

## Attention Senator Lieberman: You lost!

When does a losing candidate not lose? When his name is Joe Lieberman. The Connecticut Democrat senator compared his primary election loss to Democrat Ned Lamont as only the first half of the game. Talk about failing to recognize reality!

Sen Lieberman, who just a few scant years ago was his party's vice presidential candidate, jumped into the political bed with President George Bush on the Iraqi war issue and analysts said that's what brought him down at the primary election last week.

Sen. Lieberman has a plan, however. Of course everybody in Washington has a plan no matter what the issue is and that is one of the big problems in Washington. Lieberman's plan is simply this: he is going to run as an independent in the November general election. He can do that if he wishes, but he then divides the party he has been so loyal to — up to this time. It just goes to show that Sen. Lieberman puts himself first. To heck with anybody else.

Some Republicans in Connecticut have already endorsed his independent candidacy. But we wonder what becomes of the Republican Party's candidate who goes up against Democrat Ned Lamont in the general election? Lieberman's jump from Democrat to independent not only affects the Democrats but also puts the Republican Party in chaos. Lieberman, as we said, puts Lieberman first.

The November election is a few months away. Things can change. And if the Democrat leadership is worth its salt — something we don't believe they are on the national level — they will take Lieberman to the woodshed.

Sen Lieberman could be termed a political homewrecker. And when it's all over he won't have a political home, nor a party to party with.

It used to be that primary elections weeded the field. In the end there was a Republican and a Democrat who would face off in the general election, save an occasional write-in here and there.

It's sad that someone with Lieberman's intelligence could unravel to the point of sounding incoherent. Maybe there really is something about being in Washington too long.

—Tom Dreiling

## Question: 'Why are you so mad?'

Usually when someone gets mad, the reasons are fairly clear and understandable to those around them. A few choice words are spoken, and for most people the emotional outburst is quickly over. But, some people often react with behavior far out of proportion to the incident. They have temper outbursts that may involve throwing or breaking objects, or physically attacking another person.

According to Dr. Emil Coccaro, Chair of Psychiatry at the University of Chicago's medical school, people who frequently react in an overly aggressive manner may have "intermittent explosive disorder". This disorder is defined as multiple outbursts that are way out of proportion to the situation. These angry outbursts often include threats or aggressive actions and property damage. "Road Rage" is an example of this kind of behavior, as are some incidents of domestic violence.

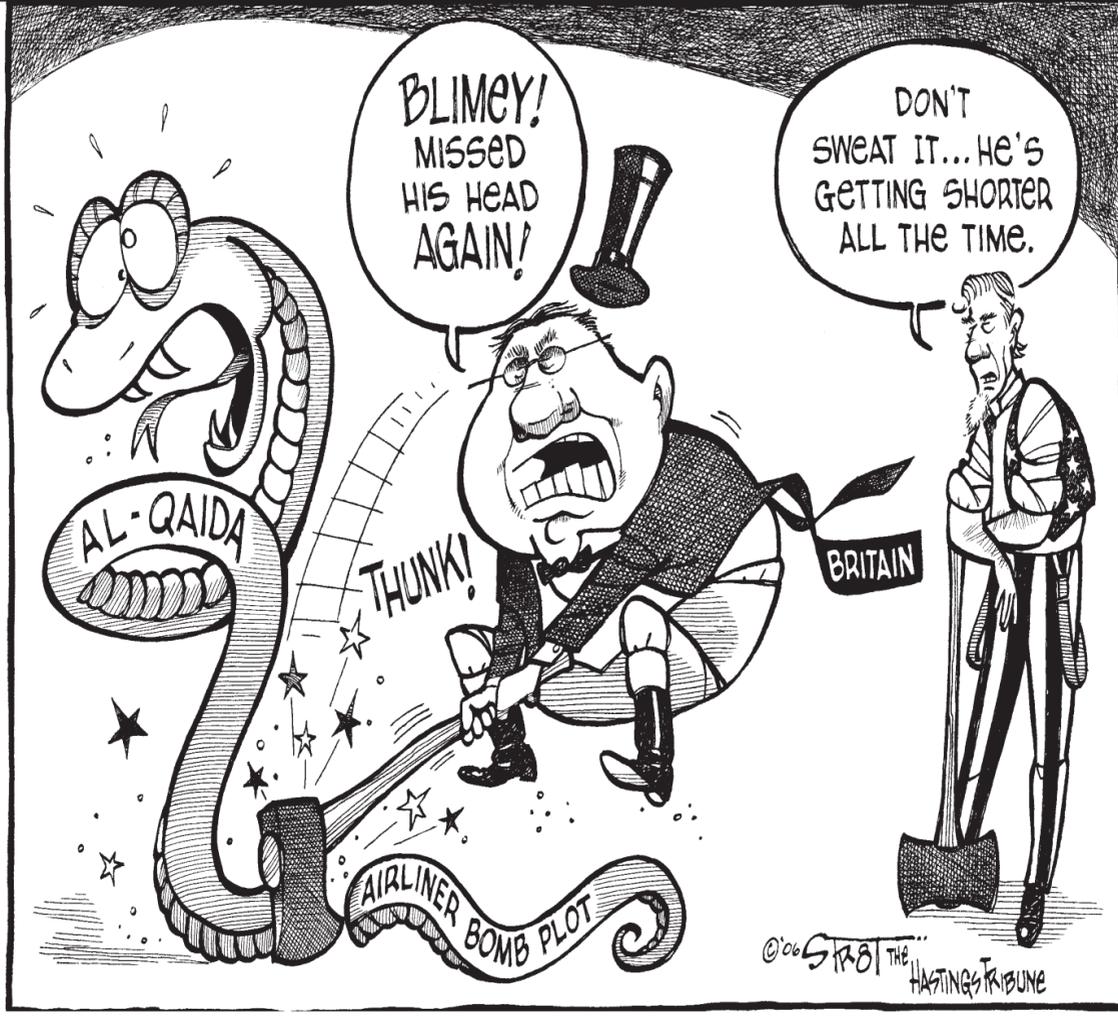
For most people who have been diagnosed with this disorder, the difficulties

### High Plains Mental Health Karen Schueler

begin during childhood or adolescence, and often have a profound and ongoing impact on their life. Family members and friends may describe such a person as calm and responsible in most situations, yet when confronted with even minor stress will explode and even become violent.

Dr. Coccaro reports that this disorder can have a biological basis that involves inadequate production or functioning of serotonin, a mood-regulating and behavior-inhibiting chemical in the brain. He advises that treatment with anti-depressants is often helpful, along with behavior therapy that includes anger management.

This column is provided by the High Plains Mental Health Center, Hays.



## In case you're interested, I have pictures

Anyone who stands still around me for more than two seconds is fair game for the "wanna see a picture of the baby" question. Most have complied. Very few have I had to actually tackle and hog-tie to take a look.

I told the new father that, for the first few months at least, all intelligent conversation would cease. The main topic of discussion will now be about how many times did she eat during the day; how many dirty diapers did she produce; and how long did she sleep. It's nothing new. I'm sure Adam and Eve discussed the same things when Cain was born.

Jennifer is nursing, so it wasn't like I could help with the midnight feeding. But, I could take care of the household things while she rested and took care of the baby.

Jim was so tired from his work week prior to the trip that he actually slept til 8 o'clock one morning. After a few days in

### Out Back Carolyn Plotts



an apartment, though, he was ready to get busy. He made multiple trips to the grocery store for me and I had him clean all the ceiling fans. He spent some quality TV time catching up on all the world wars on the Military Channel.

With access to satellite television we were both a little giddy. He could watch every battle ever fought and I actually maxed out on the home and garden channel.

It was hard to say good-bye, but we left

San Antonio last Thursday knowing the other grandmother was coming in this week to lend a hand for a few days. We had great fun while we were there and I cooked to my heart's content. I even managed to leave them with a pecan pie and left-over chicken enchiladas.

-ob-

Even though while we were gone, the heat was as intense here as it was in Texas, our flowers and trees came through in great shape. Thanks to our great neighbors Gerald and Judy, who watered every day. Another neighbor looked after our two calves, Blackie and Buster, and they are thriving as well.

-ob-

Schools are gearing up for the start of another school year. Where has the time gone? If I think the summer went by too quickly, I can only imagine how fast the kids think it went.

## She said farewell with a beautiful prayer

I have previously written about reunions and I will probably write more this summer and fall.

Funerals are a different kind of reunion. Families and friends gather in part to say good-bye to a family member or friend. Monday I attended the funeral of my late husband's aunt, Nelle Jones Guthrie. Rex's mother and Nelle's husband were brother and sister.

Nelle had obtained the age of 101 years, so not many of her peer friends were in attendance. But her family and extended family came from miles around to pay tribute to her, to support her daughters and to again have a family reunion.

My question is always: why do we wait for these events and yet I am delighted that we use these events to come together as a family.

I came away from the service again remembering that Nelle's family was no doubt her pride and joy.

The minister wondered how can you

### Memories Sonya Montgomery



sum up 101 years in 10 minutes. Well you can't. Her granddaughter Doneta gave a wonderful tribute, then her granddaughter Colleen had written a prayer; however, she was overcome with emotion, so I wanted to print her prayer here since it could be the prayer of many of us as we say good-bye to a loved one.

"Heavenly Father, Thank you so much, for everything, on each of our paths, happy and sad, that has brought us to this moment. We are so grateful to be here together celebrating the life of Nelle Mable

Jones Guthrie, and are so blessed to have had her heart and the love in her eyes as an example for us to live by.

"Please help us hold our hearts to the standard that she held hers, that we may know that nothing we do is as important as serving you and loving each other. Help us see ourselves and each other through your eyes, as she did, so the light of your love shines through us all as it did our Nelle.

"Help us give our greatest gift to her, not forgetting who we are and where each other is. We are who we are because she was who she was first. Thank you so much for that Lord. For Her. Please bring to her heart the certainty of our love and gratitude for all her 101 plus years and surround each of us with your light as we leave here today to gather and scatter and gather again, making new memories in honor of her throughout the length and breadth of all our paths.

"In Jesus' Name We Pray, Amen."

### FROM THE MAILBAG:

## Nebraskans had nice comments to pass along

To the Editor,  
My husband and I were driving back from Tubac, Ariz., when "nature called." We stopped at your very nice park at the south edge of town.

When we emerged from our respective restrooms, we looked at one another in amazement and said simultaneously, "Have you ever seen such clean park

restrooms?" We are both 65 and have seen our share of parks and restrooms of course, but yours was the most pristine we have ever seen.

Whoever is responsible for the park upkeep and the restrooms is to be commended. We won't forget your delightful park, immaculate park restrooms and homemade peach pie at the restaurant

where we ate.  
Sincerely,

Carole and Gary Thrasher  
cbthrasher@cox.net  
Bellevue, Neb.

(Carole Thrasher is owner of Lums Restaurant, Bellevue)

THE NORTON TELEGRAM

Office hours:  
8 a.m.-5:30 p.m. Mon.-Fri.  
Phone: (785) 877-3361  
Fax: (785) 877-3732  
E-mail: telegram@nwkansas.com

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

### STAFF

Tom Dreiling ..... editor and publisher  
Veronica Monier ..... staff reporter  
Dick Boyd ..... Blue Jay sports  
Carolyn Plotts ..... society editor  
Sherry Hickman ..... bookkeeping/circulation  
Vicki Henderson ..... computer production  
Susie Marble ..... computer production  
Hypatia Day ..... advertising

### Nor'West Newspapers

Dick and Mary Beth Boyd  
Publishers, 1970-2002  
Incorporating the Norton County Champion  
Marion R. Krehbiel, editor



Got something on your mind? Share it with a letter.