

Letter to the Editor,
Dear Ms. Woodyard

I once again had the pleasure to read your article on the 2nd amendment rights and background checks. I'm not going to say a lot on this subject as your mind is already made up on the government nudging away my 2nd amendment rights.

Now I say nudging due to statements made by Cass Sustien, Obama's regulatory czar.

People have called him and his position the most powerful in Washington. Cass stated "You don't push for changes you want to get through, you nudge a little at a time and over time you get exactly what you want while people quit paying attention." By the way, Cass's wife loves Mao and I'm sure he also does, you probably should look into his Bio.

Here are two facts to consider before I move to the next subjects:

Gun crime has gone down dramatically since 1995, of course not reported by the media.

Murder rate in the counties won by Romney, more or less the bitter clingers who cling to their guns and bibles, was 2.1 per 100,000 people. In the counties won by Obama and the Utopians was 13.2 per 100,000.

Now about the ones you care about:

Freedom of speech. How about the IRS going after conservative groups to silence them and make sure they are harassed. How about the progressive pc groups calling all statements made about Obama racist? Are these nudges? I would think so.

Next freedom of religion, forget about jobs, the most important items are abortion and gay marriage. The Catholic church, being forced to provide birth control against their wishes. Christmas trees are now Holiday trees. Crosses are coming down off veterans graves etc. Another nudge

The only religion not under attack is muslim because people are afraid of the violence it would cause even though all we hear it's a peaceful religion. Remember Obama said the greatest sound he has heard is the muslim call to prayers while to me the greatest sound is the national anthem.

Finally freedom of press. To me there is not a press thats wants to be free. The mainstream media has taken on the role of propoganda agents for the Obama regime. But after today's news about the Associated Press and justice department wiretapping, hopefully this will change.

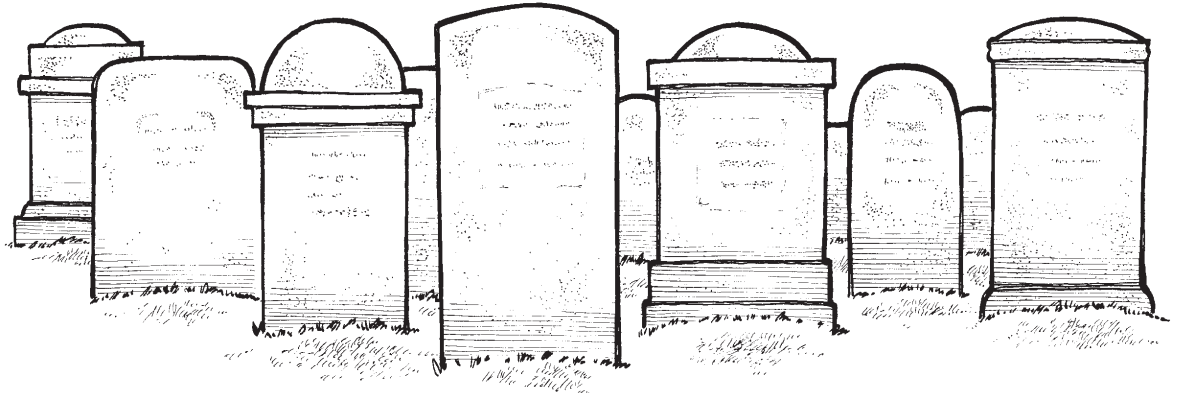
Mary, here are couple of things that could show you the real path Obama is on. Rules for radicals by Saul Alinsky whom Obama taught and Hilary wrote on and the Cloward Piven strategy. Remember hugs for thugs don't work and never will. Have a great day

Tom Jakowski



"Lest we forget
their final, full measure of devotion."

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THE HASTINGS TRIBUNE



Reunions and remembrance

What is it about high school reunions that brings out "true confessions?"

Last weekend I crashed the 50th reunion of the class two years ahead of me. I was talking with one of the "girls" from that class and the still-handsome man who was the heart throb of every girl in school. She confessed to him that she used to have a huge crush on him and that she would practice writing "Mrs." in front of his name. Hoping that someday that "Mrs." would be her.

I asked if she remembered how girls would write their full names on one line; write their boyfriend's name (or the boy they wanted as their boyfriend) on the line beneath and then cross out corresponding letters in each others names. If you had an "a" in your name and so did the boy, the letter would be crossed out. The remaining letters would then count towards the phrase, "Friendship, courtship, love, hate, marriage." It would be repeated until all letters were used and the fate of your relationship would be decided. When I noticed his look of disbelief, I quickly added a disclaimer, "It's a girl thing."

"It must be," he said, "guys don't do that."

Out Back Carolyn Plotts



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Between "borrowing" a bucketful of blossoms from my neighbor's snowball bush, using every bud on a wild rose bush and cutting all the iris at our house and the rental house next door, we came up with enough flowers to decorate our family's graves.

This tradition of grave decorating seems to be unique to Midwesterners. And, even then, when this generation is gone, I'm not sure the younger people will carry it on. I told Jim that I doubted if anyone would put flowers on our graves. He was optimistic that our kids wouldn't forget us.

Just to be sure, though, I think I'll go ahead and plant a peony bush on our gravesites.

-ob-

It must be summer because Sunday

I made the season's first batch of homemade ice cream. It was son, James' birthday and we hosted an impromptu party at our house, complete with party hats, horns and candles.

We have a birthday present tradition of giving our kids one dollar for every year. The cap is \$50. I told them by the time they reach 50 years of age, they will have to start giving us money.

I just ran the numbers on the adding machine and by the time they reach 50, we will have given each of them \$1,265. Not a fortune, but a goodly amount that, invested right, could grow to a tidy sum.

My mother used to tell me, regarding gift money, to spend half and save half. Still pretty good advice, but hard to put into practice.

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Out of the blue, our six-year old granddaughter, Aniston, said to her mother, "If your birthday was January first, it would be easy to remember."

"Yes, it would," her mother said. "Do you know when my birthday is?"

"No, but I know when Grandma's is," answered Ani. "It's August oneth."

The changing times, seeking the shade not the sun

The next time you take a few minutes out of the sun, dust off one of those old family albums. You know the ones that date back to the '20s, '30s, '40s and even late '50s.

If your family farmed, you'll see photos of your relatives attired in wide-brimmed hats. Look at their shirts. They wore loose-fitting, long-sleeved, light-colored garments.

Now fast-forward to the photographs of the mid-'60s. Clothing styles changed. You don't see too many long-sleeved shirts any longer. Broad-brimmed hats have been replaced with baseball caps proclaiming seed, feed, tractors, and organizations – just about any company logo under the sun.

Today's farmer no longer wears the clothing of yesteryear – clothing that afforded protection from the sun's harmful ultra-violet rays. Instead he wears a smaller, softer, snug-fitting cap that will not blow off and bump into machinery. Farmers prefer their hats to be inexpensive or free, and they like them colorful.

While the ball cap is comfortable and affordable, it does not protect the temples, the tender, delicate ear tips and the back of the neck. The baseball cap doesn't extend far enough to offer protection against the sun.

Health specialists in the agricultural field have been tracking skin cancer and the sun's harmful impact on farmers and other segments of society since 1983. While the number of deaths from skin cancer remains small, the amount

Insight

John Schlageck



of tumors has increased significantly according to family physicians who treat farmers in rural communities.

Ultra-violet rays are one of the leading causes of cancer on farms today, researchers say. But with early diagnosis, treatment is possible. Farmers and ranchers should insist on inspection for skin cancer as part of their regular check-ups.

Without protective measures, sun will eventually result in skin cancer. Dermatologists recommend that anyone working or playing in the sunshine protect their skin completely by wearing clothing and a wide-brimmed hat.

The American Cancer Society will tell you there is a skin cancer epidemic. The number of cases is rising faster than any other tumor being studied today.

"If current trends continue, one in five Americans will get skin cancer in their lifetime, and many of these skin cancers could be prevented by reducing UV exposure from the sun and indoor tanning devices," says Tom Frieden Centers for Disease Control director. "Of particular concern is the increase we are seeing in rates of melanoma, a

potentially deadly form of skin cancer. In the United States, melanoma is one of the most common cancers among people ages 15 to 29 years."

Spending time in the sun increases the risk of skin cancer. Everyone can sunburn and suffer harmful effects of exposure to UV radiation. People can protect themselves by choosing a sunscreen that is right for them, wearing protective clothing and limiting time in the sun.

Youngsters and young adults must be educated today. If they learn about the sun's dangerous rays at an early age and practice prevention, skin cancer can be avoided in later years.

Seek shade when the sun's rays are strongest; avoid sunburns, intentional tanning, and use of tanning beds; use extra caution near reflective surfaces like water and sand.

Farmers, ranchers – just about anyone who works or plays in the sun should avoid direct exposure from 10 a.m. until about 3 p.m. in the Midwest.

If you can't wear a wide-brimmed hat and protective clothing, apply at least a SPF 30 sun protective lotion. Today's farmers and ranchers would be well-advised to take a page out of their family albums – to return to those days of floppy, wide-brimmed straw hats and long-sleeved, cotton shirts.

Who knows, maybe they could start a new fashion craze as well as protect their skin from the damaging rays of the sun.

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