

2000es Lifestyles

FREE

Vol. 24 Issue 1

JANUARY 2023

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1999-2022
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Lifestyles 2000

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Cover photo by Judy Ford: Judy is a 40 year resident of Sandusky County. Judy says, "Photography is my therapy and my passion! My favorite place is behind the lens. Nature and animals are my favorite subjects, if it has legs I love to take its picture!" Judy has done weddings, senior photos and family sittings, but spends most of her time around the marshs and water. judy.knipp@yahoo.com or Judy Ford on FB.

PET NEW YEAR RESOLUTIONS

By Kathy VanWey

It's that time of year again – New Year Resolutions. Lose weight, exercise more, get organized, blah, blah, blah. What if we could peer into the minds of our pets and see what their resolutions are?



DOG: I will sniff the cat's derriere every chance I get.

CAT: I will double my size by arching my back complete with hissing and snarling.

DOG: I will clean the litter box every day of the poosicles.

CAT: I will refill the box daily. He hasn't figured out they make him puke. Hee-hee.

DOG: I will help myself to the yummy cat treats.

CAT: I will pee on the new bedspread and blame him.

DOG: I will protect the cat against all US Postal Carriers, UPS and FedEx drivers.

CAT: I will ignore anyone who comes to the door.

DOG: I will sniff the cat's derriere every chance I get.

CAT: I will knock over the garbage and blame him.

DOG: I will get the cat to play with me.

CAT: I will cut the dog in two with my steely, cold stare.

DOG: I will sleep in the cat's favorite chair.

CAT: I will tell the stray cat to tease him mercilessly when he's chained outside.

DOG: I will steal the cat's favorite toy.

CAT: I will launch an aerial attack slicing his nose drawing blood.

DOG: I will tell the cat I love her by planting a big kiss on her forehead. It is New Year's Day.

CAT: I will never let him know I liked the kiss and conceitedly walk away. On second thought maybe I'll nuzzle against his leg. After all, it is New Year's Day.

Happy New Year's Everyone!



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Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly. Sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. We cannot run fliers, please write up your event and we will include "In Your Own Backyard." Please make sure all info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

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Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

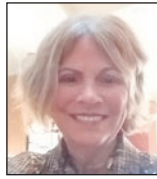
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Lifestyles 2000
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Publisher's Letter

Happy New Year!

We are so happy to be starting another year with our readers and wish you all health and happiness.



Sadly we lost our long time friend, and writer, Ms. Grace this past month. In her honor her daughter, Christine Webb, has written her final column in her memory.

Ms. Grace was a wonderful mother to eight children and numerous grandchildren and great grandchildren. She was an angel to the children in our community as the Camp Fire director for many years. I am happy that she "graced" the pages of Lifestyles these past 23 years with her columns filled with wit and wisdom. We will miss her, but know she is now planting and playing in God's perfect garden.

Joanne

Find Pete



Find Pete Winners:

There were 145 correct entries, Swim Rite Wrap & Go was the answer. Please, when entering you must include your address to win.

Winners are: Fremont: Dan Minich, Theresa Sanchez, Melissa Elder, Mary Halbisen, Jennifer Miller, Annette Moore, Jane Stout, Pam Rothenbuhler, Linda Gegorski, Eric Hoffman, Deb Shearn; Bellevue, Mike Todd; Sandusky, Lynn Franke; Clyde: Cecelia Kopchak, Karen Sawyer, Mandi Dorobek, Lisa Doebel, Regina Albert; Gibsonburg, Tom Samson; Green Springs, Virginia Berlekamp. Congrats!

Find Pete Prizes:

Twenty entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, Lillie Beans, Otto & Urban, Share & Care and A's Family Restaurant. You may specify a prize.

Find Pete Contest Rules:

To enter, send the name of the ad, your name and address on a 3x5 card or paper to: **Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420.** Or email your entry to lifestyles2000@sbcglobal.net.

Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

January Recipe

This recipe came from a website called Easier Eats, it looks delicious and easy. Enjoy!

Chicken Cobbler:

- 2 cups all-purpose flour
- 1/2 cup parmesan cheese, grated
- 2 teaspoons baking powder
- 6 tablespoons butter, cold and cubed
- 3/4 cup plus 2 tablespoons heavy whipping cream
- 3 ounces cream cheese, softened
- 1/2 cup sour cream
- 1 (10.5-ounce) can condensed cream of chicken soup, undiluted
- 1 (10-ounce) can green enchilada sauce
- 2 (4-ounce) cans chopped green chiles
- 2 1/2 cups rotisserie chicken, shredded
- 1 1/2 cups Colby-Monterey Jack cheese, shredded



Directions

Step 1 - Preheat the oven to 450 degrees F.

Step 2 - Lightly grease a 15x10x1-inch baking pan.

Step 3 - In a bowl, whisk the flour, the parmesan cheese, and the baking powder together.

Step 4 - Cut in the cold butter into the flour mixture until the mixture resembles coarse crumbs.

Step 5 - Add the heavy whipping cream to the flour mixture and stir until just moistened.

Step 6 - Crumble the crumble mixture into 1/2-1-inch pieces.

Step 7 - Bake on an upper oven rack until light golden brown, about 8-10 minutes.

Step 8 - Transfer the crumb topping from the oven and lower the oven temperature to 350 degrees F.

Step 9 - In a large bowl, mix the cream cheese and the sour cream until smooth.

Step 10 - Stir the cream of chicken soup, the enchilada sauce, the green chiles, and the chicken into the cream cheese mixture.

Step 11 - Transfer the chicken mixture to an 11x7-inch or 13x9-inch baking dish.

Step 12 - Sprinkle the chicken mixture with the Colby-Monterey Jack cheese and the baked crumb topping.

Step 13 - Place the filled baking dish on a baking sheet.

Step 14 - Bake, uncovered, on a lower oven rack until the topping is golden brown and the filling is bubbly, about 35-40 minutes.

Step 15 - Serve.





Out to Lunch

By Lynn Urban

If you are a Tiffin area native, chances are you've been to Paulette's diner, at the corner of Sandusky Street and Market. It's the place to go for breakfast or lunch any day of the week. They're open seven days a week, 5:30-2pm.

What makes Paulette's special is the real homestyle comfort food, with heartwarming daily specials and breakfast all day. The super friendly staff makes you feel at home, and they all work well together. They're known for the homemade specials, but they also have burgers, fish, and wraps, along with their dinners, homemade soups and large salads, and they don't skimp on portions.



For breakfast, try the smoked sausage bowl, which consists of 3 scrambled eggs, smoked sausage, sausage gravy, homefries and lots of cheese on top. It's served with toast for \$7.75. Also enjoy a danish or a delicious warm cinnamon roll. They've also got earlybird meals, kids meals, and senior meals for the lite eaters and better prices. For dessert try a piece of one of their many pies.

Paulette's is just a good family homestyle restaurant with decent prices. It's worth the trip to take a Sunday drive for breakfast or lunch. When we went there was a line, but don't worry, they get you in and out quickly. Enjoy!

Jill on Money

By Jill Schlesinger

Year-end money moves -- 2022

Consumers, businesses, and investors are looking forward to putting 2022 in the rear-view mirror, as soaring prices, rising interest rates and dreadful financial markets have wreaked havoc on pocketbooks.

While you may not be able to control any of those big issues, this is the time of year where I encourage you to be proactive, especially in light of the changes that are around the corner in 2023.

Those changes are primarily due to the inflation adjustments within the tax code for tax year 2023. The IRS announced increases for the standard deduction, new ranges of income to which existing marginal tax rates apply, increases to the Earned Income Tax Credit, contributions to health flexible spending arrangements, and the annual exclusion for gifts, to name a few.

Additionally, the annual limit on contributions to employer-based retirement plans will increase to \$22,500, SIMPLE IRAs will rise to \$15,500 and catch-up contributions for those over 50 will increase to \$7,500 (up from \$6,500) for 401(k) plans, 403(b) contracts, 457 plans, and SARSEPs, and to \$3,500 (up from \$3,000) for SIMPLE plans and SIMPLE IRAs.

Got it? Good ... now let's do some year-end planning!

Think about 2022 taxes NOW

Use the IRS's withholding estimator to see if you have had enough money set aside to pay your tax bill in April. If not, notify your payroll department to increase your withholding through the end of the year. If you are not working or are self-employed, you may want to make an estimated tax payment to reduce or eliminate potential tax penalties.

Slash your tax bill with Uncle Sam's help

The best way to reduce your tax liability is to maximize your pre-tax retirement plan contributions before the end of the year. Most employer plans allow you to increase your contributions but be sure to readjust after the New Year.

Consider a Roth conversion

If you had lower income in 2022 or the value of your traditional IRA is down, it may make sense to convert to a Roth IRA. When you do so, the amount that you convert will add to your taxable income.

Considering that tax rates are historically low, paying the tax due now may be among the smartest decisions you could make over the

long term. Once you convert to a Roth, the money will grow tax-free and when you retire and withdraw it, there will be no tax due. Because Roth plans are not subject to Required Minimum Distributions (RMDs), many use them to help control future taxation of Social Security benefits and/or increased costs of Medicare, which are income tested.

Down markets don't impact RMDs

The IRS does not care that the value of your retirement accounts is down -- you still must take your RMD before the end of the calendar year, or else you will pay a whopping penalty.

Embrace your losers

It has been a rough year for investors, but Uncle Sam may help assuage your suffering. If you have a taxable investment account, you can sell losing positions and use those losses against sales of winning positions. If you have more losses than gains, you can deduct up to \$3,000 of losses against ordinary income. If you have more than \$3,000 of losses, you can carry over that amount to future years.

When you reinvest the proceeds of these sales, be mindful of the IRS' "Wash Sale" rule, which won't let you deduct a loss if you buy a "substantially identical" investment within 30 days. To avoid the rule, wait 31 days, and then repurchase the stock or fund you sold, or replace it with something that is close but not the same (hopefully something cheaper, like an index or an exchange-traded fund!)

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)



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Jay Cooke and the Yellowstone

The recent popularity of “Yellowstone” and Kevin Costner’s appearance on Fox Nation brings to mind the first efforts to make Yellowstone a tourist attraction. It all began with Jay Cooke, born in Sandusky, Ohio and known as the financier of the Civil War. Following the war, the wealthy Cooke invested his fortune in building the Northern Pacific Railway. With Duluth as its hub, Jay hoped to push the railroad ever westward. Transporting products to and from the West was not the only thing on Cooke’s mind. He believed he could develop tourist destinations along the Northern Pacific route.

He learned that in March 1871 the government had allocated \$40,000 to geologist Ferdinand Hayden to survey northwestern Wyoming. Joining Hayden would be photographer William Henry Jackson and painter Henry Wood Elliott. It was their job to visually document the area.

Thomas Moran, a painter of the Hudson School and illustrator for Scribner’s Monthly magazine, had heard about the expedition, but was disappointed to learn that an artist had already been chosen. Jay Cooke knew Moran’s artwork could prove invaluable for future advertisements for the Northern Pacific. Using his political connections, Cooke was able to get Moran assigned to the expedition. He and Scribner’s covered the expedition costs for Moran.

Although neither Jackson nor Moran knew each other, they quickly struck up a friendship that became a professional partnership. Together, through Jackson’s photographs (developed in the field) and Moran’s sketches and his onsite watercolors, they documented some of Yellowstone’s most iconic landscapes. When the expedition ended, Moran produced 30 paintings that created a sensation in the East.

Many were skeptical of the stories trappers told of the area’s beauty. Jackson’s images proved they were not wrong! Their enduring images helped Americans realize Yellowstone was a treasure to be preserved and shared with future generations. The following year, when Congress debated establishing Yellowstone as the world’s first national park, the work of Jackson and Moran played a critical role. Moran’s 9 ½ foot by 14 ½ foot “Grand Canyon of the Yellowstone” hung in the Capitol for many years. Today it is on long term loan to the Smithsonian. All of Moran’s paintings can be viewed on the Library of Congress website.

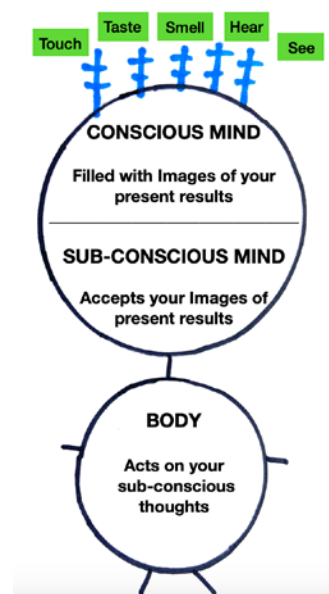
The Jackson/Moran friendship did not end there. They teamed up on two additional expeditions. Jay Cooke’s investments in the Northern Pacific Railway drove him into bankruptcy, setting off the Panic of 1873. By making it possible for Thomas Moran to join the Hayden Expedition, Cooke accomplished something of lasting value. A record attendance of more than 4,800,000 tourists visited Yellowstone in 2021.



Image of the Mind

By Alisa Floria

This is my version of a stick person originated by the late Dr. Thurman Fleet founder of Concept Therapy. He used a similar image to show patients how they could heal their body by controlling the activities of their mind.



This drawing helps eliminate confusion that takes place in our mind. Giving us a model to begin working with to understand how the mind and body work together.

Let the large circle ...the mind, be your head, and the smaller circle represent your body. Mind is movement, and is in every cell of your body, and you must have an image of your mind to help bring order to your thinking.

Your **CONSCIOUS MIND** is your **THINKING MIND**. Now the conscious mind is the part of you that takes in all the information thru your senses. Imagine these little antennas collecting information in this part of your mind where your free will lies. This is where you can accept or reject any idea. No person or circumstance can cause you to think about thoughts or ideas you do not choose to accept.

The thoughts we choose eventually determine our results that show up in our life. As you accept a thought it’s impressed in the sub-conscious part of your mind. Now imagine a horizontal line in the middle of your head separating your conscious mind and your sub-conscious mind.

Your **SUB-CONSCIOUS MIND** is your **CONDITIONED MIND**. This part of you functions in every cell of your body. The bottom half of your head represents your sub-conscious mind.

Every thought or word our conscious mind chooses to accept, this part must accept because it does not have the ability to reject.

“By Universal Law,” this part of you operates in an orderly manner expressing itself through feelings and your actions. Any thought you continually impress upon your subconscious by thinking about something over and over gets fixed into your personality and becomes automatic behavior patterns. Now you are beginning to get a better understanding how paradigms are formed.

BODY-IS THE INSTRUMENT OF THE MIND. THE body is your visible being. The physical part of you. These thoughts and images that we consciously choose are impressed upon our sub-conscious and they move our bodies into action. These actions that we take are what determines our results we experience in our lives.

1. Thoughts 2. Feelings 3. Actions 4. Results. To **change your results** you have to first **change your thoughts**. This is where Image of the Mind and Transformation come together.





Kiss-Me-Over-the Garden-Gate

By Christine Webb

This will be the last column of *"Kiss Me Over the Garden Gate"*. On December 12, 2022, Mom saw her final sunrise and went peacefully and joyfully into the open arms of her heavenly Father.

Mom always considered you, her readers, to be extended family. Through her writing over the years, she has expressed pleasure and pain, happiness and sorrow, success and challenge. You supported and encouraged her Old Garden House endeavors, and celebrated with her when Patsy the peacock returned home. She shared her knowledge and passion for flowers with you, while you smiled and delighted in the adventures of Scooter the cat; and time well spent on the front porch swing. You cried and grieved with her as she told you about our dad's illness, struggle, and death. You offered kindness and a "thumbs up" as Mom battled and conquered lymphoma. And she was showered with love, cards, and special visitors as she endured the devastation of Alzheimer's with dignity, grace, and courage. From one family member to another, Thank you!

Mom was blessed with many talents, gifts, and abilities. She wore many hats; and influenced countless numbers of people, young and old alike, as she served Sandusky County. In the past few years, as she reflected on her many awards, distinctions, and recognitions, her proudest moments and most rewarding achievements were found in raising eight children and being a wife to our dad.

Mom liked to say, "The most important things parents can give their children are roots and wings." Mom and Dad gave us both and so much more! They encouraged us to chase our dreams, open our hearts and homes, make a difference in our communities, and do it all with Sidell determination.

Giving her children roots came easy for Mom. We remained rooted through church attendance, holiday traditions, shared work on the farm, family reunions, and time spent with grandparents.

She instilled in us a deep understanding of who we were, where we came from, and what was expected of us. Mom always said giving her children wings proved to be a bit more difficult. As much as she wanted to protect and nurture, Mom allowed each of us to take flight, whether that meant across the street or across the country. With our parent's blessing and example, we were encouraged to face both challenges and opportunities with equal determination. What a lasting gift and legacy they left with us!

As you remember "Ms Grace", her life, and lessons, may she inspire in you what was so evident in her – faith, hope, and love.

Mom's closing was always "Life is good", and indeed it is! But, I would like to leave you with the words Mom used when ending a Camp Fire closing ceremony:

*Day is done,
Gone the sun,
From the lake, from the hills, from the sky,
All is well,
Safely rest,
God is nigh.*

Written by her daughter in loving tribute.

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"Therefore, if anyone is in Christ,
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Life Scholar

By Kathleen Nalley

Terra Community College Life Scholar Program can be a first step toward a fulfilled New Year’s resolution on Jan 12 from 1-3 p.m. at the Neeley Center for the Spring Sampler. Instructors across all areas will provide a brief overview of their classes. It’s an opportune time to find that perfect match of interest-instructor-and -exercise, if looking for a healthy lifestyle change or to learn more about local history or pursue another interest. The cost is \$5. Desserts and beverages will be provided. Register by calling 419-559-2255 or email learn@terra.edu.

Exercise classes are offered year-round, so if a particular choice works, the opportunity to engage with the same instructor and familiar classmates can be very motivational. Experienced instructors are adept at addressing multiple levels of student ability and transitioning into a new routine. Barre hopping is a ballet fitness workout. Tai Chi for Stress Reduction is “meditation in motion” for fifty minutes of constant graceful movement and stretches with deep breathing. Yoga classes with Stacie Marquart are offered on both Monday and/or Wednesdays. Benefits of yoga are well documented and new and continuing students have seamlessly joined the class across several years. Angie Schroeder restarts Hatha Yoga with Tuesday sessions. Zumba is a combination of fitness program and international music to help cardiovascular fitness while destressing. Ambitious students may prefer Mat Pilates Plus or the Sculpt and Spin indoor cycling workout.

For those who want to learn more about health, but do not want to commit to a regular class, PT Services’ Samm Schneider is offering a one time session for Maintaining a Healthy Back with an introduction to a series of exercises to maintain a healthy back without equipment. Tips and lifting mechanics and posture will be discussed and demonstrated. Physical Therapist Fred Garcia pairs his pastoring experience for Exploring Mind-Body Connections, a course that will address mindsets affecting physical health and strategies to change your mind and habits. He will use the book, “Switch on Your Brain” by Dr. Caroline Leaf to lead discussion throughout two sessions. PTA Leslie King will focus her session on Fall Prevention and Balance Improvement.

Watercolor Workshops, a Writing Group (All Write, All Write, All Write) and Mah Jongg Open Play restart in January with Friday sessions and peer led support to improve painting, writing and game skills. Newcomers are always welcome.

Call 419-559-2255 with any questions or to request a catalog.



IN YOUR OWN BACKYARD

Fremont Lions Club will meet on January 3 at noon at the Fremont Eagles Hall. Guest speaker is Emily Boroff with Alicia’s Closet, a non-profit agency that assists families with foster children. On Jan. 17, the speaker is Bruce Chambers with the Drone Academy at Tiffin University. Students of the Month will also be present. A business meeting will take place on Jan. 31. Members and guests are always welcome. Contact Donna Thatcher, President at 419 332 3095 with questions.

Kiwanis Club of Fremont meets the first Thursday of the month at The Back Lounge at The Strand Theater 5-6:30 pm and the other Thursdays 11:45-1:00 at the Fremont Elks Lodge. Guests are welcome. Programs for this month are Jan. 5, Social Gathering at The Strand Theater, Jan. 12, a presentation by Crown Battery, Jan. 19, Beth Meeks will talk about the National Network to End Domestic Violence and Homicide, Jan. 26, Kiwanis committee meetings. For more info email sardisburchard@yahoo.com

Fremont Area Women’s Connection’s Ladies’ Luncheon is Tuesday, Jan. 10th at Victor’s Event Center 2270 Hayes Ave, Fremont.

We invite all women to come to an interesting program presented by John Havens, Superintendent of Hayes Presidential Library Building and Grounds. Mary Kay Miarer from Kansas, Ohio will share her story “Things Nice People Don’t Talk About in Public.”

Doors open at 10:30AM for coffee and socializing, lunch and program is 11-1pm, cost is \$14. Make your reservation before Jan. 6th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way.

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Main Factors Causing School Violence By Robert Morton

A little know human connection

We all hear stories about wild dolphins saving humans from drowning, diagnosing women as pregnant before they themselves know they are, and having the ability to reach people via emotional communication.

Researchers have found that all of the above are true. These free-roaming, wild ocean mammals have gently prodded the bellies of women snorkelers and scuba divers, sending their ultrasound sonar waves pulsating through their bellies. Later, at a normal doctor visit, they found out they were, indeed, pregnant.

With their extraordinary sonar and echolocation ability that they use to detect the size, shape, and speed of objects hundreds of yards away, I guess identifying a developing fetus close up is a 'no brainer' for them.

Years ago, the Child Psychiatry division at Cook County Hospital in Chicago began an intense study to determine if dolphins transmit therapeutic benefits to children with disabilities. Thirty abused and neglected children who suffered on multiple levels- emotional, physiological, biological, and neurological- were being studied before, during and after they had dolphin interactions. Dolphin/child interplays were to be videotaped for pre- and post-analysis.

They also planned to analyze the children's drawings for emotional improvements and use a PANESS scale and EEG machine to measure any neurological transformations. Psychological test batteries would measure changes in trauma symptoms that each child currently exhibited.

Guess what? They never completed the project! Oh well, I don't need scientific inquiry to know that dolphins can make children laugh with joy. I know several parents in Sandusky County whose children have benefitted from relating to these sociable critters.

I learned that dolphins help adults with disabilities, too. Years ago, I talked with Joan Mehew, Director of the Dolphin/Child program at the Dolphin Research Center (DRC) in Grassy Key, Florida Keys. She told me about how one 45-year-old dolphin named Josephine, who retired from the U.S. Navy, connected to war veterans suffering from PTSD.

I also learned that the bond these people-friendly creatures make with humans is strong. Eighteen dolphins were released from the DRC's shallow lagoons into the deep waters of the Gulf of Mexico, to save them from an approaching hurricane. The lagoons grew silent, and the staff felt their loss.

A week later, all 18 unexpectedly returned with much noisy dolphin hubbub, play and fanfare!

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored three spy thriller novels: "MISSION OF VENGEANCE," "PENUMBRA DATABASE," and "THE SHADOW WAR"- they can be found in Kindle or paperback in Amazon.com books.



Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Luck is something to be appreciated. Be prepared to take advantage of an opportunity to have some holiday fun when it arrives. This is a good time to keep your money put away in the bank.

TAURUS (April 20-May 20): Festivities might bring you and your loved ones closer, and people may seem more affectionate than usual. Pay attention to rules and norms and you will be ready for any contingency.

GEMINI (May 21-June 20): Secrets can be toxic but some can also create fun surprises. Look forward to a big reveal and enjoy some good times. A passion for excellence and adherence to a schedule can create favorable results.

CANCER (June 21-July 22): Enjoy spending time together. It may seem that someone wants you all to themselves, but you aren't likely to mind warmth and closeness today. Work together with a partner to improve joint resources.

LEO (July 23-Aug. 22): Share your ambitions, daydreams and inspiring ideas. You can uplift others with your positive energy. This can be a good month to discuss deep subjects with creative thinkers and gather with loved ones who share your ideals.

VIRGO (Aug. 23-Sept. 22): As the month unfolds, work with a partner to set new goals that are more realistic. Since you are willing to embrace the latest technology, you can soak up new information and help others with what you learn.

LIBRA (Sept. 23-Oct. 22): Gaining some perspective will be helpful. Someone else's pastures only look greener than yours when you view them from a distance. Let go of comparisons. All people have challenges; some may not be visible.

SCORPIO (Oct. 23-Nov. 21): Handling details or participating in activities that require precision and accuracy may be challenging. Just relax and enjoy warm companionship. Expressing genuine friendliness works well in group settings.

SAGITTARIUS (Nov. 22-Dec. 21): You might prefer to sleep late, but holiday morning festivities could beckon you. Try to rest up later in the day. In the month to come, your enthusiasm and energy can encourage everyone to join in.

CAPRICORN (Dec. 22-Jan. 19): Treasure those closest to you and count your blessings. The holiday season can be a time to generously share your good fortune. Even if there's not a lot of money, you can give lovingly from the heart with small gestures.

AQUARIUS (Jan. 20-Feb. 18): Exercise discretion in the month ahead. Remain upbeat even if you'd rather take time off from repetitive tasks or conversations. Being your authentic self helps to put other people at ease with being more genuine themselves.

PISCES (Feb. 19-March 20): Enjoy candlelight, festive meals, and time with your tribe. In the month ahead, someone may project talents and characteristics onto you that are far-fetched. Offer a more realistic viewpoint and climb down from that pedestal.



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Training your dog to relax and not bark at guests

Dear Cathy,

Our one-year-old female Husky mix was adopted during the height of the pandemic and was not exposed to many people outside of our immediate family. For the last eight months, she has been barking incessantly at anyone who comes into our home, especially men. Her barking will stop while the visitor sits quietly, but once they speak or get up, the barking starts again.

Lately, she has backed away from the visitor, even going upstairs, while barking, indicating she is experiencing some anxiety. There have been times when one of us holds her near the visitor, and the barking will stop, but only while she's being held. I recognize that this is also a sign of anxiety.

We've tried having her meet new people at a neutral location, but the peace this provides ends once they enter our property. And, this is not always possible to do, especially with repair people. What can we do to help her feel secure around strangers and stop the barking? – Lisa, East Meadow, New York

Dear Lisa,

You're observant to notice your dog's barking is anxiety-related. Backing away from visitors does signal that a dog is unsure of a situation. A young pup's lack of exposure to people can impact her comfort level around people later on.

The more you expose a puppy to people, the more comfortable she will be around people. But exposure at any age can help build more confidence in a dog. So please, continue taking her to neutral locations to meet your friends.

Next, begin basic obedience training. The more you train her, the more confidence she will gain, which can help an anxious dog. In addition to the regular basic obedience commands, teach her two additional skills. The first is to train her to relax. You do that by saying "relax" when your dog is clearly very relaxed, using a clicker or saying her marker word (i.e., bingo, awesome) to mark the correct behavior, and then giving her a treat.

Looking relaxed generally means they are laying on one hip. If a dog is simply down on all fours, they can easily pop up from this position, which means they aren't in a relaxed state. Look for those relaxed states and reward your dog over and over for it. Then use that command around your company.

Second, teach your husky to "leave it." Leave-it training is often associated with food or toys. But asking your dog to "leave it" with people or animals is helpful too. Follow the steps above to train her to leave food and toys when asked. Then train her to "leave it" as she approached someone in those neutral locations, you mentioned.

A good recall (coming when called) is important as well, especially when your dog is off-leash. Follow up by saying "thanks, I got this," to let your dog know you don't need her help or protection. Then position yourself between your dog and your guest. Never let your dog be between you and your guests as this positioning often triggers their protective nature and contributes to their anxiety and barking. If needed, keep her on a leash, and make sure she stands or sits behind you when guests are around. If she knows you "got this," she will be more likely to relax.

Finally, provide a pheromone collar or pheromone plug-ins for the home, or give her some of the over-the-counter hemp anxiety chews to ease some of the anxiety, especially during training. A relaxed dog is much easier to train than a tense and anxious one.

Be patient. It may take a few weeks or even months to change this behavior.

Dear Cathy,

I read your column in the Wisconsin State Journal about the man with feral cats. I appreciated all of your ideas regarding them, but was disappointed that you did not mention "TNR" programs (spaying/neutering) and barn cat programs, especially given the damage they do due to small animals, especially migratory birds.

– Janet, Madison, Wisconsin

Dear Janet,

I don't think the letter writer complaining about feral cats around his pool will likely trap them for their TNR (trap-neuter-return) surgeries and return them to the neighborhood to care for them for the remainder of their lives. But, if there is a barn cat program in his area, he can inquire as to whether he can trap the cats and bring them to the organization operating the program. If there is no such program, then TNR is the best option for managing feral cat populations in a neighborhood.

Thanks for writing.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)



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Is It All In Your Head?

By Dr. Paul Silcox

Have you ever been told it's all in your head? Well, maybe it is. The head is made up of 29 bones. And many of them are held together, not by ligaments and tendons, but by little zig zag's of the edges called sutures. Similar to interlocking puzzle pieces, but very small. They are generally thought of as immovable, but that isn't always the case. Unfortunately, if they do move, it is often as a result of some type of jolt or jar. Examples are car accidents, falls striking the head, sports injuries such as football, etc.

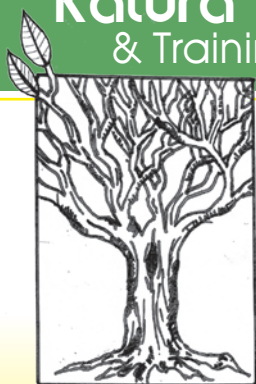
In the face, behind the eye's, and sinuses, there is a bone called the sphenoid bone. It's often described as in the shape of a butterfly. It's deep in the head and joins together with 12 other bones that make up the skull or face.

When an outer bone of the head or face is hit and shifts, it often can cause a shifting the other bones it joins with and at times, the sphenoid can shift even though it doesn't get hit directly. As a chiropractor, I've done close to a million adjustments of bones and joints in my 45 years, but none on the sphenoid or nasal bones or passages that I've learned can have a significant effect on people.

Next week, I'm undergoing a course of study on the NasoCranial Balloon Release. It's a matter of using a small balloon, inserting it into the nose and gently inflating it to help reduce the jamming of the articulations in the nasal passages and sphenoid bone. It can help to restore many neurological functions and improve breathing through the nose. The treatments are given in a series of 6-8 depending on the severity of the condition and length of time it has been present.

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What you should know about hand, foot and mouth disease

DEAR MAYO CLINIC: I have 4-year-old twins and a college-bound teenager, so I am accustomed to dealing with the various ailments that affect children. After COVID-19, I became more diligent about hygiene and kept my kids home if they had symptoms of any illness. Recently, I have heard that cases of hand, foot and mouth disease are on the rise. What do I need to do differently to protect my youngsters? Also, am I or my older child at risk?

ANSWER: Hand, foot and mouth disease is a highly contagious viral infection that commonly affects kids ages 5 and under. However, anyone can become sickened, especially those residing in close living environments, such as on college campuses. Hand, foot and mouth disease is most commonly caused by a Coxsackievirus. Most outbreaks in the U.S. occur in summer or fall.

Initially, those infected with hand, foot and mouth disease present with fevers and other symptoms, including sore throat, a general unwell feeling or fatigue, irritability in infants and toddlers, and loss of appetite.

As the disease progresses, many people develop painful sores on their hands and feet, and in their mouths. Red, blister-like lesions can appear on the tongue, gums and inside of the cheeks. Other people may develop a red rash without itching, but sometimes with blistering, on the palms of the hands, soles of the feet and on the buttocks.

A day care setting, school or other setting where there are a lot people in close contact are great breeding grounds for an outbreak of hand, foot and mouth disease. That's because the infection spreads by person-to-person contact, and young children are the most susceptible. Unfortunately, some people, especially adults, can pass the virus without showing any signs or symptoms of the disease.

The virus that usually causes hand, foot and mouth disease often is spread person to person through contact with an infected person's nasal secretions, throat discharge, saliva, stool or respiratory droplets sprayed into the air after a cough or sneeze. It also can be spread through fluid from blisters. The most common way of contracting the virus is through saliva or contact with stool.

Although your child is most contagious with hand, foot and mouth disease during the first week of the illness, the virus can remain in the body for weeks after signs and symptoms are gone. That means your child still can infect others. Keep children with hand, foot and mouth disease out of child care or school until their fever is gone and mouth sores have healed. If you have the illness, stay home and limit your contact with others.

There is no vaccine to prevent hand, foot and mouth disease. Frequent hand-washing and avoiding close contact with people who are infected with hand, foot and mouth disease may reduce your child's risk of infection.

There is no specific treatment or medication for hand, foot and mouth disease. Most people who become infected get better without any intervention. Good supportive care is essential, including ensuring patients have plenty of fluids. Dehydration is a common complication. The disease can cause sores in the mouth and throat, making swallowing painful and difficult. Rarely do those sickened with hand, foot and mouth disease require hospitalization.

Although rare, the Coxsackievirus can cause more severe issues that can involve the brain, such as viral meningitis and encephalitis. If you notice that symptoms are not resolving, but rather are worsening, or if you notice other issues such as confusion, seek prompt medical attention. -- Pritish Tosh, M.D., Infectious Diseases, Mayo Clinic, Rochester, Minnesota

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.)

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