

Congratulations



Congratulations to Norm Higgins on being re-elected to the Key Largo Waste Water District Board.

Letter to the Editor

...Continued from page 3.

Walter Kush is still Commander. In a previous tour of duty as Commander, Walt helped the post pay off the mortgage. This time he took office after four years of very poor management and heavy debt, to what it is now, debt free and relative good times in less than a year of proper management. We do not

recognize the coup attempt that threw away the VFW bylaws and rules of procedure. The combat Marines Tim, Phil, Jack and others. Walt, myself, Shannon and other Army soldiers, members of the VFW all, will not give up and crawl away from this latest challenge. We are ready for you. How do you like us now?
From: George W. Long

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Attention Seniors

Looking for informative interaction? Join the Senior Group. The Senior Group meets every Monday (except holidays) at 10:30a.m. in the Key Largo Library meeting room at the Tradewinds Plaza, mile marker 101.4. The meetings are free & open to the public.

Pam Martin of Helpline will be the guest speaker Monday, November 8th. Pam, also a SHINE (Serving the Health Insurance Needs of the Elderly) volunteer for the Florida Department of Elderly Affairs will discuss the upcoming open enrollment period for Part D - the Medicare Prescription Drug program, letters sent out to low income Seniors with extra help from Medicare, Supplemental Insurance and changing open enrollment dates for 2011. She will also touch on other timely "Senior Issues" including setting up one on one appointments to help Seniors with their Part D selection. Next, Michael Salem of S.T.E.P.S. in the Right Direction, Inc. will address his agency's programs for Seniors.

For more information call Kathy Gong at 394-4006 or Pam Martin at 853-0907.

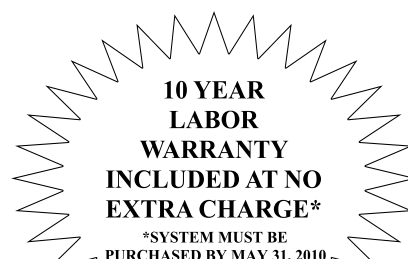
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Sharing the Full Story Calling on Friends

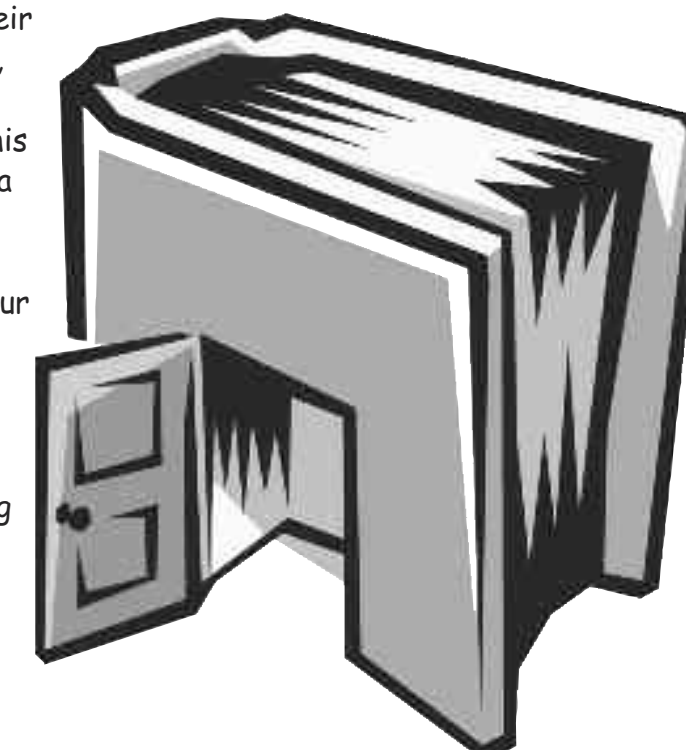
If we leave our friends out of our process when the going gets tough, our friendships can begin to feel shallow.

When we are going through a difficult time, we may hesitate to call even our best friends because we don't want to burden them with our troubles. This can be especially true if we've been going through a series of challenges, and we're starting to feel as if we sound like a broken record. It is important to remember that at times like these our friends sincerely want to be there for us whenever they can. We can always check with them to make sure it's a good time for them before we start talking, and if it's not a good time, we can call back at another time, or call another friend.

We know for ourselves that when we have a good friend, we don't want them to suffer alone when we are just a phone call away. We want them to call us and share their sorrows with us, as well as their joys, because this is what sharing a life through friendship is about. It is at our lowest points that we really need to rely on our friends without worrying that we are a burden. If you

are feeling self-conscious about having a tough time, you can bring this fact into the conversation by acknowledging it. Chances are your friend will reassure you that she is happy to be there for you. In fact, rather than feeling taxed, most of us feel better when we have helped a friend simply by listening empathically while they share their feelings.

Without our friends, we would be hard pressed to get through the tough times and celebrate the good ones. If we leave our friends out of our process when the going gets tough, our friendships can begin to feel shallow. On the other hand, when we include our friends in the full story of our life—the good, the bad, and the ugly—we build authentic relationships in which we can be who we truly are. When we do this, we invite our friends to bring their whole selves to the relationship as well.



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