

Views Around The Lake

by Cindy Klopsteck

"The passage of time is simply an illusion created by our brains."

—A.M.W. Bell
If so, then this first Monday after daylight saving time is all an illusion - this one hour change is not affecting me, my brain is merely creating the illusion of time loss making any difference whatsoever in regard to my slow movements this morning.

I'm ready to expose a conspiracy theory on what is really happening here. "They" are trying to control us. Actually, it's not so diabolical, if you google some information on it. Daylight saving time (DST or sometimes referred to as "summer time") is viewed as an inaccurate description, however, as no daylight is actually saved. It has been suggested that DST would better stand for "daylight shifting time."

However, DST is a rational state of existence for some - like the government. First made US law in March, 1918, it was dropped after a few years, but brought back for extended daylight hours and less use of energy during World

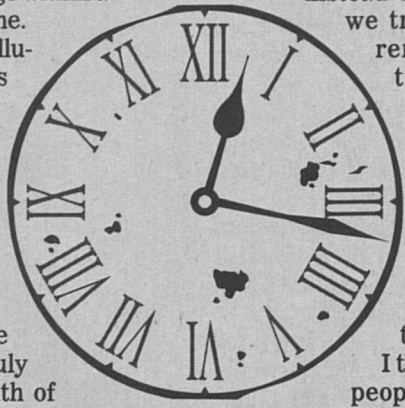
War II.

For many years DST extended from late April through late October. Now under the Energy Policy Act, the designated dates for 2009 daylight saving time is March 8th through November 1st. During this eight-month period my brain and body will adapt itself comfortably, only to again be exposed to an hour's change within a few months' time.

It's not an illusion here - facts are being revealed about the effects of DST.

Recent research has shown that even one hour's time change can truly affect the health of some humans, the daily lives of chickens and definitely the timeliness of church-goers on that first Sunday morning.

A conspiracy, I tell you. The entire country is not in on this connivance, however.



Hawaii and Arizona have chosen to not recognize the illusion of controlling time and thus do not observe DST.

When my daughter lived briefly near Phoenix, I remember her reminding me that there would be a two hour difference in timing between her new home state and Texas when DST took effect, instead of the one hour we tried to always remember. But that was even less confusing than the fact that the Navajo Nation in Arizona had decided to observe DST, even though the state did not. I think the Navajo people were trying to take back the state - another conspiracy.

This past Sunday morning all our finer-tuned technological devices - cell phones, Computers (who has a BlackBerry?) - automatically switched

an hour. The real fun is synchronizing all those clocks that must be manually updated. I was with a friend Sunday as he went from room to room trying to "spring forward" with near-simultaneous precision.

I don't know if the worst part was watching him try to control time or knowing I would soon be returning home to work at updating my timepieces.

There is no concern about the clock on my car dash - I'm always running late for events (and work) anyway.

And I - literally - never have "time on my hands." I quit wearing a watch some years ago. Between my daughters and my friends, I stay on constant alert to my cell phone, so when my last watch fell to pieces, I decided my ubiquitous cell phone was a more practical choice for consulting

time of day.

I certainly hope everyone is easing into daylight saving time at a more "timely" pace than the one in which I seem to be operating. It's Tuesday morning as I type and submit this for deadline. Unfortunately, the late night shows were still garnering laughs as I tried to slow my pace and retire for the evening. It didn't work, so

I read my book for at least another hour, a good 1-1/2 hours past my regular bedtime, before I actually felt sleepy. I can feel the groggy effects this morning - it's NOT an illusion.

It's a conspiracy, I tell you. "The clock has decided to take time into its own hands."

—Anonymous

Junior High Boys Track Results

7th boys
Shot Put: Juarez 1st, Korenek 3rd, Francis 4th
Discus: Hovar 1st, Dota 5th, Korenek 6th
Long Jump: Rodriguez 5th, Ferguson 6th
2400m run: Labrador 3rd
4 x 100m: 3rd, Ferguson, Garner, Dota, Rodriguez
Sprint medley: 3rd, Garner, Ferguson, Rodriguez, Dota
4 x 200m: 3rd, Dota, Korenek, Hovar, Labrador

Sprint Medley: 2nd, Brown, Dancy, Tillman, Garner
4 x 200m: 2nd, Tillman, Garner, Norris, Escamilla
300m Hurdles: Wiese, 4th;
Distance Medley: 1st, Arias, Esquivel, Dancy, Gonzalez

8th Boys
Shot Put: Gonzalez 1st, Jones 2nd, Ramirez 3rd
Discus: Gonzalez 1st, Norris 3rd, Jones 4th
Long Jump: Tillman 4th, Dancy 5th, Garner 6th
High Jump: Brown 3rd, Pole Vault: Wiese 1st, 2400m run: Esquivel, 1st, Arias, 3rd,
4 x 100m: 2nd, Tillman, Garner, Norris, Escamilla
110m Hurdles: Wiese, 3rd;

Spanish Diabetes Education

Diabetes is a serious illness. But the good news is that it does not have to be a life-threatening one.

Early diagnosis and treatment and good management practices are the keys to a long healthy life for persons with diabetes.

Starting on April 1, Texas AgriLife Extension Service is sponsoring a "Do Well, Be Well" with diabetes education program for people with type 2 diabetes. This five part series will be presented in Spanish by Drs. Olga and Jorge Duchicela from the Youens & Duchicela Clinic in Weimar and Prisca Cantú, RN from the Columbus Community Hospital.

The programs will be held every Wednesday from 11:30 a.m. until 1 p.m. at the Weimar Scout Hut in Weimar.

This series, which was designed by specialists at the Texas AgriLife

Extension Service, will provide quality information on taking care of yourself and how to eat delicious foods that are good for you. Participants will learn to take control of diabetes and live the kind of life they want to live.

To register, or for further information, call Elma Rodriguez at 979-732-3662.

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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