

For the Week of:

January 31 -  
February 6, 2008

ISSUE #326

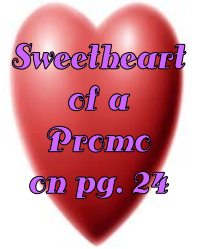
Weekly  
Community  
Magazine

~ Priceless ~

# Here's the Scoop

## No News is "Good" News!

Produced and distributed by ADvance Distribution this week to over 14,500 homes and businesses in Airdrie and surrounding areas. Reach us at Heresthescoop@shaw.ca or call 948-5529



*We had a good chuckle at this submission. The only thing I would challenge him on is that I've seen the husband and wife roles that he describes reversed. Otherwise....we've all experienced exactly what he's talking about.....enjoy. - Al Jones*

### The Madman

*Submitted by D.C.*

I'm not referring to being a madman in the classical sense. Like Rasputin or Charles Manson. I mean being a madman, like being willing to carry on in a public place, while others around you say, "He's an angry man!" and "Stand clear!" or "Somebody shut that guy up!"

Recently I saw a man responding in the purest of reactions to a situation where, it seemed, he had been wronged. He certainly convinced me that he had been wronged and I have no idea what the whole deal was about. Arms were flailing, nostrils were flaring, fingers were pointing and voices were rising.

His spouse, of course, was doing her job of being as unsupportive as possible. She was saying things like, "Oh, settle down!" and "You're making too big a fuss!"

I have heard these words myself. They don't work. The person being encouraged to settle down seems to think that they are angry, and that would explain the flailing and the flaring and the pointing and the rising.

*(Continued on page 2)*

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- Abigail Adams

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(Continued from page 1)

What is so wrong with acting mad when you are? Furthermore, why does this make the wife roll her eyes?

Anger is an emotion, right? Emotions get expressed, right? How else do we know when people are emoting?

Why is it alright to cry or laugh or whistle happily, or look and feel sad, but you are supposed to contain your anger? Has anyone ever said, "Look, we're in a public place, knock off the display of jubilation and show some contentment?"

But if you're angry, someone will be sure to say something that includes the need to "control yourself" which is often followed by a stern, "You're embarrassing me".

I feel so strongly about this, that I went right up to the guy in the movie theatre that was screaming at the manager and said, "Go ahead buddy, let it out, you have every right to be an angry man."

Then I said to his wife, that she should really be more supportive, and let her husband express himself.

I'm not sure if he agreed or not, but he did belt me in the mouth and told me to shut up. At least he knew that I supported him.

It's OK, in my book to be an angry man.

Next week, we will discuss the merits of minding your own business.

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- Alexander Smith

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## Virtue of the Week

### Diligence

Diligence is working hard and doing your absolute best. You take special care by doing things step by step. Diligence helps you get things done with enthusiasm and excellence. Diligence leads to success.

**You are practicing diligence when you:**

- Pay careful attention to what you are doing.
- Do things step by step.
- Practice to the point of excellence.
- Give your absolute best to whatever you do.
- Work hard.
- Don't give up.

#### Affirmation

I am diligent. I work hard. I work carefully.  
I can be trusted to do a good job.

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"Luck is what happens when preparation meets opportunity."  
Elmer Letterman

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