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HULME



"SOMEDAY ALL OF THIS WILL BE YOURS TO CLEAN UP IF CONGRESS DOESN'T MAKE POLLUTERS RESPONSIBLE FOR POLLUTION"

# commentary

from our viewpoint...

## Freedom of speech facing new attacks

Our libraries find freedom under attack again. As usual, it's all for a good cause.

Something called the Child Internet Protection Act, passed by Congress, requires public libraries to install pornography filter programs on all their Internet connections by July. If they don't, they will lose all federal grants and discounts.

Unlike state legislatures, which routinely give in to federal mandates, at least some of the nation's librarians are raising a squawk.

By nature and tradition, librarians are strong defenders of the Bill of Rights, especially the First Amendment. They see using the Internet as part of the rights protected by that foremost clause of our Constitution.

The right of Americans to read what they want and think what they want is sacred to them, as it should be to all of us.

It's not that the librarians are defending pornography or that they want children to see it. But filter programs are notoriously clumsy. They operate on key words which can be contained in legitimate texts. They can block access to famous novels and bar all research on such topics as "breast cancer."

A thinking adult can tell the difference between a classic novel with a few dirty words and a porno home page, but these programs cannot. Librarians are defending Americans right to read novels or research topics that might include the word breast.

Librarians are, for the most part, not opposed to putting filters on computers used by children. They figure it is not a big deal for them to miss out on "Ulysses."

But the federal law requires filters on all computers at a library, and librarians rightly balk at that. Fortunately for them, federal dollars are not a big deal to libraries. Most would lose only a few hundred or a few thousand dollars. But there is a principle at stake here, and librarians are principled people.

The problem with the law is especially difficult at the Oberlin library, where there is currently only one computer for the public to use on the Internet. It is shared by adults and children.

We hope the librarians stick to their principles. It's refreshing to see a group put right ahead of dollars and stand up to the federal steamroller.

Like many things done by Congress, this law passed because if a member had voted "no," someone will say he or she is in favor of pornography. That's not the case, but that's how things go.

This is a bad idea, though, and our librarians are right to fight it. — Steve Haynes

## Pray for those who truly 'hate'

It has always been inconceivable to me how someone can say they are a Christian and then turn around and say they hate someone.

Out here in western Kansas, you run into an occasional hater, a person so bitter and hopeless they really do hate someone or something. Most of us are just complainers. We don't like some things, but we don't hate them.

So, it's always a shock to run into a nest of haters.

Last month, many newspapers in the state received a press release from the Westboro Baptist Church in Topeka. The message was hate.

The church is run by the Rev. Fred Phelps, a name known and feared in the eastern part of the state.

Mr. Phelps, a disbarred lawyer, and his church have one agenda. They hate homosexuals and will do anything in their power to destroy them — body and soul.

The church's web site is [www.godhates-fags.com](http://www.godhates-fags.com). Church members picket anyone and



**cynthia haynes**

• open season

anything they see as aiding homosexuals.

Their press release said they would be picketing the Kansas Press Association's annual meeting in Wichita because, "God is not mocked! God hates fags! God hates Fag-enablers! Ero, God hates the Kansas media!"

I'll go along with some of this. I don't think God should be mocked. After that, these folks lose me.

I don't remember anything in the Bible about God hating. I especially don't remember Jesus saying you should hate. In fact, although my book may be different from the Westboro Baptist Bible, mine says, "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you and persecute

you." — Matthew 5: 44.

Christianity was founded on the belief that God is love.

Jeff Burkhead, the executive director of the Kansas Press Association, had planned to take his two young daughters to the annual meeting. He said he wasn't sure how to explain to them why anyone would hate him and write, as the press release from Topeka did that, "He's certifiably demon-possessed."

Mr. Burkhead, whose only sin seems to be that he works for the press association, was baffled as to why anyone would hate him. They don't even know him.

He finally did the only thing he could. He shrugged his shoulders and went on with his life, explaining to his children that some people are haters and they use religion for their own ends.

I guess the only thing we can do for Mr. Phelps and his pathetic followers is pray for them and hope that the love of God, which passes all understanding, may seep into their hearts and replace the hate.

### Letter Policy

The Goodland Daily News encourages and welcomes letters from readers. Letters should be typewritten, and must include a telephone number and a signature. Unsigned letters will not be published. Form letters will be rejected, as will letters deemed to be of no public interest or considered offensive. We reserve the right to edit letters for length and good taste. We encourage letters, with phone numbers, by e-mail to: [cdaily@nwkansas.com](mailto:cdaily@nwkansas.com).

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Everyone I know knows someone who has had cancer. At the present time in *The Daily's* own small world we have two people, Bill, one of the salesmen and Betty's husband, Ed. Betty works in the back for NorWest Papers. We all wish them well in their present health problems.

I found a cookbook specifically targeted for people dealing with cancer. The book is called "Eating Well Through Cancer" by Holly Clegg and Gerald Miletello, M.D.

This book addresses issues which occur during and after treatment. It deals with loss of appetite, diarrhea, low white blood cell count and constipation. During periods of low white cell count, it advises to avoid raw fruits, raw vegetable, raw meat and raw seafood because they have a greater bacterial count.

Bananas, rice, applesauce and toast are good foods to start eating after diarrhea has subsided, the book says. Nuts, beans and milk products may aggravate diarrhea. Avoiding caffeine and hot or spicy foods. Here is a recipe aimed at those bothered by diarrhea.

### Glazed Bananas

2 tablespoons margarine  
1/4 cup light brown sugar  
1/8 teaspoon ground cinnamon



**pat schiefen**

• postscript

1/4 cup orange juice  
3 firm bananas, peeled, split lengthwise and halved

In a pan, heat margarine, brown sugar, cinnamon, and orange juice until bubbly. Add banana slices and cook for 5 minutes, turning as needed. Serve immediately. Can be served over vanilla yogurt.

Constipation can cause a decrease in appetite and makes you feel bad. Muffins made with prune juice instead of water can help. Fruit salads, vegetable dishes, beans, grains, bread, fruit drinks, figs, raisins, apples, brown rice, pudding and stewed prunes are foods which can help ease constipation.

### All Natural Laxative

1 1/4 cups unprocessed bran  
1 cup prune juice  
1 tablespoon molasses or honey  
1 cup applesauce  
Mix and store in a covered container in the re-

frigerator for up to seven days. Stir before taking. Take two tablespoons every night as needed.

If two tablespoons cause diarrhea, take one. If two are not enough, you can increase it to three or four tablespoons. The high fiber content draws water into the colon, softening your stool and aiding in bowel movements. Always drink fluids to increase the effectiveness of fiber.

This cookbook also has recipes for everyone. This recipe is a change from regular salsa recipes.

### Strawberry Salsa

2 cups strawberries  
1/2 cup chopped green bell peppers  
2 tablespoons chopped red onion  
2 tablespoons chopped parsley  
2 tablespoons raspberry vinegar  
1 tablespoon canola oil  
1 tablespoon honey  
Dash of hot pepper sauce, optional  
Tortilla chips

In a bowl, combine strawberries, green pepper, onions, and parsley. In a separate bowl, combine vinegar, oil, honey and hot sauce. Toss with strawberry mixture. Cover and refrigerate for two hours. Serve with tortilla chips.

Best wishes to everyone dealing with cancer. This book is available at Knott Just Books.

## Should have listened to expert

To the Editor:

After reading Tuesday, April 16, *Goodland Daily News*, I was amused over what the city is going thorough with this lousy trash system we have.

It is the present commissioners who are being blamed, but the former ones who bought into this present system?

State officials paid \$400,000 to an engineer to enlighten counties and their elected officials as to the needs regarding handling of trash in the future to save our water supplies.

My husband and I talked with him and in his conversation, he made the following statement: "Small towns would be way ahead by hiring a large trash company like Waste Management or BFI, as local elected officials do not have enough knowledge to do the job."

That is where we are today, and at too high a cost.



from our readers

• to the editor

### where to write

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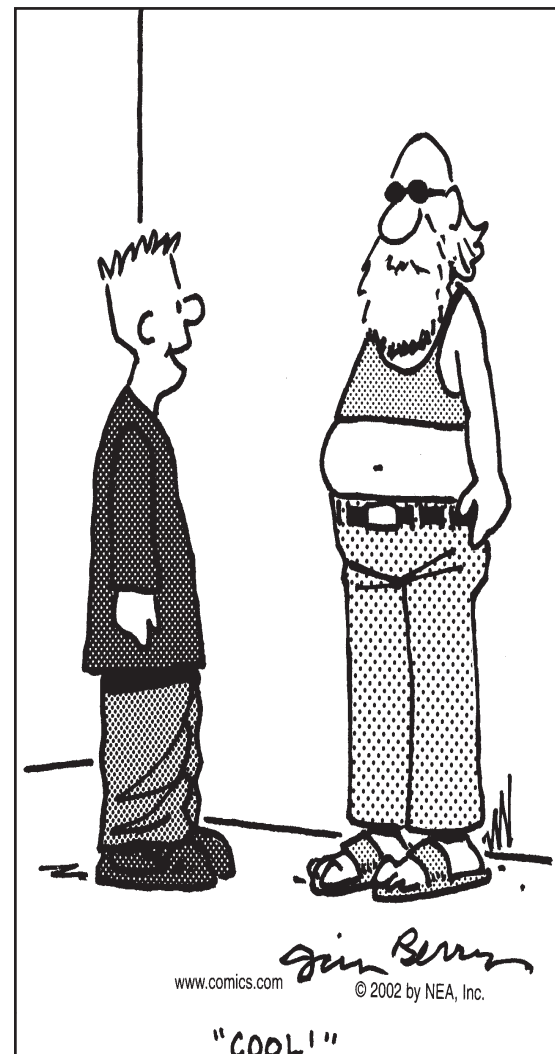
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### berry's world



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