

Don't Be SAD

Many do not like winter for various reasons. Probably the first reason that comes to mind for most is the cold, but for many it is the darkness. These folks who are affected by the dark, dreary days of winter really do get SAD from Seasonal Affective Disorder. There are a few simple changes you can make to your indoor environment to help with this.

1. Almost everyone loves the beauty of

flowers in the spring. Don't wait until spring; force bulbs inside. The sight and smell will lift your spirit on the darkest of days.

2. Aromatherapy is a great way to give your soul a boost. Use a diffuser with your favorite essential oils.

3. No light outside? Then create the light you need inside by switching out lightbulbs that

emit a blue or white light.

4. Refresh your environment with mirrors. The change will not only give you an uplifting feel; the mirrors will allow for more reflection of light.

5. No need to purchase new furniture to brighten your mood. Add light colored slipcovers or brightly colored pillows for a mood booster.

Ponderings

Make sure your pond heater is running and/or your aerator continues to bubble to keep open a hole in the ice; especially during frigid cold temps. No fish? Then no worries. Your pond can freeze solid if you don't have any fish.

Did you know we have mink here in Ohio? There

are real culprits to those backyard ponds. You cleaned out your pond, put in a heater for your fish, and carefully placed a net over the entire water feature for the winter. In the spring, you excitedly go out and take off the net to remove the heater and start the spring opening process. There is just one prob-

lem! You don't see any fish—ANYWHERE! How is that possible? Mink. Yep. They can get through very small openings, grab a fish, and escape through the same little opening and be gone. All with no one seeing. Tuck the edges of your net tightly around rocks to help hinder this happening.

Winter Nuttiness

Do you feed the birds? One bird that sticks around during the cold Ohio winters is the Nuthatch. There are white-breasted and red-breasted Nuthatches.

If you are familiar with the Nuthatch, you know they have long beaks. These beaks are used to

"hatch" the meats out of nuts and seeds. Usually a Nuthatch will choose a large seed or peanut kernel and fly to a nearby tree to crack it open. It is amazing, but they land on the side of a tree trunk and wedge the seed into the bark and then begin hammering away to

open it. Sometimes they will hide the seed in the bark of the tree and come back later for it.

Nuthatches are known for bringing friends to bird-feeders too. You will notice they arrive with Chickadees, Titmice, and Downy Woodpeckers.



The koi at Pond Wiser are huddled at the bottom of the pond for the winter.

De-Icer Precautions

- * Do not over-apply de-icer products. Follow instructions on the label.
- * Do not try to melt everything. Clear snow first.
- * Wear gloves. Ice melts are an irritant to skin.
- * Do not use de-icers on new concrete

- that has not fully cured.
- * All products have some effect on the environment. Flush the area with water if over-use is suspected or damage appears on plants.
- * Need some extra traction? Ice melter can help but so can kitty litter. Keep a

- bag in your trunk for emergencies.
- * If you have pets, make sure you use an ice-melt that is non-toxic to them.



Border Patrol for Goose Control

January through April are the prime months for goose control. If geese are not deterred during these months, they will likely find your home a great nesting area and become THEIR home. Geese have been known to nest near each other in gang broods of up to approximately 20 birds.

Consider twenty birds living on your property, and each bird creates approximately three pounds of fecal matter daily. Now that's a lot of poo! Their droppings create a health risk to humans and can cause nutrient loading in water; which in turn triggers algal blooms and excessive plant

growth in lakes. Vic works throughout Stark County at residences and several Belden Village businesses have taken advantage of this unique service Pond Wiser is proud to offer. Call Denny at 330-685-3637 for a consultation.

"Vic, our specially trained Border Collie, is ready to control the geese at your property."



Lake Life on the Ice

Ice fishing opportunities can be found in a variety of inland lakes and ponds.

Things to remember before going ice fishing:

- ⇒ No ice is safe ice
- ⇒ Have a valid Ohio fishing license

- ⇒ Know the size and daily limits for the fish that you hope to catch
- ⇒ Learn the ice fishing regulations for where you are fishing
- ⇒ Make a checklist of things you will need to have fun and be

- safe
- ⇒ Consider leaving a "float plan" with someone who knows that you will be out on the ice, indicating where you plan to fish, where you plan to park your vehicle, and when you plan to return home.