

# Chatting with the Good Dr. Laura Shook

## May 2008

Greetings my Riverside Neighbors, I would like to thank everyone for making my First Annual Spring Open House a great success. Dozens of plants found new homes. Homemade muffins, cookies and other yummy treats were consumed and washed down with organic and free trade coffee and tea.

Let's plan now to do it again, same time next year, the first Saturday in May.

May, I made it to the lovely month of May with the vegetable bed tilled (thank you Keith) and weed pulling efforts in high gear.

Gardening tips or things I keep reminding myself when working in my garden.

1. Invest in good pair of gardening gloves, knee pads, sun hat and sunglasses.
2. Stretch your muscles before, during and after working in your garden.
3. Alternate tasks; weed some, dig some, carry some, mow some. Alternating tasks reduces stress on the joints and reduces injuries.
4. Pace yourself, it has been a long winter, your mind may have a memory that your body can not live up to.
5. Listen to your body. If your body is saying "Hey you, your knees here, we've had quite enough of this weeding." Stop weeding before the message becomes less polite.

A few aches and pains are to be expected and should subside when you alternate tasks or take a day or two off gardening. In case of crushing chest pain, gushing wounds or other emergencies, please call 911 for assistance. For minor sprains and strains apply ice to the fresh injury. Use a paper towel or cloth between your skin and the ice pack (a bag of frozen peas works great). Keep the ice on the injured part for up to 20 minutes removing the ice if the part being iced goes numb. It is after the numbness sets in that frost bite can occur. Whatever else is wrong you'll feel worse with a patch of frost bite. If an ice pack and a little rest do not put you back on track it may be time to give your chiropractor or medical doctor a call.

Reaching the month of May also means I made it through April taxes (rolling my eyes and muttering) and that my "Economic Stimulus" check is on its way. That's a big responsibility, stimulating the economy, and I want to be careful of whose economy I am supporting. IF I shop at Walmart, I think China will be getting more than I care to share. And now that I think of it even buying bananas sends my dollars on holiday to stimulate South America.

After careful consideration I have chosen to stimulate our local economy. I, Dr. Laura L. Shook, do here by pledge to spend a minimum of 50% of my "Economic Stimulus" check on local agriculture by shopping for food and sundries at the Kansas Grown Farmers Market at Ridge and 21<sup>st</sup> which is open from 7am-12noon on Saturdays. I will further stimulate the Wichita economy by resisting the lure of franchised shopping and put my green into the hands of locally owned and operated businesses as well as neighborhood yard and garage sales.

Can you imagine if each of us turned even 10% of our "Economic Stimulus" check back into our Wichita community? \$40 (average) x 300,000 (population) = \$12,000,000. I think we would all find that stimulating.

Dr. Laura Shook is a chiropractor with an office located near down town Wichita at 807 N. Waco suite 21. She can be reached by phone at (316)267-6522 or by email to [gooddlaura@cox.net](mailto:gooddlaura@cox.net)