

Chatting with The Good Dr. Laura Shook October
October 2008

Goodness gracious, current events are certainly catching my attention. I don't know how the elections will turnout. I don't know how to bring peace to the planet. Then of course there is the global financial crisis, famine, drought, pollution and the rising cost of health care. What do you think about the changing climate? This summer was pretty sweet, for Wichita, but the park squirrels are looking mighty plump and there are rumors of a hard winter coming.

So, one might ask, how do we best survive in this world of changing climate, financial crisis and humans behaving badly? Personally, I don't know but I am fairly certain that it will involve keeping to a budget, conserving resources, staying healthy and being neighborly.

Organic Consumers Association (OCA) (www.organicconsumers.org) recommends growing and preserving your own food. Researching pressure cookers and solar panels instead of big screen TVs. When it comes to transportation, OCA reminds us to consider the fuel efficiency of bicycles, public transportation and the rising resale value of fuel efficient cars.

I frequently turn to Mother Earth News, a nifty magazine out of Topeka KS, for information on growing and preserving foods, producing clean energy and living a simple life. The October/November issue has articles on skunks and raccoons, brewing beer, peddle powered electricity, heating with wood, calories (good and bad), growing spinach and building permanent garden beds and paths.

So maybe you don't have space for a garden. I don't know of a community garden in the Riverside area but I bet there are plenty of back yards where eager bodies willing to dig, plant and weed could share in a harvest of food that would nurture the body and strengthen the community. Who knows, you might find a car-pool buddy, a dog sitter or a kindred spirit while weeding the carrots.

Perhaps it is all about being neighborly, getting along, loving thy neighbor and staying strong and healthy in these uncertain times

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