

7 WAYS TO
START
MAKING
KINDNESS
THE NORM
IN YOUR
DAILY LIFE:

1

Send an uplifting text to a friend or family member.

2

Let that guy merge into traffic with a wave and a smile.

3

Include intentional moments of kindness, laughter and delight in your daily routine.

4

Go slightly outside of your comfort zone at least once a day to make someone smile.

5

Share a compliment with a co-worker or friend.

6

Reach out to a family member you haven't spoken to in awhile.

7

Treat someone to a cup of coffee (a friend, a stranger, or even yourself).

#WorldKindnessDay randomactsofkindness.org

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This program is privately funded by Humane Animal Care Coalition for Upper Keys residents.

Please call the shelter for details and appointments.

1952 COST OF LIVING

New House	\$9,075.
Average Income	\$3,850. per year
New Car	\$1,754.
Average Rent	\$80. per month
Tuition: Harvard University	\$600. per year
Movie Ticket	70¢ each
Gasoline	20¢ per gallon
United States Postage Stamp	3¢ each

That \$600 check would be looking pretty good... if it were 1952!



Pushing Buttons

When someone 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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Crock Pot BLACK EYED PEAS

Serves 8

In my Yankee family it is a superstitious tradition that we must eat some peas, any kind of peas on New Years day to insure that you will have enough money to get you through the year. In the south it must be Black Eyed Peas and nothing else will do. For those of you who are like I was there is no need to panic. Here is a super easy recipe that will make you feel like a gourmet chef.

If you missed this tradition on New Years Day, you can catch up. It is better late than never and after the year 2020 it is better to be safe than sorry!

Ingredients

1 1/2 lb dried black eyed peas, rinsed and soaked overnight
4 cups water
8 oz smoked ham
1 medium onion
2 cloves garlic minced
3 oz can green chilies
1 1/2 tsp chili powder
1 1/2 tsp pepper
1 tsp cumin

Instructions

1. Soak beans overnight in a large bowl with 6-8 cups of water. Drain the next morning
2. Add beans to the slow cooker
3. Add in water, ham, onion, green chilies, garlic, chili powder, pepper and cumin
4. Stir gently to combine
5. Cook on high for 6 hours and check seasoning
6. Add in more salt and other seasonings as necessary, keep cooking until ready to serve



Enjoy!

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