

Positives, negatives surround kids with cell phones

Parenting is a tough job, and the availability and use of cell phones can be both a blessing and a curse when raising kids. On the positive side, cell phones provide a convenient way for parents to stay connected with children and in touch any time of the day or night. On the negative side, teenagers are using their cell phones in very creative ways that are not always for the right reasons. According to professionals in substance abuse services and law enforcement, many teens are using their cell phones as an instant source of information about parties in progress where alcohol is available, and even for contact with drug dealers.

It is often difficult to monitor a teenager's activities, and even more so when a parent can't hear what they are saying, or who they

are making plans with. Through the use of text messaging, teens can send and receive discrete messages. They prefer this method of communication, when sharing information about where to meet up when they don't want to be overheard, especially by nearby parents and adults. Instead of passing notes in class, they can now text message. They can even access the Internet, by way of their cell phone, for sites that offer answers to test questions.

Parents need to set ground rules with children regarding the use of cell phones, and expectations in regards to the number of cell phone minutes allowed, including text messaging. It is also

Plain Sense Ken Loos

appropriate for parents to check the monthly bill for unknown incoming and outgoing numbers and to check the message outbox on their teen's phone as well. This is not an invasion of privacy if there is an understanding about the rules of cell phone usage when a parent first provides access. The use of cell phones by children and youth has become very commonplace, but should still be viewed as a privilege provided by parents. This also means that parents have the ultimate responsibility for their children's use of a cell phone, as well as the misuse.

Where there is smoke there may be depression

The physical consequences of secondhand smoke are well known. According to the Mayo Clinic's web site (mayoclinic.com), secondhand smoke is high in toxic chemicals and "plays a role in causing or contributing to a number of health problems from cardiovascular disease to cancer." A recent study now adds to these concerns by finding a link between secondhand smoke and depression. Non-smokers exposed to cigarette smoke at home or work are more than twice as likely as those not exposed to have major depression, according to a report given at the Annual Meeting of the American Psychosomatic Society and reported by USA Today.

In addition to participant self-reports, this study measured the presence of cotinine, a chemical

that is found in blood after breathing in smoke. Cotinine levels from more than 3,000 non-smoking adults were accessed from a federal health study. Another 92,000 non-smokers were included because they reported living with or working around smokers. All participants answered questions regarding depression.

The findings reveal that those individuals exposed to secondhand smoke were far more likely to have symptoms of depression, according to Frank Bandiera, a researcher at the University of Miami School of Medicine. He said that even working where smoking was allowed in public places more than doubled the risk of depression for the nonsmokers.

Previous studies have already shown a strong correlation between smoking and higher rates of

depression, but it remains unclear which came first. Do some people start smoking as a way to cope with depression or do they develop depression after starting this addictive behavior? Regardless, Bandiera points out that numerous studies show that smokers have more dopamine, a specific neurotransmitter, in their brains. This neuro-chemical has been linked to both anxiety and depression, and perhaps its increased levels are a result of first-hand or secondhand exposure to cigarette smoke.

The possibility of developing depression can now be added to the ever-growing list of problems linked to secondhand smoke. Smoking comes at a high price that apparently is also becoming more expensive to those who choose not to smoke, but continue to live or work around those who do.

The finishing touches



Andrew Black and Bryce Engelbert were busy smoothing out the new concrete sidewalk poured at the corner of Wilton and Jones in Norton. What would generally be a warm

June day was everything but as weather in the upper 50s and lower 60s favored these workers.

- Telegram photo by Dana Paxton

Airport plan meeting topic

By ERICA BRADLEY
ebradley@nwkansas.com

The new airport layout plan is in its first stages of development and a public hearing was held in May during the Norton City/County Airport Board meeting.

John Miller, chairman of the airport board, said the plan is in the beginning phases.

The public meeting was held so people could give their input about what should be improved.

The plan has to follow FAA rules, such as a master plan needs to be drafted, a wish list developed and then funding can be applied for after the master plan is approved at the state and federal levels, Mr. Miller said.

The time table is about a year, he said.

"It's a very involved process." Mr. Miller said the FAA requires a wish list be made because nothing can be funded in the future if it is not included in the plan.

The master plan is supposed to plan the next 10 years, he said.

The wish list is comprised of a fueling station, electrical primary line upgrades, water and sewer upgrades, an alternate parallel runway, perimeter fencing, beacon upgrade, and extended

300 ft runway, right-of-way land acquisition, additional hangars, concrete finish work, a new office building, snow removal equipment and taxi-way lighting.

Mr. Miller said the funding could come from \$77,000 in grants. Nothing will be decided on until the plan is approved, he said.

The plan was to be updated at Monday's airport board meeting.

Also at the board meeting:

- Karen Griffiths spoke to Ransom Associates about changes in savings figures. An updated report will be available in June.

- The paperwork for the self-serving fuel station has been completed.

Mrs. Griffiths informed the board that the report asked for the last independent certified audit date.

The federal and state statutes require the airport follow local procedures for an audit. The report had to be turned in by May 15. Vote taken, motion carried.

- Sandy Smith distributed a copy of fund transfers for the concrete improvement project. It will be discussed at the next meeting.

- Kim Snyder presented several bills for payment.

School board

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be contacted include Mike Volgamore, Charlotte Stephenson, Barb or Jeff Porter, Dale Carlson, Jamie Dreher, Sue Rossi and John Engelbert. Vote taken, motion passed.

- The 2009/10 student-parent handbooks for Norton Community High School, Norton Junior High School and Eisenhower Elementary School were presented. Vote taken, motion passed.

- The school district's participation in Head Start Program was up for renewal. Vote taken, motion passed.

- The federal school nutrition program was also up for renewal. Vote taken, motion passed.

- The board discussed increasing student lunch prices by .05 cents per meal with no change in the breakfast price. Single milk purchases will be increased to .25 cents per carton. Vote taken, motion passed.

- Insurance bids were discussed, with the superintendent recommending Boxler Insurance Agency, Norton, for the district's property, workmen's compensation, liability and auto insurance. The Boxler Agency policy will cost \$63,569. The superintendent recommended the Jim Gill Insurance Agency, Cherryvale, for the student accident insurance, at a

cost of \$13,317.50. Superintendent Mann said the bids were cheaper than what the district paid last year. Vote taken, motion passed.

- The board moved to accept the resignation of Jim Myers and Nan Smith; Robin Sides was accepted as the sophomore class sponsor; Bill Johnson was accepted as Norton Junior High School football coach and Chance McKinney was accepted as the new Norton Junior High School assistant wrestling coach. Vote taken, motion passed.

- The board moved to approve the contract with Crystal Mannebach as the third grade teacher and Jim Green as the Norton Community High School tennis coach. Vote taken, motion passed.

- Discussion took place about Wade Church becoming the Norton Community High School drafting teacher and assistant Norton Community High School football coach. Vote taken, motion passed.

- The board discussed approving the Learning Center director and aide's job descriptions, the Learning Center director's contract document and the center's operation guidelines. Vote taken, motion passed.

The next meeting of the school board will be July 13 at 7:30 p.m., at the Alice Tweed Center.

Building

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up to arrange her new contract. Ms. Becker also updated the board on the progress of the development office, saying projects they

have been working on are being completed.

The next economic development board meeting will be held on July 7.

UPCOMING EVENTS in Kansas

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Smoky Hill River Festival

June 11-14, Salina
High-energy, low-cost family fun, featuring live performances, fine art and great food. Music by The Fabulous Thunderbirds, Needfire, Kelley Hunt and more! riverfestival.com

Echoes of the Trail Cowboy Gathering

June 12-14, Fort Scott
Go back to the Old West! Hear non-stop cowboy poetry & music. Western art, tack, braiding, campfire food! (620) 223-0736 echoesofthetrail.com

Ellis Riverfest

June 13, Ellis
Haskell Indian Nations Univ. ICC dancers & demonstrations, parade, live music & games. Canoe races, vendors in the park and lots more! (785) 726-2660, ellischamberofcommerce.com

Winfield Country Roundup

June 18-20, Winfield
Three-day country music festival. Enjoy new and classic country artists. winfieldcountryroundup.com

Wah-Shun-Gah Days Festival

June 19-20, Council Grove
Join us for the 27th Annual Wah-Shun-Gah Days Main St. entertainment & parade, car show, carnival, arts & crafts fair, flea market & so much more! (620) 767-5413, councilgrove.com

Midsummer's Festival

June 19-21, Lindsborg
Friday Night - Salt City Big Band
Saturday - Swedish Festival with music, dancing, arts
Saturday night - Street dance with "The Blades" (888) 227-2227, midsummersfestival.org

Father's Day Car Show

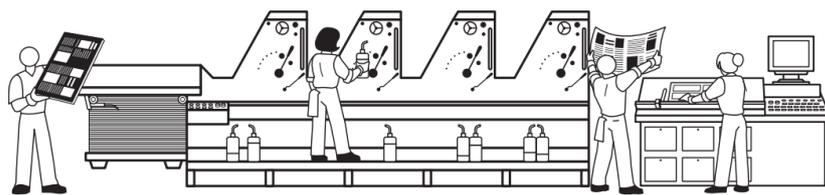
June 21, Salina
Take Dad to enjoy wild wheels & wildlife! Antique, classic, original & restored cars, trucks and motorcycles. (785) 827-9488, rollinghillswildlife.com

130th Annual Downs Celebration

July 9-11, Downs
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Saturday - Blaine Younger Band
No cover charge! DownsChamber.com

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