

Dick Gautier: Would you believe, a man of many talents?

BY NICK THOMAS
ALONG THESE LINES

Of all those zany sitcoms produced in the 60s, "Get Smart" remains a favorite of classic TV fans. This show had it all: crazy characters (Max, "99," Larabee, Hymie the humanoid robot), delightfully wicked villains (Siegfried, the Claw, Leadside), goofy spy gadgets (shoe phone, cone of silence), cool cars (Sunbeam Tiger), unforgettable catchphrases (missed it by that much!), a parade of stellar guests (Milton Berle, Don Rickles, Vincent Price), unbelievable save-the-world plots, and that omnipresent 60s canned laugh track.

Don Adams, who played Max, passed away in 2005. A few years earlier, during a 75th birthday roast in his honor, Don made a very simple request: "I don't want a big funeral. I don't want a lot of flowers, or eulogies," he told the gathering. "I'd just like a few of my close friends to get together and try and bring me back to life."

Dick Gautier, who played Hymie the robot, wasn't close friends with Don off the set, but says he enjoyed working with him. We talked a few days ago from his home in Los Angeles.

"He lived a very different kind of lifestyle to me," said Dick. "He and his buddies were always at the racetrack, but I was never a gambler."

Incredibly, Dick's Hymie character ("his father's name was Hymie") only appeared in six episodes during the first four seasons of Get Smart. Yet he remains one of the show's most popular and memorable characters. Dick based Hymie partly on a childhood memory.

"As a kid in Canada, I saw this mannequin-like guy in a store window who moved in a very stiff manner. The deal was, if you made him smile, you could win a gift from the store. I almost got him to laugh! So I started imitating him and discovered I had a flair for entertaining. I told that story during my Get Smart audition, did those movements, and got the role of Hymie."

Not surprisingly, laughter was not uncommon on the Get Smart set.

Dick remembers shooting one scene where Max takes a rather

drunk Hymie into a closet and scolds him because drinking and spying don't mix.

"I had to reach over and kiss Don on the cheek," recalled Dick. "But the two of us started giggling like high school girls during every take, and the crew grew impatient. I finally got through it by not looking at Don. When the scene was over, he looked at me and said 'Are you going to say it or am I?' So I told him to go ahead. He looked at the crew and said 'Okay guys, we're coming out of the closet!'"

In addition to acting in hundreds of TV shows and movies, Dick has been a stand-up comedian, writer, producer, director, voice actor, and singer. During lean times, he even demonstrated pogo sticks at Macy's. Details can be read on his web site biography, which Dick describes as "that once grotesquely inflated thing which deflates slightly with each passing day."

Dick is also an artist specializing in caricatures and has written numerous books on drawing. He's captured the Burt Reynolds forehead, the W.C. Fields nose, the John Travolta chin, and dozens of other celebrities perfectly (see www.dickgautier.com).

He also makes an interesting comparison between today's stars to those of yesteryear with their more rugged features (think Bogie, Gable, Connery).

"Many of today's actors look like fashion models. Take someone like Brad Pitt who has those stunning, boyish good looks. Some are so handsome, they just don't have any distinguishing features to hang your comic hat on, as an artist."

In addition to drawing and painting, Dick has just finished writing a two character play, which he hopes to direct. And at 81, his career achievements just keep mounting.

"I've been around so long," he says, "sometimes I feel like I was in the original Flintstones – the real ones the cartoon was based on!"

Thomas' features and columns have appeared in more than 300 magazines and newspapers, including the Washington Post, LA Times, Chicago Tribune, Boston Globe, San Francisco Chronicle, and Christian Science Monitor. He can be reached at his blog: <http://getnick.blogspot.com>.

The importance of looking both ways

"Look both ways." That phrase is as standard as

the "I love you" and the "Have a good day" in our house every morning.

With spring weather somewhere in our near future, (I'm crossing my fingers that it is anyway!) the kids who've been cooped up all winter will soon be running like wild horses in their neighborhoods, to the parks and anywhere a stray ball leads them.

It's a kid's nature to believe nothing and/or no one will

harm them. However, an incident that recently occurred just after we reminded one of the kids to "Look both

ways," gives me reason to offer a timely reminder to anyone who can read. Please watch for children—ALWAYS—especially in places you don't expect to see them!

Excited to get into wrestling practice one evening, Brenner

bolted out of the vehicle and ran, mach 50, around the car and towards the gym.

Thad obviously noticed the headlights coming. Brenner

did not.

Thankfully, the driver also saw Brenner and stopped in plenty of time. Clearly, this was a 5-year-old's mistake. The driver did absolutely nothing wrong. But, we feel blessed beyond blessed that, even with the evening sun in the driver's eyes, he or she had enough time to stop.

I wasn't there to witness what occurred and I wasn't there for the firm scolding that happened as a result, but Thad indicated – and Brenner agreed – it was substantial! Hearing this, I also felt the need to make an impression on my little boy about the tragedies that can – and too often do – result when children don't look out for cars and drivers don't look out for children.

I took some time in a serious but loving "mom

voice" later that night to help him understand the dangers of running into the street and not looking both ways. I'm pretty sure he got it. At least the tear welling up in the corner of his eye made me believe he did. I couldn't bear to have one of my children hurt, hospitalized, or worse.

That's why I'm asking all of us to remember that kids are carefree and sometimes careless. As adults, we need to stay focused while behind the wheel of our cars, trucks and other vehicles because kids don't have the capacity to stay focused on their own.

I'll still say my good byes every morning with a kiss, an "I love you," a "Have a good day," and a "Look both ways." Together, we can keep our kids and our community safe.



My Crazy Life

DeeAnn Konrad

It's running season

The way the weather has gone lately, even though we are technically in

spring, it's tough to tell what

season we're in anymore. The thing that I have noticed is an increase in runners outside, so without a doubt running season is upon us. With running season comes the increase of patients with foot, shin, knee, hip, back, and whatever other pain is associated with running. Previously, I have addressed running and good ways to start. Now we'll touch on a few things that can help you get started or return to running with as little pain as possible.

First, before you begin to run, make sure you can actually handle it. A physician can help you determine if your internal system can handle it. After that, to make sure that you're going to have the most comfortable run, you need the right shoe. There are three basic types of runners: runners with really loose feet (over-pronator), neutral feet,

and rigid feet (under-pronator). Every shoe company, including Asics, Saucony, Adidas, Nike, New Balance, etc., makes a shoe for each type of runner, so first see someone who is experienced in analyzing gait, or go to a store that can analyze your gait to get you the right shoe.

After getting the right shoe, it is a good idea to make sure that how you run is okay. Improper running mechanics can lead to a myriad of problems even if you have the right shoes. Running mechanics don't always show up right away, but what usually happens is, after a period of time or when a runner starts to increase mileage, these hitches in the running form can be a huge problem. Get analyzed by a trained professional. Perhaps your local chiropractor, who treats a lot of runners, can help. You'll be able to find out what your deficiencies are and what areas you need to focus on to avoid future pain.

Next, it's important to start

at the right pace. If you've been running all winter on the treadmill, then by all means go ahead and move outside onto the pavement. The one thing I will suggest is to drop your mileage down a little. Running on ground is different than on the treadmill, so it may take a little time for your body to adjust. If you're used to running three miles on the treadmill, then maybe start at two miles for the first week or two outside, then gradually increase. If you haven't been running all winter, then my suggestion to you is to run on the treadmill for a few weeks to get your body used to running, then move outside. Another way to get back into running is to do intervals. Run for two or three minutes, and then walk for one minute. Repeat this until you reach your desired distance.

Now let's talk about stretching. Patients always ask me if they need to stretch before or after running. You need to stretch both before and after running, however each one is different. Prior to running, I always suggest that you do a warm-up for about five minutes. Also, before running you need to do dynamic stretches. Dynamic stretches involve movement

while stretching to help warm the muscles up. After running is when you do static stretches. These are the stretches most of us are used to—where you put the muscle in a stretch and hold for 30-45 seconds. Two of the most problematic muscles are the hip flexors and the calves. Finding good stretches for these is very important.

Finally, the most important piece of advice I can give you is that if you feel pain, back off from running and get the problem looked at. Don't run through the pain. Pain is the last thing to show up, and the first thing to go away. The sooner you get the problem taken care of properly by an experienced physician, chiropractor, or physical therapist, the sooner you can get back into running. I have found runners can be very tough to treat because they never want to stop running, but when they are treated properly, they are some of the most appreciative patients.

Should you have any questions, please feel free to email me at chrislane_dc@yahoo.com, contact me on my website www.teachiropractic.com, like the Tea Chiropractic & Rehab Facebook page, or follow me on Twitter @drchrislane.



Just for the Health of it

Chris Lane

Wheelchair discrimination

BY RICHARD P. HOLM MD
THE PRAIRIE DOC PERSPECTIVE

Several weeks ago I had the honor of helping a close friend of mine, who sometimes requires a wheelchair, to tour around a historic town viewing the wonderful sites, and enjoying museums of art and of history. It was an enlightening experience for me. Prior to this, I had been only vaguely aware of how public bathrooms had changed to make one stall wider, and how curbs had been cut down, which I had noticed made it easier for kids on tricycles.

Pushing him around in a wheelchair, I noted every curb with and without a disability entrance. I noticed every building with steps and no elevator. I noticed every home that had no way for a wheelchair bound person to easily enter. Too often the doors were very narrow, the hallways un-manueverable, the sidewalks too cracked or bumpy. More than once we were stopped dead in our tracks as the wheels caught in crack or rut,

which would just about thrust my friend out of the wheelchair, and onto the ground. Up to this time I truly hadn't recognized the extent that we, as a society, discriminate against people with mobility problems.

Before this, I was dimly aware of the Americans With Disabilities Act, and I remember how business people complained, as they felt burdened with this law. Now I more fully realize its value. The law expects public places to make services accessible to those who are disabled by mobility, hearing, sight, or whatever and requires it if federal money is involved.

Think about it, you and I are just one small accident away

from paralysis, or a viral infection away from deafness, or a blood sugar away from being blind. Able or disabled, we need to make our world more accessible.

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