



**Presents: *Straight from the Horse's Mouth***



## February 2020

Hello and welcome to the February 2020 issue of *Straight from the Horse's Mouth*—an assortment of relevant (and maybe not so relevant) articles.

This issue of *Straight from the Horse's Mouth* is being sent to you courtesy of **Winning Strides** and **Kaleidoscope Copywriting**.

It is our way of saying that you are important to us and we truly value your relationship. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

## Interesting Articles for Horse Lovers

**Corona Virus: Is it the same in horses?**

<https://thehorse.com/184201/in-the-news-coronavirus/>

**Study: Off-Schedule Feeding Compromises Horse Welfare**

<https://thehorse.com/183832/study-off-schedule-feeding-compromises-horse-welfare/>

## Quotes of the Month

You understand something if you can view it from different perspectives. Changing your perspective makes your mind more flexible, it makes you open to new things, and it makes you able to understand things.

—Roger Antonsen

Real success is finding your lifework in the work that you love.

—David McCullough

Your health is what you make of it. Everything you do and think either adds to the vitality, energy, and spirit you possess or takes away from it.

—Ann Wigmore

If it's out of your hands, it deserves freedom from your mind, too.

—Ivan Nuru

## See if These Items Are on Your Calendar!

National African American History Month.

National Pet Dental Health Month.

National Time Management Month.

Love May Make the World Go Round, But Laughter Keeps Us from Getting Dizzy Week, Feb. 8–15.

Ground Hog Day – Super Bowl Sunday, Feb. 2



World Cancer Day, Feb. 4.

**National Wear Red Day, Feb. 7.** (Women's health and heart disease)

**National Pizza Day, Feb. 9**

**Valentine's Day, Feb. 14.**

**Presidents' Day, Feb. 17 (Also Random Acts of Kindness Day)**

**Fat Tuesday – Mardi Gras, Feb. 25.**

**Ash Wednesday, Feb. 26 – beginning of Lent**

**Leap Year Day, Feb. 29.** (Once every 4 years)

## Healthy Living

### Eating Before 7:00 p.m.

While exercising and maintaining a healthy diet are crucial to a good lifestyle, other factors are also at play.

Health and mind are connected to time, and consuming meals at regular times is important, and so is not eating again after 7:00 p.m., according to doctors. The timing of meals can have an impact on the body's metabolic regulation, sleep cycle, weight regulation, and even heart health.

Consuming meals prior to 7:00 p.m. can drastically cut down on the intake of calories, research suggests. This is mainly because fewer calories are likely to be consumed if you are spending less time eating. Fasting longer overnight also allows more time for the body to use fat for energy, helping with weight loss and better digestion.

Eating too much too close to bedtime can also cause indigestion and heartburn, making it more difficult to sleep and preventing the body from being able to naturally slow down.

Food that is taken at an earlier time is not only better digested but also helps you to sleep better and awaken with more energy.

## Family Matters

### Handling Awkward Family Members

A feisty family can be difficult to handle, especially when extended families get together for family meals.

Many people try to avoid topics that are likely to cause contention, such as politics, but some people cannot resist airing their views even if they know they will be unpopular, so it is important to know how to handle such situations rather than risk ruining the entire event.

The ability to diffuse argument is of crucial importance. Even if you disagree with another person's opinions, just dismissing them is a very bad idea and will only inflame an argument further. Try to understand the opinion that is being expressed rather than flat-out rejecting it. Self-deprecation can also help lighten the mood and diffuse tension. Sarcasm can also be used for this, although it needs to be done properly in order to avoid making the situation even worse.

The most important thing is to try to understand and empathize with the thoughts being expressed by a loved one.

### Bad Dreams Control Waking Fear

Bad dreams may not be such a bad thing after all, according to university researchers in the United States and Switzerland.

Being scared when asleep can help children and even adults to control their fear when they are awake, research suggests.

The researchers looked at the ways in which the brain reacts to different kinds of dreams, with neuroscientists from the University of Wisconsin, the University of Geneva, and the University Hospitals of Geneva suggesting that dreams can be used as therapy to treat anxiety disorders.

Dreams stimulate scary situations, essentially preparing kids and adults alike for facing troublesome or even dangerous situations in real life.

However, there are limits as to how scary a dream can be before it loses any benefit for regulating waking emotions, according to the researchers. A truly upsetting nightmare is likely to disrupt sleep and create negative emotions even when the child or adult is fully awake.

## Success & Personal Growth

### Tips for Achieving Success

What is success? The answer might depend on whom you ask and the stage of their own journey. Yet no matter your age, occupation, or dream for the future, achieving success comes down to a few basic factors that we all will do well to remember:

- **Know what you want.** Build your dream, craft your vision, write down your goals, and then create a plan.
- **Avoid comparisons.** You have goals and aspirations that have little to do with what your friends, neighbors, or colleagues are doing.
- **No negative self-talk.** Perfection is a fallacy. Most of us are aware of our strengths and weaknesses.
- **Admit your mistakes.** Failure/mistakes are not the end of the world.
- **Don't go it alone.** Network. Get involved.

## Social Media

### How to Survive Social Media

Social media can be addictive, so much so that it can end up becoming an actual source of stress in the lives of many people.

However, this is not the way it has to be, and there are some helpful tips to enable people to take back their lives from the grasp of social media.

One good tip is to never make posts on social media relating to some mysterious drama in your personal life. If you want to talk about something that is bothering you, talk about it. If you would rather keep these issues private, then do not even hint about them online.

Remember that once you have posted something, it is likely going to be out there forever in one form or another. Keep that in mind before every post you make.

If you have really had enough of social media and intend to leave it for good, just do so. Leave quietly and do not go back, and do not make long posts about your intentions because many people may see it as attention seeking.

## Your Creative Side

### Limit Your Distractions

If you're finding it hard to tap into your creative center, multitasking might be to blame. Answering texts or voicemails, checking your emails, and dividing your attention among too many tasks are probably hampering your ability to think and act creatively.

Think of it this way: If you're learning to play the guitar or taking ballroom dance lessons, you would commit to a specific amount of time for instruction and for practice. You wouldn't be making phone calls or writing a report or doing chores during this time. The same is true for times when you are engaged in any creative endeavors, or just need space to think freely. Remove distractions so the ideas can flow.

## Anecdotes

### Pickle Facts

Pickles are ubiquitous within the world of food but have an array of fascinating trivia behind them that remains completely unknown to most people.

According to the U.S. Department of Agriculture, 8.5 pounds of pickles are eaten by Americans each year. Pickles are an ancient foodstuff, dating back to at least 2400 BC in Mesopotamia, and possibly even earlier than that.

A pickle is not officially a pickle in Connecticut unless it is able to bounce.

Most people know that vegetables have their flavor improved by being pickled, but they are also more easily digestible and nutritious by doing so. Vitamins are produced by bacteria during the process of

fermentation while they are digesting vegetable matter.

The manufacturing of sweet pickles, which are enormously popular in some areas of Mississippi, involves dill pickles being soaked in very strong Kool-Aid.

Pickles are so prized that they even have their own day – National Pickle Day, which takes place on the 14<sup>th</sup> of November every year.

## Monthly Humor

### The Value of a Sundae

A bear walked into an ice cream parlor, handed a \$10 bill to the clerk, and asked for a hot fudge sundae.

Though the clerk thought this scenario was completely surreal, he also wondered if the bear truly knew the value of money or if he was simply mimicking human behavior. To test out this theory, he handed over a \$1 bill as change when he served the bear his ice cream.

“You know, we don’t get many bears around here buying sundaes,” said the clerk.

“Ya think?” replied the bear. “Since when do sundaes cost \$9?”

### A Valentine Surprise

A woman awoke on Feb. 14 and said to her husband, “I just had a dream that you gave me a ruby necklace for Valentine’s Day. What do you think it means?”

“I don’t know,” her husband replied with a wink. “Maybe you’ll find out this evening.”

That night, when her husband arrived home from work, he handed her a square box wrapped in red paper covered with pink hearts and a big red bow.

“What could this be?” the man’s wife asked, trying to contain her excitement. She ripped off the bow and the paper and opened the box.

Inside was a book titled *How to Interpret Your Dreams*.

# Happy Trails

