

Roadside Cindy taking on Pelosi

So Cindy Sheehan is back. Sigh. It wasn't much of a break. It's been less than two months since she sold her Texas protest park and said goodbye. She said she felt her antiwar efforts had been in vain and she was tired of smears from the right and the left. She said we wouldn't have Cindy Sheehan to kick around any longer. If only.

Dick Nixon was gone longer. Now she's ready to run for Congress in San Francisco, taking on the ultra-leftist Speaker of the House, Nancy Pelosi.

Yeah, that Nancy Pelosi. "Democrats and Americans feel betrayed by the Democratic leadership," she said in a pre-announcement press conference from her Crawford, Texas, park. "We hired them to bring an end to the war. I'm not too far from San Francisco, so it wouldn't be too big of a move for me. I would give her a run for her money."

Um, sure. The antiwar mother — her son, Casey, was killed in Iraq in 2004 and she began protesting outside President Bush's Crawford ranch the next year — said she'd announce her campaign on Tuesday.

Sunday, she began her final week at the Crawford park, five acres she bought after camping along the road to the ranch. She's sold the place to Bree Walker, a multi-enhanced California talk show host who vowed to keep it open to protesters.

It's the American way, talk radio and protest. No logic required. And the far fringe in both parties biting the hands that feed them.

That's Ms. Pelosi's problem now, of course. Her office had no comment.

Neither (smirk) did the White House. Fratricide on the left can't be bad for them, forgetting the times the religious right has bucked the president.

We suspect Ms. Pelosi is secure in her post, but in San Francisco, home of Haight-Asbury and the Summer of Love, you never know.

Roadside Cindy might give her "a run for her money."

This week, apparently, she's leading a caravan to Washington. Wearing an "Arrest Cheney First" T-shirt, she said the Democrats had caved in on the war. They should impeach the President for lying to the nation, she says. Cheney second, we presume.

Anyway, it should be quite a show on cable news. We need some entertainment.

Many would like to ask Casey what he thinks of his mother's mad dash to the left, but of course, he's not around.

Most of the soldiers we know think they could predict his answer.

— Steve Haynes

YOUR POLITICAL CONNECTION:

★ **Governor Kathleen Sebelius**, 300 SW 10th Ave., Topeka, Kan. 66612. (785) 296-3232

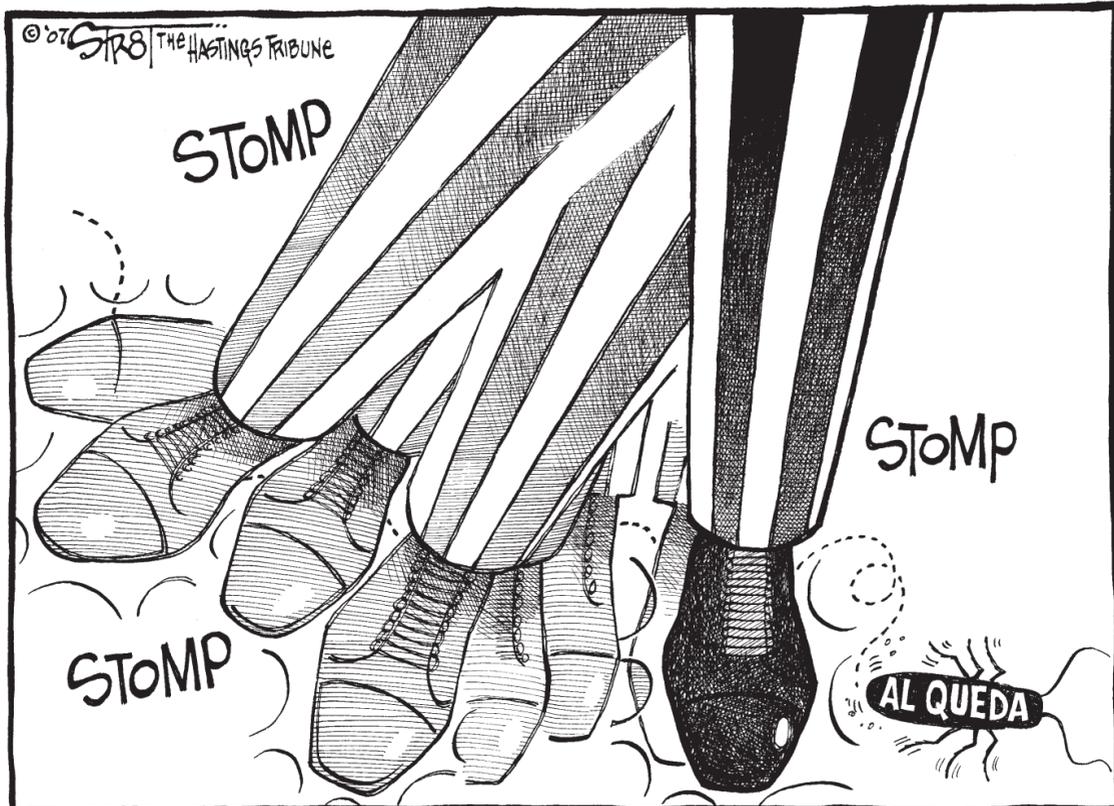
★ **U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-4774; fax (202) 224-3514

★ **U.S. Sen. Sam Brownback**, 303 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-6521

★ **U.S. Rep. Jerry Moran**, 2443 Rayburn HOB, Washington, D.C. 20515. (202) 225-2715; fax (202) 225-5124

★ **State Sen. Ralph Ostmeyer**, State Capitol Building, Room 262-E, Topeka, Kan. 66612. (785) 296-7399

★ **State Rep. John Faber**, 181 W. Capitol Building, Topeka, Kan. 66612. (785) 296-7500



Calves gain freedom with age

Blackie and Brownie, our two Angus calves, are ensconced in their new pen. The transfer went off without a hitch using the "keep 'em hungry so they will follow the bottle" method.

From the time they were just a couple of days old, Blackie and Brownie had lived in a small pen with a lean-to shelter. They had all the milk they wanted and protection from the elements. Pretty "cushy" life, really. Except for one thing, freedom.

When they arrived in their new pen, they scarcely knew what to do with all their room. They ran. They jumped. They kicked up their heels. And, then promptly began eating grass.

Now, I know some would say the calves are still not "free". But, they have all the freedom they can handle at this point. As they get older they will get an even larger enclosure. Someday, they may end up in a herd, and have an entire pasture to roam. Kind of like kids. When they're babies,

Out Back Carolyn Plotts



their life is limited to their crib or their mother's arms. As toddlers their world expands to their room and their home — but, always under their parents' watchful eye. When they're school age, their horizons enlarge. By high school, they're almost independent but, still with limits. Then comes adulthood and no restrictions — but lots of responsibilities.

Strange, once you get freedom, you sometimes long for the limits and protection you had as a child.

Yes. Freedom is a funny thing. — ob —

Jim has been a "shade-tree mechanic" this week. His pick-up and work van both "gave up the ghost" at the same time.

A neighbor had an '85 1/2-ton pickup with a motor, but no seat or transmission. The price was right, and with the investment of some time and a lot of hard work, he has a working vehicle. In fact, he took me for a ride around town Saturday night. He sure knows how to show a girl a good time.

A new work van kind of fell into our laps. The owner came into the newspaper office where I work to place a classified ad for his mini-van. As I waited on him at the counter, I said, "That sounds just like what Jim is looking for."

The price was, again, in our ball park. A phone call brought Jim to look at it and we drove it home. Done deal.

Problem is — it's too nice to let Jim turn into his work van. It's better than the car I drive right now. Perhaps I can convince him to put a rack on top of the Cadillac.

Norton County Fair good family activity

First would come the rain followed by yellow straw to cover the bare dirt. The odor from this combination makes the present day livestock arena smell like Chanel No. 5. You could plan on at least a couple of high temperature days and I could always rely on my Mother to say to me as I went out the door, "Stay away from the riff-raff." For those of you too young to understand this scenario, it is the Norton County Fair of the 1950s.

Each time I go to Elmwood Park, I thank the Norton City crew, the Lions' Club, other organizations and numerous individuals who have done so much to improve the area, including the recent addition of the playground equipment. Believe me it bears little resemblance to the Elmwood Park of my youth.

For as long as I know the fair has been

Phase II Mary Kay Woodyard



held at the park, but it is a much different scene today. The correction of the drainage problems, the addition of grass and the dedication of so many have made the Norton County Fair area a great spot. But it isn't just the area that is great; it is the fair itself. Many large cities pat themselves on the back for their numerous volunteers and the activities they provide for their community, but few can measure

up to Norton.

Because of the commitment of individuals willing to promote and "work" the fair, I do not have to tell my grandchildren to watch out for the "riff-raff." How many places in today's world can we allow young children to walk to the games and rides and then check back in at the family spot? How many places can a young child enter a drawing, a cake, or plant and receive recognition for their efforts? In the several places we have lived there have not been the opportunities our grandchildren have here.

So let's support the many businesses and individuals who dedicate the last full week of July to the Norton County Fair. It is fun for all and is a good time to see people you know and I don't have to worry about the riff-raff. My mother would be pleased.

Knowing the difference could make a difference

Sometimes people are described as being difficult, stubborn, rigid, obsessive, anti-social or paranoid. But are those character traits, or a personality disorder? All of these traits can be a part of a person's personality and, as with most everything, a continuum exists between what is considered normal and what is considered problematic.

Understanding the difference between a healthy personality and one that qualifies as a disorder can be difficult. A "normal" or healthy personality allows people to learn from their mistakes, be flexible, and to interact effectively with their environment.

For example, when someone is completing their income taxes, it may be appropriate to be a little obsessive or paranoid, and to think "if I make a mistake, the government will penalize me." This type of worry might encourage a person to fill

Plain Sense By Ken Loos

out the forms more accurately. But a person with a persistent pattern of paranoia, no matter what the situation, tends to see problems where none exist, or thinks that people are deliberately trying to hurt or embarrass them.

Such behaviors then lead to further problems for them in relationships with family, friends and coworkers.

Personality disorders include paranoid, antisocial, narcissistic, dependent, and obsessive-compulsive, and can be difficult to treat in therapy. A personality disorder is diagnosed when an individual

responds to a variety of situations in the same rigid and maladaptive way. They do not associate their behavior with other problems in their life and tend to put all the blame on others.

In contrast, a person experiencing anxiety or depression usually recognizes that something is wrong and seeks help to alleviate the problem. Individuals with personality disorders fail to see how their negative behavior affects others, which then results in more difficulties for their loved ones or others in the community. They rarely recognize that they need professional help, and often come in for mental health services only when a spouse, family member, or employer insists.

Improvement is possible if the person is willing to explore alternative ways of approaching and solving problems and discover new ways to perceive the world and act accordingly.

Friday is 'Thumbs Up' day. E-mail tom@d@nwkansas.com, or call (785) 877-3361 or 877-6908. You can also fax 877-3732.

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



Survey responses on temporary hold

Due to a death, there will be no Telegram Survey Responses today. They will appear on this page in the Friday, July 20

issue. Editor/Publisher Tom Dreiling is in the Victoria/Hays area for the funeral of his brother, Jim.