

from our viewpoint...

# Computer filters chip at Bill of Rights

The Supreme Court has ruled that public libraries can be required to install filters on computers used by adults to go on the Internet, which represents just another little chip off the Bill of Rights.

No one is arguing that libraries ought to let kids call up pornography; most already have filters or other systems on units used by children. But Congress says any library that takes federal money has to filter *all* its computers.

This is not just a theoretical problem. A woman can't, for instance, research problems with breast cancer on a filtered computer without getting a librarian to bypass the program.

Why people should be embarrassed like that is beyond us. Ask a congressman; maybe he'll know.

The public harm that might come from an adult viewing something others might consider a little racy on a library computer is hard to envision. It's not like anyone was forcing them, or anyone else, to look at something.

But Congress, in its wisdom, had decreed that libraries shall have filters. And so filters we will have.

Amazingly, not all libraries get federal money. Many in smaller towns, like Oberlin's, do not. Librarians say they can handle the problem easily enough without filters.

And Congress, limited by the Constitution, rarely make these things illegal. It just ties them to federal money.

Thus, states have to pass laws requiring people to wear seatbelts, or risk losing highway money. There are dozens of these mandates tied to highway money, from the amount of alcohol you can consume before being arrested for drunk driving, to the height and size of guard rails on new roads.

Every federal program comes with these strings, from aid to airports to education. The "No Child Left Behind" Act, promoted by our supposedly conservative president, contains dozens of requirements, enough "unfunded mandates" to frighten the most liberal educators.

These regulations threaten the stability of our schools, but because leaving no child behind sounds like a good idea, no one has challenged them.

Of course, no school has to come under this law. No library has to install filters. But few agencies, from the tiniest town to the largest state, are willing to turn down federal money. It's an addiction.

So they comply, no matter the cost. No matter the loss of freedom, of local control, of the will of local voters.

There's a two-edged sword here. No one wants to come out against educating each and every kid. No one wants to speak in favor of letting people look at pictures of naked women, though it's harmless enough if they keep it to themselves.

And no one has enough money.

It's a shame, but we are all prisoners to the federal purse. And we will be until someone stands up and says enough.

Some state that will say it is competent to decide who is driving drunk. Some library that will give up federal money in favor of free speech.

How likely is that? — *Steve Haynes*



## I've always wanted to be wise

I don't know about you, but I always wanted to be wise.

I used to think it would automatically come with maturity, but so far, at least for me, it hasn't.

Ex-senator Dole once said in the TV debate "Wisdom comes through experience." (In my opinion, that's one of the wisest remarks ever made by a politician.)

Every little bit of wisdom I've gained has come, not automatically, but through experience and the subsequent reasoning about it. And truthfully, the harder the experience was, the more wisdom I seemed to gain.

The book of Proverbs in the Bible has a lot to say about wisdom — referring to wisdom as "she" and pointing out how desirable "she" is.

I agree with that writer: wisdom is very desirable — even if difficult.

I'd like to ask God sometime why we each have to acquire it individually, why we are able to pass knowledge to the new generation, but not wisdom. We can educate our children, but we can't pass along intelligence.

The Bible has a lot to say about wisdom, and I think Jesus' life on earth was dedicated to education about it.

Read what Jesus taught in the first four books of the New Testament. He hand-picked a spe-



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cial group of men to be his first class. They were mainly poor students with occasional moments of clarity and insight, yet Jesus didn't give up on them.

That gives me hope!

Someone has said, and it is probably based on a Christian insight: "After all, there are only 3 things that are really worth while: to gain wisdom, to do good and to be kind."

Wouldn't the world be a better place if we all practiced those three things?

Someone else said: "Be content with what you have, never with what you are."

Too many of us have that just backwards. We think we're pretty great and important and support those feelings with continual re-stocking of acquisitions.

In today's world, we believe in reinforcing egos. Each baby born is the most perfect one yet. (Just ask the child's grandparents.)

Johann Wolfgang von Goethe wrote: "If children grew up according to early indica-

tions, we should have nothing but geniuses."

Wouldn't that be a strange world in which to live? No more jerks! (Wow, what a terrible judgment that is! Yet we seldom feel bad labeling someone a jerk.)

How much happier we'd be, and probably also everyone around us, if we lived by this bit of wisdom: "We have all been placed on this earth to discover our own path, and we will never be happy if we live someone else's idea of life." — James van Praagh, Reaching to Heaven (Dutton)

There is a lot of wisdom in the world. As I grow older, I realize just how wise my parents were and how much they tried to pass it on to me.

Having wisdom is pretty useless unless we do something with it to make the world better.

David Starr Jordan, and American naturalist, says: "Wisdom is knowing what to do next; virtue is doing it."

Maybe we all have more wisdom that we realize; we just don't do anything with it. By David's definition, too few of us are virtuous.

I'll close with this tidbit from an unknown wise person: "The man who walks with God always knows in what direction he is going."

Maybe, after all, that's all the wisdom you and I need.

## Who are raw foodist, fruitarians, sproutarians?

Raw foodists believe in living as closely to the earth as possible and respecting all life. They suggest growing your own food, foraging, or buying from farmer's markets. Eating to live is better than living to eat they propose.

Foods heated to high temperatures and overly processed have lost most of their life force and any beneficial enzymes. Within the raw foods community some consider raw foods to be fruits and leaves or in the tradition of a variety of cultures. Others only eat living food.

Living food is foods that may have been cooked at one point but have been fully digested by a living culture such as miso or nama shoyu. Fruitarians eat only fruits and sproutarians eat mostly sprouts. They believe intentions have an impact on how food affects us.

The above information and the following recipes are from "The Raw Truth — The Art of Preparing Living Foods" by Jeremy A. Safron.



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● postscript

**Applesauce**

1/4 cup raisins  
3/4 cup filtered water  
juice of 1/2 lemon  
2 large crisp apples, peeled and diced  
ground cinnamon for garnish  
ground nutmeg for garnish

Place raisins in small bowl, cover with water and soak for 1 hour. In a blender, combine raisins, soaking water and lemon juice and blend until smooth. Add apples and blend until smooth. Sprinkle each serving with cinnamon and nutmeg. For a variation add 1 1/2 teaspoons of fresh ginger juice. Serves 2 to 4.

**Apple-Cinnamon Cup**

This was inspired by haroset, a traditional dish of apples, walnuts and wine eaten at Passover.

6 seeded, soaked dates, drained  
juice of 1/2 lemon  
1 teaspoon ground cinnamon

1 teaspoon ground allspice  
1 teaspoon freshly ground nutmeg  
5 crisp apples (Fujis or Galas), shredded or cut into matchstick-sized pieces  
1/4 cup soaked raisins, drained  
2 tablespoons chopped walnuts for garnish

In a food processor, combine dates, lemon juice, cinnamon, allspice and nutmeg and process until smooth. Transfer to a large bowl and stir in apples and raisins. Spoon mixture into individual bowls, garnish with nuts and serve. Serves 2 to 4.

**Ginger-Pear Soup**

It is best to use softer ones are very ripe. To peel a ripe pear hold it under running water and rub the skin right off.

6 dates, seeded  
2 cups filtered water  
1/4 inch piece fresh ginger  
4 ripe pears such as Bartlett, peeled  
1/2 teaspoon cinnamon  
2 fresh anise flowers or 1/2 teaspoon anise seeds or a few wisps of Florence fennel  
2 mint leaves

Black and white sesame seeds for garnish

Place dates in a small bowl, cover with water and soak for about 1 hour or until soft. Drain, reserving liquid. Finely grate ginger with a fine grater to extract its juice (approximately 1/2 teaspoon). Place dates, pears, cinnamon, anise, mint and ginger juice in a blender. Slowly add the reserved liquid as needed while blend-

ing until smooth. Pour into bowls. Garnish with black and white sesame seeds. Serves 2 to 4.

**Pea Mole**

This is a great substitute for guacamole. The fresh peas are less oily than avocados.

3 cups shelled fresh peas (approximately 3 pounds peas in their pods)  
1/4 cup loosely packed fresh cilantro leaves  
juice of 1 lime  
pinch of sun-dried sea salt  
cucumber slices or corn chips for serving

Place peas, cilantro, lime juice and sea salt in a food processor and process until smooth.

**Red Pepper-Chipotle Salsa**

Chipotle chile (a dried and smoked jalapeno) has a robust and smoky flavor. Both black and red dried are sold. The red seem to have more flavor but the black are far spicier. Only the dried ones are raw.

1 chipotle chile  
5 dry packed sun dried tomatoes  
2 red bell peppers, seeded and diced  
1 large tomato, cubed  
1/4 cup diced onion  
2 tablespoons minced fresh cilantro  
2 leaves fresh basil  
1 tablespoon olive oil  
1/2 teaspoon sea salt  
juice of 1/2 lemon

In a small bowl soak chipotle and sun dried tomatoes in water to cover until soft. Drain. Mince chipotle and dried tomatoes. Set aside. In large bowl mix bell peppers, fresh tomato and onion. In blender mix the cilantro, basil, chipotle, dried tomatoes and olive oil. Blend until the mix has the consistency of that of a chunky paste. Add to the large bowl and mix well. Add salt and lemon juice. Mix well. Cover and refrigerate the salsa for 1 to 4 hours to allow flavors to mingle. Serves 4.

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