

## We're worried, but not enough

A couple of people have highly recommended the movie "An Inconvenient Truth" to me. I never go anywhere that you can rent videos but did try pay per view. It isn't showing now.

I did see a documentary last summer that referenced Al Gore's book "An Inconvenient Truth". Tom Brokaw was the narrator. The first part told us about evidence of global warming. It explained how scientists study polar ice caps and glacier melting. It also talked about the paradox of pollution. Although it contributes to the greenhouse effect, it blocks some of the sun's harmful UV rays.

We watched a program about the universe the other night and got the startling information that galaxies, billions and billions of miles from us, are being created and destroyed every day. Each event in the vast cosmos has an effect on planet Earth. And, someday one of these events will cause the destruction of or, if you wish, new creation of our own galaxy, the Milky Way. I'm not quite clear if this will happen before or after the sun burns out!

The hubby got even more agitated over another program he was watching about the so called "dark ages". The researchers made the claim that European civilization came to a stand-still during this time because of the eruption of a volcano. The ash caused an immediate climate change with temperatures dropping by 20 some degrees. Agrarian cultures went into "darkness" because the crops they grew could not adapt to the new climate and as soon as the food supplies were used people starved. Culture could not advance as it took all of the people's energy and creativity to just find food. Hundreds of years passed before the matter resolved itself.

These things are not just inconvenient truths; they are things we

### Phase II Mary Kay Woodyard



are powerless to control. Brokaw's program, however, gave us a lot of ideas about how to conserve. Things every person could (and should) do.

It is amazing the little things that could make big differences: use neon light bulbs, unplug electronics when not in use.

Then there are the big things. But, I notice we don't want to talk about those. What I'd like to know is just who is the "Inconvenient Truth" inconveniencing?

The average size for a newly constructed home today is 2,000 square feet versus 1,200 just a generation ago. With vaulted ceilings (never mind that all the heat goes up and therefore the furnace runs longer). With bathrooms featuring double sinks, spa tubs, steam showers, towel warmers, TVs, telephones and room for exercise equipment and further expanded to allow a private area for the toilet. Isn't a bathroom, by definition, a private area? We build kitchens big enough for five star restaurants and order carryout!

They say SUVs are going out of vogue. However, a recent study in Canada confirmed that energy efficiency was No. 23 on a list of 25 factors buyers considered when shopping for a new vehicle. We want to be comfortable. We don't want to be bothered with carpooling. We want to go out of town to shop thinking we are saving money. We wouldn't think of putting up a clothes line (even if we did the neighborhood covenant would not allow it). We don't

make meals from scratch although it would save on packaging, costs of transportation, refrigeration etc.

How many of us are going to sacrifice their lifestyle if it is not convenient? I'll be upfront about it. I got some neon bulbs but I'm not drying my clothes outside. Of course, I have a good excuse. I live very close to a well-traveled white rock road. My laundry would be as dirty after it was dried as it was before it was washed.

Our daughter lives in a cute little house, built in the 1940s. There are dozens and dozens of them in her neighborhood. It appears the floor plan you got depended on the street you lived on. On one street they have a little bump-out for the entry. On the next the entry is in the center of the house. On her street the entries are on the end; 750 square feet with a full basement. Some had an attached single car garage because who had two cars? Two bedrooms and a bathroom upstairs even though families were bigger. Tiny kitchens where women really cooked. I look at those houses and think how happy the owners must have been. The big war was over; they had brand new homes and a bright future.

Sixty years later we have replaced dreams with worry, but we are not worried enough, not yet. Maybe we are worried enough that we think the government should do something, or the Chinese or our neighbors. Anyone but ourselves. That would be too inconvenient.

#### EARTH

By John Hall Wheelock  
"A planet doesn't explode of itself," said dryly  
The Martian astronomer, gazing off into the air  
"That they were able to do it is proof that highly intelligent beings must have been living there."

## Will you survive next 33 seconds?

Quitting smoking is a Valentine's gift from (and for) the heart. The toll-free Kansas Tobacco Quitline (1-866-KAN-STOP) can help individuals have a healthier body and more energy to devote to the ones they love this Valentine's Day.

According to the U.S. Surgeon General, smoking causes coronary heart disease, which is the leading cause of death in the United States. More than 2,600 Americans die everyday from cardiovascular diseases. This equals approximately one death every 33 seconds. Smoking causes hardening of the arteries, which is the cause of most cases of coronary heart disease, stroke and artery disease.

According to the U.S. Centers for Disease Control and Prevention, a person who quits smoking will experience the following benefits:

- 20 Minutes after last cigarette: heart rate drops.
- 12 Hours after quitting smoking: Carbon monoxide level in blood drops to normal.
- 1 Year after quitting smoking:

### A Healthier You By Gina Frack

Added risk of coronary heart disease is half that of a smoker's.

• 5 to 15 years after quitting smoking: Stroke risk is reduced to that of a nonsmoker's.

• 15 Years after quitting smoking: Risk of coronary heart disease is back to that of a nonsmoker's.

"Quitting smoking is a great way to improve your health, especially that of your heart," Dr. Glenda Maurer said. "This time of year we focus on showing our loved ones how much they mean to us. What better way to show how much you love someone than working to live healthier and longer?"

When Kansans are ready to improve their heart health by quitting tobacco, the toll-free Kansas Tobacco Quitline, 1-866-KAN-STOP (1-866-526-7867), is a great place to start. Experienced

cessation counselors work with the caller to prepare for a quit date and help them make a free personalized quit plan. The one-on-one telephone counseling sessions are scheduled at times convenient for the caller. Callers are encouraged to contact the Quitline as many times as possible to help them meet their goals.

Norton County Health Department is working to reduce tobacco use and its deadly effects. They have information on how to help reduce tobacco use and help people who use tobacco quit. You can contact them at 801 N. Norton, or call 785-877-5745.

The Kansas Tobacco Use Prevention Program provides resources and technical assistance to community coalitions for development, enhancement and evaluation of state and local tobacco prevention initiatives. For additional information about the Kansas Tobacco Use Prevention Program visit [www.kdheks.gov/tobacco](http://www.kdheks.gov/tobacco).

(This column came from Gina Frack, Director, Norton County Health Department.)

## Auction brings in cash for advocate program

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Charles Worden. The program matches a volunteer with a child who needs a voice in a court situation. The case judge decides whether the child needs an advocate. If so, the advocate meets the child and everyone in his or her life, including doctors, teachers and family members, and then writes a report and sometimes testifies in court as the voice of the child.

Executive Director Kristal Stanton said they are still totaling the figures, but it was a huge success. She said they had 124 bidders and many others who came to show their support for the advocate program, sample the chocolate and bid on the items on display.

"This was probably our best year yet," Ms. Stanton said. "Our expenses were down from last year and we had a great turnout. We had more people come than ever before."

fundraiser for the year. The money raised, she said, will be used to train volunteers, take on new cases, and maintain old cases and the program as a whole.

In addition to the auction, the first Chocolate Cook-off was held. Winning were: Chocolate Cookies — Jacqueline Thornton; Chocolate Candy — Kelley Gill; Chocolate Pie — Jeanette Specht; Loaded Chocolate — Joan Heide; Best Presentation — Edith McClain; Chocolate Cake — Diane Hull.

Another purpose for the auction was to honor both the volunteers and the judges. The judges honored were District Judge Bill Elliott, Hill City, and magistrate judges Deb Anderson, Norton County; Barbara Stites, Graham County; Jacqueline Thornton, Osborne County; Bonnie Leidig, Phillips County; Mike Kirchoff, Smith County; and John Bremer, Decatur County.

Ms. Stanton said that over 300

donors also made the event possible, giving everything from jewelry, gift baskets and prints to cakes, candies and vacation get-aways.

Randee Watkins catered the hor d'oeuvres. Patty Lowe and Stanton Nelson provided music and Jay Casey with Auction One took care of the live auction.

Other people helping were Marlin Bernard, Sharla Hudson, Katie Lix, Amy McCartney, Julie Miller, Paul Reinert; Kathy Slipke, Jacque Bretton, Nell McCreery, and John and Penny Simmelink.

Board members are Pat Bernard, Sarah Coiner, Tracie Ford, Crystal McDonald, Donna Muck, Katie Schreuder, Deb Budig, Esther Clark, Stephen Heide, Elaine Mann, and Joyce Rupp.

For more information on the advocate program or to become a volunteer, call Ms. Stanton at 785-345-4120.

## Scouts ascend the ranks at annual Blue and Gold banquet

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Community Living Belt Loop, Environment Belt Loop, Family Living Belt Loop, Geography Belt Loop, Golf Belt Loop, Language and Culture Belt Loop, Map and Compass Belt Loop, Marbles Belt Loop, Physical Fitness (2nd Time), Table Tennis Belt Loop, Weather Belt Loop, Wildlife Conservation Belt Loop (2nd Time), Astronomy Pin, Bowling Pin, Geography Pin, Map And Compass Pin, Marbles Pin, Physical Fitness Pin, Science Pin, Swimming Pin, Table Tennis Pin, Weather Pin, Wildlife Conservation Pin, Aquanaut Webelos Badge, Naturalist Webelos Badge, Readyman Webelos Badge (2nd Time), Travelers Webelos Badge, 3rd Compass Pin, Leave No Trace Award, Cub Scout World Conservation Award (4th Time), 1st, 2nd, 3rd, 4th, and 5th Year Service Star Pin, 5th Year Attendance bar, Arrow of Light:

• **Chris Richards**, Archery Belt Loop, BB Gun Belt Loop, Communications Belt Loop, Community Living Belt Loop, Environment Belt Loop, Family Living Belt Loop, Geography Belt Loop, Geology Belt Loop, Ice Skating Belt Loop (Will receive loop later), Maps and Compass Belt Loop, Marbles Belt Loop (2nd Time), Physical Fitness Belt Loop (2nd Time), Table Tennis Belt Loop (2nd Time), Weather Belt Loop, Wildlife Conservation Belt Loop (2nd Time), Cycling Pin, Bowling Pin, Citizenship Pin, Collecting Pin, Geography Pin, Geology Pin, Ice Skating Pin, Maps and Compass Pin, Marbles Pin, Music Pin, Physical Fitness (2nd Time), Weather Pin, Wildlife Conservation Pin, Naturalist Webelos Badge, Readyman Webelos Badge (2nd Time), Traveler Webelos Badge, Leave No Trace Award, Cub Scout World Conservation Award, Boy Scout of America Family Award (4th Time), Arrow of Light:

• **Korey Horacek**, Archery Belt Loop, Art Belt Loop, Astronomy Belt Loop, Badminton Belt Loop, Basketball Belt Loop, BB Gun Belt Loop, Bicycling Belt Loop, Bowling Belt Loop, Collecting Belt Loop, Environment Belt Loop, Family Living Belt Loop, Fishing Belt Loop, Flag Football Belt Loop, Geography Belt Loop, Geology Belt Loop, Golf Belt Loop, Gymnastic Belt Loop, Heritage Belt Loop, Language and

Culture Belt Loop, Map and Compass Belt Loop, Marbles Belt Loop, Physical Fitness Belt Loop, Roller Skating Belt Loop, Soccer Belt Loop, Softball Belt Loop, Swimming Belt Loop, Table Tennis Belt Loop, Tennis Belt Loop, Ultimate Belt Loop, Volleyball Belt Loop, Wildlife Conservation Belt Loop, Art Pin, Astronomy Pin, Badminton Pin, Basketball Pin, Bicycling Pin, Bowling Pin, Chess Pin, Citizenship Pin, Communication Pin, Collecting Pin, Computers Pin, Fishing Pin, Flag Football Pin, Geography Pin, Geology Pin, Golf Pin, Gymnastics Pin, Heritage Pin, Language and Culture Pin, Map and Compass Pin, Marbles Pin, Music Pin, Physical Fitness Pin, Roller-skating Pin, Science Pin, Soccer Pin, Softball Pin, Swimming Pin, Table Tennis Pin, Tennis Pin, Ultimate Pin, Volleyball Pin, Wildlife Conservation Pin, Artist Webelos Badge, Athlete Webelos Badge, Forester Webelos Badge, Geologist Webelos Badge, Naturalist Webelos Badge, Outdoorsman Webelos Badge, Readyman Webelos Badge, Scholar Webelos Badge, Travelers Webelos Badge, Compass Point, Cub Scout World Conservation Award, 2nd Year Service Star Pin, 2nd Year Attendance Bar, Arrow of Light:

• **Nicholas Kohn**, Archery Belt Loop, BB Gun Belt Loop, Chess Belt Loop, Communications Belt Loop, Map and Compass Belt Loop, Marbles Belt Loop, Table Tennis Belt Loop, Map and Compass Pin, Marble Pin, Table Tennis Pin, Wildlife Conservation Pin, Naturalist Webelos Badge, Readyman Webelos Badge, Travelers Webelos Badge, Compass Points Emblem, 1st, 2nd, and 3rd year Service Star Pins, 1st, 2nd and 3rd Year Attendance Pin and Bars:

• **Derek Rowh**, Archery Belt Loop, BB Gun Belt Loop, Chess Belt Loop, Communications Belt Loop, Community Living Belt Loop, Map and Compass Belt Loop, Marbles Belt Loop, Physical Fitness Belt Loop, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st and 2nd Year Service

Star Pins, 1st and 2nd Year Attendance Pin and Bars:

• **Philip Boutwell**, 3 Bear Achievement Beads, Chess Belt Loop (2nd Time), Marbles Belt Loop, Physical Fitness Belt Loop, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st and 2nd Year Service Star Pins, 1st and 2nd Year Attendance Pin and Bars:

• **Andrew Bashford**, 3 Bear Achievement Beads, Art Belt Loop, Chess Belt Loop, Marbles Belt Loop, Music Belt Loop, Physical Fitness Belt Loop, Bowling Pin, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st Year Service Star, 1st Year Attendance Pin and Bar:

• **Trenton Sprague**, 2 Bear Achievement Beads, Chess Belt Loop, Marbles Belt Loop, Physical Fitness Belt Loop, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st and 2nd Year Service Star Pins, 1st and 2nd Year Attendance Pin and Bars:

• **Luke Keilig**, 2 Bear Achievement Beads, Chess Belt Loop, Marbles Belt Loop, Physical Fitness Belt Loop, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st and 2nd Year Service Star Pins, 1st and 2nd Year Attendance Pin and Bars:

• **James Berry**, 4 Bear Achievement Beads, Chess Belt Loop, Marbles Belt Loop, Physical Fitness Belt Loop, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st Year Service Pin, 1st Year Attendance Pin and Bar:

• **Cameron Heikes**, 4 Bear Achievement Beads, Chess Belt Loop, Citizenship Belt Loop, Marbles Belt Loop, Physical Fitness Belt Loop, Marbles Pin, Physical Fitness Pin, Bear Rank Badge, 1st Year Service Star Pin, 1st Year Attendance Pin and Bar:

All the scouts received a 2005 Popcorn Sales Patch and a 2006 Quality Unit Patch.

A candlelight ceremony was conducted by the Boy Scout troop including John Renner, Tyler Lewis, Kurt Douglas, Matthew Pollock, Chris Maddy, Justin Chandler and John Koch. They were led by Scoutmaster Pat Douglas and Assistant Scoutmaster Mike Pollock.

Other Scout leaders are April and Tim Bashford, Kathy Richard, Kim Chambers, Dale Carlson, George Boutwell and Connie Chandler.

Following the ceremony Scout Committee member, Carol Mayo, lead all the scouts in repeating the Scout Pledge.

## County helps fire district with grant

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to get a new truck and pay the \$1,000 fee.

"We appreciate the help," Mr. Loughry said.

In other business, the commission:

• Spoke to County Health Director Gina Frack about the mileage policy. Mrs. Frack said she would like to see the commission adjust the policy to help compensate the employees when they have to use their own vehicle. She said she would monitor mileage use and assured the commission that it wouldn't be abused. After discussion, the commission agreed that in this situation, they would honor the mileage.

• Asked Noxious Weed Supervisor Reggie Beckman to get them more information on the county's chemical cost share program, such as prices and how many people have used it in the past, and the difference in aerial spraying versus ground application.

• Learned from Solid Waste Supervisor Curt Archibald that cell 2 at the landfill has been cleared to be opened by the Kansas Department of Health and Environment.

Mr. Archibald also told the commission that the state inspector was out to inspect the landfill last week. The inspector noted a couple of items that needed to be addressed by the landfill, including getting a permit to burn trees, submitting a quarterly operations report on methane gas and buying a methane gas monitor to use inside the buildings. The commission questioned why the inspector, who has done the inspection for several years, is just now bringing

these items up.

• Heard from Road and Bridge Supervisor Tom Brannan that the Federal Emergency Management Agency (FEMA) now has the county's list of damages from a recent storm. He said they are estimating that the county should receive around \$200,000 to help pay for the damage/repair costs and that he expected to hear back from them by the end of next week.

Mr. Brannan also told the commission that his crew was out Monday salting and sanding roads

in preparation for the expected snow.

• Extended the "Lease" for the Andbe Home until Jan. 1, 2028. The extension was requested by First State Bank and Ransom Financial and will extend the bonds that are being used to pay for construction of new apartments. The motion passed 2-1 with Mr. Lang voting no.

• Spoke with Dr. Steve Graf about the condition of Road E-12, which is the road that leads to his animal clinic.

### UNION PACIFIC HIRING FAIR

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North Campus  
1101 Halligan Drive  
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Friday, March 30th from 3:00 PM - 8:00 PM  
Saturday, March 31st from 10:00 AM - 3:00 PM

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