

Opinion



Free Press
Viewpoint

American military build up is for real

The continuing build up of U.S. military might in the region certainly sends a strong signal to Saddam Hussein that President George W. Bush is going to move in and clean house.

It's a no-brainer that the President has made up his mind, despite his sometimes confusing messages on the issue of invading Iraq. And one would certainly not believe Mr. Bush would spend those millions upon millions of dollars necessary for the build up just to call his bluff.

We are of the opinion war is just weeks away. A disturbing factor, however, is the non-stop television appearances of network "experts" who clearly lay out what is taking place and what will eventually place — and where in Iraq the focus will be. These "experts" are retired military brass who are not in the loop but second guessing the military planners and the White House. The enemy need only tune in to CNN, or MSNBC, or Fox to learn everything they need to know.

Reports coming out of Iraq seem to indicate Hussein has accepted the fact that his life is worthless if he hangs around and is making plans to vanish — much like Osama bin Laden. If our purpose in invading Iraq is to topple Saddam Hussein, how can we record a victory if there is no Saddam Hussein to parade in public or to bury six feet under? The sore causing some degree of dissent in the war on terrorism if the fact the man we publicly proclaimed **must** be apprehended — Osama bin Laden — slipped away and we don't know to this day if he is dead or alive. Can Hussein pull off the same vanishing act and thus leave us with another haunting memory of a questionable military action?

Time will tell. And all signs seem to indicate — if you can believe the network "experts" — that the time is imminent. Hang on for what could be a deadly — including our own — visit to Iraq. —*Tom (TD) Dreiling, Publisher*

Comments to any opinions expressed on this page are encouraged. Mail them to the Colby Free Press, 155 W. 5th St., Colby, Kan., 67701. Or e-mail td@nwkansas.com.

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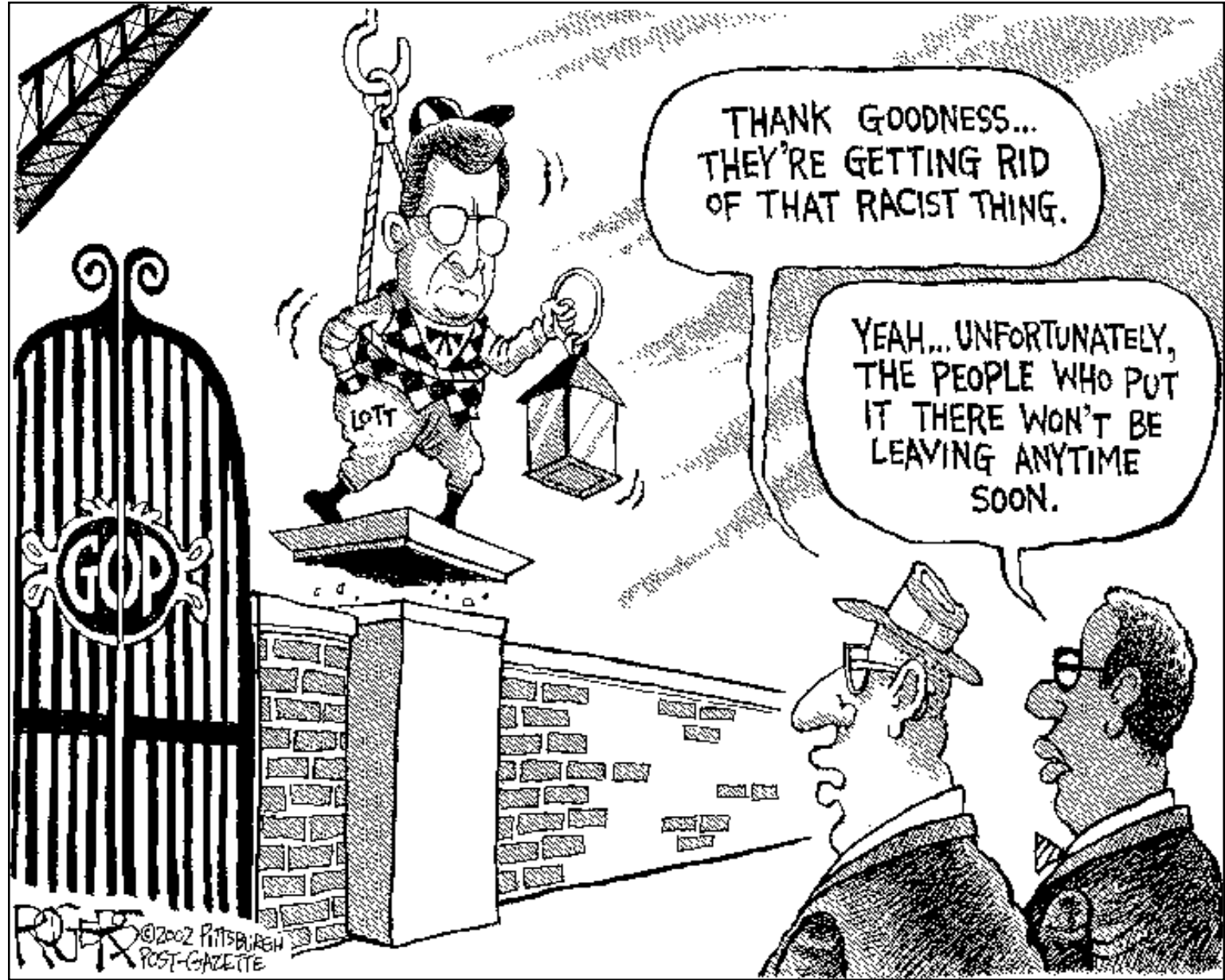
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No time to waste

Glenna Wilson

• Senior Alert

Joe and Martha (not their real names) had been doing a little easy yard work. I don't feel so good," said Joe. "I've got a headache and feel a little dizzy."

Martha suggests he go inside and rest and that she will finish up.

When she went inside 20 minutes later, Joe was sitting in the recliner. "You know, it's funny," he said. "I've lost most of the feeling in my left hand and arm."

That worried Martha, so she called her sister Gloria. They talk3ed about how Joe was feeling. He got up to go get a drink and obviously had trouble walking to the kitchen — which Martha reported to Gloria. "Well, if he doesn't feel better in an hour or so, I'd call the doctor," said Gloria.

Symptoms continued and Martha called the doctor. She left a message on the answering machine, and a half-hour later, the office returned her call. The nurse said she would check with the doctor and get right back to Martha. Joe was feeling worse.

"You'd better get him to the emergency room," said the nurse on the phone. "He well could be having a stroke."

Martha was really worried by this time. She had trouble finding her purse — and then her keys weren't in it. It was almost another half hour before she got Joe into the car and headed toward the emergency room.

What's wrong with this story? Almost every-

thing! In case of a stroke (or any stroke symptoms) go to the emergency room immediately, says Dr. Nanda Kumar, neurologist at the Manhattan Medical Center. Even better, call 911! In stroke treatment and recovery, every minute counts! Don't call a relative or neighbor. Don't even call the doctor. Call 911 and get the patient to the hospital. Better to be there with a false alarm than to lose precious minutes to the stroke.

Symptoms can be numbness, weakness or paralysis on one side of the body, loss of balance, impaired vision in one eye, staggering or unsteadiness, a tingling sensation, inability to dress one's self, or sudden confusion and trouble speaking or understanding.

Symptoms vary because of the area of the brain affected, Kumar explains. They are the result of a blood clot or a ruptured artery in the brain. The side of the body affected depends on where in the brain the stroke occurred. The opposite side of the body is usually affected: right side of the

brain, left side of the body.

Speed in treatment is vital. If there is no bleeding, the clot may be destroyed with tissue plasminogen (tPA). This medication is used to dissolve the clot in the artery, Kumar says.

If bleeding shows in the C.T. scan, tPA will not be given. If one waits too long, such as more than three hours, tPA cannot be given because of chances of more intracranial bleeding. Treatment then is less effective, but it may be possible to operate on the brain, provided the blood clot is large and easily accessible for the neurosurgeon.

A senior (or anyone else) can work with the doctor to reduce the risk of a stroke, Kumar says. Here's her list:

- 1) Take an aspirin a day, if your doctor says that's right for you. A baby aspirin is sometimes enough. Other medications such as Plavix or Aggrenox may be prescribed.
- 2) Control high blood pressure.
- 3) Control diabetes.
- 4) Control high cholesterol or triglycerides.
- 5) Stop smoking.

For prevention, work with your doctor. For symptoms, call 911.

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They're on a worthwhile mission

Governor Bill Graves

• Kansas Focus

Recently, I was privileged to participate in announcing the creation of the Statehouse Restoration Foundation. Nothing works better than the joining of public and private initiatives, and that is the essence of this new entity, created to support the Kansas Statehouse Restoration Project through educational and fund raising initiatives.

The foundation will bring to the Restoration Project a dynamic new dimension, namely the participation of groups and individuals throughout Kansas who will support the Project through various educational and fund raising activities. I am honored to serve as one of the Foundation's Charter Trustees. Other Charter Trustees include: former United States Senator Nancy Kassebaum Baker; former United States Senator Bob Dole; former United States Congressman, U.S. Secretary of Agriculture, and current Director of The Institute of Politics at Harvard University, Dan Glickman; banking executive and Board of Regents member, Bill Docking and; former Kansas State Senator Richard Bond. I extend my grati-

tude to these prominent Kansans. It will be an honor to serve with them in a very unique and worthwhile capacity.

The Statehouse Restoration Project is one of our state's most significant undertakings. Its successful completion will further enrich the historical and cultural heritage of Kansas, and at the same time provide much needed improvements in the Statehouse, the place where the peoples' business is conducted by the Governor and the Legislature.

Kansas Statehouse Restoration Foundation will function as a not-for-profit organization. The

activities of the Foundation, the solicitation of gifts and charitable contributions and its educational initiatives, will be directed by the Foundation's Board of Trustees. Contributions to the Foundation will be used solely for enhancements to the restoration and preservation of the Kansas Statehouse.

Initiatives of the Foundation will include: creation of educational exhibits and programs for children; acquisition of museum artifacts; reproduction of historic furnishings; and restoration of existing but forgotten murals.

I am fully confident that the Statehouse Restoration Foundation, thorough its various activities, will capture the attention and imagination of Kansans from border to border, and will inspire an ever growing participation in creating a lasting legacy.

For more information on this or other issues related to state government, contact Gov. Bill Graves' office at 800-784-4408, or visit his web site at www.accesskan.sas.org/governor

About those letters . . .

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Doonesbury

• Gary Trudeau

