

Living on a Lake in the Country: Some Thoughts for the New Year

By Gayle Rich-Boxman

The Power of One



- Teach one child and you could be mentoring the next great world leader
- Save one animal from being

euthanized and you will give life and gain unconditional love

- Donate to one charity and save a small or big part of the world
- Lose one pound a week and you will keep it off more easily and attain your goal
- Share one lesson that you have learned that changed the course of your life
- Recycle one crate a week and you will give back to the earth
- Put one dollar aside each day and you will have \$730 in just two years
- Give someone one compliment and you just might turn their lives around
- Plant one tree and know that you will be offering a home to many creatures and eventually gain a forest
- Hug one old person; that may be the first time they've been touched in months

or even years

- Listen to one person's story, they are giving you a gift of themselves

You are one person, but if you don't start with one, you never get to 1 billion of anything.



You won't make a difference until you take one step FORWARD.

"Character is power." ~ Booker T. Washington

"Never go backward. Attempt, and do it with all your might. Determination is power." ~ Charles Simmons

"The purpose of getting power is to be able to give it away." ~ Aneurin Beva

You can reach Gayle Rich-Boxman at Fishhawk Lake for all your real estate needs by calling (503) 755-2905, or visit her website at www.lakehomesatfishhawk.com.

Creature Comforts ~ Winter Care

By Michal Smith

Happy *Mew* Year! As 2012 begins we find ourselves in the throes of our winter season and spending more time curled up together and keeping warm with our beloved pets. Whether it be guinea pigs, rats, mice, cats, dogs, hamsters or rabbits, pets make us feel better. No really, it's a vital statistic researched and published by the Pet Industry's American Pet Products Association. Pets naturally make us feel better. Their presence in our lives helps us fight depression, loneliness, and promotes an interest in life. They make us feel secure. Pets can lower our blood pressure and help us fight heart disease.

If that's not enough to give your pet an extra squeeze, they are also great for kids and help us teach them responsibility. According to the 2009/2010 National Pet Owners Survey, 62% of U.S. households own a pet, which equates to 71.4 million. So bringing it back to our backyard, we do want to keep focus on our pets well-being especially in the cold weather season.

Winter's cold air, ice, and mud bring many concerns for responsible pet owners so here are some helpful reminders from the American Kennel Club:

Limit time your pet spends outside. Even on dry days, wind chill makes days colder than the actual temperature readings.

Keep pets warm, dry and away from drafts. Tiles and uncarpeted areas can become very cold so place pads or blankets on floors in these areas.

Groom your pets regularly. A well groomed coat helps keep them properly insulated against cold temps. (Especially important is to keep the hair around and between the toes short for ease of mud or snow removal.) Consider sweaters or coats for short haired pets.

Feed your pets some additional calories if they spend a lot of time outdoors or are a working dog/animal. It takes more energy in the winter to keep body temperature regulated. Water consumption also often goes up in the winter for all animals. One way to gauge their needs is to run your hand through their coat and

if there is a lot of static electricity in it, your pet needs to consume more water. Make sure access to water is readily available both in and out of doors.

Okay, so you're doing all the above and more, but your pet seems discontent, listless, or just plain ill. At some point all pet owners will be taking a trip to the vet for one reason or another. Did you know that there is Pet Insurance to help owners deal with high cost procedures and accidents? Not all pet insurance is the same so owners have to do some homework and it doesn't work like the human kind. Pet owners will need to pay the vet at time of service but then are reimbursed by the insurance company. Owners are not restricted to use of certain Veterinarians, rather all claims are accepted from any licensed Vet. Pet insurance varies in coverage and price and it may not be for everyone. If you are the type of owner who does not want to choose between going in debt or putting your pet down, pet insurance is something to seriously consider. Vernonia Veterinary Clinic also accepts the human CareCredit program for veterinary services which can really keep expensive procedures affordable as well. Call them directly for more information at 503-429-1612 Mon, Wed, Sat 9-4pm.

As always, we look forward to serving you and your pets at Creatures open Monday-Friday 10:00-6:00 PM and Saturday 10:00-5:00.

May everyone have a pawsitively blessed New Year!!

Creatures pet store is located at 736 Bridge Street in Vernonia. You can reach them at 503-429-5027.

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