



One minute of anger weakens the immune system for 4 to 5 hours.

One minute of laughter boosts the immune system for 24 hours.

MY BODY IS A TEMPLE

ANCIENT AND CRUMBLING

PROBABLY CURSED OR HAUNTED

Things I have in common with the Victoria's Secret models:

1. Being hungry

SNOWBIRDS

They're back, and they're a year older.

WHEN FLORIDA GETS COLD.

Garden Club of the Upper Keys

GARDEN CLUB OF THE UPPER KEYS

Susan Kolterman will be the guest speaker at the Garden Club of the Upper Keys monthly meeting

January 15 at 11:00 am

at Francis Tracy Garden Center
94040 Overseas Hwy.
(mm 94 bayside).

The presentation will be on **Landscaping for Birds and Butterflies**

All are welcome.

gardenclubupperkeys.org

The Apology You've Longed For

by Dawn Wiggins, Ed.S.

You know that feeling of desperately wanting the other person to apologize. To admit what they did wrong and understand how they have hurt you. To see your side of things, change their opinion and agree with you.

Because if they did, the pain and obsessive thinking would stop. The heartache/rage/regret would go. You would feel better and finally have some peace.

Except, they don't seem to get it. And you're tired. I get it. People are tricky, and relationships can be very disappointing.

But let me ask you something. Before you point your finger (or fingers) at the other guy, how much energy

do you put into taking your own inventory? How much effort do you put into facing your struggles and working on them - consistently? After all, you want the folks around you to be consistent; don't you?

I'm talking about your blind spots, your wounds, the things you'd rather not face.

You're not alone. I have them too — those pesky insecurities, bad habits, and imperfections. They cause me to get in my own way, fall off the rails and sabotage my success.

So when I catch myself wanting to change someone else, I remind myself that it doesn't work. Instead, I change my mind and choose to live and let live. Because



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your ability to have satisfying relationships. It's creating conflict, both inside and outside of you.

So, heal your hurt and heal your relationships. That person you are struggling to feel loved by, the one who hasn't apologized; they have pains. They also want to feel loved and valued. We don't always have to understand each other. The goal is to learn how to accept each other.

Acceptance is a form of reckoning. It's an acknowledgment I don't have control. It's the realization I can solve my problems without making someone else responsible. You've seen this in every drama series or movie - ever. Making someone else pay for their sins never resolves your pain. It may feel temporarily powerful. But it doesn't deliver long-term relief from the wound. Few things bring the comfort you seek - they are acceptance, forgiveness, and love.

I'm no Pollyanna. Sure, I'm relatively optimistic, but I'm also a pragmatist. I am a solution-oriented dreamer. I want to know what works so I can do it. So while my message may sound all hope and change, that is because it works.

I dare you to prove me wrong. WINK!

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Mammogram: Be Prepared!

Many women are afraid of their first mammogram, but there is no need to worry. By taking a few minutes each day for a week preceding the exam and doing the following exercises, you will be totally prepared for the test and best of all, you can do these simple exercises right in your home.

EXERCISE ONE:
Open your refrigerator door and insert one breast in door. Shut as hard as possible and lean on the door for good measure. Hold that position for five seconds. Repeat again in case the first time wasn't effective enough.

EXERCISE TWO:
Visit your garage at 3 AM when the temperature of the

cement floor is just perfect. Take off all your clothes and lie comfortably on the floor with one breast wedged under the rear tire of the car. Ask a friend to slowly back up the car until your breast is sufficiently flattened and chilled. Turn over and repeat with the other breast.

EXERCISE THREE:
Freeze two metal bookends overnight. Strip to the waist. Wait 30 minutes. Now, invite a stranger into the room. Press the bookends against one of your breasts. Smash the book ends together as hard as you can. Set up an appointment with the stranger to meet next week and do it again.

YOU ARE NOW TOTALLY READY!!

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