plan dream future

Democrats think they have the key

to winning back power in Wash-

ington and across the country — a

package of economic proposals

aimed at giving every American a

shot at reaching the middle

and necessary to rekindle the

American dream," said Gov. Tom

Vilsack of Iowa, a potential 2008

presidential candidate and the

chairman of the Democratic Lead-

ership Council, a centrist think

Sadly, Vilsack said, many of

America's children nowadays

"They don't believe in the no-

have a great life, and many adults

are just hoping that their kids have

down in America's psyche that

"I don't want to be part of the

generation, the first generation in

this country's history, to basically

look my kids in the eye and say:

'Sorry. Hopefully you'll have it as

good as we have it.' And, I don't

troubles a lot of us," he said.

American dream.

"We thought it was important

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DENVER (AP) — Moderate want to have that conversation with their kids either," Vilsack

Additionally, the Iowa Democrat said: "We are a competitive nation. We don't like losing and if we're going to compete in the global economy, we're going to have to do things differently.

The centrist organization, best known for helping Bill Clinton secure the White House in 1992, was to unveil Monday its "American Dream Initiative," which lays out policies on education, health care, retirement and income.

Sen. Hillary Rodham Clinton of New York, who led the yeardon't have faith in the idea of an long effort and also may run for president, will outline the specific proposals in a speech to nearly tion that somehow they're going to 400 local elected Democratic officials from more than 40 states attending the organization's anit as good as they have it. Deep nual meeting in Republican-leaning Colorado.

The site underscores the organization's contention that the party must broaden its appeal and reach out to voters in rapidly growing areas of the country if it wants to win control of Congress this fall and the White House in think too many American parents 2008.

daughter to have this problem. I hope it isn't an inherited trait. Can you offer any thoughts that might help me with this? — I.R. Dear I.R.: First of all, to my

vice columns other than Dear

Abby. We will try them for a while.

BY DR. JOYCE BROTHERS

my life, I've been shocked and

horrified by the amount of time I

waste trying to make some rela-

agony for me because of this. As

a result, I often end up asking

other people — sometimes some-

one I don't even know well — to

help me, and for some reason, this

Anyway, I don't want my young

them. Why, I don't know.

tively simple decisions.

Dear Dr. Brothers: For much of

Please tell us what you think.

knowledge this isn't thought to be related to genes. You can help your daughter by encouraging her to make decisions. Although you don't mention her age, even small children should be given a choice of what fruits or vegetables they prefer and should be allowed to select their own ice-cream flavor and items of clothing. This can begin very

Editor's Note: The Colby Free reassures them that they and Press was offered to sample adtheir views matter, but it lets them practice making decisions.

Person upset over decisions

such difficulty doing this might be that you may have been raised with parents who overemphasized the need for perfeccan be a major step toward Even shopping is sometimes progress and ultimate success. Remind yourself that it might not matter exactly which product you buy. The stress that builds up due to your fear of making an error is bound to almost always seems to irritate take a toll on your health.

Dear Dr. Brothers: I hate the fact that most of our mornings start off with fights as we try to get our two adolescents out of bed on

I manage to keep my cool better than their father, who gets increasingly angry when he has to return, scream and shake them until they drag themselves to their

One obstacle is that we're both commuters, and timing is everything because of endless traffic. We're living more than 80 miles from the city where we work, and we moved to the country for the early in their lives. It not only kids.

I think this fact grates on him because of the high price of gas, and also he wasn't eager to move One of the reasons you have anyway. Any ideas for solutions that would help our mad-house mornings? — R.E.Dear R.E.: Yes. If your young-

sters are like most their age, tion, instead of teaching that we they're not getting nearly learn by making mistakes. An enough sleep, and, like their error, an attempt and a failure parents, they're apt to be overscheduled with extracurricular activities, some of which should perhaps be lessened to make it possible to complete homework assignments earlier, allowing a full nine or even 10 hours of sleep. Granted, in order to do this, it

might mean cutting out some time at the computer and turning off TV sets or limiting viewing to an hour. If you could accomplish this, maybe using a special reward for weekends only, you'd have less-frantic commutes, and your mornings would be more relaxed. Your youngsters probably won't believe this, but insufficient sleep makes learning and retention of what's been learned more difficult. Sleep deprivation has a negative effect on creativity and judgment as well.

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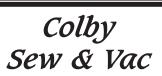
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