

commentary

from other pens...

Bush out of sync with Seoul policies

By George Gedda

Associated Press Writer

WASHINGTON — Just before the arrival of South Korean President Kim Dae-jung this month, Secretary of State Colin Powell said he wanted the administration's North Korean policy to be "totally synchronized" with South Korea's.

Far from meeting that goal, the policies of the two countries are as out of sync as at any time in memory.

Kim is worried that his "Sunshine Policy," as his attempt at reconciliation with the North is known, could be at risk because of Bush administration hostility toward Pyongyang. He also is disappointed by Washington's refusal, for the time being, to resume missile control talks where the Clinton administration had left them.

Prodded by Kim himself, European Union leaders plan to dispatch a team of mediators to help invigorate the North-South peace process and fill the breach left by Washington's no-negotiations stance.

Kim believes the harder-line U.S. position could trigger a backlash in Pyongyang. At the rhetorical level, that worry has been borne out.

On Tuesday, North Korea accused the United States of planting "a time bomb" in their delicate relations and of escalating tensions on the peninsula as a prelude to war.

Bush, in turn, is worried about whether a verifiable missile control agreement with the North is possible given the secrecy with which the Pyongyang regime customarily shrouds itself.

Some analysts on Capitol Hill and elsewhere suspect that the administration's position on North Korea is influenced by the desire for a national missile defense.

If North Korea were to give up its missile program, that would remove a key rationale for pursuing NMD, or so the theory goes. The North is believed to have missiles capable of reaching U.S. territory but agreed during Clinton-era talks not to test the missiles. Now the North Koreans, piqued at Washington, hinted they may call off the moratorium.

Some analysts also believe the Europeans may have an agenda of their own for getting involved in Korea peacemaking. If the European initiative works, it could derail the national missile defense idea, which many on the continent believe is certain to trigger an arms race.

Bush is under pressure to reach out to the North Koreans. A 30-member task force on Korea, sponsored by the Council on Foreign Relations, sent a letter to Bush urging him to resume missile negotiations.

The bipartisan group included a number of Reagan-era appointees, including James Lilley, a former ambassador to China and South Korea; and Donald Gregg, also a former ambassador to Seoul and a one-time top aide to former President Bush.

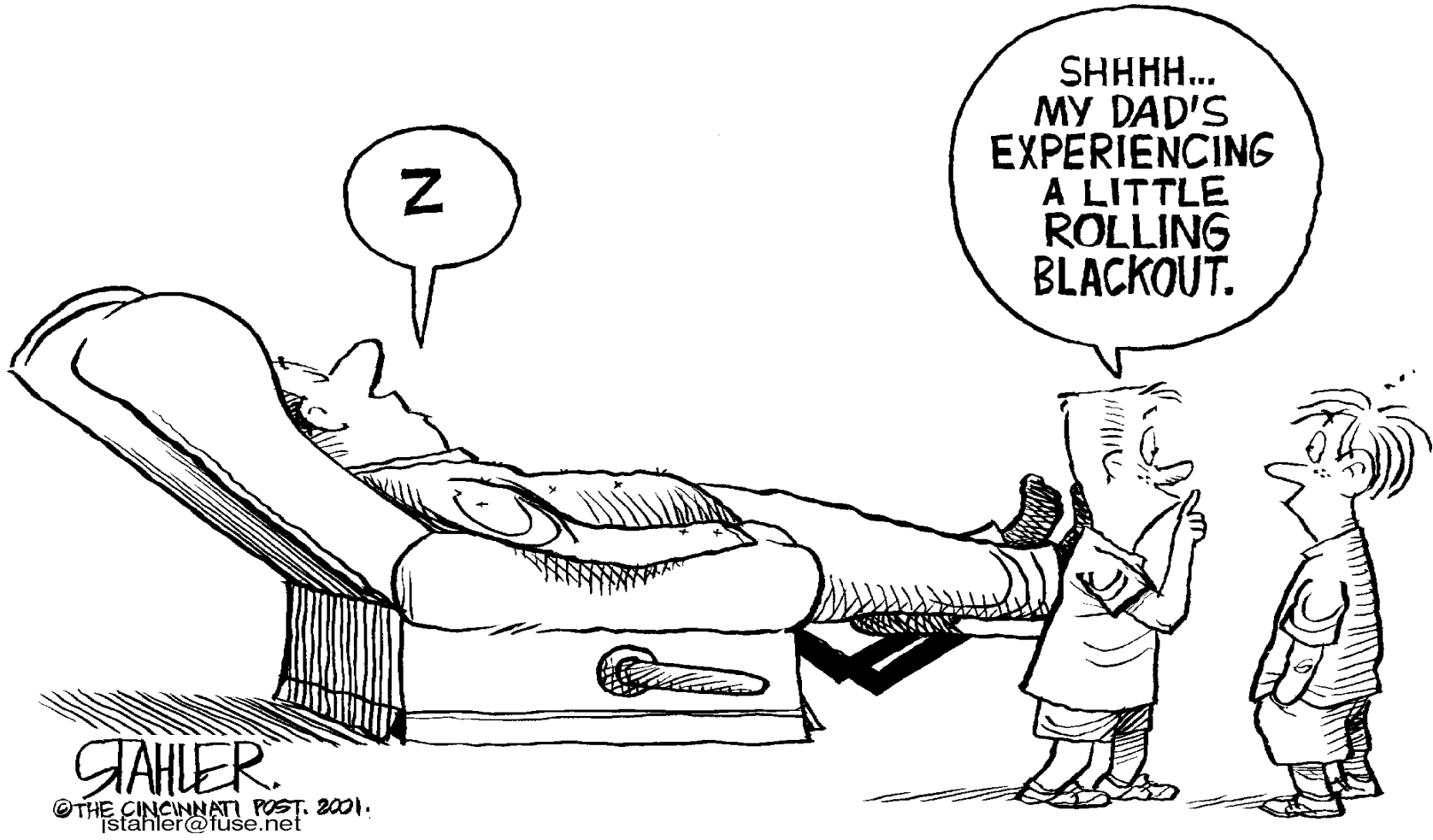
Their answer to Bush's misgivings: Give negotiations a chance. "It is in U.S. interests to negotiate a verifiable elimination of North Korea's long-range missile program," the letter said.

At the same time, it suggested Bush has reason to be cautious about the North, alleging Pyongyang "has spent the past two years building up its capacity to inflict damage on South Korea and Japan with new artillery, fighter aircraft, special operations forces and ballistic missiles." It is too early to say, the letter said, "whether Pyongyang's diplomacy is a tactical move or the beginning of a more fundamental transformation toward openness, economic reform and peaceful coexistence."

Wendy Sherman, a top State Department aide on Korea during the Clinton administration, also is wary of Pyongyang's intentions but believes Bush should signal his willingness to re-engage with the North even if it isn't ready to do so right away.

This is an opportunity the administration "cannot afford not to pursue," she said. "The question," she said, "is not whether we support the North Korean leadership. It is whether our security concerns can be met."

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



Jean's story stands as beacon to success

Last week I promised you the story of "Jean". This story is one I want you to think about every time you feel that your new Freedom way of eating isn't working. You may have reached a plateau, and you honestly do not know why.

Jean was seventy-six years old; She was about one hundred pounds overweight. She had tried it all. She had been coming to Expectations for about nine months. She had lost about sixty-five pounds and was very excited. Her hope had returned and she was enjoying freedom for the first time in her life.

All through her sixty-five-pound weight loss, she kept saying, "I just wish I could get rid of my big ole gut." (Those were her words, not mine.) During one particular month, her weight stayed the same. It did not budge even one pound. We would talk every week, and I was sure that she was still doing all the right things. I was so proud of her because she did not get discouraged. She was convinced that she would succeed and stayed "true to course." When it came time to measure, we couldn't believe the wonderful findings. She had lost ten inches in her "big ole gut!"

Jean went on to lose a total of eighty-five pounds. She is enjoying all the benefits of her freedom, including much better health. She had a borderline diabetic problem before she started Freedom in Eating, and she was having severe problems with her joints. Physically and emotionally, she has never felt better. Just imagine where Jean would be today if she had let the scales determine her success!

There is one more little detail I want to relate



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- freedom in eating

about Jean. She is my mother. So I received a double blessing.

This story about Jean has been a story that has effected and encouraged many other members of my clinics. Jean is a beautiful illustration of why it is so important to measure ourselves while eating the low-fat way. We just can't depend totally on the scales.

We cannot just sit our goals based on the scales. We cannot embark on any weight-loss journey without discussing goals. However, I don't want you to think about your goals in pounds. I want you to focus on something much more crucial than achieving a certain weight. I know that with most of the diets I began, someone would take out a little chart and tell me what my goal should be. I have been at this game for many years and the goal that was set for me would always cause me to react adversely on the inside. "Yeah, right!"

I never did want to be a lean, mean machine! All I wanted was to be normal. At more than two hundred pounds, a goal of 133 sounded totally unattainable to me. I would already be defeated, even before I began. I did have some weight goals that I

set for myself. These goals were milestones for me along the way. The first one was to weigh less than two hundred pounds. I hadn't weighed less than two hundred pounds since I was in high school. When I achieved that, it was a rejoicing time for me. The next goal I had was to weigh less than my husband. The time came and I never will forget the day! (I think it was the first time that I had ever been totally honest with him about my weight.) The next milestone was when I had lost one hundred pounds. Wow, that was a great feeling! Notice that I have never said that I had a final goal weight that I was trying to achieve. That's because I never did have one. I still don't.

Just remember the moment of victory is much too short to live for that and nothing else. It is much more rewarding to feel that victory on a daily basis. To know that you have really done well that day and that tomorrow will be another day of victory.

Really a fun way to celebrate your victory is to fix one of our favorite easy dip recipes and invite others over to enjoy your new freedom with you.

Victory Dip

1 8-ounce package fat-free cream cheese 1 ounce low-fat ranch dressing mix 1 cup picante sauce Mix ingredients together and chill. Serve with pretzels, low-fat chips or cut vegetables. Enjoy your victory and your Freedom.

For many more Freedom ideas and recipes send for our "Freedom Package". Just send \$20.00 to 400 10th. St., Canyon, Texas 79015. E-Mail me at gosally@netwest.com

Do you want young and sporty or old reliable?

I was watching a TV commercial for men's underwear yesterday and was disturbed by the way the male model looked.

He had a full head of hair. He was wide at the shoulders and narrow at the waist, with muscles rippling all over the map.

There was a time in my life when I would have compared my body to his and would have ended up feeling bad. That's because I thought there was some chance that one day, with a tremendous amount of effort and self control, I'd be able to look like that. I'm way past that stage now.

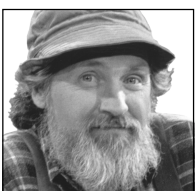
I consider all good-looking muscular young men a different species than I am. They are sports cars. I'm a truck. I have bigger tires and a heavier trailer, so I stick to the slow lane. And yes, a young sporty thing like him is good if you're only going around the block. But if you're in it for the long haul, you're better off with an 18-wheeler like me.

THE WORKING STIFF

I want to put in a plug for all of the blue-collar workers out there. There's a ton of hype these days about information technology and staying in school until you reach retirement age, but I think there's still a lot to be said for learning a trade and then just getting out there and doing it.

I think that as we get more and more computerized, the blue-collar work force will diminish, while the demand for their services will go up. When the water is backing up the drain into my basement, I want a plumber, not a Web site designer. When my car breaks down on the highway, I want my passenger to be a mechanic, not a sports marketer.

So don't look down at the blue-collar worker. In



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life, things break or wear out, so there's always work for a guy who can either fix your old one or build you a new one. They say the blue-collar workers are the first ones to get laid off. They're also the first ones to get hired on. Being useful is the best job security you'll ever have. I'd rather be an unemployed carpenter than an out-of-work human resources manager.

So here's to the blue-collar workers. We need the people who do the jobs, not just the people who do the deals.

WAS IT SOMETHING I SAID?

Sometimes at a party, you'll be standing in a group and you will suddenly say something insensitive or inappropriate. It's usually associated with alcohol consumption or a general overestimation of how much people like you. If you notice the problem right away, you may be able to quickly apologize and avoid a social disaster. Unfortunately, you are often unaware of your faux pas, so here are some signs to watch for that indicate you've said something offensive:

- People's eyes are so wide open, you can see all of the white part.
- You look down at their hands, and everyone's making a fist.
- More than one person is choking on their hors



d'oeuvres.
— There's a huge pause, and then everyone laughs.
— There's a huge pause, and then everyone shouts.
— There's a huge pause, and then everyone leaves.
— There's a huge pause, and then you're in the hospital.

GOOD TO BE BAD

During an NBA game the other night, there was a guy shooting foul shots. He fires the first one up, and it clangs on the rim and arcs up over the backboard. This was a terrible shot. And yet all of his teammates come over immediately and shake his hand and congratulate him. What kind of a message is that? You're useless, but that's perfectly fine with us. I can see why so many civil servants are basketball fans.

Quote of the Day: "If you want to feel younger, become a waitress in Florida." — Red Green
Red Green is the star of "The Red Green Show," a television series seen in the U.S. 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."

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