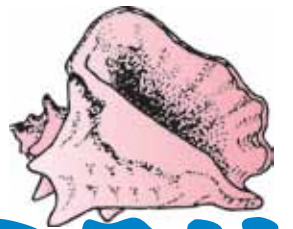


# The Conch Republic COCONUT TELEGRAPH

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Entertainment



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

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## HAPPY 4<sup>th</sup> OF JULY!

### Inside:

#### Attractions

Results of Elk's 7th Annual  
Ladies Dolphin Tourney

#### What's Hot & What's Not

NASA Astronauts & Reef Restoration  
Cafe Largo's New Online Order Takeout

#### Maps

Key Largo Locator Map Page  
Getting from Here to There

#### All the Buzz

Around Town  
Dawn Wiggins, Ed. S.  
Coco-Nut Funnies  
Conch Characters  
Business in the Keys  
Cartoons by Rodney Nelson  
The Mangrove Galley  
Classified Ads



Fireworks for the Fourth - can't beat 'em! There are celebrations on Blackwater Sound in Key Largo and at Founders Park in Islamorada this year.



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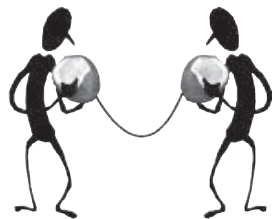


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**Coconut Telegraph**  
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"I don't think I get enough credit for the fact that I do all of this unmedicated."

**Editorial: Meatheads Among Us!**

I was at the Moose Lodge on Memorial Day and they were having a barbecue outside. Two men came in and were trying to sell meat from a truck. No one was interested.  
  
Next they went over to the barbecue and helped themselves to giant heaping plates of food - chicken, hamburgers, bratwurst, etc. The manager went up to them and asked them for \$6 a plate.  
  
Both guys took off running in opposite directions to their truck with their plates! Several members followed them and still the meat salesmen refused to pay and got hostile.  
  
The members explained that the Moose was a non-profit organization that raises money to help pay for Moose Heart - an orphanage in Michigan for children from around the country and Moose Haven - a retirement home for the



elderly in Florida and a lot of local charities too. They still refused to pay and left.  
  
I called the phone number on their truck and it was out of order (imagine that!). I googled the company Oceans 6 and there was nothing but disturbingly bad reviews. Please tell your friends and neighbors to use caution when these men are in your neighborhood and report any suspicious activity to the Sheriff's Department.

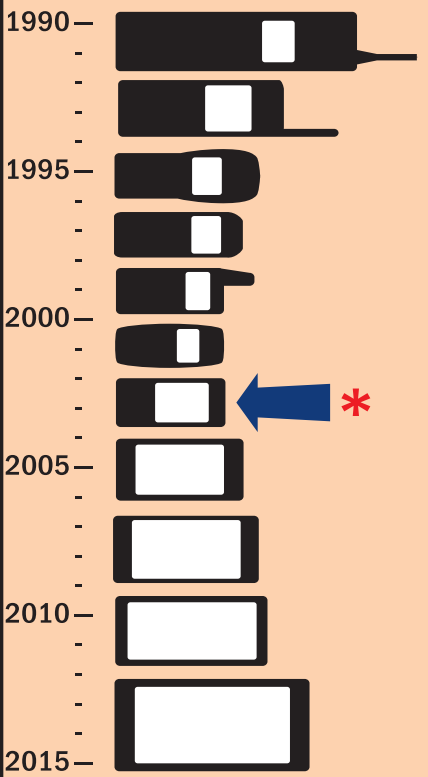
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**The History of Phones**



\* When we realized we were able to watch porn on our phones.

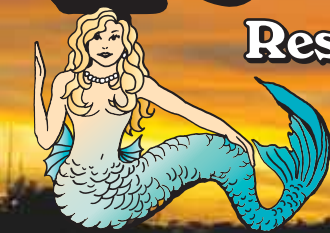
**WELCOME NEW READERS**  
  
This newspaper has gone  
**0 DAYS**  
since something offensive & inappropriate has been published.  
**WE ARE SO PROUD!**

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We have 32 world-renowned **FISHING GUIDES** based at Lorelei!

This Month's Live Entertainment and Events at the Lorelei						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LIVE MUSIC 7 DAYS A WEEK!</b>	1 The Carousers 6-10pm Michael Trixx @ Sunset	2 Dennis Holmes 6-10pm	3 Webb & Davidson 6-10pm Michael Trixx @ Sunset	4 Webb & Davidson 6-10pm	5 Stone Crabs 6-10pm Michael Trixx @ Sunset	6 Micah 12-4 *SPECIAL EVENT* GYPSY LANE 6-10pm
7 Webb & Davidson 6-10pm	8 The Carousers 6-10pm Michael Trixx @ Sunset	9 Dennis Holmes 6-10pm	10 Webb & Davidson 6-10pm	11 Webb & Davidson 6-10pm	12 Steve Venini Band 6-10pm	13 Write Sounds 6-10pm
14 Webb & Davidson 6-10pm	15 The Carousers 6-10pm Michael Trixx @ Sunset	16 Dennis Holmes 6-10pm	17 Webb & Davidson 6-10pm Michael Trixx @ Sunset	18 Webb & Davidson 6-10pm	19 Happy Dog 6-10pm Michael Trixx @ Sunset	20 Micah 12-4 *SPECIAL EVENT* SHANE DUNCAN BAND 6-10pm
21 Webb & Davidson 6-10pm Michael Trixx @ Sunset	22 The Carousers 6-10pm Michael Trixx @ Sunset	23 Dennis Holmes 6-10pm	24 Webb & Davidson 6-10pm Michael Trixx @ Sunset	25 Webb & Davidson 6-10pm	26 Steve Venini Band 6-10pm Michael Trixx @ Sunset	27 Eric Holt 12-4 Brothers of Others 6-10pm
28 Webb & Davidson 6-10pm	29 The Carousers 6-10pm	30 Dennis Holmes 6-10pm	31 Webb & Davidson 6-10pm	Come for "SUNDAY SCHOOL" with \$3 Bloody Marys, Mimosas & Screwdrivers every Sunday from 7 to 11 am		





The Coconut Telegraph's Islamorada Treasure Map is Coming!



The Coconut Telegraph and artist extraordinaire Rodney Nelson have joined forces to bring you a fascinating Islamorada Treasure Map!

Hundreds of dollars worth of prizes will be awarded to those who can find the hidden secrets and mistakes throughout the map.

Locals and advertisers can make history by getting their caricature, business, building, vehicle, boat, airplane, etc. drawn by Nelson on this collectible, history-making map.

Thousands of copies will be available throughout Islamorada as gifts from our advertisers! It will also be available on the Coconut Telegraph's website, available worldwide!

We will come to you and take photos for the artist to draw. Hurry to get your very own original Nelson caricature on your piece of the island. Call or text us at 305-304-2837 today to get started.

Key Largo's map was a great success... now here comes Islamorada!

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Episode: "Succulent Sandwiches"

This trip, Guy Fieri's diggin' into succulent sandwiches! In Oakland, a real-deal butchery stacking up killer cheesesteak and off-the-chain chicken. In Modesto, Calif., a funky food truck putting pastrami on pretzel bread and cooking pulled pork in root beer. And in Key Largo, Florida, a seafood staple servin' up a sandwich that's become a local legend. (Episode: DV2407H)



Check out our Local's Loyalty Program:  
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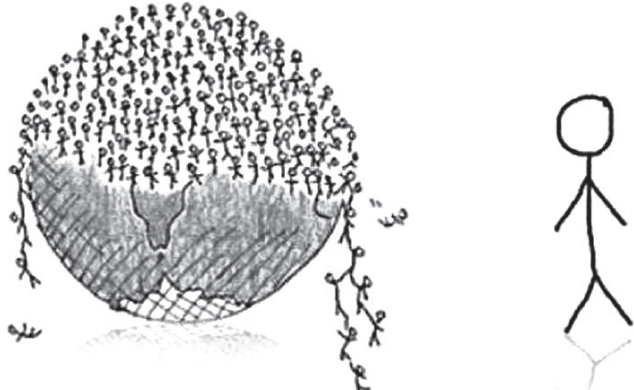


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# NASA Astronauts Help Restore Coral Reefs while Training for Missions to the Moon and Mars

During late June, astronauts and crew members from NASA and the European Space Agency began an expedition to train crews for space and while restoring some of the area's damaged coral reefs. Living in the underwater habitat off the Upper Keys for 10 days is good preparation for deep space missions to the Moon, Mars, and the International Space Station.

As part of the NASA Extreme Environment Mission Operations 23, or NEEMO 23, the astronauts have been building and installing a series of underwater coral tree nurseries in collaboration with Coral Restoration Foundation™ (CRF) and Florida International University (FIU).



These unique coral tree nurseries will provide coral restoration practitioners with vital data to help save coral reefs around the world. "Coral tree structures developed by the Coral Restoration Foundation are used

worldwide as a means of growing large amounts of coral at a fast and efficient pace," said Alice Grainger, communications director at the Coral Restoration Foundation, "and this installation is unique."

According to the Coral Restoration Foundation, the nurseries that are being set up as part of NEEMO 23 are being established in an environment that is very different from the nurseries that they have already because the water is deeper, there are different communities of fish and marine life, and the light conditions are different.

Can't remember that word?  
**You've got lethologica.**  
(It means inability to recall the right word.)  
  
Can't remember that name?  
**Lethonomia**  
is the inability to recall the right name.



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PRICE REDUCED - OWNER SAYS SELL MY PROPERTY! Beautiful stucco covered double wide mobile, 3/2 with a nice open floor plan and recessed lighting. Tile floors throughout. Granite counter tops and upscale appliances. Separate laundry room. Sheetrock walls. Light, bright, and opens onto a spacious patio overlooking a nice canal with deep water dockage with heavy duty davits and excellent ocean access. Nice paved driveway. Very well done.

## 9824 Mariners Ave - 110



**\$575,000**

3/2 Landings of Largo condo with all the bells and whistles plus a deeded boat slip with a lift. Views everywhere. Walk across to the pool or very near to the Marina. A top location for Keys living. Weekend or full time, for you & your family.



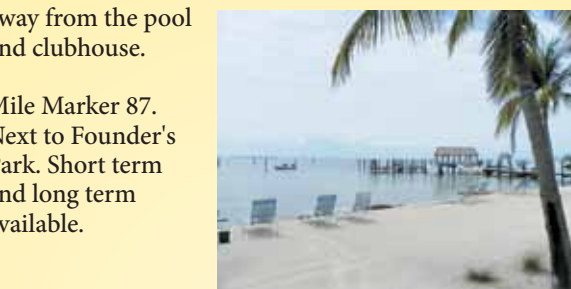
9824 Mariners Avenue is being sold with or without the boat slip. Without the boat slip, the price is \$475,000.

## Executive Bay Club, Islamorada



**\$3,500/mo**

Islamorada Executive Bay Club Waterfront townhouse, 2 bedroom, 2 bath, plus loft. Amazing views of the bay. Gorgeous sunset views from the open balcony overlooking the bay. Steps away from the pool and clubhouse.



## 9830 Leeward Avenue



**\$499,900**

Bay front 2/2 condo with beautiful views. Also a deeded boat slip is included. Protected Marina. Two tennis courts, two pools, a large community clubhouse, and beautifully kept grounds. Unit is being sold furnished, so get ready for your Keys style living. Just move right on in and enjoy this great Landings of Largo community.

## 32 Pirates Drive, Pirates Cove



**\$325,000**

Cute 2/1 single family home, right across from the boat ramp. Keys cottage in a great neighborhood. Great starter home very well maintained. Has hurricane shutters, and pretty new partial metal roof and updated cement roof. This would also be a great weekend home. Nothing to do here but move in.

## 9840 Mariners Ave. • Key Largo



**\$435,000**

Completely updated, beautiful end unit in Landings of Largo. Nice and bright, natural sunlight. Beautiful tile floors and 2 screened porches. Separate bedroom floor plan for privacy. Close to the pool - walk right across! Covered parking and a screened in porch area downstairs too. Gated community. Tennis courts and large community clubhouse. Marina with boat ramp short walk away. Enjoy the sunsets.

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**Cafe Largo's NEW Online Order Takeout  
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felt like there was a brick in it!  
e I was excited, and smelled so  
good, and couldn't wait to get  
it home and open it!

DiGiorgio's osso buco is a family tradition and specialty. It is a simmering jumbo (it's giant!) pork shank in its natural juices served with mushroom risotto - a rice delicacy - and it's to die for!

The house salad with homemade creamy Italian dressing was fresh and delicious. Hot olive oil drizzled garlic buns accompanied my feast. It took me 2 days to eat it all.

Word of advice: Get your FREE Cafe Largo and Bayside Grille Local's Reward Card. You get 1 point for every \$1 spent. \$10 off every \$100 spent.

50% off selected Wine Bottles on Wednesdays, 20% off your check on Sundays at Cafe Largo, up to \$25 off on your birthday, up to \$25 on your anniversary bottle and... free lunch buy 9 and get the 10th free at Bay-side Grille.

Stop in at MM 99 Bay-  
side and get yours today!



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 that you really  
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**WANTED — Italian grandma in Key Largo ~ Islamorada who knows how to make Pizzelles and speak Italian and Sicilian to help me learn the language. And correct my errors while reading to you. Must have visited Naples, Sorrento, Potenza area or Messina area.**

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**Mary Kay Amerling**  
June 15, 1945 - May 19, 2019

Mary Kay Amerling died May 19th at Crystal Health and Rehab on Plantation Key after a lengthy illness under Hospice care. She was born in St. Louis, MO. to Kent and Luella Middleswart. Her family relocated to Hamilton, Ohio when she was young. She attended Ohio State University majoring in English.

Mary Kay had been a resident of the Florida Keys for over 30 years working as a bartender at the renowned Hukilau Bar in Key West and many service industries in the Upper Keys. One of her favorite memories was when she lead the first all female crew of the Key West Sailing Club race to Cuba. The women's team won the first leg of the race because Mary Kay instructed them to remove their tops and sail topless, throwing off the male crews. They lost the return leg because they decided to stop, visit and sail back with bottlenose dolphin.

Mary Kay had a memorable life living in San Francisco, CA., Truro, MA. with time camping on the beach in Isla Mujeres, Mexico. She had a variety of interests including reading, sailing, snorkeling and scuba diving as well as supporting many non-profit groups promoting animal and nature.

Mary Kay is survived by her brother and his wife, Ed and Judy Middleswart who live in Pensacola, FL. and a nephew Dale Middleswart. Her neighbors, and the staff at the Monroe County Library, Key Largo Branch were very important to her life and hand delivered books to her at the Rehab center.

The afterlife is graced by her presence now and she is probably fishing with her Dad, reading with her nephew Alex Middleswart, and slipping in a few hands of Knockout Bridge with her Mother.

Donations in her name may be made to: Friends of the Key Largo Library, POB 836, Key Largo, FL 33037

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**SATURDAYS THIS MONTH:**

 <b>Saturday, July 6</b> <b>UNCLE SMOKEY</b> 1-5 PM	 <b>Saturday, July 6</b> <b>OVRHOL</b> 7-11 PM	 <b>Saturday, July 13</b> <b>TAYLOR KING BAND</b> 1-5 PM
 <b>Saturday, July 13</b> <b>BOMBSHELL</b> 7-11 PM	 <b>Saturday, July 20</b> <b>CAT DADDIES</b> 1-5 PM	 <b>Saturday, July 20</b> <b>WRITE SOUNDS</b> 7-11 PM
 <b>Saturday, July 27</b> <b>SPANK THE BAND</b> 1-5 PM	 <b>Saturday, July 27</b> <b>MAJESTY OF ROCK</b> 7-11 PM	 <b>MICHAEL TRIXX</b> Every Saturday 8 PM

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**“Nuff Said” wins Elks’ 7th Annual Ladies Dolphin Tournament**



Captain Cecil Everett, fishing aboard the “Nuff Said” led his anglers to victory. Candace Everett from Key Largo had the largest fish of the tournament, weighing 43.1 lb. Candace was fishing with Tiffany Vega, also from Key Largo. Mate Bobby Everett gaffed the big fish and another two for the ladies, producing a combined winning weight of 90.8 pounds!



Second place went to local resident Amie Smith along with Jennifer and Rebecca Brito. The team’s fish were caught aboard the “Last Dance” captained by Robert Collins. The team weighed in 48.1 lb. of dolphin.



The “Pile’em In” won Christine McGee of Key Largo, Chelsea Barrett from Tampa, and Carole Prelismick from Hollywood, third place trophies. The team weighed in three fish for a total of 43.6 lb

Seventy-eight anglers boarded 31 boats on June 8th for a great day of fishing in the Florida Keys Elks Lodge’s 7th Annual Ladies Dolphin Tournament. The combined weight of three fish determined the winners in this one-day fishing event.

Prizes were awarded to the top 10 teams. The awards ceremony was fit for the Queens of the fishing world. “It was great to be able to fill our winner’s bags with such wonderful items from business throughout the Upper Keys” stated tournament co-director Denny Tarbell. “The Elks have such wonderful charities that this event will help to support. This was the result of a lot of hard work from a great team of people who all came together and put on a tremendous show.”

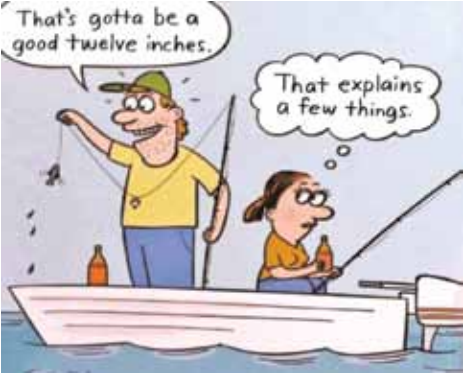
If you would like to become a member or for more information on the Elks and the charities they support visit the web site at [floridakeyselks1872.com](http://floridakeyselks1872.com) or call 305-852-1872.

For more pictures from the tuournament, see our Conch Characters on page 14.



An elderly couple were at home watching TV. Phil had the remote and was switching back and forth between a fishing channel and the porn channel.

Sally became more and more annoyed and finally said, “For God’s sake, Phil, leave it on the porn channel. You already know how to fish!”



**Now, That's How It's Done!**

Four gals have been going on the same fishing trip for many years.

A few days before the group's annual departure date, Mary's husband puts his foot down and tells her she isn't going. Mary's fishing buddies are very upset that she can't go, but what can they do?

Two days later the three get to the boat ramp to find Mary sitting on the dock box, drinking a cold beer.

"Girl, how long you been here, and how did you talk the hubby into letting you go?"

"Well, I've been here since last night. Yesterday evening, I was sitting in my recliner when my husband came up behind me, put his hands over my eyes, and asked, 'Guess who?'" He was in the mood!

He took my hand and pulled me into the bedroom, where he'd lit candles and put rose petals all over the place. He was really going for it!

On the bed he had handcuffs, and ropes! He told me to tie him up and cuff him to the bed, so I did. And then he said, 'Do whatever you want.'

So, girls, here I am!

Teach a man to fish and he'll play with his fly all day!





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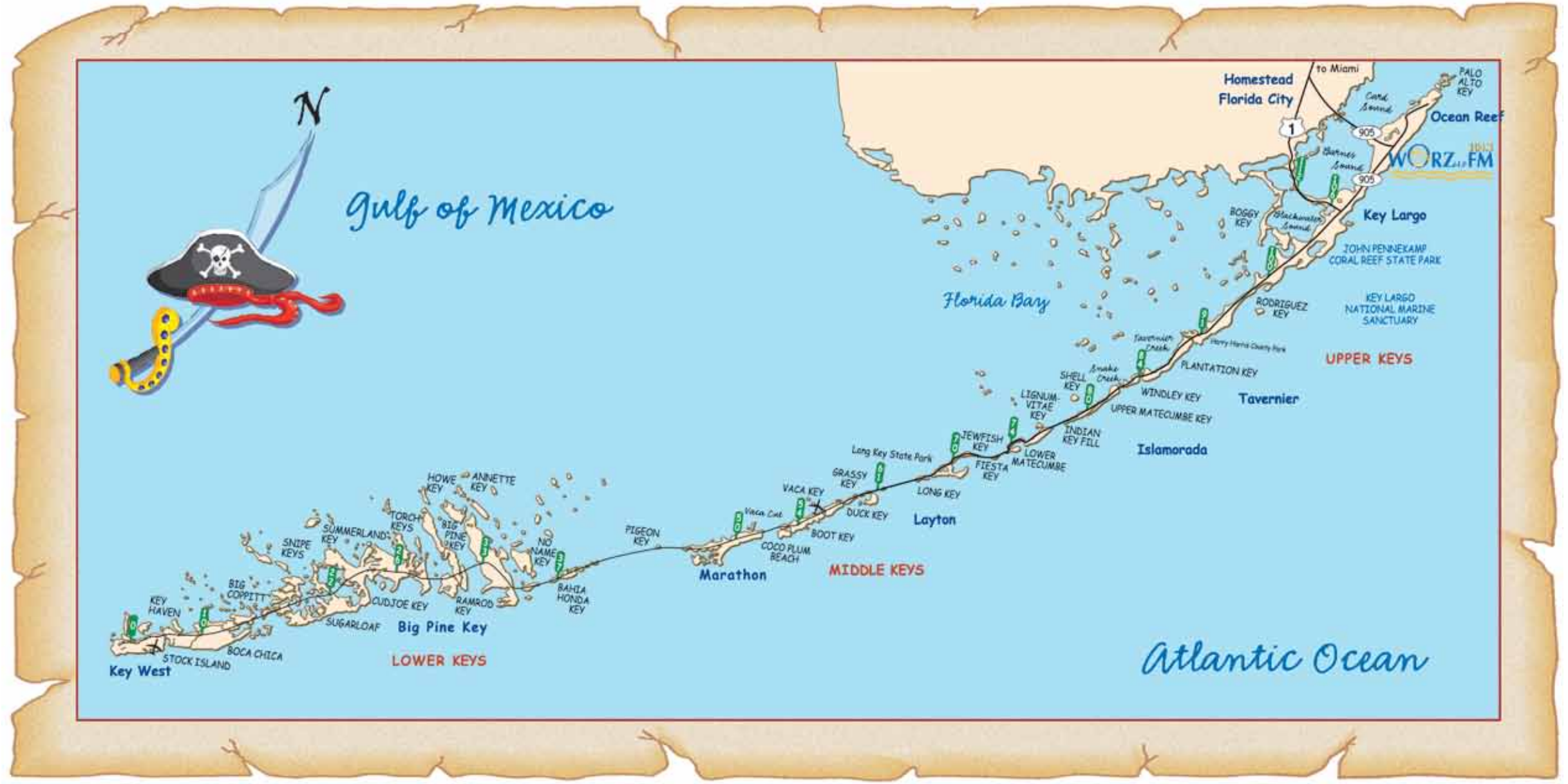
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# Conch Characters



You can see Virginia and all her feathered friends at the Theater of the Sea in Islamorada. Photo Rob LeBrun.



12-year-old junior angler Brianna Sullivan from Naples was the Junior Angler winner in the Elks Lodge's 7th Annual Ladies Dolphin Tournament.



Majesty of Rock really got the crowd going at the Lorelei back in May. See them again in the fall.



Elks Lodge's 7th Annual Ladies Dolphin Tournament winning Team "Nuff Said."



John Wurst-Ferrer and Alex Ferrer from the Ft. Lauderdale Moose Lodge brought the Key Largo Moose members fame and fortune with their wheel of Fortune and Family Feud game. Photo Captain Lorelee Carpenter.



Spunk The Band front woman Ariel belts out some Janis Joplin at The Lorelei. See them again in August.



Actor Samuel L Jackson stopped by Walgreens in Key Largo recently (with store Asst. Mgr Tabitha Brown.



Tuxedo Jesus rocked the stage at Lorelei in June.

# Why Women Take So Long in the Restroom

When you have to visit a public bathroom, you usually find a line of women, so you smile politely and take your place.

Once it's your turn, you check for feet under the stall doors. Every stall is occupied.

Finally, a door opens and you dash in, nearly knocking down the woman leaving the stall.

You get in to find the door won't latch. It doesn't matter, the wait has been so long you are about to wet your pants!

The dispenser for the modern "seat covers" (invented by someone's Mom, no doubt) is handy, but empty.

You would hang your purse on the door hook, if there was one, but there isn't - so you carefully, but quickly drape it around your neck, (Mom would turn over in her grave if you put it on the floor!), yank down your pants, and assume "The Stance."

In this position your aging, toneless (God I should have gone to the gym!!!) thigh muscles begin to shake.

You'd love to sit down, but you certainly hadn't taken time to wipe the seat or lay toilet paper on it, so you hold "The Stance".

To take your mind off your trembling thighs, you reach for what you discover to be the empty toilet paper



dispenser. In your mind, you can hear your mother's voice saying, "Honey, if you had tried to clean the seat, you would have **known** there was no toilet paper!" Your thighs shake more.

You remember the tiny tissue that you blew your nose on yesterday - the one that's still in your purse. (Oh yeah, the purse around your neck, that now, you have to hold up trying not to strangle yourself at the same time). That will have to do. You crumple it in the puffiest way possible. It's still smaller than your thumbnail.

Someone pushes your door open because the latch doesn't work.

The door hits your purse, which is hanging around your neck in front of your chest, and you and your purse topple backward against the tank of the toilet.

"Occupied!" you scream, as you reach for the door, dropping your precious, tiny, crumpled tissue in a puddle on the floor, lose your footing altogether, and slide down directly onto the toilet seat.

It is wet of course.

You bolt up, knowing all too well that it's too late. Your bare bottom has made contact with every imaginable germ and life form on the uncovered seat because YOU never laid down toilet paper - not that there was any, even if you had taken time to try.

You know that your mother would be utterly appalled if she knew, because, you're certain her bare bottom never touched a public toilet seat because, frankly, dear, "You just don't **KNOW** what kind of diseases you could get".

By this time, the automatic sensor on the back of the toilet is so confused that

it flushes, propelling a stream of water like a fire hose against the inside of the bowl that sprays a fine mist of water that covers your butt and runs down your legs and into your shoes.

The flush somehow sucks everything down with such force that you grab onto the empty toilet paper dispenser for fear of being dragged in too.

At this point, you give up.. You're soaked by the spewing water and the wet toilet seat.

You're e-x-h-a-u-s-t-e-d. You try to wipe with a gum wrapper you found in your pocket and then slink out inconspicuously to the sinks.

You can't figure out how to operate the faucets with the automatic sensors, so you wipe your hands with spit and a dry paper towel and walk past the line of women still waiting.

You are no longer able to smile politely to them.

A kind soul at the very end of the line points out a piece of toilet paper trailing from your shoe. (Where was that when you **needed** it???) You yank the paper from your shoe, plunk it in the woman's hand and tell her warmly, "Here, you just might need this."

As you exit, you spot your hubby, who has long since entered, used, and left the men's restroom.

Annoyed, he asks, "What took you so long, and why is your purse hanging around your neck?"

This is dedicated to women everywhere who deal with a public restrooms. It finally explains to the men what really does take us so long. It also answers their other commonly asked questions about why women go to the restroom in pairs. It's so the other gal can hold the door, hang onto your purse, and hand you Kleenex under the door!

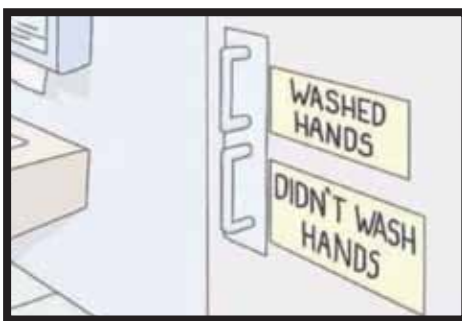
## A THEFT IN THE LOCAL NEWS:

MSCO are hoping someone saw a blue portable toilet going down the road in the back of a truck or being hauled by an all-terrain vehicle, taken for a recent event at Founders Park.

The MCSO Public Information Officer said the MCSO's social media sites are flush with jokes on the theft, including "police have nothing to go on," and "police are trying to flush out a suspect."

There were other comments he wouldn't repeat, including many variations on a scatological theme.

He's hoping the humor will bring attention to the story and help find those responsible. The Sheriff's Dept. noted that "the portable toilet was empty at the time of its theft."





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Community Theater Group needs volunteers to work behind the scenes & audition for roles!  
thekeyplayers.org

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Community Room at 7pm. Open to the public. 305-451-2396.


### MUSICIANS

Amateur & seasoned musicians wanted!  
**The Keys Community Concert Band** begins rehearsals in the fall. More info call 305-451-4530.


### VESSEL SAFETY

The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. Public welcome. 305-998-8400

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Renting a room if you can stand me! I got fired for stealing from inmates at the jail where I worked and I can be a b\*t@#sometimes, but they took all the jewelry I had saved for a rainy day and I don't have any intentions of getting a job. I'm not the nicest b\*t@# but you can rent out the rooms I have and use the 2-car garage if you can mow the yard as needed and throw in for half my electric bill around \$200. I wouldn't steal from roommates but will most likely complain a lot and try to get off in the living room at times but other than that I'm fairly easy in all ways. Call or text 305-555-ROOM.

## Around Town



Solar cooking classes started in June.



Creative parking in the Keys.



A great Lorelei sunset. Photo Rob LeBrun.



It's fishing tournament season in Islamorada....stop by the Lorelei to hear all the amazing stories.



OK, it's not local, but this is the guard shack at Igloo's cooler plant in Katy, TX. How cool is that!?



We suspect the students at Coral Shores for this local prank.

## Adopt a Key Largo Animal Shelter Pet



Zeus



Lilo



Leo



Donovan



Coconut



Ursula



Flash



Salena



Sterling



Linda

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.

## The Mangrove Galley by Sandi Mieszczeni



A Keys-style 4th of July just might include some easy-to-make spicy crab cakes along with other seafood delicacies.

Sandi's recipes are featured here monthly. For previous issues go to theconchtelegraph.com

### SPICY CRAB CAKES

Spice mixture: Combine the following in a small bowl.:

- 1 tsp salt
- 2 tsp paprika
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 Tbls garlic power
- 2 Tbls Italian Seasonings

For the cakes:

- 1-1/2 cups Panko bread crumbs
- 8 Tbls unsalted butter (1 stick)
- 2 cups chopped onions
- 1 cup chopped green pepper
- 1 cup chopped celery
- 1 Tbls Worcestershire sauce
- 2 tsp hot sauce of your choice
- 1 Tbls chopped garlic
- 1/2 cup chicken stock
- 1 lb. lump crab meat
- 1 Tbls yellow mustard
- 2 eggs lightly beaten
- 1 cup heavy cream
- 1 cup vegetable oil

Melt 4 Tbls of butter in a large sauté pan at medium high heat and add the onions, peppers and celery. Stir to coat all the vegetables and cook until starting to get soft. Stir in 2 Tbls of the seasoning mix, Worcestershire sauce, garlic, and the chicken stock and continue to cook, stirring frequently until the chicken stock blends into the mixture. Set aside to cool.

Pour the crab into a colander, rinse and check for pieces of shell and cartilage. In a large mixing bowl, combine the Panko, crab, vegetable mix, eggs, hot sauce, mustard, the remaining season mix and the cream. Gently stir until thoroughly mixed. Cover and refrigerate for at least an hour.

Put 2 Tbls of butter and 1/2 cup of vegetable oil in the sauté pan and bring to medium high heat. Use a 1/2 cup measure to scoop out the mixture and form into 8 cakes. Dredge the cakes through some extra Panko to lightly coat both sides. Place 4 of the cakes into the hot oil and cook for 4 minutes per side. Repeat the oil sequence for the remaining 4 cakes. Serve with a mustard sauce, garlic cream sauce or the hot sauce. Enjoy!



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**Legend**

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

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# Meaningful Connection

by Dawn Wiggins, Ed.S.

Meaningful connection is a true soul fulfilling experience we crave. Without it, we feel alone, confused, unimportant, and uninspired.

And all meaningful connection begins within you and flows out from there!

Let me elaborate... Anytime we're too busy mentally or physically to connect with ourselves in a meaningful way; it's nearly impossible to feel any type of connection.

We all need to be heard and acknowledged. But when we are in a whirlwind of thoughts, tasks, and struggles, we often fail to recognize and address our personal needs. This kicks off a chain reaction of feeling overburdened and undervalued. And we want someone to fix it so we can get relief.

But, we are responsible for our own nourishment: rest, play, deep breaths, emotional expression, exercise, and connection with others - if we aren't taking care, we start looking for someone to blame!

Once the blaming and wallowing begin, we are in no condition to have meaningful connections with others. Instead, we end up fake smiling or frowning at people. We lose track of gratitude and obsess over what's going wrong and play out pretend conversations in our mind.

From this vantage point, we'd prefer endless scrolling on Instagram or binge-watching Netflix instead of having an honest, vulnerable conversation with another human. And then we're left feeling like life is kinda empty, maybe even pointless at times.



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But, you've felt sparks of joy. You know what it's like to feel happiness. And each of those moments most likely involved meaningful connection with yourself and someone else. A proud moment of personal awareness or achievement, a knowing smile shared with someone you love or the bond felt between you and your child.

The best way to get those results more often is to practice connection; with yourself and others.

Start by noticing what you need most right this minute. Is it a deep breath? Food? To use the restroom? A hug? Help with something that's got you struggling? Someone to listen? Whatever it is, notice it and make it happen! You will feel better, less resentful, and more relaxed. You will authentically smile more, which will cause other's to smile back.

And just like calories... it adds up - but in a good way lol. The more you tap into you, the more connected you will feel.

# Rest in Peace



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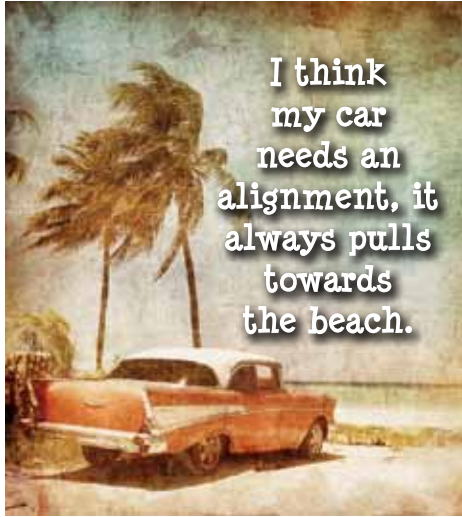
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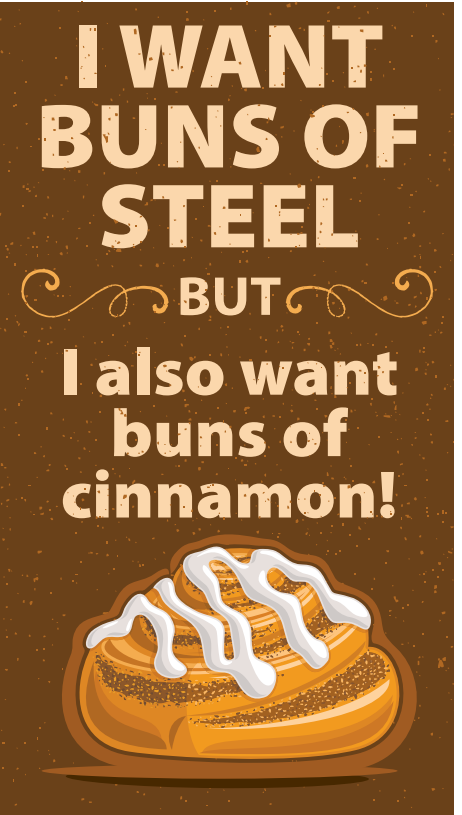
**I HAVE A TON OF EXCITEMENT IN MY LIFE.**  
I used to call it stress, but I feel much better now that I call it excitement.



Do you ever feel like your body's "check engine" light has been on and you're still driving it like "nah it'll be fine"?

Decaf coffee only works if you throw it at people.

to me 'drink responsibly' means don't spill it.



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Weapon Found During Search At Jail

Loaded gun hidden in suspect's vaginal!  
APRIL 22--A 19-year-old Tennessee woman had a loaded handgun hidden in her vagina when she was brought into jail yesterday afternoon following a collar for driving with a suspended license, police report.



As Dallas Archer was being booked into the Kingsport jail, a female corrections officer alerted to an "unknown object" in the teenager's crotch during a search.

The jailer and a female cop then accompanied Archer to a bathroom for further examination, a review that led to the recovery of a "North American Arms 22 LR mini mag revolver (loaded) which Ms. Dallas had concealed in her vagina," according to a Kingsport Police report.

A subsequent check revealed that the five-shot mini-revolver--which is four inches in length--had been "stolen from an auto burglary in 2013." The handgun, which police valued at \$250, is owned by John Souther, a 70-year-old retired car salesman.

In a TSG interview, Souther said that the gun was taken from his 1994 Mustang, which was "ransacked" last year while parked in his Kingsport carport. Souther said that police told him that the revolver had been recovered, but offered no further details. When told where the gun had been stashed,

Souther said, "Oh, gosh." He noted that he would eventually like "the little fellow" returned, but added that the weapon would require "a bath in bleach."

This story was first reported by the Kingsport Times-News, but we found it online at a UK site.

Archer, seen in this mug shot, was charged with gun possession and introducing contraband into a penal facility.

According to a jail official, Archer was released from custody after posting \$6,000 bond.



AND NOW THE READER RESPONSES

1. I thought it was her gun. Turns out it was snatched!
2. Gives new meaning to a gun having a "hair trigger."
3. Happiness is a warm gun?
4. At four inches in length it comes off as half cocked.
5. "For sale AA22LR never used; still in the box."
6. Report reads, "...Introducing contraband into a penal facility." Shouldn't that be 'penile' facility?
7. If it went off, could you call it her 'boom box'?
8. Remember: Every vagina is to be treated as if it is loaded. Always keep it pointed in a safe direction.
9. They say it was a gun, but something smells fishy.
10. You can have my gun when you can pry it from my cold, stinking...
11. A gun in hand is worth 2 in the bush?
12. I have heard of shooting your mouth off, but this takes on a "hole" new meaning.
13. Complete reversal on the classic, "Is that a pistol in your pocket or are you just glad to see me?"

What You Think Is What You Get

You don't have to know how it will come into your life, just lay the groundwork, follow leads, and prepare for its arrival.

The law of attraction is surprisingly simple: Like attracts like. It becomes a bit more complicated when it comes to training our minds to think in ways that will bring what we desire into our lives. The term "self-fulfilling prophecy" describes the same law. This well-known term explains that we create the circumstances our mind dwells upon, whether positive or negative. So our goal is to practice consistent presence of mind to make sure our thoughts are always directed toward the positive and what we want to create.

A key to the process is the word "frequency." This is true for two reasons: 1) The frequency you use when you passionately dwell upon or revisit a thought, dream, desire, or goal provides the energy your musings need for creation; and 2) just like a radio station broadcasts on a certain frequency, like the radio you must be "tuned in" to receive it.

This means preparing for the arrival of your dream on every possible level--material, physical, and spiritual. You don't have to know how it will come into your

life, just trust that it will. Your job is to lay the groundwork, follow any leads you can find, and prepare for its arrival. This can mean cleaning out your garage to make space for a new car, taking a tour of a model home to get the feel of it in order to feed your fantasies, or thinking of what you want in a mate and then living up to that list yourself.

Just like with any skill, the law of attraction must be practiced. We must decide what makes us feel abundant and use our imagination to create the feeling. It isn't enough to just want something--you must use the power of your thoughts to attract it. A series of choices is what brings us everything in our lives right now, every moment.

When we know the direction in which we want our choices to take us, it is as if we've placed an order with the universe. We can then await its arrival with joyful anticipation. If we find ways to experience our dreams right now, we make creating joy a treasure hunt in which the seeking is just as much fun as the finding.

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"You attract what you fear."

I am so afraid of a billion dollars!

14. I wonder if maybe she had 'gun-areah'?
15. Gives a whole new meaning to "Vaginal Discharge."
16. Oh my... accident waiting to happen. Could 'shoot the beaver.'
17. This supports the "Big Bang" theory.

A NEW STUDY FOUND THAT PEOPLE WHO TAKE THEIR COFFEE BLACK ARE MORE LIKELY TO EXHIBIT PSYCHOPATHIC TRAITS.



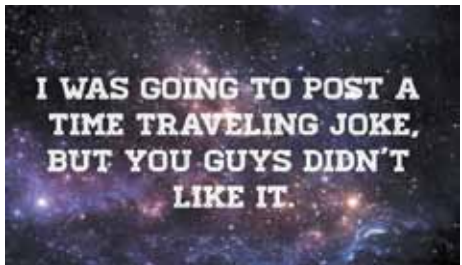
AND PEOPLE WHO ORDER A QUAD SHOT, NON-FAT, VANILLA SOY, EXTRA FOAM, LIGHT WHIP WITH CARAMEL DRIZZLE ARE MORE LIKELY TO BE THEIR VICTIMS.





Sometimes someone unexpected comes into your life out of nowhere makes your heart race and changes you forever... We call these people cops.

My husband almost fell down the stairs and now we are in a heated debate as to whether my gasp was out of fear for his safety or excitement about a possible life insurance payout.



# Coco'Nut' Funnies

A doctor was addressing a large audience: "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding cake."



A lady went into a bar in Texas and saw a cowboy with his feet propped up on a table. He had the biggest boots she'd ever seen.

The woman asked the cowboy if it's true what they say about men with big feet are well endowed.

The cowboy grinned and said, "Shore is, little lady. Why don't you come on out to the bunkhouse and let me prove it to you?"

The woman wanted to find out for herself, so she spent the night with him. The next morning she handed him \$200.

Blushing, he said, "Well, thankee, ma'am. Ah'm real flattered. Ain't nobody ever paid me fer mah services before."

"Don't be flattered. Take the money and buy yourself some boots that fit."

I know right from wrong. Wrong is the fun one.







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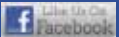
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 Try a Gilbert's "Boobie"	1 HAPPY HOUR 4-5 PM MON- FRI	2 SCOTT YOUNGBERG 5-9	3 ALEX CALDWELL 5-9	4 HAPPY 4TH OF JULY UNCLE RICO 12-4 DJ RONNIE 5-9	5 JIMMY O'SHEA 12-4 THE GROOVE 7-11 SHRIMP FRY-DAY (5-9 pm) \$9.99	6 UNCLE SMOKEY 1-5 OVRHOL 7-11 MAGIC BY TRIXX 8
7 STEREOTOMY 1-6	8 HAPPY HOUR 4-5 PM MON- FRI	9 SCOTT YOUNGBERG 5-9	10 ALEX CALDWELL 5-9	11 DJ RONNIE 5-9	12 JIMMY O'SHEA 12-4 MOJO SCOUNDRELS 7-11 SHRIMP FRY-DAY (5-9 pm) \$9.99	13 TAYLOR KING BAND 1-5 BOMBSHELL 7-11 MAGIC BY TRIXX 8
14 THE DROPOUTS 1-6	15 HAPPY HOUR 4-5 PM MON- FRI	16 SCOTT YOUNGBERG 5-9	17 ALEX CALDWELL 5-9	18 KARAOKE PARTY WITH DJ RONNIE 5-9	19 JIMMY O'SHEA 12-4 UNCLE SMOKEY 7-11 SHRIMP FRY-DAY (5-9 pm) \$9.99	20 CAT DADDIES 1-5 WRITE SOUNDS 7-11 MAGIC BY TRIXX 8
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1-6pm

**THE DROPOUTS**  
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1-6 pm



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**ECLIPSE**  
Sunday, July 28  
1-6pm



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Saturdays at 8pm