

Terrorists must not be allowed to win

What kind of people attack a school and slaughter children? Freedom fighters? Hardly. Animals. Savages. The world needs to band together to stop this barbarism. The time is past for temporizing. Action is required. A subway in Spain. A street in Israel. A school in Russia. A synagogue in Tunisia. A bomb in Baghdad. Airliners in Russia. Buildings in downtown New York. An embassy somewhere in Africa. Terrorism is pure evil, and it will not go away. Terrorists do what they do because, when the world shows weakness, it works. Terrorism changed a government in Spain. Terrorism has Americans wishing we'd never gotten into Iraq. Terrorists must not be allowed to win. The stakes are nothing short of the fall of civilization and the end of western society as we know it. Not tomorrow, not next year, but eventually. Imagine a world where people like the gang who seized the school in North Ossetia rule. Imagine living under their thumb. We must recognize, first, that this is a clash of cultures, and only one culture can survive. It must be the culture of love, peace, freedom and the sanctity of human rights and human life. We must recognize, second, that this is not a Christian-Muslim clash. Far too much blood has been shed in the name of God, Jehovah or Allah. Children in Northern Ireland, women in Kosovo, shoppers in Israel. Muslims do not have a corner on violence. This is a clash between the forces of peace, law and order, and the forces of evil, of Satan. Peaceable leaders of all three faiths deplore senseless violence. As one Arab leader put it, "We are all children of Abraham." All people of the Book. And however we believe in the One True God, he does not want us killing each other in His name. Nor does he want terrorists and thugs, people who kill children, to rule the world. This is not the time to waffle or waiver. We need to proceed on two fronts, the front of peace, yes, and the front of steel. Any terrorist who persists against a united world must perish. And as this senseless slaughter proceeds, perhaps the world will unite, as we must.

— Steve Haynes

Suicides are not necessarily death wishes

Suicide is a complex and multi-dimensional problem; there is never only one factor that causes a person to take their own life, but a combination of many factors that can easily go unnoticed by family, friends and co-workers.

The first week of September is National Suicide Prevention Week, intended to expand awareness of the need to increase suicide prevention efforts and effective intervention. Some risk factors associated with suicide include mental illness, substance abuse, previous suicide attempts, hopelessness, access to lethal means, recent loss of a loved one, unemployment, and vulnerability to self-harm. Protective factors that "buffer" against suicide and suicidal behaviors include high self-esteem, social connectedness, supportive family and friends, and effective problem-solving skills.

Here are a few facts from the American Association of Suicidology:

- Suicide is the 11th leading cause of death in the United States. (Numbers 1-10 are all physical health problems such as heart disease and diabetes, except for number 5, which is accidents and unintentional injuries. Homicide ranks as number 13.)

High Plains Mental Health

By Karen Beery

- Suicide is the 3rd leading cause of death among 15 to 24-year-olds.

- Females attempt suicide three times more often than males, but males complete suicide at a rate four times that of females. (Part of the reason is that males tend to use a more lethal means such as a gun.)

- The elderly make up 13 percent of the population, and account for almost 25 percent of all suicides. One of the leading causes of suicide among the elderly is depression, often undiagnosed and/or untreated.

The experts who research and study suicide believe that most suicidal individuals do not want to die; they just want to end the emotional pain they are experiencing. When suicidal intent or risk is detected early, lives can be saved. If you have concerns about a family member, friend, or yourself, talk with someone who can help such as your family physician, clergy, or mental health professional.



There is a little good in everybody

Willie has left. I know, now that summer is over. You see Jack and I drive through the State Park several times a week to check on the blue herons, rabbits, deer, etc. We don't know Willie, but we do know when his trailer is parked in his favorite spot, summer is surely soon to arrive and likewise when it's gone, winter must not be too far away.

Have you ever thought of the people in your life that you really don't know, but who have an impact on you? For instance, the truck driver in a pounding rain whose taillights light the way and give you a sense of security. Or in a dense fog the car in front of you whose taillights barely flicker in the thick clouds of moisture, but nevertheless you develop a bond with the driver as you rely on him to provide you a safe path. Or the person you pass each day on your way to work (in the city) and wave to them. You don't know their name,

Phase II

Mary Kay Woodyard



where they come from or where they are going for that matter. But you do know you pass each other at basically the same time, in the same spot each day and when that other person isn't there we feel something or someone is missing.

I remember when we were moving across country one time and were driving in Louisiana. The divided highway was torn up for construction and had narrowed to one lane. A gray drizzle made it difficult to read the signs, all written in southern English, when suddenly the road

veered left and the exit ramp went straight. Well, we went straight, as did the three cars behind us. And then we went right back onto the highway and so did they. Their trusted leader was not terribly vigilant when it came to road signs, however, we did get them back on the road.

My point is this. As Americans we really do put our trust in each other. No one reads Microsoft's User agreements. When you're in pain waiting to be admitted to the hospital do you really read before you sign? And what about the man who comes out to fix a flat on the interstate? You have never seen him before, but you trust the tire will be secure so you may arrive at your destination safely.

We trust that people are good. Are we disappointed sometimes? Sure, but as my grandmother used to say even in the worst of men (and women) is a little bit of good. Isn't it wonderful when we are on the receiving end of the good.

America is great in an amazing way

Back Home

Nancy Hagman



bothers me most is the amount of anger being expressed.

Even when our goals are laudable, we are all capable of doing some pretty sorry things to achieve them. Hopefully, eventually, we have a moment of epiphany when we realize the wrongs we have committed and will then try to make amends for the harm we have caused.

Some people are very good at figuring out all the wrongs ever committed, not only by themselves, but by everyone else. They clothe themselves in sackcloth and spend the rest of their lives feeling bad because they don't feel worse.

(In my experience these people are usually Democrats).

Some people (Republicans) while critical of the faults of others never recognize they did anything wrong. I hope that is not why I am a Republican but I am willing to admit it is possible.

The debate is part of this country's greatness. The fact that I can say I don't like Ronald Reagan is part of this country's greatness.

For whatever reason this country has been greatly, greatly blessed. I believe God has blessed us. You may believe something else. That is another part of our greatness.

I have come to believe that part of the reason we see so much anger is that we do not know how to accept this great gift that we have in living in the United States of America. We feel unworthy, or think we are worthy but are mad because someone we have judged unworthy is getting the same deal.

Maybe I do get Reagan's popularity. Those who praise him always speak of his kindness, his smile. He believed in America's greatness. So do I.

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