

from our viewpoint...

## Our doctor returns; cannot forget others

The voice on the phone Friday afternoon was a happy Dr. Natalie Griego, who was glad to be back in the United States after several months serving in Baghdad.

It was wonderful to hear from her. She was calling from her mother's house in Denver, and said she was looking forward to coming back to Goodland probably Monday afternoon.

She said she had a number of experiences, and that it was much cooler here than where she had been. Even though it was very hot here she said it was cooler than what she had experienced in Iraq.

We will be interested in talking to Dr. Griego about her service, and are relieved she has returned without harm.

There is little doubt the welcome home will be warm and lasting as she returns to our city, and we hope, to being one of the top doctors at our hospital. A special welcome home reception is being planned for 7 p.m. on Saturday evening at the Elks Lodge.

Keeping track of the ongoing violence in Iraq is disquieting, and it is good that at least one of our people have been able to return. We know there are others who are serving in Iraq, and some who have been able to return to the United States. This will be a situation to follow until they all come home safely.

The Iraq situation continues to cast shadows as we begin to realize how clever Saddam Hussein has been in hiding himself and his weapons of mass destruction inside a country the size of California.

His cleverness rivals that of some of the most notorious criminals of the American West, who were finally caught and brought justice by the Texas Rangers and the U.S. Marshals. We are sure with continued efforts the hiding places in Iraq will be searched and the missing weapons and despotic leader will be discovered.

British Prime Minister Tony Blair was in Washington last week and spoke to a joint meeting of Congress on Thursday where he talked about Iraq and the relationship of England and America in fighting terrorism.

It was a well received speech and he received a number of standing ovations from the gathered legislators and the guests from the administration and the four branches of the American military service.

Blair said the tough thing about Iraq today is to remember that our struggle is to bring liberty to these people who have been under Saddam's thumb for so many years.

We cannot give up, he said, and we will continue to help bring liberty to these people despite the terrorism of those who would stop us. Together this can be achieved.

Those are wonderful words, and Blair hit the right cords in his speech about how England and America are partners in this effort and that President Bush is leading in the right direction.

There are now questions about the validity of the intelligence that led the country to invade Iraq and to put our servicemen in harms way.

We have no doubts that the military effort was necessary to remove the despot from his leadership role in Iraq, but it does seem to be that as in the past we used a flawed premise to justify the invasion.

The one thing Americans hate worse than losing lives in a war or violence is being lied to about why they are sending their sons and daughters to a foreign land to face death.

It is good to know Dr. Griego is safe, and we hope the other service people from Sherman County will be able to return safely soon.

Welcome home Major! — Tom Betz

## The Goodland Star-News

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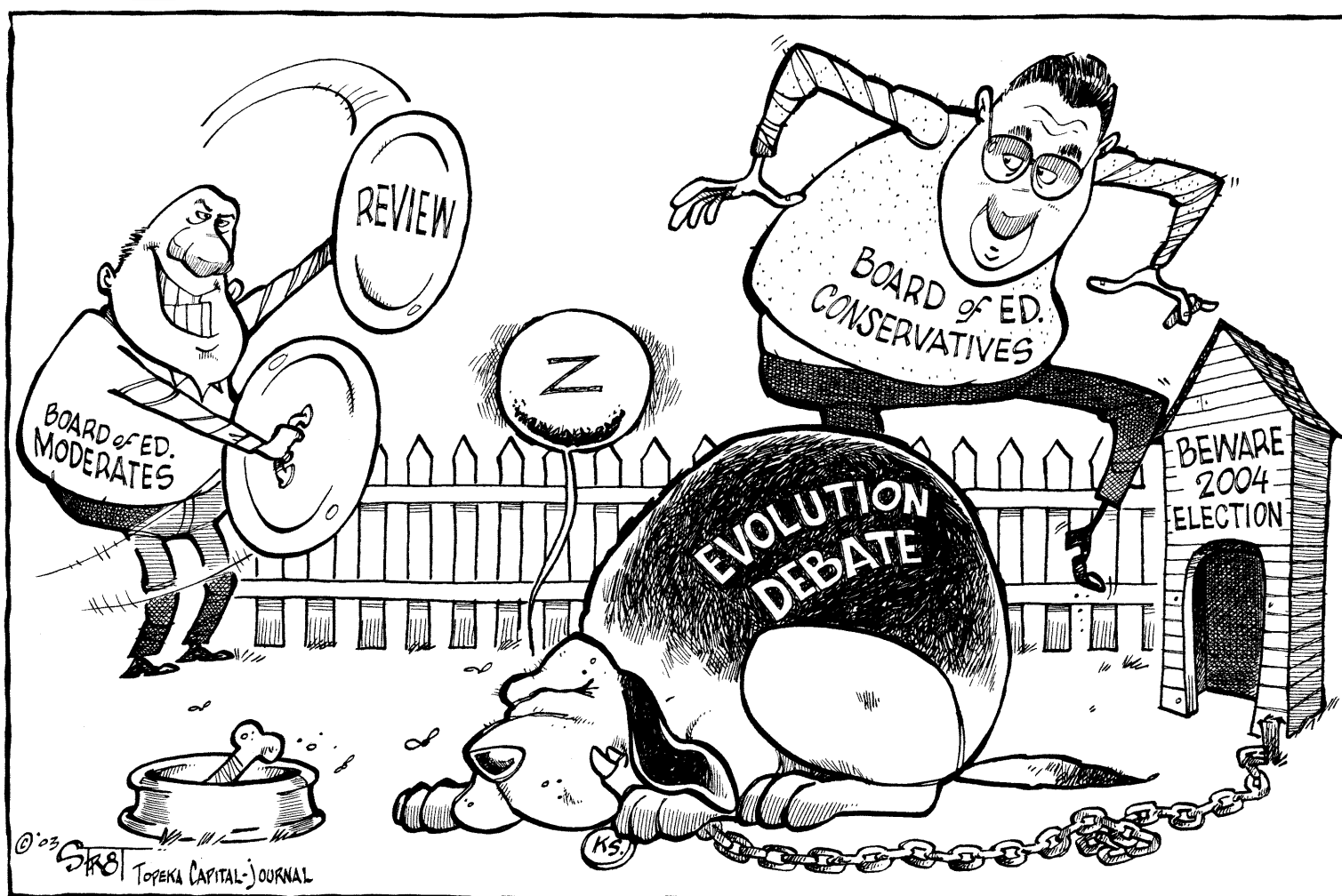
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## I'm getting too old for those long days

As I drove through the night, I mentally kicked myself.

I had promised myself. We had agreed. We wouldn't do this sort of stuff anymore.

But here I was. It was after 3 a.m. and I was just leaving Colby to drive to Oberlin. It would be at least 4 a.m. before I pulled into my driveway.

We're too old for this kind of thing, I thought.

I tell myself that every time this happens, every time we've just got to go to Denver or Lawrence or Nebraska or wherever and come back the same day. Every time I leave for home at bedtime when home is still four, five or six hours away.

This time it was a baseball game — the Colorado Rockies versus the Los Angeles Dodgers at Coors Field.

I wasn't even supposed to go to the game. It was a guy thing. Six of the guys from the Goodland and Colby offices had gotten tickets for the game. Steve was one of the ringleaders.

Then one of the guys couldn't go and they asked me to go with them.

Well, I'm used to being one of the guys. I was the only girl in my physics class in high



**cynthia haynes**

• open season

school and one of six women in my class in pharmacy school. After I had been at my first job for five years, the drug store chain I worked for gave me a tie tac.

We headed for the game. And it was a good one.

The Dodgers got a run in the first to lead for a short time, then the home team got three runs in the bottom of the first and life was good.

We got a run in the second and Todd Helton hit a pair of solo home runs in the third and fifth innings. We were ahead 6-1 and we all had hot dogs.

Then in the fifth, the visitors got three runs. We were still ahead. Then they got another run in the sixth and a weird series of errors in the seventh gave them another. Now the score was 6-6.

We got them out in the eighth and they

walked Helton. Preston Wilson singled and they deliberately walked strongman Larry Walker as the home crowd booed.

The bases were loaded as the Dodgers pitcher threw ball after ball after ball to walk in the winning run.

Not the world's prettiest victory, but a win nevertheless.

We headed out of Denver at 11 p.m. Mountain Time. Steve drove to Goodland and I napped. We stopped to drop the guys off in Goodland and set our watches ahead one hour. It was 2:30 a.m. as I took the wheel and headed home.

It was Steve's turn to nap.

As I turned into the driveway, I thought to myself, "We gotta quit doing these crazy things. We gotta start remembering that we're 55, not 25."

So when Steve asked if I wanted to go to Denver next weekend to see oldest daughter and take an excursion train ride, I naturally said, "Sure, what time do you think we'll get home."

"I don't know," he said. "We'll probably get out of Denver by 10 or 11."

## Recipes that keep you on your toes

'The Dancing Gourmet, Recipes to Keep You on Your Toes!' by Linda Hymes dispels the myth that dancers don't eat. Hymes was a professional ballerina and is also a classically trained chef. The photography is quite wonderful. The recipes were gathered from all over the world, have good instructions and have short preparation times.

### Grilled chicken salad with spicy blackberry dressing

1 large whole boneless, skinless breast of chicken

salt and freshly ground black pepper

1 teaspoon vegetable oil

10 ounce fresh arugula leaves, washed and dried

1 fresh yellow bell pepper, cored, seeded and sliced

8 fresh mushrooms, thinly sliced

1/2 cup toasted pine nuts

blackberry dressing (makes about 1 1/3 cup)

2 cloves garlic, minced

1/2 small jalapeno pepper, seeded and minced

2/3 cup seedless blackberry jam or fruit spread

4 tablespoons balsamic vinegar

2 teaspoons vegetable oil

2 tablespoons freshly squeezed lime juice

4 tablespoons water

To make dressing place garlic and jalapeno in a small food processor and pulse to chop. Add remaining ingredients and process until smooth. Set aside until ready to use. Seedless raspberry fruit spread also works well.

Season chicken with salt and pepper. Rub with oil and grill or broil chicken until cooked through in 8 to 10 minutes per side. Cut into slices and keep warm. Toss together arugula, pepper, mushrooms and pine nuts in a bowl with enough dressing to coat. Arrange salad on



**pat schiefen**

• postscript

plates and top with sliced chicken and drizzle a little more dressing over top and serve. Serves 4.

### Poached salmon with cucumber dill sauce

1 large salmon fillet (about 2 pounds)

2 cups white wine

2 cups water

6 scallions, sliced

2 slices lemon

2 bay leaves

2 springs fresh thyme or dill

2 teaspoons dried dill weed

1/2 teaspoon black peppercorns

1/2 teaspoon white peppercorns

Combine all ingredients except the salmon in a large pan. Bring to a boil over high heat. Reduce heat to medium low, cover and simmer for 15 minutes. Gently lower salmon into pan so poaching liquid is over and under fillets. Turn heat to very low and poach 5 to 10 minutes depending on how thick the fillets are. Check to see if done by slitting the center with a knife. When salmon flakes easily lift out of liquid with a slotted spatula. Carefully remove skin with a knife. Transfer to a plate and cover with plastic wrap. Cool to room temperature and serve with cucumber sauce. Serves 4 to 6.

### Cucumber dill sauce

1 large cucumber

1/4 teaspoon salt

1/4 teaspoon sugar

1/4 teaspoon white wine vinegar

1 cup light or fat free sour cream

3-4 tablespoons minced fresh dill

salt and freshly ground white pepper

Peel cucumber and slice in half and discard seeds. Chop cucumber finely and toss in a bowl with salt, sugar and vinegar. Let rest 5 minutes.

Fold in sour cream and chopped dill. Season with salt and freshly ground white pepper. Refrigerate until ready to serve. Serves 4 to 6.

### Forbidden rice pudding

1 cup sweet black rice

5 cups water

pinch salt

3/4 cup sugar

1 tablespoon corn starch

1 tablespoon water

1 teaspoon pure vanilla extract

1/2 cup lite coconut milk

1/4 cup chopped pistachio nuts

Rinse rice well with hot water and place into a large pot with 4 cups water and pinch salt and bring to a boil. Turn heat to medium to cook at a fast simmer for 40 minutes. Add sugar and remaining cup of water and cook over low heat 40 more minutes.

Dissolve corn starch in 1 tablespoon water, then raise heat to a boil and stir into rice. Cook, stirring, 2 minutes, and remove from heat. Stir in vanilla extract and 1/2 cup coconut milk. Let cool. Serve warm or at room temperature, drizzled with remaining coconut milk and sprinkle with chopped pistachio nuts. Serves 6.

### Letter Policy

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### garfield

