

from our viewpoint...

What's changed in the past 10 years?

This week will be full of programs remembering the tragic events of Sept. 11, 2001 when terrorists hijacked four airline jets and struck at the twin towers of the World Trade Center, the Pentagon and would possibly have hit the U.S. Capitol but for the heroic actions of the passengers of Flight 93 who fought the hijackers and the plane crashed in a field near Shanksville, Penn.

In the aftermath we learned a lot about the resilience of our nation and shed tears for those who perished in the attacks and cheer for the many heroes who helped save lives at their own peril.

Most of us have moments in our lives when we know exactly where we were and what we were doing when events such as the terrorist attack happen. For each of us there are specific things we will remember about the moment we heard or saw and who we talked to about the event or the people we knew who were working in that part of downtown New York City.

A total of 2,977 people died – this does not count the terrorists – in the attacks including 411 emergency workers and police officers who went to the stricken towers to help rescue people and try to fight the fires.

When we contemplate what has changed in 10 years, the first thing is we finally found and killed al-Qaeda leader Osama bin Laden this year. We continue to search out and destroy his terrorist organization where ever we can find it. Al-Qaeda is not gone, but with American and some allied efforts the leaders are gone and the power to act has been lessened.

America has fought two wars since the attack and continues to fight in Afghanistan where the terrorists were trained and hid in the mountains along the Pakistan border.

At home it takes extra time to fly anywhere because of stepped up security and more personal and baggage inspections. The inspections have caught a few people trying to carry explosives onto planes in their shoes and even as undergarments.

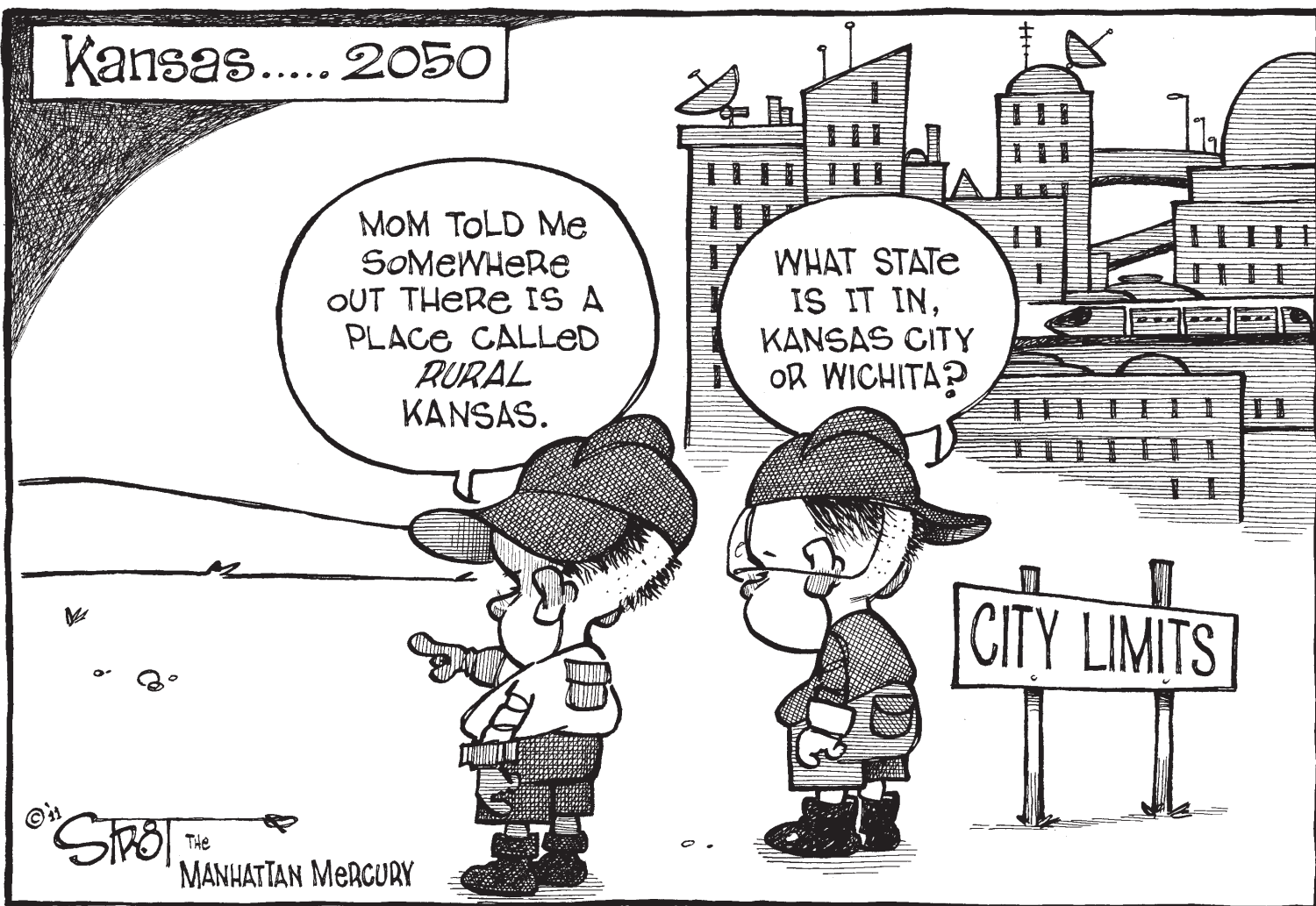
A whole new level of bureaucracy has been created for Homeland Security, and many levels of government from cities, counties and states have spent time and money thinking about various ways terrorists could attack our country including hitting at our farms and agriculture products.

In New York City the first portion of the memorial to those who died in the attack will be unveiled on Sunday, and special events will be held in Washington and the memorial to those who died on Flight 93 taking over the fourth hijacked passenger plane will be dedicated on Saturday.

Saturday evening at 7:30 p.m. the U.S. Navy Country Current county-bluegrass group will perform at Max Jones Fieldhouse, and their appearance will be a good way for the community to come together to remember and honor those who were involved in the tragic events and those who are serving our country in uniform around the world.

We came together as a country after that terrible day, and as Americans we continue to show we can face disasters and be able to recover and move ahead.

The attacks on Sept. 11, 2001 will always be a black mark on our calendar. For those who have grown up in the past 10 years we need to be the leader and explain this is a bad moment in the country's history, but the country has survived and the American spirit rises higher than the twin towers everywhere each day when we see Old Glory flying from flag poles around our town and especially on those holidays when the Goodland Kiwanis put out the nearly 700 flags around the town. – Tom Betz



We're planning to change our kitchen

We bought our home in Oberlin because of the kitchen, but now we'd like to change it.

I guess it's sort of like the play, "I Love You, You're Perfect, Now Change."

Our kitchen is big and airy, with lots of windows. It's wonderful.

It's also more than 20 years old. It has a low grade of very pretty linoleum and cabinets that have seen better days.

We've had the worst wears and tears on the linoleum patched, but they show up as shiny spots on the floor.

The cabinets are another problem. The fronts are sagging and the wonderful turntable in the bottom of the corner unit broke the second year we lived here. Since then, our condiments have lived first in a cardboard box and, more recently, on a small bakers' rack that was made for plants but was on sale at the end of the summer a few years ago.

So we decided that while mortgage rates are down, we should try to refinance the house and see if we could get enough money to remodel the kitchen.

We're looking at new cabinets, flooring and a bar instead of the glass-topped table we've had in there for many years.



cynthia haynes

• open season

To that end, we visited our friendly neighborhood banker.

She worked with us and did a good job, but it took about six months to get everything together so that we could get enough money to do what we wanted.

As the loan process drew to a close, we moved the glass-topped table out of the house and four of its six chairs went with it. It seemed like a good idea to get rid of things when we had the chance and make room for the remodeling, but that was a couple of months ago.

Our spacious, airy kitchen has been especially spacious the last few weeks with a large hole in the middle and a pair of lonely kitchen chairs sitting naked, without any table over them.

We were bad about using the old kitchen table as a junk collector. Now the only things we have to put our bags and boxes on are the

leftover chairs, and the cats seem to think that those were made especially for them to sleep on.

When we come in the house loaded down with groceries, papers from the office or just plain junk from wherever, we have to fight the cats for space to put it down. Then when we need to take off our muddy shoes, we have nothing to sit on, and we don't bend in the middle quite as easily these days as we did when we moved in here 18 years ago.

Still, we have our loan – our payment even went down, would you believe it – and we've ordered the cabinets. We may have our kitchen ready to go sometime this year – or maybe next or next. (There was a fire at the cabinet shop, did you hear? And the floor guy is way behind.)

In the meantime, the floor is getting full of our stuff and the cats are still trying to maintain possession of the only two chairs in the room.

Oh, the joys of remodeling. But the kitchen is still light and airy – and right now, pretty spacious, too.

Back to school with good food

With school starting across Kansas this unfortunately can mean the return of unhealthy lunches which can certainly be labeled as fast food, most of which come to schools shipped in already prepared packaging. If you have or have had children in school, you know what I mean.

Beanie weenies, chicken nuggets, high-carb mac and cheese, fried snacks and sugary soft drinks are popular fare served at school cafeterias across the Wheat State. Still, school lunch programs can play a key role in teaching and reinforcing healthy eating behaviors by integrating activities like on-site gardens, nutrition education, locally sourced foods and endeavors that affirm the value of mealtimes.

You don't have to have eagle eyes to see this nation has a problem with obesity and that challenge has spread to this country's youngsters. Did you know that 17 percent of U.S. children and adolescents aged 2-19 are obese, according to the U.S. Center for Disease Control?

That's nearly triple the amount in 1980. It's time we turn this train around. Initiatives that connect our youth to fresh, healthy foods, a healthy lifestyle with plenty of exercise and healthy eating habits will go a long way toward changing this obesity epidemic.

What's happening here may seem more difficult than it really is. Looking back in our not too distant past, many Americans ate a balanced diet consisting of plenty of fruits, vegetables, grains and protein. Eating healthy isn't rocket science. It does take discipline, restraint and the willingness to make life-altering changes



Insight this week

• john schlageck

in what have become bad-choice, unhealthy eating habits.

What better place to begin than with the future of our youngsters?

Talk about an idealistic endeavor. Let's begin with one of the most important steps – connecting local farmers to schools. In communities across Kansas, local food producers provide beef, lamb, pork, poultry, fruits, grains and vegetables at local markets or directly from their farms. Why can't they provide farm-fresh foods for our school children?

I recently read where Vermont has conducted a successful farm to school movement throughout the last 10 years with the aid of state's government. Figures from the Green Mountain state report nearly 60 percent of the schools have participated. Children of Vermont have benefited with farm-fresh foods and local farmers have expanded their business into a market worth more than \$40 million.

School gardens can provide hands-on opportunities for children to cultivate and grow their own food. In high poverty areas of north Texas, school gardens not only nurture healthy lifestyles and respect for the environment, they can also provide academic achievement

through the primary experiences of gardening.

Nutritional education should be a part of every public school in this country. So funding is tight. That's a given. What if we engaged professional volunteers to run a broad range of topics that address nutrition? You know farmers and ranchers, agri-business types and maybe even people with nutritional backgrounds.

Our goal should be to feed our children while they are in school, but feed them with nutritious meals that will help them grow up to be healthy, well-adjusted adults. It's time to cut back on a diet that focuses on processed foods delivered in boxes.

Children spend seven to eight hours nine to 10 months out of every year in schools across our nation. These same schools have our children under their wing more time than we as parents and grandparents do during each day school is in session. Let's reverse this trend of snacking and eating of less than nutritious foods in our school systems.

Your children, grandchildren and mine deserve the best and healthiest foods available – fresh, locally produced and made from scratch served up in their schools.

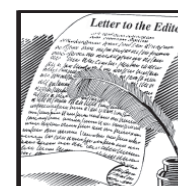
John Schlageck of the Kansas Farm Bureau has been writing about farming and ranching in Kansas for more than 25 years. He is the managing editor of "Kansas Living," a quarterly magazine dedicated to agriculture and rural life in Kansas.

A question about aggressive service dogs

To the Editor;
I recently had an unusual experience I wanted to share with your readers.

On Sunday, Aug. 28, I was shopping in a local store I trade with regularly. I started to go down an aisle when I encountered a somewhat protective dog on a leash led by another customer. After being somewhat intimidated by this dog's behavior, I decided to return to that area after this customer had cleared out. The dog was wearing a yellow vest or something of that nature that identified it as a "service animal".

I observed the customer from a distance and did not see any evidence of visual impairment, as she appeared to be looking at price tags and navigating around obstacles without the dog's aid. After awhile I kind of lost interest and continued my shopping.



from our readers

• to the editor

I again found myself in the same area as the animal, who again acted aggressive. I was somewhat upset and asked what such a dog was even doing in the store. I was rudely informed this was a "service dog, and if I had a problem with it, that was too bad!"

Now I have no problem with guide dogs being in public places, even if they are just being trained. I do not, however, feel they should be aggressive toward other citizens.

I work for a large cattle-management operation, my "service animal" is very disciplined

and a well-trained working-horse. Would it be acceptable for me to put a yellow vest on Trisquit and bring her along into a store with me? I think not!

Jace Karvel
Edson

To the Editor:
Volunteers are needed everywhere, from Medicine Lodge to Gaylord to Goodland.

The people from Sherman County Community Services are such a group.

A quote from Dave Denine in the Lions Club monthly magazine:

"Volunteers don't get paid, not because they're worthless, but because they are priceless."

Ed Carleton
Goodland

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