

FINDING PEACE OF MIND IN TROUBLED TIMES

Anger, grief, and troubles are all around, but they don't have to control your life.

Here's some advice from people and philosophies with ideas that have notably common threads: acceptance, inner strength, and viewing troubles as transformative.



The Dalai Lama (Buddhism) views suffering as an inherent part of life that can lead to strength. He advises, "If there is a way to overcome the suffering, then there is no need to worry; if there is no way to overcome the suffering, then there is no use in worrying."

Christian leaders point out that scriptures repeatedly proclaim that God is with you, even in trouble. Isaiah 41:10: "Fear not, for I am with you."

Islamic Teachings (from the Quran and scholars) stress 'sabr' (patience) as a divine virtue. The Quran states, "Indeed, Allah is with the patient," and promises relief after hardship: "Verily, with hardship comes ease."

Hindu teachings (from the Bhagavad Gita) view difficulties as temporary illusions for the eternal soul. The Gita advises performing duties without attachment to outcomes: "We are eternal souls navigating temporary trials."

Self-help gurus often emphasize personal empowerment, mindset shifts, and resilience-building practices.

Noted speaker Tony Robbins says, "Every problem is a gift – without problems we would not grow." He promotes practices like maintaining discipline, learning from others, and not giving up, as "persistence overshadows even talent."

Eckhart Tolle, a spiritual teacher focused on presence, advises accepting the present moment without resistance. He says, "To offer no resistance to life is to be in a state of grace, ease, and lightness."

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- Harvard University students in March 1939 thrilled the public with their new fad: Goldfish swallowing.
- On March 15, 1937, the first blood bank was established at Cook County Hospital, Chicago, Ill.
- On March 30, 1867, Alaska was purchased from Russia for 2 cents an acre.




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HOW ST. PATRICK'S DAY EVOLVED INTO A PARTY

St. Patrick introduced Christianity to Ireland in the fifth century A.D., but it took until the 1960s for Ireland to start celebrating it like Americans. But how did this holiday arrive on American shores, and why did it turn into a wild party over here while the Irish observed it as a religious occasion? For that, we can blame the British -- which is an Irish custom all by itself.

According to the Smithsonian, Irish soldiers, many of them indentured servants, introduced the holiday to the original 13 colonies as early as 1762 -- the same year that the first St. Patrick's Day Parade was held in New York City. The parade tradition continued past independence and through the decades, growing in scope and size and party opportunities as Irish immigrants poured into the U.S. and established the largest Irish diaspora outside of Ireland.

But while Irish-Americans partied in green getups and waved shamrocks around, the situation in Ireland was comparatively bleak. British authorities banned green clothing because of its association with Irish revolutionaries, and American-style public gatherings to celebrate Irish pride were simply not on the menu. Thus, the St. Patrick's

Day that Americans recognize and love is largely a product of immigrant imaginations, mixed with healthy doses of American capitalism and our national appreciation for excellent parties.

St. Patrick's Day still remains a solemn religious occasion for many observant Catholics in Ireland, but blowout parties have gained in popularity in recent decades -- partly to attract tourists, and partly because they're tons of fun.

Whether you're Irish or not, when you attend a St. Patrick's Day celebration, let yourself enjoy every piece of it, no matter how corny or weird or outlandish it is. Because centuries ago, Irish people -- perhaps even your ancestors -- fought to preserve that piece of their homeland and pass it down with pride.




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VICKI L. LOPEZ
MIAMI-DADE COUNTY - DISTRICT 5



My Miami and Miami Beach offices are open and ready to welcome you. If you have a concern, need assistance, or want to connect with County services, my team and I are here to listen and support you.

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Celebrating the Women in Our Community

Happy International Women’s Day

This month we celebrate International Women’s Day, a special time to recognize and honor the incredible women who make a difference in our homes, our community, and around the world.

We would like to take a moment to appreciate the strength, kindness, leadership, and resilience that women bring to our daily lives. Whether as mothers, daughters, partners, friends, neighbors, or leaders, their contributions help shape a stronger and more caring community for all of us.



On behalf of the management team, we wish all the amazing women in our community a wonderful International Women’s Day filled with appreciation, joy, and recognition.

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B-2304	1	1.5	868	\$440,000
C-408	3	2.5	2,124	\$925,000



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