

# commentary

from other pens...

## Analysts argue over success of aid threat

By George Gedda

Associated Press Writer

WASHINGTON — When Yugoslav President Slobodan Milosevic was deposed last year, Congress approved a \$100 million aid package but added a significant qualifier: no aid after March 31 unless Belgrade cooperated with the U.N. war crimes tribunal that indicted Milosevic.

To some, the wisdom was borne out when Yugoslav authorities, acting just ahead of the midnight Saturday deadline, arrested Milosevic. "It's absolutely clear to us Milosevic would not be behind bars today were it not for the international pressure and the deadline imposed by the U.S.," says Richard Dicker of Human Rights Watch, a private group.

But Ivo Daalder of the Brookings Institution says the same result would have occurred without the legislation because both Belgrade and Washington see eye to eye on Milosevic: "Out of power and in jail."

He says during the Milosevic era, Yugoslav institutions were obviously not equipped to deal with war crimes committed by the Belgrade leadership. But now they are, he says, and should take precedence over the U.N. tribunal in bringing Milosevic to justice.

"The issue is not whether he (Milosevic) gets to The Hague. The issue is whether justice gets done," says Daalder.

Powell is no fan of sanctions but had no choice but to take into account the congressionally mandated March 31 deadline.

He certified Yugoslavia had met the congressional requirement that the country take steps to cooperate with The Hague tribunal even though it had not turned Milosevic over to tribunal officials.

The action ensured the \$50 million in U.S. aid would continue, but Powell knew he could not leave the matter there; too many lawmakers want to see Milosevic on trial in The Hague, not Belgrade.

So Powell, in effect, kicked the can down the road, coupling his certification decision with a requirement Belgrade continue to cooperate with the tribunal or face withdrawal of U.S. support for a conference this summer involving Yugoslav donor countries.

Sen. Patrick Leahy, D-Vt., called Powell's certification decision "premature" but said he was encouraged by the additional inducement to Belgrade to continue working with the tribunal.

Powell can ill afford to ignore Leahy's views, nor those of Sen. Mitch McConnell, R-Ky., who takes a similar stand on Milosevic. Both have a lot to say about the handling of State Department budget requests because of their roles on the Senate Appropriations Committee.

But Daalder thinks the Yugoslavs should be left alone. He says the United States promised the people they would be welcomed as a partner of European democracies if they got rid of the Milosevic regime.

They did, and now the U.S. is telling them "Oh, you haven't done just what I told you to do," and is warning of an aid cutoff, Daalder says. Dicker demurs. He contends it is inappropriate for Yugoslav and Serb courts to hear charges relating to crimes against humanity. The best hope for a fair trial is The Hague court, he says. He adds political stability in Yugoslavia will be enhanced if Milosevic is tried in The Hague.

"Our research demonstrates the greatest danger to stability is turning a blind eye to impunity, or allowing impunity to go on in the name of deference to stability," he says.

Far from ignoring Milosevic's activities, Yugoslav authorities say they may go beyond corruption and abuse of power charges. They are considering charges for "severe criminal acts" that carry the death penalty.

The officials say they are not thinking about extraditing Milosevic any time soon. But the tribunal's chief prosecutor believes Milosevic will be delivered to The Hague for trial within two to four months.

He is wanted for alleged crimes committed against Kosovo Albanians two years ago and additional indictments are being prepared for crimes committed in Bosnia and Croatia between 1992 and 1995.

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



## With all the 'latest' there is a lot of confusion

One of the most confusing parts of our daily life can be, our "diet."

We hear so many claims, so many rave reviews of "the latest". I remember being so confused. It can still be confusing at times.

For instance, the "no carbohydrate" diet has been popular. Almost everyone I talk with lately has been on this way of eating. It sounds good, it sounds easy, it sounds acceptable and most are achieving great success. I have really tried to look at this craze in an objective way. I have smiled as I listened to the pounds that have "fallen off". I have commented with "well, if it is working — that is great."

Recently, it seems that every where I go someone is talking about the new diet that everybody is losing on. Without fail I hear bragging about all the meat, cheese and eggs that can be eaten while losing all this weight. I don't guess it really hit me this diet is the one that cuts out nearly all fruits and vegetables.

I am sorry, but that one flabbergasted me. No vegetables? No fruits? All protein and no carbohydrates? I don't care how many doctors are backing this diet! I don't care how many pounds are being lost! I have a problem with it. How can it last for a lifetime? How can it be healthy? Why can't you have a potato?

I was visiting with someone in the health profession the other day and she confirmed for me the dangers of this type of habitual protein gouging on the system. She went on using technical terms for



### sally mosier

- freedom in eating

quite a time. My simplistic way of putting it works okay - it just isn't healthy to take ALL carbo out of your diet.

We can then go to the other end of the spectrum and look at the vegetarians. These are the guys that tried with the billboard stating "Jesus was a vegetarian." I DON'T THINK SO!

What's the deal? Why can't we see food in the correct light — with the right attitude? We need balance! Our body gets nourishment from all food groups. As much as I speak out against fats, I know we even need some fats in our system. Our body is a fine tuned machine, and all our functions are dependent on certain nutrients so as to operate at its maximum.

I am not speaking as an expert on this "no carbohydrate" diet. I have not read it. I am just using my own common sense and this stuff is foreign to my logic I truly believe if we just use balance with our foods and then cop an attitude about our hunger we will be able to adapt to something that will last a lifetime.

Hunger is the number one reason diets fail. However the latest research shows eating foods high in fiber, protein and carbohydrates, and low in sug-

ars and fats will help banish hunger and you will feel full longer.

Here is a recipe I came up with that is a true delight with my entire family and friends. This is just for two, add more if company drops by. But be careful they may get in the habit of dropping by.

#### Sally's Salmon Delight

Ingredients: 2 salmon steaks 1/4 cup honey 1/8 tsp. dry mustard or 1/2 tsp. of prepared mustard of choice 1/4 tsp. grated fresh ginger or 1/8 tsp. dry ginger (to taste) juice from one lemon 1/2 tsp. grated lemon rind fresh Sesame seeds Parsley dry or fresh Directions: Preheat the oven to 325 degrees F. Spray Pam (or her sister) a baking dish and then place the salmon steaks side by side in the dish. Mix the honey, mustard, ginger, and lemon together. Pour it or brush it on the steaks. Sprinkle with sesame seeds and garnish with parsley. Cover the dish with aluminum foil and bake at 325 degrees for about 15 min. Uncover and continue baking for about 10 minutes or until flaky. It should be slightly brown but still juicy. Serve with asparagus or vegetable of choice and a rice pilaf. This is a great way to add balance to your freedom.

We want to offer to my readers, my entire weight-loss plan to start your summer out right. It will give you all you need to know about eating healthy. It is just what I did to lose my weight and it can also work for you. Just send us your address along with \$20.00 to "Freedom Package", 400 10th. St., Canyon, Texas 79015. E-mail me at <mailto:gosally@netwest.com> gosally@netwest.com.

## Plenty of recession busting ideas

They keep talking about another recession coming, so I thought I should come up with an idea that would stimulate a sluggish economy.

I would start with not talking about it. I can remember my mother saying, "That pimple will go away if you'll just stop thinking about it." And she'd say that every 10 minutes or so.

The other thing we can do is declare a National Reunion Week. This will be a special time set aside when everyone is encouraged to drop in unannounced to visit old friends and acquaintances they haven't seen for at least five years. It would come with a Web site of current addresses.

That'd be the end of the recession. The threat of a former crony dropping in unexpectedly to see how you're doing would create a massive upturn in so many areas of the economy — furniture, paint and wallpaper, clothing stores, fitness centers and cosmetic surgery outlets. Even real estate would see an upswing as people scrambled to move to better homes. It's oddly natural that humans will let things slide in front of friends but will go to great efforts to impress people they hardly know.

#### THE MAGIC IS GONE

Like most people, I have a fair bit of technology in my life. A computer and a TV and a microwave oven and a DVD player — that kind of thing. And also like most people, I get angry when these things don't work.

But I've just realized that this anger is unfounded and probably fraudulent. When my microwave oven doesn't work, for example, I pretend to be



### red green

- north of forty

angry that a machine like that would just stop working for no reason. The truth is I have no idea how it works in the first place. Some kind of waves fly through the space within a little box and cook my hot dog. That makes no sense to me. It's magic.

So I can't honestly phone up the repairman and scream at him that my microwave oven has broken down. Instead, I'll just plead meekly that the magic went away and I would appreciate it if he would come over and remove the voodoo curse that is disturbing its aura.

Meanwhile I'll be living on cold leftovers to appease the gods.

#### TALK, TALK, TALK

Some of us talk more and more as we get older, and we may not even notice it. Here are some signs to watch for that indicate you're talking too much:

- You've had to replace the mouthpiece in your phone three times, but the earpiece is just like new.
- Busy people avoid you.
- Nobody ever asks you a question.
- You've forgotten the sound of your spouse's voice.
- When you leave someone a voice message, you always get cut off.



### berry's world



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