

Even a fish wouldn't take this bait

It's not unusual for us to receive 'stupid mail' via e-mail. The one to follow takes the cake, however. It's one of those so-called scam things whereby the writer, no doubt fictitious, wants to lighten our load—as in financial load.

Often we warn readers to ignore this stuff when it comes their way in whatever form. The one you are about to read invites us to get in contact with her for the details. Certainly, once an initial contact is made she has opened the door and, from that point on, your troubles are just beginning.

After you read this, ask yourself: "Would I respond?" Hopefully your answer is a resounding, "No!" Remember this is just one of numerous scams that come to us each and every week.

Here is the latest (just as it was received, untouched):

Dearest one,
I sincerely write you because I need your assistance to help me on what belongs to me. Your profile pushed me to write you. I am Miss Juliane Williams. The only daughter of Mr & Mrs Williams. My father was a highly reputable (a cocoa merchant) in cote d'ivoire. It was sad that he was poisoned and passed away mysteriously in France during his business trips on 12th. December 2003. His sudden death was linked suspected to have been masterminded by an uncle who travelled with him. But God knows the truth! My mother died when I was 4 years old. My father took me so special before he made the trip.

He called me and explained to me the reason why he will make this trip and also told me that he deposited a trunk box contain \$ 15.300 000 million in a storage company here in Ivory coast. He told me that this money is for investment purpose overseas.

He told me that the storage company did not know the content of the box as money but gold To avoid. He gave me the certificate of the deposit of the box & other vital documents of his asset before he died. I went to the storage company to establish ownership of the onsignment.

Now I need your assistance to move this fund to your country for investment as it was my late father's aim before his death. Contact me with my privet email :
(juliane_williams_2006@yahoo.fr)
Thanks for your anticipation assistance.
Miss Juliane Williams.

We hope the writer isn't holding her breath. Or, come to think about it, maybe we should encourage her to.

— Tom Dreiling

Thumbs Up to . . .

✓ **The Heritage Quilt Club**, for not letting the heat of summer derail your 'quiltistic' efforts. (td)

✓ **Norton Eagles and Auxiliary**, good luck as hosts of the weekend state Eagles Fall Conference. (e-mail)

✓ **Bob and Neoma Tacha**, on your 60th wedding anniversary. (e-mail)

✓ **The people** who take care of our flowers downtown. The trees, flowers and pods they are on make Norton look like someone loves it. Drive around other towns and you will agree, *we look good!* (hand delivered).

✓ **Robin Sproul**, on being the Pigskin Pick-Em Contest's top picker in Week #2. (Telegram)

✓ **Blue Jay cross country** team, on your fine showing at Wamego last weekend. (e-mail)

✓ **Nathan**, your courtesy and attention to detail, are a credit to your employer. (e-mail)

✓ **The music** from the Clarion at the Methodist Church throughout the day and the evening. (Dolores Atkinson)

✓ **Norton's Terry Petrie**, who scored a 32-yard touchdown for Kansas State last Saturday! He is the first Norton graduate ever to score a K-State touchdown. (submitted by Dick Boyd)

THE NORTON TELEGRAM

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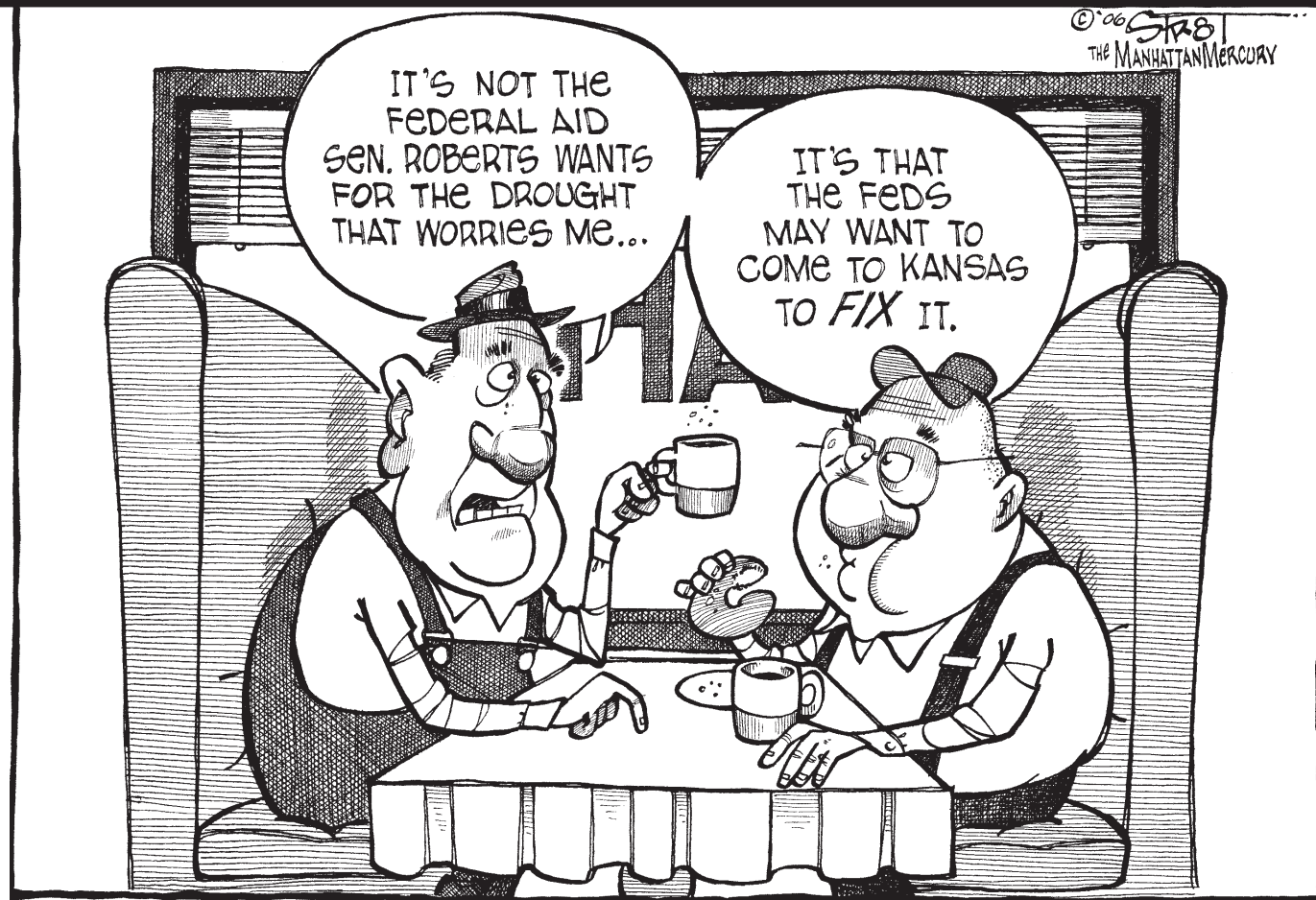
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Here's an easy way to change yourself

I was reading some information from the Kansas Health Foundation the other day and the message "Change Something" made so much sense that I thought I'd pass some of it along to you. Small changes in our daily habits are what make a difference.

Examples cited include eating green beans instead of fries with your cheeseburger, select a parking spot far enough from the door to enable you to do some walking, eating an apple instead of drinking a soda, use a smaller plate to help control the portions you take, skip the chocolate syrup on your next bowl of ice cream, or select yogurt instead. It's the little things. You don't have to change everything to live healthier.

The foundation kicked off its new public motivation campaign earlier this month and asks Kansans to "change something." You probably didn't know but Kansas ranks as the 26th heaviest state in the nation, according to the foundation. It further says that a report found that 81.2 percent of the adults in our state don't consume five or more servings of fruits and vegetables per day, and that more than half do not meet the recommended guidelines for moderate physical activity.

The foundation's campaign hopes to inspire adults to live healthier and to pass their health habits on to their kids and grandkids.

Incidentally, the Kansas Health Foundation pays out approximately \$23 million annually in four major funding categories: Children's Health, Leadership, Public Health and Policy. Visit their website at www.kansashealth.org.

Change something.
-td-

I can't always verify information sent me, but I will pass along the following. It has to do, in part, with being a Guard at the Tomb of the Unknowns at Arlington

Good Evening Norton Tom Dreiling



National Cemetery. It says:

For a person to apply for guard duty at the tomb, he must be between 5'10" and 6'2" tall and his waist size cannot exceed 30". Also, they must commit two years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They also cannot swear in public for the rest of their lives.

To me this sounds awfully severe. It keeps mentioning "he" which I wonder means a female military person cannot apply even if she meets the physical requirements. Also, the physical requirements certainly rule out a whole bunch of people wearing the uniform of the U.S. Armed Forces.

I had occasion a number of years ago to see these guards in action while visiting Washington. I marveled at the preciseness of everything they do. I must say that I hadn't paid any attention to the height requirements — to me they were military personnel performing an honored task.

The information sent me also said that during the first six months of duty, a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notables laid to rest and where they are interred, such as (the information says) Joe E. Lewis (the boxer), President Taft, Medal of Honor winner Audie Murphy (the most decorated soldier of WWII) of Hollywood fame. It also says a guard

spends five hours a day getting his uniform ready for duty.

It all sounds interesting. Maybe someone can verify what I have picked out to share with you.

-td-

Surprise...maybe. A CNN poll released late last week, shows that Republicans favor former New York Mayor Rudy Giuliani as their nominee for the 2008 presidential election, and Democrats favor Sen. Hillary Rodham Clinton.

Thirty-one percent of the 432 polled Republicans chose the former mayor, and 37 percent of the 517 Democrats polled picked Sen Clinton.

Sen. John McCain, on the GOP side, polled 20 percent, and former House Speaker Newt Gingrich 12 percent. No other Republicans were in double figures.

Former Vice President Al Gore, on the Democratic side, polled 20 percent, and Sen. John Kerry got 11 percent as did former Sen. John Edwards. All other Democrats were at three percent or less.

So, there's your peek-of-the-week at politics.

-td-

Maybe some of you wives might want to enroll your husbands in some of the following classes

- How To Fill Up The Ice Cube Trays — Step by Step, with Slide Presentation
- The Toilet Paper Roll — Does It Change Itself?
- Fundamental Differences Between The Laundry Hamper and The Floor
- Learning to Live — Basic Differences Between Mother and Wife
- The Stove/Oven — What It Is and How It Is Used.

-td-

Have a good weekend...and check today's Telegram for the times of Sunday services at your favorite house of worship.

We need to let our kids just be kids

I write this article realizing the risk I'm taking. Not being a sports person many will take this piece to be anti-sports, but hopefully most will realize it goes far beyond those activities and extends to all things, which leave children and families stressed, depressed and irritated.

A leading child development expert, David Elkind of Tufts University, says "Kids need time to play. It's in their free time that children can initiate their own activities and nourish their creative and imaginative abilities."•

To me, playtime (freetime) is when children learn to be adults. They play house, teacher, farmer, yes, doctor, and other occupations too. They try out their artistic abilities. They read of adventures impossible to live, but thrilling to experience through the written word. If their time is spent in scheduled practice and activity, when do they learn who they are and what they are?

"Overscheduling is a growing problem for American families, according to Dr.

Phase II Mary Kay Woodyard



Alvin Rosenfeld, author of "The Overscheduled Child: Avoiding the Hyper-Parenting Trap."

"A cultural phenomenon is taking place where parents are being told that the right way to raise their kids is to involve them in every enrichment opportunity possible, even if it means leaving the entire family feeling anxious and stressed," he said. •

We have church leaders and politicians promoting family values. These values are not assimilated through the air, but must be taught. Family time is being eaten away during the dinner hour, on Saturdays and Sundays. Whatever happened to the

weekend for the family. Sitting in the stands on Saturday watching a third grader play football is not family time. Not only does it eat away at time, but how do families find the money for the many weekends in the motel and eating out. Many families will say these are their vacations. Hold on, remember vacations are times spent away, not time with the neighbors.

Being a parent, a part of a family, is probably the greatest honor any of us will ever have. We must take the role seriously because no one can advocate for our children as well as we can. I've heard parents say, "If my child doesn't get involved and do this now, he won't be good enough to take part later." Be a leader, show your child his value is in who he is, not what he does. We don't believe a parent is better the earlier they start; let's carry that belief into other areas. Slow down, listen to your inner voice, listen to your child.
*<http://www.cnn.com/2006/EDUCATION/08/30/overscheduled.kids/index.html>

FROM THE MAILBOX:

Former residents enjoy Telegram

To the Editor,
We enjoy "Good Evening," "American Profile" and all the other articles by the editor, reporters.
Thanks,

Mrs. Walter Arthur
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P.S. I was raised near New Almelo, but have been gone over 50 years.