



Writing Your Story

We all have a story to tell, whether we publish it or keep it for just ourselves or family — allow yourself to be heard.

Everyone, at one time or another, has wanted to express his or her story. Writing a memoir to read privately, share with family or friends, or publish is an emotionally satisfying way to gain perspective on your experiences while sharing your unique voice.

We've all experienced feelings and events in our lives that we are longing to write down. Giving in to that urge can give you an outlet for purging any frustration, anxiety, or long-dormant feelings. No one else has to read it.

It takes effort to write down the truth in detail. Your memories, captured on paper as descriptive scenes, sights, sounds, and scents, may at first seem disconnected or incomplete. But rest assured that you possess the ability to shape your recollections into stories.

Everyone wants to be heard. Reading your story to others can meet that need. Writing your story can also help you understand your

life experiences. And when you finish writing, you may be surprised at what you have accomplished.

You may surprise yourself with new insights, or you may find yourself exploring your roots, your identity, and your future through your words. Allow your writing to guide you and write as truthfully as possible. Don't worry about what others will think of your personal journey, your style of writing, or your words.

As you write, remember to have compassion for yourself, particularly when writing about traumatic events. If you are a young person, you can add to your life story as you grow older. Your writing may help family members know you better, or they may understand themselves more through reading about your experiences. More importantly, you are expressing yourself in a permanent way, giving a gift to yourself, and letting your voice be heard.

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Save The Date For A Derby Extravaganza



Habitat's 2023's event was a casino-themed evening.

Mark your calendar to save the date for a spectacular evening of fun, fashion, and philanthropy at the Habitat for Humanity of the Upper Keys 21st Annual Cocktail Party. On Friday, MARCH 8, 2024, Habitat will host a Kentucky Derby-themed cocktail party/fundraiser at the Cheeca Lodge & Spa, to include Derby attired guests, food stations, dancing, live and silent auctions.

There are still sponsorship opportunities open for participation. Contact Lindsay Fast lindsay@habitatupperkeys.org or call 305-453-0050. Additionally, the Cocktail Party organizing committee is actively seeking contributions for the silent auction. Feel free to contact them at info@habitatupperkeys.org.

More information is available at habitatupperkeys.org, facebook.com/habitatupperkeys, or instagram.com/habitatupperkeys.

About Habitat for Humanity of the Upper Keys

Habitat for Humanity of the Upper Keys is the local affiliate of Habitat for Humanity International, an organization dedicated to the elimination of poverty and substandard housing worldwide. HFHUK is a 501c3 nonprofit that serves the communities of Key Largo, Tavernier and Islamorada in the Keys. For more information, please visit our website at www.habitatupperkeys.org.



MONROE ASSOCIATION FOR REMARKABLE CITIZENS, INC.

SERVING THE FLORIDA KEYS SINCE 1966

The MARC Thrift Shop in Tavernier is now open Wednesday thru Saturday from 9am to 3pm.

PIRATES COVE WATERSPORTS

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305-453-9881



**Jetski & Boat Eco Tours
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GAME DAY SPECIALS



**SATURDAY COLLEGE GAMES
SUNDAY NFL GAMES**

Come by Water!

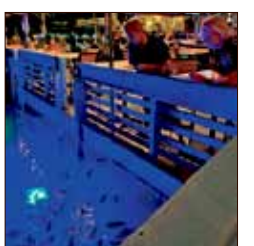
Ask about boat slips reserved for restaurant customers.

**12 Beers ON TAP
Full Wine SELECTION**



PILOT HOUSE

**Locals Day
Wednesday**



Feed the fish!

KID & PET FRIENDLY!

SOMETHING FOR EVERYONE!

HAPPY HOUR - Daily 4:30-6:30 pm

LIVE MUSIC - Friday & Saturdays from 5-9 pm

LOCALS DAY - Use your Pilot's License all day Wednesday for your discount and rewards

PRIME RIB DINNER - Make Thursday your #datenight \$28.95

Ask about our Daily Throw Back Specials!!!

SIGN UP FOR OUR NEWSLETTER

**MM 99.6
Oceanside**



Fish Dip



Grouper Sandwich



P&E Shrimp



Prime Rib Dinner



Tuna Nachos



Kung Pao Bowl

**WEDNESDAY to SUNDAY
11:30 am to 9:00 pm**

**Pilot House Restaurant & Marina • 13 Seagate Blvd., Key Largo, FL 33037
(305) 451-3142 • info@pilothousemarina.com • <https://www.pilothousemarina.com>**