

Fred Pohlman's

A 'Complete'  
Owner's Manual For The

# Caged Heart

*All...You'll  
Ever Need to Know*



Care and Feeding

Exercise

Leash Laws and Airline Regulations

Teaching Your Heart to Sing...to Wing

Diseases and Conditions

Discipline

Stolen Heart Report

Pets and Playmates

Breeds and Breeding

Acquiring a Second Caged Critter

**Win a Zillion Hearts**

**Lottery**

**Sweepstakes**



# INTRODUCTION



# A Lost Mythology

Now, there are some that believe that there was a time when these wonderful creatures, (who are the subject of our book), once roamed the earth like little bandits on the winds of the forming human spirit.

Of course, since there is no actual written account of this, one can only conjecture what their world might have been like; reckless little vandals that they were, traveling in gangs by the light of the moon

going about the business of making their way through the world: lying, cheating, thieving and of course... romancing; and with kidnap and capture being their trademarks as it were, no one was really safe. And of course because all of this was well before biblical times, and was of an age when animals talked, angels fell to earth and all 'other' such strange things were possible, some even believe that when the world was first created, and the angel repeated that first decree of the Most High, what he most probably actually said was:

Let there be light....

One Sun by day,

One Moon for night

One 'Heart'

To see..."



As it was though, that man would not truly become fully conscious for yet another age, (perhaps symbolized by the deep sleep that overcame Adam in that place once called Eden, when the Elohim took of Adam's rib to provide for him a companion and a help mate), it seems that when he finally did awaken, that not only did he find himself accompanied by that help mate called Eve that the Lord provided for him, but also that the Angels had bestowed upon them 'both', perpetual guardianship of that thieving little bugger monster nemesis that had formally only served to relentlessly hunt, hound and plague him. Again, we can only conjecture how it all came to pass that the little vandal became trapped there in the (rib) cage of Adam's torso, (who knows, maybe he snuck into the temporary hole left by the missing rib!)

But as it was though that these fearless critters commenced to now evolve under the guardianship of the animal of Man, they so too did then begin to acquire those prized attributes of nobility that would eventually see bestowed upon them the monikers of Valiance, Bravery and Humility; and as they then faithfully accompanied us down through the ages from battlefield to boudoir, they virtually never ever... even 'once'... left our side. (or even our 'actual' left side for that matter)



And so it was that through the ages man would begin to contemplate the mysteries of the heart and the cage. “Which came first, the Heart... or the Cage? The ancient records of this dilemma,

though lost to us now (most probably gone up in flames with the torching of the Great Library at Alexandria in Egypt), at one time in the distant past, took precedent over even the great ‘Chicken or the Egg’ paradox. And so, though wars were fought, battles won and lost and empires fell in quest of the underlying ‘truth’... these questions remain unresolved.

Ah, but should any of this really be of concern to us at all? Some believe that it is best that we leave these matters to the scholars, who will investigate (hopefully) in a responsible manner.

Know the truth though, that as surely as we have most certainly become the guardians of the cage, so too, have we also become prisoners of the heart. For their remnant still roam wild in the modern world, and though admittedly they are caged, still, our fate is all too often in their little hands (even though they don’t actually have any... hands that is...or... oh well, whatever)

And so with this said, **First...**

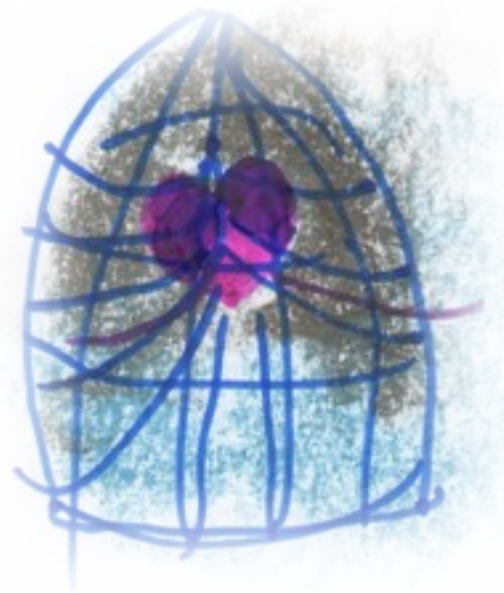


## Chapter 1

# ...A Word about the Cage



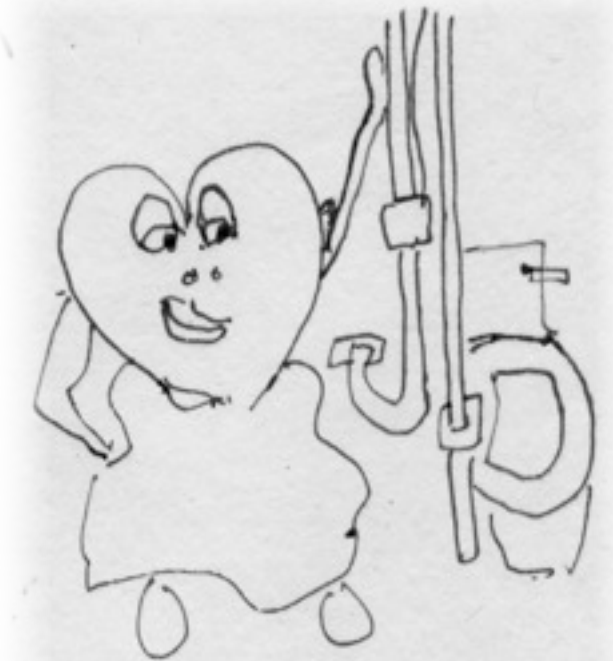
# The Cage



Unlike the confines of a canary or a parrot, the cage of the Heart is a wonder and a miracle onto itself. In the millions of years of evolution that it took man to rise to the level where a technology of such, that the self cleaning oven was even a possibility, that wonderful little bugger that we all love and cherish so much, had already figured out that it was such a desirable creature, that it was only a matter of time before someone would eventually try to capture and subdue it for the sake of it's own pleasure and companionship. And so, in the struggle to survive under the phenomenal pressures of, (God only knows!) natural selection and, whatever; it managed to evolve with it's own self cleaning cage. Now this may sound preposterous but it is absolutely true. The cage of all hearts comes completely fitted with it's own plumbing, and since the critters have been in the cage for so long, they just know to do all their business in

there, so there is no muss or fuss for you, unless of course you fail to take proper care of your little friend to the point were he or she gets all pissed and has to be taken out of the cage with a team of specialists.

So in terms of caring for the cage, just try to think of your little caged friend in the same way that you would think of an armadillo or a turtle. Now you wouldn't want to be scooping them out of their little shell, would you? You just take care of yourself and everything will be fine with the cage. If you are really confused, simply refer to the section in this book on feeding and exercise.



*Val says...*

*...It's All Connected*



# Getting the Critter Out of the Cage

**NEVER, EVER...**

attempt to enter the cage. Only a skilled licensed physician should try to enter the hearts cage. This action can result in the heart attacking and killing its owner, and besides, you would need a saw and all other kinds of special tools that you probably don't have and all you would find anyway, is a whole lot of stuff that wouldn't make any sense to you, but that is very important to your caged heart.

Warning

**STOP**

*Take a tip from Val...*

*Don't even let it  
'begin...' to cross  
your mind!*





# ‘Un-’ Caging or...



## Going Out and *Reaching Out*

The simple truth is, as we all know, hearts are really rather ‘attached’ to their cages. And what’s more, critters seem to actually have always had this same exact favorite spot where they like to hang out in there and do their thing. Now, though perhaps there may have been a time on this good earth when that wasn’t the case, for as long as anyone can remember, they just seem to be born, live, die and do all of their business in there. It’s their home, they love it, and as it is anyway, they just simply refuse to leave their little abode for any reason whatsoever. If you were to try to take them out forcibly, you would certainly be asking for a lot of unnecessary pain and trouble, not to mention the fact that you just might get yourself (God forbid), killed in the process. And so, just as you would never attempt to forcibly remove Arnold your pet turtle from of his shell, neither should you ever try to remove your critter from his or her cage. When all was said and done anyway, you would have only created

one incredible horrific mess, and just absolutely have devastated the little fella’ (or gal) in the process.

So leave the cage alone! And anyway, the heart has it’s own instinctive way of ‘Going Out’, and that is called ‘Reaching Out’! And so as we move forward here in the succeeding chapters, we’ll be talking a lot about this ‘Reaching Out’, and, the different problems associated with the heart’s refusing to ‘Reach Out’.

For now though, just know that if we can learn things from Lassie and Mr. Ed, we can certainly learn a lot more from a critter that’s with us 24/7. So when it comes time for YOU to go out, just take your caged heart along with you and they will do just fine as long as you do not interfere with them when they do their ‘Reaching Out’ thing.



*Take a tip from  
Val*

*Don’t mess with the cage. Just take  
your critter along with you  
wherever you go and let your heart  
lead the way!*



*A Properly UN-  
Caged Heart*



*Val*



Chapter 2

# Feeding and Exercise





# Feeding

As you probably already know, caged hearts are like pooches more than cats in that they will eat just about anything that their owners will eat; and therein of course, lies a big problem! The fact is, that everything that we like, is not necessarily good for them. In truth, the little buggers take in literally everything that you and I eat and drink without exception. If you glut yourself, they glut themselves, and of course, with them being smaller and all, they tend to plump up a bit sometimes, and that is never ever good for them (or you for that matter).

Now, it's one thing when you bulk up, but when your critter follows suit the result is that they wind up having all kinds of plumbing problems in the cage, and with the clogging and all it just becomes a real mess in there. And with no one to clean the cage, and because having the pipes scoured can be an expensive project to say the least, nothing usually gets done and before you know it the critters get their diapers all in a wad and may even go so far as to attack their owners.

Try to realize that the critter is what you eat. You would never feed your cat or your dog on a diet of rich cheeses, potato chips, crème cups and booze, so why would you ever want to give that garbage to your caged heart?

And so try to eat sensibly, and remember that our little caged friends are completely dependent on us and only know to eat what

we give them; and besides, you don't want them to start in pounding on the cage now do you?

*Take a tip from Val...*

*...Feed your caged heart right and live to love another day.*

# Exercise

The good news here is that the heart has no need to leave its cage in order to get all the exercise that it will ever need. Just simply take your caged heart along with you to the Gym or on your walk or run, and your critter will race along in place in the cage right there with you. It's just like they have their own little portable Jungle Gym right there in the cage.

You should know also that there is an added bonus to any exercise outing, in that besides serving to get your critters blood pumping and giving their pipes a good scouring, the expedition can also serve to 'Lift' any heart that has recently come down with a case of 'Heaviness'. (See Heavy heart in section on Diseases and Conditions). On some occasions you may even be so lucky as to hear

your very own heart break forth in song in one of these outings, at having had the chance to be touched by, or, to reach out them selves and touch another heart.

Yes, It's a wonderful thing to behold hearts communing in public places; and when they get into their singing, leaping and racing thing, it can be even more fun than sitting around the doggie run in your local park. So remember! It's only necessary to get the caged heart out of the house; they instinctively know how to get their blood pumping. Simply commence to walk or jog and the heart will just follow suit. It only takes a little practice. Just remember though to always try to get in as much 'out time' as possible so that your critter not only gets a good workout, but still has time to do their 'reaching out' thing as well.

## *Val says...*

*...don't forget that you can take the dog along with you. It will pose absolutely no problem for the caged heart. In fact, they are known to get along quite well together.*



Chapter 3

# Leash Laws and Airline Rules



# The Leash...

To Chain or Not to Chain..  
That is the question!

As any of us who already has one knows, Hearts like to ‘go out’ a lot and that is all natural and normal. Many of you are probably worried that since hearts have a tendency to ‘reach out’ suddenly without notice, that it might be necessary to keep the heart on a leash.



First of all, let me say that a leash is almost always unnecessary, and, is probably the single worst thing that any owner can do for the future health of that significant little wonder in our lives that so many of us take for granted.

I ask you, what harm can they do off the leash? OK, so they slobber a bit sometimes! Is that so bad? Are you afraid that your critter might reach out to another heart and get the both of you in trouble?

Anytime your heart wants to go out or reach out, JUST LET IT GO...it can do no harm! And if you feel you must keep your heart on a leash, make it a long one. Always, give the heart plenty of room to fully express itself.

Listen closely to your heart! Sometimes you may hear it singing sadly, maybe something like, ‘unchain this heart...unchain my soul’ or something like that. That’s because every heart needs to be free.

It’s completely legal in most places to let your heart go or reach out without a leash but let’s take a look at the laws in the U.S., Canada and around the world and see just what is expected of caged heart owners.

Countries and States	Leash Laws
United States of America	None
European Union	None
Japan	None
China	None
Middle East	Check Local Laws

## Leash Laws around the world

The only real problem as you can see is in some of the Middle Eastern countries, where you can wind up in the hoosegow for letting your heart off the leash in the presence of a caged heart owner of the opposite sex. Everyone in those countries knows the danger of letting



their heart loose in mixed company; so if you are traveling in Pakistan, Jordan or Saudi Arabia, watch out! You may find they separate you from your heart, cage and all, and leave you with your head spinning on a platter for the amusement of some Saudi Sheik.

# Airline Rules

## Important Notice

ALL CARRIERS AROUND THE WORLD REQUIRE THAT ANY PERSONS BOARDING ANY AIRCRAFT AT ANYTIME WITH A LIVING HEART, MUST KEEP IT IN THE CAGE AND UNDER WRAPS AT ‘ALL’ TIMES.

The good news here is that you don’t have to store the critter in any special part of the plane. It can ride with you in your seat as long as you keep the critter fairly well covered. An old shirt or dress will usually do the trick. The reason for this is that if the caged heart is left uncovered, other caged hearts in the vicinity may want to start ‘racing’ and then everybody will get too excited, and it might cause a problem in trying to operate the plane efficiently.

By airline here are additional rules that may apply.

Airlines	Restrictions
ALL US AIRLINES	NONE
MEXICAN CENTRAL AND SOUTH AMERICAN AIRLINES	NONE
EUROPEAN UNION	NONE

As you can see by the above list, other than the restriction of keeping the heart in the cage, you are completely free to let your heart sing or reach out to another heart on the plane. There is not even any restriction on finding another caged heart owner and racing your hearts together, as long as you remain seated and buckled up when the seatbelt sign is turned on.



Chapter 4

# Tricks





# Tricks

## Teaching to Talk

Funny thing is that hearts talk all the time. It's just that almost no one ever listens! There is a lot more to them than all that thumping around you always hear. The secret is in knowing when to listen. Have you ever felt confused or sad and had Rover come over, put his head on your lap and look at you with big sad eyes? Maybe he starts in then to whimpering or making a kind of high-pitched sound. When he does this you naturally sense that he is trying to tell you something and that he wants you to 'snap out of it' and go play. Well!!...Same-same with the heart! Really, it's true! Just because it's in a cage and all covered over doesn't make the heart deaf dumb and blind. Your Heart is like a mini Seeing Eye dog and Bloodhound and Cocker Spaniel all rolled into one, always knowing when you need love or attention. You should know also, that what the heart has to say is always meaningful and not like the senseless jabber of a Mynah bird or Parrot.

So next time your critter is suffering from a case of 'Heaviness' or "Lonely" or has a case of "Throb" or when Rover comes around to lick life's wounds and remind you that you are sad, listen for that thumping sound on the cage wall. It just might be your precious little friend trying to reach out to you in order to tell you something that might even change your whole life for the better!

## Play Dead

This is a very bad idea. NEVER try to teach your caged heart to play dead EVER...!

## To Attack

Again, a very bad idea! Attacks by hearts can result in the death of the owner.

## To Jump

Very bad idea! Jumping is often confused with leaping, a totally different thing for the heart. If your caged Heart is jumping, perhaps you ought to visit a cardiologist.

## To Skip

All hearts tend to just skip along so to speak at least when they are a happy heart The last thing you want your caged critter doing however is skipping 'beats' and things like that. Consult the section of this book on Conditions of the Heart and consider seeing a cardiologist ASAP

## To Fly

or

## Take Wing

Most Hearts will on occasion just tend to fly ‘in place’ on their own quite naturally and don’t have to be taught anything. In fact almost anything that can ‘move’ or ‘lift’ the Heart can inspire it to take wing if the conditions are ripe.

Some people’s hearts however are difficult cases and just can’t be made to take wing at all. If the condition called ‘Hardening’ has set in, it may in fact be just about impossible to get the heart off the ground. The main thing though, is to NEVER LIMIT THEIR FREEDOM in terms of their touching, being touched or their Reaching Out. Here below is a difficult case dealt with from Val’s point of view!

## Difficult Cases



Now, sometimes, in order to get the heart to take wing, we have to resort to means that might seem out of the ordinary. And since critters seem to have a particular affinity for kids, sometimes they can unknowingly be recruited into helping out. Here is one example.

Let’s say you’re in Mexico City at Christmas time and your heart is all down in the dumps, and some of those little kids who always sell Chicklets happen to be walking around. You can’t miss them, cause they’re all over the

place down there; little toddlers between 3 and 5 years old, always looking kind of sad themselves. Now this is what you do..!

First of all, make sure you have your caged critter right there with you ... (always is anyway, right?). And then, the adventure begins.... (in Spanish of course if it’s Mexico)

“Chicklets?” They ask.... “compras..buy?”...

“Well...Wow...Chicklets! That’s just exactly what I was looking for! Thank you so much, I’ll take 10 of the 24 packs por favor!

‘Hey! Why you look so sad today... are you having bad day?’

(They shake their heads yes...)

“Are you sisters? Yes... Oh, You are?

“Oh! I thought you might be angels”

Hmmmm!

(They are a bit skeptical at this point)

“Well, you know, no day is a bad day as long as you can sing... so, you know all about that right?”

Now they look perplexed

“Do you know...hmmm any good songs ?”

(They shake their heads in unison)

“No?...No!!!! ...everybody knows at least ‘one’ song...You gotta’ know one!”

“I know one”, the other says!

“Can you sing it for me together”..

They whisper something to each other...



**OK Now STANDBY, your critter is on the Taxiway...and starting to sing (they always sing just before they are about to fly..)**

**They stand side by side...all 2 feet tall of them..and as they put their arms around each other, shoulder to shoulder.. they start singing in Spanish... some beautiful little Mexican nursery rhyme... (For me they sang a song called Las Campanas...'The Bells')**

**Now don't panic...that lump in your throat? It's just the critter trying to escape. He thinks he needs air!.. Take a deeeep breath.. (See heart in your throat)**

**Now suddenly they're smiling...maybe for the first time today...maybe for the first time is a long longgg time...**

**b-b-b boom boom!**

**Again don't panic, that's just the critter a flipin' and a floppin' in the cage (he thinks it's a runway) trying to get up some airspeed!**

**Now you start humming along cause you don't know the words... Oh! And don't mind that little old lady that just passed and said something nasty about little begger kids, .this is no time to stop...but then...**

**the song is finished! ..You have to think quick now...**

**"That was so beautiful... Chicklet?"**

**Keep going now we don't want the critter to lose airspeed...**

**"I know a good song...do you know the song, the little drummer boy?..**

**They shake their heads.. no...!**

**"Do you want to hear it?" ..don't even wait for an answer...**

**"Come , they told me pa rum pa pum pum..**

**a new king is born**

**pa rum pa pum pum..**

**at this point the words don't even matter at all, . the kids are singing, your critter is at 28,000 feet...**

**da dum da dumbum bum pa rumpa pum pum...**

**He's doin' figure eights... now...loops..!**

# **Congratulations!**

**your heart has taken wing**

**At the point when the song is finished, you should think about possibly redoing your whole apartment in Chicklets boxes, or consider perhaps what a nice gift idea Chicklets are and then ask yourself why you had never thought of this before. So before you tell these two little angels how beautiful they are and that you happen to know that they are made of pure beautiful light and that you love them and will never forget them as long as you live, be sure that you have plenty of room in those pockets of yours for plenty of Chicklets by emptying them out of any unsightly piles of cash, and just realize anyway, that into the bargain, not only did you teach your heart to take wing, but, it is also singing to boot...AND, for weeks, months and years to come. And so, again...**

# **Congratulations!**

Chapter 5

# Diseases and Conditions





# Diseases and Conditions

## Ache

Simple ‘ache’ as it is called is quite common, and the causes can range anywhere from the benign to the malignant. Consider also that critters will often suffer from more than one kind of ache at a time. Because there is the tendency on the part of the owner to see ‘Heartache’ as coming from an outside source, pinpointing the problem can be difficult. Admittedly, most of the time there does seem to be an outside irritant in evidence that is causing the pain or ‘ache’ that the heart feels; but on close examination one will usually discover that there are often indeed other factors in play that stem from chronic neglect on the part of the caged heart owner.

As with any malady of the heart, of course ‘Blindness’ should always be considered as a possible factor, and also any number of other conditions including (but not limited to): Jealous heart Angry heart, Cold heart and Hardening of the heart. Sometimes it is simply

a matter of the Heart’s attempt and failure to ‘reach out’ properly that is the cause of the problem.

There is a lot that can be done when ‘ache’ is nipped in the bud. Try to localize the immediate cause early on and square off with your little friend, and yourself as well. Getting your caged critter up close to another and having them go ‘Heart to Heart is never a bad idea either.

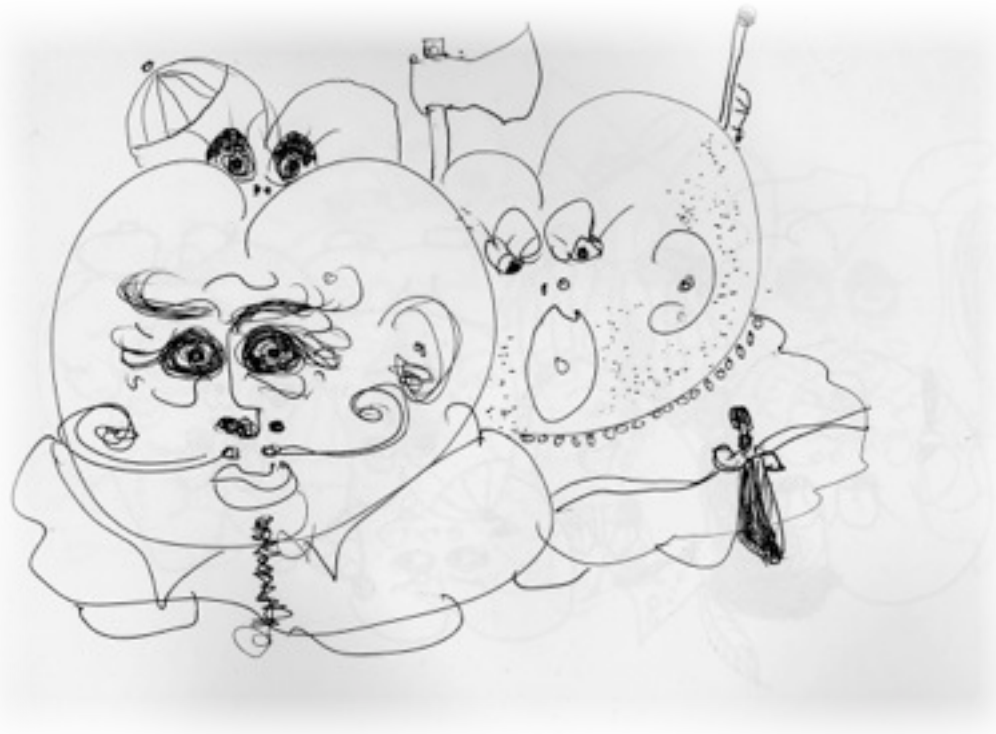
Remember also that there is always the danger that the stress caused by any ache can lead to a more serious thing, like messing with the critters plumbing.

When it comes to simple Ache: come to terms with the little everyday things that trouble your heart and try to effect simple change when possible.

*Or, as Val puts it...*

*Try to learn to change the things you can, accept the things that you cannot; and find the wisdom to know the difference might mean a bill of a \$185,000 for a quadruple bypass.*





## Angry

The condition called ‘Angry’ can refer to any one of several disorders of the Heart in question, and can range from injustices inflicted upon the heart by it’s owner to those inflicted upon it by outside entities. Sometimes the heart reacts to injustices inflicted upon other sentient beings in its vicinity, and even to abuses inflicted on the environment itself on a global scale. It should always be considered that YOU yourself might be the source of these injustices. When this is so, the degree of blindness associated with the Angry

condition is usually a lot more serious, as the owners of these critters are usually not aware of there being any problem at all. They are like the master that keeps beating their pooch when they do not follow a command, failing to understand that their doggie has doggie thoughts and has no comprehension of language at all. The dog cowers in the beginning, but after continual harsh treatment the dog goes mad and becomes chronically angry. The heart reacts much the same way as the abused pooch. The only differences being that the owners of these hearts are at the complete mercy of their little beasts. In some cases the anger gets so bad that the caged critter will attack and even kill it’s owner. Sometimes in his confusion, the owner of the beast in question will be moved to actually attack another caged heart owner thinking that this act will restore equilibrium. In really bad cases the Angry heart has such a powerful effect on it’s owner that it drives him to go on a rampage taking other caged hearts to the grave with him. There are even cases of a single individual taking millions down. Sounds crazy I know! Such a tiny critter able to take down nations but it is a well-documented reality. Fortunately this kind of thing is rare though, and in most cases “Anger” in the heart can be resolved with a little (or a lot) of tender loving care.

## *Val says...*

*... Keep a check on those little things that are weighing down the heart, and if this is not possible, consider consulting your GP on the wonders of Lipitor!*



## Throb

Throb is not to be confused with arrhythmia, although on occasion the heart is said to "skip a beat ". Throb is usually spread by the owner of another caged heart and not by the other caged heart itself. The owner of the other heart may not even be aware that they are the owner of a caged heart. Sometime this "other" is the owner of a "Wild Heart", the name "wild" implying untamed." The owners of "Wild hearts" are often given National and International attention due to some talent or physical attribute that they might possess. Today they are given names like "Bibers and Timberlakes" while in the old days they had names like DiCaprios, Arquettes, Grables and Deans.

Most hearts eventually get over a case of Throb; though there are a number of well-documented 'stubborn' cases, where an owner did his or her own critter in, or even took the life of the Wild heart owner in question, heart cage and all. The cure?



*Just take a tip from Val:*

*Wake up Snow White! Smell the fresh brewed Colombian and get on with your life!*

## Thirps

If your caged heart has Thirps, you are in big trouble baby. You really have a problem

(See a guide to Plant disease)

## Hartz Mountain

This is a manufacturer of canary food and not a condition of the Caged Heart.

## Proud

The condition called 'Proud' is one where the heart in question seems to have somewhat of an identity crisis. Perhaps due to centuries of conditioning and abuse where the lineage has been bred with 'shame'!

The heart in question often seeks to compensate for what it feels is a 'mutt' status by identifying with some apparently nobler breed. This is something like having a Chihuahua that wants to be Golden Retriever or a German shepherd. The kinds of hearts that are subject to this infirmity, are often rooted in communities of like minded caged heart owners, and tend to form in packs, often exhibiting mob mentality so as to reinforce each others belief that the condition of their superiority is real and authentic .The owners of these kinds of hearts will often gather in large conventions at political rallies, and sports stadiums. Sometimes their owners will meet on certain fixed days of the year and fall like puffed uniformed

zombies into bizarre ritual parades in order to hide or cover their real underlying condition which is closely associated with ‘pride’, and that condition is called ...

## **Shamed ‘PSVS’**

The condition known as ‘shamed’ is really kind of a psychiatric problem of the heart. It can range from benign to malignant in its various forms, and is often due to a long neglected condition that the heart was suffering from previously, called ‘proud heart’. The tendency to rebound from one condition to the other back and forth might be called “PSVS” or ‘pride shame vacillation syndrome’. This dis-ease in its less serious form is characterized by ‘Heaviness’ of the heart (see below). Their owners usually reflect the condition of their critters in that they seem lackluster, and appear dejected or somehow rejected. In the more serious form, where we see that there has been a sudden lessening of the condition called ‘proud’, we may witness a manifestation of the syndrome, wherein the caged heart owners, hearts, cages and all will suddenly erupt into psychotic states and even war with each other.

Just like the condition “proud”, “shamed” is incredibly contagious. It can spread through a soccer stadium filled with 50,000 caged heart owners infected with “Pride” in just a matter of moments and can

cause a form of mass hysteria that can and often does result in the death of hundreds of caged heart owners and their critters.

The cure? Well, part of the cure would seem to be in education and prevention. When the heart is secure onto ‘itself’ and can accept and believe that it can find within itself it’s own resources, it should have no need to identify with the ‘Nobles’ and ‘Valiants’ outside of itself. The critter just has to somehow realize that it is a ‘mutt’ of sorts and that it is unique in it’s own way and does not require association with infected hordes of mongrels doomed to the ravages of PSVS.

This disease in it’s most serious forms, is not limited to hearts and their owners in large public places, but can spread easily through entire Nations to the point where it can in fact endanger the whole planet.

If you suspect that your Heart is suffering from either the conditions Proud or Shamed,



*Take a tip from Val*

*Do something about it! Go Heart to Heart with a ‘Humble’ or seek the help of a PRO.*



## Heart in your Throat

Sometimes in its attempt to sing or take wing a critter will seem to be trying to get out of the cage. Although you may very well realize that this is physically impossible (plumbing and all you know), this can still be especially bothersome when your critter seems to be getting up near the top of the cage.

No need to panic here. It's just that your critter knows that you are sad or especially emotional about something or other. It's just the same as if Rover or Fido were to come over to lick life's wounds when you' were feeling down.

### *Some advice from Val?*

*Take a few deep breaths and then... Just YOU let it all out, and have a good cry. Your critter will make their way back down into the cage just fine*

## Open

Good and bad here. The good first! 'Open' is just like the word says. When the heart is 'open' so to speak it means that it is capable of both: reaching out, and, being reached out too with no encumbrance whatsoever. And as we all know by now, this is the Hearts number one favorite pastime. In other words, the open heart is one that is 'accessible'! Now, if you think it feels great when Fido brings you your slippers, you will be elated with the appreciation and love you will receive from both your own critter, who will smother you back with affection for the freedom that you give to it, and also, from the

owners of other caged hearts who will gather round your critter seeking warmth and comfort for their own critters. So please note than, that this condition is one to be nurtured at all costs.

Now, the 'other' condition called "Open" comes into play when there are serious problems with a critter's plumbing. A team of specialists must go into the cage with the equivalent of the 'jaws of life' to clean and exchange the pipes, and well, what more can I tell you... Ouch...! You are looking at an up to \$250,000 dollar problem here!

### *Take a tip from Val here...*

*Avoid Anger and Hatred and always keep your heart 'Open' in the first sense; and then while maintaining a good diet and exercise program for your critter you will avoid having to cancel all of your life's plans in order to have your heart, cage and all opened for you at a major metropolitan hospital.*

## Pierced

There are two conditions that are classified as 'Pierced'. One is fatal and is exactly as the name implies, in that once penetration is made into the caged heart, the situation almost always results in the critters death. If you should discover that your caged heart has been 'pierced'... STOP immediately, and DO NOT MOVE AT ALL! Anything that you do can lead to the immediate demise of not only

your caged heart, but of you yourself as well. Just stay still and remain cool and those around you will take care of the rest.

The other condition called “Pierced” is strange in that the Caged Heart itself does not appear to be physically damaged in any way. Only the owner of the heart in question can really detect the situation and will often come down with severe depression and sorrow as a result of the discovery of his hearts condition. The important think to avoid when the heart has been pierced for any reason, is to avoid the condition of either ‘Cold’ or ‘Hardening’ to set in! Patience and Forbearance are must in dealing with the benign form of ‘Pierced’!



*Val says...*

*Keep you heart open and always let your heart do it's reaching out thing. Seek out companionship with the owners of Warm Hearts....!*

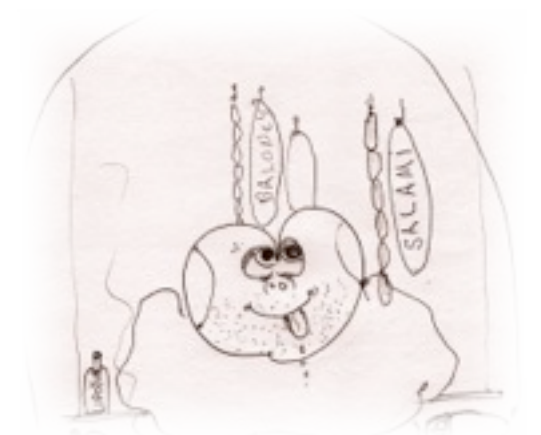
## Big

The term ‘Big’ which is an attribute of the heart is often confused with a serious pathological condition that the term also happens to describe, so if you’ve heard it going around that your Heart is considered ‘Big’, don’t even give it a second thought. If you want to indulge yourself, go to the section on Breeds and Breeding and thank

your lucky stars that your critter doesn’t have the condition called....

## Enlarged

The condition called ‘Enlarged’ is a very serious condition of the Caged Heart and is often a result of years of bad feeding habits and failure to exercise the critter. Your first clue as to the matter may be your noticing difficulty in carrying the cage around. At first you might think that it is just you yourself that is getting fat, but when the critter starts to pounding on the cage and takes up the habit of skipping a lot in place, you start to wake up. Of course by the time the critter has gotten to that point, he will probably have to be removed from the cage. Surely he will be in a very ‘pissed’ condition, and could easily turn on you like a rabid dog, and of course that...could be fatal. If you elect at some point to take your critter to a Vet, he will only laugh at you piteously and send you right to a Major Metropolitan Hospital. When you get there, if the little one is still alive, they will keep check on the both of you 24/7. If you happen to have some good insurance or a spare 2 or 3 hundred thousand bucks lying





around, it can even be arranged to have the chunker-monster removed from the cage and replaced with someone else's critter. For all the money that you will spend in the process of this whole incredible nightmare, you will be constantly abused. You will be accosted with knives and saws, and feel worse than if you had been mugged.

## *Take a tip from Val...*

*Maintain a healthy feeding and exercise program for your critter, and if you cannot do that, try to get a really good deal on Blue Cross Blue Shield ... they're the best.*

## Heavy

Sometimes the heart succumbs to a condition called 'Heavy', and cannot be easily lifted so to speak. This can be due to any one or more of several conditions that might be present, and so let's look at a few of the psychological possibilities, and then at the physical.

First of all, let's face facts! Almost all critters seem to have a bit of the 'pack rat' in them. No one knows really what the cause is, but critters just seem to like to pick up and 'hold onto' things; and so when they move around in the world, they often carry more than a bit of 'baggage' with them; and sometimes, for a really long time! At any rate they certainly do seem to accumulate a lot of 'debris' with this condition, and so they become weighed down to the point where they're considered 'Heavy' so to speak!

Sometimes the condition is caused by something actually 'pressing' on them, and in fact, the culprit may very well be YOU, their owner. In certain respects our critters are like little monkeys. Monkey see..., monkey do, and for sure they can easily react to your taking anything too seriously.

Ideally of course we want to lighten the heart again as soon as is possible. In cases where the heart in question has lost another heart that it had been communing with for some time, it will be necessary to allow a period of mourning before the heart can naturally lift itself up and be its light airy old self again. Also, you should consider that if you yourself are weighed down with the problems of the world, or are perhaps too deeply immersed in some profoundly mystical matter, that it might be a good idea to try lightening up a bit by putting down the Dostoyevsky and picking up a few good comic books or something like a Richard Pryor CD. Then, when you get yourself into balance, your critter will almost surely catch on to your mood in just the same way that Rover does when you come out of a funk.

Sometimes if the case is not too serious the heart can be lightened or 'Gladdened' by providing (and I do not recommend this for Rover or Socrates) a little schnaps or something like a good wine or spirit in moderation. Do be careful though, because too much of this 'Gladdening' may result in the heart regressing into a worse state and becoming overly 'Sentimental' and then eventually becoming even Heavier, perhaps even to the point of it finally one day becoming 'Enlarged', which is of course, the other aspect of Heavy. If this becomes the case, there will hopefully be a spare \$250,000 lying around in a cookie jar somewhere.



## ***So take a tip from Val ...***

***Know that the heart is often weighed down by so many little things that are just not worth the bill for a quadruple bypass.***

***Just lighten up and before you know it you'll be back in the park, with your critter doing their reaching out thing, and everything will be Honky Dory once again.***

## **Loss of heart**

Sometimes our critters just seem to get 'lost' so to speak. By 'Lost', I don't mean to say that if you were to do a thorough physical search of the cage that you wouldn't find them in there. After all, they rarely leave the cage alive unless someone, (a skilled specialist hopefully), removes them. What I mean to say, is that your critter, just doesn't seem to be into doing anything with you. They, really just kind of... want to stay out of things, and just sort of disappear in a sense. It's just as if one day you wake up and you start to do some task, you think you've got your little buddy with you, but then suddenly, they're just nowhere to be found! It is usually just that the critter senses his master's discouragement with the task that he's deigned to tackle, and just simply refuses to go along with the program.

But you should realize, that it is a heart after all, and you know they're fussy and that they want to be taken seriously, and so, what

do you really think you should expect? We must always be absolutely sincere with that delicate little thing. What if you went to the park with Fido and just didn't want to run and play or throw sticks for him to fetch. You can bet that he would pretty soon learn that you were not much fun to be with; and before long he would refuse to go out with you and start pooping all over the floor. Now we don't want our critters doing anything like that in the cage, do we?

## ***So take a tip from Val...***

***Check in with life's lost and found and search within for your own Soul. Be sincere in everything you do and you'll soon find your heart is right there with you in everything you undertake 100% of the time.***

## **Hearts or Heart is On Fire**

Though at times a Heart 'On Fire' can at be considered a malady, it can also be a profoundly beautiful thing. The heart can be brought to such an emotional high pitch as it is seemingly consumed in the 'Fever' as it is called, that it bursts forth in song of a nature that would cause even the nightingale and the moon to blush. Most hearts are on fire so to speak at least once in their lives. It is really a rite of spring for them and usually nothing to worry about really, though temperatures involved might at times seem a bit "too hot for taming."



The fever or 'Feva' as it is sometimes called, is definitely not the same as the type you or your caged parakeet or Fido can come down with but rather it is more of an emotional thing the heart go's through. It can range anywhere from a simple 'puppy love', to an all out Romeo and Juliet affair. The latter of course is a much more serious event. In either case you will see a lot of 'racing' with this condition and sometimes the critter will get into pounding so hard that you will think that they're going to bust out of the cage. Though quite scary at times, you need not worry that this will ever happen as it is not the same pounding type caused by over indulgences in booze and trans fat's.

Often one or both of the critters involved will wind up wounded in their frenzy or in a 'Broken' condition. This is all normal and in time the hearts in question will heal unless one of them has been very severely wounded or (God forbid,) been physically pierced.

In cases where two hearts are on fire, temperatures can be brought down temporarily by bringing the critters into close contact with each other. Removing all coverings from the cage would be a good idea also. At first this may cause temperatures to rise for a bit. That is normal. The caged critters involved will go into frenzy and start in to racing in place. Don't let this worry you, for just when they seem completely out of control and ready to make for a jailbreak, the whole episode comes to a climax and then everything is calm again for a while. Depending on the severity of the condition, the hearts involved may indulge in this healing ritual for either a short or very long time. It is usually just a matter of time before they get the 'Feva' out of their system.

**NOTE:** One or more critters may be affected. In some of the most serious cases (very rare) a confused owner of one of these fired up

beasts may even jump off a bridge or building dragging anyone else involved in the condition with them cage, heart, owner and all.



### *Take a Tip from Val*

*'Chill Out' and get in a nice cold tub of water and then set the flame to 'simmer'!*

## Broken heart

The heart can become 'broken' so to speak in many ways. Often it is the result of 2 hearts colliding. This collision happens usually between 2 hearts that have been doing a lot of racing together and for a substantial period of time. One day the track just doesn't seem big enough for the both of them and as one takes to the highway, the other is left by the wayside, usually in a broken condition. Always such a shame when 2 hearts collide; and for sure, one always has to be careful as to whom they let their caged heart race with.



Also if your heart seems to be "broken" it just may be that someone is attempting to steal your

heart, or perhaps has taken a ‘piece’ of your heart. This is for sure very painful, and you should resolve this with the culprit if possible. In any event, even if you can’t: know that these breaks and wounds (see below) all heal in time and the heart will actually become stronger. There is always of course, a danger of the heart becoming hardened or cold, so read below on these nasty conditions in order to avoid them.

## Wounded heart

Damned serious matter a wounded heart...most of the time that is. If the caged heart takes a slug in battle or is wounded by a bayonet, or is damaged in any other number of ways, the results are almost always fatal. Of course the owner of the critter usually dies within seconds himself. The shock is just too great for both. Then there’s the blood on everything and crowds gather, cops everywhere, and OMG, It is a terrible mess for sure!

Anyway if your heart is wounded in battle you may be entitled to a Purple Heart (See below in this section)

The other kind of ‘wounded’ heart can be serious, but not necessarily fatal. In this case the critter experiences some kind of injustice. It has somehow been wronged, either by its owner or by another caged heart owner. The wrong doer is usually someone who is, or was very close to the owner of the wounded heart in question. Nothing much can be done physically in these cases. As to the psychological trauma inflicted on the critter? Well, Pay special

attention to your critter and let them pour them selves out freely.

This will prevent Bitterness and Hardening from setting in.



*And here’s a bit of wisdom  
from Val*

*Times heals all wounds. Know that  
this too shall pass!*

## Tender

Whenever a heart exhibits any ‘tenderness’ it is never to be considered a bad quality at all and requires no treatment as long as it is not concealing the condition know as ‘Sentimental.’ Tenderness, which is a gentle loving quality, should actually be encouraged and nurtured as an attribute of the heart.

You should know also that although ‘tenderness’ is a quality to be desired when sautéing or frying un-caged ‘chicken’ hearts. (In terms of texture that is), that when chicken hearts are fried or sautéed in butter, they can actually cause that condition known as ‘hardening’ in your critter; and, since that is the exact opposite of ‘tender’, and is in fact a dangerous condition, you really do want to ‘think’ before allowing yourself to indulge.

Never forget that your critter always eats what you eat, and so, if you really feel that you can’t live without eating them, try boiling them or at least frying them in some oil low in saturated fats. ‘Olive’ is of course the oil of choice here.

## Cheating (Or cheatin')

'Cheating' Heart, or 'Cheatin', as it is sometimes called is a condition of the heart, somewhat akin to the condition called 'Greedy'. Though Greed is not necessarily present, it is often a factor to be taken into consideration in any encounter with an infected beast. When 'Greed' is a factor, the heart afflicted with the condition tends to act something like a little baboon or a monkey on Viagra. Hearts suffering from this condition are often encountered when searching for a companion for your own critter, so do be careful as to where you hang when looking for a companion for your little bugger.

When the condition called 'cheatin', is chronic, it can make life almost impossible for the caged heart owner. A heart in this condition quite often inflicts wounds on other hearts and can lead to a 'Broken' condition in those that come into contact with the infected heart. Good news is that recovery from damage done by these bozos is usually rapid. There are however, cases where recovery may take years, and so do be careful. Since it is almost impossible to quarantine this type of beast, it may be necessary for you to keep your heart under guard when in the company of anyone known to possess one of these infected little devils. If you yourself happen to be in possession of one, you should seek help ASAP, and preferably not from a veterinarian!

*Take a tip from Val...When your critter has been affected in any way by making contact with a heart suffering from 'Cheatin', cut your losses and get away from the crap tables ASAP. Play a straight game yourself...!*

## Purple

If you have a 'purple heart', you are either very brave yourself, or probably dead or very close to it.

The first type of Purple Heart is a medal usually given to soldier caged heart owners who possess a 'Valiant'. They and their caged heart have usually been wounded in action, and often even the caged critter is so brave as to take a slug or two itself. The award is then granted post mortem.

The second kind of Purple Heart could be quite serious. In this case the caged critter is not getting enough oxygen due to something interfering with its blood supply or a hardening of their arteries. Sometimes the lips will turn blue on the owner signaling the problem. In some cases the doctor may prescribe, Lipitor, but in any event, get the both of you to an emergency room when symptoms like pounding, skipping or discoloration of the skin or lips start to occur. You must take action 'immediately.'

## Feint

This is a condition very similar to that condition called 'Chicken'! The owners of the types of critters that come down often with this condition are usually themselves quite lackluster sorts that have a history of neglect and abuse of the heart. These owners will usually not expose their heart to any perceived threat at all, and so consequently, the 'Feint' heart rarely sings or takes wing, and their owners are often shunned by the owners of more noble breeds.



Also considered a Breed! They and their owners may seem attractive in outer appearances, but try to avoid even the consideration of associating or breeding with these runts as the result may effect your own heart and their traits will surely be passed along to the next generations. I am not aware of any cure for those suffering from ‘Feint heart’!

## Hardening

### (Not to be confused with hardening of the Arteries)

This condition is often in response to the caged hearts owner. Often the owner of the heart that has “hardened” so to speak is someone that has turned their back on the suffering of others .The heart, being deprived of it’s tendency to ‘reach out’, now naturally falls into a state of ‘quiescence’, and often apathy sets in to the point of the hearts becoming callous. Like any other living thing that does not get exercise, it begins to atrophy and become rigid. The condition is progressive and in the worst cases the critter eventually leaves this world with no companion other than it’s lonely owner. Usually when the police and the sanitation department show up to remove the corpses of those that fatally succumb to “hardening” they for some reason always seem to find an unpaid hospital bill for several hundred grand in the pocket of the poor victim, and empty Lipitor bottles all over the floor.



### *A tip from Val*

*forgive quickly, let your heart reach out to all, and make peace with thine adversary!*

## Cold

The condition know as “Cold” or “Cold Heart” is unfortunately quite common these days, and although it is certainly something to get alarmed about, it is not the necessarily the end of the line for the caged heart owner involved.

The heart is always aware of the moods of its master, and will readily react to any anomaly in his or her behavior.

Many a time I had to deal with Val when he would come down with this awful affliction. Fortunately there are a number of time-tested remedies for ‘Coldness’, some of which I can attest to personally.

As you probably already know, the use of Hot water by itself is virtually useless in trying to thaw out a cold heart. Blanketing the cage heavily is also futile. What the heart needs really is to be around other hearts that are contagiously ‘warm’. This certainly can do the trick, but do be aware that thawing a Cold heart can be a long drawn out process, especially when any degree of Hardening has set in. In instances where the owner of the Heart suffering from ‘Cold’ does not have ready access to the owners of Warm hearts, there is

still the possibility of warming the Heart by other means. Personally I have a number of remedies that I use when Val comes down with a mild case of the shivers. We'll sit around the hearth together and while I sip a little schnapps, Val might listen to something on the radio . Val's got her own favorite shows and likes stuff like Prairie Home Companion. Val likes that show because Garrison Keeler has got one of those 'Warm' Hearts that can reach out across a nation. And of course that's great for Val and I who are often wood shedding it all alone up here in the Catskills of New York. In the winter mornings too I'll get in the cold car with my little friend all in a snip and, there's Garrison right there for Val with the Writers Almanac, setting a mood that could warm any heart even on the coldest of days.

Plain simple truth is our critters require attention. They need to be read to and talked to and sang to and to be continually touched and...well. I know they haven't got a brain in their little.... well, Ok so they haven't got a head, but hey! They're ALL heart for sure!

Follow this advice and accompany it with random acts of Love and kindness! Many who follow this advice will see a change practically over night. The first sign of warming may be nothing more than a sense of hope in the little one, and although the thawing process may take a while and last for a spell, it shouldn't be too long really before the little one takes to leaping and singing once again.

So if you have what is known as a 'cold' heart, stop and think about what the little one might have picked up on. Your search will most probably lead to something in your own behavior toward others that might require a little loving kindness and perhaps even a little forgiveness of who knows, maybe even your very own self.

## Warm

The physical condition called 'Warm' is normal for a Caged Heart and they are very comfy cozy when temperature inside the cage is kept at 98.6 degrees at all times. Anything more or less than this and the critter might start into pounding on the cage.

The other condition called 'Warm' is actually a beneficial characteristic, and although the condition is contagious, it should nevertheless in fact be nurtured in any heart. This condition is particularly characteristic of the 'Goldens' and 'Humbles'.



*VAL says*

*Always count yourself blessed if your critter comes down with this condition!*

## Heart of Stone

This condition, although similar to "Cold Heart", is a lot more serious. With a heart of "Stone" it is no longer a matter of just thawing the critter out. We are dealing now with levels of indifference that can only be described as callous and depraved. These critters have quite a difficult time of it, and have been known to live out their entire existence without ever leaping or singing after

the onset of the disease. Yes, it is a real tragedy, and not only for the caged heart involved but for their owner as well. Often they themselves will appear aloof, but the truth of the matter is that deep down inside the owner of any “Heart of Stone”, is a deep well of suffering and torment. The owner is almost always a prisoner and a slave of their abused critter, and more than a few, have been driven to drink. So if you know someone with this tragic condition, there is really nothing much you can do besides having loving patience with the owner and their caged critter. Remember though, you can always make your own good and loving heart available and ...Prayer doesn't hurt either.

## Lonely

With the condition called “Lonely Heart” we must first assess whether it is nothing more than a symptom of one of the above two conditions, or whether it is symptomatic of something else altogether. Lonely can be considered a condition onto itself, and the owner of such a heart should make any and all attempts to get the heart in question out into the company of other caged heart owners with the same problem. Often the owners of a ‘Lonely Heart’ are a bit shy and embarrassed about their hearts disposition, and so they don't feel much like discussing the matter for what it really is. They often hate to admit that they have a heart with the condition “Lonely”. Most hearts though seem to have an incredible “sixth sense” about the true health and condition of another heart. They are like Bloodhounds in this sense, and can sniff out the peculiarities of any other heart.

Sometimes the condition called Lonely, is a result of the neglect of the ‘hardening’ condition, and so the owner might want to examine the heart a bit more closely to see if that is indeed the case. If this is so, the first indication might be that other caged heart owners will sense this and not want to have their critter any where near the one in question.

Best advice here to get out with critter more often and look for opportunities where your heart can reach out and make contact with other caged heart owners. Try volunteer work or perhaps just consider giving your critter more access to the wonderful world around you. Try giving your heart more reason to want to sing and fly, this will attract the attention of other caged heart owner for sure, and make them want to be around you. Most important though as

*Val says*

*don't be shy*





## Hearty

A term that does not describe any known disease or condition of the caged heart itself, but rather attributes a quality of the heart to something like food or laughter ex.... A "Hearty" Laugh' or "Hearty" Breakfast" like 4 eggs home fries and a half a dozen sausages with buttered toast and coffee, which by the way is paradoxically actually a nightmare for the caged heart itself....

## *A Final Word from Val*

*Always check around the vicinity of the cage when any problem like refusal to sing, reach out or take wing persists. I took care of a pooch once that would not take a dump unless you took her to a park or a place where there was grass. I didn't obey the orders his master gave me to absolutely take her to the park every time we went out. Of course I paid for this by having her do her business all over the rug for a week.*

*Now same thing with the heart! It will not do its wonderful little routines to perfection if 'it' or the cage is encumbered in any way at all.*

*Make absolutely sure that the cage is not encumbered by things like excessive loose change in the coverings or by anything like a wad of cash or a money belt. The little critter just get's its diaper all in wad when that happens and will just freeze up and go into hiding. With your heart nowhere in evidence you may even be accused of being heartless.*

*Also, SLOW DOWN when you pass anyone you sense is out with his or her own caged critter. Don't be like one of those people that pull their dog away from another dog when they want to sniff around. Just like a pooch, you have to let them do their thing. They are hearts after all, and, they for sure need the contact of other hearts. Don't always just be out just for yourself. Think of others and let your heart do it's Reaching Out thing!*



Chapter 6

# Breeds and Breeding



# Breeds

## Golden

Indeed a treasure by any standard. In the company of the rare “Golden”, one can learn the meaning of true love. Val and I have been so lucky to have known several in the years that we have been together. My dear Aunt Mae who passed away a number of years ago possessed one, as did my best friend Richard who also passed away. In the company of these people’s “Goldens” I was able to experience first hand the meaning of real generosity. But as rare as the Golden is here in America, they can still be found in plentitude in many third world and Latin countries.

## Noble

A Noble heart is a wonderful beast and even more magnificent is the Noble that has been crossed with any of the “Valiant” breed. Again loyalty and fine character are the characteristics that set this beast a world apart from the rest of pack.

## Valiant

It is said that in the company of the Valiant heart, man may venture to tread where even angels dare not. If you should encounter an owner of this type of beast, regardless of the breed of your own caged heart, breeding is highly recommended.



## Proud

Very common these days, these ‘puffed’ in appearance critters are often all air and no substance. One might even say that ‘proud’ is not even a real breed. Lacking in any of the true distinguishing characteristics of the Valiant or ‘Golden’, the owners of these ‘Proud’ take to habits and rituals that allow them to think that they can identify with the more Noble breeds. Indeed “proud” should be considered more a condition or disease of the heart, inflicted on it by it’s owner.





Breeding is definitely not recommended with hearts of this variety.  
(See section on Conditions and Diseases)

## Humble

Again a breed not often found in North America in great plentitude except in poorer neighborhoods in the big cities and in poor rural areas. This wonderful breed is quite common though in third world and is often found mixed with the ‘Golden’. And although not for sale there, they can be found in the markets of those countries and oftentimes in and around churches and places of worship where their owners like to shop and hangout.

The breed ‘humble’ is characteristically meek in appearance, and for as precious a possession as they seem to have in their little critter, the owners of such do not seem to act with much pride or arrogance as to that fact. Often they keep their caged critters well-covered and under wraps even in very warm climates. Perhaps this is one of the reasons why their hearts are said to be so ‘Warm’ all the time.

Getting together with the owner of a ‘Humble’ in order to breed may not be as easy as one might think; and although those owners are not always aware of the value of what they have, they do have an instinctive sense of what their critters needs are, and so are very

likely to seek out mates for their heart in their own locales. But if you really feel that you would like to form a bond with an owner of such, patience and sincerity will get you everywhere. So don’t despair, take a tip from Val and me ... hold out and hope for the best.

## Sentimental

This breed is quite interesting but there are a few tips I think you might want to pick up on before you think of hooking up with the owner of a ‘sentimental’. They seem nice at first; always slobbering all over you and smothering you with attention, but the reality is that they almost always have a ‘Brutal’ side when they are purebred ‘Sentimentals’. This other side of the coin is an unfortunate reality of this breed and they should always be approached with the utmost caution.

In closing on this I just want to say that all hearts have a bit of ‘sentimental’ in them and there are no truly pure breeds .Val has a bit of ‘Sentimental’ in him and I deal with it just fine. It is just that we must always be careful to only allow that trait enough room to express itself without becoming overbearing on either the owners caged heart or the caged hearts of others.

So no, you don’t want to be seeking out any pure bread ‘Sentimentals’, but do know how to deal with the trait when you find

it in a prospective mate for your own caged heart, and remember, they're all mutts under the skin, but we just loves 'em all anyway.

## Greedy

Here's a runt that you really want to avoid, especially in terms of breeding and developing the bloodline of your own caged heart. There is almost always a mix of 'Evil' and 'Chicken' in with the 'Greedy', but not necessarily the 'Chicken'. In cases where they are crossbred with 'Brave' we get a particularly ugly mix, easily capable of attacking it's own master. The 'Brave' in the mix appears to be more 'Brazen' really and the whole mess should be avoided at all costs if possible.



## Evil

Whew!!! Doesn't the name say everything in this case? I think everyone has met the owner of one of these devils more than once in their lives. Sometimes when I think about the cage I have to wonder if it's original purpose wasn't just to contain this little creep.

This 'Breed' is often deceptive in that on the surface the 'Evil' is not necessarily characterized by traits that seem at all undesirable, and in fact, the opposite may be true! Recognizing an 'Evil', is often quite difficult, in that the owners of 'Evil' hearts often command incredible respect in their communities, and are often found in the ranks of doctors, lawyers, politicians, clergymen and women of great renown.

In terms of breeding, simply try to avoid these beasts and their owners' altogether. Don't be tempted by the glitter surrounding them. It is difficult because this type often exudes a sort of invisible slime that serves to lubricate the path to their lair. On that slippery path one can easily fall into their little stinkers doo doo, and if you think it's hard to get that doggie stuff off of your shoe, just wait till you try to remove this stuff from your heart.



### *Words of Wisdom from Val*

*"The moon doth shine so as to exceed all of the stars of the heaven in brightness, but she hath no light that is her own!"*

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# Sacred

*All.....* Hearts are Sacred

## Chicken

There are 2 types of “Chicken hearts. One is from real chickens and is absolutely delicious when sautéed in a little butter with salt and pepper added. However, it is the worst thing imaginable for any caged heart.

The other chicken is a quite common variety. A truly puny thing really! Of their owners it is often said that there is no heart there in evidence at all. Though I’m sure that if we were to poke around their cage long enough we would eventually find one there.



*Val says*

*simply...*

*don't waste your time!*

## Tips on Breeding

Since most folks don't always walk around with their heart on their sleeve, and the rest of us keep the caged critter under wraps most of the time, it can become quite a task for the interested breeder to find a suitable mate for his or her caged beast. One solution I have found is to go by the looks of the owner if you know what I mean. It's like with different breeds of dogs. Admit it, don't owners and their pooches always seem to have a lot in common with each other. Like with a bulldog for instance. Ever notice that their owners often have a mug somewhat similar to their pets? Well the same goes for the owner's of caged hearts. For instance with the 'Goldens', it always seems that regardless of age, they always have some angelic loving quality about them. Somehow they seem to have the original face that God gave them, only maybe with a few more lines. And, as for the 'Nobles' and 'Valiants'? Well, Just check out the way a person walks and carries them self. It's easy to spot their owners because their owners just seem to radiate those qualities. With distressed Hearts, the owners seem to have 'worn' looks and have the face that life gave them so to speak. Of course the owners of the less desirable breeds like the 'Greedy' and the 'Evils' really just have the faces they deserve. Anyway, just let your own heart do the picking. When your critter senses another heart it is interested in, it will let you know. First it will leap, then probably start pounding



and singing and going through all the other little ‘Rite of Spring’ routines that make us all such devoted fans of theirs.

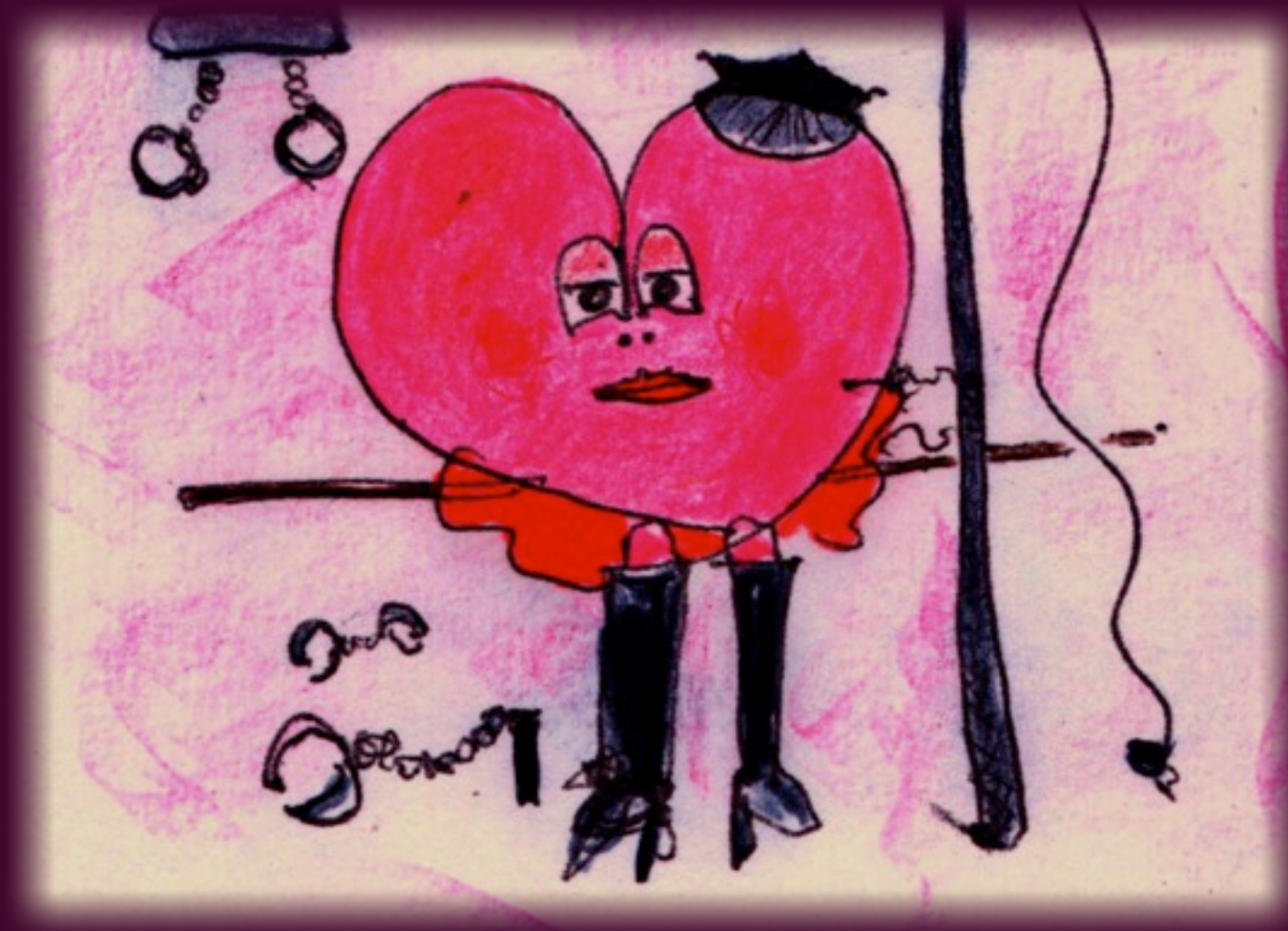
Most important though, get out there in the park. Move around and meet the owners of other caged hearts. In time you’ll meet a special owner who will let you in on the secret of his or her caged beauty.

*Val says...* Happy hunting!



## Chapter 7

# Discipline



# Discipline

## Racing

Most caged heart owners are more than a bit familiar with the little one's tendency to want to race when we bring them into close contact with a critter of the opposite sex. But it's mostly the kind of racing they do in the presence of danger that we are concerned with here.

If the critter is pounding on the cage because, for example: you're walking down some dark alley alone in a dangerous neighborhood some lonely night, then you should try to understand the pounding from the point of view of the critter. Perhaps it's just afraid of being pierced by someone who might attempt to enter their cage forcibly at knifepoint, and is just trying to run away! Caged Hearts often have an incredible 6th sense about these kinds of things, and should always be paid attention to.

Discipline only becomes necessary really, when they start to take on the symptoms of the condition called 'Chicken Heart'. Its only then that we have to think about how to get a grip on their tendency to race in the sense that they might actually try and pole vault their way up into your throat with intention of actually escaping the cage! Realize though that critters are very sensitive and will pick up on

anything you are thinking. (Yet another reason why we luvs em so much; always watching out for us) It's as though they can actually 'smell' fear!

The cure could be something so simple as the owner taking up meditation in order to quiet the heart. In severe cases the owner would be wise to get a professional opinion and consult a specialist, preferably a psychologist or cardiologist in order to get at the root of what it is exactly that seems to be getting their critter all in a snit!

## Thumping

(See pounding)

## Attacking

Sometimes when a heart has not been cared for properly, it has been known to attack and even kill its owner. Attack is a very serious problem to say the least, and unfortunately it is not all that uncommon these days. Just imagine what you yourself might do if you were cooped up in a cage 24 hours a day with wiener schnitzel, blood sausage, greasy chips and nothing more to wash it down with than a Rum and Coke! With stress like that coming down on you, you might even want to attack and kill someone yourself.

When the caged heart is neglected and not cared for properly, its owner will often take to administering alcohol and certain drugs, which may only serve to complicate their critter's problem. One day



without notice then, the heart just can't take anymore and starts in to pounding wildly trying to get out of the cage, and just drops down dead to floor...or the perch...or...oh, whatever!

For those who persist in ignoring their critter's bid for attention, even if death is not in the cards for the both of you, there's still the very strong possibility that their critter could get so swollen up that it requires the services of a whole team of Surgeons just to get in there and clean up the mess in cage.

So take a tip from Val... You don't want your friends and neighbors questioning all of those empty six packs of Lipitor cluttering up the garbage cans in front of the building now, do you? So then get plenty of exercise, eat correctly, and cut down on the sauce already!

## Leaping

Sometimes when we take the caged heart out for a walk the critter will have a tendency to want to suddenly "leap" as if trying to get out of the cage. It could be just about anything that sets them off: the sight of children playing or perhaps the possibility of an encounter with a caged heart owner of the opposite sex. This is never a problem really! Val leaps all the time. I remember when he met his 'significant other'. Every time she was around he just went bananas with leaping and pounding on the cage. I thought I would never live through it. Now I just encourage it. I mean after all, you wouldn't take your pooch out to the doggie run in the park and then leave him on the leash, would you? Well, of course not, because, that would be

just as cruel as saying no to a child who wanted to go out to play with their friends.

The caged heart is just the same as any child or any puppy; let them go! Say yes instead of no all the time and don't worry at all about their tendency toward leaping. You wouldn't want your dog to stop wagging its tail, would you? Of course not, so keep the little one happy and healthy and prevent illness distress and disease down the line, by allowing them to leap to their ('scuse the pun) heart's content!

## Reaching Out

Sometimes the heart seems to just suddenly ...want to "reach out"! Again, this is never really a problem, though the owners of caged hearts of the 'Stingy' and 'Selfish' varieties often mistake it for a malady when they see it. By no means, should 'reaching out' ever be discouraged whether its 'sudden' or premeditated! Many are confused because in the hearts acting out in this manner it may actually 'touch' another heart or caged heart owner. This can never do any real harm, and in fact may do a lot of good for all the parties affected.

So rather than discourage reaching out, try to encourage this practice in the little fella (or gal... or whatever...), and be proud to know that your critter has a bit of the rare 'Golden' in them.

# Touching

Never a problem! Your heart should in fact be encouraged to reach out and ‘touch’ others, as often as is possible!

# Pounding

## Common Causes:

Forgot to water

Forgot to feed

Too much booze

Afraid of something

Wants to exercise

## Lack of Exercise

1. Sometimes the caged Heart takes to pounding on the cage because it is not getting enough exercise

Solution? Just get to the park or gym, start a regimen for the little fella. Just start running and heart will keep right up with you, cage and all, just like a pooch. One good thing about owning a caged heart over a dog is that you can run them all day without the park ranger giving you a ticket because their off the leash or making doo doo everywhere.

## Improperly fed greasy foods

Since Caged hearts just about always seem to take in the same food and drink as their owners, its wise to be careful as to what you your self take in. The little one can get into quite a rebellious mood when it isn’t getting the proper nourishment. In fact Caged hearts often become so crazy when not fed properly for long periods that they will even attack their masters fatally. Sometimes when the critter has taken up all your bad habits, it gets so big and “Enlarged”, that a whole team of surgeons is necessary just to remove it from the cage. Believe me buddy, with the expense and anguish that you will go through then, you will wish it had attacked and put you out of your misery in the first place, so wise up now before it’s too late and always watch your diet, your little friend is very sensitive and just might get pissed.

Finally I want to add a note about coffee and your caged heart. So often when the critter starts to pounding on the cage, the culprit is nothing less than, of all things, coffee! That’s right, coffee! Just think what would happen if you substituted Columbian coffee for water in your pet canary’s cage. It would probably kill the poor thing wouldn’t it?

What happens when your little heart (or big heart) comes in contact with coffee, is that it gets it little diaper all in a wad and then throws a tantrum and starts to flopping all around inside the cage. And believe me that can make a real mess of things, especially your life and your wallet, when you have to take the little one in the middle of the night for a trip to the emergency room.

Maybe your are trying to sleep, and then all of a sudden its..

K-K-K-knock knock knock...

You say what wha..

B-b-b- bang bang

Whaaaattt did you say?

Your critter is just going wild in there

“You want to get up? Skip it already” you say?

“Skip it?” SKIP IT??...I’ll skip it!

b-b-b-b boom.....b....bb..How about I skip a few beats? You like that ? b-b-b.....BANG..b-b!

Now your critter is all in a snit and you could be in BIG trouble. They want to pound and race, and all because of those three double Latte’s!

*Val says ... Hey pal, ya ever heard of Decaf?*

*Think about it...!*

## Has been captured by another caged heart

Not all pounding is bad, and in fact sometimes pounding is even a good thing. Sometimes the caged heart starts pounding against the ribs of its cage when it becomes aware of its owner’s passions for another of his kind and of the opposite sex. Often the caged heart’s owners kissing and other amorous actions will push the little critter into quite a tizzy. This is not a bad thing, however, and in fact I

encourage letting the little caged critter have it’s fun. It is great for the critter’s circulation, not to mention the wonders it will do for yours just trying to keep up with him.

## Skipping

Skipping is not a problem really and in fact it is something that should actually be encouraged. Skipping is often either associated with singing and is sometimes a precursor to flying. The buggers often take to skipping along and singing just before they are about to become airborne (in place of course).

Skipping ‘beats’ however is an entirely different matter. If your caged heart has been skipping beats, its time to get your critter to a cardiologist. A prescription for Lipitor might be in order. Until you can do so however, one little baby aspirin won’t hurt at all and may even save both of you from some very nasty emergency room expenses.

(See above under Pounding)

## Heart in your Throat

Not a discipline problem really. See the section on diseases and conditions of the caged heart.

## Pleading

or



## Bleeding

The first type of Bleeding Heart is usually a result of having been pierced, is so serious that you may not even make it to the hospital before your critter expires. Whatever is happening, ‘Don’t Move’ at all and just wait for an ambulance to arrive.

Another kind of bleeding heart can be real pain for anyone in the vicinity of the infected critter. The condition can be likened to the situation you have when your dog is unhappy and starts leaving big messy dumps all over the house. So consider that the underlying cause of your critters seemingly immature behavior could be deeply rooted in your own neglect of your hearts more pressing needs. Best advice is to keep your own critter away from caged heart owners that are afflicted with this malady, and when you detect the condition in your own beast, it might be helpful cut down on the intake of ‘wine and spirits’! This condition is also very similar to one called...

## Heart on your sleeve

For obvious reasons, “heart on the sleeve” is often a bother to other caged heart owners in that your critter is publicly exhibiting sloppy behavior. Often the owners are not even aware of how serious the problem is and have to be warned to take note that the condition exists at all!

Wearing one’s heart on their sleeve suggests that the caged heart owner is just much too permissive with their critter. The condition can be remedied in much the same way that you might remedy a

neurotic pooches behavior, in making sure they don’t do their business all over your neighbor’s lawn. It may be one of the rare instances where a ‘leash’ may become necessary, albeit only temporarily. Often these critters tend to cling to the sleeve of a master who is just a little too fond of the “schnapps” if you know what I mean. Sometimes a trip to AA might even be in order to get your critter under enough control that you can regain sufficient confidence in the little bugger to let them run free again in public.

## *Take a tip from Val....*

*Get your act together, cut down on the ‘sauce’ and ‘chill out’ already!*

## Chapter 8

# Racing



As was discussed in other chapters, all hearts like to race. To date there are no professional or even amateur competitions that I am aware of for the serious enthusiast into racing caged hearts.

Personally I don't believe that anyone could really get much enjoyment out of trying to race a heart in any professional sense anyway. Heart racing doesn't really have much in common with horse or greyhound racing at all, and is really more something that is done just for the 'fun of it'!

Usually even only just the 'thought' of getting two cages up into close proximity with each other is enough to get any critter agitated to the point that they want to start racing; and as you might well imagine, its all instinctual for them! If you can get two Caged Hearts positioned just right at the starting gate, they'll go into a frenzy of pounding on their cages and before you know it, they're out from under wraps and breaking out of the gate with everyone getting into the act! The great part of it all is, that it doesn't really matter whether you win or you lose. It's just all about the sport and being a good player, and to boot, in Caged Heart racing there's no need to win any cup or trophy, because in this sport, the journey is 'truly, it's own reward!

## *Take a Tip from Val...*

*Forget about competitions entirely, and just take the little one out to the park for some exercise and get your cage up in close proximity to some other racing enthusiast's cage. Your critters will work it all out on their own.*

# The Stolen Heart





# The Stolen Heart

## Reporting a Stolen heart to the Police

Seeing that there is no legislation regarding the stealing of hearts either in existence or pending, the reporting of a Stolen Heart to police will get you nowhere! The police will almost surely argue that you would be better off discussing your situation with a psychologist a priest or a rabbi (a very bad idea, by the way) or, just laugh you right out of the Police Station. You would certainly be much better off finding someone that might have had a similar experience, and then relate your story to them.

Another possibility is to go directly to the source of the problem and to confront the thief face to face. This will probably take a lot of nerve on your part, but if you were to come armed with an official looking document and hand it to the unsuspecting knave, it might well serve to disarm them before they even have a chance to react and deny the charges.

Below is a sample form you might try serving on them. You could have a friend or even a real process server deliver it too them for dramatic effect. I think though that if you can find a badge of some

kind like the ones they sell on Times Square in those shops where you get the phony ID 'cards, it would be just as well that you just do it yourself in person and get it over with as quickly and as painlessly as possible. Simply approach the perp and show some form of official looking Photo identification (which you should NOT purchase on Times Square) and the badge, and then explain briefly why it is that they're are being served as you hand them the Stolen Heart report. Depending on how easy it will be to find them again, either go sit somewhere nearby or disappear completely for a little while. The worst they will do is just walk off thinking that you're nuts. It's worth a try though and much better than doing nothing at all, and maybe even then going into Cardiac Arrest over the whole matter.

# Stolen Heart Report

Name.....

.....

Address.....

.....

Telephone.....Email.....

.....

Location of  
incident.....

...

Time of day .....

Description of Stolen  
Heart.....

.....

.....

Description of thief

Hair color.....Height .....Weight.....Eyes  
.....

Have you ever seen this person before?.....

What did the thief appear to be doing at the time of the  
incident?

.....

.....  
.....

.....  
.....

Describe briefly the  
Incident.....

.....  
.....

Were you under the influence of anything at time of  
incident?.....

If so, what? .....

Did it appear the perpetrator was?.....

If so, what? .....

Was the perp in possession of a caged heart at the time of  
the incident?.....

If so, what kind? Circle one

a. Kind b. Mean c. Noble d. Brave e. Valiant f.  
Humble g. Other

If other, describe  
.....

What was the condition of the stolen heart in question  
before the Incident?

Good or broken?

Was the heart at any time left unguarded?

**Was said heart in its cage at the time of incident?**

**Was it racing?**

**Was the heart on a leash?**

**Any Insurance? .....**

**Affidavit**

**I.....being duly sworn  
depose and say that all of the above statements are true to  
the best of my knowledge.**

**Signature.....Witness.....  
.....**

**Notary Public..... Stamp  
here**

With a few eagles at the top and a real official looking stamp at the bottom there, it should look as scary as any IRS audit Subpoena. I think that after the perp sees it, you could well be on your way to retrieving that Stolen Heart. In fact there's a good chance that when all is said and done and everyone calms down a bit that the perp will realize that it's YOU that is the real thief, and that in fact it is THEIR heart that is the one that has been stolen.





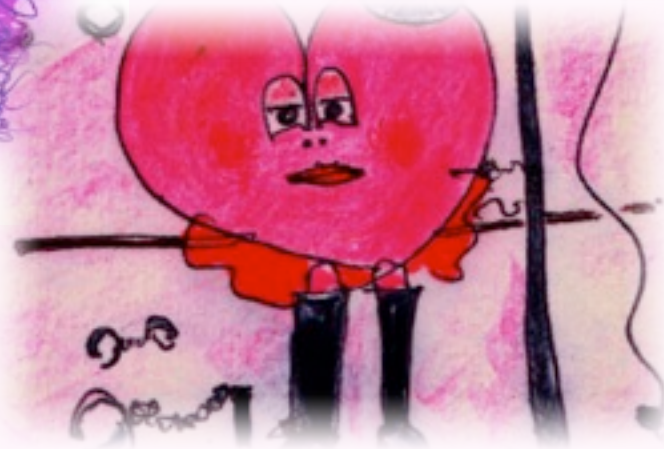
# WARNING

## BE ADVISED...

Always be very careful how you relate the story of a broken or stolen heart to anyone. Even good friends can quickly become annoyed if they begin to perceive you as a whiner. They may even accuse you of being so blinded in this affair of the heart that you are incapable of seeing the truth which is in plain sight right in front of everyone's eyes. Yes, it's possible that you may be accused of wearing your heart right there on your sleeve.

## Chapter 10

# Pets and Playmates



When seeking out a pet or companion for the Heart it is always important to consider the fact that the pet you find, although it may seem very appealing to you, may nonetheless, attempt to enter the cage and (God forbid) try to eat the little critter. It is important to be very careful, because hearts have a tendency to “reach out” when they are moved by the ‘less than fortunate situations’ of other caged beasts, and might sometimes get themselves and their owners into a bit of hot water.

Val and I have looked over the possibilities and here is what we came up with...

## Dogs and cats

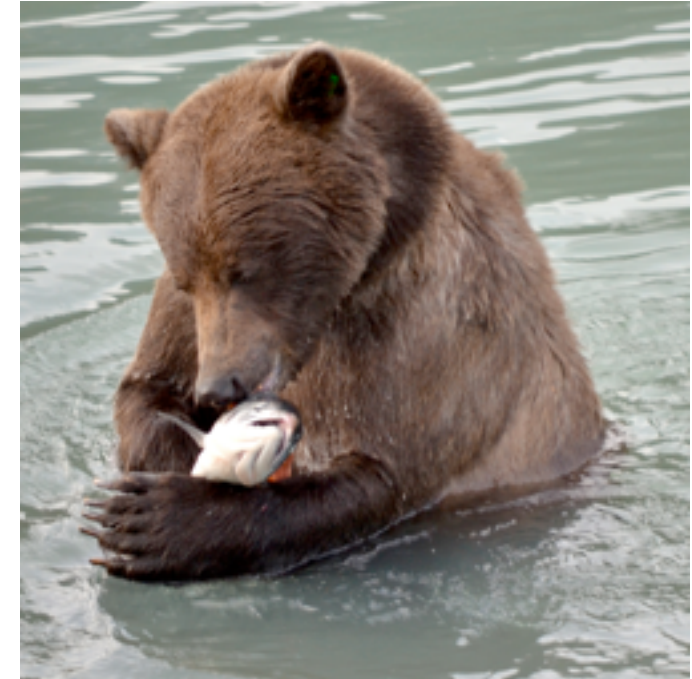
A dog or a cat makes a great playmate for your caged heart, but the heart will only usually go out for them in a really big way if they are strays. The Heart absolutely loves strays.



*Stray dogs and cats ...  
get an A*

## Bears

Although a bear may be cute and cuddly, I would keep my critter at a safe distance. The probability of them trying to enter the cage when they have the ‘munchies’, is quite high, especially if they are a Grizzly, Brown or Polar bear. Really, do think that two on the right here are buddies? Just imagine the critter in the place of that little salmon there...!



*...So, Val gives bears a D*

## Coyote or Wolf?

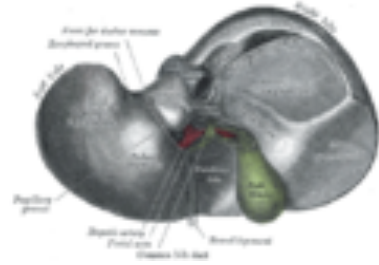
Hmmm!!! Much Too needy!





Same as above, keep a safe distance! *Val give them a D-*

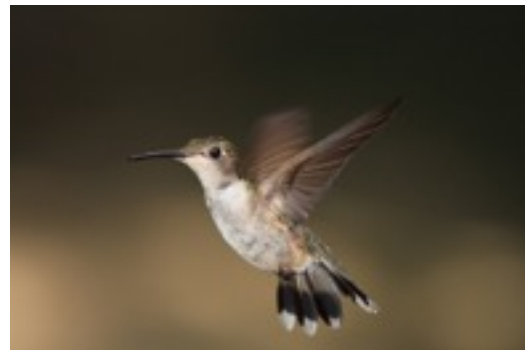
# A Caged Liver Pancreas or gallbladder maybe?



**C'mon we're trying to be realistic here!  
They are living just next door to each  
other already! Ok .. Give me a break!**

# Birds

Although the heart tends to ‘reach out’ to birds in captivity (the cage and all you know) it is very bad choice for the heart to adopt a bird in captivity. NO bird and NO thing on this planet belongs in captivity with the exception of a few hardened criminals like certain religious fundamentalists and deliberate polluters of the earth’s environment. If the heart really wants to be with birds, then taking the heart out to visit them in the park will do just fine .The heart may even start to singing



**right along with them sometimes, and then, who knows what might happen? Other caged heart owners might arrive on the scene and before you know it, you'll have a whole community of hearts singing and winging with their favorite birds.**

*So Val gives birds get an A , but NOT birds in captivity!*

# Ah!!!

## Another caged heart

**This is the BEST choice for a playmate for any caged heart. No dog, no cat and no bird could ever compete for the affections of your own critter, as would another heart. Of course you would first have to work out some arrangement with another caged heart owner, and arrange for the two to commune ‘heart to heart’. But don’t fear, as there are many out there that fit the bill to a ‘T’! Also, you should know that if you can somehow get ‘more’ than one other heart together with yours, it may be possible to form a ‘community of hearts’, and then from there, who know where you can go? Perhaps with your hearts joined together in a community like that, their collective song could form as a prayer that might serve to awaken within all our hearts the accumulated wisdom and memories of the great ancestral journey that our critters have accompanied us on now, since countless ages past.**

*So Val gives another caged heart an A+++  
and \*\*\*\*\* yes, and five stars too.*

Chapter 11

# Acquiring a 'Second' Caged Heart



# Acquiring a Second Caged Heart

## The Playmate

Well there's really no two ways about it as Val and I found out quite a few years back, simply put, Hearts get lonely and need company. So, you may want to consider acquiring a second heart and the whole shootin' match that goes with it, cage and all.

Ah! But easier said than done you say, where does one begin? Well here are a few suggestions that Val and I thought you might like to consider.

## Theft

Since there are no laws against it almost anywhere in the world except in the most backward of countries, you may want to consider Hmmm... stealing one yourself! You may even want to get even with someone and be about the business of "capturing" their heart.

You will of course need a plan, and a sidearm should not be at all necessary if you do your job right.

One possibility is to pretend that they, have stolen your heart, and then you could just serve them the Official Stolen Heart Report in this book. (See Page...) While they read through your complaint and are off guard, you can steal their heart, and they will never know what hit them. It is perfectly legal and perfectly ethical to boot, so maybe you should give it a try, and anyway, what have you got to lose?

The idea here is to charm the owner of the heart you want to acquire so as to seize the exact moment when they are off guard. Then, if your caged critter is in close enough proximity to theirs, they will sense each other and naturally want to start playing, and then, before you know it...You 're WANTED FOR THEFT OF HEART. If you play it smart, soon the cages will be out from under wraps and it will all be a matter of 'heart to heart'. Let them do all the talking at this point. YOU, keep out of it if you can. You will often just put your foot in your mouth anyway and get absolutely nowhere, and so let the critters do all the talking! If they get along, they won't only talk, they'll be singing and winging and even racing like crazy all over the place before you know it. And remember, you don't have to teach them to talk or sing or wing or race, cause, they know how to do all these things already.

# Join a Lonely Hearts Club



## Finding a Wild Heart

Most hearts, are at one time or another('scuse the pun), wild at heart.! So it is simply a matter of knowing 'how' to approach the "wilder" aspect of any given critter, and then perhaps think about ....



## Domesticating The Wild Heart

So you say: "Sure, you can take the heart out of the wild so to speak, but can you take the 'wild' out of the heart?" Maybe the question is "do you really want to?" I mean, why throw the baby out with the bath water? After all, what made that wild heart so attractive in the first place?

Domestication implies 'change' for sure, but in the case of wild things, there should be absolutely no need whatsoever to make any changes. We see wild things all the time in nature, and when they mate up with another wild thing (which also has a caged heart of it's own) and domesticate, the only changes they make are the ones that come naturally and instinctively. Mating dances, nest building and nurturing of offspring are all Rites of Spring, and hard wired into all living things. Nobody knows that better than a 'wild' thing!

So if the Wild Heart that you are considering has an owner that is perhaps a bit liberal with their own heart in that they seem to let it a little too loose at times, of course, be careful! And as with any wild thing of course, there is always the danger of getting hurt and wounded when we come into close proximity with it; but don't let that stop you; Just go for it! If you let your heart be 'True', then any 'Brave' that has been bred into it will come out and express itself, enabling you to win the affections of that "wild" heart in question.



If you should find that the ‘other’ heart is a bit too wild, then perhaps you should consider that it might be of the ‘Crazy’ variety, and that you would be better off trying your luck in some other territory. If this is the case, just lick your wounds and move on. There are so many new hearts out there being born every second.

*Val says... Happy Hunting...*

## Giving Your Caged Heart to Another, by Becoming a Donor

It’s an amazing thing, but as strange as it seems, you might actually be able to acquire a rare “Golden Heart”, simply by giving your caged critter to another that is about to lose theirs to serious disease.

Sure, I know what you are going to say, “but then you’ll be dead, so what’s the point?” Well, that is the point, you will be dead already and will have no need for it anymore. In order to give your heart away, the law requires that you be dead anyway, so there you go, no excuse!

There’s an answer for everything. Think about it for a while! Though you might have lived practically heartless all your life, you actually have a chance to acquire a beautiful “Golden” from the moment you make the decision to give your caged heart to another.

Not only that, but you may also in the process, win any number of “Living” hearts postmortem.

A Heart of ‘Gold’ is one thing for sure that you can take to the grave with you ...even if you don’t have one in the cage when you leave this world...

*So listen to Val...*

“Keep your heart alive forever...  
and ‘fill out’ the

# American Heart Association

Donor card  
Contained in this book”.



# Chapter 12

*finally now, there is 'one'  
more possibility...*

*Instead of wasting your  
time with these....*

*Play 'this' >>>*

*Win a Zillion  
Hearts  
Lottery*



*Sweepstakes*

**Win hundreds of millions in  
the**

**Win a heart**

# **LOTTERY**

**Sweepstakes**

**Write a beautiful Poem**

**Win from dozens to Millions of Hearts**

**Give a Kidney to a dying child**

**Win the Hearts of**

**a Nation**

**Solve the conflict that divides Jew, Muslim and  
Christian**

**Win the Hearts**

**of the**

**Whole Wide World**

**‘No purchase necessary’**



To enter simply begin by looking into that empty space where you would like your new heart to reside and begin to contemplate random acts of kindness and generosity. ALL submissions and requests in the form of stories, poems, songs, prayers, anonymous gifts and even not so anonymous gifts, will be reviewed by that most humble yet illustrious and incredible

## Heart of Hearts

that may very well become  
your very own in no time at all...!

So what are you waiting for...Christmas?

Everyday is Christmas when you have a real Heart

So come on out and

Play,

Get swept

Away

In the Ultimate

Win a Zillion  
Hearts

Lottery

Sweepstakes

Today!





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# Stolen Heart Report

**Name**

**Address**

**Phone**

**Location of Incident**

**Time of Day**

**Description of Stolen Heart**

**Description of Thief... Hair Color...Height...Weight...Eyes**

**Have you ever seen this person before?    Yes    No**

**What did the thief appear to be doing at the time of the incident?**

**Describe briefly the incident**

**Were you under the influence of anything at the time of the incident?**

**Yes    No    If so, what?**

**Did it appear the perpetrator was?    Yes    No    If so, what?**

**Was the perpetrator in possession of a caged heart at the time of the incident?    If so ,  
what kind? Circle one**

**Kind    Mean    Noble    Brave... Other.....**

**“What was the condition of the stolen heart in question before the Incident?**

**Good or broken?**

**Was the heart at any time left unguarded?**

**Was said heart in its cage at the time of incident?**

**Was it racing?**

**Was the heart on a leash?**

**Any Insurance? .....”**

Fred Pohlman's

A 'Complete'  
Owner's Manual For The  
Un-  
**Caged  
Heart**



*All... You'll Ever  
Need to Know*

Care and Feeding

Exercise

Leash Laws and Airline Regulations

Teaching Your Heart to Sing...to Wing

Diseases and Conditions

Discipline

Stolen Heart Report

Pets and Playmates

Breeds and Breeding

Acquiring a Second Caged Critter

**Win a Zillion Hearts  
Lottery  
Sweepstakes**

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# The Complete Owners Manual for a Caged Heart

