

Sen. McCain gracious in defeat

Sen. John McCain summed it up so well when he conceded to President-elect Barack Obama election night. His words were more than generous, they were sincere, they came from the heart. And he is to be applauded. Sure, there were boos when President-elect Obama's name was mentioned, but Sen. McCain was quick to wave off that kind of reaction. The good senator from Arizona told his supporters that it is now time we all get behind our new president.

While listening to Sen. McCain speech, I wondered to myself, "Where was this man during the campaign?" Election night, he took on the role of the Sen. McCain most of us knew and loved. Unfortunately, his advisers had other ideas for his campaign and Sen. McCain was taken out of his comfort zone. They should have let him alone, let him be the man he really is.

As the defeat is analyzed, no doubt some fingers will be pointed at his handlers, despite Sen. McCain's pronouncement that he alone was responsible for his loss. Even in defeat he wouldn't lay blame elsewhere. And it is my belief that Gov. Sarah Palin wasn't responsible for the end result. She was brought on board to take issue as strongly as she could with the policies of President-elect Barack Obama. And in that role she did exceptionally well. And she did something else, she woke up the Republican Party, something badly needed. She did what she was asked to do, and even went beyond that. You can't fault her.

It's over now and for the millions of Americans who voted for Sen. McCain, watch how he conducts himself as he settles back into his role as a United States Senator. And watch closely how, he and the soon to be 44th President of this great land, reach out to one another.

Be not afraid. Sen. McCain isn't.

It's nice to be able to turn on the television set and not be smothered with political talk. Oh, there's still a lot of that going on, but I have moved from the cable networks to the channels that have always provided me with educational and entertainment value. My head is now clear and I'm happy to be back in my old routine. There's a lot of good viewing on the television set; we were just detoured by the presidential election. Let's see, that was a 17-month detour.

We are now in the month that has one of the most overlooked holidays — Thanksgiving! Yes, we'll all gather with family and friends and eat and talk and eat and talk and eat and watch television and eat, and eat. But prior to the holiday, during the holiday itself and immediately thereafter, it's all about Christmas. In fact, Christmas has somewhat shoved Halloween to the side. Thanksgiving, when you give it some thought, is really the carpet we roll out to welcome Christmas!

Columnist Liza Deines provided me with the following:

A young couple moved into a new neighborhood. The next morning while they are eating breakfast the young woman sees her neighbor hanging the wash outside. "That laundry is not very clean," she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on, but remained silent. Every time her neighbor would hang her wash to dry, the young woman would make the same comments. About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband, "Look, she has learned how to wash correctly. I wonder who taught her this?"

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see when watching others depends on the purity of the window through which we look.

Have a good evening! And as you drive to the house of worship of your choice this weekend, make sure your glasses are also clean.

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THE NORTON TELEGRAM

ISSN 1063-701X

215 S. Kansas Ave., Norton, KS 67654

Published each Tuesday and Friday by Haynes Publishing Co., 215 S. Kansas Ave., Norton, Kan. 67654. Periodicals mail postage paid at Norton, Kan. 67654.

Postmaster: Send address changes to Norton Telegram, 215 S. Kansas, Norton, Kan. 67654. Official newspaper of Norton and Norton County. Member of the Kansas Press Association, National Newspaper Association, and the Nebraska Press Association

Nor'West Newspapers
Dick and Mary Beth Boyd
Publishers, 1970-2002
Incorporating the Norton County Champion
Marion R. Krehbiel, editor

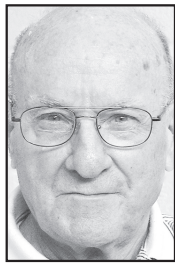


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Good Evening Norton
Tom Dreiling



Just keep in mind we are all Americans!

I try to remind myself that as elated as I am at the outcome of the election, there are others who truly fear what will happen to our country under Barack Obama. Whether it is a Democrat/Republican bias and the fear would be there regardless of the candidate or a Black/White bias, or a 'different than me' bias, it is real to those individuals. So what now?

We learn. For those who are afraid, they begin the process of facing those fears. After the years of Bush fear governing, it is understandable. But to truly embark on a path of the future we have to understand what we fear. Some will say it is Obama's proposals which are just that at this point...proposals. We have a system of government which not only allows our input, but requires it through our Congress. We work for what we believe and then we let our elected (by the majority) officials chart the path.

We generally fear that which we do not

Thumbs Up...

To... **Amy Shearer**, who drove from Kearney, Neb., and **Cody Morland**, who drove from Manhattan, just to vote on Tuesday, Election Day! (hand delivered)

To... **all those enterprising** local entrepreneurs, who are willing to sink their time and money into new Norton businesses. Shop Norton; buy local! (e-mail)

To... **those kids** from Norton, who venture out into the world and make Norton's name known by rising to the top in their chosen fields. (e-mail)

To... **the faithful** Meals on Wheels volunteers. You do a great job; wish there were more of you! (e-mail)

(To submit a name or names, e-mail tom.d@nwkansas.com, fax 877-3732, phone 877-3361 or 877-6908, mail to 215 S. Kansas Ave. 67654, or drop by the office. Thanks for you input. - td)

Family suffers right along with the addict

We have spent quite a bit of time over the past few weeks talking about the disease concept of addiction and how it affects the alcoholic/addict. Something that we hinted at was the fact that the family suffers from this disease as well.

Often we have families bring their significant others in wanting us to "fix" them so everything will be better at home. They have a tendency to believe that the only problem the family has is the drinking/drugging and if that would stop, life would fall into place. What family members do not realize is that their behavior and attitudes have changed over time in response to the addict's behavior and disease.

Many times, the family is as sick as or sicker than the person in treatment. This is a difficult idea for family members to grasp because they have spent so much time attempting to get the alcoholic/addict to stop drinking or drugging and take on their responsibilities. What we often do not realize is that it's the "help" we have been providing that is actually keeping the addiction going!

An addict's behavior affects different

Where There's Hope Carla Moore

people in the family in different ways. Sharon Wegscheider-Cruse identified six roles family members play which are in response to addiction as well as help in keeping the family (and addict) sick. These are the victim, the enabler, the hero, the scapegoat, the lost child and the mascot. We will look at each of these independently.

The active alcoholic/addict in the family is often identified as the dependent, ruler, dictator or victim. Behaviors often observed by others and especially the family include anger exhibited either aggressively or passively to the family, rigid thinking, blaming others, a need to be right, grandiosity and perfectionism.

To people outside the family they are often viewed as charming, witty, kind, etc. Underneath the behavior there are feelings of sadness, hurt, guilt, fear, and shame. These feelings in combination

with the behaviors and the chemical use mask the feelings. They become the focal point of the family. People begin to gauge their own behaviors and feelings on the experience of the dependent at any moment in time. Without help, the dependent will most likely lose family relationships, friends, jobs, etc. Even if they aren't drinking, people will avoid being with them at an intimate level. Eventually they will voice complaints of loneliness and despair. What is needed for the person to receive help is confrontation, support, accountability, love, and acceptance by family.

Something I have noticed when speaking with family members is the belief that the addict/alcoholic is living in a "continuous party". The reality is that when someone reaches the point of chemical dependence, it's a continuous downward spiral into guilt, shame, self-hatred and hopelessness. The use becomes a necessity rather than a luxury.

That should be enough for this week. (If you have any questions or comments, you can contact me at cmoore@valleyhope.com.)

Namaste — Carla



Phase II
Mary Kay
Woodyard

book, *The Dreams of My Father*. Not only does that book describe him, but it also outlines our country at that time and how it formed him.

One thing both candidates contributed to and can be proud of is the increased interest in the campaign and thus the election process. They were able to energize people and bring them out to vote. This increased interest in our political process is something to be proud of, but it also carries a great deal of responsibility. Not just for Obama, but for all Americans.

We can all resonate to Obama's mantra of change. As we face overwhelming economic problems, international conflicts and warring areas we aren't Democrats or Republicans, as he said, "we are Americans". We have to fight to become the best country we can become for all of us. When we accomplish this it isn't a victory for any individual or party, it is a victory for us all. (mkwoodyard@ruraltel.net)