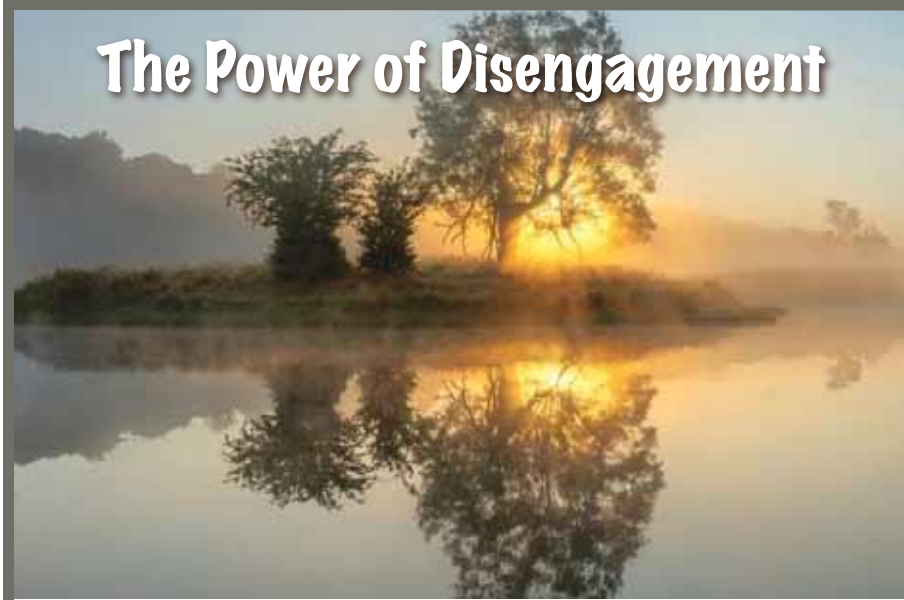


The Power of Disengagement



Life should not be lived with a series of mind games, but instead with truth and self-reflection.

For better or worse, many people have been raised to believe that communicating in an honest and open way will not get them what they want. Instead, they have learned to play mind games or go on power trips in the service of their ego's agenda. People stuck in this outmoded and inefficient style of communication can be trying at best and downright destructive at worst. We may get caught up in thinking we have to play the same games in order to defend ourselves, but that will only lead us deeper into confusion and conflict. The best way to handle people like this is to be clear and honest with them.

As with all relationships and situations, we must look within for both the source of our difficulties and the solution. Reacting to the situation by getting upset will only entrench us more deeply in it. Only by disengaging, becoming still, and going within can we begin to see what has

hooked us into the mess in the first place. We will most likely find unprocessed emotions that we can finally fully feel. The more we are able to do this, the less we will be bothered by the other person's dramas, and the more we will be free to respond in a new way. In the light of our new awareness, the situation will untangle itself, and we will slowly break free.

Whenever people come into our lives, they have come for a reason — to show us something about ourselves that we have not been able to see. When unhealthy people try to hook us into their patterns with mind games and power trips, we can remind ourselves that we have something to learn and that a part of us is calling out for healing. This takes the focus off the troubling individual and puts it back on us, giving us the opportunity to change the situation from the inside out.

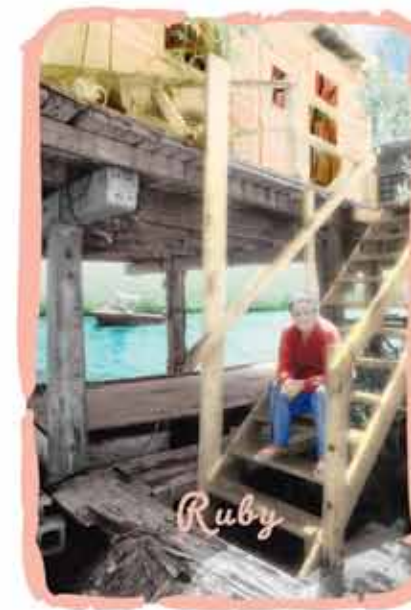
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QUIZ TIME!

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole... that measures two feet by three feet by four feet?
5. What word in the English language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's name in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Answers:

1. Johnny, of course.
2. Meat.
3. Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]
4. There is no dirt in a hole.
5. Incorrectly
6. Billy lives in the Southern Hemisphere.
7. You can't take pictures with a wooden leg. You need a camera to take pictures.
8. Same as is it now - Joe Biden [Oh, come on...]
9. You would be in 2nd. You passed the person in 2nd place, not 1st.
10. Neither, the yolk of the egg is yellow [Duh]
11. If he combines all of his haystacks, they all become one big one.



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
Little Salt by Carol Ellis
PHOTOGRAPHY
305-451-7778

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

IS YOUR PROPERTY TITLE PROTECTED FROM FRAUD?



A malicious form of real estate fraud is on the rise, one that can be devastating for homeowners. Known as home title theft, the scheme involves forging documents to record a phony transfer of property ownership. Criminals can then sell the home, take out a mortgage on it, or even rent it out for a profit.

PROPERTY FRAUD ALERT

Monroe County Clerk, Kevin Madok, is offering Free Title Monitoring to help fight property fraud in Monroe County. By subscribing, a homeowner will receive alerts if a document is recorded in their name. To subscribe, go to monroe-clerk.com and click on the Free Title Monitoring tile. It is easy and it is free.

Soak watermelon slices in tequila for an hour, then sprinkle them with coarse salt to create an edible margarita that you can enjoy anywhere

