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Good News... Straight from the Horse’s Mouth

By Kim Haselhuhn R.N. E.S.

When I tell people that I work with horses at Kindred Spirits Farm in Zebulon, NC they often assume it is therapeutic riding for the physically disabled. In actuality, there are many different approaches to therapeutic horsemanship.

At Kindred Spirits the focus is on helping participants, children, teens and families, who may not be benefiting from traditional therapy or the mainstream approach to learning.

In an Equine Assisted Learning (EAL) session, clients are given the opportunity to learn about “Horse Talk”. Unlike humans, horses don’t communicate through spoken word. They read body language.



Learning “Horse Talk” teaches valuable lessons. Simple and easily understood principals aid in developing relationships based on trust, respect, understanding and love. These are the VERY foundation of a good and strong relationship. Helping families deal with grief or loss, teaching parents how to deal with teenagers and their daily ups and downs, empowering adolescents to deal with peer pressures and everyday challenges they encounter, are just a few of the many subjects our programs deal with.

As a former neonatal intensive care and pediatric surgical nurse, my horses sustained me through extreme stress and gave me peace. I wanted others to be able to experience the profound bond I have developed with horses. With that mission, Kindred Spirits was created in 2009 and received its non-profit status in 2010.

Blessed with strong support from my family and very good friends the farm has seven horses — some with special needs, health and dietary issues, two beautiful rescued dogs and three orphaned pigs (yes even the pigs are involved in therapy!). We all live on a shoestring budget with assistance from private-pay clients and small donations from the community.

Equine Assisted Learning is more than just adapting new behaviors, clearing your mind and body of negative thoughts and influences. It is about having fun, developing self-confidence, self awareness, responsibility and hope for the future. All of this takes place outdoors in a calming, natural environment.

I guess when you really think about it, it is straight from the horse's mouth.

If you would like to find out more about Kindred Spirits Farm, contact Kim Haselhuhn at 919.215.0811 or visit the web site at www.kindredspiritsfarmnc.com.

Local Resident Opens Wilson Nonprofit Thrift Store

Steven Davis has been working hard to prepare his business for customers. The Grand Opening of “Jurassic Thrift” happens March 1, 2014, and there is much to do before then.

Steven is from the Bailey/Wilson area, born and bred. He has worked in retail close to two decades.

He is a big advocate of communities being self-sufficient, doing the right things for themselves, and not being dependent on government. Steven brought these ideals together to create Jurassic Thrift. He wanted to create a shop that would help people find low-cost or hard-to-find goods, while helping other people to clear out their clutter without adding to a land fill.

Now there are already nonprofits in every town, and while there is truly no bad place to donate, there are some places that are better than others. When you donate to a “nonprofit chain” only about 8.7 cents of your dollar stay in the local community, and it only eventually filters in through payroll.

Jurassic Thrift is locally owned and employs local people. There are no District Managers or District Offices, no Regional Vice Presidents, and no corporate offices. A dollar spent at the shop is a dollar spent in Wilson and staying in Wilson. It’s just that simple.

Nonprofits are limited in many ways in how they can actually assist the local community because the government so closely regulates them. This is due to the nonprofits’ ability to skip paying taxes. Jurassic Thrift will be reaching out to different community-based groups and nonprofits that specifically service the Wilson area best.



Jurassic Thrift plans to assist the community with services involving boy and girl scouts, women’s shelters, cancer walks, blood drives, and pet adoptions — just to name a few.

Steven Davis wants to be sure your donations assist your community, instead of just talking about it. He intends to be that type of citizen for his home community.

Stop by and shop at Jurassic Thrift, located at 3042 Forest Hills Road SW, Suite A, in Wilson. Call Steven at 252.206.1184

Pesticide Collection Days for Farms and Households

Do you have pesticides you would like to get out of your home or barn? The NC Department of Agriculture and Consumer Services provides special disposal days. For the next few months, pesticide collection days are offered.

The Pesticide Disposal Assistance Program (PDAP) is a consumer services program. This voluntary program allows free disposal, helping farmers and homeowners properly get rid of unwanted pesticides.

The goal of the PDAP is to assist NC’s citizens by managing and supervising — through safe collection — the lawful disposal of banned, out-dated, or unwanted pesticides.

The PDAP is part of the state budget. Currently, the budget allows for *every county* in NC to hold a Pesticide Collection Day at least once *every-other year*. The PDAP schedule is on the web at: www.ncagr.gov/SPCAP/pesticides/PDAP/pds.htm. Updates are being made to the schedule. Check back for changes.

Note that counties which held events last year may be on the 2015 schedule rather than 2014. These include Edgecombe, Franklin, and Wake Counties.

PDAP collection events are open to *all* farmers and homeowners of *all* counties in NC. In other words, you don’t have to live in the county holding the Pesticide Collection Day. As long as you are a NC resident, you may drop off your pesticides.

There are some limitations to what pesticides and container types the PDAP can collect. Any pressurized pesticide cylinders, with the exception of aerosol pesticide cans, are not accepted by PDAP. If you have bulk liquid pesticide containers larger than 5 gallons, prior arrangements must be made in advance or they will not be accepted. Unknown or unlabeled pesticides may also be refused. If unsure if your pesticides fit the specifications, contact the local extension office or NC Department of Agriculture and Consumer Services.

Ed. Note: With thanks to J. Derrick Bell, LG, CHMM for his assistance and clarifications. Mr. Bell is PDAP Manager at the NC Department of Agriculture and Consumer Services’ Structural Pest Control and Pesticides Division.

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Things to Do in NC
When You’re Bored

* Bunn *

03/22 Centennial Spring Fling Bash
(Mar 22 @ 10am-7pm)

Live music, food, craft vendors, games, raffles, bounce houses, auction, dancer & more. Plus, Cruz In! Railroad Street, Downtown Bunn. For details, contact Sherry Mercer at 919.426.5806.

* Knightdale *

03/05 JobLink Job Assistance Lab
03/12 (Wednesdays @ 9am-12pm)

03/19 Get help navigating job search websites, submitting online applications, updating resume. At East Regional Library, 946 Steeple Sq., Knightdale. Call 919.217.5300, Sandy.Alger@wakegov.com.

03/07 First Friday Jazz
(Mar 7 @ 6-9:30pm)

Monthly Jazz music event organized by The Kila Company. Fee \$8/person. At Knightdale Clubhouse, 202 Milburnie Road, Knightdale. Call 919.757.3527.

* Wendell *

03/04 Family Storytime
03/11 (Mar 4 & 11 @6:30-7pm)

Young children & their families invited to participate in this interactive program that incorporates books, songs, & movement. At Wendell Community Library, 207 S Hollybrook Rd, Wendell. Info, call 919.365.2600.

* Zebulon *

02/28 Karaoke (Fridays @ night)

03/07 Stop by to sing, watch, or just hang out. At McLean’s Ole Time Cafe’s Press Box, 418 W Gannon Avenue, Zebulon

03/01 Brown Bag Lunch Ministry
03/08 (Saturdays @ 11:30am)

03/15 Free to-go lunches for those in need. At Fellowship Hall, Zebulon United Methodist Church, 121 W Gannon Ave, Zebulon. See www.zumchurch.org.

03/14 Family Movie Night
04/11 (Mar 14 & Apr 11 @ 7pm)

The Zebulon Parks & Recreation Department presents free movie and popcorn for all ages. A parent/guardian must be present for all children. Call 919.823.0432 to find out what movie is showing! At Zebulon Community Center, 301 S Arendell Ave, Zebulon.

03/19 East Wake WIN
(Mar 19 @ 11:45am)

Women In Networking business group meets for lunch the third Wednesday each month. Small fee. All meetings now held at Zebulon Chamber of Commerce, 815 N. Arendell Avenue, Zebulon. To register, call 919.269.6320.

* Nashville *

03/07 First Friday Coffee
(Mar 7 @ 7:30am)

Businesses & individuals can network along with town officials & the Nashville Chamber Board. At the Nashville Exchange, 229 W Washington Street, Nashville

03/08 Nash County Recycles Day
(Mar 8 @ 10am-1pm)

Bring old electronics, fluorescent tubes & bulbs, unwanted medicines, & documents. Recycle safely & securely at this free public event. In Nash County Court House parking lot, 234 W Washington St, Nashville. For more info, contact 252.467.4960.

* Rocky Mount *

02/28 Computer Assistance
03/07 (Fridays @ 10am-1pm)

Free seniors assistance including email, downloads, & more. In 2nd floor computer classroom, Braswell Memorial Library, 727 N Grace St, Rocky Mount

03/01 International Festival of
Cultures (March 1 @ 12-4pm)

Free celebration of Rocky Mount’s diverse cultures! Displays, entertainment, food & bazaar. At Nash Community College, Brown Auditorium, 522 N Old Carriage Rd, Rocky Mount, Call 252.972.1181 or see www.rockymountnc.gov.

03/06 Live Music Rocky Mount
(Thursdays @ 7pm)

Come & enjoy the local music. Mar 6th *Chickweed*. At Westridge Grill, 3639 Sunset Ave, Rocky Mount

* Tarboro *

03/04 Children’s Story Time
(Tuesdays @ 10:30am)

Tuesday story times include music, games, & crafts. At Edgecombe County Memorial Library, 909 Main St, Tarboro. See www.edgecombelibrary.org.

* Wilson *

03/07 Live Music Friday
(March 7 @ 8-11pm)

Come by Friday evening to hear Travis Moss, Acoustic Musician. At @ Quince’s Bistro, 2801 Ward Blvd, Wilson.

* Elsewhere *

03/01 Live Music Spring Hope
03/08 (Saturdays @ 7:30pm)

Live music with a variety of musicians & bands. At Showside Grill, N Pine St, Spring Hope

03/07 Free Chronic Kidney Disease
Screening (Mar 7 @ 10am-1pm)

In partnership with the UNC Kidney Education Outreach Program, the Country Doctor Museum is hosting a free kidney screening. At The Country Doctor Museum, 6642 Peele Rd, Bailey. To sign-up for screening, call Jennie Schindler at 252.235.4165.

03/08 Fifth Annual Dig In! (March 8)

Advocates for Health in Action annual gardening, agriculture, and community event. Held at Marbles Kids Museum, Raleigh. More at advocatesforhealthinaction.org

Knightdale Farmer’s Market
Seeking Produce Vendors

The Knightdale Farmer’s Market opens May 17, and will be open 8am-12pm each Saturday. Market runs each Saturday beginning until October 11th.

Local produce and artisans will be on hands selling their wares. Each week, entertainment including live bands will provide a lively backdrop for the Farmer’s Market shoppers.

At this time, spots are filled for artisans, crafters, and baked goods sellers. The market is seeking additional **Produce Vendors**. There are two different categories. The first is a “regular vendor” — someone who is there every week. The second is a “guest vendor”— who may pick and choose the dates they participate. Prices vary, and are outlined on the registration form available from Knightdale Parks and Rec.

In addition to vendors and entertainment, the Opening Day May 17th includes a Food Truck Rodeo (11am-2pm) and a Rabies Clinic. Pets may be brought to the market for \$5 rabies shots and \$10 microchips. For Opening Day, the market will stay open until 2pm.

For more information, visit the Farmer’s Market website at www.knightdalenc.gov. Questions can be sent to Chris Roland, Rec. Activities Coordinator, at 919.217.2234.



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These “Things To Do...” listings are free, at publisher’s discretion, and as space allows. Up to 5 lines of description may be included with an event. Priority is given to free, public events. Sponsor names may not be included. Event organizers may purchase regular advertising space to provide more details for events.

Dr. Nicholas’ Corner: Lifestyle And You
How your life habits effect your health and well being

Contributed by Nicholas Padiaditakis, MD, DLFAPA

We *humans* were made to be, from day one, tough and resilient. Our body is enduring. In fact, it yearns for a lot of physical stress and for being jerked around, as it were. But, it surely has its limits; especially with the kind of abuse we are giving it, of late.

Humans are fast becoming victims of modernity, Thanks to cultural habits, and the food industry’s promptings, we are becoming couch potatoes in mega-numbers! Almost and seemingly all of us are now going to waste! We are overweight, sluggish, irritable, even bored. Our arteries are like lead pipes — full of rust — while our blood pressure is going up. Our heart is groaning to push the blood through them. Sugar is spilling in our urine. We walk haltingly with shortness of breath, and the taking of a shower is becoming a difficult task. Natural Green Berets as we were born to be, we are now going to seed!

Well, we may have to backtrack quickly, reflect and rearrange our lives and our habits — slowly in the beginning, as habits are hard to change — in order to once again reclaim the joy of

being alive and for expecting a long and healthy life. We may, hopefully, even eliminate the need of medications — following the consent of our Doctor — we are now of necessity taking, with their often-awful side effects.'

Here are some suggestions as to how to make changes:

1. Reflect and then question if you have to take this misery, and for how long, for whatever days are left for you on this earth.
2. Decide and then slowly — and with resolve — GO! Do not be in a hurry, and do not give in. If you occasionally backtrack, start afresh; but, do not give up.
3. Walk 15-20 minutes after meals, every time. Eat slowly, and enjoy your bites while sitting down.
4. Fast-food has to eventually go. Change from eating so many a week to two, and then one. You can always switch to salads with light meat or eat fish instead.
5. Eat greens, greens, greens, and capsules of fish oil — four of them or even more. And for heaven sakes eat a little less each time! Do not forget the walk after eating.

Your efforts will get easier and bring results faster if you branch out a little bit in activities outside of your individual self, into activities that makes us human. These may include spirituality to be attended with others or alone, political activities and community affairs to promote, and perhaps mentoring a needy child or providing solace to a lonely neighbor.

Remember: it is not only changing habits, but attitude as well.

Well, well, well! You are now on your way! The rest is up to you. Your life depend on it, and as my part is now done I wish you “Good luck!”



**Bunn Centennial
Finalé**
March 22, 2014
10am to 6pm

Railroad Street
Downtown Bunn

Live Entertainment! The Carousels from SC, and several other live entertainment groups & dancers

Games too! Join in The Famous Cake Walk, play Corn Hole, and more.

Children’s activities! Bounce houses include an 18-foot slide. Plus, Muddy the Mudcat will be there. Bring the kids by for photos.

This Centennial Finalé Event is **FREE**.


**Bunn Cruz Thru!** Vintage and antique vehicle event as a part of the March Finalé!

Cruz Thru will at Hwy 98W and Railroad Street

* * *

Vendors: Applications for craft vendors may be picked up at Bunn Town Hall... Only \$25 for a 10x10 spot! Contact Sherry Mercer at 919-426-5806 or smercerx2@yahoo.com. Forms also posted on TownOfBunn OneHundred Facebook page

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Pups Help Children Become Better Readers without Anxiety

By Kay Whatley, Editor

Local library offerings include a program called “See Spot Read.” These literacy events help children develop reading skills. The children improve their language using a combination of books and dogs!

During See Spot Read events, children sit and read dog-oriented books out loud to certified therapy dogs. The dogs are non-judgemental, allowing children to improve literacy skills without feeling as anxious as they might feel if reading to humans. Each child sits with one pup. The dog has been specially trained to sit and give its attention to the child.

See Spot Read is a coordinated, consistent program held in Wake County libraries. The participating dogs are all certified as therapy animals, which means they and their handlers know how to handle special situations that arise with children. The pets’ training ensures they know how to conduct themselves during the readings and walking through a library or school building.

Parents may bring children in to practice reading to a therapy dog. Whether a good reader or a beginner, Kindergartner, or older child, all levels are invited. No advance registration is needed; just stop by the local library for the event.

Founded in Wake County NC, the group of See Spot Read volunteers has been holding events since 2008. The group’s Mission is “to provide a safe, fun and educational experience that brings dogs and kids together to enhance reading skills.”

Now in its seventh year, dozens of events are scheduled through the Spring in Wake County libraries. These include the following:

Library	Upcoming Dates
Cameron Village Regional 1930 Clark Avenue Raleigh, NC 27605	Sun, Mar 16 @ 2-3pm Sun, Apr 20 @ 2-3pm
Cary Community Library 310 S. Academy Street Cary, NC 27511	Sat, Mar 8 @ 11am-12pm Sat, April 12 @ 11am-12pm
Duraleigh Road Community 5800 Duraleigh Road Raleigh, NC 27612	Sat, Mar 15 @ 11am-12pm Sat, Apr 19 @ 11am-12pm
East Regional Library 946 Steeple Square Court Knightdale, NC 27545	Tue, Mar 4 @ 6:30-7:30pm Tue, Apr 1 @ 6:30-7:30pm Tue, May 6 @ 6:30-7:30pm
Eva Perry Regional Library 2100 Shepherd’s Vineyard Dr Apex, NC 27502	Sun, Mar 9 @ 2-3pm Sun, Apr 13 @ 2-3pm
Fuquay-Varina Community 133 S. Fuquay Avenue Fuquay-Varina, NC 27526	Sat, Mar 1 @ 11:30am-12:30pm Sat, Apr 5 @ 11:30am-12:30pm Sat, May 3 @ 11:30am-12:30pm
Green Road Community 4101 Green Road Raleigh, NC 27604	Mon, Mar 10 @ 5-5:45pm

Library	Upcoming Dates
Holly Springs Community 300 W. Ballentine Street Holly Springs, NC 27540	Wed, Mar 5 @ 4:30-5:30pm Wed, May 7 @ 4:30-5:30pm
Leesville Community 5105 Country Trail Raleigh, NC 27613	Tue, Mar 11 @ 6:30-7pm Tue, Apr 8 @ 6:30-7pm
North Regional Library 7009 Harps Mill Road Raleigh, NC 27615	Sun, Mar 2 @ 2-3pm Sun, Mar 16 @ 2-3pm Sun, Mar 30 @ 2-3pm Sun, Apr 13 @ 2-3:30pm Sun, Apr 27 @ 2-3:30pm
Richard B. Harrison Community Library 1313 New Bern Avenue Raleigh, NC 27610	Mon, Mar 24 @ 6:30-7:30pm Mon, Apr 28 @ 6:30-7:30pm
Southeast Regional Library 908 7th Avenue Garner, NC 27529	Tue, Mar 18 @ 6:30-7:30pm Tue, Apr 15 @ 6:30-7:30pm
Southgate Community 1601-14 Cross Link Road Raleigh, NC 27610	Wed, Mar 19 @ 4-5pm Wed, Apr 16 @ 4-5pm
Wake Forest Community 400 E. Holding Avenue Wake Forest, NC 27587	Fri, Mar 21 @ 4-5pm
West Regional Library 4000 Louis Stephens Drive Cary, NC 27519	Sat, Mar 22 @ 11:30am-1pm Sat, Apr 26 @ 11:30am-1pm
Zebulon Community Library 1000 Dogwood Drive Zebulon, NC 27597	Fri, Mar 14 @ 4:30-5:30pm Fri, Apr 11 @ 4:30-5:30pm

Visit the Wake County Libraries home at www.wakegov.com/libraries to search for upcoming “See Spot Read” events.

More information about See Spot Read is online at seespotread.com, a Meetup site. Beth Weaver, leader of this organization, welcomes questions from interested parents, and from owners of therapy-certified dog interested in volunteering. She is also the contact point for schools and libraries wishing to host a See Spot Read event. Contact Ms. Weaver at 919.848.8776 or bethcooke@aol.com.

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Shades of Grey

Some situations are viewed in black and white; right and wrong. Yet, many people think situations also have a **grey area** where solutions are not so easily discerned. This is not just about the choices people make, but the thought process they go through to arrive at their decisions.

Submitted for Your Discussion & Consideration
While eating in a restaurant, you hear another patron making racial slurs against some of the servers. A few minutes later, that same person is at the front of the restaurant angrily speaking with the cashier. He throws his money at her to pay.

What do you think of this person’s behavior? Would you stand up for the cashier, or just stay out of it?

Dr. Glen Peterson DC

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