



## Is It Hot Enough For Ya?

The Keys sounds like a cool vacation spot, hot enough to make people forget about last year's cold. Oh wait, we had no cold last year. We will give you a few tips on how to stay safe in the Keys summer.

Pay attention or die.

1. Always keep the elderly cool, they have a tendency to fall over at the slightest amount of heat and yes typically die. Go directly to the local mall. You can drop them off in the morning and pick them up when the mall closes.
2. Pay attention to your pets. If they look parched, sweaty or dehydrated, turn the hose on them.
3. Use sunscreen on all exposed parts of the body. The sun is a deadly bright and burning star that wants nothing more than to kill you. Explain this to your "Hot" neighbor and offer to place the lotion on as a favor.
4. Label all the gasoline storage containers properly, especially the ones you store in the house.
5. If you happen to buy a new air conditioner do not post that information on Facebook or Twitter... unless you are lonely and desperate for company.
6. Avoid buying any frozen dinner that says "place in oven for 3 hours," unless you decide to just leave it in your car to cook.
7. Keep all ice cubes in the freezer.
8. In case of a power outage make sure you check the light switches every time you walk into a room.
9. In case of a fire and you do not have a fire extinguisher, the water in the back of the toilet can be used to water your pets once the house has burned down.
10. It is best not to say "is it hot enough for ya?" This can get you beat up.



## Controlling Behavior

People that want to control others are, at the core, consumed with their own fears and projecting those fears onto others.

We all know what it's like to want to be in control. In some ways, exerting control is an important survival skill. For example, we have every right to be in control of our own bodies and our own lives. Taking control in these cases is empowering and necessary. Controlling behavior in the negative sense comes from a tendency to reach beyond our own boundaries and into the lives of others. Many people do this with the rationalization that they are helping. This can happen with parents who are still trying to force their grown children into behaving in ways that they find acceptable. It can also happen when people try to control their partners' behavior. Almost everyone has at least one situation or relationship in which they try to exert control. This often happens because someone's behavior makes us uncomfortable. We may feel it makes us look bad, or it embarrasses us. For example, if your best friend tends to drink too much, you might spend an entire party just trying to prevent her from doing so. This is different from directly confronting her about the problem and allowing her to decide what she should do. Controlling behavior generally goes hand in hand with an unwillingness to be direct about what you want, as well as an inability to let go and let people live their own lives.

If you are the one that is controlling, it's probably because you feel as if you are out of control and it scares you. Try to pick one thing you could just let unfold without any control on your part. Examine how it made you feel both before and after, and examine why you wanted to control the situation.

It is hard sometimes to allow others to be who they are, especially if we feel we know what's best for them and we see them making choices we wouldn't make. However, if we are to be respectful and truly loving, we have to let people go, trusting that they will find their own way in their own time.

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## SOMETHING FOR EVERYONE!

HAPPY HOUR - Daily 4:30-6:30 pm

LIVE MUSIC - Friday & Saturday nights from 5:00-9:00 pm

LOCALS DAY - Use your Pilot's License all day Wednesday for your discount and rewards

PRIME RIB DINNER - Make Thursday your #datenight (Thursday only after 4:00 pm) \$28.95

KID & PET FRIENDLY!

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**WEDNESDAY to SUNDAY**

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11:30 am to 9:00 pm (305) 451-3142 • [info@pilothousemarina.com](mailto:info@pilothousemarina.com) • <https://www.pilothousemarina.com>

## BOMBSHELL!!!



The conversation between Johnny Depp and Amber Heard had at the end of the trial has been leaked!  
The transcript reads:

Heard: Johnny... Hey! Can you turn around and look at me?  
Depp: (bows his head)

Heard: Let's talk Johnny... Talk to me.  
Depp: (Turns to his lawyer, and his lawyer shakes her head.)

Heard: I have something to talk to you about.  
Depp (with his head still down): I have nothing to talk to you about.

Heard: Please, look at me!  
Depp: Goodbye Amber.

Heard: Tell me something Johnny, do you still love me?

Depp: (Keeps quiet)

Heard: Do you still love me Johnny?

Depp (lifts his head, looks her straight in the eyes and says):  
Amber, this might be the last time we ever speak, so please listen to me very carefully. If you want to find out what is happening, read the Coconut Telegraph [www.theconchtelegraph.com](http://www.theconchtelegraph.com). Remember that! Goodbye Amber.

## WELCOME TO THE KEYS

You came here from there because you didn't like there, and now you want to change here to be like there.

We are not racist, phobic or anti whatever-you-are, we simply like here the way it is and most of us actually came here because it is not like there, wherever "there" was.

You are welcome here, but please stop trying to make here like there. If you want here to be like there you should not have left there to come here, and you are invited to leave here and go back there at your earliest convenience.

**PILOT HOUSE**

12 Beers  
ON TAP  
Full Wine  
SELECTION



Locals Day  
Wednesday



MM 99.6 Oceanside