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Tuesday, July 29. 2008

Someone Mentioned 'Sting' to me the other Day and this Song Immediately Popped into My Head

Thanks for reminding me.....

I have always wanted to just run through the wheat fields here in Oregon. They are so beautiful this time of year. This song is so appropriate for that thought.

.....Maybe before I move.....just maybe.

Posted by Shelly Hardage-Wilkerson in ~Videos~ at 15:27

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Friday, July 25, 2008

Strawberry Fair 2008

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 11:58

Thursday, July 24, 2008

Five of the Most Common Bike-Car Collisions

There have been several stories, in Oregon alone, about car drivers not paying attention to their surroundings and a bike rider ends up hurt or even killed. After reading this particular story at Biking Bis. Getting "doored" is not uncommon and neither are several other car/bike hazards. Here is a list of the most common ones and how to help avoid them while you are cycling.

- **Left Cross:** A motorist fails to see a cyclist and makes the left turn.

Avoiding this: If you see a car turning into your own pathway, turn right into the lane with the vehicle as well. Or stop completely, if you have enough time to do so.

- **The Right Hook:** The motorist passes a cyclist on the left hand side and then proceeds to turn right into the biker's path.

Avoid this: No matter what the case, if you pass a motorist on the right and stay with that motorist, you are ultimately asking for trouble. And more if you hang back from their passenger window, you have just entered yourself into the motorist's blind spot. The best way to avoid this is take up the entire lane. It is your right in all 50 states.

- **Getting Doored:** A cyclist riding in the bike lane or near the side of the parking area for cars and a driver opens their car door, not realizing the cyclist is coming, ultimately not giving the cyclist enough time to stop and the cyclist is struck with the door.

Avoid this: The best way to avoid this is to always be alert, even looking several cars ahead of you. If there are many parked cars in a line ahead of you, take over the traveling lane if necessary. Always be prepared to stop no matter what the situation. Ride strong, and keep your weight over your rear wheel.

- **Parking Lotted:** The motorist exits the parking lot or a driveway area and hits a cyclist.

Avoid this: The easiest way to avoid this is to never ride on the sidewalk. Another way is to take a different route, possibly ride through the parking lot instead of on the roadway beside it. Being alert is the best way to overcome this. Drive for the motorist, and make eye contact with the driver.

- **Overtaking the Lane:** Getting hit from behind in the bike lane or other travel route when the motorist takes over the bike lane when driving.

Avoid this: Make yourself as visible as you possible and always signal when you are turning. Bicyclist should obey the signals and signs as well, just as a motorist would when driving.

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 11:08

Vote Wisely.....This May Help

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 10:44

Tuesday, July 22, 2008

The Healing is Hard

For many who know me offline as well as on, know I got attacked by my new neighbors chow/mix dog on June 28th. I have recovered well as far as the injuries go, but the scars and the mental aspect of it still lingers. I wanted to share with those who read my blog, some of the photos I have been taking throughout my healing process. These are a bit graphic, so please view with caution.

With physical therapy, time and patience, I should have full use of my middle finger in about 6 months. Everything in my life has changed. Simple things even. Pulling my hair back, washing my hair, loading and uploading the dryer, my yoga, my driving, the simple things you go to grab, I can not do at this point but, I am gaining strength everyday. I notice I can do some things better than I could do the day before. Mentally it is hard for me, especially when I look down at my scars, but that too will pass with time.

Wish I could take something stronger than ibuprofen for the pain, but that's all I can take according to my doctor. And this Cephelexin makes me feel ill. But, in time this too shall pass. Right?.....Sigh!

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 21:34

Monday, July 21, 2008

When I Graduated High School, this was My Class Song

Do you know what year it was?

Posted by Shelly Hardage-Wilkerson in ~Videos~ at 16:33

Monday, July 14, 2008

My Graduation Flowers Sent by Aunt Tresa

The day after my graduation, it was an awesome surprise. Thanks Aunt Tresa for the lovely gift.

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 13:54

Friday, July 4, 2008

Cut Those Bills and Have More \$\$\$\$ in the Long Run

1. **Your Mortgage:** Let's face it, the mortgage, rent, cost of ones shelter is the biggest bill anyone has, or at least it should be. If you have an adjustable rate mortgage (ARM), the surest way to get control of it is to refinance with an fixed-rate house payment. Because when interest rates go up, that low introductory ARM you have on your home will take off. ARMS are becoming more and more popular because they cheap initial rates lowered monthly payments and made it impossible to afford a better house for anyone. On a \$200,000 30-year mortgage, a two percent increase adds another \$238 a month to your budget already. It is like taking on a car payment, but you don't get to drive the car ever. What's the point of that? A fixed-rate mortgage will allow you to pay off your debt in a cheaper and cheaper dollar amount. As your income gets bigger, put more and more back to your house payment and it will be paid off sooner, and you will be mortgage free by retirement, which is what we all want, right?

2. **Your Education:** Just simply look for quality institutions in your own area. Consider a local four-year college or even a community college or graduate school and live at home which will save on room and board in the long run. Unless you have a scholarship to live on campus, commuting is the best way to go. Then after you're done with class there head on out to a private university or state school. Consistently good grads is what is the best for any student, it shows commitment and discipline. Excel at one, two or even three things, not a multitude of different classes and extra curricular activities. Give priority to your retirement savings over college funds, since there are no loans, grants or even scholarships for getting through your senior years.

3. **Your Health Care:** Health care cost have been outrunning inflations, which is one reason why most employers are making their employees pay the high cost of healthcare plans. Opt for higher deductibles and lower monthly premiums. Check out Wal-Mart. The company recently started a program in 27+ to fill 30-day generis prescriptions for just \$4. Almost nearly 300 drugs are all covered. Consider also enrolling in one of the new Health Savings Accounts (HSAs) offered by many employers already to help cut your healthcare costs in half.

To read more ways to cut your financial dollar visit

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 12:03