



An Instant Vacation

If you can't get away on a vacation, turn your home into an instant vacation place.

Throughout our lives, most of us are led to believe that relaxation is best pursued outside of the home. As a result, we spend months anticipating weeklong vacations, seldom fully appreciating the leisure time we are blessed with on a more regular basis. It is possible, however, to experience the same utterly relaxed state you slip into while on holiday within the walls of your home. The feelings of serenity you enjoy during a vacation are a product of your outlook rather than your locale. You give yourself permission to enjoy yourself and unwind while on vacation. Granting yourself the same privilege while at home allows you to experience complete relaxation, even when surrounded by routine.

Our homes can be distracting places as most survival tasks are addressed there. Reviving the tranquility you felt on holiday is as easy as creating an atmosphere that helps you relax. First, divest yourself of the notion that messes must be

cleaned up immediately and reaffirm that relaxation is as vital as physical nourishment. Then, set the mood. Music that reminds you of a beloved vacation destination can put you in a vacation mind-set. The exotic flavor of a tropical beverage or the spiciness of a favorite ethnic dish can transport you to a more restful mental space. Finally, put aside your projects and commit to doing only what you consider truly pleasurable. Your responsibilities will wait as you put up your feet and revel in peacefulness that comes from within.

If you find it difficult to ignore the temptation to simply fall back into your usual schedule, consider that relaxation should occupy a prominent place on your to-do list. You deserve to take "you time" and to care for yourself, even during life's busy periods. While you may not always be able to get away from it all, you can still nurture yourself and regain your peace of mind.

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Great Decisions

An opportunity to learn about our world and share our views; a free program

Key Largo Branch Library - Community Room

2:00 p.m. - 3:30 p.m.

Ask at the circulation desk for a copy of the month's background article. Each free event will include a video and guided discussion.

August 1: NATO's Future

Since the Russian invasion of Ukraine in 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

September 5: Understanding Indonesia

Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar? What are current issues in U.S.-Indonesian relations, and what role can the country play in Asia?

October 3: High Seas Treaty

Areas of the high seas beyond national jurisdiction are facing a degradation of ecosystems due to climate change and the increase in shipping, overfishing, pollution, and deep-sea mining. The recent High Seas Treaty, will attempt to address these issues. How difficult will it be to convince nations to participate?

November 7: Pandemic Preparedness

Looking back at the COVID-19 pandemic, how can we apply the lessons learned in terms of domestic and international policies to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges?

Sponsored by Friends of the Key Largo Library

Foreign Policy Association



Key Largo Library is located in the Tradewinds Plaza at MM 101.4 Oceanside.

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go slightly outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, a stranger, or even yourself).

#WorldKindnessDay randomactsofkindness.org

Lady Anglers to Learn, Tackle Fishing and win Fishing Fever Tournament Prizes at Keys Oct. 18-20 Ladies, Let's Go Fishing®

Learn from the pros in Islamorada and Tavernier plus fishing, rigging, conservation and enjoy a fun Fishing Fever competition for beginners!

Don't miss the "Ladies, Let's Go Fishing!®" Keys University and Fishing Fever Tournament, Oct. 18-20 in the Sport Fishing Capital of the World. Hosted by the nonprofit Ladies Let's Go Fishing Foundation, the "No-Yelling School of Fishing" offers classroom presentations, two networking events, hands-on skill practice, optional charter boat fishing and the friendly Fishing Fever Tournament. Classes will be held at the waterfront Elks Lodge in Tavernier. No equipment or experience is necessary.

Optional offshore or inshore charter fishing out of Islamorada is offered on Friday and Sunday with prizes awarded for the tournament. Participants can also fish from their own boats.

Activities launch Friday evening with a networking social and fundraiser 6:30 to 8:30 pm. Saturday morning indoor presentations begin at 9 am, covering Offshore, Inshore and Bottom Fishing, plus Fishing Basics and Conservation. Speakers include Captains Lee Lavery, Jeanne Towne, Rob Modys, podcaster, fishing book author and fishing guide and Betty Bauman. Setting this program



Contact: (954) 475-9068; info@ladiesletsgofishing.com www.ladiesletsgofishing.com www.facebook.com/ladiesletsgofishing



Participants at Ladies, Let's Go Fishing Keys with FWC officers.



Ladies with amberjack: Lori Love, St. Augustine, FL; Melody Tuschel, Big Pine Key, FL; Felicia Alexander, Coral Springs, FL; Desaray Norris, Naples, FL and Shelley Hughes, North Ft. Myers, FL on Sea Horse.



Ladies with fish: Janet Steiner, Dede Shartran, Cindy Campbell, St. Augustine, FL; Cristiane Carvalho, Pinecrest, FL and Kathryn Feanny, Ft. Lauderdale, FL on Big Dave.

apart from typical fishing classes are the hands-on fishing activities taught by several guides for releasing, knot tying, dehooking, bait rigging, spin casting, cast netting and more until 4:30 pm. A second networking party will be held afterwards.

Featured on national network television and more, the series is supported by major partners, supporters and other contributors, which are listed on the website.

Online early registration rate is \$125 per person. Regular entry is \$145. VIP registration of \$180 offers special gifts and discounts. A women with teens discount is offered. Reservations made far in advance are recommended. The Elks Club is located at 92600 Overseas Hwy, Tavernier, FL 33070, MM 92 Bayside. Ladies may register a male guest or teens to include the family.



Remaining 2024 events:

Sept. 20-21, 2024
Guy Harvey Outpost Bass Seminar & Tournament
Camp Mack, Lake Wales, FL

Oct. 18-20 2024
Keys Saltwater Weekend seminar and fishing and Fishing Fever Tournament, Islamorada, FL

Nov. 23-24, 2024
St. Augustine Surf Fishing Academy
Guy Harvey Resort
Aug. 6-11, Azores Fishing

For early 2025

Jan. 31-Feb. 2
Islamorada Womens Sailfish Tournament