



SOLON & BEYOND

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Good morning, dear friends. Don't worry, be happy!

Have been organizing (as I call it) lately, and since I save everything, have been going through magazines. The ones I've been going through over the rainy weekend were a large number of old *Ideals* magazines from back in the 1970s. These magazines have beautiful pictures and inspiring articles and poems. One entitled, "The Pledge of Allegiance" by Red Shelton was most heart warming and inspiring for me, since in this modern world we live in now, patriotism seems to be falling by the wayside. And prayer and God are being forbidden in more and more ways and places in this sophisticated modern world.

The following story, as printed in this early '70s *Ideals* magazine, states:

"I remember this one teacher. To me, he was the greatest teacher, a real sage of my time. He had such wisdom. We were all reciting the 'Pledge of Allegiance,' and he walked over. Mr. Lasswell was his name...He said: I've been listening to you boys and girls recite the 'Pledge of Allegiance' all semester and it seems as though it is becoming monotonous to you. If I may, may I recite it and try to explain to you the meaning of each word:

"I - me, an individual, a committee of one.

"Pledge - dedicate all of my worldly goods to give without self-pity.

"Allegiance - my love and my devotion.

"To the Flag - our standard, Old Glory, a symbol of freedom. Wherever she waves, there is respect because your loyalty has given her a dignity that shouts, 'Freedom is everybody's job.'

"Of the United - that means that we have all come together.

"States - individual communities that have united into 48 great states. 48 individual communities with pride and dignity and purpose, all divided with imaginary boundaries, yet united to a common purpose, and that's love for country.

"Of America.

"And to the Republic - a state in which sovereign power is invested in representatives chosen by the people to govern. And government is the people and it's from the people to the leaders, not from the leaders to the people.

"For which it stands.

"One nation - meaning, so blessed by God.

"Indivisible - incapable of being divided.

"With liberty - which is freedom and the right to live one's own life without threats or fear or some sort of retaliation.

"And justice - The principle or quality of dealing fairly with others.

"For all - which means it's as much your country as it is mine."

Red Skelton goes on to say, "Since I was a small boy, two states have been added to our country and two words have been added to the Pledge of Allegiance - 'under God.' Wouldn't it be a pity if someone said, 'That's a prayer' and that would be elimi-

Lawrence announces students of the month

Lawrence High School has announced the Student of the Month honorees for April. Student of the Month recognizes individuals who show outstanding academic and civic achievement. Students are nominated

and voted upon by their teachers. Winners receive gift certificates to Mr. Paperback in Waterville.

Senior Haley Davis, daughter of David and Jill Davis, of Benton, plays field hockey and is a member of the PRIDE Club. Junior Lucas Quimby, son of Reginald and Diane Quimby, of Albion, enjoys participating in football, basketball, and National Honor Society.

Sophomore Lucia Corvino, daughter of Joe and Karen Corvino, of Fairfield, is an active member of the Youth Group at Faith Evangelical Free Church. Freshman Katie Dudley, daughter of James and Anne Dudley, of Fairfield, was nominated as a top Spanish student with a great attitude. According to her teacher, Elon Firmage, Katie is an "excellent role model." In addition to being her class secretary, Katie is very active in athletics at LHS, where she participates in soccer, track, and indoor track.

It is my hope and prayer that those of you who are less than patriotic, will read the above and have more respect for the flag and this wonderful country, and stand and salute in honor of the United States of America's Flag. I wonder if the Pledge of Allegiance is still the way that schools now start off their day of the educational process? Or, if not, is that part of the problem in our schools? To me, this teachers way of explaining the Pledge of Allegiance speaks volumes!

Percy is continuing to show his love and affection to me in the hopes that I will stay home and not go off and leave him again. He leaves you with these wise words this week: Never let the odds keep you from pursuing what you know in your heart you were meant to do. It was soon after I discovered the above article that I received an e-mail which announced that news stations forbid reporters to wear lapel pin American Flags or other patriotic insignia. Their reasoning was that they should remain neutral about 'Causes'. Since when is support for preventing death and destruction some sort of a 'Cause'? Since when is patriotism to be discouraged?

It went on to say, "We are slowly losing everything our country stands for and everything our men and women fought and died to preserve!"

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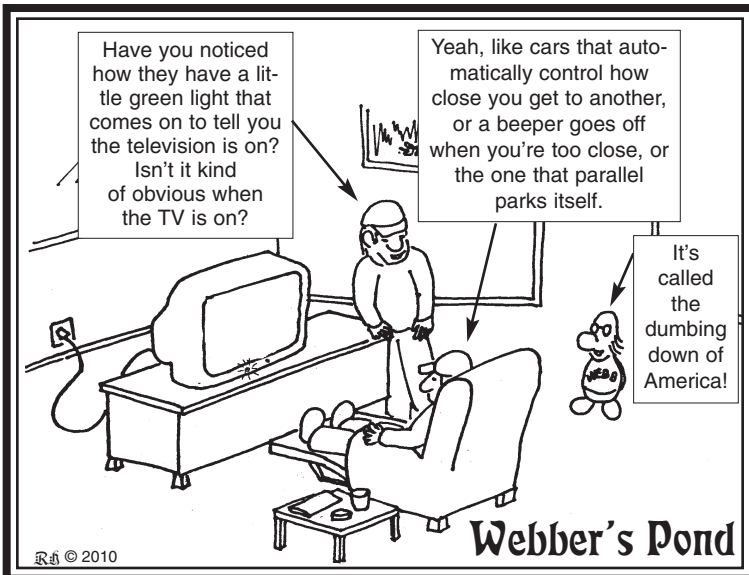
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Senior Corner

Control of high blood pressure improving in U.S.

About 50 percent of patients with hypertension have adequate control of their blood pressure, meeting a goal of Healthy People 2010, but the rate of hypertension in the U.S. has not decreased in recent years, according to a study in the May 26 issue of the Journal of the American Medical Association (JAMA).

"Hypertension is a prevalent condition affecting approximately 65 million individuals in the United States based on a preliminary report from the National Health and Nutrition Examination Survey (NHANES) 2005-2006 and coincident U.S. population estimates.

Given the prevalence and impact of hypertension on health outcomes and disparities, several national initiatives developed programs, guidelines, and policies to facilitate hypertension prevention, detection/awareness, treatment, and control, according to information to the report.

Hypertension control (defined as systolic blood pressure [BP] values of less than 140 mm Hg and diastolic BP values of less than 90 mm Hg) increased from 10 percent in NHANES II (1976-1980) to 31 percent in 1999-2000.

The Healthy People 2010 goal was to achieve BP control in 50 percent of the U.S. population.

In the United States, about 72 million people have high blood pressure (HBP). This is about 1 in 3 adults, according to the National Heart Lung and Blood Institute.

Blood pressure tends to rise with age and, if you're a male older than 45 or a female older than 55, your risk for HBP is higher. Over half of all Americans aged 60 and older have HBP.

For older women - those age 45 and older - there is not even a close second in the race for medical treatment.

Hyperlipidemia, fat build up in the blood, is the number two condition for which older women seek medical treatment but there were only 13.6 million treatments in 2006, compared to the 22.7 million who sought treatment for hypertension.

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