

commentary

from other pens...

Moving nuclear waste safer than keeping it

The Ottawa Herald on nuclear waste transport:
Ottawa and Franklin County are along a proposed route to take nuclear waste to the Yucca Mountains in Nevada by rail.
If the proposed route and destination are approved by Congress this summer, local residents should be concerned about the potential disaster related to the decision. ... But they should also be concerned about where the waste would go if the Yucca Mountain site isn't approved.
But initial evaluation is bound to cause an overreaction.
The train car would be strictly regulated to guard against an accidental discharge of the radioactive materials. The canisters containing the waste ... have been tested to withstand extraordinary forces. ...
Alarmists can easily paint a picture of death and destruction of cataclysmic proportions if the Yucca Mountain plan is approved. The bigger issue may be where should nuclear waste go?
Wolf Creek Nuclear Power Plant, just 35 miles from Ottawa ... was built to hold 40 years worth of nuclear waste. If the Yucca Mountain project is approved, Wolf Creek can send its oldest and least toxic waste to the Yucca project beginning around 2010. With more on-site waste capacity, Wolf Creek can apply for an additional 20 years on its license. Keeping the Wolf Creek plant operating is important to the economic vitality of this region, including Ottawa, but health concerns matter, too.
Clearly residents of Burlington and the surrounding area have made peace with their neighbor Wolf Creek. If they can live with it, we should be able to have it transported through our area. ...

ParsonsSun on Sen. Pat Roberts' Republican primary challenger:
It's a shame there are candidates like Tom Oyler. While his candidacy may be a hoot for him, it detracts from the importance of the office of United States senator.
Oyler is a retired Boeing Co. employee-turned-farmer who lost a Republican primary bid against Sen. Pat Roberts in 1996. In 1998 he snared 1.6 percent of the votes as the Libertarian candidate against Sen. Sam Brownback.
What's most frustrating about Oyler is that he is just playing a game, as evidenced by his opening campaign statement:
"The groups I am targeting are smokers, fat folk, meat eaters, fur wearers, gun owners, farmers, and any other bunch that has been marked by gangs of ANTI-FREEDOM lifestyle hucksters spewing their lies and hatred, endorsed and supported by our government, for taxation and condemnation."
While Oyler may enjoy creative writing, he needs to take a look at how the reader interprets his words. Most reasonably intelligent people would assume that Oyler is saying that Sen. Roberts is a part of the "gangs of anti-freedom lifestyle hucksters spewing lies and hatred ..." when nothing could be further from the truth. ...
Oyler admits that he, himself, thinks Roberts is a "nice guy" and that he doesn't have anything against him. Which brings us back to the point that Oyler's candidacy detracts from the importance of the office. Being a United States senator isn't a gig for kicks — and it isn't a lark for someone with an extra \$1,451 dollars in his pocket to throw away for a filing fee. ...

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: <daily@nwkansas.com>.

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@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, \$25; six months, \$42; 12 months, \$79. Out of area, weekly mailing of five issues: three months, \$30; six months, \$45; 12 months, \$80. By mail daily in Kansas, Colorado: 12 months, \$115. (All tax included.)

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The Sherman County Herald
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THE SHERMAN COUNTY STAR
Founded by Eric and Roxie Yonkey
1994-2001

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Good idea to check personal credit report

Dear Attorney General Stovall:
I am trying to get financing to buy a new car. I have held a very stable job for almost 10 years, have an excellent credit history and have always paid my bills on time. I did not believe I would have any trouble getting financing for a vehicle, but I have been denied credit because of items appearing on my credit report.

I paid a fee to get a copy of my credit report, and was surprised to find a number of medical bills on my report which had been written off as uncollectible/bad debts. Despite what my credit report says, I have an excellent credit history and have been blessed with excellent health. I have only visited my physician for annual check-ups during the past several years, and have never, to my knowledge, had any unpaid medical bills. Attorney General Stovall, what can I do to clear up these charges that have been incorrectly placed on my credit report?

Dear Kansas Consumer:
The Fair Credit Reporting Act (FCRA) is a federal law which my office is authorized to enforce. Under that Act, a consumer may dispute credit information by sending a letter of dispute to the credit reporting agency which maintains the inaccurate file(s). The agency has 30-45 days after receiving a letter of dispute to reinvestigate the information and either update or delete the item(s).



carla j. stovall

• consumer corner

Within five days of the completion of this reinvestigation, the credit reporting agency must provide the results of the completed investigation to the consumer, as well as certain notices regarding the consumer's rights.

Additionally, under the FCRA, a credit reporting agency may charge a consumer up to \$9 for a copy of the credit report. The agency must, however, provide a copy free-of-charge in certain circumstances, including when there is reason to believe that erroneous information has been reported.

My Consumer Protection Division contacted the credit reporting agency concerning your complaint and learned that the medical bill information was, indeed, that of someone else which had been incorrectly reported. The entities reporting the information could not verify that you were the person who incurred the bills, so the credit reporting agency has now deleted the information from your credit report as required by the FCRA. The charge you in-

curred for the initial copy of your credit report has also been refunded.

Copies of credit reports may be requested from the three major national credit reporting agencies:
• Equifax, P.O. Box 740241, Atlanta, GA 30374; (800) 685-1111;
• Experian, P.O. Box 949, Allen, TX 75013; (888) 397-3742; and
• Trans Union, P.O. Box 390, Springfield, PA 19064; (800) 916-8800.

A brochure which further summarizes a consumer's rights under the Fair Credit Reporting Act may be obtained by calling my office at 1-800-432-2310 or 296-3751, or by contacting the Federal Trade Commission, toll-free at 1-877-FTC-HELP (382-4357).

Attorney General Carla J. Stovall offers this public service to help you avoid becoming a victim of consumer fraud. Although some of the details have been changed, the cases appearing in this column are based on actual complaints. For further information or to file a complaint, please write Attorney General Carla J. Stovall, Consumer Protection Division, Kansas Judicial Center, Topeka, Kansas 66612, or call the toll-free Consumer Hotline, 1-800-432-2310. Leave your name, number and subject of your inquiry with the receptionist and your call will be returned promptly.

Common sense approach to cooking

Did you know that you can use ketchup to clean and polish silver? The acidity of the tomatoes does the cleaning.

To get the most juice from fresh lemons, bring them up to room temperature or slightly warmer and roll against counter with your hand.

Use part of cake mix to flour pans so the cakes will not have a white covering on the outside.

To remove excess fat from recipes, refrigerate (time permitting) until fat hardens. Put a piece of waxed paper on top and when the paper is peeled off the fat comes too.

These tips and the following recipes come from "Meals on the Move" by Holly Clegg. The author does a pretty good job of not getting too exotic on her spices. The recipes give low fat versions, nutritional information and diabetic exchanges.

Pan Smoked Salmon Southwestern Style
4 (5 ounce) filets of salmon
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1 teaspoon minced garlic
black pepper to taste
1 tablespoon lemon juice
Mesquite smoked chips (about 2 cups)

Season salmon with cumin, chili powder, garlic, and pepper to taste. Drizzle with lemon juice. Soak chips in bowl of water for 30 minutes. Line a large skillet with foil. Drain chips and place in pile in middle of the pan. Place a rack (cooling rack or fish rack) coated with non stick cooking spray over the chips. Place salmon on the rack and cover with foil. Heat the pan over medium high heat until it begin smoking. Lower the heat and continue to smoke 25 to 30 minutes or until done. Make sure



pat schiefen

• postscript

to turn on overhead vent. When salmon is done, remove and serve. Serves 4.

Rice and Pasta Blend
1 tablespoon margarine
1 tablespoon olive oil
8 ounces angel hair pasta, broken into small pieces
1 1/2 cups rice
2 (14 1/2 ounce) cans fat free chicken broth
1 cup sliced mushrooms
salt and pepper to taste
2 tablespoons sliced almonds, toasted

In a large saucepan coated with non stick cooking spray, melt the margarine and olive oil and sauté the pasta, stirring frequently until brown. Add rice, broth and mushrooms. Salt and pepper to taste. Bring to a boil, reduce heat and simmer, covered, for 20 minutes or until rice is done. Transfer to serving dish and sprinkle with almonds. Serves 10.

Basic Barley
4 cups water
2 teaspoons instant chicken granules
1/2 cup finely chopped onion
1 cup medium pearl barley
1/4 cup grated Parmesan cheese
In pot bring water and granules to a boil. Add onion and barley. Reduce heat, cover, and cook

until barley is done approximately 45 minutes to 1 hour. Toss with Parmesan cheese.

For variety add sautéed peppers, mushrooms, and tomatoes with herbs.

This could be used instead of rice or pasta in a meal.

Best Black and White Bean Spread
1 (15 ounce) can white navy beans, rinsed and drained
2 tablespoons lemon juice
1/2 teaspoon minced garlic
2 tablespoons grated Parmesan cheese
1 (15 ounce) can black beans, drained and rinsed
1 (10 ounce) can chopped tomatoes and green chilies, drained
1/2 teaspoon ground cumin
1/3 cup picante sauce or salsa
1 tomato, chopped
1/2 cup chopped green onions (scallions)
1/2 cup shredded Cheddar cheese

In a food processor, combine navy beans, lemon juice, garlic, and Parmesan cheese; process until smooth for white bean spread. In a food processor, combine black beans, tomatoes and green chilies, and cumin, process until smooth for black bean spread. Cover spreads with salsa and sprinkle with tomato, green onion, and cheese. Serve with chips or pita bread. Serves 12 to 16.

Be sure to rinse beans to keep sodium to a minimum.

berry's world

