

# Facing Domestic Violence



On Friday, April 26th, singer-songwriter duo Ellen and Gary Bukstel entertained a select crowd at the Murray Nelson Center. Proceeds benefited the Domestic Abuse Shelter of the Florida Keys. Ellen performed her award-winning song, "You're Not Better Than Me," from the Faces of Violence album. Ellen's powerful voice was the backdrop to a projected black and white photo study representing women and children who are victims of domestic abuse.

Ellen and Gary's joyful sibling spirit, remarkable harmonies and captivating music and lyrics uniquely blended for a wonderful evening.

Many thanks to the sponsors: Vernis & Bowling of the Florida Keys, Linda M. Kaplan, Esq. Immigration Attorney, Allen-Beyer Funeral Home, and Arthur & Barbara Ballen.

## Carrots, Eggs, or Coffee... Which are you?



A young woman went to her grandmother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. It seemed as one problem was solved a new one arose.

Her grandmother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished out each item and placed it in a bowl. Turning to her granddaughter, she asked, "Tell me what do you see?"

"Carrots, eggs, and coffee," she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they got soft. She then asked her to take an egg and break it.

After pulling off the shell, she observed the hard-boiled egg.

Finally, she asked her to sip the coffee. The granddaughter smiled, as she tasted its rich aroma. The granddaughter then asked, "What's the point, Grandmother?"

Her grandmother explained that each of these objects had faced the same adversity -- boiling water -- but each reacted differently.

The carrot went in strong, hard and unrelenting. However after being subjected to

the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

"When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

### WHICH AM I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff?

Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If I am like the bean, when things are at their worst, I get better and change the situation around me.

--- AUTHOR UNKNOWN

--- Courtesy of Thad Bowling

### The Domestic Abuse Shelter Key Largo Outreach Office could use your help.

The Pink Plaza Suite #235 -- mile marker 103 Bayside (103400 Overseas Highway, Suite 235, Key Largo, FL 33037)

Please come by and see us, and if you can, bring a donation:

MON  
11am-7pm  
TUE-FRI  
9am-5pm

(305) 451-5666



#### DOMESTIC ABUSE SHELTER, INC. Wish List

##### General Needs

- Copy paper
- Paper towels & toilet paper
- Cleaning supplies & laundry detergent
- Gift certificates to drug (Kmart, CVS, Walgreens) & grocery stores (Albertson, Winn-Dixie and Publix) in small denominations
- Hand sanitizers
- Twin size linens (sheets, pillows, plastic mattress & pillow covers)
- Bath towels & wash cloths
- Non perishable foods
- First aid supplies
- Bus passes (Keys transit)
- Gas cards

##### Personal Needs

- Tooth brushes & toothpaste
- Hair brushes & combs
- Shampoo, conditioner, bath soaps
- Nail files & clippers, razors
- Deodorant
- Cotton balls, Q-tips
- Feminine hygiene products
- Women's panties & bras in assorted sizes, pajamas, night shirts & socks
- Blow dryers

##### Children's Needs

- Books
- Art & school supplies
- Diapers & wipes
- Baby bottles
- Baby foods & juices
- DVDs (age appropriate)
- Kid oriented gift certificates (movies, food, fun stuff)
- Children's underwear in assorted sizes & socks

The Domestic Abuse Shelter (DAS) is a non-profit organization, providing comprehensive services for individuals and families experiencing domestic and sexual abuse in the Florida Keys. Our mission is to reduce the incidence and minimize the impact of domestic and sexual abuse in Monroe County by directing victims and abusers to appropriate, effective programs and services.



## Pirates on the Water

is hosting  
a benefit for

**The Good Health Clinic**  
Great Care — Free Care

# M\*A\*S\*H

## SPEND THE EVENING AT THE

# 4077<sup>TH</sup>

Saturday

# MAY 11, 2013 6pm

## The Lion's Club in Key Largo

\$ 25 each in advance • \$ 30 each at the door

Tickets can be purchased in advance at:

**The Good Health Clinic** 91555 Overseas Hwy Tavernier

**The Morgan Insurance Group** 102481 Overseas Hwy Key Largo

**Key Largo Chocolates** 100470 Overseas Hwy Key Largo

**The Art Box** 100650 Overseas Hwy Key Largo



The Art Box



For information call Judy 305-394-0249 or John 305-619-1941