I wish more people would realize that dogs need to be properly trained and if they aren’t willing to do it, they shouldn’t get a dog.

Just by being aware and conscious of what you are doing, and for how long, can help you avoid tech neck and all the uncomfortable aches and pains that come with it.

I learned about an “adjustable knot” from the bushcraft sites that’s essentially, a taut-line hitch with a slippery hitch so it pulls apart as fast as the trucker’s

I have been almost totally cured of disabling rheumatoid arthritis with nothing other than Dr