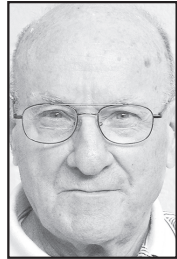


Our Representatives need a kick in the can

I found it! I FOUND IT!
Wow!
I was beginning to think it never existed.
But there it was.
Lots of dents, but what would you expect.

Man of the Plains
Tom Dreiling



I nearly tripped over it.
But if you are like me, hampered by less than good eyesight, you seem a bit more aware of your surroundings as you make your way around a given path by foot.

I'm generally not an alley cat, as they used to call them, but sometimes your daily walk route may turn you into one, briefly.

It was a warm, but not overly uncomfortable morning, as I set out on an 'exploration' walk around parts of my new living environment. It's called the Kentucky Circle Village, Denver. Beautiful place. Filled with caring and accommodating folks. I felt like I was one of them from day one.

I was busy the morning of my walk (which included what looked like part of an alley), busy talking with people I had never seen before. Lot of "welcome aboard" led to introductions and I am sure they will turn into lasting friendships. That's how I have this place pegged.

When you are my age, somewhere between 70 and 100, you look for people who were born and raised about the same time you were. That way you have much in common, much to talk about. The place I lived at prior to my move on Sept. 28, was very nice; however, it was a huge complex that seemed to cater to the crowd ranging in age from probably 25 to around 48. Lots of young families. Mom and dad work and the kids spent the day in school. There was little contact with that crowd. I felt pretty much alone most of the time, except for those very frequent and precious visits by my kids and grandkids.

When it was time to renew my lease, I decided not to but instead to look for alternate housing that had an out-stretched hand for people my age. Someone mentioned Kentucky Circle Village. So, in company with my kids we looked into it. We were all impressed. It didn't take me long to make a decision. The age requirement is 62 and older. Perfect fit!

So here I am, sitting in front of my computer, talking about finding something in an alley I thought perhaps never existed. I got sort of side-tracked in the process so I will return to that subject.

What I found in the alley during my walk was that tin can the United States Senate and House of Representatives keep kicking down the alley! I think if those Senators and House members would get out of the alley and into their work place, we might have a better result than we are experiencing. They can play "kick the can" when they go home on their weekend visits with family and constituents. But not on my time!

Remember when they were "tossing people under the bus"? Seems like they spend more time dreaming up catch-phrases than dreaming up ways to keep this great nation great!

Please join me in contacting your Washington representatives and telling them that the only can you are going to kick is the one attached to their backside.

That should do it!
Snippets

"If Chris Christie is elected president, Air Force One would have to be upgraded to allow for all that extra poundage! ..."

"President Obama is in full campaign mode. Are we to take that as 'running scared' or what?"

"... At least Texas Gov. Rick Perry has brought a lot of unintended laughs to the campaign. He's not funny but what he says is. ..."

"Run! Hillary! Run! ..."

E-mail me your snippets, on any topic. No more than three sentences. Your name will not be used. milehitom@hotmail.com

Peace!

Your comments on anything that appears in your favorite newspaper coming from my computer in Denver, are always appreciated, regardless of the tone. Simply email me at: milehitom@hotmail.com



If it's not one thing, it's another in our lives

Just when I thought it was safe to go back in the water.

It's been five months since Jim's accident. He's learned to live with the limitations of a thumb that is not entirely flexible. Life has gone on. We're at the age where danger shouldn't be lurking around every corner. But guess what? He manages to find trouble anyway.

Wednesday, while the wind was blowing like a banshee, Jim was working outside installing tail lights on a trailer. He made heavy-duty, steel "holders" for the lights. There were some rough welded spots that he needed to grind down.

That night he complained of his left eye hurting, but we both attributed it to the wind and dust in the air. By noon Thursday his eye was bloodshot and he said it really hurt to blink. He tried washing his eye - no relief. By bedtime he was completely miserable and rest did not come. Finally, about 2:30 a.m., he said, "I can't take it anymore. Let's go to the emergency room."

Out Back

Carolyn Plotts



As luck would have it the same nurse was on duty that helped treat Jim the night we came in with his thumb injury. After we explained what his complaint was she said to me, "We should just keep your husband in bubble-wrap."

After numbing his eye, the nurse and Physician's Assistant immediately saw the culprit: a tiny speck of metal from the grinding had embedded itself in the iris of Jim's eye. When I saw the PA take what looked like a large hat pin out of the surgical tray, I excused myself from the room. I know I promised "for better and for worse", but I didn't think I was obligated to watch. It's bad enough he had to.

It was over before I could walk to the end of the hall. However, the speck had been in his eye too long and had left a "rust ring". A visit to our optometrist would be required. By this time, however, it was about four in the emergency room was bad; the Roto-Rooter in her office was downright gruesome. Again, the deadening so Jim didn't feel a thing, but to see this "grinder" coming at his eye had to be unnerving. I wouldn't know, I couldn't watch.

The procedure was successful and Jim is as good as new. A little more careful though, I hope. He thinks safety goggles might not be such a bad idea now. Personally, I think the nurse had the best idea, and my order of bubble-wrap should arrive Thursday.

The dangers of the internet age and our children

Kids connect to it. They download from it. They watch on it. They listen to it. They play on it. They surf on it. They converse with it.

Do you know how to monitor it?

It is the Internet and it can be hard to keep up with. We want our children to be safe online, and with the amount of time kids spend online, it's crucial that we do what we can to keep them safe.

Kids are turning to the internet for everything from hanging out with friends to shopping. They use and rely on the Internet daily. Studies reveal 93 percent of teens (ages 12-17) are online on a regular basis.

Youngsters may also believe they're anonymous online, because they're interacting only with a screen and not directly with a person. They forget what they post becomes public.

One of the biggest dangers is risky content. Despite efforts to regulate content, some of the most popular sites, including YouTube and Google Video, host disrespectful and inappropriate content. There are plenty of sites off the beaten path where anything goes.

You don't want your child stumbling into adult movies or attending virtual wild parties. Nor do you want them connecting with online predators.

As adults, our childhood experience was much different than our "digital" children. They may experience harsh

Insight

John Schlageck

and mature content at their fingertips at a young age. It is our duty as teachers of this generation to start the education process early.

Here are a few guidelines you should explain to your child to ensure their safety online. Inform your child that if they come across subject matter that makes them feel uncomfortable, they should talk to a trusted adult about it immediately.

Don't let your children be bullied or bully others online. One in three children have experienced harassment online. If your child is the target of this behavior, encourage them to not respond and seek help from a trusted adult.

Know and understand the privacy settings for sites that your children may visit frequently. It's best for parents and children to review these settings together and decide what's best.

Have your child strive to be a leader when using the Internet. Encourage them to follow the golden rule and avoid dangerous, hurtful, embarrassing or degrading situations online.

Content blockers and filters are great tools to use with younger kids. They

allow you more control over where they go and what they do online. They also block sites with explicit material or limit a child's search to a predetermined set of sites. A content filter scans sites and images and blocks those that contain certain words, key phrases, or content.

Consider tracking software for older teenagers. This software enables you to view sites your children have visited. This tool gives young people more freedom to explore the Internet, and also allows you to verify they are using the Internet responsibly.

Let your teenagers know you trust them, but you will be periodically verifying that they are visiting appropriate sites online.

Even if you use content blockers, filters and trackers, know that plenty of kids figure out ways around these. It's important to remain vigilant.

Remember, not all adult sites post an industry rating that can be identified by blocker, filter or tracker software. Talk to your kids about what to do when something inappropriate or scary pops up.

Nothing can replace involvement and supervision by adults. Keep monitoring how your kids use the Internet on a regular basis without becoming an Internet cop.

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Thumbs up to Farm Bureau for hosting the free movies day to whomever wished to attend on Sunday. And to the nice young man who gave me his spot in line so that I could get out of the rain. It was very sweet of you. Called in.

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