

Navigating a Narcissistic Relationship

Being under the constant shadow of a narcissist can result in a profound loss of self.

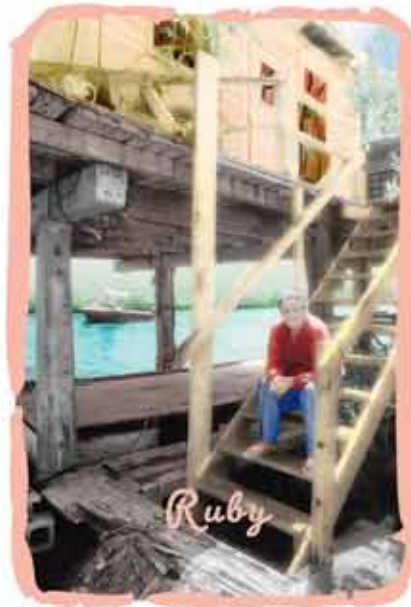
Imagine a relationship where the exchange feels perpetually one sided: conversations circle around one person's life, their challenges, and their narrative, leaving little room for your voice. Or consider a friend who draws heavily on your support but holds back when it's their turn to listen and support you. Over time, such dynamics can lead to feelings of deep exhaustion, unworthiness, and dissatisfaction. If either scenario sounds familiar, you might be in a relationship with a narcissist.

Narcissism lies on a spectrum, and its impact can vary drastically. On one end, it may manifest as mild self-absorption, but at the other, it can escalate to a toxic relationship that jeopardizes your physical and emotional health. Being under the constant shadow of a narcissist can result in a profound loss of self. This continual uncertainty and invisibility can lead to emotional frustration and

erosion of your sense of identity and self-worth. Recognizing the signs of a narcissistic relationship is paramount for protecting your well-being. To navigate such relationships, it's important to maintain a strong support network, set boundaries, practice self-care, and possibly seek professional help. If you believe change is possible, having a conversation to express your needs for a fairer exchange could open a door to a deeper, more genuine connection. Sometimes, people are unaware of the imbalance, and your courage to speak up might foster healing in the relationship.

When dealing with narcissism, let compassion be your guide — compassion for yourself as you work toward a healthy solution, even if that means walking away, and for others who may be struggling with their own hidden pains. Every relationship is an opportunity for learning and growth.

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Ruby Stern known as "Miss Ruby", was the matriarch of Downtown Card Sound. She was a familiar site to travelers across Card Sound bridge.

ORIGINAL LOCAL ARTWORK BY



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On the shirt back is Carol's image of Ruby Stern, matriarch of Downtown Card Sound Road, a place that doesn't exist on any map... yet was home to a community of free spirits, fishermen and independent thinkers who took up residence there. Located on the west side of the road south of Alabama Jack's, and the toll booth, the shack was originally built by workers who constructed the toll bridge around 1968. In 1972 Ruby moved in and lived there for 27 years. She'd sit on the steps of her shack, with an old Colt 44 daring anyone to throw her off the land. She stayed. Not even the destructive forces of hurricane Andrew and the county's condemnation of the shack could send her from her spot on the bay on Card Sound. She moved to a trailer alongside and lived there until 1999 when she had to leave due to illness, and died at age 90.

Dress like a Florida Keys local and be comfortable in the sun in our DRI-FIT shirt designed by Carol Ellis | Little Salt Photography featuring original artwork of the HISTORIC FISHING VILLAGE OF DOWNTOWN CARD SOUND



SCAN CODE WITH YOUR SMART PHONE TO PURCHASE



SPF 50, long sleeve fishing performance shirt in aqua, limeade and white

Anglers Hook 160 Fish at "Ladies, Let's Go Fishing!" Keys University and Fishing Fever Tournament in October —From Beginners to Winners—

Forty two aspiring anglers came from Florida and elsewhere to learn from the pros at the award winning "Ladies, Let's Go Fishing!@ Keys University and Fishing Fever Tournament, October 18-20 at the Elks Lodge, Tavernier, FL. Participants came to learn about fishing and practice their skills on the water, catching and/or releasing 160 fish from eight boats in the Fishing Fever Tournament.

Fish caught and/or released included cobia, sailfish, a variety of snappers, bonito, tarpon, snook, redfish, trout, sharks and more. With beginners fishing in high winds, there were eight tarpon releases and two sailfish releases in addition to fish caught or released.

It was remarkable what many of the first-time anglers caught in the sporty seas. For



Ayla Flores Top Teen Angler was fishing with with Capt. Mike Diaz.

Malabar, FL it was a life-changing experience to fish her first time ever with her grandparents.

Betty Bauman, Founder of Ladies, Let's Go Fishing commented, "This event was designed for beginners who can win a prize in our Fishing Fever tournament, even if it was their first fish ever caught or released."

Winners:

Top Offshore: Donna Jocelyn, Miami, FL 35.5 lb. cobia on Sea Horse with Capt. Rick Rodriguez.

Second Place Offshore: Kim Royal, Orlando, FL 3.1 lb. yellow-tail also on Sea Horse.

Top Sailfish Release: Kim Royal, Orlando, FL one sailfish with Capt. Rick Rodriguez.

Top Inshore: Janet Steiner, St. Augustine, FL 33.5" snook on Capt. Chris Hanson Scales 2 Tales.

Second Place Inshore: Pat Kucera, Tarpon Springs, FL, 28" redfish released on Capt. Chris Hanson Scales 2 Tales.

Top Inshore Release: Pat Kucera, Tarpon Springs, FL two tarpon also on Scales 2 Tales.

Top Teen Angler: Ayla Flores, Malabar, FL age 13 for a 19" snook on Pelagic Raptors Charters with Capt. Mike Diaz.



Participants at Ladies, Let's Go Fishing Keys Class of 2024.



Ladies on Sea Horse with Capt. Rick Rodriguez celebrate their catch including two sailfish releases.



Eric Scoble, Blackwater Charters group.

FOR MORE INFO:

Ladies, Let's Go Fishing!
www.ladiesletsgofishing.com

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www.ladiesletsgofishing.com
www.facebook.com/ladiesletsgofishing.

It's Kitten Season! Fix Those Felines!

Please help "fix" pet overpopulation by spaying and neutering your pets.

Free spay and neuter clinics at Key Largo Animal Shelter, normally every 2 weeks.

This program is privately funded by Humane Animal Care Coalition for Upper Keys residents.

Please call the shelter for details and appointments.

Open Monday to Friday 9am to 6pm and Saturday 9am to 5pm

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