

Editorial

An invasion is an invasion

Afghanistan, a Soviet "satellite," was invaded by the Soviet Union in 1979 when its puppet dictator began to stretch the strings which bound him to Moscow.

The Soviets, with the aid of the Afghani army, overran the country and installed a new dictator, one more responsive to their demands.

The United States raised a great hue and cry about the invasion by the evil Soviet Empire and slapped an embargo on American grain shipments to the Soviet Union. The U.S. government attacked the Soviets for expansionism and intervention into the affairs of another nation.

Early Tuesday morning 1,900 American soldiers and a handful of soldiers from member countries of the Organization of Eastern Caribbean States (OECS) invaded the Caribbean island of Grenada, the site of a military coup last week which replaced one Marxist leader with another. The forces took control of Grenada's two airports and attacked the camps of Cuban construction workers, killing several Cubans and taking prisoner an undetermined number of the workers.

Two questions are immediately brought to mind by the American invasion. First, how does it differ from the Soviet occupation of Afghanistan, and second, what does the United States hope to gain from it?

A quick response to the first question might be that they asked us to come. Who are *they*? Not the people of Grenada, or even the estimated 1,000 Americans living there. *They* are the members of OECS, a group of nations sympathetic to the United States.

Another response, of course, could be that the Soviet invasion was an act of aggression by a Communist nation bent on world domination, while the American invasion is an act by an altruistic free country which has the best interest of the people of Grenada and the entire Free World at heart.

But American support of totalitarian regimes like Anastasio Somoza's in Nicaragua, the Shah's in Iran, and the current El Salvadoran government indicates just whose interest the United States has at heart.

It appears that the Soviet and American invasions are quite similar. In both cases, a superpower perceived that a relatively weak nation positioned near their borders was a potential threat to their interests, and responded with military occupation of that nation. The Soviets told the world it was for Afghanistan's own good, and it is predictable that the United States will tell the world it's for Grenada's own good as well. Both invasions violated the rights of those nations to determine for themselves what is their own good.

Beyond the question of ethics of the U.S. invasion lies a query which may be even more difficult to answer. What is the American mission there?

If the American citizens in Grenada want (or need) to be rescued, if our Marines rescue them and leave the island, the invasion possibly could be justified as an act undertaken only to protect American citizens, although it would be very difficult to prove that such action was necessary.

Perhaps the United States will employ the catch phrase it has been using to excuse military intervention in Nicaragua, El Salvador and Lebanon — "checking Soviet expansionism." True, Grenada has ideological ties to the Soviet Union and was host to 30 Soviet and 50 Cuban military advisers.

But El Salvador is host of a large number of U.S. military advisers. Would the Soviets be justified in a military occupation of that country aimed at "checking capitalist expansionism?" Of course not, *they're Communists*.

The people of Grenada are no better off under American military rule today than they were under Grenadan martial law Monday. U.S. military intervention is not serving the people of Grenada, and it is highly questionable whether the intervention truly will serve anyone else — especially the United States.

— Christopher Burbach

Anger 'raging epidemic' that has everyone upset

I don't know if you've noticed it, but everyone seems to be on the verge of blowing up these days. People are walking around in a constant state of being ticked off.

You can see it as you're walking down the street: men and women have their jaws clenched. Their faces are purple. You wouldn't be surprised to see steam start coming out of their ears. At a traffic light, you can actually see drivers' complexions change colors as they become more and more frustrated by the wait.



Bob Greene

It turns out that the anger floating around our streets has become so widespread that one family counselor has even started to specialize in analyzing and treating it. He's a fellow named Mitchell Messer, and he conducts weekly meetings called Anger Clinics. Messer seemed like as good a person as any to ask about the pent-up fury among our friends and neighbors.

"It's an epidemic, there's no doubt about that," said Messer, 52. "None of us were here in previous centuries, so there's no way to say if things today are the worst they've ever been. But it's hard for me to imagine them being any worse."

Messer said you don't have to be a psychiatrist or a psychologist to notice the increasing signs of everyday anger.

"I see people walking down the streets talking to themselves, muttering under their breath," he said. "I see people pushing other people on the subway. I see people walking into a department store and yelling at the salesclerk, and the salesclerk yelling back."

"Somebody says something we don't like, a motorist cuts us off, we miss an elevator by one second — things that small set the anger off. We ignite. When we miss that elevator, we don't think about why a tiny thing like that should make us so angry. We perceive missing the elevator as a sign of being victimized. We think, 'It always happens to me.' We begin to think the world is unfair."

What's behind this, Messer said, is the fact that Americans have traditionally been taught that it's a bad thing to be angry.

"People in this country are supposed to be nice at all times," he said. "From the time we are born, we are taught that the last thing we should ever do is

be angry — and if we are angry, we should never let it show. The ideal was for all of us to behave as if we were in a Norman Rockwell painting. No one ever got angry in a Norman Rockwell painting.

"As a result, you have a whole nation of people walking around with 30 years of anger built up inside of them. All of the anger from the third, fourth, fifth, and sixth grade is still in there. When people are very young, they learn from their parents that if they get angry, they'll be sent to their room. They're taught that being angry is unpleasant — that it's unacceptable in polite society. And they never forget that lesson."

Blowing up is not the answer to this, Messer said. Blowing up does not "let off steam" — instead, it often makes things worse. "People think that by slamming a door or kicking the dog, they will release some of their anger," he said. "It doesn't help. It just adds more anger. The next day, the same thing happens again."

"Those kinds of responses are inappropriate responses to anger. Hollering and screaming, taking out the anger you feel toward your superior at work on your wife and kids, sarcasm, cruelty — those are all inappropriate responses to anger. Vindictiveness, bitterness, sulking and pouting — more inappropriate responses."

So how should a person who's walking around red-faced and muttering respond to his inner anger? One of the simplest and most effective methods, Messer said, is to simply confess the anger to the person one is angry at.

"Think about it," Messer said. "People almost never directly admit their anger. They say they're 'hurt' or 'upset' or a thousand other code words. But it helps tremendously to go up to the person who has made you angry, and to say: 'I am angry at you. Here's why.'"

"People are reluctant to do that. They don't like to let other people have the satisfaction of knowing they've gotten to them. So they carry the anger around inside and never admit it out loud."

"I also recommend writing an 'angry letter.' Sitting down and putting down on paper, in a letter to the person who has made you angry, just why you feel so angry. It doesn't even matter if the person is still alive. The person could write, 'Dear Mom — I'm very angry at what happened 30 years ago. Even if the person's mother is dead, the letter still serves its purpose. The letter really isn't for the person who receives it, anyway. It's for the writer.'"

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WAR GAMES



Grenada intervention seen as governmental intervention

More than anything else, I feel deceived.

I feel deceived because my government, when it should have been mourning the loss of hundreds of U.S. Marines, instead was secretly plotting to risk the lives of hundreds more in combat in Grenada.



Mike Frost

I feel deceived because I felt indignant when the Soviets shot down (accidentally, our government belatedly has admitted) a Korean airliner. Yet, I now find myself a citizen of a country that engages in similar barbaric tactics.

I feel deceived because I still don't believe we are being told the truth by our president and his administration. They have told us the incursion into Grenada has to restore peace; instead it has caused war. They told us the action was designed to protect Americans in Grenada; instead, it has endangered them. If our aim truly was to make the Americans on that island safe, why not just bring them home? We must have had some other motive, yet the president is unwilling to dis-

close it.

I feel deceived because after the Vietnam War, I believed our government would never act as militarily irresponsible again. Yet, we now find American Marines stationed in no less than three trouble spots (El Salvador, Grenada and Lebanon). Supposedly, they are "peacekeepers," yet wherever they go, death and violence seem to follow closely behind. And there is no sign that any of them are about to go home.

I feel deceived because this administration assured us that this generation would be one of peace. And said it would never be involved in armed conflict unless absolutely necessary. Yet, men my age, men who graduated from high school the same year I did, are dying in Grenada and in Lebanon.

I feel deceived and I don't know what to do about it. Seemingly, a draft is just around the corner. After all, if American troops are being committed around the world, before too long they will need to be replenished. And it is our generation which will be drafted into service. I don't know how I feel about fighting for this country right now. Last year, last month, even yesterday, I would have fought for it.

But, now the government has deceived me, it has deceived us all. And now, I just don't know what I'd do.