

Crews deserve thanks for all their hard work

County and city crews deserve a big thank-you for the work they did last week during the first winter storm of the season. The crews and staff went above and beyond the call of duty. Everyone pitched in. They answered phones, passed messages, got things fixed and helped out others. Sheriff's department and police officers helped dig people out, get them to a safe place and check on people. The county crew was no different. The crew headed out to clear roads so people could get to town and stock could be cared for. They cleaned the airport, hospital, courthouse and county roads. As the men worked to clear the roads, they kept in contact by radio.

Listeners could hear them as they worked, spurred by thoughts for those stuck out in the country because of the drifts.

More than once, we heard the men discuss people who might be elderly and live alone. They would stop, get out of the grader and knock on the door to make sure the person was OK. If they didn't find them, they checked to see who had picked them up and made sure they were OK.

The men showed compassion for others, which was heart-warming. They were busy. They didn't have to stop at those homes, they didn't have to be worried, it isn't in their job description to have a heart, but all of them do, and it shined through last week.

Sometimes when you are the one still without power, when your road isn't yet plowed or the snow is piled up at the end of your driveway, you forget what the county and city crew and staff do to get things done in a storm. It is time they are thanked for their work and their service to others.

So, thanks. Thanks to all the crews, all the staff and all those who cared for others during the blizzard.

Thanks to each person who got the power back on all over the county, thanks to those who cleaned up the snow, thanks to those who answered phones, to the neighbors who picked up their single friends and thanks to all of you who gave from the heart to help someone else out.

It's great to see people who care.

— Kimberly Davis and Cynthia Haynes

LETTER TO THE EDITOR: Congressman did nothing wrong

Dear Editor,
I wish to write in answer to a letter written by Pam Pohly of Hays. It seems as if her facts are not quite accurate. I will quote Jerry Moran as in our e-mail this week:

Expressing Opposition to a Congressional Pay Increase
These past two weeks, I have heard from several Kansans concerned about members of Congress receiving an increase in pay.

I voted against members of Congress receiving the increase. Congress is required by Article I, Section 6, of the U.S. Constitution to determine its own pay.

Under existing law, a cost-of-living increase is automatic unless Congress enacts legislation blocking the cost of living adjustment. I do not support this law, and I believe the process should be reformed. I have frequently voiced my opposition to the cost-of-living adjustment.

The procedural vote to eliminate the

automatic increase for members of Congress occurred on June 28, 2005. What I indicated that day, as printed in the Congressional Record, remains true today:

"I rise to voice my opposition to the existing law that provides an automatic annual cost-of-living pay increase for members of Congress. . . . I object to the process and believe it should be reformed. Failure to allow an up or down vote on this issue only serves to increase cynicism toward the political process and confirms the feeling of many . . . that their representatives are out of touch. The American public deserves better. . ."

To read the full text of the speech, visit here: http://www.house.gov/apps/list/speech/ks01_moran/sp062805MemberCOLA.html.

I have worked with him on many occasions and do not find him to be the person she describes.

Delores Atkinson
Norton

WRITE:

The Norton Telegram encourages Letters to the Editor on any topic of public interest. Letters should be brief, clear and to the point. They must be signed and carry the address and phone number of the author.

Letters will not be censored, but will be read and edited for form and style, clarity, length and legality. We will not publish attacks on private individuals or businesses which do not pertain to a public issue.

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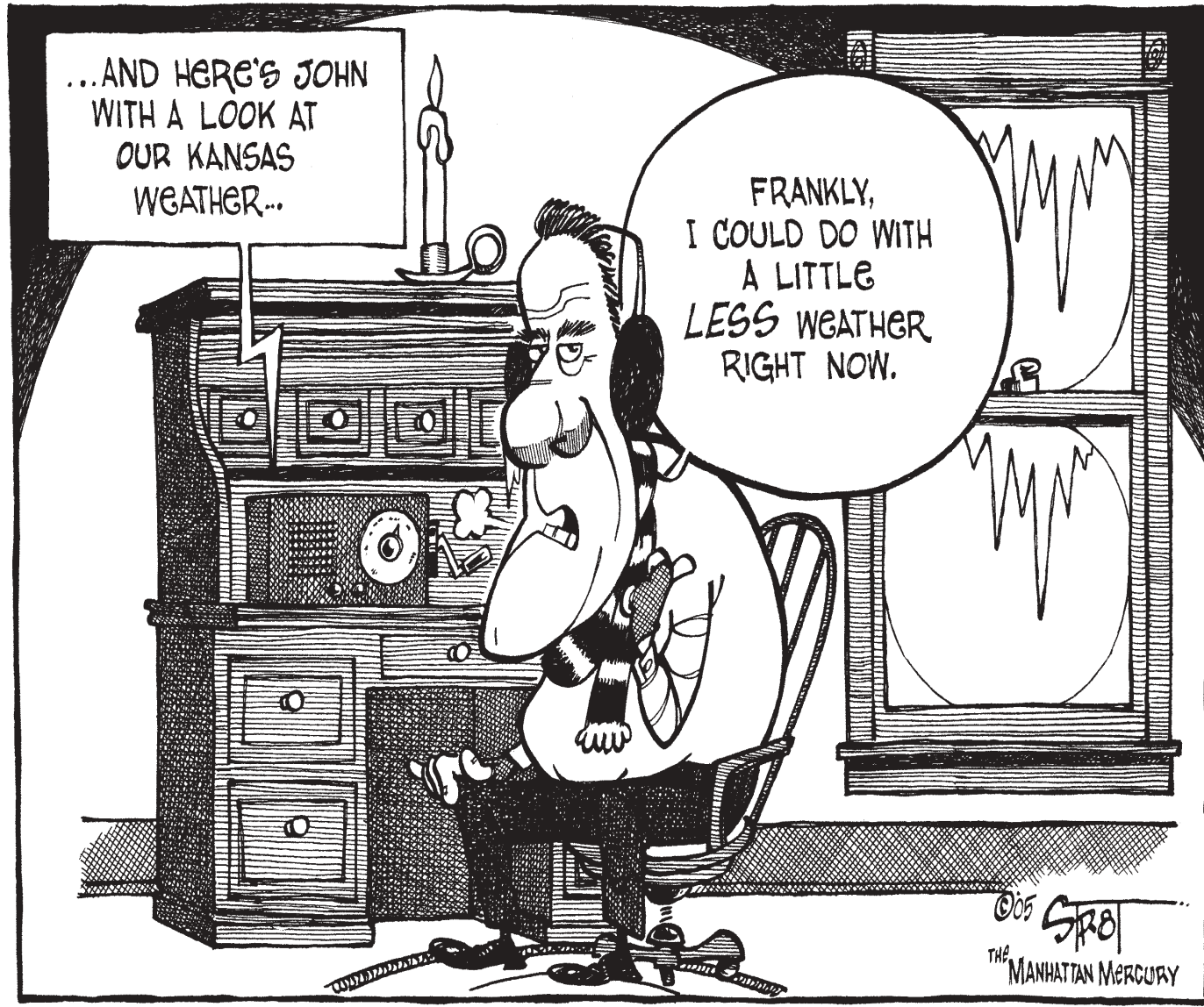
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Ah Coach, we love you and will miss you

The holidays are upon us and there is a lot going on but I have to write a little about Kansas State's Bill Snyder and the Wildcat football team.

I don't know Bill Snyder personally. I don't think he's a perfect man or a perfect coach. I wouldn't necessarily elect him to public office. I don't idolize him.

But, it is hard to say bad things about the man. Before the Colorado game, the Buffalo coach Gary Barnett was whining about him plenty. I guess it stemmed from a recruiting incident.

And, Nebraska coach Bill Callahan doesn't like him. But, does anyone really like Callahan? Do they even like him in Nebraska?

The reason it is hard to say bad things about Snyder is because he doesn't engage in badmouthing other people.

He might criticize his team. He might acknowledge the mistakes they make or things they do wrong. But, overall, he keeps his mouth shut. About everything. Even about some things we wished over the years he would address.

Sometimes he is so tight lipped he looks like he's eating prunes. (As he has aged, he sort of looks like a prune!) He never smiles.

I don't know what Snyder is like to his players as a coach. My sister is good friends with a former player's parents. They went from wild enthusiasm to some disenchantment during the five years (he was red-shirted) he was on the team. Things don't always work out like each individual wishes.

They say you never want to see sausage being made or legislation being passed. I would add the average fan doesn't really want to know all that much about what goes on in big time college football. Probably no one is completely pure.

We have to remember Snyder is deal-

Back Home Nancy Hagman



ing with a bunch of kids. Kids make a lot of mistakes. I have a college kid. She tells me things. Things other kids do. Of course, she's an angel. And, I believe her (because it's what I want to believe.)

If you make a mistake when you are a college athlete, it becomes amplified. It's a mess. I keep thinking back to the Roberson incident at the 2003 Fiesta Bowl. Wouldn't you just be furious if you were his coach? What would you say? Snyder didn't say much. He sure never smiled.

Once during parent-teacher conferences, Brenda Mann and I were talking about something that had happened at another school. Brenda commented on how discouraging it is when kids make such bad choices. She said she tells her own kids when everybody (parents, teachers, coaches, and the community) is trying to make it easy for you, don't make it hard for yourself.

Luckily for parents, kids grow up and grow out of a lot of nonsense. Perhaps that is why a lot of teachers get burned out. They just keep seeing kids make the same mistakes over and over again. It might be why Coach Snyder never smiles.

Nov. 19, the Snyder Era at KSU came to an end. We were there. It was the stuff legends are made of. Through the mist came the mythical coach and his super-human team. (Okay, okay it wasn't really misty — just cloudy, cold and threatening rain and, okay, the team was 4 and 6.

This is my story; I'll tell it the way I want to!)

Anyway. We sit in the North End Zone so the players and coaches walk right by us on the way to the locker rooms. Before the game, Snyder walked up the ramp and something happened. He smiled! He stopped, he shook hands with people. The sun came out (actually it didn't, it stayed cloudy and got colder the whole afternoon but it should have come out!)

The game had ups and downs. But (and this really happened) the Wildcats won. The sun still didn't come out. In fact, it was dark by the time they carried a smiling Snyder off the field.

At half-time they had a tribute film to Snyder. Other KSU coaches and former players all said nice things. But what really got me was what coaches from other schools had to say — Iowa State's coach who coached with Snyder at Iowa and Oklahoma's Bob Stoops, a former assistant to Snyder.

The last person to speak was the Texas coach Mack Brown. What a classy guy. He should run for public office. Real winners know you don't accomplish anything by badmouthing others. That's why we are cheering for the Longhorns all the way to a National Championship this year. Take a lesson Colorado and Nebraska.

After the game, KSU player Quentin Echols was quoted as saying, "Coming into this game there was too much to play for. No disrespect toward Missouri, but there was no way we were going to lose."

I'm sure Echols doesn't realize this but even if Missouri had won the game, there was still no way that in the big picture KSU could have lost.

'Cause over the past 17 years, Coach Snyder made us winners! We choose to believe he is the greatest coach ever! He made us smile!

Depression isn't to be taken lightly

Recently, a well-known star, male, I might add, minimized the post-partem condition of depression and depression in general.

His "informed facts" stated the condition was one more of weakness than illness. Having witnessed numerous people struggle with this condition, I can assure him it is not "all in your head".

But nothing truly gives us insight into a situation or condition like living it. After my fall, it was necessary for me to take pain medicine, something I have refrained from doing most of my life. It doesn't matter what causes the depression; the condition itself is debilitating. The medicine gave me a profound sense of loss, and although I could attribute mine to the medication and it gave me some power or control, when one is dealing with clinical depression the lack of something to blame must contribute to helplessness and despair.

Unfortunately, when someone makes statements as this Hollywood star did, it causes those with the condition to view themselves as weakened or diminished in some way and sets back our understand-

Phase II Mary Kay Woodyard



ing and treatment of this condition immeasurably. Unfortunately, it also causes people to rethink going for treatment and delays their recovery.

The old saying "there but for the grace of God go I" reveals our vulnerability and it is no less true with depression. None of us are immune.

I remember as a child a favorite Aunt who was always full of life and excitement suddenly tried to take her life. Her husband was beside himself. She went to Denver for treatment and he came and stayed with us. Her disease over the years really destroyed both of them. Treatment back then was limited and in some sense barbaric as the medical community tried to find a cure for this consuming condition.

But even yet it is misunderstood. Good friends of ours in Reno spent the first two years of their retirement caring for their twin grandchildren. Following delivery, Mom fell into a deep post partem depression and was unable to care for her children for over a year and a half. Our friend with his strong connections to vital medical centers around the country sought and fought for treatment for his ailing daughter-in-law. As he relayed to Jack, this is a disease we have so little understanding of and knowledge of how to treat. Yet in comparison to even ten years ago, we have made strides.

So, although I thought I understood depression before, I have gained a new found respect for those who recognize their problem and seek treatment and for their family members. Mine is going away, but hopefully the lessons I have learned from it will not and I will become a greater advocate than ever before for those suffering from mental illness.