

Opinion

LETTER TO THE EDITOR: Valley Hope has come a long way since 1967

To the Editor,
This letter is written with the intent of informing Norton residents and the community about Valley Hope.

It all started in Norton. Valley Hope began in Norton in 1967 and is now one of the largest nonprofit alcohol and chemical dependency treatment centers in the country. We operate nine inpatient and 17 outpatient centers in a seven-state area: Nebraska, Missouri, Oklahoma, Texas, Arizona, Colorado and Kansas. The home office for the entire organization is located in downtown Norton.

Our goal is to provide quality treatment services in a caring atmosphere at a reasonable price, for all people experiencing problems with alcohol or other drug use. Our team of counselors, chaplains, nurses, physicians and psychologists help the "whole" person find a new way to live free from dependency on alcohol and other drugs.

Norton Valley Hope, nearing its 40th birthday, has helped nearly 22,000 patients and their families. While most patients arrive skeptical and scared, when it's time to discharge, they don't want to leave. They will always be a part of the Valley Hope family and many return monthly or annually to refresh their memory of their wonderful experience in treatment. Norton is a very special place for those who have found a new way of life.

Sincerely,
Megan K. O'Connor
Director of Development
Valley Hope Association
Foundation
Norton

(Following is a letter being

mailed to Valley Hope friends and family members. If you, as a resident of Norton, want to provide hope to a patient in treatment, please join our campaign.)

Dear *Telegram* Readers,
This life is a continuous journey of relationships with others. There are times when we seek a suitable way to honor the memory of a loved one or friend. At other times, we seek to recognize and honor someone who remains a part of our lives today.

The Valley Hope Association Foundation would like to provide you with the opportunity to honor those individuals as well as become a part of our history. Valley Hope began in Norton in 1967 and we have selected Norton as the site for the honorary brick 'Wall of Honor.' In consideration of gifts above \$99, you will receive a high quality, personal, laser-inscribed brick prominently placed at the treatment center — offering hope to patients in treatment.

Your generous gift (of any amount) will honor someone special in your life while helping others. Our goal is to raise \$50,000 to help those who desperately need treatment. Many of our patients are not financially stable and many are unemployed. The Valley Hope Association Foundation exists to provide scholarships for patients who need assistance with the cost of treatment. We hope you'll consider giving the gift of recovery that will last a life time.

Valley Hope Association and Valley Hope Foundation are nonprofit organizations and your gift is tax deductible.

Sincerely,
Megan K. O'Connor
Director of Development

Safety poster project draws 180 entries

By PATSY MADDY
Adults agree that child safety is an important topic; the trick is getting the kids to agree. In an effort to reduce accidents by developing "safety-minded" youth, Kansas Farm Bureau has sponsored the KFB Safety Poster Program for more than 40 years.

Each year nearly 30,000 youth in grades 1-6 participate statewide. Posters are judged at the county Farm Bureau level with the winning poster from each of the three divisions submitted for judging at the state level.

"An effective safety poster displays one main idea says," Chris Tanner, Norton County Farm Bureau. "We've seen some great posters over the years. It's always interesting to see what safety topics the kids choose." A new topic noticed in this year's entries was that of computer safety.

Norton County had 180 entries in this year's contest. 2006 winners include Division I: First place — Casey Ambrosier, Lenora Elementary; Second place — Seth Nelson, Eisenhower Elementary; and Third place — Sarah Baird, Northern Valley; Division II: First place — Megan Mannel, Lenora

Reading program is underway

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brary. Seventh through twelfth graders are invited to attend Fun Night on Thursday evenings at 7 p.m.

The summer reading program is promoted and supported by the Norton Public Library, the Northwest Kansas Library System, Midwest Energy and the Naphtali Lodge, to encourage children to read during the summer.



Sarah Baird, from Northern Valley, checked out her competition during the viewing of this year's entries in the Farm Bureau Association's Safety Poster contest.

— Photo by Patsy Maddy

Elementary; Second place — Bailey Ambrosier, Lenora Elementary; and Third place — Wyatt Harting, Eisenhower Elementary; Division III: First place

— Andy Nickel, Eisenhower Elementary; Second place — Abby Bainter, Eisenhower Elementary; and Third place — Eric Becker, Eisenhower Elementary.

A reception for local winners was held May 7 at the Norton County Farm Bureau office with 42 family members in attendance to honor their winners.

Hospital jumps on board to be tobacco free

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bers Steve Berry and Amanda Shannon voting no. The policy will take effect July 1. Mr. Miller said it was developed by a tobacco free committee, following guideline that all Kansas hospitals become tobacco free.

All of the hospital's ground and buildings will be tobacco free and signs will be posted around the grounds.

Mr. Miller said other hospitals who have implemented a tobacco free policy said it was going fairly well.

• Heard from Mr. Miller that

there were 25 laparoscopic procedures done last year, rather than the 8 to 10 he had thought.

• Learned that the MedOp Hospital group will be hosting several members of the legislature and the governor from noon to 3 p.m. on June 19 in Hays at the Hays Medical Center. They will be discussing items important to the future of rural hospitals in Kansas, said Mr. Miller.

• Reviewed Quality Management reports for the pharmacy, human resources, housekeeping/linens, health information management, nursing, radiology, di-

etary and social services activities departments. Each department is required to do a report three times a year.

On the quality council is Quality Improvement Coordinator Lynn Thiele, Joanie Winkel, Shawnee Branek, Ruth Mizell, Janet Jilka and Mr. Miller.

• Held a 5-minute closed session to discuss the confidential risk management report. The report was approved when the board returned to regular session.

• Held a 20-minute closed session to discuss non-elected personnel.

COMMUNITY CALENDAR

Wednesday

Deadline to pre-register for Babysitting Training Clinic to be held June 2, 10 a.m. to 3:30 p.m., Community Room, Norton Public Library. \$3 fee. Call Patsy Maddy, 877-7261 or Extension Office, 8775755.

Norton Alcoholics Anonymous, noon, VFW.

Retirement party for Jackie Rutherford, RN, 1:30 p.m., Andbe Home. Everyone welcome. Refreshments will be served.

Norton Senior Center bus to Whispering Pines for shopping from 2 to 4 p.m.

Mens Night Golf, 6 p.m., Prairie Dog Golf Course.

Norton Al-Anon, 7 p.m., VFW Duplicate Bridge, 7:30 p.m., Norton Manor.

Roundtable Alcoholics Anonymous, 8:30 p.m., VFW.

Thursday

Beginning today, you may donate to the Norton Rural Fire Department, Dist. No. 2 as you check out at the Norton Pamida Store. All money stays in Norton County.

Preschool Story Hour, 10:30 a.m., Norton Library.

Norton Alcoholics Anonymous, noon, VFW.

Juggler and magician, 1 p.m., Rec Center gymnasium.

Vita-Band Exercises, 1 p.m. to 2 p.m., at Norton Senior Center.

Fun Night, 7 p.m. to 8:30 p.m., Pizza and game night at Norton Public Library for seventh graders to seniors.

Friday

Last day to sign up for Norcatur City-Wide Garage Sale on June 10. Call Chris at City Office, 785-693-4461.

Babysitting Training Clinic, 10 a.m. to 3:30 p.m., Community Room, Norton Public Library. Bring some type of Mexican food for a lunch-time fiesta.

Junior High Night at The Rock, 7-10 p.m.

Saturday

Norton Rotary Club BB Gun

Museum, 1-5 p.m.

Senior High Night at The Rock, 7-11 p.m.

Sunday

God's Pantry, 3 p.m., Norton Trinity Episcopal Church.

Overeaters Anonymous, 4 p.m., VFW.

Norton Narcotics Anonymous, 7 p.m., VFW.

Monday

Norton Rotary, noon, Town and Country Kitchen.

Norton Al-Anon, brown-bag lunch, noon at VFW. No smoking, please.

Norton Alcoholics Anonymous, 6:30 p.m., VFW.

Take Off Pounds Sensibly, 7 p.m., hospital basement.

Heritage Quilt Club, 7 p.m., Norton Narcotics Anonymous, 8 p.m., VFW.

Painting can cause a lot of stress

The house needs painted at the very least. New siding would be nice, but I don't see that happening.

I have been thinking about what color to paint the house for a long time. I decided to be bold with the colors. If it turns out to be horrible, it would be an incentive to save our pennies and get new siding.

I've been picking up paint samples and idea booklets for a couple of years. The best combination seemed to be some shades of green with mauve accents.

One of the daughters came up with a combination of greens with purple. It is one thing to be bold; but purple? It looked nice in the picture, though.

I surveyed anyone who would listen to me. If people don't agree with me I just disregard their input. The daughters all seemed to think a purple door would be fine.

The hubby could not even agree about the green paint. Finally I pointed out a house with the shades of green I was considering. He came around. He was picturing John Deere green. The shades I want are more like sage.

The door of our old house was red. No one even said they thought it was extreme. The house had pewter gray steel siding, NEVER NEEDED PAINTING!

I showed a friend my paint swatches. "How about a purple door?" I asked.

"You don't want a purple door," she said.

I tried to get her to look at it with an open mind. She just kept repeating, "I don't think you want a purple door."

Remember what I do if people don't agree with me!

I went to the store and got one quart of Shadow Plum. It looked good enough to eat. Remember

though: paint dries darker.

I wish someone would explain why it dries darker. Everything else looks darker when it is wet and gets lighter when it is dry. Go ahead and try to explain it to me, I'll just ignore you if I don't like your explanation.

Another thing, the gal at the paint store said: I needed to prime my pre-primed door. I don't get that either. But she sold me some primer so I guess from her view point that worked out.

Anyway, I got the door primed and had to wait 24 hours. I like instant gratification and because of previous commitments actually had to wait 48 hours before I got to apply the Shadow Plum. For some reason when I opened the purple paint the barn swallows got all excited. I threw the masking tape, a screw driver and anything else handy at them. It did not seem to help. Exasperated I wandered around the yard picking up my ammo. By the time I got back to the porch they lost interest.

Finally, I got to paint!
Even though it did dry darker I thought it was pretty! Sort of a periwinkle! BEAUTIFUL!

I got in the house and saw Patricia and the hubby coming up the road. They were slowing down to turn in. They came in the back door.

"Did you see the front door?" I asked.

"Yeah, we saw it," the hubby said.

Patricia said, "I like it." The hubby didn't say anything more.

Well, it was only a quart of paint. My friends might not like it but he has to live here too.

The next morning he said, "You know, I like the door." I guess it grew on him.

Back Home Nancy Hagman



Painting is a lot more complicated than it ought to be. Scrape, prime, wait 24 hours. Don't paint until the temperature is above 65 but not below 50 at night. Don't paint in the direct sun. Don't paint if it is above 90. In Kansas this gives you a window of opportunity of about two hours in mid-May. I think I hit it.

And, not that it ever rains but — the paint can says to quit painting two hours before it rains. Just how are we supposed to know just when that is?

The house painting may be done for the year but I get all happy every time I look at my door.

Come see for yourself, you can't miss it. Our house it the one with the purple door.

**Join us for the
2006 Ag Valley Coop
ANNUAL MEETING**

Monday, June 5 • 6:30 p.m.-Medicine Valley High School, Curtis
Tuesday, June 6 • 12 noon-American Legion, Norton
Tuesday, June 6 • 6:30 p.m.-Ella Missing Center, Arapahoe

Entertainment will be provided by David Malmberg. If you want to see entertainment with comedy, voice tossing, story telling, and music, you need to plan on attending this year's annual meeting.

**Please RSVP Roni at the Edison office
by June 1 at 308-927-3681**

Thank you for supporting
your Coop. We hope to see
you at the Annual Meeting!

Ag Valley
CO-OP
Conveniently located
to serve our producers

Ag Valley Patrons

To better serve our Ag Valley patrons, we will be upgrading our Norton feed mill to better service our bulk customers.

During this time, we ask that our customers call one week in advance with your feed needs. This will allow ample time for us to provide you with the best products and service available in the industry.

When our new system is up and running, we will be manufacturing and mixing feed on Monday and Friday only. We will add manufacturing days as production increases. Please call ahead to schedule your bulk feed deliveries on these days. All bagged feeds, mineral, and salt is available Monday through Friday 8-5 and Saturday until noon.

Ag Valley
CO-OP
785-877-5131

Next 'Thumbs Up' will appear on Friday. Email tomd@nwkansas.com to include your submission.