

# Doors tune triggers scary summer memory from my youth

I remember the summer of 1971 as much for a song as anything else.

I heard that song recently, and as it often does, it reminded me of one summer night that year. I was 13, so I was still pretty

much oblivious to whatever else was going on in the world. The Vietnam war was raging on the other side of the world and I recall seeing it on the nightly news, but it didn't mean a heck of a lot.

That summer to me, I suppose, was the end of the innocence.

Responsibilities were still a thing of the future. I wouldn't start smoking for another year (and am still trying to quit) and by the next summer I'd be working every day. In the fall I'd start high school.

A couple times a summer a couple friends and I would sleep outdoors in a tent in one of our backyards. We'd take our flashlights, our sleeping bags and pillow, some snacks and a transistor radio. We were free from parental interference — as long as we were quiet, which we were because we didn't want to draw attention to ourselves.

Naturally, we didn't consider ourselves confined to our sleeping quarters, and when it was late enough we'd venture out onto the streets. We weren't looking for trouble, but it was quiet and kind of fun and spooky sneaking around in the middle of the night. The only place nearby we could go that was off limits was the Weston Golf Club. We didn't do any acts of vandalism, we just liked the idea of being somewhere we weren't supposed to be.

So this one night we made our way to the golf club, which was at the end of our street. Sometimes golf carts with grounds keepers would go around at night, so it was kind of fun to run and hide from them when we saw them coming.

This time it was different. We were walking up the 18th fairway when we stopped short in our tracks. In the distance we saw little white lights moving around and bobbing, maybe six or seven. They'd go up and down quickly, and back and forth. We saw no people, no arms or legs, just the lights.

We hid in the bushes and watched, talking in hushed tones. At first we were curious, then baffled, then a little nervous because we couldn't figure out a logical explanation.



with MURRAY TOWNSEND

## On the loose

The only thing that made any sense was that it was ghosts. Why they'd be in a golf course didn't matter; when you're talking about ghosts all logic goes out the window.

When the lights started coming closer, we figured discretion was the best choice when dealing with ghosts, or aliens, or whatever they were, and we took off.

Back in the tent we were safe from the spooky world, but we still knew it was out there. We spent a long time discussing the spectacle we had witnessed, and came up with no conclusion other than we couldn't explain it. It was fun being scared, which of course is why they make horror movies.

So, that's why I remember this one song, because it came on the radio after we had settled in our sleeping bags, all of us still a little shaken by our experience. It's called Riders on the Storm, by The Doors, and it's still the most haunting song I know. The singer, Jim Morrison, had died earlier that summer around the same time as the song was released, which made it even spookier.

Years later I found out what those lights were. They were worm pickers, with flashlights attached to helmets. The light brought the worms to the top so they could pluck them up.

At the time though, I'm glad we didn't know that.

## Rewarding Accomplishments



## CELEBRATING 10 YEARS AND OUR NEW LOCATION!

After treating the people of Milton for the past 10 years, A Pathway To Wellness is expanding into its new home. In the industry, they often say that the 10th year is a landmark year for Registered Massage Therapists and for Alice Logan, owner and operator of A Pathway To Wellness, it is a moving year! Alice began her career on August 8th 1997 in Milton when she became registered by the Government of Ontario as a Massage Therapist after being inspired when she had injured herself and had found how her healing process was improved greatly by massage therapy. Upon graduation, Alice put her accounting degree to use during the day while working evenings and weekends building her massage therapy clientele within Dr. Phillip's office. Then in May 2000, a year after completing her Acupuncture Certification, she had relocated A Pathway To Wellness to 18 Martin Street as she was now treating her clientele full time and required more space. Now 7 years later, A Pathway To Wellness has now opened its doors in its new location at the new Bronte Corporate Centre, Suite 117, building 420. You can access her clinic from the west wall entrance as it is located in the northwest corner of the building. Hours of operation for treatments are Tuesday to Thursday 8am to 8pm, while on Friday hours are 8am to 1pm.

At A Pathway To Wellness many forms of treatment are offered to help improve your personal self. Treatments available are Registered Massage Therapy, Certified Acupuncture, Ear Candling, Neuromuscular Therapy and Posture Improvement Routines. Also Reflexology is provided by appointments by Vanni Roncali. No referral is necessary to receive treatment with A Pathway to Wellness, and most of the services are covered by extended health care benefits and Motor Vehicle Insurance. They can also be claimed on Income taxes. For reimbursement under

these plans you may need a referral from a physician. Please see your plan for details.

For those unfamiliar with some of the services, massage therapy is the manipulation of the soft tissues of the body to achieve a therapeutic response to encourage the body's healing properties. The types of soft tissues that can be manipulated include muscles, tendons, ligaments, fascia and connective tissue. Most Massage therapists use Swedish massage techniques as the basis for their treatment but many other types of approaches are often used during a treatment, for instance hydrotherapy, joint play, myofascial release, frictioning, trigger point therapy and passive stretching. Most of the treatment is deep tissue therapy. Now in saying that every treatment is within your tolerance, open communication is the key to effective treatment.

Sometimes a body just needs a helping hand to kick start the healing process. Acupuncture and massage techniques can help lengthen tight muscles and tendons which will aid in easing muscle tension and decreasing pain. Massage is a valuable aid in treating musculoskeletal conditions. It assists the circulation of blood, lymphatic fluids, oxygen, & nutrients to affected tissue, allowing the body to eliminate any toxins, wastes, stress and tension which may be contributing factors to an existing condition. Massage therapy and acupuncture are often used to facilitate healing in low back pain, pregnancy discomfort, sciatic type symptoms, headaches, migraines, neck stiffness and tendonitis just to name a few.

Alice and A Pathway To Wellness continue to expand their skills to offer the best techniques to help serve their clients better. A Pathway To Wellness would like to thank you for your patronage as Alice looks forward to treating your aches and pains for another ten years.

## Bronte Corporate Centre

420 Bronte Street, Suite 117  
www.apathwaytowellness.com

905-693-3546



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