

The Conch Republic COCONUT TELEGRAPH

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THE COCONUT TELEGRAPH IS PROUD TO BE THE OFFICIAL NEWSPAPER OF THE NORTHERNMOST TERRITORIES OF THE CONCH REPUBLIC

101425 Overseas Hwy. • PMB #628 • Key Largo, FL 33037 • 305-304-2837 • www.theconchtelegraph.com • August 2015

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Hunk of the Month:

"Video Dave" Kay

Artist of the Month:

Lucy Garcia-Romeu

What's Hot & What's Not

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Aug. 16 at Gilberts

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Key Largo Locator Map

Getting from Here to There

All the Buzz

Coco-Nut Funnies

Mangrove Galley

Conch Characters

Business in the Keys

Sounds of the Keys



The dog days of August are a great time to lie back in the shade, admire the view, unwind with a cocktail, and contemplate how lucky we are to live in paradise.

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It doesn't get any better than this!



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9, 10 & 11**



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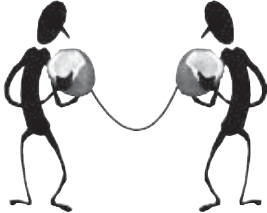
Look for ad inside or check the calendar at keylargo-baysidegrill.com for all of our live music on the beach.

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Editorial: Ponderings for August

If cholangiocarcinoma is so rare than why do I know 4 people who died from it ?

Miami Dolphins Football player Jim "Mad Dog" Mandich in 2011, my friend George Dodson in 2012, Entertainer Kim Bankston, and most recently Jim McGuirl in 2015. That seems like a lot for just the ones I know of in South Florida.

What do you call a big yellow truck by the side of the road that sleeps 6? DOT. I am hearing lots of complaints about the Key Largo Overseas Highway Forest. The trees and plants aren't the problem, it's where the trees are placed that's the problem. Who is paying for them and their upkeep? They are unsafe for drivers trying to see

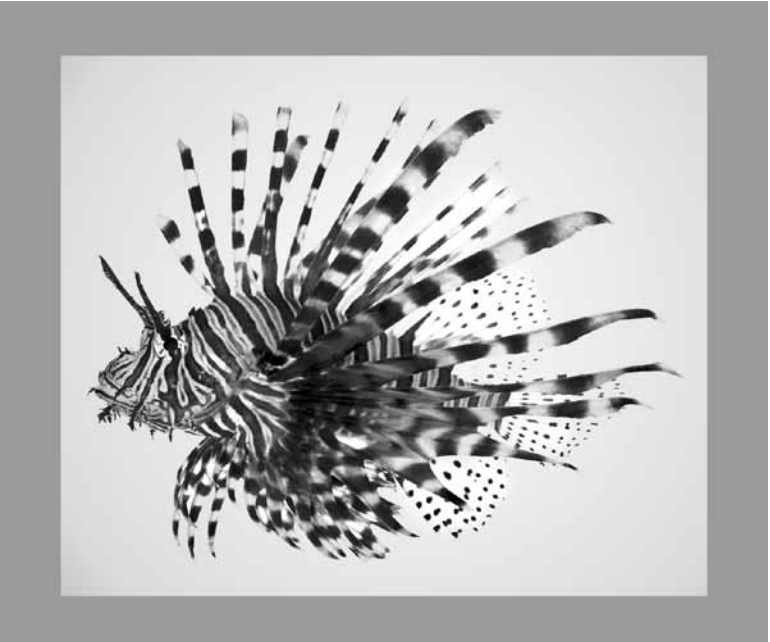
around them and they create a barrier so visitors can't see our businesses.

Mini Lobster Season. I am all for bringing business to the Keys but this is getting ridiculous. I made the mistake of going out in my car the weekend of July 22nd. I made it one mile and was stuck in bumper to bumper traffic for miles going south. I turned around and went home. I feel sorry for all the locals who couldn't get to work on time and I wonder if all the tourists here for the first time think that is always how the traffic in the Keys is? Is that good for business in the long run?

My Bucket List. Publish the book we have ready and use the proceeds to form a fund

that will help musicians in need. There would be a board of directors and criteria set so that it will be fair. It is getting closer... anyone want to help?

Please see the article on page 10 about the McGuirl family. Jim McGuirl played many benefits over the years, helping out the community. They really need our help now.



Why don't we have a Lionfish mini season instead?

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Stay Clear: Crocodile Nests Hatching



We are nearing the crocodile nest hatching period. The principle nesting site of the American Crocodile in Florida is Florida Bay but there are some nests along the Florida Keys. Nesting is a wet season activity occurring around the end of April and the beginning of May. Females lay between 20 to 60 eggs per clutch and the eggs will incubate for about 85 days, hatching in late July or early August. The is usually the time the female Crocodile returns to her nest site to assist the hatchlings in reaching the water. If you notice a large Crocodile watching a specific area (nests aren't always easily recognized) stay clear and if your concerned call the FWC at 866-392-4286 or email SNAP@MyFWC.com.

Key Largo Island Market

MM 101
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Our Day, Our Music, Our Way

FREE Pool Admission for Locals with Monroe County ID. Local Food & Drink Specials, Local Discounts & of course, Live Local Music!!

Featuring Stereo Underground and DJ Joey Naples (No coolers or outside food or beverage permitted.)

Jimmy Johnson's Big Chill brings The **SUNDAY FUNDAY** tradition home, every last Sunday of the month.



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Friday - All You Can Eat Fish (fried, grilled or blackened)
Saturday - Prime Rib

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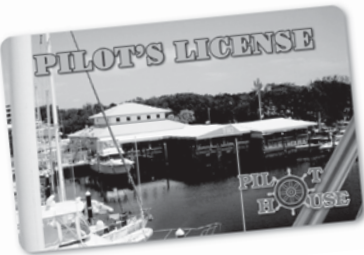
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Adopt a Key Largo Animal Shelter Pet

Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home, stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.



Cookie



Dixie



Butterscotch



Homer



Smokey



Chloe



Mickey



Bart



Melinda



**The MARC Thrift Shop at the
Coral Isles Church
(next to Coral Shores High School)
is in need of clothing and
household items – anything
new or slightly used,
excluding large furniture.**

*If you don't have the time to personally
deliver it to the store, give the MARC folks
a call and they will schedule a volunteer to
come to you and pick it up, from Ocean Reef
to Islamorada – 305-852-3282.*

The Monroe Association for ReMARCable Citizens is a non-profit agency that serves adult clients within Monroe County who have developmental disabilities that include mental retardation (I.Q. 69 or below), cerebral palsy, spina bifida, Prader-Willi Syndrome, and traumatic brain injury sustained prior to age 18.

MARC provides numerous services for their clients. These services are designed to insure that each client receives training and support that enhances his or her individual abilities to understand daily community routines and learn social, self-care, vocational skills and help to increase a client's ability to develop friendships with non-disabled persons.



M.A.R.C., Inc. is a 501(c)(3) Non-Profit Organization providing life services for Monroe County residents with Developmental Disabilities.

"A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state. Registration does not imply endorsement, approval, or recommendation by the state."

Hunk of the Month



"Video Dave" Kay

THE LIMITS OF THE HUMAN BODY

BODY HEAT 107.6° F	When a person's core body temperature hits 107.6° F heatstroke can't be reversed and will prove fatal.
COLD WATER: 40° F	Water saps body heat. A person would last barely 30 minutes in a 40° F sea.
HOT AIR: 300° F	In a burning building or a deep mine adults can survive 10 minutes at 300° F. Although children soon succumb in a 120° F car.
HIGH ALTITUDE: 15,000 FEET	Consciousness fades for most people at 15,000 feet. Although highland dwellers have adapted to have larger lungs and more red blood cells so they can survive.
STARVATION: 45 DAYS	If a person loses 30% of their body weight, death is imminent. Although, disease would probably kill a person before they have a chance to starve.
DIVING DEEP: 282 FEET	When diving deep without equipment most people black out before reaching 2 minutes once they are below 60 feet. The best free diver made it to 282 feet before blacking out.
LACK OF OXYGEN: 11 MINUTES	Typically, a person would pass out after 2 minutes without oxygen. With training, people can hold their breath for nearly 11 minutes.
BLOOD LOSS: 40%	A person can survive after losing 30% of their blood. After losing 40% of your blood a person would need an immediate blood transfusion.
DEHYDRATION: 7 DAYS	Every cell in a person's body needs water. Without being able to replace the quart of water a person loses per day, a person will not last more than a week at most.

Conch Characters



Plenty to do at Gilberts Resort! Photo by Ron LeBrun.



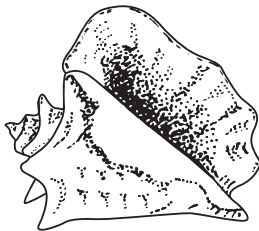
Gravity always wins! Gilberts Resort dock near the beach by Rob LeBrun.



Mabel of the Dropouts and a friend get photo-bombed while watching "3RG" perform at Gilberts on July 5th. Photo by Ron LeBrun.



As if US1 wasn't scary enough!



Murray Franklin and Bill Hoebee at Gilberts. Photo by Rob LeBrun.



Lava light show at theBig Chill on the 4th of July.



Bob from Bob's Buns sings karaoke at the Elks 4th of July party.



GET WELL, BOB THOMAS!
Our thoughts and prayers are with colorful Conch Character Bob and his wife Kristie, owners of Key Largo Chocolates.

Monroe County Sheriff's Office Marine theft prevention



• Remove the keys from the boat; if it is on a lift, turn the breaker off in the house to disable it.

• Install motion sensor lights. Make sure areas around the boat are well lighted.

• Install surveillance cameras and make sure they will capture the face of an intruder. Cameras are often installed too high and only capture the top of a suspect's head or the brim of the hat he is wearing.

• Whether on a trailer or in a canal, make sure your boat can be seen by neighbors and/or deputies patrolling the neighborhood.

• Remove the steering wheel if the boat won't be used for a long time.

• Install a GPS tracking device on your boat and/or engines.

• Install a boat alarm. Alarms are very effective at preventing equipment and boat thefts.

• Disconnect the batteries to disable the trim / tilt function. Keep the engine down, touching the ground so the lower unit can't be removed.

• If the boat is on a trailer, chain the rims together or boot one of the wheels to to prevent the entire boat and trailer from being stolen.

• Keep a trailer hitch lock on at all times.

• Install bolt locks on the engine or put extra-long engine bolts on and

• Destroy the threads on one bolt so the nut can't be removed.

• Back the boat close to a house, wall, or other stationary

• Keep valuable electronics in a secure location. It might you thousands of dollars in the long run.

• Engrave your driver's license number or your valuable property for identification

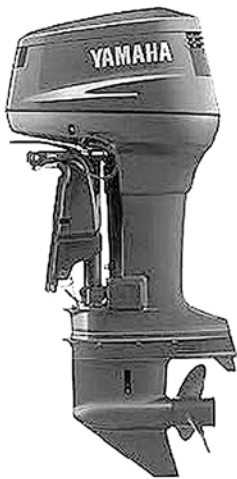
• Take pictures and record serial

• Don't leave fishing and diving literally – to take it.

• If you are gone for an extended period, call your local Sheriff's Office substation. Our deputies will keep an eye on your property while you are away.

Important: If you see anything suspicious call the Sheriff's Office immediately! It is our job to check out suspicious activity. Your call may be the one that helps us catch the bad guys!

Call 911 if a crime is taking place; call 305-853-3211 if you see something you think may be suspicious. Call CrimeStoppers with any crime tips: 1-800-346-TIPS or text 274637 using the keyword TIP136. Submit tips online at www.tipsubmit.com.



A Bittersweet Love Story

JIM McGUIRL

They were a match made in heaven. Soul mates James (Jim) and Aleisa McGuirl married July 19th, 1984 and life couldn't be better. Jim worked days as a hair stylist, and nights and weekends he played drums with many great musicians over the years.

He was named the Coconut Telegraph's Entertainer of the Month with the JK Project in December 2008, Entertainer of the Year in December 2009, and Entertainer of the Month again, solo, in February 2013.

Jim taught percussion to 10 to 16 year olds at the Montessori School while also working at the 305 Salon in Tavernier.

Aleisa McGuirl has been well respected for her management skills and friendly customer service over the years, most recently at Coral Medical. Together she and Jim were blessed with two wonderful children, James (Jimmy) Jr. and Michelle.

Just a few weeks ago Jim wasn't feeling well and went to see his doctor. After a barrage of tests, the diagnosis was grim. He had cholangiocarcinoma, which is a rare cancer of the bile ducts. It occurs in approximately 2 out of 100,000 people, and it had metastasized and was inoperable. He was terminal.



Aleisa and Jim McGuirl on July 22 at their kids' double wedding.



Jimmy (James Jr.) McGuril, his bride Elizabeth Collier, Pastor Ralph Pratt, Michelle's new husband Michael Najalis, and Michelle McGuril.

They sent him home to the family's tiny apartment above a Key Largo plaza with the prognosis that he would live but only 2 more months, with help from hospice, if he was lucky.

The McGuirl's are a very close, loving, and religious family and this hit them hard. They were completely devastated and didn't know where to turn. As Jim's health deteriorated more rapidly than was expected and his voice became but a whisper, he told Aleisa that he had always looked forward to the day that he could give his beautiful daughter Michelle away at her wedding and was sad that now he would not live to see that day.

When the kids heard that, they decided now was as good a time as any to get married as they were both in committed relationships. They told their mom and she helped organize a double wedding.

On July 19th, just a few close friends and family gathered in the McGuirl's tiny apartment. They wheeled a groggy but groomed and happy Jim into the decorated living room,

where Pastor Ralph Pratt performed the double wedding. Jimmy lovingly held his father's hand through the ceremony as he took Elizabeth Collier to be his wife. His sister Michelle wed a tearful Michael Najalis as their baby boy Carter looked on.

The young newlyweds left for another ceremony and reception with a few of their friends at a local park.

Jim had fulfilled his dream, and the hospice nurse said he probably would not live another day. It had been only one month from Jim's diagnosis!

Three days after the wedding on July 22nd, Jim passed away, surrounded by his loving family... and heaven gained one hell of a drummer.

As of this writing, a benefit to help with the medical expenses from Jim's illness was scheduled for Sunday, August 2nd at the Caribbean Club in Key Largo. This publication comes out the day after, so if you missed it there is a fund set up.

Anyone who would like to contribute may still do so at www.gofundme.com/yd4v9e4c



The family...early days.



Steve Najalis holds grandson Carter.



Donald Roeser, also known as Buck Dharma, has written some of the greatest rock lyrics of all time. Everyone knows "I'm burning, I'm burning, I'm burning for you." How about "Baby take my hand... don't fear the reaper. We'll be able to fly... don't fear the reaper. Baby I'm your man..."? Yep, that's another Buck Dharma song, sensationalized by the Saturday Night Live skit featuring Will Farrell as the excitable cow bell performer.



Buck Dharma of Blue Öyster Cult August 16th at Gilbert's

by Rob LeBrun

In the annals of classic rock, once you get past the obvious heavyweights (Led Zeppelin, the Stones, The Who), none had a greater run of albums than Blue Öyster Cult. Here was a band that churned out great rock tunes, workmanlike, for over fifteen years. For perspective, note that

Led Zeppelin could only pull eleven (due to a common affliction: drummer death).

And those first four BÖC albums are back-to-back awesome. On average, a Blue Öyster Cult album will have at least six legitimately great songs.

Don't miss your chance to see a living guitar legend in person, singing some of his greatest hits, and quite frankly, some of the greatest rock hits of all time.

Buck Dharma will be performing at Gilbert's

Resort on August 16th with The Regs. The party starts at 1pm, and there is no cover charge for Gilbert's patrons.



REST IN PEACE

Gustavo of Miami's 3RG Band, who passed away on July 24th, from a heart attack, while onstage at Hog Heaven.



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and

CARMINE APPICE
Legendary drummer of VANILLA FUDGE

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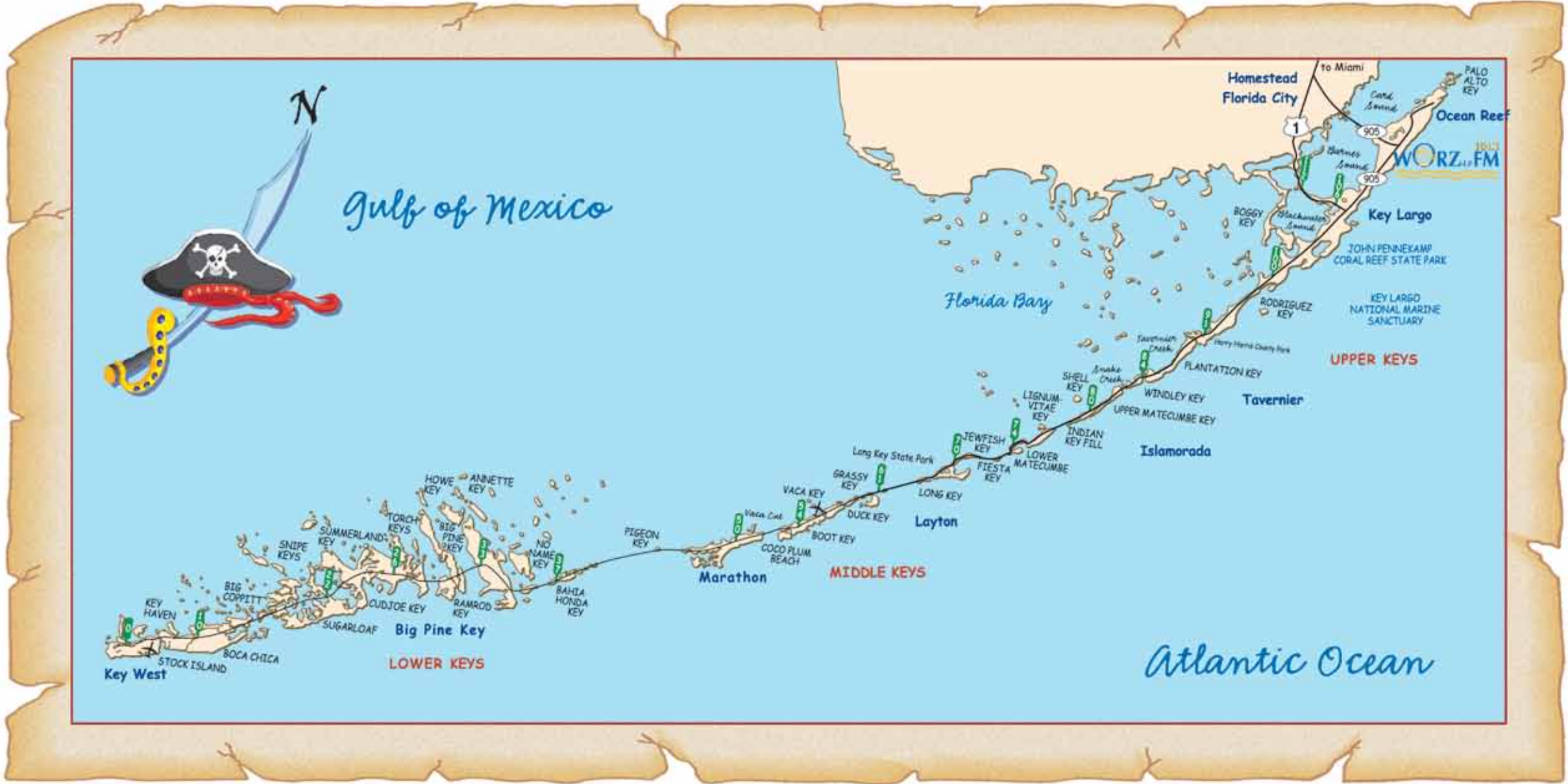
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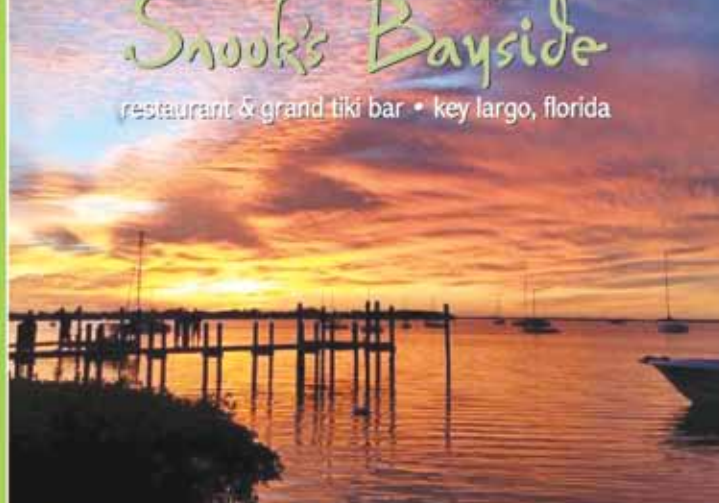
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The Mangrove Galley

by Sandi Mieszczenski

Sandi's recipes are featured monthly in the Coconut Telegraph.
For previous issues go to <http://www.theconchtelegraph.com>.



Ah, the dreaded month of August with its incredible heat and humidity. This time of the year we all attempt to find ways to escape a hot kitchen by limiting our time using the stove or oven. Look for dishes that are simple and cool. One of my favorite sides is a bean salad. If you are a fan of three bean salad you will find the recipe below delicious. Not only is it easy to assemble but it is also very healthy. Serve it with some prepared chicken from the grocery store and you will have a tasty meal with little work. Try it and enjoy an escape from the heat!

TEXAS BEAN SALAD

For the dressing:
1 cup Canola oil
1/2 cup apple cider vinegar
1/2 sugar
1/2 teaspoon salt
1/4 teaspoon black pepper

For the salad:
1- 16 ounce can of black-eyed peas, drained
1- 16 ounce can of pinto beans, drained
1- 10 ounce can of white corn, drained
1 chopped red pepper
1/2 cup chopped onion
1/2 cup chopped celery

Combine all of the ingredients for the dressing in a sauce pan. Bring to a boil, stirring often. Remove from the stove top and let cool. While cooling, in a bowl, mix together the ingredients for the salad. Pour the dressing over the salad, stir well, cover and refrigerate overnight.

Use a slotted spoon to drain the liquid when serving.

★ ★ ★ ★ ★

Pineapple! Who Knew?

Submitted by Trader Dick

No method of storing them will help ripen them further.

Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste.

After you cut off the top, you can plant it. It will grow much like a sweet potato.

Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. It offers many benefits to our health.

Pineapple is valuable for easing indigestion, arthritis and sinusitis. The juice has an anthelmintic effect; it helps get rid of intestinal worms.

Let's look at how pineapple affects other conditions:
Pineapple is high in manganese, a mineral that is critical to

development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein," which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief. In Germany, Bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.


Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your

diet. It is commonly used in Europe as a post-operative measure to cut mucous after sinus and throat operations. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.


An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference.

Pineapple is also good for a healthier mouth. The fresh juice discourages plaque growth.



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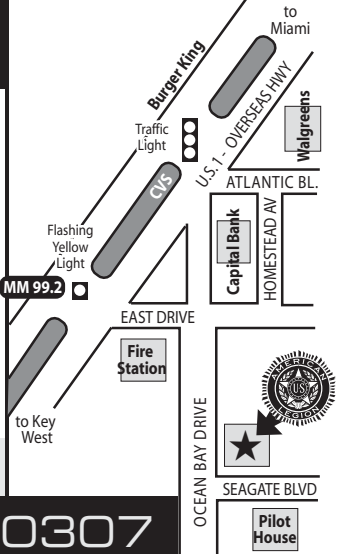



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Art Box Artist of the Month: Lucy Garcia-Romeu

Born in Miami, Lucia Garcia-Romeu was raised in a family that supported critical thinking and appreciation of the arts. Growing up in the city with the exposure to so many cultures and people helped her to understand both the diversity and the unity that make our lives as humans different but the same.

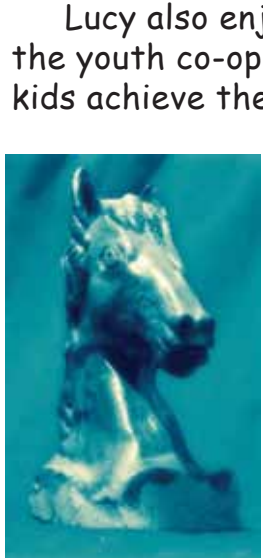
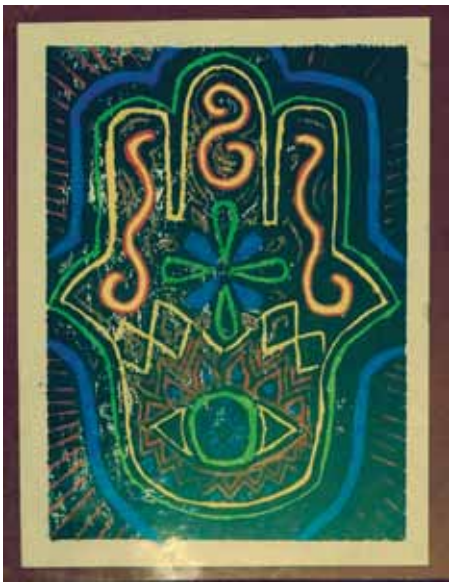
Lucy spent her high school years studying classic piano and vocals, until graduating and being accepted into the University of West Florida. After an unforgettable time living/partying/studying in Pensacola for most of the 2000s, she returned to South Florida with a Psychology degree and a desire to continue her creative output with an eye towards Art Therapy.

Lucy moved to Key Largo, into a house that her grandfather built. Living here, she has grown to appreciate not only the Keys' natural tropical beauty, but also the live-and-let-live lifestyle.



Lucy and MARC client Eric Vihlen, painting.

Lucy feels fortunate to have landed a job working for the MARC House. Working with special needs clients has been a gift in and of itself for her; she says she learns something new every day about both them and herself.



Lucy also enjoys her work with the youth co-op as a tutor helping kids achieve their GEDs.

This chair was donated to MARC and Lucy painted it.

Sounds of the Keys



Joey Gilmore Band at Bayside Grille.



Mike "Salty" Lanigan of Swingin Harpoon gave a harmonica clinic at Gilberts last month.



Eclipse Band warms up the crowd for the special Joe Lynn Turner show at Gilberts in July.



'Johnny O' of the Mr Nice Guy Band with his flute, performing the classic Jethro Tull song "Locomotive Breath" at Gilberts.



Dwayne McGregor at Sharkeys. Photo by Thad Bowling.



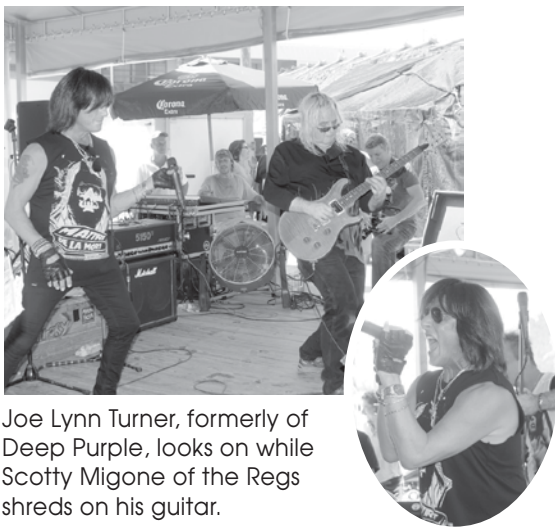
Colbert the Band at the Big Chill.



3RG lead singer Wayne sings and walks through the crowd at Gilberts.



Popular local Trop Rocker Captain Josh will be back at the Pilot House on August 15 from 6-10 pm.



Gilbert's photos by Rob LeBrun.

Joe Lynn Turner hits a high note on "Smoke on the Water."

THE POPE'S CROSSWORD

One day, a shy gentleman was preparing to board a plane when he heard That the Pope was on the same flight. "This is exciting," thought the gentleman. "I've always been a big fan of the Pope. Perhaps I'll be able to see him in person."

Suddenly, the man realized his seat was right next to the Pope himself. Still, the gentleman was too shy to speak to His Holiness.

Shortly after take-off, the Pope took a crossword puzzle out of his carry-on bag and began penciling in the answers.

"This is fantastic!" the gentleman mused. "I'm really good at crosswords. It crossed his mind that if His Holiness got stuck, He'd ask me for assistance."

Almost as if providence struck, the Pope turned to the man and said, "Excuse me, but do you know a four letter word referring to a woman that ends in 'unt'? The three Cardinals traveling with the Pope, in front of and beside him, shrunk down in their seats, as far as possible, all looking for something on the floor.

The man was in shock. He couldn't breathe and after almost a minute, the dark clouds of evil parted in his mind.

Turning to the Pope, the gentleman said, with reverence and politeness, "I believe Holy Father, that you're looking for the word, 'aunt'..."

"Of course," the Pope mused, not taking his gaze off the crossword, "You wouldn't happen to have an eraser, would you?"

FOUR GREAT RELIGIOUS TRUTHS

- 1. Muslims don't recognize Jews as God's chosen people
- 2. Jews don't recognize Jesus as the Messiah
- 3. Protestants don't recognize the Pope as the leader of the Christian world
- 4. Baptists don't recognize each other at Hooters

Coco'Nut' Funnies

THE BUTCHER

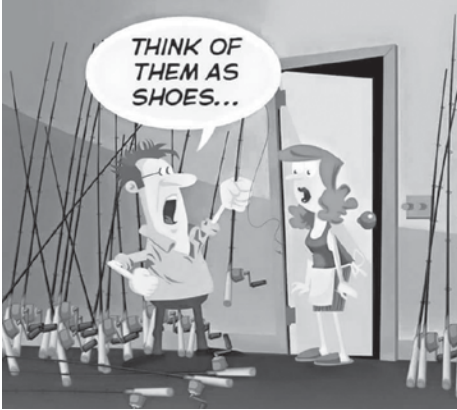
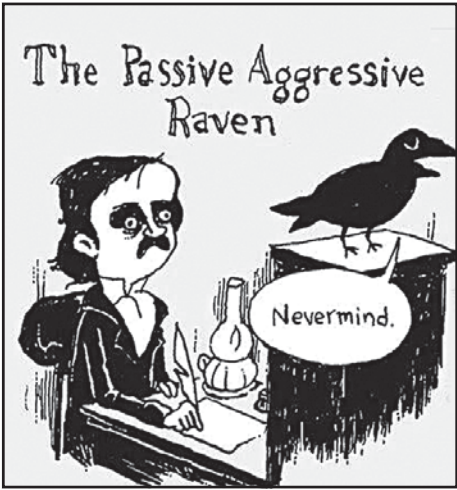
A Russian woman married an Australian gentleman and they lived happily ever after in Key Largo. The poor lady was not very proficient in English, but did manage to communicate with her husband. The real problem arose whenever she had to shop for groceries.

One day, she went to the butcher and wanted to buy chicken legs. She didn't know how to put forward her request, and in desperation, clucked like a chicken and lifted up her skirt to show her thighs. Her butcher got the message, and gave her the chicken legs.

The next day she needed to get chicken breasts, again she didn't know how to say it, and so she clucked like a chicken and unbuttoned her blouse to show the butcher her breasts. The butcher understood again, and gave her some chicken breasts.

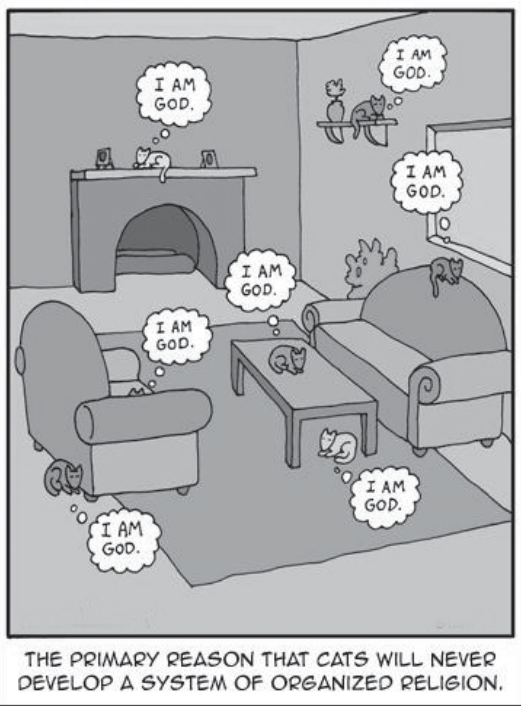
On the third day, the poor lady needed to buy sausages. Unable to find a way to communicate this, she brought her husband to the store.

Hey! Get your mind out of the gutter!!! Her husband could speak English!



THE AMERICAN WAY
A golfer walks into the pro shop at the local course and asks the golf pro if they sell ball markers.
The golf pro says they do, and they are \$1.00.
The guy gives the golf pro a dollar.
The golf pro opens the register, puts the dollar in, and hands him a dime to use as the marker.
This economic model is also used by the government.

Thank you Doug Myers!



OVERHEARD IN A BAR

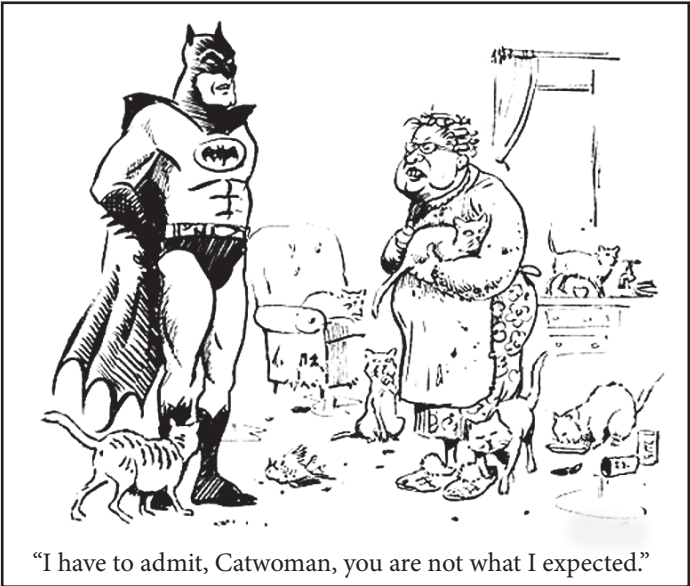
A guy meets a hooker one night in a Key Largo bar. She says, "This is your lucky night. I've got a special game for you. I'll do absolutely anything you want for \$300, as long as you can say it in three words."

The guy whips his wallet out of his pocket, and one at a time lays three hundred dollar bills on the bar, saying slowly... "Paint. My. House."

Thank you Thad Bowling!



Thank you Doug Myers!



Did I read that sign right?

"TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW."

In a Laundromat: AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

In a department store: BARGAIN BASEMENT UPSTAIRS..

In an office: WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.

In an office: AFTER COFFEE BREAK, STAFF SHOULD EMPTY THE COFFEE POT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

Outside a secondhand shop: WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A NICE BARGAIN?

Notice in health food shop window: CLOSED DUE TO ILLNESS.

Spotted in a safari park: ELEPHANTS, PLEASE STAY IN YOUR CAR.

Seen during a conference: FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE FIRST FLOOR.

Notice in a farmer's field: THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

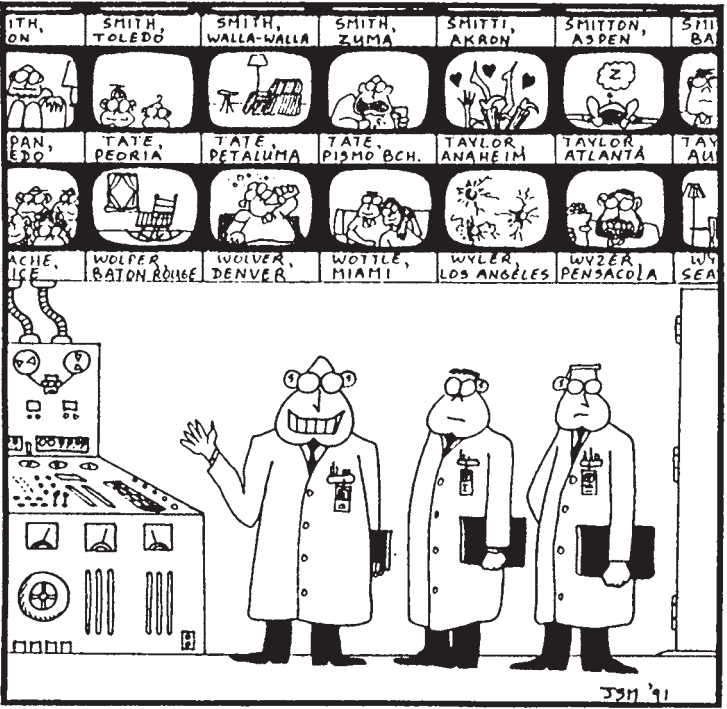
Message on a leaflet: IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS.

On a repair shop door: WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK.)

Proofreading is a dying art, wouldn't you say?

Left Field

by J.S. McKinna



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JOHN MCKINNA is a local musician, a best-selling author, and a published, syndicated cartoonist. We feature his cartoons every month in the Coconut Telegraph!

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Map showing Key Largo with mile markers and points of interest.

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Knowing When to Let Someone Go Freeing Yourself

Knowing when to end a relationship and acknowledging that the pain will pass can often prevent greater pain in the long run.



Just as a good relationship can have a positive impact on your life, stressful, draining, or imbalanced relationships can have negative effects on your health and well-being. It's common to maintain a relationship because we feel the other person needs us or we believe that they will eventually change.

Ask yourself if you've often thought about ending the relationship or if you feel your bonds have atrophied.

We may also be afraid of hurting the other person or feel insecure in our ability to find new relationships. But knowing when to end a relationship and acknowledging that the pain will pass can often prevent greater pain and feelings of loss in the long run.

While every relationship has ups and downs, when there are more downs than ups or the two of you are bringing out the worst in each other, it may be time to sever the connection.

If you're in a relationship that isn't satisfying or one that has become unhealthy for you, rather than spending energy attempting to fix the problem or complaining, ask yourself what you really want from the relationship.

Be honest with yourself and your answers, even if the truth is painful.

Consider whether the other person truly considers your feelings or if they are willing to change their behavior.

Relationships thrive on honesty, communication, mutual caring, and time spent together. When one or more of these elements are missing, it may be that the relationship, no matter how passionate, simply isn't worth it.

It's far better to end a relationship that doesn't feel right than to hold on to it and languish in feelings of anger or resentment. Moving on without struggle, on the other hand, can be the door that leads you to a more nurturing relationship in the future.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com

If two people love each other
nothing is impossible...

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where to eat.

Illustration of a man and a woman looking at each other.

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Redskins and Foreskins



Sports fans will get a kick out of this letter written to the Chicago Tribune. This is an e-mail sent to Clarence Page of the Chicago Tribune after an article he published concerning a name change for the Washington Redskins.

Dear Mr. Page:

I agree with our Native American population. I am highly insulted by the racially charged name of the Washington Redskins. One might argue that to name a professional football team after Native Americans would exalt them as fine warriors, but nay, nay. We must be careful not to offend, and in the spirit of political correctness and courtesy, we must move forward.

Let's ditch the Kansas City Chiefs, the Atlanta Braves and the Cleveland Indians. If your shorts are in a wad because of the reference the name Redskins makes to skin color, then we need to get rid of the Cleveland Browns.

The Carolina Panthers obviously were named to keep the memory of militant Blacks from the 60's alive. Gone. It's offensive to white folks.

The New York Yankees offend the Southern population. Do you see a team named for the Confederacy? No! There is no room for any reference to that tragic war that cost this country so many young men's lives.

I am also offended by the blatant references to the Catholic religion among our sports team names. Totally inappropriate to have the New Orleans Saints, the Los Angeles Angels or the San Diego Padres.

Then there are the team names that glorify criminals who raped and pillaged. We are talking about the horrible Oakland Raiders, the Minnesota Vikings, the Tampa Bay Buccaneers and the Pittsburgh Pirates!

Now, let us address those teams that clearly send the wrong message to our children. The San Diego Chargers promote irresponsible fighting or even spending habits. Wrong message to our children.

The New York Giants and the San Francisco Giants promote obesity, a growing childhood epidemic. Wrong message to our children.

The Cincinnati Reds promote downers/barbiturates. Wrong message to our children.

The Milwaukee Brewers. Well that goes without saying. Wrong message to our children.

So, there you go. We need to support any legislation that comes out to rectify this travesty, because the government will likely become involved with this issue, as they should. Just the kind of thing the do-nothing Congress loves..

As a die-hard Oregon State fan, my wife and I, with all of this in mind, suggest it might also make some sense to change the name of the Oregon State women's athletic teams to something other than "the Beavers (especially when they play Southern California. Do we really want the Trojans sticking it to the Beavers???)

I always love your articles and I generally agree with them. As for the Redskins name I would suggest they change the name to the "Foreskins" to better represent their community, paying tribute to the dick heads in Congress."


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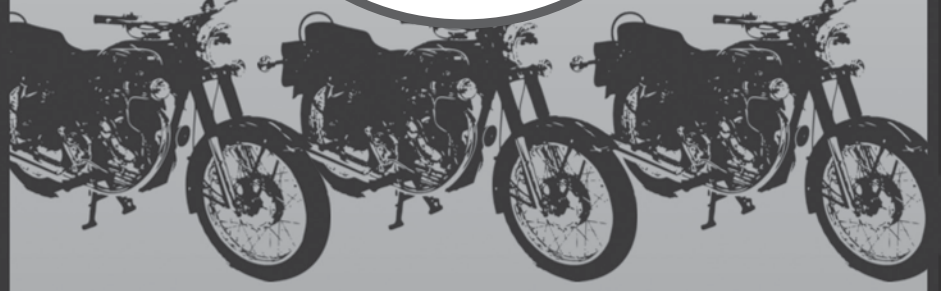


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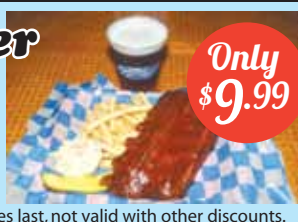
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