

A friend's comment on Facebook spurred this John Tesh digression.

She said her therapist weighed 5 pounds and was covered in fur.

Amen, sister.

What is better than coming home from a hard day at work and seeing that little guy or girl that is so happy to see you? Nothing. Well, maybe a few other things but not here.

Who better to pour out the frustrations of the day to than someone who is always going to agree with you? This is a no-brainer.

We've already been over the obvious benefits of having a dog. They are great companions. They like to play. They love unconditionally. They don't want to borrow the car. They won't be going to college.

Pets, including cats, ferrets and hamsters and such, can lower blood pressure. Studies have shown that Alzheimer's patients have fewer anxious outbursts if there is an animal in the home. Researchers say heart attack patients who have pets survive longer than those without, according to several studies. Male pet owners have less sign of heart disease - lower triglyceride and cholesterol levels - than non-owners.

The benefits, both physical and emotional are proven.

What they do is steal your heart and make it so you are just as excited to see them when you get home.

I love to bury my face in Ringo's neck when I move in for a hug. It's so soft and feels so good. He's the perfect size for hugging. Unfortunately, he has to be in the mood for hugging.

Jodi Arias update.

How interesting is it that Arizona is one of the few states where during a trial, the jury can ask questions of the defendant as well. I was unaware this was even an option and in the good faith of seeing justice prevail, I think it should be allowed everywhere.

How many times have you seen an interview with a juror after a trial and they had questions that weren't answered and sometimes not even addressed? Well, in Arizona you get to at least attempt to find your own answers. I think during a trial, especially one as serious as this one, the jury should have as much information as possible.

Jodi Arias has been on the stand for weeks now. I think it's been too long and I agree with the analysts who think all that face time with the jury will foster an attachment and they won't be able to put her on death row. They may not like her and they may not believe her but she's become a fixture in their lives. I don't think they are going to be able to give her the death penalty.

I can't believe I have let myself be caught up in this. I'm afraid I am going to be on jury watch with the rest of the HLN nation. I can't even believe I'm writing this but it has me sucked in. It's a train wreck. I can't look away.

Where's Ringo? I need a hug.