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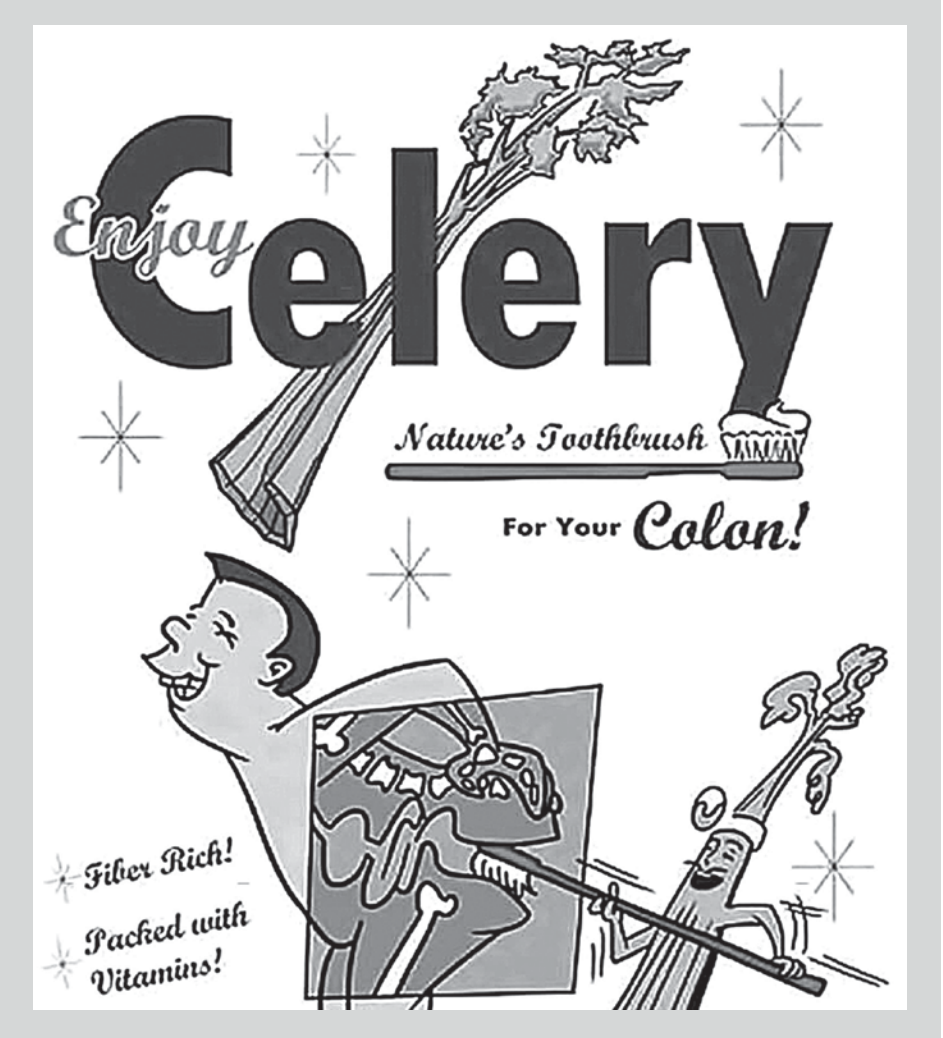
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**Take the Shuttle!**
For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.

Pushing Buttons
When somebody continues to open our old wounds on purpose, they must be told that their behavior is no longer welcome.
We've all had our buttons pushed to the point where we feel we can't take it any more, and chances are, we've all pushed somebody else's buttons, with or without knowing it. The button pusher may not be conscious of what they're doing, but in the end the buttons belong to us, and we are the ones who must deal with what comes up. The more we take responsibility for our own feelings and reactions, the less tender these buttons will be.
We've all had the experience of having someone snap at us, seemingly out of nowhere. This happens when we unconsciously push a button in someone else we didn't even know was there. This can happen with a complete stranger and sometimes with a person we've known and been close to for years. We ourselves may have a relationship with someone whose buttons we secretly like to push. Buttons are just soft spots that have been touched one too many times, and they symbolize some pain that needs to be acknowledged and healed. This may be a wound from childhood, or some recent trauma, that we haven't adequately tended. Whatever the case, when our buttons get pushed, the person who most needs our attention and caring is us, and blaming the button pusher only distracts us from finding a true resolution to our suffering.
At the same time, if someone continually opens our wounds so that they never have time to heal, we are well within our rights to set a boundary with that person. Compulsive button pushers, who seem to find pleasure or satisfaction in hurting us, are not welcome in our personal space. In the end, knowing where our buttons are enables us to do the work necessary to heal. Freedom comes when we deal with the pain behind the button, thus disconnecting our automatic reaction to being pushed.

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**Enjoy Celery**
Nature's Toothbrush
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"Celery: Nature's Toothbrush...for Your Colon!" This faux vintage ad gave us pause. Were they really so risque "back in the day"? Probably not. And at 5 cents a bunch, how could they ever sell enough to afford advertising?

AS I GET OLDER I REALIZE:

I talk to myself, because sometimes I need expert advice.
Sometimes I roll my eyes out loud.
I don't need anger management. I need people to stop pissing me off.
My people skills are just fine. It's my tolerance of idiots that needs work.
The biggest lie I tell myself is "I don't need to write that down. I'll remember it."
When I was a child I thought nap time was punishment. Now it's like a mini-vacation.
The day the world runs out of wine is just too terrible to think about.
Even duct tape can't fix stupid, but it can muffle the sound.
Wouldn't it be great if we could put ourselves in the dryer for ten minutes, and come out wrinkle-free and three sizes smaller?
"Getting Lucky" means walking into a room and remembering why I'm there.

MY NEXT LIFE by Woody Allen

In my next life I want to live backwards.
You start out dead and get that out of the way.
Then you wake up in an old people's home, feeling better every day.
You get kicked out for being too healthy, go collect your pension, and then when you start work, you get a gold watch and a party on your first day.
You work for 40 years until you're young enough to enjoy your retirement.
You party, drink alcohol, and are generally promiscuous, then you are ready for high school.
You then go to primary school, you play. You have no responsibilities, you become a baby until you are born. Then you spend your last 9 months floating in luxurious spa-like conditions with central heating and room service on tap, larger quarters every day and then, Voilà! You finish off as an orgasm!
I rest my case.