

BOARD OF SUPERVISORS MEETING
August 27, 2019

“For all items *NOT* on the agenda”

(Each Speaker Limited to 3 Minutes)

Voluntary Sign-In Sheet

1. Thomas Mulder

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YOU AND ME
by Lisa St. George

If you're overly excited
You're happy
If I'm overly excited
I'm manic

If you imagine the phone ringing
You're stressed out
If I imagine the phone ringing
I'm psychotic

If you're crying and sleeping all day
You're sad and need time out
If I'm crying and sleeping all day
I'm depressed and need to get up

If you're afraid to leave your house at night
You're cautious
If I'm afraid to leave my house at night
I'm paranoid

If you speak your mind and express your
opinions
You're assertive

If I speak my mind and express my opinions
I'm aggressive

If you don't like something and mention it
You're being honest
If I don't like something and mention it
I'm being difficult

If you get angry
You're considered upset
If I get angry
I'm considered dangerous

If you over-react to something
You're sensitive
If I over-react to something
I'm out of control

If you don't want to be around others
You're taking care of yourself and relaxing
If I don't want to be around others
I'm isolating myself and avoiding

If you talk to strangers
You're being friendly
If I talk to strangers
I'm being inappropriate

For all of the above you're not told to take
a pill or are hospitalized, but I am!