

Your turn

Kentucky Derby has nothing on Andbe Home

To the Editor,

The time for the biggest fun family event in Norton was rapidly approaching. Decorations were being hung, the delicious aroma of the good food was wafting through the halls, and the excitement was building. My niece and I were making the final preparations for the trip.

What could cause such excitement, you ask? Christmas? A Fourth of July picnic? A parade? Why no, it was the first Andbe Home wheelchair poker run in honor of the Kentucky Derby and National Nursing Home Week.

What a time we had. Darlene McEwen had done her homework well. She had researched the famous horse race parties and came up with an authentic menu, which included my favorite, Derby Pie. This pie was a chocolaty brownie, pecan, dream come true, topped with whipped cream and pecans. I even managed to get the secret recipe and have made it here at home.

The residents and their families enjoyed treats such as strawberry spinach salad, pepper biscuits and the famous entree Kentucky Derby Burgoo. This was a delectable sort of stew, meaty, with a spicy seasoning. We topped all of this off with a refreshing mint julep tea.

As we enjoyed the food, we listened as Darlene explained her adventure in acquiring the many race mementos that decorated the dining area. We had the horseshoe of roses for the upcoming winner, racing goggles, horse blankets, and a pony cap.

Many of the ladies wore traditional attire with their sundresses and wide brimmed hats.

We had great entertainment from Al Leiker and company. The music made us want to clap our hands and tap our toes. We were all encouraged to sing along.

While we weren't really sure what this wheelchair poker run was, I had to chuckle as I saw one resident who had decorated her wheelchair with the Derby winner this year. She had big placards with Go Big Brown on both sides.

We all got our resident and started off. The object was to push our residents' wheelchairs to each station where they would choose a playing card. The card would then be recorded on our sheet as we tried to make the best hand.

My niece was having such a great time she wanted more. She found a lady willing to go around one more time. She asked her if she knew, "Grams," when a little girl said I know your grandma. I visited with her and she was crying. My niece asked her why she, "Grams", was crying and the little girl said, "Grams said they were tears of joy because I visited!" You never know when your act of kindness becomes a miracle for someone else.

Everyone was laughing and comparing their hands to see if they had a winner. I was feeling pretty confident with three of a kind, when another resident said she had five of a kind!

The winners were announced, the purses distributed and we all returned to our regular places in life as a bit better for having gone to the "derby."

Darlene McEwen brought an age-old tradition to Norton and brightened the day for many a person on that day. She is one of the most positive people with one of the greatest attitudes I have ever met. She makes what could be a dull and dreary existence into a positive experience for the residents and their families. Whether it is exercise class, a dominoes tournament, or an adventurous outing to cheer and appreciate the doctors servicing the Andbe Home, you will find Darlene's smile in the middle of it!

I admire her creativeness as well as the gumption to get an idea, tailor that idea to fit our loved one, and then make it all happen with style and panache! What a blessing to my Mom, the Andbe Home and Norton. If you are fortunate enough to know her, please congratulate her on a job well done!

There is already talk of another major event coming up in the fall. I have no idea what it is, and I don't know if it is a requirement that you have a loved one in the Andbe Home to participate, you would have to check. You may just want to visit or volunteer and be a miracle to someone else.

What I do know is it will be fun, creative and a time to spend some quality fun time with my loved ones.

We are marking our calendars now!
Sincerely,

Pam Martin
Norton

Your political connection

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

★ **U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-4774; fax (202) 224-3514

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

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

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

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

Office hours:

8 a.m. - 5:30 p.m. Mon.-Fri.
Phone: (785) 877-3361
Fax: (785) 877-3732

E-mail:

nortontelegram@nwkansas.com

STAFF

Tom Dreiling editor and publisher
Christie Anderson advertising director
Dick Boyd Blue Jay sports
Carolyn Plotts society editor
Sherry Hickman bookkeeping/circulation
Vicki Henderson computer production

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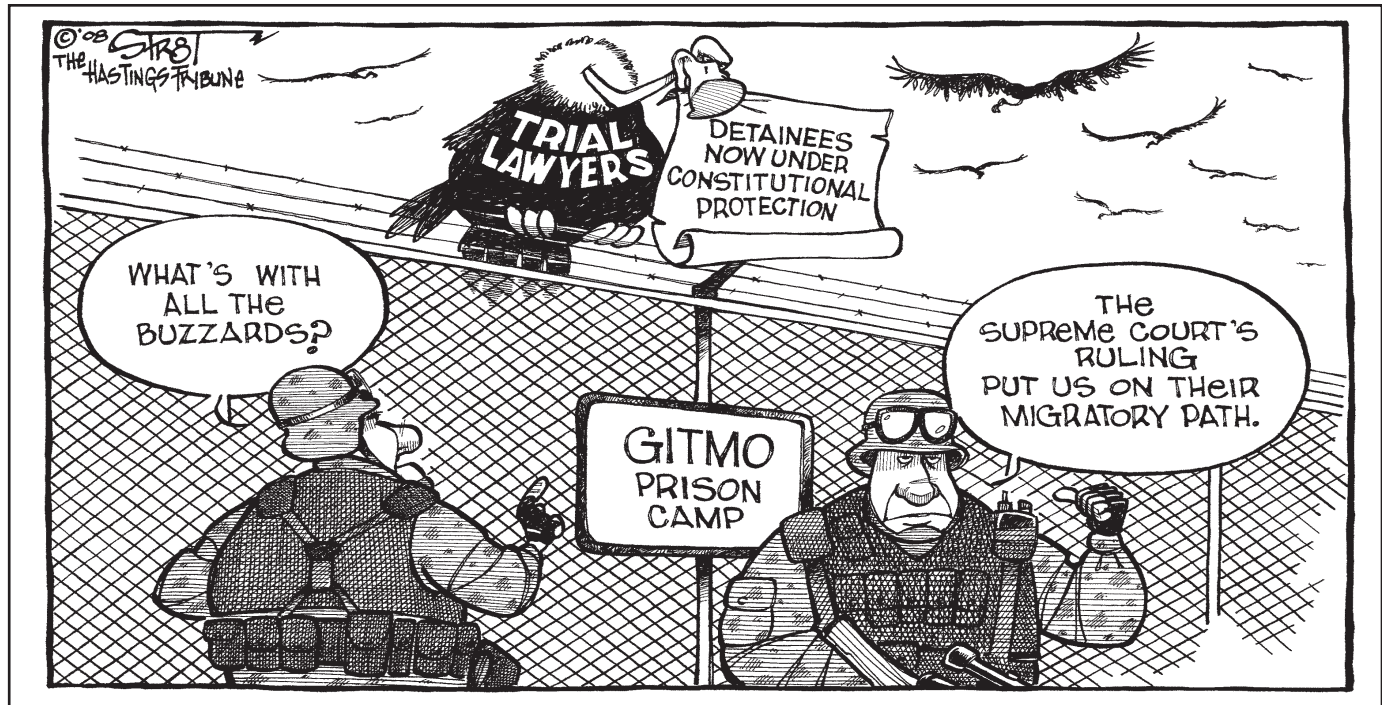
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This time it didn't work for dad-in-law

At 91 years of age, you'd think my father-in-law would be slowing down a little. But, he still does chores every day with feeding and watering calves his number one priority. Last week, though, his "go-get 'em" attitude got him into some trouble.

He was on his way to the calf pen to care for his bovine charges and had to climb over a gate. He's done it that way for years but, this time, lost his balance and slipped. As he said, he got "hung-up" and couldn't extricate himself. It was about an hour before Jim's brother, Gene, found him and got him down.

An evaluation at the local hospital indicated he needed more treatment than they could give and he was helicoptered to an acute-care facility in a neighboring

Out Back Carolyn Plotts



I've said it before and I'll say it again, "If you think there's nothing to do in a small town — you've never lived in one." Two weekends in a row, I've been to one celebration, parade, auction, jubilee, show, benefit one after another. My social calendar is full and running over. The thought of having a weekend to myself would be a dream come true.

state. There, surgery was performed on his right leg to relieve the pressure and he was hooked up to every monitor, IV and tube you could imagine.

We've been to see him a couple of times and he seems to be responding to treatment. Even though, he's not always the most patient patient, he likes his nurses and we think he's getting the best treatment in the world.

I better find some time pretty soon or all the bedding plants Jim has brought home to me will wither in their containers. I'm so lucky, though — he likes flowers as much (maybe more) than I do. One time I asked him, "Do we have enough money to buy some flowers?" He gave me the answer I'll never forget, "We always have money for flowers."

Grandma rides the 'Graduation Circuit'

Graduation! Graduation! Graduation! Yes that's correct. I attended graduation ceremonies for three grandchildren in four days.

Beginning with a reception/open house for Devin in Kansas City for family and friends on Sunday. Devin graduated from Piper High School in Kansas City on Thursday evening. She had an overall grade point average of 3.5 and will take 18 college hours with her as she enrolls at Kansas University.

She was one of nine students in her class who was selected as a Kansas Board of Regents Scholar. She lettered in cross country and track. This year she set the school record in cross country. Devin broke the school record in the two-mile in track and two weeks later, the day after graduation, broke that record by 5 seconds. This summer she continues to be a life guard at Great Wolf Lodge in Kansas City as well as taking more classes this summer.

I boarded an airplane on Friday morning to Indianapolis and spent Friday afternoon and evening at the home of grandchildren Jessica and Billy, with

Memories Sonya Montgomery



Paul, Minn., for one of her grandson's graduation from college.

Lauren graduated from Campus High School, Wichita and was one of seven students in her class graduating with a 4.0 plus grade point average. Lauren was selected to give the invocation for the graduation service. She was a member of the National Honor Society, a member of the National Society of High School Scholars, and played the saxophone in jazz band, where she had the opportunity to take a trip to Florida with the band, and other honors.

Michael, Claudia and family (they met me there from their home in Peoria) where we enjoyed a lovely dinner with the family as we celebrated Aaron's accomplishments. We traveled Saturday to Taylor University at Upland, Ind., where Aaron graduated Magna Cum Laude with a Bachelor of Science degree from the Department of Chemistry and Biochemistry. He was also active in inter-mural soccer.

Grandchildren Jessica and Billy drove me back to Indianapolis just in time to catch a flight back to Kansas City on Saturday afternoon.

On Sunday, Fonda, Devin, Patricia and I drove to Wichita for Lauren's graduation on Sunday afternoon in Wichita. Tom and Andrew had driven Tom's mother to St.

She earned many honors in soccer during her four years. We all attended a reception/dinner in her honor after graduation which was held for family and friends. Lauren is a life guard at a local swimming pool this summer and has been awarded a soccer scholarship and plans to attend Ottawa University this fall.

I know if you have a friend or family member graduating this year, you are equally proud of them.

I am slow in getting this column in the newspaper, but my column IS entitled "Memories".



Devin



Aaron



Lauren

Overeating can be emotional problem

Studies suggest that 75 percent of overeating is the result of emotional eating, which is eating for a reason other than hunger, such as stress, loneliness, boredom or feeling sad. Rather than seeking a solution, food is used to numb the feelings and problems.

This behavior results in such a habit that eating becomes an automatic response of which a person is rarely aware.

Identifying factors related to overeating, including social, situational and emotional cues, and changing eating habits are key concepts in overcoming emotional eating.

Social cues, such as dining out with friends, can lead to overeating. Holiday and family gatherings also include large amounts of food that are a symbol of social cheer.

Situational cues include lunch at noon and supper at 6 p.m., and eating a full meal whether a person is hungry or not. And the sight of a favorite fast-food restaurant can also trigger desires that are hard to

Plain Sense Karen Schueler

pass up, especially when those foods are inexpensive and easily accessible.

Emotional cues are the most difficult to identify and overcome, and include stress and boredom. People learn early in life to associate food as a reward for accomplishments, and as a source of comfort when dealing with problems. Overcoming emotional eating means being aware of when, where and how you eat. Do you pack a healthy lunch, or grab a cheeseburger at the drive-through? Can you say "no" to snacks at work or at parties? Do you eat reasonable portions and healthy foods when dining out?

When feeling hungry, do you give in to a "quick fix" of pastries, chips or candy?

Do you have a habit of snacking late in the evening when watching TV? When feeling stressed do you indulge in an ice cream treat, when you should be taking a long walk instead.

Overcoming emotional eating can result in weight loss and maintaining a normal weight, improved physical health, increased energy and higher self-esteem.

The support and involvement of family, friends and caregivers is a vital factor in overcoming emotional eating. In addition, medical providers and mental health professionals are available to help create a diet and exercise program, and provide support and help with weight loss efforts.

(Today's column contributed by Karen Schueler, MS, LCPC, Prevention, Education and Outreach Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.)