

Name, money in Sebelius' favor

The little straw poll we are conducting among our readers shows no clear cut advantage for either incumbent Gov. Kathleen Sebelius or for Republican challenger Jim Barnett, in our little neck of the woods.

The governor continues to lead, but barely so. And the fact she holds a lead at all could be in her favor since Norton County is heavily Republican territory. Of course, the name Sebelius is household out here and that does play in the mix.

When the governor sought her first term in 2002, she was going up against Tim Shallenburger, a well known and respected Republican. In this county in 2002, Mrs. Sebelius captured 1,131 votes and Mr. Shallenburger 916 for a 215 vote margin of victory.

But the race this year is different, much different, from the first. The governor is now running on her own record, which is a plus or which is a minus, depending on who is carrying on the conversation. She has something for the voters to use in deciding her fate in her drive for a second term.

The governor had no primary opposition, so she didn't have to spend much money on that campaign. Mr. Barnett, however, shared a gubernatorial primary run with a number of other Republicans and consequently was forced to use much of it to get to the final round. That will probably give the governor an advantage as far as getting her message out to the masses as we close in on Nov. 7.

Statewide polls show the sitting governor continues to hold a lead — primarily in the population centers, although some reports indicate she is gaining in some Republican strongholds in the west.

The name game goes to Sebelius. No question about that. Jim Barnett, on the other hand, is not a household name in this area of the state. For the record, he is a state senator and physician from Emporia. He is widely known and respected in the eastern reaches, where boosters give him a good shot at pulling an upset on Nov. 7.

Kansas, about as Republican as a state can get, many times places a Democrat in the governor's chair while electing big Republican majorities in the House and the Senate.

You can still take part in our little straw poll (see front page story). And if you need to register to vote, you have until 5 p.m., Monday, Oct. 23 to do so. Here are the locations: Norton City Office, Almena City Office, Lenora City Office and Library, and the Norton County Clerk's Office.

—Tom Dreiling

The Stigma of Mental Health-2006

Although great strides have been made in recent years in the fight against mental illness, the stigma still remains. Those who do not understand mental illness often think that conditions such as severe anxiety or depression are "all in your head" and that "you should just get over it." Some people believe that a person with a mental illness is dangerous and unpredictable, a perception that is often fueled by movies, TV shows and media reports about criminal behavior.

The term "mental" illness itself implies something different from "physical" illness. In recent years, however, research and studies of the brain show that physical changes in the brain are associated with mental disorders, indicating a biological basis. Some mental health advocates propose the use of less stigmatized terms such as behavioral health, or brain illnesses.

As a consequence of this stigma, some people with mental illness suffer in silence and don't seek treatment that is available. Many are afraid that if their family and friends find out, they will be ridiculed. Some become socially isolated

High Plains Mental Health Karen Schueler

as a result, feeling uncomfortable in their community as a result of the stigma.

Fortunately, more people are speaking out regarding their condition, including celebrities and well-recognized public figures, thus helping to increase public awareness of this topic. The stigma is slowly decreasing as a greater understanding is gained about mental disorders and the biological basis that many include. In addition, medications for severe mental illness continue to be developed and improved. With proper treatment, most people with mental illness can recover and remain in their own community with family and friends.

Mail questions to High Plains Mental Health Center, PLAIN SENSE, 208 East 7th, Hays, Kan. 67601.

Office hours:

8 a.m.- 5:30 p.m. Mon.-Fri.
Phone: (785) 877-3361
Fax: (785) 877-3732

E-mail: telegram@nwkansas.com

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

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



My life: two cats and a paint brush

We're rewriting that old saying about "One boy, a whole boy." It's going to read, "Two cats, no cat at all."

A friend called last week and said, "Jim, our mama cat just brought three kittens to the garage and one of them looks Siamese. Are you still interested?"

For a year, Jim has been waiting for that cat to have kittens, so his answer was a definite, "Yes."

He brought home the cutest little Siamese-looking kitten and he was welcomed into the family by Pete the first kitten we inherited two weeks earlier. At first, I worried that Pete's size advantage would be a danger to the new kitty we have named Sammy.

But, after separating them several times and having Sammy dive back into the fray, I decided he could stand up for himself.

I told Jim we don't need television, we have those two to watch. It's a hoot. Up and over the recliners, hiding in paper grocery bags, attacking from behind a pair of shoes. These two clowns have so much energy, I wish I could bottle it up. But, they sleep just as hard as they play. When

Out Back Carolyn Plotts



they are tired, they seem to collapse.

Our timing wasn't the best, either. With the house to finish in a little more than two weeks, we really didn't need two playful kittens to pick up after. I spend a lot of time re-rolling toilet paper and picking up shredded plastic grocery bags.

Yesterday, I was working on a pillow and they found the bag with the stuffing. Fiber-Fill was strewn from one end of the front room to another. I don't know how long the kitten stage lasts, but if they don't want to start using up their nine lives, it better get over soon.

-ob-

A phone call from our daughter, Jennifer, in San Antonio catches us up on little Annie's progress. She is really growing and holding her head up well. Can hardly wait to see her at Thanksgiving. She will

have changed so much.

-ob-

Since I'm the painting sub-contractor on our house project, I have to stay ahead of Jim so I don't slow down his progress. Sunday my painting schedule took a back seat to my napping schedule.

Early that morning I had worked at the radio station, then went to church, lunch, chapel services at the prison, a meeting after that, and finally I stopped at my office to finish a few things. When I returned home, I told Jim I would take a nap and paint later.

Later turned out to be midnight because I didn't wake up until about 9:30 p.m. And, Sunday night we have to watch the on-going series, "24" so that bumped my schedule back to 11:30 p.m. By the time I changed into my painting clothes, which are a paint-smeared purple t-shirt and a pair of faded green knit pants, it was midnight. Three hours later, I crawled into bed. I was tired, but satisfied knowing the final coat of paint was on the family room walls and Jim can install doors.

We're two weeks and four days away from our deadline. We'll make it if we don't weaken.

Let's park her (tractor) over there

Back Home Nancy Hagman



I notice men tend to refer to the farm equipment as female. "The old girl" is a term I hear often when the hubby talks about a tractor. At our house, a tractor or implement will sometimes have human characteristics attributed to it or even get a nickname.

This fall, I got to run the V-blade ahead of the wheat drill. The tractor pulling the V-blade was supposed to be "flipped." (The hubby was going to refurbish it and sell it.) It is none too pretty and definitely not feminine. I call it the "Bad Boy." No matter how we may protest, women do like bad boys!

The Bad Boy and the V-blade make a great team. It was much better than last year when the hubby had me running the disc. It was just wet enough that the discs kept getting packed full of mud.

I spent half of my time digging them out. Then I would get behind. I'm very competitive when I run a tractor. I don't like it when the drill catches me.

This year we got a new disc. It's a big one, about more disc than we have tractor. The hubby does not trust me to run it. More about that later!

One day I did have some problems with the "chicken pickers" that run behind the blades. They kept getting jammed up with weeds. We had done some spraying so, although the weeds were dead, they were still there. About the third time I had to stop and dig things out, I realized one section of the "chicken pickers" had more problems than just the weeds.

I thought this would earn me a well deserved break. I might even have time to go to town and get a Styrofoam cup. That

is a standing joke at our house because the girls and I find the hubby has to make a trip to town almost daily for something he claims is important. Usually the only thing he returns with is an empty Styrofoam cup.

However, the hubby got me fixed up in about five minutes. I worked the rest of the day with no problems. I never did get a Styrofoam cup! Being a very goal oriented person, it did not bother me that much.

As I finished my work, I became convinced that perhaps the prettiest sight in the world is the sun sparkling off "chicken pickers" because that means they were all turning. I guess that makes V-blades feminine. They need bling: "chicken pickers."

When I related my theory to the hubby, he replied, "That is not something most people would relate to." The trouble with the world is no one understands the simple pleasures!

realized the implement was in the ground tearing up the hay! WHOA!

When I got stopped I saw there was hydraulic oil leaking all over the place. Although the cultivator initially came out of the ground, the end blew off the hose, letting it back down. If you think I am going anywhere near that as too whether this would be a male or female characteristic, you are very much mistaken. Figure it out for yourself!

I immediately found the hubby and confessed my blunder! These things do not improve with time and there was no way he wasn't going to notice. He took it pretty well. To make me feel better, he consoled me by saying, "It takes a real experienced tractor driver to figure something like that out any quicker!"

He's careful what he says because he realizes at any moment I may decide I am about as experienced as I ever want or plan to be!

That night he was talking to his brother about the disc. I overheard something about how he took some fence out with it! So that's why he was so understanding about the cultivator.

I had also wondered why he kept asking me where the cows were in the pasture next to where he had been working! He was afraid they would find out the fence was down, but he wasn't going to take time to fix it unless they found the place the wire was down!

The new disc is definitely female! wide in the hips and very temperamental! But you can tell the farmer is a real man, because to a man, no matter how much trouble it causes: bigger is always better.