

## The Dash

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during the service of an elderly friend named Maurine. At her memorial, her family told of the time she rode a bus across Washington State to visit friends confined at a World War II Japanese internment camp. When she arrived, the guard stationed at the front gate told her no one had ever come to visit. She responded, "Well, I have and I am spending the weekend." And that is exactly what she did.

Maurine made her mark on

life by standing up for her beliefs and standing by her friends. I use the story about Maurine to give me courage when I am going against the status quo.

Stories told at funerals remind me that it is not our major accomplishments but how we treat people that matters most. A friend once told me her goal in life was to be like a cool drink of water. I like that image so much I often claim it as my own. The idea of being remembered as a refreshing presence fills me with joy.

When the time comes to summarize your life's dash,

how do you want to be remembered?

*Colleen Foye Bollen is a certified Jin Shin Jyutsu practitioner. This gentle, Japanese acupressure technique works on physical, mental, and spiritual issues to promote optimum health. She is also a reiki master and certified Sound Healer. Call (206) 367-0491 or visit [www.flowingstillness.com](http://www.flowingstillness.com) for more information and appointments. Colleen will present a workshop, "The Art of Jin Shin Jyutsu," at the Bothell East West Bookshop, on Friday, May 23 at 7:30 p.m.*

## What Cats Need, Part 5

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seem to mind. I did have to get very creative to provide them access as I was living in the basement, which is underground. I had to put the catdoor in the wall at ground level, which is very close to the ceiling of the basement family room. The cats must climb a 6' scratching post to exit the door. Then they go through an 18' tunnel, placed under the back addition to the house,

in order to reach the cat run. I taught them to use the tunnel before I moved them from the farm.

We used large black plastic drainage piping to make the tunnel and I took a leftover piece of the tunnel up to the farm and taught them the "run through the tunnel" game. For familiarity's sake, I used a long piece of carpeting from the farmhouse to line the bottom of the tunnel to the run.

More about creative

catruns and less costly versions next month.

*Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (206) 525-2016 or [www.martha-norwalk.com](http://www.martha-norwalk.com). To purchase a set of Martha's Canine Behavior Modification tapes or to make an appointment for her to work with you and your animal friend, give her a call.*

## Astrological Health Hints

by Ariele M. Huff

The variety of alternative treatments is mind-boggling: acupuncture, homeopathic remedies, Bach Flower remedies, naturopathy, healing touch, water therapies, ozone treatments, vitamin and mineral supplements, herbs, macrobiotic diets, juice fasting.

Although astrology doesn't tell which methods work, it does suggest which ones have the potential to address each sign's characteristic health issues. These strategies are not intended to replace the advice of your health care provider. Check with him/her before trying any of the following methods.

**Aries:** You are quick and daring, which makes Arnica Montana a good homeopathic remedy for your bruises and muscle strains. Take it orally or as a soothing topical gel. Aries rules the head, so headaches may be a problem. Acupressure technique: Pinch the flesh between the thumb and first finger with the opposite thumb and first finger, holding the pressure for 30 seconds for temporary relief. Consider willow bark tincture, a kind of natural aspirin, too.

**Taurus:** Placid bulls may suffer from throat maladies. Naturopaths recommend salt water gargles and grated carrot throat compresses. Mesomorph Taurus-types might try gotu kola to assist connective tissue healing, post-exercise. Stimulate sometimes

sluggish Venus-ruled systems with ginseng teas or capsules. Water-therapies suit this sensuous sign: Hot springs, whirlpools, and saunas attract pleasure-loving May babies. If you're going to work on healing, the bull reasons, you might as well enjoy it!

**Gemini:** Mental Gemini often ignores symptoms of cold or infection; they are too busy reading and talking. So, daily immune boosting colostrum could be preventive. Failing that, herbalists say Foenugreek tea helps break up mild bronchial congestion. Naturopaths sometimes prescribe mustard plasters to accompany this strategy. (Mustard plasters are not just mustard "plastered" to your chest, which could burn your skin badly. If you want to try this treatment, talk to a qualified naturopath.)

**Cancer:** Your sign rules the stomach and can get upset on occasion. Ginger is considered the natural Dramamine. For relief from motion sickness, try ginger tea or candied ginger. Raw ginger can be shredded into stir-fries, pickled ginger goes well with rice or noodles, and gingerbread is a tasty treat. Other tummy soothers: marshmallow root and slippery elm, which can be in tea, tablet, or capsule form.

**Leo:** Lions know their sign rules the heart. And though they love to indulge in all things intensely, they are willing to follow reduced-fat, low-cholesterol diets when necessary. A lean and healthy lion is the best

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