

# How to Recognize a Control Freak

A control freak is someone with a need to control other people, situations, or environments to create a false sense of security for themselves. They are insecure and out of control so they become perfectionists to cover up their fears and keep from letting their anxieties overwhelm them.

### Do you know one?

Do they put down your friends? Control freaks have a way of isolating you from your pals and a tell tale sign of a controller is their readiness to bad-mouth your friends.

Do they dominate every conversation? What you have to say is not important to them and they get very upset if you interrupt their diatribe.

Are they jealous when you talk to others? Does their mood change and can you sense them seething with anger?

Do they criticize your clothing? Your occupation? Your cooking? Your family? Your looks?

Do they ignore your feelings and concerns?

Do you feel a constant sense of disapproval from them?

Do they try to control you with threats of suicide?

### Are you one?

Do people tell you that you're bossy as they start disappearing from your life?

Do you tell people how to fix their lives and problems even when they don't ask?

Do you have a hard time taking failure or criticism?

Do you resent authority?

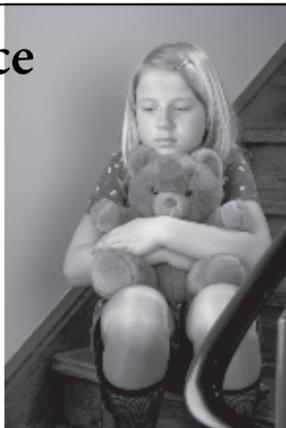
A control freak stirs up problems in their relationships and often finds themselves in arguments and shouting matches. Then they use their anger, hysterics, or silent treatment to control

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Don't become someone else's puppet.

## Domestic violence doesn't stop for the holidays.



The holidays should be a time for family and friends to share the joy and hope of the season. For those experiencing abuse, however, December can also be a particularly stressful time. Domestic violence doesn't stop for the holidays and the added pressures of holiday expectations can worsen an already unhealthy situation.

### This year, help those living with abuse to know that they're never alone, especially during the holidays.

The Domestic Abuse Shelter (DAS) is a non-profit organization, providing comprehensive services for individuals and families experiencing domestic and sexual abuse in the Florida Keys. *Our mission is to reduce the incidence and minimize the impact of domestic and sexual abuse in Monroe County by directing victims and abusers to appropriate, effective programs and services.*

The Domestic Abuse Shelter, Inc. is the only certified emergency shelter in Monroe County that provides refuge for victims of domestic and sexual violence and their children. Residents may stay at the shelter for up to six weeks. The shelter is a safe and secure environment that empowers residents through its services to form the beginning of independent lifestyles. Residents obtain crisis intervention, supportive counseling, children's services, food, clothing, support group counseling and advocacy. All agency services are available to shelter residents. For more information, call (305) 743-4440. The National Domestic Abuse Hotline is 1-800-799-SAFE (7233).

### Below is a list of items needed by the Domestic Abuse Shelter.

You can drop off your gifts at 100670 Overseas Highway #5, Key Largo, FL. Monetary donations are also accepted. You can mail a check to Domestic Abuse Shelter, Inc., PO Box 522696, Marathon Shores, FL 33052

For more information call 305-451-5666, or go to [www.domesticabuseshelter.org](http://www.domesticabuseshelter.org).



### DOMESTIC ABUSE SHELTER, INC. Wish List

#### General Needs

- Copy paper
- Paper towels & toilet paper
- Cleaning supplies & laundry detergent
- Gift certificates to drug (Kmart, CVS, Walgreens) & grocery stores (Albertson, Winn-Dixie and Publix) in small denominations
- Hand sanitizers
- Twin size linens (sheets, pillows, plastic mattress & pillow covers)
- Bath towels & wash cloths
- Non perishable foods
- First aid supplies
- Bus passes (Keys transit)
- Gas cards

#### Personal Needs

- Tooth brushes & toothpaste
- Hair brushes & combs
- Shampoo, conditioner, bath soaps
- Nail files & clippers, razors
- Deodorant
- Cotton balls, Q-tips
- Feminine hygiene products
- Women's panties & bras in assorted sizes, pajamas, night shirts & socks
- Blow dryers

#### Children's Needs

- Books
- Art & school supplies
- Diapers & wipes
- Baby bottles
- Baby foods & juices
- DVDs (age appropriate)
- Kid oriented gift certificates (movies, food, fun stuff)
- Children's underwear in assorted sizes & socks

*Some Dance To Remember  
Some Dance To Forget*

*Some Don't Remember Dancing*

THE ORIGINAL  
**FULL MOON PARTY**  
SATURDAY  
**MAR. 19<sup>TH</sup>**  
LIVE ENTERTAINMENT  
ON THE BEACH  
FROM 9 'TIL -?-  
\$ 30 entry fee for Pierre's  
(LIMITED SPACE — ARRIVE EARLY!)

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

**MORADA BAY**  
**Beach Front Cafe**  
MILE MARKER 81.6 • BAYSIDE • 305-664-0604

*\$ 15 cover charge  
21 and up*

*Pierre's  
and the  
Green Flash  
Lounge*

Open 7 Nights  
A Week

DJ on Friday Nights

PIERRE'S • MM 81.5 BAYSIDE • ISLAMORADA • 305.664.3225

**HARD TIMES SPECIALS**

Keys Eating at Its Finest...  
Overlooking the Water

**The Hiddenout Restaurant**  
305-451-0128

**BRING THIS AD FOR  
10% OFF • ANY TIME**

**Early Bird Special**  
6 AM - 7 AM  
MONDAY-FRIDAY **\$4.99**

**2 eggs, 2 pancakes,  
2 bacon, coffee**

—Daily Specials—  
Breakfast Served 'til 2PM Daily

**FEATURED MENU ITEM: SOS w/homefries or grits \$8.95**

**MM 103.5 • Oceanside (Transylvania Ave. to the End)**

**FRIDAY FISH FRY • All You Can Eat \$10.95 • 5-9 PM • Beverage Incl.**

## Key Largo Rotary Welcomes New Member



Pictured from left: Key Largo Rotary President Sara Hamilton, , Bob Thomas and Rotary sponsor Gretchen Holland..

The Key Largo Rotary Club is honored to welcome its newest member, Bob Thomas. Thomas is a retired airline pilot and has lived all over the world, but finally settled down in Key Largo with his wife Kristie in 2002. Thomas has been involved with the Optimist Club, the St. James Episcopal Church and Pirates on the Water. Between his days of volunteering, boating and golfing, he and Kristie have found the time to start a new business, Key Largo Chocolates, which are already being sold at a number of destinations in Monroe County.

For more information about the Key Largo Rotary Club visit [www.keylargorotary.org](http://www.keylargorotary.org).

**BANKRUPTCY RELIEF**  
Removal of Debt  
**FORECLOSURE DEFENSE**  
May Allow You to Keep Your Home  
**LOAN MODIFICATION**  
**RICHARD M. BEHR, ATTORNEY AT LAW**  
is now available for Foreclosure Defense, Loan Workouts and Consumer Bankruptcy Petitions

We may be able to stop phone calls, letters and other collection efforts

The ONLY Attorney handling Bankruptcy Petitions in the Keys, who lives and works in the Florida Keys

Key Largo to Key West  
**305-394-2205**  
FREE CONSULTATION

Also available for Criminal Defense, Family Law, Wills and Probate

*Easy Payments*      *Reasonable Rates*

The hiring of an Attorney is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free information about our qualifications and experience.