

from our viewpoint...

# Watch those roads, especially in harvest

You see it all the time, but it's much worse in June and October when harvest is in full swing.

A vehicle runs up to the highway, slows a little while the driver glances each way, then flies right past the sign onto the pavement.

There's all kinds of ways to rationalize this dangerous behavior: there's no traffic on the highway, the driver looked both ways, it takes precious time to come to a full stop, a big, heavy semi of grain is hard to stop and harder to get going at a stop sign.

All that ignores the fact that it's illegal to run a stop sign and dangerous, too. Maybe if you're driving a semi, and you're really careful, you're pretty sure nothing will happen. Until the day you miss a motorcycle approaching from the left, a car full of kids on the right.

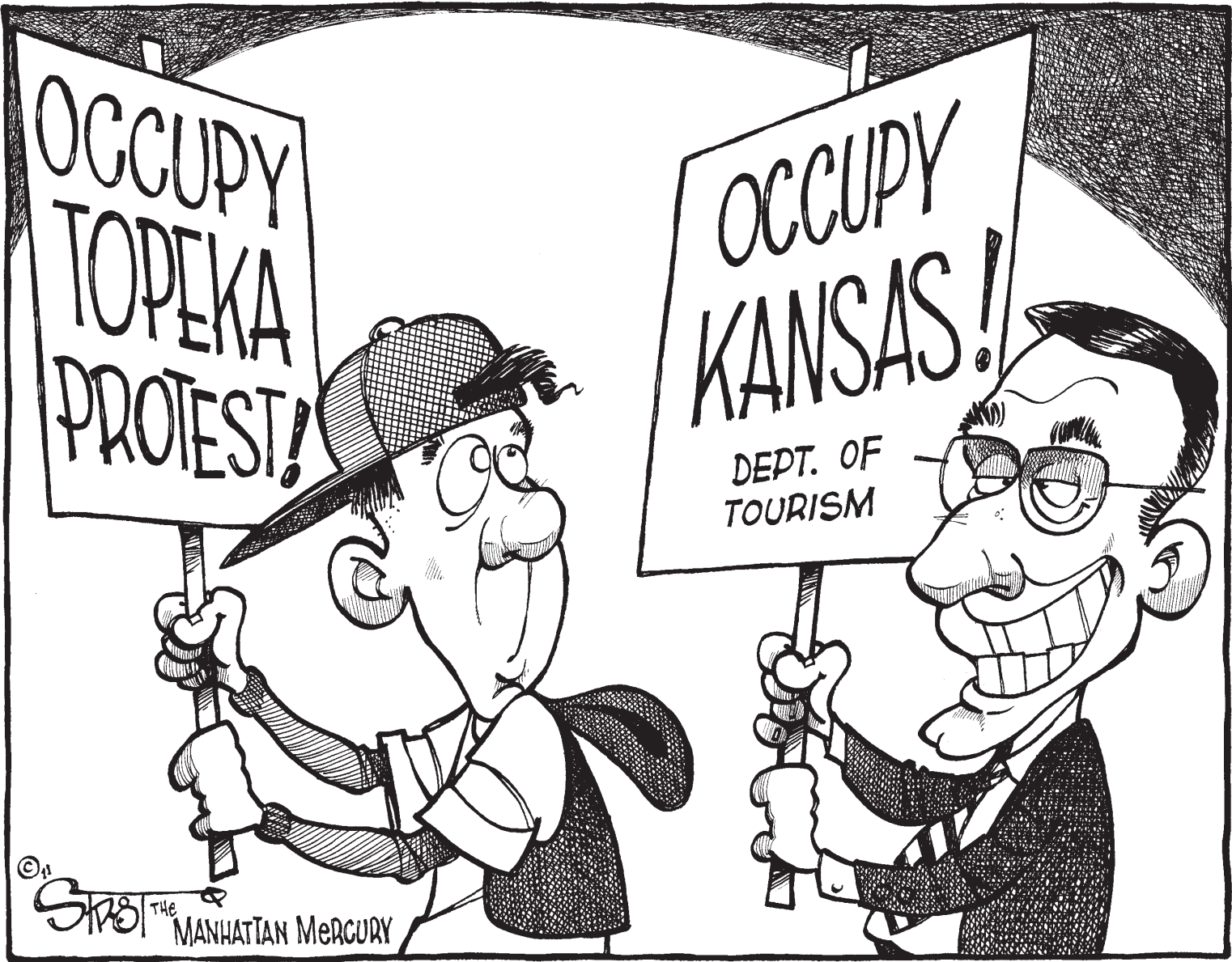
Running stop signs is wrong year around, but it's especially dangerous during harvest, where you're pulling a massive vehicle in front of any oncoming traffic. Other drivers depend on you to stop and take the safe course, and that's what every driver should be doing.

Sure, you've gotten away with it so far. What about the day you miss something? Will the minute or two you saved be that valuable then?

That load of corn isn't going to spoil before you get to the elevator. The seconds gained aren't worth the risk.

And just in case not everyone is listening, we hope the Highway Patrol and area sheriff's officers are watching for this violation. Even if they give the driver only a warning, the time lost should be a lesson.

Safety is a lot more important than shaving a few minutes off every trip to the storage bin. We hope it doesn't take a tragedy to convince people of that. — *Steve Haynes*



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# Remember those first steering advances

Remember when turning the steering wheel on the family car was somewhat of a challenge? Many times it would take both hands. When trying to parallel park was like churning ice cream in the old wooden freezer with a frozen handle? Or trying to make a quick u-turn on a street where u-turns were not allowed, usually ended in embarrassment as you jumped the curb?

But then came a big breakthrough: (drum roll) the "steering knob!" To make turning the steering wheel a lot easier, someone invented a device you attached to the steering wheel, allowing you to use your fisted right hand to grab the knob and turn the wheel in a complete circle with what looked like ease. Wow! No way could they ever improve on that! It allowed you more time with your arm around your honey.

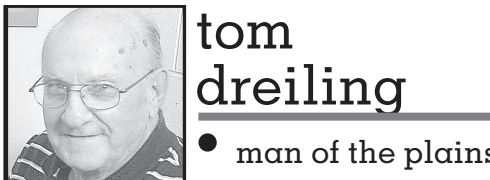
If you remember these things, then you were part of the "good old days!"

The good old days when cars came in two colors, or so it seemed—black or brown. When tires were black. And with the advent of more colors showing up on cars, the tires took on a new look, too—whitewalls! How fancy was that?

And the people of means would drive around in convertibles with the tops down. The envy was as obvious as a streaker running across the football field. "How lucky they are," was a comment heard time and again.

Despite everything, this "Man of the Plains" still considers "power steering" as the greatest change. You were able to turn the steering wheel with just one finger. The chatter over this invention was deafening.

What sparked this column's topic was a white 1936 Cord 810 two-door convertible that sits atop a bookcase in my front room. It measures 11 inches long, 4 inches wide and 3



tom dreiling

• man of the plains

inches high. The black base it is mounted on is 13 inches by 6 1/2 inches. The convertible's doors open, the trunk lid opens, the hood opens, the headlight covers open, the top is removable and the steering wheels turns the tires. The interior is a rose color.

While looking at that car, my mind started going in all directions, eventually settling on cars during my early years. It's fun to go back in time and then to look at what we see on our roadways today.

Never but never could even the brightest engineering minds of that time envision what we see today. And the advances yet to come will provide other generations cause for chatter, comparison and awe.

They will have their "good old days." But do you think their good old days will match what we've seen during our lifetime?

Of course we'll never know.

How bad is the economy? This might answer that question: While ordering a hamburger at one of those fast food joints a few weeks ago, a friend of mine said the young man behind the counter asked him if he could afford fries with that.

I always hate to pass along sad news, but that's the nature of the game I play, so... there will be still another GOP presidential nomination debate, this one on Wednesday, Nov. 9 at 7 p.m.(CT) and 6 p.m. (MT). For the record, I must confess I have missed only

two of them. These are the best of television's reality shows!

Snippets

"Did you see the debate where Romney and Perry were acting like grade school kids? And they want to lead our country? Never happen."

"I saw President Obama on the 'Ellen' television show. What did that have to do with jobs?"

"Have you ever wondered how long it's going to take Obama to find a job after the 2012 election? Maybe that's what he is doing being away from Washington so often..."

"...It would be interesting to know how many members of the Occupy crowd were also members of the Tea Party?"

"...There is much more to teaching than giving tests... We're missing the boat and our kids will pay dearly... Wake up!"

"...We could get by with some of Bush's moderate governing, but these are different times and only good old fashioned conservatism can get us out of the incredible mess we are in now...."

"Republican presidential candidate Herman Cain is still out front. Out front of what? There's not a presidential candidate in that bunch. ... Where is Sarah when you need her? ..."

Snippets to [milehitom@hotmail.com](mailto:milehitom@hotmail.com), no longer than three sentences. Your name will not be used.

Peace!

Tom Dreiling is a retired journalist, now living in Denver. He edited and published newspapers in Kansas and Wyoming during his 44-year career. E-mail is [milehitom@hotmail.com](mailto:milehitom@hotmail.com)

# Therapeutic massage may be the answer

Need relief from daily stress, that achy back or a stiff neck? Why not try a massage?

Therapeutic massage is an ancient means of treating musculoskeletal pain that continues to be popular today. Statistics show one in every six Americans have used massage as a means for relief from stress, anxiety, injuries, pain, or as a part of their health wellness program. Eighty-six percent found it to be effective in relieving pain and improving general health.

When scheduling a massage always look for a licensed or certified massage therapist. This insures a code of ethics, standard of education and has proven the minimum standards of excellence and maintains that standard with continuing education.

A therapeutic massage helps relieve pain and improve joint mobility by using specific techniques to work the muscles and soft tissues of the body, while spa massage generally is for relaxation. Therapeutic massage is often used for relief from muscle strains and injuries, frozen shoulders, carpal tunnel, plantar fasciitis, rotator cuff injuries, bursitis, sciatic and low back pain.

Massage therapists typically use their hands and fingers for massage but may use their forearms or elbows. Hot stones or other tools may be incorporated in. Some forms of massage use long strokes and kneading movements to relax the muscles, while others focus on using pressure or stretching to relieve dense, hard tissue. Techniques from a variety of massage styles may be incorporated, with the massage therapist tailoring the sessions to the individual needs. There are more than 250 variations of massage, bodywork, and somatic therapies and many practitioners utilize multiple tech-



## from our readers

• to the editor

niques. The most common forms are Swedish, Myofascial Release, Sports, Deep Tissue and Trigger point.

Not sure what to expect during a massage session? Upon arrival be prepared to give a complete medical history and list of medications. Alert your therapist of problem areas that need to be addressed and discuss the desired outcome for the session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders.

Therapeutic massage and bodywork techniques are traditionally performed with the client unclothed except for their underwear; however you should only undress to your level of comfort. You will be properly draped during the entire session. Regulations require clients be under a sheet or blanket at all times with only the body part being work on exposed. Your massage or bodywork session will take place in a warm, quiet room on a comfortable table designed for specifically for massage work. Soft music may be played to help you relax.

Communication is very important, so always alert your therapist if you are uncomfortable, if more or less pressure is desired and of painful areas. Massage and bodywork are most effective when your body is not resisting. Lotions or oils will be used to reduce skin friction. The therapist will either gently move you or tell you

what is needed throughout the session (such as lifting your arm). Some forms of massage can leave you feeling a bit sore the next day. But massage shouldn't be painful or uncomfortable. Remember to drink plenty of water following your session

If you have a medical condition and are unsure whether massage therapy would be appropriate for you, discuss your concerns with your health care provider.

Therapeutic massage continues to be a growing expanding into cancer centers, hospice, hospitals, chiropractic, chronic pain centers and private clinics.

How can it best serve you?

Pam Sheldon

Goodland

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