

Wild Bird Center Rescues and Releases Two Hawks

Two female immature Broad-Winged Hawks were recently returned to the wild after a bit of help from the Florida Keys Wild Bird Center. The first hawk was rescued by a visiting family aboard one of Captain Sterling's Everglades Tours on December 21. While the tour-group was traveling through Adams Cut, the water-logged bird was spotted floating and trapped in a cave-like crevice in the canal. "One of the kids spotted the hawk first," Says Captain Dave Eaton, who was heading the eco-tour that day. "It was incredibly camouflaged-even looking directly at the bird it was hard to spot. I was amazed he noticed it at all."

Captain Eaton eased the boat towards the crevice. Then the teenager volunteered to lay down on the boat deck and reached for the bird with a towel. He scooped it up in a bundle and the boat headed back for Sundowner's. They called the bird in to the FKWBC's emergency hotline; staff retrieved her and rushed her to the hospital where she was slowly warmed by a heat-light and then re-hydrated.

"She was in advanced hypothermia," comments Lela Larned, FKWBC's Director. "If they hadn't scooped her up she

would have died within the hour. We could tell she was rescued gently because she didn't inhale

Hawk was clipped by a car on the Overseas Highway on December 22 and dropped off



any water during the rescue, so important for her recovery." The second Broad-Winged

to the FKWBC by an anonymous Samaritan. Fortunately she did not suffer any broken bones

from the trauma. She was treated for shock and emaciation. Initially separated in the Hospital's ICU, each of the hawks re-gained over 10% of their body weight on a diet including mice, quail, chicks, and vitamins. About a week later they were advanced to pre-release caging for flight conditioning, where they recovered together.

Broad-Winged Hawks summer and breed throughout the Eastern United States and into Canada but the majority of the population heads for warmer wintering grounds on a migratory path that leads down to Central and South America via Mexico during the early Fall. A fraction of Broad Wings, particularly Juveniles, winter in South Florida, especially in the Florida Keys.

"When you spot birds in the Keys, much like when we meet tourists, it's a lot of fun to imagine where they are from. These birds can actually be from as far away as Thunder Bay Canada, Detroit, or Maine," comments Larned. "You start to truly appreciate how pivotal Keys habitat is to sustaining wildlife populations that we actually share with the rest of North America."

Key Largo Conch House
MM 100.2 Oceanside • Key Largo

Featured on the Food Network

Breakfast • Lunch • Dinner
7 am - 10 pm Daily

Local Seafood
Vegetarian Entrees
Cook Your Catch
Pet Friendly
Childrens Menu

Award Winning Lobster Bisque and Conch Fritters

Award Winning Food & Coffee

Wine • Beer • Espresso
Homemade Desserts

305-453-4844



~CALYPSO'S~

Deliciously Different Fresh Food

"We only taste expensive"

Casual Waterfront Dining

Nightly Specials

1 Seagate Boulevard at Mile Marker 99.5
located at Ocean Bay Marina
305 451-0600

Open 11:30 AM to 10 PM Weekdays
11:30 AM to 11 PM Friday & Saturday
12 PM to 10 PM Sunday (Closed Tuesdays)

Sorry - no credit cards accepted
ATM machine on premises

Beyond Behavior Defense Mechanisms

Defense mechanism behaviors that have worked for you in the past may not fit you anymore and need to change.

We all have defense mechanisms that we've developed over time, often without being aware of it. In times of trouble, the behaviors that have worked to get us past challenges with the least amount of pain are the ones that we repeat; even when part of us knows they no longer work. Such behavior is a natural response from our mental and physical aspects. But because we are spiritual beings as well, we have the ability to rise above habits and patterns to see the truth that lay beyond. And from that moment on, we can make choices that allow us to work directly from that place of truth within us.

Most of our defense mechanisms were developed in childhood; from the moment that we realized crying would get us the attention we craved. Passive aggressive ways of communicating may have allowed us to get what we needed without being scolded, punished or laughed at, so we learned to avoid

being direct and honest. Some of us may have taken refuge in the lives of others, discovering ways to direct attention away from ourselves entirely. Throwing ourselves into projects or rescuing others from themselves can be effective ways to avoid dealing with our own issues. And when people are truly helped by our actions, we get the added bonus of feeling heroic. But while defenses can keep away the things we fear, they can also work to keep our good from us.

When we can be honest with ourselves about what we truly desire, then we can connect our desires to the creative power of the spirit within us. Knowing that we are one with the energy of the universe allows us release any need for defense. Trusting that power, we know that we are exactly where we are meant to be, and that challenges bring gifts of growth and experience. When we can put down arms raised in defense, then we are free to use our hands, minds, hearts and spirits to mold and shape our abundant energy to create and live our lives.



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

Marilee Free Rock'n Karaoke - Karaoke For the Conch Republic

50,000 songs! High energy fun show!

Take Your Singing Performance Home With You On A DVD. Videos Now Available At All Venues.

Tuesdays 8-11 pm - Holiday Isle Tiki Bar
MM 84 Oceanside - Islamorada

Wednesdays 9:30-12:30 Caribbean Club
MM 104 Bayside - Key Largo

Thursdays 7-10 pm - Days Inn Iguana's Patio
MM 83 Oceanside - Islamorada

Fridays 8-11 pm - Elks Lodge - MM 91.5 Bayside - Tavernier

Sundays 9 to close - Coconuts - MM 100 Oceanside - Key Largo

Marilee Free 305-517-9279 All venues are subject to change, so feel free to call for more show info.

SLOTS 60 SKILLED SLOT MACHINES

***\$5 FREE SPIN** With Match Play New Customers Only

VEGAS FUN of Key Largo Video Amusement Center

Tradewinds Plaza (by Publix)
101403 Overseas Hwy.
Key Largo
MM 101.4
305-451-6005