

For the right answers, play the right game

I have had it and if the polls of the American public are an example, I am not alone. The Congress and the super committee are spoiled children. Democrat, republican and independent all act like two year olds.

I once said to two of my children, six and ten, "This is the first day of summer vacation and I have had it. You have fought since early this morning. Now (they shared a room) you are each going to sit on your bed and stare at each other until you can figure out how to get along and I don't care if it takes you all summer."

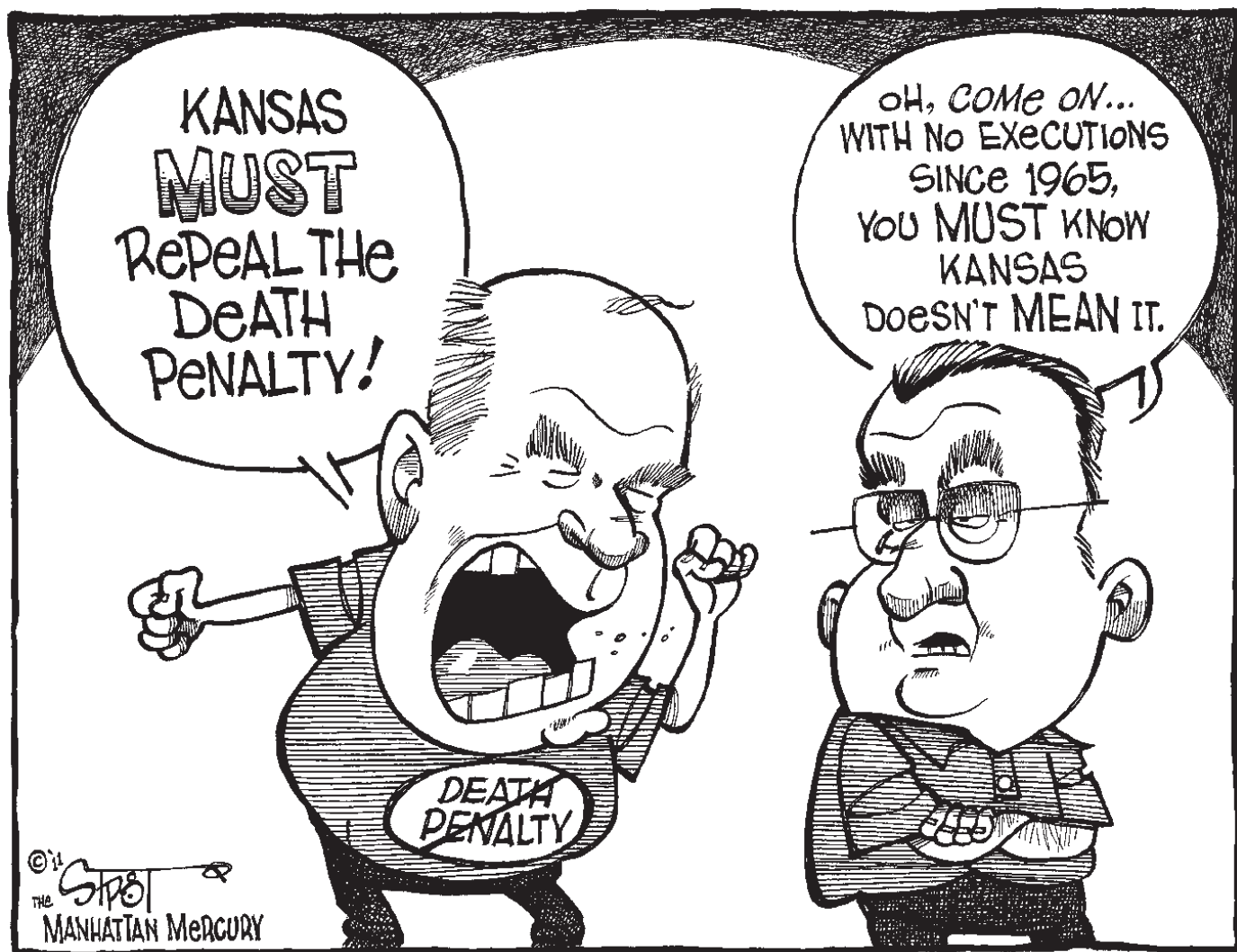
And so I am going to offer my mother services as a Mother Moderator to this so called super committee. First they will sit on the floor, (at our age that speeds things up considerably), and face each other. There will be no aides or reporters. They must sit either on their legs or as we used to say which I'm sure is totally politically incorrect now, Indian style. They will get bathroom breaks every two hours, meals will be brought in...pizza, of our choice not theirs, Herman Cain might even comp those. There will be no Thanksgiving break, no Christmas break and no week-ends until this is worked out. They will sleep on cots in their offices. If anyone decides to skip out we will continue without them.

If, after a week of this, they still have failed to come to an agreement then we will start playing games, not theirs but my game, a version of Go Fish.

Teams will be determined by a one-two count. They won't be collaborating as a team but they will sit next to each other. By a coin toss it will be decided which team goes first, after that they will take turns, of course we might have to teach that skill. In the first round each congressman will write down on an index card the one agency he/she feels most in need of budget cuts. By alphabetical order the first one will draw a card from the opposing team, the next team then will draw. The Mother Moderator will keep the cards in order. Second round they will write on an index card the percent of cuts to be made, using the amounts each party has previously proposed as the range. When the first card is drawn it is matched to the first card in the previous round and so it goes. Each issue will be dealt with in the same manner. If it doesn't come to as much in cuts as they say is needed, I say it is a start. We will play the game again next year. Mother Moderator would be happy to return.

Okay, so I am joking, but only a little. We are talking survival here, not just individual, but for our country as well. We are all going to have to suffer some and unfortunately some more than others. We hear people complain about losing things important to them, post offices, college aid, or social programs. The truth is we all have to be willing to tighten our belts; we have to give up, give more and give in. We are a country of people founded on difficulty, compromise and perseverance. We haven't lost that yet, but we will if our country fails because a group of children believes in hijacking more than democracy. mkwoodyard@ruraltel.net

Phase II
Mary Kay
Woodyard



The burden of abuse is carried for life

"The saying that people who have nothing to do become busybodies is not the only truth. Excitement is a drug, and people whose lives are filled with violence are always wondering where the next 'fix' is coming from."

I Know Why the Cage Bird Sings by Maya Angelou.

Maya Angelou is a survivor of childhood sexual abuse and rape. These words are her TRUE reaction to the court trial of her abuser; at which she testified.

The man who raped Angelou was found guilty, given a minimal sentence, somehow released rather than sent to jail, then murdered. Angelou's feelings about these events cannot be condensed. I urge you to read her story.

Since the events involving Jerry Sandusky and Penn State have become public, several women I know have shared stories about sexual abuse or perversion they have experienced, mostly as children. I have a story of my own. Most of them did not tell anyone, neither did I.

It may be a terrible thing that usually these things do not see the light of day. One burden women who keep the secrets of abusing men carry is later we realize we may not have been the only one. Our silence may have caused others to suffer. Nonetheless I believe the silence should be respected, we do not owe the world our stories.

A theme I use often in my column is choice. We always have a choice. We decide if we are victims or survivors. Maya Angelou willingly shared her story. We do not have to hunt her down,

This Too Shall Pass
Nancy Hagman



pry it out of her or speculate about her feelings. I respect that also!

The scandal at Penn State proves Angelou's premise: excitement is a drug. More and more people are coming forward with salacious stories about other sports programs and now a member of Congress.

To date I have not heard one story involving girls. Do these things happen more often between men and boys or is it considered more outrageous when that is the case?

Early on I read the Grand Jury findings. I related some of it to another person. The first words from his mouth were an expletive, then "homosexuals!"

If the victims in the case were girls would he have said "-----heterosexuals"? Sex crimes in general are not about sex. They are about power.

The Sandusky story has brought out a lot of self-righteous indignation. Everyone feeling a little bad about themselves is saying "At least I would never do that!"

A typical reaction from a man to the scandal is to describe what they'd do if they found Sandusky in a shower with a boy. One man feels powerful by forcing sex on unwilling participants,

another by beating someone up.

As a nation it seems we are almost proud of our new awareness of child sexual abuse. Everyone who has a forum is writing or talking about it. We seek experts to enlighten us on the phenomenon. We reverently bow our heads, pray and pronounce ourselves healed. How wonderful we are finally talking about this.

Or is it? Why have we decided it is healthy to hear every titillating morsel about Sandusky. Are we looking for healing or a fix?

Tom Petty sings a song, "You Don't Know How It Feels". Are all the sanctimonious reporting and conversations just another hit in our quest for excitement? "You don't know how it feels to be me." If you did you would be quiet and reflect a little. If I or any other person does not want to share their experience, you do not have a right to know.

Angelou's experience had a significant effect on her life. Women, who suffered a lesser degree of abuse including myself, also carry the events with them forever. No child should be hurt in this way but we do not have to be defeated. We can use bad experiences to make ourselves stronger, more understanding and forgiving.

That is power! That is why the caged bird sings.

I am glad God has the responsibility of judging us. I hope my abuser was sorry when he stood in God's court, because I know God would forgive him. I have.

Getting your cattle an early pregnancy check up

The benefits of early pregnancy checking in cattle are significant when the cost of feeding open cows over the winter is considered. Winter feed costs represent 60 to 70 percent of the expense of maintaining a beef cow, but less than 20 percent of beef producers perform a pregnancy check in their herds. November is historically the low point in the cull-cow market, which coincides with the time most producers wean calves and pregnancy check cows. Based on the average cull-cow market price for 2005 to 2010, the price difference between selling in August instead of November is roughly \$8 per hundred weight. For a 1,250 pound cow the price difference would be \$100.

All of this is dependent on producers having a set breeding season. If bulls are continuously run with the cows, producers have no way to determine the cows'

Vet tips
Dr. Aaron White



true pregnancy status. Cows that feel "open" via rectal palpation or are visualized to be "open" with ultrasound actually may have been bred recently. Pregnancy exams should be performed as accurately and efficiently as possible. In order to do this, ultrasound exams should be performed from 26 to 30 days and rectal palpation 35 to 40 days after the last possible breeding date.

When producers adhere to these guidelines and a veterinarian's expertise is utilized, pregnancy detection should be very accurate. One must realize, that a small portion of cows determined to be pregnant during examination

will have fetal loss naturally prior to calving, occurring whether or not producers have the cattle pregnancy checked.

Another major factor to consider is nutrition of your cows. Pregnant cows need more food. By removing open cows, the remaining pregnant cows have more access to the available food supply. This is especially important when pasture and feed is scarce. Always plan ahead for the day of pregnancy checking. Make sure sufficient labor is available to gather and work cattle and that the facilities are in good repair. Also, be mindful of the weather. Hot weather is stressful to both the cattle and workers.

Early pregnancy checking of cattle benefits the producer's pocket book and the herd viability. Please call us at Norton Animal Health Center at 785.877.2411 with any questions!



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