

If you want your business known just post something on Talkeetna Trader, our local FB buy and sell group. You could be silent as a mouse on FB but if you are looking for the number of the plumber, need to find out when the dump is open, want to sell or buy something, ...and you'll post that on Trader. But be prepared because then everybody knows your business.

I posted that I was looking for a knee scooter. This precipitated posts from people selling knee scooters as far away as Palmer, me explaining why I need a scooter, helpful advise on crutches, walkers and aromatherapy. It was exhausting because I am one of those people who feels I have to respond to every entry. But, I found a scooter and it only took 2 hours. Trader is amazing.

So why do I need a scooter? Because the foot has 26 bones and other sort of things like bones and I broke one of the sort of things like bones.

I wish I had just broken a bone... I now fully understand the term 'clean break'. That is the really the good kind of break. It's clear, you've broken something, you have to do something about; that might mean dumping your loser boyfriend, quitting that crappy job or getting a cast. If you do ANYTHING else but a clean break, then it gets messy, confused, fits and starts, tears and recriminations, shouldas, couldas, wouldofs, drunk texting, etc. etc.

I was told that I fractured my sesamoid. My 'what-a'moid? Hemaroid? What the hell is that? It's a bony nodule wrapped with tendons under the ball of your foot; you have two of them. The Latin word for sesame is sesamum.

I've broken a tiny seed on the bottom of my foot and the only way to heal it is no weight bearing for nine weeks. A REAL bone only takes 6 weeks but the sesamoid, being special, takes nine.

I have had two "Come to Jesus" talks with foot doctors on this sesame seed and my options. They are pretty clear on the treatment and I am pretty clear on why that can't happen. I've explained to them that, "I live alone, I have four sled dogs that need exercise, I walk a trail into my cabin, I heat with wood.

I asked, "what if I do nothing until summer when it is easier to be on crutches and scooters? They say I might have a painful non-union. A painful non-union? I've had a lifetime of those and I didn't have to hop around on one leg to do it.

We've been at a stalemate about this situation. I seem incapable of staying off my foot and the doctors tell me that only staying off my foot will work.

Actually they don't care that much about my side of it, they've told me what I need to do and that is that. Really? Is that true. Isn't there another way? "No," they say. "I can't do it," I say back. Negotiations have ceased, the impasse continues.

It seems to me that doctors are always looking for a cure and never a compromise. It might be through drugs, surgery, amputation.

What I've discovered is just how is that it is really, really difficult to be injured in anyway and live a rural, DIY lifestyle. It is pretty much impossible unless you are paying people to do everything for you from feeding your dogs, hauling wood, to packing your trail. But I am soldiering on, channeling my inner flamingo, building my own orthotics, trying aromatherapy and figuring ways to exercise four dogs without using my feet.

I've passed the knee scooter onto someone with a real broken bone and I my knee crutch just arrived in the mail. Picture a metal peg leg that has a support for your bended knee. Picture hands free walking. The infomercial I watched showed a guy walking a dog! Okay, it was a golden retriever and it was on a sidewalk in a warm climate but I was sold.

Now, I wonder if I can attach a snow shoe to the bottom of it?