

## Students, this is meant just for you

*Exercised my credentials as a j-thief to lift the following column out of the Colby Free Press. It was passed along by that newspaper's editor Patty Decker to her readers a few weeks ago. The message will stop you in your tracks. Read on and learn why. — Tom*

Patty writes:  
A friend recently sent me Microsoft Chief Executive Officer Bill Gates' 11 rules on life that weren't taught in school. I'm not sure if Gates actually addressed a group of high school students or not, but regardless the rules are still good.

Apparently when he gave this speech, he talked about how feeling good politically correct teachings created a full generation of kids with no concept of reality and how this concept set them up for failure in the real world.

Here they are:  
— Rule 1: Life is not fair — get used to it.

— Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.

— Rule 3: You will not make \$40,000 a year right out of high school. You won't be a vice-president with a car phone, until you earn both.

— Rule 4: If you think your teacher is tough, wait till you get a boss. He doesn't have tenure.

— Rule 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping, they called it opportunity.

— Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

— Rule 7: Before you were born, your parents weren't as bor-

## At Week's End

ing as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you are. So before you save the rain forest from the parasites of your parents' generation, try delousing the closet in your own room.

— Rule 8: Your school may have done away with winners and losers, but life has not. In some schools they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to anything in real life.

— Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. Do that on your own time.

— Rule 10: Television is not real life. In real life people actually have to leave the coffee shop and go to jobs.

— Rule 11: Be nice to nerds. Chances are you'll end up working for one.

Patty continues:  
And then another friend sent this to me. It's a survival kit for every day living. I thought it was worth repeating, too.

The items needed in the survival kit include a toothpick, rubber band, band aid, pencil, eraser, chewing gum, mint, candy kiss and a tea bag.

The reason we need these things are because:

— A toothpick will remind us to pick out the good quality in others.

Matt 7:1

— The rubber band will remind us to be flexible; things might not always go the way we want, but it will work out. Romans 8:28

— The band aid will remind us to heal hurt feelings — not only ours, but someone else's as well. Col 3:12-14

— The pencil will remind us to list our blessings everyday. Eph 1:3

— An eraser will remind us that everyone makes mistakes and that's okay. Gen 50:15-21

— The chewing gum is a reminder for us to stick with it and know we can accomplish anything. Phil 4:13

— The mint will remind us that we are worth a mint. John 3:16-17

— A candy kiss will be our reminder that everyone needs a kiss or a hug everyday. 1 John 4:7

— The tea bag will remind us to relax daily and reflect on all the positive things in our lives. A verbal wound is as bad as a physical one. 1 Thess 5:18

Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, share a word of praise and they always open their hearts to us.

We are all blessed to have friends who care about us and sending little messages to one another is one of the many ways we show that caring. Have a great day.

— — —  
*Got something for "At Week's End"? Simply send it to: tom@nwkansan.com, fax 877-3732, mail to 215 S. Kansas Ave., Norton 67654 or drop it off at the office. No, you don't need to sign it. You'll remain anonymous unless you ask otherwise. Keep it informative, entertaining, humorous and of course acceptable for a family newspaper.*

## Former area man honored with battalion command

Maj. David Johnson, son of Beth Johnson, Norcatur, recently assumed command of the 1st Battalion, 161st Field Artillery, Kansas National Guard. The battalion is headquartered in Wichita with subordinate units in Dodge City, Garden City, Great Bend, Hutchinson, Kingman, Lenexa, Liberal, Newton, Paola and Pratt.

Maj. Johnson began his military career in 1986, with the 287th Maintenance Battalion, Kansas National Guard in Norton.

He was commissioned a second lieutenant with Kansas Officer Candidate School Class No. 33 in June of 1989. He was assigned as a Company Fire Support Officer with Detachment 2, and headquarters Battery, 1st Battalion, 127th Field Artillery in support of Company D, 1st Battalion, 137th Infantry. He has commanded both Battery C and later Battery A, 1st Battalion, 161st Field Artillery. He has also served as battalion fire direction officer, brigade fire support officer and training officer of 1st Battalion, 161st Field Artil-



Maj. David Johnson

lery, as well as Operations Officer for the 35th Infantry Division Artillery. Maj. Johnson recently completed assignments as the National Guard Desk Officer, Army Operations Center, Pentagon; Operation Iraqi Freedom Desk Officer, National Guard Bureau

Deployments Branch and Executive Officer to the Deputy Director, Army National Guard.

He is a graduate of the Field Artillery Basic, Advanced and Pre-Command Courses as well as the U.S. Army Command and General Staff Officer Course. He earned a bachelor's degrees in marketing and a master's degree in Organizational Leadership from Fort Hays State University.

His awards and decorations include the Meritorious Service Medal, Army Commendation Medal with three oak leaf clusters, Army Achievement Medal with two oak leaf clusters, Armed Forces Service Medal and Global War on Terrorism Service Medal.

Maj. Johnson works as the Mobilization and Readiness Officer for Joint Forces Headquarters Kansas - Land Component, Kansas National Guard, during the week.

He and his wife, Jennifer, live in Lenexa with their daughters Britany, Kaitlin and Zoie.

## Commission looks into bird farm

(Continued from Page 1)

Mr. Archibald said he had tried to visit with Pat Cox, of BG Consultants, on landfill revisions and had not been able to talk with him to see what revisions have been approved by the Kansas Department of Health and Environment. He said that he will be attending the environmental conference in Topeka and he felt the meeting would be beneficial for obtaining information on hazardous waste operations.

Mr. Archibald also gave the maintenance report. He said the loader tractor is back from Colby and appears to be fixed. The track loader is also operating now without overheating, he said. He also said the large mower is presently not working, explaining that the drive (pto) system will be repaired by the department to make the necessary repairs.

Mr. Archibald told the commissioners that he had met with Kansas Department of Health and Environment last week at the goose farm south of Norton to view the proper burial for the dead geese. They were placed in a pit dug by the county and also had lime laced within the pit. The county has also been asked to burn the remains of other dead birds that were placed in a pit. The county, he said, will obtain written permission from health and environment prior to

any action taken.

• Sheriff Troy Thomson reported to the commissioners on the grant application for E-911. He said the grant will be for the wireless E-911 enhancements to be made in the county. He said that if funding is received the county will proceed; however, if adequate funding is not received the county will not move on the project.

The sheriff also gave an update on the goose farm tragedy. He said he and the county counselor are working with the property owner to arrive at an agreement for liquidation of the geese. He said the county has taken over the daily operations of the farm and will continue until the geese are sold.

• Reggie Beckman, the county's noxious weed director, gave his weekly report, stating that he has

compiled some figures for the commissioners to view for the spraying application. These figures will allow the county to setup the accounting program for tickets to be mailed to farmers/landowners for service provided. Mr. Beckman said this covers the application only and not the chemical charge. The commissioners have said that the interest of the county is to break even with the service provided.

Mr. Beckman said they are doing very well spraying county roads. At this time their plan is to continue spraying roads for the next two weeks, then they will move to spraying trees in the right-of-ways. He reported that at this time he is working on highway right-of-ways. There continues to be a big problem with bindweed in roadways and in several CRP contracts, he said.

## Relay canceled early due to rain

(Continued from Page 1)  
Corp., Enfield Funeral Home, Norton County Hospital, First State Bank, Nex-Tech and Warren Bullock.

Others who helped with the event were Larry Henderson and Lee Ann Shearer who provided the sound system and music; Pamida provided cases of water; Norton Ice Company provided the tank and ice; McDonald's provided breakfast;

Norton Rural Fire Department provided extra lighting; the City of Norton brought in bleachers, extra trash receptacles and stocked the bathroom; and the Norton National Guard also provided water.

Any survivor who did not receive their shirt may pick them up this week from Jolene Weiser at Bank of the West, 214 E. Washington.

## 'What's it like to turn 60?' Ask me

This past week marked a milestone of sorts for me. I turned 60. Now I feel about this a bit like my husband did, "I don't mind being 60, but how did it happen?"

As Tevye in *Fiddler on the Roof* said when watching his daughter and her future husband at their wedding ceremony, "I don't remember growing older, when did they?"

Our oldest son is 38 and our youngest will soon be 25 and I feel a bit like Tevye, where did those years go?

My parents were older when they had me so age was merely a number. Birthdays were celebrations of a life well-lived not a countdown to the final hour.

Jack has always maintained only three birthdays are worth acknowledging, your original "birth" day, the day you can drive and the day you can retire. All the

## Phase II Mary Kay Woodyard



others, pardon the pun, are merely frosting on the cake.

Turning 60 in '06 has some definite advantages. As the oldest of the baby boomers we are privy to a host of new things as they emerge on a daily basis. These items are designed to make living and growing older much easier because as the saying goes, "growing old ain't for sissies."

More and better ways to replace joints offers an improved lifestyle as well as a reduction of pain for many seniors.

Senior menus acknowledge our

lower need for food and handicap access eases the pain of getting around.

Special services designed for seniors, such as the bus, health department services and the national acknowledgment of need in the form of Medicare all are fairly recent innovations.

Our society is more geared to seniors than ever before and it will make life more enjoyable for my generation and beyond.

The greatest drawback for turning 60 to me is that I feel I must now grow up. Sixty seems to signal the termination of silly behavior. A 60 year-old woman must have a sense of decorum and properness...maybe not! My answer to that is "I didn't try out for this role, it just happened."

And so everyone be forewarned, I'm not growing old, I'm growing up and I have many roles to live before the end.

## The stress of arguing with partner

Regardless of how much two people love one another, conflict and fear of rejection will always be a part of any relationship. However, it seems that men and women handle the inherent stress of an argument differently, according to a study in the *Journal of Personality and Social Psychology* (Vol. 90, No. 4).

In this study, 124 couples that had been together for at least two months filled out questionnaires about how they respond to feelings of anxiety and rejection. The couples then spent 15 minutes talking about an issue that caused heated and unresolved discussion in the past month.

The researcher collected cortisol samples (cortisol is a hormone released by the adrenal glands when a person is under stress) before the conflict, throughout the conflict and during a 40-minute recovery period. The researchers

## High Plains Mental Health 'Plain Sense'

Ken Loos

found that although both men and women have a physiological response to relationship conflict, the response is much more pronounced in men than in women.

In fact, men who described themselves as being generally anxious seemed to get the most stressed during the argument.

Studies like this one reveal that the stress a person perceives before, during, and after a reoccurring argument with a partner is not only "in their head," but in their body as well.

Therefore it is important to re-

member some general stress management strategies when arguing with your partner:

1. Do not debate feelings. Feelings are not necessarily logical but they are real.

2. Remember to be as respectful and kind as possible while arguing. The argument will hopefully end in a compromise, but the relationship is supposed to endure.

3. Try to stay focused on the actual issue of the conflict. Do not start arguing about other items or throw in statements that are just designed to hurt your partner.

4. If an argument is getting too intense, agree to take a break. No one is at their best when under too much stress.

(Mail questions to: High Plains Mental Health Center, 208 East 7th, Hays, Kan. 67601 This column was written by Ken Loos, Consultation and Education Department.)

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