

Pet Tips‘n’ Tales: Manifesting a ‘Lexis’



By Mary Ellen
“Angel Scribe”

When international published ‘Angelspeak’ author Trudy’s husband of 50 years died of COVID, the color drained from her life and her days became a bleak black and white. Thankfully, her rescue dog, Lexi, painted color back into her existence.

“Now it is just us two gals, me and Lexi,” said Trudy. “The lonely echo of the day is quiet when I am with her. She is the reason I drag out of bed and begin another day. She makes me laugh and shortens long days. Taking her for walks has put me into the public again and we chat with neighbors.

“Lexi is my friend and company. We sleep together. She has her side of the bed and I have mine. I don’t know what I would do without her company. She gives me someone to chat with and lifts my

mood and health in untold paws-itive ways.”

Trudy’s daughter arrived to help clean out her father’s treasures. One morning, she walked past her parent’s bedroom and found her mother and Lexi sleeping nose to nose.

Four years ago, Trudy and her husband searched for, “Just the right dog to fit our lives. We asked the angels to bring us:

1. A female dog
2. Rescue dog
3. Sweet and loving personality
4. Weighs 20 lbs. or less
5. 2-3 years old
6. Non-shedding
7. Or BETTER!

We were very specific for what we wanted, however, after the first, second and third years rolled by and THE dog hadn’t shown up, we decided to get busy! Remembering, “God helps those who help themselves!”

The couple’s new game plan:

1. Become daily readers of “Pets” Classified Ads.
2. Make phone calls to “PET people”.
3. Dedicate Saturday to the “Lucky Dog” TV show.
4. Scanned Shelters online for the perfect dog!



COURTESY PHOTO

Trudy and Lexi, but who rescued who?

A few weeks later, in the newspaper, they found the answer to their prayers in Lexi, a Puerto Rican hurricane survivor. She was everything they manifested and loved her at first sight. Now a days, Lexi misses her Daddy and stares at his side of the bed while making quiet sad noises. Dogs’ hearts hurt like humans do when they lose a loved one.

“Lexi is a better dog than we dreamed or thought possible,” said

Trudy. “I am so in love with her and especially grateful for her now as we heal our broken hearts together. She was well worth the wait. Thank you, God and Angels, for delivering her into our lives!”

Things have come full circle as Lexi, the rescue, has rescued her human mother.

To quote Roger Caras, author of 70 books and past president of the ASPCA, “Dogs are not our whole life, but they make

our lives whole.”

TIPS

“Prior to adopting my puppy, my husband and I had another dog,” wrote Diane, a Kentucky Pet Tips ‘n’ Tales reader. “To prevent ‘rug accidents’ the pup was not allowed in our bedroom. Imagine my surprise when I walked past our bedroom and saw her on the bed. I called out to my husband, ‘Why is she in the bedroom?’ He responded, ‘She’s not.

She’s on my lap’. I looked in the bedroom again, and it was empty. Apparently, our sweet, deceased dog had come to check out our new dog. Her visit left me with a deep sense of peace.

“All animals have souls, and just like people, their souls live on after physical death. They will be waiting for us on the other side. I hope someone finds comfort in our experience.”

Joke: A woman had coffee at her friend’s home. The friend kept talking to her cat and said, “My cat understands everything I say.”

The visitor considered her friend a bit ‘funny’. So, when she arrived home, she told her dog about her friend’s cat communication comment drum roll.....and they both had a good laugh.

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U.S. food safety experts offer tips for Thanksgiving

BY LYNNE TERRY/OREGON CAPITAL CHRONICLE
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The pandemic has not gone away, but the focus on Thursday will be on food and loved ones, not on disease.

But Thanksgiving can also be a source of illness if you don’t follow food safety rules. Turkeys, like chicken, can harbor campylobacter and salmonella, which are commonly found in the guts and feathers of the birds, so it’s important to be careful when storing and preparing turkey meat.

Every year the U.S. Department of Agriculture and federal Centers for Disease Control and Prevention publish reminders to keep people from getting sick. Here are the basics:

Thaw: Frozen turkeys stay safe indefinitely. But

when they thaw, bacteria begin to grow.

Federal food safety experts recommend thawing turkeys in a container in the refrigerator for one to two days. It’s very important to ensure that juices do not drip or contaminate other foods.

You can also thaw turkeys in an enclosed container or plastic bag in cold water or in the microwave following the defrost instructions. Never, however, thaw a turkey on the counter because that can encourage the proliferation of germs. It is also safe to cook a frozen or partially frozen bird. It just takes longer.

Prepare: Wash your hands with hot soapy water for 20 seconds – the birthday song is the right length – before and after handling raw meat, especially poultry. That will help prevent cross-contamination. Also, do not rinse or wash turkeys. Doing so can put yourself and your family at risk by splattering germs and contaminating dishware, utensils or other food.

Stuff: Food safety experts advise cooking stuffing separately to ensure it’s thoroughly cooked. If you stuff the turkey, put it in right before cooking. With either method, use a food thermometer to make sure the stuffing’s center reaches 165 degrees.

Bacteria can survive in stuffing that has not reached that temperature, potentially making someone sick. If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing it; this allows it to cook a little more.

Cook: Set the oven temperature to at least 325 degrees and cook the bird in a roasting pan at least 2 inches deep. Cooking times will vary depending on the size of the turkey. It will be properly cooked when the internal temperature is 165

degrees. Insert a food thermometer in the thickest portion of a breast, thigh or wing joint to test it. Federal officials advise using a food thermometer even if the bird has a pop-up one.

Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving it.

Aftermath: Follow the two-hour rule for leaving perishable food out. In temperatures 90 degrees and hotter, there’s a one-hour rule. After those deadlines, the bacteria Clostridium perfringens

grows in cooked foods. It’s the second most common bacterial cause of food poisoning. If you pass those times, toss the food out.

Refrigerate leftovers at 40 degrees or colder as soon as possible and within those time frames. Food safety experts recommend dividing big cuts of meat into smaller portions so that they cool quickly in the refrigerator. Reheat all leftovers to at least 165 degrees.

For more details, check the USDA’s food safety tips for Thanksgiving.

LORANE COUNTRY NEWS

CONTRIBUTED BY LIL THOMPSON
FOR THE SENTINEL

- Happy Thanksgiving, everyone. Enjoy a safe and happy weekend with family and/or friends while counting your many blessings. Thanksgiving is the beginning of the holiday season, ending on New Year’s. Be safe and please slow down on the road.
- Crow Middle/High School winter sports have started for boys and girls. All home games will be live streamed through the NFHS network. There is a subscription site and more information will be coming soon. If you do not receive the weekly school news, contact the high school office.
- Lorane Grange meets next on Thursday, Dec. 2

- at 7 p.m. Unfortunately, due to Covid-19 protocols, they will not be holding their annual Christmas Dinner and Open House. The grange as well as all organic will still gather non-perishables for the Christmas Food boxes for those in need in our community.
- Contact Pam Kersgarrrd or Jennifer Long if you want to donate a turkey to help. Marissa will soon be putting up the angel trees in the Lorane Family Store and Crow M/H School to gather presents for children of those families in need in our community.
 - Over two hundred attended Michael Matchulat’s send-off and the family was truly blessed with the day. It was an uplifting celebration of his life complete with the ukulele group performance.
 - Have a wonderful Thanksgiving.