

YOUR HWHHS

July 2021 Free

Health, Wealth, Happiness & Spirit

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Our Mission

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Meet Our Team!



4011 Bailey Avenue
Amherst NY 14226
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Join our team with your dreams!

With change comes new goals, new successes and new opportunities. This month, Your HWHS begins a new approach on our executive team. We bid farewell to Melissa Rothman, and wish her the best with her future endeavors.

Meet the *Your HWHS* team; the faces that produce and perfect the magazine that you enjoy every month. Our dedicated team ensures that your content is ready every month, elaborating on the importance of prosperity of the publication.

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A Conversation with Faizan Haq

Editor In Chief, Your HWHS



THE 4TH OF JULY

To Whom it May Concern

On the 4th of July 2021, is our union more perfect? Are we truly united? Are we diverse enough? Are we living the life we want? Are we at liberty to dream? Are we pursuing happiness that fulfills our aspirations? These questions will continue to be recurring for every generation, because we are a nation built on ideas.

Ideas which were fiercely debated in the mid-18th century, argued, and contested in smoked filled rooms and sometimes over hard liquor. There were times when curses and punches were exchanged as well. There was nothing to worry about then and there is still nothing to worry about now. This is who we are.

At Your Health, Wealth, Happiness and Spirit, we are focused on health as a measure of the quality of life. We are focused on liberty as a measure to seek livelihood and to freely provide for your family with pride. We are focused on pursuing happiness, by learning and teaching how to be happy with ourselves first. We are focused on the spirit that inspires individuals to discover new lands, climb the highest mountains, dive into the deepest oceans, and overcome daunting odds of impossibilities.

Our American spirit lies in our vision of E Pluribus Unum, "out of many, one". When we are many, we know there is more than one way to be healthy. When we are many, we know there are ways to engage our entrepreneurship; to earn a comfortable living. It is our diversity that teaches

us that happiness has many meanings. The spirit of a human being can be lifted by inspired words spoken in many languages. Out of many, one. The diversity in the life of plants, animals and even bacteria and viruses, guarantees our existence and well-being. Imagine truly celebrating the diversity of humanity, how fulfilling that can be.

My dear fellow Americans, this is how we became a world superpower. We kept accumulating talent and hard work from all over the world. We kept giving the gifts of life, liberty, and the pursuit of happiness to whoever accepted our open invitation. We reward hard work; we promote genius and we level the playing field for the disadvantaged. In return we have a simple demand, to take an oath to the very document that guarantees the same for others as you choose for yourself.

This note is presented to you as it may concern you; what is happening in America today and, what holds for America in the future? Worry not, we have an amazing ability to self-correct and will continue to celebrate the diversity in the path of life, liberty and the pursuit of happiness.



The Importance of Vitamin D: A Q&A with Riffat Sadiq, MD and Sana Iqbal

Dr. Sadiq and Sana Iqbal sat down to discuss Vitamin D in a recent streaming episode of Your HWHS. Sana had the chance to ask the important questions. Here is an excerpt from the episode with the must have information on it's importance in overall health.

SI: Hello doctor, thank you for joining us again.

RS: You're welcome, thank you for having me.

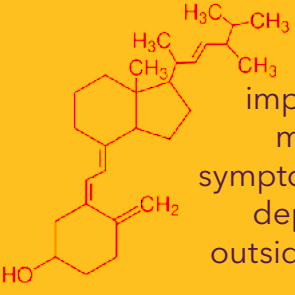
SI: For those who may not know, what exactly is vitamin D?

RS: Vitamin D is an incredibly important nutrient that your body needs. It helps with a variety of functions. It acts and an anti-inflammatory and antioxidant. It also supports immune health, brain activity, and promotes bone health.

SI: Healthy bones? Most people only think of calcium when it comes to healthy bones, how does vitamin D support bone health?

RS: Vitamin D allows for calcium to be absorbed by the body. Without any vitamin D your bones cannot properly absorb the calcium, which can lead to osteoporosis, rickets, and osteomalacia, which is a softening of bones.

SI: So, a lack of vitamin D is almost the same as a lack of calcium?



Vitamin D has been shown to improve mood. Studies have been made that show improvement in symptoms with those who suffer from depression. So make sure you get outside and enjoy the benefits of the sunshine this summer!

MOOD BOOSTING EFFECTS OF VITAMIN D

RS: Yes, vitamin D is key in preventing bone issues. This important vitamin can also play a major role in preventing heart disease, diabetes, infections, and some cancers.

SI: Is there a recommended intake of vitamin D?

RS: This amount varies depending on age. From ages 1 to 70 you should aim for 600 IUs (International Units) per day. If older than 70, you should increase that to 800 IUs per day. All adults should not exceed 4,000 IUs per day and children ages 1 through 10 should not go over 2,000 IUs. Babies under the age of one have a maximum level of 1,000.

SI: How can we get our daily doses?

RS: We most commonly absorb vitamin D from direct sunlight. 15-20 minutes, three times a week is sufficient.

SI: What about when sun exposure is limited? For example, in colder weather and in situations like lockdown last year?

RS: The only way to ensure enough intake of vitamin D during these cases is to take over the counter supplements found in most drug stores. It does naturally occur in some food such as salmon, but food should not be relied on for sole intake.

Dr. Sadiq advises to do research and speak to a physician before taking any supplement. It is important to know what you are putting into your body. Visit yourhwhs.com to view this episode and stay tuned next month for a new one!

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Can I Rent My Summer Home?

By: TAYLOR HAINES, ENCOMPASS AGENCY



It is very likely that either you, or someone you know has used a house rental site and some even consider making their spare property a place to rent out to vacationers. **However, your home may not be covered under your current insurance plan for rentals.** "If I rent out my second house on [Insert rental site here], does my insurance cover that?" The short answer is: Maybe. The long answer is: Keep reading.

Different companies have different underwriting. The first place you need to look is in your homeowner's policy - but you'll have to do a little digging. The first part of your policy is called your "Declarations Page", it shows us your basic coverages such as the amount your house is covered for and what optional coverages you may have purchased on that property.

If you leaf through your paperwork, you'll come to the "Definitions" section where the contract clearly spells out the who, what, why and how. For example, my policy with *Utica First Insurance Company* clearly states that **"Insured means you"** and then lists a few other definitions of "Insured," which have different definitions of what is covered and what is not.

Should I be renting out my house, and something was to happen to it, *Utica* would likely deny the claim since I am not the one living there at the time of the loss. My policy is also written as what is called an HO-3 Form policy, a primary homeowner's policy. These usually exclude any liability or property damage coverage due to being used as a rental unit.

Continued pg. 17

Do Planetary Happenings Really Affect Your Mood?

By: DEE BARCZAK



Personally, I believe the answer to that question is yes. Astrology means you believe in everything about the planets; their movement, and behavior comes with it. Therefore, you believe that they can influence your mood.

Astrologists believe when doing a prediction, the first things to prepare is a birth chart. The birth chart is the blueprint of your past, present and future life. It shows the position of planets both in the benefic and malefic state in various houses, the favorable and unfavorable period and possible future events.

There are nine planets in astrology; the Sun, Mercury, Venus, Mars, Jupiter, Saturn, the Moon, as well as the shadowy planets Rahu & Ketu. Each planet has a particular behavior and has a story behind it. The 12 signs in astrology are governed by these planets and, to some extent, carry the similar traits. They elaborate on the astrological study by studying the emotions that we all experience. They base the findings on dividing the form into 12 houses. The nine planets travel around the sun and moon in these 12 houses and the 12 zodiac signs simultaneously. The movement and its compatibility with each sign create the prediction.

To put it in a nutshell, astrology studies the movement and behavior of planets and their effect on humans with the help of calculations and observations. You might be surprised to learn that astrology can influence your mood swings and decision making. The planets grant good mood, sensible decision making, good luck, success,

happiness and more! People close to you might, at times, not be able to absorb this change or have sudden emotional mood swings, which are the result of the planetary imbalance in life. For example, if a planet is in the malefic state in your house of love, then you are likely to face problems in your love life.

Astronomy is about understanding the universe and its contents based on physical law, or rather a set of rules which are hopefully self-consistent. The "experts" say that, just as the Moon causes ocean tides on Earth, so does the gravitational influence of other planets effect your mood. The so-called tidal force on a spherical body, such as Earth, from another body, such as the moon, originates from a differential force. This is a bunch of science lingo for the force being stronger on one side of the Earth than the other. This induces a distortion of the sphere's shape, which causes stress on the body (Earth).

This theory applied to your body and the planet's movements can explain the effects the movements of each planet make. You may feel happy for a few and then sadness, depression and deprived and later become angry due to this effect.

When it comes down to it, astrology is about belief. If you believe strongly enough in something, that thing can manifest. So, if you think the planets are affecting you, then they are. This grants you control over shifting these emotions to the opposite direction. No matter what, it is important to pay attention to shifts in mood. Once you take notice, it gives you the control back over them.

Point of View: What America Means to Me

By: *NADIA SADIQ*



To me, America means change.

I was born and raised in Pakistan. When I came here to America, I was afraid of the idea of living in a new place among different people who have different languages, customs, rules, and lifestyles. I missed my country, home, and family in the beginning.

With each passing day in America, I learn new things about America that are new and exciting. From my perspective, it is incredible to see how people follow the rules and regulations here. I also enjoy seeing the many different shades of life and all the different types of people.

There were so many instances of people saying "sorry" or "thanks" with a smile, and these encounters are not as frequent where I grew up. There are more instances of people helping one another here in America. It was a great experience

to be introduced to the mannered culture here.

For me, this country is more open to those from all different walks of life. America really fits the nickname "a Nation of Immigrants." Those who are different can express themselves and more freely live their lives in whatever gender, orientation, ethnicity, age, or religion.

The most eye-opening thing I found here, was the American justice system. It is set up to be as fair and just as possible. From my perspective, the laws are in place to better the country and keep everyone within it safe. The regulations on food and water supplies is also something that is vastly different from home.

America is known as a land of opportunity, and I believe that is true. Being here in this country, means being free. As a woman here, women can speak more freely, have more choice over how many children they want, and can have any job. Their life is in their control.

America is my second home that I feel lucky to live in. Being American means more freedom over life decisions and more freedom to express who you are. It means being brave and being independent and confident. America is a safe place to grow. Some came here by choice, some by necessity or in chains, but all want America's prosperity or work for its progress because they want to see America more advanced, more successful, and more powerful.



Happiness is Better Than You Imagined

By: MATTHEW BROOKE

To folks who consider happiness as a “nice to have” extravagance or something that comes after a lifetime of sacrifice toward achieving a goal. Happiness isn’t just about feeling good, it’s about the joy we feel while striving after our potential. By electing modest and cheerful habits that take no longer than combing your hair, you can boost your mood and raise your happiness.

This elevated morale results in a healthier, more productive you.

The high-tech revolution allows us to have information at a rapid pace. We’ve been able to understand the human brain better than ever. Happiness is such an incredible advantage in our life. When the human brain is positive, our intelligence rises; we stop diverting resources to think about anxiety.

Positive thoughts and attitudes can prompt changes in your body that strengthen your immune system, boost positive emotions, decrease pain associated with chronic illness.

Evidence even suggests that happiness, optimism, life satisfaction, and other positive psychological attributes are associated with a lower risk of heart disease. It is scientifically revealed that happiness can go as far as to alter your genes. Researchers at UCLA showed that people with a deep sense of happiness and well-being had lower levels of inflammatory gene expression and stronger antiviral and antibody responses.

Most people keep waiting on happiness, putting off happiness until they’re successful or until they achieve some goal, which means we limit both happiness and success. This model clearly exhibits major faults. The most important aspect for today’s society, is to engage your brain in ways that challenge it. ***This builds a pattern of positive self-affirmation, which leads to happiness and the desire to repeat the process.***



Guide to a Safe & Healthy Summer



Our Five Best Summer Fruits

By: JOHN KOLARIK

Summer is already upon us and it's time to look at some of the best fruits to avoid dehydration and to stay healthy. We put together a list of our top five best and favorite fruits that help boost energy and get you through those long summer days.

When you're enjoying your family time outdoors this summer, or just soaking up those wonderful sun rays, it is important to use sunblock, as well as keep our bodies hydrated. It's ideal to pick fruits that are light and refreshing and oftentimes not leave us with a mid-day nap.

First on our list are tomatoes; yes tomatoes are a fruit! These little guys do a lot more than pair good with mozzarella. They also help lower blood pressure and are a great source of vitamin B & E.

Next up on our list is a fan favorite every summer, watermelon. Just like the name says, its packed with the fluids your body needs when the temperatures get high. Watermelon also contains lycopene, which helps prevent damage to the skin's cells.

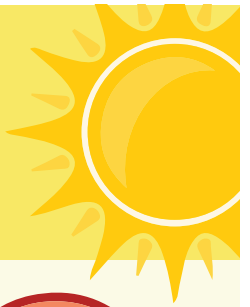
Thirdly, we have a southern favorite, peaches. These fuzzy guys are packed with fiber, minerals, antioxidants to help protect from aging and diseases, and vitamins A and C, which help boost immune systems and rid the body of free radicals.

Fourth on our list are blueberries. They are a top choice from most nutritionists because they are high in potassium and vitamin C. Not only can they lower your risk of heart disease, but they also can reduce inflammation. Be sure to check out this month's recipe that includes this super fruit!

Lastly, there's no way we can talk about fruits of the summer without strawberries. These sweet, juicy berries are filled with strong disease fighters. They also increase blood flow to the skin and help protect it.

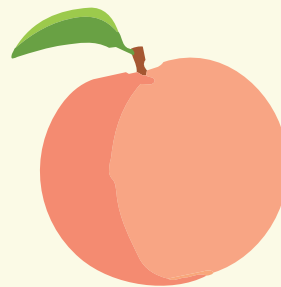
Incorporating these fruits into your daily routine or bringing them along on your summer adventures can help you feel better on the short and long term. Have a safe, fun, and cool summer!

Fruits for the SUMMER



Tomatoes

Help lower blood pressure and are a great source of vitamin B and E.

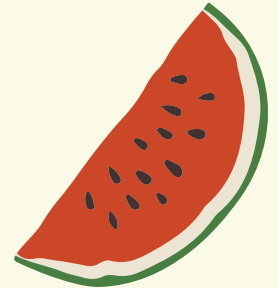


Peaches

Packed with fiber, vitamins, minerals, and plenty of antioxidants to help protect from aging and diseases.

Watermelons

Packed with the fluids your body needs when the temperatures get high. Watermelons contain lycopene to help protect skin cells from damage.

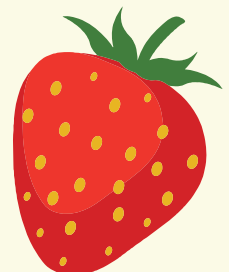


Blueberries

High in potassium and vitamin C. Not only can they lower your risk of heart disease, but they also can reduce inflammation.

Strawberries

Strong disease fighters. Strawberries also increase blood flow to the skin and help protect it.



How to Use SPF This Summer

By: MORGAN BROWN, MA AND ELENA KALBUSHKINA, NP



after swimming or sweating. Make sure all skin not covered by clothing is protected with sunscreen. If you are relying solely on sunscreen for protection, using a super high SPF, like 100, is a good option. We, however recommend to combine both clothing and sunscreen as a way to best protect your skin.

The science behind SPF is complicated, but your usage of it doesn't have to be. Just be sure to use both Physical and Chemical methods in conjunction with each other for maximum protection from the sun's rays. Prolonged exposure to the sun can cause irreversible damage.

Be sure to speak to your dermatologist or primary care provider for more personalized instruction.

Stay safe and have fun!

Every summer we get bombarded with sunscreen ads, and going to the store can be overwhelming with all the different numbers and ratings. So, we are here to help narrow your options and break down the facts of SPF for you.

Many people don't know there are actually two types of Sun Protection Factors (SPF); Physical and Chemical. Physical SPF works by deflecting the sun's rays and includes anything you can wear or use to protect your skin. These include items like clothing, hats, sunglasses and umbrellas. Chemical SPF is different as they are ingredients found in sunscreens and lotions. These ingredients work to absorb the sun's ray instead of deflecting like Physicals.

When using Chemical SPF, choose one with at least 30 SPF or higher. Be sure it states that it is broad spectrum. Broad spectrum means that the product will protect against both UVA and UVB rays. For best use, apply the sunscreen or lotion at least 15 minutes prior to going outdoors, reapplying every two hours, especially

Safe Outdoor Summer Checklist

- Sunglasses
- Sunscreen
- Hat
- Shawl
- Umbrella
- First Aid Kit
- SPF Lip Balm
- After Sun Cream
- Aloe Vera
- Medications
- Water
- Snacks

Dehydration Prevention

By: *DIANE WOOLVERTON*



It's been a pretty hot summer, and by now many of us are really feeling the heat. Dehydration prevention is one of the most important things you can do this summer to keep yourself healthy. With such a wonderful summer to enjoy this year, many of us forget that we need to keep our bodies hydrated while outdoors and engaging in all those fun activities. Since we live in a humid area, our bodies are easily depleted of moisture. It is important to know how to keep ourselves hydrated and how to recognize the symptoms of dehydration.

When engaging in active activities we must remember to drink before, during and after. Lemonade, sports drinks, and iced tea can help the body to retain the necessary fluids to keep ourselves both cool and keep our internal organs working properly. Adding a splash of lemon to water helps the body absorb the water better, and juices can help the body replace any lost fluids. Eating fruits and vegetable will also help the body to maintain good fluid levels. During this time of year, both of those are plentiful either from your own garden or from the grocery store.

Another dehydration prevention measure we can take is to refrain from too much time in the sun. During times of high temperatures, the shade can be your friend. Wear light-colored and loose-fitting clothing to allow air flow between the clothing and your body. Any outdoor activities that can be done early morning or in the evening should be done then.

If you are experiencing light-headedness, feel faint, notice swelling in your legs or feet, or notice the color of your urine is darker than it normally is, you may be suffering from dehydration. If you notice any of these symptoms, notify your physician. The medical staff at WNY Medical, PC, located at 4979 Harlem Rd is always available to attend to your needs. Do not hesitate to call them at 716-923-4381.

STAYING HYDRATED HAS ITS BENEFITS

BLOOD NORMALIZER



FATIGUE BUSTER



FLUID BALANCE



BRAIN BOOSTER



CALORIE CONTROL



CLEARER SKIN



PRODUCTIVITY BOOST



JOINT LUBRICANT



TOXICITY REMOVER





Activity Corner

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 S H W O G K N S T F C N X L P A R A H C
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 U J T R A T Y R R E B E U L B N Z A Q B
 Y T I S R E V I D D F Z L Y X L O D O L
 O L L S O H E R W Q W U M I L S R E J S
 T S E N O T S Y E N D I K G I M E N U U
 K V H U X B A V X P M W U X R D Z I F N
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 O D F B A C T E U J Y L N N D A R N C C
 Z S T L W L F N X B U Y A B R C E O Y R
 M R F J G Y T L A L P G C K Q Y Z V P E
 M O S L R I M H A P V H U J M I F L X E
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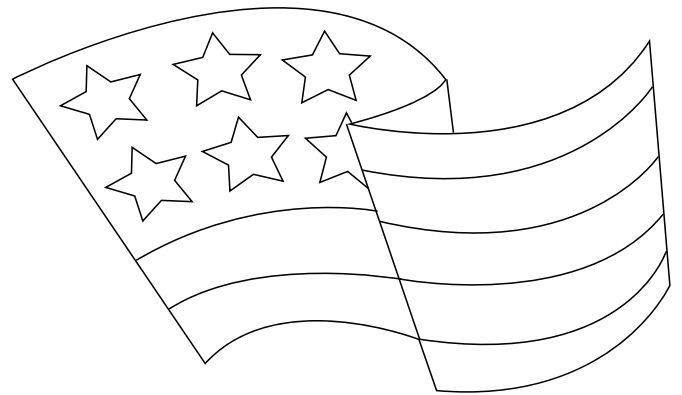
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 PET SAFETY
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ENCOMPASS
 KIDNEY STONES
 PLANETS
 SUNSCREEN



DIV
 ERS
 ITY



June's Word Search Solution

X N Z K T Y H Y S B A Z O D C O
 S F N C I O U B K G Q P A W A S
 N I A G A R A F A L L S D H R H
 O L R Z M M V N L W T I U U Y J
 Z S D N E K E E W Z M N A B P C
 S G N I H T F O T E N R E T N I
 P N Z B E R R Y P I C K I N G C
 O B B S S H E G T I X S H K P Y
 N O H O P Z M D K W Q E U O I K
 T Y U F R N M B Q I W I G M A B
 A A E G I U U R C K P T V A Q R
 N D J W D F S A F Y A I R Z W X
 E S C X E A O I B E R N O B K X
 O R Q C S X L N J N A U A Q S C
 U E Z O O F A H Z O S T D R K I
 S H C E D M F E R H O R T O O E
 I T Z H U T F A O Y C O R L Q T
 R A K J F R U L E L I P I B T J
 W F D Q Q H B T O Y A P P M V Y
 C V Y S J R E H K J L O S Q N D

Preventing Kidney Stones

By: RALPH HERNANDEZ



The kidney is an important part of our bodies as it is responsible for filtration by removing waste products from your blood and regulating your water and electrolyte balance. Urine flows from the kidneys to the bladder through two tubes called ureters. Collectively, this is known as your “urinary tract system.” This system is meant to be painless but unfortunately it does not always end that way, especially when it comes to the formation of kidney stones.

Kidney stones form when certain chemical substances in the body begin to crystallize and clog together, eventually forming a complex, solid mass in the kidneys or urinary tract which travels into the ureters. Kidney stones vary in size from grains of sand to one inch in diameter. The most common symptoms are severe pain, usually in the side of the abdomen, which is often accompanied by nausea.

There are both controllable and uncontrollable factors to kidney stones. Addressing both is essential in helping to reduce your risk of developing them.

Factors you cannot control:

Genetics. Men tend to develop kidney stones in their 40s through 70s; rates increasing with age. While women are most likely to experience kidney stones in their 50s and a person who has suffered from one kidney stone can develop others.

Disease. Gout (a chronic condition that causes recurring episodes of acute inflammatory arthritis) and Crohn’s disease (inflammation and irritation

in your digestive tract) can increase your risk for kidney stones. Also at risk are those with recurrent urinary tract infections.

Medications. The use of diuretics, or “water pills,” and certain seizure medications can increase the risk of kidney stones; particularly in those who do not drink enough water. Over-the-counter vitamins such as Vitamin C and D can also increase your risk. Oxalate is a byproduct of the metabolism of Vitamin C; so if you are taking in too much Vitamin C, you increase the risk of developing oxalate kidney stones.

Factors you can control:

Fluid Intake. Drink at least eight glasses of fluids each day, with at least half being water. You can gauge this by ensuring your urine is light, straw-colored, and not concentrated. It’s also essential to stay away from sugary drinks like pop, juices, and sports drinks.

Weight. There is increasing evidence supporting a link between being overweight and getting kidney stones. Part of the reason could be increased insulin resistance and higher blood sugar levels, leading us to the diet.

Diet. Recommendations for your diet will depend on the type/composition of your kidney stones. Once the kidney stones are evaluated, a dietitian can help determine foods to add or cut from your diet, but it is always recommended to avoid excessive canned and dry goods, processed meats, high oxalate foods (such as rhubarb, potato chips, beets and nuts) and too much red meat. Also seek appropriate guidance on how much calcium you should take, as calcium oxalate kidney stones increase when you do not have enough in your diet.

Medications. Some medications can help reduce the chances of stones developing. Speak to your primary healthcare provider to determine what options exist for you.



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Can I Rent My Summer Home?

Continued from pg. 7

Further down, we even have an amended endorsement specific to New York state, this endorsement gets pretty specific saying that "If you own and reside in..."

That's a clear "NO" to the question!

So how do I get this covered? You have to have your policy insured with a carrier who allows for short-term rental usage. There are certain providers who specialize in writing homes that are used for Airbnb, VRBO and the like. They achieve this by writing an endorsement to allow for incidental rental use. If your property is solely a rental unit, then that would be written another way - as a rental property, or Dwelling Policy (DP). These premiums are typically higher in cost (due to the higher risk) but properly protect you as a property owner should a tenant damage or destroy your property.

What does it cost? Typically, we see premiums around the \$1,000+ mark when including the proper endorsements to make this policy feasible. But recently we have quoted a few short-term rentals that fell far under that. It all really depends on those factors I mentioned above, and how familiar the company is with writing those types of policies.



Taylor M Haines M.S.
President & CEO,
ENCOMPASSAGENCY
Taylor worked his way up from General Manager to President & CEO
He graduated in 2013 from UB (BA) and earned his MS in Adult Education & HR Development from Buffalo State in 2016.

He resides with his wife Megan and two children in South Buffalo. He can frequently be found someplace in the Adirondacks!

Pet Safe Essential Oils and Plants

By: CAITLYN CONIBEAR

Essential oils are a popular commodity these days. Almost everyone has a diffuser or knows someone who does; but did you know that some of these oils may be harmful to your pets? Did you also know that some plants can be harmful to?

With summer in full swing we all want to see flowers and plants around for some extra cheer, so the next time you hit the nursery or are looking for a new essential oil, be sure to follow this article and check that your favorite is on the list!

Dog Safe Essential Oils:

- Cedarwood (can act as a mosquito repellent)
- Chamomile (calms GI system)
- Citrus (lemon and orange)
- Eucalyptus
- Fennel
- Frankincense
- Lavender (for calming)
- Lemon Grass
- Peppermint and Spearmint
- Rose

Cat Safe Essential Oils:

- Chamomile
- Jasmine
- Lavender
- Rose

Essential Oil Poisoning is very serious and can happen very fast. There are many symptoms to look out for but the most common symptoms are an upset stomach, trouble breathing, drooling, vomiting, muscle weakness or red burning skin. Please get your pet in fresh air and immediately call your emergency vet.

Pet Safe Plants:

- Gloxinia (*Sinningia speciosa*) are popular gifts around holidays like Valentines Day and Mother's Day.
- African Violets (*Saintpaulia*) are one of the most popular flowering houseplants due to low maintenance.



- Baby Tears (*Soleirolia*) tend to cover soil and might discourage your pet from digging.
- Banana Tree (*Musa*) is a great accent to any room with bright light.
- Spider Plants (*Chlorophytum*) are also known as a ribbon or airplane plants.
- Venus Fly Trap (*Dionaea Muscipula*) are perfect for that cat who likes to swat everything or go for a curious nibble.
- Boston Fern (*Nephrolepis*) another great non toxic plant to have for any swatting kittens or grass chewing dogs.

This is just a small list of the many safe plants available for dogs and cats but it is important to remember that ingesting too much of any plant can be dangerous. The symptoms of plant toxicity are very similar to those of essential oil poisoning but also include heart problems and low blood pressure. ***If your pet is showing any sign of these poisonings please, immediately call your emergency vet or the Animal Poison Control at 888.426.4435***

NON TOXIC PLANTS & ESSENTIAL OILS FOR DOGS & CATS

SAFE ESSENTIAL OILS



DOGS

- Cedarwood
- Eucalyptus
- Citrus
- Fennel

- Peppermint & Spearmint
- Lavender
- Rose
- Lemon Grass

CATS



- Lavender
- Chamomile
- Jasmine
- Rose

SAFE PLANTS

African Violets



Banana Tree

Spider Plants



Boston Fern

Adoption of the Month



Charlotte

Charlotte is a 2 year old hound mix, about 45 pounds and an absolute doll. She loves kids and other animals (dogs AND cats) she's very gentle, sweet and doesn't jump up. Very uncharacteristic of a young hound dog she also doesn't bark (or hasn't yet with us despite being with other dogs and cats). Charlotte is 100% potty trained and super smart. She is an excellent mama and now that her puppies are done nursing she's ready to find her furever home too.



Fostering is a huge help in allowing 716 PAWS to continue to save dogs lives. It's a great way to own a dog without the cost of owning. Please visit their website: 716paws.org

Media Corner: ZeroZeroZero

By: WEBSTER TILTON

Last time it was Spontaneous, and now ZeroZeroZero. **The main page banner ads on Amazon Video are apparently not to be ignored.**

Way back in 2000 director Stephen Soderbergh gave us a highly ambitious, award-winning masterpiece called Traffic. It was a meditation on the drug war from both sides of the US / Mexico border including the perspective of the dealers, the police, the politicians and (perhaps most importantly) the addicts. The movie had an iron spine and a clear message; the drug war is a war upon our own families that serves only to make gangsters rich and dump bodies in the streets.

ZeroZeroZero has a very different message; that family is at once the most important and most difficult part of anyone's life. But just like Traffic it is comprised of three interlocking narratives about cocaine. In this case, tracing the journey of a shipment from the perspective of different parts of the supply chain. The Mexican drug cartel producers, the American drug shipment brokers, and the Italian mafioso purchasers who want to sell the stuff in Europe.

As per usual with an Amazon series, the casting is superb. So is everything else. In fact, I can only muster one real complaint; The Italy narrative and the shipment narrative are intertwined and tonally similar, but the Mexico narrative is a mostly self-contained story with a very different feel. As such it was a jarring tonal shift every time the focus switched back to it. It almost felt like it was being directed by a different person. And while it did all tie together in the end in a satisfying way which made me feel smart for seeing it coming, I still wish the Mexico narrative had been handled differently, or at least been more intertwined with the other two.

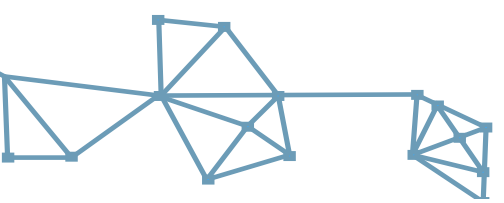
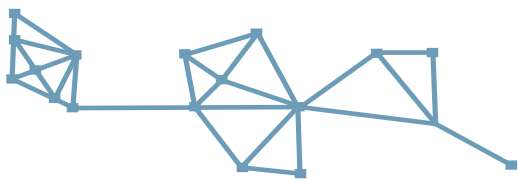
So since every character is a drug dealer...who do you root for in a show like this? The show clearly presents the two American brokers as the most sympathetic. They were both brought up into this business not of their own choosing, and they're not violent criminals, unless you count



all the violence surrounding them. They never kill anyone that I'm aware of, or even hurt anyone who isn't shooting at them first. They're also young-ish adults dealing with the recent death of their (drug broker) father, and the brother of the pair is coping with the onset of a terminal illness. The show puts more effort into humanizing them than anyone else. The next most human character is the Italian mafia chief who ordered the cocaine in the first place.

He gets a lot of expositional scenes devoted to explaining why circumstances required him to be such a savage killer in order to prevent even more bloodshed and chaos. His traitorous nephew gets an explanation for his decision to betray, but he's also shown to be slightly weasel-ish, and the show clearly wants us to want him to get his comeuppance. Almost no effort is given to humanizing the Mexican characters, who mostly consist of a unit of ex-army commandos who defect to work for a drug lord and behave like bloodthirsty sociopaths for the entire series. In fairness, they are cartel hitmen, and if you've ever read a news story from Juarez then you know this isn't far off. Only Manuel, the leader of the hitmen, gets any depth. He has a subplot involving the pregnant widow of an honest cop he murdered who he is supporting financially. But he's such a creepy, cold blooded murderer the rest of the time that it's impossible to sympathize with him here.

My final verdict is that you should definitely watch ZeroZeroZero. It's just too good to miss. Every level is handled well and it shows, once again, that we are living in the golden age of streaming drama series.



Simple Tips for Protecting Your Online Data

By: JORDON STOCKWELL



Staying aware of your digital privacy and security is somewhat like getting standard maintenance for your vehicle, an important issue to defend your online life.

However, fixing each protection and security challenge simultaneously would be overwhelming. All things considered, there are some scaled down advances you can take out in under a minute. These tips are beneficial since such countless products and services are intended to sneak around on us.

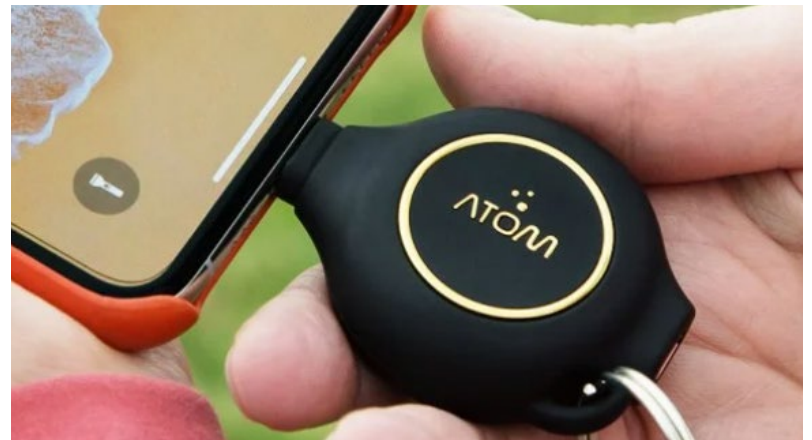
This includes the cell phone game you play while you wait for your next meeting, the application that gives you your daily weather forecast, and the photograph you share online with all your friends and family. All these things can disclose personal information regarding your life to organizations hoping to gather, offer, and bring in a source of income off consumer information.

Here are some basic ways for anybody to begin in securing their information:

Turn off Facebook Facial Recognition. Facebook says it utilizes facial recognition to spot fake accounts and to help individuals easily tag friends and family in photographs, yet never target users with promotions and ads. To eliminate this feature on all your devices, click the arrow at the upper right of any Facebook page and pick Settings > Face Recognition > Edit > No.

Limit GPS Tracking. The applications on your cell phone do not have to know where you are consistently, particularly when you are not searching for a traffic report or what the weather is looking like. Apps may still use Wi-Fi signals and other clues to infer your location, but the data is typically less precise.

Jordon's Must Have July Gadget



Atom Emergency Charging Keychain

This emergency phone charger gets the job done without lots of bulk and without any chance of forgetting to take it with you. The compact, retractable, and rechargeable device lives on your keychain for portable power that is always handy. It provides two hours of phone usage and lasts three months per charge.

Visit atomxsmall.com for more.

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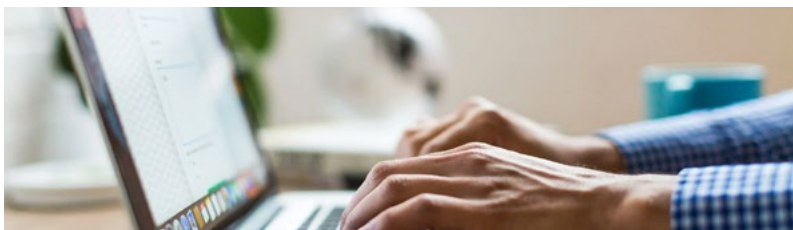
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Workout of the Month Cardio

Day 1 - x2

- 25 Squats
- 20 sec Plank
- 25 Crunches
- 35 Jumping Jacks
- 25 sec Wall Sit

Day 2 - x2

- 35 Squats
- 25 sec Plank
- 30 Crunches
- 40 Jumping Jacks
- 30 sec Wall Sit

Day 3 - x2

- 40 Squats
- 30 sec Plank
- 35 Crunches
- 50 Jumping Jacks
- 35 sec Wall Sit

Day 4 - x2

- 45 Squats
- 35 sec Plank
- 40 Crunches
- 50 Jumping Jacks
- 45 sec Wall Sit

Day 5- x2

- 50 Squats
- 35 sec Plank
- 50 Crunches
- 50 Jumping Jacks
- 60 sec Wall Sit

Saturday & Sunday

Rest, you've earned it!

RECIPE

Of The Month

Honeyed Yogurt & Blueberry Tart with Ginger Crust

visit: tasteofhome.com for more recipes

Yields 8

Ingredients

- 10 whole crushed graham crackers
- 1/4 cup crystallized ginger, chopped
- 1 tablespoon sugar
- Pinch of salt
- 3 tablespoons unsalted butter, melted
- 1 large egg white
- 2 cups greek-style nonfat yogurt
- 2 tablespoons honey
- 1 1/2 cup blueberries (9oz)

Nutrition Facts

One Serving:

Calories: 134

Fat: 5g

Satfat: 2.8g

Carbs: 18g

Fiber: 1g

Directions

Step 1

Preheat the oven to 350°. Spray a 14-by-4 1/2-inch rectangular fluted tart pan with a removable bottom with cooking spray. In a food processor, pulse the graham crackers with the crystallized ginger, sugar and salt until finely ground. Add the butter and egg white and pulse until the crumbs are evenly coated. Press the crumbs evenly over the bottom and up the sides of the tart pan. Bake for about 20 minutes, until the crust is lightly browned. Let the crust cool completely.

Step 2

In a medium bowl, mix the drained yogurt with the honey. Spread the yogurt in the crust and arrange the blueberries over the surface of the yogurt. Cut the tart in slices and serve.



IF YOU OWN A RESTAURANT, AND WANT YOUR RECIPE TO BE FEATURED IN NEXT MONTH'S ISSUE, PLEASE REACH OUT!

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