Artist of the Month F. True Lansden, M.D.



family. True enjoyed sharing

the responsibility of flying the

and from the Marathon airport

and quickly followed his father

becoming the youngest licensed

Dr. Lansden received his

pilot in America at the time.

BS degree from Kent State

University in 1976 and earned

his MD from the University of

Cincinnati College of Medicine

trained as a General Surgeon at

South Carolina and was Board Certified by the American

Board of Surgery. By 1992,

Dr. Lansden was training as a

University and in 1994, he went

into practice with his father,

on the Mississippi Gulf Coast,

who is also a Plastic Surgeon.

This is where he met his wife,

Lisa and she began working with

him. He is a Diplomate of the

American Board of Surgery and

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Plastic Surgeon at Tulane

in 1986. Dr. Lansden then

family plane on many trips to

"Great art picks up where nature ends" - Marc Chagal "Only put off until tomorrow what you are willing to die having left undone" -Pablo Picasso

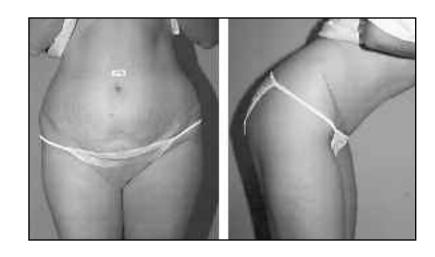
"One can have no smaller or greater mastery than mastery of oneself" - Leonardo da Vinci

art-ist - a person whose shows exceptional creative ability or skill who is able by virtue of imagination and talent to create works of aesthetic the Medical University of value.

The Coconut Telegraph is proud to have Dr. True Lansden as Artist of the Month. Dr. True, to his friends, is truly a Keys person. Growing up parttime in Ohio and part-time in Key Colony Beach he quickly developed a love of The Florida Keys. His father earned his pilot's license and bought an airplane so getting back and forth was no problem for the

Before and After











Amazing results, satisfied clients!

Restaurant of the Month Paradise Pub & Grill

This is the year for change and a change for the better has happened in Key

The Paradise Pub has been a landmark restaurant for many years. Gone is the beaten up cigarette burned furniture along with smoking inside (however smoking is permitted in the

outside beer garden). Everything has a fresh coat of paint and a new attitude. The kitchen also got a major overhaul and it just sparkles.

"We want to appeal to a more upscale crowd," says Richard Donnelly, owner and manager. "Now if you look around you see business people stopping in for lunch or dinner."

"We have a whole new menu, the prices are reasonable and we're still open and serving food till 1 am. We are locals ourselves so we cater to the locals as well", says Bugs Vinson, owner.

Chef Fernando, formerly the chef at the Big Fish for seven years, has created a Keys style menu, dinners are all under \$20 and lunch is under \$10. The Paradise Pub and Grill was the winner of the 2008 Peoples Choice Award for the best Cheeseburger in Paradise.

Happy hour is "We have a whole daily from 4 to 7 new menu, the prices with \$1.50 draft are reasonable and beer and various we're still open and flavor chicken serving food till 1 wings and peel and eat shrimp for only - Owner Bugs Vinson 50 cents each.

> "We have live entertainment on the weekends, Karaoke with Marilee Free is a really great time on Tuesday nights," Donnelly tells us. "We fill the parking lot on Saturdays with bike night and we have a lot more events planned for the future."

> If you haven't been to the Paradise Pub in a while stop in, things sure have changed.

> The Paradise Pub and Grill is located at mile marker 102 Oceanside in Key Largo.



Owner's Richard Donnelly and Bugs Vinson welcome you to come in and enjoy the new and improved Paradise Pub.



MARCH 8TH

THE ORIGINAL

PARTY

SUNDAY

LIVE

ENTERTAINMENT ON THE BEACH

FROM 5 TIL 12

DJAT MORADA BAY CAFE

BAHAMIAN PARADE · ABC CIRCUS · FIREWORKS BONFIRES ON THE BEACH · BBQ SPECIALS **BACARDI DRINK SPECIALS**

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Look for a special surprise for our quests!

Beach Front Cafe \$15 cover charge 21 and up \$5 discount for locals





\$1.00 Drafts