

# Table of Contents

## 2023

What Resolution? January 5, 2023	Page 3
Sources and Methods, January 12, 2023	Page 5
Sleep Is Important, January 26, 2023	Page 6
Culture of Excellence and Caring, February 2, 2023	Page 8
Are we about done with COVID, Feb 9 2023	Page 10
The Opioid Wars, (China) February 16, 2023	Page 14
The Middle Kingdom, (China) February 23, 2023	Page 16
The Last Thing, (China) March 2, 2023	Page 18
COVID Escaped from a Lab, (China) March 9, 2023	Page 20

## 2022

The World Changed Completely Forever, March 3, 2022	Page 2
BA.2, and the Next Public Health Crisis, April 7, 2022	Page 4
Healthy Rhythms and Margin, May 5, 2022	Page 6
Paying Attention to What Matters, May 12, 2022	Page 8
Statistics, Sad but Important, May 19, 2022	Page 10
What You Need to Know About COVID Now, May 26, 2022	Page 12
What in the world is going on? Reflections on Mass Shootings, June 2, 2022	Page 15
What is going on... Part 2, June 9, 2022	Page 18
What is going on... Part 3, June 16, 2022	Page 20
What is going on... Part 4 of 4, June 23, 2022	Page 22
Rule by Men or Rule of Law, July 7, 2022	Page 25
Our Nation's Struggle Over Abortion, July 14, 2022	Page 28
Intellectual Honesty and Times of Upheaval, July 21, 2022	Page 31
COVID... again or still? August 4, 2022	Page 34
Monkeypox, August 11, 2022	Page 37

Medicine, Science and Culture article for Thanksgiving 2022	Page 40
Advent, a time for looking back and for looking forward, Dec. 1, 2022	Page 42
Flu, RSV and Other Bad Colds, December 8, 2022	Page 44
Why Do I HURT Like This? Part 1 December 15, 2022	Page 46
Why Bother? Christmas 2022	Page 48
Muscle Pain, Part 2 of "HURT" December 29, 2022	Page 50

## 2021

COVID Update, Variants and Vaccinations, July 15, 2021	Page 2
How To Live With COVID, An Update, July 29, 2021	Page 4
Not a Pandemic of the Unvaccinated, December 9, 2021	Page 8
A Time to Celebrate, December 23, 2021	Page 11
There is much good news in regard to COVID, December 30, 2021	Page 13

## 2020

Coronavirus, January 26, 2020.....	Page 2
I am blessed. A journal entry. March 12, 2020.....	Page 3
The Most Important Things, in the Time of COVID, March 19, 2020.....	Page 5
The CoViD-19 Vaccine and other mitigation efforts, April 9, 2020.....	Page 7
COVID facts and recommendations, April 16, 2020.....	Page 9
The most common question I am asked April 23, 2020.....	Page 11
We entered a new phase of the pandemic May 7, 2020.....	Page 13
COVID as of mid-December, 2020, December 17, 2020.....	Page 15

## 2019

There were no articles in 2019.

## 2018

New Year's Resolutions January 11, 2018.....	Page 2
Buckwheat honey to suppress cough January 18, 2018.....	Page 4
How bad is the flu this year? January 25, 2018.....	Page 6
Measles outbreak in Ellis County. February 1, 2018.....	Page 7
DIABETES (Part 1 through 3) February 8-22, 2018.....	Page 8
HAWC & Community Preparedness March 1, 2018.....	Page 12
Another type of ACE, Adverse Childhood Experiences March 8 and 15, 2018.....	Page 14
Cure Worse than Disease OR Dying for Relief March 22, 2018.....	Page 17
What's Good to Eat? March 26, 2018.....	Page 18
Why Gluten Free? April 5, 2018.....	Page 19
Should I take a Magnesium Supplement? April 19, 2018.....	Page 21
How Safe Are Supplements? April 26, 2018.....	Page 22
Suicide June 21, 2018.....	Page 23
Be Careful, It's HOT! June 28, 2018.....	Page 25
The Two Revolutions of 1776 June 28, 2018.....	Page 27

## 2017

Health and Healthcare September 21, 2017.....	Page 2
Sociopathy as a Public Health Issue October 12, 2017.....	Page 3
The Miracle of Vaccination October 19, 2017.....	Page 5
Flu and flu vaccine(s) October 26, 2017.....	Page 7