

commentary

from other pens...

Bishops champion American farmers

Lawrence Journal-World on farming mission:
A group of Catholic bishops may seem an unlikely champion for American farmers.
But when you think again, maybe it's an appropriate match — religious leaders supporting family farmers, most of whom look at the land they work as a sacred trust.
The Kansas Catholic Conference ... in Topeka was the forum for some angry comments about the influence corporate agriculture holds in Kansas. In a formal statement, a group of bishops decried the circumstances that have made family farmers “feel isolated, profoundly alone.”
... In the last several generations, Americans have been disconnected from the production of the food they eat. ... There is little knowledge or appreciation of what had to occur for food to appear in the supermarket. People take that process for granted. They may worry about their grocery bills but they don't know that most of what they are paying for is processing and packaging, not actually producing, the food.
The large corporations interested in boosting productions and profits aren't likely to be as concerned about the environment or the treatment of land as a farmer who plans to work that land during his or her lifetime and then pass it on to the next generation. Many farmers see themselves as stewards of the land in a way that could be viewed as profoundly religious ...
So actually, the mission of the bishops and the farmers isn't that far apart. Maybe the politicians should listen better to both groups.

The Hays Daily News on lobbyist reform:
Kansas legislators would be wise to take the advice of some of their more sensible colleagues when it comes to accepting gifts and hospitality from lobbyists.
Their lives would be easier, not to mention their image more ethical, if they were to ban all gifts, meals and tickets to sporting and entertainment events given by lobbyists Just prohibit them altogether.
“Bravo” to Sen. David Adkins, R-Leawood, who has introduced a bill that would do just that. It would apply the same restrictions that prohibit gifts and hospitality to statewide elected officials and members of the executive branch of state government. ...
Legislators went part way on ethics reform last session with a bill that now requires complete disclosure by lobbyists for the gifts and hospitality they give to individual legislators.
More disclosure is always offered as a compromise when it comes to ethics in government and campaign finance, and that was the case on lobbyists gifts and hospitality ...
Now some legislators don't like the new rules, because lobbyists give them lots of gifts such as pencils, pocket calendars and coffee mugs. ...
The problem is not with the pens and cups. A \$10 minimum value threshold before restrictions apply would be reasonable...
But the free lunches and basketball games and lavish parties are what bother people.
Disclosure is OK. But a ban is better.
Legislators should follow the governor's lead and prohibit the perks. And they should do it without boosting their own compensation at the same time.

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My Mom is example of old addage about age

As always I received many responses and questions about the column on “good ol’ beans”. Some were asking for more information on my “bean diet”.
The best advice I can give is just implement them daily. You can do it in many different ways. Many of my clients would just make a big pot of beans weekly and come up with many recipes using them. I will give you one of our favorite ways to put this wonderful little legume in your day.
This recipe was turned in by my mom, Jean Tippery. My mom has always been an awesome cook. At one time she was the best country cook in the whole state of Texas. Fried tatters, gravy, home made biscuits, fried chicken etc.
We lost my Daddy about 13 years ago. My Dad was never overweight. He had heart problems. His arteries were clogged. We really never knew the danger of these types of meals. I think it is so sad that we lost Daddy at such an early age due his heart problems. Mom and I have often talked about how we could have made a difference, if only we had known what we have since learned about the dangers of all that fat, I believe Daddy would still be with us, making our lives brighter with his dry sense of humor.
Daddy always found humor in every situation, and having three girls around, he always had an appreciative audience. After I left home, I would call and ask, Daddy, is Mom around? His reply was, Boy, is she! I would laugh, and Mom would come to the phone and say, Doesn't he think he is

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cute?
He was, and we all knew it. I miss him terribly.
After I had achieved such success with the low fat lifestyle I then got busy working on my Mom. At the time she was 73 years old and was very definitely set in her ways. However, now she has been successfully converted over to this wonderful and healthy way of eating. She has lost 80 pounds and her diabetes has been corrected. All because of being willing to change her old harmful habits. She has been feeling great and has kept her weight off for more than four years. After we converted her, she became a great asset to our recipe collection. Now instead of being the best country cook in the West, she is the best low fat cook in the country.
I heard about a version of a vegetable chili. I told her kind-of what it sounded like and, wa-la she produced the wonderful recipe. This recipe has become one of our all time favorites. It is fast to fix, easy, and great tasting. It is great with fat free crackers or topping on a baked potato. It is good on a fat-free hot dog, or to make a fake Frito pie. Put it on some low-fat tortilla chips with fat free cheese and onions, and chow down. Yummy! It can be a great base for future stews. Just warm up leftovers and

add extra vegetables and chicken or beef, whatever you like best! Thanks, Mom.
Mom's Vegetable Chili
1 can whole kernel corn
1 can Pinto Beans (or 2 cups of homemade beans)
1 can Rotel tomatoes
1/2 c Minute Rice
Mix first three ingredients in a pan and bring to a boil. Boil one minute. Remove from heat; add Minute rice and chili powder (to taste). Cover and let stand until rice is fluffy. That's it and it really is good!
As a special treat I am going to throw in our Fat Free Cornbread recipe. This recipe has fooled a lot of husbands. They are unable to tell the difference. We serve it with lots of things, especially the beans and chili. Give it a chance!
Fat Free Cornbread
1 c cornmeal
1/2 c flour
3 t. baking powder
1 t. salt
1/4 c non fat yogurt
1 c skim milk
2 egg whites
Spray iron skillet with Pam, heat skillet in oven, add ingredients. Bake at 400 for 17 min.
My Mom and these recipes are undeniable proof that you are never too old or too set in your ways that you cant find “freedom in your eating”.
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gosally@netwest.com

Fitness and diet instead of diet and fitness

There's a lot of interest these days in diet and fitness. If you're carrying a few extra pounds and are out of shape, you are risking serious health problems, and you don't look like any of the people in magazines.
The experts tell you to lose weight and then get in shape, but I think they've got it all wrong. You're going to spend a fortune on a diet plan to drop a hundred pounds or so, and then you're going to have to go out and spend another bundle to get yourself an exercise machine of some kind.
I say, do it the other way around: When you're 100 pounds overweight, you are an exercise machine. Every time you get up off the couch, that's a power lift. Every time you wave to the neighbors with that big flabby arm, you're working your biceps, triceps and pectorals. Going up a flight of stairs is the equivalent of dead-lifting 1,200 pounds. If you've had those pants more than three years, doing up the belt will exercise every major muscle group.
So if you're a fat guy, use that fat as your home gym. Then, when you lose the weight, you'll have a muscular body underneath waiting to be exposed. If you go the other way, you could lose all the flab and disappear completely.
DON'T LOOK AT ME
I was watching a nature show on television last week and was amazed that with most animals, the male is far more ornate than the female. He'll have the bright colors and the long antlers and the pompous “any-girls-on-the-beach?” walk.
That's because the male is trying to attract the

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attention of the female. They spread their plumage and strut their stuff and bang their heads together so that the women will stop building the nest and look over at them. And they do it their whole lives.
I was trying to figure out why this behavior was so different from my own approach to life and decided that it's because animals don't get married. Over time, marriage has a way of diminishing that desire to be the center of her universe. I consider myself a normal male, but the last thing I want to do is attract my wife's attention. I keep pretty quiet around the house and spend a lot of time in the garage. I'd make a lousy peacock. But then, very few peacocks live past 50.
SPEAK NO EVIL
We all go to parties where we don't know everybody who's there. The normal thing to do is work the room — making casual conversation with people you've never met. But you can't just talk about anything. Here are a few subjects you should never bring up at a party:
— Intestinal disorders
— Natural fur
— Personal records in food and alcohol consumption

sumption
— Gas mileage
— Accidents involving pets
— The faults of the host
— How much money everybody has
— Al Gore
MY EXCLUSIVE OPINION
About 50 times a day, my local radio station says “And now, here's your exclusive local weather forecast.” How can that be? What's exclusive about it? Even people who aren't listening are having the same day. And all of the other radio and television stations are predicting the same weather. So I don't get the “exclusive” reference at all. Unless maybe they think an “exclusive” guess that turns out to be horribly inaccurate is somehow easier to accept.
Quote of the Day: “Even smart men are capable of doing very stupid things. Ask any wife.” — 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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