

# IF YOU'RE GOING TO CHILL, CHILL BIG!

MM104 B/S | Key Largo | 305.453.9066 | [www.jjsBigChill.com](http://www.jjsBigChill.com)

## SPRING BREAKERS

### Welcome

Happy Hour!  
4-7 PM  
Monday - Friday

Live Music  
EVERY NIGHT!

Come In For  
Lunch & Dinner!

PUBLIC WELCOME! • FULL BAR • CAFE

## VFW POST 10211

HOURS: Sun - Thurs: 12 pm - 12 am • Fri & Sat: 12 pm - 2 am

<p><b>Monday:</b> Happy Hour 4-6pm Show Me The \$\$ 6pm</p> <p><b>Tuesday:</b> Membership Appreciation Day Show Me The \$\$ 6pm</p> <p><b>Wednesday:</b> Happy Hour 4-6pm Show Me The \$\$ 6pm</p> <p><b>Thursday:</b> Happy Hour 4-6pm Bingo 7pm</p> <p><b>Friday:</b> Happy Hour 4-6pm</p> <p><b>Saturday:</b> \$1 Drafts 12-7pm Ladies Night 7-9pm Show Me The \$\$ 7pm</p> <p><b>Sunday:</b> Bingo 2-5pm Happy Hour 4-6pm</p>	<h3 style="font-size: 1.5em;">Freedom Cafe</h3> <p><i>Daily Food Specials at the Freedom Cafe!!!</i></p> <p><b>Sun:</b> 6 oz Sirloin</p> <p><b>Mon:</b> Meatloaf</p> <p><b>Tue:</b> Tacos / Burritos</p> <p><b>Wed:</b> Chicken Parmesan</p> <p><b>Thu:</b> 6 oz Sirloin</p> <p><b>Fri:</b> Spaghetti</p> <p><b>Sat:</b> BBQ Chicken/Ribs</p> <p><b>MM 102.3</b> <b>Oceanside</b> 102255 Overseas Hwy. <b>305-451-2120</b></p>
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## Get Clean With Sheen

**Sheen Rehabilitation Center Will Teach You To:**

- Limit Drinking To Five Nights a Week
- Increase Capacity To Drink Like Two and A Half Men
- Learn to Rant incoherently and Still Fascinate People!

**Special Guest Lecture "Cocaine is God's Way of Saying You Have Too Much Money," with Gary Busey**

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Gourmet Food... Full Bar and Spa with Fitness Room

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*Finance plans available for 3 and 6 week course*

**For More Information Call 1 -800-No Control or visit us on the web @ [www.charliesnuts.com](http://www.charliesnuts.com)**

Sheen Clinic Locations in  
Malibu | Key Largo | Madrid | Miami | Kalamazoo

**MOST OF THE THINGS YOU WORRY ABOUT NEVER HAPPEN**

## Getting Ourselves Worked Up

Often we get anxiety for no reason, as we are almost always stronger and more capable than we believe ourselves to be.

Our capacity to cope successfully with life's challenges far outstrips our capacity to feel nervousness. Yet in the weeks, days, and hours leading up to an event that we believe will test our limits, we can become nervous. While we may have previously regarded ourselves as equal to the trials that lie ahead, we reach a point at which they near and our anxiety begins to mount.

We then become increasingly worked up, until the moment of truth arrives and we discover that our worry was all for nothing. We are almost always stronger and more capable than we believe ourselves to be. But anxiety is not rational in nature, which means that in most cases we cannot work through it using logic as our only tool.

Reason can help us recognize the relative futility of unwarranted worry but, more often than not, we will find more comfort in patterns of thought and activity that redirect our attention to practical or engaging matters. Most of us find it remarkably difficult to focus on two distinct thoughts or emotions

at once, and we can use this natural human limitation to our advantage when trying to stay centered in the period leading up to a potentially tricky experience.

When we concentrate on something unrelated to our worry, such as deep breathing, visualizations of success, pleasurable pursuits, or exercise anxiety dissipates naturally. Meditation is also a useful coping mechanism as it provides us with a means to ground ourselves in the moment. Our guides can aid us by providing us with a focal point wholly outside of our own sphere.

The intense emotional flare-up you experience just before you are set to challenge yourself is often a mixture of both excitement and fear. When you take steps to eliminate the fear, you can more fully enjoy the excitement. Though you may find it difficult to avoid getting worked up, your awareness of the forces acting on your feelings will help you return to your center and accept that few hurdles you will face will be as high as they at first appear.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at [www.dailyom.com](http://www.dailyom.com)

## The Ten Legal Commandments of Photography

As Publisher of the paper, I get asked often if it is legal for me to take photos of people in public. The answer, for the most part, is yes and here is why.

1. Anyone in a public place can take pictures of anything they want. Public places include parks, sidewalks, malls, etc. Malls? Yeah. Even though it's technically private property, being open to the public makes it public space.
2. If you are on public property, you can take pictures of private property. If a building, for example, is visible from the sidewalk, it's fair game.
3. If you are on private property and are asked not to take pictures, you are obligated to honor that request. This includes posted signs.
4. Sensitive government buildings (military bases, nuclear facilities) can prohibit photography if it is deemed a threat to national security.
5. People can be photographed if they are in public (without their consent) unless they have secluded themselves and can expect a reasonable degree of privacy. Kids swimming in a fountain? Okay. Somebody entering their PIN at the ATM? Not okay.
6. The following can almost always be photographed from public places, despite popular opinion:
  - accident & fire scenes, criminal activities
  - bridges & other infrastructure, transportation facilities (i.e. airports)
  - industrial facilities, Superfund sites
  - public utilities, residential & commercial buildings
  - children, celebrities, law enforcement officers
  - UFOs, the Loch Ness Monster, etc.
7. Although "security" is often given as the reason somebody doesn't want you to take photos, it's rarely valid. Taking a photo of a publicly visible subject does not constitute terrorism, nor does it infringe on a company's trade secrets.
8. If you are challenged, you do not have to explain why you are taking pictures, nor do you have to disclose your identity (except in some cases when questioned by a law enforcement officer.)
9. Private parties have very limited rights to detain you against your will, and can be subject to legal action if they harass you.
10. If someone tries to confiscate your camera and/or film, you don't have to give it to them. If they take it by force or threaten you, they can be liable for things like theft and coercion. Even law enforcement officers need a court order.

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