

# Op-Ed

## This cake was 'extra special'

(Yes, I goofed in a big way in the Tuesday, Feb. 13 Telegram! When I put the Op-Ed page together — page 5 — I used Nancy Hagman's column, but Mary Kay Woodyard's photo. Don't ask me how I could have made such a mistake. Chalk it up to lack of focus. And unlike Sen. Clinton, I admit I made a mistake.)

**Back Home Nancy Hagman**



The next day (since it's the maid's week off), I decided I best bite the bullet and clean the oven. My oven has a self-cleaning feature but I am afraid to use it. When we first used the oven, even though I paid someone to adjust it from natural gas to propane, flames shot halfway up the sides of the oven. We had it re-adjusted. I still have some doubts about the broiler as it smells gassy when I use it and I am worried if I use the self-cleaning feature the thing will just blow up. I got the owner's manual out to see what other recommendations they had. The manufacturer suggested removing the racks and soaking them (even when using the self-cleaning feature). The only place I could figure out that was big enough to soak them in was the bathtub!

I also saturated paper towels with warm soapy water and put them on the glass door and the bottom of the oven as per manufacturer's directions. I was pretty happy with the results. After an hour or so of soaking and a little scrubbing, the oven looked almost as good as new.

Back to the bathtub to check on the racks. The water was now a disgusting brown. But a little more scrubbing and the racks were shiny. I drained the tub and spent the next hour removing a greasy black ring from it.

Now my house smelled like ammonia. I started worrying about the poisonous gas that comes from mixing household cleaners. Maybe I would have been better off just starting up the self-cleaning oven and blowing the house up. At least it would have been over quickly.

Happy Birthday! No good deed goes unpunished. For the record, although it could have looked better, everyone loved the cake. I even got requests for the recipe! Here it is for you all to try. Follow the directions closely; particularly the part about the pan!

### German Chocolate Upside Down Cake

1 cup chopped pecans  
1 cup coconut  
1 German chocolate cake mix  
8 ounces cream cheese  
3/4 cup melted butter, cooled  
1 pound powdered sugar  
Preheat oven to 350 degrees. Grease a DEEP 9x13 pan. Sprinkle coconut and pecans in the bottom. Prepare cake mix as package instructs. Pour over nuts and coconut. Mix cream cheese, melted butter and powdered sugar. Beat till smooth. Spread evenly over cake mix. Bake for 50 to 55 minutes.



A Town Hall meeting in Lenora gave those interested in water issues an opportunity to voice their concerns. The meeting was sponsored by Watershed Restoration and Protection Strategy (WRAPS). Christa Mulder, standing in background, facilitated the meeting. — Photo courtesy of Christa Mulder

## Watershed restoration meeting held

By **CHRISTA MULDER**  
Norton County  
WRAPS Coordinator

What is the first thing you think of when you hear the word water? For many, it is the lack there of, that is causing much concern.

Recently the Watershed Restoration and Protection Strategy (WRAPS) held Town Hall Conversations in four different locations across the Solomon River Basin including one in Colby, Lenora, Hill City and Osborne. At each meeting we allowed everyone there the opportunity to voice any concerns and possible solutions to those concerns. From this brainstorming we will compose a survey that will help us to narrow the list down to the top 10 concerns within your portion of the watershed. It is then, from this list, our leadership team will decide what direction we will go and how to solve the issues dealing with water quality or quantity. We are still building our leadership team and anyone is welcome to serve on the team. If you feel strongly about the importance of water, please contact me at the information given below.

This common theme of drought would make the whole concept of

Watershed Restoration seem a little off-target when, in fact, it is more important now than ever. Because of varied flow in the streams and rivers there is little or no water to dilute any pollutants found in our water source. If the stream/river is not running, when we do get enough rain or snow to run water, all of the pollutants are then at a very high level.

What kind of pollutants am I talking about? Where did they come from and who is responsible. First and foremost, everyone is responsible. You, me, the neighbor, urban and rural residents, EVERYONE has done a very good job of adding pollutants to our water. Most of us are not even aware of what we are doing. This is where WRAPS, Watershed Restoration And Protection Strategy, can help.

The WRAPS program is designed to educate people about actions that can be taken at a personal level to better our environment. Every WRAPS program is voluntary and anyone can choose to participate. Different pollutants may include but are not limited to: toxins from improperly disposed paint cans and chemicals, pet litter on lawns left to run into the

gutter and straight into the river channel and/or incorrect amounts of chemicals and fertilizers on lawns and farm ground. Any of these pollutants could come from anywhere so no one person or line of work is the cause of these non-point source issues within our watershed. The most important step in WRAPS is to look in the mirror at oneself and consider the personal actions we take in everyday life. This is where we can make the most difference. Do the correct thing at a personal level and serve as an example for everyone else.

For more information or to serve on the leadership team, contact Carolyn Nichols at 1117 W. Hwy 24, Osborne, Kan. 67473, (785)346-2128 Ext. 304, carolyn.nichols@ks.nacdn.net.

WRAPS is sponsored by the Solomon Valley Resource Conservation and Development (RC&D) Area, Inc. The following business and organizations sponsored the meeting held in the Solomon River Basin: Osborne Farm Bureau Financial Services, Osborne FCCLA, Graham Co. Farm Bureau, Nex-Tech, Sunflower Bank of Osborne and 1st State Bank of Hill City.

## Let your child 'See to Learn'

Three-year-old children across Kansas will have the opportunity to receive a free vision assessment the week of Monday, Feb. 19, through Friday, Feb. 23. Participating optometrists will provide assessments at their offices through the SEE TO LEARN Children's Vision Program. Dr. Karen Aldridge of Norton is one of the participating optometrists (785 877-5115).

SEE TO LEARN is an innovative, three-step preventive health program designed to ensure that children entering school have vision capability needed to achieve classroom success. The program

### Eye Care for the Young

also is designed to educate parents and teachers about the warning signs of vision problems in all school-age children.

More than 250 optometrists across Kansas provide this service so that all children may receive vision care before starting school. The program is open to all 3-year-old children, regardless of income

or insurance coverage.

"Participating optometrists from around Kansas provide the free assessment service year-round, but we place extra emphasis on awareness during SEE TO LEARN week to ensure parents know about the program and can take advantage of it," said Dr. Julie Toon, Eye Care Council President and Wichita optometrist.

Since the program was created more than a decade ago, optometrists have provided free vision assessments to more than 35,000 children. For more information, go to [www.seetolearn.com](http://www.seetolearn.com) or call 1-800-960-EYES.

## Trust in democracy at stake

Listen with interest to those who say we are not supporting the troops if we criticize the war. First of all, this is like saying you don't like the liver served to you so therefore you don't like the cook. What is it again the troops are fighting for? Democracy, which includes freedom of speech.

When we think of war protesters, Jane Fonda comes to mind. Her antics in the 70's caused most of us embarrassment and she now admits they were in poor taste. Disagreeing doesn't mean being personal and vindictive. Individuals who do not believe in the war come in many shapes, sizes and volumes. Most lead their own quiet crusade within their families and communities.

The more vocal often are faced with retaliation from others who disagree. Some individuals would even go so far as to boycott a business owned by someone with dif-

**Phase II Mary Kay Woodyard**



fering opinions.

This action sometimes prevents people from running for political office. We don't get the best people when shopkeepers feel they might lose business if they take a stand. It is a crumbling of democracy when we lose the ability to disagree. I admire individuals who can make comments on the issue without trying to destroy the opponent.

Our beliefs are formed in a variety of ways; our upbringing, a need to belong, and sometimes by truly examining the issues. Believ-

ing in something doesn't mean closing your mind. Listening to arguments and questioning your position can strengthen your beliefs. If your belief can stand up to the scrutiny, in your mind, then it retains its position. If not, then one needs to re-state their belief. What is food for one's belief can be poison to another, but nevertheless it is important to hear out your opponent.

The old saying "two heads are better than one" couldn't be more true. We all need to put our heads together, listen and come up with solutions. We may not support the war, but we can make sure the troops have the appropriate gear to keep them safe.

One's objection to the conflict is not a condemnation of a soldier. Compromise and the ability to agree to disagree shows not only competence of individuals but trust in democracy as well.

## Here's how you can beat cabin fever

Very cold weather in the Midwest, along with the recent ice and snow storms, has resulted in a winter where many people will experience what is called "cabin fever," "winter blues" and other such terms. "Cabin fever" is defined as a condition that produces restlessness and irritability caused from being in a confined space.

The term is usually heard when people have to spend more time than usual indoors because of winter weather conditions. The result is fewer social contacts, as well as less exposure to fresh air and sunshine, which causes some people to feel isolated, irritable, and even depressed.

### High Plains Mental Health By Karen Schueler

description for those few days or weeks into the first part of the year when people might feel sad and discouraged. Sometimes those feelings are the result of a disappointing holiday season, or too much holiday stress. For others it might be due to major life changes coming with a new year.

Such feelings are not unusual and usually decrease within a short time. But, for some people, those feelings last longer than is healthy and can develop into depression.

To decrease those feelings of sadness, try the following:

- Take good care of yourself; get enough rest, eat properly and exercise regularly.
- Get out when possible. Isolation can increase the chances of depression, so maintain social contacts or volunteer to spend time helping others.
- Stay active even when confined in one place; start a new project or finish one that you have been putting off.

If feelings of sadness or the blues continue for too long, talk to a friend or family member, or contact your physician, clergy, or a mental health professional for assistance in understanding those feelings and in making needed changes.

## Policy gives district protection in case of lawsuit

(Continued from Page 1)

everything itself, but that would slow down the high-speed system that was bought to improve the district's curriculum. Software and hardware can also be bought, but the district would have to figure out what it needed to get and how much it would cost.

At the moment, Mr. Mann said, they just needed to adopt the policy and then could work on it more in the future.

The board adopted policy B417h. In other business, the board:

- Approved the purchase of GoEduStar information management system for an initial cost of \$16,000 and a \$7,500 annual maintenance fee after the first year. The system will replace SiPS, the district's current information system, as the SiPS company was sold and no longer supports its software.
- Approved the 2007-08 academic calendar as presented. Aug. 13 will be the teachers' first day, while students will start school on Aug. 20. Thanksgiving break will

run Nov. 21-23, Winter break will be Dec. 24 to Jan. 4; and Spring break will be March 17-24. The last day of school for seniors is May 16 and for all other students is May 22.

• Heard that the Job Olympics will be held on April 18 in Phillipsburg.

• Approved the Professional Development Council points as presented.

• Held a 5 minute closed session to have preliminary discussion relating to the acquisition of property.

## Reclamation awards contract for dam work

The Norton Dam will undergo some improvements.

The Bureau of Reclamation Great Plains Regional Director Mike Ryan said a \$1,099,998 contract has been awarded to construct a weighted seepage stability berm and filter drain system in the left abutment of the dam. The contract was awarded to BSB Construction of Curtis, Neb.

As part of its ongoing review program, Reclamation identified issues with seepage through the

left abutment of Norton Dam. The seepage issues will be addressed by work conducted under this contract.

The project includes clearing

and excavation and then placing a new drain pipe, gravel and other fill material. The work is expected to begin in early March and be completed in July.

### Help Wanted

Full time or Part time Office Professional 8-5, M-F. Skills required: computer skills including knowledge of Microsoft Word, Word Perfect and Excel; routine office management; basic bookkeeping; effective oral and written communication; willingness to learn; and ability to work with public. Database, graphics, presentation and computer photo editing skills a plus. Salary negotiable based on skill and experience. For additional questions and to pick up an application, contact Jessica at the Sheridan County Extension Office, Courthouse, Hoxie, KS 785-675-3268. Application deadline is Friday, February 23, 2007 at 5:00pm. Equal Opportunity Employer.

## Wilson Brothers Angus

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