

commentary

from our viewpoint...

Let's make lemonade out of K-27 closure

Now that K-27 north of town is closed for the summer, isn't it time Goodland businesses pulled together and made the best of an admittedly bad situation?

No one particularly wants to see a road closed down, especially businesses that depend on highway traffic or out-of-town shoppers. But we're stuck with the situation as it is, not how we want it.

It's been common knowledge the closing was coming for more than two years, and every step of the planning process has been documented by The Goodland Daily News. State and county officials have been very open about what would happen, and the stories ran on Page 1.

When county commissioners refused two years ago to help build a paved detour north of Edson, there was a mild protest. Something could have been done then, but people seemed more interested in saving the piece of Cattletrail which connects with K-27 known as the "hook."

There was hardly a sound in the intervening months, not until after the contract had been let and it was far too late for the state to change its plans. And now the road is closed.

Over the last couple of years, Goodland businesses have taken a beating as ramps on and off I-70 and K-27 itself have been closed for reconstruction. It's hard to do business when customers can't get to you; it can cost big money.

But to an extent, that's the price we have to pay for having an outstanding highway system. If our roads were allowed to just rot away, we wouldn't have any problems — until we had to scream to get the potholes repaired.

In the last few years, the state Department of Transportation has spent millions on Sherman County roads and it plans to spend millions more. This is not just patching; the roads are being totally rebuilt with the latest safety features. By the time they are done, department officials will have redone nearly every inch of their roads in this county. Goodland will have highway access equal to the finest in the state.

Already, the department has rebuilt I-70 east to Edson at a cost of \$23 million over two years. I-70 west has been resurfaced (cost \$2.6 million) and will be rebuilt later. K-27 in town was rebuilt last year and to the north, it being rebuilt this year. Cost: \$11 million. And then over the next couple of years, K-27 to the south will be completely overhauled and the Smoky Hill River bridge will be replaced (but be open to traffic) at an estimated cost of \$13-15 million.

We'll have the smoothest, safest, nicest roads imaginable. The price is a little disruption, and that's not trivial. But in the meantime, do we just sit here and gripe?

There are things that could be done. Promote the town. Put ads in the St. Francis and Benkelman and regional papers showing alternate routes. Promote shopping in Goodland. Drum up some local business to replace whatever we've lost. In short, get over it and get on with business.

Since the closing is a done deal, that's really all that's left. So why not get with it? — Steve Haynes

Letter Policy

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The Goodland Daily News

(USPS No. 222-460. ISSN 0893-0562)  
Member: Kansas Press Association  
The Associated Press  
Inland Press Association Colorado Press Association  
e-mail: daily@nwkansas.com



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Published daily except Saturday and Sunday and the day observed for New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and Christmas Day, at 1205 Main St., Goodland, Kan. 67735.

Periodicals postage paid at Goodland, Kan. 67735; entered at the Goodland, Kan., Post Office under the Act of Congress of March 8, 1878.

POSTMASTER: Send address changes to The Goodland Daily News, 1205 Main St., Goodland, Kan. 67735.

TELEPHONE: (785) 899-2338. Editorial e-mail: daily@nwkansas.com. Advertising questions can be sent to: gdnadv@nwkansas.com

The Goodland Daily News assumes no liability for mistakes or omissions in advertising or failure to publish beyond the actual cost of the ad.

SUBSCRIPTIONS: In Sherman County and adjacent counties: three months, \$22; six months, \$38; 12 months, \$72. By mail in Kansas, Colorado: three months, \$ 28; six months, \$50; 12 months, \$95. (All tax included.) Out of area, weekly mailing of five issues: three months, \$25; six months, \$40; 12 months, \$75.

Incorporating:

The Sherman County Herald

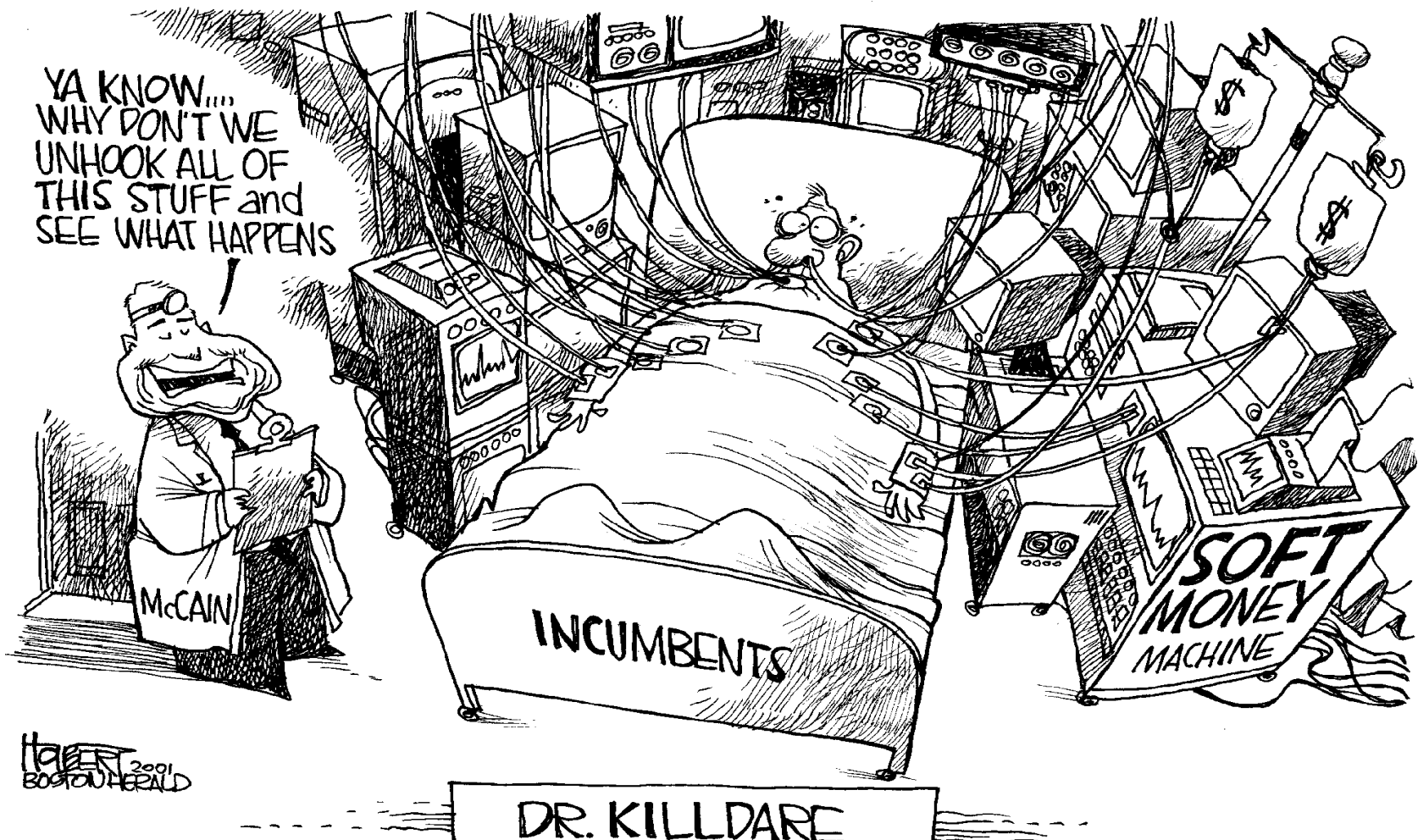
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THE SHERMAN COUNTY STAR

Founded by Eric and Roxie Yonkey  
1994-2001

Nor'West Newspapers

Haynes Publishing Company



New beans are fantastic part of weight program

Rarely do I endorse products in my column. I try to stay generic in most of my recommendations. However, I have found something so yummy I must share it with each of you.

I often extol the benefits of eating pinto beans. As most of you know I attribute a large part of my 122-pound weight loss to eating beans almost daily. I just would not let myself get tired of them.

Aside from just liking them they contain no cholesterol and very little fat. In combination with other foods beans are a great source of protein.

They are loaded with vitamin A, B and C, and thiamin, riboflavin, calcium, iron, carbohydrates, magnesium, zinc and fiber.

The fiber helps reduce blood sugar and cholesterol levels and is good for diabetics and people with high cholesterol.

Beans have three times the amount of soluble fiber as the same amount of oat bran. Fiber in the diet will also absorb and carry fats out of your digestive system quicker thus, enhancing your healthy low fat way of life.

One of the best things about eating beans is that they are very filling, therefore, you will eat less. It would be safe to say, the more beans you incorporate into your eating plan, the quicker you will lose weight and the better you will feel. Choose them often! I did!

The product that brought me back to extolling the benefits of eating beans is "Granny's Gourmet Beans" I happened to pick up a package of their



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• freedom in eating

"Cranberry Pinto Beans" and they are the BEST pinto beans I have ever eaten. They cook up more tender and in less time than others and they have a very unique taste.

I want to encourage you to try them. If they are not available in your local store give them this information.

They are packed in Amarillo, Texas and the number is 806-373-7101. I am sure if you pass this number to your grocer he will be glad you did. I know they are having a hard time keeping them on the shelves in my part of the world.

Here is a couple of old recipes I have tried with these beans and they really make a difference. Get your own package of beans and then send me your creation using these new beans.

Cajun-Style Red Beans and Brown Rice

1 lb. dried pinto beans; 1 c chopped green onion; 1/2 t minced garlic; 3/4 t pepper; 1/4 t oregano; 1 t Worcestershire sauce; 6 oz. tomato paste; 1 t celery flakes; 1 c chopped green bell pepper; 2 c chopped yellow onion; 1/4 t red cayenne pepper; 1/2 t salt; 1/4 t garlic powder; 3 dashes Tabasco

sauce; 1/4 t thyme; 6 cups cooked brown rice.

Wash beans and soak beans according to directions. Drain water. In a large pot, add water to 1/2" above beans. Add remaining ingredients, except rice; cook covered over low heat 2 to 2 1/2 hours. serve over cooked brown rice

Mexican Vegetable Casserole

2 cups of cooked pinto beans, drained; 1 (15 ounce) can whole kernel corn, drained; 1 (10 ounce) can diced tomatoes with green chilies; 1 (8 ounce) container no-fat sour cream; 1 (8 ounce) jar chunky salsa; 2 cups shredded no-fat cheddar cheese; 2 cups cooked brown rice; 1/4 tsp. pepper; 1 bunch green onions, chopped; 1 (8 ounce) package no-fat Monterey Jack and jalapeno cheese, shredded; 1 (21 ounce) can sliced olives (optional, they do contain fat)

Pre-heat the oven to 350 degrees. Combine the first 8 ingredients. Place into a lightly greased 9x13 inch baking dish. Sprinkle with the remaining ingredients. Bake for 45 minutes. Makes 6 to 8 servings.

There is still time for you to start your summer off in freedom. Order our recipe book and our complete weight loss plan for only \$20.00. Just send your check to "Freedom Package", 400 10th. St. Canyon, Texas 79015.

If you have any problems with finding or getting the beans in your store, e-mail me <mailto:gosally@netwest.com> with the information and I will see what I can do. These beans are worth the trouble!

Stages of a man's hair-raising life

It occurs to me that a man's hair is like his life. When he's a kid, his mother looks after it. Then it goes wild and unmanageable during his teen-age years.

Pretty soon his girlfriend starts putting her fingers into it. Then, when he's at college, it develops a mind of its own.

And later, when he's a busy executive, he has no time for it. When he hits mid-life, it mellows in style and color, and by the time he reaches his senior years, he realizes how important it is to him.

But by then most of it has already gone down the drain.

GO FOR THE BREAD

Over the last several years, corporations have been merging at a pretty good clip. We end up with much bigger companies, but there are a lot fewer of them. This seems contrary to the requirements for fair competition and will ultimately lead to the consumer getting shafted, especially when these mergers occur in retail businesses.

So I've got an idea. We, the customers, need to do a little merging of our own. Say I take a town of 50,000 people and get them each to sign a contract with me that I'll buy all their bread for them. They agree not to get bread on their own or from anybody else. Now the average person goes through a loaf a week, so I'm talking about two and a half million loaves of bread a year here.

Let's say we've got four grocery stores in the area, so I go to each of them and say "I want to buy a whack of bread this year. What's your best price?" And here's the kicker, "If I give you the contract, your competitors aren't going to be able to sell any



red green

• north of forty

bread at all." That's the one that really gets them. Because in business, it's not enough to succeed, your friends have to also fail.

YOU GOTTA HAVE FRIENDS

Man is a social animal. We need to be with other people. Yet sometimes when a man reaches middle age, he tends to want to spend more and more time alone. That's because he is not being presented with activities that are appealing to a man in his situation. Here are some things middle age guys can do together to keep the social side of their lives healthy:

— A Saturday Afternoon Men's Party. Sweat pants and football shirts. Nobody's allowed to talk. Go home when it gets dark.

— A Potluck Barbecue Party. All meat.  
— A Super Bowl Party. Twelve guys in a banquet room. Big screen TV. Keg of draft. Twelve bathrooms.

— A Road Trip. Five guys in an RV. No map. Cell phone.

— A Successful Fishing Expedition. Four excellent liars who know how to keep a secret.

— A Carnival Party. Five hours. Bumper Cars. Unlimited use. No questions asked.

LOOKING THE PART

Lately my wife has been dropping subtle hints

that my appearance is not what it should be. There are some grooming issues and the whole "avoir du pois" thing, topped off by what she calls "brave wardrobe choices."

Now I'll admit I don't have the fresh, youthful face I once had and that if I eat one more pork chop, my body fat content will exceed a hundred percent. but she needs to realize that I've done all this for her. She chooses to interpret my appearance as "letting myself go," whereas I see it as a signal to other women that "I'm not looking."

Me not doing a thing to make myself attractive is the ultimate compliment to my wife. If she'd only see it that way. On the other hand, if I lose weight and get a new wardrobe, she'll suspect I'm having an affair. But then life is not about winning. Or at least it better not be.

Quote of the Day: "Never test the depth of the water with both feet." — 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

If you are very, very good and very, very nice, you might get the 2008 Summer Olympics.

