



6700 Series
Miscellaneous
Section



Creative Living with Sheryl Borden
6700 Series



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Bud Vase Tips



About Hollywood in the 1930s: Hollywood studios employed their own craftspeople that would make their own artificial flowers out of bamboo, copper, and paper. Less than one tenth of all flowers in Hollywood movies were real!

Vase Styles: Bud vases can be many sizes but should always have a narrow opening.

Design Principles: After decorating our bud vase with gold tissue, we'll build a simple design using three main flowers (roses) and accent with our greenery.

Flowers & Greenery used in this floral design:

Vendela Roses



Our favorite rose for weddings. Opens into slightly curled petals. Can last up to two weeks in a vase. Has a slight pink tint to the petals.

Bupleurum



In the carrot family, also called Thoroughwax. Used in Chinese medicine to cure many ailments from fever, common cold to headache.



How to Découpage Glass with Tissue

Glue Recipe:

3 parts Elmer's White Glue (or Craft Glue)
1 part warm water

Mix and keep in an airtight jar or container. When using the découpage, brush a thin layer of the glue on the surface of the vase. Place the tissue on the vase. Brush with glue. For glossier finishes, use more coats of paste. There will be a white film when paste is wet, but will

COURTESY: Casey Schwartz
Flower Duet
www.flowerduet.com



Keeping your pet healthy is not easy with dry, commercial pet foods. Dogs and cats are naturally carnivores, so it's imperative to feed them a diet rich in animal protein, but devoid of plant-based protein or over-processed dry food. Hound & Gatos is dedicated to producing grain free dog food and cat food that will help your pet avoid painful conditions like cat urinary tract infection or dog upset stomach. Our "Paleolithic pet food" will keep your pet feeling their best.

Cats and dogs naturally get most of their water from their food, so feeding them commercial dry food is unnatural and leads to conditions like cat urinary tract infection. Dog upset stomach can be avoided with our grain free dog food that helps give your canine companions the nutrients and water-rich diet they need, along with the flavor they crave. With human-grade meat that satisfies your cat or dog and keeps them out of the vet's office, Hound & Gatos pet foods will help your furry friends live long, happy lives.

5 Things to Know about Pet Food

It is estimated that, across the country, we have some 70 million dogs and 86 million cats. That pet population supports a massive pet food industry. However, most people don't give a lot of thought to the pet food they buy, often making purchases based on advertising or price. The consequence of doing this can be dire for pets. The more one knows about pet food, the better off they will be in keeping their animals healthy.

There are numerous problems with the pet food industry, including that liver is not being properly labeled so that buyers know which source it originates from. Therefore, pets that are allergic to chicken or beef may end up getting it in their food without their own knowledge. There are many things to know about pet food, beyond the colorful package and flashy advertisements. Here are 5 things to know about pet food:

1. **FDA Regulated.** The pet food industry is regulated by the Food and Drug Administration (FDA),

which is the same government body that watches over the human food supply in the country. As such, pet foods must follow FDA preparation guidelines to help keep them safe for pet consumption.

2. **Lots of recalls.** Even though the FDA regulates the industry, plenty of recalls still occur. News headlines from time to time warn of pet food that has made it to the shelves that may be potentially harmful if consumed, potentially causing illness or even death. One big issue that may lead to a pet food recall is the threat of salmonella.

3. **Big industry.** The pet food industry is a massive industry, with Americans spending over \$21 billion annually to buy food for their pets, according to the American Pet Products Assn. Walk the aisle of any grocery or pet store and it is easy to see that there are many choices available to the consumer.

4. **Beware of ingredients.** Many pet food brands put out food that is filled with ingredients that people should steer clear of because they can cause digestive and health problems for their pets. These include things like meat by-products, corn, soy, rendered animal fats, wheat, sugar, and artificial anything. These are ingredients that cats and dogs would not eat, in nature, and they will prevent pets from thriving.

5. **There is something better.** Everyone with a pet should become a label reader, avoiding those foods that include the above-listed ingredients. They should opt for foods that contain high-quality sources of protein for optimal health.



Common Cat Health Problems

According to the American Veterinary Medical Assn., common reasons for pet owners to visit a veterinarian include an injured pet, routine vaccination, to be spayed or neutered, flea or tick medication. In 2012, the Banfield Pet Hospital's State of Pet Health report stated that cat obesity has risen over 90 percent since 2007, and people are beginning to look at their pet food as the source of their health problems.

Here are some of the most common cat health problems:

Obesity. Excess weight is a common condition in cats today, but the amount of pet food isn't to blame.

Cat food that contains carbohydrates, such as corn and wheat, are fattening for your cat.

Hyperthyroidism. The most common glandular disorder in cats, hyperthyroidism, includes symptoms such as a weight loss or an increased appetite. It is most common in older cats, but treatable if diagnosed.

Dental disease. It's important to keep your cat's mouth clean; damage to a cat's gums, teeth, and tongue can lead to many health risks. Some pet foods create plaque build-up due to the unnatural, foreign ingredients.

Skin problems. Some pet food contains known allergens, such as corn and any type of gluten which can cause skin rashes, redness, bald spots and/or dry, flaky skin. Vets recommend feeding your cats a healthy, balanced food without fillers or artificial ingredients to prevent skin problems.

Feline lower urinary tract disease. Cats can develop FLUTD from stress, bladder infections, hyperthyroidism, or diabetes mellitus. Ingredients in your pet food, such as fish, which is high in calcium, can cause urinary tract disease in cats. To treat FLUTD, your vet may recommend dietary changes or antibiotics.

Hound & Gatos Pet Food Corp. specializes in providing consumers with high-quality pet food options. Dubbed as the original Paleolithic pet food company, their recipes are 100 percent protein and zero percent plant protein, with the number one ingredient being meat. They only use top ingredients, providing pets with pure nutrition and avoiding all by-products, fillers and artificial ingredients. To learn more about Hound & Gatos, including where to buy products, visit their website.

COURTESY: Will Post
Hound & Gatos Pet Food Corp.
www.houndgatos.com

Sue Hansen Speaks!

Spouse Talk

Why is communication still a challenge for most of us? In this era of multiple forms of communication, it's unfathomable to think we still struggle with effective communication. In fact, new technologies contribute to and magnify the problems we have with

accurate communication. Communication challenges occur everywhere, but I want to focus on interpersonal communication between husbands and wives. What a conundrum: here is a person we live with, eat with, sleep with, brush teeth with, and yet communication can still be a point of contention. This is a person we know intimately, but it appears that close relationship has little to do with great communication. Despite of –

or because of – the relationship, there is much room for misunderstanding.

Let's take a step back and look at the basic elements of communication. First: the ancient art of listening seems to have become nearly extinct. Great listeners are few and far between, probably because it takes a great deal of energy to listen well. I don't mean just looking like you're listening: I'm referring to the great art of really listening—being attentive to another person through eye contact, really hearing their words, and nodding to let them know you're paying attention, patiently waiting for them to finish before jumping in to speak. Listening is an active sport. You must be able to expend the energy to listen well; you must be present (not just in the same room); you must respect the other enough to be patient and thoroughly listen to what they want to convey. Listening takes effort—you must really work to be engaged.

Listening tips:

- Concentrate on what is being said
- Body Language: use head nods, eye contact, and listening noises to convey your attention
- Judge not the content before you have time to hear everything
- Notes: take notes if it's a complicated subject; you may need to refer back to a piece of information
- Ask questions for clarity and to demonstrate your attention
- Avoid distractions: suspend the conversation if the dog just ran through the house dragging the cat in its mouth!
- Interruptus not: don't interrupt. Listen to the entire story before you add comments and suggestions
- Shut up: self-explanatory (I hope)

Now let's say you are the speaker and not the listener. Being the one speaking has its own set of challenges. When you are speaking it is important to give some thought as to how your message will be received. One can easily misconstrue the meaning through omission, inflection, volume, and pitch. So you need to decide what direction you wish to go with your communication? Are you just venting? Embellishing so the story is better? Trying to sway the story to your perspective? If you wish to be accurate in your communication, you need to think about these things.

Speaking tips:

- Consider their communication style (do they like detail, do they hate detail, etc.)
- Generally speaking, be brief and concise and let the listener ask questions
- Watch your word choice, and clarify if you feel you've been inflammatory
- Make sure your body language is in synch with your words
- Stick to the point.

Not all who wander

are lost, but your listener will be if you ramble

- If your message is emotionally charged, script it first to get the right reaction

The intricacies of communication are enough of a challenge without adding the complications of inter-gender communication - especially with your spouse. Let's face facts: it takes time, energy, and commitment, all of which are in short supply these days. Here are a few gender-specific suggestions.

If you're the woman:

1. Get to the point. Don't overwhelm him with details and insignificant data. If you want them to stay tuned, be brief and concise. Consider thinking ahead of your content.
2. Don't expect eye contact to any great degree. The lack of eye contact does NOT mean he's not listening. Men use their ears, not their eyes. Men typically don't connect by gazing deeply into another's eyes.
3. Learn to watch his body language. It's obvious when you lose his attention and when you do start monitoring your words. Perhaps you're being repetitive or using too many words.
4. Men don't usually talk about people and relationships as a sport. Their conversations tend to be about things, problems or projects. They may not find



To book Sue for your next meeting, retreat, or event call 970.252.0800 or email sue@suehansenspeaks.com

interest in hearing about your friend's problem, if you want his attention change the subject matter.

5. Respect the differences, give each other a break, and have fun!

If you're the man:

1. If you want to be a better communicator, use your eyes to connect with her. Women like that.

2. Use listening noises so she can tell you're paying attention. Some suggestions: "Uh, huh," "nice work," "what else happened?" "hmmm," "wow."

3. Watch her body language. If she is getting exasperated with you, you may be able to see it on her face. Monitor what you are doing. Perhaps you need to alter what you are doing.

4. Don't try to solve the problem. She may be just venting as a way to process her plan of attack. You can find out by asking, "Do you want me to come up with solutions, or shall I just listen?"

5. Respect the differences, give each other a break, and have fun!

Humor and Stress

I doubt we will ever alleviate the stress of living. What stresses one person won't stress another, so how will we eliminate it? Since elimination is unlikely, the next best thing is to manage stress better. Of course there are some very real and serious issues with stress – all the more reason to get a handle on it.

There are several layers of stress. Not all stress is bad; this milder form of stress is performance enhancing. To be honest, psychologists say there is good stress, eustress (think euphoria plus stress), and bad stress, distress (think disaster plus stress). The positive one can generate an energy and productivity unmatched by normal motivation, such as the stress you feel when you are taking a test or running a race. Negative stress often leads to exhaustion, frustration, even paranoia. Then there is a third layer called HYPER STRESS which of course is not good at all and can lead to major health problems. Hyper stress is a combination of high levels of stress over a long period of time. With technology, commuting, work pressures as well as family pressures, we have the potential to be in a constant state of stress. Health professionals tell us this just isn't good for us.

We all have normal stress reactions that we commonly think of as fight or flight. You see an impending danger situation and you can have one of two reactions. Stand there and deal with it or hit the road. Your body reacts - your adrenal glands are triggered, adrenaline kicks in, your blood pressure goes up, your palms are sweaty, your breathing increases, you are on high alert - ready for action. Once the danger is gone, your bodily reactions return to the normal state. If you are in a constant state of stress, your adrenal glands work overtime and never get a chance to return to normal. This is when stress can be a health risk. You see our bodies were not designed for long periods of hyper stress. So what can we do to overcome this high stress living?

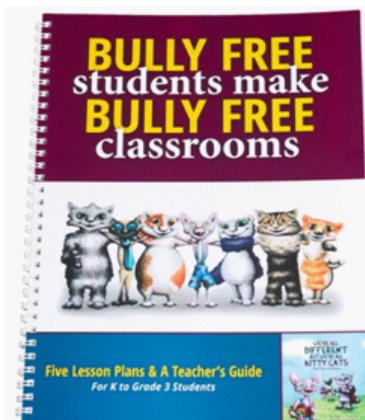
Some studies indicate that laughter has been linked to healthy function of blood vessels. This may mean that laughing can have a positive effect on heart health. Doctors are not sure whether the benefit is due to the movement of the diaphragm as you laugh or from the release of endorphins (the happy hormones). Either way it looks like finding ways to laugh and joke can be beneficial. Even if they weren't beneficial to the heart, it can be beneficial to your mental outlook!

Stress Tips:

1. Know what is most important to you and stay focused on that.
2. Plan as much in your day as you are able. Then you will be ready for the unexpected.
3. Employ your brain - think the events through. Why are you stressed, is the stress self-induced?
4. Forgive yourself. We are hard on ourselves. Let stuff go, make a choice.
5. Cultivate a positive attitude
6. Stay connected to an exercise program
7. Stay connected with people. A great network of friends and family can be just what you need.
8. Count your blessings.
9. Have a sense of humor.

COURTESY: Sue Hansen
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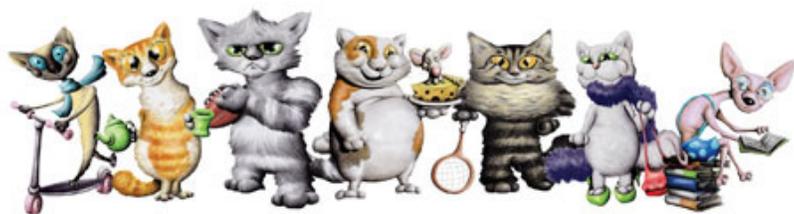
Changing Bystanders into Upstanders



Importance of Curriculums to Teach About Bullying

- A large percentage of bullying takes place in and around the school building, as well as in after school programs and during extra-curricular activities. A lot of bullying today also takes place in the form of cyberbullying, which includes texting and online forms of harassment.
- It is impossible for teachers, child care workers, and coaches to see what is occurring between children all the time. In addition, bullies are often purposefully and/or intuitively aware of spots that are out of sight of the adults in charge.
- Young children learn best through a combination of explanation and experience, with the latter providing a powerful influence because it augments intellectual memory with sensory/motor memory and emotional meaning.
- Curriculums based on this premise are more likely to be effective teaching tools and can be implemented by parents, child care workers, and teachers.

- Attention from peers, as well as the fear of retaliation and not knowing how to respond in the moment, encourages bullying behavior to continue.
- Research has demonstrated that bullying behavior begins as early as two years old and without intervention is more likely to continue into adulthood.
- In Peter's book, "We're All Different But We're All Kitty Cats," there are several instances where the kitty cats stand up for their classmate who is being bullied by another.
- Children and often even adults cannot distinguish between bullying and teasing. The kitty cats' experiences in the book can be used to help clarify the difference, which essentially involves age range, perceived power, the experience of hurt feelings, and the nature of back and forth comments between the individuals involved.
- Strategies seen demonstrated by the kitty cats include: more than one child telling the bully to stop, inviting the bullied child to join a group of peers, being a friend to the bullied child, the use of praise, and refusing to participate in the bullying behavior.
- According to the National Center for Education Statistics, approximately a third of all children are bullied at school at some point. In research conducted in 2007 by the Stanford University School of Medicine, they found that around 90 percent of all elementary age children had at one time or another been bullied by their peers.
- Each day it is estimated that 160,000 students stay home from school to avoid being bullied.
- According to the National Institutes of Health, bullying takes place when someone repeatedly tries to harm someone that they believe is weaker. Bullies, and those bullied, tend to suffer from higher rates of depression, as well as a variety of other mental health issues.
- Bullying can take on multiple forms, including physical (e.g., hitting, kicking, pushing, etc.), verbal (e.g., threatening, teasing, etc.), and social (e.g., rumors, exclusion, etc.). In recent years, cyber-bullying has also become more widespread; this involves bullying through the use of electronic means, including online and through text messaging.



COURTESY: Peter Goodman
DreamBIG
www.kittycatsbook.com



Post Traumatic Stress Disorder

- Post traumatic stress disorder is often referred to as PTSD. It is a mental health condition that is a type of anxiety disorder.
- PTSD usually follows a stressful life event, such as being in combat, being assaulted, or experiencing domestic abuse. Following the incidents, the person “re-lives” the experience, may have flash-backs, nightmares, and strong, uncomfortable reactions to the event.
- PTSD usually disturbs one's day-to-day living, making it difficult for them to go about their normal routine. Therapy can help these people to address the situation.
- The prevalence of PTSD is that 7-8 percent of the total population will experience it at some point in their life. However, when it comes to military members, the number of those who experience it is much higher.
- Up to 20 percent of those who served in the Iraq and Afghanistan wars experience it, 10 percent of those who served in the Gulf War, and 30 percent of Vietnam veterans experience it.
- Guardians of Rescue have an animal therapy program, through their Animals Helping People Program, that helps military members with PTSD. The program pairs PTSD trained therapy dogs with veterans who need the therapy.
- The program has been successful in pairing numerous dogs with military members. They are ready to provide the assistance to others as well. Treated, people can overcome the issue and go on to live a normal life. Left untreated, they can often go on to experience depression, alcohol or drug addiction, and related medical conditions.

Humane Education

- All children should be taught humane education. It is never too early or too late to begin teaching children about humane education.
- Humane education is the process of teaching children to have respect and compassion for animals. Through humane education, children learn the problem and compassionate way to care for animals, help them when in need, and to identify and report animal cruelty when they see it.
- Guardians of Rescue offer a humane education program, called “The Junior Guardians.” The program is offered to groups of kids in schools, organizations, scouting programs, etc. They are open as to where they offer the humane education program.
- The mission of the humane education program is to help them learn the ropes of animal rescue, learn how to recognize the signs of animal abuse and neglect, and how to report it in the proper manner.
- Students in the humane education program also learn how to fight animal abuse and defend animals, as well as about specific issues, such as dog fighting. Even younger children, such as preschoolers, can begin learning humane education principles. These children can learn such things as the proper way to touch pets, what they shouldn't do, and how to handle animals they may come across.
- When students engage in a humane education program they are empowered to learn more about having compassion for animals and how to care for them. They, in turn, use that information to help animals everywhere.
- Humane education is not a formal program taught in the curriculum of most schools, yet it is such an important issue because it impacts animals everywhere. For this reason, it is necessary to bring humane education programs in, so that children get this information and can learn the principles, which may last them a lifetime.

Based in New York, Guardians of Rescue is an organization whose mission is to protect the well being of all animals. They provide aid to animals in distress, including facilitating foster programs, rehabilitation, assisting other rescue groups and providing support to families, both military and not, who need assistance due to economic factors. To learn more about Guardians of Rescue, visit their website.

COURTESY: Matthew Festa
Guardians of Rescue
www.guardiansofrescue.org

POSITIVE ATTITUDE, FAITH & HOPE

A positive attitude is half the battle, passion and purpose is the other.

Beauty belongs to those who believe in the power of their dreams. Eleanor Roosevelt

Throughout history there are a multitude of examples we can point to that demonstrate how a positive attitude is important to helping people overcome life's curve balls and obstacles. This also applies to becoming successful in business.

Henry Ford once said "Whether you think you can or think you can't, you're right." It was a philosophy that he put to the test becoming a highly respected and successful businessman. The idea, that having a positive attitude, has been touted by many leaders as being a key component to achieving success, regardless of the field you enter. Many great companies started in garages and homes. Qualcomm, Hewlett Packard, Facebook are just a few examples.

When it comes to having a successful business one must realize that they will endure challenges. Having a positive attitude, derived from the passion possessed by an entrepreneur that their product or service will make a difference helps them overcome obstacles and challenges, even at the expense of operating on limited capital and forgoing their own salaries - all for the greater good and cause. Our nation was built by small business.

Vincene Parrinello is a prime example of what the positive attitude can overcome and succeed. A breast cancer survivor, she went from being a pediatric clinical office nurse to a patented skin care inventor, A GOLD Medal Inventor Winner for Wai Hope products in the Therapeutic Division of the World's Largest Invention Convention and a respected, pioneer organic skin care product expert that has changed the way cosmetic chemists look at formulating skin care. Vincene's company, Wai Hope, a thriving company she began on a shoestring budget in late 2007, her company has gross sales that exceed \$1.5 million. She went without a marketing, publicity budget for the first four years!

Her product line consists of balanced skin cleansers, a marine based toner and seawater recharging mist. Her line contains moisturizers, masks and serums made with this specialized "freshly brewed concen-

trated broth" and a unique delivery system that helps skin "re bloom." Special skin care collection kits are available on the company's website.

The key ingredient that sets Wai Hope apart from other organic skin care lines is the Wai Restructured Water, the specialized "freshly brewed broth" that every product is made with instead of the regular primary ingredient in formulations - the water. Some of the most vitamin intensive seaweeds, such as the Red Fijian Seaweed, Hijiki, Kombu, Nori, Wakame, Dulse, Sea Lettuce, Padina Pavonica, Atlantic Kelp, Hawaiian and Polynesian Red Marine Algae and Blue Green Algae, are a part of this specialized skin replenishing broth.

Vincene has overcome many of the common challenges that entrepreneurs face. She has also had to overcome some that most businesses do not face. Her prior skin care company, Hope Aesthetics, that sold nearly \$16 million dollars of products, was forced to close in 2007 after the firestorm that swept San Diego county and claimed barrels of 4 main raw materials that her company needed in order to produce her product line. They were organic materials that could not be repurchased for at least one year. After the painful decision was made to close Hope Aesthetics, the persistence and advice from customers encouraged Vincene to seek new formulas that she could bring to them, maybe from the GOLD Medal winning Wai Hope formulas (which were originally developed for professional use only). The new formulas contain rare ingredients that Vincene discovered that contain a rare Red Fijian Seaweed, that now has its own independent clinical studies going on showing this seaweed to have anti-cancer, anti-bacterial and anti-viral properties. Along with this seaweed, there are 13 others, teas, fruits and flowers that comprise the patented and patent pending delivery system Wai Hope Organic Skincare is made with.

Wai Hope's mission also focuses on the positive. No Matter What. The company aims to protect the environment while supplying people with effective, organic skin care formulas. The focus remains a balanced harmony of formulated skin to help people look and feel their best, not compromising the well being of the earth to do this.

COURTESY: Vincene Parrinello
Wai Hope Skin Care
www.waihope.com

Jewelry

Jewelry is the accessory element with the greatest potential for creativity and self-expression.

Jewelry choices fall into three basic categories:

- **Fine jewelry**—precious metals and gemstones have a timeless appeal, but few of us can afford an extensive wardrobe or statement fashion pieces in this price category.
- **Bridge jewelry**—items made from semiprecious stones, shell, natural woods, enamels and porcelains give a lasting, quality look at reasonable prices. This category usually offers the best investments for your jewelry wardrobe.

These natural materials have the added advantage of blending with a wider range of garment colors than their plastic copies. Choose items to compliment your coloring and wardrobe, such as:

Amethyst, for example, will blend with a wide range of lilac, lavender and purple shades because of its own variegated color.

Paua and abalone shell absorb the colors around them, so they work well with nearly any shade of blue, green, purple, beige or gray.

Turquoise and jade can enhance eye color.

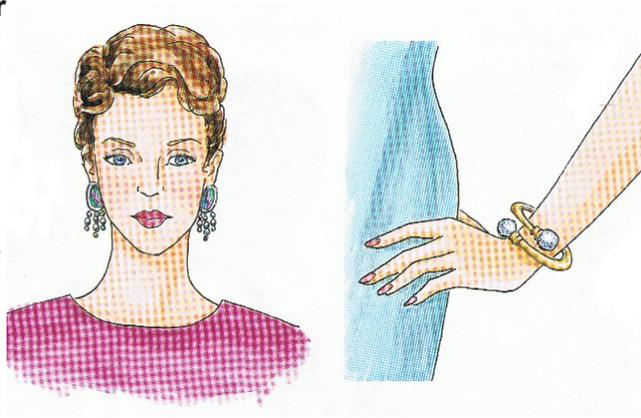
Carnelian, jasper amber and wood items are versatile choices for a warm-toned wardrobe, accenting brown, beiges and rust.



- **Costume jewelry**—budget-friendly fakes can work with fun or casual looks. They range from gold and silver-toned metals to colorful plastics to faux jewels. Costume jewelry can be an economical way to adopt the newest fad looks, but they seldom add value to your professional image, unless you seek out the higher quality reproductions of fine jewelry. The lower-priced items are often quick to break or discolor.

- **Use jewelry to create visual illusions, balance your proportions and direct the viewer's eye to your assets.**

Bold earrings draw attention instantly to your face—and if the material relates to your eye color the effect is even stronger. Abalone or paua shell is an especially flattering choice for people with blue/green/gray eyes.



A striking bracelet or cuff can put your beautiful hands and manicured nails in the spotlight.

- **Create the illusion of an ideal facial shape.**

Round earrings and choker-style necklaces add needed width to a long, narrow face.



Longer earring shapes and necklaces can lengthen and narrow a rounded face.

- **Balance body proportions.**

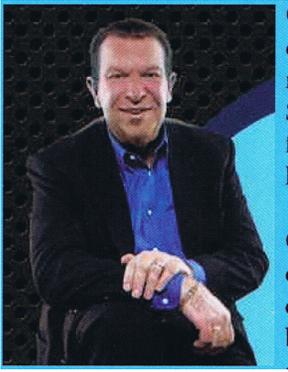
A bold pin, placed fairly wide on the shoulder, diverts attention away from broad hips.



A long necklace worn with a tunic creates the illusion of a longer-waisted figure.

COURTESY: Nancy Nix-Rice
 Wardrobe Consultant & Author
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BUSINESS WISDOM FROM GARY BARNES



“5 Tools to Help Shape Small Businesses”

According to the Small Business Administration (SBA) there are approximately 27 million small businesses in the United States. This year marks the 50th anniversary of the SBA's National Small Business Week. The goal of Small Business week is to highlight the impact small businesses have on the United States and recognize the contributions of small business owners and entrepreneurs.

Over the past thirty years, Gary Barnes has been instrumental in helping to shape small businesses all over the world through his business coaching. An entrepreneur himself, Barnes brings his years of experience to his courses and programs, focused on improving businesses.

Here are 5 Tools to Help Shape Your Small Business

Create a Road Map. Start with basic goals and plans before forming a visual idea of what your business should look like. The Road Map will keep you on track as your business expands.

Cope with Fear. Fear is a big factor in forming and running small businesses. It is imperative to identify what is holding you back and overcome it before it sinks your business.

Time Control. Managing your time is a struggle for most people, but it is vital in a small business, as well as maintaining your employee's time.

Leverage Your Strengths and Weaknesses. Focus on your strengths and delegate others to handle the parts of the business where you are not as efficient. It is important not to overwhelm yourself, but to release the reins.

Manage Your Cash Flow. In today's economic market, not handling cash flow properly is one of the main reasons that small businesses fail. Correctly managing your expenses and income can save you a headache later on.

“A Few Things They Didn't Teach You in Business School”

According to the United States Census Bureau, over 4 million people enroll in graduate school after college with the number rising each year. The Graduate Management Admission Council states that college graduates who continue into business school can expect a salary increase and 61 percent of graduates receive job offers immediately after graduation.

Here are some things you didn't learn in business school:

Success is not instantaneous. While some companies like Facebook and Amazon.com took off at the beginning, the majority of businesses take a while before being successful. Don't be discouraged if you don't immediately pull a profit.

Be flexible. The world is constantly shifting as new products arise and social media expands. Be able to adapt with the world and change your vision if necessary.

Start small and grow. While it's tempting to reach out to global markets, concentrate on a single market and build a foundation first. After developing a solid base, expanding will be easier.

Disagreements are good! Different opinions between coworkers and employees can help fuel creative, original ideas. Obstacles and adversity are normal! It's not what happens, but our reaction that determines the ultimate outcome.

Don't be afraid to delegate. A common mistake of new entrepreneurs is the inability to trust other employees to handle some of the elements of the business.

Gary Barnes International is a Denver-based business that was founded by Gary Barnes, a successful entrepreneur and business coach. Gary, who has successfully built 3 businesses from the ground up, is an international speaker, sales trainer and author. He offers high-performance business and sales coach boot camps as well as a home-study course. For more information, visit his website.

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