

Free Press Viewpoint

Truck drivers: remember to stop

You see it all the time, but it's much worse in June and October when harvest is in full swing.

A vehicle runs up to the highway, slows a little while the driver glances each way, then flies right past the sign onto the pavement.

There's all kinds of ways to rationalize this dangerous behavior: there's no traffic on the highway, the driver looked both ways, it takes precious time to come to a full stop, a big, heavy semi of grain is hard to stop and harder to get going at a stop sign.

All that ignores the fact that it's illegal to run a stop sign and dangerous, too. Maybe if you're driving a semi, and you're really careful, you're pretty sure nothing will happen. Until the day you miss a motorcycle approaching from the left, a car full of kids on the right.

Running stop signs is wrong year around, but it's especially dangerous during harvest, where you're pulling a massive vehicle in front of any oncoming traffic. Other drivers depend on you to stop and take the safe course, and that's what every driver should be doing.

Sure, you've gotten away with it so far. What about the day you miss something? Will the minute or two you saved be that valuable then?

That load of corn isn't going to spoil before you get to the elevator. The seconds gained aren't worth the risk.

And just in case not everyone is listening, we hope the Highway Patrol and area sheriff's officers are watching for this violation. Even if they give the driver only a warning, the time lost should be a lesson.

Safety is a lot more important than shaving a few minutes off every trip to the storage bin. We hope it doesn't take a tragedy to convince people of that. — Steve Haynes

Where to write, call

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- U.S. Sen. Jerry Moran**, 354 Russell Senate Office Building, Washington, D.C. 20510 (202) 228-6966. Fax (202) 225-5124 moran.senate.gov/public/
- U.S. Rep. Tim Huelskamp**, 126 Cannon House Office Building, Washington, D.C. 20515. (202) 225-2715 or Fax (202) 225-5124. Web site: huelskamp.house.gov
- State Sen. Ralph Ostmeyer**, State Capitol Building, 300 SW10th St., Room 225-E., Topeka, Kan. 66612, (785) 296-7399 ralph.ostmeyer@senate.state.ks.us
- State Rep. Rick Billinger**, Docking Building, Room 754, Topeka Kan., 66612, (785) 296-7659 rick.billinger@house.ks.gov

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Every woman's purse needs fall cleanout

Every woman's purse is a gold mine of interesting stuff.

I'm not the type of person who changes her purse with each outfit. In fact, I hate having to change bags. It's a pain, and I can never find anything in the new bag when I do.

A new bag is either too small for all my stuff or so large that I lose everything in the bottom.

However, now and then the old bag has to be cleaned out. Don't ask me how all the crumbs and bits get in the bottom. I certainly don't carry crackers around in it. Well, not for the last 25 years or so since my children started school.

Last week, my purse just got too much for me. I had to clean it out. Dump everything on the table, sort the contents, turn the bag inside out and shake it well.

Then it was time to inventory the contents, return the "good" stuff and toss out anything that I couldn't identify, was outdated or a duplicate.

First back in goes my wallet. I certainly need that, although it probably needs a good cleaning all on its own. Maybe another day. There aren't that many crumbs in it, anyway.

Checkbook, calendar, reading glasses, sunglasses, small notebook (how come I can never



Cynthia Haynes

• Open Season

find that when I need to write someone's name down for a future outline?), spare card holder (and I still can't find my insurance card when I need it), four pens, sunscreen (I didn't know that was in there), gum and a small hairbrush all need to go back in.

The two only slightly used tissues and a lone calcium pill get tossed.

Now to clean the little pockets on the sides.

Let's see what we have — business cards (Dang, I was wondering where those were last time I was at a convention and didn't have a card) and three clean plastic bags, useful for leftovers or when walking the dog, although I usually keep recycled bags in my pocket for the dog.

Then there's my packet of condiments and sweetener.

I love coffee, but I can't stand it straight. I have to have cream and sweetener. And, it's

always amazing to me that while McDonald's can stock every form of sweetener known to man, La Restauranté Expensiva keeps nothing but Sweet and Low, or saccharin, which I detest.

My condiment packet contains salt, pepper, mustard and ketchup, as we frequently stop at Sonic on trips for a quick burger and I hate to have to ask the carhop to go get me something I can easily carry, especially during a busy period.

My son-in-law was amazed and amused that I carry condiments in my purse, but he eagerly grabbed a couple of mustards for his hot dog last summer when we were all at a baseball game in Augusta, Ga.

Last in my cleaning project are the outer pockets. These seem pretty clean. The only things in there are lipstick, lip balm and hand sanitizer. All that goes back in and I'm in business for another year.

I wish my closet was that easy to clean — but then I haven't cleaned it out in more 10 years, so it's had more time to collect "crumbs."

Cynthia Haynes, co-owner and chief financial officer of Nor'West Newspapers, writes this column weekly. Her pets include cats, toads and a praying mantis. Contact her at c.haynes@nwkansas.com

Knowledge helps to fight breast cancer

More than 25 years ago, the month of October was designated as National Breast Cancer Awareness Month to remind women throughout our country to take charge of their health. Since the first awareness campaign was launched, significant progress has been made in the fight against breast cancer.

Each of us likely knows a brave breast cancer survivor — in the United States today there are more than 2.5 million survivors. Thanks to advances in research and screening, more women are detecting this cancer early and improving their chances of beating this disease.

However, there is still a long road ahead and much work to be done. Breast cancer is the second leading cause of cancer death in American women. Every two minutes, a woman in our country is diagnosed with breast cancer, and one woman dies from the disease every 13 minutes. In Kansas alone, nearly 2,000 women will be diagnosed this year, and it is estimated that more than 300 will not survive.

But women are not the only ones affected by breast cancer. This year, 2,140 men will be diagnosed across our country, and 450 men will not survive. It is important to remember that while men and women are both at risk, some women are at a higher risk. Age itself is a risk factor for breast cancer: about 77 percent of those diagnosed are over the age of 50.



U.S. Senator Jerry Moran

• Moran's Memo

Women who have a family history of breast cancer, lead a sedentary lifestyle, consume 2-3 alcoholic drinks per day, or are overweight are also at a higher risk.

Regular screening is the best way to lower the risk of this disease, because breast cancer is more treatable when detected early. In fact, the five-year survival rate is 98 percent when women are diagnosed in the early stage of breast cancer. The combination of monthly self-exams, yearly clinical exams and regular mammograms beginning at age 40 is the best way to detect this disease in its earliest and most treatable stages.

While advances in technology and research have contributed to treatment breakthroughs and promising survival rates, there are a number of additional ways women and men can lower their risk factors. One of the best steps you can take is to maintain a healthy weight by staying active. The National Cancer Insti-

tute states that exercising four or more hours a week helps lower the risk of breast cancer. Eating a healthy, low fat diet is also important. A healthy diet includes consuming five or more servings of fruits and vegetables a day, including whole grains, and limiting processed foods.

This October, I encourage you to talk with your wife, mom and other loved ones about the importance of getting annual check-ups and taking steps to lower the chances of getting this disease. I also encourage you to take charge of your own health, and talk with your doctor about risk factors and preventative health steps you can take to reduce your own risk.

To learn more about breast cancer prevention and screening, please visit the National Cancer Institute's website at www.cancer.gov. By educating more Americans about this disease, together, we will help save lives.

Jerry Moran of Hays is the junior U.S. senator from Kansas. His committee appointments include Appropriations; Banking, Housing, and Urban Affairs; Veterans Affairs; Small Business and Entrepreneurship; and the Special Committee on Aging.

Mallard Fillmore

- Bruce Tinsley

