

# Caring is not a forgotten art

Giving of self is the greatest gift you can give. It could be in connection with your career or place of employment or volunteering on a regular basis. It can also be just a thoughtful gesture, a sharing of a smile, a talent or your time to shed a little sunshine in someone's dreary day. Need a few examples or ideas? Read on.

We have a new resident here at The Carlyle who happily shares her talent as a pianist in spite of arthritic fingers and aging eyes. Yes, she hits the occasional clinker but we don't care; we gather around her to listen and sing along. We have others who once could play but will no longer try, saying, "Oh, I used to play but I just don't want to..." What a shame to have been given such a talent only to waste it through neglect or disinterest.

One of my major pleasures when I lived in Norton was reading aloud to a group at Whispering Pines. Since I can't play the piano, nor can I sing, tap dance, or juggle, I shared the one thing I could do. We have a saxophonist who plays for us often. She's a full time nurse but she gives her limited free time to entertain us.

A church acquaintance crafts the prettiest handmade cards with scriptural messages and sends them to those in our congregation who are home bound or ill. One of my family members faithfully writes letters to me to keep me current on farm and family news. A small gift my mother always appreciated

## Pieces of life's puzzle

Liza Deines



was a box of cards or a book of stamps once she couldn't get out to shop. Could you shop for cards or write letters to or for an elderly friend?

Recently I was cared for by one of the most soothing nurses I've ever encountered in any medical facility. It made me wonder if that talent could be put on a resume. "Have gentle voice and manner; can settle down a distraught patient." Yes, it was her job, but she sure went the extra mile for me. Simply smiling and speaking pleasantly while on the job can change the atmosphere where you work. I am certainly more likely to return to shop at a store where a cheerful clerk has said "We don't carry that but a store down the street does."

During LeRoy's final illness we learned how kind people could be. While he could still swallow, a long-time friend showed up every week with a tin of warm soft cookies, another brought his favorite cream pie, yet another brought cheese enchiladas to him at the Andbe Home. Others dropped in with a simple bouquet of garden flowers and a hug. One dear friend often stopped by about supper-time and just visited with us while I fed him. She always had

a joke, always left us laughing. A former student knocked on the door one day and said, "I bet you could use some help," then came every Sunday evening to assist with his bedtime routine, which was not easy.

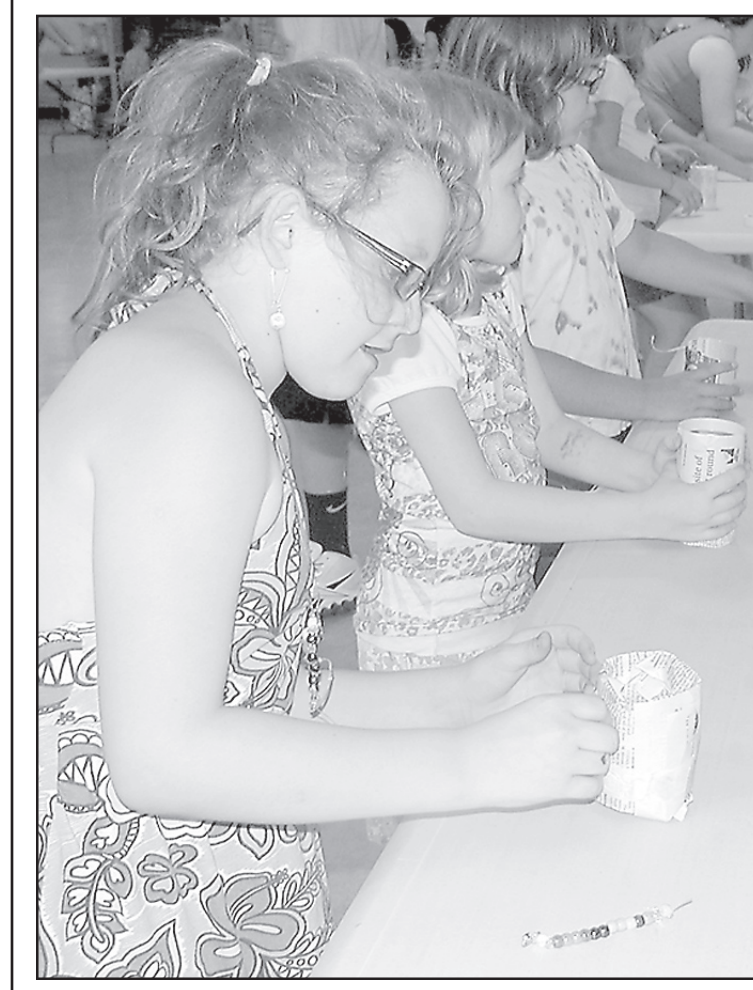
Our neighbor to the north scooped our sidewalks and porches when it snowed; one to the south, gifted as a beautician, came and trimmed his hair. Former students wrote the nicest letters or came by to tell him how he had touched and sometimes changed their lives. I treasure those letters still.

Some who remembered his love of growing things would show up just to talk garden with him. They remembered how he always planted far too many tomatoes, peppers and cantaloupe just so he could give them away. If you have a green thumb and a garden plot, you're in a perfect position to cheer up a retired gardener by asking advice or bringing a bit of your harvest to share.

The most unexpected people amazed us with a compassionate nature we never knew they had. Your caring and sharing will never be forgotten.

Talents and abilities are gifts from God. Don't waste them. Opportunities abound if you are willing to give of yourself.

Liza Deines  
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Lee's Summit MO 64086  
childofthe40s@gmail.com  
816-554-0398



## A day at camp

About 90 campers and leaders gathered at Elmwood Park and the 4-H building last Tuesday for a youth day-camp. Sponsored by Twin Creeks Extension, 4-H Council and Farm Bureau, the camp featured activities and educational opportunities for the youth aged 5-12. Pictured, camp participant Nina Titus works to create a paper flower pot by rolling newspaper strips around a soup can as one of the activities.

-Telegram photo by Carleen Bell

## POLICE LOG

**June 11**  
Report of power being shut off  
Motorist assist  
Deployed K9 on vehicle  
Keys locked in vehicle  
Questions from insurance concerning hit and run  
Report of threatening phone calls  
Vehicle stop  
**June 12**  
EMS assist  
Information concerning child safety seats  
Vehicle stop  
Insurance company wanting pictures of accident  
**June 13**  
(2) Two vehicle stops  
Report of cat that had been hit by vehicle  
Two individuals turned over two semi's to the Police Dept.  
Two vehicle accident U.S. 36 and 2nd  
One arrest on Decatur Co. warrant  
Request to speak to officer

concerning possible theft  
Keys locked in vehicle  
**June 14**  
Removed deer from highway  
Keys locked in vehicle  
Questions concerning parking camper on streets  
Vehicle stop  
Questions concerning blocking traffic on streets to cut trees  
**June 15**  
Report of vehicle that drove off into construction zone  
Report of dog bite in Decatur Co.  
(3) Three vehicle stops  
Civil standby  
Report of intoxicated individual  
**June 16**  
Report of individual violating bond restrictions  
Questions concerning bike  
Complaint about tree debris  
Vehicle stop  
Individual wanting to retract statement  
Report of tire on roadway  
Parking complaint

Request for welfare check on individual  
**June 17**  
Request to remove individual from residence  
EMS assist  
Report of stolen vehicle  
Report of erratic driver  
Questions concerning suicidal individual in another state  
(2) Two vehicle stops  
Report of child abuse  
One vehicle accident

For help with your advertising needs please give Dana a call 877-3361  
email: dpaxton@nwkansas.com

## PUBLIC RECORD

### Municipal Court

These transactions were taken from the records of the offices of the Norton Municipal Court. These cases were given to the paper with the date of the hearings.

**June 14**  
May 26-Eric Bartels, Norton; Charge: 1. No seat belt, 2. Transport open container; Plea: Guilty; Found: Guilty; Sentence: 1. \$10, 2. \$200, costs

\$76, total \$286.  
March 23-Debra Schweickhardt, Norton; Charge: Misdemeanor theft; Plea: Guilty; Found: Guilty; Sentence: 1. Fine \$200, restitution of property costs \$76, five days jail suspended if fine paid by June 30.  
June 10-Wade Younkin, Norton; Charge: Speeding 43 in 35; Plea: Guilty; Found: Guilty; Sentence: Fine \$30, costs \$76, total \$106.

### District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse.

Traffic and Wildlife and Parks cases are given to the paper when the fines are paid.

**June 14**  
June 1-Fern L. Borsheim, Green Cove Springs, Fla.; Charge: Speeding 77 in 65; Found: Guilty; Fine: \$155.  
May 15-Donald R. Breault, Belaire; Charge: Speeding 75 in 65; Found: Guilty; Fine: \$143.  
May 11-Ryan Patrick Davis, Wilson, Neb.; Charge: Speeding 85 in 65; Found: Guilty; Fine: \$203.  
June 3-Robert L. Espenson, Bingham Lake, Minn.; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$173.  
May 11-Jacob K. Goertzen, Lubbock, Texas; Charge: Speeding 81 in 65; Found: Guilty; Fine: \$179.  
May 17-Jeffrey P. Hinrichs, Hastings, Neb.; Charge: Failure to obtain required permits; Found: Guilty; Fine: \$385.  
May 31-Michael T. Koch, Verona, Wis.; Charge: Speeding 83 in 65; Found: Guilty; Fine: \$191.  
May 4-R. Lowell Lydic, Cedar; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.  
June 1-Michael L. McCormack, Milford; Charge: Speeding 96 in 65; Found: Guilty; Fine: \$149.  
May 14-Brianne R. Nelson,

Norton; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$149.  
May 21-William W. Nelson, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.  
June 1-John J. Raile, Edson; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$161.  
May 25-Cody McKinley Snider, Morrison, Colo.; Charge: Commercial driver's license required; Found: Guilty; Fine: \$248.  
March 21-Donald G. Swisher, Hibbing, Minn.; Charge: Speeding 93 in 65; Found: Guilty; Fine: \$275.  
June 2-Sonepasith Khongrath, Westminster, Colo.; Charge: Short saugeye, 18" minimum length; Found: Guilty; Fine: \$148.  
June 2-William J. Vonfeldt, Thornton, Colo.; Charge: Personal floatation devices not available; Found: Guilty; Fine: \$123.

### PUBLIC SERVICE ANNOUNCEMENT

With the 2012 Wheat Harvest in full swing the Northwest Kansas tiny-k program is once again encouraging everyone to remember they can support the program through their Bushels for Babies Campaign.

Research has shown that significant brain development occurs in the first 3 years of life. Early intervention for infants and toddlers with disabilities improves many conditions and can minimize the need for services after the age of 3. In fact certain conditions cannot improve unless treated at an early age. Specific Federal and State funds earmarked for Early Intervention Services are available and help provide services to eligible families regardless of income. However the funding is not developed to provide the widest level of services for all eligible families. Federal and state grants require community agencies to provide local funding including private sources. The ability for our programs to best meet the challenge of providing needed services at the highest level depends on help from you.

The Bushels for Babies campaign allows farmers to donate grain to help us better serve children with special needs and their families in Northwest Kansas. To participate is easy! Simply notify the grain merchandiser at settlement time that you want to donate "x" number of bushels to the Northwest Kansas tiny-k network housed at the Northwest Kansas Educational Service Center (NKEsc a not-for-profit organization committed to quality services for children and families). All donations are tax deductible.

For further information contact Katherine Kersenbrock-Ostmeyer 785-672-3125 or email her at kko@nkesc.org

This notice paid for with public donations

## FREE to the public!

### Weight Loss & Stop Smoking Hypnotherapy

Health Awareness Clinics is providing therapists to administer weight loss and stop smoking, group hypnotherapy.

For many people, this therapy reduces 2 to 3 clothing sizes and/or stop smoking.

Funding for this project came from public donations. Anyone who wants treatment will receive professional hypnotherapy free from charge.

An appointment is not necessary. Sign in and immediately receive treatment.

Health Awareness Clinics is a non-profit organization. They rely on donations to make treatment available to those in need. A modest \$5.00 donation from each person when signing in is appreciated.

Only one 2 hour session is needed for desirable results.  
**Sign in 30 minutes early.**

**Monday, June 25, 7:30 p.m.**

Norton Community Center  
208 W. Main  
NORTON

**Tuesday, June 26, 7:30 p.m.**

Goodland Public Library  
812 Broadway  
GOODLAND

**Thursday, June 28, 7:30 p.m.**

Hilltop Community Center  
2 S. A St.  
HERINGTON  
(314) 681-9208

Changing the landscape of  
*Healing*

Please join us as we celebrate  
The Grand Opening & Ribbon Cutting of the  
Facility Master Plan Phase II Project

Featuring  
Community Hospital's Surgery Wing  
and Healing Garden

Sunday, July 1, 2012  
1 p.m.

Community Hospital  
Prairie View Conference Room  
1301 East H Street  
McCook, Nebraska

Program to start promptly at 1:00 p.m. with remarks from Senator Ben Nelson and Lieutenant Governor Rick Sheehy.  
After the program, enjoy refreshments and tours of the Surgery Wing and Healing Garden.  
Parking is available in the front hospital parking lot and on H Street.

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