

Compliments of Jan Majeski

start HEALTHY

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COMPASS

San Mateo County

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Front of Tear Out Card 1



**blueberry cornbread
WAFFLES**





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Back of Tear Out Card 1

SERVES 4-6

blueberry cornbread WAFFLES

ingredients:

- 1½ c. all-purpose flour
- ½ c. yellow cornmeal
- ¼ c. granulated sugar
- ½ tsp. kosher salt
- 1½ tsp. baking powder
- 1¼ c. buttermilk
- 2 eggs, lightly beaten
- ½ c. (1 stick) unsalted butter, melted
- ¾ c. frozen blueberries, thawed

instructions:

1. Preheat your waffle iron.
2. In a large mixing bowl, combine the flour, cornmeal, sugar, salt, and baking powder. Mix the dry ingredients until well combined.
3. In the center of the dry ingredients, make a small well. Add in the buttermilk, eggs, and melted butter. Mix with a whisk until well combined. Then fold the blueberries into the batter.
4. Spray the waffle iron with nonstick cooking spray. Place 1 to 1½ cups of batter onto the iron, and cook until the outer parts are nice and crisp. Repeat until there is no more batter. Serve and enjoy with your favorite toppings.

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Dear Bill and Judy,

There's something about the bonds we form with our pets that's like nothing else. So this issue of Start Healthy celebrates our four legged-friends and how they inspire us, with features on better pet food, a dog-friendly getaway, and a discipline that often welcomes animals, yoga.

If you've ever wondered about the ingredients in your pet's food, you're not alone. That discovery inspired entrepreneur Renaldo Webb to create PetPlate, a direct-to-consumer business that provides personalized, healthier diets for dogs.

Going on vacation with pets can be doggone difficult, but there's a place in New York State that encourages your dog to roam free and have fun. Canine Camp Getaway founder Janice Acosta explains why her biannual event is truly one for the dogs.

Yoga has been around for centuries, and there are many varieties available today to improve your well-being, including animal-focused classes with cats and other creatures. Learn more about this practice and which one may be perfect for you.

May you always know the unconditional love of a pet and the joy it brings. As always, it's a pleasure to send you this magazine.

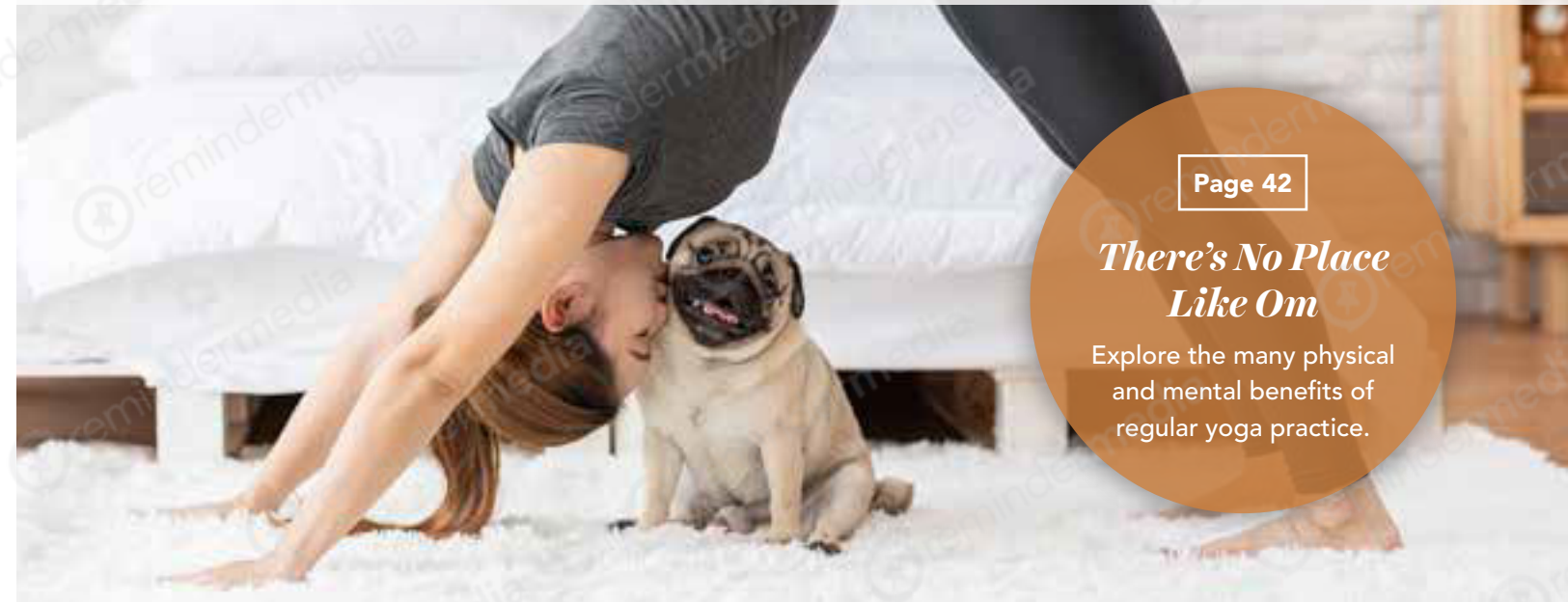
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San Mateo County



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Owning a home is one of the great joys in life, and there are many reasons why.

do-it-yourself HOUSEHOLD PRODUCTS

written by: *alexa bricker*

*If it seems like you're
always repurchasing basic
household necessities,
you're not alone.*

*Most people spend
hundreds of dollars each
year on cleaning supplies
and, while that may not
sound like a lot, that kind
of money can quickly add
up over time.*

Fortunately, there's another option that you might not have considered: making your own household supplies. Most products can be made in bulk from just a few ingredients, which can save you a lot of money in the long run. Below are just a few examples.

LAUNDRY DETERGENT

What you'll need:

- 1 bar of soap, shaved into small pieces
- 14 ounces borax
- 14 ounces washing soda
- Medium-size bowl/blender
- Plastic container
- Tablespoon scoop

How to do it:

1. Stir ingredients together in a bowl or mix in a blender. (Be sure to keep the blender lid on until all particles have settled.)
2. Store in an airtight container with a tablespoon scoop. Use about 1–3 tablespoons per small load, depending on size.

CARPET CLEANER

What you'll need:

- 1–2 drops dish soap
- 1 tablespoon white vinegar
- 1 cup warm water
- 1 teaspoon baking soda
- Spray bottle

How to do it:

1. Combine all ingredients in a spray bottle.
2. To use, spray a generous amount on the carpet, and scrub with a towel. Use a clean towel to blot the moisture away, and let dry.

WINDOW CLEANER

What you'll need:

- ¼ cup white vinegar
- ½ teaspoon dish soap
- 2 cups hot water
- 10–15 drops essential oil of choice
- Spray bottle

How to do it:

1. Combine all ingredients in a spray bottle, and shake well until mixed.
2. Spray a small amount of the mixture onto glass, and wipe away with a microfiber cloth or other nonabrasive material.

Make sure to spot test all cleaners on a small area first.

startHEALTHY



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A BOWL OF GOODNESS

interview with: *renaldo webb* written by: *rebecca poole* photography by: *petplate, unless noted*

Our health is always at the forefront of our minds—we go to yoga classes, drink green juice, and read self-help books. The wellness industry encompasses so much, in fact, that the market is projected to grow even higher than its current \$4.2 trillion value in the coming years. That's a pretty significant amount considering how much the industry is already worth. This includes everything from personal care like beauty and antiaging products to nutrition and fitness. But what about the well-being of our four-legged friends? Their wellness is important, too!

Renaldo Webb, a *Shark Tank* alum, saw the need for a more nutritious bowl of food for his dog than what was out there, so he created his own company in 2016 that sought to fulfill this need. After all, if he felt his dog was lacking options for a healthy meal, other dogs must be, too. PetPlate is a direct-to-consumer dog food delivery service that offers personalized food for your pooch based on breed, weight, body condition, and activity level. The meals are made with fresh-cooked and USDA-approved fruits, veggies, and meats. Here Webb discusses his journey from student to teacher in the pet food industry, dives into what makes PetPlate different, and shares his future plans for the next chapter of the company.



What did you study in school? How did you eventually land in the pet food industry?

I studied physics at MIT and did not plan on ever starting a pet food company. However, after college I became a consultant for a variety of industries, including the pet food industry. After spending a few years helping different companies, I realized that it was possible to feed our pets better food made from better ingredients. I started PetPlate because I wanted to feed something healthier to my dog, Winston. I was unimpressed by the ingredients going into the food made by the companies I consulted for, so I decided to start a company that only used human-grade ingredients.

I built general business skills across strategy, supply chain, and finance. I also started teaching myself



how to code, as I was primarily interested in starting internet-based businesses. Unfortunately, I struggled initially to get a business off the ground because I couldn't settle on an idea. Eventually, I found one I was excited about that had a ton of potential: PetPlate.

Were there challenges at the beginning? What did you learn from your experience on Shark Tank?

Starting PetPlate was difficult at first because I needed to create the product and the website and build the team. It took many years to get PetPlate to where it is today, but *Shark Tank* was an amazing experience that helped me evolve as an entrepreneur. I first pitched to be on *Shark Tank* on a whim, and I was fortunate enough to be selected. Quickly after that, I began working with procedures to hone my pitch,

and it required me to dive into why I thought PetPlate could disrupt the pet food industry. I spent a lot of time working on my pitch while in LA for filming, but, unfortunately, I failed after forty-five minutes of trying to convince the Sharks of PetPlate's potential. Luckily for me, the true judge of the company's viability was consumer interest, and the response was extremely strong to my episode. This brought in a ton of new pet parents.

Being on *Shark Tank* served as a launching point for the brand, and we quickly went from a New York City-based company to shipping nationwide. We saw amazing feedback, which led to strong retention and

thousands of happy pups. This success must have caught the *Shark Tank* team's attention, and I was invited back to share how the business had grown. Personally, it was cathartic for me to tell my success story and to see how far we came in a few short years.

How exactly has PetPlate grown?

It started out in a commercial kitchen in 2016, and I delivered most of the meals myself by bike. Now we've shipped over ten million meals to over three hundred dog breeds across the entire continental United States!



Renaldo Webb, founder of PetPlate

photo courtesy of: *getty images*

What makes PetPlate nutritious?

All our meals are formulated by our veterinary nutritionist, guaranteeing that they are nutritious and balanced for dogs. In addition, all our ingredients are human-grade, ensuring your pups are receiving high-quality ingredients that are more digestible than the typical feed-grade ingredients found in pet food.

PetPlate is centered on customer feedback. Was this always something you wanted the company to focus on?

Yes. PetPlate has always been about the customer. We technically have two customers we need feedback from: the pet and the pet parent. It's our goal to make sure both love the food and the experience.

How did your own dog, Winston, influence PetPlate?

Winston influenced PetPlate by being our first taste tester and by giving me a reason to wonder if there was a better way to feed him.

What overall tips do you have for pet owners to keep their pet healthy?

The most important thing pet owners can do is pay attention to their food. Pet parents should know the ingredients in their pets' diet and know how much to feed their pet to ensure they maintain a healthy weight. Doing that alone will add years to your pet's life, but keeping them physically active by doing long walks will help as well.

What are your most popular items?

Our beef and chicken meals are our most popular, but dogs love them all!



What plans do you have for the future of PetPlate?

PetPlate is continuing to quickly scale by acquiring new customers and launching new products. Being a direct-to-consumer brand puts us in direct contact with our customers, and we've been able to use their feedback to devise our future product road map. Our customer feedback has led us to launching our first line of treats, Organic Chicken Apple Sausage Bites, and they've been a hit. In addition, we get feedback from our customers that they would like lines of high-quality and great-tasting supplements for their dogs. These supplements will help their pets' health needs including digestive, skin, and mobility issues. Finally, we'll continue to add new, exotic flavors with exciting and functional ingredients.

For more info, visit petplate.com

LEARNING *for life*

written by: alexa bricker

The first eight years of a child's life are among the most important for brain development. Experiences and skills built in these early years play a critical role in a child's personality, temperament, and even interests. The brain develops more in the first few years of life than at any other time.

And, while there is a lot of emphasis placed on education in these years, there is a common misconception that childhood is the only time when learning is important. The truth is, lifelong education can be the key to a fulfilling and healthy life. Whether you want to keep your brain sharp to continue with activities you enjoy or simply want to pick up a new skill, the guide below explains why continuing education is so crucial for your well-being.



The Benefits of Lifelong Learning

When you hear the word “education,” do you immediately think of a school setting? While school is hugely important, some of the biggest breakthroughs in education come from what you learn outside of a traditional school setting.

As an adult, finding time to prioritize learning can be challenging. Between building your career, taking care of a household and a family, and making time for self-care, learning something new or keeping up with your hobbies is often put on the back burner. But the problem with this mindset is that education is self-care and recognizing it as part of a balanced life is vital. These are just some of the ways that you can benefit from informal learning throughout adulthood.

A Brain Boost

When you stop testing your brain, cognitive function starts to decline. This can leave you more susceptible to typical signs of aging such as memory loss. Activities as simple as reading

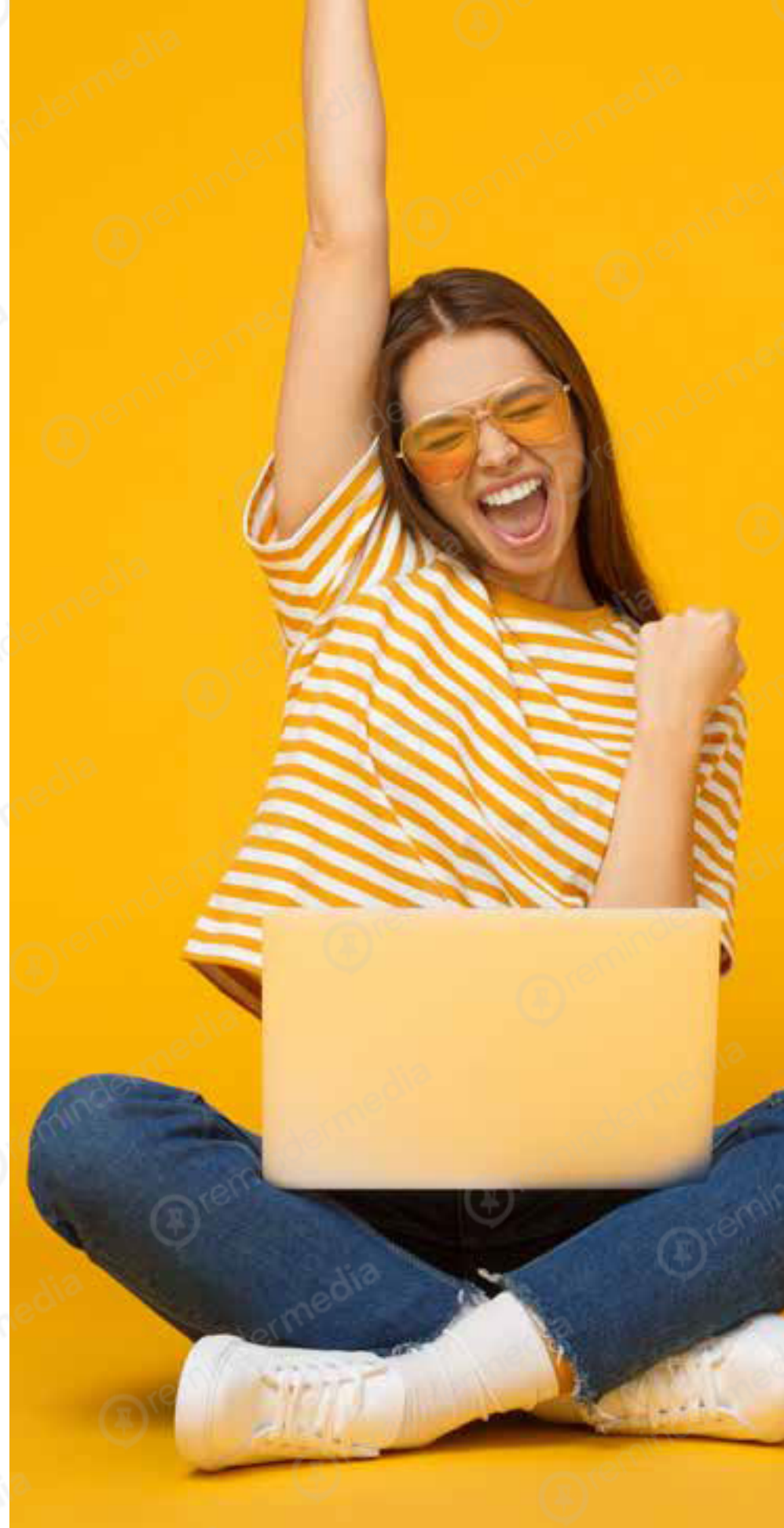
a book or doing puzzles can provide brain-boosting benefits.

Part of a Group

Maybe you played the flute in high school and miss the feeling of creating something beautiful with other musicians. Or perhaps you practiced basketball at a playground or in your driveway but are longing for the camaraderie of team sports. No matter your interests, picking up a new skill (or revisiting a skill you had in childhood but have since neglected) can promote feelings of belonging, which is great for mental health.

Fulfillment = Happiness

Think back to your childhood and how amazing it felt when, after weeks or months of practice, you finally learned how to ride a bike on your own or mastered your times tables. Despite popular belief, you can still achieve that feeling as an adult. Lifelong learning can promote feelings of fulfillment that are often sought after in adulthood. When you feel fulfilled and happy in your life, you’re less likely to experience feelings of depression or anxiety.



To Keep Learning, Do This

You know that continuing your education into adulthood can be beneficial to your health, but you might still be wondering how to actually incorporate it into your everyday life.

One of the best ways to start is by deciding what you’d like to learn about. It can be complicated or simple, a test of mental fortitude or physical endurance, something personal or inspired by others. Depending on how ambitious you’re feeling, make a list of five to ten things you would like to learn in the order you’d like to learn them. It sounds obvious, but writing them down can help you hold yourself accountable.

Once you’ve established what you want to learn, you can formulate a plan for how to do it. There are endless options for making your goals happen, but how you choose to go about it will depend partially on what you’re learning.

When you feel fulfilled and happy in your life,
you’re less likely to experience feelings of depression or anxiety.



Reading

If you want to keep it old school, reading is a fantastic way to pick up new skills or learn about a new subject. There is a how-to book for *everything*, from baking to carpentry to DIY home design. A quick online search or walk through your local library is guaranteed to help you find a book full of the knowledge you seek.

Digital downloads

While the internet can serve as a distraction, it's also a place of infinite possibilities. There are so many options for furthering your education digitally. For example, if your goal is to learn a new language, there are a *ton* of apps and online programs to help you—many of which

are free and offer built-in schedules and notifications to remind you when it's time to practice.

Podcasts are another amazing option when it comes to getting in your daily dose of education. Similar to books or audiobooks, there is a podcast for seemingly every interest, and there are numerous platforms to choose from. If you're a business owner, there is surely a podcast that offers tips for digital marketing. Or, if you're a budding artist, listening to the experiences of other artists might help you find your niche. A quick search in the App Store or on your platform of choice can provide a list of some of the most popular downloads.

Meetups

Although a lot of learning has gone online, there are still many viable options for those who are interested in learning through group activities. Oftentimes community centers or local universities will offer adult learning programs or physical activities to help you hone your skills. These programs provide an outlet for like-minded adults to get together and learn from one another, be it through a pick-up softball game, painting, or woodworking. If a group isn't already established for what you want to learn, try creating your own! You can start a Facebook group to help promote it or even post flyers in frequented places in your community to spread the word. If you enjoy

meeting new people and have a desire to learn alongside others, this could be a great way to do it.

Now Go Do It!

It's hard enough for adults to remember to make time for themselves, let alone better themselves through learning. However, you might be surprised by how much better you'll feel about yourself when you do. Education isn't just essential in your youth—it's something you must constantly work at in every stage of life if you want to be your best self. So what are you waiting for? Pick up a book, sign up for a class, download a podcast—and expand your mind!

FEEL-GOOD FAMILY FOOD

recipes by: *six sisters' stuff*
photos by: *sixsistersstuff.com*



Warm weather beckons us to outdoor eating and recipes made with fresh, wholesome ingredients, and that's exactly what these dishes from *Healthy Eats with Six Sisters' Stuff* serve up.



SERVES 12

Per serving (1 oatmeal cup): Calories: 105 | Fat: 1g | Carbs: 20g | Fiber: 1.5g | Sugars: 11g | Protein: 4g

BAKED STRAWBERRY OATMEAL CUPS

measure

- 4¼ cups old-fashioned rolled oats
- 1½ teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup vanilla protein powder
- ¼ cup coconut sugar or brown sugar
- 2½ cups skim milk or unsweetened almond milk
- 2 teaspoons vanilla extract
- ⅓ cup pure maple syrup
- 1 cup diced strawberries

make

1. Preheat oven to 375 degrees F. Line a standard muffin tin with 12 paper liners, or coat with nonstick cooking spray.
2. In a large bowl, combine oats, cinnamon, salt, baking powder, protein powder, and sugar. Stir in milk, vanilla extract, and maple syrup and combine well. Gently fold in strawberries with a rubber spatula.
3. Using a ¼ cup measure, scoop oatmeal mixture into prepared muffin tin, stirring between each scoop to recombine ingredients. (The milk and oats tend to separate if not remixed between scoops.)
4. Bake 20 minutes, or until edges begin to golden.
5. Cool muffins in tins for several minutes before moving to a wire rack to cool completely. Enjoy! Muffins can be frozen for several weeks. Simply place in resealable freezer bags, seal, and freeze. To serve: Thaw for 2 hours at room temperature or microwave on high for 10 seconds.

RECIPE KEY:

GF Gluten Free

VG Vegan

V Vegetarian

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SERVES 4

Per serving: Calories: 469 | Fat: 24g | Carbs: 35g | Fiber: 5.5g | Sugars: 27.5g | Protein: 32g

GRILLED SALMON SALAD

measure

- 4 (4-ounce) salmon fillets
- 1½ tablespoons coconut sugar
- 1 (20-ounce) can pineapple slices, juice reserved
- 2 tablespoons lower-sodium soy sauce
- ½ teaspoon dry mustard
- 2 teaspoons minced garlic
- ½ teaspoon red pepper flakes
- 2 tablespoons vinegar
- 2 tablespoons olive oil
- 4 cups baby spinach leaves
- 24 cherry tomatoes
- 1 avocado, sliced
- ⅓ cup feta cheese crumbles

make

1. Lay salmon fillets in a 9x9-inch baking dish or large shallow bowl and set aside.
2. In a small bowl, make a marinade by combining coconut sugar, ½ cup reserved juice from pineapple slices, soy sauce, mustard, garlic, and red pepper flakes.
3. Pour half of the marinade over the salmon. Cover remaining marinade and refrigerate for later use. Marinate salmon in refrigerator for 15 minutes. Turn over fillets and marinate another 10 minutes.
4. While fillets are marinating, preheat oven to 400 degrees F. Line a rimmed baking sheet with aluminum foil and coat lightly with nonstick cooking spray.
5. Place salmon, skin side down, on prepared baking sheet and bake 15 to 20 minutes, or until salmon flakes easily with a fork.
6. While the salmon is cooking, heat a grill pan to medium and grill the pineapple slices 1 to 2 minutes on each side.
7. Remove reserved marinade from refrigerator, uncover, and whisk in vinegar and olive oil to make a salad dressing.
8. Divide spinach leaves between 4 salad plates. Arrange equal portions of the grilled pineapple slices, tomatoes, avocados, and cheese crumbles on each plate. Top each plate with a cooked salmon fillet. Drizzle salad dressing over top and serve.





GF

SERVES 6

Per serving: Calories: 309 | Fat: 17.5g | Carbs: 11g | Fiber: 4.5g | Sugars: 4g | Protein: 27g

CHICKEN PESTO AND ASPARAGUS SKILLET

measure

- 3 tablespoons olive oil
- 1½ pounds boneless, skinless chicken tenderloins, sliced into strips
- Salt and pepper, to taste
- ½ cup drained and chopped sun-dried tomatoes
- 1 pound asparagus, ends trimmed and cut in half
- 1 cup broccoli florets
- ½ cup basil pesto (see note)
- 1½ cups halved cherry tomatoes

make

1. Heat olive oil in a large skillet over medium heat. Season chicken tenders with salt and pepper then add to skillet along with sun-dried tomatoes. Sauté 7 to 10 minutes, until chicken is cooked through. Remove chicken and tomatoes from skillet and set aside.
2. Add asparagus and broccoli to hot skillet and sauté 6 to 10 minutes, until crisp tender. Remove vegetables from skillet.
3. Return chicken and tomatoes to skillet and stir in pesto. Cook over medium heat until chicken is heated through. Stir in cherry tomatoes and cooked vegetables.
4. Remove from heat and serve warm.

Note: You can prepare your own pesto, but a jarred variety—such as Kirkland Signature Basil Pesto or Buitoni Pesto with Basil—works just as well. This recipe was tested using Kirkland Signature Basil Pesto.

GF

VG

SERVES 4

Per serving: Calories: 187 | Fat: 5.5g | Carbs: 34g | Fiber: 5g | Sugars: 0.5g | Protein: 2g

GARLIC-LIME SWEET POTATO FRIES

measure

- 3 yellow sweet potatoes
- 1½ tablespoons olive oil
- Juice of 1 lime
- 1 tablespoon minced garlic
- 2 tablespoons finely chopped cilantro
- ½ teaspoon salt
- ½ teaspoon ground black pepper

make

1. Preheat oven to 425 degrees F.
2. Cut sweet potatoes in half lengthwise, and then slice each half into several wedges. Line wedges on a large, rimmed baking sheet. Drizzle olive oil and lime juice over potatoes and then sprinkle with garlic, cilantro, salt, and pepper. Use your hands to toss the potatoes until evenly coated in oil and seasonings.
3. Bake 20 to 25 minutes, or until fries begin to turn crisp and golden brown.





WHERE EVERY *Dog Has Its Day*

interview with: *janice costa*
written by: *matthew brady*
photography by: *canine camp getaway*

Editor's Note: In 2021, Canine Camp Getaway is being held in Gettysburg, PA, and East Durham, NY. See website for details.



If you're a dog owner, then you've probably experienced the quandary of what to do about vacations. Janice Costa, founder of Canine Camp Getaway, discusses why her Lake George, New York, retreat is the ultimate vacation destination for you and your four-legged friend.

Tell us about your love of dogs: I've had dogs my entire life. After we lost our longtime family dog, a lab, I went to shelters all around New York looking for one. Instead, I adopted an enormous, unfriendly-looking shepherd mix. After I brought her home, nobody could visit my new house! She fiercely guarded me in my new home. I had no idea what to do; I had adopted Cujo.

Trainers kept telling me that I should put her to sleep or give her back to the shelter. Finally, one trainer informed me that she was a Malinois/shepherd/collie mix, and thus a work dog, and needed a job. Without one, she took on the role of guard dog. He offered to train her, and I had to find work for her. We did obedience classes, agility training, and dog shows. I fell in love with dog sports and the dog world overall. I got to know a lot of dog people.

Did this lead to your idea for Canine Camp Getaway? Yes, because I had a problem: at the time, I was traveling a lot for my job. It was hard for me, and it really wasn't fair to my dog. I wanted to find a way that I could take her on vacation, but hotels then weren't pet friendly—and if you found a hotel that was pet friendly, it probably only allowed small dogs. That's when I wondered, "Wouldn't it be great if I got a bunch of friends together to take our dogs on vacation?"



That evolved into me thinking it was a good idea for a business. Well, *nobody* else thought it was. I started calling hotels, focusing on upstate New York, where I'd spent summers as a little girl on Lake George. However, when I explained what I wanted to do, they'd hang up on me. Eventually, I found a place, Roaring Brook Ranch, that agreed to meet. The hotel had sponsored Americade, which is a big motorcycle event upstate, so the owner saw the potential for this to grow and agreed to try it.

I pulled together a staff that included a veterinarian, my original dog trainer, and a few others, and we did a small camp that included health seminars and different dog sports. We only had twenty-seven campers, and it rained like crazy. But everyone had fun and said there was nothing else like it. It's grown pretty much every year since.

How has it grown? After the initial camp got to about seventy campers, it was time to do a second event. There are summer people and there

are fall people—if you've got a big, hairy dog, June can be a little warm for you. However, the swimming dogs all want to come in June. So in 2013, we started doing two camps per year. Now we generally get one hundred campers in June and anywhere from seventy-five to ninety in September.

I also became a therapy dog evaluator, so we offer therapy dog prep classes and testing. We've had hundreds graduate through the program, which I love because there's a ripple effect of helping others beyond the camp. That's also why we do a lot of charitable events like silent auctions and visiting food banks and give back to various animal charities.

We now have two veterinarians on staff, and we've added dog yoga, canine freestyle dance, and more. We'll usually do a seminar on cancer prevention, including easy ways to keep your dog healthier through diet. We want people to have fun, but we also want to give them tools to help their dogs live longer, healthier lives.

Tell us more about Roaring

Brook Ranch: What I liked about this place when we started was there was room to grow. There were approximately 135 rooms, and it had a huge conference center with four rooms, so I could do four indoor classes.

It's also on three hundred acres of land, so there's an enormous amount of space, including hiking trails and several big fields, so I'll generally have eight different activities going on at once.

During the day, we try to give everyone a lot of space because that's part of the joy of being in the country—if you're used to being in a city environment, it's nice to be able to just have wide-open spaces for you and your dog. There are nighttime activities, too, such as a dog-themed game show, dog bingo, and a dog-themed movie.

Do your campers experience a sense of community? From day one, I wanted this to be

a friendly place. Nobody here talks about their jobs or their statuses. It's all about one authentic connection: we love our dogs. That makes it so much easier to meet other people. My yearly campers are also amazing, taking the initiative to make new people feel at home.

As a result, people stay in touch long after camp with group emails. I also have an alumni Facebook group that most of the campers belong to and everybody updates—if a dog is sick, everybody else sends good wishes; if a dog wins a sports event, people are excited. These connections are amazing and far beyond anything I ever could have dreamed up when I started this.

Do the pooches find pals as well?

It's amazing. Visitors get off the New York State Thruway to go into Lake George, and the dogs start barking like crazy. They know exactly where they are heading. The dogs make friends every year and light up when they see each other.



What are some of the more popular activities? People don't usually let dogs truly run free. Society has rules: you can't chase that; you can't do that. Here they can. In fact, many dogs run right out of the cars when they get here because they're excited and have so much pent-up energy. So we encourage them to take off around our giant field dedicated to lure coursing, which is a very popular activity. Some enjoy the agility activities and can't wait to run the obstacles.

The dogs love the pool, too. You see labs and golden retrievers running and jumping in, and tennis balls are flying everywhere. We've got a little bichon that rides its boogie board and then jumps off. Some will swim, and others (especially little dogs) will just hang out on floats and relax.

Is this your full-time job? If not, how do you juggle this with your career? I've worked full time in the kitchen-and-bath design industry for over twenty-five years. I do some freelance writing and pet-friendly design, and I'm starting a video blog. But camp is something that is always there in my mind because it takes a lot of planning. By November, my right-hand woman and I will start working on weekends, planning events, researching what's happening in the dog world, planning schedules, asking if we should add anything, and shopping for camp.

I'm sure if I calculated how much money I make for the hours I put in, I'd be horrified. [Laughs] But it was never about money. This was initially a gift to my dog: I want to know when she is old and lying by the fireplace that she can think, "Wow. Remember that time I was in the pool and I had the best time?"

Is this what makes Canine Camp Getaway special? People love their dogs, but they tend to multitask and not fully engage with them because there's so much going on. Here you break away from it all and truly engage with your dog, and, yes, I think that's special. Because of the experience and education, your dog is going to have a better quality of life. It's a vacation that a regular pet owner would go on as well as a hardcore dog sport person.

What has been the most rewarding aspect of this venture? I think we are increasingly a lonely and disconnected society. We have so much technology, but we don't connect the way people did years ago. Dogs make people feel connected, loved, and understood. As somebody who is single, I can tell you: I have a close-knit family who lives nearby, but my dogs are my family.

To connect with other people who love their dogs and see the world the way you do is extraordinary. I think that's part of why these Canine Camp relationships hold up year after year. No matter who you are or your life situation, the only thing that matters is that we all love dogs—and that creates an instant connection.

So the most rewarding part is absolutely the community. I never imagined the community that we would build—I just wanted to take my dog on vacation and get other people to do it, too. If my legacy is that I created something where people connect and make each other's lives better, I'm happy with that.

For more info, visit caninecampgetaway.com





The ABCs of **EMPATHY**

written by: alexa bricker

When you think of some of the most prominent figures of the last century—Mahatma Gandhi, Martin Luther King Jr., and Mother Teresa, for example—they all had something in common. It's not a powerful way with words or a strong will, although they had those, too; it's a deep-rooted sense of compassion, which drove

them to stop at nothing to achieve their goals.

And while you may not be Gandhi, or Dr. King, or Mother Teresa, practicing compassion every day can still lead you to becoming a better friend, neighbor, parent, coworker, and overall person. Empathy doesn't necessarily mean volunteering

every weekend or donating all your money to charity. All it takes are simple acts of kindness and understanding.

If you're looking for ways to practice more compassion in your life, the following guide offers tips for how to do it and highlights some the long-term benefits.

THE BUILDING BLOCKS OF COMPASSION

If you're like most people, you were probably taught the basics of compassion at a young age. Phrases like "Treat others the way you'd want to be treated," "Sharing is caring," and "Be kind" are about as straightforward as it gets—but these teachings are so fundamental to how we interact with others. Compassion involves recognizing another person's

pain, as well as sympathizing enough to want to take that pain away.

In practicing the true meaning of compassion, there are a few things to consider. First and foremost is recognizing when someone else may be suffering. If you don't understand the circumstances around other people's difficulties, it can be challenging to know how and when to express compassion. For example, if you have been bullied in the past, you're more able to empathize with a child who is being bullied. But if you've never experienced the struggles of living

in poverty, you might not be moved to give food or money to a person experiencing homelessness.

Compassion isn't simply empathizing with individuals who have similar struggles to yours, though; it's sympathizing with individuals who are experiencing *any* struggles—smaller or greater than your own. Looking outside your pain to recognize the pain of the people around you is so crucial on a societal level: it helps you to ensure that the needs of your family, friends, and neighbors are being met.



A BETTER WORLD FOR YOU AND ME

When it comes to practicing compassion, you might think that it only benefits others. However, imagine a world full of people who are wholly sympathetic and understanding anytime you're going through something and who come to the rescue to alleviate your pain. When you practice compassion yourself and teach it to others, you are helping to make that world a little more possible.



STOP. LOOK. LISTEN.

In a fast-paced environment, especially one that can be as high stress as the workplace, it's easy to lose your patience and pass judgment on coworkers. However, it's important to put yourself in their shoes. We all know what it's like to have a rough morning—maybe you spilled your coffee, traffic was at a standstill, or the corner café was out of your favorite bagel. If a coworker appears angry or is having a bad day, try to commiserate instead of mimicking his or her negative energy. Ask if there is anything you can do to help. Sometimes a sympathetic ear is all that person needs.

Similarly, we've all experienced a bit of sass from an unpleasant checkout clerk or frustration from restaurant service that took an eternity. Before jumping to asking for the manager or leaving a smaller tip, think about the circumstances that may have led to the behavior. Maybe he or she had to pick up an extra shift to make ends meet and is missing a friend's birthday or had to get through a chaotic lunch rush with a short staff. Picture your sister, nephew, or cousin in the same situation. How would you want someone to treat them?

We all get angry. We all get frustrated. But we're all capable of taking a moment to think about *why* someone may be acting the way they are.

THEIR FIGHT IS YOUR FIGHT.

Sometimes it's not enough to sympathize—you may have to stand up for the person who is experiencing difficulties. Perhaps you're in a higher position than someone who is being belittled at the office, or a parent in your playgroup is facing constant criticism from other moms and dads. In situations like this, once you've recognized that a person is suffering, you can be there to comfort them, but you should also try to put an end to their problems by voicing your concern.



When it comes to being compassionate, you might think that it requires a grand gesture or a lot of patience to make a difference. However, making simple changes to your mindset about the way you respond to other people's emotions and struggles is something everyone should strive for. Acts of compassion on a small scale can help transform the mentality of an entire community, so the next time you know someone is suffering, reach out a hand—you never know how far it will go.

meatless MANIA

written by: *matthew brady*

One of the hottest food trends over the past decade has been vegetarian versions of popular foods. This should come as no surprise, as there are now approximately 375 million vegetarians worldwide, and plant-based foods are a multibillion-dollar market. Beyond Meat, a company that arguably started this wave by introducing meatless “chicken” in 2013, is now worth over \$10 billion.

Health food markets like Whole Foods unsurprisingly embraced the concept, but popular fast-food places, notorious for not-so-healthy food, have also jumped

into the fray. Chains like Burger King, Carl’s Jr., and White Castle are among those that now offer meat-free options. Meatless Monday has also been in vogue in recent years, even though the idea of a weekday without meat was introduced way back in World War I. New York City’s public school system, America’s largest, started going meatless on Mondays in 2019.

So why has going meatless sprouted into a movement? When you look at the many potential benefits of vegetarian living—even if for only one day a week—it’s easy to see the magic (and science) that makes it so appealing.



Protecting the Earth and Its Animals

Meatless advocates will tell you that the lifestyle is first and foremost about being humane to animals, but a close second is looking out for the planet. This is particularly true when it comes to beef production: cows are thought to create large amounts of greenhouse-effect-producing methane gas, and around 1,800 gallons of water is required to make just one pound of beef on average, per some sources.

In contrast, crops like corn, potatoes, and wheat all use much less water: fewer than 135 gallons for every pound produced. This is not only far less than beef but also four to five times less than poultry or pork. So opting for plant-based foods is an environmentally friendly choice.



It's Just Another Meatless Monday

If the concept of going cold turkey on your meat-eating seems challenging, you can always start small: once a week is more palatable. And you may be surprised that this concept has been part of American history for over one hundred years.

After America entered World War I, the country asked its citizens to ration food for the war effort—and an easy way to do that was to have a different food group rationed each day. Tuesdays were dedicated to meat rationing. In 1943, the wartime idea was suggested again with a slight twist for alliteration's sake, and Meatless Monday was born, with millions of Americans willingly joining the effort.

Flash-forward sixty years, and you'll find the origins of the modern, more commonly known version of Meatless Monday. Ad executive Sid Lerner revived the slogan from World War II for a different twenty-first-century cause: to help the planet and humanity's overall health. Instead of a national campaign, today it's a global movement taking place in over forty countries—and one that can help you dip your toe into meatless eating.





Meatless advocates will tell you that the lifestyle is first and foremost about being humane to animals,
but a close second is looking out for the planet.

Paradoxes: Protein, Processing, and Price

Like most things new and exciting, there's usually some sort of downside, and it's no different with going meatless. One of the first rebuttals you'll hear from meat eaters, such as myself, is a concern about protein intake: namely, that without meat, we'll get less protein. However, nature provides a ton of healthy proteins: nuts, beans, green peas, milk, and yogurt, to name a few, which can also translate into your fast food of choice. For example, the vegetarian version of White Castle's classic without cheese offers 50 percent more protein than the original.

A bigger issue is that, as natural as these foods may seem, they are still processed, which is a red flag for some nutritionists. Plus, as nutritious as they may seem in some areas, they could be worse in others. For example, you'll cut out most of the cholesterol from Burger King's most popular burger if you opt for the veggie option, but you'll also add more sodium while retaining almost the same amount of saturated fat.

And, finally, there's the price. If you're considering incorporating meat-free options into your daily or weekly routine, you can usually expect to pay more. At my local grocery store, for example, a package of Beyond Meat patties costs approximately twice per patty than its beef counterpart. The same holds true for fast food places.

For instance, Burger King's aforementioned burger costs a dollar more than the beef equivalent. (Prices will vary, so check in your area.) If this proposition is a little too pricey for you on a regular basis, try making your own at home using recipes from the plethora of plant-based websites available, including mondaycampaigns.org.

Going meatless continues to be a popular global food trend that shows no signs of slowing down—and it's easy to see why, considering the overall inherent health and environmental benefits. As with anything health-related, though, it mostly comes down to smart choices. Can you continue eating beef and chicken and still be healthy? Certainly—as long as you are selective and portion wisely.

Likewise, be smart when it comes to your meatless choices. Check the nutrition facts and ingredients lists, and compare them to the meat versions. Most importantly, consult with your doctor to determine if this lifestyle is right for you and your unique health care needs. All this can help ensure that, whether you do it weekly or more frequently, you get the most out of meat-free eating.

For more info, visit mondaycampaigns.org/meatless-monday

There's No Place Like *Om*

written by: *rebecca poole*

When it comes to yoga, there's something for everyone. If you want an intense workout that pushes your physical fitness to the limit, hot yoga may be for you. But if you want a class that emphasizes breath and energy, Kundalini yoga is worth trying. There's also another kind of yoga that involves something more unusual: animals!

Take a journey through many different types of yoga. Young or old, newbie or regular, you'll be inhaling and exhaling a little bit easier by the end.

Strike a *Pose*

Yoga can seem overwhelming when you're first starting out because there are many practices, studios, and online resources to consider. But first, it's important to begin by understanding the poses, as these are the basis for nearly every practice of yoga.



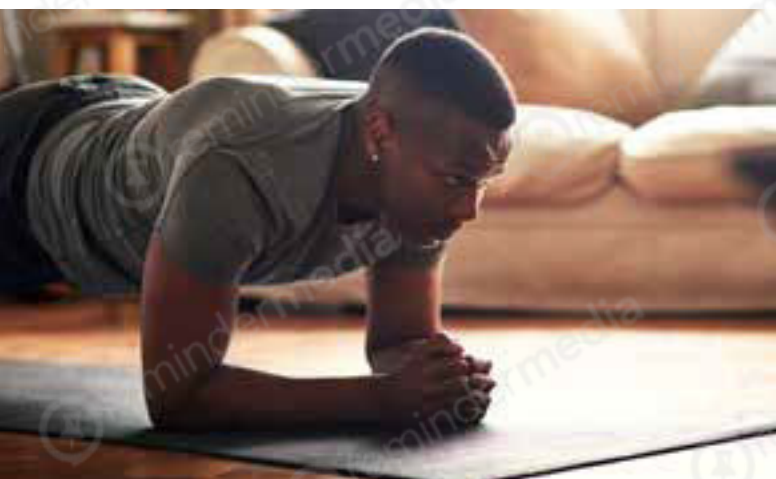
Child's Pose:

To give your lower back, hips, and hamstrings a stretch, try child's pose. Rest your head gently on the mat, stretch your hands out in front of you, and rest your glutes on your heels. When you need a breather during a class, this is the go-to pose. It's also a great stretch no matter what workout you're in the middle of.



Downward-Facing Dog:

Another back-pain reliever, downward-facing dog is one of the fundamental poses of yoga that is often revisited throughout class. To do this pose, place your hands in front of you, sending your hips back and stretching out your calves. This also stretches out your Achilles tendon and hamstrings.



Plank:

Yes, you will be doing planks. But have no fear: this core-strengthening exercise only gets easier the more you do it (and you will be doing it often in yoga). There are many variations of planks: for example, holding yourself up on your forearms with your legs outstretched is the standard version; however, you can also place your knees on the floor or leave your arms fully extended for a less difficult variation.



Tree Pose:

One of the most commonly recognized poses of yoga requires balancing on one foot with the other foot placed on the inner thigh of the opposite leg and the knee turned outward. Hands are placed in a prayer position in front of the chest, and eyes are closed. This balancing pose is a posture perfecter and is revisited often during a class.



As you dive deeper into your yoga practice, you'll start to realize the importance of these and other poses and how they correlate with the mind-and-body connection.

Varieties of Yoga

As you scan your local yoga studio's schedule or search YouTube for at-home classes, the various kinds of yoga you're presented with may be confusing. Or maybe you're experiencing ennui with your current roster of yoga classes and want to try something new. Get ready to roll out your mat and try one (or all) of the following types.

Hatha:

This is one of the most common types of yoga that you'll find. Depending on the studio or instructor, Hatha may be more physically demanding or more focused on breathing and poses. Don't be afraid to ask questions before signing up!

Vinyasa/Flow:

Another common variety of yoga, Vinyasa—sometimes referred to as “flow”—is a sequence of movements and poses that emphasize strength and better posture alignment. The most important aspect of a Vinyasa class is the continuity of movement.

Power:

This falls under the Vinyasa category but with a twist. It's the perfect kind of yoga for those who may want something more rigorous than a traditional yoga class. Prepare to break a sweat!

Kundalini:

This ancient yoga practice highlights the importance of the mind-and-body connection more than any other type of yoga. For something that will help you become more in tune with your breath, energy, and body, give Kundalini a go.

Hot/Bikram:

Feel the burn—and the heat. Hot yoga, traditionally known as Bikram, takes place inside a room set at an average of 90 degrees (not to mention the humidity). But don't be scared off—this is highly beneficial for those who want to burn more calories, improve flexibility, and experience a class with a bit more cardiovascular benefit.

Restorative:

If you want more of the restful element of yoga and less of the sweat, restorative yoga is the answer. This type of class encompasses gentle movements and relaxing poses meant to do just what the name suggests: restore.

Cat's out of the Bag

If you thought the above were the only variations of yoga, think again. Another trend in recent years is yoga classes with varieties of animals in the mix. What started in Oregon with goat yoga has since turned into its own genre of fitness. While there's no added physical benefit to this popular offshoot, doesn't the thought of doing downward-facing dog next to an actual dog bring a smile to your face? It may be distracting, but it's well worth it for the happiness you'll feel after a yoga session alongside a four-legged friend. Here are some of the most popular kinds of animal-focused yoga classes and what you can expect.

Dog Yoga:

The benefit to doing yoga with a dog is that, unlike goat yoga, you don't actually have to leave your home if you're a dog owner. There are poses that literally mimic those of a dog—such as downward-facing dog—and dogs can even experience a sense of harmony just like we do when practicing yoga.

Goat Yoga:

You have goats to thank for animal-centered yoga entering the mainstream. Many places that offer goat yoga even experience waiting lists because of how popular it has become. That's because yoga with goats is more than just an exercise class; it's therapy. After all, it's hard to focus on the negative when a baby goat hops on you during Vinyasa flow.

Cat Yoga:

If you can't get enough snuggles with your cat, your feline friend is now welcome to yoga class. While cats may be distracting during the practice itself,

similarly to dog and goat yoga, simply having this four-legged creature weave in and out of your poses produces a calming effect that's beneficial to the mind and the body.

Inhale, Exhale

The benefits of yoga range from the physical (improved muscle strength and flexibility) to the mental (better concentration and increased clarity). As you let your breath guide you through the unique movements of each type of yoga—with or without a four-legged friend to accompany you—immersing yourself in this fitness practice is just one way to create a more harmonic innermost self.

Check with your doctor before starting any new fitness program.

For more info, go to yogajournal.com



Hurray for HOMEOWNERSHIP!

Owning a home is a lifetime goal for many people. But did you ever consider why this is? Sure, for some it's a good investment: their money goes toward their own equity rather than a landlord, and many people can make a profit by selling their home one day. However, as it turns out, you can get a host of mental and emotional benefits from homeownership as well.

written by: matthew brady

SELF-WORTH

As one of the biggest purchases you'll make in your life, purchasing a home improves your self-worth and satisfaction significantly. Simply put, when you work hard to save, research, and finally buy a home, getting those keys is a feeling like no other.

CONTROL AND RESPONSIBILITY

Continuing the self-worth theme, homeowners often revel in being in control of the place they live, whereas renters are often subject to the property owner's rules. The freedom to customize your place to your liking and take responsibility for its overall physical and financial upkeep can also lead to greater happiness.

STABILITY AND SECURITY

For the most part, homeownership is a long-term commitment—for you and your lender. This adds a world of security to your day-to-day living and overall stability (assuming you stay on top of your bills, of course).

CHILDREN'S WELL-BEING

Oftentimes, when kids (or even young adults) move to a new house, it can seem like their world is in upheaval. Research shows that, because of the long-term stability of homeownership, children of homeowners tend to do better in school and participate less in dangerous behaviors.

COMMUNITY

Everyone inherently craves a sense of belonging, and homes facilitate this through their neighborhoods. Becoming part of a community and growing with it also provides a greater purpose beyond yourself and your own family—simply put, much like the way you invest in your home, you invest in your community.

For more info, visit [realtor.com](https://www.realtor.com) or contact your real estate agent

Jan Majeski
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Tips for Successful Meal Prep



1. Plan Your Meals - Cooking more meals at home is good for your health and your wallet and with a little planning, you can fit it into even the busiest week. Start by listing your meals for the week ahead and be specific. You could even make a basic outline for each week: chili on Monday, pasta on Thursday, and tacos on Friday.

2. Choose Easy Recipes - Start simple. Turkey chili and roasted vegetables are a cinch to make and reheat easily. Lasagna or fish stew, on the other hand, take more work and may not stay as fresh. When you find a recipe that looks good, save it in a file, pintrest or spreadsheet. Once you make your picks, make a list of each ingredient to buy, including how much you need. Apps and other online tools can help you figure out exact amounts.

3. Pick Versatile Ingredients - Look for foods that work in a few different dishes. For example, you might use quinoa to make a side dish, add to a salad, or as part of a grain bowl for lunch. A roast chicken can be an entrée, added to a soup, or served in tacos throughout the week. And if there's any left over, you can freeze it.

4. Shop Once - Once you have your list, pick a shopping day that fits your schedule. Maybe you like going to the neighborhood farmers market on Saturdays or hitting up the grocery store on a weeknight when it's not busy. Be sure to buy just what you need. And don't let the sight of a week's worth of groceries overwhelm you when you get home. Remember, you don't have to shop and cook on the same day.

5. Pick a Prep Day - Cooking more food at once makes it easier to put together healthy and quick meals on hectic days. Pick a day of each week to prep as many of your dishes as you can. And make it fun! Put on some music and turn it into a family affair -- everyone gets a job that matches their age. If meals for a full week seem a bit much to take on, start with 2 or 3 days' worth and prep another dish later in the week.

6. Think About Cooking Time - On prep day, start with foods that need the most time on the stove or in the oven: cooking meat, roasting vegetables, soaking or simmering beans, making quinoa. Once you have those pots and pans going, you can do quicker tasks like washing lettuce or chopping carrots and celery into handy snack sizes. If you don't like to pre-cook your meat, put it in a marinade so it's ready to toss into the pan or oven when you need it.

7. Keep the Basics on Hand - A few "go-to" foods are always good to have in the house for a snack or to add to a meal: Nuts and seeds, washed greens, hard-boiled eggs, chopped fruit. Quick-fix foods that keep for a long time are also good, like rice, dried pasta, canned tuna, and frozen veggies. They make it easy to throw something together, even when you haven't been to the store in a while.

8. Make Extra - If you know you use a lot of some ingredients or recipes, double or triple the amount you cook at once. You can save yourself the hassle of cooking beans, boiling eggs, or steaming veggies several nights per week.

9. Portion It Out - Divide large recipes into ready-to-go single servings, and you may save yourself some time during the week. It can also keep you from eating too much. Put each serving in a re-sealable container. You can also pour soups, stews, and broths into silicone muffin tins, freeze them, and pop the pieces into a plastic bag after they harden.

10. A Trick of Veggies - You can "blanch" your vegetables -- dip them in boiling water and quickly cool them -- to make them last longer in the freezer. Bonus: it also brightens their color, seals in taste and vitamins, and helps get rid of germs. Wash them off and cut them to the right size before you start this process.

11. Lunch in a Jar - You can pre-make five at once and have lunch all week. Put nuts, grains, protein, and dressing at the bottom of an 8-ounce jar, with veggies and greens on top. Or make a "wrap-less" burrito with beans, rice, and veggies. Another idea: portion out single-serve smoothie ingredients that are ready to throw in the blender.

12. Stay Organized - Once you have things prepped and packed, don't lose it all in the back of your fridge or freezer. Label each container with the contents and the date. Keep the stuff that's been there longer near the front, so you use it first. Put food that goes bad fastest, like herbs and chopped fruit, at eye level so you don't forget about them.

13. Good for How Long - Don't let your hard work spoil in the fridge! Keep in mind how long some foods will stay good refrigerated: Ground beef or chicken (cooked): 1-2 days / Whole meats, poultry, fish, soups, and stews (cooked): 3-4 days / Beans, chickpeas (cooked): 5 days / Hard boiled eggs, chopped vegetables: 1 week / Soft cheese (opened): 2 weeks / Hard cheese (opened): 5-6 weeks

14. Freeze! - Airtight containers are best for freezing food. You can save space if you use large re-sealable plastic bags and squeeze out any extra air. Anything will freeze, but foods with lots of water, like salad greens or tomatoes, don't always work well. Once you store them, keep in mind how long they'll stay good: Soups, stews, beans (cooked): 2-3 months / Ground meat, poultry (cooked): 3-6 months / Apples, bananas, pears, plums, mangoes, berries: 6-8 months / Vegetables: 8-12 months

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Front of Tear Out Card 2



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San Mateo County



cheesy
TOMATO PIE

Back of Tear Out Card 2

SERVES 8

cheesy TOMATO PIE

ingredients:

Vegetable oil, for greasing
3 tbsp. extra-virgin olive oil
1 large yellow onion, diced
2 lb. roma tomatoes, diced
2 tbsp. chopped fresh basil
2 tsp. kosher salt
1 tsp. chopped fresh thyme
½ tsp. ground black pepper
2 c. mayonnaise
2 c. shredded sharp cheddar cheese
1 c. shredded Havarti cheese
2½ sleeves of Ritz crackers, crushed, divided

instructions:

1. Preheat the oven to 350 degrees F. Lightly oil a 9-by-13-inch baking dish.
2. In a large sauté pan over medium-high heat, drizzle in the olive oil. Once the oil is hot, add the onions and cook until tender, 3 to 5 minutes.
3. Next, add in the tomatoes, basil, salt, thyme, and pepper. Stir. Cook for 15 minutes, then turn off the heat and set the pan to the side.
4. In a large mixing bowl, combine the mayonnaise, cheddar, and Havarti. Set aside.
5. In the baking dish, sprinkle ⅓ of the crushed Ritz crackers (save 1 cup for the topping!). Make sure that it is spread evenly on the bottom. Pour half of the tomato mixture on top of the Ritz crackers. Repeat the layers.
6. Top the layers with the mayonnaise-and-cheese mixture and smooth out. Sprinkle the remaining 1 cup crushed Ritz on top. Bake uncovered for 45 minutes. Remove from the oven and let sit for 15 minutes before serving.

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This Spring, the idea of rejuvenation, renewal and regrowth is more important than ever. I hope the magical colors of Spring fill your life with happiness and fun!

The current market is bustling and active! Call me today to discuss all your Real Estate questions or needs!

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