

Lord Byron the Brown Booby

Story and Photo by Rich Peine

No fellow travelers, the Brown Booby is not the suntanned chest of a female nudist. The Brown Booby is one of a family of sea birds called Boobies. According to Galapagos Online, Boobies received their name by allowing themselves to be captured while asleep. With their long narrow bills and duck feet, they make you laugh even before you see their antics.

Brown Boobies range in all tropical seas and oceans from 30 degrees north latitude to 30 degrees south latitude. Their feet are webbed, and both male and female have the same coloring except for the population along the pacific coasts of Mexico and Central and South America. The females in these areas have

white chests and the males have light gray to white heads. They are the only kind of the booby species that is a ground nester. Their favorite food is parrot fish, flatfish, or mullets, and they can dive for their meal from as high as 50 feet.

Lord Byron is probably the only Brown Booby you'll see in this area, since we're too far north for their native habitat. Byron may have been blown north by a storm, or perhaps he was just an adventurer. We're lucky he showed up, because he is a true character. If there ever was a bird with more tenacity, guts, love of life and a sense of humor, I haven't met it yet. He came to the Wild Bird Center about a year or so ago. He was missing his right wing. Continued on page 18...



Lord Byron the Brown Booby bird was brought to the Wild Bird Center a year ago. He was missing his left wing and had an injured foot. Thanks to the center he is thriving.



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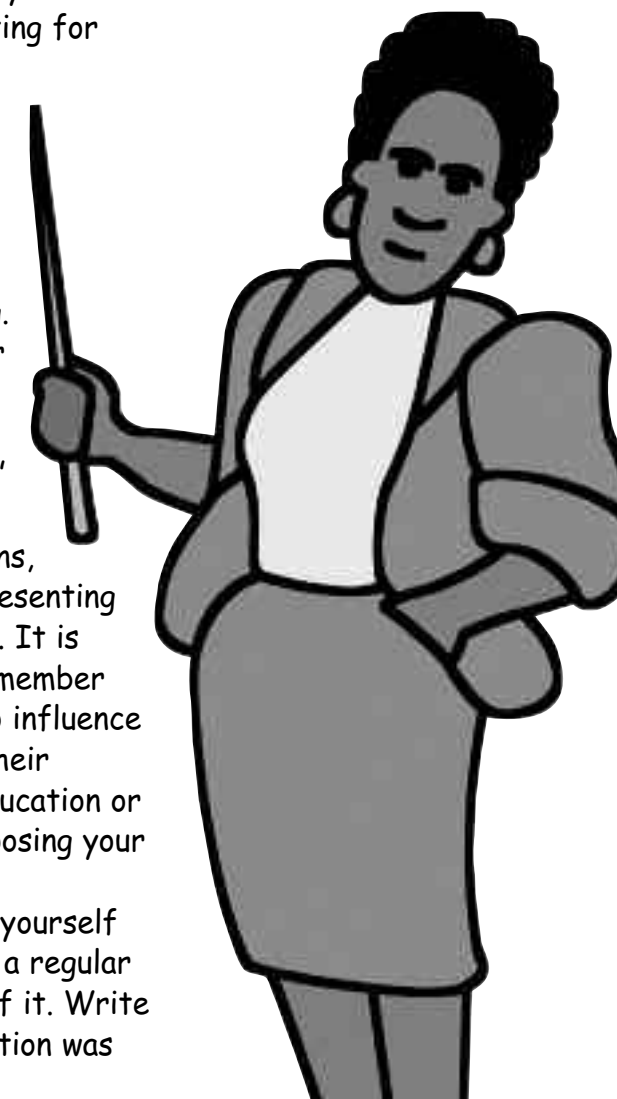
Resisting the Urge to Control Imposing Your Will On Others

The right to make your own choices is a precious one. We grow when we have the freedom to decide our own paths and determine what makes us happy. Yet there are those who are inclined to try and control others. They may be driven by insecurity, envy, fear, or the need for power. These people are deeply critical of themselves in their own minds, and underlying that critical nature is unhappiness. Their need to feel sure-footed and secure is quenched by controlling those around them, whether they are friends, colleagues, or even pets. However, nearly everyone has found them-selves imposing their will upon others at one time or another.

Trying to impose your will on others can be tempting for many reasons. You may feel that your way is the best way or that you have a keener insight into the direction their life should be taking. But, in imposing your will, you are indirectly saying, "I want to control you." Even when you have the best of intentions, others may end up resenting you for your actions. It is always helpful to remember that it is possible to influence people and change their behavior through education or example without imposing your will on them.

If you've caught yourself being a bit bossy on a regular basis, make a note of it. Write down what the situation was

and why you acted the way you did. You may have pushed a friend to try something new, because deep inside you wanted to try it yourself but were feeling hesitant. Or you may be unjustly interfering with work teammates, because you aren't sure of their abilities. Next, make an effort to understand and accept their preferences and ways of doing things. It can feel natural to impose your will when you feel that you "know best." But there is a freedom to trusting others to find their own methods and joys, even when they might differ from yours. Sometimes the best course of action is to step back and relinquish control. You may, in doing so, see everything from a different point of view.



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