




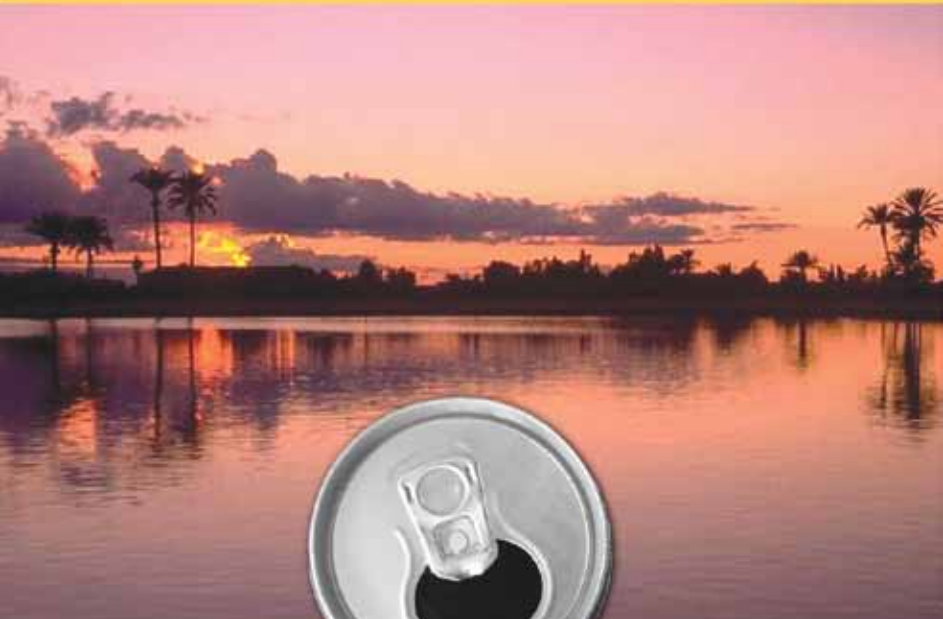
Elizabeth Plunkett Huddleston grew up next door to me in Key Largo and now has a degree in fashion and the absolute best clothing boutique in the county. The Miss Monroe boutique in Islamorada has an amazing inventory of exclusive haute couture at 70% off big city prices. Next door to Forest Tek Lumber is a shopping paradise!

*The Florida Keys*  
*and Key West*

**How Tourists See It**



**How Locals See It**



Reef Roamer  
SNORKEL  
PENNEKAMP PARK

QUICKSILVER  
CATAMARAN

**LIVE MUSIC  
ON THE WATER**

**Quicksilver  
Catamaran**

**Weekends in August**

**Ted and Viviane**  
“Best of Florida Keys”

**DERRICK HERRING**


6:30 pm – Sunset  
Complimentary Beer

**305-453-0110**

Reservations and Info

[www.reefroamersnorkel.com](http://www.reefroamersnorkel.com)  
[www.quicksilversnorkel.com](http://www.quicksilversnorkel.com)

**BICYCLE**  
Service • Repairs • Maintenance  
Parts • Accessories



**CORAL FINANCIAL**  
Jewelry & Pawn  
**453-5300**  
MM102 Oceanside Key Largo

**Chronic Lateness**  
**Unconscious Communication**

When people are chronically late, they are in essence saying that their time is more important than yours.

Being late for an appointment or a date can seem like a small thing that really doesn't matter, but it communicates volumes, whether we mean it to or not. Being kept waiting is an experience that almost no one enjoys, because at best, it wastes their time, and at worst, it indicates a lack of regard.

It's as if we're saying that our time is more important than their time, so we don't need to honor them by showing up when we said we would. When we are running late, it means a lot if we call and let the person know, especially if it's going to be more than ten minutes.

However, if we are chronically late, it may take more than a phone call to properly address the issue.

If it's become a habit of ours not to be on time, we may want to look inside ourselves and see what's going on. It's easy enough to make excuses about our behavior, or to project responsibility on the other person, perceiving them to be uptight if they are irritated by our tardiness.

What's more difficult, and more meaningful, is looking at ourselves and asking why it is that we always, or often, show up late.

Sometimes this happens out of a lack of self-regard,


August 2012 • The Coconut Telegraph • 9

as if we aren't really important anyway, so why will anyone care if we're late, or don't show up at all. Chronic lateness can also stem from being disorganized, or simply trying to do too much in one day.

Another possible reason for being late to a particular appointment, or date, is that we don't really want to be there. We communicate our

disinterest or boredom by not showing up on time.

Whatever our reasons, if we raise them to the conscious level, we have an opportunity to live a more conscious life. As we begin to understand the deeper reasons behind our inability to show up on time, we have the option to communicate clearly and consciously about how we really feel, rather than communicating unconsciously by being late.



Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at [www.dailyom.com](http://www.dailyom.com)

*Where is the Party?* **Gilbert's Resort**  
Waterfront Tiki Bar, Restaurant, Motel & Marina 107900 Overseas Hwy  
305-451-1133  
[www.gilbertsresort.com](http://www.gilbertsresort.com) or visit us on facebook

Monday thru Friday  
**HAPPY HOUR**  
4pm - 7pm

Beat the Heat!  
Cool off at Gilbert's  
Tiki Bar on the Water

**KEYS ADVENTURES  
WATERSPORTS**  
Waverunner Rentals!  
NEW! Boat Rentals  
Paddleboards & Kayaks  
HOURLY, DAILY OR WEEKLY!  
We Deliver! • Great Rates!  
Large Ride Areas!  
Call to reserve your ride time!  
**(302) 293-7199**  
(Reservations suggested, but not required)  
[www.keysadventureswatersports.com](http://www.keysadventureswatersports.com)  
Let's Get Wet!!  
107900 Overseas Hwy, Key Largo

RAW BAR open every day!

**Gilbert's Breakfast Nook**  
Serving Breakfast Daily  
7am - 11am

**AUGUST ENTERTAINMENT**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29. The REGS 2-7pm Kim Bankston during Band Breaks	30. David Bowman 1-5 pm Jammin' with the Steve Venini Band 6-10	31. Luke 1-5 pm T.J. Karaoke 6-10	1. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	2. Luke Sommer Glenn 1-5 pm Jimmy Hawkins 6 - 10pm	3. David Bowman 2-6 pm Travlers Band 7-11	4. Luke & Dave 2-6 Whipping Post 7-11
5. EGO 2-7 Kim Bankston during Band Breaks	6. David Bowman 1-5 pm Jammin' with the Steve Venini Band 6-10	7. Luke 1-3:30pm T.J. Karaoke 6-10	8. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	9. John McKinna 1-5pm Jimmy Hawkins 6 - 10pm	10. David Bowman 2-6 pm THE REGS 7-11	11. Luke & Dave 2-6 Gladezmen 7-11
12. Mr. Nice Guy 2-7 Kim Bankston during Band Breaks	13. David Bowman 1-5 pm Jammin' with the Steve Venini Band 6-10	14. Luke 1-5 pm T.J. Karaoke 6-10	15. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	16. Luke Sommer Glenn 1-5 pm Jimmy Hawkins & Band 7-11	17. David Bowman 2-6 pm Jimmy Hawkins & Band 7-11	18. Luke & Dave 2-6 No Restrictions 7-11
19. Eclipse 2-7 Kim Bankston during Band Breaks	20. David Bowman 1-5 pm Jammin' with the Steve Venini Band 6-10	21. Luke 1-5 pm T.J. Karaoke 6-10	22. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	23. John McKinna 1-5 pm Jimmy Hawkins 6 - 10pm	24. David Bowman 2-6 pm Loose Cannon 7-11	25. Luke & Dave 2-6 Stalking Mildred 7-11
26. The REGS 2-7pm Kim Bankston during Band Breaks	27. David Bowman 1-5 pm Jammin' with the Steve Venini Band 6-10	28. Luke 1-5 pm T.J. Karaoke 6-10	29. Allen Truesdell 1-3:30 pm and 6 - 8:30 pm	30. Luke Sommer Glenn 1-5 pm Jimmy Hawkins 6 - 10pm	31. David Bowman 2-6 pm Travlers Band 7-11	

Join the "ISLAND TIME" Paddle Wheel Boat for a Sunset Dinner Cruise.  
Launches from STEAMERS - While cruising Key Largo's shore line on Blackwater Sound, enjoy the amazing views, sumptuous food, a full Liquor cash bar and the sounds of live music. Call 453-0001 or visit <http://islandtimecruises.com/> for info/res.

Hours - Tiki Bar: 7 Days 11 am to 11pm or later • Inside Restaurant: Monday to Friday 5pm to 10pm • Saturday and Sunday 7am to 11am and 5pm to 10pm