

Tip: Listen to your inner voice

A recent article outlined on the CBS News website had appeared in the Archives of Internal Medicine. It told of the increasingly severe adverse reactions to medicines. The research was taken from the Food and Drug Administration. The ill effects range from birth defects to death and everything in between and the "adverse drug events" more than doubled from 1998 to 2005."

I think I was drawn to the article because one of my treasured items is an old cookbook/medical book of my grandmother's. The fact the medical book is coupled with a cookbook perhaps reflects the commonness of illness and death that was so much a part of life back then. Doctors were scarce and even when around the medical knowledge was limited plus illness and death were seen as natural events. It was not believed that everything or even most things could be healed. People did the best they could. They didn't try to heal natural occurring "illnesses" such as aging or menopause. A part of medical treatment was learning how to "handle" it.

The medicines they did have, undoubtedly had side effects, like

Phase II

Mary Kay Woodyard



the thick onion syrup for coughs. It's unlikely a person would catch anything else for awhile, no one could get close. I much preferred the horehound candy, fortunately I was never subjected to onion syrup.

Many things we treat now, we waited for time to heal back then. There weren't hormones for menopause, treatment for GERD, or pills to help you sleep, but on the other hand they didn't have penicillin either. We gain some things and lose others.

The article pointed out how frequently people over-medicate with over the counter (OTC) drugs. Why? In part, because people don't always pay attention to the active ingredients in those drugs and because we now treat so many symptoms. You take one medication for a headache and another for a sore throat. The ac-

tual active ingredients may overlap thus causing essentially an "overdose" with what we consider relatively harmless medicine. My aunt used to say as she swallowed a pill, "I hope this little piece of poison knows where it is supposed to go."

I'm not suggesting we don't take medicines, I of all people wouldn't do that. I rely too much on the wonderful effects of modern medicine. What I do think is we all need to look at each medicine and realize its benefits, but not ignore the dangers, particularly for children. Often times if a child has a headache, they are hungry, tired or just need to slow down. Sometimes when adults can't sleep it is too much caffeine or something on our mind, which we need to resolve.

Medicines can't take the place of intuition or common sense and sometimes common sense won't cure our illness. But if we remember to listen to that inner voice we often find the power within ourselves and the cure is not far behind.

• www.cbsnews.com/stories/2007/09/11/earlyshow/contributors/lemilysenay/main3249365.shtml

Lines separating powers shift

One of the greatest constitutional crises to face our country occurred in 1867. Congress passed the Tenure of Office Act, which said the president should not, without consent of the Senate, remove an office holder whose appointment had been ratified by the Senate.

President Andrew Johnson denied the right of Congress to make such a law and soon disobeyed it. This led to the House of Representatives bringing Articles of Impeachment against the president. After a trial of six weeks, 35 senators voted guilty and 19 not guilty. Because impeachment requires 2/3 vote to remove a president, the motion failed by one vote.

Our national government was established with the concept of separation of powers into three equal branches of government. But the truth is that the lines dividing power between the branches have often shifted. The Tenure of Office Act was repealed in 1887. It has generally been viewed as

Citizen Duties

Bob Strevey



Congress extending its power to an area reserved to the executive.

Most presidents are allowed to appoint people of their own choosing to their cabinet, with notable exceptions. A recent example was President Bush's choice of John Bolton to be U.S. Ambassador to the United Nations. The Senate refused to confirm him and the president was forced to nominate another person.

When Congress and the president are of the same party they usually agree. When they are of different parties they often struggle over jurisdictions. We have a written constitution so one

would think the lines of authority would be clear. But new challenges arise. Personalities enter the picture. Periods of extreme stress may lead presidents to step over normal boundaries. Lincoln suspended Habeas Corpus to confine men perceived to be a threat to the Union. Roosevelt imprisoned Japanese-Americans as a security measure. Our current president has stepped over certain legal boundaries to fight the war on terror.

Citizens need to realize that the boundaries between the branches may shift. Responsible government may require extraordinary powers, hopefully for a limited time.

The challenge of maintaining a proper balance between liberty and security, between the various branches of government and between national versus state powers must be worked out in each situation.

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Good reason for flight delay

I have received this item a few days ago from a Norton reader. It carries a profound message. While the author is unknown, it could have been any of us. If you have anything to submit, please e-mail tomd@nwkansan.com. Thanks!

TD's E-bag

By the Publisher

Tip: Keep inconveniences in perspective. This past week, the author of this writing notes, he was on a four and a half hour, non-stop flight from Seattle to Atlanta. In all my years of traveling, he said, I have learned that each time a plane has the opportunity to stop, there is potential for unexpected challenges. Flight delays, weather and airline crews can create unanticipated challenges on any trip. Therefore, I always try to fly non-stop between my destinations.

About an hour into this particular flight, the captain's voice rang over the intercom. He asked if there was a physician or nurse on the plane. If so, he asked them to identify themselves by ringing the flight attendant call button beside their seat.

I listened carefully but heard no one ring their bell. I immediately began to wonder what was happening. In a few minutes the captain informed us that there was a medical emergency on board and asked again if there was a physician or a nurse who could help.

When there was no response, we were told that we were going to make an emergency stop in Denver. He apologized but told us that there would be a medical

emergency team waiting to meet us at the gate and that we would probably only be delayed by about thirty minutes. Though it was necessary, we knew we would all be inconvenienced by the extra stop.

About half an hour later, we landed at Denver International Airport and the medical crew immediately came on board. However, everything took longer than had previously been expected. An elderly gentleman, about 85 years old, had suddenly taken ill. It was not clear whether he had experienced a stroke or heart attack.

Even after the gentleman was carried off the plane, we still sat there for quite a while. The original "short" stop turned into about an hour and a half. When we finally pushed back from the gate and were in the air, the pilot apologized profusely for the unavoidable delay. He said that since the stop had taken longer than expected, those passengers who needed to make connections in Atlanta would miss their flights but would automatically be booked on the next flight out.

You could almost hear the moans and groans throughout the airplane of everyone who was be-

ing inconvenienced by the unexpected stop.

Then the pilot did one of the classiest things I have personally ever seen or heard anyone do. He spoke into the intercom and said, "Ladies and gentlemen, I thought you might be interested in one bit of information. The elderly gentleman who was taken off the plane was a Marine in WWII. I am holding in my hand a copy of the Congressional Medal of Honor that was awarded to him and signed by President Harry Truman in 1945."

The pilot went on to say, "I realize that we have all been inconvenienced today. However, in light of the fact that this gentleman was a war hero and was inconvenienced for four years of his life in order that we might experience the freedoms that we enjoy today, I thought you all should know that."

Immediately the airplane was filled with applause. Everyone was cheering and so pleased to know that the gentleman had been cared for in a way that was fitting and appropriate. As we continued to fly, I thought to myself, isn't that interesting? We were concerned that we were inconvenienced for a couple of hours and yet, this gentleman's entire life was interrupted and inconvenienced for over four years while he went and fought in a war to protect the freedoms and values that we love and hold dear in this country today.

I breathed a prayer for the gentleman and asked God to bless him for all he had done to help us understand what freedom is all about.



Members of the FFA Senior Division Land Judging team from Norton Community High School looked at soil in a "practice" field belonging to Leroy Lang. The team took first place, Wednesday, at the District contest in Stockton. — Telegram photo by Carolyn Plotts

FFA students compete in land judging

Two teams of FFA students from Norton Community High School went to the District Land Judging Contest Wednesday at Stockton. Fifteen schools competed in the contest and Norton's Senior Division team took first place. Norton's Greenhand Division Team placed second.

Tim Becker and Levi Ninemire,

members of the Senior Division team placed first and sixth, respectively. Other members of the Senior team are: Clay McMullen, Donny Hildebrand, Caleb Vanover, Carson Braun, Cody Cook, Jessica Reeves, Christopher Maddy, Zach Bainter, Jessica Gilgenbach and Samantha Cook. Greenhand Division students

and their placement were: Jesse Gallentine, fourth; Kegan Vanover, eighth; Troy Bainter, ninth. Other members of the Greenhand team are: Cody Smith, Tyler Esslinger, Scott Arehart, Jeremy Sproul, Jacquelyn Cawley, Meaghan Peterson, Ryan Blecha, David Cressler, Kyrin Fulton and Nikki McVey.

Benefit helps with medical expenses

(Continued from Page 1) mately two weeks. He regained consciousness and began to recognize family members.

JoAnn Rupke, oldest of Mr. Rudolph's ten children, said that her father has been talking with family this last week and even starting some physical therapy in readiness for his eventual transfer to a rehabilitation center.

She said her father would enjoy

having a few visitors during the week. Laughing, she said, "Of course, family is there over the weekend." She said his speech is rather slow, but he is "doing amazingly well".

She added, "Prayers are still needed for Dad. With this type of injury there will be progress — then he might go backwards a little. Our family really appreciates everyone and all they've

done."

If you were unable to attend the benefit and would like to contribute, send your donation to the Senior Center, Attn: Ramona Pabian, 208 W. Main, Norton, Kan. 67654.

Get well wishes will reach Mr. Rudolph at Kearney Good Samaritan Hospital, Room No. 3336, 10 E. 31st St., Kearney, Neb. 68847-2918.

Lions leap to clean up trash on highway

(Continued from Page 1) partment to pick up.

As an added incentive, Mrs. Yeager advised the Lions that hidden treasures might be found in the roadside ditches. In fact several, crisp, \$1 bills were found waiting

in the weeds.

***That's not all that was found in the ditches. This reporter is a Norton Lion and the first thing she picked up had a baby bull snake in it. Very much alive. And mad.*

Norton Lions participating in

the highway clean up were: Tom Brannan, Roy Skrdlant, Kristine Posson and her son, Justice, Carolyn Plotts, Mrs. Yeager, Mark Griffin, Charlotte Kindall, Don Stuvick, Darrell Mintzmyer.

School starts off well in Norton district

(Continued from Page 1) voted on at the October meeting.

• Heard a presentation on the social studies curriculum. Teacher Julie Schrum introduced students Jared Cox, Preston Herman and Carson Braun, who spoke about the differences between the Model UN and the Historic UN.

• Approved the changes to the

activities guideline regulations.

• Changed board policy to ready that kindergarten shall be held for a full day every day, rather than a full day every other day.

• Reviewed the board goals. Discussion about the goals will continue at the October meeting.

• Appointed Board member Scott Ellis as the voting delegate

to the Kansas Association of School Boards convention Nov. 30-Dec. 2 in Overland Park, with all other members of the board listed as alternates.

• Accepted the resignation of Lari Ann Nickell as the junior high cheer sponsor.

• Hired Clayton Cox as the junior high girls head basketball coach.

Treasure hunt wraps up on a high note

(Continued from Page 1) proving the whole community benefits from the event."

She called the treasure hunt "rural economic development at its best!"

Mrs. Applegate said the best story this year involved Cathy and Tom Brannan. She said two couples from Tennessee pulled into the driveway at their house and really wanted to buy a pot-bellied stove sitting there. It was too big to fit in the camper shell of the pick-up, so Tom called U-Haul to arrange for them to get a rental trailer. "The stove and four happy Tennesseans were off down the road with even more space to carry their treasures back home," Mrs. Applegate said.

She said the Norton Rotary Club at the BB Gun Museum are the official greeters at the information booth for the thousands of travelers. She said a register is kept of visitors' comments and their home states. "It is often remarked from out-of-staters, how friendly our town is and what a great time they are having," she said.

Mrs. Applegate said locally, the newspaper and radio were responsible for bringing shoppers from a five-county area. She had a note-

book that showed page after page of shoppers when asked where they learned of the hunt, naming *The Norton Telegram*.

As to how the treasure hunt got its name, Mrs. Applegate said, "We don't have fleas and we don't have junk, our vendors only have treasures."

Fifty-six locations were listed on the Internet map, and addition-

ally there were several out in the country that were too late to be listed, but participated anyway, Mrs. Applegate said.

She said the U.S. 36 Highway Association is the oldest tourism alliance in the state, dating back to 1913. The federal highway is billed as the shortest route between Indianapolis and Denver.

Houses for Sale

- Almena - 4+ Bedroom House with Shop and Out-buildings, on own well. 2 1/2 Acres on Bryant Street
- Almena - Double wide trailer on 6 acres just outside city limits
- Norton/Phillips Co. Line - 4 bedrooms +, 3 bath log home with shop. Sets on 12 acres along Prairie Dog Creek, 1/2 Mile South of Highway 383

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