

Op-ed

Too much TV linked to depression

Child mental health experts, for many years, have been concerned about children and their television viewing habits. The most common concern has been when parents or caregivers do not monitor the type of show watched by their children. For instance, it is believed that if children watch a lot of violence on tv, they may become numb to violence in general, or may think that it is OK to be aggressive to solve real life problems.

A study in the February 2009, *Archives of General Psychology* explains that watching too much television as a child may contribute to depression in later years. Researchers at the University of Pittsburgh and Harvard Medical School looked at the media habits of 4,142 healthy adolescents and calculated that each additional hour of tv watched per day increased the odds of becoming depressed by eight percent.

Interestingly, other forms of media such as playing computer games and watching videos did not appear to increase the risk of depression.

The participants were followed

High Plains Mental Health

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over the course of seven years, beginning in 1995 when they were either in junior high or high school. At that time they reported, on an average, watching tv for 2.3 hours, watching videos for 37 minutes, playing computer games for 25 minutes, and listening to the radio for 2.3 hours.

When the subjects were interviewed again in 2002, 308 of the participants met the criteria for depression. Teens who became depressed, on average, had watched 22 more minutes of tv each day compared to those who did not develop the disorder. As with any correlation study, the results can not prove that watching tv actually causes depression, but it does show that there is a significant relationship between these two variables.

Some possible reasons for this association are that watching tv cuts into time that could be spent participating in after-school ac-

tivities or other active interests. It is also possible that tv watching may have replaced or interfered with sleep for these youth, which is another factor that is very important for cognitive and emotional growth. As compared to watching videos or playing computer games, watching tv shows is very time-consuming, all-absorbing, and includes a great deal of advertising. For teenagers, these ads may play a role in making them feel more inadequate or useless. Regardless of the reasons, it appears that parents should be concerned how much daily tv their teenagers watch if they want to help them avoid depression later in life.

(Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department. The views expressed 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 Department, 208 East 7th, Hays, Kan. 67601. Questions will be formatted and answered in a manner that insures confidentiality.)

Lenora's link to NFL football

(Continued from Page 1)

us," said Mike Zierlein, one of Larry and Marcia's three grown children. "I love my dad but my mom has done all the sacrificing and compromising."

Lance, their other son, is a morning co-host at KGOW and a Chronicle blogger.

"Mom never put herself first when there were times she should have," he said. "It wasn't until I was a dad that I realized what an unbelievable mom, wife and woman she was and still is."

For many of Larry and Marcia's four decades together, money and job security were in short supply.

They began at the smallest of high schools and now find themselves working for the NFL's most respected franchise.

And coaching a team in Super Bowl XLIII. One victory Sunday would mean the world to them. Yet it wouldn't erase all those miles, all those hundreds of practices in sweltering heat or bone-chilling cold, all those players they can still remember by name.

Those things don't need jus-

tifying because Larry loved it. He didn't do it to get to the Super Bowl.

"He has dedicated his life to this," Marcia said. "He's a great coach and a great person."

Maybe it's the memories of her sacrifice that bring the tears. There's no life quite like that of a coach's wife.

That's the point of this column. It's not another tribute to coaches but to the people off the stage.

Support begins at home
Words like dedication and selfishness don't apply exclusively to players. Sometimes the people who care the most and pay the highest price are the ones no one knows.

There are hundreds of women out there like Marcia Zierlein. They're the ones who help with the math homework, break up the fights, buy the sneakers and cook the meals.

"My attitude is that Larry and I are a team," Marcia said. "When he has an opportunity, we go. Sometimes, you have to put some of your stuff on the back burner."

One day last week, as Larry worked 16-hour days in preparation for Super Bowl XLIII, he kidded his wife.

"You've got a great life," he said. "You spend 24 hours a day alone."

She doesn't actually. "Well, we do sleep in the same bed," Larry said. "But I come home so late that I go right to bed and then I'm up early the next morning."

Larry and Marcia Zierlein began as newlyweds at Fort Hays State in 1970 and haven't lived in any of their 20 homes longer than six years. There was Abernathy High School, Lamar Consolidated, University of Houston, Washington Commandos, Tulane, New Jersey Knights, LSU, Tulane, University of Cincinnati, Cleveland Browns, Buffalo Bills.

Two years ago, he joined Mike Tomlin's new staff in Pittsburgh.

Marcia was a working mom for their first 30 years. She has been a librarian and a teacher, worked in banks and law schools and for temp agencies.

Oops! Jim grabbed wrong thing

During the almost 15 years of our marriage, Jim and I have had an ongoing debate regarding the pros and cons of using old cottage or butter tubs for storing leftovers. Recently, we had such a discussion with the end result the same. Jim thinks they are economical. I hate them. You can't see what's inside and can never find a lid that fits. With the advent of recycling in our town, he can't even say they are bad for the environment.

Saturday night, Jim fixed supper for himself and his son, James. Following their meal, Jim promptly stored the leftovers in a sour cream container.

Sunday, we had guests for dinner and served sour cream as one of the condiments.

Monday morning Jim had to leave very early for work and I hadn't fixed him any lunch. He grabbed a few things out of the fridge and went out the door.

Later that morning, James and I had been working on some of our many projects when I said we needed to take a break for lunch. We planned to have burritos with green chile gravy and sour cream. But, when I opened the sour cream container, I was greeted by beef stroganoff.

"Uh, oh," James said. "Dad was planning to have that for his lunch today. I bet he got the sour cream."

Remembering our recent con-

Out Back

Carolyn Plotts



versation, he added, "Man, that's poetic justice."

"Oh, yes it is," I agreed. "And, too good to pass up."

I dialed Jim's number and when he answered, I asked, "Have you had your lunch yet?"

He said he had and I continued, "How was it?"

"Are you getting funny with me?" he asked. "You know what happened, don't you?"

"Oh, yes I do," I confirmed. "Darn," he said. "I hoped I could sneak it back into the fridge and you'd never know."

Then, in almost horror, he said, "This is going in the paper, isn't it?"

"Oh, yeah for sure," I said.

Hey, I couldn't make this stuff up.

I have always been a recipe clipper. This week I set myself to the task of sorting through all the loose recipes.

Some had to be recopied and some just needed taped to index cards. But, it is done.

Perhaps my tastes have changed

because some of those recipes didn't sound very good anymore. Or, perhaps they were too complicated. Anyway, several of them went to "File 13".

One, however, survived. It was for Creme Brulee French Toast. It was one of those make-the-night-before recipes and I had all the ingredients on hand so I told them I would have a special treat for Saturday's breakfast.

It was a real hit.

With brown sugar, butter, French bread, eggs and cream, you can't go wrong.

They said I can make it anytime I want to.

-ob-

A friend of mine who prefers to cook with organic produce has begun gardening in a big way. With the help of her husband and five children they have fenced in a huge garden plot.

They have hauled in compost and straw and are making raised beds to grow potatoes, tomatoes, beans, peppers and peas. She said she has never gardened before and is doing it "by the book."

That's okay. Half of gardening is just getting the seed in the ground. Mother Nature will take care of the rest. Personally, I think the hard part comes with the harvest of what you've grown.

The real work involves the canning, jammin', jellin', and freezing.

But, oh my....what a reward!

GROUNDBREAKING FOR THE NEW EMS BUILDING

Front row, left to right: Tom Arpin from B & G Consultants, Norton County Commissioners John Miller and Richard Thomson, EMS Director Jane Wyatt, EMS personnel Ruth Schillig and Terasa Hodges, and Ted Sanko, Garrett Plumbing, Heating and Electrical. Back row, left to right: Gary Lacy from Lacy Pest Control, Joe Sanko from Garrett's, EMS personnel Aden Schillig, Steve Nelson from Nelson Brothers Construction, Bob Hawks from Hawks Construction, EMS personnel Rhona Annon and Pat Pomeroy, Norton City Administrator Rob Lawson, Norton Area Chamber of Commerce Director Karla Reed, Barb Ballinger, and Amy Griffey from Northwest Kansas Planning and Development.

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