You may surprise yourself with

yourself exploring your roots,

your identity, and your future

through your words. Allow your

writing to guide you and write

as truthfully as possible. Don't

think of your personal journey,

Research has shown that

worry about what others will

your style of writing, or your

writing a personal narrative

perceptions can create long-

term health benefits. As you

particularly when writing about

traumatic events. If you are a

young person, you can add to

older. Your writing may help

better, or they may understand

reading about your experiences.

permanent way, giving a gift to

yourself, and letting your voice

be heard.

whitehead

your life story as you grow

family members know you

themselves more through

More importantly, you are

expressing yourself in a

write, remember to have

compassion for yourself,

filled with feelings and

Boats and Tires



Sort of a funny name for a business, one would imagine. Who else would hang tires from a crane in a boatyard? But the name is unique and it really says exactly what this long-time established property is all about, Boats and Tires. This property was developed in 1959 as the first dry storage boat yard in the early 1960s, when boat racks were just thought of and the first Johnson Evinrude dealership in the Upper Keys was on this property. It now has the largest Marine Travel Lift in the Upper & Middle Keys, 88 tons and 28 feet wide. In passing thru the yard I noticed the 75' Sea King of Islamorada ready to be hauled out at the dock and this is a Do It Yourself vard, no pressure here. Boats like the 75' Sea King & the 65' Gulfstream no longer have to go to Miami or Key West to find a boat yard.

Tires? What is that all about? The owner of the boat yard, after pricing a back hoe

tire in 1994 at a local tire store, was stunned at the cost and purchased a single back hoe tire from a longtime friend in the tire wholesale business in Miami. This started a daily tire route, as the owner was still commuting while building the property. One thing lead to the next and now the Michelin/BFG truck delivers tires Tuesday through Saturday to refill the largest tire inventory in the Upper Keys, with this large selection of tires in stock, odds are your size tire is on the shelf and if not, your tire will be on the next truck for tomorrow's delivery, 8:30 am. Tire sales are now handled by Mr. John Sheehan, with 25-plus fellow business owner. How years of tire experience. Staring in the family tire business. Townfair Tire and taking early retirement from Townfair Tire. Mr. Sheehan now is living the Keys dream on a 40' boat, flats fishing at lunchtime and doing what he calls a "Keys Tire Thing". A long way from corporate Townfair



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> For more information contact Jill at 305-942-5172 or by email at: jillathebigchill@yahoo.com

Tire with 400,000 tires in a warehouse and 72 retail stores to keep track of with family and partners. But Mr. Sheehan can still get any tire on the market Tuesday thru Saturday, should they not have your size on hand, with wholesale prices to the public.

This store has the oldfashioned credit system. A business owner calls and the vehicle is sent in or picked up. Tires are mounted and balanced on the vehicle. The employee signs a receipt and the business is invoiced. That's it - no credit application, just local trust to a about lay-away, heard of that lately, you can get that here

Road service, provided by Brian Wheaton of B&B Mobile Tire with 20-plus years in the tire tusiness also has added to this establishment.

Thus, Boats and Tires, very plain and to the point. No frills,

no extra expense, just plain good affordable business.

What's next for Boats and Tires? Have any of you priced a piling lately or simple dock rebuild? That's the funny looking barge in the picture. Pilings are the same story as the Tires. K&M Builders of the Keys, licensed and insured USL&H located at Boats and. Tires. Bringing affordable docks and pilings back to the

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Personal Tales Writing Your Story

Everyone, at one time or another, has wanted to express new insights, or you may find his or her story. Writing a memoir to read privately, share with family or friends, or publish is an emotionally satisfying way to gain perspective on your experiences while sharing your unique voice. We've all experienced feelings and events in our lives that we are longing to write down. Giving in to that urge can give you an outlet for purging any frustration, anxiety, or longdormant feelings. No one else has to read it. You may even want to write your story without reading it right away. Satisfying the need to tell your story is not predicated upon your writing ability. It does, however take effort to write down the truth in detail. Your memories, captured on paper as descriptive scenes, sights, sounds, and scents, may at first seem disconnected or incomplete. But rest assured that you possess the ability to shape your recollections into stories.

Everyone wants to be heard. Reading your story to others can meet that need. Writing your story can also help you understand your life experiences. And when you finish writing, you may be surprised at what you have accomplished. Your story encompass as much or as little of

your life as you prefer.

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