

New mothers and depression; teen has problem with step-mom

Dear Dr. Brothers: My sister recently gave birth to her first baby, an adorable little girl. She and her husband had been trying for some time, and this birth was difficult, but it was something she wanted more than anything. What troubles me now is that she's like a different person — in a negative way. She seems chronically depressed. She never cried or complained about anything before. Her husband and the in-laws — her husband's family — are angry about this and claim she's always been spoiled by him and her own mother, who unfortunately is no longer with us. What can I do? — G.T.

Dear G.T.: Getting angry or impatient is just about the worst way to react to someone who's suffering from depression, no matter what the source. It's possible your sister is suffering from postpartum depression, and whatever the diagnosis for her current state, she needs some professional help immediately. Her



Dr. Joyce Brothers

● Ask Dr. Brothers

present state of mind is not her fault, and anyone who's going to attack her or be unpleasant should be kept away. The consequences of her present condition can be very serious for both her and her baby.

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Dear Dr. Brothers: I'm 16 and home from my prep school for spring break. One of the reasons I was sent away to school in the first place is because I'm not especially fond of my stepmother. She's not a witch, but she's always been on my case about not going to bed early enough.

Well, I do go to my room at the appointed hour — twice as early as

I do when I'm away, but I'm always in there by 11:30. Do I turn off the light?

No, I read, and when I'm on holiday I think I should be able to read for as long as I like. I can't ask my dad because he isn't there now. Anyway, he'd probably take her side on this. — M.N.

Dear M.N.: Give the woman a break, and try to understand that what you've described really isn't cruelty — it's an indication that

she cares about you, and probably loves you. Ask yourself if perhaps part of your resentment may be more related to the fact that she's your stepmother, rather than to what she's asking of you. In any case, consider yourself very lucky, because if I were in her place, I might be more demanding about the number of hours needed for sleep for those your age, and for most students throughout their school years. There are legitimate health reasons for this. Americans generally are sleep-deprived, but this is especially true of teenagers, who need more than adults — actually, studies suggest nine to 10 hours of sleep.

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Dear Dr. Brothers: I heard an au-

thor talking on the radio about so-called adult ADD. He gave a list of symptoms that includes stuff like being unable to concentrate, forgetting things, having moments of clarity mixed with fogginess, etc. I listened to all the symptoms, but they confused me more than ever. It could describe me — but on the other hand, I think it could describe just about anyone who has a busy life, not enough time and a fair amount of stress? — D.D.

Dear D.D.: Adult attention-deficit disorder is one of those phenomena that are made for people who consider themselves to be a bit of a hypochondriac. It's not going to kill you, but the symptoms are so vague and widespread that just about anyone could decide that he or she is suf-

fering from its effects.

When we were young, this was a condition that hadn't been defined. Instead, kids like this were called derogatory names in school — lazy, unfocused, distractible, hyper, forgetful, immature and so forth. But a parent with the same faults? Usually the parents "grew up," and whether they were problem kids in school or not, most everyone managed to further their education and get some kind of a job and settle down. They were functioning OK until today, when the medical profession told them otherwise and gave them a label. What if you do have adult ADD? Will you take medication? Or will you just decide to muddle through?

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County attorney reviews '06 statistics

2006 is long behind us now, but I thought I would share with you what my office was doing by sharing the following Thomas County caseload statistics:

Total number of criminal cases filed: 305

Total number of driving under the influence (traffic) filed: 25

Total number of juvenile cases filed: 22

Total number of child in need of care cases filed: 18

Total number of care and treatment cases filed: 20

Total number of civil forfeiture cases filed: 8

Total number of adult convictions (convicted in 2006 of 2006 cases filed): 106

Total number of criminal diversions for first-time offenders: 15

Total number of criminal cases dismissed: 75 (includes successfully completed

diversion dismissals and three deceased defendants)

As I stated last year, data that is nearly impossible to keep track of is the overwhelming amount of traffic calls requesting diversions or trials our office receives on a daily basis. Also not included in the numbers are juveniles sent through the "informal diversion" program and any juvenile or child in need of care case adjudications (outcomes). If you have any questions about these statistics I would be happy to answer them.

Hey parents, if you have a senior in high school, you might be interested to know for the second year in a row my office is sponsoring a scholarship for seniors planning on pursuing a career in criminal justice. "Criminal Justice" encompasses many different fields of study, including, but not limited to:

For the Record

The following arrests or incidents have been provided by either the Thomas County Sheriff's office or the Colby Police Department. All suspects were booked into the county jail and are presumed innocent until proven guilty.

The Thomas County Jail is used by the towns of Colby and Oakley and Logan and Thomas counties.

Thomas County Sheriff Thursday, March 1

• **Material witness:** Emily Rose Orth, 25, of Colby, is being held as a material witness for the Riley County Sheriff's Office. She was located at 9:36 p.m. in the 1200 block of Lue Drive by the sheriff's department.

Friday, March 2

• **Disorderly conduct:** Brent William Beckman, 22, of Menlo, was arrested at 1:41 a.m. in the 700 block of East College by the Colby police. The charge pending is disorderly conduct.

Saturday, March 3

• **Disorderly, trespass, more:** Nicholas Paul Tubbs, 22, of Colby, was arrested at 10:50 p.m. in the 400 block of South Court. The charges pending were disorderly conduct, criminal trespass, criminal damage to property, and domestic battery.

Sunday, March 4

• **Criminal damage, more:** Dennis Clyde Sheaks, 23, of Oakley, was arrested at 8:15 p.m. in the 600 block of South Adams Street by the Gove County Sheriff's office. The charges pending were criminal damage to property, domestic battery, disorderly conduct, resisting arrest and felon in possession of a firearm.

Monday, March 5

• **Failure to comply:** Kay Lynn Davis, 40, of Garfield, was arrested at 4:32 p.m. by the Kansas Highway Patrol. The charge pending was failing to comply with a lawful order from the Kiowa Sheriff's office.

• **Domestic, disorderly:** Anthony Jason Taylor, 24, of Colby, was arrested by Colby police at 3:15 a.m. in the 300 block of West Second. The charges pending were domestic battery and disorderly conduct.

Tuesday, March 6

• **Possession:** Christopher Dean Sutton-Kearn, 19, of Colby, was arrested at 8:08 p.m. in the 300 block of West Third. The charges pending were possession of drug paraphernalia, possession of marijuana, and minor in possession of a cereal malt beverage.

• **Failure to comply:** Gary Wayne Grady, 37, of Roe, Ark., was arrested at 3:50 p.m. by the Kansas Highway Patrol on Interstate 70. The charge pending was failing to comply, giving a worthless check in Arkansas.

• **Transporting open container:** David Eduardo Cervantes-Diaz, 25, of Phoenix, Ariz., was arrested at 10:51 p.m. on I-70 by the Kansas Highway Patrol. The charge pending was transporting open container in Thomas County.

• **Failure to appear:** Lucas Alexander Moore, 21, of Colby, was arrested at 6:15 p.m. in the 1900 block of South Range Avenue by Colby police. The charges pending were failing to appear in Colby Municipal Court on driving with revoked license, expired registration and no proof of insurance.



Andrea Wyrick

● Thomas County Attorney

law, social work, psychology, juvenile or early child development, law enforcement, forensic science and counseling.

Each school in Thomas County is eligible to have one student receive the scholarship.

Once the scholarships are awarded, they will be paid directly to the financial aid office of the student's college at the beginning of the second semester of college if the student maintains a C average during the first semester.

The criteria used in selecting students for the scholarship includes citizenship, leadership abilities, character, involvement in school and community activities that serve others, and a desire to pursue studies in the criminal justice field.

My intent in establishing this program is to help fund the education of students who have helped others in the community and school.

Each \$500 scholarship is payable out of the Thomas County Attorney Diversion Fund. All Thomas County High Schools have the scholarship information and application available for students. The application deadline has been extended to May 1.

If you have questions, send them to 140 W. Fourth St., Colby, Kan., 67701, or call (785) 460-4580.

I will try to address the issue in my next article, or if you would prefer to have it remain private, I can respond directly to you. As always, my family, staff, and I thank you for the opportunity to serve.