family, and to leave behind those memories. However, having familiar furniture, pictures and mementos in the new location will help a great deal.

The staff of retirement homes are usually very observant of the residents, and should let family members know of something to be concerned about, so make an effort to get to know them and to stay in regular contact.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents can be so difficult

to get along with, that they have alienated their children, and often end up very isolated from family members, as well as others in the community.

It sounds like your mother has the support and involvement of her children, which will be to the benefit of everyone.

(Contributed by Karen D. Schueler, MS, LCPC, Director, PEO - Prevention, Education and Outreach 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, PEO-Prevention, Education and Outreach Department, 208 East 7th, Hays, KS 67601. Questions will be formatted and answered in a manner that insures confidentiality. Internet site: www.highplainsmentalhealth.com.)

3-2-1A state wrestling live on television

Smoky Hills Public Television plans to telecast the Kansas State High School Activities Association's 2009 3-2-1A Wrestling State Championships live from Fort Hays State University's Gross Memorial Coliseum in Hays on Friday and Saturday.

Friday's live coverage of the quarter-finals and semi-finals competition will run from 1:30-7 p.m. and Saturday's live coverage of the championship finals will air from 4-7 p.m.

The station also will present a taped, delayed encore broadcast of the finals at 1 p.m. on Sunday, March 1.

The announcement was made by Lawrence Holden, general manager and chief executive officer.

Former state champion Troy Reitchek of Topeka will handle the play-by-play announcer duties with Mike Holliday of Eagle Radio, Hays, as color commentator for the broadcasts.

This marks the 26th consecutive year Smoky Hills Public Television has broadcast the state competition, and the sixth year for live coverage of the quarter-final, semi-final and final rounds.

Smoky Hills has won numerous awards from the Kansas Association of Broadcasters for its 3-2-1A state wrestling coverage over the years, including eight first place awards for the best non-metro sports production.

This past year Smoky Hills Public Television was recognized as Media of the Year for its cover-

age of 3-2-1A state wrestling by the Kansas Wrestling Coaches Association.

"Smoky Hills Public Television recognizes that celebrating the best of Kansas community life reinforces the values that hold our communities together," Holden noted, "Certainly high school activities are an important part of that equation."

"Media coverage of the 3-2-1A state wrestling event is well deserved by the participants, coaches, schools and communities," Holden added, "And Smoky Hills Public Television looks forward to providing that coverage."

DVDs of the station's broadcast of the competition will be available by contacting Malinda Walker at 1-800-337-4788 or 785-483-6990, or by email to sports@shptv.org.

Jobless assistance

(Continued from Page 1) they have actual certifications. They can match a person to an employer or to a training program," said Miss Becker.

Economic development also maintains a website, www.discovernorton.com, under the "employment" tab, which has job listings posted by type of job, such as skilled work, farm or agriculture, office or clerical, and nursing.

The job listings are updated whenever a new position is called into the office, and after *The Telegram* is printed.

"We list jobs within 30 miles of Norton," said Verla Grysch. "Anything that people living in Norton can comfortably drive to."

Students tested

(Continued from Page 1) last year, testing in reading, science and math were:

Casey Ambrosier, Adrianna Ankenman, Andrew Bashford, Adam Baughman, Kyle Bell, James Berry, Philip Boutwell, Hailey Branek, Audrie Burge, Cayanna Campbell, Evan Chambers, Michael Cliff, Jesse Courtain, Taylor Dicks, Weston Erbert, Sylvia Estes, Brandon Frack, Morgan Griffey, Alexis Hartwell, Ward Hayes, Cameron Heikes, Dawn Herring, Rachel Jones, Michael Kasson, Luke Keilig, Dillon Lawson, Gavin Lively, Molly Maddy, Devon Mannel, Lauren Mordecai, Audrey Morel, Shelby Mulford, Raenee Patterson, Dalton Pfannenstiel, Quinton Porter, Peyton Renner, Valery Rostek, Michaela Sorenson, Kristen Stewart, Chandler Sumner, Lexi Voss, Quentin Wente and Jonathan White.

4th graders who received Exemplary on the state assessments they took last year, testing in math and reading were:

Trae Braun, Shania Burns, Kendra Cadwalader, Brian Clavijo, Caitlyn Cox, Colt Dunaway, Will Ellis, Maverick Engel, Jacob Green, Caleb Gregerson, Nate Hartwell, Tyus Henson, Mitchell Hickman, Tyler Karabin, Levi Kendall, Macayla Kent, Gia Laurin, Connor McVay, Miah Melvin, Baylee Miller, Layton Miller, Josephine Otter, Treianne Park, Landon Porter, Jena Risewick, Taylor Wahlmeier, Brianna White, Harrison Woodyard and Trenton Wright.

"I'd encourage people to go visit the hog farms, it is a much different atmosphere than you may expect" said Miss Becker. "If someone enjoys agriculture or animals it might be a good place for them to work."

Economic development can also help people start their own businesses.

"It is a lot of work," said Miss Becker. "The first step is a business plan, which we can help with. We can connect people to classes through the Small Business Center in Hays and Colby, to include business management classes. Economic Development also has small continuing education scholarship funds for those who want to start a business and need to upgrade skills they already have."

"We have a good relationship with the other service providers and can assist people with navigating through the system.

Perhaps the best first step is making an appointment so we can discuss which programs are the best fit for your situation, so you do not have to find your way alone," she said.

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in need of repair at the Norton Sale Barn on Thursdays from 10:00 a.m.-2:00 p.m. beginning February 26 and returning them the following Thursday, March 5. We also Repair Saddles and Tack. We will continue this each Thursday unless the weather is bad.

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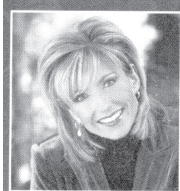
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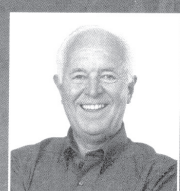
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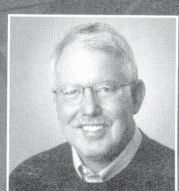
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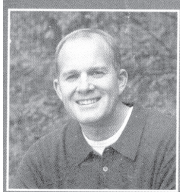
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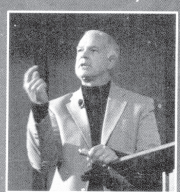
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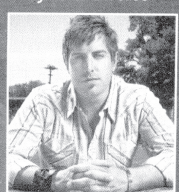
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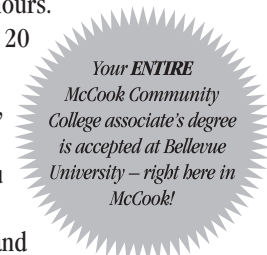
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