

Bush adds over 20,000 troops to Iraq

by Julianne Philpott

It's been the most televised political debate for weeks. Speaking from the White House on January 10, President George W. Bush said that he will increase American forces by more than 20,000 troops. Most will go to Baghdad to bolster the nearly 140,000 troops already there.

As stated in New York Times, senior Pentagon officials believe that additional American forces are needed in Baghdad to clear neighborhoods of insurgents and conduct other combat operations in order to regain control of the capital. "The mission that most people are settling on has to do

with using them in a security role to quell violence in Baghdad and the surrounding area," a Senior Pentagon official, who was involved in the planning, explained.

In late December, after meeting with his top military advisers, President Bush said that his administration was making "good progress" in fashioning a revised Iraq strategy. "I've got more consultation to do until I talk to the country about the plan."

Bush gave two specific reasons for the failure to secure Baghdad and the need for more troops: he believes there are not enough Iraqi and American soldiers to secure neighbourhoods and that there are too many restrictions on the troops.

The U.S. death toll topped 3,000 in late December, and estimates of the Iraqi death

toll range from 50,000 to several hundred thousand. Figures from Iraqi ministries suggest that deaths among civilians are also at record highs.

In June 8, 2005, 18 months ago, President Bush stated that sending more troops to Iraq would "undermine our strategy of encouraging Iraqis to take the lead" and "suggest that we intend to stay forever."

The new leaders of Congress have spoken out against Bush's newest strategy, calling the idea "a strategy that you have already tried and that has already failed."

In a letter released on January 5, 2007, House Speaker Nancy Pelosi and Senate Majority Leader Harry Reid wrote: "Adding more combat troops will only endanger more Americans and stretch our military to the breaking point for no strategic gain... it would undermine our efforts to get the Iraqis to take responsibility for their own future."

With reference to exactly how much has been put into the war on Iraq, they add: "After nearly four years of combat, tens of

thousands of U.S. casualties, and over \$300 billion, it is time to bring the war to a close... We, therefore, strongly encourage you to reject any plans that call for our getting our troops any deeper into Iraq."

Even after facing much opposition, Bush stands firm: "I've made my decision, and we're going forward." Bush said that he has the authority to act no matter what.

Officials say that in order to accomplish the plan, soldiers and Marines will need to extend their duty. For example, Marines who spend seven months in Iraq will stay there for three or four more months. Likewise, soldiers who serve for a year will stay four months longer.

Most of America, it seems, also believes that the idea to increase troops in Iraq is a bad one. In a poll conducted by CNN in December, less than a third of Americans say that they still support the war. In defense of his strategy, President Bush stated, "It's important for the American people to understand success in Iraq is vital for our own security."

Those pesky New Year's resolutions

by Niki Klukas

Another January is coming to an end, and with it comes hopeful plans for the New Year as well as lofty and occasionally unlikely goals. New Year's resolutions are once again being vowed and broken.

According to About.com, some of the top resolutions are to spend more time with friends and family, lose weight/get fit, quit smoking, enjoy life more, quit drinking, learn something new, help others, and get out of debt.

Many people make some of these grand resolutions. Others aim lower and try to remember to feed the cat or to floss nightly.

The tradition of New Year's resolutions dates back to 153 B.C. when "many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year," says Goalsguy.com.

Noël Holton, of the University of Maryland Medical Center, offers some advice in order to help people achieve success in keeping their resolutions.

He explains, "Experts agree that no matter how stubborn a habit you've developed, there are ways to break negative patterns and keep healthy resolutions throughout the New Year. The trick is to keep everything in perspective."

"Focus on realistic goals with measurable results," said Jill RachBeisel, M.D., director of community psychiatry at the University of Maryland Medical Center. "You need to break things down into small steps that you can manage."

RachBeisel said that instead of trying to lose 50 pounds, focus on losing five pounds at a time. Similarly, instead of trying to lose five pounds per week, focus on losing one pound per week.

Some advice both Holton and RachBeisel offer is to "avoid perfectionist thinking, view setbacks as lessons for growth, don't make absolute resolutions, tell someone about

your resolution, and take baby steps." In order to have any chance at keeping resolutions, especially life changing ones, people have to be focused and motivated without being too hard on themselves.

Holton indicates that people are too quick to give up if they find it challenging or make mistakes. People cannot worry about failing at first. It is fine to flounder and have setbacks.

A support system, says Holton, is often an excellent strategy. One person trying to keep a resolution is less likely to be successful than a group of four or five friends who are there to support one another.

To have a group to be held accountable to helps because typically people are harder on themselves than a group of their peers would be, says RachBeisel.

A few more tips that Holton and RachBeisel offer are to keep the goals realistic and to limit resolutions to one per year. Creating realistic goals is the big key to success.

Finding a balance between realistic goals and resolutions that are too easy to reach can be a challenge as well, according to Holton. Losing 100 pounds may be too drastic, but losing 2 pounds is probably not drastic enough.

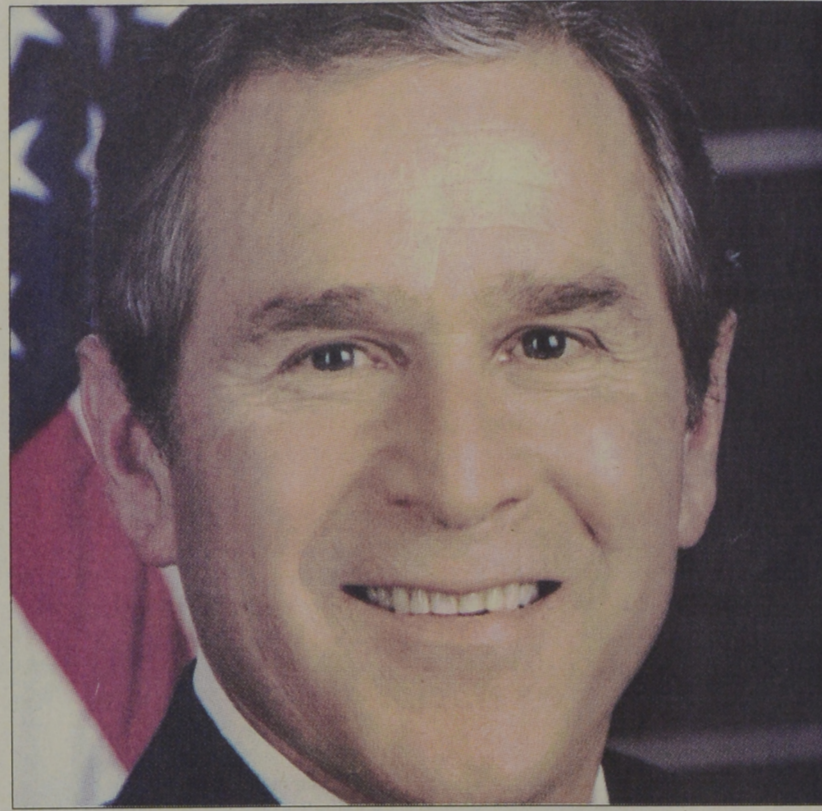
According to Wikipedia.com, "past the first week 75 per cent, past 2 weeks 71 per cent, after one month 64 per cent, after 6 months 46 per cent" of resolutions are actually kept.

Even though many resolutions are broken, Holton and RachBeisel suggest that simply the act of making a resolution is helpful.

"People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions," they say.

They argue that simply making a resolution puts people in a more positive state of mind about enacting changes for the better in their lives.

So, whether they will be kept or not, resolve on.



Internet

Woman looks to sue for brainwashing at McGill

CIA, Canadian government funded Cold War era experiments

by Josh Ginsberg
The McGill Daily (McGill University)

MONTREAL (CUP) -- Five decades after a McGill University researcher

subjected her to massive electroshocks and experimental drugs, and forced her to listen to hours of recorded messages, a Montreal woman is seeking compensation from the Canadian government.

Janine Huard was one of hundreds of people Dr. Ewen Cameron experimented on without their knowledge in the late 1950s and early 1960s.

Last week, her lawyers argued before a federal court judge that she should be allowed to file a class-action lawsuit against the government of Canada, who funded the experiments jointly with the U.S. Central Intelligence Agency (CIA).

Cameron first treated Huard in 1951 when she went to see him for post-partum depression. She continued to see the doctor until 1962, during which time she served unknowingly as a participant in Cameron's behaviour-control experiments.

As director of McGill's Allan Memorial Institute, Cameron developed "psychic driving," a technique that he hoped would cure mental patients by erasing their memories and constructing a new psyche for them.

Cameron used electroshock, sensory deprivation and drugs such as LSD to "depattern" his patients, returning them to a childlike state and leaving them open to suggestions from recordings played over and over again while they slept.

His work attracted the attention of the CIA, which, from 1957 to 1960, funded his research as part of the infamous Project MK-ULTRA, aimed at developing techniques to control behaviour.

According to testimony before a 1977 U.S. Senate committee, MK-ULTRA also saw LSD administered to U.S. prison inmates and patrons of brothels without their knowledge.

Huard received US\$67,000 from the CIA in 1988 as compensation for her suffering, but has been denied similar compensation from the Canadian government three times on the grounds that she was not fully depatterned. In 1994, the government handed out \$100,000 each to 77 former patients of Cameron. Another 253 claims were rejected.

In a book on the experiments first published in 1988, author Anne Collins supports the government's contention, writing that although Huard was exposed to electric shock and drugs "to the point that she had suffered extended periods of involuntary trembling," she was not actually depatterned.

Alan Stein, Huard's lawyer, disputed this claim.

"In my opinion, [Huard] was totally depatterned. She was subjected to not only electroshock treatment but also psychic

driving," he said.

So far, the court has not decided whether to allow the class-action suit to proceed. The government is contesting the application on the grounds that Huard waited too long to file the suit -- Cameron died more than 40 years ago, and it has been 10 years since the court rejected her last claim.

But in 2004, the court overturned another decision from 1994, and awarded Gail Kastner \$100,000. Kastner was among the claimants who were not awarded the federal government's compensation package. Her treatments were found to be less intense, with fewer long-term effects.

Stein was unwilling to express optimism that the court would ultimately allow the suit to proceed. However, he said that the merits of the case and the exceptional circumstances surrounding it were strong enough to justify a decision in Huard's favour. He also encouraged the public to write letters in support of Huard to Justice Minister Robert Nicholson.

Stein added that he was surprised and disappointed that McGill has not made a public statement about the case, or apologized for what happened to Huard.

As of press time, no McGill official would comment on the matter.



Congratulations to Gordon Margison of Fredericton, New Brunswick, on being awarded a prestigious Frank H. Sobey Business Excellence Award for 2006-07. Gordon is in the third year of the BBA in Aviation and Operations Management program at UNB Fredericton.

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