

Good possibility that the shield law will pass

Surprise passage of a reporters' shield law by the House of Representatives raised the real possibility that a federal law protecting news people from being forced to reveal sources will be passed this year.

And about time that would be. Courts have consistently refused to protect reporters from being ordered to reveal the names of sources in both criminal and civil cases. The journalist then has the choice of going back on a promise – or going to jail for contempt of court. Quite a few have gone to jail over the last 30 years rather than endanger someone who trusted them.

So why is this a big deal? Because many important stories might never reach print without judicious use of confidential sources: stories of government corruption, organized crime, shoddy consumer products, you name it.

If the subject is touchy, people don't want to talk about it, at least not for publication, unless their name can be protected. A source's job, even their life, could be in danger. Government lawyers might put them on the witness stand, even send them to jail.

No one particularly likes stories that cite unnamed sources, reporters least of all. Most news organizations reserve them for stories that really count, but those are the ones where the source has the most to lose.

Supporters were surprised when the law, attached as an amendment to a Justice Department spending bill, passed the House, dominated as it is by conservative Republicans. But this is not a partisan issue. The bill had even more support than the 225-183 margin, with 53 Republicans and all Democrats voting yes, because many Republicans objected to putting it in an appropriation bill.

Now, the issue goes on to the Senate, where it's had strong support for several years, particularly from Sens. Patrick Leahy of Vermont and Chuck Schumer of New York. Top Republicans, including Charles Grassley of Iowa, the ranking minority member on the Judiciary Committee, and Orrin Hatch of Utah, support the concept, and a veto- and filibuster-proof 60-vote majority seems likely.

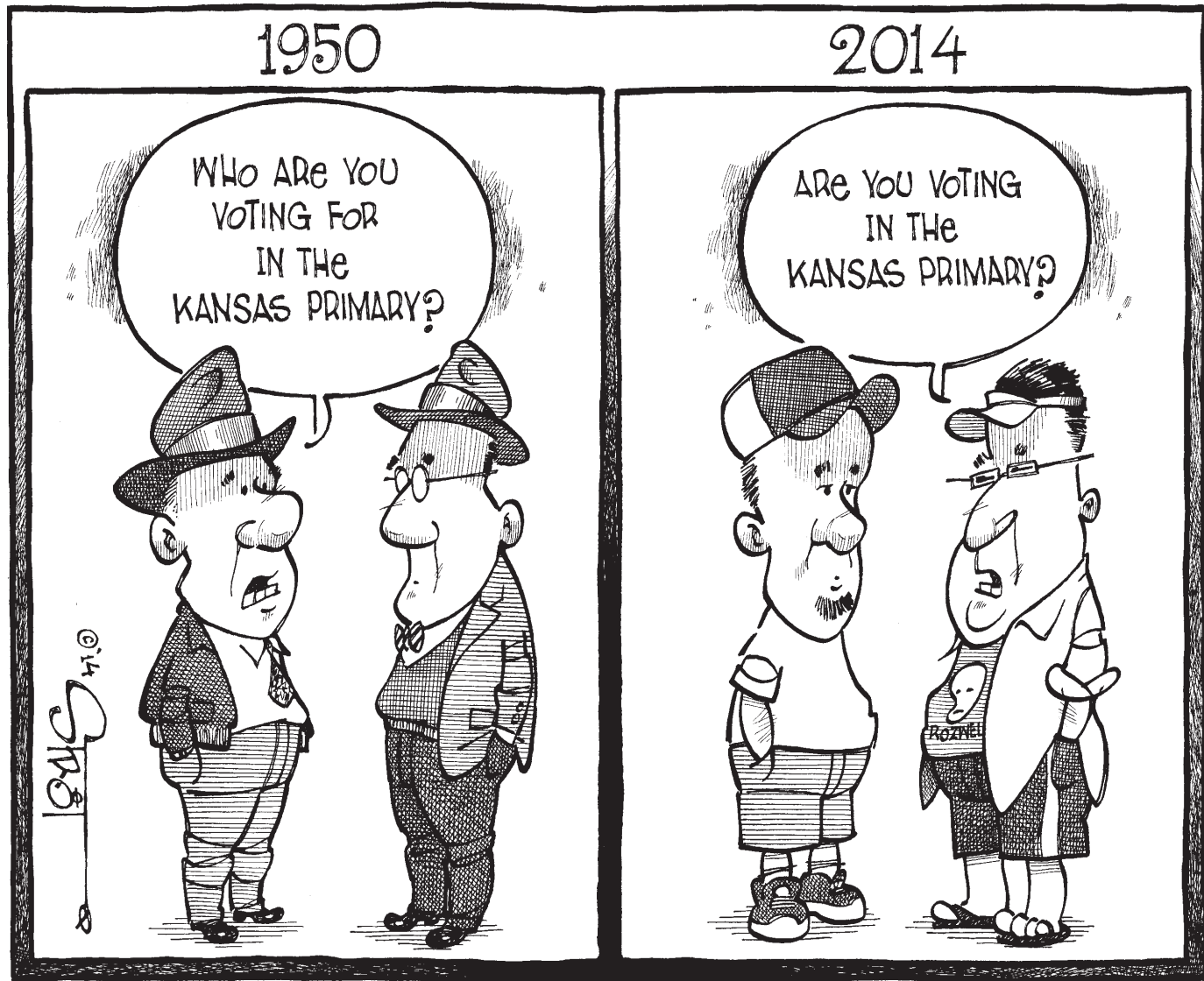
Support from Kansas senators Pat Roberts and Jerry Moran would be critical in any vote.

Nothing is certain in the halls of Congress, of course, and in any event, a new law may not come in time to keep *New York Times* reporter James Risen from going to jail to protect sources for his book on the CIA and Iran.

Closer to home, Jana Winter, a former Fox News reporter, has to avoid Colorado for fear of being ordered to reveal who gave her information in the James Holmes theater-slaying case. (A New York court ruled that while there, she's protected by that state's law.)

Let's hope these two are near the last of a line of news people who've had to choose between jail and their sources. Something like 49 states already have a shield law. It's about time the federal courts had one, too.

— Steve Haynes



Going grain free in wheat country

Some articles are going to upset certain readers and so before I go any further I want to remind you I grew up in a wheat growing family. My dad was a farmer, primarily wheat; my grandfather was a farmer and I loved the farm. As a child, I was reminded often of my dad's occupation. I viewed eating wheat as life sustaining in more ways than one.

My brother-in-law, Dale Reeves, recently sent us a book, *Grain Brain* by David Perlmutter, M.D. Dale was an agronomy professor at South Dakota State University for nearly 40 years and was impressed by this book. The book has certainly inspired some changes in our family diet.

Jack has Celiac's disease which makes him particularly vulnerable to the effects of gluten. He has been gluten free for years, but for me bread has been like life support. One of the biggest things for both of us after reading

Phase II Mary Kay Woodyard



this book has been eliminating not just grains (including gluten free ones), but sugar from our diet. Neither Jack or I are diabetic and neither of us has high cholesterol, so we can make some changes without overall disrupting our systems, but I made sure my doctor knew what I was undertaking.

The book focuses on what we have done to our grains through the process of overbreeding, hence my brother-in-law's interest. Going grain free in the heart of wheat and corn country is a challenge and certainly is not meant as

a dis on wheat or other grain farmers. Many people are beginning to realize the old adage, "we are what we eat," holds more than a grain of truth. What started as a healthy food has been altered beyond recognition, at least genetically.

Nearly 40 years ago, when I was diagnosed with rheumatoid disease, I told the doctors sugar made me worse. They told me what I ate had nothing to do with how I felt. Now it is a pretty commonly held belief there are definitely inflammatory foods. Since reading this book, we have altered our diet to focus more on lean proteins and vegetables.

George Bernard Shaw once said, "No diet will remove all the fat from your body because the brain is entirely fat. Without a brain you might look good, but all you could do is run for public office." mkwoodyard@ruraltel.net

God bless the small towns

Miranda Lambert sings:
"Whether you're late for church
Or you're stuck in jail
Hey, word's gonna get around
Everybody dies famous in a small town"

So here's a story about small towns. Which I only got to hear about second hand. Because I'm not helping with any more moves.

That's what happens when you develop a negative attitude. The gods punish you.

It was worth it though: I didn't have to pick up or unpack a box. I didn't have to live it. But I still got the story!

I was sick for 2 plus weeks. I am finally better. One unfortunate part of being sick was I did not get to baby sit Mo last week. Aunt Liz got that honor! The good part was I still felt bad enough I could use that as another excuse for not helping with the move.

Instead Friday night the hubby and I headed to Beloit meeting Elizabeth as she returned from her fun-filled week with Mo. She traveled down from HWY 36 via K-14. She got in with the hubby to go to Hutchinson where Kate's stuff was in a trailer waiting to be unloaded in Wichita. I drove home.

They continued down K-14 through Lincoln. The hubby checked out Lincoln's version of a convenience store (it's a small town) and the Coop. He was nearly through town when he decided it would be prudent to get some fuel. He turned around and went back

This Too Shall Pass Nancy Hagman



to the convenience store.

There was a kiosk in the middle of the pumps which in hindsight he realized certainly had seen better days. There was a sign. "If you want a receipt, come inside."

The hubby didn't want a receipt. He swiped his card and selected a pump. At the pump he was instructed to begin fueling. So he did.

It was a fine June evening. Just a man, his truck loaded with a bunch of Kate's yard stuff, a lovely daughter and most importantly no wife with a bad attitude about moving!

A few miles south of Lincoln he realized a car was coming up on him very fast! Then he realized a highway patrolman was approaching from the south, also very fast.

How funny; the guy coming fast from the north had no idea he was running into the Highway Patrol.

Oh wait, the one coming from the north was a sheriff's car! When he was right behind the hubby, he turned his lights on. As hubby pulled over he realized the Highway Patrol was also for him.

The law approached with caution (though restrained from actually unholstering weapons).

"Sir, are you aware you are a gas skip?"

"I don't think so. I swiped my card and the pump came on."

"Oh, the kiosk doesn't work. They turned the pump on from inside!" It's a small town!

By this time back-up in the form of a second sheriff's car had arrived.

The situation was complicated because they ran the wrong license plate information. The owner of that truck was deceased (We assume they knew this because it's a small town).

The bed being filled with stuff apparently led them to the conclusion the hubby had robbed the deceased and stolen the pick-up.

The hubby was more befuddled than angry at the ineptitude. Why not put up a sign that says, "See Cashier" rather than turn the pump on and suggest people come in if they want a receipt?

He wrote a check for the fuel. They all had a good laugh. The Sheriff apologized; the locals know what to do he explained, "It's a small town!"

The hubby said, "I understand, I live in one myself!"

God bless small towns.

God bless the hubby, he'll do anything for the daughters and they will do anything for him!

And he's famous (or infamous) in Lincoln County, Kansas!

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Thumbs up to Harold Shinn for fixing the Busch field score board! Sure is nice to know the score! E-mailed in.

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