

End of holiday season brings sadness, depression

Many people experience feelings of sadness and even depression following the holiday season, and the reasons for that can vary.

Sometimes it is due to disappointments regarding the past few weeks. Family gatherings may not have taken place as hoped, or the events that did occur did not live up to personal expectations.

For some people, the stress of the holidays became overwhelming, and they just haven't yet had time to recover. And for others, the new



high plains mental health

- plain sense

year may be bringing major life changes, such as a job change or family move.

Post holiday blues are not uncommon for a few weeks after the beginning of a new year.

others, and those opportunities have also diminished compared to the holiday season.

For most people, those feelings of sadness will decrease and go away within a short time. But for a few,

even when the weather improves and other events are taking place, their feelings of sadness will linger for longer than is healthy and can even develop into depression.

To decrease those feelings of sadness, keep the following in mind:

- Stay involved with others, even when you might not want to; isolation can contribute to depression.
- Take good care of yourself; get enough rest, eat properly and exercise regularly.
- Stay active; start a new project

or finish one that you have been putting off.

- Volunteer to spend time with or help others; doing something good for someone else is a great way to feel better about yourself.

If feelings of sadness or the blues continue for too long, talk to a friend or family member, or contact your physician, clergy or a mental health professional for assistance in understanding those feelings and in making changes to avoid serious depression.

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.highplains-mentalhealth.com.

Sherman County youth shows champion heifer

A Sherman County youth had the champion Limousin heifer at the Kansas Beef Expo Youth Prospect Steer and Heifer Show.

The show was held Friday-Sunday, Dec. 10-12, at the 26th annual Kansas Beef Expo in Hutchinson. Clay Schilling of

Edson had the champion Limousin heifer, one of the 179 shown in the youth show. There were 143 steers shown.

Cattlemen bid on breeding stock from five breeds during the expo, held in the new Prairie Pavilion at the state fairgrounds.

Family shelter accredited by state coalition against violence

The Northwest Kansas Family Shelter has received accreditation from the Kansas Coalition Against Sexual and Domestic Violence.

To be accredited, the shelter had to meet in administration and client services, review and update all policies and practices and have a staff properly trained to serve victims of domestic violence and sexual assault.

The process must be completed every three years. Besides being an

indication of quality service, it is required to receive federal money from the Family Violence Prevention and Services Act through the governor's office.

Besides being accredited, coalition representatives said, the shelter has stringent confidentiality policies and practices and has proven it is well-connected to other community resources which could benefit clients.

Poem is inspiration for Red Hat Ladies Society

The inspiration for the Red Hat Society is "Warning," a poem by Jenny Joseph, which begins:

*"When I am an old woman I shall wear purple
"With a red hat which doesn't go and doesn't suit me.
"And I shall spend my pension on brandy and summer gloves
"And satin sandals, and say we've no money for butter.
"I shall sit down on the pavement when I'm tired
"And gobble up samples in shops and press alarm bells
"And run my stick along the public railings
"And make up for the sobriety of my youth.
"I shall go out in my slippers in the rain
"And pick the flowers in other people's gardens...."*

The poem ends:

*"But maybe I ought to practice a little now?
"So people who know me are not too shocked and surprised
"When suddenly I am old, and start to wear purple."*

The society started with a birthday gift from Sue Ellen Cooper of Fullerton, Calif., to her friend Linda Murphy in 1997.

Murphy turned 55, and Cooper gave her a red hat with a copy of "Warning."

Other friends expressed interest in receiving identical gifts for their 50th birthdays. In April 1998, Cooper and four friends dressed in purple outfits and red hats and went out for tea. They had so much fun that they dubbed themselves the "Red Hat Society" that day.

Murphy told a friend in Florida about the group, and her friend started one there. Then in the summer of 2000, the two chapters were featured in a national home decor magazine.

A few months later, a story in a newspaper was picked up by a wire service, and the word spread.

Now, the society's web site reports, there are more than 22,000 chapters in all 50 U.S. states and at least 20 in other countries. The society is growing at a rate of 500 chapters per week.

The group is intended to show that there is fun after 50. Younger women are welcome to join as called Pink Hatters. They wear lavender outfits and pink hats. Chapters can consist of red and pink hatters or just Pink Hatters.

Red hats new fashion

RED HAT, from Page 1a

To be in the Red Hat Society, the women have to be over 55, Smith said, and the oldest in the Goodland group is 91. The idea for the society grew out of a poem by Jenny Joseph, Smith said, and is now all over and growing like mad.

And no wonder. The cost is low — no official dues, only \$2 per person when it's time to renew the charter — and the women have so much fun in the "girls only" club.

When planning activities, Smith said, the members don't ask their husbands if they can go. Linda Pfau said one thing her husband Mel doesn't question is the red hats. As one of her "sisters" said, "He knows better."

The Goodland chapter was born out of a group of four who traveled together. Smith, Pfau, Vickie White and Carol Guyer went to Breckenridge, Colo., together, Smith said, and had a lot of fun.

She said she was making a scrapbook afterward for the group, who called themselves the "Ha Ha Sisterhood," after the movie the "Ya Ya Sisterhood." Then she went online and registered the group with the Red Hat Society.

At first, Smith said, they had a closed membership, adding that she had checked that box on the web site

because she didn't know what she was doing. But then the women found out others were interested in joining.

Besides the original four, the group's members include Shirley Gray, Evelyn Berry, Lois Sieck, Elaine Freiburger, Dorothy Owens, Tupper, Lucy Ackerman, Fern Heckman, Margie Richards, Monica Emig, Doris Craft, Phyllis Daniels, Faye Paxton, Brenda Frankenfeld, Sylvia Zimbelman and Lois Cosman.

One of the advantages of being registered, Tupper said, is that you can go on-line and invite women from other clubs on your trips and be invited on theirs.

The Goodland group went to the Claremont Inn in Stratton, Colo., Smith said; 82 women showed up, but there were no two hats alike. The group has also gone to a style show in Colby, the LandMark Inn in Oberlin and the Roubidoux House in Wallace County.

The society isn't exclusive, Smith said, but the clubs are asked to keep groups small for when they go to the theater or meet in homes. But there can be as many clubs as anyone wants in a town, she said.

"A lot of ladies wear red hats in town," Smith said, "but we want to let people know we are official."

Quality child care urgently needed today

Our children are growing up in a world far different from the one in which we grew up. Most of us had either a parent who looked after us, or had access to reliable, safe day care while they worked.

Twenty years ago, most parents spent little, if any, time worrying about the quality of their child care.

We've all read horror stories about children being physically or sexually mistreated while at day care. These stories terrify parents, and rightly so.

It is imperative that our youngest and most vulnerable citizens be protected from predators.



karen merryman

- smart start

In addition to physical safety, quality child care is essential in today's world for the children's mental well being. As more and more children are entering school unprepared for academic success, it has become apparent that quality early childhood education is vital.

A 1988 study shows that chil-

dren who start off slowly in literacy development rarely catch up.

While the cost of child care is a concern for most parents, the quality of that care has to be of utmost importance. As parents, it's important that we know what makes a quality learning environment, at home and in the child care setting.

As informed consumers, we can ensure that the providers are striving to meet our child's educational needs.

Colby Community College Resource and Referral, in conjunction with Smart Start of Northwest Kansas, is working to offer training for early childhood educators to ensure the highest quality providers are available in 11 counties of northwest Kansas.

In the coming months, I will write articles highlighting the benefits of quality early childhood care and giving information for parents and providers to help prepare academically ready children.

For information on Smart Start Northwest Kansas, call (785) 465-9103 or the resource and referral center at (785) 462-3984, ext. 250.

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Names	Town	pt	MPC	MC	Ight	Indep	Hou	Alam	Ctire	Emer	Hol	SV	Mus	Sun	Lty	Pch	Obk	Cott	Gtr	Cp1	Rse	Fsta	Sgr	Oran	
Bowl Points			1	1	2	3	3	3	3	1	3	1	2	2	1	2	2	3	3	3	4	4	4	5	
T.Betz	Colby	6	VA	CT	nd	M-O	CO	OK	BC	Nvy	Cal	TR	AL	PU	UL	MF	GA	TN	FS	LS	TX	Uth	VT	SC	
Matt N.	Colby	6	VA	TO	os	M-O	CO	OH	BC	NM	Cal	TR	AL	PU	UL	FL	GA	A/M	ww	Iwa	MI	Uth	Aub	OU	
N.Behring	Colby	6	VA	TO	nd	I	St	CO	OH	BC	Nvy	Cal	TR	AL	AS	UL	MF	GA	A/M	FS	LS	TX	Pitt	Aub	OU
J.Elliott	Colby	6	VA	TO	nd	M-O	CO	OK	BC	Nvy	Cal	NI	AL	AS	UL	MF	GA	TN	FS	Iwa	TX	Uth	Aub	OU	
D.Voss II	Colby	6	VA	TO	os	M-O	CO	OK	NC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
L.Heier	Grinnll	6	FR	TO	os	M-O	CO	OK	NC	NM	Cal	NI	AL	PU	UL	FL	GA	A/M	FS	LS	TX	Uth	Aub	SC	
D.Williams	Atwd	6	VA	TO	os	M-O	CO	OK	NC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
S.Pilger	Sh Spr	6	VA	TO	os	M-O	CO	OK	NC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
K.Gerdes	Bird	6	VA	TO	os	M-O	CO	OK	BC	NM	Cal	TR	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
L.Stoll	Selden	6	VA	TO	nd	I	St	CO	OK	BC	Nvy	Cal	TR	AL	AS	UL	MF	GA	A/M	FS	Iwa	TX	Uth	VT	OU
Jordan C.	Colby	6	FR	TO	nd	I	St	CO	OK	BC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU
John C.	Colby	6	VA	TO	os	M-O	CO	OK	NC	NM	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
G.Rogers	Colby	6	FR	TO	nd	I	St	CO	OK	BC	Nvy	Cal	NI	MN	AS	BS	MF	GA	A/M	ww	LS	TX	Pitt	Aub	SC
J.Powell	Colby	6	FR	CT	nd	I	St	CO	OH	NC	NM	TT	NI	AL	PU	BS	FL	WI	A/M	FS	LS	TX	Uth	Aub	SC
M.Kane	Colby	6	VA	TO	os	M-O	EP	OK	NC	NM	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
S.Lampe	Colby	6	VA	CT	nd	I	St	CO	OH	NC	Nvy	Cal	TR	MN	PU	BS	FL	GA	TN	FS	LS	MI	Uth	Aub	OU
B.Keck	Colby	6	VA	TO	os	M-O	CO	OK	NC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	SC	
R.Grace	St.Fr	6	VA	TO	os	M-O	CO	OH	BC	NM	Cal	NI	MN	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	SC	
S.Colby	Good	6	VA	TO	os	M-O	CO	OK	NC	Nvy	Cal	TR	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
D.Pilger	Sh Spr	6	VA	TO	nd	M-O	EP	OK	NC	Nvy	TT	NI	AL	PU	UL	MF	GA	A/M	ww	LS	TX	Uth	Aub	SC	
Mike T.	Good	5	FR	CT	nd	I	St	CO	OK	NC	Nvy	Cal	NI	MN	AS	BS	MF	WI	A/M	FS	LS	TX	Uth	Aub	OU
D.Elliott	Colby	5	VA	TO	os	M-O	CO	OH	BC	NM	Cal	NI	MN	PU	UL	MF	GA	TN	FS	LS	TX	Uth	Aub	SC	
J.Rinehart	Colby	5	FR	TO	nd	I	St	CO	OK	BC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	ww	LS	TX	Uth	Aub	OU
C.Prevatt	Oakley	5	VA	TO	os	I	St	CO	OH	BC	NM	Cal	TR	AL	PU	UL	MF	GA	TN	FS	LS	TX	Uth	Aub	SC
Danny C.	Gern	5	VA	TO	os	M-O	CO	OH	NC	Nvy	Cal	NI	AL	PU	UL	MF	GA	A/M	FS	LS	TX	Uth	Aub	SC	
Tom T.	Good	5	FR	TO	nd	M-O	CO	OK	NC	NM	TT	NI	MN	PU	BS	MF	GA	A/M	FS	LS	TX	Uth	Aub	OU	
C.House	Good	5	VA	CT	nd	I	St	CO	OK	NC	Nvy	Cal	NI	AL	PU	UL	FL	GA	A/M	FS	LS	TX	Uth	Aub	OU
G.Binning	McDld	5	FR	CT	nd	I	St	CO	OK	BC	NM	TT	TR	AL	AS	BS	FL	GA	A/M	FS	Iwa	TX	Pitt	Aub	OU
Mike Fell	Colby	5	VA	TO	os	M-O	CO	OH	BC	Nvy	Cal	NI	MN	PU	UL	FL	GA	TN	FS	Iwa	TX	Uth	Aub	OU	
C.Fiala	St.Fr	5	FR	CT	os	I	St	CO	OK	NC	Nvy	TT	NI	AL	PU	BS	MF	WI	TN	ww	LS	MI	Pitt	VT	SC
E.Fiala	St.Fr	5	FR	CT	os	M-O	EP	OK	BC	Nvy	Cal	NI	AL	AS	UL	FL	GA	A/M	ww	LS	TX	Uth	Aub	OU	
M.Dart	Sh Spr	7	VA	CT	os	I	St	CO	OK	BC	NM	TT	NI	AL	AS	BS	FL	GA	A/M	FS	LS	MI	Uth	VT	OU
G.Jones	Colby	7	VA	TO	os	M-O	CO	OH	NC	NM	TT	TR	AL	PU	UL	MF	WI	TN	FS	LS	MI	Uth	Aub	SC	
K.Jones	Colby	7	VA	TO	nd	M-O	CO	OK	NC	NM	Cal	NI	AL	PU	UL	FL	GA	A/M	FS	LS	TX	Uth	Aub	OU	
Steve F.	St. Fr	7	FR	CT	nd	I	St	CO	OK	BC	NM	TT	NI	AL	AS	BS	FL	GA	A/M	FS	LS	TX	Pitt	VT	OU
L.Schlepp	St.Fr	5	FR	TO	nd	I	St	CO	OK	NC	Nvy	TT	TR	AL	PU	BS	FL	WI	A/M	ww	Iwa	TX	Uth	Aub	OU
H.House	Good	4	VA	CT	os	I	St	CO	OH	BC	Nvy	TT	NI	MN	PU	BS	FL	GA	A/M	FS	LS	TX	Pitt	Aub	OU
J.Schmidt	Colby	4	VA	CT	os	I	St	CO	OK		NM	TT	NI	AL	AS	UL	FL	WI	A/M	FS	Iwa	TX	Uth	Aub	OU
Jen VE.	Colby	4	VA	TO	os	I	St	EP	OK	BC	NM	TT	NI	AL	AS	UL	FL	GA	A/M	FS	LS	TX	Pitt	VT	OU
Paul S.	Colby	4	FR	CT	nd	I	St	CO	OK	NC	NM	TT	NI	AL	PU	BS	MF	WI	A/M	FS	Iwa	TX	Pitt	Aub	OU
Linda P.	Oakley	4	FR	TO	os	M-O	CO	OH	NC	Nvy	TT	NI	MN	PU	BS	FL	WI	TN	ww	LS	TX	Uth	Aub	SC	
B.Owens	Edson	4	VA	CT	os	I	St	CO	OK	NC	NM	TT	NI	MN	PU	UL	FL	GA	TN	ww	LS	TX	Pitt	Aub	OU
Art Heili	Grain	4	FR	TO	os	M-O	EP	OK	BC	Nvy	TT	TR	AL	AS	BS	FL	GA	TN	ww	LS	MI	Uth	Aub	SC	
S.Schlepp	St. Fr	4	FR	TO	os	I	St	CO	OH	NC	NM	TT	TR	MN	PU	UL	MF	WI	TN	FS	LS	MI	Uth	Aub	OU
Ed Poe	Sh Spr	2	VA	CT	nd	I	St	CO	OK	BC	Nvy	Cal	NI	AL	PU	UL	MF	GA	TN	ww	LS	TX	Pitt	Aub	OU
S.Strobel	Colby	2	FR	TO	os	I	St	CO	OK	NC	NM	TT	NI	MN	AS	UL	MF	GA	TN	ww	LS	TX	Pitt	VT	OU
B.Voss	Colby	2	VA	TO	os	I	St	CO	OK	NC	Nvy	TT	NI	MN	AS	BS	FL	GA	A/M	FS	LS	TX	Uth	Aub	OU
M.Stramel	Winon	2	VA	TO	nd	M-O	EP	OH	BC	NM	Cal	TR	MN	AS	UL	FL	GA	TN	ww	LS	MI	Pitt	VT	SC	
S. Haas	Colby	2	FR	TO	nd	I	St	EP	OH	BC	NM	Cal	TR	MN	AS	BS	FL	GA	TN	ww	Iwa	TX	Pitt	Aub	SC
Kenton K.	Colby	2	FR	TO	os	I	St	CO	OK	BC	NM	TT	TR	AL	PU	BS	FL	GA	TN	FS	Iwa	TX	Pitt	Aub	OU
D.Fiala	St. Fr.	2	VA	TO	nd	M-O	EP	OH	BC	NM	Cal	TR	MN	AS	UL	FL	WI	A/M	FS	Iwa	TX	Uth	Aub	OU	
E.Werth	Colby	2	VA	TO	nd	I	St	EP	OH	NC	NM	Cal	TR	MN	PU	BS	FL	WI	A/M	FS	LS	TX	Uth	VT	SC

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The winner receives a 3 Day Trip to
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