

News Digest

Midland National Bank sponsors free shred day

Consumer fraud and identity theft affect thousands of Americans.

On Saturday, individuals and businesses can have their unwanted documents and papers shredded in a secure environment, for free, at Midland National Bank's third-annual community Shred Day.

The public is invited to bring receipts, invoices and other personal documents to the Midland National Bank parking lot, on the west side of the main bank from 9 a.m. to noon Saturday. Enter off Sixth Street.

Destroying documents with personal information, such as old credit card invoices, utility bills, tax documents and bank statements, can thwart identity thieves.

Please, no glass, food, plastic or hazardous material, and limit five boxes per person.

Contact Phil at Midland National Bank, 283-1700, for more information.

Newton church to offer blessings for animals

St. Matthew's Episcopal Church, 2001 Windsor Drive, will have an animal blessing at 4 p.m. Saturday.

Businesses to sponsor neighborhood party

Local businesses will sponsor a neighborhood block party from 1 to 5 p.m. Saturday in the 2200 and 2300 blocks of South Kansas.

Activities will include a petting zoo, moonwalk, giveaways, temporary tattoos, rubber duck pool, refreshments, basketball shootout, horse rides and bungee jump. Prizes also will be awarded.

Parking will be available at all the businesses.

The sponsoring businesses are Tippin Dental Group, American Family Insurance, Advanced Physical Therapy, Citizens State Bank, Mid America Youth Basketball and Hutchinson Credit Union.

Kansas governor part of fitness initiative

TOPEKA (AP) — Gov. Kathleen Sebelius is trying to encourage her fellow Kansans to move more, eat less and avoid tobacco, and she worries kids aren't getting enough physical education.

Sebelius touched on those subjects as she helped kick off a "September" campaign Monday at Topeka's downtown YMCA.

Nationally, the YMCA is encouraging Americans to walk or run an additional 2,000 steps a day and consume 100 fewer calories a day.

The governor's remarks came less than a month after the non-profit Trust for America's Health ranked Kansas the 26th heaviest state in the nation, reporting 23 percent of its adults are obese.

"More and more schools seem to be limiting or eliminating physical activity as part of an overall curriculum," Sebelius said.

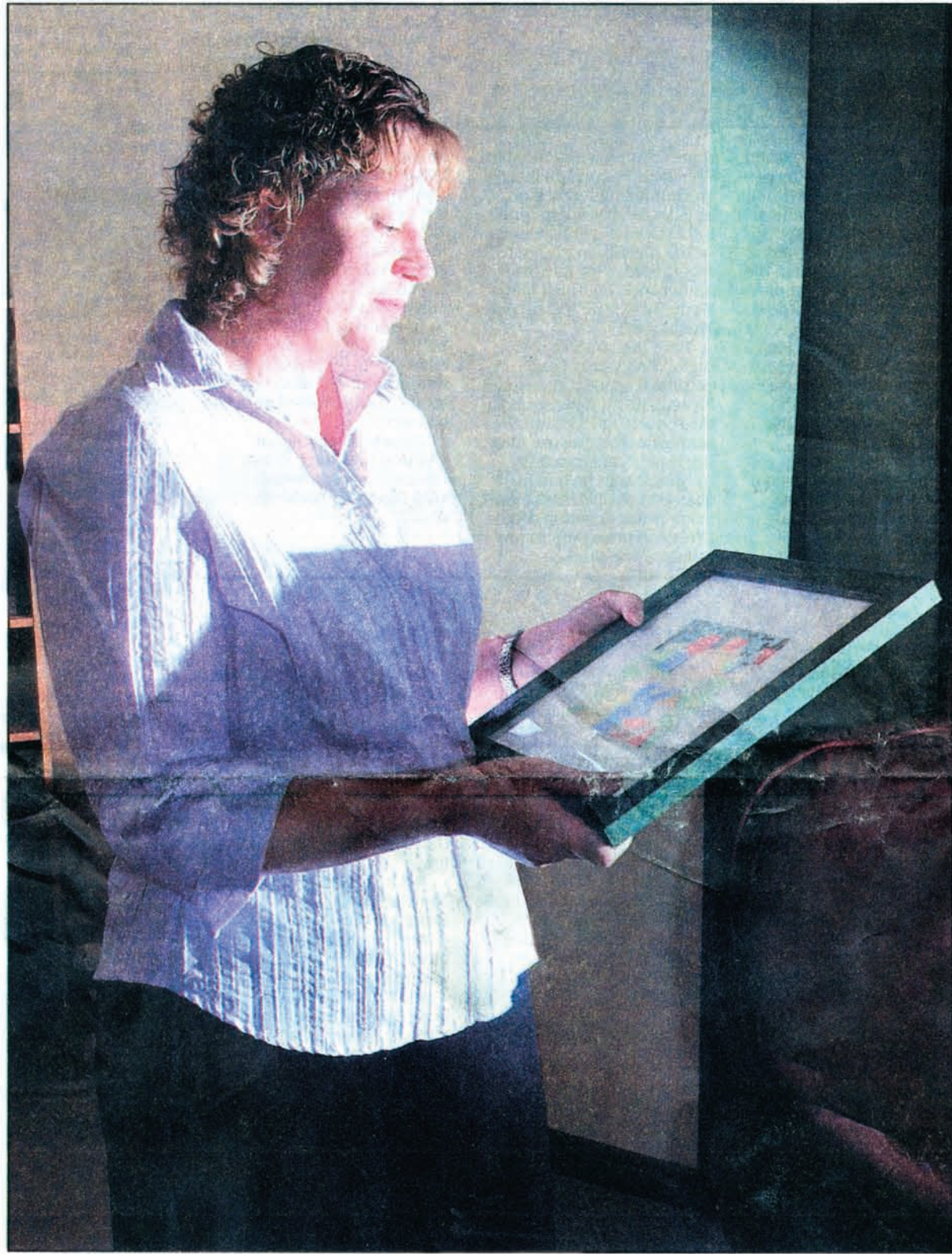
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Art depicts cancer struggle



David Dinell/Newton Kansan

Newton resident Karen Tommer took part in an essay contest for breast cancer patients. Winners of the contest were paired with local artists to create a piece of art that illustrates the patient's journey with breast cancer. Tommer was paired with artist Rebecca Hoyer, who used Tommer's essay and meeting with the family as the inspiration for an oil painting, which is on display at CityArts in Wichita. Tommer is shown holding a replica of the painting. BELOW: Hoyer's painting.

Cancer survivor encourages young women to stay healthy

By Andrea Molinari
Newton Kansan

Cancer knows no age, race or gender. Breast cancer is no exception. And Karen Tommer, a breast cancer survivor for 17 months, can vouch for that.

Tommer was diagnosed with invasive ductile carcinoma when she was only 31 years old.

A piece of art on display at CityArts in Wichita until Saturday depicts her and her family's struggle with the disease.

In 2003, Tommer, a Newton resident, went to the doctor for a lump in her breast. After a mammogram, her doctor told her it was nothing.

Without thinking any more about it, she went about her normal life. Soon after visiting the doctor,



Tommer got pregnant with her second child.

After the birth of her daughter, Kirsten, in 2004, Tommer discovered another lump in her breast while breastfeeding her then 6-month-old baby. This lump was much larger than the first. It was about nine centimeters in diameter.

In April 2005, Tommer went in for another mammogram. After comparing the new mammogram to the one from 2003, her doctor made her get a biopsy the same day. She was soon diagnosed with breast

cancer, which had spread to her lymph nodes.

After her diagnosis, she underwent eight rounds of chemotherapy, had a bilateral mastectomy and 35 rounds of radiation.

"I felt really out of place when the whole thing started," confessed Tommer. The other women undergoing the same treatments were at least in their 60s.

To help make the treatment easier, Tommer relied on a support group at Victory in the Valley in Wichita.

Since her cancer had been fed by estrogen, she had a complete hysterectomy in March 2006.

Her cancer diagnosis was unpredictable because she didn't have either of the two genes identified as breast cancer genes. Neither her mother nor her sisters have had breast cancer. Tommer was the first in her immediate family to get the cancer, which increases the risk for her daughter.

Despite all the hard times, some good has come out of Tommer's journey. After being diagnosed,

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Sound system helps teachers, students

By Chad Frey
Newton Kansan

WALTON — Debi Brunk remembers, very well, what teaching was like when she had to raise her voice or use rhythmic clapping to get her second grade class' attention at Walton Elementary. She can remember not holding their attention when whispering the lines of a book, because they couldn't hear.

Those days are over, thanks to the wireless microphone she wears and the speakers in the corners of her classroom.

"I enjoy being able to whisper and everyone can hear," Brunk said.

She is not the only one who has noticed a difference. Fifth-grader Dustin Mosiman is glad his teacher can wear a microphone while trying to help him learn math and other daily subjects.

"It's louder," he said. "It's easier to hear. And we get to use it when we tell stories."

The school district received grant funds to pay for amplification systems if the fifth- and sixth-grade

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Kline attacks on Web

TOPEKA (AP) — Attorney General Phill Kline added a new twist to campaigning by launching a separate Web site devoted to criticizing Democratic challenger Paul Morrison for his role in a 2000 law shortening the time released inmates were under state supervision.

Dubbed "Paul's Policy" and launched Monday, it isn't tied to the Kline campaign Web site. At the top of the page is a photograph of the Johnson County district attorney in front of some 40 mug shots.

At the bottom in small type is the notation it's paid for by the Kline campaign.

It also features four photos of men identified as having been returned to prison. The photos link to the Department of Corrections Web site showing their criminal histories. Viewers also can check on individuals by county or specific crime.

"That Web site is full of deliberate lies and Phill

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Cancer

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Tommer found out about an essay contest put on by the Art for a Cure program, which was open to breast cancer patients.

The winners of the contest would be paired with local artists, to create a piece of art that illustrates the patient's journey with breast cancer.

Tommer put together an essay and submitted it. Soon after, she forgot about the essay.

She was reminded when she was notified she was one of eight winners in February

2006. She was paired with artist Rebecca Hoyer. Hoyer made a trip to Newton to meet with Tommer, her husband Wayne and their two children in their home.

She used Tommer's essay and meeting with the family as the inspiration for her oil painting.

The painting shows a family portrait of Tommer and her children, Hayden, 5, and Kirsten, 2, in front of their home on a spring day. Woven throughout the painting is a white ribbon that says, "Oh Lord, let me live to see my children graduate, oh Lord, help."

But in the background, there are wolves that represent the cancer lurking in the back of the mind, pacing,

waiting to return. The painting is on display at CityArts in Wichita until Sept. 30.

This experience has brought her family closer together. To celebrate her last treatment, the entire family took a trip to Colorado.

"There are so many unknowns; you have to spend more time together," she said.

She also tries to get her family to eat right and exercise together.

Tommer may be only in her 30s, but she says her body feels like that of a woman in her 60s.

many young women don't do self breast exams, but they should.

"Pay attention to your body," warns Tommer.

After her first mammogram, the nurse tried to tell her cancer doesn't hurt.

"Don't let any doctor tell you cancer doesn't hurt," Tommer said.

She urged young women to eat right and exercise a few times a week. She said regular exercise, 30 minutes several times a week, can significantly reduce the likelihood of getting breast cancer.

And always do self breast exams.

"If you catch it early, the prognosis is really good," she said. "Just take care of yourselves. You never know."