

Everyone oughta walk to work—once

We're a society that seems to be in a state of perpetual motion, never stopping to appreciate the finer things around us.

And that was made abundantly clear to me this week, as I made my way to work.

It all started as I booked my car in for an alignment, at a place around the corner from my office. (Now for those who aren't familiar with The Independent & Free Press office, 'just around the corner' on Armstrong Avenue, could mean a couple of miles away.)

Anyway, I dropped my car off at 8:30 a.m., grabbed my briefcase out of the back seat and prepared to hoof it over to the office.

"You need a ride to work?" asked the steering specialist.

Nah, "I declined, "It's a beautiful morning, and I could do with the exercise."

He agreed, (the part about the morning—not the exercise) as I headed up the street thinking how I might have accepted his offer had it been raining or, worse still, snowing.

Stepping out onto the street, it suddenly dawned on me how old habits die a slow death. Unlike most of those who walk along Armstrong Avenue, I took to the left side of the road, not the right.

Now, I wasn't being a rebel, it was programming that dated back to my childhood. As a kid growing up in the country, I had it drilled into my head by my school teacher and my parents (not to mention Elmer the Safety Elephant,) that a pedestrian walks on the left side of the road, facing the oncoming traffic.

We even had the little rhyme: "Single file, Indian style, Facing traffic all the while," to act as a reminder to walk on the left.

Unfortunately, as I watch countless others walk along streets without sidewalks, like Armstrong, I discovered I was in the minority. I must admit, I enjoyed the walk.

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Ted Brown

With the exception of the drudgery of dragging along a briefcase that seems to slowly dislocate one's shoulder, I think everyone should try walking to work—just once. It's a great learning experience.

When one takes a walk, the road looks different, the cracks and potholes are gigantic, and the things in the ditch give a whole new perspective of the road on which we drive every day.

Some items were interesting, others curious and some were downright disgusting.

I suddenly realized how much coffee is consumed in this country, since there must have been a million paper cups from various coffee shops around town. (On last count, I think Tim was winning...)

Items like hub caps, tires, cigarette packs and beer bottles were pretty common in the ditch, but that little bottle of blue nail polish has kept me guessing for a bit.

How do those things get there?

Every day at noon, I see employees out for a walk, probably to blow the cobwebs out of their heads, after consuming too much lunch. Maybe they've got the right idea, taking a walk, exercising, as well as clearing their heads.

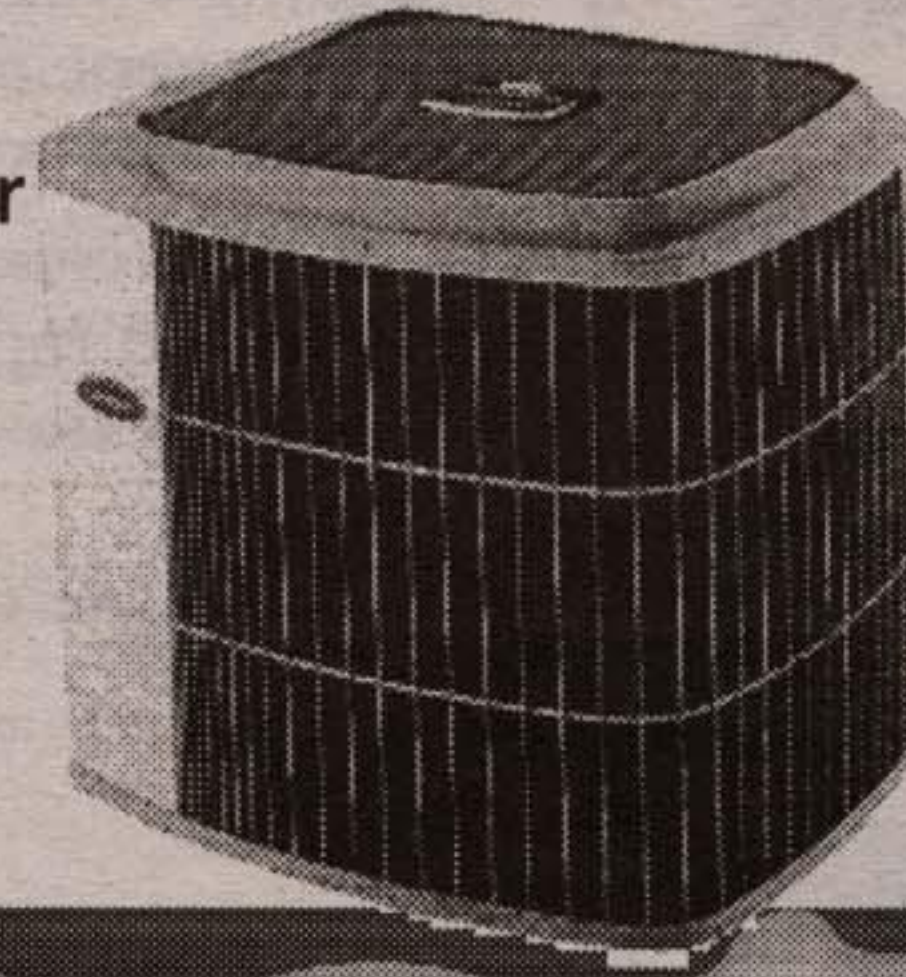
And after my jaunt this week, I decided I'd definitely walk that road again some day.

Like, the next time I have my car's steering alignment done again.

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