

Artists of the Month Pantaleo & Crocker Keys to Life Gallery

The Florida Keys are home to many of the finest artists in the world. They are attracted to our islands because of our laid-back atmosphere and the abundant beauty of our land. But there are few that can capture the vibrancies and spirit of the Keys as well as Pasta Pantaleo. He is truly in a class of his own.

I learned of Pantaleo through my friend Teresa Crocker who makes beautiful handcrafted driftwood frames. She teamed up with Pantaleo and they made a trade, art for frames. The combination of Pantaleo's Keys to Life painting

of the sunlit mangroves in Teresa's handcrafted driftwood frame is absolutely stunning.

Pantaleo is a premier marine life artist who "is focused on capturing the visions, both experienced and dreamed, that he shares with sport fishing anglers and art lovers everywhere." To view Pantaleo's work go to his website

ArtByPantaleo.com or stop by his gallery in Islamorada on the Oceanside at mile marker 84.7 to witness him bring the beauty of our islands to life on canvas.

Pantaleo and Crocker both donated their work to the benefit for the Buckles family.



COOK NAKED
with All Natural-Low Sodium Florida Keys Seasonings
Fish | Seafood | Meats | Game Veggies | and Much More!
Call Capt. Buck @ 305.942.3571
"You may beat our prices... but you can't beat our spices!"
Distributors Welcome!
www.BUCKNAKEDS.com

Get your taxes done right... and quickly!



H&R BLOCK®

Instant Refund Anticipation Loans are available.

Open Monday - Saturday
Appointments appreciated and walk-ins welcome.

Over 25 years in the Upper Keys!
Locally owned and all employees are local.

All work guaranteed by H & R Block.

TRADEWINDS PLAZA • 2ND FLOOR
101411 OVERSEAS HIGHWAY ■ KEY LARGO, FL 33037
451-BLOCK (2562)

11th Annual St. Patrick's Day Festival
Hosted by the Irish American Society of County Monroe
Celebrated at the **Caribbean Club** MM 104 Bayside
Saturday, March 13th
11:00 am - 8:00 pm
PARADE 1 PM
MM104- Largo Sound Village
KIDS ZONE
SPECIAL GUESTS • LIVE MUSIC
KLVFD HONOR GUARD
Traditional Irish Music, Dancers & Bagpipers!
Activities All Day
• Serving up 1000 lbs. of corned beef
• All nonprofit groups are invited
PLUS!
Irish Cooking Contest Friday March 12 at 4:00 pm. \$100 1st Prize!
For more information call Norm 305-451-1248 or Bev 305-451-8137
PROCEEDS BENEFIT THE CELTIC SCHOLARS STUDENT EXCHANGE PROGRAM.

Some Dance To Remember
Some Dance To Forget

THE ORIGINAL **FULL MOON PARTY**
SUNDAY MAR 28TH
LIVE ENTERTAINMENT ON THE BEACH FROM 9 'TIL -?-
\$ 20 entry fee for Pierre's (LIMITED SPACE — ARRIVE EARLY!)

DJ AT MORADA BAY CAFE
BAHAMIAN PARADE • ABC CIRCUS • FIREWORKS
BONFIRES ON THE BEACH • BBQ SPECIALS
BACARDI DRINK SPECIALS

MORADA BAY Beach Front Cafe \$ 15 cover charge 21 and up
MILE MARKER 81.6 • BAYSIDE • 305-664-0604

Pierre's and the **Green Flash Lounge**
Lounge Open Weekends
Dining Room Opens Oct 22nd
PIERRE'S • MM 81.5 BAYSIDE • ISLAMORADA • 305.664.3225

Grand Opening
PrintSource of the Keys
(305) 664-1002 • printsourcekeys@yahoo.com • 81933 Overseas Hwy., Islamorada (Next to the Luggage Showroom at Tropical Optical)
For All Your Printing & Fast Copy Needs

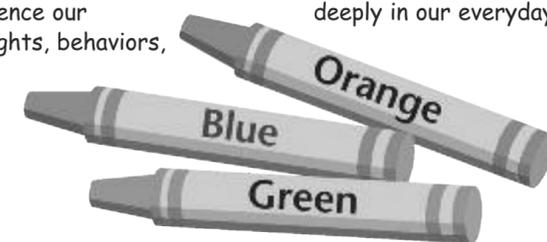
Grand Opening Special 1000 Full Color Business Cards* **ONLY \$49**
*Tax not included. Cards are full process color on white glossy stock. Order now at this Great Price! Offer expires Jan. 29, 2010

Loving the Light Color Therapy

Color therapy allows us to harness the power of individual color frequencies to heal our bodies and allow harmony.

The wondrous displays of color that define the world around us are manifestations of light and, as such, each possesses a unique frequency. The attraction we feel to certain colors is not a matter of pure chance—we experience the beneficial affects of color even while blindfolded. We are naturally drawn to those colors that lift our mood, expand consciousness, and restore health. Color therapy, also known as chromo therapy, allows us to harness the power of individual color frequencies to heal the body, positively influence our emotions, and achieve a renewed sense of inner harmony through sympathetic resonance. Colors do not directly affect the composition of our physical, mental, or aura, but they noninvasively alter the vibrational characteristics of diverse elements of the self so that each resonates at its proper healthy frequency. It is easy to overlook the colors that saturate our personal and professional environments. Yet these, whether in the form of the paint on our walls or the clothing we wear, can influence our thoughts, behaviors,

and feelings to an extraordinary degree. The colors we like best are often those that we need most in our lives, and there are many ways we can utilize them. Basking under a colored light bulb or gazing at an area of color can stimulate or calm us depending on the color we choose. For example, red stimulates the brain, circulatory systems, and first chakra, giving us an energy boost, while blue acts on the throat chakra, soothing the body and mind. And when we do not feel drawn to any one color, we can still benefit from the healing effects of white light, which is an amalgamation of all the colors of the visible spectrum. It is a cleansing color, one that can purify us on many levels. Human beings evolved to delight in vivid sunsets and rainbows, to enjoy the sensations awakened by particularly eye-catching color, and to decorate our spaces and ourselves with bright colors. In essence, we evolved to love the light because of its harmonizing influence on every aspect of the self. When we pay attention to the potential affects of individual colors, we can modify our spaces, wardrobes, and habits to ensure that we introduce the colors that speak to us most deeply in our everyday lives.



Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com.