

Uninvited Pool Guest



Photo by Colleen Yeager

A pregnant crocodile recently showed up at mile marker 103 in the Twin Lakes subdivision and decided to jump in a pool for a swim. Barbara and Wade, the folks renting the house called Florida Fish and Wildlife who said that they would only remove it if it was a "nuisance". Barbara replied "Well, it's in my pool!"

After about four hours the pregnant croc left by herself.



Control Freaks

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the other person. And here's the last word on control freaks—they always insist on having the last word!

Control freaks cannot do anything wrong so don't even try to tell them anything negative about themselves or their performance. They will stick up for their actions even when it's clear they are wrong. They just turn it around and blame someone else for the failure—it's never them. And of course, it's their way or the highway. They're just not open to criticism no matter how constructive it is so don't even waste your time.

If anything goes out of control in their life, a control freak either shuts down and turns their anger inside or turns into a rageaholic and throws a temper tantrum. You don't want to be around them when they get "out of control."

If they're upset with themselves for the error they made, they'll take it out on themselves by shutting down their emotions, getting depressed, or pouting. If you find yourself exhibiting some of these tendencies you may have control issues. If you see

yourself in most of these scenarios, you are most probably a raging control freak. It's time to get help or get yourself out of a toxic relationship.

The Waitress Test:

It's been said that when dating, the way a person treats a waitress or other impartial person of the opposite sex is the way they will treat you in six months. During the "honeymoon phase" of a relationship, you will be treated like a king or queen. However, during that time a Control Freak has not forgotten how he or she basically feels about the opposite sex. Waitresses, bartenders, or other impartial individuals will be treated badly.

If they are cheap, they will be cheap with you. If they whine, complain, criticize, and torment, that's how they'll treat you in six months.

A mentally healthy person is consistent. They treat almost all people the same way all the time. If you find yourself dating a person who treats you like a king/queen and other people like dirt, hit the road.

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Evaluating Media Fresh Mind

It is up to us to seek out media that empowers and informs us, and to say no to media that drains energy and hope.

There is a lot of information available to us at this time in history, more than ever before, and it travels fast. We are able to learn in the blink of an eye about something that happened halfway around the world, and it's natural for us to want to know what's going on. However, it's also fair to say that we don't want to become so caught up in one way of looking at events that we lose perspective. Often, the news comes to us in a very fear-oriented format, and when too many of us get caught up in fear, the balance of the whole is disrupted. It helps to remember that we have a much greater and more positive impact on the world when we maintain our inner sense of peace and joy.

We are aware enough to know when we are eating something that is not good for us, because we don't feel well after we've eaten it. In the same way, we can determine for ourselves whether the sources in which our information comes are ultimately healthful. News can be presented in a way that inspires us to take positive action to help the world, or it can be presented in a way that leaves us feeling powerless and sad. It is up to us to seek out and support media that empowers and informs us, and to say no to media that drains our energy and our hope.

For a time, it may even be of benefit to commit to a media fast, in which we stop taking information in for a time to give ourselves a rest. When we return to the task of taking in and processing the information all around us, we will come to it with a fresh mind. This will enable us to really notice how we are affected by what we hear and see, and to make conscious choices about the sources of information that we allow into our lives.



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