

# The Garden Walk is Back, February 27th

Members of the Upper Keys Garden Club are hard at work on their upcoming Garden Walk, scheduled for February 27, 2009, from 10am to 4pm.

The Garden Walk is one of Key Largo's favorite events, and this year promises to be bigger and better than ever before. Eight gardens will be featured. "There's a nice mix of small and large gardens," said Garden Walk chairperson, Jerri Grossmann. "It's a one of a kind event with wonderful plants and flowers in unique settings."

"In addition to all the gardens, our clubhouse, the Francis Tracy Garden Center at mm94 will feature live music by

Dave Feder, a Garden Tea Party, an art show and a plant ramble. It's a wonderful day so save the date and come join us."

A special bonus will be the opportunity to enjoy refreshments and browse landscape and garden design ideas at Beach House Gardens Landscape Center.

Tickets are available at Key Largo Floral and Gift Shop, 451-3702, Key Largo Chamber of Commerce, 451-1414, Shear Paradise, 451-7110, Islamorada Chamber of Commerce, 664-4503, Cover to Cover Books, 853-2464 or any Garden Club member. Call 453-3907 for more information.



Photo Caption: Julie Mead, Jerri Grossman, and Evelyn McGlone are spearheading the popular Garden Club Walk this year, scheduled for February 27, from 10am to 4pm.

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# Staying Afloat Riding the Wave of Life

Our lives are continually in motion, buoyed by the wave that is the universe's flow. As the wave rises and falls, we are carried forward, through life's high and low points. The universe's flow may take us to a place in life where we would rather not be. As tempting as it can be to fight the direction and size of this wave that propels us, riding the wave is intended to make life easier. When you ride the wave, your life can evolve naturally and with minimal effort. Riding the wave, however, is not a passive experience. It is an active process that requires you to be attentive, centered, and awake. You must also practice stillness so you can flow with, rather than resist the wave's motion.

Because life is dynamic and always changing, it is when we try to make the wave stand still or resist its direction that we are likely to get pulled under by its weight. If you try

to move against the wave, you may feel as if you are trapped by it and have no control over your destiny. When you reach a low point while riding the wave and find your feet touching bottom, remember to stay standing so that you can leap forward along with the wave the next time it rises. Trying to resist life's flow is a losing proposition and costly because you waste energy.

Riding the wave allows you to move forward without expending too much of your own efforts. When you ride the wave, you are carried by it and your head can "stay above water" as you go wherever it takes you. It can be difficult to trust the universe and let go of the urge to fight life's flow, and you may find it easier to ride the wave if you can stay calm and relaxed. Riding the wave will always take you where you need to go.



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