

# commentary

from other pens...

## Bush's first strikes — cakewalk or calamity?

The essence of President Bush's first strike strategy for dealing with terrorists is this: If you are convinced they are going to attack, get them before they get you.

It is based on the belief that no homeland defense, no matter how comprehensive, can stop all conceivable terrorist attacks, whether carried out by states with weapons of mass destruction or by an armed group with the same capacity.

Bush has no plans to wait around for international support for taking on would-be terrorists. This is a departure from the practice of previous administrations, which often insisted on support from a broad coalition before sending troops to war.

The Clinton administration painstakingly brought fellow NATO members on board in 1999 before leading the alliance into its air war against Yugoslavia.

President George H.W. Bush rallied virtually the entire world against Saddam Hussein in 1990-91 after Iraq's invasion of Kuwait. The effort took six months; once the shooting started, only 12 days were needed to evict Saddam's forces from Kuwait.

Administration officials deny that their policy starts and ends with use of military power. They are not averse to using financial, diplomatic and other measures to deal with potential terrorist threats.

Other analysts suggest the pre-emptive option could be used not only by the United States — but against it as well. If Saddam, for example, feels that an American military strike is in the offing, he may launch a pre-emptive military strike of his own at American population centers.

Not surprisingly, the Bush doctrine, enunciated on June 1, has supporters and detractors.

Europeans generally are uneasy about Bush's implied penchant for unilateralism, particularly as it relates to Iraq. Robert Kagan of the Carnegie Endowment for International Peace says Europeans, borrowing from their own history, believe Iraq can be dealt with successfully short of war.

Nonsense, says former Secretary of State George P. Shultz.

Defending use of pre-emptive force, Shultz said in a speech three days before Bush outlined his first strike strategy. "Continuing threats are all too real, so we must not flag or be distracted in our efforts to end the use of this terrible and unacceptable weapon: terrorism."

Shultz's stand comes as no surprise. He has been an advocate of pre-emptive strikes since his early years in the Reagan administration.

Former British Prime Minister Margaret Thatcher agrees. "This is no time to go wobbly," Thatcher says, repeating the same phrase she famously used almost 12 years ago in advocating use of force to reverse the Iraqi conquest of Kuwait.

Saddam's "continued survival after comprehensively losing the Gulf War has done untold damage to the West's standing in a region where the only unforgivable sin is weakness," Thatcher wrote in an opinion piece in *The Wall Street Journal*.

But William Galston, a public policy analyst at the University of Maryland, writing in *The Washington Post*, says the administration lacks legal justification for going after Iraq.

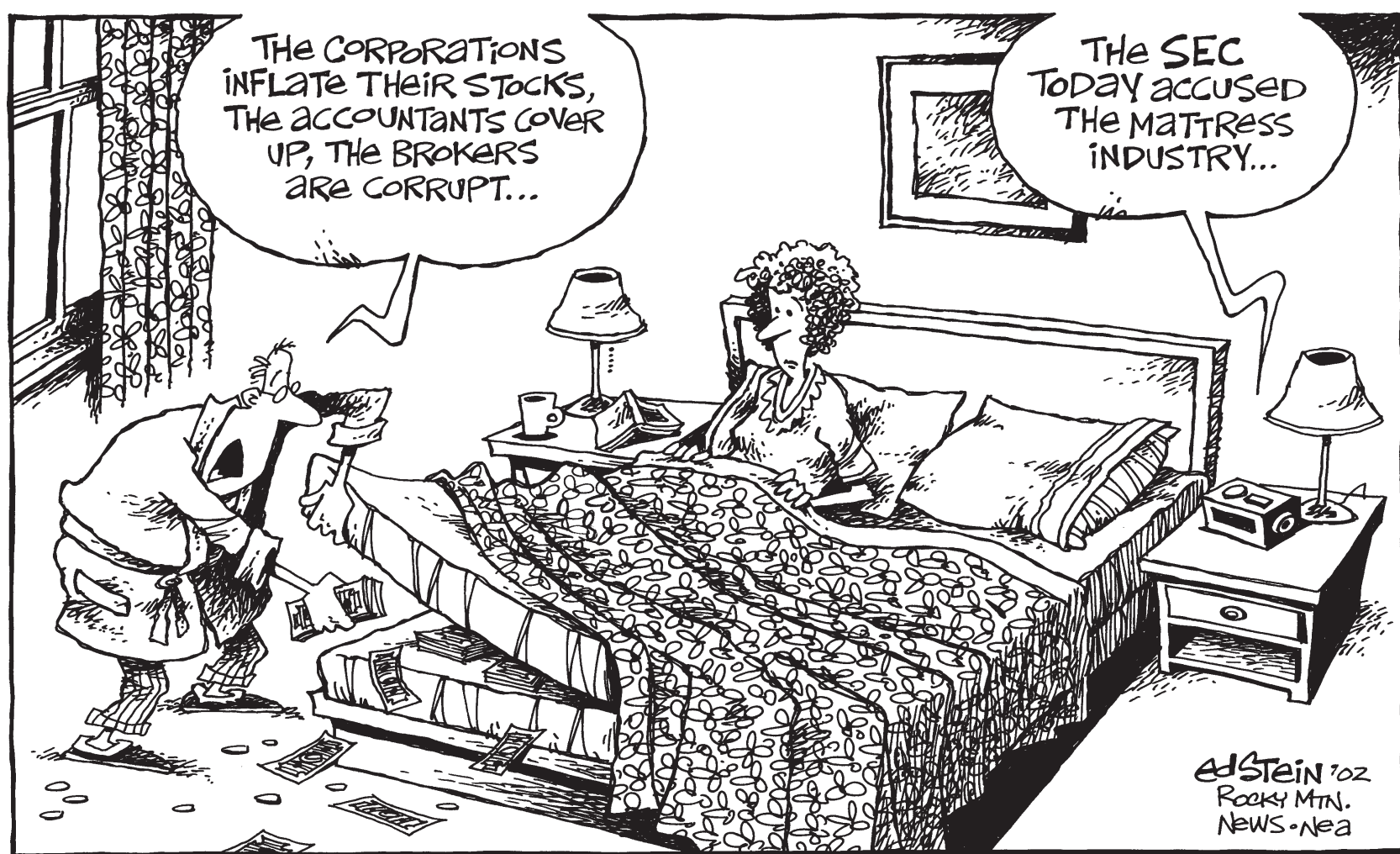
He says Bush cannot invoke self-defense as a rationale unless it establishes Iraqi complicity in the Sept. 11 terrorist attacks — something he says it has not done.

Beyond that, Galston says, there is no certainty that a military attack will succeed.

A regime change would likely require "150,000-200,000 U.S. troops, allies in the region willing to allow us to preposition and supply them and a post-victory occupation measured in years rather than months."

Hardly a cakewalk, says Galston.

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



## Recipes for your own body care products

Recipes or formulas are found in lots of places not just the kitchen. All medicines, cleaning products, and cosmetics have recipes or formulas.

The following information is from "Natural Beauty Basics" by Dorie Byer, R.N. Making your own body care products could help people with very sensitive skin or allergies. It would also make interesting gifts.

When buying ingredients the following are things to be considered. Read all labels to make sure you are buying the right thing. Check to see if the product is poisonous to swallow. Buy organic ingredients, if possible, to avoid unnecessary contact with pesticides or herbicides which are not eliminated during processing. Look for cold-pressed or low heat processed oils that have no preservatives and that solvents are not used in the extraction process. Store ingredients containing oils in the refrigerator to prolong shelf life. Also nuts and seeds contain oil and should be refrigerated or frozen.

If you are concerned about an ingredient causing an allergic reaction do a patch test. Remember if you are allergic to something you might also be allergic to the oil, shells, flowers, leaves, and pollen. To do a patch test put a small dab of the substance on the inside of your forearm and Band-Aid over it. Leave overnight and if there is no redness or other signs of irritation the substance should be safe to use.

Beware of essential oils that have been diluted or adulterated with other substances. Signs of adulteration are oily feel, cool feel similar to rubbing



pat schiefen

• postscript

alcohol (peppermint essential oil is the exception to this), milky color appears when added to water (essential oils will float on the surface of water), and different essential oils having the same price in the store. Essential oils are very concentrated and the following precautions should be taken. Always dilute essential oils before applying to your skin. Thoroughly mix essential oils with the other ingredients. Do not use around your eyes the fumes can be extremely irritating. Babies, children pregnant women, nursing mothers, persons with certain medical conditions, and the elderly should consult a reliable aromatherapy book for guidelines. Do not use more than the recommended amounts in a given recipe. Do not add oils to hot or very warm mixtures as they will evaporate very quickly. Essential oils are flammable so do not expose to direct heat or flame. Always measure essential oils by the drop with a clean dry eye dropper.

The shelf life of essential oil is about two years for therapeutic purposes but can be used for fragrances. Always store in dark glass container and in the refrigerator. Vitamin E can be added to oils to prolong storage.

Nourishing Eye Oil

1/2 teaspoon jojoba oil, 1 drop carrot seed essential oil, 400 IU Vitamin E. Mix ingredients. Gently massage a drop or two into skin around your eyes. Store any remaining oil in small glass bottle in the refrigerator.

Mouth Freshener

Chew and swallow if desired any of the following; parsley, 1/2 teaspoon fennel seeds, 1/2 teaspoon dill seeds, one or two peppermint leaves. Fennel seeds have a strong licorice flavor. The practice of putting parsley on plates at restaurants probably came from this.

Bathing

A good soak in the tub can be a relaxing experience. Soaking in water containing sea salt not only will remove impurities from the skin but also lift your spirits because of the lithium in the sea salt. Most bath preparations should be placed in a muslin tea bag or clean cotton sock. The muslin tea bag or sock can be laundered and used again. If you are unable to take a bath use the bag filled with the bath mixture as a wash cloth. Wet frequently.

Soothing Bath

2 tablespoon ground oatmeal, 5 drops essential oil (your choice), muslin tea bag or clean sock. Mix essential oil into oatmeal and place in bag. Fill bathtub with warm water, keeping it under the faucet while the tub is filling.

Summer Bath

1 tablespoon dried mint (your choice), 1 tablespoon dried lemon peel broken into small pieces, 2 tablespoons dried milk powder, and muslin tea bag or clean sock.

## Best before date separates the sexes

Wives tend to be extra sensitive about germs and bacteria and any unseen microorganisms that can hurt their family members. If a perfectly good T-bone steak gets a little paint on it, or a handful of mashed potatoes drops onto a gravel driveway, they quickly scoop them up and throw them into the trash. Men are much more resilient. If food is relatively chewable and more or less in the same range of color it started out in, they'll eat it. And they'll eat it quickly, before their wives confiscate it. Many wives are food police. Many husbands are repeat offenders. And the biggest law that separates the two sides is the "Best Before" date. How many tons of perfectly good food have been thrown out by a food cop just because it reached an arbitrary date, stuck on there by some marketing genius who realizes that once it expires, you'll need to buy more. Whenever you see a man in the middle of the night, sitting alone in a chair with the fridge door open eating everything in sight, you know that tomorrow is "Best Before" day.

DELEGATING DECISIONS

Many people have difficulty making decisions. They find they have too many choices in life and aren't able to compare one to the other, because they can't foresee all of the outcomes at once, or they're deathly afraid of making a mistake, or even worse, they don't even care enough to think about the decision. Well, what you need to do is to force other people to make the decision for you. The simplest way to do that is by making outrageous demands. There is no quicker way to find out how much a person, or a company, cares for you than to ask them to do things they don't want to do. If you have a \$50,000-a-year job and another company is trying to lure you away from it, tell them



red green

• north of forty

you want \$300,000-a-year plus a \$100,000 signing bonus. It may seem a little over the top, but at this point in your career you have nothing to lose. Those kinds of demands send a message to the new company that you have a lot of confidence and feel you are worth a lot of money. They don't need to know the truth - the truth that every company you've ever worked for thought a lot more of you at hiring time than they did once you started working there. You have to take advantage of that. You're like the bride at a Baptist wedding — you hold all the cards. If the new company says "no," you're no worse off than you were. If the new company says "yes," you're in great shape. And most importantly, the decision was made for you. Give it a try. If it works well for you, who knows, maybe you could become a professional athlete.

MIDLIFE TEMPTATIONS

As we go through puberty and reach adulthood, we are faced with many temptations. But when we hit midlife, they change. Here are a few temptations that are particularly intoxicating to the middle-aged man:

- Sofas.
- Slippers.
- Dogs or people who don't speak.
- Escalators.
- Medicine cabinets.
- Nothing to do.

SETTING THE BAR

Children have been rebelling against their parents since the beginning of time. In order to establish their own identity in the family, they feel they have to indulge in behaviors and attitudes that are not enjoyed by their parents. So if you have teen-agers that you care about, I recommend that you have your entire back tattooed, get some jewelry riveted to your face, wear your pants around the knees and never use a sentence that doesn't feature the f-word. Sure it may upset the other executives who work at your office, but you'll be forcing your kids to choose normalcy as their declaration of independence.

Quote of the Day: "If it weren't for stress, I'd have no energy at all." — 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 new book "Duct Tape is not Enough: A humorous guide to midlife." (Hatherleigh Press, 2002). Watch for the feature film Red Green's "Duct Tape Forever" at a theater near you.

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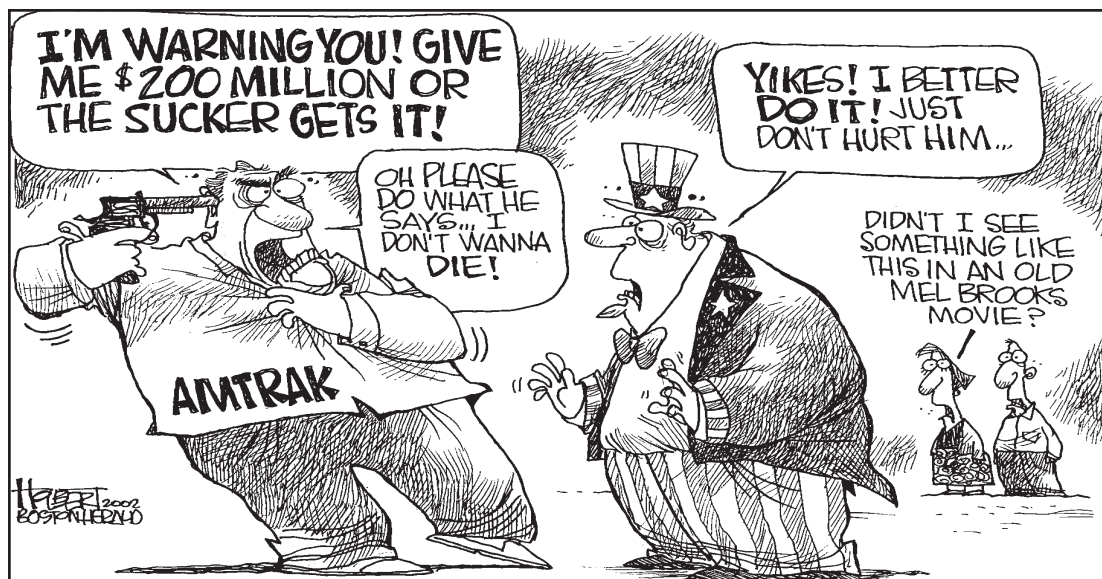
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