

### In a way, he did fulfill her request

Here's a new twist. A man was telling his coffee buddies that when he got home last evening, his wife didn't just ask, but demanded — because of his lateness in coming home again — that he take her out to someplace expensive for the evening. His buddies listened intently, then said, "So?" "So," he replied, "I took her to a gas station."

**Good Evening Norton**  
Tom Dreiling



-td-

While watching a commercial on television the other night about the newest thing on the market — Kinoki Foot Pads — I had to chuckle. Now we are literally covered from head to toe when we retire for the night. Consider: pads to soothe our feet as we sleep, nose strips to help us breathe easier, and midway between the two, underwear.

-td-

Maybe I'm missing something, but am I supposed to be excited at the birth of the Jolie-Pitt twins?

-td-

Last Saturday night I was watching RFD-TV (ch. 58 Nex-Tech cable), and thoroughly enjoyed the *Ralph Emery Live* program (10-11 p.m.). His guest was Donna Fargo, one of my favorites of many years. She just released her latest song, "We Can Do Better in America." I tell you, if that song doesn't bring a tear to your eyes nothing will. It easily rivals Lee Greenwood's "God Bless the USA." **Thumbs Up** to Donna on another super hit and one that's being heard all across the country!

-td-

And how about the lady in an ad who takes one Boniva and says, in essence, "Well, that'll hold me for a month." Apparently she was popping pills every day. When I started paying attention to her spin, I counted and she took the pill that'll hold her a month 11 times, so she's good until sometime in 2009!

-td-

I guess McCain and Obama are still campaigning. I guess Bill O'Reilly and Keith Olbermann are still ego-battling. And I guess the Larry King Live show is still coming to us live. My television habits have changed dramatically. That's why I'm doing all this guessing.

-td-

What a whale of an All-Star baseball game Tuesday night. 15 innings and I watched it all. I'm a Colorado Rockies fan so naturally I was pulling for the National League. The American League won its 12th consecutive All-Star title, if I understood the announcers correctly. That was 15 entertaining innings. Let's see, I got to bed close to 1 a.m. Short 'nap'.

-td-

My high school alma mater celebrated its 100th anniversary last weekend. No, I didn't attend, I was afraid some of my teachers might still be alive and looking for me. I attended what is now TMP at Hays. And I had a teacher by the name of Fr. Bollig who taught Latin. I was so bad in that language that he promised not to flunk me if I promised him I'd never take it again. A promise kept on both sides.

Kids today would be speechless if I told them when I enrolled in school as a freshman, one of the first things I received was a gun. A gun? More precisely an M-1 rifle! In my day, TMP was St. Joseph's College and Military Academy, and the school had a long-standing ROTC program.

But I'll say one thing about attending the academy, we never had any problems with our rival public high school. You know, "those guys got guns!"

If you want to include ROTC, because we wore Army uniforms all four years of high school and were taught the military mission by Army personnel, then add four years of active military service in the Air Force, followed by four years of active reserve status, I guess my military 'career' covered 12 years. And I'd do it all over, at the drop of a hat.

-td-

Have a good evening! And as you prepare to attend the house of worship of your choice this weekend, give a thought as to how long a religious 'career' you have enjoyed.

### Thumbs Up

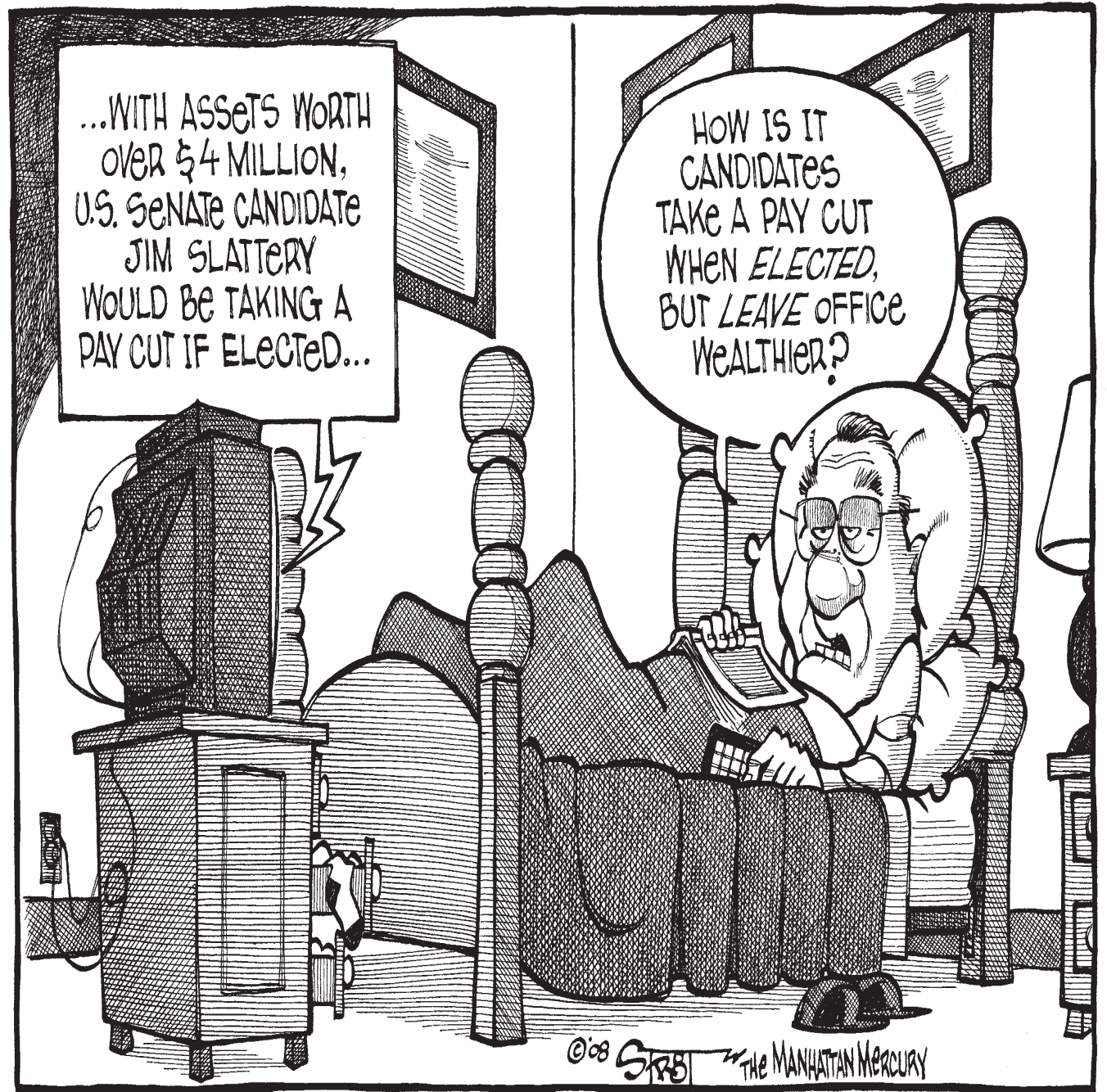
To... All the kids and ladies for the wonderful Show Choir show! (called in)

To... Norton's BB Gun Team for another fine showing in Kentucky! (e-mail)

To... Troy Thomson and Brent Bohl, for giving us a choice at the Aug. 5 primary. (e-mail)

To... Everyone who had anything to do with Norton's Car Show. Super great! (called in)

(To submit a name or names, e-mail tom.d@nwkansas.com, call either 877-3361 or 877-6908, fax to 877-3732, mail to 215 S. Kansas Ave. 67654 or drop by the office. This is a free service. Deadline for Tuesday's paper, noon on Monday, and deadline for Friday's paper, noon on Thursday. Thanks for your continuing input. - td)



### Botox, healthy living don't go together

An interesting question was raised on morning TV this week. The commentator interviewed Nadia Comaneci and Mark Spitz, both former Olympians, one in gymnastics and one in swimming. No one can deny their contribution to their respective sports, made possible through incredible hard work. Now their 'contribution' is to endorse the drug Botox as a part of 'healthy living'.

Endorsements by athletes are not new, one only has to close their eyes and picture the Wheaties box on the breakfast table to remember the impact this early endorsement had on the youngsters of that era. The question is not about endorsements, but at what level do we draw the line claiming it is a part of healthy living. Athletes promoting medications such as insulin or anti-depressants seems to me to fall into a different category, these drugs are life saving to those suffering from diabetes or depression.

I'm not criticizing one's desire to look

**Phase II**  
Mary Kay  
Woodyard



good, but once again the pharmaceutical companies, in their greed, are promoting the notion that healthy living is only a pill, or in this case a shot, away.

The recent addition to the U.S. swimming team of 41-year-old Dara Torres, is definitely reflective of healthy living... hard work, eating right, sleeping well and exercise and on top of that she looks great! Does she have botox injections? I have no idea, but she isn't achieving her successes because of it and isn't promoting botox as a step towards a healthy life.

As a society we have become obsessed with looking good and yet obesity in al-

most all age groups is at epidemic levels. People want immediate results with little or no work.

We would all love to lose our excess weight in a few days, but even if possible, it isn't safe or lasting. Healthy living is time consuming (I know this for a fact), but not only does it take hard work, its rewards are often more far reaching.

Endorsements are going to be with us, but to endorse a drug such as botox as a part of a healthy living regimen sends the wrong message. Botox may make one look good, at least if one stops before the Mickey or Minnie Mouse look.

For those who have this goal then botox may be the answer. But drug companies need to promote the drug for what it is, a visual enhancement, but the healthy living aspect should be reserved for those who have trained, structured and regimented their life to maximize its greatest potential.

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### Your Turn

### Congressman frustrated with lack of action on energy

To the Editor:

The pages of newspapers often display the sentiments of Kansans frustrated by the cost of energy, including the high cost of gasoline.

I support many proposals to address escalating prices, but these solutions are going nowhere until there is a collective will to do something about the energy crisis.

The will does not currently exist because Republicans and Democrats are trying to posture themselves to deflect blame and capture political gains.

I disagree. I believe Congress should be solution-minded, not partisan.

The energy challenge requires a diverse solution of developing all available energy resources. While the demand for energy has continued to increase over the years, there has been no significant change in our domestic supply.

We must lift federal bans on oil and natural gas exploration in Alaska and off our coasts to increase our domestic supply.

Expanded production of domestic oil and natural gas resources alone cannot solve this problem, though. The solution must include initiatives to support renewable energy such as solar, wind, geothermal, hydroelectric and nuclear

power, as well as biofuels made in states like Kansas.

Energy development must be accompanied by energy conservation. We must encourage more efficient vehicles and construction of energy-conserving buildings.

If we are to solve this nation's energy problem, Democrats and Republicans must work together to promote conservation, aggressively pursue forms of renewable energy and develop domestic exploration and production of oil and natural gas.

U.S. Rep. Jerry Moran  
Hays

### Bipartisan effort brought about bill's approval

To the Editor:

Rarely when debating major legislation, does a bill have the strong and diverse support like that of the bipartisan Medicare improvement bill just approved by Congress.

Kansas seniors, doctors, pharmacists, hospitals, military families and I all worked together to pass this bill.

We preserved seniors' access to care and improved the care they received.

Doctors don't have to worry about an unworkable 10 percent cut in reimbursements from Medicare.

Pharmacists will be promptly paid under Medicare and will not face cuts in reimbursements, preserving critical care local pharmacies provide to Kansans — changes I have long sought.

And finally, as a member of the Finance Committee — which oversees Medicare — and as co-chair of the Senate Rural Health Caucus, I saw to it the bill contains important provisions I wrote to address the challenges of health care in rural America.

It has been my pleasure to work with so many Kansans on this legislation. It is

clear that support from the Kansas AARP, Kansas Medical Society, Kansas Hospital Association, Kansas Pharmacists Association, and all of the other military, provider and patient groups helped get this bill approved.

It was unfortunate the President chose to veto it, but I am glad Congress swiftly voted to override.

Improvements to Medicare are on the way.

Sincerely,

U.S. Senator Pat Roberts  
Washington, D.C.

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