

Have another slice of cheese

What would a sweltering summer day be like without an occasional stop at the local ice cream parlor for a couple of scoops?

Can you imagine eating piping hot chocolate cookies without a frosty glass of milk?

Imagine sipping a buttery glass of chardonnay without a couple of pieces of aged cheddar.

Every day in this great country of ours we have the opportunity to partake of these wholesome, nutritious dairy products; but if there were no dairy farmers, dairy cows or dairy industry, there would be none of these tasty treats.

Dairy products remain a major source of nutrients in our daily diets. If they're not, they should be.

For example, to find another source for the 300 milligrams of calcium found in either an eight-ounce glass of milk, a cup of yogurt or 1 1/2 ounces of natural cheese, the average person would have to graze on eight cups of spinach, six cups of pinto beans or two and one half cups of broccoli, according to the Midwest Dairy Association.

The primary nutrients found in milk and other dairy products are calcium, vitamins A and D, carbohydrates, phosphorus, magnesium, potassium, riboflavin and high-quality proteins.

For most Americans, eating healthy, nutritious dairy products is simple. They just stop by their supermarket and purchase the foods they desire. But providing dairy products from this country's 9 million dairy cows on 49,331 farms isn't that easy.

U.S. dairy farmers provide an estimated \$140 billion annually to this nation's economy. Dairy farmers help sustain rural America. Even considering this nation's continuing economic challenges, dairy farmers and companies are a lifeline to 900,000 jobs in this country.

Dairy is local. Dairy farm families are business owners. Every glass of milk and each dairy product produced by these family businesses brings vitality to local and state economies.

As in nearly every sector of the agricultural industry, the United States has more milk production than any other country in the world. This country has six major breeds of dairy cattle: Holstein, Jersey, Brown Swiss, Guernsey, Ayrshire and Milking Shorthorn.

Dairy cows begin producing milk after they calf, when they are about two years old. Most cows are milked twice a day in modern milking facilities that incorporate gentle machines attached and removed by dairy farmers.

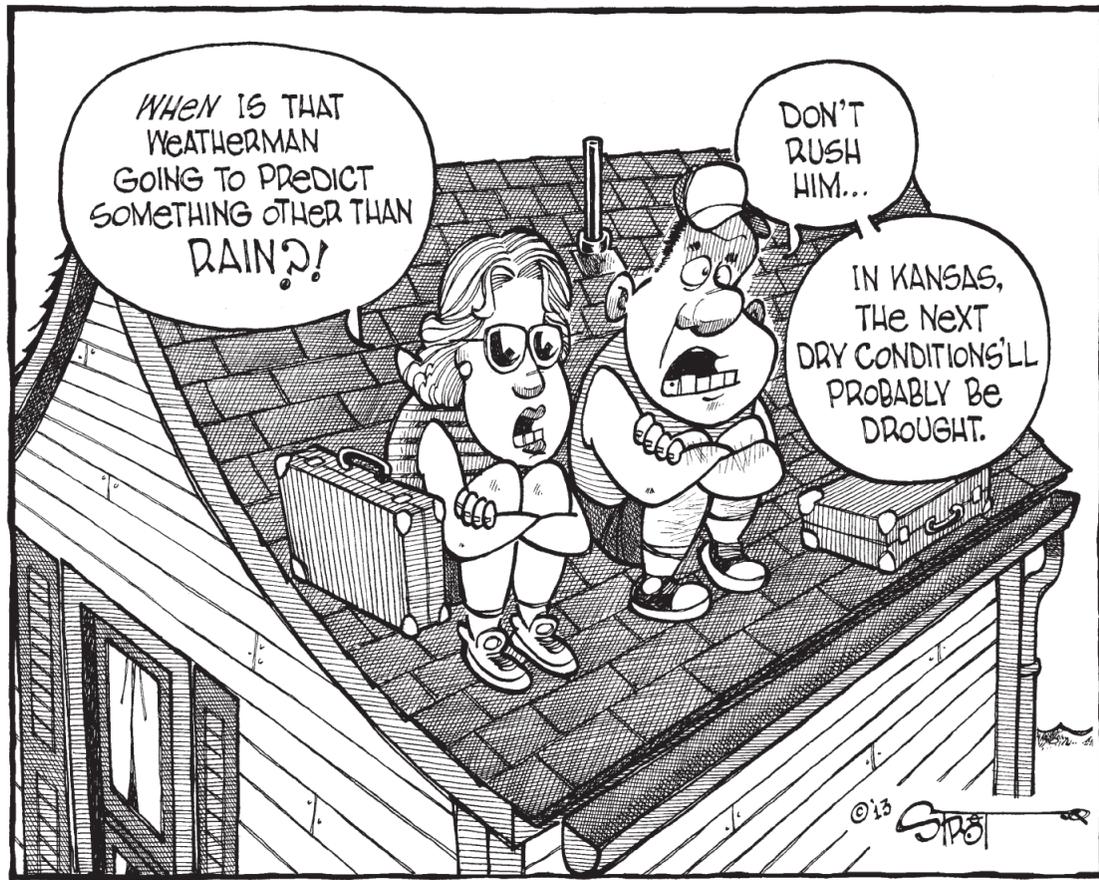
The average dairy cow weighs about 1,500 pounds and in Kansas produces approximately 8.3 gallons of milk per day. That's more than 3,029 gallons of milk during a typical year.

Kansas has just fewer than 299 licensed dairy herds and this state's dairy farms produce 317 million gallons of milk, according to the Midwest Dairy Association. Kansas generates \$519 million in milk sales annually.

Today, all milk sold in grocery stores is pasteurized during processing. During pasteurization, milk is briefly heated to a temperature high enough to destroy bacteria without affecting its flavor or food value.

Yes, since the first cow arrived in the Jamestown Colony back in 1611, America's dairy farmers have been helping provide a healthy, nutritious food product. So fill your glass with milk every day. Dip a couple scoops of vanilla ice cream on that piece of apple pie. Cut another slice of cheese for a summer snack. And give thanks to America's dairy farmers.

Insight
John
Schlageck



Humor found in a good cause event

My husband has several one-liners, or words of wisdom, and one of my favorite is, "God can laugh, it is the devil who has no sense of humor."

A neighbor asked me last week if I had seen a particular ad in the Telegram. He had found it so amusing and yet was surprised when others found no humor in it at all. The ad was for the upcoming Northwest Kansas Bike Bash to be held in Lenora on August 16-18. The event will benefit, among others, the Ministerial Alliance. All well and good you say, however one of the events is a wet T-shirt contest. I howled, as did my husband.

Now I have no desire to take part in (nor would I have been interested in it when I was young), or would I want to watch such an event, but I certainly see the humor of the situation. In fairness to all, the events will benefit not only the Ministerial Alliance, but Children's Hospital and American Legion Riders,

Phase II
Mary Kay
Woodyard



as well. All three are very worthwhile groups.

It is interesting to note, many who find this sport "distasteful" came of age in the 1960s and 70s. Not exactly the era of Puritanical behavior. Those individuals who seemed most concerned about this, didn't seem to object to the event itself, only that the Ministerial Alliance would profit from such entertainment.

The wet tee shirt contest has its origins first in the 1940s in Spain using tomatoes during the, of all things, tomato festival. It was then introduced

in the United States in, imagine this, Palm Beach, California. Actress Jacqueline Bisset swam underwater in a white tee shirt for the movie *The Deep*, in 1977 thus creating the lust for such activities.

No matter what your opinion on the propriety of either the event or the Ministerial Alliance receiving funds from it, we have to admit it did get our attention. A friend of mine suggested we now call it "Strippin' for Jesus."

The people who have organized this event have done so to create an atmosphere of fun and to benefit three worthy causes. Perhaps if we could applaud their dedication and efforts rather than cast dispersion on the event and its benefactors we would all fare better and find life not only richer, but more fun too. Can't you just hear God chuckling right now? Mail to: mkwwoodyard@ruraltel.net

To say gambling is paying it forward is backwards

The Missouri Lottery has a series of commercials urging gamblers to "Pay It Forward." I find them disturbing.

The ads attempt to put gambling on the level of sainthood. Not everyone can be Mother Teresa, but you can buy a lottery ticket and some of that money goes to Missouri schools!

It saddens me to see what happens in and near casinos: lots of places offering cash for car titles, pawn shops, etc. I understand the concept of recreational gambling; however the people who are trading their car titles for another chance at the table are not recreational gamblers.

In our town the convenience store also serves as the coffee shop, it is not unusual to observe someone spend \$20 for scratch tickets then purchase milk for their kids with food stamps.

Many people only buy a single Powerball ticket before each drawing. I might do that, but the whole idea is so far from my range of thinking I never consider it until it is Wednesday night and I hear something on the news about how the winner will get a record amount!

I've bought some lottery tickets over the years---stocking stuffers and so on. I'm not immune to thinking what I'd do if I had millions. I buy raffle tickets for good causes! I've even instigated raffles for fundraisers. Since raffles break the strict letter of the law in Kansas, you can see I live on the edge at times!

I wonder if Catherine Ryan Hyde, author of "Pay It Forward" knows how Missouri has chosen to use her concept. I've not read that book or seen

This Too
Shall Pass
Nancy
Hagman



the movie.

Recently I read "When I Found You" on my E-reader. I do not know when I have been so moved by an example of unconditional love.

With an E-Reader you do not look at a book cover every time you pick it up. You just go to the page where you left off. "Who wrote this?" I began to wonder.

I discovered it was Catherine Ryan Hyde.

Hyde says the idea for "Pay It Forward" came from an experience she had when her car broke down, late at night, in a bad part of town. She realized there was smoke coming from the engine compartment and two men were running towards her. She imagined all kinds of horrible scenarios; the last thing she expected was that they would put the fire out, which is what actually happened.

By the time the fire department arrived she was out of danger. The men disappeared. She never knew who they were or had an opportunity to thank them. So she began to look for others who needed assistance. And she wrote the book.

Hyde does not attempt to convince us kindness is a silver bullet. Not everyone gets a happy ending. One will

not always be rewarded for doing the right thing.

Mother Teresa said, "God doesn't require us to succeed, he only requires that you try."

Herein lays the problem. We want to succeed. We keep buying lottery tickets until we win.

We only give if it brings an acknowledgment. If someone says thank you.

A person may feel a little bad about spending the rent on lottery tickets but if it can be justified by thinking about A+ students getting free college tuition, it becomes a good thing! Never mind your own kids don't get a new book bag this school year because you felt lucky!

You'd think Missouri would realize the folly of their marketing campaign. For every "Pay It Forward" ad it seems they run one urging problem gamblers to seek help!

Unconditional love, of course, means just that: To love without condition. In "When I Found You" Nathan Bates loves unconditionally. Though he is not real his characteristics are ones I wish to emulate. He would never judge the Powerball buying public as I have just done.

However, we do owe it to society to speak up when we see an injustice. For a large number of people gambling is a very dangerous addiction. A governing unit should not encourage their citizenry to do something contrary to their well-being and suggest it is okay.

That is not paying it forward. It's just plain backwards!



Thumbs up to the gentleman who is mowing the ditch by the Lutheran Church on the highway. It is greatly appreciated. Brought in.

Letters to the Editor and Thumbs Up:
e-mail dpaxton@nwkansas.com
or to write 215 S. Kansas Ave.



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.

Call Dana for your next ad. 785-877-3361!

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