

commentary

from other pens...

Iraq hard-liners lead new administration

By George Gedda

Associated Press Writer

WASHINGTON — Should the United States launch a “systematic air campaign” against the Iraqi Republican Guard and other pillars of Saddam Hussein’s support structure? Should it recognize the leading Iraqi resistance group as the provisional government and be prepared, if needed, to assist an anti-Saddam uprising with U.S. ground troops?

These bold measures were recommended to former President Clinton two years ago in a letter from a high-powered group of foreign policy experts, several of whom have been appointed to senior positions by President Bush, including Defense Secretary Donald Rumsfeld.

Joining Rumsfeld in the appeal to Clinton were Bush’s choice for the No. 2 job at the Pentagon, Paul Wolfowitz, and for No. 2 at the State Department, Richard Armitage.

The February 1999 letter could provide some insight into the kind of ideas being bandied about as the administration prepares to tackle what is perhaps its most serious foreign policy dilemma.

It is not unusual for experts who are not in government to embrace radical foreign policy changes, only to see things differently when they are appointed to government jobs.

Whether that is the case in this instance is not clear. But there is no doubt that the group viewed the situation in Iraq with alarm.

Rumsfeld was asked about the letter during his confirmation hearing last month and declined to say whether he feels the same way now. He said he and other members of the national security team had meetings on the Iraq issue but he felt it would be unwise to discuss details.

Some experts contend there is no evidence Iraq possesses weapons of mass destruction but Rumsfeld and his allies are not among them. They believe Saddam’s supposed acquisition of these weapons is “un-acceptable,” and point out Iraq is the only country which has used them — “not just against its enemies, but its own people as well.”

“We must assume Saddam is prepared to use them again,” the letter said. “This poses a danger to our friends, our allies and to our nation.

“It is clear this danger cannot be eliminated as long as our objective is simply ‘containment,’ and the means of achieving it are limited to sanctions and exhortations.”

This contrasts sharply with the view of Secretary of State Colin Powell, who was chairman of the Joint Chiefs of Staff during the U.S.-led Gulf War. Powell on Tuesday defended the containment policy.

“Containment has been a successful policy,” Powell told a news conference, arguing Iraqi forces are only about a third of what they were.

As for weapons banned by U.N. Security Council resolutions, Powell said these curbs should be maintained until Iraq complies with them.

The Rumsfeld group saw the need for a much tougher strategy. In addition to air strikes and possible introduction of U.S. ground forces, the letter also said the national interest requires the United States to:

—Create conditions to allow the provisional government to extend its authority to anti-Saddam strongholds in northern and southern Iraq.
—Release frozen Iraqi assets — \$1.6 billion in the U.S. and Britain alone — to the control of the provisional government.

It appears doubtful such a policy would generate international support, given the hostile reaction following the United States and Britain air strikes at targets around Baghdad.

Powell will be conferring with Arab and allied governments during a Feb. 24-27 Mideast tour and will try to persuade them this is not the right time to ease international policies against Iraq.

The Rumsfeld letter warned the status quo will enable Saddam to return to a position of power and influence in the region.

“Iraq today is ripe for a broad-based rebellion,” they said. “We must exploit this opportunity.”

EDITOR’S NOTE — George Gedda has covered foreign affairs for The Associated Press since 1968.



Finding the pivotal points on the road to success

As we work with people in our clinics through the years we make it a special point to visit with each of them. After we have seen successful weight loss we would ask them to list the pivotal points that helped make this time different.

I want to share some of them with you. Who knows, maybe you will find your nugget booster listed within.

Janis said: “I quit using food as my stress reliever, my comforter and my habit. I set small goals. I took it one step at a time. I would use each new day as a new beginning.” (I love this one, it keeps us from feeling beat down if we messed up)

Junasaid: “Find something you can live with and stick with it. Read labels (don’t make this harder than it is, it is really quite simple. Downsize your plate. (this helps with portion sizes) Drink 6 to 8 glasses of water to help curb hunger.”

Betsy said: “Learn to enjoy the right kind of food. Eat only when you are hungry. Increase daily activity. De-fat your kitchen” (Wonderful idea, see below)

These are a few of the things that worked for others. I can concur with each of them. In fact, I will concur with anything that works, as long as it is healthy. I have volumes of this type of data. It is SO important that you find what works for you.

Now would be a good opportunity to talk with you about de-fatting your kitchen. Lets start with the fridge. A well-stocked fridge will mean less fast food and less fatty snacks. A little quote that has



sally mosier

- freedom in eating

been a big help to me in this endeavor has been: “what you put in your refrigerator is what you end up putting into your body.” I can go a little further, what I want you to do is to give your kitchen a complete new attitude.

Here are a few great starts for your fridge. Start with your condiments - you will be surprised at the fat you can put ON your food. Begin by purchasing the no fat variety of salad dressings to replace the other. Did you know that normal salad dressing has 60 grams of fat per ladle? (about 4 tablespoons)

Next add some personality and color - Stock up with fruit and vegetables. You will love it! Imagine the beauty of apples, plums, grapes and oranges. Then add lettuce, tomatoes, onions, mushrooms, carrots, and corn on the cob. What a riot of color! You then will add low-fat margarine and cheeses, cartons of yogurt, tofu, skim milk and egg substitutes.

Plan ahead. I have found it to be so helpful to prepare healthful, low-fat meals in advance, place them in the freezer. If you know you have a quick

but healthy meal at home you will be less likely to stop by and pick up fast food.

We just need to determine to make it easier to eat healthy. Go ahead and pre-wash your fruits and veggies. If you have a member of the family that insists on the high fat snacks, go ahead and provide them. Be sneaky, make it things that they would have to prepare. Keep the healthy alternatives at their fingertips. Before you know it you will see that the less desirables are gathering dust at the back of the fridge.

By changing the attitude of your fridge, you will find it much easier for you and your entire family to experience the freedom in eating healthy.

Mable sent this great new recipe to us that would be a good beginning on using some of those no-fat condiments found in your fridge with a new attitude.

Sweet Mable’s Mustard Pork Roast

Two-thirds cup maple syrup
3 T Dijon-style mustard
2 T apple cider vinegar
2 T soy sauce
2 lbs LEAN pork boneless loin roast
Preheat oven to 350. In bowl stir together maple syrup, mustard, cider vinegar, soy sauce. (salt and pepper to taste) Spread mixture evenly over pork.; place pork in shallow roasting pan. Roast until meat thermometer reads 150, about 1 hour, 15 minutes. Remove from oven; let stand 10 minutes. Slice, serve and smile!

E-mail me at gosally@netwest.com

Surviving those ‘Survivor’ reality shows

Like most people, I’ve watched a few of those reality shows on television in which they stick people on an island or in a house somewhere and don’t give them anything — not even privacy. I wonder how many of us would watch if we thought the people on the show could see us. Not many.

It’s way more fun to be lurking unseen in the bushes. But I must admit that the concept of getting to toss somebody off the island got me thinking. What if families could do that? As soon as the kids reached voting age, the family would have a meeting and decide who has to go. Whatever the majority says, that’s the law.

Wouldn’t that kind of threat give us better kids? And better parents? And I think the family should also be able to decide that nobody has to go. As long as the vote is unanimous. Then you’d know you have a solid family.

On the other hand, if somebody does get kicked out of the family, they’d still have a place to go: “The Jerry Springer Show.”

A HARD REIGN’S GONNA FALL

I know complaining about the government is the second-most popular indoor sport, but I have a different perspective. I think the government is us. The people we elect are a reflection of the opinions and attitudes of the majority. Even if somebody completely useless gets elected, that says more about voter apathy than it does about candidate incompetence.

Being a baby boomer, I know I’m in the majority group and have seen the government change and adapt its policies to try to keep us boomers happy. And now that we’re sliding down that big hill into old age and senility, I’m getting a little worried about what the government’s going to do. Over the next 20 years, we’re going to see the



red green

- north of forty

most conservative, crabby government in our history. Ninety percent of the legislation will be to increase old-age security and medical care. There will probably be commissions set up to complain about the weather. This government is not going to be in a good mood. We’ve got some crotchety, self-righteous times ahead of us. You young people might want to think about that before you go ahead with the nose ring and tattoo.

GOOD SPORTS

I like sports, but there’s always room for improvement. So here are a few ways to make good sports better:

— Football — The penalty for unsportsmanlike conduct should be that the player has to finish the game without wearing pads.

— Baseball — No more outfielders reaching over the fence and nullifying a home run. There should be an invisible wall of lasers extending straight up from the fence so that any ball that goes over it would be instantly vaporized. This would also curb fan interference.

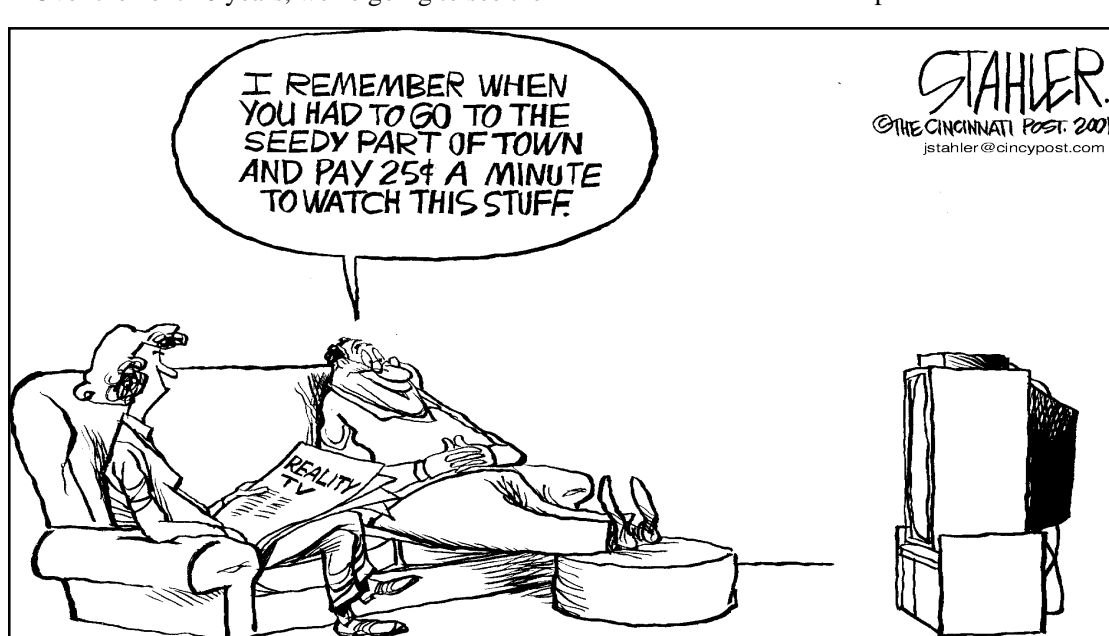
— Hockey — Rubber sticks.

— Skiing — Reduce injuries by removing lifts.

Whatever can’t go up, can’t go down.

— Bowling — Replace bowling pins with glass figurines of people you don’t like. It sounds good and would feel even better.

— Golf — Cancel it as a sport. Make it an exer-



The Goodland Daily News

(USPS No. 222-460. ISSN 0893-0562)

Member: Kansas Press Association
The Associated Press

Inland Press Association Colorado Press Association
e-mail: daily@nwkansas.com

Steve Haynes, President

Tom Betz, Editor/Editorial Page

Rachel Miscall, Managing Editor

Janet Craft, Society Editor/Reporter

Reporter/Sports

Doug Jackson, Eric Yonkey, Advertising Sales

Susanne Allaman, Adv. Production Debra Turner, Page Prod.

Sheila Smith, Office Manager Pat Schiefen Bookkeeping

Nor’west Press

Jim Bowker, General Manager

Ron VanLoenen

Judy McKnight

Richard Westfahl

Lana Westfahl

Betty Morris

Helen Dilts



nwkansas.com

N.T. Betz, Director of Internet Services (nbetz@nwkansas.com)
Evan Barnum, Systems Admin. (support@nwkansas.com)

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, \$22; six months, \$38; 12 months, \$72. By mail in Kansas, Colorado: three months, \$ 28; six months, \$50; 12 months, \$95. (All tax included.) Out of area, weekly mailing of five issues: three months, \$25; six months, \$40; 12 months, \$75.

Incorporating:

**The Sherman
County Herald**

Founded by Thomas McCants
1935-1989

**THE SHERMAN COUNTY
STAR**

Founded by Eric and
Roxie Yonkey
1994-2001

Nor’West Newspapers

Haynes Publishing Company

berry’s world

