

### Good and bad in health care bill

After more than a year of debate in Washington, Pres. Obama signed the health care bill into law on Tuesday. The bill then went to the Senate for reconciliation where it passed on Thursday. It will now go back to the House for approval.

The bill has been hotly debated this week with Republicans claiming socialism has taken over and Democrats claiming gains for those who are uninsured.

The *New York Times* reported on the effects the health care bill would have on a range of people. If you pay for your own coverage or if you get insurance through an employer, you can either keep your plan or you can buy coverage through the state-run insurance exchanges starting in 2012.

If you are uninsured and have a preexisting condition, you can get coverage through a new high-risk pool in six months. In 2014 insurance companies can no longer refuse applicants with pre-existing health problems. Medicaid will be expanded to include families below 133 percent of the poverty level, \$29,327 in 2009 for a family of four. Uninsured people will be able to get coverage through the state exchanges in 2014.

Within six months several regulations will take effect. Insurance companies will no longer be able to put lifetime limits on coverage, cancel policy holders who get sick and they will have to allow children to stay on their parents' policies until they turn 26. Insurance companies will be able to deny coverage to adults with pre-existing conditions until 2014. Until then, people who have been denied due to a medical condition will be covered by a new high-risk pool. The pool will be created within six months.

There is no doubt there are many positive things in the bill, but there are also negatives. The most debated item is the cost. The bill is expected to cost \$1 trillion over 10 years, although the price may increase as more care is provided.

The other hotly debated item is the requirement that people be insured or face financial penalties. So far, 14 state attorneys general have said they will sue the federal government over that provision, claiming it is unconstitutional to require health insurance.

In Massachusetts, where universal health care has been in effect since 2005, residents are required to purchase insurance. If an employer doesn't offer coverage, a plan can be purchased through the state. Fines for being uninsured range with people being fined for not having insurance to companies being fined if they do not provide coverage to their employees.

The public option, which was eventually taken out of the federal bill, is available in Massachusetts and provides low-income people the ability to seek insurance.

After five years, Massachusetts is still in the experimental phases, making any claims about the federal bill seem premature. It will take years for the kinks to get worked out, but at least it is a step toward providing care to people who need it the most.

—Erica Bradley



### Thank Kansas farmers

It's a great time to say thanks to all of the Kansas farmers and ranchers who contribute so much to our state and our way of life in rural America. The average Kansas farmer feeds 144 people in the world market, so it isn't much of a stretch to say that Kansas farmers feed the world.

I'm proud to be a Kansas farmer myself, and every year I work the same land my family has farmed for over 80 years.

Now more than ever, we need fighters in Washington for Kansas farmers and ranchers and someone who understands both the joys and challenges that we experience living in rural America.

You see, our current Congress is increasingly dominated by urban elites who enjoy dictating to middle America what their vision for us is. I will go to Washington and resist that effort. You can count on me to stand up for Kansas farmers and ranchers and our rural way of life.

I will fight Washington's radical Cap-and-Tax Scheme: Along with Obamacare, this proposal stands to do more damage to our way of life in rural Kansas

### Campaign Trail Sen. Tim Huelskamp

than anything in recent history. This legislation would cause massive energy tax increases and create huge job losses for our state and all of rural America.

I will resist an increasingly radical EPA: The EPA recently issued an "endangerment finding" classifying greenhouse gases, including methane and carbon dioxide as "harmful pollutants." This misguided power grab paves the way for additional regulation of key industries like agriculture, oil and gas, and manufacturing.

The EPA also wants to institute a zero-drift standard for pesticides, thus making it nearly impossible for farmers and ranchers to protect our crops from weeds, disease, and insect damage.

I will open up markets for Kansas farmers: Kansas farmers really do feed the world, and we need to make sure we can sell our products in markets like Brazil, Japan, Korea, and others around the world. I will continue to be a strong

advocate for this. So again, if you're a Kansas farmer like me, thank you for all that you do. And if you know a Kansas farmer, thank them for helping feed our nation.

**On The Campaign Trail:** It's been a busy week on the campaign trail with stops in Eskridge, Wamego, Clay Center, Washington, Junction City, and Osborne. Everywhere I go, voters are hungry for a solid conservative voice in Washington that they can count on to stand for principle and not waver.

The first big debate of our race was held in Junction City. It's amazing how much alike everyone sounds when they talk about the issues.

Rhetoric is one thing - what makes me different is the proven record I have of standing on conservative principles. It's a record of keeping taxes and spending low, protecting life and families, and making sure our Constitutional rights are respected. That's a record that I'll be proud to compare with any candidate in this race.

Stay tuned for more exciting news from the campaign trail!  
State Sen. Tim Huelskamp



To....the boys going to state wrestling this weekend in Topeka. Good luck!

To....Liza Deines. We enjoy your writing. Please keep it up! (Called in)

To....the Vet Clinic for the rabies clinic. (Called in)

To render a Thumbs Up write:

- ebradley@nwkansas.com
- nortontelegram@nwkansas.com

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### Your political connection

- ★ **Governor Mark Parkinson**, 300 SW 10th Ave., Topeka, Kan. 66612. (785) 296-3232
- ★ **U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-4774; fax (202) 224-3514
- ★ **U.S. Sen. Sam Brownback**, 303 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-6521

- ★ **U.S. Rep. Jerry Moran**, 2443 Rayburn HOB, Washington, D.C. 20515. (202) 225-2715; fax (202) 225-5124
- ★ **State Sen. Ralph Ostmeyer**, State Capitol Building, Room 262-E, Topeka, Kan. 66612. (785) 296-7399
- ★ **State Rep. John Faber**, 181 W. Capitol Building, Topeka, Kan. 66612. (785) 296-7500

#### Office hours:

8 a.m.-5:30 p.m. Mon.-Fri.  
Phone: (785) 877-3361  
Fax: (785) 877-3732  
E-mail:  
nortontelegram@nwkansas.com

#### STAFF

- Dana Paxton.....general manager
- advertising director
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- Sherry Hickman.....bookkeeping/circulation
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### Forgiving without forgetting

At breakfast one morning this week, several of us were talking about forgiveness. We struggled with what forgiveness really is and how to achieve it.

I believe many people say, "I'm sorry" without really meaning it. They see it as a way to get someone "off their backs." It is seen as an "easy fix," hoping the person will forgive and then things will be as they were before the incident. But the words are empty if the person saying them doesn't mean the apology or doesn't accept ownership of whatever happened.

I had a much better understanding of forgiveness when Pope John Paul II met with his would-be assassin, Mehmet Ali Agca and told Agca that he forgave him. But, he added, that did not mean he was

### Life is Good Rita Speer

freed from his jail sentence. In other words, forgiveness does not mean one is not responsible for his deed, whether that means making restitution or serving jail time.

I have read stories of people who truly forgave a person who murdered a close family member, and I wonder if I could be so charitable.

For me, to forgive is to let go of whatever has happened; I no longer have the right to hold that act against the other person. That is how I would define true forgiveness. I believe we must be willing to forgive. Praying for one who has

wronged us is one way in which we can work through the feelings of betrayal and reach a place of forgiving. This works even if the other person does not ask for forgiveness. I pray for the other because I need to, not because the other necessarily needs the prayer. In addition, it sometimes takes a period of time to be able to truly forgive. It is fine to need time to forgive, just so long as one genuinely wants to forgive.

People glibly say, "Forgive and Forget." With some actions, it is impossible to forget. But I strongly believe we can forgive without forgetting. It just means that those wrongs no longer have the power to hurt us again.

When I am able to forgive or am open to forgiving, it is possible to live in peace and say, "Life is good."

### Emotions running high

#### Phase II Mary Kay Woodyard



Tuesday the health care reform act was signed into law by President Obama. I am sure looking over his shoulder were Ted Kennedy and Richard Nixon. Years ago the latter offered to push through legislation for universal health care and the then young and idealistic Kennedy felt it didn't go far enough. Let us pray we don't let fear and distrust hamper the initiation of this law. No one says it is perfect, but it is a beginning.

A mainstay of Christianity, for those who claim we are a Christian nation founded on Christian principles, sorry Ben and Tom just an example, is the story of the Good Samaritan. Do we or do we

not believe in helping our fellowman? Some will argue individual assistance is different from government intervention. I would argue, we, as individuals, are the government.

There is a move by several states attorneys general to have the health reform law ruled unconstitutional, claiming the government cannot mandate anyone to purchase insurance. It should come as no surprise the government has mandated actions for many years i.e. selective service, federal income tax, etc.

It is important to remember emotions run high through any process which alters our lifestyle.

This is a time for us to examine the bill as if we were to be on the receiving end. Living with a debilitating disease without medical coverage or having a pre-existing condition which prohibits you from getting insurance or being told you have reached your insurance cap are all solvable problems. None of us are immune to any these situations.