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Miscellaneous



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We're Here!

Writer and adventurer, Yvonne Lanelli has learned that in addition to touring and visiting lots of locations - both in the United States and beyond - she can make money (for her next trip!) by writing about her travels. Below are some of her travel tips she's learned through the years.

Money is Power. ATM cards get the best exchange rates. Find one with minimum fees. Use ATMs connected to banks. Check for hidden cameras, cover the keypad with your hand; check for "skimmers." Visibly and manually check for plastic insert. If the card sticks, pull it out immediately and go to another machine. Learn the coins of the country you are visiting. When making a purchase, have the clerk count out the change.



When sightseeing, keep your valuables next to your body in either neck or waist wallets. Backpack outside pockets are convenient but vulnerable. Keep valuables, including your wallet, buried in the bottom. Avoid carrying the wallet in your back pocket as it can be easily pickpocketed. Dangling cameras scream "tourist - mug me!" Your most vulnerable time is when you're taking pictures. Never put your bags down unless they are between your feet. Never



let friendly locals offer to take your picture as he/she may take your entire camera. Avoid wearing "bling." Wear simple jewelry such as fake wedding band or plastic watches. When you need to consult a map or guide, do so in private - not

on the street corner as it invites "helpful" buddies. Lanelli suggests using churches to look up information. The same information applies to using your cell phone. Be sure to use the internet only in secure locations and on password-protected sites. When sightseeing, notice street names, landmarks and look and walk as though you know where you're going. Be sure to carry hotel cards with you in case you get lost or need to tell a taxi driver where to take you.

According to Lanelli, these are some of the most **common tourist scams**: someone "accidentally" sprays catsup or mustard on you and runs away. Another "helpful" local will offer to wipe off the mess, but pickpockets you instead. Solution: ignore the mess and keep walking, no matter who offers to help. Another scam is if someone "throws" a baby at you. You drop your bags to try to save the baby only to find out you're holding a doll. In the meantime, someone grabs your bags and runs. Solution: ignore the "baby." Be prepared for "excessive begging" where you're tempted to reach in your pocket or open your wallet. You will be attacked or your wallet grabbed. If your conscience bothers you, make a donation to your church or a community group that you know is legitimate.



Politeness matters regardless of where you travel. Never give candy to local children. Learn to say "hello" and "thank you" in the language you are hearing. It's also a good idea to learn to ask "Do you speak



English" rather than assume the world knows English. Learn what is a rude gesture in the country you are visiting. It may or may not be the same in our country or even in other countries. In Thailand, for example, patting children on their head or sitting with your feet pointing at someone is extremely rude.

Finally, do not post on **Social Media** about your travels until you return home.

Ways to make money on travel? Write, image and sell your stories to newspapers or travel magazines. Use your skills on cruise ships - such as teaching bridge, ballroom dancing, yoga, any craft, etc. Or, consider organizing your own tour group. Have fun!

COURTESY: Yvonne Lanelli
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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.

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.

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.

**COURTESY: Will Post
Hound & Gatos Pet Food Corp.
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Happy Little Hummingbirds

All hummingbirds are from the New World, and are the smallest of all the birds, many weighing no more than 3 grams - about the same as 3 paper clips. Essentially tropical, some species migrate and range from Alaska to Tierra del Fuego. They need nectar (flowers) and tiny insects.

The most common species would be the Broad-tailed, Allen's, Rufus, Black-chinned and Caliope.

Feeding hummingbirds:

Once you start, do not stop at any time during the season (about April through October.) Feeders need to be available first thing in the morning when the birds come out of their night time torpor and last thing near sundown when the birds tank up on sugar water to get through the night. Try to place the feeders under an overhang for shade and shelter from rain. They need to be out of reach of bears or raccoons. Feeders need to be away from locations where cats or other animals can grab them.

When making your own feeders, use clean bottles. Do not use soap to clean the bottles. If soap is used, rinse the bottles at least 3 times with hot water.

Use plain drinking water - do not use distilled or softened water. In addition to water and



sugar, some people like to add black-strap molasses. Red food coloring is not necessary. Do not use honey unless water mist is available and do not use eggs. Some people add additional holes around the feeder for Orioles.

Hummingbirds get no nutritional value from the sugar water in the feeder. It is simply their fuel. Insects are their main diet. They do not drink blood as is sometimes rumored.

Hummingbirds have a very high metabolism. Their heart rate is 1260 beats per minute - about 20 times faster than humans. They take 250 beats a minute. Due to their high energy uptake, hummingbirds need to go into torpor at night to slow way down and conserve energy. Their heart rate slows 20 times slower - almost an unconscious state.

Hummingbirds can fly in any direction - up, down, backwards, etc. They can "perch" in mid-air. Hummingbirds are also fearless. They will approach people very closely when their feeders are hung in place, however, they can become combative. If you ever find a hummingbird next to a window and unconscious, pick it up by the beak, not the tail. If the bird has a band on its leg, take down the number and contact information.

COURTESY: Ray Pawley
Former curator at Chicago Zoological Parks

Brooming Unwelcome Wildlife Guests

Thanks to advances in home design, animals rarely can enter a house as they once did by coming down through a chimney or up from a basement. Nevertheless, sometimes an unwelcome wild bird, mammal or even a reptile can make its way into one's house. And, never entice an animal to come into your house. They will not recognize your hospitality! Instead, pandemonium will reign!

If an animal does enter your house, they tend to panic and dash or fly about looking for a way out. What can you do? Immediately you need to take charge **and with a calm, clear head**, consider and accommodate who (if anyone), or any pets are with you as you address the issue.

Here is a list of several "dos" and "don'ts" to keep in mind.

Once an animal from the out-of-doors finds itself in a completely different environment (i.e. in a house and confronted with totally unfamiliar sights, sounds and smells), **it usually panics**. Then the home owner panics. Commotion ensues. Immediately there is risk to the animal, the home owner, and anyone else in the vicinity, as well as the possibility of damage to property (i.e. broken lamps, toppled vases, other disasters.) At this time, more than any other time, a plan of action is needed. The following list of instructions is based on protocols taken from zoos, rural farms and basic animal (and human!) behavior.

- Everybody, especially any youngsters, keep calm! Either sit down and watch or go outside, but do not intervene.
- Never try to catch or grab a wild creature! It can bite, peck or scratch and cause needless injury.
- Keep in mind that the animal wants to get out just as badly as you want to see it leave.
- If you know which door the animal entered through, leave that door open so that the animal can exit - unless an unexpected opportunity arises where the animal can exit through a different door.



Additional Tips:

- Grab your corn broom - this will be your "herding" tool to sweep or nudge the animal out of the house.
- Don't crowd the interloper, and if possible, let it settle down in a corner or under a table. At that point, pause (if circumstances allow). Take stock and do any of the following that require attention before trying to herd the animal out of doors.
- Use the broom to quietly steer the animal toward the doorway it came in through, moving quietly and smoothly.
- Use no fast moves except to block the animal if it tries to get past you. Close a door to keep the animal confined to the room it is in.
- If an animal gets into another room, and as you herd the animal toward the room with the open door, close doors behind you.
- If the interloper is a bird or bat, lower the lid on any commode or close the bathroom door.
- Close any bedroom doors.
- Turn off any burners on the stove and cover any pots with food or water to prevent accidental drowning.
- Empty any water in the sink.
- Like kids, pets want to help. They need to be placed in a separate room and the door closed.
- Be sure an entry door is open so that the interloper can be herded outside, preferably the door it entered through.
- Plan your moves so that you herd or crowd the interloper toward the house exit.
- The animal is afraid of you - use this to your advantage and do not get between the animal and the doorway exit.
- Don't be surprised if the animal misreads your intentions and gets past you and your broom, requiring that you start over. It may happen several times.
- Use a corn broom as a herding device. **DO NOT USE ANY OTHER KIND OF BROOM OR MOP** since these have hard edges of metal or plastic and can cause harm to the animal.
- If the interloper is a skunk, move slowly and quietly. Most times a skunk can be encouraged to exit without spraying.



- As the animal is moved toward the exit door, close doors behind you to prevent its gaining access to the larger portion of the house if it eludes you.



- If the animal crawls under a bed or refrigerator, use the broom handle to gently nudge it out from under.
- Do not yell at the animal! Speak softly or not at all.
- In the very unlikely event that the animal dashes at you, the broom makes an excellent blocking device.
- Mammals, snakes and ground birds, like chickens, tend to stay next to a wall.
- Birds on the other hand, fly toward light, such as a window. Blinds may need to be drawn so that the brightest light is the open door. If a bird flies into a window, it may stun itself. If unconscious, it should be taken outside, placed on an elevated recovery site (table, chair) in the shade, and watched to be sure it regains consciousness. Some time, even an hour, may elapse before the bird takes off.
- Stay calm - flapping wings or running legs by either party are counter-productive and can cause breakables.
- Bat behavior is different than other animals. By holding a broom elevated and still, a bat may fly onto and cling to it, allowing the evictor to take it outside and shake it free.

COURTESY: Ray Pawley

Former curator at Chicago Zoological Parks



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 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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Miscellaneous Guests

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