

# AVVA E - Health Newsletter



Winter 2014

*The Health Committee hopes that you enjoy this E-Newsletter which we are proud to share. Maybe you will find some helpful hints to make your life-style easier and healthier.*

*In no way, are we giving medical advice or taking the place of a visit to your Doctor. If you should see any signs of illness mentioned in the newsletter, please make a medical appointment.*

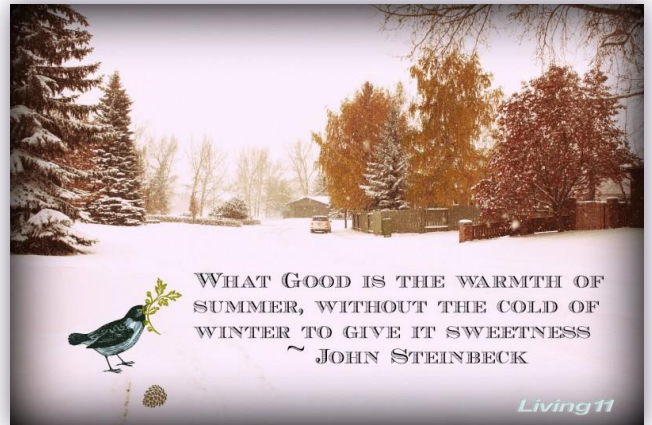
*We welcome any comments or suggestions that you may have. If you have any articles that you would like to submit, please do.*

*If there are any subjects that you might like to see just let us know and we will research it.*

Submit to: Elayne @: [mmm4evr1@aol.com](mailto:mmm4evr1@aol.com)



*We thank VVA for allowing us to use some of their materials and those of Web Weekly*



Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand  
and for a talk beside the fire:  
it is the time for home.  
- Edith Sitwell

## Agent Orange Feature Article

Michael Skinner's biggest discovery began, as often happens in science stories like this one, with a brilliant failure. Back in 2005, when he was still a traditional developmental biologist and the accolades and attacks were still in the future, a distraught research fellow went to his office to apologize for taking an experiment one step too far. In his laboratories at Washington State University, she and Skinner had exposed pregnant rats to an endocrine disruptor—a chemical known to interfere with fetal development—in the hope of disturbing (and thereby gaining more insight into) the process by which an unborn fetus becomes either male or female. But the chemical they used, an agricultural fungicide called vinclozolin, had not affected sexual differentiation after all. The scientists did find lower sperm counts and decreased fertility when the male offspring reached adulthood, but that was no surprise. The study seemed like a bust.

By accident, though, Skinner's colleague had bred the *grandchildren* of those exposed rats, creating a fourth generation, or the great-grandchildren of the original subjects. "It's OK," Skinner told her. "You might as well analyze them." If nothing else, he thought, the exercise might take her mind off her mistake. So she went ahead and studied the rats' testes under a microscope.

What they found would not only change the direction of Skinner's research but also challenge a bedrock principle of modern biology. And Skinner would become the forerunner of a new way of thinking about the possible long-term health consequences of exposure to environmental chemicals.

His discoveries touch on the basic question of how biological instructions are transmitted from one generation to the next. For half a century it has been common knowledge that the genetic material DNA controls this process; the "letters" in the DNA strand spell out messages that are passed from parent to offspring and so on. The messages come in the form of genes, the molecular equivalent of sentences, but they are not permanent. A change in a letter, a result of a random mutation, for example, can alter a gene's message. The altered message can then be transmitted instead.

The strange thing about Skinner's lab rats was that three generations after the pregnant mothers were exposed to the fungicide; the animals had abnormally low sperm counts—but *not because of a change in their inherited DNA sequence*. Puzzled, Skinner and his team repeated the experiments—once, twice, 15 times—and found the same sperm defects. So they bred more rats, and tested more chemicals, including substances that lead to diseases in the prostate, kidney, ovaries and immune system. Again and again, these diseases also showed up in the fourth- and fifth-generation offspring of mothers exposed to a chemical. "In essence," Skinner explains, "what your great-grandmother was exposed to could cause disease in you and your grandchildren."

And, startlingly, whatever disease pathway a chemical was opening in the rats' fur-covered bodies, it did not begin or end at a mutation in the genetic code. Skinner and his team found instead that as the toxins flooded in, they altered the pattern of simple molecules called methyl groups that latch onto DNA in the fetus' germ-line cells, which would eventually become its eggs or sperm. Like burrs stuck to a knit sweater, these methyl molecules interfered with the functioning of the DNA and rode it down through future generations, opening each new one to the same diseases. These burrs, known to be involved in development, persisted for generations. The phenomenon was so unexpected that it has given rise to a new field, with Skinner an acknowledged leader, named transgenerational epigenetics, or the study of inherited changes that can't be explained by traditional genetics.

A study by Skinner and colleagues published last year in the journal *PLOS One* has upped the ante considerably. The burrs were not just haphazardly attached, Skinner found. Instead, they fastened themselves in particular arrangements. When he bathed the insides of his pregnant rats in bug spray, jet fuel and BPA, the plastics component recently banned from baby bottles, each exposure left a distinct pattern of methyl group attachments that persisted in the great-grandchildren of exposed rats.

Not only is your great-grandmother's environment affecting your health, Skinner concluded, but the chemicals she was exposed to may have left a fingerprint that scientists can actually trace.

The findings point to potentially new medical diagnostics. In the future, you may even go to your doctor's office to have your methylation patterns screened. Exposure of lab rats to the chemical DDT can lead to obesity in subsequent generations—a link Skinner's team reported in October. Hypothetically, a doctor might someday look at your methylation patterns early in life to determine your risk for obesity later. What's more, toxicologists may need to reconsider how they study chemical exposures, especially those occurring during pregnancy. The work raises implications for monitoring the environment, for determining the safety of certain chemicals, perhaps even for establishing liability in legal cases involving health risks of chemical exposure.

These possibilities have not been lost on regulators, industries, scientists and others who have a stake in such matters. "There are two forces working against me," Skinner says. "On one side, you have moneyed interests refusing to accept data that might force stronger regulations of their most profitable chemicals. On the other side, you have genetic determinists clinging to an old paradigm."

<http://www.smithsonianmag.com/ideas-innovations/The-Toxins-That-Affected-Your-Great-Grandparents-Could-Be-In-Your-Genes-231152741.html#ixzz2pbwHV6S>

## **Bad Call U.S.D.A.**

On Friday, the agency announced it's on the verge of approving new herbicide-resistant GE crops. Once in the ground, these seeds will drive up the use of harmful pesticides — placing the burden of both increased costs and health risks on farmers and rural communities.



The U.S. Agriculture Department said Friday its leaning toward allowing commercial sales of corn and soybean seeds that are genetically engineered to resist several herbicides including one known as 2,4-D, a move that drew sharp criticism from consumer groups concerned about health and environmental dangers.

“We’re moving further down the path, toward more toxic chemicals,” said Linda Wells, the associate organizing director of Pesticide Action Network North America. “It just leads us to more and more resistance to weeds and further commits us to a system of agriculture that’s very pesticide intensive.”

The USDA said in its environmental impact statement that its “preferred alternative” was to deregulate the brand of seed known as Enlist, made by Dow AgroSciences. The department said it considered four options in its review: no deregulation, approving only the corn plant, deregulating the soybean plant or approving both of the seeds.

The Dow seeds would act as a competitor to genetically modified products produced by agribusiness giant Monsanto. Increasingly, weeds are becoming resistant to Monsanto’s Roundup, a glyphosate-based chemical applied to crops that kill the weeds while not damaging plants grown from the company’s own genetically modified seed.

DuPont Pioneer, the Johnston-based seed giant, has a license agreement with Dow to use the Enlist weed control system once it gains regulatory approval, the company said Friday.

The draft environmental impact statement will be open for public comment for 45 days after it is published in the government’s Federal Register. The Environmental Protection Agency is conducting its own review on the expanded use of the herbicides.

In a statement, Dow AgroSciences said 86 percent of corn, soybean and cotton growers in the South have herbicide-resistant or hard-to-control weeds on their farms. The number of farmers affected by tough weeds in the Midwest has climbed as well, and now tops 61 percent. “Growers need new tools now to address this challenge,” the company said.

Dow was optimistic Enlist corn and soybeans could be on the market by 2015.

But Doug Gurian-Sherman, a senior scientist at the Union of Concerned Scientists, said approval of the seeds will only exacerbate weed problems resulting from an overuse of the herbicides.

“Because there are no new herbicides in the development pipeline, farmers could soon have no good chemical options for weed control,” he said. “So approval of these crops will only throw fuel on the fire.”

Michael White, an Iowa State University field specialist, said Dow has worked with grape, fruit and vegetable and other growers to address concerns about 2, 4-D drifting into nearby fields and harming plants that are more sensitive to the herbicide.

Drift from 2, 4-D used by farmers after World War II is one of the reasons Iowa lost its grape industry.

But the Enlist herbicide is less likely to float from a field than current 2, 4-D products, said White, who works with Iowa grape growers. And its use will be restricted. He said 2, 4-D products used on lawns and golf courses are more likely to cause drift problems than use in agriculture.

“Nobody wants a product that’s going to create a lot of lawsuits,” White said.

Wells, the Pesticide Action Network organizer in Iowa and Minnesota, wants the federal government to look at the impact of using 2,4-D. “It’s a real health issue,” she said, pointing to studies that have linked 2-4,D exposure to some cancers and Parkinson disease.

“It’s a more harmful agent than glyphosate, so we’re going to be concerned when it’s introduced on such a wide scale in the Midwest.”

Andrew Kimbrell, executive director for the Center for Food Safety, called the Dow seeds “among the worst applications of biotechnology,” citing 2,4-D, a component of “Agent Orange” used by the U.S. military during Vietnam.

“We are extremely disappointed with USDA’s review of 2, 4-D corn and soy,” said Kimbrell. “If finalized, this decision would launch American agriculture into a new era of vastly increased dependence on more toxic pesticides. The Obama administration must overturn this dangerous and misguided proposal.”

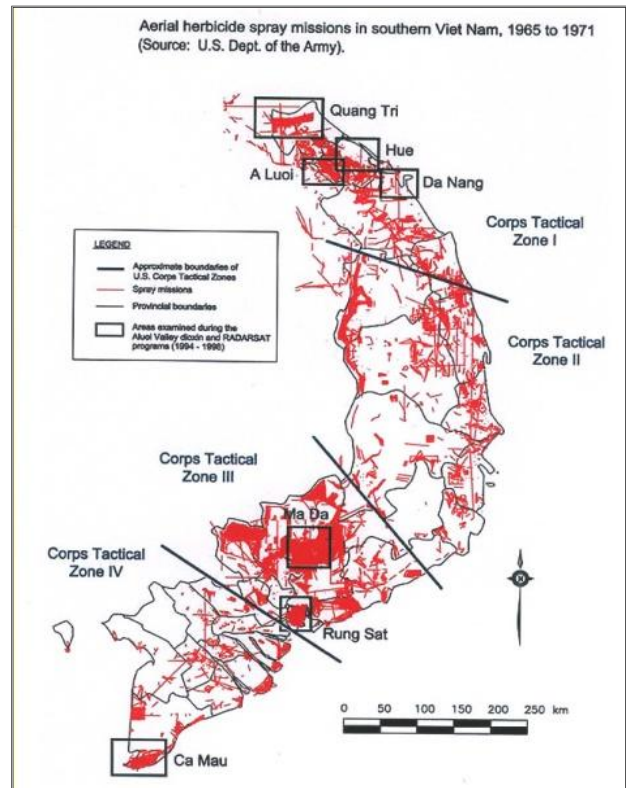


**About biotech crops:**

Genetically modified seeds contain DNA that's been modified to express a trait such as resistance to a pest, an environmental condition or a chemical. They are planted in 28 countries by 17.3 million farmers on 420 million acres, according to the International Service for the Acquisition of Agra-biotech Applications, a group that promotes the use of such crops.

The technology was first commercially introduced in the United States in 1996 with the launch of Monsanto's Roundup Ready soybeans. It has since blossomed into a major force in agriculture.

The United States is by far the world's largest user of biotech crops, planting 172 million acres in 2012, almost 40 percent of all the biotech acreage globally. About 90 percent of all corn, soybeans and cotton grown in the United States are produced from genetically modified seed.



*As the Genetic Literacy Project reports, new genetically modified corn and soybean seeds, already approved in Canada for rollout this year, are closer to being green lighted in the United States—unless activist protests delay the process yet again.*

“This new corn, and the soybeans that will follow, are part of what will enable land-use efficient, low environmental footprint farming. They have nothing to do with a 50 year old defoliant. There is absolutely no doubt that the lessons from “Agent Orange” must be remembered. The innocent victims of Agent Orange deserve that heightened awareness. What they don’t deserve is to have their tragedy exploited in an irresponsible way.”

1/06/2014 ~ Agricultural Scientist Steve Savage

Read full article:

<http://www.forbes.com/sites/ionentine/2014/01/06/agent-orange-gmo-after-usda-backs-24-d-seeds-michael-pollan-marion-nestle-lead-activist-hype-of-discredited-link/>



**Senate Bill Introduced for Veterans' Children's Center**

On October 29, 2013, Senator Richard Blumenthal (D-CT) introduced S 1602, the Toxic Exposure Research and Military Family Support Act, which establishes a center for the diagnosis, treatment, and research of health conditions of the children, grandchildren, and great grandchildren of veterans exposed to toxic substances during service in the Armed Forces and an advisory committee.



Chapter 862 Agent Orange Balloon release:  
November 11, 2013

Submitted By Bobbie Morris



To read about the Morris family:

<http://www.vva.org/Committees/AgentOrange/Morris.pdf>

**Have you thought about an Agent Orange  
Town Hall meeting?**

<http://www.vva.org/Committees/AgentOrange/Mtg-Docs/Town-Hall-Meeting.pdf>

### ***CDC Study Links Camp Lejeune Water to Increased Risk of Birth Defects and Cancer Before 1985***

RALEIGH, N.C. (AP) — A long-awaited study by the U.S. Centers for Disease Control and Prevention confirms a link between tainted tap water at a U.S. Marine Corps base in North Carolina and increased risk of serious birth defects and childhood cancers.

The study released late Thursday by the CDC's Agency for Toxic Substances & Disease Registry surveyed the parents of 12,598 children born at Camp Lejeune between 1968 and 1985, the year drinking-water wells contaminated with chemicals from a leaky fuel depot and a dry cleaner were closed.

The study concludes that babies born to mothers who drank the tap water while pregnant were four times more likely than normal to have such serious birth defects as spinal bifida. Babies whose mothers were exposed also had an elevated risk of such childhood cancers as leukemia.

~ Michael Biesecker Huffington Post

**Agent Purple** – read more:

[http://www.bigclassaction.com/lawsuit/agent\\_purple\\_classaction.php](http://www.bigclassaction.com/lawsuit/agent_purple_classaction.php)

<http://blogs.ottawacitizen.com/2014/01/05/u-s-senators-push-for-investigation-in-agent-orange-use-at-cfb-gagetown/>



1/3/2014 [General Mills](#) announced Thursday that it will no longer use genetically modified ingredients in this cereal. The cereal will taste the same.

<http://www.latimes.com/food/dailydish/la-dd-cheerios-general-mills-no-gmo-20140103,0.470209.story#axzz2pXqALmyh>

### **Did You Know?**

The controversy over Agent Orange and its effects has persisted for more than four decades. As late as June 2011, debate continued over whether so-called "Blue Water Navy" veterans (those who served aboard deep-sea vessels during the Vietnam War) should receive the same Agent Orange-related benefits as other veterans who served on the ground or on inland waterways.

## ***Agent Orange Online Memorial:***

<https://www.facebook.com/aovvm>

<https://www.facebook.com/NationalOrganizationforRareDisorders>

### **Thousands of returning veterans and civilians are now attributing myriad symptoms to exposure to the open-air burn pits on military bases in Iraq and Afghanistan.**

Timothy Lowery went to Iraq in 2007. He came home in 2010, and started showing symptoms of ALS, also known as Lou Gehrig's disease. Three years later, he was dead.

This is the extent of what his family knows for certain.

But they have strong suspicions that daily exposure to burn pits — the massive, open-air ditches where the military dumped its waste and lit it ablaze — contributed to his condition.

Lowery, a plumber with one of the U.S. military's largest contractors, KBR, walked by the pits daily as he installed piping, painted runways, and otherwise worked to help keep Al Asad Airbase running. Every day, he breathed in air filled with the smoke of burning metals, chemicals, and human waste.

Across the country, other families are worried, too. Thousands of returning veterans and civilians are now attributing myriad symptoms — respiratory problems, neurological disorders, cancers and ALS — to exposure to the burn pits, which were located at dozens of bases throughout Iraq and Afghanistan.

"A lot of us got really sick from upper respiratory stuff," said Stacy Fogarty, an Air Force veteran who came home from Iraq with asthma and other breathing problems. "They're doing the research right now, but my personal prediction is it's going to be like Agent Orange for this era. We just don't really know what the ramifications are yet."

Many are trying to get the military to cover their medical costs. Others are suing KBR, which operated some of the burn pits, accusing them of dumping into them all manner of unapproved items — tires, oil, chemicals and medical waste.

For the Lowerys, the controversy has brought a fresh edge to their pain. Now, they're not sure whether his death was bad luck, or whether he spent his years overseas being slowly, steadily poisoned.

### **Agonizing death**

Contracting ALS is, quite simply, a horrible way to die.

Over the course of months or years, the body starts to shut down one piece at a time. Motor functions are impaired and then lost. Speech gets more challenging. And eventually, the lungs give out.

It's almost always fatal; most people die in the first few years, and greater than 90 percent die within 10 years.

But the cruelest part, said Timothy Lowery's son Dylan, is that the disease leaves the brain almost completely untouched.

"All the while, you're totally of sound mind," said Dylan Lowery, 20, of Rochester. "You know your surroundings. You know what's happening. ... It's just degrading."

For Timothy Lowery, the first symptoms came when he returned to his home in Georgia in late 2010. His girlfriend and future wife Kate Lowery noticed that he had tremors in his arm, and when he tried to go back to work as a plumber in July 2011 he came home saying that he was too weak and that he wasn't capable of doing the job any more.

"I've never seen him cry before as the way he did then," said Kate Lowery, 49, of Hampton, Ga.

Lowery, who had lived for much of his life in Dansville, came back to the Rochester area in January 2012, hoping to find a job that he could handle. Upon arriving, family members noticed him slurring his speech.

Soon, Lowery started dragging his foot when he walked. He had trouble turning the ignition in his car. He steadfastly refused to go to a doctor. But in July 2012, his condition worsening, his sisters forced him into a car and drove him to Strong Memorial Hospital. His diagnosis came shortly afterward.

In his final months, his family started asking questions about his time overseas. The burn pits, which on Al Asad Airbase were operated by the military, were almost always active, he said. His work — 13 hours a day, every day, always outdoors — took him to every area of the base, and he walked by the burn pits regularly.

Dust and sand from the surrounding climate would mix with the smoke from the pits. The mixture was in the air all the time, and Lowery often wore goggles to keep it out of his eyes.

In October 2012, with his faculties starting to fail him completely, he moved back to Georgia to be with Kate. They got married in February, just one month before his death. He was 51 years old.

### **'Anything and everything'**

Only one study has been done on the long-term health effects of burn pits. The study, conducted by the Institute of Medicine in 2011, could not draw any concrete conclusions about the adverse effects.

Meanwhile, returning veterans of the Iraq and Afghanistan wars have continued to assert that burn pits were the cause of their problems.

Fogarty, 27, of Greece, N.Y., served in the Air Force at Joint Base Balad in Iraq, and was responsible for dumping hos-



pital supplies into burn pits on the base. Fogarty said that material that was considered a biohazard was disposed of elsewhere, but that everything else went into the pits, which were burning constantly.

"Whatever we had to get rid of, we burned: beds and trash, used supplies," said Fogarty. "Anything and everything: there were (airplane) parts in there."

Earlier this year, after an audit that blasted burn pit operations at Camp Leatherneck in Afghanistan by the special inspector general for Afghanistan reconstruction, lawmakers moved to establish a registry for service members and veterans who were exposed to potentially toxic fumes from the pits in Iraq and Afghanistan. The Department of Veterans Affairs is currently setting up the registry.

The lawsuits, meanwhile, have targeted KBR because the company was responsible for waste disposal and burn pit operation on about a third of the military's bases.

Fifty-seven of those suits — 44 class-actions and 13 individual suits, representing several hundred people and families — were combined into a single case in Maryland. In the suit, plaintiffs accuse KBR of negligent operation of the burn pits: using them to dispose of hazardous waste and items on "do not burn" lists, failing to take steps to minimize smoke from the pits, and using the pits instead of incinerators, among other allegations.

One potential witness, Rick Lamberth, a former KBR employee, testified to Congress in 2009 that he personally witnessed KBR employees dump chemical decontamination materials, biomedical waste, plastics, oil, and tires into burn pits in violation of military regulations.

Lamberth, who served 31 years in the Army Reserve and spent time in Kuwait, Afghanistan and Iraq in military and civilian capacities, testified that he had suffered from shortness of breath and skin rashes, and had spit up bloody mucus since returning from Iraq.

He also alleged that KBR knew that the pits were dangerous, and that management attempted to cover up such information.

"When I tried to report violations, I was told by the head of KBR's Health Safety and Environment division to shut up and keep it to myself," said Lamberth in 2009. "At one point, KBR management threatened to sue me for slander if I spoke out about these violations."

In response to the allegations that unapproved material was disposed of in the KBR-operated burn pits, a spokesman for the company said those reports are anecdotal and cannot be supported by evidence.

"We've looked extensively at our records and we clearly don't have records that would substantiate that," said Mark Lowes, vice president of litigation for KBR Inc.

In a phone interview earlier this week, Lowes said that the military decided what was supposed to be disposed of in

the burn pits, and was regularly monitoring KBR's operations.

"They would come in and evaluate our performance," said Lowes. "If we were causing a huge problem, inconsistent with what they want, they'd be chewing on us and giving us poor evaluations for what we'd done."

The class-action lawsuit against KBR was dismissed earlier this year. The judge ruled that KBR should be afforded the same legal protection as the military. (Soldiers cannot sue the armed forces for injuries sustained while on active duty.)

Attorneys for the plaintiffs have appealed the decision. ~ Oct 20, 2013 – Sean Dobbin USA Today

### ***VA's Action Plan: Burn Pits and Airborne Hazards***

Registry for Veterans who may have been exposed VA's Airborne Hazards and Open Burn Pit Registry will allow OEF/OIF/OND and 1990–91 Gulf War Veterans exposed to burn pit smoke and other airborne hazards to document their exposures and report health concerns. Veterans will enter information through a web-based questionnaire and have the opportunity to obtain an evaluation.

We revised the draft questionnaire based on comments from Veterans and others. For example, we added questions on constrictive bronchiolitis, pulmonary fibrosis, immune and neurological disorders, and sewage treatment ponds. Please don't complete the questionnaire because it isn't final.

We will announce how to sign up once the registry is available. We are working to meet the one-year time frame as required by a law signed Jan. 10, 2013.

You'll need a Department of Defense Self-Service logon (DS Logon) to sign up. Don't already have one? Go to My Access Center to register for a DS Logon.

The registry will keep Veterans informed about studies and treatments. It will also help VA to monitor the health conditions affecting Veterans. We will use the data to improve our programs to help Veterans with deployment exposure concerns.

If you are concerned about your exposure, talk to your health care provider or local VA Environmental Health Coordinator.

### **Action plan guides treatment and study**

Airborne hazards are substances moving through the air that pose danger or risk. The dusty, polluted environments of Iraq and Afghanistan contain many potential airborne hazards.

The high level of fine dust and pollution common in those areas may pose a greater danger for respiratory illnesses

than exposure to burn pits on U.S. base camps, according to a 2011 Institute of Medicine report, Long-Term Health Consequences of Exposure to Burn Pits in Iraq and Afghanistan.

Acting on the findings and recommendations in the report, VA and the Department of Defense are working to:

- Develop a standard screening and evaluation of Service members and Veterans with respiratory complaints after deployment in order to improve care
- Conduct a long-term study that will follow Veterans for decades looking at their exposures and health issues to determine the impact of deployment

Read the Feb. 4, 2013 notice in the Federal Register to learn more about VA's strategy and action plan

~ Nov 14, 2013 Dept. of Veterans Affairs/Public Health

<http://www.publichealth.va.gov/exposures/burnpits/action-plan.asp>

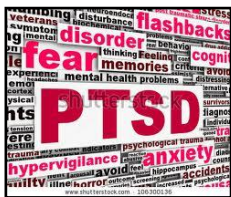
<http://www.burnpits360.org/Burn-Pit-Registry.html>

[The deadly legacy of open air burn pits - YouTube](http://www.youtube.com/watch?v=ydcifHoSQmI)  
<http://www.youtube.com/watch?v=ydcifHoSQmI>

**After researching the previous article, I was able to learn that an Burn Pit Registry evaluation took place, October 2013, in Nashville TN.**

- Nine (9) US Veterans were able to take part
- There were 3 main sections to the program.
- The first section asked about deployments & physical problems/mental health.
- The second section asked about "chemical exposure" at your US civilian work.
- Third section "home" chemical exposure.
- 

The general feeling among the Veterans was that the VA was not yet prepared to act upon military related illness with the type of questions that were asked within the registry.



## **PTSD** VVA's Guide on PTSD

**PURPOSE:** The purpose of this guide is to assist you, the veteran, or your survivor(s), in presenting your claim for benefits based on exposure to psychologically traumatic events during military service that has resulted in post-traumatic stress disorder (PTSD). It is always best to seek

the assistance of an experienced veterans service representative when presenting a claim to the U.S. Department of Veterans Affairs (VA).

This guide describes the VA's current programs for providing disability compensation to veterans who suffer from PTSD, as well as for the survivors of such veterans. Under current VA regulations, you can be paid compensation for PTSD if you currently have a clear medical diagnosis of the disorder, evidence that a sufficiently traumatic event (called a "stressor") occurred during active military service and medical evidence that the in-service stressor is causally related to your PTSD. Once the VA determines that your PTSD is service-connected, it will then decide how seriously your symptoms impair your social and industrial abilities (i.e., your capacity to start and maintain personal relationships and your ability to work).

This guide does not address treatment techniques, but does provide suggestions for obtaining the appropriate care. Additional resources are available to help you to better understand what other VA programs may be available to you.

PTSD is not a new problem. It is simply a more recent label for an age-old disorder that has been in existence since stone-age warriors were beating each other with clubs. Around 1980, the American Psychiatric Association designated PTSD to describe a delayed-stress syndrome commonly experienced by combat-veterans. This condition had previously been referred to as "shell-shock" and "war/combat neurosis". Although PTSD is often associated with Vietnam veterans, it appears in veterans of all wars and eras.

There have been many changes in the VA's rules involving PTSD since 1980 and some additional changes are expected soon as a result of new understanding about PTSD. Recent decisions by the U.S. Court of Appeals for Veterans Claims have also forced changes in how the VA processes PTSD claims. It is important to keep up with these changes by accessing the VVA website ([www.vva.org](http://www.vva.org)), as well as the VA's website ([www.va.gov](http://www.va.gov)) for the latest information. You can also contact a VVA service representative in your area to answer any questions that you might have about PTSD or the claims adjudication process in general ([www.vva.org](http://www.vva.org), click on "Veterans Benefits", then on "Service Representatives" and select your state of residence).

We have included in this guide a short description of what to do if the VA denies your claim or establishes an unjust rating percentage for your disability.

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[veteransbenefits@vva.org](mailto:veteransbenefits@vva.org)

## *Everyday Life*

### Lessons You Learned After 20

1. **Never willingly become somebody else's secret.** Your self-confidence deserves so much better from you.
2. **Real best friends forever will love you through your growing pains and appreciate the way they change you.** Remember, they're changing too.
3. **Drinking too much coffee is never going to be your biggest problem.**
4. **A person who often misinterprets good intentions probably doesn't have many good intentions of their own.**
5. **Take compliments gracefully.** Give them freely in return.
6. **Desire for perfection is a flaw in itself.**
7. **You're usually not a fan of someone who's not a fan of jazz.** You realize this might make you seem pretentious, but know you burp in public too often for that to be true.
8. **It is entirely possible that your life's calling is just wondering what your life's calling is for the rest of your life.** It's ok though, because you're sure to find meaning as you search.
9. **Absence makes the heart grow independent.**
10. **Unresolved guilt can be more painful than a broken heart.**
11. **When you're at a crossroads, sometimes it helps to ask yourself, "What would Oprah do?"** Assume Oprah will always say yes to French fries, pizza, and ice cream. Oh, and red wine.
12. **If you feel the need to lie about something to the people you love, you probably shouldn't be doing it in the first place.**
13. **Superstition is a waste of worry.**
14. **Your parents can't fix all of your problems anymore, but they are still a precious resource for advice.** Not everyone is blessed with such an invaluable gift.
15. **Nobody is stealing your hangers. You just shop too much.**
16. **There is never a good reason to talk about politics at work.** Unless you work in politics, of course, but you're pretty sure that's not happening in this lifetime.
17. **Optimism is powerful.**

**18. Maturity doesn't come with marriage.**

**19. Facebook will bring out narcissistic tendencies you never knew you had.** Check yourself! ...and stop checking your Facebook so much.

**20. Women who claim to get along better with men are trouble.**

**21. Always keep ingredients on hand for basic chocolate chip cookie dough in case of emergencies.** Your friends are depending on you. Do not let them down.

**22. Being kind to strangers is good for your soul.**

**23. You are not one of those women who gains weight in her boobs.** Stop trying to disprove this.

**24. When you learn to accept change, your happy memories will go back to being happy memories instead of sad reminders of happier times.**

**25. The most valuable religious belief to uphold -- regardless of affiliation -- is that God wants us to love one another without judgment.** Embrace diversity.

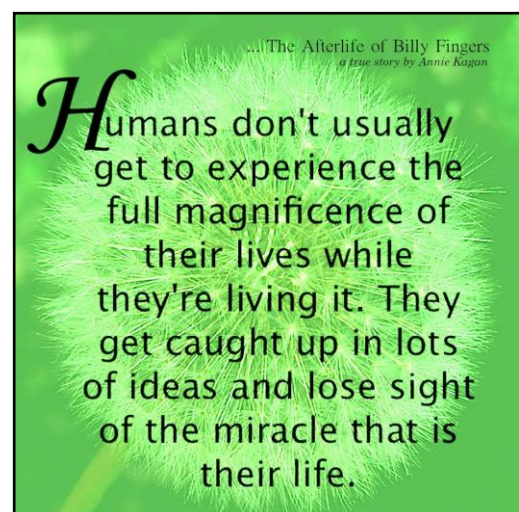
**26. When you put forth effort that you can be proud of, your job satisfaction will increase.**

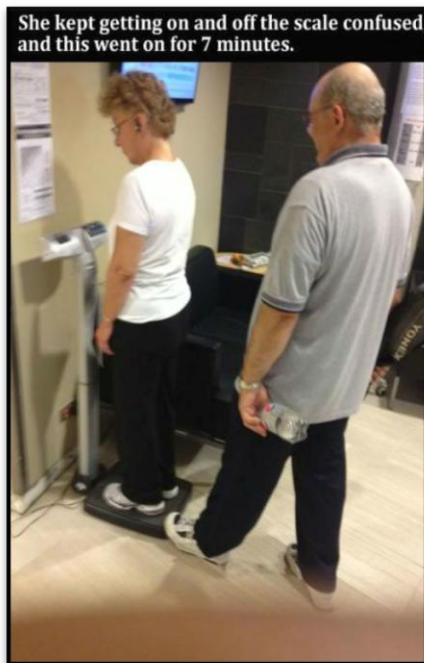
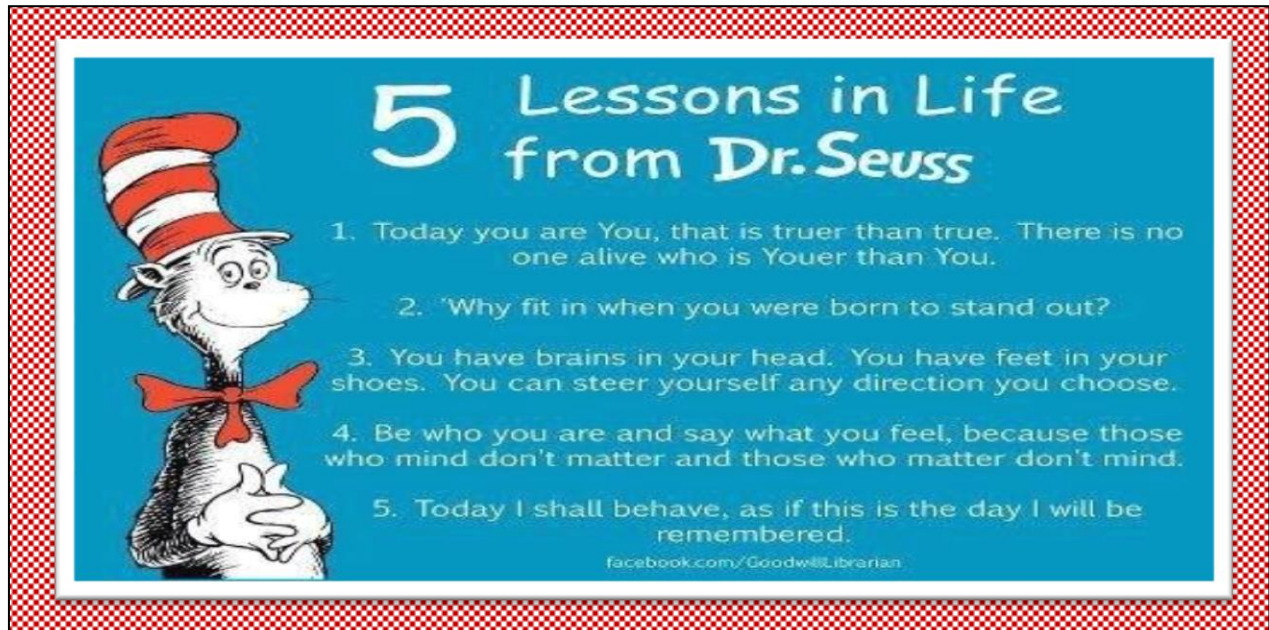
**27. Your big sister will continue to be your idol after childhood and throughout your life.**

**28. Your personality is muffled in the presence of people you perceive to be more powerful than you.** You hope to get over this by the time you're 40 because it's really starting to cramp your style.

**29. A few seconds of sporadic dancing is a temporary fix for every kind of sadness.** It doesn't matter if you're in the club, the kitchen, or the car. Just get down with your sad self.

~ Huffington Post





I know some husbands that would do this!

**Are you feeling sad?** Sadness comes from a dark place that can last for a few hours or a few days. Sorrow springs from various sources that may be personal or from outside influences. Sitting and staring out the window is one option, but actively seeking ways to end the sadness may be the best avenue to take. When feeling sad overcomes you try these tips for pulling yourself out of a blue funk.

**Sadness or Depression?** Before learning the tips to help move you out of the shadows of sad and into the light of happy, it is a good idea to

understand the difference between sadness and depression. Sadness is a human emotion that everyone feels at some point during life; unmet expectations and a loss often bring on melancholy or feelings of sadness.

The loss of a loved one, the loss of a home, or the loss of a friendship are examples of three losses that can cause sorrow. Sadness is part of grieving a loss but over time, the sadness ebbs. Unmet expectations present another reason for sadness entering life. The expectation of a promotion that never materializes, a marriage that ends or any number of difficulties can cause sadness. A sad feeling is a temporary state that subsides as the problem is faced and dealt with.

Depression is chronic sadness that feels overwhelming to the point of immobilization. When you feel so sad that you miss work, feel ill, or cannot go about daily life tasks for at least two weeks, you are suffering from depression. Clinical depression requires professional attention.

**Tip One: Get Moving** When the mean reds pay a visit you can strum your guitar and sing sad songs like Holly Golightly in *Breakfast at Tiffany's* or you can get moving.

You may find it difficult to motivate yourself, but it is worth the effort. Participating six days a week for 30 minutes in an activity such as a brisk walk, bicycling, jogging, playing a game of tennis, or dancing gets the blood pumping, the endorphins popping, and you feel happier and lighter. Robert Thayer, professor and author, stated that at least 15 minutes of activity “can improve your mood and increase your energy for up to two hours.”

**Tip Two: Get Plenty of Rest** It is a known fact that most adults in the United States do not get enough sleep. In fact according to the National Institutes of Health, 50 to 70 million Americans have problems sleeping. The average amount of sleep most adults need is seven to eight hours

each night. Not getting enough shut eye may result in feeling sad and can lead to chronic depression.

Establish a bedtime routine and make going to bed as pleasant as possible. Plan to go to bed at the same time each night. If a warm bubble bath relaxes you, make time to indulge in a bath before bed.

**Tip Three: Let It Go One** of the best things you can do when you are feeling sad is reach out. Reach out to your partner, your family and your friends.

Choose a listener who does not judge and does not always feel the need to fix problems. Sometimes all you need is someone to listen. If you have one friend who always seems to understand, let her be your shoulder to cry on.

**Tip Four: Do Not Go Shopping People** suffering from depression or an occasional bout of sadness sometimes indulge in what has been termed 'retail therapy' to make themselves feel better. A study in Psychology Science to be published June 2008 reveals that sadness leads to ego-centric thinking. This self-indulgent focus temporarily clouds the judgment of sad shoppers and they end up spending more money than normal

.Stay away from malls and boutiques on sad days and protect your credit card and bank account. Avoid making decisions concerning money or important choices that affect your life.

**Tip Five: Seek a Professional The blues** can be brought on by an upsetting experience or one of the difficulties of life. Sadness passes with time, but when an all-encompassing feeling of hopelessness overwhelms you it may be time to see a professional health-care provider for a diagnosis.

Seek a therapist or counselor who you can talk things over with. Bottling your feelings up is like a cork on a champagne bottle that feels tight. The pressure builds and more problems may develop.

The best way to deal with depression is to talk to a health-care professional who can offer you tools to help you stop feeling sad.

**Tip Six: Embrace Sadness** Carl Jung said, "Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness." While being sad may feel uncomfortable, it can also enrich your life with compassion and empathy, widening your scope of human emotions. Allow yourself to be sad after a difficult experience. Go ahead and have a good cry. Crying releases tension. You may discover how much better you feel after opening the floodgate of tears. It is ok to listen to sad music, to spend some alone time and contemplate why you are sad.

There is reassurance in knowing that sad feelings are part of the human condition. Feeling sad after watching a touching movie or seeing the devastation from a natural

calamity on the evening news happens from time to time. Knowing when simple sad turns into clinical depression is important. Try incorporating the tips into your life when you feel sad, and get ready to head for the greener grass of happiness.

### ***How Do You Deal with Difficult Emotions?***

It's natural to experience anger, jealousy, hurt - even though your mother told you that "a frown doesn't suit your pretty face, Dear!" But have you ever felt so overwhelmed by these emotions, or that you spend too much energy getting over them? Everyone could use some healthy options for dealing with difficult emotions. Find out how well you deal with suffering in this [difficult emotions quiz](#).  
~ Isabella Gladd- Lifescript

### ***Doctors Like Women Better***

*A survey finds doctors, of both sexes, generally prefer to treat women. The reason: Less guessing.*

You don't feel well, so you:

- A. Go to the doctor.
- B. Wait until you feel even worse.

You feel even worse. You've gone to the doctor, so you:

- A) Tell her/him in detail exactly what's wrong.
- B) Let her figure it out. She's the expert.

How you answer those questions determines whether you're a good patient (from a doctor's perspective) or a difficult one. How you answer is also a pretty good predictor of whether you're a man or a woman.

According to a recent survey 71 percent of doctors (men and women) say they find male patients more challenging than female patients.

The physicians report that male patients have often been ignoring symptoms for years, are likely to be in denial of their condition, and are less communicative with medical professionals.

That makes them more difficult to diagnose and to treat.

Sixty-three percent of physicians say they will turn to a girlfriend or wife to get answers about a male patient.

Our informal survey of men and women on the streets of New York seemed to confirm these findings.

Everyday Health ~ Dr. Sanjay Gupta

### ***Cold and Flu***

The flu and the cold are both illnesses dealing with your respiratory system. They both have similar flu-like symptoms, but they are caused by different viruses. It is difficult to tell the difference between the two based on symptoms alone.



### ***Is it a Cold or the Flu?***

- fever
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms (such as nausea, vomiting, and diarrhea - but stomach symptoms are more common in children than adults).

The flu is generally worse than the common cold. The symptoms such as body aches, fever, dry cough, and extreme tiredness are more common and intense with the flu. Complication of the flu can include bacterial pneumonia, ear infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

People with colds are more likely to experience a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. ~ <https://www.robertmorris.edu/healthtips/>

### ***The following are some tips to keep you and your family healthy during cold and flu season.***

1. **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
2. **If possible, stay home from work, school, and errands when you are sick.** You will help prevent others from catching your illness.
3. **Cover your mouth and nose with a tissue when coughing or sneezing.** It may prevent those around you from getting sick.
4. **Washing your hands often will protect you from germs.**  
Using warm soapy water wash your hands for at least 20 seconds (The time it takes to sing Happy Birthday twice).  
You should wash your hands before preparing or eating food, after going to the bathroom, after cleaning up a child, after tending to someone who is sick, after blowing your nose, coughing, or sneezing, after handling garbage, after handling an animal, and before and after treating a cut or wound.
5. **Don't touch your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Keep general Healthy Habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

The single best way to protect against the flu is to get vaccinated each year. To learn more about the flu vaccination, please view the following website.

<http://www.cdc.gov/flu/protect/keyfacts.htm>

### ***Symptoms that women should not ignore.***

***You work hard taking care of your family, friends and work. But are you taking care of yourself? Too often we ignore symptoms because we're just too busy to bother getting checked out. That can be a big – possibly fatal – mistake. Find out the 10 symptoms – from fatigue, tummy pain, shortness of breath and more – you shouldn't ignore...***

More often than not, it's the smart, educated women who put off going to the doctor, even when it should be a top priority, says Judy Kinzy, M.D., an internal medicine specialist in Knoxville, Tenn. It's not unusual for a woman to come in long after a symptom has persisted.

"They read about it and try to figure it out on their own," Dr. Kinzy says. "They don't think about possible consequences. Bottom line, they don't really want to have to deal with it.

" But not addressing a mysterious problem can be dangerous – and can even lead to a chronic or fatal disease.

Check out these symptoms women shouldn't ignore.

### **Acute Fatigue**

Let's face it: Women are used to being tired. Who doesn't have a book-length "to-do" list? *Take car to mechanic, go to bank, pick up cat food, take children to soccer game, finish project at work, get mechanic, check on Mom and Dad...* and on and on.

Overload leads to fatigue, but when low energy and exhaustion are chronic and continue for more than two weeks, see a doctor.

Acute fatigue can be a difficult symptom to diagnose, Dr. Kinzy says, but that doesn't mean you should ignore it. It can indicate hypothyroidism, which can be treated with a hormone, or anemia, which is treatable with iron or vitamin B12 shots.

More seriously, it can be a sign of depression, sleep apnea, heart disease or even lung cancer.

cont.

## **Rectal Bleeding**

Pregnant women who've had hemorrhoids while pregnant might dismiss rectal bleeding as a sign of a new hemorrhoid and not take it seriously, says Ruth Stewart, M.D., assistant professor at Meharry Medical College and Vanderbilt University.

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## **Abdominal Bloating and Pain, Change in Bowel Habits**

Like rectal bleeding, abdominal bloating and pain or a change in bowel habits can indicate something serious like colon cancer.

These symptoms also can signal ovarian cancer, inflammatory bowel syndrome or diverticulitis.

Diverticulitis occurs when you have small pouches that bulge outward in your colon (diverticulosis) that get infected. It can be treated with antibiotics but sometimes requires surgery.

If you experience abdominal bloating or a persistent change in bowel habits, such as constipation, make an appointment with your doctor.

## **Pain or Discomfort in Chest**

Heart disease may be the No.1 killer of American women, but "most women still don't think about it happening to them," Dr. Kinzy says.

"Then it ends up being about their heart."

The signs of coronary artery disease, which can lead to a heart attack, are typically much more subtle in women than in men.

"Angina isn't always obvious in women. It's not the classic 'elephant sitting on my chest' feeling," Dr. Stewart says. "Sometimes it's just discomfort or a 'not well' feeling."

Women might misdiagnose the discomfort as acid reflux or a "burpy" sensation.

One of Dr. Stewart's former patients said the feeling was akin to having a balloon inside her chest. She assumed it was acid reflux, took a Maalox and went to work; a few hours later, she came into the hospital having a heart attack.

For more information about acid reflux, visit our [Heartburn/GERD Health Center](#).

## **Heart Palpitations**

Heart palpitations are often related to stress. But if persistent, they can also be a sign of atrial fibrillation, or an irregular heartbeat.

Without treatment for atrial fibrillation, you increase your risk of having a stroke, especially if you have these other

heart disease risk factors: abdominal girth of more than 35 inches in women, high cholesterol, high blood pressure or being a smoker.

## **Shortness of Breath**

Shortness of breath is yet another symptom of heart disease. But it can also be a sign of other serious health problems, such as pneumonia, asthma, emphysema, chronic bronchitis, lung cancer or even a blood clot.

If you're having continual or increased problems breathing, make an appointment to be evaluated.

Visit our [Heart Health Center](#) to learn more.

## **Change in the Appearance of a Mole**

Melanoma (skin cancer) is often linked to a change in moles, so check them, along with freckles, regularly for any difference in their appearance.

Follow the ABCD method recommended by the Skin Cancer Foundation and the American Academy of Dermatology to help detect possible problems.

If the mole is A, asymmetrical; B, has uneven borders; C, has changed in color; or D, changed in diameter, see a dermatologist immediately.

Any changes in your skin, such as a growth or a sore that won't heal, are also potential indicators of melanoma.

## **Swelling in Legs or Persistent Pain in Joints**

If you notice swelling in one or both legs, particularly after you've been traveling in a car or airplane, see a doctor. Swelling in one leg can mean a blood clot. If it's in both legs, it could be a sign of kidney or liver disease.

Chronic or constant pain in joints could mean something more serious than arthritis, such as lupus or rheumatoid arthritis, which may require steroid treatment.

For more information and expert advice, visit our [Women's Health Center](#).

~ Life script

## Healthy Food

When it comes to versatility, few foods can match the power of the incredible, edible ... well, you know the rest.

Jokes aside, it's true: Eggs are the perfect fare for breakfast, lunch, or dinner (in moderation, and usually when paired with other foods). They've been branded as unhealthy in the past, but with all the latest research proving the health benefits of eggs, that bad reputation has flown the coop. Eggs are budget-friendly, protein-packed, and low in calories. In many cultures, eggs are also a powerful symbol for new life, rebirth, and spring — the annual celebratory season of the egg.

Read on to find out how eggs really impact your health, why we dye Easter eggs, the difference between white and brown eggs, and more.



### Eggs Can Be Heart Healthy

Most of egg's bad reputation is due to the cholesterol in the yolk. According to the American Heart Association, one large egg yolk has about 186 milligrams (mg) of cholesterol, and it's recommended that the average person limit dietary cholesterol intake to 300 mg per day.

The AHA recommends that people with normal cholesterol levels cap their egg consumption to four or fewer whole eggs per week, and suggests that people with heart disease eat two or fewer eggs per week or use cholesterol-free egg substitutes. Because egg whites contain no cholesterol, unlimited egg white consumption is perfectly heart-healthy.

The reputation of eggs has largely been restored because study after study has found that dietary cholesterol has a much smaller impact on cholesterol levels than was once believed. In fact, a 2001 study published in *Circulation*, the journal of the American Heart Association, found that lutein, a nutrient found in egg yolks, may even help reduce the risk of heart disease.

### Eggs Are a Weight-Loss Superfood

Prized for their low-calorie protein punch, eggs are an excellent snack or meal for anyone who wants to lose or manage their weight. With 6 grams of protein and only 80 calories per large egg, one hard-boiled egg can be a satisfying snack. Add a handful of fresh spinach to an egg scram

ble, and you have a healthy breakfast that's bursting with nutrients. Egg whites have only 15 calories per egg, no cholesterol, and no saturated fat, which makes them an extremely diet-friendly food.

### Eggs Are Nutrient-Rich

In addition to helping with weight control, eggs supply many essential nutrients, including vitamin A, and the minerals iron, phosphorus, zinc, and DHA, which is a key to brain health. For vegetarians who still eat some animal products, eggs are an excellent nonmeat source of the vitamin B12, an essential nutrient that most humans get from meat, fish, and dairy.

### Egg Size and Color Comes to the Chicken

When you're standing at the grocery store among all the types of eggs, the choice between brown and white or medium and large eggs can be confusing. Here's what it means: The color and the size of the egg is related to the color and the size of the chicken that produced the egg — nothing more. Brown eggs come from brown chickens, and though they're often more expensive, that certainly doesn't mean they're healthier. Instead, brown eggs usually cost more because brown chickens are typically larger and more expensive to feed.

If you break open an egg only to find a yolk that's yellower than normal, that has to do with the quality of the diet of the chicken, not the shell color. Typically, the more corn chickens eat, the yellower the yolks.

### The Healthiest Way to Eat Eggs

There's not one single healthy way to eat eggs, Pace says, but boiling or poaching eggs with no oil or butter is the lowest-calorie way to cook them.

"If you like eggs over-easy-medium-hard, a simple spray of oil is all you need," Pace says. "Eggs are great lunches and easy, light dinner meals. Mix them with veggies in frittatas or omelets, or pair them with a salad or soup, and you're good to go."

For the perfect hard-boiled egg, just cover eggs with water and set to boil in a saucepan. Once the water has reached a rolling boil, remove the pan from the heat, and let it sit covered for 15 minutes. <http://www.everydayhealth.com>

### What goes great with eggs?





**Science has enriched the lives of bacon-lovers everywhere. A study conducted by researchers at ETH Zurich has concluded that the high levels of Vitamin B3 (known as niacin) in this meat could help you live longer.**

To test this, Energy Metabolism Professor Michael Ristow fed roundworms a dose of niacin, discovering that they lived one-tenth longer than those who went without. The vitamin is also rich in the likes of Marmite, paprika, peanuts and sun-dried tomatoes. This is surprisingly contrary to what scientists believed, because the standard assumption has been that niacin promotes the formation of "free radicals," causing faster ageing.

An antioxidant-rich diet has been contradicted by Ristow's findings, which shows that niacin "tricks the body into believing that it is exercising."

**NEWEST LUNCH OBSESSION**

**What a great idea!** Only does SALAD IN A JAR save space in your fridge, it also reduces food waste and gets non-salad eaters to eat more veggies.

**THE ARRANGEMENT:**

From **BOTTOM to TOP**

- Dressing
- Shredded carrots
- Cherry tomatoes
- Sunflower seeds
- Hard boiled eggs
- Baby spinach

**DIRECTIONS**

- 1) Arrange ingredients in a large mason jar
- 2) Store in fridge for up to a week
- 3) When ready to eat: shake jar, place on a plate, and eat!

You can make any arrangement you want... you can add red onion, cucumbers, radishes or peppers. Always remember to put the dressing at the bottom and the lettuce at the top—a **MUST!!**



**A warm, comfort food for cold nights.**



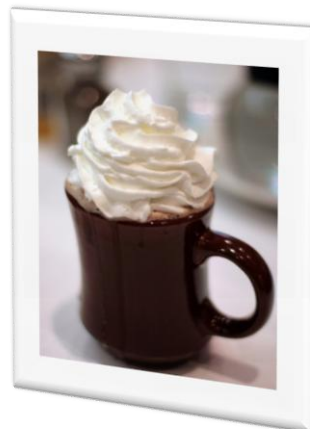
**Chicken Cordon Bleu Bubble Up**  
serves 6

- 2 cups chopped cooked chicken
- 1 cup diced ham
- 15 oz alfredo sauce
- 2 cups Gruyere or Swiss cheese
- 1 can (12 oz) refrigerated Pillsbury Grands Jr flaky biscuits

Preheat oven to 375. Lightly grease a 9x13-inch pan with cooking spray. Set aside.

Cut biscuits into quarters. Place in medium bowl. Toss biscuits with alfredo sauce, chicken, ham and 1 cup of cheese. Pour mixture into prepared 9x13-inch pan.

Top with remaining cheese. Bake for 25-30 minutes, or until biscuits are a golden brown.



**Fun!**

A really cute, simple gift for Valentine's Day or even a housewarming party.



Salt painting! Cheap and fun! Simply take a glue bottle, turn it upside down, make a design, then sprinkle salt on the glue!!! The glue dries with the salt on it and it will peel of the paper so you can save it!!! It will only peel if you use parchment paper!!! Drop some water color/food coloring on it and watch it spread.



Make lollipop bouquet!!

Styrofoam ball and a plastic floral pot, stick lollipops inside and you have the cutest edible gift!



You could put most anything in these.



Perfect for when the kids are eating in the car!



Fill a soap dispenser with Legos for boys and Barbie shoes for girls or whatever they like.





# 50 WAYS TO MAKE THE MOST OF WINTER

- GO SKIING/SNOWBOARDING
- BUILD A SNOWMAN
- CUT DOWN A FRESH CHRISTMAS TREE
- READ A BOOK FROM START TO FINISH
- HAVE A SNOWBALL FIGHT
- STAY IN YOUR PAJAMAS ALL DAY
- GO SLEDDING
- SLEEP IN A COZY CABIN
- GO ICE SKATING
- SET GOALS FOR THE NEW YEAR
- BAKE COOKIES
- SPEND A SNOWY DAY WATCHING MOVIES
- HOST A WINTER PARTY
- MAKE A HANDMADE GIFT
- DRIVE AROUND AND LOOK AT CHRISTMAS LIGHTS
- SEE A PLAY OR MUSICAL
- PLAY FOOTBALL IN THE SNOW
- KISS SOMEONE AT MIDNIGHT
- VOLUNTEER DURING THE HOLIDAY SEASON
- GO TO A PROFESSIONAL SPORTING EVENT
- DO AN OUTDOOR WINTER PHOTOSHOOT
- MAKE DIY VALENTINES
- VISIT A LOCAL MUSEUM
- TRY A NEW SOUP RECIPE
- RIDE A SNOWMOBILE
- LIVE IN THE MOMENT
- SIT BY A FIRE
- DEVELOP AN INDOOR WORKOUT ROUTINE
- TRY A NEW RESTAURANT
- GET UP EARLY AND GO TO BREAKFAST
- CATCH UP WITH FRIENDS IN A LOCAL CAFE
- SPEND TIME WITH FAMILY
- MAKE EPIC PLANS FOR NEW YEAR'S EVE
- THROW CONFETTI
- TAKE A WALK IN THE SNOW
- SEND A CARE PACKAGE TO A SOLDIER
- PLAN A WEEKEND GETAWAY
- GO POLARIZED WITH YOUR SUNGLASSES
- TAKE UP A NEW HOBBY
- PLAN A SPRING VACATION
- PAY IT FORWARD
- WEAR SOMETHING THAT SPARKLES
- THROW A GAME NIGHT AT HOME
- CATCH SNOWFLAKES ON YOUR TONGUE
- RELAX IN AN OUTDOOR HOT TUB
- WRITE A HANDWRITTEN LETTER TO A FRIEND
- WATCH A MARATHON OF YOUR FAVORITE TV SHOW
- GO THROUGH OLD PHOTOS
- BUY A PAIR OF FUZZY SLIPPERS

— Brought to you by [SunglassWarehouse.com](http://SunglassWarehouse.com) —



Now if you can't find anything to do on a dreary winter day – here's an idea. I bet you would be the only one on your block doing this! (maybe)



## Why Dogs Turn in Circles to Find the Perfect "Poo" Spot

How would you like to have spent the last 2 years studying poo-ing behavior in dogs? Well, turns out a team of researchers just did, and what they found was a bit surprising.

According to the study, it appears that dogs prefer to be positioned along the earth's north/south axis when they relieve themselves. The study included data from 1,893 dog "poos" and 5,582 dog "pees". The breeds included in the study were dachshunds, beagles, fox terriers, and a few others.

The study concluded that the findings make sense in light of the known homing abilities of dogs and their close relation with wolves, red foxes, and coyotes. The study did find, however, that when the earth's magnetic field is disturbed, such as during storms, the pattern is seen less frequently.

What do you think? Does your dog's data agree with the study? Pay attention next time they go! 😊 (you know you will)

Read more at <http://theilovedogssite.com/revealed-why-dogs-turn-in-circles-to-find-the-perfect-poo-spot/#IGJxwke4slEm1h6Z.99>

stic hot cocoa with a candy cane

GATHER EXTRA BLANKETS

make paper snowflakes

**WEAR MITTENS**

BE THANKFUL FOR WARMTH

read a good book

**GO SLEDDING**

GET COZY BY THE FIREPLACE

build a snowman

EAT GINGERBREAD

give to those in need

HAVE A SNOWBALL FIGHT

BAKE COOKIES

enjoy a mug of tea



THINGS TO DO THIS winter ❄️

- Drink lots of tea and hot chocolate. ☕
- Wear sweaters and scarves. 🧶
- ♥️ Cuddle up and watch movies with my love ♥️
- Enjoy the holidays 🎄
- BE HAPPY 😊😊

❄️⭐️♥️