

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.



Francesca



Bella



Hershey



Rocky



Parker



Harry & Meghan



Poncho



Bob & Dylan



Trisha



Ameila

My Sense of Humor

THINGS THAT SHOULD NOT BE JOKED ABOUT

WHY I'M GOING TO HELL

THINGS THAT I FIND FUNNY

The man who invented Autocorrect died today.

May he rust in piss.

Funny about getting older, your eyesight may weaken yet you can see through people much better.

SOMETIMES YOU MEET SOMEONE AND YOU KNOW FROM THE FIRST MOMENT THAT YOU WANT TO SPEND YOUR WHOLE LIFE WITHOUT THEM.

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How to Reconnect and Prioritize Your Relationship

by Dawn Wiggins, Ed.S.

Does life feel like it gets in the way of your marriage? Is there a void resting between you and your spouse? If you can answer yes to these questions, know this is common and fixable. But if you let it go too long, the distance can become insurmountable. With all the love and good intentions in marriage, unfortunately, disconnect, and an imbalance in relationship priorities can still happen. Let's get you and your loved one back on track.

Spend Intentional and Quality Time Together - This means putting down the phones and being completely present with one another.

Communicate Often and Listen Well - Many of my clients seeking to repair their relationships talk with their spouse but they listen so they can defend themselves. Listening well is the key here.

Check-In Regularly - Touching base is a way of maintaining relationship security.

Make Plans and Decisions Together - Collaboration



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creates connection and builds trust!

Set Outside Relationship Boundaries - If work, in-laws, or hobbies are MORE important than your relationship, it's time to make some adjustments.

Stop Scorekeeping - You want to feel secure and 'at home' in your relationship. Scorekeeping creates anxiety and tension. So, let it go!

Offer Encouragement - Gratitude and kind words are powerful medicine for anyone, especially your partner.

Seek Professional Therapy - Relationships and life's circumstances can be tough. If you have the "I can figure this out on my own" mentality, you are blocking your path to growth. I've been in my share of therapy, and it has helped me tremendously. Asking for help can be scary at first, but then it becomes a huge relief.

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Rest in Peace
DONNA ARROM



We thought of you
with love today,
But that is nothing new.
We thought about you
yesterday,
And days before that too.
We think of you in silence,
We often speak your name.
Now all we have is memories,
And your picture in a frame.
Your memory is our keepsake,
With which we'll never part.
God has you in his keeping,
We have you in our hearts.

Dear Anny Bannanny



Dear Anny Bannanny,

I am so ticked off right now!!!!

I experienced the WORST customer service earlier today at a store on US 1 in the Keys. I don't want to mention the name because I'm not sure how I'm going to proceed. Think Class Action law suit!

On Saturday I bought a little something from this shop. I paid cash for it, no big deal. I took it home and found out it didn't work. So today, less than 48 hours later I took it back to the store and asked if I could get a refund. The sweet young girl behind the counter told me "NO", even though I still had the receipt! I asked if I could get a replacement instead. Again they told me "NO"! At this point I'm getting frustrated.

I asked to talk to a manager as I was really not happy and I explained the whole situation and that it failed work the way I wanted it to work. The manager just smiled and told me to my face that I was "OUT OF LUCK." WTF!???

No refund.

No store credit.

No FREE replacement.

Has this ever happened to anyone else?

Well, what would you do?

I am NEVER buying another lottery ticket from there again !!