

commentary

from other pens...

Farm harvests breezes to turn 100 turbines

The Salina Journal on wind energy:
We got a look at the future ... when Gov. Bill Graves dedicated the state's largest wind farm.

No, the place doesn't raise wind as if it were wheat. But it does harvest the near-constant breezes of southwest Kansas, using them to turn 100 wind turbines that generate 110 megawatts of electricity. That's enough power to keep 33,000 households humming with air conditioners, lights and coffeemakers.

The Gray County site shows the future not because it turns a Kansas punchline into an asset, but because it demonstrates what can be done when we decide to do something besides burn fossil fuels to power our cars, homes and office buildings.

This wind farm shows that with a little imagination we can turn natural surroundings to other purposes. Wind and sunshine become electricity. Row crops become alcohol.

We can even convert livestock waste into fuel and fertilizers. Combine these advances with conservation measures and we find a solution to our dependence on foreign oil.

... Those gently turning turbines show us the way to our future: finding new ways to power our economy, moving away from nonrenewable resources that lie under distant lands.

We can do it with ease, as long as we have a national energy policy that provides economic incentives to lure industry away from oil, coal and natural gas, and into clean and renewable processes. ...

It will be up to the rest of us to build a groundswell of support for energy independence. And this Kansas wind farm points the way.

The Garden City Telegram on belt tightening:

Gov. Bill Graves need only look at the Spruce Street intersection with the bypass to convince himself there is plenty of wasteful public spending going on.

The governor outlined a frightening fiscal picture ... warning Kansans that the amount of money coming into the state isn't nearly enough to cover the expenses projected by the state.

Graves is warning that public schools will lose money and state officials may have to close minimum-security prisons. State highway projects may also take a hit.

They can start right here, where the Kansas Department of Transportation plans to tear up the bypass intersection with Spruce Street with a project that has the real possibility of displacing some homeowners. ...

It's a ludicrous plan, not only given the financial problems facing the state, but because there's nothing wrong with the intersection now that stoplights have been installed. ...

The state's financial problems illustrate a change in the economy. As the economy slows, it forces us to stall purchases, and that has a direct impact on state finances.

Kansans are tightening their belts. Before floating the idea of tax increases, Kansas lawmakers would do their constituents a favor by doing the same with public money.

where to write

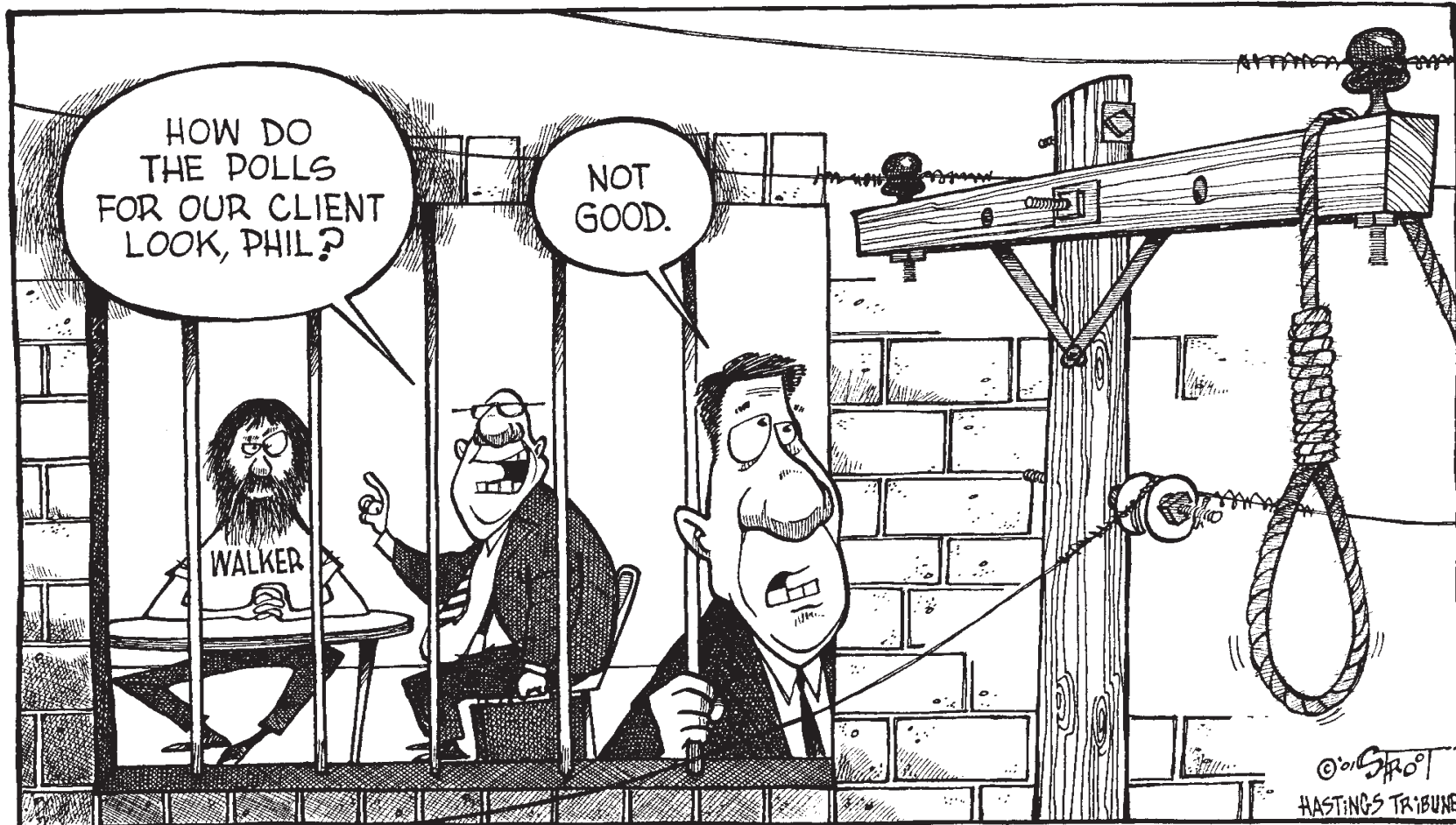
U.S. Sen. Pat Roberts, 302 Hart Senate Office Building, Washington D.C. 20510. (202) 224-4774

U.S. Sen. Sam Brownback, 303 Hart Senate Office Building, Washington D.C. 20510. (202) 224-6521

U.S. Rep. Jerry Moran, 1217 Longworth House Office Building, Washington, D.C. 20510. (202) 225-2715

State Rep. Jim Morrison, State Capitol Building Rm. 174-W, Topeka, KS 66612. (785) 296-7676

State Sen. Stan Clark, State Capitol Building Rm. 128-S, Topeka, KS 66612. (785) 296-7399



Living large in America

We Americans already knew we were a fat people, relatively speaking. (This means that relative to the rest of the world's human population, we are fat. Relative to larger mammal classes, such as elephants and hippos, we have some wiggle room.)

Now comes a report from respected researchers concluding that, contrary to previous studies, Americans are not "fat," but rather "really, really, circus-act, Macy's-parade fat."

In presenting the report, U.S. Surgeon General David Satcher said that up to 61 percent of us are obese or overweight.

The causes are hardly a mystery. We have Barca lounges with refrigerated compartments. We have motorized bikes and scooters. We shop at wholesalers like Costco so we can stock our homes with flats of muffins the size of our heads and bags of chips advertised as Economy Family Size (under the assumption that your family is the size, more or less, of the local Rotary Club).

But the primary reason we're fat is we have more fast-food restaurants than fruit stands, gyms, parks and bike trails combined.

Our eating habits are so bad, Satcher said, that obesity may soon cause as many preventable deaths as smoking.

In other words, the saturated-fat industry is the new tobacco industry. Hamburgers are the new cigarettes, only cheaper. Tobacco had the cartoon camel to lure young customers. Fast-food has Harry Potter toys and Happy Meals. Tobacco kept its customers craving more by adding extra nico-



joan ryan

• commentary

time. Fast-food has lard and special sauce.

But so far, the fast-food industry hasn't been forced to include warnings on its wrappers informing diners that "repeated consumption of these products may cause death before you return to your car."

So, as a service to you, the reader, I went to my local McDonald's the other morning and asked for their nutrition guide. (I also ordered a Bacon, Egg and Cheese biscuit, a deep-fried hash-brown patty and coffee, in order to blend in as an actual customer.)

"Our goal," the McDonald's Nutrition Facts booklet said, "is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet."

I looked up the Bacon, Egg and Cheese Biscuit on the chart. With this one item, I had reached 49 percent of my recommended daily amount of saturated fat and 83 percent of my daily amount of cholesterol! Total calories in the biscuit and hash browns was 610, which sounded high until I saw the numbers for the steak, egg and cheese bagel and hash browns. That combo was 830 calories — and provided 97 percent of a person's daily amount of

cholesterol. It is important to note that it also provides 2 percent of one's daily amount of fiber, so it's not like it's a total indulgence.

Of course, anyone who orders something along the lines of a "Bacon Double Fried Stuffed-Crust Quarter-Pounder with Cheese" knows it isn't diet food. So let's say you order the Grilled Chicken Caesar Salad with a packet of Caesar dressing and some croutons, instead.

That's 300 calories — more than a hamburger (280). And let's say that instead of Coke or Sprite, you go for the healthier-sounding Hi-C Orange Drink.

Except the Hi-C has more calories and sugar than either of the other drinks. The 48-ounce Super Size Hi-C has 460 calories and 124 grams of sugar — more sugar than 10 bags of McDonaldland cookies!

As I was writing this in my notebook, I began rationalizing the purchase of another round of biscuits and hash browns, just to fit in. I knew I had to get out. At the door, a kid raising money for his youth group asked whether I'd buy some candy. Not just a bar, of course, but a package of 10. I forked over \$4.50. The chocolate might balance the grease.

By now, I wasn't feeling too well. I went home and stretched out on the couch, which is where I am writing this. I'm going to take a hike later. I'm just staying here for a few minutes. At least until this nausea passes — or it's time for lunch.

Joan Ryan is a columnist for the San Francisco Chronicle. Send comments to her e-mail at joanryan@sfgate.com.

An informed consumer



red green

• north of forty

They have ads on television now where the last half of the commercial is devoted to the announcer talking really fast while he or she explains everything that could possibly go wrong with the product. It's called a disclaimer, and they do it to avoid legal action later. I think it's a good idea, but I'd like to see it on marriage vows.

"I now pronounce you man and wife." (Read this next part really fast.) "Some common side effects include disagreements, hurtful comments, unacceptable tone, bankruptcy and children. The success of this marriage is the sole responsibility of the participants, and there is no warranty, either expressed or implied, by any friends, neighbors or relatives. Before entering into this agreement, it is suggested that you consult with a member of the clergy or a bartender. Prolonged use could lead to old age, if you're lucky. Void where prohibited. You may kiss the bride."

DIVERSITY ADVERSITY

They tell me that diversification is an important part of any stock portfolio. Put some money in butter and some money in guns, as the economics profs would say. Mutual funds were created to satisfy that exact need, but, in the last few years, they've gone and changed the game on us. With the onslaught of all these mergers and acquisitions and hostile takeovers, instead of a large number of moderately sized businesses, we're ending up with a much smaller number of enormous multi-national corporations. Now the guns and butter are all owned by the same guy. The diversification is gone. Mutual funds have been transformed into 33 flavors of vanilla. It used to be a big world with thousands of different businesses. Now it's more like a small town where everybody's related to

each other. It might look friendlier in the short term, but the kids can turn out pretty scary.

WHAT'S IN A NAME?

I've been around long enough to notice that some of these new things they're coming up with aren't new at all. They're just old things with new names. Here's a short sample list so that you'll be able to recognize lack of progress when you see it:

NEW NAME	OLD NAME
E-mail	Telegram
New-car rebate	Your change
Virtual reality	Dream
Multi-tasking	Motherhood
Interfacing with	Talking to
Station wagon	SUV
Networking	Lions' Club
Computer	Friend

HOW MUCH MORE CAN YOU STAND?

I was watching some senator giving his retirement speech, and, after every couple of sentences, he would get a standing ovation. This guy is getting a dozen or more of these things, while most people never get a standing ovation in their whole lives. That's wrong. A standing ovation is a wonderful thing. It means that people have so much respect for you they feel compelled to get up off their butts for a few seconds. Standing ovations also give your detractors a chance to leave the room without being noticed, so you end up with a smaller

but more supportive crowd. In any case, it's a real confidence booster. Many people who receive standing ovations actually go on to deserve them.

So, to aid in building a better, more positive society, I think we should all be more generous with our standing ovations. If Dad hangs onto his job for another day, hey, everybody on their feet. Or if Mom got that dress to do up, or the kids came home from school with straight A's, or came home from school, or just came home, well, let's get up and give them a big standing O. Wouldn't that make us all feel better about one another and ourselves? If we had more standing ovations, we'd have fewer failures, fewer overeaters and fewer pregnancies. It's just harder to get into trouble when you're standing.

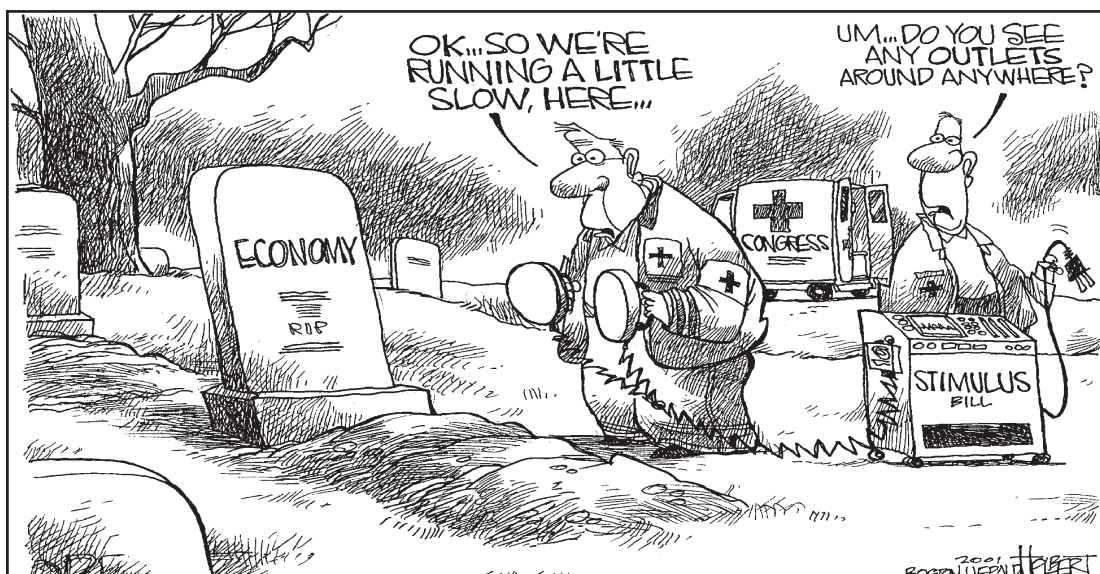
QUOTE OF THE DAY: "A man will pay \$2 for a \$1 item he needs, whereas a woman will pay \$1 for a \$2 item that she doesn't." - Red Green

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



"WHAT WERE YOU SAYING ABOUT SEEING LIGHT AT THE END OF THE TUNNEL?"



The Goodland Daily News

(USPS No. 222-460. ISSN 0893-0562)

Member: Kansas Press Association
The Associated Press

Inland Press Association Colorado Press Association

National Newspaper Association
e-mail: daily@nwkansan.com



Steve Haynes, President
Tom Betz, Editor/Editorial Page
Rachel Miscall, Managing Editor
Pat Schiefen, Copy editor

Sharon Corcoran, Sports Editor

Doug Stephens, Skilar Boland, Reporter

Eric Yonkey, Bill Wagoner, Advertising Sales

James Schiefen, Adv. Production Sheila Smith, Office Manager

Nor'west Press

Jim Bowker, General Manager

Ron VanLoenen Judy McKnight Richard Westfahl
Betty Morris Charlotte Hankins Helen Dilts

nwkansan.com

N.T. Betz, Director of Internet Services (nbetz@nwkansan.com)
Evan Barnum, Systems Admin. (support@nwkansan.com)

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@nwkansan.com. Advertising questions can be sent to: gdnadv@nwkansan.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
Founded by Thomas McCants
1935-1989

THE SHERMAN COUNTY STAR
Founded by Eric and Roxie Yonkey
1994-2001

Nor'West Newspapers
Haynes Publishing Company