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Clucking for Joy: Backyard Chickens Boosted My Mental Health

By Robert Morton

Eggs, those humble protein bombs that we take for granted until they cost more than a pint of premium ice cream. Americans grow fearful as the cost of their daily dose of omelets, quiches, and sunny side ups skyrocket.

But amidst all the chaos caused by rising food prices, I found some unlikely heroes: backyard chickens. Yes, you read that right, those clucking creatures that your grandparents used to keep in their backyard, are making a comeback.

In fact, my wife is one of the many people who have decided to raise chickens as pets, not just for their eggs, but for the sheer joy of it. Not only are they surprisingly charming and fun to watch, but their eggs are also the best I've ever tasted (and the cheapest). Breakfast has become a special occasion for us.

Unexpectedly, people in my wife's Dulcimer group and exercise class tried a few of them, and now are constantly clucking her for more. I guess every time they went to the grocery store to find a carton of eggs with a price tag more than a gallon of gas, they decided to call Sandy. It's not like we're running a black market for backyard eggs, because my wife sells them at a loss. She just wants her friends to enjoy those oval-shaped things that have become more valuable than gold.

Our little flock of hens was a hit with everyone who saw them. They clucked around the yard, ate bugs and worms, and laid the most delicious eggs that friends and neighbors ever tasted. It was like having a tiny farmers' market in our own backyard.

A parade of kids came daily into our backyard to play with them. They loved chasing them around and watching them scratch in the dirt. We even let them collect some eggs to take home. Yeah, it was like having a tiny petting zoo in our own backyard.

But then disaster struck. A gang of raccoons broke into our coop one night and killed most of them. It was like a scene out of a horror movie, with feathers and blood everywhere. My wife was devastated, and I had to admit that I was a little freaked out myself.

The gentle clucking of hens and collecting fresh eggs each morning had been incredibly therapeutic. Raising backyard chickens wasn't just good for our wallet and taste buds, it was also good for our mental health. Studies have shown that spending time with animals can have a positive impact on mood and reduce stress levels. I guess chickens are no exception.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored three spy thriller novels: "MISSION OF VENGEANCE," "PENUMBRA DATABASE," and "THE SHADOW WAR"- they can be found in Kindle or paperback in Amazon.com books.

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March Madness, St. Patrick's Day and The Oscars

By Kathy VanWey

It's that time, March Madness, St. Patrick's Day, and The Oscars. March Madness consists of people who are seven feet tall running back and forth dribbling a basketball. Guess what professional athletics, in a few, short years you're going to dribble seven times a night. The same type of dribble you ask? It Depends.

The first Oscar awards show was held in 1927, with Oscar being designed in 1929. The 13½ inch statue originally looked like a knight standing on a reel of film holding a sword. Financially the statue is only worth a couple of bucks, but if you win one the bragging rights are priceless.

What I would like to know is how ninety-some years ago the artists who created Oscar would foresee that in 2023 there would be 73 gender identities. A male figure with no little boy bits is amazingly ironic.

But let's face it, how many of us even remember who won the award several years ago? Do you know who won in 2010? THE HURT LOCKER. In 2015? THE BIRDMAN. In 2020? PARASITE. I didn't remember either. If you did know, give yourself a pat on the back. Two pats on if you've seen any of them.

We know what to expect. Top designers pay wealthy celebrities substantial sums to wear their creations. The stars strut on stage to pontificate about the latest pet peeve of the woke culture. Comedian Tony Muresianu stated, "Watching the Oscars is like three hours of being told to eat your vegetables."

Admittedly I record the show in case there are unforgettable moments like Will Smith giving Chris Rock the 'Slap Heard Around the World.' That hurt to watch. Jada, get a sense of humor.

Here are five of this year's ten nominations:

ELVIS – A tribute to a legendary heart throb.

ALL QUIET ON THE WESTERN FRONT – a remake of the original that won the 1930 Oscar for Outstanding Production (Best Picture.)

THE BANSHEES OF INISHERN, a flick about drunken, brawling, crazy Irishmen. Notice the stereotyping? Why didn't we hear any blood-curling screams and wails of woke protest? Hmm.

AVATAR – The Way of Water.

TOP GUN – Maverick. What can I say, Tom Cruise – YUM!

Happy Dribbling, Happy Viewing and Happy St. Paddy's Day!



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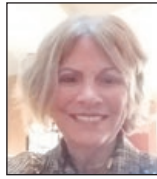
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Publisher's Letter

Welcome to March, so very excited to know spring is on the way! Check out the events in the Backyard column, time to get out of the house.



Once again I want to remind those who enter the contest to please be sure to include your address if you want to receive a prize.

Happy St. Patrick's Day!

Joanne

Find Pete



Find Pete Winners:

This was a difficult one, the answer was Westview Vet Hospital. There were only 110 correct entries.

Winners are: Karen Langley, Jeannie Kimmet, Clyde; Linda Gegorski, Lavonne Babione, Donna Hetrick, Kimberly Warren, Elias Ysasi, Teresa Roth, Jacoby Miles, Fred Widman, Randy Smith, Steve Billow, Kurt Henkel, Fremont; Pat Wasserman, Helena; Kathy Magers, Bellevue; Jennifer Inks, Green Springs.

Find Pete Prizes:

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March Recipe

We had requests for the recipe mentioned in last month's *History Notebook* column, Nan has graciously shared it with us.

Kay's Hot Chicken Salad

- 2 cups of chicken, cooked and cubed (This is where the Roots chicken comes in. You can buy it anywhere. I love it!)
- 1 cup of celery
- 1 cup of cooked rice
- 3/4 cup mayonnaise
- 4 green onions chopped
- 1 can of cream of chicken soup
- 1 can of slivered mushrooms
- 1 can of sliced water chestnuts
- 1 tsp. lemon juice
- 1 tsp. salt

Topping:

- 1/4 pound of butter
- 1/2 cup slivered almonds
- 1 cup crushed Ritz crackers

Bake in 13 x 9 pan at 350 degrees for 35 minutes uncovered

I usually divide it into two 8 x 8 pans and freeze one (uncooked)



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Out to Lunch

By Lynn Urban

I've always been a little curious about the log cabin restaurant called the Pioneer Inn in Stoney Ridge, I've heard other people say the same thing. The western or frontier styled bar and restaurant has been there since the 50's and has had many owners according to the article on their web site. It's a very informative article about the history of the building and Route 20. When the curiosity got the best of me, we stopped in for dinner and were glad we did.

The sign outside advertises good food specials and that is true. The owner and staff are super friendly, and you're usually greeted by the patrons sitting at the bar



when you walk in. Everyone is very welcoming, I think they are all neighbors of the place.

They've got homemade specials every day, along with homemade soups. In my opinion, they've got the best burgers around, they are a thick hand-crafted patty of fresh beef. A cheeseburger and chips are only \$5.95. Another favorite is the pizza with their homemade crust and sauce, then loaded with cheese and toppings. There is a reason to go any night of the week, whether it's taco night, Italian night, steak night, or Karaoke night. Another popular sandwich is their own smoked pulled pork and their smoked chicken wings are also a big hit, along with other bar food and munchies.

So the next time you're coming back from Perrysburg and want to grab a sandwich, stop by the Pioneer Inn. I recommend it. They are open every day at noon, even on Sunday. Also, it's cash only. Enjoy!

Jill on Money

By Jill Schlesinger

Your layoff protection plan

Reports of the death of the U.S. labor market have been greatly exaggerated. In January, 517,000 jobs were created, more than double analysts' expectations and the unemployment rate was 3.4 percent, the lowest level in more than 53 years.

Not to be a buzzkill, but the resiliency of the labor market makes NOW an ideal time to dust off your personal layoff protection plan. Review these items before the axe falls.

Severance

Many companies offer a standard severance package, defined as a certain number of weeks, others consider your tenure at the organization and also add in unused vacation and personal days.

Before you sign any documents that memorialize severance agreements, know that many companies will negotiate sweetened deals, which may include more dollars. If you work at a firm where you received stock options, ask for an accelerated or immediate vesting for unvested amounts. NOTE: severance is income, which means that it is taxable.

Health insurance

While you are still covered on your employer's health insurance plan, schedule routine medical and dental checkups. If you do lose your job, you are entitled to extend coverage through the federal government's Consolidated Omnibus Budget Reconciliation Act (COBRA), which gives workers and their families who lose their health benefits the ability to continue group health benefits provided by their group health plan for limited periods of time (usually up to 18 months).

The big catch with COBRA is that you are usually required to pay the entire premium for the coverage, which can be steep. Before you freak out about the cost, check out coverage at HealthCare.gov, which can be cheaper than COBRA, especially if you qualify for tax credits.

Other insurance

If you have life, disability, or long-term care insurance coverage through work, find out if it is "portable," which means that you can take it with you when you leave. Like health insurance, the cost might be more expensive if your employer is subsidizing your coverage, but group coverage is usually cheaper than replacing a policy with private coverage.

Retirement plan

When people lose their jobs, they often cash out of their retirement plans to help with cash flow. That break-the-glass action should not be taken lightly. Generally, if you withdraw money from your retirement account and you are under the age 59½, the government

will impose a 10% penalty on the amount withdrawn and also will tax the total distribution amount. [The SECURE Act 2.0 expands the ability to access retirement money penalty-free in certain cases.]

If you lose your job, you can usually leave retirement accounts where they are, a good option, if your company's plan is inexpensive with low-cost index funds. Otherwise, you can roll retirement funds into an IRA Rollover account with any of the big investment companies. If you land a job quickly, you should be able to directly rollover the old account into your new company's retirement plan.

Unemployment insurance reminder

Amid COVID, many workers collected enhanced unemployment benefits, which were not taxable. The system has reverted to the pre-pandemic era, where if you are laid off, you have to file a claim with the state where you were employed, and unemployment benefits are once again taxable.

Sadly, most states did not upgrade their unemployment systems after being overwhelmed in 2020, so do file a claim as quickly as possible.

Leave gracefully

If you are blindsided by a layoff, avoid losing control and burning bridges. Maintain your dignity and do your best to stay calm and focused.

You never know if or when you will cross paths with your boss or other co-workers in the future.

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com) ©2023 Tribune Content Agency, LLC



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The Grim Reaper

"Mr. Leezen has the ague and the fever, Eliza the headache. Mr. Thomas Gallagher had the intermittent fever and his son the remitting fever. Many sick at the river at Green Creek. Mr. Rogers is yet hearty, but his housekeeper has another visit from the fever and ague." These were just a few of the quotes from Josiah Atkins' letters to his brother back in Ashtabula,

In 1824, Josiah, a personable young man, had come to Lower Sandusky (Fremont) to manage the sale of lands through the 20 miles of Black Swamp to Perrysburg. The tracts were the last federal lands for sale in Ohio. Settlers ditched, grubbed, dug, chopped, and burned their way through a 120 foot right-of-way in the massive quagmire that would become the Maumee and Western Reserve Road.

Like the settlers, Atkins soon became sick himself. He wrote that he was at last freed from the shaking and fever. Yet, he told his brother, "I am not well – there is something hanging or clinging about my springs of life that tells me I am not well. My head is dizzy, my knees are weak, my breath is short. I am anything less than half such a man as I was when I came to this good and great city of Lower (than hell) Sandusky."

Some thought it was the foul air and the swamps gases that was making nearly everyone sick. In reality, it was the ever present mosquitos that thrived in the pools of stagnant waters. They were the culprits that spread malaria among these early pioneers. Many became so ill, they lay shaking in the cabins, unable to work or care for their families. More than a third who came gave up and moved on. No one really knows the exact death toll.

Mosquitos carrying malaria not only brought death and misery to the settlers of the Black Swamp, but as far back as the Bronze Age, they contributed to the collapse of the Greek and Egyptian civilizations. For centuries mosquitos harboring malaria had sapped the strength of armies. At the surrender of Yorktown, nearly half of Cornwallis' soldiers were unfit for battle due to malaria. According to historian Amanda Foreman, the Panama Canal was only completed because of quinine and better mosquito control. In World War II, General MacArthur believed that for every one of his Pacific Theater divisions, two were unfit to fight because of malaria.

Today, the Grim Reaper continues to take its toll. Each year, more than 400,000 die from malaria throughout the world. Two thirds are children under the age of five. Welcome news has finally come! This year for the first time, the World Health Organization has approved a childhood vaccine against malaria!

Earl Nightingale spoke about a, "Magic Word." Experts call this word the most important word as far as the results we get from life in this and all languages. And the magic word is Attitude. Attitude is defined as, "The position or bearing as indicating action, feeling, or mood." And it is our actions-feelings-or moods-which determine the actions, feelings, or moods of others towards us. Our attitude controls to a surprising extent our failures, or our success.



It's here that we have the first opportunity to bring power into our thinking. You live simultaneously on 3 planes. 1. You're a spiritual being and your spiritual DNA is perfect. 2. You have a marvelous mind. 3. You live in a physical body.

Think about what Earl said... attitude in action, feeling or mood. This means your attitude is expressed by both your mind, and your body. We all think in images, and

we all have an image of our body, if you go back to January's Image Of The Mind article with the stick person, this gave us an image of our mind.

Since no one has ever seen the mind, where there's no image your understanding of attitude may be distorted. The image of the stick person brings order to the mind. Here we're being taught that our attitude towards life will determine life's attitude towards us.

You may wonder what this all means exactly, and how this effects you. We're breaking down Universal Laws, and everything operates on the LAW OF CAUSE AND EFFECT. Everything we say, or do will cause some effect. Now whether you have taken notice or not; we are all charged with producing causes...the effects which may not be what we want, or the rewards of our actions; will always take care of themselves.

A good attitude creates good results, a fair attitude- fair results. Bad attitude-bad results. Each of us shapes our own life, and the shape of our life is determined by our attitudes. The attitude we hold in our minds is expressed through our bodies most of the time.

Sounds simple doesn't it? It's not quite that easy. For most of us, learning to utilize this new habit of having a good attitude to receive a life we love takes time. But once we master this, our daily lives will become as though we've walked out of a dark tunnel into the bright beautiful light of day.

This is where we can be guaranteed that success will come to us every time; if we live in a certain way. Practice focusing your mind on having a good attitude for the next 30 days, and you will see how this can change your life too. Until next time, feel a big hug from the Universe!

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Helen Marketti's Music Corner



By Helen R.
Marketti



Mark Farner

Mark Farner, former front man for Grand Funk Railroad will be at The Ritz Theatre in Tiffin, Ohio on Friday, March 24. It promises to be a rockin' show with ole memories while making new ones! Listen to the hit songs that will take you back, *Some Kind of Wonderful*, *We're an American Band*,

Locomotion, *I'm Your Captain* and more! Taking some time from his busy schedule, we spoke by phone from his home in Michigan where he shared his background and experience.

"My father was a city fireman in Flint, Michigan," remembers Mark. "He was a WWII Veteran. He was a tank driver for the 7th Armored Division. My mother was the first woman in the United States to weld Sherman tanks at Fisher Body in Flint, Michigan."

He continues, "Our entire family would get together every Sunday without fail and have jam sessions. These would occur at either our house or my Aunt Dorothy's. We would

have Southern fried chicken, hockey puck dumplings (laughs) and sloppy joes. After dinner, everyone would sing and play instruments. My dad played the saxophone. Other family members played banjo, fiddle and guitar. When all the women sang, it was like listening to angels. There is something very special about families when they sing together. I was just a little shaver at that time but I remember marveling at how much I loved it."

Mark originally had excelled at junior varsity football but an injury curtailed his promising career. That's when he discovered that he had a talent for the guitar and creating music. "When I was 15 years old, my mother purchased six guitar lessons and rented an acoustic guitar for me. I found that I enjoyed playing the guitar. After that, I remember watching a band in high school that my sister sometimes would play drums for. They would let me sit in with them and sing. Eventually, my mom bought me a Harmony electric guitar with a matching amplifier from Fingerhut Catalog. Music became second nature."



The railroad line that stretched from Ontario, Canada, through Michigan and into Ohio was called, Grand Trunk Railroad. "Terry Knight who was the first manager for us had actually written a song called, Grand Funk. He asked us to consider calling ourselves Grand Funk Railroad and that's how our band name was created."

Mark shares his thoughts on why the music of Grand Funk Railroad still appeals to the original fans as well as new generations. "I think the newer generations of fans want to experience the same joy that their grandparents had. They want to have the same upbeat, fun time and we deliver that to them."

Mark is currently working on new material with Mark Slaughter from the 80s band, Slaughter in which he describes their collaboration as uplifting and highly spirited. There is talk of a documentary about his life that is possibly in the works. For more information about Mark, his work with our wonderful Veterans and updates on his career and performances, please visit:

www.markfarner.com

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A number of conditions can spark low white blood cell count

DEAR MAYO CLINIC: My 16-year-old granddaughter was recently diagnosed with a low white blood cell count after going to the ER twice with a migraine headache, vomiting and temporary loss of sight. What could cause a low white blood cell count in someone her age? I'm worried it's something serious and am wondering what other tests should be done.

ANSWER: Many diseases and conditions can lead to a low white blood cell count. It is difficult to say what the specific cause might be in your granddaughter's situation without more information. It's unlikely that the low count is related to her migraine and other symptoms. It would be wise to do another blood test to see if the problem persists. Her doctor can then decide if she needs to be evaluated further.

Blood has a number of components. In addition to white blood cells, which fight infection, red blood cells carry oxygen and platelets help blood clot. Bone marrow, the spongy tissue inside bones, makes the blood cells.

There are several kinds of white blood cells. Neutrophils fight fungal and bacterial infections. Lymphocytes protect the body from viral infections. Monocytes help get rid of dead or damaged tissue and regulate the body's immune response. Eosinophils are disease-fighting white blood cells. Basophils play a role in wound healing, infection and allergic reactions.

One of the most common causes of a low

white blood cell count is a viral infection. These infections can sometimes temporarily disrupt the bone marrow's production of blood cells, so blood cell counts drop. The counts typically rebound as the body recovers from the infection. For most people, there is no long-term effect from this temporary drop in blood cells.

Certain medications may also lead to a low white blood cell count because they can destroy white blood cells or damage the bone marrow. For example, taking antibiotics may sometimes cause an abnormal drop in neutrophils, a condition known as neutropenia. With that in mind, it would be useful to have your granddaughter's doctor review any medications she's taking to see if they could be causing changes in her blood cell counts.

A variety of other conditions and disorders may lead to neutropenia, too. For an overview of this condition and more details about how it is diagnosed and treated, you can view a Mayo Clinic video about it at https://www.youtube.com/watch?v=elHK_fcANHs.

The list of other possible causes for a drop in a person's white blood cell count is long. Autoimmune disorders, congenital disorders that affect the way bone marrow works, disorders of the spleen, certain infectious diseases, cancer and parasitic diseases, among others, can all lead to low white blood cell counts.

A good next step for your granddaughter would be to have a complete blood count test done. This test measures the components in blood. The specific type of white blood cells that this test shows to be low in your granddaughter, as well as the results of the other blood component measurements, may help shed light on what could be causing the decrease.

The other symptoms you mention - headache, loss of vision and vomiting - should also be addressed with a physical exam, a review of your granddaughter's family and medical history, and any additional tests her doctor recommends. Even if these symptoms are not related to the decrease in her white blood cell count, it's important to investigate and identify their underlying cause. - Carola Arndt, M.D., Pediatric Hematology/Oncology, Mayo Clinic, Rochester, Minn.

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Life Scholar

By Kathleen Nalley

Brandy Frank, a new instructor to the Life Scholars program at Terra Community College, began exploring the craft of macrame as a means of "turning my anxiety into art" during her son's recovery from open heart surgery at the start of 2021. Introduction to Macrame, offered Thursdays at 1pm beginning March 9th for four weeks, will be Brandy's opportunity to share her love of the craft. "I can just work with my hands and listen to music and be still." She likes her projects to be "useful, practical." Students will be making plant hangers and a water bottle hanger. And her son? "Doing great."

Another instructor offering her artistic skills to the instructional team is Angi LaFave. She begins a Saturday acrylic painting class March 4th with Firefly Forest while Carol Hoffman's March 18th acrylic painting class will feature Sugar House. With this artform growing in popularity, Life Scholars is pleased to expand options to meet students' busy schedules.

Dan Baker returns with his love of history, music, and mystery with classes addressing Geronimo, The Most Famous Indian in the World, March 21st, southern recording artists Elvis Presley, Roy Orbison, Jerry Lee Lewis, Carl Perkins, Johnny Cash, and B.B. King in Sun Records and the Boys from Memphis beginning March 28 and Eliot Ness and Cleveland's Mad Butcher of Kingsbury Run on April 13. Dan's research, story-telling and recordings bring the past to life always with an unexpected twist.

For the monster-lovers, Kent McClary will offer two sessions of Monsters...They're Universal's the Creature from the Black Lagoon. Kent's expertise in discussing the paranormal background of creatures such as Lizard Man, the Loveland Frog, Frog Men and underwater UFO's and Reptilian Aliens brings this class's movie-going experience substance as well as entertainment.

Local history lovers will enjoy More Fremont History on March 13th with Larry and Krista Michaels. The unearthed photographs of early Fremont are always surprising when paired with what the authors have discovered in their research. Larry will switch gears that same day to share his love of poetry in Fun with Poetry. The two-session class will tackle a number of new poems by several different poets. The aim of the class is "to learn more about the lives of some good poets and how their poems were written so that we can appreciate them more."

To access a catalog or to register, call 419.559.2255, email Learn@Terra.edu or go the website Learn.Terra.edu.



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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): You might feel a real yearning to be pampered and to look forward to enjoyable pastimes and social activities. Set aside time for some self-care. Later, you may be in the mood to cuddle up with someone who tickles your fancy.

TAURUS (April 20-May 20): You could feel you are living out a fantasy if a romantic partner or a loved one indicates that you are especially attractive. Never succumb to an urge to act on your worst instincts; nip these in the bud.

GEMINI (May 21-June 20): Think on your feet. You might be quicker on the uptake than usual. Since you can work rapidly and accurately, this may be a good time to take the lead on projects that need attention to detail.

CANCER (June 21-July 22): Once a clear picture is in your mind, you can enthusiastically work toward manifesting it in the real world. You'll eventually get there if you stay with it, even if you take baby steps. Start off with an energetic attitude.

LEO (July 23-Aug. 22): Turn ordinary concepts into something more valuable. This is a month when you may find a new interest or study that can become your personal philosopher's stone. Don't let a past problem make you reluctant to try something new.

VIRGO (Aug. 23-Sept. 22): It is a good idea to read the fine print and analyze things before you make a financial commitment. You may be too interested in getting a good deal and ignore basic problems. Quick thinking is a great asset on any job.

LIBRA (Sept. 23-Oct. 22): Just wishing upon a star is seldom enough. You may be wrapped up in romantic fantasies now, but later in the month, you might find the real thing. Peer pressure may persuade you to alter or adjust your business habits.

SCORPIO (Oct. 23-Nov. 21): Romantic feelings may arise, but you must remain realistic. Sometimes people appear more talented and honest than they are. You could be hesitant about giving a family member another chance at making amends.

SAGITTARIUS (Nov. 22-Dec. 21): Weigh your choices. Keep on track by listening to your heart and understanding the difference between right and wrong. Your month will go better if you concentrate on fulfilling your promises and commitments.

CAPRICORN (Dec. 22-Jan. 19): You may look for ways to whittle down the demands on your wallet. Pay off some debts and cash in any perks from your credit cards. A loved one might inspire you to be more creative.

AQUARIUS (Jan. 20-Feb. 18): Life goes on. Ponder recent events and put them into proper perspective so you can move forward. Follow the rules even if other people want you to bend them. Investing in the best quality can give longer-lasting satisfaction.

PISCES (Feb. 19-March 20): Focus on learning to love yourself unconditionally while holding yourself accountable. Today could mark the start of several weeks when you can display creativity and actively make your ideals a reality.



How to train a scared but friendly cat to let you pet it

Dear Cathy,

I am the mother of an adorable, almost grown, black kitten. While she is friendly, she won't let me pet her. Whenever I reach towards her, she dodges my hand. Someone might have hit her before I adopted her from an animal shelter. It doesn't help that my brown tabby chases her and is cross with her. How can I convince my little black cat that I only want to pet and love her?

— Marian, Lincoln, Nebraska

Dear Marian,

You can train her to accept your touch. Get a stick or wand long enough to reach her, but that keeps you at a distance so that she won't bolt. Tap the stick lightly on the floor or furniture around her. If she stays put, use a training clicker to mark the correct behavior and toss her a treat.

When you think she is ready, make sure she is looking at you before touching her with the stick. If she runs, return to touching the floor around her again. If she stays put when you touch her, click the clicker, and toss her a treat. Each day, scoot a little closer to her and keep clicking and rewarding every baby step until you can touch her without her running. This training could take days, weeks, or months. But if you are diligent, you can train your scared, but friendly feline to feel safe in her world.

Dear Cathy,

We rescued a basenji mix as a puppy who is now almost five years old. He is high energy and very smart but was hard to train. He has two weird habits.

First, he likes to carry his dry kibble from his bowl in the kitchen into another room to eat it. Second, after getting a bath and towel dried, he gets the zoomies, running around the house, rubbing against the sofa, and jumping on the recliner. It takes him about five minutes to calm down. Any thoughts on these behaviors?

— Mary Rose, Valley Stream, New York

Dear Mary Rose,

These two weird habits are fairly normal behaviors for dogs. Dogs may take kibble from their bowl and eat it elsewhere because they want to eat with others, and you are in the other room. They may want to protect or hide their food, a behavior more often seen when there is more than one pet in the house. Or, a dog may not like his food bowl because it's too deep or too small to eat from, or their tags clang on the bowl.

Dogs may get the "zoomies" after a bath for many reasons. A dog may be happy the bath is over and is anxious to escape the bathing area. The dog may get excited at bath time, which causes an adrenaline rush, which leads to the zoomies. Or the dog may not like being wet or may have water in his ears, so he runs to shake his head and dry off.

While you can sit with your dog when he eats or change his bowl to see if that changes his eating behavior, the zoomies after a bath are simply part of your dog's unique personality traits.

Dear Cathy,

I have a nine-year-old male indoor cat named Cream Puff. He was feral for about five years when someone rescued him and took him to our shelter for medical treatment. He has Feline Immunodeficiency Virus (FIV) but remains healthy.

He's a very loving cat, but he likes to bite and claw my hand while lying on his back and sitting on my lap. I know he's playing and not being vicious. I've tried to correct this biting and clawing behavior but to no avail. What do you recommend?

— Mark, Lynchburg, VA

Dear Mark,

Petting-induced or overstimulation aggression occurs when a cat, who may enjoy touch, has suddenly had enough. You can't correct this, but you can honor and redirect the behavior. Honoring it means watching your cat's body language, so you know when to stop.

He may stiffen his body or flick his tail, which indicates he's about to react. Or, he may only tolerate four or five strokes before reacting. Always stop petting him before he reaches his threshold, and give him some time to calm down. When your cat is on his back, do not pet or use your arms or hands to touch or play with him. Instead, give him a stuffed sock to play with instead, so he can bite and claw the toy and not your hand.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)

Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE



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CAN NADA ACUPUNCTURE HELP WITH ADDICTION AND TRAUMA? - YES

By Dr. Paul
Silcox

Addiction and trauma are two very heavy and complex things to grapple with. Fortunately, no one has to battle either - or both - alone. Along with treatment solutions that take a person's individual needs into account, there are supplemental therapies that can help promote healing and recovery. The National Acupuncture Detoxification Association (NADA) acupuncture protocol is one of those therapies.

The NADA protocol was created in the 1970s at Lincoln Detox in the Bronx, New York, by Dr. Michael Smith. It was rooted in the research of Chinese neurosurgeon, H.L. Wen, who reported the effects of stimulation on the ear's lung point and how it could help in relieving acute opium withdrawal symptoms on a surgical patient.

While traditional acupuncture sessions might involve the placement of needles in different points on the body, the NADA protocol is an auricular or ear therapy. Needles are placed in five specific points and patients rest for about 40-45 minutes with them in.

NADA is usually offered in group settings which makes it more affordable. But there's another added value in this community acupuncture approach. People experiencing it will know that they're not going through things alone.

"The advantage to the group setting is a combination of a shared experience, accessibility and affordability. From a purely clinical standpoint, you get the shared effect of being around other people and it gives you the perspective of, 'We're going to get better together.'"

NADA acupuncture has been instrumental in helping people recover from trauma for first responders like after 9/11, and similarly as it was utilized after hurricanes Katrina and Rita in 2005.

Participants who received NADA acupuncture over time reported feeling better about themselves and had more energy. They also engaged in less alcohol or tobacco use during the three- and six-month follow-up periods of the study.

The NADA protocol is being brought to Sandusky County by Dr. Paul Silcox, at 728 N. Stone St., in Fremont. Experiencing the pain of addiction with the loss of his son in 2016, and seeing its effect throughout Ohio, Dr. Silcox eventually was led to open a free clinic to those looking for help without the use of medications. The result was Katura Recovery. Stop by for a brochure on the story behind Katura or explanation of this safe and effective approach to addiction recovery.



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IN YOUR OWN BACKYARD

Free Mid-Winter Concert Featuring North Coast Concert Band/Big Band.
March 5, 3 pm at Fremont Ross HS Performing Arts Center, 1100 North St., Fremont.

Fremont Area Women's Connection's Ladies' Luncheon, Tues., March 14, Victor's Event Center 2270 Hayes Ave, Fremont. Speaker is Missy Walker, Croghan Colonial Bank: Frauds and Scams. Jonathan Page of Bargersville, IN will give his testimony "A Humanist—So What?" Doors open at 10:30am for coffee and socializing. Lunch and program is 11-1pm. Cost is \$14.

Reservations by Fri., March 10th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations/cancellations must be reported in the same way.

Spring Craft Show to benefit the Humane Society on Sat., April 1st at Memory Hall on Rt. 20 between Clyde and Fremont from 10am-2pm.

Kiwanis Club of Fremont meets the first Thursday of the month at The Back Lounge at The Strand Theater, 5-6:30 pm and the other Thursdays 11:45-1 pm at the Fremont Elks Lodge. Guests are welcome. Programs for March 2 - Social Gathering at The Strand Theater, March 9 - a presentation by Micah Zinna about Camp Fire, March 16 - the Sandusky County Convention & Visitors Bureau, March 23 - Dr. Elizabeth Hawkins will talk about Agriculture with Solar Panels, March 30 - Jill Simpson will speak about Sandusky County United Way. For info email sardisbirchard@yahoo.com

Fremont Lions Club will meet on March 7 at noon at the Fremont Eagles Hall. Guest speaker is Tom Price, President of the Fremont Board of Education and Co-owner of The Cookie Lady. On March 21 the guest speaker is Ed McClain, the Special Olympics Coordinator & Self-Advocacy at the School of Hope. Students of the Month will also be present. Members and guests are always welcome. Contact Donna Thatcher, President at 419 332 3095 for info.

Sandusky County Republican Women will host a "Membership Meet and Greet" on March 9, 5:30-7 pm at The Garrison, downtown Fremont, in the upstairs. Elected officials, members and guests are welcome to stop in at your convenience. Snacks and fund-raising baskets will be available, contact Kim Foreman, President at 419 603 1503 for info.

Trinity United Methodist Church, 204 N. Wayne St. Fremont is beginning a 7-week Bible Study on the book of Luke on March 1 at 5:30 pm in the Church Lounge. Activities for children through 6th grade will include an Easter Party on March 29, 5:30-7:30 pm with a light supper, games, face painting, Easter Egg Hunt. A monthly program will begin for children on April 12, 5:30-7:30 pm with a light supper, games and activities along with Bible stories on the 2nd Wednesday of the month. On Easter Sunday, April 9, breakfast will be available from 9-10 am in Fellowship Hall by donation. Morning service begins at 10:15 am and is open to all during the Lenten season and after. Contact Dee Lento, Children's Coordinator at 419 463 7500 or Pastor Andrea Thurston at 419 463 3160 with any questions.

Humane Society Annual Membership Meeting at the shelter, Wed., March 15th at 6pm.

Classifieds SERVICES

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For Sale: Camp Travel Trailer, excellent condition, 2013 Hideout Keystone Hornet, 27" DBS Cold Mountain Package; master bed, bunkbed, bath, kitchen (includes stove, fridge), dining room, furnace, A/C, TV, stereo. \$14,000, call or text Greg, 567-342-2384.

ADVERTISE HERE: \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.



The Bellevue Hospital Recognizes Our Medical Staff



Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.

In observance of National Doctor's Day, The Bellevue Hospital Family would like to congratulate and thank all of the members of the hospital's active, affiliate, courtesy and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.



Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2023. Pictured from left to right are: Marc Naderer, M.D., Vice President; Nathan Samsa, D.O., Member-at-Large; Douglas Hoy, M.D., Chairman, Credentials Committee; Michael Nill, M.D., President; and Corey Fazio, D.O., Secretary-Treasurer.

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