

## HAVING MONEY CHANGES EVERYTHING!

By Jason Jones

UNITED STATES—It is said time and time again that money cannot buy happiness, but in the great words of Dr. Will Kirby of “Big Brother 2” and the first installment of “Big Brother: All-Stars,” “Money can buy you stuff.” That is so true and as most Americans know we like to purchase things, it gives us a moment of happiness. There are always a ton of people who will say that money is the root of all evil, and that does hold true, but money delivers power and with power comes influence and with influence comes a level of peace.

Money delivers peace for most Americans because it prevents worry. When you have money you don’t have to worry about rather you can pay your bills for the month. You don’t have to pick and choose which bill needs to be paid and which bill or bills you can hold off a few days if needed. You don’t have to worry about running out of food,

your mortgage is covered, your car note is paid, your insurance is covered, you have gas in your car, childcare is not an issue, the list goes on and on.

When you have money it alleviates those daily pressures that can sometimes be too much for most people. You struggle with having to juggle this and juggle that and to do this and to do that. You’re not worried about things that so many Americans have to grapple with on a constant basis, and it raises that question as to why there cannot be more of a balance of wealth in this country.

Yes, America is a capitalist country, but the wealth should be spread throughout. We should not have one percenters controlling all the money in the world! That’s why they have power and our able to do things that others cannot. They have that freedom. They can go into a retailer or to the mall and

purchase an expensive item without wondering if they have enough on their credit card or in their wallet to cover this expensive purchase.

Would I love to enter a business and just go spend crazy without worrying about the money I spend? Absolutely, but even if I had the money, I still don’t think I would do it simply because I am money conscious. However, then I hear from people, focus on having money and it will come your way. Please, please stop, I hate hearing that and it always comes from people who have money. Easy for you to say it people, you’re loaded or at least comfortable you don’t have the same stressors as me.

And before you even say work harder, do more and you will succeed. Success comes too fold: 1) hard work and 2) opportunity. If you don’t have the opportunity it makes it that much harder for it to happen. There

are many people who are hard workers out there, who just don’t get that one opportunity they need to take them to the next level or open the floodgates that they have been waiting to open. I like to believe money comes in waves, when you least expect it, but at the same time when you want to spend it the most and then you’re left wondering where all the money went.

That’s life. You may have placed something on the backburner, but once the money flows you start to spend and then you have to question what the hell happened to all the money you just had. Well, you spent it and now you have to focus on generating those funds again. I’ve come to the realization in life that while money is not everything it is indeed nice to have more of it whenever or wherever it comes from. It’s not always about power, it’s sometimes about having peace.

## MEET SOME GUN OWNERS

By Mike Sullivan

UNITED STATES—Over the past several years, I have noticed that there has been a great effort to represent firearms owners as violent maniacs, painting all of them with a broad brush. However, regardless of the incredibly unrealistic portrayals of firearms owners as some sort of horrific monolithic group, there is a great deal of diversity among this group. I was recently involved with a course that demonstrates this remarkably well.

I was originally approached by another firearms instructor and asked to assist her with a Concealed Weapons Permit class. She told me that the original class was scheduled to be a “Ladies Only” event, but

that she had allowed two of the ladies to invite their significant others to the program bringing the total number of students to six. She asked me to assist with the program because most participants were very new to firearms and having an additional instructor on site would increase safety.

The course, as I mentioned above, was made up of mostly women and a couple of men could attend (their significant others kept them in line – lol). All the participants were between 30 and 50 years of age. All the individuals are parents of minor children and all are employed in various professional capacities. I believe at least two of the participants have Master’s de-

grees. Two of the ladies involved were survivors of previous domestic violence incidents, one was brand new to firearms and the other was more experienced.

Both were quite concerned regarding the safety of themselves and their children considering extremely limited action taken on their behalf by the legal system. One of the ladies works in a medical billing office and has two children, in light of the fact that her significant other has to travel out of town frequently for business she wanted to learn more about home safety uses of firearms.

We had one Registered Nurse and one Paramedic in the program. One of our

couples was an elementary school teacher and an accountant/comptroller, they have seen all the civil unrest and wanted professional instruction on legal aspects regarding firearms. One of the gentlemen involved is a computer networking specialist, who travels around the country for business and is concerned for his safety when on the road. Overall, the course went well, and everyone passed the class successfully.

In closing, I will pose this question to the reader – Does the description of this group fit the image of “gun owners” represented in most of the discourse about firearms in society?

## SLEEP DEPRIVATION AT ITS WORST!

By Trevor Roberts

UNITED STATES—Sleep is the one thing we all crave, but it is also the one thing so many of us struggle with: getting quality sleep. I would be one of those Americans. I have always struggled getting to sleep at night, I think this goes back to my days as an undergraduate student where I used to work nights and I trained my body to stay up during the wee hours of the night when I used to be sleeping; ever since I have trouble sleeping at night.

While I have not been officially diagnosed with insomnia, I’m almost certain it is something I suffer from. I can get into the bed, but I will literally toss and turn all night. I mean literally all night. It’s almost like I just get in the bed for nothing, because I’m not sleeping and it is literally the worst feeling in the world America. In the past 2 weeks, I have probably averaged 3-4 hours of sleep a night, if not less. I am running on empty and it’s a direct result of working two jobs, taking care of a sick parent and just not having a solid moment of peace to myself. There is always something or someone

who wants or needs something, and it literally transpires right when I’ve gotten that moment of sleep that I’ve been angling for.

I’ll get to sleep and then someone will call me, someone will text me, and just like that, with the snap of a finger, my sleep is broken and I cannot go back to sleep. It is indeed difficult to try to explain your sleep issues with people who don’t understand what you’re dealing with. If it was as simple as just closing my eyes and going to sleep, don’t you think I would do that? It is not that simple, so thanks for your advice, but no thanks. Don’t worry about me, worry about you.

I am a firm believer that the body tends to work in mysterious ways, so when you’ve reach that point where you can no longer do it any longer the body will crash unfortunately and it is not a pretty site. To best adapt with my sleep frustrations I attempt to take small naps during the day when possible. I feel like I get my best sleep with a 30-minute to 60-minute nap. I don’t know why, but they seem to do the trick for the most part because I sometimes feel like I’m getting 6-8 hours

of sleep.

The worst thing for me is to attempt to function on less than 5 hours of sleep. If that transpires, I am cranky, I’m blunt and I don’t tolerate any nonsense, I just don’t have the literal time for it because I’m functioning to stay awake when all my body wants to do is sleep. It totally sucks, but I’m doing the best to remedy the situation. The biggest being, no consumption of caffeine at all that includes tea, soda and coffee. I used to use these items to stay awake at night, but eliminating them from my consumption almost feels like a double-edged sword, but for health reasons I have no intention of consuming them.

I’m detaching from technology. I would never turn my cellphone off at night, but I’ve reached a point where I just mute it so that I’m not interrupted by those that I don’t want to be disturbed by when I need to sleep. There is NO NEED to text someone at 1-2 in the morning unless it an absolute emergency, and when I say emergency I mean you’re near death. Anything else can wait un-

til that person is up or available. Last, but not least, reducing stress and taking time away from work is key to getting sleep.

Anyone who knows me knows I rarely take time off from work, out of some undirected guilt that things will not get done. I’ve come to the realization that doing such is at my expense, not the company I work for so I can no longer do that. I’m literally taking 10 days off in about a week to work on a passionate project of mine that I have placed on the backburner for years, and when I say years I mean it, YEARS.

During this time it’s a total detachment from work, no email, no cellphone, whatever is going on the company is going to have to handle because I plan to use this time to give my body the rest and sleep it desperately needs. Yes, there is a saying that you can never get back sleep that you lost and I hold that true, but that does NOT mean I cannot rejuvenate my body to prepare for the next obstacle that I face. Sleep does indeed matter, and anyone who is saying otherwise is simply lying to themselves.