

February 10th and 11th Florida Keys Chili Cook-off: Music, Food, Vendors

Head to Rowells Marina on Saturday and Sunday February 10th and 11th for a weekend of fun, food and entertainment. The Cook-Off will feature live bands on both days, lots of interesting vendors and games for the kids. The main event the Chili Cook-off will be held and judged on the Sunday

Bill Wharton "The Sauce Boss" will be playing on Saturday afternoon. Since 1990, the Sauce Boss has fed over 135,000 people, while playing his own swampy Florida blues. A Sauce Boss event is a soul-shouting picnic of rock & roll brotherhood... involving everyone. And at the end of the show, everyone eats.

On Sunday the featured band is Fort Lauderdale's Phat Eddie and the B Shift Destroyers and live Music throughout the weekend will feature local musicians Drein and Mike, Dangerous Dave, Boogieman George and Dwayne McGregor.

The main event the Chili Cook-Off

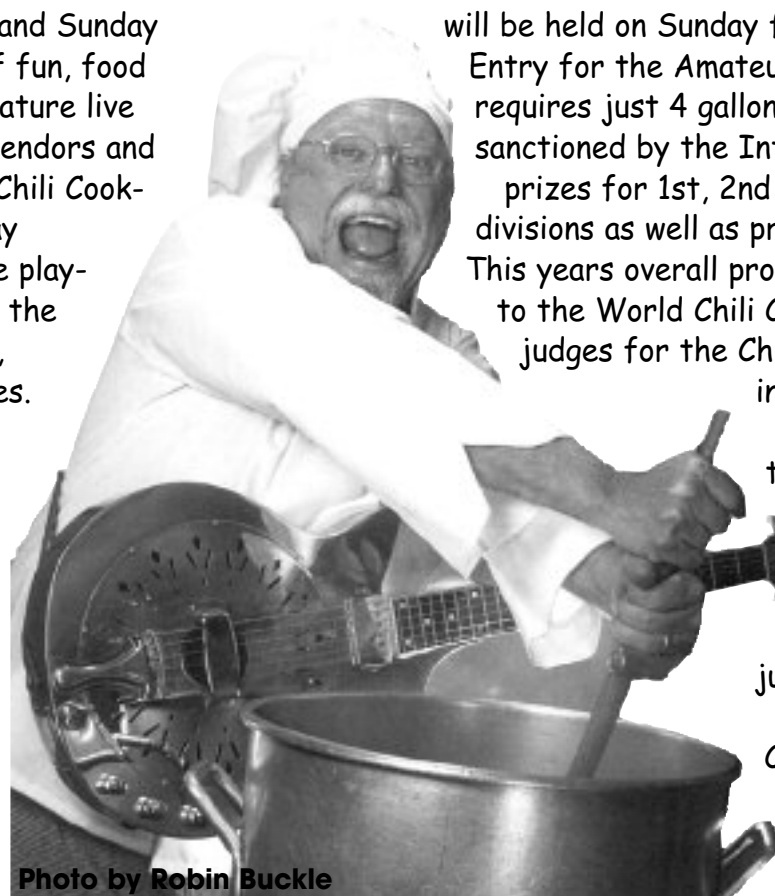


Photo by Robin Buckle

will be held on Sunday for both professionals and amateurs. Entry for the Amateur Division is free and this year requires just 4 gallons of Chili each entrant. The cook-off is sanctioned by the International Chili Society and there are prizes for 1st, 2nd and 3rd, professional and amateur divisions as well as prizes in the Salsa and Verde categories. This years overall professional winner will proceed forward to the World Chili Cook-Off. There is limited space for judges for the Chili Cook-Off the tickets are \$20 and include free beer.

All proceeds from this event stay in the Upper Keys and benefit the Key Largo Rotary Clubs Youth Activities Program and Scholarship program. Entry to the event has been set at \$10 for Saturday and Sunday, \$5 for just the Sunday.

For more information on the Chili Cook-Off and to download vendor applications go to keylargorotary.org or call Whitney Lavene at 786-390-3672 or Sue Finney at 305-394-3736.

Dog-eat-Dog Humor Duh... I'm on the Purina Diet

I was in Wal-Mart buying a large bag of Purina for my dogs and was in line to check out. A woman behind me asked if I had a dog... Duh!

I was feeling a bit crabby, so on impulse, I told her no, I was starting The Purina Diet again, although I probably shouldn't because I'd ended up in the hospital last time, but I'd lost 45 pounds. I awakened in an intensive care unit, with tubes coming out of most of my orifices.

Her eyes about bugged out of her head. I went on and on with the bogus diet story and she was totally buying it.

I told her that it was an easy, inexpensive diet and

that the way it works is to load your pockets or purse with Purina nuggets and simply eat one or two every time you feel hungry. The package said the food is nutritionally complete so I was going to try it again.

I have to mention here that practically everyone in the line was listening, particularly a tall guy behind her. Horrified, she asked if something in the dog food had poisoned me and was that why I ended up in the hospital.

I said no. I'd just been sitting in the street licking my butt when a car hit me.

The tall guy collapsed in laughter.

Facing Problems Running Away versus Moving Forward

There are times when change—moving to a new city or a new home, or changing careers—is the right thing at the right time. But there are also times when the urge for change is really just a desire to run away from problems that need to be faced rather than avoided. These are the kinds of problems that recur in our lives. For example, issues with coworkers that seem to arise at every job we take, or repeatedly getting into unhealthy relationships. A move might temporarily distract us, and even cure the problem for a time, simply by taking us out of the situation in which the problem fully manifested itself. However, the problem will eventually appear again in our new situation.

One way to make sure you aren't running away from your problems is to notice whether you are moving towards something that is exciting in its own right, as opposed to something that is

appealing only because it is not where you are now. For example, if you are leaving a city because you feel you can't afford it, you could be reinforcing poverty consciousness, and you might find that you are unable to make ends meet in your new city as well. It would ultimately be less of an effort to stay where you are and look more deeply into your beliefs about money. You may discover that as you address these issues, you are able to make more money simply by changing your mindset. You may still decide to move, but it will be an act with a positive intention behind it and not an escape, which could make all the difference.

Any pain involved in facing our issues is well worth the effort in the end. When we face our problems instead of avoiding them, we free our energy and transform ourselves from people who run away into people who move enthusiastically forward.



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- **All PET BOOKS - 25% OFF** (Does your pet prefer reading to TV? Really?)
- **All PET TEE SHIRTS & SWEATERS - 25% OFF**
(If you and your pet are being forced out of the Keys, go in style!!)
- **All PET COLLARS & LEADS - 25% OFF**
(If only we could put a leash on government spending!)

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