

Natural Living Journal

Well-being for Body, Emotions, Mind, & Spirit

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Manifesting Your Vision

Supporting Chronic Disease with Holistic Health

The Power of Sound to Quickly Destress

Love Incarnate

Protecting Awesome Ancient Ancestors

Ky College of Art & Design: Look Inside

Summer Fun: Healthy & Safe

Lush & Steamy Season

Thriving with Divine Grace

Supplement Vitamin D? Functional Medicine

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Fresh Natural Tomato Marinara Sauce

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Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

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PEACEFUL LIVING. May We Be the Peace We Want to See In the World!!!

Rev. Valerie Mansfield

As the seasons change, we can go within our own being mindful of the changes we create in our lives and the world. Summer flowers and greenery bring magnificent color to our world. Take a moment to see the color, to breathe into the rich scent of the season, and to feel the summer air moving all around you. Focus on peaceful beauty all around you. See it, smell it, breathe it, feel it and be the peace in your life.

Peace is creating harmony and tranquility of awareness in our consciousness of life. Steadfast affirmations of peace will harmonize your whole being and open the way for healing of mind, body, and spirit. Take a moment right now and affirm... I AM Peace. This affirmation begins the process of creating a peace filled life. When you are feeling rushed or anxious affirm, I AM Peace silently. Better yet, say it out loud because our voice is the one of our most powerful tools in shaping our consciousness. I AM Peace!

Become the observer of your thoughts, words, and actions. What are you thinking about? -- peaceful thoughts, right? Our thoughts create our reality. What are you speaking about to yourself or others? Speaking loving kindness to yourself is so important. It is just as important to speaking loving kindness to others. As I said, our voice is a powerful tool. We can use it as a sharp sword, or we can use it to radiate harmony. The choice is ours.

Take action to choose peace. Radiate peace heart to heart. Send blessings of love and peace to all beings everywhere. Notice I wrote all beings everywhere. This is another key to living a peaceful life. We must let go of any transgression we are carrying period. May we forgive ourselves and others. Forgiveness starts within each of us and heals us when we can let go of hurt, anger, and violation. When we let our actions or the actions of others continue to fester in our life, we give our power away. When we understand through the awareness of tranquility, we let go and manifest a new way of moving through challenges. We find peace in forgiveness. Joy radiates from the center of our being.

During September 11th through 21st, Unity of East Louisville is one of the sponsors along with many other individuals and



community partners joining together in the Resonant City Peace Project to send heartfelt peace into an area of our community. Our goal is to reduce crime/violence through meditation/intention. We know through past studies this is a possible effect of transcendental meditation.

When we take time to **BE THE PEACE** we want to see in the world, we are a positive impact in our own life, our families, our communities, our city, our state and in our world. We have the power to change our life and the lives of those around us. We must act in cultivating peace for all, and it starts within. Breathe In Peace...Breathe Out Peace...

Namaste'

BIO: Reverend Valerie Mansfield is Senior Minister at Unity of East Louisville Church and is the Treasurer of Unity Worldwide Ministry. She is also a Life Coach and Holistic Healer. She is

manifesting a new enterprise "Pathways to Harmony" which is a twofold operation. (1) It's an opportunity for individuals to bring harmony, clarity and understanding to their daily life. Families work together to bring harmony, peace, and love to the forefront of the family dynamics through Conscious Connections. (2) Consulting for non-profits and small businesses focusing on harmony, efficiency, and effectiveness. Her mission in life is to create a harmonious, loving, conscious experience daily. She is a lifelong Unity Truth Student and welcomes you to join her on a spiritual journey of harmony, love, and transformation. She lives with her husband Bruce of 40 years & loves time with her children and grandchildren.



Photo: Canstock Photos Michael Jung

MANIFESTING YOUR VISION

By Leah Bomar, Author & Life Coach

Have you ever made a Vision Board and it “didn’t work?” Do your manifestations often get muddled by the distraction of what others have and you lack? Feelings like envy and jealousy are low on the vibration scale and can drain the energy of your desires and scare away success like a green-eyed monster lurking in your dream board.

Envy is defined by Wikipedia as “a feeling of discontented or resentful longing aroused by someone else’s possessions, qualities, or luck.” What if you could learn to arouse feelings of excitement, hope and empowerment by refocusing your thoughts on qualities and possessions you’d like to attract into your own life, therefore shifting and creating your own “luck?”

Jealousy is defined as “thoughts or feelings of insecurity, fear, and concern over a relative lack of possessions or safety, often consisting of emotions such as anger, inadequacy, helplessness, or disgust.” Instead of allowing yourself to be consumed or triggered by what others possess that you don’t yet, place the power back in your realm of possibility.

If social media is a source of soreness and pain in your life, limit your social media exposure to only what makes you feel good. Unfollow people who make you feel less than, even if you can’t pinpoint exactly what it is that makes you feel some “type of way” as you scroll by.

If seeing something someone else has makes you covet their success, beauty, or lifestyle... practice energetically sending that person love. Cheer them on and support their mission instead of sitting there stewing in jealousy. By focusing on all the things they embody that you feel you do not, this type of thinking only reinforces your own sense of lack. If you allow yourself to continue to feel less than, how can the universe ever bless you with more? Instead of placing your attention and focus on negative emotions like envy, jealousy or even hate - - turn that energy inward by constantly imagining yourself succeeding in all the things you desire in life.

Visualize daily succeeding in your career, going to work everyday at your dream job, gathering all the accolades and awards you deserve and desire. Visualize yourself winning. Feel yourself happy with a full heart of gratitude. Meditate on those images and scenarios until you can feel the excitement and love wash over your body. By doing this, you are physically creating chemical changes and sensations in your body that alter the energy field around you to activate as a magnet for those desired outcomes.

Next, shift your thinking toward what action you can take right now to get there. What’s one tiny thing you can do each day to move the needle closer to your dreams and goals? People often think changes require a big leap such as quitting a job they’re



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unsatisfied in, jumping off a cliff, or walking across hot coals at a guru retreat. Often you don’t have to take extreme action to start shifting your energy.

Attract rather than chase. When you are hustling and grinding and chasing a dream, you are actually repelling what you want further and further away. Get into the gentle practice of visualizing the desired outcome and then taking inspired action that will attract the people, situations and experience needed to get you where you want to be going. Join local support groups online or in person. To help move old blocks, try new things like energy healing, acupuncture, Emotional Freedom Technique, or attending a local drum circle. Try it all and have fun doing it.



Energy shifts can be subtle, but powerful! Maybe its reaching out to one person you’d like to collaborate with on a project. If you want to attract a love interest or life partner and feel you are ready to start dating again after a breakup or long time alone tell some friends you are open to matchmaking. Put yourself in places where you could possibly meet people of interest for business or pleasure.

When I decided to quit my teaching job and live my dream of being a full-time writer, I began doing what I deemed “writer things,” such as joining local writing groups, going to writing workshops, applying for freelance gigs, reaching out to the editors of publications I admired - - and going for it! The secret to manifestation is intention followed by **action**. What will you do today to take you one step closer to living the life you’ve been visualizing?

Bio: Leah Bomar is an author, speaker and certified Life Coach specializing in Therapeutic Art. She graduated from University of Louisville with a degree in English, taught elementary art and worked as a substitute teacher for JCPS. As a Super Mom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. More info at LeahBomar.com or email AuthorLeahBomar@gmail.com ,

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SUPPORTING CHRONIC DISEASE WITH HOLISTIC HEALTH

Suzanne Hartman, Psychologist

Dear Reader,

In my life I am a woman, wife, mother, grandmother, sister, friend and retired psychologist. I am also a cancer patient. My journey began 19 years ago in 2003 when I received the following telephone call from my gynecologist after a blood test to check my cholesterol during a routine visit.

"Mrs. Hartman, I'm afraid I have some bad news."

"Really? Is my cholesterol too high?"

"Your cholesterol is fine. I think you have leukemia."

Just like that - - I think you have leukemia. I held my breath for a moment. I heard bits and pieces of the rest of the conversation. Something about an appointment with an oncologist first thing Monday morning. May be chronic type. If acute I would need immediate treatment. When I hung up, I felt alone in a dark space surrounded by the gaunt faces of baldheaded individuals.

That weekend my husband and I stayed home huddled together on the sofa. We were talking through our tears, searching for a way to make sense of this unexpected word leukemia, and trying to prepare for Monday morning's verdict. The diagnosis was confirmed, chronic lymphocytic leukemia. CLL for short. And so, we hopped on the rollercoaster and the ride began. In this space, I would like to share with you some of the lessons I have learned along the way.

Acceptance and Trust. There will be tough days. Authentically own and express your emotions. Let others help you. Anticipate the grace you will receive from your Higher Power. You are not alone. I once spent seven weeks within sterile hospital corridors during a serious crisis, including emergency surgery. My faith and the love of friends and family sustained me. I will never forget the day I was discharged. The feeling of warm, fresh spring air after a rain, the crocus in my yard, and my first nap on our comfortable mattress and freshly laundered sheets with a breeze wafting in the windows. Such peacefulness and gratitude

Enhance your spirituality and creativity. Practice some form of mindfulness to maintain inner peace. The body and mind are closely connected and a positive spirit is key. Meditation, contemplation and music bring comfort. There are yoga, tai chi, relaxation training, and massage. I have also found writing therapeutic. For you it may be reading, arts and crafts, and painting. The friends I have made in small writing groups are a precious stimulation and support.

Be a "good" patient. Be one who is seen as a part of the treatment team, asks questions and expects direct answers,

remains proactive in learning about your condition, and who stays open to treatment options like clinical trials.

Utilize national and local resources. For example, I heard about a CLL specialist in Ohio who has subsequently directed my treatment for years and works cooperatively with my local oncologist. I heard about that specialist while listening to a Leukemia Society telephone conference. I keep up with new information through the *CLL Newsletter*. I am aware that the National Cancer Association has oncology nurses available to address specific treatment issues. In Louisville we are fortunate to have a "Gilda's Club" that provides services and support groups for the entire family, and the YMCA offers "The Livestrong Program" which is a six week free program of exercise and education for active cancer patients.

Focus on a healthy diet and plenty of rest. Most cancer centers or oncology offices can refer you to a dietitian. Their social workers are helpful with the stress of finances by checking grants and other assistance programs. Choose an exercise activity you enjoy and do it consistently. It is not important to move from 0 to 60. Start with a realistic goal and work toward progress, not perfection.

A sense of humor is fundamental. I remember my first day back on the job as a School Counselor after losing my hair during a summer of chemo. The children admired my new wig. "Oh Mrs. Hartman. We love what you did with your hair." I will never forget wrestling with my four-year-old grandson and seeing the startled expression on his face when my wig came off in his hand!

I recently heard a word I had never heard before. Remission. After a long series of interventions, clinical trials and chemo treatments, some successful and some not, there is no evidence of active CLL. Is it a cure? I'm not sure. But I am off chemo and we are so happy and very thankful. It is a freedom not to be taken for granted. There is life with cancer. The "new normal" may not be what you had in mind, but it can still be a full and hopeful one.

BIO: Suzanne Hartment, M.A. Licensed Psychological Practitioner. I like to write. People say I am a dinosaur because I still pen cards and letters to friends and family. I retired last year from a challenging 30 plus year career in Psychology, working with individuals across the life span. Now I appreciate having time to sit with my thoughts and record my memories.



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LOVE INCARNATE **BY Gerry Boylan, Ph.D.**

The waves of the sea are like the beating of your heart, the motion of your breath, the "Rhythm of Life." Speaking in metaphor, this oceanic existence is forever, but the personality self you have chosen and created to be the vehicle for this lifetime is like a wave that is here and then gone. It is unique. There will never be another wave like it and there has never been one like it before. So it is that in this existence with your body and personality self, as unique as they are, these are only the surface of the ocean.

Beneath or deeper than the appearance of the personality and the body, there is a soul that has traveled many lifetimes and has incarnated as a wave in the sea many, many times. Yet all of these times as a wave, you still remain part of the sea. The Self has never lost its true identity, and with this and all other incarnations here on earth, has chosen a unique vehicle as an instrument for the growth and learning. This combination of soul and chosen vehicle is unique. It is the soul we focus on here, the expression of your being and yet which paradoxically never loses touch with its Oneness. The wave ever remembering it is simply an aspect of the ocean. "How can that be?" you ask. "How do I lose touch with that and become lost in separateness? How do I begin to think that the wave is the ocean?"

You do not choose to be ignorant out of foolishness, nor does God put that upon you as a test. Spirit does not bind you in ropes just to see if you can escape! No, there is a deeper knowing here. Just as if you were looking at a turbulent sea with gigantic waves, roiling and crashing, if you were to go even a few feet below the surface all would be calm. There is no storm down here; there is nothing to disturb your peace. So here is the beginning of an answer to your questions. You become lost in separateness when you mistakenly identify with the surface who you think you are, or even more potent, the Persona you have created to show the world. We do not deny the necessity for an ego or personality self, that too is part of your vehicle and your journey. But when you become too attached to it, when you begin to think it is real, that it is who you are -- when the vehicle becomes the self, that is when you become the wave that thinks it's the ocean.

You realize as you step back how ridiculous that sounds, and yet you also know how easily you slip into that thinking. The simplest explanation as to why this happens to the soul is that this up/down, back/forth, from sleep to awareness, is like exercising a muscle. As you exercise it, the stronger and more functional it



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becomes. The spiritual muscle we speak of here is your awareness and your experience of "the truth of who you are."

And here you have another question: "How can love be "All" and perfect and still grow/evolve and be added to?" This is the human mind working with one of its primary tools-- dualism. "It is either this or that," it says, but even that is not true. *Schrodinger's cat is both dead and alive.* Yahweh has said "I am the Alpha and the Omega." The soul learns to live in the limited paradox of human life. The soul helps to prevent the mind from becoming trapped in judgment, yet realizes as with all the earthly things that the mind is limited in its ability to grasp and create.

The soul is learning to both live with these limitations and go beyond them. That is an essential part of your work here on Earth. You are here to enhance the love that is. There is no way you can grasp this with your mind, so let it go. Realize Love/God is a dynamic

force ever evolving. By love and through love, actively loving, and allowing yourself to be loved, love evolves. This day you are a wave on the ocean, an ever-expanding ocean of love. Rejoice as you make your unique contribution to the love that is and is becoming.

BIO; Gerry began his career as a teacher and retreat leader at St. Xavier High School where he taught Biology, Chemistry and Religion. His undergraduate degree is from Catholic University, and he holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking at Sunday services.



Photo: Marvin Meyer of Unsplash

VITAMIN D: DO WE REALLY NEED TO SUPPLEMENT? It Might Depend On Your Genes!!

Dr. Victoria Snelling

Vitamin D has many benefits including bone building, lowering inflammation, fighting infection, and even preventing cancer, just to name a few.

Symptoms of low vitamin D include fatigue, lowered immunity, and poor calcium absorption leading to problems such as osteoporosis, slow wound healing, hair loss and even depression. A healthy level of vitamin D can lower the risk of certain conditions such as irritable bowel disease, ulcerative colitis, Crohn's disease and even colon cancer.

Not everyone needs the same amount of vitamin D to remain healthy. Certain conditions like obesity, diabetes, cardiovascular disease and cognitive impairment can cause a much higher need for vitamin D. Checking your serum vitamin D levels becomes even more important for those living with these conditions.

The generally accepted normal range of serum (blood sample) Vitamin D is 30 ng/ml (nanograms per milliliter). The AMA accepted values of blood tests are often inadequate for optimum health. A better value as recommended by Functional Medicine and other wellness-based therapies is that an optimum level of Vitamin D is 80-120ng/ml. So to achieve or maintain good health get your levels up to around 100ng/ml. A simple vitamin D serum test is quite inexpensive. If you are taking measures to increase your level, a periodic test (perhaps monthly) can confirm that you're on the right track. When you see consistent tests in a healthier range, continue your healthy diet and supplements and consider testing twice a year.

Foods that can provide vitamin D include egg yolks, liver, oranges and oily fish. Cod liver oil supplements can be used if you don't care for salmon, maceral, sardines, tuna, etc. Some foods such as dairy products are fortified with vitamin D.

Many of us need supplemental Vitamin D in the form of D3. Choose a supplement that contains D3 with K2. There are two main forms of vitamin K which are K1 and K2. It's important to know that vitamin K2 WILL NOT THIN the blood, so those on blood thinning medications can safely take D3 and K2 supplements. Always check with your prescribing health care practitioner. Hopefully they've studied a little nutrition and can help you understand the difference. K2 may be referred to as on a supplement label as menaquinone and vitamin D3 will be referred to as cholecalciferol.



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Does sunshine exposure help the body to make enough Vit D? Although Vit D is called the "sunshine vitamin," not everyone produces it at the same rate. Your genetics can give you clues on how well or how poorly you can make your own. Our genetics include vitamin D receptor genes which are referred to as VDR genes. If these genes are not mutated and are fully functioning, we may do a reasonable job of making vitamin D from sunlight, absorbing it from food sources, and recycling it through the many bodily processes that require vitamin D. If we have mutations in any of these VDR genes we very likely need to supplement.

How do we know if we have these mutations? Many of my patients have taken one of a variety of gene tests that are available and affordable. 23andMe and Ancestry are probably the most well-known. When I am asked, I recommend 23andMe. They both have a wealth of information in the "raw data file" that they contain. With a patient's permission, I download the file and examine the myriad of mutations that are present. By knowing of these mutations, an individual program of supplements, dietary nutrition and lifestyle changes can be created which can make a radical change in present and future health.

Vitamin D works in concert with our other nutrients to play its role in keeping us healthy. Understanding how much we each individually need, and monitoring our level, can help us to regain and maintain our health.

BIO: Dr. Victoria Snelling has a varied practice in homeopathy, functional medicine, chiropractic, nutritional genetics and CEASE detox therapy. She has been in practice in Louisville since 1988. Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. She can be reached at 502-426-2033, or www.DrSnelling.com.

PHOTO: Suzana Sousa, Unsplash



AWESOME ANCIENT ANCESTORS

By Diana Norred

All living creatures have a role in the environment, the turtle is no exception. From tiny bog turtles to humongous leatherbacks to desert tortoises, they come in many shapes and sizes. It is the only animal that has its hips and shoulder blades inside its rib cage. And the sex of the turtle is determined by the outside temperature of the developing eggs! Hot temperatures produce female hatchlings, and cold produce males. Females go back to the place they were born to lay their eggs, but the males never return to the same spot after hatching. But male or female, their roles are vital to earth's ecosystems.

Another fascinating thing about turtles is that they never appear to look busy or in a hurry. They calmly browse the forest or happily sun on a river log wiling away the hours simply taking it easy. But behind this relaxed demeanor, they are ecological movers and shakers. Thanks to their digging ability they move between ecosystems with an uncanny speed. The burrows they use as homes also provide shelter for other animals such as bobcats, rabbits, burrowing owls and even snakes!



Turtles are also widely beloved. Have you ever heard anyone say they are fearful that they might find a turtle in their house? Turtles are sometimes first pets for children and provide a gentle bridge between the wild and home.

Turtles are also fabulous scavengers, herbivores, and carnivores. They are like tiny Hoover vacuums that scoop up dead fish and other carrion from lakes and rivers. They break down the energy of plant materials and convert them into protein which contribute significantly to the ecosystems. Box turtles that may eat strawberries and then walk, defecate the seeds adding to the landscape. They do absolutely no harm, and a tremendous amount of good. Green turtles feed on seagrasses that are also home to other marine life like seahorses and offer a breeding ground for other fishes.

Unlike freshwater turtles, the limbs and head of sea turtles are fixed outside the shell and cannot retract inside. Green sea turtles can reach three to four feet long and weigh up to 300 to 350 pounds! And did you know that sea turtles can hold their breath five hours underwater? Amazing!

When a sea turtle is going to lay her eggs (called nesting), she comes up on the beach when it is all quiet and digs a hollowed-out space. There she lays 80 to 120 eggs. Then she carefully covers the eggs with sand and or dirt and smooths it over til it blends back in with the surrounding area so no one would discover the eggs. Then she leaves and never returns to look after the eggs or oversee their hatching. When the little hatchlings are ready to break out of their eggs, they do it all together - - usually at night or during rain when it is cooler. Then they run to the sea as fast as they can. There they can get carried by the tide to where they can



hopefully find food. Sometimes they eat bits of plastic garbage which can kill them. Big fish, sharks, and circling birds eat baby turtles. Only a small percentage of baby sea turtles make it into being full grown! They're brave little guys all on their own.

There are over 350 species of turtles so it's hard to imagine they are in decline, but overexploitation for meat and the pet trade, habitat destruction and climate change have greatly affected their numbers. A surprising 61% of these 350 species have become extinct or on the endangered or threatened list. They have outlasted dinosaurs, but nothing can help them evolve quickly enough to avoid being hit by a car and killed on the road. An absence of these versatile reptiles would be a psychological and cultural loss to the world. They have been a paragon of persistence and survival. It would be a travesty if they've traveled through 200 million years just to be eliminated in the last few centuries. That's not a very admirable legacy for us to leave our descendants.

If you ever consider a turtle for a pet, please know they require a very long commitment because they can live a long time. They need a lot of specialized care. As cute as they can be, they do not generally make good pets. Do your homework before you buy or adopt a turtle. Make sure your state allows you to own one as a pet. Make sure you get a captive-bred one, not a wild caught turtle. The recent uptick in illegal collection of wild turtles poses an even greater threat to the already declining species currently at risk.

Let's support environmental groups and environmental legislation to protect these wonderful creatures. Every aspect of beloved Mother Earth is crucial to the well-being and balance and enrichment of the whole. As human beings we need to be good stewards for Mother Earth.

BIO: Diana Norred lives in St. Petersburg, Florida with her husband, Jim. She graduated from Pasco State College with a degree in Communications and is retired from the Tampa Bay Times where she worked in Advertising Management for 28 years. Her college training included extensive scientific coursework. Understanding science as related to the sun, our environment, animals, and humanity has been a lifelong interest and study for her.



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VIRUSES, by Michael Reitz

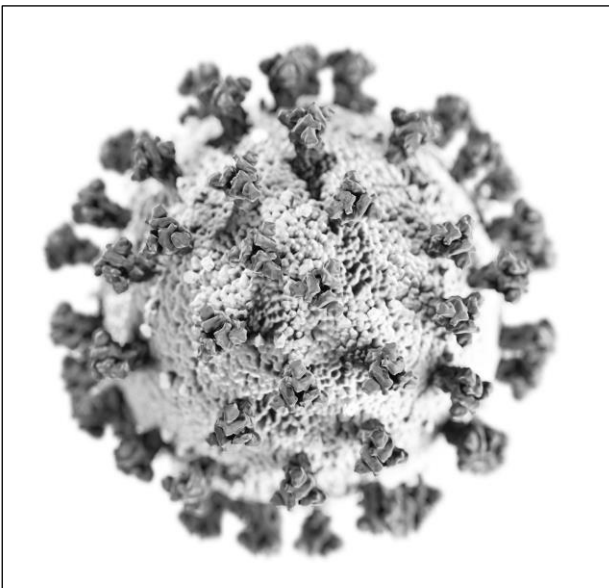
Good and bad microorganisms
within our bodies.
The elements of life
do not differentiate.

Covid 19 virus teaches us in a most
dramatic, painful and tragic way
the lesson that all life is connected.

The air we breathe, the food we eat,
the water we drink,
are shared by everyone.

If one of these elements is abused or polluted
no one escapes the consequences.
If our earth habitat is not healthy
We will die.

Spiritual teachers have taught
and science understands that
there is no escaping the fact,
to be truly healthy in mind, body and spirit,
we must care for and seek harmony
with one another and the earth.



SUMMER FUN: Healthy & Safe! **by Dr. Lisa Tostado, ND**

The summer months bring warmer temperatures, longer days and for many of us more time outdoors. While invigorating for the mind, body and soul, there is an increased risk for injury from sunburns to bug bites. Here are my top 5 natural health tips to help ensure that your days in the sun stay fun and safe!

Stay hydrated: With rising temperatures and more time spent out in the sun it is imperative that you stay well hydrated. 60% of the average adult weight is comprised of water. Keeping the body hydrated helps the heart pump blood more efficiently, supports bowel regularity, and is necessary for flushing out toxins. Dark urine, a dry mouth, headache, and a scratchy throat are some key indicators of dehydration. One of the best ways to keep up with your fluid intake is to always keep a reusable water bottle with you. Heat can cause plastic to leach into your water, so it is best to use a bottle made from glass or a stainless-steel material. Although I generally recommend that you aim for drinking ½ your body weight in ounces per day, you should increase your intake with increased sun exposure and exercise. You can help meet your daily requirements by consuming foods with a higher water content such as cucumber, celery, lettuce, and fruit such as melon and strawberries. Caffeine, alcohol, and sugary beverages are dehydrating to the body, so it is best to keep these to a minimum. There are natural ways to flavor your water to make them more enjoyable if you do not like the taste of plain water.

Strawberry-Lavender Infused Water

Combine ingredients in a large glass pitcher. Cover and refrigerate for 12-24 hours. Strain & enjoy!

1 cup sliced fresh strawberries
3 fresh lavender sprigs or 1 tsp. dried culinary leaves
2 quarts of water

Protect Your Skin: Although sunshine has many benefits for our health including vitamin D production, prolonged UV radiation exposure can increase your risk for sunburns and skin cancer. Protective clothing can cut down on the risk of sunburn by as much as 27%. This includes wearing hats, shirts, and pants. Furthermore, spending time under an umbrella, canopy, or tree decreases risk for multiple burns by 30%. If you plan on spending more than 15 minutes outside with direct exposure, then you may want to consider wearing sunscreen. My recommendation would be to buy one that is made from natural organic ingredients free of hormone disrupting chemicals. The Environmental Working Group (www.ewg.org) rates zinc oxide as being one of the safest protective ingredients used in sunscreens.

Use Natural Bug Repellents: Those pesky bugs can be more than just a nuisance; they can also cause different types of viruses that can be transmitted with a bite. Deer ticks are commonly linked with Lyme disease and Rocky Mountain spotted fever. Lice and fleas can transfer different types of bacterial infections. Besides spreading infection, bug bites typically cause pain, swelling, itching

Dr. Lisa Tostado, N.D.



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and redness. However, in more serious cases they can trigger allergies and even anaphylaxis --a life threatening condition where it is difficult to breathe. The most common commercial bug spray is made of a chemical called DEET. There are some concerns with its safety, especially with children. The good news is that there are natural alternatives. One study found that geranium oil works comparably as well as DEET in repelling ticks. Other essential oils that were found effective are catnip, citronella, lavender, lemon eucalyptus, peppermint, rosemary, tea tree and thyme. You can readily make your own homemade natural bug sprays with a few ingredients. Pick a variety of oils to use or just 1-2 of your favorites.

Do it yourself: Natural Bug Repellent Spray

4-ounce spray bottle (preferably amber glass)
2 oz distilled water
1 oz of witch hazel or vodka
50-75 drops of essential oils of your choice (geranium, citronella, lavender, peppermint etc.)
Optional: add .5 ounces jojoba oil for its moisturizing properties.

Do it yourself: Bug Bite Remedy

Add essential oils to roll-on bottle, and then fill remainder of bottle with fractionated coconut oil. Insert cap and swirl oils to blend. Before applying, wash affected area with water and soap first, and pat dry. Roll directly on and around bug bite.
4 drops Lavender Essential Oil
3 drops Chamomile Essential Oil
3 drops Tea Tree Oil
Fractionated Coconut Oil
10 ml roll-on bottle

Be sure to consult with your primary care doctor if you are unsure about any of your symptoms. While natural options for dealing with your ailments is great -- sometimes it is necessary to seek immediate medical attention.

Bio: Dr. Lisa Tostado, N.D. graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International Foundation for Nutrition and Health.

NOTE: As always, consult your health care provider before making any significant changes in your health regimen

A LOOK INSIDE KENTUCKY'S ONLY INDEPENDENT ART COLLEGE

By Kevin Murphy Wilson

Headquartered in one of America's most architecturally significant historic districts, the Kentucky College of Art + Design (KyCAD) is a fully independent institution led by a staff, faculty, and board of trustees that are passionate about the rigorous academic work we do, the diverse population of students we serve, and the larger community we inhabit.

Rather than offering standard majors, here at Old Louisville's newest school, there are six areas of investigation that collectively form the point of departure from which our scholars and practitioners can embark upon their own life-changing explorations: The Center for The Environment; The Center for The Human; The Center for Visualization; The Center for The Decorative Arts; The Center for The Story; and The Center for Art + Business.

As part of our immersive BFA (Bachelor of Fine Arts) in Studio Art degree, a fair amount of learning also happens outside of the traditional classroom setting, most notably at our own 849 Gallery. This 849 Gallery is a 1,400 square foot project space that primarily functions as an extension of KyCAD's curriculum providing a platform to invite into our orbit outside artists working in meaningful and relevant ways. Here we strive to expose students to a wide array of artwork, critical approaches, and experiences within the contexts of formal exhibitions, experimental installations, and alternative programs.



It is no small matter that our students get to engage with visiting artists like they did with René Treviño, Christopher Ottinger, and Meg Hartwig through lectures and individual studio critiques. This enriches and expands the college's academic discourse and dialogue. Students also have several opportunities to exhibit in the gallery during their time at KyCAD, gaining crucial hands-on experience with curatorial and installation processes.

The most recent example of this is our class of 2022's BFA Thesis Exhibition, which was viewed by many attendees (including world-renowned artist Mel Chin) and covered by both *LEO Weekly* and WFPL.



"When I first came to KyCAD, my hopes were to further develop my studio practice and quality of craftsmanship and refine my research processes to better inform my work," recent KyCAD graduate Jada Lynn Dixon said. "With my thesis project I've done just that."

The 849 Gallery also maintains public access and we regularly host an eclectic assortment of events there that ensure exposure to the greater community. In the past this has included a Thomas Merton celebration, and an entire run of the Louisville Ballet's immensely popular production, *Choreographers' Showcase*. We also hosted workshops with Rhythm Science Sound.

Beyond all that, this year there has also been a lot of buzz on campus around the still-unfolding partnership between The Kentucky College of Art + Design and the Warwick Foundation. Our team is very excited about developing a rural residency program at the Warwick Estate, which is an incredibly special space located within Mercer County and was once home to Moses Jones and later Clay Lancaster.

As our president Moira Scott Payne put it, "Kentucky College of Art + Design is always moving forward and is unstoppable in its mission of providing a first-class arts education while simultaneously becoming a cultural resource for the city of Louisville and the Commonwealth of Kentucky."

For more information about our BFA program, you can reach the KyCAD Office of Admissions during regular business hours at (502) 430-6191 or by emailing us any time at admissions@kycad.org. We offer generous merit-based scholarships that range from partial to full tuition coverage.

BIO: Kevin Wilson is Director of Events + Engagement at Kentucky College of Art + Design and is the author of *I Close My Eyes to See: The Dan Rhema Story*.

PHOTOS: Courtesy of KyCAD. Top: Headquarters of KyCAD in the historic Speed Mansion. Photo on left: Faculty with a student.

A LUSH & STEAMY SEASON

By Elsa Lichman, MSW, LICSW

Mockingbird pair leaps,
soars, jumps in a love dance,
a flutter of activity.

Two adult robins in a high nest
both feed their young.
Then the female resumes
sitting on her brood.*

Geese, growing flight feathers again,
sail over the river in V-formation.

To escape extreme heat,
kildeers huddle under the shade
of a tiny tree on a barren hillside.

Two crows harassed by jays
caw loudly, fly off.

Fireflies light up the dusk
and early night, twinkling,
sparkling, in the dark.

A bald eagle pair
and their two offspring
in a peaceful cemetery
thrive.



The young birds are massive,
now fly with ease, their underwings
boldly interspersed with white.

A parent stays close as they
begin explorations
of a brand-new world.

Hope is everywhere,
despite a scorched and
threatened planet.

*This behavior of the mother robin sitting on her brood is natural when the chicks are very small and young. They need protection from weather and predators. She keeps them warm, safe, and dry for about 10 to 12 days after hatching. They do not suffocate because the female's feathers are light and between each one is an air space. The baby robins jump from their nest when about 13 days old. Then it is 10 to 15 more days before their flight is strong. During that period they stay near their parents for another 3 weeks and their parents help feed them.

BIO: Elsa Lichman is a Licensed Independent Clinical Social worker, who retired and pursued new activities. She joined her first chorus, began voice lessons, acquired her first computer, and started writing a nature column for her local newspaper. She has published her prose, poetry, and photographs in a variety of print and online journals. She has also sung in choral concerts and in a duo. Her 43-year career was a gift, as is her current expression of her creativity.

PHOTOS:

Photo of kildeer bird at top by
Frank Peace.
Photo of robin in flight by Mike
Lane 45 of Canstock Photos.



**THE POWER OF SOUND:
QUICKLY DE-STRESS & FEEL
BETTER WITH KUNDALINI YOGA.**
by Swaran Kreno

Happiness is your birthright. Sit with that a moment. Happiness is your birthright. This is one of the many empowering concepts shared by Yogi Bhan who brought Kundalini Yoga to the western world in the late 1960s and taught it publicly for the first time in its thousands-of-years old history. Through the use of mantra, breath, movement, and meditation, Kundalini Yoga gives you the capacity to enjoy life and navigate the changing (and let's be realistic) often tumultuous landscape with grace, strength, mental clarity, a sense of peace, and happiness. Relaxation is a state of mind, and it is absolutely possible to handle all of the day's pressures with ample energy and inner calm. To that end, mantra is supreme.

"Man" means mind and "Tra" means wave. Mantra directs the waves of the mind to go in a positive and beneficial direction. It is a sound current technology. Guru Jagat, founder of Ra Ma Institute for Applied Yogic Science and Technology, and author of *Invincible Living*, summed up the science of mantra eloquently. "Chanting out loud uses the tip of the tongue to stimulate the eighty-four meridians on the roof of the mouth in a particular code to activate healthy brain chemistry and emotional balance." Listening to the mantras and mentally chanting them is also advantageous.

One of my favorite mantras is Saa Taa Naa Maa, meaning infinity, life, death, rebirth. These primal sounds are derived from the mantra Sat Nam which means truth is my identity. Chanting Saa Taa Naa Maa balances your elements and the hemispheres of the brain and is a catalyst for positive change. This mantra has been studied by Dr. Helen Lavretsky who is a Professor In-Residence in the Department of Psychiatry at UCLA. Her research has shown that meditation with this mantra enhances connectivity of the brain that is associated with improvement in mood, resilience, and cognition.

Try it now by mentally chanting (aka thinking) Saa Taa Naa Maa or by saying it out loud. Think of something that has been bothering you and direct the mantra at it. Did it diminish the issue? Do you feel better? This is also a great mantra for kids. When my son is upset, I direct him to chant this mantra. He usually starts by screaming it, but after a minute or two he is calm and happily chanting away.

Another crucial practice is to play mantras at night while sleeping. During waking hours, the conscious mind has some control over what is happening. For example, you can tell yourself to take a deep breath and calm down in a trying situation. But during sleep the conscious mind is sleeping and the subconscious mind has free reign. Playing the mantras while sleeping helps to keep the subconscious mind in check and encourages the overall mind system to go in a better direction.



Kundalini Yoga and Meditation
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Playing mantras at night is extremely helpful for anyone, especially children who experience nightmares or bad dreams. There are many cases in which a person started playing a mantra at night and in every case, every single case, the nightmares stopped. There have been mantras playing where my son sleeps since the day he was born. To my knowledge he has never had a nightmare.

One of the best mantras for peaceful, protective, nightmare-free sleep is "Aap Sahaae Hoa" from the album White Sun I. Any Kundalini Yoga mantra is healing and protective. A quick Google search for Kundalini Yoga mantras will return many options. White Sun is my go-to for mantras. Not only is their music beautiful, but their pronunciation is accurate, and they create their sound to vibrate at the highest possible frequencies. As any good chiropractor can tell you, the higher the frequency the deeper the healing potential.



To increase the effect of the mantra and further calm the mind, try combining the mantra with breath. First, take a long, deep inhalation and hold it a moment. Then, exhale long, slowly, and deeply. Do this several times. Now, add the mantra

Sat Nam (pronounced Sut Naam). As you inhale, mentally chant Sat and as you exhale, mentally chant Nam. This breath and mantra combo can be practiced anywhere - - in line at the DMV, during a work meeting, while watching TV, etc.

The more you practice deep breathing with mantra, the more it will become second nature. Try to practice it several times a day as you think about it, and you will find yourself automatically turning to deep breathing with mantra to calm yourself when the going gets tough. My sincere hope is that this simple practice helps you feel better and gives you strength as you go through your day. Sat Nam. **Photo of Yoga Position by Swaran.**

Bio: Swaran is a yoga teacher, and founder of Voyager Yoga, Hidden Treasures book club, and Not Your Average Bear, a playgroup for neuro-divergent children. She has been practicing and teaching Kundalini Yoga for over 15 years. Swaran received and continues to participate in trainings through the Ra Ma Institute for Applied Yogic Science and Technology. To learn more, visit voyager-yoga.com.



Editor's note: Meditative breathing is wonderful, yet it is good to breathe normally while operating machinery or driving a car.

THRIVING WITH DIVINE GRACE **by Joyce Gerrish, M.A.**

*The joy I feel within my heart is as vast as the stars.
The peace I feel within my Soul, heals the ancient fears I've
held so long.*

*I release! I release! Ah-h-h! I let go! I let go! Ah-h-h!
Whirl away, whirl away!*

I am held aloft. Yes, I am held aloft by Divine Grace. Grace!

Sing with me this song I composed, www.joycegerrish.com blog

It seems that almost everyone today is experiencing unusual feelings and awareness as they deal with all the constant changes in the world around us. The environment is responding powerfully as the planet is gradually yet steadily warming and melting the glaciers at the poles. Massive fires are burning in the forests, pollution is rampant, both droughts and floods are occurring at seemingly unprecedented rates. Covid mutations don't seem to be going away completely any time soon. Many people don't appear to agree on the directions our country should be taking. Sometimes it may seem that we see mostly confusion, selfishness, anger, and suffering around us. I personally feel that we're going to gradually work through this and come to a better place through more and more people "waking up" to their higher consciousness and to the higher good for all - - and with Divine Grace.

If you are feeling some emotional stress, you are not alone. There also seems to be more physical illness around. Emotional stress can lower our immune protection against diseases. It can strain how our body can handle any chronic health conditions we may have and strain everyone's general health.

So how can we thrive in the midst of all this!!!!

May we remember that we are not alone. May we seek out and "let in" mutual support. It can be comforting and helpful to hear "stories" of how other people are solving their life challenges. Everyone knows that we all have challenges, so the question is how can we best solve these challenges? It's no longer a matter of trying to hide our problems from each other, but rather how can we help support each other with our problems - - knowing that we ALL have difficulties, they just come in different forms. So may we talk with our good friends, but also remember there seem to be organizations and Zoom groups to help deal with every conceivable physical or behavioral or emotional issue and spiritual preference. A professional therapist can be very helpful, also.

The body, mind/emotion, spirit connection is powerful and real. We need to take care of ourselves on each of these levels. I feel that it doesn't really work to ignore or gloss over any of these and pretend they don't matter. Let's eat as healthfully as we possibly can. Fast foods and convenience foods on a regular basis truly won't keep one healthy for long. Really!



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Taking a walk is a wonderfully relaxing thing to do. The rhythm of walking is very calming for the physical body and emotions. In weather that is too hot, cold, or if it is raining – walking or exercising in a workout center or your home can feel good. It's true!

Taking a ten-to-thirty-minute rest after work or after a busy day can be very renewing (it can be helpful to set a timer). While resting it can be rejuvenating to practice a relaxation technique like being aware of your breath flowing in and out gently. After resting is an excellent time to meditate even ten minutes - - whatever technique you find most helpful. Lift your consciousness and pray for divine blessings and grace. Invocation can be powerful. Sense your being filled with light and peace. Imagine that you are breathing out anything that may be bothering you or that feels stuck. Trauma energy really can become stuck. Let it go! This can help free you to your true peace and joy. As in my song, "I release, I let go!!"

These suggestions on a regular basis can help keep you calmer, healthier, and happier. Maybe we are all souls here on earth to learn our soul lessons before we eventually ascend back up into Heaven. Maybe we all are really created by God to manifest something marvelous here on planet earth. Maybe God IS watching!! Maybe it really is time that we realize that we are all brothers and sisters and treat each other with great kindness and gentle concern. What if we can talk with each other without immediately going into areas where we may have disagreement. Dare I imagine what would emerge??? My heart yearns for such loving kindness blanketing our planet. May God bless us all and our beloved planet earth. May we pray for divine grace for all!!!

I offer a weekly Zoom Healing and Transformational Meditation Group on a donation basis Wednesdays at 6:00 pm. Visit my website to hear some of my soul-songs, listen to one or more of my audio meditations, see my designs & read chapters of my book.

BIO: Joyce is a Transformational Energy & Emotional Healer providing individual sessions on Zoom or in person. Reiki Master, Master's Degree in Human Development. She's a highly attuned & sensitive guide for Higher Meditation & Spiritual Awareness. Extensive training & decades of experience as a practitioner & teacher of numerous natural healing modalities including Reiki, Spiritual Healing, Chakra Healing, Reflexology. She's author of book "Secrets of Wisdom - Awaken to the Miracle of You," & Publisher- Editor of Natural Living Journal. Louisville Office. 812-566-1799. www.joycegerrish.com Photo flower: sehoon-ye-unsplash.

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SUMMER GARDEN VEGGIES RECIPES, from Barbara Bosler

It's that time of year when the farmers markets are in full swing, and our friends and neighbors have an abundance of fresh vegetables that is often shared. Here are some of my favorite tried and true recipes

Fresh Tomato Marinara Sauce

In a large pot place:

- 1/2 cup of olive oil
- Add 1 large chopped onion (I love Vedralia or sweet onions)
- 4 garlic cloves peeled and pressed or chopped.
- Add 8 large (peeled and chopped) homegrown tomatoes. or you can substitute 2-28 oz. cans of petite diced tomatoes.
- 1 six oz. can tomato paste
- 1 Tablespoon honey, or more if you like a sweeter sauce.
- 4 teaspoons of your favorite Italian seasoning blend.
- 1 teaspoon salt (more to taste)
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper

Bring to a boil, reduce heat and simmer until tomatoes are soft (about 30 minutes).
Now transfer to a crock pot & let cook on low for several hours. Add 1/2 to 3/4 cup fresh chopped basil and 1/2 cup Parmesan cheese the last hour of cooking. Put on warm until ready to serve. Add more or less of seasoning per your taste. Serve over pasta or zucchini spirals, or over spaghetti squash is good



Super Simple Delicious Vegetable Dish

2 cups zucchini.....1 cup chopped tomato.....1/2 green or red pepper.....1/2 onion.....1/2 cup fresh mushrooms...1 to 2 cloves garlic pressed or chopped fine.....1 Tablespoon olive oil..... 1 Tablespoon Italian seasoning blend...6 oz. can tomato paste...chop & combine all in a crock pot & cook on low for 6 hours...serve with pasta or rice. I like it served over quinoa.

With these recipes add your favorite seasoning dried or fresh. Like I always say "get creative," and whatever it is you prepare, enjoy your time well spent in your kitchen cooking wholesome food. And always be thankful for the blessing of food. *Barbara*



Photo at left: Gabe Riggio of Pixabay.
Photo above: Rita E of Pixabay. Photo of Woman above right. Barbara Bosler, Author of these recipes. Photo to right of Woman Cooking. By Monika of Pixabay. Potatoes, by Public Domain Pictures through Pixabay.

