

Business of the Month is Leah's Ark

Petting Zoo and Animal Education

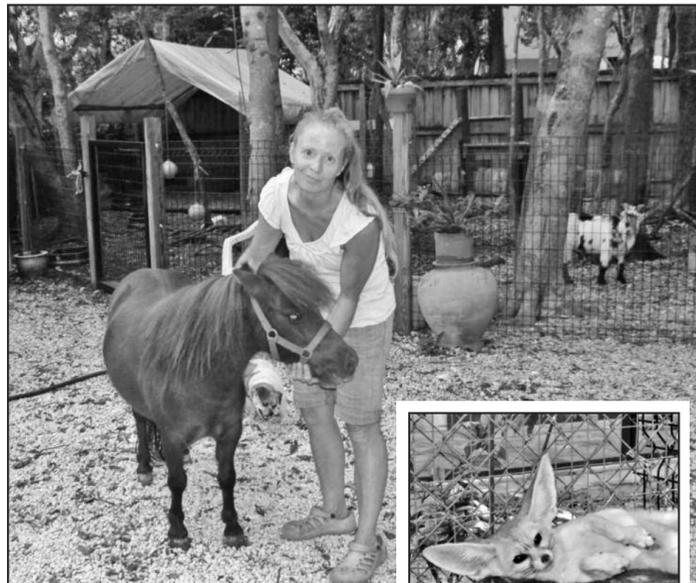
If you are looking for something special for your next party or event, look no further - Leah's Ark is a petting zoo that comes to you.

Key Largo resident Leah White has been an avid animal lover her entire life and now has found a way to share her passion with others by offering a petting zoo. Many of her animals are rescues, or were mistreated, but in their new forever-home they are returned to health and thrive under her loving care. All animals are appropriately housed and well taken care of.

White got the idea for her ark when she attended a birthday party for her friend's granddaughter and they had hired a petting zoo from Miami.

"It seemed like a fun idea, and after seeing how things went I thought I could do this and then some," says White. "I love kids and have always wanted to educate them about animals, specifically about native wildlife and the need for conservation. The future of our environment lies in the hands of the younger generation, and many of these

kids have little understanding of the importance of preserving our environment and sharing it with the creatures who were here before us."



Leah White with her mini-horse. Also pictured is her pet fox.



educational programs are more geared for a classroom setting but it can be incorporated into the petting zoo as well.

Leah's Ark can also be

In addition to her traditional petting zoo she also offers an educational program that deals with native wildlife and exotic animals, and their impact on the local environment. The

hired for events such as fundraisers, Easter egg hunts, Christmas nativity scenes or whatever your imagination can dream up. If there is a specific animal you would like featured and she

doesn't have it most likely she can get it. A favorite is the miniature horse, which has a cart for pulling kids and can be decorated if desired.

White will travel throughout the Keys and to South Miami but there is an additional traveling fee for all locations 35 miles from Key Largo. The safety and well being of the kids and animals is always foremost.

Pet sitting in her home or yours is another service White offers. She is also happy to help rescue injured or orphaned wildlife and offers pet "counseling" to help you decide what pet might best suit your family if you're considering a new addition.

Suitable for all ages, Leah's Ark offers a wide variety of domestic and exotic animals including pony rides and or mini horse cart rides, goats, pot belly pig, chickens, bunnies, guinea pigs, sugar gliders, de-scented skunk, fox, possum, hedgehogs, a variety of exotic birds, turtles and a tortoise, lizards, gecko, salamander and even a buffo toad! For more info call Leah White at 305-619-5353.

Pity Party Releasing Negativity

Having a pity party for yourself is alright as long as you learn from it and don't dwell in it for long periods of time.

We all have days when the bad things seem to outweigh the good ones and we begin to think that life isn't fair. You get stuck in traffic, which makes you late for an

important meeting, and then your car gets towed. You might ask yourself, "Why me?" Events like this one can test

anyone's ability to be grateful and feel optimistic.

If you have a tendency to feel sorry for yourself, and many of us do, things usually progress to the next stage: the pity party. You begin to feel like the innocent victim of a dismal fate because you are seeing your life through inaccurate lenses. Most of the thoughts that run through your mind at times like these are not helpful, and they mainly serve to increase your indignation and feelings of powerlessness. What these feelings and thoughts don't do is change your circumstances or make you feel better.

When you have a terrible

day, there should definitely be a time and place to have your feelings so you can process them. It's important not to pretend that you are fine with things when you aren't. It's also important, however, to notice when you're having a pity party. It's a good idea to set a time limit in which to fully express

your emotions and not feel guilty, ashamed, or judge yourself. Having a friend witness you during this process can be helpful. You may also want to write about your

feelings. When your time is up, let go of the negativity you just expressed. You can declare your intention to your friend. If you've written down your feelings, you can burn the piece of paper or throw it in the recycling bin.

Try not to dwell on unpleasant experiences and do everything you can to avoid holding on to negative emotions. When you indulge in self-pity, you only make a bad day worse. Stop feeling sorry for yourself, release the notion that you are a victim, and notice the good that exists in your life.



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