

Religion vs Spirituality

- **Religion:** worships God.
- **Spirituality:** encourages oneness with God.

- **Religion:** God is outside of you.
- **Spirituality:** God is within you.

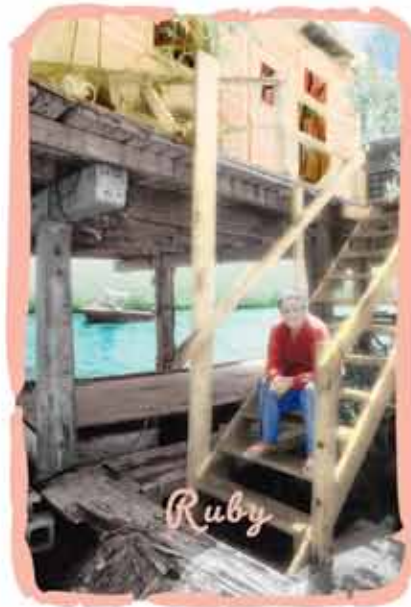
- **Religion:** separates people who have different beliefs.
- **Spirituality:** unites people regardless of their beliefs.

- **Religion:** teaches people to be afraid of hell.
- **Spirituality:** teaches people to create heaven on Earth.

- **Religion:** based on fear and restriction.
- **Spirituality:** based on love and freedom.

- **Religion:** feels like being a single drop in the ocean.
- **Spirituality:** feels like being the entire ocean in a single drop.

- **Religion:** based on others' experience.
- **Spirituality:** based on your personal experience.



Ruby Stern known as "Miss Ruby", was the matriarch of Downtown Card Sound. She was a familiar site to travelers across Card Sound bridge.

ORIGINAL LOCAL ARTWORK BY



305-451-7778

On the shirt back is Carol's image of Ruby Stern, matriarch of Downtown Card Sound Road, a place that doesn't exist on any map... yet was home to a community of free spirits, fishermen and independent thinkers who took up residence there. Located on the west side of the road south of Alabama Jack's, and the toll booth, the shack was originally built by workers who constructed the toll bridge around 1968. In 1972 Ruby moved in and lived there for 27 years. She'd sit on the steps of her shack, with an old Colt 44 daring anyone to throw her off the land. She stayed. Not even the destructive forces of hurricane Andrew and the county's condemnation of the shack could send her from her spot on the bay on Card Sound. She moved to a trailer alongside and lived there until 1999 when she had to leave due to illness, and died at age 90.

Dress like a Florida Keys local and be comfortable in the sun in our DRI-FIT shirt designed by Carol Ellis | Little Salt Photography featuring original artwork of the HISTORIC FISHING VILLAGE OF DOWNTOWN CARD SOUND



SCAN CODE WITH YOUR SMART PHONE TO PURCHASE



SPF 50, long sleeve fishing performance shirt in aqua, limeade and white

Coffee filters Who knew!?

And you can buy 1,000 at the dollar store for almost nothing even the large ones.

1. Coffee filters make excellent covers for bowls or dishes in the microwave.
2. Clean windows, mirrors, and chrome... Coffee filters are lint-free so they'll leave windows sparkling.
3. Protect China by separating your good dishes with a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.
7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a filter.
12. Do you wax your eyebrows? Use strips of coffee filters!
13. Put a few on a plate and put your fried bacon, French

fries, chicken fingers, etc on them. It soaks up all the grease.

14. Keep in the bathroom. They make great "razor nick fixers." And you can use them to wipe dentures.

15 As a sewing backing. Use a filter as an easy-to-tear backing for embroidering or appliqueing soft fabrics.

16. Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.

17. Use them to strain soup stock and to tie fresh herbs in to put in soups and stews.

18. Use one to prevent spilling when you add fluids to your car.



19. Use them as a spoon rest while cooking and clean up small counter spills.

20. Use to hold dry ingredients when baking or when cutting a piece of fruit or veggies.. Saves on having extra bowls to wash.

21. Use them to wrap Christmas ornaments for storage.

22. Use to remove fingernail polish when out of cotton balls.

Critters in our Midst
Carol Ellis

Introducing a stunning new book about wildlife in the Upper Keys with stories as told by and photographed by Carol Ellis

AVAILABLE at Wynns Supermarket - Ocean Reef Shell World - MM 97.6 Key Largo Island Home Garden Center - MM 88.7 Plantation Key and Amazon.com

brunch at the Key Largo moose

Saturdays - 11am til 2pm

brunch menu

MOOSE BREAKFAST \$8.00	
2 Eggs, Choice of Meat, Hashbrown & Toast (White/Rye)	
MOOSE SANDWICH \$8.00	
Bacon, Egg, Cheese on Toast or English Muffin (Bagel +\$1.00) Served w/ Hashbrown	
WAFFLE BREAKFAST \$8.00	
2 Waffles served w/ Choice of Meat	
BLT \$6.00	
TURKEY CLUB \$6.00	
ALA CARTE	
1 Egg \$2.00	
2 Bacon or Sausage \$3.00	
Hashbrown \$2.00	
Waffle \$4.00	
Bagel w/ Cream Cheese \$3.50	
Toast (White/Rye) \$1.50	

MENU
KITCHEN HOURS: 5:00p til 8:30p

KEY LARGO MOOSE LODGE #2287 BAR TIKI FOOD MOTEL MM 98.8 JOIN TODAY & STAY! 305-451-1333

SPECIALS		MINI PIZZA 8"	
WINGS (6) \$8.00		PLAIN CHEESE \$6.50	
BBQ, BUFFALO, GARLIC PARMESAN, HONEY MUSTARD, TERIYAKI OR PLAIN		PEPPERONI \$7.00	
CLASSIC CHEESEBURGER \$7.00		SAUSAGE \$7.00	
WITH BACON \$8.00		SAUSAGE & PEPPERONI \$7.50	
*ADD EGG-----+\$2.00		APPETIZERS	
B.L.T. \$6.00		Add side of fries or tots for \$1.50	
*ADD EGG-----+\$2.00		• Chicken Tenders (3) \$6.50	
CHICKEN PARM SANDWICH \$7.00		• Mac & Cheese Bites with Pepper jack Cheese \$6.50	
TACOS (SOFT OR HARD) 1 FOR \$3.00 2 FOR \$5.00 3 FOR \$7.00		• Breaded Shrimp (5) \$6.50	
*ADD ONION-----+\$0.50		• Mini Corn Dogs (8) \$6.50	
JUMBO BEEF HOTDOG \$5.50		*ADD ONION-----+\$0.50	
GRILLED TURKEY SANDWICH \$6.00		• Side Fries or Tots \$3.50	
WITH BACON, LETTUCE, TOMATO & MAYO		*ADD CHEESE--+\$1.50	
GRILLED CHEESE SANDWICH \$4.50		• Basket of Fries or Tots \$6.50	
*ADD BACON & TOMATO-----\$2.00		*ADD CHEESE--+\$2.00	
		• Nachos w/ Cheese \$5.50	
		*ADD SALSA-----+\$1.00	
SAUCES			
Ranch - Bleu Cheese - BBQ - Honey Mustard - Buffalo Teriyaki - Cocktail - Tartar - Ketchup - Mustard			