

Infidelity within the upper ranks of power

A former Schwarzenegger aide was quoted as saying, "I'm just disgusted. It's the only dang bipartisan thing these guys do - cheat on their wives. John Edwards, Arnold Schwarzenegger - tell me the difference."

My answer, "There isn't any." Infidelity certainly is destructive for a relationship but does it have or should it have any bearing on a candidate's potential success. If we are looking for a candidate who speaks the truth I would challenge you to remember you are talking about politicians. A truthful politician is a bit of an oxymoron, don't you think?

Infidelity certainly is not new to the world of politics as there have been others with mistresses or affairs in their legacy. What is different however is the accessibility of the information. Years ago news wasn't 24/7 and neither were the reporters.

The greatest effect of all of the interest in these extramarital affairs is how it stands in the way of addressing the real issues facing our country, such as jobs,

Phase II
Mary Kay
Woodyard



health care or the deficit. These issues are totally hidden because of the coverage of these affairs, situations which should be of little concern to the voter. It gives an almost Hollywood atmosphere to the running of our country. The flip side of this is the arrogance of some potential candidates who seem to relish the focus on their infidelities.

The one thing we can all agree on is the disappointment we feel in the individuals we have elected to find solutions to our problems. Instead of finding compromise they have generated anger and hurt. The only compromise some seem to be able to achieve is between the sheets.



A little courtesy please

Dear Editor:

Thursday night, May 12, found a large crowd at the East Campus Auditorium enjoying the NCHS/NJHS spring concert under the direction of vocal instructor Tamra Cochran. The music performed by the NJHS Choir, NCHS Concert Choir, Jay Singers and Men's and Women's Ensembles was spectacular. Throughout the evening, Ms. Cochran recognized the young adults on stage and explained the various awards they have won during their contests this spring. The words "Superior Rating" were mentioned A LOT, which means the judges think you are REALLY GOOD.

During the NCHS Concert Choir performance, Ms. Cochran explained that songs three and four on the program were performed at contest and the choir received three Superior ratings. Ms. Cochran asked the audience to hold the applause between the two songs as she wanted us to experience the songs in the same manner as the judges did at contest - back to back, no interruption, no distraction. Ms. Cochran even added, don't worry I will remind you "no applause" when it is time. Song one was performed and as an adult audience we listened. We listened to the direction of no applause and we complied as asked. Then the cell phone went off. it was quickly muted and maybe no one noticed. My first thought was, Seriously???? We can listen to a direction to hold the applause but we can't remember to shut our cell phone off.

I understand the need for law enforcement or medical personnel to be contacted in an emergency but many times those individuals use the option on the phone so a noise is not made or they stand at the back of the auditorium. It seems that it is hard to attend a meeting, church, a courtroom proceeding or a school activity where an interruption is not caused by a cell phone.

I don't mean to stand on a soap box - but sometimes, we just need to be able to enjoy the music and listen.

Janelle Morel



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Reflections of the past during graduation

Some of you have "met" two of our grandchildren, Annabella and Kaleb, in previous columns. I want to introduce you to our oldest grandchild, Christian, and I want to talk a little bit about him. Christian is 18 and graduated from high school last weekend. As I watched this young man march in wearing his red cap and gown, I remembered the day of his birth. He was a pre-term baby and spent the first two weeks of his life in the NICU (Newborn Intensive Care Unit). As his grandparents, we had special privileges and could enter the NICU to see him, but we couldn't touch him. That was so difficult for me. When he was dismissed to go home, he couldn't go to day care; his parents had to arrange for in-home care. We made frequent visits and watched his growth.

One of my favorite memories is of his first birthday. We gave him his first car, the ever-popular Cozy Coupe. His feet didn't reach the ground, but he figured out quickly this was a means of transportation, so the adults took turns pushing him around the yard and around the block during his party. What a relief when he grew into that car!

Both his parents are sports-lovers, and it became apparent very early that Christian had natural athletic ability. (It

Life is
Good
Rita
Speer



didn't come from this side of the family!) Through the years he has played soccer (both AYSO and competitive), baseball, football, basketball and run track. He is small but so fast, and he puts his heart and soul into whatever sport he plays. At the reception after his graduation, there was a table set up with his awards. There were more medals than I could count on his high school letter. He lettered all four years in football, basketball (starting varsity in both sports as a freshman) and probably track (the season wasn't over the day of Graduation). He is an honor roll student.

One evening during basketball season, I asked him how his Christmas was. "Okay," he responded, "I got a fridge, a microwave and money. I guess I am going to college." I asked him if he didn't want to, and he replied, "Not really. I like high school." Part of the reason he liked high school was that he was part

of a very special class. Nineteen young people graduated, and 18 had plans to attend college. They were close and high achievers. Christian's reception was shared with two other young men; these three have been buddies since they started school.

Right after graduation, he posted on Facebook that he wished he could step foot on the (football) field just one more time as an Eagle. That won't be possible, but he is going to continue his athletic career. He has chosen to go to Doane College in Crete, Nebraska, his mother's alma mater and play football there. His goal is to become a physical therapist.

In the last year he has matured and changed physically. His graduation picture looks like a man of 20 or 21, so it is time to spread his wings. He will work on a ranch this summer, and he works hard there. When it is time for him to leave for Crete, he will be ready.

Still think of that little boy with blond curls, but I now have the memory of his giving me a rose during the graduation and saying, "I love you, Grammy." I may not be old enough to have a grandchild heading off to college, but he is certainly ready.

What your vets wish every pet owner knew

When it comes to taking care of your pet, a yearly trip to the vet is all you need, right? Wrong! Annual visits are essential, but they are only the tip of the ice-berg when it comes to taking care of your pet. A thorough annual visit to your veterinarian usually lasts 30 minutes. This is not nearly enough time for us to help you adequately maintain your pet's health and well-being. There are many more things you should be doing at home for your pet in order to give them the best quality of life for as long as possible. And since your pets can't tell you what they need, you need to do the next best thing, take them to your veterinarian! There are many things that we wish every pet owner knew about their pet. Below are some essentials that every pet owner needs to know!

1. Your pet isn't "extra-fluffy", "big-boned", or "cute and happy" with all that extra weight! At least 50% of America's pet population is obese. Obesity can lead to severe health problems such as painful arthritis, heart disease, breathing difficulty, and diabetes. Health problems will mean less play time and more depression. How can you tell if your pet is overweight? Your pet's weight and body condition score will be monitored at each veterinary visit. Between visits, place your hands on your pet's side - are

Vet tips
Dr. Sara White



the ribs hard to feel? If so, your pet is likely overweight. Weight gain is caused by many factors including: overfeeding, overeating, feeding "people food", lack of exercise, age, gender and neutering. Also "discount" pet foods can do more harm to your pet's health than good. Most "discount" foods are full of fillers and are packaged with labels that misguide the consumer! Obesity will decrease your pet's quality of life!

2. Pets need dental care too! Dental care is not just for humans. Pets need their teeth brushed regularly. Good dental hygiene is essential for your pet's over all health and well being. Harmful bacteria live in the gums of your pet's mouth. By not brushing your pet's teeth and skipping regular dental cleanings, this harmful bacteria enter the bloodstream, causing major damage to your pet's heart, liver, kidneys, bladder, and teeth. Avoid feeding pets table scraps; this can increase

buildup of plaque and tartar leading to health problems. An astounding 80% of dogs and 70% of cats by age 3 show signs of dental disease! Common indications of oral disease include bad breath, a change in eating or chewing habits, pawing at the face or mouth, and depression.

3. Veterinarians are available for consultation - please talk to us before you buy or adopt your next pet! Caring for a pet is a big decision and a huge commitment. Pet owners need to thoroughly evaluate many factors when considering a pet including: financial need, is your home and yard suitable for this type of pet, what is the age of your family, what is your activity lifestyle, what is your work schedule like? Different types of pets have different needs. Some breeds have many more medical problems than others. Larger pets tend to require more food. Pets must be put into the ongoing family budget, especially for veterinary care. Prior planning will prevent a lot of heart ache and allow you to be prepared for tough decisions down the road with your pet!

Next time, the rest of my list. As always, contact your veterinarian with any questions we are here to help!

Good luck graduating class of 2011!

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Thumbs up: The Norton Flower Committee would like to thank Ted Hanchett for the pine mulch he brought from Colorado. It made the planter on the south side of the Recreation Center look very attractive. Emailed in.

Thumbs up to the wonderful samaritan who mowed my lawn while I was away having eye surgery. Thank you. Called in.

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