

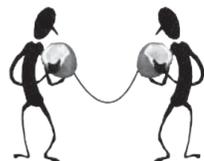
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Editorial: Are you "Angry" or are you "Mad"?

Is your anger rational or irrational?

The definition of being angry is having a strong feeling of or showing annoyance, displeasure, or hostility while the definition of mad is being mentally ill or insane.

How can you tell if you are crazy? It is the length of time it takes you to get over something. Does it take you minutes? Hours? Days? Years?

Can other people drive you crazy? Only if you let them.

Mentally sound people can debate without going to extremes. They listen to the others' perspective and end the discussion agreeing to disagree with respect whether it be religion,

politics or personal. I know a guy who gets so upset over politics he will start throwing punches whether he is arguing with a man or a woman.

Here is another guy... he wakes up in the morning in a foul mood as he grabs a hot cup of coffee and opens the laptop. Bingo! Someone on Facebook has voiced an opinion he doesn't agree with. Immediately he is angry and furiously writes his opinions onto that person's page. A discussion ensues with several other people and it isn't going in this man's favor. His anger continues to heighten and eventually he totally loses it and attacks the "friend," insulting them personally and professionally. He has

virtually downgraded his status from just voicing an opinion to becoming a cyberbully and gone over the threshold from angry to being downright foaming-at-the-mouth, raving mad. His true colors are blazing for all to see and it reflects badly on his persona and professionalism to the public who read it.

The consequences? Gone is the respect he worked his whole life to attain, while his malicious words spread through cyberspace like a vile, black, malignant melanoma rooted on the tip of his nose, oozing hate. Now he has to cut off his nose to spite his face. People will never look at him in the same way again. They avoid him like the plague. His phone

stops ringing. It is a weak man that bullies a woman. What happens next? Does he furiously rant on his own page? Has he become obsessed? Does he badmouth her every chance he gets? Does he slash her tires? Exactly how sick is he? We shall see. Life is like a boomerang - what you throw out comes back at you.

Note: We are all entitled to our opinions without having to belittle another person. If another persons views that greatly disturb you, stop following them, unfriend them or just plain block them. No one is allowed go bonkers on my page and I will not tolerate hateful remarks or abuse towards me, my family, my friends, or the POTUS.

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QUOTE OF THE MONTH

"I believe that if life gives you lemons, you should make lemonade... and try to find someone whose life has given them vodka, and have a party."

RON WHITE



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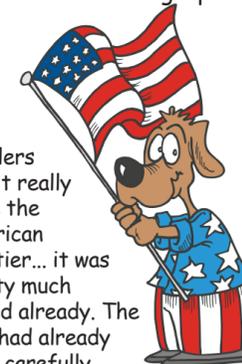
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10 Facts To Ruin Your July 4th

- The "All-American" sport of baseball probably came from England. Evidence suggests that the first recorded game was played by the Prince of Wales in 1749.
- So did apple pie... England was eating apple pie before America was even a thing. We copied the English recipes.
- The tune of our national anthem comes from an old drinking song... you guessed it... from England. It was lifted from a song written in 1770 for a London gentlemen's club.
- The Pledge of Allegiance was basically a gimmick intended to sell more flags. The words "under God" were added during the Red Scare in the 1950s.
- Canadians own the Mall of America.
- Bald eagle screeches are actually pretty weak. The classic sound is actually a red-tailed hawk.
- Settlers didn't really tame the American frontier... it was pretty much tamed already. The land had already been carefully cultivated by Native Americans, according to Charles Mann's book 1491.
- Like hot dogs? Lewis, Clark and Co. consumed over 200 dogs during their journey across America. Lewis and Clark preferred elk, beaver tail and buffalo. But when there was no attractive alternative, they settled for dog meat.
- Like imitation hot dogs? President Johnson would frequently pull his "Johnson" out at inappropriate times.
- Independence Day is actually on July 2.



From Huffington Post

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