

### Church Bulletins brighten the day

I like church bulletins. You can always find things of interest presented in ways that might raise an eyebrow, cause a chuckle, or bring downright laughter.

- Enjoy.
- Weight Watchers will meet at 7 p.m. this evening. Please use the large double door at the side entrance.
- Tomorrow evening at 7:30 there will be a hymn sing in the park. You are all invited to bring a blanket and come prepared to sin.
- The Low Self-Esteem Support Group will meet today at 4:00. Please use the back door.
- The newly organized Peacemaking Group won't be able to meet Tuesday due to a conflict.
- The pastor reminded his congregation that next weekend he will have services on Saturday evening and Sunday morning, but the sermons will be different. Saturday's will be "Jesus Walks on Water." Sunday's sermon will be "Searching for Jesus."
- Potluck supper today will feature prayer and medication.
- Next Thursday we will have our Fasting and Prayer Conference. The cost includes meals.

What kind of stories do your bulletins tell?  
-td-

The response to my little gas tax poll didn't bring about the response I had hoped. If you recall, in the May 6 *Telegram*, I asked readers how they felt about the proposal by two presidential candidates to eliminate the 18.4-cent federal gas tax per gallon at the pump from Memorial Day to Labor Day. I received 11 responses with 6 voting yes and 5 voting no.

Wednesday evening I pulled up to the pump at Love's after 6 p.m., so I had to prepay inside. I told the clerk I would be pumping in 30 gallons. At the stated price outside, which was \$3.69, and if the plan to eliminate the federal gas tax was in play, I would have saved roughly \$1.45 (according to the new math of a few years ago). Not enough to buy one of their subs.

If gas stayed at \$3.69 during the 12 weeks of the plan to eliminate the federal gas tax and I put in 30 gallons each of those weeks, I would have pumped \$360 worth of gas into my vehicle and saved only \$17. That doesn't sound like much of a bargain to me — spending \$360 on something to realize a \$17 savings.

I also felt the companies that supply the gas would probably, during that 12 week period, hike the gas prices to compensate for the loss. So I guess if I had voted in my own poll, it would be tied at 6-6.

Just another campaign gimmick. What's the old saw, "If it sounds too good to be true, it probably is."

Please don't take your frustrations out on the good people who work at the places that sell gasoline. Remember, they too, pay what you pay for gas.  
-td-

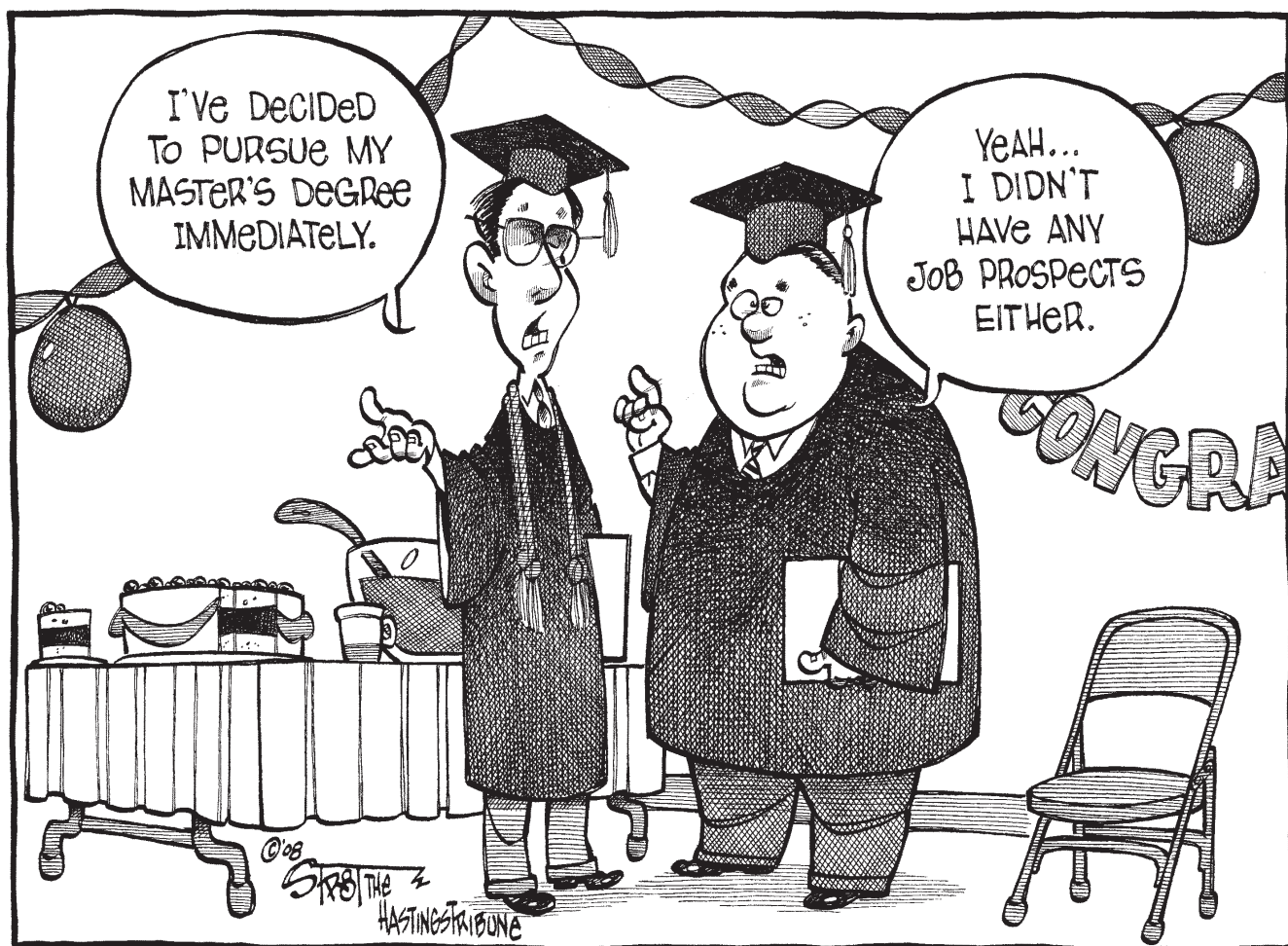
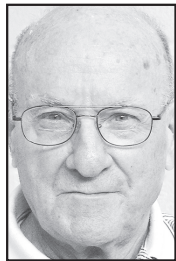
I see where Sen. Edwards endorsed Sen. Obama Wednesday. I don't know what kind of impact that is going to have, if any. But if memory serves me correctly, Sen. Edwards never won any of the primaries he was involved in while contesting Clinton and Obama. And I don't think, as some of the pundits are now saying, that Obama will pick him as his vice presidential candidate if Obama gets his party's nod. Edwards was Sen. John Kerry's running mate and we all know how that ended up. I think the endorsement will land Edwards a cabinet post.  
-td-

Congratulations to Norton, Northern Valley and Logan graduates, as well as all others in our circulation area. That long-awaited day has finally arrived. The focus should now be on tomorrow, not yesterday. What's already happened is history, what is to come will be shaped by you. Good luck going forward.  
-td-

Have a good evening! And to you graduates, keep in mind that you have a friend who stands ready to help you over the rough spots on life's path. You will find Him each Sunday at the church of your choice.

### Good Evening Norton

Tom Dreiling



### Someday I'll have baseboard dusters

People ask me, "Do you have grandchildren?" I say, "None of my children are married." Being old fashioned enough to think that is the same thing as saying no. Married or not, I'm beginning to wish I had grandchildren.

It's not because of the joy I anticipate they would bring to my life or how exciting they would make Christmas. It's that as I survey all the lovely seven-inch wooden baseboards in my house I think, "If I had grandkids and made it fun enough or even paid them a few pennies would they dust for me?"

Don't tell me it would never work. It seems so perfect; little kids are already low to the ground! Many things I do make very little sense. You see, here I am worried about how to clean the house I have and then I get an idea like wouldn't it be wonderful if we finished the basement.

Before Christmas I cleaned it pretty thoroughly and got some of that water proofing paint. Patricia helped me over her break; we got the northwest room done. What a difference, all light and bright and clean.

Christmas also made the whole idea of a finished basement seem like a smart idea. None of my siblings have grandkids yet,

### Back Home Nancy Hagman



but all those young adults could have hung out in the basement if it was done. There's cable, a pool table and everything.

After Christmas I checked prices for finishing the ceiling and looked at some alternatives for the floor. Probably doable, if we don't have any other big expenses this year.

Over spring break we got most of the stuff sorted out of the basement garage. We plan to close up the ramp and have a large window where the door was. Always nice for a basement!

Clean up went pretty well. Elizabeth and I were inside. She made a pile of treasures she wanted to keep. I had a place for the things I wanted. There was the stack of Grandma's things she apparently does not need (or she would have moved them four years ago), but if we got rid of she

would probably miss.

The rest went outside, where Junior and Kate were. Kate carried the things she wanted to her car. Junior made a stack for the shop. The rest went to the silo.

All the while we were cleaning the mantra was "don't tell Grandma." A couple of weeks later when we were at Kate's I admired a little pitcher on her counter. "It came out of that box of dishes from the basement you said no one would ever want," she said. Maybe I was hasty.

Easter weekend Patricia came home, young man in tow. I proudly showed off the progress in the basement and admonished them both, "Don't mention this to Grandma."

The young man laughed appreciatively and said something about already having to keep the family secrets. We understood that better when he later asked and received permission to marry Patricia.

The basement project is on hold, the money to finish it will be going to lilies and tulle. But the necessity for a finished basement is all the more pressing. Maybe there will be other husbands in the future, and grandkids!

Maybe sometime, someday, someone will dust my baseboards!

### Please keep an eye on this disorder

About a year ago a dear friend called me to tell me they had just returned home from Arizona where her daughter had been in treatment. The lovely 17 year old was not in treatment for alcohol or drugs, nor cancer or diabetes, she was in treatment for an eating disorder. I must admit my knowledge of eating disorders was very limited. I had heard the words anorexia and bulimia, but words such as binge and purge were foreign to me and so began my search. The National Institute of Mental Health said C. Everett Koop, former Surgeon General of the United States, found, "The mortality rate from eating disorders is twelve times higher than the annual death rate due to all causes of death among females ages 15-24 and is responsible for over 300,000 preventable deaths each year."

Many will say this is a new disorder, but it isn't, it dates back to the 1600's at least. It is easily hidden because there is no dealer or contact, it is a solitary threat within the victim. Parents are frequently the last to know because sometimes the girls do not look extremely thin or sickly as we anticipate, but the tragedy of this is the damage that is slowly destroying

### Phase II Mary Kay Woodyard



these young girls. Damage to the heart, lungs goes on for some time undetected until it is irreversible and the threat of death is imminent.

For those of us brought up on the idea, food will make us feel better it is hard to grasp the destruction of this silent killer. For these young girls the food doesn't make them feel better. The food is not the problem; it is only a symptom of the problem. Underlying issues must be addressed before they are free to move on with their life and work toward healing. The average eating disorder patient will endure the battle for 15 years. Years in the heart of their development, both physically but socially and emotionally as well.

Society, unfortunately, doesn't help young girls develop a healthy image of their body. Did you know if Barbie was a real person, she would be 7 feet tall and

weigh 110 pounds? And this is the toy of choice for young girls from extremely young ages. Another issue in our society is the lack of a cohesive dinner hour. Studies suggest young girls who sit with families during dinner hour are less likely to develop an eating disorder.

There is no one cause of eating disorders, everything from faulty genes to a bipolar disorder are suspects in this terrible disease and several things in combination may be significant to its development. One thing is critical and that is to seek help sooner rather than later. Treatment can save lives.

My friend's daughter is fighting and she knows it is the fight of her life. She learned much, as did her family, from two months in treatment, but the battle continues. In the year since returning home she has been hospitalized three times.

She gets up each morning knowing she must spiritually walk hand in hand with her God to win this war. One of the most important things that will help in this battle is awareness, the more we learn the better armed we are to help our young girls gain power over this invisible, silent killer.

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### Thumbs Up

To... Lynn Hehn, JaLynn Urban and all the teaching staff, who helped put on the first annual kindergarten-first grade Family Literacy Night at Eisenhower Elementary. Great way to get us ready for a great summer of reading! (e-mail)

To... Jared Cox and Aaron Van Der-Wege, Norton Community High School seniors, on winning their third state

championship title in Improvised Duet Acting at the State Forensics Tournament in Wichita. They also placed 5th in Duet Acting. Thanks for all the laughs ('06, '07 & '08). (e-mail)

To... Bill Hadley, for doing a great job presenting his successes in employment with the help of the Kansas Health Policy Authority WORK program and employers like Natoma Corp. Bill was one of

four consumer panelists who spoke at the health policy authority committee meeting May 12 in Topeka. (e-mail)

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No charge. And thanks for you continuing input. -td)