

Self diagnosing bi-polar disorder not a good idea

Dear Plain Sense: A good friend of mine says he thinks he has Bi-polar Disorder. I feel like I should be doing something to help him, but I don't even know what this means.

First of all, it sounds like your friend might be trying to diagnose his own condition, which is not a good idea for any illness, physical or mental. So advising him to talk about his concerns to a mental health professional would be a first step. Because there is so much infor-



high plains mental health

• plain sense

mation available nowadays through the media, on the Internet and from well-intentioned others, it becomes

even more important to get accurate information.

Bi-polar is a mental illness that causes extreme mood swings. A person with this illness experiences periods of feeling extremely "high" (mania) and other times of feeling devastatingly "low" (depression).

The length of each phase can vary from days to months, and are often difficult to predict. And the behaviors that accompany these "moods" can significantly interfere with a person's family relationships, with school and/or their jobs. The cause of bi-polar is not completely clear to the medical field, but it appears that chemical changes in the brain are a major factor, along with factors such as heredity, physical illness and other life stresses. Each person's

experiences vary with this illness which is why it is so important to talk with a professional.

Bi-polar Disorder is one of the most treatable mental illnesses. Medication is often used in combination with therapy. Improvements in medications in recent years have decreased the side effects and given physicians several treatment options.

With professional help, those suffering from Bi-polar Disorder

can enjoy a healthy lifestyle, maintain relationships with family and friends and continue to pursue their jobs and careers.

Contributed by Karen D. Beery, LCPC, Consultation and Education Department of High Plains Mental Health Center.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

sunflower 4-h

Members of the Sunflower 4-H Club met on Sunday, Nov. 2, at 2:00 p.m. at the United Methodist Church for the 4-H Achievement Awards program.

The theme for the program was "4-H - Leading The Way" and was presented by 4-H Ambassadors and Extension Agents. Twelve members, 14 parents and one leader were present along with members of the five other clubs in Sherman County. Awards for the 2007-2008 4-H year were presented.

Receiving 100 percent Attendance Awards were Dusti Chadwick, Makayla Fitzgibbons, Jes-

sica Johnson and Sarah Johnson. Member Achievement Plan Pins presented were Membership - Christopher Berls, Grace Greene, Austin Neufeld, Joshua Smith, Shania Smith and Ryan Volk; Bronze - Ashley Anderson, Jake Anderson, Austin Neufeld, Kinsey Volk, Sophia Williams; Clover - Fitzgibbons; Emerald - Sarah Johnson, Tyler Neufeld; Silver - Jessica Johnson; Gold - Chadwick, Kendra Promise; Gold Guard - Chadwick and Ryan Irvin.

Members who received County Record Book Awards were Christopher Berls, Fitzgibbons, Irvin,

Jessica Johnson, Austin Neufeld, Tyler Neufeld, Joshua Smith and Ryan Volk. Record Book and Kansas Award Application Participation awards were presented to Ashley Anderson, Jake Anderson, Chadwick, Greene, Sarah Johnson, Promise, Shania Smith, Kinsey

Volk and Williams. The award for the best Reporter's Book went to Jessica Johnson who was our club reporter for the past year.

Sunflower officers installed were President Chadwick, Junior President Tyler Neufeld, Vice President Irvin, Junior Vice President Jessica

Johnson, Secretary Promise, Junior Secretary Raquel Tomsic, Treasurer Kinsey Volk, Reporter Ryan Volk, Historian Sarah Johnson, Song Leaders Austin Neufeld, Joshua Smith, Shania Smith, Recreation Leaders Ryan Volk, Fitzgibbons, Austin Neufeld, Ashley Anderson,

Parliamentarians Tomsic and Jake Anderson, Council Representatives Jake Anderson and Tyler Neufeld and Leader Cris Wilson.

Refreshments were served by the members of Beaver Valley and Sunflower 4-H Clubs.

Ryan Volk, Reporter

Apply nitrogen to grass in November

November is the time to give cool-season lawns the last nitrogen application of the season. Why November? While top growth slows in response to cool temperatures, grass plants are still making food (carbohydrates) by photosynthesis. A November nitrogen application helps boost the photosynthesis rate.

Carbohydrates that are not used in growth are stored in the crown and other storage tissues in the plant. These carbohydrate reserves help the turf grass green up earlier in the spring and sustain growth into May without the need for early-spring (March or April) nitrogen. Those early-spring nitrogen applications are less desirable because they can lead to excessive shoot growth and reduced root growth.

Other benefits of November-applied nitrogen for cool-season grasses include improved winter hardiness, root growth and shoot



dana belshe

• ag notebook

density. How much should you apply? One to 1 1/2 pounds of actual nitrogen per 1,000 square feet of lawn area is sufficient. In order for this application to be effective, the nitrogen must be readily available to the plant because the growing season is nearly over.

For a November application, use a soluble (quickly-available) nitrogen carrier such as urea or ammonium sulfate. Many turf grass fertilizers sold in garden centers and other retail outlets also contain soluble nitrogen. Avoid products that contain water-insoluble nitrogen (slow-release) for this application. As always, sweep up any fertilizer that gets on driveways, sidewalks, or streets and reapply it to the lawn.

Auction

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FURNITURE

1890's Square marble top parlor table; 1890's Walnut barrel front desk; 1890's Victorian parlor table w/2 drawers & claw feet; 1890's Victorian Square top Marble parlor table; 1800's Walnut sideboard, tear drop pulls & center mirror (bottom door needs repair); 1890's Victorian Oval Marble top parlor table; 1890's Marble top Walnut bedside table; 2 Walnut kick knock stands; Walnut Victorian Desk; Wicker oval table; Pine drop-leaf table; Small round Walnut parlor table marble top; End table; 2 round India brass tables; Oak kitchen drop leaf table w/2 leaves; 2-Oak tables with oak chairs; Table with extension top; Round patio table and chairs; Glass and metal patio table w/4 chairs; 1880's Victorian Rocker; 1880's Victorian folding rocker; 1930's Wicker Rocker, damaged; 2-1960's Wood upholstered high back chairs; 1970's Birch Dining Room table w/6 chairs, rough; Walnut desk and chair; 4-1940's Lyre back chairs; Electric hospital bed - Like New; 2-Couches; Old rocking chair; Walnut cane rocker; 1940's Cedar chest; 6 pc. Bedroom set; King size bed; 3 piece entertainment center; Chest of drawers, white; 3 drawer chest; Oak Hutch; Credenza; Wood Quilt rack; Patio Furniture

ANTIQUES

6 German beer steins-Coor's Palace, Colorado; Doctor items: tongs, syringe case; Electrified Rose lamp w/ damaged top globe; 1880's #4 Radian hanging lamp; Amber & crystal lamp w/prisms & etched shade; B&H kerosene electrified lamp; Assorted brass and glass table lamps; Russian Samovar coffee pot; China potty; Coor's milk pitcher; Crock blue band beater jar; Wine jug; Large Ironstone "Mercer" pottery bowl, damaged; Camel back trunk-no tray

MISCELLANEOUS

Maytag Washer and Dryer; Assorted cook books; Kitchen utensils, pots and pans; Blue electric lift chair; Aspire electric chair; Qtronix electric chair w/lift seat; Homedic massage/chaise lounge; Old eye glasses; Girls Bicycles; Spanish 1714 coin; Assorted books; 12

min Marcel Weave book; 1910 Plantery Pencil pointer cast iron; 1940's ceiling shade-pink; Pictures; New metal doll furniture; Assorted dolls; Van Briggie pottery mauve color; Old slot machine

MUSICAL ITEMS

Baby Grand Piano

CAR

1979 Fleetwood, 4 door, 85,000 miles; Interior is in rough condition; Some dings outside

GLASSWARE

Bisque corset vase; Blue pottery vase; China vase; LSA blown glass Poland crystal vase; Hobnail Red to crystal bowl; 1900's press glass bowl; 4 serving bowls; 2 press glass bowls, 1 has a lid; 7 collectors plates; Small Fenton Cranberry Hobnail pitcher; Cranberry water pitcher & glasses; Press Glass pitcher 9"; Mary Gregory butter dish; Mary Gregory Pitcher 6 1/4"; Mary Gregory Syrup Pitcher 6"; Mary Gregory bowl small 4" flowers; Mary Gregory crystal Bell 4 1/2"; Mary Gregory crystal Jar w/ lid; Mary Gregory crystal bottle w/stopper 6"; Mary Gregory Cruet 7"; Mary Gregory Sugar shaker 5"; Mary Gregory glasses 2 small; Set of 6 Bavarian china "gold w/flower"; China small 2 handle tray gold rim; Stem ware and amber glasses; Stem ware and glasses; China, some damage; Italy pottery bowl green swirl inside; Cut glass dish "flowers"; Cut glass Butterfly glass (chipped); 7 small brandy glasses; 2 damaged press/etched bowl; Crystal knife rest; Blue Salt cellar; Crystal creamer; 1890's butter dish; Cut glass sugar & creamer; Press glass jar w/ lid; 2 creamers; 2 sugar bowls; Cut glass stemmed dish; 6 odd salt cellars; Gold glass Um; Assorted 1800's to 1930's glasses; 1890's powder blue creamer; 1890's powder blue dish with lid; 4-1900's; Spoons; Assorted plates; Hen on the nest; Bisque statue "painter"; Limoge 4 footed sugar and creamer; Assorted glassware, chips and breakage; Compote; Compote with lion lid; 1890's etched compote w/lid; 1930's etched compote w/lid; Satin glass compote with lid; 2 Silver compotes; 4 stemmed compotes no lids; 2 Ruby Red flashes glass cup & pitcher (heart pattern); Set of 5-Hand-painted small plates "Haviland China";

12 pc place setting Bavarian china gold rim plus extra pieces; Pair of Mantle Lusters white overlay to pigeon blood red w/prisms; Pair of green and gold Depression glass candle, stick holders; Wedgewood gold Florentine china 12 pc place setting; 3 House of Gobel "American Heritage" series plates, 24kt gold; 1890's oval with open lace edge compote w/Indian lid "End of Trail"; 1890's cranberry vase w/applied glass design; Set of 8 West German flowered 2 handled plate; West German large platter orange flowers; 1 larger Depression glass crystal creamer; Blue Depression satin glass bowl; Pair of green Depression glass candle sticks; Set of 4 Haviland china plates gold and black rim; Coor's pottery serving pieces, some damaged; Assorted Coor's pottery, some damaged; 4 - Agate marbles with stands

INDIAN POTTERY & BASKETS

Bowl black on black signed Marie + Julian; 6" double Wedding jug unsigned black; High-gloss 7" black unsigned pitcher; 4 1/4" black on black bowl signed Tonila; 7 1/4" back plate signed Marie; Beaded Basked (small) rough; Red Pottery Basket unsigned; Red Pottery bowl (small) 7 point design unsigned; Red on Red Pottery bowl unsigned; Red on Tan Pottery bowl design incised (damage); White and Black Navajo small pottery basket (birds), damaged; Navajo pottery basket Lattice top; Brown pottery bowl (small); Indian Baskets; Navajo Indian Squash Blossom necklace

DISHES & OTHER

Towle Sterling 8 pc Place setting silverware w/case; Quadruple silver plate napkin holder; Silver crumb dish; Silver Tea Service, made in China; Pewter and China Tea pot; Serving dishes; Platters; Cake plates; Portugal China cake plate; Tooth pick holders; Amber 2 handle trophy glass



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