

Riding Speed Temperature Chart for Motorcyclists

Ever Wonder What The Temperature Is At Riding Speeds...

Riding Speed (mph)	Air Temperature (degrees F)															
	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
5	27	32	37	43	48	53	58	64	69	74	79	85	90	95	100	
10	16	22	28	34	40	47	53	59	65	71	77	84	90	96	102	
15	9	15	22	29	36	42	49	56	63	69	76	83	90	96	103	
20	4	11	18	25	32	39	47	54	61	68	75	82	89	97	104	
25	0	8	15	22	30	37	45	52	60	67	74	82	89	97	104	
30	-3	5	13	20	28	36	43	51	59	66	74	82	89	97	105	
35	-5	3	11	19	27	35	42	50	58	66	74	81	89	97	105	
40	-6	2	10	18	26	34	42	50	57	65	73	81	89	97	105	
45	-7	1	9	17	25	33	41	49	57	65	73	81	89	97	105	
50	-7	1	9	17	25	33	41	49	57	65	73	81	89	97	105	
55	-8	0	9	17	25	33	41	49	57	65	73	81	89	97	105	
60	-8	1	9	17	25	33	41	49	57	65	73	81	89	97	105	
65	-9	1	9	17	25	33	41	49	57	65	73	81	89	97	105	

Stop by ACME Cycle and see what else is going on!



**Garden Club of the Upper Keys**

**GARDEN CLUB OF THE UPPER KEYS**

Stacey Assael and Jennifer Lauture from Fairchild Gardens will speak about the **FAIRCHILD CHALLENGE**, an environmental education outreach program of Fairchild Tropical Botanical Garden in Coral Gables.

**February 12 at 11:00 am**

at Francis Tracy Garden Center  
94040 Overseas Hwy.  
(mm 94 bayside).

All are welcome.  
[gardenclubupperkeys.org](http://gardenclubupperkeys.org)

Uncertain Relationships

by Dawn Wiggins, Ed.S.

Are you dealing with uncertainty in your relationship? I can relate, I've been there. There was a time in my life where it seemed like I was constantly adjusting to something or impatiently awaiting clarity about my relationship status.

What I know about relationship uncertainty is this: it's hard to know if it's better to stick it out or if it's time to move on. This confusion taps into two different concerns: First, fear of the unknown, and second, self-doubt.

When faced with doubt, our brain relies on what it knows - reliable or not. Your brain uses past experiences, beliefs, current information and sensory data and creates possible outcomes and

makes predictions. This is an effort to relieve uncertainty in the midst of change. Because uncertainty produces one of the highest levels of emotional discomfort, the irony is that uncertainty also provides one of the greatest potentials for personal growth.

This is an opportunity to stretch yourself, learn new behavior and create positive change. So, check in with yourself! In times of uncertainty do you predict negative or positive outcomes?

Consider that a large portion of the intel we use to create probabilities is actually not reliable data. It is often based on assumptions, mind reading, unverified observations about other people, hearsay, etc.

There are more effective ways of dealing with change and uncertainty ...

**#1 Identify Stressors**

Identify the specific stressors and determine if there are any action steps that can be taken such as ask for help, organize, or create a backup plan

**#2 Face Your Issues**

Face your issue and communicate as clearly as possible. This does not mean be confrontational, but it does mean stop avoiding the thing that is causing stress! We often create a larger problem in our minds and once we face it and talk about it we realize it wasn't quite as big as we anticipated or predicted

**#3 Take Care of Yourself**

Uncertainty produces stress, so self-care is key. Know when you are at your



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limit and need a time out, a hug or to talk to someone! And, if you'd like to receive free advice about life, love, and relationships, be sure to opt-in to my newsletter! It's a convenient approach to add a little therapy into your life.

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Dad Jokes & Puns

My tailor is happy to make a new pair of pants for me. Or sew it seams.

What is a thesaurus's favorite dessert? Synonym buns!

A relief map shows where the restrooms are.

There was a big paddle sale at the boat store. It was quite an oar deal.

How do they figure out the price of hammers? Per pound!!

Police were called to the daycare center. A 3-year old was resisting a rest.

The other day I held the door open for a clown. I thought it was a nice jester.

Need an ark to save two of every animal? I Noah guy.

Alternative facts are aversion of the truth.

I used to have a fear of hurdles, but I got over it.

Atheism is a non-prophet organization.

Did you know they wont be making yardsticks any longer?

The patron saint of poverty is St. Nickeless.

What did the man say when the bridge fell on him? The suspension is killing me.

Do you have weight loss mantras? Fat chants!

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