

Smell like a Florida Keys native

DEET for Men

Available only in Key Largo

When you drop something when you're younger you just pick it up.

When you're older and you drop something, you stare at it for a bit contemplating if you actually need it anymore.

I DON'T CARE WHAT PEOPLE THINK OF ME. AT LEAST MOSQUITOES FIND ME ATTRACTIVE.

Some people need a reason to enjoy some wine.

I just need a glass.

WHY CAN'T MOSQUITOES SUCK FAT INSTEAD OF BLOOD?

UKULELE
Summer Lessons & Jams

Free Weekly Classes for ages 8-12 at the Key Largo Library, in Tradewinds Plaza

Class limited to 12 students and ukuleles are provided. Please register at the Front Desk.

Mondays: June 3, 10, 17, 24 1:00 p.m.-2:00 p.m.
Mondays: July 1, 8, 15, 22, 29 1:00 p.m.-2:00 p.m.

UKULELE FOR EVERYONE
Bring your own or borrow one for the Jam.

Wednesdays: June 5, 19 1:30 p.m.-3:00 p.m.
Wednesdays: July 3, 17 1:30 p.m.-3:00 p.m.
Wednesdays: August 7, 21 1:30 p.m.-3:00 p.m.

The Identity Of A True Floridian

There are many ways to identify the True Floridian and a few characteristics I have set down here are not meant to be the final word on the subject.



escape from mosquitos is death.

You wear a sweater when it gets below 70 degrees.

You have never visited a place that sells orange wine, baby Caymans, tee shirts for \$3, shells by the pound, or anything decorated with flamingos.

You don't even consider Miami a nice place to visit.

However, in the event you are not a True Floridian and you disagree with any of this, then please kindly keep your comments to yourself!

You are a True Floridian when:

You can remember when there was no good reason to go to Orlando.

You know the danger of driving behind cars bearing Indiana, Michigan, and Ohio license plates.

You won't pull off the road just to look at an alligator.

You won't pull off the road to help a driver from Indiana, Michigan, or Ohio.

You realize that the only reason for Georgia's existence is to provide extra billboard space for advertising Florida.

You understand the utter futility of exterminating cockroaches and the only

You respond to an invitation to a semi-formal cocktail party by wearing your best shorts. When it's formal you wear a shirt.

You provide false directions when asked how to find a nice secluded beach.

You don't yell "SHARK" when you see a group of porpoise playing in the surf.

Your definition of "water-front property" doesn't include condominium apartments on man-made canals 20 miles from the ocean.

You laugh when Northerners say that Florida doesn't have a change of seasons, because you know the rates are much lower between Memorial Day and Labor Day.

BUSINESS IN THE KEYS

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pain

Surviving Pain

by Dawn Wiggins, Ed.S.

You know that moment you stub your toe (or break it) on the coffee table, an errant LEGO or dog toy? If you're anything like me, a string of expletives burst from your mouth while anyone within earshot is concerned you've been shot.

You cringe for a bit and before long you move on with your life. You don't go back to the offending item and demand an apology or sulk over its lack of empathy or compassion. In fact, you're more likely to take charge by applying some first aid to the injury. Because after all, you wouldn't want this injury to hinder you from living your life!

Now replace the coffee table/LEGO/dog toy with an emotional or psychological injury caused by your ex, friend, spouse, parent or child. Instead of focusing on first aid, you spend weeks, months or even years obsessing over the need for a heartfelt apology and acknowledgment they understand how they've hurt you.

I get it. The inanimate object is not able to soothe

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you so it's easier to let go. But in my worldview, if the person who hurt you was able to make authentic amends, they would have. In all my years of working with clients, no one has ever withheld an apology for a rational reason. So you have a few choices to make...

Keep placing your healing in the hands of someone else. Or, get busy nursing your wound to health. Or even better, enlist a team of people to help nurse you to health.

COGNITIVE DISSONANCE

"Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief."

Frantz Fanon