

commentary

from other pens...

Colorado scientist wanted credit for rain

This weather modification stuff seems to be a story which continues to follow us around. We have heard about this, or written about it, since the mid '60s when a man from Boulder tried to take credit for a large increase in rain based on his efforts to do cloud seeding in the Lamar area.

Things were pretty dry in the spring of 1965 when this man from Boulder arrived with his plan to increase the rainfall by seeding developing clouds.

We do not remember who was paying for the experiment, but do remember that when the rains began in June, he certainly wanted to take credit for the moisture.

When the rains continued, and the area received over 21 inches in a 10-day period, it seemed like his experiment may have backfired, but he still wanted to take credit for at least part of the increased rain.

Following the floods of June 1965, which seemed to affect all of Eastern Colorado and the Front Range cities, the claims about cloud seeding died down.

In the early '70s, when we moved to Holly, we were running *The Holly Chieftain* when the State of Kansas was seeking permission to do experimental cloud seeding along the eastern edge of Kiowa, Prowers and Baca counties in Colorado and several adjoining counties in southwestern Kansas.

The times were getting drier, and when the program was about two years old, the farmers of the Colorado counties began to object to the cloud seeding on the basis that "Kansas was stealing their rain."

Of course, there was no factual way to prove this was true, but it was also not possible to prove it untrue. The Colorado farmers got their way, and the program was stopped along the state border, but continued in the Kansas skies.

We remember the program ran on an experimental basis for about five years, and then it was put to a vote in each county. To our surprise, the Kansas farmers voted to continue the cloud seeding, and it continues 25 years later.

Now that experiment has come to northwest Kansas, and it is has completed the fourth year of the planned five-year test. There has been growing opposition in the surrounding counties over the past two years, culminating in votes against the program in Rawlins county and decisions by county commissioners not to allow seeding in Cheyenne and Decatur counties.

There are now people organizing opposition in both Thomas and Sherman counties, which may lead to special non-binding votes in November.

As with the claims from 35 years ago, there is little factual evidence to prove that the cloud seeding increases moisture or decreases hail. That will be disputed by Wayne Bossert of the Northwest Kansas Groundwater Management District, headquartered in Colby, but it will be hotly upheld by Larry Enfield and others in the opposition from the two counties.

What appears clear is that the people of Thomas and Sherman counties will be faced with making a decision about the program's future based on the information available from both sides of the issue. The difficult part of this will be for those who will make the decision is to sift through the stacks of data and rhetoric to find the best answer.

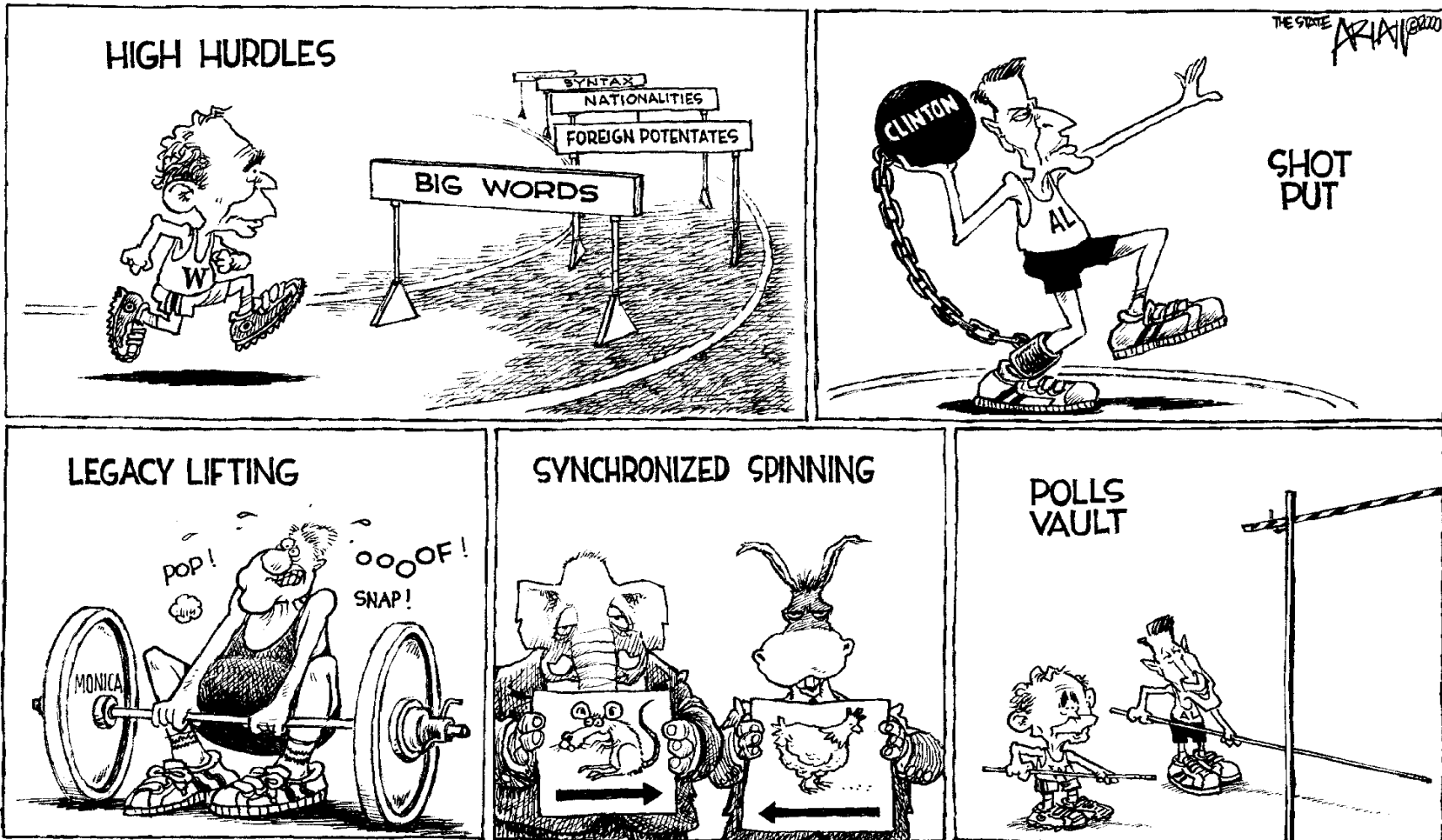
There is no doubt that, like the farmers we saw in Colorado more than 25 years ago, there will be a lot of emotions in the upcoming weeks as both sides try to convince the potential voters of the wisdom of continuing the program or the reasons it is bad for the environment and that it reduces the rainfall.

When the issue was debated in the northern counties, there were several claims that the cloud seeding was "stealing rain" from farmers there and drying up the land.

We will be interested in whether the two sides can stay on a higher level as the issue is debated over the next five weeks. People will be expected to become knowledgeable about this subject in a very short time compared to the years of data collection and analysis which has been done in southwest Kansas.

We applaud the commissioners for facing the issue, and expect them to allow the vote if the people who want it are willing to help share the costs of such a special advisory election. — Tom Betz

THE SUMMER GAMES —



Concerns for eating out are answered

We are going to take the next few weeks and address some of the concerns and questions that are coming in from readers. I continue to get letters from those of you that have to eat out a lot.

I do understand the concern and it CAN be done. My first recommendation is to stay away from fast food. Just adopt my phrase, "fat food". When you look at them that way they seem to lose their appeal. There are some good choices, but rarely do we choose them at the "fat food" places.

My favorite fast food place is the Subway sandwich chain. They really do have some yummy low-fat choices.

I recently read about Jared Fogle, the Indiana University student who lost nearly 245 pounds eating nothing but Subway's low-fat sandwiches without cheese or mayonnaise. He would eat two a day.

If you go to a place like Subway which has gone to a lot of effort to offer low-fat choices, you can lose weight. If you go to a burger joint and order the biggest burger possible and add the cheese and get the fries, you're in trouble.

When it comes to eating healthy, choice and size matter. You need only check the nutritional information offered by the "fat food" chains to see just how much fat you are eating.

For example, a McDonald's hamburger has 9 grams of fat. A Quarter Pounder with cheese has



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• freedom in eating

30 grams of fat. Even the small things add up. A Burger King Double Whopper with cheese has 67 grams of fat. Hold the mayo and you save 17 grams of fat.

If you frequently eat out, you'll need a freedom strategy to prevent both weight gain and an excessive intake of fat.

Don't choose a restaurant on impulse. Have a plan. If you eat on the road a lot, choose where you're going to go. For example, select a restaurant that roasts chicken instead of frying it. Go somewhere that serves salads. If the aroma of one particular place weakens your resolve, avoid it.

Just because it's fast food doesn't mean you have to eat it in a hurry. Slow down and become conscious of what you're eating. You'll give your body a chance to signal that it's full. Although it may seem like perverse reasoning, don't go to a "fat food" restaurant when you're famished.

Although you can satisfy your appetite with a fast food regime, you may not be getting the fruits and

vegetables you need for adequate nutrition. If you blow it and have a "fat food" lunch balance it with a nutritious broccoli, spinach and red pepper salad for dinner.

Lois sent this recipe to me from South Texas. We tripled it and ate it for two meals. It was luscious. What a yummy way to use the harvest vegetables. Thank you Lois for sharing it with us.

Broccoli, Spinach and Red Pepper Salad: 1 cup diced red bell pepper 1 cup chopped broccoli florets 2 cups baby spinach leaves 1/2 cup canned, drained garbanzo beans 2 tablespoons fat-free mayonnaise 1/4 cup fat-free sour cream 2 tablespoons fat-free buttermilk 1 garlic clove, peeled and minced 1/4 teaspoon coarsely ground black pepper 1/4 teaspoon salt In a salad bowl combine red pepper, broccoli, spinach and beans. In a bowl stir together mayonnaise, sour cream, buttermilk, pepper and salt. Serve salad passing dressing separately. Serves 4.

Order one of our recipe books and get many more of our hints that will help you enjoy your new freedom in eating. Just send \$15.00 to Sally Mosier, 400 10th. St., Canyon, Texas 79015.

Next week we will take a few more of your questions and answer them. The holiday's are closer than we think. If you have any concerns facing you, just e-mail me at gosally@netwest.com or send them to the address above.

Age pits people against the law

By the time you get to be my age, you've seen it, done it, lost it, found it, wrecked it, fixed it, kissed it, missed it, stopped it and dropped it. And right about now you're thinking, "Is that all there is?"

The smart answer is "yes" — because for you to try to make things better now, you'll be risking a head-on collision with the Law of Diminishing Returns. This Law states that in order for you to get something better the second or third time around, you've got to do way more work than you did the first time.

So don't rock the boat. Maybe you've got a 40-year mortgage and a 30-year marriage and you're barely making the obligations on each. Maybe your car is the same age as your adult son, but at least it works. Maybe you'll never be president; but the on the bright side, you'll never be president.

Don't mess with the Law of Diminishing Returns. The debtors' prisons, divorce courts and cardiac care units are full of guys like you and me. Except they fought the law and the law won.

THIS IS WAR

You've done something really stupid. It's so quiet at home that you can hear your stuff being tossed out onto the cedar hedge. The trouble is, you don't know what you did.

The information you desperately seek is being doled out on a need-to-know basis in some kind of silent code that you don't understand. "Wrong? Why do you think anything is wrong?" Or, "If you don't know, I'm not going to tell you."

You can't just ask. That would be suicide. You're already supposed to know. What are you going to do?

Soldiers have always had this problem interpret-



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ing confusing orders from their commanding officers. You're a guerrilla in a border skirmish that's been going on since you got married, so do what a soldier does best: Wait. Stand loosely at attention and pray the big artillery doesn't reach the front. Show no fear. Maintain a non-aggressive stance.

Do not, under any circumstances, question the commander. You will be issued new orders soon. Until then, be prepared to retreat and surrender simultaneously.

Don't even think about an attack. Your rear flank is way too exposed.

FIVE PHRASES YOU SHOULD NEVER SAY TO A HUSBAND

- You'll never get those pants done up.
- That's too heavy for you to lift.
- Your brother is very handsome.
- Don't try to fix it yourself.
- Where's your hair?

TEEN AT THE WHEEL

It's always a good rule for a man my age to sit back and keep his mouth shut for as long as possible. And there are certain times when speaking your mind is even more dangerous than usual: at the church picnic when you suddenly remember the joke that truck driver told you; anytime your wife is acting friendly; or when you're sitting in

the passenger seat the first time your teen-ager drives the car. Yes, you'll want to scream, you'll want to grab the steering wheel, you may even rip out your arm rest. But this is one of these times when you have to take the long view.

Cast your mind ahead a few months to when he has his license and your heart rate has returned to normal. Suddenly your life is going to get better. Not only are you released from chauffeur duty every time he wants a new tattoo, but he'll even take over the errands you hate.

So on that first drive, the trick is not to let him see you cringe every time he knocks down a stop sign. And when he clips a side mirror off a parked vehicle, you praise him for missing the rest of the cop car.

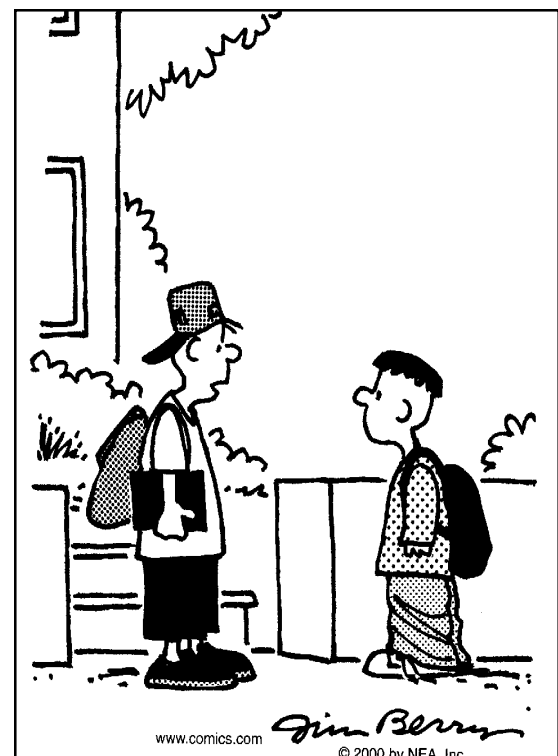
Keep calm now, and pretty soon you'll be able to dangle those car keys in front of your teen-ager, and suddenly have the trump card you've so desperately needed.

Quote of the Day: "It's hard to stay in a good mood when you think about things." — Red Green

Red Green is the star of "The Red Green Show," a television series seen in the U.S. on PBS and in Canada on the CBC Network, and the author of "The Red Green Book" and "Red Green Talks Cars: A Love Story."

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THE OLDER YOU GET, THE FASTER AND FASTER THE SUMMERS GO BY.

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