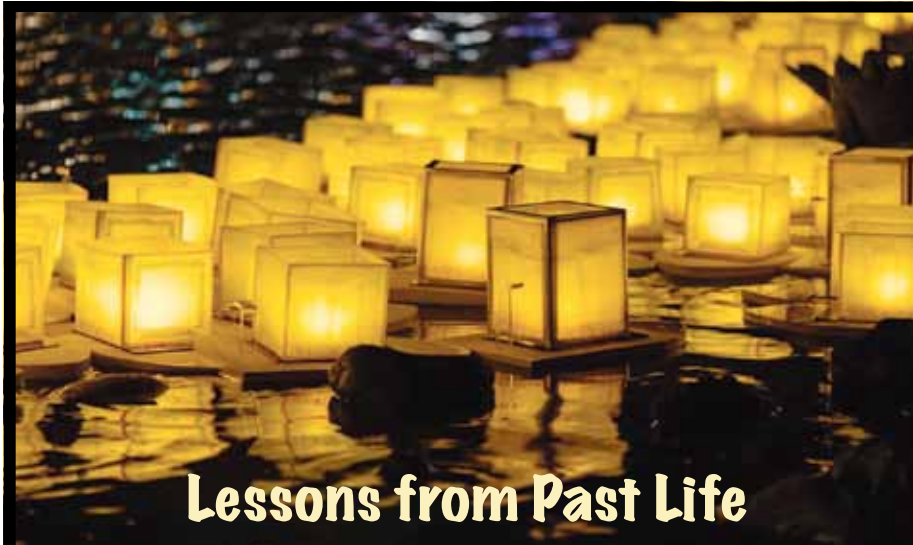


Tried my hand at those red-dyed rice krispy treats for Halloween. Got the trays from the butchers, made the labels myself.



Lessons from Past Life

Each lifetime brings with it specific lessons that are necessary for our spiritual evolution.

You meet someone for the first time and feel as if you know them already. You're in a town you've never been to before, yet you recognize streets and buildings. We often describe such experiences as déjà vu: the feeling that a new situation has happened to us before. But the possibility does exist that we have actually lived these experiences in the past or, rather, in another lifetime.

Many spiritual practices believe that reincarnation is real, that our souls return to this earth over a series of lifetimes to evolve, learn, grow, transform, and become more spiritually attuned through the course of each life. It is believed that we tend to cycle through our different lives with many of the same people. Often these "soul companions" are the ones we enter into relationships with; we work through our unresolved issues together so that we may heal. When we struggle or keep encountering blocks that keep us

from reaching our goals, there may be a specific lesson that we are supposed to learn in this lifetime. Being naturally blessed with a musical talent or another gift can be a special ability that you worked hard to develop in a past life. Each lifetime brings with it specific lessons that are necessary for our spiritual evolution.

Past life recall can give us valuable insights into our lives. The knowledge of how we lived before can help us overcome present obstacles, understand phobias, and resolve relationship issues. There are workshops where you can learn about past lives, and past life regression therapists can guide you on your journey backward in time. You can visit your past lives through your dreams, meditation, and trance work.

While looking back at your past lives can be exciting and enlightening, it is important to remember that the answers you are seeking to this life can only truly be found by living this one.

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Monroe County Public Library Asks Community To Weigh In On Names For New Library Kiosks

Two new Monroe County Public Library kiosks are on their way to the Keys and will be placed at Bernstein Park on Stock Island and Rowell's Waterfront Park in Key Largo. The Library is considering what to name these new kiosks and is seeking the community's input.

A survey is posted at the library's website, which is www.keyslibraries.org. It includes suggestions from Library staff, as well as the option of coming up with new name ideas.

The new kiosks will allow Monroe County Public Library patrons to check out books and DVDs during all hours the parks are open, including evenings and weekends. The kiosks can store up to 235 items to check out and up to

600 returned items. The kiosks are water-resistant so materials will be protected.

"We can't wait to bring the Library to people in areas that have traditionally been underserved," said Library Director Kimberly Matthews. "These new kiosks, along with the other new technologies like self-checkout and holds lockers, are empowering the Keys community to connect with the Library where they are, on their own schedules."

Library cards are free of charge to residents of the Keys and to people who pay property taxes or license a business in Monroe County but live elsewhere. Military personnel and family on active duty or retired in Monroe County are also eligible for a free resident card. To get a

Library card so you can check out materials, visit any branch in Key West, Big Pine Key, Marathon, Islamorada or Key Largo. You can also email info@keyslibraries.org for more information.

The kiosks are part of a \$975,000 grant to the Monroe County Public Library to bring new technologies and library access throughout the Keys. It was the most awarded to any Florida library under the American Rescue Plan and is the largest grant the Monroe County Public Library has ever received.

For more information about when the kiosks will be installed and loaded up, watch the Library website at www.keyslibraries.org. You can



also follow the Library on Facebook at Monroe County Public Library - Florida Keys and on Twitter and Instagram, where the address is @keyslibraries.

This 100% federally-funded project was awarded under the provisions of the American Rescue Plan Act from the Institute of Museum and Library Services. Florida's ARPA program is administered by the Department of State's Division of Library and Information Services.

CAPITONYMS

Capitonym — a word that changes its meaning (and sometimes pronunciation) when it is capitalized

| | |
|---|---|
| August — the eighth month | august — respected, impressive |
| Bill — a name short for William | bill — the amount to be paid |
| Cancer — a sign of the zodiac; a constellation | cancer — a disease with abnormal cells |
| Carol — a woman's name | carol — a hymn or Christmas song |
| China — the country | china — nice dinnerware |
| Earth — the planet we live on | earth — dirt, soil |
| Ionic — a classical architectural style | ionic — an adjective referring to ions |
| Job — the hero of a Biblical tale | job — employment |
| Lent — a period in the Christian calendar | lent — past tense of lend |
| Lima — the capital of Peru | lima — a type of bean |
| Mandarin — a Chinese language | mandarin — a small orange fruit |
| March — the third month | march — a style of walking |
| May — the fifth month | may — possibility, permission |
| Mercury — the first planet; a Roman god in mythology | mercury — a substance also known as quicksilver |
| Nice — a town in France | nice — kind, pleasant |
| Orient — countries of East Asia | orient — to align or position something |
| Pentagon — the government building near Washington DC | pentagon — a plane figure with five sides |
| Pole — a person from Poland | pole — a long stick |
| Polish — something from Poland | polish — to clean or shine a surface |
| Reading — a town | reading — a participle of read |
| Rich — a man's name | rich — wealthy |
| Sue — a woman's name | sue — to bring legal action |
| Turkey — a country | turkey — a North American bird |

SOMETHING FOR EVERYONE!
 HAPPY HOUR - Daily 4:30-6:30 pm
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