



Sight Versus Vision

When anger has no outlet, it can morph into resentment with the potential to cause great turmoil.

Sight is the ability to see the physical world while vision is the gift of seeing beyond it. Sight enables us to take in the physical world, so we can participate in it with knowledge. It brings us pleasure through our eyes, which perceive the colors and shapes of all the myriad expressions of nature and human beings. It helps us feel in control, allowing us to see what is coming toward us, which way we are going, and exactly where we are standing at a given moment. We are able to read signs and books, navigate the interiors of buildings with ease, and sense and perceive how a person is feeling by the expressions that cross their face.

As anyone who has lost their eyesight can tell you, though, there are things that are clearer when you cannot see the world through your eyes. One of the reasons many meditation instructors advise sitting with your eyes closed is because we auto-


matically become more in touch with our inner world when we are not distracted by the outer world. It is in this state that vision becomes our mode of seeing. Vision comes from within and shows us how to navigate the realms of thought, feeling, and emotion. It enables us to see things that aren't yet manifested in the world of form, and it also connects us to that part of ourselves that exists separately from the world of form.

As we age, even those of us with perfect eyesight will generally lose some of our acuity, but this loss is usually replaced with inner vision. This is the time of life when we are meant to turn inside and take what are sometimes the very first steps of a journey that cannot be traced on a map. We call upon intuition and feel our way along a path that ultimately carries us beyond the realm we can see with our eyes and into the land of spirit.

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How to Tell if You've Been Bitten By a Vampire or a Mosquito



STEP ONE: Check to see if whatever bit you is wearing a cape. If it is wearing a cape, then it is probably a vampire.

STEP TWO: Unless it is Halloween. Then it could just be a mosquito *dressed* like a vampire.

STEP THREE: Or it could just be your weird uncle. That guy's weird.



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.

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

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

Tips For Cleaning Stained Bed Pillows



DAY ONE

Preparation: Wash in twos to balance the load., 1/2 cup bleach, unscented laundry soap. You will need 3 clean tennis balls to run them through the dryer cycle.

1. Wash the stained pillows on the delicate cycle with the bleach & soap.
2. Listen as they thrash around like two juvenile gators fighting for dominance. Don't be alarmed. This is typical. However, it may eventually require rebalancing the washer drum. You may also need to replace the belts.
3. Once the wash cycle is finished, repeat the spin cycle to remove more water out of the pillows, which now weigh about 20 pounds each. (I hope your washer has a separate spin cycle that does not require rinsing the pillows all over again. Sadly, mine does not.)
4. Throw the increasingly heavy pillows over your shower curtain rod. Be sure you have a thirsty towel underneath to catch the drips.
5. Wait 5 minutes. When these 30-pound pillows start pull down your shower curtain, move to Plan B.
6. Plan B: Take the 35-pound pillows outside and drape them on your patio furniture to finish dripping. Check in a hour to see if it is working. Be careful not to slip in the puddle of water. CAUTION: If you live in an area with high humidity, skip directly to Plan C.
7. Plan C: If you have an enclosed patio or porch with a waterproof floor, move your patio furniture (plastic chair is best) to that location. Arrange the 40-pound pillows in a way that you hope to God will allow them to dry before you get too old and weak to move them again.
8. Turn a high-speed fan on them, and leave them overnight. Go to bed. The hard part is over! You deserve to rest. (Hope you have a backup pillow. I did not. I used an old sweatshirt balled up for my pillow.)

9. If your efforts have paid off, they will now only weigh 2.5 pounds each and be slightly damp. Throw them in the dryer, deploying those new tennis balls. Set the dryer for high heat and cross your fingers.
10. Note: You will probably have to go through 2 drying cycles to get them completely dry. They may FEEL dry after Round 1, but check the seams on all four sides. I swear, they are made of sponge and are reluctant to give up the moisture. Ignore the burning rubber smell.
11. Spend another 45 minutes listening to those gators wrassel and fight with the tennis balls.
12. When/if the pillows are dry, "fluff" them up. Can't wait for that challenge.

DAY TWO

9. If your efforts have paid off, they will now only weigh 2.5 pounds each and be slightly damp. Throw them in the dryer, deploying those new tennis balls. Set the dryer for high heat and cross your fingers.
10. Note: You will probably have to go through 2 drying cycles to get them completely dry. They may FEEL dry after Round 1, but check the seams on all four sides. I swear, they are made of sponge and are reluctant to give up the moisture. Ignore the burning rubber smell.
11. Spend another 45 minutes listening to those gators wrassel and fight with the tennis balls.
12. When/if the pillows are dry, "fluff" them up. Can't wait for that challenge.

OR:

Buy new ones from Amazon. You can find some nice ones for \$7.