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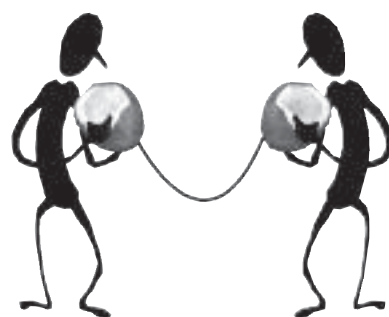
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Courage Fund Gives \$6,000 To VNA/Hospice

On behalf of the Lisa Taylor COURAGE Fund for Hospice, the Ocean Reef Community Foundation presented a \$6,000 gift to Visiting Nurse Association and Hospice of the Florida Keys (VNA/Hospice) for their philanthropic work caring for their uninsured and underinsured hospice patients throughout Monroe County.



Lisa Taylor, daughter of Connie and John Taylor, died in 2007 at the age of forty-seven after a four-year cancer battle. An inspiration to her children, family and friends, she believed that life is a celebration to be cherished even in its darkest hours. The Lisa Taylor COURAGE Fund supports the central principles of hospice that every terminally ill individual should be able to

die pain-free with dignity and that they and their families be afforded the support to allow them to do so regardless of ability to pay. Last year alone, VNA/Hospice provided a quarter million dollars of charity care to Florida Keys residents. On line donations can be made on the web site at www.vnahospicekeys.org, or contact development director Kim Sovia-Crandon at 305.852.7887.

Editorial: Dolphin Swim — Magical!

There is nothing as magical as taking the plunge into the water with a dolphin. Here in Key Largo we do just that at Dolphin Cove at MM 102 bayside and Dolphins Plus at MM 99 (31 Corrine Place).

I had a friend visiting me who had 2 passes for Dolphin Cove and asked me to accompany her and experience it together. I jumped at the chance. The night before our morning structured swim we had imbibed heavily, and I was hung over as hell the next morning, but there was nothing going to stop me from my dolphin swim. We quietly awaited our turn and enjoyed watching the others who were ahead of us. Silently I dreaded getting into the water for fear the

10 degree temperature difference from the warm air would do my hangover no good whatsoever. It was not just my head but my whole body hurt, and I vaguely remembered doing tequila belly button shooters till the wee hours on top of Gilbert's bar... Ooooooh I was paying the price now!

When it came our turn to get in the water I slowly and painfully eased myself onto the deck and dangled my legs in the water. With a huge splash a gigundus dolphin head popped out of the water and took my breath away! That beautiful creature took one look at poor pathetic me and threw its head back and laughed. It actually laughed at me! How embarrassing! Nevertheless I slid my lily-

livered, distressed self into the water and as my body adjusted to the temperature I awaited instruction from the dolphin trainers.

In no time at all my friend and I were flying around the dolphin's lagoon holding on to a dolphin fin. What a thrill! Absolutely everyone should have this experience.

When our time was up and we had towed off our dripping bodies I realized that my hangover was completely gone. I felt like a million bucks! For more information call Dolphins Plus at 305-451-1993 or Dolphin Cove 305-451-4060. Don't miss this amazing experience this while you are in the Keys!



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