



Other Viewpoints

Audience respect has unlikely source

Like Newt Gingrich or not, the man must be admired for having tried to elevate the political pig scramble for Iowa voters by not going negative.

The trailing candidates are not so inclined, have predictably gone ugly and Gingrich is paying the price with plummeting poll numbers.

We don't agree with everything Gingrich says but the fact that he offers ideas and rarely talks down to his audience makes him a pleasure to listen to in the context of a political brawl. If he doesn't respect his audience, it doesn't show.

It is anybody's guess whether the trailing candidates go negative because they have contempt for the intelligence of voters or they simply have no pragmatic solutions or message.

Most likely both. The irony is the only candidate in the presidential field arguing for Christian charity in the debate is the one who hasn't made an issue of his Christianity.

Most Christians see that and find it embarrassing. Unfortunately, 30-second hate spots move poll numbers, even amongst Christians.

Nothing delivers the votes like appeals to fear and ignorance, and broadcasting is the perfect medium for that.

Politicians spin fear and ignorance into votes. Broadcast eggheads like Rush Limbaugh spin it into ratings and gold.

- Clay Center Dispatch, via the Associated Press

Where to write, call

- U.S. Sen. Pat Roberts**, 109 Hart Senate Office Building, Washington, D.C. 20510. (202) 224-4774 roberts.senate.gov/public/
- U.S. Sen. Jerry Moran**, 354 Russell Senate Office Building, Washington, D.C. 20510 (202) 228-6966. Fax (202) 225-5124 moran.senate.gov/public/
- U.S. Rep. Tim Huelskamp**, 126 Cannon House Office Building, Washington, D.C. 20515. (202) 225-2715 or Fax (202) 225-5124. Web site: huelskamp.house.gov
- State Sen. Ralph Ostmeyer**, State Capitol Building, 300 SW10th St., Room 225-E., Topeka, Kan. 66612, (785) 296-7399 ralph.ostmeyer@senate.state.ks.us
- State Rep. Rick Billinger**, Docking Building, Room 754, Topeka Kan., 66612, (785) 296-7659 rick.billinger@house.ks.gov

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Are we worth only money?

How much is enough? How do we determine a person's worth?

Those are questions that defy simple answers. We all have different value systems based on individual likes, dislikes, priorities, basic needs, perceived needs and wants. Our perception of being our brother's keeper - social responsibility - is a big factor in how we value each other's needs and worth.

In the pure capitalistic system, the one with the money determines who needs what and how much will be allocated for their services. Of course, the first priority in determining how much to allocate is based on service rendered solely to benefit the person with the money.

Shrewd business practices require allocating only the minimum required to buy the service. That means the lowest bid gets the job. It doesn't matter the real value of the service. If you are temporarily desperate enough, you will offer your services for less than the bare minimum required for long-term security.

Capitalism without some enforcement of social responsibility will eventually create a system of lords and serfs. Man's nature does not protect the weak if the man has no conscience for equitable treatment of his fellowman.

Survival of the fittest is not what makes for



Ken Poland

• Ken's World

civilization, or peace and goodwill for mankind.

Business and professional associations, trade unions and the like are all examples of ways to regulate and allocate power and influence. Simple majority rule will not protect the individuals of these organizations or even the organizations themselves.

We live in a complex society that cannot survive without some kind of authority for society to control individual responsibility and put limitations on the power of individuals. That control must also extend to the associations formed to advance the welfare and needs of the individuals who belong to them.

Our system of local, state and national government is an overarching association of all of us. Our national Constitution ranks the authority of each of those entities in reverse order.

New Year's diet takes moderation

It's the new year, and like so many, I have vowed to shed those extra pounds.

Losing weight is no easy task. Expectations often exceed the will to lose the weight gradually during an extended period of time.

Today there are as many diets out there as there are people who attempt to stick to them. What it really boils down to is watching what we eat, caloric intake and exercise. If we have the discipline, each of us can meet our goals.

Still, when it comes to exercise and diet, myths are as plentiful as the calories in a piece of pecan pie - one of my favorites by the way. To clear up some of these misconceptions, I visited with a nutrition specialist during the holidays to set the record straight or at least point me in the right direction.

One common myth and core ingredient in several popular diets today involves eating extra protein to build strong muscles and rev up your metabolism. Today, most Americans, whether they are weekend warriors (athletes) or not, take in plenty of protein from a normal diet. Protein powders and amino acid supplements are unnecessary. That is unless you want to bulk up and look like the former governor of California whose most famous movie line was, "I'll be back."

The only healthy and safe way to increase the size and strength of muscles is to work out. Too much protein, if not burned as energy, turns to body fat.



John Schlageck

• Insights

Kansas Farm Bureau

Another myth would have us believe sugary foods provide quick energy. While a candy bar, energy bar or soft drink before exercising may trigger an insulin response, that causes a rapid peak and then fall of blood sugar.

The most efficient source of energy comes from complex carbohydrates. That includes whole-grain breads and cereals, pasta, fresh fruits and vegetables.

So what about the popular diets that suggest staying away from carbs altogether?

Not such a good idea. The real key to a healthy diet is moderation and balance. It also includes a diverse, complete grouping of foods.

As for the so-called energy drinks and I won't mention even one of those flooding the convenience and supermarket shelves, most of these are caffeine, speed or some other stimulant. And we all know that speed kills, maims or throws your body out of whack.

Vitamins and minerals do not contain energy. However, some vitamins help the body

use energy.

Unless there is a deficiency, supplements will not help performance. Taking unneeded supplements may do more harm than good. Too much vitamin A or D can lead to side effects such as liver damage.

Another myth suggests thirst is a good signal it's time to take fluid.

Wrong. Vigorous exercise can blunt the body's thirst mechanism. Drinking plenty of liquids, especially water, is important during exercise to prevent dehydration. For every pound of weight we lose through sweating, we need to drink two cups of water, whether we are thirsty or not.

The last myth, but one we cannot forget, suggests that milk causes "cottonmouth." Nervousness and fluid loss, not milk, make the mouth feel dry before a game, match or other competition.

Drinking milk, water or other fluids before exercising is essential. The body needs to maintain its fluid levels during a workout. Cold drinks, with the exception of those containing alcohol, are ideal during physical activity because they help cool our bodies.

John Schlageck of the Kansas Farm Bureau is a leading commentator on agriculture and rural Kansas. He grew up on a diversified farm near Seguin, and his writing reflects a lifetime of experience, knowledge and passion.

Mallard Fillmore

• Bruce Tinsley

