

Good luck

Be safe

God bless



## Pick a vaccine: H1N1 or seasonal flu

It seems H1N1 has caught attention again. People all over the country are bracing for a pandemic, getting their seasonal flu shots, stocking up on flu medication and waiting for the H1N1 vaccine to hit the market.

It is not quite known when the vaccine will be available. The Kansas Department of Health and Environment predicts sometime in November. They are encouraging everyone to get their seasonal flu shots before the H1N1 vaccine is available. The logic behind that was to protect people from getting seasonal flu, therefore making it easier to diagnose H1N1.

However, the seasonal influenza shot is no longer available in Norton. Similar circumstances are expected to arise

in other counties and states across the country. People took their doctor's advice to get the flu shot and wait for the H1N1 vaccine. Now we're stuck waiting for the manufacturers to produce more seasonal shots as well as the much awaited vaccine.

More seasonal shots are expected to arrive in November, probably around the same time the vaccine is supposed to be available.

We all assume the manufacturers will focus on the vaccine instead of the seasonal flu shots. Maybe they should have considered this problem before deciding to focus on one vaccine instead of the other.

-Erica Bradley



## Get with the program

You don't get something for nothing. Over the years, in an effort to make its citizens safer and I guess happier, the U.S. government and various groups have instituted actions that in their endeavor to protect have actually had adverse effects coupled with the abrogation of our responsibilities.

Those readers of my era can remember when medicine used to taste like, well medicine, rather than candy. Now we have bubble gum flavored medicine all in the name of being a kinder, gentler parent. Children now want, mind you want, to take meds in a country already bombarded with medication abuse and overuse.

There is the concern over the harmful ultraviolet rays. To counter that we, (corporate America in conjunction with some in the medical community), introduced sunscreen. In the course of this protection however we are denied the primary source of Vitamin D, the sun.

Consequently we just add more chemicals (sunscreen) to our skin, and synthetic vitamin D to our stomach, surely no cancer risk there. Wouldn't it be just as easy to do what my parents, grandparents and many before them did? Wearing light-weight clothing to cover your body keeps most of the rays off too. Of course, it doesn't do as much for corporate America or dermatologists with stock in sunscreen

### Phase II

Mary Kay  
Woodyard



companies.

In 1982, a series of Tylenol poisonings almost took down a major company, Johnson and Johnson. In response to this the company created safety seals which have protected us ever since. They have also infuriated us since old age has set in and created a generation of parents who give a baby a medicine bottle for a rattle. Yes, I am absolutely serious I have seen this done. The point is this, yes, the safety seals unfortunately are necessary, but it remains important to teach the danger of medicine to children.

We do have an obligation to watch over others, but an element of that obligation is to educate as well. We need to keep children from harm if they stick a fork in the toaster, but we also need to teach the dangers of electricity. Just because we have protection from certain dangers doesn't release us from our obligation as parents, grandparents and just plain citizens.

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## Choose your love, love your choice

It happens once a year. The hubby and I have an anniversary. I'd say we celebrate our anniversary but it's mostly just another day. This year we got a couple of cards, I really appreciate being remembered.

In the evening my BFF, Jody, called. After wishing us a Happy Anniversary she asked, "Do you know who else got married today?" I didn't. She said her husband's sister, Bea and Ron Heikes. Then she announced, "and Audrey and Jason." Audrey is Jody's daughter. Audrey and Jason have a long standing relationship but the wedding was a complete surprise (not just to me but also to Jody); however, we welcomed the news with laughter and joy!

Marriage is a whole different deal from when the hubby and I said our vows. Despite a session or two of premarital counseling (courtesy of Bob Speer), it never occurred to me that I would not be married forever.

I do remember a friend's comment to me around the time I was married, "it must be weird to stand at the back of a church and realize you are about to become the wife of someone you are going to spend the rest....of the next 5 or 6 years with." I always laugh when I think of her, her name was Nancy also. She may have had a better perspective of

### Back Home Nancy Hagman



marriage than I did.

Divorce is a difficult and painful decision. Life is too short to spend with someone who makes you miserable, or abuses you, or cheats on you. And if you do manage to stay married "as long as you both shall live" does that mean you are soul mates? Lucky?

Too lazy to call a lawyer when your spouse ticks you off? I've been married 38 years and I don't have a clue. I won't let that stop me from presenting a theory, however.

Woody Allen has said, "90 percent of life is just showing up." A speaker at a State FCCLA Convention one year told us about his brother. He is a studio musician in Nashville. Not a solo artist, not a featured performer but nonetheless very successful and in demand.

His brother became successful because when he was called to a job, he showed up. He showed up on time, he showed up prepared, he showed up sober. Lots of musicians hanging around Nashville

had more talent but not his "fidelity". Fidelity, faithfulness, may seem like a jump from the concept of "just showing up." But what else do you call getting up and doing what needs to be done every single day?

In the movie, "To Die For", Nicole Kidman's very shallow character puts forth the premise that there is no point in doing something good if no one is watching. The irony is, whether we are aware of it or not, in all of life and all our relationships, someone is watching. When we marry we choose a person to witness our lives. We pledge to be there for each other. Always. Why is that so easy to forget? What happens when we continually fail to show up? This showing up thing is not very romantic or thrilling. It's really pretty boring. It's another anniversary, oh hum. But it's important.

The best marriages are those where husbands and wives are watchful of each other. Choose your love, love your choice. Audrey and Jason did not realize they were going to share their anniversary day with the Heikes and the Hagmans. And even now they would probably be amazed at how much it pleases me; it was an unintended gift that made the day worthy of celebration.

Congratulations, newlyweds!  
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## There's just no win for agriculture

If the climate change bill becomes law, it would not benefit farmers, ranchers and rural Kansas. Also known as cap-and-trade, this legislation would cause farmers and ranchers like the Handke brothers from Muscotah to experience big increases in their operating expenses.

Terry and Paul Handke feed 5,000 head of cattle in their feedlot and farm another 2,000 acres of row crops in Atchison County.

"We could easily see more than \$100,000 added to our operating expenses if this legislation is implemented," Paul says. "It's impossible for us to pass on these additional operating costs to consumers when selling our commodities."

The Handkes believe they could ride out such a hit during a short-term period of from one to five years. However, during the long term, they wouldn't be so lucky.

"Such an increase would force us to decide whether or not we could continue to farm and feed livestock," Paul says.

Much of the initial increase in operating expenses would come in fuel costs and higher nitrogen (fertilizer) costs. Natural gas is expected to increase at least 10-percent on the low end and more than 50-percent on the high end.

There is so much uncertainty out there,

### Insight

John Schlageck

says Troy Dumler, Kansas State University Research & Extension. There are still too many unanswered questions about the short-term, as well as long-term impact of this climate-change legislation.

While some studies have been completed, much more research is needed to provide a clear picture of what the costs and benefits will be, Dumler says.

"There is still so much to learn," he adds.

The Handke brothers agree. The Atchison County producers definitely feel uncomfortable talking about the future ramifications of this legislation because there is so much about it they don't know.

Based on what they know now, Terry believes there will be hardly any benefit for their Atchison County operation. He said many of the proposed offsets would afford little opportunity on their farm.

The Handkes already no-till and have for years. Carbon sequestration will more than likely not provide help either.

"You sure wouldn't want to run a farming operation like ours and expect it to help the cash flow," Terry says. "There

are just too many unknowns about what it will do on the expense side of our operation."

The Handke brothers believe their cost of doing business — producing crops and livestock — will increase. They also foresee every American family experiencing increased costs should this bill become law.

"If this passes, we're all going to see higher food prices," Terry says. "Eventually, someone has to pick up the tab and it won't just be agriculture that pays."

In early September, the Handkes hosted Congresswoman Lynn Jenkins on an ag tour of their farm. After the visit, Jenkins thanked the Atchison County producers for weighing in on this key issue and how it would impact their family farm and ranch operation. She promised to take their message back to Washington.

"It's been a great opportunity for me to gather information and tell the Handke's story, when I return to Washington," she said. "Cap-and-trade will adversely affect all of our farmers and ranchers here in Kansas and throughout the Midwest."

(John Schlageck is a leading commentator on agriculture and rural Kansas. Born and raised on a diversified farm in northwest Kansas, his writing reflects a lifetime of experience, knowledge and passion.)

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