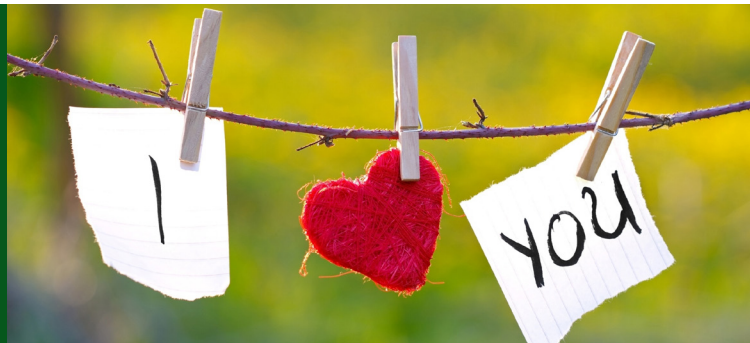


# The Alderman Newsflash

February 2018



## Loving Yourself to Love Others

Sometimes in order to love others, to heal, to be happy, you have to love yourself. Counselors have found that there is only one thing that heals every problem, and that is: to know how to love yourself. When people start to love themselves more each day, it's amazing how their lives get better. They feel better! Their relationships either improve, or the negative ones dissolve and new ones begin.

While it is an incredibly simple premise—loving yourself—the simple things are usually the most profound. So many of us hide from ourselves and we don't even know who we are. We don't know what we feel, we don't know what we want.

Life is a voyage of self-discovery. To know that we have the ability to change for the better by loving and taking care of ourselves is freeing. It's not selfish to love ourselves. It clears us so that we can love ourselves enough to love other people. Doing simple acts of kindness for yourself such as getting a manicure, drinking a cup of cocoa, taking yourself to a movie can have positive effects on your overall well being.

Loving yourself is having a deep appreciation for who you are—it means accepting all the different parts of ourselves—our little peculiarities, the embarrassments, the things we may not do so well, and all the wonderful qualities too. Unfortunately, many will not love themselves until they change what they do not like about themselves. We often put conditions on our love. If you are not willing to love yourself today, then you are not going to love yourself tomorrow, because whatever excuse you have today, you'll still have tomorrow. Maybe you'll have the same excuse a few years from now, and even leave this lifetime holding on to the same excuse.

Love is something we can choose, the same way we choose anger, or hate, or sadness. We can choose to forgive someone who has hurt us and begin to finally heal. We can choose to be grateful for what we have. We can choose love. It's always a choice within us. Love is the most powerful healing force there is.



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# Happy Ginger Tea

By: Avery Jackson

Stomach problems? Need an energy boost? This simple tea is worth trying! It works best on an empty stomach first thing in the morning before breakfast. It helps with inflammation reduction and digestion!

## Ingredients:

Fresh Ginger Root, One Lemon, Powdered Turmeric







*\*All ingredients can be found at Publix*

## Steps:

1. Fill a small pot with 1.5 cups of water and put to boil.
2. Cut five thin slices of the ginger root and add to pot.
3. Cut two small pieces of lemon peel and add to pot. You can put the rest of the lemon back into your fridge and use again!
4. Add one teaspoon of turmeric powder to the pot, or a slight dash. You do not want to use too much or the tea may be too spicy.
5. Boil your tea for 15-20 minutes.
6. Pour into your favorite mug and enjoy! (I add ice and lemon juice or a splash of Apple Cider Vinegar)



## How To Say I Love You Around The World

 <b>English</b>	 <b>French</b>	 <b>Spanish</b>
 <i>I love you</i>	 <i>Je t'aime</i>	 <i>Te amo</i>
 i-luv-yoo	 je-tem	 tay-amo
 <b>Irish (Gaelic)</b>	 <b>Scottish (Gaelic)</b>	 <b>Welsh</b>
 <i>Gráim thú</i>	 <i>Tha gaol agam ort</i>	 <i>Rwy'n dy garu di</i>
 gr-ow-am-hoo	 a-gare-lakam-orst	 roo-en-de-gary-dee
 <b>Portuguese</b>	 <b>Dutch</b>	 <b>German</b>
 <i>Eu te amo</i>	 <i>Ik hou van jou</i>	 <i>Ich liebe dich</i>
 ay-oo-te-amo	 ik-haw-von-yoo	 tsch-leeba-disch
 <b>Italian</b>	 <b>Maltese</b>	 <b>Czech</b>
 <i>Ti amo</i>	 <i>Inhobbok</i>	 <i>Miluji tě</i>
 tee-amo	 yin-in-ho-bak	 me-loo-see-chay
 <b>Slovenian</b>	 <b>Slovak</b>	 <b>Croatian</b>
 <i>Ljubim te</i>	 <i>Lúbim Ťa</i>	 <i>Volim te</i>
 yoo-bim-te	 yoo-bim-ta	 vov-leem-tay
 <b>Hungarian</b>	 <b>Romanian</b>	 <b>Bulgarian</b>
 <i>Szeretlek</i>	 <i>Te iubesc</i>	 <i>Обичам те</i>
		

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