# Opinion



### Free Press **Viewpoint**

### No one wants Obama's hot potato

The new administration may find closing the detention camp at Guantanamo Bay, Cuba, difficult, even with the best of in-

For one thing, no one wants most of the prisoners still on the island. It's not widely realized that the Bush administration already has released nearly two-thirds of the 800-some prisoners held at the Navy base over the last eight years.

Some of those determined to be more or less innocent were simply sent home, but that won't work for many.

No one wants the real bad guys, like the militants now on trial this week who not only admit their complicity with the 2001 attacks and the bombing of the USS Cole, but say they want Uncle Sam to provide a martyr's death for them.

Even if we wanted to release these guys, who'd take them? Then there are more than a few prisoners who can't go home because their own countries won't take them back. Others

can't be sent home because they'd likely face death, torture This applies to a dozen or so Chinese Muslim militants cap-

tured in Afghanistan. They have asked to come to the U.S. for political asylum, but for diplomatic reasons the U.S. government is reluctant to do that. It would upset relations with the communist government.

Sending them home is likewise unacceptable. Their government might well put them on trial as traitors. Their lawyers say they have no future there.

What will happen to them, no one knows. As members of an oppressed minority who admit having trained to take terrorist action at home, they're kind of a hot commodity. They claim only friendship for America and Americans, but it's hard to see even the new administration allowing them to come here.

Of the 275 remaining prisoners, many others will have trouble finding a place to rest. That's why many of them remain on the island.

And if the administration has any thoughts about bringing them to the mainland, either for trial or to hold them after conviction, no one here wants them either. Both Kansas senators promised to fight any attempt to build a prison for them at Leavenworth, for instance. Economic development be damned.

This week, Sen. Sam Brownback introduced a bill to require the administration to get permission from Congress before they move any prisoners anywhere in the U.S. It's likely that no state will want them, since they represent a potential target for al-Qaida or other terrorists.

We think Guantanamo Bay has outlived it's usefulness and should be closed. It represents a symbol of ill treatment and playing fast and lose with human rights this country would be best to put behind it.

But solutions will be hard to come by. The administration may find that it's ambitious one-year timeline is rather mistic.

Steve Haynes

We encourage comments on opinions expressed on this page. Mail them to the Colby Free Press, 155 W. Fifth St., Colby, Kan., 67701, or e-mail s.haynes @ nwkansas.com or colby.editor @ nwkansas.com.

#### Colby Free Press

155 W. Fifth St. Colby, Kan. 67701 (USPS 120-920)

(785) 462-3963 fax (785) 462-7749

Send news to: colby.editor @ nwkansas.com

State award-winning newspaper, General Excellence, Design & Layout, Columns, Editorial Writing, Sports Columns, News, Photography. Official newspaper of Thomas County, Colby, Brewster and Rexford.

Steve Haynes - Publisher

**NEWS** 

Andy Heintz - Sports Reporter

Marian Ballard - Copy Editor

Marj Brown, Vera Sloan - Society Editors

**ADVERTISING** 

Jasmine Stewart - Advertising Manager

Heather Woofter - Advertising Sales

Tyler Zolinski - Graphic Design

Jessica Estes - Classified Ad Desk

estes @ nwkansas.com

**BUSINESS OFFICE** 

Tammy Withers - Office Manager

Evan Barnum - Systems Administrator support @ nwkansas.com

#### **NOR'WEST PRESS**

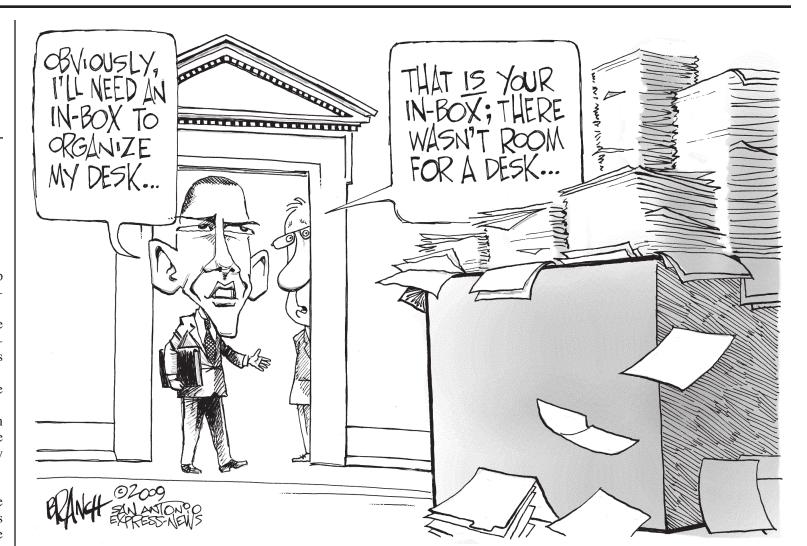
Jim Bowker - General Manager Richard Westfahl, Lana Westfahl, Jim Jackson, Betty Morris, James Ornelas, Barbara Ornelas, Tasha Shores, Elizabeth Brock

THE COLBY FREE PRESS (USPS 120-920) is published every Monday, Wednesday Thursday and Friday, except the days observed for Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day and New Year's Day, by Nor'West Newspaper, 155 W. Fifth St., Colby, Kan., 67701.

PERIODICALS POSTAGE paid at Colby, Kan. 67701, and at additional mailing offices POSTMASTER: Send address changes to Colby Free Press, 155 W. Fifth St., Colby,

THE BUSINESS OFFICE at 155 W. Fifth is open from 8 a.m. to 6 p.m. Monday to Friday, closed Saturday and Sunday. MEMBER OF THE ASSOCIATED PRESS, which is exclusively entitled to the use for publication of all news herein. Member Kansas Press Association and National Newspaper Association.

SUBSCRIPTION RATES: In Colby by carrier: 4 months \$40, 8 months \$56, 12 months \$74. By mail within Colby and the nine-county region of Thomas, Sheridan, Decatur, Rawlins, Cheyenne, Sherman, Wallace, Logan and Gove counties: 4 months \$53, 8 months \$65, 12 months \$82. Other Kansas counties: 4 months \$60, 8 months \$70, 12 months \$85. All other states, \$85, 12 months.



## We're on the road again

"I remember my parents taking two vacations when I was young," Mae said. "We all went on vacation whether we needed it or not. Both times it was to California to visit relatives.

Oh, yes. We went to Arkansas to see Mom's family. It was a 12-hour drive and we went straight through, starting early in the morning and driving until we got there.

"Yep," she agreed. "My parents really didn't believe in spending any extra money on motels and such.

"Well, once we took my grandmother. There were my parents, four of us kids and grandmother in the station wagon. That year we stopped at a motor court. It was awful."

Trips back then were a real adventure. With the dawn of the Interstate, America took to the road. Where there had previously been two-lane tracks across the country, now there were paved two- and four-lane roads ready to take families anywhere their Chrysler, Dodge, Plymouth or Ford would go.

The ads of the day showed a carefree father driving with wife in the front and two welldressed, perfectly behaved children in the rear of the family convertible.

Our parents bought station wagons and we took off for New York, California, Florida and



#### Cynthia Haynes

Open Season

everywhere in between.

Rich people could afford to stay at motels. Our fathers were the core of the American working man — hers was a farmer, mine was a fireman and then worked for the electric company. We went by car as fast as the roads and the law would allow, with Dad driving most

And to be honest, the motels weren't exactly up to the standards of Mr. Hilton or even Mr. 6. They had tiny little rooms with a double bed. They were either too hot or too cold and there was little or no hot water in the bathroom, which contained a sink, toilet and bathtub, all a little bit the worse for wear.

Life on the road in the '60s and '70s wasn't

But, that didn't keep us home. After all, we were going on vacation whether we needed it or not.

Probably, it was worth it. We both remembered playing with cousins we almost never got to see and driving our parents half crazy as we whined for bathroom breaks and spilled food and drink all over the upholstery.

I remember taking my children back to see their grandparents one year when we lived in Colorado. We stopped at one of those motor courts in eastern Colorado. It seemed fine when we stopped at 10 p.m., but the next day ,we discovered that the manager had sprayed for bugs that day. We found them all dying on the carpet in the morning. Let's just say we never stopped there again. In fact, I think we drove straight through from then on.

Maybe our parents knew more than we gave them credit for while we were sitting in the back seat seeing how much we could annoy each other, and them.

"Mom, she looked at me."

Ah yes, I remember it well, from both front and back seats.

Cynthia Haynes, co-owner and chief financial officer of Nor'West Newspapers, writes this column weekly. Her pets include cats, toads and a praying mantis. Contact her at c.haynes @ nwkansas.com

## Weight loss is best when it's slowest

How many ways are there to lose weight? The television screens are packed with choices, magazines are overflowing with sug-

gestions, and radio chimes in. We can't seem to get away from it.

One company even tells us we can eat away the pounds. Another says we can sleep off the pounds. The weight-loss thing is almost at the point of being ridiculous!

Which brings up a little story about a friend of mine in Hays, where I grew up, and the problems he had with weight control. Way, way overweight, not always feeling like he would want, tired of lounging around and an enemy of exercising, for him, even walking was out of the question.

So, for the sake of this story, I will use the name Bart to keep his identity confidential.

Bart, on suggestion of family and friends and after a lot of arm twisting, finally made a doctor's appointment. The doctor was surprised to see his name on the list of appointments.

Bart was restless, anxious, fearing a real lecture from the doctor. How surprised he was at the cordial welcome and relaxed conversation he and the doctor had. Of course, the doctor's approach to Bart's weight concerns had much to do with what Bart was telling him and how he answered questions.

Thirty minutes later, the doctor prepared Bart for a physical — top to bottom. Heaven forbid, Bart'd never been in the presence of another male wearing what he was born in. But reluctantly, he followed the doctor's directions. When the doctor told Bart a nurse would be joining them in the examination, Bart almost lost it. You see, back then nurses were nearly all women, and it was rare to see a male nurse. But the doctor assured Bart it would be OK; her role in the exam would be limited.

Bart later told me that there wasn't a part of his body excused from the exam.

### Tom **Dreiling**

#### Norton Telegram

"What do my toes have to do with weight

gain?" he asked. I told him the doctor might have suspected he was hiding food under his toenails, given

the amount of weight he was carrying around. Bart, incidentally, was 150 pounds, give or take a ton, overweight.

The doctor's suggestion after a long exam was simply this: "When you sit down to a meal, take only one serving, then push yourself away from the table."

He told Bart following that pattern, along with some walking, would begin the process of reversing his weight problem. Before Bart left, the doctor again stressed the importance of pushing away from the table. Push! Push! Push! Those words kept swirling around in Bart's head.

Old Bart just knew this wasn't going to do the trick. But he'd give it a try.

Well, lo and behold, Bart started losing weight. Each time he went to the doctor's office for a checkup, they were amazed at how he was doing. Bart always bragged that "one helping will help me get rid of all these sloppy pounds — if I *push* myself away from the table after one serving!"

Month after month after month, Bart was losing a pound here and a pound there. He was happy, the treatment was doing its thing. He looked healthy. He was losing weight.

Then, suddenly, he began to gain a pound

here and a pound there. It didn't take long for that to wipe out all the ground he had gained. After he put on even more pounds, the doctor became concerned and sat him down for

"What's going on here?" he asked. "Aren't you limiting yourself to one serving and then pushing yourself away from the table?'

Bart looked his doctor right in the eyes and said, "Yes, yes, I have been doing what you told me to do, but then I got so weak I couldn't push myself away from the table!"

End of Bart's battle with weight.

I can remember when I was carrying around more pounds than I should have. I lived in Goodland at the time, and I made an appointment to see my favorite, Dr. Robert McCullough, because I just wasn't feeling all that great. We talked about a number of things and eventually the word "diet" entered the conversation.

Quick weight loss was the emerging fad at the time, but he cautioned against taking that route. He gave me some suggestions, and one that I still practice: "lose weight slowly, be patient." I was over the 200-pound mark. It took a year or more to drop down to 190, then eventually 180, a weight I try to maintain today.

I don't want to preach, but remember, we are all custodians of our bodies. They look like we want them to, for the most part. There will be, however, some exceptions due to other health

With a new year upon us, why not make 2009 the year to kiss good-bye to the pounds you have absolutely no need for.

Make that your challenge. Don't do it rapidly. Be p-a-t-i-e-n-t!

Have a good evening! And while you are in the house of worship of your choice this weekend, add consultation with your creator to the

list of things necessary for a healthier you!

### Mallard **Fillmore**

Bruce Tinsley

