

### When exercising isn't exercising

Exercise! That's what they tell us we need to do more of. Exercise! Get those legs and arms moving. Get that body up and in motion. You can't do it sitting on your bottom. Someone ought to tell that to the companies that make stuff that you can exercise with while you sit in a chair, or sit in a seat on a machine that picks up leaves that cover your lawns. What ever happened to the old fashioned way of raking leaves and stuffing them in bags and pulling the bags to the alley? That used to be a form of exercise. But more and more we are finding ways to exercise without disturbing the romance our bottoms have with chairs and other seats. Maybe our lack of exercising as it was meant to be done, figures in our obesity problem. Well, I gotta' go home now and stretch out on the couch and exercise while I watch TV and snack. I'll feel much better after that workout!

Good Evening Norton  
Tom Dreiling



Yes, I have been watching the Democratic National Convention in the Mile High city. Some friends on the scene tell me that some of the visitors have given a whole new meaning to "mile high." I bet!

I enjoyed the presentation by Michelle Obama. Her life wasn't easy, and many could relate their growing up years with hers. We see her and Barack Obama today as polished individuals, coming as the result of years of hard work, study, a little luck here and there and a lot of determination. She did very well stating her case.

Sen. Hillary Clinton spoke well, as did husband former President Bill Clinton. I think their message was loud and clear: Barack Obama must have the support of all of you who supported us during the primary. We won't really know how that message sold until the votes are counted Nov. 4.

Vice Presidential pick Sen. Joe Biden did an outstanding job. He'll add a lot to the ticket. He's just "one of the guys" and I have a hunch he'll turn Sen. Obama into just "one of the guys" in the weeks and months ahead.

I won't be able to comment on Sen. Obama's acceptance speech due to deadlines. This column was written before he took the spotlight at Mile High Stadium in Denver. Yep, I still call it Mile High Stadium, much like I use the old-fashioned term, Christmas Vacation, instead of Winter Break.

I am anxious to see who Sen. John McCain picks as his running mate. I think former Governor Mitt Romney would be a good fit. But there are others mentioned that could also fit the bill, too. There are a lot of people who aren't comfortable with Mr. Romney's religious beliefs. But isn't it sadly funny how religion — that thing we all talk about and swear we practice — seems to get in the way?

It'll be fun to watch the GOP convention in St. Paul, starting Monday. Oh, yes, somebody should tell Sean Hannity that the convention site is St. Paul, not Minneapolis as he told former NYC Mayor Rudy Guiliani earlier in the week. St. Paul folks don't appreciate taking a back seat to Minneapolis. It's kind of like getting Sean Hannity confused with Keith Olbermann.

I will be watching closely how Sen. John McCain and his vice presidential running mate look when they meet officially for the first time in front of the cameras and their supporters. The reason I bring this up is because of how Sens. Obama and Biden were attired when they stepped before their cheering thousands. I looked them over and noticed both were wearing white shirts, Obama with a red tie and Biden with a blue tie. Red-White-Blue. That smacks of being patriotic! Huh!?

A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary." The teacher then asked, "Who knows what Jesus' father's name was?" A little kid said, "Verge." Confused, the teacher asked, "Where did you get that?" The kid said, "Well, you know they are always talking about Verge n' Mary."

Have a good evening. And if you happen to see Verge at the church of your choice this weekend, tell him hello!



### Do your homework before you vote

To the Editor,  
In a phone call on Monday, Aug. 25, Steve Haynes requested that I set down my views on the coming election. This is my attempt to do so. I note the political conventions are just beginning, so my views may be influenced by them, but I doubt it. At the conventions, after all is said and done, much more will be said than done.

This election seems destined to rise to a new level of hate and vicious attacks on both candidates. Several books have been written doing hatchet jobs on the candidates. They are vilified, slandered, their integrity questioned, and their families subjected to attack. I remember during the 1960 election, John Kennedy was subjected to attacks on his faith and loyalty, but nothing like this. I also remember the hateful charges that Lyndon Johnson was a scheming McBeth who was responsible for Kennedy's assassination.

What rubbish!  
U-tube and the internet have taken these personal attacks to a whole new level. Talk of coon hunting, i.e. killing blacks, nasty assaults on their manhood, their integrity and who they are. Hogwash! Such ridiculous filthy trash. It's shameful to vilify our future leaders in this way and

### Your Turn

I'll have none of it.  
Both Senator McCain and Senator Obama are men of integrity. Both have been elected by the people of their home states to the United States Senate. Both have made personal sacrifices to serve their country. They deserve our understanding and respect.  
The real issue for those who live in western Kansas is ethanol. Millions have been invested in our ethanol plants and the improved price of grains has greatly benefitted our entire area. Senator McCain has pledged to cut off subsidies for ethanol. Senator Obama has pledged to support ethanol and other forms of renewable energy. People much choose between their pocketbook or their prejudice.

People in our area don't seem to want to work at understanding political questions. I remember a friend in the 1964 election who told me his mind was made up years before the election. He simply wasn't interested in looking at the issues in that race.

I am sorry that Representative Faber does not feel the need to debate the issues

before us. He should help us understand the choices that confront us. His absence and lack of response prevent meaningful debate. I am also disappointed by the lack of civic involvement in promoting the education of voters. Learning about the issues before we vote is a duty we owe our country. Elsewhere community forums raise issues and give candidates a chance to respond. This is lacking in our area.

We need a person of vision who will lead, not just react to others. We need to consider what the state needs for an energy policy. We need to look at our response to climate change. What can this district do to be part of the next 10-year transportation plan? How do we get the state to meet its obligations to those in need? It's not by cutting taxes and borrowing against our children's future.

Western Kansas is facing some crucial questions concerning our water supplies. We need to be looking for solutions. We need to develop our wind energy and we need leadership to revive our rural economy.

I urge people not just to vote, but listen to the debates, sort out what is important to them and make an educated vote.

Bob Strevey  
Norcatour

### Our political direction not the issue

The year was 1964. I was a senior in high school. The previous year had marked several crucial experiences. On August 28, 1963, Martin Luther King, delivered his famous, "I have a dream" speech following the Washington March. A march intended to bring attention to the plight of black Americans and help to establish "meaningful civil rights laws, a massive federal works program, full and fair employment, decent housing, the right to vote, and adequate integrated education."\* Later in 1963 the first Catholic president, a man committed to helping Black America, was assassinated.

Civil rights has not come easily to America. In 1986 Jack was transferred from Reno, Nevada to Tuscaloosa, Alabama. When I phoned my mother to tell her the news, she replied, "Mary Kay, you do know they don't know the war is over." I thought she had read too many novels. No one could have prepared me for the fact 22 years after the Civil Rights Laws were passed, the deep south still had a black school bus and a white school bus; a black public school and a white flight

Phase II  
Mary Kay  
Woodyard



by your family because he/she isn't "one of us". I can't imagine if everyone got out of the pool when you and your friends got in. I'm sure life in Alabama in the 1980's was better than in the sixties, but it certainly had not accomplished all of Martin Luther King's dreams.

No matter your politics, one cannot help but be proud of the crossroads on which we stand. It helps us to appreciate why people risk their lives to come into this country on crowded boats, in semi-trailers with no windows, or crawling along the ground to cross the border. The push to fulfill a dream of owning a home, marrying the person you love, the right to have a decent job and yes, to become president of this great country. Our political direction is not the issue, it is our undying ability to grow, evolve and redefine who we are and who we can become.

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\*http://www.stanford.edu/group/King/about\_king/encyclopedia/march\_washington.html

### Thumbs Up

To... Bernie and JoAnn Bowen, on your 50th wedding anniversary today. (called in)

To... Those who organized the St. Joseph Parish Bazaar at New Almelo. Great job! (e-mail)

To... The community of Jennings, for such a fun day at your annual Firemen's Fun Day. It was fun! (called in)

(To submit a name of names, please e-mail tom.d@nwkansas.com, call either 877-3361 or 877-6908, fax 877-3732, mail to 215 S. Kansas Ave. 67654 or drop by the office. Thanks for your continuing input. - td)

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