



Discover

A feature publication of The Courier & REVIEW TIMES

October 2023



Nurses destress with hospital's four-legged friend

Submitted by Sara Arthurs on behalf of Blanchard Valley Health System

Recently, a four-legged associate named Pace joined the team at Blanchard Valley Health System in Findlay to help relieve the stress of nurses and other local healthcare workers.

Pace is a golden retriever/goldendoodle mix who will turn four later this fall. She is a facility dog and the working partner of Michael Cifranic, MSN, RN, a nursing recruitment and retention specialist.

Cifranic was first paired with Pace more than two years

ago through the organization Canine Assistants while working at another healthcare facility. When he moved to Northwest Ohio and began working for BVHS, Pace moved with him.

Canine Assistants' dogs are not given typical obedience training, but instead learn to do their job through an approach called "bond-based teaching." The goal is to create a safe, trusting, loving relationship between dog

and handler so that the dog feels confident and able to do what needs to be done.



Pace, a golden retriever volunteer with BVHS, poses for a photo with a ball in the Associate Wellness Room at Blanchard Valley Hospital in Findlay. Photo provided.

Continued on page 3



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Cifranic said this is particularly helpful in a hospital setting, where there may be disruptions like alarms. Pace is taught to feel safe and remain calm. She rarely barks, on- or off-duty.

Pace does not visit patients at Blanchard Valley Hospital, but instead provides staff support. Cifranic has found that associates welcome her with open arms — literally.

Cifranic said healthcare can involve a lot of stress. A big source of stress is the day-in, day-out challenge of knowing you have a lot to do in a limited time frame and are trying “to be the nurse that you want to be” amid that busy day, he said. But petting Pace means that, when nurses do take a break, it is genuinely calming and they tend to feel far less stressed.

Nurses who cannot have a pet dog of their own for whatever reason find that, at work, Pace is able to provide them with some of that unconditional love. While Cifranic works primarily with nurses, Pace can be a calming influence on associates in other hospital departments as well and gladly shows her love to other professionals such as physicians and physical therapists, among many others.



As a nursing recruitment and retention specialist, Cifranic goes into the community to recruit new nurses, as well as focuses on retention of nurses already employed at BVHS.

Cifranic visits high school and college campuses and has found students are eager to have their picture taken with Pace and give her a pat. He said he has found it helps BVHS stand out, as students may see it as a place that’s focused on its healthcare providers’ own health and wellness.

“I get a lot of questions about her,” Cifranic said. “I’m known as ‘the guy with the dog.’”

When Pace helps relieve nurses’ stress, this helps build their confidence, Cifranic said — nurses may be aware they are doing a phenomenal job, but in the midst of stress it’s easy to lose sight of that accomplishment. Having a few calming minutes

to pet a dog helps them realize their contribution and value.

Cifranic’s long healthcare career includes 15 years as a nurse.

“She made me a better nurse,” he said. “Pace is able to pick up on tiny, subtle emotional cues, and to really feel the energy of a room. Working with her has helped me improve my own skills in this area, so together we can really work with people who need support.”

Pace has learned to respond to questions and knows the difference between “yes” and “no,” as well as the difference between “right” and “left.”

“She brings so much joy into the workplace,” Cifranic said.

When off-duty, Pace is like any other dog. Cifranic said she has a large collection of toys, but one of her favorite hobbies is stealing his shoes. She also loves playing fetch, searching for rabbits and squirrels, checking on her chicken friends daily, and going for walks.



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100 YEARS AGO THIS MONTH

100 Years Ago This Month: Historical events from October 1923

The month of October has been home to many historical events over the years. Here's a look at some that helped to shape the world in October 1923.

- Switzerland issues a new decree on October 1 that bans the display of fascist emblems or the wearing of black shirts. The decree is issued in response to fascists who wanted the region to join Italy.

- A standoff begins in the Kentucky State Penitentiary on October 3 after three convicted murderers obtain guns and kill three guards in an ultimately failed attempt to escape. Authorities eventually storm the barricaded inmates on October 6 and discover the inmates had been dead for about two days.

- John Charles Carter is born in Illinois on October 4. The boy ultimately adopts the screen name Charlton Heston and becomes an Academy Award-winning actor and influential political activist.

- Cao Kun is elected president of the Republic of China on October 5. Cao is deposed just 13 months later after revelations surface regarding a bribery scandal that calls his election into question.

- Boston Braves shortstop Ernie Padgett turns an unassisted triple play on October 6. To date, the feat

has been accomplished just 15 times in Major League Baseball history.

- The first section of the Appalachian Trail opens on October 7. The initial stretch is a 16-mile path from Bear Mountain in New York to the Delaware Water Gap on the border of New Jersey and Pennsylvania. By 2023, the trail had grown to 2,194 miles.

- On October 10, the New York Yankees play the crosstown Giants in the first ever World Series game at Yankee Stadium. The Giants win the game when Casey Stengel hits an inside-the-park homerun with two outs in the top of the ninth inning.

- Nicaraguan President Diego Manuel Chamorro dies suddenly on October 12. His Vice President, Bartolomé Martínez, cannot be found, forcing Interior Minister Rosendo Chamorro to serve as acting president. Martínez is eventually inaugurated as President of Nicaragua on October 27.

- A bomb explodes outside Cubs Park (now known as Wrigley Field) on October 14. No arrests are ultimately made, though the incident is attributed to union agitators angry at a decision by Judge Kennesaw Mountain Landis, then commissioner of Major League Baseball.

- The Walt Disney Company is founded when 21-year-old Walt Disney and 30-year-old Roy O. Disney, Walt's brother, sign a contract to produce the Alice Comedies film series.

- Roadside billboards are the target of a letter sent by the British Ministry of Transport on October 18. The letter alleges the billboards are disfiguring the picturesque English countryside and urges county councils to take action.

- New Jersey's Albert Tangora sets the world record for fastest sustained typing on a manual typewriter on October 22. Tangora averages 147 words per minute over the course of one hour.

- The air force of the Kingdom of Bulgaria is wiped out on October 25 when the country's lone army airplane crashes.

- The reigning monarch of Iran, Ahmad Shah Qajar, appoints Reza Khan as the country's Prime Minister on October 28. Khan overthrows Ahmad Shah two years later.

- The Republic of Turkey is proclaimed on October 29, formally ending the Ottoman Empire.



Scott Sherman Solo Show

October 3-19,

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Fall Juried Show, October 24- November 17, Opening Reception during ArtWalk, November 3, 5:00- 9:00 pm.

Ceramics Sale and Studio Fundraiser, Friday November 3, 5:00- 9:00 pm and Saturday, November 4, 12:30 - 4:00 pm.

Holiday Show & Sale, November 25- December 22

UPCOMING CLASSES:

Life/Figure Drawing-Mondays, 6:00- 8:00 pm, October 9, 16, 23, 30;
Tuition: \$10 (Adult students: \$5) to help pay for the model, no instruction, bring your own supplies. Convenor: Bruce McKinney

Pinch Pumpkin Pottery Class-Thursdays, 7:00- 8:30 pm, October 5, 12;
Tuition: \$60, all materials provided, all skill level welcome (8 years of age or older, minors must be accompanied by a parent or guardian). Instructor: Marcie Allen

New Moon Gourd Pour Workshop-Saturday, October 14, 10:00 am – noon;
Tuition: \$41, all materials provided, all skill levels welcome (18 years old or older). Instructor: Amber Kear

Autumn Leaf Pottery Class-Thursdays, 7:00-8:30 pm, October 19, 26;
Tuition: \$60, all materials provided, all skill level welcome (8 years of age or older, minors must be accompanied by a parent or guardian). Instructor: Marcie Allen

Try The Potter's Wheel Sessions-Wednesday, 7:00- 8:30 pm, November 8 or 15, or 22; Tuition: \$45, all materials provided, all skill level welcome (18 years of age or older). Instructor: Marcie Allen

Pottery Parties: Looking for a fun event with friends, family, or coworkers? Plan a Pottery Party! 2 hours of clay time, projects picked up 2-3 weeks after the party. \$150 for up to six people (minors must be accompanied by a parent or guardian). Contact the Findlay Art League at contact@findlayartleague.com for details and to schedule a day and time



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WHAT'S HAPPENING IN OCTOBER

FRIDAYS and SATURDAYS



Halloween Express 6:30 - 9 pm Northwest Ohio Railroad Preservation, Findlay

Take a non-scary Halloween-themed train trip for the whole family around the track, and check out the Halloween decorations after dark every Friday and Saturday this month. Admission is **\$3** for adults and **\$2** for kids 12 and under. For a daytime ride amid the pumpkin patch, come to the track from 1 - 5 pm for a Pumpkin Ride.

OCTOBER 14



Apple Butter Festival 9 am - 3 pm Van Buren School

Every year on the second Saturday of October, don't miss the Apple Butter Festival. Purchase apple butter, bean soup and corn bread, and enjoy a day of family activities and fun. And peruse the Van Buren Lions Club's 34th Annual Craft Show, featuring craft and goods-filled booths inside and out during the fest.

OCTOBER 15



Hispanic Heritage Celebration 3 - 7 pm Black Heritage Library and Multicultural Center, Findlay

Join the party celebrating the contributions and history of Hispanic/Latinx people. There will be dancing by representatives of many Hispanic countries, music, cultural costumes, children's activities, merch booths, food trucks and much more.

OCTOBER 15



Antique Bottle & Collectibles Show 9 am - 2 pm Hancock County Fairgrounds, Findlay

Free parking, **admission \$5**. Under 12 free. Early Bird admission is \$20 Sunday only from 7 - 9 am. Email finbotclub@blogspot.com for more info.

OCTOBER 21



Spooktacular! 5 - 8 pm

Hancock Historical Museum, Findlay

The museum will host an evening of fun for all ages. Enjoy tours through the "haunted" Hull House, built in 1881. Sample seasonal treats cooked over the hearth in the historic Crawford Log House. Decorate pumpkins and cookies. Children also can enjoy face-painting, crafts and games throughout multiple buildings. And come in costume! The Children's Museum of Findlay, Hancock Parks District and the Blanchard River Watershed Partnership will also be on-hand with activities.

OCTOBER 21



Wine/Cheese Fundraiser 7 - 10 pm

125 S Main St, Fostoria

\$20 presale tickets can be purchased at Payne Bros Florist & Review Times, or from any Fostoria Community Arts Council board member. Tickets are **\$25 at the door**. Along with the wine, there will be appetizers, raffle baskets and Fostoria's own SpaceCats will provide music.

OCTOBER 24



Cops and Kids Halloween Parade 7 pm

Findlay

Don't miss Findlay's biggest parade of the year! Candy, local marching bands, floats and so much fun! Parade starts at 7 p.m. Parade begins at the corner of 6th and South Main Street and will end at Lima Street. Rain or Shine.

OCTOBER 28



Ghost Roast 7 - 9 pm

Oakwoods Nature Preserve, Discovery Center Porch, Findlay

Bring the family out for a ghost roast by the campfire. Share your favorite ghost story while roasting marshmallows to make s'mores. There will be a ghostly prize for the best story of the evening. Bring your own bug spray, drinks or reusable water bottle. The ghost roast may be moved indoors if there is inclement weather. Register online beforehand by 1 p.m. Oct. 27 with \$10 per family.

At press time, the information was pulled from community websites and was considered current.

We apologize for any information that may have been changed/updated after this edition was printed.



October is National ADHD Awareness Month

The basics of ADHD

A condition like ADHD can compromise a child's ability to excel in the classroom.

The fall marks the beginning of a new school year for millions of children. A new school year contains a host of challenges for every student, but some, particularly those with attention deficit hyperactivity disorder (ADHD), may face steeper challenges than others.

ADHD is common in both the United States and Canada. The American Academy of Pediatrics reports that ADHD affects between 4 and 12 percent of school-aged children, while the Center for ADHD Awareness, Canada indicates between 5 and 7 percent of Canadian youngsters have the condition. Such figures are disconcerting, particularly when considering the adverse effects of ADHD on academic performance. In fact, a 2019 study published in the *Journal of the American Academy of Child and Adolescent Psychiatry* found

that ADHD was associated with substantially lower performance in school independent of socioeconomic background factors.

The stakes are high regarding ADHD and academics, so as a new school year begins, students and their families can familiarize themselves with the condition to ensure it does not interfere with their efforts to do their best in the classroom in the year ahead.

What is ADHD?

The AAP describes ADHD as "a chronic condition of the brain that makes it difficult for children to control their behavior." Such characterization explains why the link between ADHD and poor academic performance is so strong. The AAP notes that children with ADHD often have trouble getting along with other children and, if they have issues with attention, they can have difficulty learning.

Behavioral symptoms of ADHD

The AAP notes that ADHD includes three distinct groups of symptoms:

inattention, hyperactivity and impulsivity. Children with inattention may daydream and have a hard time paying attention, often do not seem to listen, may be easily distracted from work or play, and may not follow through on instructions or finish tasks. Children with hyperactivity may be in constant motion, exhibit difficulty staying seated, frequently squirm or fidget, talk too much, and be incapable of playing quietly. Children with impulsivity may frequently act and speak without thinking, run into a street without first looking for oncoming traffic, be incapable of waiting, and frequently interrupt others.

It's important for parents to recognize that children with ADHD will not necessarily have all the symptoms. Symptoms are classified by the type of ADHD a child has, and a physician will indicate that upon diagnosis. ADHD cases are usually determined to be inattentive only, hyperactive/impulsive or combined ADHD, which includes symptoms of inattention, hyperactivity and impulsivity.

When should I alert a physician?

The AAP notes that all children exhibit the symptoms noted above from time to time. However, a physician should be alerted when children exhibit those symptoms on a regular basis for more than six months.

ADHD can affect children both academically and socially. Parents, caregivers, teachers and families need to recognize the signs of ADHD and learn how to best communicate with the child so that they can thrive in their home and school environment. More information can be found at [healthychildren.org](https://www.healthychildren.org).



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Popular Halloween costumes for 2023



Costumes and candy are synonymous with Halloween. Individuals may spend weeks or months trying to come up with the perfect costumes for their trick-or-treating excursions or Halloween parties. Many children and adults also enjoy costume themes, in which they dress up to coordinate with others in their group.

There is always a steady selection of classic costumes that appeal to Halloween revelers, including vampires, cats, witches, and pirates. But one only need look to pop culture to come up with costumes unique to a particular year or era. The following are some costume ideas that figure to be wildly popular in 2023.

• **Barbie®:** Due to the release of the mid-summer motion picture "Barbie," starring Mar-

got Robbie as the titular character and Ryan Gosling as "Ken," there are bound to be many pink-clad trick-or-treaters traveling through neighborhoods this fall. Barbie always has had an impressive wardrobe, so fans of the film can dress up in any of her signature looks.

• **Ariel:** Disney has reinvented many of its popular animated classics into live-action retellings, and "The Little Mermaid" took its turn this year. Life is more fun under the sea, so costumes for Ariel the mermaid and her underwater friends and foes figure to be popular.

• **Creed:** Rocky's boxing spin-off series "Creed" gave fans its latest installment with "Creed III" in 2023. The boxing champ dons all-white or all-red color schemes in this movie, and fans may want to emulate that in their costumes.

• **Geralt of Rivia:** "The Witcher" fandom is widespread, and viewers were treated to another season of the Netflix series this summer. This is the final season with Henry Cavill in the titular role (Liam Hemsworth is reportedly set to take over), so fans may be inspired to dress the part for Halloween this year.

• **Jigsaw:** "Saw X" will be released on October

27, and the Jigsaw Killer might be a choice for those looking to instill fear around the neighborhood.

• **Wednesday Addams:** Fans took to the inspiring new Addams Family spinoff that explores life through Wednesday's eyes. With her signature black frocks and pigtails, it doesn't take much to look like this macabre teen.

• **Nepo Baby:** The phrase "Nepo Baby" grew wings this year with the spotlight placed on many celebrity kids whose rise to fame may have been pushed along by their successful parents. All it takes is a pair of jeans and plain white T-shirt with "Nepo Baby" on the front to pull off this look.

• **Ted Lasso:** The main character from the Apple TV series potentially has made his last appearance on the pitch, as the most recent season, which premiered in March, is rumored to be the show's last. Nevertheless, Lasso's goofy, down-to-earth-isms and unique look will live on through those who wear his signature mustache, jacket and visor.

Halloween costumes run the gamut of classics and pop culture references. This year people are bound to see some common threads in neighborhoods across the country.

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Car Sales Team LaRiche Chevrolet Cadillac
Car Wash Flag City Auto Wash

Beauty

Hair Salon Journey Salon & Day Spa
Kids' Haircut Untangled Hair Salons
Manicure/Pedicure DREAM Nails & Spa

Food & Dining

Appetizers Findlay Brewing Company
Asian Food Hunan Gardens
Bakery The Baking Company & Bread Kneads
BBQ Miller's Meats, BBQ & Catering
Breakfast Dark Horse Restaurant
Burger Findlay Brewing Company
Coffee Coffee Amici
Deli Main Street Deli
Donuts ... Fort Findlay Coffee & Doughnut Shoppe
Fast Food Chick-fil-A
Fish Fins Seafood & Grille
French Fries Five Guys
Ice Cream Dietsch Brothers
Italian Food Rossilli's Restaurant
Local Dining Dark Horse Restaurant

Arts & Entertainment

Event Venue Marathon Center for the Performing Arts
Live Music Venue Marathon Center for the Performing Arts
Local Band Reunion Band
Local Event Flag City Balloon Fest

New Car Dealer LaRiche Chevrolet Cadillac
Oil & Lube Center Pennzoil National Auto Lube
Tire Center Cooper Service
Used Car Dealer LaRiche Chevrolet Cadillac

Mens' Haircut Larry's Hair Styling & Tanning
Tanning Salon Sun Express Tanning Salon
Tattoo Shop Black Sheep Tattoo

Meat Shop Miller's Meats, BBQ & Catering
Mexican Food Oler's Bar & Grill
Patio Gillig Winery
Pizza Jac & Do's Pizza
Place To Eat With Kids Chick-fil-A
Ribs Tony's Restaurant
Salad Tony's Restaurant
Sandwiches Main Street Deli
Seafood Fins Seafood & Grille
Steaks Texas Roadhouse
Subs Bellacino's Pizza & Grinders
Sushi Tokyo Japanese Steakhouse
Tacos Oler's Bar & Grill
Vegetarian/Vegan Food Circle of Friends Restaurant
Wings/Boneless Jack-B's

Health & Wellness

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Health and Fitness Center 50 North
Health Store Apple-A-Day

Martial Arts Studio Academy of Martial Arts Studies
Massage Journey Salon & Day Spa
Yoga The Lavender Hour

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Dental Practice Anderson Family Dentist
Hearing Aid Center Findlay Hearing Center
Medical Practice Findlay Family Practice
Mental Health Services **TIE** Dr. Brad Bundy and
Mind Body Health Associates
Optometry Practice Eyes on Main

Pharmacy Kroger
Physical Therapy Center NWO Orthopedics
and Sports Medicine
Podiatric Practice NWO Orthopedics
and Sports Medicine
Urgent Care Physicians Plus Urgent Care

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Concrete Company Gibson Concrete Construction
Construction Company Metzger Brecheisen Company
Electrical Company Beltz Home Service Co.
Flooring Company **TIE** House of Color and
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Heating/AC Company Bowers Heating & Cooling
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Home Improvement Center Menards
Landscaping Company S&S Landscaping &
Tree Service
Moving Company Two Men and a Truck
Paint Store Sherwin-Williams Paint Store
Pest Control Company Mauger Exterminating Co.
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Pets

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Veterinary Office Flag City Mobile Vet

Professional Services

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Funeral Home Coldren-Crates Funeral Home
Hotel Hancock Hotel
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Photography Jodi Childers Photography
Place to Work Dietsch Brothers
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Senior Living/Assisted Living Birchaven Village
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Tax Prep Services Bosse Financial Services

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Farm Supply Store Tractor Supply Co.
Floral Shop Sink's Flower Shop
Furniture Rettig Furniture & Mattress
Garden Center Garden Central
Gift Shop RooBarb Studios
Grocery Store Meijer

Jewelry Store Michael Eller Diamonds
Local Store Dietsch Brothers
Outdoor Furniture Granary Gift & Furniture Barn
Shoe Store Dave's Running Shop
Smoke Shop The Attic
Sporting Goods Store DICK'S Sporting Goods
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