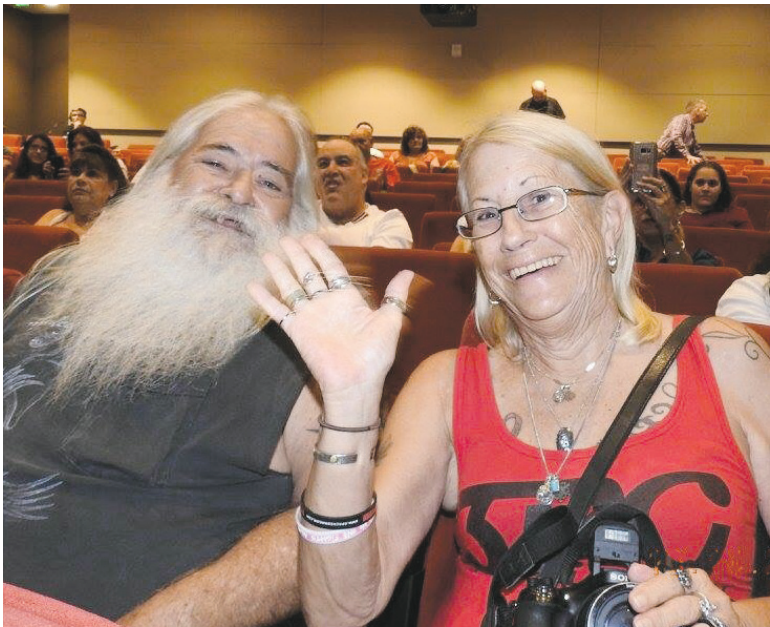


Conch Characters



Front row seats for Shane Duncan Band at Gilbert's recently.



RIP to Sue & "Santa" (Art) - the lovely couple that were friends to everyone. The two perished recently in a head-on motorcycle accident in central Florida.



The rockin' magic of Michael Trixx returns to Gilbert's Resort on Sept 15th.



Don't mess with Gilbert's Resort bartender Hubert, because if there is red velvet birthday cake around, he has a way of winning most arguments.



Congratulations to Christie Sheehan for winning a prize at the American Legion Jam Night with Joey Naples and Callum Allison. Photo by Video Dave.



Sundowners Catering does Paella right! Alfredo and Reyna dish up an amazing treat. Photo Karen Beal.



Manatees spotted at the Pilot House's Glasbottom Bar.



Monroe County Sheriff's Deputy Molina gives a young girl a whistle and badge to help him patrol the beach area at Gilbert's. Photo by Rob LeBrun.

Cutting Cords

Sometimes the emotions we are feeling belong to the person we are connected to, and an energetic cord must be severed.

In every relationship, people are constantly exchanging energy that can become a chord connecting two people. This energetic cord forms just below the breastbone and can remain long after a relationship has ended. This unbroken cord may leave an open channel between you and another person, through which emotions and energy can continue to flow.

If you are unaware that the chord exists, it is easy to feel the other person's emotions and mistakenly think that they are yours. Besides the fact that this can limit the amount of closure you can experience in a relationship, letting this cord remain intact can leave you with a continued sense of sadness while creating feelings of lethargy as your own energy is sapped from you.

Cutting the cord can help you separate yourself from old baggage, unnecessary attachments, and release you from connections that are no longer serving you.

Finding and cutting unwanted cords is a simple, gentle process that is best done alone and when you are relaxed. It is important that you are strong in your intention to release the chord between you and another.

To begin, breathe deeply and perform a simple centering meditation. When you are ready, visualize or sense the chords

that are connecting you to other people. Run your fingers through the cords to separate them until you find the cord you wish to sever.

There is no need to worry, because the chord you need to sever will feel just right. When you have found it, determine where the cut should be made and then visualize the cord being cleanly cut.

Afterwards, if you feel that cutting the chord has left spaces in your energy field, visualize those spaces being filled with healing sunlight.

There may be times where cutting a cord can help free a relative or loved one to reach new stages of growth. You're not severing a relationship, but you are severing the chords that are no longer serving you both. At other times, a cord may simply refuse to be cut because it is still serving a higher purpose.

It is also important to remember that cutting a cord with someone is not a replacement for doing your emotional work with people. It can, however, be an enactment of that work upon its completion. In any case, cutting a relationship cord should always be viewed as a positive and nurturing act.

By cutting the cords that no longer need to be there, you are setting yourself and others free from the ties that bind.



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"Ladies, Let's Go Fishing!" Florida Keys University, Scheduled for October



Costa Morada: Maryanne Vondertann, Ft. Lauderdale, FL; Mary Moll, Big Pine Key, FL; Cindy Clegg, Islamorada, FL; Dawna Young, Cape Coral, FL; Betty Bauman, Ft. Lauderdale, FL and Theresa Gaisert, Cape Coral, FL.

The "Ladies, Let's Go Fishing!" Keys saltwater fishing university will be held Oct. 19-21 at the Elks, MM 92 Bayside, Tavernier, FL. Registration, available online, includes two networking receptions, classes, hands-on skill practice, door prizes and gifts. Men and teens welcome. No equipment or experience is required. Optional fishing charters are on Friday and Sunday out of Islamorada, with prizes awarded for the LLGF Fishing Fever tournament to people fishing both days. Reservations are recommended at least one month in advance.

Contact: (954) 475-9068; info@ladiesletsgofishing.com; www.ladiesletsgofishing.com

"Ladies Let's Go Fishing!" hosts multiple saltwater fishing universities in various Florida cities.

The Universities teach fishing skills in a fun and relaxed environment, plus give hands-on opportunities to practice skills and a chance to go charter fishing.

Noted as the "No Yelling School of Fishing."



Sea Horse: Amy Carrasquillo, Parkland, FL; Kim Medefindt, Key Largo, FL; Cathy Brewer, Key Largo, FL; Jackie Velasquez, Key Largo, FL; Mary Metcalf, Fort Lauderdale, FL and Cecilia Cabieses, Plantation, FL.