

We shouldn't take advantage of kids

We had to do a double-take. The school bus driver just didn't look right. Matter of fact, neither did the kids in the bus. You've seen the television commercial we're referring to. I don't know how often it plays, but often!. And it's not at all about our school children. It's all about politics.

Period. Sad that we have come to the point where we are using kids to promote our reelection bid. No matter how they try to spin this commercial that shows Gov. Kathleen Sebelius at the controls of a school bus, it's just unnerving that we would use school youngsters to drive home (no pun intended) a political message.

There are some good political messages promoting the governor, done with taste, done with purpose, but the school bus commercial isn't one of them.

We like to take pride in the fact our state is diversified. Sure we do. But look closely at the kids on the bus and tell us what's lacking.

If the election were held today, but it isn't, Gov. Sebelius would win a second term. But if her organization continues to push the envelope, and the school bus ad is certainly a push, then there won't be an easy victory in November. We wonder aloud if those kids really understand what they were coached to say.

Sometimes in our quest to touch all bases, we miss one and end up stumbling back to try and make good. Sometimes we succeed, sometimes we don't.

Let's leave the innocence of the children out of our political advertising.

—Tom Dreiling

Kids in need of 'goof off' time

Some 20 years ago, in a book titled, "The Hurried Child", author David Elkind noted the importance of allowing "kids to be kids". His concern at that time was that children were increasingly involved in so many school and extracurricular activities that they no longer had time just for themselves; to just play on the block with the neighbor kids or to set up a game of backyard dodge ball.

Recently, Kimberly Chastain, MS, LMFT, voiced concern that children no longer seem to have time to goof off and just be children; "goof off" time is not on their schedule (www.kimberlychastain.com). Along with that, parents also don't seem to be able to find time to play with their child, or to sit down to a meal together. Chastain suggests that this may be one reason why the number of children with anxiety and depression is increasing, and many children and adolescents describe themselves as "stressed out."

Some children can juggle many activities and thrive. Others may be at risk of becoming burned out from an overloaded schedule, and so may the whole family. Parents need to consider the following:

- Does your child complain that they never get to do the things at home that they want to do?
- Does your child have a genuine interest or passion for these activities, or is he/she participating because of your expectations?

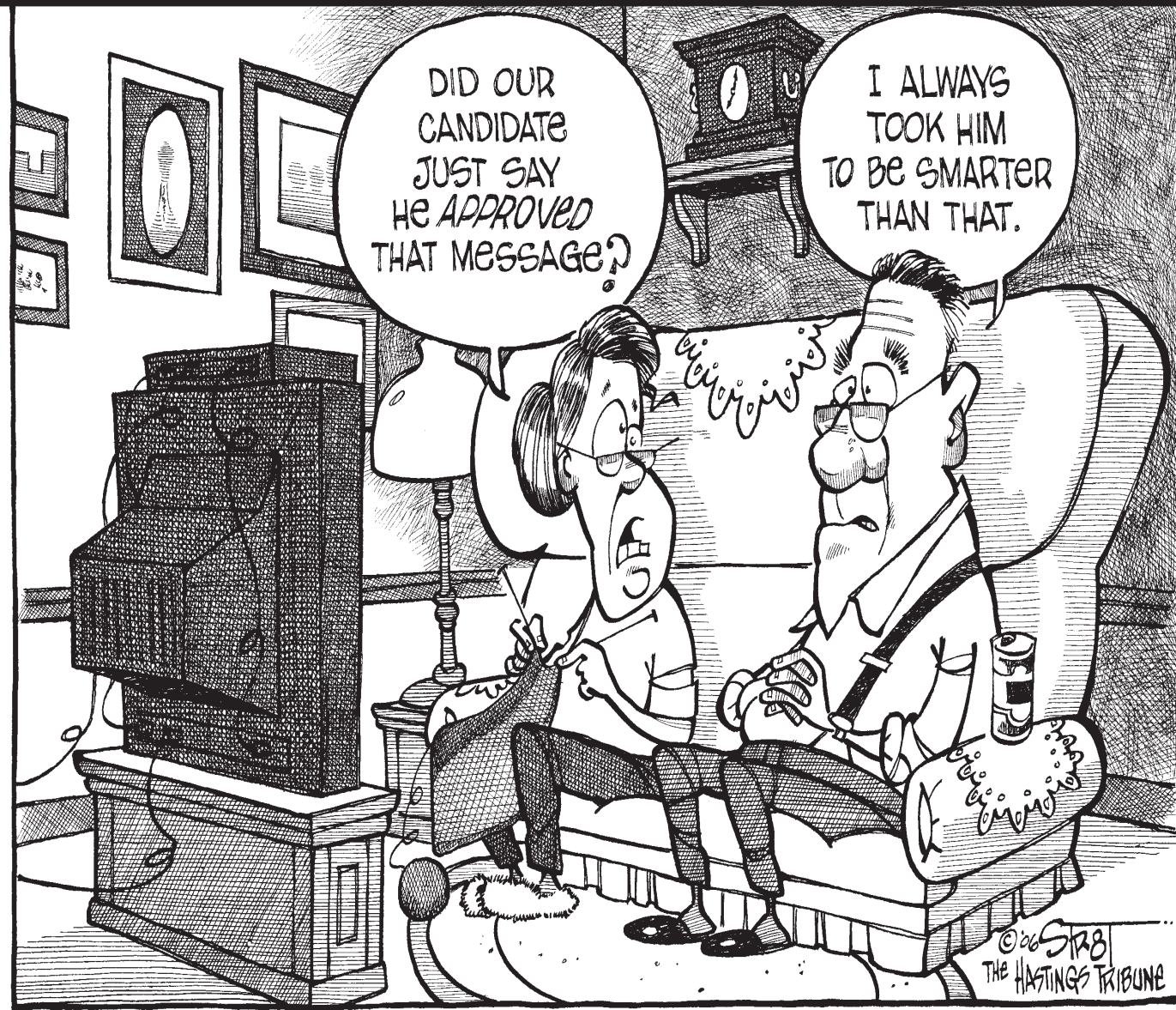
High Plains Mental Health 'Plan Sense'

Karen Schueler

- Have you become the family taxi driver, shuttling your child from activity to activity?
- How often is there an afternoon or evening when most of the family is home with no plans or scheduled activities?
- Are you and your children becoming increasingly irritable because of such a busy schedule?

Parents need to be aware of a child's need for time to just be a child, to entertain themselves, to enjoy quiet time on their own, and to be creative. In order to keep your family from being over scheduled, allow for "goof off" time, and encourage children to play outdoors or try a new hobby. Learn to say "no" to additional activities, and do not say "yes" until the whole family determines the emotional costs of adding to their schedule.

Mail questions to: High Plains Mental Health Center, 208 East 7th, Hays, Kan. 67601. The writer of today's column is Karen Schueler.



Greeting the morning with teary eyes

I can hardly see to type through the tears. Crying. What a way to start the day. No. No one died. I didn't get fired. I'm not chopping onions. I'm not even upset. It's all over a movie. Albeit, probably the sweetest love story of all time, but a movie nonetheless.

This morning I awoke to sounds from the front room. It was very early (too early to be up) and Jim couldn't sleep. He had popped in a movie. His selection, however, was "The Notebook."

I just heard a collective groan from all the men readers — and an understanding "ah-h-h-h" from the women readers.

The soul of the story is undying love and unselfish devotion. We all hope for such love.

Few ever achieve it.

It's been a long time between updates on the progress on our house. But, now, I feel I can safely say that the end is in sight. We have done a little on it all along, and now we are "down to the wire".

We aren't living in the house yet, but

Out Back

Carolyn Plotts



that will change in a month or so. Jim has all the hard stuff done, and now, he's putting on the finishing touches. All except the floor coverings.

I said I could wait for carpeting until we save up for what we want. I would rather do without than settle or go in debt. I can live with painted floors and scatter rugs until then.

Do you know how I know that we will be living in the other house soon? I know, because Jim, personally, told our old pleasant hunter friends that they will be able to stay at The Sunflower Inn this season. That is the first part of November, so I know it will be done by then.

I also know because Jim has not ac-

cepted any new jobs. Everything is scheduled to begin in November. He might do a little job, here and there, but essentially, until November, he is mine. All mine.

I know we'll have things to finish even after we move in. But that's ok by me. We'll be in the house and working very hard to make it a home. And, when it's done, we are having a party. And, you're all invited. I'll let you know.

A letter from my brother Don's daughter, Pam, tells us that he is preparing for the final phase of his cancer treatment. It is the transplant portion.

Doctors have been harvesting his stem cells. They need about 4 million. Soon, he will be "blasted" with a powerful chemotherapy treatment to reduce his cell count even further. Then, he will receive his own stem cells back, which will regenerate and give him all the good cells he needs.

Sounds like science fiction, but I know several people who have, successfully, had this treatment.

It's pretty tough, but so is Don.

FROM THE MAILBAG:

Illegal immigrants costing us plenty

To the Editor, I wanted to respond to the editorial about illegal immigration in this country. I want to get away from the politics of the issue. Much is said about how the economy won't survive without illegals in this country doing jobs that Americans won't do.

Even President Bush has said this on many occasions. I think this is an insult to the American people. Most of these jobs Americans would do, they just want a reasonable, decent living wage.

Some would label my views as anti-immigrant. That is not true. I am anti-illegal immigrant. There is a right way and a wrong way to become a citizen of this country. We have the right as any nation does to have a controlled immigration policy, and to secure our borders.

If we do what the president and the senate want, which is really amnesty, another 70-100 million would enter the country over the next 20 years. We need to actually enforce the laws to stop the hiring of illegal aliens, with the document forgery and identity theft. In 1999, the federal government prosecuted 417 cases against employers of illegals and in 2004, it was the ridiculous amount of only three! Where is the enforcement?

Illegal immigration might be great for business, but it is very detrimental and

costly to this nation in so many ways. People who immigrate into the U.S. legally undergo physicals to check for dangerous diseases. With as many as 3,000-8,000 crossing the border each day, many diseases are making a comeback. Cases of a deadly drug resistant strain of tuberculosis have nearly doubled in the border states. Dozens of hospitals across the nation have been forced to close, many which are nonprofit or charity facilities, due to the flood of illegals.

It is estimated that taxpayers spend about \$15 billion each year to school children here illegally. According to the Federal Bureau of Prisons, 30 percent of federal prisoners are not U.S. citizens. At a cost of \$64 per day, taxpayers spend over \$3 million each day to house non-U.S. citizens in our federal prisons. Estimates also show that suppressed wages add up to about \$200 billion a year and tens of billions each year for social services. The fact that almost five years after the 9/11 terrorist attacks, we still have not secured our borders or ports is unacceptable. These aspects of illegal immigrants' impact on our economy and security seem to be forgotten by most politicians in Washington, D.C.

Damon Fredde Norton

Subscriber can't give up the paper

To the Editor, It's been 10 years since I left Norton and I still can't give up my "Norton Telegram." The 25 years I lived there are still deeply ingrained into my very soul.

Such a great place to live and raise our son. Keep it coming.

Sincerely, Virginia Lang 244 Southwest Dr. Chillicothe, Mo. 64601 (A Thumbs Up is included for Friday's Telegram.)

Writer points out Telegram's kindness

To the Editor, Thank you so much for the advertising you provide for the Norton Theatre. It is wonderful to be part of a community project that benefits so many people.

We appreciate your thoughtfulness and generosity.

Jean Ann Wilson Acting Secretary Norton Theatre Association Almena

Reader appreciates extra papers, article

To the Editor, Thank you for the extra copies of The Telegram with the article about St. Francis of Assisi parish. You compiled a very good article. I was happy to share the information with you.

Thank you for keeping a newspaper for the Norton area.

Sincerely, Margaret Wetter Norton

Here is a prayer made for the dry weather

To the Editor, This may be a good prayer for dry weather:

"In to each life some rain must fall, "May all your fields grow green and tall."

Dean Huffman (formerly of the Norton area) Alvarado, Texas

Don't forget that Friday is "Thumbs Up" day

Something on your mind? Share it with a letter to the editor

THE NORTON TELEGRAM

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