

## Yes, Kansas delivers to your dinner table

What a beautiful sight, indeed! I am making reference to the Kansas wheat harvest in our area, that I carefully observed on my return trip from Colorado Springs on Sunday.

Colorado is beautiful, no doubt about it, but there is something about the annual harvest of our golden grain that in itself is a thing of beauty.

Watching those machines, so skillfully operated, remove the grain and then place it into waiting trucks for delivery to elevators, is what I call "proud beauty," something you never tire of seeing.

I observed people, undoubtedly from other states, pulled off to the side of the roadways, taking pictures. This year, in particular, the wheat looks so good, so golden and as the combines move across its acreage it looks like giant hands running its fingers through the hair of a loved one.

Prices are good, up above \$5.50 (Friday). It's getting there, something wheat producers have been waiting to see for a long time.

Beauty, they say, is in the eye of the beholder. For most part in our territory, this 2007 crop is not only seen in that manner by us, but also by the travelers coming through en route to or returning from states distant.

These wheat producers certainly deserve a pat on the back for a job well done, and for continuing their efforts to feed people the world over.

Maybe we need to revisit our slogan (what is the current one, anyway?), to remind everyone of every nation that, "Kansas delivers to your dinner table."

— Tom Dreiling

## Antisocial personality traits may become apparent in childhood

Individuals who show little or no empathy for others, and who continually disregard and violate the rights of others have what is described in the mental health field as an antisocial personality disorder. These individuals tend to be very impulsive with their actions and repeatedly lie.

Their behavior is often reckless, with little regard for their own safety, and they do not think about possible consequences for themselves or others. With this combination of traits, such individuals are sometimes described as lacking a moral conscience; this disorder is the mental illness most closely linked to criminal behavior.

Studies estimate that approximately three percent of adults in the United States have antisocial personality disorder, and it is about four times more common among males than females. It is likely that the majority of those in prison for serious crimes, or repeat offenses, have this disorder.

Antisocial personality traits may be apparent in childhood, but the diagnosed disorder is not applicable under the age of 18 years. Defiance and rebellion are common in adolescents, and can be a major challenge for parents, schools and communities. But even though these behaviors are strongly associated with adolescents, the majority of teenagers do not develop antisocial personalities. They do

grow up to be wise and mature adults, with a strong moral conscience and empathy for those less fortunate.

Nevertheless, there are some behaviors that should always concern parents, such as a teenager who is frequently truant from school, or runs away from home. A child of any age who deliberately destroys property, sets fires, or displays physical cruelty to animals or people should be of serious concern, and parents need to consult with a mental health professional for help in understanding and dealing with these problems. As with many behavior problems, early treatment is essential. As adults, these kinds of very serious negative behaviors become much more difficult to treat successfully in a mental health setting.

If you have questions, mail them to: High Plains Mental Health Center, PLAINSENSE, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601. Questions will be formatted and answered in a manner that insures confidentiality. You may also go to [www.highplainsmentalhealth.com](http://www.highplainsmentalhealth.com).

Plain Sense  
Ken Loos



## Bacon, lettuce, tomato sandwiches near

Three-two-one...tomato time! The count-down has begun. We have half a dozen tomatoes, of different varieties, ripening on the vine. I check them every day.

We want to pick them at their peak of perfection. I can almost taste that bacon, lettuce and tomato sandwich now.

I like it on whole wheat bread (lightly toasted), slathered with Miracle Whip. A sandwich isn't a sandwich without the tasty zip of Miracle Whip, in my opinion.

-ob-

Harvest is in the final stage. Most fields are cut but there's still clean up work to do. It seems like everyone is afraid to say it for fear of "jinxing" it — but, this has been a good harvest.

Yields have been excellent. Even hail-damaged fields came through pretty good.

## Out Back Carolyn Plotts



Farmers are a strange breed, though. They never want to seem braggadocios. They may be cutting 75 bushel wheat and all they might say is, "It's doin' okay."

-ob-

Today is "Salad Day" at my office. We are trying to do this once a month — have a potluck food day.

We have some good cooks and it's great eats for a couple of days on the leftovers. Some people have told me their hus-

bands won't eat leftovers. He would get mighty hungry at my house. Jim wouldn't have much to eat if it weren't for leftovers. I plan for leftovers.

Every now and then, though, something is so good the first time — it doesn't make it to the second day. Like the spare ribs we had for dinner Sunday night.

We got home about 4:30 p.m. I put two packages of ribs on low heat, with a bay leaf, to par-boil while we took our nap.

I was awakened by the tangy aroma of barbecue sauce. Jim had finished the job and was in the kitchen dishing up a heapin' helpin' for both of us.

Those ribs were so tender and juicy we couldn't stop. All gone. But, now, what am I going to do for dinner tonight?

(Editor's hint: Does hubby Jim like salad?)

## There's nothing like having a big house

A national survey of homes shows Utah has the largest homes of any state; also the highest percentage of homes with four or more bedrooms. But, Kansas ranks right up there. I was scoffing about it, thinking how wasteful it is when I realized we have a four bedroom home.

But (there is always a but) we need those bedrooms because it is handy when all the kids are home and even when they are not! Because there are large closets to stow the childhood things they are not ready to part with. Yes, we are blessed with large closets. And cursed because that means we have a tendency to hold on to things we really don't need. The real conundrum is even though we keep everything we can't find what we know is there — somewhere!

At Christmas I could not find my Christmas vest and some other seasonal clothing. I was certain I had taken the clothes upstairs but at the time I had also given some stuff to church for a rummage sale. I looked and looked and looked. No Christmas sweaters!

Since we have moved I have never been able to find my state quarters collection folder. I did get rid of a lot of stuff when we moved. Since we had an above-ground

## Back Home Nancy Hagman



pool we had beach towels and swim suits by the dozens. I had the girls go through them and told them to keep what they wanted. I kept two towels and I know where they are — the girls have swim suits but no towels.

The closet in "Kate's room" is sort of an after thought. It has never had a hanging rod or any shelves. Since she is spending some time with us this summer we decided it would be nice if she could actually hang a garment in it. The first step to the renovation was cleaning the assorted junk out of it. Some of our findings included a box of clothes and a sack with a bicycle pump. She was thrilled about the pump. (I didn't even realize it was missing!) I went through the box. At the bottom were the beach towels! Hallelujah, too bad I just bought Tricia a new one a

couple of weeks ago!

Kate and Junior worked on putting the new rod and shelves in. Since it was lonely downstairs I decided to hang out upstairs and sort through the closet in "Elizabeth's room." It may be her room but it is mostly my stuff. I combined and tossed memorabilia, and found my state quarters collection and my Christmas sweaters!

I decided to send some things from that closet on to Goodwill. By the time I was done I had five empty boxes, two full trash cans and a closet that looked considerably better. I still did not find Junior's belt carrier for his little flashlight. He maintains that ten years ago it was in the top drawer of the chest I sold when we moved. That's why we don't throw things away. Ten years later we might want it.

I'm sure we are not the only ones with a huge disconnect between what we know is the right thing, "Live simply, share resources," and how we actually live, "I want my stuff and I want a house big enough to keep it in!" But don't expect me to be looking for a smaller house anytime soon. I made it through Christmas without sweaters. We lived two years without the quarter collection and ten years without the flashlight carrier. We've suffered enough!

Thumbs Up to ... (785) 877-6908

THE NORTON TELEGRAM

Office hours:

8 a.m.-5:30 p.m. Mon.-Fri.

Phone: (785) 877-3361

Fax: (785) 877-3732

E-mail: [telegram@nwkansan.com](mailto:telegram@nwkansan.com)

STAFF

Tom Dreiling ..... editor and publisher

Christie Anderson ..... advertising

Veronica Monier ..... staff reporter

Dick Boyd ..... Blue Jay sports

Carolyn Plotts ..... society editor

Sherry Hickman ..... bookkeeping/circulation

Vicki Henderson ..... computer production

★ Governor Kathleen Sebelius, 300 SW 10th Ave., Topeka, Kan. 66612. (785) 296-3232

★ U.S. Rep. Jerry Moran, 2443 Rayburn HOB, Washington, D.C. 20515. (202) 225-2715; fax (202) 225-5124

★ U.S. Sen. Sam Brownback, 303 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-6521

★ State Sen. Ralph Ostmeier, State Capitol Building, Room 262-E, Topeka, Kan. 66612. (785) 296-7399

★ U.S. Sen. Pat Roberts, 109 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-4774

★ State Rep. John Faber, 181 W. Capitol Building, Topeka, Kan. 66612. (785) 296-7500

Nor'West Newspapers

Dick and Mary Beth Boyd  
Publishers, 1970-2002

Incorporating the Norton County Champion  
Marion R. Krehbiel, editor



Share your thoughts with a Letter to the Editor