

The art of lies and cover ups

On the
Prairie Dog
Steve Haynes



Testifying before Congress last week, outgoing Secretary of State Hillary Clinton showed she's mastered the artful lie.

Asked once again what happened at the consulate in Benghazi, Libya, the night of Sept. 11 when U.S. Ambassador Chris Stevens and three other Americans died in a terrorist attack that apparently took her State Department by surprise, she exploded into indignation.

"With all due respect, the fact is we had four dead Americans," Clinton responded, raising her voice at Sen. Ron Johnson (R-Wis.), who continued to interrupt her. "Was it because of a protest or was it because of guys out for a walk last night who decided to kill some Americans? What difference at this point does it make? It is our job to figure out what happened and do everything we can to prevent it from ever happening again, senator."

Guys out for a walk who decided to kill some Americans? Armed with the firepower to storm a U.S. consulate in a hostile environment, kill the ambassador and his guards? And how did they know where the ambassador was, anyway?

Let's get real, Madam Secretary.

Or should we say, Madam President?

For there's little doubt that Ms. Clinton is quitting the State Department now so she'll have plenty of time to get ready for the 2016 presidential race. Flying around the world for another couple of years might be fun, but presidential campaigns are not built in a day. And she must be presumed to be the front runner, well ahead of plodding old Joe Biden.

The secretary managed to be indignant enough, almost, to make herself look like the injured party in this sparring match. On the defensive herself for months, she tried to put her questioner on the defensive.

But she merely continued the administration line, which has been all along an effort to minimize the attack and make it look like less than it was.

The White House co-ordinated the story that night and the next day that the deaths resulted from a protest against an anti-Muslim video made by an American and posted on the Internet. Such a protest tied up the street of Cairo that same day.

But it was apparent from news reports that night, no matter the source, that the incident had in fact resulted from a planned attack by trained terrorists who had in mind the death of an ambassador they and their friends blamed for the deaths of many of their ilk. And on the anniversary of the Sept. 11 attacks in the U.S.

Still, Ambassador Susan Rice was sticking to the administration line a week later on the Sunday interview shows. Her loyalty may have cost her a shot at replacing Ms. Clinton at State.

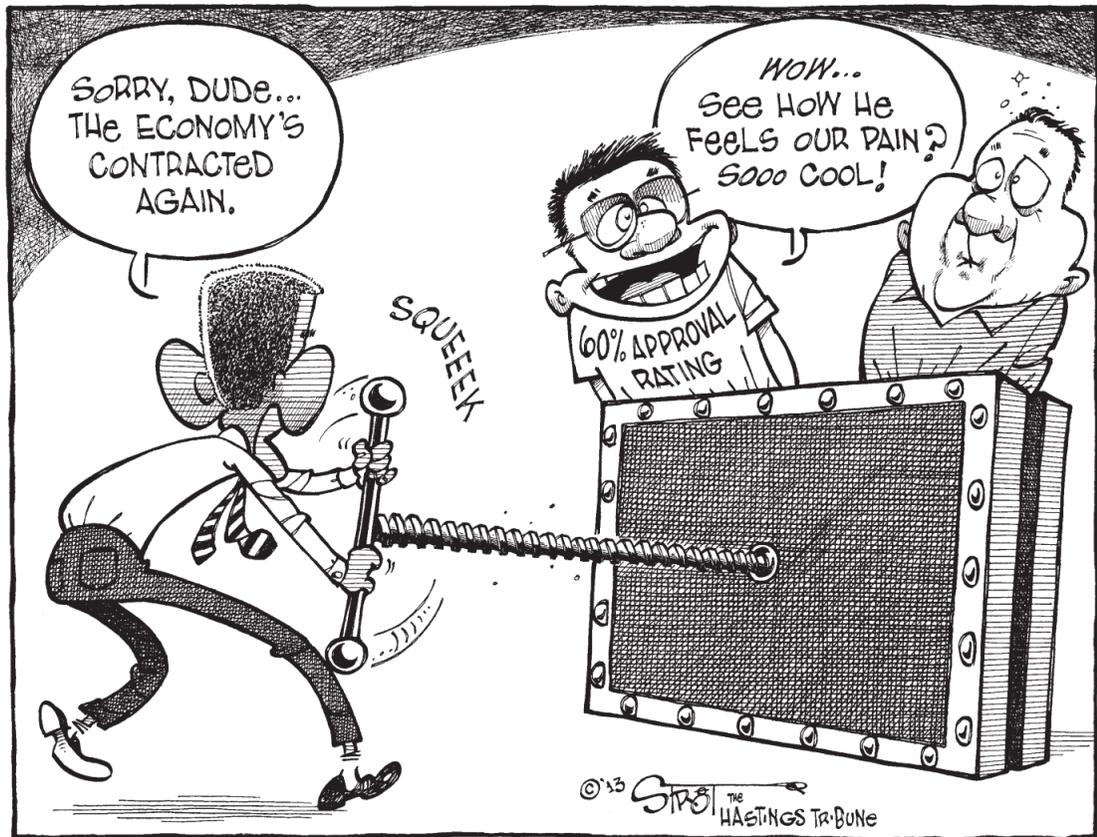
And then here was Hillary, telling us it was guys out for a walk, still clinging to the line.

We all know better. Sen. John McCain (R-Ariz.) may have said it best: "It's been a coverup from the beginning."

"It was theatrics," Sen. Johnson said in a later interview. "She didn't want to answer questions, so she makes a big show of it."

Ms. Clinton carries a lot of baggage, but unless the Republicans come up with the kind of candidate they haven't had for more than 20 years, she'll be measuring the White House for drapes. Come to think of it, she used to live there; she may already have the window sizes.

— Steve Haynes



Medical history is like meatloaf and Guatemala

Let's get serious for a minute.

Every new year most of us make some sort of resolution to get healthier. Most of us don't follow through. But here's something everyone can do. Take a few moments and write down your personal health history. My wise sister-in-law, Donna, urged me to do this and I'm glad I did. I started with a brief snapshot of my parents' health and that of my siblings. It's a good thing to come from a long line of healthy people. I kept my history brief, lumping it into 10-year increments.

Your healthcare professional will be glad you did. Besides, if you do, there will be no more endless forms to fill out in the doctor's office. You can just write "See Attached." At your next appointment, give your history to your doctor to keep in your permanent file. Periodically, update.

Next, make a separate list of medications, dosages and all over the counter medications you take. Keep this in your wallet. This is the one you'll use most. Every doctor you see will want to know what you're taking. Don't trust your memory to remember complicated prescriptions and dosages.

Out Back

Carolyn Plotts



Invest a little time into your own health. You'll be glad you did.

—ob—

Since learning of our trip to Guatemala, we have been trying to find out everything we can about the area. I must tell you — I'm a little worried. We can't find it on a map. Not Guatemala; the town we're going to. San Raimundo. It's supposed to be north of Guatemala City, the town we fly into. Others have gone and come back so I know it exists, but if I can't find it on an internet search, I get nervous.

During our other travels into Old Mexico we always knew if we needed help the good ole' USA was a quick trip back across the border. This won't be the case in Guatemala. Not to worry, though. Traveling with my husband is like having Daniel Boone as your trail guide. He has an uncanny sense

of direction and I know he'll take care of us. He's also one of the few men I know who will ask for directions.

News Flash! Jim just yelled to me, "Found it." OK, we're good to go.

Thank you Google Earth.

—ob—

I've entered a few cooking contests in my day. My apple pies and crescent rolls have won a few blue ribbons and Jim gives my cinnamon rolls a thumbs up. Saturday night, however, I entered my first ever meatloaf contest. Decorated meatloaf at that.

It was a tongue-in-cheek contest sponsored by the local Chamber of Commerce for its annual banquet and a clever way to have the main course provided.

There were some unique entries including three blind (meatloaf) mice; a meatloaf fire engine; a meatloaf football in tribute to the Super Bowl; a meatloaf quilt; my entry, a meatloaf newspaper; and the grand prize winner of them all, meatloaf horse apples.

Yes. Meatloaf horse apples prepared, fittingly, by the ladies of the local saddle club. It was all in good fun and some mighty fine eatin' too.

Stretching your family food dollar in hard economic times

As many Americans continue to feel the economic squeeze, they may be eating out less and preparing more meals at home. So, it's more important than ever to grocery shop smart and buy healthy food that fits within a budget.

Public health experts fear lean economic times may mean an already-overweight public may resort to cheaper, high-calorie foods, which can lack important vitamins, minerals, fiber and other nutrients. With a little knowledge and planning, though, this doesn't have to happen.

Helping Americans learn how to stretch their grocery dollars with healthy, nutritious food is the theme of Farm Bureau's Food Check-Out Week, Feb. 17-23. America's farmers and ranchers are committed to producing safe, healthy and abundant food. And they share concerns when it comes to putting nutritious, budget-friendly meals on the table.

According to a recent public opinion survey conducted by the American Dietetic Association, 52 percent of consumers are looking for practical tips and that's just what Food Check-Out Week provides. More than 70 percent of American adults don't do more to achieve a balanced diet because they

Insight John Schlageck



are satisfied with how they eat and don't want to give up foods they like.

Recent U.S. Department of Agriculture food price data shows that prices for unprepared, readily available fresh fruits and vegetables have remained stable relative to dessert and snack foods. Translation — the price of a healthier diet has not changed compared to an unhealthy diet.

Learning to use your grocery dollars wisely helps ensure nutrition isn't neglected. Fruits and vegetables — along with whole grains, low-fat dairy products, lean meats, fish, beans, eggs and nuts — are an important part of a healthy diet.

Buying fresh produce when it's in season and costs less, while buying frozen fruits and vegetables when they're not in season, is a smart way to stretch that dollar.

Consumers in Kansas and across

this country see a wealth of food products every time they step foot in their favorite supermarket. Yes, today's shopper is fortunate to reap the benefits provided by America's farmers and ranchers.

Crop and livestock producers are proud of their profession. Nowhere is this more visible than the Midwest and our home state of Kansas.

Our farmers take great pride in producing the cleanest, most abundant crops including wheat, corn, milo and soybeans. In addition, Kansas ranchers produce some of the best cattle, hogs and sheep.

Kansans are also proud that Food Check-out Week is an idea that originated with Kansas Farm Bureau in 1997. Neosho County Farm Bureau member Linda Reinhart, former chair of the Kansas committee of Farm Bureau Women and the American Farm Bureau Women's committee, thought the concept was important and saw it through to completion.

The story of the American farmer and rancher is truly a success story. Our producers are the most productive in the world. Remember to help celebrate this story and the healthiest, safest food anywhere on the planet Feb. 17-23.

The Salvation Army Thanks You...
On behalf of The Salvation Army and those whom we serve, we would like to take this opportunity to say "Thank You" to all your readers who helped make this another successful Christmas Season.
As always, we are grateful to everyone who donated their time to bell ring throughout the holiday season, as well as the businesses that supported our Red Kettle Campaign. These volunteers and all who helped by filling the red kettles and mailing in contributions have made a huge impact on our efforts.
Because of the generosity throughout the community, our neighbors in need are receiving help not just at Christmas time, but throughout the year. Thank you for playing such an important role in the work of The Salvation Army where you live! We are grateful for the generosity of those who give their time and treasures so freely to help people throughout the community.
If you are interested in donating or volunteering during the coming year, please call 1.800.336.4547 extension 368 for more information. You can also find out more information about The Salvation Army's service in this and other communities at <http://www.salvationarmy.us>. May God Bless you!

Sincerely,
Randall Summit, Service Extension Director
The Salvation Army Kansas and Western Missouri

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THUMBS UP!
Thumbs Up to Steve and Joan Streck for finding my checkbook and returning it to me. It's great to be a part of a caring community. Emailed in.
Remember there is no charge for rendering a Thumbs Up. Thumbs Up are meant to give recognition for a positive person or event in the community. Also remember all Letters to the Editor must be signed.