

May 2023

The Tiny Times

Edition #8

~<https://www.patreon.com/cottagegoddess>~

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COTTAGE NEWS

Greetings, Tiny Army! Welcome to the May edition of *The Tiny Times*. I've been taking full advantage of the spring season by going on refreshing walks and listening to educational podcasts and e-books. I recently had the opportunity to visit family in sunny Florida. One of the days that I went skating, my balance betrayed me, causing me to take a tumble of epic proportions. Little did I know that my stumble would accidentally trigger a minuscule earthquake, shaking the ground beneath me. Rest assured, no harm was done, and it served as a reminder of the extraordinary powers that lie within the world of the giants.

Remember, in the vastness of the world, even the tiniest of actions can have a profound impact. So, let us march forward, united in our spirit, as we conquer the world, one tiny step at a time.

Until next time, my dear tiny army, keep dreaming big and embracing the magic that surrounds us.

With boundless gratitude,
The Cottage Goddess



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PAGES OF POSSIBILITY: HARNESSING THE POWER OF YOUR LIBRARY CARD

This month I started going on walks more and listening to podcasts as I stroll through the neighborhood. Each walk averages about an hour, and I was thinking that this would be a great time to catch up on some reading and listen to an audiobook. I paid a visit to my local library and little did I know that within just five minutes, I would be armed with a library card and a world of books at my fingertips. The Libby app became my gateway to a treasure trove of audiobooks and e-books, conveniently delivered straight to my Kindle.



Image links to libby website

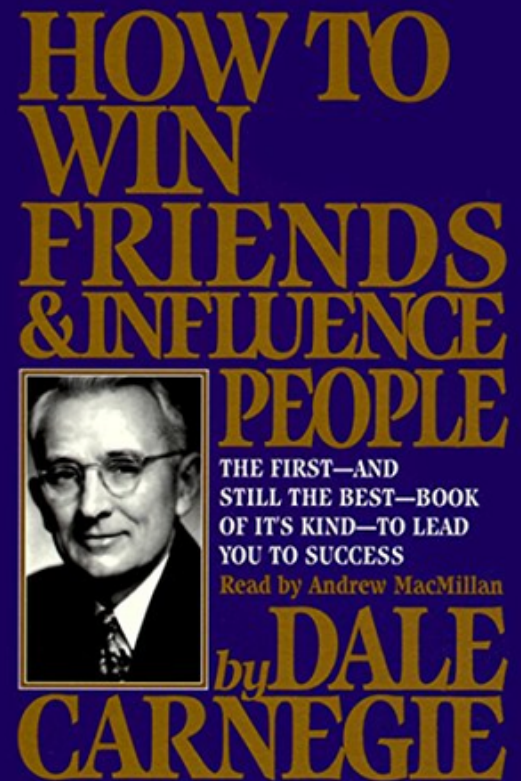
Libby also supports offline listening with a great user interface. The first audio book I listened to was the 1936 classic *How to Win Friends and Influence People* by Dale Carnegie.

BOOK RECOMMENDATION

How to Win Friends and Influence People by Dale Carnegie is a timeless classic that continues to be a transformative guide for personal and professional growth. Carnegie's insights and strategies are presented in a clear and practical manner with anecdotes making them accessible to readers from all walks of life. From the importance of genuine interest in others to the art of listening attentively, each chapter offers valuable lessons that can be applied in various aspects of life.

The Secret of Success

If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own.



MAY PLAYLIST

Spotify icon links to my monthly playlist!

BEST FACE WASHES FOR YOUR SKIN TYPE

In the previous issue, I discussed the three primary skin types—oily, dry, and combination. This month, we're continuing our quest for flawless skin, focusing on the essential first step of any skin care regimen—face wash. Wash twice a day, morning and night, to avoid clogged pores and acne. These face washes can be found at your local drug store or Amazon. You don't need to spend much money on cleanser since it is only sitting on your face for a short amount of time.

Did you know that the best way to wash your face is with clean hands?! Washcloths and scrubs may be too abrasive and result in irritation.

SKIN TYPE	CLEANSER TYPE	COTTAGE RECS
OILY	FOAMING OR GEL	CeraVe Foaming Facial Cleanser: Foaming gel that removes oil without drying
DRY	CREAM	Neutrogena Ultra Gentle Hydrating Daily Cleanser: creamy hydrating cleanser that washes away dirt and oil without stripping the skin
COMBO	GEL OR LIGHT FOAM	Vanicream Gentle Facial Cleanser: Gentle cleanser that remove oil without drying, great for sensitive skin



OILY



DRY



COMBO



BIG AND BEAUTIFUL BURRITOS

Burritos are quick, easy, and filling! If you make them at home, they are actually pretty healthy too! Also to save time you can find pre-marinated meat at your local store and utilize frozen or canned refried beans to make the preparation even more convenient.

Ingredients:

- Whole wheat tortillas
- Shredded lettuce
- Diced tomatoes
- Beans (I like frozen refried beans)
- Protein (I like al pastor)
- Avocado (sliced)
- Greek yogurt or sour cream
- Salsa or hot sauce (optional)
- Rice

Steps:

1. Warm the whole wheat tortillas in a microwave or on a stovetop
2. Lay the tortilla flat and spread a layer of rice and beans
3. Add protein, lettuce and tomatoes
4. Drizzle Greek yogurt or sour cream over the fillings, and add salsa or hot sauce if desired.
5. Roll the tortilla tightly, tucking in the sides as you go, to form a burrito.
6. Optionally, you can wrap it in foil
7. Serve your healthy burrito with additional salsa or hot sauce on the side, and enjoy!

Feel free to customize the fillings and toppings based on your preferences and dietary needs. You can also add other ingredients like shredded cheese, lettuce, or cilantro for added flavor. Enjoy your nutritious and delicious homemade burrito!

**EATING FRESH IN MAY: A GUIDE TO SEASONAL FOODS AND THEIR HEALTH BENEFITS****VEGGIES**

- Asparagus - Asparagus is a good source of folate, fiber, and vitamins A and C, promoting healthy digestion and supporting immune function.
- Radishes - Low in calories and high in vitamin C, radishes can aid in hydration and contribute to skin health.
- Spinach - Packed with iron, calcium, and vitamins A and K, spinach helps maintain strong bones and supports overall eye health.

FRUITS

- Strawberries - Packed with antioxidants, strawberries can help boost immune function and promote healthy skin.
- Cherries - Rich in antioxidants and anti-inflammatory compounds, cherries may support heart health and aid in muscle recovery.
- Mangoes - Loaded with vitamins A and C, mangoes contribute to healthy vision, immune system support, and collagen production.

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OUT OF THIS WORLD EDITS

This month's special
shoutout goes to...
smokey2EZ/Dirty
Traphouse

thank you for the edits
michael and seb!!!

