

Op-ed

Stop by your library this week

This week April 12-18th is National Library Week. It is a time to remind everyone about the importance of a library in our community. Librarians, library staff, and volunteers work hard to make your *Library* a wonderful place to be.

Libraries offer countless free resources to help people of all ages, backgrounds and faiths to find education, entertainment, and self-help information. Some of the resources available at the Norton Public Library are books on the best seller list, books on CDs, magazines, DVDs, computer and wireless access to the Internet.

Our library is made even more special because of the friendliness and expertise of the staff. The library also provides a space for people to come together, whether in the main part of the library or the Community Room which is available for public use.

Library Spotlight Mary Luehrs Director

On April 24 at 6:30 p.m. we will be having a special evening storytime in conjunction with The Week of the Child. This is a family event that we encourage parents and children to attend. Cookies and milk will be served.

The Norton Public Library is planning wonderful events for the community this summer. Our main event will be the Summer Reading Program that will begin at the end of May when school is out. The other special event will

be on June 11, 2009. This will be a community celebration for the 100 Year Anniversary of having a library in Norton. The first library was opened on June 11, 1909.

More information on these events will be available soon.

Some of the new items at the library are:

- **Adult Fiction**
Lavendar Morning by Jude Deveraux
While My Sister Sleeps by Barbara Delinsky
Long Lost by Harlan Coben
True Colors by Kristin Hannah
- **Junior Fiction**
Most books on the William Allen White Award List for 2009-2010
- **DVDs**
Twilight
Australa
Nights in Rodanthe
High School Musical 3

12-step recovery explained

Valley Hope is a 12-step based recovery program. For those of us who work in the field, that comment makes complete sense. However, for people who are not familiar with substance abuse, the chemical dependency field or recovery may not know what we mean.

Alcoholics Anonymous began in 1935 with a stockbroker named Bill W. and a doctor lovingly called Dr. Bob by people in the program. It is what is termed a "self-help" program. People with the same problem meet to help each other face the daily challenges that come with being sober. Those of us who have used alcohol or drugs as coping mechanisms for life need to learn new ways to handle difficulties that most people handle without a second thought.

One of the tools provided by the pioneers of Alcoholics Anonymous was the 12 Steps. They break down into three parts: 1) Trust God (Steps 1-3), 2) Clean House (Steps 4-9) and 3) Help Others (Steps 10-12). People involved with 12-step recovery are encouraged to follow these steps (in order) to find freedom from addiction and a fuller way of life.

Steps 1-3 begin by an admission that we are powerless over alcohol and this has led to unmanageability of life. Powerless in that

Where There's Hope Carla Moore

when I begin to drink or drug I cannot stop. I may have money that needs to go to rent, childcare, personal health but I spend it to keep my supply of substances. Unmanageable reflects the consequences I am experiencing. This can be lost time, lost relationships, inability to hold a job, etc. In this part we also realize we need help to recover from our addiction and begin to reach out for someone or something to assist.

Cleaning house includes Steps 4-9. In this portion of the steps we take a personal moral inventory of our lives. Who do we resent? Who have we hurt? What areas of our lives have been affected? Then we sit down with someone and share our inventory — usually a sponsor. Through this practice, we learn what our character defects are — those things driving our addiction. These can include pride, fear, jealousy, and so on. Once we know what the character defects are, we ask for help in getting rid of these. Finally, we make a list of people we have harmed (not who have harmed us) and then go about

making amends. It is a humbling practice which is necessary for us to find our place in the world. Through amends we clear out the wreckage of the past and can begin to hold our heads high. We begin to experience the promises of the program.

Finally — help others. One of the beautiful parts of the program is the encouragement for us to reach out and share what we have learned. You will often hear, "You can only keep what you have by giving it away." We are encouraged to continue a daily inventory so we can keep our lives in order, continue to work at building an active relationship with our Higher Power and then bring the principles of the program to every area of our lives.

It is a long and arduous process, but the outcome is always worth the pain. Each time I work through the steps, I learn more about who I am and what I have to offer my fellow travelers in this life. I become more open to the Universe and the direction of my Higher Power. I become more a part of the solution than the problem. What an adventure!

(If you have any questions or comments, please contact me at cmoore@valleyhope.com. Name: Carla.)

'Shopaholic' can spell trouble

Shop till you drop is a phrase we often hear, or even use to describe our own behavior. Unfortunately for some people, compulsive, all-consuming shopping can become a major problem that affects not only their finances, but also relationships with a partner or spouse, and with family and friends. A problem shopaholic will purchase unneeded items on a frequent basis, regardless of how it affects their finances, with the result that they live paycheck to paycheck, have little or no money in savings, and pay only the minimum amount due on charge accounts.

Addicted shoppers experience a 'rush' when making a purchase and find spending provides an exciting sensation. As with other addictions, the 'high' that is experienced while absorbed in the satisfaction of the shopping is followed by a corresponding 'low'.

Shopaholics often feel guilt following such purchases, and may even become depressed. Yet, they will soon repeat the behavior. Some compulsive shoppers are harboring pent-up emotions such as anger or loneliness, and rather than deal with the situation, they go shopping in order to experience a release for those feelings.

Overcoming being a shopaholic is not easy. The person must look at what motivates this behavior, and what they need to do to change. If underlying feelings, such as anger are part of the reason, they will need to deal with the person or situation that is a contributing factor, rather than using shopping as an escape.

Shopaholics also need to ask

Plain Sense Karen Schueler

themselves if the purchase is truly a 'need' or just a 'want'. The use of credit cards can contribute to the problem, so should be limited or eliminated. And it will be difficult to avoid a good sale!

Getting help and support to overcome a problem is always a good idea. Consumer Credit Counseling Services are available nationwide, and in some areas there are self-help groups for compulsive spenders.

Low self-esteem or depression can also be factors, as well as impulsivity.

Mental health professionals

can provide assistance in examining the problem, determining underlying factors, and developing resources and skills needed to overcome the behavior.

(Contributed by Karen D. Schueler, MS, LCPC, Director, PEO - Prevention, Education and Outreach Dept. The views expressed are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, PLAIN SENSE, PEO-Prevention, Education and Outreach Department, 208 East 7th, Hays, Kan. 67601. Questions will be formatted and answered in a manner that insures confidentiality. The Internet site is: www.highplainsmentalhealth.com)

Open House & Ribbon Cutting Ceremony

Cabin Building Program
Wednesday, April 15th— 11:00 a.m.

NCF's Cabin Building Program has completed the first cabin to be placed at a lake by Kansas Wildlife & Parks.

Join us as we celebrate!

Norton Correctional Facility
East Highway 36
North side of the Facility

Follow the signs
Light luncheon immediately following

City council

(Continued from Page 1)

The governing body will elect a council president and then the mayor will submit names for various positions within the city's framework for council approval.

Building permits to be considered are from:

- Ken Roberts, \$400 to construct a wood deck behind house at 611 E. Main
- Kowpoke Supply, \$25,000 to expand the roofline on the building at 415 E. Holme

- Clair Rumford, \$1,500 to construct a deck on house at 1016 Truman
- Herbie Johnson, \$3,000 to construct a deck at 404 W. Crane, Apartment #2
- Crossroads Church, unknown amount, to move carport from 205 E. Holme to 315 W. Lincoln

Under new business:

- City Administrator Rob Lawson will discuss the Virginia Graeme Baker Pool and Spa Safety Act and give his report.
- The council will consider a

resolution regarding the Family and Medical Leave Act.

• Councilwoman Donna Foley will give her report on the Public Works Committee meeting.

• Councilwoman Kim Snyder will ask the council to approve a barbecue contest in Elmwood Park on Aug. 28 and 29

• The council will consider granting a beer garden license during the barbecue contest.

The meeting, which begins at 5:30 p.m. is open to the public and is held at City Hall.

Golfers finish fifth at home tournament

By DICK BOYD
nortontelegram@nwkansas.com

The Norton Community High School varsity golf team hosted the annual Norton Invitational Golf Tournament on Thursday on the Prairie Dog Recreation Association course and placed fifth out of 12 teams competing in cold weather with winds gusting to 50 m.p.h.

Phillipsburg won the team championship with a 351, followed by Goodland, 369; Smith Center, 378; Hoxie, 386; Norton, 391; Atwood, 419; Oakley, 419; Stockton, 421; Colby, 425; Quinter, 427; Ness City, 444; Norton Junior Varsity, 487.

For the second straight tournament, J.D. Gall was low man for Norton and was within one stroke of his season opening score at Smith Center, despite the high winds and wintry temperatures. Gall carded a 48/41-89 to place sixth among medalists.

Next best for the Blue Jays was Connor Pfannenstiel with a 50/50-100; followed by Marcus Herman, 54/47-101 and Cole Archer, 48/53-101.

Also playing for Norton and their scores were Logan Kelly, 51/51-102 and Kyle Mindrup, 54/58-112.

Low scorer for Norton's Junior Varsity was Andrew Otter with a 58/60-118. He was followed by Ashley Colip, 59/60-119; Shaylyn Boteler, 62/62-124 and Taylor Meder, 63/63-126.

Individual medalists were: Jeff Jarvis, Phillipsburg, 75; Alex Hobelman, Smith Center, 82; Joel Linn, Goodland, 89; Patrick Loftus, Oakley, 89; Zack Ruda, Atwood, 89; J.D. Gall, 89; Casey Heim, Hoxie, 90; Andy Taylor, Goodland, 91; Brock Morgan, Phillipsburg, 91; Kyle Hoover, Phillipsburg, 91.

"We did not shoot the type of scores we were looking to shoot

coming into our home tournament," said Norton head golf coach David Stover.

"In extremely difficult playing conditions, we weren't able to avoid big numbers throughout the round.

"The highlight of the day was the play of J.D. Gall, bouncing back from a difficult front nine to shoot a very solid back nine score and earn individual honors."

Matt Overlease, a former

outstanding athlete for Norton Community High School, was present at the tournament as the head coach of the Ness City High School golf team.

Next action

Norton will split teams for competition today. The Blue Jays will play in the Goodland Invitational, which begins at 2 p.m. and in the Ellis Invitational, which tees off at 3 p.m.



Norton junior J.D. Gall putted on the ninth hole during the Norton Invitational golf tournament on Thursday. For the second straight tournament, J.D. was low man for Norton. He was within one stroke of his season opening score at Smith Center. His 89 placed him sixth among medalists.

— Telegram photo by Dick Boyd

Telegram Advertising DEADLINES

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REGULAR DISPLAY ADS: PUBLICATION DAY	COPY DEADLINE
Monday/Total Market Coverage	Thursday Noon
Country Advocate	Thursday Noon
Tuesday	Friday Noon
Friday	Wednesday Noon
CLASSIFIED DISPLAY:	
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Tuesday	Friday Noon
Friday	Wednesday Noon
CLASSIFIED LINE ADS:	
Monday/Total Market Coverage	Thursday Noon
Tuesday	Friday Noon
Friday	Wednesday Noon
LEGAL PUBLICATIONS:	
Tuesday	Friday Noon
Friday	Wednesday Noon

THE NORTON TELEGRAM

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