

Dear Editor,  
October 6th through 12th is National PA Week. This is a week set aside to recognize the Physician Assistant profession. The PA profession has been a part of the Kansas landscape since the 1st class of PAs graduated in 1975. Since that time, PAs have played an ever increasing role in providing quality health care. There are currently approximately 900 licensed PA's in the state of Kansas. PAs practice medicine under the supervision of a physician. A PA must be a graduate of an accredited PA educational program currently, there is only one such program in Kansas at Wichita State University. After graduation, PAs must pass a national certification exam and receive state licensure before they can practice medicine. At the time of graduation, PAs have more than 400 hours in basic sciences (with more than 75 hours in pharmacology), approximately 175 hours in behavioral sciences, nearly 580 hours of clinical medicine as well as over 2,000 hours of clinical experience at the time of graduation. To maintain certification, they must complete 50 hours of continuing medical education each year. PAs have not only been an effective way to help meet medical needs in underserved rural areas in Kansas, they are also a part of many primary care and specialty care practices in urban settings. No matter where they happen to be practicing, PAs have become irreplaceable members of the healthcare team as they work with Kansas' physicians to ensure the highest quality of care for the people of our great state. If you happen to run into a PA this week, be sure to let them know how much you appreciate their contribution to keeping Kansas healthy.



Sincerely,  
Jon Borchard PAC



A huge thumbs up to Sue Sharp for the donation of the Remington Statues. They are beautiful and add so much to our community. We know Bill would be proud to see them sitting where they were placed. Emailed in.

A big thumbs up to Norton Glass and their employee Cheryl Kaus. I ordered glass for a project and forgot to pick it up. It was Friday night at 5:30 and I needed it for Sunday. I called Cheryl and she went to the glass company, picked up the glass and delivered it to my home. It is nice to live in a town where people and businesses will help when you need it. Thanks Cheryl. Sent in.

Thumbs up to the City of Norton for the use of the picnic tables for our tailgate supper held last Friday. Called in.

Thumbs Up to Nex Tech for the use of the grill for the tailgate supper. Called in.

Thumbs up to Sue Sharp for the gift of the bronze statues on the library lawn. Emailed in.



Letters to the Editor and Thumbs Up:  
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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

Kansas Press Association



## How do we balance safety and freedom

The most recent mass shooting has a chilling similarity to others. Aaron Alexis' cry for help went unnoticed by co-workers, and possibly, family and friends. The 34 year old Navy contract worker shot and killed 12 people and injured others. He had recently expressed concern over hearing voices and "vibrations."

Nearly three years ago, Jared Lee Loughner, shot then Arizona Congresswoman Gabrielle Giffords. The attempt left her critically injured, killed six people and injured 13 others. College classmates of Loughner reported frequent "nonsensical outbursts" from the 22 year old, who they described as a loner. His parents also worried about their son's irrational behavior.

A year ago in an Aurora, Colorado, movie theater, a brilliant young man, James Holmes, took the lives of 12 individuals and injured 58. Months earlier, he had told friends, "he was losing it"

### Phase II Mary Kay Woodyard



and a psychiatrist had warned the campus police of this young man's potential threat.

As if all of that wasn't enough, no one can forget the killings of 20 innocent children, six adults and the killer's mother in the Sandy Hook Elementary School shooting last December. No one can fathom what type of deranged mind could carry out this incomprehensible act. The young man, Adam Lanza, was described as a "socially fragmented" individual, and, as with other shooters, he was a loner.

The National Institutes of Health (NIH), using the 2004

census have calculated mental illness strikes one in four Americans over the age of 18. In this country alone, that accounts for 57.7 million people. These illnesses range from the mild to severe with 6 percent of the total population suffering from a severe mental illness. We know that most mental illnesses do not result in killing, but how do we discover which may and which won't.

As a nation, we struggle with the balance of safety and freedom. All too often, the biggest obstacle to treating mental illness is the stigma associated with it. This coupled with the lack of knowledge on who to notify and what to do, if we suspect mental illness, stands in the way of successful treatment. When we realize 26.2% of the country suffers from a diagnosable mental illness, we can only say, "There but for the grace of God go I." [mkwoodyard@ruraltel.net](mailto:mkwoodyard@ruraltel.net)

## How would you like to be thought of

In each of us there is some vanity. Or perhaps pride. We want to be first. The best! Or at the very least recognized.

It's not all bad. I believe pride is an instrument assisting us in bringing out our best. It keeps us from slough.

To my mind, saints are the ones who successfully suppress the desire for acclamation.

Then there are those who do lots of good deeds, never missing an opportunity to tell family and friends about every single one of them!

Perhaps I resent it because it makes me feel inadequate: I mean it's 8:30 and I haven't saved the world yet today! Something must be wrong with me.

I assure myself I used to be nicer. I've jokingly told people the reason we moved was for anonymity. I wouldn't have to be on any more committees!

The best recognition is that which takes you by surprise.

Over the weekend we visited with a friend's sister and her husband. The couple lives in Kansas City. The husband (about 10 years older than we are) was well acquainted with my husband's family. His maternal grandparents lived just east of us. He told us several yarns of growing up and experiences with various mem-

### This Too Shall Pass Nancy Hagman



bers of the family.

Then he said, "We drive by your Grandpa's place sometimes. Someone is really taking good care of it. It sure looks nice!"

"Thank you!" I said. "That is where we live!"

The unexpected compliment feeds the soul. The cheers we seek often ring hollow and are somehow never enough!

There are people who are so warm and welcoming. Those who make us feel important just by bestowing their hugs and smiles. A couple of experiences I have had like this were at weddings. Amanda Berry Gray, when I was struggling to explain our relationship to the groom, cleared it up in an instant; "We've all been friends forever!"

This summer at Alena Loyd Haskin's wedding she told her groom, "Patricia is my oldest friend!" Now that is not strictly true. Patricia is just 28. I'm sure Alena has "older" friends! But

the thought (successfully relayed) rang through. Patricia is important to Alena!

What a gift! To be acknowledged for being! For bearing witness to all the things time and distance do not change.

At such moments it is clear to me the sort of person I want to be: loving, accepting, kind. I try extra hard for a while!

Rudyard Kipling's poem "L'Envoi" expresses what I wish to say far better than I.

When Earth's last picture is painted, and the tubes are twisted and dried

When the oldest colors have faded, and the youngest critic has died

We shall rest, and, faith we shall need it lie down for an aeon or two,

'Til the Master of All Good Workmen shall set us to work anew!

And only the Master shall praise us, and only the Master shall blame;

And no one shall work for money, and no one shall work for fame;

But each for the joy of the working, and each, in his separate star,

Shall draw the Thing as he sees it for the God of Things as They Are!



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