

\$ How bad is it?

The economy is so bad that:

- I received a pre-declined credit card in the mail.
- CEO's are now playing miniature golf.
- Exxon-Mobil laid off 25 Congressmen.
- Angelina Jolie adopted a child from America.
- Motel Six won't leave the light on anymore.
- A picture is now only worth 200 words.
- They renamed Wall Street "Wal-Mart Street."
- Finally, I called the Suicide Hotline. I got a call center in Pakistan and when I told them I was suicidal, they got all excited, and asked if I could drive a truck!

This is just good advice.

When I was 15, I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of "getting to know you" questions you ask young people: Do you play sports? What's your favorite subject? And I told him, no I don't play any sports. I do theater, I'm in choir, I play the violin and piano, I used to take art classes.

And he went "Wow. That's amazing!" And I said, "Oh no, but I'm not any good at ANY of them."

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: "I don't think being good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them."

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of talent, that I thought it was only worth doing things if you could 'win' at them."

- Kurt Vonnegut



Passive Aggressive Behavior

The way to end passive aggressive behavior on your part or others' is with complete honesty and truth in any situation.

If you've ever found yourself repressing your anger and behaving in other ways to get your point across, you may be someone who is adept at engaging in passive-aggressive behavior. Although passive-aggressive behavior is recognized as a psychological disorder, many people use it to cope with confrontational situations. It has the outward appearance of being peaceful, yet it is really an attempt to express oneself in seemingly passive ways -- usually without accepting responsibility for doing so.

For example, someone who doesn't want to attend an event with a partner might engage in behavior that causes them to be late or miss the event without ever admitting to their partner that they never wanted to go at all. Procrastination, inefficiency, stubbornness, and sullenness are some of the many ways that anger can be expressed indirectly.

It is important not to judge ourselves when we engage in passive-aggressive behavior. You

may want to consider that you are not owning your feelings or your expression by indirectly expressing yourself. Perhaps you are judging your feelings and needs as wrong. You also may be worried that others will judge you for feeling the way that you do. Anger, and every other emotion, are never good or bad. They can, however, become toxic if you don't express them in healthy and proactive ways. When we express ourselves directly, we are more likely to be heard by the other person. It also becomes easier to ask for and get what we want.

Once we learn to be honest with ourselves about our feelings, we can begin to directly express ourselves to others. By learning to express ourselves directly, we prevent misunderstandings, hurt feelings, and resentment from cropping up in our relationships. We also learn to communicate with others in healthy and productive ways. It is never too late to start working on ourselves and our behaviors, just take it one day at a time.

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Bad Day At Work?

Next time you have a bad day at work, think about this guy: Rob is a commercial saturation diver for Global Divers of Louisiana. He performed underwater repairs on off-shore drilling rigs.

Below is an e-mail he sent to his sister. She then sent it to 103.2 FM in Ft Wayne, Indiana, which was sponsoring a "worst job experience" contest. She won.

"Hi Sue,
Just another note from your bottom dwelling brother. Last week I had a bad day at the office. I know you've been feeling down lately at work, so I thought I would share my dilemma with you to make you realize it's not so bad after all.

Before I can tell you what happened to me, I first must bore you with a few technical-

ties of my job. As you know, my office lies at the bottom of the sea. I wear a suit to the office. It's a wetsuit.

This time of year the water is quite cool. So what we do to keep warm is this: we have a diesel powered industrial water heater. This \$20,000 piece of equipment sucks the water out of the sea. It heats it to a delightful temperature. It then pumps it down to the diver through a garden hose, which is taped to the air hose.

Now this sounds like a good plan, and I've used it several times with no complaints. What I do, when I get to the bottom and start working, is take the hose and stuff it down the back of my wetsuit. This floods my whole

suit with warm water. It's like working in a Jacuzzi.

Everything was going well until all of a sudden, my butt started to itch. So of course, I scratched it. This only made things worse. Within a few



seconds my butt started to burn. I pulled the hose out from my back, but the damage was done. In agony, I realized what had happened. The hot water machine had sucked up a jellyfish and pumped it into my suit. Now since I don't have hair on my back, the jellyfish couldn't stick to it. However, the crack of my butt was not as fortunate. When I scratched what I thought was an itch, I was actually grinding the jellyfish into my butt.

I informed the dive super-

visor of my dilemma over the communicator. His instructions were unclear due to the fact that he, along with 5 other divers, were all laughing hysterically. Needless to say, I aborted the dive.

I was instructed to make 3 agonizing in-water decompression stops totaling 35 minutes before I could reach the surface to begin my chamber decompression. When I arrived at the surface, I was wearing nothing but my brass helmet.

As I climbed out of the water, the medic, with tears of laughter running down his face, handed me a tube of cream and told me to rub it on my butt as I got in the chamber. It put the fire out, but I couldn't poop for two days because my butt hole was swollen shut.

So, next time you're having a bad day at work, think about how much worse it would be if you had a jellyfish shoved up your butt."