

NEWS YOU DIDN'T KNOW YOU NEEDED

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YOU KNOW YOU'RE BORED WHEN YOU'RE RESEARCHING TOOTHPASTE

True confession. I found myself, during the stay at home coronavirus time, doing mindless things like constantly playing Churchill Solitaire, so I decided to do something constructive. And to make matters worse, I have to admit in my present bored out-of my-mind stage, the best I could come up with is researching toothpaste. I doubt this has been a burning issue for you but for whatever it is worth here goes.

The toothpaste issue concerns fluoride vs. no fluoride. My dentist says that stannous fluoride

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has been proven to strengthen tooth enamel, reduce the incidence of dental cavities and controlling gingivitis.

With that said, there is another side of the coin and many people believe that fluoride is “bad” for you. I googled “fluoride makes you dumb” and the

computer almost blew up with the articles. Most of the articles concerned putting fluoride in water and I don’t know about you but I avoid drinking tap water at all costs. If for no other reason than the pipes in my house are old and galvanized, and the last thing I need is to galvanize my insides.

The anti-fluoride articles even include a theory that Nazi Germany put fluoride in the ghettos and death camps to pacify the Jews. The conspiracy article is all about fluoride being used to dull brains. This has since been proven to be a false claim but it doesn’t stop the fluoride panic. Perhaps the coronavirus panic is causing me to see panic in everything from my toothpaste to my overwhelming urge to eat chocolate.

I furthered my toothpaste paranoia by reading some of these articles. Did you know that most toothpastes contain some form of humectant, to prevent the paste from becoming dry and chalky and this is usually glycerol or propylene



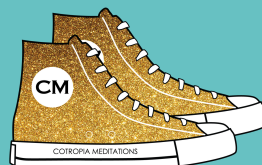
SETTLING CASES TWO SNEAKERS AT A TIME

glycol? These two ingredients are also used as antifreeze so according to one article there is ANTIFREEZE in toothpaste. But continuing to read I learned that it is in such small concentrations it doesn't function effectively as an antifreeze. Am I relieved? Not really....

Also be aware you are not supposed to swallow toothpaste because fluoride if ingested isn't good for you. However according to the article you shouldn't worry if it is happening occasionally and in a small amount. So if you have a nervous coronavirus condition that makes you want to eat toothpaste—Don't do it!!!

My next worry was---Holy Crud--Is my Crest toothpaste made in China?? According to the website-if you can believe it-my paranoia rising-is Crest is made in North America and the majority is made in Greensboro, North Carolina.

Enough of toothpaste, I think it is time to eat chocolate. So far, I haven't seen any adverse effects of this other than too much sugar giving me cavities. But the fluoride in my toothpaste will protect me and hopefully not dull my brain any more than the coronavirus is doing.



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WEIRD DREAMS

A recent article in the New York Times, (by Caity Weaver) discussed that people, because of the coronavirus, were having weird dreams. The author noted: “As the new coronavirus’s grip strengthens to a chokehold, waking life itself for many has taken on an odd, dreamlike air.” More and more people are reporting having weird dreams.



Dreaming takes place in short bursts roughly every 90 minutes during REM sleep, a stage of rest characterized by rapid eye movements. REM periods lengthen over the course of a night’s sleep so the longer you sleep the more likely you are to have longer and more vibrant dreams and nightmares.

This article started me thinking about my dreams. When I was a baby lawyer, I used to have dreams that someone was trying to kill me and I would run and hide but wake up before I was murdered. I am sure this was connected to my anxiety about being a baby trial lawyer. And yes, I did believe it was war and one of us would die in the courtroom if only by embarrassment over losing.



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For years I had a recurring dream that I was in college but hadn't attended any classes and was now going to fail. Again, a classic anxiety dream. And what about the one where you show up for class wearing absolutely nothing. Being nude in a room of full of people, even in a dream, is unsettling. Hopefully you haven't had that one!

I had a recurring dream that haunted me for years. In this dream, a group of mean girls from my grade school appeared in in various situations to tell me how horrible I was and how they didn't want to include me in their "cool club". No analysis needed on that one. Finally after years and years of this, I told them off in my dream and poof they haven't returned.

As I have gotten older, my dreams have at times gotten just plain BORING. One example is the dream I had about loading the dishwasher. It was pitiful the most exciting event my dream self could come up with was loading the dishwasher.

My favorite dreams are the flying dreams. For me those mean something



Photo by Nathan Dumlao on Unsplash



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really good has happened. (Note to myself- I am way overdue for a flying dream). When I fly in my dreams, I “will” myself up into the air. I had a friend in Galveston who was very mechanical. His flying dreams always involved some sort of motor. When I was leaving Galveston after a bitter divorce, I was told to either keep my mouth shut or get out of town, and knowing my mouth wouldn’t stayed closed, I decided to move.

The night before my official move day, I dreamed I was on the side of a cliff, held my nose and jumped. I guess my dream-self thought I should hold my nose in case I was jumping into water rather than jumping off a cliff. Dreams can get rather confusing.



Photo by Lane Smith on Unsplash

I had a dream last year that involved my boyfriend Tom. I don’t remember what it was about but I do know I woke up and started to fuss at him about his behavior. Finally out of frustration he said, “Are you trying to tell me I did something wrong in your dream?” I defiantly said “Yes!”



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It was one of those moments where he questioned my sanity—not the first time—and he calmly said, “I am not going to discuss my behavior in your dream. “ And “that was that” demonstrating he can be very tolerant.

According to the article, if you want to try to program what you dream about, you should begin by thinking of the type of dream you would like to have, such as flying. You visualize yourself flying and just before you turn off the lights, you repeat to yourself what you want to dream about. If in doubt about what to dream about, you can always visualize something crazy, like loading the dishwasher.

If you want to learn more about sleeping, check out this very good book by Matthew Walker, “Why We Sleep: Unlocking the Power of Sleep and Dreams”

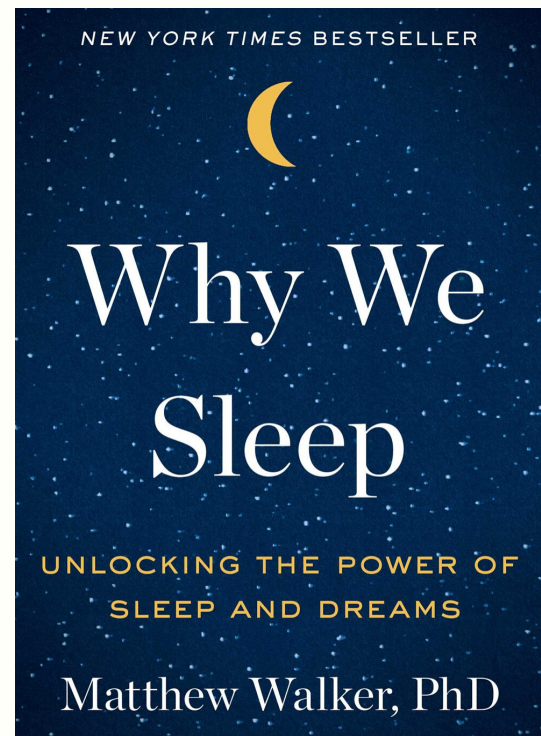
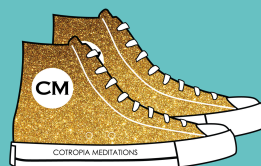


Photo from Amazon



SETTLING CASES TWO SNEAKERS AT A TIME



A BEAUTIFUL MESSAGE FROM A COUNTRY WESTERN SONG



The stay at home order has me regressing to my childhood when I grew up on a farm. Perhaps this is so because farm life is also isolated. There was no bicycle riding with other kids because there were no other kids, besides my sister, and even more problematic, there were no sidewalks.

Back in the country, country music was predominant. So feeling nostalgic or regressing to isolated times, I tuned the radio into the country western station. This song came on and the lyrics are so beautiful I have to share.

The song was written by Rory Feek and Jonnie Barnett and sung by Clay Walker. It is called The Chain of Love. This song is about a man named Joe. Joe is driving down the road when he sees an elderly woman that has a flat tire.

He stops and says,

*“I’m here to help you, ma’m
By the way, my name’s Joe.”*

After he has changed her tire, she says “How much do I owe you?”



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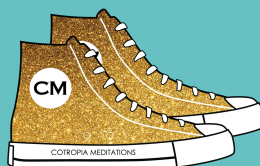
Joe responds:

*“You don’t owe me a thing
I’ve been there too
Someone once helped me out
Just the way I’m helping you
If you really wanna pay me back
Here’s what you do
Don’t let the chain of love end with you.”*

Thereafter the elderly lady stops at a diner. She notices how tired the waitress looks. When she finishes her meal, she puts a hundred dollar bill on the table, with a note and leaves the diner.

When the waitress opens the note it reads,

*“You don’t owe me a thing
I’ve been there too
Someone once helped me out
Just the way I’m helping you
If you really wanna pay me back
Here’s what you do
Don’t let the chain of love end with you.”*



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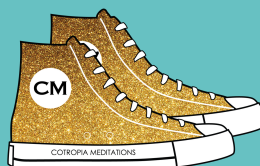
When the waitress gets home that night after her shift, she is thinking about the money and what the lady's note said. As she sees her husband there sleeping, she whispered

*“Everything’s gonna be alright
I love you, Joe.”*

MOTTO OF THE WEEK:

DON'T LET THE CHAIN OF LOVE END WITH YOU!

KEEP THE CHAIN OF LOVE GOING EVERYONE.



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CORONAVIRUS COMEDIANS

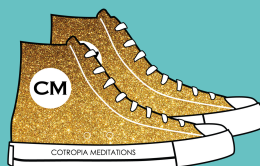
*WARNING! PROCEED WITH CAUTION-
THIS IS "R" RATED, BUT EVERYONE NEEDS A LAUGH!*

I remember the Bill Clinton and Monica Lewinsky scandal back in the late 1990s. In those days, we still relied on fax machines and jokes in the office weren't taboo. I can remember entering the office and immediately you would hear the whirr...whirr... of the fax machine spitting out reams and reams of paper, all containing jokes about the situation.

I remember some were so funny, if not inappropriate in today's world. It was amazing to me the people around the country coming up with these very funny jokes and sending them out into the universe via the fax machine. Flash forward to our current condition which is nothing like America has seen since 9-11 and WW2.



So again to the rescue the natural born comedians-many just regular citizens-spring into action to give us all some laughs.



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I am not going to include the many funny videos I am receiving for the sake of offending anyone. And I want to emphasize that I am not promoting the use of the F word and of course we shouldn't use it or throw it around carelessly. But, again here we go with a BUT, I got a video about the many uses of the word F. It was so funny I couldn't help loving it. I am not including it for the sake of properness (you can find it on YouTube) but rather giving you a Readers Digest version if you decide to proceed reading this.

I am doing this only for the sake of a laugh which I think we all need. And I promise to never encourage the use of the word. So with this precaution and disclaimer, here goes: The F word is a very versatile word because it can describe pain, pleasure, love and hate and can be a verb and a noun. Here are some examples:

<u>IGNORANCE</u> F if I know.	<u>TROUBLE</u> I guess I am F-ed now.	<u>REQUEST</u> Get the F out of here.	<u>AGGRESSION</u> F you.
<u>INCOMPETENCE</u> He's a F off.	<u>GREETING</u> How the F are you?	<u>APATHY</u> Who's give a F?	<u>CONFUSION</u> What the F?
<u>DISPLEASURE</u> What the F is going on here?	<u>HOSTILITY</u> I am going to knock your F--ing head off	<u>SUSPICION</u> What the F are you doing?	<u>FRAUD</u> I got F-ed at the used car lot.
	<u>DIFFICULTY</u> I can't understand this F-ing job.	<u>ENJOYMENT</u> I hope you are having a F-ing good time!	

And with this, I conclude and hope your day is F-ing great!!



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