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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Sizzling Temperatures**

**By Jean Woods**

Okay last week it got to be 115 degrees, thankfully not here, but in lots of places. We are blessed

by a more temperate climate and our hot spell only climbed to 92 degrees for us that was hot enough. There were waiting lines for the birdbath fountain, the garden fountain was over flowing and the pond was full of puppies. Birds and wildlife suffer dreadfully from the heat and having bird bath fountains, birdbaths and ponds is a huge help to our visiting friends.

Around here it's fledgling season and the babies are learning to fly. Well, trying to learn how to fly, but they hop around real well. I had a whole flock of baby gross beaks perched on the fence taking a shower in the sprinklers. They haven't quite figured out the pond but they are loving the birdbath fountain. Of course with the puppies in the pond there isn't much room even for baby birds. When the heat is on outdoors it's a big help to keep the garden fountains and birdbaths running on high, even better put a little ice in the water to help them cool down. The babies still don't quite have what it takes to keep themselves cool.

Make sure you clean out the fountains and birdbaths regularly. In this heat they can get very dirty quickly and can get deadly as well. You also want to make sure you aren't raising a bumper crop of mosquitoes either. Make sure there are ways for clumsy babies to get up out of the water, a little pile of rocks or a ramp helps. It is especially sad to see a drowned baby in the water fountain. I prefer birdbath water fountains with moving water than just simple bird baths. The yard fountains seem to stay cleaner and the water cooler because of the movement. They make such a lovely sound as well.

In this heat it seems a little easier for the birds to share diseases. We have been having problems with salmonella here. Clean everything well with a little chlorine bleach in the wash water, then rinse thoroughly. When they move out of their rental birdhouses give those a good scrubbing as well then set in the sun to dry and remember to wear gloves and wash your hands well.

After working for over 20 years in an office, I decided to work at home and sell something I really like. To me there is nothing like the sound of birds chirping in the morning. So after lots of pondering I chose to help them out and provide them with their own home at

<http://www.birdbathplus.com/>

## **What to feed your fish during colder winter months**

**By Brett Fogle**

With air and water temperatures dropping in most parts of the country, now is the time to greatly reduce the amount of food you are feeding your fish.

When your water temperature starts falling below 65 degrees, you should consider switching your fish food to a more digestible wheat germ food. At lower temperatures, the good bacteria in your fish's digestive tract become less active, and have harder time digesting their normal high-protein diet.

In colder water temperatures, below say 50 – 55 degrees, then you should stop feeding your fish altogether. Even though they may eat, and seem hungry, you can actually harm them by feeding them their regular diet.

In some cases, undigested food can cause health problems in fish and trouble with their digestive tract. So don't feel bad that they are going hungry! Pond fish and KOI can be like little underwater pigs with fins – they will continue to eat because they don't know any better...

Brett Fogle is the owner of MacArthur Water Gardens and several pond-related websites including [macarthurwatergardens.com](http://macarthurwatergardens.com)

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. He also publishes a free monthly newsletter

called PondStuff! with a reader circulation of over 9,000 pond owners. To sign up for the free newsletter and receive a complimentary 'New Pond Owners Guide' for joining, just visit MacArthur Water Gardens at

[www.macarthurwatergardens.com](http://www.macarthurwatergardens.com)

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