



The Power of Staying Positive

Positive thinking dramatically increases your chances of success in any endeavor.

Our thoughts are not simply random pieces of information that enter our minds and then disappear. The words and ideas that we think can shape our lives and drive us toward success and happiness or failure and distress.

How you think and feel can have a profound effect on your ability to recognize opportunity, how well you perform, and the outcome of the goals that you've set for yourself. When you maintain an optimistic outlook and make an effort to harbor only positive thoughts, you begin to create the circumstances conducive to you achieving what you desire.

When you feel in control and fewer of life's challenges seem truly overwhelming because it is in your nature to expect a positive conclusion.

An optimistic mind is also an honest one. Staying positive does not mean that you ignore difficulties or disregard limitations. Instead, it means spending time focusing only on the thoughts that are conducive to your well-being and progress.

When you're sure that you are worthy and that achievement is within your grasp, you start to relax and look for solutions rather than dwelling on problems. You are more likely to imagine positive situations or outcomes and disregard the thoughts related to giving up, failure, or roadblocks. If you anticipate joy, good health, happiness, and accomplishment, then you will experience each one.

Whenever a negative thought enters your mind, try immediately replacing it with a constructive or optimistic one. With persistence, you can condition your mind.

It is within your power to become as happy, content, or successful as you make up your mind to be. Staying positive will likely have a profound and instantaneous effect on your mood and the quality of your experiences. Let it become your predominant mind-set.

Once you are committed to embracing positive thinking, you'll start believing that everything that you want is within your grasp.

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Sailing Through Youth by Karen Beal



Conor Da Silva, in his second summer course, takes a friend and his sister Carolyn, with one year under her belt, out on the boat at the end of last summer's camp season. They are both signed up for this summer's session. Photo: Sara Hamilton

Kids these days - right?! They lounge around the house on their phone or maybe play a video game. Well, I have news for you! There is a place in town that offers a summer camp experience that can translate to a year-round (or maybe life-long) opportunity to enjoy and excel at something special to the Keys.

Between June and Aug 8th, the Mark Sorensen Youth Sailing Program (MSYSP) offers 9 week-long day camps (5 days a week 9am-3pm) at the Upper Keys Sailing Club in the heart of Key Largo. Sailboats of all sizes and training to all skill levels, paired with time on the water, is an exciting experience.

The youngest camp group is 6-7 years old. Basic sailors group is 8-12 and Advanced is



Sailors come in all genders and sizes!



Summer camp crews heading to the bay where seasoned teen sailors teach skills to the younger students. Photo: Sara Hamilton

13-18. Coaches for the summer camp are Level 1 Certified sailing club members or past students and 8 students (or fewer) to one coach ensures quality guidance.

A week of camp runs \$350 for Keys kids (\$600 for 2 weeks) and \$475 a week for non-locals. Scholarships may be granted with an application process.

And the fun need not end with camp! There are sailing programs all year long at the Upper Keys Sailing Club as a part of the MSYSP. The "Buccaneers" have sailing events including the Buccaneer Blast - which is a huge 'blast,' believe me! Students can also become paid instructors by earning the Level 1 Certification. (There are also scholarships for that.)

John Sorensen, President of Programming, sees it as a family legacy and a way to give back to his Keys community. "Sailing teaches self-discipline and the problem-solving skills use math and science. These translate to a successful life. We expect respect and civility at the classes - and give respect in return."

Pirates Dive Shop, CBT Construction, First Horizon Bank and The Sorensen Trust are some of the sponsors of the MSYSP along with the Upper Keys Sailing Club members. The program, a 501c3, is always looking for individual or business sponsors for scholarships or equipment.

Spaces and scholarships are still open for the remaining classes. Call 305-391-8661 or marksorensenyouthsailing.com



US Sailing Level 1 Certified Coaches (L-R) Sophia Figueredo, Alex Brehm, Luke Nimark, Ethan Osborne, Sarah Naylor (shoreline support) ready to take the beginners group out on the catamaran where they each have a turn on the tiller.



Students in mid-June class await direction