

The history of the KT station

Dear Editor:
I was pleased to see the groups efforts there at the Bob Kent old KT station on south State.
For most of a quarter century, I worked at the patrols MCI station #51. This station made its debut Jan. 1, 1938 at this KT station.
Mr. Burchie Underwood was the inspector in charge. The pay, at \$60 a month, was very good.
In the early '50s my dad Bud and I ate dinner there, Maxine Marsh was on duty.

In 1958/59 Jimmy Daniels and Don Jakubowski were running the station, followed by Billy Morris.
Bob Kent used to hang his big "NO BULL FIGHTING" banners down the east side of the Pinestone.
The last time I saw Bob was in '68, Charlie Griffith and I went by his Rapid Transport office there at the Salina Airport.
Lenora also had a KT station, at the corner of Washington and Fulton Street.

G. Eldon Wright



Breast cancer not just a women's issue

October is breast cancer awareness month and while a lot of attention is paid to breast cancer in women, men also suffer from the disease. Two weeks ago CNNaired a story about breast cancer rates in men, or their children, who were stationed at Camp Lejeune, N.C.

According to CNN, the water contamination was discovered in 1984/85, although records show the contamination dated back to 1980. The men diagnosed with breast cancer all served on the base from the 1960's through the 1980's.

The Marine Corps denies any wrongdoing. Two studies found no link between the water and cancer rates, but it is quite a coincidence that 40 men would suffer from the same condition while being located in the same geographic area.

Three chemicals were found in the water: Benzene, trichloroethylene and the dry cleaning solvent perchloroethylene. The Environmental Protection Agency lists Benzene as a known carcinogen and the other two chemicals as potential carcinogen.

CNN also reported other illnesses suffered by people at the base. The Marine Corps estimated 500,000 people had been exposed to the water during the 30 years it was contaminated. There is no way to be sure if the water caused the increased diseases or if another factor is to blame.

Male breast cancer only accounts for 1 percent, or 2,000 men, of all breast cancer. It affects over 200,000 women a year.

The rates are startling. Of course not everyone can blame their illness on water contamination. But the Camp Lejeune story makes you want to stop and think about what can cause illnesses like cancer.

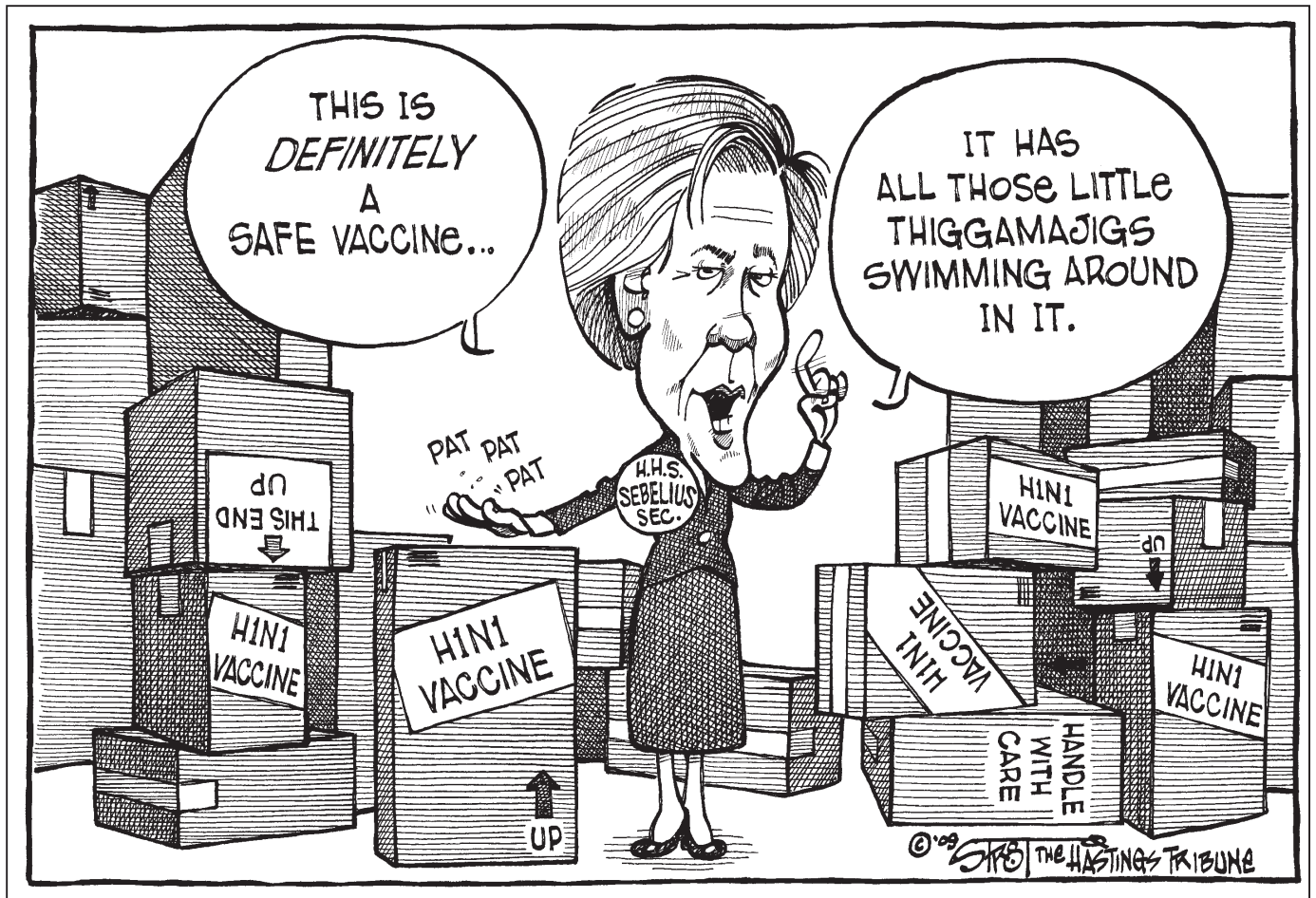
The media attention surrounding Camp Lejeune brings some attention to a rare condition. It's not accurate to blame something like water contamination as the cause of cancer.

But it brings up an excellent point; all sources should be looked at, especially when there are statistics like the ones at the Marine base.

The men affected are currently battling with the Veterans Administration for health benefits. The cancer is undoubtedly not service related, but the men want their treatment covered.

The CNN story was aired two weeks ago and again Wednesday night. In the two weeks between stories 20 other men came forward to discuss their breast cancer and time at Camp Lejeune. More will probably come forward in the coming weeks and months.

- Erica Bradley



The most important gift we can give our children

As parents, the most important gift we give our children is the gift of life. When a baby is born we believe with all our being we will offer to this child the most life has to offer. We have them receive their immunizations and we fasten them into the safest of car seats. We enroll them in licensed daycare and accredited schools. We, hopefully, require they don bicycle helmets and football gear; all in the name of creating a safe environment in which to grow and flourish. One of the biggest obstacles to a child's health however surrounds their bodies from the minute they enter this world.

Already this small being is subjected to air pollutants, one of which is tobacco smoke. We often don't think of this in conjunction with babies, but we now know second hand smoke kills at almost the same rate as for smokers. Children and pregnant women exposed to second hand smoke are more likely to have an increased incidence of asthma, low birth weight babies and childhood leukemia as reported by Clean Air Kansas. When

Phase II Mary Kay Woodyard



we think of smoking related diseases our minds frequently turn to lung cancer, but that is only one of many cancers exacerbated by tobacco. An increased chance of dementia, heart and lung disease are among tobacco's fallout. The communities who have adopted smoking bans have seen significant drops in heart disease as noted by Kansas Clean Air in the following statement;

"From 2001 through 2006, deaths from heart attacks in a seven-county area on the Missouri side of the state line declined by 21 percent, according to the Kansas City Health Department. In Kansas City proper, the number dropped by 26 percent."

Twenty eight states have adopted clean indoor air laws in an attempt to protect not just children but each of us as well. Over 30 Kansas communities have adopted similar laws prohibiting smoking in public places including restaurants, bars and the workplace. In January, Kansas has an opportunity to pass a clean indoor air law to provide the healthiest air for everyone. This is an important step for Kansans not just to provide a safer lifestyle, but to be a leader to the remaining 22 states. Kansans! Lets step up to the plate and let it be known we want to provide the best possible environment for our residents.

A coming column will address the issue of tobacco companies marketing schemes targeting our youth. The once steady decline of underage smoking has "ground to a halt", threatening our children with increased temptations from e-cigs to stiletto (not shoes) to peach, grape and cherry flavors. Believe me, it goes beyond the Marlboro Man and the "You've come a long way baby."

Catching up and an upgrade

Back Home Nancy Hagman



I saw my friend Belva, from Prairie View, in the L&E in Kirwin the other night. I haven't seen her in awhile. In fact last time I saw her was in the L&E, four years or so ago, right after we moved.

She did not know we had moved and she made the observation, "You're a long way from home."

"I'm closer than you are!" I replied- and we caught up!

Friday night it was time to catch up again. She confessed she does not take The Telegram but sometimes does get to read my column, which she professes to enjoy.

I guess we are getting to be old ladies because our main topic of conversation was about our health and recent surgeries. She did not know I'd had surgery. She must read the paper with some frequency because she said "You never wrote about it."

Sooooo00000 for those of you who did not know, July 29 I got an upgrade: an '09 knee for a '50's model. Outside of that there really isn't much to tell.

It's pretty disappointing, too. I mean what is the purpose of the pain and suffering, spending all that money etc, etc if you can't even get a good story out of it!

And I promised Brian, my physical therapist, at the hospital there would be a story. All the hospital staff, especially Brian and my nurses Patty and Kayla, were so good to me I feel I owe them something.

It's hard to think of much when the worst thing that happened was the vague look the doctor gave me when I asked if could have a handicapped parking per-

mit! I never got one!

Don't you just hate it when people are competent and do their jobs? When they have confidence in their abilities and your resiliency and expect things to go well! Not much help if you are a struggling newspaper columnist hungry for material!

Now getting to surgery, there are the stories! But I can't tell them because someone might sue me for defamation (is it defamation if it is true?) Suffice it to say it only took five years to get a diagnosis. And once I was diagnosed about another year and a half to find the right combination of health care providers to agree that, first: total knee replacement was the only thing what would help me. Second: even though I am younger than most people having this surgery there is no magical age. And finally third: while being overweight contributes to joint stress, it only contributes. NO ONE knows why some people end up with severe osteoarthritis and some don't. Therefore I did not have to keep suffering as penitence.

It's been a long arduous journey and one that I've very happy to see end. Or at least have the end approaching. You see, before doing the left knee, the assumption was the right would then be done as

soon as possible. However when I saw the surgeon for follow up (and I assume to turn in the handicapped parking permit IF only I'd had one!) we decided until I feel the right knee is holding me back we will leave it alone. That might be a week, it might be years.

I was so thrilled; I stopped and bought shoes on my way home. I'd reached a point where I thought I'd never wear heels or sandals again. I bought both! I can't tell you how happy my feet are or how empty my wallet is. Well, I could tell you how much I spent on the shoes but unlike Belva we get the paper at our house and the hubby at least has the opportunity to read my column every time!

All in all it's been a pretty exciting time around here! New shoes on Friday, able to negotiate going down a flight of stairs in stride and the PT at the County Hospital pronouncing me graduated from rehab on Monday!

My doctor said: Giving people new knees is like giving six year olds bicycles. At first everyone is wobbly, some catch on fast, some are forever cautious. Some end up out in the street doing wheelies, some never get off the curb. But everyone learns how to ride!

In this little this scenario I'd probably place myself on the sidewalk content to just ride back and forth at a nice steady pace. But as I think about all the people who have helped and encouraged me, had to put up with me and support my shoe habit I'm thinking I owe them something; the least I can do is put by best, beautifully shod foot forward and get off the curb!



To....the Norton Community High School football team and the volleyball team for walking the students Wednesday morning from the Unified Office to Eisenhower Elementary School. (called in)

To....Whitefields Coffee House, You start out my day every Tuesday through Friday Just right. Thanks for the extra fluffy long johns. (emailed)

(To render a salute, please email - nortontelegram@nwkansas.com, call 877-3361, fax 877-3732 or mail to 215 S. Kansas Ave. 67654. or drop by the office.)

THE NORTON TELEGRAM

ISSN 1063-701X
215 S. Kansas Ave., Norton, KS 67654

Published each Tuesday and Friday by Haynes Publishing Co., 215 S. Kansas Ave., Norton, Kan. 67654. Periodicals mail postage paid at Norton, Kan. 67654.

Postmaster: Send address changes to Norton Telegram, 215 S. Kansas, Norton, Kan. 67654
Official newspaper of Norton and Norton County. Member of the Kansas Press Association, National Newspaper Association, and the Nebraska Press Association

Nor'West Newspapers
Dick and Mary Beth Boyd
Publishers, 1970-2002
Incorporating the Norton County Champion
Marion R. Krehbiel, editor



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