

# commentary

from other pens...

## Sales tax not really fairest to all taxpayers

**Parsons Sun on state sales tax:**  
Who knows at this point whether the Kansas Legislature will be able to come up with an agreeable plan to provide additional funding to education this year. Very little commonality has developed between the proposals.

What has floated to the top ... is that people want the tax they are assessed to be easy to pay. That's why the sales tax is so widely acclaimed. ... When queried, the general public gravitates to using the sales tax because they pay just a few pennies at a time. Unfortunately, the sales tax is one of the most regressive of taxes because it disproportionately claims a higher percentage of the income of the poorest. ...

... A fairly assessed income tax would tap all of the money. ... The nice thing about an income tax is that, for most, it is also paid a few pennies at a time.

As long as the tax is assessed fairly across the board to married and single people alike, it is by far the most fair and the easiest to pay.

The general public may volunteer that it likes a sales tax, but what it likes is really the ease with which it is paid. If they truly understood that it cost poor people far more than the wealthy, only the wealthy would actually vote for it.

No doubt, the sales tax is a great tool for local municipalities and counties that have few other options for special projects.

But the state needs to keep its hands off the sales tax.

**The Topeka Capital-Journal on the state budget shortage:**

This, as they say, is why lawmakers make the big bucks.

Back when the state was awash in millions of unexpected tax revenues only a few years ago, Gov. Bill Graves once said that was almost worse than not having enough money. Having too much leads to a lot of fighting over what to do with it.

Well, if it's any comfort to legislators today, we don't have that problem anymore.

But even the governor may now concede this is a worse situation...

The Consensus Estimating Group's consensus estimate: The state will take in \$74 million less than expected in the current fiscal year's last three months, and \$111 million less than hoped for in fiscal year 2002, which begins July 1.

...Now, with the latest revenue projections, the state will have to either reduce its budget 4 percent, raise taxes, or some combination of the two, just to keep even...

That won't make conservatives weep, by any means. They've been looking for ways for years to force the state to do such a thing...

The new revenue picture changes everything. Lawmakers had pretty much worked out a budget before their recess. Now, as they prepare to return to Topeka on April 25 for what should have been a quick three-or-four-day wrap-up session, they may be starting from scratch on the budget...

Regardless, the important thing now is to decide where to go from here...

The canary in the mine isn't dead, but she's getting awfully nauseous.

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## The Goodland Daily News

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## Big thing is learning to cook healthy

I have been writing this column for over four years: This, being after spending years in the weight-loss business. We are daily hearing from my readers. Over the years we have received many letters and e-mails asking for help. I just have not felt people have been helped to the capacity I want to see them helped.

We get many letters and requests for us to start a meeting or clinic in many different places. This can not be done. However, we are working on ways to still give personal and individual attention for those who need it on a weekly basis. If this is something you feel would be a benefit to you just jot me a line or e-mail me. The address and e-mail will be at the bottom. I will let you know as things develop.

Since the column about Jean and her "big ol' gut," we have been inundated with comments and questions of those of you who can relate to Jean and her battle. The following is just one example. There is many, many of you in the same boat.

Dear Sally,

At 75 years of age, and with many, many medical problems and prescription medications, and under doctor's care; I am still very active, and ever hopeful.

After years of cooking full meals for my husband and four children, then all gatherings for everyone, for many years, now I want to concentrate on me and my husband, but I dread going into the kitchen!

So I want to lose about 40 pounds, and get bet-



### sally mosier

- freedom in eating

ter so I can begin the slowest of exercises to build my body up. It's a big thing for me to learn to cook healthy, so I thank you for your column; it is encouraging to all ages of women.

This wonderful little gal asked me not to publish her name, but I just know there are countless others of my readers who can relate to her. We are sending her the recipe book and the "Freedom Plan" with love and hope she will be successful in her dream.

The book and the plan have been very helpful. I know that because of all the responses telling me of their successes. However this is an on going process. We all need to feel the concern and encouragement of others that have been in the same quest. There are constant questions that arise. This is the gap we are going to fill for you. With spring and summer right around the corner, I want to give you this wonderful summer salad. I think it will be a treat for your entire family, and a great excuse to invite a friend over for lunch.

**Serve it, or Hide it - Summer Salad**

2 cups chopped, cooked chicken

## Slacking off is the poor man's way to a raise

Being 50 years old and making \$300 a week is hard enough. It's even tougher when your brother-in-law is pulling in \$1,000 a week. You need to find a way to feel good about yourself. Here's what you do.

Yes, your brother-in-law is making big money, but he's probably a doctor or a lawyer or a plumber or something and is putting in hundreds of hours of concentrated effort to generate that kind of coin. You, on the other hand, are standing over a basket of french fries wearing a paper hat. Instead of going for a raise that you'll never get, start slacking off. The goal is to do so little that although you're working 40 hours a week, your actual productivity is reduced to one hour.

Now, in your mind, you connect that one hour of productivity to your salary. It makes sense. They don't pay you to slack off, so the slack-off hours don't count. It's not much of a leap for you to conclude that you're making \$300 an hour. In the same week, your brother-in-law, who never slacks off and therefore has to count the whole 40 hours, is only making \$25 an hour. You are the man.

But just keep it to yourself. Brother-in-laws can say hurtful things when they don't understand the logic.

### THE JOY OF LOOKING AWAY

As we move closer to equality in society, it's good to identify some of the behavioral differences that separate men and women. One of these involves the bathroom mirror. Women tend to look at themselves in the bathroom mirror much more than men do. That's because a lot of women still wear makeup, and you really need to pay attention when you're putting on mascara or lipstick. Men are just shaving or brushing their teeth, and that



### red green

- north of forty

doesn't take much attention.

Now, as we get older and fatter, we start disliking what we see in that mirror. Unfortunately, women then have to concentrate even more because they're trying to use makeup as a time machine. Men, on the other hand, can look away.

Avoiding eye contact is the first sign of denial. Over time, as men develop the ability to tune out their own reflection, they get into the habit of looking at things without seeing them. That's why so many husbands are useless around the house. If men wore makeup, they'd be able to find things in the kitchen.

### JOURNEY'S END

Sometimes we get so familiar with something, such as an automobile, that we don't notice when it has come to the end of its time. Here are a few signs that indicate it's time for you to get a new car:

- It's impossible to determine its original color.
- You need advanced notice to stop.
- You have to wiggle knobs and lean to one side to get the car to start.
- The doors don't close properly, and one of them is missing.
- Something smells in the trunk.
- You leave it unlocked and running in a high-crime area, and nobody steals it.
- The insurance company indicates that if you

1 cup sliced celery  
One-half cup snipped dried apricots or golden raisins

One-third cup slivered almonds, toasted (optional for lower fat content)

One-half cup no-fat mayonnaise

2 T frozen orange juice concentrate, thawed

One-half t. Garlic Powder

One-fourth t. Ground Black Pepper

One-fourth t. Ground Ginger

Lettuce and tomato

In a large bowl, stir together chicken, celery, apricots and almonds. Add remaining ingredients. Mix well, refrigerate. Line 4 serving plates with lettuce leaves and tomato slices. Top with Chicken salad. Makes 4 servings.

This has to be the best job in the world! I love writing this column and giving you these great and healthy recipes. Keep sending yours to me so I can share them with everyone. Please don't hesitate getting your questions or concerns to me. I will do my best to stay in contact with you.

I will never let anyone refer to me as a "diet counselor", I am a "freedom spreader". How fun!

If you would like the recipe book and the entire weight loss plan for just \$20.00, Just let me know. Send request to "Freedom Package", 400 10th. Street, Canyon, Texas, 79015, and we will get it to you immediately. I will be looking forward to hearing from each of you. E-mail me at [gosally@netwest.com](mailto:gosally@netwest.com)

total the car, the claim won't exceed your \$500 deductible.

— The car is currently on fire.

### DISCOUNTING SENIORS

I was investigating retirement schemes recently, and they are all based on planning to the age of 90. Chances are that after the age of 90 you're either not here or not aware that you're here. So I'm thinking that we should take another look at discounts for seniors. If I'm 85 years old and buying an appliance that will outlive me, I shouldn't have to pay full price. Charge me for five years' worth, and then you can come and pick it up at the funeral. My only other option is to buy useless junk that doesn't last, but my wife was really hoping that as I got older I'd grow out of that habit.

Quote of the Day: "There are two theories to arguing with women. Neither one works." — 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."

### berry's world

