

# commentary

from our viewpoint...

## Money a challenge for our new governor

Memo to the next governor:  
Dear (Tim Shallenburger or Kathleen Sebelius, take your pick):  
You've promised repeatedly to make Kansas government more efficient, to make it more responsive, to stop bureaucrats from wasting our dollars and get more from our tax bucks.  
Here's a challenge to you:  
Instead of arguing about pennies with the Legislature next year, why not let's study every state program and agency and make them all justify their continued existence?  
Bill Graves has asked for across-the-board cuts by all departments, but that presumes there is no waste or inefficiency in government, and that all departments are equal.

Is that the way you see state government, governor?  
Sure it's easy to cut everything. It's especially effective to cut programs, like schools and old-age assistance, that draw headlines when they bleed.

But isn't there something the state does that we could do without?  
Do we need, for instance, a weights and measures program, or could we do away with it? Don't the Department of Wildlife and Parks or the Department of Aging have programs we could do without?

Do we really need a whole department on aging, or is that just a comfortable political ploy? What does it do, anyway, besides employ a lot of people who draw state paychecks and urge their clients to write letters every time their jobs are threatened?

Sure, we'll get in trouble for asking, and you may not want to answer. Every agency has its beneficiaries and its lobby. The senior citizen representatives are prominent among those who watch their jobs carefully.

Maybe it would be best if you stayed out of this fight. Appoint a blue-ribbon commission like Congress puts together when it wants to close military bases. Then you can implement the report while washing your hands of the decisions.

There has got to be a lot of fat in government, no matter what the so-called moderates say, and Lord knows, Kansans have said over and over again, they don't want their taxes raised to pay for it.

It's hard enough to pay for schools, roads, colleges, police and all the other things we really need, let alone the waste we know must be there.

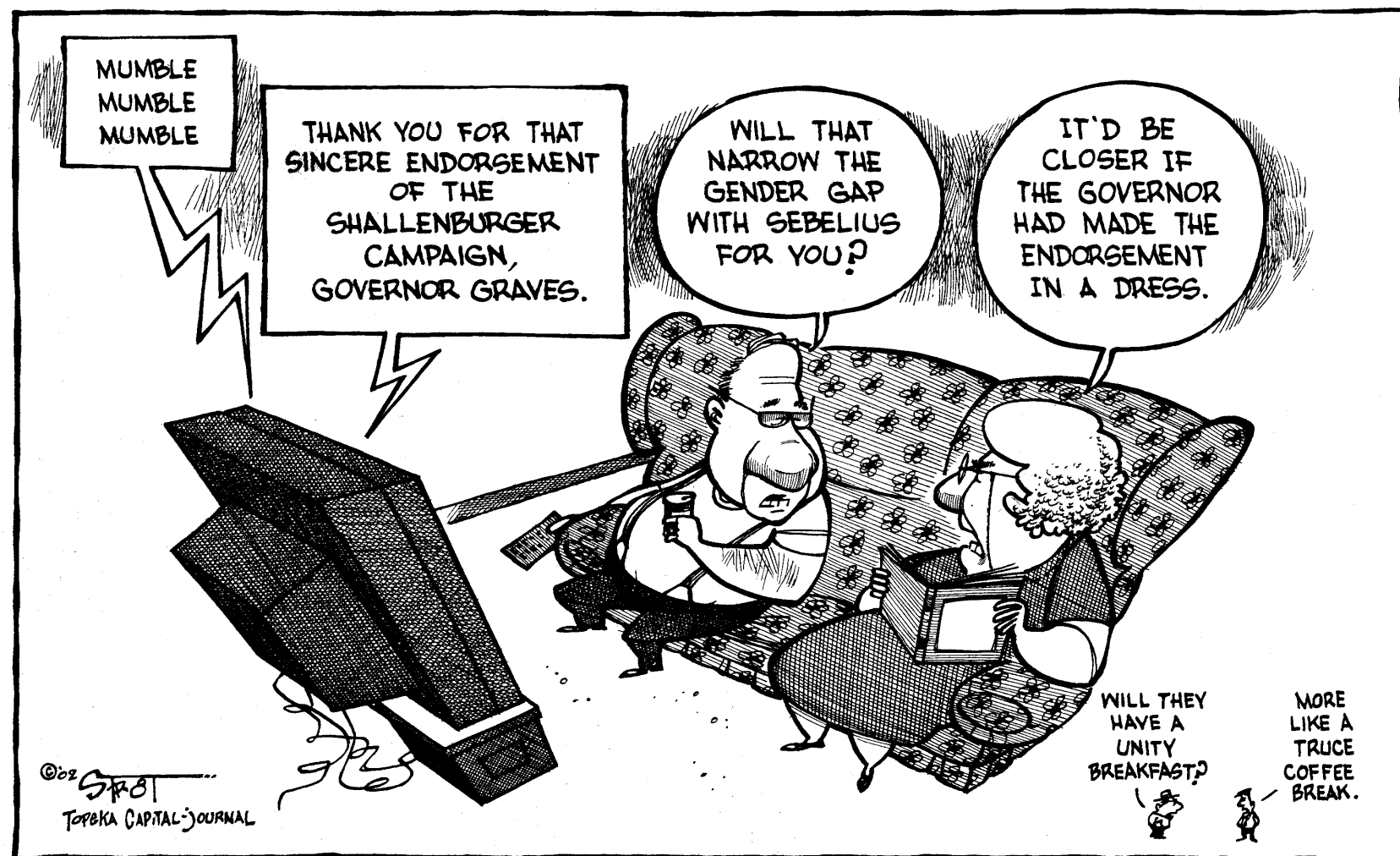
So what about it, governor? Did you mean all those things you said, or was it just talk?

Did you mean to keep those promises about schools and highways, development and taxes, or just continue business as usual?

Kansans are waiting for some action, governor. What about it? — Steve Haynes

### 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
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## I was taught to take care of possessions

I don't know about you, but I was always taught to take good care of possessions (and friendships).

Our family always had enough, but seldom extravagances. We had Sunday clothes and shoes - which were never worn to school.

School clothes and shoes were to be made to last as long as possible. We didn't walk through mud puddles or jump into rain puddles unless we were barefoot. There just wasn't money to replace things until it was absolutely necessary.

I still am amazed at our "throw away" society. Clothes and furniture (and people) are discarded whenever they "go out of style" (according to whom?) or we just get tired of them.

So little is valued because it belonged to great-grandparents or was purchased because an ancestor sacrificed for it.

It does seem like sentiment for family treasures or antiques gets stronger or develops around the time of a mid-life crisis. Thoughts about mortality seem to give strength to ideas about the continuum of life, or the futility of undisciplined "getting", or how much future is left.

Keeping Mom's eyeglasses or Dad's hat may seem foolish, but can be very comforting. Maybe



**lorna g. t.**

• commentary

it's a way of demonstrating that you yourself would like to be remembered and valued by your own children.

The whole pattern of "throw out or save" is interesting to watch - in your own life and in the lives of others. People who are considering suicide also have their own pattern; they usually begin giving away treasured items before their final encounter with pointlessness.

How you care for material possessions often indicates your own self-image, although I'm sure there are people who will disagree with me on that. But just drive through various neighborhoods and see what conclusions you come to about it.

I've always been taught to save and take care of things. It almost became an obsession until around my 45th birthday. Until then, I made a game of seeing how long something would last, how I could

make useless and unneeded things useful again, what I could make out of practically nothing.

When I sewed I used the least amount of material (and of course saved the remnant although I seldom had to patch the garment) or saved the smallest piece of thread in case I needed to make a repair.

But something changed about the time I turned 45. Maybe it was because my kids were all gone from home, or I faced the reality of time getting away from me, or the advent of grandchildren, or just that common sense returned.

I don't know what it was, but I began to discard un-used items.

I still have reoccurrences of "accumulation fever," but it's more balanced as I realize I won't live forever.

With that truth, I know also that there will be many bouts of laughter by my progeny over my hidden and displayed treasures as they clear out my house when I die. So I've been getting better about "riding out," as my mother would say. I'm proud of myself!

Today I hauled off and threw away a paper clip, a small bent safety pin and an 8-inch string of embroidery thread — all in the same day!

## Fifteen minutes preparation time and low fat

In the cookbook "Quick and Healthy, Volume II" by Brenda Ponichtera the recipes had to meet certain criteria. One had to be able to put the ingredients together in 15 minutes. The author is a registered dietitian and the recipes are low fat, low salt with dietary exchanges included.

### Spanish Quiche

- 3 flour tortillas (7 1/2 inch diameter)
- 1 can (16 ounce) vegetarian refried beans or Seasoned Black Beans
- 1 can (4 ounce) diced green chiles
- 1/2 cup sliced green onion
- 4 ounces grated reduced fat cheddar cheese
- 1 3/4 cups egg substitute (equal to 7 eggs)
- 1/4 cup skim milk
- 1/4 teaspoon paprika

Preheat oven to 350 degrees. Spray a 9 inch pie pan with non-stick cooking spray. Cut 2 tortillas in half and place each half in the pan so the rounded edge is 1/4 inch above the rim. Place the remaining tortilla in the center of the pan. Spread beans over tortillas. Top with chiles, onion and cheese. Mix eggs with milk and pour over top. Sprinkle with paprika.

Bake for 50 minutes or until done. Let sit for 10 minutes before cutting into 8 wedges. Serves 8.

### Seasoned Black Beans

- 1 can (15 ounce) black bean, drained and rinsed
  - 1/4 teaspoon onion powder
  - 1/4 teaspoon dried oregano
  - 1/8 teaspoon cayenne pepper
  - 1/8 teaspoon garlic powder
- Mix all ingredients in a microwave safe dish.



**pat schiefen**

• postscript

Cover and heat in microwave on high about 1 minute, stirring halfway through cooking time. Serves 3.

### Chicken Cordon Bleu

- 4 skinless, boneless chicken breasts (about 1 pound)
- 4 thin slices of low fat ham (about 1/2 ounce each)
- 2 tablespoon skim milk
- 1/4 cup cornflake crumbs
- 2 ounce reduced fat Swiss cheese

Preheat oven to 400 degrees. Cut a pocket in each breast and tuck in one slice of ham. Roll in milk and then cornflake crumbs. Arrange in an 8 x 8 inch pan that has been sprayed with non-stick cooking spray. Bake for 25 minutes. Top each breast with 1/2 ounce of cheese and return to oven until cheese is melted. Serves 4.

### Swiss Steak with Rice

- 1 pound top sirloin
- 1 medium onion, sliced
- 1 green bell pepper, sliced
- 1 cup quick cooking brown rice, uncooked
- 2 medium carrots, sliced
- 1 can (16 ounce) diced tomatoes, not drained

- 1 2/3 cups beef broth, fat removed
- 1/2 cup dry red wine (or 1/2 cup beef broth or water)

- 1 teaspoon chopped garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil

Preheat oven to 350 degrees. Cut meat into serving pieces. Spray a 4 quart covered casserole with non-stick cooking spray. Add the meat and the remaining ingredients. Cover and bake for 1 1/2 hours. Serves 4.

### Peach Custard

- 5 peeled and sliced fresh peaches (about 5 cups)
- 1 cup egg substitute (equal to 4 eggs)
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup sugar (or the equivalent in artificial sweetener)
- 1/8 teaspoon salt (optional)
- 1/4 cup unbleached flour
- 1/8 teaspoon cinnamon

Preheat oven to 350 degrees. Spread fruit in an 8 x 8 inch pan that has been sprayed with non-stick cooking spray. Mix egg substitute, lemon juice and vanilla extract with an electric mixer or wire whisk. Mix in sugar and salt (optional). Gradually add the flour while whipping to prevent lumps. Pour over fruit. Sprinkle with cinnamon. Bake for 45 minutes or until done. Serves 9.

Fresh pears and mace can be substituted for peaches and cinnamon.

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