

## Celebrating Breast Cancer Awareness Month

As many of you know, I am a breast cancer survivor, so October is a special month for me. I took part in two very special events this month relating to breast cancer awareness. The first took place on Saturday, October 1 when I walked in Kearney's inaugural Komen Race for the Cure.

**Life is Good**  
Rita Speer



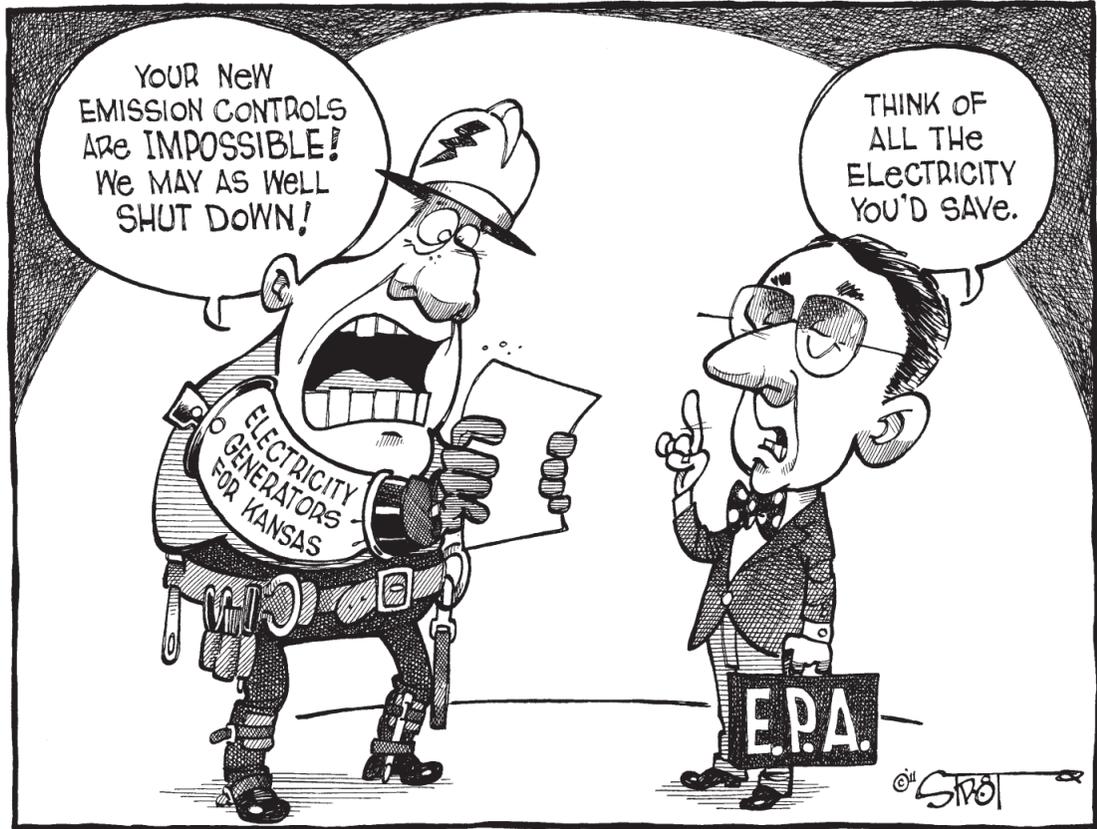
There were approximately 100 survivors who participated, as well as about 1800 other walkers and runners. Some teams had their own tee shirts, wearing those instead of the Komen shirts all participants received. I was proud to wear my special pink Survivor tee shirt. We could wear signs on our backs that were in memory of someone who has died from this disease or in honor of a survivor. I chose to carry two friends in my heart, one who died in mid September, 2010 and the other a friend just recently diagnosed.

A man from Texas, who had 22 pink ribbons attached to his cap, came to Kearney for this inaugural event. He has a wonderful, positive attitude. He attends as many inaugural Komen races as he can.

There were vendors who were giving things away, so I came home with pens, key chains, shoelaces and Ford Pink Warrior scarves. I purchased some Komen items, including a hoodie sweatshirt, jewelry and a "Sleep-in for the Cure" pillowcase.

The other event in which I participated was the Day of Caring in Hays, held Saturday, October 15. For the fifth consecutive year, I modeled. We models are treated royally. There is a party on Friday evening, and we always receive gifts from merchants in Hays. We get our hair done, borrow clothes from various stores (mine came from El Even here in Norton), have our pictures taken and then have a chance to "walk the runway." People buy tickets for a brunch, to hear a speaker and watch us show off our fancy clothes, all in support of breast cancer awareness. This year one of the models was a man, illustrating that men can also have breast cancer.

Much progress has been made in fighting breast cancer; we have so many more tools to treat patients diagnosed with breast cancer today. But my hope, my passion is the Komen Foundation's ultimate goal, a world free of breast cancer. Till then, my collection of pink ribbon items will continue to grow. My pledge for October, 2011 is to wear something pink each day of this month. It may be socks, a shirt or a scarf or an item of jewelry, but this is my way to say we will win this fight! Be aware, for that means earlier detection, which means an increased survival rate. Yeah, pink!



## Similar problems in a different day and age

The times we grow up in define us. I'm a child of the 60's, but a Midwestern child. I identify with the feeling of unrest from that period as an observer not a participant.

Today we see unrest with the occupation of Wall Street. I see similarities and differences between problems we face today and those of the 60's. Call it Mother Earth News vs. Wall Street.

In the 60's there was an unpopular war. There is war now.

The 60's Civil Rights movement caused a lot of unrest. The current fuss over immigration may become the Civil Rights movement of the 21st century.

I guess the economy is worse now, but if we lived the 60's life style today most of us would be doing just fine. How many television sets did the average home have in 1965? How many channels did we get? The average new home did not have a two car garage until the 70's. New houses had around 1200 square feet versus 2000 plus today. We were lucky to have two bathrooms, or in some cases delighted to finally have one indoors! We had one telephone and party lines. My mother never had a clothes dryer and she did not have a dishwasher until all the humanoid dishwashers left home. Since we did not know there was more, it was enough!

One thing protesters, in any era, have

**This Too Shall Pass**  
Nancy Hagman



in common is the fun of poking a stick in the eye of authority! No matter how important the issues on the table; never underestimate the pure pleasure kids get from driving their parents crazy!

In the 60's we were looking for alternatives. We embraced simple lifestyles, joined communes, striving to use only what we could grow, make, or barter for.

The Hubby and I subscribed to Mother Earth News for years. I saved every issue until we moved. It might be a good idea to be self sufficient but I can probably get the same information off the internet now. I realize that is flawed thinking because if we need to know how to purify our water polluted from a nuclear explosion, the internet is probably not going to be available. (Maybe I'll die in the first blast!)

I recall a cartoon from the 60's: Two fat cat businessmen looking out on a group of demonstrators. One says, "Why can't they just lead lives of quiet desperation like the rest of us?"

The Wall Street protesters seem to embrace the desperation. They

want it all: a free college education, a corner office, a Prius, vacations in the Bahamas and the head of a Wall Street banker on a pike.

I wouldn't want to be young. The challenge of paying for us old boomers is not going to be easy. We have to raise the retirement age. We need to means test social security. Call it death panels if you must: we have to think about cost when giving medical treatment to terminal and elderly patients.

We are going to have to do without some things. The internet, clothes dryers--I don't know surely there is something we can live without! We are going to have to work harder and quit whining!

Rather than do what needs to be done we have come up with "class" warfare. Share the wealth. It's a fine theory. In practice, you end up with Russia!

In the 60's we "let it all hang out!" What did that mean? All I know is once you let it all out it's pretty hard to get it back in!

William Jennings Bryan said: Burn down your cities and leave our farms, and your cities will spring up again as if by magic; but destroy our farms and the grass will grow in the streets of every city in the country."

Mother Earth News versus Wall Street. Tear down Wall Street but leave our farms alone. It's going to be fine!



Hats off to the Eisenhower third and fourth graders and especially their vocal teacher Mrs. Morel, for a fantastic musical rendition of the twentieth century. Brought in.

Thumbs up to the members of the Pollyanna Club for their many hours of volunteer help at the Norton County Museum. We love you! Norton County Museum Board of Directors. Emailed in.

## ELECTED OFFICIALS:

- ★ **Governor Sam Brownback**, 300 SW 10th Ave., Topeka, Kan. 66612. (785) 296-3232
- ★ **U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. roberts.senate.gov/public/ (202) 224-4774
- ★ **U.S. Sen. Jerry Moran**, Russell Senate Office Building Room C-4, Washington, D.C. 20002. moran.senate.gov/public/ (202) 224-6521
- ★ **State Sen. Ralph Ostmeyer**, State Capitol Building, Room 300 SW 10th St., Room 262-E A., Topeka, Kan. 66612. ralph.ostmeyer@senate.state.ks.us (785) 296-7399
- ★ **Congressman Tim Huel-skamp**, 126 Cannon House Office Building, Washington, D.C. 20515. huelskamp.house.gov (202) 225-2715 or Fax (202) 225-5124
- ★ **State Rep. Rick Billinger**, Docking Building, Room 754, Topeka, Kan. 66612 rick.billinger@house.ks.gov (785) 296-7659
- ★ **State Rep. Ward Cassidy**, State Capitol Building, 300 SW 10th St., Topeka, Kan. 66612 ward.cassidy@house.ks.gov (785) 296-7696

## The government's role in our health care needs

A dear friend once told me the government should only exist to protect us, not for any other reason. Think about it:

- Does protection expand to health epidemics?
- Does protection expand to decaying bridges or highway safety?
- Does protection expand to radioactive fallout from damaged nuclear reactors?
- Does protection expand to the food supply?
- Does protection expand to school safety?
- Does protection expand to crime?
- Or is it only protection if the enemy is a "foreign country" and they look or talk differently?

Protection is needed when you, as an individual or as a society, are being threatened. According to Webster's a threat is an expression of intention to inflict evil, injury or damage. If the government is going to protect us, we need to realize that threats come in many forms and carrying guns is only one.

Once upon a time;

**Phase II**  
Mary Kay Woodyard



We had a former president diagnosed with Alzheimer's disease. Although many opposed stem cell research, his family supported such research after his diagnosis thinking it might offer hope for those in similar circumstances.

A family opposed Medicaid until the baby born into their family suffered devastating and life threatening birth defects. It wasn't long before the baby's treatment surpassed the maximum limit of their health insurance and without it their baby would die. Suddenly Medicaid became a shining star.

A family believed those who received unemployment benefits were lazy. Then their son-in-law lost his job and embarked on a fruitless search for employment, with no success. Regardless of his employment status,

he still had a family to feed, clothe and house, to say nothing of provide healthcare.

A young woman professed the government's role was not to interfere in education. Then her child was diagnosed with autism at the age of three and he was eligible for an intervention program complete with a bus to pick him up. Hope for her child's future was a powerful force.

A family opposed Medicare claiming Dad (and others) had enough money to handle his own health treatment. Then Dad needed heart surgery and because of Medicare he was able to have it without depleting his own funds.

Sometimes we have to remind ourselves, WE, as in each of us, comprises the government. It isn't a vague or evil being, but rather a body of individuals who will stop and help the injured man along the side of the road and, as individuals, we realize when we combine our energies and our resources we can produce greater results. Government isn't bad, evil or wrong, it is you and I working together. mail to: mkwoodyard@ruraltel.net