

Local Groups Support Habitat for Humanity

Over a recent weekend, volunteers from the Ocean Reef Club and a group of Anglers from boatlessfishing.com came out to help Habitat for Humanity, and their partner families, work on two homes in the Largo Gardens Neighborhood.

The homes are being sponsored by KLI Supply and TIB Bank. This is the seventh home that the Ocean Reef group has helped Habitat of the Upper Keys build and the fishing club had members from as far away as Jupiter and Ft. Lauderdale show up to help.

Through volunteer labor and donations of money and materials, Habitat builds and rehabilitates simple, decent houses with the help of the homeowner (partner) families. Habitat houses are sold to partner families at no profit and financed with affordable loans. The homeowners' monthly mortgage payments are used to build still more Habitat houses. For more information or to get involved, please call Chadwick at 305-453-0050 or visit Habitat's website: www.habitatupperkeys.org.



Volunteers from Ocean Reef recently came out to help Habitat for Humanity. Pictured from Left: Greg Lunsford, David Ritz, Ross Thomson, Jim Underwood, and Rose Michno. Not pictured, Will Shaw.



Volunteers from boatlessfishing.com come out to give Habitat for Humanity a hand. Pictured from Left: (Back Row) Dave Grove, construction committee member, Chadwick Duncan, Executive Director, and BoatlessFishing.com members Anaëli (Elly) Ziegenhirt, Chris Adams, Riccardo Rocci, and James McGilvray. Front Row: BoatlessFishing.com member Juan Garcia and two future Homeowners Jose & Maria Placencia.

Captain Ron Forster



Captain Ron Forster passed away August 22, 2008. He is survived by his beloved wife Ritzy Levebvre Forster; sister, Paula Bakles; son, Ron Jr. of Pickering, Canada; daughter, Stephanie of Vancouver, Canada; and granddaughters Jaqueline and Kaitlin.

Ron was a lover of music. He began his musical career in Canada at the age of 14 when he taught himself to play the guitar and sing. He traveled all around the USA and Canada writing music, playing guitar and vocalizing. He was the lead singer and guitarist for the "Blue Collar Band" in the Keys and donated his time and skills for many benefits in Florida.

Captain Ron was also well known as a sailor and yachtsman who loved cruising the Bahamas and his favorite comment on sailing the seas is "It's HIGHLY recommended." He was the owner of Sunset Marine Service, a yacht maintenance company in Miami Beach and worked as a yacht captain there for many years. When he moved to the Keys he purchased and ran Charlie's Good Times Bar and Marina (now Hog Heaven) for several years.

He fought a courageous battle with lung cancer and his quick wit and ready smile will be missed by all. A celebration of life will take place Sunday, September 21st at the Rusk Club 98781 Overseas Highway, Key Largo at 1:00 pm.

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Facing Foreclosure?

You are not alone. A group of concerned citizens in the Keys have put their skills and resources together to help residents facing foreclosure save their home. It is a free service and completely confidential. Call 305-896-2738 to set up an appointment to fill out a short questionnaire.

Foreclosure is a frightening thing especially if your mortgage holder is harassing you. They will try to intimidate you into handing over your

house and letting them suck the blood out of your equity. If you call the above phone number you will be given a list of options. If you choose to try and get help your self-go to a reputable lender, these are the banks and mortgage companies that have been around awhile. For fair and compassionate treatment we recommend Marshall Walker at 1st State Bank. There are many others available as well.

In the group of locals that want to help you are lawyers, investors, realtors, title agents, etc. Some have been through it themselves and realize that in this small community it's about whom you know and that there is strength in numbers.



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Stuck in the Mud Staying in Pain

Pain comes and it goes. It is just one component to the grand cycle of life. And when experienced as such, pain can serve as an important teacher. It is when we get stuck in our pain that it becomes detrimental to our well-being and development. If you notice that you feel closed-off, resentful, heavy-hearted, or that you try very hard to avoid being hurt again, there may be a part of you that is still stuck in pain.

We can get stuck in our pain for many reasons. As children, it was natural for us to cry, throw a tantrum, and let the experience move through us. By fully feeling our pain in this way, our emotions would wash us clean, leaving us open and available to new experiences. With age, though, we might have determined that expressing emotion was no longer appropriate, and so we developed a variety of coping strategies to deal with our discomfort. We may have

learned to stuff our feelings down or to run away from them. Perhaps we began thinking that staying closed and unwilling to try new things would keep us safe from heartbreak, safe from rejection, and safe from failure. We may have even gotten so used to being in pain that the thought of being without it scares us. But, if we continue to hold onto it longer than necessary, we are expending a lot of energy that could instead be channeled into making our life experiences more positive.

If you notice that you are continually connecting with the same familiar patterns of pain, consider embracing your feelings and letting go of your hurt. Whether your pain is from childhood or from an experience last week, see

if you can give it room to move. When it does, you will reconnect with a wonderful source of your own vital energy.



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