

What does our paper say about our town?

Jack's career took us across the country and up and down to different areas and cities of various sizes. Each time before we moved I would subscribe to the local newspaper to get a "feel" for the area. I couldn't help but think Tuesday night as I read the paper what our paper says about our town.

Phase II
Mary Kay
Woodyard



On the front page was a picture of the sixth grade band students, an announcement of the Chaston VanDerVeen Memorial Bicycle Safety Program which will give each Norton and Northern Valley kindergarten and first grade student a free bicycle helmet. In addition is a request for individuals to serve on the high school's Site Council.

The back page had pictures of high school track participants and inside were announcements for the Kids Day at the State Park, the Youth Forum, a new exhibit at the Sternberg Museum and Northern Valley art contest winners.

We often think of Norton as the Silver Haired Society, but 19.9 percent of the population of Norton County is under 18 as compared to 17.7 percent over 65. Now you know why grandparents feel outnumbered at the Easter Egg Hunt. Another comment you often hear is how behind the times we are, but an interesting bit of trivia is that 46.4 percent of the businesses in Norton County are owned by women as compared to a state average 27.2 percent.

But it isn't just the youth who are highlighted in the newspaper, but it also reveals much about the Norton lifestyle. A reminder to buy your car tags and recognition of the National Day of Prayer, details of the new library display and a column featuring asparagus recipes. Ads for assisted and independent living and organic food as well as a theater and an article about the library further detail our lifestyle. A story covering a local fire further describes the services of a small town. A full page devoted to TV programming and a front page covering a partnership of the Highway Patrol and truck drivers further exemplifies the community spirit.

All in all it adds up to a comfortable life style and a community focused not just on kids and not just on seniors, but rather a life of unencumbered living.



I'm back on track with today's column

I sort of cheated a little last Friday. The column you read started out as an editorial, but the more I wrote the more it took on the tone of a column. When all was said and done, it ended up as an ediumn — part editorial (edi) and part column (umn). Don't ask me how to pronounce it. Today, I promise to get back on track and give you a column (as in column) and pronounced column.

Good
Evening
Norton
Tom Dreiling



uncle whom I suspected over the death of my father was against me, He is looking for a way to kill me so that he will claim all my fathers properties. Right now I am hiding myself and I am not feeling comfortable because of my condition.

Now I need your assistance to transfer this fund to your account for investment as that has been my late father's aim before his death. Now permit me to ask you these few questions:

Can you honestly help me to transfer this fund to your account?

When this fund is transfer to your account, what percentage will you like to take from the fund for assisting me?

If this proposal arouse your interest get back to me so that I will give you the contact of the bank for you to contact them regarding the transfer of the fund to your account.

Thanks and God bless you.

Your Sincerely one,
Miss Fidel David.

If you get this message on your computer, please ignore it. Don't be the next identity theft victim. Once they get your personal information, you're sunk. We had an ID (identity theft) seminar here last week and although I don't know what the attendance was, I hope you were there to learn how to protect yourself from these crooks.

The lady was in the hospital for tests because she was unable to fall asleep, and this had been going on for a year. The doctors who deal in this illness ran just about every test imaginable. They were stumped. Nothing led them to a reason. Then one day her husband brought to her bedside a CD. He put it in the little black box sitting on the night stand, plugged it in, and turned the volume down so only she could hear it. Within minutes she was sound asleep. The doctors were elated, although curious. When they asked her husband what was on the CD, he said, "One of our pastor's sermons."

Have a good evening. And this week-end when you are in the church of your choice, stay awake!

Thanks, Ann, for the kind words.

I keep hearing on the campaign trail that electing Sen. John McCain as president, assures President George W. Bush a third term. That's the message the Democrats are trying to slide into the conversation.

Well, if that be the case, would not the election of Sen. Hillary Clinton assure William Jefferson Clinton a third term?

I don't hear much of that theory being advanced.

Hey, media, where are you?

They keep talking about the Democratic Party's primary and how important it is to get the right (define right, if you can) candidate to contest Sen. McCain. I think the real importance of this election is who Sen. McCain picks prior to the convention as his vice presidential running mate. Sen. McCain is 71, will turn 72 on Aug. 29. He will need to pick someone youthful, energetic, easy to like, someone who can project confidence and be able to clearly explain solutions to the multitude of problems. And be convincing. He, or she, doesn't need to have name recognition which, sometimes, can be a negative. I'm sure Sen. McCain knows all of this and will address it appropriately. I'm not knocking McCain's age, he and I could pretty much blow out the same number of candles. OK, we could try to blow them out.

Incidentally, do you know what Sen. McCain's full name is? It's John Sidney McCain III.

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Your turn

Let's put Obama-Wright issue in perspective

Two wrongs don't make a Wright. I keep trying to figure out what is Wright about this whole Obama-Wright equation. Obama must feel a bit like Jesus when Judas was revealed. Someone He saw as a friend, someone who betrayed Him. Anyone who has surrounded themselves with people has experienced some of the same feelings, but it is important to keep everything in perspective.

I remember years ago having a priest whom I adored. He was able to bring the church to standing room only and could inspire, educate and make you want to work harder to be a good person. Unfortunately, he left his family and ran off with the church secretary. In my despair I said to Jack, "How can this happen?" Jack's

calm response was, "God has to recruit from the human race."

I felt I knew this person, other parishioners felt the same. His preaching certainly gave no hint of the event to come and yet it happened. Did it affect me? Absolutely. It convinced me yet again, "no man is an island, no man stands alone.". His actions disappointed me and angered me, but they did not and do not define me. And so it is, we feel we know someone, we think we know their values and beliefs only to discover they are not what we thought.

Should we judge Obama by the preachings of this pastor. My feeling is no. Why not? Well, for me there are several reasons, but a predominant one is this. I listen to Charlie Gibson in the evenings but his "preachings" are not my beliefs.

I am disappointed that my church as a group threatens to split because of the ordination of homosexual clergy, but do I advocate a split within the church? Absolutely not. A definition of maturity in my mind is the ability to agree to disagree. We stifle any growth if we surround ourselves with only like-minded people. What dull conversations those must be.

Has this been a lesson for Obama? Of course and one he has learned with sadness and disappointment, but one he has identified, addressed and now is ready to move on. Perhaps it is best said through this, "...and great men have found themselves at the mercy of others." Ecclesiasticus 11:6 NEB.

Mary Kay Woodyard
Norton

Learning how to express anger in a positive manner requires skill

Anger is a normal human emotion, experienced by all ages for many reasons. Misdirected anger can cause hurt feelings, undermining of relationships, and sometimes result in physical harm. Being a parent is very stressful; brothers and sisters fight with each other, babies cry, and toddlers like to say "no" a lot.

In addition there are the stresses of daily life, including lack of sleep, job stress, too much to do and too little time. It is not surprising that a parent can feel overwhelmed and react angrily. Unfortunately, their children are often the targets of that anger.

Even though parents strive to be a good parent, it is not realistic to expect to be perfect. Even the best of parents occasionally lose their temper.

Consider the following:

- Ask yourself if the anger is a legitimate reaction to the child's behavior, or the result of something else, such as problems at work or other stressors.
- Take time to stop and cool off before you say or do something you regret. Get control of your feelings by slowly counting to ten or stepping into another room or outside for a few minutes.
- Look at the situation, try to determine what is really happening, and talk it over with those involved. Use "I" statements rather than "you" statements. For example say, "I am very upset about this." Instead of "You make me so angry!"
- Decide who owns the problem, you or the child. Allowing a child to take responsibility for their actions is a good learning experience.
- Problem solve; determine possible

High Plains Mental Health

Karen Schueler

solutions and follow through.

• Avoid lecturing and lengthy explanations; keep your comments short and to the point. Take time for further discussion after everyone is calmed down and the situation in control.

• Try not to take everything personally that a child says or does. Let them know how you feel, then suggest better ways for them to react or respond.

It is important for children to understand that anger is a normal human emotion experienced by themselves as well as adults.

And parents do need to be a good role model, as well as teach their children how to handle feelings of anger in a way that does not hurt others.

Learning how to express anger in a positive manner is a skill needed throughout life.

(The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Pain Sense, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601. Questions will be formatted and answered in a manner that insures confidentiality. Internet site: www.highplainsmentalhealth.com.)

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