



Flexibility keeps holiday blues away

By Peggy Polacek

To avoid becoming depressed during the holiday, a person should think of Christmas as a season of joy and sharing, instead of a one-day event, said a social worker for the Lincoln Family Service Commission.

Kate Enersen said that it may help to consider the holiday season as beginning at Thanksgiving and extending until the new year. She said this may make arrangements easier for families who cannot be together for Christmas because of death, divorce or distance.

The entire family should share in the season, she said, and show more flexibility in celebrations the holidays. She said it should not matter whether Christmas is celebrated on Dec. 21 or Dec. 28.

People expect a season of joyousness, she said, but are disillusioned when their Christmas does not look like something from television.

Tom Martin, administrative assistant at the UNL Psychological Consultation Center, said people have an image of the holidays being filled with love for everybody, but they may realize that their lives are not that way.

Holidays are a time when people cover up their problems, Martin said. Many hold together during the holidays because they won't admit they have a problem.

Martin gave the example that a student's relationship may be having difficulties. The couple tend to stay together until Christmas because of plans made for the holidays. After Christmas no plans are holding the

two together, he said, and they must face up to their situation.

"People often ignore interpersonal problems as Christmas approaches," Martin said, "and are left to face their problems afterwards."

The holiday season doesn't depress or disappoint everyone, Martin said, but anyone could be affected in that way. Each person's reasons for being depressed are different, he said. It is best to deal with the individual and find a solution that will work for him or her.

Enersen suggested that newly divorced people or those who are alone during the holiday season should establish new Christmas rituals and traditions to make the season special to them.

"Society is becoming more responsive to single people who don't always have their family around," she said. "There are a lot of lonely people out there, and I urge them to be with friends and to get out to attend things like Christmas plays and concerts to make their own holiday season."

Making the holiday good for yourself, and having realistic expectations for it should help avert depression, Enersen said.

Martin said the most important way to prevent depression is to talk to someone if a problem becomes too large. He said not to keep a problem inside, but to express it.

The death of a family member at Christmas time can be very difficult, Enersen said. Death cannot be denied, she said, and it is often good to remember what "Dad or Grandma" liked to do for Christmas.

Fewer jobs . . .

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UNL Assistant Dean of Engineering Ed Anderson said the average number of jobs offered to engineering students are usually three or four, but this year there may be only one or two that the student can choose from.

According to the Michigan survey, there will be 17.7 fewer visits to campus by recruiters.

Don Glover, chairman of the advertising department in the UNL School of Journalism, said fewer recruiters are coming to UNL.

However, the demand for teachers in mathematics, science, industrial education and special education has increased, Ron Joekel, associate dean of UNL Teachers College, said.

"They (school districts) are hiring anyone who can teach these subjects," he said.

"People here have a higher percentage of placement than other schools. In fact, we don't have enough graduates to fill all of the positions available."

Joekel said the Teachers College has received a large number of requests to fill jobs.

"A lot more (students) are applying for key jobs because they want the best ones," he said.

Hazel Anthony, dean of the UNL College of Home Economics, said things also are looking up for their graduates.

"There are always jobs for students in food service and dietetic jobs," she said.

"They are looking harder (for a job), but they are able to get one," Anthony said.

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1. Entry deadline is December 23rd. Entries sent by mail must be postmarked no later than midnight December 22nd.
2. No limitation on number of entries. All entries must be in color slide form.
3. Theme for contest is "Spirit of Christmas" in Downtown Lincoln.
4. All entries will be judged by Carol Jess, Director, Lincoln Center Assoc.; Sid Spelts, Sid Spelts Photography; Dick Blomgren, Blomgren Photography.
5. Entries will become property of Lincoln Center Association unless otherwise requested.
6. Enclose name, address and phone number along with entry and mail or deliver to: Lincoln Center Photo Contest, 1221 N Street, Lincoln, NE 68508.

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