

Companion laser therapy provides relief from pain

Vet tips
Dr. Aaron White



Relief from suffering, quality state-of-the-art medical care, and sterile, pain-free, surgery-free, drug-free treatment is available to treat a variety of injuries, wounds, numerous dermatological problems, and pain! Laser therapy is used successfully for a variety of maladies in Veterinary Medicine.

Laser therapy has been around for several years, but has just recently become advanced enough to make great strides to improve overall quality of life. Laser therapy treatment actually stimulates the body to heal from within. Non-thermal photons of light are administered to the body and absorbed by the injured cells. These cells are then stimulated to respond with a higher rate of metabolism. This results in increased circulation from the body, an anti-inflammatory reaction, relief from pain, and an acceleration of the healing process.

Companion therapy laser treatment sessions last anywhere from five minutes for a small dog or cat, to up to forty-five minutes for an equine athlete. As the laser treatment is administered, your pet will relax and enjoy the relief. It is like experiencing a good massage. The almost immediate relief of pain will provide comfort for your pet. During a therapy session, feline companions tend to purr, canine companions may fall asleep, and equine athletes completely relax! Companion laser therapy provides relief from pain in just a few minutes, improving the quality of life in your best friend!

Companion laser therapy is just that, a therapy. One therapy session will give your companion relief, but in order for your companion to experience maximum benefits, a treatment protocol is developed specifically for each patient. Treatment protocols depend on the disease process and the chronicity of the event. Thereafter, treatment is administered as needed.

Companion laser therapy reduces inflammation, improves blood flow, and releases natural endorphins to relieve pain. It is used to prevent and manage pain without surgery or sedation. Laser therapy can be used on any animal, large or small, to treat any type of inflammation. We implement therapy in rehabilitation treatment plans to restore mobility, strengthen muscles and joints, reduce pain and speed wound healing. Some applications of laser therapy are, but are not limited to: arthritis, lick granulomas, dermatologic disorders, wound healing, cystitis, gingivitis and stomatitis, sinusitis and rhinitis, anal sac disease, abscesses, snake bites, strained muscles, bone trauma, and post-surgical pain relief. Contact your veterinarian today to learn more about this exciting non-invasive therapy for your cherished companion.



It happens sometimes, even now

Perhaps men don't face this dilemma. Perhaps other women don't either. Perhaps....I'm the only woman in the world who has ever worn her clothes inside out. Or backwards. All day long. And the worst part: no one noticed. Either way.

A little more than 42 years ago I was about half way through my work day as a receiving clerk at a major department store in Overland Park when I realized my slacks were on backwards. Back then we wore polyester slacks with elastic waistbands and a front seam sewn down the middle of each leg. Problem was, my front seam had become my back seam.

Oh, did I forget to mention I was almost nine months pregnant? I'm going to say that was the reason I couldn't see my legs. Who am I kidding? I hadn't even seen my toes for two months. But....there I was. Dressed like a two-year old just learning how. Did I die from embarrassment; go change; or leave them as they were? I rationalized, "If they fit (and are comfortable) keep them on the way they are." No one seemed to notice, and by that point I didn't care.

So what's my excuse this time? I sure can't, nor would I want to use pregnancy as an excuse. It had been an especially long work day and I was wrapping up my assignments, ready to shut down my computer. As I was wait-

Out Back
Carolyn Plotts



ing for everything to "save," I kind of fiddled with the collar of my top. Hm-m-m-m. Something didn't feel right. I looked down and noticed buttons were on the inside and all the seams were on the outside.

Good grief! I had worn it wrong-side-out all day long.

Mentally, I tried to calculate how many people I had met that day; 10, 20, 100. How much damage control would have to be done to convince them I was still capable of driving and caring for myself. My local friends and acquaintances understand and chalk it up to my "scatteredness." But, please, don't anyone tell our kids. They're liable to start booking my room.

-ob-

As storms go, the one that blew through our little town Saturday night was a doozy. I told someone it scared me, and I was fearless.

Seriously, winds were the fiercest I have ever seen. Sustained wind speeds were clocked at over 100 miles per hour. If it was loose, it was blown

away. Some things didn't even have to be loose and they were blown away. An elevator leg at the local co-op was toppled as was an empty grain bin. Massive trees were uprooted. A good portion of the roof on the city building was ripped off. Broken limbs everywhere.

The entire town lost power. I have a supply of candles, but I also brought in some of the little solar lights I have in the flower beds. They work great indoors too, and no danger of burning the house down.

It was barely light Sunday morning when we began to survey the extent of the damage. Soon trucks, tractors and dozens of volunteers were going block by block, yard by yard cleaning up the debris.

As far as I know the only casualty was a baby robin I found on the ground after his nest was blown from a tree. He was chirping and hoping I had something for him to eat, judging from the way he kept opening his mouth. The best I could do for him was to move him out of harm's way.

One more reason I love my little hometown. Nobody waited to see who might come to help us. Nobody expected the government to send assistance. Everyone jumped in and did what had to be done. Neighbor helping neighbor. That's what it's all about.

We all agreed it could have been worse. But for now, it was bad enough.

The four building blocks of change in agriculture

If today's crop of young farmers and ranchers plan to play a part in the future of agriculture, they must position themselves where this industry will be - not where it is.

There are four key considerations young farm and ranch couples must take to heart if they are to reach their full potential. These include: be willing to change; be part of something bigger than yourself; accept the future; and give up your own independence.

Addressing change is something young farmers and ranchers are familiar with. They have no trouble recognizing change - it's doing something about it that is so difficult.

Everyone tends to give change a chance but when difficulty pops up all of us tend to revert to our old ways of doing things. Change requires new thinking.

Secondly, we as humans, especially young farmers and ranchers must strive toward something greater than self-actualization to fulfill our own unique potential.

This means challenging ourselves with something bigger than we are. To

Insight
John Schlageck



accomplish anything of greatness, we must work with others.

Agriculture is not just about the local community, the family or the farm and ranch operation. It is not just about growing corn, wheat or raising livestock. Producers must see themselves as part of the food industry which remains the most critical industry in the world.

As far as accepting the future, some people will continue to dig in their heels and think, "That may be what the future is like, but I want no part of it." What alternative is there?

We can't recreate the world in the image we want. Instead, we must identify the world as it's going to be. In agriculture we must focus on the consumers of our products and not make this

an issue about what we're doing on the family farm. It's not about us, it's about the customers we serve.

The fourth block on which to build a future in agriculture includes giving up independence. Americans revere their independence. The United States was born out of independence.

However, unless farmers and ranchers move to interdependence they will not survive.

We can't be focused on a single issue. We must look at the bigger picture and understand that we're all in this together.

A farmer and rancher cannot remain independent and farm in the future. Producers must be willing to dedicate themselves to a common purpose and impact the world with the help of others.

While these four building blocks may sound simple, implementing them is extremely difficult. Many will fail and start over. Some will not make it. For others it will remain a life-long commitment. The important thing is to begin.

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OFFICE HOURS:
8 a.m.- 5:30 p.m. Mon.-Thur.
8 a.m.-5:00 p.m. Friday
Phone: (785) 877-3361
Fax: (785) 877-3732

STAFF

Dana Paxton..... General Manager
Advertising Director
dpaxton@nwkansan.com
Dick Boyd..... Blue Jay Sports
nortontelegram@nwkansan.com
Michael Stephens..... Reporter
Managing Editor
mstephens@nwkansan.com
Shylo Paxton..... Society Editor
spaxton@nwkansan.com
Vicki Henderson..... Computer Production
Marcia Shelton..... Office Manager

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