

# commentary

from other pens...

## Congress returns to New York City roots

The last time Congress met in New York City it rejected royal titles, established the federal judiciary, approved the Bill of Rights and infused the new government with the breath of life.

Members of the Senate and House of Representatives also learned they enjoyed wrangling but could, when pressed, craft a compromise.

Returning this week for the first time in 202 years, Congress convenes at Federal Hall in Manhattan just five days before the first anniversary of the terrorist attack on the World Trade Center. The special meeting on Friday represents a show of support for the city and a demonstration of resolve in the war against terrorism.

When Congress last convened in New York, the city was home to 29,000 people, clustered in 4,200 houses on the southern tip of Manhattan Island.

As Congress met in New York's Federal Hall to witness the inauguration of George Washington as the first president, the new government was struggling to define itself.

The old Confederation Congress had ceased to exist on March 3, 1789. The Congress established by the Constitution came into being the next day. But the House and Senate struggled in frustration for more than a month to gain the quorum needed to do business.

Members slowly straggled in. On April 7, the Congress got to work.

The Senate appointed its first committees, the most important of them charged to "bring in a bill for organizing the Judiciary of the United States." As it moved from committees to the floor of the Senate and House, the bill tested the ability of both chambers to conduct serious business. And when President Washington signed the Judiciary Act into law on Sept. 24, it was with a sense that the system was working.

By the end of its time in New York, Congress had dealt with appropriations, pensions for Revolutionary War veterans, military matters, tariffs on imported goods and the necessary appropriations. And it created the State, War and Treasury departments.

It debated and enacted a Bill of Rights, amending the Constitution to protect such basic liberties as freedom of speech, religion and the press.

While Congress was grateful for the hospitality New York offered, some members complained of "filthy streets," "polluted air" and "the stench."

"While I am shut up here in this pigsty, smelling the perfumes from wharves and the rakings of gutters, I long for the air and company of Springfield," Rep. Fisher Ames said in a letter home to Massachusetts.

Although congressional sessions were secret, Congress had a witness in Sen. William Maclay of Pennsylvania, who kept a detailed journal that surpassed any official record.

Maclay was tall, over 6 feet 3 inches, and described by his contemporaries as a man of integrity, insight and tenaciously held opinions. He was an outspoken democrat and a strongly determined anti-royalist.

"This a fine day and all the world are run a-gadding," Maclay remarked on Saturday, May 23, scarcely six weeks after the session had begun. "I am much distressed with the delays of Congress, the reputation of our administration will be ruined."

Maclay was even more distressed by the airs being assumed by some members of the Senate, especially its presiding officer, Vice President John Adams, whose "supreme delight seems to be in etiquette."

The business of majestic titles absorbed much time in the first days of the session. Adams fussed about how the president should be received, how he should act, how he should be addressed.

A committee pondered calling Washington "His Highness, the President of the United States of America and the Protector of the Rights of the Same."

In the end it was decided the simple "Mr. President" would suffice.

By the next summer, Congress was calculating a permanent departure from New York, deciding to move to Philadelphia for a decade while a new capital city was built on the banks of the Potomac River.

The final session in New York City was held on Aug. 12, 1790. A resolution was passed thanking New Yorkers for the "elegant and convenient accommodations" Congress had enjoyed.

**EDITOR'S NOTE:** Lawrence L. Knutson has reported on Congress, the White House and Washington's history for 34 years.

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## Coping with dairy allergies and lactose intolerance

Many people deal with the problems of eating dairy products on a daily basis. There are two different types of problems. The first is lactose intolerance. Lactose is milk sugar and occurs naturally in all animal milk including human. People intolerant to lactose do not have enough lactase enzyme in their gastrointestinal tract to digest the lactose they are eating. The level of intolerance varies from individual to individual, one stage of life to another, and level of general health. Dairy digestive aids should help relieve this problem.

The other problem people run into is an allergy to dairy proteins. This sensitivity also varies greatly from person to person.

Learning to read labels helps one to know what is in the food they are eating. Dairy and its products can be found in the most unusual places including health and beauty products.

Things to watch for on labels include the following:

Milk - milk proteins, milk solids, malted milk, condensed milk, evaporated milk, dry milk, milk fat, whole milk, low-fat milk, nonfat milk, skim milk, 2 percent milk, 1 percent milk, acidophilus milk, cream, half and half, goat's milk, sheep's milk, lactose-free milks. Butter, buttermilk, butter fat, butter oil, artificial butter flavor, yogurt, nougat, custard, pudding, sour cream, cheese, cream cheese, cottage cheese, pasteurized cheese, feta cheese, ice cream, ice milk, sherbet, and some margarines.

Curds, whey, ghee, casein, rennet casein, lactose, lactulose, hydrolysates, lactalbumin, lactoglobulin, and all caseinates including calcium, potassium, sodium, magnesium, and ammonium.



pat schiefen

• postscript

Kosher symbols on the front of packages can also help identify products that contain dairy. These are not governmental and are voluntary. "D" indicates the product contains dairy. Sometimes "D" occurs because there are natural flavorings from dairy products and the manufacturing facility's equipment was previously used with dairy products. "DE" also means the manufacturing equipment used to produce that product has been used on products containing dairy products.

Eggs are found in the dairy section but are not dairy products. Tofu or bean curd can be used in place of dairy products. When a margarine product has "pareve" on the front it means that product does not contain milk proteins, whey, or buttermilk used as flavor enhancers.

This information and the following recipes are from "Recipes for Dairy-Free Living" by Denise Jardine

### Lean Sour Cream

1 (12 ounce) package silken soft tofu, drained  
1/4 cup rice milk or soy milk  
1 tablespoon freshly squeezed lemon juice  
1 tablespoon white wine vinegar  
1/4 teaspoon salt

Place the tofu, rice milk, lemon juice, vinegar and salt in a blender with a lid. Puree the mixture at top

speed until smooth about 1 minute. Transfer to container with tight sealing lid. This sour cream will keep refrigerated for 2 days. Makes 1 3/4 cups. Stir before serving.

### Creole Butter

1/4 cup parve margarine at room temperature  
2 cloves garlic, minced  
1 teaspoon paprika  
1 shallot, finely chopped  
1/4 teaspoon Worcestershire sauce  
1/4 teaspoon coarsely ground black pepper  
1/8 teaspoon cayenne pepper

Place margarine, garlic, paprika, shallot, Worcestershire sauce, pepper and cayenne in a small bowl. Cream the mixture until well blended. Cover and refrigerate. Serve chilled. Serve atop grilled fish or chicken. It is also good stirred into rice or beans to spice them up. To turn up the heat add more cayenne pepper. Makes 1 1/3 cup.

### Southern Spicy Rub

3 tablespoons firmly packed dark brown sugar  
2 tablespoons coarsely ground black pepper  
2 tablespoons paprika  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon coarse salt  
1/4 teaspoon cayenne pepper

Place the brown sugar, pepper, paprika, garlic powder, onion powder, salt and cayenne in small bowl and mix. Store in a tightly covered container. Best used within a couple months. When ready to use, first pat the uncooked chicken, fish, meat or tofu dry with paper towels, then coat well with the rub. If you like it hot add up to 1 teaspoon cayenne pepper. Makes 3/4 cup.

## Shooting the moon



chris matthews

• commentary

WASHINGTON—For 15 years, I have shot the moon. In a world that discards, I have gone for all the hearts and the queen of spades.

Yes, I have been among the grand and lucky few to write a newspaper column.

It was something I had wanted for a long time, something I owe to one bloke: Mr. Larry Kramer.

In June 1987, I lingered with him over lunch and several carafes of house white in a San Francisco restaurant south of Market Street. It was a dreary day on the edge of a fun weekend. My relative Ann was about to get married at the Metropolitan Club, and I was just checking in with an old friend. Larry had been Metro editor of The Washington Post and was now running the San Francisco Examiner.

He asked if I wanted to write a column. I said, as if kneeling at the altar of my life, "I do," and it has made all the difference.

I can't remember a time when I did not want to be a columnist. When I was in college, my hero was Joe McGinnis. Just 25, he was already writing three times a week in the Philadelphia Inquirer.

"So, what did you think of McGinnis today?" I remember a radio-talk jock starting off his 9 a.m. show one morning. It was the best and sharpest of questions in a city that awoke to McGinnis and was already buzzing about his latest outrage.

How could anyone go to Vietnam to report on the war, and then send back a column describing the work of the graves' registration unit stacking the metal containers of our fighters' bodies like tuna fish cans, getting them home just in time for Christmas? McGinnis could.

I got into reading these guys in grad school. At Chapel Hill in North Carolina, I'd sit at the Carolina Cafeteria and pour over the page of the Raleigh News & Observer across from the editorials, what I'd later learn to call the "Op Ed." That's where I came across that crusty Dixiecrat James J. Kilpatrick and began my lifelong homage to him and the other great nationally syndicated columnists.

When I got to Washington, I learned the crackle of the Washington Post, just then beginning its Watergate heyday. At the bottom of the Style page — Ben Bradlee's child — I discovered the inimitable Nicholas von Hoffman.

He called his column "Poster," and what a piece of work it was. A political son of Chicago firebrand Saul Alinsky, Nick did just as much as Woodward and Bernstein to rip down the Nixon cover-up. I will never forget his portrait of aide Ron Ziegler trooping mechanically in and out of the White

House press-room like a figure in a Schwarzwald clock.

What von Hoffman could do from the left, George F. Will soon matched from the right. I remember an early column — it may have been his first — that lampooned Democrat Walter Mondale's proposal for a government-paid council to advise the president on "national values." It was the highest inflation of big government, and George showed up with the sharpest pen to administer the needed puncture.

In a stunning streak of genius, I watched Will join the masters of the universe: David Broder, Joseph Kraft and Bob Novak in Washington; Jimmy Breslin, Murray Kempton and Jack Newfield in New York.

I never made that world. I remember having dinner one night in Belfast. It was on the eve of the Good Friday peace referendum. Maureen Dowd of The New York Times, Mary McGrory of The Washington Post, Mike Barnicle of the Boston Globe and I all sat around the table.

The four of us were eating Italian food. We all had our roots in Ireland, and I loved it.

But I didn't kid myself then, and I can't now. Those were the best writers in the business. When I turn in this column and see it run in the San Francisco Chronicle and other newspapers, I will continue to worship those people from below. Even after 15 years of trying, I don't know how they do it: the endless flow of news ideas, the ever-surprising settings, the out-of-the-blue insights, the fine and faultless language.

And yes, I hunger still for the imagined thrill of walking into a dark, big-city bar and having some guy look up from his drink or newspaper and either knock me or love me for something I'd written that day.

"Sez who?" Mike Royko once titled a collection of his Chicago Tribune columns, "Sez ME!"

That's what it's about. That's the lure of it: the taste and the appetite that makes you long for the hot cup of coffee, and the free keyboard and the blank page facing you, daring you to really do it.

I remember what Sen. Ed Muskie said the night

he won his last election back in 1976. He'd had some vodka, which I sensed he'd drank fast like a Russian against the winter. He decided to share a sentiment with his staff, one I hope never to forget.

"The only reason to be in politics is to be out there all alone and then be proven right."

That goes for good columnists, too. That's one thing I knew from the beginning, but know better now.

So, I'll say it. I hate this war that's coming in Iraq. I don't think we'll be proud of it. We Americans are reluctant warriors. We fight when attacked. We didn't even invade Cuba when we learned the Russians had missiles there. We didn't want to do to them what the Japanese had done to us.

I'm afraid this crowd around President Bush would have. They also would have gone to an all-out war a generation later when those Iranian students grabbed our diplomats.

I oppose this war because it will create a millennium of hatred and the suicidal terrorism that comes with it. You talk about Bush trying to avenge his father. What about the tens of millions of Arab sons who will want to finish a fight we start next spring in Baghdad?

Maybe it's the Peace Corps still in me, but I don't think we win friends or — and this is more important — avoid making dangerous enemies in the Third World by making war against it.

Well, that's it for now. You know where I stand. I wish I could keep writing like this, but I can't.

"Hardball" runs Monday through Friday on MSNBC. I've got a new syndicated show coming this fall on NBC that will run on Sundays. The wisdom of middle age has taught me I can't have — or do — it all.

So this is my last column for a while. If I'm lucky — and I've been very lucky — I'll be back. Hell, if I'm really lucky, I'll be back with my own newspaper!

And, if I'm any good at all, I'll still be shooting the moon.

Chris Matthews, author of "Now, Let Me Tell You What I Really Think" (Free Press, 2001) and "Hardball" (Touchstone Books, 1999), is a nationally syndicated columnist for the San Francisco Chronicle and the host of "Hardball" on CNBC and MSNBC cable channels.

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