

Leaving a Relationship

Leaving a long-term relationship is hard, but sometimes it's necessary for what you want in life.

One of the hardest decisions we ever make in life is leaving a long-term relationship that just isn't working. When attempts at repairing and working out issues aren't working, it may be time to move on. We are emotional creatures, and when our heartstrings are tied to those of another, separating from that person can feel like an act of courage.

It is not something most of us will take lightly, and many of us will struggle with our desire to stay in a relationship that is unfulfilling simply to avoid that pain. We may question whether the happiness we seek even exists, and we may wonder if we might be wiser to simply settle where we are, making the best of what we have.

On the one hand, we almost relish the idea that true happiness is not out there so that we can avoid the pain of change. On the other hand, we feel within ourselves a yearning to fulfill our desire for relationships that are vital and

healing. Ultimately, most of us will follow this call because, deep within ourselves, we know that we deserve to be happy. We all are entitled to be happy, no matter where we find ourselves in this moment, and we are all justified in moving, like plants toward the light, in the direction that leads to our greatest fulfillment.

First, though, we may need to summon the courage to move on from the relationship that appears to be holding us back.

Taking the first steps will be hard, but the happiness we find when we have freed ourselves from a situation that is draining our energy will outshine any hardship we undergo to get there.

If we keep our eyes trained on the horizon, we can begin the work of disentangling ourselves from the relationship that no longer fits. Every step brings us closer to a relationship that will work, and the freedom we need to find the happiness we deserve.

What Makes Us Feel "Under the Weather"?



Ever heard a someone say that they're feeling under the weather? We've all been there. This phrase suggests that they aren't feeling their best. You may have used the phrase yourself, but do you have any idea about its origins?

It all began with the maritime field, where the "under the weather" idiom seeds were planted. The Oxford English Dictionary mentions that this phrase was printed in the 19th century. At the time, sailors were affected by the rough seas, causing them to feel unwell. The sea became savage when a vicious storm hit, hence the expression "under the weather." It basically refers to being affected by stormy conditions while navigating the waves.

This story isn't set in stone, though. Some suggest that another possible origin of the phrase is ill sailors being sent below deck to recover from the wild weather.

Like many other phrases, "under the weather" shifted from the nautical landscape and migrated to our daily language. Anyone not feeling all right would use the expression to let others know about it in the late 19th century. Its addition to literary creations in the 19th century helped push it toward mainstream language even more.

"Under the weather" has become a standard phrase nowadays, and whether you use it yourself or not, you must've heard it around you at some point. It allows you to express your feelings while sparing people the less comfortable details of your illness. Some similar phrases are "out of sorts" or "feeling off-color."

How close you are to the fierce waves of the sea doesn't matter - anyone can be under the weather today, and the phrase remains a staple in our vocabulary. When you feel the expression escaping your lips, just remember its origins from the old days of seasoned sailors who had to battle violent waves to reach their destinations.

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Rest in Peace

LYNN WENDELL CARPENTER

September 24, 1940 – January 27, 2025
Key Largo

Lynn Wendell Carpenter, born in Essex, Vermont, and a resident of Key Largo, Florida, died on January 27, 2025, at the age of 84. Lynn is survived by his wife, Lorelee Carpenter; and also by his daughters and their families, Laura and Brian Sakos, and Gail and Scott Biere; their daughters, Jessica (BJ Behringer) and Alyssa (Jeremy Elder); and great-grandsons, Wyatt, Logan, and Kaleb Behringer. Lynn was predeceased by his parents, Wendell and Emma Carpenter. He was loved by many friends.

Lynn served in the US Air Force for 22 years as a missile control systems technician and ground radio communications superintendent. Following his retirement from the Air Force, he worked for Lockheed Skunk Works, supervising avionics integration, test and final production for the fleet of USAF F-117 Fighters. Lynn also worked for Automated Production Equipment in Key Largo, helping design and service electronics repair equipment, and owned Key Breeze Engraving for several years. Following his retirement, he worked as the Administrator for the Key Largo Moose Lodge. Lynn was a lifetime member of the Moose, Elks, and VFW. He enjoyed travel, was an avid fisherman, cherished socializing with friends and spending time with his wife, Lolly, and their dog, Cappy. Lynn will be remembered for his kindness, camaraderie and his sense of humor.

A Celebration of Lynn's life will be held Saturday, March 8th, 2:00 pm at the Key Largo Moose Lodge.

In lieu of flowers, a donation can be made to Moose Charities at <https://www.mooscharities.org/ways-to-give/>.

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