



HOW TO TALK TO MUSICIANS

INSTEAD OF SAYING:	SAY:
"Your amp is too loud"	"You excel at fortissimo passages"
"It's a G flat"	"It's an F sharp"
"You're not staying in time with the band"	"I like your use of polyrhythms"
"Your solo was in the wrong key"	"That was very jazzy"
"Your bends are going out of tune"	"I see you're experimenting with microtones"

Dear Anny Bannanny

Dear Anny Bannanny,

I am pregnant and my husband is forcing me to let his parents in the delivery room. I don't want to! What should I do?

Knocked Up

Dear Knocked Up,

Tell your husband that before you will allow his parents in the delivery room while you are having your baby he must stand naked and also produce a bowel movement in front of your parents. He must remain naked and spread eagle for at least 12 hours. If he accepts this challenge allow his parents in the delivery room

MY KIDS ARE ALWAYS ACCUSING ME OF HAVING A FAVORITE CHILD WHICH IS RIDICULOUS BECAUSE I DON'T LIKE ANY OF THEM

A mother's sacrifice isn't giving birth. It's 9 months without wine.

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fear

Personal Struggle

by Dawn Wiggins, Ed.S.

Deep personal struggle has a way of making us feel utterly alone...even when we're not alone. Why is that?! Because I assure you, you're not meant to be alone. Your brain and body have been designed for partnership, community, and connection.

And the folks in your tribe are meant to support you in times of struggle. They make it easier to walk through. Whether it's to sit with you in grief, hear you vent for the thousandth time or pick your kids up from the car line when you can't make it - you need a community.

You're also meant to have guides. And, to be a guide for others! We all have areas of expertise we are meant to share with the world. The partnerships we share are what allows relationships and communities to survive and thrive.

So why then does personal struggle feel so heavy? Is it because it's personal? No.

It's because you're afraid. So afraid, that you fear you can not or will not overcome this struggle.

Sure, you may need a more loving and supportive community. And you probably



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need some extra guidance. But none of that will make a dent in your struggle if you don't do something productive with your fear.

I'm not knocking fear. It keeps us alive in times of danger and motivates us to take action. But if you allow your fear to tell you: You can't, then you won't. And, you will continue to feel alone and a victim to your struggle.

Want to change your life? Decide. You. Can. The fear will still be there, but you won't be its victim. And suddenly you will feel empowered. Ready to take action.

I love people
who make me laugh,
who make me think, and
who make me coffee...

Not necessarily in that order.

Starbucks is planning
on selling beer and wine.

Apparently it's getting
difficult to sell sober people
a \$12 cup of coffee.