



Creative Living with
Sheryl Borden
7300 Series
Miscellaneous Section I



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Miscellaneous

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Poison Purse” is in Section I on page 3, whereas “10 Reasons Why Guinea Pigs Make Great Pets” is in Section II on page 7.

POISON PURSE

BE WARY OF THE DANGER YOU MAY CARRY

Perfumes/ cologne:
Contains alcohol so possibly feel drunk with large amounts swallowed; may irritate eyes if aimed improperly

Nail Polish remover:
May irritate eyes, skin and mouth & stomach upset if swallowed

Prescription medicines:
May cause a wide variety of minor to serious problems, depending on product

Over-the-counter cold medicine:
May cause agitation, jitters, drowsiness

Hairspray or similar products:
May irritate eyes if aimed improperly

Nose spray:
May cause extreme drowsiness or agitation if swallowed

Hairspray

Nail polish
May irritate eyes, skin & mouth & upset stomach if swallowed

Hand Cream:
May cause stomach upset & diarrhea if large amounts swallowed

Toothpaste:
May cause stomach upset if swallowed

Baby powder:
May cause eye & throat irritation; if inhaled could cause serious breathing problems

Pepper Spray:
May irritate eyes, skin & cause breathing problems

Cigarettes:
May cause severe stomach upset & vomiting if swallowed

Insect repellent:
May irritate eyes & mouth; possible seizures if swallowed

Batteries:
May cause severe irritation or burns if chewed; also a choking hazard

Eye Drops:
May cause a variety of mild to serious symptoms if swallowed

"Chocolate" laxatives:
May cause severe diarrhea

Mouthwash:
Often contains alcohol so possibly feel drunk with large amounts swallowed

POISON
Help
1-800-222-1222

COURTESY: Connie Moyers
NM Cooperative Ext. Service

COMPOST SAK™

A new concept
in composting



The Compost Sak™ is a porous, fabric composting container that makes composting easy and affordable. Turns leaves, yard trimmings and kitchen scraps into 100% rich, organic soil improving amendment!

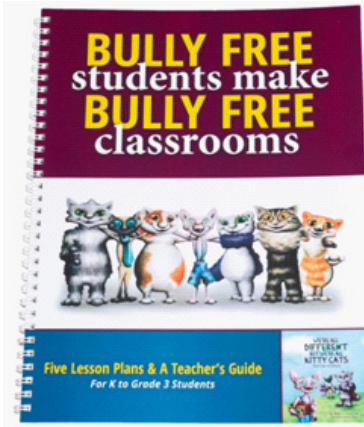
- **Affordable** - The Compost Sak™ is only \$39.95! Most fancy composters are priced at \$200 and more.
- **Over 100 Gallon Capacity** - The Compost Sak™ is big. The actual volume is approximately 117 gallons, but you will not want to fill it up all the way. We say the volume is over 100 gallons. Most customers empty the Compost Sak™ when it is over half full. Re-use the Sak.
- **Breathable Fabric Speeds Up Microbial Activity** - The Compost Sak™ is made from a porous geo-textile fabric. The fabric allows for complete aeration. And aeration is the key to composting.

- **Lightweight** - The Compost Sak™ is a large fabric sack, so it can be shipped inexpensively, and it takes up little space when not in use.
- **Easy to Use** - Unfold the Compost Sak™ and start using it. For best results, pick out a spot in the backyard that gets some sunlight and a little rain.
- **30" Wide by 38" Tall Makes Up To 12 Cubic Feet Of Pure Compost** - Did we mention that the Compost Sak™ is big! If filled to the top, the Compost Sak™ could make over 15 cubic feet of compost.
- **Turns Leaves, Yard Trimmings and Kitchen Scraps into a 100% Rich, Organic Soil Improving Amendment** - Take out less trash and improve the value of your garden and yard! Composting is about improving your environment.



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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
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Kleanbowl™

The Healthier Pet Bowl™



Many pet parents assume pet bowls are clean after washing them with soap and water, but that is not the case, as bacteria can grow even after this process. A very serious matter that is commonly overlooked is the damage pet bowls have on the health of pets.

Pets bowls are ranked the 4th “germiest” place in the home and on average have over 1,000,000 dangerous germs - including E. Coli, Salmonella and/or Yeast and mold. In addition to that disturbing fact, here are some others that you may not have been aware of:

- E. Coli is number one out of 100 of the most dangerous human and domestic animal pathogens.
- 75% of pet bowls still had Salmonella after scrubbing with soap and water.
- 67% of pet bowls still had Salmonella after being cleaned in a dishwasher as they do not get hot enough to kill all germs.
- 33% of pet bowls still had Salmonella after being cleaned with a bleach rinse.
- 3 of the top reasons Vets see a pet related to bacterial infections.
- Germs ingested through the bloodstream can take up to four years off the life of your pet.
- Cases of canine influenza and narva as well as kennel cough may be linked to pets sharing bowls at pet boarding facilities.
- Plastic and ceramic bowls can develop scratches, nicks and/or micro-gouges which can breed bacteria.
- A dog or cat's sense of smell is at least 18 times greater than humans, which can lead to picky eating habits due to unsanitary bowls causing nutrition issues. This often leads to dehydration, which can have serious health implications on pets if untreated.



Pet parents should watch for signs of dehydration which can include:

- **Skin tenting.** If you take a pinch of skin over the dog or cat's shoulders and pull up gently, the skin should snap back into place when released. As the pet gets more dehydrated, the skin goes back in place more and more slowly. If the pinch of skin stays up (the "tent"), it is a sign of severe dehydration. The dog or cat should be seen by a veterinarian immediately.
- **Dry, tacky gums**
- **Listlessness**
- **Refusal to eat**
- **Symptoms related to the underlying health problem**

One easy way that pet parents can eliminate an unsanitary eating and drinking environment for their pets is having a pet food/water bowl with a disposable liner for each feeding. The Kleanbowl is an example of this type of bowl and is comprised of a stainless-steel holder which secures a disposable liner out of reach of the pet to reduce issues with removing, eating, spilling or damaging the inner bowl. This bowl offers the pet parent peace of mind as they will know that their pet has a clean, safe bowl for their food and water. It also helps eliminate the risk of dehydration as the disposable replacement bowls are replaced each day so the dog or cat does not avoid the bowl due to uncleanliness.

By utilizing the most sanitary option for a pet bowl, pet parents can be more confident that their pet is not being exposed to harmful germs and that they are maintaining an adequate level of hydration to live their healthiest and happiest life.

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