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## Social media could inspire fun during Election Day

I breathed a sigh of relief last week, thinking that the lunacy of this election cycle would be over soon and we'd all finally be free of this long, slow slog through hell. But then the fog of my middle-aged mush brain faded, and I realized that Tuesday's general election has nothing to do with Donald Trump, Ben Carson or Hillary Clinton. Wrong general election, misplaced excitement. That election is a full year away — 12 excruciating months.

Even with no presidential election next week, we voters still have some important offices to fill. We have big local races — the folks who handle the meat-and-potato issues — including county commissioners, township supervisors and school board members.

There also are several judgeships to fill, including state Supreme Court. (And we all know the drama that group has sparked lately.) If you think judges don't affect you, think again. Besides ruling on criminal and civil cases such as murders and divorces, judges decide the fates of major issues: same-sex marriage, abortion, death-penalty appeals and the legalization of marijuana.

Judges might seem far removed from us in their black robes and wood-paneled courtrooms, but their decisions reach deep into our lives and help shape our futures.

So get out and vote! It looks like fine weather Tuesday, and you have 13 hours to stop at your local polling place. Some even sell homemade baked goods and chicken corn soup. If that's not enough incentive to show up, I don't know what is.

But if you don't move from your comfy couch for anything less than a state House race, I thought I'd try to make elections a little more fun by comparing them to your favorite social-media sites.

Don't think of them as "boring political obligations." Think of them instead as "fun opportunities to overshare."

For example:  
1. Look at that dull electronic ballot as a huge Facebook page. "Like" the candidates you support. "Dislike" the ones you don't. You won't be able to "comment," but you probably could take a quick selfie before you push the buttons. Include a catchy caption, "Doing my part to save the democracy!" or "Judge XXX, you're outta here!"

2. After you've taken the winning shot, put it out on Instagram. What's more intriguing than seeing an adult hide behind a curtain?

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# JAMES BOND



# IS BACK

## BUT WHICH BOND IS THE BEST?

BY SEAN ADAMS | sadams@pennlive.com

**T**he latest James Bond film, "Spectre," hits theaters Friday, making it the 24th installment of the spy franchise. To celebrate the release of the newest adventure of MI6 agent 007, a few experts and enthusiasts — Ted Merwin, film professor at Dickinson College; Todd Sheffer, a local Bond fan with an extensive collection of 007 memorabilia; Martin Brown, a professor at Richmond, the American International University in London; and Ronald Granieri, director of research for the University of Pennsylvania's Lauder Institute — weighed in on what they believe are the best Bond films.

### SUNDAY BEST BOND FILMS

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### WHO'S WHO IN 'SPECTRE'

- » **James Bond (Daniel Craig):** "Spectre" marks Craig's fourth turn as British spy 007. This time, the emergence of the Spectre organization and its mastermind leads Bond into more danger.
- » **Lucia Sciarra (Monica Bellucci):** The Italian actress is the latest "Bond girl" and, at 50, the oldest to portray one. Her widowed character helps Bond infiltrate Spectre.
- » **Madeleine Swann (Léa Seydoux):** Although the French actress portrays the daughter of a Bond enemy, her character actually teams up with Bond.
- » **Franz Oberhauser (Christoph Waltz):** The Academy Award-winning Austrian actor becomes the latest Bond villain, playing the head of Spectre.
- » **M (Ralph Fiennes):** Fiennes took over as the new leader of MI6 at the end of "Skyfall," replacing Judi Dench, who had held the role since Pierce Brosnan's days as Bond.
- » **Q (Ben Whishaw):** The gadgetmaster returns to outfit Bond with the latest technology.
- » **Mr. Hinx (Dave Bautista):** The imposing former WWE star is the latest to engage Bond in fisticuffs.
- » **Max Denbigh (Andrew Scott):** Perhaps best known for creeping out audiences as Moriarty on "Sherlock," Scott joins the Bond franchise as the head of a national security organization.
- » **Eve Moneypenny (Naomie Harris):** Like Fiennes, Harris made her franchise debut with "Skyfall," taking over as M's secretary after working in the field with Bond.

### DAYLIGHT SAVING TIME

The end of daylight saving time was marked at 2 this morning. You gained an hour, but nightfall will now arrive sooner. Where does DST come from?

World War I served as the catalyst for the implementation of DST. At 11 p.m. April 30, 1916, the concept of DST took root in Germany to replace artificial lighting so that Kaiser Wilhelm II's people could save fuel for the war effort.

England, the U.S. and other countries on both sides quickly followed suit. Some reverted back to pre-war standard time, but when World War II broke out, DST made a quick return among the combatant countries to save energy resources.

In the U.S., since the Energy Policy Act of 2005, DST starts on the second Sunday in March and ends the first Sunday in November. Most of the U.S. observes DST except Hawaii, most of Arizona, Puerto Rico, the U.S. Virgin Islands, American Samoa and Guam.

Today, DST — in different forms and times — operates in more than 70 nations around the world and affects more than 1 billion people.

— Alan H. Feiler, Soundoff!



## You got an extra hour of sleep, but are you waking up the right way?

BY SETH PORGES  
Bloomberg News

With apologies to Ben Franklin, the very act that's supposed to make you healthy, wealthy and wise can also be a royal pain.

As the literal first thing you do in the morning, waking up can easily set the tone for how productive and happy you'll be for the day. Yet getting out of bed early and rested is a challenge for millions of people. A study last year by the American Sleep Foundation found that 39 percent of people reported being at least a little bit tired during the previous week, and most of those people wished they got more shut-eye on workdays. Fortunately, science is on the case:

Hundreds of researcher hours have been devoted to understanding why so many of us struggle to sleep soundly and wake up refreshed. Through interviews with researchers and a review of the studies, I've been able to create an evidence-backed guide for hacking your morning routine.

### Harness the light

Blackout blinds come with a conundrum: While the pitch dark might let you sleep like a baby, it can make rolling out of bed come daybreak much harder. The reason: Light suppresses the production of the sleep-inducing hormone melatonin. Without those morning rays, it's harder to get up.

One solution is to invest in programmable shades, such as the Lutron Serena shades,

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