

SAY IT WITH FLOWERS

SAY IT WITH DIAMONDS

SAY IT WITH CHOCOLATES

JUST SAY IT!

It's Kitten Season! Fix Those Felines!

Please help "fix" pet overpopulation by spaying and neutering your pets.



Free spay and neuter clinics at Key Largo Animal Shelter, normally every 2 weeks.

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

Please call the shelter for details and appointments.

Open Monday to Friday 9am to 6pm and Saturday 9am to 5pm

Mile marker 106 Oceanside • phone 305-451-0088

Old Age Quiz

- Q: How can you speed up the heart rate of your 60+ year old husband?
A: Tell him you're pregnant.
- Q: How can you avoid getting wrinkles?
A: Take off your glasses.
- Q: No, seriously. How can I get rid of these crow's feet and all the wrinkles on my face?
A: Go braless. It usually pulls them out.
- Q: What is the most common remark made by 60+ year olds when they browse an antique store?
A: I remember these
- Q: Where can a man over 60 find a younger, good looking woman interested in him?
A: Try the bookstore under fiction.
- Q: What can a husband do when his wife is going through menopause?
A: Keep busy. If he's handy with tools, he can finish the basement. Then when he's finished, he'll have a place to live.
- Q: Why should 60+ people use valet parking?
A: The valet won't forget where he parked your car.
- Q: Is it a common problem for 60+ year olds to have trouble with memory storage?
A: No. Memory storage is not the problem. Memory retrieval is.
- Q: Do people sleep more soundly as they get older?
A: Yes, but it's usually in the afternoon.
- Q: Where should old people look for glasses?
A: On their forehead.

Gaslighting

When I was a kid, we called it lying! I guess that isn't politically correct anymore.

The term originates in the systematic manipulation of a victim by her husband in Patrick Hamilton's 1938 stage play *Gas Light*, later adapted for film. In the story, the husband attempts to convince his wife and others that she is insane by manipulating small elements of their environment and insisting that she is mistaken, remembering things incorrectly, or delusional when she points out these changes. The play's title alludes to how the abusive husband slowly dims the gas lights in their home, while pretending nothing has changed, in an effort to make his wife doubt her own perceptions. The wife repeatedly asks her husband to confirm her perceptions about the dimming lights, but in defiance of reality, he keeps insisting that the lights are the same and instead it is she who is going insane!

Today we are living in a perpetual state of gaslighting. The reality is that what we are being told by the media is at complete odds with what we are seeing with our own eyes. And when we question the false reality that we are being presented, or we claim that what we see is that actual reality, we are vilified as racist or bigots or just plain crazy. You're not racist. You're not crazy. You're being gaslighted.

New York State has twice as many deaths from Covid-19 than any other state, and New York has accounted for one fifth of all Covid-19 deaths, but we are told that New York Governor Andrew Cuomo has handled the pandemic better than any other governor. But if we support policies of Governors whose states had only a fraction of the infections and

deaths as New York, we're called anti-science and want people to die. So, we ask ourselves, am I crazy? No, you're being gaslighted.

We see mobs of people looting stores, smashing windows, setting cars on fire and burning down buildings, but we are told that these demonstrations are peaceful protests. And when we call this destruction of our cities, riots, we are called racists. So, we ask ourselves, am I crazy? No, you're being gaslighted.

We see the major problem destroying many inner cities is crime; murder, gang violence, drug dealing, drive-by shootings, and armed robbery, but we are told that it is not crime, but the police that are the problem in the inner-cities. We are told we must defund the police and remove law enforcement from crime-riddled cities to make them safer but if we advocate for more policing in cities overrun by crime, we are accused of being white supremacists and racists. So, we ask ourselves, am I crazy? No, you're being gaslighted.

The United States of America accepts more immigrants than any other country in the world. The vast majority of the immigrants are "people of color," and these immigrants are enjoying freedom and economic opportunity not available to them in their country of origin. But we are told that the United States is the most racist and oppressive country on the planet, and if we disagree, we are called racist and xenophobic. So, we ask ourselves, am I crazy? No, you're being gaslighted.

Capitalist countries are the most prosperous countries in the world the standard of living is the highest in capitalist countries. We see more poor people move up the economic

ladder to the middle and even the wealthy class through their effort and ability in capitalist countries than any other economic system in the world. But we are told capitalism is an oppressive system designed to keep people down. So, we ask ourselves, am I crazy? No, you're being gaslighted.

Communist countries killed over 100 million people in the 20th century. Communist countries strip their citizens of basic human rights, dictate every aspect of their lives, treat their citizens as slaves, and drive their economies into the ground, but we are told that Communism is the fairest, most equitable, freest, and most prosperous economic system in the world. So, we ask ourselves, am I crazy? No, you're being gaslighted.

The most egregious example of gaslighting is the concept of "white fragility." You spend your life trying to be a good person, trying to treat people fairly and with respect. You disavow racism and bigotry in all its forms. You judge people solely on the content of their character and not by the color of their skin. You don't discriminate based on race or ethnicity. But you are told you are a racist, not because of something you did or said, but solely because of the color of your skin. You know instinctively that charging someone with racism because of their skin color is itself racist. You know that you are not racist, so you defend yourself and your character, but you are told that your defense of yourself is proof of your racism. So, we ask ourselves, am I crazy? No, you're being gaslighted.

Gaslighting has become one of the most pervasive and

destructive tactics in American politics. It is the exact opposite of what our political system was meant to be. It deals in lies and psychological coercion, and not the truth and intellectual discourse. If you ever ask yourself if you're crazy, you are not. Crazy people aren't sane enough to ask themselves if they're crazy. So, trust yourself, believe what's in your heart. Trust your eyes over what you are told. Never listen to the people who tell you that you are crazy, because you are not, you're being gaslighted.

Sophocles said: "What people believe prevails over the truth." And that's what the media are trying to exploit.

If you have read this far, let me say one thing. I did not write the above and I am not sure who the author is.

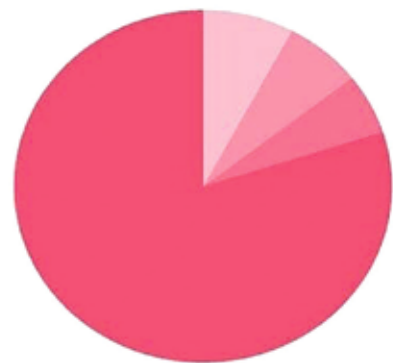
I included this in the paper because you are hopefully smart enough to understand what is being done to you on a daily basis from many directions. Just think through what you are being told. Don't listen with a deaf ear or see with a blind eye. Question everything -- even things from people who you think you can trust.

Question why you are being told whatever, by whoever. Question their motives. Question if there is a hidden agenda behind the propaganda. Question, question, question. Then do your own research and use some of your own critical thinking skills to get to the truth. Listen with your heart and with your mind.

Sadly, 95% of the masses don't even know that they are being gaslighted. At least now you do.

If this makes sense to you, then please share it with your friends who you think might "get it".

WHY I HATE VALENTINE'S DAY



- It's a made-up holiday to sell candy and roses
- Corporations profit on American romanticism
- It proliferates the bogus diamond industry
- I'm alone

Valentine's Day Idea:
Go bar hopping and fake a proposal in each place so people buy us drinks all night and we get drunk for free.

I'd like to cancel my subscription to 2021. I've experienced the free 10-day trial and I'm not interested.

I AM SURE THE PERSON WHO PUT THE FIRST R IN FEBRUARY ALSO DECIDED HOW TO SPELL WEDNESDAY.

