

STAHLER.
@THE CINCINNATI POST, 2001
jstahler@cincypost.com

commentary

from other pens...

U.S. vs. U.N.: The struggle resumes

By George Gedda

Associated Press Writer

WASHINGTON — U.N. Secretary General Kofi Annan was a happy man not long ago when the United States cut a deal with the United Nations to repay its back dues.

"We can now look forward to a normal and constructive relationship with the United States administration," Annan said. Not so fast.

Once again, many U.S. lawmakers are fighting mad about the United Nations, this time over last week's vote that cost the United States its seat on the U.N. Human Rights Commission.

The House is to vote Thursday on a State Department authorization bill that provides \$582 million to partially repay the U.N. debt. But what once seemed like a sure thing is now in doubt.

"I think there's going to be a severe reaction in the Congress," said Rep. Benjamin Gilman, R-N.Y.

Moves were afoot Tuesday in Congress to allow the \$582 million to be paid but to condition the final payment of \$244 million on the United States rejoining the rights commission.

What galls people is not only losing the seat but that the ouster came the same day Sudan and Libya, two members of the State Department's list of terrorist nations, were elected to the panel.

By coincidence, the day after the vote, President Bush devoted a portion of a speech to Sudan, calling it a "disaster area for human rights."

So as one of 54 commission members, Sudan will be sitting in judgment on international human rights issues — the same country that, according to Bush, often bombs hospitals, schools, churches and international relief stations in pursuit of victory in its long-running civil war.

To add insult to injury, the United States also was voted off the U.N.'s International Narcotics Control Board last week. White House spokesman Ari Fleischer said the absence of a U.S. voice on the panel will only hurt countries trying to cope with the problem of illicit drugs.

As for the rights commission vote, 43 countries had promised to support the U.S. re-election bid but only 29 kept their word. The outcome was no doubt cheered by China and Cuba, perennial U.S. targets at the commission's annual spring meetings.

Last week's developments again highlighted the pros and cons of an activist human rights policy. If the United States sides with a dictator for geostrategic reasons, the dictator is grateful but his subjects may turn against America, says one theory. Others say if the dictator is called to account by Washington, he may look for ways to fight back.

That could account for some of last week's anti-U.S. votes.

"We need to distinguish between the commission and the individual nations that voted against us," says Elliott Abrams, a former assistant secretary for human rights. "We should try to find out who they are."

But Secretary of State Colin Powell says he's not interested in trying to break the U.N.'s "secret code" of how countries voted.

Powell says, "A number of our friends who assumed we had a lock used their votes someplace else, and they are as astonished as we are about what happened."

Harold Koh, who served as human rights chief under President Clinton, argued in Tuesday's Washington Post against Congress punishing the United Nations by withholding funds.

That, he says, would only encourage further retaliation against the United States, including the scuttling of U.S. initiatives.

Koh says the United States should show good will by attempting to play a constructive role at upcoming multilateral conferences on AIDS, racism and democracy.

"Even after last week's debacle," he says, "the world still wants American leadership on human rights. The question is: Do we still have the courage and vision to provide it?"

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



Attitude more important than exercise

Have you ever heard yourself saying these words? "Oh, I know how to lose weight, eat right and exercise."

This is a true statement!

Through my years of dieting I thought this fact was the Eleventh Commandment. I have embarked on many diet and exercise regimes. And yes, they would work. I would exercise for one hour daily, "sweat and moan," speaking these words over and over. "To lose weight must eat right and exercise." The pounds would be coming off and I was excited.

Then something would happen that I would have to break my "exercise routine," and then I would automatically think, "Well, if I am unable to exercise, it isn't going to do any good to eat right." I would spend a week or two waiting for things to get back to normal so I could start my diet and exercise again.

Naturally, it would eventually end up in defeat for me. I would be back to normal. (eating and being sedentary).

Do you see how this attitude is damaging to you? You have joined these two things so tightly together that you have limited your chance for success. What if you broke a leg or were having back problems? There are any number of things that would prevent you from being able to exercise. So you just accept defeat!

I urge people to exercise if they can. However, I lost eighty pounds before I began any type of exercise.



sally mosier

• freedom in eating

Now, I do extol the benefits of exercise! There are several considerations that need to be addressed concerning the type of exercise you choose. I thoroughly enjoyed the "step-up aerobics" but I realize that they are not for everybody. I am also hearing of benefits attributed to "weight training." My advice to you is to do some checking on your own if you want to do intense exercise.

The type of exercise that I can feel good about recommending is walking. I love walking for two reasons: Number one, it is a good exercise, and number two, I love the peace and quite of a morning walk.

Exercise will build up your muscles. Muscles are the largest fat burner in the body. If there comes a time that your weight loss slows down, that is the time to develop your muscles so as to burn some more fat grams.

Remember, any calories not burned are always stored as fat! No matter what! It doesn't matter whether they are simple sugar calories or not, they are stored as fat if they are not burned.

Now, to take all of that and put it into my words, "Walking is a good exercise! It works to help you build muscle and burn fat, and we can make it en-

joyable." What more could we ask?

I will not set up any "hard and fast" rules for you concerning your walks. I want you to do what is comfortable and enjoyable for you. The longer you walk, the more fat you will burn. But don't put yourself in bondage over time or distance.

Continue to challenge yourself by increasing only as you feel comfortable. Experience the freedom!

Exercise, coupled with eating in a way that will speed up your metabolism, will cause you to lose weight. Have a big bowl of this warm and yummy soup and then try an evening walk

Smoked Sausage and Bean Soup

1 medium onion, finely chopped 1 tsp. bottled minced garlic 6 cups water 2 med. potatoes, chopped (2 cups) 16 oz fully cooked Healthy Choice Sausage, sliced 1 15 oz can red kidney beans, rinsed and drained 1 t. instant beef bouillon granules 2 cups chopped cabbage (I use shredded cabbage, because it's easier) 1/4 cup tomato paste or catsup 3 T vinegar In a 4-quart Dutch oven cook the onion and garlic with a little water, until tender. Add the rest of water, potatoes, sausage, beans, and bouillon granules. Heat to boiling. Reduce heat; simmer, covered for 15 min. Add the cabbage mix, tomato paste or catsup, and vinegar. Simmer, covered, 10 minutes more.

Get our recipe book filled with plenty more yummy recipes along with our complete eating plan for just \$20.00. Send your check to "Freedom Package", 400 10th. St., Canyon, Texas 79015. E-mail me at gosalley@netwest.com.

Why older men become 'the gambling man'

I went to a casino recently and was shocked at the number of guys my age who frequented the place. I would have thought we were all a little long in the tooth to be risking the family fortune at slot machines and blackjack tables. I understand we're also the biggest customer group for lottery tickets.

I think I have an explanation for this apparent lunacy. At our age, if the plan's not working, we need a new one. Yes, we understand the rewards in life come from hard work and consistent effort. But that's in the long run. After you hit middle age, you don't have a long run; you have a short walk.

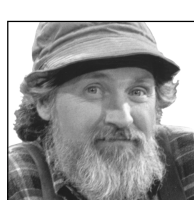
From the car to the casino.

CHOICE MEMORIES

Looking back over my life and the lives of my friends, I have to say that choice is largely overrated. The things that have worked out for me are the things over which I had no control. Like the value of my house or the woman I married. Whereas when I got to express my free will and actually made choices, things didn't go so well. I'm talking about the Beetle haircut and the Speedo.

I think, for most of us, there's a kind of destiny that guides our lives, and it's futile to fight that. It's like making plans for the weekend before checking with your wife. They say people succeed by making the right choices in their lives, but I disagree. I think people succeed by adapting to the choices that have been made for them.

I do understand, though, that people feel stifled without choices. So life unfolds in such a way that



red green

• north of forty

we think we're making choices even though we're not. In fact, our entire election system is based on that principle.

THINK AGAIN

One of the ways of keeping an alert mind well into your declining years is to keep your brain active as often as possible. Play bridge or do crossword puzzles or try to explain to your wife why you bought that boat. The worst thing you can do is to let your mind go idle. Here are some danger signs to watch for that indicate you may have stopped thinking:

- There's a promotion coming up at work and you're sure you're going to get it.
- You notice women looking at you seductively.
- You have an upcoming parent-teacher meeting and expect it to go well.
- You bought a used Lada on eBay.
- You believe you can comb your hair in such a way that nobody can see your bald spot.
- You buy clothes that are too small because you're going to lose weight.

— You expect the government to do something.

CAR CARE

I have a friend who wanted a new car, but he had to talk his wife into it. He really loved this car. He suggested that since they had an important anniversary coming up, they could buy the car for each other. That way each of them would own half of the car. That's how bad he wanted this car.

Well, the magic day came and he brought the car home. When his wife wanted to take it for a spin, he stopped her, pointing out that he owned the driver's side, which included all the controls and the gearshift, whereas she should stay in her half, which included the glove compartment and the lighted vanity mirror on the sun visor.

He doesn't seem to like the car all that much anymore, now that he's living in it.

Quote of the Day: "Experience is something you don't get until just after you need it." — 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."

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
Lester Bolen, Sports Reporter
Doug Jackson, Eric Yonkey, Judy Harper, 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: gdnad@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.

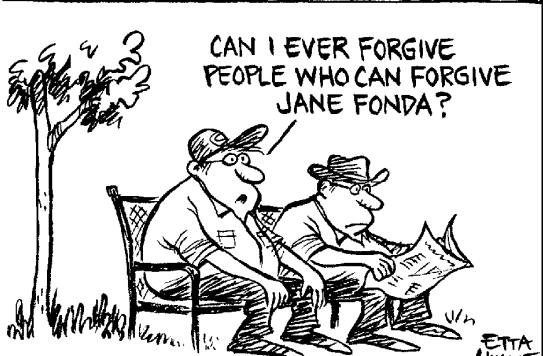
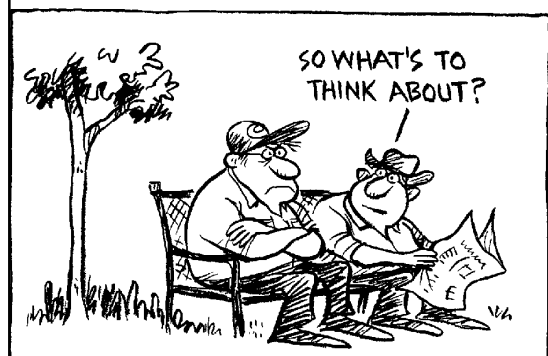
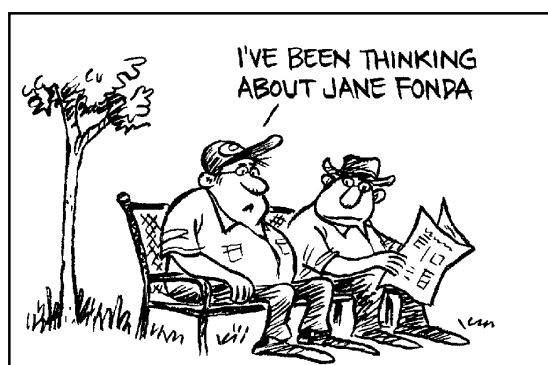
Incorporating:

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

