



Sandbar Time Charters – Captain Robin Frick

There is nothing like a fun day on the water to soothe your soul.

Join Captain Robin Frick for a customizable trip to the sandbar and swim, go bar hopping or just take a coastline tour. You and 5 friends or family members making picture perfect memories with the fantastic Captain Robin.

Here is just one of her glowing reviews:

“We had the best sandbar day with Robin! She was fun, engaging, professional, yet relaxed. Her Aussie accent adds to the charm of the day!”

Call now to book your excursion.
305-731-9505
sandbartime@yahoo.com
92.6 Elks Lodge



FREE Healthy Frozen Meals!

NOT A PATIENT? NO PROBLEM!

Open to ALL Florida Keys residents.

Pick-Up Locations & Times:

Marathon Office: Tuesdays, 9:00 AM – 4:30 PM

Tavernier Office: Monday–Friday, 9:00 AM – 4:30 PM

Take home up to 5 meals per family member

No paperwork required



Reading for Pleasure

Each time we read for enjoyment, the empathy awakened within us creates entire landscapes in our mind's eye.

Every book has the potential to touch the human soul deeply, arousing patterns of thought that might otherwise have lain dormant. The pleasure we derive from the written word is unique in that we must labor for it. Other forms of art provide us with stimulus and ask nothing more than our emotional response. Reading is an active pastime that requires an investment of emotion as well as our concentration and imagination. The words we read are merely a starting point for a process that takes place largely within our minds and hearts.

There are few activities as comforting, relaxing, and healthy as perusing the pages of a good piece of fiction or nonfiction. Curling up with a book and a cup of tea is one of the simplest ways we can remove ourselves from the confines of reality in order to immerse ourselves in the drama and intrigue of the unfamiliar. The pleasure of transcending reality is only one aspect of the reading experience, however. Each time we read for enjoyment, whether we prefer the fantastic nature of fiction,

the empathy awakened within us by memoir, or the instructive passion of non-fiction, we create entire landscapes in our mind's eye. The books we choose provide us with the inspiration we need to accomplish such a feat, but it is our own creative reserves that empower us to use our imaginations for this unique and beautiful purpose.

The tales you lose yourself in can lead you on paths of discovery that take you out of your own life and help you see that existence can unfold in an infinite number of ways. You can learn so much from the characters who guide you from page to page. Your emotions are awakened each time you read, allowing you to become a vessel of the passion that pours forth from the pages. Ultimately, the books you absorb -- those that touch you deeply -- will become a part of who you are, providing you with a richworld within that you can revisit anytime you wish by simply closing your eyes. If you haven't read a book lately, try and allow yourself the time -- you deserve it.

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Lady Anglers to Learn, Fish, and Win at Ladies, Let's Go Fishing! Keys Event, Oct. 17-19

Women seeking to learn fishing in a welcoming, no-pressure environment can do just that at the "Ladies, Let's Go Fishing!" Keys University and Fishing Fever Tournament, Oct. 17-19, 2025. Hosted by the nonprofit Ladies Let's Go Fishing Foundation, this award-winning event features hands-on instruction, networking, optional fishing charters, and fun tournament competition in the Sport Fishing Capital of the World.

Held at the Tavernier Elks Lodge, the weekend includes:

- Friday evening networking social and fundraiser (6:30-8:30 pm)
- Saturday educational sessions (9 am-4:30 pm) with topics such as offshore, inshore, and bottom fishing, tackle, conservation, and fishing basics
- Hands-on skill stations including knot tying, casting, dehooking, bait rigging, spin casting, and more

Instructors include noted captains and fishing educators such as Lee Lavery, Jeanne Towne, Rob Modys, Betty Bauman, FWC and others.

On Friday and Sunday, participants can join optional inshore or offshore charter fishing trips or fish from

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

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



Ladies on Sea Horse with Capt. Rick Rodriguez celebrate their catch including two sailfish releases. Donna Jocelyn, Miami, FL (Top Offshore with a 35.5 lb. cobia); LaChelle Reese, Orlando, FL; Kim Royal, Orlando, FL (Top Offshore Release); Cathy Brewer, Key Largo, FL; Ilja Chapman, Key Largo, FL and Karen Rodman, Miami, FL. It was Ilja's first time fishing offshore.



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



Laurie Kozofsky, Palm Coast, FL; Helen Kelley, Arnold, MD; Kelly Senteno, Jacksonville Beach, FL (behind) Wayne Senteno, Jacksonville, FL with snook with Capt. Eric Scoble, Blackwater Charters.



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

their own boats. The event wraps up with the friendly LLGF Fishing Fever Tournament, offering prizes for top catches. No experience or equipment is needed--everything is provided.

In 2024, participants caught 160 fish including sailfish, cobia, tarpon, snook, redfish, snapper, trout and more.

Registration, including instruction, equipment usage, lunch, welcome social, prizes and \$20 in gifts, is \$125 Early, \$145 regular and \$180 VIP Package with premium gifts and discounts. Women with teen discount is available. The host hotel is Sunset Inn, Islamorada. Event venue is Tavernier Elks Lodge, 92600 Overseas Hwy, Tavernier, FL 33070 (MM 92 B/S) Featured on national network television and more, the series is supported by major partners, supporters and other contributors, which are listed on the website.

To register or learn more visit ladiesletsgofishing.com or facebook.com/ladiesletsgofishing

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

Upcoming Events:

Oct. 17-19, 2025
Keys Saltwater Weekend Seminar and fishing Islamorada, FL

Nov. 22-23, 2025
St. Augustine Surf Fishing Academy
Guy Harvey Resort

Jan. 30-Feb. 1, 2026
Islamorada Women's Sailfish Tournament
Islamorada, FL