

Today's buzz all about driving drunk

When was the last time you left a party or other gathering feeling just a bit buzzed? Not really drunk, but just enough to convince yourself that getting behind the wheel would be no problem.

Well, if you've been following the promotional campaign by the state's patrol, you must know by now your thinking is wrong. The patrol says, in no uncertain terms, that "buzzed driving is drunk driving." In other words, if you took one more for the road, that was probably one more too many. Matter of fact, you could be on the verge of being a buzzed driver after a drink or two. That depends on your ability to handle the hard stuff.

The hard stuff isn't the only culprit in this crackdown on drunk driving. But if you consume too much beer, for example, you can also become impaired and shouldn't be behind the wheel. In our younger (much younger) day, beer was our choice of a fun night out. Unfortunately, back then there didn't seem to be much rush to get us fun drinkers off the roads. "Why?" is still a nagging question.

With the summer season just around the corner and more of us spending time outdoors — socializing with friends at backyard cookouts, or at our favorite picnic spot — keep in mind this campaign to keep our roadways safe.

And while you ponder this campaign, remember to also dialogue with your kids, especially the teenagers, about this topic. While you hope they are not out drinking, remember they can be exposed to this high, and with little thought to the consequences.

If you're driving buzzed, you're driving drunk.

Summer's a fun time. Let's keep it that way. And let's help our kids also keep it that way. And let's add safe in the mix.

Thanks, in advance, for doing your part for this most worthy cause.

— Tom Dreiling

Bearing witness to genocide

To the Editor,

Fellow Kansan, Dwight Eisenhower, served our country during a time when human dignity and human life needed defending. After visiting a concentration camp at the end of World War II he said, "The things I saw beggar description... The visual evidence and the verbal testimony of starvation, cruelty and bestiality were so overpowering."

Last week was "Days of Remembrance," a time designated by Congress to commemorate the victims of the Holocaust. I visited the Holocaust Museum in Washington, D.C. to see the collection of images and read the stories of death and dehumanization that took place 60 years ago. I returned to hear President Bush speak about how the Jewish people suffered and about the importance of addressing genocide and death today in Darfur, Sudan.

As co-chair of the House Hunger Caucus, I recently joined the House Majority Leader in a visit to Darfur. While there, we met with government officials and relief workers and saw the conditions that human beings are living in today. Since the beginning of this conflict in February 2003, four hundred and fifty thousand people have been killed and more than two million citizens have been displaced from their homes and villages. Thousands of people are without food and water and are dependent on relief organizations for survival.

This trip made me aware of a level of human suffering that no meeting, no television news story and no book could. One cannot visit Darfur and not be changed by seeing the results of a government that allows violence, hunger, disease and displacement to be used as a weapon against its own people. It was an opportunity to see

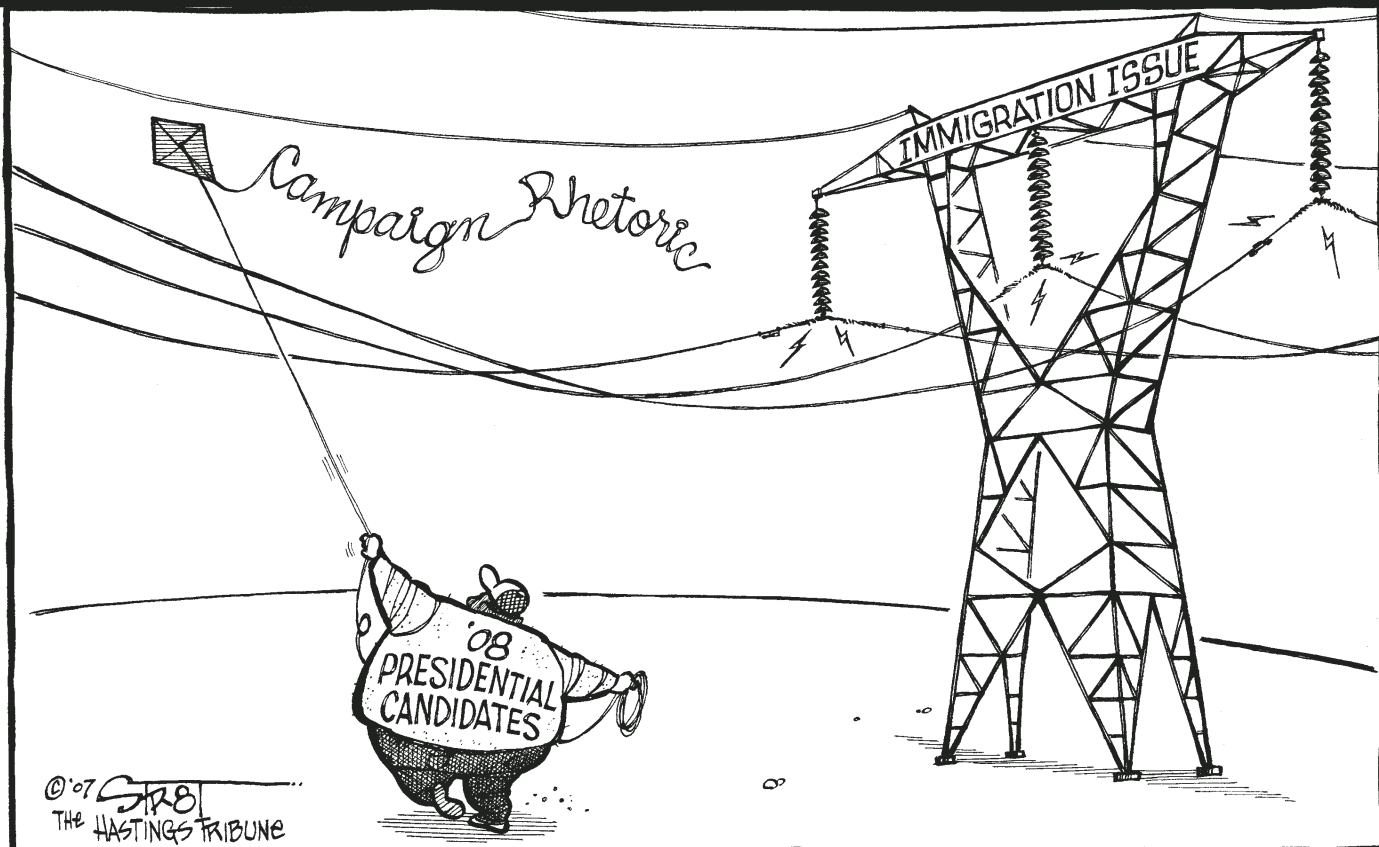
that we all have a cause to make sure that life prevails and justice endures. It is something that demands our attention. We as a country and we as a world must come together to bring death and destruction, inhumanity, hunger and violence to an end.

At the Holocaust Museum, I saw the quote from Isaiah 43:10 that says, "You are my witness." Today we are witnessing a new genocide. As I reflected on the past and considered the future of Africans in Darfur, I have to ask — are we going to wait until the proportions of death are similar to the Holocaust before we take action?

The exhibit that moved me the most was the list of 10,000 individuals who took action during the Holocaust. They have been identified by the Israelis as "the Righteous Among the Nations," those who risked their lives to save innocent Jews during Nazi rule. When the conflict in Darfur has ended, everyone will feel sorrow for the unnecessary loss of life. But will we as individuals and we as a nation be among those who feel shame for inaction or pride for standing up for justice in Darfur? Today we must rise up to be a new righteous force so that our children and grandchildren remember us not as a generation that turned their heads, but one that banded together to bring an end to the senseless pain and suffering afflicted upon the people of Darfur.

Sincerely,

Rep. Jerry Moran
First Congressional District



Population explosion hits Norcatur

Our little town is experiencing a population explosion. With only 130 people calling Norcatur home, an increase of three constitutes an explosion. First is Ruth, our neighbor to the north. She loves our little Sunflower Inn. It's just the right size for her and she's settled in nicely.

Across the street, south, a young family has moved in. She is the granddaughter of a good friend of mine. In fact, she and my girls used to play together when we would visit the folks out on the farm. I bet Tia still has a scar from the time one of the horses stepped on her bare foot when she was at the farm playing with Halley and Kara.

I haven't been a very good neighbor, yet. To either one of them. I see a Texas Sheet Cake or some crescent rolls in their futures. It's so nice to have people move to town I sure want them to feel welcome and stay.

-ob-

Jim just finished installing a built-in

Out Back Carolyn Plotts



double oven, so now I can bake something, anytime I want.

Yes, I have not had an oven in the same house since we moved to the "new" house the first of November.

Not that big a deal, though. If I needed to bake a cake, I would just dash out the back door, run over to The Inn and pop it in the oven.

Timing was the tricky thing. I would go back to the other house and get distracted, resulting in a few "overdone" recipes.

I have never had a double-oven before but I can hardly wait until we host a dinner party and I get a chance to utilize both ovens. Let's see, I could have a pot roast

finishing in the top oven while I bake rolls in the bottom. Or I could bake a pie in the top and broil steaks in the bottom. The possibilities are endless.

-ob-

My nephew, Kirk, sent an e-mail titled, "Why a farmer needs a wife." I thought I would open the attachment and find a sweet tribute to the dedicated, hard-working women who share their lives with men who make their living from the land.

But, no. What I saw was a picture of a grubby old guy in overalls driving down a city street on a little Ford tractor with a missing front wheel. His obviously overweight wife was seated on the fender over the rear tire, opposite the missing front one.

She was leaning outward, like a sailor on a catamaran, acting as a counterweight, keeping the tractor from tipping over.

Oh, Kirk. You're gonna get it. Anybody have a picture depicting why a woman would need a professor?

Sports is a big thing at our house

Maybe spring is finally here, after all what says spring more than football? We're talking spring game football, here. The hubby and I sojourned off to Manhattan for the annual Purple/White classic last weekend. The weather was fine, the tailgaters were out en masse and the band was playing. Everyone had donned their purple or white (except the friendly guy sitting next to us who was wearing red). Good times, good times!

I hope you can't infer much about how the season is going to go from a spring game. The Purple team, led by last year's Most Valuable Offensive Player, Josh Freeman, was less than stellar. The White team was better. Norton fans will be excited to know that the leading rusher for both teams was the White team's Terry Petrie!

We were pretty certain he would be but needed a paper to confirm our suspicions. So Sunday I asked Elizabeth to pick up a paper before coming out for lunch. When she arrived I was on the porch repairing my wind chimes. The past few days of gale force winds had blown them apart. Elizabeth went in the house and I joined her in a bit. I grabbed the paper looking for the sports section. There was none.

Back Home Nancy Hagman



I asked a stupid question, "Do you have the sports section?" This is a stupid question because Elizabeth is not a sports fan, although we are finally getting her to come around a little on Wildcat football.

I looked through the paper again; the front page advertised a sports story in section C. There was no section C.

"Did Dad take it?" she asked. "Is Dad in the house?" "He was, but maybe he went back out," she replied.

I checked the downstairs and looked to the stairs. The door to the stairs was closed. I hollered. No answer. By this time I was good and mad! Either the paper had messed up or someone had taken the sports pages from this paper at the store. I decided to call the store and ask them to save me another paper because often they

sell out.

But first I opened the stair door and hollered again. The hubby was in the throne room laughing! Got him back, later he was looking for the classified ads and could not find them. I swear I did not hide them! Apparently that particular paper did not have a classified section. I did not even consider that important enough to call the store about!

When I finally got a hold of it, the sports section confirmed that Petrie had 54 or 56 yards rushing. (Sorry I can't be more accurate. The statistic was printed in two places: one said 54, one 56.) Anyway, he did good!

Can't wait 'til football season. The guy in the red shirt told the Hubby, "See you next fall." Then he laughed, "Probably I'll never see you again."

I said, "We'll look for the red shirt!" He claimed to be color blind! His wife and daughter said they were working on it!

I should have gotten his name and address; we have a lot of purple shirts in our closet. I don't think we would miss one! There are only six home games this fall. Our stock of purple shirts is about to outnumber the possibilities of events to wear them to! Maybe we will have to get basketball tickets!

Grief, depression have differences

As people grow older, they face major issues in dealing with change and loss, particularly in regard to the death of loved ones such as a spouse, close friends or family members. Grief is part of the process of dealing with such losses, and is a normal, time-limited progression that a person goes through as they adapt to new situations.

Senior citizens and their loved ones should expect to go through the grieving process more than once, because it is a normal part of life. However, there is a difference between grieving these losses and becoming depressed.

Grieving involves the need to talk about the loss and the inherent fear of the unknown. After the death of a spouse, a person may not know "what they are going to do next" or "how they can even go on" without that loved one. They may also worry about other factors related to that

High Plains Mental Health By Ken Loos

loss such as the loss of mobility (not being able to drive), and the loss of independence (not being able to care for themselves). When a person grieves any kind of a loss, the need to talk and receive support from loved ones is an important part of their recovery.

Depression, on the other hand, is an intense on-going condition that can result in a high degree of hopelessness and helplessness, and may only get worse if not recognized and treated effectively. Both grieving and depression can cause physical problems including insomnia, loss of

weight or appetite, and stomach or back pain. However, with depression, these types of problems are often more intense and long-lasting. As mentioned earlier, the person who is grieving needs to be able to talk about their feelings; when depression is present, talking is often insufficient.

A person can look at grieving as being a normal response to changes in life in which their abilities to cope are "pushed to the limit," but still are basically functional. In depression, a person's ability to cope is overwhelmed and the negative thoughts that are an inherent part of the condition often prevent them from identifying possible solutions.

Depression, no matter the person's age, should not be considered a normal phase (such as grieving), but instead as a potentially serious condition that requires professional help and treatment.

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