



## Van Auken's celebrate 35 years

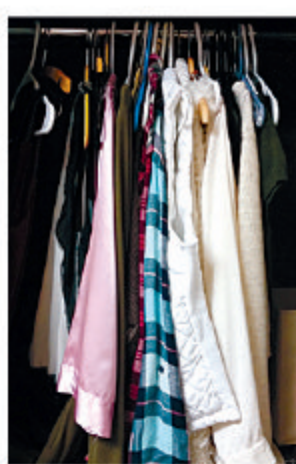
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# LIFESTYLE

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## PROJECT 333

simple is the new black

### Writer takes on minimalist fashion challenge



By OLIVIA ROWE  
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**W**hen your work week falls within 60-70 hours between two to three jobs like mine does, you spend a lot of time feeling behind on everything — especially house work. The holidays are a fun, but stressful time for everyone and by the time Christmas swung around, I felt extra behind. Forget dishes and laundry — at the end of it all, I was just tired of having STUFF. I was desperate to simplify and un-complicate as much as possible.

As a blogger I spend a lot of time reading other blogs and researching recommendations that other bloggers send me. I stumbled upon a blog about minimalism — a lifestyle that's simply about getting rid of excess to focus on what truly matters in your life: your values.

Minimalism looks different for everyone; for some, it's extreme — minimalists who've gotten rid of Internet service at their house, wear their own version of a uniform every day and have few belongings. For others, it's merely decluttering and getting rid of anything that doesn't add value to their lives. Minimalism lives in shades of grey, rather than black and white.

Since I live with a roommate, I started with decluttering my own room. I got rid of an entire tote of CD cases, gave away my jewelry armoire that I rarely used and got rid of most of the pieces in it that I stopped wearing years ago. Then, I focused on paring down my wardrobe.

I love clothes and expressing myself through fashion. Having

said that, however, I also get bored easily. I'd buy something one season, get tired of it the next year, donate it and buy more. I wanted to find a way to stop the endless cycle of boredom and buying.

Then I stumbled upon a minimalist fashion challenge that many bloggers were participating in. Project 333 is a fashion challenge that asks you to dress with 33 items or less (called a "capsule wardrobe") for three months. Thirty-three items sounds like a lot, but when you go through your closet and your dresser and count each item, your number is likely a lot higher, like mine was.

According to the challenge rules, those 33 items aren't simply limited to tops and bottoms. You have to factor in accessories and shoes, too — items that you don't wear every day (i.e. your wedding ring wouldn't count because you wear it every day). However, undergarments, loungewear and workout gear don't count toward your total, provided that you only wear them for their intended purposes.

When you choose your 33 items, you must pack up the rest or give away your leftover items. And you can't buy any new clothes for another three months.

After the time is up, you can start a new capsule

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OLIVIA ROWE/Sun-Gazette

At top and bottom left are some of the items Olivia Rowe packed away. At middle and right are some of the items in her minimalist wardrobe. Rowe has been following a minimalist fashion challenge since the new year, which has her dressing in only 33 or less items of her choice. At right, Rowe poses for a photo dressed in a few of the items she chose to include in her minimal wardrobe.



## creature COMFORTS

with Dr. Stephanie Daverio

### February is National Pet Dental Health Month

(EDITORS NOTE: This column previously was published in the Sun-Gazette. Being National Pet Dental health Month, we found it appropriate to re-publish and provide our readers with information about their pet's dental health.)

February is National Pet Dental Health Month: sounds like something drummed up by Hallmark, doesn't it? Problem is, most people don't know what dental disease looks like (or smells like) when it is present, so veterinarians are left to bring it up at yearly exams.

We frequently resort to "shock" techniques like showing owners the green goo that clings to their animals' tartar-encrusted molars and flame red gums, or more dramatically, demonstrating loose teeth by playing them like piano keys. (My husband does the piano thing; I feel just wiggling them a little is enough to make a point.)

The mouth, no matter how well-tended, is a filthy place. Some really nasty bacteria live there happily, usually causing no ill effects — as long as they are not allowed to accumulate on the gums and teeth.

The invisible film of bacteria that covers the teeth and gums is called "plaque," which is the cause of gum disease and eventual tartar accumulation.

Plaque lives even more happily on tartar, since it is porous and rough like concrete. Bacteria can hide in all the microscopic nooks and crannies, becoming nearly impossible to remove by brushing.

Bacteria from the mouth have been shown to adversely affect multiple organs in animals. They can be a factor in kidney disease, liver disease and joint disease. Bacteria can attach in globs onto the heart valves, which eventually can cause heart disease and potential thromboemboli (floating clots) to occur.

Although I get more laughs than a standup comedian when I mention brushing pets' teeth, it never-

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### Mastering homemade teriyaki sauce with 5 delicious recipes

By J.M. HIRSCH  
AP Food Editor

If you're still using teriyaki sauce from a bottle, you're doing it all wrong. And you're depriving yourself of the awesomeness that is homemade teriyaki.

I didn't set out to master DIY teriyaki sauce, but my 11-year-old suddenly started craving the stuff. Not even sure where he ate it that it was so good to inspire almost nightly requests for it. But knowing how simple this potent sweet-savory sauce is to make, I refused to buy it. It took a few attempts, but eventually I nailed an incredibly versatile and delicious version.

And by versatile, I mean I slather it on whatever protein I have on hand — chicken, steak, pork or salmon. I've included the basic recipe for the sauce, as well as instructions for using it on each of those dishes. Then, just for fun, I added a slow cooker version of the chicken. Because the only thing better than a delicious chicken teriyaki is a delicious chicken teriyaki that practically cooks itself.

#### Teriyaki sauce

Start to finish: 5 minutes  
Makes 1 cup

- 1/4 cup water
- 1/4 cup low-sodium soy sauce
- 1/4 cup seasoned rice vinegar
- 1/4 cup sugar
- 1 tablespoon sesame oil
- 2 teaspoons Sriracha (or other hot sauce)
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger

In a medium bowl, combine all ingredients and whisk until the sugar is dissolved.

(See MASTERING, Page E-3)

### Woman shares her home with rescued birds

By JOHN CARLISLE  
Detroit Free Press

NORWAY, Mich. (AP) — No matter what, her friends always are happy to see her.

"Hi babe!" Wally said as she walked into the room.

"Hi babe," Dianna Larson replied. Wally stuck his beak through his cage, cocked his head, then let out a cackle of a laugh.

"You think that's funny?" Larson asked the 20-year-old cockatoo. "Yeah, come here, give me a kiss." She leaned her face in.

Larson is the owner of Snuttles Hut Parrot Rescue and Refuge — also known as her house — which is in the small western Upper Peninsula town of Norway, right by the Wisconsin border. Since 2007, the 52-year-old has taken in dozens of parrots that were starved, abused or neglected by their owners, the Detroit Free Press reported.

Right now, she's got 13 large birds

sharing her small home. On top of that, she's taken in four dogs that came from troubled circumstances or shelters. Add in some clutter, and it's gotten pretty crowded in the old miner's shack she calls home.

"This house isn't usually this cramped," she said, motioning to boxes stacked by the stairway to her bedroom as the dogs barked outside the back door. "My parents died within six months of each other, and a lot of stuff got shifted over here. I'm still trying to go through it."

Nine years ago, she took in an ailing bird. More followed. And soon enough her home became a parrot rescue — the only parrot rescue in the U.P.

Larson walked through the birds' room and said "hi" to all of them in turn — Luna and Napoleon and Buddy and Yoshee and Shamrock and the others.

She lives alone, except for the birds and the dogs, which are part pets, part roommates, part companions.

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ASSOCIATED PRESS

Dianna Larson talks with Conan while taking care of the birds at her home, where she runs Snuttles Hut Parrot Rescue and Refuge in Norway, Mich., in Michigan's Upper Peninsula. "I have a house full of love," she said. "It can get noisy. It does get annoying sometimes. But it's a house full of love. You know, when I hear one of the cockatoos say 'I love you. I know that they mean it.'"



# Woman shares her home with rescued birds

(From Page E-1)

"They're like my kids," she said. "I love every one of them — even the mean ones."

In many ways, her home has become the birds' house. Her meals revolve around theirs. Her days are scheduled based on their needs. Yet she remains devoted to them all. And, she says, they're just as devoted to her.

"I have a house full of love," she said. "It can get noisy. It does get annoying sometimes. But it's a house full of love. You know, when I hear one of the cockatoos say 'I love you' I know that they mean it."

Her first bird was a pet, a racing pigeon her father found in the desert.

Larson was born and raised in Illinois, got married and divorced there, and moved to the U.P. seven years ago to be near family members who'd migrated north.

At one time, back in Illinois, she had 52 birds in her house.

Now she's more selective and keeps their numbers low. "I'm turning dogs away, I'm turning birds away," she said. "I just flat out can't afford it."

But the calls for help still come in — a bird someone tried to starve, another bird someone abused, a bird so stressed it mutilates itself. She regularly advertises on Craigslist, telling people she's willing to take in their sick and neglected parrots. There's an endless supply of them out there. The birds can live for decades, and most owners aren't prepared for what that entails.

"People don't do their homework," said Larson, who also offers taming, training and grooming of people's birds at

Snuttles Hut. "They don't realize a cockatoo, you've got to spend five, six, seven hours a day with one cockatoo or you end up with a bird like Yoshee, who pulls his own feathers out."

Diana Allbaugh, who runs a wildlife rehab in nearby Kingsford, agreed that parrots require a lot of attention. But she says they're worth it.

"They are incredibly intelligent, equal to a small child," said Allbaugh. "They have intense personalities, and once you get to know them they're just really neat little creatures. But you have to interact with them."

She met Larson a few years ago and adopted two of her rescue birds. "She'll go hungry before those animals do," Allbaugh said. "She loves them, she cares for them the best she can with limited resources. She can use some help along that line. A bigger space would solve a lot of her problems."

Larson admits that some people in her family worry that she's becoming a hoarder, what with all the birds and their cages, the dogs, the stacks of mail and paperwork on the kitchen counters, and the curio shelves with framed photos of her late father propped up behind stacks of souvenirs.

"They're afraid that I've got too much stuff in the house, which I really do. And you know, they're afraid that the animals are going to suffer for it. But my animals get excellent care."

A two-page note, typed and taped to the front door of Snuttles Hut, greets her guests. It lays out very specific rules.

Do not pick up the Chihuahua, it notes, adding that it "will bite your ankles if

given the opportunity."

Do not approach or make eye contact with Amy the abused dog, who is afraid of everyone but Larson.

And watch your mouth around the birds. "Please refrain from using God's name in vain, and the F-bomb will not be tolerated here. Many of my birds talk and they will repeat words."

After years of neglect or abuse before they got here, many of the animals are skittish, and anything can set them off. Even the friendly birds sometimes peck at her fingers or her face, drawing blood.

"Please keep in mind that each and all of the animals here are rescued and they have not had very good lives before they got here," the note explains.

Hosting a parrot rescue in a house isn't unusual; in fact there are several in downstate Michigan based inside people's homes. Plus, she's been certified as an avian specialist by the Pet Industry Joint Advisory Council in Washington, D.C., so she's not just some lady with a bunch of birds and no knowledge of how to care for them.

As owner of the only parrot rescue Up North, she's well known in the region. The nearby animal shelter will call if it gets a large bird. And a library just over the Wisconsin border books her for lectures on parrots.

But Snuttles Hut isn't a non-profit and receives no funding from anywhere. So the birds' food and care is almost entirely paid for out of Larson's own pocket, even though she's on disability and holds only a part-time job as a cashier at a drug store in a neighboring town.

A few people help her out.

Her son drops off food sometimes. A bird-loving woman in France came across the Snuttles Hut Facebook page and has sent contributions. The manager of a local grocery store donates expired fruits and vegetables for the birds. And friends offer a little money now and then.

Marti McDowell, who lives a few miles away in Iron Mountain, had a sick bird and found Larson on Craigslist. "I went to visit her and she's very overwhelmed with what she's taking care of there," she said. "She needs a bigger space." McDowell sponsors Conan, one of the birds, for \$25 a month.

Not long ago, Larson started a Go Fund Me page, seeking up to \$1,200 for things like bird food, and possibly a bigger space for her and the birds. So far, the page has drawn little attention and no contributions. So she continues to pay for everything herself, with a little help from others who sympathize with her selflessness toward her animals.

"Dianna has an absolute heart of gold," McDowell said. "And the reason she has so many birds in a small space is just because she doesn't have the heart to turn any of them away. And I hope someday she can get help more than she has now. Because she's just a wonderful person."

Larson poured some pancake batter in tiny circles on a hot frying pan and sprinkled them with little bits of fruit.

It was lunch time. That day's offering was pancakes with strawberries and pineapple pieces.

She and the birds eat the same meals at the same time. But the birds always eat first. "I

get the leftovers," Larson said with a laugh.

Taking care of 13 large, demanding birds is time consuming. It takes two or three hours to clean their cages. Feeding all of them takes about 90 minutes, and they get fed two or three times a day. She does this all by herself, often leaving her with little alone time before going to work. But all that effort is worth it, she said, for the reception she gets when she comes home.

"I usually close the store," she said, "and I get home sometimes 10:30, sometimes quarter to 11, and Conan will wake up and he'll talk to me for about an hour. You know — 'Hi! Welcome home! I'm glad you're home. I was a good bird,' and he just tells me how his day went, just jabbering away."

She doesn't get to go out much, partly because there's not a lot to do in Norway, she said, and partly because she suffers from health problems, like migraines and fibromyalgia. "I've got days where I can't even get out of bed," she said. "Being on a fixed income like I am, I don't go out. I go to work, I go home, I go to the doctor's, I come back. And that's about the extent of my going out."

But she doesn't need to. She's always got the companionship of her birds at the house, who don't know whether she's sick or broke or had a long day at work. She knows they're just happy she's home.

"I don't get lonely," she said as she talked over the squawks and chirps and cackles of all the birds. "Like I said, I've got enough love in this house — 13 birds and four dogs. There's plenty of love in this house. And I like it that way."

## Writer takes on minimalist fashion challenge

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wardrobe for a new season. You can pull out any pieces that you put away and shop again to choose another set of 33 pieces for a new wardrobe season.

The point of the challenge is to cut back on consumption and invest in higher quality pieces that are versatile, will last and will make you want to wear them for more than a year. Before I began the challenge, I went outlet shopping and looked for sales on higher quality basics at stores like The Gap, Ann Taylor and Banana Republic. I looked for whites, greys, blacks and navys that can be mixed and matched in different ways.

Because this was my first time attempting this challenge, I decided to start with a larger number: 50. I ended up donating a few trash bags full of clothing and packing away a whole tote, but 33 still was too pared down for my comfort level. My 50 items included:

- Five pairs of shoes (Four pairs of boots and a pair of ballet flats)
- Three necklaces (I also wear rings, but since I don't take them off, they're not included in the list)
- One bracelet
- Seven pairs of pants (Five of which I can wear at work)
- Two jumpsuits (not incredibly versatile but I really love them)
- Three pullover sweaters
- Three cardigans
- Six button-up shirts
- Two dresses
- Eight long sleeve shirts
- Four short sleeve shirts
- Two vests
- Three scarves
- One jacket

Sounds like a lot, right? You'd be surprised though when you start counting.

I'm about two months deep into the challenge and there's definitely things I would change. While I don't necessarily miss the clothes I put away or gave away, I didn't have

enough versatility in the old pieces I chose to mix and match much and my budget for new shopping was limited.

Therefore, while I bought nice neutral clothes, I still had limiting patterns in my wardrobe — like plaid, for example. I find myself wearing the basics more and the plaids less because they work better with a number of items. Interestingly, I'm less bored with them — perhaps because of their versatility.

I plan to do this again for the spring season and I expect that will bring its own set of challenges, like incorporating pastel colors and selecting items that can work in warmer or cooler weather, depending on the sometimes unpredictable spring forecast.

For more information on Project 333, visit [bemorewithless.com/project-333/](http://bemorewithless.com/project-333/).

For more information on minimalism, visit [www.theminimalists.com](http://www.theminimalists.com).

## Mastering homemade teriyaki sauce with 5 delicious recipes

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*Nutrition information per tablespoon: 20 calories; 10 calories from fat (50 percent of total calories); 1 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 210 mg sodium; 4 g carbohydrate; 0 g fiber; 3 g sugar; 0 g protein.*

### CHICKEN

Slice boneless, skinless chicken breasts into strips. Add them to the sauce, then refrigerate up to 24 hours. When ready to cook, set a wire rack over a rimmed baking sheet. Coat the rack with cooking spray. Arrange the chicken strips in an even layer on the rack, then set under the broiler on the oven's middle shelf for 3 to 5 minutes, or until just starting to brown. Flip the chicken pieces, then cook for another 3 to 5 minutes.

Pour the marinade into a saucepan over medium-high and boil for 3 minutes. When the chicken comes out of the oven, drizzle the boiled marinade over it.

### PORK

Substitute pork tenderloin, similarly sliced, for the chicken breasts above and follow the same method.

### STEAK

Cut a 1 1/2-pound flank steak against the grain into thin strips. Add to the teriyaki sauce and refrigerate for up to 24 hours. When ready to cook, heat a large skillet over medium-high. Add a couple tablespoons of canola, vegetable or sesame oil. When the oil is hot, use tongs or a fork to remove the steak from the marinade and add to the skillet. Cook for 2 to 4 minutes. You want it barely cooked.

Add the marinade to the pan and bring to a simmer. Cook for another 1 to 2 minutes. Serve the steak and sauce over rice or noodles.

### SALMON

Arrange 4 salmon fillets on a foil-lined rimmed baking sheet. Brush each with teriyaki sauce. Broil on the oven's middle shelf for 1 to 2 minutes, then brush with additional teriyaki. Repeat this process 3 to 4 times, or until the salmon is just cooked and well glazed, a total of about 6 to 8 minutes under the broiler. Garnish with chopped scallions, sesame seeds or both.

### Slow cooker chicken teriyaki with carrots

**Start to finish: 4 hours**  
**20 minutes (20 minutes active)**  
**Servings: 6**

3	pounds boneless, skinless chicken breasts
1/4	cup all-purpose flour
2	tablespoons canola oil
1	tablespoon butter
1	pound carrots, trimmed and cut into 2-inch chunks
1	large yellow onion, roughly chopped
1/4	cup water
1/4	cup low-sodium soy sauce
1/4	cup seasoned rice vinegar
1/4	cup sugar
1	tablespoon sesame oil
2	teaspoons Sriracha (or other hot sauce)
1	teaspoon garlic powder
1	teaspoon ground ginger
	Cooked white or brown rice

One at a time, dredge the chicken breasts through the flour to lightly coat. Shake off any excess.

In a large skillet over medium-high, heat the oil and butter until hot. Working in batches, briefly sear the chicken breasts on both sides just until lightly browned, about 2 minutes per side. Transfer the chicken to a 4-quart or larger slow cooker. Add the carrots and onion. In a small bowl, mix together the water, soy sauce, vinegar, sugar, sesame oil, Sriracha, garlic powder and ginger. Pour over the chicken and carrots, then stir to coat. Cook on high for 4 hours or low for 6 hours.

Serve the chicken and carrots over rice.

## February is National Pet Dental Health Month

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theless remains the most effective method for prevention of tartar accumulation and gingivitis available.

Since brushing is the best way to remove plaque (and therefore prevent tartar) all the other skillfully marketed "tartar control" items (various treats, bones, toys, sprays, gels and herbs) are mostly a bunch of hokey, made for those who don't want to (or can't) brush for their pets.

They help a little, but not at the gum line, where it counts. One diet marketed for tartar control, Hill's prescription can help maintain a dog or cat's mouth, almost as well as brushing.

And the science behind this oversized kibble is impressive — I have seen it work to prevent the need for future dentals on various patients, making it a viable alternative when brushing isn't possible.

Veterinarians use various methods to remove tartar and polish animals' teeth, all of which are performed on anesthetized patients. Remember hearing a series of radio ads for a local dentist performing "sedation dentistry?"

Well, think of it like that. The end result is a

tartar-free mouth and much sweeter-smelling breath.

But dental care for animals goes much beyond cleaning and polishing teeth. Sometimes good teeth go bad. Bad teeth usually have to go. So do extra teeth.

No, we're not talking about sharks (although some labrador puppy owners would disagree). We're talking about retained baby teeth, which pose problems and should be removed.

A baby (deciduous) tooth is considered "retained" when it is still present by the time the corresponding permanent tooth has fully erupted.

Food tends to get stuck between these crowded teeth, causing early gum disease. These extractions usually are easier to perform than those of fully-rooted permanent teeth, and are well-tolerated by most animals.

When a diseased permanent tooth is removed during a dental exam, much care is taken to extract the entire tooth.

Tooth extractions are painful and risk serious infection when any part of the tooth is left in the jaw.

A deep hole left in the gum (gingiva) may need to be surgically closed to prevent food from entering the cavity, or worse, finding its way into bone.

Pain medicines usually are given after teeth are removed, which helps the animal get back to normal much sooner.

Don't want your dog's broken tooth removed? Board-certified veterinary dental specialists routinely perform root canals and cap or fill damaged teeth.

Got a puppy with an overbite? Veterinary dentists also are able to apply orthodontic devices to move teeth, particularly in growing animals, to straighten up a crooked bite or make room for permanent teeth.

Now you can one-up the guy who complains that all of his kids need braces. "Oh yeah, well all my kids (and my dog) need braces."

Rabbits and rodents have few problems with tartar, but since their teeth grow continuously, they are faced with quite a different set of dental issues. For instance, a misaligned jaw or inadequate chewing materials can set them up for serious consequences: teeth that grow at dubious angles, often causing difficulty chewing food or even closing the mouth.

Tooth overgrowth requires tooth trimming or in cases of infected tooth roots, surgical removal of the involved and opposite teeth.

This is not easy and

poses serious health risks for the animal during the procedure and afterward.

Dental health means more than just cleaning horrendous tartar off ancient pets' teeth. Maintaining healthy gums and teeth actually is the objective veterinarians have in mind during this awareness month.

A dental cleaning and polishing is not the cure for a diseased mouth — it's just the beginning.

We try to promote healthy habits early in pet ownership to avoid those costly dental procedures down the line and point out the very early stages of periodontal and dental disease when they occur.

Remember, most people go to their dentist every six months for a routine cleaning and polishing — and most people brush their teeth at least twice a day.

Imagine what your teeth would be like if you gave up brushing for a few weeks, months, or years. Your dog might even think twice before kissing you.

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