

Clinton's anger may be a 2008 negative

Former President William Jefferson Clinton's behavior on national television Sunday morning did little to enhance Mrs. Clinton's (New York Senator Hillary) hopes to become the next President of the United States of America. It is no secret that she badly wants the nomination of her party and at this point in time there is no clear cut signal that the nomination is hers despite what some analysts claim.

The former president, if you missed it, was on FOX News and being interviewed by Chris Wallace, who pushed a couple of buttons setting Clinton off like few have ever seen. Those who worked in the Clinton White House often said he was a rough, tough guy to work for. And that became apparent by his outburst Sunday morning.

Wallace asked a simple question — one that few reporters, if any have ever had the guts to ask — and after that it was Nellie bar the door! Wallace wanted to know why he (President Clinton) never got Osama bin Laden. His face turned a mean red, his fingers were practically knifing into Wallace and he was in Wallace's face like a monster gone berserk.

He not only verbally crushed an unsuspecting Wallace, but he got personal, very personal and that, as far as we are concerned, is crossing the line in the particular setting in which all of this occurred. After the exchange and the interview, those on hand said the former president also took in after his staff. They said it wasn't pretty.

This raises the question: if Sen. Hillary Rodham Clinton is elected president in 2008, does she guide the ship of state? Or does her husband, who gave every Sunday television viewer a look at his mean side, cast her aside as he did Mr. Wallace? Bears consideration.

When Mr. Clinton agreed to appear on FOX News, he certainly knew he was stepping into controversial territory and his claims of being set up and Wallace simply delivering a hit for the right wing conservative network bears little credibility. We all know FOX News leans right and we accept that. Certainly Mr. Clinton didn't think this was going to be just another song and dance recital.

Maybe the former president's appearance on FOX News, and the blow up that resulted, might cause Sen. Clinton to take a deeper and harder look at her plans to go for the top job. Her husband just threw a little more kindling on the fire.

It will probably eventually blow over. But William Jefferson Clinton just might turn out to be his wife's biggest liability.

— Tom Dreiling

Exercise also good for the mind

It appears that exercise is not only beneficial for the body, but for the mind as well. We all know the importance of exercise in maintaining our physical health and appropriate weight. Now, it seems that regular exercise is one of the best ways to prevent the development of dementia and Alzheimer's disease, according to a study that appeared earlier this year in the *Annals of Internal Medicine*.

Researchers studied a group of more than 2,200 people over the age of 65 without dementia from the mid 1990s through 2003. Their mental abilities were measured with standard tests and their physical performance was measured by strength and agility tasks. The results of the study included the following:

- Over time, 319 people developed dementia; of those, 221 had Alzheimer's disease. It is noteworthy that the poorer their physical performance at the start of the study, even among people with no signs of dementia, the more likely they were to develop dementia.
- These associations held even after adjusting for age, family history of dementia, heart disease and other factors.
- The study also found that the more

Health Perspectives by Ken Loos

frail a person is, the more he or she may benefit from exercise. Even those elderly people who did modest amounts of gentle exercise (e.g. walking for 15 minutes three times a week) appeared to benefit from the activity.

Eric Larson, MD, MPH, was a co-author of the study. He believes that exercise may improve brain function by improving blood flow to areas of the brain used for memory. Perhaps the increase in blood flow prevents damage or helps repair early signs of brain damage caused by dementia. Dr. Larson emphasizes that maintaining physical fitness is likely to delay cognitive decline, and maintaining cognitive fitness and activities help us remain more physically active. This appears to be one more good piece of evidence that a healthy mind and body are intimately linked in the aging process.

Mail questions: to High Plains Mental Center, 208 East 7th, Hays, Kan. 67601.



We now have a new boss in our house

Words of Warning: When you see a friend coming to your door with a sheepish grin on their face and holding a pet carrier — beware. Last Tuesday, my friend, Barbara, showed up at my house with a little white kitten that she said someone had dumped at her house. "I think it's sick," she said. "Would you take it to the vet when you go to town?"

We discussed the implications of assuming responsibility for this little furball. Neither one of us felt we could afford vet bills at this time, but what are you going to do when an animal needs care?

Jim and I had discussed getting another cat after Max died, and had agreed that we weren't ready for another animal. I called him and told him what Barbara had asked me to do, and he said, "Carolyn, we are NOT keeping that cat."

"I know we're not. I'm just taking it to the vet for Barbara," I said.

At this point we were still calling the kitten an "it," but a quick exam at the

Out Back Carolyn Plotts



veterinarian's office revealed "it" was a "he." With antibiotics, flea medicine, cat food and instructions in hand, we were on the way. Well, Barbara works nights, so that meant we had to keep him until the next morning. And, as the saying goes, "That's all she wrote."

One night was all it took and he had us hooked. Little Petey has settled right in and rules the roost now. We are entertained with his antics and delighted with how smart and clever he is. Just like proud parents, we crowded at how quickly he took to the litter box.

I might even stand a chance of having him like me as much as he likes Jim. When I met Max, he was already full grown and

was definitely Jim's cat. He liked me, but he loved Jim.

Petey is only about eight weeks old, so he will grown up with both of us. He has the loudest purr you ever heard and it only takes a little petting to get his motor running.

He likes Jim's lap and, we are convinced, he watches television. He perks his ears up and his little head bobs back and forth like he's really watching the action.

His favorite perch on me seems to be my shoulder with his head tucked under my chin. As long as I'm not wearing earrings, he will lie or sleep contentedly. But, earrings bring out the mischievousness in him and he won't let them alone, sometimes biting a little too close to home.

The computer keyboard fascinates him, too. He just walked across it and I had to erase a whole line of mmmmmmmmmmmmmmmmmmmmm.

Maybe he can be a guest columnist someday.

These bats not related to baseball

Have you heard enough about bats? Maybe you think I am a tad obsessed? It is probably something only a person who wakes up to find one of these precious creatures circling their head can understand!

My tales of midnight visitors have brought forth stories of others suffering such woes. The stories are told in hushed tones if the teller is an actual victim and loudly with guffaws if it is something that happened to someone else.

I now know of at least three other homes in the area that regularly have bats. A local church, the town's post office and an area school are also blessed. My sister sent a humorous little story by Ken Overcast of *The Prairie Star*.

I have researched bats (believe me I have researched bats). But only recently did I learn that part of the reason if you have one bat you will have multiples is that bats (which have a reputation of being blind) have other senses that are very highly developed. One is their sense of hearing, which helps them fly. Another is

Back Home Nancy Hagman



their sense of smell.

If you have a bat in your house it will inevitably leave "droppings." The smell of these droppings (guano) let the next bat know that the area is a suitable nesting site. It's sort of like getting a good review. Who wouldn't be happy to know their guests told their friends how great the hospitality was!

By the way it is not true that bats are blind, they see about as well as humans!

Bats migrate; this is the time of the year they are on the move. Our post mistress, just a real fun gal, has a live and let live attitude about bats. They say bats eat

about half their weight in insects each night. So she keeps a butterfly net and has a catch and release program going on.

Intellectually I know she probably has the right attitude.

I know that any bat, which has lost its way and ended up in my house when it could be out eating its way through a smorgasbord of mosquitoes, is not any happier about it than I am.

The mail carriers (who apparently tend to share my overall attitude about bats) tried to convince the post mistress the same bat was probably coming back every day and that she ought to just let them kill it and be done with it.

She produced a twisty tie and banded the thing's leg! No report yet if it came back. Amusing as this story is; don't expect to hear any reports of animal tracking coming from the Hagman House.

We had a second bat this past week; we did not check to see if it was "banded!" If you are wondering what we do with the bats we catch, well, you can check the cat's "droppings."

Initiative's passage good news for us

The House Agriculture Committee unanimously passed the 25x'25 initiative last week, which sets a national goal of expanding the use of renewable sources of energy. The 25x'25 initiative calls for 25 percent of the total energy consumed in the U.S. to be provided by renewable sources from America's agricultural, forestry and working lands by the year 2025.

Increasing use of renewable fuels not only means good things for farmers, Kansas communities and consumers, but is also important for the environment and our national security as we work to decrease our dependence on foreign oil. This resolution is now in the House Energy and Commerce Committee

The House voted to have voters present a valid photo identification that proves U.S. citizenship when voting in federal

Capitol Views Rep. Moran



elections. It is important that we maintain the integrity of our elections while not making it more difficult for Kansans to exercise their right to vote.

This legislation also requires the federal government to reimburse states for any costs associated with providing IDs to citizens unable to afford to purchase one.

My House Agriculture Subcommittee on General Farm Commodities and Risk Management held its second hearing in

Washington, D.C. to review federal policy in anticipation of reauthorizing the 2002 Farm Bill next year.

The Subcommittee heard from five of the top university agricultural economists from across the nation about the role farm economics will play in shaping the next farm bill.

Testifying at the hearing were Dr. Barry L. Flinchbaugh of Kansas State University, Dr. Ronald D. Knutson of Texas A&M University, Dr. Bruce A. Babcock of Iowa State University, Dr. David B. Schweikhardt of Michigan State University and Dr. Carl Zulauf of Ohio State University.

The agricultural economists discussed greater potential for de-coupled payments, the influence of trade talks, payment limitations, and the relationship between commodity supports and crop insurance.

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