

## Here are some tips on displaying the flag

With Memorial Day weekend just around the corner, and the flag of the United States of America being readied for display, now would be a good time — a great time — to review a few of the guidelines associated with Old Glory. We are all patriotic and many of us literally wrap ourselves in the flag. We shouldn't really be doing that, it diminishes the spirit and purpose for displaying our nation's symbol. If you question yourself about the appropriateness of a display you have in mind, don't do it — it probably wouldn't pass the test.

The Department of Kansas, Veterans of Foreign Wars, passed along these guidelines as you prepare to let Old Glory proudly take its place in front of the crowd:

- a) The flag displayed on a vehicle should be fastened to the right side bumper, or antenna, or to the window.
- b) If displaying the flag on a wall, the blue field should be in the upper left corner and it should never touch the ground.
- c) When displaying an all-weather flag outdoors, 24 hours a day, there should be a light near it at night so it is not in complete darkness.
- d) When the flag becomes worn, please replace it.

Here are some additional questions and answers appearing on [www.vfw.org](http://www.vfw.org):

**What should you do with a worn or torn U.S. flag?** Such a flag should be destroyed in a dignified way, preferably by burning. Individuals should be responsible for destroying the worn flag in their possession and burying the ashes. Some VFW Posts provide assistance.

**If two flags are staffed before the entrance of a building, where should the U.S. flag be?** On the left side as observed from the street.

**When is it permitted to half-staff the U.S. flag?** Only the president of the United States or the governor of the state may order the flag to be at half-staff to honor the death of a national or state figure. Unfortunately, many city, business and organization leaders are half-staffing the flag upon the death of an employee or member. Instead, it is suggested to half-staff (if on a separate pole) the city, business or organizational flag. The federal flag code does not prohibit this type of half-staffing.

**How should the U.S. flag be displayed from a staff when on a platform or on the floor in a church or auditorium?** The U.S. flag should always be placed to the right of the speaker (viewer's left) without regard to a platform or floor level. Any other flags displayed should be placed on the left of the speaker or to the right of the audience.

**What is the meaning of the gold fringe on some flags?** The addition of the fringe started in the early 1800s as decorative enrichment. There are no rules that prohibit the use of fringe on a U.S. flag by nongovernment groups or organizations. To receive a free copy of the VFW's "Our Flag" brochure, send a self-addressed, stamped envelope to:

Flag Brochure  
VFW Citizenship Education  
Dept. VFW National Headquarters  
406 W. 34th St. Kansas City, MO 64111

It is our hope this editorial helps you in your preparation to display the U.S. flag this coming Memorial Day weekend.

-Tom Dreiling

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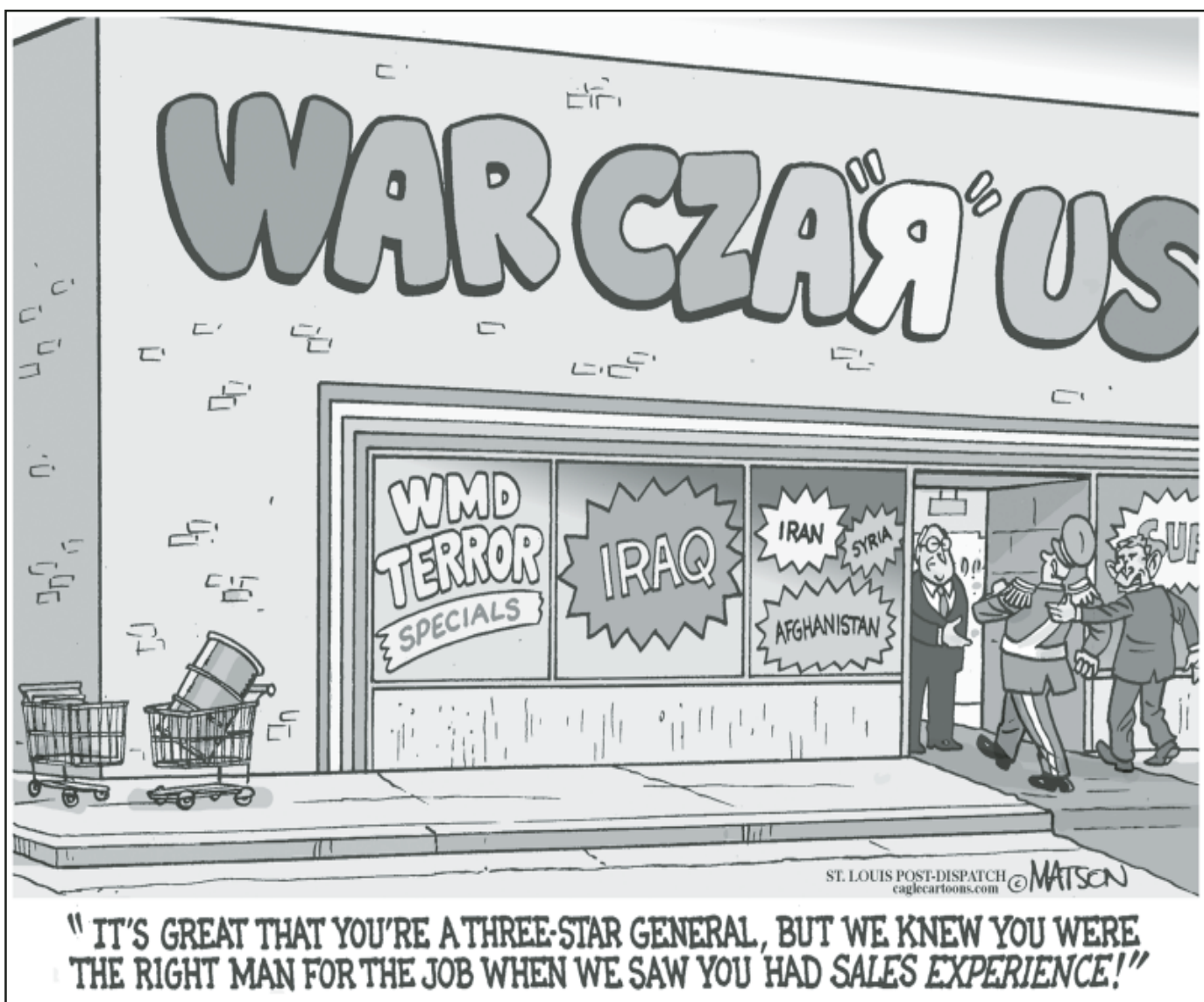
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## I hope my flowers are listening to me

They say it helps to talk to the flowers. And, I've been doing a lot of begging this week. I said, "Please, Please, Please, don't bloom yet." Memorial Day is next Monday and our irises, peonies and wild roses are all trying to bloom.

If they'll hang on for two more days, then they can let'er rip. When the timing is right, we have more than enough flowers. Plenty for the cemeteries and some left over for us.

Memorial Day is celebrated Sunday in some towns; Monday in others. Either day, it's a "big deal" in this part of the country and Jim and I are of the same mind — only real flowers on the graves of our loved ones. We don't do fancy arrangements, but I think our homegrown bouquets are just as beautiful.

He's always been real good about helping me, too. He gets the jars and makes sure there is sand in the bottom. A fresh sheet of tin foil dresses the jars up a little. He loads a bucket of water into the trunk

### Out Back

Carolyn Plotts



while I am cutting flowers.

We go to the Lyle cemetery first. That's where my parents, little sister, grandparents and an aunt are buried. Then we stop at another little country cemetery where Jim has some family. Finally we get to the Oberlin cemetery where both our grandparents and great-grandparents, Jim's son, various aunts and uncles and a sister-in-law are all buried.

Decorating graves is a good time for reflection. Your fond memories of loved ones gone before are what keep bringing you back year after year.

The tradition, however, is dying off as

the older generation dies off. Will there be anyone to decorate our graves when we're gone?

-ob-

Alumni Banquet and Memorial Day fall on the same weekend. Which reminds me, I haven't sent our reservations in yet. Better get that in the mail this morning or we'll have to wait and see who doesn't show up and sit in their seats.

That means I could be seated with the Class of '32 and Jim might have to sit with the Class of '92. Good way to meet new people, at least.

-ob-

Jim and I are on the "Walking Wounded" list. He fell off a ladder more than a week ago and I threw my back out last Thursday. He can hardly walk and I can hardly sit. What a pair.

He said to me, "I didn't mean THIS when I asked you to grow old with me."

Me neither. I might not have said, "Yes."

## Don't take mental health too lightly

The Mental Health America web site states that most people don't think much about their mental health, or even use that phrase, yet it is a common element in life. Some people define mental health as a "state of mind, while others as "being content with life" or "feeling good about yourself."

Mental health may be best explained as how well a person copes with the challenges of life and daily living.

Mental Health America writes that strengthening our mental health is even more important today, considering the fast paced, high-stress culture of daily life. People live with daily threats to good mental health. Many people work extended hours or multiple jobs, and are chronically overworked.

The line between work and home life is often blurred, and home is rarely a place of rest. People sleep less and eat poorly. Technology and the information age have

### High Plains Mental Health

By Karen Schueler

also brought increased expectations and challenges. Communities are less engaged. Families are more disconnected. Parents and kids are in a constant race from one activity to another, without any downtime.

Many people face additional challenges that put their mental health at risk, such as major health problems, or an addiction to alcohol or drugs. Some deal with the stress of care-giving or the loss of a loved one. Divorce, job loss, single parenting,

and abuse can add to the list. And then there are major mental illnesses such as depression or schizophrenia.

Most people take their mental health or mental well-being for granted. It is such a basic, yet unseen, part of who we are, that it doesn't seem to merit a lot of thought compared to everything else.

But mental health is a major factor in all aspects of life, and influences relationships, work performance, school and physical health. When one's mental health is good, a person can deal well with daily challenges and problems. When it is not so good, it can be difficult to function in even the simplest aspects of life.

Help is available from many resources including a family physician, pastor or priest, school counselor and mental health professionals.

To learn more or submit questions go to the agency's web site: [www.highplainsmentalhealth.com](http://www.highplainsmentalhealth.com).

## Why do atheists have more faith than Christians?

To the Editor,  
God created all animals in one 24-hour day.

Ask a grocer how old the fruit is, and he will start his count from the day it was picked.

For good reason, the Bible does not tell us how God created all animals in one day. Because, at the time the Bible was written, such was common knowledge.

What was the "tree of knowledge" that God told Adam and Eve to stay away from?

Why did the Druids worship trees?

### LETTER

What did Adam learn from the tree that God killed Adam and Eve and their children?

Why is a black raspberry tree with suckers "different" than all other trees?

What did early mankind learn and practice that God killed all but eight of them?

Why is platypus an example of "out-

crossing" when it is impossible for two different species to mate?

To kill a few hundred people, why did God flood the whole Earth?

Faith is belief without knowledge. Anyone who does not believe that God created all animals in one day, does not have enough faith to be saved.

A Darwinist does not know how animals evolved, but they believe it.

Why does an atheist have more faith than a Christian?

Arthur Loyd Shelton  
Oberlin

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Office hours:

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Phone: (785) 877-3361

Fax: (785) 877-3732

E-mail: [telegram@nwkansas.com](mailto:telegram@nwkansas.com)

### STAFF

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