

### Ticktock, time to change your clock

We can finally stop yawning. Yep, the clock will take care of that at 2 a.m. Sunday. That's when we welcome Standard Time (Central Standard Time in our case) and bid farewell to Daylight Saving Time. Moving back to Standard Time will allow us to reclaim that hour of sleep we lost last March when we went to Daylight Saving Time. Of course we will want to move our clocks BACK one hour before jumping into bed Saturday night.

Not all people in the United States will take part in the time switch. Hawaii and portions of Indiana and Arizona ignore this semi-annual trade-off and have for many years. I guess they have more important things to do at two o'clock in the morning — like sleep!

Changing time is not what it used to be. I remember when we had only one clock in our house to adjust. Now, here I am, many years later, the sole occupant of my digs and I have no less than eight, that's right 8 clocks to move before I call it a night Saturday. And by the time I get done, none of the clocks will have the same time, they will be off because it is not possible to reset them all at once. Bet you hadn't given that any thought!

In any event, don't forget the ritual as you prepare to climb in bed. The reward is simply one extra hour of sleep. Oh, remember to change your battery in your clock and your smoke detector.

The time change does have some negatives. Take me, for example (Who in their right mind...). As a Type 1 diabetic going on 20 years this year, I take my insulin injections at the same time each day. However, when we change Old Man Time, it throws me off. And usually I can feel the impact for about a week until I have it all nailed down. But after readjusting my insulin intake after readjusting my clock for all these years, it has become more or less a game. And the fact I'm still able to play that game speaks well for the way I am handling it. So, Saturday night I'm back in the line-up!

Here's a little story that'll make the little lady prance around the house with a bit more authority:

Jeff was a single guy living at home with his father and working in the family business. When he found out he was going to inherit a fortune when his sickly father died, he decided he needed a wife with which to share his fortune.

One evening at an investment meeting, Jeff spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away. "I may look like just an ordinary man," he said to her, "but in just a few years, my father will die, and I'll inherit 20 million dollars."

Impressed, the woman obtained his business card and three days later she became his stepmother.

So you see, women are so much better at estate planning than men.

Saturday, Sunday and Monday, and then — IT'S OVER!!

Yes, we are nearing the end of this nation's longest presidential campaign ever. And left standing through the thick and thin, are two very capable gents — Senators Barack Obama and John McCain. Despite the long hours, the lack of sleep, the inconsistency at the lunch table, the millions of miles traveled, they still look mighty fine.

What these two men went through to get where they are now is reason alone for you to vote. And what a disappointment it will be if we don't turn out a record-setting number at the polls. They did their thing; now it's time for us to do our thing.

No excuses.

And lastly, tonight the kids will be out doing the Halloween thing. Please make sure your porch light is on so they can safely knock on your door or ring your bell and shout, "Trick or Treat!" This is a big thing for them.

Make it memorable.

Have a good evening! And as you prepare to attend your place of worship this weekend, no tricks are necessary; just treat your youngsters to all the good things that take place under that roof.

Good Evening Norton Tom Dreiling



### Change the process, or define the word

I'm writing this article exactly a week before Election Day. Between now and then, both sides will engage in confrontations and produce speeches outlining their individual ideas to improve our country.

Each party fears the opponent's actions and seeks to promote their own agenda. But regardless of who wins it is imperative to bring a major change to one thing, a remnant of our country's democratic philosophy, the Electoral College. If we are to claim to be a country of the people, for the people and by the people then it is imperative to abolish this outdated and unnecessary tool.

Some may argue the Electoral College serves a purpose and has worked most of the time. If you have benefitted from the failed system, such as George W. in 2000,

Phase II Mary Kay Woodyard



The problem with the Electoral College, outside of the fact that the candidate who really won the election didn't become president, is the effect of this on voters.

If you feel your vote counts then you are more likely to vote. If in an election such as this year the Electoral College would decide the candidate, not the popular vote, the effect would be felt for years to come.

Young people and minorities have come out in record numbers to exercise their right as citizens of this great country. If we void their vote with an archaic system we can no longer claim to be a country for the people. If we are to identify ourselves as a democracy we need to change the process or redefine the word.

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you don't want to change the system. But if you lost the election, but won the popular vote you may have a different point of view. Only four times in our country's history has a candidate won the "plurality of the popular vote and not won the Electoral College. It happened most recently in 2000, but each election is faced with the possibility. Even one time is too many as it cuts to the very core of what we claim to be — a democratic country.

### In the end, the 'feathers' won out

One more day and Daylight Saving, Time would have caused me vision problems. As in, I just can't see myself getting out of bed and going to work in the dark anymore! I can't even decide what I am happiest about: the end of DST or the end of the election process.

The Tuesday of the big rain it was good DST was still in effect. When I went to work the pavement seemed soft as I went around the curve south of town. I thought maybe some mud had washed over the asphalt. When I returned home I was shocked to see there was a lake south of the curve. It made me wonder: had I been in danger of washing off the road earlier? If I had seen the amount of water in the ditches between home and town I would have had eye problems that day and never attempted going to work.

Junior is a natural early riser and even he has been snoozing after the alarm. One morning he roused himself out, offering to clean the frost off my truck windows. He stepped out the door and miraculously there was no dew, hence no frost, although it was plenty cold. That was the end of his chivalrous overtures. Oh well, I found

the ice scraper, if only I could locate my gloves!

Fortunately for me the door at work is on a timer. It unlocks to everyone at 7:00 but it, like me, is a good five minutes slow. So I can take my time, slow down for potholes and mud, stop for deer, etc.

The straw (or in this case: feather) that broke the camel's back was new pillows for our bed. The old pillows were lumpy and dirty. Getting them to the dry cleaners on pillow cleaning day had proved daunting. I read up on washing them myself, but never got around to that either. So when I washed the bedding, I would throw them in the drier with a drier sheet and no heat to "refresh" them.

Between the lumpy pillows, my problems with restless legs and the fact that neither Junior nor I have ever adjusted to

the mattress we got a couple of years ago, there are many nights we don't get much sleep. Recently I read that the most restorative sleep occurs before midnight. I'm lucky to have been asleep by midnight.

Upstairs on the king size bed were four feather pillows. I kept thinking of trading them for the pillows on our bed but I am a considerate host. Maybe if our guests have clean comfortable pillows they can get to sleep before the bats come out.

The last week of DST I bought some new king size, fiber fill pillows for the guest room. A feather pillow lover I can't quite understand it but sometimes our guests didn't appreciate the feathers anyway, allergies or some other nonsense.

And the nice feather pillows came to our bed!

Ahhhh....

Mmmmm...

Insomnia cured. Leaving the bed the first morning was excruciating. Now I'm not sure the end of Daylight Saving Time will help me get out of bed. I see myself washing the dirty pillows, piling them on the bed and hibernating. Wake me up if you can find me.

If you DARE!

Back Home Nancy Hagman



### Thumbs Up

To... Ms. Cochran and students, for a wonderful Java and Jr/Sr High music concert. (e-mail)

To... the Halloween decorated house on Second Street. Awesome! (called in)

To... the 5th grade Western Kansas Football League coaches Eddie Lively, Bill Johnson, Justin Carter, Bobby Peterson, Mike Cliff and Glenn Hays, for leading your team to the playoffs for the second year. (e-mail)

To... all 3rd, 4th, 5th and 6th grade Western Kansas Football League coaches, for all the time you spend with our kids! (e-mail)

To... The Norton Telegram, on your new feature page. Your story two weeks ago was great! Keep 'em comin'. (by telephone)

(To submit a name or names, 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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