



Rethinking Complaining

When we spend all of our time complaining, we are in "destroy" mode, instead of "building" mode.

We all know someone who has elevated the process of complaining to a high art. Sometimes funny, sometimes exhausting, these people have the ability to find a problem just about anywhere. In its more evolved form, complaining is simply the ability to see what's not working, in one's own life or in the world, and it can be quite useful if followed to finding a solution and applying it. However, for many of us complaining has become an end in itself. In small doses, this is not a big problem, but if complaining has become a huge part of our identities, it may be time to take a look at how we are spending our energy. Complaining is a person's way of acknowledging that they are not happy with the way things are. In a metaphorical way, when we complain or criticize, we are tearing down an undesirable structure in order to make room for something new. But if all we do is tear down, we are not fulfilling the process. We are at risk of becoming a stagnant and destructive force in our own lives and in

the lives of the people we love. Another issue with complaining is that we sometimes tend to focus on other people, whom we can't change, as a way of deflecting attention from the one person we can change — ourselves. So transforming complaining into something useful is a twofold process that begins with turning our critical eye to look at things we can actually do something about and then taking positive action. When we find ourselves complaining, we can begin by noticing that we are in the mode of wanting to make some changes. But rather than lashing out others, we can look for an appropriate place to channel this energy — not our neighbor's house but possibly parts of our own. Finally, we can ask ourselves the positive question: What would I like to create in the place of whatever it is I want to tear down? When we do this, we channel a negative habit into a creative process, thus using our energy to change the world around us in a positive way.

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Elks Lodge 2023 Scholarship Winners

Recently, Florida Keys Elks Lodge #1872 awarded \$30,000 to 25 Coral Shores High School graduates. Scholarship Chairperson, Kim Youngblood and Committee Members Michelle Lane, Alesa Rehman, Kim McDaniel, and Karen Daugherty had a difficult time selecting candidates for this year's scholarships, due to the amazing stories the applicants shared with the scholarship committee. This year the Elks Lodge Local Scholarship focused on any student who wanted to further their education. All applicants were welcomed, regardless of academic standing, number of service hours or their goals for the future. The students were asked to share an essay on what, if any, of the Elks' four guiding principles (Charity, Justice, Brotherly Love and Fidelity) resonated with them. The committee really enjoyed reading their stories.

Refreshments and a dinner were served to the scholarship recipients and their families. The Lodge and the Scholarship Recipients shared a special cake in their honor. The graduates received a scholarship certificate and received financial scholarship awards in various financial tiers.

Please extend a big congratulations and heartfelt well wishes to these graduates as they embark on their next journey to further their education.

Courtney Judeikis
Daniela Ciriaco Fermin
Kendall Bulkiewicz
Corley Frances Smith
Arlenis Pardo Perez
Kaitlyn Dickerson
Keegan Wittke
Aiden Edward Pegues
Kelly Ramos
Brooke Albury
Edy Kemmer
Cayson Johnson
Mackkenzie Baker

Joshua Dionne
Eleanor Snodgrass
Matthew Patterson
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