

January  
2007

601 E Centre Street  
Rapid City, SD 57701

(605) 394-2188

Fax: (605) 394-6815

Email: [Pennington@ces.sdstate.edu](mailto:Pennington@ces.sdstate.edu)

South Dakota 4-H Website: <http://4-H.sdstate.edu>



### Look Beyond the Holidays to Avoid the January Blahs

By: Ingrid Lindberg

The excitement and activity levels associated with the December holidays often give way to January letdown and a case of the "blahs." Children are even more susceptible than adults to the season's rising excitement and expectations.

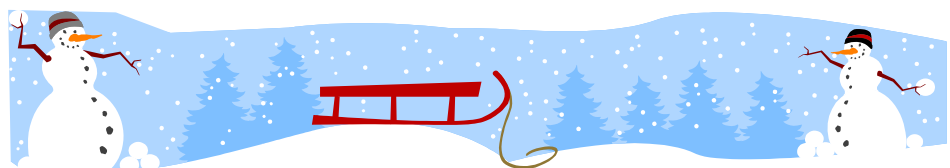
Like adults, children experience holiday stress, so it's not unusual that afterwards, some children crash and burn in January. Children can seem moody, and they may suffer from expectations for the season that didn't match reality. Others have gotten used to over stimulation so that they cannot find ways to busy themselves.

Some parents say the post-holiday letdown is almost as if children have been trying so hard to be good that they have stored up several weeks worth of bad behavior, and they want to let it all out at once.

Parents shouldn't overreact. Children don't understand their own after-holiday behavior. They don't plan to be mean and disruptive, but they often can't help themselves. Instead, help children see that there are events and activities to plan for and anticipate in January and beyond.

One wise parent gave her daughter a calendar for Christmas. On New Year's Day, her parent sat down with her and filled in upcoming events. By the time they had marked in her birthday, her brother's birthday, Valentine's Day, school holidays, the church carnival, etc., the little girl was looking forward to the rest of the winter. This seemed to put the winter holidays into perspective.

Maintain year round some of the holiday activities the family enjoys. The fun and frolic often associated with holiday activities can help insulate us from emotional distress. However, when the holidays pass and the activities cease, we may feel disappointed and blue. To help avoid this post-holiday letdown, spread out beyond the holiday period those activities that brought you peace and happiness.



### Making A Difference

Creating Opportunities for a Lifetime

South Dakota State University, South Dakota Counties, & U.S. Department of Agriculture Cooperating. South Dakota State University is an Affirmative Action/Equal Opportunity Employer (male/female) and offers all benefits, services, education and employment opportunities without regard for ancestry, age, race, citizenship, color creed, religion, gender, disability, national origin, sexual preference, or Vietnam Era status

### Upcoming Meeting or Events

#### •Jr. Leaders Mtg.

Sunday, January 7 @ 1:00

#### • Leaders Meeting

Tuesday, January 9 @ 6:00

#### \*\*Important Dates\*\*

- |           |   |
|-----------|---|
| Dec 25    | Christmas –Office Closed                    |
| Dec 26    | Dog   |
| Jan 1     | Office Closed                               |
| Jan 2     | Dog   |
| Jan 6     | Archery                                     |
| Jan 8     | SS—Gun                                      |
| Jan 9     | Dog   |
| Jan 9     | Leaders Meeting                             |
| Jan 13    | Leadership Roundup                          |
| Jan 13    | Archery                                     |
| Jan 15    | SS—Gun                                      |
| Jan 16    | Dog   |
| Jan 16    | Extension Brd Mtg                           |
| Jan 17    | Deadline Bread Workshop                     |
| Jan 17    | Deadline Paint Workshop                     |
| Jan 20    | Archery<br>Bread Workshop<br>Paint Workshop |
| Jan 22    | SS—Gun                                      |
| Jan 23    | Dog   |
| Jan 27    | Youth Day—BHSS                              |
| Jan 27    | Archery                                     |
| Jan 29    | SS—Gun                                      |
| Feb 3     | Youth Gardening Workshop                    |
| Feb 3     | Paint Workshop                              |
| Feb 23    | Ski Night                                   |
| June 2    | Horse Camp                                  |
| June 9    | Range & Pasture Mtg                         |
| June 23 - | Citizenship                                 |
| July 1    | Washington Focus                            |

**LEADERS: NEW**—Starting this 4-H year, remember we need to have your club program for the year. If you have already turned in your new enrollments but have not included this with your 2006-2007 enrollments please submit before January 1, 2007. You will also find your new enrollments for your club for the 2006-2007 in your box. These are your copies—DO NOT RETURN THESE TO THE OFFICE. If there are any changes, please let us know.

### **4-H Dues**

Membership dues for the 2006-2007 4-H year will be \$3 per member with the money going to support awards and other expenses throughout the 4-H year. Please include this money when turning in enrollments.

### **Shooting Sports Safety Program**

The Shooting Sports Archery Club will start on January 6 with 2 classes at 8:00 a.m. and 10:00 p.m. at the Black Hills Archery Building, 2091 Rand Road (off Deadwood Avenue).



We will meet every Saturday from January 6th through April, 2007.

The Black Hills Shooting Club—BB, Pellet, Rifle and Pistol begins on January 8 at 6:15 p.m. at the Walter Taylor Building. You don't need to be a member of 4-H to join. The fee this year will be \$20.00 per child and covers insurance, firearms, ammunition and targets. The class is open to children from ages 8 by January 1 to 18. We have coaches that work with all the kids. If there is a family with 2 or more kids and feel they can not afford the fee, please call the office for a scholarship.

You may sign up the day or night of the activity or sign up before at the office.

### **Leader's Dues**

Dues are being taken for leaders for the 2006-2007 4-H year. Dues paid before December 31, 2006 will be \$5.00 and will increase to \$6 starting January 1. Dues paid after May 1 will be held for the following year. Dues need to be sent to Ardyce Elwood, 5556 Solitaire Dr, Rapid City, SD 57703.

### **\$6000 in College Scholarship**

The Rapid City Chamber of Commerce is offering five \$1,000 scholarships to any 4-H or FFA member going to a South Dakota College or University to major in an agriculture or a natural resources related field. Anyone who graduated from high school in 2005 or will in 2006 may apply. Western Dakota Vocational Tech School is offering two \$500 scholarships. Contact the 4-H Office for an application. Deadline is January 10, 2006.

### **Leadership Roundup**

January 13, 2007 from 9:00 a.m.—4:00 p.m. at the Hermosa School. Cost \$5.00—lunch will be provided. See the front page of the FEU newsletter for more details.



**Bread Workshop**—January 20th -Deadline January 17. \$2.00 fee—Sign up at the Pennington County Extension Office. See page 3 of the FEU.

**Paint Workshop** - January 20 from 1-4. Cost—\$10—Hobby Lobby. Deadline January 17. There will be a second class—February 3—1-4 p.m. See page 3 of the FEU.



### **Horse Safety Training**

Just a reminder that all youth that are in the horse project or participate in the horse quiz bowl or hippology contests, must complete horse safety training each year by May 1st. Please check with your leaders as to when they will be conducting this training. **CLUBS**, please let the office know when you will be conducting these trainings in case we need to send someone to them. Thanks.

As in the pass—individuals will not be able to check the information out and complete the horse safety training themselves. This will need to be done with the leaders that have been through the training or as a group.

## Preventing Holiday Blues

Holiday blues" range from mild sadness during the holidays to severe depression. This sadness or depression can be prevented, and if it's already present, it can be eased. To help prevent holiday blues, follow these tips from the Centers for Disease Control and Prevention, the American Psychological Association, the National Mental Health Association, and the Mental Health Association of Colorado:

### If you are experiencing holiday blues:

Establish realistic goals and expectations for the holiday season, and do not label the holiday season as a time to cure all past problems. The holidays do not prevent sadness or loneliness.

Limit your drinking.

Do not feel obliged to feel festive. Accept your inner experience and do not force yourself to express specific feelings. If you have recently experienced a tragedy, death, or romantic break-up, tell people about your needs.

To relieve holiday stress, know your spending limit and stick to it. Enjoy holiday activities that are free, such as driving around to look at holiday decorations. Go window shopping without buying anything.

Express your feelings to those around you in a constructive, honest, and open way. If you need to confront someone with a problem, begin your sentences with "I feel."

### If someone you know is experiencing holiday blues:

- Try to involve that person in holiday activities, but don't be forceful.
- Be a good listener. If people express suicidal thoughts or feel depressed, hopeless, or worthless, be supportive. Let them know you are there for them and are willing to help them seek professional help. Never issue challenges or dares.
- Familiarize yourself with resources such as mental health centers, counseling centers, and hotlines.
- If the depressed person is chronically ill, express that you understand that the holidays do not cure the illness.
- Be aware that holidays can be difficult for people, especially when reality doesn't measure up to their expectations. Help them establish what is realistic and what is not.

Holiday blues can affect both men and women, young and old. Factors contributing to holiday blues include increased stress and fatigue, unrealistic expectations, too much commercialization, and the inability to be with one's family. The increased demands of shopping, parties, family reunions, and house guests may also contribute to tension and sadness during the holidays. Common stress reactions during the holidays include headaches, excessive drinking, over-eating or not eating enough, and difficulty sleeping. A post-holiday let down, resulting from emotional disappointments during the holiday months as well as the physical reactions caused by excess fatigue and stress, may cause holiday blues to continue into the new year. For some people—particularly those who live in the northern, darker regions—holiday blues may be caused by seasonal affective disorder (SAD). SAD results from fewer hours of sunlight as the days grow shorter during the winter months.

Resources available from

#### **American Psychological Association (APA)**

Phone: 202-336-5500, [www.apa.org](http://www.apa.org)

#### **Depression Awareness, Recognition and Treatment (D/ART) Program**

Mental Health Association of Colorado, Phone: 303-377-3040

[www.coolware.com/health/medical\\_reporter/holidays.html](http://www.coolware.com/health/medical_reporter/holidays.html)

#### **National Depressive and Manic-Depressive Association**

Phone: 312-642-0049 or 1-800- 826-3632

[www.ndmda.org](http://www.ndmda.org)

#### **National Mental Health Association (NMHA)**

Phone: 1-800-969-6642 TTY: 1-800-433-5959

[www.nmha.org](http://www.nmha.org)

Information from: <http://www.safeusa.org/blues.htm>



## **Pharmacy News**

### **Wal-Mart launches \$4 generic prescriptions in S.D.**

Wal-Mart's 13 stores in South Dakota will start selling \$4 generic prescription drugs two months earlier than originally scheduled.

Wal-Mart Stores Inc. brings 1,008 stores in 12 new states into the generic program. The new states are Alabama, Georgia, Iowa, Kansas, Maryland, Michigan, Mississippi, Missouri, New Hampshire, Ohio, South Dakota and Virginia.

The program, which was launched in 1,499 pharmacies in 15 states during the past month, originally was to begin in states outside of Florida no earlier than January 2007. Wal-Mart officials said customer demand prompted the company to accelerate the program's launch.

The \$4 program includes 314 generic prescriptions available for up to a 30-day supply at commonly prescribed dosages.

Wal-Mart estimates that the list of \$4 prescription medications represents nearly 25 percent of generic prescriptions currently dispensed in its pharmacies nationwide. According to the [www.rxlist.com](http://www.rxlist.com), the list also represents 14 of the top 20 prescribed medications in the United States.

Excerpt taken from the Sioux Falls Business Journal

All these excerpts from <http://www.hcmti.com/newsletter/winter2007/newsletter.asp> for HCMT's Winter Newsletter for a wealth of information on consumer driven health, wellness, cancer prevention and disease management.

### **Reap the Rewards of Whole Grains**

One or two servings of whole grains a day will help protect against high blood pressure, high cholesterol, diabetes, obesity and cancer.

Whole grains contain all three parts of the seed; bran, endosperm and germ. Each section offers different nutrients. Some sections contain more fiber, others more B-vitamins and protein.

When choosing wholegrain breads and cereals, look for "whole wheat flour" as the first ingredient. Other good choices are oatmeal, popcorn, brown and wild rice, barley and cornmeal.

Excerpt from

<http://www.hcmti.com/newsletter/winter2007/newsletter.asp>

HCMT's Winter Newsletter for a wealth of information on consumer driven health, wellness, cancer prevention and disease management.



### **Black Hills Stock Show Calf Scramble**

For entries and rules please contact the Central States Fair Office at 355-3861 or stop by the Extension Office.

### **Youth Gardening Workshop**

Parents, 4-H leaders, school teachers and anyone else interested in working with youth and teaching them about the joy of gardening are encouraged to register for this one day workshop. It will be held Saturday, February 3 from 9:30 a.m. to 4:00 p.m. in Oacoma. Cost is \$35.00 This will be a hands on workshop presented by 4-H leaders, and teachers with active youth gardening programs. For more information contact Bill Keck at 394-2199 Ext 112.

### **Introductory to Range Range Project**

Saturday—June 9, 2007 9 am—3:30 pm See page 3 of FEW newsletter.



**HAPPY NEW YEAR!**

**Pennington County Extension has a new updated webpage on the County website. Please check us out at:**

**<http://www.co.pennington.sd.us/extension/extension/extsvc.html>. You will be able to find our 4-H Newsletter there too. If you want to subscribe to the electronic newsletter send us your email address.**

#### **Pennington County Extension Staff**

Jean Berry -Community Youth Development Coordinator, Ext. 116  
Bill Keck -Extension Educator/Horticulture, Ext. 112  
Ingrid Lindberg -Extension Educator/Family Consumer Science, Ext. 115  
Kathy Bruckner -Administrative Assistant, Ext. 111  
Norma Westergaard -Secretary, Ext. 110  
Evonne Schumacher - Expanded Foods & Nutrition Program, Ext. 124  
Publication Coordinator: Kathy Bruckner  
Editor: Jean Berry  
Phone: (605) 394-2188 or (605) 394-2199  
Fax: (605) 394-6815  
Email: [pennington@ces.sdstate.edu](mailto:pennington@ces.sdstate.edu)