

The Postscript

Second Opinion

I have never minded getting advice.

My husband, Peter, is good about giving advice, and one of the things I regularly need advice on is food, specifically if I should eat food that I already know I should not.

I hate throwing away food. I was not raised during the Depression, so I have no idea where this aversion comes from, but nothing makes me more sad than seeing food that looks perfectly fine getting tossed out.

The key here is “looks perfectly fine.” I will have a very strong indication that the food is not, in fact, perfectly fine, and I will go ahead and eat it. This is always a mistake.

I have eaten beans that have gone bad.

“Oh,” I say, “they cannot be bad. I just made them.” I have a pretty good sense of smell, and I know there is something not quite right about those beans, but I throw them into a stir-fry, anyway. I trust the calendar instead of my nose. A few hours later, I very much regret it.

Most recently, I broke the glass container holding my broccoli. I steam my broccoli in advance so I can just toss it into a stir-fry and have a meal in minutes. The glass container shattered.

It seemed like a clean break. I carefully picked it up and removed the broccoli from the container, put some in my stir-fry and the rest in a new container in the fridge. I added wild rice and lentils and barley, a little spinach and put some cheese on top. I was eating late. I’d had a big day of going over copy edits for my book, so I was especially hungry.

I took a bite.

“Crunch.”

This was not an undercooked broccoli crunch. This was not wild rice. This was the crunch you might experience while eating a sandwich on a beach when the wind was blowing. I looked at my delicious meal. I took another bite.

“Crunch.”

My husband, Peter, had eaten his lunch earlier. I took my plate into his office and looked very sad.

“Peter, you don’t think it would be terrible to eat a little glass, do you? I mean, if it’s really just glass dust—no big pieces or anything—I think I might have...”

“You can’t eat glass,” Peter said.

“But it’s really, really fine pieces...”

“You cannot eat glass!” Peter sounded totally sure.

I threw away my wonderful lunch. I threw away the rest of the broccoli, all the while thinking, “Maybe the broccoli in the container doesn’t have as much glass in it as what was on my plate...”

It was awful. But it was probably the right thing to do. I don’t make my best decisions when I’m hungry; that’s the truth. I had a tuna fish sandwich for lunch.

But I am very grateful that I was able to ask Peter. Maybe at my age, I should know what to eat. There are probably a lot of things I should know by now. Too many times, I have justified continuing to do something I know isn’t good for me. This can apply to my lunch or to relationships that become like eating bits of broken glass.

“Maybe it’s not so bad,” I think. “Maybe it will get better.” Sometimes, I need a second opinion, even if it’s not the one I want. Sometimes, I need someone to state the obvious.

So, for future reference, if you think I need advice, please let me know. Especially if it involves something I’m about to eat.

Till next time,
Carrie

To see photos, check out CarrieClassonAuthor on Facebook or visit CarrieClasson.com.

The Bulletin

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Letters must be ingood taste, legibly signed and include a phone number for verification only. Letters should not exceed 400 words. Anonymous letters will not be published.

Letters to the editor are the sole opinion of the author and do not necessarily reflect the opinion of the Bulletin’s ownership or management.

The Bulletin reserves the right to refuse any letter it deems libelous or in poor taste, and to edit letters for clarity without changing content.

Send letters to: Editor, Sterling Bulletin, P.O. Box 97, Sterling, Kansas 67579.

FORUM

—IMAGES OF THE PAST—



—Max Moxley Collection

UNITED NATIONS FAMILY – Winners of the Kiddies Parade at the Old Settlers Picnic last week are shown from left to right vehicles, Roger Heter, son of Mr. and Mrs. Waid Heter, jr., third, Ellen and John Briscoe, children of Mr. and Mrs. John Briscoe, second, and Jean Mathes, daughter of Mr. and Mrs. Albert Mathes, first; family groups, Loyalea, Ywain and Eileen Zimmerman, children of Mr. and Mrs. Emil Zimmerman, with Laddie, third, Rena Gable, daughter of Mr. and Mrs. Keith Gabel, and Wilma Davis, daughter of Mr. and Mrs. O. L. Davis,

with Snookie, second, Roslyn, Rosita, Richard, Kathleen, Edward and Lurline Jones, children of Merwin Jones, first; pets, Carol Beauchamp, daughter of Dr. and Mrs. P.E. Beauchamp, on Lady, third, Marvin Manwarren, son of Mr. and Mrs. Roy Manwarren, riding Black, Beauty and leading Trixie, second, and Marie and John McFarland, children of Mr. and Mrs. J.W. McFarland. Trixie, the little Manwarren colt, was just two weeks old when the picture was taken.

Feeling Dizzy?

How Physical Therapy Can Help You Find Your Balance

By Matt Leedom, PT, DPT, NCS

Have you ever stood up too quickly and felt the room spin? Or rolled over in bed and suddenly felt like you were on a merry go round you didn’t ask to ride? Maybe you’ve started to notice you feel a little unsteady when walking or need to hold onto furniture “just in case.” If that sounds familiar, you are not alone. And more importantly, you are not without options.

Dizziness and balance problems are surprisingly common. These issues can develop after a cold, a minor head injury, or simply as part of the aging process. But despite how common they are, they are often overlooked. Many people chalk them up to aging or learn to “just live with it,” avoiding stairs, skipping favorite outings, or giving up activities they enjoy because they don’t feel steady.

That is where physical therapy can make a real difference. And no, it is not just about stretching or lifting weights. Physical therapists who focus on balance and vestibular care can help identify the source of your symptoms and offer practical, personalized solutions.

Let’s start with one of the most common causes of vertigo: Benign Paroxysmal Positional Vertigo, or BPPV. It sounds complicated, but the fix is often simple. In BPPV, tiny crystals in your inner ear float into the wrong place and start sending confusing signals to your brain. The result? Sudden, brief spinning sensations with head movement or changes in position. A trained physical therapist can perform a series of head and body movements called repositioning maneuvers to guide the crystals back where they belong. Relief is often immediate.

But not all dizziness is BPPV. Sometimes it stems from vestibular system weakness, where the inner ear is not working properly. This can be caused by a virus, changes that come with age or

for reasons unknown. Other times, balance problems are linked to neurological conditions like Parkinson’s disease or stroke, or to weakness and reduced movement after illness. Even changes in vision or sensation in your feet can throw off your balance.

That is why careful evaluation is so important. A physical therapist will assess how your eyes, ears, brain and muscles work together to keep you steady. Then they will create a personalized plan to help you feel more confident and stable. This may include exercises to improve gaze control, strengthen your muscles, practice safe walking and retrain your sense of balance.

Most importantly, therapy helps you rebuild your confidence. When you are afraid of falling or feeling dizzy, it is easy to stop moving. But that can make things worse. Physical therapy offers a safe way to stay active and regain control.

You do not have to live in fear of the next dizzy spell or miss out on the things you enjoy. If you are feeling off balance, ask your doctor if a referral to a vestibular trained physical therapist is right for you. The path to steady footing might be closer than you think.

Matt Leedom, PT, DPT, NCS, is a board-certified clinical specialist in neurologic physical therapy and an assistant professor in the Department of Physical Therapy at the University of South Dakota. Follow The Prairie Doc at www.prairiedoc.org, Facebook, Instagram, YouTube, and Threads. Prairie Doc Programming includes On Call with the Prairie Doc, a medical Q&A show (most Thursdays at 7 p.m. streaming on the Prairie Doc Facebook page), two podcasts and a radio program (on SDPB), providing health information based on science, built on trust.

FROM OUR FILES—

by Rene Wilson

10 years ago
August 6, 2015

City commissioners adopted Monday the \$9.154 million budget for fiscal 2016 as published on July 16 following a brief public hearing at which no protests were heard.

The Sterling school district will welcome three new teachers this fall, with one on each campus, including Darby Strawn, Stacie Lewis and Ywain Zimmerman.

Michael Gellerman’s senior year as a member of the University of Oklahoma men’s golf team garnered him two separate All-American honors.

Kylah Comley, a senior at Sterling High School, was invited to play in the National MAYB Basketball tournament this past weekend in Oklahoma City, Okla.

25 years ago
August 3, 2000

Eddie Royer was recently named pastor of the Assembly of God Church in Sterling and led his first service at the church last Sunday.

Doug and Mandy Thompson, Ellinwood, are parents of a daughter, Mardee Lynn, born at 6:21 p.m. Saturday, July 29, 2000, at Central Kansas Medical Center, Great Bend. She weighed 8 pounds, 8 ounces, and was 21 inches in length at birth.

Cynthia Stricklin, Alden, along with 41 other travelers recently returned from a tour to Nova Scotia and Newfoundland.

Cindy Anthony hosted members of Chapter W, P.E.O. Monday evening, entertaining 19 guests. Marcia Diasio assisted the hostess. Lynn Royer took the group on a trip through Spain, Italy and France via her pictures taken this past May. The tour group’s host was Christy Johnson, Hutchinson. Several area students and adults were included in the tour.

A 1923 Sterling College graduate, E. Thayer Gaston, was among those listed when Kansas University released its list of the five greatest scientific

achievements of the 20th century to the Association of American Universities. Gaston is credited with creating the world’s first music-therapy curriculum; designed to reach the unreachable and those battling mental illness.

Four Sterling youngsters played on the Quivira League All-Stars, a team of Babe Ruth League players from Sterling, Ellsworth, Claflin, Nickerson and Hoisington, which competed in the Babe Ruth League district tournament in Larned July 21-23. They are Jordan Clayton, Wallace Stromberg, Brent Schneider and Drew Lott.

35 years ago
August 2, 1990

Sterling developer Lonny Elliott was told several times his proposed development project southwest of Sterling would never work, but after three years of work Cottonwood Lake is still around and nearly a reality.

A dutch breakfast was enjoyed at the Village

Cafe in Alden July 24 by the officers and members of Keystone chapter, Order of the Eastern Star. Enjoying breakfast and fellowship were Dorothy Butler, Nedra Erskine, Marguerite Alber, Evelyn Engelland, Portteus Latimer, Evadne Langel, Gertrude Harden, Grace Smith, Nina Wolfe, Velma Dobyns, Grace Frederick, Ella Mae and Harold Schmidt, Thelma and Roy Herr, Bill Wise, and Dwayne Miller.

Getting an invitation to play in the 1990 Shrine Bowl was an honor in itself for former Sterling High School football player Mike Simpson — but, after a week of intense practice and activities, the 250-pound lineman realized the Shrine Bowl was more than just the 8 p.m. August 4 football game at Haskell Indian Junior College in Lawrence.

City worker Clay Thomas makes room on a utility pole for another electrical line. The electrical crews were setting