

Opinion

Seven days not always enough

Looks can be deceiving. On the surface we are like that duck on the pond. Everything calm and serene on the surface, but underneath, we are paddling like crazy. That's the way last week was.

The first day of the week was Sunday and, as usual, it was filled with praise and worship. For the last few months, Jim has been preaching at the little country church that had been my congregation as a child. Services start at 9 a.m. and if he doesn't get too long-winded we can still make services at our home church, 25 miles away, by 10:40. Out by noon, we grabbed a quick bite before we went to the state prison for chapel services at 1:30 p.m. We got home about 4 p.m., totally spent, and collapsed in the recliners for the remainder of the evening.

Most of Monday morning is spent writing this column. It takes you about two minutes to read it... and me two hours to write it. Then, like homemakers across America, I spent the rest of the day trying to recover from the mess we made over the weekend.

Tuesday was cold and rainy, keeping Jim home from work. We played house all day, cooking and

Out Back Carolyn



doing odd jobs.

Wednesday was club day. It was also our annual Thanksgiving dinner/guest night and we planned an evening meal. I made two apple pies, one butterscotch pie, four dozen crescent rolls and a new recipe for Crock-Pot Creamed Corn. Since we were taking guests, I had to clean out the van enough for them to get in.

We were all bundled in the van, merrily on our way to dinner, when a deer jumped in front of us. Jim hit the brakes and avoided a collision, but we did have one fatality. The crock-pot full of creamed corn.

Good friends, Darrell and Kathy, called us late Thursday afternoon to see if we would be home. Darrell had used our little cement mixer to do a job at his place and they wanted to return it. They had already eaten, but we spent the evening talking and laughing. Spontaneous visits are

the best.

Jim got home from work early Friday afternoon so we could be at the prison by 5:30 p.m. for the two Bible study classes he teaches. That has become our "date night" and we stopped in for a pizza on the way home.

Saturday morning we deposited Jim's check and went to the store. How do we manage to go in just for bread and milk and manage to drop \$100 on "stuff". Does anyone else do that?

We had been invited to a dinner party that night to celebrate a friend's birthday and I had volunteered to bake his favorite cake, a carrot cake. We were late getting back from the store and I only had about one hour to make and bake the cake. The cake came out of the oven with about five minutes to spare. Thankfully, the hostess and the birthday boy don't stand on a lot of formality so I took the frosting in a container and frosted the cake after we ate. I just remembered something — I forgot the candles.

And, that's our life. Some mundane days, some jam-packed days. But now, we've come full circle and it's time to start the cycle all over again. I pray you will have a good week, too.

Family roles can be difficult

It's time to continue our discussion on family roles. In the last article, we began with the role of the alcoholic/addict in the family. This person becomes the focus of the family which results in the rest of the family slowly changing their behavior to fit the chaotic environment. These changes happen slowly so most people do not even realize they are changing. The family begins to follow the three rules of a dysfunctional family: 1) don't talk, 2) don't trust, and 3) don't feel. In response, the family begins to take on "roles".

The person closest to the alcoholic/addict (usually the spouse or a parent if the alcoholic is a child) develops a set of behaviors that also perpetuates the cycle of addiction. They are commonly referred to as enabler, the protector, the provoker or the victim. A common attitude is that of powerlessness. Behaviors observed include seriousness, self-pity, self-blaming, super-responsibility and manipulation. Underneath feelings include anger, fear, hurt, guilt, and emotional pain. They feel responsible for keeping the family together and protect all members from the alcoholic/addict.

They also protect the alcoholic/addict from other family members. Often they will escape from the emotional issues with workaholicism, volunteerism or over involvement with children. This gives them a sense of importance. It can also create self-righteousness. If they refuse recovery, they often become ill or develop an attitude of martyrdom, which pervades in everything they do.

They need support, confronta-

Where There's Hope

Carla Moore

tion, to learn about self-care and be encouraged to express their feelings. Common behaviors include paying off the alcoholic/addict's debts, calling in for the addicted person at work, social events, etc. if they are hung over, or bargaining with the addict (promising something if they will just quit drinking — this could be cars, houses, clothes). Of course the addict quits long enough to get whatever was promised only to return to drinking and/or drugging which escalates the resentment the martyr feels.

Traditionally, the first born child or a bread-winning parent in the case of adolescent chemical dependency will take on the role of the Hero or Caretaker. Their job is to provide self-worth for the entire family. Heroes are generally very busy because they develop a life away from the family — either working, going to school or involved in activities. Often heroes who are teenagers don't get involved in much chemical dependency until they leave home. This is because heroes are viewed in the family as special. They work hard for approval, are usually successful in all they try, are super-responsible and look all together to others.

Primary feelings as the family becomes unhealthy are loneliness, confusion, inadequacy, anger, and hurt. Who do they tell their problems to? Often, no one. If they should have the predisposi-

tion for chemical dependency, we often see someone who doesn't understand why they can't fix their disease if they just try hard enough. If they are a grown sibling, they will often step in and tell their parents what they should and should not be doing with the dependent. The hero comes to believe that if they work/achieve enough then they will have worth. Unfortunately, the longer they try to find self-worth from what they DO, the farther they feel they have fallen from worth.

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

Write-ins: are you on list?

(Continued from Page 1)

- Almena Township Treasurer**
- Larry Miller
 - Peggy Davis
 - Donelle Stewart
 - Leroy Roeder
 - Brock Ellis (2)
 - Craig Hager
 - Joan Brooks
 - Bob Day
 - Debra Anderson
 - Gayle James
 - John Gassman
 - Marion Otter
 - Ralph Hildebrand (2)
 - Iris Smith
 - Scott Evans
 - Angie Feldt
 - Aurelia Jackson
 - Scott Evans
- Norton County Commis-**

sioner District 2

- Brock Ellis (4)
 - Leroy Lang (7)
 - Darrel Skrdlant (2)
 - Ed Braun
 - John Miller (3)
 - Roger Braun
 - Robert Ellis
 - Diane Becker
 - Allan Miller
 - Gary Lacy
- Norton County Commis-**

sioner District 3

- Brock Ellis (255)
- Bob Ellis
- Nelson
- Robert Ellis (2)
- Brock Ellis (5)
- Ellis
- Mary Hicks
- Dean Esslinger

Others:

- President — Minny and Mickey Mouse
- 1st District Representative — None of the above
- 40th District Senator — Anyone but Ralph, Anyone Else, Absentee
- 120th District Representative — Republican
- 17th District Court Judge — Republican, Any Old Dog
- County Clerk — Absentee, Anyone Else
- County Treasurer — Absentee
- County Attorney — Absentee,
- County Sheriff — Wylie Coyote (2), None, Absentee, Someone Sober
- County Commission District 2 — John Doe, Absentee

Christmas on Us: dozen sponsors

(Continued from Page 1)

posters in their windows, and will have tickets and a ticket deposit box inside.

Each \$10 purchase earns a ticket for the \$1,700 overall giveaway.

The Norton Telegram office will comply with promotion rules by giving tickets without a purchase.

The rules are the same as last year. You must be 18 years old to participate.

You must be present at the drawing and have the winning ticket to claim prizes.

By claiming a prize, winners agree to have their pictures taken by The Telegram staff and used in the newspaper.

Sponsors for this year's Christmas on Us are: Ag Valley Co-op, Kellie's Alltel, Rural Tel/Nex-Tech, Sander Furniture/Bed and Bath, Norton Shop-n-Save, Norton Greenhouse, Destination Kitchen, Stitch Up A Storm, Engel's Sales and Service, Kansasland Tire, Town and Country Kitchen and The Norton Telegram.

16 students present at Area 4 KAY conference

Sixteen students from Norton Community High School attended the Area 4 KAY regional conference on Nov. 6 at Trego Middle School.

The theme for the conference was "Hooked on Leadership!" This conference gave student leaders and sponsors from neighboring clubs an opportunity to share success and challenges, as well as exchange ideas.

Outgoing Area 4 President Zac Dreher, called the conference of 22 area clubs to order. He also introduced the state speaker, Theresa Clouch, who spoke on the importance of leadership.

Mr. Dreher also delivered his farewell speech, "Reeling In Leaders."

All members participated in break-out groups to discuss leadership opportunities and school,

community, nation, and world service projects, two of which were led by Norton students Melissa Byler and Amanda Delimont.

Dakota Dreher ran for Area 4 President on a campaign of "Let Me Serve You." He was narrowly defeated by Kerra Cissne of Lincoln High School.

Students from Norton attending the conference were Jacob VanSlike, Melissa Byler, Charli Lawson, Bethany Roy, Billy Broeckelman, Zac Dreher, Dakota Dreher, Amanda Delimont, Alyssa Thomson, Rebekah Streck, Ashley Colip, Matt Miller, Matt Pollock, Kendra Engelbert, Abby Bainter and Erin Terrell. The group was accompanied by Mirla Coleman and Trudy Stockham.

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Pick-Em: Final week begins

(Continued from Page 1)

Kaiser, Long Island; Shirley Kelley, Heather Simmons, Janiece Walter, Bob Beadle, Charlotte Stephenson, all of Norton.

Missing eight contests were: Alberta Geil, Almena and Josh Green, Norton.

This week's entries

The twelfth and final week's entries must be postmarked by 5 p.m. Friday and received in the mail no later than Saturday or you may bring them to the Telegram office before 5 p.m. on Friday.

See the Pick-Em page advertisement in today's Telegram for the final week's college games.

The fan who picks the most win-

ners during the 12-week contest will receive \$50 in scrip money plus an engraved trophy.

Scores of last week's games were:

- Conway Springs 44, Beloit 12
- Garden Plain 20, Scott City 17
- Smith Center 32, La Crosse 14
- Meade 20, Ellis 8
- Victoria 56, Moscow 46
- Nebraska 56, Kansas State 28
- Texas 35, Kansas 7
- Baylor 41, Texas A&M 21
- Wisconsin 35, Minnesota 32
- Maryland 17, North Carolina 15
- Oregon 55, Arizona 45
- Boston College 27, Florida State 17
- Oregon State 34, California 21

Don't overlook Thanksgiving as you eye Christmas!