

## President has plans for his second term

President Bush delivered his finest State of the Union address Wednesday night and laid out a plan that is loaded with dynamite but will, in all probability, prevail.

Despite a few boos and hisses from the minority side of aisle, President Bush had the ear of those who really count — the American people — and we have a hunch he will turn to the flock time and again to apply pressure on the Congress to pass proposals he feels are necessary to keep the ship of state on a safe course.

Needless to say, Social Security will be the hottest button of his second term. He sees the need for an overhaul and those getting benefits now and those about to get them, need not worry. President Bush said they won't be a part of any change or overhaul. Rest easy.

The Social Security fight could get bitter, even among some in his own party. After all every member of the House of Representatives will stand for re-election next year and you can bet your last buck they won't be in any mood to make waves. But the president will, in his travels from one end of the country to the other, remind voters they sent those people who occupy seats in the Senate and House to Washington to be leaders, to do what is best for those they represent, to bite the bullet if necessary.

The mood in the House chamber where the president delivered his speech was a mixed bag of reaction. There were times when the Democrats made silent but bold statements by simply refusing to stand and applaud the president. It was a unified minority party sending a signal that this term isn't going to be smooth sailing.

But those kinds of reaction are legend at State of the Union addresses. Had John Kerry won the presidency and delivered the address last night, you can be sure that the Republicans would have exhibited the same behavior the Democrats felt a need to exhibit.

That's politics. All in all, we gave the president high marks for delivery and content, a far cry from some of the grades we had given in the past.

Now we'll see if the applauding Republicans put their political lives on the line and pass some of the hottest, most controversial issues of the Bush presidency.

Hang on for the ride.

— Tom Dreiling

## LETTER TO THE EDITOR: Development too important to risk

To the Editor:  
I read the report relating to Commissioner Kruse's disagreement with the proposed 60/40 split in expenses for the long over-due and vital Norton County Economic Development Director and related expenses. Considering that the taxpayers of Norton City pay over 25 percent of the total Norton County property tax, a 60 county/40 city split in actual cost really means 55 city and 45 percent rest of the county. If Commissioner Kruse had not been the one commissioner dragging his heels two years ago, we could already

have positive and much needed results from having an Economic Development Director. I sincerely hope that the commissioners have not forgotten lessons learned during the 2004 election cycle.

The City will really have to scrape to come up with the 40 percent proposed. The struggle to find new businesses and jobs as well retain those now existing is too important for the future of Norton and Norton County to risk.

Jerry Hawks  
Norton

## Almena group was not involved

This in reference to the picture of the Free Methodist Church in Almena and the article that accompanied it. (Tuesday, Jan. 25 edition of The Telegram)

The Almena Community PRIDE did not ask for the church to be sold. In visiting with PRIDE members and other local residents they still have hopes of it being moved or restored.

It is nearly 100 years old and might even be old enough to be registered with the

National Historical Society. Many Almena residents, myself included, have sentimental attachments to the church.

The PRIDE organization, nor any of the members, have any knowledge of the proposed action concerning the church property.

Fleta Hanlon  
Almena PRIDE President

and  
Daniel Engelhardt, Vice-President

Office hours:  
8 a.m.-5:30 p.m. Mon.-Fri.  
Phone: (785) 877-3361  
Fax: (785) 877-3732  
E-mail: telegram@nwkansas.com

### STAFF

Cynthia Haynes ..... editor and publisher  
Veronica Monier ..... staff reporter  
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THE NORTON TELEGRAM

ISSN 1063-701X

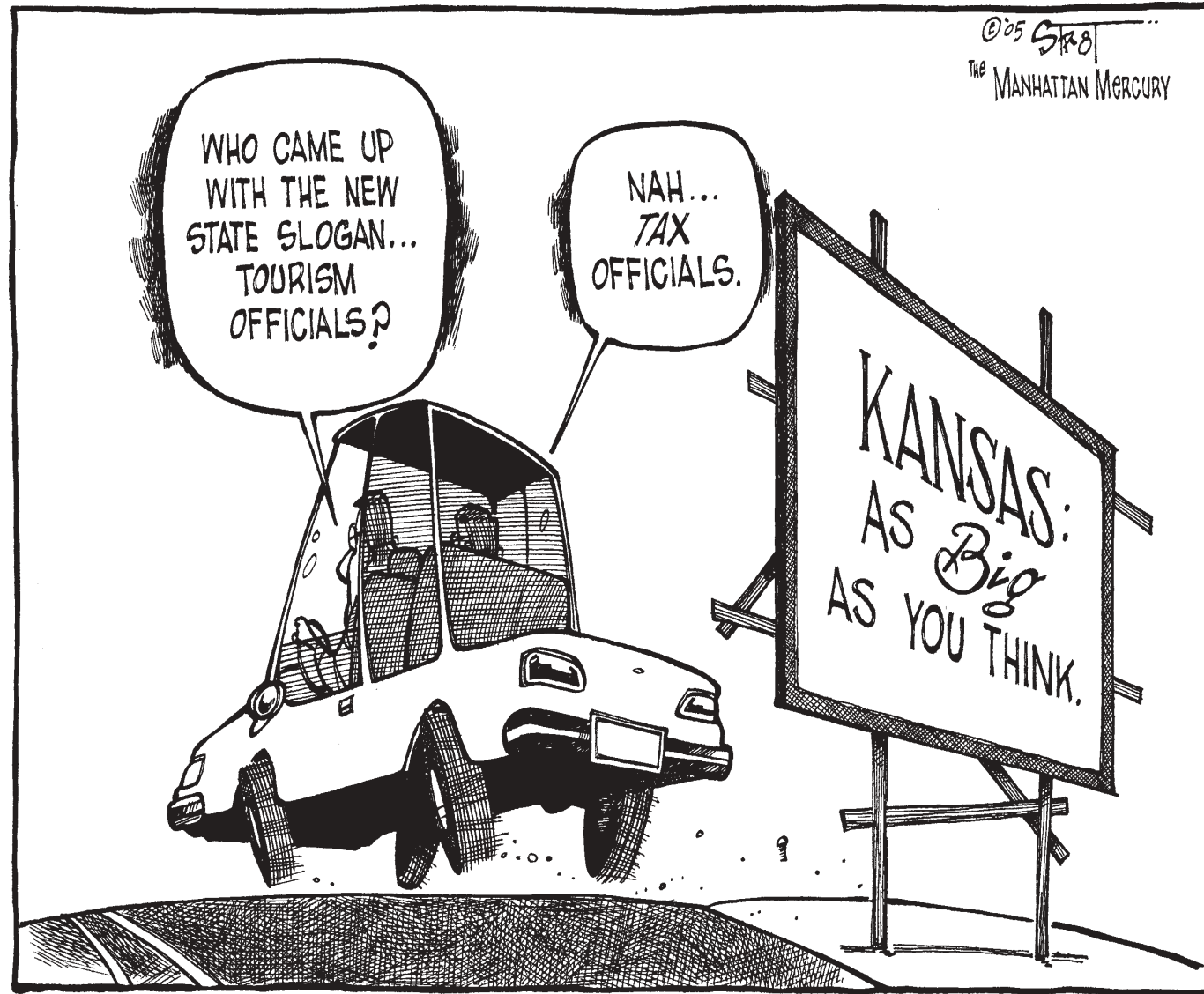
215 S. Kansas Ave., Norton, KS 67654

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, 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



## Getting lost is a family tradition

One Christmas, when the girls were young, they returned home from the annual church pageant practice and Elizabeth complained, "Every time we have to get up and down and I have to follow Jeannie and Jeannie has to follow her sister. I don't understand why I have to follow them. I've never been lost."

Obviously Elizabeth had not taken many road trips with her mother at the time! Because, let me tell you, I have been lost!

I just returned from a marathon trip with the hubby to Oklahoma. It was cloudy all day so the hubby had no idea which way he was going — "I need to see the sun!"

But it actually went pretty well. Just one wrong turn in Woodward (or Wood-erd as the locals say).

It was better than the last trip we made together to Oklahoma. We were going to Harmon — found it on the map, no problem. I don't want to insult the fine people of Harmon, but since there aren't any I guess I don't have to worry. We surveyed the three or four empty buildings and the church (where there happened to be a funeral), got on the cell phone and called the guy we were supposed to meet.

Come to find out we were supposed to be in HAMMON — it was a bit further down the road, but at least it was in the western part of the state.

### Back Home Nancy Hagman



And forget going somewhere with my sister, Rachel. She lives in St. Francis. Recently we decided to meet in Colby and make a trip to Garden City for a cousin's birthday party. I suggested a meeting place, I thought I said I wasn't sure what the office used to be, but it was north of the college on the west side of Range.

Well, we ended up searching for each other for a good hour and a half! I don't have a cell phone (that is the hubby's) but it sure would have helped. Now Colby is bigger than Harmon or even Hammon for sure, but it takes a special talent to get that lost in Colby.

I felt better at the birthday party when the cousin's daughter told us about their recent trip to Washington, D. C. In flight they realized they had told her sister to meet them at Reagan and the plane seemed to be going to Dulles! Maybe it is genetic?

And don't tell me to use Map Quest. Rachel got a map from Map Quest one

time when we went to Denver to see "Phantom of the Opera" at the Buell Theater downtown. The problem being Map Quest did not know the street they suggested we take to our hotel was closed for construction. Those maps don't have a lot of ideas for alternate routes!

Kate got a map from Map Quest when we moved her to Champaign, Ill. We picked up the keys to her apartment at the landlord's house and if we had stayed on that street we would have been golden, but Map Quest wanted us to get back on the freeway. We missed the exit and couldn't get off again until the Indiana State line. When we got turned around and off the freeway at the right exit we traveled south about a mile and crossed the street we had been on earlier!

It's embarrassing enough when you are with family but you might want to ask Pam Foley about the best route out of Chicago! It's not the one we took! But, hey, all's well that ends well, we got her home safe!

As a child, Elizabeth may have thought she had never been lost. Or maybe she was such a free spirit she thought staying in line was uncreative. Perhaps she saw herself as a leader and wanted to be in Jeannie's sister's place. But like the hymn "Amazing Grace" says "I once was lost, but now I'm found". And found is a lot better.

## Some tips are just common sense

I'm an advise junkie. I clip newspaper and magazine articles about how to have a cleaner, neater home and leave them to clutter up the counters.

I find great recipes I will never cook and save reviews for restaurants I will never visit.

So it's not surprising that I've saved an article from The Denver Post of 52 tips for better eating. (I'm also trying to lose a pound or 10.)

Many of the tips were common sense, some were dumb and a couple offered good advice on something I hadn't considered before.

In the common sense category there were:

No. 6 — Eat the rainbow. Add color to your palate and challenge kids to do the same: green, red, yellow, orange, white and you've covered the range of needed vitamins.

No. 11 — Eat in-season fruits and veggies whenever possible.

No. 26 — Use or buy a slow cooker.

No. 27 — Bone up on calcium-rich foods.

No. 36 — Eat fresh fruit instead of sweets for dessert.

No. 42 — Get a salad next time you go to a fast food place.

No. 43 — Leave at least one bite of each food on your plate.

Under the huh?, you got to be kidding me (or boy, do they live in the city or what?) category were:

No. 3 — Have a glass of red wine instead of a martini before dinner and another after the meal.

### Open Season

Cynthia Haynes



I don't even know anyone who drinks martinis.

No. 5 — Pick the salmon over the steak at a restaurant. Check to make sure it's wild not farmed.

"Hey, Joe, is this salmon wild?"  
"I dunno, I didn't ask for his police record."

No. 12 — Buy little ceramic ramekins at kitchen stores or thrift shops. They're perfect for all sorts of things from melting two squares of chocolate to dissolving a teaspoon of sugar into hot water.

Why would I want to melt a teaspoon of sugar in hot water, anyway?  
No. 13 — Fill a ramekin with kosher sea salt and place it next to your stove to feel like you're on the Food Network.

Is this another trick to absorb food odors like baking soda. Personally, I like my home to smell like spaghetti, bean soup, fried chicken or whatever is in the pot.

No. 32 — If you like butter, buy one of the gourmet varieties, like Plugra, Buerre d'Isigny or Vermont Butter and Cheese-brand cultured butter.

My theory is if you can't pronounce it, don't buy it 'cause you'll never know what to do with it. That sort of fancy food

is like the crocheted doilies in my cedar chest — another thing to take up space because it's too good to use.

In the Hey, I like that one, category were:

No. 2 — Sit down and take at least 90 minutes to have a meal with family and friends at least once a week.

No. 20 — Invest in a good set of Sharpie pens. Use them to write details and the date of whatever is in the container you're about to freeze.

No. 34 — Make homemade soup stock.

No. 45 — Share the wealth. When you feel hungry donate a staple or write a check to the food bank.

No. 46 — Try fixing your favorite vegetable in a cool, new way.

No. 50 — Try an ethnic food that's new to you.

And my favorite and one that I'm definitely going to try is:

No. 21 — Every time the clocks change, go through your freezer. Throw out what's been there since the last time change.

You wouldn't believe the junk in my freezer and most of it is mystery meat or maybe it's soup or a chunk of ???.

★ State Sen. Ralph Ostmeier, State Capitol Building, Room 128-S, Topeka, Kan. 66612. (785) 296-7399

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