



It's a bird alright, Zach Bird, getting ready to submerge himself in the comfortable waters at the Norton swimming pool. The weather has been cooperating and the pool is busy.

- Telegram photo by Dana Paxton

Swim pool

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a time; four work on the water and two work in the office, which gives them a break from the sun.

Rachel Lentz has been a life-guard for five years.

"It makes me feel good to know that I'm serving the Norton community by making sure that the children's safety is a top priority," she said.

Rachel is a junior at the University of Nebraska-Kearney, where she is majoring in speech pathology. She said she hopes to work with children when she graduates, and working at the pool gives her experience with different kinds of children.

Brett Wyatt has also been a life-guard for five years. "It's a really fun atmosphere to be in," he said. He said he keeps coming back because of the relationship with the kids. "I really enjoy teaching and being involved with swimming lessons."

Swimming lessons start June 15. The first session lasts from June 15-26 and the second ses-

Relay for Life

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rate them in any way or simply write the name of the person to be honored/remembered. Luminaria may be purchased from Dana Hanlon (877-5613), Sabrina Richardson at the First State Bank during business hours or any person who is on a team," according to organizers.

The group said *Relay for Life* helps increase cancer awareness and the importance of early diagnosis and lets the community see the number of survivors who are thriving.

When the annual event kicks off on Friday evening at 7:00 on June 26 with the Survivors Lap, all survivors will be wearing special T-shirts and will walk around a path in the southern part of Elmwood Park. Members of teams will walk all during the next 12 hours and activities and entertainment are being planned for the evening.

Wheat

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that affects different varieties.

The tour will be held on Prairie Dog State Park Road, four miles west of Norton, where the public is welcome to come out and view the wheat, as well as talk to experts in the field.

Brian Olson, northwest Kansas research and extension agronomist, will help review the varieties of wheat that are included in this year's tour. Dan O'Brien, Kansas State University agriculture economist, will evaluate the wheat markets.

Mr. Schulze's wheat suffered from wheat rust last year and he switched to a different variety that was less susceptible to it, he said.

Mr. Schulze said his wheat "looks good" and will be ready to harvest around the first of July.

He has been farming all of his life, and his crops include wheat and corn. He also raises cattle.

"It's a full time job, he said."

Patients span all areas of society

Where There's Hope

Carla Moore

I'm sitting here, looking out my office window at the patients who are on break between sessions. They range between the ages of 16 and 60 at this point. We have professionals, students, blue collar workers, the unemployed. Housewives, single, married and dating. It's amazing how this disease cuts across so many levels of our population. People are addicted in urban centers, cities, towns and rural areas. Maybe it's not always the same drug but always with the same emotional, physical and mental destruction.

What I find interesting by watching the patients is you never know who is going to connect with whom. As people are offered the opportunity to begin sharing their deepest thoughts and feelings, in a safe environment, you begin to see the importance of external things such as the type of clothes you wear, age, what type of car you drive, etc., begin to drop away. People begin to have the opportunity to connect on a level of emotions, dreams and hopes.

I can still remember my first AA meeting almost 14 years ago. I walked in feeling lost, beaten and worthless. The room was filled with people who were laughing, smiling and hugging. I wasn't sure I belonged but had no where else to go. As the meeting began, it amazed me when these

people who appeared to have "it" together began talking about what life was like before they got into recovery — the pain, shame, and embarrassment. It seemed like they were reading my mind! I went back because it was good to hear other people talk about where I was with little regret and a belief that there was hope for things to get better. That's how people come to Norton Valley Hope.

You can see them walk in looking down, isolated and hesitant. They begin attending small groups, lectures, and sessions and begin to realize they are not the first to walk this path and that they have a chance to do something different. Then we begin to see them becoming involved with the group and the magic begins. It's interesting to watch an older patient connect with a teenager or someone who is homeless connect with someone who has everything money can buy. They begin to realize the truth that we are all in this together and we are all just looking for that

sense of belonging.

What a gift to be able to be a part of this process. Ideally, we learn to accept ourselves and others in the program. Then, if we hang around long enough, we begin to realize that what we have been given so freely in our 12-step program is something we can give to the world around us. The longer I interact with the world, the more I realize there is little difference between addicts/alcoholics and what we call "the normies" — people who are not addicted. We all want to have the sense of belonging and having a purpose. We all want to believe we make a difference. We

are all the same when it comes to our dreams, hopes and feelings.

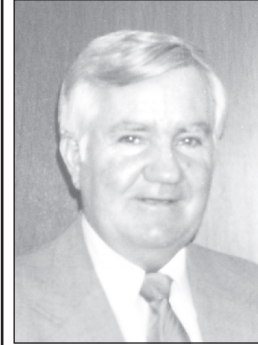
The longer I am here, working with and watching addicts, the more I realize that we cannot judge each other by our outsides because they keep us from getting to know ourselves and the world around us. Many of the greatest gifts I have been given in recovery have come from the people I thought I had the least in common with on the outside but we are all family at the level of the heart.

(Enjoy your day. If you have any questions or comments, you can contact me at cmoore@valleyhope.com. Namaste - Carla)

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