

Resentment



When anger has no outlet, it can morph into resentment with the potential to cause great turmoil.

Anger, when channeled into the pursuit of change, can be a useful tool in our emotional palette. Anger is experienced by most people — some more than others. It is when anger has no outlet and morphs into resentment that it carries with it the potential to cause us great turmoil.

Allowing us to assign blame for the pain we are feeling often eases it, but it creates resentment, which tends to smolder below the surface of our awareness, eroding our peace of mind. The target of our resentment grows ever more wicked in our minds. But resentment is within the realm of our conscious control. We can choose to let go of our resentment and move on with our lives, no matter how painful the event that incited it.

Hanging onto resentment does not serve us in any way. Divesting ourselves of resentful feelings can be difficult, however, because doing so forces us to mentally and emotionally confront the original source of anger. When we cease

assigning blame, we realize that our need to hold someone or something responsible for our feelings has harmed us. To release resentment, we must shift our attention from those we resent back toward ourselves by thinking of our own needs.

Performing a short ceremony can help you quell resentful feelings by giving tangible form to your emotions. You may want to write down your feelings and then burn the paper and close your ceremony by wishing them well. When you can find compassion in your heart, you know you are on your way to healing.

Free of resentment, we have much more energy and attention to devote to our personal development. We can fill the spaces it left behind with unconditional acceptance and joy. And, as a result of our subsequent freedom from resentment, blessings can once again enter our lives as the walls we built to contain our anger have been demolished.

Great Decisions



An opportunity to learn about our world and share our views; a free program

Key Largo Branch Library - Community Room

2:00 p.m. - 3:30 p.m.

Ask at the circulation desk for a copy of the month's background article. Each free event will include a video and guided discussion.

September 5: Understanding Indonesia

Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar? What are current issues in U.S.-Indonesian relations, and what role can the country play in Asia?

October 3: High Seas Treaty

Areas of the high seas beyond national jurisdiction are facing a degradation of ecosystems due to climate change and the increase in shipping, overfishing, pollution, and deep-sea mining. The recent High Seas Treaty, will attempt to address these issues. How difficult will it be to convince nations to participate?

November 7: Pandemic Preparedness

Looking back at the COVID-19 pandemic, how can we apply the lessons learned in terms of domestic and international policies to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges?

Sponsored by Friends of the Key Largo Library

Foreign Policy Association



Key Largo Library is located in the Tradewinds Plaza at MM 101.4 Oceanside.

Homemade Seasoning Blends

<p>Taco</p> <p>1 tbsp Chili powder 1 tbsp Smoked paprika 1 tsp Dried oregano 2 tsp Garlic powder 2 tsp Onion powder 2 tsp Cumin 2 tsp Pepper flakes 1 tsp Salt</p>	<p>Italian</p> <p>2 tbsp dried basil 2 tbsp dried oregano 2 tbsp dried parsley 1 tsp dried rosemary 1 tsp dried thyme 1 tsp red chili flakes 1 tsp garlic powder</p>
<p>Fajita</p> <p>1 tbsp Chili powder 2 tbsp Paprika 2 tsp Dried oregano 2 tsp Garlic powder 2 tsp Onion powder 1 tsp Cayenne pepper 2 tsp Cumin 1 tsp Sugar 1 tsp Salt</p>	<p>Ranch</p> <p>½ cup Dry Buttermilk 1 tbsp Dried Parsley 1 tbsp Dried Chives 1 tsp Dried Dill Weed 1 tsp Garlic Powder 2 tsp Onion Powder 1 tsp Kosher Salt ½ tsp Ground Pepper</p>
<p>Cajun</p> <p>2 tbsp Paprika 1 tbsp Garlic powder 1 tsp Onion powder 1 tsp Black pepper 1 tsp Dried Oregano 1 tsp Cayenne pepper 1 tsp Thyme 1 tsp Salt</p>	<p>All purpose</p> <p>2 tbsp garlic powder 1 tsp onion powder 1 tsp salt 1 tsp smoked paprika 1/2 tsp black pepper 1/2 tsp dried oregano 1 tsp dried thyme 1/4 tsp red pepper 1 tsp dried parsley</p>

How Children Perceive Their Grandparents

1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....

2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 68. He was quiet for a moment, and then he asked, "Did you start at 1?"

3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience

grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the 3-year-old say with a trembling voice, "Who was THAT?"

4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.

"What's it about?" he asked.

"I don't know," she replied. "I can't read."

7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"

8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

9. When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6." (WOW! I really like this one -- it says I'm only 38!)

10. A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

11. Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took

the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

12. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child. "No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use them," she said firmly, "to find the fire hydrants."

13. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

14. "Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!"

15. "My Grandparents are funny, when they bend over, you hear gas leaks and they blame their dog."

