

# A refreshing twist to a summertime staple



Ginger-Mint Green Lemonade

Photo Susie Iventosch

## By Susie Iventosch

My daughter and I love this particular takeout restaurant in New York City called Ilii Box. It's located in the City Kitchen, an upstairs eatery with about eight food stalls, situated right near Times Square. Ilii Box serves the most amazing caramelized Brussels sprouts

with sweet fig jam, mint yogurt and walnuts. Ever since my Brussels sprout enlightenment, I make it a priority to eat there every time I visit my daughter. Last time we had lunch there, the server asked if we wanted the green lemonade to accompany our sprouts. I politely declined, as I am not the biggest lemonade fan. But, he insisted and gave us the meal deal, which in-

cluded the drink. It was fabulous, and, in fact, I went back up for a second round of their green lemonade because it was so refreshing and delicious. He gave me a general idea of what goes into this drink, but I was left on my own to figure it out exactly. This rendi-

tion is very close to what we enjoyed and I hope you enjoy it too. After tasting it again with my son, we decided it would make a marvelous summertime cocktail with a shot of gin or vodka added for fun!

## Ginger-Mint Green Lemonade

(Makes approximately 5 cups or 4 servings)

### INGREDIENTS

8 tablespoons (1/2 cup) golden light blue agave  
4 cups water  
20 mint leaves  
4 tablespoons minced fresh ginger root  
3/4 cup fresh-squeezed lemon/lime juice  
Garnishes: sprigs of mint, lemon slices and optional cucumber slices

### DIRECTIONS

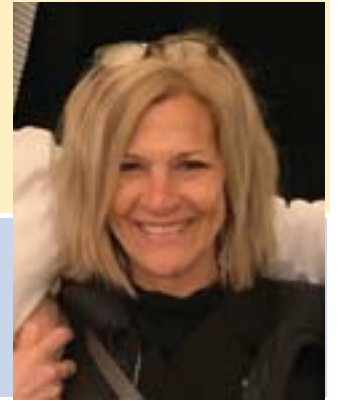
Place the first four ingredients in a small saucepan and bring to a boil. Boil for about one minute and remove from heat. Allow to steep for about an hour. Pour through a strainer to eliminate the ginger and mint remnants, while pressing down on the solids to squeeze as much liquid from the ginger and mint as possible.

Add lemon/lime juice (I used 1/2 cup lemon juice and 1/4 cup lime juice) and mix well. Pour over ice and garnish with a sprig of mint, a slice of lemon and an optional slice of cucumber.

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This recipe can be found on our website:

[www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



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## Anti-anxiety medications for vet visits

### Fears and Anxieties in Pets – Part 4

#### By Mona Miller, DVM

This is the last of a four-part series addressing pets who are anxious (especially during veterinary visits), in which I will cover the specific topic of anti-anxiety medications.

For many years, veterinarians did not have anti-anxiety medications available, and we relied solely on sedative medication. This is still an option that serves a useful purpose. I've discussed in this series of articles how a pet's anxiety level and temperament can often impede achieving the veterinary visit goals – checking ears, pulling a foxtail out of a paw, examining and treating eyes, as well as drawing blood for diagnostic tests, taking radiographs or administering vaccines. Sedation will allow these goals to be achieved, and the most common sedative is a pill that the pet owner administers at home a couple hours prior to the vet visit. On occasion, animals require full anesthesia

in order to accomplish the veterinary goals.

While sedating a dog or cat does slow the pet down and allow for procedures to take place, most sedatives do not actually alleviate the internal anxiety. Thus, an alternative approach is to actually provide anxiety relief. I have addressed some non-medication options in this series of articles, published in the last few months. These include the use of a Thunder-shirt, calming agents and social visits.

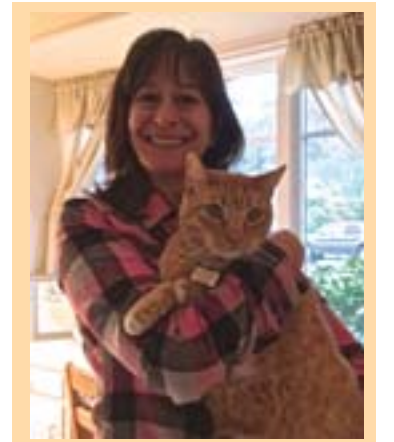
Anxiety can be manifested in specific situations, or can be present as a long-term problem. Specific situations include vet or grooming visits, noise phobias such as fireworks or thunderstorms, or construction occurring in the house. Long-term anxiety is more of a temperament issue – an incredibly nervous dog who startles or becomes aggressive, and needs a reset of his brain chemistry, for example. For this latter problem,

this falls in the realm of “behavior” management and is most often successfully addressed with a combination approach of anti-anxiety medication (such as generic Prozac) and behavior modification.

For the first category, though (specific situations that often last only a couple of hours), short-term anti-anxiety medication can be very helpful in alleviating anxiety. Additionally, a common side effect of most of these medications can be mild sedation, so that can contribute to the success of the situation. For example, a client's dog gets very nervous when being held in order to get his ears examined. It is understandable why this might be nerve-wracking – the dog is held closely by a nurse, holding his head very still, while a vet gets very close to his head with an otoscope that feels funny going into the ear canal – and the dog has to stay still for a few minutes. If the

dog's ear is infected and uncomfortable, or has a foxtail and is uncomfortable, it is easy to understand that the dog might be resistant to all this attention. By giving a pill at home, a couple hours prior to the appointment, it is possible to lower the overall anxiety level (and possibly induce a mild amount of sedation), and the dog might be much more tolerant of the ear exam and cleaning when at the vet hospital.

Most short-term anti-anxiety medications take effect within 1-2 hours, and last about 6-8 hours. Thus, if any sedation occurs, it will be short-lasting. Often, the dose can be somewhat variable, and it may take a couple of visits to get an effective level of anxiety relief. And, on occasion, it may not be possible to override the adrenalin rush of anxiety and the medication may not work. But if it does, it generally is a safe and successful alternative to full sedation, or even anesthesia.



Dr. Mona Miller lives in Lafayette with her son, two cats and yellow Labrador. She attended UC Berkeley as an undergraduate, and received her DVM from UC Davis. She has been happy to call Lafayette home since 2001. She can be reached via email at [MonaSDVM@aol.com](mailto:MonaSDVM@aol.com). She welcomes questions from readers that may get incorporated into a column.



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## Authors, artists invited to join inaugural 'Art Embraces Words'



### Submitted by Elana O'Loskey

Artists paint with color; writers paint with words – together they enrich our community. Emerging writers can read from their works, surrounded by visual art from local artists, at the Lamorinda

Arts Council inaugural event, “Art Embraces Words,” from 2 to 4 p.m. Sunday, May 19 at the Lafayette Community Center. This Sunday series continues through the end of the year and is made possible by a generous grant from the Lafayette Community Foundation.

Master of ceremonies and Lafayette resident Lynn Carey, former host of the Times Book Club, introduces writers at approximately 10-minute intervals between 2 to 3 p.m. A reception follows from 3 to 4 p.m. with light refreshments. First up is writer Michelle Hoffmann, international best-selling author of “Life Worth Living – A Practical & Compassionate Guide to Navigating Widowhood & Sole Parenting.”

Interested in reading your work? Sign up here: <http://lamorindaarts.org/apply-as-a-writer>. If you are a visual artist and would like to show your work, sign up here: <http://lamorindaarts.org/apply-as-an-artist>. Visual art will be videoed and uploaded post-event to the Lamorinda Arts Council's social media sites. Contact Natalie Samuels Wheeler and Elana O'Loskey at [literary@lamorindaarts.org](mailto:literary@lamorindaarts.org) with questions. Or just show up and enjoy the spoken word surrounded by colorful artwork!

Submit stories and story ideas to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com)