

BASH ON THE BAY

HOSTED BY *Wyland*

FUND-RAISER FOR FL KEYS HURRICANE IRMA VICTIMS

SATURDAY, OCTOBER 14TH • 6-10PM

Keep the Keys Vibe Alive!

FEATURING:

DJ FLIP • SILENT AUCTION • LOCAL ARTISTS
JEWELRY ARTISANS • HENNA TATTOOS • PALM READING
& OTHER FUN ENTERTAINMENT!

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restaurant & grand tiki bar • key largo, florida

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Gilbert's infamous **HALLOWEEN PARTY**
SATURDAY, OCTOBER 28

Don't Miss it!

Michael Trixx 8pm
Costume Contest
STARTS 9 PM

\$500 CASH 1st Place Prize
Basket of Booze 2nd Place
\$250 Gilberts Gift Card 3rd Place

LIVE MUSIC 7-11 PM
Shane Duncan Band

www.gilbertsresort.com

Feeling Under the Weather

Doing our difficult emotional cleansing can take a toll on us and make us feel run down, but this too will pass.

At times when we are detoxing our bodies, or going through the ascension process, we experience aches in our bodies and manifest flu like symptoms. We may find ourselves feeling fatigued and even sad, as if we might be coming down with something. This is a natural part of any cleansing process and commonly accompanies deep inner-work.

As we are called to examine our emotions and our beliefs, which often prompts deep inner-changes as well as external shifts, our bodies grow tired. Feeling under the weather is the way they let us know that it's time to take a break. It's best to be easy on ourselves at times like these and not to keep pushing forward. Learning to listen to and honor our bodies is part of the process of becoming more conscious.

As soon as you notice you are not feeling well, make an effort to get extra sleep, whether by going to bed earlier than usual or working

naps into your routine. You can also support your body by eating as healthy as possible, drinking plenty of water and herbal teas, and taking vitamins. Vitamin C is especially galvanizing to the immune system. Homeopathic remedies can also aid you in assisting your body in its time of rest and recovery.

Talking lovingly to yourself, and your body, will also help. Beyond that, simply letting go of thinking and resting in the deep silence of your true self will speed your recovery. In addition, you can always call upon your guides and angels, asking them to ease the symptoms.

It is natural to go through times of feeling under the weather, so there is no reason for you to worry. On the contrary, feel free to let go of worry and rest peacefully in the knowledge that this too shall pass, leaving you stronger, healthier, and further along in your healing process.

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Former Hooters waitress settles suit

Hooters likes to motivate its staff with prizes for top sellers. Playing on a classic pun, management at The Panama City, FL restaurant promised a "Toyota" (never in writing), but delivered a toy Yoda.

Jodee Berry, 27, won the beer sales contest at the Panama City Beach Hooters. She believed she had won a new Toyota and happily was escorted to the restaurant's parking lot in a blindfold.

But when the blindfold was removed, she found she had won a new toy Yoda — the little green character from the Star Wars movies.

After the stunt, Berry quit the restaurant and filed a lawsuit against Gulf Coast Wings, the restaurant's corporate owner, alleging breach of



Jodee Berry with her prize "toy Yoda."

contract and fraudulent misrepresentation.

The restaurant's manager, Jared Blair, has said the whole contest was an April Fools' joke.

David Noll, her attorney, said that he could not disclose the settlement's details, although he said Berry can now go to a local car dealership and "pick out whatever type of Toyota she wants."

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Thurs @ Snooks
Fri @ Gilbert's (day)
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HAPPY HOUR: 4-6 pm EVERY DAY
▶▶▶▶ Bud & Light \$1 Drafts ◀◀◀◀

LOCALS' FAVORITE 305-453-3153 45 Garden Cove Drive MM 106

More Ponderables

Why do drug stores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

Why does the sun lighten our hair, but darken our skin?

Why can't women put on mascara with their mouths closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do 'practice'?

Why is lemon juice made with artificial flavoring, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Is it good if a vacuum really sucks?

Why is the third hand on the watch called the second hand?

If a word is misspelled in the dictionary, how would we ever know?

If Webster wrote the first dictionary, where did he find the words?

Why do we say something is out of whack? What is a whack?

Why does "slow down" and "slow up" mean the same thing?

Why does "fat chance" and "slim chance" mean the same thing?

Why do "tug" boats push their barges?

Why do we sing "Take me out to the ball game" when we are already there?

Why are they called "stands" when they are made for sitting?

Why is it called "after dark" when it really is "after light"?

Doesn't "expecting the unexpected" make the unexpected expected?

Why are a "wise man" and a "wise guy" opposites?

Why do "overlook" and "oversee" mean opposite things?

Why is "phonics" not spelled the way it sounds?

If work is so terrific, why do they have to pay you to do it?

If all the world is a stage, where is the audience sitting?

If love is blind, why is lingerie so popular?

If you are cross-eyed and have dyslexia, can you read all right?

Why is bra singular and panties plural?

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

Why do we put suits in garment bags and garments in a suitcase?

Why do we wash bath towels? Aren't we clean when we use them?

Why doesn't glue stick to the inside of the bottle?

Why do they call it a TV set when you only have one?

Why do we drive on a parkway and park on a driveway?