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# RANCHMOBILE

January 2026

Issue 11 49<sup>th</sup> Year

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#### RANCH MOBILE HOME PARK

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### Ranch Mobile Park, Inc. Board of Governors

Chairperson	Debbra Slack, 219-309-1060
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### **Activities Club**

#### ARBORETUM CHRISTMAS DANCE CLUB DECORATIONS COMMITTEE

Marcia Peterson Jessica Keys Mike Goon

#### **BID EUCHRE**

Chairman - Pat Peever

#### BILLIARDS

Chairman – Gary Sproule Sec. - Mort Mortenson

#### BOWLING

Chairman – Bill Kohls

#### CORN HOLE:

President: Carla Lies Treasurer: Ernie Ruff At Large: Dave Barrell

#### **COURT WHIST**

Chairman – Betty Bober

#### CRIBBAGE

Chairman - Simone Dawson

President – Julie Burns Secretary - Sally Wisniewski Treasurer - Terry Paul Ticket Sales - Marilyn Thygesen Roy Vieira Decorations – Kim Pepin Entertainment – Carla Lies

#### **EUCHRE**

Chairman - Sue Berton

#### **GOLDEN AGERS**

President – Cookie Caron Treasurer - Pat Peever

#### GOLF CLUB

President - Ken Paradine Treasurer – Lou Chantigny Secretary - Bill MacKenzie Golf Captains - Joe Spencer Julie Burns MiniPutt - Don & Joan Cvr Stats - Veona Spencer

#### **HOBBY CLUB**

President – Kathy Gregory Treasurer - Misty Marston

#### I GOT IT

Chairman - Donna Reid

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President - Debbie Karch Vice President - Kevin St. Pierre Secretary - Binky Paulus Treasurer - Marilyn Hodson Project Chair - Julie Conaboy

#### NICKEL BINGO

Linda Raimondi Annette Thibault

#### OHIO BUCKEYES CLUB

Club Coordinator - Julie Spencer

#### PARK CHRISTMAS DECORATIONS COMMITTEE

Chairman - Vacant

#### PARK IMPROVEMENT

**FUND** Roger Quandt

#### POOL CLUB

President -Bev Benkowski Co-Chair -Lisa Brand Secretary-Open Treasure - Carol Cloutier At Large- Mike Goon

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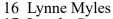
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## **January Birthdays**

- 1 Louis Angelidis
- 1 Sue Price
- 2 Joe Lavigne
- 4 Jean Boyer
- 4 Gary Hollenbeck
- 4 Teresa Hunter
- 5 Marie Chabot
- 6 Janet Benkowski
- 6 Joan Brochey
- 6 Marilyn Kershaw
- 6 Nancy Smith
- 6 Brien Swartout
- 6 Janett Wallace
- 7 Mike Scott
- 8 Patti Evanish
- 8 Stephen Langevin
- 8 Kathleen Melzard
- 8 Dan Ranieri
- 9 Kenny Dawson
- 9 Gerard Paquette
- 9 John Tricco
- 10 Jennifer Farmer
- 10 Lori Kohls
- 10 Dale Peever
- 11 Ray Jewell
- 11 Bill Paulus
- 12 Gordon Harpster
- 12 Helen Laramee
- 13 Pearl Ford
- 13 Randy Hodson
- 13 Sherry Morneau
- 13 Mike Warby
- 14 Roberta Patterson
- 16 Patti Ellsworth



17 Lynch Curran

17 Mike Pitz

18 Carol Prahst

18 Karen Swisher

19 Carol Emery

19 Deborah Picarelli

19 Randy Young

20 Lois Wilson

22 Beverly Horlbogen

22 Wolf Jungkind

22 Chuck Maniskas

22 Sun Somsel

23 Bob Knauff

23 Lisa Shea

23 Chris Walsh

25 Doris Brandt

25 Karla Crabtree

25 Cathy Ellsworth26 Leonard Baseli

26 Robert Benkowski

26 Sheila Whyte

27 Shirley Chouinard

27 Sherry London

27 Hang Tran

28 Gary Hurley

29 Cyril Blake

29 Tom Ford

29 Diane Whittaker

30 Rodney Emberly

30 Kim Schoeffler

30 Janice Siddall

31 Jerry Keller

31 Alfreda MacPhee





# **January Anniversaries**

5	Michael & Karen Swisher	2001
6	Peter & Judie Howes	
6	Gary & Denise Jackson	2001
6	Rick & Denise Roberts	1968
8	Richard & Noella Gallant	
9	Doug & Linda McLean	
	Jake & Betty Bubelis	1970
20	Gary & Cindy Hurley	1979
21	Jamie & Patti Evanish	2017
21	Bill & Adele Mueller	
22	Chuck & Dorie Freeman	1983
26	Marcel & Lorraine Bedard	1963
28	Stephen & Lisa Shea	2000

1976



# **Wednesday Cribbage**

29 Doug & Carol Emery

11/5/2025 Lori Kohls Simone Dawson Ruby Moore	5 5 4	345 335 442
11/12/2025 Ron Kohls Carole Wallet Glenn Gifford Joanne Lavigne	7 6 6 5	119 226 210 325
11/19/2025 Denise Foster Brenda Gorseth Kate Golden Glenn Gifford	6 6 6	224 218 203 185
11/26/2025 Deb Slack Chuck Davis Glenn Gifford Debbie MacKenzie	6 6 5 5	210 200 322 292



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## Wednesday Night Euchre Club

Nov. 26th 2025	
Loners Mike Pitz	2
Ist Place Murray MacNeill	63
2nd Place Jake Bubelis	61
3rd Place Nancy Cheek	56 HH
4th Place Bill McIntosh	56
5th Place Paul Hopkins	56
1	
Dec. 3rd 2025	
Loners Pat Peever	6
1st Place Howard Moy	66
2nd Place Laurie Wookey	65
3rd Place Sharon Junkind	58
4th Place Jessica Keyes	57
5th Place Doris Lanther	56
	Loners Mike Pitz Ist Place Murray MacNeill 2nd Place Jake Bubelis 3rd Place Nancy Cheek 4th Place Bill McIntosh 5th Place Paul Hopkins  Dec. 3rd 2025 Loners Pat Peever 1st Place Howard Moy 2nd Place Laurie Wookey 3rd Place Sharon Junkind 4th Place Jessica Keyes

Thank you All that come to play a happy and fun loving game of Canadian Euchre. It is always a pleasure to see you all gathering at 6:00 PM on Wednesday evenings...

I definitely appreciate all the players that devote their time to putting up the tables each week after Nichel Bingo and place out the supplies and take down the table and chairs when we are through.

Thank you to Arline MacNeill, who kindly takes the Box and leads the tournament in my absence.

I am most grateful to her for keeping the gears of our club in motion.

Our season is starting out with a wonderful group of card players. Lots of familiar faces and new ones to, that are always welcomed in. We like to be able to nurture players into this quick and fun game.

I hope all your Holidays were Merry and bright during the Christmas season right into a very Happy New Year 2026. God bless you one and All.

Truly yours, Sue Berton

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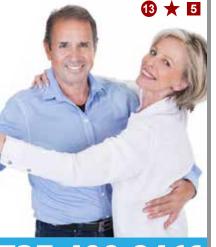


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## **Monthly**

Book Blitz Month. This is a time for authors of all genres to put themselves out there and promote their work. For the rest of us, it's a time to celebrate literacy, set personal goals to read more, and curl up with a good book.

**National Braille Literacy Month.** Developed in the 19th century by Louis Braille, this tactile system allows visually impaired and blind individuals a way to read, write, and learn.

International Creativity Month. Whether you're a homemaker, student, employee, employer, or retiree, this is the month to challenge yourself and your usual way of doing things. Try something new, explore, innovate, broaden your horizons of expression, and create something.

**Hot Tea Month**. Black, white, green, herbal, oolong, Darjeeling, Ceylon, chai—the list can go on for several pages. There are thousands of teas and blends to try. Find a new favorite and warm up with a cup of fragrant goodness this winter.

**Self-Love Month**. Many of us have already promised to become better at being better this year. Why not start by showing yourself some TLC? Find a way to honor, appreciate, and love yourself this January.

### Weekly

lvis Presley Birthday Celebration Week, Jan. 7-11. If you can make it to Memphis, you can walk in the footsteps of "The King" and visit Elvis' estate, Graceland, where plenty of activities will honor the legendary singer.

**Universal Letter Writing Week, Jan 11-17**. Since 1971, the Universal Postal Union has held a letter writing competition for young people age 15 and under. The event is a way to promote both literacy and the development of composition skills throughout the world. The theme of this year's contest asks writers: "Imagine you are a letter travelling through time. What message do you wish to convey to your readers?"

Healthy Weight Week, Jan. 18-24. This isn't about diets or the latest weight loss trends. A healthy body image is the key to establishing realistic goals and strategies that will help you to achieve and maintain a healthy weight and body mass. Factors such as age, bone structure, height, and physical ability should also be considered when developing personal health standards. Check in with your physician before making any changes to your diet, nutrition, and activities.

National Clean Out Your Inbox Week, Jan. 21-27. This can be a challenge of epic proportions for those who don't prioritize, sort, and organize incoming emails. Use this week to unsubscribe from or change delivery preferences for electronic communications cluttering your inbox. Save only what's necessary. Delete, delete, delete.

## The courage to try

ife lessons can come from the most unlikely sources if we are open to receiving what they have to offer us. For Tricia Goyer, a wife, mother, and accomplished author, a lesson in bravery came from her twentysomething son Nathan.

When he announced his plans to write a book, Goyer encouraged him and even promised to edit it once the manuscript was completed. With 500 magazine articles bylines and more than 50 published books of nonfiction and fiction, Goyer knew her insight would be beneficial. She also knew that Nathan had a gift for creating and telling stories, which had been a favorite pastime since his childhood.

As Goyer edited Nathan's rough draft she realized that her son had a talent for writing and decided they should hire a professional editor to review the text. The editor also liked Nathan's work and offered the aspiring novelist some constructive feedback.

After the rewrites were finished, Goyer told her son to start weighing his options about next steps in the publishing process. He could go the traditional route and work with a publisher, or self-publish. Nathan told her he'd need time to think things over and then excused himself to run an errand. He returned a short time later and announced that he would self-publish his work as an e-book. The next day his novel Bask was for sale on Amazon.com. It has even received a few positive reviews.

For Goyer, taking those next steps in the process of publishing one of her many books has never been something she could act on with that kind of certainty or efficiency. She says she would first share copies with as many as 20 friends and consider their feedback. Next she might attend a workshop or conference to solicit even more feedback and advice before deciding which route to take.

Nathan has inspired Goyer to believe that "sometimes we just need to roll up our sleeves and do what we've been afraid to try."





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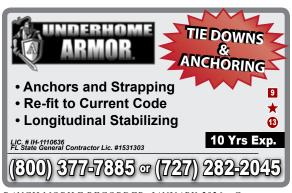
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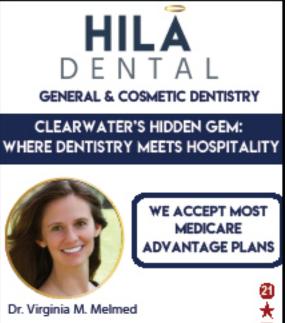
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Sunday	Monday	Τι
9:00a	Walkercise Monday -	- Friday
6:30p Bid Euchre 6:30p Open Door Church	5 9:00a Club Membership Drive 9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:30p Samba 6:30p Pepper	10:00a Li 1:00p Liv 6:00p Ga 6:30p Ru
6:30p Bid Euchre 6:30p Open Door Church	9:30a Bowling 12:30p Shanghai 1:00p Club Mem 4:30p Men's Poker 5:00p Golden Age 5:30p Samba 6:30p Pepper	9:00a Dai 10:00a Li: 1:00p Liv 6:30p Rui 7:00p Dai
6:30p Bid Euchre 6:30p Open Door Church	9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:30p Samba 6:30p Pepper  Martin Luther King Jr.'s Birthday	10:00a Li 1:00p Liv 6:30p Ru
25 6:30p Bid Euchre 6:30p Annual Memorial Service	8:00a Pancake Bf	10:00a Li: 1:00p Liv 6:30p Rui 7:00p Mu

# **Ranch Mobile**

ıesday	Wednesday	Thursday		Friday	Saturday
		OFFICE CLOSED 9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It! New Year's Day	1	3:00p Corn Hole	9:00a Miniputt 7:00p Court Whist
6 ne Dancing e Music ne Night nmikub	8:00a Koffee Klatch 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	8	9 3:00p Corn Hole	9:00a Miniputt 10:00a Shuffle Fun Day 7:00p Court Whist
13 ace Club Mtg ne Dancing e Music nmikub nce	8:00a Koffee Klatch 9:00a Golf Mtg 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	15	16 1:00p Good Neighbor Food Give Away 3:00p Corn Hole	9:00a Miniputt 7:00p Court Whist
20 ne Dancing e Music nmikub	8:00a Koffee Klatch 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	22	3:00p Corn Hole	9:00a Miniputt 5:00p Spaghetti Dinner 7:00p Court Whist
27 ne Dancing e Music nmikub sic Club	8:00a Koffee Klatch 10:00a Open Board 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	29	30 3:00p Corn Hole 7:00p Golf Karaoke	9:00a Miniputt 5:00p Maine Day 7:00p Court Whist

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#### DOWN

- 1. Land
- 2. Male genitalia3. Uncooked
- 4. Small island
- 5. Not more
- 6. Arrive past due
- 7. Utilizers
- 8. Neuter 9. 2000 pounds
- 10. Kill oneself intentionally
- 13. Breathes noisily while sleeping
  14. They come from hens
  15. Started

- 16. Gun repairing
- 19. Dogs wag these
- 22. Anticlimax 24. Blimp
- 26. Opening

- 27. Deli loaf

- 30. King of the jungle 32. Anagram of "One" 33. They can be fraternal or identicál
- 34. On land
- One who establishes
- 38. Building 39. Mammals like camels
- 40. Apprehensive
- 42. Objects
- 44. Fired a projectile
- 45. Holy person 48. Smile
- 49. Gorillas
- 50. English royal house
- 53. An uncle
- 55. Fifty-two in Roman numerals

#### **ACROSS**

- 1. Spring month
- 6. Failures
- 11. Pursue
- 12. Take up the cause
- 15. Barroom fights
- 16. Harvesting 17. Snake-like fish
- 18. Wide part of a river
- 20. Sprocket 21. Chutzpah
- 23. Picnic insects
- 24. Broadcasts
- 25. Chills and fever
- 26. Workshop gripper
- 27. Fair attraction 28. Bird home
- 29. Type of tree 30. Harps
- 31. Amounts per unit size
- 34. Underway
- 36. One plus one 37. Make well
- 41. Scattered seed
- 42. Not fat 43. Inactive
- 44. Blackball
- 45. Tibia
  - 46. Tube 47. Term of endearment 48. Deny
  - 51. Distant
  - 52. Making menu requests
- 54. A plan of action 56. Abounding
- 57. Genus of heath
- 58. Leases
- 59. Where clouds are













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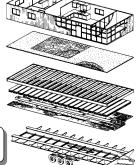
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### What friends are for

wo women were discussing their weight loss goals and dieting strategies. "We should team up. We could work out together, exchange recipes, and support each other," said one woman.

"Sounds like a plan," replied the other.

"And when I'm craving a deep-dish pizza with a side of cheese fries, like I am right now—"

"Don't worry, sister, I've got your back," said the friend. "I could go for a slice myself and know just the place. Come on, I'm driving."

## The meaning of life

Ryan left behind a successful career and all the material trappings his wealth afforded. In his quest for a more meaningful life, he embarked on a pilgrimage to a faraway land to seek the counsel of a sage rumored to live on the summit of a mountain.

Ryan's journey took him through villages, valleys, and forests; he hiked through rugged terrain and climbed over sharp rocks. He was exhausted once he reached the base of the mountain and camped out there for a couple of days to regain his strength before his ascent.

The climb up the mountain was grueling, but Ryan knew he would be rewarded once he reached the top and learned the meaning of life from the sage.

When Ryan finished his climb, he made it to a tiny hut where he encountered the sage sitting cross-legged in the middle of the floor. Ryan sat cross-legged across from the sage and said, "I have discarded all of my material possessions and traveled thousands of miles to learn the meaning of life from you."

The sage cleared his throat and said, "Life ... is like ... a—" The sage dropped his head and began to snore. Ryan poked the sage on the shoulder and the sage mumbled, "What was I saying?"

"You were going to tell me the meaning of life."

"Oh, yes," the sage said. "Life is like a rock." He shrugged his shoulders and then coughed.

"That's it?" Ryan asked.

"Hey, what did you expect? I'm just an old man living alone on the top of a mountain."

### Who you want to be

farmer on his way into town pulled over to pick up a young man thumbing for a ride.

The two men began to talk, with the younger man sharing his experiences of his solo hiking and camping adventures.

"So what do you plan to do when this is over?" the farmer asked.

The young man mapped out his plans of a university education, graduate school, a job with a fancy title and a huge salary, future board positions, his own company, and more money than he could spend in three lifetimes. "You know what they say," the young man remarked. "You should dream big or not dream at all."

"It's a pretty big dream," the farmer said, "but little more than that."

The farmer continued, "It seems to me that if you wanted to accomplish any of those things you wouldn't be hitchhiking through small towns. You'd be somewhere else working and building on the knowledge and skills required to help you achieve your goals."

"Right now, I'm figuring out who I am," the young man said.

"Why don't you try figuring out who you want to be?" the farmer replied.



### Quotes

Te are, as a species, addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories.

—John Gottschal

Words are how we think; stories are how we link.

— Christina Baldwin



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# Three tips to spark your brain

reconceptions about what being creative really means. Try these tactics for opening up your mind to innovative possibilities:

• Focus on intuition, not intelligence. You don't have to be a genius to be creative. Train yourself to listen to your feelings, random thoughts, dreams, and intuition. Often ideas and solutions come to us when we aren't looking.

• Give yourself space to think. Collecting data about what you're working on is good, but don't let facts crowd out your creative impulses. Set the information aside and step back to allow your mind to process it without pushing. Build some room inside your head to let ideas grow.

• Try something different. Breaking your routine can lead to creative insights. See the kind of movie you'd never ordinarily watch. Take a walk in a new neighborhood. Fly a kite, or take up a new exercise regimen. Mixing things up can help your mind look at the world in new and different ways, sparking your imagination.

# How creative types have gotten into the groove throughout history

ome people take unusual steps to get their creative impulses going. From the Mental Floss website, some examples of how famous folks have jumpstarted their imagination:

- Yoshiro Nakamatsu. This Japanese inventor with more than 3,000 patents to his name dives underwater, holds his breath, and scribbles ideas on a Plexiglas board in his swimming pool.
- Leonardo da Vinci. The Italian artist and inventor honed his creative instincts by taking short naps every four hours throughout the day. He's said to have slept a total of just two hours every day.
- Thomas Edison. This inventor was also a fan of naps, with a twist: He'd sit up holding a handful of marbles and think about the problem he was working on until he fell asleep. When the marbles dropping to the floor woke him up, he wrote down whatever came into his mind, regardless of whether it offered a solution.

Johann Wolfgang von Goethe. The German poet kept a rotten apple on his desk, insisting
that it helped him write more effectively.

• Charles Dickens. The British novelist would write only at a desk facing due north.



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## A changed man

Then Fred stumbled home from a night of revelry, he immediately fell on his knees and said, "God, thank you for helping this sinner make it home tonight."

He went to the medicine cabinet for aspirin and gasped when he glimpsed his reflection in the mirror. His eyes where bloodshot, his hair was matted to his head with some unknown sticky substance, his skin looked like sandpaper, his knuckles where scraped, and his clothes were ripped and disheveled. "That's it," he proclaimed to his reflection. "I'm going to turn my life around."

Before he passed out that night, Fred mumbled, "God, I'm going to mend my wicked ways."

The next day Fred awoke a changed man. He stopped drinking and started juicing. He became a vegetarian. Instead of partying all night, he rose early and went for runs, started lifting weights. He rode his bicycle just about everywhere and was in the best shape of his life. Friends remarked that he looked 20 years younger.

One day, while crossing the street to go to the health food store, Fred was hit by a car. As he was dying on the curb, he said, "God, why now? I was doing so much better."

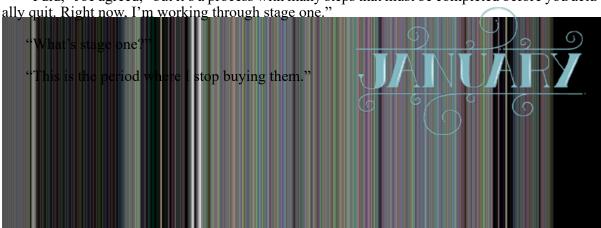
God replied, "Fred? Is that you? Oh, man, I didn't recognize you."

### Stage one

Toe asked his friend Dan for a cigarette.

"I thought you made a resolution to stop smoking this year," Dan replied.

"I did," Joe agreed, "but it's a process with many steps that must be completed before you actu-



## Follow these tips to avoid accidents at home

very year about 30,000 fatal accidents occur in people's homes, most of which were largely preventable. Making your home accident-proof isn't hard. To make sure your home is a safe home, review this safety checklist:

- Stairwells, stoops and steps. Tack down loose carpeting, augment dim lighting, and bolt handrails to walls with long screws.
- Exterior walkways and steps. If painted, repaint with a nonslip additive that prevents slipping or affix with nonslip strips.
- **Electric garage door**. Test periodically to make sure the safety stop mechanism is operational.
- Free-standing furniture. Secure bookshelves and storage units to walls with angled brackets, screws or bolts.
- Gas and water cutoff valves. Know how to close them. Use tags to identify each one, if necessary.
- **Heating and water system**. Have the vent stacks professionally checked annually to prevent toxic gases from entering the home.
- Water heater. Set temperature at or below 120 degrees Fahrenheit. Test highest temperature in running water with meat thermometer. Alternatively, install an anti-scald device on faucets and showerheads.
- Clothes dryer. Make sure it vents directly outside, not through a chimney flue, as lint is combustible and the fumes can be toxic.
- Radiators. Cover with a frame that is not touching the unit.
- Steam irons. Always unplug before filling with water.
- **Toasters**. Avoid toasting sugarcoated or filled pastries because the sugar can ooze, gumming up the inside and causing a fire.
- All appliances. Check to make sure they have UL listings, which guarantee the product
  meets safety standards. And make sure electrical appliances are not next to heating equipment.
- Light switches. Relocate any that are within reaching distance of a tub or shower.
- Electrical cords and plugs. Replace any worn piece, as they cause many household fires. Keep out of high traffic areas where they can trip children and adults. And never run under carpeting or rugs.
- Extension cords. Avoid using. If necessary, use cords with the same or greater wattage/amperage than the appliance. Never run under carpeting or rugs.

• Electrical panel box. Ensure there's a main disconnect to cut off all power in case of a fire. Also, properly mark all circuit breakers.



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# Stay healthy by managing your digestion

If you're trying to watch your weight, consider what you know about the digestive process. According to the Medical News Today website, digestion actually begins when food enters the mouth, but the entire process can take 24 to 72 hours. Food high in protein and fats, like meat and fish, takes longer; high-fiber foods like fruit and vegetables are quicker to digest; sweets like candy and pastries are fastest. To improve digestion, follow these guidelines:

- Eat a balanced diet. Concentrate on foods high in fiber: fruits, vegetables, legumes, and whole grains. Limit your meat consumption, along with processed and fast foods.
- **Keep yourself hydrated**. Water, juice and tea keep food moving through the digestive system and help to prevent constipation.
- Eat probiotics. These foods supply helpful bacteria that can keep the bacteria in your gut in balance. Try yogurt, kefir, sauerkraut, kimchi, miso, and fermented vegetables.
- Exercise. Regular physical activity aids the digestive tract. A simple walk can relieve bloating, gas, and constipation.
- Manage your stress. Stress can slow digestion and cause heartburn, cramping, and bloating. Practice meditation, deep breathing exercises, and yoga.
- **Practice good dental hygiene**. Because digestion begins in the mouth, keeping your teeth in good health is important. Visit a dentist regularly, and be sure to brush and floss daily.

### One hour of exercise may relieve depression

eeling depressed? Get moving. As the Medline Plus website reports, a survey of some 34,000 adults found that people who exercise just one hour a week have a 44 percent lower risk of depression over 10 years than those who don't exercise at all.

A Norwegian survey tracked exercise habits along with depression and anxiety risk among people with an average age of 45 who underwent physical exams and filled out questionnaires about their medical needs and lifestyles. The results showed that the intensity of the exercise didn't matter—an hour-long walk provided just as much relief as a high-impact workout.

Exercise didn't appear to have any effect on anxiety risk, but the researchers found that regular exercise for at least one hour per week was connected to a lower risk of depression, regardless of gender or activity intensity.

However, more than an hour's exercise didn't appear to further decrease the risk of depression substantially. Also, the scientists have noted that they haven't proven a direct cause-and-effect relationship between exercise and depression.

Still, it sounds like another good reason to get off the couch and start up a modest exercise routine.



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