

Pets are an important aspect of our lives – for most of us anyway. Here in Stillwaters Estates small pets are encouraged because we know that pets can have a very positive impact on our health in general. Our neighborhood covenants require all pets to be inside or on a leash at all times but certainly having pets is recognized as very important.

Several articles I have read say that pets can provide health benefits such as reducing blood pressure in hypertensive patients, as well as helping us older folks remain alert because we are caring for a pet. My own experience in pet ownership is that knowing your pet is always there to love you unconditionally makes the caretaking more than worthwhile.

If you are an animal person you will recognize what I am talking about when I refer to my cat as elderly. She is 14 and doesn't get up quickly anymore. She sleeps a lot and her only real interests are 1) Eating; and 2) Finding a warm lap to sleep on. Other than that she seems entirely focused on where, when and how to find sleep.



Miss Sophie

These days we pamper her and try to keep her healthy as she ages in front of our eyes. She still is a joy to have in the house, not so much for her antics, but certainly for how much she demonstrates her complete adoration for Mr. Blogger and me. Pets have always been a part of our lives and the companionship is immeasurable.

Here is a little cat humor for those of you pet owners out there who can relate:

<http://www.youtube.com/watch?v=PKffm2ul4dk>

Quote of the week:

If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars.

– Rabindranath Tagore

Happenings this week:


Saturday, March 8th: Miss Lewis County Pageant will take place at R.E. Bennett School in the Chester Rhodes Auditorium in Chehalis. Tickets at the door are \$20. For information call 519-5215

Saturday, March 8th: Change your clocks before bed this Saturday night – Daylight Savings time begins.

Tuesday, March 11th: The Lewis County Community Band will present their winter quarter concert. This is a free concert at the Corbet Theatre at 7:30 p.m. Music featured: Percy Grainger and David Holsinger.

Saturday, March 15th: Metal Recycling event at Stillwaters Estates Gathering Place. They will take old appliances, Christmas lights, old metal lawn furniture, fans, and a multitude of other recyclables. 9:00 a.m. to 4:00 p.m. on

Weather:

 The Old Farmer's Almanac says periods of rain and I am guessing that is a pretty accurate forecast given the past couple weeks of weather. We are really enjoying a sunny Friday afternoon – hope springs eternal that Spring will soon be here!