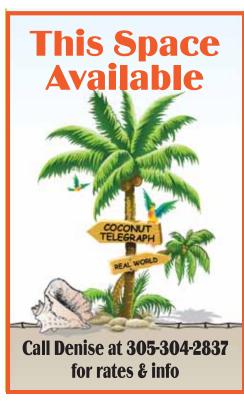


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ON THE MAP













YOUR AD HERE

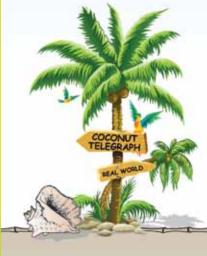
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Dearest Dad,

I am coming home to get married soon, so get your checkbook out.
I'm in love with a boy who is far away from me.

As you know, I am in Australia ... and he lives in Scotland. We met on a dating website, became friends on Facebook, had long chats on Whatsapp. He proposed to me on Skype, and now we've had two months of a relationship through Viber.

My beloved and favorite Dad, I need your blessing, good wishes, and a really big, expensive wedding.

Lots of love and thanks. Your favorite daughter, Lilly

My Dear Lilly,

Like Wow! Really? Cool!

Whatever ... I suggest you two get married on Twitter, have fun on Tango, buy your kids on Amazon, and pay for it all through PayPal.

And when you get fed up with this new husband, sell him on eBay.

Love, Your Dad

The Secret Sauce

by Dawn Wiggins, Ed.S.

"Face Your Shit"

I was recently asked to boil down my entire philosophy on relationships, growth and change. Who wouldn't want this secret sauce? A single and simple answer to solving each and every one of your problems?!

My response was this:
Face your shit. Every answer
you seek is inside of you.
Every truth, every solution,
every win and every loss. You
have to be willing to face it all,
the beauty and the pain; the
joy and the depths of sorrow.

Too often we use relationships as receptacles for pain. You use your parents for blame, your children for your happiness, your spouse for your bad mood and your friends for your loneliness. You tell yourself you're not good enough or it's too scary.

Instead, I invite you to rise up and work with your own pain.

Your fear of judgement, rejection, conflict, loss and failure are all fueled by you. My job is to help you understand it all. Guide you in getting to know yourself. Teach you how to get unstuck. To lead you out of the suffocating weeds.

But first you must be willing. Willing to make hard choices. Willing to get to know yourself. Deeply. That is where you will find freedom, peace and love.

"Tear off the mask. Your face is glorious." -Rumi



Dawn Wiggins, Ed.S. Licensed Marriage & Family Therapist

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www.dawnwigginstherapy.com

AS I GET OLDER I REALIZE:

- 1. I talk to myself, because sometimes I need expert advice.
- 2. Sometimes I roll my eyes out loud.
- 3. I don't need anger management. I need people to stop pissing me off.
- 4. My people skills are just fine. It's my tolerance of idiots that needs work.
- 5. The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
- 6. When I was a child I thought nap time was punishment. Now it's like a mini-vacation.
- 7. The day the world runs out of wine is just too terrible to think about.
- 8. Even duct tape can't fix stupid, but it can muffle the sound.
- 9. Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller?
- 10. "Getting Lucky" means walking into a room and remembering why I'm there.

Buy a book and find out!

Book sales benefit the Musician's Relief Fund in the Upper Keys

This 32-page book was created in the spirit of poking fun at our life here in the Florida Keys.

Written by Sue Beal with a little help from her friends, it was illustrated by the late John McKinna, a syndicated cartoonist.

The book was published and made available for sale so that the proceeds could help local musicians and their families.

Here in the Keys, we enjoy the music of so many talented, world-class musicians. Even as our community enjoys the fruits of their labors, we know the musicians have little to spare and have no safety net for when disaster strikes and they cannot work.

Our musicians are the first to sign up to make a community fundrasier or benefit a success.

Gilberts Resort funded the printing of the first edition, so all proceeds from the sale of this book will be used to help musicians in need.

Books are on sale at:

These locations also accept donations, or you can send a check to the Musicians Relief Fund, B.P.O.E. Elks Lodge PO Box 255, Tavernier, Fl 33070-0255 Centennial Bank, Key Largo 100280 Overseas Hwy Centennial Bank, Islamorada 81541 Old Highway

BPOE Elks Lodge, Tavernier 92600 Overseas Hwy Jules Underseas Lodge, Key Largo MM 103.2, 51 Shoreland Drive