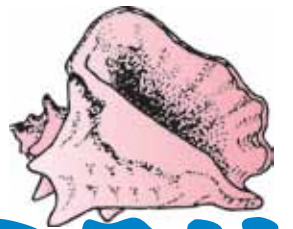


The Conch Republic COCONUT TELEGRAPH

FREE
Dining • Shopping
Lodging • Humor
Entertainment



THE COCONUT TELEGRAPH IS PROUD TO BE THE OFFICIAL NEWSPAPER OF THE NORTHERNMOST TERRITORIES OF THE CONCH REPUBLIC

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Daily OM
Coco-Nut Funnies
Conch Characters
Business in the Keys
The Mangrove Galley



So much fun! The amazing Igor and the Red Elvises return to the Keys in May - catch them at Gilbert's for one night only on May 18th, 7-11pm. Photo courtesy of Julie Delisle Photography.

BLUESFEST

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**World class entertainers, in Key Largo on the beach.
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**May 10-11-12: Mac Arnold
& Plate Full of Blues**

"Corn Bread & Collard Greens Festival"

Old-school blues, soul and funk; he's
toured and recorded with Muddy Waters
band, Otis
Redding &
B.B. King.



Coconut Telegraph

May 2018

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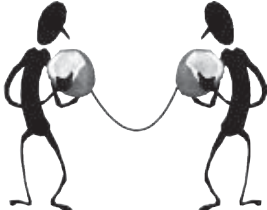
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Key Largo, Florida Keys 33037



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Editorial: For Tourists only

Stop right now. If you have just picked this newspaper up at a local visitor center and have not decided what you want to do, turn around , go back in the visitor center and book a room in the Upper Keys. Why? Here is a list of things to see and do.

1. EAT at any of the fine restaurants listed in this newspaper. The freshest and most delicious seafood. Our fishermen are working hard for you and these restaurants are the best.

2. PLAY. Watersports! Rent a wave runner, boat, paddle board or kayak. We recommend Keys Adventures Watersports 302-293-7199. Guided tours available too.

3. EXPLORE. Key Largo is the diving capital of the world because we have the Coral Reef State Park. In order to see it you need to get on a boat. Your choices are scuba diving, snorkeling, glass bottom boat cruises. The visitor center can help you with that too.

4. WILDLIFE - The Florida Keys Wild Bird Center is FREE and open from 6:30 am to 8:30 pm. There are over 20 species of native and migratory birds to see up close and photograph. It is located at 93600 Overseas Highway on the bay side.

5. NIGHTLIFE - Dance the night away and enjoy the areas finest musical talent. All the restaurants and clubs in this newspa-

per are "Coconut Telegraph Approved". If it is not in this newspaper, we don't go there so why should you?

6. SHOPPING - Looking for gifts or souvenirs? Shell World is the largest and nicest store in the Upper Keys. They have 2 locations. 106040 Overseas Hwy or 97600 Overseas Hwy.

8. FAMOUS SUNSET - Pick any restaurant on the bayside or take a cruise.

9. ART - Check out the Morada Way Arts District in Islamorada.

10. BEST OCEAN VIEWS - Gilbert's,. Jimmy Johnson's Big Chill, Bayside Grille, Blackwater Siren, Sundowner's, Shipwreck's and Buzzard's Roost.

11. BEACH - Gilbert's Resort at MM 108 has a beautiful swimming beach. No coolers allowed.

12. FISHING - Stop by the Visitor Center at MM 106 for info on how you can catch a big one.

13. HOTELS - The Visitor Center gets daily discounts and save you precious time to enjoy more of your vacation. We always recommend Gilbert's Resort because of the freshly renovated clean rooms, great food, entertainment, and tiki bar on the water.

14. DIVING - Key Largo is the Diving Capital of the World! The Visitor Centers can book it for you.

15. DOLPHINS - Dolphins Plus offer a chance you you and your family to get up-close and personal with our beloved sea mammals. It is a truly unique experience.

16. REAL ESTATE DEALS - Own a piece of paradise. Now is a buyers market.

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May 2018 • The Coconut Telegraph • 3


Gilbert's Resort

Largest Tiki Bar in the Keys!


107900 Overseas Hwy

www.gilbertsresort.com

305-451-1133




SATURDAYS THIS MONTH:



Saturday, May 5

UNCLE SMOKEY


1-5 PM



Saturday, May 5

FACE 2 FACE


7-11 PM



Saturday, May 12

SILVER SPINE


1-5 PM



Saturday, May 12

MAIN STREET


BAND 7-11 PM



Saturday, May 19

UNCLE SMOKEY


1-5 PM



Saturday, May 19

THE FLYERS


7-11 PM



Saturday, May 26

SPANK THE BAND

1-5 PM



Saturday, May 26

STEREOTOMY


7-11 PM • 80s Night!

MICHAEL TRIXX


IS BACK!

8pm • SATURDAYS


Farewell Bobbe Brown



Bobbe Brown played his last Friday afternoon gig at Gilbert's Resort in April. We all wish him the best up North with his family.



Bobbe says goodbye to Kim, a bartender from Gilbert's.



Some of the Gilbert's Resort staff saying goodbye to Keys legend Bobbe Brown. Best of luck to one of our own! Pictures courtesy of Rob LeBrun.


Thanks for all the good times and great music!

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Homemade Desserts




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Florida Keys Elks Lodge 2018 Officers
New officers started their new term in April, for the upcoming year at the Florida Keys Elks Lodge. Pictured from left to right: Larry McNamara, Steve Randel, John Mavis, Glenn Hedges, Lisa Camerato, Sherill Tarbell, Dennis Tarbell, Jody Randel, Janet Ciccarella, Patty Burke, Carl Mikuletzky, Jane Ferguson, and Lee Huenniger. Officers not pictured Bill Meskel and Paulette McNamara. Congratulations!



CINCO DE MAYO

Most people don't know that back in 1912, Hellmann's Mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after its stop in New York. This would have been the largest single shipment of mayonnaise ever delivered to Mexico.

But as we know, the great ship did not make it to New York. The ship hit an iceberg and sank. The people of Mexico, who were crazy about mayonnaise, and were eagerly awaiting its delivery, were disconsolate at the loss. Their anguish was so great, that they declared a National Day of Mourning.

The National Day of Mourning occurs each year on May 5 and is known, of course, as - Sinko De Mayo. (WHAT??? You expected something educational from us? You need another shot of Tequila!)

LIVE MUSIC Friday Nights

Gorgeous Sunsets

The Blackwater Siren

featuring

The Fabulous Food of Chef Lolo!

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*Some restrictions apply

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Mac Arnold Cornbread & Collard Greens Festival at Bayside Grille Key Largo

May 10, 11 and 12

For 3 nights in May, the legendary Mac Arnold brings his annual Cornbread & Collard Greens Festival to Bayside Grille in Key Largo. The Cornbread & Collard Greens Festival has been held at venues in South Carolina, North Carolina and Tennessee over the last 7 years. The collard greens are organically grown by Mac himself on his farm in Greenville, SC. Mac approached owner of Bayside Grille, Robert DiGiorgio, after his first performance there. His love for the people and the place prompted Mac to include Key Largo in the fes-



ivities. Bayside Grille will be featuring for lunch, dinner and during performances on the 3 days, the "Mac Arnold Plate" with homemade cornbread, Mac's organic collard greens and buttermilk fried chicken fingers.

About Mac Arnold and Plate Full of Blues: In 1965 Mac had already made a name for himself playing bass with the legendary James Brown on keyboards. At age 24 in 1966, he was presented with the opportunity of a lifetime, playing in the Muddy Waters Band. Since then Mac Arnold has played with The Temptations, Otis Redding and BB King. Mac Arnold went to work with ABC Television and Laff Records where he co-produced the television show Soul Train. He also worked with Redd Foxx on Sanford

& Sons. The bass line on "The Streetbeater" - from Quincy Jones' 1973 album, You've Got It Bad Girl - better known as the theme song for Sanford and Son, is courtesy of Mac's fingers. Mac now tours with his band, Plate Full of Blues, where he plays his now-famous Gasoline Guitar, made for him by his brother Leroy. In the past few years, Mac received an Honorary Doctorate Degree in music from the University of South Carolina, and this past September he was inducted into the Alabama Blues Hall of Fame.

Bayside Grille owner Robert DiGiorgio has made an impact on the music scene in the Upper Keys with his mix of local musicians, along with producing BluesFest, featuring international touring blues bands, Key Largo Songfest,



Photo © Andy Sheppard

some of Nashville's hottest songwriters, and now the Mac Arnold Cornbread and Collard Greens Festival.

Stop by for a great plate and some amazing music!

Voted Best Happy Hour in the Keys! 4-7 Daily

WEDNESDAYS: 20% LOCALS DAY

Mother's Day

May 13

Bring the Family!

Food and Drink Specials

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Happy Mother's day

I came across this poem that my mother and grandmother used to recite when I was a child and in honor of Mother's Day I thought you might enjoy it. Sweet memories.

"ME MUDDER"

When me prayers were poorly said
Who tucked me in me widdle bed
And spanked me till me arse was red
... ME MUDDER

Who took me from me cozy cot
And put me on the ice cold pot
And made me pee when I could not
ME MUDDER

And when the morning light would come
And in me crib me dribbled some
Who wiped me tiny widdle bum,
ME MUDDER

Who would me hair so neatly part
And hug me gently to her heart
Who sometimes squeezed me till me fart,
ME MUDDER

Who looked at me with eyebrows knit
And nearly had a king size fit
When in me Sunday pants me s__t,
ME MUDDER

When at night her bed did squeak
Me raised me head to have a peek
Who yelled at me to "GO TO SLEEP!"
ME FADDER



Texting with Mom — it's always special to hear from her.



Hurricane Preparedness Tips

Here are some things I learned from Irma and having no power for several days.

- * It's hard to relax with an open flame in your home (especially if you have pets or small children) -- get a battery-powered fluorescent or LED light source if you can.
- * A cooler with wheels is great to pack things in if you need to leave or walk to the store for ice.
- * It's sometimes hard to find things in a semi dark house -- put things you think you'll need in a central location.
- * If you don't have lanterns or can't find them, remember you can bring the solar landscape lights inside at night.
- * Oreos and beer sound like a great idea until about day 3. Get some real, nourishing food.
- * Boil up some pasta, toss with olive oil & store in a zip lock. Then if the power goes out you can add whatever veggies, meat & cheese you find in the fridge & salad dressing & everyone can make their own pasta salads.
- * Freeze some of your water bottles -- then they are both ice and a cold drink.
- * Fill your car with gas and have a spare carry-along tank in case of evacuation.
- * Baby wipes!!! Good for everything.
- * Dress appropriately during the worst of the storm. This includes having a decent

- pair of shoes on. Suddenly battling a tree in your house in a dress and flip flops isn't the best fashion choice.
- * Bring a saw in the house if you can. You may need it to get out.
- * Charge everything you own. Everything! Cell, tablets, i-pods, speakers & don't forget your toothbrush and makeup.
- * Get some bug spray. You may be doing yard work or dealing with a broken window.
- * Get some spray anti itch medicine to deal with the above bug bites.
- * Baby powder helps you not stick to the sheets when it is 200 degrees.
- * A cold shower is a wonderful thing.
- * Battery operated fans are a life saver.
- * Put your small pets in a crate or carrier. Make sure they have ID, collars, food, water, treats and leashes.
- * Get cash. The stores may open without power and there will be no ATMs or card usage.
- * Get some magazines or books. When you have no power, nights are approximately 17 hours long.
- * Buy a roll of contractor sized trash bags. Good for both cleanup & keeping things dry.
- * Don't get drunk until AFTER the storm passes.

Key Largo's
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may 17★20

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BEACH BBQ
with
CHEF DREW
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May 20**
2-10 pm

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EVENT

The Florida Keys
Key Largo
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THURSDAY:
Sundowners – from 6:00 pm
Cactus Jack's - from 9:30 pm

FRIDAY: 3 STAGES
Sundowners – from 6:30 pm
Senor Frijoles – from 7:00 pm
Cactus Jacks – from 8 pm

SATURDAY: 4 STAGES
Breezers at the Marriott - from 2:00 pm
Sundowners – from 6:00 pm
Senor Frijoles – from 7:00 pm
Cactus Jacks – from 10:30 pm

SUNDAY: Festival Finale on the Bay!
Caribbean Club – 2-10 pm

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Around Town



There are always impressive bikes to see at Gilbert's on the weekends.



Jimmy Johnson's Big Chill is a great place for weddings!



Gilbert's General Manager Rob LeBrun presents Suzi Youngberg of the American Cancer society with a check for \$4,540 for Boobie drink sales from October through April. Gilbert's donates \$1 from every drink sold, which would not be possible without your support!



A pelican waits for his lunch at Gilbert's.



Sharkeys, always a fun place to hang!



Amoray Divers' photo of a hammerhead on the reef.



Information and more at Tropical Realty.



A custom Florida Keys car sunshade, photo by Rob LeBrun.



A water jet pack cruises by Gilbert's on a Sunday Funday.



Keys Adventure Watersports has it all! Located at The Big Chill.

Special Events at Gilbert's Resort in May

(No cover charge)



Friday May 18th 7-11pm Igor and Red Elvises

Fresh from a 15-city tour of Canada opening for the Reverend Horton Heat (the godfather of rockabilly and psychobilly), Igor and Red Elvises are bringing their Siberian Surf "Rok 'n' Rol" show to Gilbert's Resort for a one-night only show.

Igor Yuzov was born in Germany, raised in Ukraine and studied in Russia. He grew up in the former Soviet Union, where folk music was the norm and rock 'n' roll was illegal.

A rebellious streak, however, led him to seek out the forbidden music. As soon as it became possible, Igor left Russia for America with his "Folk 'n' Roll" band Limpopo and was personally greeted by Ronald Reagan.

In 1993, Limpopo won Ed McMahon's Star Search and their popularity began to blossom. Evolving over the years, Igor's music has been labeled "Siberian Surf Rock" which contains humorous lyrics and grooves that forces his audience to dance.

For the past few years, Igor has maintained the same core group of talented LA-based musicians known as the Red Elvises. Jasmin Guevara is an immensely talented drummer who will make your jaw drop when she plays her 5-minute drum solo during "Sad Cowboy Song."

Dejah Sandoval is the little lady that plays bass guitar, the huge bass balalaika. (It's bigger than she is!) And she

sings some of the tricky Elvises songs.

Tim Hayn sings, while playing keyboards, trumpet, trombone, the spoons, washboard and any other instrument Igor throws at him.

This is a DONT MISS show. Bring your dancing shoes, and be prepared to boogie! Your favorite international tour band is returning for a night of fun songs like: Closet Disco Dancer, I Wanna See You Bellydance, Twist Like Uma Thurman, Strip Joint Is Closed, Drinking With Jesus, Beers Babes & Barbeque, and their smash hit Bacon!



Saturday May 19th 7-11pm The Flyers

The Flyers were voted the best band of 2016 by New Times Magazine in Broward and Palm Beach Counties. That's a lot of cities and a lot of bands to compete with! Featuring lead singer and guitar virtuoso Patrick Farnas, Jordan Richards on bass, and Joe Beard on drums, The Flyers have been a South Florida favorite since 2004.

All three band members are multi-instrumentalists, meaning you never know who is going to be playing what instrument. (They even play each other's instruments while playing their own.) You can expect to hear their versions of hit songs by The Band, Jimi Hendrix, Ray Charles, The Beatles, Led Zeppelin, Eric Clapton, Stevie Ray Vaughn, and many others.

Saturday May 26th 7-11pm 80s Night with Stereotomy

Established in 2010, Stereotomy has become a South Florida institution. No other 80s band captures the genre with such authenticity, raw energy, and fun! Stereotomy mixes high-quality entertainment with rock-star style keeping audiences raging!

Stereotomy performs completely live utilizing instruments from the era without backing tracks! What you see and hear is literally what you get!



In fact, when Stereotomy performs, you'd swear you're hearing the original artist performing the original songs live! In other words, you're getting the real deal with no lip syncing or play-along. You will hear favorites from: The Cars, Duran Duran, Joan Jett, The Bangles, Cindi Lauper, The Clash, Eurythmics, Pretenders, The B-52s, Van Halen, The Go-Go's, Rick Springfield, Madonna, REM, Pat Benatar, Michael Jackson, Blondie, Billy Idol, Cheap Trick, Beastie Boys, Berlin, and the list goes on!

Sunday May 27th 12-5pm The Regs

Local favorites The Regs start your Memorial Day Sunday off with rock and classic rock favorites from: The Beatles, Blue Oyster Cult, The Doors, AC/DC, Pink Floyd, Queen, Deep Purple, Bad Company, Blues Traveler, Pearl Jam and Nirvana. Little John delivers the vocals, Scotty Migone is the insane guitarist, Ricky Sanders is on drums, and Joe Ojeda sings and plays bass.



Sunday May 27th 7-11pm Mojo Scoundrels

Formed in 2005, The Mojo Scoundrels are a Miami-based cover band playing unforgettable favorites of the classic music era of the 60s and 70s to the hits of today. From Motown to funk, classic rock to modern pop, The Mojo Scoundrels give the audience what they want and more!

Whether it's the sheer joy of Rick James' Give It To Me Baby, the inspiration of Marvin Gaye's What's Going On or the raw power of the Ike & Tina's classic Proud Mary, The Mojo Scoundrels put themselves into the music to create an energy audiences are calling "The Mojo Scoundrel Experience."



Monday May 28th 1-6pm The Jeffrey James Gang

Long before Jeffrey James Harris became lead singer of the Mr. Nice Guy band, he was heavily involved in the South Florida music scene fronting the Jeffrey James Gang. Now he sings for both bands, although their styles of music are different. JJG plays rock, classic rock and Southern rock, and have been entertaining crowds for many years. Very few bands can bring the rock like them, so Gilbert's will be the place to be on Memorial Day Monday.

American Legion Post 333 - Key Largo

Happy Hour Prices: 4-7pm daily

Come Have Dinner

Every Monday, Tuesday and Wednesday from 5-7 p.m. for only \$5. Menu changes daily.

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every Thursday
6 to 9 pm with the
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Tuesday:
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Show Me The \$\$ 6pm

Wednesday:
Happy Hour 3-6pm
Show Me The \$\$ 6pm

Thursday:
Happy Hour 3-6pm
Bingo 7pm

Friday:
Happy Hour 3-6pm


Saturday:
\$1 Drafts 12-7pm
Ladies Night 7-9pm
Show Me The \$\$ 7pm

Sunday:
Bingo 2-5pm
Happy Hour 3-6pm

Freedom Cafe

Daily Food Specials at the Freedom Cafe!!!


Sun: 6 oz Sirloin
Mon: Meatloaf
Tue: Tacos / Burritos
Wed: Chicken Parmesan
Thu: 6 oz Sirloin
Fri: Spaghetti
Sat: BBQ Chicken/Ribs



MM 102.3 Oceanside
102255 Overseas Hwy.
305-451-2120

Ocean Life

2018 Series



The Ocean Life series brings renowned researchers and academics to the Keys to educate, entertain, and inspire audiences of all ages. Hosted by Florida International University's School of Environment, Arts and Society and the Friends of the Key Largo Cultural Center, the series features interdisciplinary experts from FIU and the Keys. This series is free and open to the public. For more information, contact Linda Kaplan at linda@fkcc.org or (305) 396-7000, or visit merc.fiu.edu. Photo by Jeffrey Cale.

Friday, January 19, 2018

Friday, May 25, 2018

Keeping Pace with Rising Seas: Saltwater Intrusion and Carbon Loss from Wetlands

John Stephen Kominoski, Ph.D.

6:00 p.m. Meet and Greet • 7:00 p.m. Lecture

Murray E. Nelson Government and Cultural Center
102050 Overseas Hwy. (MM 102) Key Largo, FL 33037



Photo by SEDURA

Lee Sharp is an extraordinarily talented musician, singer and songwriter, and he's also a hell of a nice guy! He has been loving life here in the Upper Keys for several years now, and is originally from Memphis, Tennessee. At 14 years old he learned to play the saxophone and joined the school marching band, and his talent earned him a full music scholarship to the University of Michigan.

Sharp also plays keyboard and sings. After moving to the Keys, he first played with the Dana Collins Band. He currently also plays with Scott Youngberg, and together they are called "Tall, Dark and

Entertainer of the Month: Lee Sharp

Handsome." You can catch him Monday and Thursday nights at Skipper's Dockside, and Thursdays at the Pilot House from 6 to 10. He has also played at the Blackwater Siren, Ocean Reef Club, Cheeca Lodge, Casa Marina in Key West and the Golden Rule Seafood Market in Cutler Bay. He plays music from the 50s through today's hits.



Lee's company is Sharps and Flats Entertainment. You can reach him through his website, LeeSharpMusic.com or call 901-314-6064.

When he is not working, Sharp enjoys the warm Florida weather, fishing, and boating, and he recently even went sky diving in Key West! He is definitely living life to the fullest and giving back to the community he loves.

Every Monday night until July 1st Sharp will be donating all his tips to the American Cancer Society Relay for Life in the Florida Keys. We at the Coconut Telegraph applaud him! Go, enjoy the music, and tip!



Photo by SEDURA

IF YOU'RE GOING TO CHILL, CHILL BIG!

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7 Days a Week



Mother's Day BRUNCH BUFFET
Sunday ♥ May 13th



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WE LIKE COLORFUL!

The Coconut Telegraph now has more color pages than ever before. Enjoy it, and if you're an advertiser, (or would like to be), call us to find out what your ad would cost in color. It's surprisingly affordable!

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HAPPY HOUR: 4-6 pm EVERY DAY
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LOCALS' FAVORITE 305-453-3153 45 Garden Cove Drive MM 106



Take the Shuttle!

For those arriving to the Gilbert's party fashionably late, you can park on the main access road and take the FREE air-conditioned shuttle to and from Gilbert's on Saturdays and Sundays from noon-8pm.

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May 5

Happy Mother's Day
May 13

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May 28

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Friday Night FRY
(7:30pm)

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Sundays 10am 'til 3pm
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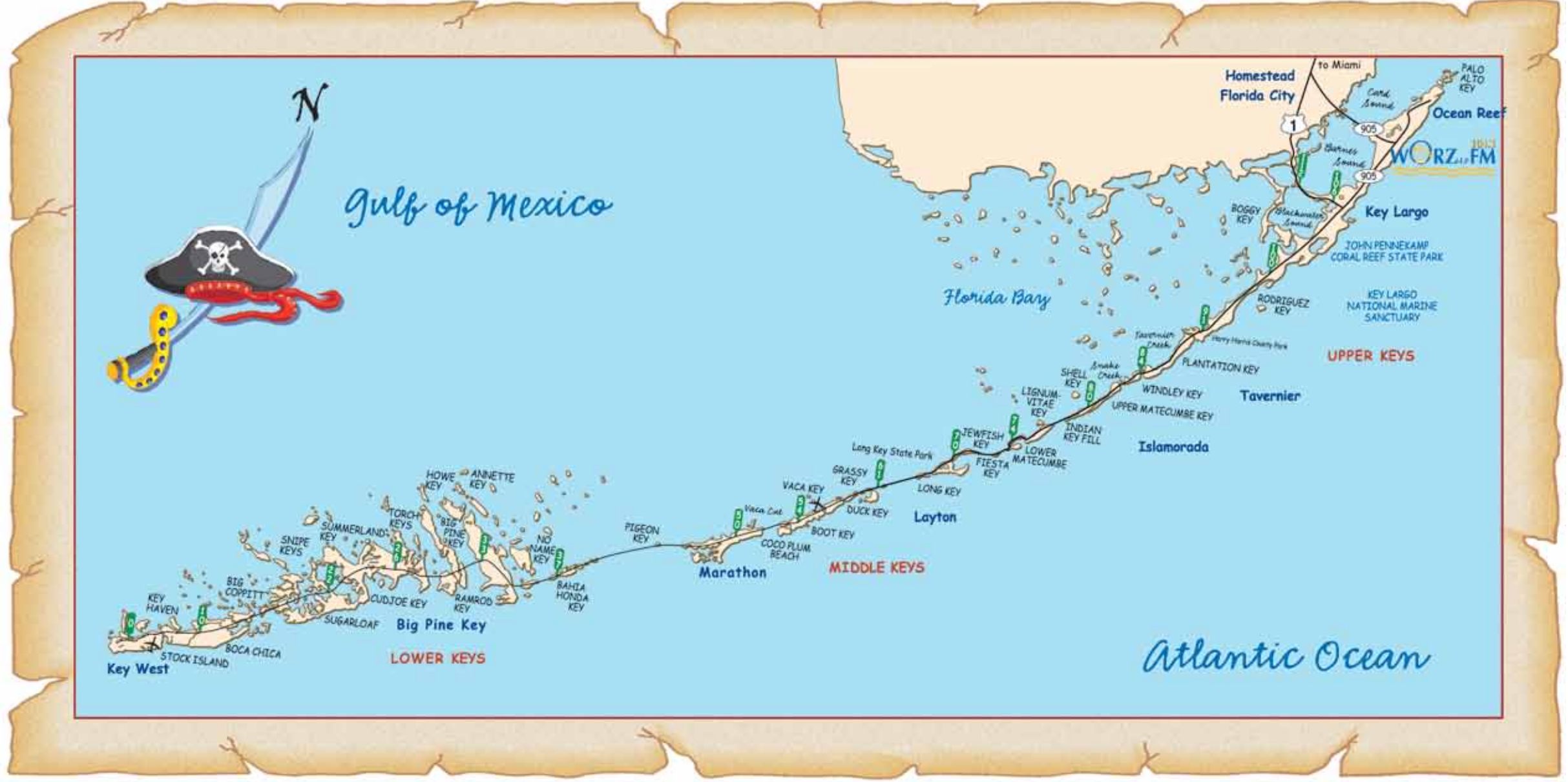


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Blaming Others

We cannot insist that someone else take responsibility for their actions; only they can make that choice when they are ready.

As we begin to truly understand that the world outside of us is a reflection of the world inside of us, we may feel confused about who is to blame for the problems in our lives. If we had a difficult childhood, we may wonder how we can take responsibility for that, and in our current relationships, the same question arises.

We all know that blaming others is the opposite of taking responsibility, but we may not understand how to take responsibility for things that we don't truly feel responsible for.

We may blame our parents for our low self-esteem, and we may blame our current partner for exacerbating it with their unconscious behavior. Objectively, this seems to make sense. After all, it is not our fault if our parents were irresponsible or unkind, and we are not to blame for our partner's bad behavior.

Perhaps the problem lies with the activity of blaming. Whether we blame others or blame ourselves, there is something aggressive and unkind about it. It sets up a situation in which it becomes difficult to move forward

under the burdensome feelings of shame and guilt that arise. It also puts the resolution of our pain in the hands of someone other than us.

Ultimately, we cannot insist that someone else take responsibility for their actions; only they can make that choice when they are ready. In the meantime, if we want to move forward with our lives instead of waiting around for something that may or may not happen, we begin to see the wisdom of taking the situation into our own hands.

We do this by forgiving our parents, even if they have not asked for our forgiveness, so that we can be free. We end the abusive relationship with our partner, who may never admit to any wrongdoing, because we are willing to take responsibility for how we are treated.

In short, we love ourselves as we want to be loved and create the life we know we deserve. We leave the resolution of the wrongs committed against us in the hands of the universe, releasing ourselves to live a life free of blame.

I BLAME MYSELF FOR EXPECTING MORE THAN I SHOULD HAVE, FROM YOU.

Reprinted from DailyOM - Inspirational thoughts for a happy, healthy and fulfilling day. Register for free at www.dailyom.com

Shopping in Tavernier sure is Colorful!



Our photos were contributed, so we don't know his name or if he's a new local or a visitor, but what fun to see this Sweetie Pie at the Tavernier Winn-Dixie!

Your Mother is always with you.
She's the whisper of the leaves
as you walk down the street,
She's the smell of certain foods you remember,
flowers you pick, the fragrance of life itself.
She's the cool hand on your brow when you're not feeling well,
she's your breath in the air on a cold winter's day.
She is the sound of the rain that lulls you to sleep,
the colors of a rainbow, she is Christmas morning.
Your mother lives inside your laughter.
She's the place you came from, your first home,
and she's the map you follow with every step you take.
She's your first love, your first friend, and your first enemy,
but nothing on earth can separate you.
Not time, not space... not even death.

-Unknown



Conch Characters



Donna Arrom - bartender at the VFW.



Reggae Ronny and Casey bring you karaoke at the VFW every Friday at 6pm.



Colorful shopper spotted again at Winn Dixie in Tavernier.



Gilbert's servers Lorenz & Katy got married on April 20th, and the boys celebrated by going to TopGolf in Miami.



Janet from San José and her sister Sue at the American Legion Jam.



Elodie and a friend, servers at the famous Fontainebleau, enjoy a day off - relaxing on the beach at Gilbert's Resort.



Check out the giant 8 ft. Key lime pie Bobby Stoky, helper Juan and The Key West Key Lime Pie Co. made in Atlanta. Awesome event to promote tourism in the Keys.



Always a party at the American Legion.



Billy from Gilbert's Resort, the best dressed security guard in the keys, keeps an eye on the resort from his "Eagles Nest" perch.



Jamie and Allison (nephew and niece of Rob leBrun) at Disney's Magic Kingdom. Did you know Florida residents can buy three-day passes for only \$159?



Captain Morgan babes at Sharkey's Lionfish tournament.

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.



Ferdinand



Astro



Jane



Layla



Thor



Mango & Molly



Peaches



Sully



Merlot

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PERSONAL

To the lady at Publix with her son on a leash. I'm sorry that I asked if he was a rescue.
The profanity wasnt necessary but thank you for not siccing him on me.

VESSEL SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month.
The Public is Welcome.
More info: 305-998-8400
Classified ads will not be accepted without payment.

FOR SALE



DOLL FOR SALE
My daughter doesn't want it anymore. Our dog will not stop barking at it and we can never find it where we left it. Doll has really unique laugh. No batteries required. Make Offer 305-PLEASE

OUR ERROR

Due to a typing error, lat month's story on local musicians, we mistakenly reported that band member Eric Lyday was on drugs. The story should have read that Lyday was on drums. The Coconut Telegraph regrets the error.

MUSICIANS WANTED

Amateur & seasoned musicians wanted!
The Keys Community Concert Band begins rehearsals for its new season in the fall. If you want to participate, call 305-451-4530.

FOR SALE

96
House Numbers for Sale
I bought the wrong numbers! I live at 99, not 96!
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AM/FM/CD, low miles, good condition. Speaks Spanish. \$3500. 355-PORFAVOR

CLUBS

Fraternal Order of the Eagles meets every 1st and 3rd Monday 7pm at Elks Lodge in Tavernier.

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Comm. Room 7pm. Open to public. 305-451-3000

The Key Players, Inc. Community Theater Group needs volunteers to work behind the scenes and audition for roles!
Go to: thekeyplayers.org

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JOGGING PARTNER
I am looking for someone to help me get in shape. I hate exercising with passion so the plan of action is this: I ingest Rohypnol (you supply the roofies as I don't know where to purchase them) and you strap my body to yours (limbs to limbs using velcro) and take me along on a jog. Three nights a week. If you're capable and interested, E-mail me so that we can discuss the fee.

FOR SALE

Nordic Track, \$300. Hardly used. Call Chubby.

WANTED TO BUY
Used paint. Text Bobby.

FIFTY SHADES OF GREY
BY PAM AYRES

The missus bought a Paperback, down Tavernier Town way,
I had a look inside her bag;
T'was "Fifty Shades of Grey."

Well I just left her to it.
And at ten I went to bed.
An hour later she appeared;
The sight filled me with dread.

In her left hand she held a rope;
And in her right a whip!
She threw them down upon the floor,
And then began to strip.

Well fifty years or so ago;
I might have had a peek;
But Mabel hasn't weathered well;
She's eighty four next week!!

Watching Mabel bump and grind
Could not have been much grimmer,
And things then went from bad to worse;
she toppled off her Zimmer*!

She struggled back upon her feet;
A couple minutes later;
She put her teeth back in and said
"I am a dominator!!"

Now if you knew our Mabel,
You'd see just why I spluttered,
I'd spent two months in traction
For the last complaint I'd uttered.

She stood there nude and naked
Bent forward just a bit
I went to hold her, sensual like
And stood on her left tit!

Mabel screamed, her teeth shot out;
My God what had I done!
She moaned and groaned and shout-
ed out, "Step on the other one!!"

Well readers, I can tell no more;
Of what occurred that day.
Suffice to say my jet black hair,
Turned fifty shades of grey!!

- If the person who named Walkie Talkies named everything...
- Stamps = Lickie Stickie
 - Defibrillator = Hearty Starty
 - Bumble Bees = Fuzzy Buzzy
 - Pregnancy Test = Maybe Baby
 - Bra =Breastie Nestie
 - Fork = Stabby Grabby
 - Socks = Feetie Heatie
 - Hippo = Floatie Bloatie
 - Nightmare = Screamy Dreamy

*A Zimmer is a brand of orthopedic walker

Sounds of the Keys



The Outer Band at the Pilot House.



Mr Nice Guy band rocks the stage at Gilbert's.



Mischief, a new band from Broward, really did well for their recent Gilbert's Resort debut.



Alter Ego at the Pilot House



Scott Migone of the Regs, playing a very oversized violin at Gilbert's.



Alex Caldwell, Big Chil.



Koty James and the Keybillies at Shipwrecks.



American Legion Thursday night Jam!
Gigi King sings lead with an all-star band - Tony, Dale, JC, Jeff, John, Arno and Toh.

Lee Sharp at the Pilot House.

Coco‘Nut’ Funnies



A Florida Highway Patrol officer stops a Harley for traveling faster than the posted speed limit, and he asks the biker his name.

‘Fred,’ he replies.

‘Fred what?’ the officer asks.

‘Just Fred,’ the man responds.

The officer is in a good mood, thinks he might just give the biker a break, and write him out a warning instead of a ticket. The officer then presses him again for the last name.

The man tells him that he used to have a last name but lost it.

The officer thinks that he has a nut case on his hands but plays along with it. ‘Tell me, Fred, how did you lose your last name?’

The biker replies, ‘It’s a long story, so stay with me.’ I was born Fred Johnson. I studied hard and got good grades. When I got older, I realized that I wanted to be a doctor. I went through college, medical school, internship, residency, and finally got my degree, so I was Fred Johnson, MD. After a while I got bored being a doctor, so I decided to go back to school. Dentistry was my dream! Got all the way through school, got my degree, so then I was Fred Johnson, MD, DDS. Got bored doing dentistry, so I started fooling around with my assistant and she gave me VD, so now I was Fred Johnson, MD, DDS, with VD.

Well, the ADA found out about the VD, so they took away my DDS. Then I was Fred Johnson, MD, with VD. Then the AMA found out about the ADA taking away my DDS because of the VD, so they took away my MD leaving me as Fred Johnson with VD. Then the VD took away my Johnson, so now I am just Fred.’

The officer walked away in tears, laughing. (Thanks, Karen Beal)



I WAS STARTLED BY A LOUD FART.

I was farted.

It just dawned on me why Mayberry was so peaceful and quiet....nobody was married.

Here are the single people that come to mind. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Ernest T Bass, the Darlin family, Helen, Thelma Lou, Clara...

In fact, the only one married was Otis and he stayed drunk.

Don't forget to pick up a bottle of wine for your mom for Mother's Day. After all, you are the reason she drinks.

Mother's Day is Sunday, May 13

I never wanted to believe that my Dad was stealing from his job as a road worker.

But when I got home, all the signs were there.

A Knock on the Door

Wednesday morning the weather was too bad to play golf.

I was bored with nothing to do. Suddenly there was a knock on the door.

I opened it to find a young, well dressed man standing there who said: “Hello sir, I’m a Jehovah’s Witness.”

So I said, “Come in and sit down.”

I offered him a fresh cup of coffee and asked, “What do you want to talk about?”

He said, “Beats me.. Nobody’s ever let me in before.”

I'M A SOCIAL VEGAN

I AVOID MEET

A policeman was rushed to the hospital with an inflamed appendix.

The doctors operated and advised him that all was well, however, the patrolman kept feeling something pulling at the hairs in his crotch.

Worried that it might be a second surgery and the doctors hadn't told him about it, he finally got enough courage to pull his hospital gown up enough so he could look at what was making him so uncomfortable.

Taped firmly across his pubic hair and private parts were three wide strips of adhesive tape, the kind that doesn't come off easily... if at all.

Written on the tape in large black letters was the sentence, “Get well soon, from the nurse in the Ford Explorer you pulled over last week.”

(Kind of brings a tear to your eye.)

MOMMA KNOWS BEST- HA! HARDLY! I HAVE NO IDEA WHAT I'M DOING. SO LONG AS YOU DON'T END UP DEAD, HURT, OR IN PRISON I'M GOING TO CALL IT A WIN.

A priest and a rabbi were sitting next to each other on an airplane.

After a while, the priest turned to the rabbi and asked, Is it still a requirement of your faith that you not eat pork?

The rabbi responded, Yes, that is still one of our laws.

The priest then asked, Have you ever eaten pork?

To which the rabbi replied, Yes, on one occasion I did succumb to temptation and tasted a ham sandwich.

The priest nodded in understanding and went on with his reading.

A while later, the rabbi spoke up and asked the priest, “Father, is it still a requirement of your church that you remain celibate?”

The priest replied, “Yes, that is still very much a part of our faith”

The rabbi then asked him, “Father, have you ever fallen to the temptations of the flesh?”

The priest replied, “Yes, rabbi, on one occasion I was weak and broke my Faith.”

The rabbi nodded understandingly and remained silent, and sat thinking, for about five minutes.

Finally, the rabbi said, “Beats the hell out of a ham sandwich, doesn't it?”

Accordion to current studies, 90% of you did not realize that this sentence started with a musical instrument.

Stanley died in a fire and his body was burned badly. The morgue needed someone to identify the body, so they sent for his two best deer hunting friends, Cooter and Gomer. The three men had always hunted and fished together and were long time members of a hunting camp.

Cooter arrived first, and when the mortician pulled back the sheet, Cooter said, “Yup, his face is burned up pretty bad. You better roll him over.” The mortician rolled him over and Cooter said, “Nope, ain't Stanley .”

The mortician thought this was rather strange, So he brought Gomer in to confirm the identity of the body. Gomer looked at the body and said, 'Yup, he's pretty well burnt up. Roll him over.' The mortician rolled him over and Gomer said, “No, it ain't Stanley.”

The mortician asked, “How can you tell?”

Gomer said, “Well, Stanley had two ass-holes.”

“What! He had two ass-holes?” asked the mortician.

‘Yup, we never seen 'em, but everybody used to say, there's Stanley with them two ass-holes.’



Left Field by J.S. McKinna

“No dumb animal can compete with the mind of a trained scientist, Humphrey. Just a few more weeks and the Abominable Snowman will be ours...”

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ON THE MAP

Key Largo

In Key Largo, we navigate by Mile Markers! Look for the little green signs and mile indicators on power poles to find your way.

Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

Bayside

- Wild Bird Rehabilitation Center
- Mariners Hospital
- Harry Harris Park & Beach
- Molasses Reef
- Bibb
- Doonee

Oceanside

- John Pennekamp Coral Reef State Park
- Carlyfort
- North The Elbow Dry Rocks
- Christ Statue
- City of Washington
- Grecian Rocks
- Florida Keys National Marine Sanctuary
- Spiegel Grove
- Benwood
- French Reef
- Alligator

Key Largo

- Murray Nelson Government Center
- Adams Cut
- Key Largo Public Library
- African Queen Community Pool and Park
- Mosquito Bank

Legend

- U.S. Highway
- State Highway
- Boat Ramp
- Mile Marker
- Point of Interest
- Dive Site
- Dive Wreck
- Swim with Dolphins

Legend

- U.S. Highway
- State Highway
- Boat Ramp
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- Point of Interest
- Dive Site
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- Swim with Dolphins

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AND ON THE MAP

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Amazing Benefits and Uses for Hydrogen Peroxide

Hydrogen peroxide (H₂O₂) is the only germicidal agent composed only of water and oxygen. Like ozone, it kills disease organisms by oxidation! Hydrogen peroxide is considered the worlds safest all natural effective sanitizer. It kills microorganisms by oxidizing them, which can be best described as a controlled burning process. When hydrogen peroxide reacts with organic material it breaks down into oxygen and water.

Whiten Clothes
An Alternative to Beach

Add a cup of peroxide to white clothes in your laundry to whiten them. Peroxide is great to get rid of blood stains on clothes and carpets. If there is blood on clothing, just pour directly on the spot, let it sit for about a minute, then rub and rinse with cold water. Repeat if necessary.

It's Natural!
Your body makes hydrogen peroxide to fight infection . White blood cells are known as leukocytes. A sub-class of leukocytes called neutrophils produce hydrogen peroxide as the first line of defense against toxins, parasites, bacteria, viruses and yeast.

Rejuvenating & Detoxifying
Use about 2 quarts 3% hydrogen peroxide to a tub of warm water. Soak at least 1/2 hour, adding hot water as needed to maintain a comfortable water temperature.

Foot Fungus
To cure a foot fungus, simply spray a 50/50 mixture of H₂O₂ and water on them (especially the toes) every night and let dry.

Infections
Soak any infections or cuts in 3% for five to ten

minutes several times a day. Even gangrene that would not heal with any medicine has been healed by soaking in H₂O₂. Put half a bottle of hydrogen peroxide in your bath to help rid boils, fungus or other skin infections.

Bird Mites Infections
Patients infected by tiny mites report that hydrogen peroxide effectively kills the mites on their skins. They spray it on their skin a couple of times (with a few minutes in between the applications) with amazing results.

Sinus Infections
A tablespoon of 3% Hydrogen peroxide added to 1 cup of non-chlorinated water can be used as a nasal spray. Depending on the degree of sinus involvement, one will have to adjust the amount of peroxide used.

Wound Care
3% H₂O₂ is used medically for cleaning wounds, removing dead tissue, and as an oral debriding agent. Peroxide stops slow (small vessel) wound bleeding/oozing, as well.

Some sources recommend soaking infections or cuts for five to ten minutes several times a day. However, washing and rinsing action is sufficient. You shouldn't leave the solution on open tissue for extended periods of time as, like many oxidative antiseptics, hydrogen peroxide causes mild damage to tissue in open wounds. Therefore it is important to use with caution.

Mouthwash / Tooth Care
Healing Properties: Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit

it out. You will not have canker sores and your teeth will be whiter. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% Hydrogen peroxide into your mouth and hold it for 10 minutes several times a day. The pain will lessen greatly.

Many people don't realize that hydrogen peroxide makes a very effective and inexpensive mouthwash. Use 3% H₂O₂ - add a dash of liquid chlorophyll for flavoring if desired. Use baking soda and add enough 3% H₂O₂ to make a paste.

Or, just dip your brush in 3% H₂O₂ and brush. Soak your toothbrush in it, to keep it free of germs.

Tooth Ache
Hydrogen peroxide is not a pain killer; however, as an anti-viral, antibacterial and anti-fungal agent, it is effective at treating the pathogen that is causing the infection. The following is from my own personal experience: My dentist wanted to give me a root canal some time ago as one tooth was inflamed and, in her opinion, would die. I felt some discomfort but told her that I would give it chance to heal. I rinsed with hydrogen peroxide (several times a day) as well as coconut oil (once a day). The discomfort went away and I have had no further problems with the tooth.

Tooth Whitening
Having used 3% Hydrogen peroxide as a mouth wash for sometime ago, I am thrilled to note that my teeth have been beautifully and effortlessly whitened. I used to pay so much for professional whitening, those silly strips and uncomfortable trays. Live and learn.

NOTE: Do not swallow any peroxide. When the peroxide rinse is done, be sure to rinse out your mouth with water.

Contact Lenses
Hydrogen peroxide is used as a disinfectant in CIBA Vision's Clear Care no rub contact lens cleaning solution, due to its ability to break down the proteins that build up on the lense from the eye's immune response, resulting in increased comfort for those with sensitive eyes.

Sanitizing / Disinfectant
Clean your counters and table tops with hydrogen peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters. Use it to clean glass and mirrors with no smearing. Keep a spray bottle of 3% (straight) to disinfect the interior of the refrigerator and kids' school lunch boxes.

In the Dishwasher
Add 2 oz. of 3% hydrogen peroxide to your regular washing formula.

Mold
Clean with Hydrogen peroxide when your house becomes a biohazard after its invaded by toxic mold, such as those with water damage.

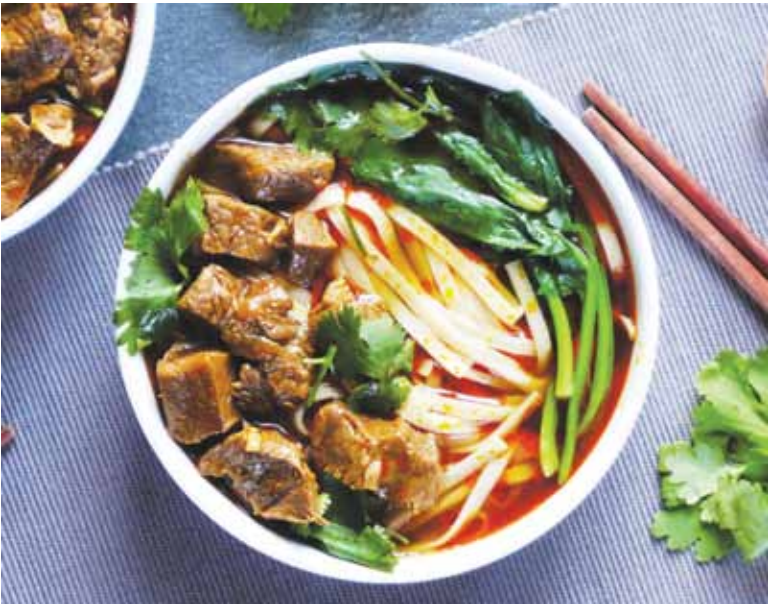
Food Preparation
Use as a vegetable wash or soak to kill bacteria and neutralize chemicals. Add 1/4 cup 3% H₂O₂ to a full sink of cold water. Soak light skinned (light lettuce) 20 minutes, thicker skinned (like cucumbers) 30 minutes. Drain, dry and refrigerate. Prolongs freshness.

If time is an issue, spray produce with a solution of 3%. Let stand for a few minutes, rinse and dry.

The Mangrove Galley

by Sandi Mieszczeni

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



The month of May features the celebration of Cinco de Mayo. In honor of our neighbors to the south, here is a recipe that is the basis for several common Mexican dishes. A spicy beef that can be used for tacos, chili, tostadas, whatever your favorite presentation. Above, we used it as the star of an Asian-style noodle soup! Be aware, it is very spicy!

SOUTH OF THE BORDER BEEF

- 1 lb. Bottom Round Beef, cubed
- 2 medium to large Jalapeño peppers, seeded
- 1 Habanero or Scotch Bonnet pepper, seeded (for extra spicy, use 2)
- 4 large cloves of Garlic
- 1 small Onion
- 1 10.5 oz. can of Beef Broth
- 1 Tbsp. of butter
- 1 tsp. Cumin

In a medium sauce pan, melt the butter. Chop the peppers, garlic, and onion and add them to the butter. Stir over high heat until softened. Add the beef and stir constantly until brown on all sides. Add the Cumin, stir in and reduce heat. Add the broth and bring to a light bubble. Cover and cook, stirring occasionally, until the beef is about to fall apart and the vegetables have dissolved into the thickening broth, about 2 hours.

Serve as the meat portion of whatever dish you are preparing.



I'm still here, I can't leave this place for too long, I still love my She Breeze and this unusual life style. Though, I did attempt a change, found a good buy on a lot with a close friend. After doing the math and adding everything up to build a house on this small island I realized it meant sharing a house with someone and having to give up my boat, I couldn't afford both. I also did not want a mortgage, I knew I would have to cash in my retirement monies, and then what, work and depend on Social Security?

I know so many folks down here that love living on this rock, in lovely homes, but they all have to work more than one job just for the privilege to live in paradise. And guess what? They never get to enjoy living in paradise because they are always working!!!! Unless the home is their second home, those are



Living Dockside

by Ginny Jones

the lucky and wealthy ones who can come down on weekends to use our waters, restaurants, stores and dive operations, where we all work, so the rest of us can pay our bills. Scheeesh, you see the cycle don't you? This is why I will remain on She Breeze until I can't navigate her pitfalls, and fix 90 percent of her moving parts. Yes, my cost of living is a lot less than landlubbers, and I still get the "look" from

people when I tell them I live on a boat. A couple of weeks ago some good friends and I took She Breeze out. She hadn't been away from the dock for a few months, she was pulling on the dock lines trying to get my lazy butt out there. There wasn't much wind, so we motored out to Cannon Patch, I needed to put her diesel engine to work. It's not good for a diesel to just sit or only be run at the dock. On the way

out, we saw turtles and a pod of dolphin rode our bow wave, which isn't much of a wave when you're only going 4 knots - they left us way too soon. We hooked up to a mooring buoy and all screamed like little girls when we jumped in, yes the water was a bit chilly yet! We stayed out long enough to have lunch and waited, I knew the wind was going to be building in the afternoon. Sure enough, we were able to set the main and the jib sails, we let go of the mooring ball and we sailed all the way back to the head pin of South Creek. Yes, it took a couple of hours, but to sit with our legs dangling off the bow, just listening to the water rushing by the hull, with the wind in our sails, that is why I love this island life. Oh, by the way, I didn't make the tide and got stuck in my channel, embarrassing, thank goodness for the folks who rescued us.

Hidden Strength

I was working on my headstand in yoga this week. Actually, I work on my headstand every week, lol. When it comes to my yoga practice, I have confidence in my flexibility and balance. I don't feel very confident when it comes to my physical strength. If I can't hit or hold a particular pose, I tend to default to the belief that I'm not strong enough yet.

My yoga instructor has given me a suggestion the week before. A specific way to build strength to hit my headstand. I practiced a bit during the week and could tell I was progressing. It felt really exciting.

At the time of my next lesson, he gave me an instruction and I wasn't able to do it. I immediately said to him "it's not available." AKA - I can't. He told me that my center of

gravity was slightly off and that I needed to realign my body. It was a micro adjustment, really. He insisted I do it again. He assisted me, helping me find center and voilà! My feet were pointing to the sky!!! He was very insistent that I DO have the strength, my issue was balance or alignment. Now I get also to practice shifting the belief I'm not strong enough.

So often this is the exact thing I help people with in therapy. Therapy isn't just about solving problems. It's also pointing out your hidden strengths that you may not know are there! We all have so much more available to us than we realize. Sometimes we need some assistance realizing our potential. In yoga, we talk about

finding our edge. The place we can push to in order to grow - but without injuring ourselves. With an assist from my yoga instructor, I was able to push past my edge - with no injury! It's the same in therapy. The supportive and collaborative nature of the process helps clients reach new heights of awareness, self-esteem and empowerment.

If you've ever judged therapy to be for the sick, broken and crazy, consider this an invitation to find a new perspective. As a therapist I'm here to support you in blowing your own mind! With some practice and strategic assistance, you get to breakthrough limiting beliefs by finding your hidden strengths. "Alone we can do so little; together we can do so much" -Helen Keller

by Dawn Wiggins, Ed.S.



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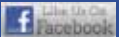
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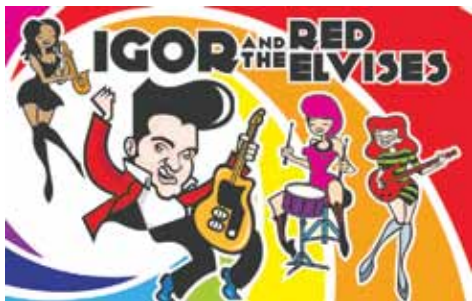


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6 TRIP MACHINE 1-6	7 HAPPY HOUR 4-7PM MON- FRI	8 JACK HINSON 5-9	9 SCOTT YOUNGBERG 5-9	10 DJ REGGAE RONNIE 5-9	11 SCOTTY MEYER 12-4 RIBS & BEER 5-9PM \$9.99 JACK HINSON BAND 7-11	12 SILVER SPINE 1-5 MICHAEL TRIXX 8PM MAIN STREET 7-11
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TRIP MACHINE
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**MR STIX
& THE SPURIENCE**
Sun. May 13, 1-6 pm

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Sun. May 27
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