

# THE HEALTHY CPA

Brought to you by  CalCPA Health

*"Life Is a Journey. Have Some Fun."*

Volume 38 • Number 10 • October 2018

An animal's eyes have the power to speak a great language.

— Martin Buber

## Our pets: friends and healers

Cats, dogs and other pets are central to many people's lives. They also contribute to human health and wellness. Get inspired by the relationships shared with our animal friends.

**About 85 million families, 68% of U.S. households, have a furry or feathered friend, according to the 2017-2018 National Pet Owners Survey. Living with animals can enrich your life and even help your health.**

### **OuterAisleFresh:**

Before you start the latest fad diet, consider this: Lifestyle changes are the key to successful weight loss. Pg. 2

### **GetMoving:**

With 206 bones and more than 600 muscles, our bodies are made to move. But modern trends and technology have led to a sit-down lifestyle. Pg. 3

### **TheWholeYou: Physical Health**

Research reveals several factors are linked to an increased risk of breast cancer. Pg. 4

### **TheWholeYou: Emotional/Mental Health**

Many people think of their pets as members of the family. In return, our pets bond with us and boost our emotional well-being. Pg. 5

### **FiscalFitness:**

Just like human medical costs, pet health care bills can add up. Time for pet medical insurance? Pg. 6

### **Plus HealthyConnections:**

Last May the American Cancer Society updated its guidelines for colorectal (colon and rectal) cancer screening by lowering the start date to age 45 for people at average risk. Pg. 7

### **StockYourToolBox:**

Don't miss our print-and-post flyer, **The Flu and You**, plus other resources, at [Oct.HopeHealth.com](http://Oct.HopeHealth.com). Pg. 8

Pets require feeding, training, affection and exercise, but in return they offer unconditional love and companionship.

— Jeanne Phillips

## Pet food for thought

It's tempting to feed your pets from the dinner table. But human food is generally unsuitable for pets.

It could lead to weight gain or other health problems, or even be toxic to them. High-fat foods, for example, can put felines and canines at risk for diabetes, obesity and cancer, among other ailments. According to the Association for Pet Obesity Prevention, an estimated 56% of dogs and 60% of cats are overweight or obese. Learn more at [Oct.HopeHealth.com/pets](http://Oct.HopeHealth.com/pets). If you're not sure about a food, check with your veterinarian.

Source: Association for Pet Obesity Prevention

## Tip of the Month: Mindful eating

If you're eating for reasons other than hunger, it's time to reset your habits. Mindful eating is a technique that dietitians and psychologists use to help you curb eating when you're sad or stressed. It involves paying attention to your food choices, accepting your body and embracing food as nourishment for it. Learn more at [Oct.HopeHealth.com/mindful](http://Oct.HopeHealth.com/mindful).

— Cara Rosenbloom, RD



# OuterAisleFresh: How not to go on a diet

By Cara Rosenbloom, RD

## Before you start the latest fad diet, consider this:

Diets don't work well, but lifestyle changes do. Most people who go on a diet eventually go off it, which means the plan was not sustainable. Repeated dieting also may lead to the yo-yo effect of weight going up and down, making it harder to reach and maintain your ultimate healthy weight.

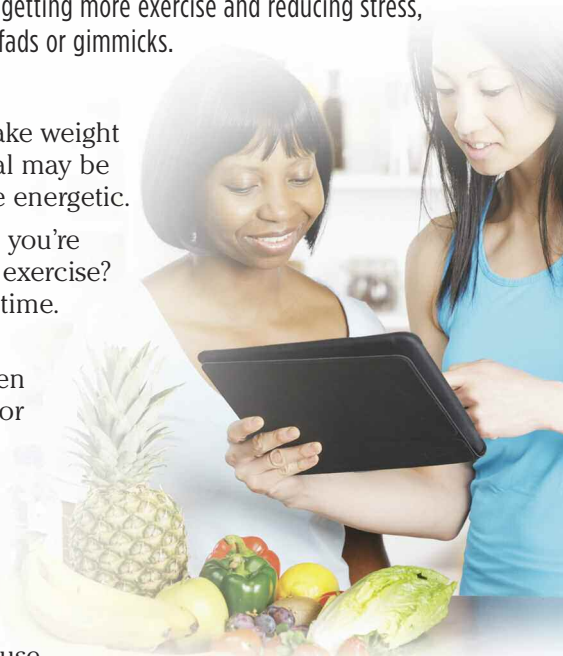
It's time for a new approach. By eating nutritiously, getting more exercise and reducing stress, you can slowly improve your overall health with no fads or gimmicks.

## Try this 5-step recipe for weight success:

- 1. Think** beyond a number on the scale. Make weight loss a bonus, not the sole objective. Your goal may be to lower your cholesterol levels or feel more energetic.
- 2. Identify** your obstacles. Do you eat when you're stressed? Do you use food as a reward after exercise? Track what you eat and how you feel at the time. Look for patterns.
- 3. Try** 1 change per week and stick to it; then add another. For example, swap soft drinks for water 1 week, and add an extra serving of vegetables the next.
- 4. Practice** patience. You didn't get here overnight; change won't happen overnight either.
- 5. Get help.** Dietitians, psychologists and trainers can help you make a plan you can use for life. If they promise a quick fix, seek a different practitioner.

Learn more about adopting an eating plan for life at [Oct.HopeHealth.com/eatwell](http://Oct.HopeHealth.com/eatwell).

Source: Words to Eat By



## Cinnamon Oatmeal Raisin Muffins

- 2 ripe medium **bananas**, mashed
- 1 cup whole-grain **barley flour**
- ½ cup plain **Greek yogurt** (2% fat)
- ½ cup **rolled oats**
- ½ cup **brown sugar**
- 2 tbsp ground **flax seeds**
- 1 tsp ground **cinnamon**
- 1 tsp **baking powder**
- 3 tbsp light-tasting **olive oil**
- 1 tsp **baking soda**
- 1 **egg**
- ¼ cup **raisins**

**Preheat** oven to 350° F. **Line** a 12-cup muffin tin with paper liners.

**In** a large bowl, combine bananas, yogurt, brown sugar, cinnamon, oil and egg. **Stir** to combine. **To** the same bowl, add flour, oats, flax seeds, baking powder, baking soda and raisins. **Stir** to combine.

**Spoon** batter into prepared muffin tin. **Bake** for 20-22 minutes or until a tester inserted into the center comes out clean. **Let** cool on a rack before serving.

**Makes 12 muffins. Per muffin:** 132 calories | 4g protein | 5g total fat | 1g saturated fat | 3g mono fat | 1g poly fat | 22g carbohydrate | 10g sugar | 3g fiber | 102mg sodium



“What’s wrong with extreme dieting and hard-core fitness plans is that they don’t take into account the rest of your life.”

— Alison Sweeney

## Track your exercise progress

Use an app or a wearable device to record your steps. Schedule several 10-minute action breaks each day; set a timer to remind you to get up and move. When you sit less, you’ll be motivated as you experience less stiffness and more energy. Learn more at [Oct.HopeHealth.com/sitless](http://Oct.HopeHealth.com/sitless).

Source: American College of Sports Medicine

See page 8 —

## StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

## Everyday family fitness

Looking for ways to get the whole family active together? First, make it fun. Here are some ideas:

- **Plan** occasions or events that include exercise, such as tag, a soccer game, volleyball, or a contest to find landmarks exploring your area on foot.
- **Turn** on some music and dance.
- **Play** a fitness video game.
- **Train** as a family for a charity run or walk.

Learn more at [Oct.HopeHealth.com/family](http://Oct.HopeHealth.com/family).

Source: Let’s Move

# GetMoving: Get a move on

Pets: friends & healers

Quit sitting your life away.

With 206 bones and more than 600 muscles, our bodies are made to move. Of course, modern trends and technology have led to a lifestyle of sitting. We now spend the majority of our waking time seated in a constricted posture that prevents our bodies from functioning well.

**How serious is too much sitting?** Any extended sitting (e.g., more than 8 hours daily) can be harmful. It’s now considered a health risk leading to several diseases, including heart ailments, type 2 diabetes, obesity, arthritis and some cancers — even when we meet the minimum exercise guidelines.

**Make sitting less a fitness goal.** Besides getting 150 minutes weekly of moderate-intensity exercise (such as brisk walking), the American College of Sports Medicine recommends we stay active throughout each day. For example:

- **Walk whenever you can** — around your workplace, home and neighborhood.
- **Walk your dog or someone else’s.**
- **While most cats aren’t into going for a walk, you can still get on your feet and play with your little lion.**
- **Do more chores.**
- **Walk after meals and during work breaks.**
- **Get up and move about while viewing TV or eating lunch.**
- **Stand as you read or use your smartphone.**

You’ll find that moving more feels good. Learn more at [Oct.HopeHealth.com/ACSM](http://Oct.HopeHealth.com/ACSM).

Sources: American College of Sports Medicine, Mayo Clinic

## Gain more from exercise

**Finding time to fit in fitness isn’t always easy. So how can we maximize our exercise results to gain energy, muscle tone and weight control? Consider these 3 steps:**

**1. Add strength training.** Its many benefits include improved blood glucose, blood pressure and cholesterol levels and bone mineral density. It may also help with pain control, depression and sleep.

A moderate strength routine is 2 to 3 brief workouts a week. If you’re a beginner, get your health care provider’s advice in planning a routine based on your fitness level.

**2. Alternate your activities.** When we do the same physical activity for long periods, the body becomes efficient with less demand but little change in overall fitness. Introduce a variety of activities to help prevent boredom and over-use injuries, as well as challenge new muscles.

**3. Mix it up:** Try weekend hikes or bike rides or join a dance class. Always watch for ways to add physical activity every day. Make it a lifetime habit.

Sources: American Heart Association, ACE Fitness, American College of Sports Medicine

3 Learn more about **GetMoving:** at [Oct.HopeHealth.com](http://Oct.HopeHealth.com)



Just watching my cats  
can make me happy.

— Paula Cole

## All work, poor sleep

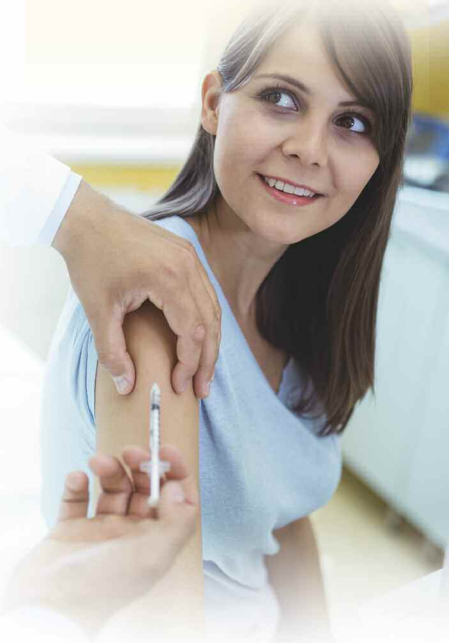
Mobile devices make it easy to take work to bed. It's hard to resist logging in a few extra hours of work while under the covers. But it can disrupt healthy sleep patterns. And it's not ergonomic — you may quickly invite neck ache and back strain. Try to complete your work before bedtime and get to sleep.

Source: National Sleep Foundation

## Flu season ahead

The annual flu season often starts by late November, so plan now to get your influenza vaccine. Those most vulnerable to the flu and its potentially life-threatening complications include young children, smokers and people with chronic medical conditions; health care or child care workers; and seniors. Learn more at [Oct.HopeHealth.com/flu](http://Oct.HopeHealth.com/flu).

Source: Food and Drug Administration



# The Whole You: PHYSICAL HEALTH

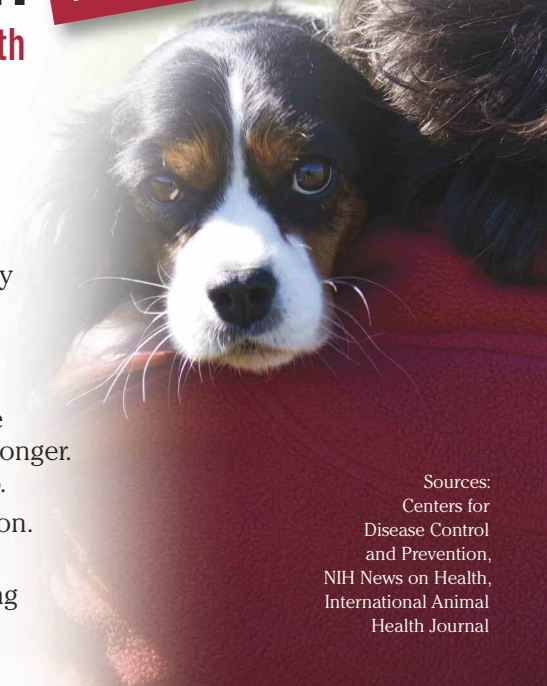
## Q: How do pets boost their human's health?

Pets: friends & healers

**A: Studies suggest that interacting with animals has many benefits:**

- Heart attack sufferers who have pet dogs have greater survival rates, regardless of the severity of the attack.
- People with pets have lower heart rates and blood pressure and recover more quickly from stress when their pets are near.
- Having a pet may improve cholesterol and triglyceride levels.
- Dog owners get more exercise, may have lower obesity rates and can walk faster and longer. Elderly dog owners have greater mobility, too.
- Having a pet eases loneliness and isolation.
- Some dogs can detect low blood sugar, epileptic seizures and certain cancers, leading to better treatment.

— Eric Endlich, PhD



Sources:  
Centers for  
Disease Control  
and Prevention,  
NIH News on Health,  
International Animal  
Health Journal

*October is Breast Cancer Awareness Month.*

## QuikRisk™ Assessment: Breast cancer

Ongoing research links several factors to an increased risk of breast cancer.

Check the factors below that apply to you. The degree of risk with some factors can be quite small. And having 1 or 2 risks, or even many, does not mean you will get breast cancer.

### **Factors that can't be changed:**

- Female gender.  Age.  Race and ethnicity.  Periods before age 12.
- Family history of breast, ovarian or prostate cancer.  Personal history of breast cancer.
- Inherited BRCA1 or BRCA2 gene mutation.  Hyperplasia or lobular carcinoma in situ (LCIS).
- Radiation therapy to chest at a young age.  High breast density on a mammogram.

### **Factors that can be changed:**

- More than 1 alcoholic drink a day.  Overweight, especially after menopause.
- Lack of regular exercise.  Not giving birth or having a first child after age 30.
- Use of birth control pills (current or recent).  Postmenopausal estrogen therapy.
- Postmenopausal hormone replacement therapy (containing estrogen plus progestin).

This assessment is just a starting point for discussing your risks and healthy habits with your health care provider. For example, maintaining a proper weight and avoiding alcohol may help protect you. Or more screening tests might be useful if you're in a high-risk group, based on gene mutations or if you have a strong family history.

Sources: American Cancer Society, Susan G. Komen

4 Learn more about **The Whole You:** at [Oct.HopeHealth.com](http://Oct.HopeHealth.com)

Writing doesn't leave much time for hobbies, unless you consider that I began writing as a hobby and have made the hobby into a profession.

— Nelson DeMille

## Mental health check

Do you often feel angry, anxious or hopeless? Having negative emotions now and then is normal, but if they become chronic or overwhelming they can sabotage your physical health, relationships and enjoyment of life. Take a few minutes to complete an anonymous self-assessment at [elpyourselfhelpothers.org](http://elpyourselfhelpothers.org) on National Depression Screening Day, Oct. 11.

Source: Screening for Mental Health

See page 8 —

## StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

## Food and mind

The link between diet and mental well-being has led to a medical specialty called nutritional psychiatry. Among the findings:

(a) Depression is seen in those eating a regular diet high in red and/or processed meat, refined grains, sweets and high-fat dairy products but low in vegetables and fruit.

(b) Depression may decrease when we follow a diet of fruit, vegetables, whole grains, fish, olive oil, low-fat dairy and antioxidants, and a low intake of animal foods.

Source: Harvard Health Publishing

# The Whole You: Emotional/Mental Health Pets: Health-friendly

Many people think of their pets as members of the family, take them places, keep them close and spoil them with presents. In return, our pets bond with us, become our steady friends and boost our emotional well-being.

**Pets: friends & healers**

Scientists are learning how animal-assisted clinical interventions (pet therapy) help improve mental health even in people with challenging disorders, such as autism and Alzheimer's. Animals of many types and sizes, not only dogs and cats, can ease anxiety and depression in children, the elderly and everyone in between. Simply watching and stroking a living creature seems to work.

Among the most-studied therapy animals, horses have been involved in medical treatment plans in Europe for many decades. Riding and grooming horses is helping veterans reduce their PTSD and depression. When you see pets and people interact, it's not surprising how animals of all sizes can boost our spirits.



Sources: TIME Health, HealthDay News, Military Times

# Hobbies help you

**Too busy? Stressed? Overwhelmed? Get a hobby.**

Adding another activity to your already-hectic life might sound crazy, but taking time for a purely enjoyable pursuit can be very rewarding as it helps you:

- **Manage stress.** Hobbies are a source of enjoyment and fun that helps balance life and counteract negative stress. They also can be challenging, providing the good stress that drives you to achieve and accomplish more.
- **Join your community.** Hobbies provide ways to meet people who share your interests and engage in a fun activity that brings people together.
- **Structure your free time.** Hobbies give you purpose and help you use your free time to do something fun, enriching and mentally or physically active.
- **Stimulate your mind.** A hobby can inspire you to learn and develop confidence, skills and knowledge.

There's no right or wrong hobby. Any structured activity that you like could become a hobby. Simply take the time to make it a regular part of your life.

Sources: Psychology Today, Very Well



5 Learn more about **The Whole You:** at [Oct.HopeHealth.com](http://Oct.HopeHealth.com)

Money can buy you a fine dog, but only love can make him wag his tail.

— Kinky Friedman

## Where does the money go?

Use an app to record everything you spend. Once a week, review the log and add up your discretionary (nonessential) spending total. Are you pleased with how much you are spending in each category? If not, make small changes each week to spend less in targeted areas. Make coffee at home 2 days a week instead of buying it at a coffee bar. Pack a lunch 3 or 4 times a week to reduce food costs. Small changes lead to dollars saved. Put your savings in an emergency fund.

— Jamie Lynn Byram, MBA, AFC, MS

## Protect yourself from fraud

Identity thieves and other scammers pose as employees of debt collection agencies to steal money and identities from their unsuspecting victims. If you owe on accounts that are in collection, remember these tips: Never fall for high-pressure tactics. Scammers will threaten to send you to jail, prosecute you for fraud or theft by deception or take legal action if you don't pay immediately. It is illegal for collectors to threaten to take action they don't intend to take. Learn more at [Oct.HopeHealth.com/debts](http://Oct.HopeHealth.com/debts).

— Jamie Lynn Byram, MBA, AFC, MS

## FiscalFitness: Pets: friends & healers

# Pet insurance

We Americans love our pets.

We want them to heal when they get sick or injured. But veterinary science and the costs of running a veterinary practice have changed dramatically. Just like human medical costs, pet health care bills can add up.

### For example:

- Treatments from radiation therapy to kidney transplants are available for pets. The costs of treating once-fatal conditions range from \$500 to more than \$7,000.
- Sophisticated and costly diagnostic tools, such as MRIs, increase costs, but they often reveal problems that would have gone unnoticed and untreated.

In the event your pets need medical treatments, one approach is to place in a savings account the amount of money that would normally go toward pet insurance premiums. Pet coverage can cost \$2,500 to \$7,000 during an average pet's life, and the chances are slim that amount will be needed for treatment.

But if you think you might spend thousands of dollars on your pet's medical care, you may prefer insurance. Also, knowing the health problems that are common with your pet's breed may help you choose whether to insure or not.

— Jamie Lynn Byram, MBA, AFC, MS



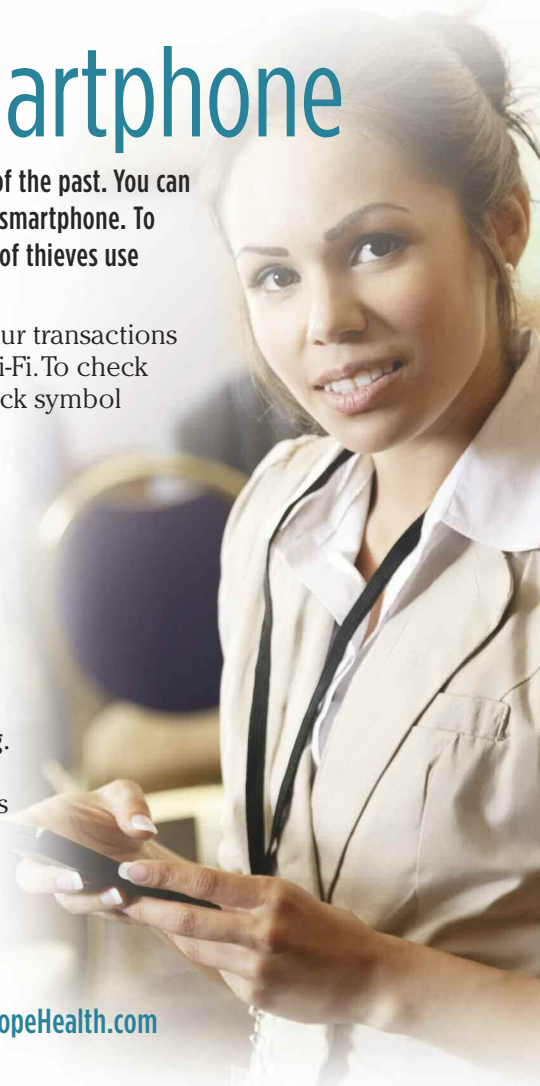
## Banking by smartphone

With mobile banking, bank visits are mostly a thing of the past. You can transfer money, deposit checks and pay bills on your smartphone. To keep your financial data secure and out of the hands of thieves use these strategies:

- Always use a secure connection when your transactions contain sensitive information; avoid public Wi-Fi. To check for a secure connection, look for a tiny padlock symbol next to the URL. If you can't find a protected network, use your cellular provider's data network. It will be safer than an unsecured connection.
- Use a strong password. It should contain letters, numbers and symbols. Don't use the same password for multiple accounts. For help creating passwords, use a random password generator app.
- For more protection, turn off ad tracking. Advertisers use this to learn your needs and preferences. Search online to find instructions for your phone.

The convenience of mobile banking is worth the effort it takes to stay secure.

— Jamie Lynn Byram, MBA, AFC, MS



“Animals are such agreeable friends — they ask no questions; they pass no criticisms.”

— George Eliot

## October is National Physical Therapy Month

This observance recognizes how physical therapists help restore and improve motion in people's lives. Physical therapy is often prescribed following injuries or surgery. It may also delay the need for surgery or be as effective as surgery to relieve pain and disability from such conditions as joint replacement and spinal stenosis.

Source: American Physical Therapy Association

See page 8 —

### StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

Executive Editor: Susan Cottman

Medical Advisory Board: Patricia C. Buchsel, RN, MSN, FAAN

Kenneth Holtyn, MS • Mary P. Hollins, MS, JD, CSHM

Reed Humphrey, PhD • Gary B. Kushner, SPHR, CBP

Patrick J.M. Murphy, PhD • Barbara O'Neill, CFP

Zorba Paster, MD • Elizabeth Smoots, MD, FAAFP

Margaret Spencer, MD • Wallace Wilkins, PhD

The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

© 2018 Ebix Inc. DBA Hope Health. All rights reserved. Unauthorized reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited.

Hope Health® is a registered trademark of Ebix, LLC. Two Perimeter Park South, Suite 160 East, Birmingham, AL 35243. phone: 800-871-9525 • fax: 205-437-3084 email: [servicewellness@ebix.com](mailto:servicewellness@ebix.com) • website: [hopehealth.com](http://hopehealth.com)

Please recycle.

# HealthyConnections:

## October Fill-in-the-Blanks Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

1. \_\_\_\_\_ is the name of the effect of weight going up and down. (2 words)
2. An estimated 56% of \_\_\_\_\_ are considered obese.
3. The human body has more than 600 \_\_\_\_\_.
4. Being overweight, especially after menopause, is a risk factor for \_\_\_\_\_. (2 words)
5. Don't forget to get your \_\_\_\_\_ shot.
6. October 11 is \_\_\_\_\_. (4 words)
7. Your \_\_\_\_\_ can play a role in your mental health.

For the puzzle answer key, go to [Oct.HopeHealth.com](http://Oct.HopeHealth.com).

## New colorectal cancer screening guidelines

By Cara Rosenbloom, RD

*For decades Americans have been advised to begin screening for colorectal cancer at age 50.*

Last May the American Cancer Society updated its guidelines for colorectal (colon and rectal) cancer screening by lowering the start date to age 45 for people at average risk.

**The new recommendation** is based in part on the increased incidence of colorectal cancer cases in younger adults. In the past 20 years people under age 55 have had a 51% increase in the cancer.

**Colorectal cancer is the fourth most common cancer and second leading cause of U.S. cancer deaths.** More than half of colorectal cancers are linked to lifestyle factors, including smoking; obesity; heavy alcohol use; excess red or processed meat; inadequate vegetables, fruit, fiber and calcium; and lack of exercise.

**Screening may lower the number of colorectal cancer deaths by half.**

All types of screening tests are effective at finding cancer, says the ACS. Options include a stool DNA test every 3 years, a flexible sigmoidoscopy every 5 years or colonoscopy every 10 years.

**You may need to begin screening before age 45** or more frequently if you have an increased risk for the cancer (e.g., you or a close relative had precancerous colon polyps or colorectal cancer). Consult your health care provider about the best screening schedule for you.

Source: American Cancer Society

7 Learn more about **HealthyConnections:** at [Oct.HopeHealth.com](http://Oct.HopeHealth.com)

# Your Health Matters:

# Choose health care wisely As patients, how can we be smarter about using our health care?

In seeking answers, the American Board of Internal Medicine Foundation launched the Choosing Wisely national educational campaign in 2012. The primary goals: Improve communication between patients and their health care providers and identify the most beneficial services during illness or wellness.

For example, patients and their providers should question the need for routine screening of various conditions for people who are at low risk for those conditions, such as:

- Antibiotics given prematurely for acute mild-to-moderate sinusitis.
- Imaging for acute (short-term) low back pain.
- Bone density screening for osteoporosis in young/middle-age people without risk factors.
- Annual EKGs or other cardiac screening for low-risk patients without symptoms.

Choosing Wisely efforts are teaching patients and providers to recognize that health does not always improve with more care. Because even if a test or treatment has been shown to benefit some, using it as a universal standard may not be appropriate. Learn more at [choosingwisely.org](http://choosingwisely.org).

Sources: ABIM Foundation, Harvard School of Public Health, Mayo Clinic, NEJM Knowledge Plus



## StockYourToolBox: Your Source for Cool Tools & Resources

Check out [Oct.HopeHealth.com](http://Oct.HopeHealth.com) for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:

### The FLU and You – Personal Precautions

We are approaching the peak of influenza (flu) season, typically in late November through March. Flu seasons vary in severity but, in general, millions of Americans get sick every year from flu viruses that are life-threatening for some.



**Will you avoid getting sick this year?** A little knowledge goes a long way toward prevention. Here are answers to common questions:

**What is the flu?** Influenza A and B viruses produce upper respiratory illness responsible for seasonal flu epidemics each year. Different types and subtypes of influenza circulate and cause illness during flu season.

**Flu viruses cause the most illness during the colder months of the year** but can also occur outside of the typical flu season. In addition, other viruses can cause respiratory ailments similar to the flu.

**How is the flu spread?** Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. If you're nearby, these droplets can land in your mouth or nose. Less often, you might get infected by touching a surface or an object contaminated by the flu and then touching your mouth, eyes or nose.

**How do I know I have the flu?** Typical signs include coughing, sore throat, runny or stuffy nose, chills, headache, unusual fatigue and sometimes body aches or fever. Children may have vomiting and diarrhea.

**How long is the flu contagious?** Your symptoms may begin an average of 2 days after you are exposed to the virus. If you are healthy, you can infect others beginning 1 day before your symptoms develop and up to 5 to 7 days after becoming sick.

**It can be hard to identify the flu from a cold and other respiratory illnesses based on symptoms alone.** If your health care provider needs to know for care, lab tests may verify your condition.

**How serious is the flu?** It can make some people very ill even without complications. It can sometimes cause complications such as pneumonia, bronchitis, ear or sinus infections and dehydration. It can also worsen many chronic medical conditions, especially congestive heart failure, asthma and diabetes.

**How can I avoid the flu?** Boost your immunity with positive health choices — nutritious food, sound sleep and low stress. An annual flu vaccination is the best prevention. It is highly effective for the overall population when most circulating flu viruses closely match the vaccine; it does not protect against all influenza viruses. The vaccine cannot give you the flu.



♦ Wash your hands often. Carry hand sanitizers.

♦ Clean and disinfect surfaces and objects that may be contaminated.

**Flu Germs Are Here**  
Keep your distance:

♦ Cover your nose and mouth when you sneeze or cough.

♦ Avoid people who are sick; coughing and sneezing are clues.

♦ Keep your hands off your mouth, nose and eyes.

### A print-and-post flyer, The Flu and You.

Answers to the Fill-in-the-Blanks puzzle that covers the topics in this issue of the newsletter.



Go to [Oct.HopeHealth.com](http://Oct.HopeHealth.com) to find these resources.

*"In ancient times cats were worshipped as gods; they have not forgotten this."*

— Terry Pratchett

*"When your dog stares at you he is 'hugging you with his eyes.'"*

— The Genius of Dogs

*"It does not matter how slowly you go as long as you do not stop."*

— Confucius

*"Set your goals high, and don't stop till you get there."*

— Bo Jackson

*"If you fell down yesterday, stand up today."*

— H.G. Wells