

commentary

from other pens...

Democracy progresses but problems persist

By George Gedda

Associated Press Writer

WASHINGTON — Most people won't notice it but Latin America will reach a milestone of sorts later this month: 25 years without a military coup of major consequence.

Some leaders have been tossed out ahead of schedule since then but the Argentine coup in March 1976 is generally seen as the time when democracy in the hemisphere hit bottom.

Nowadays, as American officials point out, all countries in the region have at least a semblance of democratic rule except Cuba.

The era of elected leaders, and the end of the Cold War, has been a blessing for proponents of democracy in the region and the U.S.

American officials find democratic rule in Latin America to be more congenial than the alternative. There have been fewer cross border conflicts than before and, unlike Asia and the Middle East, production of weapons of mass destruction is not an issue in Latin America.

No longer do American administrations have to decide whether friendship with a dictatorial but anti-communist government is worth the price such an association used to entail both at home and abroad.

Military coups used to be a routine development in the hemisphere. There were no fewer than five in 1963 and there were two more the following year. In 1968, an elected Panamanian president lasted 11 days before being ousted by the National Guard.

Military rule reached a zenith in 1976 when generals seized power in Argentina. All Spanish-speaking countries of South America plus Portuguese-speaking Brazil were under dictatorial regimes. Central America was much the same, Costa Rica the democratic exception.

The Argentine coup ushered in one of the grimmest periods in that nation's history. Thousands died in the war against leftists.

In recent months, there have been free, fair, and democratic elections in Argentina, Chile, the Dominican Republic, Uruguay and Suriname.

Michael Shifter, an analyst at the Inter-American Dialogue, a research group, says the hemisphere has had a "very, very good stretch. ... I don't believe it's reversible." He says the trend is "something to celebrate."

But Shifter says democracy has fallen short of expectations.

"Institutions are not performing well," he says. "There is tremendous dissatisfaction. Hopes that things would get better have not been realized."

Peter Romero, the State Department's acting chief of Latin American affairs, noted in a recent speech that democracy has done little to raise living standards.

"Abject poverty is still a way of life for over 150 million people in Latin America and the Caribbean," he said. "About one-third of the people live on \$2 a day or less. The lives of average rural families have been changed very little by a decade of economic growth."

He also noted that, among major regions, Latin America has the most skewed distribution of income and wealth.

Then there is the problem of elected leaders who, once in office, turn out to be not so democratic in practice.

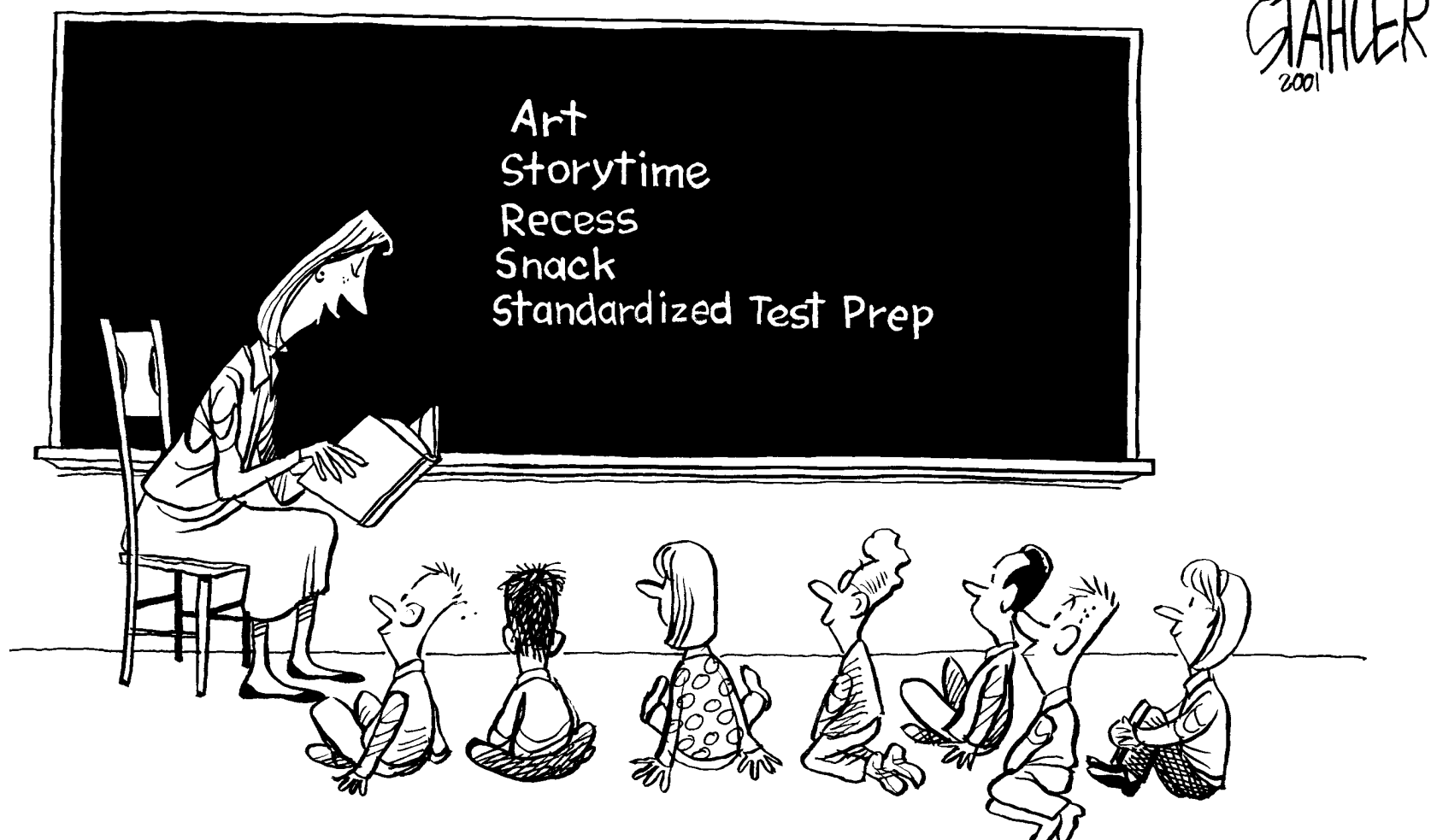
An example is former Peruvian President Alberto Fujimori who, it has been disclosed, was able to win election to a third term last spring with the help of bribery of lawmakers, military officers and others. Fujimori was forced from office last fall and is living in exile in Japan.

While Mexico was a democratic bright spot last year, there were coup attempts in Paraguay and Ecuador and as well two tainted elections in Haiti. And Colombia, with its unending civil conflict, may be the most imperiled of the hemisphere's democracies.

Before leaving office, former Secretary of State Madeleine Albright warned that if Latin America's social problems are not addressed in a serious way, authoritarian rule may once again be a tempting option.

"And, in fact, it is already starting to happen," she said.

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



You can eat beef if you control your intake

"Where's the beef?" This catchy phrase caught on like wildfire a few years ago. I still see that mentality almost daily. We do live in beef country and we are accustomed to planning our entire meal around our "beef".

I firmly believe this is one reason that I have been able to help men as well as ladies. Men love their "steak and tatters." I don't believe in taking these essentials away. I just contend that we can learn how to eat these delights with a little finesse. With just a little moderation, you can still enjoy eating beef and you will live longer and never miss out.

Here are a few of the nuggets that I suggest to the beef-eaters that I have worked with over the years. These have all been tried and tested by "ground-cow eating husbands."

- Smaller portions - Beef meals are okay a couple of times a week but watch the portion sizes. This is easy to do, just take half of what you normally do. You'll be surprised how little meat you really need. We used to get a slab of meat out of the freezer and plan our meals around it. Plan your meals around complex-carbohydrates and your need for a lot of meat will lessen. In casseroles, use 3/4 of a pound of meat instead of a whole pound. You'll never miss it.

- Choose the leaner cuts - When we were young brides, the butcher taught us to look for marbling in the meat. Watch out! All that glitters is not gold. That pretty marbling is FAT!

- Substitute - How about trying chicken in some of those wonderful recipes you have for beef? Ever hear of chicken enchiladas or chicken spaghetti?



sally mosier

- freedom in eating

Try tacos with ground turkey. Your family may never suspect. Be very cautious of your ground turkey. Know your butcher or choose your own breast and have it ground. Some ground turkey has more fat than ground beef.

- Cook the low fat way - Even lean beef still has fat in it. Cook your hamburgers on a rack or pan fry in Pam. And a small amount of water (do not consume drippings, it is fat!) When browning hamburger for tacos or casseroles, start out of course with the leanest ground beef. Brown in Pam, then place beef in colander and rinse in very hot water. Return to pan and add seasoning. OR The best way to assure you get out all the fat possible is to boil it in a little water first, then drain and rinse in very hot water. Return to pan and brown and season as usual. It is great! Try it and think of all those fat grams that just slid down the drain instead of your stomach!

Here is an excellent example of a casserole that can be fixed with chicken, tuna or hamburger. You decide.

When cooked properly the hamburger has only 5 grams of fat while the chicken and tuna have 2 grams per serving.

YOU Choose Casserole

It's ok for guys to look



red green

- north of forty

For as long as I can remember, there've been men's magazines. You know what I'm talking about: Playboy, Penthouse, that kind of thing. Now, I'm not here to pass judgment one way or the other, but I'm sure many wives don't appreciate their husbands looking at these kinds of publications. Comparison shopping doesn't belong in the bedroom.

But I think there are more dangerous things to look at than men's magazines. A lot of men my age have replaced sexy publications with monthly magazines offering used trucks and boats and RVs, for example. Complete with pictures.

This has got to be much scarier than seeing your husband browsing through Playboy. When he looks at pictures in a men's magazine, there's no chance he's going to bring any of those home.

TOTALITARIAN TO EGALITARIAN

They used to teach us in history class that the type of government a country has is directly related to the age of the country and the level of education of its citizens. The implication was that you may start out as a dictatorship, and that can be a good thing, but through experience and teaching, democracy evolves naturally.

I think this same theory applies to the human body. When I started out, my body was a dictatorship. Initially my stomach was the Grand Pooh-bah, but it was eventually overthrown by another dictator during puberty. That led to the Reign of Terror, which ended at some point during the wedding ceremony.

And now I find, with the educational side effect

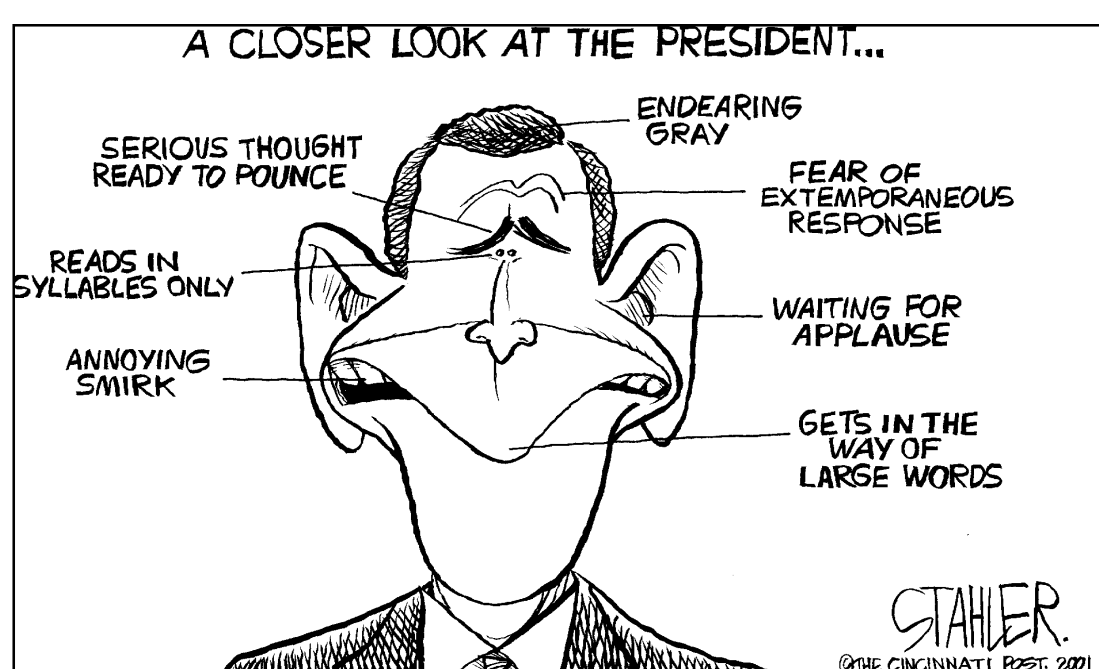
of time and experience, my body has turned into a democracy. When I think that I'd like to play tennis, I first consult my arms and legs and back, trying to get a consensus. If the proposal passes at all, it's usually in an amended form, which means I watch tennis on television.

With me, the majority rules. And if there's some kind of sexual initiative suggested, it often passes the Lower House but is then overturned by the older and wiser Senate.

I HOPE I'M AN OPTIMIST

These days, optimists have fallen on hard times. It seems that if you feel good about the future, you are either an idiot or uninformed, or, in the worst case, an uninformed idiot. So the best way for optimists to avoid the scorn of society is to hide their affliction. Here is a list of things you should never do because they tell the world that you are too hopeful:

- Buy a car made in a communist country.
- Dance with a woman half your age.
- Cheer for the Toronto Maple Leafs.
- Join a fitness club.
- Watch any TV show produced by Dick Clark.
- Answer the phone at dinnertime.
- Carry a condom.



8 oz. Elbow macaroni cooked
one of the following
1 lb. Extra lean hamburger meat, cooked
1 10 oz. Cans white chicken chunks in water
1 12 oz can light chunk tuna in spring water
1/2 c chopped onion
1/2 c celery
1 16 oz. can drained corn
1 16 oz. can drained peas
1/2 c chopped dry mushrooms
1 can low fat cream of celery soup (and/or 1 can low fat cream of mushroom soup)
1 soup can skim milk
1/2 c non-fat yogurt
1/2 packet Butter Buds
Fat-free American or cheddar cheese
1 c crushed corn flakes

To increase moisture of casserole, add 1 cup defatted beef broth with hamburger, 1 cup defatted chicken broth with the chicken or 1 cup vegetable stock with the tuna. Brown onions and celery in sauce pan with Pam spray. Combine all ingredients except for cheese and corn flakes in large casserole dish. Top with cheese and corn flakes. Bake in 350 oven for 15 to 20 minutes. Serves 8

We still have our recipe books and weight-loss plans available for just \$20.00. Just send your check to "Freedom Package", 400 10th. St. Canyon, Texas, I will get it to you and you will be set for your summertime activities with a new freedom in your eating.

E-mail me at gosally@netwest.com

LIFE'S A GAME

When the first of my two sons was born, I used to sit him in his stroller out in the backyard while a buddy and I would have a game of catch. When he started walking, I'd get him out there and roll the ball along the ground to him. A year later, I'd be throwing it underhand to him, and a year after that, I switched to overhand, but still throwing as gently as I could. After a couple of more years, he was in a baseball league, and I could throw the ball to him as hard as I wanted. A few years after that, I noticed he started easing off on how hard he was throwing me the ball. Last year he started throwing it underhand to me. This summer I figure I'll be sitting in my stroller watching him and his brother have a game of catch.

Quote of the Day: "Always remember you're unique, just like everyone else." — Red Green

Red Green is the star of "The Red Green Show," a television series seen in the United States on PBS and in Canada on the CBC Network, and the author of "The Red Green Book" and "Red Green Talks Cars: A Love Story."

berry's world



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