

Opinion



A Kansas Viewpoint

Robocalling needs to go

The Topeka Capital-Journal
After the bruising run-up to the 2006 election, the last thing we wanted was more political robocalling.
Thanks loads, then, to the National Republican Congressional Committee for giving us just that.
Or, to remove any trace of sarcasm, inflicting it on us.
The NRCC recently began making robocalls — slang for automated phone calls — as part of an attack campaign against Rep. Nancy Boyda, D-Kan. ...
... We think most Kansans would agree that the robocalling needs to go — at least for now.
Listen, we knew Republicans would go after Boyda to reclaim the seat she won from former Rep. Jim Ryun.
That's fine. But after last fall's bitter election campaigns, we thought we deserved a break from fierce campaigning.
The mudslinging and name-calling between Boyda and Ryun, as well as Kansas attorney general candidates Paul Morrison and Phill Kline, prompted some observers to rate the overall campaign season as the nastiest in state history. ...
But now, even though our calendars show it will be 17 months before the 2008 congressional elections, the rhetoric already is rising. ...
Fortunately for voters, there has been some movement to rein in the invasive practice of robocalling.
Federal law already requires the sponsors of automated calls for congressional elections to be identified at the start of the call, and a state law will go into effect on July 1 to establish the same requirement for elections in Kansas.
The next step would be to make the no-call registry apply to political campaigning. ...

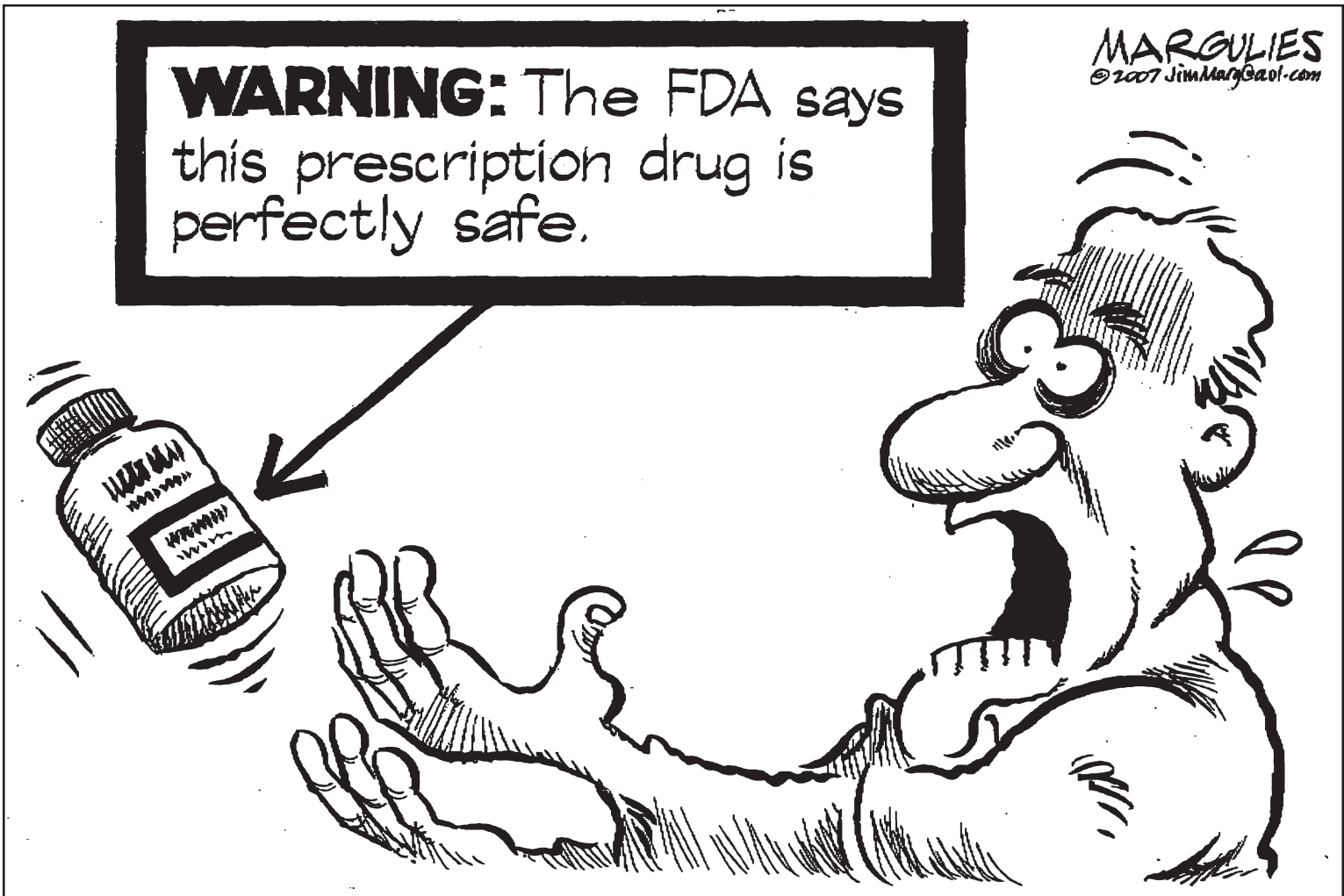
Comments to any opinions expressed on this page are encouraged. Mail them to the Colby Free Press, 155 W. 5th St., Colby, Kan., 67701. Or e-mail jvannostrand@nwkansas.com or pdecker@nwkansas.com. Opinions do not necessarily reflect the *Free Press*.

Where to write, call

U.S. Sen. Pat Roberts, 109 Hart Senate Office Building, Washington, D.C. 20510. 202/224-4774
U.S. Sen. Sam Brownback, 303 Hart Senate Office Building, Washington, D.C. 20510. 202/224-6521
U.S. Rep. Jerry Moran, 2443 Rayburn House Office Building, Washington, D.C. 20515. 202/225-2715 or Fax 202/225-5124
State Rep. Jim Morrison, State Capitol Building, 300 SW 10th St. Rm. 143-N, Topeka, Kan. 66612. 785/296-7676
e-mail: jmorriso@ink.org web: www.morrisonfamily.com
State Sen. Ralph Ostmeyer, State Capitol, 300 SW 10th St., Rm. 128-S., Topeka, Kan. 66612, 785/296-7399
ostmeyer@senate.state.ks.us

COLBY FREE PRESS
155 W. Fifth (USPS 120-920) (785) 462-3963
Colby, Kan. 67701
State award-winning newspaper, General Excellence, Design & Layout Excellence, Column Writing, Editorial Writing, Sports Columns, News, Photography.
Official newspaper of Thomas County, Colby, Brewster and Rexford.
John Van Nostrand - Publisher
jvannostrand@nwkansas.com
NEWS
Patty Decker - Editor
pdecker@nwkansas.com
Tisha Cox - General Assignment
tc Cox@nwkansas.com
Jan Katz Ackerman, Area Reporter
ackermanjk@ruraltel.net
ADVERTISING
Crystal Rucker - Advertising Sales/Director
crystalr@nwkansas.com
Kristi Powell - Advertising Sales
kpowell@nwkansas.com
Emily Wederski - Advertising Sales
ewederski@nwkansas.com
BUSINESS OFFICE
Jeanette Applegate - Bookkeeping, Ad Building
japplegate@nwkansas.com
Everett Robert - Circulation, Classifieds
erobert@nwkansas.com
Evan Barnum - Systems Administrator
support@nwkansas.com
NOR'WEST PRESS
Jim Bowker - General Manager
Richard Westfahl, Lana Westfahl, Judy McKnight, Jim Jackson, DeLisa Allen, David Erickson, Betty Morris, and Dana Huthansel

THE COLBY FREE PRESS (USPS 120-920) is published every Monday, Wednesday, Thursday and Friday, except the day observed for Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day and New Year's Day, by Haynes Publishing Co., 155 W. Fifth, Colby, Kan., 67701.
PERIODICALS POSTAGE is paid at Colby, Kan. 67701, and at additional mailing offices. **POSTMASTER:** Send address changes to The Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.
THE BUSINESS OFFICE at 155 W. Fifth is open from 8 a.m. to 5:30 p.m. Monday to Friday, closed Saturday and Sunday. MEMBER OF THE ASSOCIATED PRESS, which is exclusively entitled to the use for publication of all news credited to it or not otherwise herein. Member Kansas Press Association, Inland Press Association and National Newspaper Association.
SUBSCRIPTION RATES: In Colby by carrier: 4 months \$40, 8 months \$56, 12 months \$74. By mail with in Colby and the nine-county region of Thomas, Sheridan, Decatur, Rawlins, Cheyenne, Sherman, Wallace, Logan and Gove counties: 4 months \$53, 8 months \$65, 12 months \$82. Other Kansas counties: 4 months \$60, 8 months \$70, 12 months \$85. All other states, \$85, 12 months.



I can see my car from space, almost

Used to be the only structures visible from space were the Great Wall of China, the Pyramids of Giza, cities — you know, the big stuff on Earth. However, that has all changed.
I had heard and read about how Google Maps (<http://maps.google.com>) has satellite photos of many places. People can look up overhead views of New York City, Los Angeles, etc.
Over the weekend, I saw my hometown, and Colby, from space, sitting in the comfort of my own home.
I didn't know they had gotten to the smaller places in the country. It was more than a little strange to sit there, and look at both towns, and know that the view is available to anyone who wants to look it up.
But at the same time, it can show people what their home looks like from another angle.
A little digging turns up aerial maps of the area on Mapquest.com. Like Google, it has normal maps that one can zoom in and out of, and even pinpoint addresses.
Of course, this is the age of global positioning systems, cell phone maps and more.
Thanks to all the technology available, it's nearly impossible to get lost anymore.
If you ask me, it kind of defeats the part of the fun of travel, "Half the fun is getting there."



Tisha Cox
• Off the beaten path

If you know the route, and everything along it, what happens to the spontaneity?
Well, it's not completely gone yet.
Take for instance the last time I was in Denver. I knew exactly where we were, and where we were going, but even looking at the map, and knowing my bearings, I still got turned around. Literally.
That one left me scratching my head. I hadn't expected to get lost someplace I supposedly know so well.
Put me down in Oklahoma City, and I can get lost without trying. Or Shawnee, Okla. That classifies as the place I've been lost the most.
I guess it isn't all that hard to still get lost, or to purposefully get "lost" and away from it all for a few days.
Everything old is new again

Over the weekend, the first picture of Harrison Ford as Indiana Jones from the set of Indy IV hit the Internet. The hat and clothes are still the same, but Harrison Ford is 18 years older than the last time he played the globe-trotting archaeologist. He's 65, playing the character probably in his early 50s.
The third, and at the time, purported last Indy movie was "Indiana Jones and the Last Crusade," released in May 1989.
Back then, George Lucas and Steven Spielberg said three was enough.
I remember seeing "Crusade" three times in the theater that summer. I was 15. Now I'm 33, staring down the gun barrel at a sequel next year to something I saw as a kid.
It's strange. Usually these days when a story is done, it's done. I guess they thought there is still a story to be told that wasn't between three movies, a television series and a series of books.
Whether it will be good or not has yet to be seen, but I, along with everyone else, will find out May 22, 2008.

Tisha Cox is a general assignment reporter/photographer for the Free Press. Her column appears on Mondays. tc Cox@nwkansas.com.

Can the bottled water; drink tap

By Scott Klinger
"We sell water...so we've got to be clever," once mused an executive of Nestlé, the world's leading producer of bottled water.
The latest cleverness of the bottled water industry is "enhanced water." The best-known enhanced water brand, Glaceau, produces such brands as Vitamin Water and Smart Water. World beverage giant Coca-Cola has just purchased Glaceau for \$4.1 billion.
Those of us who grew up being encouraged to "eat our vegetables" are now being encouraged to have our children instead supplement their diets with vitamin-enhanced water. But does Vitamin Water enhance consumers' diets, or is it, as the Nestlé executive predicted, merely a clever way to enhance corporate profits?
Vitamin Water commonly sells for \$1.39 for a 20-ounce bottle. If a family of three were to consume daily the 64 ounces of water per person that the bottled water industry recommends for proper hydration, that family would consume 67 bottles of Vitamin Water a week at a cost of \$93.13. A similar amount of tap water would cost less than a nickel.
I recently took a trip to my neighborhood food market to see what sort of nutrition I could get

for my family for \$93. With one cart chock full of 67 bottles of Vitamin Water, my other cart contained more than 50 pounds of fresh fruit and vegetables, including two pounds of asparagus, six pounds of apples, four pounds of tomatoes, a dozen ears of fresh corn, two heads of lettuce and two bunches of spinach.
In one cart I had over 8,000 calories worth of sugar water (ounce for ounce, Vitamin Water has over half as much sugar as Coke Classic; sugar is the second most prevalent ingredient in both); laced with sufficient doses of B and E vitamins to meet daily requirements as well as a few herbal supplements.
If you drank the full 64 ounces of Vitamin Water, you would consume 20 percent of your daily recommended allowance of calories along with a sliver of the other nutrition required for good health.
In the other cart, I had a cornucopia of vitamins, minerals and fiber — all with no added sugars — that could sustain my family's health.
While the claims that bottles of water can enhance our nutrition appear far-fetched, there is no doubt that taking our water (often our tap water) and placing it in expensive bottles is greatly enhancing the profits of huge corpora-

tions.
Americans spend more than \$20,000 every minute of every day on bottled water. Each year, more than 18 million barrels of oil are used worldwide simply to produce the plastic for the bottles of water that provide a few moments of refreshment, after which most end up spending the next 1,000 years in a landfill before they decompose.
The really smart water consumers drink tap water, the same tap water that the producers of Vitamin Water use in their product. And if you really must have vitamin water, it is far better to throw some of those pounds of apples, oranges, pears and carrots from your cart into your blender.
We too have to be clever, for there are corporations seeking to enhance their profits at the expense of our families' health.
— *Scott Klinger is the research director for Corporate Accountability International—formerly Infact—a nonpartisan membership organization that protects people by waging campaigns challenging irresponsible and dangerous corporate actions around the world. www.stopcorporateabuse.org. Distributed by minutemanmedia.org*

About those letters . . .

The *Free Press* encourages and welcomes letters from readers. Letters should be typewritten, if at all possible, and should include a telephone number and an address. These are used for verification of the writer only. If, however, you want your address and telephone number to appear with your letter, please ask us to do so when you submit your letter, or include a note with your letter. Most importantly, all letters must include a signature. Unsigned letters cannot be published. We reserve the right to edit for clarity and length, and, likewise, reserve the right to reject letters deemed to be of no public interest or considered offensive or libelous. Letters to the Free Press allow readers to become engaged in public debate on topics they deem important. Please consider sharing your thoughts with the family of Colby Free Press readers. Thank you.

Mallard Fillmore

• Bruce Tinsley

