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INSEPARABLE

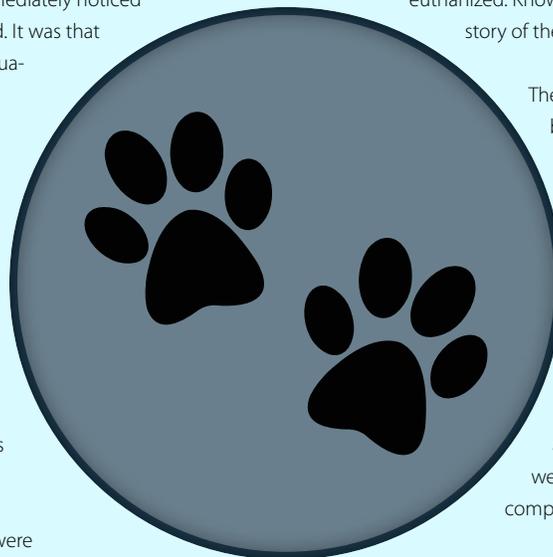
The Story of Two Dogs, Two Soul Mates

When animal shelter authorities found Isaac, a blind husky, meandering through the streets of Fontana, California, they immediately noticed something curious. It wasn't that the pup was blind. It was that he had a faithful companion — Isabella, a Chihuahua-terrier mix. She was serving as Isaac's guide dog, or rather, his unofficial Seeing Eye dog.

How the two met and how they developed their unique and remarkable relationship is a complete mystery, but one thing was clear: These two could never be separated. They were soul mates. When they walked together, Isabella took the lead. Whenever Isaac fell behind, Isabella would patiently wait for her companion to catch up. Or if Isaac couldn't find his way, Isabella would go to Isaac and let him know he was not alone.

Not long after Isaac and Isabella were found, they were brought to a local shelter. Unfortunately, due to overcrowding and

extremely limited resources, the two pups were put on the schedule to be euthanized. Knowing they only had days to live, the shelter put the story of the dynamic doggy duo on their Facebook page.



The shelter hoped a caring family would see the dogs before time ran out. But no one with the right home conditions came forward. The shelter was at a loss until someone from the STAND Foundation reached out. The STAND Foundation is a nonprofit dedicated to animal rescue, and they were more than willing to take the pair.

With Isaac and Isabella in the care of the STAND Foundation, the organization put their resources to work to find the pups a new owner. Eventually, a new home was found, and the two best friends went on to live a life full of love and continued companionship.

SPRING IS FOR SHORTS

Unlike my friends down in Florida who cry when it gets below 80 degrees, the first thing I do when it gets just a little bit warmer — say, 50 degrees — is put my shorts on. Hey, it's Ohio! That's balmy!

Spring is always one of my favorite times of the year, but I don't do as much outdoors as I once did. I sold my fishing boat a few years back (thank heavens!) — it's true what they say about it being nothing more than a hole in the water into which you pour money. And my sons are beyond Boy Scout age now, so there's not as much trekking through the woods and camping nowadays.

Most of what I like to do outside some might call "boring middle-aged stuff." You know what I mean: grilling, taking care of the yard, or taking Abby (the miniature schnauzer we inherited when my dad died three years ago) for a walk. This spring I've got my work cut out for me with the brush that has taken over the area beside my house. I'll have to work on it with the chainsaw in order to do any damage. I'm not looking forward to it, but you can't beat the feeling of an attractive yard after all the chopping and trimming and pruning has been done.

Something I *am* particularly excited about is my new mower. We've got a pretty good-sized lot, which, lucky me, necessitates a riding mower. My old and ever-trusty machine, a Honda that lasted me a good 20-plus years, finally bit the dust last year. Fortunately, this — coupled with end-of-season sales — gave me a good excuse to go out and get a new zero-turn mower, and now I feel like Mario Andretti out there. It turns on a dime, and even has a roll bar! (Our yard is flat, so I doubt I'll be needing the roll bar but, hey, it's a good look!).

Meanwhile, my son Pete began studying for his ministry degree online through Ohio Christian University. He's working hard at it while also interning and leading worship at Rock City Church. He got the bug for ministry back in high school, at the school all my

kids have gone through, Tree of Life Christian. They all were involved to some degree in the fall plays and the spring musicals, but in his senior year, Pete really caught the bug after playing Jesus in "Godspell." He absolutely nailed it! Nobody knew he could sing that well — I'm pretty sure even *he* had no idea. That experience was profound, as the Spirit really got into him, and now it's what he's pursuing as a vocation. I couldn't be prouder of him.



Speaking of proud, my son Garrett's also still in school at OSU for engineering. Normally he'd be a senior, with the years he's put in. But from his time interning in Washington and doing his advanced military training with the Marines in California, you might say he's a little behind — but definitely not when it comes to his skills. He keeps telling me, "School is easy!" which I have to say I haven't heard from many engineering students. He's one of those guys who likes to tear stuff down and build it up, whether it's a computer or the secret safe he built me, hidden behind a huge American flag. And my son Max, who works third shift at Giant Eagle, is waiting to hear results from a test he took to join the Foreign Service. This could ultimately lead to a job at a U.S. embassy in some far off corner of the world. He's wanted to try out living abroad after doing mission work in Haiti while in high school and traveling to England while at Ohio State. If I thought at this point too much about where he might possibly end up, it would keep me up at night.

As for me, I'm just happy to be able to don shorts once again — and to have the legs for it!

- Jim Monast

THE LIFE-CHANGING MAGIC of Spring Cleaning



Houses get stuffy after a long winter, and spring cleaning is the best way to freshen up your living space. While comprehensive cleaning can seem like a major chore, it can also liven up your home and give you a sense of pride and accomplishment.

As Marie Kondo, the best-selling author of "The Life-Changing Magic of Tidying Up" puts it, "The objective of cleaning is not just to clean, but to feel happiness living within the environment."

You should begin cleaning by getting rid of unwanted objects. "To truly cherish the things that are important to you," Kondo writes, "you must first discard those that have outlived their purpose." Consider

donating those objects that you no longer need to a charity. You free up space while providing another family with something they need.

After donating excess goods, it's time to get down to cleaning. Though lots of people organize their cleaning by room, another smart tactic is to divide tasks into categories. Schedule one day for windows, another day for carpets, and so on. You can assign tasks to family members based on preference much easier this way.

There are lots of tools in your house that can do double duty during spring cleaning. Your dishwasher works great for cleaning glass fixtures and plastic objects like your toothbrush holder. You can use your vacuum for couches and drapes. Spring cleaning is also an opportunity to clean those overlooked areas like your oven and microwave.

A thorough cleaning in the spring makes your home easier to maintain for the rest of the year. It also provides an opportunity to make changes to decorations and put a new spin on your environment. Plus, nothing beats the feeling of putting your feet up in a freshly cleaned home on a beautiful spring day.

Stacy M.

IMPRESSIVE CASE RESULTS

Stacy M. was only 29 when she tripped over a fan cord while working in a clerk of courts office in southern Ohio. She fell, injuring her shoulder, ankle, and knee. Although her knee and ankle healed after a couple weeks of physical therapy, her shoulder progressively got worse, and she developed a staph infection following an MRI arthrogram. Despite two deep debridement surgeries, multiple therapy sessions, and several specialists, her condition continued to deteriorate. She developed burning pain in her entire left upper extremity and became a prisoner in her own home, unable even to attend family functions because the pain became unbearable. She was diagnosed with reflex sympathetic dystrophy, an exceedingly painful neurological condition that can result from what appears to be an otherwise relatively minor injury. Ultimately, she lost all use of her left arm and developed a major depression and a seizure disorder. Although young and highly educated (Stacy was a certified paralegal), we were able to have her declared permanently and totally disabled as a result of the devastating injuries to her left arm. She also received a separate compensation award for the total loss of use of her arm, totaling nearly \$150,000. Future compensation and benefits are projected to total approximately \$2,000,000.



FACEBOOK FRAUDSTERS

How Your Online Activity Can Jeopardize Your Benefits

The Ohio Bureau of Workers' Compensation loves having its name in the news. Every week, one or two stories are released to the public detailing how the BWC is protecting the state insurance fund by prosecuting people for workers' compensation fraud. Very often, people are ordered to repay huge sums of money after being discovered working while collecting benefits. Not only that, but fraud comes with prison time.

It used to be that these fraudsters were discovered via cross-matched reports from the Department of Jobs and Family Services or complicated private investigation work. The fact is, employers often no longer have to rely on the time-tested methods of hiding in the bushes or in a van across the street — sometimes, all they have to do is get on Facebook.

Convincing a hearing officer that your back injury prohibits you from toting that barge and lifting that bale becomes much harder when there's footage of you on Facebook reeling in that record bass, hang gliding in Arizona, or jet skiing at Alum Creek. A private investigator can use fake accounts to check out your Facebook page, look at what you're doing every weekend, and keep tabs.

Should you be paranoid? No, but be aware of the risks. The best way to protect yourself and your benefits is to be honest with your doctor and follow his or her

recommendations and restrictions, and no matter what, don't push yourself to do things you shouldn't.

Keep in mind that even seemingly innocuous activities that may be within your restrictions — like golfing, lounging by the pool to work on your tan, or dressing like the Neutron Man at Buckeye games — can look bad to a hearing officer who hasn't been able to afford a vacation in a couple of years.

Play it safe on Facebook, and everywhere else. It's just not worth it to put your benefits at risk.



ABBY'S APPETIZERS

HONEY-GARLIC GLAZED CHICKEN THIGHS



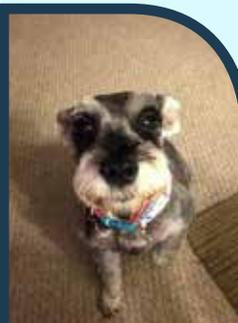
March is a busy month. Winter is out and spring is in, and with all that spring cleaning to do, you don't have time to spend an hour making dinner. Give yourself a break with this delicious slow cooker recipe!

INGREDIENTS

- 4 skinless, boneless chicken thighs
- 1/2 cup soy sauce
- 1/2 cup ketchup
- 1/3 cup honey
- 3 cloves garlic, minced
- 1 teaspoon dried basil

DIRECTIONS

1. Lay chicken thighs into the bottom of a 4-quart slow cooker.
2. In a bowl, whisk together soy sauce, ketchup, honey, garlic, and basil. Pour over the chicken.
3. Cook on low for 6 hours.
4. Enjoy!



Recipe inspired by AllRecipes.com.

SUDOKU

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ANSWERS

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