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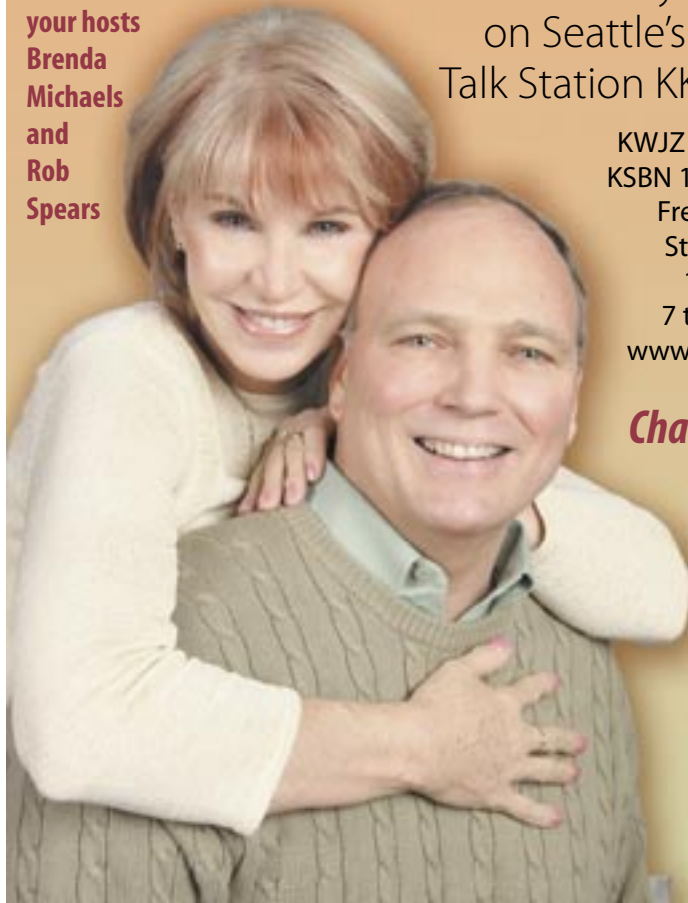
with your hosts
Brenda Michaels and Rob Spears

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Featured guests for September include:



◀ **Donna Zajonc**, author of *Politics of Hope*, political leadership coach, and monthly segment host on Conscious Talk Radio.

SEPTEMBER 16

Krysta Gibson ▶ is the Publisher of *New Spirit Journal*, a teacher, and a monthly guest Segment Host on Conscious Talk

SEPTEMBER 17



◀ **Dr. Sherrill Sellman**, author of *Hormone Heresy* and *What Women Must Know*. She holds a Doctorate of Naturopathy and a Bachelor of Arts degree in Sociology and Psychology.

SEPTEMBER 21



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Lessons Learned

I have learned many lessons from animals over the years. Some I learned quickly and others took me longer to get. Some of the lessons have been wonderful and fun and some, probably the most important ones, have been painful. That is where I will pick up my snake story.

Last month I left you as my family was beginning the drive back to Seattle after a family adventure with our cousins. Along with us we had two huge glass jars, each filled with 50 garter snakes. I had collected them during this adventure and refused to return home without them. Sometimes my parents let me learn my lessons the hard way, which was easier for them than trying to argue with me about it. This was one of those times.

We all, snakes included, made the trip home safely. I was so excited to let my snake friends go in our backyard, assuming that they would stay where I put them and be available for me to play with whenever I wanted. Of course, they didn't and my heart broke daily for a very long while, every time I found one or more of them flattened in the street by a car all over the neighborhood.

That was the last time I removed a healthy wild creature from its home environment for my own selfish pleasure.

But, surely it would be okay to bring them



Our Animal Friends

by Martha Norwalk

home temporarily, just for a visit, especially if I returned them to their home afterward. Don't think my parents would agree about that. Another lesson.

This time it is New Year's Day at the Norwalk's and I am grade school aged. My parents are huge football fans and this is a very special day because our local UW Huskies are playing in the Rose Bowl. My parents and their friends are sequestered in the TV room for the big game and have given us kids orders not to disturb them.

My girlfriend and I are bored and decide to walk the half-mile or so over the hills and down to her house. Along the way we stop by Lake Washington to visit the family of wild, white geese that live near the shore. They know us well as we bring them dried bread treats often. We have developed a great friendship with them and they love us

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